

LET'S EAT

State Of Vermont Offers Famous Desserts Recipes

By IDA BAILEY ALLEN
One late spring day last season, the chef and I were driving through the state of Vermont on a tour of New England. "You know, Madame," remarked the chef, "the name of this state is really French. It comes from the word 'vert' which means 'green,' and 'mont' which means 'mountain.' "It is really a beautiful state, not only for its mountains but also because the highways are so clean, the houses are so nicely painted and the yards so neat."

PLANTED DAFFODILS
"And see the daffodils!" I replied. "They have been planted in front of the war memorials and in otherwise barren spots." After a little sleuthing, we found that beautifying home and community was one of the original aims of the Vermont Home Demonstration Council when it was first organized. The net result has been state-wide neatness and beauty. We stopped at the State of Ver-

mont executive department, and were graciously given recipes for two famous desserts using Vermont maple syrup. Both are favorites of Governor Joseph B. Johnson.
Tomorrow's dinner: Hot spiced tomato juice, crisp celery, pickles, fricassee of chicken, flaky potatoes, broccoli, maple nut pie. Recipes courtesy Mrs. Joseph B. Johnson.
All measurements are level.
Maple nut pie: Bake a 9-in. American pie pastry shell.
While cooling, heat ¾ c. maple syrup.
Separate 3 eggs. Beat yolks and gradually stir in syrup. Cook-stir 4 min. in a double boiler or until the consistency of heavy cream. Add ¼ tsp. salt. Add 2 tsp. unflavored gelatin to ¼ c. cold water. Stir into mix-

ture. In double boiler. Cool.
Slightly beat the 3 egg whites. Gradually beat in 3 tsp. sugar. Beat until stiff but not dry.
Fold in ½ c. cream, whipped stiff. Chill or refrigerate until beginning to thicken.
Transfer to the baked pie shell. Refrigerate or chill 4 hrs. or until firm.
Garnish with ½ c. chopped hickory uts, black walnuts or whole pecan meats.
Maple Nut Cake: Cream together ¾ c. butter and ¼ c. sugar. Gradually beat in ½ c. maple syrup. Add 1 tsp. vanilla and 3 beaten eggs. Beat mixture until smooth.
Sift together 2 c. already-sifted enriched flour, 2½ tsp. baking powder and 1 tsp. salt. Add to first mixture alternately with ¼

c. milk. Fold in ½ c. chipped nut-meats.
Transfer to 2 oiled and floured 8-in. round layer cake pans.
Bake 35 min. in a moderate oven, 375 degrees F. Cool.
Put together and top with maple frosting.
Maple Frosting: Cook 1 c. maple syrup to 238 degrees F. by a candy thermometer, or until ½ tsp. forms a soft ball when dropped in very cold water.
Meantime, beat 2 egg whites stiff but not dry. Slowly drip and beat in syrup. Beat constantly.
Add ½ tsp. vanilla extract and few grains salt. Continue to beat until frosting is thick enough to spread on cake and swirl on top.
Trick of the Chef: Brush sliced ham before broiling with just a little maple syrup.

ST. CATHERINES W.I.
The regular monthly meeting of the St. Catherines W.I. was held at the home of Mrs. F.W. Stretch on February 11, 1958.
The president presided and the meeting opened by singing the ode, followed by repeating the Mary Stewart collect in unison.
Roll call was answered by "My Favorite Keepsake". There were six members and one visitor present.
Minutes of the last meeting were read, approved and signed. Correspondence was read and discussed. It was moved and seconded to send a \$5.00 donation to the Musical Festival Association. Canvassing for the Red Cross Society was also discussed. It was moved and seconded

that all bills be paid. Remnants were sold and \$3.85 was realized. T.B. collection was taken. One member contributed to the Birthday Box.
Roll call for next meeting is to be "Know Your Cabinet Ministers". Next meeting to be held at the home of Mrs. W.R. Shaw. Meeting adjourned and a delicious lunch was served by the hostess.

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By VERA WINSTON
NOVEL LINE

The regular monthly meeting of the St. Catherines W.I. was held on the evening of February 4th. The president Mrs. Albert Stretch presided. The meeting was followed by all repeating the ode.

Minutes of last meeting read and approved. 3 members paid subscription to Institute News 2 members paid membership fee. Mrs. Edson Rayner and Miss Teresa MacQuaid are the new members.

Business secretary, Mrs. Gerald Murphy displayed cotton received and articles made. Correspondence read was a "Thank you" letter from the sisters of St. Vincent's Orphanage and appreciation of sympathy cards sent, letter from the Cross Society, a letter from the Edelle Bowness secretary Education Week committee regarding Education Week. Programme March 28th.

Mrs. Edson Rayner kindly invited members to her home for a March meeting. The Roll call to be answered with an article for the magazine. Programme committee, Mrs. Gerald Mill and Mrs. Frank Shields. Lunch committee, Mrs. Albert Stafford and Mrs. Frank Shields.

Mrs. Ernest Mill then conducted a Valentine singing contest. Mrs. Allen Murphy acted as judge. Mrs. Gerald Mill then brought in a very beautiful decorated Valentine Cake, which was donated to institute and which was sold.

Lunch was served by Mrs. Gerald Murphy, assisted by Mrs. Gerald Mill, and Mrs. Ernest Mill. A social evening was then enjoyed by all. On January 20th, a successful card party was held at the home of Mrs. Albert Stafford. The meeting closed with the "Queen". Collection \$1.90.

ARREST CANADIAN
KINGSTON Jamaica (CP) - Kingston Ward, 33, of Toronto was arrested at the airport here Thursday as he prepared to board an airliner for Canada and charged with passing worthless cheques. Police described Ward as a former bauxite plant welder and superintendent. They said the charge involved worthless cheques for \$45 made to a local bank.

TOUGH CEMENT
The first patent on portland cement was granted to Joseph Aspdin of Leeds, England, in 1824.