



ST. ELEANORS WOMEN'S INSTITUTE
Mrs. William Maxwell, President
(Organization won two awards)

MRS. ALEX GRANT
St. Patrick's Road, Peakes
(Individual Winner)

PARKDALE WOMEN'S INSTITUTE
Mrs. Frank Ross, President
(Daughter Kathleen is audience)

IN THIS CONTEST EVERYONE WINS

Every lover of fine cookery will rate as the winner of many prizes to treasure through the profusion of outstanding Island recipes assembled in this Cook Book edition.

In addition, four special cash prizes have been awarded by The Evening Patriot and The Guardian to those making exceptional contributions to the success of the publication, through organizations and in their individual capacities.

Two awards were won by the St. Eleanors Women's Institute—a cash award of \$40 for the Women's Institute or Organization sending in the most recipes and an additional payment of 25 cents each for the first 140 recipes received and judged best by the Cook Book editor, amounting to \$40 more.

Parkdale Women's Institute won \$15 as the first organization to send in 50 recipes.

Mrs. Alex Grant, St. Patrick's Road, Peakes, won the individual award of \$10 as the housewife sending in the most recipes.

Pictures of the presidents of the winning organizations and of the individual winner are presented above.

Sharing Of Food Delights To Continue In New Year

Far, far more recipes were contributed than could possibly be included in this Cook Book edition. But almost all of them were so excellent that it appeared almost impossible to choose between them, and a decided mistake to let those that could not be included to go to waste.

As a result, recipes presented in the edition have been included on pretty much the basis of the order in which they were received, or became available in type. In a few cases a different method of selection was used to widen the variety of recipes presented. At the same time arrange-

ments were completed to make available to Island readers many of the recipes that could not be included in the Cook Book itself.

These overflow recipes, all of them ranking right up with the favorites included in this edition, will be featured at frequent intervals on the women's page of The Evening Patriot and The Guardian.

So the sharing of Island food delights, made possible by the contributions of some of the province's finest cooks, does not end with the publication of this edition but will continue into the New Year.

Hints For The Housewife

OVEN TEMPERATURE AND TIME CHART

Water simmers	180 deg. F.
Water boils	212 deg. F.
Slow	250 deg. F. to 300 deg. F.
Moderate	300 deg. F. to 350 deg. F.
Hot	350 deg. F. to 400 deg. F.
Very Hot	450 deg. F. to 500 deg. F.
For boiling	450 deg. F.

SIZE AND CONTENTS OF CANNED VEGETABLES AND FRUITS

No. 1 can	1-1 1/2 cups
No. 2 can	2-1 1/2 cups
No. 2 1/2 can	3-3 1/2 cups
No. 3 can	4 cups
No. 10 can	13 1/4 cups

Timetable For Baking

Bread (loaf) according to size	45 to 60 min.	375 deg. F.
Yeast rolls and biscuits	12 to 15 min.	375 deg. F.
Baking powder biscuits	6 to 10 min.	400 deg. F.
Muffins	20 to 25 min.	350 deg. F.
Cookies	7 to 9 min.	350 deg. F.
Gingerbread	25 to 30 min.	350 deg. F.
Layer Cake	18 to 25 min.	300 deg. F.
Loaf Cake	40 to 60 min.	350 deg. F.
Fruit Cake (low oven)	2-3 hours	350 deg. F.

Guide In Estimating Proportions

- Use 4 egg yolks to 1 quart milk for boiled custards.
- Use 1/2 cup cornstarch to 1 quart milk for blanc mange.
- Use 2 teaspoons baking powder to 2 cups (1 pint) flour.
- Use 1 teaspoon vinegar to each cup milk to substitute for sour milk.
- Use 1/2 cup uncooked rice to yield 2 cups cooked rice.
- Use 1/2 cup flour to 1 quart liquid for white sauces, gravy, etc.
- Use 1 teaspoon salt to 1 quart water for boiling vegetables.

RECORD FOR CANADA

Flood Of Recipes Typical Of 'Good Neighbor Island'

Perhaps the time has come to give this province a new descriptive name, to add to the ones that already spread its fame, such as "Spud Island" and "Garden of the Gulf."

On the basis of the overwhelming flood of recipes contributed, to assure the success of this first annual newspaper P.E.I. Cook Book, it is clear the province has earned the additional name of "Good Neighbor Island."

No other part of Canada ever has seen such a generous sharing of favorite recipes—of news about good food that forms an important part of the Island's favorable reputation—as has taken place here.

SWIFT RESPONSE

While the gathering of favorite recipes of Canada's chief regions goes on regularly in several other centres, a check indicates that none of them has ever received a response that was as quick or as heavy as that received on the Island.

In the first day after plans for the P.E.I. Cook Book were announced, recipes began pouring

in at the rate of more than 100 per day. In the following days the pace only increased, until it became necessary, at the end of 10 days, to publish a notice cutting off the flow.

Before the tidal wave of recipes subsided, however, more than 1,500 were received. Editors with wide experience elsewhere say this response set a record for Canada, by a wide margin.

SPLENDID CHOICE

The big benefit produced by this outstanding response, of course, is that it has brought together an exceptional collection of favorite Island recipes—a splendid choice of the finest Is-

land dishes that would be difficult to match—to be presented in this edition.

At the same time, the extent of the response created a problem. Far more recipes were received than could possibly be included in the Cook Book itself. Many of the recipes that have been crowded out will be featured in regular editions of The Evening Patriot and The Guardian, as reported in another item on this page.

Meanwhile, the generous sharing of fine good ideas by "Good Neighbor Island" has made this Cook Book one of the most useful works dealing with Island cookery ever presented.

TABLE OF CONTENTS

Breads, Buns, etc.	4 through 9
Cookies, Squares, etc.	11 through 16
Cakes	17 through 20
Pickles, Relishes	21 through 23
Pies, Pastries	24 through 27
Salads and Dressings	28 through 30
Preserves, etc.	31
Puddings	32, 33
Supper Dishes, Casseroles	34 through 39

Whatever the Season

You'll Find the RIGHT

HAT At The RIGHT

PRICE at . . .

ADELLA'S



MY LADIES FANCY TURNS TO BEAUTIFUL HATS . . .

WHEN YOU SHOP AT ADELLA'S MILLINERY, you'll find every style so fresh, so exciting up-to-the-minute, so pleasingly low-priced that you'll not be able to go away disappointed. Don't take our word for it . . . we invite you to come in and see for yourself. A wonderful selection of beautiful Hats awaits you. You'll agree . . . ADELLA'S is the place to shop!

Good Fashion for Less

Goods Satisfactory or Money Refunded

ADELLA'S MILLINERY

177 Grafton Street

Dial 8114