

Best breads and biscuits

HOT CROSS BUNS
 1 cup milk
 4 tbsps. sugar
 ¼ cup butter
 1 heaping tsp. salt
 Scald - cool to luke warm.
 Dissolve 1 yeast cake in ¼ cup water. Add.
 1 egg
 ¾ cups flour
 ½ tsp. cinnamon
 ¼ cup currants
 Dough is quite sticky but ½ cup extra flour may be added. Let rise till double in bulk. Shape - Cook 25 minutes in 400 degree oven. Make cross of white icing on buns when almost cold.

MRS. GUY PIERCE
 Brackley

MOLK ROLLS
 ¼ cup milk scalded
 1 yeast cake
 ½ cup warm water
 ½ cup shortening
 ¼ cup sugar
 2 tsp. salt
 4½ cups flour
 Scald milk, add shortening, cool - add yeast cake which has been dissolved in warm water. Add sugar and salt. Add flour. Mix all together. Dough will be quite soft. Let rise - shape into rolls. Bake in 400 degree oven.

MRS. GUY PIERCE
 Brackley

FRIENDSHIP ROLLS
 1 cup dates chopped
 1 cup walnuts
 1 cup white sugar
 ¼ cup flour
 1 tsp. baking powder
 ½ tsp. salt
 2 eggs
 Mix dry ingredients. Add dates and nuts. Beat eggs and add. Spread on cookie sheet. When cooked cut in squares. Then roll in long rolls. Roll in sugar and let cool on waxed paper.

MRS. ROBERT COOK
 Wood Islands West WI

BROWN BREAD
 5 cups white flour
 2½ cups whole wheat flour
 2 tsp. salt
 2 tbsps. sugar
 2 tbsps. molasses

2 tbsps. lard (melted)
 1 yeast cake dissolved in enough water to make a soft dough.

MRS. RAY HUGHES
 Millicore WI

QUICK BROWN BREAD
 5 cups flour
 1 cup all bran or graham flour
 2 tsp. salt
 1 tbsps. butter
 ½ cup molasses
 1 cup rolled oats
 Combine 2 yeast, molasses and 1 cup water. Combine dry ingredients. Add yeast mixture and enough additional water to make easy to handle dough, put into pans. Rise only once. Bake by usual method.

MRS. ROBERT COOK
 Wood Islands West WI

ORANGE BISCUITS
 2 cups sifted all-purpose flour
 4 tsp. baking powder
 1 tbsps. sugar
 ½ tsp. salt
 ½ cup shortening
 ½ cup rind and juice of 1 orange
 ½ cup milk (approximately).

MRS. EVELYN MacLEOD
 Vernon River

THREE HOUR ROLLS
 one-third to ½ cup white sugar
 ½ cup shortening
 1 teaspoon salt
 1½ cups boiling water

Place in saucepan until shortening melts and is quite cool. Then add a yeast cake dissolved and 5 or 6 cups flour.
 Let rise about twice the size again, and put in muffin tins and let rise again then bake in hot oven.

MRS. W.H. BURNS
 Bank, Lot 18 WI

ROLLED OATS BREAD
 3 cups rolled oats
 1 teaspoon salt
 1 yeast cake
 5 cups boiling water
 1 cup molasses
 1 tablespoon butter

Pour boiling water over rolled oats and let cool. Dissolve yeast as usual; add butter, molasses, yeast and salt to cooled oats. Mix and add enough flour to bring to bread consistency. Let rise and put in

bread pans as other bread.

MRS. REG HOOPER
 Millicore WI

CHEESE BREAD

1 cup hot water
 ¼ cup granulated sugar
 1½ teaspoons salt
 1 cake or 1 package dry yeast
 2 tablespoons lukewarm water
 1 teaspoon sugar
 1 egg, well beaten
 2 cups (½ pound) American cheese
 3 to 4 cups sifted all-purpose flour
 Combine hot water with ¼ cup sugar and add salt. Cool until lukewarm. Melt cheese, soften yeast in lukewarm water and add 1 teaspoon sugar. Add to first mixture.

Next add beaten egg, graded cheese and as much flour as can be stirred into dough without kneading. Knead on well floured board 2-3 minutes until easily handled.

Shape into one loaf. Cover; let rise until double in bulk. Bake in moderate oven, 375 degrees about 45 minutes. Remove from pan and brush with melted butter. Cool.

MRS. V. MADSEN
 Wood Island West WI

CHEESE ROLLS

1½ cups flour
 3 teaspoons baking powder
 ½ teaspoon salt
 Few grains cayenne
 3 tablespoons shortening
 ½ cup milk
 ¾ cup grated cheese
 2 pinches, chopped
 Sift dry ingredients; add shortening, mix in thoroughly with fork. Add liquid to make soft dough. Turn onto floured board. Toss lightly until outside looks smooth. Roll out in sheet 8 x 12 inches. Sprinkle with cheese and chopped pimento.
 Roll up like jelly roll, starting at short side.

With a sharp knife, cut in 8 slices. Flatten slightly and place on top of tuna fish mixture.

MRS. EVELYN MacLEOD

BOSTON BROWN BREAD

1 cup rye meal
 1 cup corn meal
 1 cup graham flour
 ¼ cup molasses
 2 cups sour milk or ¼ cups sweet milk or water
 Mix and sift dry ingredients. Add molasses and milk. Stir until well mixed. Turn into well buttered mold. Steam 3½ hours.

MRS. JOSEPH MacINNIS
 St. Peter's Bay South

PHILADELPHIA STICKY PUNDS

3 tablespoons sugar
 1 cup scalded milk
 ½ cup chopped raisins
 3 tablespoons currants
 ½ teaspoon cinnamon
 3 tablespoons brown sugar
 2 tablespoons finely chopped citron
 ¼ cake yeast
 ¼ cup warm water
 ¼ teaspoon salt
 3 tablespoons butter

Dissolve yeast in water; add to milk which has been allowed to become lukewarm. Add sugar, salt and flour and knead until it becomes a soft dough. Place in a buttered bowl and butter top of dough. Cover, put in a warm place and let rise until 3 times its original size. Punch down and roll until it is about ¼ inch thick. Brush with the butter spread with the raisins, currants, citron, brown sugar and cinnamon. Roll as for jelly roll and cut into slices ¾ inches thick.

Place in buttered pans which have been spread with brown sugar. Let rise until double and bake in 400 degree oven for about 20 minutes.

MRS. CLARENCE ROSE
 Lakeville WI

POCKETBOOK ROLLS

1 qt. new milk
 1 tbsps. butter
 1 tbsps. sugar
 1 tsp. salt
 Let milk come to a scald.

Pour the hot milk on the butter, sugar and salt. Let stand till lukewarm. Stir in flour to make batter and one yeast cake. Add enough flour to knead batter. Knead lightly. Let rise very hot - punch down, kneading well but soft. Let rise again. Shape into rolls. Let rise. Bake for 15 minutes.

MRS. JOSEPH MacINNIS
 St. Peter's Bay South

IRISH BREAD

1 cup brown sugar
 3 cups flour
 1 tsp. baking powder
 1 lev. salt
 ½ tsp. nutmeg
 1 cup raisins
 Add lard and milk as for biscuits. Roll 1 inch thick and cut in squares. Bake in hot oven.

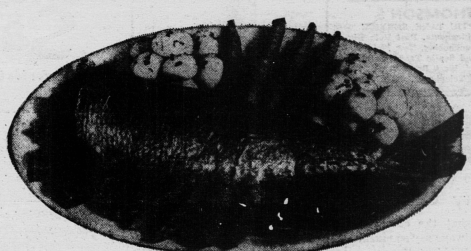
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 Lakeville W.I.

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FISH IS GOOD FOR YOU - TASTES GOOD TOO!



Scientific research has placed more and more emphasis on the importance of fish in your diet, and we are told that diets which include sea food are conducive to good health. Island waters abound in a variety of fish, and it is available for you year round at fish markets and grocery stores.

Check the many recipes made from fish in the sea food section of this Cook Book. You'll find many delicious dishes made by Island cooks from Island fish... plan to try at least one every week, and you'll find your family actually looking forward to the next fish dinner!

P. E. I. DEPARTMENT of FISHERIES

LEO F. ROSSITER,

Minister.