

Alberta Women's Institutes



*Wild Rose
Tidbits*

District No 1

Baked Apple Dumplings

Dough: 2 cups Flour

1/2 tsp Salt

1/2 tsp Baking Powder

2/3 cup Shortening

Mix together into fine crumbs.

Add 1/2 cup (approx) Milk to make soft
dough

Roll out to about 1/4 inch thick. Cut in
4 inch squares

Put some raw apple slices on a square. Roll
up and seal edges. Place in hot syrup.

Bake 350 degrees till apple is soft & dough
brown.

Sauce: 2 c Hot Water

1/2 tsp Salt

2/3 cup Sugar

1 tsp Vanilla

1/2 cup Butter

Stir till sugar and butter are melted. Use a
large baking dish. Place dumplings in &
bake for about 30 minutes. Serve warm or
cold.

E Welter

Grande Prairie W.I.

Early Weights & Measures

Butter, size of an egg = 2 ounces

Butter, size of a walnut = 1 ounce

One pint chopped meat = 1 pound

Eight to ten eggs = 1 pound

1 coffee cup butter = 1/2 pound

4 teaspoons = 1 tablespoon liquid

1 Tabs soft butter well rounded

= 1 oz

4 Tbs or 1/2 gill = 1 wineglass

2 wineglasses or 1/2 cup = 1 gill

2 gills = 1 coffee cup

2 coffee cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

2 Tbsp liquid = 1 oz

1 Tbsp Salt = 1 oz

16 oz = 1 lb or 1 pint of liquid

1 rounded Tbs Flour = 1 oz

3 cups Cornmeal = 1 lb

1 1/2 pints Cornmeal = 1 lb

4 coffee cups Sifted Flour = 1 lb

1 quart unsifted flour = 1 lb

1 pint granulated Sugar = 1 lb

2 coffee cups powdered Sugar = 1 lb

1 pint Brown Sugar = 13 oz

2 1/2 cups powdered Sugar = 1 lb

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Corn Scallop

1 can Cream Corn

1 can Kernel Corn

1 cup Milk

16 Soda Crackers

1 lb Pork Sausages

Mix corn and milk & put in

3 inch baking dish.

Put crackers on top.

Pre-brown Sausages(optional)

Lay sausages on corn mix

Cook 1/2 hr at 350 degrees.

Remove and turn sausages

Cook till nicely browned.

Serve hot & season to taste.

Melt marshmallows in microwave
& they will not burn

Apple Cake

1 cup Sugar	3 tsp Baking Powder
4 Eggs beaten	1 tsp Cinnamon
1 cup Oil	1/2 cup Sugar
4 Tbsp Water	Walnuts (optional)
2 cups Flour	1/2 tsp Salt
5 Apples peeled & shredded	

All 1 cup sugar to eggs and beat. Add oil and beat 2 minutes. Add cold water and beat. Combine flour, salt & baking powder. Mix. Put half batter in 9x13 inch pan. Arrange apples on to. Combine cinnamon & sugar and sprinkle half over apples. Cover with remaining batter. Sprinkle a little more sugar and cinnamon on top. Bake 350 degrees for 1 hour.

To convert Fahrenheit to Centigrade, subtract 32, multiply by 5, then divide by 9. To convert Centigrade to Fahrenheit, Multiply by 9, divide by 5 and add 32.

Super Stew

2lbs Oil or dripping

675g 1 1/2lbs Steak cut in cubes

3 large Onions finely chopped

200g/7oz unsweetened Pineapple

2 tsp Curry Powder

2 Tbs Tomato Puree

150g/5oz tin chopped Tomatoes

1 Tbsp Vinegar

2 Tbsp Apricot Jam

280ml/10fl oz Beef Stock

Salt & Pepper

Parsley to garnish

Fry the onions, then the steak.

Combine with other ingredients &
pour into casserole dish.

Cover & cook in oven 200F

2 1/2 hours

Jumping to conclusions is the
wrong kind of exercise.

Mustard Roasted Potatoes

1/2 cup Dijon Mustard

1/2 cup Olive Oil

2 lbs Baking Potatoes cubed

2 sliced onions

Chopped parsley to garnish

Mix mustard & oil then mix with
potatoes and onions

Place in roaster or ovenproof dish
& bake till potatoes are crispy.

Stir once or twice while cooking.

Garnish with parsley before serving.

The essence of genius is to know
what to overlook

It doesn't take a lot of muscle to give
the heart a lift

Tomato Pie

8 Baked pastry pie Shells

3-4 large Tomatoes sliced

1 tsp Oregano

1/2 tsp Salt

Black Pepper

1 1/4 cups Mayonnaise

1 cup fresh chopped mixed parsley
chives, spring onions

1 cup grated Cheddar Cheese

Cover bottom of pie shell with
tomatoes.

Sprinkle with herbs & seasoning

Mix cheese and mayonnaise and
spread over the tomatoes to edges.

Bake then leave to cool for 10 minutes
before slicing.

Can also be made in individual flans.

Oven 400F 30 minutes.

Good enough just isn't

. Chicken with Cider & Mushrooms
1.7kgs/3lbs Chicken
300ml/10fl oz Dry Cider
1 Onion chopped
60g/2oz Butter
60g/2oz Flour
60g/2oz Button Mushrooms
Chopped Parsley
Put chicken in small casserole. Add
Cider, Onion, salt, pepper. Cover & cook
Lift out & divide chicken into pieces.
Strain off liquid & make up to 1 1/4 pints
(650 ml) milk.
Melt the butter in a pan. Stir in flour.
Cook 2 minutes then add liquid.
Bring to the boil and add mushrooms
Add chicken and serve when reheated.
Oven 350F 1 1/2 hours

Some people are so busy preparing
for a rainy day that they are missing out on
today's sunshine.

Slush

1 can frozen lemonade

1 can Water

1- 48 oz Unsweeted Pineapple Juice

1 - 26 oz Vodka

Freeze. Add gingerale before serving

On hard to clean stove tops make a
paste of cream of tartar & Vinegar

To keep whipped cream from going
watery, add Icing Sugar instead of
sugar.

Neater Painting

Before pouring paint from a new can
cover the rim with masking tape. The
rim will be clean and the cover will fit.

Winnie Condrotte

Before giving a door a fresh coat of paint
rub petroleum jelly on the hinges & door
knobs. If you get paint on them you can
wipe it off in no time. W. Condrotte

Easy off Oven Spill

Clean Clean up nasty burnt on spill by turning
off oven, soaking a cloth in ammonia &
leaving it on the burned area for an hour.
The stain will scrape clean.. W. Condrotte

To remove water spots from furniture,
take an old tooth brush & some baking
soda. Wrap bristles in soft cloth & dip
in baking soda. Rub gently.

To remove burnt spots from bottom of
an iron, let the iron cool then apply tooth-
paste with a cloth and rub well. Then rinse
with damp cloth.

Scratches on glassware will disappear if
polished with toothpaste.

Olive Oil will stay fresh longer if you add
a cube of sugar to the bottle.

Confectioner's is also called powdered or
icing sugar. It is finely crushed and resembles
fine flour. It contains a small amount of
cornstarch.

When you burn yourself in the kitchen,
Vanilla will ease the pain. (Apply it, don't
drink it!)

Brown Sugar is white sugar that has been tossed
in cane molasses to colour it then refined. It
could be artificially colored. Izora Watson
Grimsahw W.I.

Anadama Bread... the story of how this bread was named.

An old fisherman had a lazy wife. Each day when he came home there was nothing but cornmeal mush and Anna was sleeping. Finally, in desperation, he mixed flour and yeast into the mush saying over and over again as he mixed, Anna, damn 'er and so the bread was named.

Helpful Hints: to remove grass stains from white denim, put some wood alcohol on stain. Let stand awhile then wash with detergent.

To remove grease spots from dress, rub with cream of tartar. Leave a few hours then brush off.

Eilleen Will
Big Meadow W.I.

To keep cats away from your garden,
spread chopped orange peel around.

M. McLevin

Peel carrots under water & they will not
stain your fingers.

For red wine stains, sprinkle fresh stain
with lots of salt and dunk in cold water.

Rub out the stain before washing.

Quick Icing for Carrot Muffins

Boil a small potato. Mash & add icing
sugar and vanilla.

When doing any kind of baking you get
better results if you pre-heat your muffin
tins, cookie sheets or cake pans.

To Clean Oven Grates

Spray them with ammonia. Put in plastic
bags. Tie securely & leave overnight
outside on deck. Mary J.

To remove tea & coffee stains on china,
rub with salt or soda on a damp cloth.

Fresh eggs have a chalky rough shell.
Old eggs are smooth and shiny.

Pound Cake

Pound cake was originally named for the pound of flour and pound of sugar called for in the recipe. This modern adaptation is based on a recipe from the first cookbook ever published in Canada called "The Cook, Not Mad or Rational Cookery". It was published in 1831 in Kingston, Upper Canada & recipes like this one were used by many United Empire Loyalists as they began their new lives in this country. In the old days pound cakes required extensive beating, but with modern day mixers it takes away a lot of the work.

You can't climb the ladder of success
with your hands in your pockets.

Don't Quit

When your luck is down
And your world goes wrong
When Life's all uphill
And the road is long.
Keep your spirits high
For through thick and thin
You must carry on
If you are to win
Never mind if things
Slow you down a bit
You'll come out on top
But you mustn't quit.

Always forgive your enemies,
nothing annoys them more.

Big Meadow W.I.

Butter Horns

3/4 cup Scalded Milk

3 Tbsp Sugar

3 Tbsp Shortening

1/2 tsp Salt

3 cups Flour

1 Yeast cake dissolved in 1/4 cup water

1 Egg

Add sugar, shortening and salt to scalded milk and cool. Add flour & yeast cake.

Let rise. Roll, Cut & spread with 1/2 cup Butter. Roll up & cut in slices. Let rise. Bake 400 degrees
Ice & roll with walnuts.

Baked Apple Stuffed With Mincemeat

6 med. Red Apples - washed

Remove core within 1/2 inch of bottom

Stuff with mincemeat

Make syrup of 1/2 cup brown Sugar

1/2 cup Water - boiling

Put apples in greased dish. Pour over syrup Bake 350 - 375 till tender. Baste frequently. Dolly

Chicken Breast Diane

4 big boneless chicken
breast halves or 8 small
1/2 tspn Salt 2 tspn Brandy
1/4 tspn Pepper
2 Tbsp Olive Oil
2 Tbsp Butter
3 Tbsp Green Onions
3 Tbsp chopped parsley
Juice of 1/2 lime or lemon
2 tspn Dijon type mustard
1/4 cup chicken broth

Place chicken breasts between waxpaper or plastic wrap and pound slightly. Sprinkle with salt & pepper. Heat 1 Tbsp each of oil & butter in skillet. Cook chicken over high heat for four minutes on each side. Transfer to platter.

In pan add green onions, lemon juice and brandy(optional) parsley and mustard. Whisk in broth , stir till smooth. Whisk in remaining oil & butter. Pour sauce over chicken. (Serve immediately)

Marlene Sandquist

Rhubarb Cobbler

175gm/6oz Flour

125gm/4oz butter or marg.

150gm/5oz Castor Sugar

700gm/1 1/2 lbs Rhubarb

2 Tbs Cornflour

1/2 tsp Cinnamon

Rub fat into flour until breadcrumb

consistency. Mix in 1 oz of the sugar

Add 3 Tsp of cold water & blend until

pastry comes together in a ball. Chill

Wash & prepare rhubarb & cut in 1 inch
chunks.

Roll out pastry to shape of dish & large

enough to line dish & drape over edge.

Leave edges uncut.

Combine fruit with remaining ingredients.

Fill pastry. Fold sides in, leave a gap in the
middle for the fruit to peep through.

Brush with milk. Sprinkle with brown sugar.

Bake till golden & fruit is cooked.

Best served hot with vanilla ice cream

Oven 400 F 45-55 minutes

Making Jam

When fruit & sugar are boiling add a dessert spoon of butter or marg & no scum will form. It also keeps it from boiling over & the butter does not affect the jam or jelly.

Before painting woodwork fill in holes & cracks by mixing flour with some paint you are going to use. The mixture hardens like cement & matches perfectly.

To crush nuts, place them in a plastic bag or between wax paper. Crush with rolling pin to avoid messy clean up.

For plumper raisins, soak in orange juice then store in refrigerator.

For clogged drain use 1 cup Baking Soda & 1 cup Vinegar. As solution foams, flush with at least 2 cups of Boiling Water.

A melted chocolate bar is a quick easy way to make a delicious frosting.

Quick Apricot Fool
**800g/28oz Apricot halves in natural
juice**
3lbs Clear honey
1 lime with grated rind & juice
12floz carton ready to serve ;
custard
150ml/4floz Whipped double cream
Retain two apricot halves.
Blend remainder of apricots with honey
& lime rind & juice in food processor
until almost smooth,
Gently fold in custard and cream
Chill until required.
To serve decorate with slices of apricot

**You begin to go down
the moment you look up**

Quick & Easy Lemon Cake

175g/6oz Castor Sugar

2 Eggs beaten

175/6oz Self raising Flour sieved

60mls/4Tbsp Milk

Grated rind of 1 lemon

Grease & base line a 2lb loaf tin.

Cream marg & caster sugar until light
then gradually beat in eggs.

Stir in flour, milk & lemon rind.

Spoon into tin and bake in centre of
oven for 45-50 minutes till firm to touch.

Syrup:

45mls/3Tbsp Icing Sugar

45mls/3Tbsp Fresh lemon juice

To make syrup mix icing sugar & lemon
juice until smooth.

Remove cake from oven and immediately
pour syrup over it.

Leave cake in tin to cool.

Money talks, but it doesn't say when
it's coming back

Lemon Sorbet

3 Juicy Lemons

250g/8oz Castor Sygar

550ml/1pt Water

1 Egg White

Pare rind from lemons with no pith left.

Then juice

Place lemon rind, water & sugar in pan & dissolve slowly

Boil gently uncovered 10 mins. Cool.

Remove rind & add lemon juice

Place in shallow container & freeze

Whisk egg whites till stiff but not dry

Break up frozen lemon ice & fold in egg white.

Store in freezer tray or container & freeze till solid.

Place in fridge for about 1 hour to soften before serving.

Decorate with mint leaves.

The employee who watches the clock will always be one of the hands.

Lemon Freezer Pudding

3 Eggs separated

125g/4oz Castor Sugar

25ml/10floz double cream

2 lemons

Line 2 pint tin with saran

Whisk egg whites till stiff peaks form

Gradually whisk in sugar bit at a time

In clean bowl whisk together egg yolks
& cream till thick.

Fold in egg whites with lemon juice & rind

Spoon into tin & chill 1 hour. Then

freeze 4 hours or till needed.

Remove from freezer 1/2 hour before
serving. Turn out & decorate with
lemon slices & lemon balm leaves.

When success turns a person's head,
he is facing failure.

Chicken Liver Pate

240gm/8oz Chicken Livers

240gm/8oz Butter (room temp.)

1 Tbsp Brandy

2 tsp Dry Mustard

1 tsp Thyme

2 cloves Garlic

Melt 1 oz Butter in heavy frying pan
& fry livers for about 5 minutes

When cooked transfer to blender

Melt rest of butter(reserve 2oz) Add
to livers with other ingredients.

Blend well.

Season to taste.

Divide into 2 ramekins and pour over
remaining butter.

Cover with saran and chill.

Best left 2 or 3 days in fridge before
serving with lots of hot toast.

The dog is loved by old and young
He wags his tail and not his tongue.

Pound Cake

3/4 cup Butter	3 Eggs
1/2 cup Sugar	1 tsp Vanilla
1/2 cup Syrup	1 Tbsp Grated Orange Rind

2 cups Sifted Cake & Pastry Flour

1/2 tsp Baking Powder

Grease 9x5 loaf pan. Line with heavy brown or wax paper and grease the paper. In mixer bowl combine syrup, butter, sugar, eggs vanilla and orange rind. Beat on high for 30 seconds to 1 minute. Add flour and baking powder gradually to first mixture. Put in prepared pan. Bake 300 degrees 1 1/2 hours. Cool.

Store for a few days to mellow flavour before slicing. Ruby Walker,
Big Meadows W.I.

If you are set on making it good somewhere, why not make good where you are.

Toque for Preemies - 1 ball Baby Wool
makes 4. Needles 3.5mm small. 54 st.

K1 P1 for 2 3/4 inches

Dec 4 St. evenly

K every row for 1 1/2 inches

Crown: Row 1 K3 K2 tog.

Row 2,3,4, K

Row 5 K2 K2 tog.

Row 6,7,8, K

Row 9 K1, K2 tog.

Row 10,11,12 K

Row 13 K2 tog.

Row 14 K2 tog.

(Crown same for all sizes)

Thread wool through remaining
stitches & sew up back seam.

Valerie Nixon Grimshaw W.I.

Something dribbled on your new blouse
Immediately take a salt shaker & cold
water. It is amazing how often it will
save the day. Millie McLevin

To clean copper: Mix lemon juice & salt
G.Palmer

Stuffed Tomatoes

4 Beefsteak Tomatoes

3 Tbsp chopped Parsley

2 Tbsp chopped Basil

1 Tbsp chopped Mint

4 Tbsp grated Parmesan

6 Tbsp fresh Breadcrumbs

2 Tbsp Olive Oil

Cut tomatoes in half horizontally. Scoop out some of the inside.

Sprinkle insides with salt & leave to drain upside down on kitchen paper.

Mix together remaining ingredients except olive oil.

Fill tomato halves with the mixture & drizzle with olive oil prior to baking in oven till golden brown and tender. 400 degrees F
25 minutes

Serve hot.

The best time to accomplish something is -
the day before tomorrow.

Melon Herb Salad

1 Honeydew Melon

1 lb Tomatoes

1 large Cucumber

Salt

1 Tbsp Parsley

1 Tbsp chopped Mint & Chives

French Dressing

Cut melon in half, remove seeds and scoop out flesh with melon baller or cut in cubes.

Skin and quarter tomatoes. Squeeze out seeds & remove core.

Peel & chop cucumber.

Serve in a dish & sprinkle the herbs and dressing on top.

People who live it up may one day
have to live it down.

When boiling vegetables in a pot, add 1/4 tsp margarine. It keeps the pot from boiling over.

Washing Windows: Add a few drops of Sunlight Soap to warm water. Bugs & stains will dissolve instantly. Millie McLevin.

Grimshaw W.I.

There is no nutritional or flavor difference between white or brown shelled eggs. It is the breed of hen that determines the color of the shell.

If you put oranges in a hot oven before peeling them, no white fibre will be left on them & if you squeeze them you will get almost twice the amount of juice that you would normally.

Sprinkle baking soda on your front steps to provide traction and melt the ice. Mix with sand for greater traction. Will not damage shoes or other surfaces.

A circular mesh cover with red beads on circumference for microwave use. Available in supermarkets. (approx: \$1.50) To clean rinse under tap. Shake. it will be dry in 5 minutes. F.B.

Hints

Sore throat: 1 tsp Cider vinegar
in glass of water. Gargle &
swallow so it gets to back of throat.

Apply non stick cooking oil to
beaters so dough won't climb up
beaters.

If you have any little critters in
garbage cans or anywhere ..Mix
2 Tbsp liquid dish soap
2 Tbsp cayenne pepper
1 quart of water (use in spray bottle)

Use WD 40 to remove crayon. Wipe
with paper towel and then wash with
liquid dish soap.

One Bowl Cookie Crunch Bark

8 squares Bakers semi-sweet Chocolate
1 cup coarsely chopped sandwich style
cookies

Partially melt chocolate over hot water till
melted and smooth. Stir in cookies.

Pour chocolate onto wax paper lined cookie
sheet.

Gently tap cookie sheet on counter to smooth
surface. Refrigerate til firm. (One hour)

Store in refrigerator for up to 3 weeks. Break
into 20 pieces.

OR: Substitute half chocolate with White
chocolate and use whole toasted almonds
instead of cookies

For ladies who can't keep a screwdriver in
their house. Store it in the teatowel drawer.
They won't look there.

To take the paint off your hands use baby
wipes

Use hot milk to mash potatoes. They will
stay hot longer.

To remove water spots from furniture,
take an old tooth brush & some baking
soda. Wrap bristles in soft cloth & dip
in baking soda. Rub gently.

To remove burnt spots from bottom of
an iron, let the iron cool then apply tooth-
paste with a cloth and rub well. Then rinse
with damp cloth.

Scratches on glassware will disappear if
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icing sugar. It is finely crushed and resembles
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in cane molasses to colour it then refined. It
could be artificially colored. Izora Watson
Grimshaw W.I.

Boodles Fool

2 oranges

1 lemon

1-2 Tbs Castor Sugar

280ml/10fl oz Double Cream

1 box trifle sponge cakes

Line a dish with the sponge cakes
cut to about half an inch thick.

Whip cream until thick but not
too stiff.

Sweeten juice of fruit with sugar

Add rind and juice to cream

Combine well

Pour over trifle cakes & chill in
fridge overnight.

Some people wait for something
to turn up, others start with
their sleeves.

When using a canner to can fruit,
pour about 1/2 cup vinegar in the water.
The glass jars will come out shiny

1 tsp Cream of Tartar, plus 1/2 tspn
Baking Soda equals 2 tsp Baking
Powder.

1/2 cup Water, 1/2 cup Vinegar
1/2 cup rubbing Alcohol put in
a spray bottle is a good mirror &
window cleaner.

Cleaning Teflon Frying Pans

Add 1 cup water, 2 Tbs Soda, 1/4 cup
Bleach. Boil 5 mins. Dry well. Before
using wipe with salad oil.

A quick way to measure honey...rub a
little oil inside of measuring cup first.

To get the most out of fine garden
seeds, mix each package with 1/2 cup
sifted breadcrumbs. Reduces amount
of thinning & makes them easieer to
handle.

Izora Watson Grimshaw W.I.

Out of old Nova Scotia Kitchens

1/2 cup Cornmeal	1 pkt Yeast
2 cups Boiling Water	1/2 c warm water
2 tbsps Shortening	1 tsp Sugar
1/2 c Molasses	5 cups Flour
1 tsp Salt	

Stir Cornmeal into boiling water. Stirring continuously. Add salt, shortening & molasses. Cook until mixture looks like porridge. Cool. Dissolve yeast in warm water. Add yeast. Add to cooled porridge with flour. Knead well. Put in greased bowl. Rise till double. Bake 350 for 50-60 minutes. Brush bread with warm melted butter. Turn on side to cool.

Zucchini Omelette

1/2 c chopped Zucchini)
1 Tbsp Butter) Fry till tender
1/4 c Grated cheese - Add

2 Eggs beaten, 1/8c Water, 1/4tsp Dry Dill
Salt & Pepper - cook these in small amount
oil. place zucchini in centre, fold over, serve on
warm plate. (Gay Jones

Big Meadow W.I.)

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To crush nuts, place them in a plastic bag or between wax paper. Crush with rolling pin to avoid messy clean up.

For plumper raisins, soak in orange juice then store in refrigerator.

For clogged drain use 1 cup Baking Soda & 1 cup Vinegar. As solution foams, flush with at least 2 cups of Boiling Water.

A melted chocolate bar is a quick easy way to make a delicious frosting.

To remove marks from walls, such as felt marker etc. use toothpaste & rub along length of mark with a dry cloth until stain is removed. Wash with warm water.

Oven Cleaner

A quick & easy way to clean the oven is to place a saucer of soapy water and one teaspoon of ammonia in the oven overnight. Next morning the grease can be washed off with a minimum of scrubbing.

To avoid "ickey" ice cream in containers, tidy interior, press contents, cover snugly with saran wrap. This keeps ice-cream from "sugaring off".

Keep cheese fresh by wrapping with a piece of vinegar-saturated cheesecloth (or material of choice).

Save a Salad Bowl

To keep wooden salad bowls from cracking, wipe them inside and out with paper towel soaked in cooking oil. Do this in the evening & next morning wipe away excess oil.

Winnie Condrotte
Grimshaw W.I.

Two Days We Should Not Worry
There are two days in every week about
which we should not worry.
Two days which should be kept free from
fear and apprehension.

One of these days is Yesterday with all its
mistakes and cares,
it's faults and blunders, its aches and pains.

Yesterday has passed forever beyond our
control.
All the money in the world cannot bring
back Yesterday.

We cannot undo a single act we performed.
We cannot erase a single word we said.
Yesterday is gone forever.

The other day we should not worry about is
Tomorrow,
with all its possible adversities, its burdens,
its large promise and its poor performance.
Tomorrow is also beyond our immediate
control.

Tomorrow's sun will rise
either in splendor or behind a mask of
clouds, but it will rise.
Until it does, we have no stake in Tomorrow
for it has yet to be born.

This leaves only one day, Today.
Any person can fight the battle of just one
day.

It is when you and I add the burdens of
those two awful eternities,
Yesterday and Tomorrow that we break
down.

It is not the experience of Today that drives
a person mad.

It is the remorse or bitterness of something
which happened Yesterday
and the dread of what Tomorrow may bring.

Let us, therefore, Live but one day at a time.
Author Unknown (contributed by E Welter
Grande Prairie W.I.)

Table For One

The house is still, sometimes has a chill
Of that there is no doubt.
It's sort of drear, no-one's noisy here,
There are no kids about.

Back twenty years, there was laughter & tears
How busy those days were!
Four kids to drive, all under five,
Some days were just a blur.

Noses to wipe and letters to type,
Clothes to wash and sort.
Toenails to cut. Open doors to shut
They each had a planter's wart!
There was bread to bake & meals to make,
And fabric I needed to sew.
Then out to the yard to hoe real hard
To make sure my graden would grow.

Late at night, kids tucked in tight,
So tired but wished I had time,
To take paper & pen, write words & then
Have fun just making them rhyme.

I taught them to sing, their voices would ring
They'd laugh & sometimes would shout.
Now there's not much noise, no scattered toys,
toys,
There are no kids about.

My table's gone, that stretched out long
A small one took its place.
I've a problem small as I look at the wall,
There's no one to ask to say grace!

I prepare for six, are my eyes playing tricks?
How can I eat all that?
There's food to spare, where's my
Tupperware?
Freeze it quick, before I get fat!

So take my advice, I'll make it precise
Enjoy them before they move out.
A table for one is not too much fun,
Cause then, there's no kids about.
from "Lynn's Reflections"

Consider the turtle - he makes progress only when he sticks his neck out.

Why The Fuss

This article was taken from the
Watefront Press Lumsden Sask.

The author is unknown.

Why all this fuss about saving
the family farm? We don't need
Farmers anymore. Just look! The
stores are full of food!

And besides, won't food be a lot
cheaper when the large corpor-
ations take over agriculture? After
all, they're so much bigger and
everyone knows bigger is better
and, of course, more efficient.

I've seen big, efficient farmers
own fields all over the country.
They spend a lot of their time
running up and down the roads
with their 8-wheeled tractors and
30 foot implements, going from
field to field, and I know a 300hp
tractor can pull those big implements
over the road much more efficiently
than a 50hp can!

I can't figure out why farmers are
complaining so much. Take the
beefsteak farmers, for example. I
paid \$3.98 a lb for steak yesterday.

A cow weighs about a ton, I guess. So there's 2000 times \$3.98, which equals \$7960 the farmer got for the cow. And he must have a hundred of those big rangy black and white cows out there in his barns with their heads sticking through those trapper things.

Milk! Dear me! I pay over \$2 a gallon for milk, and if he can't make it on that, he's just lazy.....

And breakfast cereal! A 16oz box of flakes cost me \$2.20. There's 60lbs in bushel of wheat. So 60 times \$2.20 equals \$132 a bushel that farmers get for wheat and one farmer raised about a million bushels, I think.

Another thing all those cow farmers are doing wrong. They underutilize their land. You drive down the highway & you usually see the big, green pasture with maybe 100 cows in there. But he could put 1000 on it, 4000 if he really packed them in.

Take apples! Seventy cents a pound and the apples weigh nearly 1/2 lb. So these apples are like 50 cents each. If a farmer can't sell two apples for \$1 and get by, he'd

better move to town.

Farmers make a lot of extra work for themselves. They cut wheat down every year. They should let it grow and come back year after year, like apple trees.

And another thing, farmers fail to keep up with consumer's tastes.

For example, farmers still have their hogs produce lard, but Mrs. Suzy A. Public wants hydrogenized oils. And they will still use both male and female chickens, but people don't eat roosters anymore.

Those farmers should hatch only hens because customers today want only chicken breasts.

I don't know a thing about farming, but I bet I could do a lot better job of it than those farmers do.

Yorkshire Pudding

1 large Egg or 2 small

3/4 pint Milk

1 Tbsp Cold Water

1/2 tsp Salt

3/4 cup Flour (approx. to make a
fairly thin batter

Beat milk and eggs and salt together

Add Flour. Beat well. Let stand.

Repeat the beating.

Bake in very hot oven 420 degrees

in oiled muffin pans Approx 20 minutes

Diane Smith Grimshaw W.I.

Peanut Candy

2 cups Sugar

1 Tbsp Corn Syrup

1 Tbsp Butter

1/2 tsp Salt

1/2 Tbsp Soda

1/2 cup Peanuts

Put butter & syrup in heavy saucepan. Add
sugar. Melt. Mix soda and salt together. Add
to sugar. Add peanuts. Mix. Put in buttered
dish.

What's A Grandmother?

(letter from a third grader)

A Grandmother is a lady who has no children of her own. She likes other people's little girls and boys. A grandfather is a man grandmother.

He goes for walks with the boys, and they talk about fishing & stuff like that.

Grandmothers don't have to do anything except to be there. They're so old that they shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is, and have lots of dimes ready. Or, if they take us for walks, they should slow down past things like pretty leaves and caterpillars. They should never say "hurry up".

Usually grandmothers are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums off.

Grandmothers don't have to be smart, only answer questions like, "Why isn't God married" & "How come dogs chase cats?"

Grandmothers don't talk baby talk like visitors do, because it is hard to understand. When they read to

us, they don't skip or mind if it is
the same story over again.

Everybody should try to have a grand-
mother, especially if they don't have a
television, because they are the only
grown-ups who have time.

Kids Get The Last Word

A first grade teacher purportedly gave each
kid in her class the first half of a proverb and
had them come up with the rest. This is
how it turned out.

A penny saved is.....not much
Two's company, three's...the Muskateers
Don't put off till tomorrow what...you put
on to go to bed.

Laugh & the whole world laughs with you,
cry and....you have to blow your nose.

Children should be seen and not...spanked
or grounded.

If at first you don't succeed...get new
batteries.

You get out of something what you...
see pictured on the box.

When the blind leadeth the blind....get
out of the way.

Mary Stuart Collect

Keep us, O Lord, from pettiness.
Let us be large in thought, word &
deed. Let us be done with fault finding
and leave off self-seeking. May we put
away all pettiness and meet each other,
face to face without self pity and
without prejudice.

May we never be hasty in judgement,
always generous. Let us take time for
all things. Make us grow calm, serene
and gentle.

Teach us to put into action our better
impulses straightforward and unafraid.
Grant that we may realize that it is the
little things that create differences. That
in the large things in life we are one.
And may we strive to touch and know
the great human heart common to us all
and, O Lord God, let us not forget to
be kind.

Alberta Women's Institutes



*Wild Rose
Tidbits*

District No 1

Baked Apple Dumplings

Dough: 2 cups Flour

1/2 tsp Salt

1/2 tsp Baking Powder

2/3 cup Shortening

Mix together into fine crumbs.

Add 1/2 cup (approx) Milk to make soft
dough

Roll out to about 1/4 inch thick. Cut in
4 inch squares

Put some raw apple slices on a square. Roll
up and seal edges. Place in hot syrup.

Bake 350 degrees till apple is soft & dough
brown.

Sauce: 2 c Hot Water

1/2 tsp Salt

2/3 cup Sugar

1 tsp Vanilla

1/2 cup Butter

Stir till sugar and butter are melted. Use a
large baking dish. Place dumplings in &
bake for about 30 minutes. Serve warm or
cold.

E Welter

Grande Prairie W.I.

Early Weights & Measures

Butter, size of an egg = 2 ounces

Butter, size of a walnut = 1 ounce

One pint chopped meat = 1 pound

Eight to ten eggs = 1 pound

1 coffee cup butter = 1/2 pound

4 teaspoons = 1 tablespoon liquid

1 Tabs soft butter well rounded

= 1 oz

4 Tbs or 1/2 gill = 1 wineglass

2 wineglasses or 1/2 cup = 1 gill

2 gills = 1 coffee cup

2 coffee cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

2 Tbsp liquid = 1 oz

1 Tbsp Salt = 1 oz

16 oz = 1 lb or 1 pint of liquid

1 rounded Tbs Flour = 1 oz

3 cups Cornmeal = 1 lb

1 1/2 pints Cornmeal = 1 lb

4 coffee cups Sifted Flour = 1 lb

1 quart unsifted flour = 1 lb

1 pint granulated Sugar = 1 lb

2 coffee cups powdered Sugar = 1 lb

1 pint Brown Sugar = 13 oz

2 1/2 cups powdered Sugar = 1 lb

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cold.

E Welter

Grande Prairie W.I.

Corn Scallop

1 can Cream Corn

1 can Kernel Corn

1 cup Milk

16 Soda Crackers

1 lb Pork Sausages

Mix corn and milk & put in

3 inch baking dish.

Put crackers on top.

Pre-brown Sausages(optional)

Lay sausages on corn mix

Cook 1/2 hr at 350 degrees.

Remove and turn sausages

Cook till nicely browned.

Serve hot & season to taste.

Melt marshmallows in microwave
& they will not burn

Apple Cake

1 cup Sugar	3 tsp Baking Powder
4 Eggs beaten	1 tsp Cinnamon
1 cup Oil	1/2 cup Sugar
4 Tbsp Water	Walnuts (optional)
2 cups Flour	1/2 tsp Salt
5 Apples peeled & shredded	

All 1 cup sugar to eggs and beat. Add oil and beat 2 minutes. Add cold water and beat. Combine flour, salt & baking powder. Mix. Put half batter in 9x13 inch pan. Arrange apples on to. Combine cinnamon & sugar and sprinkle half over apples. Cover with remaining batter. Sprinkle a little more sugar and cinnamon on top. Bake 350 degrees for 1 hour.

To convert Fahrenheit to Centigrade, subtract 32, multiply by 5, then divide by 9. To convert Centigrade to Fahrenheit, Multiply by 9, divide by 5 and add 32.

Super Stew

2lbs Oil or dripping

675g 1 1/2lbs Steak cut in cubes

3 large Onions finely chopped

200g/7oz unsweetened Pineapple

2 tsp Curry Powder

2 Tbs Tomato Puree

150g/5oz tin chopped Tomatoes

1 Tbsp Vinegar

2 Tbsp Apricot Jam

280ml/10fl oz Beef Stock

Salt & Pepper

Parsley to garnish

Fry the onions, then the steak.

Combine with other ingredients &
pour into casserole dish.

Cover & cook in oven 200F

2 1/2 hours

Jumping to conclusions is the
wrong kind of exercise.

Mustard Roasted Potatoes

1/2 cup Dijon Mustard

1/2 cup Olive Oil

2 lbs Baking Potatoes cubed

2 sliced onions

Chopped parsley to garnish

Mix mustard & oil then mix with
potatoes and onions

Place in roaster or ovenproof dish
& bake till potatoes are crispy.

Stir once or twice while cooking.

Garnish with parsley before serving.

The essence of genius is to know
what to overlook

It doesn't take a lot of muscle to give
the heart a lift

Tomato Pie

8 Baked pastry pie Shells

3-4 large Tomatoes sliced

1 tsp Oregano

1/2 tsp Salt

Black Pepper

1 1/4 cups Mayonnaise

1 cup fresh chopped mixed parsley
chives, spring onions

1 cup grated Cheddar Cheese

Cover bottom of pie shell with
tomatoes.

Sprinkle with herbs & seasoning

Mix cheese and mayonnaise and
spread over the tomatoes to edges.

Bake then leave to cool for 10 minutes
before slicing.

Can also be made in individual flans.

Oven 400F 30 minutes.

Good enough just isn't

. Chicken with Cider & Mushrooms
1.7kgs/3lbs Chicken
300ml/10fl oz Dry Cider
1 Onion chopped
60g/2oz Butter
60g/2oz Flour
60g/2oz Button Mushrooms
Chopped Parsley
Put chicken in small casserole. Add
Cider, Onion, salt, pepper. Cover & cook
Lift out & divide chicken into pieces.
Strain off liquid & make up to 1 1/4 pints
(650 ml) milk.
Melt the butter in a pan. Stir in flour.
Cook 2 minutes then add liquid.
Bring to the boil and add mushrooms
Add chicken and serve when reheated.
Oven 350F 1 1/2 hours

Some people are so busy preparing
for a rainy day that they are missing out on
today's sunshine.

Slush

1 can frozen lemonade

1 can Water

1- 48 oz Unsweeted Pineapple Juice

1 - 26 oz Vodka

Freeze. Add gingerale before serving

On hard to clean stove tops make a
paste of cream of tartar & Vinegar

To keep whipped cream from going
watery, add Icing Sugar instead of
sugar.

Neater Painting

Before pouring paint from a new can
cover the rim with masking tape. The
rim will be clean and the cover will fit.

Winnie Condrotte

Before giving a door a fresh coat of paint
rub petroleum jelly on the hinges & door
knobs. If you get paint on them you can
wipe it off in no time. W. Condrotte

Easy off Oven Spill

Clean Clean up nasty burnt on spill by turning
off oven, soaking a cloth in ammonia &
leaving it on the burned area for an hour.
The stain will scrape clean..W. Condrotte

To remove water spots from furniture,
take an old tooth brush & some baking
soda. Wrap bristles in soft cloth & dip
in baking soda. Rub gently.

To remove burnt spots from bottom of
an iron, let the iron cool then apply tooth-
paste with a cloth and rub well. Then rinse
with damp cloth.

Scratches on glassware will disappear if
polished with toothpaste.

Olive Oil will stay fresh longer if you add
a cube of sugar to the bottle.

Confectioner's is also called powdered or
icing sugar. It is finely crushed and resembles
fine flour. It contains a small amount of
cornstarch.

When you burn yourself in the kitchen,
Vanilla will ease the pain. (Apply it, don't
drink it!)

Brown Sugar is white sugar that has been tossed
in cane molasses to colour it then refined. It
could be artificially colored. Izora Watson
Grimsahw W.I.

Anadama Bread... the story of how this bread was named.

An old fisherman had a lazy wife. Each day when he came home there was nothing but cornmeal mush and Anna was sleeping. Finally, in desperation, he mixed flour and yeast into the mush saying over and over again as he mixed, Anna, damn 'er and so the bread was named.

Helpful Hints: to remove grass stains from white denim, put some wood alcohol on stain. Let stand awhile then wash with detergent.

To remove grease spots from dress, rub with cream of tartar. Leave a few hours then brush off.

Eilleen Will
Big Meadow W.I.

To keep cats away from your garden,
spread chopped orange peel around.

M. McLevin

Peel carrots under water & they will not
stain your fingers.

For red wine stains, sprinkle fresh stain
with lots of salt and dunk in cold water.

Rub out the stain before washing.

Quick Icing for Carrot Muffins

Boil a small potato. Mash & add icing
sugar and vanilla.

When doing any kind of baking you get
better results if you pre-heat your muffin
tins, cookie sheets or cake pans.

To Clean Oven Grates

Spray them with ammonia. Put in plastic
bags. Tie securely & leave overnight
outside on deck. Mary J.

To remove tea & coffee stains on china,
rub with salt or soda on a damp cloth.

Fresh eggs have a chalky rough shell.
Old eggs are smooth and shiny.

Pound Cake

Pound cake was originally named for the pound of flour and pound of sugar called for in the recipe. This modern adaptation is based on a recipe from the first cookbook ever published in Canada called "The Cook, Not Mad or Rational Cookery". It was published in 1831 in Kingston, Upper Canada & recipes like this one were used by many United Empire Loyalists as they began their new lives in this country. In the old days pound cakes required extensive beating, but with modern day mixers it takes away a lot of the work.

You can't climb the ladder of success with your hands in your pockets.

Don't Quit

When your luck is down
And your world goes wrong
When Life's all uphill
And the road is long.
Keep your spirits high
For through thick and thin
You must carry on
If you are to win
Never mind if things
Slow you down a bit
You'll come out on top
But you mustn't quit.

Always forgive your enemies,
nothing annoys them more.

Big Meadow W.I.

Butter Horns

3/4 cup Scalded Milk

3 Tbsp Sugar

3 Tbsp Shortening

1/2 tsp Salt

3 cups Flour

1 Yeast cake dissolved in 1/4 cup water

1 Egg

Add sugar, shortening and salt to scalded milk and cool. Add flour & yeast cake.

Let rise. Roll, Cut & spread with 1/2 cup Butter. Roll up & cut in slices. Let rise. Bake 400 degrees
Ice & roll with walnuts.

Baked Apple Stuffed With Mincemeat

6 med. Red Apples - washed

Remove core within 1/2 inch of bottom

Stuff with mincemeat

Make syrup of 1/2 cup brown Sugar

1/2 cup Water - boiling

Put apples in greased dish. Pour over syrup Bake 350 - 375 till tender. Baste frequently. Dolly

Chicken Breast Diane

4 big boneless chicken
breast halves or 8 small
1/2 tspn Salt 2 tspn Brandy
1/4 tspn Pepper
2 Tbsp Olive Oil
2 Tbsp Butter
3 Tbsp Green Onions
3 Tbsp chopped parsley
Juice of 1/2 lime or lemon
2 tspn Dijon type mustard
1/4 cup chicken broth

Place chicken breasts between waxpaper or plastic wrap and pound slightly. Sprinkle with salt & pepper. Heat 1 Tbsp each of oil & butter in skillet. Cook chicken over high heat for four minutes on each side. Transfer to platter.

In pan add green onions, lemon juice and brandy(optional) parsley and mustard. Whisk in broth , stir till smooth. Whisk in remaining oil & butter. Pour sauce over chicken. (Serve immediately)

Marlene Sandquist

Rhubarb Cobbler

175gm/6oz Flour

125gm/4oz butter or marg.

150gm/5oz Castor Sugar

700gm/1 1/2 lbs Rhubarb

2 Tbs Cornflour

1/2 tsp Cinnamon

Rub fat into flour until breadcrumb

consistency. Mix in 1 oz of the sugar

Add 3 Tsp of cold water & blend until

pastry comes together in a ball. Chill

Wash & prepare rhubarb & cut in 1 inch
chunks.

Roll out pastry to shape of dish & large

enough to line dish & drape over edge.

Leave edges uncut.

Combine fruit with remaining ingredients.

Fill pastry. Fold sides in, leave a gap in the
middle for the fruit to peep through.

Brush with milk. Sprinkle with brown sugar.

Bake till golden & fruit is cooked.

Best served hot with vanilla ice cream

Oven 400 F 45-55 minutes

Making Jam

When fruit & sugar are boiling add a dessert spoon of butter or marg & no scum will form. It also keeps it from boiling over & the butter does not affect the jam or jelly.

Before painting woodwork fill in holes & cracks by mixing flour with some paint you are going to use. The mixture hardens like cement & matches perfectly.

To crush nuts, place them in a plastic bag or between wax paper. Crush with rolling pin to avoid messy clean up.

For plumper raisins, soak in orange juice then store in refrigerator.

For clogged drain use 1 cup Baking Soda & 1 cup Vinegar. As solution foams, flush with at least 2 cups of Boiling Water.

A melted chocolate bar is a quick easy way to make a delicious frosting.

Quick Apricot Fool
**800g/28oz Apricot halves in natural
juice**
3lbs Clear honey
1 lime with grated rind & juice
**12floz carton ready to serve ;
custard**
150ml/4floz Whipped double cream
Retain two apricot halves.
**Blend remainder of apricots with honey
& lime rind & juice in food processor
until almost smooth,**
Gently fold in custard and cream
Chill until required.
To serve decorate with slices of apricot

**You begin to go down
the moment you look up**

Quick & Easy Lemon Cake

175g/6oz Castor Sugar

2 Eggs beaten

175/6oz Self raising Flour sieved

60mls/4Tbsp Milk

Grated rind of 1 lemon

Grease & base line a 2lb loaf tin.

Cream marg & caster sugar until light
then gradually beat in eggs.

Stir in flour, milk & lemon rind.

Spoon into tin and bake in centre of
oven for 45-50 minutes till firm to touch.

Syrup:

45mls/3Tbsp Icing Sugar

45mls/3Tbsp Fresh lemon juice

To make syrup mix icing sugar & lemon
juice until smooth.

Remove cake from oven and immediately
pour syrup over it.

Leave cake in tin to cool.

Money talks, but it doesn't say when
it's coming back

Lemon Sorbet

3 Juicy Lemons

250g/8oz Castor Sygar

550ml/1pt Water

1 Egg White

Pare rind from lemons with no pith left.

Then juice

Place lemon rind, water & sugar in pan & dissolve slowly

Boil gently uncovered 10 mins. Cool.

Remove rind & add lemon juice

Place in shallow container & freeze

Whisk egg whites till stiff but not dry

Break up frozen lemon ice & fold in egg white.

Store in freezer tray or container & freeze till solid.

Place in fridge for about 1 hour to soften before serving.

Decorate with mint leaves.

The employee who watches the clock will always be one of the hands.

Lemon Freezer Pudding

3 Eggs separated

125g/4oz Castor Sugar

25ml/10floz double cream

2 lemons

Line 2 pint tin with saran

Whisk egg whites till stiff peaks form

Gradually whisk in sugar bit at a time

In clean bowl whisk together egg yolks
& cream till thick.

Fold in egg whites with lemon juice & rind

Spoon into tin & chill 1 hour. Then

freeze 4 hours or till needed.

Remove from freezer 1/2 hour before
serving. Turn out & decorate with
lemon slices & lemon balm leaves.

When success turns a person's head,
he is facing failure.

Chicken Liver Pate

240gm/8oz Chicken Livers

240gm/8oz Butter (room temp.)

1 Tbsp Brandy

2 tsp Dry Mustard

1 tsp Thyme

2 cloves Garlic

Melt 1 oz Butter in heavy frying pan
& fry livers for about 5 minutes

When cooked transfer to blender

Melt rest of butter(reserve 2oz) Add
to livers with other ingredients.

Blend well.

Season to taste.

Divide into 2 ramekins and pour over
remaining butter.

Cover with saran and chill.

Best left 2 or 3 days in fridge before
serving with lots of hot toast.

The dog is loved by old and young
He wags his tail and not his tongue.

Pound Cake

3/4 cup Butter	3 Eggs
1/2 cup Sugar	1 tsp Vanilla
1/2 cup Syrup	1 Tbsp Grated Orange Rind

2 cups Sifted Cake & Pastry Flour

1/2 tsp Baking Powder

Grease 9x5 loaf pan. Line with heavy brown or wax paper and grease the paper. In mixer bowl combine syrup, butter, sugar, eggs vanilla and orange rind. Beat on high for 30 seconds to 1 minute. Add flour and baking powder gradually to first mixture. Put in prepared pan. Bake 300 degrees 1 1/2 hours. Cool.

Store for a few days to mellow flavour before slicing. Ruby Walker,
Big Meadows W.I.

If you are set on making it good somewhere, why not make good where you are.

Toque for Preemies - 1 ball Baby Wool
makes 4. Needles 3.5mm small. 54 st.

K1 P1 for 2 3/4 inches

Dec 4 St. evenly

K every row for 1 1/2 inches

Crown: Row 1 K3 K2 tog.

Row 2,3,4, K

Row 5 K2 K2 tog.

Row 6,7,8, K

Row 9 K1, K2 tog.

Row 10,11,12 K

Row 13 K2 tog.

Row 14 K2 tog.

(Crown same for all sizes)

Thread wool through remaining
stitches & sew up back seam.

Valerie Nixon Grimshaw W.I.

Something dribbled on your new blouse
Immediately take a salt shaker & cold
water. It is amazing how often it will
save the day. Millie McLevin

To clean copper: Mix lemon juice & salt
G.Palmer

Stuffed Tomatoes

4 Beefsteak Tomatoes

3 Tbsp chopped Parsley

2 Tbsp chopped Basil

1 Tbsp chopped Mint

4 Tbsp grated Parmesan

6 Tbsp fresh Breadcrumbs

2 Tbsp Olive Oil

Cut tomatoes in half horizontally. Scoop out some of the inside.

Sprinkle insides with salt & leave to drain upside down on kitchen paper.

Mix together remaining ingredients except olive oil.

**Fill tomato halves with the mixture & drizzle with olive oil prior to baking in oven till golden brown and tender. 400 degrees F
25 minutes**

Serve hot.

**The best time to accomplish something is -
the day before tomorrow.**

Melon Herb Salad

1 Honeydew Melon

1 lb Tomatoes

1 large Cucumber

Salt

1 Tbsp Parsley

1 Tbsp chopped Mint & Chives

French Dressing

Cut melon in half, remove seeds and scoop out flesh with melon baller or cut in cubes.

Skin and quarter tomatoes. Squeeze out seeds & remove core.

Peel & chop cucumber.

Serve in a dish & sprinkle the herbs and dressing on top.

People who live it up may one day
have to live it down.

When boiling vegetables in a pot, add 1/4 tsp margarine. It keeps the pot from boiling over.

Washing Windows: Add a few drops of Sunlight Soap to warm water. Bugs & stains will dissolve instantly. Millie McLevin.

Grimshaw W.I.

There is no nutritional or flavor difference between white or brown shelled eggs. It is the breed of hen that determines the color of the shell.

If you put oranges in a hot oven before peeling them, no white fibre will be left on them & if you squeeze them you will get almost twice the amount of juice that you would normally.

Sprinkle baking soda on your front steps to provide traction and melt the ice. Mix with sand for greater traction. Will not damage shoes or other surfaces.

A circular mesh cover with red beads on circumference for microwave use. Available in supermarkets. (approx: \$1.50) To clean rinse under tap. Shake. it will be dry in 5 minutes. F.B.

Hints

Sore throat: 1 tsp Cider vinegar
in glass of water. Gargle &
swallow so it gets to back of throat.

Apply non stick cooking oil to
beaters so dough won't climb up
beaters.

If you have any little critters in
garbage cans or anywhere ..Mix
2 Tbsp liquid dish soap
2 Tbsp cayenne pepper
1 quart of water (use in spray bottle)

Use WD 40 to remove crayon. Wipe
with paper towel and then wash with
liquid dish soap.

One Bowl Cookie Crunch Bark

8 squares Bakers semi-sweet Chocolate
1 cup coarsely chopped sandwich style
cookies

Partially melt chocolate over hot water till
melted and smooth. Stir in cookies.

Pour chocolate onto wax paper lined cookie
sheet.

Gently tap cookie sheet on counter to smooth
surface. Refrigerate til firm. (One hour)

Store in refrigerator for up to 3 weeks. Break
into 20 pieces.

OR: Substitute half chocolate with White
chocolate and use whole toasted almonds
instead of cookies

For ladies who can't keep a screwdriver in
their house. Store it in the teatowel drawer.
They won't look there.

To take the paint off your hands use baby
wipes

Use hot milk to mash potatoes. They will
stay hot longer.

To remove water spots from furniture,
take an old tooth brush & some baking
soda. Wrap bristles in soft cloth & dip
in baking soda. Rub gently.

To remove burnt spots from bottom of
an iron, let the iron cool then apply tooth-
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Vanilla will ease the pain. (Apply it, don't
drink it!)

Brown Sugar is white sugar that has been tossed
in cane molasses to colour it then refined. It
could be artificially colored. Izora Watson
Grimshaw W.I.

Boodles Fool

2 oranges

1 lemon

1-2 Tbs Castor Sugar

280ml/10fl oz Double Cream

1 box trifle sponge cakes

Line a dish with the sponge cakes
cut to about half an inch thick.

Whip cream until thick but not
too stiff.

Sweeten juice of fruit with sugar

Add rind and juice to cream

Combine well

Pour over trifle cakes & chill in
fridge overnight.

Some people wait for something
to turn up, others start with
their sleeves.

When using a canner to can fruit,
pour about 1/2 cup vinegar in the water.
The glass jars will come out shiny

1 tsp Cream of Tartar, plus 1/2 tspn
Baking Soda equals 2 tsp Baking
Powder.

1/2 cup Water, 1/2 cup Vinegar
1/2 cup rubbing Alcohol put in
a spray bottle is a good mirror &
window cleaner.

Cleaning Teflon Frying Pans

Add 1 cup water, 2 Tbs Soda, 1/4 cup
Bleach. Boil 5 mins. Dry well. Before
using wipe with salad oil.

A quick way to measure honey...rub a
little oil inside of measuring cup first.

To get the most out of fine garden
seeds, mix each package with 1/2 cup
sifted breadcrumbs. Reduces amount
of thinning & makes them easieer to
handle.

Izora Watson Grimshaw W.I.

Out of old Nova Scotia Kitchens

1/2 cup Cornmeal	1 pkt Yeast
2 cups Boiling Water	1/2 c warm water
2 tbsps Shortening	1 tsp Sugar
1/2 c Molasses	5 cups Flour
1 tsp Salt	

Stir Cornmeal into boiling water. Stirring continuously. Add salt, shortening & molasses. Cook until mixture looks like porridge. Cool. Dissolve yeast in warm water. Add yeast. Add to cooled porridge with flour. Knead well. Put in greased bowl. Rise till double. Bake 350 for 50-60 minutes. Brush bread with warm melted butter. Turn on side to cool.

Zucchini Omelette

1/2 c chopped Zucchini)
1 Tbsp Butter) Fry till tender
1/4 c Grated cheese - Add

2 Eggs beaten, 1/8c Water, 1/4tsp Dry Dill
Salt & Pepper - cook these in small amount
oil. place zucchini in centre, fold over, serve on
warm plate. (Gay Jones

Big Meadow W.I.)

Making Jam

When fruit & sugar are boiling add a dessert spoon of butter or marg & no scum will form. It also keeps it from boiling over & the butter does not affect the jam or jelly.

Before painting woodwork fill in holes & cracks by mixing flour with some paint you are going to use. The mixture hardens like cement & matches perfectly.

To crush nuts, place them in a plastic bag or between wax paper. Crush with rolling pin to avoid messy clean up.

For plumper raisins, soak in orange juice then store in refrigerator.

For clogged drain use 1 cup Baking Soda & 1 cup Vinegar. As solution foams, flush with at least 2 cups of Boiling Water.

A melted chocolate bar is a quick easy way to make a delicious frosting.

To remove marks from walls, such as felt marker etc. use toothpaste & rub along length of mark with a dry cloth until stain is removed. Wash with warm water.

Oven Cleaner

A quick & easy way to clean the oven is to place a saucer of soapy water and one teaspoon of ammonia in the oven overnight. Next morning the grease can be washed off with a minimum of scrubbing.

To avoid "ickey" ice cream in containers, tidy interior, press contents, cover snugly with saran wrap. This keeps ice-cream from "sugaring off".

Keep cheese fresh by wrapping with a piece of vinegar-saturated cheesecloth (or material of choice).

Save a Salad Bowl

To keep wooden salad bowls from cracking, wipe them inside and out with paper towel soaked in cooking oil. Do this in the evening & next morning wipe away excess oil.

Winnie Condrotte
Grimshaw W.I.

Two Days We Should Not Worry
There are two days in every week about
which we should not worry.
Two days which should be kept free from
fear and apprehension.

One of these days is Yesterday with all its
mistakes and cares,
it's faults and blunders, its aches and pains.

Yesterday has passed forever beyond our
control.
All the money in the world cannot bring
back Yesterday.

We cannot undo a single act we performed.
We cannot erase a single word we said.
Yesterday is gone forever.

The other day we should not worry about is
Tomorrow,
with all its possible adversities, its burdens,
its large promise and its poor performance.
Tomorrow is also beyond our immediate
control.

Tomorrow's sun will rise
either in splendor or behind a mask of
clouds, but it will rise.
Until it does, we have no stake in Tomorrow
for it has yet to be born.

This leaves only one day, Today.
Any person can fight the battle of just one
day.

It is when you and I add the burdens of
those two awful eternities,
Yesterday and Tomorrow that we break
down.

It is not the experience of Today that drives
a person mad.
It is the remorse or bitterness of something
which happened Yesterday
and the dread of what Tomorrow may bring.

Let us, therefore, Live but one day at a time.
Author Unknown (contributed by E Welter
Grande Prairie W.I.)

Table For One

The house is still, sometimes has a chill
Of that there is no doubt.
It's sort of drear, no-one's noisy here,
There are no kids about.

Back twenty years, there was laughter & tears
How busy those days were!
Four kids to drive, all under five,
Some days were just a blur.

Noses to wipe and letters to type,
Clothes to wash and sort.
Toenails to cut. Open doors to shut
They each had a planter's wart!
There was bread to bake & meals to make,
And fabric I needed to sew.
Then out to the yard to hoe real hard
To make sure my graden would grow.

Late at night, kids tucked in tight,
So tired but wished I had time,
To take paper & pen, write words & then
Have fun just making them rhyme.

[illegible]

My table's gone, that stretched out long
A small one took its place.
I've a problem small as I look at the wall,
There's no one to ask to say grace!

I prepare for six, are my eyes playing tricks?
How can I eat all that?
There's food to spare, where's my
Tupperware?
Freeze it quick, before I get fat!

So take my advice, I'll make it precise
Enjoy them before they move out.
A table for one is not too much fun,
Cause then, there's no kids about.
from "Lynn's Reflections"

Consider the turtle - he makes progress only when he sticks his neck out.

Why The Fuss

This article was taken from the
Watefront Press Lumsden Sask.

The author is unknown.

Why all this fuss about saving
the family farm? We don't need
Farmers anymore. Just look! The
stores are full of food!

And besides, won't food be a lot
cheaper when the large corpor-
ations take over agriculture? After
all, they're so much bigger and
everyone knows bigger is better
and, of course, more efficient.

I've seen big, efficient farmers
own fields all over the country.
They spend a lot of their time
running up and down the roads
with their 8-wheeled tractors and
30 foot implements, going from
field to field, and I know a 300hp
tractor can pull those big implements
over the road much more efficiently
than a 50hp can!

I can't figure out why farmers are
complaining so much. Take the
beefsteak farmers, for example. I
paid \$3.98 a lb for steak yesterday.

A cow weighs about a ton, I guess. So there's 2000 times \$3.98, which equals \$7960 the farmer got for the cow. And he must have a hundred of those big rangy black and white cows out there in his barns with their heads sticking through those trapper things.

Milk! Dear me! I pay over \$2 a gallon for milk, and if he can't make it on that, he's just lazy.....

And breakfast cereal! A 16oz box of flakes cost me \$2.20. There's 60lbs in bushel of wheat. So 60 times \$2.20 equals \$132 a bushel that farmers get for wheat and one farmer raised about a million bushels, I think.

Another thing all those cow farmers are doing wrong. They underutilize their land. You drive down the highway & you usually see the big, green pasture with maybe 100 cows in there. But he could put 1000 on it, 4000 if he really packed them in.

Take apples! Seventy cents a pound and the apples weigh nearly 1/2 lb. So these apples are like 50 cents each. If a farmer can't sell two apples for \$1 and get by, he'd

better move to town.

Farmers make a lot of extra work for themselves. They cut wheat down every year. They should let it grow and come back year after year, like apple trees.

And another thing, farmers fail to keep up with consumer's tastes.

For example, farmers still have their hogs produce lard, but Mrs. Suzy A. Public wants hydrogenized oils. And they will still use both male and female chickens, but people don't eat roosters anymore.

Those farmers should hatch only hens because customers today want only chicken breasts.

I don't know a thing about farming, but I bet I could do a lot better job of it than those farmers do.

Yorkshire Pudding

1 large Egg or 2 small

3/4 pint Milk

1 Tbsp Cold Water

1/2 tsp Salt

3/4 cup Flour (approx. to make a
fairly thin batter

Beat milk and eggs and salt together

Add Flour. Beat well. Let stand.

Repeat the beating.

Bake in very hot oven 420 degrees

in oiled muffin pans Approx 20 minutes

Diane Smith Grimshaw W.I.

Peanut Candy

2 cups Sugar

1 Tbsp Corn Syrup

1 Tbsp Butter

1/2 tsp Salt

1/2 Tbsp Soda

1/2 cup Peanuts

Put butter & syrup in heavy saucepan. Add
sugar. Melt. Mix soda and salt together. Add
to sugar. Add peanuts. Mix. Put in buttered
dish.

What's A Grandmother?

(letter from a third grader)

A Grandmother is a lady who has no children of her own. She likes other people's little girls and boys. A grandfather is a man grandmother.

He goes for walks with the boys, and they talk about fishing & stuff like that.

Grandmothers don't have to do anything except to be there. They're so old that they shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is, and have lots of dimes ready. Or, if they take us for walks, they should slow down past things like pretty leaves and caterpillars. They should never say "hurry up".

Usually grandmothers are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums off.

Grandmothers don't have to be smart, only answer questions like, "Why isn't God married" & "How come dogs chase cats?"

Grandmothers don't talk baby talk like visitors do, because it is hard to understand. When they read to

us, they don't skip or mind if it is
the same story over again.

Everybody should try to have a grand-
mother, especially if they don't have a
television, because they are the only
grown-ups who have time.

Kids Get The Last Word

A first grade teacher purportedly gave each
kid in her class the first half of a proverb and
had them come up with the rest. This is
how it turned out.

A penny saved is.....not much
Two's company, three's...the Muskateers
Don't put off till tomorrow what...you put
on to go to bed.

Laugh & the whole world laughs with you,
cry and....you have to blow your nose.

Children should be seen and not...spanked
or grounded.

If at first you don't succeed...get new
batteries.

You get out of something what you...
see pictured on the box.

When the blind leadeth the blind....get
out of the way.

Mary Stuart Collect

Keep us, O Lord, from pettiness.
Let us be large in thought, word &
deed. Let us be done with fault finding
and leave off self-seeking. May we put
away all pettiness and meet each other,
face to face without self pity and
without prejudice.

May we never be hasty in judgement,
always generous. Let us take time for
all things. Make us grow calm, serene
and gentle.

Teach us to put into action our better
impulses straightforward and unafraid.
Grant that we may realize that it is the
little things that create differences. That
in the large things in life we are one.
And may we strive to touch and know
the great human heart common to us all
and, O Lord God, let us not forget to
be kind.