

Tuna Casserole

1 (14 oz.) can tomatoes 3 cheese slices
1 can cream of mushroom soup Potato Chips (crushed)
2 (6 1/2 oz) tins tuna Pepper & salt.

Mix tomatoes & mushroom soup well in a bowl. Line the bottom of a 2 quart casserole with potato chips. Add a layer of tuna. Add a layer of tomato mixture, add another layer of tuna. Place

cheese slices on top. Pour remaining
tomatoe mixture over this. Bake for 1
hour at 350°.

CARROT SALAD

1 (8 oz) can tomato sauce

$\frac{1}{2}$ cup ~~white~~ sugar & white vinegar

$\frac{1}{3}$ cup oil

1 tsp salt & 1 tsp dry mustard

$\frac{1}{2}$ tsp pepper

2 lbs carrots peeled, sliced, cooked
drain those carrots and you should
have about 6 cups

1 Red onion sliced thin & green pep.
slice thin

In large bowl combine sugar
tomato sauce, vinegar, oil, mustard, salt
& pepper. Stir until blended. Add
carrots, onion, green pepper. Stir
till mix will cover. Chill over night.
Makes 12 servings.

Rocky Roads

6 oz. ph. choc. chips

1 egg

1/2 c. butter

1 c. icing sugar

2 c. small marshmallows

Coconut for top

Whole Graham wafers

Melt chips & butter, add egg & icing sugar
cool slightly - line 8 in pan with graham
crackers. When mixture is cool, stir in
marshmallows, Pour over crackers. Sprinkle
coconut on top. Cool & cut in squares.

Cranberry Loaf

$\frac{3}{4}$ cup white sugar

2 cups flour

1 egg

$1\frac{1}{2}$ tsp B. Powder

1 tbsps orange Rind

$\frac{1}{2}$ Tsp Soda

$\frac{1}{3}$ cup orange juice

$\frac{1}{8}$ tsp salt

1 large cup cranberries

$\frac{1}{4}$ cup milk

$\frac{1}{4}$ cup melted margarine

Bake 50 min in 350° oven

Cabbage Rolls

Cook red cabbage in boiling water until easy to tear apart.

Then take 2 lbs hamburger, chop up an onion, add one beat egg, and $\frac{1}{2}$ cup cooked 1 min rice. Spices to taste. Roll in cabbage leaves and put in large roasting pan. Cover with 1 large can tomato juice, tomato soup and salt + pepper. Cook in 325° for $1\frac{1}{2}$ & 2 hours.

Ment Loaf

2 lbs Hambeng

1/2 cup crackers crumbs

1/4 cup milk

2 eggs

1/4 cup catsup

1/2 chopped onions

Seasoning salt, Salt & Pepper

1 hr at 380

Spaghetti Sauce

- | | |
|----------------------------|----------------------------------|
| 2 can tomato soup | $\frac{1}{2}$ bottle hot peppers |
| 1 can tomato paste | 1 can mushrooms |
| 1 onion | 1 bag hamburg |
| $\frac{1}{2}$ Green pepper | |

Put hamburg in pot, add a lil water, simmer until cooked, chop the other stuff while hamburg cooks, add all together, let simmer, add garlic, onion salt, crushed chilli peppers, a regno, salt & pepper

Shirley's Doughnuts

2 cups white sugar

3 eggs

$\frac{1}{2}$ tsp. mace, $\frac{1}{2}$ tsp nutmeg, $\frac{1}{2}$ tsp cinnamon

1 tbs. melted lard ~~With~~ Combine sugar and eggs

$\frac{1}{2}$ tsp salt

add spices and salt.

2 cups milk

Mix in lard, milk.

4 cups flour

Gradually add flour & B

8 tbs. B. Powder

Powder. Roll out fry in
 375° pan.

Chicken

Cook Chicken for 20 minutes
in boiling water.

Take chicken then add
a pt of onion soup mix
appropriate wine and Passion
dressing.

Cook in oven for 25 min.

Christina's Fruit Cake

Combine 6 cups rice wine (2 pks) 1 cup chipped dried Pringle

4 cups currants (4 pks) 1 c. p. mixed fruit

4 cups chopped dates (2 pks) 2 c. p. chopped walnuts

(28 oz pks) 2 cups glace Cherries (below) 1 1/2 c. p. nut meal or 1 c.

cream, 3 c. p. shortening

Blend in 2 lbs each vanilla, lemon & almond extract.

Ghodually add 5 cups finely packed brown sugar

and mix until light & fluffy. Add 1/2 c. p.

orange juice &

Carrot Cake

4 medium sized carrots - grate - should be 2 cups
1/2 cup finely chopped walnuts
1 8 oz. can crushed pineapple - drained
Set aside.

Beat together:

2 cups sugar
4 eggs.

Beat in 1 1/2 cups Margarine or oil till
well blended.

by hand

Mix into eggs, oil etc:

2 cups flour
1 1/2 tbsps soda
2 tbsps baking powder
2 " cinnamon
1 tsp. salt

Then mix in carrots,
purple & nuts.
Bake 350° 45-50 min.

Icing:

But 1 1/2 x 3 cup
orange peel
Blend all:
6 oz cream cheese
6 tbs butter
orange peel

Add 1 tsp vanilla
2 tbsps icing sugar
Blend well.

~~purple & yellow~~

The Clean chess / 4 steps 1st stage

Wednesday May 1

more days / factors of growth & development of
and - Purification

Four dinner courses and coffee until all are full

After about 3 days there were signs of life in the seeds.

Productivity may be measured by output per hour worked.

our design is 10 x 15 rectangle. Spacious.

with working spray. Spread dough on your
two apples with remaining flour, sugar
and cinnamon. Spread out first dough.

Add second dough and turn under edges.
Cut slits in top crust to vent.

Bake 35 to 40 min or until golden
brown. Meanwhile mix sugar &
water. Drag the glaze over dessert.

Butterscotch Pie

(Aunt Christy's)

2 cups milk

a little salt

2 eggs separated

10 Tablespoons corn starch

1 1/2 c B. sugar

or flour.

1 tsp. vanilla

Frosted Pineapple Cookies.

1 cup Brown sugar	$\frac{1}{4}$ T. soda
$\frac{1}{2}$ " shortening	$1\frac{3}{4}$ t. B. Powder
1 egg	$\frac{1}{4}$ t. salt
$\frac{3}{4}$ cup drained, crushed Pineapple	1 t. vanilla
2 cups sifted flour	$\frac{1}{2}$ cup chopped nuts

Drain pineapple & reserve juice for frosting.
Cream shortening & sugar; add beaten eggs, mix
well. Add drained pineapple. Then dry ingred.
and add to first mixture. Add vanilla & nuts
Drop by teaspoonful & bake at 375° for 10 to 12 min.

Frosting:

2 cup Icing Sugar

3 T. melted butter

1 T. vanilla

Pineapple juice as needed.

Molasses

- | | |
|--|---------------------|
| 1 cup crisco oil | $\frac{1}{2}$ tsp |
| 1 cup brown sugar | cinnamon
(maybe) |
| 1 cup molasses | |
| 2 eggs | 5 to 6 cups |
| 4 tsp. soda | flour |
| 2 tsp. cream tartar | |
| 1 tsp. vanilla | 325°F. |
| about $\frac{1}{2}$ tsp. E cloves | |

(Make 1 9-inch pie) Praline Topped Pumpkin Pie

2 beaten eggs	$\frac{1}{4}$ tsp. cloves
1 $\frac{1}{2}$ c. canned pumpkin	$\frac{1}{4}$ tsp. ginger
1 c. sugar	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ tsp. salt	1 can of milk (large)
1 tsp. cinnamon	9 inch unbaked pie shell

Combine eggs, pumpkin, sugar, salt
and spices. Gradually stir in milk.

Pour into shell. Bake in 425°F oven.
15 minutes; reduce to moderate heat (350)

and continue baking) about 40 minutes or until knife inserted near centre of pie comes out clean. Cool. Just before serving top with Praline Topping.

PRALINE TOPPING:

Combine 2 t.b.p. melted butter, $\frac{1}{2}$ c. firmly packed b. sugar and $\frac{1}{3}$ cup chopped pecans. Sprinkle evenly over pie. Place under broiler until top is bubbly, about 1 minute. Serve immediately.

2 (15 oz) pks raisins

2 (15 oz) pks currents

2 also (4 cups) dates

2 (8 oz containers glazed cherries

2 (4 oz) containers ^{grint} mixed

1 (8 oz) containers dried peel

1 (8 oz) " citrus peel

Blueberry Muffins

1/2 cup butter

1 1/2 cup flour

1/2 cup w. sugar

2 1/2 tsp. b. powder

1 egg (slightly beaten)

1/2 tsp. salt

1/2 cup milk

2 cups blueberries.

Fudgy Brownies

Mix $1\frac{1}{3}$ cups all purpose flour, 1 tsp. baking powder and $\frac{1}{2}$ tsp. salt in a bowl. Melt 1 cup butter in a saucepan. Remove from heat. Stir in 1 cup cocoa. Blend in 2 cups sugar, 4 eggs and $1\frac{1}{2}$ tsp. vanilla. Blend in dry ingredients and 1 cup chopped nuts. Pour batter into greased $13 \times 9 \times 1$ inch pan. Bake at 350° for 30 to 35 minutes. Cool & frost.

Fudgy Cocoa Frosting

Combine 3 tbsps. melted butter with
1/4 cup cocoa. Blend in 1/4 cup milk,
1/2 tsp. vanilla and 2 cups sifted
icing sugar until smooth. Spread
frosting over brownies.

Apple Fritters

- | | |
|----------------------|------------------|
| 2 cups flour | 2 lbs. sugar |
| 2 tbs. baking powder | 5 apples (cored) |
| 1/4 tsp. salt | |
| 2 eggs | |
| 1 1/3 cup. milk | |
| 1 tbs. oil | |

Apple - Cranberry - Raisin Pie Filling

3 cups pared, sliced apples

1 1/2 cups fresh cranberries

1/2 cup raisins

1 2/3 c. sugar (or more)

3 T. flour

3/4 t. cinnamon

2 T. butter

grated lemon rind

Pastry for 9 inch pie

Chop cranberries coarsely,
mix with apples, sugar,
cinnamon, raisins. Fill
pastry lined plate. Top
with bits of butter.

Make a lattice top on
the pie. Bake 425°
for 40 minutes.

ORANGE MANDARINE CAKE

1 WHITE CAKE

BREAK UP IN A BOWL.

MIX ORANGE JELLO USING THE JUICE OFF
THE ORANGES IN PLACE OF COLD WATER.
LET SET UNTIL STARTING TO JELL. THEN MIX
~~MONDO~~ DREAM WHIP (2) INTO JELLO, FOLD,
AND THEN MIX IN CAN MANDARINES
ORANGES, THEN FOLD MIXTURE IN WITH

CRUMBLED CAKE, PUT IN TUBE PAN
AND PUT IN FRIDGE FOR TO SET, 2
HOURS. THEN SET OUT ON PLATE AND
ICING WITH DECORATE WHIP AND
DECORATE WITH ORANGES.

~~tiny~~

~~open~~

~~to~~

~~2 wif~~

~~ingt~~

~~mix~~

~~2 tip~~

~~greenish pink~~ → ~~so ad~~ $\times 10^8 \text{ nm}$

~~Deep~~

~~life~~

~~the end~~

~~cc~~

~~ft~~

Corn Flake Cookies (Janette)

$\frac{3}{4}$ Cup Shortening	$\frac{1}{2}$ tsp Soda
$\frac{3}{4}$ cup B. Sugar	$1\frac{1}{2}$ cups Flour
1 Egg	$\frac{1}{2}$ tsp Salt
$\frac{1}{2}$ tsp Vanilla	

Mix and roll in a ball and then
in Crushed Cornflakes. Bake at 350°
oven for 15-18 Minutes.

Horn & Cheese Strata

- | | |
|---|----------------------|
| 12 white bread slices | 8 oz ph cream cheese |
| 1 1/2 cup (6 oz) Shredded Mild Cheddar Cheese | |
| 1 10 oz pk of frozen Broccoli (thawed + well drained) | 3 eggs |
| 1 cup Ham | |
| | 1 cup milk |
| | 1/2. tsp dry mustard |

Place bread slices on bottom of 12x8 dish. Cover with 1 cup cheddar cheese, broccoli, ham and remaining bread slices cut in half diagonally. Beat cream cheese until light and add eggs, one at a time mixing well. Blend in milk and mustard peers over bread. Top in remaining cheddar cheese. Bake at 350 45 to 50 min. Let stand 10 min before serving.

Peanut Butter Oatmeal Cookies

$\frac{1}{2}$ c butter

1 c white sugar

$\frac{1}{2}$ c brown sugar

1 egg

$\frac{1}{4}$ c milk

$\frac{1}{2}$ tsp soda

$2\frac{1}{2}$ c rolled oats

$\frac{1}{2}$ c raisins

$\frac{1}{2}$ c peanut butter

salt vanilla

Cream butter and sugar, add peanut butter and egg.

Add soda, salt and vanilla, then milk, then raisins and rolled oats. Drop on greased cookie sheet.

7 min at 350°

"This recipe contains no flour"

Christmas Pudding

2½ cups flour

1½ tsp soda

¼ tsp salt

¾ cups currants

½ cup Walnuts (optional)

1 tsp cinnamon

½ cup candied fruit

Method:

Mix flour, soda, salt. Combine margarine

¾ cup soft Margarine

¾ cup molasses

1 cup sour milk

¾ cup Raisins

½ tsp nutmeg

½ tsp cloves

2 eggs

Brownies

1 cup margarine

4 eggs)

2 cups white sugar

4 to 6 tbs

2 tbs vanilla

1 cup fl.

Mix in order given. Pat in

9 x 13 pan. Bake in 325° for 25 to 30 min.

Sweet & Sour Meatballs

1 1/2 lb Ham hock

1/2 cup Ketchup

1 cup water

1/2 cup Brown Sugar

1/4 cup Vinegar

2 tbsps cornstarch

1 Green Pepper 1 large Onion

1 can pineapple chunks 19 oz. Tostitos

Brown ham hock. Measure brown sugar
and cornstarch. Mix well. Add ketchup
& vinegar. Add enough water to the
reserved pineapple juice to make 1 cup.
Stir in the mixture. Add veg. & pineapple.
Pour over meat balls and toss lightly
& mix.

Serve with rice or cooked
egg noodles, a tossed salad and
a roll.

Meat Loaf

2 slices white bread & make 1 cup bread crumbs

1/3 cup milk 1 small onion

1 egg beaten

1/3 cup grated Cheddar cheese

2 tbsp ketchup

2 cups ground beef

1 tsp dry mustard

2 tsp salt + pepper

Loaf pan 8 x 4 x 2 1/2. Heat oven to 350°

Dunk the bread crumbs in the milk. Beat in the egg & mix in all the other ingredients. Turn in loaf pan & bake for 45 min.

BAKED SALMON

(Anchovy Crust)

Crust:

2 1/2 cups flour

1 tbs. salt

3 1/2 tbs. baking powder

1/4 lb. tenderloin

1 egg & enough milk to roll out.

Spinach then salmon fillet
Havarti cheese →

Prep: layer of spinach. FOLD
cheese over top & seal it at side
with milk.

Bake @ 400° for 25 mins.

As we eat pizza
the cheese melts
and the toppings
get mixed together
in our mouth.
The heat from our
mouth makes the
cheese melt.

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Dumplings for Stew

1 1/2 cup flour

3/4 tsp salt

2 tsp B. Powder

3 tbsp shortening

Mix first three ingredients together.

Stir in 3/4 cup milk. Drop dough
by spoonfuls onto simmering stew.
Cook uncovered 10 min., cover and cook
10 min. longer.

Coconut Dream Bars

Graham Wafer Squares)

Pork Pies

Rocky Roads)

Peanut Butter Balls

Coconut

Graham Wafers

Dates

Chocolate
marshmallows

Chocolate Chip Cookies... (Donnetta's)

2 1/2 cup flour

1 tsp vanilla

1 tsp. salt

1 (12 oz) pkg ch chips

1 tsp. baking soda

1/2 cup butter

3/4 cup brown sugar packed

2/3 cup white sugar

2 eggs

Preheat oven to 375°. Grease cookie sheet.
Soft 1/2 cup butter, "soft". In the bowl, mix
cream butter, brown sugar + white
sugar. Add eggs + vanilla + beat 2 min.
Add flour mixture, blend well. Stir
in choc. chips. Drop by rounded tsoffulls
in cookie sheet.

Bake for 8-10 min
and let cool.

How to Make Dough

1/2 cup warm water

1 tsp. sugar

Stir together, sprinkle one pt. yeast
Set aside do not cover.

Bigger bowl combine

1 cup warm milk

1 tsp sugar

1/2 cup oil

1/2 tsp salt

1 Egg (beaten)

(Equivalent in size)

Add 4 cups flour

Hat Malasses Cake -

1 cup shortening

2 cups malasses

1 top ~~l o~~ h ginger, nutmeg & cinna.

2 eggs

2 1/2 cups flour

1/2 top salt

2 top Baking Powder

2 cups Hot Water

3 tops Soda

(cream shortening, add malasses, ginger)

nutmeg and cinnamon. Add eggs.
Beat well. Add flour, baking powder
(or substitute with hot water and soda).
~~or whipped cream~~
serve hot. Bake in 325° for 50-60
minutes.

'Pati' Acadian Meat Pie

Pastry:

10 lb lard	16 tbs B. Powder
8 cups flour	2 cups milk
2 tbs salt	

Meat mixture

3 lbs. Beef	3 lbs. pork
3 lbs. Chicken (you can use deer or rabbit)	
4 onions	1 1/2 tbs salt
1/4 tbs pepper	1/4 tbs sage (dried)