



**MANY HANDS MAKE LIGHT WORK**

This smiling scene in a Summerside High School home economics class supports the claim of the old adage that many

hands make light work. Shown above, left to right, are Marjorie Ireland, Helen Yeo, Kathryn Jeffery, Ann Hickey and Bernadette

Logan. The quick cleanup operation shown followed a cooking class.

**Ah! Enjoy These Light and Fluffy Cakes**

**CHOCOLATE REFRIGERATOR CAKE**

1 pkg. large round chocolate wafers  
1 cup heavy cream  
1 tbsp. sugar  
1 tsp. vanilla  
Whip cream until stiff, add sugar and vanilla, spread between wafers. Frost outside with remaining cream. Chill in refrigerator 3 or 4 hours. Slice diagonally. Good.

Minnie L. Delaney  
Kensington, P.E.I.

**DREAM CAKE**

½ cup butter  
1 cup flour  
2 tablespoons brown sugar  
Salt ¼ tsp.  
1 tsp. baking powder  
Combine together and put in pan 9 x 9 bake until set when cool spread with strawberry jam. then beat two eggs.  
1 cup brown sugar  
1 tablespoon flour  
1 cup graham wafers  
1 cup corn flakes  
¼ cup walnuts  
1 doz. cherries 6 red, 6 green  
Mix together spread over first mixture and put in oven and brown (slowly) Ice with butter icing.

Mrs. Alex S. MacMillan  
Wood Islands W.

**DATE CAKE**

1½ cups flour  
1½ cups roll oats  
½ cup butter  
1 teaspoon soda  
1 cup brown sugar  
Filling  
2½ cups dates  
¾ cup water  
½ cup white sugar  
Work the 5 first named up in crumbs and place half in bottom of pan. Put filling in pan and then remainder of crumbs on top.

Mrs. Gordon Holm  
De Sable W.I.

**BLUEBERRY CAKE**

½ cup shortening  
1 cup sugar  
2 egg yolks (beaten)  
1½ cups flour  
1 tsp. baking powder  
½ tsp. salt  
1-3 cup milk  
1 tsp. vanilla  
1½ cups blueberries  
Cream shortening and sugar add egg yolks beaten, sift together, flour, baking powder and salt and add alternately with milk and vanilla.  
Beat egg whites stiff and add to batter along with the blueberries. Bake 45 minutes in 350 deg. oven.

Mrs. Henry Douglas  
Parkdale W. I.

**VICTORY ICEBOX CAKE**

2-3 cup day old cream  
1½ tsp. lemon juice or vanilla  
11-3 cups well drained apple sauce  
3 tbsps sugar  
¼ tsp. salt  
½ tsp. vanilla  
2 cups graham crackers  
Combine apple sauce, sugar salt and vanilla. Whip chilled cream until fluffy. Add lemon juice, whip until stiff, fold the cream into the apple sauce. Have three layers of crumbs and two of apple sauce.

Mrs. M.F. Rodd  
Parkdale W. I.

**DELICIOUS CAKE**

2-3 cup shortening  
2 cups white sugar  
3 eggs  
3 cups flour (2 all-purpose, 1 cake flour)  
½ cup milk  
½ cup warm water  
1 tsp. baking powder  
1 tsp. salt  
2 tsp each, almond, vanilla, lemon flavouring

Method: Cream sugar and shortening. Add eggs and beat well. Add milk and dry ingredients, alternately, put in loaf pan lined with foil or waxed paper. Bake 1½ hours at 300 deg. F.

A. Good  
Parkdale W.I.

**SNOW CAKE**

2¼ cups cake flour  
¾ teaspoon baking powder  
1 tsp. salt, sift three times  
½ cup shortening  
¾ cup sugar  
¾ cup honey  
¾ cup milk  
1½ tsp. vanilla  
¼ tsp. almond extract  
4 egg whites unbeaten.  
Method: Mix by hand or at low speed of electric mixer. Stir shortening with honey until blend-

ed, sift in dry ingredients. Add ½ cup milk, mix until all flour is dampened. Beat 2 minutes, add egg whites and remaining milk, beat a little more. Pour in waxed-paper pan, in moderate oven

**Snow Frosting**

1 egg white  
Dash of salt  
½ cup honey  
Beat egg white until stiff, pour honey in fine stream over egg, beat constantly until frosting holds its shape.

Mrs. Mabel MacLean  
121 Water Street

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**SULTANA CAKE**

Cream 1 cup of butter, add 2 cups of white sugar, blend well, add 3 eggs and beat well add 1 tsp salt, the grated rind of 1 orange, 2 tbsp syrup of red cherries, 1 tsp. vanilla and beat well. Sift 1 tsp baking powder with 4 cups of all-purpose flour and add alternately with 1 cup of mixed fruits and 1 lb sultana raisins. Bake in slow oven 2½ hours.

Mrs. John E. Poole  
South Milton W. I.

**DEVILS FOOT POTATO CAKE**  
(This is delicious)

¾ cup milk  
3 squares chocolate unsweetened  
1 cup hot mashed potatoes  
1 shortening  
1¼ cups sugar  
4 egg yolks  
2 cups sifted cake flour  
3 teaspoons baking powder  
¼ teaspoon salt  
1½ teaspoon vanilla  
¾ cup sugar  
4 egg whites, stiffly beaten  
Heat milk and chocolate together. Stir until melted, add to potato and blend well. Cream shortening and sugar until light, fluffy, add chocolate mixture. Pour in egg yolks. Beat well. Mix and sift together flour, baking powder and salt, add slowly, then vanilla. Make meringue by gradually beating ¼ cup sugar into egg whites. Fold into batter and pour into three 8 inch lined cake pans. Bake in moderate oven 350 deg. F. for 25 or 30 minutes. When slightly cool invert on rack and remove waxed paper. After cake is cold spread frosting between each layer, over top and on sides.

Eileen Gay  
Summerside

**BANANA SPICE CAKE**

½ cup shortening  
2½ cups sifted cake flour  
1½ cups white sugar  
2 tsp baking powder  
1 tsp. baking soda  
1 tsp. salt  
½ tsp cloves  
1½ tsp. cinnamon  
½ tsp nutmeg  
1 tsp vanilla

½ cup ...  
1½ cups mashed bananas  
2 eggs  
Method: Place shortening in bowl with sifted flour and sugar and baking powder, Soda, salt, ...  
Add ½ banana ½ cup milk. Beat 2 minutes or 150 strokes by hand. Then add eggs and rest of banana. Put in two-9 inch layer pans. 375 deg. F. oven. Cook 35 minutes.

Mrs. Roland C. Gass  
43 Kirkwood Drive

**LIGHT FRUIT CAKE**

1½ cups sugar  
1 cup butter  
½ cup milk  
6 eggs  
3 cups flour  
1 tsp baking powder  
1 tsp almond flavouring  
1 tsp lemon flavouring  
1 tsp. vanilla flavouring  
3 lbs sultana raisins  
½ lb-leitron peel  
½ lb. candied cherries  
½ lb. almonds

Cream butter, add sugar and cream together until fluffy. Add well beaten eggs. Prepare fruit and flour lightly. Sift dry ingredients and add to egg mixture alternately with milk, add flavouring then floured fruits. Steam 2½ hours and bake 1 hour.

R.W.  
Elliotvale W.I.

**WALNUT LAYER CAKE**

½ cup butter  
1 cup sugar  
2 eggs  
1¼ cups flour  
2 teaspoons baking powder  
¼ teaspoon salt  
½ cup milk  
¾ teaspoon vanilla

Cream butter, slowly work in sugar, beating well. Beat egg yolk until thick and lemon colored and add. Sift dry ingredients several time, and add alternately with milk. Add flavoring. Fold in stiffly beaten egg whites. Makes two good layers in 7 inch tins, or three rather thin ones, bake in moderate oven, 375 deg. F. about 20 to 25 minutes. When cooled, put together and cover top and sides with filling and frosting. Decorate with walnut halves.

Mrs. Henry Arsenault  
Bedeque W. I.

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