



ENTHUSIASM CAPTURES AWARDS

When the Island's first annual newspaper cook book was announced, the St. Eleanor Women's Institute put its enthusiasm to work in a hurry, to capture two of four prizes offered, by

becoming the first organization to send in 140 recipes. Some members of this enthusiastic WI are shown here. Seen left to right (front row) are Mrs. Lea Birch, Mrs. William Maxfield, Mrs.

Lorne Beaton, Mrs. A. Baumgartner and (back row) Mrs. MacEachern, Mrs. Edwin Bernard, Mrs. William Ferrish and Mrs. Lloyd Hickox.

DUTCH SALAD

1 qt. green tomatoes
1 qt. cabbage
1 qt. onions
1 qt. cucumbers
1 qt. cauliflowers
2 red peppers
Celery seed
Cover with brine and let stand over night.

Dressing

10 teaspoons mustard
6 cups white sugar
1 cup flour
½ oz. tumeric (mix in cold vinegar).
Add to 1½ qts. vinegar
Bring to a boil and pour over pickles, boil 20 minutes.
Mrs. Helea Clark,
Read's Corner W.I.

PARTY CABBAGE SALAD

3 cups shredded cabbage
10 marshmallows, cut in small pieces
1 - 9 oz. tin pineapple tidbits (drained)
½ cup celery
1 cup diced apple.
½ cup salad dressing
Mrs. Gerald Hooper
South Milton W. I.

AUTUMN SALAD

1 cup lobster flaked
2 cups diced apple
1 cup diced celery
½ cup shredded raw carrot
2 hard boiled eggs, chopped
½ tsp. salt
½ cup salad dressing
Toss ingredients together with fork. Pile in lettuce cups. Garnish with wheels of lemon.
R. W. Elliotvale W.I.

CABBAGE SALAD

1 cup cabbage shredded
1 cup diced apples or pineapple
Combine these ingredients with ½ cup walnuts, 1-3 cup salad dressing. 6 servings.
Mrs. Keith Warren,
Margate W. I.

BAKERY TREATS

● Bread ● Pastry
● Cakes ● Potato Chips

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Favorite Salads On Island

MINCED FRUIT SALAD

Cut orange, pear, pineapple, banana, and other fruit. Heap in clusters on nest of lettuce. Sprinkle warm honey over fruit. Serve with dressing if desired.

R. W. Elliotvale W.I.

FRUIT SALAD

3 bananas
3 oranges
1 can pineapple
Grapes, cherries, and any other fruit you would like to add.
Cut up fruit and add 1 cup sugar. Have ready the day before you want it.

Add dressing to the above and mix thoroughly.

Dressing: — yolk of one egg-beaten

½ cup white sugar
Butter size of an egg
½ cup vinegar (white)

Cook until it creams in double boiler. Cool. You may add whipped cream on top and a walnut if you wish.

Jean Simmons
Read's Corner W.I.

SALAD DRESSING

1 tablespoon flour
2 tablespoons sugar
1 teaspoon mustard

1 teaspoon salt.

Mix dry ingredients well. Add ¼ cup vinegar and mix, add ½ cup boiling water stirring all the time. Cook in double boiler until mixture thickens. Now add 2 well beaten eggs and cook 2 minutes. Remove from heat and add 1 tablespoon butter and enough cream (or canned milk) to thin. Chill before using.

Jean Bowness
Bedeque W. I.

FOSTER'S COFFEE BAR

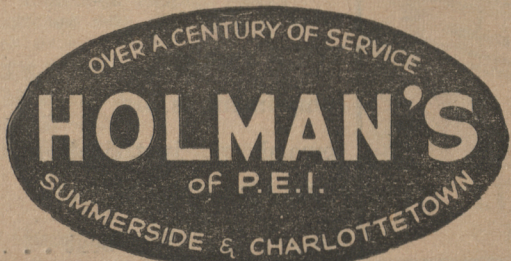
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Dad

And DAD, God bless him, he's usually not much on shopping but he's a great provider. Because Mom can do all her shopping under one roof he doesn't mind shopping too much . . . once in a while. We can satisfy Dad's needs from golf clubs to cuff links.



The Lad (and Sis too!)

Hats off to the little ones, the pint size rulers of the roost. They want everything they see and are bound they'll get it. We're ready for them too . . . from hula hoops to hockey sticks.