



BANANA CAKE

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 cup butter
- 2 eggs
- 3 bananas (1 cup mashed)
- 4 tablespoons sweet milk
- 1 1/2 cups flour plus 3-3 $\frac{1}{2}$ heaping dessert
spoonsful
- 1 tablespoon baking powder
- 1 teaspoon soda

Combine sugar, butter, eggs and beat well.
Combine bananas and sweet milk.
Combine baking powder, soda and flour.
Mix all ingredients together well and bake
at 350° for 30-35 minutes or until done.

Joanne Hughes

BUTTER ICING

- 2 tablespoons milk or cream or fruit juice
- 2 tablespoons butter
- 1 cup icing sugar, or more
- flavouring

1. Cream butter with 2 tablespoons sugar;
add liquid gradually.
2. Sift in sugar until thick enough to
spread.
3. Add flavouring.

Joanne Hughes

CHOCOLATE GRAHAM SQUARES

15 double graham wafers
 $\frac{1}{2}$ cup butter or margarine
1 cup brown sugar
2 tablespoons cocoa
1 egg beaten
1 teaspoon vanilla

Break wafers into small pieces. Melt butter in a sauce pan. Remove from heat. Add sugar, cocoa, egg and vanilla. Return to heat briefly, but do not boil. Pour over wafer pieces and fold until they are well coated. Press into buttered square pan. Chill. Frost with chocolate frosting.

Helen Sinclair

COCO-NUT CREAMS

$\frac{3}{4}$ cup cocoa
2 cups icing sugar
 $\frac{2}{3}$ cup Borden's Eagle Brand Sweetened Condensed milk
2 teaspoons vanilla
1 cup coarsely chopped walnuts

Sift cocoa and icing sugar together. Reserve $\frac{1}{4}$ cup of mixture. To milk add vanilla, cocoa and sugar. Blend well. Add nuts. Shape into balls and roll in reserved sugar and cocoa mixture.

Mary Drummond

GINNY'S FROSTING

Dissolve over heat $4\frac{1}{2}$ tablespoons white sugar and 2 tablespoons water. Combine $2\frac{1}{3}$ cups sifted icing sugar, 1 egg, $\frac{1}{3}$ cup margarine, and 1 tablespoon vanilla. Add syrup. Start beating, add $\frac{1}{3}$ cup shortening. Beat until fluffy.

Joyce Hall

REAL BUTTER CAKE

1/2 cup butter
1 1/4 cup sugar
3 eggs
2 cups cake flour
2 Tablespoons baking powder
2/3 cup milk
1/4 teaspoon salt
1 teaspoon vanilla

Cream together butter & sugar. Add eggs. Beat. Sift together flour, baking powder and salt. Add alternately with milk and beat thoroughly. Add vanilla. Bake in moderate oven 30-35 minutes.

Cathie Laframboise

CARAMEL FROSTING

2 cups brown sugar
1/2 cup cream or Carnation milk
1/2 cup margarine
dash of salt
1 teaspoon vanilla
1 cup chopped nuts (optional)

Combine ingredients in a saucepan and cook to soft ball stage (about 5 minutes after it boils). Cool, beat.

Judy Davis

ALMOND SLICES

1/2 cup butter
1/2 cup white sugar
1 egg yolk
1 1/2 teaspoon almond flavouring
1 teaspoon baking powder
1 1/2 cups sifted flour

Mix above ingredients and pour into a buttered 8-inch pan. Cover with 1 beaten egg white mixed with 1 cup brown sugar and 1 teaspoon almond flavouring. Bake 20 minutes in a moderate oven.

Mary Drummond

LEMON SUPREME SPECIAL

1 lemon supreme cake mix (Duncan Hines)
1 cup apricot nectar
1/2 cup sugar
3/4 cup oil
4 eggs

Mix cake mix, sugar, oil and nectar together. Add eggs one at a time, beating at medium speed for 1 minute after each addition. Spread batter in a greased and floured 10-inch tube pan. Bake at 325° for one hour.

Mix 1 cup powdered sugar and the juice of 1 lemon. Pour over cake while still warm to make glaze.

Marcelle Battle

SHORTBREADS

1/2 pound butter
1/4 cup white sugar
2 1/4 cup flour
pinch salt

Mix all ingredients well. Roll or pat flat on floured cloth. Cut into shapes with cookie cutters. Garnish with maraschino cherries or chocolate bits. Place on ungreased cookie sheet. Bake at 350° for 15 minutes or until slightly brown around edges. Must be watched carefully!

Cathie Laframboise

COOKIES

Cream 1/2 cup butter and 3/4 cup sugar. Beat in 1 egg, 1 1/2 teaspoon vanilla. Sift together 1 1/2 cup flour, 1 teaspoon baking powder and 1/4 teaspoon salt. Stir into creamed mixture. Makes about 5 doz. small cookies.

Rolled Cookies:

Chill dough 1 hour. Roll out thin on floured board. Cut with cookie cutters. Place on lightly greased baking sheet. Bake in 350° oven 6 - 8 minutes.

Dropped Cookies:

Drop by teaspoonfuls about 2 inches apart on greased baking sheet. Bake in 350° oven 10 - 12 minutes.

Carolyn Drewry

LEMON PUDDING CAKE

Combine: 1 package white or yellow cake mix
1 box instant lemon pudding
3/4 cup water
3/4 cup oil

Beat 2 minutes. Add 4 whole eggs, beat 2 minutes.
Grease and flour a 13 X 9 X 2 inch pan. Bake
35-40 minutes at temperature package directs. When
done, remove from oven and prick all over with a fork.

Combine and pour over:
2 cups confectioner's sugar
2 tablespoons water
• 1/3 cup orange juice
2 tablespoons melted butter

Joyce Hall

CHOCOLATE MAYONNAISE CAKE

1 cup sugar
1 cup mayonnaise or salad dressing
2 cups sifted flour
1/2 teaspoon salt
2 teaspoons baking soda
1 teaspoon vanilla
1 cup water
4 tablespoons cocoa

Cream sugar and salad dressing or mayonnaise. Mix
and sift together flour, cocoa, salt and baking
soda. Add sifted ingredients to creamed mixture.
Add vanilla and water, mixing thoroughly. Bake in
oven at 350° F for 40-45 minutes in an 8-inch square
pan.

Helen Sinclair

NEW YORK SPECIAL SQUARE

1. Prepare 2 cups graham wafer crumbs, 1 cup shredded coconut, and $\frac{1}{2}$ cup chopped nuts.
2. In a double boiler stir $\frac{1}{2}$ cup margarine, $\frac{1}{4}$ cup white sugar, and 3 tablespoons cocoa. until smooth and then add 1 beaten egg and 1 teaspoon vanilla. Cook 3 - 4 minutes.
3. Combine the two mixtures and press into an 8" square pan. Cool $\frac{1}{2}$ hour.
4. Mix $\frac{1}{3}$ cup margarine, 2 cups icing sugar, 2 tablespoons custard powder, and enough milk to cream well. Do not make this any thinner than icing.
5. Spread on graham wafer mixture.
6. Melt 2 squares semi-sweet chocolate and 1 teaspoon butter. Spread quickly over mixture.
7. Place in fridge to set.

Pat Siddon

GRAHAM WAFER SQUARES

22 Graham wafers
 $\frac{1}{2}$ cup melted butter
2 tablespoons white sugar

Press into 8 by 8 pan and bake for 5 minutes at 350°. Remove from oven and top with 1 can of Eagle Brand milk; Mix with 1 cup cocoanut. Return to oven and bake till brown about 30 minutes.

Ice with any desired icing.

Joanne Hughes

GRANDMOTHER'S POUNDCAKE.

1/2 pound margarine (100% corn oil)
2 cups sugar
5 or 6 eggs
2 cups all purpose flour
1 teaspoon lemon extract
2/3 tablespoon vanilla

1. Have all ingredients at room temperature.
2. Preheat oven to 350°F.
3. Beat 1/2 pound margarine and 2 cups sugar until blended.
4. Beat in one at a time 5 large or 6 small eggs.
5. Measure 2 cups of unsifted flour, then sift three or four times and add by spoonful to above mixture. Beat on high speed until well blended after each addition.
6. Add 1 teaspoon lemon extract and 3/4 tablespoon vanilla extract.
7. Bake in a greased and floured tube pan about 1 hour and 10 minutes or until it leaves the sides of the pan and springs back when lightly touched.

Judy Davis

CHEESE COOKIES

1 pound very sharp cheddar cheese
1 pound butter at room temperature
1 pound (4 cups) plain flour

Grate cheese on fine part of grater. Blend in butter and flour with hands. Divide dough into four portions, roll in waxed paper and chill thoroughly. Cut in 1/4 inch slices and place 1/2 pecan on each. Bake about 25 minutes or until lightly browned on ungreased cookie sheet at 325°F.

Judy Davis

APRICOT BARS

Base:

- 1 cup flour
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup butter.

Sift flour and sugar together, cut in butter. Pat down in an 8" or 9" square pan (ungreased). Bake at 350°F for 15 - 20 min. or until golden brown. Cool.

Filling:

- 1 cup apricots (cooked)
- 2 eggs
- 1 cup brown sugar (packed)
- 1 teaspoon vanilla
- $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ teaspoon double acting baking powder
- $\frac{1}{4}$ teaspoon salt

Wash apricots, cut into slivers with scissors, cook 5 min. over low heat. Cool. Beat eggs, add sugar gradually and beat until thick. Add vanilla. Add sifted dry ingredients (flour, baking powder, salt), mixing only until flour disappears. Fold in cooled apricots quickly. Pour on cooled base. Bake at 350°F. for 35 min. Dust with icing sugar and cut in squares when cooled.

Connie Townsend

CRISP OATMEAL COOKIES

- 1 cup butter or shortning
- 1 cup white sugar
- 1 egg
- 1 1/3 cups pre-sifted all purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1 teaspoon baking powder
- 1 1/2 cups rolled oats
- 3/4 cups cocoanut

1. Preheat oven to moderate, 375°F.
 2. Lightly grease cookie sheets
 3. Cream together butter or shortening and sugar until light and fluffy. Add egg and mix well.
 4. Measure flour, salt, soda, and baking powder. Stir thoroughly to blend. Blend into creamed mixture.
 5. Stir in oats and cocoanut.
 6. Drop on cookie sheet with teaspoon. Press thin with a lightly floured fork.
 7. Bake (375°) for 15-20 minutes or until lightly browned. Remove from sheets and cool on rack.
- Yield: approximately 5 1/2 dozen cookies.

Judy Davis

CHIPITS CRUNCHIES - EASY!

Melt one 6 ounce package (1 cup) chocolate chipits and one 6 ounce package butterscotch chipits in a 1 1/2 quart bowl over hot water.

Add 1 cup chow mein noodles and 1 cup peanuts. Drop with two teaspoons onto waxed paper. Chill until firm. Makes 2 dozen.

Joanne Hughes

BANANA CAKELETS

Measure into a bowl:

8 tablespoons shortening

Sift together twice then over shortening:

2 cups once-sifted pastry flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/4 cups sugar

Add:

1 cup mashed banana

1/3 cup milk

Stir until blended. Beat at medium speed for 2 minutes.

Add:

1 teaspoon vanilla

2 unbeaten eggs

Beat 1 minute more.

Fill cup cake papers 2/3 full. Bake at 375 degrees for 20 to 25 minutes.

Pat Siddon

HOT MILK CAKE

Beat 4 eggs 10 minutes.

Sift together:

2 cups sifted flour

2 1/2 teaspoons baking powder

1 teaspoon salt

2 cups sugar

Add by tablespoons to egg mixture.

Heat 1 cup milk and 1/4 pound butter (1/2 cup). Don't boil.

Add to mixture slowly and then add 1 teaspoon vanilla.

Bake in an ungreased tube pan, 350 F. for 1 hour.

Judy Davis

UPSIDE DOWN CAKE

Melt 3 tablespoons butter in a frying pan or a 9 inch cake pan. Sprinkle $3/4$ cup brown sugar evenly on the melted butter. Arrange fruit on the butter mixture. (Down side of the fruit will be up when the cake is served.)

Here are some suggested combinations:

(4 slices pineapple
(6 maraschino cherries

(6 canned pear halves
($1/2$ cup walnut halves

(1 can drained sliced peaches
(10-12 maraschino cherries

(2 cups drained cherries
($1/2$ cup halved blanched almonds

One Egg Cake: (preheat oven to 350°F)

$1/2$ cup shortning
1 $1/3$ cups granulated sugar
1 egg
1 teaspoon vanilla
2 $1/4$ cups flour
 $1/2$ teaspoon salt
3 teaspoons baking powder
1 teaspoon vanilla
1 cup milk

Combine shortening, sugar, egg, vanilla and beat well. Sift together flour, salt and baking powder. Alternately add milk and sifted dry ingredients to creamed mixture. Spread over fruit. Bake 30-40 minutes depending on size of pan. When done invert on rack and cool. This recipe may be made in two 8 inch round pans instead of the 9 inch square pan.

Joanne Hughes

PINEAPPLE SQUARES

1/2 cup butter
1/4 cup sugar
1 1/2 cups sifted pastry flour
1 cup well-drained crushed canned pineapple
2/3 cup Borden's Eagle Brand Sweetened Condensed milk
1 1/2 cups shredded coconut

Cream butter and sugar mix in flour until crumbs are formed, then blend well with hands until it forms a soft dough. Press well into bottom of 9 X 9 X 2 pan with about 1/2 inch extending up the sides. Prick with a fork.

Bake in moderate oven 350 F for 15 minutes or until a crust begins to form. Remove from oven.

Spread drained pineapple evenly over top.

Blend Eagle Brand milk and coconut together and spread evenly over pineapple. Return to oven and cook 25 minutes longer.

Cool and cut into 1 inch squares.

Mary Drummond

CHOCOLATE FROSTING

3 tablespoons butter	1/3 cup chocolate powder
3 cups icing sugar	(Cadbury's cocoa)
1/3 cup skim milk powder	5 tablespoons hot water
1/2 teaspoon vanilla	

Cream the butter, gradually blend in the icing sugar, skim milk powder, and chocolate powder alternately with hot water. Stir in vanilla. Stir until smooth.

Kathy Marsden

PINEAPPLE SQUARES

36 marshmallows $\frac{1}{2}$ cup milk
1 cup whipping cream 1 9oz. can crushed
15 graham wafers (single) pineapple

In a double boiler dissolve the marshmallows in the milk until of smooth consistency. Cool. Whip cream and fold undrained pineapple into it. Combine with marshmallow mixture. Roll wafers fine. Put half the wafer crumbs in a shallow pan. Cover with cream mixture and spread remaining crumbs on top. Chill for several hours. Cut into squares and serve.

Pat Siddon

SNICKERDOODLES (Cookies)

Mix together thoroughly:

1 cup shortening
 $\frac{1}{2}$ cup sugar
2 eggs

Sift together and stir in:

$2\frac{3}{4}$ cups flour
2 teaspoons cream of tarter
1 teaspoon soda
 $\frac{1}{4}$ teaspoons salt

Form in balls the size of small walnuts and roll in a mixture of

2 tablespoons sugar
1 teaspoon cinnamon
1 teaspoon cloves

Place about 2 inches apart on ungreased baking sheet and bake about 10 minutes in a moderate hot oven. Makes 5 doz. cookies.

Judy Davis

CHRISTMAS COOKIES

1. Cream 1 cup shortening
2. Add $1\frac{1}{2}$ cups brown sugar and cream till fluffy.
3. Add 3 eggs one at a time beating well after each addition. Add juice from 1 jar of cherries.
4. Sift and measure $2\frac{1}{2}$ cups flour, 1 teaspoon cinnamon, 1 teaspoon soda. Add to first mixture.
5. Add: $\frac{1}{2}$ lbs. dates
3 slices candied pineapple
1 cup walnuts
 $\frac{1}{2}$ lb. brazil nuts
1 jar cherries
1 package almonds (3 oz.)
6. Drop and bake at 350°F until browned.

Less fruit may be used.

Pat Siddon

CHOCOLATE ROLL

1 egg well beaten
1 cup icing sugar
2 sq. semi sweet chocolate
20 coloured marshmallows cut in small pieces
 $\frac{1}{2}$ cup chopped nuts
Mix together and then take wax paper and put cocoanut on paper and roll.

Joanne Hughes

QUEEN ELIZABETH CAKE

1. Simmer 1 cups of chopped dates and 1 cup of boiling water 5 min.
2. Cream $\frac{1}{4}$ cup of butter, 1 cup of white sugar, and 1 beaten egg.
3. Add date mixture, and 1 $\frac{1}{3}$ cups of sifted flour, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 teaspoon vanilla.
4. Bake at 350° F., 25 - 30 min. in 9X12 pan.

Topping:

6 tablespoons butter, $\frac{1}{2}$ cup brown sugar,
4 tablespoons cream or carnation milk and
 $\frac{1}{8}$ cups cocoanut.

Spread on top of cake - brown in oven.

Judy Tennyson

FRESH APPLE CAKE

1. Mix together 1 cup white sugar, $\frac{1}{4}$ cup cooking oil, 1 beaten egg, and 1 teaspoon vanilla.
2. Sift together $1\frac{1}{4}$ cup flour, pinch of salt, and 1 teaspoon soda.
3. Pare and slice 2 large fresh apples.
4. Chop 1 cup nuts.
5. Add flour mixture, apples and nuts to first mixture.
6. Turn into greased loaf or square tin and bake one hour at 350°. (Size of pan 6" X 10 or 8" square.)

Pat Siddon

CHOCOLATE OATMEAL COOKIES

1/2 cup shortening	1 tsp. baking powder
2/3 cup sugar	1 tsp. cinnamon
3/8 cup milk	1/2 tsp. nutmeg
1 cup flour	1/2 tsp. salt
2 squares melted unsweetened chocolate	
1 cup rolled oats	

Cream together shortening and sugar. Beat eggs; add milk. Sift together flour, baking powder, cinnamon, nutmeg and salt; mix with oats. Add, mix well. Drop by teaspoons on greased baking sheet. Bake in moderate oven (350F) 20 min.

Helen Sinclair

APPLE CRUMB CAKE

1/3 cup butter	2 tsp. baking powder
2/3 cup sugar	1/2 cup milk
1 1/3 cups flour	vanilla flavor
2 eggs	6 apples

Mix ingredients, put in bottom of cake tin.
Pare and slice apples,
Spread over batter.

To make crumb mix:

1/3 cup butter (cold)
2/3 cup sugar
2/3 cup flour

Mix with fingers until crumbs, spread over apples.

Bake at 350 degrees for 1 hour.

Gerda Rothe

PECAN PARTY STICKS

1 1/2 cups butter	1 cup sugar
2 eggs separated	1 tsp. salt
1/2 tsp. mace	2 tsps. vanilla
4 cups flour	2 cups chopped pecans

Pre-heat oven to 350 degrees.

Mix butter and sugar until creamy, add egg yolks, salt, and vanilla, blending well. Sift, then measure, flour, add mace sift together and add to creamed mixture. Mix well, Chill dough until easy to handle. Beat egg whites slightly. Shape dough into sticks 1 1/2" by 1/4", dip in egg white, roll in chopped nuts. Place on ungreased baking sheet. Bake 12 - 15 minutes.

Pat Siddon

MOLASSES SUGAR COOKIES

3/4 cup shortening	2 cups sifted all purpose - flour
1 cup sugar	1/2 teaspoon cloves
1/4 cup Brer Rabbit molasses	1/2 teaspoon ginger
1 egg	1 teaspoon cinnamon
2 teaspoons baking soda	1 teaspoon salt

Melt shortening in a three or four quart saucepan over low heat. Remove from heat allow to cool. Then add sugar, molasses and egg; beat well. Sift together flour, soda, cloves, ginger, cinnamon and salt. Add these to first mixture. Mix well and chill thoroughly. Form in one inch balls, roll in granulated sugar and place on greased cookie sheets, two inches apart. Bake in moderately hot oven 375 F. 8 - 10 minutes. Makes about 4 doz. sugar cookies.

Joanne Hughes

SPICY CUPCAKES

2/3 cup shortening	1/2 teaspoon nutmeg
1 1/2 cups sugar	1/2 teaspoon allspice
3 eggs	1/2 teaspoon salt
2 1/2 cups sifted cake flour	2/3 cup milk
2 teaspoons baking powder	1 teaspoon vanilla
1 teaspoon cinnamon	coconut
1/2 teaspoon cloves	

Heat oven to 375 degrees.

Cream shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each addition.

Sift flour, baking powder, cinnamon, cloves, nutmeg, allspice, and salt together.

Combine milk and vanilla.

Add dry ingredients to creamed mixture alternately with liquid, beginning and ending with dry ingredients.

Fill cup cake papers 2/3 full. Sprinkle with coconut. Bake 15 minutes.

Variations:

- Omit spices and
1. Add 1 cup floured blueberries
 2. 1/2 cup chopped nuts
 3. Fold in 1/4 cup chopped cherries and 1/2 cup chopped coconut
 4. Use 2/3 cup washed and dried raisins.

Or 2 tablespoons orange rind and 1/3 cup orange juice and 1/3 cup milk may be used instead of 2/3 cup milk.

Pat Siddon

COCOA FUDGE CAKE

8 tablespoons cocoa	1 teaspoon salt
1/2 cup hot water	1/2 cup shortening
8 tablespoons butter	1 1/4 cup sugar
1/2 cup sugar	3 eggs unbeaten
2 cups sifted cake flour	2/3 cup milk
1 teaspoon soda	grated rind of 1/2 lemon

1. Mix cocoa with hot water, add butter, stir until boiling, add the 1/2 cup sugar. Cook 2 mins. stirring constantly. Cool until lukewarm.
2. Measure the sifted flour, add soda and salt, sift together three times.
3. Cream the shortening, add sugar and cream together until smooth. Add eggs one at a time, beating thoroughly. Add flour mixture alternately with milk, beating until smooth. Add cocoa mixture and lemon rind.
4. Bake in 2 greased 8 - 9" layer pans, 350 degrees for about 30 min. Unmould and cool on a cake rack.

Frost with chocolate frosting.

Kathy Marsden

TUNA OR SALMON CASSEROLE

1/2 lb. tin salmon or tuna and liquid
1/2 cup finely grated cracker crumbs
1/4 finely chopped green pepper (optional) or
1 tablespoon dried chopped parsley
1 small tin tomato paste or 1/2 - 3/4 can undiluted tomato
soup
mashed potatoes (instant if desired)
2 tablespoons dried onion or 1/4 cup chopped fresh onion

Mix fish, crumbs, onion, green pepper (or parsley) with liquid thoroughly and spread in a medium greased casserole dish. Cover this mixture with tomato paste (or soup) then add sufficient cold or hot mashed potatoes to cover tomato paste. No tomato paste should be visible.

Sprinkle grated cheese on top and cover. Bake at 350 degrees for about 45 - 55 minutes. Uncover and brown top for 5 minutes. More cheese may also be added to mashed potatoes as well as sprinkled on top.

Serves 3 - 4.

Mary Drummond

CHINESE FRIED RICE

3 tablespoons salad oil 1/2 cup sliced mushrooms
1 egg 1/4 cup minced parsley
3 cups long grain rice, cooked and cooled
3 tablespoons soya sauce 3 shallots, chopped
1/4 teaspoon monosodium glutamate

1. Heat salad oil in large 10 - 12" frying pan. Break egg in pan and stir quickly to cook the egg.
2. Add the rice and other ingredients. Stir with a fork over medium heat until it is warmed through. Serve immediately.
6 servings.

Kathy Marsden

BAKED LIMAS WITH SAUSAGE

1 box frozen lima beans
pork sausage, sliced, as much as you can fit
around casserole (pork sausage comes in bag-like
container, do not use link sausage)
1 large green pepper 2 teaspoons white
1 teaspoon salt sugar
4 $\frac{1}{4}$ tablespoons brown sugar 1 can tomato soup
1 $\frac{1}{2}$ cups tomato juice

Fit sausage slices around the casserole making
lining. Bring limas to boil, drain and put in
casserole. Add cut up pepper, sugars and salt.
Heat tomato soup and tomato juice and pour over.
Bake at 350° for two hours covered.

Hint: Rebaking makes this casserole much better.
Bake two hours required the night before,
refrigerate. Before rebaking skim off fat from
sausage. Reheat slowly for one hour.

Joyce Hall

PORK CHOPS AND SPANISH RICE

4-6 pork chops
1 onion sliced
1/2 teaspoon garlic salt
1/3 to 1/2 cup long grained rice
1 can condensed tomato soup
1/4 to 1/2 cup water

Place single layer of pork chops in casserole,
place onion rings over. Sprinkle with rice, then
garlic salt. Spread tomato soup over evenly.
Pour water over. Cover, bake at 350 ° 2 - 2 $\frac{1}{2}$
hours.

Check casserole occasionally making sure rice
is moist. Add more water if necessary.

Joyce Hall

BAKED DEVILLED ONION HALVES

(Prep. time 20 mins. Cooking time 35-40 mins.)

3 large onions (about 2 lbs.)
1 teaspoon salt
1/2 cup water
1 can (4 1/2 oz.) devilled ham
2 teaspoons bottled horseradish
1/2 teaspoon dry mustard
1/2 cup finely crushed cracker crumbs
2 teaspoons dried parsley flakes
2 tablespoons grated Cheddar cheese

Heat oven to hot (400). Peel onions and cut in half crosswise. Arrange, cut side up in shallow baking pan. Sprinkle with salt, pour water into pan, cover. Bake 35 mins. or until fork-tender.

Meanwhile combine ham, horseradish, mustard, cracker crumbs and parsley. Add salt if needed. Spoon ham mixture onto onions. Sprinkle with cheese. Bake, uncovered, 5 minutes, or until cheese is melted.
6 servings.

Judy Davis

STOVIES

(\ Scottish Dish)

3 med. sliced potatoes
2 med. sliced onions
salt and pepper to taste
Sufficient boiling water to cover.
left over cooked meat (any kind) or browned hamburger

Simmer potatoes and onions about 1 hour, stirring occasionally; add seasoning and meat, continue simmering 15 - 20 minutes.

Serves 4

Mary Drummond

SPRING CASSEROLE

1 cup water 1 small new onion peeled
1 cup milk 2 sprigs mint
1 teaspoon salt 1 cup shelled new peas
dash of pepper 1 tablespoon butter
6 new potatoes scrubbed
6 small new carrots scraped
1 tablespoon flour

1. Combine water and milk and heat to boiling.
 2. Add seasonings and all vegetables except the peas.
 3. Simmer 10 minutes, remove mint and add peas; continue to cook until the potatoes are tender.
 4. Add the butter and flour creamed together. Stir until the sauce thickens slightly.
- Serve with cold sliced ham. Serves 4-6.

Mary Drummond

SKILLET MACARONI AND BEANS

1-1 $\frac{1}{2}$ pounds ground beef
2 tablespoons oil
1/2 pound macaroni (2 cups uncooked)
1/2 cup minced onion
1/2 cup chopped green pepper
2 8 ounce cans tomato sauce
1 cup water
1 teaspoon salt
1/4 teaspoon pepper
1-1 $\frac{1}{2}$ tablespoons worcestershire sauce

(continued)

Skillet Macaroni and Beef continued

Brown meat, remove from pan. Brown macaroni onion and pepper in the fat from meat, adding more oil if necessary. Return meat to pan, add other ingredients.

Cover and simmer for 25 minutes or until macaroni is tender.

Serves 4 - 6.

Joyce Hall

CHOW MEIN CASSEROLE

1 can condensed cream of mushroom soup
1/4 cup water
2 cups chow mein noodles
1 7 oz. can tuna
1 cup chopped celery
1/3 -1/2 cup crushed pineapple
1/2 cup chopped cashews, salted or toasted
1/4 cup sauteed onions, chopped fine
dash of pepper

Combine soup and water. Add 1 cup noodles, pineapple, tuna, celery, nuts, onion, pepper. Toss lightly. Place in baking dish 10X6X1 1/2 inches. Sprinkle remaining noodles over top. Bake in moderate oven 375 degrees for 15 minutes or until thoroughly heated. Garnish with drained canned mandarin oranges. If recipe is doubled use pan 11 1/2 X 7 1/2 X 1 1/2 inches and bake 25 minutes or until hot.

Serves 4.

Mary Drummond

CABBAGE ROLLS

2 large chopped Spanish onions
4 large chopped stalks of celery
2 pounds of ground meat (beef or pork,
or combination of both)
2½ cups cooked rice (equals 1 package
of Uncle Ben's long grain and wild rice mixture)
2 teaspoons salt
pepper
(optional) dill, garlic, parsley - season to taste
2 cans of tomatoes, tomato juice, or tomato soup
sour cream

- 1 large head of cabbage
1. Saute chopped onion and celery in frying pan until partially cooked.
 2. Cook rice according to package directions. Put onions, celery, rice, and meat in bowl. Add salt and pepper, plus any other seasoning you may wish to add to mixture and blend together.
 3. Separate whole cabbage leaves and steam until pliable by placing on rack in minimum of water-- takes about three minutes. After steaming, cut rib off back of leaves until they lie flat.
 4. Spoon one or two tablespoons of mixture on to one leaf and roll from corner to corner. If leaf is too large, you may cut it in half.
 5. Preheat oven to 325°. In a greased baking dish, pour some tomatoes or equivalent on the bottom and put in first layer of cabbage rolls; for each layer, alternate tomatoes with cabbage rolls.
 6. Bake for 1½ - 2 hours. Serve plain or with sour cream. (5-6 people)
 7. Leftover cabbage rolls are delicious the next day. To reheat, simply pan fry in a little butter.

Carol Strong

Ground Beef Party Casserole

1 1/2 pounds ground chuck
1/3 cup chopped onion
1 teaspoon worcestershire sauce
1/4 teaspoon pepper
1 teaspoon basil, crumbled
1 teaspoon marjoram, crumbled
3 8 oz. cans tomato sauce
8 oz. noddles, uncooked
1 8 oz. cream cheese, softened
1 cup creamed cottage cheese
1/4 cup sour cream
1/3 cup chopped green olives

Brown beef in skillet over medium heat, until lightly browned. Add onion and cook until tender. Add seasonings and tomato sauce. Lower heat and continue cooking on simmer for 5 minutes, stirring occasionally. Cook noodles according to package directions. Drain and rinse. Blend cheeses and sour cream. Add olives to cheese mixture and mix. Spread about 1/2 of the noodles in greased 3 quart casserole dish. Top with cheese mixture, rest of noodles and then the meat sauce. Bake at 350 degrees for 30 - 35 minutes, or until bubbly.
Serves 8 - 10.

Joyce Hall

CHILI CON CARNE

1 pound minced beef - brown slightly

Add:

onions

1 green pepper chopped

celery chopped

1 can stewed tomatoes

1 can lima beans in tomato sause

1 can kidney beans

salt

1 teaspoon chili powder

Simmer in frying pan 1 hour. Serve hot. Serves 6

Cathie Laframboise

TUNA CASSEROLE

1 can cream of mushroom soup

1 cup milk

1 cup cheese cubed

6 oz. broad egg noodles

pepper

2 hard boiled eggs mashed

1 can tuna

about 10 buttered crackers

Heat soup with milk. Add cheese. Cook egg noodles.
Add. Add pepper, 2 hard boiled eggs mashed, 1 can
tuna. Sprinkle crackers over top. Bake in large
casserole 350° for 30 minutes. Serve hot. Serves 6-8.

Cathie Laframboise.

CANADIAN CHOP SUEY

2 strips diced bacon 1 small shredded cabbage
2 green peppers (diced) 3 or 4 stalks of chopped celery
1 large onion (diced) 2 tablespoons soy sauce
1 pound cubed round steak 2 tablespoons molasses
salt and pepper
2 cups tomatoes OR 1 can of tomato juice

Lightly brown bacon. Add onions, peppers and cubed meat and brown well. Season with salt and pepper. Place in casserole, add cabbage, celery, sauce, tomatoes and molasses. Cover tightly and cook 1 - 1 1/2 hours in 325 degree oven.
Serve with rice.
Serves 4

Pat Siddon

CHILI

3 lbs. of ground round steak (or hamburger)
1 bunch of celery chopped
3 or more large Spanish onions (diced)
2 or 3 medium sized green peppers (diced)
4 cans tomatoe soup (10 oz. size)
1 can whole tomatoes (15 oz. size)
2 cans tomatoe paste (10 oz. size) - optional
3 cans red kidney beans (10 oz. size)
1 lb. mushrooms - optional
2 teaspoons salt
2 teaspoons pepper
1 teaspoon mustard
2 tablespoons sugar (brown preferably)
 $\frac{1}{2}$ teaspoon paprika
oregano, garlic, and chili powder,
bay leaves (according to taste)

1. Saute diced onion until almost cooked. Remove and place on paper towel till all excess grease is drained off.
 2. Saute meat with celery, green pepper, and onion on medium temperature. Drain off all liquid remaining.
 3. Add all spices to the soup and then add remaining canned ingredients.
 4. After the meat has been cooked and drained add it to the sauce mixture (and beans) on simmer.
 5. The chili will improve with longer cooking, but can be served after 4 hours if desired.
 6. If mushrooms are used, they should be sauted separately and placed in the chili two hours before being served.
 7. If a thinner chili is desired, water may be added according to taste in the early simmering stage.
- This recipe will serve eight people.

CURRY

1 medium onion (chopped)
1 tablespoon fat
1 cup cooked beef or lamb (diced)
2 cups water
1 carrot, 1 medium potato (diced)
curry powder
1 celery stick, piece of green pepper (chopped)
1/4 cup raisins
salt, pepper
flour to thicken

Brown onion in fat. Add meat, water, and hard vegetables. Add salt, pepper, and curry powder to taste (1-1 1/2 level teaspoons of "Glenwood" curry powder makes a hot curry. If this is an unaccustomed taste, use 1/2-1 teaspoon to start. Increase the quantity from time to time -- the hotter the better!). Simmer for 15 minutes. Add raisins, and soft vegetables. Simmer 10 more minutes. Make a paste with a little cold water and about 2 tablespoons of flour, stir into mixture. Cook until thickened (the texture should be that of "medium" white sauce). Serve with equal volume of plain white rice. Makes 2 servings (simply multiply quantities appropriately for more servings).

Suggestions:

1. Any firm vegetables can be added.
2. The interesting sweet-sour taste given by the raisins can be enhanced by adding chopped fruits such as apple, orange, pineapple.
3. A traditional table addition is Mango Chutney (available at most specialty food departments).

Jean Surry

STUFFED CABBAGE ROLLS

- 12 large cabbage leaves
- 1½ pounds ground meat (mixture of veal
beef and pork)
- ½ teaspoon pepper
- 2 Tablespoons salt
- ¼ teaspoon hot crushed chili peppers
- 1 cup cooked rice
- 1 small onion
- 1 egg
- ½ teaspoon sage
- 2 Tablespoons vegetable oil (for frying)
- 2 8 oz. cans tomato sauce
- 1 Tablespoon brown sugar
- ¼ cup water
- 1 Tablespoon lemon juice or vinegar

1. Cover cabbage leaves with boiling water. Let stand about 5 min. or until soft. Drain.
2. Combine next 8 ingredients.
3. Place equal portions of the meat mixture in centre of each cabbage leaf. Fold in sides and roll. Fasten with toothpicks.
4. Brown rolls in hot oil in electric frying pan (350°)
5. Pour in tomato sauce.
6. Combine sugar, water, vinegar (or lemon juice). Stir into tomato sauce.
7. Simmer covered for one hour, basting occasionally. Serve hot.

M.C.Laframboise

SHEPHERD'S PIE

1 cup cooked lamb
2 medium onions, boiled
2 carrots cooked
 $\frac{1}{2}$ pound peas cooked
2 Tablespoons fat
2 Tablespoons flour
2 cups milk
 $\frac{1}{2}$ teaspoon rosemary
2 cups mashed sweet potatoes

Combine lamb, vegetables, rosemary and a dash of salt and pepper. Melt fat in a saucepan. Remove from stove and blend in flour smoothly. Add milk. Stir until thickened. Mix with lamb-vegetable combination and turn into deep baking dish. Cover with mashed sweet potatoes. Dot with butter. Bake in 400° oven until top is brown.

Joanne Hughes

Here's a culinary quiz for you to try while you're waiting for the milk to boil. 27 is tops, counting one mark for each question. If you score 25 you're pretty darned smart - if you score 20 you can give yourself a pat on the back. Below 15 - you never were the domestic type anyway!

1. What is Salami?
 - (a) a form of salutation?
 - (b) a notorious dancer?
 - (c) a meat produce?
 - (d) a beverage made from rice?

2. What is the difference between
 - (a) Bouillon - Consomme?
 - (b) French toast - Melba toast?
 - (c) Devil's food - Angel cake?
 - (d) French Dressing - Mayonnaise?
 - (e) A gourmet - A gourmand?
 - (f) Doughnut - Cruller?

3. What makes
 - (a) a custard curdle?
 - (b) a chili hot?
 - (c) a popover pop?
 - (d) a lobster blush?

4. What is meant by
 - (a) Harvard beets?
 - (b) Mocha icing?
 - (c) Floating Island?
 - (d) Baked Alaska?

5. Can you recognize these favourite sauces?
 - (a) Tartare
 - (b) Jardiniere
 - (c) Financiere
 - (d) Newburg

6. Can you form a mental picture of these swank dishes?
 - (a) Bombe Glacee
 - (b) Bouillabaisse
 - (c) Napoleon
 - (d) Lobster Thermidor

7. Do you know what the cook book means when it asks you to:
- (a) Saute
 - (b) Marinate
 - (c) Braise
 - (d) Parboil

ANSWERS

1. An outsized sausage roll, highly seasoned.
2. (a) Chief difference is that bouillon is made from one kind of meat while consomme is made from two or three varieties.
- (b) French toast is the kind that's dipped in egg and milk, then pan fried. Melba toast is a very thin slice dried in the oven until brown and curly.
- (c) Devil's food is very dark chocolate cake. Angel cake is light, airy and very white.
- (d) French dressing is an oil and vinegar mixture blended together. Mayonaise is oil and vinegar emulsified with egg.
- (e) A gourmet is a discriminating judge of food. A gourmand is more interested in quantity than quality.
- (f) The doughnut is the one with the hole in the middle. Crullers are made from the same dough but twisted before cooking.
3. (a) Too high a temperature or too long cooking.
- (b) Chilies are small pungent-flavoured pods of a tropical pepper plant.
- (c) The high temperature at which popovers are baked creates enough steam to blow up the batter.

(continued)

ANSWERS TO CULINARY QUIZ

3. (d) A live lobster is green. He gets red in the face, and all over for that matter when he gets dunked in boiling water.
4. (a) Diced or sliced cooked beets served in a vinegar and sugar thickened sauce.
- (b) Combination of coffee and chocolate.
- (c) A soft custard pudding decorated with islands of meringue. Often contains fruit or garnished with jelly or jam.
- (d) Brick or scoop of ice cream set on slab of cake, thickly covered with meringue and popped in a hot oven for 90 seconds by the clock.
5. (a) Mayonnaise to which chopped pickles, olive and sometimes capers have been added. Served with fish.
- (b) Gravy, or brown sauce to which have been added chopped cooked garden vegetables.
- (c) Thin brown gravy flavoured with ketchup and slices of mushrooms.
- (d) A rich white sauce to which egg yolks and sherry have been added. Most frequently used with lobster.

ANSWERS TO CULINARY QUIZ

6. (a) A large mould of ice cream - often a melon mould lined with one kind of ice cream, the centre of a contrasting flavour.
- (b) Several kinds of fish cooked with white wine to produce a chowder-like dish.
- (c) Sheets of puff pastry with custard cream filling between, cut in individual portions. May be served plain, iced or with a dusting of icing sugar.
- (d) Lobster cooked in a rich mushroom sauce and then piled back into the shell, sprinkled with grated cheese and browned in the oven or under the broiler.
7. (a) To fry a very small amount of fat, e.g. sauteed mushrooms.
- (b) To allow meats or vegetables to stand in a mixture of oil and vinegar (the marinade) until it seasons the food.
- (c) To brown meat or vegetables in a small amount of fat and then cook slowly in a small amount of water in a tightly covered utensil. Food may be braised on top of the stove or in the oven.
- (d) To cook in boiling water until food is partially cooked.

AMBROSIA PUDDING

1 pkg. vanilla pudding
2/3 cup orange or pineapple juice
1 cup crushed pineapple
1 cup cream (Whipped)
vanilla wafers
1/2 cup cocoanut (toasted)

Prepare pudding according to directions on package, using 2/3 cup of fruit juice for the liquid. Add pineapple. When cool, fold in whipped cream. Pile in six sherbets. Tuck wafers around sides. Chill. Top with cocoanut.

Helen Sinclair

RASPBERRY JELL-O ICE CREAM DESSERT (tremendous for company - a favorite!)

1 regular size pkg. raspberry jello
(not the new large size)
1 cup boiling water

Dissolve jello thoroughly in hot water. (I sometimes find it necessary to keep this warm over hot water.) Add 1 pkg. of frozen raspberries thawed only enough to be able to break them apart, and spoon in 1 pt. (or brick) vanilla ice cream. Stir until all blended. Put in refrig until set.

Strawberries may also be used with Strawberry jello.

Joanne Hughes

CHERRY DESSERT

1 egg, beaten
1 cup sugar
1 cup flour
1 teaspoon baking powder
1/2 cup milk
3/4 cup drained sour cherries (1 can)
1/2 cup chopped nuts
4 tablespoons melted butter

Combine eggs, sugar, baking powder and flour alternately with milk. Stir cherries, nuts, and butter into this mixture. Bake 15 minutes at 350° in cake pan.

Sauce for Cherry Dessert:

1/2 cup sugar
1 tablespoon butter
dash salt
drained cherry juice from can
1 tablespoon flour

Combine all ingredients and cook until thickened. Pour over cherry squares and top with whipped cream.

Lois Flagg

VANILLA MARLOW

24 Campfire or Angelus marshmallows
2 teaspoons vanilla
1 cup milk
1 cup cream, whipped

Heat marshmallows and 1/4 cup of milk in saucepan over low heat, folding until mixture is smooth. Remove from heat, add rest of milk, cool and add vanilla. Gently fold into stiffly whipped cream. Freeze in refrigerator trays, without stirring.

LEMON SPONGE PUDDING

3/4 cup granulated sugar
2 tablespoons melted butter or margarine
3 tablespoons flour - level, unsifted
2 egg yolks beaten
1 cup milk
juice of 1 lemon
2 egg whites beaten
pinch of salt

Mix melted butter and sugar, mix in flour.
Add beaten egg yolks, then milk; add lemon juice
(also grated lemon rind if desired) Beat egg
whites and salt till stiff. Fold in egg whites
to mixture. Pour into buttered baking dish. Set
dish in pan of hot water.
Bake uncovered 45 minutes to 1 hour at 325 degrees.
May be baked in individual pyrex cups.
Serves 4.

Mary Drummond

CUSTARD

2 cups milk (scald)
3 eggs
1/3 cup sugar (or more to taste)
pinch salt
1 teaspoon vanilla
nutmeg

Beat eggs. Add salt vanilla sugar. Pour into milk
Sprinkle nutmeg over milk. Put casserole into
pan of hot water. Bake at 350 degrees for about
1 hour or until knife inserted into custard
comes out clean.

Cathie Laframboise

ORANGE-LEMON CREAM

1 envelope unflavoured gelatin
1 cup reconstituted frozen orange juice
2 eggs, separated
1/2 cup sugar
3 tablespoons lemon juice
1 teaspoon grated lemon rind
1 cup cream for whipping

Soften gelatin in 1/4 cup of the orange juice until it dissolves. Remove from heat. Beat egg yolks with 1/4 cup sugar. Stir in gelatin mixture, then the remaining 3/4 cup orange juice, lemon juice and rind. Chill (stirring often) 50 minutes or until as thick as unbeaten egg whites. Beat egg whites until double in volume. Beat in 1/4 cup sugar, 1 tablespoon at a time. Fold the whipped cream and meringue into the gelatin mixture. Garnish with whipped cream.

Helen Sinclair

CREAMY COCKTAIL DESSERT

1 can fruit cocktail (20 ounces)
1 cup quartered marshmallows (about 10)
1 cup sour cream

Drain fruit cocktail; to fruit, add marshmallows and sour cream. Blend well and allow to stand over night in refrigerator. Serve in sherbet glasses.

Joanne Hughes

DOUBLE-BOILER BUTTERSCOTCH BREAD PUDDING

1 cup brown sugar, packed
4 slices buttered bread
2 cups milk
1 teaspoon vanilla
1/4 teaspoon salt
2 eggs

Butter top of double boiler and put in brown sugar. Add bread cut in cubes. Beat eggs, add remaining ingredients and pour over the bread. Set over boiling water and cook about 1 hr.

Lois Flagg

LEMON SHOW

1 envelope unflavoured gelatin
1/4 cup hot water
1/4 cup lemon juice
1 1/2 cups cold water
1/3 cup granulated sugar
2 teaspoons grated lemon rind
2 stiffly beaten egg whites

Dissolve gelatine in hot water. Add lemon juice, cold water, sugar and grated lemon rind. Chill until slightly thickened. Whip until white and fluffy. Fold in egg whites and chill until firm. Serve with custard sauce made from the egg yolks. (4-6 servings)

Mary Drummond

RICE PUDDING

2 eggs
1/2 cup sugar
1/2 teaspoon salt
2 1/4 cups milk
1 teaspoon vanilla
2 cups steamed rice
dash nutmeg

Separate eggs. Beat yolks and add sugar, salt, milk, vanilla and rice. Beat egg whites until stiff and fold into mixture. Turn into baking dish and sprinkle with nutmeg. Bake in oven (350°F) 45 minutes. Serves 6.

Mary Garay

FRENCH ON THE MENU

When dining out in style the menu can be a bit of a puzzle. Remember that TABLE D'HOTE means choice from a set meal at a set price, A LA CARTE individual choice at individual prices. The words below are useful; but when in doubt don't hesitate to ask the waiter to translate.

Agneau, lamb
Ananas, pineapple
Asperges, asparagus
Bisque d'homard, lobster soup
Bifteck aux pommes, steak and chips
Blanchaille, whitebait
Boeuf, beef
Buffet froid, cold buffet
Cafe, coffee
Les canapes, savouries
Caneton, duckling
Champignons, mushrooms
Choux de Bruxelles, brussels sprouts
Chou-fleur, cauliflower
Compote de fruit, fruit salad
Consomme, clear soup
Consomme en gelee, jellied-soup (cold consomme)
Creme de tomate, cream of tomato soup
Crepe, a sweet pancake
Demi, half
Entrecote, a cut of sirloin steak
Epinards en branche, spinach leaves
Escalope de veau, thin slice of veal
Escargots, snails
Farci, stuffed
Flambe, tossed in liqueur and set alight
Foie de veau, calves' liver
Fraises, strawberries
Frit, fried
Fromage, cheese
Fume, smoked

FRENCH ON THE MENU (continued)

Gateau, cake (also tard, pudding)
Glace, ice-cream
Grille, grilled
Haricots verts, whole long green beans
Homard, lobster
Hors d'oeuvre, mixed dish of small
 savoury items
Jambon, ham
Laitue, lettuce
Langue, tongue
Ceuf, egg
Ceuf en cocotte, egg baked in individual
 dishes
Pate maison, the special pate of the
 restaurant
Peché, peach
Petits pois, green peas
Poche, poached
Poire, pear
Poisson, fish
Pommes frites, fried potatoes

PINEAPPLE CHICKEN

4 chicken breasts (2 chickens cut-up 2½ lbs. each)
flour, salt and pepper in a bag
1 teaspoon powdered ginger
4 tablespoons butter
¼ cup soy sauce
½ cup water
2 tablespoons vinegar (red wine vinegar)
¼ cup brown sugar
1 can crushed pineapple or pineapple chunks

Wash and skin the chicken and shake in the bag.
Heat electric frypan to 375° F. and melt butter
until bubbly. Rub chicken with ginger and brown
Pour off any excess butter.

Mix soy sauce, water, vinegar, brown sugar and
pineapple. Pour over chicken. When steaming turn
control to simmer 115-118° F. Cook about 50 min.
until tender. 4 servings.

Kathy Marsden

CHICKEN CASSEROLE

6 cups cooked chicken
1 tin mushroom soup
1 tin Aunt Martha's chicken a la King
1 cup celery sliced thin
1 cup grated raw carrots
1 cup frozen peas
½ cup onions
Crumbs on the top if desired.

Joanne Hughes

SWIFT'S PREMIUM CHICKEN

1 chicken cut in parts or 4 - 6 pieces
1 cup Bisquick 1/4 teaspoon pepper
2 teaspoons salt 2 teaspoons paprika
1/2 - 3/4 cup margarine (enough to cover bottom of
baking dish sufficiently)

Combine dry ingredients in paper bag. Shake chicken pieces 1 at a time, coating well. Melt margarine in large baking dish. Roll underside of chicken in margarine and turn over, so that skin side is down. Bake at 425 degrees for 30 minutes. Turn so that skin side is up. Roll and cut out biscuits made with Bisquick, and place inbetween chicken pieces. Bake for 15 minutes more or until biscuits are done.

Joyce Hall

STUFFED SAUSAGE ROLL

2 pounds bulk sausage 2 cups bread crumbs
2 cups dice^d raw apples 2 small onion, diced

Pat the sausage on waxed paper into a flat rectangular shape about 1/2 inch thick. Mix the apples, onions and bread crumbs and spread this over meat. Roll like a Jelly Roll, tucking the edges in. Place in a baking dish and bake in a moderate oven (350° F.) until done, about 45 minutes. Serves 6.

Mary Garay

BARBEQUED SPARERIBS

Brown spareribs under broiler on both sides.
Make up a sauce of the following ingredients:

4 Tablespoons minced onion
1 cup tomatoe puree
3/4 cup water
3 Tablespoons vinegar
2 Tablespoons Worcestershire sauce
1 teaspoon salt
1 teaspoon paprika
1 teaspoon chilli powder
1/2 teaspoon pepper
1/4 teaspoon cinnamon
Dash ground cloves

Bring to a boil and pour over spareribs in
baking pan. Cover and bake at 350° until
done (about 3/4 to 1 hour).

Gerde Rothe

YORKSHIRE PUDDING

2 eggs
1 teaspoon salt
1-1/3 cup milk
1 cup sifted flour

Beat eggs until very light and add salt and milk.
Beat again. Then add flour gradually and beat
well. Drop batter by spoonfulls into hot sizzling
greased muffin tins or a shallow baking pan. Place
in hot oven 425-450° and bake for 20 minutes
lowering heat a little as the baking proceeds.
Serve with roast beef!!! Makes about 14

I usually use muffin pans and put about 1 tsp.
fat from the roast into each pan. Then set it
in the oven a couple of minutes until the fat is
bubbling hot.

Pat Siddon

GERMAN POT ROAST

4 lb. pot roast	1/2 teaspoon dry mustard
salt and pepper	1/4 cup lemon juice
1 cup water	1/4 cup vinegar
1 8 oz. can tomato sauce	1/4 cup catsup
3 medium onions, cut up	1 tablespoon worcestershire
2 cloves garlic, minced	sauce
2 tablespoons brown sugar	dash of hot pepper

Brown meat slowly and thoroughly in Dutch Oven, adding a tablespoon or two of fat if necessary. When brown, salt and pepper both sides of meat; add water, tomato sauce, onions and garlic. Cover and simmer for two hours. Add remaining ingredients; cover and continue cooking 1 1/2 hours or until meat is very tender. Remove meat to platter, skim excess fat from gravy. At this point you may add dumplings - which are marvelous cooked in this gravy.
Good for tougher cuts of meat.

Marcelle Battle

BAKED COTTAGE ROLL WITH GRAPEFRUIT

2 pound smoked cottage roll	
whole cloves	1 grapefruit
cinnamon	brown sugar
1/2 cup grapefruit juice	

Cover cottage roll with water; cover. Simmer one hour, drain. Place in baking pan; insert cloves. Add grapefruit juice. Bake in moderate oven (350°) 1 hour, basting every 15 minutes. Cut grapefruit in eighths; dip in brown sugar and cinnamon. Brown under broiler unit or burner. Use to garnish cottage roll.

Helen Sinclair

COD FILLETS IN CORAL SAUCE

2 pounds frozen cod (sole or haddock) fillets
1 teaspoon salt
few grains pepper
1 teaspoon paprika
2 tablespoons lemon juice
 $\frac{1}{4}$ cup butter, melted

Place fillets in greased baking pan.
Combine remaining ingredients and pour over fish. Bake in hot oven over 450°. Allow about 20 minutes cooking time per inch thickness. A fillet block is usually about $1\frac{1}{4}$ inches thick and requires about 25 minutes cooking. Its done when fish flakes easily with a fork.

Judy Davis

STUFFED GREEN PEPPERS

2 large green peppers
1 7 ounce tin tuna or salmon
 $\frac{1}{2}$ cup soft bread crumbs
1 egg beaten
1 teaspoon lemon juice
1 tablespoon chopped onion
milk and salt
1 tin tomatoe sauce

Half peppers, take out seeds and membrane and cook in boiling water 3-5 minutes. Mix other ingredients and fill pepper halves. Top with buttered bread crumbs and put in baking dish. Pour one small tin of tomatoe sauce in dish and bake for 30 minutes at 375°.

Gerda Rothe

GOLDEN CHICKEN

Pre-heat broiler. Cut a 2 1/2 to 3 pound chicken into 8 pieces. Rub each piece with the cut half of a lemon and sprinkle with a dash of nutmeg. Cream 1/4 cup butter with 1 teaspoon each of salt, dry mustard, paprika; 1/2 teaspoon curry and 1 clove garlic, crushed. Spread the underside of each piece of chicken with this mixture. Broil 4 inches away from heat, buttered side up, until brown. Turn, spread the skin side with the rest of the butter mixture. Continue to broil, skin side up until golden brown and cooked through - in all, about 35 - 40 minutes. Baste once or twice with the drippings. Remove from oven and place chicken pieces on platter. Cover with foil and keep at room temperature until ready to serve.

Helen Sinclair

HUNGARIAN SAUSAGE LOAF

2 pounds bulk pork sausage
4 cups bread crumbs
1 egg
1 cup sour cream

Combine sausage, bread crumbs, slightly beaten egg, and sour cream. Season with paprika. Pack firmly into loaf pan. Bake in moderate oven (350 degrees) until done, about 1 1/2 hours. Serves 6.

Mary Garay

CRISP OVEN-FRIED CHICKEN

2 to 2½ pound broiler fryer, cut up
¾ cup dairy sour cream
1 Tablespoon lemon juice
1 teaspoon worcestershire sauce
1 teaspoon celery salt
dash pepper, 1 teaspoon salt
½ teaspoon paprika
2 cloves garlic, finely chopped
1 cup packaged dry bread crumbs

1. Preheat oven to 350°. Grease a 13 X 9 X 2 inch baking dish. Wipe chicken with damp paper towels.
2. In medium bowl, combine sour cream with lemon juice, worcestershire sauce, celery salt, salt, pepper, paprika and garlic. Mix well.
3. Dip chicken into sour cream mixture; then roll in bread crumbs, coating completely.
4. Arrange chicken pieces in baking dish, bake, uncovered 45-60 minutes or until chicken is tender and browned.

Carolyn Drewry

SMOTHERED CHICKEN

1 envelope chicken noodle soup mix
1 1/2 cups boiling water
1 2 1/3 - 3 lb. chicken, cut in serving pieces
1/2 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1/2 cup butter or margarine
1/4 cup minced onion
1 - 4 oz. can sliced mushrooms
2 tablespoons flour
1 cup milk
3 - 4 tablespoons Sherry, if desired

Stir soup mix into boiling water and simmer 7 minutes. Strain, reserve broth. Place noodles in bottom of large shallow casserole. Combine 1/2 cup flour, salt and pepper. Coat chicken pieces. In skillet, heat half of butter or margarine, and brown chicken. Arrange in casserole. Heat remaining butter in skillet; saute onion and mushrooms about 5 minutes. Blend in the 2 tablespoons flour, then the soup stock and milk. Simmer, stirring until thickened. Add sherry. Pour sauce over chicken. Cover and bake at 325 degrees for one hour.

Serves 6.

Lois Flagg

MARY'S BARBECUE

Fry 1 pound hamburger, with 1 small-medium onion chopped fine, till brown. Drain off excess fat. Add: 1 tablespoon worcestershire sauce, 1 cup ketchup or chili sauce (I use 1/2 cup of each) 1 tablespoon mustard, 2 tablespoons brown sugar, 2 tablespoons vinegar and 1/2 cup water. Stir. Simmer until sauce is thickened. Spoon over toasted hamburger buns.

Joyce Hall

SWEET AND SOUR SAUCE

For pork or spareribs, lamb chops, etc. or
leftover chicken pieces.

1 clove garlic mashed (optional)
1/2 teaspoon salt
1 teaspoon accent (optional)
2 Tablespoons cornstarch
2 Tablespoons brown sugar
2 Tablespoons soy sauce
1/4 cup vinegar
1 cup pineapple syrup
1 bouillon cube dissolved in 3/4 cup
boiling water.

Mix all ingredients together. Cook, stirring
constantly until transparent. Pour over meat
during last half of cooking time.

Cathie Laframboise

MEAT LOAF

1 pound ground beef
1 onion minced
1/4 cup green pepper minced
2 cups bread cubes
1 egg
1/2 can Hunt's tomato sauce
salt and pepper

Mix together thoroughly with hands, form
into loaf & place in container. Mix
together and heat:

1/2 can tomato sauce
1/2 can water
1 Tablespoon brown sugar
1 Tablespoon prepared mustard
1 Tablespoon vinegar

Pour over meat loaf and bake 1-1½ hrs. at 400°.
Baste often.

Judy Davis

BAKED BEEF ROLL

2 cups ground left-over cooked meat
1 small onion ground
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon prepared horseradish
1/4 cup leftover gravy
baking powder biscuit dough

Combine beef, onion, salt, pepper, horseradish and gravy. Roll out either packaged or homemade baking powder biscuit dough using 2 cups flour as a basis, into rectangle about 9 by 12 inches. Spread the meat on the dough and roll up jelly roll fashion pinching ends together. Place on greased baking sheet, brush top with milk. Bake in hot oven 450° about 25 minutes or until done. Serve sliced with Spanish sauce.

Mary Drummond

SPANISH SAUCE

1 cup sliced onions
4 tablespoons fat
1 bay leaf
1 can no. 2 tomatoes or 2 1/2 cups tomato juice
2 whole cloves
2 teaspoons salt
1/2 cup chopped green pepper
dash pepper

Mix above ingredients well and bring to a boil.
Serve with Beef Roll.

Mary Drummond

HAMBURGER SPECIALS

1 lb. ground beef	1 small onion, minced
3 tablespoons catsup	1 teaspoon salt
2 teaspoons prepared mustard	1/2 cup soft breadcrumbs
1 1/2 teaspoon horseradish	1/4 cup milk
1 1/2 teaspoon Worcestershire sauce	

Combine all ingredients. Shape into 4 large (1/2") of 8 small (1/4") patties. Broil on pan 3" from heat 4 - 6 mins. each side or pan fry.

Kathy Marsden

VEAL STEAK IN OLIVE SAUCE

1 lb. veal steak (1/2")thick)	2 tablespoons brown sugar
1/4 cup flour	1 tablespoon lemon juice
2 tablespoons fat	1 tablespoon chopped onion
2 tablespoons flour	1 cup water
1/2 teaspoon salt	1/2 cup chopped pimiento olive
1/2 teaspoon paprika	

Sprinkle 1/4 cup flour on both sides veal steak then brown well in hot fat in heavy skillet (electric frypan) Remove meat from pan. Add 2 tablespoons flour and stir until smooth, then add all remaining ingredients except the olives. When blended return the meat to pan, cover and simmer in sauce until tender, about 30 mins. Add olives and cook 5 mins. longer. Serve steak on hot platter. Pour sauce over top. Garnish with whole olives.

4 servings.

Kathy Marsden

Chicken Paddies

2 slices white bread, trimmed
1 cup cooked or canned chicken (chopped)
1 tablespoon grated onion
1 egg beaten
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon chopped parsley
2 tablespoons butter or margarine

Crumble bread between fingers. Mix the bread crumbs, chicken, onion, egg, salt, pepper, and parsley until well blended. Shape into 4 - 6 paddies (If you like a lot of crisp surface, make 6). Melt butter in skillet, and saute the paddies until browned, on both sides.

Serve with a fruit sauce, apple or cranberry, or a mixture of two if desired.

Joanne Hughes

Liver (With Vegetables)

1 pound liver, thinly sliced	2 tablespoons fat
2 cups celery and leaves	2 onions
1 teaspoon salt	6 carrots
2 tablespoons flour	1 cup tomatoes

Chop celery and spread in greased casserole - sprinkle with a little salt.

Dredge prepared liver in flour, brown in hot fat; place on top of celery; sprinkle with salt. Add vegetables, cut in small pieces and rest of salt. Cover bake at 350 degrees for one hour.

Joanne Hughes

TOURTIERE (Pork Pie)

1 pound minced pork
1 onion cut up in small pieces
1/2 teaspoon dry mustard
salt and pepper
1/8 teaspoon clove
1/2 clove garlic pressed

Cook pork with onions clove and garlic, mustard, salt and pepper until meat is well done along with 1/2 cup of water at low heat. Simmer 30 minutes.

Make up pie crust, add meat mixture and bake in 400°F oven until pie crust is cooked (20-25 minutes)
Suggestion: Serve with pickled beets. Add clove and garlic to taste.

Colombe Lafrance

PATE de FOIE GRAS

1 lb. chicken livers	cinnamon
HP sauce	garlic
French's mustard	tobasco
clove	butter (melted)
nutmeg	onion juice

This recipe has not given proportions to the spices as it is made to each ones taste -- a dash of each ingredient increasing if desired to your taste.

Cut as much fat off the livers as possible, then boil until cooked. Drain off water and with fork mash the liver to a uniform paste. Melt a good tablespoon of butter and pour over the chicken liver. Mix well. Add spices and let it sit to room temperature for 1/2 hour. Take out of fridge 1/2 hour before serving. Must not be cold. Suggestion: Serve with fresh bread and red wine.

Colombe Lafrance

Barbecue Sauce

(for spareribe, roast pork etc.)

2 medium onions diced
1 can tomato soup
3/4 cup water
2 tablespoons Worcestershire sauce
1 teaspoon salt
3 tablespoons vinegar
1/8 teaspoon cloves
1/4 teaspoon black pepper
1 teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon garlic salt (or to taste)
1/2 teaspoon crushed chili pep
1/4 teaspoon cinnamon

Combine all ingredients in saucepan. Bring to a boil and simmer for at least 1/2 hour (longer improves flavour.) Use to baste meats during last 3/4 hour of baking time. Serve with meat during meal.

Cathie Laframboise

PIZZA BITS

(supper Or cocktail snacks)

1/2 cup chopped, pitted ripe olives
1/2 cup drained canned tomatoes
1 cup grated cheddar cheese
pinch oregano
dash garlic salt
7 bread slices

Do ahead, if desired: In small bowl, blend olives with tomatoes, cheese, oregano and garlic salt. Refrigerate until needed.

About 30 min. before serving: Heat oven to 400 degrees. Toast bread, butter and then spread with cheese mixture. Bake 12 - 14 minutes or until cheese is melted.

To serve: Cut each slice into 4. Serve immediately
Makes 28.

Kathy Marsden

HOT FRUITED TEA

10 cups boiling water
10 teabags
15 cloves
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ cups sugar
1 cup lemon juice
 $\frac{2}{3}$ cup orange juice
6 orange slices

Pour boiling water over tea. Add cloves and cinnamon. Cover and let steep for 5 minutes. Strain tea. Add sugar and citrus juices. Heat to just below boiling. Serve hot with $\frac{1}{2}$ cartwheel slice of orange. Serves 12.

Judy Davis

MARRIED WOMAN'S CAKE

1 pound of true love
1 pound of perfect trust and confidence
1 pound of cheerfulness
a pinch of unselfishness
a sprinkle of interest in all your husband does

Method:

Mix all these well with an unlimited amount of
Oil of Smypathy. Put into a tin of contentment,
Spice with a loving-kindness,
and bake well all your life.

Mary Drummond

From the original by
Canon a Wallis
Rector of St. Lukes Anglican
Church, Edmonton, Alberta.

FUDGE

2 cups brown sugar
1/2 cup milk
vanilla (1 teaspoon or more to taste)
pinch of salt
2 tablespoons butter

Mix and heat first four ingredients in saucepan, stirring constantly. When a drop of the mixture will form a hard ball in hot water, remove from heat, add butter, and beat until firm enough to hold shape. Pour into well greased plate. Cool 5 min. Cut into squares.

Cathie Laframboise

MARSHMALLOW LIME CHIFFON PIE

Dissolve a 3 oz. pkg. lime-flavoured gelatin in 1 cup boiling water. Combine 2 beaten egg yolks, 1/3 cup sugar, 1/4 cup lemon juice and 1/4 tsp. salt. Stir over very low heat until slightly thickened. Remove from heat; blend in gelatin. Chill until slightly thick. Beat 2 egg whites to soft peaks. Gradually beat in 1/3 cup sugar, fold into gelatin with 2 cups miniature marshmallows. Pour in 9-in. baked pastry shell; sprinkle on 1/2 cup sliced cocount. Chill until firm.

Helen Sinclair

JAM BUNS

2 cups flour
2 tablespoons sugar
1 cup butter or margarine
3 tsp. baking powder
1/4 teaspoon salt.

1. mix the above ingredients like pastry.
2. Add 1 egg, 1 teaspoon vanilla and 2 tablespoons to 1/2 cup milk.
3. Roll out like pastry.
4. Cut in 3 inch squares and put in muffin tins.
5. Add 1teaspoon to 1 tablespoon jam into each square. Fold corners over.
6. Bake in a quick oven until browned.

Pat Siddon

APPLE CHEESE CRUMB PIE

(Prep. time 30 min. Baking time: 34-40 min.)

2 cans (1 $\frac{1}{4}$ lb. each) pie apples
1 tablespoon flour
2/3 cup sugar
1 $\frac{1}{2}$ teaspoons cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ cup margarine
1/3 cup brown sugar
1 $\frac{1}{4}$ cups all-purpose flour
Confectioner's sugar
1 unbaked 9" Cheese Pastry Crust
 $\frac{1}{2}$ cup shredded cheese

Set oven at hot (400). Combine apples, 1 tablespoon flour, sugar, cinnamon and nutmeg. Spoon mixture into Cheese pastry crust; press down gently, sprinkle with shredded cheese.

For crumb topping: Blend margarine, brown sugar and 1 $\frac{1}{4}$ cups flour with fingers until crumbs are formed. Sprinkle on apples, evenly. Bake 35 - 40 mins or until pastry and crumbs are golden brown. If crumbs brown too rapidly, cover with circle of foil. Cool, dust generously with confectioner's sugar.

Judy Davis

CHEESE PASTRY CRUST

For something different in apple pie.
1 recipe plain pastry (double crust)
1/3 cup grated sharp cheese
1 1/3 Tablespoon butter

Make one recipe of plain pastry. Roll out to $\frac{1}{4}$ in. thickness. Sprinkle with grated sharp cheese (not packaged.) Dot with butter. Roll up like jelly roll, fold ends into centre; fold again in middle & roll out. Finish pie as usual.

CHEESE CAKE

1 1/4 cups Graham cracker crumbs
1/4 cup melted butter or margarine
1/4 cup granulated sugar
1 package instant Lemon pudding
2 cups milk
1 8 oz. package cream cheese

Combine graham crackers, butter and sugar thoroughly.
Reserve 1/4 cup of mixture for top.

Line a 9" pie plate with mixture and bake 5 - 7
minutes at 350 degrees.

Beat instant pudding and milk according to directions
on package. Beat in cream cheese. Fill crust.
Sprinkle top with remaining cracker mixture.
Refrigerate.

Serves 6 - 8.

Mary Drummond

CHEESE CAKE

Crust: 1/4 cup melted butter
2 tablespoons sugar
1 cup graham cracker crumbs

Combine and sprinkle 1/4 cup crumbs on sides of well
buttered 9" pan. Pat rest on bottom.

Filling: 1 lb. cottage cheese (sieved)
1 lb. cream cheese
1 pt. sour cream and 1/3 cup melted butter
1 1/2 teaspoon grated lemon rind
1 1/2 teaspoon grated orange rind
1 1/2 cups sugar
4 eggs
1/2 teaspoon salt
1/4 teaspoon vanilla
3 tablespoons cornstarch
3 tablespoons flour

(continued)

Cheese Cake continued

Cream cheeses until light and fluffy (high speed on mixer). Gradually beat in 1 1/2 cups sugar, then the eggs one at a time, then rinds and vanilla. Mix cornstarch, flour and salt together and add to mixture. Add 1/3 cup melted butter and the sour cream. Pour into prepared pan. Bake at 325 degrees for 1 1/4 hour. Turn off the heat and leave the cake in the oven to cool for 2 hours.

Glaze:

Dissolve 1/2 pkg. strawberry jello in 1/2 cup boiling water. Add 1/2 cup cherry juice. Chill until thickened. Spread 1/2 - 1 cup cherries over cake, Pour over glaze.

Kathy Marsden

BUTTERS COTCH ICE CREAM PIE

1 cup milk
1 pt. vanilla ice cream
1 regular size package Jello instant pudding, butterscotch
1 8 - 9" graham cracker pie shell

1. Blend milk and ice cream together lightly in a bowl.
 2. Add pudding mix and beat until well mixed. (1 min.)
 3. Chill until set and serve with whipped cream.
- 6 - 8 servings.

Kathy Marsden

PEACHES 'N CREAM PIE

Pre-heat oven to 425 degrees. Prepare unbaked 9-inch pie shell using 1/2 envelope of Monarch Pie Crust Mix, following easy directions on box. (Save other 1/2 for later.) Beat until smooth 2 tablespoons pre-sifted soft wheat flour, 1/2 cup granulated sugar, 1/2 cup thick dairy sour cream, 1 tablespoon of grated lemon rind. Drain 2,15-ounce cans of peaches, halves. Arrange in pie shell, rounded side down. Cover with cream mixture. Blend remaining half envelope of Monarch Pie Crust Mix with 1/2 cup brown sugar. Sprinkle over pie. Bake in pre-heated oven for 15 minutes; reduce temperature to 350 degrees and bake additional 15 minutes. Garnish with sliced peaches. Serve warm or cold

Caroline Dreyer

PASTRY

2 double Pies

1 lb. lard
6 cups flour
- generous - 1/2 cup)
2 teaspoons baking powder
1 egg whip
Make 3/4 cup enough water
2 tablespoons vinegar
2 teaspoons salt

Joanne Hughes

FRENCH FRUIT PIE

Melt 36 marshmallows in a double boiler with 1/2 cup milk. Let stand until cool. Drain one can of fruit cocktail and add to melted marshmallow mixture. Be sure the marshmallow mixture is well cooled. Whip 1/2 cup of cream until firm. Add the cream to the mixed fruit and marshmallows. Pour into a graham wafer crust. Chill until ready to serve.

Colombe Lafrance

RAISIN PIE

1 cup large raisins
1 cup milk
1 cup white sugar
1 tablespoon flour
2 egg yolks
2 egg whites
3 teaspoons sugar

Cover raisins with water and bring to a boil. Drain and add milk. Mix together white sugar and flour, add to raisins and milk mixture and cook 3 - 5 minutes. Beat egg yolks and add to mixture, cooking until thick. Cool and pour into baked shell. Beat egg whites adding 3 teaspoons sugar, put on top of pie. Bake until meringue is nice and brown.

Helen Sinclair

BEVERLY'S PIE

(very quick lemon cheesecake)

- 1 8. oz. package cream cheese (room temperature)
- 2 cups milk
- 1 package Jell-o Lemon Instant Pudding
- Graham cracker pie crust 8" or 9" pie plate

1. Break up the cream cheese with a fork and stir until very soft.
2. Blend in 2 cups milk, very gradually at first.
3. Add lemon instant pudding.
4. Pour into 8 or 9" crust.
5. Sprinkle some crumbs on top.
6. Chill

Kathy Marsden

PECAN PIE

1 cup light corn syrup
3 eggs, slightly beaten
1/8 teaspoon salt
1 teaspoon vanilla
1 cup sugar
2 tablespoons margarine, melted
1 cup pecans, halves or chopped
1 unbaked 9 inch pastry shell

Mix all ingredients for filling, adding pecans last. Pour into pastry shell and bake in 400°F oven for 15 minutes; reduce heat to 350°F and bake 35-40 minutes longer. When pecan pie is done, outer edges should be set, center slightly soft.

Judy Davis

FRENCH SILK CHOCOLATE PIE

Cream well 1/2 cup butter and 3/4 cup sugar. Blend in 1 square (1 ounce) chocolate melted and cooled and 1 teaspoon vanilla. Add 2 eggs one at a time, beating 5 minutes after each addition (use medium speed with electric mixer). Turn into cooled baked pie shell. Chill 1-2 hours before serving. Top with whipped cream and walnuts if desired.

Joyce Hall

FIVE-IN-ONE SALAD

1 cup mandarin orange slices
1 cup pineapple chunks
1 cup shredded coconut
1 cup miniature marshmallows
1 cup sour cream

Toss together and let stand until ready to serve.
Preferable make this salad the day before.
Delicious!

Judy Davis

CARROT PINEAPPLE SALAD

Drain 1 20 oz. can crushed pineapple. Add enough water to the juice to make 1 1/2 cups liquid.
Heat the juice to boiling point and add 1 pkg. lemon jello.
Stir well.

Add: 1/2 cup sugar
 1/4 tsp. salt
 2 tablespoons lemon juice

Chill until thickened.

Add: drained pineapple
 1 cup grated carrot

Fold in 1/2 cup whipped cream.

Place in fridge to set.

Pat Siddon

STRAWBERRY PINEAPPLE SALAD

- 1 15-ounce can crushed pineapple
- 1 package frozen strawberries
- 1 package strawberry jello

Heat crushed pineapple to boil. Remove from heat and stir in jello to dissolve. Add thawed strawberries. Pour into mold. When serving mix 1 small carton of sour cream with sugar to taste and tint light pink with red food colouring. Serve with jello mold.

Joyce Hall

QUICK TOMAPELL JELLY SALAD

- 2 cups tomato juice
- 1 package apple-flavoured jelly powder
- 1 tablespoon cider vinegar
- 1 tablespoon tomato ketchup

Heat 1 cup tomato juice to boiling. Pour over jelly powder and stir until dissolved. Add vinegar, ketchup and remaining tomato juice. Chill until set. Unmold on crisp lettuce and garnish as desired.

Helen Sinclair

FRUIT SALAD WITH CREAM DRESSING

- 1 cup creamed cottage cheese
- 1/2 cup sour cream
- 2 tablespoons lemon juice
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon almond extract
- 1/4 cup toasted almonds.

Beat cheese until creamy, stir in remaining ingredients. Drain canned fruit, arrange in lettuce cups, top with dressing & almonds.

Joyce Hall

JELLIED SALAD

1 3/4 cups boiling water
1 pkg. lime jello
4 tablespoons vinegar
1/3 teaspoon salt
1 heaping teaspoon sugar

Mix jello and boiling water. Add vinegar, salt and sugar.

Chill until thickened.

Add: 1/4 cup fresh peas (may omit)
 1/4 cup chopped celery
 1/4 cup grated carrot
 3/4 cup cabbage.

Place in fridge to set.

Pat Siddon

TOMATO DRESSING

In a jar, combine one 8 oz. can seasoned tomato sauce, 2 tablespoons tarragon vinegar, 1 teaspoon onion juice, 1 teaspoon worc. sauce, and 1/2 teaspoon each salt, dill seed and basil. Shake. Chill.
(5 calories per tablespoon.)

Judy Davis

CUCUMBER VELVET SALAD

1 package lemon flavoured gelatin
1 cup hot water
1 teaspoon grated onion
1 tablespoon lemon juice
salt and pepper
1/2 pint sour cream
1 cup diced cucumber
1 cup diced celery

Dissolve lemon gelatin in hot water. Add onion, lemon juice, salt and pepper. Allow to cool, add sour cream and blend well. Add chopped cucumber and celery. Pour into greased 1 quart ring mold or 6 individual molds. Serve on salad greens.

Joanne Hughes

GREEN JELLO SALAD

1 pkg. lime jello
1/2 lb. Beaumert creamed cheese (or cottage cheese) soft
1/2 to 3/4 cup crushed pineapple tidbits
1 cup pineapple juice
3/4 cup boiling water.

Dissolve jello in 3/4 cup boiling water. Add softened cheese. Beat until lumps disappear. Add pineapple juice and crushed pineapple. Allow to cool. Refrigerate until firm. Serve with roast chicken for a refreshing summer salad.

Cathie Laframboise

PARTY SANDWICH LOAF

The party sandwich loaf is a complement to tea and it is much less tedious to prepare than numerous small sandwiches. One slice of loaf is equal to several small sandwiches. A loaf of bread makes about 12 servings and it should be day-old bread. Here are a few variations for filling the slices - but you can design your own if you prefer.

Fillings:

1. Chopped olives and nuts with enough mayonnaise to moisten.
2. Chopped egg and chopped bacon mixed with mayonnaise.
3. Minced ham, chicken, salmon, lobster or crabmeat with mayonnaise.
4. One layer of slices tomatoes and lettuce.
5. Finely chopped almonds and celery with mayonnaise to moisten.
6. Tuna fish and minced crisp bacon moistened with chili sauce.
7. Chopped ham, peanut butter and chopped pickles combined.

Here are three basic fillings:

Olive Filling:	1/2 cup stuffed olives, chopped
	1/2 cup walnuts, chopped
	1/4 cup mayonnaise
Ham Filling:	1/4 lb. cooked, ham, chopped
	1/2 tsp. prepared horseradish
	1/4 cup mayonnaise
Egg Filling:	2 hard cooked eggs
	1/2 cup chopped celery
	(continued)

(Party Sandwich Loaf)

(Filling) (egg)

2 tbsp. chopped parsley
2 1/2 tbsp. mayonnaise
1 tsp. prepared mustard
1/8 tsp. salt

Icing:

3 3oz. pkgs. cream cheese
5 oz. jar sharp cheddar cheese spread
3 tbsp. milk
1/4 lb. butter
gherkins, pickles, stuffed olives

Prepare three fillings and frosting in separate bowls. Place loaf of day-old bread on board. Slice off rounded top with bread knife, then cut off all crusts. Cut lengthwise into four even slices. Place one slice on a serving platter and spread with butter or margarine. Spread first slice with olive-nut mixture. Butter and place second slice of bread on first one. Cover second slice with egg salad mixture. Repeat process with third slice, spreading with butter, then ham filling. Butter last slice of bread and place on top, buttered side down. Frost entire loaf with cheese mixture icing, decorate with gherkins, olives or whatever you like.

Judy Davis

CHEESE SOUFFLE

- 4 tablespoons butter
- 4 tablespoons flour
- 1½ cups hot milk
- ½ teaspoon salt
- ½ pound cheese
- 6 eggs, separated

1. Make cream sauce of butter, flour, milk, and salt.
2. When sauce is thick and smooth remove from heat and add ½ pound diced cheese. Stir until cheese is melted.
3. Stir in 6 beaten egg yolks
4. Beat egg whites until stiff. Gently fold into cheese mixture.
5. Pour into a large greased casserole and bake 1½ hours at 325°.
6. This amount serves about 5 people.

Pat Siddon

CHEESE-RICE SOUFFLE

- 1/4 cup raw rice or ½ cup packaged precooked
- 2 tablespoons margarine
- 3 tablespoons flour
- 3/4 cup milk
- ½ pound processed American cheese
- 4 eggs - separated
- ½ teaspoon salt
- dash cayenne pepper

1. Make cream sauce of margarine, flour and milk.
2. Slice cheese into sauce and cook until melted.
(continued)

(Cheese-rice Souffle)

3. To egg yolks add salt and cayenne. Beat with fork, add slowly to cheese mixture stirring constantly. Remove from heat.
4. Gently fold cooked rice into cheese mixture.
5. Beat egg whites until stiff. Gently fold cheese mixture into whites. Turn into greased $1\frac{1}{2}$ quart casserole.
6. Bake 40 minutes at 325°. Serve at once.
1. 2. Do not peel in oven or it will fall!

Judy Davis

GLAZED BELTS WITH CRUMBLLED BLUE CHEESE

2 bunches beets (4 c. sliced)	1/4 tsp. cinnamon
1/3 cup sugar	1/2 cup vinegar
1/2 tspn. salt	2 tbspns. water
2 tspns. cornstarch	2 tbspns butter
1/2 cup crumbled blue cheese	

Scrub beets but do not peel. Cut off tops. Boil about 40 min. Drain, cool, skin, and slice. Combine sugar, salt, cornstarch and cinnamon in small saucepan. Stir in vinegar and water. Cook and stir until mixture is clear and bubbling. Stir in butter. Pour over sliced beets and toss to coat well. Just before serving sprinkle with cheese.

Judy Davis

CORN DISH

(very inexpensive—good if hubby likes combinations)

1. Grease casserole dish

Ingredients

potatoes	salt and pepper
hamburger	can of Creamed corn
onions	

2. Slice a layer of potatoes
3. Spread approx. 1/2 lb. hamburger over top.
4. Add salt and pepper and onions over hamburger.
5. Slice another layer of potatoes.
6. Add creamed corn over last layer of potatoes. Rinse can and add the water (Approx. 1/4 of tin)
7. Cover - takes approx. 1 hour.

The amount of potatoes and hamburger depends upon the size of the casserole dish.

Joanne Hughes

BAKED STUFFED POTATOES

Wash and scrub potatoes. Bake at 450 F until soft (about 1 hr.) Cut a circle from broad side of each potato, scoop out potato into a bowl, mash with a fork, add butter, milk, salt, pepper, beat until creamy. Pile back into potato shells, sprinkle with paprika or grated cheese. Place in oven at 400 F. until heated through and browned about 20 min.

Judy Davis

SPINACH & CELERY CASSEROLE

(Prep. time 20 min. Cooking time 20 min.)

2 pkg. (10 oz. each) frozen chopped spinach.
2 1/2 cups thinly sliced celery, (including tops)
1 cup water
1 teaspoon salt
3 tablespoons butter
1/4 teaspoon salt, 1/4 teaspoon pepper
1 tablespoon flour
1/2 cup light cream
2 teaspoons bottled horseradish
1 tablespoon grated Parmesan cheese

Cook spinach as directed. Drain well. Combine celery, water, and 1 teaspoon salt in saucepan. Cover and cook rapidly for 5 mins. Remove cover, cook until liquid is almost absorbed. Add butter, 1/4 teaspoon salt and pepper. Blend flour and cream until smooth, add to celery. Stir until sauce is thick and just begins to bubble; stir in spinach and horseradish. Pour into buttered 1 1/2 quart casserole; sprinkle with cheese. Bake in mod. oven (375) 20 minutes. Makes 6 servings.

Judy Davis

CORN FRITTERS

1 cup canned cream style corn
1 cup flour
3/4 teaspoon salt
Dash of pepper
1 1/2 teaspoon baking powder
1/2 tablespoon melted butter
1 egg

Sift dry ingredients and add to corn. Add butter and beaten egg. Beat all together and fry by spoonful on a hot well greased griddle or drop in hot fat 375°. Drain on unglazed paper and serve at once. Makes 9 fritters. Serves 4 - 6.

Judy Davis

GREEN BEANS IN CASSEROLE (for buffet style dinner)

4 cans Jr. Green Beans
4 jars chili sauce
6 onions

1. Saute onions until soft
2. Add chili until hot and
3. Add drained green beans
4. Stew for 3 to 4 hours
5. Place in casserole and serve as hot buffet vegetable.

Cathie Laframboise

COFFEE CAKE

1 1/2 cup sifted flour
1/2 cup sugar
2 tablespoons baking powder
1/2 teaspoon salt
1 egg
2/3 cup milk
3 tablespoons liquid vegetable oil
crushed pineapple or canned cherries

Sift flour, sugar, baking powder and salt together, Beat egg and add milk and shortening. Stir liquids into dry ingredients. Mix only enough to dampen all the flour (should be slightly lumpy). Pour into greased 9 X 9 inch pan. Spoon on 1/2 to 1 cup crushed pineapple or cherries. Sprinkle crumb topping over all. Bake 425°F for 20-25 minutes. Test with fork.

Topping:

2 tablespoons butter
2 tablespoons sugar
1/4 cup sifted flour
1/2 teaspoon nutmeg or cinnamon
cherry and walnut pieces

Cream butter and sugar together. Add flour and nutmeg. Sprinkle over batter before baking. When cake is done, decorate with cherries and nuts.

Cathie Laframboise

PEANUT BUTTER BREAD

1 egg
1/2 cup sugar (white)
1/2 cup smooth-style peanut butter
2 tablespoons soft butter
1 cup milk
2 cups sifted all purpose flour
2 teaspoons baking powder
1/2 teaspoon salt

Heat oven to 350°F. Grease loaf pan 10 X 3½ X 2½ in. Combine egg, sugar, peanut butter and butter in bowl and beat to blend thoroughly. Add milk. Sift flour, baking powder and salt together into mixture and stir just to blend. Spoon batter into prepared pan and bake 45 minutes or until toothpick stuck in the center comes out clean. Cool before serving.

NOTE: This is terrific with butter and jelly. I would suggest you make this the first time according to exact directions. However, if you prefer a stronger peanut flavour you could add a tablespoon or so more peanut butter.

Mary Drummond

ENGLISH GRUMPLETS

Mix 1 1/2 cups luke warm water with 1/2 teaspoon each of salt and sugar and 1 teaspoon melted butter. Dissolve 1/4 yeast cake in this mixture. Into this stir enough flour to make a very stiff batter. Beat 10 minutes adding enough luke warm milk to make batter just stiff enough to pour. Grease shallow muffin rings and place them on a soapstone griddle or a heavy aluminum griddle. Pour the batter into the rings to the depth of 1/4 inch. Bake in slow oven 350°F not turning until brown on under side, then turn for just a few minutes.

Mary Garay

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DO YOU KNOW?

1. Conversation should be (continued, discontinued) on an elevator.
2. Candles used as a centerpiece should be (10-12 inches, 14-16 inches) above the table.
3. How many candles should be used as a centerpiece? _____
4. Emily Post says the best way to eat corn on the cob is (2, 3, 4) rows at the time.
5. The method of eating spaghetti by winding it on a fork held against a spoon is (correct, incorrect).
6. It is (correct, incorrect) to sop gravy with bread.
7. The centre fold of the tablecloth should follow a straight line (across, down) the length of the table with the ridge (up, down).
8. Lace or embroidered cloths should display two, one, or no creases.
9. A damask or lace tablecloth should fall over the end of the table (6 to 8 inches, 12 to 15 inches, 20 to 28 inches).

DO YOU KNOW?

1. Conversation should be (continued, discontinued) on an elevator.
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3. How many candles should be used as a centerpiece? 4
4. Emily Post says the best way to eat corn on the cob is (2, 3, 4) rows at the time.
5. The method of eating spaghetti by winding it on a fork held against a spoon is (correct, incorrect).
6. It is (correct, incorrect) to sop gravy with bread.
7. The centre fold of the tablecloth should follow a straight line (across, down) the length of the table with the ridge (up, down).
8. Lace or embroidered cloths should display two, one, or no creases.
9. A damask or lace tablecloth should fall over the end of the table (6 to 8 inches, 12 to 15 inches, 20 to 28 inches).