

Favourite Recipes



St. Paul's A.C.M.
L'Anse Au Loup, Labrador
1989

Message from the Organization

We sincerely appreciate and thank all those whose fine spirit of cooperation made it possible for us to publish and market this book.

We truly hope that you will enjoy its use. Should you require extra copies of this publication for your friends, relatives or neighbors, you may purchase them from us.

The Organization
Whose Name Appears
On the Following Pages

Take time **for 10 things**

1 Take time to Work —

it is the price of success.

2 Take time to Think —

it is the source of power.

3 Take time to Play —

it is the secret of youth.

4 Take time to Read —

it is the foundation of knowledge.

5 Take time to Worship —

it is the highway of reverence and washes
the dust of earth from our eyes.

6 Take time to Help and Enjoy Friends —

it is the source of happiness.

7 Take time to Love —

it is the one sacrament of life.

8 Take time to Dream —

it hitches the soul to the stars.

9 Take time to Laugh —

it is the singing that helps with life's loads.

10 Take time to Plan —

it is the secret of being able to have time
to take time for the first nine things.

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples:

kilo means a thousand.

Example: a kilometre is a thousand metres.

centi means a hundredth.

Example: a centimetre is a hundredth of a metre.

milli means a thousandth.

Example: a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5- ½ tablespoons	79 ml	= ⅓ cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

F O O D

1 cup butter margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 eggs whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

The St. Paul's Anglican Church, shown on the front cover, was opened in November, 1986. It was officially opened and dedicated in June 1987, by the Right Reverend S. Stewart Payne (Bishop for the Western Dioceses of Newfoundland and Labrador). Reverend James Eveleigh was rector of the parish during the church construction and official opening.

Members of the St. Paul's A.C.W. are:

*Celestine Earle (President)
Myrtle Payne (Vice-President)
Kathleen Normore (Secretary)
Anita Normore (Treasurer)*

<i>Alma Barney</i>	<i>Florence Normore</i>
<i>Beryl Barney</i>	<i>Jessie Normore</i>
<i>Gaye Barney</i>	<i>Mary Normore</i>
<i>Lily Barney</i>	<i>Mildred Normore</i>
<i>Linda Barney</i>	<i>Olive Normore</i>
<i>Diana Davis</i>	<i>Patricia Normore</i>
<i>Herselia Flynn</i>	<i>Phoebe Normore</i>
<i>Florence Linstead</i>	<i>Sarah Normore</i>
<i>Alice Normore</i>	<i>Delilah Rose</i>
<i>Betty Normore</i>	<i>Audrey J. Ryland</i>
<i>Clarissa Normore</i>	<i>Christine Ryland</i>
<i>Elfreda Normore</i>	<i>Emma Ryland</i>
<i>Ellen Normore</i>	<i>Julie Ryland</i>

"A GOOD COOK"

She guessed at the pepper,
the soup was too hot.
She guessed at the water,
it dried in the pot.
She guessed at the salt,
and what do you think?
For the rest of the day,
we did nothing but drink!
She guessed at the sugar,
the sauce was too sweet.
And also by guessing,
she spoiled the meat.
What is the moral? It's easy to see -
a good cook "measures" and "weighs" to a "t".

Have you read all the recipes in our book?
We hope you've found some goodies to cook.
Our wishes for you are most sincere.
For blessings and happiness year after year.

St. Paul's A.C.W.
Lanse Au Loup
Labrador

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NOTES

PICKLES
HORS D'OEUVRES &
RELISHES



TEN COMMANDMENTS FOR GOOD LIVING

1. **SPEAK TO PEOPLE** there is nothing so nice as a cheerful word of greeting.
2. **SMILE AT PEOPLE** it takes 72 muscles to frown, only 14 to smile.
3. **CALL PEOPLE** the sweetest music to anyone's ears is the sound of his own name.
4. **BE FRIENDLY** and helpful, if you would have friends, be a friend.
5. **BE CORDIAL** speak and act as if everything you do is a genuine pleasure.
6. **BE GENUINELY** interested in people — you can like almost everybody if you try.
7. **BE GENEROUS** with praise — cautious with criticism.
8. **BE CONSIDERATE** with the feelings of others — there are usually three sides to a controversy: yours, the other fellows, and the right side.
9. **BE ALERT** to give service — what counts most in life is what we do for others.
10. **ADD TO THIS** a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

Pickles, Hors d'Oeuvres & Relishes

CABBAGE PICKLES

(Jessie Normore)

3 lb. cabbage
3 lb. onions
3 c. white vinegar
1/2 c. water
1/4 c. salt
4-3/4 c. white sugar
10 tbsp. mustard
1 tbsp. turmeric
1 c. flour

Cook first 6 ingredients for 20 minutes. Mix mustard, turmeric and flour together with vinegar to make a paste. Pour over first ingredients. Tomatoes, vinegar pickles or cucumbers can be added if desired. Bottle while hot.

CABBAGE PICKLES

(Florence Normore)

1 qt. vinegar
2 qt. cabbage
2 qt. onion
1 c. cold water
1/2 c. flour
1 tbsp. turmeric
1 tbsp. dry mustard
1 tbsp. curry powder
1 c. sugar
1 tsp. salt

Chop onions and cabbage, then add vinegar. Boil for 15 minutes. Add salt and sugar. Mix seasoning with flour and add water to make a paste. Stir flour paste into boiling pickles and boil for 15 minutes more. Bottle while hot.

GREEN TOMATO PICKLES PRESERVE

(Patricia Normore)

9 lb. green tomatoes
3 lb. onion
6 apples
2-1/4 c. sugar
1 qt. white vinegar
1 tbsp. ginger
1 tbsp. allspice

Slice tomatoes and onion in layers. Sprinkle with salt. Let stand overnight and drain off brine. Add vinegar and spices. Pare and chop apples and add to other ingredients. Cook until soft, approximately 20 minutes after it comes to boil.

MUSTARD PICKLES

(Gaye Barney)

4 lb. green or red tomatoes
2 lb. onions
2 cucumbers, sliced lengthwise and seeds removed
1/2 head cabbage
1/4 c. salt
1 lge. jar mustard

Cut up first 4 ingredients into small pieces. Place in bowl in layers. Sprinkle salt on each layer. Cover and leave in bowl overnight. Rinse vegetables. Drain well and mix with mustard. Store in airtight containers or sterilized jars. Keep refrigerated.

CHIP DIP

(Celestine Earle)

1-8 oz. pkg. cream cheese, softened
1 c. ketchup
1 c. mayonnaise
1 sm. onion, grated

(continued)

Blend all ingredients together. Beat with mixer until smooth. Chill.
Ready to serve.

CRAB DIP

(Lily Barney)

1 can crab
1-8 oz. pkg. cream cheese
1/2 c. Miracle Whip
2 tbsp. ketchup
2 tbsp. Catalina dressing
1 green onion

Combine all ingredients. Great for vegetable dip.

SHRIMP CHIP DIP

(Celestine Earle)

1-4 oz. can shrimp
4 oz. pkg. Philadelphia cream cheese
3 tbsp. shrimp juice
4 tbsp. mayonnaise
Pinch onion salt, garlic powder, celery salt
1 tsp. Worcestershire sauce

Beat all ingredients together, except shrimp. Drain off remaining juice and add shrimp. Serve after chilled in refrigerator after 1 hour.

RHUBARB RELISH

2 qt. finely cut rhubarb
1 qt. vinegar
2 lb. sugar
2 lb. onions, chopped
2 tsp. pepper

(continued)

1 tsp. salt
1 tsp. cinnamon
1 tsp. allspice
1 tsp. ginger
1 tsp. ground cloves
1/2 tsp. mustard

Boil until soft, then bottle in sterilized jars.

SIMPLE BEET RELISH

16 c. beets
7 c. sugar
4 c. vinegar
2 envelopes gelatine

Boil, until tender, enough beets to make 16 cups. Put beets through food chopper. Boil beets, sugar and vinegar for 20 minutes. Add gelatine. Seal in jars.



SALADS
VEGETABLES &
SOUPS

SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SALT
No. 1 thin	1 c. milk	1 tbsp. flour	1 tbsp.	½ tsp.
No. 2 medium	1 c. milk	2 tbsp. flour	1½ tbsp.	½ tsp.
No. 3	1 c. milk	3 tbsp. flour	2 tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 tbsp. flour	2½ tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.

Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes

VEGETABLE TIME TABLE — MINUTES

VEGETABLE	BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	45 - 60	
Bean, Lima, depending on age	20 - 40	60	
Bean, String	15 - 35	60	
Beets, young with skins on	30	60	70 - 90
Beets, old	1-2 hrs.	1-2 hrs.	
Broccoli, flowerets	5 - 10		
Broccoli, stems	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
Cauliflower, flowerets	8 - 10		
Carrots, cut across	20 - 30	40	
Chard	60 - 90	90	
Celery, cut in lengths ½ inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	8 - 10	15	
Eggplant, whole	30	40	45
Marrow	15 - 40		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin, in cubes	30	45	60
Salsify	25	45	
Spinach	8 - 10	20	
Squash in cubes	20 - 40	50	60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

Salads, Vegetables & Soups

DEVILLED EGG SALAD

(Beryl Barney)

1/4 c. salad dressing
1/2 tsp. mustard
1/2 tsp. onion powder
1/2 tsp. salt
Few grains pepper

Boil eggs hard and peel off shells. Cut lengthwise and remove egg yolks. Mix egg yolks with above recipe and put back in egg whites. Top with parsley flakes or whatever desired.

MACARONI SALAD

(Gaye Barney)

2 c. boiled macaroni
2 c. shredded cabbage
1/2 c. sour milk
3 eggs, hard-cooked
1 tbsp. mustard
1 c. Miracle Whip

Combine macaroni, shredded cabbage and eggs in 1 bowl. Add milk, mustard and Miracle Whip.

MARSHMALLOW SALAD

(Celestine Earle)

2 eggs
4 tbsp. white vinegar
4 tbsp. white sugar

(continued)

2 c. drained pineapple cubes
2 c. miniature marshmallows
1-10 oz. can mandarin oranges
1 c. stiffly whipped cream
Few maraschino cherries

Cook in double boiler first 3 ingredients. Cook and beat with mixer until thick and smooth. Remove from heat. Add 2 tablespoons butter and cool. Fold in remaining ingredients all together. Leave in refrigerator overnight.

PINEAPPLE COLE SLAW

(Gaye Barney)

4 c. shredded cabbage
2-3 carrots, grated
1 c. well drained crushed pineapple
1-2 tsp. sugar
1 c. salad dressing

Combine above ingredients in bowl all together and toss lightly.

THREE BEAN SALAD

(Lily Barney)

1-14 oz. can red kidney beans
1-14 oz. can green beans
1-14 oz. can yellow beans
1 c. chopped celery
1/2 c. chopped green pepper
1/2 c. chopped onion
3/4 c. sugar
1/2 c. vinegar
1/4 c. vegetable oil
1 tsp. salt

Drain beans thoroughly. Combine beans, celery, onion and green pepper. Shake together sugar, vinegar, oil and salt. Pour over vegetables. Chill for several hours or overnight. YIELD: Eight to ten servings.

BATTER FRIED ONION RINGS

(Celestine Earle)

3 lge. Spanish onions
1/8 tsp. pepper
1/2 c. flour
3/4 tsp. salt
1 egg, well beaten
1/2 tsp. baking powder
1/2 c. milk
Oil

Peel onions and cut into 1/4 inch slices. Carefully separate into rings. Sift dry ingredients. Stir in combined egg and milk. Dip rings into batter. Dip coated rings, a few at a time, into hot oil (375 degrees). Fry until golden brown, turning once. Drain on absorbent paper. Sprinkle with salt. Keep hot until ready to serve. YIELD: Six servings.

SCALLOPED POTATOES

2 tbsp. butter
1 tbsp. flour
1-1/2 c. canned milk
4 lge. potatoes
1 onion, finely chopped

Melt butter. Stir in flour. Slowly add milk. Cook over a low heat until thickened. Season to taste with salt and pepper. Slice potatoes and arrange in a buttered casserole dish. Rotate 1 layer of potatoes. Sprinkle with onion, then potatoes again. Pour sauce over top and sprinkle with grated cheese. Bake at 350 degrees F. for 1-1/4 hours. YIELD: Four servings.

FISH CHOWDER

(Priscilla Barney)

1 lb. fresh or frozen fish fillets
2 tsp. salt
2 c. water

(continued)

2 c. potato
1 c. evaporated milk
2 tsp. margarine or butter
Pinch pepper

Put potatoes, salt and water in a saucepan. Cook until potatoes are partially cooked. Put in fish fillets, milk, butter and pepper. Let simmer until fillets are cooked.

FRENCH ONION SOUP

(Gaye Barney)

1 pouch onion soup mix
4 c. water
1/3 c. white wine (optional)
4 slices French or plain bread, toasted
6 oz. Swiss cheese, thinly sliced
1/4 c. Parmesan cheese

Prepare onion soup mix according to package directions. If desired add wine after simmering time. Ladle soup into 4 ovenproof bowls. Top with toasted bread and Swiss cheese. Sprinkle with Parmesan cheese. Broil approximately 5 inches (12 cm) from heat until cheese is golden brown.
YIELD: Four servings.

PARTRIDGE-RICE SOUP

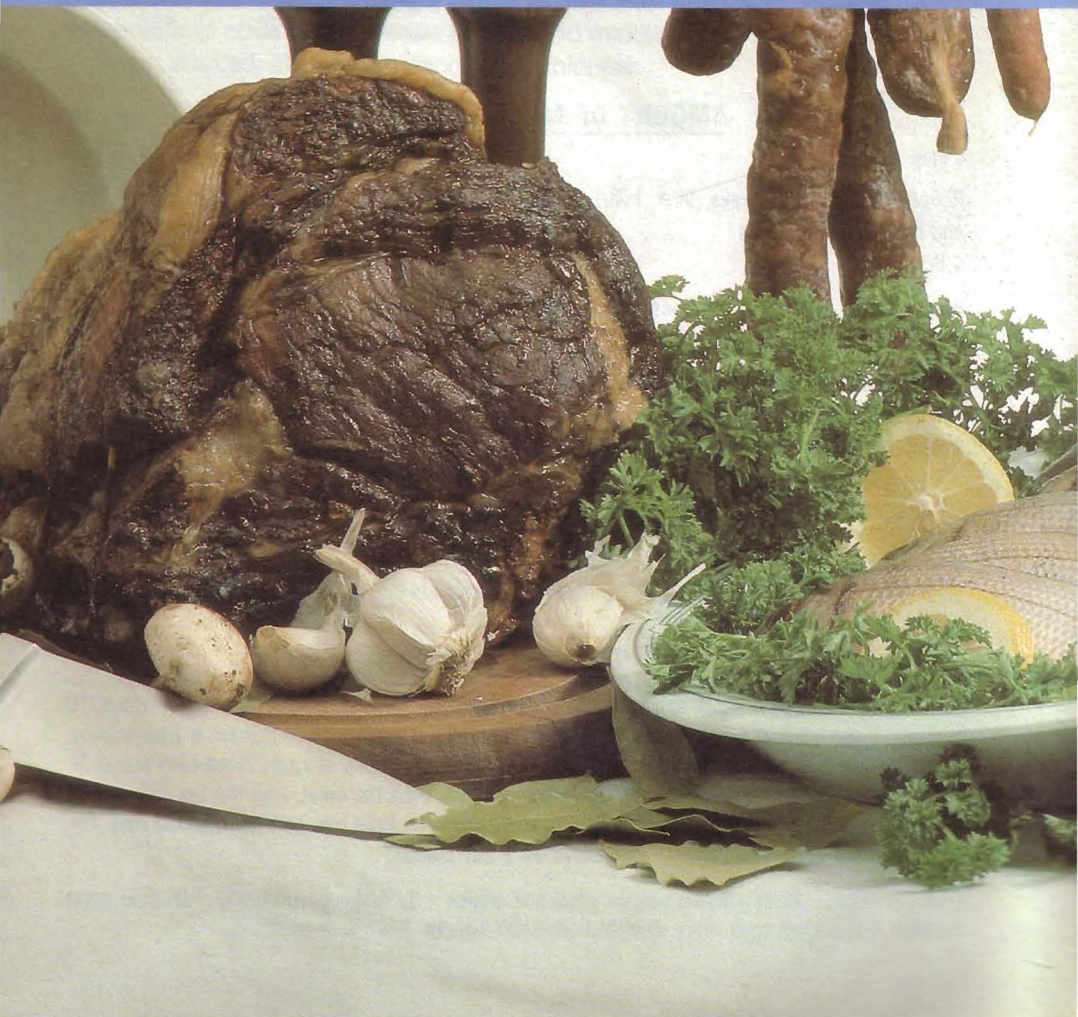
(Olive Normore)

8 c. water
1 lge. carrot, sliced
2 potatoes
1 sm. turnip, sliced
1 lge. onion
2-3 c. rice
1 partridge
1-2 lb. salt beef

Cut in pieces partridge and salt beef. Add to water and allow to boil for 2 to 2-1/2 hours. Add vegetables and continue boiling for 15 to 20 minutes. Add rice and onion. Let boil until vegetables and rice are well cooked.



MEAT
POULTRY &
FISH



TIME CHART FOR MEAT, POULTRY AND FISH

MEAT, POULTRY AND FISH	MINUTES PER LB.	OVEN TEMP.
Beef, rare	18 - 20	300 - 350
Beef, medium	22 - 25	300 - 350
Beef, well done	27 - 30	300 - 350
Pork, fresh	35 - 45	300 - 350
Pork, cured, well done	20 - 35	300 - 350
Ham, smoked	25 - 30	300 - 350
Lamb	30 - 35	300 - 350
Veal	25 - 35	- 300
All rolled roasts (add per lb.)	10 - 15	
Chicken	22 - 30	325 - 350
Duck	20 - 25	325 - 350
Goose	25 - 30	325 - 350
Turkey, large	20 - 25	275 - 300
Turkey, small	15 - 25	300 - 325
Fish	- 20	325 - 350

AMOUNT OF MEAT TO PURCHASE

TYPE OF MEAT

Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats

1 lb.) 4 SERVINGS

Round steak, ham slice, pot roast, rib steaks

1 lb. (small amount of bone) 3 SERVINGS

Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

1 lb. (large amount of bone) 2 SERVINGS

TO STEW MEAT

Beef (per lb.) 40 - 60 mins. Veal (per lb.) 25 mins.

Lamb (per lb.) 20 mins. Chicken (per lb.) 20 mins. or more

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open. Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

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

Meat, Poultry & Fish

CHILI (Microwave)

(Christina Ryland)

1-1/2 lb. ground beef
1-28 oz. can tomatoes
1-5 oz. can tomato paste
2 cans kidney beans
1 med. green pepper, diced
1 tbsp. instant minced onion
1-2 tbsp. chili powder
2 tsp. salt

Into a 3 quart casserole dish, crumble beef and remaining ingredients. Cover and cook in microwave for 35 to 40 minutes. Stir after 20 minutes. When cooked, stir and let stand for 10 minutes.

GOULASH

(Kathleen Normore)

1 pkg. macaroni
1 can tomato soup
1 lb. ground beef
1/2 c. celery
1/2 c. green pepper
1 onion
1/2 tsp. salt
1/2 tsp. pepper

Boil macaroni according to package directions. Fry meat, celery, green pepper and onion together. Mix all ingredients together with tomato soup. Serve.

ITALIAN SPAGHETTI

(Gertie Fillier)

1 lb. hamburger meat
1 lge. onion, chopped
1 clove garlic
1 tsp. salt
1 tsp. oregano
1 tsp. basil
1/2 tsp. marjoram
1/4 tsp. rosemary
1 bay leaf
1 can tomatoes
1 can tomato soup
1 can mushrooms
1 tbsp. Cheez Whiz

In large skillet, cook and stir hamburger meat, onion and garlic until hamburger meat is browned. Drain. Stir in remaining ingredients. Heat to boiling. Reduce heat. Cover and simmer for 1 hour, stirring occasionally. Serve over hot spaghetti. YIELD: Approximately four servings.

KIBBIE

(Jessie Normore)

1 lb. ground beef
1 c. cracked wheat
1/2 c. water
1/4 tsp. pepper
1/2 tsp. salt
3/4 tsp. cinnamon
3/4 tsp. mixed spice
1-1/2 tsp. mint flakes
1 lge. onion, grated
1/2 tsp. garlic powder

Mix all ingredients together. Add enough water to make moist. Place in a loaf pan. Bake at 350 degrees F. for 45 minutes.

MEAT LOAF

(Tena Normore)

- 1-1/2 lb. hamburger meat
- 1 onion, chopped
- 1 egg, slightly beaten
- 1 c. bread crumbs
- 1 can tomato soup

Combine thoroughly hamburger meat, onion, egg and tomato soup. Spread in loaf pan. Top with bread crumbs. Bake for 1-1/4 hours in a 375 degree F. oven.

MEAT LOAF

(Emma Ryland)

- 1 lb. ground beef
- 2 tsp. ketchup
- 2 c. bread crumbs
- 1 egg
- 1 c. milk
- 1 envelope Lipton onion soup mix
- Salt and pepper

Combine all ingredients together. Put meat loaf in bread pan or meat loaf pan. Spread 2 tablespoons ketchup over top. Bake at 350 degrees for 1 hour.

SKILLET BURGERS

(Eileen Ryland)

- 1 lb. ground beef
- 1 c. chopped onion
- 1/2 c. chopped celery
- 1-15 oz. can tomato sauce
- 1/2 c. water

(continued)

2 tbsp. quick cooking rolled oats
1 tsp. salt
1 tsp. Worcestershire sauce
1/2 tsp. chili powder
1/8 tsp. pepper
Dash bottled hot pepper sauce
16 hamburger buns, split and toasted

In skillet, cook beef, onion and celery until beef is brown and onion is tender. Drain off excess fat. Stir in tomato sauce, water, rolled oats, salt, Worcestershire sauce, chili powder, pepper and hot pepper sauce. Simmer, uncovered, until mixture is of desired consistency, approximately 30 minutes. Spoon approximately 1/4 cup meat mixture into each bun.
YIELD: Sixteen skillet burgers.

SPAGHETTI BOLOGNAISE

(Sarah Normore)

1 lb. ground beef
1 lge. onion, chopped
1/2 green pepper, diced
1 can tomatoes, chopped
1 beef OXO cube
Savoury, to taste
Salt and pepper, to taste

Fry ground beef and drain off excess oil. Add onion, green pepper, OXO, tomatoes and seasonings. Cook for 30 minutes over gentle heat. Add a little water if necessary. Serve over spaghetti.

TACO BURGERS

(Eileen Ryland)

1 lb. ground beef
1-16 oz. can tomatoes, cut up
1 tsp. chili powder

(continued)

1 tsp. Worcestershire sauce
3/4 tsp. garlic salt
1/4 tsp. dry mustard
8 hamburger buns, split and toasted
2 c. shredded lettuce
1 c. grated cheese
1/2 tsp. sugar

In skillet, brown beef and drain off excess oil. Stir in undrained tomatoes, chili powder, Worcestershire sauce, garlic salt, sugar and dry mustard. Bring to boiling, reduce heat and simmer, uncovered, until thickened, 15 to 20 minutes. Spoon meat mixture onto toasted buns. Sprinkle with grated cheese and lettuce. YIELD: Eight taco burgers.

TWIN MEAT LOAVES

(Eileen Ryland)

3 c. cubed bread
3/4 c. milk
2 eggs, beaten
1/4 c. finely chopped onion
1/4 c. finely chopped celery
1 tbsp. Worcestershire sauce
1-1/2 tsp. salt
1/2 tsp. poultry seasoning
1/8 tsp. pepper
1-1/2 lb. ground beef
1/2 lb. ground pork
1/4 c. chili sauce OR
1/4 c. ketchup
2 tbsp. corn syrup

Soak bread cubes in milk. Add eggs and beat with beater. Stir in chopped onion, celery, Worcestershire sauce, salt, pepper and poultry seasoning. Add beef and pork. Mix thoroughly. Form meat mixture into 2 loaves. Put in 13x9x2 inch baking pans. Bake, uncovered, at 350 degrees for 1 hour.

For glaze, spread meat loaf with chili sauce or ketchup and corn syrup. Bake for 15 minutes longer. YIELD: Two meat loaves; four or five servings each.

GREEN PEPPER STEAK

(Jacqueline Normore)

3 tbsp. vegetable oil
1 clove garlic
1 c. onion
2 tbsp. soya sauce
Dash black pepper
1-1/2 chicken flavoured bouillon cubes
2 green peppers, diced
Cubed steak
1/4 tsp. salt
1/2 tsp. sugar
1 tsp. ginger
2 tbsp. cornstarch

1st Mixture: Mix and stir soya sauce, sugar, pepper and ginger with 1 tablespoon water. Set aside

2nd Mixture: Mix together 4 tablespoons water, 1/2 teaspoon soya sauce and cornstarch. Set aside.

Heat oil in large frying pan. Add salt, garlic and steak. Fry for 3 minutes, stirring constantly. Add onion and green peppers. Fry for 1 minute. Add first mixture and stir well. Add broth and cover. Boil for 4 minutes. Add second mixture and stir until sauce is thick and smooth. Serve with rice.

OVEN SWISS STEAK

(Eileen Ryland)

1-1/2 lb. beef round steak
1/4 c. all-purpose flour
1 tsp. salt
2 tbsp. shortening
1-16 oz. can tomatoes, cut up
1/2 c. finely chopped celery
1/2 c. finely chopped carrots
1/2 tsp. Worcestershire sauce

(continued)

Cut meat into 6 serving size portions, approximately 3/4 inch thick. Combine flour and salt. Pound 2 tablespoons of mixture into meat. Brown meat on both sides in hot shortening. Transfer meat to a 12x7-1/2x2 inch baking dish. Blend remaining 2 tablespoons flour into pan drippings. Stir in undrained tomatoes, celery, carrot and Worcestershire sauce. Cook and stir until thickened and bubbly. Pour over meat. Bake, covered, at 350 degrees F. until tender, approximately 1 hour and 20 minutes. YIELD: Six servings.

SWEET AND SOUR BEEF STEW

(Alice Normore)

1 - 1-1/2 lb. stewing beef
2 tbsp. cooking oil
2 med. carrots, shredded
2-8 oz. cans tomato sauce
1/2 c. water
1/4 c. packed brown sugar
1/4 c. vinegar
1 tbsp. Worcestershire sauce
1 tsp. salt
2 tbsp. cold water
2 tsp. cornstarch
Hot cooked noodles
1 med. onion, sliced

In cooking pot, brown stewing beef in hot oil. In same pot, combine stewing beef, shredded carrots, sliced onion, tomato sauce, water, brown sugar, vinegar, Worcestershire sauce and salt. Cover and cook over low heat until stewing beef is tender, approximately 1 to 1-1/2 hours. Blend cold water with cornstarch. Add to stew. Cook, stirring, until thickened and bubbly. Serve stew over noodles. YIELD: Four servings.

BACON FRIED RICE

(Olive Normore)

1/4 lb. bacon
1 med. onion
1/2 c. green pepper

(continued)

1/2 c. red pepper
1 can mushrooms
2 eggs
Soya sauce, to taste
1 c. rice

Cut bacon into small pieces and fry together with onion, green pepper, red pepper and mushrooms. Stir in eggs. Cook rice according to directions on package and add to bacon mixture. Stir in soya sauce to taste. YIELD: Four to five servings.

BAKED BEANS

(Olive Normore)

2 c. dried beans
1/3 lb. salt pork, diced
3 tbsp. brown sugar
3 tbsp. molasses
1 tsp. salt
1/2 tsp. mustard
1 onion
2 tbsp. ketchup

Soak beans overnight. Drain and reserve soaking water. Add pork, brown sugar, molasses, salt, mustard, onion and ketchup. Cover with soaking water. Bake in a covered pot for approximately 6 hours at 300 degrees.

BARBECUED SPARERIBS

(Alice Normore)

1-1/2 lb. fresh spareribs
1 c. ketchup
1 c. water
1/2 c. finely chopped onion
1 green pepper
1 tsp. dry mustard

(continued)

Dash pepper
1/4 c. white sugar
1-1/2 tsp. Worcestershire sauce

Fry ribs until brown. Add onion and green pepper. Simmer for 10 minutes. Mix remainder of ingredients to make sauce. Heat on medium heat. Arrange ribs in baking dish. Pour over sauce. Bake for 1 hour at 375 degrees F.

BARBECUED SPARERIBS

(Beryl Barney)

1-1/2 lb. fresh spareribs
1 c. ketchup
1 c. water
1/2 c. finely chopped onion
1 tsp. dry mustard
Dash pepper
1-1/2 tsp. Worcestershire sauce
1/4 c. white sugar

Fry ribs until brown. Add onion and simmer for 10 minutes. Mix remainder of ingredients to make sauce. Heat on medium heat. Arrange ribs in baking dish. Pour sauce over. Bake for 1 hour at 375 degrees F.

CHOP SUEY

(Gertie Fillier)

1/4 c. butter
2 c. cooked pork or fresh meat (diced or in thin strips)
1 med. onion, chopped
2 c. diced celery
1 tsp. salt
Dash pepper
1/2 c. hot water
1 can Chinese vegetables
2 tbsp. cold water

(continued)

2 tbsp. cornstarch
1 tbsp. soya sauce
1 tbsp. sugar
1 tbsp. Bouvil OR
1 OXO cube

Melt butter in skillet. Fry onion. Add celery, salt, pepper and hot water. Cover and cook for 5 minutes. Add Chinese vegetables and pork or fresh meat. Combine cold water, cornstarch, soya sauce, sugar and Bouvil or OXO cube. Add to meat mixture and cook for 1 minute. Serve hot with fried rice. YIELD: Five servings.

GARLIC SPARERIBS

(Audrey J. Ryland)

1 c. brown sugar
1 tsp. vinegar
2 tsp. cornstarch
1/2 tsp. garlic powder
3 tbsp. soya sauce
1 c. cold water

Brown spareribs and drain grease. Boil all 6 ingredients together. Add a little extra water if sauce is too thick. Pour sauce over spareribs. Bake, covered, for 20 to 30 minutes.

GLAZED HAM

(Anita Normore)

1 c. brown sugar
1 tbsp. cornstarch
1/4 tsp. salt
1 can crushed pineapple
2 tbsp. lemon juice
1 tbsp. dry mustard

Bake ham. Thirty minutes before done, take off all drippings from ham. In a saucepan, bring above ingredients to a boil. Boil and stir until thickened, then pour over ham. Bake for 30 minutes.

SEVEN LAYER DINNER

(Florence Normore)

1 layer onion
1 layer carrot
1 layer potatoes
1 c. rice
1 can green peas with water
1 can tomato soup with 1 can water
Pork chops, chicken wings or pork sausages

Place in roaster and bake in a 350 degree oven for 2 hours, covered.

SMOTHERED PORK CHOPS

(Diana Davis)

Fry out pork chops in a deep frying pan. When 1/2 cooked, add water, onions, salt and pepper. Slice carrots, turnips and potatoes. Fill with water, cover and cook on medium heat for 1 hour or until cooked. Make gravy in it. Serve like a stew. You could also make dumplings with it.

SWEET AND SOUR SPARERIBS

(Clarissa Normore)

1 lge. onion
1/2 c. ketchup
1 c. vinegar
1 tsp. salt
1/2 c. salad oil
1/2 c. brown sugar
1 tbsp. soya sauce

Cut spareribs individually. Bake in a roasting pan in a 425 degree F. oven for 45 minutes. Slice onion and place on ribs. Bring other ingredients to a boil in saucepan. Pour over spareribs and continue baking for 1 hour at 325 degrees F. Baste often.

SCALLOPED POTATOES WITH SAUSAGES

(Alma Barney)

1 lb. sausages
1/4 c. water
4 c. coarsely sliced potatoes
1 sm. onion, thinly sliced
Salt and pepper, to taste
1-1/2 c. milk
2 tbsp. butter

Simmer sausages in heavy skillet in water for 10 minutes, covered. Drain water from sausages and brown lightly. Cut 1/2 of sausages in slices. In baking dish, put layer of raw potatoes, then sliced sausages and onion rings. Add salt and pepper. Continue in this manner until all is used. Pour milk over all and dot with butter. Lay whole sausages on top. Bake for 1-1/2 hours or until potatoes are tender in a 350 degree F. oven.
YIELD: Serves four to six.

CHICKEN A LA KING

(Alice A. Normore)

2 c. cubed cooked chicken
1 c. cold precooked potatoes
1-10 oz. can green peas, drained
3/4 c. skim milk powder
2 tbsp. butter
1/2 c. diced onions
3/4 c. diced precooked carrot
3 tbsp. flour
1-1/4 c. warm water
Salt and pepper

Melt butter in deep pan over low heat. Gradually add flour and cook. Add enough flour so it isn't sticking to sides of pan. Pour on warm milk that has been mixed, stirring constantly. Bring to a slow boil. Add potatoes, carrot, onions, salt, pepper and chicken. Drain peas and add, stirring constantly with a wooden spoon. Remove from heat. Serve plain or on toasted bread. If sauce seems too thick, add small amount of warm or hot water.

CHICKEN HURRY

(Alice Normore)

2-1/2 - 3 lb. chicken parts
1/2 c. ketchup
1/4 c. wter
1/4 c. brown sugar
1 envelope dry onion soup mix

Arrange chicken parts in a small roaster or casserole. In a small bowl, combine ketchup, water, sugar and soup mix. Mix together well. Spoon over chicken, making sure some is on every piece. Bake, covered, in a 350 degree oven for at least 1 hour or until very tender. YIELD: Serves four to six.

CURRIED CHICKEN

(Anita Normore)

2 onions, chopped
2 tsp. curry powder
1 tsp. grained masalla
1/4 tsp. ginger
1/4 tsp. turmeric
1/2 tsp. chilli powder
1-14 oz. can tomatoes
1/4 tsp. garlic powder
Chicken
Salt and pepper

Fry onions until brown. Add spices and fry for 1 to 2 minutes. Add chicken and tomatoes. Simmer on stove for 1 hour.

DELICIOUS AND EASY CHICKEN

2-1/2 - 3 lb. broiler chicken
1/2 c. ketchup
1/4 c. water

(continued)

1 envelope onion soup mix
1/4 c. brown sugar

Cut chicken up. Mix other ingredients well. Place a sheet of aluminum foil in a shallow pan with shiny side up, overlapping sides of pan so juices cannot run out. Arrange chicken pieces on foil in a single layer. Pour sauce over chicken and cover with another sheet of aluminum foil, shiny side down. Seal all edges. Bake at 375 degrees F. for 50 minutes.

HONEY CHICKEN WINGS

Chicken wings
1 c. sugar
1-1/2 c. soya sauce
1 tbsp. chili powder

Wash chicken and place in roasting pan. In a bowl, add next 3 ingredients. Mix well. Pour over chicken. Bake in a 350 degree oven for 1 hour, uncovered.

JAPANESE CHICKEN WINGS

(Audrey J. Ryland)

3 lb. chicken wings
1 egg, slightly beaten
1 c. flour
1 c. butter
3 tbsp. soya sauce
3 tbsp. water
1/2 c. white sugar
1/2 c. vinegar
1/2 tsp. salt

Cut wings in half. Dip in beaten egg and flour. Fry in butter until deep brown and crisp. Put in shallow roasting pan. Combine last 5 ingredients together and pour over wings. Bake at 350 degrees F. for 30 minutes. Baste wings with sauce during cooking.

VEGETABLE STIR-FRY

(Betty Normore)

- 2 tbsp. cornstarch
- 2 tbsp. corn syrup
- 1 tbsp. soya sauce
- 1/2 c. chicken broth
- 3 tbsp. corn oil
- 1 lb. chicken, cut up in thin strips
- 1 c. sliced broccoli
- 1 c. sliced mushrooms
- 1 c. sliced tomato
- 1 c. sliced celery
- 1 c. sliced cauliflower

Combine first 4 ingredients and set aside. In large skillet or wok, heat oil and stir-fry chicken for 5 minutes. Add vegetables and stir for 2 minutes. Add sauce to mixture. Bring to boil, stirring constantly. Serve with rice.

COD AU GRATIN

(Florence Linstead)

- 2 c. flaked cod fish
- 1 c. grated cheese

Sauce:

- 1/2 lb. melted butter
- 2 tbsp. flour
- Salt and pepper, to taste
- 2 c. milk

Boil and stir sauce until thick. Layer in a casserole dish, sauce, fish and cheese. Top with bread crumbs. Bake at 350 degrees F. for 30 minutes.

COD AU GRATIN

(Beryl Barney)

1-1/2 lb. cod fillets
2 tbsp. chopped onion
Salt and pepper, to taste
2 tbsp. lemon juice
2 tbsp. water

Place fish in baking dish and sprinkle onion, salt and pepper over it. Add lemon juice and water. Bake at 450 degrees F. for 10 minutes.

Meanwhile make cream sauce as follows. Melt 2 tablespoons butter. Add 2 tablespoons flour and stir. Gradually add 1 cup milk. Cook and stir over medium heat until thickened. Add 1/2 cup grated cheese. Stir until melted.

Flake cooked fish. Add 2/3 cup bread crumbs. Add fish including juices and bread crumbs to cheese sauce. Pour into casserole and sprinkle with bread crumbs and grated cheese. Bake for 10 to 15 minutes at 375 degrees F.

COD FISH CASSEROLE

(Sarah Normore)

2 lb. cod fillets, cooked
2 c. white sauce OR
1 can mushroom soup
1-8 oz. can kernel corn
1 tsp. onion powder
1 tsp. parsley flakes
1/4 tsp. pepper
1 egg
1 c. cracker or bread crumbs
1/2 c. grated cheese
1 pkg. salt and vinegar chips

Put grated cheese and potato chips over top. Bake for 20 or 25 minutes at 375 degrees.

FISH CASSEROLE

(Delilah Rose)

2-1/2 lb. fresh cod fillets
2 eggs, beaten
1 c. soft bread crumbs
4 tomatoes, quartered
1/2 c. finely chopped onions
3/4 c. grated cheese
Salt and pepper

Wash and dry fillets. Place in greased flat dish. Spread beaten eggs over fish. Sprinkle crumbs. Garnish with tomatoes. Season with salt and pepper. Fry chopped onion in melted margarine until nicely browned. Spread evenly over all. Sprinkle with cheese. Bake at 350 degrees for 25 to 30 minutes. YIELD: Four servings.

PORCUPINES

(Elfredia Normore)

1 tall can (1 lb) salmon
1/2 c. uncooked rice
1/2 c. grated raw carrot
3 tbsp. finely chopped mild onion
1 med. egg
1/2 tsp. salt
1-10 oz. can cream of mushroom soup
1/2 c. water

Mix together salmon with liquid, rice, carrot, onion and egg. Season with salt and pepper. Shape into 6 large balls. Place in buttered deep sided square baking dish. Leave space between balls for expansion of rice during cooking.

SALMON LOAF

(Betty Normore)

1 can salmon, deboned, skinned and flaked
1 c. bread crumbs
1 c. scalded milk
1 tsp. salt
1 onion, finely chopped
1 tsp. lemon juice
1 tbs. butter
2 egg yolks
2 egg whites, stiffly beaten

Soak crumbs in hot milk and add to flaked salmon. Blend in all ingredients, except egg whites. Combine well. Fold in egg whites. Pour in greased loaf pan. Steam for 1 hour.

SALMON LOAF

(Florence Linstead)

3 med. potatoes, boiled
1-1/2 lb. cooked salmon
1 can peas and carrots
1/2 c. onions
1 egg
1 c. milk
1 tsp. salt
1/2 tsp. pepper
1/4 c. melted butter
1 c. corn flakes

Mix in order given. Sprinkle with corn flakes and melted butter. Bake at 375 degrees for 45 minutes covered, and for 15 minutes, uncovered.

SALMON LOAF WITH EGG SAUCE

(Lily Barney)

1-1 lb. (500 g) can salmon
3 eggs
1/4 c. milk
1/4 tsp. salt
Pinch pepper
1 tbsp. minced onion
1 tsp. lemon juice
3 c. corn flakes

Sauce:

1/4 c. butter
1/4 c. flour
1 c. milk
1/4 c. salmon liquid
3 eggs, hard-boiled and peeled
1 tbsp. lemon juice
1/4 c. finely chopped parsley

Preheat oven to 325 degrees F. Drain salmon and reserve juice. Remove skin and bones, and finely flake in a medium bowl. Beat eggs well and add to salmon with milk, pepper, onion salt and lemon juice. Mix thoroughly. Add corn flakes and mix again. Pour into well buttered 5x10 inch loaf pan. Bake for 1 hour.

Sauce: Melt butter. Stir in flour. Cook over low heat until mixture begins to bubble. Add milk and salmon liquid, stirring constantly, until mixture thickens. Remove from heat. Stir in chopped eggs and lemon juice. Loosen salmon loaf with a sharp knife.

SCALLOP CASSEROLE

(Olive Normore)

8 slices bread, cubed and buttered
1 can mushrooms
1 lb. scallops

(continued)

2 c. grated cheese
3 eggs
1/2 tsp. dry mustard
Salt and pepper, to taste
Paprika
2 - 2-2/1 c. milk

Beat eggs. Add salt, pepper, dry mustard and paprika. Repeat layers of bread, mushrooms, scallops and cheese. Add enough milk to cover layers. Sprinkle with cheese. Cover and bake for 1/2 hour at 350 degrees.

Main Dishes - Meatless

BAKED MACARONI AND CHEESE

(Kathleen Normore)

1 pkg. macaroni
2 c. diced Cheddar cheese
1/2 tsp. salt
Sliced cheese
1/2 c. ketchup

Boil macaroni according to package directions. Remove from heat and drain. Mix diced cheese and macaroni together along with ketchup. Top with sliced cheese and ketchup. Bake at 350 degrees F. for 1/2 hour.

BAKED MACARONI AND CHEESE

(Alice Normore)

3 tbsp. butter
3 tbsp. flour
3 c. milk
1/2 tsp. mustard

(continued)

2 c. macaroni
1/3 c. bread crumbs
1-1/2 - 2 c. Cheddar cheese
1/2 tsp. Worcestershire sauce

Melt butter. Blend in flour and seasonings. Add milk and cook, stirring constantly, until thickened. Remove from heat. Add cheese, Worcestershire sauce and mustard. Stir until smooth. Cook macaroni and add sauce. Bake for 1 hour at 300 degrees.

Sweet and Sour Meatballs

1 lb. Hamburger meat
1 egg
1/3 cup oats
Salt & pepper

Mix ingredients and roll into balls. Brown meatballs by either cooking in microwave over 5 min on high or by placing on broiler pan and baking in oven for 1/2 hr. Then brown. Place in casserole dish covered with sauce. Cook at 350° for 1 hr.

Sauce:

3/4 cup brown sugar
1/3 cup ketchup
3/4 cup water
1/3 cup vinegar
1 Tbsp. Worcestershire sauce

Cook meatballs with sauce in covered dish. Baste occasionally. About 5 mins before taking from oven, remove meatballs. Stir in 1 Tbsp cornstarch in 1 Tbsp water to thicken. Replace meatballs and cook 5 mins longer.

EXTRA RECIPES

Smarty Cookies

- 1 can condensed milk
- 2 cups oreo cookie crumbs
- 1/2 cup coconut

Roll + flatten. Press Smartie in
Centre.



BREADS
ROLLS &
COOKIES



OVEN TEMPERATURE CHART

Slow	250 - 325
Moderate	325 - 375
Moderate Hot	375 - 425
Hot	425 - 450
Very Hot	450 - 475

BREADS	MINUTES	TEMP.
Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370

COOKIES		
Drop	10 - 15	350 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

PROPORTIONS FOR BATTERS AND DOUGHS

	LIQUID	FLOUR
Pour Batter	To 1 cup use	1 cup
Drop Batter	To 1 cup use	2-2½ cups
Soft Dough	To 1 cup use	3-3½ cups
Stiff Dough	To 1 cup use	4 cups

PROPORTIONS

	FLOUR	BAKING PWD.
Biscuits	To 1 cup use	1¼ teaspoon
Muffins	To 1 cup use	1½ teaspoon
Popovers	To 1 cup use	1¼ teaspoon
Waffles	To 1 cup use	1¼ teaspoon
Cake with fat	To 1 cup use	1 teaspoon

FOR THE COOKY JAR

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

Breads, Rolls & Cookies

CHOCOLATE CHIP BUNS

(Phoebe Normore)

- 4 c. flour
- 5 tsp. baking powder
- 1 c. sugar
- 1/2 lb. butter
- 3/4-1 c. water
- 1 c. chocolate chips

Combine dry ingredients. Rub in butter until fine. Add chocolate chips. Add water and mix gently. Flatten on pastry sheet with hands and cut out with cookie cutter. Bake on cookie sheet at 300 degrees F. for 15 minutes or until golden brown.

MOLASSES BUNS

(Florence Normore)

- 1 c. molasses
- 1 c. brown sugar
- 1 c. butter, melted
- 1 egg
- 1/4 c. milk
- 4-1/2 c. flour
- 2 tsp. baking soda
- 2 tsp. cloves
- 2 tsp. ginger

Mix together well and bake for 15 to 20 minutes at 400 degrees. Mixture will be real soft.

RAISIN BUNS

(Elfredia Normore)

5 tsp. baking powder
2-1/2 c. flour
1 tsp. salt
1 egg, beaten and add milk to measure 3/4 c.
1/2 c. sugar
1/2 c. margarine
1 c. raisins
1/4 c. coconut

Sift dry ingredients into a bowl. Cut in margarine. Add raisins and liquid to make a soft dough. Place on a lightly floured board and roll to approximately 1/2 inch thickness. Cut with a small cutter and place on a greased cookie sheet. Bake at 400 degrees for approximately 15 minutes.

TEA BUNS

(Deliah Rose)

2 c. flour
4 tsp. baking powder
1 egg
1/2 c. butter
Pinch salt
1/3 c. sugar

Cream butter and sugar. Add beaten egg. Add salt and baking powder to flour. Add to butter mixture with 1/2 cup milk. Brush buns with milk before putting in oven.

BANANA BREAD

(Delilah Rose)

1/2 c. butter or margarine
2 eggs
2 c. flour

(continued)

1 c. white sugar
3 bananas, mashed
1 tsp. baking soda

Combine ingredients and bake at 325 degrees F. for 1 hour.

APPLE MUFFINS

1/4 c. shortening
1 egg
1/2 c. white sugar
1-1/2 c. flour
1/2 tsp. salt
1 c. grated raw apple
3 tsp. baking powder
1/2 c. milk

Topping:

1/3 c. brown sugar
1/2 tsp. cinnamon
1/3 c. chopped nuts

Mix shortening, egg and white sugar. Add flour, salt, apple and baking powder alternately with milk.

Topping: Mix sugar, cinnamon and nuts together. Put 1 tablespoon on top of each muffin before baking. Bake for 25 minutes at 350 degrees F.
YIELD: Twelve muffins.

BRITISH COOKIES

(Gaye Barney)

1/4 c. icing sugar
1/4 c. custard powder
1-1/2 c. flour
1-1/2 c. butter or margarine

(continued)

1/2 pkg. chocolate chips
Approximately 1/2 bar of Parowax
Butter icing

Mix together first 4 ingredients until dough is stiff. Roll in small balls and flatten with fork but not too flat. Bake in a 350 degree oven for 10 to 15 minutes or until brown. Melt chocolate chips and Parowax. When cookies are cold, dip 1/2 each cookie in chocolate. Mix butter icing and put between 2 cookies. Stick together and serve.

CARROT COOKIES

(Eileen Ryland)

2 c. diced peeled carrots
3/4 c. butter
1 c. sugar
1 egg
1 tsp. vanilla
2 c. flour
2 tsp. baking powder
1/2 tsp. salt

Pineapple Frosting:

1-1/4 c. sugar
2 tbsp. butter
2 tbsp. pineapple preserves
Milk

Cook carrots in small amount of salted boiling water until tender. Drain and mash (should measure approximately 1 cup). Cool. Cream butter and sugar. Add egg and vanilla. Beat until fluffy. Stir in mashed carrots. Stir together flour, baking powder and salt. Blend into batter. Drop from teaspoon on ungreased cookie sheet. Bake at 375 degrees F. for approximately 12 minutes. Cool and spread with pineapple frosting. YIELD: Approximately five dozen.

Frosting: Blend sugar, butter and pineapple preserves until smooth. Add enough milk, approximately 1 tablespoon, until of spreading consistency.

COCONUT MACAROONS

(Roberta Woodman)

1/2 c. sweetened condensed milk
2 c. coconut
1 tsp. almond flavouring
Few cherries

Combine milk and coconut. Add flavouring. Stir. Roll into balls and place on cookie sheet. Press 1/4 of cherry into cookie. Bake at 350 degrees F. for 10 minutes. YIELD: Twenty-four.

EGGS IN NEST

1 pkg. chocolate chips
1 can condensed milk
1-1/2 c. graham wafer crumbs
1-1/2 c. coconut
1 pkg. lge. marshmallows

Melt chocolate chips in top of double boiler and add rest of ingredients, except marshmallows. Take mixture off stove. Coat marshmallows and roll in coconut. When cold, cut in 1/2.

GOLF BALLS

1/2 c. butter
1/2 c. milk
2 c. sugar
3-1/2 c. rolled oats
1-1/2 c. coconut
6 tbsp. cocoa
1 tsp. vanilla

Boil butter, milk and sugar for 5 minutes. Pour over oats, coconut, cocoa and vanilla. Form into balls and roll in coconut. ,

PEANUT BUTTER COOKIES

(Tena Normore)

1-1/4 c. flour
1/2 tsp. baking soda
1/4 tsp. salt
2/3 c. peanut butter
1/2 c. shortening
2/3 c. lightly packed brown sugar
1/2 c. granulated sugar
1 egg

Preheat oven to 350 degrees F. and lightly grease a baking sheet. Sift together flour, baking soda and salt. Cream together peanut butter, shortening and sugar. Blend in egg. Stir in dry ingredients. Shape into small balls and place on greased baking sheet, approximately 3 inches apart. Press 1/2 inch thick with floured fork. Bake in a preheated 350 degree oven for 12 to 15 minutes or until nicely browned. YIELD: Four dozen cookies.

PEANUT CLUSTERS

2 c. sugar
1/4 c. margarine
3/4 c. evaporated milk
1 c. semi-sweet chocolate chips
1/2 of 10-1/2 oz. bag miniature marshmallows
1 lb. pkg. salted shelled peanuts

Place sugar, margarine and milk in a medium sized saucepan. Boil for approximately 4 minutes. Add marshmallows and chocolate chips. Stir to blend well. Add salted shelled peanuts. Stir to mix evenly. Drop on waxed paper by using teaspoon. YIELD: Approximately fifty clusters or less if larger cookies are desired.

RAINBOW LOGS

(Alma Barney)

2 squares semi-sweet chocolate
1 lge. egg
3/4 c. icing sugar
30 coloured marshmallows, cut in quarters
1/3 c. nuts, chopped
1/2 c. coconut

Melt chocolate over top of a double boiler. Keep warm. Beat egg. Add icing sugar. Combine well. Add melted chocolate, then marshmallows and nuts. Mix and shape into 2 logs. Roll in coconut and wrap in wax paper. Place in refrigerator. When ready to serve, cut in strips. Very colourful.

RASPBERRY COCONUT COOKIES

(Linda Barney)

3-1/4 c. flour
1 tsp. baking soda
1 tsp. salt
1 c. brown sugar
3/4 c. white sugar
1 c. shortening
2 eggs
1/2 c. water
2 c. flaked coconut
1 tsp. almond extract
Raspberry jam

Measure flour. Add baking soda and salt. Blend in well. Cream shortening, sugar and eggs thoroughly. Add water and almond extract. Mix well. Blend in flour mixture. Stir in coconut. Drop mixture by level teaspoons 2 inches apart on ungreased baking sheets. Make small dent in top of each cookie with a thimble. Place 1/2 teaspoon raspberry jam on each cookie. Bake at 400 degrees F. for 10 to 12 minutes.

Quick apple pudding

EXTRA RECIPES

(apple dessert)

2 tbs butter } cream
1/4 cup w. sugar }

1 cup flour

1 teas B. Powder

1/3 teas Salt

Cut up cup apple, put in

6^{or 8} tbs Milk Spread in dish

Sause

1 cup B Sugar

1 tbs butter

1 1/2 cup boiling water

1 teas Vanilla

Bring to boil
Put over

350.° for 30-35 minutes



CAKE &
PASTRY



OVEN TEMPERATURE CHART

Slow	250 - 325
Moderate	325 - 375
Moderate Hot	375 - 425
Hot	425 - 450
Very Hot	450 - 475

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	TEMP.	TIME
Butter Cake, loaf	360 - 400	40 - 60 min.
Butter Cake, layer	380 - 400	20 - 40 min.
Cake, angel	300 - 360	50 - 60 min.
Cake, sponge	300 - 350	40 - 60 min.
Cake, fruit	275 - 325	3 - 4 hrs.
Cookies, thin	380 - 390	10 - 12 min.
Cookies, molasses	350 - 375	18 - 20 min.
Cream Puffs	300 - 350	45 - 60 min.
Meringues	250 - 300	40 - 60 min.
Pie Crust	400 - 500	20 - 40 min.

CAKES	TEMP.	TIME
Angel	325	60 min.
Sponge	325	60 min.
Cup	350	25 min.
Layer	375	25 - 30 min.
Loaf	350	45 - 60 min.
Sheet	375	20 - 30 min.
Pound	325	60 - 90 min.

PIES	TEMP.	TIME
Pumpkin	400	35 - 45 min.
Two-crust	400	25 - 40 min.
Shells	450	10 - 12 min.
Meringue	300	10 - 15 min.

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use $2\frac{1}{4}$ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

Cake & Pastry

APPLE SAUCE CAKE

(Anita Normore)

3 c. flour
1 tsp. baking powder
2 tsp. baking soda
1/2 tsp. salt
1 tsp. nutmeg
1 tsp. cloves
1 tsp. cinnamon
1/2 c. butter
2 c. brown sugar
2 pkg. gumdrops
2 c. apple sauce

Cream butter and sugar. Add remaining ingredients. Put baking soda in with apple sauce. Bake for 1-1/2 hours at 300 degrees F.

BOILED CAKE

(Emma Ryland)

1 c. shortening
2 c. white sugar
1/4 lb. walnuts
1 pkg. mixed fruit
1 lb. raisins
1 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
1 tsp. salt
2 c. boiling water
3-1/2 c. flour
2 tsp. vanilla
2 tsp. baking soda

(continued)

6

Boil for 3 minutes all ingredients, except flour, vanilla and baking soda. When cold, add remaining ingredients and stir well. Bake for 2 hours at 250 to 300 degrees.

BOILED FRUIT CAKE

(Deb Barney)

1 c. brown sugar
2 c. raisins
1 c. butter
1 c. nuts or cherries
1 c. water
1 c. dates
1 tsp. cinnamon
1 tsp. allspice
1 tsp. cloves
1 pkg. mixed fruit

Boil all together for 10 minutes on slow heat, then let cool. Add:

2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/4 tsp. salt
2 eggs

Bake for 1 hour at 350 degrees in tube pan.

CHEESECAKE

(Audrey J. Ryland)

2 c. graham wafer crumbs
1/4 c. melted butter
8 oz. pkg. cream cheese
1/3 c. sugar
125 mL pkg. Nutriwhip

(continued)

Mix together first 2 ingredients. Put in glass dish and bake at 350 degrees F. for 10 minutes. Let cool. This will become your crumb mixture.

Cream together cream cheese and sugar. Beat until fluffy the Nutriwhip. Fold in cream cheese. Put on top of crumb mixture. Let cool overnight. Place topping on before serving. Cherry pie filling preferred for topping.

CHERRY CAKE

(Karen Barney)

1-1/2 c. butter
1-1/2 c. sugar
3 eggs
1 tsp. vanilla
1 tsp. lemon
1 tsp. almond
3 c. flour
2 tsp. baking powder
1 tsp. salt
1 c. warm milk
1 c. cherries

Cream together butter, sugar and eggs. Add vanilla, lemon and almond. Blend well. Mix in warm milk. Gradually add dry ingredients and mix well. Bake at 350 degrees F. for 1 hour.

CHERRY CHEESECAKE

(Beryl Barney)

2 c. graham wafer crumbs
1/2 c. melted butter
8 oz. pkg. Philadelphia cream cheese
1/4 c. sugar
1/2 c. milk
1 pkg. Dream Whip
1 can cherry pie filling

(continued)

Mix graham wafer crumbs and melted butter together. Put in square pan. Cream sugar and cream cheese thoroughly. Add Dream Whip which has been dissolved in milk and beaten until smooth and fluffy. Let set in refrigerator for 2 to 3 hours, then add cherry pie filling to top of cream mixture.

CHOCOLATE CHEESECAKE

(Karen Barney)

1 chocolate cake mix
1 pkg. Philadelphia cream cheese
4 eggs
1 tbsp. Crisco oil
1/2 c. sugar
1-1/2 c. milk
1 tsp. vanilla
1 pkg. whipping cream

Take 1 cup dry cake mix and set aside. Mix rest of cake mix with 1 egg and Crisco oil. Press in and around 9x13 inch greased pan. Blend cream cheese and add sugar. Mix well. Add 3 eggs and blend well. Add 1 cup dry cake mix. Add vanilla and milk. Keep sloping bowl and mix well.

COCONUT CAKE

(Linda Barney)

1/4 c. butter
1/2 c. white sugar
3 eggs, separated
1 tsp. baking powder
Pinch salt
4 tbsp. milk
1 tsp. lemon extract

Make cake batter of butter, sugar and egg yolks. Sift flour and baking powder. Add to batter with milk and extract. Spread in pan. Beat egg whites stiff and add 1/2 cup sugar. Mix well. Add 1 cup loose coconut. Mix and spread on top of cake batter. Bake in a moderate to slow oven until baked. No icing required.

ENGLISH WHITE CAKE

(Jessie Normore)

1 c. butter
1 c. white sugar
3 eggs
2 c. flour
1-1/2 tsp. baking powder
3 tsp. milk
2 tsp. vanilla
2 tsp. lemon
1 c. boiled raisins
1/3 c. cherries

Bake at 350 degrees F. for 1-1/2 hours.

FRESH PEACH COFFEE CAKE

(Jessie Normore)

Topping:

1/3 c. brown sugar
1/4 tsp. cinnamon
1/4 c. nutmeg
1/4 c. melted butter or margarine

3 med. sized fresh peaches, apricots, apples or pears

1 c. flour
1/4 c. brown sugar
1-1/2 tsp. baking powder
1 c. butter or margarine
1 egg
1/4 c. milk

Combine ingredients for topping and set aside. Blanch peaches or apricots for 1 minute, then dip in cold water. Peel and stone (do not peel apples or pears). Slice 1/4 inch thick. Combine flour, brown sugar and baking powder together.

(continued)

Cut in butter with a pastry knife until mixture is crumbly. Beat eggs with milk. Pour, all at once, over dry ingredients. Stir quickly with a fork until ingredients are just blended, batter will remain lumpy. Spread quickly into a greased 8 inch square pan. Arrange fruit slices in rows over batter. Spoon topping over fruit. Bake at 400 degrees F. (200 degrees C) for 30 to 35 minutes. Cut into squares. Serve warm, plain or with unsweetened whipped cream. YIELD: Six to nine servings.

GUMDROP CAKE

(Alice Normore)

1 c. butter
1-1/2 c. sugar
3 eggs, beaten
3 c. flour
1 tsp. salt
2 tsp. baking powder
1 tsp. vanilla
1 c. milk
1 tsp. lemon
1 tsp. almond
1-1/2 lb. gumdrops

Cream butter. Add sugar and beaten eggs. Sift flour, salt and baking powder together. Sift a small amount of flour over gumdrops. Add vanilla to milk and add flour mixture alternately with milk. Stir in gumdrops. Bake at 300 degrees F. for 1-1/2 hours.

GUMDROP CAKE (Christmas)

1/2 c. butter
1 c. apple sauce
2 c. flour
1 pkg. baking fruitlets or chopped gumdrops (no black)
1 tsp. cinnamon
1 c. sugar

(continued)

3 eggs
1 c. nuts
1 tsp. salt
1 tsp. baking soda
1 tsp. nutmeg
1 pkg. raisins which have been boiled for 5 minutes and cooled

Cream butter, sugar and eggs well. Mix in remaining ingredients. Bake at 275 to 300 degrees F. for 1-1/2 hours.

JELLO FRUIT CAKE

(Roberta Woodman)

1 lb. dates
1 lge. bottle cherries
1 pkg. currants (optional)
1 pkg. raisins
1-1/2 oz. rum (optional)
3 tsp. cinnamon
1 tsp. cloves
2 tsp. allspice
2 pkg. cherry Jello
2 c. boiling water
1-1/2 c. brown sugar
1/2 c. butter
4 c. flour
3 tsp. baking soda

Cut up fruit and place in medium size bowl. Pour rum over fruit, then sprinkle spices over fruit. Stir through. In a very large bowl, put Jello in with boiling water. Stir well. Add brown sugar and butter to Jello mixture. Stir until butter is melted. Add fruit to Jello mixture. Add flour and baking soda. Stir well. A little more flour may be added if necessary. Mixture will be pink in colour. If rum is not used, juice from maraschino cherries is a good substitute. Bake at 275 degrees F. for 2-1/2 or 3 hours. YIELD: One large tube pan, or two or three small pans.

MOLASSES CAKE

(Phoebe Normore)

- 4 c. flour
- 2 c. molasses
- 1/2 lb. butter or shortening
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. nutmeg
- 1 tsp. allspice
- 1 tsp. baking powder
- 2 tsp. baking soda
- 2 tbsp. boiling water
- 3 tbsp. rum
- 3 tbsp. brandy
- 3 tbsp. vanilla
- 1 pkg. raisins
- 1 pkg. mixed peel
- 1 pkg. cherries
- 1/2 pkg. dates
- 1/2 pkg. currants

Melt butter. Add molasses and flavouring. Dissolve baking soda in boiling water. Add to molasses mixture. Slowly pour dry ingredients into molasses mixture, blending thoroughly. Bake for 2-1/2 to 3 hours at 300 degrees F.

NOBBY APPLE CAKE

(Ella Ryland)

- 1 c. white sugar
- 1/4 c. shortening
- 1 egg, beaten
- 3 c. diced peeled apples
- 1 tsp. vanilla
- 1 1/2 tsp. baking soda
- 1 1/2 tsp. baking powder

(continued)

1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 c. flour

Cream shortening and sugar. Add egg and blend well. Add apples, vanilla and dry ingredients. Bake in 9 inch cake pan at 350 degrees for 40 to 45 minutes. Serve with whipped cream or ice cream.

NUTMEG CAKE

(Jessie Normore)

1/2 c. butter
1/2 c. shortening
1 c. brown sugar
2 eggs
1 c. currants
2 tsp. nutmeg
1 c. milk
1 tsp. vanilla
1/2 tsp. salt
2-1/2 c. flour
3 tsp. baking powder

Bake at 350 degrees F. for 1 hour and 10 minutes.

PEACH CAKE

(Alice Normore)

1 c. butter
1-1/4 c. sugar
3 eggs
1 tsp. baking powder
2 tsp. vanilla
2 c. raisins
1-1/2 c. cherries

(continued)

1 can peaches
1 c. coconut
1/2 tsp. salt
3 c. flour

Cream butter and sugar. Add eggs, 1 at a time, and beat well. Add peaches. Add flour, baking powder and salt sifted together. Add remaining fruit and mix well. Bake for 2 hours at 275 degrees.

PUMPKIN CAKE

1/4 c. margarine
1 egg
1 c. canned pumpkin
1/2 c. sugar
1 tsp. salt
1 tsp. allspice
1 tsp. cinnamon
2 tsp. baking powder
1 c. flour
1/2 c. raisins

Cream margarine. Add sugar and egg. Mix well. Mix in pumpkin and remaining ingredients. Bake in 9x9 inch pan at 375 degrees F. for 25 minutes.

RHUBARB CAKE

(Florence Linstead)

1-1/2 c. brown sugar
1 tsp. salt
1 egg, beaten
1 tsp. vanilla
1/2 c. margarine
2 c. flour
1 c. sour milk
1-1/2 c. rhubarb
1 tsp. baking soda

(continued)

Mix together. Put in 9x13 inch pan. Top with 3/4 cup brown sugar and sprinkle with cinnamon. Bake for 45 to 50 minutes at 350 degrees F.

RICE KRISPIE ROLL

3/4 c. corn syrup
3/4 c. white sugar
1/2-3/4 c. peanut butter
2 tbsp. butter
4-1/2 c. Rice Krispies

Icing:

1/3 c. butter
2 tbsp. milk
1-1/2 c. icing sugar
2/3 c. cocoa

Heat corn syrup, sugar, butter and peanut butter until melted. Add Rice Krispies. Roll out, 14x9 inches, on wax paper. Spread with icing, then roll and wrap in wax paper. Freeze and slice when needed.

WHITE CHRISTMAS CAKE

(Florence Linstead)

1 lb. white sultana raisins
1/2 lb. red glazed cherries
2/3 c. mixed fruit
16 oz. can crushed pineapple
1/4 c. flour
3/4 c. butter or margarine
3 eggs
2 tsp. baking powder
1 c. white sugar
2-1/4 c. flour
1 tsp. salt

Combine raisins, cherries, mixed fruit and crushed pineapple. Let stand overnight. In morning, dust with 1/4 cup flour.

(continued)

Cream butter and gradually add sugar, then eggs, 1 at a time, beating after each addition. Sift 2-1/4 cups flour, baking powder and salt together. Add small amount at a time to butter mixture. Turn into cake pan lined with wax paper. Bake at 300 degrees F. for 3 hours.

WHITE FRUIT CAKE

(Julia Ryland)

4 eggs
1/2 lb. butter
4 c. flour
4 tsp. baking powder
2 c. white sugar
2 tbsp. lemon
2 tbsp. peppermint
1/2 pkg. currants
1 pkg. mixed fruit
1 c. milk and water, mixed

Mix all ingredients together, stirring well. Bake at 325 degrees for 1 hour or until done.

CHOCOLATE ICING

1/2 c. butter
3 tbsp. flour
3 tbsp. milk
Pinch salt
1/2 c. sugar
3 tbsp. cocoa
3 tbsp. boiling water

Beat all ingredients together until it looks like cream.

APRICOT SQUARES

(Mildred Normore)

1/2 c. butter
3/4 c. sugar
1 egg, beaten
2 - 4-1/2 oz. cans strained apricot baby food
2 c. coconut
Graham wafer biscuits

Cream butter and sugar. Add beaten egg and blend well until light and fluffy. Add apricots and coconut. Line an 8 inch square pan with graham wafers. Spread apricot mixture on top. Top with another layer of graham wafers, then Dream Whip or heavy cream. Chill for 4 hours. Cut into squares.

BAKEAPPLE SQUARES

(Linda Barney)

(Myrtle Payne)

1 c. white sugar
2 c. Bakeapples
1 c. flour
1/2 tsp. baking soda
1/8 tsp. salt
1 c. butter
1 c. brown sugar
2 c. rolled oats

Preheat oven to 325 degrees F. Set aside white sugar and Bakeapples. Blend together flour, baking soda and salt. Cut in butter, then blend in brown sugar and rolled oats. Press 1/2 of mixture into bottom of 8 inch greased pan. Cover evenly with Bakeapple mixture. Cover with remaining crumbs. Bake for 30 to 40 minutes.

BESSIE'S SQUARES

(Mildred Normore)

1 c. butter
4 tsp. cocoa
1 c. brown sugar
1 egg, beaten
1 pkg. graham wafers
Dash salt
Dash flour
Chocolate icing

Break up graham wafers into small bite size pieces and set aside. Combine butter, cocoa, sugar, egg, salt and flour in large saucepan. Bring to boil over medium heat. Boil, stirring constantly, for approximately 5 minutes or until mixture is beginning to thicken. Add graham wafers immediately, mixing until well combined. Pat mixture in an oblong pan or shallow dish. Let cool but do not refrigerate for too long. Spread with a thin coating of chocolate icing. Cut into squares.

BUTTERSCOTCH SQUARES

(Roberta Woodman)

1 c. brown sugar
1 c. coconut
1/2 c. butter
2 tsp. baking powder
1 egg
Pinch salt
1 c. flour
1 tsp. vanilla

Cream butter, sugar and egg. Add vanilla. Stir in dry ingredients and coconut. Bake in an 8 or 9 inch square pan at 350 degrees F. for 25 minutes. When cool, apply a thin layer of icing. Cut into squares. YIELD: Approximately twenty-four.

CUSTARD SQUARES

(Nina Normore)

2 c. flour
2 c. coconut
1 c. butter
1/2 c. white sugar
2 c. boiling water
1 c. sugar

Bake first 4 ingredients for 20 minutes at 350 degrees. Let boiling water and sugar come to a boil. Mix 3 tablespoons custard powder in a small amount of cold water until dissolved. Add to boiling water and sugar. Stir until it thickens. Pour over the squares and sprinkle top with coconut.

FRY'S FUDGY MINT BROWNIES

(Jessie Normore)

1-1/3 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 c. butter
1 c. Fry's cocoa
2 c. sugar
4 eggs
1 tsp. vanilla
1 tsp. peppermint extract
1 c. chopped nuts

Creamy Mint Frosting:

1/4 c. butter
2 c. icing sugar
2 tbsp. milk
Peppermint extract
Green food colouring

Mix together flour, baking powder and salt. Melt butter in a large saucepan. Remove from heat. Stir in Fry's cocoa.

(continued)

Blend in sugar, eggs, vanilla and peppermint extract. Blend in dry ingredients and nuts. Pour batter into a greased cocoa dusted 9x13x2 inch (3.5 litre) pan. Bake in a preheated 350 degree F. oven for 30 to 35 minutes. Cool and frost with creamy mint frosting.

Frosting: Cream butter and gradually add icing sugar alternately with milk. Blend until smooth. Add peppermint extract to taste. Tint with green food colouring.

HEAVENLY HASH SQUARES

(Lily Barney)

1/2 tsp. salt
1/2 c. butter
2 egg yolks
1 tsp. vanilla
1 c. brown sugar
1/2 c. flour
1 tsp. baking powder

Press in 12x9 inch pan and spread over the above with:

1/2 c. cherries, chopped
1/2 c. walnuts, chopped
1/2 c. coconut
1 c. dates, cut up

Top with 2 stiffly beaten egg whites and 1 cup sugar. Bake at 300 degrees for 30 minutes.

JELLO SQUARES

(Audrey J. Ryland)

1 pkg. Jello
1 pkg. Dream Whip
3 c. graham wafer crumbs
1/2 c. melted butter
1/4 c. sugar

(continued)

Mix crumbs, butter and sugar together. Put in 9x13 inch dish or pan. Bake for 10 minutes and let cool. Mix Jello as per directions on the package and let stand until 1/2 set. Fold in prepared Dream Whip, mixed with milk. Stir and spread over crumbs. Top with crumbs, sprinkled lightly. Cool and cut in squares.

JELLY AND CHEESE SQUARES

(Linda Barney)

Base:

1 c. butter
1 c. grated cheese
1/4 c. white sugar
2 c. flour

Topping:

1/4 c. butter
3/4 c. brown sugar
1/2 c. flour

Mix base together and press into 9x12 inch pan. Bake for 20 minutes at 350 degrees F. Remove from oven. Cover base with 2 cups strawberry or apple jelly or freezer jam. Mix topping and spread over the base and jelly. Cool and serve.

MIDNIGHT MINTS

(Jacqueline Normore)

1/2 c. butter or margarine
1/4 c. granulated sugar
5 tbsp. cocoa
1 egg, beaten
1-3/4 c. graham cracker crumbs
1/2 c. chopped walnuts
3/4 c. fine coconut
1/3 c. butter or margarine

(continued)

3 tbsp. milk
1 tsp. peppermint flavouring
2 c. icing (confectioner's) sugar
Green food colouring
2/3 c. semi-sweet chocolate chips
2 tbsp. butter or margarine

Bottom Layer: Combine first amount of butter, first amount of sugar and cocoa in saucepan. Bring slowly to a boil. Stir in egg to thicken. Remove from heat. Stir in crumbs, nuts and coconut. Pack very firmly into greased 9x9 inch pan.

Second Layer: Combine second amount of butter, milk, flavouring and icing sugar in bowl. Beat together well. Tint a pretty green. Spread over bottom layer.

Third Layer: Melt chips and third amount of butter in saucepan over low heat or hot water. Spread over second layer. Chill and store, covered, in refrigerator. Cut into squares. YIELD: Thirty-six squares.

ORANGE SQUARES

(Ella Ryland)

1/4 c. butter
2 egg yolks
1/2-2/3 c. milk
1 c. white sugar
2 tsp. baking powder
Rind and juice of 1 orange
1-1/2 c. sifted flour
1/4 tsp. salt

Mix together all ingredients. Bake in a 8x11 inch well greased and floured pan in a moderate oven for 25 to 30 minutes or until lightly browned. Beat until stiff 2 egg whites, 1 cup brown sugar and 1 teaspoon vanilla. Put immediately on squares. Sprinkle with coconut. Bake again until egg white mixture is lightly browned.

PARTRIDGE BERRY SQUARES

(Diana Davis)

1-3, 4 c. rolled oats
1-1/2 c. flour
3/4 c. butter
1/4 c. baking soda
3/4 c. brown sugar
Partridge berry jam

Combine all ingredients, except jam. Work butter in mixture until fine crumbs are formed. Put 1/2 of mixture in a 9 inch square pan. Spread with jam. Top with remaining mixture. Bake at 375 degrees F. for 45 minutes.

PEACH SQUARES

(Julia Ryland)

1/2 c. butter
1/2 c. sugar
1 egg, beaten
1-10 oz. can peaches, drained
1 c. coconut
1 pkg. graham wafer biscuits
1 envelope Dream Whip

Place graham wafer biscuits on bottom of 9x13 inch pan. Cream together butter and sugar, then add egg, peaches and coconut. Place on top of graham wafer biscuits, then top with Dream Whip.

SAILORS DUFF

(Jessie Normore)

1/4 c. butter
1/4 c. brown sugar
1/2 c. molasses

(continued)

1 egg, beaten
2 tbsp. milk
1/4 c. boiling water
1-1/2 c. flour
1/4 tsp. salt
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. ginger
1/2 c. raisins

Cream butter and sugar. Add egg, then molasses, milk and other ingredients. Mix well. Add boiling water and mix in well. Bake at 325 degrees F. for 1 hour.

TRIPLE LAYER BARS

2 c. graham wafer crumbs
1/2 c. butter
1 c. coconut
1 can condensed milk
1 pkg. chocolate chips
1/2 c. peanut butter

Preheat oven to 350 degrees F. Melt butter. Mix into graham wafer crumbs and spread in pan. Mix together coconut and milk. Pour over wafer crumbs. Bake until brown. Melt chocolate chips and peanut butter. Pour over mixture while hot and chill.

CREAM PUFFS

(Celestine Earle)

1 c. flour
1 c. boiling water
1/2 c. sugar
3 or 4 eggs

Have water boiling. Add butter. When mixture is boiling vigorously, add flour all at once. Stir rapidly until mixture comes away from sides of pan. Remove from heat and cool slightly.

(continued)

Add unbeaten eggs, 1 at a time, beating each thoroughly before adding the next egg. Add fourth egg only if mixture is not smooth enough. Form paste into desired shapes and place, a few inches apart, in pan. One tablespoon makes a large puff. Bake at 350 degrees F. for 30 minutes. Reduce heat to 325 degrees and bake until the puffs are dry, 10 to 15 minutes for small puffs and 20 to 25 minutes for large puffs. Do not peek for 30 minutes.

EXTRA RECIPES



DESSERTS



OVEN TEMPERATURE CHART

MISCELLANEOUS	TEMP.	MINUTES
Custard Cup	300	20 - 30
Custard Casserole	300	45 - 60
Souffle	325	50 - 60
Timbales	300	35 - 45
Rice Pudding	325	50 - 60

TABLE FOR DRIED FRUITS

FRUIT	AMOUNT OF SUGAR OR HONEY	COOKING TIME
Apricots	$\frac{1}{4}$ c. for each c. fruit	About 40 min.
Figs	1 tbsp. for each c. fruit	About 30 min.
Peaches	$\frac{1}{4}$ c. for each c. fruit	About 45 min.
Prunes	2 tbsp. for each c. fruit	About 45 min.

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tbsp. of cold milk.

If you wish the cream to keep stiff for a day or two, add one tsp. gelatine soaked in one tbsp. cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 tsp. gelatine in 2 tbsp. cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add $1\frac{1}{2}$ tsp. lemon juice to each cupful of this mixture, if a more stable foam is desired.

Desserts

APPLE CRISP

(Celestine Earle)

6 apples
1/4 c. sugar
Cinnamon
1/4 c. butter
1/2 c. flour
3/4 c. brown sugar

Peel apples and slice into a casserole. Sprinkle with white sugar and cinnamon. Combine butter, flour and brown sugar. Spread on top. Bake for 30 minutes at 350 degrees F.

BAKEAPPLE CRUMBLES

(Phoebe Normore)

2 c. flour
1 c. butter
1 c. sugar
2 c. rolled oats
1 tsp. cinnamon
1 qt. Bakeapple
1/8 c. water

Boil Bakeapples in water until soft and thick. Add sugar to taste. Combine flour, butter, sugar, rolled oats and cinnamon. Cover bottom of greased pan with 1/2 of above mixture. Cover evenly with Bakeapple mixture and put remaining flour mixture on top. Bake until brown at 350 degrees F. for approximately 30 minutes. Serve warm with ice cream or whipped cream.

BAKEAPPLE DESSERT

(Deb Barney)

Rub together:

2 c. flour

1 c. butter

2 c. rolled oats

2 tsp. cinnamon

1 c. sugar

Put 1/2 of mixture on bottom of well greased pan. Sweeten Bakeapples and spread over, then put other 1/2 of mixture over Bakeapples. Bake in oven until brown.

BERRY DELIGHT

(Patricia Normore)

1-1/2 c. graham wafer crumbs

1/4 c. sugar

1/3 c. melted butter

1-8 oz. pkg. cream cheese, softened

2 tbsp. milk

3-1/2 c. Cool Whip, thawed

2 pt. strawberries, halved

1 pkg. instant vanilla pudding

2-1/2 c. cold milk

1/4 c. sugar

Combine crumbs, 1/4 cup sugar and melted butter. Press firmly into 13x9 inch pan and chill.

Beat cream cheese with 1/4 cup sugar and 2 tablespoons milk until smooth. Fold in 1/2 of whipped topping and spread over crust. Arrange strawberries evenly on topping. Using 2-1/2 cups cold milk, prepare pudding as directed on package. Pour over. Chill for several hours.

Shortly before serving, spread remaining topping over pudding. Garnish with additional berries if desired. Chill.

BLUEBERRY GRUNT

1 c. butter
3 eggs
2-1/2 c. flour
3 tsp. baking powder
1 tsp. vanilla
1 c. sugar
Blueberries

Cream butter. Add sugar gradually. Add eggs, 1 at a time. Add vanilla and dry ingredients. Bake in hot oven.

CHERRY DESSERT

1-1/2 c. graham wafer crumbs
1/4 c. melted margarine
34 lge. marshmallows
1/2 c. milk
1 c. cream, whipped
1-20 oz. can cherry pie filling

Mix crumbs with margarine. Reserve 2 tablespoons for topping. Pack the rest into an 8x8 inch pan.

Place marshmallows and milk in double boiler and heat until marshmallows are melted. Remove and cool. Combine whipped cream with marshmallows. Spread 1/2 of mixture over crumbs and spread with pie filling. Put other 1/2 of marshmallow mixture over pie filling. Sprinkle with 2 tablespoons crumbs. Refrigerate. It is best made the day before using. You may use any pie filling, Jello or fruit such as raspberries or strawberries.

DEEP FRIED ICE CREAM

(Olive T. Normore)

12 slices Baker's bread
1 tsp. vanilla
2 eggs
1-1/2 c. milk

(continued)

Vanilla ice cream

Mix together milk, vanilla and egg in a bowl. Take 2 slices bread and cut out middle portion, leaving outer edges to crumble into a bowl. Take cut out portion of 2 slices bread and put 1 scoop ice cream between the 2. Press bread together and dip completely into milk mixture, then into bowl of crumbs. Wrap immediately in Saran Wrap and freeze for approximately 2 hours. Boil grease rapidly, then fry breaded ice cream until brown. Serve with sauce and a topping of your choice.

GRANNY'S BREAD PUDDING

(Lily Barney)

10 slices white or whole wheat bread
3 eggs
3 c. milk
1/2 c. white sugar
1/2 c. raisins
1/2 tsp. cinnamon

Preheat oven to 350 degrees. Grease bottom and sides of large baking dish. Tear bread, crusts and all, into bite size pieces. Pour milk over bread and let it soak. Crack eggs into another bowl. Add cinnamon and sugar. Beat mixture with electric mixer for 1 minute. Pour egg mixture over bread. Add raisins and stir. Pour into baking dish. Set dish in a pan of hot water. Place in oven and bake for 45 minutes. Serve hot or cold.

RAISIN PUDDING

1 c. flour
1/2 tsp. salt
1 c. raisins
2 tbsp. sugar
2 tsp. baking powder
2 tbsp. shortening
1 1/2 c. milk

Pour 1-3/4 cups boiling water and 1 cup brown sugar over batter. Bake for 30 minutes at 350 degrees.

SAUCY BUTTERSCOTCH PUDDING

(Diana Davis)

1 c. flour
1-1/2 tsp. baking powder
1/4 tsp. salt
1/3 c. shortening
2/3 c. sugar
1 egg
1/2 tsp. vanilla
1/3 c. milk
1 c. light brown sugar
2 tbsp. flour
1-1/3 c. water
2 tbsp. butter

Preheat oven to 350 degrees F. Sift together flour, baking powder and salt. Cream shortening. Beat in sugar and blend in, beating until light and fluffy, egg and vanilla. Add dry ingredients to creamed mixture with milk. Turn into prepared pan.

Into a saucepan, mix together brown sugar, flour, water and butter. Heat just to boiling and pour over batter. Do not stir. Bake for 55 to 60 minutes. YIELD: Approximately six servings.

SNOWBALL DESSERT

(Herselia Flynn)

1 pkg. white sponge cake mix
1 pkg. raspberry or strawberry Jello
2 envelopes Dream Whip

Make Jello and set aside to cool. Mix 1 envelope Dream Whip with Jello. Bake and crumble cake. Place layer of cake crumbs and layer of mixture in a bowl. Do this until bowl is full. Chill for 3 to 4 hours or overnight. Turn out, bottom up, on a plate. Cover with Dream Whip.

BAKEAPPLE COBBLER

(Jessie Normore)

1-1/4 c. flour
3 tbsp. sugar
3 tsp. baking powder
1/4 tsp. salt
1/3 c. shortening
1 egg
1/2 c. milk
3-4 c. Bakeapples
1 c. sugar

Combine flour, sugar, baking powder and salt. Rub in shortening. Add egg and milk. Stir together to make a drop batter. In a bowl, mix together Bakeapples and sugar. Put Bakeapple mixture into 1-1/2 quart casserole or 8 inch square dish. Drop batter on Bakeapple mixture. Bake in a pre-heated 375 degree F. oven for 25 to 35 minutes. Serve warm with cream or vanilla ice cream.

FRENCH CREAM PIE

(Diana Davis)

1 c. white sugar
1 c. raisins
1 c. sour cream
1 tsp. flour
1/2 tsp. cinnamon
1 egg, beaten

Mix first 5 ingredients together. Add beaten egg. Cook in double boiler until thick. Remove from heat. Add 1 teaspoon baking soda. Spread in baked pie shell. Chill and cover with whipped cream.

KEY LIME PIE

(Herselia Flynn)

4 egg yolks
6 egg whites
1 can sweetened condensed milk
1/2 c. lime juice
3/4 c. sugar
1/2 tsp. cream of tartar

Beat egg yolks until lemon coloured. Blend in condensed milk slowly. Add lime juice and mix well. Add cream of tartar to egg whites and beat until foamy. Continue beating, adding sugar, 1 teaspoon at a time, until egg whites peak. Fold 6 tablespoons meringue into filling mixture. Pour into a 9 inch baked pie shell. Top with meringue. Bake in a slow oven (330 degrees F.) until golden brown.

MOLASSES PIES

(Mary Normore)

Filling:

1-1/2 c. molasses
1 tsp. spice
1 tsp. vanilla
Dry bread crumbs

Pastry:

3 c. flour
1 egg
1/2 c. sugar
4 tsp. baking powder
1-1/2 c. shortening

Boil molasses, spice and vanilla. Add dry bread crumbs until thickened. Make pastry. Bake at 350 degrees F. until golden brown.

EXTRA RECIPES



CANDY
PRESERVES &
JELLY

CANDY THERMOMETER HINTS

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

Thread	230 - 234
Soft Ball	234 - 238
Medium ball	238 - 244
Firm ball	244 - 248
Hard ball	248 - 254
Very Hard ball	254 - 265
Light crack	265 - 285
Hard crack	290 - 300
Caramelized Sugar	310 - 338

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, peneuche & cream candies	soft ball	234 - 236
Fondants (mints, etc.)	soft ball	238 - 240
Marshmallows	medium ball	238 - 240
Caramel mixtures	firm ball	246 - 252
Taffies	hard ball	265 - 270
Butterscotch	crack	290 - 300
Brittles	hard crack	300 - 310

BOILED FROSTINGS

1 egg white to 1 c. sugar	soft ball or thread	238 - 242
2 egg whites to 1 c. sugar	soft ball or thread	244 - 248
3 egg whites to 1 c. sugar	firm ball or long thread	254 - 260

CONTENTS OF STANDARD CANS

Picnic	1 1/4 cups	No. 2 1/2	3 1/2 cups
No. 300	1 3/4 cups	No. 3	4 cups
No. 1 Tall	2 cups	No. 5	7 1/3 cups
No. 303	2 cups	No. 10	13 cups
No. 2	2 1/2 cups		

Candy, Preserves & Jelly

BUTTERSCOTCH CANDY

(Diana Davis)

1 c. brown sugar
1/2 c. butter
1 tsp. vinegar
1/4 c. molasses
2 tbsp. boiling water
1/4 tsp. vanilla
Few grains salt

Boil over medium heat for approximately 20 minutes. Keep at boiling point. When done, it should form small balls when dropped from a spoon in cold water. Pour into greased plate and cool until hardened.

COCONUT BALLS

(Florence Normore)

1/2 c. butter
2 c. icing sugar
1 can cream
5 c. coconut
1 block Parowax
1 pkg. chocolate chips

Mix together first 4 ingredients. Form into balls. Melt Parowax and chocolate chips. Dip balls in. Place on wax paper to cool.

NEVER FAIL FUDGE

(Celestine Earle)

1-2/3 c. sugar
1/2 tsp. salt
2/3 c. undiluted evaporated milk

(continued)

2 tbsp. butter
1 tsp. vanilla
1-1/2 c. semi-sweet chocolate chips
1/2 c. walnuts
1-1/2 c. cut up marshmallows

Grease 8x8 inch pan. Combine first 4 ingredients. Bring to a boil for 5 minutes. Remove. Add chocolate and next 3 ingredients. Beat until marshmallows and chips melt. Sprinkle with a few nuts.

PEANUT BRITTLE

(Olive Normore)

1-1/2 c. sugar
3/4 c. corn syrup
1/2 c. water
2 tbsp. butter
1/2 tsp. salt
1-1/2 c. salted peanuts

Slightly grease a baking sheet or a shallow metal pan. In a saucepan, combine sugar, corn syrup and water. Heat, stirring, until sugar dissolves. Bring to a boil and continue cooking to hard crack stage (300 degrees F. on candy thermometer) or until a few drops in cold water separate into hard brittle threads. Remove from heat. Stir in butter, salt and peanuts. Quickly pour onto prepared baking sheet. Cool and break into pieces.

ROCKY ROAD CANDY

1-350 g pkg. semi-sweet chocolate chips
1 can sweetened condensed milk
2 tbsp. margarine
1 pkg. miniature white or coloured marshmallows
2 c. dry roasted peanuts

In a saucepan over low heat, melt chocolate chips with sweetened milk and margarine. Remove from heat. In a large bowl, combine nuts and marshmallows. Fold in chocolate mixture. Spread in wax paper lined 13x9 inch pan. Chill for 2 hours. Remove from pan. Peel off wax paper. Cut into squares.

ORANGE MARMALADE

(Priscilla Barney)

12 oranges
3 lemons
9 c. cold water
12 c. white sugar

Slice fruit very thinly, discarding rinds of 3 oranges and 1 lemon. Pour water over fruit and let stand overnight. Put in saucepan and bring to boiling point. Add sugar and simmer until syrup jells. Pour into sterilized glasses or jars. When cold, seal with paraffin.

RHUBARB AND STRAWBERRY JAM

(Celestine Earle)

5 c. cut up rhubarb
4 c. sugar
1 pkg. strawberry Jello

Cook rhubarb with a little water until mushy. Add sugar and boil for 1 minute. Take off heat and add Jello. If desired, 1 can crushed pineapple can be added. If you add pineapple, add another package strawberry Jello.

EXTRA RECIPES



MISCELLANEOUS

TIME TABLE FOR COOKING CEREALS

CEREAL	QUANTITY	SALT	WATER	TIME	COOKED AMOUNT
Cracked Wheat	1 cup	1 tsp.	3 cups	2 hours	3 cups
Farina	1 cup	1 tsp.	4 cups	30 mins.	3 $\frac{3}{4}$ cups
Macaroni	1 cup	1 tsp.	4 cups	25 mins.	2 $\frac{1}{4}$ cups
Oatmeal	1 cup	1 tsp.	4 cups	30 mins.	3 cups
Rice	1 cup	1 tsp.	8 cups	40 mins.	4 cups
Rolled Oats	1 cup	1 tsp.	2 $\frac{1}{2}$ cups	30 mins.	2 $\frac{2}{3}$ cups
Buckwheat	1 cup	1 tsp.	4-6 cups	40 mins.	3 cups
Cornmeal	1 cup	1 tsp.	4 cups	30 mins.	3 cups

FRIED FOOD TIME TABLE

	TEMP. of FAT	MINUTES
Croquettes of cooked food	375 - 385	2 to 4
Croquettes of uncooked food	370	5 to 6
Doughnuts	375	2 to 3
Fritters	365 - 375	2 to 5
French Fried Potatoes	370 - 375	5 to 7
French Fried Potatoes - thin	390	1 to 1 $\frac{1}{2}$
Vegetable rings	375 - 380	2 to 3
Oysters	375	1 to 2
Small Fish	375 - 385	2 to 5

APPROXIMATE EQUIVALENTS or SUBSTITUTIONS in BAKING & COOKING

1 tsp. baking powder	$\frac{1}{4}$ tsp. soda and $\frac{1}{2}$ tsp. cream of tartar
1 cup cake flour	$\frac{7}{8}$ cup or 1 cup less 2 tbsp. all purpose flour
1 square chocolate	3 tbsp. cocoa plus 1 $\frac{1}{2}$ tsp. fat
1 cup thin cream (18 - 20%)	$\frac{7}{8}$ cup milk plus 3 tbsp. fat
1 cup heavy cream (36 - 40% fat)	$\frac{3}{4}$ cup milk plus $\frac{1}{3}$ cup fat
1 cup sour or buttermilk	1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 $\frac{1}{2}$ cups firmly packed brown sugar	1 cup granulated sugar
1 lemon	3 to 4 tbsp. juice
Grated rind of 1 lemon	1 $\frac{1}{2}$ tsp. juice
1 orange	6 to 8 tbsp. juice
12 to 14 egg yolks	1 cup
8 to 10 egg whites	1 cup
1 tbsp. cornstarch	2 tbsp. flour (when thickening)
9 coarsely crumbled graham wafers	1 cup
11 finely crumbled graham wafers	1 cup
7 coarsely crumbled salt crackers	1 cup
9 finely crushed salt crackers	1 cup
1 cup evaporated milk + $\frac{1}{2}$ cup water	1 cup milk

Miscellaneous

BIRTHDAY PARTY PUNCH

1-48 oz. can unsweetened pineapple juice
1/2 c. lemon juice
1 pt. cranberry juice
1 c. sugar
1 bottle cherries including juice
2 qt. ginger ale
1-26 oz. bottle vodka

Put ice cubes in just before serving.

SLUSH

(Celestine Earle)

8 c. water
2 c. sugar
1 can frozen orange juice
2 bananas
4 lemons
48 oz. can pineapple juice
26 oz. bottle vodka or gin

Boil water and sugar together and cool. Mash bananas in blender. Add juice of lemons, pineapple juice and orange juice. Add mixture to water mixture, then vodka or gin. This mixes well in a gallon container. Freeze in freezer. Mix with 7-UP or ginger ale when used.

PANCAKES

(Myrtle Payne)

1-2/3 c. flour
3 tsp. baking powder
1/2 tsp. salt

(continued)

2 tbsp. sugar
1 egg
1-1/2 c. milk
3 tbsp. melted shortening

Sift dry ingredients into bowl. Beat egg until foamy, then add milk and shortening. Make a well in centre of dry ingredients. Add liquid, all at once, and mix with beater until smooth. Drop by tablespoons into frying pan.

FISH BATTER

(Jessie Normore)

1 c. flour
1 tsp. baking powder
1/2 c. milk
1/2 c. water
1/2 tsp. salt

Add liquids slowly and beat until smooth.

PIZZA DOG (Microwave)

(Phoebe Normore)

2 tbsp. pizza sauce
4 slices pepperoni
1/2 slice Cheddar cheese
2 tbsp. shredded Mozzarella cheese
1 hot dog bun
1 hot dog wiener

Put wiener in microwave and cook for 1 minute. Split hot dog bun and spread pizza sauce on both sides of bun. Put pepperoni and cheese slice on bun. Put hot dog wiener in bun. Sprinkle shredded Mozzarella cheese on pizza dog and microwave for 45 seconds. Makes a quick after school snack! YIELD: One serving.

YORKSHIRE PUDDING

2 eggs
1 c. milk
1 c. flour
1/2 tsp. salt

Place 1 teaspoon pan drippings into each section of muffin pan. Mix all ingredients for 1-1/2 minutes with beater. Pour into pan, filling each section 2/3 full. Bake at 400 degrees F. until brown and puffed up. Serve with meat and gravy.

PLAY DOUGH

1 c. water
1/2 c. salt
1 c. flour
2 tsp. cream of tartar
Food colouring

Boil the above ingredients for 3 minutes. Knead for 1 minute. Store in an airtight container.

EXTRA RECIPES

Tea Refreshments for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

Fillings For Fancy Sandwiches

Ribbon & Rolled:

4 dozen eggs — hard boil, make filling with salad dressing and seasoning.

4 tins Klik or 1 lb. of ham or bologna — Mix with salad dressing and dills, chopped or sweet relish. This can be use for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1½ lbs. white cream cheese — Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.

1½ lbs. Velveeta — Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp — Mix with salad dressing. Roll.

2 large tins salmon — Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2-3 per person.

Dainties for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each should be sufficient if a group project.

Also required: 2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
½ gallon sweet pickles
½ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qts. dry beans	4 lbs. salt pork
20 qts. salad	20 doz. rolls
4 lbs. butter	20 pies
4 qts. cream	2 lbs. coffee

HASH SUPPER FOR 100:

40 lbs. corned beef	5 qts. salad dressing
32 qts. potatoes	4 lbs. butter
20 doz. rolls	2 lbs. coffee
20 qts. chopped cabbage	4 qts. cream

CABBAGE SALAD FOR 175:

20 lbs. cabbage	4 large cans crushed pineapple
1½ qts. salad dressing	2 bunches carrots

HAM SUPPER FOR 225:

48 lbs. canned ham	45 qts. strawberries
24 potato salads (solicited)	6 pkgs. Bisquick (mixed re directions for shortcake)
48 pkgs. peas (1 lb.)	6 qts. heavy cream
5 lbs. coffee	
9 qts. cream	

BRAISED BEEF FOR 200:

65 lbs. stew beef	Harvard beets
60 lbs. potatoes	40 lbs. turnips
36 pies	2 lbs. cheese

TURKEY DINNER FOR 250:

7 turkeys	75 lbs. potatoes
75 lbs. butternut squash	10 bunches celery
20 large cranberry rings	44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken	3 large pkg. Bisquick
30 pkgs. frozen peas	17 pkgs. Flakon corn mix
12 cans cranberry sauce	2 bunches celery

Sheppards Pie.

Fry Hamb. meat, place on bottom of dish, then strain water of 1 can of corn, put over Hamb. Meat, Boil & Mash Potatoes, spread over corn, 1 CAN of tomato soup over top. Bake for awhile.

