



THIS IS THE executive of the Baltic Lot 18 Women's Institute which won the Special Service Award for sending in

the most recipes to this year's Cook Book. The handsome plaque, won last year by South Winsloe, WI, will be presented

at a later date. Left to right are Mrs. James Bearisto, treasurer; Mrs. Bruce Riley, director; Mrs. Bruce Crozier,

secretary and Mrs. William Burns, president. Mrs. Bearisto and Mrs. Riley are charter members of the institute hav-

ing joined the original institute when it was founded in 1934.

Baltic Lot 18 WI wins special service prize

Baltic Lot 18 Women's Institute was the winner of the 1963 Cook Book Special Service Award as the Island Institute sending in the most recipes for the edition.

The Baltic WI led by its president Mrs. William Burns, led all other institutes by a good margin.

The institute will retain the handsome plaque won last year by South Winsloe WI for one year when once again it will be put in competition.

The plaque will be presented at a later date.

The Baltic Institute consisting of 16 members was founded in 1934 and like so many other Women's Institute is a great leader in community affairs.

Two of the present members, Mrs. James Bearisto and Mrs. Bruce Riley were members of the original institute when it was formed 29 years ago.

CHEFELY CONCERNED

Through the years the Baltic WI has been chiefly concerned with improvements in the community particularly the school and much has been accomplished not only for the school building but also for the comfort of pupils and teachers.

The WI also sends donations regularly to the Red Cross, Cancer Fund, TB League, and many other charitable organizations and at the same time sick and shut-ins are visited and given fruit and flowers.

The WI annually treats school children at Christmas and at the school closings and recently several new couples have been welcomed to the community and given parties and gifts.

Two of the WI's most recent projects were the erection of road signs and the buying of chairs to be used at community functions.

Officers for this year are Mrs. W.H. Burns, president; Mrs. Everett Wall, vice-president; Mrs. Bruce Crozier, secretary and Mrs. James Bearisto, treasurer.



MRS. DONALD MACLEAN, DE GROS MARSH

East Kings wife leads individuals

Mrs. Donald MacLean of De Gros Marsh is a repeat winner of the Cook Book's annual award to the individual sending in the most recipes.

Mrs. MacLean previously won the award in 1961 and has been a constant contributor of recipes to the Cook Book since it was inaugurated on the Island.

A housewife, Mrs. MacLean has a great interest in trying

out new recipes and many of these were included in the recipes she sent to the Cook Book.

Mrs. MacLean says publishing the cook book is a good way to advertise "our Island cooking, especially to the American visitors".

She likes all sorts of recipes but has a preference for baking cakes, cookies and fancy things.



SUBMITS TOP SEAFOOD RECIPE

Mrs. Frank Ross of Parkdale submitted the "best seafood recipe" received by the editor of the Cook Book. Mrs. Ross receives a cheque for \$10. Her recipe is for fish chowder.

Her recipe is as follows.

FISH CHOWDER

- 1 1/2 lb. haddock fillets, cut in 1 inch pieces
- 1 1/2 cups diced potatoes
- 1 cup cream
- 2 cups canned tomatoes, served to remove seeds
- 1/4 cup chopped onion
- 4 whole cloves

- 1 bay leaf (from pickling spiced)
- 1 tsp salt
- 3/4 tsp pepper
- Cook potatoes in 6 cups of water. Meanwhile lightly brown the onions in butter. Add one-third cup of flour. When potatoes have cooked fifteen minutes, add onion spices, seasonings, tomatoes and fillets. Cover and simmer for half an hour. This chowder improves in flavor if cooled and reheated, but not boiled. Just at serving time add 1 cup of cream. Reheat just to boiling point. Serve at once.