

GIRL GUIDES OF CANADA
OTTAWA AREA
COOK BOOK



CAMP WOOLSEY BUILDING FUND

CAMP WOOLSEY

AT PRESENT, THERE IS A FUND RAISING PROJECT UNDERWAY TO BUILD A NEW LODGE AT CAMP WOOLSEY. ONE OF THE OLDER BUILDINGS (LLOYD LODGE) WAS DECLARED UNSAFE FOR USE AND HAD TO BE CLOSED DOWN A FEW YEARS AGO. LAST YEAR, THE BUILDING WAS TAKEN DOWN AND THE SITE LEVELED IN ANTICIPATION OF PUTTING UP A NEW LODGE.

THE PROCEEDS FROM THIS COOKBOOK WILL GO TOWARDS BUILDING A NEW AND MUCH NEEDED LODGE AT CAMP WOOLSEY.

FROM THE KITCHENS OF THE PAST,
AND THE KITCHENS OF THE PRESENT,
FOR YOUR ENJOYMENT IN THE FUTURE,
WE OFFER THIS COLLECTION OF OUR FAVOURITES.

THE CAMP WOOLSEY BUILDING FUND COMMITTEE

WE WISH TO THANK ALL MEMBERS AND FRIENDS WHO HAVE CONTRIBUTED TO THE COMPILATION OF THIS COOKBOOK.

EDITED BY ETHEL BEWS, HOME ECONOMIST

ILLUSTRATIONS BY JUNE FOSTER

PRINTED BY THE KEITH PRESS

BRIEF HISTORY OF CAMP WOOLSEY

Camp Woolsey, the Ottawa Area Girl Guide Camp, is situated at Crown Point near Constance Bay on the Ottawa River about 35 miles from downtown Ottawa.

Crown Point was named after the Prince of Wales, son of Queen Victoria, who reigned as King Edward. In 1860, he was taken up the Ottawa River by boat to see the beautiful Chats Falls and horse drawn Railway at Quyon. The boat stopped at Crown Point to take on wood for the steam engine. It was this same man who encouraged Lord Baden-Powell to start Scouting. Lord Baden-Powell dedicated his first book, "Scouting for Boys", to him.

Camp Woolsey commemorates the name of Major and Mrs. E. C. Woolsey.

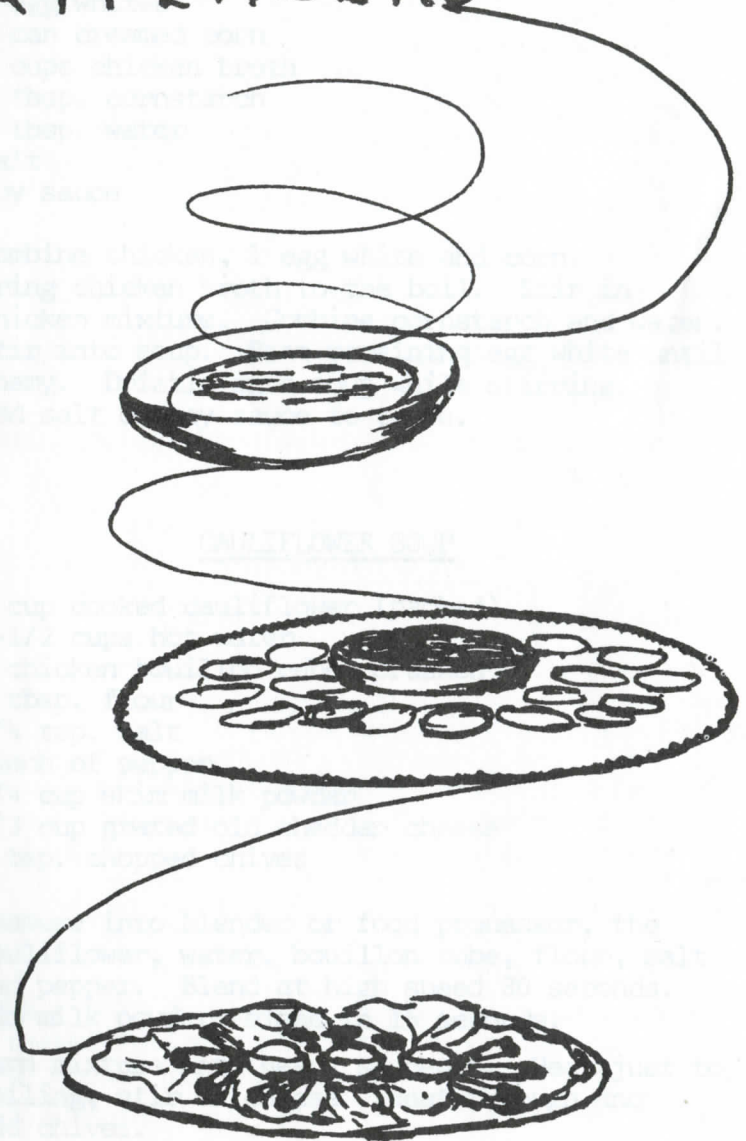
Mrs. Woolsey was President of the Ottawa Local Association when the property was purchased. Major and Mrs. Woolsey had a cottage on the Ottawa River and allowed early Scouts and Guides to camp there.

From the beginning, camping was popular in Ottawa. The first camp was held at Lakewood, Aylmer.

Through the efforts of the Woolseys, in 1937 the 100 acres on the Ottawa River was purchased for \$4,500. Pinhey Cottage was the only building on the campsite when it was purchased. The formal opening took place on July 6, 1939.

Since 1939, many improvements have been made at Camp Woolsey. These include: new lodges, installation of hydro service and an intercom, tree planting and the erection of Centennial Lodge at the waterfront. Floating docks were later purchased and welcomed by all.

APPETIZERS



CHICKEN CORN SOUP

1/4 lb. ground chicken breast
 2 egg whites
 1 can creamed corn
 6 cups chicken broth
 3 tbsp. cornstarch
 3 tbsp. water
 salt
 soy sauce

Combine chicken, 1 egg white and corn.
 Bring chicken broth to the boil. Stir in
 chicken mixture. Combine cornstarch and water.
 Stir into soup. Beat remaining egg white until
 foamy. Drizzle into soup while stirring.
 Add salt or soy sauce to taste.

CAULIFLOWER SOUP

1 cup cooked cauliflower (packed)
 2-1/2 cups hot water
 1 chicken bouillon cube, crushed
 1 tbsp. flour
 3/4 tsp. salt
 pinch of pepper
 1/4 cup skim milk powder
 1/3 cup grated old cheddar cheese
 1 tsp. chopped chives

Measure into blender or food processor, the
 cauliflower, water, bouillon cube, flour, salt
 and pepper. Blend at high speed 30 seconds.
 Add milk powder; blend in 15 seconds.

Turn mixture into heavy saucepan. Heat just to
 boiling; stir in cheese. Heat through and
 add chives.

Makes 4 servings.

COLD BEET SOUP

A Lithuanian recipe - great for summer and weight watchers!

- 1 qt. buttermilk
- 3 cups boiled water, cooled
- 1 cup quartered cucumber, thinly sliced
- 1 cup beets, finely diced
(canned or freshly cooked)
- 1/2 - 3/4 cup finely chopped green onions
- 1/4 cup finely chopped fresh dill
- 4 or 5 medium boiled potatoes

Mix buttermilk and water in a large bowl or soup tureen. Add all vegetables and dill. Salt well and pepper lightly. Place in the refrigerator until ready to serve.

Serve hot boiled potatoes alongside, or in each individual soup bowl.

HAZELDEAN CHOWDER

Quick, easy, hearty and nourishing!

- 2 (10-oz.) cans cream of potato soup
- 2 soup cans milk
- 1/4 cup finely chopped celery
- 2 tbsp. finely chopped green onion
- 1 (7-1/4 oz.) can sockeye salmon
- 1 tbsp. butter
- 1 tbsp. parsley flakes

Combine soup and milk in a large saucepan. Heat just to boiling. Reduce heat and stir in celery and green onions. Heat gently 10 minutes.

Flake salmon and add to soup along with liquid from salmon. Add butter and parsley flakes. Stir gently, then serve piping hot with crusty bread.

Variations: in place of salmon, add tuna or small shrimp.

Makes 6 servings.

VEGETABLE DIP

- 1 cup mayonnaise
- 2 tbsp. chili sauce
- 1/8 tsp. thyme
- 1/2 tsp. curry powder (or to taste)
- 2 tsp. vinegar
- 1/4 tsp. salt
- 1 small onion, grated

Combine all ingredients and chill several hours or overnight.

Great with mushrooms, cauliflower, celery, carrots, etc.

Makes about 1 cup Dip.

YOGURT DIP

- 2 cups plain yogurt
- 2 tbsp. coriander
- 1/4 tsp. cayenne
- 1 tsp. salt
- 1 tbsp. coconut
- 1 tsp. cumin
- pinch of chili powder

Combine all ingredients and chill several hours or overnight.

Will keep for a few days in refrigerator.

Makes about 2 cups Dip.

GOURMET CHEESE BALL

3 (8-oz.) packages plain cream cheese
 1 cup coarsely chopped preserved ginger
 3/4 cup toasted slivered almonds

Cream cheese until soft; blend in ginger and 1/4 cup of the almonds.

Form into a ball and roll in remaining almonds.

Wrap in foil and chill until firm.

Serve with crackers.

LIVER PATE MOULD

2 (10-oz.) cans consomme
 1 clove garlic
 sherry to taste
 1 envelope plain gelatine
 1/4 cup cold water
 4 (3-oz.) cans liver pate

Combine in sauce pan the undiluted consomme, garlic and sherry. Simmer 5 minutes. Remove garlic clove.

Dissolve gelatine in cold water; let stand 5 minutes to soften. Stir into hot consomme and stir until dissolved. Pour a small amount of consomme in bottom of an oiled mould. Chill until set.

Meanwhile, cut up pate and add to remaining consomme, while still hot. Stir until smooth. Cool. Pour over clear consomme in mould.

Serve with crackers, melba rounds or french bread.

CHEESE PUFFS

1/2 cup soft butter
 1/2 lb. (2 cups) shredded old cheddar cheese
 1/4 tsp. tabasco sauce
 1 cup all-purpose flour

Cream butter, blend in cheese and tabasco sauce. Add and blend in flour.

Shape mixture into 3/4" balls.
 Arrange about 2" apart on cookie sheets.

Bake at 450°F about 6 minutes, or until golden brown on the bottom.

Serve warm. They reheat nicely in a warm oven and freeze well.

Makes about four dozen puffs.

HAM PASTRIES

pastry for 2 double crust pies
 3 cups diced ham
 2 tbsp. finely chopped green pepper
 2 tbsp. finely chopped pimento
 1 tbsp. finely chopped onion
 1 (10-oz.) can cream of mushroom soup
 milk
 1 egg, beaten
 1 tbsp. water

Prepare pastry. Roll out on floured board and cut in 3" circles. Combine ham, pepper, pimento, onion and soup. Top each circle with 1 heaping teaspoonful of the filling. Moisten edges with milk and fold over. Brush with mixture of egg and water. Place on ungreased cookie sheets.

Bake at 400°F for 10-15 minutes.

Serve warm. May be made ahead of time and frozen. Reheat before serving.

Makes about four dozen pastries.

MUSHROOM TURNOVERS

Pastry

- 1 (9 oz.) pkg. cream cheese
- 1/2 cup butter
- 1-1/2 cups all-purpose flour
- (Have all ingredients at room temperature)

Filling

- 1/2 lb. mushrooms
- 1 large onion
- 3 tbsp. butter
- 1/2 tsp. salt
- 1/2 tsp. thyme
- dash of pepper
- 2 tbsp. flour
- 3 ozs. sour cream

Cream together the cheese and butter.
Add flour and blend in with fingers.
Wrap and chill at least 1 hour.

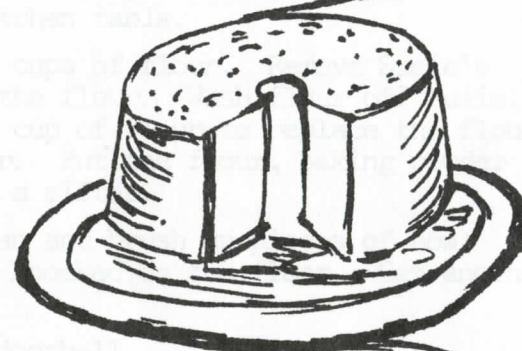
Meanwhile, chop mushrooms and onion very finely.
Melt butter in frying pan; add mushrooms and onions and saute 5 minutes. Stir in salt, thyme, pepper and flour. Remove from heat and stir in sour cream.

Roll pastry out to 1/8" thickness; cut into 3" rounds. Place a teaspoon of filling on one half of each circle. Fold dough over filling and press edges firmly with a fork. Place on ungreased cookie sheet.

Bake at 450°F until lightly browned, 10-15 min.

Makes about 2 dozen turnovers—they freeze well.

CAKES



HOW TO BAKE A CAKEANY MOM ANYWHERE

Light the oven. Get out bowl, spoons and ingredients. Grease the pan. Crack nuts.

Remove eighteen crayons and seven toy dishes from the kitchen table.

Measure two cups of flour. Remove Susie's hands from the flour. Wash flour off Susie. Measure one cup of flour to replace the flour on the floor. Put the flour, baking powder and salt in a sifter.

Get a dustpan and brush up pieces of bowl which Susie knocked on the floor. Get another bowl.

Answer the doorbell.

Return to the kitchen and remove Susie's hands from the bowl. Wash Susie. Get out the eggs.

Answer the telephone.

Return to the kitchen. Take out greased pan. Remove pinch of salt from pan. Get another pan and grease it.

Look for Susie.

Answer the telephone.

Return to the kitchen and find Susie. Remove her hands from the bowl. Wash shortening from her. Take up greased pan and find half of the nutshells in it.

Head for Susie-who flees, knocking bowl off the table.

Wash the kitchen floor, wash the table, wash the walls, wash the dishes.

CALL THE BAKERY

LIE DOWN

AUSTRIAN CURD CAKE

1/4 cup soft butter or margarine
 3 tbsp. (slightly heaped) sugar
 2 eggs
 1/2 tsp. vanilla
 8 oz. cottage cheese
 1/2 tsp. baking powder
 2 tbsp. (heaped) flour
 1/2 cup chopped dates or raisins

Grease a 7-1/2" square cake tin.

Measure all ingredients (except dates or raisins) into the blender. Blend until almost smooth. Add dates or raisins.

Spread batter in prepared pan.

Bake at 375°F until golden brown-about 40 min.

LIGHT CHOCOLATE CAKE

1/3 cup soft margarine
 1 cup sugar
 2 eggs
 2 tbsp. cocoa
 1/4 cup boiling water
 1/4 cup milk
 1 cup all-purpose flour
 1-1/2 tsp. baking powder
 1/2 tsp. salt
 1 tsp. vanilla

Grease a 9" square pan and line in the bottom with greased waxed paper.

Cream margarine; gradually beat in sugar. Add eggs, one at a time, beating in well after each addition.

Combine cocoa and boiling water. Add to creamed mixture along with milk.

Add dry ingredients and vanilla and blend well. Spread evenly in prepared pan.

Bake at 350°F, 50-60 minutes.

Cool on rack 10 minutes before removing from pan.

SPICE NUT CAKE

1/2 cup soft butter
 1 cup brown sugar
 2-1/2 cups sifted all-purpose flour
 1 tsp. baking soda
 1-1/2 tsp. baking powder
 3/4 tsp. cinnamon
 1/2 tsp. cloves
 1/4 tsp. nutmeg
 1/2 cup molasses
 4 egg yolks
 1 cup sour milk
 1 cup chopped raisins
 1/2 cup currants
 1/2 cup chopped walnuts

Grease two 8" loaf pans.

Cream butter; blend in sugar.

Combine flour, soda, baking powder, cinnamon, cloves and nutmeg. Add half the flour mixture to butter mixture and blend.

Add and blend in the molasses, egg yolks and milk.

Blend in remaining flour mixture, raisins, currants and walnuts.

Divide batter evenly in prepared pans.

Bake at 350°F about 30 minutes.

RUTABAGA SPICE CAKE

1/2 cup shortening
 1 cup sugar
 2 eggs
 1 cup mashed cooked rutabaga (turnip)
 2-1/4 cups all-purpose flour
 1/2 tsp. salt
 1/4 tsp. soda
 1/2 tsp. cinnamon
 1/2 tsp. nutmeg
 1/4 tsp. cloves
 2 tsp. baking powder
 1/2 cup milk

Grease a 9" square pan or ring pan.

Cream shortening; blend in sugar.

Add eggs, one at a time, beating in well after each addition. Mix in rutabaga.

Sift together the flour, salt, soda, cinnamon, nutmeg, cloves and baking powder. Add flour mixture to creamed mixture, alternately with milk, blending well after each addition.

Spread batter in prepared pan.

Bake at 350°F 40-45 minutes.

Cook on rack 10 minutes before removing from pan.

CHOCOLATE FRUITCAKE

1/2 lb. dark raisins
 1/2 lb. golden raisins
 1/2 lb. glace cherries, halved
 1/2 lb. dates, chopped
 1/2 lb. glace pineapple, chopped
 1/4 cup glace lemon peel, chopped
 1/2 cup honey
 1 cup dark rum
 1/2 cup soft butter
 1/2 cup dark brown sugar, firmly packed
 3 eggs
 1-1/2 cups sifted all-purpose flour
 1/2 cup unsweetened cocoa
 1/2 tsp. cinnamon
 1/4 tsp. salt
 1/4 lb. walnuts, chopped
 1/4 lb. blanched almonds, chopped
 1/4 lb. pecans, chopped

Combine in large bowl the raisins, cherries, dates, pineapple and lemon peel. Add honey and 1/2 cup rum. Cover tightly and let stand 48 hours, stirring occasionally. Stir in remaining 1/2 cup rum.

Grease 2 loaf pans (7-1/2" x 3-1/2" x 2-1/2") or 4 (1 lb.) coffee cans. Line with greased brown paper and waxed paper.

Cream butter, blend in sugar. Add eggs, one at a time, beating in well after each addition.

Sift together the flour, cocoa, cinnamon and salt. Add flour mixture to creamed mixture, alternately with fruit mixture. Stir in nuts.

Pour batter into prepared pans or cans and bake at 250°F about 2 hours, or until a cake tester inserted in centre comes out clean.

Cool on racks. Turn cakes out and remove paper. Sprinkle cakes with more rum, if desired. Store cakes, tightly wrapped, in refrigerator.

RUM CAKE

1 lb. dates
 1 cup walnuts
 14 oz. boiling water
 2 oz. dark rum
 2 tsp. baking soda
 1 cup soft butter or margarine
 2 cups brown sugar
 4 eggs
 2 cups sifted all-purpose flour
 1 tsp. salt
 2 tsp. vanilla

Grease a 8"x13" pan and line in bottom with greased waxed paper.

Chop dates and nuts. Combine water, rum and baking soda; pour over dates and nuts in a bowl. Let stand while preparing batter.

Cream butter; gradually blend in sugar. Beat eggs well and beat into butter mixture. Add and mix in date mixture.

Sift flour and salt together. Blend into creamed mixture along with vanilla.

Spread evenly in prepared pan.

Bake at 350°F about 1 hour.

Let stand 10 minutes then remove from pan and peel off paper.

Frost with Rum Icing or sprinkle with icing sugar.

Freezes well.

RUM ICING

Cream 1/2 cup soft butter or margarine; blend in 1-1/2 cups (approx.) icing sugar and 1 tbsp. dark rum.

Spread on cold cake.

CARROT CAKE

- 1 cup salad oil
- 2 cups sugar
- 4 eggs
- 2 cups sifted all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 2 tsp. cinnamon
- 3 cups grated raw carrots
- 1 cup chopped walnuts

Grease two 9" round pans.

Combine oil and sugar. Beat eggs well and add to oil mixture.

Sift together the flour, baking powder, baking soda, salt and cinnamon. Add and blend into oil mixture. Stir in carrots and walnuts.

Divide batter evenly into prepared pans.

Bake at 325°F for 30 to 35 minutes.

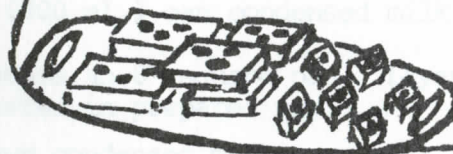
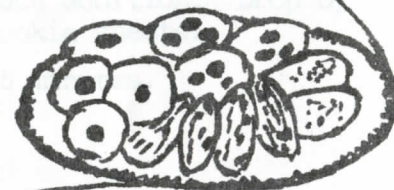
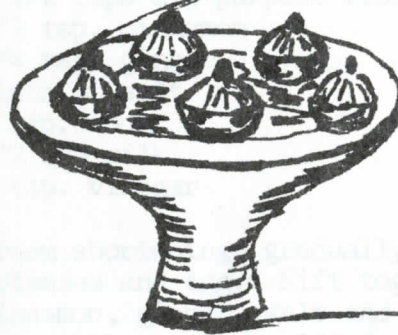
Let stand in pans 10 minutes, then turn out of pans. Cool completely. Ice with the following.

ICING

- 1 (8-oz.) pkg. soft cream cheese
- 1 tbsp. salad oil
- 3-1/2 cups sifted icing sugar
- 1/4 tsp. salt

Measure all ingredients into large bowl. Blend, then beat until light and fluffy.

COOKIES & SMALL CAKES



1/2 cup shortening
 1/2 cup sugar
 1/2 cup molasses
 1 egg
 2-1/2 cups all-purpose flour
 1/2 tsp. cinnamon
 3/4 tsp. ginger
 pinch of salt
 1 tsp. soda
 1/2 cup milk
 1 tsp. vinegar

Cream shortening; gradually beat in sugar, molasses and egg. Sift together the flour, cinnamon, ginger, salt and soda. Stir vinegar into milk to sour. Add dry ingredients to creamed mixture, alternately with sour milk, combining well after each addition. Drop by small spoonfuls onto cookie sheets.

Bake at 350°F, 12 to 15 minutes.
 Makes about 8 dozen.

HELLO DOLLIES

1 cup graham wafer crumbs
 1/4 cup butter, melted
 1 cup coconut
 1 cup chocolate chips
 1 cup chopped walnuts
 1 (300 ml.) can condensed milk

Grease an 8" square pan. Layer ingredients as listed in prepared pan.

Pour condensed milk over all.

Bake at 350°F, 30 to 35 minutes.

PEACE RIVER GINGER SNAPS

1-1/2 cups shortening
 2 cups sugar
 2 eggs
 1/2 cup molasses
 4 cups all-purpose flour
 2 tsp. baking soda
 2 tsp. cinnamon
 1 tsp. cloves
 1 tsp. ginger

Cream shortening; beat in sugar, eggs and molasses. Sift dry ingredients together. Add and blend into creamed mixture. Roll in small balls and place on greased cookie sheets. Flatten with fork.

Bake at 375°F, 12-15 minutes.

SHORTBREAD

1 cup all-purpose flour
 1/2 cup icing sugar
 1/2 cup cornstarch
 1/2 lb. soft butter
 1/2 tsp. vanilla

Sift together flour, sugar and cornstarch. Cream butter; blend in dry ingredients. Add and mix in vanilla. Drop by very small teaspoonfuls onto ungreased cookie sheets. Decorate with cherries.

Bake at 325°F until very light brown-about 10 minutes.

Makes about 3 dozen shortbread.

CHERRY WALNUT BARS

Whole graham wafers
 1/2 cup butter
 1 cup brown sugar
 1/2 cup milk
 1 cup graham wafer crumbs
 1 cup chopped walnuts
 3/4 cup coconut
 10 maraschino cherries (chopped)

Line bottom of a 9" square pan with whole graham wafers, cut to fit.

Combine in a saucepan: the butter, sugar and milk. Bring to a boil.

Remove from heat and add wafer crumbs, nuts, coconut and cherries; mix well.

Spread mixture over wafers in pan.

Cover with a layer of whole graham wafers, cut to fit. Press down well.

Cool. Ice with the following.

ICING

Combine in bowl:

1 cup icing sugar
 2 tbsp. soft butter
 1 tbsp. milk
 1/2 tsp. vanilla

Beat until smooth and creamy.

BANANA OAT BARS

3/4 cup soft butter or margarine
 1 cup dark brown sugar
 1 egg
 1/2 tsp. salt
 1-1/2 cups mashed ripe bananas (about 5 medium)
 4 cups uncooked regular rolled oats
 1 cup raisins
 1/2 cup chopped walnuts

Grease a 9"x13" pan. In a large bowl cream butter and sugar until light and fluffy. Beat in egg, salt and bananas. Stir in remaining ingredients. Spread evenly in prepared pan.

Bake at 350°F about 1 hour or until cake tester inserted in center comes out clean.

Cool completely, before cutting into 1"x2" bars.

BUTTERSCOTCH BROWNIES

1/4 cup vegetable oil
 1 cup brown sugar
 1 egg
 3/4 cup all-purpose flour
 1 tsp. baking powder
 1/2 tsp. salt
 1/2 tsp. vanilla
 1/2 cup chopped nuts

Grease an 8" square pan. Combine oil, brown sugar and egg. Add and mix in flour, baking powder, salt, vanilla and nuts. Spread evenly in prepared pan.

Bake at 350°F about 10 minutes.

SCOTTISH OAT CAKES

3 cups rolled oats
 3 cups all-purpose flour
 1 cup brown sugar
 1 tsp. soda
 1 tsp. salt
 1 cup bacon dripping
 sour milk

Combine dry ingredients; blend in the bacon dripping. Add just enough sour milk to make a soft dough.

Roll out on floured surface; cut into shapes and score with a fork.

Bake at 375°F until golden brown, 10-12 min.

CRANBERRY SQUARES

1/2 cup soft butter
 1 cup flour
 2 tbsp. icing sugar
 2 eggs
 1 cup fine granulated sugar
 1/3 cup flour
 1 tsp. baking powder
 1/4 tsp. salt
 1 tsp. almond extract
 1/3 cup chopped raisins
 1/2 cup coconut
 1/4 cup chopped almonds or walnuts
 2/3 cup cranberry sauce

Cream butter; blend in the 1 cup flour and icing sugar. Spread in 8" square pan.

Beat eggs; beat in sugar. Stir in flour, baking powder, salt, flavouring, raisins, coconut and nuts. Fold in cranberry sauce. Spread over mixture in pan.

Bake at 350°F about 40 minutes.

Cool. Frost with butter icing.

PUFF BALLS

- 1/4 cup butter
- 1/2 cup corn syrup
- 1 tsp. vanilla
- 1 cup brown sugar
- 3 tbsp. cocoa
- 10 cups puffed wheat cereal (crisped in oven)

Melt butter in heavy saucepan; add corn syrup, vanilla, brown sugar and cocoa. Bring to a full boil. Pour over cereal and mix to coat. Shape into balls or spread in pan and cut into squares.

DATE SQUARES

- 1/2 lb. dates, chopped
- 1/2 cup sugar
- 1 tbsp. cornstarch
- 1 tsp. vanilla
- 1 cup hot water
- 1/4 tsp. salt
- 1-3/4 cups rolled oats
- 1-1/4 cups all-purpose flour
- 3/4 cup soft margarine

Combine in saucepan the dates, sugar, cornstarch, vanilla, hot water and salt. Cook over medium heat until thick enough to spread. Cool.

Meanwhile, combine rolled oats, flour and margarine until crumbly. Spread half this mixture in a 8"x12" pan; pat down. Spread with cooled date filling and sprinkle remaining crumb mixture on top.

Bake at 350°F until golden brown, about 30 min.

GOLDEN GRAHAM SQUARES

- 1 cup brown sugar
- 1/2 cup butter
- 1/2 cup corn syrup
- 1 tsp. vanilla
- 8 cups golden graham cereal
- 1 cup salted peanuts

Grease a 9" x 13" pan. Combine in a saucepan the brown sugar, butter and corn syrup. Bring to the boil and boil about 2 minutes.

Measure cereal and peanuts into a large bowl. Drizzle with butter mixture and mix to coat.

Press into prepared pan. Cut into squares.

TOFFEE SQUARES

- 1 cup soft butter or margarine
- 1 cup brown sugar, lightly packed
- 1 egg
- 1 tsp. vanilla
- 2 cups all-purpose flour
- 1 cup semi-sweet chocolate pieces, melted
- 1/2 cup chopped nuts

Grease a 9"x13" pan. Cream butter or margarine; blend in sugar. Add egg and vanilla and combine well. Blend in flour. Spread in prepared pan.

Bake at 350°F, 15-20 minutes.

Remove from the oven and spread immediately with melted chocolate. Sprinkle with nuts.

Cool and cut into squares.

MOM'S SHORTBREAD

- 1 lb. butter
- 1 cup brown sugar
- 4 cups all-purpose flour

Cream butter; add and beat in brown sugar. Blend in flour. Roll dough between sheets of waxed paper. Cut dough into small circles about the size of a silver dollar. Place on ungreased cookie sheets.

Bake at 325°F about 20 minutes, or until just golden.

ORANGE MOLASSES COOKIES

- 1 cup soft butter
- 1 cup sugar
- 2 eggs
- 1 cup dark molasses
- 4 cups all-purpose flour
- 1 tsp. ground ginger
- 1 tsp. baking soda
- 1 tsp. salt
- grated rind of 1/2 orange

Cream butter; blend in sugar. Add eggs, one at a time, beating in well after each addition. Blend in molasses, dry ingredients and orange rind. Chill dough for 2 to 3 hours.

Roll chilled dough to 1/4" thickness on lightly floured surface. Sprinkle dough with sugar and roll lightly until sugar clings.

Using a greased cutter, cut dough into 3" circles. Place on greased cookie sheets.

Bake at 375°F, until lightly brown, about 15 minutes.

Remove sheets to cake racks to cool 5 minutes. Using a greased spatula, carefully remove cookies.

Makes about 4 dozen cookies.

FOOD FOR THE GODS

- 2 oz. unsweetened chocolate
- 1 (160 ml.) can evaporated milk, 2% or whole
- 1 cup sugar
- 1-1/2 cups miniature marshmallows
- 1/2 cup chopped walnuts
- 1/2 cup chopped maraschino cherries
- 2 cups graham wafer crumbs

Combine chocolate, milk and sugar in heavy saucepan. Cook over low heat until thickened, about 10 minutes. Cool. Add marshmallows, nuts and cherries.

Press half the crumbs in a 9" square pan.

Press chocolate mixture on top.

Sprinkle with remaining crumbs.

SWEDISH THUMBPRINT COOKIES

- 1/2 cup soft butter or margarine
- 1/4 cup brown sugar
- 1 cup all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. vanilla
- 1 egg, separated
- 1 cup walnuts or pecans, chopped
- Jelly-strawberry, red currant or raspberry

With mixer set at low-cream butter or margarine; blend in sugar, flour, salt, vanilla and egg yolk.

In cup with fork, beat egg white until foamy. Place chopped nuts on waxed paper. Shape dough into 3/4" balls.

Dip first into egg white, then nuts. Place 1" apart on ungreased cookie sheets. Press thumb in center.

Bake at 350°F about 15 minutes.

Cool on racks. Spoon jelly into centres.

Store in tightly covered container.

LINDA'S COOKIES

3/4 cup butter or margarine
 1 cup sugar
 1 egg, beaten
 1/4 cup molasses
 1-1/2 cups all-purpose flour
 1 tsp. soda
 1/4 tsp. salt
 1 tsp. cinnamon
 1/4 tsp. cloves
 1/2 tsp. ginger
 1 cup rolled oats
 3/4 cup raisins

Cream butter or margarine, beat in sugar, eggs and molasses. Sift together flour, soda, salt and spices. Add and blend into creamed mixture along with oats and raisins. Drop dough by teaspoonfuls onto greased cookie sheets. Flatten with fork, dipped in hot water.

Bake at 325°F, 10-12 minutes.

PEANUT BUTTER COOKIES

1/2 cup butter or margarine
 1/2 cup peanut butter
 1/2 cup granulated sugar
 1/2 cup brown sugar
 1 egg
 3/4 cup all-purpose flour
 1/2 tsp. soda
 1/2 tsp. salt
 1 cup chopped peanuts

Cream butter or margarine and peanut butter together; beat in sugar and egg. Blend in flour, soda, salt and peanuts. Roll dough into small balls and place on greased cookie sheets; flatten with fork.

Bake at 350°F, 10-12 minutes.

GLAZED CHOCOLATE NUT DROPS

4 oz. unsweetened chocolate
 3 cups sifted all-purpose flour
 1/2 tsp. baking powder
 1/2 tsp. baking soda
 1/2 tsp. salt
 1 cup soft butter
 2 cups sugar
 3 eggs, beaten
 3-1/2 tsp. vanilla
 1 cup buttermilk
 2 cups chopped cashew nuts

Glaze

4 ounces unsweetened chocolate
 1/2 cup soft butter
 2-3/4 cups sifted icing sugar
 1 egg
 6-1/2 tbsp. water
 1/8 tsp. salt

Melt and cool chocolate. While it is cooling sift together the flour, baking powder, baking soda and salt. Cream butter; beat in sugar, eggs and vanilla. Stir in cooled chocolate. Add dry ingredients to creamed mixture, alternately with buttermilk, combining well after each addition. Stir in nuts. Drop dough by tablespoons onto greased cookie sheets.

Bake at 350°F, 12-15 minutes, or until edges are lightly browned. Place cookie sheets on racks to cool. While cooling, prepare glaze.

For the Glaze

In top of double boiler, melt together the chocolate and butter. Slowly stir in icing sugar. Add and mix in egg, water, vanilla and salt. Remove from heat, let stand 10 minutes.

Beat with electric mixer 3 to 6 minutes - to desired consistency. Spread glaze on cooled cookies.

Makes about 4 dozen cookies.

YUMMY SQUARES

- 1/2 cup corn syrup
- 1/2 cup brown sugar
- 1/2 cup peanut butter
- 3 cups rice crispie cereal
- 1/2 cup peanuts (optional)

Grease an 8" square pan.

Combine corn syrup and sugar in saucepan. Stir over medium heat until sugar is dissolved and mixture is bubbling. Remove from heat and stir in peanut butter. Measure cereal into a bowl; drizzle with peanut butter mixture. Add peanuts and mix until all cereal is coated. Press into prepared pan. If desired, ice with chocolate icing.

BUTTER TART SQUARES

- 1/2 cup soft butter or margarine
- 2 tbsp. granulated sugar
- 1 cup all-purpose flour
- 1-1/2 cups brown sugar
- 1 cup walnuts
- 2 eggs
- 3 tbsp. all-purpose flour
- 1/2 tsp. baking powder
- 1 tsp. vanilla

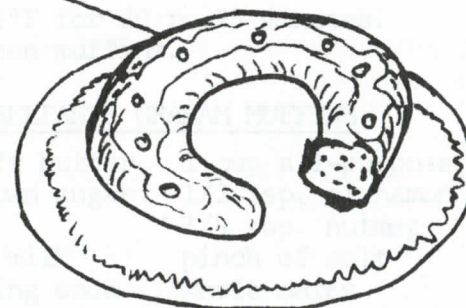
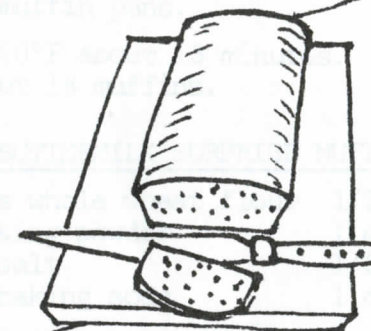
Cream butter or margarine; blend in granulated sugar and the 1 cup flour. Press mixture into a 9" square pan.

Bake at 350°F, 15 minutes.

Combine remaining ingredients; spread over hot pastry.

Bake at 350°F, 20 minutes, or until set.

Note: recipe may be doubled and baked in an 11"x17" pan. Baking time remains the same.

QUICK BREADS

BANANA MUFFINS

37

3/4 cup sugar	1 tsp. baking powder
1/3 cup salad oil	1 tsp. baking soda
1 egg	1/2 tsp. salt
2 or 3 ripe bananas (mashed)	1-1/2 cups all-purpose flour

Grease muffin pans or line with paper liners. Measure all ingredients into large bowl. Beat until just combined. Spoon batter into prepared muffin pans.

Bake at 350°F about 15 minutes.
Makes about 18 muffins.

BUTTERMILK SURPRISE MUFFINS

1-2/3 cups whole wheat flour	1/2 cup brown sugar
1 tsp. baking powder	1 egg
1/2 tsp. salt	1/3 cup oil
1/2 tsp. baking soda	1 cup buttermilk

Grease muffin pans or line with paper liners. Combine in large bowl, the flour, baking powder, salt, baking soda, and brown sugar. Combine eggs oil and buttermilk. Make a well in dry ingredients and add liquids. Stir until just combined. Spoon batter into prepared muffin pans.

Bake at 425°F for 20 to 25 minutes.
Makes 1 dozen muffins.

BELFASTS GRAHAM MUFFINS

1/2 cup soft butter	1 cup all-purpose flour
3/4 cup brown sugar	1/2 tsp. cinnamon
2 eggs	1/4 tsp. nutmeg
1 cup sour milk	pinch of salt
1 tsp. baking soda	whole dates
3/4 cup graham flour	

Grease muffin pans or line with paper liners. Cream together the butter, sugar, eggs, sour milk and baking soda. Combine flours, cinnamon, nutmeg and salt. Add dry ingredients to creamed mixture, mixing until just combined. Spoon batter into prepared muffin pans. Place a whole date in the centre of each muffin.

Bake at 350°F for 15 minutes. Makes 2 dozen.

BRAN MUFFINS

1/4 cup salad oil	1/2 cup wheat germ
1/2 cup brown sugar	1/2 cup raisins
1/4 cup molasses	1 cup all-purpose flour
2 eggs	1/2 tsp. baking soda
1 cup plain yogurt	1-1/2 tsp. baking powder
1 cup bran	1/2 tsp. salt

Grease muffin pans or line with paper liners. Measure into bowl, the oil, sugar, molasses, eggs and yogurt. Beat until blended. Mix in bran, wheat germ and raisins. Sift together the flour, baking soda, baking powder, and salt. Add to oil mixture and mix until just blended. Spoon batter into prepared pans.

Bake at 375°F for about 15 minutes.

Makes 2 dozen muffins.

Note: a blender may be used for this recipe.

OATMEAL MUFFINS

2 cups oatmeal
2 cups sour milk or buttermilk
2 eggs, beaten
1/2 cup melted shortening or salad oil
2 cups all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 cups brown sugar

Combine oatmeal and milk. Let stand 1 hour. Grease muffin pans or line with paper liners. Add eggs and shortening to oatmeal mixture and combine. Sift together the flour, baking powder, baking soda and salt; mix in brown sugar. Make a well in dry ingredients. Add liquid mixture and stir until just combined. Batter should be lumpy. Spoon batter into prepared muffin pan.

Bake at 400°F about 20 minutes.
Makes 30 muffins.

BANANA TEA LOAF

3 or 4 ripe bananas, cut up
3 eggs
2/3 cup salad oil
1 cup sugar
2-1/4 cups all-purpose flour
1 tsp. baking soda
1-1/4 tsp. cream of tartar
3/4 tsp. salt

Grease two 8" loaf pans.

In blender or with beater-combine bananas, eggs, salad oil and sugar.

Sift together the flour, baking soda, cream of tartar and salt. Add dry ingredients to the creamed mixture and blend until just combined. Spread batter evenly in prepared pans.

Bake at 350°F about 1 hour.

Cool in pans on rack for 10 minutes.

Remove from pans and cool completely.

PUMPKIN PISTACHIO LOAF

1-1/2 cups all-purpose flour	
1 tsp. baking powder	1 cup white sugar
1 tsp. baking soda	3/4 cup salad oil
1/2 tsp. salt	1 cup mashed cooked pumpkin
1 tsp. cinnamon	1 cup raisins (optional)
2 eggs	1 (4-oz.) pkg. pistachio instant pudding mix

Grease a 9" x 5" loaf pan.

Sift together the flour, baking powder, soda, salt and cinnamon. Beat eggs; beat in sugar and oil. Add dry ingredients to egg mixture, alternately with pumpkin, combining lightly after each addition. Stir in raisins and pudding mix. Pour batter into prepared pan.

Bake at 350°F for 1 hour.

Cool in pan on rack for 10 minutes.

Remove from pan and cool completely.

QUICK GINGER BREAD

2-1/4 cups sifted all-purpose flour
 1 tsp. ginger
 1-1/2 tsp. cinnamon
 1 tsp. baking soda
 1/2 tsp. baking powder
 1/2 tsp. salt
 1/2 cup soft shortening
 1/3 cup sugar
 2 eggs
 3/4 cup milk (sweet or sour)
 1 cup molasses

Grease a cake pan, 10" x 10" x2".

Sift together into a large bowl: flour, ginger, cinnamon, soda, baking powder and salt. Add shortening, sugar, eggs, milk and molasses. Beat for 2-1/2 minutes. Pour batter into pan.

Bake at 350°F for 40 to 45 minutes.

ORANGE DATE NUT LOAF

1 cup chopped dates
 1-1/2 tsp. grated orange rind
 1/2 cup orange juice
 1/2 cup boiling water
 1 egg
 3/4 cup brown sugar
 1 tsp. salt
 1/2 tsp. vanilla
 1/4 cup salad oil
 1-1/2 cups all-purpose flour
 4 tbsp. cornstarch
 1 tsp. baking powder
 1 tsp. baking soda
 3/4 cup chopped walnuts

Grease a loaf pan 9" x 5" x 2-1/2".

Combine the dates, orange rind and juice. Pour boiling water over all; cool. Beat egg well; gradually beat in sugar, salt, vanilla and oil. Add to date mixture; combine. Sift together the flour, cornstarch, baking powder and soda. Stir in walnuts. Add to date mixture and beat until just combined, about 1 minute. Turn batter into prepared pan.

Bake at 325°F for 55 to 60 minutes.

GRANOLA RAISIN BREAD

2-3/4 cups all-purpose flour
 3/4 cup sugar
 4 tsp. baking powder
 1-1/2 tsp. salt
 1-1/2 tsp. cinnamon
 1-1/2 cups granola-type cereal
 1-1/4 cups raisins
 2 eggs
 1-1/3 cups milk
 1/4 cup butter, melted

Grease a 9" x 5" x3" loaf pan.

In large bowl, measure flour, sugar, baking powder, salt and cinnamon. Stir to combine. Add and mix in granola and raisins.

Beat eggs well; stir in milk and melted butter. Add egg mixture to dry ingredients. Stir until just combined. Turn batter into prepared pan.

Bake at 350°F for 65 to 70 minutes.

Cool in pan on rack 10 minutes. Remove from pan and cool completely.

ZUCCHINI BREAD

3 eggs
 1 cup salad oil
 2 cups sugar
 1 tsp. vanilla
 2 cups finely shredded zucchini, unpared
 1-1/2 cups cake and pastry flour
 1 cup whole wheat flour
 1/2 cup wheat germ
 1 tsp. salt
 2 tsp. nutmeg
 1 tsp. baking soda
 1/2 tsp. baking powder
 1/2 cup chopped nuts

Line two loaf pans (4-1/2"x8-1/2") with waxed paper. In large bowl beat together eggs, oil, sugar, vanilla and zucchini. With mixer on low, begin adding remaining ingredients. Blend until combined. (Batter will be quite thin.) Pour into loaf pans.

Bake at 350°F about 1 hour.

Cool in pan on rack 10 minutes. Remove from pans; peel off waxed paper. Cool before slicing.

Makes 2 loaves.

This bread freezes well.

COFFEE CAKETopping

- 1/4 cup sugar
- 1/2 tsp. cinnamon
- 1/4 cup chopped walnuts

Cake

- 1/2 cup soft butter or margarine
- 1 cup sugar
- 2 eggs
- 1/2 pint sour cream
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt

Grease an angel cake or bundt pan.

For the topping- combine the 1/4 cup sugar, cinnamon and walnuts; set aside.

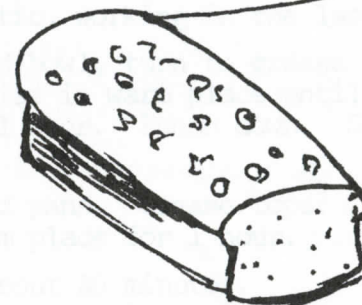
For the cake - cream butter, gradually beat in the 1 cup sugar and eggs. Stir in sour cream. Sift together the flour, baking powder, baking soda and salt. Add to creamed mixture and stir just until combined.

Spoon half of mixture into prepared pan; sprinkle with half of topping. Spoon in remaining batter and sprinkle with remaining topping.

Bake at 350°F about 45 minutes.

Let stand 10 minutes before removing from pan.

YEAST BREADS



FRENCH BUNS

1 cup milk
 1/2 cup lukewarm water
 2 tsp. sugar
 1 envelope dry yeast
 4 cups (about) all-purpose flour
 1/4 cup soft butter or margarine
 1/4 cup sugar
 1 egg
 1 tsp. salt

Scald milk; cool to lukewarm.

Meanwhile, measure lukewarm water into a bowl; stir in the 2 teaspoonfuls sugar. Sprinkle with yeast. Let stand 10 minutes, then stir well.

Add dissolved yeast to lukewarm milk. Stir in 1-1/2 cups of the flour and beat well to form a soft sponge. Cover with damp cloth. Let rise in a warm place for 1 hour.

Cream butter, blend in the 1/4 cup sugar and egg. Beat into sponge. Stir in 2-1/2 cups (about) of the flour and the salt. Mix well.

Turn out on floured surface and knead until smooth and elastic, working in the last of flour.

Place in greased bowl; turn to grease the dough. Cover and let rise in warm place until doubled in bulk, about 1 hour. Punch down. Shape into rolls.

Place in greased pans. Grease tops. Cover and let rise in warm place for 1 hour.

Bake at 325°F about 30 minutes.

Makes 2 dozen rolls.

For Cinnamon Rolls:

Divide dough in half. Roll out each half into a rectangle 1/2" thick. Spread with soft butter. Sprinkle with brown sugar and cinnamon. Roll up dough and cut into 1" slices. Place in greased pans. Bake at 325°F for 30 minutes.

TWO-HOUR ROLLS

3 cups boiling water, cooled to lukewarm
 1/2 cup sugar
 2 tbsp. yeast
 1/2 cup butter or margarine
 1 tbsp. salt
 6 to 7 cups all-purpose flour

Measure 1 cup of the lukewarm water into a bowl; stir in 2 teaspoonfuls of the sugar. Sprinkle with yeast. Let stand 10 minutes, then stir well.

Combine remaining sugar, butter, salt and remaining 2 cups lukewarm water. Stir in the dissolved yeast. Mix in sufficient flour to make a soft dough.

Turn out onto floured surface and knead until smooth and elastic.

Place in greased bowl; brush top with melted shortening. Cover and let rise in warm place for 25 minutes. Shape into rolls.

Place in greased pans; brush tops with melted shortening. Cover and let rise in warm place for 35 minutes.

Bake at 400°F for 25 to 30 minutes.

Makes about 6 dozen rolls.

TRAPPERS BREAD

1-1/2 cups raisins
 1-1/2 cups currants
 2-3/4 cups hot water
 1 cup brown sugar
 1 tbsp. salt
 1 cup butter
 2/3 to 1 cup molasses
 2 tsp. sugar
 1 cup lukewarm water
 2 envelopes dry yeast
 12 cups (about) all-purpose flour

Cover raisins and currants with boiling water. Let stand until plump, then drain.

Meanwhile, in a large bowl, combine the hot water, brown sugar, salt, butter and molasses. Stir until butter melts. Cool to lukewarm.

Meanwhile, dissolve sugar in lukewarm water; sprinkle with yeast. Let stand 10 minutes, then stir well.

Add dissolved yeast to butter mixture; stir to combine. Add 6 cups of the flour and beat until smooth. Add raisins and currants to the remaining 6 cups flour. Stir into dough.

Turn out dough onto lightly floured surface and knead until smooth and elastic-8 to 10 minutes.

Shape into a smooth ball.

Place in greased bowl, rotating dough to grease surface. Cover with a damp cloth. Let rise in warm place until doubled in bulk-about 2 hours.

Punch down dough and shape into 4 loaves.

Place in greased 8-1/2" x 4-1/2" loaf pans. Grease tops. Cover and let rise again, until doubled in bulk-about 1 hour.

Bake at 375°F about 1 hour.

Brush tops with butter while still hot.

Makes 4 loaves.

SPECKBROT-BACON BREAD

1 package yeast
 1/2 cup shortening
 6 eggs
 1 cup lukewarm milk
 5-1/2 to 6 cups sifted all-purpose flour
 1/2 tsp. salt
 1/2 lb. uncooked breakfast side bacon (diced)
 1/2 lb. (approx. 1 cup) leftover ham (diced)

Dissolve the yeast according to the package directions and let rise.

Meanwhile, beat together the shortening and eggs. Add lukewarm milk and risen yeast. Add flour and salt and mix well. Add diced bacon and diced ham.

Beat with wooden spoon until well mixed and the batter no longer adheres to spoon.

Divide the dough and place in well-greased warm pans. Cover with greased wax paper and cloth.

Allow dough to rise in a warm place 1-1/2 hours. Punch down, re-cover, and let rise again for about an hour.

Bake at 350°F for 1 to 1-1/2 hours, depending on size of pans used.

Makes 2 large loaves or 3 smaller loaves.

NOTE: This batter is too wet to knead and much too heavy to mix in an electric mixer. It takes elbow-grease for 10-15 minutes of beating with a wooden spoon. It is hard work to make this bread but very worthwhile.

DESSERTS



LIME DELIGHT

2 cups chocolate wafer crumbs
1/4 cup butter, melted
1 large pkg. (6 oz.) lime jelly powder
1-1/4 cups boiling water
1 cup sugar
1/4 cup lime juice
2 tbsp. lemon juice
1 large can evaporated milk, chilled 24 hours
Green food colouring

Combine wafer crumbs and butter and press in bottom of an 8"x12" pan.

Combine jelly powder, water, sugar, lime and lemon juice; stir until sugar and jelly powder are dissolved. Cool to room temperature.

Turn chilled milk into a large bowl and beat until fluffy. Beat in lime mixture; stir in a little green food colouring.

If desired, top with whipped cream and chocolate chips, or a few more chocolate wafer crumbs.

Chill overnight. Cut into squares for serving.

FUDGE BATTER PUDDING

1 cup all-purpose flour
 8 tbsp. unsweetened cocoa
 1 tsp. baking powder
 3/4 tsp. salt
 1 cup granulated sugar
 2 tbsp. butter or margarine, melted
 1 tsp. vanilla
 1/2 cup milk
 1/2 cup chopped pecans or walnuts
 1-2/3 cups boiling water
 Icing Sugar
 Vanilla Icecream

Sift together the flour, 3 tablespoons of the cocoa, baking powder and salt. In a large bowl combine 1/2 cup of the sugar, butter and vanilla. Stir flour mixture into creamed mixture, alternately with milk, blending well after each addition; mix in nuts.

In an 8" round cake pan, combine remaining 1/2 cup sugar, remaining 5 tbsp. cocoa and boiling water. Drop the batter by tablespoonfuls onto hot mixture.

Bake at 350°F about 40 minutes or until top is crusty. Sprinkle with icing sugar.

While still warm, spoon out servings of cake, cover with sauce, then top with icecream.

Makes 6 servings.

POLKA DOT DESSERT

1-1/2 cups graham wafer crumbs
 1/4 cup brown sugar
 1/4 cup butter, melted
 1 (12 oz.) pkg. chocolate chips
 1 pint whipping cream
 1 cup miniature marshmallows
 Grated orange rind, optional

Combine graham wafer crumbs, brown sugar and butter. Press 2/3 of this mixture in bottom of 8" square pan. Melt chocolate chips in top of double boiler over boiling water. Cool. Beat whipping cream until stiff. Fold half of whipped cream into melted chocolate, fold in marshmallows. Spread chocolate mixture over crumbs in pan; sprinkle with the saved-out wafer crumbs, then spread with remaining whipped cream.

Chill 24 hours, before serving.

LEMON FROST

5 graham wafers, crushed
 2 tbsp. sugar
 2 tbsp. butter or margarine
 1 egg, separated
 1/3 cup water
 1/3 cup powdered milk
 1/2 cup sugar
 1 tsp. lemon rind
 3 tbsp. lemon juice
 Dash of salt

Combine wafer crumbs, sugar and butter; sprinkle half of this mixture in bottom of an ice cube tray. Combine egg white, water and powdered milk in a bowl; beat until mixture will form stiff peaks. In another bowl, combine egg yolk, sugar, lemon rind, juice and salt. Fold into whipped mixture. Spread evenly over crumbs in ice cube tray; sprinkle with remaining crumbs.

Freeze until firm.

SPICY APPLE CRISP

5 large tart apples
 1/2 cup raisins
 1/4 cup firmly packed brown sugar
 1 tsp. cinnamon
 1/4 tsp. nutmeg
 1 tbsp. lemon juice
 1/4 cup wheat germ
 1/4 cup whole wheat flour
 2/3 cup quick cooking rolled oats
 1/2 cup firmly packed brown sugar
 1/2 cup salted roasted sunflower seeds
 1 tsp. cinnamon
 1/2 cup soft butter

Peel, core and thinly slice apples; mix in raisins, the 1/4 cup brown sugar, cinnamon, nutmeg and lemon juice. Turn into a shallow 2 quart casserole.

Combine wheat germ, flour, rolled oats, the 1/2 cup brown sugar, sunflower seeds and cinnamon. Using a spoon or fingertips, work in butter until well blended. Press handfuls of the mixture together, then crumble evenly over apples.

Bake-uncovered-at 375°F, 40-45 minutes.

Serve warm or cooled.

Top with sweetened whipped cream, icecream or light cream, as desired.

BAKED ORANGE CURRANT PUDDINGBatter

1/2 cup soft butter or margarine
 1/3 cup brown sugar
 1 egg
 1 cup all-purpose flour
 2 tsp. baking powder
 1/2 tsp. salt
 1/2 cup milk
 1/2 cup currants

Sauce

1 cup brown sugar
 1 tbsp. butter or margarine
 1-1/2 cups boiling water
 1/2 cup concentrated frozen orange juice

Grease a 2 quart baking dish.

For the batter:

Cream butter; beat in sugar and egg.
 Combine flour, baking powder, and salt.
 Add to creamed mixture, alternately with milk, combining lightly after each addition.
 Mix in currants. Turn into prepared baking dish.

For the sauce:

Sprinkle sugar over batter; dot with butter or margarine. Combine boiling water and orange juice. Slowly pour over batter.

Bake at 325°F about 1 hour.

Serve warm.

FRESH BANANA ROLLS

Roll bananas (as many as desired) in lemon juice and honey. Then roll in coconut.

Insert popsicle sticks and freeze.

Good snacks for kids!

LEMON CAKE PIE

1 unbaked 9" pie shell
2-1/2 tbsp. soft butter
1 cup white sugar
1/4 cup flour
5 tbsp. lemon juice
3 eggs, separated
1-1/4 cups milk

Prepare pie shell.

Cream butter; blend in sugar. With beater on low - blend in flour, lemon juice, egg yolks and milk. Wash beaters and beat egg whites until stiff, but not dry.

Pour lemon mixture over whites and fold in gently with wire whip. Pour into prepared pie shell.

Bake at 425°F, 8 minutes.

Reduce heat to 325°F, 15 to 20 minutes.

EGG TARTS

12 unbaked medium tart shells
1-1/2 cups brown sugar
2 eggs
4 tsp. vinegar
1 tsp. flour
1 tsp. vanilla
pinch of salt

Prepare tart shells.

Combine remaining ingredients; stir with fork or spoon to mix well.

Spoon into prepared tart shells.

Bake at 325°F until set, about 20 minutes.

MOCK CHERRY OR CRANBERRY PIE

sufficient pastry for a 2-crust pie
1 cup cranberries, halved
1 cup chopped apples
1/2 cup raisins
1 cup sugar
2 tbsp. flour
1/4 tsp. salt
1 cup water
1/4 tsp. almond extract

Line a pie plate with rolled out pastry.

Combine in a saucepan the fruits, sugar, flour, salt and water. Cook over medium heat, stirring constantly until mixtures comes to a boil and thickens. Stir in almond extract.

Turn into prepared pie shell. Top with rolled out pastry. Seal and flute edges. Make a few slits in the top.

Bake at 425°F about 45 minutes, or until pastry is golden.

MAPLE SYRUP PIE

1 9" or 10" unbaked pie shell
 2 tbsp. butter
 1 cup brown sugar
 3 eggs, separated
 1 cup maple syrup
 1/2 cup milk

Prepare pie shell.

Cream butter and sugar together. Beat in egg yolks. Stir in maple syrup and milk. Beat egg whites until stiff, but not dry; fold into syrup mixture. Pour into pie shell.

Bake at 450°F, 10 minutes.
 Reduce heat to 350°F and bake 30-35 minutes longer or until filling is set.

Cool. Serve at room temperature.

Makes 6 to 8 servings.

RHUBARB CUSTARD PIE

1 unbaked 9" pie shell
 3 eggs
 3 tbsp. milk
 1-3/4 cups sugar
 1/4 cup flour
 3/4 tsp. nutmeg
 4 cups cut up rhubarb
 1 tbsp. butter or margarine

Prepare pie shell.

Beat eggs slightly; add and mix in milk, sugar, flour and nutmeg. Add rhubarb and mix well. Turn into prepared pie shell. Dot with butter or margarine.

Bake at 400°F, 50 to 60 minutes, or until filling is set.

HOT WATER PIE PASTRY

1 lb. lard
 1 cup boiling water
 5 cups all-purpose flour
 1 tsp. baking powder
 1 tsp. salt

Cut up lard in a large bowl. Pour boiling water over lard. Stir with a fork until it is melted and creamy.

Add flour, baking powder and salt; stir with a fork until well mixed.

Divide into 3 or 4 portions.
 Refrigerate at least 3 hours before rolling.

This pastry will keep one week or more if wrapped and refrigerated.

"NO-BAKE" PIE CRUST

1-1/2 cups pitted dates
 1-1/2 cups coconut, or cashews or almonds
 Lemon or orange rind
 Pinch of salt

Brush a pie plate with salad oil.

Put all ingredients through a food grinder or chop finely in food processor.

Turn into prepared pan and press evenly.

Chill 1 hour or until set.

Fill with fresh berries or other fruits.

"NO-ROLL" PASTRY

1-1/2 cups sifted all-purpose flour
 1-1/2 tsp. sugar
 3/4 tsp. salt
 1/2 cup salad oil
 3 tbsp. cold milk

Sift together into a pie plate-the flour, sugar and salt. Combine salad oil and milk in a measuring cup; beat with fork until creamy. Pour all at once over flour mixture. Mix with fork until combined.

Press evenly and firmly with fingertips to line bottom and sides of pan; press dough to uniform thickness.
 Flute edge with fingertips.

For Baked Shell

Prick entire surface with a fork.
 Bake at 425°F, 12 to 15 minutes.

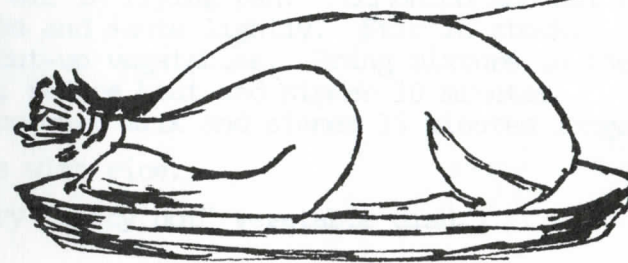
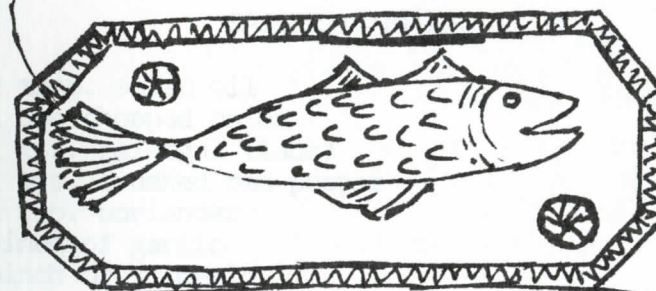
Unbaked Shell

Fill as desired.
 Bake at 400°F, 15 minutes.
 Reduce heat to 350°F and bake until filling is done.

Note:

Always prepare filling before making pastry.
 Do not store unbaked.

MAIN DISHES



SAUCE FOR SLOW COOKERS

Ideal for spareribs and pork.

4 tbsp. brown sugar
 1/4 cup vinegar
 1 cup ketchup
 1/2 cup water
 1/2 tsp. celery salt
 1 tsp. garlic salt
 1 tsp. onion salt
 2 - 3 tbsp. worcestershire sauce
 1 tsp. dry mustard

Combine all ingredients.

Use to baste spareribs, pork, etc. while cooking.

SAJOER TJAMPOER

2 tbsp. salad oil
 1 cup chopped onion
 1 tsp. galangal (laos)
 1 tsp. crushed red pepper
 1 tsp. coriander
 pinch of garlic
 pinch of turmeric
 2 cups meat stock (bouillon will do)
 mixed vegetables (cabbage, carrots, beans,
 cauliflower, brussel sprouts, corn,
 - whatever!)
 1 cup coconut milk

Heat oil in frying pan. Add onion and all the spices and saute lightly. Stir in stock. Add cut-up vegetables. Bring mixture to the boil; reduce heat and simmer 10 minutes. Add coconut milk and simmer 15 minutes longer.

Serve with rice.

A very "spicy hot" vegetable dish.

STUFFED CABBAGE ROLLS

(Indian Vegetarian)

12 large cabbage leaves
 1/2 cup butter or margarine
 6 cloves garlic, chopped
 1 large onion, chopped
 1 oz. fresh ginger
 1 green or red chillie
 1 lb. ricotta cheese, mashed
 2 tsp. salt
 3/4 tsp. red pepper
 1 tsp. curry powder
 lime juice
 1/4 tsp. white pepper
 1-1/2 cups tomato sauce

Separate and wash cabbage leaves. Simmer or steam until partially cooked. Drain.

Melt butter or margarine; add garlic, half of the onion, half the ginger and half the chillie. Add the mashed cheese, salt, red pepper and curry powder. Cook until onion is just tender. Cool.

Remove hard stems of the cabbage leaves and spread on flat surface. Spoon stuffing on each leaf and roll up. Sprinkle with lime juice and pepper. Roll in flour and brown in hot butter or margarine. Remove cabbage rolls from pan.

Saute remaining onion, ginger and chillie; add tomato sauce and stir. Return cabbage rolls to pan and cook until tender - about 15 minutes.

Salt and pepper to taste. Serve hot.

Makes 6 servings.

"ALLSORTS" QUICHEPastry

2 cups all-purpose flour
 1/4 cup lard (hard)
 1/4 cup butter (hard)
 1/4 tsp. salt
 1/4 tsp. lemon juice
 1/2 cup ice water

Filling

3 eggs
 4 oz. old cheddar cheese, shredded
 1 tsp. dry mustard
 10 oz. evaporated milk
 1/4 tsp. salt
 pinch of pepper
 "Allsorts" - mushrooms, chives, bacon, ham bits and anything else you fancy.

For the pastry:

Sift together flour and salt. Add lard and butter; using two knives, cut into flour until mixture resembles coarse bread crumbs. Add and blend in lemon juice and water; mix until pastry just holds together. Roll out on well-floured board to a circle large enough to fit a 9-1/2" pie plate or Quiche dish. Line pie plate or dish; flute edges. Refrigerate while preparing the filling.

For the filling:

Beat eggs lightly; blend in cheese, mustard, evaporated milk, salt, pepper and "Allsorts". Pour into prepared shell.

Bake at 425°F until filling is set, about 35 min.

Garnish with sliced tomatoes and serve warm.

Makes 6 servings.

This is a lovely lunch time dish, with a salad.

EGGPLANT CASSEROLE

2 medium eggplants
 1 lb. ground beef
 1 lb. ground pork
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 2 tbsp. flour
 2 tsp. salt
 1/2 tsp. oregano
 1/2 tsp. basil
 2 cups canned tomato sauce
 1-1/2 cups shredded cheddar cheese

Grease a 2 quart casserole.

Peel eggplant; cut in 1/2" slices.

Cook in boiling, salted water for 3 minutes; drain well.

Brown beef and pork; remove from pan.

Add onion and green pepper to fat remaining in pan and saute lightly. Return meat to pan; blend in flour, salt, oregano and basil. Stir in tomato sauce. Simmer 20 minutes, stirring occasionally.

Arrange half of the eggplant slices in prepared casserole. Top with half of the meat mixture and half of the cheese. Repeat layering once.

Cover and bake at 350°F for 45 minutes.

Remove cover and continue to bake 15 minutes longer or until bubbling and browned.

Makes 6 to 8 servings.

CHEESE SOUFFLE

1 cup milk
 3 tbsp. tapioca
 1/4 lb. processed cheese
 4 eggs, separated
 1/2 tsp. salt
 dash of pepper
 1/4 tsp. dry mustard

Combine milk and tapioca in a saucepan. Heat just to boiling; add cheese and blend until smooth. Remove from heat.

Beat egg whites until stiff, but not dry. Beat egg yolks well; beat in salt, pepper and mustard. Stir in cheese sauce gradually. Fold in egg whites. Turn into a 1-1/2 quart casserole. Set the casserole in a pan of hot water.

Bake at 325°F about 1 hour. Serve immediately.

CORNERD BEEF AND SAUERKRAUT CASSEROLE

1 (27-oz.) can sauerkraut
 2 tomatoes, sliced
 2 tbsp. thousand island dressing
 8 oz. corned beef, shredded
 8 oz. swiss cheese, shredded
 1 can refrigerator biscuits
 1/4 tsp. caraway seeds
 2 rye crackers, crushed

Spread sauerkraut in a 2-quart casserole. Arrange tomato slices over top; dot with dressing. Spread corned beef evenly over top, then sprinkle with cheese.

Bake-uncovered-at 425°F, 15 minutes.

Remove from oven. Separate biscuits into 3 layers each. Place on casserole in three rows, slightly overlapping if necessary. Sprinkle with caraway seed and crushed crackers. Return to oven and bake until biscuits are lightly browned, about 15 minutes.

Makes 6 servings.

FRAN'S HEAVENLY HASH

1 to 2 lbs. lean ground beef
 3/4 lb. bacon
 1 stalk celery, chopped
 1 or 2 green peppers, chopped
 2 or 3 onions, chopped
 1 small jar pimento, chopped
 1 large (or 2 small) can tomato soup
 1 or 2 (10-oz.) cans mushrooms
 2 to 4 tsps. chili powder
 2 to 4 tsps. curry powder
 salt and pepper to taste

Brown and crumble beef and bacon in frying pan. Add celery, green pepper, onion and pimento. Stir in soup, mushrooms, chili powder, curry powder, salt and pepper. Turn into a 2 quart casserole.

Bake at 325°F for 1 hour, or until vegetables are done to your liking.

Serve - mixed with or on rice, or noodles.

Goes well with soy sauce and grated parmesan cheese.

Note: 1 lb. lean ground beef
 1 lb. ground pork
 1/4 lb. bacon
 may be substituted for the beef and bacon mixture.

PIONEER MEAT BALLS

25 meat balls
 1 (10-oz.) can tomato soup
 1 (10-oz.) can beef broth
 1 can carrots
 1 can potatoes

Brown meat balls in large skillet. Carefully stir in soup and beef broth. Add carrots and potatoes.

Heat 15 to 20 minutes.

Makes 4 to 6 servings.

MEXICAN CASSEROLE

1-1/2 lbs. lean ground beef
 1 egg
 1-3/4 cups soft bread crumbs
 1/4 tsp. marjoram
 1/8 tsp. garlic salt
 2 (14-oz.) cans kidney beans
 1 spanish onion, sliced
 1 green pepper, chopped
 1 lb. fresh mushrooms, sliced
 or 2 (10-oz.) cans mushrooms
 1 (10-oz.) tomato soup
 1 (28-oz.) can tomatoes

Break up meat with fork; add eggs, 3/4 cup of the bread crumbs, marjoram and garlic salt. Form into small balls; roll in flour. Place in bottom of 2 quart casserole. Combine kidney beans, onion, pepper, mushrooms, tomato soup and tomatoes. Pour over the meatballs. Top with remaining 1 cup bread crumbs.

Bake at 350°F about 1 hour.

Makes 6 servings.

BEEF STROGANOFF

2 lbs. round steak, 1" thick
 1/3 cup flour
 1 tsp. salt
 1/4 tsp. pepper
 3 tbsp. butter or margarine
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 1 (10-oz.) can sliced mushrooms, drained
 1 (10-oz.) can tomato soup
 1-1/2 cups water
 1 (16-oz.) can evaporated milk
 1 clove garlic
 few drops tabasco sauce
 1 tsp. worcestershire sauce

Cut meat into 1" cubes.

Measure flour, salt and pepper into a paper bag; shake to mix. Add meat and shake to coat.

Heat 1 tbsp. of the butter in frying pan. Add meat and brown on all sides; lift from pan. Add remaining 2 tbsp. butter to pan; stir in onion, green pepper and mushrooms. Saute until just tender. Combine tomato soup and water; pour over vegetables in pan. Return meat to pan; add clove of garlic on a toothpick.

Simmer, covered, stirring occasionally until meat is tender. Combine milk, tabasco sauce and worcestershire sauce. Pour over meat and heat.

Makes 6 servings.

CORNED BEEF AND CABBAGE CASSEROLE

2 lbs. cabbage, chopped
 1 (12-oz.) can corned beef, diced
 2 tbsp. grated onion
 1 tbsp. prepared mustard
 1/2 tsp. salt
 1 (10-oz.) can cheese soup
 1 large can evaporated milk
 4 slices bread, cubed
 2 tbsp. butter, melted
 4 slices process cheese

Cook cabbage in a little boiling water until just tender, about 10 minutes; drain.

In a 2-quart casserole arrange alternate layers of cabbage and corned beef.

Combine in a bowl, the onion, mustard, salt, soup and evaporated milk. Pour over corned beef and cabbage. Combine bread cubes and butter. Arrange around edge of casserole.

Bake at 350°F for 45 minutes. Arrange cheese slices in center. Bake 5 minutes longer, or until cheese is melted.

Makes 6 servings.

BARBECUE SPARERIBS

2 to 3 lbs. spareribs
 1/2 cup sliced onions
 1/4 tsp. pepper
 1 tbsp. sugar
 1 tsp. dry mustard
 1 tbsp. worcestershire sauce
 1/8 tsp. tabasco sauce
 1 tsp. paprika
 1/2 cup ketchup
 1/4 cup vinegar
 1/4 cup water
 1 clove garlic, crushed

Cut meat into 2 or 3 rib pieces. Arrange in a roasting pan (with cover) and brown ribs on both sides - either on top of the stove or by broiling. Spread onions over ribs. Combine all remaining ingredients and pour over ribs.

Cover and bake at 325°F for 1-1/2 hours.

Makes 4 servings.

FAVOURITE NOODLE CASSEROLE

1 lb. lean ground beef
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 1 (6-oz.) can tomato paste
 1 (28-oz.) can tomatoes
 1 tsp. salt
 1/4 tsp. pepper
 1 (8-oz.) pkg. broad egg noodles
 cheese slices

Saute together the beef, onion and green pepper. Stir in tomato paste, tomatoes, salt and pepper. Cover and simmer slowly, while cooking noodles according to package directions; drain. Alternate layers of noodles, meat sauce and cheese slices in a 2-1/2 quart casserole.

Bake at 375°F, 30 to 35 minutes.

Makes 4 to 6 servings.

STEAK AND ONIONS

2 tbsp. salad oil
 1-1/2 lbs. round steak, thinly sliced
 3/4 lb. onions, thinly sliced
 2 tbsp. flour
 2 beef bouillon cubes
 salt and pepper
 2 cups water

Heat oil in frying pan. Add steak and brown well. Turn into a 2-quart covered casserole.

Saute onions in oil until tender but not browned. Blend in flour, bouillon cubes, a generous sprinkle of salt and pepper and water. Cook over medium heat, stirring constantly until thickened. Pour over steak.

Cover and bake at 350°F for 1-1/4 hours. Uncover and bake 15 minutes longer.

Makes 4 servings.

MEAT LOAF

1 egg, slightly beaten
 1/4 cup milk
 1/2 cup ketchup
 2 lbs. ground beef
 1/2 cup soft bread crumbs
 2 tbsp. minced onion
 2 tbsp. minced green pepper
 2 tsp. dry mustard
 2 tsp. worcestershire sauce
 2 tsp. salt
 1/2 tsp. pepper
 2 slices bacon

Combine in a large bowl the egg, milk and ketchup. Add ground beef, bread crumbs, onion, green pepper and seasonings. Combine thoroughly. Form into a loaf and place in shallow baking pan. Cut strips of bacon in half and arrange over top.

Bake at 350°F until done - about 1 hour.

BEEF BURGUNDY

2 to 2-1/2 lbs. round steak, cut 1/4" thick
 1/4 cup flour
 1/4 cup butter or margarine
 1/2 cup coarsely chopped onion
 1 tbsp. finely snipped parsley
 1 clove garlic, crushed
 1 bay leaf
 1 tsp. salt
 dash of freshly ground black pepper
 1 (6-oz.) can mushrooms, drained
 1 cup burgundy wine
 1/2 cup water
 Hot cooked rice

Cut steak into bite-sized pieces. Measure flour into a bag; add meat and shake to coat.

In a large frying pan, melt butter or margarine; add half of meat and brown on all sides. Remove and add remaining meat; brown on all sides. Remove pan from heat. Return all meat to pan.

Add onion, parsley, garlic, bay leaf, salt and pepper. Stir in mushrooms, wine and water. Bring to boil; reduce heat and simmer, covered, about 1 hour or until tender.

Add more water during cooking, if necessary.

Remove bay leaf.

Serve over hot fluffy rice.

Makes 8 servings.

BEEF CURRY

2 lbs. stewing beef
 2 cups all-purpose flour
 2 tbsp. curry powder
 Vegetable oil
 2 cups sliced onions
 1 tsp. salt (or more to taste)
 2 cups beef broth (or 2 bouillon cubes, dissolved in boiling water)

Cut beef into 1" cubes. Measure flour and curry powder into a paper bag and shake to mix. Add meat and shake to coat. Heat oil in large frying pan; add meat and brown on all sides. Add onions, salt and pepper; stir in beef broth. Cover and simmer gently about 4 hours. Use any left over flour mixture to thicken sauce. Cool. Refrigerate overnight.

Curry is always better the next day. Heat, covered, at 350°F for 1 hour.

Serve over rice with any of the following condiments:

Chutneys (apple, mango, peach, tomato)
 Chopped salted peanuts
 Toasted coconut
 Chopped hard-boiled eggs
 Sliced bananas (sprinkled with lemon juice)
 Yogurt
 Raisins or currants
 Chopped cucumbers, green pepper, celery and/or sweet onions

There should be one variety of condiment more than the number of people at the table, and there should be an even balance between sweet and sour, strong and bland.

There are as many curries as there are castes in the Indian sub-continent. This is one of my favourites, although I usually make it with a strong curry powder.

Makes 6 servings.

CONFETTI SCALLOP

1/2 lb. macaroni
 1 lb. ground beef
 1 tsp. salt
 1 tsp. curry powder
 1/4 tsp. marjoram
 1 cup chopped onion
 4 cups shredded cabbage
 1 (28-oz.) can tomatoes
 1 (10-oz.) can tomato paste
 1 (10-oz.) can mushrooms, drained
 1 cup shredded cheese
 1/4 cup raisins

Cook macaroni according to package directions and drain. Brown beef in heated frying pan; stir in salt, curry powder and marjoram. Turn macaroni into greased 2 quart casserole. Add and mix in meat and all remaining ingredients.

Bake at 325°F until heated through, about 30 min. Makes 4 to 6 servings.

SWEET AND SOUR CHICKEN WINGS

2 lbs. chicken wings
 seasoned flour
 2 tbsp. salad oil
 1 small onion, chopped
 2/3 cup orange juice
 1/3 cup ketchup or chili sauce
 1 tbsp. brown sugar
 1 tsp. soy sauce
 1/4 tsp. ground ginger
 garlic to taste

Dredge wings in flour. Heat oil in frying pan; brown wings on all sides. Remove wings from pan and arrange in covered baking dish. Add onion to remaining fat in pan and fry lightly; stir in remaining ingredients. Bring mixture to boil. Pour over wings. Cover and bake at 350°F for 25 minutes. Turn wings over in sauce. Continue baking 30 minutes longer.

CORNISH GAME HENS

3 cornish game hens
 melted butter
 1 cup marmalade
 1/4 cup brown sugar
 3 tbsp. wine vinegar
 2 tsp. worcestershire sauce
 1/2 tsp. curry powder
 1/2 tsp. ground ginger

Wash hens and split into halves. Brush with melted butter and place halves, skin side down, in foil-lined baking dish. Combine in a saucepan the marmalade, sugar, vinegar, worcestershire sauce, curry powder and ginger. Bring to boil; reduce heat and simmer 10 min. Spoon over the hens.

Bake at 350°F for 1 hour, turning hens once during baking.

JARRETT STEAK

1-1/2 lbs. stewing beef
 little flour
 few sticks of celery, finely cut
 6 slices bacon
 1 cup water
 1 tbsp. worcester sauce
 2 tbsp. tomato ketchup

Cut steak into 1" cubes, roll in the flour. Put in casserole with layers of celery and bacon. Add water to sauces and pour over the meat. Put in 450°F oven, let the temperature fall to 300°F, and simmer (covered) until steak is tender - about 2 hours.

Add a little more water, if gravy evaporates while cooking.

CHINESE CHICKEN WINGS

Chicken Wings

- 1/3 cup soy sauce
- 3 tbsp. salad oil
- 1 tsp. dry mustard
- 1 tsp. ground ginger
- 1/4 tsp. pepper
- 2 cloves garlic, minced

Place chicken wings in large bowl. Combine remaining ingredients and pour over the wings. Marinate 1 hour, basting several times.

Arrange chicken wings on grill in broiler pan. Bake at 350°F for 1 hour.

PEPPER STEAK

- 1/3 cup soy sauce
- 1-1/2 tbsp. water
- 2 tsp. cornstarch
- 1/4 tsp. pepper
- 2 cloves garlic, finely chopped
- 1-1/2 lbs. flank steak
- 3 tbsp. margarine
- 2 cups diced green pepper (large squares)
- 2 tomatoes, cut in wedges
- 3 cups hot cooked rice

In bowl, blend together the soy sauce, water, cornstarch, pepper and garlic. Slice steak thinly on an angle against the grain. Add to the soy sauce mixture.

Melt margarine in large frying pan. Add green pepper and saute lightly. Mix in meat and sauce mixture.

Cook, stirring until the meat loses its red colour, about 7 minutes. Stir in tomatoes and simmer gently until just tender.

Serve with hot rice.

Makes 6 servings.

CHICKEN CASSEROLE

- 1 (10-oz.) can cream of chicken soup
- 1 (10-oz.) can cream of mushroom soup
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1-1/2 cups diced cooked chicken
- 1 can (or pkg.) Chinese noodles
- 3 oz. cashews or sliced almonds (optional)

Combine all ingredients, except nuts, in a 1-1/2 quart casserole. If desired, sprinkle nuts on top.

Bake at 325°F, 30-45 minutes.

Makes 4 servings.

PRESTO ONE-POT SUPPER

- 1 cup uncooked noodles
- 1-1/2 lb. ground beef
- 3 tbsp. vegetable oil
- 1 onion, chopped
- 1 cup stewed tomatoes
- 1 (10-oz.) can tomato soup,
(or any creamed soup)
- 1 cup mixed peas and carrots,
(or any cooked vegetable)
- dash of ketchup
- dash of Worcestershire sauce
- dash of curry powder
- dash of salt and pepper
- Sliced cheese

Cook noodles in boiling salted water until tender; drain.

Brown meat in heated oil. Add and mix in onions. Add noodles, tomatoes, soup, vegetables, ketchup, Worcestershire sauce, curry powder, salt and pepper. Cover and simmer, adding water or wine during cooking, about 1/2 hour. Put slices of cheese on top. Serve just as cheese begins to melt.

PAPRIKA CHICKEN

1 (4-lb.) chicken, cut into pieces
 salt and pepper
 garlic powder
 3 tbsp. salad oil
 1 onion, sliced
 1 stalk celery, sliced
 1/2 lb. mushrooms, sliced
 2 tbsp. paprika
 3 tbsp. flour
 2 tbsp. tomato paste
 1/4 tsp. salt
 pinch pepper
 1-3/4 cups chicken broth
 1/2 cup sour cream

Sprinkle chicken with salt, pepper and garlic powder. Heat oil in frying pan; add chicken pieces and brown on all sides. Remove from pan and arrange in casserole.

Add onion, celery and mushrooms to oil remaining in frying pan. Cook until just tender. Add paprika and cook a little longer. Stir in flour, tomato paste, salt and pepper. Add chicken broth gradually, stirring until thickened. Stir in sour cream. Pour sauce over the chicken.

Cover and cook at 350°F for 1 to 1-1/4 hours.

Makes 6 servings.

COQ AU VIN

A simple version of the more complicated dish!

5 tbsp. flour
 1/4 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. paprika
 4 single chicken breasts (about 2-1/2 lbs.)
 1/4 cup butter
 2 tbsp. chicken bouillon
 1 cup boiling water
 1/2 cup dry white wine
 1/2 tsp. thyme
 1/4 tsp. garlic salt
 small bay leaf

Combine in brown paper bag the flour, salt, pepper and paprika. Add chicken breasts and shake to coat.

Melt butter in frying pan; add chicken and brown well. Remove chicken.

Add to butter in pan, the remaining flour in bag. Stir to combine. Dissolve chicken bouillon in boiling water. Gradually stir into mixture in pan. Stir in wine, thyme, garlic salt and bay leaf. Continue to stir until simmering gently.

Place chicken breasts in shallow baking dish. Pour sauce over the top.

Bake at 325°F for 1-1/2 hours, or until the chicken is tender.

Makes 4 servings.

CHICKEN LOUISE

2 lb. boneless chicken breasts, cut-up
 1/3 cup flour
 1/4 tsp. salt
 1/4 tsp. pepper
 2 tsp. paprika
 1/4 cup butter
 2 cups diced celery
 1 (10-oz.) can cream of chicken soup
 1/2 cup milk
 1 cup shredded processed cheese
 1 cup soft bread crumbs

Measure flour, salt, pepper and paprika into a paper bag; shake to mix. Add chicken and shake to coat.

Melt butter in large frying pan; add chicken and brown on all sides.

Spread celery in bottom of a 9"x13" baking dish. Arrange chicken pieces on top. Combine soup, milk and cheese; pour over chicken. Add bread crumbs to drippings in frying pan; brown lightly. Sprinkle evenly over chicken and sauce.

Bake-uncovered-at 350°F from 45-60 minutes.

Makes 6 servings.

ALMOND CHICKEN

1/4 cup butter
 1 cup whole almonds
 1/2 cup sliced celery
 1 pkg. frozen peas (or snow peas)
 1/2 cup thinly sliced onion
 1/2 cup green pepper strips
 2 cups diced cooked chicken
 1/2 cup sliced water chestnuts
 1/2 cups sliced mushrooms
 1 tsp. sugar
 2 tbsp. cornstarch
 1 tbsp. soy sauce
 2 chicken bouillon cubes

Melt butter in frying pan; add almonds and saute until golden. Add celery, peas, onions and green pepper; saute until golden, but still crisp. Add the chicken.

Drain water chestnuts and mushrooms, reserving liquid from both. Add sufficient water to bring measure up to 1-1/2 cups liquid.

Add water chestnuts and mushrooms to chicken and vegetables in pan; stir while heating.

Blend sugar, cornstarch, and soy sauce with the 1-1/2 cups liquid. Add bouillon cubes. Stir into chicken and vegetables. Cook over medium heat, stirring constantly, until smoothly thickened and clear.

Serve with rice or chowmein noodles.

Makes 6 to 8 servings.

For variety: add one small can of bamboo shoots and/or one can bean sprouts, washed and drained.

BEEF CASSEROLE WITH ALMONDS

- 1 lb. ground beef
- 1 cup uncooked rice
- 2 envelopes beef noodle soup mix
- 1 small onion, chopped
- 1 cup sliced celery
- 3 cups water
- 1 tbsp. soy sauce
- 1/2 cup slivered almonds

Cook beef until lightly browned, stirring with a fork to break up meat. Turn into a 3-quart casserole. Combine remaining ingredients and pour over meat.

Cover and bake at 350°F for 1 hour, or until rice is cooked, adding a little more water if necessary.

Makes 6 servings.

BREADED PORK CHOPS

- 2 tbsp. butter or margarine
- 1 cup coarse cracker crumbs
- 3 tbsp. grated parmesan cheese
- 1/2 tsp. salt
- 1/2 tsp. crushed oregano
- 1/4 tsp. pepper
- 1 egg
- 2 tbsp. milk
- 6 pork chops, 3/4" thick

Brush butter or margarine generously over a 9"xl3" baking pan.

In a pie plate, combine cracker crumbs, cheese, salt, oregano and pepper. Beat egg well; beat in milk. Coat chops with crumb mixture; dip in egg mixture then again in crumbs. Arrange in prepared baking pan.

Bake at 325°F for 30 minutes. Turn chops and bake 30 minutes longer.

Makes 6 servings.

SAUSAGE CASSEROLE

- 1 lb. sausages or sausage meat
- 3/4 cup sliced celery
- 1 (16-oz.) can tomato sauce
- 1/2 tsp. basil
- 2 cups cooked macaroni
- 8 oz. mozzarella cheese, shredded

Brown sausages or sausage meat; drain off fat. Add celery, tomato sauce and basil. Cover and simmer 10 minutes. Place half of macaroni in a 1-1/2 quart casserole. Top with half of meat mixture, then half of cheese. Add remaining macaroni; top with remaining meat mixture, then cheese.

Bake at 350°F for 30 minutes or until bubbly.

Makes 4 servings.

SWEET-SOUR HAM DISH

- 1 tbsp. salad oil
- 2 cups ham, cut in thin strips
- 1 (14-oz.) can pineapple tidbits
- 2 tbsp. brown sugar
- 1-1/2 tbsp. cornstarch
- 3 to 4 tsp. vinegar
- 2 tsp. prepared mustard
- 3/4 cup water
- 1 green pepper, cut in 1" squares
- 2 cups hot cooked rice

Heat oil in frying pan; add ham and brown lightly. Drain pineapple, reserving syrup. Combine brown sugar, cornstarch, vinegar and mustard; stir in pineapple syrup and water. Stir into meat in frying pan. Cook, stirring constantly, until mixture thickens and bubbles. Cover and simmer 10 minutes. Add pineapple and green pepper; simmer 5 minutes longer. Add salt, if desired.

Serve over hot cooked rice.

Makes 4 servings.

TORTIERE

1 lb. minced pork
 1 small onion, chopped
 1 clove garlic, mashed
 1/2 tsp. salt
 1/2 tsp. thyme
 1/4 tsp. sage
 1/4 tsp. dry mustard
 1/8 tsp. ground cloves
 1/2 cup water
 1 small potato, cooked and mashed
 pastry for 2-crust pie

Combine in a frying pan the meat, onion, garlic, salt, thyme, sage, mustard, cloves and water. Bring to boil, breaking up meat with a fork. Reduce heat and simmer, uncovered, 25 minutes. Mix in potato. Let cool, stirring occasionally.

Meanwhile, prepare pastry. Line an 8 or 9 inch pie pan with pastry. Fill with prepared filling. Cover with remaining pastry. Seal edges and flute.

Bake in a 450°F oven for 10 minutes. Reduce heat to 350°F and continue to bake for 20 minutes longer.

Good eaten immediately after baking. Even better if the Tortiere is frozen, then reheated in moderate oven.

PARTY PORK CHOPS

6 pork chops
 1 or 2 (10-oz.) cans tomato soup
 1 onion, sliced
 1 green pepper, cut into rings
 salt and pepper

Brown pork chops on both sides in large heavy skillet or electric frying pan. Reduce heat and drain off any excess fat. Pour soup over chops. Place a slice of onion and a ring of green pepper on each chop.

Cover and simmer 3/4 to 1 hour or until tender.

Season to taste with salt and pepper.

Makes 6 servings.

PORK LIVER IN CASSEROLE

1 lb. pork liver, thinly sliced
 2 tbsp. flour
 2 tbsp. salad oil
 1/2 lb. onions, peeled and sliced
 1/2 tsp. sage
 1/2 tsp. marjoram
 salt and pepper
 1 to 1-1/2 cups water

Coat pork liver with flour. Heat oil in frying pan; add liver and brown lightly. Turn into a casserole. Add onions to oil in pan and saute until tender, but not browned. Add any remaining flour, sage, marjoram and a generous sprinkle of salt and pepper. Stir in enough water to make a thick gravy. Pour over liver in casserole.

Bake-covered-at 350°F for 45 minutes.

Makes 4 servings.

PORK BALLS ON PARSLEYED NOODLES

1 lb. ground pork
 1 cup soft bread crumbs
 1/4 to 1/3 cup milk
 1 egg
 1/4 cup finely chopped onion
 1 tsp. salt
 1 tsp. lemon juice
 1/4 tsp. paprika
 1/8 tsp. nutmeg
 1 tbsp. butter or margarine

Sauce

1 tbsp. butter or margarine
 1 tbsp. flour
 1/4 tsp. dry mustard
 1-1/2 cups milk

Noodles

1 (8-oz.) package noodles
 2 tbsp. butter or margarine, melted
 2 tbsp. chopped parsley

For the Meatballs: Break up meat with a fork. Combine bread crumbs and milk; allow to soak a few minutes. Add and mix in to meat, along with egg, onion, salt, lemon juice, paprika and nutmeg. Shape into 18 to 24 balls. Melt butter in a 10" skillet. Brown pork balls on all sides, turning as needed. Cover and cook slowly about 18 minutes, until pork is cooked. Remove balls from skillet and keep warm.

For the Sauce: Add butter to skillet and melt; blend in flour and mustard. Slowly blend in milk. Cook over medium heat, stirring constantly, until smoothly thickened. Return pork balls to skillet and heat.

For the Noodles: Cook as directed on package; drain well. Toss with melted butter; sprinkle with parsley.

Serve pork balls in sauce over noodles.

Makes 4 to 6 servings.

PORK CASSEROLE WITH NOODLES

2 lbs. pork shoulder
 4 tbsp. salad oil
 3/4 cup chopped onion
 1-1/2 cups sliced celery
 3/4 tsp. thyme
 2 tsp. salt
 3/4 cup water
 4 cups uncooked noodles
 1 (10-oz.) can mushroom soup
 1/2 tsp. pepper
 1 (8-oz.) can peas
 3/4 cup shredded process cheese
 soft bread crumbs

Cut pork into 1/2" cubes. Heat oil in frying pan; add pork and cook slowly until browned. Add onion, celery, thyme, 1-1/4 tsp. of the salt and water. Cover and simmer 1 hour, or until meat is tender.

Meanwhile, cook noodles in boiling salted water 10 minutes; drain. Add and mix in the soup, the remaining 3/4 tsp. salt, pepper and peas. Add pork mixture and turn into a large greased casserole. Sprinkle with a mixture of the cheese and bread crumbs.

Bake at 375°F for 30 minutes.

Makes 6 servings.

SAUSAGE POTATO CHEESE CASSEROLE

1-1/2 cups thinly-sliced peeled potatoes
 3/4 lb. sweet Italian sausage
 1/3 cup chopped onion
 1/3 cup chopped green pepper
 6 eggs
 1/2 cup milk
 3/4 tsp. baking powder
 1/4 cup grated parmesan cheese
 salt and pepper
 1/2 cup canned tomato sauce
 4 oz. mozzarella cheese

Brush a shallow casserole with salad oil.
 Arrange potatoes in casserole.
 Thinly slice sausage and arrange over potatoes.
 Top with onion and green pepper.

Cover and bake at 375°F for 35 to 40 minutes.

In a medium bowl, beat together eggs, milk, baking powder, parmesan cheese and a generous sprinkle of salt and pepper. Pour over the potato-sausage mixture.

Reduce oven temperature to 325°F and bake 30 minutes. Drizzle with sauce.

Slice mozzarella cheese, then cut it into 1" squares. Arrange over top of casserole.

Bake-uncovered-for 10 minutes.

Makes 6 servings.

PORK CHOPS CACCIATORE

6 loin pork chops
 1 large onion, sliced
 1 tbsp. sugar
 1 tsp. hot mustard
 1 envelope spaghetti sauce mix
 2 (16-oz.) cans tomatoes

Brown pork chops in large skillet. Remove and arrange in broad shallow baking dish. Top with onion slices; sprinkle with sugar and dab with mustard. Blend sauce mix and tomatoes into skillet drippings. Bring to a boil. Spoon sauce over pork chops.

Cover and bake at 350°F for 1 hour.

Uncover and bake 15 minutes longer, or until chops are tender.

BABI PANGANG

1 lb. lean pork
 2 tsp. ground ginger
 1 tsp. garlic powder
 1 tsp. onion powder
 3 tbsp. soy sauce
 lemon juice
 salt and pepper

Cut pork into 1/4 to 1/2 inch thick slices. Combine ginger, garlic powder, onion powder, soy sauce, a sprinkle of lemon juice, salt and pepper. Rub spice mixture into meat slices, using all of the mixture. Fry slices lightly in hot oil until browned and cooked through (not pink). It may be necessary to add a little water during cooking to prevent pan cooking dry.

Serve with rice and the following sauce, if desired: Sauce - saute 1 small chopped onion with a dash of garlic powder. Stir in 1/2 cup meat stock, 1 tbsp. sherry, 2 tbsp. sugar, 2 oz. tomato paste and a dash of monosodium glutamate. Simmer 5 minutes, stirring constantly. Serve over meat.

SHRIMP CASSEROLE

2 tbsp. butter
 1-1/3 cups minute rice
 1/3 cup ketchup
 4 drops tabasco sauce
 1 tsp. worcestershire sauce
 3/4 tsp. salt
 1 (7-oz.) can shrimp (or lobster, crab, etc.)
 1-1/2 cups light cream

Melt butter in frying pan; add rice and saute until golden brown. Stir in sauces and salt. Drain shrimp, reserving liquid. Add sufficient water to bring measure up to 1-1/2 cups. Blend in rice along with cream. Bring to a boil, uncovered, fluffing once or twice with a fork. Do not stir. Cover. Reduce heat and simmer 10 minutes. Add shrimp and heat for another minute. Makes 6 servings.

TUNA "LASAGNE"

1 (12-oz.) package noodles
 2 (7-oz.) cans tuna, drained
 1/2 cup finely chopped onion
 1 (10-oz.) cream of chicken soup
 1/2 cup milk
 1/2 tsp. oregano
 pinch of pepper
 1/2 lb. mozzarella cheese, shredded

Cook noodles according to package directions; drain. Combine tuna, onion, soup, milk, oregano and pepper. Grease a 1-1/2 quart casserole. Put half of noodles in bottom. Pour half the tuna mixture over noodles; top with half the cheese. Repeat layering once.

Bake at 375°F for 30 minutes, or until bubbly.

Makes 4 to 6 servings.

TUNA CHOPSTICKS

1 (10-oz.) can cream of mushroom soup
 1/4 cup water
 1 (4-oz.) can chow mein noodles
 1 (7-oz.) can tuna, drained
 1 cup thinly sliced celery
 1/2 cup salted, toasted cashews
 1/4 cup chopped onion
 1 (10-oz.) can mushroom stems and pieces
 1 (10-oz.) can mandarin oranges, drained

Combine soup, water, 1 cup of the noodles, tuna, celery, cashews, onion and mushrooms. Toss lightly. Turn mixture into an ungreased 1-1/2 quart casserole. Sprinkle with remaining noodles.

Bake at 325°F for 45 minutes, or until bubbly.

Before serving, garnish with the mandarin orange slices.

Makes 4 servings.

FILLETS SUPREME

1 lb. fish fillets, thawed, if frozen
 1/2 tsp. salt
 1/4 tsp. pepper
 1/4 cup butter
 3 tbsp. chopped onion
 1 (14-oz.) can tomatoes
 1 tsp. horseradish

Cut fillets into serving size portions and arrange in baking dish. Season with salt and pepper. Melt butter; add onion, tomatoes and horseradish. Pour over the fish.

Bake at 450°F for 20 to 25 minutes.

Makes 5 or 6 servings.

This is a dish ideal for entertaining. It can be prepared ahead of time and allowed to marinate until baking time. Delicious served with small boiled potatoes and green peas or candied carrots.

SHRIMP IN TOMATO, WINE AND FETA CHEESE SAUCE

4 medium ripe tomatoes (or 1-1/2 cups canned)
 1-1/2 lbs. (25-30) raw shrimp
 6 tbsp. olive oil
 1/4 cup finely chopped onion
 1/2 cup dry white wine
 2 tbsp. finely chopped parsley
 1/2 tsp. crumbled oregano
 1 tsp. salt
 freshly ground black pepper
 2 oz. feta cheese, cut in 1/4" cubes

Peel and chop tomatoes coarsely. If using canned tomatoes, drain and chop.

Shell shrimp, leaving tails attached.
 Devein and wash under cold running water.

Heat oil in heavy frying pan. Add onion and saute until golden. Stir in tomatoes, wine, 1 tbsp. of the parsley, oregano, salt and a few grindings of pepper. Bring to a boil and cook uncovered until the mixture thickens to a light puree.

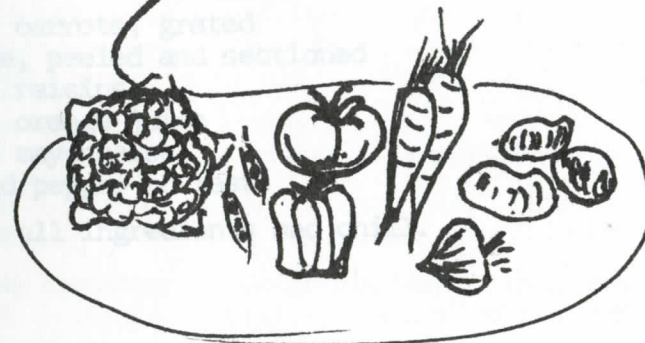
Add shrimp and cook over moderate heat, 5 minutes. Stir in cheese. Taste for seasonings.

Sprinkle remaining parsley on top.
 Serve directly from frying pan.

Serve with salad and crusty bread.

Makes 4 servings.

SALADS, DRESSINGS & VEGETABLES



BEAN SALAD

- 1 (10-oz.) can green beans
- 1 (10-oz.) can yellow waxbeans
- 1 (14-oz.) can red kidney beans
- 1 medium onion, chopped
- $\frac{3}{4}$ cup sugar
- 1 tsp. salt
- $\frac{1}{2}$ tsp. pepper
- $\frac{1}{2}$ cup salad oil
- $\frac{2}{3}$ cup vinegar

Drain green and yellow beans.
Combine with remaining ingredients.
Cover and chill several hours, stirring
occasionally, before serving.

GOLDEN GLOW SALAD

- 1 (4-oz.) pkg. lemon jelly powder
- 1 tbsp. vinegar
- 1 cup shredded carrot
- 1 (10-oz.) can crushed pineapple, drained

Dissolve jelly powder according to package
directions. Chill until softly set. Stir in
vinegar, carrot and pineapple. Turn into
ungreased jelly mould and chill until set.

CARROT SALAD

- 3 large carrots, grated
- 1 orange, peeled and sectioned
- $\frac{1}{4}$ cup raisins
- 2 tbsp. orange juice
- 2 tbsp. mayonnaise
- salt and pepper to taste

Combine all ingredients and chill.

THOUSAND ISLAND DRESSING

1 cup mayonnaise
 1/3 cup chili sauce or ketchup
 3 tbsp. sweet pickle relish
 1 chopped hard cooked egg

Combine, cover and chill.
 Makes 1-1/2 cups dressing.

CREAMY FRENCH DRESSING

1 cup mayonnaise	1 tsp. paprika
2 tbsp. sugar	1/2 tsp. dry mustard
2 tbsp. cider vinegar	1/4 tsp. salt
1 tbsp. milk	1 garlic clove, minced (optional)

Combine, cover and chill.
 Makes 1-1/4 cups dressing.

COOKED SALAD DRESSING

4 tbsp. flour
 2 tsp. dry mustard
 2 tsp. salt
 1/2 tsp. paprika
 2 tsp. sugar
 2 eggs, well beaten
 1-1/2 cups milk (sweet or sour)
 1/2 cup white vinegar
 2 tbsp. butter

Combine in top of double boiler: the flour, mustard, salt, paprika and sugar. Add eggs and mix until smooth. Stir in milk and vinegar.

Cook over simmering water, stirring constantly, until smoothly thickened. Remove from heat and stir in butter. Cool, then refrigerate.

Makes 2 cups dressing.

Great for potato or macaroni salads - and on tomato sandwiches.

SCALLOPED CABBAGE

4 tbsp. butter
 4 tbsp. flour
 1/2 tsp. salt
 1/4 tsp. pepper
 2 cups milk
 5 to 6 cups shredded raw cabbage
 1/4 spanish onion, sliced
 1-1/2 cups shredded cheddar cheese
 1/4 cup bread crumbs

Heat butter in large saucepan; blend in flour, salt and pepper and cook until bubbling. Gradually stir in milk, a little at a time, stirring constantly over medium heat until smoothly thickened. Stir in cabbage and onion.

Turn into a 2 quart casserole. Top with cheese and bread crumbs.

Bake at 400°F for 20 minutes.

Makes 6 servings.

GERMAN COLE SLAW

1 medium head cabbage
 1 large spanish onion
 1 cup sugar
 1 cup vinegar
 3/4 cup salad oil
 1 tbsp. salt
 1 tsp. celery seed
 1 tsp. dry mustard

Shred cabbage and onion finely, into a large bowl; sprinkle with sugar.

In a saucepan, combine vinegar, oil, salt, celery seed and mustard. Bring to the boil. Pour over the cabbage.

Let stand overnight. In the morning, drain and store in a covered container in the refrigerator.

CARROT CASSEROLE

2 cups shredded carrot
 1/4 cup finely chopped onion
 3 tbsp. butter
 3/4 tsp. salt
 1 tsp. sugar
 1/2 cup water

Measure all ingredients, except water, into a 1 quart casserole; mix well. Just before baking, pour water over all.

Cover and bake at 350°F for 30 minutes.

IRISH PUFFED-UP CAULIFLOWER

1 medium cauliflower
 2 tbsp. butter
 2 tbsp. flour
 2 cups milk
 1 tsp. dry mustard
 1 tsp. salt
 1/4 tsp. pepper
 2 eggs, separated
 1/2 cup shredded swiss cheese

Cut cauliflower into flowerets. Boil in salted water until just crisp-tender, about 15 minutes. Drain.

Melt butter in saucepan; blend in flour. Add milk gradually stirring constantly until smoothly thickened. Stir in mustard, salt and pepper and all but 2 tablespoonfuls of the cheese. Remove from heat and beat in egg yolks.

Beat egg whites until stiff, but not dry. Carefully fold into sauce.

Arrange cauliflower in shallow baking dish. Cover with sauce. Sprinkle with saved-out cheese.

Bake at 375°F about 30 minutes.

Makes 4 servings.

CHINESE RICE

3 cups cooked rice	2 stalks celery, chopped
3 tbsp. oil	2 tbsp. soy sauce
1 egg	1/2 tsp. sugar
1 onion, chopped	1/2 tsp. salt

Prepare rice.

Heat oil in frying pan. Fry egg until yolk is hard. Lift egg from pan and chop finely.

Add onion and celery to oil in pan. Saute until just crisp.

Add rice, egg, soy sauce, sugar and salt.

Cook over medium heat, stirring constantly until heated through.

Makes 6 servings.

INDIAN RICE

4 tbsp. salad oil
 1 tsp. salt
 1/4 tsp. pepper
 1 small onion, chopped
 2 cups long grain rice (not pre-cooked)
 4 cups boiling water
 1 cup frozen mixed vegetables
 or 1/2 cup dehydrated soup vegetables
 2 bouillon cubes (optional)

Heat oil in a Dutch Oven; add salt, pepper and onion. Saute until onion is just tender.

Wash rice. Add to onions and stir until all rice is coated with oil. Pour in boiling water.

Add vegetables and bouillon cubes, if being used.

Cover and bake at 350°F for 1 hour.

If dinner runs late, reduce oven temperature to 200°F.

Makes 6 servings.

Note: this recipe is "almost" foolproof and can be put on hold without disastrous results.

RED CABBAGE

1 red cabbage
 1/4 cup butter
 1 cup beef stock
 or 1 bouillon cube, dissolved in hot water
 1 apple, chopped
 1 onion, chopped
 2 tsp. brown sugar
 1/4 cup vinegar
 salt and pepper (to taste)

Shred cabbage. Place in saucepan along with the butter; melt, then gently simmer for 10 minutes.

Add stock, apple, onion, sugar and vinegar. Simmer gently 1 to 1-1/2 hours. Add salt/pepper.

ZUCCHINI WITH TOMATOES

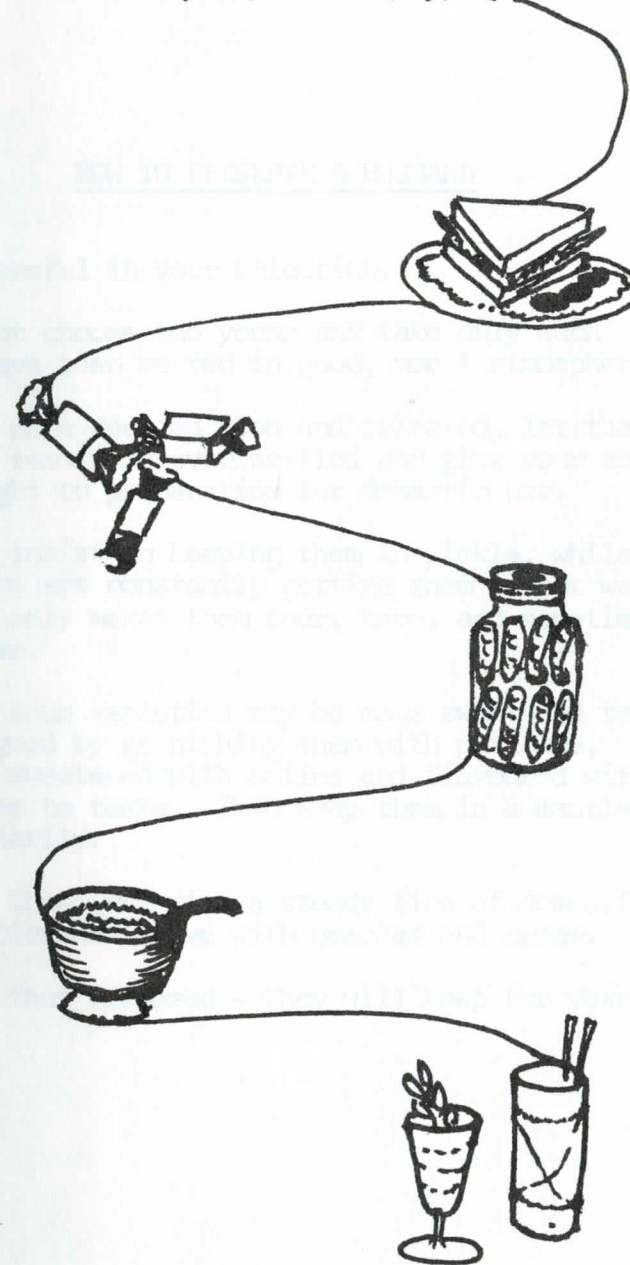
2 tbsp. butter or margarine
 4 cups zucchini, sliced 1/8" thick (about 3 small)
 2 tbsp. water
 1/2 tsp. basil
 1/4 tsp. whole oregano
 1/4 tsp. garlic salt
 1/4 tsp. salt
 1/2 tsp. sugar
 1 cup cherry tomatoes, halved

In large frying pan with lid-melt butter over high heat. Add zucchini, water, basil, oregano, garlic salt, salt and sugar. Stir to distribute herbs thoroughly. Cover and cook over high heat for 3 minutes, stirring occasionally, until zucchini just begins to come limp. Add tomatoes and cook, stirring, just until tomatoes are heated and the zucchini is barely translucent.

Makes 4 servings.

Simple and fast but tasty and different for zucchini!

THIS N' THAT



HOW TO PRESERVE A HUSBAND

Be careful in your selection.

Do not choose too young and take only such as have been reared in good, moral atmosphere.

When once decided upon and selected, let that part remain forever settled and give your entire thought to preparation for domestic use.

Some insist on keeping them in pickle, while others are constantly getting them in hot water. This only makes them sour, hard, and sometimes bitter.

Even sour varieties may be made sweet and tender and good by garnishing them with patience, well sweetened with smiles and flavoured with kisses to taste. Then wrap them in a mantle of charity.

Keep them warm with a steady fire of domestic devotion and serve with peaches and cream.

When thus prepared - they will keep for years.

INDIAN PICKLES

Choose your favourite vegetables, wash thoroughly and prepare as follows:

Small pickling onions (peeled)
Cauliflower (break into flowerets)
Carrots (cut in 1/4" sticks)
Pickling cucumbers (peel may be left on, quartered)
Turnip (cut into 1/2" sticks)

Place 1 tbsp. coarse salt in sterilized quart sealer. Pack tightly with vegetables of your choosing. Fill to brim with white vinegar. Place outside in sun for at least seven days. There will be some darkening of vegetables and vinegar. Turn upside down twice a day to mix salt and vegetables.

Store in cool place.

Warning: These pickles can be addictive.

BREAD AND BUTTER PICKLES

16 cups thinly sliced cucumbers
7 cups thinly sliced onions
1 cup sweet red pepper strips
1/2 cup coarse salt
4 cups white wine vinegar
6 cups sugar
1-1/2 tbsp. celery seeds
1-1/2 tsp. turmeric
1/2 tsp. pepper
2 tbsp. mustard seed

Combine prepared vegetables; sprinkle with salt. Cover with ice cubes and let stand 2 to 3 hours until crisp. In preserving kettle, combine vinegar, sugar, celery seed, turmeric, pepper and mustard seed. Bring mixture to the boil and boil gently 10 minutes. Add vegetables and cook until mixture just begins to boil. Spoon into hot sterilized jars, leaving 3/4" at the top. Seal.

TOMATO CHUTNEY

12 lbs. ripe tomatoes
2 lbs. apples
2 medium onions
1/2 tsp. peppercorns
1 clove
1 tsp. mustard seeds
1 tbsp. raisins
1 tbsp. sultanas
1 tbsp. salt
1 cup white vinegar
1/2 cup sugar

To peel tomatoes: place in large pan and cover with boiling water. Count to 20, then prick the skins. Pour out hot water and replace with cold. Core and peel tomatoes. Chop coarsely.

Peel and chop apples and onions.

Tie peppercorns, clove and mustard seed in cheesecloth.

Chop raisins and sultanas.

Put all ingredients in preserving kettle. Add salt, vinegar and the spice bag. Bring to the boil; reduce heat and simmer 1 hour.

Add sugar and stir until dissolved. Simmer 30 minutes longer or until free from watery appearance on the surface. Cook gently and stir frequently.

Remove spice bag.
Pour chutney into hot sterilized jars.
Seal.

If you wish, you can add a few currants and/or 1/2 cup chopped celery.

FRESH CHUTNEY

2 tomatoes, peeled and chopped
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 1/4 cup chopped sweet red pepper
 1/2 cup lemon juice

Combine all ingredients. Let stand at room temperature 1 hour, stirring frequently.

Chill 1 hour.

Makes about 2 cups.

CHILI SAUCE

8 qts. ripe tomatoes
 3 lbs. chopped onions
 1 bunch celery, chopped
 3 green peppers, chopped
 1 hot red pepper, chopped
 1/2 cup salt
 6 cups sugar
 2 tsp. cinnamon
 2 tsp. ground cloves
 2 tsp. ginger
 2 tsp. chili powder
 1/2 cup cornstarch
 4 cups white vinegar

Peel and chop the tomatoes.

In preserving kettle combine tomatoes, onions, celery, peppers, red pepper, salt, sugar, cinnamon, cloves, ginger and chili powder. Cook over medium heat, stirring occasionally for 1-1/2 hours.

Combine cornstarch and vinegar. Stir into tomato mixture and cook 10 minutes longer, stirring constantly.

Pour into hot sterilized jars. Seal.

HELPFUL HINTS

To make it easier to cut meringue pies, use a knife dipped in hot water to mark off pieces, cutting only through the meringue while it is still hot.

To improve the flakiness of pie dough, chill it overnight in the refrigerator.

When measuring molasses or honey, rinse out the cup first and they will pour readily.

For a new taste in oatmeal cookies, add a small amount of grated orange peel.

When beating eggs, beat the whites first as they will not cling to the beaters.

When making cookies, add 1 tsp. jam or jelly. The cookies will have a better flavour and stay moist longer.

To prevent the bottom pie crust from becoming soggy, grease pie pans with butter. The crust will be soft and flaky.

To prevent raisins from going to the bottom of a cake, roll them in flour before stirring them into the batter.

Spray starch on potholders or oven mitts to keep them clean longer and to prevent grease stains from soaking in.

AFTER DINNER MINTS

2 cups sugar
 2/3 cup water
 1/4 tsp. cream of tartar
 1 tsp. peppermint extract
 red or green food colouring

Combine in a saucepan the sugar, water and cream of tartar. Cook and stir over medium heat, stirring until sugar dissolves and the mixture comes to the boil.

Cook, without stirring, until a small amount spooned into ice water forms a soft ball (238°F on a candy thermometer).

During cooking, wash down crystals from sides of pan, using a pastry brush dipped into cold water.

Remove from heat; cool 2 minutes.

Add peppermint extract and 3 or 4 drops of food colouring. Place saucepan in pan of cold water. Stir until mixture is creamy.

Drop small mounds onto waxed paper.

Chill until set.

Makes about 1 lb. of mints.

NO-BAKE YUMMIES

1/2 cup honey 3/4 cup coconut
 1/2 cup peanut butter 1 cup sesame seeds
 1 cup skim milk powder

Combine honey and peanut butter in saucepan. Cook over low heat until smooth and blended. Stir in milk powder, coconut and sesame seeds. Pat mixture into an 8" square pan. Refrigerate until set, then cut into squares.

NEVER-FAIL FUDGE

4 cups brown sugar pinch of salt
 1/2 cup flour 1 cup milk
 2 tsp. baking powder 6-1/2 tbsp. margarine

Combine in heavy saucepan, brown sugar, flour baking powder and salt. Stir in milk and margarine. Bring mixture to boil, stirring constantly.

Cook-without stirring-until a small amount spooned into ice water forms a soft ball (238° on a candy thermometer). Remove from heat. Beat with electric mixer until lukewarm and slightly thick (mixture will begin to lose its gloss). Spread in buttered 8" square pan. Cool. For chocolate fudge:
 add 8 tablespoonfuls cocoa to dry mixture in saucepan.

REUBEN SANDWICH

For each sandwich, you will need:
 2 slices caraway rye bread
 1 to 2 tbsp. thousand island dressing
 2 to 3 tbsp. sauerkraut
 3-1/2 oz. thinly sliced corned beef
 2 slices swiss cheese

Spread bread with dressing. Spoon sauerkraut on 1 slice; top with meat, cheese and remaining bread slice. Spread soft butter on outside of bread slices. Grill or broil.

PAT'S PUNCH

3 cups water
 1 cup sugar
 2 pts. cranberry juice
 1 (12-oz.) can frozen pink lemonade
 1 (12-oz.) can frozen orange juice
 1 quart gingerale

Combine water and sugar in a saucepan.
 Cook until sugar is dissolved; cool.

Combine with cranberry juice, lemonade and
 orange juice (undiluted).

Stir in gingerale, just before serving.

Makes about 20 servings.

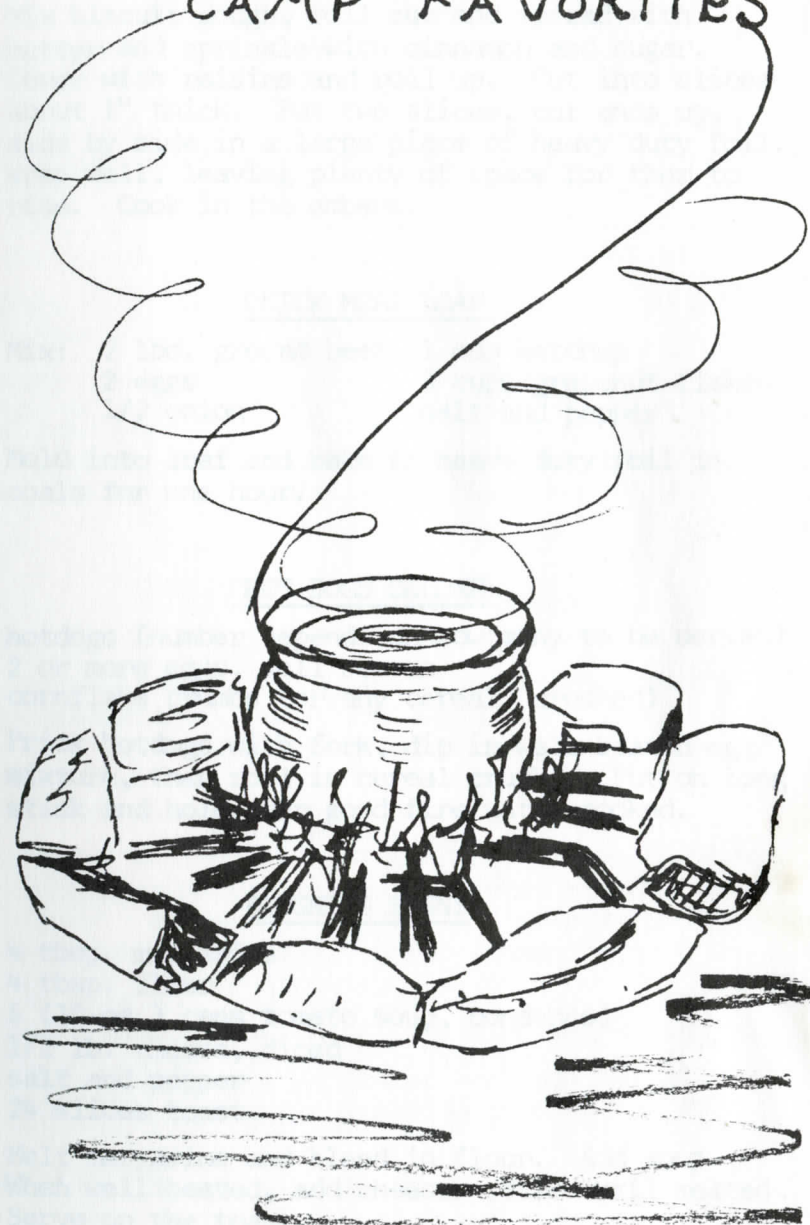
LEMONADE

5 lemons, rind and juice
 3 pts. water
 5 lbs. sugar
 2 oz. citric acid
 1 oz. tartaric acid
 1/2 oz. epsom salts

Combine lemon rind and juice in large enamelled
 pot. Add water and sugar. Bring to the boil
 and boil 15 to 20 minutes. Remove from heat;
 stir in citric acid, tartaric acid and epsom
 salts. Cool and bottle.

Put 1 to 3 tbsp. syrup in each glass.
 Add ice water and cubes.

Cool and refreshing!

CAMP FAVORITES

CINNAMON BUNS (COOKED IN FOIL)

Mix biscuit dough, roll out and spread with butter and sprinkle with cinnamon and sugar. Cover with raisins and roll up. Cut into slices about 1" thick. Put two slices, cut ends up, side by side in a large piece of heavy duty foil. Wrap well, leaving plenty of space for them to rise. Cook in the embers.

QUICK MEAT LOAF

Mix: 2 lbs. ground beef 1 cup ketchup
2 eggs 3 cups grapefruit flakes
1/2 onion salt and pepper

Mold into loaf and bake in heavy duty foil in coals for one hour.

HOT DOGS DELUXE

hotdogs (number depends on how many to be served)
2 or more eggs, well beaten
cornflake crumbs (or any cereal, crushed)

Prick hotdogs with fork, dip in well beaten egg mixture, then roll in cereal crumbs. Put on long stick and hold over good fire until cooked.

BLUSHING BUNNY

4 tbsp. margarine
4 tbsp. flour
5 (10-oz.) cans tomato soup, condensed
1/2 lb. cheese, diced
salt and pepper
24 slices toast

Melt margarine and blend in flour. Add soup. When well heated, add cheese. Stir until melted. Serve on the toast.

CAMPFIRE COCOA

Mix together: 6 cups skim milk powder
1 cup sugar
3/4 cup cocoa

Store in covered container.

To Use: add 4 quarts water (or part milk).
Heat to boiling.
Top with marshmallows.

Serves 18.

BANANA BOATS

Peel out one strip of the banana.
Cut out wedge and fill space with chocolate bar
and marshmallows. Put skin back in place and
cook on coals for 5 minutes.

POACHED EGGS ON TOAST

pound cake peach halves whipped topping

Slice pound cake. Place a peach half, rounded
side up, on each piece of cake. Spoon topping
around the outside of the peach.

APPLE CRISP

16 apples, sliced 2/3 cup margarine
1 cup water 2 cups sugar
2 tsp. cinnamon 1-1/2 cups flour

Grease dish. Fill with apples. Add mixture
of water and cinnamon.

Work together the remaining ingredients with
fingertips until crumbly and spread over the
apple mixture.

Bake - uncovered - 30 minutes in reflector oven.

FOIL DINNER

Allow 1/4 lb. hamburger per serving.
Form into flat patties.

Place meat on large piece of heavyweight aluminum
foil (10"x12"). Season with salt and pepper.
Add 2 or 3 onion slices. Add desired amount of
thinly sliced carrots and thinly sliced potatoes
for one serving. Add 1 tablespoonful water.

Fold foil loosely but securely, so that none of
juices will leak out while cooking.

When cooking in coals: use one layer of foil,
one of wet newspaper, another of foil.

This is an ideal dinner cooked on hikes - and
no dishes are needed for serving!

TOP-OF-STOVE TUNA CASSEROLE

3-1/2 cups water
1-1/2 oz. pkg. dry cream of mushroom soup mix
1-1/2 oz. pkg. spaghetti sauce mix
1-1/2 cups ready-cooked rice
1 (7 oz.) can tuna
2 tbsp. parmesan cheese

Combine water with soup and sauce mixes in heavy
saucepan. Bring to a boil. Cover partly and
simmer 3 minutes. Add rice and stir with fork
to moisten rice well. Cover-remove from heat-
and let stand 5 minutes.

Drain tuna, rinse under hot water and break into
large pieces. Add to rice mixture and stir
lightly. Set over low heat, sprinkle with
cheese. Cover and heat just until tuna is heated.

Serves 4.

To serve 6, add an extra can of tuna.

CAMPING CANDY

1 cup white sugar
1 cup corn syrup
1 cup cream

Mix and boil together.

Pour mixture over the following:

1/2 box cornflakes
1/2 box rice krispies
1 cup salted peanuts

Press into pan or roll into balls, as desired.

GINGERBREAD

2/3 cup shortening	3 tsp. soda
2 cups molasses	4 tsp. cinnamon
2 eggs	2 tsp. ginger
1 cup sour milk	1 tsp. salt
	3-1/2 cups flour

Heat together the shortening and molasses.

Beat together eggs and sour milk.

Mix together the dry ingredients.

Combine mixtures and beat until smooth.

Pour into shallow pan that has been greased and dusted with flour.

Bake 20 minutes in a reflector oven.

PEANUT BUTTER SQUARES

1/2 cup sugar	2 cups corn flakes
9 oz. peanut butter	1 cup rice krispies
1/2 cup corn syrup	1 tsp. vanilla

Combine in saucepan: sugar, peanut butter and corn syrup. Heat until sugar is dissolved and mixture is blended. Stir in cereals and vanilla.

Press into buttered pan; cool.

Cut in squares.

WOOLSEY FRIED RICE

cooked rice	chopped celery
salad oil	soy sauce
chopped onion	accent seasoning

Prepare rice according to directions. Cool. Heat oil in frying pan; add onion and saute lightly. Stir in rice and celery. Add soy sauce to taste and a sprinkle of accent. Heat through and serve.

SALMON DELIGHTFUL

2 potatoes	1 handful shreddies
1 small onion	1 egg
1/2 green pepper	1 tbsp. prepared mustard
1 small can salmon	salt and pepper

Peel and finely chop the potatoes and onion. Shred green pepper. Drain and flake salmon; add to vegetables along with shreddies. Mix in egg, mustard, salt and pepper. Pack mixture into heated, greased frying pan.

Cover and cook over low heat for 20 minutes. Turn and cook 5 to 7 minutes longer.

Makes 2 servings.

FRANKS FOR A CROWD

Simply place franks in a popcorn basket and grill over hot coals.

CORN COOKED IN FOIL

Husk ears of corn and lay on a double layer of heavy duty foil. Spread with melted butter or margarine. Sprinkle with salt and pepper.

Wrap foil around the corn, folding edges in several times, to seal in the juices.

Cook on coals about 10 minutes - turn once.

NOTES

1. WORMS IN RICE
 2. WORMS IN RICE
 3. WORMS IN RICE
 4. WORMS IN RICE
 5. WORMS IN RICE
 6. WORMS IN RICE
 7. WORMS IN RICE
 8. WORMS IN RICE
 9. WORMS IN RICE
 10. WORMS IN RICE
 11. WORMS IN RICE
 12. WORMS IN RICE
 13. WORMS IN RICE
 14. WORMS IN RICE
 15. WORMS IN RICE
 16. WORMS IN RICE
 17. WORMS IN RICE
 18. WORMS IN RICE
 19. WORMS IN RICE
 20. WORMS IN RICE
 21. WORMS IN RICE
 22. WORMS IN RICE
 23. WORMS IN RICE
 24. WORMS IN RICE
 25. WORMS IN RICE
 26. WORMS IN RICE
 27. WORMS IN RICE
 28. WORMS IN RICE
 29. WORMS IN RICE
 30. WORMS IN RICE
 31. WORMS IN RICE
 32. WORMS IN RICE
 33. WORMS IN RICE
 34. WORMS IN RICE
 35. WORMS IN RICE
 36. WORMS IN RICE
 37. WORMS IN RICE
 38. WORMS IN RICE
 39. WORMS IN RICE
 40. WORMS IN RICE
 41. WORMS IN RICE
 42. WORMS IN RICE
 43. WORMS IN RICE
 44. WORMS IN RICE
 45. WORMS IN RICE
 46. WORMS IN RICE
 47. WORMS IN RICE
 48. WORMS IN RICE
 49. WORMS IN RICE
 50. WORMS IN RICE
 51. WORMS IN RICE
 52. WORMS IN RICE
 53. WORMS IN RICE
 54. WORMS IN RICE
 55. WORMS IN RICE
 56. WORMS IN RICE
 57. WORMS IN RICE
 58. WORMS IN RICE
 59. WORMS IN RICE
 60. WORMS IN RICE
 61. WORMS IN RICE
 62. WORMS IN RICE
 63. WORMS IN RICE
 64. WORMS IN RICE
 65. WORMS IN RICE
 66. WORMS IN RICE
 67. WORMS IN RICE
 68. WORMS IN RICE
 69. WORMS IN RICE
 70. WORMS IN RICE
 71. WORMS IN RICE
 72. WORMS IN RICE
 73. WORMS IN RICE
 74. WORMS IN RICE
 75. WORMS IN RICE
 76. WORMS IN RICE
 77. WORMS IN RICE
 78. WORMS IN RICE
 79. WORMS IN RICE
 80. WORMS IN RICE
 81. WORMS IN RICE
 82. WORMS IN RICE
 83. WORMS IN RICE
 84. WORMS IN RICE
 85. WORMS IN RICE
 86. WORMS IN RICE
 87. WORMS IN RICE
 88. WORMS IN RICE
 89. WORMS IN RICE
 90. WORMS IN RICE
 91. WORMS IN RICE
 92. WORMS IN RICE
 93. WORMS IN RICE
 94. WORMS IN RICE
 95. WORMS IN RICE
 96. WORMS IN RICE
 97. WORMS IN RICE
 98. WORMS IN RICE
 99. WORMS IN RICE
 100. WORMS IN RICE