

# *Favourite Recipes*



*New Brunswick  
Genealogical Society*

**Capital Branch 2003**

The Cookbook Committee wishes to take this opportunity to thank everyone who donated their favourite recipes.

Special thanks to Shirley Graves for her typing and compiling of the Cookbook. Also thank you to Frank Morehouse for undertaking this project. We would also like to express our appreciation and say thank you to Dana King for designing our cover.

The New Brunswick Genealogical Society, Inc.  
Capital Branch  
November, 20  
Fredericton, New Brunswick  
November, 2003



# Contents

|                                    |     |
|------------------------------------|-----|
| APPETIZERS & BEVERAGES             | 1   |
| SALADS & DRESSINGS, SOUPS & SAUCES | 4   |
| VEGETABLES                         | 13  |
| MAIN DISHES                        | 22  |
| BREADS                             | 41  |
| MISCELLANEOUS                      | 64  |
| DESSERTS                           | 66  |
| CANNING                            | 116 |
| EXTRA SPECIAL                      | 127 |
| INDEX                              | 137 |

## MY FAVOURITE RECIPES

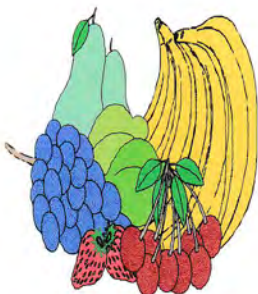
[illegible]



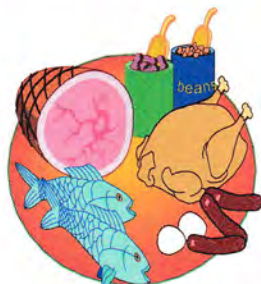


**APPETIZERS**

**&**



**BEVERAGES**



## APPETIZERS & BEVERAGES

### CRAB CAKES

Anne's Cookbook

|                                  |                        |
|----------------------------------|------------------------|
| 2 eggs                           | 1/4 tsp pepper         |
| 1/4 cup mayonnaise               | 2 Tbsp horseradish     |
| 1/4 tsp hot pepper sauce         | Salt                   |
| 1/2 lb crabmeat, fresh/frozen    | 1/2 cup cracker crumbs |
| 1/4 cup green onion, minced      |                        |
| 1/4 cup vegetable oil for frying |                        |

Beat eggs, add mayonnaise, horseradish, pepper, hot pepper sauce and salt. Add crabmeat, onions and crackers. Form into 6 cakes and fry in oil for 2 to 3 minutes. Serve with a salad. Makes 3 servings.

### RUSKS (EGGLES)

Velma Kelly

|                  |                        |
|------------------|------------------------|
| 1 pound flour    | 1/4 pint boiling water |
| 1/4 pound butter | 2 tsp baking power     |

Slice the butter into the boiling water. Mix ingredients. Bake a nice brown. Take from oven, split open and then return to oven to harden.

### TEA PUFFS (BACHELOR'S RECIPE)

Velma Kelly

|                            |               |
|----------------------------|---------------|
| 1/4 cups flour             | 3 cups milk   |
| 3 eggs (beaten separately) | Pinch of salt |
| 3 tsp melted butter        |               |

Bake in muffin tins in hot oven.

## EGG AND VEGETABLE WRAP

Anne's Cookbook

- 1 1/2 cups pasteurized egg product, e.g. Egg Beaters
- 1 cup zucchini, thinly slivered
- 1 cup red pepper, thinly sliced
- 1 cup green onion, thinly sliced
- 1 cup spinach leaves, thinly sliced
- 1/2 cup marinara sauce, heated, purchased/homemade
- 2 cups baby salad greens, rinsed and drained
- 1 Tbsp fresh basil, leaves, thinly sliced

- Salt and pepper
- 1 Tbsp olive oil
- 4 flour tortillas, 10"
- 8 ounces firm tofu
- 2 Roma tomatoes

Non stick frying pan on high heat. Add oil, zucchini and bell pepper; stir often for a minute. Add tofu and tomatoes and stir until hot, 1-2 minutes. Add green onions, spinach and basil; stir until wilted about a minute. Add egg product and stir just until softly set about 1 minute. Remove from heat and add salt and pepper to taste.

Meanwhile, wrap tortillas in plastic wrap and heat in microwave 30-45 seconds. Spoon 1/4 of mixture along one side of each tortilla about 1 inch from front and to within 1 inch of side edges. Fold front edge over filling, then roll up tightly like a burrito. Cut each wrap in half diagonally or into fourths and set on dinner plate. Garnish with salad greens and hot marinara sauce or other sauce. Makes 4 servings.



## **CRABMEAT APPETIZER**

Kit Everett

- |                               |                             |
|-------------------------------|-----------------------------|
| 1/2 cup condensed tomato soup | 6 ozs cream cheese          |
| 1 envelope plain gelatin      | 1/2 cup mayonnaise          |
| 1 cup finely chopped celery   | 3 Tbsp finely chopped onion |
| 4 1/2 oz can crabmeat         |                             |

Heat soup in microwave in 2 cup pyrex pitcher or bowl. Dissolve gelatin, cool slightly. In large bowl beat softened cream cheese and mayonnaise until smooth; stir in soup mixture. Fold in chopped celery, onion and crabmeat. Pour into 5 cup mold. Cover, chill 3-4 hours until firm. Unmold on large platter with fresh vegetables, apple slices and small crackers.

## **GARLIC BUTTER**

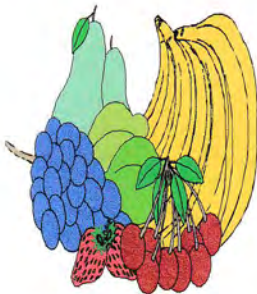
Pauline Kanner

- |                     |                        |
|---------------------|------------------------|
| 1/4 lb butter       | 1 clove garlic, minced |
| 1/2 tsp dry mustard | 2 tsp minced onion     |
| 1 tsp thyme         | 1 tsp parsley          |
| 1/4 tsp sage        | 1/4 tsp pepper         |
- Mix all together.

Helpful Hint: Use a pencil eraser to remove black heel marks from floors.



## **SALADS & DRESSINGS**



## **SOUPS & SAUCES**



## **SALADS & DRESSINGS, SOUPS & SAUCES**

### **NANA'S BOILED SALAD DRESSING**

Shirley Graves

3 eggs, well beaten

1 tsp salt

1 cup brown sugar

1 heaping tsp mustard

1 Tbsp flour

1/2 tsp pepper

Mix all together.

Then add:

1 1/4 cups milk

3/4 cup vinegar

Boil for a few minutes, stirring constantly until thick, then add butter, size of an egg.

### **CAESAR SALAD DRESSING**

Frank Morehouse

2 medium garlic buds crushed

1 Tbsp Dijon mustard

1 egg yolk at room temperature

Shake of salt/pepper

Gradually add 1 cup of oil, 2 Tbsp at a time - mix until the oil mixes and goes creamy.

Then add:

1 Tbsp (plus) of lemon juice

1 Tbsp white wine

5-7 Tbsp Parmesan cheese

vinegar

### **SALAD DRESSING**

Marie Wilton

2 Tbsp melted butter

2 eggs

1 tsp salt

2 Tbsp flour

1/2 cup milk

1 cup water

2 tsp mustard

1/2 cup vinegar

4 Tbsp sugar after taken off stove

Put butter in pan and let melt. Then add other ingredients.



## **CURRIED DIPPING SAUCE**

Frank Morehouse

(for vegetables)

1 1/2 cups sour cream

1 cup mayonnaise

2 tsp dill weed

1 tsp celery salt

Combine thoroughly.

Garlic powder

1 tsp lemon juice

1 tsp curry powder

## **HOT HUNTINGTON SAUCE**

Roberta's Cookbook

(Base Borden Cook)

3/4 cup mustard, English

3 Tbsp water

1/2 cup red wine vinegar

1 1/2 cups brown sugar, packed

4 1/2 Tbsp pepper

1 1/2 Tbsp salt

1 cup olive oil

Mix mustard and water to smooth paste in small container.

Mix remaining ingredients, except olive oil, in a medium bowl.

Stir in mustard mixture. Add oil gradually, stirring constantly until well combined. Serve with ham or pork.

## **WINE SAUCE**

Velma Kelly

2 cups white sugar

Butter the size of an egg

2 Tbsp sweet cream

2 eggs

1/2 cup wine

Beat sugar, eggs and butter to a cream. Add wine and sweet cream and it is ready for use. Vanilla is sometimes added.

## NACHO DIP

Frank Morehouse

### 1<sup>st</sup> layer

8 oz cream cheese  
1/2 cup sour cream  
1/4 cup salad dressing  
(Miracle Whip type)  
Beat together until smooth. Chill.

### 2<sup>nd</sup> layer

1 cup seafood sauce  
2-4 oz cans shrimp or  
crab  
Mix together.

### 3<sup>rd</sup> layer

2 cups grated cheddar cheese

### 4<sup>th</sup> layer

Diced green onions,  
green pepper and  
tomatoes.

## CHILI BRIE IN SOURDOUGH

Anne's Cookbook

1 Tbsp butter, softened  
1 round loaf of sourdough bread  
1-8 oz wheel Brie cheese  
1/2 tsp sugar

1 tsp dry mustard  
1/2 tsp garlic powder  
1 tsp chili powder

Preheat oven to 350°F. Combine spices and sugar; set aside. Cut circle in top of bread and remove bread centre to make room for the Brie. Spread butter inside bread and sprinkle with 2 teaspoons of the spice mixture. With a knife make 2-inch cuts around the edge of the bread at one-inch intervals. Remove rind from Brie and place in bread. Sprinkle brie with remaining spice. Replace top of bread. Bake on a baking sheet 20 to 30 minutes. To serve, remove bread top and break into bite size pieces. Dip bread into hot Brie. Makes 1 serving.

## **CARROT FINGER SALAD**

1 lb carrots (cut in 1/4 inch sticks)

1 medium onion, sliced thin

1 medium pepper, cut in strips

### Dressing:

1/2 - 10 oz can tomato soup

1/4 cup white sugar

1/2 cup salad oil

1/2 tsp dry mustard

1/3 cup vinegar

1/2 tsp salt

1/4 tsp pepper

Cook carrots approximately 4-6 minutes, drain and cool in cold water (important). Add onions, peppers, mix dressing and pour over vegetables. Refrigerate over night. This will keep in fridge for several days.

## **CARROT & RAISIN SALAD**

Bertles

4 medium carrots, shredded

2 stalks celery, diced fine

1/2 cup raisins

1/4 cup walnuts

### Dressing:

1/2 cup mayonnaise

3 Tbsp milk

1/4 tsp salt

1/4 tsp pepper

Makes 1 serving.



## MARINATED BEAN SALAD

Roberta Smith

- |                                  |                   |
|----------------------------------|-------------------|
| 1 cup brown sugar                | 1 cup vinegar     |
| 1 can green beans, 10 oz.        | 2/3 cup Salad Oil |
| 1 can yellow beans, 10 oz.       | 1 tsp pepper      |
| 1 can Kidney beans, 15 oz.       | 2 tsp salt        |
| 1 can Lima beans, 15 oz.         | 1 green pepper,   |
| 1 red or Spanish onion, cut fine | cut fine          |

Mix first 5 ingredients together and shake well. Set aside.

Mix all the vegetables together and add the first mixture.

Mix well together and put in the fridge. Marinate for a couple of days for best flavour.

## GREEK PASTA SALAD

Noreen Wetmore

- |   |                       |
|---|-----------------------|
| Fusilli pasta                                   | 1/2 red onion         |
| Black olives                                    | Feta cheese, crumbled |
| (I added chopped cucumber, tomato, green onion) |                       |

### Dressing:

- |  |                         |
|--|-------------------------|
| 1/2 cup olive oil                                  | 1 clove garlic, crushed |
| 1/4 cup red wine vinegar                           |                         |
| pepper, dill, oregano, basil (approx 1/2 tsp each) |                         |

(I added salt and a little sugar)

Shake well.

Mix all ingredients in a bowl. Let sit 30 minutes.

## **PASTA SALAD**

Noreen Wetmore

2 cups dry Rotini noodles  
Green pepper, chopped fine  
Celery, chopped fine

Tomato, chopped  
Green onion, chopped

Cook noodles, strain, place in bowl and add vegetables.

Sauce: 2/3 cup sugar  
1/2 cup oil (for lighter dressing use  
1/4 cup oil & 1/4 cup water)

1/3 cup ketchup  
1/4 cup vinegar  
1 tsp salt

Pepper to taste

Mix well.

Add sauce to vegetable/noodle mixture and stir in.

## **ORANGE ALMOND SALAD**

Kit Everett

1/4 head each Iceberg and Romaine lettuce, shredded  
1 can mandarin oranges, drained  
1 cup celery, chopped  
1/4 cup toasted slivered almonds  
1 tsp finely chopped onion

Combine all ingredients, toss, keep refrigerated until serving time. Add dressing just before serving or in separate server:

### **Dressing:**

1/4 cup salad oil  
2 Tbsp sugar  
1 Tbsp chopped parsley

2 Tbsp vinegar  
1/2 tsp salt  
Dash of Tabasco

Serves 4+

## **CREAMY CORN CHOWDER**

Shirley Graves

1/4 tsp salt or more to taste

1 large onion, chopped (1 cup)

2 cups light cream

Dash of cayenne pepper

2 Tbsp cheese whiz type spread

2 Tbsp butter or margarine

1-10 oz can cream-style corn

3 strips bacon

1/2 tsp dill weed

1 can water

1 can chicken broth

2 large potatoes, diced

1 cup diced celery

1-10 oz can corn niblets

Fry bacon crisp and crumble. Remove bacon. Saute onion and celery in remaining bacon fat. Add chicken broth, water, potatoes, salt, dill weed, and cayenne. Cover, simmer until potatoes are cooked. Stir in corn, cream, cheese and butter. Heat chowder but do not boil.

## **FISH CHOWDER**

Catherine E. Gibson

1 large can Chicken Haddie (14 oz)

1 can shrimp, drained, opt

1 can cream mushroom soup

1 large can Carnation Milk

3 onions, 3 potatoes - dice and cook until tender

2 carrots, grated

1 qt milk

1/4 cup butter

3 sticks celery, chopped

Add rest of ingredients and simmer.

Also thyme, garlic and pepper, if desired.



## MINESTRONE SOUP

Shirley Thorne

- |                                     |               |
|-------------------------------------|---------------|
| 1 Tbsp olive oil                    | 1 tsp oregano |
| 1 large onion (chopped quite small) | 1 tsp basil   |
| 4 cloves garlic, minced (try 2)     | 1/2 tsp thyme |
| 3 medium carrots, diced             |               |

In large pot saute above (first 7) ingredients. Cook, stirring until just tender-NOT BROWN. Add next five (5) ingredients and bring to boil. Lower heat and cover - simmer for 30 minutes. Stir occasionally.

- 10 cups chicken, turkey or vegetable stock  
1 can diced tomatoes (I used 28 oz or 796 ml.)  
1 1/2 cups canned or frozen (I used) mixed vegetables  
3/4 cup dry shell pasta                      2 cups shredded cabbage

Add: 1 can chick peas, drained

1/4 cup chopped parsley (or dried)

Cook until heated. Pour in bowls and sprinkle with Parmesan cheese. (DO NOT OVERCOOK PASTA!) Serves 12 or+

## BEST EVER VEGETABLE SOUP

Shirley Graves

- |                             |                       |
|-----------------------------|-----------------------|
| 1 1/2 lbs lean ground beef  | 2 cups chopped onion  |
| 1 cup thinly sliced celery  | 6 cups water          |
| 1 cup thinly sliced carrots | 1/2 tsp pepper        |
| 1 large can green beans     | 3 beef bouillon cubes |
| 1-28 oz can stewed tomatoes | 2 tsp basil           |
| 1-7 1/2 oz can tomato sauce | 1 tsp salt            |
| 1/2 cup long grained rice   | 2 tsp chili powder    |

Brown beef and drain. In soup pot add water, onion, carrots, celery. Stir and cook for 5 minutes. Add remaining ingredients except green beans. Bring to a boil. Reduce heat and simmer for 50 minutes. Add green beans just before serving.

## HEARTY SEA SOUP

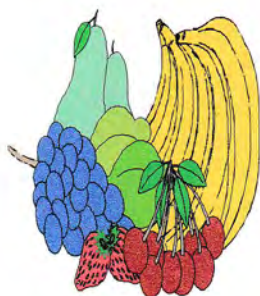
Elizabeth Sewell

- |   |                         |
|---|-------------------------|
| 1 lb fish, cod, sole or haddock, whatever your choice, or mix |                         |
| 3 strips bacon, diced   | 3 onions, finely sliced |
| 4 or 5 potatoes, cubed  | 3 large carrots, cubed  |
| 1/4 cup green pepper, diced                                   | 1/2 tsp celery seed     |
| Salt and pepper to taste                                      | 2 cups boiling water    |
| 1 can tomatoes  | 2 Tbsp minced parsley   |

**Method:** Brown bacon until crisp. Remove. Brown onions in the fat. Cut fish in 2 inch pieces. To the boiling water add the carrots, potatoes, pepper and seasonings. Cover and simmer until vegetables are tender, about 20 minutes. Add tomatoes and heat. Serve hot garnished with parsley and bacon.



## VEGETABLES



## VEGETABLES

### ASPARAGUS PHYLLO BUNDLES

Bertles

|                                 |                       |
|---------------------------------|-----------------------|
| 6 sheets Phyllo pastry          | 3 Tbsp butter, melted |
| 1 pkg cream goat cheese, 140gr  | 1/2 tsp nutmeg        |
| 1/2 cup Parmesan cheese, grated | 18 stalks asparagus   |

Cook asparagus for 1 minute. Drain under cold water. Let dry. Lay out 1 sheet of Phyllo. Brush with butter. Spread Tbsp of goat cheese in 2" strip along 1 short end leaving a 2" border on each side. Sprinkle cheese with a bit of nutmeg. Sprinkle 1 Tbsp of the parmesan cheese over the rest of the pastry. Place 2 or 3 of the asparagus along the cheese strips. Fold sides of the pastry over the asparagus and roll up tightly. Place on cookie sheet and brush with melted butter and sprinkle with more Parmesan cheese. Make diagonal slashes on top of each. Bake at 400°F. for about 12 minutes. After making slashes they can be covered and put in the fridge for up to 6 hours. They can also be cut after cooking into small appetizers.

HELPFUL HINT: To remove tarnish from brass and copper, use a combination of salt and vinegar or lemon juice.

## SAVORY BAKED ONIONS

Bertles

|   |                       |
|---|-----------------------|
| 6 medium onions                             | 1/2 red pepper, diced |
| 3 strips bacon, cut into 1" pieces          | 1 tsp salt            |
| 1/4 cup fresh parsley, chopped              | 1 small carrot, diced |
| 1 cup fresh bread crumbs,<br>about 3 slices | 1/4 tsp pepper        |
| 1 cup white wine or water                   | 2 Tbsp butter, melted |
|   | 1/2 cup beef broth    |

Preheat oven to 350°F. Over high heat bring a large pot of water to a boil. Cut off 1 end of each onion. Scoop out onion centers, leaving 1/2" shells. Chop 1/2 cup scooped out onion. Discard remainder. Add shells to boiling water, cook 15 minutes. Remove, drain upside down on rack. In small skillet over medium heat cook bacon, pepper, carrot and chopped onion until tender, about 10 minutes. Combine onion mixture with bread crumbs, parsley, butter, salt and pepper. Place in baking dish. Pour wine and broth into dish. Bake, uncovered, until onions are tender about 1 1/2-2 hours (Check after the first hour.) Makes 6 servings.

## JEANNIE'S ONION & TOMATO PIE

Pam Fulton

(from Australia)

Line bottom of dish with thinly sliced tomatoes. Add layer of thinly sliced onions, layer of bread crumbs (sliced bread pulled apart in small pieces). Repeat till full or sufficient (maybe 2 layers each). Press down top layer. Sprinkle bread crumbs on top. Add pepper and salt and dollops of butter. Bake at 350°F-400°F for about an hour or until dark golden brown.



## ROASTED VEGETABLES

Frank Morehouse

- 5 cups cubed unpeeled red potatoes
- 7 medium carrots, cut into 1/2 " slices
- 4 medium parsnips, peeled and cut into 1/2" slices
- 2 medium turnips, peeled and cut into 1/2" cubes
- 1 cup fresh or frozen pearl onions
- 1 medium red onion, cut into 1/2" wedges and halved
- 3 Tbsp olive or vegetable oil
- 3 Tbsp butter or margarine, melted
- 1 Tbsp dried thyme
- 2 tsp salt
- 1/2 tsp pepper
- 2 1/2 cups brussels sprouts, halved
- 3 or 4 garlic cloves, quartered

In a roasting pan, combine the first 6 ingredients. In a small bowl, combine the butter, oil, thyme, salt and pepper. Drizzle over vegetables; toss to coat. Cover and bake at 425° F for 30 minutes. Add brussels sprouts and garlic. Bake uncovered for 30-45 minutes or until vegetables are tender, stirring frequently. Yield: 20 servings.

## **TURNIP AND SWEET POTATO GRATIN** Shirley Thorne

1 1/4 pounds turnips, peeled & thinly sliced

1 1/2 lbs sweet potatoes, peeled & thinly sliced

2 Tbsp all-purpose flour 1 1/2 cups half/half

1/4 cup plain dry breadcrumbs 2 Tbsp butter, melted

1/8 tsp cayenne pepper 1 tsp onion powder

1/4 cup grated Parmesan cheese 1 tsp salt

2 Tbsp chopped fresh parsley

Preheat oven to 350° F. Butter shallow 2 qt baking dish.

Bring pot of salted water to boil: add turnips. Cook until almost tender, 1-2 minutes. Remove; drain on paper towels.

Pat dry. Add sweet potatoes to same pot, cook until almost tender, 2-3 minutes. Remove, drain on paper towels. Pat dry.

Combine flour, onion powder, salt and cayenne. In bowl toss turnips and sweet potatoes with flour mixture. Layer

vegetables in baking dish. Pour half and half over vegetables; cover with foil. Bake 30 minutes; remove foil. Bake uncovered

until vegetables are tender, about 35 minutes. Combine bread crumbs, Parmesan, parsley and butter. Sprinkle over vegetables; bake until lightly browned about 10 minutes.

## **VEGETABLE ROLL**

Anne's Cookbook

- |  |                                   |
|--|-----------------------------------|
| 1 Tbsp cream cheese, spreadable                | 2 Tbsp grated carrot              |
| 1 whole wheat tortilla, 10 inch                | 2 tsp green onion,<br>chopped     |
| 1 Tbsp Ranch salad dressing                    | 1/4 cup cheddar<br>cheese, grated |
| 2 Tbsp red or yellow pepper,<br>finely chopped |                                   |
| 3 Tbsp broccoli florets, finely chopped        |                                   |

Combine cream cheese and dressing in small bowl and stir. Spread on tortilla almost to edge. Sprinkle with remaining 5 ingredients - carrot, pepper, onion, broccoli, cheese. Roll up tightly in plastic wrap. Chill. Cut in smaller pieces for an appetizer or leave whole. Makes 1 serving

## **VEGETABLE CASSEROLE**

Shirley Graves

Cook and drain according to package - 1/2 cup raw rice

Place in greased casserole with rice:

- |                             |                |
|-----------------------------|----------------|
| 3 cups raw shredded carrots | 2 beaten eggs  |
| 1 1/2 tsp salt              | 1/2 tsp pepper |
| 2 Tbsp chopped onion        | 1/2 cup milk   |

Top with: 1/2 lb grated cheese

Bake at 325°F for 50 minutes. Yields 6 servings.

## FRESH VEGETABLE CASSEROLE

Anne's Cookbook

2 cups broccoli florets  
1 1/2 cans sliced carrots  
1 cup cheddar cheese, shredded  
4 drops hot pepper sauce  
1 1/2 cups zucchini, sliced  
1/2 cup green peppers, diced  
1/3 cup Parmesan cheese  
1 Tbsp basil leaves, chopped

1 cup mayonnaise  
12 crackers, crushed  
1/2 cup onion, sliced  
1/4 cup sherry  
1 cup celery, sliced  
1 Tbsp parsley, chopped  
3 Tbsp butter

Preheat oven to 350°F. Steam broccoli florets and sliced carrots until crisp tender. Mix the remaining ingredients and cover with the crackers and Parmesan cheese. Bake for 30 to 40 minutes. Makes 6 servings.

## BROCCOLI FRITTATA

Maureen Waugh

1/2 cup grated mozzarella cheese  
2 cloves of garlic, minced  
6 eggs, lightly beaten  
A pinch each of nutmeg and pepper  
1/2 cup grated mozzarella cheese

1 Tbsp vegetable oil  
1 cup sliced onions  
1 tsp salt  
1 bunch of broccoli

Method: Steam broccoli until tender crisp. In 10" skillet, heat oil and garlic and cook over medium heat until onion is tender. Stir in broccoli. Beat together eggs, salt, nutmeg and pepper; pour over broccoli mixture and sprinkle with the cheese. Cover and cook over medium-low for 5-10 minutes until set, but still slightly moist on top. Remove cover and place under broiler for 2-5 minutes to lightly brown top. Makes 4 servings.

## **BROCCOLI CASSEROLE**

Noreen Wetmore

1 bunch broccoli

1 onion, chopped

2 Tbsp margarine

1 cup minute rice

1/2 cup milk

1/2 cup water

1-10 oz can cream of mushroom soup 1/2 cup Cheese Whiz

Cook broccoli until tender crisp. Drain and chop. Add onion to margarine and cook 1-2 minutes in microwave. Mix chopped broccoli, onion and margarine and all other ingredients. Cook in casserole dish at 350°F for 30 minutes or until hot and bubbly.

## **MAKE AHEAD MASHED POTATOES**

Shirley Graves

Cook 10-12 large potatoes with salt. Mash

Beat in: 1/4 cup butter

1 cup sour cream

1-8 oz pkg cream cheese

Salt and pepper to taste

Add: 1/2 cup green onion, chopped (opt)

or garlic salt, onion powder to taste

Put in casserole, sprinkle with bread crumbs.

Bake at 350°F for 45 minutes. May be stored in refrigerator up to 48 hours before serving; or may be frozen for 2 weeks. If frozen, thaw before baking.



## **SQUASH CASSEROLE**

Shirley Thorne

1 large squash cooked (6 cups)

1 cup grated carrot

1/4 cup melted margarine

Small diced onion

1 box Uncle Ben's stuffing mix

1 cup sour cream

1 can cream soup (chicken or mushroom)

Mix squash, carrot, onion, soup, sour cream, together. Mix bread from stuffing box with 1/2 envelope of stuffing flavouring and margarine. Layer in casserole as follows: half of bread mix, squash mix, remainder of bread mix. Bake 25 to 30 minutes at 350°F. Can be made day ahead and kept in fridge.

["Very good" for those who like squash - "a little" or "a lot".]

## **IMPOSSIBLE ZUCCHINI-TOMATO**

### **QUICHE**

Kit Everett

2 cups chopped young zucchini

1 cup chopped tomato

1/3 cup grated Parmesan cheese

1/2 cup chopped onions

Arrange above ingredients in greased 10" quiche dish or individual dishes.

Beat: 1 1/2 cups milk

3 eggs

1/2 tsp salt

1/4 tsp pepper

3/4 cup buttermilk pancake mix

Pour over vegetables; bake at 400°F 30-35 minutes for large or until set in the middle. Cool 5 minutes. Serve warm. Serves 4-6. Variations: Plain pancake mix, chopped ham, cooked fish, broccoli, asparagus, mushrooms, etc.

## SWEET AND SOUR FIDDLEHEADS

Judi Berry Steeves

1 lb fiddleheads, washed and cleaned

2 Tbsp brown sugar

1 Tbsp white vinegar

1 Tbsp lemon juice

1 Tbsp butter, melted

Salt and pepper to taste

2 Tbsp water

Cook fiddleheads in boiling water until just tender. May also be steamed. Combine remaining ingredients in saucepan and bring to a boil. Simmer one minute. Drain fiddleheads. Place in serving dish. Pour sauce over them and serve at once.

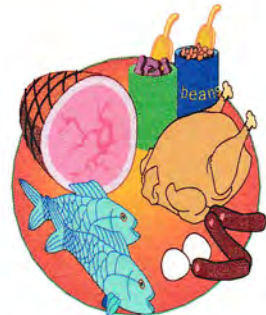
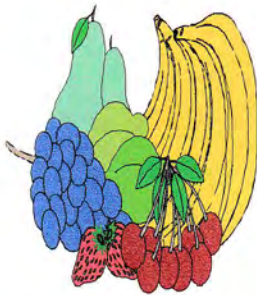
For a wonderful spring time dinner serve with mashed potatoes and grilled salmon brushed with butter and lemon.

[Descendant of Frederick s/o Heinrich Stief]

Fiddleheads are still sought after by the German descendants as a spring time delicacy. Fiddleheads and grilled salmon herald yet another springtime has arrived.]



# MAIN DISHES



## MAIN DISHES

### SWEET AND SOUR MEATBALLS

Shirley Graves

1 lb. hamburger

1 1/4 tsp salt

3/4 cup cracker crumbs

1/4 tsp pepper

3/4 cup milk

2 Tbsp Crisco oil

Brown first 5 items as small meatballs in oil. Pour off fat.

Remove meatballs and make sauce of:

1/2 cup ketchup

2 cups water

1/4 cup cider vinegar

1/2 cup brown sugar

Simmer sauce for 5 minutes. Thicken with 2 Tbsp cornstarch mixed to a paste with 2 Tbsp water. Pour over meatballs and cook 10-15 minutes. Serve with hot rice.

### SLOPPY JOES

Bertles

1 lb hamburger

2 Tbsp mustard

1 green pepper

2 Tbsp ketchup

1 can chicken gumbo soup

1 onion

Brown the meat. Add the onion and green pepper. Cook a bit till the meat is thoroughly cooked. Add rest of the ingredients and heat through. Spoon on hamburger buns. Broil till the edge of the buns are lightly browned.

## MARITIME CHILI

Shirley Graves

2 Tbsp vegetable oil  
1 large onion, chopped  
1 medium green pepper  
1-14 oz can red kidney beans  
2-3 tsp chili powder  
1 lb lean ground beef

Salt to taste  
2 bay leaves  
1 stalk celery, chopped  
1- 28 oz can tomatoes  
1-8 oz can tomato sauce

Heat oil in large sauce pan or Dutch oven over medium heat. Sauté onion, green pepper and celery until soft, but do not brown. Add tomatoes and liquids, breaking the tomatoes up with a wooden spoon. Add tomato sauce and seasonings, and bring to a slow simmer. Meanwhile, brown beef in a skillet and drain excess fat. Add browned beef to tomato mixture and simmer gently for 30 minutes. Remove bay leaves and add kidney beans in their sauce. Simmer 10 minutes more and serve with rice or fresh bread or rolls.

## CASSEROLE

Shirley Graves

1 can China Lily chow mein noodles (save some for top)  
2 cans cream of mushroom soup & 1 can mushrooms OR  
2 cans cream of celery and celery and mushrooms.

1/2 can water to 2 cans soup  
1 cup celery or 1 Tbsp Worcestershire sauce  
chopped

1 green pepper  
1 onion,

Bake in 350°F oven for 45 minutes.



## **OLD FASHIONED BAKED MACARONI** Dorothy Wiggs

|                                      |                     |
|--------------------------------------|---------------------|
| 8 oz elbow macaroni                  | 1/2 tsp dry mustard |
| 28 oz tin tomatoes or 2 1/2 cups     | 1 Tbsp sugar        |
| 1/2 tsp thyme                        | 1/4 tsp savory      |
| 1 cup buttered bread crumbs          | 1 tsp salt          |
| 1/2 lb strong cheddar cheese, grated |                     |

3 cloves garlic, minced or 2 onions, finely chopped

Boil macaroni until tender. Drain and rinse. Mix together (I use the blender) the tomatoes, sugar, thyme, savory, salt, mustard and garlic or onion. It's not necessary to chop the onion if you use a blender. Grease a 3 quart casserole, preferably earthenware or glass. Fill, making layers of macaroni, tomato mixture and cheese, ending with cheese. Top with buttered crumbs. Bake in 350°F oven for 1 hour. Serves 4 to 6.

[This recipe came from a cookbook which the Vancouver Sun newspaper published about 50 years ago. I don't know where the original came from but it is very good.]

## **SEVEN LAYER DINNER**

Shirley Graves

|                       |                     |
|-----------------------|---------------------|
| Layer sliced potatoes | 1 can peas          |
| Layer sliced onions   | 1 can tomato soup   |
| Layer sliced carrots  | 1/4 cup minute rice |
| 1 can water           |                     |

Cover with 1 lb sausage or hamburger. Bake at 350°F. Cook 1 hour covered and 1 hour uncovered.

## CASSEROLE POTATOES

Shirley Graves

2 lbs frozen hash brown potatoes, thawed

1 cup grated sharp cheese

1 cup sour cream

1 can cream of chicken soup

1/4 cup chopped onion

1 tsp salt

### Topping:

1 cup coarse corn flakes

1/4 cup melted butter

Combine the first six ingredients. Put into a greased 1 1/2 quart casserole or 9 x 13 inch baking dish. Lightly mix topping ingredients. Sprinkle over the top. Bake at 350°F for 1 hour. Serves 6-8.

[This recipe is great for entertaining as well as for family meals.]

## EGG BURGER

1 tsp butter or margarine

1 slice process cheese

1 egg

1 hamburger bun,

Salt and pepper to taste

heated or toasted

Melt butter in frying pan over moderate heat. Break egg into pan. Break yolk and mix with white. Sprinkle with salt and pepper. When egg is set, turn and cook other side. Place cheese slice on warm bun. (Bread may be used in place of bun). Top with cooked egg and garnishes (tomato slice, pickles, ketchup, onion, relish, etc.).

## **CABBAGE ROLL CASSEROLE**

Maureen Waugh

- |  |                         |
|--|-------------------------|
| 1 pound ground beef                            | 1-10 oz can tomato soup |
| 1 onion chopped                                | 1 cup water             |
| 1 Tbsp Worcestershire sauce                    | 1 tsp salt              |
| 1/2 cup uncooked Uncle Ben's<br>converted rice | 1/4 tsp garlic salt     |
|  | 1/4 tsp pepper          |

4 cups cabbage, chopped

1 cup cheddar cheese, grated

Brown ground beef. Add onion, salt, pepper, garlic and Worcestershire sauce. Cook until the onions are soft. Add soup, water and rice. Mix well. Layer 1/2 cabbage in the casserole dish, add 1/2 of the meat mixture. Repeat and top with the grated cheese.

## **CASSEROLE CABBAGE ROLLS**

Noreen Wetmore

- |                                  |                    |
|----------------------------------|--------------------|
| 1 pound hamburger                | 1 Tbsp cooking oil |
| 1 onion, chopped                 | 1 tsp salt         |
| 3 Tbsp raw long grain rice       | 1/8 tsp pepper     |
| 1 can (10 oz) tomato soup        | 1 soup can water   |
| 3 cups coarsely shredded cabbage |                    |

Brown the hamburger. Add onion, salt, pepper and rice. Mix well. Add soup and water. Put cabbage into a greased casserole dish. Pour meat mixture over raw cabbage. Do not stir. Bake at 350°F covered for 1 1/2 hours.

## **FRENCH TOAST CASSEROLE**

Noreen Wetmore

Melt: 1/4 cup butter

1 cup brown sugar

1 tsp cinnamon

Pour into a 9 x 13 inch pan. Top with one layer of Texas toast (thick) bread slices.

Mix: 7 eggs

1 1/4 cups milk

1 tsp vanilla

Pour over bread mixture. Cover overnight in refrigerator.

Bake 350°F for 30 minutes covered and then 5 minutes uncovered. Serves 6.

## **PICKLED EGGS**

Pauline Kanner

Boil a dozen eggs about 18 minutes, then peel off the shells.

**Brine:**

2 cups white vinegar

2 Tbsp sugar

1 tsp salt

1 onion sliced

Bring to a boil. Drain. Pour over shelled eggs. Seal the container and leave for 2 weeks before serving.

## **SHIPWRECK**

Bertles (Mom)

1 lb. hamburger  
2 potatoes, sliced  
1 can tomato soup  
Boiling water

1 large onion, sliced  
1/4 cup rice, not cooked  
Salt and pepper

In a large casserole, layer sliced potatoes, onion, ground beef (season to taste) and rice. Mix hot water and tomato soup. Pour over top. Cover casserole and bake for 1 to 1 1/2 hours at 350°F. Makes 1 serving.

## **MIXED MUSHROOM & SWEET POTATO CASSEROLE**

Anne's Cookbook

1 large onion, finely chopped  
1 cup 35% whipping cream  
3 sweet potatoes peeled, thinly sliced  
1/2 cup Provolone or Swiss cheese, shredded

1 tsp dried thyme  
1 Tbsp vegetable oil  
1/2 tsp salt/pepper

3 cups mushrooms, mixed Shiitake, button, cremini, chopped  
Preheat oven to 350°F. Heat oil in skillet set over medium heat. Add onion and cook stirring often for 5 minutes. Increase heat to medium high and add mushrooms. Cook stirring often until well browned. Stir in thyme. Reserve. Stir in salt and pepper. Butter a 3 L baking dish, layer potatoes, alternating with mushroom mixture. Press down. Pour cream over casserole. Cover and bake for 20 minutes. Remove cover and sprinkle cheese evenly over top. Bake for 35 to 40 minutes longer or until potatoes are fork tender. Can be made up to a day ahead, covered and refrigerated and then reheated in the microwave. Makes 6 servings.



## CHICKEN OR TURKEY CASSEROLE

Shirley Thorne

1 cup rice, cooked with 2 1/4 cups water as package directions  
OR

1 1/2 cups instant as package directions

2 cans chicken noodle soup, pour over cooked rice

2 cups chopped celery                      1/2 cup chopped onion

3 Tbsp of lemon juice, bottled OK      1 tsp salt

2 cups cooked chicken or turkey      1 cup mayonnaise

(I fill a glass cup to the top) 2 Tbsp sugar

1 can water chestnuts, sliced (if large, cut slices in half)

6 hard boiled eggs (I use 4) mashed with a fork

Mix in a large bowl and put in a large casserole or 2 medium casseroles and freeze one after baking. Serves 10 or 12.

Bake about 30 minutes at 350°F (heated well) then let stand in oven 15 minutes more. If making one large, may want to cook a bit more.

**Topping:** 2 cups cornflakes, slightly crushed and mixed with 1/2 cup margarine or butter. Or (our favourite) cube bread slices and stir quickly in fry pan with melted butter or use boxed croutons. If freezing one, add topping after thawing or heated. I usually heat through, stir and then add topping.

## **CHICKEN DIVAN**

Shirley Graves

- |  |                      |
|--|----------------------|
| 4 cups broccoli, cut in scraps, cooked | 1 cup sliced carrots |
| 1 1/2 cups cubed, cooked chicken       | 1 cup sliced pepper  |
| 1 can broccoli cheese soup             | 1/2 cup milk         |
| 2 Tbsp dry bread crumbs                | 1 Tbsp melted butter |

In casserole dish, arrange broccoli and vegetables, top with chicken. Combine soup and milk; pour over chicken. Combine butter and bread crumbs; sprinkle over top. Bake in oven at 450°F for 10 minutes.

## **CHICKEN BAKE**

Catherine E. Gibson

Layer boneless and skinless chicken breasts (one layer) in buttered casserole. Top with cheese slices. Spread one can Cream of Mushroom soup over top. Make up Stove Top stuffing with hot water and butter or margarine but DO NOT cook. Spread over top of soup. Bake uncovered in 350°F oven approximately one hour.

## **CHICKEN WITH CRANBERRIES AND FRENCH DRESSING**

Carol Ann Elhady

Roberta's Cookbook

- 4 chicken breasts
- 1 bottle french dressing
- 1 can whole cranberry sauce
- 1 pkg onion soup mix

Mix all together and pour over chicken. Put in fridge overnight. Cook for 1 1/2 hours at 350°F.

## **CHICKEN WITH RICE**

Eileen Wallace

|  |                  |
|--|------------------|
| Cut up chicken pieces                      | 1 cup long rice  |
| (2 breasts or 3-4 thighs)                  | 1 can full water |
| 1 pkg Lipton's onion soup mix              |                  |
| 1 can cream of chicken soup                |                  |
| 1 can full homogenized milk (use soup can) |                  |

Use a 9 x 14 inch loaf pan or large casserole. Put the rice in the bottom of the casserole and sprinkle the soup mix over the top. Lay the chicken pieces (about 1 inch square) on top. Season with salt and pepper. In a separate dish mix the soup, milk and water until smooth. Pour over the chicken. Bake at 350°F for 1 1/2 hours.

## **BAKED CHICKEN STRATA**

Eileen Wallace

|                                     |                        |
|-------------------------------------|------------------------|
| 2 cups chicken, cooked, small cubes |                        |
| 1/2 cup chopped green pepper        | 8 slices day old bread |
| 1/2 cup chopped onion               | 1/2 cup chopped celery |
| Salt and pepper to taste            | 1/4 cup mayonnaise     |
| 1 can cream of mushroom soup        | 2 beaten eggs          |
| 1/2 cup shredded cheese             | 1/2 cup milk           |

Butter bread and cut into cubes. Place half in a buttered dish. Combine onion, chicken, peppers, celery, seasonings, mayonnaise. Spoon over the spread cubes, sprinkle the rest of the bread cubes on top. Combine milk, eggs and soup and pour over all. Top with cheese. Chill several hours. Bake in 325°F oven for 50 minutes in a 9 x 9 inch pan. Serves 6.

## **CHICKEN CASSEROLE DISH**

2 chicken breasts with bone in or could use 4 or more

boneless chicken pieces

1 onion, cut up

1 can of cream of chicken soup

1 stalk of celery sliced

Pinches of cinnamon, cumin, curry, paprika, red pepper, black pepper

Spray casserole dish with Pam. Place chicken in dish and place the onion and celery around the chicken. Stir the spices in the chicken soup and pour it over the chicken. Bake in preheated oven at 375°F covered for approximately 45 minutes or until chicken is cooked.

## **GREAT GARLIC CHICKEN**

Catherine E. Gibson

1/3 cup fine bread crumbs

5 cloves garlic, minced

1 tsp Worcestershire sauce

2 Tbsp lemon juice

1/3 cup grated Parmesan cheese

1/2 cup butter

4 chicken breasts, deboned  
and skinned

Salt and pepper to  
taste

In a small saucepan combine butter, garlic, Worcestershire sauce and lemon juice. Heat over low heat until butter is melted. Combine bread crumbs and Parmesan cheese on a large plate. Season chicken with salt and pepper. Dip each piece in butter mixture and then in crumb mixture. Arrange on baking dish. Pour any remaining butter sauce over chicken and sprinkle with remaining crumbs. Bake at 350°F covered for 32 minutes. Uncover and continue baking for 20 minutes or until done. Serve with potatoes or rice. Serves 4.

## HASH BROWN POTATOES AND CHICKEN CASSEROLE

2 cups cooked chicken (cut in bite size pieces)

1 cup celery, finely cut up

2 Tbsp onion, cut fine

1/2 cup slivered almonds

2 Tbsp cider vinegar

2 cups hash brown potatoes

1/4 cup yogurt

1 cup crushed potato chips

1/2 cup grated cheese

few drops Worcestershire sauce

Pinch of salt and pepper

1/2 bottle salad dressing

A pinch each of red pepper, currie, cinnamon & cumin

Grease a casserole and put hash browns in casserole and put in oven to thaw while mixing up with other ingredients. In a bowl mix chicken, celery, onions, almonds, salt, pepper, Worcestershire sauce, and spices, salad dressing, yogurt and hash browns. Put in casserole, cover with grated cheese and crushed potato chips. Sprinkle with paprika. Bake at 425°F for 15 minutes, or until hot and bubbly. This casserole freezes well. If frozen, place in 350°F oven for 30 minutes or until hot.

This is good served with cinnamon buns. A quick way to make the buns is to mix up some bisquick and milk (directions on box), flatten out to about 2 1/2 by 3 inches. Spread with margarine or butter. Sprinkle with brown sugar and cinnamon. Fold over and cut in 1 1/2 inch squares and bake according to directions on box.

## CHICKEN LASAGNA

Catherine E. Gibson

8 oz. lasagna noodles

2/3 cups milk

1 can cream of mushroom soup

3 cups diced chicken

1/2 cup buttered bread crumbs

1/2 tsp salt

1/2 tsp poultry seasoning

1 cup cottage cheese

2- 3 oz pkg. cream cheese

1/3 cup chopped onion

1/3 cup chopped green pepper

1/4 cup minced parsley

Cook noodles in boiling salted water until tender. Drain and rinse in cold water. Mix soup, milk, salt and poultry seasoning and heat. Beat cheeses together. Stir in onion and green pepper. Place half of the noodles in 11 1/2 x 7 1/2 inch baking dish. Spread with half the cheese mixture, half the chicken and half the soup mixture. Repeat layers. Top with crumbs and bake in 375°F oven for 30 minutes. Let stand 10 minutes before serving.

## WORDS

The six most important words in the English language:

I admit I made a mistake.

The five most important words: You did a good job.

The four most important words: What is your opinion?

The three most important words: If you please.

The two most important words: Thank you

The one most important word: We.

The least important word: I



## CHICKEN MULLIGATAWNY

Anne's Cookbook

1 lb chicken parts  
1 onion, peeled and sliced  
3 tomatoes, peeled and sliced  
1 carrot, peeled and sliced  
2 tart apples, cored and sliced  
Salt and pepper, to taste  
1 green or sweet pepper, cored  
and sliced

4 cups water  
3 Tbsp butter  
2 Tbsp flour  
1 stalk celery, sliced  
2 sprigs parsley  
1 tsp dry mustard  
2 tsp curry powder  
Cooked rice

Combine chicken, onion and water in a Dutch oven. Cover and simmer for 30 minutes. Remove chicken and discard skin and bones. Chop meat and set aside. Cool stock, chill and skim off fat. Reheat stock in Dutch oven with chicken. Melt butter in a heavy skillet. Saute tomatoes, carrot, celery, pepper and apples until soft. Sprinkle with flour, stir until blended. Pour 1 cup of hot stock into vegetables, stir until smooth and add vegetables to Dutch oven. Sprinkle with flour, stir until blended. Pour 1 cup of hot stock into vegetables, stir until smooth and add vegetables to Dutch oven. Simmer partially covered for 10 minutes. Add mustard, parsley and curry powder, stir until blended and simmer, partially covered, 15 minutes longer. Season with salt and pepper. Serve with rice. Makes 6 servings.

## EASY CHICKEN WITH BROCCOLI

Elizabeth Sewell

1 Tbsp vegetable oil

4 boneless, skinless chicken breast halves

1 can mushroom & onion or cream of mushroom soup

2 tsp paprika (or to taste)

1/2 medium red pepper cut in strips

2 cups hot cooked broccoli florets

1/3 cup sour cream or plain yogurt

4 cups hot cooked egg noodles

**Prep/Cook Time:** 30 minutes. Heat oil at medium high in large skillet. Add chicken and cook until browned on both sides.

Set chicken aside. Reduce heat to medium.

Add: soup, paprika and red pepper strips to skillet. Heat to a boil, stirring occasionally. Return chicken to skillet, add broccoli. Reduce heat to low. Simmer, covered, until chicken is cooked through, about five minutes. Stir in sour cream and heat through. Serve with noodles. Serves 4.

## TUNA OR TURKEY CASSEROLE

Shirley Thorne

1 1/4 cups cooked turkey cut in pieces

OR 1 can solid white tuna

1/4 cup onion, chopped

1 cup celery, chopped

Dash of pepper

1 can cream of mushroom soup mixed with

1/3 can milk or water

2 cups chow mein noodles (reserve 1 cup or little less for top)

Cashews, if desired (1/4 to 1/3 cup toasted)

I add a can of mushroom pieces if I double the recipe (Opt)

Toss slightly, put in an ungreased casserole, top with

remaining noodles. Bake 30 minutes at 375°F. I double this recipe for 6 and bake 45 minutes, or longer if prepared ahead and kept in fridge for 30 minutes covered, stir then top with noodles and bake 15 minutes more, uncovered.

[When I cook a turkey, I freeze enough, chopped, for a quick or company meal later.]

Helpful Hint: To remove ballpoint ink stains,  
spray with hairspray, and rub with a clean cloth.

## FISHERMAN'S PIE

Shirley Thorne

2-3 cups mashed potatoes, add 2 eggs, hard cooked  
1/4 milk and 2 Tbsp butter (Opt) 1 can (10 oz) peas  
1- 7oz canned salmon

Creamed Sauce: Melt 3 Tbsp butter in a heavy pan or microwave, blend in 3 Tbsp flour, 1/2 tsp salt and 1/2 tsp pepper. Gradually blend in 1 1/2 cups milk. Continue to stir constantly until thickened and smooth. If too thick can add some of the pea juice. Arrange ingredients in a buttered casserole in the following order: flaked salmon, remove skin and bones, sliced hard-cooked eggs, canned peas, mostly drained, creamed sauce, and top with mashed potatoes. Bake in 350°F. oven until bubbling hot and potatoes are slightly browned - 40 to 45 minutes. Serve with a salad. Also nice with tomato chow. Serves 4. Easily doubled for larger casserole.

[This was my grandmother's recipe - often used for Sunday night supper. Cora (Humphrey) Clark, New Canaan - born 1885 and has been a family favourite.]

## BAKED SALMON EN CROUTE

3 large shallots (about 1/2 cup), peeled and minced

1/2 bulb fennel (about 1 lb), cored and diced (Opt)

1 1/2 Tbsp olive oil

1 Tbsp each chopped fresh dill and tarragon

1 lemon, zested and juiced

1 pkg (17.3 oz) frozen puff pastry sheets, thawed

1 salmon fillet (about 3 lbs), trimmed to 5" x 14"

1 egg, beaten

Heat oven to 400°F. Cook shallots and fennel in oil 10 minutes.

Stir in dill, tarragon and 1 tsp each lemon zest and juice. On

lightly floured surface, press pastry sheets together

lengthwise to form a 12 x 15 inch rectangle. Place on greased

baking sheet. Place salmon on top. Spread shallot mixture

over salmon. With a fluted pastry wheel cut side of pastry

into 1/4" wide strips. Remove every fourth strip, set aside.

Twist attached strips and lay on top of salmon. Roll reserved

strips and place in center. Brush pastry with egg. Bake 25

minutes, or until fish is flaky. Makes 12 servings.

## **SCALLOP BUBBLY BAKE**

Roberta Smith

500 gr scallops  
125 ml chopped onion  
250 ml sliced mushrooms  
250 ml green pepper, chopped  
5 ml salt  
250 ml soft bread crumbs  
50 ml finely grated cheese

25 ml butter  
375 ml chopped celery  
50 ml butter  
50 ml flour  
500 ml milk  
25 ml melted butter

Sprinkle scallops with salt. Melt butter and saute celery, mushrooms and green pepper until tender. Melt 50 ml butter in a pan. Blend in flour and salt. Gradually add milk, stirring constantly. Mix in scallops and veggies. Pour in a greased casserole dish. Sprinkle with crumbs. Top with grated cheese. Bake at 190°C for 20 minutes or until sauce is bubbly and crumbs are browned.

## **PARMESAN BREADED FISH FILLETS**

Kit Everett

2 Tbsp dry bread crumbs  
1 tsp lemon rind and juice  
1 Tbsp grated Parmesan cheese

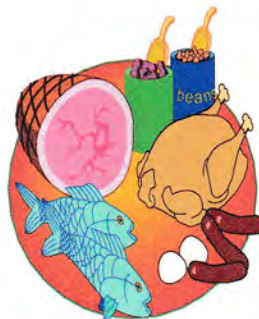
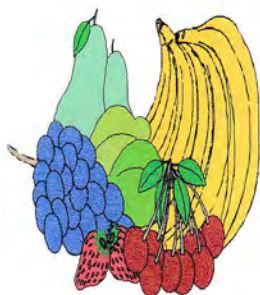
1/4 cup mayonnaise  
1 lb fish fillets

Fold fish fillets in half. Place folded fillets, thick edge to the outside in a circle around a 10 inch glass or corning pie plate. Combine mayonnaise and lemons: spread smoothly on top and sides of fillets. Mix cheese and bread crumbs and sprinkle over the fillets. Mix cheese and bread crumbs and sprinkle over the fillets. Microwave at HIGH 4-6 minutes or until fish flakes. Garnish with lemon wedges and parsley.





# BREADS



## BREADS

### APPLE BREAD (Good!)

Marie Wilton

- |                           |                  |
|---------------------------|------------------|
| 1/4 cup butter            | 1 egg            |
| 1 cup sugar               | 1 1/2 cups flour |
| 2 1/2 cups apple (grated) | 1 tsp soda       |
| Measure before grating,   | 1/2 tsp nutmeg   |
| approx. 8 apples          | 1/4 tsp salt     |

Cream butter, sugar. Add egg and ground apples. Beat well and add dry sifted ingredients. Bake in loaf pan in moderate 350°F oven for 35 minutes.

### BANANA BREAD

Marie Wilton

- |                           |                     |
|---------------------------|---------------------|
| 1/2 cup shortening        | 2 cups sifted flour |
| 1 cup sugar               | 3 tsp baking powder |
| 1 cup mashed ripe bananas | 1/2 tsp salt        |
| 1 cup nutmeats, chopped   | 1 tsp lemon juice   |
| 2 eggs                    |                     |

Cream shortening and sugar together. Beat eggs until light and add. Press bananas through sieve, add lemon juice. Blend with creamed mixture. Sift flour, baking powder and salt together and mix quickly into banana mixture. Add nuts. Bake in greased loaf pan in moderate oven (375°F) about 1 1/4 hours. Makes 1 (1 lb) loaf.

## DOROTHY'S BROWN BREAD

Dorothy Wiggs

1 cup skim milk powder

3/4 cup fancy molasses

2 Tbsp salt

1/3 cup shortening

Put ingredients in large bowl. Add 3 cups boiling water and stir until shortening melts. Add 3 cups cold water. Into 1/2 cup warm water add 1 tsp sugar and one envelope or 1 Tbsp regular (not instant) yeast. Let sit until yeast dissolves. Add yeast to first mixture and to it add 5 cups whole wheat flour and 1 cup oat bran. Stir briskly. When smooth start adding white all purpose flour 2 cups at a time, up to a total of 12 cups white flour (plus or minus). Dump out on floured surface and knead for 8 to 10 minutes. Let rise in large greased bowl until it has doubled. Punch down and let rise again. Divide into 6 equal portions and place in greased 5 x 9 inch loaf tins. Grease tops and let rise until doubled. Bake at 400°F for 30 minutes. Turn out onto cookie racks and cover with cloth until cool. When cool freeze the loaves that you don't need immediately.

[Other flours and cereals can be used but don't let the total of 'non white flour' exceed the amount of white flour (9 + 9). I often add some flax seed and/or oatmeal or rye flour for variety.]

The three great requirements for a happy life are:  
Something to do, something to love,  
and something to hope for.

## NO CRUMBLE CORNBREAD

1 cup flour (maybe 1/2 white & 1/2 whole wheat)

1 cup cornmeal

1 cup buttermilk

1/4 cup white sugar

1 egg

1/4 cup melted lard or shortening      3 tsp baking powder

3 tsp baking powder

Just mix enough to make a damp dough. If you over mix cornbread batter, it will be crumbly when baked. Bake in 8 x 8 inch greased pan at 400°F for 30 minutes.

## HOBO BREAD

1 1/2 cups hot water poured over 1 pkg raisins, add 4 tsp soda, cook.

## Add

2 eggs

2 tsp vanilla

1 cup brown sugar

1 tsp salt

1 cup white sugar

4 cup flour

Bake 1 hour at 350°F in 6 - 19 oz cans

## Recipe for Friendship

Take 2 heaping cups of patience, one heartfelt of love, two handfuls of generosity, a dash of laughter, one headful of understanding, sprinkle generously with kindness. Add plenty of faith and mix well. Spread over a period of a lifetime and serve everybody you meet.

## OLD BACHELOR'S DOUGHNUTS

An old Maine recipe called "Old Bachelor's Doughnuts" has the following curious wording: Pour hog's lard in an old-fashioned iron fry pan, heated 'till she sputters will do the trick. Then take a deep yellow dish and put in one cup of sugar, and if eggs don't cost over 2 cents each, put in one and the yolk of another, and put the white away until eggs are worth more. Then add one cup of cow's milk without anything in it except about a big spoonful of cream and a little salt and nutmeg. Then add two tsp of tartar and a little over of soda in some flour. Then take a big spoon and give her hail Columbia for about 20 seconds. Next find a good clean place to roll them out. Fry one at a time, cut out with a four-quart pail cover and cut the hole with a pint dipper with handle busted, and if you are looking for a housekeeper, take one of the doughnuts, hold it up to the window, and call in the first maiden lady who comes in sight and kiss her through the hole and she is yours.

## HERB BREAD

3/4 cup warm milk

2 Tbsp sugar

1 pkg yeast

1 egg

2 Tbsp minced parsley

3 - 3 1/2 cups flour

Heat milk, butter, sugar and salt. Cool to lukewarm. Sprinkle yeast over warm water in large bowl. Stir until dissolved. Add liquid, egg, chives, parsley and oregano to yeast. Stir in 2 cups flour, beat until smooth. Stir in more flour to make a stiff dough. Knead 10 minutes. Let it rise in a warm place for 1 hour. Shape into a loaf and let it rise for 1 hour. Bake at 400°F for 10 minutes, then reduce heat to 375°F and bake for 20-25 minutes longer until well browned.

Frank Morehouse

2 Tbsp melted butter

1 1/2 tsp salt

1/4 cup warm water

1/4 cup chopped chives

1 tsp oregano

## MAISIE GELDART'S BROWN BREAD

Pauline Kanner

Pour 3 1/2 cups boiling water over

1/3 cup shortening

1/4 cup molasses

1/2 cup brown sugar, heaping

Cool. Then add:

1 Tbsp yeast

1/3 cup warm water

1 Tbsp sugar

2 Tbsp salt, scant

1/2 cup raisins

1 1/4 cups oatmeal

Add:

8 1/2 cups flour

Let rise twice. Put in pans and let rise again. Bake.



## **OVEN-STEAMED MOLASSES BROWN BREAD**

Shirley Thorne

|                          |                         |
|--------------------------|-------------------------|
| 2 cups flour             | 2 tsp salt              |
| 2 tsp baking powder      | 2 tsp soda              |
| 2 cups whole wheat flour | 2 cups cornmeal         |
| 1 1/2 cups molasses      | 4 cups buttermilk (1 L) |

Sift flour with salt, baking powder and soda. Combine dry ingredients. Beat in milk and molasses. Spoon batter into (11) greased and floured 10 oz soup cans, filling cans 2/3 full.

Cover each can tightly with small pieces of greased foil. Place cans on a cookie sheet in 350°F oven and bake 1 hour. (I baked less for 10 oz cans) Check centre with finger or use a tooth pick. Let bread cool in cans for 5 minutes then unmold-use a knife to loosen edges. Wrap extras in foil after cooking and put in deep freeze for future use.

I have used 19 oz or 28 oz cans and cook about an hour. I wash and keep the cans for next time but one can cut the bottom's out for easy unmolding.

**Nice with baked beans.**

**Canned beans are easier on sensitive stomachs.** Add a tablespoon of brown sugar to canned "baked beans with molasses" and simmer on stove top or in a casserole in oven until bubbles and simmers half hour or so. If like more juice add some water.

## OATMEAL BROWN BREAD

Shirley Graves

1 pkg yeast (1 Tbsp) )

2 Tbsp sugar )

2 cups lukewarm water )

Mix together - let stand 5  
minutes

1/2 cup molasses )

1 1/2 cups rolled oats )

2 Tbsp shortening )

Pour 1 cup boiling water over  
this. Mix, cool.

When last molasses mixture cools, add 1 tsp salt and 3 Tbsp brown sugar. Then add the yeast and the molasses mixtures together. Fold in 6 cups flour and mix together. Divide into 3 well greased tins (or large juice cans) and let stand 3-4 hours or until risen to top of can. Bake in 400° F oven for 30 minutes. Cool 5-10 minutes. Turn out.

## DATE BREAD

Marie Wilton

1 cup dates

1 tsp soda

1 1/2 cups boiling water

Mix together and then cool.

Add: 1/4 cup shortening

1 cup brown sugar

2 tsp baking powder

1 tsp salt

1 egg

2 1/2 cups flour

1 tsp vanilla

Bake at 350° F about 40 minutes.

## BUTTERMILK BREAD

Frank Morehouse

5-5 1/2 cups flour

3 Tbsp sugar

2 pkg Quick Rise yeast

2 tsp salt

1/4 tsp soda

1 cup buttermilk

1/3 cup butter or margarine,  
cut into pieces

1 cup water

In a large bowl combine 3 cups flour, sugar, undissolved yeast, salt and soda. Heat buttermilk, water and butter until very warm (120°-130°F/50°-55°C); butter does not need to melt. (Mixture will appear curdled.) Stir into dry ingredients. Stir in enough remaining flour to make a soft dough. Knead on a lightly floured surface until smooth and elastic, about 6-8 minutes. Cover, let rest on floured surface for 10 minutes. Shape into 2 loaves and place into greased 8 x 4 inch pans. Cover, let rise in a warm, draft-free place until doubled in size, about 30-45 minutes. Bake at 375°F/190°C for 30-35 minutes or until done. Remove from pans and let cool on wire racks.

## MOM'S GOOD DOUGHNUTS

Marie Wilton

(Favourite)

1 1/4 cups white sugar

3 eggs

4 Tbsp lard

1 cup milk

1 tsp vanilla

1 tsp salt

1/2 tsp soda

4 tsp baking powder

4 1/2 cups flour

1 tsp nutmeg

Mix together and drop in fat to cook.

**DATE LOAF WITH RAISINS**

Eileen Wallace

- 1 tsp baking soda
- 1 cup raisins
- 1 cup dates, cut in pieces
- Grated rind of 1 orange
- Pour 1 cup of boiling water over these and cool.
- 1 cup white or brown sugar
- 1 egg
- 4 Tbsp butter or margarine
- 1 1/2 cups flour
- 1/2 tsp salt
- 1/2 cup broken walnuts

Cream butter and sugar, stir in the egg. Stir this into date raisin mix. Sift flour and salt and add. Stir only until blended. Fold in nuts. Pour into well buttered loaf pan. Bake at 350°F about 55 minutes.

**LEMON BREAD**

Jean Hodgson

Catherine E. Gibson

- 6 Tbsp melted shortening
- 1 cup white sugar
- 2 eggs, beat with zest of 1 lemon
- 1/2 cup nut meats, opt

Add:

- 1 1/2 cups flour
- 1/2 cup milk
- 1-1 1/2 tsp baking powder
- 1 tsp salt

Beat all together until thoroughly mixed. Cook 3/4 - 1 hour at 325°F in loaf size pan. Remove bread from oven and pour juice of 1 lemon mixed with 1/3-1/4 cup white sugar over top.

## BROWN BREAD

Shirley Thorne

This recipe was a prize winner in a Telegraph Journal Contest many years ago.

|                               |               |
|-------------------------------|---------------|
| 1/2 cup molasses              | 1 cup oatmeal |
| 2 1/2 cups boiling water      | 1 Tbsp salt   |
| Shortening the size of an egg | 2/3 cup sugar |

Combine the first 6 ingredients. Let set 10 minutes.

ADD: 2 cups cool water.

**Yeast** - can use a package (1 Tbsp) of dry yeast dissolved in 1/2 cup warm water and 1 tsp sugar, if so add next **OR** use 2 skimpy Tbsp of instant yeast added to flour according to package directions (my preference)

**FLOUR**: add 4 to 5 cups all at once - if using instant yeast add to this flour. Beat well. (I use mixer to here). Add remaining flour, 1 cup at a time, 9 to 10 cups in all, and put on board and knead well when can't stir anymore with a spoon. When smooth and elastic put in a greased bowl. (To check for enough flour stick finger in dough, it shouldn't be sticky when pulled out). Let rise until double-punch down with fist and when double again, divide into 4 loaves. (I make double loaves in 3 pans). Grease hands with melted shortening for easier handling. Lightly cover tops with melted shortening-let air out of loaves with a sharp knife-3 or 4 slashes each. Cover with a damp cloth and let rise to double size. **BAKE** in preheated oven at 400° for 10 minutes and then 350° for 35 minutes. If tops are getting too brown lower heat the last 10-15 minutes. **FOR GOOD BREAD AND ROLLS: DO NOT MAKE DOUGH TOO STIFF AND DO NOT OVER BAKE.** Advice from my husband's Mother.

## NEVER-FAIL BISCUITS

Jean Hodgson

Prep time: 15 minutes Baking time: 15 minutes. Yield: 15

Biscuits Preheat oven at 425°F.

|                                     |                         |
|-------------------------------------|-------------------------|
| Use 1 1/2 Tbsp vinegar to           | 1/2 cup shortening      |
| sour 1 cup of milk                  | 1 tsp salt              |
| 1 cup buttermilk OR sour milk       | 1/2 tsp baking soda     |
| 2 cups Robin Hood all purpose flour | 2 1/2 tsp baking powder |

Combine flour, baking powder, salt and baking soda in mixing bowl. Cut in shortening with pastry blender until mixture resembles coarse meal. Add buttermilk (or sour milk) all at once to dry ingredients and stir with fork until a soft dough is formed. Turn dough out onto lightly floured surface and knead gently 15 to 20 times. Roll or pat to 3/4 inch thickness. Cut with floured round cutter (about 2 1/2"). Place on ungreased baking sheet close together for soft-sided biscuits or about 1 inch apart for crusty-sided biscuits. Bake at 425°F for 12 to 15 minutes or until light golden.

NOTE: These are biscuits that you can trust. I have never been disappointed with them.



## **BISCUITS**

4 cups flour

2 tsp soda

4 tsp cream of tartar

1 1/2 tsp salt

1 egg, beaten

2 cups milk - egg in milk

3/4 cup Mazola oil

Sift dry ingredients together. Put egg in cup and fill up with milk. Mix all ingredients together. Roll out on lightly floured board. Cut out with cutter. Bake at 450°F.

## **MINI CHEESE BISCUITS**

Eileen Wallace

2 cups flour

1 Tbsp sugar

1/2 cup margarine

3/4 cup shredded cheese

4 tsp baking powder

1/2 tsp salt

2/3 cup milk

1 egg, well beaten

Combine baking powder, flour, sugar, salt. Cut in margarine to make fine crumbs. Stir in cheese. Beat together eggs and milk, stir into mixture. Turn out on a floured board and knead. Roll out, cut and place on an ungreased sheet. Bake at 450°F for 8-10 minutes. Makes 30 small.

## **SCONES**

Shirley Graves

8 oz self raising flour

2 oz butter

1 oz sugar

Fruit

Mix ingredients with 1 egg and 5 Tbsp buttermilk.

Bake in a very hot oven, top shelf at 350°F for 15-20 minutes.

[This recipe was brought back from Ireland - 2002.]

## **MUM'S BISCUITS**

Marie Wilton

3 1/2 cups flour

4 tsp baking powder

1 tsp salt

1 Tbsp sugar

Blend. Add: 1/2 cup margarine or 1 cup shortening

2 cups milk or H<sub>2</sub>O

Bake at 350°F or 400°F for 20 minutes. Makes 15-18 biscuits.

## **CLOUD BISCUITS**

Elizabeth Sewell

2 cups flour

1/2 cup shortening

1 Tbsp sugar

1 beaten egg

1/2 tsp salt

2/3 cup milk

4 tsp baking powder

Sift together dry ingredients. Cut in shortening. Combine egg and milk. Add to flour mixture all at once. Turn out on lightly floured board, knead gently with heel of hand, about 20 strokes. Roll to 3/4 inch thickness. Place on ungreased baking sheet. Bake at 400°F for 10-14 minutes. Makes 2 dozen.

## **CHEESE-GARLIC BISCUITS**

Bertles

(Red Lobster Restaurant)

2 cups bisquick baking mix

2/3 cup milk

1/2 cup cheddar cheese, grated

1/4 tsp garlic powder

1/4 cup margarine, melted

Mix bisquick, milk and cheese until soft dough forms. Beat hard for 30 seconds. Drop by spoonful on ungreased cookie sheet. Bake 8 - 10 minutes or till golden brown. Mix margarine and garlic powder, brush over the biscuits before removing from the cookie sheet.

## **OLD FASHIONED BISCUITS**

Jim Waugh

3 cups flour

1/2 cup margarine

3 tsp cream of tartar

1 1/2 tsp soda

1 1/3 cups milk

1 tsp baking powder

1 tsp salt

Combine flour, cream of tartar, soda, baking powder and salt. Cut in the margarine until the size of peas. Stir in the milk until all the flour mixture is absorbed. Turn out on a floured board. Knead lightly. Flatten out by hand to the desired thickness and cut out biscuits. Bake in a preheated 450°F oven for 10-12 minutes.

## RICE BISCUITS

Velma Kelly

1/2 lb white sugar

1/2 lb ground rice

1/2 lb butter

1/2 lb flour

(or 1/4 lb butter, 1/4 lb lard)

2 eggs

1/2 tsp baking powder

(Or 1 tsp cream of tartar and 1/2 tsp soda)

Mix with sweet milk or water. Roll as for cookies. Cut in round or square cakes and bake.

Have you had a kindness shown?

Pass it on!

Let it travel through the years,

Let it wipe another's tears,

Till in Heaven the deed appears -

Pass it on.

## BANANA BRAN CHOCOLATE MUFFINS Shirley Thorne

1/2 cup white sugar

1 tsp vanilla

(original recipe was 3/4)

2 eggs

1 cup mashed banana-2 medium-large 1/2 cup margarine

I mash, measure & freeze any ripe banana until needed.

Sift or mix the next 3 ingredients. And add to above:

1 cup flour

1 tsp soda

1 tsp salt

1 cup all-bran cereal

1 cup chocolate chips

Mix in order and put in lightly greased cupcake pans. Makes

12. I don't use paper cup liners as some chocolate will be lost.

Bake at 375°F for about 20 minutes. Check with a tooth pick - may need 5 or more minutes.

When the meal isn't ready,  
They're under my feet;  
When the food's on the table,  
They're far down the street!

## **IRMA'S BRAN MUFFINS**

Shirley Graves

1 1/2 cups sugar  
1/2 cup Crisco oil  
2 eggs  
2 1/2 cups flour  
1 cup boiling water

1/2 tsp salt  
3 cups all bran  
1/2 cup dates, cut fine  
2 1/2 tsp soda  
2 cups buttermilk

Mix sugar, eggs, oil and buttermilk. Sift dry ingredients and add to first mixture. Add all bran, dates and boiling water and mix. Let stand in fridge over night in covered bowl. Bake at 400°F for 20-25 minutes. I use 350°F. Note: Batter will keep in fridge 2 months in covered container.

## **CRANBERRY MUFFINS**

Eleanor Allen

1 cup fresh or frozen cranberries, chopped  
1/4 cup sugar  
2 cups all purpose flour  
1/2 cup sugar  
1 egg, beaten  
3/4 cup milk

1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1/4 cup vegetable oil  
1 tsp vanilla

Combine cranberries and 1/4 cup sugar; set aside. Combine flour, 1/2 cup sugar, baking powder, soda and salt. Stir in cranberries. Beat egg, add oil, milk and vanilla; beat to blend. Add liquid to dry ingredients, all at once, stirring with a spoon just until moistened. Spoon into greased muffin tins, filling 3/4 full. Bake in 400°F oven for 15-20 minutes. Makes 12 medium muffins.



## **PINEAPPLE AND CARROT MUFFINS**

|                                      |                      |
|--------------------------------------|----------------------|
| 1 1/2 cups flour                     | 2/3 cup cooking oil  |
| 1 cup sugar                          | 2 eggs               |
| 1 tsp baking powder                  | 1 cup grated carrots |
| 1 tsp soda                           | 1/2 tsp salt         |
| 1 tsp vanilla                        | 1 tsp cinnamon       |
| 1/2 cup crushed pineapple with juice |                      |
| Bake at 350°F for 25 minutes.        |                      |

## **RHUBARB PECAN MUFFINS**

Frank Morehouse

|  |                       |
|--|-----------------------|
| 2 cups flour                               | 1 tsp salt            |
| 1 1/2 tsp baking powder                    | 3/4 cup orange juice  |
| 3/4 cup pecans, chopped                    | 1/2 tsp soda          |
| 2 tsp grated orange peel                   | 3/4 cup sugar         |
| 1 1/4 cup fresh rhubarb,<br>finely chopped | 1/4 cup vegetable oil |
|  | 1 egg                 |

Combine all dry ingredients. Beat egg and oil; add orange juice. Add to flour mixture. Add rhubarb. Pour into 12 greased muffin tins. Bake at 350°F for 25-30 minutes.

**CINNAMON**-comes from the tiny island, Sri Lanka (once known as Ceylon) in the Indian Ocean. It comes from the inner bark of the young woody branches. When the branches are peeled and dried the inner bark curls up and we have cinnamon sticks.

## RHUBARB MUFFINS

Kit Everett

(Yields 12)

1/2 cup margarine

3/4 cup brown sugar

1 egg

1 cup rolled oats

3/4 cup flour

1/4 tsp salt

1/2 cup whole wheat flour

1/2 tsp cinnamon

1 tsp baking powder

1/2 tsp baking soda

3/4 cup rhubarb sauce

Cream shortening and sugar. Beat in egg. Add dry ingredients to creamed mixture with rhubarb and oats last. Fill greased muffin tins 3/4 full. Bake at 350°F for 25-30 minutes.

## BIG BEAUTIFUL BLUEBERRY MUFFINS Elizabeth Sewell

1 3/4 cups all purpose flour

1/4 cup sugar

1 Tbsp baking powder

1 tsp cinnamon

1 egg

3/4 tsp salt

1 cup blueberries, fresh/frozen

1 cup milk

1/4 cup melted margarine or butter

**Method:** Turn oven to 425°F. Grease the muffin tins well, or spray with Pam. Sift together the flour, sugar, baking powder, cinnamon, and salt into a large bowl. In a small bowl, beat the egg, milk, and melted butter together with a wooden spoon, then stir lightly into dry ingredients. Gently fold in the berries. [Never over mix muffins-just enough to absorb the flour.] Fill the greased muffin tins three-quarters full. Bake at 425°F for 20 minutes. Makes 8 large muffins.

**Variations:** Sprinkle muffin tops with a mixture of equal parts of cinnamon and sugar before placing in oven.

## ROLLS

### QUICK ROLLS

Shirley Thorne

Into a large bowl put:

2/3 cup sugar

1/3 cup cooking oil

1 Tbsp salt

2 1/2 cups boiling water

**Mix well and add: 2 cups of cold or cool water to make lukewarm.** Add 2 beaten eggs, stir well. Add 2 packages or 2 Tbsp fast rising yeast to some flour (I mix some of the 5 cups of flour and yeast in a sifter).

Mix 5 cups of flour all at once. Mix until smooth. Can use electric mixer to here. Add more flour 1 cup at a time (7 or 8 cups in all), until soft dough. Put dough on floured surface and knead a little by bringing edges toward centre, only until smooth-will be soft. Return to bowl and spread a little melted shortening over surface. Cover and let rise 15 minutes. Punch down, rise 15 minutes more and then form into rolls and put into greased pans. Dough will be a bit sticky so use melted shortening to keep from sticking to fingers. Will need two large cookie sheets for about 35 rolls each, depending on size. Let rise to double in size (20 minutes, more or less, depending on temperature of room). Bake in preheated 400°F oven for 10 minutes and then reduce heat to 350° for 25 to 30 more minutes. If browning too much, reduce heat for last 10 minutes. Can also use loaf pans or 9 x 9 inch pans. **For best results-do not make dough too stiff and do not over bake.**

## **COLD WATER ROLLS**

Anne's Cookbook

(Makes 24)

Mix 1 pkg dry yeast, 1/2 cup warm water, 1 tsp sugar

Let stand 10 minutes

1 egg, 1 tsp salt

1/3 cup soft shortening

1/3 cup sugar

1 cup flour

Beat egg well and add 1 cup cold water and ADD 1 cup flour .

Add the yeast mixture then add 1 cup more of cold water plus 2 cups of flour with 2 tsp of baking powder added. Mix well.

Add 2 to 3 more cups of flour. Blend well. Let rise until double in bulk. Shape into rolls and place into 2 -9 x 9 inch greased pans. Let rise until double. Cook at 375°F for 20 minutes.

## **STICKY BUNS**

Shirley Graves

1/4 to 1/2 cup melted butter

1 to 2 Tbsp cinnamon

3/4 cup raisins (optional)

1 cup brown sugar

1/4 cup instant vanilla pudding

20 frozen dough rolls

Grease 10" bundt pan and add frozen rolls, standing up.

Sprinkle with brown sugar, pudding powder, cinnamon and raisins. Pour melted butter over all. Cover with a clean damp cloth. Leave at room temperature overnight. Preheat oven to 350°F. Bake 25 minutes. Let sit 5 minutes. Turn out onto serving plate. Serve warm.

## CINNAMON ROLLS

|                           |                     |
|---------------------------|---------------------|
| 2 cups flour              | 1/4 cup margarine   |
| 2 Tbsp granulated sugar   | 4 tsp baking powder |
| 1 cup brown sugar, packed | 1 tsp salt          |
| 3 tsp cinnamon            | 1/3 cup raisins     |
| 1 cup cold milk           |                     |

In a large bowl, put flour, sugar, baking powder and salt. Cut in margarine until crumbly. Make a well in center. Pour milk in well. Stir to form soft dough, adding a bit more milk if needed. Turn out on lightly floured board. Knead 8-10 minutes. Roll into rectangle about 1/3" thick and 12" long. Cream margarine, brown sugar and cinnamon together. Drop 1 teaspoon full into each of 12 greased muffin tins. Spread remaining cinnamon mixture over dough rectangle. Sprinkle raisins over top. Roll up as for jelly roll. Cut into 12 slices. Place cut side down in muffin pan. Bake at 350°F for 15 minutes. Turn out on tray. Makes 12.

**Glaze:** To 1/2 cup icing sugar, add enough milk or water to make a thin glaze. Dazzle over cinnamon rolls.

## CINNAMON ROLLS

|                                    |                    |
|------------------------------------|--------------------|
| 2 cups flour                       | 3/4 cup skim milk  |
| 4 tsp baking powder                | 3 Tbsp brown sugar |
| 2 Tbsp margarine (Becel Light)     | 1 1/2 tsp cinnamon |
| 1/3 cup ultra low fat Miracle Whip | 1 tsp sugar        |

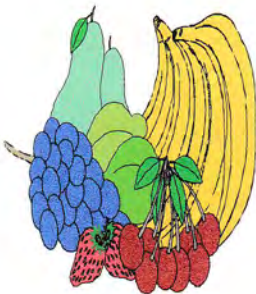
Preheat oven to 400°F. Mix dry ingredients. Blend in Miracle Whip with a fork. Add milk to make a soft dough. Roll out. Spread margarine over dough then sprinkle brown sugar and cinnamon mixture over dough. Roll up and cut. Bake for 15 to 20 minutes (12 minutes).

If your teenage kids ignore you,  
Just try not to be bitter;  
In a few short years they'll adore you,  
When they need a babysitter.





## MISCELLANEOUS



## MISCELLANEOUS

### OPEN FACE PEANUT BUTTER & JELLY SANDWICH

Ruth Ker

3 to 4 scoops peanut butter

3 to 4 heaping tablespoons strawberry jelly

2 to 4 slices of favourite bread

2 hungry 6 year olds

1 shiny clean floor

Toast favorite bread one minute. 6 year olds will hear toaster bell and invade kitchen. Cut crust off bread (optional). Scoop peanut butter liberally onto toast followed by jelly, to taste. Catch jelly jar as kids tip it over. 6 year olds fight over sandwiches and accidentally catapult toast onto shiny clean floor, peanut butter and jelly side down. Wipe floor with damp paper towel and start over.

### NASTURTIUM SANDWICHES

Velma Kelly

Wash the fresh flowers and lay petals in ice water for a few minutes. Spread the bread with mayonnaise and place a thick layer of petals (or omit the dressing and spread petals on buttered slices). If possible, serve these sandwiches with a few of the fresh blossoms and leaves scattered loosely over the plate.

### **SHERRY AND CHEESE SANDWICHES**

Velma Kelly

Half pound Roquefort or other cheese

1/4 as much butter

1/2 tsp paprika

Mix to a paste with sherry wine.

Spread on wafers or toasted rye bread.

### **HOME MADE BAKING POWDER NO. 1**

Velma Kelly

1/2 lb tartaric acid

1/2 lb best baking soda

1 quart flour

Procure the first two ingredients from a trustworthy druggist.

Sift the 3 ingredients thoroughly together as many as half dozen times and put the powder in air tight cans or bottles, excluding the light. Use as even instead of a heaping teaspoon ordinary baking powder.

### **HOME MADE BAKING POWDER NO. 2**

Velma Kelly

8 1/2 ounces cream tartar

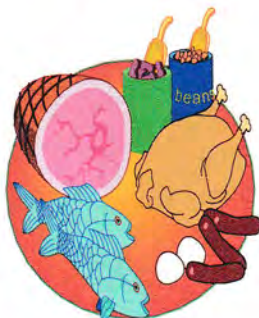
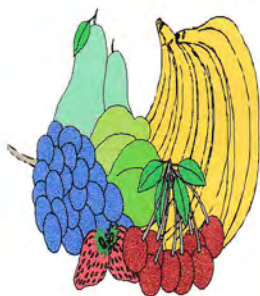
4 ounces soda

2 ounces cornstarch

Best quality of each should be bought. Sift together at least a dozen times, the last time into baking tins. Seal up all cracks by pasting strips of paper over them. About half as much of this is required as of the average powder sold. The cornstarch is added to take up moisture and keep the powder dry.



## DESSERTS



## DESSERTS

### APPLE PUDDING

Eleanor Allen

Rub together as for pastry:

1/4 cup butter or margarine

1/2 cup brown sugar

1 cup flour

Peel and slice 4 large apples into greased baking dish. Add 1/3 cup white sugar and 1 tsp cinnamon or nutmeg or combination. Put pastry crumbs on top. Bake at 350°F for 30 minutes.

### APPLE DESSERT

Anne's Cookbook

2 cups apples, thinly sliced

1/4 cup shortening

1 cup sugar

1 egg

1 cup flour

1 tsp baking soda

1/2 tsp each cinnamon, nutmeg

1 tsp salt

1/2 cup nutmeats

Preheat oven to 375°F. Cream shortening, sugar and egg together. Add flour and spices. Add apples and nuts. Place in an 8 x 10 inch pan and bake for 40 minutes.

**Sauce:** 1/2 cup butter

1/2 cup brown sugar

1/2 cup canned milk

1/2 cup white sugar

(Carnation evaporated)

Boil sugars and butter. Take from heat and add milk slowly stirring constantly. Serve hot sauce on squares of cake.



## APPLE BROWN BETTY

Shirley Graves

1 1/2 cups bread crumbs, fresh or a day old, not canned

1/4 cup reduced fat margarine or canola oil

3 cups peeled and sliced apples

1/4 tsp nutmeg

1/2 cup light brown sugar

3/4 tsp salt

1 1/2 tsp ground cinnamon

1/2 tsp allspice

1 tsp grated lemon peel

2 tsp vanilla extract

1 cup raisins

2 Tbsp lemon juice

6 Tbsp apple juice, concentrate, thawed

Preheat oven to 350°F. Combine bread crumbs and margarine.

Place half of the crumbs in the bottom of a baking dish.

Combine sugar, spices, lemon peel, and vanilla. Place half of the apples in the baking dish. Sprinkle with the sugar mixture.

Add half of the raisins and half of the lemon juice and apple juice concentrate. Add remaining apples and ingredients as

before finishing with crumbs. Cover the baking dish and bake at 350°F for 35 minutes. Uncover and bake 20 minutes more at 400°F.



## **NANA'S APPLE CRISP (CRUMBLE)**

Shirley Graves

6-7 apples

1/4 cup brown sugar

Dash cinnamon

Topping:

1 cup brown sugar

1 cup flour

1/2 cup butter

Cut apples up into buttered dish. Sprinkle with cinnamon and brown sugar. Mix ingredients for topping and spread over apples in dish. Bake in 350°F oven for 15 to 20 minutes.

## **BLACKBERRY CRISP**

6-8 cups blackberries

1/2 tsp cinnamon

1/4 cup brown sugar

Mix together and put in a greased 8 1/2" x 11" Pyrex dish.

**Mix:**

2/3 cup rolled oats

1/2 tsp cinnamon

1/3 cup whole wheat flour

1/2 tsp nutmeg

1/3 cup brown sugar

1/4 cup margarine

Mix together until margarine is in pea size clumps. Spread over fruit. Leave an edge of fruit one quarter inch in around edge (for fruit to bubble up) and cook evenly. Bake at 375°F 30 to 40 minutes.

## **FRUIT COCKTAIL DESSERT**

Shirley Graves

1 can fruit cocktail (use a little juice)

1/3 cup lemon juice

Sweetened Condensed Milk

Dream Whip

### Base:

2 cups graham crackers

1/2 cup melted butter

1 Tbsp white sugar

Make base or follow recipe on box and cook 8 to 10 minutes.

Mix first three ingredients and put on top of base. Cook 30 minutes at 350°F. Cool. Put whipped topping on top if desired.

This is great to serve for a crowd. Delicious!

## **FRUIT DESSERT**

Shirley Graves

Rhubarb, apples, peaches, blueberries, strawberries

4 cups fruit

1 cup sugar

1 strawberry jello powder (other flavours can be used)

1 envelope white cake mix (Monarch, Celebration, etc.)

1 cup hot water

Place fruit in bottom of a 9 x 13 inch pan. Add sugar.

Sprinkle over above the jello powder. Then sprinkle cake mix over above. Add 1 cup hot water. Bake in 350°F oven for 1 hour or in microwave for 15 minutes.

## HAWAIIAN CRISP

Shirley Graves

Use a 9 x 13 inch pan, greased.

1-19 oz can crushed pineapple, juice included

1-19 oz can apple pie filling

Over this spread

1 pouch lemonade crystal mix

1 white or lemon cake mix (Use 2 envelopes if 2 are in pkg)

1 square margarine (shread over above mixture)

Then add on top

3/4 cup walnuts or pecans

1 cup coconut flakes

Bake at 300-325°F for 1 hour. Top with whipped cream when serving.

## MIXED FRUIT CRISP

4 cups raspberries

2 Tbsp tapioca

14 oz can pears (undrained)

1/2 tsp cinnamon

1 1/2 cups blueberries

Dash salt

Mix all together and put in a greased 8 1/2 x 11 inch Pyrex dish.

**Mix::**

2/3 cup rolled oats

1/2 tsp cinnamon

1/3 cup whole wheat flour

1/4 tsp nutmeg

1/4 cup margarine

1/3 cup brown sugar

Mix with fingers until margarine is in pea size pieces. Spread over fruit, leave an edge around fruit (for fruit to bubble up).

Bake at 375°F for 30 to 40 minutes. Good served with whipped cream.

## LEMON CREAM CHEESE TART

Anne's Cookbook

with Blueberry Sauce

2/3 cup butter, softened

1/3 cup icing sugar

1 1/3 cups all purpose flour

2 tsp lemon peel, grated

### **Cream Cheese Filling:**

1/2 pound cream cheese, room temperature

1 cup icing sugar

1 tsp vanilla

### **Blueberry Sauce:**

1 1/2 cups blueberries, fresh or frozen

1 Tbsp cornstarch

1/2 cup water

1 cup sugar

Prepare a 9-inch flan pan by lining the bottom with parchment paper, and greasing and flouring the sides. In a food processor, combine butter and icing sugar until well blended. Pulse in flour until combined. Press dough, about 1/4 inch thick along bottom and side of flan pan. Refrigerate for 30 minutes. Prepare oven to 350°F. Prick holes in bottom of unbaked crust and bake for 15 minutes. Let cool completely for filling. In a food processor, beat the cream cheese until softened. Add remaining ingredients and continue beating until smooth. Spoon into prepared shell and refrigerate for 2 hours. Mix cornstarch, sugar and water. Set aside. Add blueberries along with any juice into a pot. Bring to boil on medium-high heat. Stir in cornstarch mixture to the berries. Reduce heat and continue cooking, stirring until thickened. Cool before serving. Serve wedges of tart with blueberry sauce drizzled over top. Makes 6 servings.

## **FROZEN LEMONADE DESSERT**

Noreen Wetmore

Grease 8 x 11 inch Pyrex dish.

**Base:** 2 1/2 cups graham cracker crumbs

1/2 cup melted margarine

Mix well. Save 1/2 cup for topping. Press remaining amount into dish. Bake at 375°F for 8 minutes. Cool.

**Filling:** 1 large cool whip, thawed

1-12 oz frozen pink lemonade

1 can eagle brand milk

Mix well. Spread over base. Sprinkle reserved crumbs on top. Freeze. Serve directly from freezer.

## **OREO COOKIE DESSERT**

Bertles

1 pkg oreo cookies

1 envelope gelatin

3 egg whites

1/2 pint whipping cream

1/2 cup sugar

1 tsp vanilla

Roll cookies (including icing) to fine crumbs. Press 3/4 of the crumbs into an 8 x 10 inch pan. Soak gelatin in 1/3 cup cold water for 10 minutes. Add 1/2 cup boiling water, stir and then cool. Beat egg whites till stiff, add sugar and vanilla.

Pour gelatin mixture, while stirring, into egg whites (slowly).

Add whipped cream and stir lightly. Pour evenly over crumbs.

Sprinkle the remainder of crumbs over top. Place in fridge till set. A couple of hours at least! Makes 1 serving.

## PINEAPPLE DESSERT

Anne's Cookbook

4 eggs, separated

3/4 cup sugar

1 tsp vanilla

1/4 tsp cream of tartar

1/2 cup flour

1/4 tsp salt

3/4 cup sweetened coconut, toasted

Preheat oven to 375°F. Beat egg yolks for 3 minutes with half of the sugar. Beat egg whites with the cream of tartar. Set aside. Mix the rest of the ingredients together except coconut. Fold the beaten egg whites into yolk mixture. On a jelly roll pan (15 x 10 inch) place greased wax paper to fit pan. Spread cake mixture on wax paper. Sprinkle toasted coconut over. Bake for 12 to 15 minutes. Remove wax paper and sprinkle with icing sugar. Roll in jelly roll fashion. Wrap in a tea towel until cool. Spread with filling.

### Filling:

1 cup icing sugar

8 oz cream cheese

1/4 cup butter

4 tsp rum

1/3 cup crushed pineapple

Beat this all together and spread on cake and reroll. Sprinkle with icing sugar. Cut in slices and serve with orange slices, kiwi slices or strawberries or whipped cream. Makes 8 servings.



### **NANA'S ORANGE PUDDING**

Shirley Graves

2 or more oranges, cut up in dish. Pour enough sugar over them to taste. Mix 1 pint milk, 2 egg yolks beaten, add 2 good dessert spoons of cornstarch. Cook until thickened, pour over oranges. Beat whites, sweeten and spread on top. Brown in oven.

### **STRAWBERRY DESSERT**

Shirley Graves

Angel Food Cake

1 cup sugar

1 pint strawberries

2 cups hot water

2-3 oz strawberry jello/1-6 oz

Whipped cream

In a sauce pan add water and sugar, stirring until dissolved. Bring to a boil. Add jello (large). Let cool. Add pint of strawberries. Take 1/2 cake and tear in small pieces. Put in bottom of 9 x 12 inch pan. Take half of strawberry mixture and put over cake. Put remaining part of cake in another layer of berries. Add cream to top.

### **STRAWBERRY SUPREME**

Shirley Graves

Dissolve 1 pkg (3 oz) Jello strawberry flavor gelatin in 1 cup boiling water. Add 1 pkg (10 oz) Birds Eye quick thaw strawberries and stir until berries separate and gelatin is slightly thickened. Pour into 5 cup mold; chill until set but not firm. Meanwhile, dissolve 1 package (3 oz) Jello strawberry flavor gelatin in 1 cup boiling water. Add 1 1/2 cups vanilla ice cream by spoonfuls; stir until ice cream melts. Spoon into mold; chill until firm, about 4 hours. Unmold. Makes 8 servings.

## **PINEAPPLE CREAM DESSERT**

Shirley Graves

2 pkgs unflavoured gelatin  
1 cup boiling water  
1-19 oz can crushed pineapple,  
undrained

1/2 cup cold water  
1 cup sugar  
2 Tbsp lemon juice  
1 cup whipping cream

In a large bowl, soak gelatin in cold water for 10 minutes to soften. Then add boiling water, stirring well. Add sugar, undrained pineapple and lemon juice, stir well. Chill until mixture is consistency of honey. In a separate bowl, whip cream. Fold cream, gently but thoroughly into pineapple mixture. Makes 8 to 10 sherbet glasses. Refrigerate.

[This recipe was given to me by a friend who told me that this recipe of her grandmothers and was at least 75 years old. A traditional family favourite for Christmas Day night served with sandwiches and fruitcake.]

## **CREAMED RICE**

3 cups of cold water  
Pinch of salt  
1 cup rice.  
1/2 cup sultanas

2 1/2 cups milk  
5 Tbsp sugar  
Peel of 1/4 of a lemon  
2 Tbsp butter

Bring water and salt to boiling point in saucepan. Add rice. Cook till soft, about 30 minutes. Drain water and retain rice in saucepan. Add milk to drained rice. Add sugar, lemon peel, sultanas and butter. Bring to boil, then simmer with a few drops of vanilla till the rice takes up the milk.

## GERMAN APPLE CAKE

Shirley Graves

2 eggs

1 cup oil

2 cups sugar

Beat until fluffy.

**Add:** 2 cups flour

2 tsp cinnamon

1 tsp vanilla

4 cups apples

1 cup raisins

1 tsp baking soda

Bake in 325°F oven for 1 1/2 hours.

**Topping:** 8 oz cream cheese

3 cups icing sugar

2 Tbsp butter

Pinch of salt

## BANANA SPLIT CAKE

Roberta's Cookbook

1<sup>st</sup> part: 2 cups graham wafers, crushed

1/4 cup margarine, melted

2<sup>nd</sup> part: 500 ml cream cheese

1/4 cup butter, soft

1<sup>st</sup> part: Mix crumbs and margarine and press into pan.

2<sup>nd</sup> part: Mix all together and spread over the crumbs.

3<sup>rd</sup> part: Slice banana over cream mixture. Spread crushed pineapple over the banana. Top with whipped cream, nuts and cherries.

**WEBBS BLUEBERRY GINGERBREAD**

Maureen Waugh

2 cups blueberries

1 heaping Tbsp sugar

2 heaping Tbsp flour

Drench blueberries with sugar and flour and set aside.

1 egg

1 cup sugar

3/4 cup margarine, melted

1/2 tsp ginger

3 heaping Tbsp molasses

1 tsp soda

1 cup buttermilk

2 cups flour

1/2 tsp salt

1 tsp cinnamon

Beat egg, sugar, margarine and molasses. Add buttermilk. Sift together flour, ginger, salt, soda and cinnamon. Add to egg mixture and beat 3 minutes. Fold in half the berries and pour into a greased and floured 9 x 13 inch pan. Add remaining berries. Pat down.

**Topping:** 3 heaping Tbsp sugar and 1 tsp cinnamon

Mix. Sprinkle on top of cake. Bake at 350°F for 45 minutes.

**RITA'S CHOCOLATE POUND CAKE**

Shirley Graves

2 cups brown sugar

Scant cup butter

3 heaping Tbsp cocoa mixed with sugar

3 eggs

1 tsp soda dissolved in 1/2 cup sour milk

2 cups flour

1 tsp vanilla

Cream butter. Mix brown sugar, cocoa and add to creamed butter. Beat until creamy. Add vanilla, then 3 eggs, beat well. Add 1 tsp soda dissolved in 1/2 cup sour milk. Add 2 cups flour. Beat well. When all is mixed, pour 1/2 cup boiling water over it and mix well. Bake at 350°F for 1 hour.

## BURNT SUGAR CAKE

Roberta's Cookbook

1<sup>st</sup> part: 1/2 cup boiling water

1/2 cup sugar

2<sup>nd</sup> part: 1/2 cup shortening  
1 1/3 cups sugar  
2 egg whites, beaten stiffly  
2 1/2 cups cake flour  
2 1/2 tsp baking powder

2 egg yolks  
1 tsp vanilla  
1 cup milk  
1 tsp salt

3<sup>rd</sup> part: (icing)  
1/2 cup brown sugar  
2 Tbsp syrup (from cake)  
1/4 cup corn syrup

1 Tbsp water  
2 egg whites

**1<sup>st</sup> part:** Melt the sugar until clear and dark brown, stirring constantly to keep from burning. Remove from heat and add boiling water slowly, stirring constantly. Return to the heat and simmer until any lumps are melted and mixture becomes syrupy. Measure out 3 Tbsp to use in cake and save the rest for the icing. **2<sup>nd</sup> part:** Cream shortening and sugar, add egg yolks and vanilla. Add sifted dry ingredients alternately with the milk, then add the 3 Tbsp sugar syrup and blend well. Fold in the stiffly beaten egg whites. Bake in 8 inch round layer pans or 8 inch square pans. **3<sup>rd</sup> part: Icing.** Mix sugar, syrup, water and corn syrup in saucepan. Cover and bring to boil. Uncover and cook, without stirring until syrup is 242°. Beat egg whites stiff, pour syrup very slowly into the whites, beating until it holds peaks. Add vanilla. Spread on the cake.

## **CARROT CAKE**

Eileen Wallace

1 1/2 cups corn oil  
3 eggs  
2 tsp baking soda  
2 cups grated carrots, peeled  
8 oz can crushed pineapple  
3/4 cup shredded coconut

1 3/4 cups sugar  
2 cups all purpose flour  
1/2 tsp salt  
1/2 tsp cloves  
3 tsp cinnamon

### **Cream Cheese Icing:**

2 (8 oz) pkg cream cheese  
1 cup icing sugar  
1 tsp vanilla

Beat together corn oil, sugar and eggs until well combined. In bowl, sift together flour, baking soda, salt, cinnamon and cloves. Add to eggs, sugar mixture, mixing well. Drain pineapple well. Add carrots and pineapple to mixture. Blend well. Pour batter in greased and floured 9 or 10 inch cake pan. Bake at 350°F for about 1 hour. Let cool on rack. Blend icing ingredients well and sprinkle shredded coconut on top.

A mother's patience is like a tube of  
toothpaste - it's never quite all gone.

## CRANBERRY WHITE CHOCOLATE POUND CAKE

Maureen Waugh

|   |                       |
|---|-----------------------|
| 1 cup margarine                             | 1 (250g) cream cheese |
| 3/4 cup brown sugar                         | 3/4 cup white sugar   |
| 1 Tbsp grated orange rind                   | 1 tsp vanilla         |
| 2 tsp baking powder                         | 2 1/4 cups flour      |
| 1 1/2 cups cranberries, fresh/frozen        | 4 eggs                |
| 5 squares white chocolate, coarsely chopped |                       |

**Method:** In a large bowl, cream margarine and cream cheese until light. Add brown sugar and white sugar, orange rind and vanilla. Continue beating until fluffy. Beat in eggs, one at a time. In a medium bowl, sift together flour and baking powder. Add to creamed mixture, stirring well until combined. Stir in cranberries and white chocolate. Spoon batter into greased and floured 9 inch tube pan. Bake at 350°F for 70 minutes. Cool cake in pan. **Orange Glaze:** 3 squares white chocolate and 2 Tbsp orange juice. In top of double boiler, melt the chocolate and stir in the orange juice. Unmold the cool cake. Spoon the glaze over the top.



## **LARGE CHOCOLATE CAKE**

Shirley Thorne

Bake in preheated 325°F oven, 9 x 13 pan for about 1 hour.

Cream together:

2 large cups white sugar  
(a little above level)

1/2 cup shortening

2 eggs, one at a time, beat well

**Sift together:**

2 large cups all purpose flour

2 tsp soda, round a bit

6 heaping Tbsp cocoa

1 tsp salt

Add sifted dry ingredients alternately with 1 cup of buttermilk or sour milk (can add 2 Tbsp vinegar to milk) and 1 tsp vanilla, 1 cup boiling water added to above mixture. Put batter in greased 9 x 13 inch pan. Do not over bake. Check after 50 minutes. Can also bake in tube pan. Makes a very moist cake.

## **HOT MILK SPONGE CAKE (Mom)**

Roberta's Cookbook

2 eggs

1 cup sugar

1 cup flour

1/3 tsp salt

1 1/2 tsp baking powder

1/2 cup hot milk

Butter (size of an egg)

Vanilla

Sift dry ingredients. Beat the eggs till light, add sugar, beat, add dry ingredients. Slowly pour in the hot milk, in which the butter has been melted. Add vanilla. Paper an 8 inch square pan. Do not grease! Bake at 300°F for 45 minutes. Make a fudge icing with 1/2 cup brown sugar, milk to thin and butter. Boil till soft stage. Beat until it will hold on cake.

## MARBLE SWIRL POUND CAKE

Shirley Graves

2 cups sugar

2 tsp vanilla extract

1 cup butter or margarine

1/4 tsp salt

3 1/2 cups cake flour

4 eggs

1 cup milk

1/4 cup cocoa

1 1/2 tsp double-acting baking powder

Grease 10 inch tube pan. Set aside. In a large bowl with mixer at low speed, beat sugar and butter or margarine until blended. Increase speed to high; beat until light and fluffy. Add flour and remaining ingredients except cocoa; at low speed, beat until well mixed, constantly scraping bowl with rubber spatula. Increase speed to high and beat batter 4 minutes longer, occasionally scraping bowl with rubber spatula.

Preheat oven to 350°F. Remove about 2 1/2 cups batter to medium bowl. With wire whisk or fork, beat cocoa into batter in medium bowl until well blended. Alternately spoon vanilla and chocolate batters into prepared pan. With large spoon, cut and twist through batters to obtain marbled effect. Bake 1 hour or until toothpick inserted in centre of cake comes out clean. Cool cake in pan on wire rack 10 minutes. With spatula, loosen cake edge from pan. Remove cake from pan; cool completely on rack. Makes 16 servings.

## **DARK GINGERBREAD**

Anita Stevenson

1/2 cup shortening  
1/2 cup white sugar  
1 1/2 tsp soda  
1 tsp cinnamon  
1/2 tsp salt  
1 cup hot water

1 egg, well beaten  
2 1/2 cups pastry flour  
1 tsp ginger  
1/2 tsp cloves  
1 cup molasses

Cream shortening, add sugar and mix well, add molasses and hot water. Sift dry ingredients and add in the liquid mixture. Beat well. Bake in 350°F oven for 45 minutes.

## **JOHNNY CAKE**

1 cup flour (or 1/2 white & 1/2 whole wheat) Salt  
2 1/2 tsp baking powder 1/4 cup sugar  
1/4 tsp soda 1 egg  
1/2 cup cornmeal 1/4 cup molasses  
1/4 cup vegetable oil or margarine 3/4 cup cold milk  
Mix but do not over mix. Bake 25 to 30 minutes in 375°F-400°F oven.

## LEMON TOWER CAKE

Bertles

1- 7.5 oz Lemon Pie Filling

1 large Angel cake

125 ml whipping cream

Prepare the pie filling according to package. Cover surface with waxed paper and chill. Slice cake into three layers.

Spread half of filling between layers. Whip cream and fold into remaining mixture over top and sides of cake. Chill at least 4 hours before serving. Makes 1 serving.

## JOHNNY CAKE (Mom)

Roberta's Cookbook

1 3/4 cups flour

2 tsp cream of tartar

2 cups cornmeal

1 tsp soda

3 Tbsp sugar

1/2 tsp salt

3 Tbsp shortening, melted

2 eggs

2 cups milk

Mix the dry ingredients together in bowl. Add the milk and eggs. Add the melted shortening. Put in 9 x 3 inch pan and bake at 350°F for 45 minutes or till done.

## OATMEAL CAKE

Maureen Waugh

1 cup oatmeal  
1 1/2 cups boiling water  
1 cup white sugar  
1 cup brown sugar  
2 eggs  
1/2 cup oil

1 1/2 cups flour  
1 tsp baking powder  
1 tsp soda  
1 tsp salt  
1 tsp vanilla  
1/4 cup water

**Method:** Mix oatmeal into boiling water and cool slightly. Stir in sugars, eggs, vanilla, oil and water. In a small bowl combine flour, baking powder, soda and salt. Add to first mixture. Stir well. Pour into a greased and floured 9 x 13 inch pan.

**Topping:** Sprinkle top of batter with: 1/2 cup brown sugar, followed by 1/2 cup coconut, 1/2 cup chocolate chips and 1/2 cup chopped walnuts. Bake at 350°F for 1 hour.

## PRUNE WHIP CAKE (Mom)

Roberta's Cookbook

2 cups flour  
2 tsp baking powder  
1 tsp salt  
1/2 tsp nutmeg  
1/2 cup shortening  
1/2 cup milk  
2 eggs

1 1/2 cups sugar  
1/4 tsp soda  
1/2 tsp cinnamon  
1/2 tsp allspice  
1/2 cup prune juice  
1 tsp vanilla

Sift the dry ingredients. Add shortening, 3/4 of the prune juice, milk and vanilla. Beat well. Add rest of the liquids and eggs. Bake in tube pan at 375°F for 50 minutes or till done.

## RHUBARB CAKE

Frank Morehouse

1/2 cup margarine

1 1/2 cups brown sugar

1 beaten egg

1 tsp vanilla

1/8 tsp salt

1 cup buttermilk

2 cups flour

1 tsp soda

3 cups finely sliced rhubarb

1/2 cup chopped nuts

1/3 cup brown sugar

1/3 cup white sugar

1/2 tsp cinnamon

Slice the rhubarb into 1/4 inch slices. Cream the margarine and 1 1/4 cups brown sugar, add the egg, vanilla and salt. Mix well. Stir in the rhubarb. Pour the batter into a well greased 9 x 13 inch pan. Mix together nuts, brown sugar, white sugar and cinnamon. Distribute this mixture evenly over the unbaked cake batter. Bake for about 45 minutes at 350°F.

Lot's of people have will power. It's  
don't power that's in short supply.



## PINEAPPLE PEACH UPSIDE DOWN CAKE

|  |                       |
|--|-----------------------|
| 1 1/4 cups all purpose flour               | 1/4 tsp nutmeg        |
| 1 1/4 cups whole wheat flour               | 1/2 tsp cinnamon      |
| 1/2 cup sugar                              | 2 Tbsp vegetable oil  |
| 1 1/2 tsp baking powder                    | 2 eggs                |
| 1 tsp soda                                 | 1/4 tsp salt          |
| 1 cup nonfat plain yogurt                  | 1 tsp vanilla         |
| 14 oz can of unsweetened crushed pineapple | 1 tsp lemon extract   |
|  | 1/2 cup walnut pieces |

Spray 9 x 11 inch Pyrex dish with Pam. Melt 1/4 cup butter in dish by putting it in microwave oven for approximately one minute. Spread over bottom of dish. Spread 1 cup brown sugar over butter. Place one 14 oz can of sliced peaches over brown sugar then cut up some dates and place pieces of dates in between the peaches, use enough so when cooked there will be peaches and dates on each piece of cake when cut.

Mix the **batter**. Beat together sugar, eggs, oil and flavourings add yogurt then add flours, baking powder, soda, spices and nuts alternately with the undrained can of crushed pineapple. Beat after each additional until smooth. Spread evenly over peaches and prunes and bake in preheated 375°F oven for 40 minutes or until toothpick inserted comes out clean. Cool for 10 or 15 minutes then turn out on rack. Cut in squares. Good served with whipped cream.



## **ZUCCHINI CHOCOLATE CAKE**

Frank Morehouse

1/2 cup margarine

1/2 cup oil

1 3/4 cups sugar

2 eggs

1 tsp vanilla

1/2 cup buttermilk

2 1/2 cups flour

1/2 tsp baking powder

4 Tbsp cocoa

1/2 tsp cinnamon

1 tsp soda

1/2 tsp salt

2 cups grated zucchini

1/2 cup chopped nuts

1/2 semi-sweet chocolate chips

Cream margarine, oil and sugar. Beat in eggs one at a time. Blend in vanilla and buttermilk. Sift dry ingredients together. Add slowly to creamed mixture. Stir in zucchini. Pour into a greased and floured Bundt or funnel pan. Sprinkle nuts and chocolate chips on top. Bake at 325°F for 45-50 minutes (or longer).

## **WHITE CAKE**

Marie Wilton

(Dad's favourite)

2 cups white sugar

1 cup shortening

3 eggs (beat altogether)

**Add:** 1/2 cup milk

2 tsp baking powder

1/2 cup boiling water

1 tsp salt

2 3/4 cups flour

1 tsp vanilla (beat)

Bake 35 minutes at 350°F. Use a square pan 9 x 12 inch or two layer pans.

## CARROT NUT CAKE

Marie Wilton

Sift:

2 cups flour

2 tsp baking powder

1 tsp soda

1 tsp salt

2 tsp cinnamon

Add:

2 cups sugar to 1 cup corn oil

Beat in 4 eggs. Stir in 3 cups grated raw carrots. Add 1 cup finely chopped walnuts. Mix well. Pour in 2- 9 inch round pans.

Bake at 325°F for 60 minutes.

**Butter Cream Frosting:** (Good!)

2 1/2 Tbsp flour

1/2 cup milk

Cook until smooth.

Add to cooled paste:

1/2 cup soft margarine

1/2 cup white sugar

Mix and beat until fluffy.

Add last: 1/2 tsp vanilla. Beat again.

## MOM'S GOOD DOUGHNUTS (FAVOURITE) Marie Wilton

1 1/4 cups white sugar

3 eggs

4 Tbsp lard

1 cup milk

1 tsp vanilla

1 tsp salt

1 tsp nutmeg

1/2 tsp soda

4 tsp baking powder

4 1/2 cups flour

## MOCHA CHIFFON CAKE

Marie Wilton

4 tsp instant coffee  
3/4 cup hot water  
2 1/4 cups sifted cake flour  
1 1/2 cups sugar  
3 one-ounce semi-sweet squares  
Or chocolate thinly shaved  
1/2 cup salad oil

5 egg yolks  
1 tsp vanilla  
1/2 tsp cream of tartar  
3 tsp baking powder  
1 cup 8 egg whites  
1 tsp salt

### Method:

Dissolve coffee in hot water. Cool. Sift remaining dry ingredients into a bowl. Make a well in centre of dry ingredients. Into well add in this order: salad oil, egg yolks, coffee and vanilla. Beat until smooth. Stir in shaved chocolate. Add cream of tartar to egg whites in second large mixing bowl. Beat till very stiff peaks form. Pour mixture from first bowl in thin streams over whites: fold in gently. Bake in ungreased 10 inch tube pan in slow oven (325°F) 55 minutes. Then at 350°F for 10 to 15 minutes. Invert pan over two cans so cake hangs upside down until cool. Then easily remove cake.

Grace Dykeman (Agnew) 1916-1985  
(Henderson)(Alward)(Keith)

Our mother was known to her family as the world's best cook and mother. Many knew her for her warm hospitality, friendliness and all of us knew her for her love and gentle spirit. Our favourites were: doughnuts, white cake, molasses cookies, macaroons and molasses cake. Marie (Dykeman) Wilton

## **BLUEBERRY CAKE**

Marie Wilton

1/2 cup butter

1 cup sugar

2 eggs

3/4 cup milk

2 cups flour

2 tsp baking powder

Lemon flavouring

1 cup blueberries

### **Topping:**

3/4 cup brown sugar

1/4 tsp cinnamon

Cream butter and sugar. Add beaten eggs. Sift dry ingredients and add alternately with milk. Add flavouring and fold in berries last. Put in 8 x 9 inch pan. Mix topping on top of mixture. Bake at 350°F for 35 to 40 minutes.

## **ONE EGG CAKE**

Marie Wilton

1/4 cup shortening

1/4 tsp salt

1 cup sugar

2 1/2 tsp baking powder

1 egg, unbeaten

3/4 cup milk

2 cups sifted cake flour

1 tsp vanilla

Cream shortening, add sugar gradually and cream until fluffy. Add eggs and beat thoroughly. Sift dry ingredients together 3 times and add alternately with milk and vanilla. Pour into greased pans. Bake in moderate oven at 350°F for 25 minutes. Makes 2 (9 inch) layers.

## **TUMBLER CAKE**

Velma Kelly

2 tumblers of brown sugar

1 tumbler butter

1 tumbler molasses

1 tumbler sweet milk

5 tumblers flour

2 tsp (small) soda

1 tsp cinnamon

1 tsp cloves

1 tsp nutmeg

Above recipe makes a good fruit cake by adding 1 pint raisins and 1 cup currants.

## **PEPPER CAKE**

Velma Kelly

1 cup raisins (stoned)

1 cup baking syrup

2 eggs

1/2 cup butter

1/2 cup sour cream

1/2 cup sugar

1 tsp soda

1 tsp cinnamon

nutmeg

1 tsp black pepper

2 cups flour

Bake 40 minutes.

## CHOCOLATE CHIP OATMEAL CAKE

Glenda Wright

3 1/2 cups boiling water ) Combine and set aside.

2 cups oatmeal )

2 cups brown sugar ) Cream together until

2 cups white sugar ) light and fluffy.

1 cup margarine )

2 eggs ) Continue to cream together.

Add:

3 1/2 cups flour

2 tsp soda

1 tsp salt

3 Tbsp cocoa

1 pkg (300gr) chocolate chips

Oatmeal/water mixture

[Granddaughter of William Wilson] 1884-1918

A good reducing exercise: place both  
hands against the table edge; push back.

## HAPPY DAY CAKE

Shirley Thorne

I think this used to be on the Swans Down Cake flour box. My mother always used it for birthday cakes and so did I and the grandchildren like it. Very easy. Sift the following ingredients together and put in mixer bowl:

2 1/3 cups pastry flour (VELVET), SIFT before measuring

3 tsp baking powder

1 tsp salt

1 1/2 cups sugar

ADD: 1/2 cup softened shortening

Then add about 7/8 of a very full cup of milk (actually about 1 1/8 cup) 1 tsp vanilla. Beat well until blended, using spatula to clean sides. ADD: 2 eggs, one at a time. Beat until blended only. Add last 1/4 cup of milk. Do not over beat.

Bake in oven preheated to 375° then lower to 350°.

For 3 round layers (grease and flour or cover bottom with wax or parchment paper). Bake 15 to 20 minutes test with finger.

For 9 x 13 inch pan (line with wax paper if wish to remove) 30 min+

Tube pan (wax or parchment paper in bottom) 40-45 minutes.

Also good for cupcakes. DO NOT OVERCOOK.

## CREAMY FROSTING

Cream shortening, add icing gradually and milk as needed. Do not over beat.

Shortening

For 9 x 13 pan

1/2 cup

For 3 layers /decorating

7/8 cup

Icing

2 cups

3 1/2 cups

Milk (or water)

4 Tbsp

7 Tbsp

Flavoring

1 tsp

1 1/2 tsp (I use 1/2 vanilla and 1/2 almond)



## **FRESH APPLE CAKE (Delicious!)**

Shirley Thorne

This recipe won \$100 as the overall winner of a recipe contest in 1976, in the Telegraph Journal. It was entered by Mrs. Muriel Baird of 176 York St., Fredericton. (Someone must know who she is or was. I wonder if it was Dr. Baird's wife but I really don't know).

### **Ingredients:**

|                                       |                      |
|---------------------------------------|----------------------|
| 3 cups flour                          | 2 eggs               |
| 1 1/2 tsp baking soda                 | 1/2 tsp lemon peel   |
| 1/2 tsp salt                          | 2 cups sugar         |
| 3 cups finely chopped apple (I grate) | 1 1/2 cups salad oil |
| 1/2 cup chopped pecans                |                      |

**Method:** Grease and flour 3 round 8 inch pans. Sift flour, baking soda and salt. In small bowl combine chopped apple, 1/2 of the nuts and lemon peel. In large bowl mix sugar, salad oil and eggs. Beat well with wooden spoon. Add sifted dry ingredients. Mix till smooth. Add apple mixture. Stir until well combined. Spread evenly in prepared pans. Bake 30-40 minutes at 350°F or until done. Cool in pans 10 minutes. Remove from pans. Cool thoroughly on wire racks. After icing, refrigerate till served.

### **CREAM CHEESE FROSTING and FILLING**

**Ingredients:** 1 pkg (8 oz-250gr) cream cheese softened  
1 Tbsp butter or margarine, softened  
2 tsp vanilla

1 lb icing sugar (about 3 cups+/-)

**Method:** At medium speed, beat with electric mixer. Beat cheese, butter and vanilla until creamy. Add sugar and beat well. Use for filling and icing. Press remaining nuts on sides and top of cake.

### **CHIPPITS CHEWY SKOR TOFFEE BITS** Shirley Graves

Beat 1/2 cup (125ml) Golden Crisco with 3/4 cup (175ml) each lightly packed brown sugar and granulated sugar and 2 eggs until well blended.

Stir in 1 tsp (5ml) vanilla extract, 2 1/4 cups (500ml) all purpose flour, 1 tsp (5ml) baking soda and 1 pkg (280g) Chippits Skor Toffee bits.

Drop by teaspoonful (5ml) measure onto greased cookie sheets. Bake at 350°F (180°C) for 8 to 10 minutes or until golden brown. Cool slightly then remove to wire rack. Makes about 4 dozen cookies. Good!

### **DAD'S MOLASSES COOKIES**

Jean Hodgson

Easy to make, a 'drop' cookie, 350°F oven about 10 minutes to cook.

1 cup shortening

1 cup molasses

2 tsp soda

1 1/2 tsp vanilla

1 tsp each cinnamon, ginger, cloves

1/2 tsp salt

4 cups flour

1 egg

1 cup sugar

1 cup sour milk (I use 1 1/2 Tbsp vinegar & fill to full cup, add soda)

Combine and mix thoroughly. If you run a test cookie, you may need to adjust flour to 4 1/3 cups.

## CHOCOLATE CHIP COOKIES

Jean Hodgson

|                                      |                       |
|--------------------------------------|-----------------------|
| 3/4 cup shortening                   | 1 egg                 |
| 1 1/4 cup lightly packed brown sugar | 2 Tbsp milk           |
| 2 tsp vanilla                        | 1 1/2 cup flour       |
| 1 tsp salt                           | 3/4 tsp baking soda   |
| 1 cup chopped nuts (optional)        | 1 cup chocolate chips |

Preheat oven to 375°F. Cream shortening and brown sugar in a large bowl until blended. Add egg, milk and vanilla, beating well. Combine flour, salt and baking soda. Add to creamed mixture gradually, beating well. Stir in chips (and nuts). Drop dough by heaping spoonfuls on ungreased baking sheet. Bake 8 to 10 minutes. This will vary, depending on size of cookie. Cookies will still appear moist when baked. Cool 2 minutes, then remove to cooling racks.

[Note: This recipe was developed by Proctor and Gamble's food labs, and suggests that shortening produces a moister cookie than margarine.]

## **DOUBLE CHOCOLATE CHIP COOKIES**     Noreen Wetmore

|                        |               |
|------------------------|---------------|
| 1 1/4 cups margarine   | 2 cups sugar  |
| 2 eggs                 | 2 tsp vanilla |
| 2 cups flour           | 3/4 cup cocoa |
| 1 tsp baking soda      | 1/2 tsp salt  |
| 2 cups chocolate chips |               |

Cream butter and sugar until light. Add eggs and vanilla. Beat. Combine flour, cocoa, baking soda, salt. Blend into creamed mixture. Stir in chips. Drop by teaspoon on ungreased sheet. Bake at 350°F for 8 or 9 minutes. **DON'T OVER BAKE.** Makes 4 1/2 dozen.

## **OKLAHOMA COOKIES**

Shirley Graves

|                                 |                      |
|---------------------------------|----------------------|
| 1/2 cup butter                  | 2 tsp soda           |
| 1 cup white sugar               | 4 1/2 cups oatmeal   |
| 1 cup brown sugar               | 4 oz chocolate chips |
| 3 eggs                          | 2 tsp vanilla        |
| 1 1/2 cups peanut butter        | 1/2 cup nuts         |
| 1/2 cup each red/green cherries |                      |

Roll in balls. Put on cookie sheet. I sometimes just spread the batter on the whole cookie sheet and cut into bars when done. Cook at 350°F for 10 minutes.

**SHORTBREADS (Doreen)**

Bertles

1 lb butter softened

1/2 cup cornstarch

1 cup icing sugar

3 cups flour

1 tsp vanilla or almond flavouring

Beat the butter till it looks like the whipped cream. Add rest of ingredients slowly, a bit at a time. Chill. Makes 1 serving.

Xmas It can be kept in fridge and cooked another day. Can be made into small balls and flattened with a fork or rolled out and cut with cookie cutter. Bake at 325°F for 15-20 minutes until the edges are slightly browned.

**SHORTBREAD**

Anita Stevenson

1 cup butter

1/2 cup icing sugar

1 1/2 cups flour

1 tsp vanilla

Beat 10 minutes. Bake at 350°F for 17 minutes.

**SPICE CRINKLES**

Jean Hodgson

3/4 cup shortening

1 egg, beaten well

1 cup brown sugar, packed

1 tsp salt

2 1/4 cups sifted flour

1/4 cup molasses

2 tsp baking soda

1/2 tsp cloves

1 tsp cinnamon

1 tsp ginger

Cream sugar and shortening, add beaten egg and molasses. Add dry ingredients to wet. Cover and chill in refrigerator for 1 hour. Shape dough into balls the size of walnuts. Dip one side into sugar. Place on cookie sheet 2 inches apart. Press with fork. Cook at 375°F for 10 minutes. Center of oven is best.

## WHOPPIE PIES (Sylvia)

Bertles

|                                    |                    |
|------------------------------------|--------------------|
| 1/2 cup shortening                 | 1 tsp soda         |
| 5 Tbsp cocoa, or 2 sq chocolate    | 2 cups flour       |
| 1 cup milk                         | 1 cup sugar        |
| 1 tsp salt                         | 2 egg yolks        |
| 1 tsp baking powder                | 1 tsp vanilla      |
| <b>Filling:</b> 2 cups icing sugar | 2 egg whites       |
| 1/2 tsp salt                       | 1/4 cup shortening |
| 1 tsp vanilla                      |                    |

Cream the shortening and sugar and cocoa together. Add the egg yolks and milk and vanilla, then add the dry ingredients together. Drop by teaspoon on cookie sheet. Bake at 350°F for 8 to 10 minutes or till done. **Filling:** Mix the egg whites, sugar, salt, shortening and vanilla together. Beat at high speed until smooth and thick. Put two of the cookies together and allow to set for a bit.

## NANA'S GINGER COOKIES

Shirley Graves

|   |                       |
|---|-----------------------|
| 1 cup white sugar                         | 1/2 cup molasses      |
| 1 cup shortening or butter<br>(half/half) | 3 1/2 cups flour      |
| 1 heaping tsp soda in water               | 1/3 cup boiling water |
| 1/2 tsp ginger                            | 1 tsp salt            |
|   | 1 tsp vanilla         |

Line a long bread tin with waxed paper and press dough in. Put in fridge overnight and slice thin next day. Heat oven at 350°F. Cook 10 minutes.

## NEVER FAIL SCOTCH CAKES

Marie Wilton

1/2 cup cornstarch

1/2 cup icing sugar

1 cup sifted all purpose flour

1 cup butter or margarine

Sift together, cornstarch, icing sugar and flour into a bowl.

Have butter at room temperature. Blend butter or margarine into dry ingredients with a spoon until a soft dough has been formed. Shape into balls about 1 inch in diameter. Place on ungreased cookie sheet about 1 1/2 inches apart. Flatten dough with a lightly floured fork. Bake in slow oven 300°F for 20 to 25 minutes or until edges of cookies are lightly browned. Yields: 3 to 4 dozen. NOTE: If dough is very soft, cover and chill for half hour.

## SHORTBREAD COOKIES

Marie Wilton

1 cup margarine

1 cup cornstarch

1/2 cup icing sugar

1 1/2 cups flour

1 egg yolk

Mix, chill. Cut out. Bake at 300°F for 20 to 24 minutes.

Give without remembering; take without forgetting.



### **SUGERLESS COOKIES**

Marie Wilton

1 pkg prepared pudding, containing sugar and cornstarch (any flavor)

1 cup cornflakes

1 tsp cream of tartar

1 1/3 cups flour

1/2 tsp soda

3/4 cup shortening

1 egg

Vanilla and less salt should be used when using chocolate or butterscotch pudding. Mix dry ingredients. Work in shortening. Beat egg and add. Drop by teaspoon on greased cookie sheet. Bake at 350°F for 10 minutes.

### **COCONUT MACAROONS**

Marie Wilton

(favourite)

3 cups coconut

1 egg

1 1/2 cups sweetened milk

1/2 tsp vanilla

Roll in balls. Place 1/2 cherry on top. Cook in slow oven until light brown.

### **MOM'S CHOCOLATE CHIP COOKIES**

Marie Wilton

1/2 cup white sugar

1/2 cup brown sugar

1/2 cup margarine, melted

1-2 eggs

2 1/4 cups flour

1/2 tsp soda

1 tsp vanilla

Add half of a small bag chocolate chips to flour. Mix remaining ingredients. Cook at 350°F for 12 minutes.

## **ICE BOX GINGER SNAPS**

Shirley Thorne

Mix until blended and smooth:

1/3 cup brown sugar

2/3 cup molasses

1 cup softened shortening

Sift together and add to creamed mixture:

3 cups flour

2 tsp ginger

2 tsp soda

1 tsp salt

Add: 1 Tbsp milk if moisture needed

Shape into two rolls (I shape with straight sides), wrap in waxed paper and refrigerate. When chilled slice and bake. May cook part and freeze the rest for future use.

## **BEST EVER COOKIES**

Shirley Thorne

Blend together:

1 cup white sugar

1 cup brown sugar

1 cup block margarine

Add the following and mix well:

1 cup cooking oil

1 beaten egg

1 tsp vanilla

Sift next 4 ingredients and beat into above mixture:

3 1/2 cups flour

1 tsp salt

1 tsp soda

1 tsp cream of tartar

Add and mix in:

1 cup rice krispies

1 cup coconut

1/2 cup walnuts (I omit)

1 cup oatmeal

Chill 1 hour (can skip) Shape into balls about size of a walnut. Press down with a fork dipped in hot water or a glass on any size, greased, cookie sheet. Bake in 350°F oven for 10-15 minutes. Watch closely.

## OLD FASHIONED SUGAR COOKIES

Shirley Thorne

(Grammie Thorne's recipe)

1 cup butter

3 eggs

3 2/3 cups flour

Pinch of salt

1 1/2 tsp baking powder

1 tsp baking soda

1 1/2 cups granulated white sugar

1 tsp vanilla extract and 1 tsp lemon extract or all vanilla

**Method:** In a big bowl beat butter, sugar, vanilla, lemon and eggs until light and fluffy. Sift together flour, salt, baking powder and soda and beat in gradually until blended. Divide in two, wrap and refrigerate for several hours or overnight. Preheat oven to 350°F. Grease baking sheets. Roll out dough on floured surface to 1/4" thickness. Cut with floured cookie cutter to desired shape. Sprinkle with sugar (white or coloured). Bake 7-9 minutes or until pale brown in colour. Time depends on size and thickness of cookies. Cool on racks.

## SCOTCH COOKIES

Shirley Thorne

Sift together:

1/2 cup cornstarch

1 cup flour

1/2 cup icing sugar (heap a little)

1 cup butter at room temperature, blended into dry ingredients with a spoon. **NOTE:** If dough is very soft, cover and chill in fridge. If too soft, cookies will be crisp rather than melting in mouth. Roll 1/4 inch thick. Cut with shaped cutters if desired or roll into 1 inch balls and flatten dough with a floured fork. Bake in slow oven, 300°-350° for 15-20 minutes, until lightly browned on edges. Nice iced with butter icing, flavored with vanilla and almond.

## **MOLASSES COOKIES**

Marie Wilton

(favourite)

- |                    |                |
|--------------------|----------------|
| 1 1/2 cup molasses | 5 cups flour   |
| 1 cup brown sugar  | 2 tsp cinnamon |
| 1 cup shortening   | 2 tsp ginger   |
| 1 egg (optional)   | 1 tsp salt     |
| 1/2 cup warm tea   | 1 tsp vanilla  |
| 2 scant tsp soda   |                |

Mix together. Roll out, Cut in shapes. Bake at 350°F for 10 to 12 minutes.

## **OATMEAL CHOCOLATE CHIP COOKIES**

Coleen

- |                   |                       |
|-------------------|-----------------------|
| 1 cup shortening  | 1 1/2 cups flour      |
| 1 cup sugar       | 1 tsp salt            |
| 1 cup brown sugar | 1 tsp soda            |
| 2 eggs            | 3 cups oatmeal        |
| 2 tsp vanilla     | 1 bag chocolate chips |

Cream first 5 ingredients. Add mixture of flour, salt and soda alternately with 3 Tbsp of water. Add oatmeal.

## **BROWNIES**

Eleanor Allen

- |                         |                    |
|-------------------------|--------------------|
| 1 1/2 cups flour        | 1 tsp salt         |
| 2 cups white sugar      | 1/2 cup cocoa      |
| 2 tsp vanilla           | 1 cup oil          |
| 4 eggs                  | 1/4 cup cold water |
| 1/2 cup nuts (optional) |                    |

Place ingredients in bowl in order given. Beat at low speed or by hand until smooth. Put in greased 9 x 13 inch pan. Bake at 350°F for 35 minutes.

### **Icing:**

- |                                  |                    |
|----------------------------------|--------------------|
| 1 1/2 squares bitter chocolate ) | Melt together.     |
| 2 Tbsp margarine )               | Remove from stove. |
| 2 Tbsp milk )                    | Beat and           |

### **Add:**

- |                    |               |
|--------------------|---------------|
| 2 cups icing sugar | 1 tsp vanilla |
|--------------------|---------------|

Mix until smooth. May need to add more milk. Makes large batch.

## **BUTTERSCOTCH SQUARES**

Noreen Wetmore

- |                     |                   |
|---------------------|-------------------|
| 1 cup flour         | 1/2 cup margarine |
| 1/2 cup brown sugar |                   |
- Bake 15 minutes at 350°F.

### **Mix together**

- |                          |                     |
|--------------------------|---------------------|
| 1 egg                    | 1/4 cup brown sugar |
| 1/2 tsp baking powder    | 1/2 cup coconut     |
| 1 pkg Butterscotch chips | 1/2 cup walnuts     |

Chopped cherries (if desired)

Add this mixture to cover the top of the crust and return to oven for 15 minutes.

## DATE SQUARES

Shirley Graves

1 cup flour

1/4 cup Carnation milk

2 tsp baking powder

1 egg

1 cup sugar

1 cup chopped walnuts

1/4 tsp salt

1 cup dates (optional)

Mix together flour, baking powder, sugar and salt. Add milk and well beaten egg. Add walnuts and dates. Spread in a buttered pan and bake for 20 minutes in 350°F oven.

## RAINBOW SQUARES

Noreen Wetmore

**Bottom:** 1 cup butter

3 Tbsp white sugar

2 cups flour

Mix and press into pan and bake until light brown.

**Topping:** Cook the following:

1 1/2 cups (1 can) crushed pineapple 1/2 cup sugar

1 small bottle cherries (cut up) 1 tsp vanilla

3 Tbsp cornstarch

When mixture thickens spread over bottom. Beat 3 egg whites plus sift and add 1/2 cup white sugar. Spread over topping and sprinkle with fine coconut and bake until lightly browned.

## PEANUT SQUARES

Eileen Wallace

1/2 cup brown sugar

1/2 cup peanut butter

1/2 cup corn syrup

1 cup peanuts (optional)

4 cups rice krispies

1 cup chocolate chips

Melt sugar, butter and syrup. (May be done in the microwave.)

Add peanuts and rice krispies and turn into greased 9 x 13 pan, cool. Melt chocolate and spread over the top.

## **RHUBARB DREAM BARS**

Noreen Wetmore

### **Crust:**

2 cups flour

3/4 cup icing sugar

1 cup butter

Combine flour and sugar. Cut in butter. Press into bottom of 9 x 13 inch pan. Bake at 350°F for 15 minutes.

**Filling:** Prepare while crust is baking.

4 eggs

2 cups white sugar

1/2 cup flour

1/2 tsp salt

4 cups diced rhubarb

Blend eggs and sugar, flour and salt until smooth. Fold in rhubarb. Spread over hot crust. Bake at 350°F for 40 to 50 minutes or until filling is light brown. When cool cut into squares.

## **SKOR BARS**

Bertles

Sandy Williamson (Mullen)

1 pkg skor chippits, 225 gr

3 Aero chocolate bars

1 box Ritz crackers, 250gr crushed

1/8 cup oil( 2 Tbsp.)

1 can sweetened condensed milk

Mix 3/4 of the bag of chippits, crackers and the milk together. Press in pan. I used the 9 x 13 inch pan and they were too thin. I would use the 8 1/2 x 10 1/2 inch pan next time. Melt the chocolate bars and the oil together. Pour over the base. Sprinkle the rest of the chippits on top. Makes 1 serving.



## SKOR SQUARES

Anne's Cookbook

1 box Ritz crackers, 250gr 50% salt

1 can Eagle Brand Milk

1 cup Skor bar chips

4 Aero chocolate bars

Crush crackers into crumbs. Mix first three ingredients well.

Spread in a 9 x 9 inch pan. **Icing:** Melt 4 Aero chocolate bars and mix in 1 tsp vegetable oil. Spread over squares. Makes 18 servings.

## ALMOND ROCA SQUARES

Anne's Cookbook

1 pkg graham crackers

1 cup brown sugar

1 cup almonds, crushed or sliced

1 cup butter

1 pkg chocolate chips

Preheat oven to 350°F. Lay graham crackers on a large cookie sheet (12 x 18) so that the bottom is completely covered.

Sprinkle almonds over the top. In a saucepan melt butter and sugar. Boil for 3 minutes. Pour mixture over crackers and almonds. Bake in oven for 8 minutes. Remove and add the chocolate chips. Once the chips have melted run a fork across and up and down to spread the chocolate. Cut into squares and transfer to another pan to cool. Makes 18 servings.

## APRICOT SQUARES

Anne's Cookbook

1 cup flour

1/2 cup butter

1/4 cup brown sugar

2/3 cup water

2/3 cup dried apricots, cut up

2 eggs, beaten

3/4 cup brown sugar

1/2 cup flour

3/4 tsp baking powder

1/2 cup coconut

1/2 tsp salt

1 tsp vanilla

Preheat oven to 350°F. Mix together flour, butter and sugar.

Press into a 9 x 9 inch pan and bake for 5 minutes. Place apricots and water in a saucepan and simmer for 15 minutes.

Meanwhile mix together remaining ingredients and then combine with cooked apricot mixture. Place on the base in 9 x 9 inch pan. Bake for 25 minutes. Cover with foil when taken from oven. Cool. Make a butter icing using lemon juice and ice squares. Cut into squares. Makes 16 servings.

## TUTI FRUITI BARS

Marie Wilton

1/3 cup candied pineapple

1/3 cup red cherries

1/3 cup cut citron

1/3 cup blanched almonds

8 squares semi-sweet chocolate

**Method:** Mix fruit and nuts. Place in lined pan. Cover with melted chocolate. Let stand in cool place till hard. Lift entire block out of pan. Cut into bars.

## CHERRY AND PINEAPPLE SQUARES

Marie Wilton

2 cups flour

1/4 cup sugar

1 cup shortening or margarine

Mix together and press in pan. Bake until golden brown approximately 12 to 15 minutes.

Cook in double boiler until thick:

1 cup drained pineapple

3/4 cup white sugar

2 Tbsp cornstarch or flour

1 bottle cherries (cut up)

1/2 tsp salt

1/2 tsp vanilla

3 Tbsp hot water

1 egg white (beaten)

Remove from double boiler and beat until it thickens. Spread this thickened mixture over cooked base.

**Topping:** 3 egg whites  
3 Tbsp white sugar  
1 cup coconut

Brown altogether in oven.

## DATE SQUARES

Marie Wilton

2 cups oatmeal

2 cups flour

1 cup brown sugar

1 cup butter (not melted)

1 tsp soda

1 tsp salt

**Filling:**

2 cups dates )

1/2 cup white sugar ) Cook

vanilla )

## **MOCK APPLE PIE**

Bertles

2 cups water

3/4 cup sugar

2 tsp cream of tartar

30 Ritz crackers

1 Tbsp lemon juice

1 tsp cinnamon

### **Crumb Topping:**

1 cup Ritz crackers, finely rolled (25)

1/2 cup brown sugar, lightly packed

1/3 cup margarine, melted

1/2 tsp cinnamon

Combine water, sugar and cream of tartar in saucepan, bring to boil. Drop in whole crackers and simmer for 5 minutes. Pour into unbaked pie shell, sprinkle with lemon juice and cinnamon. Combine cracker crumbs, brown sugar, melted margarine and cinnamon. Sprinkle over the pie filling.

Bake at 400°F for 15 minutes. Reduce heat to 350°F and bake for 15 to 20 minutes. Serve warm. Makes 1 serving.

## **SUGAR PIE**

Shirley Graves

1/2 cup carnation milk

1/2 cup milk

1 cup brown sugar

2 Tbsp flour

1 Tbsp butter

Mix flour and sugar well. Add rest of ingredients and bring to a boil, stirring constantly. Pour in a baked pie shell. Enjoy!

## **BLUEBERRY    PIE**

Frank Morehouse

For each pie you'll need:

1 9 inch baked pie shell or graham cracker prepared shell

4 cups fresh or frozen wild blueberries

1/2 cup flour

1/2 cup sugar

3 Tbsp lemon juice

Place 2 cups of blueberries in a sauce pan, sprinkle with lemon juice and toss with sugar and flour. Stir gently but constantly over low heat for 6 to 8 minutes. Raise heat to medium for 2-3 minutes until mixture thickens. Take care not to let it burn. Remove from heat and stir in the remaining 2 cups blueberries. Pour into the baked pie shell and chill for at least an hour to set.

## **RASPBERRY DREAM PIE**

Kit Everett

1 pkg dream whip or 1/2 cup whipping cream

1 pkg raspberry jelly powder

1 cup boiling water

1 1/2 cups frozen raspberries

1 graham cracker crust (9 inch) baked and cooled

Prepare dream whip or whip cream. Dissolve jelly powder in boiling water. Add frozen berries stirring constantly until jelly starts to thicken. Immediately fold in prepared topping or cream. Pour into crust, garnish with extra fruit if desired. Chill 2-3 hours.

## **BUTTERSCOTCH   PIE**

Shirley Thorne

(Also my mother's. She got the recipe in Home Economics class as a student at Normal School in Fredericton, 1930-31.)

**Mix:** 1/2 cup flour, 1 cup brown sugar, 1/2 tsp salt  
Gradually add 2 3/4 cups milk. Mix until smooth in top of a double boiler (I use a heavy pot and stir constantly) until thickened. Pour small amount of mixture over 2 well beaten egg yolks. Stir well and return to double boiler. Add 3 Tbsp butter, less okay, and cook about 3 minutes more, stirring constantly. Remove from heat, add 1 tsp vanilla and cool. Pour into 9 inch pie shell, cover with meringue and brown in a slow oven 350°F for 10-12 minutes.

**Meringue:** Beat the 2 egg whites until makes soft peaks, gradually add 1/4 cup sugar, 1/4 tsp cream of tartar and beat until sugar is dissolved to avoid weeping.

[My favourite pastry is the recipe on Maple Leaf lard box using the whole pound. I divide into 7 rounds, flatten and freeze, after refrigerating overnight, until ready to use.]

With computers doing all our thinking,  
all we need now is a worrying machine.

## MUM SOUTHER'S PUMPKIN PIE

Dorothy Wiggs

When I was newly married I tried to find a recipe for pumpkin pie filling like the one my mother always made. All the recipes I looked at called for canned milk and I knew that my mother used fresh milk. Finally I got a chance to visit her and request her recipe. Her answer was that she didn't use a recipe but the filling started out with Royal City pumpkin. I later learned that some canned pumpkin was very soft but the one she used was firm. And so she started giving the ingredients. Imagine my surprise when the second ingredient was canned milk! When I pinned her down about amounts for the various spices her answer was that you put some in and then taste so you know what you need more of (all very well for a woman who was an experienced cook but not very helpful to me). The number of eggs also varied, according to the price. If they were expensive you put fewer in.

28 oz tin of pumpkin (the vegetable, not the pie filling)

1 cup white sugar

6 eggs

1/2 of a 15 oz tin canned milk

1 can fresh milk

1/4 tsp salt

2 tsp cinnamon

1/2 tsp cloves

1 tsp allspice

1 tsp ginger

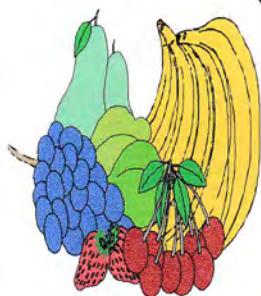
1/4 tsp nutmeg

Mix ingredients well and pour into unbaked pie shells. Bake at 350°F until the custard is cooked (table knife when inserted in center will come out clean). This makes 2 large pies with enough left over for a few tarts or 3 smaller pies.





# CANNING



## CANNING

### THREE FRUIT JAM (FREEZER)

Kit Everett

2 cups crushed strawberries

1 cup crushed pineapple

2 small oranges

5 cups sugar

3/4 cup water

1 - 1 3/4 oz pkg fruit pectin

Grate orange peel; remove orange segments and mash all fruits and peel together with sugar in glass or stainless steel dish. In small saucepan sprinkle fruit pectin into water. Boil 1 minute, stirring well. Stir into fruit and blend well. Be sure sugar is dissolved. Ladle into small sterilized jars leaving headspace for expansion. Cover, set at room temperature for 12 hours. Freeze. Keeps 1 year in freezer, 2 weeks in refrigerator.

It's not that easy to get a parking ticket.

First you have to find a place to park.

## PEACH CONSERVE OR HEAVENLY JAM    Jean Hodgson

I have been making this recipe for forty years. It is a standby. Use it for gifts, on the table, in between layer cakes, over ice cream or with waffles. It does have calories but much less than the Certo recipe. But it is fat-free!

1 pkg liquid Certo (2 packets)                      4 oranges  
2 small bottles maraschino cherries              24 ripe peaches  
(I use bulk, about 1 1/2 cups chopped)    1 large lemon  
Sugar-3/4 cup to 1 of mixed pulp

Peel peaches, cut up quite fine. Cut up oranges, discarding as much of sections bulk as possible. Add chopped cherries. Measure pulp and add sugar, 3/4 cup to 1 of pulp. Put on stove and bring to a boil, stirring and tending carefully. Don't let it boil too hard, it can easily boil over. Let it have a couple of minutes rolling boil with the heat lowered. Remove from heat. Add 2 packets of Certo with the lemon juice, about 3/4 cup. Add a tablespoon of butter to keep from foaming, stir to mix Certo, juice and butter. Skim if necessary. Bottle while hot.

Variations: You may want to use a blender on the oranges. It will be a smoother jam. Or you can use less oranges and add a can of frozen orange juice. You may want to use less sugar and/or less Certo. I never have any trouble with the jam keeping as long as I keep it out of sight! Adjusting the amount of Certo will give you a thicker or looser jam, depending on your preference. The peaches are best when they peel easily, so you may have to buy them a few days before you use them.

## DILL PICKLES

Anita Stevenson

In jar add dill, then garlic.

Add small cucumbers, then more dill.

### Brine:

1 cup white vinegar

3 cups cold water

2 Tbsp coarse salt

Boil and add to jar of packed cucumbers and seal.

## 14 DAY PICKLES

Jim Waugh

2 gal green cukes, cut into 3/4"-1" squares

(approx. 20 large cucumbers)

1 gallon boiling water

2 cups coarse salt

Pour mixture over cukes. Let stand for 1 week stirring once a day. Drain on the 7<sup>th</sup> day. Recover with clean boiling water.

Let stand for 24 hours. Drain. Recover again with clean boiling water mixed with 2 Tbsp of Alum. Let stand for 1 day. Drain really well.

Cover with the following boiling syrup for 4 consecutive days.

**Syrup:** 2 1/2 qts Cider vinegar, 16 cups sugar (4 cups each morning) Handful of pickling spices tied in a gauze bag.

Start by boiling the vinegar and 4 cups of sugar and pouring over the cucumbers. Each day drain and reheat the syrup to boiling and add 4 cups of sugar for 3 more mornings. On 14<sup>th</sup> day put in jars and cover with the boiling syrup. Makes approx 15 pint Mason Jars.

## **SPICED CRAB APPLES**

Kit Everett

5-6 lbs crab apples

2 cups water

6 cups sugar

3 cups cider vinegar

5-3 inch sticks cinnamon

Red food colouring

4 tsp each whole cloves, allspice

Wash crab apples carefully, keeping stems on; remove blossom end; prick with a fork. Combine sugar, vinegar and water in large stainless steel kettle. Tie spices in a cloth bag. Add to syrup. Cook covered 10 minutes. Add crab apples, cover, bring slowly back to the boil. Simmer 3-5 minutes. Turn off heat and let stand overnight. Remove spice bag. Pack apples in clean mason jars. Bring syrup to the boil and pour over apples leaving head space. Adjust lids - process in pressure cooker or boiling water bath.

## **ZUCCHINI RELISH**

Noreen Wetmore

12 cups chopped zucchini

4 cups onion

8 green peppers

Sprinkle pickling salt over top. Let stand 1/2 hour. Drain.

Add: 3 cups white sugar

3 cups white vinegar

1 Tbsp mustard seed

1 Tbsp celery seed

1 Tbsp tumeric

Green food coloring

Cook 1 hour, then jar.

For successful pickles, cucumbers should be freshly picked. If necessary, store in fridge for as short a time as possible.

# **#1-MUSTARD PICKLES** (an old favourite) Shirley Thorne

Quantities given for TWO size batches

| Quantities for   | Small Batch or                     | Dutch Oven<br>Size Pot |
|--|------------------------------------|------------------------|
| Cucumbers, large as possible,<br>peel, remove seeds and cup up | 8 cups chopped<br>(4-6 very large) | 12 cups                |
| Onions, cut fine   | 2-2 1/2 cups                       | 3-3 1/2 cups           |
| Celery (1 head or less, cut fine)                              | 3 cups                             | 4 1/2 cups             |

Add: 1/4 cup coarse salt and enough water to cover.

Use a CROCK or any NON-METAL CONTAINER. Put a plate on top so vegetables won't float. Let stand overnight (or 3-4 hours). Drain, rinse and drain well (2 hours +/-) I stir occasionally during this time. Add a chopped red pepper, or less if very large, (opt)

**Sauce:** Heat (do not boil) white vinegar (regular, not high acid pickling)

2 cups

3 cups

Add some of the sugar, about half, to heating vinegar.

Mix the following into a paste and then add to heated vinegar mixture, stirring constantly.

|   |          |            |
|---|----------|------------|
| Sugar   | 5 cups   | 7 1/4 cups |
| Flour   | 2/3 cup  | 1 cup      |
| Salt  | 1 tsp    | 1 1/2 tsp  |
| Dry Mustard                                       | 2 Tbsp   | 3 Tbsp     |
| Tumeric   | 1 sm tsp | 1 1/4 tsp  |
| Mix above dry ingredients<br>and then add vinegar | 1 cup    | 1 1/2 cups |

Stir until smooth. Slowly add mixture to heated vinegar, stirring constantly until thickened and mixture comes to a boil. Add vegetables, the red pepper and celery seed                      1 Tbsp                      2 Tbsp  
Bring to a boil, stirring constantly, reduce heat. Cook 5 minutes or a little more after starts to boil.

**Prepare bottles before making sauce.**

(Wash and rinse bottles and put in 225°F oven on a cookie sheet for 10 minutes. Turn heat off and leave until ready to fill). Boil sealer covers for 5 minutes or as directed in box. Put hot pickles in sterilized jars. Wipe edge of bottles clean, add caps and cool. Check to see that each one has sealed by pressing down center of cover as directed. Larger recipe makes about 10 pints.

NOTE: Some years cucumbers have more water content. I hold 1/2 cup vinegar from sauce, and add to pot after vegetables are added, if needed or if desire lots of sauce.

If there is anything in the world easier  
to make than a mistake, it's an excuse.



**#2-MUSTARD PICKLES** (Fills a Dutch Oven) Shirley Thorne  
[This recipe came from Sadie Thorne, born in Canaan Road,  
Kings County 1895 and died in 1978 in Fredericton.]

14 cups cucumbers, peeled and cut fine  
(6-8 VERY large, okay if started to yellow)

5 cups onions, chopped

5 cups cauliflower, broken into pieces

NOTE: This recipe does not use a brine to remove excess water from the cucumbers. If you wish add 1/4 cup or bit less coarse salt and water to cover, leave overnight or a few hours, and drain in the morning. Rinse with fresh water and drain well-one hour or more. If doing this the sauce may need 1/4 to 1/2 cup more vinegar.

Sauce: Heat, do not boil, 3 cups vinegar (I use white).

Mix dry ingredients and add vinegar to make a paste.

1 1/2 cups flour

3 Tbsp salt

3 Tbsp dry mustard

1 Tbsp tumeric

4 1/2-5 cups sugar (can add half of this into heated vinegar.)

1 cup vinegar (or more, see NOTE above)

Pour into heated vinegar. Bring to a boil stirring constantly.

Add vegetables. Bring to a boil again. Reduce heat and cook 5 minutes. Makes 9 pints.

HINT for mustard pickles: If sauce is overcooked, it may appear cracked inside the bottle. Just stir well when opened. If under cooked sauce may go watery. It is important to bring sauce to a boil before adding vegetables.

## GREEN TOMATO CHOW CHOW

Shirley Thorne

1 1/2 quarts onions (6 cups), chopped

4 quarts green tomatoes (16 cups, packed down firmly) sliced. I prefer to make 1/4 to 1/3 slices depending on size of tomatoes.

Sprinkle 1/3 cup salt in 3 layers in a non-metal bowl or crock.

Add a little water. Leave overnight, DRAIN, rinse and drain well (an hour or so). Put the following in a large pot. Bring to a boil and add vegetables.

5 cups white sugar

3 1/3 cups vinegar (I like cider but either okay)

Put a handful of mixed pickling spices in a bag (can use a square of cotton and tie to make a bag) Can also add a stick of cinnamon or 1/8 tsp ground cinnamon and a few whole cloves (opt). A chopped red pepper is nice but optional. Cook until tomatoes are soft and clear (45 to 55 minutes).

NOTE: If you like lots of syrup add more sugar and vinegar, 2/3 cup vinegar to 1 cup sugar after cooking for half hour or so.

The true art of memory is the art of attention.

## PICKLED BEETS

Shirley Thorne

[My Mother's recipe, Dorothy E. (Clark) married J. Blois Corey in New Cannan 1911-1984.]

Boil beets, remove skin, slice or cut in chunks, as desired. Pack in sterilized sealers. I cook in pressure cooker - 20 minutes for medium sized beets with 1 1/4 cup of water. Large 30 minutes. Boil the following 10 minutes, remove cloves, pour over beets, seal and store in a dark place.

5 cups cider vinegar

2 cups white sugar

15 or so whole cloves

1 tsp salt

NOTE: All pickles should be stored in a cool dark place, okay in a box.

## PICKLED DATES

Velma Kelly

1 pound dates

Separate and put in bottle.

Take enough vinegar to cover, add a little whole allspice and bring all to a boil. Pour over dates, let stand for a few days and they are ready for use.

## PEARL ONIONS

Pauline Kanner

Pour boiling water over a bowl full of pearl onions and let stand a few minutes. Cut off root end with a sharp knife and the pearl onion will pop right out.

## **FREEZER PICKLES**

Judi Berry Steeves

4 cups sliced unpeeled baby dill cukes

1 medium onion sliced

1 1/2 Tbsp pickling salt (ordinary salt can be used instead)

Mix and put in fridge for 3 hours. Rinse and shake well.

Place the following in a microwave safe dish.

1 1/2 cups white sugar

1/2 cup vinegar

Heat until the sugar is dissolved. Remove 1/4 cup syrup. Pour remainder over cukes in bowl.

To the 1/4 cup syrup add:

1/2 tsp mustard seed

1/2 tsp celery seed

1/4 tsp tumeric

Return to microwave and bring to a boil. Pour over cukes and mix well. Pack in freezer containers and freeze.

[ Judi Berry Steeves is a descendant of Charles Jones.].

## CRANBERRY PEAR JAM

Judi Berry Steeves

6 cups cranberries

2 Tbsp lemon juice

1 tsp coarsely grated lemon rind

4 1/2 cups sugar

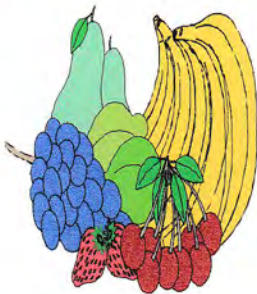
3 cups diced peeled pears (about 4 green)

Place 2 small plates in freezer to chill. In a large saucepan/Dutch oven combine cranberries, pears, lemon rind and lemon juice. Bring to boil. Cover and cook over medium heat, stirring occasionally for 12-15 minutes until tender. Stir in sugar and return to boil over high heat. Boil vigorously uncovered and stirring for 3-5 minutes or until soft set stage. To test for soft set stage: Drop 1/2 tsp hot jam onto chilled plate, let cool and return to freezer for 2 minutes. Tilt plate. If jam slowly flows it has reached the soft set stage. If it remains syrupy, continue to boil and test every few minutes. Remove from heat. Pour into 6-1 cup jars leaving 1/2 inch head room. Cool. Put in freezer or use immediately.

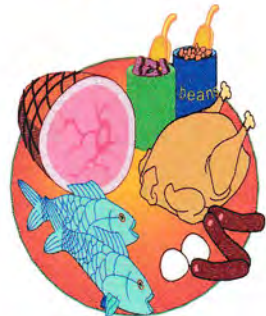
[ Johnathan Berry's g.g.granddaughter]



**EXTRA**



**SPECIAL**





## EXTRA SPECIAL

### CHRISTMAS MORNING LEFTOVERS Shirley Graves (STRATA)

|                                 |                      |
|---------------------------------|----------------------|
| 16 slices white bread           | 1/4 cup minced onion |
| Canadian back bacon (opt)       | 6 slices sliced ham  |
| 1/4 cup green pepper, chopped   | 6 eggs               |
| 1-2 tsp. Worcestershire Sauce   | 1/2 tsp salt         |
| 3 cups whole milk (not skim)    | 1/2 tsp dry mustard  |
| Special K or Corn Flakes (opt.) | Dash Tabasco         |
| 1/4 cup butter                  |                      |

In a 9 x 13 inch dish, put 8 pieces of bread. Put a layer of ham, cheese (opt). Put another layer of bread. Mix other ingredients in bowl and mix well. Pour over bread. Let sit in fridge overnight.

In morning melt 1/4 cup butter and pour over this. Bake in 350°F oven for 1 hour. Let sit for 10 minutes before serving. Serve with fresh juice and rolls.

### BAKER'S MARBLE BARK

Melt 1 pkg chopped semi-sweet chocolate squares in a microwave able bowl on medium power for 3 minutes. NOTE: Chocolate will not be completely melted. Stir till melted and smooth.

Repeat with 1 pkg white chocolate squares. Stir 1/2 cup toasted nuts into each bowl of melted chocolate. Drop spoonfuls of alternating white and dark chocolate on a waxed paper-lined cookie sheet. Using the end of a knife draw the dark and white chocolates together to give a marbled effect. Refrigerate until firm.



## ALMOND DELIGHTS

Shirley Graves

### Ingredients:

48 Toppable crackers

Slivered almonds (to cover most of crackers)

1 cup butter or margarine

2/3 cup sugar

### Directions:

Line cookie sheet with foil. Grease if desired. Line pan with crackers. Spread almonds on top. Melt margarine and sugar over heat until melted. Stir for 3 minutes. Pour over crackers. Bake in 350°F oven for 13 minutes. Delicious!

## GUM DROP CAKE

Catherine E. Gibson

2 1/2 cups white sugar

1 cup shortening

3 eggs

1 cup coconut

1 cup crushed pineapple with juice

1 tsp lemon flavoring

1 cup milk

2 cups baking gum drops

2 cups white raisins

3 3/4 cups sifted flour

2 1/2 tsp baking powder

1 tsp salt

1 tsp vanilla

Save 1/2 cup flour to mix dry with gum drops.

Cream sugar, shortening, add eggs, milk and flour alternately with pineapple. Add gum drops, coconut and raisins. Bake 1 1/2 hours at 325°F.

## COCONUT FRUIT CAKE

1/4 cup butter

1 cup white sugar

1/2 cup milk

1 cup flour

1/2 lb mixed candied fruit

1/4 lb nutmeats (walnuts or almonds)

1 tsp almond flavoring

Cherries (opt)

Ruth Cleghorn Ker

3 eggs beaten separately

1 lb raisins

4 cups coconut

1/4 lb mixed peel

Salt

1 tsp lemon flavoring

2 tsp baking powder

2 tsp vanilla

Mix fruit and nuts in separate bowl. Mix batter part and add to fruit and nuts. Bake two hours in a very slow oven. Before baking decorate top with red and green cherries, almonds and candied pineapple. This fruit cake should be frozen to keep any length of time.

## CHOCOLATE PEANUT BUTTER BALLS

Bertles

(Mom)

1 cup peanut butter

1 cup icing sugar

1/4 cup butter

1 cup coconut

Vanilla

2 cups rice krispies

Mix together and chill. Melt 1 pkg (300gr) chocolate chips and 1 square unsweetened chocolate. Melt 2 Tbsp parawax and mix with the chocolate. Roll 1<sup>st</sup> mixture in small balls and dip in the chocolate. Set on wax paper to cool. The chocolate wax mixture should be kept over hot water to keep it thin and warm. Keep in the fridge. Xmas Goodies

## DARK FRUIT CAKE

Ruth Cleghorn Ker

|                                     |                      |
|-------------------------------------|----------------------|
| 2 cups brown sugar                  | 1 tsp nutmeg         |
| 2 cups butter or shortening         | 1 tsp ginger         |
| 2 cups molasses                     | 1 tsp allspice       |
| 5 or 6 eggs                         | 2 lbs raisins        |
| 1 cup strawberry jam & fruit juices | 2 lbs currants       |
| 4 cups flour                        | 1/2 lb mixed peel    |
| 1/2 lb mixed candied fruit          | 1 tsp soda           |
| 1 tsp cinnamon                      | 1 or 2 cups nutmeats |
| 1 tsp cloves                        | Salt                 |

Mix fruit and nuts in large container. Mix batter part and add to fruit and nuts. This recipe makes 3 or 4 cakes and as it will keep for months it is nice to have on hand. Prepare pans before starting by cutting brown paper to fit pans then on this mold in aluminum foil to fit pans with extra on the sides. Pour batter in pans and decorate with red and green cherries, almonds and pineapple. Fold the foil over the top of the cakes, place in oven with a cup of hot water. Bake 2 1/2 hours. Remove water from oven and pull back foil and let cake dry off for another one-half hour or until done. Bake at 250°F-275°F. Keep wrapped in foil in a container.

For refrigerator "odds and ends", place them in a small plastic berry basket. It's a good way to store leftover pieces of onion, lemon, tomato, cucumber, cheese etc. Place each in it's own plastic wrap or bag. No little lost pieces at the back of the fridge.

## CHRISTMAS FRUIT COOKIES

Bertles

(Mom)

|  |                        |
|--|------------------------|
| 2 eggs                                   | 1 1/2 cups brown sugar |
| 3/4 cup shortening                       | 3/4 cup milk           |
| 1 cup dates, finely chopped              | 1 tsp vanilla          |
| 1 cup walnuts, finely chopped            | 2 3/4 cups flour       |
| 2 tsp baking powder                      | 1 tsp salt             |
| 3/4 cup cherries (Red/Green),<br>chopped | 1/2 tsp baking soda    |

Cream the shortening, brown sugar and eggs. Add the dates, nuts and cherries, and mix well. Stir in the milk and vanilla. Add the dry ingredients and mix well. Drop by spoonfuls on well greased pan. Bake at 350°F for 12-15 minutes or till done.

Xmas Goodies

## PECAN BALLS

Bertles

(Linda)

1/2 cup butter, softened  
2 Tbsp sugar  
1 tsp vanilla  
1 cup flour  
1 cup pecans, finely chopped

Xmas Goodies

[Keep your face to the sunshine and you cannot see the shadows.]

## CHRISTMAS COOKIES

Dorothy Wiggs

(These are good instead of Christmas Cake)

3 rings candied pineapple (I use 1 of each color)

|                    |                        |
|--------------------|------------------------|
| 2 lbs pitted dates | 1 1/2 cups white sugar |
|--------------------|------------------------|

|                         |               |
|-------------------------|---------------|
| 1/2 lb blanched almonds | 2 beaten eggs |
|-------------------------|---------------|

|                |               |
|----------------|---------------|
| 1/2 lb walnuts | 1 tsp vanilla |
|----------------|---------------|

|                              |              |
|------------------------------|--------------|
| 2 1/2 cups all purpose flour | 1 cup butter |
|------------------------------|--------------|

|                    |                |
|--------------------|----------------|
| 1/2 lb brazil nuts | 1 tsp cinnamon |
|--------------------|----------------|

|                   |              |
|-------------------|--------------|
| 1 tsp baking soda | 1/4 tsp salt |
|-------------------|--------------|

1/2 lb each red/green candied cherries

Cut up fruit and nuts into pieces and mix together in order listed. Set aside. Cream butter, add sugar, then eggs and vanilla; mix well. Add sifted dry ingredients. Mix fruit and nuts into batter. Drop by small teaspoons onto greased cookie sheet. Bake at 325°F until done. This should take about 18 minutes.

Do not overcook as they will dry out. Store in tins to ripen for 3 to 4 weeks. This recipe will make about 12 to 14 dozen cookies depending on the size. These cookies are wonderful.

Laughter is a tranquillizer with no side effects.

## HOLIDAY TRIFLE

Anne's Cookbook

5 squares white chocolate, grated

3 cups milk

1-500 ml Cool Whip, frozen and thawed

1 large pkg vanilla Jello pudding

1/4 cup orange liqueur or juice

6 whole strawberries, for garnish

1/2 pound cake, cubed

1 square white chocolate, melted & cooled

2 1/2 cups strawberries, sliced & sweetened

6 squares white chocolate, coarsely chopped

Prepare cooked pudding according to the package directions with milk. Remove from heat. Stir in chopped chocolate until melted and smooth. Cover with a plastic wrap. Chill. Fold in 1 cup whipped topping. Cut cake into cubes and drizzle with liqueur. In the bottom of a deep glass bowl, layer half of the cake cubes, half of the berries, half the pudding and half the grated chocolate. Repeat layers ending with chocolate. Top with remaining whipped topping and garnish with berries. Drizzle melted chocolate over top. Toasted almonds can be added on top. Serves 6.

## CHRISTMAS FRUITCAKE

2 cups brown sugar (scant-don't pack)  
1/2 cup sour cream  
1 lb currants (use 1 cup)  
1/2 lb orange/lemon peel  
1/2 lb candied cherries  
1 cup pitted dates, chopped  
1 tsp mace (may be omitted)  
1 tsp ground cloves  
4 cups plumped raisins  
(soften in hot water)

Judi Berry Steeves

1 cup butter  
5 eggs, well beaten  
1/2 tsp nutmeg  
5 eggs, well beaten  
1 tsp cinnamon  
4 cups flour  
1/2 lb almonds  
1/2 lb walnuts  
1 cup hot molasses  
(+ 1 tsp baking powder)

[This recipe which has been used for over three generations of the Nichol family, had the following notes included with original recipe:]

1. Reserve 1/2 cup flour to dredge warm fruit (this probably means fruit at room temperature).
2. Line pans with brown paper.
3. Bake long and slow at about 250°-300°F.
4. Unless using a steamer, place a pan of water in oven with cakes.
5. When cool, soak cake in rum.
6. Store in cool place for at least month to mellow before serving (can be frozen later)

[Judi Berry Steeves is James Nichol's g-granddaughter.]



## **GUM DROP CAKE**

Shirley Graves

|  |                       |
|--|-----------------------|
| 1 cup butter                             | 2 cups white sugar    |
| 3 eggs                                   | 1/2 tsp salt          |
| 3 1/2 cups flour (1/2 for gum drops)     | 1/2 tsp soda          |
| 2 cups gum drops, cut up                 | 1 tsp lemon extract   |
| 2 cups raisins (opt)                     | 1 tsp vanilla extract |
| 1-19 oz can crushed pineapple with juice |                       |

Bake at 325° F for 2 hours in bundt pan or 1 hour and 40 minutes in tube pan lined with 2 layers of waxed paper.

[This recipe was from my grandmother's friend, Lil Roxborough. I have always used this recipe.]

## **ALMOND FINGERS**

Shirley Thorne

|                                      |                        |
|--------------------------------------|------------------------|
| 1 cup flour                          | 3 Tbsp icing sugar     |
| 1/2 cup butter                       | 1 tsp almond flavoring |
| 1 tsp water                          | Shake of salt          |
| 1/2 cup slivered almonds (also chop) |                        |

### **Method:**

Cream butter well. Knead in other ingredients. Shape into fingers and bake in moderate oven until very lightly browned. Roll in white sugar when taken from oven. Nice for Christmas!

## **AFTER THANKSGIVING TURKEY SOUP** Shirley Graves

|                         |                          |
|-------------------------|--------------------------|
| 1 turkey carcass        | 2 quarts/2 litres water  |
| 1 tsp salt, or to taste | 1/2 tsp pepper           |
| 1 onion, chopped        | 2 stalks celery, chopped |
| 2 carrots, cut up       | 4 springs parsley        |
| 1 bay leaf              | 1 cup cooked rice        |

**Crock Pot Directions:** Break turkey carcass into several pieces and place in crock pot. Add remaining ingredients, except rice. Cover and cook on low setting 5-6 hours. Strain and return soup to crock pot. Discard vegetables. Strip meat from bones and return meat to soup. Add cooked rice. Cover and cook on high setting 20-30 minutes. Yields: 8 servings.

## **MERRY CHEESE BRUNCH CASSEROLE** Shirley Graves

|                                      |                         |
|--------------------------------------|-------------------------|
| 6 cups 1-inch bread cubes (8 slices) | 1 can crabmeat (or pkg) |
| 5 eggs, lightly beaten               | 2 1/2 cups milk         |

2 cups small broccoli/cauliflower forets, blanched

1 pkg shredded mozzarella/cheddar cheese

1/4 cup each chopped green and red pepper

1/4 tsp each of dry mustard, dillweed, paprika, salt, pepper

In lightly greased 13 x 9 inch baking dish, place bread cubes.

Layer with broccoli/cauliflower, crabmeat and shredded cheese.

Sprinkle with peppers. Blend eggs, milk and seasonings; pour

over bread mixture, covering all of it. Cover, refrigerate at

least 3 hours or overnight. Bake in 350°F oven for 30 minutes until set. Makes 8 servings.

## INDEX

### APPETIZERS & BEVERAGES

|                              |   |
|------------------------------|---|
| Crab Cakes .....             | 1 |
| Rusks .....                  | 1 |
| Egg and Vegetable Wrap ..... | 2 |
| Crabmeat Appetizers .....    | 3 |
| Garlic Butter .....          | 3 |
| Tea Puffs .....              | 3 |

### SALADS & DRESSINGS, SOUPS & SAUCES

|                               |    |
|-------------------------------|----|
| Nana's Boiled Salad Dressing  | 4  |
| Caesar Salad Dressing .....   | 4  |
| Salad Dressing .....          | 4  |
| Curried Dipping Sauce .....   | 5  |
| Hot Huntington Sauce .....    | 5  |
| Wine Sauce .....              | 5  |
| Nacho Dip .....               | 6  |
| Chili Brie in Sourdough ..... | 6  |
| Carrot Finger Salad .....     | 7  |
| Carrot & Raisin Salad .....   | 7  |
| Marinated Bean Salad .....    | 8  |
| Greek Pasta Salad .....       | 8  |
| Pasta Salad .....             | 9  |
| Orange Almond Salad .....     | 9  |
| Creamy Corn Chowder .....     | 10 |
| Fish Chowder .....            | 10 |
| Minestrone Soup .....         | 11 |

|                          |    |
|--------------------------|----|
| Best Ever Vegetable Soup | 12 |
| Hearty Pea Soup .....    | 12 |

### VEGETABLES

|                               |    |
|-------------------------------|----|
| Asparagus Phyllo Bundles ..   | 13 |
| Savory Baked Onions .....     | 14 |
| Jeannie's Onion/Tomato Pie    | 14 |
| Roasted Vegetables .....      | 15 |
| Turnip/Sweet Potato Gratin .. | 16 |
| Vegetable Casserole .....     | 17 |
| Vegetable Roll .....          | 17 |
| Fresh Vegetable Casserole     | 18 |
| Broccoli Frittata .....       | 18 |
| Broccoli Casserole .....      | 19 |
| Make Ahead Mashed             |    |
| Potatoes .....                | 19 |
| Squash Casserole .....        | 20 |
| Impossible Zucchini-Tomato    |    |
| Quiche .....                  | 20 |
| Sweet & Sour Fiddleheads      | 21 |

### MAIN DISHES

|                           |    |
|---------------------------|----|
| Sweet & Sour Meatballs .. | 22 |
| Sloppy Joes .....         | 22 |
| Maritime Chili .....      | 23 |
| Casserole .....           | 23 |

|                             |    |
|-----------------------------|----|
| Old Fashioned Baked         |    |
| Macaroni .....              | 24 |
| Seven Layer Dinner .....    | 24 |
| Casserole Potatoes .....    | 25 |
| Cabbage Roll Casserole .... | 26 |
| Casserole Cabbage Rolls ... | 26 |
| French Toast .....          | 27 |
| Pickled Eggs .....          | 27 |
| Shipwreck .....             | 28 |
| Mixed Mushroom & Sweet      |    |
| Potato .....                | 28 |
| Chicken or Turkey .....     | 29 |
| Chicken Divan .....         | 30 |
| Chicken Bake .....          | 30 |
| Chicken with Cranberries    |    |
| and French Dressing .....   | 30 |
| Chicken with Rice .....     | 31 |
| Baked Chicken Strata .....  | 31 |
| Great Garlic Chicken .....  | 32 |
| Chicken Casserole Dish .... | 32 |
| Hash Brown Potatoes         |    |
| and Chicken Casserole ..... | 33 |
| Chicken Lasagna .....       | 34 |
| Chicken Mulligatawny .....  | 35 |
| Easy Chicken with Broccoli  | 36 |
| Tuna or Turkey .....        | 37 |
| Fisherman's Pie .....       | 38 |
| Baked Salmon en Croute ...  | 39 |

|                           |    |
|---------------------------|----|
| Scallop Bubbly Bake ..... | 40 |
| Parmesan Breaded          |    |
| Fish Fillets .....        | 40 |

## BREADS

|                              |    |
|------------------------------|----|
| Apple Bread .....            | 41 |
| Banana Bread .....           | 41 |
| Dorothy's Brown Bread .....  | 42 |
| No Crumble Cornbread .....   | 43 |
| Ho Bo Bread .....            | 43 |
| Old Bachelor's Doughnuts ... | 44 |
| Herb Bread .....             | 45 |
| Maisie Geldart's             |    |
| Brown Bread .....            | 45 |
| Oven Steamed Molasses        |    |
| Brown Bread .....            | 46 |
| Oatmeal Brown Bread .....    | 47 |
| Date Bread .....             | 47 |
| Buttermilk Bread .....       | 48 |
| Mom's Good Doughnuts .....   | 48 |
| Date Loaf with Raisins ..... | 49 |
| Lemon Bread .....            | 49 |
| Brown Bread .....            | 50 |
| Never Fail Biscuits .....    | 51 |
| Biscuits .....               | 52 |
| Mini-Cheese Biscuits .....   | 52 |
| Scones .....                 | 53 |
| Mum's Biscuits .....         | 53 |

|  |    |
|--|----|
| Cloud Biscuits .....                     | 53 |
| Cheese Garlic Biscuits .....             | 54 |
| Old Fashioned Biscuits .....             | 54 |
| Rice Biscuits .....                      | 55 |
| Banana Bran Chocolate<br>Muffins .....   | 56 |
| Irma's Bran Muffins .....                | 57 |
| Cranberry Muffins .....                  | 57 |
| Pineapple and Carrot<br>Muffins .....    | 58 |
| Rhubarb Pecan Muffins .....              | 58 |
| Rhubarb .....                            | 59 |
| Big Beautiful Blueberry<br>Muffins ..... | 59 |
| Quick Rolls .....                        | 60 |
| Cold Water Rolls .....                   | 61 |
| Sticky Buns .....                        | 61 |
| Cinnamon Rolls .....                     | 62 |
| Cinnamon Roll .....                      | 63 |

### MISCELLANEOUS

|   |    |
|---|----|
| Open Face Peanut<br>Butter & Jelly Sandwich ... | 64 |
| Nasturtium Sandwiches ...                       | 64 |
| Sherry and Cheese .....                         | 65 |
| Homemade Baking Powder ..                       | 65 |
| Homemade Baking Powder ..                       | 65 |

### DESSERTS

|   |    |
|---|----|
| Apple Pudding .....                           | 66 |
| Apple Dessert .....                           | 66 |
| Apple Brown Betty .....                       | 67 |
| Nana's Apple Crisp .....                      | 68 |
| Blackberry Crisp .....                        | 68 |
| Fruit Cocktail Dessert .....                  | 69 |
| Fruit Dessert .....                           | 69 |
| Hawaiian Crisp .....                          | 70 |
| Lemon Cream Cheese Tart ..                    | 71 |
| Frozen Lemonade Dessert ...                   | 72 |
| Oreo Cookie Dessert .....                     | 72 |
| Pineapple Dessert .....                       | 73 |
| Nana's Orange Pudding .....                   | 74 |
| Strawberry Dessert .....                      | 74 |
| Strawberry Supreme .....                      | 74 |
| Pineapple Cream Dessert ...                   | 75 |
| Creamed Rice .....                            | 75 |
| German Apple Cake .....                       | 76 |
| Banana Split Cake .....                       | 76 |
| Wells Blueberry<br>Gingerbread .....          | 77 |
| Rita's Chocolate Pound Cake .                 | 77 |
| Burnt Sugar Cake .....                        | 78 |
| Carrot Cake .....                             | 79 |
| Cranberry White Chocolate<br>Pound Cake ..... | 80 |

|                                |    |                                  |     |
|--------------------------------|----|----------------------------------|-----|
| Large Chocolate Cake . . . . . | 81 | Chocolate Chip Cookies . . . . . | 97  |
| Hot Milk Sponge Cake . . . . . | 81 | Double Chocolate                 |     |
| Marble Swirl Pound Cake . . .  | 82 | Chip Cookies . . . . .           | 98  |
| Dark Gingerbread . . . . .     | 83 | Oklahoma Cookies . . . . .       | 98  |
| Johnny Cake . . . . .          | 83 | Shortbreads . . . . .            | 99  |
| Lemon Tower Cake . . . . .     | 84 | Shortbreads . . . . .            | 99  |
| Johnny Cake . . . . .          | 84 | Spice Crinkles . . . . .         | 99  |
| Oatmeal Cake . . . . .         | 85 | Whoopie Pies . . . . .           | 100 |
| Prune Whip Cake . . . . .      | 85 | Nana's Ginger Cookies . . . . .  | 100 |
| Rhubarb Cake . . . . .         | 86 | Never Fail Scotch Cakes . . . .  | 101 |
| Pineapple Peach Upside         |    | Shortbread Cookies . . . . .     | 101 |
| Down Cake . . . . .            | 87 | Sugarless Cookies . . . . .      | 102 |
| Zucchini Chocolate Cake . . .  | 88 | Coconut Macaroons . . . . .      | 102 |
| White Cake . . . . .           | 88 | Mom's Chocolate Chip . . . . .   | 102 |
| Carrot Nut Cake/Frosting . .   | 89 | Icebox Ginger Snaps . . . . .    | 103 |
| Mum's Good Doughnuts . . . .   | 89 | Best-Ever Cookies . . . . .      | 103 |
| Mocha Chiffon Cake . . . . .   | 90 | Soft Molasses                    |     |
| Blueberry Cake . . . . .       | 91 | Old Fashioned Sugar . . . . .    | 104 |
| One Egg Cake . . . . .         | 91 | Scotch Cookies . . . . .         | 104 |
| Tumbler Cake . . . . .         | 92 | Molasses Cookies . . . . .       | 105 |
| Pepper Cake . . . . .          | 92 | Oatmeal Chocolate Chip . . . .   | 105 |
| Chocolate Chip Oatmeal         |    | Brownies . . . . .               | 106 |
| Cake . . . . .                 | 93 | Butterscotch Squares . . . . .   | 106 |
| Happy Day Cake . . . . .       | 94 | Date Squares . . . . .           | 107 |
| Fresh Apple Cake . . . . .     | 95 | Rainbow Squares . . . . .        | 107 |
| Chippits Chewy Skor            |    | Peanut Squares . . . . .         | 107 |
| Toffee Bits Cookies . . . . .  | 96 | Rhubarb Dream Bars . . . . .     | 108 |
| Dad's Molasses Cookies . . . . | 96 | Skor Bars . . . . .              | 108 |



|                            |     |
|----------------------------|-----|
| Skor Squares .....         | 109 |
| Almond Roca Squares .....  | 109 |
| Apricot Squares .....      | 110 |
| Tuiti Fruiti Bars .....    | 110 |
| Cherry & Pineapple Squares | 111 |
| Date Squares .....         | 111 |
| Mock Apple Pie .....       | 112 |
| France's Sugar Pie .....   | 112 |
| Blueberry Pie .....        | 113 |
| Raspberry Dream Pie .....  | 113 |
| Butterscotch Pie .....     | 114 |
| Mum Souther's Pumpkin .... | 115 |

### **CANNING**

|                             |     |
|-----------------------------|-----|
| Three Fruit Jam (Freezer) . | 116 |
| Peach Conserve or           |     |
| Heavenly Jam .....          | 117 |
| Dill Pickles .....          | 118 |
| 14 Day Pickles .....        | 118 |
| Spiced Crab Apples .....    | 119 |
| Zucchini Relish .....       | 119 |
| Mustard Pickles #1 .....    | 120 |
| Mustard Pickles #2 .....    | 122 |
| Green Tomato Chow .....     | 123 |
| Pickles Beets .....         | 124 |
| Pickled Dates .....         | 124 |

|                          |     |
|--------------------------|-----|
| Pearl Onions .....       | 124 |
| Freezer Pickles .....    | 125 |
| Cranberry Pear Jam ..... | 126 |

### **EXTRA SPECIAL**

|   |     |
|---|-----|
| Christmas Morning Leftovers<br>(Strata) ..... | 127 |
| Bakers Marble Bark .....                      | 127 |
| Almond Delights .....                         | 128 |
| Gum Drop Cake .....                           | 128 |
| Coconut Fruit Cake .....                      | 129 |
| Chocolate Peanut<br>Butter Balls .....        | 129 |
| Dark Fruit Cake .....                         | 130 |
| Christmas Fruit Cookies ..                    | 131 |
| Pecan Balls .....                             | 131 |
| Christmas Cookies .....                       | 132 |
| Holiday Trifle .....                          | 133 |
| Christmas Fruitcake .....                     | 134 |
| Gum Drop Cake .....                           | 135 |
| Almond Fingers .....                          | 135 |
| After Thanksgiving<br>Turkey Soup .....       | 136 |
| Merry Cheese Brunch<br>Casserole .....        | 136 |