

**CAVU**

CEILING AND VISIBILITY UNLIMITED

**CLUB**

**800**

*Favorite*

**RECIPES**

DISTRIBUTED BY

*Sunland*  
**BISCUIT COMPANY**

LIMITED

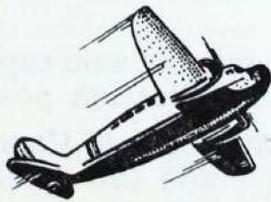
**EDMONTON • CANADA**



# C.A.V.U. CLUB

*(Ceiling and Visibility Unlimited)*

## 800 *Favorite Recipes*



The favorite recipes used by Club members and their friends.

## Foreword

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Now that the war is over our thoughts turn naturally to those many unfortunate children who have been left fatherless in our midst and to those unhappy mothers with a double load to carry. We wanted to help when and where we can—provide some of those extras so dear to a child's heart—help mothers when the load is too heavy.

We therefore gathered together the favorite recipes of our friends and ourselves and are offering them to you in order to provide that needed CHILD WELFARE FUND with which to accomplish this objective.

Be happy in knowing that by the purchase of this book YOU are helping us to help them. All proceeds from the sale of this book go entirely to CHILD WELFARE FUND, and are administered by a committee especially selected for the purpose.

May we say—

1. To those good friends who supplied the recipes that made this collection possible,
2. To the Sunland Biscuit Company whose cooperation has made this publication possible,
3. To those good people who buy this book and thus make our efforts a real success,

MANY, MANY THANKS. We are truly grateful.

THE C.A.V.U. CLUB,  
Mrs. Frank English,  
Recipe Book Convener.

# Club History

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In the early days of the war a group of girls connected with flying, organized into a Service Club registered under the War Charities Act as the Ceiling and Visibility Unlimited Club, "C.A.V.U." being the welcome signal of good weather.

All funds raised during the war years, totalling some \$5,000, have been donated to the following charitable organizations: Red Cross, United Services, Y.M.C.A. Club, C.A.S.F. Christmas Tree, No. 2 Air Observers School, Dependent Services, Lord Mayor's Fund, Canadian Legion, War Services Drive, Lord Southwood Hospital for Sick Children of London England, Army Navy and Wings Club, Milk for Britain Fund, War Services Entertainment Board, Navy League of Canada, Red Deer Military Hospital, Citizens Volunteer Bureau, Aid to Russia, Chinese Relief, Viscount Bennett Fund, City of Edmonton Squadron, Air Cadet League of Canada, Queen's Canadian Fund, Princess Alice Fund and Wounded Veterans Comforts.

Executive and membership follows:

President .....	Mrs. D. Stirton
Vice-President .....	Mrs. G. Lundberg
Secretary .....	Mrs. E. Bjorge
Treasurer .....	Mrs. R. C. Randall
Social .....	Mrs. N. Macpherson
Membership .....	Mrs. A. McMullen and Mrs. Rudy Heuss
Publicity .....	Mrs. A. W. Dodds
Ways and Means .....	Mrs. Walter Gilbert

Mrs. W. T. Allan	Mrs. H. Johnston
Mrs. A. Alling	Mrs. H. Knott
Mrs. H. A. Brown	Mrs. J. Moar
Mrs. F. Burton	Miss H. McNamee
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Miss T. Hodgkinson	Mrs. C. N. Sawle
Miss E. Hilton	Mrs. C. Tweed
Mrs. J. Irwin	Mrs. J. G. Walker
Mrs. G. A. Johannesson	Mrs. H. Yerxa

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# Weights and Measures Chart

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- 3 teaspoons = 1 tablespoon  
4 tablespoons =  $\frac{1}{4}$  cup  
5 $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup  
8 tablespoons =  $\frac{1}{2}$  cup  
10 $\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup  
12 tablespoons =  $\frac{3}{4}$  cup  
16 tablespoons = 1 cup  
2 tablespoons = 1 liquid ounce  
1 cup =  $\frac{1}{2}$  pint  
2 cups = 1 pint  
4 cups = 1 quart  
4 quarts = 1 gallon  
8 quarts = 1 peck  
4 pecks = 1 bushel  
2 tablespoons = 1 ounce  
 $\frac{1}{2}$  cup fat =  $\frac{1}{4}$  lb.  
1 cup fat =  $\frac{1}{2}$  pound  
2 cups fat = 1 pound  
1 cup hydrogenated fat and  $\frac{1}{2}$  teaspoon salt = 1 cup butter  
2 $\frac{1}{4}$  cups granulated sugar = 1 lb.  
2 $\frac{1}{4}$  cups firmly packed brown sugar = 1 lb.  
1 $\frac{1}{3}$  cups firmly packed brown sugar = 1 cup granulated sugar.  
3 $\frac{1}{2}$  cups confectioners sugar = 1 pound  
4 cups sifted general purpose flour = 1 lb.  
4 $\frac{1}{2}$  cups sifted cake flour = 1 lb.  
1 cup less 2 tablespoons sifted general purpose flour = 1 cup sifted cake flour  
3 cups unsifted graham flour = 1 lb.  
3 cups corn meal = 1 pound  
1 tablespoon cornstarch = 2 tbsps. flour  
2 $\frac{1}{3}$  cups rice = 1 pound  
1 square chocolate = 1 ounce  
3 $\frac{1}{2}$  tablespoons cocoa and  $\frac{1}{2}$  tablespoon butter = 1 ounce or square chocolate  
3 cups seedless raisins = 1, 15-oz. package  
3 $\frac{1}{4}$  cups seeded raisins = 1, 15-oz. package  
1 cup chopped nut meats =  $\frac{1}{4}$  lb.  
16 marshmallows =  $\frac{1}{4}$  lb.  
5 cups grated cheese = 1 lb.  
6 $\frac{2}{3}$  tablespoons cream cheese = 1, 3-oz. pkg.  
7 coarsely crumbled salted crackers = 1 cup  
9 finely crumbled salted crackers = 1 cup  
9 coarsely crumbled graham crackers = 1 cup  
11 finely crumbled graham crackers = 1 cup  
22 coarsely crumbled small vanilla wafers = 1 cup  
26 finely crumbled small vanilla wafers = 1 cup  
7 coarsely crumbled swieback = 1 cup  
1 $\frac{1}{3}$  tablespoons vinegar or 1 $\frac{1}{2}$  tablespoons lemon juice and sweet milk to make 1 cup = 1 cup sour milk  
 $\frac{1}{2}$  cup evaporated milk and  $\frac{1}{2}$  cup water = 1 cup milk  
1 lemon = 3 to 4 tablespoons juice  
grated rind of 1 lemon = 1 $\frac{1}{2}$  tsps.  
1 orange = 6 to 8 tablespoons juice  
grated rind of 1 orange = 1 tbsp.  
12 to 14 egg yolks = 1 cup  
8 to 10 egg whites = 1 cup

## SIZE OF CANS

- 8 oz. = 1 cup  
Picnic = 1 $\frac{1}{4}$  cups or 10 oz.  
No. 1 = 2 cups or 16 oz.  
No. 2 = 2 $\frac{1}{2}$  cups or 20 oz.  
No. 2 $\frac{1}{2}$  = 3 $\frac{1}{2}$  cups or 28 oz.  
No. 3 = 4 cups or 32 oz.  
No. 10 = 13 cups or 6 lbs. 10 ozs.

# Temperature Chart

## Oven Chart

Slow Oven	250—325
Moderate Oven	325—375
Moderately Hot Oven	375—400
Hot Oven	400—450
Very Hot Oven	450—500

## BAKING CHART

### Yeast Bread

	Temp.	Time in Minutes
Yeast Loaf Bread	400—425	40—45
Yeast Rolls Plain	400—450	15—20
Sweet	350—375	15—25

### Quick Bread

Biscuits	450	12—15
Muffins	400—425?	20—25
Popovers	450	20
	then 350	15—20
Corn bread	400—425	20—30
Nut Bread	350	50—75
Gingerbread	350	40—50

### Cake

Angel	325	60—75
Sponge	325	60—75
Cakes with shortening		
Cup	350—375	20—25
Layer	350—375	25—35
Loaf	350	50—60
Sheet	375—400	20—30
Fruit	250—275	2-4 hrs.

### Cookies

Bars	350	25—30
Drop	350—400	10—15
Rolled	375—400	8—12
Refrigerator	375—400	6—10

### Puddings

Custards	325	25—30
Rice	300	60
Bread	350	40—50

### Pastry

Pastry shell	450	12—15
Custard Pie	450	10
	then 325	25
Two-crust pit with cooked filling	425—450	25—35
Two-crust pit with uncooked filling	450	10
	then 350	30—40
Meringue	350	12—15

### Roasting

	Temp.	Minutes per lb.
Beef—		
Rare	300—350	18—20
Medium	300—350	22—25
Well-done	300—350	27—30
Lamb	300—350	30—35

Fresh Pork	300—350	35—40
Smoked Pork	300—350	20—30
Veal	300	30
All rolled roasts—Add	10-15 mins. per lb.	
Chicken	325—350	22—30
Duck	325—350	20—25
Goose	325—350	25—30
Turkey	250—325	15—25

## Broiling

Beef (steaks)—	Time in Minutes		
	Rare	Med.	Well
1-inch	15	18—20	25
1½-inch	20	25—30	40
2-inch	30	35—40	50
Lamb (chops and steaks):			
1-inch			12
1½-inch			18
2-inch			22
Ham (slice):			
½-inch			12—20
1-inch			20—30
Bacon			4—5

\*Tenderized hams require the shorter time.

## THERMOMETER READINGS

### Meats

	Temp. of meats
Beef	
Rare	140
Medium	160
Well-done	170
Fresh Pork	185
Smoked pork	160—170
Lamb	175—180
Veal	170

### Fried Foods

	Temp. of fat	Time in Minutes
Croquettes of cooked food	375—385	2—4
Croquettes of uncooked food	370	5—6
Doughnuts	375	2—3
Fritters	365—375	2—5
French Fried Potatoes	370	5—7
	then 390	1—1½
Vegetable rings	375—380	2—3
Oysters	375	1—2
Small fish	375—385	2—5

### Candy and Frostings

	Temp. of syrup
Thread	230—234
Soft ball	234—238
Firm ball	244—248
Hard ball	248—254
Very hard ball	254—260
Light crack	270—285
Hard crack	290—300

# COCKTAILS, CANAPES AND HORS D'OEUVRES

## COCKTAIL SAUCE NO. 1

- 1 tbsp. Catsup
- ½ tsp. lemon juice
- ¼ tsp. Worcestershire sauce
- 1 tsp. prepared horseradish
- ½ tsp. olive oil
- ½ tsp. finely chopped onion
- ½ tsp. celery salt
- 1 ½ tsp. minced green pepper

Combine ingredients in order given and chill thoroughly.

Mrs. D. Stirton.

## COCKTAIL SAUCE NO. 2

- 2 tbsps. mayonnaise
- 4 tbsps. Chili sauce or chutney
- ½ tsp. Worcestershire sauce
- 1 tsp. prepared horseradish juice of half a lemon

Mix and chill thoroughly.

Miss L. English.

## COCKTAIL SAUCE NO. 3

- 1 cup catsup
- 3 tbsps. Chili sauce or chutney
- 2 tbsps. vinegar
- 2 tbsps. prepared horseradish
- 1 tsp. salt
- dash of pepper

Mix together thoroughly. This makes about 1 ⅓ cups sauce.

Mrs. R. Heuss.

## COCKTAILS WITH SHRIMPS

1. Shrimps may be put in glasses of cracked ice and each one dipped in mayonnaise or in Chili or cocktail sauce, and served on glass plates.
2. Shrimps may be mashed in mayonnaise, put in green-pepper shells, garnished with red pepper and served with brown bread and butter.

Mrs. A. Alling.

## CRABMEAT COCKTAIL

In small nests of lettuce or in cocktail glasses, place mounds of chilled crabmeat. Pour cocktail sauce over top and garnish with whole olives. Serve at once.

Mrs. W. G. Hetherington.

## LOBSTER COCKTAIL

- 1 cup catsup
- ½ cup lemon juice
- 2 tbsps. Worcestershire sauce
- 2 tbsps. horseradish
- 8 drops tobasco sauce
- 1 tsp. salt
- little chopped onion
- little chopped celery

Mix thoroughly and serve over lobster on lettuce which has been washed and shredded.

Mrs. G. Fanson.

## TOMATO COCKTAIL

- 2 cups strained canned or fresh tomatoes
- 2 tps. finely chopped onion
- 4 tps. finely chopped green pepper
- 1 tsp. salt
- 1 ½ tsp. Worcestershire sauce
- few grains pepper
- 1 tsp. celery salt

If fresh tomatoes are used, peel and press them through potato ricer. Combine ingredients, chill thoroughly and serve in cocktail glasses.

Mrs. B. King.

## TOMATO JUICE COCKTAIL

- 3 cups canned tomatoes
- 2 stalks celery
- 1 tbsp. chopped onion
- 1 tbsp. chopped green pepper
- 1 tsp. white sugar
- ½ tsp. salt
- ¼ tsp. pepper

Combine ingredients and simmer in closely covered saucepan for 15 mins. Strain. Serve, thoroughly chilled.

Mrs. D. Stirton.

## OYSTER COCKTAIL

Allow 6 oysters to each person. Serve on half shells if desired. These should be arranged on cracked ice in a deep plate (a soup plate may be used) or mix oysters with cocktail sauce and serve in stemmed glasses.

Mrs. W. H. Allan.

### INDIVIDUAL OYSTER COCKTAIL

- 4 raw oysters
- 1 tsp. tomato catsup
- ¼ tsp. lemon juice
- ⅛ tsp. salt
- 1 tsp. celery, finely chopped
- ¼ tsp. Worcestershire sauce

Combine ingredients and chill thoroughly.

Mrs. G. McKay.

### BANANA COCKTAIL

- 2 bananas, cut into cubes  
pulp and juice of 1 grape-  
fruit
- 4 red cherries, cut in pieces
- ⅓ cup French dressing

Combine ingredients, chill and serve on lettuce leaves placed in cocktail glasses.

Mrs. W. H. Allan.

### MIXED FRUIT COCKTAIL

- juice of 2 grapefruit
- juice of 2 oranges
- 1 cup shredded pineapple
- 1 cup white sugar or honey

Combine ingredients and place in glasses. Serve cold with a few cherries in each glass.

Mrs. E. W. McCaw.

### GRAPEFRUIT COCKTAIL

Cut pulp from halves of grapefruit, remove pith. Place pulp and juice back in rind, pour over each half of fruit, 1 tbsp. honey and let stand 1 hour. Just before serving pour into fruit 1 tbsp. wine. Serve cold.

Mrs. F. English.

### HOT CELERY CANAPES

- 3 oz. cream cheese
- ¼ cup condensed celery soup
- 1 cup ground salami

Cream the cheese, add celery soup then add ground salami and mix well. Spread mixture on toast or crackers and heat under broiler until browned. Makes 20.

Mrs. J. Irwin.

### FLOWER CANAPES

Spread American or Pimento cheese on thin slices of bologna (with casing on). Broil until sausage curls.

Mrs. J. Irwin.

### CHEESE AND BACON CANAPE

- Philadelphia cream cheese
- Crisp-fried chopped bacon
- paprika
- a little cream

Blend all ingredients, serve on crisp toast squares or crackers or as filling for tiny baking powder biscuits. Serve hot and buttered.

Mrs. J. Irwin.

### STEAK ROLLS

Thin steak with paprika is rolled around a dill pickle, wrapped in bacon and broiled. When cooked the dill flavor permeates meat.

Mrs. J. Irwin.

### FILLED CELERY

Fill celery stalks with tangy cheese spread, anchovy or ham butter, and chill.

Mrs. J. Irwin.

### DOUBLE DECKER CANAPES

Spread crackers with a mixture of devilled ham, a little lemon juice and Worcestershire sauce. Cover with another cracker and snappy cheese spread. Toast under broiler.

Mrs. J. Irwin.

### SARDINE CANAPES

- 6 portions prepared bread
- 6 large sardines
- juice 1 lemon
- salt
- Worcestershire sauce
- Pickled beets
- 6 large olives
- 24 thin slices lemon

Remove skin and backbone. Flake sardines with a fork and season with lemon juice, salt and a few drops of Worcestershire sauce. Spread prepared bread with mixture and decorate by placing in centre of each canape a small circle of pickled beet. Cut a slice from end of large olive so that it will stand firmly and place in centre of beet. A narrow border of finely chopped beet may be placed around edge of canape. Garnish plate with four thin slices lemon placed symmetrically.

Mrs. H. D. Morrison.

### SKYSCRAPER CANAPE

- 6 rounds of bread
- ½ cup devilled ham
- ¾ cup mayonnaise
- lettuce leaves
- 3 tomatoes, sliced
- 1 green pepper
- 6 slices cucumber
- 6 stuffed olives
- 1 tsp. capers
- 1 tbsp. horseradish

Toast bread on one side, spread untoasted side with devilled ham mixed with ¼ cup mayonnaise; arrange on lettuce leaves. Peel tomatoes and place a thick slice on each round. On each tomato slice, place ring of green pepper and slice of cucumber, and top with stuffed olives and a few capers. Garnish with remainder of mayonnaise mixed with horseradish.

Mrs. D. Stirton.

### CAVIAR CANAPE

Toast oblong shapes of bread on one side. Spread untoasted side with mayonnaise, then with caviar to which has been added an equal amount of sour pickled onions, very finely minced. Garnish with slices of olive.

Mrs. F. English.

### PEANUT BUTTER AND PICKLE CANAPE

Spread very thin crackers with peanut butter, and border with drained relish. Chill and serve.

Mrs. M. McKechnie.

### OWLS' EYES

- 6 hard boiled eggs shelled
- ½ lb. sausage meat
- 1 beaten egg
- bread crumbs

Season sausage meat to taste and divide into 6 portions. Dip into beaten egg, then wrap around hard boiled egg. Dip again into beaten egg and roll in bread crumbs. Bake ½ hour in slow oven until browned. Cool and slice.

Mrs. J. Bell.

### TOASTED SAUSAGE CRISP

Provide three small link sausage for each person to be served and the same number of thin slices of bread. Place sausages in a cool frying pan with a small amount of water, about 2 tbsps. Cover

container and cook several minutes until water evaporates, then remove cover and brown sausages. Roll each sausage in a slice of bread from which crusts are cut. Fasten with wooden picks and toast under broiler until lightly browned.

Mrs. H. Campbell.

### TONGUE AND CHEESE ROLLS

Combine cream cheese, catsup, chopped stuffed olives and chopped pickles. Spread on thin slices of cooked tongue and roll.

Mrs. J. Irwin.

### CHEESE STRAWS

- 2 cups flour
- ¼ tsp. salt
- ½ tsp. baking powder
- ½ lb. pkg. cheese
- 6 tbsps. shortening (half butter)
- salt and pepper
- yolk of 1 egg or water may be used
- few grains of cayenne (optional)

Sift dry ingredients into bowl. Work into flour mixture the grated cheese and soften butter. Add sufficient beaten egg yolk OR a few drops of cold water, just sufficient liquid to bind the ingredients. Roll out ⅛" thickness and cut in strips. Bake in a hot oven until straw colored, but don't let brown too much as it will make them bitter.

Mrs. W. Perree.

### SHRIMP BASKETS

- 8 large cooked shrimp
- 2 tbsps. mayonnaise
- ¼ tsp. lemon juice
- dash of pepper
- 1 tbsp. minced parsley
- ¼ tsp. minced onion.

Spear both ends of shrimp on a tooth pick, pressing ends as closely together as possible without breaking shrimp. Combine remaining ingredients and fill "baskets" (formed by shrimp on pick).

Mrs. J. Irwin.

### STUFFED CELERY

Mix equal amounts of peanut butter and pimento cheese. Cream together. Fill small stalks of celery. Chill well.

Mrs. H. Peacey.

## STUFFED EGGS SAN REMO

- 4 hard cooked eggs
- 1 small can sardines
- ¼ cup tomato catsup
- 1 tsp. Worcestershire sauce
- 1 tbsp. strained lemon juice
- few drops tobasco sauce

Cut eggs in halves lengthwise and scrape yolks into mixing bowl, taking care not to break whites. Remove skin and bones from sardines and mash them with egg yolks, adding catsup, Worcestershire, lemon juice and tobasco. Fill whites with mixture and place each half on a crisp lettuce leaf. Serve as an hors d'oeuvre with or without dressing.

Mrs. H. Campbell.

## STUFFED DILLS

Select large dill pickles. Remove centres with apple corer. Let stand until thoroughly drained. Pack with a mixture of pimento cheese seasoned with celery salt, prepared mustard, horseradish or any seasoning. Wrap in waxed paper and chill in refrigerator. Slice crosswise, and serve.

Mrs. F. English.

## OTHER SUGGESTIONS

1. Spread rounds of bread, toasted and buttered, with puree of paté de foie gras. On top of this place a slice of hard boiled egg. Garnish with caviar and filet of anchovy.
2. Another way is to scoop the insides from small rolls, butter and toast them in the oven. Spread with puree of foie gras and return to the oven. When piping hot, fold in napkins and serve at once.
3. Spread oblong pieces of bread buttered and toasted with sardine paste. Place a sardine on each and sprinkle with lemon juice and chopped parsley. Or toast in the oven and serve hot with lemon.
4. Spread rounds of buttered bread with paste made from finely chopped, hard cooked egg. Decorate with a row of sliced gherkins. Season caviar with lemon juice and a dash of onion. Spread on rounds of buttered bread. Garnish with a slice of olive.
6. Spread rounds of buttered toast with anchovy paste and then with mixture of grated cheese and butter beaten to a cream. Reheat in the oven until cheese melts. Garnish with mushroom cap sautéed in fat or a bit of watercress.
7. Spread rounds of buttered toast with anchovy paste and then a mixture of shredded crab-meat mixed with cheese creamed with butter.
8. Cut hard cooked eggs in half. Remove and mash centres adding an equal amount of sandwich spread. Season. Refill eggs, chill, and sprinkle with paprika.
9. Arrange pickle in tiny cup-shaped leaves of chilled lettuce.
10. To make pickle fans, use sweet gherkin pickles and cut thin parallel slices almost the length of each gherkin. Carefully spread out these slices in a fan shape.
11. Mash Roquefort cheese and blend with tomato ketchup, then spread on crisp potato chips and serve.
12. Mix equal amounts of peanut butter and pimento cheese, cream together and fill small stalks of celery. Chill.

# SOUPS

## VEGETABLE SOUP

Place 1½ to 2 lbs. of Brisket Beef (or meaty soup bone) in a large soup pot, cover with water and let simmer gently, while preparing vegetables. Various stored vegetable waters make best liquid.

- 1 large onion
- 1 bunch leeks (about 3 lge)
- ¼ medium green cabbage
- outer stalks and leaves of celery
- ¼ piece turnip (small)
- 6 carrots or more
- 2 medium potatoes
- ½ cup barley
- ½ cup soup mix
- 1½ cups dried peas, (optional and added early)

Chop onion and leeks and add to simmering pot. Then finely chopped cabbage, celery, turnips and carrots grated on large holes of grater. Add washed barley and soup mix. Potatoes coarsely chopped are added about 1½ hours before serving.

NOTE: This soup is best prepared in the morning for the evening meal, as it is the long simmering that brings out the flavor. Do not boil fast and lose all the valuable liquid. Prepare and add washed vegetables in their turn, do not chop up and add all at one time. Do not skim off the golden fat liquid formed on top, but stir in and serve. Add salt and pepper to taste.

Mrs. G. Lundberg.

## HOMEMADE CLAM CHOWDER SOUP

- 1 potato
- 1 carrot
- 1 onion
- 2 to 3 slices of bacon
- salt
- 1 can clams
- 1 cup milk

Dice potatoes, carrots, onion and cook. Brown bacon and dice. Add to undrained potatoes and carrots. Add the whole can of clams, liquid and all. Add milk and seasoning. Simmer for a few minutes.

Mrs. F. Burton.

## CREAM OF CHICKEN NOODLE SOUP

- 2 tbsp. minced onion
- 2 tbsp. melted butter
- 1 tbsp. flour
- ¾ to 1 tsp. curry powder
- 1 cup top milk
- 1 cup milk
- 2 cups cold water
- a 2¼ oz. dehydrated noodle soup mix

Saute onion in butter in saucepan over medium heat until onion is tender. Stir in flour and curry powder. Stir in liquids gradually. Add noodle soup mix, bring to boil, cover and simmer 7 minutes, stirring occasionally. Serves 4.

Mrs. R. Huess.

## TOMATO SOUP WITH RICE

- 1 qt. can of Tomatoes
- 1 qt. stock
- 1 onion
- 1 tsp. sugar
- 1 bay leaf
- 2 cloves
- 1 tsp. salt
- ¼ tsp. paprika
- ¼ cup cooked rice

Put tomatoes, stock, onions, sugar, bay leaf, cloves and salt in a saucepan. Cook until onion is soft. Rub through a fine sieve, add paprika and rice. Bring to a boiling point and serve.

Mrs. D. Stirton.

## TOMATO AND ONION SOUP

- 2 cups thinly sliced onions
- 2 tbsp. butter
- 1 can condensed consomme
- 1 can water (use soup can for measure)
- 1 can condensed tomato soup
- 1 can milk
- ½ tsp. Worcestershire sauce
- ¼ tsp. salt

Cook onions in butter until lightly browned. Add consomme and water, simmer covered 15 minutes. Then add tomato soup, milk, Worcestershire sauce and salt. Heat but not to boil. Serves 5.

Mrs. R. Heuss.

## CORN AND POTATO CHOWDER

- 1 bay leaf
- ½ tsp. powdered basil
- ¼ cup butter
- ½ cup minced onion
- ⅓ cup diced celery
- 2 cups pared, diced, raw white potatoes
- 2 cups boiling water
- 2 cups canned cream-style corn
- 1½ cups milk
- 1 cup canned tomatoes
- 4 tsp. salt
- ⅛ tsp. pepper
- ½ cup grated cheddar cheese (about 2 oz.)
- 1 tbsp. minced parsley

Tie bay leaf and basil in piece of cheesecloth. Put in covered kettle with next five ingredients and cook until potatoes are tender. Remove bag of seasonings. Add remaining ingredients except parsley. Reheat stirring until cheese is melted. Sprinkle minced parsley over top and serve. Serves 6. Basil may be omitted.

Mrs. R. Heuss.

## SCOTCH BROTH

- 4 qts. water
- 2 lbs. neck of mutton (lean)
- ½ cup barley
- ½ small green cabbage
- 1 leek
- ½ small turnip
- ¼ cup peas
- 1 large carrot
- 1 tsp. chopped parsley
- salt and pepper

Wash the mutton; wash and drain barley; now put water in soup kettle. When it boils, add the meat; boil fast for 5 mins. Draw from fire and add barley. Place on fire again and boil slowly for 1 hour. Cut up or put through meat grinder (using large cutter) the cabbage, leek and turnip. Add these with the peas to the broth. Cook all together for 45 mins. then add grated carrot and cook 15 mins. longer. Season with salt and pepper and add chopped parsley. Remove meat which may be served hot with mashed potatoes, mashed turnips and a little of the broth strained and thickened with flour which has first been blended with a little cold water.

Mrs. A. Robertson.

## OYSTER CHOWDER

- 1 cup thinly sliced peeled onions
- 6 tbsps. melted butter
- 3 cups diced, pared, raw, white potatoes
- 3 tsp. salt
- 2 cups boiling water
- 2 doz. oysters with juice
- 1 qt. milk
- ¼ tsp. pepper

Sauté onions in 4 tbsp. melted butter in saucepan until tender. Add potatoes, salt and boiling water. Cover and simmer 15 mins. Meanwhile drain oysters reserving juice and simmer oysters in remaining 2 tbsp. butter until their edge just begins to curl. Then add oyster juice and milk and heat. Add to the first mixture with pepper. Serve with Sunland soda crackers. Serves 6 to 8.

Mrs. R. Heuss

## OYSTER SOUP

- 25 oysters and juice
- 1 pint milk
- 2 tbsps. butter
- salt and pepper
- 1 hard-boiled egg
- 1 Sunland soda cracker, rolled
- ¼ cup chopped celery

Boil the milk and set it aside. Bring oyster juice to a boil and remove the scum. Put oysters over fire with the juice and butter, let them simmer until edges begin to curl. Add the boiled milk, bring all to a boil and add seasoning, salt and pepper to taste. Mix cracker and celery with egg, finely chopped and put this into a tureen and pour the soup over.

Mrs. W. G. Hetherington.

## THICK PEA SOUP

Boil bacon ends and add cup of split peas or lentels. Add ½ cup barley if desired and any vegetable stock you may have. Any vegetables desired may be chopped up raw and put in. Season to taste. Boil indefinitely. Let simmer for at least 4 hours. Put through strainer and serve. (Left over meats may be added.)

Mrs. D. Stirton.

# FISH

## SALMON SOUFFLE

- 1½ lbs. salmon, cooked
- 3 eggs
- ½ cup milk
- ½ cup soft bread crumbs
- 2 tsps. lemon juice
- 1 tsp. chopped pimento
- salt, pepper and cayenne

Cook bread crumbs in milk for 5 minutes over slow fire, then add salmon and egg yolks beaten well. Mix in pimento, seasonings then cut in stiffly beaten egg whites. Turn into buttered baking dish and oven poach.

Mrs. N. R. Burch.

## SALMON ROLL

Make a biscuit dough, roll out about 14x18" and spread with a mixture of:

- 1 lb. tin of salmon
- ¼ cup milk
- ½ tbsp. minced onion
- 2 tbsp. chopped parsley
- 1 tbsp. sweet pickle

Spread on the dough and roll. Bake in a hot oven, 30 minutes.

## SAUCE for the top:

- 3 tbsp. butter
  - 3 tbsp. flour
- } blend

add—

- 1 cup tomato juice
- 1 tbsp. sugar
- ½ tsp. allspice
- ¼ tsp. cloves

Mrs. Nina E. Petch.

## BARBECUED FISH

- 3 lbs. halibut
- 3 tbsps. onion, chopped
- 1 tbsp. fat
- ¾ cup catsup
- 2 tbsps. vinegar
- ¼ cup lemon juice
- 3 tbsps. Worcestershire s'ce
- ½ tsp. salt
- ½ tsp. paprika

Place halibut in a greased baking dish, shallow type. Brown onion lightly in the fat. Add catsup, vinegar, lemon juice, Worcestershire sauce, salt and paprika. Let simmer 5 minutes. Pour over fish and bake in hot oven 425 for 50 mins. or until fish is tender. Serve on a heated platter.

Mrs. F. English.

## SALMON LOAF

- 1 lb. can salmon
- 1 egg beaten
- ½ small onion, minced
- 1 tsp. salt
- ¼ tsp. pepper
- 1 cup milk
- 2 cups Sunland soda cracker crumbs

Break salmon up. Add beaten egg then other ingredients, cracker crumbs last, and mix well. Bake in a greased loaf pan in moderate oven for 1 hour.

Mrs. J. Bell.

## SALMON PUFF

- 3 cups mashed potatoes
- 1 lb. can (2 cups) salmon or other fish
- 1 finely minced onion
- 1 tbsp. parsley or celery chopped fine
- 2 eggs

Mix flaked fish and potatoes. Add onion and parsley and then beaten egg yolks. Fold in beaten egg whites last. Place in a buttered casserole and dot with butter. Bake in moderate oven until brown, ½ to ¾ hr. Oven about 350°.

Mrs. D. Bard.

## FINNAN HADDIE CALEDONIA

Purchase the whole finnan haddie with bone and skin. Soak in cold water 1 hour. Lay finnan haddie skin side down in a baking pan or glass oven baking dish. Cover with cold milk, at the same time add a bay leaf or two, a pinch of thyme and about 5 whole black peppercorns. Heat finnan haddie very slowly over low fire about 30 mins. without letting the milk boil. Drain off milk but reserve it. Spread fish with butter and place in a moderate oven to bake for about 25 mins. Baste fish occasionally with melted butter. During the baking, mix 1 cup cream with ½ cup reserved milk and pour it over fish about 10 mins. before it leaves the oven. Just before serving, sprinkle top with a little paprika. This dish is always served with whole boiled potatoes.

Mrs. H. Campbell.

## SALMON PIE

- 1 can salmon
- 2 cups thick white sauce
- 1 cup peas
- 1 tbsp. butter
- 2 cups mashed potatoes
- pepper and salt

Bone and flake salmon, add to half the sauce, place in bottom of a buttered casserole, add peas, which have been mixed with the other half of the sauce. Top with mashed potatoes, dot with butter, pepper and salt, and brown in hot oven.

Mrs. G. Walker.

## HADDOCK IN GINGER ALE

For 8 servings, use 2 heavy iron skillets or 1 heavy large baking pan. A little butter, oil or substitute is heated in pan, then portions of haddock are put in place, just wiped clean and dry—no flouring or salting. In due time turn and brown top side very lightly. Add 1 cup of dry ginger ale for each 4 pieces of fish, and salt lightly. Season with the addition of juice of a lemon to every four pieces. Cover baking pan or dish with tight lid and let fish smolder gently for  $\frac{1}{2}$  hour while ginger ale trickles in and around the fish. A bit of butter or other fat may have to be added. The trick lies in so combining the juice of the fish with the ginger ale and fat that a delicate sauce is blended, just enough to dress each bit of fish as it is placed on the hot serving plates. Garnish with thinly sliced cucumber.

Mrs. W. G. Hetherington.

## RED SAUCE

For use with broiled dark-fleshed fish:

- $\frac{3}{4}$  cup mayonnaise
- $\frac{1}{2}$  tsp. chopped capers
- 2 tsps. tomato puree or tomato catsup
- $\frac{1}{2}$  tbsp. parsley, finely chopped
- 1 small gherkin, finely chopped

Combine ingredients in order given. Yields 1 cup of sauce.

Mrs. J. Moar.

## FINNAN HADDIE A LA RECTOR

- 3 cups flaked finnan haddie
- 2 cups rich cream sauce
- 2 hard cooked eggs, chopped
- 2 tbsps finely chopped green pepper (blanched)
- 2 tbsps. pimento, minced

Soak the finnan haddie for 1 hr. in just enough milk to cover it. Then heat it slowly and let simmer for 20 mins. Take fish from pan and flake into pieces, taking care to remove all skin and bone. Put flaked fish into rich cream sauce (use  $\frac{1}{2}$  cream and  $\frac{1}{2}$  of the milk the fish has been cooked in), add the chopped eggs, green pepper and pimento. Serve on hot toast and sprinkle liberally with paprika. Green pepper is blanched by covering with boiling water, let stand 5 minutes and drain.

Mrs. H. Campbell.

## CREAMED OYSTERS

- 1 doz. oysters
- salt and pepper to taste
- 2 eggs (yolks)
- $\frac{1}{2}$  cup cream
- 1 tsp. butter

Chop oysters quite fine, season with salt and pepper. Melt the butter, add the oyster mince. Let simmer a few minutes then add yolks of eggs beaten with cream. When eggs set, serve on Sunland soda crackers.

Miss Edith Hilton.

## CUCUMBER MOCK HOLLANDAISE

- 1 cup medium white sauce
- 1 egg yolk
- 2 tbsps. vinegar
- salt and pepper to taste
- dash of cayenne
- $\frac{1}{3}$  cup diced cucumber

Pour freshly made white sauce over egg yolks, mixing well. Add vinegar and seasoning. Wash cucumber, press dry and add just before serving. Makes 1 cup of sauce.

Mrs. G. Fanson.

# CHICKEN

## FRIED CHICKEN

Use a 3 to 3½ lb. chicken, cut in pieces. Wash and dry. Dredge each piece thoroughly in large bowl containing mixture of:

- 1 cup flour
- 2 tsps. salt
- ½ tsp. pepper

Pour Mazola oil into heavy frying pan to a depth of 1 inch. When hot, add chicken and brown both sides (uncovered). Reduce heat to low, cover closely and continue cooking, turning frequently until done, for about 50 to 60 minutes.

Mrs. Harry Hayter.

## STUFFED CHICKEN

- 1 chicken
- ½ tsp. salt
- 1 lb. round steak
- ½ cup seeded raisins
- pinch of cloves
- ½ tsp. salt
- ¼ tsp. cinnamon
- 3 tbsps. fat

Cover chicken with boiling water, boil 15 minutes and add salt. Boil slowly until almost tender. Boil round steak till done. Put through a chopper and add raisins, salt, cloves and cinnamon. Heat the fat and brown this mixture in it. Stuff the chicken and bake until tender. Baste with the meat stock, spiced with cinnamon and cloves.

Mrs. H. Campbell.

## POTTED CHICKEN WITH GARDEN VEGETABLES

Order a young fryer or roasting chicken. Rub it with a mixture of ½ butter and ½ bacon fat, sprinkle with salt and pepper, dredge lightly with flour. Melt some butter and bacon fat in Dutch oven and brown chicken evenly, turning frequently. While chicken is browning prepare the vegetables. Potatoes will look very professional and extra special if you scoop them into little balls. For the other vegetables, carrots, peas, string beans, limas, are all "naturals" with chicken. Wax or snap beans are good, corn is perfect. When the chicken is golden brown add the vegetables. Arrange carrots (cut in thin strips) string beans (Frenched) and others around the chicken. Add seasonings such as basil, rosemary or marjoram. Then add a few white onions, sprig of parsley, seal your oven and cook over low heat for 1½ hours. When the chicken and vegetables are tender, remove cover, add ½ cup of sour cream and boil rapidly for a few minutes. Duck, veal, lamb may be used in place of chicken. Noodles, rice or spaghetti may be used in place of potatoes.

Mrs. F. English.

## COUNTRY FRIED CHICKEN WITH GRAVY

Clean and disjoint fryer, shake pieces in paper bag containing flour seasoned with salt and pepper. Fry chicken in enough hot melted shortening, chicken fat or bacon drippings to cover bottom of pan generously. Brown quickly on all sides at high heat, cover and cook slowly 30 to 45 mins. or until tender. Remove cover last 5 or 10 mins. of cooking time in order to crisp chicken.

**GRAVY:** Remove chicken from pan leaving about 3 tbsps. drippings in pan, blend in 3 tbsps. flour, add 2 cups milk, cook until thick, stirring constantly.

Mrs. J. Moar.

## CHICKEN WITH RICE

- 1 chicken
- ½ tsp. salt
- 3 tbsps. fat
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 cup uncooked rice
- pinch of saffron powder.

Dress, clean and cut chicken as for frying. Cover with boiling water, and boil 15 minutes, then add salt. Heat fat, add onion and garlic, stir in rice and cook until well mixed, but not browned. Add to chicken and simmer until tender. Add saffron powder just before serving.

Mrs. G. Fanson.

## CHICKEN TERRAPIN

- 3 tbsps. butter
- 3 hard cooked eggs
- 5 tbsps. flour
- $\frac{3}{4}$  tsp. dry mustard
- 1 tsp. salt
- $\frac{1}{4}$  tsp. white pepper
- 2 cups milk or milk and stock mixed
- 1  $\frac{1}{2}$  cups diced chicken (duck, goose or turkey)
- 1 pimento, chopped
- 1 tbsp. chopped green pepper
- 4 ripe olives, chopped coarse
- 1 tbsp. lemon juice

Melt fat, add mashed egg yolks, flour and seasonings. Stir to blend thoroughly. Add liquid and cook until thickened. Add chopped egg whites and remaining ingredients, except lemon juice. Reheat, taste and add extra seasoning if needed. Add lemon juice just before serving. Serve on rusks or hot toast.

Mrs. H. Peacey.

## OLD FASHIONED CHICKEN PIE

The biscuits may be baked separately and split in half and topped with chicken. Cooked potatoes, carrots and peas may be combined with the chicken and gravy.

- 1 fricassee chicken, about 4 lbs.
- 1 medium sized onion
- 4 medium sized stalk of celery
- 3 cups water
- $\frac{1}{2}$  cup flour
- Biscuit dough (2 cup flour recipe)

Wash and clean chicken, cut up for serving. Cook chicken onion and celery in boiling salted water to cover until tender, about 2 hrs. Remove chicken from broth, measure 3 cups broth for sauce. Place chicken in well greased, deep 3-qt. baking dish. Combine 3 cups broth and 2 cups water. Make thickening of flour and the remaining  $\frac{1}{2}$  cup water, add to broth; cook until slightly thickened, about 10 mins. Pour gravy over chicken, top with biscuits. Bake in hot oven, 450°, for 20 mins. or until well browned. Serves 6 to 8. NOTE: Extra gravy may be made from remaining broth.

Mrs. J. Moar.

## CHICKEN STEWED IN SHERRY

- 1 chicken
- 2 onions, chopped
- 3 cloves garlic, chopped
- 2 bay leaves
- $\frac{1}{2}$  tsp. salt
- 1 tsp. oregano
- 1 red or green chile or ( $\frac{1}{2}$  tbsp. chile powder)
- 1 pint ripe olives, chopped
- 1 pint sherry
- 4 tbsps. flour

Dress, clean and cut chicken as for frying. Cover with boiling water and boil 15 minutes. Add onion, garlic, bay leaves, salt and oregano, and boil slowly. One hour before chicken is done, add chile, olives and sherry and simmer until tender. If salted sherry is used, omit salt. Thicken gravy with flour diluted in enough water to pour easily. Boil 5 mins. Serve with Spanish rice. NOTE: Rabbit may also be used in place of chicken.

Mrs. T. J. McKay.

## CHICKEN SPECIAL

- 1 chicken, about 4 lbs.
- 2 tbsps. fat
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. pepper
- $\frac{1}{2}$  cup hot water
- $\frac{3}{4}$  cup milk
- 1 can condensed mushroom soup

Cut chicken in pieces for serving brown in the hot fat and lay in large casserole. Sprinkle with salt and pepper and pour in hot water. Cover and cook at 350 for 2 to 2  $\frac{1}{2}$  hours until chicken is tender. About 15 minutes before chicken is done, add milk to soup and heat then pour over chicken and complete cooking.

Mrs. L. Reagen.

# MEATS

## SWISS STEAK

- ¾ tsp. salt
- ⅛ tsp. pepper
- ½ cup flour
- 2 tbsps. fat
- ½ onion
- ½ green pepper, chopped fine
- 1 ½ cups water
- ½ cup tomato ketchup
- 2 ½ lbs. round steak, cut 1 inch thick

Add the salt and pepper to the flour and pound into the meat. Brown in a skillet with fat, then add chopped onion, green pepper, water and ketchup. Cover closely and simmer slowly until meat is tender, about 1 ½ hours. This may be cooked in a casserole in the oven, or in a skillet on top of stove. Garnish with broiled tomatoes or potatoes. NOTE: a teaspoon of Worcestershire sauce gives an added flavor.

Mrs. J. Boyle.

## BEEF BALLS

- 1 ½ lbs. beef from shank
- ⅓ cup bread crumbs
- 3 tbsps. soft fat
- 1 cup stock
- 1 egg
- flour
- salt and pepper, and nutmeg
- 1 tsp. lemon juice

Put meat twice through food chopper, add bread crumbs, salt and pepper, lemon juice, a little nutmeg and beaten egg. Shape into balls lightly and let them stand for ½ hr. to firm, then roll in flour and brown in frying pan with fat. Take meat balls out, add to fat a tbsp. of flour and a cup of stock. Season well, put meat balls back into mixture, cover frying pan closely and simmer for 1 ½ hrs.

Miss I. Galloway.

## RECTOR HAMBURGERS

Have the butcher cut a 1 lb. top round steak and trim it, then put through food chopper. The chopped meat is put in a bowl and seasoned well with salt and pepper. Now add 2 tbsps. of finely chopped

onion, 2 slices of bread which have been thoroughly soaked in milk, and 1 egg well beaten. With your hands mix well. Form meat into cakes about 1 ½" thick and 3" in diameter. Dust hamburger cakes with flour and saute on each side in a pan which contains about 1 tbsps. heated butter. Add more butter during cooking. When cakes are nicely browned on both sides remove to hot platter. To the small amount of fat left in pan add another tbsp. of butter, 1 tsp. Worcestershire sauce and 2 tbsps. ketchup. Heat and stir, then pour over the hamburgers.

Mrs. H. Campbell.

## BRAISED SHORT RIBS

Season short ribs of beef with salt and pepper and dredge lightly with flour. Brown quickly on all sides in hot beef drippings. Add a small amount of water or beef stock, and a few vegetables for seasoning such as an onion, a carrot, a stalk of celery and a tiny piece of bay leaf. Cover closely and cook about 3 hrs. in a slow oven 300° or until meat is tender. Turn meat once or twice during cooking, adding additional water or beef stock to create enough steam to keep meat moist during braising. When cooked remove meat to hot platter and strain the liquid in pan over it. The vegetables are discarded or they may be pressed through a sieve and the pulp mixed into the gravy.

Mrs. D. Stirton.

## PORK CHOPS WITH RICE

Brown chops in frying pan, then remove. Put into pan 1 chopped onion and 2 tbsps. chopped celery browning nicely. Return chops to pan on top of mixture. Put a mound of cooked rice on top of each chop. Pour tomato soup over, just as it comes from the can, letting it trickle down over the chops. Bake at 350° for 1 hour.

Mrs. L. Reagan.

### ROASTER COOKED STEW

- 2 lbs. diced stew beef
- 1 large onion, chopped
- ½ cup chopped celery
- 6 carrots
- 6 potatoes
- 1½ cups water
- 1 can tomato soup
- 1 tsp. salt
- ⅛ tsp. pepper
- ¼ tsp. paprika

Brown onions, celery and meat in frying pan, remove to roaster. To fat in frying pan add water, soup and seasonings, thicken with 4 tbsps. flour mixed to a smooth paste in a little cold water. Pour this over mixture in roaster. Add halved carrots and potatoes. Cover roaster and bake 350° for 3 hrs. More water may be added during cooking if necessary.

Mrs. L. Reagen.

### ROAST MOCK VENISON

- 5 to 6 lbs. beef, shoulder, cut 2" thick.

#### MARINADE:

- 1 cup vinegar
- 1 cup water
- 1 bay leaf
- 10 peppercorns
- 1 sliced onion
- 1 blade mace
- 2-3 cloves

Bring water, vinegar and spices to boiling point, then remove and cool. When cool, pour over meat and let stand in refrigerator for 2 days. Remove meat from marinade, wipe dry and dip in flour. Sear on all sides in a hot frying pan and then transfer it to a roasting pan. Lay 2 or 3 slices of fat salt pork over the meat and roast in a moderate oven for 2½ hrs. Garnish with parsley and serve with boiled noodles that have been well drained and mixed with a lump of fresh butter and grated Parmesan or Swiss cheese.

Mrs. T. Lamb.

### HAM IN RAISIN SAUCE

Cook ½ cup raisins in 1 cup water. Add ½ cup brown sugar, 4 tbsps. vinegar, juice of 1 lemon and dash of ginger.

Thicken liquid with 2 tsp. of cornstarch smoothed with cold water. Heat slices of ham in sauce and serve.

Mrs. F. English.

### STEAK AND KIDNEY PIE

For 1 big or 4 individual pies use 1 lb. round steak and 4 lamb kidneys. Round steak is cut in ¾" squares, dipped in flour and browned in some drippings in which a minced onion was browned. The kidneys are not precooked, merely skinned and cut into four pieces. Then using either 4 individual baking dishes or one large one, put meat and kidneys into dish or dishes. Just cover with cold water, add salt and pepper. Cover with pie crust and bake in medium oven for about 20 mins. or until crust is light brown. If desired, left-over peas, potatoes diced in ½" cubes, small peeled onions, bits of carrots, can be added, in which case bake ½ hr. Delicious served with a green vegetable salad.

Mrs. M. McKechnie.

### STUFFED STEAK

- 2 lbs. flank or round steak cut ½ to 1" thick
- 1 cup bread crumbs
- ½ cup stock or water
- 1 tsp. salt
- ¼ tsp. pepper
- 1 tbsp. chopped onion
- 1 small turnip diced
- ½ cup chopped celery
- 1 small carrot, diced
- flour

Make a dressing of the crumbs, stock or water, salt, pepper, chopped onion and a small amount of celery, and spread it on the meat. Roll the steak. Place diced vegetables in roasting pan and on them lay the rolled steak. Add 2 or 3 cups of water depending upon the size of the pan. Cover and bake in a slow oven, 350°, for 3 hrs. or until tender. When meat is cooked remove it from the roasting pan and thicken broth.

Mrs. D. Stirton.

### SPARERIBS WITH SAUER-KRAUT

Brown the spareribs. Place sauerkraut in a greased baking dish. Sprinkle with brown sugar and add ½ cup water, then arrange spareribs on top. Cover dish and cook in a moderately slow oven 300-325° for 1 hour.

Mrs. H. A. Brown.

### SCALLOPINE OF VEAL

- 2 lbs. shoulder of veal
- $\frac{1}{3}$  cup seasoned flour
- 1 large onion, minced
- 1 clove garlic minced (opt.)
- $\frac{1}{4}$  cup fat or salad oil
- 1 cup sliced mushrooms
- 1 tsp. salt
- few grains of pepper
- 1 can tomato soup

Cut veal in 2" pieces, dredge with seasoned flour. Saute veal onion and garlic in fat or salad oil until veal is brown on all sides. Add remaining ingredients (to condensed soup add water as directed on can). Turn into a casserole, cover and bake in a moderate oven 350°, 2 hours. Approximately 6 portions.

Mrs. G. Robinson.

### BAKED HAM WITH GINGERALE

- 1 slice smoked ham, 1" thick
- 1 tbsps. prepared mustard
- $\frac{1}{4}$  cup raisins
- $\frac{1}{2}$  cup brown sugar
- 2 tbsps. corn starch
- 1  $\frac{1}{4}$  cups ginger ale

Nick the edges of ham and rub on both sides with prepared mustard. Cover and bake for 40 mins. Plump raisins with boiling water. Mix together brown sugar and corn starch. Add ginger ale. Cook and stir over low heat until mixture thickens. Add raisins, pour over the ham and cook another 20 mins. uncovered. (Temp. 325°.)

Mrs. J. Hunter.

### SAVORY POT

- $\frac{1}{2}$  lb. each of pork, veal, beef, chicken, cubed
- 1  $\frac{1}{2}$  tsp. salt
- $\frac{1}{8}$  tsp. cinnamon
- $\frac{1}{8}$  tsp. allspice
- $\frac{1}{8}$  tsp. nutmeg
- $\frac{1}{8}$  tsp. cloves
- $\frac{1}{2}$  tsp. pepper
- 1 wineglass of sherry

Add seasoning to meat and mix well. Line a greased baking pan with pastry rolled  $\frac{3}{8}$ " thick. Pour in meat, dredge with flour, add water to cover. Cover with top crust, bake in a hot oven 12 mins. and continue baking in a moderate oven 1 to 2 hrs. When meat is done, lift top crust and add sherry.

Mrs. H. Campbell.

### MEXICAN POT ROAST

- 4 lbs. chuck roast (with bone)
- 2 tbsps. flour
- 1 medium onion, sliced
- $\frac{1}{2}$  cup green pepper (if available)
- 3 cups stewed or canned tomatoes
- 1  $\frac{1}{2}$  tsp. Worcestershire sauce
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 3 tbsps. fat
- 1 cup celery, chopped

Pound flour into surface of meat using wooden mallet or edge of heavy plate. Brown meat and onion in fat in a heavy kettle, combine remaining ingredients and add to meat. Cover and cook over low heat or bake in a slow oven 300° for 2  $\frac{1}{2}$  hours or until tender.

Mrs. G. Gilmour.

### SPICED BEEF

Purchase:

- 5 lbs. approx. of prime ribs of beef, rolled

Make a mixture of:

- 2 cups vinegar
- 3 tbsps. salt
- $\frac{1}{2}$  tsp. pepper
- 3 bay leaves
- pinch of mustard
- a few whole cloves
- 3 good sized onions, sliced

Place meat in a pottery mixing bowl and pour mixture over. Leave in refrigerator from 24 to 36 hours (the longer the better), turning meat occasionally.

Place meat in a kettle and pour mixture over. Cook as a pot roast for about three quarters of an hour. Remove meat and place in roaster. Roast in oven from 1 to 1  $\frac{1}{2}$  hours. NOTE: This makes a nice cold cut.

Miss Irene Galloway.

### STUFFED PORK CHOPS

Have pork chops cut 1" thick. Cut cavity for dressing from side of chop nearest the bone. Dress with  $\frac{1}{2}$  cup uncooked rice, 1 green pepper and 1 small grated onion. NOTE: When chops are cut from side nearest the bone, membrane will close the opening during cooking, making it unnecessary to use skewers.

Mrs. B. King.

### STUFFED BREAST OF LAMB

- 1 breast of lamb, 3 lbs.
- 4 cups cooked rice
- $\frac{1}{4}$  cup chopped onion
- $\frac{2}{3}$  cup parsley, cut coarsely
- 2 cups sliced celery
- 4 tbsps. melted shortening,  
lard or drippings
- 1 tbsps. salt
- $\frac{1}{2}$  tsp. pepper

Cut pocket in breast for stuffing. Combine rice, onion, parsley, celery, shortening, 2 tps. salt and pepper, toss lightly with fork to mix. Pack half stuffing lightly into pocket, sew or skewer together. Pack remaining half stuffing in well-greased baking pan. Place meat, fat side up, in drip pan; sprinkle with remaining teaspoon salt. DO NOT ADD WATER AND DO NOT COVER. Roast in moderately hot oven, 400° about 2 hours, allowing 30 mins. per pound for combined weight meat and stuffing. Bake extra stuffing last hour of roasting. Serves 6.

Mrs. J. Moar.

### HAM IN MILK

Place 1 slice of smoked ham cut 1" thick in a deep broad iron skillet and fry lower side brown. Don't turn over. With bottom well browned, pry loose from pan, then pour enough rich milk into skillet to cover ham. Bring this to a boiling point and keep on adding milk as needed. Ham absorbs milk and becomes very tender. Remove to hot platter. Into milk in pan pour a cup of chopped olives, add a cup of canned mushrooms and 3 or 4 sliced hard boiled eggs. Season with pepper. Thicken the sauce by stirring in the beaten yolks of 2 or 3 eggs. Never boil the gravy. Sharpen with a bit of lemon juice. Pour sauce over ham and serve with baked potatoes and coleslaw.

Miss Irene Galloway.

### ROAST BACON

Boil a piece of side bacon until it is almost done. Remove outside skin. Stick bacon with whole cloves about 1" apart, cover with a mixture of brown sugar, vinegar and 1 tsp. of mustard. Bake in a slow oven until done.

NOTE: Baked sweet potatoes go very nicely with this.

Mrs. H. Robinson.

### BARBECUED SHORTRIBS

- 1  $\frac{1}{2}$  tsp. shortening
- 1 medium onion, chopped
- 1  $\frac{1}{2}$  tbsp. vinegar
- 1  $\frac{1}{2}$  tbsp. brown sugar
- 1  $\frac{1}{2}$  tbsp. Worcestershire sauce
- $\frac{3}{4}$  cup ketchup
- $\frac{3}{4}$  cup water
- $\frac{1}{2}$  tsp. salt
- 1  $\frac{1}{2}$  tsp. dry mustard
- 3  $\frac{1}{2}$  to 4 lbs. short ribs

Brown onion in fat. Add remaining ingredients except short-ribs, and simmer sauce 10 mins. Meanwhile, brown shortribs on all sides in heavy skillet. Add additional teaspoon salt and the sauce, cover tightly and bake in a moderate oven, 325° about 2  $\frac{1}{2}$  hrs. or until tender. Baste sauce over the short ribs about 4 times during the cooking period.

Mrs. G. Gilmour.

### MARSEILLES STEW

- $\frac{1}{2}$  lb. halibut
- $\frac{1}{2}$  lb. salmon
- 1 mackerel (or similar) filleted (medium)
- oil, olive or cooking
- $\frac{1}{4}$  lb. large shrimp
- $\frac{1}{4}$  lb. scallops
- body and claw meat of 1 small lobster

Cut the fish into large squares, excepting the shrimp which should be merely shelled and divested of their intestinal tract. Heat the oil in a large deep skillet, add the fish cubes and brown these rapidly on all sides. This done, remove them very carefully to another saucepan and reserve. Add to original pan juices:

- 2 tps. tomato paste
- 2 cloves crushed garlic with a little salt
- 3 tbsps. flour

Blend until smooth as satin, then add 1  $\frac{1}{4}$  cups good stock or water, stirring constantly. Check for seasoning, add pinch of dry mustard, the same of cayenne. Bring to a boil and last of all incorporate  $\frac{1}{4}$  cup of good red cooking wine, 1 large diced onion browned in a little additional oil, and peeled, quartered tomatoes. Cook for 3 mins. briskly. Return fish into sauce, a bay leaf on top, cover closely and simmer over a low flame for 15 to 20 mins.

Miss M. McKechnie.

## LONGCHAMPS STEW

- 2½ lbs. shoulder lamb, cut in bite-sized pieces
- 3 fresh tomatoes, peeled, or canned tomato pulp
- 2 yellow onions, chopped
- 12 small peeled white onions left whole
- 4 carrots diced
- 1 medium turnip in lozenges
- 6 potatoes, in balls salt and pepper
- 4 tbsps. minced parsley
- 1 small bay leaf
- 2 cups green peas (fresh)

Place lamb, lightly dredged in flour in one saucepan with enough fat to prevent sticking, and brown well. Brown the chopped onions in a second saucepan, in butter. In a third saucepan heat the tomato together with crumpled bay leaf which should be removed after the tomato cooks up. Place all ingredients in a large baking dish (earthenware preferably) add stock to cover and simmer covered closely for 1¼ hours or until meat is tender. Remove from flame, add small peeled onions, carrots, potato balls and turnip. Cover closely and bake in moderate oven ¾ hr. Cook green peas, drain and add to stew when it is done. Dust with freshly minced parsley and serve with crunchy French or Italian bread.

Miss M. McKechnie.

## BARBECUED SPARERIBS

- 3 to 4 lbs. spareribs
- 2 onions sliced
- 2 tbsps. vinegar
- 2 tbsps. Worcestershire s'ce
- 1 tbsps. salt
- ½ tsp. red pepper
- 1 tsp. sugar
- 1 tsp. paprika
- ½ tsp. pepper
- 1 tsp. chili powder
- 1½ cups tomato juice OR ¾ cup catsup and ¾ cup water

Cut spareribs into pieces, allowing 2 to each portion. Sprinkle with salt and pepper, cover with sliced onions. Pour over the remaining ingredients, cover and bake in moderate oven for 1½ hrs. Baste occasionally. Serves 6.

Mrs. A. McMullen.

## BARBECUED TENDERLOIN

- 1½ lbs. tenderloin
- ½ cup catsup
- ½ cup vinegar
- ½ cup brown sugar
- 1 onion, finely chopped
- 2 tbsps. Worcestershire s'ce juice of 1 lemon
- ½ tsp. salt
- pepper
- ½ tsp. chili powder (opt.)
- ½ tsp. celery salt

Mix all ingredients. Slightly brown meat on top of stove. Cover with sauce and cook in a slow oven 300° for 1 hour or more. This is enough sauce for 3 lbs. of meat. Tomato juice may be substituted for catsup or half and half of each used.

Mrs. V. Horner.

NOTE: To brown meat a rich brown allow ½ tsp. salt to each pound, rub well into meat and brush same with butter.

Mrs. G. Lundberg.

## LAMB LOAF RING

Serve with creamed potatoes and peas or other creamed vegetables in centre. Garnish with spiced fruit.

- 1½ lbs. ground lamb
- ¾ cup soft bread crumbs
- 2 tbsps. grated onion
- 1 egg
- ¾ cup tomato juice, milk or vegetable liquor
- ⅛ tsp. poultry seasoning
- 1½ tpsps. salt
- pepper

Combine all ingredients in a large mixing bowl, mix with spoon or hands until well blended. Bake in well greased paper-lined, 1½ qt. ring mold in moderate oven, 350° for 1 hour, or until done. Unmold to serve—serves 6. NOTE: May be baked in a loaf pan, increase baking time about 30 mins.

Mrs. J. Moar.

# MEAT SAUCES & ACCOMPANIMENTS

## EPICUREAN SAUCE

- 3 tbsp. mayonnaise
- 2 tbsp. grated horseradish
- 1 tsp. prepared mustard
- ½ tsp. salt
- dash of cayenne
- 3 tbsps. top milk

Combine ingredients in order given. Keep cool, but not chilled. Yields ⅓ to ½ cup.

Mrs. H. Campbell.

## MUSTARD DRAWN BUTTER

- 3 tbsp. flour
- 3 tbsp. butter
- salt and pepper to taste
- 1½ cups hot water
- 1 tbsp. lemon juice
- 1 tsp. dry mustard

Blend flour with butter. Add hot water slowly stirring well and cook over low heat until thickened. Season and add lemon juice and mustard mixed to a smooth paste. Add a little more butter just before serving if it can be spared. Yields 1¼ cups sauce.

Mrs. M. McKechnie.

## CUMBERLAND SAUCE

This is a famous recipe from the chef of Simpson's restaurant on The Strand, London, England. Delicious with cold cuts or ham.

- 3 tbsps. red current jelly
- 2 tbsp. port wine
- 2 tbsp. orange juice
- 1 tbsp. lemon juice
- 1 tsp. dry mustard
- 1 tsp. paprika
- ½ tsp. ground ginger
- 3 tbsps. orange rind, finely shredded and blanched

Melt jelly over low flame until liquid. Let cool. Add port wine, orange juice, lemon juice, mustard, paprika, ground ginger and orange rind which has been covered with cold water, brought to a boil and drained. NOTE: remove white part before you shred rind of orange. This sauce should be served not exactly cold but at room temperature.

Mrs. H. Campbell.

## CREOLE SAUCE

- 1½ cups canned tomatoes
- 1 green pepper, sliced thin
- 1 medium sized onion, sliced thin
- ½ cup mushrooms, sliced thin
- 1 cup tomato soup, condensed
- 2 tbsps. cooked ham, minced
- 1 tsp. Worcestershire sauce
- 1 tbsp. butter
- salt and pepper to taste

Cover green pepper and onion with water and cook until tender or about 10 mins. Meanwhile, saute the sliced fresh mushrooms in butter until soft. Then add onions, green pepper and mushrooms to canned tomatoes and cook together for 10 mins. Stir in thick tomato soup, add minced ham, Worcestershire, and salt and pepper to taste. Just as the sauce is removed from the heat, add butter and stir until blended. When you have a cupful of thick brown gravy on hand use it instead of tomato soup. It makes a darker sauce and it is nice for a change. This is a delicious sauce to serve on an omelet.

Miss Irene Galloway.

## CREAM MUSTARD SAUCE

- 1 tbsp. dry English mustard
- 1 tsp. dry powdered sugar
- 2 tbsp. vinegar
- ¾ cup cream sauce

Dissolve dry mustard and powdered sugar in vinegar. Make cream sauce of medium consistency and while sauce is still hot stir it in gradually to the dissolved ingredients. Sauce may be kept in top part of double boiler until time to serve.

Mrs. D. Stirton.

## TOMATO DUMPLINGS

One can of tomato soup thinned with water. Drop dumplings in. When serving pour soup over the dumplings. NOTE: This is also a nice luncheon dish.

## RICE

- 1 cup rice
- 3 cups boiling water
- 1 tsp. salt

Wash rice and soak in cold water for one hour. Boil water in upper part of double boiler, add salt and rice, slowly. Cook directly over flame for 5 mins. Steam in double boiler 45 mins. or until soft. The rice should be very dry when done. If it is not, stir lightly with a fork and allow to steam dry. Mold in a dish and garnish with slices of hard boiled eggs.

Mrs. H. A. Morrison.

## GARLIC LOAF

Take one standard loaf of bread and slice in  $\frac{3}{4}$ " thickness through to bottom crust without cutting crust. Butter each side of cut portions, insert a few cloves of garlic in each. Close loaf up again, place in a baking dish and put in oven at about 400° for 20 to 25 mins. Remove and finish slicing. Delicious served with steak instead of potatoes.

Mrs. Brien King, Jr.

## INDIVIDUAL YORKSHIRE PUDDING

- 2 eggs
- 2 tsp. salt
- 1 cup flour
- 1  $\frac{1}{2}$  cups milk

Beat eggs well, then add milk and salt. Add flour a little at a time using an egg beater. Use your 6 individual pyrex dishes and put 1 tablespoon of dripping in each one. Place in oven to get dishes very hot. Remove from oven, and add mixture. Return to oven and bake at 425° for half an hour. Do not look in oven for 20 mins. as it chills pudding. Serve very hot.

Mrs. A. P. Dodds.

## DUMPLINGS

- 1 cup cake flour (sift)
- 1 tsp. cream of tartar
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  tsp. salt
- 2 level tbsps. butter, or, 1 of butter and 1 of lard
- moisten with milk

Mrs. T. J. Marlow.

## BANANA FRITTERS

- 3 bananas
- 1 cup flour
- $\frac{1}{4}$  cup milk
- 2 tbsps. sugar
- $\frac{1}{4}$  tsp. salt
- 1 egg
- 1 tbsp. lemon juice

Mash bananas or force through a sieve. Sift dry ingredients and add milk and well beaten egg. Fold in bananas and lemon juice. Fry by spoonfuls in deep fat.

Mrs. J. G. Walker.

## YORKSHIRE PUDDING

Break 2 eggs into 4  $\frac{1}{2}$  table-spoons flour and pinch of salt, mixing together slowly. Gradually stir in one cup of milk to make thick batter. Beat well, adding another cup of milk. Now here's the real Yorkshire secret. Cover the batter and let it stand 2 to 3 hours, before baking. Beat again, pour into well greased, hot dish, and bake 10 mins. in a hot oven. Serve with plenty of gravy.

Mrs. H. Knott.

## ONION PUDDING

- 1 egg
- 1 lb. butter (melted)
- $\frac{1}{3}$  cup milk
- 2 tsp. baking powder
- 1 cup flour
- $\frac{1}{2}$  tsp. salt
- 3 med. chopped fine onions

Steam for one hour and serve with meat course.

Mrs. J. G. McKay.

# MEAT SPECIALTIES AND SUPPER DISHES

## BARBECUED SUPPER DISH

- 2 tbsp. Crisco
- 1 lb. hamburger or minced steak
- 2 large onions, chopped
- ½ cup celery, diced
- 1 cup sliced mushrooms or mushroom soup
- ¼ cup catsup
- 1 cup tomatoes
- 1 cup water
- 1 tsp. chili powder
- salt and pepper
- 2 tbsps. tapioca soft rolls

Fry hamburger, onions, celery and mushrooms in hot Crisco until brown. Add catsup, tomatoes, water and seasonings. Cover and simmer 15 minutes. Add tapioca and cook until thick. Split rolls: brown in frying pan in a little hot Crisco (a grand trick for saving butter). To serve, surround bowl of "burger" mixture with pan toasted rolls.

Mrs. A. McMulle...

## PORCUPINE MEAT BALLS

- 1 lb. ground raw beef
- 1 tbsp. minced onion
- ¾ cup milk
- ½ cup uncooked rice
- 1 can tomato soup
- salt and pepper

Combine all ingredients except soup. Form into 8 or 9 balls. Place in casserole. Cover with soup. Bake covered a good 1½ hours at 350° F.

M. T. J.

## TOAD IN THE HOLE

Cut up 1 lb. round steak into cubes 1" square, or near that size. Sprinkle with salt and pepper and let simmer and cook until fairly well done. Place same in a casserole and pour the following batter over: Sift 4 large tbsp. flour and a pinch of salt into basin. Beat 1 egg well and add to flour. Gradually add 1 pint of milk and beat until batter is smooth. Bake in oven for 1 hour.

Mrs. W. McTaggart.

## VEAL GOULASH

- 2 slices veal steak, ½" thick, about 1½ lbs.
- 1 tsp. salt
- ¼ tsp. pepper
- 2 tbsp. flour
- 6 tbsp. vegetable fat
- 1¼ cups sliced onions
- ½ cup Chili sauce
- 1½ cups boiling water
- ½ cup grated cheese
- 1 8 oz. pkg. macaroni

Divide the slices of veal in 6 portions and sprinkle with salt, pepper and flour. Melt fat in a covered skillet, add veal and onions and brown. Then add the chili sauce, water and cheese. Cover and simmer for 30 minutes, or until tender. Meanwhile cook the macaroni until tender and season. Serve with the veal goulash. Serves 6. (Excellent for using up left over veal steaks, cooked or uncooked.)

Mrs. F. English.

## STEWED STEAK WITH MACARONI

- 1½ lbs. round steak
- 2 tbsps. flour
- 2 tbsps. butter
- 1 tbsp. catsup
- ¼ lb. macaroni
- pepper and salt

Cut meat in small pieces, roll in flour and fry in butter. Cover with hot water and allow to simmer 1½ hours, add macaroni then cook for ¾ hour. Season with salt and pepper putting the meat in the middle of the dish with macaroni around it.

Mrs. C. Wallis.

## PORK CHOP CASSEROLE

Par-fry pork chops, then place in casseroles, cover with a tin of mushroom soup, and bake in a slow oven 250-275°, until quite tender—1 to 1½ hours. This dish can be hurried by pre-heating the soup.

Mrs. J. W. Dodds.

## LAMB CELERY AND CARROT DISH

Use the required amount of neck and shoulder cuts of lamb—have butcher cut in suitable pieces (not too fat) for stew. Cook in frying pan in own fat for several minutes until browned. Add water to gravy and add chopped celery and diced carrots as required. Put all in a baking dish with salt and pepper. Add tomato juice if desired. Bake in a slow oven until meat and vegetables are tender. Tasty!

M. T. J.

## ONE DISH MEAL

Fry one half pound hamburger. Boil one package noodles to directions. Butter a casserole and put in noodles and hamburger. In the grease left in pan make a thin gravy with milk, and add. Add to casserole  $\frac{1}{4}$  lb. grated cheese,  $\frac{1}{2}$  cup green olives, and  $\frac{1}{2}$  jar of pimento, season with salt and pepper. Mix well and put a thick crust of Sunland Cracker crumbs over all. Bake in a hot oven one half hour.

Mrs. C. Tweed.

## WEINER CASSEROLE

Boil macaroni until tender, and drain. Combine:

2 tbsps. flour

1 tbsps. lard

1 cup milk

and cook until thick. Pour over macaroni, add salt and pepper, and slices or grated cheese. Cut weiners into small pieces and add to macaroni. Bake 15 to 20 mins.

Mrs. J. F. Miller.

## BAKED MEAT LOAF

2 lbs. minced beef

$\frac{1}{2}$  lb. minced veal

$\frac{1}{2}$  lb. minced pork

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

1 cup bread crumbs

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

1 egg

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

1 tsp. parsley or other seasoning

onions may also be added

Mix all ingredients together and shape into a loaf. Bake 45 to 60 mins. basting every 10 mins. Serve with gravy.

Mrs. J. Easton.

## BAKED HAM LOAF

1 lb. ground smoked ham

$1\frac{1}{4}$  lbs. fresh lean pork

$\frac{1}{4}$  lb. sausage meat

2 eggs well beaten

1 cup milk

1 cup dry crumbs

$\frac{1}{2}$  cup water

$\frac{1}{2}$  tbsps. chopped green pickle

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

dash pepper and mace

1 cup brown sugar

3 tsps. dry mustard

$\frac{1}{2}$  cup cider vinegar

Have the two meats ground, mash the sausage meat and leave separate. Combine beaten eggs, milk, crumbs, pickle and seasonings. Add to mixture of ham and pork. Mix well and press half into an oiled loaf pan  $9 \times 5 \times 3$ ". Use sausage meat as a filling, then add second half of ham mixture. Press firmly in pan and invert on small rack. Place rack and meat in roasting pan. Combine sugar, mustard, vinegar and water in a saucepan and let simmer 5 mins. Baste the meat loaf with this mixture several times during the baking. When loaf is done thicken the liquid slightly and serve with slices of the loaf. This takes about 2 hours in a  $375^\circ$  oven.

Mrs. W. Allan.

## MEAT LOAF

2 lbs. pork, minced

1 lb. ham, minced

1 cup milk

salt and pepper

1 egg

1 cup Sunland soda cracker crumbs

Mix well and press into tin. Pour over the top one can of tomato soup. Cook for about 2 hrs. at  $300^\circ$ .

Mrs. Higgins.

## WEINER AND TOMATO CASSEROLE

Place in a baking dish or casserole, 1 layer of sliced potatoes, 1 layer of sliced onion, 1 layer of canned tomatoes. Repeat and on top place as many weiners as required, spread with a little prepared mustard. Pour canned tomatoes over the top. Bake about 1 hour.

Mrs. M. Geibelhaus.

### FAVORITE MEAT LOAF

- 1 lb. sausage meat
- 1 lb. hamburger steak
- 2 cups bread dressing
- strips of side bacon

Line loaf pan with bacon. Mix sausage meat and hamburger steak together and pack half in the bottom of a loaf pan. Over this place dressing and cover with remainder of meat. Bake  $\frac{1}{2}$  hour. Turn onto platter and serve with cheese or Spanish sauce.

Mrs. A. McMullen.

### WEINERS WITH BAKED BEANS

Put in a casserole alternate layers of baked beans, sliced weiners and a few tsps. of ketchup. Sprinkle with brown sugar, cover all with bacon. Bake in a moderate oven for 1 hour.

Mrs. F. Long.

### RICE SAUSAGE DISH

- 1 cup cooked rice
- $\frac{1}{2}$  lb. sausage meat
- 1 cup Sunland Soda cracker crumbs
- $\frac{1}{3}$  cup tomato pulp
- 1 tbsp. fat
- 3 tbsp. ground green pepper
- $\frac{1}{3}$  cup diced celery hearts
- 1 tbsp. ground onion
- $\frac{3}{4}$  tbsp. salt
- dash of pepper

Fry sausage which has been separated into small pieces, in the fat, stirring it until a light brown. When done add a tablespoon of water and stir a moment to loosen all the brown particles from the pan. Mix all ingredients thoroughly and toss lightly into a pan. Turn into a buttered baking pan. Bake 45 mins. at  $375^{\circ}$ .

Mrs. K. Dunlop.

### HAMBURGER CASSEROLE

- 1 lb. hamburger
- salt and pepper
- sage, if desired

Make hamburgers into very thin patties and place half in a greased casserole, then add 6 medium sized cooked carrots, sliced thinly, then another layer of patties. Pour over this 1 can of tomato soup and cook for  $\frac{3}{4}$  hour at  $375^{\circ}$ .

Mrs. R. M. Putnam.

### WEINER CASSEROLE

Make your favorite macaroni and cheese dish using tomato soup instead of milk. Sliver weiners into the mixture. Cook in oven.

Mrs. J. Moar.

### MEAT AND POTATO SCALLOP

- 1 lb. minced beef
- 1 tsp. salt
- pinch of cayenne
- 1 tsp. mixed poultry dressing seasonings
- 1 cup fine dry bread crumbs
- 1 egg
- 2 onions, sliced
- 6 medium sized potatoes
- $1\frac{1}{2}$  cups milk

Combine, having sliced potatoes, on top of casserole. Bake in  $357^{\circ}$  oven for  $1\frac{1}{2}$  to 2 hours. NOTE: Pickled onions give an extra lift to this scallop—or ketchup, green relish or a condiment sauce are equally good.

Mrs. N. R. Burch.

### LEFT OVER DISH

- cold roast
- cold potatoes
- 1 medium onion
- tomato soup or juice

Cut roast and potatoes into cubes. Cut onion medium fine. Start cooking onion in pan, when shrinking add roast cubes and cook until blended, then add potatoes and stir often. Add tomato juice or soup. Cook for short time before serving to be sure flavors blend. Be sure to cook slowly.

Mrs. G. Lundberg.

### PORK SUPPER DISH

- 4 servings of pork steak or
- 4 pork chops with bone out.
- 1 tin of corn
- 1 egg
- little milk
- little butter
- salt and pepper
- $\frac{1}{2}$  cup Sunland soda cracker crumbs

Place meat in a casserole. To the corn add  $\frac{1}{4}$  cup milk, salt and pepper, and beaten egg. Pour this over the meat, sprinkle with cracker crumbs next and a bit of butter. Bake  $1\frac{1}{2}$  hours in a slow oven. Serve with baked potatoes.

Mrs. Anderson.

### PRISCILLA'S PET PIE

- 1½ lbs. veal rump
- 3 tbsp. shortening
- 2 onions, minced
- 1½ cups diced celery
- 2 cups water
- 1 tsp. salt
- ⅛ tsp. pepper
- 3 tbsp. flour
- 2 hard boiled eggs, sliced

Trim veal and cut into small pieces. Brown in shortening. Add onions, celery and water. Cover and simmer for about 25 minutes. Add salt and pepper. Add flour, mixed with a little cold water, and stir until thick. Pour small portion into baking dish, then add laying of eggs, then layer of mixture, layer of eggs, until all used. Cover with a meat pie paste and cook.

Mrs. W. R. May.

### AMERICAN CHOP SUEY

- 1½ to 2 lbs. lean pork—  
shoulder or tenderloin
- 2 cups mushrooms
- 1 bunch celery
- 2 large onions
- 3 slices bacon, cut fine and  
fried
- salt and pepper to taste
- 1 cup warm water
- 4 tsp. sugar
- 2 tbsp. corn starch
- 1 tbsp. Worcestershire or  
Chinese sauce.

Cut meat, mushrooms, celery, onions, in small pieces. Fry bacon, remove from pan and brown meat in the dripping. Add vegetables, the cooked bacon and salt and pepper. Last add water combined with sugar and corn starch. Cook ½ hr. stirring often briskly, add sauce. Serve with steamed rice or noodles. This is an excellent one-dish meal.

Mrs. H. B. Grove.

### TUNA FISH CASSEROLE

- 2 cups tuna or salmon
- 1 can corn niblets
- 1 can No. 2 tomatoes, slight-  
ly drained and seasoned

Mix above ingredients and top with biscuit dough, folded envelope fashion, with a gherkin in each end. Bake at 425°.

Mrs. E. Bjorge.

### SAUSAGE CASSEROLE

- 1½ cups sausage meat
- 1 small onion, chopped
- ½ cup chopped celery
- salt and pepper
- 3 to 4 cooking apples
- 1 cup bread crumbs
- 1 well beaten egg
- ½ tsp. sage (if desired)
- ¾ cup milk
- ¼ cup brown sugar

Season sausage meat with salt and pepper. Form into flat cakes and fry until brown, but not cooked through. Place sausage patties in deep dish and cover with dressing made with bread crumbs, onions, celery, egg, seasoning and milk. Place sliced, cored apples on top and sprinkle with sugar. Bake in a moderate oven 350° until apples are done, about 25 minutes. Cover dish for first 15 minutes.

Mrs. D. Stirton.

### VIRGINIA BEEF TONGUE

- 1 beef tongue
- 1 cup brown sugar
- 1 cup stewed cranberries
- ¼ cup butter, or fat
- 1 tbsps. whole cloves
- ½ lemon

Simmer tongue until tender in water to cover. Remove skin and trim the root end. Take one cup of liquor in which the tongue was cooked and add brown sugar, stewed cranberries, butter or other fat, cloves and lemon slice. Simmer the tongue in this mixture for one-quarter hr. Place on a dish with the sauce, garnish with slices of lemon and sprigs of parsley and serve.

Mrs. A. Alling.

### LAMB CHOPS EN CASSEROLE

In bottom of casserole, place a layer of raw carrots sprinkled with onion and parsley chopped fine, several dabs of butter and a layer of sliced raw potatoes. Repeat the carrots, onion and parsley and put in a second layer of sliced raw potatoes. Remove all fat from loin lamb chops and put chops on top of the vegetables with a small dab of butter. Season with salt and pepper. Cover and bake in oven at 350° for 1 hour or until vegetables are done.

Mrs. E. Bjorge.

### LUNCHEON DISH

- 1 cup cooked rice
- 1 layer cooked sausage
- 1 cup cooked rice (on top)
- 1 can tomato soup

Bake until done.

Mrs. S. Jones.

### LAMB HEARTS

- 2 lamb hearts
- 2 cups bread crumbs
- cold water
- 1 tsp. sage
- 1 tsp. salt
- 2 tbsps. minced onion
- 1 tbsp. parsley, chopped fine
- 1 tbsps. celery leaves, chopped fine
- 2 tbsps. melted butter

Prepare hearts by wiping clean with a wet cloth. Moisten the bread crumbs with cold water, tossing lightly with spoon, taking care not to have them wet. Add balance of ingredients and mix lightly with spoon. Stuff hearts with bread crumb mixture and skewer together or tie hearts securely with piece of white string. Put hearts in oven casserole, add cold water to cover and start to cook in a hot oven, 450°, uncovered for first 30 mins. Then cover casserole, reduce heat to moderate, 325°, and cook until tender, about 1½ hrs. Serve with thickened gravy and mashed potatoes.

Miss Irene Galloway.

### TOAD IN THE HOLE

Grease a shallow baking dish with good beef dripping from a roast. Arrange in pan, links of sausages. Put in hot oven and cook 12 minutes. Pour off surplus fat and pour over the sausages Yorkshire Pudding made as follows:

Beat 2 or 3 eggs in a basin, add a little salt and 1 cup rich milk. Beat this and add gradually while beating, ½ cup flour. Do not make batter too thick. When smooth, add 1 tbsp. cold water. The batter should be made while sausages are cooking so mixture can be returned to hot oven. Bake 15 to 20 mins. and serve with gravy.

Mrs. E. Collins.

### BACON AND EGG PIE

- 1¼ cups flour
- 1 tsp. baking powder
- ½ tsp. salt
- ⅛ tsp. soda
- 2 tbsps. lard
- ½ cup buttermilk (approx.)

Sift flour, baking powder, salt and soda. Rub or cut in the lard, add enough buttermilk to make a dough that will roll out easily. Turn onto a floured board and roll to fit a good sized, fairly deep pie pan, and press well up around the sides.

- ¾ cup lean pork
- ¾ cup fat pork
- 2 tbsps. chopped onion
- 2 eggs
- 1¼ cups milk
- salt and pepper
- sage

Add eggs, well beaten, to the chopped meat, then milk and the seasonings. Pour into the pastry lined pan and bake in a hot oven for 10 mins., then reduce heat and bake until filling is set and nicely browned. Good either hot or cold.

Mrs. A. Anderson.

### CONVENT PUDDING

- ½ cup uncooked macaroni
- 1 cup milk
- 1 cup soft bread crumbs
- 1 tbsp. butter
- 1 cup grated cheese
- 1 tbsp. chopped pepper
- 1 tbsp. chopped parsley
- 1 tbsp. grated onion
- 3 eggs, slightly beaten
- 1 tsp. salt

Combine and bake 40 minutes.

Mrs. Nina Petch

### CHEESE SOUFFLE

- 1½ tbsp. butter
- 2 tbsp. flour
- ⅓ cup milk
- ¼ cup cheese, grated
- salt and pepper
- paprika

2 eggs beaten separately

Melt butter, add flour and scalded milk, cook until thick and add cheese. When melted, remove from fire and add egg yolks well beaten. Let cool and fold in well beaten egg whites. Pour into a buttered casserole and bake 20 mins.

Mrs. Nina Petch.

## HUNGARIAN GOULASH

Cook 2 pkgs. dry noodles until tender in 2 qts. salted water. Fry until well browned, 1 lb. ground round steak and  $\frac{1}{2}$  lb. ground veal. Fry 1 chopped onion and 1 chopped green pepper in a little butter. Combine these ingredients and add one can corn, 2 cans tomato soup. Season with salt and pepper and mix well. Take a large casserole, put one half the mixture in and add 1 can of ripe olives. Sprinkle over this 1 cup of grated cheese. Cover with remaining half of mixture. Sprinkle with bread crumbs, dot with butter. Cook until soup bubbles up through. Serves 16 people. This dish is grand for a crowd.

Mrs. Walter Gilbert.

## LOBSTER SPECIAL

- 6 large potatoes
- 1 cup lobster (6 oz. tin)  
drawn butter sauce of
- 2 tbsps. butter
- 2 tbsps. flour
- 1 cup milk
- salt and pepper

Scrub potatoes well, rub with melted butter and bake in a hot oven 425-450° until done. Cut a slice from top, scoop out inside and mash. Season with salt and pepper and butter. Dice lobster, saving claws for garnish, and add with mashed potatoes to sauce. Pile creamed mixture into potato shells and serve hot. Garnish with lobster claws, sliced cucumber, radishes and parsley. Serves 6.

Mrs. F. English.

## BREAD OMELETTE

- $\frac{1}{2}$  cup fine soft bread crumbs
- $\frac{1}{2}$  cup milk
- 4 eggs
- $\frac{2}{3}$  tsp. salt
- pepper
- butter or bacon fat

Add milk to crumbs and let stand 15 minutes. Add beaten egg yolks and seasonings, fold in stiffly beaten egg whites, turn in mixture and cook over reduced heat until set so that knife inserted in centre comes out clean. Fold and serve at once with cheese sauce if desired.

Mrs. J. Easton.

## CHILE CONCARNE

- 2 lbs. mutton or beef
- 1 lb. fresh pork
- 4 cloves of garlic, chopped
- 2 tbsps. lard or drippings
- 3 bay leaves
- 1 onion, chopped
- 1 quart ripe tomatoes, OR
- 1 large can of tomatoes
- 1 cup chile pulp OR
- 6 tbsps. chile powder
- 1 tbsp. oregano
- 1 tbsp. salt
- 1 pint ripe olives

Cut meat into small cubes. Brown onion and garlic in fat, add meat. Cover and steam thoroughly. Rub tomatoes through a colander, add to meat, stir in chile pulp, cook for 20 minutes. Add seasoning and cook slowly for 2 hours. Cut olives from the pits, add, and cook another half hour. Serve with frijoles. If chile powder is used, mix with 1 tbsp. flour, stir into fat in which onion and garlic were browned, stir until smooth. Then add meat and proceed as above.

NOTE: In substituting chile powder for chile pulp, remember that for 1 cup of chile pulp, 6 tbsps. of chile powder and 1 tbsp. flour mixed with enough water to make a paste the consistency of thick jam, is used. Its ardors may be mitigated by using less chile and more flour.

Mrs. F. Webster.

## CHICKEN SUPPER CASSEROLE

$\frac{1}{2}$  pkg. noodles, boiled in salted water for 12 minutes. Drain and cover with 1 cup of drawn butter sauce made by—

- 2 tbsps. butter
- 2 tbsps. flour
- 1 cup milk
- salt and pepper

Add to casserole, 1 tin of Campbell's mushroom soup, 2 cups of cold diced chicken. Bake in a 350° oven for  $\frac{1}{2}$  hr.

Mrs. N. R. Burch.

## QUICK CASSEROLE

In alternate layers, fill casserole with Sunland cracker crumbs, tomatoes, creamed corn, sliced onions. Dot with butter and bake in

### CLUB DISH

Make a cream sauce with mushroom juice and about 2 cups milk (half and half). Add onion and pimento cheese. When this is cooked, add flaked tunafish, in fairly large pieces, then mushrooms.

**SUBSTITUTE:** Cream of mushroom soup for mushrooms, and chicken for tuna fish.

Mrs. N. R. Burch.

### TURKEY SUPREME

- 1 can cream of mushroom soup
- ½ cup top milk
- 1 cup turkey meat, cut fine
- ¼ cup pimento
- 1 egg yolk

Place soup in top of double boiler and stir until creamy. Add milk gradually. Heat slowly, stirring constantly, add pimento cut in thin strips. Add turkey, then stir in beaten egg yolk which has been diluted with some of the hot sauce. Heat, but do not boil. Serve on toast strips or in patty shells or with hot buttered rice. **NOTE:** Ham may be used in place of turkey. Serves 4.

Mrs. Jack Millar.

### CHEESE EGGS

Hard cook 1 egg for each person to be served. Peel and slice into hot cheese sauce. Serve on toast.

#### **Cheese Sauce:**

- 1 tbsp. butter
- 1 tbsp. flour
- 1 cup milk
- cheese to taste
- salt and pepper

Melt butter and blend in flour, add milk, cheese, salt and pepper.

Mrs. J. Moar.

### CHEESE FONDUE

- 2 eggs
- ¾ cup fresh bread cubes (not crumbs)
- ½ cup milk
- salt
- ¼ cup grated cheese

Beat egg yolks. Add other ingredients. Fold in beaten egg whites last. Bake in a greased pan, with casserole set in a dish of water, in a moderate oven for 1 ¼ hours.

Mrs. N. R. Burch.

### ONION STUFFED WITH CARROTS

- 8 medium sized onions
- ½ cup mild cheese
- 2 tbsp. butter
- 1 large raw carrot
- ½ tsp. salt
- ½ cup water

Peel onions and scoop out centres carefully. Simmer in boiling water to cover for 15 mins. Grate carrot and cheese and mix with salt. In each onion place a small amount of butter then fill with carrot and cheese mixture. Place onion in greased casseroles and pour water around them. Dot with remainder butter and bake in moderate oven 350° for 30 mins. Baste with the juice in pan occasionally.

Mrs. J. G. Walker.

### MACARONI A LA RECTOR

- 1 ½ cups cooked macaroni
- 1 lb. fresh tomatoes
- 1 onion, finely grated
- 1 tbsp. parsley, finely chopped
- 1 tbsp. green pepper, finely chopped
- 3 eggs, separated
- 1 pint milk
- 1 tsp. salt
- ⅛ tsp. pepper
- ½ cup buttered bread crumbs
- ½ cup grated cheese
- 1 tsp. baking powder

Scald tomatoes with boiling water and let stand 2 minutes. Remove skins and stems and cut in small pieces. Separate eggs and beat whites, adding baking powder when whites are frothy, then beat until stiff. Combine all ingredients except bread crumbs, folding stiffly beaten egg whites into mixture at the last. Turn into a baking dish, cover top with buttered crumbs and bake in a moderate oven 35-40 mins.

Mrs. H. Campbell.

### BEEF CASSEROLE

- 2 medium sized beets, diced
- 1 large apple
- 1 med. sized onion, sliced thin

Put in casserole, dot with butter salt and pepper, add about ¼ cup of water to start. Bake in moderate oven 1 ¼ hours until tender.

Mrs. S. Grove.

### MACARONI MOUSSE

- 1 cup macaroni, broken in 2" pieces
- 1½ cups scalded milk
- 1 cup soft bread crumbs
- 3 eggs
- ¼ cup melted butter
- 1½ cups cheese
- 1 pimento, chopped
- 1 tbsp. chopped parsley (cress or onion tops)
- 1 tbsp. chopped onion
- 3 tsps. salt
- ⅛ tsp. pepper
- paprika

Cook macaroni in boiling salted water, blanch in cold water and drain. Pour scalding milk over bread crumbs, add butter, pimento parsley, onion, grated cheese and seasoning. Then add eggs well beaten. Put macaroni in buttered loaf pan, pour milk and cheese mixture over and bake in slow oven about 50 mins. until loaf is firm. Serves 6.

Mrs. S. Jones.

### SHRIMP IN TOMATOES

- 6 large tomatoes
- 2 tbsp. grated onion
- 3 tbsp. butter
- 1 cup shrimp
- 1 cup cooked rice
- 1 tsp. salt
- ¾ cup white sauce

Cut a slice from the stem end of the tomatoes. Remove pulp to form a cup, sprinkle with salt and invert for 30 mins. or longer. Melt the butter and cook onion gently for 5 mins. Add the shrimp, cut in small pieces, the cooked rice and salt. If you like a higher seasoning add a little Worcestershire sauce. Moisten with the white sauce and stuff tomatoes generously. Sprinkle with grated cheese and bake in moderate oven 350° until tomatoes are tender. A little water may be added to the pan to cook quicker.

Mrs. J. G. Walker.

### LOBSTER AND EGG CASSEROLE

Put in casserole alternate layers of canned lobster, hard cooked eggs and white sauce. Top with buttered soft crumbs. Heat thoroughly in moderate oven.

Mrs. B. Jones.

### NOODLE RING WITH CREAMED SHRIMP

- 1 pkg. fine cut noodles
- 3 eggs
- 1 cup milk
- 1 tsp. salt
- 2 tbsp. catsup
- pimento stuffed olives

Cook noodles in boiling salted water until tender. Beat eggs slightly, add milk, noodles and catsup. Pour into well greased ring mold and set in a shallow pan containing 1" of hot water. Bake in moderate 350° oven until a silver knife inserted comes clean. (Approx. 45 mins.) Turn onto large plate and fill centre with creamed shrimp—as follows:

- 3 tbsp. butter
- 3 tbsp. flour
- 1¾ cups milk
- ½ cup grated cheese
- 2 tbsp. catsup
- 2 cans wet pack shrimp, drained
- salt and paprika

Melt butter and flour, add milk gradually and the cheese. Cook until thick and smooth. Add catsup, shrimp and seasoning and heat thoroughly. Pour into centre of noodle ring, decorate with the pimento, stuffed olives and sprigs of parsley.

NOTE: Any creamed mixture may be used.

Mrs. J. G. Walker.

### CHEESE SOUFFLE

- 1 cup milk
- 1 cup grated cheese
- 1 tbsp. butter
- ½ cup soft bread crumbs
- ¼ tsp. salt
- dash of paprika and mustard,
- 3 eggs

Put into a double boiler 1 cup of milk and 1 cup of cheese, butter, bread crumbs, salt and paprika and mustard, and cook for 3 mins. Take from fire and pour in egg yolks, beaten well. Fold in whites beaten stiff. Turn into a buttered pudding dish and bake 20 mins. in a slow oven.

Mrs. H. E. Smith.

### CORN AND TOMATO CASSEROLE

- 1½ cups corn
- 1½ cups drained tomatoes  
(canned)
- 2 tsps. salt
- 1 tbsp. sugar
- 3 tbsps. butter
- 2 tbsps. grated onion
- dash of black pepper

Mix all ingredients in well greased casserole. Bake 45 mins. in moderate oven on the lower shelf.

Mrs. North Sawle.

### RICE SUPPER DISH

- ¾ cup rice
- 1 tin tomatoes
- 1 medium onion, chopped
- 2 to 4 chops (or sausage)
- salt and pepper

Brown rice and onion in butter until golden color. Place meat in buttered casserole. Cover with rice mixture. Over this pour tomatoes. Season. Bake 3 hrs. in a slow oven. If it becomes dry, add water.

M. T. J.

### MACARONI SOUFFLE

- 1 cup macaroni OR
- 1 pkg. creamettes
- 1½ cups milk, almost scalded
- 1 cup soft bread crumbs
- ¼ cup melted butter
- 3 eggs well beaten
- 1 tbsp. chopped onion
- 1½ cups grated cheese
- ⅜ tsp. salt
- ⅛ tsp. pepper

Boil macaroni or creamettes in salted water for 15 minutes. Pour cold water over afterwards to separate. Put bread crumbs, eggs, onion, cheese, salt and pepper into scalded milk and pour over macaroni. Mix well. Put into buttered casserole and bake in a slow oven for 50 mins. Serve with cole slaw or cabbage salad.

Mrs. H. A. Brown.

### CREAMED OYSTERS

Wet 1 tbsp. flour with a little milk. Scald ½ cup rich milk and add flour, cook well. Put 8 drained oysters into it and cook until plump. Add 1 tsp. salt, 1 tsp. butter, and serve on rounds of toast.

Mrs. C. Wallis.

### CHEESE SUPPER DISH

- 3 tbsps. butter, melted
- 3 tbsps. flour
- ½ cup grated cheese
- ¾ cup milk
- 2 tsp. water
- ¾ tsp. dry mustard
- ⅛ tsp. cayenne pepper
- 1½ tsp. sugar
- ½ tsp. salt
- 3 eggs

Melt butter in skillet, mix in flour and add cheese. Add milk stirring slowly until thickened. Mix seasonings in water and stir in first mixture. Add egg yolks, well beaten, to cheese mixture and stir over slow fire until like a thick custard. Cool. Fold in egg whites. Pour into well buttered deep pudding dish, set in a pan of water in a moderate oven, 375°, for 15 mins., then at 400° for another 15 minutes. Serve at once.

Mrs. H. A. Brown.

### POTTED LIVER FOR TWO

1 lb. liver, cut in small pieces. Cover with water and add salt and pepper. Bake slowly for about 2½ hours in covered dish. Let cool, then put through fine mincer twice. Mash down with dessertspoon of soft butter. Add sufficient gravy to make moist. Press well down in dish and pour a little melted butter on top.

Delicious supper dish with a salad.

Mrs. W. R. May.

### LIVER LOAF

- 1 lb. beef liver
- 1 onion
- 3 strips of bacon
- 1 egg, beaten
- 1 cup soft bread crumbs
- 1 tsp. salt
- ⅛ tsp. pepper
- ⅛ tsp. sage
- ½ cup milk

Put liver, onion and bacon through food chopper. Add egg, crumbs and seasonings. Add ¼ cup milk. Put in a greased loaf pan and add ¼ cup of milk, poured over the top. Bake in a 350° oven for 1¼ hrs.

Mrs. M. D. Richards.

## LIVER LOAF No. 2

- 1 lb. beef liver
- 1 medium onion
- ½ lb. sausage meat
- 1 cup dry bread crumbs
- 1 tsp. Worcestershire sauce
- ½ cup stock
- 1 tbsp. lemon juice
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 tsp. celery salt
- 2 beaten eggs
- 4 slices bacon

Cover liver with hot water, simmer 5 mins. Drain liquid and reserve for stock. Put liver and onion through food chopper, add remaining ingredients, except bacon. Form loaf in a 5x10 pan and place bacon on top. Bake at 350° for 45 mins.

Mrs. L. Regan.

## STUFFED LIVER ROLLS

- 1 ½ lbs. thinly sliced calve's liver
- ½ tsp. each, salt and pepper
- 4 cups soft bread crumbs
- 1 ½ cups drained crushed pineapple
- 1 ½ tbsps. minced green pepper
- 1 small onion, minced
- ½ cup pineapple juice

Scald liver with boiling water, dry with towel. Sprinkle with salt and pepper. Combine crumbs, pineapple, green pepper, onion and pineapple juice, and spread on slices of liver. Roll each one up and fasten with toothpick. Fry in hot fat until brown, add 2 cups boiling water and simmer until tender. Serve with gravy made from liquid and dressing that remains in pan.

Mrs. H. Martin.

## LIVER IN PIQUANTE SAUCE

- 4 slices calf or pork liver, cut ¼" thick.

Dredge liver in flour, salted and peppered and fry quickly in butter or bacon drippings. Just cook these thin slices to a rich brown over a fast fire. Slow, long cooking makes it tough.

For the sauce you need a pint of leftover good brown gravy or make a pint using 3 cups of water, 3 bouillion cubes, thickened with brown flour and butter. Then simmer one finely chopped onion in a little olive oil or butter, seasoning with salt and pepper, and add 4 tbsps. vinegar. Cook this in a sauce pan until pan is almost dry, then pour into this the pint of brown gravy, stir up well and boil for 15 mins. Add to the sauce ½ cup sweet pickles minced fine and simmer for about 5 mins. Now you have a gravy bowl full of exotic sauce piquante. Place liver on hot platter, pour a little of the sauce over it, and serve the rest in a sauce or gravy dish.

Mrs. T. W. Raven.

## LIVER PATTIES

- ½ lb. liver (beef or veal)
- 1 ½ cups mashed potatoes
- 4 sweet pickles, chopped fine
- ½ tsp. salt
- ⅛ tsp. pepper
- 6 tbsps. cream

Scald liver, drain and fry in a little hot fat. Chop liver fine and add mashed potatoes, sweet pickles seasonings and cream. Put in a buttered casserole and bake 15 mins. in a hot oven at 450°. Unmould and serve with tomato soup or with tomato ketchup.

Mrs. J. Boyle.

# VEGETABLES

## BAKED BEANS

- 4 cups navy beans
- 2 tbsps. dry mustard
- 1 tsp. ginger
- 2 tbsps. brown sugar
- 6 tbsps. light molasses
- 5 ½ tsp. salt
- pepper
- 1 tin tomato soup, OR
- 6 tbsps. tomato ketchup
- 1 to 1 ½ lbs. bacon ends

Soak beans overnight then drain, cover with cold water and boil ½ hour. Put in crock and add other ingredients and add enough water to cover well. Bake in 300° oven for 8-10 hours. Makes a large quantity, enough to fill gallon crock.

Mrs. G. Perring.

## BAKED OVEN BEANS

- 3 lbs. beans
- 1 lb. salt pork
- 1 tin Aylmer tomato soup
- 1 onion (med.) chopped fine
- 1 tsp. salt
- ¼ tsp. pepper
- ½ tsp. mustard
- ½ tsp. curry powder
- 2 tbsps. molasses
- 1 cup brown sugar (scant)

Boil beans in soft water to which a pinch of soda has been added. When skins wrinkle, drain, recover with cold water, boil again till skins begin to crack. Put beans and pork in alternate layers in crock and pour other mixture to cover. Bake 4-5 hours, in fairly slow oven.

Mrs. S. Jones.

## FRIJOLES (Mexican Beans)

- 2 cups Mexican beans (frijoles)
- ½ lb. salt pork

Pick beans carefully and soak overnight. Drain and cover with fresh cold water. Add salt pork, boil slowly until tender, 4-6 hrs. If possible soak at simmering temperature all day. As water boils away, add boiling water, never cold. Frijoles may be served just as they come from the pot. If a larger quantity is cooked, they may be used with chile. This quantity will make ten servings.

Mrs. H. Campbell.

## FRIJOLES CON CHILE

Heat 2 tbsps. lard or drippings to the boiling point in a large iron skillet. Add cooked beans, prepared according to the above recipe, drain off liquor, and mash beans into the hot grease. Add liquor enough to cook for one hour, very slowly. Then add chile sauce, prepared as follows: NOTE: ½ cup of grated cheese may be added to the beans as they are cooking.

## CHILE SAUCE FOR FRIJOLES

- 1 tbsp. fat
- 1 large onion, chopped
- 3 cloves of garlic, chopped
- 2 tbsps. olive oil
- ½ tsp. salt
- ¼ tsp. oregano
- 1 tbsp. vinegar
- ½ cup chile pulp or 2 tbsps. chile powder
- 1 cup hot water

Heat fat and cook onion and garlic slowly in hot fat. Add olive oil, seasoning, vinegar, chile pulp and water. Simmer ½ hour. Add to beans and serve. If a thicker sauce is desired, add 1 tbsp. flour to mixture before liquid is added and stir until smooth. A milder sauce may be prepared by using all the above ingredients except the chile pulp and water. For these substitute 2 to 3 tbsps. chile powder, ½ tsp. flour, 1 cup tomatoes, ½ cup stock or water. Add chile powder, flour and seasoning to hot fat in which onion and garlic have been cooked. Stir until smooth. Add meat stock or water, tomatoes, oil and vinegar. Simmer ½ hour.

Mrs. H. Campbell.

## POTATO FINGERS

To 2 cups seasoned mashed potatoes (rather dry) add 1 tbsp. celery seed. Shape into strips 1x3°. Dip into slightly beaten egg, then roll in crushed corn flakes or fine bread crumbs. Fry in deep hot fat until brown, drain well.

N. W. G.

### CORN BALLS IN MAPLE SYRUP

- 1 ¼ cups canned corn
- 1 egg
- 1 cup bread crumbs
- ¼ tsp. salt
- 1 tbsp. melted butter

Beat egg slightly, add melted butter, corn, salt, and bread crumbs. Drop by tablespoons on greased baking sheet and bake at 375° for 8 to 18 mins. Serve at once with maple syrup.

Mrs. W. McTaggart.

### SCALLOPED CORN

- 1 can corn
- 1 egg
- ⅔ cup milk
- ½ cup cracker meal
- 4 tbsps. grated cheese
- 2 tbsp. butter, diced on top.

Place corn in mixing bowl, add cracker meal. Beat eggs separately, stir in, then add cheese and milk. Salt and pepper to taste and put in fast oven with butter diced on top. Bake 35 mins.

Mrs. N. R. Burch.

### CORN AND CHEESE RAREBIT

Saute ¼ cup chopped green pepper and 1 tsp. grated onion in 1 ½ tbsps. butter until vegetables are soft. Then add ⅔ cup milk and 1 No. 1 can (1 ¼ cups) of cream style corn. Season with ½ tsp. salt, ⅛ tsp. each of pepper and paprika. Let mixture simmer for 10 mins. then place it over boiling water and stir in ½ lb. grated cheese and ½ tsp. Worcestershire sauce. When cheese is melted, stir in 2 well-beaten eggs and cook for several minutes. Recipe makes enough for 5 generous servings.

Mrs. A. Alling.

### POTATOES AU GRATIN

Place 3 cups of seasoned mashed potato in a shallow baking dish and sprinkle with ¼ cup of fine bread crumbs and ½ cup grated cheese mixed together. Bake in a moderate oven 375° for about 20 minutes, until light brown.

N. W. G.

### DRESSED POTATOES

Bake potatoes in oven until done. Prepare a medium white sauce and add one can of lobster meat. Scoop out top of potatoes, add quantity of mixture, top with balance potato, dot with butter, return to oven until ready to serve.

Mrs. F. English.

### CARROTS LYONNAISE

- 1 bunch carrots
- 1 medium sized onion
- 3 tbsps. butter, margarine or salad oil
- salt and pepper
- sugar

Melt butter, add chopped onion and sliced carrots. Add a little water, just enough to keep from burning. Cook over low heat until tender. Season to taste with salt, pepper and a dash of sugar.

Mrs. J. W. Dodds.

### BELGIAN CARROTS

- ½ med. sized onion chopped
- 3 tbsp. butter
- 1 bunch carrots
- ½ cup water
- 1 tsp. sugar
- salt and pepper

Grate onion and fry in butter in covered saucepan till pale brown. Add scraped carrots cut in lengthwise pieces, seasonings and water. Cook at 400° for 1 hour.

Mrs. North Sawle.

### HOT SPICED CABBAGE

Cook 1 minced onion in 1 ½ tbsps. butter until light yellow and tender. Add ½ cup water and 1 apple sliced. Add 2 cups shredded cabbage. Cover container and cook 8 minutes, or until cabbage is nearly tender. Then add 1 ½ tbsps. vinegar, 2 tsp. brown sugar, 1 whole clove, and ⅛ tsp. of allspice. Continue cooking for several more minutes.

J. T. M.

### BEETS

Dressing for canned or boiled beets:

- ½ cup sugar
- ½ tbsp. corn starch
- 2 tbsps. butter
- ¼ cup water
- ¼ cup vinegar

Mix sugar and cornstarch, add vinegar, butter and water. Boil 5 minutes. Let stand on beets for ½ hour.

D. R.

### SWEET POTATOES

Bake in jackets in oven. Scoop inside of oranges halves and fill with cooked potatoes and butter. Set a marshmallow on top of each one, return to oven to brown and melt marshmallows.

Mrs. A. Dodds.

# BREADS, BUNS AND MUFFINS

## QUICK WHITE BREAD

- 2 cakes compressed yeast
- 2 tbsps. sugar
- 2 tbsps. melted shortening,
- 1 qt. lukewarm milk or water
- 3 qts. sifted flour
- 1 tbsp. salt

Dissolve yeast and sugar in lukewarm water, or milk, add shortening and half the flour. Beat until smooth, then add salt and balance of flour, or enough to make a dough that can be handled. Knead until smooth and elastic, 8 to 10 mins. Place in a greased bowl, cover and set aside in moderately warm place, free from drafts, until light, about 1 ½ hrs. Knead a few seconds, let dough rest a few minutes, then mould into loaves. Fill bread pans half full. Cover and let rise until double in bulk, about 1 hr. Bake at 400°, 15 minutes, then lower to 350° for about 40 minutes longer. This makes 3 large loaves.

## NUT BREAD

- 3 cups flour
- 2 tsps. baking powder
- 1 tsp. salt
- 1 cup sugar
- ¾ cup nuts
- 1 egg
- 1 cup milk

Mix dry ingredients first. Beat into the milk and add eggs and nuts. Pour into buttered pan, let rise half an hour and bake in a moderate oven 45 minutes.

Mrs. H. Reichelt.

## PEANUT BUTTER BREAD

- 2 cups flour
- ⅔ cup peanut butter
- 1 cup milk (scant)
- 4 tsp. baking powder
- ½ tsp. salt
- 1 egg, well beaten
- 1 tbsp. melted butter
- ½ cup sugar

Mix egg, butter, sugar, salt and peanut butter together. Add flour and baking powder alternately with milk. Bake in greased loaf tin. This bread is best 3 days old.

Mrs. J. G. Walker.

## BROWN BREAD

- 2 cups water
- 2 cups milk
- 1 tbsp. lard
- ½ cup sugar (or less)
- 1 compressed yeast cake
- 2 tbsps. salt
- 6 cups white flour
- 4 cups wholewheat flour

Scald milk and water, add lard and sugar, leave over low flame and stir until lard is melted. Remove from fire and cool until lukewarm. Crumble yeast into lukewarm milk mixture. Then add salt and 1 cup white flour. Beat until smooth. Stir in remaining white flour and then wholewheat flour. Unless you have a bread mixer knead in the last of the wholewheat flour by hand. When dough is well mixed, cover and allow to rise until double in bulk, then shape into 3 loaves. When these have risen bake at 375° about 45 minutes.

Mrs. F. English.

## BANANA BREAD

- 1 cup sugar
- 2 eggs
- ½ cup butter
- 2 cups flour
- 4 tbsps. sour milk
- 1 tsp. soda
- 3 riced bananas

Cream butter, add sugar, well beaten eggs, and flour alternately with milk and soda. Rice bananas. Mix well, place in greased loaf pan and bake 1 hr.

Mrs. J. G. Walker.

## CORN BREAD

- 1 piece of butter size of egg
- 2 eggs
- ¾ cups sugar
- pinch of salt
- 1 cup cornmeal
- 1 cup flour
- 3 tsps. baking powder
- 1 cup milk

Cream butter and sugar. Add well beaten eggs and milk. Sift cornmeal, flour and baking powder, and salt. Add to first mixture. Bake in shallow pan about 30 mins. at about 400°.

Mrs. R. Heuss.

### ALL BRAN PRUNE BREAD

- 2 cups all bran
- 1  $\frac{1}{4}$  cups flour
- $\frac{2}{3}$  cups juice from cooked prunes
- $\frac{2}{3}$  cup buttermilk
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  cup sugar
- 1  $\frac{1}{2}$  tsp. soda
- 1 tbsp. shortening
- 1 egg
- $\frac{2}{3}$  cup chopped cooked prunes
- $\frac{1}{3}$  cup nutmeats, chopped

Soak all bran in juice drained from prunes and buttermilk. Cream sugar and shortening thoroughly. Add egg and beat well. Add all-bran mixture. Sift flour with salt and soda and add to first mixture with prunes and nuts. Stir only until flour disappears. Bake in a loaf pan brushed with shortening, in a moderate oven, 325° for 1 hour and 20 minutes. Nutmeats may be omitted.

Mrs. N. R. Burch.

### HONEY ORANGE BREAD

- 2 tbsp. butter
- 1 cup honey
- 1 egg
- 1  $\frac{1}{2}$  tbsps. grated orange rind
- $\frac{3}{4}$  cups orange juice
- 2  $\frac{1}{2}$  cups all-purpose flour
- 2  $\frac{1}{2}$  tps. baking powder
- $\frac{1}{2}$  tsp. soda
- 1 tsp. salt
- $\frac{3}{4}$  cup chopped nuts

Cream honey and butter, add the beaten egg, then orange rind. Sift dry ingredients together and add alternately with orange juice. Add chopped nuts. Bake in an oiled loaf pan at 325° for 1 hr. and 10 mins.

Mrs. F. Webster.

### DATE BREAD

- 1 cup dates
- 1 tsp. baking soda
- 1 cup boiling water

Sprinkle soda over dates, adding boiling water and let cool.

Now add:

- 1 tbsp. butter
- $\frac{3}{4}$  cup white sugar
- 1 egg yolk
- 1 tsp. vanilla
- 1  $\frac{3}{4}$  cups flour
- $\frac{1}{2}$  cup chopped nut meats.

Cook slowly in moderate oven.

Mrs. G. W. Perree.

### APRICOT NUT BREAD

- 2 cups flour
- 1  $\frac{1}{2}$  cups milk
- $\frac{2}{3}$  cups sugar
- 4 tps. baking powder
- $\frac{1}{2}$  tsp. soda
- 1 tsp. salt
- 2 tbsps. melted shortening (or butter)
- 1 egg
- 1 cup finely cut nutmeats
- 1  $\frac{1}{2}$  cups dried apricots,  $\frac{1}{2}$  lb.

Wash apricots and soak overnight. Combine dry ingredients, melted shortening, milk, beaten egg and nuts. Fold in well drained, finely cut apricots. Pour into well greased bread pan. Bake 1 hr. at 350°.

Mrs. G. Lundberg.

### ORANGE MARMALADE BREAD

- 3 cups sifted flour
- 5 tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- 1 cup finely chopped nutmeats
- 1 egg (well beaten)
- 1 cup milk
- 1 tsp. orange rind
- $\frac{3}{4}$  cup orange marmalade

Mix and sift dry ingredients. Stir in nut meats. Combine well beaten egg, milk, orange rind, and marmalade and stir in dry ingredients. Mix well. Bake in greased loaf pan in moderate oven 350°, 1  $\frac{1}{4}$  hrs. Cool before cutting.

Mrs. D. Stirton.

### SCHUBERT TEA BREAD

- 2 cups flour
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup butter (or shortening)
- 1 egg, well beaten
- $\frac{2}{3}$  cups sour milk
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{4}$  tsp. nutmeg
- $\frac{1}{4}$  tsp. cinnamon
- $\frac{1}{2}$  tsp. ginger

Mix flour, salt, sugar, cut in butter, reserve one cup crumbs, add to remainder the soda and spices. Combine egg and sour milk and add. Stir only until blended. Sprinkle half of crumbs on bottom of a shallow greased pan. Turn batter on them and sprinkle remaining crumbs on top of batter. Bake in a moderate oven 375°, for 30 to 45 mins.

Mrs. J. Bailey.

### TEA PAN CAKE

- 2 cups flour
- $\frac{3}{4}$  cup sugar
- 2 eggs
- 1 cup milk
- $\frac{1}{2}$  tsp. baking powder
- 1 tsp. cream of tartar

A little melted butter added last. Mix dry ingredients, add eggs, milk, then butter. Fry in butter like pancakes.

D. R.

### DATE LOAF

- $\frac{3}{8}$  cups white sugar
- $\frac{1}{4}$  cup butter
- 1 egg
- 1 cup flour
- 1 tsp. baking powder
- pinch of salt
- 1 cup chopped dates (cover with  $\frac{1}{2}$  cup boiling water when cool add 1 tsp. soda and  $\frac{1}{2}$  tsp. vanilla.)

Cream butter, add sugar and cream further. Add egg and beat well. Add flour, baking powder and salt and mix thoroughly. Last add date mixture and mix well. Put in loaf pan and bake 1 hr. at 350°.

Mrs. J. W. Dodds.

### HOT BISCUITS

- 2 cups flour
- 2 tsp. baking powder
- $\frac{1}{2}$  inch lard off pound
- little white sugar
- little milk

Chop lard finely into flour and baking powder, and add a little sugar. Add enough milk to hold ingredients well together, then put out gently and cut biscuits. Bake in a fast oven.

Mrs. A. P. Dodds.

### ICE BOX ROLLS

- 1 cup milk
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  tsp. salt
- 3 cups flour
- $\frac{1}{4}$  cup shortening
- 1 yeast cake

Put milk in stew pan, add sugar then shortening. Scald milk mixture, add salt and cool to lukewarm. Add yeast cake and stir. Beat in flour, toss, knead, let rise until double—take out, knead down, roll out, place in greased pan, cover, let rise. Bake in moderate oven.

Mary Erickson.

### RAISED ROLLS

- 1 cup milk
- 2 tbsps. shortening
- 2 tbsps. sugar
- 1 tsp. salt
- 1 cake compressed yeast
- $\frac{1}{4}$  cup lukewarm water
- 1 beaten egg
- $3\frac{1}{2}$  cups flour

Bring milk to scalding point, add shortening, sugar and salt. Cool to lukewarm. Add yeast, dissolved in warm water, then egg. Stir in flour gradually to form soft dough. Beat vigorously. Cover and let rise in warm place (82°) until double in bulk. Toss on lightly floured surface and proceed as desired.

Mrs. Roy Reichelt.

### PARKER HOUSE ROLLS

- 1 pint milk
- butter, size of an egg
- $\frac{1}{2}$  cup yeast
- 1 tbsps. sugar
- 2 quarts sifted flour
- pinch of salt
- $\frac{1}{2}$  tsp. soda, dissolved in a spoonful of water.

Scald milk (do not boil) and cool. Add butter, yeast, sugar, flour and salt. Let rise overnight. Next morning add soda dissolved. Mix in enough flour to make the same stiffness as any biscuit dough, roll not more than  $\frac{1}{4}$ " in thickness, cut with large cookie cutter, spread soft butter over tops and fold one half over the other by doubling. Place buns apart a little so there is room to rise. Cover and place near fire for 15 to 20 mins. before baking. Bake in quick oven.

Y. T.

### CHEESE BISCUIT ROULETTES

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

Sift dry ingredients and work in shortening, then add milk. Mix well together, place on a floured board and knead half a minute. Roll dough to a rectangular shape, 8x14", sprinkle with  $\frac{1}{2}$  cup grated cheese. Roll up as a jelly roll, slice about  $\frac{3}{4}$ " thick. Place cut side down and bake in a 375° oven for 20 minutes. Butter and serve hot.

Mrs. Begg.

### PECAN ROLLS

- 2½ cups milk (or part water)
- ¼ cup sugar
- ⅓ cup butter
- 8 cups flour (small)
- 1 yeast cake
- 2 tsps. salt
- 1 egg, well beaten

Warm milk, add sugar, butter, salt and beaten egg. Dissolve yeast and add. Then add 1 to 2 cups of flour. Use rotary beater thoroughly. Add balance flour, and knead. Brush bowl and dough with butter, cover with wet tea towel, and let stand for 1 hour in warm place. Knead down and let rise 1½ hrs. Knead down again and let rise a third time, 1½ hours, then cut to desired shape.

### CARAMEL:

- 1 cup brown sugar
- 2 tbsps. butter
- 2 tbsps. water

Stir well. Put in muffin dish and add nuts or cherries. Lay dough in caramel bottoms, let rise another hour, then bake.

Mrs. Chas. English.

### HOT RUSKS

- 2 eggs
- ½ cup sugar
- 1 cup milk (good measure)
- ½ cup butter (or shortening)
- 2 tsps. baking powder
- 3 cups flour (scant measure)
- ½ tsp. salt

Mix ingredients well together but with as little beating as possible. Bake in muffin tins at 375°. Makes 16 large sized muffins.

Mrs. Agnes Harvey.

### CLOVER LEAF BUNS

- 2 cups scalded milk  
butter, size of an egg
- 2 eggs, well beaten
- ¼ cup white sugar
- 1 tsp. salt
- 1 yeast cake
- 5 to 5¼ cups flour

Scald milk, add butter, eggs, sugar and salt, let cool to lukewarm. Dissolve yeast in 2 tbsps. lukewarm water, and add. Warm flour, then add gradually to liquid, stirring until stiff enough to knead. Let rise twice in greased pan. To make buns, roll three small pieces and place in one section of your

muffin tin. When all dough has been put in tins, pierce with a fork. Let rise quickly. Bake 15 mins. at 400°. Makes 36 buns.

Mrs. J. G. Walker.

### HONEY CINNAMON ROLLS

- ¼ cup butter
- ½ cup honey
- ¼ tsp. cinnamon
- 2 cups bread flour
- 4 tsps. baking powder
- ½ tsp. salt
- 4 tbsps. fat
- ⅔ cup milk

Melt butter and add ⅓ cup of honey. Pour into greased muffin pans and sprinkle a little of the cinnamon one each pan. Sift flour, then measure it. Sift it again with baking powder and salt. Cut in the fat. Add milk and mix well. Knead for half a minute, roll out to ½" thickness, spread with remaining honey and sprinkle lightly with cinnamon. Cut in 1" pieces and place in muffin pans, cut side up. Bake at 400° for 20 mins. Yields 1 dozen.

Mrs. Roy Reichelt.

### MOTHERS BUNS

Pour 2 cups of boiling water over:

- ½ cup white sugar
- 1 tsp. salt
- 2 tbsps. butter

When lukewarm add:

- 2 well beaten eggs
- 1 yeast cake, dissolved in
- ½ cup lukewarm water
- 7½ cups flour

Mix well and leave in the frigid-  
aire overnight. Make into buns and  
then let rise for 2 hrs. Cover with  
dish towel to keep them from  
drafts. Bake 15 minutes. Butter  
tops both before and after cook-  
ing.

Mrs. Dodds.

### EASTER BUNNIES

Roll dough ¼" thick, but in  
strips 1x6". Tie in knot and place  
on baking pan, bring ends up  
straight to form ears. Press rais-  
ins in for eyes, brush with butter,  
cover and let rise for half an hour.  
Bake at 450° for 10 to 15 mins.  
When cool, frost with white icing  
and pink ears.

N. W. G.

## UPSIDE DOWN ORANGE BISCUITS

- ¼ cup butter
- ½ cup sugar
- 2 cups flour
- 3 tsp. baking powder
- ¾ cup milk
- ½ cup orange juice
- 2 tsp. grated orange rind
- ½ tsp. salt
- 3 to 4 tbsp. shortening
- ¼ cup sugar
- ½ tsp. cinnamon

Combine butter, orange juice and rind, ½ cup sugar and cook 2 minutes. Pour into 9 muffin pans. Sift flour, salt, baking powder, cut in shortening, add milk, stir until dough follows fork around bowl. Knead half a minute, roll to ¼" thickness, sprinkle with ¼ cup sugar and cinnamon. Roll as a jelly roll. Slice 1" thick and place cut side down over orange mixture. Bake in a hot oven 450°, 20 to 25 mins.

Mrs. J. G. Walker.

## HOT CROSS BUNS

- 2 cakes compressed yeast
- ⅓ cup sugar
- ⅔ cup milk, scalded
- 3 ½ cups flour
- ¾ tsp. salt
- 3 eggs, unbeaten
- ⅔ cups currants
- ½ tsp. cinnamon
- ½ cup melted shortening

Soften yeast and dissolve sugar in milk, cool to lukewarm. Add 1 cup flour and beat. Add melted shortening, salt, eggs and 2 ½ cups of flour. Beat 3 minutes. Cover and let rise until double in bulk, about 1 hour. Mix currants and cinnamon, then add to dough and mix lightly. Roll to 1" thickness and cut with a 2 ½" cookie cutter. Shape into buns, place them 2 inches apart on a greased baking pan and brush tops with slightly beaten egg white. Allow to rise until very light. Using scissors, snip the tops of buns at right angles to form the cross. Bake in a moderate oven of 350° for 12 minutes. To the remaining egg white, add confectioner's sugar to make a frosting, and with pastry tube form a cross on each bun. Yields 2 dozen buns.

Miss L. English.

## MUFFINS

- 1 cup raisins
- 1 cup boiling water
- 2 tbsps. butter
- 1 ¾ cups flour, OR
- 1 ½ cups flour and 1 tbsp. corn starch, together
- 1 tsp. soda
- 1 cup sugar
- 1 egg, well beaten
- 1 cup nuts
- 1 tsp. vanilla
- ¼ tsp. salt

Combine raisins, water, and butter, then cool. Add beaten egg and sugar and nuts to this mixture. Add sifted flour, soda, etc., and blend well. Add vanilla. Bake in greased pans.

Mrs. L. J. Bloxham.

## SPICE MUFFINS

- 1 ½ cups flour
- 2 tbsps. baking powder
- ¼ tsp. salt
- ¾ cup sugar
- 2 tbsps. cinnamon
- 2 eggs
- 1 tsp. nutmeg
- 1 tsp. allspice
- ½ tsp. cloves
- 6 tbsps. shortening
- ½ cup milk

Sift dry ingredients together 3 times, add melted shortening, milk and well beaten eggs. Beat well for 1 minute. Drop into greased muffin pans, bake at 400° for 20 mins. Top with swirls of frosting.

Mrs. F. Webster.

## BACON MUFFINS

- 4 cups pastry flour
- 2 rounded tbsps. baking powder
- 1 tsp. sugar
- 1 tsp. salt
- 2 eggs
- 6 tbsps. melted shortening
- 1 ½ cups cold water
- 2 tbsps. crisp fried bacon (or more)

Sift 3 times flour, baking powder and salt. Separate whites and yolks of eggs. Beat well and add both to flour mixture. Add shortening and cold water. Stir well. Add crisp bacon and mix until well distributed. Pour into muffin pans and bake 25 mins.

Mrs. G. Lundberg.

### CHEESE MUFFINS

- 1 egg
- 1 cup milk
- 2 cups flour
- 3 tsp. baking powder
- 1 tbsp. granulated sugar
- 2 tbsp. shortening
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  cup grated cheese

Beat egg until light, add milk. Sift dry ingredients together and add. Beat just enough to blend thoroughly. Add cheese and melted shortening. Half fill greased muffin tins, bake at 400° for 20 mins. Serve hot. Yields 12.

Mrs. W. R. May.

### HONEY OAT MUFFINS

- 2 tbsps. butter
- 1 egg
- $\frac{3}{4}$  cups sour milk
- 1 tsp. salt
- 2 tps. baking powder
- 4 tbsp. honey
- 1 cup oatmeal
- $1\frac{1}{2}$  cups flour
- $\frac{1}{2}$  tsp. soda

Cream butter and honey, add egg beaten, then oatmeal. Mix and sift dry ingredients and add alternately with sour milk. Bake in 15 greased muffin tins 30 mins. in hot oven. Add  $\frac{1}{4}$  cup of chopped nuts if desired.

Mrs. G. Fanson.

### RICE MUFFINS WITH BACON

- 1 cup cooked rice
- 1 cup milk
- 2 eggs beaten
- 4 tbsps. melted butter
- $\frac{1}{2}$  tsp. salt
- 2 tsp. sugar
- 3 tsp. baking powder
- $1\frac{1}{2}$  cups flour

Mix rice, milk, beaten eggs and melted butter together and beat well. Sift dry ingredients together and add to batter. Line muffin tins with strips of bacon, pour mixture over, and bake in a 400° for 25 mins. Serve with red or black currant jelly.

Mrs. H. G. Perree.

### ALL BRAN SUGARLESS APPLE MUFFINS

- 2 tbsps. shortening
- $\frac{1}{2}$  cup corn syrup or  $\frac{1}{2}$  cup sugar
- 1 egg
- 1 cup all bran
- $\frac{1}{2}$  cup milk
- 1 cup flour
- $\frac{3}{4}$  tsp. salt
- $2\frac{1}{2}$  tps. baking powder
- $\frac{3}{4}$  cup grated raw apple

Cream shortening and corn syrup thoroughly, add egg and beat well. Add grated raw apple. Stir in All Bran and milk. Let soak until most of the moisture is taken up. Sift flour with salt and baking powder and add to first mixture. Stir only until flour disappears. Fill greased muffin pans two thirds full and bake in moderately hot oven, 400° about 30 mins. When sour milk or buttermilk is used instead of sweet milk, reduce baking powder to 1 tsp. and add  $\frac{1}{2}$  tsp. soda.

Mrs. L. M. Watson.

### STRAWBERRY MUFFINS

- $\frac{1}{2}$  cup butter (or half shortening)
- $\frac{1}{2}$  cup white sugar (or less)
- 2 eggs, well beaten
- $\frac{1}{2}$  tsp. soda dissolved in
- 1 tbsp. warm water
- 3 tps. strawberry jam
- $1\frac{1}{2}$  cups pastry flour
- $\frac{1}{4}$  tsp. salt

Cream butter, add sugar, eggs well beaten, soda and jam and mix well. Add flour and salt and beat well. Bake in muffin tins in 350-400° oven. Makes 10 to 12 good sized muffins.

Mrs. Sutherland.

### BLUEBERRY MUFFINS

- 1 egg
- $\frac{1}{4}$  cup sugar
- $\frac{3}{4}$  cup milk
- 2 cups flour
- $\frac{1}{2}$  tsp. salt
- 3 tsp. baking powder
- 3 tbsps. shortening
- 1 cup fresh blueberries

Beat egg, add sugar and milk. Sift  $1\frac{3}{4}$  cups flour, salt and baking powder, add shortening. Sift remaining flour over the washed berries. Bake in hot oven 25 mins. Makes 12 muffins.

Mrs. Lee.

# CAKES

## DAFFODIL CAKE

- 1  $\frac{1}{4}$  cups egg whites
- $\frac{1}{2}$  tsp. salt
- 1 tsp. cream of tartar
- 1 cup and 2 tbsps. sugar
- $\frac{1}{2}$  cup cake flour
- $\frac{1}{2}$  tsp. vanilla flavoring
- 6 egg yolks
- $\frac{1}{2}$  tsp. orange flavoring
- $\frac{2}{3}$  cups cake flour

Put egg whites on very large platter and beat until foamy, add salt and cream of tartar, beat until stiff but not dry. Carefully fold in sugar. Divide mixture into two parts. To one part fold in  $\frac{1}{2}$  cup cake flour sifted five times and  $\frac{1}{2}$  tsp. vanilla. To other part fold in 6 egg yolks beaten until thick,  $\frac{2}{3}$  cup cake flour sifted five times and  $\frac{1}{2}$  tsp. orange flavoring. Drop by spoonful in unbuttered angel pan alternately white, then yellow. Bake in slow oven 300° for 60 mins. Invert pan and let stand until cool.

Mrs. M. McKechnie.

## SYRUP CAKE WITH TAFFY TOPPING

- $\frac{1}{2}$  cup shortening
- 1 tsp. vanilla extract
- $\frac{1}{4}$  cup sugar
- $\frac{3}{4}$  cup light corn syrup
- 1  $\frac{3}{4}$  cups cake flour
- $\frac{1}{2}$  tsp. salt
- 2 tsp. baking powder
- 2 eggs, unbeaten
- $\frac{1}{2}$  cup milk

Cream shortening, vanilla and sugar and gradually add syrup. Sift together flour, salt and baking powder. Add one quarter of dry ingredients to creamed mixture, beat smooth. Add eggs, one at a time, beating well after each addition. Add remaining dry ingredients alternately with the milk. Pour into 2 wax paper lined 8" layer tins and bake in moderate oven 350° 30-35 mins.

### Taffy Topping for Syrup Cake

- 2 unbeaten egg whites
- $\frac{3}{4}$  cup dark corn syrup
- $\frac{1}{4}$  cup sugar
- $\frac{1}{8}$  tsp. salt

Mix above in double boiler and cook, beating constantly with ro-

tary or electric beater, until mixture forms peaks, 7 to 9 mins. Remove from heat add 1 tsp. vanilla. Beat until spreading consistency and frost cake. Top with walnut halves.

Mrs. J. Irwin.

## PINK FEATHER CAKE

- $\frac{1}{2}$  cup butter
- 1  $\frac{1}{2}$  cups white sugar
- 2 cups unsifted cake flour
- 2 tps. baking powder
- pinch of salt
- 1 tsp. almond extract
- 1 tsp. pink cake coloring
- 1 cup warm water
- 4 egg whites

Cream butter well, add sugar and cream again. Add flavoring and coloring. Measure flour before sifting, then sift and add salt. Add flour alternately with warm water and just before adding egg whites add baking powder mixed with a wee bit of flour. Then fold in egg whites.

### Lemon Filling

- 4 egg yolks
- 1 cup sugar
- juice and rind of 1 lemon

Cook in double boiler, spread on top of cake.

### Icing

Ice with 7 minute icing.

Mrs. D. Sutherland.

## C.A.V.U. SPICE CAKE

- $\frac{1}{2}$  cup butter or  $\frac{1}{4}$  cup butter and  $\frac{1}{4}$  cup Crisco.
- 1  $\frac{1}{4}$  cup brown sugar (free of lumps)
- 2 eggs
- 2 cups flour, sifted
- 2 tsp. cream of tartar
- 1 tsp. soda
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{2}$  tsp. cloves
- $\frac{1}{2}$  tsp. nutmeg
- 1 cup milk

Cream shortening, add sugar and cream together. Add eggs beating well after each addition. Sift flour, cream of tartar, soda and spices and add to mixture alternately with milk.

Mrs. D. Stirton.

### TOMATO SOUP CAKE

- 2 tbsp. shortening
- 1 cup sugar
- 1 egg—well beaten
- 1 can tomato soup
- 2 cups flour
- 1 tsp. ground cloves
- $\frac{1}{2}$  tsp. mace
- $\frac{1}{2}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. baking soda
- 3 tsp. baking powder
- 1 cup seeded raisins

Sift flour, then measure, add spices, baking soda and baking powder and sift again. Wash and cut raisins and roll in 2 tbsps. of flour mixture. Cream shortening, then add sugar gradually, and cream together well. Add beaten egg and mix thoroughly. Then add the flour mixture alternately with tomato soup. Stir until mixture is smooth. Fold in raisins which have been combined with some of the flour. Bake in greased loaf cake pan 8x4" in 350-357° oven 1 hour.

Mrs. W. R. May.

### AIR CAKE

- 4 egg yolks
- $\frac{2}{3}$  cup cold water
- 1  $\frac{1}{4}$  cup sugar
- 1 tsp. vanilla
- 1  $\frac{1}{2}$  cups flour
- 4 egg whites
- pinch salt

Beat yolks and cold water for 5 minutes. Then add sugar and beat 4 minutes. Add vanilla then flour and beat 4 minutes. Beat egg whites stiff add salt and fold together. Bake in ungreased angel food tin for 1 hour, moderate oven.

Mrs. H. Knott.

### FAMILY CAKE

- 4 cups flour
- 2 tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- 1 cup sugar
- 1 cup butter (or shortening)
- 2 eggs
- 1 cup milk
- $\frac{1}{4}$  cup currants
- $\frac{1}{4}$  cup raisins
- $\frac{1}{4}$  cup peel (or cherries)

Cream butter and sugar, fold in eggs. Sift dry ingredients and fold in alternately with milk. Add fruit. Bake in well greased loaf tin 1  $\frac{1}{2}$  hours in moderate oven of 350°.

Mrs. F. Tickner.

### POPPY SEED CAKE

- $\frac{3}{4}$  cup poppy seeds
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  cup butter
- 1 cup sugar
- 2 cups cake flour
- 2 tsps. bak'g powder (heaping)
- $\frac{1}{4}$  tsp. salt
- 1 tsp. vanilla
- 4 egg whites

Soak poppy seeds in milk for 6 hours, or overnight. Cream butter and sugar and add poppy seed mixture. Sift and measure flour, then sift together 3 times with baking powder and salt. Add gradually to creamed mixture. Fold in beaten egg whites and vanilla. Bake in layer pan or 8x8" square pan.

#### Filling:

Scald 1  $\frac{1}{2}$  cups milk. Beat 4 egg yolks together with  $\frac{1}{2}$  cup sugar, 2 tbsps. corn starch and  $\frac{1}{4}$  tsp. salt and  $\frac{1}{2}$  tsp. vanilla. Add slowly to milk and cook in double boiler until thickened. When cool, add  $\frac{1}{4}$  cup finely chopped nuts.

**Icing:** Cover cake with chocolate butter icing.

Miss B. Smith.

### WHITE CAKE

- 1 cup milk
- 1 cup cake flour
- 1 cup white sugar (fine)
- 2 egg whites, beaten
- 3 level tsps. baking powder
- pinch of salt

Heat milk to boiling point and put in mixing bowl. Mix dry ingredients together and add to the milk and mix until smooth. Fold in beaten egg whites. Bake in tube pan 20 to 30 mins. at 275°.

Mrs. L. M. Watson.

### BOILED SPONGE CAKE

- 1  $\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup water

Boil sugar and water until it threads. Beat whites of 6 eggs stiff but not dry and pour syrup over whites, beat and let cool. Then add yolks of 6 eggs creamed and 1 cup flour. Add 1 tsp. cream of tartar, salt and flavoring. Bake in large ungreased cake tin for 1 hour in slow oven 275-300°.

Mrs. Higgins.

### RAISIN ROLL

1½ cups raisins  
1 cup water  
Simmer 5 to 10 minutes.

Mix:

¾ cup sugar  
¼ cup butter  
1 egg

With:

1½ cups flour  
1 tsp. soda  
1 tsp. nutmeg  
½ tsp. allspice  
1 tsp. cinnamon  
1 tsp. cloves  
pinch of salt  
½ cup raisin water

Add raisins last and cook in moderate oven 45 mins. to 1 hr.

Mrs. P. Paquin.

### SILVER LAYER CAKE

Have eggs, milk and shortening at room temperature.

2 cups sifted cake flour  
1⅓ cups granulated sugar  
½ cup vegetable shortening  
1 tsp. salt  
1 cup milk  
4 tps. baking powder  
4 egg white, unbeaten  
1 tsp. vanilla

Into a mixing bowl measure the flour, granulated sugar, vegetable shortening and salt and two thirds of the milk. Beat vigorously with a spoon for 2 mins., scraping bowl frequently. Now quickly stir in the baking powder (yes, all by itself), scraping the bowl frequently. Then add the egg whites unbeaten, the remaining one third milk and vanilla flavoring. Blend with spoon 2 mins. The batter will be smooth and thin. Pour into two 9" or deep 8" layer cake pans which have been greased and dusted with flour. Bake in a moderate oven of 360° for about 30 mins., or until done. Ice with Seafoam Icing.

**Seafoam Icing:**

2 egg whites, unbeaten  
1½ cups brown sugar, firmly packed  
5 tbsps. water  
1 tsp. vanilla  
dash of salt

In top of double boiler combine unbeaten egg whites, sugar and water and salt and beat with a rotary beater, until thoroughly

mixed. Place over rapidly boiling water and beat constantly cooking for 7 mins. or until icing will hold a peak. When done remove icing from boiling water and add vanilla. Cool and spread on cake.

Mrs. A. A. Giguere.

### CHERRY LOAF CAKE

½ cup butter  
1 cup sugar  
1 cup milk  
2½ cups sifted flour  
1 tsp. baking powder  
½ cup walnuts (chopped)  
½ cup cherries (red)  
3 egg whites, beaten stiff

Cream butter and sugar. Sift flour and baking powder and add alternately with milk. Add nuts and cherries, then fold in stiffly beaten egg whites. Bake in a moderate oven.

Mrs. Shorey.

### POUND CAKE

1¾ cups butter  
2 cups sugar  
8 eggs  
3¾ cups flour  
1 tsp. baking powder  
⅛ tsp. salt  
1 tsp. mace or vanilla

Cream butter and add sugar gradually. Cream well. Add eggs one at a time, without separating. Sift flour, measure, add baking powder, salt and flavoring, sift again. Add flour gradually to mixture and beat hard. Put in greased loaf pan paper lined and bake one hour at 350°.

Mrs. H. Reichelt.

### SPECIAL SPONGE CAKE

5 eggs  
1 cup sugar  
4 tbsps. cold water  
1 cup cake flour sifted and settled  
½ tsp. vanilla  
½ tsp. lemon extract  
1 tsp. salt  
1 tsp. cream of tartar

Beat egg yolks, add sugar and cold water and beat for ten minutes with rotary egg beater. Add flour gradually. Beat whites very stiff, add cream of tartar and salt to whites. Mix all gradually together and bake one hour at 300°.

Mrs. H. A. Brown.

### LEMON DREAM CAKE

- 22 Sunland graham wafers, rolled
- ½ cup icing sugar
- 2 tbsps. flour
- ½ cup butter

Work above together. Take out ½ cup of mixture and press balance into a buttered 9" square cake tin. Bake in a moderate oven 10 mins.

#### Filling:

- 3 well beaten egg yolks
- ½ cup white sugar
- juice and rind of 1 lemon
- 1½ tsp. corn starch
- 7 tbsps. water
- pinch salt
- 3 stiffly beaten egg whites

Cook mixture except egg whites until thick. Cool. Add stiffly beaten egg whites.

Spread on mixture in cake pan, sprinkle with ½ cup of crumb mixture saved out. Place in oven for a few minutes.

Mrs. G. H. Carr.

### SPONGE CAKE

- 4 eggs
- 1¼ cups sugar
- 1 tsp. baking powder
- 1½ cups cake flour
- ¼ cup water
- ¼ tsp. salt

Put water and egg yolks in bowl and beat until double in bulk. Add sugar, flour, baking powder and salt, which has been sifted. Then add well beaten egg whites. Bake 1 hour in angle cake pan at 350° for half an hour and at 400° for the other half hour.

Mrs. T. E. Farmer.

### ORANGE SPONGE CAKE

- 5 eggs
- 1 cup sugar
- 1 cup flour
- 1 orange (juice and grated rind)

Sift sugar once and flour 4 times. Separate yolks from whites of eggs and beat yolks until stiff and creamy. Add ½ the sugar to yolks and beat 5 minutes. Add juice and rind of orange. Beat whites stiff and add other half of sugar, beat 5 minutes. Add yolk mixture to white mixture gradually. Fold in flour. Pour into angel cake tin and bake 45 mins. at 300°.

Mrs. J. W. Dodds.

### NUT DIAMOND CAKE

- 2 sqs. unsweet'd chocolate
- ½ cup butter
- 2 eggs, beaten
- ½ cup sugar
- 1 tsp. vanilla

Melt chocolate and butter in double boiler, add eggs, sugar and vanilla.

- ¾ cup flour
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup walnut meats

Sift dry ingredients and add to first mixture. Put in a greased tin 8x16". Bake 20-25 mins. Cut 1 pkg. of marshmallows into halves and place on cake while hot. Place a cover over and allow to cool.

#### Icing:

- 2 sqs. chocolate melted
- 2 tbsps. butter
- ½ cup icing sugar
- 1 egg white, beaten
- pinch salt
- ½ tsp. vanilla.

Melt chocolate, add butter and half cup icing sugar. Beat egg white with dash of salt until light and fluffy then add vanilla. Add the other half cup of icing sugar and beat until it stands in peaks. Fold two mixtures together and mix gently. Cut cake in diamond pieces.

Mrs. Sutherland.

### QUICK WALNUT COFFEE CAKE

- ¼ lb. butter
- 2 eggs, well beaten
- 2 cups flour
- 1 cup sour milk
- ¾ cup sugar
- pinch of salt
- 2 tsp. baking powder
- ½ tsp. soda

Cream butter and sugar, add beaten eggs, then dry ingredients alternately with the milk. Grease pan and spread half batter in pan, then sprinkle with half following mixture:

- 4 tbsps. sugar
- ½ tsp. cinnamon
- ½ cup walnuts

Cover with remaining batter and sprinkle with last of sugar mixture. Bake in moderate oven 350° for 35 to 40 mins. No icing is required.

Mrs. N. R. Burch.

### STREUSEL FILLED COFFEE CAKE

- 1 egg, beaten light
- ½ cup sugar
- ½ cup milk
- 2 tbsps. shortening, melted
- 1 cup sifted flour
- ½ tsp. salt
- 2 tsp. baking powder

To egg beaten light, add sugar milk and melted shortening. Mix ingredients thoroughly. Sift flour and measure one cup then add salt and baking powder and sift again. Mix ingredients thoroughly together and turn into a greased 9" pan.

#### Streusel Topping:

- 2 tbsps. flour
- 2 tbsps. soft butter
- ¼ cup sugar
- ½ tsp. cinnamon

Mix together until small crumbs are formed. Sprinkle over top of coffee cake batter that has been brushed lightly with melted butter and bake in moderate oven, 375° for 20 mins. until firm.

Mrs. B. King.

### CHOCOLATE PEPPERMINT CAKE

- 2 cups cake flour
- ½ tsp. salt
- 1 ¼ cups sugar
- 1 egg and 2 yolks, unbeaten
- ¾ cups sweet milk
- 1 tsp. baking soda
- ⅓ cup butter
- 1 tsp. vanilla
- ½ cup sour cream
- 3 sqs. chocolate (unsweet'd)

Sift flour once, measure, add soda and salt and sift three times. Cream butter thoroughly, add sugar gradually and cream well. Add egg and egg yolks and beat very thoroughly, then chocolate (melted) and vanilla and blend. Add about ¼ of flour and beat well, then add sour cream and beat thoroughly. Add remaining flour with milk alternately, beating well after each addition until smooth. Turn into 2 greased 9" layer pans and bake in moderate oven 350° for 30 mins. or until done. When cool, spread with peppermint seven minute frosting. Tint pink if desired. (Use the 2 egg whites left from the batter for the icing.)

Mrs. G. Gilmour.

### LEMON SPONGE CAKE

- 4 egg yolks
- 4 egg whites
- 4 tbsps. cold water
- 1 cup sugar
- 1 cup cake flour, sifted
- 1 tsp. cream of tartar
- 1 tsp. vanilla
- 1 tsp. lemon

Beat egg yolks, sugar and water for a good ten minutes, or until thick. Add flour and flavoring and beat well. Beat egg whites until foamy, add cream of tartar and beat until stiff and dry. Fold into first mixture. Bake in ungreased pan one hour in a slow oven. Makes a large cake.

Mrs. Robt. McLaren.

### ELECTRIC SPONGE CAKE

NOTE: To be made only with electric mixer.

- 2 eggs, whole
- 1 cup sugar
- ½ cup milk
- 1 tbsps. butter
- 1 ¼ cups cake flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 tsp. vanilla

Place eggs, whole, in electric mixing bowl and whip until almost white. Add sugar and continue beating. Bring milk and butter to a boil and add to mixture, continuing the beating constantly. Sift the cake flour with baking powder and salt and add to mixture. Continue beating constantly. Add the vanilla last. Bake in a greased pan, until done, about 40 mins., in moderate oven 325-350°.

Mrs. C. McNeal.

### APPLE SAUCE CAKE

- ⅓ cup shortening
- 1 cup sugar
- 1 ½ cups thick sweetened apple sauce
- 2 cups flour
- 1 tsp. soda
- 1 cup raisins
- pinch of salt
- spices to taste

Cream shortening and sugar together then add apple sauce. Mix and sift flour, soda and spices, then the raisins dredged lightly with flour. Mix well. Bake in well greased loaf pan at 375° for 45 mins.

Mrs. H. D. Morrison.

### CHOCOLATE HONEY CAKE

- 2 cups cake or pastry flour
- 3 tsps. baking powder
- ½ tsp. salt
- 2 sqs. unsweetened chocolate, melted
- 1 tsp. vanilla
- ½ cup butter or Crisco
- ¾ cup honey
- 2 eggs
- ¾ cup milk less 3 tbsps.

Sift dry ingredients together. Cream butter, add honey and cream until fluffy. Add unbeaten eggs and beat mixture with egg beater until creamy. Add melted chocolate. Add sifted dry ingredients alternately with milk, beating well after each addition. Pour into greased 8x8" cake tin and bake in moderate oven 350° for 45 mins.

#### Frosting:

- 1 cup white corn syrup
- 1 egg white
- ½ tsp. white wine vinegar
- ½ tsp. salt
- 1 or 2 sqs. melted chocolate (fold in last)

Mix all ingredients in top of double boiler. Cook, beating constantly with rotary beater until stiff enough to stand in peaks. Fold in melted chocolate.

Mrs. A. McMullen.

### LAZY DAISY CAKE

- 2 eggs, beaten
- 1 cup white sugar
- 1 tsp. vanilla
- ¼ tsp. almond flavoring
- 1 cup flour
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ cup milk or cream
- 1 tsp. butter

Beat eggs well, add sugar gradually. Continue beating until mixture is thick and light, add vanilla and flavoring. Sift dry ingredients and add to mixture. Add milk which has been brought to a boil with the butter added. Bake in 350° for 30 mins. While cake is still warm, spread with following mixture and place back in oven to brown:

- 5 tbsps. brown sugar
- 3 tbsps. melted butter
- 2 tbsps. top milk
- 1 cup coconut or crushed cornflakes or rice krispies

Mrs. H. A. Brown.

### RAISIN SPICE CAKE

- 1 cup raisins
- 1 cup brown sugar
- 1 cup water
- 1 tsp. allspice
- 1 tsp. cinnamon
- ½ cup butter
- 1 ½ cups flour
- 1 ½ tsp. baking soda

Boil together for 6 minutes the raisins, brown sugar, water and spices, add butter and let cool. Add flour, baking soda and bake in 350° oven.

Mrs. Bruce Reid.

### FEATHERWEIGHT CAKE

- 1 cup fine sugar
- 3 eggs
- 1 cup flour (cake)
- 1 ½ tsp. baking powder
- ½ cup milk
- butter size of an egg
- 1 tsp. vanilla
- salt

Beat together sugar and eggs. Add flour, baking powder, salt and vanilla. Heat milk and butter together and add to above mixture. Bake in angel food tin at 350°.

Mrs. J. Moar.

### CHOCOLATE CAKE

- ⅔ cup Crisco
- 1 ½ cups sugar
- ⅔ cup cocoa
- ½ cup hot water
- 2 tsp. baking powder
- 1 cup thick sour milk
- ½ tsp. soda
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. salt

Blend Crisco, sugar and eggs together thoroughly in one operation. Cocoa added to hot water and beaten until smooth is added to first mixture. Sift flour, salt, baking powder together, add to first mixture alternately with milk to which has been added soda and flavoring. Bake in a 350° oven in 3 8" layer pans for 20 minutes.

#### Icing and Filling:

Cook 1 ¾ cups granulated sugar, ½ tsp. salt and ½ cup water until syrup forms a soft ball in cold water. Pour slowly over 3 egg whites beaten stiff, beating mixture as you do so. While icing is still hot fold in 12 marshmallows which have been cut in pieces. Beat until consistency to spread.

Mrs. T. E. Farmer.

### WEDDING CAKE

- 1 lb. butter or margarine
- 1 lb. brown sugar
- 12 egg yolks
- $\frac{1}{2}$  cup molasses
- 12 egg whites
- 4 cups pastry flour
- 2 tsps. allspice
- 3 tsps. cinnamon
- 1 tsp. nutmeg
- 1 tsp. mace
- 2 lbs. seeded raisins, cut in small pieces
- 2 lbs. sultana raisins, chopped
- 1 lb. currants, cleaned
- 1 lb. candied cherries, cut in small pieces
- 1 lb. candied pineapple, cut small
- 1  $\frac{1}{2}$  lbs. thinly sliced citron
- 2 cups strawberry jam
- 1 lb. chopped blanched almonds
- 1 cup fruit juice
- 1 tsp. soda dissolved in
- 2 tbsps. hot water
- 1 cup mixed fruits

Cream together until thoroughly blended the butter and brown sugar. Add beaten egg yolks and molasses and beat well. Fold in stiffly beaten egg whites. Sift together the flour and spices. Reserve 1 cup flour for dredging fruit. Add remaining flour mixture to egg mixture. Mix the prepared fruits, except the citron and dredge with 1 cup flour. Add strawberry jam, almonds and fruit juice to mixture and mix well together. Lastly, add soda dissolved in hot water. Fill loaf tins one quarter full, spread with a layer of sliced citron, add more batter, filling tins about two thirds full. Over the top place balance of citron pieces. Bake in a slow oven of 275-300° for about three hours.

Mrs. M. McKechnie.

### SPANISH SPICE CAKE

- 1 cup white sugar
- $\frac{1}{2}$  cup butter
- 1 cup flour
- 1 tsp. baking powder
- 1 tsp. cinnamon
- $\frac{3}{4}$  cup chopped walnuts
- 2 eggs
- $\frac{1}{2}$  cup milk
- pinch salt

Cream butter. Add sugar and well beaten egg yolks. Mix and sift dry ingredients, add alternately with milk. Add nuts. Fold in stiffly beaten egg whites. Bake at 350°. After baking let cool 10 mins. and top with:

- 3 tbsps. melted butter
- 5 tbsps. brown sugar
- 2 tbsps. cream
- $\frac{1}{2}$  cup shredded cocoanut

Mix and spread on cake.

Mrs. G. H. Carr.

### LIGHT FRUIT CAKE

- $\frac{1}{2}$  cup butter
- 1 cup sugar
- $\frac{1}{2}$  cup milk
- 3 eggs beaten separately
- 1 lb. sultana raisins
- 2 rings candied pineapple
- $\frac{1}{4}$  lb. citron peel
- $\frac{1}{2}$  lb. glazed cherries
- $\frac{1}{4}$  lb. blanched almonds
- 2 cup flour
- 2 tsps. baking powder
- 2 tsps. vanilla
- 1 tsp. lemon extract
- 1 tsp. almond extract

Mix ingredients in order given. Leave fruit in good sized pieces and almonds whole. Line cake pan with several layers of greased paper and bake in a slow oven 2  $\frac{1}{2}$  to 3 hours.

Mrs. R. Thomson.

### WHITE FRUIT CAKE

- $\frac{3}{4}$  lb. butter
- 1  $\frac{1}{2}$  cups white sugar
- 6 eggs, unbeaten
- 3  $\frac{3}{4}$  cups flour
- 1 tsp. baking powder
- $\frac{1}{2}$  cup cream
- 4 cups sultana raisins
- $\frac{1}{2}$  cup plain chopped citron
- 1 cup glazed cherries

Cream butter well and add sugar gradually, until well creamed. Add eggs two at a time beating five minutes between each addition. Sift flour and baking powder, leaving about one cup of flour for dredging fruit. Add to mixture alternately with cream. Add fruit dredged in the balance of flour. Bake two hours at 300°. This is excellent for overseas baked in coffee tins.

Mrs. N. R. Burch.

### FAVORITE CAKE

- ½ lb. currants or fruits
- ½ lb. raisins
- 1 cup butter, beaten to a cream
- 1 cup sugar
- 1 cup milk
- 3 cups cake flour
- 3 tsps. baking powder
- 3 eggs, beaten separately

Beat butter to a cream, and add sugar then egg yolks. Add dry ingredients alternately with milk and add fruit, then beaten egg whites. Butter a pan and bake one hour.

Mrs. K. Saunders.

### CHOCOLATE FUDGE CAKE

- ½ cup butter
- 1 cup brown sugar, firmly packed
- 2 tsps. baking powder
- ½ tsp. salt
- 2 cups cake flour, measured after sifting once
- 3 squares chocolate, melted
- 2 eggs, whites and yolks beaten separately
- 1¼ cups milk
- 1 tsp. vanilla

Cream butter, add sugar and beat until fluffy, add melted chocolate and mix well. Add well beaten egg yolks. Have flour, salt, baking powder and soda sifted together three times. Add dry ingredients alternately with milk, beating well after each addition. Lastly, fold in stiffly beaten egg whites. Pour into 8x8" wax paper lined tin. Bake in 350° oven three quarters to one hour.

Mrs. Harris McLeod.

### QUICK CAKE

- 1 cup sugar
- ⅓ cup lard
- ½ tsp. salt
- ½ tsp. cinnamon
- 1 cup raisins
- 1 cup boiling water
- ½ tsp. nutmeg
- ½ tsp. cloves

Boil above ingredients together for 3 minutes. When cold add:

- 2 cups flour, sifted
- 1 tsp. soda
- 1 tsp. baking powder

Bake in a moderate oven 350° for 40 minutes.

Mrs. R. M. Putnam.

### CHOCOLATE CAKE

- 1 sq. unsweetened chocolate
- ¼ cup butter
- 1 egg
- 1 cup white sugar
- 1 cup thick sour cream or milk
- 1 tsp. soda
- 1½ cups flour
- salt
- vanilla

Melt unsweetened chocolate with butter and blend until soft and creamy. Cool slightly and add egg yolk creamed with sugar, thick sour cream or milk, soda, flour, salt, vanilla. Bake in a loaf pan in a slow oven 40 minutes.

### Icing:

- 1 egg white, well beaten
- 1½ cups sugar
- ⅓ cup boiling water.

Boil sugar and water and when it threads add to beaten egg white. Add vanilla.

Mrs. K. Saunders.

### DEVIL'S FOOD CAKE

- ¼ cup butter
- 1 cup sugar
- 2 eggs, unbeaten
- 1 tsp. soda
- ½ cup thick sour cream
- ½ tsp. baking powder
- 1¼ cups flour
- 2 sqs. chocolate
- hot water
- 1 tsp. vanilla

Cream butter and sugar until very light. Beat in the whole eggs then the soda added to the sour cream, followed by flour and baking powder. Break the chocolate in a cup and add enough boiling water to make cup half full and add to cake the last thing. Add flavoring.

Mrs. Dave Ramsey.

### DEVILS FOOD CAKE

- 1 cup sugar
- ½ cup butter
- 1 cup sweet milk
- 1 egg
- 1½ cups flour
- 2 tsp. baking powder
- 3 tbsps. cocoa

Cream sugar and butter and milk, add beaten egg then sifted dry ingredients. Bake in moderate oven 35 to 40 mins.

Mrs. E. Collins.

### SOUR CREAM CAKE

- 2 eggs, break into measuring cup and fill with sour cream
- 1 ¼ cups sifted flour
- 1 cup sugar
- 1 tsp. baking powder
- ½ tsp. soda
- 1 tsp. vanilla
- ⅛ tsp. salt

Beat eggs, sour cream and sugar together until very light, add vanilla. Add flour which has been sifted with baking powder and soda. Bake in hot oven 375°.

Mrs. J. W. Dodds.

### ORANGE CAKE

- 1 cup brown sugar
- ½ cup butter
- 2 eggs
- ¾ cup sour cream
- 1 small tsp. baking soda
- 2 cups flour
- 2 small tsps. baking powder
- grated rind of 1 orange
- 1 cup dates and raisins mix'd
- ¾ cup chopped nuts

Bake for 45 minutes in a moderate oven. Remove and pour juice of 1 orange over cake while it is still hot. No icing is required.

Mrs. K. Dunlop.

### RAISIN CAKE

- 1 cup sugar
- 1 cup water
- 1 cup raisins
- ½ cup butter
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon
- ¼ tsp. cloves
- ¼ tsp. salt
- 1 egg
- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ cup chopped nuts

Boil the sugar, water, raisins, butter, nutmeg, cinnamon, cloves and salt together for 3 minutes then cool. Add egg, flour, baking powder and soda, then the chopped nuts. Bake in a 350° oven for half an hour, then in a 400° oven until done.

#### Icing

- 2 tsp. butter
- 5 tbsps. brown sugar
- 6 tbsps. cream

Bring to a boil and add icing sugar and vanilla to taste.

Mrs. N. R. Burch.

### FLUFFY WHITE CAKE

- 2 eggs
- 1 cup sugar
- 1 cup flour
- 1 tsp. baking powder
- ½ cup milk
- 1 tsp. butter
- vanilla

Put eggs in a bowl and beat well, add 1 cup sugar gradually and beat again. Add flour and baking powder gradually and mix well. Meanwhile put milk with 1 tbsps. of butter on stove and bring to scalding point. Then pour over batter and mix well. Put in greased pan and bake 15 mins. in 400° oven.

Mrs. J. W. Dodds.

### MINCEMEAT CAKE

- 1 egg, beaten
- ½ cup sugar
- pinch of salt
- 1 tsp. vanilla
- 1 cup mincemeat
- 2 ½ tbsps. milk
- 1 cup flour
- 1 ½ tsp. baking powder

Mix all ingredients together and bake in a slow oven. Frost with brown sugar or mocha icing.

Mrs. T. Guns.

### ORANGE CAKE

- 1 orange
- 1 cup raisins
- 1 cup brown or white sugar
- 1 cup sour milk
- 2 eggs, beaten
- ½ cup butter
- 1 tsp. soda
- 1 tsp. baking powder
- 2 cups flour
- ½ cup walnuts (optional)

Squeeze juice from orange and put rind and raisins through chopper. Cream butter, add sugar and well beaten eggs. Sift flour and baking powder together. Add soda to sour milk and mix alternately with flour and baking powder. Add orange juice, orange and raisin mixture, and walnuts. Bake in a moderate oven from 20 to 30 mins.

#### Icing:

- 1 tbsps. butter
- 5 tbsps. brown sugar
- 6 tbsps. top milk or superior

Bring just to a boil, then cool. Add 2 cups icing sugar and 1 tsp. vanilla and beat with rotary beater until smooth.

Mrs. L. F. Bayzand.

### ANGEL FOOD CAKE

- 1 1/4 cups egg whites (10 to 12 eggs)
- 1/4 tsp. salt
- 1 1/4 tsp. cream of tartar
- 1 1/2 cups sifted granulated sugar
- 1 cup sifted cake flour
- 1 tsp. vanilla
- 1 tsp. almond extract

Beat egg whites on a platter using a whisk, together with the salt, until it stands up in peaks but is not dry or too stiff. Gradually add the cream of tartar, and one cup of the sifted granulated sugar, two tablespoons at a time. Sift the flour with 1/2 cup of sugar 8 to 10 times, and fold into egg whites. Lastly fold in flavoring. Bake in a very slow oven, 250° for 30 mins., then in a 325° oven until done.

Mrs. Harry Hayter.

### BANANA CAKE

- 1/2 cup butter
- 1 cup brown sugar
- 1 tsp. soda
- 2 eggs
- 1 tsp. baking powder
- 1/3 cup milk
- 1 1/2 cups flour
- 1/4 tsp. salt
- 3 bananas

Cream butter, add sugar and beaten eggs. Add sifted dry ingredients alternately with milk. Fold in banana pulp to which has been added the soda. Bake in a moderate oven 350° for 35 to 45 minutes.

Mrs. E. Collins.

### SEED CAKE

- 2 oz. butter
- 1 cup sugar
- 1 egg, unbeaten
- 2 cups sifted flour
- 1 cup milk
- 2 tsps. cream of tartar
- 1 tsp. baking soda
- 2 tsp. carraway seeds

Cream butter and sugar, add egg and beat well. Add flour alternately with milk in which the soda and cream of tartar have been dissolved. Fold in carraway seeds. Put in a flat cake dish and cover with 1 tbsp. of sugar scattered on top. This also makes a good fruit cake.

Mrs. P. B. Lickert.

### CHOCOLATE CAKE

- 1/2 cup Crisco (or part butter)
- 1 cup brown sugar (scant)
- 2 eggs, beaten separately
- 1 1/2 cup flour
- 1/2 cup sour milk
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/3 cup cocoa mixed with with
- 1/3 cup hot water
- 1/2 tsp. vanilla

Cream the Crisco and sugar well together and add the beaten egg yolks. Mix the cocoa and hot water and add. Sift the flour, salt, baking powder and soda and add alternately with the sour milk. Fold in stiffly beaten egg whites and vanilla.

Mrs. S. McIlmoyle.

### ECONOMY CHOCOLATE CAKE

- 2 sqs. chocolate, melted and then cooled
- 1 cup sugar
- 2 tbsps. butter
- 1 egg
- 1 cup sifted cake flour
- 1 tsp. baking powder
- pinch salt
- 3/4 cup milk
- 1 tsp. vanilla

Beat butter well with egg, add sugar sifted, then chocolate. Add sifted dry ingredients in 3 parts alternately with milk.

Mrs. M. D. Richards.

### ECONOMY ANGEL FOOD CAKE

- 1 1/3 cups flour
- 1 cup sugar
- 1/2 tsp. cream of tartar
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2/3 cup milk
- 3/4 tsp. almond extract
- 3 egg whites

Sift together 4 times flour, sugar, cream of tartar, baking powder and salt. Scald milk, cool slightly. Add milk to dry ingredients, beating constantly. Add almond extract. Beat egg whites stiff but not dry and fold in. Pour into ungreased tube pan and bake in moderate oven (325°) for one hour. Invert pan on cake rack and let stand till cool.

Mrs. H. Johnston.

### CHOCOLATE CAKE

- ¼ cup shortening or butter
- 1½ cups white sugar
- 2 eggs
- 1 cup sour milk or butter-milk
- 2 cups cake flour
- 2 sqs. chocolate
- ½ tsp. salt
- 1 tsp. vanilla
- 1 tsp. white vinegar, with
- 1 tsp. soda

Cream butter and sugar, and add eggs one at a time. Add milk and flour alternately, then melted chocolate and lastly the soda dissolved in vinegar. Mix well. Bake in a square pan for 35 minutes at 375°.

Mrs. A. P. Dodds.

### RED DEVILS FOOD CAKE

- ⅞ cup sifted cake flour
- 1 tsp. soda
- ¼ tsp. salt
- ½ cup shortening
- ⅜ cup brown sugar
- ¼ cup white sugar
- 2 eggs
- 1½ oz. unsweetened chocolate
- ½ tsp. vanilla
- ⅝ cup sour milk

Sift flour with soda and salt. Cream shortening, add sugar gradually, creaming until light and fluffy. Add unbeaten eggs, beating well. Add cooled, melted chocolate. Add flavoring and milk alternately with flour mixture, beating well until smooth. Bake in well-greased pan 30 mins. in 375° oven. Double amount for layer cake. NOTE: For a lighter cake, let batter stand in pan for 15 minutes before baking.

Mrs. H. B. Grove.

### EGGLESS, MILKLESS, BUTTERLESS CAKE

- 1 cup brown sugar
- 1 cup water or coffee
- ½ cup shortening
- ½ tsp. salt
- 1 tsp. ginger
- 1 tsp. cinnamon

Boil all together 3 minutes or more, cool, then add:

- 1½ cups flour sifted with
- 1 tsp. soda and add
- ½ cup chopped nuts

Bake in a moderate oven till done.

Mrs. Scharf.

### SPICE FRUIT CAKE

- ½ cup shortening
- 1 cup brown sugar
- 1 egg, beaten
- ½ cup sour milk (or butter-milk)
- 1 tbsp. molasses
- ½ cup raisins
- ½ cup currants
- 1½ cups sifted all-purpose flour
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 tsp. nutmeg
- ¼ tsp. salt
- 1 tsp. baking soda
- ½ tsp. vanilla

Cream shortening and sugar, add beaten egg. Mix together sour milk and molasses. Add flour spices, salt and baking soda. Add molasses and buttermilk or sour milk. Add raisins, currants, sultanas (any dried fruit you may have). Add vanilla. Turn into loaf tin lined with waxed paper. Bake in moderate oven 325° to 350° for ½ hour. When cool, cake may be frosted with any kind of icing desired. NOTE: Instead of the vanilla, grated peel of an orange may be added, about a tablespoon.

Miss F. Francis.

### ECONOMY CAKE

- ¾ cup white sugar
- 1 cup cake flour
- 1 tsp. baking powder
- 2 eggs, beaten

Mix sugar and eggs thoroughly then add to flour and baking powder:

- 1 tbsp. butter
- ½ cup milk

Bring to a boil and add to first mixture. Bake in fairly hot oven.

Mrs. N. McPherson.

### EQUIVALENTS FOR SUGAR

- ¾ cup honey = 1 cup sugar minus ¼ cup liquid (milk, eggs or both)
- ¾ cup molasses = 1 cup sugar minus ¼ cup liquid (milk, eggs or both) add ¼ tsp. soda.
- ¾ cup corn syrup = 1 cup sugar minus ¼ cup liquid (milk, eggs or both)

NOTE: Cakes with syrup require more beating than sugar cakes.

## CHOCOLATE CREAM ROLL

### Filling

Make the filling first so it will be cool to spread on the cake as soon as it is taken from oven.

- 1/3 cup sugar
- 3 tbsps. flour
- 1/8 tsp. salt
- 1 egg
- 1 cup scalded milk
- 1 tsp. peppermint flavoring

Mix sugar, flour and salt, add slightly beaten egg and gradually pour in the scalded milk. Cook 15 minutes in double boiler stirring until thickened. Cool and add flavoring.

### Cake:

- 3 large eggs
- 1 cup white sugar
- 3/4 cup flour
- 1/4 cup cocoa
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1 tbsps. cold water

Separate eggs, beat yolks until thick, gradually adding sugar, then stir in stiffly beaten egg whites. Sift flour, cocoa, baking powder and salt, five times. Add to first mixture alternately with cold water. Line shallow pan with buttered paper and cover bottom of pan with mixture. Cook 12 minutes in a moderate oven.

Have ready a clean damp tea towel sprinkled with powdered sugar. Turn cake onto this and cut off edges with a sharp knife. Spread with filling and roll quickly. Wrap in waxed paper and let cool.

Mrs. R. Roberts.

## ANGEL'S GINGER BREAD

- 1 egg
- 1 cup sugar
- 1/2 cup molasses
- 1/4 cup shortening
- 2 cups flour
- 1 tsp. soda
- 1/2 tsp. salt
- 1 tsp. ginger
- 1 cup boiling water

Beat egg, sugar and molasses well in a bowl. Melt shortening in a baking dish. Sift dry ingredients and add to first mixture, then add melted shortening and boiling water. Pour quickly into pan and bake slowly at 375°.

Mrs. H. Knott.

## CHOCOLATE LOG ROLL

- 5 egg whites
- 5 egg yolks
- 2 tbsps. cocoa
- 1/2 cup icing sugar
- 2 tbsps. cake flour
- 1 bottle whipping cream

Beat the egg whites stiff but not dry. Beat egg yolks until thick then add icing sugar, sifted, and beat thoroughly. Sift the flour and cocoa together and mix well, then add to egg yolk mixture. Beat well. Add egg whites to egg yolk mixture and beat hard for ten minutes.

Pour into a large shallow pan lined with waxed paper and bake in a hot oven 400°, for about 10 minutes. Turn onto a cloth sprinkled thickly with icing sugar and allow cake to cool. Whip 1 bottle of whipping cream, sweeten to taste. Reserve about 4 tbsps. of the cream and spread the remainder over the cake. Roll up as a jelly roll. To the remaining cream add sufficient icing sugar and cocoa to form an icing. Cover the roll and draw wavy lines with a fork to resemble a log. Set in refrigerator until ready to serve.

Mrs. J. G. Walker.

## UNCOOKED FRUIT CAKE

- 1 tin sweetened condensed milk
- 2 cups chopped dates
- 1 cup chopped raisins
- 1 cup chopped pineapple rings
- 1 cup walnuts, broken coarsely
- 1 cup almonds, broken coarsely
- 2 cups marshmallows, cut in fine pieces
- 4 tbsps. maraschino cherries cut fine
- 4 cups Sunland graham wafer crumbs
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1/2 tsp. allspice
- 1/2 tsp. cinnamon

Mix dry ingredients, fruit, nuts and marshmallows, then add milk and mix thoroughly. Put in a mould lined with buttered wax paper and let stand at least 2 days. Slice and serve as any ordinary fruit cake.

Mrs. R. Roberts.

### BURNT SUGAR CAKE

- ½ cup butter
- 1 cup white sugar
- 2 egg yolks, well beaten
- 1 tsp. vanilla
- ½ cup white sugar browned with
- ¼ cup hot water
- 2 cups flour
- 2 tsp. baking powder
- pinch of salt
- 1 cup milk (scant)
- 2 egg whites, beaten stiff

Cream butter and add sugar, egg yolks and vanilla. Add the ½ cup white sugar browned with ¼ cup of hot water to above mixture. Add dry ingredients alternately with milk in small amounts, then fold in egg whites. Bake in a moderate oven about 40 mins.

#### Icing

Save a little of the burnt sugar liquid for icing and mix with butter and icing sugar.

Mrs. L. A. Grove

### GINGER BREAD

- ⅔ cup butter
- 2 eggs
- 1 cup molasses
- 1 cup brown sugar
- 2 tsp. ginger
- 1 tsp. cinnamon
- 1 tsp. cloves
- ¼ tsp. grated nutmeg
- 1 cup sour milk
- 1 tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- 3 cups flour

Melt butter and pour into molasses, add sugar and well beaten eggs. Sift together all dry ingredients and add to first mixture. Beat well. Bake in a greased pan 40 minutes, 300°.

Mrs. J. Bell.

### FUDGE CAKE

- ½ cup butter melted
- 1 cup brown sugar
- 1 egg
- 4 tablespoons cocoa
- ½ cup chopped nuts
- ½ cup flour
- vanilla

Mix in order given. Bake in oven at 400°. Ice with chocolate icing while hot.

Mrs. G. A. Johannesson.

### JELLY ROLL

- ¾ cup cake flour, sifted
- ¾ tsps. baking powder
- ¾ cup sugar
- pinch of salt
- 4 eggs

Put eggs and baking powder in a bowl and beat over another bowl containing hot water. Add sugar gradually beating really well. Fold flour and salt in. Butter a cookie sheet 10x15" real well, put wax paper to ½" of edges and butter again. Bake 13 mins. in moderate oven. Turn onto wet cloth, cut edges, cover with jam and roll. Let cool in cloth and sprinkle with icing sugar.

Mrs. L. J. Bloxham.

### JELLY ROLL

- ¾ cup cake flour
- 1 tsp. baking powder
- ¼ tsp. salt
- ¾ cup sifted sugar
- 4 egg whites, beaten stiff
- 4 egg yolks, beaten well
- 1 tsp. vanilla

Sift flour once, measure and add baking powder and salt, then sift 3 times. Fold sugar into egg whites, add egg yolks and vanilla. Fold in flour. Pour into pan 13½ x 8 x 2" and bake in a 400° oven for 13 to 15 mins. Turn onto cloth sprinkled with powdered sugar, cut off crisp edges, and spread with jelly, then roll.

Mrs. S. Jones.

### CHOCOLATE JELLY ROLL

- 6 tbsps. sifted flour
- 6 tbsps. cocoa
- ½ tsp. baking powder
- pinch of salt
- 4 eggs
- ¾ cup sugar
- ½ tsp. vanilla

Sift flour, cocoa, baking powder and salt together well. Beat egg whites stiff in a mixing bowl and add to them the sugar and vanilla and the beaten egg yolks. Beat lightly and fold in sifted dry ingredients. Pour out very thin into pan lined with waxed paper. Bake at 375° until just firm. Fill with whipped cream, jelly or a tart lemon filling.

Mrs. H. Knott.

# CAKE FROSTINGS AND FILLINGS

## BOILED FROSTING

- 1½ cups granulated sugar
- ½ cup water
- 2 egg whites
- 1 tsp. flavoring
- ½ tsp. baking powder

Boil sugar and water without stirring to 328° or until syrup spins a thread. Pour slowly over stiffly beaten egg whites and beat until thick, add flavoring and baking powder. Allow to stand a few minutes before spreading.

Mrs. N. Burch.

## 7 MINUTE ICING VARIATION

- 1 egg white
- ⅞ cup sugar
- 3 tsp. cold water
- ½ tsp. cream of tartar

Put into top of boiler and beat 7 minutes over boiling water, with egg beater. Cool completely and add egg yolk with approximately 2 tbsps. butter creamed thoroughly.

Mrs. G. Lundberg.

## BOILED FROSTING

- ½ cup white sugar
- ½ cup brown sugar
- ¼ cup cold water

Let boil 2 or 3 mins. Beat one or 2 egg whites stiff and pour syrup into, beating until thick.

Mrs. A. W. Dodds.

## FAVORITE ICING

- 2 tbsps. butter, softened
- 1½ cups icing sugar
- 1 tsp. vanilla
- 1 egg white, unbeaten

Cream softened butter and icing sugar, real well together, add vanilla and cream again. Add unbeaten egg white and blend until smooth.

Mrs. G. Robinson.

## CARAMEL FROSTING

- 1 cup brown sugar
- 5 tbsps. cream
- vanilla

Boil sugar and cream together until it spins a thread. Remove from stove and beat until mixture spreads nicely. Add vanilla. Walnuts too if desired.

Mrs. N. R. Burch.

## JUDY FROSTING

- 1 cup icing sugar
- 2 tbsps. melted butter
- 1½ sqs. chocolate, melted and cooled
- 1 egg, unbeaten
- vanilla
- salt
- ¼ cup milk

Put in order as listed and beat immediately with rotary beater till fluffy and stands in peaks.

Mrs. L. A. Grove.

## RAISIN AND NUT FILLING

- ½ cup sugar
- ¼ cup water
- ½ cup chopped raisins
- ¼ cup chopped nuts

Boil sugar and water until it forms a firm ball tested in cold water. Fold in fruit and nuts and cook until stiffness desired.

Mrs. Lee.

## MYSTERY ICING

- 6 tbsps. icing sugar
- 4 tbsps. butter
- 2 tbsps. top bottle cream
- 2 tbsps. boiling water

Cream butter and icing sugar; add cream, then boiling water. Beat well. NOTE: This curdles first—continue beating until consistency of whipped cream.

Mrs. W. H. Allan.

## FLUFFY ICING

- 1 cup brown sugar (free of lumps)
- 3 tbsps. cold water
- pinch of salt
- 1 unbeaten egg white
- ⅛ tsp. cream of tartar
- ½ tsp. vanilla

Place in a double boiler and beat until it forms peaks when beater is lifted from icing.

Mrs. Mary Erickson.

## ALMOND PASTE SUBSTITUTE

Bake sweet potatoes in oven (first pricking with fork). Mix equal quantities of sweet potato and icing sugar. Then mix in sufficient rice flour to absorb the moisture. Add almond flavoring to suit your taste.

Mrs. G. H. Perree.

# COOKIES AND LITTLE CAKES

## SUNLAND MACAROONS

- 3 egg whites, beaten stiff
- ½ cup white sugar
- 1 cup fine cocoanut
- ⅓ lb. dates, cut fine
- 2 cups rolled Sunland graham wafers
- pinch of salt
- 1 tsp. vanilla
- 3 drops almond flavoring

Beat egg whites stiff and add other ingredients. Bake on greased paper in a moderate oven.

Mrs. Jack Millar.

## CHOCOLATE FINGERS

- 1 cup white sugar
- ½ cup butter
- 2 eggs
- 2 sqs. chocolate
- ½ cup walnuts
- 6 tbsps. boiling water
- ½ cup raisins
- ⅓ cup flour
- salt

Cream butter and sugar, add eggs and melted chocolate. Add flour and nuts. Bake thin and cut in small squares with butter icing in between.

Mrs. Higgins.

## RAISIN SQUARE

### Filling:

- 2 cups raisins
- 2 cups cold water
- 1 tsp. vanilla
- ½ tsp. cinnamon
- 3 tsps. cornstarch

Cook raisins, water and cinnamon 10 to 15 minutes on top of stove, add vanilla and then thicken with cornstarch mixed with a little water. Set to cool.

### Pastry:

- 2 cups flour
- 1 cup shortening
- ½ tsp. salt

Combine these three with enough water to make an ordinary pie dough. Line an 8x12" cake pan with this pastry saving half for the top. When filling is cool put between pastry and cook in a fairly hot oven for 20 mins. or until brown. When cold top with a plain butter icing.

NOTE: "Hot Water Pastry" may be used if desired.

Mrs. P. Paquin.

## LEMON SLICES

### 1st Layer:

- 1 cup Sunland graham wafers (rolled fine)
- ½ cup butter
- ½ cup white sugar

Mix together. Line an 8" pan. Bake in moderate oven for 15 mins.

### 2nd Layer:

- ¾ cup white sugar
- 3 tbsps. cold water
- 3 egg yolks
- ⅓ cup flour
- juice and rind of 1 lemon

Cook in a double boiler until thick. Add this to beaten egg whites. Pour over pastry. Sprinkle with finely rolled wafer crumbs. Bake 5 minutes.

Mrs. V. Horner.

## ICE BOX COOKIES

- 1 ½ cups shortening
- 1 cup brown sugar
- 1 cup white sugar
- 3 eggs
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 ½ tsp. soda
- 4 ½ cups flour
- 1 cup nutmeats

Cream shortening, add sugar gradually, then beaten eggs. Mix dry ingredients, sift 3 times and add to first mixture. Add nuts. Make into 2 rolls. Wrap in waxed paper and put in icebox overnight. Cut thin and bake 10 to 12 minutes.

Mrs. J. W. Campbell.

## CURRANT COOKIES

- 1 cup butter
- 1 ½ cups sugar
- 2 eggs, beaten
- 3 cups flour, sifted
- 1 cup currants
- ½ cup hot water, with
- 1 tsp. soda

Blend butter and sugar together, add beaten eggs. Add ¼ tsp. nutmeg into flour and currants, then add to mixture. Lastly add water and soda mixed. Drop by spoonfuls on waxed paper or buttered baking sheet and bake in moderate oven for 10 minutes.

Mrs. H. Knott.

### LACE COOKIES

- 1 cup butter
- lard or Crisco size of egg
- 1 cup sugar
- 1 tsp. vanilla
- 1 tsp. soda in
- $\frac{1}{2}$  cup warm water
- 1 tsp. salt
- $\frac{1}{2}$  cup crushed walnuts
- $\frac{1}{2}$  cup cocoanut
- 2 cups flour
- 2 cups rolled oats

Drop by spoonfulls and mark with fork dipped in cold water.

Mrs. J. L. Richard.

### MELTED MOMENTS

- 1 cup butter
- 2 tbsps. icing sugar
- 2 cups flour
- salt

Cut like shortbread and put together with butter icing, colored if desired.

Mrs. Higgins.

### RASPBERRY SQUARES

#### 1st Part:

- 1 cup flour
- 1 tsp. baking powder
- $\frac{1}{2}$  cup butter (or Crisco)
- pinch salt

Rub together and press into an 8" square pan.

#### 2nd Part:

- 1 egg, beaten
- $\frac{1}{2}$  cup white sugar
- butter size of an egg, melted
- 2 cups chopped cocoanut (or substitute cornflakes)

Mix together.

Spread first part with raspberry jam, then cover with 2nd part. Bake in moderate oven of 350° for 40 mins.

Mrs. M. McKechnie.

### REFRIGERATOR COOKIES

- 2 cups brown sugar
- $\frac{3}{4}$  cup butter
- $\frac{3}{4}$  cup lard
- 3 eggs
- $\frac{1}{2}$  cup chopped nuts
- 1 tsp. cinnamon
- $4\frac{1}{2}$  cups flour
- $\frac{1}{2}$  tsp. soda
- $\frac{1}{2}$  tsp. salt
- 1 tsp. baking powder

Mix as you would cake batter, form in rolls on waxed paper and put in refrigerator, slice and bake when desired.

Mrs. F. Burton.

### ALMOND SQUARES

- $\frac{1}{4}$  cup butter
- 3 tbsps. sugar
- 2 eggs
- 1 cup flour
- 2 tps. baking powder
- $\frac{1}{8}$  tsp. salt
- almond flavoring
- $\frac{3}{4}$  cup icing sugar
- $\frac{1}{4}$  lb. blanched almonds

Cream butter and sugar, then add egg yolks. Sift flour with baking powder and salt, then add to first mixture. Press into buttered pan. Add icing sugar to stiffly beaten egg whites and spread on. Then sprinkle with finely chopped almonds. Bake in 375° oven until golden brown. Cut in squares while warm.

Mrs. D. Stirton.

### OVERNIGHT DELIGHTS

- $\frac{1}{2}$  lb. butter
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{2}$  cup brown sugar
- 1 egg
- 1 cup chopped walnuts
- $2\frac{1}{2}$  cups flour
- $\frac{1}{2}$  tsp. baking soda
- 1 tsp. vanilla

Cream butter and gradually add the sugar, and beat well. Add well beaten egg, then vanilla. Add soda to flour and sift into above mixture. Fold into long roll and place in cooler overnight. Slice thin and bake in a moderate oven.

Miss Thelma Hodgkinson.

### PRESERVE GINGER COOKIES

- $1\frac{1}{2}$  cups brown sugar
- 2 eggs
- $\frac{1}{4}$  lb. butter
- 1 tsp. soda
- 2 to  $2\frac{1}{2}$  cups flour
- 1 tsp. vanilla
- $\frac{1}{4}$  cup currants
- $\frac{1}{4}$  cup nutmeats
- 2 tbsps. preserved ginger

Cream butter, add sugar and beaten eggs, add flour, soda, vanilla, currents, nuts and preserved ginger chopped up in small pieces, with a little syrup. Roll in small balls and press out evenly on a cooking sheet. Bake until golden brown. As soon as removed from oven, spread one with jam and place another on top. These cookies keep moist in a cookie jar.

Mrs. J. G. Walker.

### LEMON CRUMBLES

- 1  $\frac{3}{4}$  cups Sunland cracker crumbs
- $\frac{3}{4}$  cups flour
- $\frac{3}{4}$  cups butter
- $\frac{1}{2}$  cup white sugar
- 1  $\frac{1}{2}$  cups cocoanut
- 2 tsps. baking powder
- pinch salt

NOTE: Substitute crushed cornflakes for cocoanut. Sift flour and baking powder, rub in the butter, add crumbs, sugar and cocoanut (or cornflakes). Spread half mixture on greased pan, add lemon filling and put the other half of crumbs on top. Bake in moderate oven.

#### Lemon Filling:

- 1 egg
- 1 cup water
- 1 cup sugar
- grated rind and juice of 1 lemon
- 1 tbsp. flour

Mix sugar and flour, stir in water, add egg beaten. Cook until thick, remove from fire and add lemon rind and juice. Cool.

Mrs. C. Wallis.

### JERSEY WONDERS

- 4 cups flour
- 1 cup sugar
- 2 oz. butter
- 4 eggs
- 3 tsps. baking powder (heaping)

Mix all ingredients together and knead until smooth. Roll out and cut with round cutter. Make 3 slits in centre of each and twist up, then cook in boiling lard until rich light brown.

Mrs. W. Perree.

### MAPLE COOKIES

- $\frac{1}{2}$  cup shortening
- 1 cup brown sugar
- 1 egg
- 1  $\frac{1}{4}$  to 1  $\frac{1}{2}$  cups flour
- 1 tsp. baking powder
- pinch of salt
- $\frac{1}{4}$  tsp. mapeline
- 1 cup chopped nuts

Cream shortening, add sugar, a little at a time and cream with shortening, add egg, flavoring, flour, baking powder, salt. When thoroughly mixed, add nuts. Roll into small balls, press with fork and bake at 400° 10 to 15 minutes.

Mrs. J. W. Dodds.

### CHERRY BALLS

- $\frac{1}{2}$  lb. candied cherries (1  $\frac{1}{2}$  cups)
- $\frac{1}{4}$  lb. blanched almonds ( $\frac{3}{4}$  cup)
- 1 cup shredded cocoanut
- few drops almond flavoring

Put all through the grinder, roll into small balls and dip into following meringue:

2 egg whites (room temperature). Beat stiff, then beat in 7 tsps. icing sugar and fold in 3 tsps. icing sugar. Roll balls in meringue, place on greased tin and bake at 250° with oven door open until firm and dry. Close door last few minutes—about 45 minutes in all.

M. F. J.

### DATE STICKS

- 3 tsps. butter
- 2 tsps. sugar
- 2 eggs, well beaten
- 3 tsps. flour
- $\frac{1}{2}$  cup cocoa
- 1 tsp. baking powder
- 1 cup chopped walnuts
- 1-cup chopped dates
- vanilla
- salt

Cream butter and sugar, add beaten eggs, then dry ingredients, and fold in nuts and dates last. Bake in a slow oven. Cut in strips while warm and roll in icing sugar.

Mrs. K. Saunders.

### FAVORITE BROWNIES

- 2 tsps. cocoa
- $\frac{1}{2}$  cup butter
- 1 cup white sugar
- 2 eggs, beaten well
- $\frac{3}{4}$  cup flour
- 1 cup chopped walnuts
- vanilla
- dash of salt

Melt the cocoa and butter well over fire in a double boiler. Mix all dry ingredients then add beaten eggs and cocoa and butter. Bake in a well greased tin in a moderate oven 15 to 20 minutes.

#### Brownie Icing:

1 heaping tbsp. cocoa, a slice of butter, and thicken with icing sugar, add vanilla and boiling water. Ice while still hot and do not cut until cold.

Mrs. Hugh Stanton.

### NUT WAFERS

3 tbsps. butter  
5 tbsps. icing sugar

Cream together and then add:

3 tbsps. milk  
9 tbsps. flour  
vanilla  
salt

Drop by teaspoons on a buttered pan. Sprinkle lightly with cinnamon and chopped nuts. Bake in slow oven.

Mrs. K. Saunders.

### VANILLA DROPS

2 cups sifted flour  
2 tbsps. baking powder  
 $\frac{1}{2}$  tsp. salt  
1 cup shortening  
1 cup sugar (white)  
1 tsp. vanilla  
1 egg  
 $\frac{1}{2}$  cup milk

Cream shortening and sugar, add egg, then dry ingredients alternately with milk. Bake on ungreased baking dish 8 to 10 minutes in hot oven. Add cherries or nuts to each for variation.

Mrs. N. R. Burch.

### YO YOS

$1\frac{3}{4}$  cups brown sugar  
 $\frac{3}{4}$  cup butter  
1 tsp. soda  
salt  
2 eggs  
 $2\frac{1}{2}$  cups flour (or 3 cups)  
1 tsp. vanilla

Cream butter and sugar, add well beaten eggs, flour, salt, and soda dissolved in a tablespoon of water. Drop by spoonfuls on greased pan and bake in hot oven 4 to 5 minutes. Put together with jam.

Mrs. N. R. Burch.

### CHOCOLATE BROWNIES

1 cup white sugar  
1 tbsps. butter  
 $\frac{3}{4}$  cup all purpose flour  
2 sqs. melted chocolate  
1 cup walnuts  
1 tsp. vanilla  
2 eggs

Cream butter and sugar, add beaten eggs, add chocolate, flour, nuts and vanilla. Spread like fudge in baking tin and bake in moderate oven  $325^{\circ}$  for 20 mins. Remove from oven and cut in squares.

M. T. S.

### CHOCOLATE STRIP

1 cup brown sugar  
 $\frac{1}{4}$  cup butter  
1 egg (unbeaten)  
pinch salt  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  tsp. baking powder  
1 tsp. vanilla  
3 tps. cocoa

Combine and bake in moderate oven 20 minutes. Remove. Split 14 marshmallows crosswise, dip in cold water and cover strip. Return to oven until marshmallows are melted. Cool and cover with chocolate icing made up of:

1 sq. chocolate  
1 cup icing sugar  
1 tbsps. butter  
little hot water

Mrs. T. E. Farmer.

### VITAMIN COOKIES

1 cup sifted flour  
pinch of salt  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup honey  
 $\frac{1}{2}$  cup chopped peanuts  
 $\frac{1}{2}$  cup raisins  
1 tsp. baking powder  
1 egg, beaten  
 $\frac{1}{8}$  tsp. baking soda  
1 cup quick cooking oats  
 $\frac{1}{2}$  cup grated young carrots

Sift flour, baking powder and salt together. Cream shortening, add egg and beat until light. Stir baking soda into honey add to creamed mixture. Add nuts, rolled oats, carrots and raisins and mix well. Add sifted dry ingredients and mix until blended. Drop by teaspoon on baking sheet, flatten with fork and bake in a moderate oven 12 mins. or until lightly browned. Makes 50 cookies.

Mrs. Schaebe.

### CHEESE COOKIES

1 pkg. cream cheese  
 $\frac{1}{2}$  lb. butter  
4 tbsps. sugar  
2 cups flour

Cream cheese and butter, add sugar and flour and salt. Mix and make into rolls. Place in icebox overnight or until needed. Cut into slices and bake in hot oven. Brush cookies with mixture of beaten egg and milk if you wish. Sprinkle with chopped almonds or candied pineapple. Oven about  $425^{\circ}$ .

Mrs. R. N. Burch.

### CHEESE DREAMS

- ½ lb. cream cheese
- ¼ lb. butter
- ½ tsp. salt
- 1 cup sifted flour

Cream butter and cheese together until smooth and well blended, add salt and flour. Chill. Roll out paste thin on floured board, cut out with round cutter and with small cutter remove centres from half. Fit holed ones on top of others and press lightly together and fill centre with a teaspoon of raspberry jam. Bake on cookie sheet 8 to 10 mins. in moderate oven or until a delicate golden brown.

Mrs. W. R. May.

### ORANGE PECAN COOKIES

- 1 cup all-purpose flour
- ½ cup shortening
- ⅓ cup sugar
- 1 egg
- ⅓ tsp. salt
- 1 tbsp. grated peel of orange
- 1 tbsp. grated peel of lemon
- ½ tsp. baking powder

Cream shortening, and sugar; add egg yolk, add salt and peel, add flour. Shape into balls size of small walnut. Roll in beaten egg white, press into shape with fork, put half pecan on top of each cookie. Bake in moderate oven (350°), 10 mins. Remove immediately from cookie sheet.

Miss F. Francis.

### HONEY GINGERNUTS

- 1½ cups flour
- 1½ tsps. baking powder
- ¼ tsp. salt
- 1½ tsps. ginger
- ½ cup chopped nuts
- ½ cup strained honey
- ½ cup sugar
- ½ cup melted butter
- 1 egg

Sift flour, measure and sift twice with baking powder, salt and ginger. Lightly mix in chopped nuts. Mix honey, sugar, melted butter and beaten egg. Stir liquid ingredients into the dry, adding more flour if necessary, to make batter of right consistency to drop from spoon on greased cooky sheet. Bake in moderate oven 400° for 10 minutes.

Mrs. F. Webster.

### PECAN DAINTIES

- 3 tbsps. melted butter
- 1 cup brown sugar
- 1 egg, beaten
- 1 tsp. vanilla
- 1 cup pecans (pieces)
- 2 tbsps. flour

Mix together and drop from teaspoon 4 to 5 inches apart on a buttered pan. Bake 10 minutes and let stand in pan until cool.

Gertrude L. Cody.

### ALMOND COOKIES

- 1 cup butter, creamed well
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- 1 tsp. almond extract
- ½ tsp. soda dissolved in
- 1 tbsp. hot water
- 2 cups flour

Roll in balls and place ½ almond on each. Salt almonds if desired.

Margrethe McQuat.

### SWEDISH PASTRIES

- ½ cup butter
- 1 egg yolk, slightly beaten
- 1 cup flour
- ½ cup brown sugar

Cream butter and sugar, add egg yolk and flour. Roll into small balls and dip into slightly beaten egg white. Roll into finely chopped pecans, or crushed cornflakes, or finely crushed Sunland graham wafers. Press down flat and make depressions in centre with finger tip. Bake 5 mins. in slow oven and press down centres again. Bake until nicely browned. Fill depressions with jelly.

Mrs. N. McPherson.

### CRUNCH COOKIES

- ½ cup shortening, cream and add
- ¾ cup brown and white sugar and add
- 1 egg, well beaten
- Sift:
- 1 cup flour plus 2 tbsps.
- ½ tsp. soda
- ½ tsp. salt
- add:
- ½ tsp. vanilla
- ½ cup chopped nuts
- ½ lb. chocolate bars (about 3 bars)

Roll into balls and press with a fork. Bake in moderate oven.

Mrs. A. Caywood.

## FRUIT BARS

- 1 cup seedless raisins
- $\frac{3}{4}$  cup mixed peel
- $\frac{1}{4}$  cup syrup from canned fruit
- 1 tsp. vanilla
- $\frac{1}{2}$  cup shortening
- 1 cup white sugar
- 1 egg
- $2\frac{1}{4}$  cups flour
- 1 tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- 1 tsp. cinnamon
- $\frac{1}{4}$  tsp. salt

Rinse raisins in hot water and drain. Combine raisins, peel, juice and vanilla. Cream butter and sugar, add beaten egg. Sift flour, measure, resift with other dry ingredients and add, mixing well. Add fruit mixture and stir till fruit is well distributed. Pat as thinly as possible in shallow pan and bake  $400^{\circ}$  oven for 15 to 20 mins. Cut while hot.

Mrs. Walter Gilbert

## MARSHMALLOW DAINTIES

- 15 marshmallows, cut small
- $\frac{1}{2}$  cup cream
- $\frac{1}{3}$  cup chopped dates
- $\frac{1}{3}$  cup chopped raisins
- $\frac{1}{3}$  cup cherries
- $\frac{1}{3}$  cup walnuts

Mix marshmallows and cream and let stand one hour. Then add other ingredients. Drop by spoonfuls into Sunland graham cracker crumbs and roll. Chill before using. Mix a few crumbs with mixture so it handles better.

Mrs. Chas. English.

## CHOCOLATE BURRS

- $\frac{1}{2}$  cup sugar
- 1 egg
- 1 sq. cooking chocolate
- $\frac{1}{2}$  cup walnut meats
- $\frac{1}{3}$  cup milk
- $\frac{1}{2}$  tsp. salt
- $1\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. vanilla
- $1\frac{1}{2}$  cups pastry flour
- 1 tbsps. grated orange rind

Beat egg and sugar, add melted chocolate. Add sifted dry ingredients alternately with the milk. Add vanilla, rind and nuts. Drop by spoonfuls into hot fat and fry  $2\frac{1}{2}$  mins. at  $375$  to  $380^{\circ}$ . Sprinkle with icing sugar before serving if desired.

Mrs. A. Hodgeson.

## PUMPKIN COOKIES

- $1\frac{1}{4}$  cups flour, sifted
- 2 tps. baking powder
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. ginger
- $\frac{1}{4}$  cup shortening
- $\frac{1}{2}$  cup sugar
- 1 egg, slightly beaten
- $\frac{1}{2}$  cup canned pumpkin
- $\frac{1}{4}$  tsp. salt

Sift together the flour, baking powder, spices and salt. Cream the shortening with sugar. Add the egg and beat until ingredients are blended. Add dry ingredients alternately with pumpkin and mix thoroughly. Drop by teaspoonfuls on a well-greased baking sheet. Bake in moderate oven for about 15 minutes.

Mrs. W. G. Hetherington.

## CORNFLAKE COOKIES

- 1 cup brown sugar
- 2 eggs
- 2 cups flour
- $\frac{2}{3}$  cups shortening
- $\frac{1}{2}$  tsp. soda in
- 2 tbsps. water
- 1 cup raisins, nuts, dates or anything
- 2 cups cornflakes (or bran flakes)

Add cornflakes last and roll in small balls. Press flat with palm of hand or fork. Bake until golden brown.

S. Grove.

## CHOCOLATE CHIP COOKIES

- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{2}$  cup butter or shortening
- 1 egg, beaten whole
- $\frac{1}{2}$  cup chopped nuts
- $\frac{1}{2}$  tsp. vanilla
- $1\frac{1}{2}$  cups sifted bread flour
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. baking soda
- 2 tbsps. hot water
- 8 oz. semi-sweet chocolate

Cut each small square of semi-sweet chocolate into 4-6 pieces. Cream butter and sugars and add beaten egg. Dissolve soda in hot water and mix alternately with flour, sifted with salt. Lastly add chopped nuts and pieces of chocolate. Flavor with vanilla and drop by  $\frac{1}{2}$  tps. on a greased cookie sheet. Bake 10 to 12 mins. at  $375^{\circ}$ .

Miss L. English.

### DATE OATMEAL COOKIES

- 3 cups rolled oatmeal
- 1 cup white flour
- 1 cup brown sugar
- $\frac{3}{4}$  cup butter and lard mixed
- 2 tbsps. hot water
- 2 tsps. soda or baking powder

Roll and press with fork. Bake in moderate oven. Put together with following filling:

Boil 1 lb. dates,  $\frac{3}{4}$  cup sugar and enough water to cover, until thick.

Mrs. K. Saunders.

### JELLO PUDDING COOKIES

- $\frac{3}{4}$  cup shortening
- 2 tbsps. sugar

Cream well together and add:

- 1 egg
- 1 pkg. Jello pudding
- $1\frac{1}{4}$  cups rolled oats
- 1 cup flour
- $\frac{1}{2}$  tsp. soda
- $\frac{1}{2}$  tsp. baking powder
- pinch of salt

Drop by spoon, press out with fork and bake in  $425^{\circ}$  oven until brown.

Miss E. Francis.

### CHOCOLATE DELIGHT

- 2 egg whites, beaten stiff
- 1 cup icing sugar
- 1 tsp. vanilla
- 18 marshmallows cut in pcs.
- 2 squares melted chocolate
- 1 cup chopped nuts

Add icing sugar to egg whites, then fold in vanilla. Add other ingredients and drop on waxed paper by spoonfuls. Leave overnight in refrigerator.

Mrs. Chas. English.

### ROLLED OAT COOKIES

- $1\frac{1}{2}$  cups shortening
- 1 cup brown sugar
- $\frac{1}{2}$  cup sour milk
- $1\frac{1}{2}$  cups flour
- 3 cups rolled oats
- 1 tsp. soda
- pinch salt

Mix in order given. Chill for 1 hour and roll out thin on lightly floured board. Cut and bake in oven, moderate, until browned. Boil 2 cups dates or raisins with a small amount of water until thick. Cool and sandwich between 2 cookies.

Mrs. H. G. Grove.

### ORANGE PECAN COOKIES

- 1 cup shortening
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup white sugar
- 1 egg, beaten
- 2 tbsps. orange juice
- 1 tbsps. orange rind
- 2 cups flour
- $\frac{1}{4}$  tsp. soda
- $\frac{1}{2}$  cup chopped pecans

Thoroughly cream shortening and sugar, add egg, orange juice and rind, beating smooth. Stir in flour, sifted with soda, then add pecans. Shape in roll about 2" thick. Chill overnight. Slice thin and bake on ungreased sheet in moderate oven  $375^{\circ}$  for 10 to 20 mins. Makes 4 dozen cookies.

Mrs. F. English.

### ROLLED OAT COOKIES

- 1 cup shortening
- 1 cup brown sugar
- 3 eggs
- 3 cups rolled oats
- 1 cup flour
- 1 tsp. soda
- 1 tsp. salt

Cream shortening and sugar, add eggs and rolled oats, then flour which has been sifted with soda and salt. Mix well, drop on greased cookie sheet and bake 10 to 15 mins. in moderate oven  $350^{\circ}$ .

Mrs. T. deBourcier.

### OATMEAL CRUNCH

- $\frac{1}{2}$  cup butter, melted
- 1 cup brown sugar
- 2 cups oatmeal
- pinch salt
- 1 tsp. baking powder
- 1 tsp. vanilla

To melted butter add other ingredients in order given. Press into greased square, 8" cake tin and bake in  $350-375^{\circ}$  oven for 12 to 15 mins.

Mrs. D. Lloyd.

### STEVE FISHER'S COOKIES

- 1 cup butter
- 1 cup brown sugar
- 2 cups flour
- 1 cup corn starch
- 2 tbsps. milk
- 2 tsps. cream of tartar, level
- 1 tsp. baking soda
- 2 eggs

Cream sugar and butter, then add eggs. Beat well. Add dry ingredients and bake in a slow oven.

N. T. C.

### OATMEAL COOKIES

- 1 cup shortening
- 1 egg
- ½ cup brown sugar
- ½ cup white sugar
- 1 tsp. vanilla
- 1½ cups flour
- 2 cups rolled oats
- ½ tsp. salt more if no butter is used)
- 1 tsp. baking soda
- 1 tsp. cream of tartar

Roll in balls and press down with a fork. Bake on a cookie sheet in a moderate oven.

Mrs. G. Fleming.

### OATMEAL CRISP

- 2 cups oatmeal
- 1 cup brown sugar
- 1 tsp. vanilla
- ½ cup butter
- ½ tsp. soda

Rub to crumbs, press into cake pan and cook 10 mins. until golden brown in hot oven. Cut in squares while still warm.

Mrs. N. McPherson.

### CHOCOLATE ICEBOX COOKIES

- 2¼ cups sifted flour
- 2 tsps. baking powder
- ½ tsp. salt
- ⅓ cup Crisco
- ⅓ cup butter
- 1½ cups brown sugar (pack'd)
- 1 egg, well beaten
- 2 ozs. unsweetened chocol'te
- ½ tsp. vanilla
- ½ cup chopped walnuts (pecans or peanuts, etc.)

Cream shortening, add sugar, then egg, beating well. Add melted chocolate, vanilla and mix in flour and add nuts. Form into a roll in wax paper and keep overnight in refrigerator. Slice thin and bake in moderate oven.

Mrs. H. G. Grove.

### NUGGETS

- ½ cup butter
- ¼ cup sugar
- 1 egg, beaten
- 1¼ cups flour
- ½ tsp. baking powder

Cream butter and sugar and add beaten egg. Then add flour and baking powder sifted together. Add vanilla and drop by teaspoons on greased baking sheet. Bake in a hot oven 400° F. for 8 mins. Makes 2½ to 3 dozen.

Mrs. A. A. Giguere.

### HONEY ICEBOX COOKIES

- 1½ cups butter
- ⅓ cup honey
- 1 tsp. soda
- 2 tsps. cinnamon
- 1 cup brown sugar
- 3 eggs
- ½ tsp. salt
- 6 cups flour

Cream butter and brown sugar together. Work honey into this mixture and add eggs one at a time, beating well after each addition. Mix and sift dry ingredients and add to first mixture. Shape dough into a roll, wrap in waxed paper and chill overnight. Slice very thin and bake in a hot oven on a greased sheet.

Mrs. B. King.

### GINGER FAVORITES

- 2½ cups flour
- 1 cup white sugar (small)
- 1½ tbsp. ginger
- 1 tsp. soda
- 1 egg
- ¼ lb. butter
- ½ cup dark molasses
- ½ tsp. salt

Mix dry ingredients, melt butter and syrup and add 1 egg. Mix together and roll in balls size of a walnut. Bake in slow oven until flat.

Mrs. K. Saunders.

### GINGER COOKIES

- ⅓ cup molasses
- ⅓ cup Crisco
- 2 cups flour
- ⅓ tsp. soda
- ¾ tsp. salt
- 2 tsp. ginger

Heat molasses to boiling point and pour over the Crisco. Add sifted dry ingredients, roll thin and cut with cookie cutter. Bake in moderate oven 350° for 8 to 10 mins. Bakes 6-7 dozen.

Miss Grace Robertson.

### PECAN BALLS

- ½ cup butter
- 1 tbsp. sugar
- 1 cup flour
- 1 cup chopped pecans
- 1 tsp. vanilla

Cream butter and sugar very thoroughly, then add flour and pecans and vanilla. Chill. Roll into balls. Bake slowly. Roll in icing sugar while still hot.

Mrs. Jack Millar.

### OATMEAL CRISPS

- 1 cup butter, melted
- 1 1/4 cups brown sugar
- 1 egg
- 1 1/4 cups rolled oats
- 1 cup raisins
- 1 1/4 cups flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. vanilla

Melt butter, add brown sugar and egg. Add rolled oats. Sift baking powder and soda with flour; add raisins and flavoring. Drop from spoon on cookie sheet giving room to spread. Bake in slow oven 350°.

Mrs. F. Holmes.

### GRANDMA'S MOLASSES COOKIES

- 1/2 cup shortening
- 1/2 cup sugar
- 1/2 cup molasses
- 1 egg, beaten
- 2 cups sifted all purpose flour
- 1 tsp. baking soda
- 3/4 tsp. ginger
- 1/4 tsp. cinnamon
- 1/2 tsp. salt

Cream shortening and sugar. Add molasses and beaten egg. Sift together dry ingredients and add to first mixture and mix well. Wrap in waxed paper and chill. Roll dough 1/8" thick. Bake in a greased baking sheet in a moderate oven 325° F. for 10 mins.

Mrs. A. A. Giguere.

### ORANGE PUFFS

- 1 cup butter
- 1/4 cup sugar
- 1 egg (separated)
- 1/2 tsp. vanilla
- 1 tsp. lemon juice
- grated rind 1/2 lemon
- grated rind 1/2 orange
- 1 cup flour
- 1/2 cup cornflakes, finely crushed

Cream butter and sugar together, add egg yolk, flavoring and beat well. Add flour and beat until light. Cover and put in refrigerator to chill. Shape into small balls, dip in lightly beaten egg white, then roll in crushed cornflakes. Place on greased cookie sheet 1" apart and bake in moderate oven for half an hour.

Mrs. E. Collins.

### CHERRY SHORTBREAD

- 1 cup butter
- 1 cup brown sugar
- 3 cups flour (or less)
- 1 cup cherries
- 1/2 cup almonds, chopped
- almond and vanilla flavoring

Cream butter and sugar well, add flour and work well with hands. Add cherries and almonds and flavorings. Form in roll and put in cool place overnight. Slice thin and bake in a 350-400° oven for about 15 minutes.

Mrs. N. R. Burch.

### CORNFLAKE AND DATE MACAROONS

- 2 egg whites
- 1/2 cup sugar
- 3 drops vanilla
- 1/2 pkg. dates (cut)
- 1/2 cup walnuts (chopped)
- 2 cups cornflakes

Beat egg whites, add sugar and vanilla and remaining ingredients. Drop from spoon on greased baking sheet and bake in moderate oven.

Edith Hilton.

### BRANDY SNAPS

- 1/2 cup molasses
- 1/2 cup butter
- 1 scant cup of flour
- 2/3 cups sugar
- 1 tbsps. ginger

Heat molasses to boiling point, add butter, stir in flour, sugar and ginger. Drop on inverted buttered pan from tip of spoon allowing room to spread. Bake in slow oven. Cool then remove from pan.

Mrs. K. Saunders.

### PEANUT BUTTER COOKIES

- 1/2 cup shortening
- 1/2 cup peanut butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 egg
- 1 1/4 cup flour
- 3/4 tsp. soda
- 1/2 tsp. salt

Cream shortening and peanut butter together, add sugar and cream again. Add egg and beat well. Add flour with salt and soda and blend thoroughly. Roll into small balls, press with fork and bake in 400° oven for 10 to 15 mins.

Mrs. J. W. Dodds.

### BUTTERSCOTCH COOKIES

- ½ lb. butter
- 1 pkg. butter scotch pudding
- pinch salt
- ¼ tsp. baking powder
- 1½ cups rolled oats
- 3 tbsps. white sugar
- 1 cup flour
- ¼ tsp. baking soda
- 1 tsp. vanilla
- 1 egg, slightly beaten

Mix in order given. Roll into small balls, press with fork.

Mrs. A. W. Dodds.

### ORANGE SHORTBREAD

- ⅓ cup fruit sugar
- 1 cup butter
- 2 cups flour
- ¼ tsp. salt
- 2 tbsps. grated orange rind
- 1 tbsps. grated lemon rind

Cream butter and sugar together. Work in flour, salt and rinds with butter and sugar. Knead together until a compact dough is formed. Shape into roll and chill for 2 hours or overnight. Slice thin and bake 10 mins. in moderate oven.

Mrs. W. McTaggart.

### SHORTBREAD

- 1 cup butter
- 1 cup lard
- 1 cup brown sugar
- 4 cups flour (approx.)

Beat butter and lard together very well, then add sugar and beat well again. Gradually add enough flour to make a cookie mixture. Roll and cut in any shape and bake in slow oven until a sand color. Watch carefully as they burn easily.

Mrs. A. Anderson.

### CRUMB MACAROONS

- 1 cup fine dry bread crumbs
- 2 eggs
- 1 cup sugar
- 1 tsp. vanilla
- ¼ tsp. salt
- 1 cup chopped nuts

Combine crumbs, sugar, salt and nuts. Beat eggs well. Add vanilla. Combine eggs with dry ingredients, mixing well. Drop by teaspoonsful on greased baking sheet. Bake in 350° oven for 15 mins. or until light brown. Remove from baking sheet at once. Yields 2½ dozen.

Mrs. G. Fanson.

### SHORTBREAD

- 1 cup butter
- ½ cup icing sugar
- 2 cups flour

Cream butter and sugar well and add flour gradually, working with your hands until all flour has been worked in and mixture is very creamy. Roll on floured board 1" thick, cut in fingers or other desired shape, and bake in 375° oven for 20 minutes.

Mrs. M. McKechnie.

### DAD'S COOKIES

- 1 cup shortening
- 2 cups brown sugar
- 2 eggs (well beaten)
- 2 cups oatmeal
- 2 cups coconut
- 1 cup flour
- 1 tsp. baking soda
- 1 tsp. cream of tartar

Cream shortening and butter, add eggs, then add dry ingredients together. Roll thin and cut with round cookie cutter. Bake in 400° oven for 12 mins.

Mary Erickson.

### BUTTER BUDS

- 1 cup brown sugar
- 1 cup butter
- 2 eggs
- 2½ cups flour
- 1 tsp. baking powder
- vanilla

Combine, roll in balls and press with fork.

Mrs. W. McTaggart.

### BANANA CUP CAKES

- ½ cup butter (scant)
- 1 cup sugar
- 1 egg
- 2 tbsps. milk
- 1½ cups flour
- 1 tsp. baking powder
- 1 tsp. soda
- vanilla
- 1 cup mashed bananas

Cream butter, add sugar, egg and milk. Add soda to mashed banana and add to mixture. Sift flour and baking powder. Add vanilla. Use medium sized paper baking cups for baking. Sprinkle top of cakes with granulated sugar when they are taken from the oven. No icing is required.

Mrs. R. C. Randall.

# PIES, TARTS AND FILLINGS

## NEW PASTRY FOR TARTS

- 2 cups flour
- 4 tsp. baking powder
- 1 cup butter or shortening
- 1 tsp. vanilla
- ½ tsp. salt
- 2 tbsps. sugar
- 1 egg
- ¼ cup milk

Mix these in order given  
Mrs. Hugh Stanton.

## VANILLA TARTS

- 1 cup brown sugar
- 1 level tbsp. butter
- 1 egg
- 1 tsp. vanilla OR  
grated rind and little juice  
of a lemon

Cream the butter and sugar, beat the egg into this and add the flavoring. Cook in raw tart shells.  
Mrs. P. B. Lickert.

## CHEESE and ALMOND TARTS

- 2 eggs
- ½ cup sugar
- ¼ tsp. salt
- ½ cup milk
- ¾ cup white cream cheese
- ½ tsp. lemon juice  
grated rind of 1 lemon  
currant or crabapple jelly
- ½ cup slivered blanched almonds  
flaky pastry

Beat the eggs lightly with the sugar and salt. Add milk and cheese, which has been creamed thoroughly. Add grated lemon rind and juice. Line tart shells with pastry. Place 1 tsp. jelly in the shell and add a spoon of cheese mixture. Sprinkle with almonds and bake in a moderate oven 350°, until set. Makes about 15 tarts.  
Mrs. A. McMullen.

## CAKE TARTS

- 4 tbsp. butter
- 4 tbsp. sugar
- 1 egg  
rind and juice of 1 lemon  
(to taste)
- ¾ cup flour
- ½ tsp. baking powder

Line muffin tins with pie crust and put tsp. of batter in each tart. Bake 15 mins., moderate oven.  
Miss Becky Ericson.

## ORANGE TARTS

### Pastry:

- 2 cups flour
- ½ tsp. salt
- ½ cup icing sugar
- 1 tsp. baking powder
- ⅞ cup shortening
- 1 egg
- 1 tbsp. milk, approx.

Mix and sift flour, salt, sugar and baking powder. Cut in shortening, add beaten eggs and milk. Roll out and cut with a round cookie cutter and place in muffin tins.

### Filling:

- juice of 2 oranges
- grated rind of 1 orange
- ½ tsp. lemon flavoring
- 1 cup sugar (or less)
- 1 tbsp. melted butter
- 2 eggs

Mix orange juice, rind and sugar add melted butter and slightly beaten eggs. Fill shells half full. Bake in hot oven 400° for 10 mins., then reduce heat to 370° until filling is firm.  
Mrs. A. Erickson.

## GEM TARTS

- 2 cups flour
- 4 tbsps. baking powder
- ½ tsp. salt
- ½ cup butter
- 2 tbsps. sugar
- 1 egg
- ½ cup sweet milk

Sift dry ingredients, cut in shortening very fine, add sugar. Beat egg and pour with the chilled milk to make a soft dough (but not too soft, must hold its shape when baked). Turn dough on floured board, roll lightly to ⅓" thickness. Cut into squares. Put a little jelly in each square, draw four corners together to form a small button. Bake in a very small sized gem tin.  
Mrs. W. McTaggart.

## BUTTER TARTS

- ¼ cup butter
- ⅔ cup sugar
- 1 cup raisins
- 1 egg

Soak raisins for ½ hour, cream butter, add sugar, raisins and egg. Don't cook shells first.  
Betty Ritchie.

### BAKEWELL TARTS

Line tart tins or oven tins with a good pastry. Add 1 tsp. raspberry jam and fill with the following mixture:

- 1 beaten egg
- 1 tbsp. sugar
- 1 tbsp. butter
- essence of almond flavoring
- bread crumbs

To the beaten egg add sugar and butter and flavoring. Put in enough bread crumbs to stop mixture from running. Bake until set.

Miss Thelma Hodgkinson.

### NEVER FAIL PASTRY

- 3 cups flour (sifted)
- 1 tsp. salt
- 1 cup shortening

Beat:

- 1 egg
- 3 tbsp. lemon juice
- 1 tbsp. cold water

and add to above.

Mrs. W. L. Slean.

### OSGOOD PIE

- 1 cup raisins
- 1 cup water
- 2 eggs
- 1 cup brown sugar
- 4 tbsp. vinegar
- 1 tbsp. butter
- 2 tbsp. flour
- 1 tsp. each, cinnamon and cloves

Cook raisins and water until soft. Add yolks of eggs beaten, sugar, vinegar, butter, flour and spices. Cook until thick and spread in cooked pie shell. Beaten whites on top and brown.

Mrs. Nina E. Petch.

### RHUBARB CREAM PIE

- 1 cup sugar
- 3 tbsp. flour
- 2½ cups rhubarb
- 2 egg yolks
- ½ cup orange juice
- rind of 1 orange
- 1 tbsp. butter

Pour boiling water over rhubarb and let stand 10 minutes, then pour off. Mix sugar, flour, egg yolks beaten, juice and butter. Arrange rhubarb in pie shell and pour custard over. Bake until rhubarb is cooked and shell browned. No top crust. Serve with whipped cream.

Mrs. Anderson.

### HEAVENLY PIE

- 1½ cups granulated sugar
- ¼ tsp. cream of tartar
- 4 eggs, separated
- 3 tbsps. lemon juice
- 1 tbsp. lemon rind, grated very fine
- 1 pt. whipping cream

Sift together 1 cup sugar and cream of tartar. Beat egg whites stiff but not dry. Gradually add sugar mixture continuing to beat until thoroughly blended. Use to line bottom and sides of 9 or 10" greased pie plate being careful not to spread too close to rim. Bake in a slow oven 275° for one hour. Cool. Beat yolks slightly, stir in remaining ½ cup of sugar, lemon juice, lemon rind and cook in top of double boiler until thick. Remove and cool. Whip the cream. Combine half with lemon-egg mixture and use to fill shell. Cover with remaining whipped cream to which has been added 1 tbsp. icing sugar and 1 tsp. orange extract. Chill in refrigerator about 24 hrs. Serves 8.

Mrs. Jack Millar.

### SOUR CREAM PIE

- 1 cup thick sour cream
- ½ cup sugar
- 1 cup chopped raisins
- 1½ tbsps. flour
- 2 eggs, separated
- 1 tsp. cinnamon
- nutmeg
- salt

Mix the raisins, sugar, flour, salt and spices; add to sour cream. Mix and add well beaten egg yolks. Whip egg whites stiff. Fold into mixture and bake the same as a custard pie. The egg whites may be omitted and used to make meringue for top of pie.

Mrs. H. Wright.

### APPLESAUCE PIE

- 2 cups cooked apple sauce
- 1 cup brown sugar
- 1 cup Sunland graham wafer crumbs
- butter size of a walnut

Mix the sugar, crumbs and butter and cover the applesauce with this mixture in a greased baking dish. Bake 20 minutes at 350°. Serve plain or with whipped cream. Also good with ice cream.

Mrs. M. Geibelhaus.

### SUNLAND WAFER PIE

Sunland graham wafers finely rolled.  $\frac{1}{4}$  or  $\frac{1}{3}$  cup of granulated or brown sugar (to taste),  $\frac{1}{4}$  cup butter, mixed together. Remove  $\frac{1}{2}$  cup mixture for top of pie and use balance to line bottom of pie tin. Bake in a slow oven for 10 mins., then add the following filling:

#### Custard Filling:

- 2 cups milk
- 2 tbsp. cornstarch
- 2 egg yolks
- $\frac{1}{4}$  cup granulated sugar
- 1 tsp. vanilla

Cook until thick and spread while hot, then beat the 2 egg whites stiff and beat in 3 tbsps. icing sugar, spread on top of filling. Sprinkle over top the remainder of crumbs. Bake in slow oven at  $250^{\circ}$  for 10 mins. Serve cold.

Mrs. N. R. Burch.

### PUMPKIN PIE

- $1\frac{1}{4}$  cups cooked and strained, or canned pumpkin
- $\frac{3}{4}$  cup brown sugar
- 2 tbsp. butter
- 2 tbsp. molasses (optional)
- $1\frac{1}{4}$  cups scalded milk
- 1 tsp. ginger
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. salt
- 2 eggs

Add sugar, butter, molasses, spices to pumpkins. Add egg yolks slightly beaten. Add scalded milk. Fold in beaten egg whites or use for meringue.

Mrs. N. McPherson.

### PUMPKIN CHIFFON PIE

- 1 envelope gelatin
- $\frac{1}{4}$  cup cold water
- $1\frac{1}{4}$  cups canned pumpkin
- $\frac{1}{2}$  cup milk
- 1 tsp. ginger
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{2}$  tsp. salt
- 3 eggs, separated
- 1 cup white sugar

Put pumpkin,  $\frac{1}{2}$  cup sugar, well beaten egg yolks, milk, salt and spices into double boiler and cook for 15 minutes. Let cool and add gelatin that has soaked in cold water. Let stand for a while. Add remaining sugar to beaten egg whites and fold in. Put in cooked pastry shell and serve.

Mrs. H. Johnston.

### HONEY APPLE PIE

- 4 to 6 cups sliced apples
- $\frac{1}{2}$  cup honey or sugar
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. salt
- 2 tbsps. butter

#### Make pastry of:

- $\frac{2}{3}$  cup lard
- 2 cups sifted flour
- 1 tsp. salt
- 3 to 5 tbsps. water

Line an 8" pie pan with pastry. Fill with sliced apples, honey, cinnamon, salt and dot with butter. Roll out top crust, slashed to permit steam to escape. Moisten edge of lower crust with water. Cover with top crust. Press edges together. Bake in  $425^{\circ}$  oven for 10 mins. Reduce temperature to  $350^{\circ}$  and bake 35 to 45 minutes, or until apples are tender.

Mrs. F. Webster.

### CHOCOLATE CHIFFON PIE

- 6 level tbsps. cocoa OR
- 2 sqs. chocolate
- 1 cup sugar
- 1 tsp. vanilla
- 4 eggs
- $\frac{1}{4}$  tsp. salt
- 1 pkg. gelatine
- $\frac{1}{4}$  cup cold water

Soften gelatine in water. Put  $\frac{1}{2}$  cup cold water in top of double boiler and add cocoa (or chocolate). When thoroughly dissolved, add  $\frac{1}{2}$  cup sugar, the egg yolks slightly beaten, and salt. Cook until custard consistency, stirring constantly. Add softened gelatine to hot custard and stir until dissolved. Cool and add vanilla. When mixture begins to thicken, fold in stiffly beaten egg whites to which the other  $\frac{1}{2}$  cup sugar has been added. Fill baked pie shell or Sunland graham cracker crust and chill. Just before serving a layer of whipped cream may be spread on the pie.

Mrs. F. English.

### APPLE AND LEMON PIE

- 3 apples, grated
- 1 lemon, juice and rind
- 2 eggs, beat separately
- 2 tbsp. flour
- 1 tbsp. butter
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup hot water

Put between pie crusts and bake in a fairly hot oven.

Mrs. N. McPherson.

### SPANISH CREAM PIE

- 1  $\frac{1}{4}$  cups milk
- 3 eggs
- $\frac{2}{3}$  cup sugar
- 2 tbsps. gelatine
- $\frac{1}{8}$  tsp. salt
- 1 tsp. vanilla
- 1 pt. heavy cream
- 1 baked pie shell, 9".

Scald 1 cup milk. Cover gelatine with remaining cold milk and let soak 10 minutes. Separate eggs, beat yolks until thick, add sugar gradually beating until light and fluffy. Then add scalded milk slowly to egg mixture, beating constantly. Add softened gelatine, beating until gelatine is dissolved (if necessary beat over very low heat). Add salt and stir in vanilla. Set aside to chill until custard begins to congeal. Whip cream and place in refrigerator until needed. When custard begins to congeal, beat egg whites until they are stiff enough to hold a peak but not dry. Beat congealed custard until fluffy, fold in beaten egg whites and last one half of the whipped cream, reserving balance for top of pie. Pour mixture into baked pastry shell top with whipped cream and chill in refrigerator 4 to 6 hours before serving.

Mrs. W. H. Allan.

### ORANGE CHIFFON PIE

- $\frac{1}{2}$  tbsp. gelatine
- $\frac{1}{3}$  cup cold water
- 4 eggs
- $\frac{1}{2}$  cup sugar
- pinch salt
- $\frac{1}{2}$  cup sugar
- grated rind of 1 lemon
- grated rind of 1 orange
- 2 tbsps. lemon juice

Soak gelatine in water and let stand. Separate eggs and beat  $\frac{1}{2}$  cup sugar with whites till stiff. Beat yolks, add salt, sugar, lemon and orange rinds, and lemon juice. Cook the yolk mixture in a double boiler until creamy, stirring constantly. Remove from fire and stir in gelatine, then egg whites and beat well. Fill baked pie shell and place in refrigerator until ready for use. Serve with whipped cream, flavored with orange juice. Should be made at least 3 hours before serving.

Mrs. L. Mitchell.

### PRUNE WHIP PIE

- 1 lb. prunes
- $\frac{3}{4}$  cup chopped walnut meats
- $\frac{3}{4}$  cup sugar
- 2 egg whites
- 2 tbsps. powdered sugar
- $\frac{1}{2}$  tsp. vanilla
- 1 cup whipped cream

Pit the cooked prunes and cut in small pieces. Add chopped nuts and sugar. Fold in stiffly beaten egg whites, pour into lightly baked pastry shell and bake 30 minutes. Cool, serve topped with whipped cream.

Mrs. G. Lundberg.

### DELICIOUS LEMON PIE

- 2 cups cold water
- $\frac{1}{2}$  cup sugar
- 2 heaping tbsps. cornstarch
- 2 eggs
- rind and juice of 2 lemons

Mix water, sugar and cornstarch well together and let boil for 5 to 10 minutes. Beat yolks of eggs and add along with grated lemon rind. Let boil another 5 minutes, take off stove and add juice of lemons. Mix well. Pour into pie shell. Beat egg whites and put on top of pie.

Mrs. J. W. Dodds.

### FAMILY FAVORITE PIE

- $\frac{1}{2}$  cup flour
- 1  $\frac{1}{4}$  cup sugar
- 1 cup boiling water
- $\frac{1}{3}$  cup water
- 3 egg yolks, beaten with 1 white
- 1 tbsp. butter
- $\frac{1}{4}$  tsp. salt
- 1 lemon or  $\frac{1}{4}$  cup juice
- grated rind of 1 lemon
- 1 baked 9" pie shell

Mix flour and sugar in top of double boiler and add water, stirring constantly. Then add milk. Cook until mixture thickens, stirring constantly. Pour small amount of mixture over the egg yolks still stirring constantly. Return to double boiler and continue cooking until mixture thickens. Add butter, lemon juice and rind. Cool and pour into pie shell. Cover with meringue and brown in a slow oven.

Meringue:

- $\frac{1}{4}$  tsp. salt
- 2 egg whites, beaten stiff
- 3 tbsps. sugar

Mrs. C. Tweed.

### LEMON AND BANANA PIE

1 cup boiling water  
1 tbs. butter  
bananas  
whipped cream  
juice of 1 lemon  
1 egg, beaten  
2 tbsps. cornstarch  
1 cup sugar

Add 2 tablespoons cornstarch to 1 cup sugar and stir into 1 cup of boiling water. Cook in double boiler for 10 mins. and then add the juice of a large lemon and the butter. Beat in the egg and spread good layer in baked pie shell. Cover with sliced bananas, then add more lemon filling and top with bananas. Cover with slightly sweetened whipped cream.

D. R.

### BUTTER TART FILLING

$\frac{1}{3}$  cup butter (melted)  
1 cup brown sugar (beat into it:  
1 egg  
2 tbsps. milk — and add:  
1 tsp. vanilla  
1 cup currants or raisins

Mrs. N. McPherson.

### LEMON CHEESE

2 cups sugar  
 $\frac{1}{2}$  lb. butter (scant)  
4 lemons (juice, very little rind)  
4 eggs

Boil 1 hour slowly in a double boiler.

Mrs. Wise.

### LEMON TART FILLING

$\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup butter  
2 eggs, beaten  
1 cup cocoanut  
 $\frac{1}{2}$  cup corn syrup  
rind and juice of 1 lemon

Beat well and put in tart shells. Bake at 430°.

Mrs. K. Dunlop.

### MARROW and LEMON BUTTER

3 lbs. marrow  
3 lemons  
3 lbs. sugar  
 $\frac{1}{2}$  lb. butter

Cut and cook marrow and mash. Strain till all juice is out. Add sugar, rind of lemons and cook carefully until thick.

Mrs. A. Hodgeson.

Bring butter and water to a boil and add flour all at once. Cook and stir until mixture leaves sides of pan. Cool. Add eggs one at a time beating well after each addition. Drop by spoonfuls on greased paper. Bake 15 to 20 mins. in hot oven 425°, reduce to 350° for 20 minutes longer.

Mrs. H. Reichelt.

### CHOCOLATE ECLAIRS

$\frac{1}{4}$  pint water  
4 oz. flour, sifted  
3 eggs  
2 oz. butter  
sugar  
vanilla or lemon flavoring  
pinch of salt

Put water, butter and salt into a saucepan. When boiling draw from fire, stir in flour and sugar till it becomes a stiff paste—boil well. Add flavoring and eggs one at a time. Force into finger lengths. Bake in moderate oven to a pale brown. Fill with custard or whipped cream and cover with chocolate icing when cold.

Mrs. B. King.

### LEMON FILLING

2 tbsps. cornstarch  
1 cup sugar  
juice of 2 lemons  
1 cup boiling water  
3 egg yolks  
1 tbsps. butter

Mix cornstarch and sugar together, add juice of lemons. Pour on this the boiling water. Cook 3 minutes and add the egg yolks and butter. Cook 1 minute and cool well.

Mrs. H. Knott.

### MAPLE SYRUP FILLING

2 tbsps. flour  
1 egg, beaten light  
1 cup maple syrup  
butter size of walnut  
1 tsp. vanilla

Moisten flour with water. Mix ingredients together and cook over hot water till slightly thickened. Cool.

Mrs. F. English.

### CREAM PUFFS

$\frac{1}{2}$  cup butter  
1 cup boiling water  
1 cup flour  
3 eggs (4 if small)

# DESSERTS

## QUEEN PUDDING

- 2¼ cups bread crumbs
- 2¼ cups hot milk
- 1 cup sugar
- 4 egg yolks, beaten
- 1 lemon rind grated
- 2 tbsps. butter

Bake until done but not to be watery. Beat the whites of 4 eggs stiffly with 1 cup of sugar in which has been stirred the juice of a lemon. When the pudding is baked, spread over a little jam or jelly, then drop the whites of egg in lumps not too near together or they will run into each other. Replace again in oven and brown slightly. To be eaten cold.

Mrs. H. A. Brown.

## FLOATING ISLAND

Into top of double boiler put 1 cup of rich milk and bring to a scalding point. While it is heating, mix 4 level tbsps. flour and 5 level tbsps. sugar into another cup of cold milk, mixing well until very smooth and then, little by little, blend into the scalding milk in the double boiler. Stir constantly and thoroughly until mixture starts to thicken, then stir in two egg yolks very well beaten. Cook mixture about 5 mins. longer. Turn into a broad, rather shallow dish to provide the ocean. Let it stand by while beating the whites of the 2 eggs to a froth, adding 2 level tbsps. of sugar. When ocean is cool, drop the white of egg mixture on a spoonful at a time, to make the islands.

Mrs. W. G. Hetherington.

## SPECIAL BAKED APPLES

- 6 medium apples
- 1 cup raisins
- ¼ cup brown sugar
- ¼ tsp. cinnamon
- 1 tbsp. butter

Pare apples and cut in half, removing core. Mix together the raisins, brown sugar and cinnamon, fill apples and dot with butter. Place in shallow baking dish and pour in just enough water to cover bottom. Bake uncovered in 375° oven for 25 to 30 mins.

Mrs. W. Allan.

## JAM CRUMB DESSERT

- ¼ cup butter (or shortening)
- ⅓ cup sugar
- 1 tsp. vanilla
- 1 egg, well beaten
- ½ cup thick jam (raspberry or loganberry)
- 1 cup flour
- 1½ tsp. baking powder
- ¼ tsp. salt
- ⅓ cup milk

Cream shortening, sugar and vanilla together until fluffy. Add egg, beating until smooth. Sift dry ingredients and add to creamed mixture alternately with milk. Pour into greased 8" pan, spread jam over batter and sprinkle with crumb topping. Bake 30 mins. at 375°. Serve warm. Serves 6.

### Crumb Topping:

- 2 tbsps. brown sugar
- ¼ cup flour
- ½ tsp. cinnamon
- 2 tbsps. butter

Mix all ingredients together until they form a crumblike mixture. (This can be used cold as a cake cut in squares.)

Mrs. Anderson.

## ALMA PUDDING

- ½ cup brown sugar
- 2 tbsps. marmalade
- 1 tbsps. melted butter
- 1 cup milk
- 1¼ cups flour
- 1 tsp. soda salt
- handful of raisins

Mix the sugar with the marmalade, then add butter and milk. Sift in the flour, salt and soda and fold in raisins. Steam 2 hours.

Mrs. H. Campbell.

## LEMON PUDDING

- 1 tbsp. butter
- ¾ cup sugar
- 3 tbsps. flour
- juice and rind of 1 lemon
- 2 eggs, beaten separately
- 1 cup milk

Cream butter and sugar, add flour, lemon, egg yolks and milk. Fold in egg whites beaten stiff. Bake in pudding dish set in a pan of boiling water with oven at 350° for about 40 mins.

Mrs. J. Moar.

### ALMOND PUDDING

- 5 egg whites
- 1 cup granulated sugar
- 1 tbsp. gelatine
- $\frac{1}{4}$  cup cold water
- 1 cup boiling water
- $\frac{1}{2}$  tsp. almond extract
- 1 cup chopped almonds

Soak gelatine in cold water until it absorbs the water (about 5 mins.) Add the boiling water and dissolve thoroughly. Add sugar and stir until dissolved. Chill until it begins to stiffen, then beat until frothy. Beat egg whites stiff and add to gelatine when it begins to stiffen. Beat until mixture is well blended. Add flavoring. Pour into mold, alternating layer of mixture with chopped almonds. Set aside to stiffen. Serve with the following sauce:

- 1 pt. milk
- 5 egg yolks
- $\frac{1}{4}$  cup sugar
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{2}$  pt. whipping cream

Scald the milk in a double boiler. Beat eggs lightly, add sugar and salt and pour slowly into this mixture the boiling milk. Cook in double boiler, stirring constantly, until mixture thickens and coats the spoon. When cool, add vanilla and whipped cream.

Mrs. F. Webster.

### STEAMED BREAD PUDDING

- 2 cups bread crumbs
- $\frac{1}{2}$  cup molasses
- 1 cup hot water poured on the bread
- 1 cup flour
- 1 cup raisins
- $\frac{1}{2}$  tsp. soda
- 1 tbsp. melted butter
- 1 egg
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{2}$  tsp. cloves
- $\frac{1}{2}$  tsp. ginger
- $\frac{1}{2}$  tsp. nutmeg
- a little milk if required

Steam  $1\frac{1}{2}$  to 2 hours and serve with following sauce:

- 1 cup sugar
- 2 tbsps. flour
- pinch of salt
- 1 cup boiling water
- vanilla
- piece of butter

Cook a few minutes.

Y. F.

### CHOCOLATE SPICE PUDDING

- 2 cups hot milk
- 1 sq. chocolate, melted
- 1 cup bread crumbs
- 1 egg
- 5 tbsps. sugar
- $\frac{1}{4}$  tsp. salt
- 1 tbsp. butter
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. ginger
- $\frac{1}{4}$  tsp. nutmeg

Melt chocolate in milk and add the bread crumbs. Let stand until crumbs are soft. Beat egg, add sugar, salt, butter and spices and beat until smooth. Mix all together and bake in a buttered casserole for one hour in a  $325^{\circ}$  oven. A sauce is formed in the bottom. Serve warm.

Mrs. Begg.

### BLUEBERRY CRUMB PUDDING

- 1 cup Sunland graham wafer crumbs
- $\frac{1}{4}$  cup sugar
- 3 tbsps. melted butter
- $\frac{1}{4}$  tsp. cinnamon
- 2 cups blueberries (fresh preferably)
- whipped cream

Combine crumbs, sugar and cinnamon. Add butter and mix well. Place 1 cup of blueberries in a small greased casserole, cover with half the crumb mixture. Add remaining blueberries and top with remaining crumbs. Press down firmly with a spoon. Bake in a moderate oven for 30 minutes. Let cool and cut in squares and top with whipped cream.

Miss Thelma Hodgkinson.

### FRUIT UPSIDE DOWN CAKE

Bake this cake in a large iron frying pan. Cut  $\frac{1}{2}$  cup butter into small pieces and put in bottom of cold frying pan. Sprinkle with 1 cup brown sugar and arrange the assortment of canned fruit (drained of all juice) on top of the butter and sugar. Add bananas if possible. Cover fruit with sponge batter made as follows: Beat 3 eggs until light, add 1 cup sugar and 3 tbsps. hot water. Add 1 cup flour which has been sifted with 2 tbsps. baking powder and  $\frac{1}{2}$  tsp. of salt. Bake in a moderate oven  $350^{\circ}$  for 45 mins. Remove cake while hot by inverting frying pan over cake plate.

Mrs. W. G. Hetherington.

### STEAMED SUNLAND GRAHAM WAFFER PUDDING

- 3 tbsp. shortening
- 1 tsp. vanilla
- $\frac{1}{3}$  c. sugar
- 1 well beaten egg yolk
- $\frac{1}{2}$  cup chopped dates, raisins or figs
- $\frac{1}{4}$  cup chopped walnuts or other nuts
- 2 cups fine Sunland graham wafer crumbs
- $\frac{1}{4}$  tsp. salt
- 1 tsp. baking powder
- $\frac{1}{2}$  cup milk
- 1 stiffly beaten egg white

Thoroughly cream shortening and sugar. Add vanilla and egg yolk and beat. Stir in fruit and nuts. Mix graham wafer crumbs, salt and baking powder and add to creamed mixture alternately with milk. Fold in egg white. Put in  $1\frac{1}{2}$  quart mold and steam for  $1\frac{1}{2}$  hours. Serve with sauce if desired.

Mrs. J. A. Tupper.

### APPLE SOUFFLE

Peel and core and cut in eighths 2 pounds of apples. Place in a buttered baking dish, rather a deepish one. Bake for 30 minutes at  $375^{\circ}$  until apples are growing tender, then pour off excess liquid. Dot tops with spoonful of apricot jam or orange marmalade. Have ready a mixture of 3 eggs well beaten with a cup of sugar and 2 cups of cream. Pour this cream mixture over the apples, return to oven and bake until cream topping is lightly browned. No sauce is needed with this souffle.

Mrs. W. H. Allan.

### COLONEL PUDDING

- 1 cup molasses
- 1 tsp. soda
- $\frac{1}{2}$  cup boiling water
- 3 cups flour
- 1 cup raisins
- 1 cup chopped prunes
- 1 egg
- 1 tsp. salt
- 2 tsp. baking powder

Place molasses in mixing bowl. Dissolve soda in boiling water and add. Mix in flour, raisins, prunes, egg, salt and baking powder, and blend thoroughly. Steam 2 hrs. in buttered pudding mold. Serve with hot sauce.

Mrs. R. Smith.

### RAISIN BREAD PUDDING

- 6 thin slices bread toasted brown
- 6 thin slices bread, fried in deep fat
- 1 cup seeded raisins
- 1 cup grated cheese

In a deep buttered baking dish arrange a layer of toasted bread, a layer of fried bread, a layer of chopped raisins and grated cheese. Repeat. Add the following sauce:

- $\frac{1}{3}$  cup brown sugar
- $\frac{1}{2}$  tsp. cinnamon
- 2 cups water
- pinch of cloves

Bring this to a boil and pour on the bread in the dish. Add water if necessary to cover. Bake in a slow oven until firm and well browned, about 1 hour.

Mrs. F. Webster.

### APPLE CRUMBLE

- 6 medium cooking apples
- 1 tsp. cinnamon
- $\frac{1}{2}$  cup water
- $\frac{3}{4}$  cup flour
- 1 cup sugar
- $\frac{1}{2}$  cup butter

Pare and core apples, cut crosswise in slices  $\frac{1}{4}$ " thick, place in greased casserole. Sprinkle apples with cinnamon. Add water. Work flour, sugar and butter with finger tips until crumbly, spread over apples. Bake, uncovered in moderately hot oven  $375^{\circ}$  for 45 mins., or until apples are soft. Serve with plain cream. Yields 6 portions.

Mrs. G. Fanson.

### RAISIN DELIGHT

Make a sauce of:

- 1 cup brown sugar
- 1 tbsp. butter
- $\frac{3}{4}$  cup raisins
- 3 cups boiling water
- dash of nutmeg.

Put these ingredients into dish in which pudding is to be baked then add following stiff batter:

- 1 tbsp. butter
- $\frac{1}{2}$  cup white sugar
- 2 tsps. baking powder
- 1 cup flour
- $\frac{1}{2}$  cup milk

Mix in order given, combining flour and baking powder by sifting. Drop this batter into first mixture and bake in a moderate oven. Test batter with a tooth pick.

Mrs. F. Webster.

### BOSTON CREAM PIE

- 1 cup cake flour, sifted first
- 1 tsp. baking powder
- $\frac{1}{8}$  tsp. salt
- 1 tbsp. butter
- $\frac{1}{2}$  cup hot milk
- 2 eggs
- 1 cup sugar

Sift flour once before measuring then sift with baking powder and salt. Melt butter in hot milk and keep at scalding temperature in top of double boiler. Beat whites of eggs stiff but not dry. Beat egg yolks until light and thick and fold them into the whites. Slowly beat sugar into eggs adding 2 tbsps. at a time. Fold flour mixture into cake batter, then beat in the hot milk and butter. Pour into an 8" cake pan and bake in moderate oven  $350^{\circ}$  for 25 mins., or until lightly browned and firm to the touch. Cool cake for 10 mins., then turn it out of the pan. Divide cake into 2 layers with a sharp knife and spread with cream filling.

#### Cream Filling:

- $\frac{2}{3}$  cup sugar
- 3 tbsps. flour
- 2 cups hot milk
- 2 eggs, slightly beaten
- 1 tbsp. butter
- 1 tsp. vanilla
- $\frac{1}{8}$  tsp. salt

Mix sugar and flour, gradually stir in hot milk until it thickens. Add mixture slowly to beaten eggs. Cook 2 minutes stirring constantly. Add butter, vanilla and salt. Mix thoroughly and spread between layers of cake. Lay a lace paper doily over the top of the cake and sift 3 tbsps. of icing sugar over the doily. Remove the paper carefully and the sugar will form an attractive design on top of the dessert.

Mrs. G. Butler.

### RHUBARB PUDDING

- 4 cups rhubarb
- $\frac{3}{4}$  cup white sugar
- 1 cup flour
- 1 cup brown sugar
- 6 tbsps. butter, melted

Mix rhubarb and white sugar in greased baking dish. Mix flour and brown sugar, add melted butter and rub together well until a crumbly mixture results. Sprinkle this over rhubarb and bake at  $350^{\circ}$  for half an hour. Serve hot or cold—serves 8.

Mrs. J. W. Dodds.

### BLUEBERRY GRAHAM TORTE

- $\frac{1}{4}$  lb. Sunland graham crackers ( $1\frac{1}{2}$  cups crushed)
- 1 tsp. cinnamon
- 3 tbsps. melted butter
- 3 eggs separated
- 1 (14 oz.) can sweetened condensed milk
- juice and rind of 1 lemon
- 2 cups fresh blueberries (or other fruit)

Roll crackers and add cinnamon and melted butter. Spread a thick layer of crumbs in bottom of greased spring mold. Beat egg yolks, stir in condensed milk, lemon juice and rind and blueberries. Beat egg whites stiff but not dry, fold into egg yolk mixture. Pour into mold and cover with remaining crumbs. Bake in moderate oven  $350^{\circ}$  for 55 mins. Makes about 10 servings.

Mrs. H. Campbell.

### CARROT PUDDING

- 1 cup grated carrots
- 1 cup grated potatoes
- $1\frac{1}{2}$  cups suet
- $1\frac{1}{2}$  cups raisins
- 1 cup currants
- 1 cup brown sugar
- 1 tsp. vanilla
- 1 tsp. lemon extract
- $\frac{1}{2}$  lemon peel or 4 oz. of mixed peel
- $\frac{1}{2}$  orange peel
- $1\frac{3}{4}$  cups flour
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. cloves
- 1 tsp. soda
- 1 tsp. salt

Mix ingredients and steam 3 hrs.

Mrs. G. H. Carr.

### ORANGE PUDDING

Peel and slice several juicy oranges being sure to remove bitter white membrane. Pour over them a scant cup of sugar. Make a custard in double boiler of:

- 1 pt. (or more) rich milk
- 3 egg yolks, well beaten
- sugar to taste

Thicken mixture with cornstarch made into a paste with cold milk and add a pinch of salt. When custard thickens, add vanilla. Pour over oranges, cover top with meringue. Serve pudding well cooled.

Mrs. S. Jones.

### SPICED RHUBARB

- 4 cups rhubarb, cut in 1" pieces
- ½ cup sugar
- ⅔ cup honey
- 1 stick cinnamon
- 1 small piece whole ginger
- 4 whole cloves
- 1 tsp. grated orange rind
- juice of 1 orange

Place all ingredients in baking dish, cover and bake in 350° oven for 20 mins. until rhubarb is soft. Makes 6 servings.

Mrs. F. English.

### MARSHMALLOW RICE PUDDING

- ⅓ cup washed rice
- 3 ½ cups milk
- ⅔ cup white sugar
- ⅛ tsp. salt
- ½ cup chopped dates

Cook for 2 hours at 325°. Stir occasionally for first hour. Remove from oven and dust with nutmeg, cover with ½ lb. marshmallows dipped in milk. Return to oven until marshmallows are melted. Grease casserole well.

Mrs. N. R. Burch.

### FIG PUDDING

- 2 cups bread crumbs
- 1 cup flour
- ½ cup suet (chopped fine)
- 2 cups figs (1 lb.) chopped
- ½ cup white sugar
- pinch of salt
- 2 tsp. baking powder
- 2 eggs (beaten well)
- milk to moisten

Put in well buttered bowl, and steam for at least two and one half hours. Serve hot with sweet sauce.

Miss M. McKechnie.

### HALF HOUR PUDDING

- ⅓ cup brown sugar
- 1 cup flour
- 2 tps. baking powder
- pinch of salt
- 1 cup raisins
- ½ cup milk

Mix above together and put in a greased pan. Then pour over top the following mixture:

- 2 cups boiling water
- 1 cup brown sugar
- 1 tbsp. butter
- ¼ tsp. nutmeg.

Bake for half an hour.

Mrs. K. Bell.

### PEACH SNOW PUDDING

- 1 qt. canned peaches
- ½ cup sugar
- 1 ½ cups milk
- 2 eggs
- 2 tbsps. cornstarch
- 1 tsp. vanilla
- 1 tsp. almond
- pinch of salt

Drain juice and heat to boiling point. Moisten cornstarch with water, add salt and almond extract and stir into hot juice till clear. Remove from fire. Beat egg whites stiff and stir into mixture while hot. Pour into serving dishes, press halves of peaches into it and cool.

#### Custard:

Heat milk, beat yolks, sugar and vanilla till creamy and smooth. Add to milk stirring constantly. Allow to thicken to consistency of cream but to not boil. Cool and pour over pudding when serving.

Mrs. L. J. Bloxham.

### BOILED CUSTARD

- 2 eggs
- ½ cup sugar
- 1 cup milk

Heat milk and pour into well beaten eggs and sugar. Cook in double boiler until mixture coats spoon.

Mrs. J. Bell.

### APRICOT SOUFFLE

- 2 tbsp. butter
- 4 tbsps. flour
- ⅓ cup white sugar
- pinch of salt
- 1 cup scalded milk
- 3 eggs
- ½ tsp. vanilla
- 1 can apricots or preserves

Melt butter, add flour, sugar and salt, stir in hot milk, bring mixture to boiling point. Separate yolks and whites and beat yolks until thick. Pour hot mixture over them, stirring constantly. Fold in beaten egg whites, add vanilla. Place apricots without the juice in a buttered baking dish, pour mixture over them. Bake 45 to 60 mins. in rather hot oven until cake mixture is golden brown. Serve with syrup from apricots or whipped cream. Use a fairly large casserole. Makes 4 large servings.

Mrs. T. W. Fair.

### FLUFFY RICE PUDDING

- 3 tbsps. raw rice
- 6 tbsps. sugar
- 1 tsp. vanilla
- 2 cups milk
- 2 eggs, separated
- raisins to taste

Cook washed rice in boiling water to cover for 5 minutes, drain. Add milk and 2 tbsps. sugar and raisins in top of double boiler, cook covered 50 minutes, stirring occasionally. Then add gradually to the egg yolks beaten with 2 tbsps. sugar, return to double boiler and cook 5 mins. longer. Cool. Fold in egg whites which have been beaten stiff with remaining 2 tbsps. sugar, and the vanilla. Serves 4.

Mrs. A. W. Dodds.

### POOR MAN'S STEAMED PUDDING

- 1 cup suet, finely chopped
- 1 cup brown sugar
- 1½ cups flour and 1 tsp soda sifted together
- 1 cup sour milk
- Fruit and spices to taste

Put in sealers, fill  $\frac{2}{3}$  full and steam for 4 hours. Will keep indefinitely. Resteam for about 3 hours when to be used.

Mrs. T. deBourcier.

### FORRESTRY PUDDING

- 1 cup sifted flour
- ½ tsp. salt
- 2 tsp. baking powder
- ½ cup white sugar
- ½ cup raisins
- ½ cup milk

Mix above and place in a casserole. Pour following syrup over batter:

- 2½ cups boiling water
- 1 cup brown sugar
- 1 dessert spoon butter

Bake in moderate oven for 40 mins.

Mrs. D. W. Moir.

### COFFEE CREAM

- 16 marshmallows
- 1 cup strong coffee
- ½ pint whipping cream

Melt marshmallows in the coffee. Leave until set approximately 1½ hours. When almost set, beat in whipped cream. Put in sherberts and chill. Serve with a dab of whipped cream. Sprinkle with chopped nuts.

Mrs. Anderson.

### EGGLESS SUET PUDDING

- 1 cup sour milk
- ½ cup corn syrup
- 1 cup flour
- pinch of salt
- 1½ cups stale bread crumbs
- 1 cup finely chopped suet
- 2 tbsps. brown sugar
- 1 tsp. baking soda
- 1 tsp. boiling water
- 1 cup currants or raisins
- 1½ tsp. mixed cinnamon and nutmeg

Mix and sift flour, salt, cinnamon and nutmeg. Add crumbs, suet, sugar and fruit. Mix milk add syrup and warm slightly. Beat well and add to dry ingredients. Add soda dissolved in warm water. Mix well. Fill buttered bowl two thirds, tie down and steam for 2 hours.

Miss F. Francis.

### BAKED ALASKA

- 1 pt. brick ice cream
- 2 egg whites
- 1 flat sheet sponge cake

For individual servings, cut squares of cake slightly larger than slices of ice cream. Place ice cream slices on cake slices. Beat egg whites very stiff, adding icing sugar to taste. Cover ice cream thoroughly with meringue. Place in very hot oven 500 to 550° for about 2 mins.

Mrs. D. Lloyd.

### HARD TIME PUDDING

- 1 cup flour
- ½ cup sugar
- ½ cup milk
- 1 tsp. baking powder
- ¾ cup raisins or dates

Mix to batter and put in baking dish. Pour over batter the following:

- 1 cup brown sugar
- 1 cup boiling water
- butter size of an egg

Bake in oven 25 mins. Serve with cream.

Mrs. Scharf.

### PINEAPPLE DESSERT

Pour 1 cup hot milk over 20 marshmallows that have been broken into small pieces. When cool, mix into this ½ pt. stiffly whipped cream and a can of crushed pineapple. Place in refrigerator 3 hrs.

Mrs. Anderson.

### BRIDGE DESSERT

- 1 13-oz. can evaporated milk
- 1 1/4 cups boiling water
- 1/8 tsp. salt
- 1/3 cup honey
- 2 1/2 cups Sunland vanilla or graham wafer crumbs
- 1 pkg. lemon jello
- 3 tbsps. lemon juice
- grated rind of 1 lemon

Chill milk overnight (it must be very cold). Dissolve jello in boiling water, add honey, salt, lemon juice and rind. Place in refrigerator till slightly thickened. Whip until stiff and fold in evaporated milk, which has been whipped as you would whipping cream. Line a shallow oblong pan (not too small) with wafer crumbs, about 1/2 of them. Put filling on crumbs, then sprinkle remainder of crumbs over top. Leave in refrigerator overnight. Cut in squares and serve with whipped cream.

Mrs. L. Mitchell.

### ICE CREAM

- 2 eggs
- 6 tbsps. sugar
- 4 tbsps. white corn syrup
- 1 cup top milk
- 1 cup condensed milk
- 1 tsp. vanilla

Beat the yolks, sugar and corn syrup until thick and lemon colored. Add milk, cream and flavoring. Freeze with control set at coldest, until firm. Remove to chilled bowl, add unbeaten egg whites and beat until fluffy. Return to freezing compartment for 25 mins. or until frozen. Serves 5.

Mrs. Harry Hayter.

### FRENCH CHOCOLATE MOUSSE

- 6 ozs. dark sweet chocolate
- 1/2 oz. bitter chocolate
- 4 tbsps. cold water
- 1 tsp. vanilla
- 3 egg yolks
- 3 egg whites, stiffly beaten

Break chocolate into pan with water. Place over low heat and stir until chocolate dissolves. Remove from heat and stir in vanilla. Add unbeaten egg yolks one at a time, mixing well after each addition. Now mix in the stiffly beaten whites, thoroughly. Pour into glass serving dishes, chill 2 1/2 hours. Serves 6.

Mrs. H. Campbell.

### GRAPEFRUIT AND MARSH-MALLOW FLUFF

- 25 marshmallows
- 1 cup sweetened grapefruit juice
- 1/2 pt. whipping cream

Melt marshmallows with juice, when melted, cool and set for approximately 1 1/2 hours. When almost set beat in whipped cream. Pour into dishes and put in cold place.

Mrs. Anderson.

### DATE DESSERT

(Over night Cake)

- 1 cup dates
- 1 cup nuts
- 1 cup marshmallows
- 18 Sunland graham wafers or soda crackers
- 1 cup cream

Cut up marshmallows, dates and nuts, add cream. Let soak, then add crackers finely rolled. Make into loaf. Stand overnight in refrigerator. Slice, serve with whipped cream.

Mrs. R. Heuss.

### TOASTED SNOW SQUARES

- 1 envelope gelatine
- 4 tsp. cold water
- 1 cup boiling water
- 2/3 cup sugar
- 3 egg whites, unbeaten
- 1/4 tsp. salt
- 1 tsp. vanilla
- Sunland graham wafer crumbs

Sprinkle gelatine over cold water and soak. Add boiling water and stir until dissolved. Add sugar and stir until dissolved. Let cool slightly, then add egg whites, salt and vanilla, beat until mixture is light and fluffy. Chill.

### Butter Sauce for Above:

- 2 egg yolks
- 1/3 cup sugar
- 1/3 cup butter, melted
- 1 tsp. grated lemon rind
- 2 tbsps. lemon juice
- 1 cup evaporated milk

Beat egg yolks until thick, gradually add sugar and continue to beat. Add butter, lemon juice, rind and blend. Fold in milk, and serve over squares. After you roll them in graham wafer crumbs.

Mrs. G. Butler.

### PRUNE WHIP

- 1 envelope gelatine
- $\frac{1}{4}$  cup water
- $\frac{3}{4}$  cup hot prune juice
- 1 cup cooked prune pulp
- 2 tbsps. lemon juice
- $\frac{1}{2}$  cup sugar
- 2 egg whites
- $\frac{1}{2}$  cup nuts, chopped
- $\frac{1}{4}$  tsp. salt

Soften gelatine in cold water. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Cool and when mixture begins to thicken fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water. When firm, unmold. Garnish with prunes and slices of orange. Whipped cream to be served if desired, or sprinkle with nuts.

Mrs. J.W. Sorrell.

### SPANISH CREAM

- 1 envelope gelatine
- 3 cups milk
- 3 eggs
- $\frac{1}{2}$  cup sugar (scant)
- $\frac{1}{4}$  tsp. salt
- 1 tsp. vanilla

Put milk in double boiler and soften gelatine in it. Place over hot water, add sugar and stir until dissolved. Pour slowly on the yolks of eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water and place in ice box. (This separates and forms a jelly on the bottom, custard on the top. Serve with canned raspberries, topped with whipped cream.

Mrs. M. McKechnie.

### SPECIAL JELLO DESSERT

- 1 pkg. jello
- 1 egg
- $\frac{1}{2}$  pt. milk
- 2 tbsps. sugar

Bring milk to almost boiling point. Beat egg and sugar in basin and pour over hot milk beating all the time. Dissolve jello in  $\frac{1}{2}$  pt. boiling water and allow to cool. Add to other mixture and put in mold to set.

Mrs. N. R. Burch.

### APPLE JELLO DESSERT

Peel and core apples and cut in narrow sections. Cook in small amount of water, putting in more sugar than you would use for apple sauce. Cook until apples are done but not broken up. Dissolve one or two jello powders, leaving out as much water as there is juice on the apples. Combine the two and chill. Serve with plain or whipped cream.

Mrs. S. Jones.

### GOOSEBERRY FOOL

- 1  $\frac{1}{2}$  lbs. gooseberries
- $\frac{1}{2}$  lb. sugar
- 1 envelope gelatine
- sponge cake

Stew gooseberries and sugar until quite soft. Rub through coarse sieve and add dissolved gelatine. Line basin with sliced sponge cake. When gooseberry mixture is nearly cold pour part into mold, then add layer of cake, then layer of mixture, layer of cake. Place a weighted cover on top and leave until set.

Mrs. W. R. May.

# DESSERT SAUCES

## CREAMY SAUCE

- 1 well beaten egg
- 1 tsp. vanilla
- $\frac{1}{2}$  cup powdered sugar
- $\frac{1}{4}$  pt. whipping cream

Beat egg yolks and gradually add it to the  $\frac{1}{4}$  cup of sugar. Beat egg whites and add to other  $\frac{1}{4}$  cup sugar. Beat again and then fold egg whites into yolks. Whip cream and add it to the first mixture, then add vanilla and cherry flavoring.

Mrs. N. Burch.

## BRANDY SAUCE

- $\frac{1}{4}$  cup butter
- 1 cup powdered sugar
- 2 tbsps. brandy
- 2 egg yolks
- 2 egg whites
- $\frac{1}{2}$  cup milk or cream

Cream butter, add sugar gradually, then brandy very slowly. Add well beaten yolks and milk. Cook over hot water until it thickens as a custard, then pour into beaten whites.

Mrs. N. R. Burch.

## CHOCOLATE SAUCE

- $\frac{1}{2}$  cup cocoa
- 2 tbsps. butter
- 1 cup water
- 2 cups sugar
- 2tsp. vanilla
- few grains of salt

Add cocoa and water, bring to a boil, then stir in sugar, vanilla and butter. Cook for 3 mins. Seal in jar. Reheat; add butter and serve. NOTE: Butter may be left out or a small piece added when using hot milk for a chocolate drink.

Mrs. G. Lundberg.

## CREAMY CHOCOLATE SAUCE

- $\frac{1}{2}$  cup sugar
- 1 tsp. cornstarch
- $\frac{1}{2}$  cup water
- $\frac{1}{3}$  cup white corn syrup
- 1 sq. unsweetened chocolate
- 1 tbsp. butter

Mix sugar and cornstarch together, add water slowly, add corn syrup and finally chocolate. Cook about 15 mins. until slightly thick. Add butter and cool.

Mrs. N. Burch.

## BROWN SUGAR HARD SAUCE

- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup light brown sugar firmly packed
- 1 tbsp. cream
- $\frac{1}{2}$  tsp. vanilla

Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add cream and vanilla and beat well. Makes 1 cup of sauce.

Mrs. M. McKechnie.

## FOAMY SAUCE

- 4 tbsps. butter
- 1 tsp. vanilla
- $\frac{1}{2}$  cup boiling water
- 1 cup powdered sugar
- 2 egg whites

Cream butter and sugar in top of double boiler, beat till light. Add egg whites one at a time, still beating. Just before serving add boiling water and beat over boiling water until foamy. Add vanilla.

Mrs. G. Robinson.

## SHERRY SAUCE

- 4 egg yolks
- 2 tbsp. powdered sugar
- 2 tbsp. sherry

Beat yolks and sugar in double boiler, slowly drip in sherry and beat with egg beater for 12 minutes.

Mrs. Lee.

# SANDWICHES AND SANDWICH SPREADS

## RAISIN-BEAN SANDWICHES

- 1 cup Boston baked beans
- ½ cup seedless raisins
- 1 tbsps. prepared horseradish
- 5 drops tobasco
- ¼ tsp. salt
- ¼ cup minced green peppers
- 2 tbsps. minced onion
- 2 tbsps. mayonnaise
- 12 slices buttered whole wheat bread

Mash beans; rinse raisins in hot water, drain and chop. Combine beans, raisins, horseradish, seasonings, green pepper, onion and mayonnaise and mix well. Spread between slices of buttered bread.

Mrs. F. English.

## SAVORY SANDWICHES

- 1 cup ground bologna
- 1 tbsps. minced onion
- 1 tsp. prepared mustard
- 1 hard boiled egg, chopped
- 1 tbsp. pickle relish
- ¼ cup minced celery
- ¼ cup salad dressing
- 12 slices buttered bread.

Combine bologna, onion, mustard, egg, pickle relish, celery and salad dressing and mix well. Spread between slices of buttered bread.

Mrs. H. Campbell.

## SANDWICH SPREAD

- 1 cup sugar
- 8 tbsps. butter
- 3 eggs
- 4 tbsps. flour
- 1 tsp. salt
- 3 tbsps. mustard
- 1 cup vinegar
- 1 cup milk
- 1 cup grated cheese, nippy
- ½ cup chopped olives
- 1 small can pimento
- 4 or 5 dills

Blend in butter and sugar, beat and add eggs. Mix in combined flour, salt and mustard. Stir in vinegar, then milk. Stir and cook till mixture thickens smoothly. Add cheese and stir well until melted. Remove from heat and add chopped dills, olives and pimento.

Mrs. D. Ramsay.

## SPORK SPECIALS

Make your favorite baking powder biscuit dough, using slightly more than the usual amount of shortening, and roll the dough very thin. Cut the biscuit dough into rounds to fit slices of canned spork. Slice spork thin. Make biscuit rounds and spork into sandwiches, spreading the meat with a thin layer of mustard before sealing. Spread the top of biscuit-sandwiches lightly with butter, then bake in a hot oven until lightly browned.

Mrs. E. Bjorge.

## CUCUMBER SPREAD

- 14 medium cucumbers
- 6 onions
- 2 sweet green peppers
- 2 sweet red peppers

Peel onions, prepare peppers and put through fine food chopper with unpeeled cucumbers. Sprinkle with ½ cup salt, stand overnight. Strain in the morning and rinse pickles if salty. Cover with mild vinegar and bring to a boil. Add to the dressing made of ½ cup butter, 1½ cups sugar, 3 tbsps. flour, 4 well beaten eggs, 1 cup sweet cream, 1 tsp. mustard and celery seed.

Mrs. M. Geibelhaus.

## SANDWICH SUGGESTIONS

1. Pork tenderloin cut into small pieces and browned. Add water and let simmer for an hour, then cool and put through grinder.  
Add salt, pepper, celery cut fine and salad dressing.
2. Hard boiled eggs with a few stuffed olives coarsely chopped. Add a few drops of lemon juice, salt, pepper and mayonnaise.
3. Hard boiled eggs, Thousand Island dressing and chips of fried bacon, with mayonnaise.
4. Raisins and nuts chopped finely moistened with grape juice.
5. Liver sausage with sliced or chopped sweet pickle and mayonnaise on rye bread.
6. Sardines, split and boned, with lemon juice and paprika.

# SALADS

## JELLIED BEET SALAD

- 1 cup finely chopped beets, cooked
- 1 cup finely shredded raw cabbage
- 1 tbsps. horseradish (prep.)
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper
- $\frac{1}{2}$  cup vinegar
- 1 lemon-flavored jelly powder
- $1\frac{1}{2}$  cups water

To cooked beets add cabbage and horseradish, season with salt and pepper and mix well with vinegar. Dissolve jelly powder in water (according to package directions). Add to vegetables and vinegar and combine well. Turn into mold (or individual molds), chill until firm. Unmold and serve with salad greens and thick salad dressing.

Mrs. W. McTaggart.

## PINEAPPLE and CARROT SALAD

- 1 cup grated carrot
- 1 can crushed pineapple (small)
- 1 pkg. lemon jello salt

Drain juice from pineapple and add enough water to make  $1\frac{3}{4}$  cups liquid. Heat to boiling point and dissolve lemon jello. Grate carrot, add pineapple and mix in liquid, add dash salt. Mold and set. Serve on lettuce with stuffed celery. Celery cut in small pieces or grape bits may be added to pineapple.

Mrs. J. G. Walker.

## GINGER ALE FRUIT SALAD

- 1 pkg. lime or lemon jello
- $\frac{1}{2}$  cup boiling water
- $1\frac{1}{2}$  cups ginger ale
- $\frac{1}{4}$  cup finely chopped nuts
- $\frac{1}{4}$  cup chopped celery
- 1 cup mixed fruit, orange, pineapple, grapefruit or grapefruit and bananas

Dissolve jello in boiling water. Chill, then add ginger ale. When slightly thickened fold in remaining ingredients. Mold, chill until firm and serve on lettuce cups with mayonnaise.

Mrs. R. Heuss.

## MARSHMALLOW SALAD

- 1 lb. marshmallows chopped fine
- 1 small bottle cherries (well drained)
- 1 can sliced pineapple (diced and well drained)
- 1 cup nutmeats, almonds preferably
- juice of 1 lemon
- yolks of 4 eggs
- $\frac{1}{2}$  cup white sugar
- pinch of salt

Mix yolks, salt and sugar together, cook in double boiler until sugar dissolves, 10 mins. Take from stove, cool slightly, add fruit etc. When really cold fold in 1 cup whipped cream. Let set thoroughly.

Mrs. W. McTaggart.

## PINEAPPLE CHEESE SALAD

- 1 small tin crush'd pineapple
- $\frac{1}{4}$  cup grated cream cheese
- $\frac{2}{3}$  cups white sugar
- juice of half a lemon

Beat until stiff 1 cup whipped cream. Dissolve 1 pkg. pineapple jello powder in 1 cup boiling water. When cool mix all together lightly and pour into mould. Serve on lettuce with a dab of whipped cream on top. Sprinkle with crushed nuts. NOTE: Cheese baking powder biscuits are delicious served with this salad.

Mrs. W. McTaggart.

## MOLDED CRANBERRY SALAD

- $1\frac{1}{4}$  tbsps. gelatine
- 2 tbsps. cold water
- 2 cups cranberries
- 1 cup water
- 1 cup sugar
- $\frac{1}{2}$  cup diced apple
- $\frac{1}{2}$  cup diced celery
- $\frac{1}{4}$  cup finely chopped salted peanuts

Soften gelatine in cold water. Cook cranberries until soft in the cup of cold water. Press through a sieve; add sugar and softened gelatine. Stir well until dissolved. Set aside to cool. When mixture begins to thicken, fold in prepared apples, celery and nuts. Turn into cold wet moulds and chill. Serve with lettuce and mayonnaise.

Mrs. W. McTaggart.

### FRUIT SALAD IN CANTALOUPE RINGS

Cut a cantaloupe crosswise into 1½" slices. Remove rind and add jellied or fresh fruit diced. Serve with whipped cream on top or a sweet fruit dressing.

Mrs. W. McTaggart.

### PINEAPPLE AND MARSHMALLOW SALAD

Cut pineapple into small discs and marshmallows into quarters. Serve on lettuce leaf with fruit salad dressing made of 1 cup sour cream whipped and add about 1 tbsps. mayonnaise.

Mrs. J. Moar.

### LOBSTER SALAD

Use nearly as much chopped celery as lobster. Mix well with salad dressing (which has plenty of whipped cream folded into it), and chopped sweet pickles. Serve cold on lettuce.

Mrs. W. McTaggart.

### TOMATO SALAD

Remove centres from ripe tomatoes and stuff with following mixture:

celery, chopped fine  
onion, chopped fine  
olives, chopped fine  
P.A. salad dressing

Garnish with sliced hard-boiled egg and serve on lettuce leaf.

Mrs. W. J. McCreary.

### PERFECTION SALAD

Soak 1 envelope gelatine in ½ cup of cold water for 5 mins. Dissolve ½ cup mild vinegar, ½ tsp. lemon flavoring, ¾ tsp. salt, ½ cup sugar in 1 pint of boiling water and add gelatine. Strain, and when beginning to set add 2 cups of celery chopped fine, 1 can shrimp or chicken and strips of pimento. Turn into molds and chill. Serve on lettuce leaves with mayonnaise dressing and garnish with pimento.

Mrs. K. Saunders.

### TOMATO SOUP SALAD

Melt 2 tbsps. Knox gelatine in 1 cup of cold water. Heat one can of tomato soup and blend in 2 pkgs. of cream cheese. Cool. Add gelatine, 1 cup mayonnaise and 2 cups of diced vegetables. Mold.

Mrs. H. D. McCallum.

### TOMATO ASPIC

1 can strained tomatoes  
1 onion  
1 bay leaf  
salt  
pepper  
Worcestershire sauce

Boil together, then strain and add 1 pkg. gelatine which has been soaked in cold water. Mold.

Mrs. K. Saunders.

### GOLDEN SALAD

1 envelope gelatine  
¼ cup cold water  
1 cup hot pineapple juice  
¼ cup mild vinegar  
½ cup orange juice  
¼ cup sugar  
1 cup raw carrot, grated on coarse grater  
1 cup oranges, cut small  
1½ cups canned pineapple, cut small  
¼ tsp. salt

Soften gelatine in cold water. Add sugar, salt and hot pineapple juice and stir until dissolved. Add orange juice and vinegar. Cool and when jelly begins to stiffen, add other ingredients. Turn into mold rinsed in cold water and chill. If individual molds are used, place 1 tsp. of clear jelly in bottom of mold. When nearly firm, place on it 1 tbsps. thick mayonnaise. When this is firm, fill mold with salad mixture. When congealed unmold on lettuce. For extra special mold, place thin strips of green pepper in two circles at bottom of rinsed ring mold. Dip fresh orange sections and pineapple wedges in clear gelatine mixture. Arrange rings of orange and pineapple along sides of mold. Chill. When nearly firm fill mold with completed salad mixture and chill.

Mrs. M. McKechnie.

### ORANGE-CABBAGE SALAD

Shred cabbage in quantity desired. Peel one or two oranges, quarter and cut in small pieces using a plate to save juice. Add to the shredded cabbage, saving a few pieces for garnish. The juice obtained from oranges is added to your favorite salad dressing, together with a little cream and 1 teaspoon of sugar. Fold dressing into cabbage mixture, tossing lightly.

Mrs. M. McKechnie.

### CHICKEN SALAD

- ½ pkg. lemon jelly
- 1 cup boiling chicken broth
- 1 cup chicken, cut medium coarse
- 1 cup celery, cut fine
- 1 pimento, cut fine
- 1 tbsps. vinegar
- ½ tsp. salt
- shake of cayenne pepper
- ½ cup whipping cream

Dissolve jelly in boiling broth and chill. When cool and slightly thick beat until like whipped cream. Mix chicken, celery, pimento, vinegar, salt and pepper, add to jelly and fold in whipped cream. Turn into mold.

Mrs. F. English.

### JELLIED TOMATO SALAD

Slice thin layer off blossom end of tomatoes. Scoop out pulp. Dissolve package of lemon jelly powder in 2 cups boiling water. When just about to set fill up tomatoes, let stand until jelled. Then cut each tomato to resemble a flower. Place on lettuce leaf and put chopped celery mixed with salad dressing in centre of each tomato.

Mrs. D. Stirton.

### ORANGE-CHEESE SALAD

- 1 cup chopped pecans
- 1 pkg. cream cheese
- pepper and salt
- 11 tbsps. thick cream
- 3 oranges

Mix pecans with cheese, season with salt and pepper, add cream to blend. Make into tiny balls. Peel orange, removing rind and white membrane and cut into ½" rings. Arrange rings on lettuce leaves and place the cheese balls in the centre. Serve with salad dressing.

Mrs. C. Wallis.

### COLE SLAW

Prepare cabbage by shredding and chopping. Let stand in cold water until crisp, drain and dry between towels. Mix with following dressing and serve:

#### Dressing:

1 tbsps. sugar, 1 tsp. salt, ⅛ tsp. cayenne pepper, 3 tbsps. vinegar, ½ pint sour cream. Dissolve dry ingredients in the vinegar, stir in sour cream, mixing well. Chill thoroughly before using.

Mrs. E. Ralter.

### MACARONI SALAD

- 2 cups cooked cold macaroni
- 2 stalks celery, chopped
- 1 tsp. onion, chopped fine
- few leaves of lettuce chopped
- 1 small tomato, chopped
- salt and pepper

Combine and add salad dressing to taste.

Mrs. A. A. Giguere.

### AVOCADO SALAD

- 3 avocados
- 1 large ripe tomato
- 1 cup chopped celery
- ½ tsp. salt
- 1 red Chile pulp OR
- 1 tsp. chile powder
- 1 tbsps. finely chopped onion

Mash avocados and chile, add remaining ingredients, mix with French dressing and serve on a lettuce leaf.

Mrs. T. J. McKay.

### ASPARAGUS SALAD

Cook one bunch of asparagus in boiling salted water 25 to 35 mins. or until tender. Drain and cool. Cut off stalky ends leaving tips and arrange on shredded lettuce. Chop a tbsps. of red pimento and mix with ½ cup thick mayonnaise, then add ½ cup tomato catsup and pour over asparagus tips. Lay a thin strip of pimento over asparagus just above the dressing and garnish with ripe olives.

Mrs. H. G. Walter.

### SHREDDED CABBAGE SALAD

- 5 tbsps. vinegar
- 1 tbsps. sugar
- 1 tsp. salt
- ¼ tsp. white pepper
- 1 tbsps. butter
- 2 tbsps. heavy cream
- 3 eggs, well beaten
- 3 cups finely shredded cabbage

Put vinegar, sugar, salt, pepper and butter in saucepan and bring to boiling point. Pour hot mixture very slowly into eggs, beating until well mixed. Cook in top part of double boiler until thick, then remove from heat and stir in cream. Pour while hot over shredded cabbage, tossing with a spoon and form until thoroughly mixed.

Mrs. F. Webster.

### STRING BEAN SALAD

Use small string beans fresh from the garden, undersized, and cooked until soft, or canned string beans cut in French style, i.e., cut on the bias. To these after draining, add a well mixed preparation of well chopped onion, salt and pepper, mayonnaise with some lemon juice. Delightful with cold meat.

Mrs. T. McElroy.

### POTATO SALAD

- 4 cups cooked potatoes (cold and diced in very small pieces)
- 1 pint milk
- 2 tbsps. cornstarch
- 1 onion, medium size
- $\frac{1}{4}$  lb. butter
- 1 tsp. salt
- $\frac{1}{4}$  tsp. sugar
- $\frac{1}{4}$  tsp. pepper

Put milk and butter in saucepan. Add chopped onions, salt, pepper and sugar. Let boil up and add cornstarch stirred well in half a cup of milk. Add potatoes and heat carefully without stirring, about one half hour. Remove as soon as heated through. Garnish with minced parsley or red and green peppers minced.

Mrs. Hugh Stanton.

### CELERY-BANANA SALAD

- 6 pieces celery
- 6 tbsps. peanut butter
- lettuce
- 6 small bananas
- $\frac{3}{4}$  cup mayonnaise

Stuff celery with peanut butter and cut into small pieces. Arrange on beds of lettuce with bananas sliced or diced. Serve with mayonnaise dressing to which whipped cream may be added if desired.

Mrs. H. Peacey.

### LETTUCE ROLL SALAD

- 1 pkg. cream cheese
- $\frac{1}{4}$  cup ground cooked ham
- 2 tbsps. relish
- 6 large lettuce leaves
- mayonnaise

Mash cheese and mix thoroughly with ham and relish. Spread a thin layer of this mixture on each leaf of lettuce. Form into rolls and chill. Cut into 1" lengths and place 3 or 4 of these rolls on a leaf of lettuce. Serve with French dressing or mayonnaise dressing.

Mrs. W. G. Hetherington.

### SUGGESTED SALAD COMBINATIONS

1. Equal quantity of flaked salmon, diced cooked potatoes and celery.
2. Salmon, or other fish, and hard boiled eggs, celery or cabbage and minced parsley.
3. Cooked carrots and green peas with or without walnuts.
4. Cabbage with nuts and tart apples and raisins.
5. Cabbage, tomatoes and cucumbers.
6. Beets with celery and nuts.
7. Grapefruit, celery and cherry.
8. Sliced peaches, yellow plums, nuts, with a boiled dressing.
9. Diced apples and finely chopped Spanish onion, with boiled dressing.
10. Celery, olives and nutmeats.
11. Celery, raisin and candied cherries.
12. Cottage cheese mixed with salad dressing to taste, topped with pineapple rings or fresh fruit.

# SALAD DRESSINGS

## SALAD DRESSING

- 1 tsp. mustard
- 1 cup boiling water
- 4 tsps. brown sugar
- 2 eggs
- 1 tsp. salt
- 2 tbsps. flour
- ½ cup vinegar

Sift mustard, salt, sugar, flour together, then beat in eggs, add vinegar. Boil, stirring constantly until thick. When cool, stir in slowly 1 large tin evaporated milk.

Mrs. C. Wallis.

## FAVORITE SALAD DRESSING

- 1 tbsp. flour, heaping
- ½ cup white sugar
- 2 tsps. dry mustard
- ¼ tsp. salt
- 3 egg yolks
- 1 cup sour milk
- ¼ cup white vinegar
- butter, size of an egg

Mix flour, sugar, mustard and salt together. Cream egg yolks well and add to dry ingredients. Slowly add the sour milk. When this comes to a boil, add butter and vinegar. Cook slowly until it thickens.

Mrs. A. P. Dodds.

## P.A. SALAD DRESSING

- 1 egg
- 1 tbsp. butter, melted
- ¾ cup sugar, white
- 2 tsps. mustard, level
- 1 tbsp. cornstarch
- 1 tsp. salt
- ¼ tsp. pepper
- 1 cup vinegar
- ½ cup water

Beat egg, add sugar, mustard, butter (melted), cornstarch and seasoning. Then add liquids. Cook until thick. When serving thin with condensed milk.

Mrs. W. J. McCreary.

## FRENCH DRESSING

- 1 cup olive oil
- ⅓ cup vinegar
- 1½ tsps. salt
- ¼ tsp. pepper

Mix together in a screw-top glass jar. Shake until thoroughly blended each time before using. May be kept indefinitely.

Mrs. L. Budreau.

## NEW MAYONNAISE

- 1 egg
- 2 tbsps. sugar
- 2 tbsps. mustard
- ⅛ tsp. paprika
- ¼ cup vinegar
- ¾ cup salad oil
- 3½ tbsps. cornstarch
- 1 cup water

Place egg, sugar, mustard, paprika, vinegar and salad oil in mixing bowl but do not stir. Cook cornstarch and water together over slow fire until clear. Pour into other ingredients while still hot. Beat all together briskly, cool well before serving. (This keeps very well).

Mrs. H. Knott.

## THOUSAND ISLAND DRESSING

- 1 cup mayonnaise or boiled dressing
- 2 tbsps. chili sauce
- 2 tbsps. catsup
- 2 tbsps. pimento, chopped fine
- 2 tbsps. gherkins or olives, chopped
- 2 eggs, hard boiled, chopped
- ½ cup whipping cream

Combine all ingredients except cream. Chill thoroughly, just before serving, fold in whipped cream. Serve on head lettuce.

Mrs. F. English.

## FRUIT SALAD DRESSING

Mix ½ cup pineapple juice with 1½ tbsps. lemon juice and ⅛ tsp. salt. Beat 1 egg slightly and stir in 2 tbsps. sugar and the fruit juices. Cook in top of double boiler about 3 mins. or until mixture coats spoon. Remove from heat and cool. Mix 1 pkg. 3 oz. cream cheese with 3 tbsps. cream, then pour fruit juices mixture slowly into cream cheese, stirring constantly so it will blend thoroughly.

Mrs. Harry Hayter.

## HONEY SALAD DRESSING

- ¼ cup olive oil
- 3 tbsps. honey
- 2 tbsps. lemon juice
- salt to taste

Combine ingredients and beat thoroughly. Use at once.

Mrs. A. McElroy.

# PICKLES

## GHERKIN PICKLES

Wash 300 small cucumbers and sprinkle with  $\frac{2}{3}$  cup salt. Cover with boiling water, let stand overnight. In morning, drain well, then add  $\frac{1}{2}$  gallon malt vinegar, 2 tbsps. dry mustard; 4 tbsps. salt, 4 tbsps. sugar, and 1 cup mixed spices. Set in a cool place, weigh out 3 lbs. sugar and each morning add a handful, stirring well. Leave for a few days in crock then bottle in sealers. Use same recipe for sweet mixed pickles.

Mrs. G. Gilmour.

## RED CHILI SAUCE

- 36 ripe tomatoes, scald, peel and cut fine
- 8 large onions, peel, put through mincer
- 3 tbsp. salt (more if needed)
- 4 to 5 cups white sugar
- 2 cups white wine vinegar
- 1 green or red pepper boiled whole in mixture

Boil slowly till thick. Take out peppers. Seal hot.

Mrs. R. Thomson.

## GREEN TOMATO PICKLE

Wash and clean tomatoes. Cut in rings. Place in crock with layer of green tomatoes, layer of sliced onions, sprinkle salt on each layer. Leave overnight. In morning drain. Boil in syrup made of:

- 2 pints white wine vinegar to 1 pint water
- 5 to 6 cups sugar
- 3 tbsps. pickling spice in a bag

Cook until clear.

Mrs. R. Thomson.

## CHILI SAUCE

- 18 ripe tomatoes, chopped
- 2 or 3 red peppers
- 2 onions
- 2 tbsps. salt
- 2 tbsps. ginger
- 1 tbsp. allspice
- 1 tbsp. cloves
- 1 tbsp. mustard
- 1 tbsp. cinnamon
- 1 tbsp. celery seed
- 1 quart vinegar
- $\frac{1}{2}$  cup sugar

Boil together about 2 hours being careful it does not burn.

Mrs. C. Wallis.

## CHILI SAUCE

- 42 medium ripe tomatoes (about 12 lbs.)
- 10 medium onions (2 lbs.)
- 4 large sweet red peppers (about 1 lb.)
- 2 buds garlic (may omit)
- 1 large head celery
- 1 qt. vinegar
- 3 cups sugar
- 1 tbsp. whole allspice
- 1 tbsp. whole cloves
- 2 inch stick cinnamon
- 1 tbsp. grated nutmeg
- 2 tbsps. salt

Wash vegetables. Peel and chop tomatoes. Peel onions and remove seed cores from peppers, grind onions, peppers and garlic through food chopper. Combine with tomatoes in large kettle, cook slowly 2 hours stirring frequently. Add vinegar, sugar, spices tied in bag, and salt. Simmer about  $1\frac{1}{2}$  hours longer, stirring frequently. Remove spice bag. Pour into hot sterilized fruit jars, filling to top. Seal at once. Makes 8 to 10 pints.

Mrs. R. T. Weston.

## CHILI SAUCE

- 15 ripe tomatoes
- 15 apples, chopped fine
- 5 onions, chopped fine
- 1 lb. brown sugar
- 1 pt. vinegar
- salt to taste
- 1 red pepper
- 1 green pepper
- 1 tsp. celery seed
- 1 tsp. ground cloves
- 2 tsp. cinnamon

Skin tomatoes and slice. Boil ingredients together slowly for  $3\frac{1}{2}$  hours, put in jars and seal.

Mrs. M. A. Ayers.

## FRUIT RELISH

- 3 peaches
- 15 ripe tomatoes
- 3 red peppers
- 1 pt. vinegar
- 3 onions
- 2 tsp. salt
- 2 cups sugar
- 1 tsp. celery seed
- 1 tsp. mixed spices (in bag)

Boil until tender, bottle and seal.

Mrs. H. B. Grove.

## SWEET CUCUMBER PICKLES

1ST DAY: 1 gallon green cucumbers, cleaned, rinsed and dried cut in pieces the desired size. One quart of pickling onions. Mix together and place in layers in a stone jar, sprinkle each layer with salt, using  $\frac{2}{3}$  cups salt to above amount. Pour boiling water over and place plate on top to keep contents under water. Cover jar with cloth to keep steam in. Let stand 24 hours.

2ND DAY: Pour water off, rinse and drain, put back in crock with  $\frac{2}{3}$  cup salt in layers. Add more boiling water. Let stand 24 hours.

3RD DAY: Repeat as for second day. Let stand another 24 hrs.

4TH DAY: Pour water off, rinse and return cucumbers and onions to crock. Take  $4\frac{1}{2}$  cups white sugar, 2 tbsps. whole mixed spice, and 6 cups white vinegar. Let boil 2 mins. and pour over contents of crock. Let stand 24 hours.

5TH DAY: Pour vinegar off and heat it to boiling point. Pour over contents of crock. Let stand 24 hours.

6TH DAY: Pour vinegar off and reheat. Place pickles in sealers. Pour boiling vinegar over and seal. Pickles will then be ready for use.  
Mrs. R. Heuss.

## OLD FASHIONED CATSUP

- 2 gals. ripe tomatoes (remove all inedible parts and cut up)
- 4 cups dry onions, chopped fine
- 4 cups vinegar
- 4 cups sugar
- 2 tsp. salt
- 4 tbsps. whole allspice
- 1 tbsp. cinnamon
- 2 tbsps. whole black peppers
- 4 tbsp. whole cloves
- $\frac{1}{2}$  tsp. cayenne pepper
- 2 tsp. tumeric

In preserving kettle simmer the tomatoes, onions, sugar and vinegar for 2 hrs. Tie allspice, pepper and cloves in a bag and hang into kettle. Add all other ingredients to mixture and simmer 1 hour. Remove spice bag. Put everything through a coarse sieve, bring to a boil and jar.

Mrs. T. Haynes.

## CHILI SAUCE

- 15 ripe tomatoes
- 3 large onions
- 3 pears
- 3 peaches
- $1\frac{1}{2}$  red peppers (med. size)
- $1\frac{1}{2}$  green peppers (med. size)
- 2 cups brown sugar
- 1 pint vinegar
- 1 tbsp. salt
- 1 tsp. cinnamon
- 1 tsp. mace
- 1 tsp. whole cloves and 1 tsp. allspice (in a bag)

Chop finely and boil for  $1\frac{1}{2}$  hours.

Mrs. K. Dunlop.

## QUICK SWEET PICKLE

- 1 tin dill pickles
- 1 cup white sugar
- 1 cup vinegar
- 1 small tin pimento

Wash dills, cut in fairly thick slices. Place all ingredients in sauce pan and bring to a boil.

Mrs. J. Bell.

## TOMATO AND FRUIT CHUTNEY

- 30 ripe tomatoes
- 6 onions, finely cut
- 1 qt. vinegar
- 3 red peppers (cut)
- 2 tbsps. salt
- 3 tbsps. mixed spices, in bag
- 6 pears
- 6 peaches
- 6 apples
- $\frac{1}{2}$  cup raisins
- 4 cups white sugar
- cayenne pepper

Cut pears, peaches and apples in cubes, not too small and cook in a little water until tender. Add all other ingredients and simmer 3 hours, bottle in sterilized jars.

Mrs. H. Hayter.

## GHERKINS

Over gherkins pour boiling water to cover. Add 1 cup salt and let stand overnight. Drain, place in crock with the following:

- $\frac{1}{2}$  gallon cider vinegar
- 4 tbsps. white sugar
- 4 tbsps. mustard seed
- 4 tbsps. salt
- $\frac{1}{2}$  cup pickling spices
- 3 pieces ginger

Measure 6 cups sugar, put  $\frac{1}{3}$  cup in each day and stir until all sugar is used up.

Mrs. Harry W. Hayter.

### CUCUMBER LUNCH RELISH

- 12 large cucumbers
- 6 large onions
- vinegar
- 2 tbsps. mustard
- 3 cups cornstarch
- 3 cups sugar
- 1 tsp. tumeric

Wash cucumbers and cut in half. Scrape out seeds and put through food chopper with onions which have been peeled and quartered. Put in a crock and sprinkle with salt and let stand all night. In morning turn into a collander and drain, rinsing them if too salty. Put into preserving kettle and cover with mild vinegar. Boil for 5 minutes, then cover with the following dressing:

Mix the mustard, cornstarch and sugar. Add tumeric, and moisten with a little cold vinegar. Add this to the hot pickles and cook for 30 minutes, stirring constantly so that the relish will not settle and scorch. Turn into hot sterile jars and seal.

Mrs. E. Anderson.

### BREAD AND BUTTER PICKLES

- 12 large cucumbers, peeled and sliced
- 6 large onions, peeled and sliced

Sprinkle with salt and let stand 1 hour. Drain and add:

- 1 pint of white vinegar
- 2lbs. white sugar
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. celery seed
- 1 tsp. tumeric powder

Let boil until yellow. Seal hot. Add more sugar if you want this sweeter.

Blanche Brown.

### RHUBARB RELISH

- 2 qts. rhubarb (8 cups) cut fine
- 2 qts. onions, cut fine
- 1 qt. vinegar
- 3 lbs. brown sugar
- 2 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. cloves
- 2 tsp. salt, a little pepper
- 1 tsp. cayenne

Boil all together until fairly thick, bottle in sterilized jars.

Mrs. G. Robinson.

### STRING BEANS WITH MUSTARD SAUCE

- 1½ lbs. string beans
- 2 tsp. prepared mustard
- 2½ tsp. flour
- ½ tsp. salt
- 1 egg yolk, beaten
- ¾ cup milk
- 1 tbsp. lemon juice

Prepare beans, then cut lengthwise, strip and cook covered in 1" of boiling salted water until tender. Meanwhile combine mustard, flour and salt in double boiler. Combine beaten egg yolks and milk and add gradually while stirring. Cook over hot water stirring constantly until thickened. Then add lemon juice and pour over drained beans. Serves 6.

M. T. J.

### TOMATO RELISH

- 20 ripe tomatoes
- 8 large peaches
- 8 large pears
- 6 large onions
- 4 cups white sugar
- 1 qt. cider vinegar
- 2 tbsps. salt
- 2 red peppers
- 2 tbsps. whole spice (in bag)

Remove skins of tomatoes by placing in hot water, also peaches. Peel pears and onions. Cut all up in pieces, not too small. Add all ingredients and boil 2 hrs. or until as thick as you like it. Seal in glass jars.

Mrs. J. G. Walker.

### SWISS CHARD PICKLE

- 3 or 4 lbs. chard
- 2 lbs. onions
- 2 heads celery
- 2 lbs. apples

Cut chard, onions and celery and cover with a little salt, letting stand overnight. Add apples, cut in small pieces. Pour on enough vinegar to cover. Add 6 cups sugar and a small bag of spice. Boil for 2½ hrs. then add sauce:

- 1½ cups flour
- 2 tbsps. sugar
- ½ tbsp. curry powder
- 1½ tbsp. tumeric

Add 1 qt. vinegar to these dry ingredients to thicken; add the sauce to pickle and boil for 10 mins., then bottle.

Mrs. E. H. Tucker.

### TOMATO RELISH

- 30 tomatoes (skin with boiling water)
- 4 bunches celery
- 4 large onions
- 2 red peppers
- 15 tbsps. brown sugar
- 4 tbsps. salt
- 5 cups vinegar

Boil 2 hours until thick. Mixed spices may be used instead of red peppers.

Mrs. N. R. Burch.

### CRABAPPLE RELISH

- 24 qts. crabapples (6 lbs.)
- 4 oranges
- 2 lbs. sultana raisins
- 1 tsp. cloves
- 3 cups vinegar
- 4 lbs. brown sugar
- 1 tbsp. cinnamon
- 1 tsp. allspice

Wash apples, cut from cores into small pieces. Put in preserving kettle, add vinegar, oranges (peeled and sliced), sugar, raisins and spices. Cook slowly till crabs are soft, then pour into sterilized jars and seal.

Mrs. W. R. May.

### HOT PEPPER HASH

- 6 red peppers
- 6 green peppers
- 6 onions
- 3 tbsp. salt
- 3 cups sugar
- 3 cups vinegar
- spices (in a bag)

Put peppers and onions through grinder, add balance of ingredients and cook 30 minutes. If you want it hotter, put cayenne pepper in. NOTE: This also makes a delicious sandwich spread.

Mrs. N. Petch.

### LADY ROSS RELISH

- 1 qt. cucumbers
- 1 qt. onions
- 1 large cauliflower
- 3 strong red peppers
- 3 large apples

Cut all fine and cover with brine. Let stand overnight and drain. Add to above 6 or 7 cups brown sugar, 1 or 1½ qts. vinegar, ½ oz. celery seed. Let come to a boil and stir in slowly a paste made from ⅔ cups flour, ¼ lb. mustard, ½ oz. tumeric. Boil all together a few minutes and seal in hot sterilized jars.

Mrs. M. T. Wickett.

### DELICIOUS DILL PICKLES

- 24 cucumbers
- 1 clove of garlic
- ½ tsp. powdered alum
- 3 qts. water
- 1 qt. vinegar
- 2 to 3 good sized heads of dill
- 1 hot red pepper
- ⅞ cup salt

Wash cucumbers and let stand in cold water overnight. Pack in sterilized jars. Chop garlic and pepper fine and divide evenly in top of jars with dill. Combine vinegar, alum, salt and water and bring to a boil. Pour into jars. At top, place a leaf of horseradish or a cabbage leaf. Seal.

Mrs. W. R. May.

### SWEET CHERRY PICKLE

Wash cherries and tie in bunches of three. To one sealer of cherries, take one cup of white vinegar, ¾ cup white sugar, ½ tsp. cinnamon, ¼ tsp. cloves. Boil 2 minutes. Drop about ½ cup prepared cherries in at one time for a few minutes. Do not leave in too long or they will shrivel. Lift out carefully, place in sealer and pour boiling mixture over and seal.

Miss E. C. McConnell.

### DILLS

- 1 qt. vinegar
- 3 qts. water
- 1 cup salt
- ½ tsp. alum

Mix above and pour boiling hot over dill size cucumbers which have been washed and scrubbed. Place a sprig of dill in bottom and on top of jar. 10 lbs. cucumbers require 1½ qts. of vinegar and 4½ qts. of water.

Mrs. A. McMullen.

### DILLS

10 lbs. of cucumbers makes 4 qts. of pickle. Brine is made from 3 cups water, 1 cup vinegar and ¼ cup salt. Boil until well dissolved. Place sterilized jars in a pan of boiling water while adding cucumbers. Put a small piece of dill plant in bottom, centre and top of jars and add ¼ leaf of garlic or a little sliced onion. Pour brine over, seal quickly and let stand for 6 weeks.

Mrs. A. English.

# MARMALADES AND CONSERVES

## PEACH CONSERVE

- 10 cups chopped peaches
- 4 cups granulated sugar
- 1 cup water
- 4 tbsps. lemon juice
- grated rind of 1 orange
- 1 cup seeded raisins, halved
- 1 orange sliced and quartered
- 1 cup blanched almonds

Peel peaches and chop. Make a syrup of sugar and water. Add peaches. Cook 20 mins. Add raisins and orange. Cook until thick about 20-25 mins. Add nuts and lemon juice, cook 5 mins. longer. Pour into sterilized jars and when cool seal with hot parafin. Yields 3 pts.

Mrs. N. R. Burch.

## CHIPPED PEAR OR PEAR GINGER

Peel, core and cut into slices, pears not too ripe. To 4 lbs. of pears use 4 lbs. of sugar and  $\frac{1}{2}$  cup water. Add juice of 2 lemons and rind cut thin. Break 1 oz. ginger root (green) into small pieces, add, and simmer all until thick as marmalade.

## TOMATO MARMALADE

- 5 lbs. ripe tomatoes
- 10 cups white sugar
- 10 lemons
- 10 oz. preserved ginger

Wash and stem tomatoes, cover them with boiling water, let stand until skin is loose then remove. Cut tomatoes up in halves, add sugar and let stand overnight. Drain off syrup, and boil down until quite thick. Slice lemons real thin, remove seeds and cut rind in quarters. Cut up preserved ginger into small pieces and add to tomatoes and lemons. When syrup is thick add fruit and boil down to a jam. Seal in glass jars and label.

Mrs. J. G. Walker.

## GRAPEFRUIT MARMALADE

- 2 grapefruit
- lemons

Cut up and to each cup of fruit add 3 cups of water. Let stand overnight. Boil  $1\frac{1}{4}$  hours and let stand for 3 days. Then measure and to each cup of fruit add 1 cup of sugar. Boil  $1\frac{1}{4}$  hours.

Mrs. K. Dunlop.

## HEAVENLY MARMALADE

- 8 medium sized peaches
- 4 medium sized pears
- 2 lemons
- 3 oranges
- 6 medium sized apples
- sugar

Cut rinds off lemons and oranges in thin strips. Cut up fruit of lemons and oranges, discarding seeds and pithy parts. Cover with cold water. Let stand all night. Next day bring this mixture to a boil. Let simmer until fruit and rinds tender. Chop up peaches, pears and apples. Add to first mixture with sugar (cup for cup). Let cook until thick, stir to keep from burning. Cook slowly.

Mrs. A. Gibson.

## GRAPEFRUIT AND ORANGE MARMALADE

- 1 grapefruit
- 1 orange
- 1 lemon
- 12 cups water
- 10 cups sugar
- juice of 1 lemon

Wipe fruit, squeeze out juice, reserve seeds. Cut rind into very fine strips. Put rind and juice into kettle, add 11 cups water, cover, let stand overnight. Cover seeds with 1 cup water, cover, let stand overnight. In morning add water from seeds to rind, tie seeds in cheesecloth and put in kettle. Boil uncovered until rind is very soft and liquid has been reduced to about one half. Remove seeds at end of first hour. Test fruit juice for pectin. Add sugar, stir until dissolved. Cover, heat to boiling and boil 10 to 20 minutes or until syrup will jell. Add lemon juice and put in sterile glasses, seal when cool.

Mrs. H. Johnston.

## PEAR OR PEACH MARMALADE

- 20 pears or peaches
- 4 lbs. granulated sugar
- 3 oranges
- 1 lemon
- 2 apples

Put through chopper and cook slowly. Put in sterilized jars and seal.

Mrs. D. Stirton.

# BEVERAGES

## RHUBARB DELIGHT

- 5 lbs. rhubarb, fresh and with roots on, washed and cut in 1" pieces.
- 1 pint of water
- 1 cup white sugar

Put rhubarb and water in a preserving kettle and boil for 20 to 30 minutes. Strain through a jelly bag and replace liquid in preserving kettle. Reheat and add 1 cup of white sugar. Boil a few minutes longer and bottle in sterilized jars, seal immediately. Delicious as a morning fruit juice, or as a dinner cocktail. Any other berry juice may be added.

Mrs. M. McKechnie.

## CHOCOLATE CUP

- 6 sqs. bitter chocolate
- 6 cups milk
- 1 egg yolk

Grate or cut chocolate into small pieces and dissolve in  $\frac{1}{2}$  cup of scalded milk. Add rest of milk, bring slowly to a boil and boil 5 mins. Beat egg yolk in bowl and continue beating while pouring into hot chocolate. Return to fire and bring again to boil, beating with rotary beater. Beat to a froth before serving each cup.

Mrs. H. Campbell.

## CHOCOLATE SPECIAL

- 1  $\frac{1}{2}$  sqs. chocolate, grated
- $\frac{1}{4}$  tsp. nutmeg
- 1  $\frac{1}{4}$  tsp. cinnamon
- $\frac{1}{2}$  cup boiling water
- 2 cups milk
- 1 cup cream
- 3 tbsps. sugar
- pinch of salt
- pinch of allspice
- 1 egg
- 1 tsp. vanilla

Boil chocolate in water 5 mins. Add milk, cream, sugar, salt and spices. Cook in top of double boiler an hour, beating vigorously at 5 or 10 minute intervals.

Mrs. F. Webster.

## TOMATO-ADE

In 2 cups hot canned tomato juice, dissolve  $\frac{1}{4}$  cup sugar. Add  $\frac{1}{4}$  cup lemon juice and  $\frac{1}{2}$  tsp. Worcestershire sauce. Chill and serve very cold.

Mrs. G. Fanson.

## QUICK CHOCOLATE

- 4 cups milk
- $\frac{1}{2}$  cup boiling water
- 1  $\frac{1}{2}$  sqs. chocolate
- 2 tbsps. sugar
- $\frac{1}{4}$  tsp. cinnamon
- $\frac{1}{8}$  tsp. nutmeg
- few grains of salt
- 5 marshmallows
- $\frac{3}{4}$  tsp. almond extract OR
- $\frac{1}{2}$  tsp. vanilla

Scald milk, boil chocolate, sugar, spices and salt in water 5 mins., add to scalded milk. Add marshmallows and beat until dissolved. Reheat and add extract. Beat until foamy.

Mrs. T. J. McKay.

## COCOA MILK

- 1 cup cocoa
- 2 cups sugar
- 1 cup cold water

Mix thoroughly and boil 3 mins. Add  $\frac{1}{4}$  cup (or less) butter,  $\frac{1}{4}$  tsp. caramel flavor or vanilla. Cool and add two well beaten eggs. Pour into jar and cover.

Mrs. G. Lundberg.

## LEMON SPECIAL

- 2 oz. citric acid
  - 1 oz. tartaric acid
  - 1 tbsps. Epsom salts
  - juice and rind of 3 oranges
  - juice and rind of 2 lemons
  - 5 lbs. sugar
  - 3 pts. boiling water
- Let stand one hour, strain.

Mrs. G. Lundberg.

## GINGER ALE PUNCH

- juice of 4 lemons
- 1 pint grape juice
- sugar or syrup to taste
- 1 qt. ginger ale

Mix fruit juices and sugar or syrup. Just before serving add ginger ale.

Mrs. F. Webster.

## ICE CREAM PUFF

Break an egg into a mixing glass and add 4 tbsps. of any preferred fruit syrup and a serving of vanilla ice cream. Shake until well mixed, fill with carbonated water and sprinkle with nutmeg. Extra ice cream may be added just before serving.

Mrs. T. Laird.

### ORANGE MILK SHAKE

- 2½ cups orange juice
- 1¼ cups grapefruit juice
- 1 cup evaporated milk
- 1 cup water
- ½ tsp. salt
- ¼ tsp. almond extract
- ¼ cup sugar
- 1 cup cracked ice

Combine all ingredients as listed, in a shaker. Shake until well mixed.

### GRAPE FRUIT PUNCH

- 1 cup sugar syrup
- 1 pint water
- juice of 3 lemons
- juice of 1 orange
- 1 pint grape juice

Mix ingredients in order given. Chill and serve.

Mrs. W. G. Hetherington.

### MILK SHAKE

Fill a glass  $\frac{2}{3}$  full of ice cold milk. Sweeten to taste and flavor with 2 tbsps. of fruit juice, strained preserves, melted jelly or chocolate syrup. Fill the glass with finely chopped ice. Shake well. In the absence of a regulation "mixer" pour from one glass into another. When frothy, sprinkle with cinnamon or nutmeg.

Mrs. T. R. Hind.

### LEMON PUNCH

- juice of 6 lemons
- juice of 3 oranges
- 1 qt. water
- ½ cup mashed strawberries
- ½ cup crushed pineapple

Mix fruit juice, sweeten to taste with syrup, add water and crushed fruit. Garnish with very thin slices of orange.

Mrs. Fraser.

### RASPBERRY VINEGAR

Place 3 quarts raspberries in a crock and add 1 quart white wine or cider vinegar. Let stand 24 hours or longer, and strain. Pour liquid over 3 quarts of fresh raspberries and let stand another 24 hours; strain and add 1 cup of white sugar to each cup of juice. Boil 20 mins., skimming well. Bottle when cold. Serve 1 part vinegar to 4 parts water.

Mrs. M. McKechnie.

### ICED TEA

- 6 tsps. tea
- 4 cups boiling water
- 1 lemon, sliced
- white sugar to taste

Place tea in a pitcher, pour boiling water over it, cover and let stand 5 mins. in warm place. Strain, pour tea over lemon and sugar, stir and chill. Serve in tall glasses to which cracked ice has been added, with thin slice of lemon to each glass.

Mrs. T. L. Simmons.

### ICED COFFEE

Mix fresh, strong coffee with cream and sugar, according to taste, and place in covered pitcher for several hours in a bowl of cracked ice mixed with rock salt. Pour ice cold coffee into high glasses, filling them to three-quarters of their height. Over each, heap sweetened whipped cream. Serve immediately.

Mrs. T. L. Simmons.

### ORANGE LILY

Fill glass half full of shaved ice. Add ½ cup white grapejuice, 2 tbsps. orange juice and 1 tsp. sugar. Serve with 2 straws thrust through a thin slice of orange.

Mrs. F. Webster.

# CANDY

## MARSHMALLOWS

- 2 envelopes gelatine
- ½ cup cold water
- 2 cups sugar
- ¾ cup boiling water
- ½ tsp. salt
- 1 tsp. vanilla

Boil sugar and boiling water together until syrup tests thread stage. Remove from fire. Soften gelatine in cold water, add to hot syrup and stir until dissolved. Add salt and flavoring. Beat until mixture becomes thick, fluffy and cold. Pour into pans (about 8x4") thickly covered with powdered sugar, having mixture 1" in depth. Let stand in cool place (not refrigerator) until thoroughly chilled. With a wet, sharp knife, loosen around edges of pan and turn out on board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar. Fruit juices in place of part of the water, nuts, chocolate or candied fruit, chopped, may be added, or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

Mrs. N. R. Burch.

## MAPLE CREAM

Boil 2 cups brown sugar, 2 tbsps. corn syrup, 2 tbsps. butter, salt, ½ cup milk, 2 tps. vanilla until soft ball stage. Let cool and beat until creamy.

Mrs. W. Watson.

## TURKISH DELIGHT

Soak 2 level tbsp. powdered gelatine in ½ cup cold water for 5 mins. Combine 2 cups sugar, ¼ tsp. salt and ½ cup boiling water and bring to a boil. Add softened gelatine and boil slowly for 20 mins. Add ¼ cup of orange juice, 2 tbsps. lemon juice and red vegetable coloring. Cool. When mixture starts to thicken, add ½ cup each chopped nutmeats and raisins. Pour into pan (8x4") and allow to harden. With a wet sharp knife, loosen edges around pan, turn out on board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar.

Mrs. G. H. Perree.

## EAGLE BRAND TOFFEE

- 2 cups white sugar
- 1½ cups corn syrup
- 1 cup Eagle Brand milk (condensed)
- ½ cup butter
- pinch of salt

Cook, stirring constantly until it forms soft ball when dropped in cold water, about ¾ hour.

Mrs. Higgins.

## COCOA FUDGE

- 2 cups sugar
- 2 tbsps. cocoa, level
- 1 tbsps. butter
- 1 cup fresh milk
- pinch of salt
- vanilla to taste

Mix sugar, cocoa and salt first, then add milk and butter and boil slowly, about 15 mins., stirring constantly until it forms a soft ball in cold water. Remove from fire, add vanilla, let cool for 3 mins., and add chopped nuts (if desired). Beat until stiff and pour into buttered pans.

Mrs. F. Webster.

## CANDIED ORANGE PEEL

Remove peel from 3 oranges and 4 lemons, in quarters. Cover with water, add 1 tsp. salt and boil 30 mins., and drain. Boil in fresh water until tender, about 30 mins. longer. Drain, cut in strips with scissors. Bring 1 cup sugar and ½ cup water to a boil, add peel and boil until syrup is nearly absorbed. Drain and roll peel in sugar. Chill.

Mrs. R. M. Putnam.

## CARAMELS

- 2 cups sugar
- ½ cup corn syrup
- ½ cup milk
- 1 tsp. vanilla
- 4 tbsps. butter
- ½ cup cream (or condensed milk)

Cook ingredients, except vanilla, to stiff-ball stage. Remove from fire, add vanilla and pour into buttered pan. When cold, turn out and cut into squares. NOTE: Add 3 squares of chocolate broken in small pieces if desired.

Mrs. F. R. Anderson.

### SMITH COLLEGE FUDGE

- 1 cup white sugar
- 1 cup brown sugar
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  cup corn syrup
- 1 tbsps. molasses
- $\frac{1}{2}$  cup cream
- 2 sqs. chocolate (unsweetened)
- 1 tsp. vanilla

Mix all ingredients together except chocolate and vanilla and bring to a boil. Boil 10 mins. stirring constantly. Shave chocolate and add to mixture. Boil another 5 mins., or until firm ball is formed in cold water. Add vanilla last, then beat stiff.

Mrs. H. Campbell.

### ENGLISH TOFFEE

- 2 cups brown sugar
- 1 cup syrup
- $\frac{1}{4}$  lb. butter
- tin of Eagle brand milk (condensed)
- 1 cup unblanched almonds

Cook until it forms hard ball in water. Pour into 9x9" greased tin. This has to be watched as it burns easily.

Mrs. J. Bell.

### CHOCOLATE FUDGE

- 2 cups white sugar
- 1 cup milk
- 1 tbsp. corn syrup
- 2 sqs. chocolate, melted
- 2 tbsp. butter
- 1 tsp. vanilla

Mix together and boil sugar, milk and syrup, until it forms a soft ball when tested in cold water. Add butter and let come to a boil. Then add vanilla and beat until it thickens. Pour in buttered pan to cool.

Mrs. W. J. McCreary.

### LOAF CANDY

- 6 cups icing sugar
- $1\frac{1}{2}$  cups cold water
- $\frac{1}{8}$  tsp. cream of tartar
- flavoring
- vegetable coloring

Mix sugar, water and cream of tartar, knead well and divide into 3 parts. Flavor one with almond and color pale green. Flavor second with cinnamon and leave it white. Flavor third with an ounce of melted chocolate and a little vanilla. Make a design of holly with angelica leaves and red candies in oiled loaf pan. Gently press white layer on to this spreading evenly, then press green, then chocolate. Let stand 24 hours. Unmold, having design on top and cut from loaf as desired.

Mrs. H. Connors.

### BUTTERSCOTCH

- 2 lbs. brown sugar
- $\frac{3}{4}$  lb. corn syrup
- $\frac{3}{4}$  lb. butter
- 2 cups water
- 3 tsps. vanilla

Mix together all but vanilla—DO NOT STIR—and boil until hard ball stage when tested in cold water. Add vanilla, bring to boil again then put in buttered pan to cool.

Mrs. W. J. McCreary.

### DIVINITY FUDGE

- $\frac{1}{2}$  cup corn syrup
- $\frac{1}{2}$  cup cold water
- 2 cups white sugar
- 2 egg whites
- 1 tsp. vanilla

Cook syrup, water and sugar until mixture hairs when tested in cold water. Beat egg whites stiff and gradually add syrup. Last add vanilla and beat until thick.

Mrs. W. J. McCreary.

# AT CHRISTMAS

## ROAST TURKEY

Wash and singe the dressed turkey. Rub with salt and pepper, inside and out, and stuff, pressing stuffing firmly into fowl. Tie legs down firmly to body and place in roasting pan. Grease well with butter or olive oil, dredge with flour and place in hot oven 450° to sear the outside quickly and prevent escape of inner juices. After about 25 mins., lower heat to moderate oven 357°, baste with water to which a small amount of butter and 1 tsp. Worcestershire sauce have been added. Cover the pan if desired and bake until breast is tender. Baste several times during baking and allow from 20 to 25 mins. per pound of turkey.

## CHRISTMAS NUGGETS

- ½ cup butter
- ¼ cup white sugar
- 1 egg, separated
- ½ tsp. vanilla
- 1 cup cake flour
- 1 tbsp. grated orange rind
- 1½ tsp. grated lemon rind
- 1 tbsps. lemon juice
- ½ cup chopped walnuts
- candied cherries, optional

Cream butter, add sugar, cream well. Add beaten egg yolk, vanilla, fruit juice and rinds. Mix well. Add flour and chill. Form into balls about ¾" in diameter and roll in slightly beaten egg white, then in chopped nuts. Bake at 350° for 20 mins.

Mrs. H. G. Grove.

## MINCEMEAT

- 2 cups chopped apples
- ½ cup chopped suet
- 1½ cups sugar
- 1 cup cider
- ¼ cup mixed peel
- 1 tsp. salt
- 1 tsp. mace
- ½ tsp. nutmeg
- ¼ tsp. cloves
- ½ tsp. cinnamon
- ⅔ cup raisins
- ⅔ cup currants

Mix together and put in jars until ready for use. Makes about 3 medium sized pies.

Mrs. H. Johnston.

## SNOWBALLS

Beat until soft:

- ½ cup butter

Add and blend:

- 2 tbsps. sugar
- 1 tsp. vanilla
- 1 cup chopped pecans
- 1 cup sifted cake flour

Roll into small balls. Bake in a slow oven, 300° for 45 mins. While hot roll in powdered sugar and when cold roll again in powdered sugar.

Mrs. M. D. Richards.

## ROAST GOOSE

- 1 8-lb. goose
- 2 cups bread crumbs
- 1 chopped onion
- 2 tbsps. fat
- ¼ tsp. sage
- 1 tsp. salt
- pinch of pepper
- 6 to 8 apples
- ¼ cup brown sugar
- 3 sweet potatoes

Cook the giblets until tender, chop and add to stuffing made by mixing bread crumbs, onion, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff and sew the neck and back. Roast for 15 minutes at 500°, then reduce heat to 350° and cook about 3 hours. Wash and core 6 to 8 apples, sprinkle with brown sugar, stuff with mashed and seasoned sweet potatoes, bake until tender and serve hot with the goose.

Mrs. R. Heuss.

## TURKEY STUFFING

- 1 loaf slightly dry bread, crumbled
- salt and pepper
- ½ cup melted butter
- 1 tbsp. Worcestershire sauce
- 1 onion, finely minced
- ½ tsp. cinnamon (optional)

Crumb bread, season with salt and pepper to taste. Add remaining ingredients. Mix thoroughly and press firmly into turkey. This makes a rich, crumbly stuffing and is deliciously seasoned.

Mrs. D. Stirton.

### WHITE FRUIT CAKE

- 1½ cups butter
- 1½ cups white sugar
- 6 eggs
- ½ cup cream or superior
- 2 cups bread flour, unsifted
- 1 cup pastry flour, unsifted
- 1 tsp. baking powder
- 1½ lbs. blanched sultanas
- ¼ lb. citron peel
- ¼ lb. blanched almonds
- ¼ lb. glazed cherries
- pinch of salt
- 3 tsps. lemon extract

Bake in a slow oven for 3 hrs. at 300-325°.

Mrs. H. A. Brown.

### CHRISTMAS CAKE

- 1½ lbs. butter
- 1½ lbs. sugar
- 12 eggs
- 1½ lbs. currants
- 1½ lbs. raisins
- ½ lb. almonds
- ½ lb. citron
- ½ lb. orange peel
- ½ lb. lemon peel
- ¼ tsp. mace
- ¼ tsp. nutmeg
- ½ pt. fruit juice (orange or raspberry)
- ½ lb. candied cherries
- 1½ lbs. flour

More candied cherries and less peel may be used if desired and if almonds are not obtained ½ lb. more cherries may be substituted.

Mrs. R. C. Randall.

### UNCOOKED CHRISTMAS CAKE

- 1 can sweetened condensed milk
- 2 cups chopped dates
- 1 cup currants
- 2 cups chopped raisins
- 2 cups chopped nuts
- 2 cups Sunland graham wafer crumbs
- 2 cups colored marshmallows, cut very fine
- 4 tbsps. maraschino cherries
- ½ tsp. salt
- ½ tsp. nutmeg
- ½ tsp. cloves
- ½ tsp. allspice
- ½ tsp. cinnamon

Roll wafers well, add salt and spices to dry crumbs and mix. Add other ingredients and mix thoroughly with milk. Put in oblong mold lined with buttered wax paper. Let stand at least 2 days.

Mrs. G. Lundberg.

### DARK CHRISTMAS CAKE

- 1 lb. butter
- 1 lb. brown sugar
- 10 eggs
- 2 lbs. raisins
- 1 lb. currants
- ½ lb. peel
- ½ to 1 lb. cherries or mixed fruits
- ½ lb. almonds
- 4½ cups flour
- 2 tsp. nutmeg
- 1 tsp. mace
- 1 cup sour milk or half milk and half fruit juice
- 1 tsp. soda
- ½ tsp. salt

Cream butter, add sugar and beaten eggs. Clean, wash fruits, prepare nuts, mix together and sprinkle with ½ cup of flour. Add flour, spices alternately to the egg mixture, with the milk and fruit, until all is mixed well together. Bake in a slow oven with a pan of water in the oven. Makes 3 layers.

Mrs. Fallis.

### TURKISH DELIGHT CAKE

- ⅔ cup brown sugar
- ⅔ cup butter
- 2 egg yolks
- 1 tsp. baking powder
- 1½ cups flour
- dash vanilla

Mix like shortbread. Bake until done at 350°. Take from oven Cut fresh Turkish delights in halves and put on cake. Cover with 2 egg whites beaten stiff, gradually adding 1 cup brown sugar. Put back in oven. Bake slowly 20 minutes.

Mrs. North Sawle.

### CREOLE SAUCE

Fry in butter or substitute, 2 medium sized chopped onions. Add salt, pepper, bit of thyme, bit of bay leaf, bit of parsley all dried, clove of garlic chopped or dried garlic, ½ cup tomatoes, dash Worcestershire sauce. Boil until slightly thick.

Cut into pieces a boiling fowl, wash and dry. Fry until brown in shortening. Add little water. Stew until tender. Add creole sauce and simmer slowly. Pour sour cream over and bring to boil and serve.

Mrs. North Sawle.

## CHRISTMAS SHORTBREAD

- 1/2 lb. butter
- 1/2 cup icing sugar
- 1/2 cup corn starch
- 1 1/2 cups flour

Cream butter. Add sifted dry ingredients. Roll into small balls, flatten with fork. Bake on cookie sheet at 350° until slightly brown. May be garnished with red candied cherries.

Mrs. North Sawle.

## CARROT PUDDING

- 1 cup grated raw carrot
- 1 cup grated raw potatoes
- 1 cup sifted flour
- 1 cup brown sugar
- 1 cup currants
- 1 cup raisins
- 1 cup chopped suet
- 1 egg
- pinch of salt
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1 tsp. soda in 1/2 cup grated potatoes saved until last of all.

Steam 3 hours.

Mrs. S. Williams.

## WHIPPED CREAM SAUCE

- 1/2 pint cream
- 1 egg
- 2 tbsps. sugar
- vanilla to taste

Whip the cream. Separate egg and beat whites stiff. Whip yolk, add sugar, vanilla. Mix yolk and sugar into cream, then add egg whites. Chill well.

Mrs. W. English.

## WHITE CHRISTMAS CAKE

- 1/2 lb. butter
- 1 cup granulated sugar
- 6 eggs
- 1/2 lb. mixed peel (or citron)
- 1/4 lb. almonds
- 1/2 cup sweet milk
- 3 cups flour
- 1 tsp. baking powder
- glazed pineapple (opt.)
- 1 cup candied cherries
- 1 lb. bleached sultanas

Bake in 2 loaf tins in a slow oven about 2 hours. In one pan if desired, bake 2 1/2 to 3 hours.

Mrs. N. R. Burch.

## PLUM PUDDING

- 1/2 cup chopped suet
- 1/2 cup currants
- 1/2 cup raisins
- 1/4 cup citron
- 1/2 cup milk
- 1/4 cup candied orange peel
- 1/4 cup almonds
- 1/2 cup bread crumbs
- 1/4 tsp. nutmeg
- 1/4 cup brown sugar
- 1/2 tsp. soda
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 3/4 tsp. salt
- 1 egg
- 1/4 cup flour

Chop fine the suet, fruit and nuts and mix with bread crumbs. Beat egg, milk and sugar together and add sifted dry ingredients. Combine with chopped fruit and fill buttered mold two thirds full. Steam 3 to 4 hours.

Mrs. W. English.

## PLUM PUDDING SAUCE

- 1/4 cup butter
- 1 cup sugar
- 2 tbsps. cider (or apple juice)
- 2 eggs
- 1/2 cup rich milk or cream

Cream butter and sugar, add cider and well beaten egg yolks. When well mixed stir in milk. Cook in double boiler until thick as custard and gradually pour into beaten egg whites, beating constantly.

M. T. J.

## CHRISTMAS PUDDING SAUCE

- 1 cup granulated sugar
- 1/2 cup butter
- 3 egg yolks
- 1 cup whipped cream
- flavoring

Beat egg yolks thick. Gradually beat in sugar. Cook over hot water and beat with a rotary beater. Gradually add butter. Cook until mixture coats spoon. Remove at once from fire and chill thoroughly. When ready to serve fold in whipped cream and chill. Add vanilla or preferred flavoring. NOTE: Luscious on fruit puddings.

Mrs. Jack Millar.

# ROUND THE WORLD WITH THE CHEF

## ENGLISH ORANGE ROCK CAKE

- ½ lb. flour
- 1 tsp. baking powder
- 3 oz. shortening
- 4 oz. sugar
- 4 oz. currants
- 2 oz. sultanas
- 1 oz. peel
- strained juice of 1 orange
- 1 egg

Sift flour and baking powder, then rub in shortening and sugar (as for pastry). Add other ingredients and if necessary, a little milk. Drop in rough heaps on greased baking sheet and cook 10 to 15 minutes.

Mrs. T. de Bourcier.

## ENGLISH KIDNEY

- 1 veal kidney, cut in small pieces
- 2 cups flour
- 2 cups milk
- 3 or 4 eggs, well beaten
- 1 tsp. salt
- 1 tsp. baking powder

Stir into a smooth batter, being careful not to get it too stiff. Add baking powder to flour. Cut up kidney, pepper and salt and drop into batter. Put a little nice dripping into baking pan and get it hot, then pour batter in and cook about ½ hour in a fairly hot oven.

Mrs. P. B. Lickert.

## AMERICAN TEXAS HASH

- 2 large onions, sliced
- 2 green peppers, cut fine
- 2 tbsps. shortening
- 1 lb. ground meat
- 2 cups canned tomatoes
- ½ cup uncooked rice
- 2 tsp. salt
- ¼ tsp. pepper
- (Chili powder if desired)

Fry onions, peppers, chopped, slowly, in shortening until onions are yellow. Add ground meat, cook until mixture falls apart. Add tomatoes, rice, seasonings and water if necessary. Put in a casserole, cover, bake in a 375° oven about 60 mins. If desired, 1 cup uncooked spaghetti, macaroni or noodles may be used instead of rice if desired.

Mrs. E. Skwarak.

## NEW ENGLAND BOILED DINNER

Select a piece of corned beef, rump if lean wanted, brisket if a little fat wanted. Put corned beef in a large kettle and cover with cold water, bringing slowly to boiling point, then remove scum that rises to the top. Cook over low heat at simmering point until beef is tender. A 5-lb. piece of beef should simmer for 5 hrs. to be perfectly tender. When cooked remove meat to a warm dish and skim water of all fat. Cook various vegetables (cabbage, turnips, carrots and potatoes), in the water in which meat was cooked. If vegetables are small, which is preferable, they need not be cut, otherwise cut them into pieces. The head of cabbage is to be cut in quarters or eighths. Boiled beets are included in this dinner but they are cooked separately in another saucepan. Start them well in advance of the other vegetables as they require from 45 min. to 1 hour to cook. When vegetables are cooked arrange them in groups around the corned beef which you have placed on a large platter. The beets and cabbage are to be served from separate dishes. Dress cabbage and beets with melted butter, using 3 parts melted butter to 1 part vinegar.

Miss M. McKechnie.

## AMERICAN CHOP SUEY

- 3 medium sized potatoes, diced
- ½ cup rice
- 3 tbsps. fat
- 2 chopped onions
- ½ lb. chopped beef
- 2 cups tomatoes
- 2 tsps. salt
- pepper

Boil rice for 10 mins., add the diced potatoes and cook until potatoes are soft. Cook the onion in the fat until light brown, add the meat and cook until browned. Drain rice and potatoes and mix with meat; add tomatoes and pour mixture into a baking dish. Bake in a hot oven until browned. Left over cooked meat may be used.

Mrs. D. Stirton.

## OLD ENGLISH CHRISTMAS CAKE

- ¾ lb. butter
- 2 lbs. currants
- 10 eggs
- ¼ lb. walnuts
- ½ tsp. cloves
- 1 tsp. mace
- vanilla
- 5 cups flour
- ½ lb. candied cherries
- 1 lb. brown sugar
- 1 lb. dates
- ¼ lb. almonds
- ½ cup molasses (or race wa-  
ter)
- 1 tsp. allspice
- 1 tsp. mixed spices
- ¾ tsp. soda
- ¾ cup brandy (or orange  
juice)

Steam 3 hours, then bake 1½ hours in a slow oven. 1 lb. raisins and 1 lb. currants can be used instead of 2 lbs. currants. 1 lb. citron peel and ½ lb. orange peel may be added, or mixed peel. ½ lb. almonds or more can be used instead of walnuts. Raisins can be substituted for dates and citron for peel.

Mrs. N. R. Burch.

## MEXICAN TORTILLAS (With Corn Meal)

- 3 cups corn meal
- 1 tsp. salt
- warm water

Mix corn meal and salt and add enough warm water to make a stiff dough. (Adding 1 cup white flour to this recipe will make the dough easier to handle.) Set dough aside for 20 mins., wet hands in water, mold balls of dough the size of hens eggs, pat into thick cakes and bake on lightly greased griddle, turning until brown on both sides.

### (With Wheat Flour)

- 2 cups flour
- 1 tsp. salt
- 1½ tsp. baking powder
- 1 tbsps. fat
- cold water

Mix and sift dry ingredients, cut in fat and add cold water to make a stiff dough, (¾ cup). Knead on lightly floured board, make small balls, pat thin, and bake on lightly greased griddle.

Mrs. F. English.

## IRISH CAKE

- 1½ cups white sugar
- 1 cup butter and shortening  
combined
- 1 cup cold mashed potatoes
- ½ cup cocoa
- 1 cup sour milk
- 2 eggs
- 1 cup raisins
- 1 cup broken nuts
- 1 tsp. nutmeg
- 1 tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 tsp. soda
- 2 cups flour
- vanilla to taste (tsp. to  
tbsp.)

Cream sugar and shortening, add eggs, cold potatoes, cocoa. Combine soda and sour milk and add alternately with dry ingredients. Bake in moderate oven 350° F. for about one hour. Ice with butter cream, cream and confectioner's sugar.

Mrs. W. R. Brownlee, Sr.

## MEXICAN CHILI SAUCE

- 4 to 6 tbsps. chili powder  
mixed with
- 1 tbsps. flour
- 2 tbsps. fat
- 1 onion, chopped
- 1 clove of garlic, chopped
- ½ tsp. salt

Fry onion and garlic in the fat, add salt and chile powder and flour. Add enough water to make a thin gravy and boil 20 mins. If a milder sauce is wanted, add a beaten egg just before removing from fire or use more flour and less chile powder.

Mrs. H. Campbell.

## BLUEBERRY MUFFINS FROM VIRGINIA

Mix and sift together 2 cups of flour, 3 tps. baking powder, 4 tbsps. sugar and 2 pinches of salt. Into this dry mixture stir berries, seeing all are well covered and coated. Into mixing bowl combine 2 well beaten eggs, 1 cup sweet milk, 2 tbsps. melted butter or substitute. Combine dry and liquid mixes stirring lightly. Pour this mixture into greased muffin tins filling each space one half full to allow expansion. Bake in 425° oven to 450, about 20 mins., or until lightly browned.

Mrs. S. Stanford.

### SCOTCH OAT CAKES

- 1 cup flour
- $\frac{1}{2}$  tsp. soda
- $\frac{1}{2}$  tsp. salt
- 1 tsp. sugar
- $\frac{1}{2}$  cup shortening
- 2 cups oatmeal

hot water to make dough

Sift flour, salt, soda and sugar. Add hot water to shortening. Add this to dry ingredients. Mix and roll thin. Cook in a moderate oven for about 10 mins.

Mrs. A. Hodgeson.

### SCOTCH PANCAKES

- 2 tbsps. butter
- $\frac{1}{2}$  cup sugar
- 2 eggs, well beaten
- 2 cups flour
- 2 tps. baking powder
- $\frac{1}{4}$  tsp. salt
- $1\frac{1}{2}$  cups milk

Cream butter with sugar and add eggs well beaten. Sift flour with baking powder, salt and add, then add milk.

Mrs. N. R. Burch.

### AMERICAN PAPRIKA

#### SCHNITZEL

- 2 lbs. veal cutlets, 1" thick,
- 3 tbsps. fat
- 1 tsp. paprika
- 1 cup onion sliced
- $\frac{1}{2}$  cup thick sour cream
- $\frac{1}{2}$  tsp. salt

Cut veal into serving pieces, sprinkle with salt and pepper and roll in flour. Melt fat in heavy frying pan, add paprika, then sliced onions and cook about 5 mins. Add meat and brown on both sides. Pour sour cream over, cover and continue cooking slowly for 45 mins., or until meat is tender. Serves 6.

Miss Irene Galloway.

### DANISH APPLE CAKE

- 3 cups applesauce (flavored with vanilla)
- $1\frac{1}{2}$  cups bread crumbs
- 1 tbsp. sugar
- 1 tbsp. butter

Measure and heat bread crumbs sugar and butter in frying pan over low heat, stirring constantly. Cool. Then in bowl, put alternate layers of applesauce and bread crumb mixture. Then put a thick layer of strawberry or raspberry jam. Serve with whipped cream.

Mrs. J. Linniboe.

### AMERICAN WINTER CASSEROLE

- $\frac{1}{2}$  lb. spaghetti (cooked)
- 6 slices bacon (cut in pcs.)
- $\frac{1}{4}$  cup onion (minced)
- $\frac{1}{4}$  cup green pepper (chop'd)
- 1 cup mushrooms (sliced)
- 2 cups tomato puree
- $\frac{1}{2}$  lb. ground beef
- 1 cup California claret, Burgundy or any red table wine
- salt and pepper to taste
- $\frac{1}{2}$  lb. American cheese

Fry bacon pieces. Simmer onion and green pepper in bacon fat. Add the mushrooms, tomato puree and ground beef. Add salt and pepper to taste. Simmer 10 mins. Add wine. Arrange a layer of cooked spaghetti in bottom of casserole. Add a layer of sauce and a layer of grated cheese. Add a second layer of spaghetti, sauce and cheese, finishing with cheese. Bake in a 350° oven for 20 mins. Serve with glasses of red table wine and hard rolls or crisp crusted bread. An attractive way to serve this spaghetti specialty is in small individual crockery casseroles or in any small covered dishes if the pantry affords these. For party service it may come to the table in company with a tossed green salad, a loaf of crisp French or Italian bread or hard rolls and with glasses of the same red wine used in seasoning the spaghetti.

M. F. R.

### DANISH LIVER PASTE

- 2 lbs. liver ground in fine food chopper 3 times
- $\frac{3}{4}$  lb. lard
- 2 tsp. salt (or more)
- 1 tsp. sugar
- $\frac{1}{2}$  onion, grated
- pepper—sprinkle
- cloves—sprinkle
- 1 tbsps. heaping of finely ground allspice
- $\frac{3}{4}$  cup flour (approx.)
- 1 pint milk

Mix melted lard, flour together over heat, add milk and stir until smooth. When slightly cool, add liver and remainder ingredients and beat well. Bake in a dish of water in oven till done, about 2 hours. Test with a knife as for a custard.

Margaret McQuat.

### SPANISH MEAT LOAF

- 1 lb. Hamburger, or
- 1 lb. shoulder beef
- $\frac{3}{4}$  lb. pork
- 1 chopped onion
- $\frac{1}{2}$  clove garlic
- 1 green chile pulp or
- 1 canned green chile
- $\frac{1}{4}$  tsp. pepper
- 1 egg
- 1 cup bread crumbs
- $\frac{1}{4}$  cup milk
- 1 tsp. salt
- 3 hard boiled eggs

Add seasoning to ground meat, mix well, add crumbs, egg well beaten, and milk. Cut off ends of hard boiled egg and fit them together to make centre for the loaf. Mold the meat around the eggs to make a round loaf.

Make a biscuit dough as follows:

- 2 cups flour
- 2 tbsps. fat
- 4 tsps. baking powder
- 1 tsp. salt
- $\frac{3}{4}$  cup sweet milk

Mix and sift flour, baking powder and salt. Cut in the fat. Add milk gradually to make a soft dough. Place dough on lightly floured board, roll to about  $\frac{1}{3}$ " thickness, and roll around the meat roll. Bake in a quick oven for 12 mins., cover and finish baking in a moderate oven for 2 hours. Serve hot. When sliced at the table it shows the yellow and white centre to each slice of meat.

Mrs. T. J. McKay.

### ICLANTIC RULLA PYLSA

(Luncheon dish or sandwich spread)

- 2 lbs. lamb flank
- 1 tbsp. salt
- $\frac{1}{4}$  tsp. salt petre
- $\frac{1}{2}$  tsp. cloves
- $\frac{1}{2}$  tsp. allspice
- 1 small onion, chopped fine

Bone flank. Place on table with skin side down and spread with spices and chopped onion. Roll like jelly roll and sew well on all sides, so that it will not break open. Sprinkle with salt, wrap in waxed paper. Store in frig. for 5 days. Cover with boiling water and cook steadily for 2 hours. Drain and put under weight for 24 hours. Slice very thin for luncheon or serve in sandwiches with brown bread.

Mrs. A. E. Ingham.

### SERVE TORTILLAS WITH THIS SAUCE, "ENCHILADAS"

- 2 tbsps. lard
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 4 cups chili pulp
- 2 tbsps. vinegar
- 4 tbsps. olive oil
- 1 tsp. oregano
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  lb. cheese
- 1 pint ripe olives

Brown onion and garlic in hot lard. Add chili pulp, vinegar, olive oil, oregano and salt. Cook for at least 30 mins., longer is better. While sauce is cooking, grate cheese, pit and chop olives. Heat in a large skillet as for deep fat frying. When boiling hot, dip tortillas in fat, then in the hot sauce, and lay on a platter. Cover each tortilla with grated cheese and olives and add another until there are four in a pile. Top pile with a fried egg, and set in oven until cheese is melted. A dish of chopped onion and a dish of chile sauce should be placed on the table when "enchiladas" are served. Frijoles complete the meal. NOTE: Chili powder may be substituted for chili pulp.

Mrs. W. G. Hetherington

### MEXICAN BOILED DINNER

- 2 lbs. lean mutton
- $\frac{1}{2}$  tsp. salt
- 1 solid head cabbage
- 3 large tomatoes
- 1 tsp. oregano
- 3 potatoes
- 2 sour apples
- 1 red chili pulp (or  $\frac{1}{2}$  tbsp. chili powder)
- 1 bunch each of small beets, turnips, onions, carrots
- 1 tbsp. Worcestershire sauce

Remove bones, roll and tie meat so it will retain its shape while cooking. Put in a kettle of cold water and bring to a boil. Add vegetables; cabbage should be tied in a cheesecloth bag; beets should not be peeled. Vegetables must all be thoroughly cooked. An hour before serving add the apples, chili and tomatoes, each tied in a separate cheesecloth bag. Also salt, oregano and Worcestershire sauce. Peel beets before serving. The whole dish should simmer at least 3 hours.

Mrs. H. Peacey.

## SPANISH COCIDO (Stew)

- 1 lb. fresh pork
- 2 lbs. beef
- 3 slices bacon
- 2 corn on the cob
- 2 potatoes
- 2 sweet potatoes
- 1 cup garbanzos (chick peas)
- 1 turnip
- 1 bunch carrots
- 2 onions
- 1 stalk celery
- ½ head cabbage
- 2 summer squash
- 1 pear
- 1 apple

Cut meat into large cubes and wash other things but do not peel them. Start with meat, garbanzos tied in a cheese cloth bag, corn cut into small lengths, potatoes, cabbage and turnips, covered with water. Later add the other vegetables and last of all the fruit, all whole. Then add salt. It should simmer slowly for 3 to 4 hours. If fruit gets done, take it out. The soup may be served first and then the rest. For the second day's serving, cut corn from the cob, run everything through the meat grinder and fry in lard until it leaves the pan. For both servings two sauces may be offered:

### Sweet Sauce:

- 1 onion
- 2 tbsps. lard
- 2 tomatoes
- 2½ tbsps. sugar
- ½ tsp. salt
- 3 tbsps. vinegar

Chop the onion very fine and fry in lard until it begins to brown. Add tomatoes and seasoning and fry until it leaves the pan. Serve hot.

OR

### Piquant Sauce:

- ½ onion
- 2 tomatoes
- 2 pods red chili pulp
- ½ tsp. salt
- 3 tbsps. vinegar
- 1 tbsps. oil

Chop onion, mash tomatoes, add salt, chili, vinegar and oil. Beat until smooth. Serve cold.

Mrs. F. English.

## MEXICAN TORREJAS

- 2½ cups bread cubes
- 1 egg
- ¼ cup sugar
- 1 tsp. cinnamon
- ¾ cups pinones (or pecans)
- ½ cup citron, chopped fine

Brown the bread cubes thoroughly in oven. Separate egg and beat whites stiff, add yolk and beat again. Dip bread cubes into egg and fry in deep fat. Drain and pile on hot dish. Sprinkle with sugar and cinnamon sifted together and add citron and pecans. Pour over this the following sauce, which must be hot when served:

- 2 cups sugar
- ⅛ tsp. cream of tartar
- 1 cup water
- ½ tsp. cinnamon

Combine the ingredients and heat gradually to boiling point. Boil until syrup threads.

Mrs. G. Fanson.

## DANISH SYRUP CAKE

- 1 cup golden syrup
- 1 tbsps. shortening (round'd)
- 1 egg
- 1 tsp. cloves
- 1 tsp. baking soda (dissolved in a little warm water)
- 1 tbsps. brown sugar (round-ed)
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 2 cups flour

When above ingredients have been put together, lastly pour 1 cup of boiling water on mixture. (Note: mixture will be thin). Bake in 2 layer cake tins and when cool, spread favorite chocolate or lemon icing for filling between layers and top of cake. If desired, decorate top with chopped nutmeats or grated orange rind. If a lighter cake is desired add 1 tsp. of baking powder.

Mrs. J. Linniboe.

## GARBANZOS (Chick Peas)

There are several varieties. Most require only an overnight soaking before cooking. If skins are heavy it is advisable to boil in water with a teaspoon of soda until skins loosen, about 5 mins. Remove from fire and rub between hands in cold water to remove skins. Cover with cold water and cook until tender.

Mrs. G. Fanson.

## COSTA RICAN ROAST LAMB

Use a large leg of lamb, big enough for eight servings. If no leg is obtainable use sizeable shoulder, remove bone, roll and tie. At frequent intervals make incisions with a sharp knife, push in half strips of bacon and half nibbins of garlic. If you prefer, remove the garlic after an hour of roasting. When bacon and garlic have been so placed, sprinkle the meat well with salt and pepper, a bay leaf which has been ground or pulverized to a powder, a generous pinch of ground marporam or thyme, and lastly a medium sized onion minced very fine. Place meat in a baking pan with a lid available. While it browns make a mixture of a cup of seeded raisins, a little melted butter or margarine and a cup of dry red table wine. Pour this mixture around meat and use it for frequent basting. Roast the lamb quickly until it is brown, then cover and roast until tender, basting often. If liquid evaporates too fast, add a little hot water from time to time so as to have at least 2 cups of gravy left in the pan. When roast is done, remove to a hot platter and either use the gravy as it is, seasoning with more salt if needed, or thicken with a little butter and flour mixture. With the meat, serve roasted or stewed tomatoes or egg plant. And a mixed green salad, using torn lettuce leaves, some water cress and chicory is excellent.

Mrs. H. Campbell.

## PEPERKOLK DUTCH BREAD CALLED PAPERCAKE

- 1 small cup molasses
- ½ cup white sugar
- 1 cup milk
- 4 heaping cups flour
- ¼ tsp. cloves
- ½ tsp. cinnamon
- 3 tsp. baking powder
- 1 tsp. salt
- Some citron peel or mixed peel

Sift dry ingredients and add alternately with milk to molasses mixed with sugar. Add peel last. Bake in moderate oven 1½ hours in bread tin. Slice thin and butter.

Mrs. I. Collins.

## VINARPERTA (Icelandic Cake)

- 1 cup butter
- 1½ cup white sugar
- 2 eggs
- 2 tbsp. cream
- 4 cups flour
- 1 tsp. baking powder
- 1 tsp. almond extract
- 1 tsp. cardamom seeds grd.

Cream butter; add sugar and eggs one at a time. Sift dry ingredients and work into 1st mixture. Add flavoring. Knead in all the flour and divide into five equal parts. Roll each part out to fit a nine-inch round cake pan. Bake to golden brown at 375° for about 10 mins. Remove from tin while hot as they become quite hard. Cool and put together with prune filling.

### Filling:

- 1 lb. prunes boiled, stoned and put through food chopper
- 1 cup sugar
- 1 tsp. cinnamon
- ½ cup water that prunes were boiled in

Bring to boil until thick, spread on each layer and put together like layer cake. Makes large cake which keeps well.

Mrs. G. A. Johannesson.

## FRENCH MOUSSE AU CHOCOLAT

Desert to be made a day before serving.

Melt in a double boiler

- 2½ 1-oz. cakes of unsweetened chocolate

Stir in and cook 3 minutes:

- ¼ cup brown sugar, firmly packed
- ¼ cup granulated sugar
- ¼ cup milk

Remove from heat; stir in

- 3 tbsps. butter or substitute
- 1 tsp. vanilla
- 1 drop almond flavoring

Separate and blend in the yolks, one at a time, to the chocolate mixture, 4 eggs; whip until stiff the 4 egg whites. Gradually add to the whites ½ cup sugar

Fold lightly into chocolate mixture. Place in a serving dish. Chill overnight. Pile into sherbert glasses and serve with sponge or plain cake. Serves 6.

Miss M. McKechnie.

## UKRAINIAN HOLUBCHI

- 1 medium sized cabbage
- ½ lb. rice
- 1 medium onion
- ¼ lb. bacon (or other smoked pork)
- salt and pepper
- 2 cups tomato juice

Remove core from cabbage—scald whole cabbage in boiling water long enough to wilt leaves. Remove leaves separately and slice off heavy part of midrib from each leaf so that it will not break when rolled. Wash rice and boil hard for 10 mins. in boiling salted water. Drain well. Dice bacon finely, fry until crisp, add it with the fat that has been rendered out of it, to the drained rice, and the finely chopped onion. Add salt and pepper. Mix well, spread a spoonful of this mixture on each cabbage leaf, then roll them up tightly. Hold with toothpick if necessary. Line a large baking dish with cabbage leaves, place cabbage rolls close together on them, pile them on top of each other until the dish is full, then pour the tomato juice over, cover the top with more cabbage leaves and bake in a 375° oven for 1½ hrs. When top leaves begin to brown, cover. When ready to serve these rolls are tender and delicious.

Mrs. N. R. Burch.

## FRIED NOODLES

- 1¾ cups egg noodles, finely cut and broken in 1 to 2" pieces
- 2 tbsps. peanut oil, or butter

Cook noodles in boiling water which has been salted, until tender but not soft. Drain well. Blanch with cold water. Spread on a cloth or paper towel and allow to dry. In a heavy frying pan, heat oil or butter and saute noodles until bottom crusts form (about 5 mins.); then turn and brown the other side. Serve with Chop Suey.

## CHICKEN EGG FOOYOUNG

Chop (fine) chicken, mushrooms celery, onions; mix in 3 eggs. Fry on top the griddle in size of hot cakes.

Mandarin Gardens.

## ITALIAN SPAGHETTI

- ¼ lb. salt pork
- 1 large clove garlic (peeled and minced)
- 10½ oz. can condensed consomme
- 1 bay leaf
- 1 tbsp. salad oil
- 1 tsp. sugar
- 24 oz. can mushrooms
- ⅛ tsp. pepper
- ¼ cup minced onion
- 8 oz. pkg. spaghetti
- ¼ cup minced parsley
- 1 tbsp. butter
- 1 can tomatoes
- grated parmesan cheese

Wash pork and dice finely. Saute with garlic in the oil, stewing until golden brown. Drain mushrooms, reserving liquid. Cut ½ the mushrooms in halves and add to the pork, together with onion, continuing sauteing until mushrooms are well browned. Add all remaining ingredients, except spaghetti, butter, cheese and mushrooms. Simmer 1½ to 1¾ hours until thick consistency. Cook spaghetti in boiling water. Drain. Pour sauce over it and toss. Arrange in casserole or platter, garnish with remaining mushrooms which have been sauted in butter. Serve with Parmesan Cheese grated. Serves 4 to 6 persons. To fill a 3 quart casserole, make three times this quantity.

Mrs. Russel.

## RUSSIAN SALAD

Shred very very fine, all varieties of raw vegetables to taste—such as beets, carrots, cabbage, onion, etc., and dress with the following dressing:

- ¼ cup sugar
- 3 tbsps. water
- ½ tsp. salt
- ½ tsp. paprika
- 1½ tsp. celery seed
- juice of 1 lemon
- 1 tbsp. vinegar
- ½ cup catsup
- 1 tbsp. Worcestershire see.
- 1 cup salad oil
- ¼ cup grated onion

Cook sugar and water until mixture spins a thread. Cool. Combine remaining ingredients together and the syrup. Beat thoroughly. Chill. Makes 2 cups.

Miss Thelma Hodgkinson.

## FRENCH CREPES AU FROMAGE

(Make - hour before using, batter is like cream and thickens while resting so it may be necessary to add more milk before frying for paper-thin pancakes.)

Sift and measure in a bowl:

1 cup flour

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

Add to flour and beat thoroughly:

1 egg

1 tbsp. oil

1 tsp. grated lemon rind

Pour in gradually and beat with a rotary beater  $1\frac{1}{2}$  cups milk. Grease a small frying pan (5-6") for the first cake. It should not be necessary to grease it again. Heat pan very hot. Pour in just enough batter to coat the bottom of the pan. It must be paper-thin. Pour back into bowl any surplus batter that does not stick to pan. Cook 30 to 40 seconds on one side. With pancake turner loosen around edge and turn over quickly to finish cooking. Stack until ready to use. Place 1 tbsp. of Cheese Filling in centre of pancake. Fold in sides and then roll up. Place in a casserole, dot with butter, cover. Re-heat in a moderate oven  $350^{\circ}$ , 20 mins.

### Cheese Filling:

Melt in a medium sized saucepan 2 tbsps. butter, or substitute, and blend in 4 tbsps. flour. Gradually pour in 1 cup milk. Stir until smooth, then add  $\frac{1}{2}$  tsp. salt and  $\frac{2}{3}$  cup grated cheese. Cook over low fire just long enough to melt cheese completely.

Miss M. McKechnie.

## PUERTO RICAN POT ROAST

3 lbs. heel of round

1 small bottle stuffed olives

$1\frac{1}{4}$  inch slice salt pork

2 tbsps. lard or bacon drips

$\frac{1}{2}$  cup hot water

1 cup tomato juice

1 onion

salt and pepper

Cut small slits in both sides of meat at 3" intervals. Stuff slits alternately with olives and inch strips of salt pork. Brown meat in hot fat. Add water, tomato juice and chopped onion. Cover tightly and simmer gently until tender (allow about  $2\frac{1}{2}$  hours). Thicken liquid and serve the tomato gravy with the meat.

Mrs. H. Campbell.

## CHOP SUEY

14 mushrooms, dried and sliced thin

1 lb. (7 cups) fresh bean sprouts

$\frac{1}{4}$  lb. fresh pork shoulder, sliced thin

1 tsp. salt

$3\frac{1}{2}$  tbsps. peanut oil

$\frac{1}{4}$  lb. barbecued pork, shredded thin

$1\frac{1}{2}$  tbsps. soy sauce

$\frac{1}{2}$  onion (medium)

1 cup celery (sliced diagonally)

$\frac{1}{4}$  green pepper

$\frac{1}{2}$  cup water chestnuts, cut lengthwise in thin slices

$\frac{3}{4}$  cup bamboo shoots, thinly sliced

Cover mushrooms with cold water and soak for 15 mins. then wash thoroughly. Squeeze dry and slice fine. Wash and drain well the bean sprouts, removing the green portions. In hot salted peanut oil saute the fresh pork about 2 mins. until edges curl, then add barbecued pork and soy sauce, mixing well. Cut onion and green pepper in  $\frac{1}{4}$  inch slices and add with celery and mushrooms. While stirring constantly cook rapidly for 1 minute. Add water chestnuts and bamboo shoot and stir, mixing well. While stirring constantly cook about 2 minutes.

Pour following sauce over, cover and steam a few minutes, uncover and stir one minute.

### Sauce:

2 tbsps. flour

2 tbsps. soy sauce

$\frac{1}{4}$  cup water

Combine ingredients to make a paste (mixing well until free of all lumps).

## NORWEGIAN KRANSER

Mash to a powder the yolk of one hard boiled egg and mix with the yolk of one raw egg. Stir in smoothly 4 tbsps. sugar, working a little in at a time. Add  $\frac{1}{2}$  cup unsalted butter and 2 cups flour. Make the dough into small pieces and roll until it is about  $\frac{1}{2}$ " in diameter, then make into a wreath. Dip into the beaten white of egg and then into sugar. Bake slowly for 20 mins.

Mrs. L. Ottison.

### MEXICAN BUNUELOS OR SOPAIPILLAS

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

Sift dry ingredients together. Beat eggs well, add milk and stir in dry ingredients, adding as much flour as it will absorb. Roll as thin as possible, cut and fry in deep fat until a delicate golden brown. Cut into small squares, and you have "Sopaipillas". Cut large and round and with a hole punched in the middle, they make "Bunuelos". They were served with Mexican chocolate at 4 in the afternoon. Served with the following sauce, Bunuelos were served as a dessert:

- 6 tbsps. sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup wine
- $\frac{1}{2}$  cup seeded raisins
- $\frac{1}{2}$  tsp. cinnamon

Combine ingredients and boil until it begins to thicken. Pour over hot "Bunuelos" and serve at once.

Mrs. W. G. Hetherington.

### MEXICAN SCRAMBLE

- 1 medium size onion
- 2 cups fresh or canned tomatoes
- 1 cup chopped cheese
- salt and pepper to taste
- 1 tbsps. butter
- 1 tsp. Worcestershire sauce
- 3 well beaten eggs

Cook the finely chopped onion in the butter for 10 mins. Add tomato and seasoning and cook 20 mins. Then stir in cheese and Worcestershire sauce and continue stirring until cheese is smoothly melted. Add well beaten eggs and stir until creamy. Serve on toast.

Mrs. K. Dunlop.

### SWEET AND SOUR PORK SPARE RIBS

Chop spare ribs; add soy bean sauce and flour. Fry in deep pork fat until dark brown; drain the spareribs when done.

#### Sauce:

Boil vinegar and brown sugar together then add spare ribs, cook until well done, then add corn starch; boil 2 mins., then serve.

Mandarin Gardens.

### SHRIMP OMELETTE

- 10 large dried mushrooms
- 4 finely shredded water chestnuts
- $\frac{2}{3}$  lb. small shrimp
- 2 tbsps. soy sauce
- $\frac{2}{3}$  cup bamboo shoots, finely shredded
- 3 green onions, cut fine
- 1 stock celery cut fine
- 1 tbsp. water
- 8 eggs
- peanut oil

Cover mushrooms with cold water and allow to soak about 15 mins., then wash well. Squeeze dry and slice fine. Peel the chestnuts, wash and shred. Wash the shrimps and saute in 4 tbsps. of hot peanut oil (or butter) about 2 mins. Stir constantly. Add mushrooms, bamboo shoots, soy sauce, salt and mix well. Heat thoroughly together. Add onions, celery, water chestnuts and heat while stirring constantly for about 3 mins. then cool slightly. Beat eggs and water until foamy, then add shrimp mixture. Using just enough peanut oil (or butter) to cover the bottom of a frying pan, fry quickly  $\frac{2}{3}$  cup of mixture in an individual omelette until golden brown. Turn once. Serve with following sauce:

- 2 tbsps. peanut oil
- $1\frac{1}{2}$  tbsps. flour
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  cup water
- 1 tbsp. sugar
- 1 tbsp. soy sauce

Heat peanut oil. Combine flour, sugar and salt and add to oil. Then add soy sauce and water and blend thoroughly. Cook about 3 mins. until mixture thickens a little, stirring all the time. NOTE: Worcestershire sauce and a little extra salt can be substituted for soy sauce. Peeled radishes added a few minutes before serving can take the place of water chestnuts and thin slices of celery can be substituted for bamboo shoots.

### MUSHROOM CHICKEN

Chop breast of chicken and dip it into egg batter (made of eggs, salt, flour and water.) Then fry in deep fat, until light brown; then strain; add mushrooms and chicken broth with a pinch of flour to thicken sauce.

Mandarin Gardens.

## LEBKUCHEN

- 1 lb. brown sugar
- 1 tsp. cinnamon
- ½ nutmeg, grated
- 3 oz. citron
- 4 eggs
- 1 tsp. cloves
- ¼ lb. unblanched almonds
- 1½ cups sifted flour

Grind the almonds and citron, not too fine. Mix all ingredients well and spread very thin in a shallow well-greased pan. Bake in moderate oven, but do not overcook or allow to brown. Remove from oven and cut in squares. Spread generously with frosting of powdered sugar, water and a little egg white. (Best results obtained with a pastry brush.) Return to oven for just a few minutes, until frosting is dry.

Mrs. Walter Gilbert.

## BARBECUED DUCK

Prepare duck for cooking and place inside duck a mixture of ketchup, with a little H.P. Sauce added, and one tbsp. of whiskey. Sew opening. Wipe outside skin dry, salt and rub with honey. Barbecue or roast in oven until done.

Drain sauce from the duck into a cup. Dice the duck into small pieces, serve on rice and cover with the sauce.

Variation: Chicken, lobster or shrimp can be prepared the same way. In barbecuing pork similarly, rub with salt, then honey, and let stand in a warm place for about one hour before barbecuing or roasting.

The Beaver Lunch.

## SPANISH ROAST

- 1½ lbs. round steak cut in 2" thickness
- 1 sliced onion
- ½ tsp. salt
- 1 cup flour
- 4 ripe tomatoes, cubed
- 1 green chile pulp (or chile powder)
- ¼ tsp. pepper

Pound flour into steak and season. Brown quickly on both sides in 3 tbsps. of very hot fat. Add tomatoes, onion and chile, and cover with water. Cover and bake in a moderate oven until tender, about 1½ hrs.

Mrs. T. J. McKay.

## ICLINTIC VINATARTA

- 1 cup butter
- 1½ cups fruit sugar
- 2 eggs
- 3 tbsps. cream
- 4 cups flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 tbsp. almond flavoring
- 1 tsp. cardamon seeds (purchased at drug store)

Cream butter, add sugar and beaten eggs. Sift dry ingredients and add alternately with cream. Add flavoring and seeds which have been pulverized. Turn out on board and knead in all flour. Divide into 6 parts. Pat each part into a 9" cake pan. Bake until delicate brown. Put together with prune filling (dates may be used when procurable).

### Filling:

- 1¼ lb. prunes
- ¾ cups white sugar
- ½ cup prune juice
- 1 tbsp. cinnamon
- 1 tsp. vanilla

Soak prunes until soft, cook until tender. Remove stones, add sugar and ½ cup prune juice. Add cinnamon, bring to boil and cook until thick. Remove from fire, add vanilla. Cool and spread between layers. Ice with butter icing. Keep two days before using.

Mrs. A. R. Ingham.

## CHOW MEIN

Boil Chinese cabbage and celery until tender adding onions when partly done so as not to spoil the flavor. Drain and allow to dry. Fry in a little garlic, raw meat such as beef, pork, chicken, or raw fish or shrimps (shelled) either plain or breaded, in oil or butter. When nearly done, add a little salt and some soy bean sauce. Do not cook very long after this addition. Add birdseed last.

Fry noodles in deep hot oil (similar to the way French fried potatoes are made). Mix chop suey (which is the greens mixture), the meat or fish, to the noodles and serve. You can also serve by mixing noodles and chop suey together and topping with the meat or fish.

The Beaver Lunch.

### FRIED RICE

- 2 eggs
- 1 tbsp. soy sauce
- 3 slices bacon
- 3 cups cooked rice
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 2 tbsps. onion, finely diced
- 2 tbsps. green pepper, finely diced

Dice the bacon and saute until crisp in a hot frying pan. Add rice and cook 10 mins., stirring constantly. Next add pepper and onion and continue cooking a few minutes longer. To well beaten eggs add soy sauce and seasonings. Then add to rice mixture. Cook until eggs are set. Stir constantly and serve hot.

### NORWEGIAN FATTIG MANS BAKELS

- 2 cups flour
- 6 eggs
- 2 egg whites only
- 1 cup butter
- 1 tsp. cardamom seeds
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  lb. sugar
- 1 dram brandy

Beat egg whites, add other ingredients. Roll into diamond shapes. Bake in hot lard.

Mrs. L. Ottison.

### NORWEGIAN SANDKAKER

- $\frac{1}{2}$  cup lard
- $\frac{1}{2}$  cup butter
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  tsp. baking powder
- 1 tsp. cardamom seeds
- 1 egg
- $\frac{1}{4}$  cup milk
- 2 cups flour

Beat egg well and add lard, butter, sugar, baking powder, seeds and flour, beating batter smooth. Last add milk. Leave stand overnight. Bake the following day.

Mrs. L. Ottison.

### CHICKEN CHOP SUEY

Mix chopped boneless chicken with bean sprouts, Chinese cabbage, celery, onions, mushrooms and soy bean sauce; fry or steam ingredients until done; then add corn starch to thicken sauce.

Mandarin Gardens.

### ALMOND CHICKEN

Boil almonds and remove skins. Cut almonds, celery and onions into the same size and shape and fry together in oil, very gently. Dice chicken to a similar size and fry in hot oil or butter. At the last minute add soy bean sauce. Cut mushrooms and bamboo shoots to a similar size and fry in oil. Mix all ingredients together and serve with rice. Variation: Bread pieces of boneless chicken and fry in hot oil. Add celery, onion, mushroom and bamboo shoots to chicken and top with almonds which have been blanched and browned in hot oil.

The Beaver Lunch.

### FRIED RICE

Clean rice and place in pan, cover with boiling water about 1" depth over the rice. Boil and while cooking add a piece of fat bacon or fat ham. This helps to separate the rice kernels. The dryness of the rice depends on the quantity of water used. Drain and cool. Fry rice with greens prepared the same as in Chow Mein recipe. Prepare meat or fish the same as Chow Mein recipe. Fry eggs solid and cut in small pieces. Mix well together.

The Beaver Lunch.

### GAI LAN SOONG

- 1 lb. lean pork, ground fine
- 1 tbsp. peanut oil
- $\frac{1}{4}$  tsp. salt
- 1 to 2 tbsps. soy sauce
- 5 cups mustard greens, chopped fine

Brown the pork in hot peanut oil and add soy sauce, salt and mustard greens. Mix very well and cook until greens are tender—approx. 15 mins. Serve with boiled rice or fried noodles.

### DRIED SPARE RIBS

Cut spare ribs into 1" pieces. Dip in flour to which salt has been added. Fry in deep hot oil until tender and serve with rice side dish. For variation make a very thin gravy of brown sugar and vinegar (quantity depending on your own taste of sweet or sour), then when ready to serve add bird seeds or sweet and sour pickles cut very fine, and top spareribs. Serve with soy bean sauce.

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