

Choices, light, delicate add enjoyment to Island dinners

BLUEBERRY PIE
 4 cups blueberries
 1-3 cup flour
 1 tsp. grated lemon rind
 two-thirds cup sugar
 1/2 tsp. salt
 1 tbs. butter
 Combine sugar, flour, salt. Add to blueberries, add lemon rind. Let stand 10-15 minutes, mix well turn into pastry lined pie. Dot with butter. Cover with top crust with slits for escape of steam. Bake in hot oven 425 degrees for 30-40 minutes.

MRS. DONALD J. MACLEAN
 DeGra's Marsh

RAISIN PIE
 1/2 cups water
 1/4 cup raisins
 1/4 tsp. salt
 1-3 orange juice
 1/2 cup granulated sugar
 2 tbs. flour
 1 tsp. orange rind
 Boil raisins in water for 10 minutes. Combine sugar, flour, salt, orange rind. Add to hot mixture. Add orange juice and cook stirring until mixture is thick. Cook and pour into pastry lined plate. Cover with top crust. Bake in 350 deg. oven for 30 minutes.

MRS. DONALD J. MACLEAN
 DeGra's Marsh

PUMPKIN PIE FILLING
 1 pt. cooked pumpkin
 2 eggs
 1 cup b. sugar
 1 tsp. cinnamon
 1/2 tsp. ginger
 Blend well together.

MRS. RAYMOND WATTS
 York

HAM-CELERY SALAD
 Dissolve 1 package lime jello in 1 1/2 cups boiling water. Add 1/2 cup vinegar, 1/2 tsp. salt. Chill. When thickened, fold in:
 1 cup chopped ham
 1 1/2 cups chopped celery
 2 sweet pickles, chopped fine.
 Pour into individual molds and chill. Serve on lettuce leaf and garnished with sliced tomatoes.

MRS. W. M. CROCKETT
 YORK WI

CHICKEN SALAD
 2 cups chicken cut in medium pieces
 1 cup celery, diced
 3 eggs hard cooked, cut in medium pieces
 1 tbs. minced onion
 chopped green pepper (optional)
 mayonnaise
 Method: Mix chicken, eggs and vegetables well together. Add mayonnaise and toss lightly. Serve on lettuce leaves and garnish with parsley, sliced tomatoes and quarters of hard cooked eggs.

MRS. ELMER BROWN
 YORK

DARK FRUIT CAKE
 1 cup butter
 1 cup white sugar
 3 eggs
 1 lb. seeded raisins
 1 lb. currants
 1 lb. dates
 2 packages cherries, green and red
 4 cups flour
 1 package almonds
 1 cup molasses
 1 tsp. salt
 3 tbs. mixed spice
 1 cup coffee
 2 cups soda
 Add beaten eggs last. Bake in 300 oven 3 hours.

MRS. DEWAR SWAN
 YORK

PINEAPPLE UPSIDE DOWN CAKE
 2 tbs. butter
 1/2 cup brown sugar
 4 pineapple slices, drained
 6 maraschino cherries, cut in fourths
 1/4 cups flour
 1/2 cup sugar
 2 tsp. baking powder
 1/4 tsp. salt
 1-3 cup shortening
 1/2 cup minus 1 tablespoon pineapple syrup
 1/2 tsp. grated lemon peel
 1 egg
 Melt butter in 8x8x2 inch pan. Stir in brown sugar, halve pineapple slices. Place in mixture. Centre with 3 cherry pieces. Sift dry ingredients together over coffee shortening add remaining ingredients; beat 2 minutes; pour over pineapple. Bake 1-2

moderate oven 375 degrees F. 45 minutes. Let stand 5 minutes. Turn upside down.

MRS. JACK SIMPSON
 YORK

FEATHER SPONGE CAKE
 6 egg yolks
 1/2 cup cold water
 1 1/2 cups sugar
 1/2 tsp. vanilla
 1/2 tsp. orange or lemon extract
 1/4 cups sifted cake flour
 1/4 tsp. salt
 6 egg whites
 Beat cream of tartar into thick and lemon coloured. Add water and continue beating until very thick. Gradually beat in sugar, then extracts. Sift flour with salt three times; fold into egg mixture a little at a time. Beat egg whites until foamy. Add cream of tartar and beat until firm, moist, glossy peaks. Fold into first mixture.
 Bake in 10 inch round tube pan in slow oven 325 about 1 hour.

MRS. JACK SIMPSON
 YORK

MARSHMALLOW CAKE
 30 coloured marshmallows, cut in quarters
 30 Graham wafers, rolled
 1/2 cup chopped walnuts
 1/4 cup cherries, cut up
 1 tin sweetened condensed milk
 Mix ingredients together. Spread coconut on bottom of 9 x 9 pan. Spread mixture on it. Cover with more coconut, let stand in refrigerator several hours. Cut in squares and serve.

MRS. LEIGH VESSEY
 ALPHA YORK WI

PEACH CUSTARD CAKE
 1 1/2 cups flour
 1/2 tsp. salt
 1/2 cup soft butter
 Mix ingredients till well blended with back of spoon. Press mixture firmly on bottom a n d half way up sides of a buttered 8 inch square pan.
 1 large can sliced peaches
 1/2 cup sugar
 1 tsp. cinnamon
 Drain peaches saving 1/2 cup of syrup. Arrange slices on crust in pan. Mix sugar and cinnamon together and sprinkle over peaches. Bake in 375 degrees oven 30 minutes.
 1/2 cup peach syrup
 1 egg slightly beaten
 1 cup rich milk or light cream
 Mix together and pour over peaches. Bake 30 minutes more or until custard is set.

MRS. E. MURRAY
 YORK

WALNUT DATE CAKE
 1 cup brown sugar
 1/2 cup butter
 2 eggs
 1/2 cup milk
 1/2 cup walnuts, chopped fine
 1 cup dates, cut in pieces
 1 1/2 cups flour
 1/2 tsp. soda
 Method: Cream butter. Add sugar and beat well. Add eggs, well beaten, then milk, flour mixed with soda and lastly the dates and nuts. Bake in a 10 x 4 pan about 30 minutes in a moderate oven.

MRS. ELMER BROWN
 YORK ALPHA WI

BRIDE'S CAKE
 1 cup butter
 1 1/2 cups sugar (fine)
 2 tbs. water
 8 egg whites
 3/4 cups flour
 1/2 cup corn starch
 8 tsp. baking powder
 1 tbs. lemon extract or part almond if desired
 Method: Cream butter well, sift in sugar and cream a t all light. Add, then flour, corn starch and baking powder alternately with stiffly beaten egg whites, add flavoring a n d

bake in medium oven in deep pan.

MRS. ELMER BROWN
 YORK ALPHA WI

CRAB MEAT SANDWICHES
 1 cup crab meat
 1 hard boiled egg
 Salt pepper
 1/2 cup chopped celery
 Salad dressing
 Horse radish sauce
 Shred crabmeat, add hard boiled egg and other ingredients, plus enough salad dressing to make thick paste. Use

between slices of either white or brown bread.

MRS. TED CRANE
 Millview

STRAWBERRY FLUFF
 2 cups water
 1-3 cup minute tapioca
 1/2 cup sugar
 1/2 tsp. salt
 2 cups crushed strawberries
 1 tbs. lemon juice
 1 egg white
 Combine water and tapioca, sugar and salt in a sauce pan, mix well. Bring mixture to a


full boil stirring constantly. Remove from fire the mixture will be thin. Add berries and lemon juice. Beat egg white until stiff enough to keep shape fold top mixture into egg white. Chill.

MRS. ERNEST LADNER
 North River

OLIVE AND EGG SANDWICH
 3 cooked eggs
 1/2 cup chopped olives
 1-3 cup mayonnaise
 16 slices buttered bread
 5 lettuce leaves

MRS. ROY CUTCLIFFE

LADIES . . . CLIP AND TACK UP THIS HELPFUL GUIDE IN YOUR CUPBOARD FOR REFERENCE



OPEN 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.
Quick	400 deg. F. to 450 deg. F.
Very Hot	450 deg. F. to 500 deg. F.
For Broiling	350 deg. F.

Time-Table 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	6 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 hrs.—300 deg. F.

Table of Weights and Measures

3 teaspoons	1 tbs.	16 tablespoons	1 cup
4 tablespoons	1/2 cup	2 tablespoons	1 liquid ounce
5 1/3 tablespoons	1/3 cup	1/2 cup	1 gill
8 tablespoons	1/2 cup	2 cups	1 pint
10 2/3 tablespoons	2/3 cup	4 cups	1 quart
12 tablespoons	3/4 cup	4 quarts	1 gallon

Equivalents to One Pound

Almonds, chopped	4 cups	Flour, sifted	4 cups
Apricots, dried	3 cups	Graham Flour, unsifted	3 1/3 cups
Baking Soda	2 cups	Hominy	2 1/2 cups
Bran	10 cups	Meat, chopped	2 cups
Bread Crumbs, dried	4 1/2 cups	Molasses	1 1/2 cups
Butter or other fat	2 cups	Onions, chopped	3 cups
Cheese, grated	4 cups	Raisins, seeded	3 cups
Chocolate, shaved fine	3 1/2 cups	Rice, uncooked	2 1/3 cups
Cocoa	5 cups	Rolled Oats	5 cups
Cocconut, shredded	5 cups	Salt	2 cups
Coffee	4 2/3 cups	Sugar, brown	2 1/3 cups
Cornmeal	3 cups	Sugar, granulated	2 1/3 cups
Cornstarch	3 cups	Tapioca	2 3/4 cups
Currants	3 cups	Walnuts, chopped	5 cups




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