



**AND HERE'S HOW ITS DONE**

Mrs. Norman B. Thomson, of Georgetown, above, provided this favorite recipe for angel dream cakes: One-half cup butter; 2 tablespoons white sugar; 2 cups flour. Crumble together with finger, put into good size pan and bake slowly for five minutes.

Mix together 1 cup brown sugar, 1 cup coconut, 1 cup chopped nuts, 2 eggs and 1 tsp. baking powder. Spread this mixture over the first, partially cooled, and return to oven. Bake slowly until well set. When cooked cover with thin icing and cut in squares.

**MUFFINS**

1 egg  
 1/4 cup brown sugar  
 2 1/2 cups sour cream  
 1/2 teaspoon salt  
 1 cup bran  
 2 cups flour  
 2 teaspoons soda  
 Added to flour. Mix all-together, and bake in oven 400 degrees for 15 or 20 minutes.  
 Mrs. Keith Warren  
 Margate W. I.

**BISCUITS**

Time 12-15 minutes  
 Temperature 400 degrees  
 2 cups flour (sifted)  
 4 teaspoons baking powder  
 1 teaspoon salt  
 2 teaspoons sugar  
 1 cup table cream  
 Method: Sift dry ingredients together 4 times. Add cream and mix quickly with a knife. Turn out on board and knead 2 minutes.  
 Mrs. J. Sterling Gillespie  
 Souris East

**ALL-BRAN CREAM SCONES**

1 3/4 cups flour  
 4 tablespoons baking powder  
 1/2 cup All-Bran  
 1/4 cup butter  
 1/2 teaspoon salt  
 3 tablespoons sugar  
 1-3 cup cream or top milk  
 2 eggs  
 Sift flour with baking powder, salt and sugar. Add All-Bran. Cut in butter with pastry blender. Reserve small portion of egg whites. Beat remaining eggs and add to first mixture with cream. Stir until dough is formed. Toss on floured board. Knead slightly and roll out to 3/4 inch thickness. Cut in triangle shapes. Brush with egg white mixed with 1 teaspoon water. Sprinkle with sugar and bake in hot oven, 450 degrees.  
 Mrs. Arthur Profit  
 Margate W. I.

**ALL-BRAN MUFFINS**

2 cups all-bran  
 1/4 cup light molasses  
 1 1/2 cups milk  
 1 egg  
 1 cup sifted flour  
 1/2 teaspoon salt  
 1 teaspoon soda  
 Add All-Bran to molasses and milk, let soak for 15 minutes. Beat egg, add to first mixture. Sift flour, salt and soda together. Combine with All-Bran mixture. Fill greased muffin pans two-thirds full. Bake in moderate oven 400 degrees F. about 20 minutes.  
 Mrs. Gordon Holm  
 DeSable W. I.

**FEATHER BEDS**

2 cups scalded milk  
 4 tablespoons butter  
 4 tablespoons sugar  
 2 eggs, well beaten  
 4 cups bread flour  
 1 yeast cake  
 1 1/2 teaspoons salt  
 Method: Melt butter in warm milk. Add salt, sugar, and yeast cake, dissolved in warm water. Add egg and flour. Beat well, let rise until light, about 2 hours in warm place. Place in muffin tins 3/4 full and let rise again and bake in hot oven 450 degrees F. for 20 minutes.  
 Adah Mother,  
 Montague

**BREAKFAST ROLLS**

Combine:  
 1/2 cup scalded milk  
 1/2 cup water  
 3 tablespoons butter  
 1 cake yeast in cooled mixture  
 3 tablespoons white sugar  
 1 1/4 teaspoons salt  
 Mix well and add:  
 1 egg  
 3 cups flour  
 Mix and roll into 1-4 inch thick rectangle. Brush with 2 tablespoons of butter and 1/4 teaspoon cinnamon. Roll up like jelly roll. Cut in slices.  
 Combine:  
 1/4 cup melted butter  
 1/4 cup molasses  
 1 cup brown sugar  
 3/4 cup nuts  
 Spread in bottom of pan. Place rolls on top. Let rise and cook 25 minutes at 350 degrees F.  
 Mrs. Roland Doucette  
 Parkdale W. I.

**WHOLE WHEAT MUFFINS**

2-3 cup sifted white (bread) flour  
 1 cup whole wheat flour  
 4 teaspoons baking powder  
 1/2 teaspoon salt  
 1/4 cup granulated sugar  
 1 egg, beaten  
 1 cup milk  
 4 tablespoons melted shortening  
 Sift together white flour, baking powder and salt into mixing bowl. Add whole wheat flour and sugar and stir. Beat egg until foamy. Add milk and melted shortening (not too hot). Pour into dry ingredients and fold in quickly. Do not over-mix or batter will be lumpy. Fill greased muffin tins 2-3 full, and bake in a hot oven for 20 minutes. This recipe makes 8-12 muffins.  
 Mrs. L. P. McIsaac  
 Mermaid W. I.

**FAIRY ROLLS**

1 cake yeast  
 2 cups luke warm milk  
 1/4 teaspoon baking powder  
 1 teaspoon salt  
 2 tablespoons sugar  
 3 tablespoons melted shortening  
 4 to 4 1/2 cups flour  
 Soften yeast in 1/2 cup warm milk, stir in remainder of milk. Mix baking powder, salt, sugar, with shortening. Combine with yeast mixture and add 3 cups flour. Beat well. Add remaining cup of flour, mix well. Turn out on floured board, roll 1 inch thick. Cut with small cutter, grease each round a little off centre. Brush small side with melted butter and fold over. Press edges together and let rise 1 hour. Bake in hot oven 14 minutes.  
 Mrs. Lloyd MacNevia,  
 33 Kirkwood Drive

**PEANUT LOAF**

4 tablespoons butter  
 1 cup sugar  
 1 egg  
 1 cup peanuts, chopped fine  
 1 1/2 cups flour  
 1 1/2 teaspoons baking powder  
 1/2 cup milk  
 Bake in loaf tin, in slow oven about 40 minutes.  
 Vera Arsenault  
 St. Eleonors W. I.

**Island Recipes, The Home-Tested Kind**

**DATE LOAF**

1/4 cup shortening  
 1 cup chopped dates  
 3/4 cup brown sugar  
 1 cup boiling water  
 Pour boiling water over shortening, dates, and sugar, let stand until cool, then add:  
 2 cups flour  
 1/2 teaspoon salt  
 1 teaspoon baking powder  
 1 teaspoon soda, all sifted together  
 1 egg (beaten)  
 1/4 cup chopped walnuts  
 Mix well, place in greased loaf pan, bake in 325 degree oven, about 1 hour.  
 Mrs. Iva Found  
 Parkdale

**BANANA ALL-BRAN NUT BREAD**

1/4 cup shortening  
 1/2 cup sugar  
 1 egg  
 1 cup all-bran  
 1 1/2 cups mashed bananas  
 1 teaspoon vanilla  
 1 1/2 cups flour  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1/2 teaspoon soda  
 1/2 cup chopped nut meats  
 Cream shortening and sugar. Add egg and beat well. Add All-

Bran, bananas, and flavoring. Sift flour, baking powder, salt, and soda together. Add to first mixture with nut meats, stirring only until flour disappears. Bake in greased loaf pan with waxed paper in the bottom, in moderate oven (375 degrees F.) about 1 hour. Let cool before cutting.  
 Jennie Campbell  
 Reads Corner W.I.

**MUFFINS**

1 cup white sugar  
 2 tablespoons shortening  
 1 teaspoon salt  
 1/2 cup molasses  
 1 egg (beaten)  
 1/2 teaspoon soda, dissolved in 1 teaspoon hot water  
 1 cup sour milk  
 1 cup white flour  
 1 cup graham flour  
 1/2 cup raisins  
 Mix in order given. Drop in greased muffin tins. Bake in moderate oven 15 to 20 minutes.  
 Mrs. Evelyne MacKinnon  
 DeSable W. I.

**CREAM BISCUITS**

2 eggs  
 1/2 cup cream  
 4 tablespoons butter  
 2 tablespoons sugar  
 2 cups flour  
 4 teaspoons baking powder  
 1/4 teaspoon salt  
 Cold water  
 Sift the flour with baking powder into a bowl. Add salt, sugar, butter, beaten eggs and cream. Roll 3/4 inch thick, cut and sprinkle the top of each biscuit with granulated sugar.  
 Mrs. Gordon Holm  
 DeSable W. I.

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