

“ETHNIC and FAVORITE RECIPES”



National Doukhobour
Heritage Village Inc.

SYMBOLS OF FAITH

BREAD

... Staff of Life

WATER

... Spirit of Life

SALT

... Essence of Life

ACKNOWLEDGEMENT

The Committee in charge of preparing this Cookbook wish to take this opportunity to thank all the ladies who contributed their favorite recipes for publication in this book. It is only through a combined effort that such a project is possible.

COOKBOOK COMMITTEE

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"We'll assemble as one human family
And create a brotherhood of man;
Toil and peace shall be our foremost emblem;
Love shall reign supreme in all the land."

"RECIPE FOR HAPPINESS"

2 heaping cups of Patience
1 heart full of Love
2 hand full of Generosity
Add a dash of Laughter
A full cup of Understanding
2 cups of Loyalty

Mix well. Sprinkle generously with kindness.
Spread this irresistable delicacy over a
life time and serve everybody you meet.

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"Look to this day...
For yesterday is already a dream
And tomorrow is only a vision".

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"He who does not live in some degree for others
Hardly lives for himself."

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H E L P F U L H I N T S

Wash strawberries before hulling, otherwise water will get into the berries, dilute their flavor and make them mushy.

To keep cornmeal from lumping, moisten with cold water before adding to boiling water.

To rid bread board or cutting boards of onion or garlic smell, cut a lemon in half and rub the surface with the cut side.

After slicing cheese, spread a thin coat of butter over edges of the piece to be refrigerated to keep it from drying.

One teaspoon of lemon juice boiled with rice will keep the rice whiter.

When making jam, rub the bottom of the pan with butter. This prevents burning and keeps jam clear.

The quickest and surest way to beat egg whites to a froth is to add a tiny pinch of salt to them.

When cooking potatoes for potato salad, put 1 teaspoon of vinegar into salted water. It will keep your potatoes from discolouring and keep them firm.

RUSSIAN BORSCH

3 quarts water	1 tablespoon salt (canning)
1/4 pound butter	1 pint tomatoes, mashed
2 cups potatoes, cubed	1 medium onion, chopped
1/4 cup carrot chopped fine	fine

Bring water to a boil, add all ingredients and cook until potatoes are done - about 15 minutes. Take out 3/4 cup of potatoes and set aside.

Prepare:

- 2 tablespoons grated beets
- 2 tablespoons dill (fresh or frozen) chopped fine
- 1 medium onion, chopped fine
- 2 tablespoons green or red peppers, chopped fine
- 2 cups shredded cabbage

Mix and add to first mixture. Cook about 8 to 10 minutes. Mash the 3/4 cup potato in 1/4 cup fresh cream and 1 table-spoon butter. Add some hot liquid into mashed potato, mix and add to rest of the vegetables and boil only about 1 minute.

When fresh green vegetable leaves are available, chop them real fine and use in borsch the same way as cabbage.

winter lettuce	green onion
beet leaves	swiss chard
spinach	young cabbage leaves
young rhubarb leaves, scalded first then used	
nettle leaves, scalded then used	
potato leaves	
leaf from horseradish	
dill or dry dill, stem with seed. Put into the pot on top for awhile for flavor; after its cooked, then take it out.	

You can either add cream or just have it plain then you don't have to mash potatoes.

Mrs. Pauline Sukorokoff, Canora

VEGETARIAN BORSCH

1/2 cup chopped onions	4 potatoes
1 beet	1 carrot
6 cups water	3 cups canned or fresh
3 teaspoons salt	tomatoes

Chop onions; peel and quarter potatoes, dice beet and carrot. Boil all above ingredients until potatoes are cooked.

1 potato	1 green pepper
6 cups cabbage	2 tablespoons dill weed
1/2 cup butter	1 cup cereal cream
1 hot pepper (optional)	

While the above broth is cooking, dice potato in 1/2 inch cubes. Chop green pepper and cabbage; finely chop dill weed. Saute the cabbage in 1/4 cup butter. Remove cooked potatoes from broth. Mash with cream and remaining butter. Set aside. Add uncooked potatoes and green pepper to broth. Boil vigorously for 7 minutes. Add cabbage and mashed potatoes. Stir well. Sprinkle with dill weed. Keep borsch hot but do not boil or it will curdle. Serve with hot pepper. Makes 6 to 7 servings.

Mrs. Polly Bloudoff, Veregin

BEAN SOUP

Boil 1 pound of beans for 10 minutes and drain the water. Then add 3 quarts of water and cook for 1 1/2 hours.

Add:

1 cup onions finely chopped	1 cup celery finely chopped
1 1/2 cups tomatoes	1/2 cup butter
1 cup carrots, cut in small pieces	Salt and pepper to taste

Cook until tender.

Mrs. Anne Kazakoff, Kamsack

QUICK BORSCHT

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|---------------------------------------|------------------------|
| 4 - 5 potatoes, diced | 1 onion chopped fine |
| 1 large carrot (grated
or chopped) | 1 beet (medium) |
| 1 1/2 teaspoons salt | 2 cups canned tomatoes |

Cover above ingredients with 2 1/2 quarts boiling water.

1/2 cup butter

Boil until potatoes are done. (Potatoes could be mashed if one prefers them that way). In a frying pan, saute:

1 large onion in 1/4 cup butter

Add:

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| 1 cup canned tomatoes | 1 10-ounce can tomato soup |
| 1/2 green pepper, chopped | 1/4 cup sweet cream (optional) |

Simmer 15 minutes. Set aside. Shred 1 small head cabbage. Add to first part of borscht. Add 1/4 cup of dill. Boil 10 minutes or until cabbage is done but not over cooked. Add tomato sauce from the frying pan and bring to a gentle boil. Turn off heat. This will make 4 quarts.

Mrs. Mabel Oglov, Kamsack

VEGETABLE SOUP

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| 2 cups cubed potatoes | 2 cups cubed turnips |
| 2 cups sliced carrots | 1 medium onion, chopped fine |
| 1 cup chopped celery | Salt and pepper to taste |
| 1/3 cup brown rice, or Garbonzo Beans, Lima Beans or any other beans, cooked separately (2 cups) | |
| 3 tablespoons butter or margarine | 1 cup canned tomatoes (optional) |

Cover all vegetables with 2 quarts or little more of boiling water. Boil 30 minutes. A little sweet cream may be added before serving.

Mrs. Mabel Oglov, Kamsack

BEAN SOUP

3 1/2 quarts water	2 1/2 cups dry beans
5 medium potatoes	2 medium sized onions
1/2 cup butter	1 1/2 tablespoons salt
1/2 cup canned tomatoes	

Place beans and water in pot and simmer 1 1/2 to 2 hours, till beans are almost soft. Then add 1 tablespoon salt and potatoes cut in half. Simmer till potatoes are done.

While beans and potatoes are cooking, melt 1/2 the butter in pan, saute onions and add tomatoes and cook a few minutes longer.

With straining spoon remove potatoes and beans, mash and add 1/2 tablespoon salt and rest of butter and mix well. To the water add the onion, tomato mixture. Bring to boil. Add the mashed potato and bean mixture. Blend and serve.

Mrs. Polly Reibin, Veregin

HULOOSHKY (DUMPLINGS)

1 egg	1/2 cup milk
1/4 teaspoon salt	1/2 teaspoon baking powder

Beat egg, add baking powder and salt while beating. Add milk and beat again. Add flour to make a very soft dough. Let rise for awhile.

Drop by small teaspoon into boiling water. Boil about 2 minutes or till cooked. Add some green onions, sauteed in butter and a bit of dill. Add salt to taste.

I usually add some vegetables before adding dumplings ... small cubed potatoes, celery, shredded carrots.

Mrs. Lindie Dewores, Kamsack

DUMPLINGS

3 to 4 quarts water	1 tablespoon salt
2 cups diced potatoes	
3 eggs	1 cup milk
1 teaspoon salt or more	2 1/2 to 3 cups flour
1/2 cup butter	

In medium bowl put in eggs; beat until foamy; add milk, salt and flour; mix until thick. Meanwhile bring water to boil; dice potatoes, put into boiling water, add salt and butter. Use a teaspoon to drop thick dough into boiling water-potato mixture. (Dough will expand to a fair size when cooked). Cook for 20 minutes. This may be eaten as a dumpling soup or the dumplings may be removed, fried in a little butter and served with the following dill sauce:

2 tbsp unsalted butter	2 tbsp. all purpose flour
2 tbsp distilled white vinegar	1 tbsp. sugar
2 egg yolks	1/2 cup heavy cream
1 tsp fresh lemon juice	1/2 cup finely chopped dill
1/2 tsp freshly ground white pepper	1 tsp. coarse (kosher) salt
2 cups water/potato water or broth from dumpling soup	

In a medium saucepan, melt butter over moderately low heat. Add the flour and cook, stirring, for about 2 minutes without allowing the flour to color. Add the stock all at once. Bring to a boil over moderate heat, whisking constantly. Cook, stirring frequently, for 5 minutes. Remove the sauce from the heat. In a small non-corrodible saucepan, bring the vinegar and sugar to boil over high heat. Lower the heat to moderate and boil until reduced to a light syrup, about 3 minutes. Remove from the heat. Stir the syrup into the sauce. Whisk the cream and egg yolks together until well blended. Stir a little of the sauce into the cream-yolk mixture, then stir all of the mixture into the sauce. Cook over low heat, stirring constantly until warmed through, about 3 minutes. Do not boil. Remove the sauce from the heat. Stir in the dill, lemon juice, salt pepper. Pour over dumplings.

Mrs. Natalie Karnitsky, Kamsack

POTATO SOUP

1 medium onion, finely chopped	3 tablespoons butter
1/2 cup chopped celery with leaves	3 potatoes, peeled & cubed
	3 cups boiling water
	3 cups scalded milk

Salt and pepper to taste

In a heavy pot, over medium heat, melt butter, add chopped onions, saute lightly. Add potatoes, (cubed). Add water, celery, salt and pepper. Cook until potatoes are tender. Add scalded milk, bringing to a boiling point. Serves six.

Mrs. Mabel Oglov

ZATIRKA (SOUP)

Break 1 egg into a cup. Beat it well, then add enough milk to fill the cup. Add 1/2 teaspoon salt and mix well. Put 2 or 3 cups of flour on a pastry board and spread it out. Sprinkle the milk mixture over the flour in small amounts while stirring the flour to form coarse crumbs. Continue this until all liquid is used up. Shake the flour off the crumbs and place the crumbs in a pan and roast in the oven till dry.

To make Soup:

Into a quart of water, add about 1 1/2 cups diced potatoes, adding salt to taste. Cook till potatoes are done. In the meantime, saute medium onion in 2 tablespoons butter until transparent and add to the pot, along with 1/2 cup or more of the mealy crumbs. Cook for about 5 minutes. Add 2 tablespoons cream and serve.

Mrs. Polly Strukoŋŋ, Kamsack

BORSCH

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| 1/4 cup butter or margarine | 2 cups tomato juice |
| 4 cups boiling water | 1/4 cup chopped onion |
| 1 cup peas, frozen | 4 cups shredded cabbage |
| 2 T. dill weed | 1 cup cream |
| 1 cup shredded carrots, fresh | 2 cups diced beets, canned |
| | 2 large potatoes, cooked separately in a pot |

Melt butter in large saucepan and add chopped onion. Cook until onion is transparent. Add tomato juice, carrots and peas, and water. Cook for about 20 minutes. Then add cabbage and cook until tender. Add diced cooked beets. Mash potatoes, add cream and blend well. When vegetables are all tender, add cream and potato mixture. Add dill weed and mix in. Cook for a few minutes longer. If very thick add water from potatoes. Serve with bread and butter or crackers.

Mrs. Bernice Makowsky, Kamsack

CREAM OF VEGETABLE SOUP

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| 2 tablespoons margarine or butter | 2 tablespoons minced onion |
| 1/2 teaspoon salt | 1 cup boiling water |

Brown onion in margarine or butter in a saucepan. Add salt and water.

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| 1/2 cup diced celery | 1/2 cup diced carrots |
| 1/2 cup diced potatoes | 1/2 cup frozen or fresh peas |

Add all vegetables to saucepan and cook until tender. Make a white sauce using:

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| 2 tablespoons flour | 1 teaspoon salt |
| 1/2 teaspoon pepper | 2 tablespoons butter or margarine |
| 2 cups milk | |

Melt butter or margarine in a saucepan, add flour, salt and pepper. Mix well. Slowly add milk stirring constantly until mixture is smooth and thickened. Add white sauce to vegetable pot. Garnish with snipped parsley.

Mrs. Bernice Makowsky, Kamsack

FRESH CAULIFLOWER SOUP (LOW-CAL)

- 1 medium head cauliflower
- 2 medium onions, peeled and quartered
- 4 stalks celery, cut into 3 inch pieces
- 3 cups water
- 4 tablespoons butter or margarine
- 3 tablespoons flour
- 3/4 teaspoon salt
- 3 cups skim milk
- 2 tablespoons fresh chopped parsley (optional)

Wash cauliflower and break into small pieces. Mid veins of cauliflower may also be used. Put in sauce pan and add onions, celery and water. Simmer 20 minutes. Remove vegetables from water with slotted spoon. Reserve water. Put vegetables a little at a time into a food processor or electric blender. Process till smooth. Blend butter in large saucepan on medium heat. Stir in flour and seasoning and cook 1 minute. Blend in milk and reserved water. Cook stirring constantly till mixture thickens and boils. Add pureed vegetables. Heat through. Sprinkle with parsley.

Mrs. Nelle Horkoff, Kamsack

CORN CHEDDAR CHOWDER

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| 1 potato | 1 carrot |
| 1 onion | 1/2 cup diced celery |
| 1/2 cup diced green pepper | 1/2 bay leaf |
| | Pinch of salt |
| 1 can creamed corn | 1 1/2 cups milk |
| 1/2 cup grated cheddar | |

Cook vegetables in a small amount of water, add corn, milk and cheddar.

Mrs. Laura Chernoff, Saskatoon, Sask.

FILLINGS FOR VARENEKI

Cottage Cheese:

5 cups dry cottage cheese
1 teaspoon salt 2 or 3 eggs

Mix well.

Potatoes:

5 cups mashed potatoes 2 tablespoons oil or butter
1/2 tablespoon chopped onion Salt to taste

Saute onion in oil. Season and add to potatoes, mixing well. You may add 1/2 cup grated strong cheddar cheese to potato mixture, if desired.

Plum:

1/2 cup water 1 cup prunes
Sugar to taste

Bring to a boil. Let cool. Remove stones and let drain on absorbent paper. Chop fine.

Sauerkraut:

Scald 2 cups sauerkraut, drain and press out water. Chop fine. Fry 1/2 cup chopped onion in 4 tablespoons vegetable oil. Add to sauerkraut.

Poppy Seed:

1/2 cup prepared poppy seed, scalded and ground fine. Add a pinch of salt and pepper and 2 tablespoons sugar. Mix well.

Mrs. Polly Rieben, Canora

VARENIKI

4 cups flour	1 egg
1 3/4 cups warm water	1/2 teaspoon salt
2 tablespoons butter or oil	

Combine water, egg and salt and add to 3 cups flour. Mix well, add and knead in fourth cup of flour until smooth and elastic. Brush with oil and set aside for 15 minutes. Roll out as for pie crust and cut out with a round cookie cutter. Place the round on the palm of your hand. Place a spoonful of the filling on it; fold over to make a half circle. Press the edges together with your fingers, making sure the edges are free from filling. Have the edges sealed well to prevent the filling from running out. Place the vareniki on a tea towel, side by side, without touching one another. Cover with another tea towel to prevent drying out. Drop into boiling salted water and stir with a wooden spoon to prevent from sticking to the bottom. Boil 4 or 5 minutes. Drain into a colander and pour 1 cup cold water over them. Drain, place in a dish, sprinkle with butter or oil and toss gently to coat evenly. (Chopped onion, browned in oil could be used, if desired). Fillings on page 9.

Mrs. Polly Rieben, Canora

VARENIKI

Mix 1 teaspoon baking soda into 1 cup buttermilk. Add:

1 cup milk	2 tablespoons oil or melted
1 teaspoon salt	butter
3 eggs, beaten well	2 teaspoons baking powder

Enough flour to make medium soft dough. Mix in order given. Roll out and cut with round cookie cutter. Place filling in centre and fold over to make a half circle. Seal edges well to prevent filling from running out. Drop into salted, boiling water. Cook for 4 to 5 minutes. Drain. Place in casserole and sprinkle with butter. Toss gently. Recipes for fillings on page 9.

Mrs. Tina Cazakoff, Kamsack

FEATHERBEDS VARENIKI

Dissolve 1 package yeast in 1/2 cup warm water. Let stand 10 minutes, then add to the following cooled milk mixture:

2 cups scalded milk	4 tablespoons butter
4 tablespoons sugar	1/2 teaspoon salt
2 eggs, well beaten	5 cups flour

Mix and knead. Let rise for 2 hours, then roll and cut in squares or round with cookie cutter. Place filling on centre, fold over and seal edges well. Let rise for 1/2 hour and bake in moderate oven till done. Serve with the following sauce:

1 cup whipping cream	1 onion chopped
Chopped dill	Chopped mushrooms

Put all ingredients in saucepan and heat till it thickens. Pour over varenikis and heat. (Not too long). Filling recipes on page 9.

Mrs. Doris Chernoff, Canora

VARENIKI

2 cups milk	1 tablespoon oil
5 cups flour	2 eggs
1 teaspoon salt	1 teaspoon baking powder

Heat milk to boiling point. Beat eggs and slowly pour hot milk on eggs while beating. Add salt and oil. Add this mixture to the flour, baking powder and knead well. Let rest under bowl for about 15 minutes. Roll thin, cut with round cookie cutter. Place filling in centre, fold over and seal edges well. Drop varenikis in boiling, salted water and cook for 4 or 5 minutes. Drain, place in casserole and sprinkle with melted butter. Shake to coat with melted butter. Serve with sour cream. Filling recipes on page 9.

VARENIKI (PEROGIES)

4 cups flour
1 teaspoon salt

1/2 cup margarine

Rub together as for pie crust. Add 2 eggs well beaten and 2 cups milk. Knead dough well. Roll thin, cut with round cookie cutter. Place filling in centre, fold over and seal edges well. Drop into salted, boiling water. Cook for 4 or 5 minutes. Drain. Place in casserole and sprinkle with butter. Toss gently. Ready to serve. Fillings on page 9.

Mrs. Polly Morozoff, Veregin

VARENIKI

3 eggs, beaten
3 cups mashed potatoes
4 cups flour

1/2 cup safflo oil
1 teaspoon salt

Mix, and knead well. Let rest for 1/2 hour, covered. Roll, cut into circles and place filling in centre; fold over and seal edges well. Drop into salted, boiling water. Cook for 4 or 5 minutes. Drain. Place in baking dish and pour over melted butter. Toss gently. Fillings on page 9.

Mrs. Doris Dergousoff, Canora

VARENIKI FRIED IN OIL

4 cups flour
3 ounces oil
1 teaspoon salt
1 1/4 cups warm water

2 cups cottage cheese
2 eggs
1 teaspoon baking soda

First rub cheese with flour well, like you would for pie crust. Then make a well in flour mixture and add the rest of ingredients, mixing to a soft dough. The more cheese you put the fluffier the dough will be. Roll dough, cut with round cutter, fill with mashed potato filling and seal edges well. Deep fry in oil. May be frozen. Recipe for mashed potato filling on page 9.

Mrs. Doris Chernoff, Canora

FILLINGS FOR PEROHEE (PYROHI)

COTTAGE CHEESE:

5 cups dry cottage cheese 2 or 3 eggs
Salt to taste

Mix well.

POTATOES:

Boil potatoes until tender. Mash fine, add butter and salt to taste. Mix well. (An egg may be added).

BEETS:

Peel beets and grate fine. Put into saucepan with some butter and cook until tender. Stir often to prevent from burning. Add salt and sugar to taste.

CARROTS:

Prepare the same as beets.

PUMPKIN:

Boil pumpkin. Season with salt and sugar and fry as the beets.

SAUERKRAUT:

Rinse sauerkraut with water. Fry in butter. Stir often.

PEAS:

Boil peas until tender. Drain and mash. Add butter, salt and sugar to taste.

BEANS:

Cook kidney or any other dry beans until soft. Mash and add a bit of salt and sugar. Add beaten egg. Mix well.

DRIED APPLES:

Steam dried apples in little water. When cooked, mash and add sugar to taste.

YEAST DOUGH FOR PERAHEE

2 tablespoons yeast	2 cups potato water
5 cups milk, scalded	1 cup sugar
1 tablespoon salt	10 eggs
1 pound butter or margarine	

Soak yeast in lukewarm potato water with 2 teaspoons sugar till well dissolved. Add flour. Beat well. Let stand in a warm place till bubbly while you are preparing the rest. Scald the milk and melt the margarine or butter by placing it in the hot milk. Let cool to lukewarm.

Beat eggs well with sugar. Add the salt. Add the milk mixture, and then the yeast batter. Add enough flour to make a soft bun dough. Knead well. Let rise in a warm place. When well risen, cut off pieces of dough and make balls the size you prefer. Roll out. Fill with your favorite filling - recipes for fillings on page 13. Let rise in pans and bake in a fairly hot oven about 400°F till lightly browned. When baked brush slightly with melted butter. Makes about 100 tarts.

Mrs. Ruth Rygiel, Kamsack

PYRAHI

Mix in the evening 10:00 P.M.

1 cup warm water	2 teaspoons sugar
2 packages yeast	(Let stand 10 minutes)
2 cups warm milk	2 eggs, well beaten
2 tablespoons sugar	3/4 cup oil
5 or 6 cups flour	

Mix with spoon, cover and place in fridge. In morning punch down and make small balls. Roll out thin, about 4 inch circles. Fill dough with favorite filling (recipes for fillings on page 13).

Let rise in pan for 25 minutes or half hour. Bake for 25 minutes at 350°F to 400°F. When baked brush slightly with melted butter.

Mrs. Nellie Gleboff, Kamsack

PIROHI

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| 1 quart thick cream (farm) | 3 eggs |
| 4 heaping teaspoons baking powder | 1 teaspoon salt |
| | 5 cups all purpose flour |

Beat slightly 3 eggs, add cream and mix. Sift flour, baking powder and salt. Add to the cream mixture and stir very gently. Then add more flour if needed to make a soft dough. Turn the dough on the kneading board and knead it for one minute. Break dough into small balls, size of an egg. Roll into round forms, then, put filling in the center. Pinch dough together to the center so filling stays in. Then flatten slightly. Bake in 400°F oven until lightly browned. Serve hot with melted butter or sour cream.

Mrs. Fanye Petroff, Canora

BUTTER HORNS (TART RECIPE FOR FRUIT FILLING)

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| 1 cup butter or margarine | 4 cups flour |
| 1 teaspoon salt | 3 tablespoons sugar |
| 1 cup milk, scalded and cooled | 2 egg yolks |
| 1/2 cup lukewarm water | 2 teaspoons sugar |
| 2 packages yeast (sprinkle yeast into water to dissolve) | |

Sift flour, sugar into a bowl. Cut in margarine as for pastry. Cool scalded milk to lukewarm. Blend in beaten egg yolks. Stir yeast mixture. Add to milk. Add this to dry ingredients all at once. Stir till well blended. Pinch off balls size of egg and roll. Fill with favorite filling and bake at 400°F. till lightly browned.

Mrs. Ann Kondratoff, Kamsack

SWEET PYROHI

2 1/2 cups flour	1/2 cup margarine
2 teaspoons baking powder	1/2 teaspoon salt
1 tablespoon sugar	

Rub above ingredients like for pie. Add:

1 egg (beaten)	1 cup canned milk (alpha)
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Mix then cut and form into small balls. Roll thin and fill with any fruit desired. Bake in 400° oven till lightly browned.

Mrs. Polly Morozoff, Veregin

SWEET FRUIT TARTS

1 can alpha milk	3 eggs
1 cup cooking oil	1/4 teaspoon salt
5 teaspoons baking powder	

Add enough flour to make a soft dough. Form into small balls and roll. Place dough into muffin tins. Fill with your favorite fruit. Bake in 400° oven until lightly browned.

Mrs. Mary Sherstabitoff, Veregin

SWEET OR FRUIT TARTS

6 cups flour	3 eggs
2 cups milk	1 lb margarine
6 teaspoons baking powder	1 teaspoon salt
2 tablespoons sugar	

Beat eggs and milk. Rub margarine into sifted flour, salt, baking powder and sugar. Pour egg-milk mixture over the flour mixture. Mix well with a wooden spoon. Pinch off dough and roll into balls. Keep dough cool. Roll out dough and fill with fresh or frozen fruit. Mix sugar with corn starch or minute tapioca. Add jelly powder for added flavor. Sprinkle over fruit. Pinch rounds. Bake in hot 400° or 450° F till lightly browned. Makes 45 to 50 tarts.

Mrs. Ruth Rygiel, Kamsack

YEAST PANCAKES

1/2 cup lukewarm water	1 teaspoon sugar
1 tablespoon yeast (Set and let rise 10 minutes)	
2 cups lukewarm milk	2 tablespoons sugar
1 teaspoon salt	3 eggs, beaten
1/4 cup oil	2 cups flour

Beat eggs, add sugar, salt and oil. Add milk. Mix in yeast mixture and flour. Beat it well. Cover and let rise for 1 1/2 hours. Stir down. Pour into a pitcher. Heat frying pan and grease well. Pour enough mixture into pan to cover bottom lightly. Cook until top bubbles. Do not turn. Fold over on platter. Brush with melted butter.

Mrs. Polly Bloudoff, Kamsack

BLINTSI WITH THE YEAST

10 eggs, well beaten. Warm 4 1/2 cups milk till almost boiling and pour over beaten eggs while it is still hot. Let it cool. Then add 3 1/2 cups of flour, salt to your taste and tablespoon of sugar. Mix well. Have yeast ready with:

1/4 cup water	1 teaspoon sugar
2 level teaspoons of yeast	(Let rise 10 minutes)

Mix everything together and let rise for two hours in a warm place. Just before baking add 3 teaspoons baking powder. Use greased, electric pan for baking.

Mrs. Nick J. Chernoff, Canora

RAISED BLINTSI

1 package yeast dissolved in 1/2 cup water and 2 teaspoons sugar. Let rise 10 minutes.

3/4 teaspoon salt	2 1/2 cups boiled milk
1 cup white flour	1 cup whole wheat flour
1/2 teaspoon soda	2 eggs

Beat eggs, add salt. Add soda to milk then to eggs. Then add flour and yeast and set in a warm place. Let rise twice and bake on hot griddle.

Mrs. Mary Barisoff, Kamsack

LARGE BLEENIE RECIPE (Fund Raising)

14 eggs	10 cups milk
8 cups flour (you could use part whole wheat flour)	2 tablespoons salt
2 tablespoons yeast	3 tablespoons sugar
1 cup lukewarm water	1 teaspoon baking soda
	2 teaspoons sugar

Dissolve yeast in 1 cup lukewarm water and 2 tsps. sugar.
Let soak for 10 to 15 minutes.

Sift together flour, salt and sugar. Warm 6 cups of milk.
Add all at once to the flour mixture and beat with wooden
spoon until smooth. Add the yeast. Set aside, while you
prepare the egg mixture. Now beat eggs well. Scald the
rest of the milk (4 cups). To hot milk add baking soda
and pour over well beaten eggs, beating as you pour the
hot milk. Cool to lukewarm. Add to flour yeast mixture.
Set in warm place to rise about 1 hour. Stir down and let
rise again. Have the griddle hot and spread thinly.
Fry on one side only and fold over. Brush with melted
butter.

Mrs. Mary Fofonoff, Veregin

CHEESE PANCAKES

2 cups cottage cheese	4 eggs
1/2 teaspoon salt	3 tablespoons flour
1 teaspoon baking powder	1/2 teaspoon parsley

Beat eggs well. Add cheese, salt, flour and baking
powder and mix thoroughly. Bake on generously greased
skillet. When done, brush with butter and serve hot.

Mrs. Laura Kabatoff, Veregin

RAISED BLINTSI

3 eggs	1 package yeast
3/4 teaspoon salt	2 cups white flour
2 1/4 cups boiled milk	1/2 teaspoon soda

Soak yeast in 1/2 cup warm water. Add 2 teaspoons sugar and set aside to rise. Beat eggs and salt together. Add soda to milk then add eggs and let cool to lukewarm. When cooled, add flour and beat with beater to break up any lumps. Then add yeast and mix. Set in warm place to rise. When double, stir down and let rise again. Repeat again. When raised the third time, have the griddle hot and bake. Brush with melted butter. Serve hot with topping desired.

Mrs. Polly Chernoff, Canora

FLUFFY PUMPKIN PANCAKES

2 cups sifted flour	4 teaspoons baking powder
2 tablespoons sugar	2 cups milk
1 teaspoon salt	1 tablespoon melted butter
1 cup cooked mashed pumpkin or canned	2 eggs, separated

Sift together flour, baking powder, salt and sugar in mixing bowl. Add milk, butter, pumpkin and slightly beaten egg yolks. Mix well. Beat egg whites until stiff peaks form. Fold into first mixture. Bake on hot griddle, turning once. Dot with butter and sprinkle with powdered sugar.

Mrs. Mary Podovnikov, Kamsack

BLEENIE

6 eggs, well beaten	4 cups boiled milk
2 cups flour	2 teaspoons baking powder
1 teaspoon salt	2 tablespoons sugar

Beat eggs, pour boiling milk over them gradually and beat. Let cool to lukewarm, then pour over dry ingredients and mix well. Spread thinly over a well greased frying pan. Do not turn, just fold over. Can be served with cream, butter, syrup or fruit.

Mrs. Ann Kondratoff, Kamsack

VEGETABLE SALAD PLATTER

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|-------------------------------------|-------------------------------------|
| 1 to 2 heads cauliflower | 1 to 2 baskets cherry tomatoes |
| 1 bunch broccoli, with stems | 3 to 4 carrots, cut in small strips |
| 1 bunch chopped green onions | 2 to 3 stalks celery |
| 2 cans button mushrooms | 1 - 8 oz. bottle Italian dressing |
| 1 can pitted black olives, drained. | |

Prepare all vegetables, cutting into bite size pieces. Cherry tomatoes should be left whole. Put all ingredients in sealed plastic bowl or pail. Pour dressing over to cover all vegetables. Marinate and refrigerate for 24 hours, turning frequently. Drain thoroughly before serving on a platter.

Mrs. Winnie Walters, Nipawin, Sask.

JELLIED SALAD

- | | |
|---------------------------------------|--------------------------------|
| 1 - 3 oz. package lime or lemon jello | 1 cup boiling water |
| 3 tablespoons lemon juice | 1/4 cup cold water |
| 1/2 cup undrained crushed pineapple | 1 cup shredded cabbage |
| | 2 tablespoons shredded carrots |

Dissolve jello in boiling water. Stir in cold water and lemon juice. Chill until thick as unbeaten egg white. Fold in cabbage, pineapple and carrots. Spoon into mold. Chill till firm. Serve on lettuce leaves and mayonnaise. Yields 6 servings.

Mrs. Nellie Voikin, Veregin, Sask.

COLE SLAW

6 lbs cabbage, chopped 4 carrots, grated fine
fine 1 cup white sugar
4 onions, chopped (green onions may be used)
Dill, green pepper and celery could be added

Sprinkle the sugar over the vegetables and let stand while preparing the following:

1 1/2 cups cooking oil 1 1/2 cups vinegar
1 cup sugar 2 tablespoons salt

Bring to a boil and pour over cabbage mixture. Pack in sterilized jars. Keep in fridge.

Mrs. Betty Rezansoff, Kamsack

SOUR CREAM SALAD

1 small container sour 1 package white miniature
cream marshmallows
1 can crushed pineapple 2 cans mandarin oranges
(drained) (drained)
1/2 cup medium coconut

Mix all together in a bowl and allow to stand overnight in the fridge.

*Mrs. Lydia Poniatowski
Porcupine Plain*

ONION SALAD

1/2 cup water
1 cup vinegar

3/4 cup sugar
2 teaspoons salt

Bring to boil and cool. Pour over 8 medium sized onions, sliced. Soak 3 to 4 hours or overnight. Drain well. Mix with 1 cup mayonnaise. Add salt and pepper to taste. Sprinkle with celery seed.

Mrs. Lillian Sookochoff, Buchanan

EGG SALAD SUPREME

6 hard cooked eggs
finely chopped
2 tablespoons minced
green onions
1/4 teaspoon pepper

1 cup grated cheddar cheese
1/2 cup mayonnaise
1 teaspoon prepared mustard
1/2 teaspoon salt

Combine all ingredients in medium bowl and mix lightly. Refrigerate until ready to use. Makes 2 cups. Use as a sandwich filling, serve in Tomato Cups or spoon onto a bed of lettuce.

Mrs. Rosie Sookavieff, Pelly

MACARONI SALAD

7 oz. uncooked macaroni
1 cup cubed cheddar cheese
1 cup sliced gherkins
3/4 cup mayonnaise

1 pkg. (10 Oz.) frozen
green peas
1 onion, chopped
Salt and pepper to taste

Cook macaroni, drain and rinse. Cook peas. Mix all ingredients, cover and refrigerate at least 2 hours. Serves 6 - 8.

Mrs. Annette Shukin, Pelly

CABBAGE SALAD

2 medium heads cabbage 2 carrots
 (shredded) 2 onions
2/3 cup sugar, sprinkled over above ingredients

Mix in pot and boil for 1 - 2 minutes:

1/4 cup sugar 2 tablespoons prepared
1 tablespoon salt mustard
1 teaspoon celery seed 1 cup vinegar
2/3 cup oil

Pour over vegetables. Mix well. Makes about ice cream pail.

Mrs. Nick J. Chernoff, Canora

HOLIDAY SALAD

1 package lime jello 1 cup boiling water
1 cup miniature marshmallows

Set above to egg-white consistency. When ready beat and add:

1 package prepared whipped topping
1 cup shredded cabbage
1 cup finely chopped celery
1 cup crushed pineapple
1/2 cup walnuts or pecans

Allow to set in mold.

Mrs. Olga Fofonoff, Veregin

MIXED COLESLAW

- | | |
|------------------------------|--------------------|
| 2 cups carrots | 2 cups turnips |
| 2 cups cabbage | 2 cups cauliflower |
| 1 cup salad dressing (below) | |

Chop vegetables and add the following salad dressing:

- | | |
|------------------------|---------------------------------------|
| 1/2 cup salad dressing | 1/2 cup sour cream |
| 1 teaspoon dry mustard | 2 teaspoons vinegar |
| 2 teaspoons sugar | 1/2 teaspoon onion and
garlic salt |

Mrs. Mary N. Popoff, Benito

24 HOUR FRUIT SALAD

Blend the following and cook in top of double boiler till thick and set aside to cool in refrigerator.

- | | |
|--------------------|---------------------|
| 1/3 cup thin cream | 2 eggs |
| 1/4 cup sugar | 1/4 cup lemon juice |

Mix together:

- 2 tins fruit cocktail (drained)
- 2 tins crushed pineapple (drained)
- Cut up about 1 1/4 cups peeled oranges
- 2 cups miniature, colored marshmallows
- 2/3 banana (sliced)

Whip:

- 1/2 cup dream whip
- 1/2 cup milk, till very thick

Add cold custard, add drained fruit mixture, mix and let stand 24 hours, then serve. Decorate with maraschino cherry on top.

Mrs. Marion Cazakoff, Kamsack

CARAWAY COLESLAW

- 2 1/2 pounds cabbage, cored and finely shredded
- 1 medium carrot, grated
- 1 tablespoon plus 1 teaspoon caraway seed
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise, preferably homemade
- 1/2 teaspoon freshly ground pepper
- 3/4 teaspoon salt

In a large bowl, combine the cabbage, carrot and caraway seed. Stir in the yogurt, mayonnaise, pepper and salt, tossing until thoroughly combined. Serve at once or refrigerate, covered, overnight. Stir again before serving.

Mrs. Natalie Karnitsky, Kamsack

COOL AND CREAMY FRUIT SALAD

- 1 8-ounce package Philadelphia Cream Cheese, softened
- 2 tablespoons lemon juice
- 1/2 cup whipped cream
- 2 cups peach slices
- 2 cups strawberry slices
- 2 tablespoons chopped nuts (pecans)
- 1 teaspoon grated lemon rind
- 1/4 cup powdered sugar
- 2 cups blueberries
- 2 cups green grapes

Combine cream cheese, juice and rind, mixing well until blended. Beat whipping cream until soft peaks form; gradually add sugar, beating until stiff peaks form. Fold into cream cheese mixture. Chill. Layer fruit in 2 1/2 quart bowl. Spoon cream cheese mixture over fruit, sprinkle with nuts. Chill. 8 servings.

Mrs. Natalie Karnitsky, Kamsack

LAYERED SALAD

1 head lettuce (tear up)	Layer of celery
Layer of green onions	Layer of frozen peas

Spread layer of mayonaise to seal. Be sure to touch edges of bowl.

Mix:

1/4 cup Parmasean cheese	1 tablespoon sugar
1 teaspoon garlic powder	

Sprinkle over top. Cover with saron wrap and leave in fridge over-nite. Hard boil 4 eggs. Before serving spread chopped eggs over top. Sprinkle on bacon bits if desired.

Dorie Langley, Penticton, B.C.

COLD CARROT SALAD

Cut up 2 pounds carrots into round discs about 1/4 inch. Boil until semi tender. Drain well and dry thoroughly. Slice 1 spanish onion into 1/4 inch rings and 1 green pepper into rings or strips. Toss in bowl.

Marinade:

1 tin tomato soup	1/2 cup vinegar
1/4 cup water	1 cup sugar
1/4 teaspoon prepared mustard	1 teaspoon salt
1/2 cup oil	1/4 teaspoon pepper
1/4 teaspoon pepper	2 tablespoons Worcestershire sauce

Beat with egg beater and pour over vegetables. Let stand for 24 hours. Keeps for a long time in the fridge.

Mrs. Mary Konkin, Canora

JELLO SALAD

Set 3 jello powders - red, lemon and green with 1 1/2 cups boiling water.

For the red jello use 1/2 cup pineapple juice instead of 1/2 cup of hot water.

Cream well, 8 ounces cream cheese and add to warm lemon jello. Beat till smooth, set in the fridge till slightly thickened.

To the Green Jello, add 2 tablespoons vinegar. Set in fridge till slightly jellied.

Oil a tube pan and place sliced pineapples at the bottom with a cherry in each pineapple slice. Chill.

When the red jello is ready spoon on top of pineapple and return to fridge and when almost firm put lemon jello on top. Last is green jello to which has been added the following vegetables:

3/4 cup chopped cabbage	1/4 cup chopped celery
1 tablespoon chopped onion	1/4 cup olives

Put all this on top of lemon cream jello. Return to fridge.

Mrs. Mary Ostaforoff

NICE AND FANCY SALAD

1 can green beans	1 can yellow beans
1 can Kidney beans (red)	onion - cut in rings
1 green pepper	

Drain water from beans. Place in large bowl.

Add:

1/2 cup mazola or crisco oil
1/2 cup vinegar

Mix and let stand in fridge for awhile before serving.

Mrs. Pauline Sukorokoff, Canora

COLD EGG SOUP (QUASS)

Minced green onion
5 hard boiled eggs
(mashed)
Salt

Minced green dill
1/4 cup cream
Ice cold water
Vinegar

Mash eggs, add cream and mix well. Add green onion and dill. Add cold water with few ice cubes. Season with salt and vinegar to own taste. Amount of water used depends on the thickness of soup desired.

Mrs. Polly Bloudoff, Veregin

KVASS (COLD SOUP)

Ingredients:

Green onions or chives
Salt
Sweet or sour cream
Grated cucumber
3 or 4 hard boiled eggs
(grated)

Fresh or frozen dill seed
Lemon juice or vinegar
Cottage Cheese
Grated radishes (red
radishes sliced for
appearance)

Amount of ingredients can be varied according to preference. Some may be left out. Eggs, dill and onions seem a must. Cut up green onions and dill, fine. Put on a teaspoon of salt and rub with a wooden spoon. Add grated eggs, cottage cheese, cucumber and radish. Mix in cream and 1 tablespoon sour juice. Add enough cold water to make a soup mixture according to your liking. Taste to see if its salty and sour enough. This is eaten with boiled potatoes. I like to put potatoes right into the soup, either mashed or pieces. Some prefer to have potato on a plate with a dab of butter.

Mrs. Ruth Rygiel, Kamsack

LAPSHA (HOMEMADE NOODLES)

12 eggs	1 cup warm water
2 tablespoons melted butter	1 tablespoon salt
	8 cups flour (approx.)

Beat the eggs, add warm water, butter, salt and flour. Mix as bread dough. Make into balls, size of small egg. Roll out real thin, then place on cookie sheet and dry in very slow oven. Do not brown. Then fold into 1 1/2 inch folds and cut thinly. Use noodle maker (if available) for rolling and cutting noodles. Put cut noodles on cookie sheet and dry in oven. Do not brown. Store in jars.

Mrs. Anne Podmaroff, Veregin

POTATO PUFFS

5 cups mashed potatoes	1 teaspoon flour
1 1/2 cup grated yellow cheese	Pinch salt and pepper
Oil for frying	3 eggs

Mix ingredients together thoroughly; shape into patties, roll in fine bread crumbs and deep fry until golden brown.

BEET LEAF DOUGH HOLUBTSI

Use bread dough or pyrohi dough for this recipe.

When dough has risen to double in bulk place a piece of dough, the size of walnut, on a beet leaf and fold sides over filling. Place holubtsi loosely in roaster, dot with butter and place another layer. Let rise till double in bulk. Cover tightly and bake in 350 F for 45 to 50 minutes. Serve with the following dill sauce.

1 cup sour thick cream	1 tablespoon chopped onion
Dill	Salt and pepper to taste

Simmer onion in the sour cream, uncovered, very slowly. Add dill, salt and pepper to taste. Pour over cooked holubtsi. Serve.

RICE CASSEROLE

- 1/2 cup margarine
- 1 cup long grain rice (raw)
- 10 ounces vegetable stock
- 1 cup onion soup
- 1 pound fresh or frozen mushrooms

Melt margarine. Stir rice into margarine to coat. Add soup and vegetable stock and mushrooms. Stir. Add 1 cup of water. Cook uncovered in the oven at 350°F. for 1 hour. Use pyrex or enamel dish.

Mrs. Pauline Chernoff, Kamsack

KARTOSHIK (POTATO CAKE)

- | | |
|---------------------------------|--------------------------|
| 4 large eggs (beaten) | 1/2 cup sweet cream |
| 3 cups mashed potatoes (cooled) | 1 teaspoon baking powder |
| | 1/2 teaspoon salt |

Mix in order given and pour into buttered 10 x 7 inch pan. Bake for 25 - 30 minutes in 400°F. oven. Serve hot with melted butter.

Mrs. Ann Podmaroff, Veregin

LAPSHEVNIK (NOODLE CAKE)

- | | |
|--------------------------|----------------------------|
| 2 cups homemade noodles | 6 eggs |
| 1/2 cup sweet cream | 1 teaspoon salt |
| 3/4 cup raisins | 1 tablespoon melted butter |
| 1 teaspoon baking powder | |

Boil noodles 5 minutes. Add raisins and boil 1 minute longer. Drain well. Pour cold water over noodles and drain. Separate eggs. Into beaten yolks add melted butter and cream. Then add drained noodles and mix well. Next fold in the beaten egg whites. Add baking powder and mix well. Pour into well greased pan and bake at 400°F for 25 minutes. Serve hot with melted butter.

Mrs. Laura Kabatoff, Veregin

BASIC CREPE BATTER (NALESNIKI)

4 eggs	1 cup flour
2 tablespoons sugar	1 cup milk
1/4 cup water	1 tablespoon melted butter
Pinch of cream of tartar	Pinch of baking powder

In mixing bowl, beat eggs, gradually add flour and sugar alternately with milk, and water, beating with electric mixer, beat in oil. Lastly beat in cream of tartar and baking powder. Refrigerate batter at least 1 hour. Then bake. Spread prepared cottage cheese (recipe on page 9) and roll. Lay in small roaster as you do cabbage rolls. Pour 1/2 cup cream on top and bake for 15 minutes at 325°F.

Mrs. Mary Zubenkoﬀ, Kamsack

DELICIOUS POTATOES

6 medium potatoes, sliced into small pieces	1 - 2 carrots, sliced
1 onion sliced	1 can drained mushroom pieces
1 medium turnip, chopped	2 stalks celery, chopped
Milk to cover vegetables	1 large can cream of mush- room soup
Salt and pepper to taste	
Dot with butter	

Place all vegetables into casserole and bake approximately for 2 hours at 325°F or until done.

Mrs. Annette Shukin, Pelly

HOMEMADE NOODLE LOAF

1 cup homemade noodles - boiled in salty water, drained.	
5 eggs (slightly beaten)	1/2 teaspoon salt
1/2 cup thick sour cream	2 tablespoons margarine
or yogurt	1 teaspoon cheese whiz

Blend above ingredients. Add heaping teaspoon baking powder and mix. Pour into well greased pan. Bake 25 minutes at 300°F.

Mrs. Velma Rezansoﬀ, Pelly

FRIED RICE

Cook rice in a casserole dish:

- | | |
|-------------------------------|--------------------------------|
| 1 1/2 cups long grain
rice | 1 teaspoon salt
1/4 cup oil |
| 2 3/4 cups water | |

Cover and bake at 350°F for half an hour or when ready. Cook egg in pan. Cut up, set aside. Dice celery, onions, mushrooms, equal amounts. Put oil in pan, add salt. Cook vegetables. Add cooked rice and egg. Sprinkle with soya sauce. Dish out and sprinkle sesame seeds on top.

Ailien Popoff, Benito

TOMATO AND MACARONI CASSEROLE

- | | |
|----------------------------------|--|
| 19 oz. can tomatoes | 1 cup celery (sliced) |
| 1/2 cup diced green
pepper | 1 medium chopped onion |
| 1/4 teaspoon pepper | 3/4 teaspoon salt |
| 1 can mushrooms, drained | 1 1/2 cups catelli ready
cut macaroni |
| 2 tablespoons chopped
parsley | 1 cup shredded cheddar
cheese |

Combine first 6 ingredients in a saucepan. Cover and simmer 20 minutes. Meanwhile cook macaroni, drain and rinse with cold water. Add sauce, macaroni, mushrooms, parsley and 3/4 cup cheese. Turn into 2 quart pyrex casserole. Sprinkle with remaining cheese. Bake at 350° for about 20 minutes.

Kate Jemieff, Kamsack

KASHA (RICE PUDDING)

- | | |
|--------------------|------------------------------|
| 1 quart whole milk | 1 cup long rice |
| 1/2 teaspoon salt | 2 tablespoons butter or more |

Bring milk to a boil; add salt. Add your rice and stir constantly. When rice is cooked, add butter. More butter could be used, according to taste.

Mrs. Mary Zubenko, Kamsack

MUSHROOM FILLED CAKES

Boil 2 pounds potatoes till done, drain and mash while hot. Mix into them 2 egg yolks. Mould into patties like pancakes.

Filling:

Cook 4 ounces of dry mushrooms in a little butter till tender. Now chop fine, along with a bit of onion and fry lightly again. Place filling on potato cake, fold over to form half moon and pinch edges together. Fry in hot butter till both sides are browned up. Serve with sour cream or tomato sauce.

Cakes could be brushed with beaten egg whites and rolled in bread crumbs just before frying.

Mrs. Florence Popoff, Durban

NOODLE BAKE

2 cups noodles, boil in salted water and drain.	
10 eggs	1 cup sour cream
1 teaspoon salt	2 teaspoons baking powder
2 tablespoons butter	

Bake until set and browned. Serve with melted butter.

Mrs. Dora Konkin, Pelly

DEVILLED EGGS

6 eggs	2 tablespoons salad dressing
1/2 cup finely chopped lettuce	2 tablespoons finely chopped onion

Hard boil eggs (20 minutes on low heat). Cool boiled eggs in cold water. Peel eggs and cut in half, lengthwise. Remove yolks, and mash finely. Add salad dressing, lettuce and onion. Mix well and stuff back into egg white halves. Garnish with paprika and serve.

Mrs. Fanny Rieben, Canora

NALESNIKI

Batter:

3/4 cup all purpose flour	1/4 teaspoon salt
1 1/2 cups milk	1 tablespoon sugar
2 tablespoons butter, melted	4 eggs, beaten

Mix dry ingredients, add combined eggs and milk and beat until smooth. Stir in melted butter. Refrigerate 2 hours. Heat enough butter in a heavy, 7-inch frying pan to coat lightly. Pour in 2-3 tablespoons of batter and tilt to spread evenly in thin layer. Cook over medium-high heat until browned. Turn over and bake slightly on the other side. Turn out on clean cloth and cool. Repeat until all batter is used.

Filling:

2 cups cottage cheese	2 eggs
1 tablespoon sugar	Salt to taste

Mix. Place about a tablespoon of filling on each pancake and roll up. Place in a baking pan, brush with butter or pour some cream over them and place in the oven until they are heated through. Serve with sour cream.

Mrs. Polly Strukoff, Kamsack

FAVORITE ZUCCHINI PATTIES

2 cups frozen zucchini, well drained	1 medium onion, chopped fine
4 eggs, well beaten	1/2 green pepper, diced fine
1/4 cup flour	
1 teaspoon salt	1 cup crushed soda crackers
1 teaspoon baking powder	

Mix and shape into patties and fry in butter. Left over batch could be shaped into patties and frozen for later use.

Mrs. Margaret Strukoff, Pelly

GOLDEN BAKED POTATOES

Wash and peel 2 large potatoes. Cut each potato in 1/4" strips, diagonally, about 3/4" of the way through each potato. Pour about 1/4 - 1/2 cup oil into a flat roasting pan. Roll each potato in the oil until completely covered. Leave remainder of oil in pan. Season potatoes with seasoned or onion salt. Bake in a 375° oven for 45 - 60 minutes, or until golden brown. Do not cover. Allow one large or two small potatoes per person. Garnish with parsley or parmesan cheese if desired. A favorite with children!

Mrs. Doreen Strelaiiff, Benito

PLOVE (RICE CASSEROLE)

2 1/4 qts. boiling water	2 teaspoons salt
1 cup rice (long grain)	2/3 cup raisins
3 tablespoons melted butter	2 teaspoons sugar

Add salt after water is boiling. Wash rice well and add boiling water. When rice is about done, add raisins. Stew lightly and drain. When drained take about 1/3 of the boiled rice and spread evenly into a buttered bowl. Sprinkle with about 1/2 teaspoon sugar and 1 tablespoon melted butter. Repeat until all rice is used. Cover and bake in slow oven 325° for 20 minutes. Serve hot. Makes about 4 servings.

Mrs. Polly Bloudoff, Veregin

CHOW MEIN

2 cups celery (1 inch sticks)	1/2 cup onion, chopped
1/2 head cabbage, chopped	1 can bean sprouts, drained
1 green pepper	1 can mushrooms, sliced
1 cucumber	save juice
1 tablespoon cornstarch	1 small cauliflower
1 teaspoon soya sauce	1 teaspoon sugar
1 teaspoon salt	

Saute celery in butter, add remaining vegetables and cook quickly. Mix cornstarch with mushrooms, juice and sugar. Add to the vegetables. Add chow mein noodles and serve with rice on the side.

Mrs. Mary N. Popoff, Benito

SEVEN LAYER DINNER

1 cup carrots, thinly sliced	1/2 cup rice, uncooked
1 medium onion, sliced	1 cup potatoes, finely chopped
1 cup chopped celery	1 cup mushroom, sliced
1 quart tomatoes	1 small can tomato puree
Salt to taste	

Put layer of carrots in bottom of greased casserole dish. Add layer of rice, then potatoes, sliced onions, celery and mushrooms. Season as you go. Pour tomatoes and tomato puree over the top layer. Bake at 300° for at least 1 hour.

Mrs. Teena Lapshinoff, Canora

RICE-A-RONI

2 cups long grain rice	3 1/2 cups boiling water
1/4 cup oil	1 can mushrooms
1 package onion soup mix	3 tablespoons soya sauce

Wash rice. Mix all ingredients in small roaster or large casserole. Bake 1 hour at 350 degrees.

Mrs. Eileen Konkin, Pelly

BARLEY PILAF

- | | |
|------------------------|-------------------------|
| 1 cup pearl barley | 1/4 cup butter |
| 1 medium onion, sliced | 1 can mushroom, stems & |
| 2 cups vegetable stock | pieces with liquid |

Heat butter in heavy skillet, add onion and barley. Cook slowly, stirring often until barley is golden brown. Add vegetable stock to barley mixture, then mushrooms and liquid. Cover and cook slowly until barley is tender, about 1 hour. If mixture seems dry during cooking, add a little more water.

Mrs. Eileen Konkin, Pelly

POTATO SOUFFLE (KARTOSHNIK)

- | | |
|------------------------------|--------------------------|
| 4 eggs, separated | 1/2 teaspoon salt |
| 2 cups mashed potatoes | 1 teaspoon baking powder |
| 1/2 cup cream or canned milk | |

Cook potatoes in salted water until tender. Drain and mash. Set aside. Beat egg yolks, add salt and cream. Then add mashed potatoes. Fold in stiffly beaten egg whites and baking powder. Bake in a well greased 8 x 10 inch pan in 400° F oven for 20 - 25 minutes or until the top is lightly browned. Serve hot with melted butter or sour cream.

Mrs. Polly Strukoff, Kamsack

MACARONI AND CHEESE CAKE (SIRNECK)

Boil 1 cup macaroni until tender, drain and cool.

Add:

- | | |
|--------------------------|--------------------------|
| 1 package cottage cheese | 6 eggs |
| 1/2 teaspoon salt | 1 teaspoon baking powder |

Pour into greased pan and bake in 450° oven about 3/4 of an hour, until nice golden brown. Good eaten with melted butter.

Mrs. Mary Sherstabitoff, Veregin

SPINACH/GREEN BEAN CASSEROLE

10 ounces frozen, chopped spinach, thawed	9 ounces frozen, cut green beans, thawed
1 medium onion, chopped	1/4 cup water
1 clove garlic, minced	1 teaspoon salt
1 teaspoon dried basil, crushed	1/8 teaspoon pepper
1/4 cup grated parmesan cheese	3 beaten eggs
	paprika

Drain spinach and green beans well. In large skillet, combine spinach, beans, onion, water, garlic, salt, basil, and pepper. Cover and simmer for 10 minutes, stirring occasionally. Remove from heat. Gradually stir vegetable mixture into the beaten eggs and mix well. Turn into casserole dish. Bake, uncovered in 350° oven about 15 minutes or until set. Sprinkle with parmesan and paprika. Bake for 2-3 minutes longer.

Mrs. Deanna Taillefer, Benito

HOLONKEE

1 1/2 cups milk	2 eggs
1/2 cup sour cream	1/2 teaspoon baking soda
1 1/2 teaspoons baking powder	1/2 teaspoon salt

Flour to make a soft dough. Roll dough on floured board to 1/2 inch thick and cut in 1 1/2 inch squares. Cook in salted boiling water for 5 minutes. Do not overcook. Place cooked dough squares in a buttered pan and brown on both sides. If desired saute onions in butter, pour over the holoonkee, sprinkle with cottage cheese and bake in oven until cheese melts (about 15 minutes at 375°).

Mrs. Fanny Rieben, Canora

SCALLOPED EGGS

6 hard boiled eggs

Medium thick White Sauce:

1/4 cup butter	3/8 cup flour
3/4 cup skim milk powder	3 cups water
Salt and pepper to taste	

Mix above 4 items in top double boiler and stir constantly until thick.

Butter a casserole dish and put in alternate layers of White Sauce, sliced hard boiled eggs, and a cup of peas or peas and carrots, being sure to have the top layer sauce. Sprinkle with thin layer of buttered crumbs and grated cheese on top. Bake in moderate oven 350° for 30 minutes or until bubbling hot. Serve over toast.

Mrs. Marion Cazakoff, Kamsack

CONTINENTAL CAULIFLOWER

1 medium head cauliflower	3/4 cups boiling water
1/2 teaspoon salt	

Prepare cauliflower by washing separate flowerettes. Cook in boiling salted water 10 - 15 minutes. Drain.

Sauce:

1/2 teaspoon salt	1/8 teaspoon pepper
1 1/2 cups sour cream	1/2 cup grated cheddar
2 tablespoons butter	cheese
2 tablespoons flour	2 tablespoons sesame seed

To make sauce: melt butter, blend in flour and seasonings. gradually add sour cream and cook over low heat, stirring constantly, till thickened. Put cauliflower in baking dish and pour sauce over it. Sprinkle with the cheese and sesame seeds. Broil just till cheese melts - 2 to 3 minutes. Serve as soon as possible.

Mrs. Olga Fofonoff, Veregin

CHEESE SOUFFLE

1/4 cup butter	1/4 cup flour
1/2 teaspoon salt	4 eggs
1 1/2 cups hot milk	1/2 pound grated cheddar cheese

In a pan blend together all dry ingredients. Stir in hot milk. Cook till thick. Remove from heat, add cheese. Separate eggs. Beat whites till stiff. Add some cheese mixture to yolks and return to pan, blend in well. Fold in beaten egg whites. Put in unbuttered deep baking dish. Bake at 375° for 40 minutes.

Mrs. Polly Strukoff, Kamsack

DILLED RICE AND CABBAGE

1 large onion	3-4 cups shredded cabbage
2 cups rice	Salt and pepper to taste
Cream milk	Chopped dill

Saute onion and cabbage in butter until tender, but not brown. Boil rice in usual manner, drain and add to onion and cabbage. Put into well greased casserole, sprinkle with salt and pepper to taste, add cream milk to cover the rice and cabbage. Do not pack the rice and cabbage in the casserole, keep it fluffy. Add dill and mix well. Bake at 350° until thickened, approximately 1/2 hour.

Mrs. Annette Shukin, Pelly

CHEESE STRATA

8 slices day old bread	1/2 lb. cheese slices
2 1/2 cups milk	1/4 teaspoon salt
4 eggs	Dash pepper

Trim crusts from bread slices and arrange 4 slices in buttered baking dish, fitting them closely. Cover with cheese then the other 4 slices bread. Beat eggs, milk and seasoning. Blend well. Pour over bread and cheese and let stand 1 hour. Bake in moderate oven 350°F about 40 minutes. Cut into 4 or 8 pieces, serve plain or with jelly or jam.

Mrs. Marion Cazakoff

ZUCCHINI LATKES

2 cups coarsely grated zucchini	1/2 cup chopped onion
1 cup dry bread crumbs	4 eggs, slightly beaten
Dash of pepper	1 teaspoon salt
8 ounces Mozzarella cheese slices	3 tablespoons vegetable oil
1/4 cup grated Parmesan cheese	1 large tomato, sliced

Mix zucchini, onion, eggs, bread crumbs, salt and pepper in a medium-sized bowl. Cover and refrigerate 1 hour. Heat oil, half at a time, in a large skillet over medium heat. Stir zucchini mixture, drop by rounded tablespoons into hot oil and flatten with a spatula. Cook 1 or 2 minutes each side or until lightly browned. Remove and place into a shallow baking dish, arranging with slices of tomato and Mozzarella cheese over each. Repeat with remaining zucchini mixture. Sprinkle with Parmesan cheese and bake at 375° for 15 minutes. Makes a delicious one-dish meal, served with a salad and rolls.

Mrs. Laura Veregin, Benito

COTTAGE CHEESE DUMPLINGS

1/4 lb. cottage cheese	1 egg
1 tablespoon butter	Salt
Fine bread crumbs	

Rub cheese through sieve, then add egg and salt and butter. Mix well. Add enough bread crumbs to bind it together. Form into little balls and drop into salted boiling water. Boil about 5 minutes, drain. Fry bread crumbs in a little butter until browned. Pour over dumplings and mix so they are well coated with butter. They may also be eaten with sour cream or pouring cream over the dumplings and placing the dish in the oven to heat through.

Mrs. Lillian Sookochoff, Buchanan

BURGERS WITH BROAD BEANS

2 cups cooked, mashed broad beans	2 eggs
1 cup dry bread crumbs	1 cup dry cottage cheese
2 tablespoons flour	1 1/2 cups grated potatoes
1/2 teaspoon salt	2 tablespoons chopped onion
1/2 teaspoon pepper	

Mix together and drop by spoonfuls into frying pan containing hot Crisco. Fry to a deep golden brown on each side.

Mrs. Ann Podmaroff, Veregin

BROCCOLI CASSEROLE

Bread crumbs	3 pkgs. frozen broccoli
12 oz. cheese whiz	2 cups cooked rice
1/2 cup chopped celery	1/2 cup chopped onion
2 cans mushroom soup	1 teaspoon black pepper

Don't cook broccoli, just put in a sieve and pour boiling water over it. Combine all ingredients except bread crumbs. Sprinkle bread crumbs on top and bake at 350° for one hour.

Mrs. Ann Strelioff, Veregin

SYRNIK (COTTAGE CHEESE CAKE)

3 cups cottage cheese	6 eggs well beaten
1/2 teaspoon salt	3 tablespoons flour
1 teaspoon baking powder	

Mix cheese and eggs well, then add other ingredients. Mix well. Pour into buttered baking pan. Bake at 350° F for 35 minutes, or until golden brown. Serve with melted butter or sour cream.

Mrs. Anne Zarchikoff, Pelly

OLD FASHIONED NACHINKE

4 eggs, well beaten	1/2 teaspoon salt
1/4 teaspoon black pepper	1/2 cup diced green onion
2 cups milk	6 cups flour

Add gradually:

2 tablespoons baking powder

Mix only with spoon, adding more flour if required to make a soft dough. Put half of the dough on floured board, make a long roll, 1 inch thick and slice into 1 inch lengths. Do not re-shape Nachinke into balls. Fill Dutch oven (pot) half full of water, add 1 teaspoon salt and bring to a rolling boil. Drop about 12 Nachinke, one by one and boil for 5 minutes. To check if ready, take out one Nachinke and cut in half, using your own judgement for readiness. When ready, take out and put into a casserole with some fried onions in butter, shake them up and serve with melted butter.

Mrs. Margaret Strukoſſ, Pelly

LAZY VARENEKI CASSEROLE

9 lasagna noodles	2 cups cottage cheese
1 egg	1/2 teaspoon salt
2 cups mashed potatoes	1 cup shredded cheddar cheese
1 cup chopped onion	
1/2 cup or more butter	

Cook noodles according to package directions. Mix cottage cheese with egg and salt. Place 3 noodles in bottom of 9 x 13 pan. Spoon cottage cheese, egg mixture over noodles. Lay 3 more noodles over this, then spread mashed potatoes mixed with cheddar cheese and salt and pepper to taste. Cover with another layer of noodles. Saute onions in the butter till soft and clear. Pour over noodles. Cover with lid or foil and bake 30 minutes in 350° oven. Serve with sour cream.

Mrs. Anne P. Dergousoff

ONION SQUARES

6 medium-sized onions	3 tablespoons shortening, heated
2 cups once sifted pastry flour or 1 3/4 cups all purpose flour	1 teaspoon salt
1 teaspoon curry powder	4 teaspoons baking powder
1 cup drained kernel corn	5 tablespoons chilled shortening
2/3 cup milk	1 egg, slightly beaten
1/2 cup milk	Few grains of pepper

Grease an 8" square cake pan. Preheat oven to 425°. Peel onions and cut into 1/4 inch thick slices. Separate into rings. Cook in the 3 tablespoons shortening over very low heat until onions are tender and lightly browned. Drain off any excess fat. Mix and sift twice, then sift into a bowl: flour, baking powder, 1/2 teaspoon salt and the curry powder. Cut in the 5 tablespoons shortening (finely) and mix in corn. Make a well in the flour mixture. Add the 2/3 cup milk and mix lightly with a fork. Knead for 10 seconds on lightly-floured baking board and pat out into prepared pan. Arrange precooked onions over dough. Combine slightly beaten egg, remaining 1/2 teaspoon salt, pepper and the 1/2 cup milk. Pour over onions. Bake in preheated oven about 35 minutes. Serve hot, cut into squares.

Mrs. Laura Veregin, Benito

RICE, CABBAGE & TOMATO (LAZY CABBAGE ROLLS)

3/4 cup cooked rice	1/2 teaspoon salt
2 cups tomatoes	2 teaspoons sugar
2 cups shredded cabbage	Pepper
1 cup grated cheese	1 cup buttered bread crumbs

Combine all the ingredients except the crumbs, in a greased casserole. Add more seasoning if necessary. Cover with buttered bread crumbs, bake at 350° for 30 minutes.

Mrs. Ann Podmaroff, Veregin

ONION RINGS IN BATTER

Skin six large onions and cut them in 1/4 inch slices, crosswise. Separate the slices in rings. Make a batter with:

2 egg yolks, beaten	1/2 cup milk
3/4 cup cake flour	1 teaspoon salt

Drop the onion rings into the batter one at a time. Fry in deep oil, heated to 370 degrees. Drain excess oil on absorbent paper. Serve hot.

Mrs. Tina Cazakoff, Kamsack

RICE FRITTERS

3 eggs	2 cups cooked rice
2/3 cup sugar	1/4 teaspoon nutmeg
1/2 teaspoon vanilla	2/3 cup flour
1/4 teaspoon cinnamon	1 tablespoon baking powder
Oil for deep frying	

Beat eggs until pale yellow. Add beaten eggs to the rice, sugar, vanilla, cinnamon and nutmeg. Mix flour with the baking powder and add to the rice mixture, a little at a time, beating well after each addition. Heat the oil and drop fritter mixture into it by spoonfuls. Cook only a few at a time. When golden brown on one side, turn over and cook on the other side. Drain on absorbent paper and sprinkle with sugar.

Mrs. Mary Podovnikov, Kamsack

PIZZA ON A BUN

- 1 1/2 cups grated cheddar cheese
- 2 - 3 tablespoons chopped fine green pepper
- 1/2 cup finely chopped celery
- 1 medium finely chopped onion
- 1 cup tomato paste or canned tomatoes (drained)
- 1 can mushrooms, stems and pieces (drained)
- 1 clove garlic cut fine
- 1/2 cup safflo oil
- Dash of oregano

Mix together, spoon onto buns and broil a few minutes, until bubbly. Watch carefully so they don't burn.

*Mrs. Lydia Poniatowski
Porcupine Plain, Sask.*

WHEAT CRUST PIZZA

- 1 to 1 1/4 cups whole wheat flour
- 1 package active dry yeast
- 2 tablespoons grated Parmesean cheese
- 1 egg
- 2 teaspoons cooking oil

Combine 1/2 cup flour, yeast, and cheese. Stir in 1/3 cup warm water, egg, and oil. Beat. Knead in enough flour to make a moderately stiff dough. Place dough in greased bowl. Cover. Let rise until double. Punch down. Pat or roll into a greased 12 inch pizza pan. Cover. Let rise 20 to 30 minutes. Bake in 425 oven for 5 minutes. Spread tomato sauce and any of your favorite toppings. (Cheese, mushrooms, celery, pineapple, green pepper).

*Mrs. Deanna Taillefer
Benito, Man.*

CABBAGE ROLLS

2 cups white or brown rice	2 cans mushrooms, cut fine
1 cup bread crumbs	3/4 cup chopped green onion
3/4 cup chopped green pepper	3/4 cup chopped celery
1/2 cup grated carrots	1/2 cup white onions, chopped
1 to 2 cloves of garlic (chopped)	4 eggs
1/2 teaspoon sage	1 1/2 teaspoon salt
2 medium heads fresh cabbage	1/2 teaspoon seasoning salt
1/2 cup chopped onion	1/8 teaspoon cayenne
8 tablespoons flour	1 1/2 cups grated cheese
	2 quarts canned tomatoes
	2 tablespoons butter

Cook rice until tender, drain and cool. Cut out the core of the cabbage, use sharp knife. Put the head of cabbage in boiling water, let boil a few minutes. Lift leaves with a fork, one by one and pat dry.

Blend 2 quarts of tomatoes (reserve 1 cup). Add 1/2 cup onions, salt, seasoning salt, cayenne, 1 tablespoon butter to rest of tomatoes. Cook 15 minutes. Mix 8 tablespoons flour with the cold reserved tomatoes and add to hot mixture. Bring to boil.

In the rest of the butter, simmer mushrooms, pepper, celery, green and white onions, carrots and garlic. Beat eggs lightly and add to rice mixture. Mix well, then add 1 1/2 cups grated cheese. Mix.

Cut cabbage leaves to desired size. Add filling and roll. Put enough tomato sauce to cover bottom of roaster. Line closely the cabbage rolls on top of sauce and cover with the rest of sauce. Cook in oven about 2 hours at 350° for the first hour reducing heat to 275° for second hour. Could be frozen if desired.

Mrs. Teena Lapshinoff, Canora

FEATHERBEDS (BUNS)

2 cups scalded milk	4 tablespoons butter
4 tablespoons sugar	2 eggs, well beaten
4 cups bread flour	1 package yeast
1 teaspoon salt	

Dissolve yeast in 1/2 cup warm water and 4 tablespoons sugar. Melt butter in warm milk. Add salt, and dissolved yeast. Add eggs and flour. Beat well and let rise until very light for about 2 hours in warm place. Beat again and place in buttered muffin tins, about 3/4 full. Let rise again and bake in hot oven at 450°F for 20 minutes.

Mrs. Mary Rezansoff, Pelly

SCUFFLES

1 package dry yeast	1/4 cup lukewarm water
1 teaspoon sugar	3 cups flour
1/2 teaspoon salt	1 cup butter or margarine
3 tablespoons white sugar	1/2 cup milk
2 eggs	

Dissolve yeast and sugar in lukewarm water and let rise for 10 minutes. Mix the flour, salt, sugar and butter or margarine, as for pie crust. Then add milk, dissolved yeast, and beaten eggs. Knead the dough well. Set in refrigerator to cool. Do not let dough rise at any time. (Will keep for several days). Mix in bowl:

2 tablespoons cinnamon	1 cup brown sugar
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Roll circles of dough, size of a pie plate. Butter the dough, then cut into 1 1/2 inch wedges like a piece of pie. Dip each wedge into the cinnamon and sugar mixture and roll up, starting at the wide end of the wedge. Bake in slow oven 325°F for 15 to 20 minutes, till lightly browned.

Mrs. Barb Shukin, Kamsack

DINNER BUNS

Dissolve 2 teaspoons sugar in 1 cup lukewarm water and add 2 packages yeast. Let stand 10 minutes.

Scald:

2 cups milk	6 cups warm water
1/2 cup margarine or	1/2 cup sugar
shortening	2 tablespoons salt

When lukewarm, add yeast mixture and 7 cups flour and beat well with an egg beater. Add more flour to make a soft dough. Knead. Let rise, punch down, let rise. Shape into buns, let rise and bake at 375°F for 20 minutes.

Mrs. Florence Pohozoff, Veregin

TWO HOUR BUNS

3 cups warm water	1/2 cup sugar
6 tablespoons oil	1 teaspoon salt
2 tablespoons Fermipan yeast	7 - 9 cups flour

Combine first 5 ingredients. Add 2 beaten eggs. Add enough flour to make a soft dough. Pat with oil and let rise 15 minutes. Punch down. Repeat 3 times. On the fourth rise make into buns. Let rise 1 hour. Bake at 350°F for 15 - 20 minutes.

Whole wheat buns - substitute 2 cups whole wheat flour for 2 cups white flour.

Mrs. Mary Shukin, Verigin

SWEET BUNS

Cook one large potato till soft, then blend potato and water. Add:

2/3 cup oil	1 1/2 teaspoons salt
2 cups scalded milk	1 cup sugar

Add 2 tablespoons vinegar before flour. To 2 cups warm water add 2 tablespoons sugar and 2 tablespoons yeast. Let rise 10 minutes. Add 5 beaten eggs to above cool ingredients. Add enough flour for a soft dough. Let rise once, punch down, let rise again. Make into buns, cinnamon rolls or other fancy pastry. Let rise. Bake at 375° to 400° for 15 - 20 minutes. (This is a very large recipe, cut in half if you wish.)

Mrs. Nellie Voikin, Veregin

ORANGE BANANA NUT BREAD

2 1/2 cups sifted bread flour	4 teaspoons baking powder
3/4 cup chopped Brazil nuts	3/4 teaspoon salt
1/3 cup raisins	1 1/2 cups mixed candied fruit
3/4 cup sugar	1/2 cup shortening
1/2 cup mashed bananas	3 eggs, unbeaten
	1/2 cup orange juice.

Sift together the flour, baking powder and salt. Stir in chopped nuts, candied fruits and raisins. Blend shortening and sugar thoroughly. Add eggs one at a time. Beat in well after each addition. Alternately add flour mixture and combined banana-orange juice mixture. Transfer to loaf pans and bake at 350° F.

Mrs. Mary Fofonoff, Veregin

EVERLASTING BREAD (PEROSHKI)

1 cup mashed potatoes	1 cups sugar
1 teaspoon baking soda	2 teaspoons salt
2 tablespoons Engectura	1 1/2 cups warm water
fast rising yeast	1 teaspoon sugar
1 quart scalded milk	1 cup melted crisco
2 teaspoons baking powder	or shortening
11 - 12 cups flour for a soft dough	

Scald milk, cool. Put about 1 teaspoon sugar into a bowl with 1 1/2 cups water, stir and sprinkle yeast. When yeast foams up add it to all other ingredients. Add flour enough for a soft dough. Knead down. Let rise once. Punch down and put in fridge. Dough will keep for about a week. Freezing will not hurt it.

This dough could also be used the same day to make peroshki.

Mrs. Nelle Horkoff, Kamsack

BUNS

Scald 2 cups milk. Pour into mixing bowl and add:

2 teaspoons salt	1 cup sugar
3/4 cup melted shortening	

Mix then add:

1 cup cold water	5 cups flour
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Beat 6 eggs in bowl and add to first mixture. Beat well. Dissolve and let stand for 10 minutes:

1 cup luke warm water	1 tablespoon sugar
2 tablespoons yeast	

Stir and add to first mixture. Add 7 cups flour, little more if needed. Knead into a soft dough. Let rise once, punch down and make into buns. For raised peroshkee, cut down the sugar to 1/2 cup.

Mrs. Polly Perepelkin, Kamsack

HEARTY RAISIN BREAD

3 packages dry yeast	4 cups warm water
3 teaspoons sugar	
2 cups raisins	3 eggs, beaten
1/3 cup shortening	3/4 cup honey
2 tablespoons salt	3/4 cup dry milk powder
2 1/2 pounds whole wheat flour	1/2 cup wheat germ
	3/4 cup cracked wheat
1/2 cup raw sunflower seeds	
1 egg white	1 tablespoon water
1/4 cup sesame seeds	

Dissolve sugar in warm water, sprinkle yeast on top and let stand for 10 minutes. Cover raisins with hot water and let stand for 15 minutes. Drain well on paper towels. Combine yeast, eggs, honey, shortening, salt and powdered milk in large mixing bowl. To it add about 1/3 of the whole wheat flour along with wheat germ, cracked wheat, sunflower seeds and raisins. Mix well. Now keep adding flour and kneading till dough is soft but not too sticky. Put in a warm place, covered, for 1 hour. Punch down and let rise for another 1/2 hour. Make into 3 loaves, let rise about 45 minutes. Mix egg white and water. Brush on top of bread very lightly and sprinkle with sesame seeds. Let loaves sit for 15 minutes. Bake in preheated oven of 350° till nicely browned. If desired, you may use part whole wheat flour and part white flour when mixing the dough. The egg white and seeds could also be put on top of the loaves just as soon as you place them into pans, rather than just before baking.

Mrs. Florence Popoff, Durban

HEALTH BREAD

2 cups whole wheat flour	2 cups all purpose flour
2 teaspoons baking powder	1 teaspoon baking soda
1 teaspoon salt	2 tablespoons golden syrup
1 egg beaten	1 1/2 cups buttermilk

In large bowl, combine flour, baking powder, soda and salt. Beat egg well. Add syrup and buttermilk. Add wet ingredients to the dry ingredients and mix well. Knead 10 to 12 times on a board sprinkled with rolled oats. Mold dough into a ball shape and place on a greased cookie sheet. Bake at 375° F from 40 to 50 minutes or until done. Slice warm or cool. Best served on the same day as baked.

Mrs. Lillian Sookocheff, Buchanan

BREAD

1 cup warm water	2 teaspoons sugar
2 packages yeast	

Dissolve sugar in warm water, sprinkle yeast on top and let stand covered for 10 minutes. Then add:

1 cup water	1 cup potato water
2 cups warm milk	1 tablespoon salt
1 tablespoon sugar	1/2 cup margarine, crisco
About 10 cups flour	or butter

Mix well. Keep adding flour and kneading till dough is soft but not too sticky. Knead well. Set in warm place. Let rise once, punch down, second time let rise and shape into loaves. Let rise and bake in 350° oven for about 45 minutes. Makes 3 or 4 loaves.

Mrs. Nellie Gleboff, Kamsack

EASTER BREAD

Dissolve 2 tablespoons dry yeast in 1 cup of warm water with 1 teaspoon sugar. Let stand 10 minutes.

Beat 5 or 6 eggs. Add and beat:

1/2 cup crisco oil	2 cups sugar
1 tablespoon salt	

Measure 12 cups flour, sifted with 1/2 teaspoon turmeric. I use yellow food coloring, to make the bread a pale yellow. After you beat the first ingredients, add yeast and 1 cup of light raisins which were washed and dried. Beat again, then add 4 cups of boiling water, slowly so all mixture gets warm. Add flour, mix with a wooden spoon. Let rise twice, punch down, when rises third time, shape into loaves. Keep in warm place. It rises fast. Bake in moderate oven. Make sure the dough is very soft and warm.

Mrs. Mary Konkin, Canora

WHOLE WHEAT BREAD

(from home milled flour)

4 cups water	3 eggs
1/4 cup butter	1 tablespoon granulated sugar
1 teaspoon salt	
4 cups whole wheat flour	

Mix altogether, then add:

2 tablespoons instant yeast
1/4 teaspoon Vitamin C crystals

Mix again and add another 4 cups whole wheat flour (approximately). Mix 10 minutes in dough mixer or 1/2 hour if kneading by hand. Let rise 1 hour, put into pans and let rise another hour. Bake at 350°F for 55 minutes. Do not try to bake bread from fresh wheat. Best bread from one year old wheat or older.

Mrs. Lucy Popoff, Benito

CHOCOLATE ZUCCHINI BREAD

3 medium eggs	2 cups sugar
1 cup salad oil	2 oz unsweetened chocolate
1 teaspoon vanilla	melted
2 cups grated zucchini	3 cups sifted all purpose
1 teaspoon salt	flour
1 teaspoon cinnamon	1 1/2 teaspoons baking
1 teaspoon baking soda	powder
1 cup coarsely chopped almonds	

Beat the eggs until lemon colored. Beat in the sugar and oil. Stir melted chocolate into egg mixture along with vanilla and zucchini. Stir the flour together with salt, cinnamon, baking powder and soda. Stir into zucchini mixture with almonds, mix well. Pour into two (9 x 5) greased loaf pans. Bake at 350°F about 50 to 60 minutes or until breads are done. Cool in pans 15 minutes. Turn out on cake racks to finish cooling.

Serve with whipped cream cheese flavored with grated orange rind. Breads freeze very well.

Mrs. Mabel Kalmakoff, Canora

EASTER BUNS (PASKA)

2 cups milk	1 cup raisins
6 eggs	1 teaspoon salt
1 package yeast	1/2 cup butter
1 cup sugar	1/2 cup cream

Scald milk and let it cool to lukewarm. Soak yeast in 1/2 cup warm water and 1 tablespoon sugar. Mix all ingredients together and make the dough a little softer than you do for bread. Let rise once. Knead down and when it rises again, make into buns or paska. Bake at 350°F until done.

Mrs. Fannie Slastukin, Kamsack

REFRIGERATOR ROLLS

1 package yeast	1/2 cup lukewarm water
2 cups scalded milk	1/2 cup butter
1/2 cup oil	1/2 cup sugar
2 teaspoons salt	3 eggs (beaten)
About 7 cups flour	

Soak yeast in lukewarm water. To scalded milk add butter, oil, sugar and salt. Cool to lukewarm. Add to yeast liquid with 2 cups sifted flour and eggs. Beat on low for 5 minutes. Add remaining flour and knead. Brush surface with oil, cover tightly with plastic film and a lid. Refrigerate. I use a large dutch oven. Use up the dough within four days in your favorite shapes ... plain, crescents, carmel, raisin, etc. One of my favorites are Cinnamon Knots:

Roll bits of dough in finger strips, about 5 - 6 inches long. Dip in melted butter, then roll in mixture of sugar and cinnamon. Tie knot, tuck ends under. Place in well greased muffin tins with about 3/4 teaspoons brown sugar on bottom. Add cherry, nuts and raisins on top of sugar. Bake about 10 - 15 minutes at 375° oven. Invert on cake rack at once before they stick to muffin tin.

Mrs. Lindie Dewores, Kamsack

BUNS

5 eggs	2 cups scalded milk
3/4 cup sugar or less	1 tablespoon salt
2/3 cup cooking oil	2 cups potato water

Beat eggs, pour hot milk over them. Add sugar, salt, cooking oil and potato water. Add yeast dissolved in 1 cup warm water, 2 teaspoons sugar and 3 tablespoons yeast. Knead enough flour to make soft dough .. 10 to 12 cups. Punch down once, let rise again, roll out in pans or muffin pans. Let rise and bake.

Mrs. Polly Morozoff, Veregin

TEA BISCUITS

2 cups flour	1/2 cup shortening
2/3 cup milk	4 teaspoons baking powder
1/2 teaspoon salt	1 tablespoon sugar
1 beaten egg	

Sift dry ingredients. Cut in shortening, add milk and egg. Mix lightly. Knead gently. Roll 3/4" thick. Cut with round cutter. Place on greased cookie and bake 10-15 minutes at 450°F.

Mrs. Fanye Petroff, Canora

NO FRY DOUGHNUTS

2 pkgs active dry yeast	1/4 cup warm water
1 1/2 cups milk	1 teaspoon salt
1/2 cup sugar	1 teaspoon nutmeg
1/4 teaspoon cinnamon	2 eggs
1/3 cup shortening	4 1/2 cups all purpose flour
1/4 cup butter or margarine, melted	

In large bowl, dissolve yeast in warm water. Scald milk, cool. Add sugar, salt, spices, eggs, shortening and 2 cups flour. Blend 1/2 minute on low speed, scraping the bowl constantly. Beat 2 minutes, medium speed, scraping the bowl occasionally. Stir in remaining flour until smooth. Cover, let rise in a warm place until double, 50 to 60 minutes. Turn dough onto well floured board, roll around to coat lightly with flour. Dough will be soft to handle. With floured rolling pin, gently roll dough about 1/2 inch thick. Cut with floured 2 1/2 inch doughnut cutter. Lift doughnuts carefully with pancake lifter and place 2 inches apart on greased baking sheet. Brush with melted butter, cover. Let rise until double, about 20 minutes. Bake 8 to 10 minutes in preheated 425° oven. Immediately brush with melted butter and shake on cinnamon-sugar, if desired.

Cinnamon-sugar: Mix 2 tablespoons cinnamon with 1 cup sugar.

Mrs. Polly Rieben, Canora

LARGE BATCH DOUGHNUTS

1 1/2 cups sugar	8 eggs
8 cups water	3 teaspoons salt
1 cup oil	Orange or lemon rind

Dissolve 2 packages yeast in warm water with sugar. Allow to foam. Add beaten eggs, oil and salt. Then add enough flour to make soft dough. Let rise till doubled. Punch down. Let rise again. Roll out 1/2" thick, cut with doughnut cutter, let rise and fry in hot oil.

Mrs. Polly Rieben, Canora

DOUGHNUTS

6 eggs, well beaten	6 cups milk (hot)
1 cup sugar	1 cup butter
2 teaspoons salt	

Pour hot milk over the beaten eggs, then add sugar, butter and salt. Let cool. Dissolve 2 packages yeast in 1 cup warm water with 4 teaspoons sugar. Let stand for 10 minutes. Add to cooled milk mixture. Add enough flour to make soft dough. Let rise to double, then punch down. Let rise again, and roll 1/2" thick and cut with doughnut cutter. Let rise, then fry in hot oil.

Mrs. Doris Chernoff, Canora

DOUGHNUTS

12 eggs	1 1/2 cups sugar
1 cup crisco, melted	1 cup mashed potatoes
1 teaspoon salt	1 teaspoon vanilla
Pinch of nutmeg	3 cups milk (boiled & cooled)
2 tablespoons yeast dissolved in 1 cup warm water and	
1 teaspoon sugar	

Beat eggs 10 minutes. Add sugar and potatoes. Pour milk over egg mixture. Add melted shortening, vanilla, salt and nutmeg. Add yeast and flour to make soft dough. Let rise once, knead down, let rise again. Make into doughnuts. Let rise and fry in hot oil.

Mrs. Betty Rezanoff, Kamsack

COFFEE CUP CAKES

1 cup butter

1 cup sugar

Cream together, then add:

1/2 cup molasses

3 eggs

1 cup cooled, strong coffee

(3 teaspoons coffee to 1 cup water)

Sift and add to above:

2 1/4 cups flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon cloves

2 teaspoons cinnamon

1 cup raisins (optional)

Bake at 350°F for 1/2 hour.

Mrs. Polly Reibin, Veregin

CARROT CUP CAKES

1 1/2 cups flour

1 cup white sugar

1 teaspoon baking soda

1 teaspoon baking powder

1 1/2 teaspoons cinnamon

2/3 cup cooking oil

1 cup shredded carrots

1 cup crushed pineapple

1 teaspoon vanilla

2 eggs

Pinch of salt

Line muffin tins with paper cups. Fill 3/4 full and bake at 350°F for 20-25 minutes. You can also add chopped cherries or mixed peel to the batter.

Mrs. Fanye Petroff, Canora

PUMPKIN SPICE MUFFINS

1/2 cup shortening	1 cup sugar
2 eggs well beaten	2 1/4 cups flour
2 1/2 teaspoons baking powder	1/2 teaspoon baking soda
2 teaspoons cinnamon	1 teaspoon salt
1/2 teaspoon nutmeg	1/2 teaspoon ginger
3/4 cup milk	1 cup pumpkin
1 cup coconut	1 cup raisins

Cream crisco, add sugar and cream until light and fluffy. Blend in eggs. Sift together flour, baking powder, baking soda, salt and spices. Combine pumpkin and milk. Add dry ingredients. Stir in raisins and coconut. Bake in muffin cups at 350° for 25 minutes.

Mrs. Vera Barabonoff, Pelly

BANANA MUFFINS

1/2 cup margarine or butter	1 egg
1 teaspoon vanilla	1 1/4 cups flour
1 cup mashed, ripe bananas	3/4 cup brown sugar
1/2 cup walnuts	1 teaspoon baking soda
Pinch of salt	1/2 cup currants

Cream butter and sugar. Add beaten egg, mashed bananas. Add dry ingredients. Bake in muffin tins at 350° for 20 minutes or until done.

Mrs. Pearl Abetkoff

CARROT SPICE MUFFINS

1 1/2 cups all purpose flour	1 1/2 cups natural bran
1/2 cup packed brown sugar	1/4 cup wheat germ
1/2 teaspoon salt	2 teaspoons baking soda
1/4 teaspoon nutmeg	1 teaspoon cinnamon
1/4 cup molasses	2 eggs
1 1/2 cups milk	1/4 cup cooking oil
1 cup grated carrot	2 tablespoons vinegar
1 cup chopped dates or raisins	1/2 cup chopped walnuts

Combine first eight dry ingredients in large bowl. Make a well in the center. Beat egg in separate bowl. Add all remaining ingredients and stir to mix. Pour into well. Stir just enough to moisten. Fill greased muffin cups 3/4 full. Bake in 400° F oven for 20 - 25 minutes. Makes 36 muffins.

Mrs. Laura Chernoff, Saskatoon

BRAN MUFFINS

2 cups boiling water	5 cups bran
5 cups whole wheat flour	5 teaspoons baking soda
1 1/2 teaspoons salt	2 teaspoons cinnamon
1 cup wheat germ	1 cup oil
1 cup honey, molasses or brown sugar	4 cups buttermilk
1 cup raisins or chopped apple	4 eggs

Pour boiling water over 5 cups bran. Set aside. Mix dry ingredients, add honey, oil and buttermilk. Add eggs and fruit. Fill greased muffin cups 3/4 full. Bake at 400° F for 15-20 minutes. May be kept in refrigerator for one month.

Mrs. Mary Fofonoff, Veregin

OATMEAL FRECKLES

3/4 cup margarine	3/4 cup white sugar
3/4 cup brown sugar	2 eggs
1 teaspoon vanilla	1/4 cup + 1 tablespoon water
1 1/2 cups flour	1 tablespoon cinnamon
3/4 tablespoon soda	2 1/4 cups rolled oats
9 oz. chocolate chips	3/4 cup walnuts pieces

Cream margarine, add sugars, eggs and vanilla. Cream and mix in water. Add sifted dry ingredients and lastly chips and nuts. Mix and drop by teaspoonfuls on greased sheet. Bake at 375° F about 10 minutes.

Mrs. Evelyn Verigin, Veregin, Sask.

SESAME CRISPS

1 cup sesame seeds	1/2 cup dessicated coconut
2 cups sifted flour	1 teaspoon baking powder
1/2 teaspoon baking soda	1/2 teaspoon salt
3/4 cup butter	1 teaspoon vanilla
1 cup brown sugar	1 egg

Toast sesame seeds and coconut to light brown in 350° oven. Sift dry ingredients. Cream butter and flavoring well; cream in sugar. Beat in egg, sesame seeds and coconut thoroughly. Blend in dry ingredients. Shape dough in balls using a rounded teaspoon of dough for each. Place on ungreased cookie sheet. Flatten to 1/8" thickness with floured glass. Bake at 350° for 10 - 12 minutes.

Mrs. Mary Fofonoff, Veregin

RASPBERRY COCONUT COOKIES

- | | |
|-----------------------------|--------------------------|
| 1 cup margarine | 1 cup brown sugar |
| 3/4 cup white sugar | 2 eggs |
| 1 tablespoon almond extract | 1/2 cup water |
| 3 1/2 cups flour | 1 tablespoon baking soda |
| Store bought raspberry jam | 2 cups flaked coconut |

Cream margarine; add sugar, eggs and extract. Cream again. Mix in the water. Sift dry ingredients and mix in. Lastly add the coconut. Mix and drop by teaspoonfuls at least 2 inches apart on greased sheets. Make an indentation on top and add 1/2 teaspoon jam and top with 1/2 teaspoon of dough. Bake at 375°F for 10-12 minutes.

Mrs. Evelyn Verigin, Veregin, Sask.

MOTHER'S OATMEAL COOKIES

- | | |
|--|--------------------------|
| 3 1/2 cups large flake rolled oats | 2 cups flour |
| 1/2 cup brown sugar | 1 teaspoon baking powder |
| 1 cup crisco | 1/2 cup white sugar |
| 1 scant teaspoon soda dissolved in 1/3 cup hot water | 1/4 teaspoon salt |

Mix in order given, handling as little as possible. Roll thin and cut rather generously. Bake at 350°F to 375°F till a light golden color. May be used plain. For nibbling purposes, with a cup of tea, they may be buttered. If your figure is beyond hope, anyway, add a little homemade grape jelly or strawberry jam.

Mrs. Mary Fofonoff, Veregin, Sask.

COCONUT OATMEAL COOKIES

1 cup sifted all purpose flour	1/2 teaspoon baking powder
1/2 teaspoon baking soda	1/2 teaspoon salt
1/2 cup granulated sugar	1/2 cup butter, shortening or margarine
1/2 cup brown sugar	1 egg
1 teaspoon vanilla	1/2 cup rolled oats
1 cup coconut	

Sift flour with baking soda, baking powder and salt. Cream butter, gradually add sugars, cream until light and fluffy. Add egg and vanilla, beat well. Mix in rolled oats and coconut. Drop by teaspoon onto cookie sheet. Sprinkle with additional coconut and bake at 350° or 375° for 12 minutes, till golden brown. Makes 4 dozen.

Mrs. Mabel Kalmakoff, Canora

ROLLED OATS COOKIES

1 cup margarine	2 eggs
2 cups flour	1/2 cup chocolate chips
1/2 cup liquid honey	1/2 cup brown sugar
1 teaspoon baking powder	1 cup rolled oats
1 cup walnuts	1 cup coconut
Pinch of salt	

Mix altogether. Make into small balls, press down slightly with fork. Bake at 350 till lightly browned.

Mrs. Pauline Chernoff, Kamsack

HONEY COOKIES

1 cup sugar	1 cup butter or margarine
8 egg yolks or 4 eggs	2 cups honey
1 cup sweet milk	4 teaspoons baking soda
1 teaspoon baking powder	2 teaspoons vinegar
8 - 9 cups flour	(added to milk)
1 teaspoon salt	

Cream butter and sugar. Add eggs one at a time and beat well. Beat in the honey. Add milk. Sift flour, baking powder, baking soda and salt. Add to first mixture. Roll out and cut any shape with cookie cutter. Bake on greased cookie sheet until slightly browned at moderate temperature.

SUNFLOWER COOKIES

1 cup margarine	1/2 cup brown sugar
1/2 cup white sugar	2 eggs
1 1/2 cups flour	1 teaspoon baking soda
1 cup sunflower seeds	3 cups rolled oats
1 teaspoon vanilla	

Mix, shape into roll and chill. Slice and bake at 375°F. till lightly browned.

Mrs. Mabel Kalmakoff, Canora

MOTHER'S RUSSIAN KALACHIE

3 eggs	1 cup sugar
1/2 teaspoon salt	3 cups sour cream or sweet cream
1 cup raisins	4 teaspoons baking powder
1/2 teaspoon baking soda	
6 cups flour (add more if needed)	

Mix in order given. Roll out about 1/4 inch thick. Cut with a glass or cookie cutter. Bake at 375°F till nicely browned.

Mrs. Annie Trofimenkoff, Veregin

DROP OATMEAL CHOCOLATE CHIP COOKIES

First Mixture:

- | | |
|-------------------------------------|--|
| 1 cup brown sugar | 1/3 cup melted honey |
| 3 mashed ripe bananas | 2 eggs, well beaten |
| 1 cup melted butter or
margarine | 2 teaspoons vanilla or
banana flavoring |

In second bowl put through sifter:

- | | |
|-----------------|---------------------|
| 2 cup flour | 2 teaspoons soda |
| 1 teaspoon salt | 1 teaspoon cinnamon |
| 4 cups oatmeal | 1/2 cup coconut |

Mix the first and second mixture. Add 1/2 cup chocolate chips, 1 cup raisins (if desired), 1/2 cup dates. Bake at 375°F for 15 - 18 minutes or till lightly browned.

Mrs. Lorene Fofonoff

JAM-JAM COOKIES

- | | |
|---------------------|-----------------------------|
| 2 eggs | 1 cup brown sugar |
| 6 tablespoons syrup | 1 cup shortening |
| 2 teaspoons soda | 1 teaspoon lemon or vanilla |
- Flour to make a soft dough

Mix all ingredients. Roll thin, cut in circles and bake at 350°F for 12 to 15 minutes. While warm, put together with jam.

Mrs. Polly Chernoff, Canora

RUSSIAN COOKIES

- | | |
|-------------------|---------------------|
| 4 eggs | 6 tablespoons cream |
| 4 teaspoons sugar | 2 cups flour |
| 1/2 teaspoon salt | Vanilla if desired |

Beat eggs, add cream, sugar and flour. Knead dough. Roll out very thin. Cut in strips 1 1/2 x 3 inches. Make an incision in centre and pull one end through. Cook fast in deep hot oil. Drain on paper towel and dust with icing sugar.

Mrs. Fred Dergousoff, Canora

OATMEAL COOKIES

3 1/2 cups rolled oats	1 teaspoon baking powder
1/2 cup brown sugar	1/2 cup white sugar
1 cup crisco	1/4 teaspoon salt
1 scant teaspoon soda in 1/3 cup hot water	

Mix in order given, cutting in crisco as for pie crust and using soda and water to moisten the ingredients. Handle as little as possible. Roll thinly on an unfloured pastry cloth and cut with fairly large cutter. Bake at 375°F until lightly browned. Very crisp.

Mrs. Florence Konkin, Kamsack

GRAHAM WAFERS

1 cup shortening or margarine	1/4 cup brown sugar
4 cups whole wheat flour	1/4 cup liquid honey
1 teaspoon baking soda	2 cups white flour
3/4 cup sweet or sour milk	2 teaspoons baking powder
	1 teaspoon vanilla
	1 teaspoon salt

Mix, using cake mixing method. Dough should be stiff. Chill well. Roll 1/8" thick. Cut into 2 1/2 inch squares. Prick with fork. Bake on greased cookie sheet at 350°F until crisp and golden, 15 - 20 minutes.

Mrs. Mary Podovnikov, Kamsack

PEANUT BUTTER CRUNCHIES

In a large bowl melt:

1/4 cup margarine	3/4 cup peanut butter
5 cups marshmallows	

Add 6 cups corn flakes or special K. Mix thoroughly. Now moisten hands and roll into balls the size of walnuts. Make dents with a thimble and fill with jam or cherries.

Mrs. Florence Konkin, Kamsack

CARROT AND ORANGE COOKIES

3/4 cup shortening or margarine	1 cup sugar
1 cup cooked carrots (mashed)	1 egg
1 teaspoon vanilla	2 cups sifted flour
Grated rind and juice of one orange, or 1 teaspoon orange flavoring	2 teaspoons baking powder

Cream fat and sugar. Add egg, beaten. Add carrots. Mix well, add vanilla, rind and juice. Sift flour and baking powder. Add and mix well. Drop by teaspoon onto greased cookie sheet. Bake about 15 minutes at 375°F oven.

Mrs. Mabel Kabatoff, Veregin

CHERRY WINKS

Cream together:

3/4 cup shortening	1 cup sugar
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Add:

2 eggs (one at a time)

Sift and add:

2 1/4 cups flour	1 teaspoon baking powder
1/2 teaspoon baking soda	1/2 teaspoon salt

Chop:

1 cup pecans or walnuts	1 cup dates
1/3 cup maraschino cherries	

Mix all this together. Shape into balls using a level tablespoon of dough for each cookie. Crush 2 1/2 cups Kellogg's Corn Flakes. Roll each ball of dough in corn flakes. Place on greased baking sheet. Top each cookie with 1/4 cherry. Bake in moderate oven 350°F for 10 to 12 minutes. Makes about 5 dozen cookies.

Mrs. Mary Strelloff, Canora

SOFT MOLASSES COOKIES

2 cups flour	1/2 cup sugar
1/2 cup shortening	1/2 cup light molasses
1 egg	1 teaspoon baking soda
1 teaspoon ginger	1 teaspoon cinnamon
1/4 teaspoon salt	Raisins for garnish

Preheat oven to 350°F. Grease cookie sheet. Into large bowl measure all ingredients except raisins. Add 1/3 cup cold water. With mixer, medium speed, beat until well mixed, occasionally scraping bowl. Drop mixture by rounded tablespoon, at least 2 inches apart, onto cookie sheet. Place 4 or 5 raisins on top of each cookie. Bake 8 minutes or until springs back when lightly pressed with finger. With pancake turner remove cookies to wire rack. Cool. Yield: 2 1/2 dozen cookies.

Mrs. Florence Pohozoff, Veregin

COCONUT CRISPIES

1 cup butter or crisco	1 1/4 cups brown sugar
1 egg, well beaten	1 1/2 cups flour
1/4 teaspoon salt	1/2 teaspoon baking soda
1 cup coconut	2 1/2 teaspoons baking powder
1/2 cup chopped walnuts	1 1/4 cups rolled oats
1 teaspoon vanilla	

Cream butter and sugar, add beaten egg. Sift flour, salt, baking soda and baking powder. Into flour mixture add rolled oats, nuts and coconut. Add to the first mixture. Add vanilla last. Make into small balls and flatten with fork. Bake at 375°F until lightly browned.

Mrs. Tina Cazakoff, Kamsack

OLD FASHIONED GINGER COOKIES

- | | |
|-----------------------------------|--------------------|
| 1 1/2 cups butter or
margarine | 2 cups brown sugar |
| 1 cup molasses | 2 eggs, beaten |
| 4 teaspoons soda | 4 1/2 cups flour |
| 1 teaspoon cloves | 1 teaspoon salt |
| 2 teaspoons cinnamon | 2 teaspoons ginger |

Cream butter and sugar. Add well beaten eggs, then molasses. The flour should be sifted after measuring and sifted again with salt, soda and spices. Work this into the first mixture gradually. It should make a fairly stiff dough. Pinch off into small pieces and roll into small balls. Set these on a well greased cookie sheet. Press flat with fingers if a thin cookie is desired or leave the ball. Bake in a moderate oven until nicely browned. If desired to sandwich 2 cookies together, use the following frosting.

Frosting:

- | | |
|----------------------|---------------------|
| 3 tablespoons butter | 3 tablespoons cream |
| 1/2 teaspoon vanilla | Icing sugar |

Cream butter with about 1 cup sugar. Add flavoring and cream gradually. Then add enough icing sugar to make it of spreading consistency.

SHORTBREAD

- | | |
|--------------------|----------------------|
| 1 cup soft butter | 1 cup soft margarine |
| 1/2 cup cornstarch | 1 cup icing sugar |
| 1 teaspoon vanilla | 3 cups flour |

Put all ingredients into a large mixing bowl. Beat with egg beater till it looks like whipping cream. Chill. Roll into tiny balls, flatten with fork slightly or top with a cherry or nuts. Bake at 325° or little higher, for about 15 minutes or when just starting to brown slightly. Makes about 8 dozen.

Mrs. Annette Rezansoff, Kamsack

DAD'S COOKIES

1 cup butter	1 cup white sugar
1/2 cup brown sugar	1 egg
1/2 teaspoon salt	1 1/2 teaspoons vanilla
1 1/2 cups flour	1 1/4 cups oatmeal
1 teaspoon baking soda	1 teaspoon baking powder
3/4 cup cocoanut	1 cup walnuts (optional)

Cream butter and sugar and add beaten egg, vanilla and oatmeal. Sift soda and baking powder with flour, then add salt. Add to butter and sugar mixture. Mix well. Add cocoanut and nuts. Mix. Form into small balls. Press out with a glass dipped in sugar. Bake in a 350° oven for 10 - 12 minutes or until golden brown.

Mrs. Annette Rezanoff, Kamsack

COWBOY COOKIES

1 cup soft crisco or margarine	3/4 cup brown sugar
2 eggs	3/4 cup white sugar
2 cups flour	1 teaspoon vanilla
1/2 teaspoon salt	1/2 teaspoon baking soda
1/2 cup nuts or wheat germ	1 1/2 cups rolled oats
2 bananas	6 ounces chocolate chips
	1 cup raisins

Cream shortening, add sugar and beat well. Add the eggs and vanilla, stir to blend well. Add the dry ingredients at one time. Mix to blend. Last stir in oatmeal, nuts, chocolate chips, raisins and bananas. Mix well. Drop by spoonfuls on cookie sheet and bake for 13 - 15 minutes in 350°F oven. This dough freezes well and can be sliced later to make fresh cookies. Makes 4 dozen large cookies.

Mrs. Anne Shukin, Kamsack

PUMPKIN COOKIES

- | | |
|----------------------|------------------------|
| 1/2 cup margarine | 1 1/2 cups brown sugar |
| 1 egg | 1 teaspoon vanilla |
| 1 cup cooked pumpkin | |

Cream together and add sifted dry ingredients.

- | | |
|------------------------------|-----------------------|
| 1 teaspoon nutmeg | 1 tablespoon cinnamon |
| 1 teaspoon baking powder | 1 tablespoon soda |
| 2 1/2 cups whole wheat flour | |

Add 1/2 cup nut pieces and 1 cup raisins. Bake on greased cookie sheet at 400°F for 10 - 12 minutes.

Mrs. Evelyn Verigin, Verigin, Sask.

GINGER SNAPS

- | | |
|--------------------|------------------------------|
| 1 cup brown sugar | 1 cup crisco |
| 1 cup molasses | 3 1/2 cups whole wheat flour |
| 1 teaspoon salt | 1 teaspoon soda |
| 4 teaspoons ginger | 1/2 cup boiling water |

Cream sugar and crisco. Add molasses. Mix salt and ginger with flour. Add soda to boiling water. Mix all ingredients together. Pinch off size of walnut, place on greased cookie sheet and bake at 375°F for 15 to 20 minutes.

Mrs. Anne Shukin, Kamsack

TROPICAL OATMEAL COOKIES

- | | |
|------------------------------|------------------------|
| 1 cup margarine | 1/4 tablespoon nutmeg |
| 2 eggs | 1 tablespoon soda |
| 1 cup white sugar | 2 cups flour |
| 1 cup brown sugar | 1 cup chopped walnuts |
| 1 tablespoon cinnamon | 3 1/2 cups rolled oats |
| 14 oz. can crushed pineapple | |

Cream margarine. Add sugars and eggs and cream again. Mix dry ingredients together and add to margarine mixture. Lastly add pineapple and juice and walnuts. Drop teaspoonfuls of dough on greased cookie sheet and bake 12 - 15 minutes at 375°F.

Mrs. Evelyn Verigin, Verigin, Sask.

FIG BARS

Filling:

2 cups dried figs or
dates, chopped

1 1/2 cups water
1/2 cup sugar

Mix together and cook for 35 minutes on medium heat.

Dough:

1 cup shortening
2 eggs
1 teaspoon cream of
tartar
1/2 teaspoon soda

1 cup brown sugar
3 cups flour
3/4 teaspoon salt
1 teaspoon vanilla
1 tablespoon hot water

Cream the shortening and gradually cream in the sugar. Beat the eggs and add to the creamed mixture and continue beating until the mixture is light and fluffy. Sift the flour, then measure it and sift it again, with the cream of tartar and salt. Add about half of this to the creamed mixture, then add the vanilla and soda, which has been dissolved in hot water. Add the remaining dry ingredients, mixing until well blended. Chill the dough, then roll out on a lightly floured board. Cut dough 3 inches wide, place fig (or date) filling and fold. Cut into 1 1/2 to 2 inch squares. Bake at 400° F for 12 minutes.

Mrs. Mary Cazakoff, Kamsack

EASY CHOCOLATE CAKE

Mix together and set aside:

2 cups sifted flour 2 cups sugar

Bring to a boil:

4 tablespoons cocoa 1/2 cup butter
1 cup water 1/2 cup crisco

Pour over flour and sugar.

Combine:

1/2 cup buttermilk 1 teaspoon soda
1 teaspoon cinnamon 1 teaspoon vanilla
2 eggs, slightly beaten

Add to the other ingredients, and mix. Pour into greased jelly roll pan. If smaller pan is used, cake will be higher. Bake at 400°F for 18 minutes.

Icing

Melt together:

1/2 cup butter 6 tablespoons evaporated
3 tablespoons cocoa milk
1 teaspoon vanilla

Add:

1 lb. icing sugar 1/2 cup nuts

Spread on cake immediately after baking.

Mrs. Barb Shukin, Kamsack

FAVOURITE ICING

5 tablespoons flour 1 cup shortening/crisco
1 cup milk 1 cup sugar
1 teaspoon vanilla

Cook flour, milk until thick. Cool. Cream sugar, shortening and vanilla. Beat until fluffy, about 15 minutes. Add cooled mixture and beat like whipped cream.

Mrs. Doris Lapshinoff, Veregin

CHOCOLATE MARASCHINO CAKE

2 cups flour	1 1/2 cups sugar
1 1/2 teaspoons soda	3/4 teaspoons baking powder
3/4 teaspoon salt	1/2 cup soft shortening
1 1/4 cups buttermilk or sour milk	1/4 cup maraschino cherry juice
2 eggs	2 squares chocolate (2 oz) (melted)
1/3 cup chopped cherries	

Preheat oven to 375°F. Grease 2 - 9 inch layer pans. Mix dry ingredients. Add sour milk - beat 2 minutes. Add cherry juice, eggs and melted chocolate - beat 2 minutes more. Stir in Chopped cherries. Pour into pans and bake for 30 to 35 minutes. Frost with Fluffy White Icing.

Mrs. Anne Shukin, Kamsack

RHUBARB CAKE

1/2 cup butter	2 cups flour
1 1/2 cups brown sugar	1 teaspoon vanilla
1 egg	1 teaspoon soda
1 cup sour milk	1/4 teaspoon salt

Mix as for any ordinary cake. Lastly add 1 1/2 cups rhubarb, diced.

Topping:

1/2 cup chopped nuts	1/2 cup sugar
1 teaspoon cinnamon	

Sprinkle over cake. Bake 3/4 hour at 350°F.

Mrs. Natalie Karnitsky, Kamsack

CHOCOLATE ZUCCHINI CAKE

1/2 cup margarine	1/2 cup oil
1 1/4 cups sugar	2 eggs
1/2 cup sour milk	1 teaspoon vanilla
2 1/2 cups flour	4 tablespoons cocoa
1/2 teaspoons baking powder	1 teaspoon soda
1/2 teaspoon cinnamon	2 cups grated zucchini
1/4 teaspoon salt	(drained)

Mix first 6 ingredients till creamy. Combine dry ingredients and add to creamed mixture. Mix in zucchini. Spread in 9 x 13 inch pan. Sprinkle chocolate chips over batter. Bake at 350° for about 45 minutes.

Mrs. Eileen Konkin, Pelly

CHOCOLATE OATMEAL CAKE

1/2 cup oatmeal	4 tablespoons cocoa
1 cup boiling water	

Mix well and let stand 10 minutes.

Mix well, the following:

2 eggs well beaten	1/2 cup cooking oil
1 1/2 cups brown sugar	

Combine:

1 cup flour	1 teaspoon baking powder
1 teaspoon baking soda	1/2 teaspoon salt
2 teaspoons vanilla	1/2 cup chopped walnuts

Add flour mixture to egg mixture, then add oatmeal mixture. Mix well. Pour into 8 x 8 inch cake pan, greased. Bake for 30 minutes at 350° F. Ice with butter icing. Very good!

Mrs. Anne Zarchikoff, Pelly

GERMAN APPLE CAKE

2 large eggs	1 cup salad oil
2 cups or less sugar	2 cups flour
2 teaspoons cinnamon	1 teaspoon vanilla
1 teaspoon baking soda	1/2 teaspoon salt
4 cups diced apples	1/2 or 1 cup chopped walnuts

Beat eggs till foamy, then add oil and beat until foamy. Add sugar, flour, cinnamon, vanilla, soda and salt, mix well. Add apples and nuts. Bake in greased 9 by 13 inch pan, at 350°F oven for 45 to 60 minutes.

Ice with the following:

1 cup icing sugar	2 tablespoons melted butter
1 tablespoons lemon juice	

Mrs. Mabel Kalmakoff, Canora

PUMPKIN CHIFFON CAKE

2 cups sifted cake flour	1 1/2 cups sugar
3 teaspoons baking powder	1 teaspoon salt
1 teaspoon cinnamon	1/2 teaspoon cloves
1/2 teaspoon nutmeg	1/2 cup vegetable oil
8 egg yolks	1/2 cup water
3/4 cup canned or thick, mashed, cooked pumpkin	1/2 teaspoon cream tartar
	1 cup egg whites

Sift first 7 dry ingredients into mixing bowl and make a well in centre. Add in order, vegetable oil, egg yolks, water and pumpkin. Beat satin smooth. Add cream of tartar to egg whites and beat to very stiff peaks. Pour egg yolk batter to thin stream over entire surface of whites, gently folding to blend. Bake in ungreased 10 inch tube pan in slow oven (325°F) for 55 minutes, then increase heat to 350°F and bake 10 minutes. Invert on rack, remove when cool.

Mrs. Mary Ostoforoff

PUMPKIN CAKE ROLL

Beat 3 eggs on high speed for 5 minutes. Gradually beat in 1 cup of sugar. Stir in $\frac{2}{3}$ cups pumpkin and 1 teaspoon lemon juice. Stir together $\frac{3}{4}$ cups flour and 1 teaspoon baking powder, 2 teaspoons cinnamon, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon nutmeg and $\frac{1}{2}$ teaspoon salt. Fold into pumpkin mixture. Spread into 15 x 10 x 1 inch greased and floured pan. Top with 1 cup finely chopped nuts. (Use less if desired). Bake at 375°F for 15 minutes, turn out on towel, sprinkle with powdered sugar. Roll up and cool. Unroll and fill:

Filling:

$\frac{2}{3}$ oz. packages cream	4 tablespoons margarine
Cheese	1 cup powdered sugar
$\frac{1}{2}$ teaspoon vanilla	

Beat until smooth and spread on cake. Roll up and chill. Do not over beat the first part.

Mrs. Ann Areshenko, Pelly

LARGE NEVER FAIL CHOCOLATE CAKE

3 cups flour	2 cups white sugar
$\frac{1}{2}$ cup cocoa	1 teaspoon salt
1 tablespoon soda	

Make a well and add:

1 cup oil	2 eggs
1 cup sour cream	1 teaspoon vanilla

Mix well. Add:

1 cup hot water

Mix only to blend. Bake in 325°F oven in 9 x 12 inch pan.

Mrs. Winnie Walters, Nipixan

QUEEN ELIZABETH CAKE

1 cup sugar	1/4 cup butter
1 egg	1 cup boiling water
1 teaspoon vanilla	1 teaspoon soda
1 cup chopped dates	1/2 cup chopped walnuts
1 1/2 cups flour	Pinch of salt
1 teaspoon baking powder	

Pour boiling water over dates. Follow conventional cake method for mixing, using date mixture as liquid. Bake in 10 x 12 inch pan for 35-40 minutes at 350° F.

Icing:

5 tablespoons brown sugar	3 tablespoons butter
1 cup fine coconut	2 tablespoons orange juice or 2 tablespoons cream

When cake is baked, while still warm, put icing and return to oven under broiler for 10 minutes till lightly browned.

Mrs. Kate Jemieff, Kamsack

CHOCOLATE CHIP CAKE

1 cup chopped dates	1 teaspoon soda
1 1/2 cups boiling water	1/2 cup margarine
1 cup sugar	2 beaten eggs
1 1/2 cups flour	

Mix dates and soda in small bowl. Pour boiling water over. Mix and let cool. Cream margarine. Add sugar and eggs. Add date mixture. Beat and then add flour. Mix. Pour into buttered 9 x 14 inch pan. Sprinkle 1 cup chocolate chips and 1/2 cup fine walnut pieces over batter. Then sprinkle 2 tablespoons sugar. Bake at 350° F for about 30 - 40 minutes.

Mrs. Evelyn Verigin, Veregin, Sask.

NUT LOAF

1 cup brown sugar	1/2 cup whole wheat flour
2 tablespoons melted butter	1 1/2 cups flour
1 teaspoon vanilla	1 cup raisins
1/2 cup walnuts	1/2 cup chopped dates
1 cup sour milk	1 teaspoon baking soda
1 egg	1/4 teaspoon salt

Mix butter, sugar and egg well. Add dry ingredients, alternately with milk. Add nuts, raisins, dates. Bake 35 minutes at 350°F.

Mrs. Mary Konkin, Calgary

COFFEE AND APPLE CAKE

Beat well:

1 cup white sugar	1/2 cup margarine or butter
2 eggs	1 teaspoon vanilla

Mix 1/2 cup hot water and 2 tablespoons instant coffee and cool.

1 cup finely chopped apples	1 teaspoon baking soda
1 cup finely chopped dates	
1/2 cup raisins (optional)	
2 cups flour	
1/2 teaspoon baking powder	
1/2 teaspoon salt	

Mix together all ingredients and pour batter into 9 x 12 inch pan. Mix well the following and sprinkle over top.

1/2 cup brown sugar	1/2 cup chopped walnuts
1/2 cup cocoanut (med)	2 tablespoons butter

Bake at 350°F about 35 minutes or until done.

Mrs. Anne Kazakoff, Kamsack

MY FAVORITE BEET & CARROT CAKE

3 egg yolks	1 1/2 cups white sugar
3 tablespoons hot water	3/4 cup oil
1 teaspoon vanilla	

Put hot water over sugar and mix. Then add above and beat well.

Add:

1 cup finely shredded carrots	1 cup finely shredded beets
1/2 cup chopped walnuts (optional)	

Sift together:

2 cups flour	2 teaspoons baking powder
1/2 teaspoon salt	

Add and mix well. Fold in 3 stiffly beaten egg whites.

Bake at 350°F oven in 8 x 12 inch pan for 45 minutes. Cup-Cakes are very nice too.

Mrs. Mabel Kabatoff, Veregin

CARROT FRUIT LOAF

1 cup white sugar	1 cup brown sugar
4 eggs	1 cup oil
3 cups flour	1/2 teaspoon baking soda
2 teaspoons baking powder	2 teaspoons cinnamon
1/2 teaspoon salt	3 cups grated raw carrots
1 cup raisins	1 cup walnuts
1 cup red & green cherries	1 teaspoon vanilla

Beat sugar, eggs and oil. Sift dry ingredients. Add to above mixture, stirring well. Add vanilla. Add the carrots, raisins, walnuts and cherries. Bake in two loaf pans for 1 1/2 hours at 325°F. Fill pans about 1 2/3 full.

Mrs. Ann Streliaff, Veregin

CHOCOLATE CAKE

1/2 cup butter or margarine	1 cup sugar
2 eggs	1 teaspoon vanilla
1/2 teaspoon salt	2 1/4 cups cake flour
1 teaspoon baking powder	1 teaspoon soda
	1 cup sour milk

Mix and cool:

1/2 cup cocoa	1/3 cup boiling water
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Use conventional cake method. Pour in buttered 9 x 12 inch pan. Bake 350°F for 40 - 45 minutes.

Verna Philips, Port Credit, Ont.

CARROT FRUIT CAKE

Sift together:

3 cups sifted flour	2 teaspoons baking powder
2 teaspoons baking soda	2 teaspoons cinnamon
1 teaspoon salt	

Set aside. Combine:

1 1/4 cups salad oil	2 cups sugar
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Mix well. Add one at a time, 4 eggs. Beat well after each addition until light and fluffy. Gradually add dry ingredients, mixing until smooth after each addition.

Add:

3 cups finely grated carrots	1 cup chopped mixed candied fruit-cherries
1 cup chopped pitted dates	1 1/2 cups coarsely chopped walnuts, 1 cup raisins

Mix well. Spoon into a greased 10 inch tube or loaf pans. Bake at 350°F for 1 1/2 hours or until cake springs back when lightly touched with finger.

Mrs. Molly Nahornove

CRUMB CAKE

2 cups flour
1 cup white sugar

3/4 cup butter

Mix into crumbs. Save 1/4 cup for top of cake. To remaining mixture add:

1 cup raisins
1 teaspoon cinnamon
1 cup sour milk

1 teaspoon cloves
2 teaspoons baking powder
1/2 teaspoon baking soda

Mix and pour into 13 x 9 inch pan. Sprinkle with 1/4 cup crumbs. Bake in 350°F oven for 35 - 40 minutes.

Mrs. Pauline Vanin

BANANA CAKE

Sift flour once before measuring. Measure into sifter:

2 cups cake flour
1 teaspoon soda
1 1/3 cup white sugar

1 teaspoon baking powder
3/4 teaspoon salt

Measure in another mixing bowl:

1/2 cup butter (room temperature)
1 teaspoon banana flavoring
2 eggs, unbeaten

1/2 cup sour milk (room temperature)
1 cup mashed ripe bananas
1/2 cup walnuts

Mix butter, banana and sour milk. Mix this mixture into flour mixture. Add eggs one at a time and beat for about 2 minutes. Add nuts last. Bake 375°F for 45 - 50 minutes. 1/2 cup red cherries, chopped could be added if desired.

Mary Konkin, Calgary

COFFEE CAKE

Batter:

4 tablespoons butter	3/4 cup white sugar
2 eggs	1 teaspoon vanilla
1 1/2 cups flour	1 teaspoon soda
1/2 teaspoon baking powder	1 cup salad cream

Mix in order given.

Crumbs:

1/2 cup brown sugar	1 tablespoon cinnamon
1/2 cup chopped walnuts	

Mix well. Pour half batter into a greased pan. Spread 3/4 of crumb mixture, then remaining batter and rest of crumbs and bake in 350° oven for 35 minutes.

Mrs. Mary Rezanoff, Pelly

SOUR CREAM CHOCOLATE CAKE

2 cups sugar	1/2 cup shortening
2 eggs	1 cup sour cream
1 teaspoon soda	2 cups flour
1/4 teaspoon salt	1/2 cup cocoa
1 teaspoon vanilla	1 cup water (hot)

Cream sugar and shortening. Add eggs and beat. Add sour cream with soda mixed in, alternately with flour sifted with salt and cocoa. Add vanilla, then hot water. Pour into greased 16 x 10 pan. Bake at 375°F for 25 to 30 minutes.

Mrs. Tina Kazakoff, Pelly

EGG WHITE PIE

4 egg whites	1 1/2 cups sugar
1 teaspoon vinegar	Pinch of salt
1 teaspoon vanilla	

Beat the egg whites stiff. Add the rest of the ingredients and beat again. Bake in a pie shell of rich pastry in a slow oven for 20 minutes. When cool slice bananas or other fresh fruit over the pie and top off with whipped cream.

Mrs. Molly Nahornove, Pelly

PIE CRUST

1 pound crisco	2 teaspoons salt
6 cups flour	2 beaten eggs
Juice of 1 lemon	Water

Mix crisco, flour and salt with a pastry blender. Then add beaten eggs, lemon juice and enough cold water to make a fairly stiff dough. Roll and make into pies.

BLUEBERRY OR RHUBARB PIE

Beat well:

2 eggs	1/3 cup sugar
Vanilla	Dash of salt
4 tablespoons flour	3/4 cup milk

Mix well. Put berries or rhubarb in an unbaked pastry shell. Sprinkle with 1/2 to 3/4 cups sugar and pour the batter mixture over the fruit. Bake at 425° F for 10 minutes and then at 325° F until the pie is done.

Mrs. Dora Saliken, Kamsack

RASPBERRY PIE

Crust:

1 cup flour	1 tablespoon sugar
1/2 teaspoon salt	1/2 cup oil

Rub together and add 1 tablespoon milk. Press into pie plate and bake 10 minutes or till golden at 400°. Cool and fill with fresh raspberries or strawberries. Pour cooled glaze over.

Glaze:

1 cup water	1 cup sugar
1 package raspberry jello	2 tablespoons cornstarch

Mix altogether and boil about 10 minutes, until it thickens somewhat. Cool and pour over fruit in pie shell. Refrigerate till set. Top with whipped cream and garnish with fresh berries.

Mrs. Evelyn Verigin, Veregin, Sask.

CHOCOLATE LAYER PIE

1/2 cup margarine	1 cup flour
1/2 cup chopped pecans	

Press in pie plate. Bake in 350° for 10 to 15 minutes. Cool.

First Layer

8 oz. cream cheese	1 cup icing sugar
1 cup cool whip	

Beat together and spread on base.

Second Layer

Beat 2 cups cold milk with 1 large package chocolate instant pudding. Spread over first layer. Put rest of cool whip on top. Place chopped pecans or flakes of chocolate bar on cool whip. Place in fridge. (You can whip lucky whip instead of cool whip.)

Mrs. Nellie Voikin, Veregin

PEAR PIE WITH STREUSEL TOPPING

Pastry for 9 inch Pie Shell (unbaked)

Streusel Topping:

2/3 cup all purpose
flour

1/3 cup brown sugar
1/3 cup butter or margarine

Combine flour and sugar. Cut in butter until mixture is like coarse corn meal. Refrigerate until ready to use.

Filling:

1/4 cup brown sugar
2 tablespoons flour
5 ripe pears (bartlet
preferably)

1/4 teaspoon ginger (opt.)
4 teaspoon lemon juice
1/4 cup corn syrup

Method:

Slice pears into bowl and add sugar, flour and ginger if desired. Mix well. Put into unbaked pie shell. Drizzle with lemon juice and syrup on top. Cover with Struesel topping. Bake 15 minutes at 450° F, reduce temperature to 350 F and bake 30 minutes more.

This same Streusel Topping could be used for a Plum Pie.

3 cups cut up plums
3/4 cup brown sugar

2 heaping tablespoons flour

Omit lemon juice and syrup. Follow same procedure as for pear pie. These fruit pies will not boil over. Also they can be frozen for later use.

Mrs. Florence Konkin, Kamsack

IMPOSSIBLE PIE

(Makes its own crust)

1/2 cup margarine, melted	4 eggs
1 cup sugar	1/2 cup unsweetened coconut
1/2 cup flour	1 teaspoon vanilla or
2 cups milk	nutmeg or both

Put all ingredients into blender. Mix well. Pour into ungreased large pie plate. Bake at 350° for 30-40 min.

Mrs. Pearl Lazaroфф, Canora

GREEN TOMATO PIE FILLING

1 1/2 lbs green tomatoes	1 1/2 cups water
1 1/2 cups sugar	1/2 cup raisins
1 teaspoon cinnamon	2 tablespoons flour
Grated rind of 1 lemon	

Wash and core tomatoes. Slice and cook with the raisins in the syrup made of sugar and water. Simmer on low heat for about 20 minutes. Add grated rind, flour and cinnamon. Cook few more minutes. Pour into unbaked pie shell, top with crust and bake.

Mrs. Florence Popoфф, Durban

RHUBARB PIE

3 1/2 cups fresh cut rhubarb	1 1/2 cups brown sugar
2 egg yolks	1 teaspoon vanilla
1/4 cup sweet cream	2 tablespoons flour

Mix rhubarb and sugar and cook until tender. Thicken with flour, add beaten egg yolks and cook until done. Cool slightly and add vanilla and cream. Pour into baked pie shell and top with meringue of two eggs whites and 2 tablespoons sugar. Bake at 400°, until delicately browned.

Mrs. Florence Konkin, Kamsack

QUICK RAISIN PUDDING

1 cup flour	2 teaspoons baking powder
1/2 teaspoon salt	2 teaspoons sugar
2 tablespoons crisco	1/2 cup raisins
1/2 cup milk	

In casserole, mix:

1 cup brown sugar	1 tablespoon butter
2 cups boiling water	

Mix flour, baking powder, salt, sugar, and crisco. Add raisins and milk (makes a stiff batter). Drop by spoonfuls into hot liquid in casserole. Bake at 375°F oven for 30 to 35 minutes. Serve warm with cream or ice cream.

Mrs. Polly Bloudoff, Veregin

RHUBARB PUDDING

2 cups flour	1/4 cup sugar
1/2 cup margarine	1/2 teaspoon salt
1 egg (beaten)	

Mix first 4 ingredients together. Add beaten egg. Save 1 cup for topping. Press balance in bottom of 8 x 8 inch pan. Cut rhubarb into small pieces enough to make 4 to 5 cups. Put over first mixture. Now beat together 2 eggs, 1 teaspoon lemon juice, 1 1/2 cups sugar and 6 tablespoons flour. Pour over rhubarb. Sprinkle 1 cup reserved crumbs over all. Bake at 375°F about 50 minutes. Serve plain, with whipped cream, plain cream or with vanilla ice cream.

Dorie Langley, Penticton, B.C.

MAGIC XMAS FRUIT PUDDING

- | | |
|----------------------------------|----------------------------------|
| 1/2 cup cut up prunes | 2 cups raisins |
| 3/4 cup mixed candied fruit | 1/2 cup dates (cut up fine) |
| 3 teaspoons baking powder | 1 1/2 cup pastry flour |
| 1 teaspoon cinnamon | 1 teaspoon salt |
| 1/4 teaspoon cloves | 1/2 teaspoon nutmeg |
| 1 cup packed coarse bread crumbs | 1 cup butter |
| 1/4 cup honey, melted | 1 cup lightly packed brown sugar |
| 3 eggs well beaten | 2 tablespoons molasses |
| 1/3 cup cold coffee | 3 cups finely shredded carrots |
| 3 cups shredded apples | |

Mix as for any fruit cake. Pour into 3 enamel bowls, cover with cloth or foil, place bowls into pan of water and bake for 3 hours at 325-350°F. Serve pudding with sauce or vanilla ice cream.

Sauce:

- | | |
|-------------------------|---------------------|
| 2 tablespoons butter | 1 teaspoon vanilla |
| 1 tablespoon cornstarch | 1/2 cup brown sugar |
| 1 cup water | |

Boil until thickens.

Mrs. Lorene Fofonoff, Kamsack

CREAMY CHOCOLATE PUDDING

- | | |
|--------------------|---------------------------|
| 1/2 cup sugar | 1/2 cup all purpose flour |
| 1/4 cup cocoa | 1/8 teaspoon salt |
| 3 cups milk | 3 tablespoons butter |
| 1 teaspoon vanilla | |

Mix and cook for 10 minutes in microwave.

Mrs. Mary Fofonoff, Veregin, Sask

BREAD PUDDING

6 eggs	3/4 cup sugar
2 teaspoons vanilla	2 cups milk
Bread, cubed	1/2 cup raisins

Layer bread and raisins into 2 quart casserole dish till full. Beat eggs and sugar, add vanilla and milk. Mix. Pour over bread, sprinkle with cinnamon and nutmeg. Bake in 350°F oven till set, about 1 hour.

Mrs. Pauline Vanin, Pelly

RHUBARB BREAD PUDDING

3 cups diced rhubarb cut into 1/2-1 inch pieces	2 cups toasted buttered bread cubes
2 teaspoons cornstarch	1 cup sugar
1 tablespoon grated orange rind	1/2 teaspoon cinnamon or nutmeg
2 tablespoons margarine	

Combine first 6 ingredients. Toss lightly and place in greased 5 cup casserole. Dot with butter or margarine. Cover and bake 20 minutes at 375°F. Remove, cover and continue baking 15-20 minutes longer or until lightly browned. May be served with cream or ice cream.

Mrs. Polly Strukoff, Kamsack

APPLE CRISP

2 cups rolled oats	1 1/2 cups flour
1/4 teaspoon salt	1/2 teaspoon soda
1 teaspoon baking powder	1 cup brown sugar
1 cup butter	1 can apple pie filling

Mix dry ingredients and rub into butter. Pat half the crumbs into 13 x 9 inch cake pan. Spread pie filling over base and sprinkle with cinnamon. Cover with remaining crumbs. Bake in 350°F oven for 40-50 minutes, till lightly brown.

Mrs. Pauline Vanin, Pelly

BLUEBERRY COBBLER

3 cups blueberries (I also use Saskatoons and add some raspberries)

1 cup or more water 3/4 cup sugar

1 teaspoon lemon juice

1 tablespoon cornstarch or tapioca starch, mixed with about 1/4 cup water

Combine ingredients and cook about 5 minutes. Stir in starch and water mixture. Cook till slightly thickened. Pour into greased 9 x 9 x 2 inch baking dish. Preheat oven to 400°F.

Topping:

1 cup all purpose flour 2 tablespoons sugar

1 1/2 teaspoons baking 1/2 teaspoon salt

powder 1/3 cup butter

1/2 cup milk 1 egg, beaten

1/2 teaspoon vanilla

Combine dry ingredients. Cut in butter till crumbly. Combine milk and egg and vanilla. Add to flour mixture. Stir just until dry ingredients are moistened. Drop biscuit dough by spoonfuls over hot mixture. Bake in preheated oven about 25 minutes, till topping is golden. Serve warm with ice cream or whipped cream.

Mrs. Lindie Dewores, Kamsack

KEESEL (WILD CRANBERRY PUDDING)

To 4 cups of cleaned and washed cranberries, add 3 cups water. Boil till skins burst. Rub through a sieve and discard seeds and skins. To the strained liquid, add 3 heaping tablespoons cornstarch, mixed well with 1 cup sugar. Stir well and let cook till thick. It will thicken somewhat as it cools. Serve with sweet cream. Wild pincherry may be used instead of cranberry.

Mrs. Polly Strukoff, Kamsack

SALADOOHA (DRIED FRUIT PUDDING)

- | | |
|--|--------------------------------|
| 12 cups boiling water | 2 cups prunes (stones removed) |
| 1 cup seedless raisins | 1 cup dried apples |
| 1 cup apricots (cut into quarters) | 1 cup Saskatchewan cranberries |
| 1 cup sugar (more may be added) | (Fruit is variable) |
| 1/2 cup white flour or 1/4 cup whole wheat and 1/4 cup white flour | |

Cook cranberries separate in 1 cup water; mash and strain into the other fruit. Boil all fruit until soft. Using some of the cooled fruit juice, make a thin paste with flour and pour back into pot, stirring constantly. On low heat, cook for 45 minutes, stirring so fruit does not fall to bottom of pot, or set pot in oven at 300°F for 45 minutes.

Mrs. Mary Zubenko, Kamsack

ROLLED OAT PUDDING

- | | |
|----------------------|---------------------------|
| 5 medium apples | 1/2 cup flour |
| 3 tablespoons sugar | 2 teaspoons baking powder |
| 1/3 cup butter | 1/4 teaspoon cinnamon |
| 1/3 cup brown sugar | 1/4 teaspoon salt |
| 1 egg | 1/2 cup rolled oats |
| 1/2 teaspoon vanilla | 1/2 cup milk |

Slice the apples into a buttered baking dish and sprinkle with 3 tablespoons sugar. Mix the rest of the ingredients as you would for a cake batter and pour it over the apples. Bake at 350°F oven until done.

Mrs. Dora Saliken, Kamsack

PINEAPPLE CHERRY SLICE

1 cup flour	1/2 cup butter
2 tablespoons sugar	1 teaspoon baking powder
3 egg yolks	1 tablespoons milk
Pinch of salt	

Blend all ingredients together and spread in greased 9 x 12 inch pan. Bake at 350°F for 15-20 minutes until base is set.

Filling:

1 - 15 ounce crushed pineapple, undrained	1/4 cup sugar
1 teaspoon lemon juice	1 tablespoon butter
3/4 cup maraschino cherries, chopped	1/4 cup cornstarch

Use double boiler and boil till no taste of starch or until clear. Spread filling over base. Whip 3 egg whites and add 2 tablespoons sugar. Whip till stiff. Add almond flavoring. Spread over pineapple and cover with coconut. Return to oven for 20 - 25 minutes at 325°F or until meringue is set and coconut golden brown.

Mrs. Marion Cazakoff, Kamsack

RASPBERRY DELIGHT

14 Graham wafers, crushed	1/2 cup crushed walnuts
1/4 cup butter	

Mix well. Put half of wafers in bottom of 12 x 12 inch pan. Leave other half for topping.

Boil together slowly and cool:

1 package raspberry jello	Juice of 1 lemon
1/2 cup sugar	1/2 cup water

Whip 1 can of Alpha milk. Add cooled Jello mixture and spread over wafers in pan. Top with the rest of wafer crumbs. Let stand a few hours to set in refrigerator.

Mrs. Mary Sherstabitoff, Veregin

RHUBARB OR RASPBERRY SLICE

1 cup flour	1 cup brown sugar
Pinch of salt	2 cups rolled oats
1 teaspoon soda	1 cup butter

Mix ingredients real well. Put half in greased pan and save half for topping. Then spread 8 cups raw fruit (raspberries or rhubarb) (raspberries and rhubarb combined). Mix the following filling:

3 eggs	1/4 cup cream
1 1/2 cups sugar	1/2 cup melted butter
1/2 cup flour	

Pour over crumb base and fruit filling and add remaining crumbs. Sprinkle with 1/4 cup sugar and 2 tablespoons cinnamon. Bake in 12 x 9 inch pyrex pan at 350° F for an hour or until centre is soft.

Mrs. Winnie Walters, Nipiuwan, Sask.

JELLO CAKE

1 package jello dissolved in 1 cup hot water	
1/2 cup cold water or ice cubes (do not let set solid)	
1 package Dream Whip	1/2 cup milk
1/2 teaspoon vanilla (beat well until forms peaks)	

Grease 8 x 8 inch pan. Put a layer of graham wafers (whole) in bottom of pan, then spread half of the dream whip. Put a layer of whole graham wafers over dream whip then all the jello mixture, another layer of whole wafers, then a layer of dream whip. Put crushed graham wafers on top and let set in the fridge for 4 hours. Cut in squares and serve.

Mrs. Polly Bloudoff, Kamsack

CREAMED CHEESE DESSERT

1 - 8 ounce cream cheese 1 cup sugar
1/2 cup margarine 2 pkgs. lemon jello (small)
2 1/2 cups boiling water 1 lemon rind and juice
Crumbs for top and bottom (wafer)

Dissolve jello in boiling water. Add lemon juice and let set. Cream in another large bowl - sugar, margarine and cream cheese. In another large bowl make whipped topping, three or four packages of dream whip, according to directions on package. Add cheese mixture and lemon rind, to lemon jello mixture. Beat together and add whipped topping. Pour on crumbed cookie sheet or 13 x 9 pan. Sprinkle with crumbs and crushed nuts and refrigerate till set. Cut in squares.

Mrs. Ann Kalmakoff, Kamsack

APPLE CAKE

3/4 cup flour 3/4 cup oatmeal
1/2 cup light brown sugar 1/2 cup butter

Mix into crumbs. Cut 8 or 9 apples into small pieces. Sprinkle with 1/2 cup sugar and 1 teaspoon cinnamon. Butter 9 x 12 pyrex pan. Spread apples and cover them with crumb mixture. Bake 1 hour at 350°. Serve with cream or ice cream.

Mrs. Lorene Fofonoff, Kamsack

PISTACHIO PUDDING SALAD

Make pistachio pudding according to pudding recipe, using only 1 cup milk, then add the small container of cool whipped topping, 1 can drained crushed pineapple, 1/2 bag miniature marshmallows. Chill and serve.

PISTACHIO CHEESE CAKE

Layer 1:

- 1 cup all purpose flour 1/2 cup butter
- 1/2 cup chopped walnuts or pecans

Mix ingredients together and press into a 9 x 13 pan.
Bake at 350°F for 15 minutes. Cool.

Layer 2:

- 1 package (8 ounces) cream cheese
- 1 cup icing sugar
- 1 cup prepared dessert topping mix

Cream together cheese and icing sugar. Fold in dessert topping mix. Spread on cooled crust.

Layer 3:

- 2 packages (4 portion size) pistachio instant pudding mix
- 3 cups milk
- 1 can (14 oz.) drained, crushed pineapple

In large mixer bowl, add pudding mix and milk. Beat slowly for 2 minutes on low speed. Fold in pineapple. Spread on cream cheese layer.

Layer 4:

Whip 1 cup whipping cream, spread on top of cake. Sprinkle with walnuts, pecans or pistachio nuts. Refrigerate.

Mrs. Pearl Lazaroфф, Canora

IDEA FOR FRUIT DESSERT

Add cubed zucchini to a tin of cubed pineapple. Cover and let stand in fridge before serving. Zucchini takes on pineapple flavor.

Mrs. Eileen Konkin, Pelly

ANGEL FEATHERS DESSERT

18 graham wafers 5 tablespoons melted butter
5 tablespoons brown sugar

Mix above ingredients and pack into 8 x 8 pan, saving a little for topping

2 eggs, separated 1/2 cup milk
1/2 cup sugar pinch of salt
1 package gelatin 1 cup cream

Place into pot, egg yolks, milk, sugar and salt and cook slightly. Remove from heat. Add gelatin, dissolved in a little water; cool. Whip egg whites and 1 cup cream in separate bowls, add vanilla to cream. Fold egg whites into cooled mixture, then mix with whipped cream mixture. Pour over base, sprinkle crumbs on top and chill.

Mrs. Lucy Popoff, Benito

RHUBARB TORTE

4 cups diced rhubarb 1 cup sugar
3 tablespoons corn starch 1/4 cup water
1/2 cup whipped cream or 1 1/2 cups small marsh-
1 envelope dream whip mallows
1 - 4 ounce package vanilla instant pudding mix

Combine sugar and corn starch, stir in rhubarb and water. Cook and stir until thickened. Reduce heat and cook 2 to 3 minutes longer. Spread on wafer crust. Cool. Fold marshmallows and dream whip mixture. Chill.

Crust:

1 cup crushed wafers 2 tablespoons brown sugar
4 tablespoons melted margarine

Pat into 9 x 9 inch pan. Bake a few minutes or chill.

Mrs. Ann Kalmakoff, Kamsack

LEMON SQUARES

Crumb mixture:

- | | |
|-----------------------------|--------------------------|
| 1 cup soda cracker | 1 cup flour |
| crumbs | 1 cup brown sugar |
| 1 cup coconut | 1 teaspoon baking powder |
| 1/2 cup butter or margarine | |

Filling:

- | | |
|-------------------|--------------------------|
| 1 cup white sugar | 2 tablespoons cornstarch |
| 1 cup cold water | 1 lemon, juice and rind |
| 1 egg, beaten | 1/2 cup butter |

Mix cornstarch and sugar thoroughly and add water. Cook in top of double boiler until cornstarch is cooked. Add lemon juice and rind, butter and egg last, avoiding curdling by first pouring a little hot mixture into beaten egg. Cook until egg is cooked. Set aside. Sift together flour, baking powder, add coconut, vanilla, soda cracker crumbs and brown sugar. Cut or rub in the butter. Press half of mixture into 10 x 13 pan, (pat firmly). Cover with lemon filling and remaining crumbs. Bake in moderate oven for 25 minutes.

Mrs. Doris Dergousoff

FROSTED COFFEE SQUARES

- | | |
|--------------------------|----------------------------|
| 2 cups chopped dates | 1 1/3 cups hot coffee |
| 1 1/3 cups butter | (about 1 1/2 teaspoons |
| 2 cups brown sugar | instant coffee) |
| 4 eggs | 3 1/3 cups flour |
| 1/2 teaspoon salt | 2 teaspoons baking powder |
| 1/2 teaspoon baking soda | 1 teaspoon cinnamon |
| 1 teaspoon vanilla | 1/2 cup chopped nuts (opt) |

Pour coffee over dates and let stand. Cream butter and sugar, add eggs one at a time, beating thoroughly. Sift together dry ingredients and add to creamed mixture. Add dates, vanilla and nuts. Spread into shallow pan and bake for 25 minutes in 350° oven. When cool, spread with frosting and cut into bars.

Mrs. Anne P. Dergousoff

CHERRY TORTE

Crust:

1 1/3 cup graham wafer crumbs
1/4 cup butter

Mix and spread into an 8 x 12 pan. Bake 8 minutes at 350°F.

Filling:

1 can cherry pie filling spread over crust.

Topping:

8 ounces cottage cheese	4 ounces cream cheese
2 tablespoons sugar	2 eggs, separated
1/8 teaspoon salt	

Beat egg whites until stiff. Fold into remaining ingredients which have been creamed with either blender or electric mixer. Spread over pie filling and bake 30 to 35 minutes at 325°F.

Mrs. Fanny Rieben, Canora

MAGIC LEMON SQUARES

1 cup quick cooking rolled oats	1 cup flour
1/2 cup chopped walnuts	1/2 cup coconut
1 teaspoon baking powder	1/2 cup brown sugar
1 can Eagle brand milk	1/2 cup melted margarine
	1/2 cup lemon juice (Realemon)

Preheat oven to 350°F. In medium bowl combine oats, flour, coconut, nuts, sugar, baking powder and butter. Mix to form a crumbly mixture. Set aside. In another bowl, combine sweetened condensed milk and lemon juice. Pat 1/2 the crumb mixture evenly on bottom of 9 x 9 pan. Spread sweetened condensed milk mixture on top and sprinkle with remaining crumbs. Bake 30 minutes at 350°F until lightly browned. Cool thoroughly before cutting.

Mrs. Fannie Slastukin, Kamsack

CHERRY CROWN WANDER CHEESE CAKE

1/2 box graham wafers	1/2 cup butter
crushed	1/2 pound cream cheese
1 cup white sugar	2 packages pineapple jello
1 cup boiling water	1 cup crushed pineapple
1 large tin evaporated	well drained
milk (chilled in fridge overnight)	

Dissolve jello in boiling water. Set aside and cool. Let jell but not too hard. Melt butter. In an 8½" x 12" x 2" pan add crushed wafers, mix well. Spread evenly in pan, pressing firmly. (You can add a little cinnamon and sugar. You can also either bake graham wafer crust, cool or unbaked).

Filling:

Cream the cheese and add sugar. Blend. Add pineapple and jello. Whip the chilled milk until stiff. Fold in gently into the cheese mixture. Spread filling over crumbs. Top with Cherry pie filling. You can also have a plain top with some crushed graham wafers sprinkled.

Mrs. Pauline Sukorokoff, Canora

CHEESE CAKE

Crush fine, 40 graham wafers. Leave aside 1/4 cup for top. To remainder add 1/2 cup soft butter. Mix well. Pat into 9 x 12 pan. Bake 10 minutes or until golden brown. Cool. Dissolve 2 lemon jello in 1 1/2 cups boiling water. Add 1/2 cup juice of crushed pineapple. Set aside to thicken but not stiff. Soften 8 ounces Philadelphia cream cheese with 1/3 cup white sugar. Cream well. Add 14 ounce can drained crushed pineapple. Beat well. Beat 2 packages Dream Whip and 1 cup milk. Mix cream cheese and jello. Add dream whip. Pour over cooled Graham Wafers. Sprinkle with left over crumbs. Cover. Allow to set overnight.

Mrs. Mariann Kruckoff, Canora

CHERRY LAYER DESSERT

2 cups Graham crumbs 1/2 cup melted butter or
 margarine

Mix together and spread in 9 x 9 greased pan. Bake for 5 minutes.

8 ounces Philadelphia 1 1/2 cups icing sugar
cream cheese

Cream Philadelphia cream cheese and icing sugar. Add 2 or 3 tablespoons canned milk, 2 teaspoons vanilla and mix well. Spread on baked base, sprinkle with 1/2 cup chopped walnuts and then spread 1 can cherry pie filling. Top with dream whip and keep refrigerated.

Mrs. Anne Zarchikoff, Pelly

GRAHAM WAFERS & RASPBERRY DELIGHT

2 cups wafer crumbs 2 tablespoons butter
2 tablespoons sugar, brown or white

Butter pyrex pan 9 x 12, press crumbs firmly, bake at 350° for 10 minutes and cool.

Put about 3 cups raspberries on top crumbs.

Make syrup:

1 1/2 cups boiling water 3/4 cups sugar

Start boiling in heavy stainless steel sauce pan.

Mix 3 tablespoons cornstarch with 1/2 cup cold water. Pour gently into boiling mixture. Keep stirring until thickens and gets clear. Put 1 box raspberry jello and remove to cool. Pour evenly over the raspberries and place in fridge to set. Serve with whipped cream or vanilla ice cream.

Mrs. Lorene Fofonoff, Kamsack

RICE KRISPIE ROLL

3/4 cup peanut butter	3/4 cup corn syrup
3/4 cup sugar	2 tablespoons butter or
4 1/2 cups rice krispies	margarine

In saucepan stir together cornsyrup and sugar. Cook until sugar dissolves and mixture comes to a boil. Remove from heat and stir in peanut butter and butter, then stir in rice kripsies. Press in a buttered jelly roll pan (pressing tightly). Turn mixture onto a sheet of greased wax paper.

Filling:

1 1/2 cups icing sugar	2/3 cups cocoa
1/3 cup margarine	2 tablespoons milk

Melt margarine and milk. Remove from heat, stir in icing sugar and cocoa. Spread on Rice Krispies. Starting at short end, roll the rice krispies. Wrap in the wax paper and refrigerate. Take out 30 minutes before cutting.

Mrs. Audrey Vanin

RICE CRISPY DELIGHT

1 cup rice krispies	1 cup rolled oats
1/4 teaspoon salt	1 cup brown sugar
1/2 cup melted butter	1 teaspoon vanilla

Combine rice krispies, rolled oats, salt and brown sugar. Add melted butter and vanilla. Spread thinly in an 8 inch square pan and bake in very slow oven (250°) for 10 minutes. Remove from the oven, mixtures bubbles all over. Cut into squares or fingers when cool.

Mrs. Tina Cazakoff, Kamsack

RASPBERRY SQUARES

1/4 cup granulated sugar	1/3 cup butter (room temp)
1 egg	1 cup all purpose flour
1 teaspoon baking powder	2/3 cup raspberry

Cream sugar and butter, beat in the egg. Stir flour and baking powder together with a fork until well mixed. Stir into egg mixture. Work in the flour with your fingers. Press into the bottom of pan. Evenly spread the base with jam.

3/4 cup granulated sugar	1/4 cup melted butter
1 egg	1 teaspoon vanilla
2 cups angel flake coconut	

Mix together sugar and melted butter. Beat in the egg, add vanilla and coconut. Spoon over jam and spread evenly to cover the jam layer. Bake in preheated oven (350°) for 30 to 35 minutes or until coconut is evenly browned and the centre seems set when the pan is gently jiggled. Cool before cutting.

Mrs. Pauline Sukorokoff, Canora

NANIMO BARS

Heat in a pot, stir until thick:

1/2 cup butter	5 tablespoons sugar
5 tablespoons cocoa	1 teaspoon vanilla
1 egg, unbeaten	

Add and mix:

2 cups graham crumbs	1 cup coconut (fine)
1/2 cup walnuts, crushed	

Spread and pack in 9 x 9 inch pan.

4 tablespoons butter	3 tablespoons milk
1/2 teaspoon vanilla	2 cups icing sugar
2 tablespoons vanilla instant pudding	

Spread on top (melted):

1/2 package chocolate chips	1 tablespoon butter
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Mrs. Mabel Osachoff

BACHELOR CAKE

Line 13 x 19 inch pan with graham wafers.

Filling:

3 eggs well beaten	1 cup icing sugar
1/2 cup peanut butter	3 tablespoons cocoa
1 teaspoon vanilla	1 cup crisco
3 tablespoons strong hot coffee or 3 tablespoons instant coffee with 3 tablespoons hot water	

Beat with electric beater till fluffy. Spread a layer of filling over graham wafers, then wafers again. Make about three layers of filling and graham wafers. Then spread on top:

1 egg	1 teaspoon butter
1 teaspoon vanilla	Dash of baking powder
1 cup icing sugar	1 1/2 oz. melted chocolate
1/4 cup canned milk	

Make thin enough to spread over top of wafers and sprinkle with walnuts.

Mrs. Ann Kalmakoff, Kamsack

CHOCOLATE SQUARES

2 eggs, beaten	1 package (19 Oz) chocolate cake mix
1 can cherry pie filling	
1 teaspoon almond extract	

Mix in order given. Bake in cookie sheet for 25 to 30 minutes at 350°F. Cool.

Icing:

1/4 cup cocoa	1/2 cup hot coffee
3 tablespoons butter or margarine	2 1/4 tablespoons icing sugar

Mix well and spread on cake.

Mrs. Mary Konkin, Canora

MAZURKI (FRUIT SQUARES)

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|----------------------|--|
| 1 cup dried currants | 1 cup raisins |
| 1 cup apricots | 1 cup thick strawberry or
raspberry jam |
| 2 eggs unbeaten | 1 1/4 cups sifted flour |
| 1 teaspoon vanilla | |

Wash and dry fruit, put through a food chopper and add jam, eggs and vanilla. Mix together. Sprinkle flour over mixture and mix.

Spread in a buttered pan 11 x 15 inch to 1/2 inch deep. Bake in slow oven about 35 minutes. Remove from oven, cut up in squares and put back in open oven for 15 minutes to dry and cool.

Mrs. Polly Reibin, Veregin

FOOD BARS

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|--------------------|--------------------------|
| 1 cup brown sugar | 2 1/4 cups flour |
| 1/2 cup shortening | 1 teaspoon cinnamon |
| 1 egg | 1/2 teaspoon salt |
| 1/2 cup molasses | 1 teaspoon baking powder |
| 1 cup raisins | 1/2 teaspoon baking soda |
| 1/2 cup nuts | |

Mix all together. Divide in 3 parts. Roll in long rolls, flatten on buttered cookie sheet. Brush with canned milk. Bake at 325°F about 1/2 hour.

Mrs. Mabel Konkin, Kamsack

CREAM CHEESE BROWNIES

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|--|---------------------|
| 1 - 4 ounce cream cheese | 1 egg |
| 1/2 cup sugar | 2 tablespoons flour |
| 1/2 cup maraschino cherries, well drained and cut up | |

Cheese Layer:

Beat cheese and egg well. Blend sugar and flour in, gradually beating until well blended. Stir in cherries. Set aside.

- | | |
|-----------------------------|--------------------------|
| 2 eggs | 1 cup sugar |
| 3/4 cup all purpose flour | 1/2 cup walnuts, chopped |
| Pinch of salt | 1/4 cup cocoa |
| 1/2 cup butter or margarine | |

Brownie Layer:

Beat eggs until frothy. Add sugar, flour, nuts, salt. Melt while stirring, butter and cocoa. Add to rest of ingredients. Stir well. Spread 2/3 of this in a greased 8 x 8 inch pan. Carefully spread cheese filling over. Cover completely with remaining brownies mixture. Bake in 350° oven for 30 to 35 minutes. Should show signs of pulling away from edges of pan. Frost or not as you please.

Icing:

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|-----------------------------------|---------------------------------------|
| 1 1/3 cup icing sugar | 1/3 cup cocoa |
| 3 tablespoons butter or margarine | 1 1/2 tablespoons hot water or coffee |

Put all ingredients into a small bowl. Beat if too stiff to spread easily. Add a few drops more liquid. Frost.

Mrs. Mary Ostoforoff

PINEAPPLE CREAM FILLING

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|-------------------------|--------------------------|
| 1/2 tablespoon gelatine | 1 cup crushed pineapple, |
| 1/2 cup cold water | undrained |
| 1 cup whipping cream | |

Soften gelatine in cold water; dissolve over low heat; stir into fruit; chill until the mixture begins to set. Whip the cream; fold in; chill until almost set.

PINEAPPLE SLICE

Base:

1 cup sifted flour	1/2 teaspoon salt
1/2 cup butter	1 teaspoon vanilla
1 egg	1 tablespoon milk
1 teaspoon baking powder	

Sift dry ingredients into mixing bowl. Cut in butter for pastry. Beat egg slightly, add milk and vanilla and add to flour mixture. Mix just till blended. Press soft dough into greased 8 x 8 inch pyrex pan. Cover with the following filling which has been cooked and cooled.

Filling:

6 tablespoons sugar	5 teaspoons cornstarch
1 1/2 cups crushed pineapple	1 tablespoon lemon juice
	1 egg (beaten)

Simmer all ingredients but egg until mixture is thick. Pour a little hot mixture into the beaten egg. Return all to the saucepan. Cook 1 minute more. Cool and pour over dough in pan.

Topping:

1 egg, beaten	1 tablespoon melted butter
1 teaspoon vanilla	1 cup sugar
2 cups coconut	

Stir sugar into beaten egg. Add melted butter, coconut and vanilla. Spread over pineapple mixture. Bake at 350°F for 30 minutes.

Mrs. Mary Strelloff, Canora

CRUNCH BARS

1/2 cup butter

3/4 cup sugar

Cream this, then add:

2 eggs, beaten

1 teaspoon vanilla

1/4 teaspoon salt

1 cup flour

1/4 teaspoon baking powder

1/2 cup chopped walnuts or
coconut

Spread mixture in greased pan, 13 x 9 inch. Bake at 350° for 15 minutes. Remove from oven, place 2 1/2 cups miniature marshmallows on top and bake 2 minutes more. Allow to cool 30 minutes, then spread with topping:

1 - 6 ounce package (1 cup) semi sweet chocolate pieces

1 cup peanut butter (1/2 cup could be used)

1 1/2 cups oven toasted Rice Krispies

Melt chocolate pieces over low heat or in double boiler. Remove from heat, add peanut butter. Fold in rice cereal. Spread evenly and cool before cutting into squares.

Mrs. Fred Dergousoff, Canora

LEMON SLICES

1 cup flour

1/2 cup butter

1/4 cup icing sugar

Mix above ingredients together, press into 8 x 8 inch pan. Bake till very lightly browned.

Filling:

2 eggs, separated

1/2 cup sugar

1 1/4 cup water

1 package lemon pie filling

1/4 teaspoon baking powder

Beat egg yolks with sugar. Add 1/4 cup water and lemon pie filling and beat. Stir mixture into 1 cup of boiling water and stir just until filling comes to a boil. Remove from heat. Mix this hot filling into stiffly beaten egg whites. Spread on base, sprinkle with coconut and chill.

Mrs. Lucy Popoff, Benito

PINEAPPLE SQUARES

1/2 cup sugar	1 egg slightly beaten
2 tablespoons flour	1 can crushed pineapple

Cook in a double boiler until thick.

2/3 cup sifted flour	1 3/4 cups finely crushed
1/2 cup sugar	soda crackers
1/2 cup fine coconut	1 teaspoon baking powder
1/2 teaspoon baking powder	1/2 teaspoon salt
3/4 cup butter or margarine	2 tablespoons milk

Mix to make crumbs. Put half in pyrex pan 12 x 8 inch. Cover with pineapple filling and cover with the rest of the crumbs. Bake in 350°F oven for 30 minutes or until done.

Mrs. Nick J. Chernoff, Canora

STRAWBERRY SQUARES

2 cups graham wafer crumbs	3/4 cups melted butter 1/2 cup icing sugar
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Mix and spread half in bottom of greased pan.

Melt in double boiler:

1 package white marshmallows
1/2 cup milk --- cool until cold

Dissove in a bowl:

1 large package strawberry jello in 3 cups boiling water, stir in 1 package frozen sliced strawberries. Cool till jello starts to set. Prepare 1 large package dream whip. Fold in marshmallow mix and stir till smooth. Put 1/2 of mixture on top of graham wafer base, then all of the strawberry mix. Top with the rest of the marshmallow mix - spread remaining crumbs over top. Refrigerate.

Mrs. Tina Lapshinoff, Canora

PUMPKIN SQUARES

Cream:

2 cups sugar
4 eggs

1 cup salad oil
2 cups pumpkin

Add:

2 cups flour
1/4 teaspoon salt
2 teaspoons cinnamon

2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon pumpkin pie spice

Bake the above in a 350 degree oven for 20 minutes on a large cookie sheet.

Frosting:

3 ounces cream cheese
(Philadelphia)

1/2 cup butter or margarine

Cream in blender. Add 1 tablespoon milk, 1 teaspoon vanilla and 2 cups icing sugar. Spread on squares.

Mrs. Polly Bloudoff, Veregin

ALMOND BARS

Line cookie sheet with graham wafers.

Boil for 1 minute:

1 cup butter or margarine
1 cup brown sugar

Pour over graham wafers. Sprinkle slivered almonds on top. Bake one minute at 375° or 5 minutes at 350°. Cut while warm.

Mrs. Pauline Chernoff, Kamsack

VEGETABLE MARROW MARMALADE

12 cups raw marrow
3 lemons

10 cups sugar
2 oranges

Cut marrow, then add sugar. Let stand for a week. Squeeze lemons and oranges; add to marrow. Put the pulp and rind through food chopper; then boil together until thick. Pour into sterilized jars and seal.

Mrs. Ailien Popoff, Benito

PUMPKIN MARMALADE

10 cups cubed pumpkin
7 cups sugar
2 lemons

6 grated carrots
4 oranges
5 cups water

Use a large enamel pot. Prepare fruit. Grate the rind off the oranges and lemons. Remove the white skin layer and discard it. Cut up the oranges and lemons into cubes or pieces. Cook on a low setting so it does not burn and should be stirred often, for about 3 hours. This recipe can be doubled but should be cooked in a larger container (canner) and at least an hour longer. Pour in hot sterilized jars and seal. It is best cooked long, until it thickens and the fruit is quite tender.

Mrs. Mary Strelioff, Canora

BEET JELLO

Peel 8 medium beets. Pour enough water to cover and cook. Measure 3 cups beet juice. Add 3 teaspoons lemon juice, bring to a boil.

Add:

1 box certo, boil
1 - 3 oz. box jello
4 cups sugar

Boil 1 minute.

Mrs. Anne Podmaroff, Veregin

ZUCCHINI AND PINEAPPLE

20 to 24 cups shredded peeled zucchini
1/2 cup lemon juice
1 - 48 ounce can pineapple juice
5 cups sugar
2 cans crushed pineapple or 2 tablespoons pineapple
flavoring

Boil 20 minutes, pour into sterilized jars and seal.

Mrs. Ann Areshenko, Pelly

FROZEN RASPBERRY JAM

5 cups crushed raspberries
1/2 cup hot water

Heat till warm. Add 1 box certo crystals. Let stand
1/2 hour.

Add:

4 cups sugar 1 cup lily white syrup

Beat together 2 minutes. Put into jars and freeze.

Mrs. Ann Areshenko, Pelly

SASKATOON AND RHUBARB JAM

4 cups rhubarb, finely diced	6 cups Saskatoons mashed 1/2 cup water
6 cups sugar	

Simmer the rhubarb and water in a broad, shallow saucepan
until soft. Stir in the mashed Saskatoons and heat to
boiling, add sugar slowly while stirring. Boil until
thick, about ten minutes. Pour into sterilized jars and
seal.

Fannie Slastukin, Kamsack

MUSTARD RELISH

6 cups chopped cucumbers	3 bunches chopped celery
3 red peppers	4 cups onions
1 tablespoon salt	1/2 tablespoon dry mustard
1 pint vinegar	2 tablespoons mustard seed
1/2 cup flour	1 tablespoon turmeric
6 cups white sugar	

Chop vegetables in small pieces or put through food chopper. Boil everything except flour, vinegar, turmeric and mustard, for about 35 minutes. Mix flour with vinegar, turmeric and dry mustard and add to mixture. This is to be done just before taking off the stove. Cook till thick. Add 1 cup chopped cabbage if desired.

Mrs. Pearl Lazaroff, Canora

DILLS

21 cups water	3 cups vinegar
1 cup salt	2 cups sugar

Sterilize jars, tops and rubber rings. Wash cucumbers well in cold water. To each 2 quart jar, place 2 sprays of dill and 2 or 3 cloves garlic. Pack cucumbers and place a spray of dill on top. If desired add 1 teaspoon mixed pickling spice. Boil water, vinegar, salt and sugar together. Pour boiling syrup over cucumbers and seal. Put jars in hot water for 30 to 35 minutes or until cucumbers turn yellow. These will keep well.

Mrs. Ruth Rygiel, Kamsack

PICKLED CARROTS

Boil syrup:

2 cups vinegar
2 cups water
1 1/4 cups sugar

2 teaspoons pickling spice
tied in a bag

Select small whole carrots. Scrape and boil until slightly tender. Pack into sterilized jars. Boil syrup again, take out spice bag, pour syrup over carrots. Seal jars. Let stand 3 to 4 weeks before using.

Mrs. Laura Kabatoff, Veregin

PICKLED BEANS

Clean nice young beans by snipping the tips and ends. Wash and cook them until tender. Cool and pack into sterilized quart jars. To each jar add dill and a few cloves garlic.

Boil following brine for 5 minutes.

18 cups water
1 cup salt

1 cup vinegar
1/2 cup white sugar

Add hot brine to jars. Seal and put in 200°F oven until tops turn hot.

Mrs. Mary Sherstabitoff, Veregin

POLISH DILL PICKLES

Slice cucumbers and pack into sterilized jars, alternately with pickling onions, dill and garlic clove.

Syrup:

4 cups white sugar
1/2 quart water

1 quart vinegar
1/2 cup salt

Boil & pour over pickles, seal jars. Ready to eat in two weeks.

Mrs. Laura Kabatoff, Veregin

FREEZER PICKLES

5 Spanish onions 1 bunch celery
3 large green peppers 1 large red pepper
12 cups thin sliced cucumbers

Chop up celery and pepper in small pieces and put in large bowl.

Add:

6 cups sugar 1/4 cup pickling salt
4 cups vinegar

Stir till dissolves and pour over vegetables. Let stand overnight. Mix well in morning and pack into small containers, with juice. Store in freezer. These pickles keep for a long time.

Mrs. Anne Zarchikoff, Pelly

SANDWICH SPREAD

8 medium cucumbers 6 onions
4 red & green peppers

Put through food chopper and sprinkle with salt. Drain. Keep overnight.

In the morning cook:

1/2 cup butter 1 1/2 cups brown sugar
4 eggs 1 cup sweet cream
1 teaspoon celery seed 1 cup vinegar
3 tablespoons flour

Add vegetables and cook for 20 minutes.

Mrs. Mary Rezansoff, Pelly

WILD RHUBARB (SOOZIKI)

16 cups water
1/2 cup salt

1 cup vinegar

Boil brine and cool. Blanch sooziki and cool with cold water. Put them into cooking pot, and pour brine over them. They are ready to eat next day. If to keep them longer, put them into sterilized jars, pour hot brine over them and seal.

Mrs. Ann Podmaroff, Veregin

RELISH

3 quarts cucumbers
2 quarts cabbage

1 quart onions
1 quart celery

Chop fine and mix well and put 1/2 cup pickling salt over this mixture. Let stand overnight, drain in the morning.

Dressing:

4 cups vinegar
1 cup flour
1 cup water
2 sweet red peppers
2 sweet green peppers

6 cups white sugar
2 tablespoons turmeric
2 tablespoons mustard seed
2 tablespoons celery seed

Bring to a boil, vinegar and sugar. Now mix flour and spices with 1 cup water and add to the vinegar. Cook for five minutes. Now add the vegetables and finely chopped peppers and cook for about 20 minutes. Seal in sterilized jars while hot.

Mrs. Fannie Slastukin, Kamsack

FREEZING KERNEL CORN

10 cups kernel corn (raw)
1/4 cup sugar

1 tablespoon salt
1 pint water

Put in roaster and set in the oven at 375°F for 45 minutes. Cool and freeze.

Mrs. Natalie Karnitsky, Kamsack

DILLS

Small or medium cucumbers are best for this recipe. Put some dill in bottom of a 2 quart sealer and then put in the following:

3 pieces garlic	3 bay leaves
3 whole English peppers	3 whole cloves
1 teaspoon mustard seed	2 tablespoons salt to each sealer (use pickling salt)

Pack the cucumbers into the jars. Over the cucumbers put

2 tablespoons brown sugar and a piece of dill

Brine:

For every 4 cups water use 1 cup vinegar and boil 5 minutes. Pour hot brine over the cucumbers and seal tightly. Put into canner of hot water for a few minutes, till cucumbers start to turn color. Take out and leave till cold. Then store.

Mrs. Polly Perepelkin, Kamsack

MILLION DOLLAR PICKLES

3 quarts small cucumbers, sliced
1 quart small onions
3 green peppers, diced

Let stand in hot brine of $\frac{1}{3}$ cup salt and $1 \frac{1}{2}$ quarts water. Leave overnight and drain in morning. Add full strength vinegar to almost cover.

Add:

2 teaspoons turmeric	6 cups white sugar
2 teaspoons mustard seed	

Do not boil but heat thoroughly. Stir constantly. Just before sealing add 2 red sweet peppers.

Mrs. Dora Konkin, Pelly

SIX DAY PICKLES

- 4 quarts cucumbers, cut in circles
- 1 quart pickling onions
- 1 quart cauliflower

Boil 4 quarts water with one cup salt. Pour over vegetables. Let stand overnight. In morning, drain and wash vegetables.

Boil:

- 1 quart water
- 2 cups sugar
- 1 quart vinegar

Pour over vegetables and let stand overnight. In the morning drain, and boil the same brine, to which is added 1 1/2 cups sugar. Pour over cucumbers. Repeat for next 6 mornings by boiling brine and adding 1 1/2 cups sugar. On 7th morning, boil brine again with sugar and add a little turmeric for coloring. Pack sterilized sealers with vegetables, pour hot syrup over them and put in 200°-250° oven until tops are nice and hot, to seal.

Mrs. Mary Sherstabitoff, Veregin

ZUCCHINI PICKLES

- 10 cups thinly sliced zucchini
- 2 cups thinly sliced onions
- 6 cups ice water
- 3 tablespoons pickling salt
- 1 cup sugar
- 2 cups vinegar
- 1 teaspoon mustard seed
- 1 teaspoon celery seed
- 1/2 teaspoon dry mustard
- 1 teaspoon turmeric

Combine zucchini and onions. Make a brine of water and salt. Let vegetables stand in brine 3 hours and drain. Combine vinegar, sugar, celery seed, dry mustard, mustard seed and turmeric. Bring to boil and pour over vegetables. Let stand one hour. Then bring mixture to boil and boil 5 minutes. Pack into sterilized jars and seal.

Mrs. Mary Podovinkov, Kamsack

MUSTARD CABBAGE

6 eggs	5 cups sugar
5 tablespoons salt	2 cups water
6 cups vinegar	5 to 7 tablespoons mustard
1 teaspoon turmeric	5 tablespoons cornstarch
2 tablespoons horseradish grated	or 3 tablespoons flour

Cook in double boiler. Pour over 16 quarts shredded cabbage and seal while still warm.

Mrs. Vera Baranoff, Pelly

CHARD PICKLES

4 quarts chard (stalks only) chopped fine
2 quarts onions, chopped fine

Sprinkle with salt, let stand for 1 hour.

Drain and add:

4 cups sugar	and	Barely cover with vinegar
2 cups water		2 teaspoons celery seed
2 teaspoons mustard seed		

Cook until tender, about 1 hour.

Sauce:

1/2 cup cornstarch	2 teaspoons turmeric
2 teaspoons mustard	1 teaspoon curry powder

Mix with a little cold water. Add to pickles and boil for a few minutes. Pour into sterilized jars and seal.

Mrs. Molly Nahornove

ATVAR

2 cups dried prunes
1 cup dried apricots

1 cup dried peaches
1 cup dried apples & raisins

Wash fruit well. Place in saucepan and cover with cold water. Soak overnight. Cook in the same water for 30 minutes. Sweeten if desired. Serve cold.

Mrs. Polly Bloudoff, Veregin

BAKED CARAMEL CORN

1 cup butter or
margarine
1/2 cup corn syrup
1 teaspoon vanilla

2 cups firmly packed brown
sugar
1/2 teaspoon baking soda
6 - 7 quarts freshly popped
corn

Melt butter in 2 quart saucepan. Stir in sugar, corn syrup and a little salt. Bring to a boil, stirring constantly. Reduce heat, boil without stirring 5 minutes.

Remove from heat, stir in soda and vanilla. Gradually pour over popped corn, mixing well. Turn into shallow baking pans. Bake in 200° F degree oven for one hour, stirring every 15 minutes. Cool, break apart. Store in a tightly covered container. Could also be frozen in doubled plastic bags. Delicious!

Nelle Horkoff, Kamsack

STRAWBERRY PUNCH

1 large tin unsweetened orange juice or frozen orange juice
1 large can pineapple juice
1 package lemon kool aid 2 packages strawberry kool aid
8 cups water

When ready to serve add 1 package frozen sweetened strawberries and 1 large bottle 7 up. Makes enough to fill a punch bowl.

*Mrs. Lydia Poniatowski,
Porcupine Plain*

DIP

- | | |
|------------------------------|--------------------------|
| 1 cup creamed cottage cheese | 1/3 cup mayonnaise |
| 2 tablespoons dill | 1/3 cup milk |
| 1 tablespoon vinegar | 1 tablespoon horseradish |
| | Salt to taste |

Blend all together. A very good dip for raw carrot sticks, cauliflower, broccoli, celery, turnip sticks and others.

Mrs. Laura Veregin, Benito, Man.

YOGURT

- | | |
|------------------------------|---------------------------------|
| 1 litre buttermilk, cultured | 1 - 250 mL sour cream, cultured |
|------------------------------|---------------------------------|

Mix together, place in fridge for overnight and it's ready to use. Could be sweetened with jam to your taste.

Mrs. Fanye Petroff, Canora

DIP FOR VEGETABLES

- | | |
|--------------------------|---------------------------|
| 1 1/2 cups mayonnaise | 1/2 teaspoon curry powder |
| 1/2 teaspoon dry mustard | 1 teaspoon onion, grated |
| 1/2 teaspoon salt | Dash of pepper, Some dill |

Mix altogether and chill for a couple of hours.

Mrs. Ann Kondratoff, Kamsack

FIBER FILLER CEREAL

- | | |
|------------------------------|-------------------------------|
| 2 2/3 cups bran flakes | 2 cups grapenut cereal |
| 1 1/2 cups whole bran cereal | 1 cup sliced almonds, roasted |
| 1 cup pitted prunes, chopped | 1 cup dried apricots chopped |
| | 1/2 cup raisins |

Combine all ingredients. Mix well and store in tightly covered container.

Mrs. Vera Barabonoff, Pelly



1. The first part of the paper is devoted to a general discussion of the problem of the existence of solutions of the system of equations (1) for arbitrary values of the parameters α and β .

2. In the second part we consider the case of the existence of solutions of the system of equations (1) for arbitrary values of the parameters α and β .

3. In the third part we consider the case of the existence of solutions of the system of equations (1) for arbitrary values of the parameters α and β .

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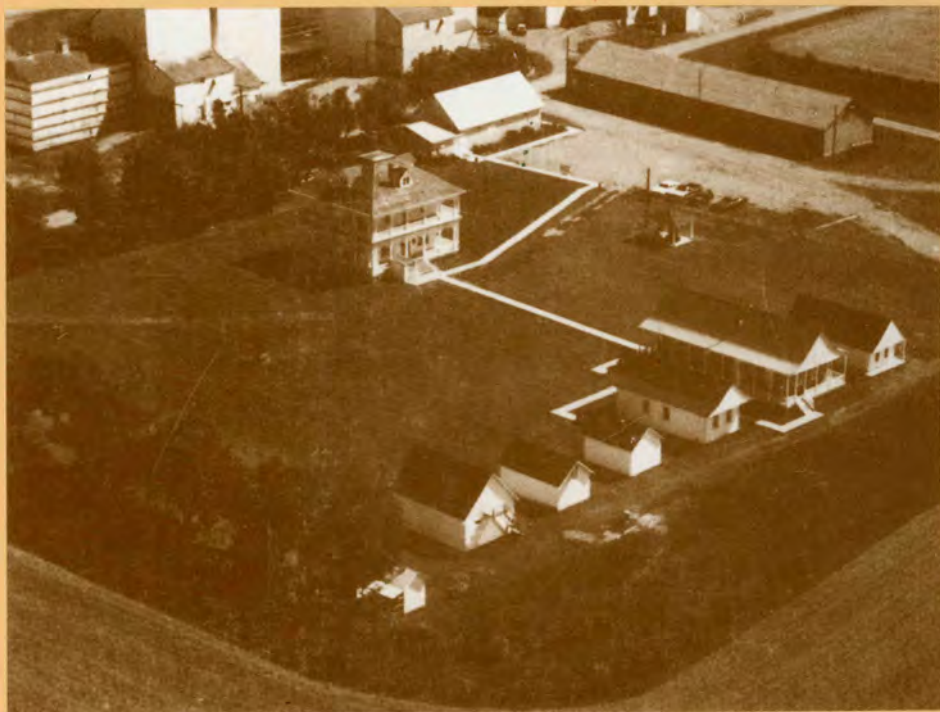
8. In the eighth part we consider the case of the existence of solutions of the system of equations (1) for arbitrary values of the parameters α and β .

9. In the ninth part we consider the case of the existence of solutions of the system of equations (1) for arbitrary values of the parameters α and β .

10. In the tenth part we consider the case of the existence of solutions of the system of equations (1) for arbitrary values of the parameters α and β .

The National Doukhobour Heritage Village was officially opened on June 29, 1980, the day which the Doukhobours celebrate annually as Peter's Day. It is the day which commemorates the burning of the arms and which led to the Doukhobour emigration from Russia.

In all, seven buildings make up the Heritage Village Museum Complex. The early homes reveal the life and the habits of the pioneer Doukhobours. A "Pech" (a brick oven), a "Banya" (bathhouse) and several household articles and utensils can be found in the homes. The brick Prayer Home (built of native brick) will serve as the historical or literary area of the Heritage Village. The Museum and Administration Building holds a few thousand Doukhobour artifacts, ranging from photos and handicrafts to clothing and hand tools. Barns, a blacksmith shop, and a collection of agricultural equipment will complete the Doukhobour Heritage Village.



National Doukhobour Heritage Village Inc.

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