

Cooking Up **A STORM**



*A collection of recipes and memories to celebrate the
15th anniversary of the Halifax North Branch
Library Women's Group*

Cooking Up A Storm

A Cookbook of the Halifax North Branch
Library Women's Group

To the Women's Group
of the North Branch Library
a very special Thanks
for this Book.
may God Be with you
all.

The Family of
Dr. Mairiel Hamilton

Published by the Halifax City Regional Library

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Maeve Lorde - Cox
Jan Skinner
Rose Lucas
Beatrice Cooke

Fifteen years ago, a small group of women from the North Branch Library area got together at the library to discuss the problems local residents were having with stray dogs. This meeting was called by Gloria Wilson, a staff member at the Halifax Housing Authority and Joan Brown Hicks, at the Halifax City Regional Library. Soon we were meeting on a weekly basis - with the S.P.C.A. - with a medical doctor to discuss health concerns - with Halifax Housing to discuss new pet regulations. We haven't stopped since!

Wednesday mornings may bring in guests to discuss arthritis, asthma, nutrition - the police to discuss the need for a community police office - tenants to discuss the regeneration of Uniacke Square or we may find ourselves making Christmas wreaths or going down the valley to pick strawberries. Those yearly visits to the Late Mrs. Edith Clayton's home to make our annual Christmas wreath were a highlight of our holiday season. Mrs. Clayton's daughter, Clara Gough carries on this tradition with us now.

In the beginning, meetings were held in the North Branch's basement room (now a staff room). Presently, we are enjoying the newly-renovated space in the Terry Symonds Auditorium. Over the years, the women have raised concerns about issues both local and global. We have had guests from South Africa, Jamaica, Cuba and St. Vincent through the auspices of Oxfam Canada. We have held regular Wednesday events in February to celebrate Black History Month. We have celebrated a number of our women with the YWCA at their Women's Recognition dinner. It is this Women's Group that helped get the upgrading program started at the North Branch Library, a number being the first participants to join.

But it is the caring and sharing that takes place on a weekly basis that keeps us all going strong - Cooking Up A Storm!

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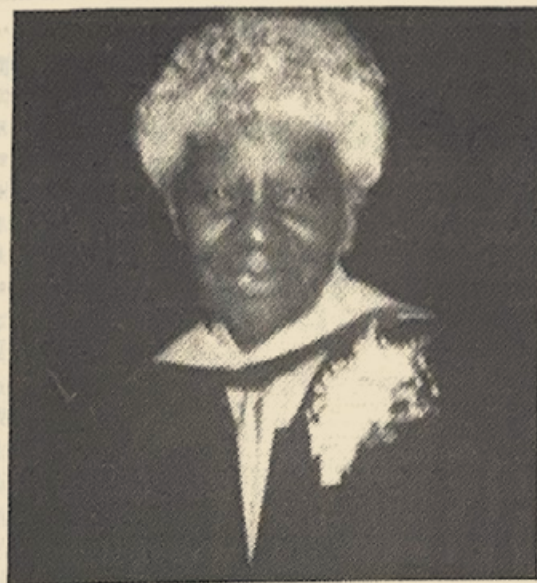
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DEDICATION

The North Branch Library Women's Group
dedicate this book
in memory of

Dr. Marie Hamilton

community worker, educator, and friend.



Dips Hors D'Oeuvres Sauces



Dips

CHIP DIP

- 1 small package philadelphia cream cheese
- 1 can lobster paste
- low cal. Miracle Whip (to taste)

Cream the softened cheese with a spatula. Add lobster paste.
Add Miracle Whip (to taste) mix well.

- Maude Lorde-Cox

CRAB DIP

- 8 oz. package cream cheese
- 1 can of crab (drained)
- 1/2 cup mayonnaise
- 1 tsp. horseradish
- 1 tbsp. lemon juice
- 1 tbsp. ketchup

Mix all the above in food processor.

- Maude Lorde-Cox

GREEN-ONION DIP

- 1 cup sour cream
- 1 envelope beef - flavor bouillon
- 1/4 cup thinly sliced green onion
- 1 tsp. worcestershire sauce

(Serve with potato or corn chips) In a small bowl, mix ingredients.
Cover and refrigerate.

- Marg Dwyer

VEGETABLE DIP

- 1 large package cream cheese (8 oz.)
- 1/3 cup miracle whip
- 1/4 cup Italian salad dressing
- pinch of garlic powder
- pinch of onion powder

Combine all the above ingredients into a bowl and beat with electric mixer till smooth and shiny. Very tasty.

- Jennifer Lewin

YOGURT - CHEESE DIP

- 1 - 8 oz. package cream cheese, softened
- 1/2 cup plain yogurt
- pinch of salt
- 1/8 tsp. dill

In a small bowl, cream cheese with mixer until smooth and fluffy.
Gradually beat in next three ingredients until smooth and thoroughly blended. Spoon into serving bowl. Serve with fresh vegetables.

- Marg Dwyer



Hors D'Oeuvres

MUNCHIES

1 pkg. each of Cheerios, Shreddies, Puffed wheat or Rice, Cheese Tidbits, Alphabets, Pretzel Sticks, peanuts

1 lb. margarine or butter
3 tbsp. worcestershire sauce
1 tsp. garlic salt
1 tsp. celery salt
1 tsp. salt

Melt butter, add salts & sauce. Stir. Bake 2-1/2 to 3 hours at 225F. Stir often.

- Joan Brown Hicks

NUTS AND BOLTS

1 large box of Cheerios
1 large box of Shreddies
1 box of Pretzels
2 cups of peanuts

SAUCE

1 lb. margarine
1-1/2 tsp. grated onions
1 tsp. garlic salt
1 tsp. salt
1-1/2 tsp. worcestershire sauce
1 tbsp. chili powder

Mix first four ingredients together in large roasting pan. Melt sauce ingredients together. Pour over ingredients in roasting pan. Cook at 200F for 2 hours. Stir occasionally.

- Jennie Lewin

PICKLED EGGS

12 hard-boiled eggs
1-1/2 cups vinegar
1/2 cup water
1 tsp. salt
1 tsp. pickling spice (tied in a small bag)

Peel eggs and place in large jar. Place remaining ingredients in saucepan and boil 5 minutes. Strain over hard-cooked eggs. Cover and refrigerate. Let eggs stand at least 3 days before using.

- Rose Lucas

SALMON CHEESE BALL

2 x 7-1/2 oz. cans salmon drained, de-boned, de-skinned
8 oz. philadelphia cream cheese
2 tsp. lemon juice
2 tsp. horseradish
1-1/2 tbsp. grated onions
1/4 tsp. salt

Soften cheese, add lemon juice and salt. Mash together. Add horseradish, onions and salmon. Put bowl in freezer 1 hour to chill. Use wax paper. Roll in crushed walnuts.

- Maude Lorde-Cox

NORTH BRANCH
LIBRARY

WOMEN'S GROUP

2285 Gottingen Street

WEDNESDAY APRIL 20TH
10-12 AM.

Co-op Housing Plans For The
Proposed Discovery Centre
On Gottingen St.

Resource People: Theresa Thomas
Project Coordinator,
Neighbourhood Housing

WEDNESDAY APRIL 27TH
10-12 AM.

Financial Planning & Procedures For
Non-Profit Organizations

Ron Skibbens
Vice Chair, Neighbourhood
Housing Co-op

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SWEET & SOUR MEATBALLS

Meat Mixture

- 1 lb. hamburger
- 1 tbsp. sesame oil - (important for flavour)
- 1 tbsp. chopped onion
- 2 tbsp. flour
- 1/2 tsp. garlic, grated
- 1 tsp. salt
- 1 egg
- 1 tbsp. soy sauce
- 1 tbsp. wine
- 2 tbsp. cornstarch
- 1 tbsp. oil
- 1/4 cup chopped green pepper (optional)

Sauce

- 5 tbsp. sugar
- 4 tbsp. vinegar
- 3 tbsp. soy sauce
- 1 tbsp. wine
- 1/2 tsp. salt
- 1/2 cup water

Mix first 10 ingredients (meat mixture) well and form into small balls. Heat oil to 360F. and deep fry or pan fry. Saute green pepper in 1 tbsp. oil for 1 min. Drain meat balls while heating sauce ingredients in a sauce pan. Bring sauce to a boil.

Mix cornstarch with water: 1-1/2 tbsp. cornstarch, 1-1/2 cups water. Add to sauce to thicken. Add meatballs, green pepper and 1 cup pineapple, if desired. Serve hot on rice.

- Beatrice Cooke

Marinades & Sauces

CHINESE MARINADE

- 1/2 cup soy sauce
- 1/2 cup dry sherry
- 1/2 cup water
- 2 tablespoons liquid honey
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced

Combine all ingredients. Marinate pork steaks or ribs in a shallow glass dish for 2 hours at room temperature. Barbecue, turning frequently and basting with the marinade.

- Marg Dwyer

HERB AND OIL MARINADE

- juice and grated rind of 1 orange
- 1/4 cup lemon juice
- 1/4 cup vegetable oil
- 1/2 tsp. ginger
- 1/2 tsp. sage
- 1 clove garlic, minced
- freshly ground pepper

Combine and brush over pork steaks or ribs. Allow to marinate in a shallow glass dish for 2 hours. Baste with marinade during barbecuing.

- Marg Dwyer

HAWAIIAN SAUCE

- 1 cup pineapple juice
- 2 tablespoons dry sherry or lemon juice
- 1 tsp. ginger
- 1 tablespoon soy sauce
- 2 tablespoons cornstarch
- 2 tablespoons water

Heat pineapple juice, dry sherry and ginger. Combine cornstarch and water. Stir into other ingredients when they have come to a simmer. Cook on low heat 5 minutes to thicken. Serve over barbecued pork steaks or chops. Makes 1 cup.

- Marg Dwyer

A Well Planned Meal

*Something soft and something crisp
should always go together
And something hot with something cold
no matter what the weather
Something bland needs the compliment
of something with tang and nip
Follow these rules and all your meals
Will have **taste** appeal and zip.*

*For every ailment under the sun,
There is a remedy, or there is none,
If there be one, try to find it
If there be none, never mind it.*

B.M.J. (something to remember me until I return)

Beatrice Johnson

Beverages



Beverages

BLACK COW

6 oz. canned root beer - chilled
1 scoop of vanilla ice-cream

1. Into a chilled 10 oz. glass, pour chilled root beer.
2. Top with a generous scoop of slightly softened ice cream.
Serve with straw and a teaspoon.

- Marg Dwyer

BLUEBERRY WINE

2 qts. blueberries (2 litres)
4 qts. boiling water (4 litres)
6 cups sugar (1.5 litres)
3 cups prunes (750 ml.)

Add boiling water to berries and crush berries. Bring to boil and cook 10 minutes. Strain juice and add 6 cups (1.5 litres) of sugar to 1 gallon (4 litres) juice. Cool to lukewarm, add prunes and 1 pkg. yeast. Cover with cloth and let stand in a warm place for 2 months.
Strain, bottle and cork.

- Rose Lucas

CHOCOLATE-ORANGE SODA

16 oz. can frozen orange juice (concentrate)
1-1/2 cups chocolate syrup mixture
1 can of water (juice can size)
2 pints vanilla ice cream
28 oz. bottle club soda, chilled

In medium bowl stir in orange juice, chocolate mixture until smooth. Stir in water. Pour 1/4 cup chocolate-orange mixture each into eight 12 oz. glasses. Add 1 large scoop ice cream to each.
Add soda to fill almost to the top.

- Marg Dwyer

CRANBERRY / GINGER ALE PUNCH

1 large bottle cranberry juice
1 large bottle gingerale

Mix equal parts in a punch bowl. Stir in ice cubes and lemon or lime slices. Sprite or 7 Up may be used in place of ginger ale.

- Mary Dwyer

DIET SHAKE (Diabetic Recipe)

1 can diet soda, any flavour
1/3 cup instant nonfat dry milk
1/2 cup fresh fruit
1/8 tsp. artificial sweetener
1/2 tsp. vanilla
1/2 tsp. extract, strawberry, almond, rum or brandy
1 cup coarsely crushed ice

Combine all ingredients in blender, whirl at high speed until frothy and blended.

- Maude Lorde-Cox

EASY PARTY PUNCH

1 (48oz.) can pineapple juice (chilled)
1 (48oz.) can orange juice (chilled)
1 (48oz.) can apple juice chilled
1 (2 litre) bottle gingerale

In a large punch bowl, combine juices just before serving. Add ginger ale. Makes about 50 servings. You may top with scoop of firmly frozen sherbet & ice (about 4 pints each).

- Maude Lorde-Cox

EGG NOG

- 12 eggs, separated
- 1-1/2 pts. of half and half cream
- 4 cups sugar
- 1 tsp. nutmeg
- 1 tsp. salt
- 6 qts. milk

Beat egg yolks until lemon coloured. Beat in sugar and salt. Slowly add cream, nutmeg & milk. Fold in well-beaten egg white. Makes about 2 gallons.

- Maude Lorde-Cox

GINGER BEER

- 2 oz. ginger-root slightly crushed
- 2 lemons - cut in slices
- 2 oz. cream of tartar
- 2 lb. brown sugar
- 1 yeast cake

Over the above, pour 12 quarts of boiling water and when it becomes tepid, add one yeast-cake dissolved in water. Let stand over night in warm place, strain and bottle. Before putting away, let stand 12 hours in a warm place.

- Frances Bruce

GOLDEN GLOW PUNCH

- 3 oz. package orange-flavored gelatin
- 6 oz. can frozen pineapple orange juice concentrate
- 4 cups apple juice
- 1 pt., 12 oz. bottle (3-1/2 cups) ginger ale, chilled

Dissolve gelatin in 1 cup boiling water. Stir in pineapple - orange concentrate. Add apple juice and 3 cups cold water. Carefully pour in chilled ginger ale. Makes about 25 four oz. servings.

- Rose Lucas

GRAPE PUNCH BASE

- 2 cups water
- 4 long cinnamon sticks
- 1 tbsp. whole cloves
- 1 can 6 oz. frozen grape juice concentrate
- 1 cup lime juice
- 3/4 cup sugar
- bunch of grapes
- 1 qt. carbonated water

Bring water, cinnamon sticks and cloves to boiling in sauce pan, simmer 5 min. Strain into bowl, stir in grape concentrate lime juice and sugar. Place grapes in jar or wide mouth bottle, pour in juice mixture, seal, keep refrigerated. To serve, pour punch in pitcher, add one bottle (1 qt.) carbonated water and ice cubes, makes 2 quarts punch.

- Ferne Skinner

HOLIDAY NOG

- 2 pts. vanilla ice cream
- 1/2 cup milk
- 1/4 tsp. rum extract
- 1/4 tsp. ground cinnamon

Pour ice cream in a large bowl. Let stand until melted, until it becomes liquid. Whisk in the milk, rum extract and nutmeg. Cover the mixture and refrigerate until well chilled, about 30 minutes. Sprinkle each serving with additional nutmeg.

- Marg Dwyer

HOMEMADE CONDENSED MILK

- 1 cup skim milk powder
- 2/3 cup sugar
- 3 tablespoon margarine
- 1/3 cup boiling water

Combine milk powder with sugar. Stir margarine into boiling water, until melted, pour into dry mixture, beat 2 minutes or until smooth and creamy, cover and refrigerate 8 hours. Makes 1-1/4 cup.

- Ferne Skinner

HOT TODDY

Juice of 1 lemon
2 tbsp. honey or sugar
3 oz. of Rye or whiskey
boiled water

Put juice of 1 lemon in tall glass or mug. Sweeten with honey or sugar. Add whiskey or rye. Fill glass with boiling water. Stir and drink.

- Jennie Lewin

ICED COFFEE

Hot double strength coffee
ice cubes
cream - optional
sugar - optional

Brew coffee double strength. Fill tall glasses with ice cubes and slowly pour in hot coffee. Serve with cream and sugar if desired.

- Marg Dwyer

ICED TEA, FAMILY STYLE

fresh cold water
1/3 cup loose tea or 15 tea bags
ice cubes
sugar
lemon slices

In 3-quart saucepan over high heat, bring 4 cups fresh cold water to a boil. Remove from heat. Stir in tea. Cover and let steep for 5 minutes. If using loose tea, strain. Pour into a pitcher containing an additional 4 cups of water. Cover and let stand until ready to serve. Serve over ice cubes with sugar and lemon slices.

- Marg Dwyer

LEMONADE

1/2 cup lemon juice or (2 lemons)
3 cups cold water
1/2 cups sugar
Ice Cubes

Add sugar to juice. Stir in cold water. Pour over ice in glasses. For hot lemonade use hot water instead of cold.

- Maude Lorde-Cox

PINEAPPLE EGG NOG

2 cups chilled pineapple juice
1 egg or 2 yolks
1 tsp. honey
1 pinch salt
1-1/2 tbsp. lemon juice
1/4 cup cracked ice.

Combine all ingredients in a blender. Blend well and chill.

- Maude Lorde-Cox

PUNCH

4 cans of frozen orange juice
4 cans of frozen lemonade
2 large cans of pineapple juice
2 cans of cranberry cocktail juice
8 to 16 cups of cold water
2 large bottles of ginger ale
(about 4 oranges)

This will make about 100 cups.

- Beatrice Cooke

SUGAR-FREE CRANBERRY PUNCH

1 bag cranberries
1 large can pineapple juice
1 large can apple juice
a large bottle diet sprite (2L)

Simmer the cranberries in 1 cup of water until they pop. Mash, strain through four layers of cheesecloth. Cool the cranberry juice and add all the juices together. Float sliced lemons, limes, strawberries etc. on top.

- Maude Lorde-Cox

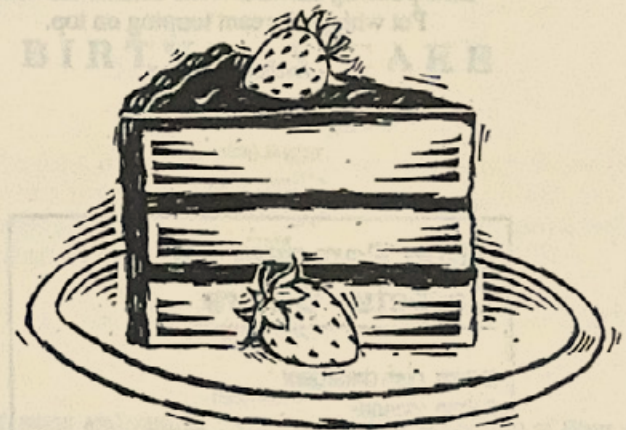
Carpet Dents

Remove the dents left in carpeting after moving heavy furniture by pouring a little warm water into the depression before bedtime. By morning the nap should have lifted.

Instead of using fabric softening sheets, its cheaper to soak a sponge in liquid softener, wring it and pop it in the dryer.

Ferne Skinner

Cakes Cookies Desserts



Cakes

BAKED CAKE AND BLACKFOREST PUDDING

1/2 cup cocoa
1-1/2 cups white sugar
2 litre container milk
1/2 cup margarine
make up a chocolate cake mix
cornstarch

Melt margarine and cocoa together in large pot. Put milk into mixture, stir in sugar. Bring to a boil, stirring constantly. Add enough cornstarch to thicken mixture. Cut cake into squares and squash it down into large bowl.

Pour pudding into bowl with cake.

Let stand and cool in fridge.

Line pudding and cake with canned cherries

Put whipped cream topping on top.

- Isabel Johnson

Stain Remover for Carpets - Chairs

2 tbsp. dish detergent
3 tbsp. vinegar
1 qt. warm water
Work into stain and blot as dry as possible

Ferne Skinner

BANANA CAKE

1-1/4 cup sifted cake flour
3/4 tsp. cow brand baking soda
1/2 tsp. salt
1/2 cup vegetable shortening
1 cup sugar
2 eggs
3/4 cup mashed banana (about 2 medium bananas)
1/2 cup buttermilk

Sift together flour, cow brand, and salt. Using an electric mixer, cream shortening in large bowl, gradually add sugar and continue beating until light and fluffy. Add eggs one at a time, beating after each addition. Blend in mashed banana. Add dry ingredients to banana mixture and mix well. Turn into greased and floured 9 in. sq. pan. Bake in 350F oven 35 mins. or until toothpick inserted in centre comes out clean. Cool on rack.

If desired, sift icing sugar over cake or top with whipped cream.

Makes one square cake.

- Rose Lucas

BIRTHDAY CAKE

1 cup butter or margarine
2 cups sugar
1 tsp. vanilla
2-1/2 tsp. baking powder
3 eggs
1/2 cup milk
3 cups flour
1/2 cup hot water

Method:

Cream butter, sugar and vanilla. Beat in one egg and one cup of flour at a time. Add baking powder in last cup of flour. Stir in milk and hot water.

Bake about 45 mins at 350F.

- Laura Howe

BOWL WHITE CAKE

Put in bowl 1-2/3 cups of flour, 1-1/4 cups sugar, 3 tsp. baking powder, 1/2 tsp. salt, 1/2 cup shortening, 3/4 cup milk.

Beat 2 minutes, add 2 eggs, 1 tsp. lemon extract, beat one minute. Put in 8 x 8 or round pan, bake 45 to 50 minutes, 350F oven.

- Ferne Skinner

CHRISTMAS CAKE

2-3/4 squares of butter, do not use margarine

1-1/2 cups white sugar

6 eggs

3-1/2 cups flour

1/4 cup milk

1/4 cup orange juice

1 tsp. baking powder

1/2 tsp salt

1 tsp. almond extract

2 cups white raisins plumped (cover with boiling water & drain)

2 bottles red cherries

2 bottles green cherries

Grated orange rind

Drain overnight, then cut in pieces. Grate rind of orange, cream butter, add rind, add sugar, eggs (two at a time unbeaten), add orange juice, flavouring, add flour and milk alternately, add fruit. Bake at 250F for 2-1/2 to 3 hours on two layers of wax paper in angel cake pan.

P.S. I use 1/2 cup of the flour over fruit so it doesn't go to the bottom. Cake freezes well.

- Ferne Skinner

COLD WATER POUND CAKE

1 cup butter

2 cups white sugar

3 eggs (beaten one at a time)

1 tsp. baking powder

3 cups flour

1/2 tsp. salt

1 tsp. lemon

1 tsp. almond

1 cup cold water

Mix butter and sugar until fluffy and add beaten eggs, add flour, baking powder, salt, lemon, almond, mix well and add cold water. Bake at 350F for 2 hours.

I use a round pan, greased and floured.

- Jean Skinner

CORN BREAD - JOHNNY CAKE

1 cup all purpose flour

1 cup yellow corn meal

1/4 cup sugar

4 tsp. baking powder

3/4 tsp. salt

2 eggs

1 cup milk

1/4 cup cooking oil or melted shortening.

Stir together dry ingredients, add eggs, milk and oil. Beat until smooth but do not overbeat. Pour into 9 x 9 greased pan. Bake 425F for 20-25 minutes.

- Jean Skinner

ISABELLE'S CARROT CAKE

2 cups sugar
1-1/2 cup veg. oil (less 2 tablespoons)
4 eggs
1 tsp. salt
1-1/2 tsp vanilla
2-1/2 cups flour
1 tsp. baking soda
2 tsp. cinnamon
3 cups grated carrots
salt

Mix in a large bowl
sugar, oil, eggs, vanilla for 2 min.
Gradually add flour, soda, cinnamon & salt
I also add lots of raisins - approx 1-1/2 cups
Fold in carrots last
This is a lot of batter (I use a 10" tube pan)
Grease flour pans. Bake 30 mins. 350

Cheese Frosting

13oz cream cheese
4 tbsp. butter/margarine
1 tsp. vanilla & salt
2-1/2 cup icing sugar
1/2 cup chopped walnuts/pecans

- Joan Brown Hicks

NO BAKE CHEESECAKE

1 pkg. cream cheese (big or small)
1/2 cup white sugar
1 container whipped cream

Whip all ingredients with electric mixer, until it comes to a peak. You can chill it in freezer until pie shell is cooled off. Also top pie with your favourite can fruit. Put into freezer until ready to eat. Freezer will make it firm.

- Isabel Johnson

7 UP CAKE

2 squares margarine
5 eggs
2 tbsp. Lemon extract
3 cup sugar
3 cup flour
3/4 cup 7-UP

Fold in cream butter and sugar, add eggs one at a time. Add rest of ingredients. Grease and flour pan (large round or bundt pan is best). Bake at 325F for one to 1-1/4 hours. Leave in pan to cool.

- Isabel Johnson

SULTANA CAKE

1 cup butter or margarine
3-1/4 cups flour
2 cups sugar
1-1/2 tsp. salt
1 cup warm milk
1/2 tsp. baking powder
1 lb raisins
1 tsp. vanilla
Cherries (if required)
1 tsp. lemon

Method:

Mix all ingredients in the order given. Bake in a 325 oven for two to 2-1/2 hours.

- Laura Howe

SUZANNE'S RHUBARB CAKE

3 cups rhubarb - cut
1/2 cup sugar
mix and let stand
3/4 cup margarine (melt - soft)
cream with 1 cup sugar
2 eggs
1 cup warm water
Juice/rind/orange
3 cups flour
3 tsp. baking powder
1/2 tsp. salt
Stir - add rhubarb
Bake 1 hour - 375F - tube pan

- Joan Brown Hicks



*Making Christmas Wreaths at
Mrs. Edith Clayton's.*

Cookies

CAPE BRETON OAT CAKES

Work together:

3 cups oatmeal
3 cups flour
2 tsp. salt
1 tsp. baking soda
1 cup soft lard
2 tablespoon brown sugar or honey

Add nutmeg, cinnamon to taste

Blend in 3/4 cup cold water

Pat out, using oats on board, cut in 3" to 4" squares. Bake at 350F for 15 min. (makes 2 pans)

- Amy Moonshadow

DROP SUGAR COOKIES

2-1/2 cups sifted flour
3/4 tsp. salt
1/2 tsp. cow brand baking soda
1/2 cup butter or margarine
1/2 cup vegetable shortening
1 cup sugar
1 tsp. vanilla extract
1 egg
2 tbsp. milk

Sift together flour, salt, cow brand, Using electric mixer, cream together butter and shortening in large bowl; gradually add sugar and continue beating until light and fluffy. Beat in vanilla and egg. Add flour mixture and beat until smooth, blend in milk.

Drop by teaspoon about 7 cm. (3 in.) apart onto greased cookie sheet. Flatten with bottom of glass that has been dipped in sugar. Bake in 400F oven about 12 minutes until edges are lightly browned. Cool on rack. Makes 5 1/2 dozen.

- Rose Lucas

FRY PAN COOKIES

2 cups rolled oats (500 ml)
1/4 tsp. cinnamon (1ml)
1/3 cup oil (75 ml)
1/3 cup brown sugar (75 ml)
1 egg, slightly beaten (1 ml)
1 tsp. vanilla (5 ml)

1. Mix the oats, oil and sugar. Let stand overnight.
2. Heat fry pan over medium heat.
3. Add egg and vanilla to the oat mixture.
4. Drop slightly rounded tbsps. into ungreased heated fry pan.
5. Pat together each cookie with the back of a spoon to give shape.
6. When set, turn once. Cookies take at least 5 minutes before they are ready to turn.
7. Remove from pan and cool before eating.

- Marg Dwyer

OATMEAL BREAKFAST COOKIES

3/4 cup margarine
1 cup brown sugar
2 beaten eggs or (3 egg whites)
3 tbsp. molasses
1/2 cup low fat milk (1%)
1 cup whole wheat flour
1 cup bran
3/4 tsp. baking soda
2 cups quick cooking oats
1-1/2 cups raisins

Blend margarine, sugar, eggs, molasses and milk. Add flour, bran, baking soda and salt. Mix well. Blend in oats and raisins. Drop large tablespoonfuls onto greased cookie sheet and bake in a 375F oven 10-12 minutes. Makes 4 dozen cookies.

- Beatrice Johnson

ROLLED OAT DROP COOKIES

1-1/2 cups brown sugar
1 cup shortening
1 egg
1-1/2 cups rolled oats
1-1/2 cups all purpose flour
1 cup desiccated coconut
1 tsp. baking soda
1 tsp. salt
2 tsp. vanilla

Cream shortening, sugar, add egg and vanilla. Roll in balls, press down with fork. Bake in 375F oven for 10 minutes.

- Jean Skinner

ROLLED OAT PEANUT BUTTER COOKIES

1 cup brown sugar
3/4 cup white sugar
1 cup margarine
1 cup peanut butter
2 eggs
2 cups flour
1 cup rolled oats
2 tsp. soda
1/2 tsp. salt

Drop by teaspoon on ungreased cookie sheet. Flatten with fork. Bake in 350F oven for 8 to 12 mins.

- Rose Lucas

100 COOKIES

- 1 cup cooking oil
- 1 tsp cream of tartar
- 1 cup margarine or butter
- 1 egg slightly beaten
- 1 cup white sugar
- 1 cup coconut
- 1 cup brown sugar
- 1 cup oatmeal
- 3-1/2 cups all purpose flour
- 1 tsp vanilla
- pinch of salt
- 1 cup rice crispies or rice flakes
- 1 tsp soda

Mix well, roll into balls and flatten with a fork.
Bake at 350F 10-15 mins.

- Isabel Johnson



Visiting The Black Cultural Centre

Desserts

PUDDINGS

BREAD PUDDING

- 3 eggs
- 1/2 cup sugar (125 ml)
- 2 tsps. vanilla (10 ml)
- 1/8 tsp. salt (1/2 ml)
- 2 1/2 cups milk (625 ml)
- 4 cups dry bread crumbs (1000 ml)
- 1 cup raisins (250 ml)
- 1 tsp. cinnamon (5 ml)

1. Combine eggs, sugar, vanilla and salt. Beat until light and fluffy.
2. Add milk, stir well.
3. In greased baking dish, place bread with raisins, alternating layers.
4. Pour mixture on top. Sprinkle with cinnamon. Place dish in shallow pan of hot water. Bake at 350F for 45 minutes until top is slightly crusty.

- Marg Dwyer

CARROT PUDDING

- 1-1/2 cup flour
- 1 tsp. baking soda dissolved in 1/2 tsp. salt
- 1/2 cup milk
- 1 cup sugar
- 2 tsp. cloves
- 1 cup raisins
- 2 tsp. cinnamon
- 1 cup grated carrots
- 1 cup grated potatoes
- 1/2 cup butter

Mix together then place in sealers 1" away from top. Seal rings. Place in canning rack in water then steam for three hours.

- Beatrice Cooke

RICE PUDDING

3 slightly beaten eggs
1/2 cup raisins
2 cups milk
1 teaspoon vanilla
1-1/2 cups cooked rice
ground cinnamon
1/2 cup sugar
1/2 tsp. salt

In bowl, combine eggs, milk, rice, sugar, raisins, vanilla and 1/2 teaspoon salt. Mix well. Bake in 10 x 6 x 2 inch baking dish at 325F for 25 minutes. Stir; sprinkle with cinnamon. Continue baking 20-25 minutes longer till knife inserted half-way between center and edge comes out clean. Serve warm or chilled with light cream, if desired. Serves 6.

- Rose Lucas

SQUARES

APPLE SQUARES

1/4 cup soft margarine
1/2 cup white sugar
1/2 cup brown sugar
1 egg
1 tsp. vanilla
1 cup flour
1 tsp. baking powder
1/4 tsp. cinnamon
1/2 tsp. salt
1/2 cup chopped apples

Cream margarine, add sugar, beat. Add egg, beat well. Add vanilla. Sift together flour, baking powder, salt and cinnamon. Add to creamed mixture, add apples last. Mix well. Pour in 8" x 8" pan.

Topping, mix 1 tbsp. sugar, 1/4 tsp. cinnamon. Sprinkle over top, place in 350F oven. Bake 30 mins.

- Rose Lucas

CHOCOLATE WALNUT SQUARES

2 sqs. chocolate, melted with 1/4 cup butter
1/2 cup brown sugar
1 cup flour

Mix, spread in square pan, press down, bake 10 minutes, 350F oven.

2 eggs, beaten
1 cup brown sugar
1/2 tsp. baking powder
2 tbsp. flour
1/2 cup walnuts
1/2 cup coconut
1 tsp. vanilla
1/4 tsp. salt

Mix, pour on first mixture, bake 350F, for 20 to 30 minutes, when cool, ice with chocolate icing, cut in squares.

- Ferne Skinner

PUFFED WHEAT SQUARES

1 cup brown sugar
1/2 cup corn syrup
2 tbsp. cocoa
1/3 cup butter or margarine
1/2 tsp. vanilla
6 cups puffed wheat

Combine first four ingredients in sauce pan. Boil 5 min. Remove from heat. Add vanilla. Pour over puffed wheat and mix. Put into 9" square pan. Cool. Cut-enjoy.

- Beatrice Cooke

SEX IN A PAN

1 cup butter or margarine
1/2 cup brown sugar
1-1/2 cups flour

Cream together and make a crumbly paste. Put in buttered pan, pat down and bake until golden brown. (About 15 mins at 350F.) Prepare a package of instant pudding and after crust is cooked, pour pudding over the crust. Top with whipped cream or any other whipped topping. Sprinkle top with slivered almonds. Cool in refrigerator for at least 1 hour.

- Marg. Dwyer

OTHER DESSERTS

APPLE BROWN BETTY

5 or 6 medium-size apples, peeled
1/2 cup flour
1/4 cup soft margarine or butter
1/4 cup brown sugar, firmly packed
1/2 cup cinnamon
3/4 cup granola or oats

Slice apples in 1-1/2 quart greased casserole. In a bowl mix flour, brown sugar, margarine or butter, cinnamon and granola. Spread the crumbs over the top of apples. Bake in a 350F oven for 35 to 40 minutes.

- Maude Lorde-Cox

APPLE CRISP

5 chopped apples
1/2 cup white sugar
1 tbsp. flour

Mix apples with sugar and flour. Place in 9" x 9" baking dish and Sprinkle with cinnamon.

Topping:

1/2 cup oatmeal
1/2 cup flour
1/2 tsp. salt
1/2 tsp. baking powder
1/4 cup butter
1/4 tsp. soda

Spread over apples and bake at 350F for 30 minutes. A quick method is to use canned apple pie filling and eliminate the sugar and flour from upper recipe.

- Isabel Johnson

BLUEBERRY CRISP

Ingredients:

3 cups blueberries (750 ml)
2/3 cup sugar (150 ml)
1 tbsp. flour (15 ml)
3 tbsp. butter or marg. (50 ml)
1/4 cup brown sugar (50 ml)
1/4 cup sifted flour (50 ml)
3/4 cup rolled oats (175 ml)

Method:

Place blueberries in greased baking dish and sprinkle with 2/3 cups (150 ml.) sugar and 1 tbsp. (15 ml.) flour. Cream margarine, add brown sugar and cream well together. Blend in flour and rolled oats to make a crumb mixture. Sprinkle this crumb mixture on top of the blueberries. Bake in a moderately hot oven 375F (190C) until the blueberries are soft and the top is golden brown, about 40 minutes.

- Rose Lucas

BLUEBERRY GRUNT

2-1/2 cups fresh blueberries
1/3 cup sugar
dash salt
1 cup water
1 tablespoon lemon juice
1 cup all-purpose flour
2 tablespoons baking powder
1/4 teaspoon salt
1 tablespoon butter
1/2 cup milk

Bring first four ingredients to a boil. Cover, simmer 5 minutes. Add lemon juice. Sift together dry ingredients; cut in butter till like coarse meal. Add milk all at once. Stir only until flour is dampened. Drop batter from tip of tablespoon into bubbling sauce each time before you dip into the batter. Makes six dumplings. Don't let them overlap. Cover tightly; cook over low heat 10 minutes without peeking. Serve hot with the sauce poured over, and rich cream.

- Rose Lucas

CREAM PUFFS

1/2 cup water
1/4 cup butter
1-1/2 cup sifted flour
1/2 tsp. salt
2 eggs

Bring water to boil, add butter and stir till melted, add flour and salt all at once. Cook over low heat, stirring vigorously until dough pulls away from sides of pan and forms a ball around spoon. Remove from heat. Cool slightly. Add eggs one at a time beating well after each addition, drop by spoonfuls in 2-inch round 2 inches apart on greased cookie sheet.

Bake at 400F for 30 minutes, reduce heat to 350F and continue baking for 5 minutes. Cool.

Cut gash in side of each puff and fill with a pudding mix top with powdered sugar. Yield: 1 dozen

- Marg Dwyer

CREAMY CHOCOLATE FUDGE

1 package milk chocolate chips
1 cup sweetened condensed milk
3 tbsp. butter
2 tsp. vanilla extract

3/4 cup chopped walnuts, coconuts other decorations

Melt chocolate chips in top of double boiler very low heat. Stir until melted. Remove from heat. Stir in condensed milk, butter and vanilla. Blend until completely mixed with chocolate, stir in nuts. Spread mixture immediately into a lightly oiled 8 inch square pan. Cool at room temperature. Cut into even squares.

- Edna Desmond

MAUDE'S FAVOURITE FUDGE

5 cups brown sugar
1 tsp. vanilla
1 cup chocolate chips
1 cup walnuts
3/4 cup undiluted can milk

Mix brown sugar, vanilla and milk. Put on stove to boil on medium heat. Stir regularly. Let come to a boil 4 times. Then remove from heat. Stir in chocolate chips and walnuts. Beat until thick. Pour in greased 7" x 9" pan. Put in fridge to cool. Cut into squares when hard.

- Maude Lorde-Cox

Old Fashioned Test for Child's Fever

Soak a single piece of brown paper in vinegar. Place on child's forehead. If paper dries very quickly, the temperature is very high. Seek medical advice.

Frances Bruce

PEACH COBBLER

28oz. can sliced peaches
1/2 cup brown sugar
pinch salt
1 tablespoon cornstarch
1/4 tsp. mace (optional)

Mix and cook over medium heat until it thickens, remove from stove, add 1 tablespoon margarine or butter and 1 or 2 tablespoon lemon juice. Put in baking dish.

Mix together
1 cup flour
2 tablespoon white sugar
1/2 tsp. salt
1/4 cup margarine
1/2 cup milk

Mix, drop by tablespoons on peaches. Sprinkle with brown sugar and bits of margarine, bake at 400F. Serve warm with whipping cream or ice cream.

- Ferne Skinner

RHUBARD CRISP

4 cups cut up rhubarb
1 cup sugar
1/2 tsp. cinnamon
1/4 cup flour
1/2 cup water

Topping:
1 cup flour
1/2 quick cooking rolled oats
1 cup brown sugar, packed
1/2 cup butter or margarine

Heat oven to 375F. Butter a square baking dish, about 8" x 8" x 2". Combine rhubarb, sugar, 1/4 cup flour, and cinnamon and put in prepared baking dish. Pour water over all.

Combine topping ingredients, mixing with a fork to make a crumbly mixture. Sprinkle over rhubarb. Bake about 35 min. or until rhubarb is tender. Serve warm with pouring cream. Serves six.

- Beatrice Cooke

STRAWBERRY DESSERT

Bottom:

1-1/4 cups graham crumbs
1/4 cup sugar
1/4 cup soft butter

Centre:

8 oz. pkg. Philadelphia cream cheese
1/2 cup icing sugar
1/2 pt. whipping cream

Top:

1 pkg. strawberry Jello
1 cup hot water
1 pkg. frozen strawberries

Mix bottom ingredients and put in pan. Cream together cream cheese and icing sugar - add whipped cream. Put on top of bottom layer.

Mix Jello with 1 cup hot water and add frozen berries, cutting up larger ones. When Jello is nearly set, place on top of center filling and chill and serve.

- Beatrice Cooke

Vinegar & Elasticity

A little vinegar used in the final rinse water will keep the elasticity in nylons, bras, spandex material and give them longer life.



Laura Howe receives the "Wazee Award" (Recognized Community elder) from Prime Minister Brian Mulroney at the Opening of the Exhibit "Many Rivers to Cross" at the National Museum of Civilization.

Breads, Rolls & Biscuits

Breads Loaves Muffins



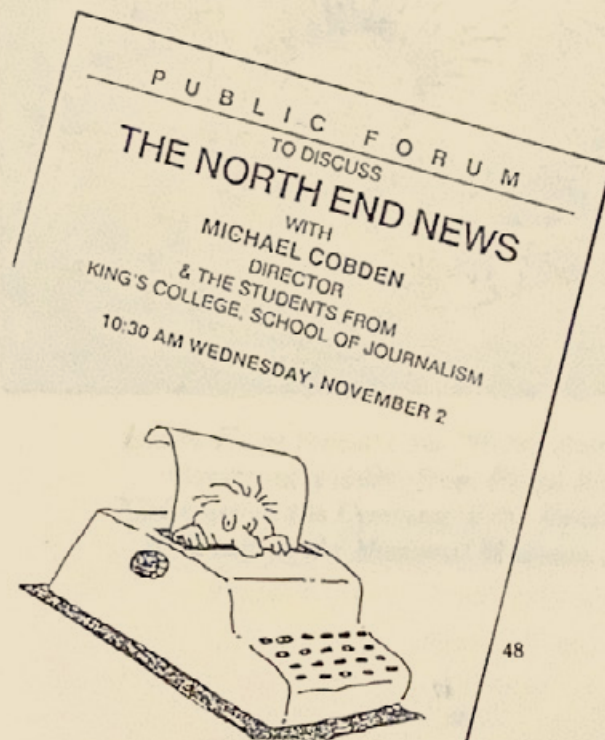
Breads, Rolls & Biscuits

BAKING POWDER BISCUITS

2 cups sifted all purpose flour
3 tsp. baking powder
1/2 tsp. salt
1/3 cup shortening
3/4 cup milk

Sift dry ingredients into bowl. Cut in shortening until like coarse crumbs. Make a well; add milk all at once. Stir quickly with fork just till dough follows fork around bowl. Turn onto lightly floured surface. (Dough should be soft). Knead gently 10 to 12 strokes. Roll or pat dough 1/2 inch thick. Dip 2-1/2 inch biscuit, cutter in flour; cut dough straight down. Bake on ungreased baking sheet at 450F about 12 minutes. Makes 10.

- Rose Lucas



OATMEAL BREAD

Temperature : 400F-375F Time: 1 hour

2 packages dry yeast
2 tsp. white sugar
1/2 cup lukewarm water
1-1/2 cups quick cooking oatmeal
3 cups boiling water
1 cup light molasses
1 tbsp. salt
2 tbsp. shortening
6 cups sifted all purpose flour

Sprinkle yeast and sugar in lukewarm water; let stand 10 minutes; stir thoroughly. Measure oatmeal into large oiled bowl; slowly add boiling water, stirring vigorously; add molasses, salt and shortening; beat well. When mixture is lukewarm, add yeast mixture; blend thoroughly. Add all purpose flour, cup by cup, beating well after each addition. Cover, and let rise in warm place until double in bulk (2-3 hours). Turn on floured board, punch down to release air bubbles; shape into three loaves. Place each loaf in oiled pan (9" x 5" x 3") cover again and let rise until light (about 1 hour). Bake in 400F oven for 15 minutes; reduce heat to 375F continue baking 45 minutes. Yield 3 large loaves, 1-1/2 lbs. each.

- Frances Bruce

ROLLS

2-1/2 cups flour
1 pkg. dry yeast
2 tbsp. sugar
1 tsp. salt
2 tbsp. soft margarine or shortening
1 cup warm water

Dissolve yeast in water, with 2 tbsp. sugar, let stand until yeast stops bubbling. Add salt, egg, margarine or shortening and half the flour, beat with a wooden spoon until smooth, add rest of flour, knead or turn over 3 or 4 times in bowl then cover. Raise approximately 45 minutes or double in bulk, punch down, divide into 12 cup muffin tin, raise until double, bake in 400F oven 15 to 20 minutes.

- Ferne Skinner

SHORTBREAD BISCUITS

2 cups flour
4 tsps. baking powder
1 tsp. salt
1/2 tsp cream of tartar
1 tablespoon sugar
1/2 cup shortening
3/4 cup milk
1 egg

Sift flour, baking powder, cream of tartar, salt, sugar. Cut in shortening, beat egg and milk together add to flour mixture. Mix with fork until blended, round up dough and knead gently on floured board about six times, roll and cut. Oven 475F for 15 mins.

- Jean Skinner

WHITE BREAD

Ingredients:

2 loaf pans - (9" x 5" x 3")
2 pkgs. active dry yeast
3/4 cup warm water (105 to 115F)
2-3/4 cups warm water
1/4 cup sugar
1 tsp. salt
3 tbsp. shortening
9 to 10 cups flour
soft butter or margarine

Dissolve yeast in 3/4 cup water. Stir in 2-2/3 cups water, sugar, salt, shortening and flour. Mix till dough is easy to handle. Turn dough onto lightly floured board, knead until smooth and elastic about 10 minutes. Place in greased bowl, turn greased side up. Cover and let rise in warm place till double. About 1 hour. Punch down dough, divide in half. Roll each half into rectangle (18" x 9"). Roll up beginning at short end. With side of hand press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan 9" x 5" x 3". Brush lightly with butter on loaves. Let rise 1 hour. Heat oven (425F) Place loaves on rack so that tops of pans are in the center of oven.

Bake 30 to 35 minutes or until golden. Brown on top until loaves sound hollow when tapped. Remove from pans. Brush loaves with soft butter. Cool on wire rack.

- Rose Lucas

WHOLE WHEAT BISCUITS

2 cups whole wheat flour (500 ml)
1 tbsp. baking powder (15 ml)
1 tbsp. parsley flakes (15 ml)
1/3 cup butter or margarine (75 ml)
3/4 cup 2 percent milk (175 ml)
1 egg, slightly beaten

In medium bowl, combine flour, baking powder, and parsley flakes. Cut in butter until mixture resembles fine crumbs.

Combine milk and egg; add to dry ingredients, stirring with fork to make a soft dough.

Turn out into lightly floured surface and knead about 10 times. Roll to 1/2 inch (1cm) thickness. Cut with floured 2-inch (5cm) round cookie cutter. Place on baking pan; bake in 450F oven for 10 to 12 minutes, or until golden.

- Beatrice Cooke

Recipe for Any Age

Perk up! Egg yourself on! Never fritter away your time or loaf on the job, and you'll always be worth your salt. Don't let trivial things burn you up. Keep your temper from boiling over and you'll never be in a stew. Remember you don't have to be hard-boiled in order to keep from being half-baked. Don't sponge on your friends or roast them about their mistakes. Keep your thoughts in apple pie order, and when you cook something, it always gives it a worth-while flavour.

Loaves

BANANA LOAF

1/2 cup butter or margarine
2 eggs
4 tsp. boiling water
2 tsp. baking powder
1 tsp. vanilla
1 cup white sugar
1 tsp baking soda
1 cup mashed bananas
2 cup sifted flour
1/2 cup walnuts

Cream butter and sugar. Beat in eggs and vanilla and mashed bananas. Add baking soda to the boiling water, pour in mixture, fold in all dry ingredients, walnuts. Grease pan. Bake at 350F for 1 hour or less.

- Beatrice Cook

BANANA NUT BREAD

Sift together:
2 cups all purpose flour
1/2 cup granulated sugar
3 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt

Stir in:
1/2 cup finely chopped nuts

Beat together:
1 egg
3/4 cup milk
1/4 cup vegetable oil or melted shortening
1-1/2 cups mashed ripe bananas

Add liquid to dry ingredients and heat for about half a minute. (Batter will be lumpy. Turn into prepared pans. Bake in preheated 350F oven for 65 to 70 minutes or until toothpick inserted in centre comes out clean.

- Edna Desmond

LEMON LOAF

1/2 cup shortening
2 eggs
1/2 cup milk
1 tsp. salt
1/2 cup walnuts
1 cup sugar
1-1/2 cups flour
1 tsp. baking powder
rind of one lemon

Cream shortening and sugar. Add eggs. Sift dry ingredients together and add to mixture with milk and lemon rind. Add chopped nuts. Bake in 350F oven for one hour. While loaf is still warm, pour 1/4 cup sugar mixed with juice of one lemon over top of loaf.

- Rose Lucas



Muffins & Miscellaneous

BANANA BRAN MUFFINS

1 cup sifted all purpose flour
3 tbsp. sugar
2-1/2 tps baking powder
1/2 tsp. salt
1 cup whole bran
1 well-beaten egg
1 cup mashed ripe banana
1/4 cup milk
2 tablespoons salad oil or melted shortening

Sift together flour, sugar, baking powder, and salt. Stir in Bran. Mix remaining ingredients; add all at once to flour mixture; stirring just to moisten. Fill greased muffin pans 2/3 full. Bake at 400F for 20 to 25 minutes. Makes about 10 muffins.

- Rose Lucas

Tarnished Silver

Here's an amazing time-saver for polishing tarnished silver. Line the bottom of a pan with a sheet of aluminum foil or use an aluminum pan. Add 3 tbsp. baking soda or powdered heavy duty kitchen cleaner to each quart of water used. Heat the water to almost boiling. Dip the silver into the water and let it remain until the tarnish disappears. The silver must touch the aluminium.

When using silver polish, add a few drips of ammonia and watch the results.

BLUEBERRY MUFFINS

2 cups flour
4 tsp. baking powder
1/2 tsp. salt
4 tbsp. sugar
1/4 cup melted shortening
1 egg
1 cup milk
1 cup blueberries

Sift the flour out, take enough to dredge the berries.

Mix and sift the dry ingredients. Beat the egg; add the milk, add the melted fat. Combine the two mixtures; stir just to dampen; add the berries; mix quickly. The batter should still be lumpy. Fill buttered muffin tins 1/2 full.

Bake at 400F for 25 mins.

- Rose Lucas

BASIC GRIDDLE CAKES

2 cups flour
6 tsp. magic baking powder
1 tsp. salt
3 tbsp. sugar
2 eggs
2 cups milk
1/3 cup melted shortening

Sift flour, baking powder, sugar and salt. Beat eggs in mixing bowl, add milk, mix, add melted shortening, add flour mixture all at once, beat until smooth. Grease griddle or electric frying pan, pour 1/4 cup batter for each cake. Cook until top is full of bubbles, turn over until brown. Makes 25 cakes. Serve with butter, syrup or honey, bacon or sausages if desired.

- Ferne Skinner

DOUGHNUTS

- 1 cup sugar
- 3 eggs (well-beaten)
- 2 tbsp. butter
- 1 cup milk
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- 2 tsp. vanilla
- 3 tsp. baking powder

Sift 4 cups of flour with baking powder, salt. Add remaining ingredients and stir. Fry small spoonfuls of this dropped in deep fat or use doughnut cutter.

- Frances Bruce



Gloria Wilson -
Getting us together...

Jams Pickles Preserves



Jams

HEAVENLY JAM

5 cups chopped rhubarb
5 cups sugar
Large tin crushed pineapple

Cook for 20 minutes, add large pkg. strawberry Jello. Stir. Bottle while hot.

- Ferne Skinner

LEMON SPREAD

(Yields 3-1/2 cups)

3 lemons
6-8 tbsp. artificial sweetener
1-1/2 lb. apples
3 tsp. certo

Thinly peel the lemon, cut off peel and thin slices. Place in saucepan.

Then squeeze juice of lemons. Add water, enough to make 2-1/2 cups, bring to a boil, simmer for 1 hour.

Peel, core and chop apples, add to saucepan. Bring to a boil. Simmer in covered pan 20 minutes. Stir certo well with fruit until setting agent has completely dissolved and thoroughly mixed.

Stir artificial sweetener, allow to cool. Pack in small jars 1/4 from the top. Place in freezer or store in refrigerator for 10 days.

- Maude Lorde-Cox

ORANGE FREEZER MARMALADE

(about 5-1/2 cups)

2 large oranges
6 tbsp. artificial sweetener
2-1/2 cups water
3 tbsp. liquid certo

Scrub the orange, then peel them thinly and save peel. Cut off all the pitch and half the fruit. Discard the pits, chop orange and peel. Place fruit in saucepan. Add water, bring to a boil. Simmer 1 hour until tender.

Stir certo thoroughly with fruit until mixed in.

Remove from heat, stir in artificial sweetener.

Transfer the mixture to small, clean freezer containers, allow to cool. Put in freezer or the jelly will keep anywhere up to 10 days on low shelf in the refrigerator.

- Maude Lorde-Cox

STRAWBERRY JAM

8 cups strawberries (washed and hulled)
6 cups sugar

Place berries in a kettle over heat. Crush as they heat. When berries boil, add sugar and cook quickly until thick, no longer than 20 minutes, stirring frequently to prevent burning.

Using a metal spoon, skim off and discard foam that forms on top. Pour into clean hot jars and seal. Makes 8 cups.

- Rose Lucas

STRAWBERRY - RHUBARB JAM

2 lb. strawberries
7 cups sugar - 3-1/2 lb.
2 lb. rhubarb

Wash and cut rhubarb into small pieces, leave the skin on if tender and pink. Put rhubarb into a bowl. Sprinkle the sugar over it, cover and let sit in a cool place overnight. Next morning, place the rhubarb mixture into a large pot.

Wash, hull and dry the strawberries and add to the rhubarb. Bring quickly to a boil and boil about 25 min. or until thick. Remove from heat and skim off foam with a metal spoon. Ladle into hot sterilized jars and seal immediately with hot wax. Makes approx. 9 half pt. jars.

- Beatrice Cooke



Pickles & Preserves

BREAD AND BUTTER PICKLES

4 quarts sliced unpeeled medium cucumbers
6 medium white onions, sliced (6 cups)
2 green peppers, sliced (1-2/3 cups)
3 cloves garlic
1/3 cup granulated pickling salt
5 cups sugar
3 cups cider vinegar
1-1/2 tsps. turmeric
1-1/2 tsps. celery seed
2 tablespoons mustard seed

Combine cucumber, onion, green pepper, and whole garlic cloves. Add salt; cover with cracked ice; mix thoroughly. Let stand 3 hours; drain well. Remove garlic. Combine remaining ingredients; pour over cucumber mixture. Bring to boil.

Fill hot jars, leaving 1/2 inch headspace. Adjust lids. Process in boiling water, bath for 5 minutes (start timing when water returns to boiling)
Makes 8 pints.

- Rose Lucas

GREEN TOMATO CHOW

1/2 peck green tomatoes
6 large onions
4 sour apples
3 lbs brown sugar
6 medium cucumbers

1 head celery
2 red peppers
1 bag pickle spice
1/2 cup salt

1 quart cider vinegar, maybe a little more.

Chop tomatoes fine. Sprinkle salt over tomatoes and let stand overnight. In the morning, drain well. Cut up other fruit and vegetables. Add to tomatoes. Nearly cover with vinegar. Boil 1 to 1-1/2 hours. Pour into sterilized jars and seal.

- Isabelle Johnson

GREEN TOMATO CHOW CHOW

1 cup salt
10 lbs. green tomatoes
10 lbs. onions

Cut up in small pieces in a large pot. Soak over night. In the morning drain of brine.

Add

1 bag of pickling spice (1 pkg. - 1/3 - 1/2 cup)
8 cups of sugar (white or brown)

Vinegar enough to cover almost the top of pot. Cook on medium heat until tender, about 2 hours.

Fill sterilize jars and seal while hot. Very good.

To make spice bag

Use a piece of cheese cloth. Put spices in the middle and tie very tight. Place in the middle of pot while cooking.

- Maude Lorde-Cox

GREEN TOMATO MINCEMEAT

2 qts. chopped green tomatoes
5 cups apples, chopped
1 lemon
3/4 cup suet or butter
2 tbsp. cinnamon
2 lb. brown sugar
2 tbsp. allspice
2 lb. raisins
1 tbsp. cloves
3/4 lb. mixed fruit
2 tbsp. salt
1/2 lb. currants
1 cup grape juice

Combine ingredients and cook from 1-1/2 to 2 hours in an open kettle. Put in jars and seal. Makes about 6 quarts.

- Beatrice Cooke

MAYONNAISE PICKLES

12 cucumbers
1 quart onions
1/2 cup salt

Let these set overnight. The next day, wash and drain and add 1 quart vinegar to these vegetables. Put them on the stove and let them come to a boil.

Paste:

3 eggs beaten
1 cup flour
6 cups sugar
1 tablespoon tumeric
1 tsp. mustard

Combine these ingredients and mix them with the vegetables. Let boil until thick, stirring quite often.

When the paste has thickened, bottle and seal.

- Isabelle Johnson

MILLION DOLLAR RELISH

8 large cucumbers
2 lbs. onions
2 green peppers
2 sweet red pepper
1 qt. vinegar (white)
6 cups white sugar
2 tsp. tumeric

Chop all ingredients, let stand over night. Sprinkle 1/2 cup salt to cover ingredients all over. Drain of brine in the morning. Add vinegar and sugar along with

2 tsp. Tumeric
2 tsp. mustard seed
2 tsp. celery seed

Boil until done, thicken with 3 tsp. flour, mix with vinegar.
Bottle while hot.

- Maude Lorde-Cox

MUSTARD PICKLES

Break 1 large head cauliflower in flowerets. Cut 1 quart small green tomatoes in wedges, 3 green peppers in strips, and 1-1/2 pounds 2-inch cucumbers in halves length-wise. Peel 3 cups pickling onions. Combine washed vegetables; cover with a mixture of 1 cup granulated pickling salt and 4 cups water; let stand in cool place overnight. Drain; cover with boiling water; let stand 10 minutes; drain. Combine 2 cups sugar, 1 cup all-purpose flour, 1/2 cup dry mustard, 1 tablespoon tumeric, 5 cups cider vinegar, and 5 cups water. Cook and stir till thick and bubbly. Add vegetables; Cook till tender. Fill hot jars, leaving 1/2 inch headspace; adjust lids. Process in boiling water bath for 15 minutes (time when water returns to boil) Makes 10 pints.

- Rose Lucas

OLD FASHIONED MINCEMEAT

1 lb ground beef
6 cups grated, peeled apples
2 cups currants
2 cups raisins
2 cups citrus peel
2 cups brown sugar
3/4 cups cider vinegar
3/4 cups molasses
2 tsp. cinnamon
1 tsp. mace
1 tsp. nutmeg
1 tsp. cloves
1 tsp. allspice
1 tsp. salt
1 cup brandy

Cook meat for 2 minutes. Add the remaining ingredients, except brandy. Bring to a boil, stirring constantly. Reduce heat and simmer, uncovered, until thick (one to two hours)

Stir in brandy. Cool before freezing. This can be stored for one year.

- Isabelle Johnson

ONION RELISH

7 large cucumbers diced - remove center seeds and pulp
5 large onions
Sprinkle with 1 tbsp. salt & let stand 2 hours

Take 3 cups white vinegar
1 cup cold water
2-1/2 cups white sugar

Put in large pot. Cook until boiling, then add onions & cucumber.

Mix 1/2 cup flour
3 tbsp. dry mustard
3/4 tsp. tumeric
1 tbsp. ginger

Mix with water to make paste. Add to hot mixture. Let simmer 15 minutes. Put in scalded bottles & seal while hot.

- Isabelle Johnson

PICKLED BEETS

Boil 8-10 beets until tender. Remove skins and pack in jars. (Dice, cut small or large). Add in a pan to boil:

2-1/2 cups vinegar (625 ml)
2 cups sugar (500 ml)

Bring to a boil and pour over beets in the jars. Fill jars as full as possible. Add 1 whole clove to each pint jar. Seal.

- Rose Lucas

10 Commandments For Good Living

1. **Speak to People** - there is nothing so nice as cheerful word of greeting.
2. **Smile At People** - it takes 72 muscles to frown; only 14 to smile
3. **Call People** - the sweetest music to anyone's ear is the sound of his own name.
4. **Be Friendly** - and helpful; if you would have friends, be a friend.
5. **Be Cordial** - speak and act as if everything you do is a genuine pleasure.
6. **Be Genuinely** - interested in people; you can like almost everybody if you try.
7. **Be Generous** - with praise; cautious with criticism.
8. **Be considerate** - with the feelings of others; there are usually three sides to a controversy - yours, the other fellow's, and the right side.
9. **Be Alert** - to give service; what counts most in life is what we do for others.
10. **Add to this** - a good sense of humour, a big dose of patience, and dash of humility — and you will be rewarded many-fold.

Laura Howe

Fruits Vegetables



Salads

FRUIT SALAD

Fruit - including in-season fruits

- 2 large apples
- 2 large navel oranges
- 3 or 4 cups grapes
- 1 large grapefruit
- 3 bananas

Honeydew - 1/2 melon or/and equivalent of watermelon
Dairyland whipping cream

Cut all the fruit into small, bite-size pieces. Put the fruit in a large bowl and mix well. Put in fridge for 1/2 hour so all the flavours may blend.

Serving - in your average dessert bowl. Pour the cream over the fruit salad (quantity desired). Cream should be unwhipped.

- Beatrice Cooke

JELLIED COLESLAW

- 1 pkg. lemon jello powder
- 1 cup hot water
- 1 tablespoon lemon juice
- 1 tablespoon vinegar
- 1/2 can beef consomme
- 1/8 cup water
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1/4 cup of green pepper chopped
- 1 tablespoon onion

Combine ingredients and chill until set

- Ferne Skinner

THREE BEAN SALAD

- 1 can cut green beans
- 1 can yellow wax beans
- 1 can red kidney beans (rinse in cold water)
- 1/2 cup minced green peppers
- 1/2 cup diced celery (optional)
- 1/2 minced onion
- 1/2 cup vinegar
- 1/2 cup cooking oil
- 2/3 cup sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper

Drain beans, place in large bowl with cover. Add green peppers, onion & celery. Mix oil, vinegar, sugar, salt & pepper. (Beat for a few seconds) Pour over bean mixture, toss & refrigerate for a few hours before serving.

- Beatrice Johnson

WILFRED'S CAULIFLOWER SALAD

- 1 head cauliflower
- 1 bunch broccoli
- 1 red onion sliced thin
- 1 green pepper diced

Combine:

- 1 cup mayonnaise
- 1 tsp. dry mustard
- 1/2 cup sugar
- 1/2 cup vinegar
- salt
- pepper

Add 2 oz jar pimentos (or 1 red pepper chopped fine)

1. Clean veggies, break into bite size pieces.
2. Combine dressing
3. Stir together
4. Refrigerate overnight

- Joan Brown Hicks

Vegetable Dishes

BAKED STUFFED POTATOES

4 large potatoes
1/4 cup oil
1/2 tsp. garlic salt
1/2 tsp. oregano
2 cups mozzarella cheese

Bake potatoes, cut into halves, remove inside from shells. Mash potatoes and mix with all other ingredients and stuff potatoes shells.

Sprinkle top with grated cheese and bake 400F for 10-15 minutes.

- Jennie Lewen

CHOW MEIN

1 small cabbage - approx. 4 cups
1 large onion
2 large stalks celery
1 can bean sprouts
1 can mushroom pieces
2 or 3 pkg. Chinese noodles
2 or 3 tbsp. peanut oil
Soya sauce to taste
1 lb. slivered cooked pork, chicken or beef
Salt and pepper to taste

Shred cabbage very fine. Dice onion. Slice celery fine, diagonally.

Put oil in bottom of large pot or Dutch oven or wok. Add celery, cabbage and onion. Saute until soft. Add bean sprouts and liquid, mushrooms and mix well. Add 3 or 4 tbsp. soya sauce and mix well. Add meat and Chinese noodles and mix well. Add more liquid if needed. Cover and let heat thoroughly, stirring occasionally.

Serve with extra soya sauce and sesame seeds. 8 to 10 servings. This chow mein freezes well.

- Beatrice Cooke

FRIED GREEN TOMATOES

Tomatoes, sliced
salt and pepper
vegetable oil
flour

Dredge green tomatoes with flour; season with salt and pepper and fry until browned, about 10 minutes.

- Marg Dwyer

ROASTED POTATO SKINS

- 6 potatoes
- 1 tsp. vegetable or olive oil (5 ml)
- 2 tps. margarine
- garlic powder (10 ml)
- and grated cheese

1. Scrub potatoes. Place a few drops of oil in palm of hand and rub into potatoes. Prick each potato with a fork.
2. Place potatoes on oven rack. Bake at 400F for 40 minutes or until tender.
3. Remove from oven and cut each skin into 4 pieces. Scoop out potato and keep for dinner. Brush inside of skins with oil, garlic powder and cheese. Bake for 15-20 mins at 350F

- Marg Dwyer

SAUCY VEGETABLES

- 4 potatoes, diced
- 4 carrots, sliced
- 1 cup canned vegetables (250 ml)
- 1/4 cup cheese, grated (50 ml)
- 2 tbsps. milk (30 ml)
- 1 can cream of mushroom soup

1. Cook vegetables until tender. Drain
2. Mix soup, cheese, and melt together in saucepan.
3. Heat on low until cheese melts
4. Add vegetables to sauce, leave on heat until vegetables are heated through.

- Marg Dwyer

STIR FRY VEGGIES & RICE

- 1 tbsp. vegetable oil
- 1 medium chopped onion
- 1 clove garlic, crushed
- 4 cups fresh vegetables, snow peas, red & yellow pepper, celery, carrots & broccoli
- 1 cup consomme or use 1 beef bouillon cube dissolved in 1 cup boiling water
- 1 cup minute rice

Saute onion in oil, until soft but not brown. Add garlic and cook slightly. Add vegetables and stir fry until crisp. Add consomme; bring to boil. Stir in rice, cover, remove from heat and let stand 5 minutes.

- Marg Dwyer

Beatitudes for the Housewife

Blessed is she whose daily tasks are a labour of love; for her willing hands and happy heart translate duty into privilege, and her labour becomes a service to God.

Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of sisterly love.

Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.

Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.

Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

Blessed is she who sings while she works; for music lightens even the heaviest load and brightens the dulllest chore.

Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusion; for her faith will triumph over adversity.

Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with dignity.

- Marg Dwyer



Laura Howe with daughter Marion Lovelace and Senator Donald Oliver prior to receiving the "Wazee Award" (Recognized Community elder) from Prime Minister Brian Mulroney.

Soups Stews Casseroles



Soups

CORN CHOWDER

- 2 cups corn niblets
- 1/4 cup bacon
- 1 onion cut finely
- 1 cup raw potatoes, in cubes
- 1 cup water
- 1 tbsp. flour
- 2 cups carnation milk, undiluted
- pepper
- salt

Cook finely chopped bacon in frying pan for five minutes. Add onions and cook slowly. Par-boil potatoes five minutes and add corn. Thicken milk with flour and add to mixture. Stir until it comes to a boil. Add seasoning and serve very hot. Enjoy.

- Jennie Lewin



MINESTRONE SOUP

- 1/2 cup olive or salad oil
- 1 large onion, diced
- 2 large carrots, diced
- 2 stalks celery, sliced
- 2 medium potatoes, diced
- 1/2 pound green beans, cut in one inch pieces
- 6 cups water
- 1/2 head cabbage, shredded
- 5 oz. fresh Spinach, shredded
- 2 medium zucchini, diced
- 6 beef flavor bouillon cubes or envelopes
- 2 tbsp. beef flavor stock base
- 1 tsp. salt, if desired
- 16 oz can white kidney beans
- 16 oz. can red kidney beans
- 1/2 cup grated Parmesan or Romano cheese

1. In 8 quart Dutch oven or large pot, over medium heat, pour the oil. Cook onion, carrots, celery, potatoes and green beans until vegetables are slightly browned, about 20 minutes, stirring occasionally.

2. Add water, cabbage, tomatoes with their liquid, spinach, zucchini, bouillon cubes and salt. Over high heat, heat to boiling, stirring to break up tomatoes.

3. Reduce heat to low; cover; simmer 40 minutes or until all the vegetables are very tender. Stirring occasionally; do not overcook.

4. Stir in beans. Cook for 15 minutes. Serve in bowls. Sprinkle with cheese.

- Marg Dwyer

Stews

CARIBBEAN STEWED CHICKEN

- 1 small chicken cut in pieces
- 1 tomato or 1 tbsp. ketchup
- salt & black pepper
- 1 onion (chopped)
- 1 garlic (chopped)
- 2 tbsp. soya sauce
- 1 tsp. thyme
- 1 tsp. lemon juice
- 1 tsp. paprika or hot pepper
- 2 tbsp. sugar
- oil for cooking
- 2 carrots
- 2 potatoes

Mix chicken with all the ingredients except carrot, potatoes, sugar & oil.

Heat oil in solid cooking pot. Add sugar and allow sugar to bubble and brown. Add chicken pieces and stir quickly to coat all pieces with caramelized sugar. Add 1/2 cup water. Cook for 5 mins. Add potatoes and cook for 15 minutes. Add carrots - Cook till done.

Serve with rice and salad.

- *Karan Whiteman*

MICROWAVE STEW

- 1-1/2 lbs beef stew meat cut into 3/4 to 1 inch cubes
- 1/3 cup flour
- 1 teaspoon salt
- 1/2 teaspoon marjoram leaves
- 1/8 to 1/4 tsp. pepper
- 2 tsp. instant bouillon
- 2-1/2 cups hot water
- 1-1/2 cups thinly sliced carrots
- 2 medium onions cut in eighths
- 2 medium potatoes cut in 3/4 inch pieces

Combine beef, flour, salt, pepper and marjoram in 3 qt. casserole, stir to coat. Dissolve bouillon granules in hot water, add to meat, cover. Microwave at high for 10 minutes. Stir, reduce power to 3 - microwave for 30 minutes. Stir in vegetables. Cover, microwave at 3 for 45-60 minutes or until meat and vegetables are tender, stirring 2 times.

- *Jean Skinner*

RABBIT STEW

- 1 rabbit
- 1 piece of pork meat
- 1 or 2 onions
- 1 tsp. fat
- black pepper to taste
- Potatoes cubed (3/4 cup or 175 ml per person)

Cut rabbit and pork into large pieces. In a pot sear pork meat, onion and cook until golden. Add rabbit and seasoning and cover with water. Cook until meat is tender and then add potatoes. Make sure that the stew is always covered with water. Cook until everything is cooked. One rabbit should feed approximately 4 to 6 people.

- *Rose Lucas*

Casseroles & Other Entrees

CHICKEN LASAGNA

Lasagna noodles (10-12)
boiling water (4 qts.)

Cooking oil (optional) (1 tbsp.)
salt (1 tbsp.)

Chicken Sauce:

condensed cream of mushroom soup (10 oz)

condensed cream of chicken soup (10 oz)

finely chopped onion (1 cup)

cottage cheese (1 cup)

sour cream (1/2 cup)

poultry seasoning (1/2 tbsp.)

oregano (1/4 tsp.)

basil (1/4 tsp.)

sliced pimento-stuffed or black olives (1/3 cup) (optional)

cooked chicken or turkey, cut up (4 cups)

shredded medium cheddar cheese (2 cups)

shredded mozzarella cheese (2-1/2 cups)

Cook noodles in boiling water, cooking oil & salt in uncovered dutch oven until tender, but firm about 14 to 16 mins. Drain.

Chicken sauce: mix all ingredients - except mozzarella - together in large bowl

To assemble, layer in greased 9" x 13" (22x33 cm) pan as follows

- 1.) Layer of noodles
- 2.) 1/2 chicken sauce
- 3.) cheddar cheese
- 4.) layer of noodles
- 5.) 1/2 chicken sauce
- 6.) mozzarella cheese

Cover with greased foil, Bake 350F for about 40 minutes. Remove foil. Bake approximately 10 minutes more to lightly brown cheese. Let stand 10 minutes before cutting. Cut into 12 pieces (Serves 8)

- Isabelle Johnson

FLUFFY DUMPLINGS

(For Stew)

1 cup sifted all-purpose flour

2 tsps. baking powder

1/2 tsp. salt

1/2 cup milk

2 tablespoons salad oil

Sift flour, baking powder, and salt together into mixing bowl. Combine milk and salad oil with dry ingredients, stirring just till moistened.

Drop from tablespoon on top of bubbling stew. Cover tightly; let mixture return to boiling. Reduce heat (don't lift cover); simmer 12 to 15 minutes. Makes 10.

- Rose Lucas

45 SECOND SCRAMBLED EGG (MICROWAVE)

1 egg

1 tbsp. milk

salt & pepper

1 tbsp. shredded cheese

In a microwave bowl mix egg with milk. Microwave uncovered at high for 45 to 60 seconds or until set but still creamy, stirring once. Season with salt and pepper to taste. Sprinkle with cheese. Makes 1 serving. For 2 servings add 30 seconds cooking time. 1 serving 110 calories, 8g. protein, 8g. fat, 1g. carbohydrate.

- Jean Skinner

MACARONI AND CHEESE

Cook 1-1/2 cups elbow macaroni in boiling salted water till tender; drain. In saucepan; melt 3 tablespoon butter; blend in 2 tablespoons all-purpose flour, 1/2 tsp. salt, and dash pepper. Add 2 cups milk; cook and stir till thick and bubbly. Add 1/4 cup finely chopped onion (optional) and 8 ounces sharp process American cheese, cubed (2 cups); stir till melted.

Mix cheese sauce with macaroni. Turn into 1-1/2 quart casserole. Sprinkle sliced tomato with salt; Arrange on top. Bake at 350F for 35 to 40 minutes or till heated through. Makes 6 servings.

- Rose Lucas

MOM'S AND TOT'S SPECIAL

4 potatoes, mashed (4)
1/4 cup milk (50 ml)
1 lb ground beef (500 g)
12 oz. can corn niblets or peas (325 g)
1 chopped onion (1)
salt and pepper to taste

1. Brown beef lightly. Drain off fat.
2. Add chopped onion and cook until soft.
3. Transfer meat and onions to bottom of baking dish.
4. Stir in salt and pepper.
5. Mix milk into mashed potatoes.
6. Spread potatoes over corn or peas.
7. Bake at 350F for 30 minutes.

- Marg Dwyer

MOM'S CHICKEN & RICE DISH

1-1/2 cup rice uncooked (Uncle Ben's long grain)
10 oz can onion soup
1/2 cup water
Combine & pour over rice

Lay chicken pieces on top
Salt, pepper, chicken spice

10oz can cream of mushroom soup } beat & put over chicken
1/2 cup water

Cover with tin foil
Bake 1 to 1-1/2 hours at 375F
uncover to brown 30 min.

- Joan Brown Hicks

SPINACH CASSEROLE

2 pkgs. spinach
4 eggs
1 block brick cheese
seasonings (salt, pepper, garlic etc.)

1. Cook spinach
2. In a bowl separately beat eggs & seasonings
3. Grate cheese (save a little to top)

Mix 1 & 2 & 3 together
Place in casserole dish

Just before taking out of oven, top with remaining cheese & let melt.
Take from oven, cool & serve.

- Isabelle Johnson

Recipe for a Wonderful Day

1 cup friendly words
2 heaping cups understanding
2 cups milk of human kindness
2 heaping tbsp. time and patience
1 dash gentle humour
1 pinch of spice of life
1 drop warm personality

Measure words carefully. Add cups of understanding to milk of human kindness.

Sift together three times to make smooth, and cook on the front burner. Keep temperature low so that it never boils over.

Season with gentle humour, warm personality and spice of life, serve in individual moulds.

- Maude Lorde-Cox

SUSAN'S CHRISTMAS MORNING LIFE SAVER

Serves 8 - use 9" x 13" pan.

Day before serving, prepare the following:

16 slices white bread (trim crusts)
thinly sliced ham
thinly sliced sharp cheddar or 16 cheese slices

Put 1/2 bread on bottom of greased dish - put ham and cheese on top of bread, cover with remaining bread.

6 eggs
1/2 tsp. salt
1 tsp. dry mustard
1/4 cup minced onion
1/4 cup finely chopped green pepper
1 to 2 tsp. worcestershire sauce
3 cups whole milk
dash tabasco

Break eggs, add remaining above ingredients. Pour mixture over ham/cheese sandwiches, cover with wrap, put in fridge overnight.

Next morning:

melt 1/2 butter or margarine
pour over top
sprinkle 1/2 to 1 cup crushed cornflakes

Bake 350F uncovered for 1 hour, let stand for 10 minutes before serving.

- Joan Brown Hicks

VEGETABLE LASAGNA

2 cups tomato sauce (500 ml)
5 1/2 oz. can tomato paste (154 g)
1 tsp. salt (5 ml)
1 tsp. oregano (5 ml)
1/4 tsp. pepper (1 ml)
1 tbsp. parsley (15 ml)
8 lasagna noodles (cooked)
2 cups cottage cheese (500 ml)
1 tbsp. parsley (15 ml)
2 cups spinach (500 ml)
8 oz. grated cheese or margarine (224 g)

1. Mix together tomato sauce, paste and seasonings. Place in saucepan and simmer 10 minutes.
2. Spread a thin layer of sauce in baking pan.
3. Arrange half the noodles over the sauce.
4. Spread with half the remaining sauce; top with half the cottage cheese; half of the spinach and half of the cheese.
5. Repeat layers.
6. Bake at 350F for 30-40 minutes.
7. Let stand 10 minutes before serving.

- Isabelle Johnson

Marie Nita Hamilton

A person with a capital 'P'

By Andrew Gillis
Halifax's Marie Nita Hamilton says she was very much surprised to open a letter from Status of Women Minister Jean Crowe last week naming her five year's Person of the Year award. The award established in the anniversary of Persons Case established in among those North American persons. Mrs. H. displaying Pudeau I the Nav person's The v has a with Halif ever Na At



SURPRISE PARTY — A surprise party at the North End Branch Library is one of the many ways Marie Hamilton's friends and co-workers have honoured her for her volunteer work. Mrs. Hamilton, centre, shows the Governor General's Person Award she received for her work to son Gerald and Elsie Desmond, a fellow member of the library women's group which hosted the party.

North end resident honoured

By Mary Beth Wallace
Staff Reporter

For Marie Hamilton, giving comes as naturally as breathing. Although she has faced many challenges in her long career as a black teacher, mother and community activist, the north end resident's first thoughts have always been only on how to help others.

Her reputation as a selfless volunteer began when she was a Blomfield School student who regularly ran errands for elderly members of the community, even though she worked nights to help make ends

meet. The quiet-spoken woman began her volunteer work at a school children, the elderly, blacks, the poor, and anyone else who can benefit from her encouragement and support.

Beginning as a 19-year-old teacher in a run-down one-room school in North Preston, Mrs. Hamilton spent 15 years teaching and working to improve the quality of education in black communities throughout Halifax County.

The mother of six then turned her attention to early childhood education. After working as a house parent with the north end's Halifax Orphanage Home, she began to

and by actively encouraging black women to upgrade their educations, and become involved in politics, and the issues surrounding them. She has also served on the Congress of the Black Women of Nova Scotia and on the Women's Institute of the African United Baptist Church.

In the little spare time she possesses, the dedicated volunteer teaches illiterate adults to read, and lobbies for greater black representation in the

BARBECUED PORK CHOPS
Meat

ANTHONY'S

Meat Fish Poultry



Meat

ANTON'S DONAIRS

5 lbs. lean hamburger
1 tsp. paprika
1-1/2 tsp. pepper
1 tsp. onion powder
1-1/2 tsp. red pepper
1 tsp. garlic powder
1 tsp. oregano
1 cup bread crumbs

Sauce

2/3 cup canned milk
2/3 cup sugar
2 tbsp. vinegar to taste

Mix well and shape into two loaves. Bake in broiler pan at 300F for 1-1/2 hours. Cut slices very thin. Warm in frying pan before using sauce mix.

Milk and sugar, then add vinegar.

To assemble donairs, run water over lebanese bread. Put a little oil in frying pan, heat bread. Add sliced meat.

Add fresh sliced tomatoes and onions and lettuce. Pour sauce over meat. Freezes well or can be kept in fridge for 1 week. Sauce can be kept in fridge also. Delicious.

- Maude Lorde-Cox

BARBECUED PORK CHOPS

6 pork chops, 1 inch thick
1 - 8oz can tomato sauce
1/2 cup ketchup
1 teaspoon worcestershire sauce
1/2 teaspoon onion salt
1/2 teaspoon liquid smoke

Trim excess fat from chops. Cook trimmings in heavy skillet till 1 tablespoon fat accumulates. Discard trimming. Brown chops slowly on both sides in hot fat. Drain off fat. Season chops with salt and pepper. For sauce, combine tomato sauce, ketchup, worcestershire, onion salt, and liquid smoke; pour over chops. cover and simmer about 1 hour, or till tender, turning occasionally. Makes 6 servings.

- Rose Lucas

HAM WITH MUSTARD GLAZE

1 ham
1/2 cup brown sugar
1/2 teaspoon dry mustard
2 tablespoon fruit juice
whole cloves

Place ham, fat side up, on rack in shallow pan. Do not cover or add water.

Score ham fat in diamonds (cut only 1/4-inch deep) (A strip of heavy paper, 12x12 inches makes an easy guide for cutting parallel lines) Roast in slow oven (325F). Meanwhile prepare tangy mustard glaze. The last 30 minutes of cooking time, spoon fat from pan. Stud ham with whole cloves, spoon glaze over ham. Continue baking, basting occasionally. Tangy mustard glaze. Combine brown sugar, dry mustard, and fruit juice.

- Rose Lucas

MEAT LOAF

- 1 can campbell's tomato soup
- 1 1/2 lb. ground beef
- 1 cup small bread cubes
- 1/4 cup finely chopped onions
- 1 egg, slightly beaten
- 1 tsp. salt
- Generous dash pepper

Thoroughly mix 1/2 cup soup and remaining ingredients. Shape firmly into loaf. Place in shallow baking pan. Bake at 350F for 1 1/4 hour. Blend remaining soup, 1/4 cup water. 2 tbsp. drippings. Heat. Stir often. Serve with loaf (serves 4-6)

- Rose Lucas

PORK CHOPS SUPREME

For each serving allow -

- 1 pork steak - or 1 thick pork chop
- 1/4 - 1/2 cup raw rice, 1 large slice onion
- 1/2 cup canned tomatoes
- Pinch each of marjoram and thyme

Place raw rice in greased casserole. Place pork steaks over rice and top each steak with an onion slice. Over this pour a sauce made of the tomatoes, marjoram, and thyme. Cover. Bake in 350F. oven for 60 min.

(since rice requires double the measure of liquid for cooking, extra water may be required).

This is a super recipe for a large crowd and takes only a few min. to prepare. The addition of a vegetable and a tossed salad makes a complete meal.

Longer cooking time may be required for larger quantities.

- Beatrice Cooke

SWEET AND SOUR BOLOGNA

- 2 tbsp. vinegar
- 3 tbsp. brown sugar
- 2 1/2 tbsp. cornstarch
- 1/2 cup ketchup
- 1 1/2 cup water
- dash of pepper
- dash of salt
- soy sauce
- 1 1/2 lbs. bologna

Cut bologna into 1" to 2" strips. Mix all ingredients in a bowl. Put bologna into 8 x 8 glass dish. Pour mixture over the bologna and cook until sauce thickens, about 1/2 to 3/4 hour. 350F

- Jennie Lewin

SWEET 'N SOUR RIBS

- 3/4 cup brown sugar
- 1/2 cup catsup
- 1/2 cup H.P. sauce
- 2 tbsp. worcestershire sauce
- 1 onion, diced
- dash of salt
- dash of pepper
- 3/4 cup water
- 1/2 cup vinegar
- 2 pound ribs

Combine all ingredients for sauce, cut up ribs in baking pan. Add onions. Pour over ribs.

Bake 300F oven for 2 hours uncovered.

- Maude Lorde-Cox

SWEET AND SOUR SPARERIBS

2 lb. spareribs (or moose meat) floured and browned
 1 1/2 c. brown sugar
 1 tsp. soy sauce
 2 tbsp. cold water
 1/2 c. vinegar
 1 tsp. cornstarch

Combine brown sugar, vinegar and 1 c. water and 1 tsp. soy sauce. Bring to a boil, add to ribs and cook slowly until tender.

Thicken with cornstarch mixed with cold water and soy sauce. (1 can pineapple pieces may be added when meat is tender).

Serve with rice. Serves 4.

- Beatrice Cooke

Spices

ROSEMARY

used in soups, stews, vegetables and lamb

BASIL

is a must in pizza, pesto, salads, soups and tomato dishes

TARRAGON

add to fish, salads, stews, dressings

OREGANO

pizza and Italian dishes

THYME

soups, stews, casseroles and poultry dressings

Substitutes

GRAVY BROWNING

For gravy browning use leftover coffee or mix up instant, will not change the flavor.

BAKING POWDER

for 1 tsp. baking powder substitute 1/4 tsp. baking soda plus 1/2 tsp. cream of tartar

CHOCOLATE

for 1 oz. unsweetened chocolate use 3 tbsp. cocoa plus 1 tb. butter or fat.

EGGS

for 1 egg use 2 yolks, add tbsp. water for baking

LEMON JUICE

for 1 tsp. use 1/2 tsp vinegar

Chicken

BARBECUED CHICKEN

In skillet, slowly brown one 2 1/2-to-3-pound ready to cook broiler-fryer chicken, cut up in 1/4 cup salad oil. Place in 12 x 7 1/2 x 2 inch baking dish. To skillet, add 1/2 cup chopped onion and 1/4 cup chopped celery, 1/3 cup water, 2 tablespoons lemon juice, 1 tablespoon each brown sugar, worcestershire sauce, vinegar, and prepared mustard, season. Simmer 15 minutes, skim off excess fat. Pour sauce over chicken. Bake, uncovered at 325F for 1 1/4 hours, or till done, basting 3 or 4 times. Serves 3 or 4.

- Rose Lucas

CURRIED CHICKEN FOR TWO

4 broiler chicken parts (skin removed if desired)

1 tbsp. cooking oil

1 large onion sliced

1 clove garlic, minced

1/4 tsp each salt and pepper

2 tbsp apricot preserves

3 tbsp vinegar

1 tsp curry powder

1/2 cup water

In fry pan heat oil and add chicken. Cook about 10 minutes browning well on all sides. Add onion rings and garlic and saut) until onion is clear, about 3-minutes. Sprinkle chicken with salt and pepper. In a small bowl, mix together apricots, vinegar, curry powder and water. Pour over chicken, reduce heat, cover and simmer about 30 minutes until chicken is fork tender. Remove lid, continue cooking if necessary to reduce liquid.

Serve over rice. Serves 2

- Rose Lucas

FINGER LICKING CHICKEN

- 3 lbs. chicken wings (tips off)
- 1 onion sliced
- 1 green pepper (optional)
- 1 cup ketchup
- 2 cups Coca Cola

Place in Dutch Oven until wings are cooked about 1 1/2 hours on medium heat.

- Jean Skinner

SIMPLE CHICKEN CURRY (Trinidad)

- Chicken cut into pieces
- 1 onion
- 3 cloves garlic
- 3 tbsp curry powder
- 1 tsp. salt, & black pepper
- 2 potatoes
- Oil for cooking
- 1/2 cup water

Other spices that can be added, but are optional.

- Cumin seeds (1/2 tsp)
- Black mustard seeds (1/2 tsp)
- Coriander powder (1/2 tsp)
- Ginger (1/2 tsp)

These should be added at the same time as garlic & fried.

Fry onions in hot oil until transparent, add garlic and continue frying add 3 tbsp curry powder fry for two, three minutes add small amount of water and add chicken pieces and fry for 3 mins. Add potatoes. Cook for 5 mins then add 1/2 cup water and continue cooking for 20 mins. Serve with rice & salad.

- Karan Whiteman

SWEET-SOUR CHICKEN

In small saucepan, combine 1 tbsp. cornstarch and 1 tbsp. cold water. Add 1/2 cup sugar, 1/2 cup soya sauce, 1/4 cup vinegar, 1 clove garlic, minced, 1/2 tsp. ground ginger, and 1/4 tsp. coarsely ground pepper. Cook, stirring constantly over medium heat till mixture thickens and bubbles. Brush two 2-to 2 1/2 lbs. ready-to-cook broiler-fryer chicken, split in halves length wise, with soya mixture. Place chicken halves, skin side down, in greased shallow baking pan.

Bake in hot oven. (425F) for 30 minutes. Brush with soya mixture every 10 minutes. Turn chicken skin side up. Bake 30 minutes, brushing occasionally with soya mixture. Drain one 1 lb. 4 ounce can pineapple spears or chunks; add pineapple to chicken halves in baking pan during the last 10 minutes of baking. Serves 4

- Rose Lucas

Put Your Ideas
Into Action
with
CHPF grants



Deadline for Applications
May 27, 1994

The formula is a simple one:
your ideas for health promotion +
your community + CHPF grant =
dynamic health action in Nova Scotia.

CHPF (Community Health Promotion Fund)
is a five-year program of grants (up to \$50000)
to help non-profit groups and organizations
develop and run projects to promote
health in the community.

It's for the community - It's dynamic.
It's cooperative - It's based on your ideas.

If you think you have a good idea for a health
project in your community, contact the
Health Educator in your area.
We'll answer your questions and send
you information about the program.

Tenants win fight to alter housing policy

A two-year fight ended Monday with a provincial government announcement dropping two requirements for public housing tenancy that have been called "callous". Children reaching the age of 21 will no longer be required to leave their parent's public housing unit, and 58-year-old tenants will no longer be required to relocate to senior citizens housing.

A Unisquare tenant's group and two city aldermen have been critical of the policy. Their reaction Monday was a collective of relief.

"I'm glad that they did it. It will be a great relief in my area," said Ward 3 Alder-
man Graham Downey Monday night. "It's
something I've been fighting for."

Fish

BAKED FISH LOAF

- 2 - 7 oz. cans salmon or tuna (392 g)
- 1 egg, slightly beaten (1)
- 1/2 cup milk (125 ml)
- 1/2 cup rolled oats (125 ml)
- 1/4 tsp. finely chopped onion (1 ml)
- 1/4 tsp. salt
- 2 tbsps miracle whip salad dressing (25 ml)
- 1/8 tsp. pepper
- 1 can cream of chicken or cream of mushroom soup
- 1/2 cup bread crumbs (125 ml)

1. Flake fish and combine other ingredients.
2. Mix well and put into greased loaf pan.
3. Bake at 350F oven until firm and golden brown about 35 mins.

- Marg Dwyer

FISH AND CHIP BATTER

- 1 cup flour
- 1 cup milk (may need more)
- 4 tsp. baking powder
- 3/4 tsp. salt.

Mix all the above together, dip fish in and fry.

- Jennie Lewin

FILLETED BUBBLY BAKE

- 1 1/2 lb. fillets (haddock, cod, etc.)
- 1 large onion (diced)
- salt
- 1 can mushroom soup
- pepper
- 1/2 cup cheddar cheese
- paprika

In a 8" x 8" glass bake dish, put in a layer of mushroom soup, layer of cut fillets, layer of diced onions. Repeat layering until all ingredients are used. Add salt, pepper. Add cheddar cheese on top, cover with saran wrap and place in microwave oven for 15-20 minutes.

If baking in oven, use cheese on top. If using microwave use paprika on top.

- Maude Lorde-Cox

HERB-BAKED FISH

Thaw 1 pound frozen haddock, halibut, or cod fillets, place in 10 x 6 x 1 1/2 inch baking dish. Dot with 1 tablespoon butter. Thoroughly blend 1 cup milk and 2 tablespoons all-purpose flour. Cook over medium heat, stirring constantly, till sauce thickens and bubbles. Cook and stir 1 minute longer. Stir in 1/4 teaspoon salt, 1/4 teaspoon garlic salt, 1/8 teaspoon pepper, 1/8 teaspoon dried thyme, crushed, dash dried oregano, crushed, and 1/4 cup chopped green onion.

Pour sauce over fish, sprinkle lightly with paprika. Bake, uncovered, at 350F for 20 to 25 minutes. Makes 4 servings.

- Rose Lucas

SALMON LOAF

Place 4 salmon steaks, 1 inch. thick, in shallow baking pan. Blend 1/3 cup melted butter, 1 tsp. worcestershire sauce, 1 tsp. grated onion, and 1/4 tsp. paprika; brush some lightly on fish. sprinkle with salt. Bake at 350F for 25 to 30 mins. Pass remaining sauce. Serves 4.

- Rose Lucas

Ideas for Using Vinegar

MEAT TENDERIZER

Marinate tough meat overnight in 1/2 cup white vinegar and 1 cup beef broth

FABRIC SOFTENER

1 cup white vinegar to final rinse

SPOT REMOVER FOR DISHWATER

1 ounce to final rinse cycle in dishwasher

COPPER CLEANER

1 tbsp. flour
1 tbsp. salt
1 tbsp. vinegar (approx.)

SALT STAIN REMOVER

1 part vinegar
2 parts water

WINDOW CLEANER

1 cup white vinegar
1 quart water
(dry with newspaper)

SCALE REMOVER

full strength vinegar will dissolve lime scale from kettles and irons and humidifier pads

PAINT BRUSH CLEANER

Simmer hardened paint brush in full strength vinegar, remove softened paint with wire comb or brush

RUG STAIN REMOVER

1 part white vinegar
2 parts water
to remove urine stains from rug (also kills odor)

SHAMPOO

1 cup mild detergent
1 cup white vinegar
1/2 cup water
2 tsp. mayonnaise (optional)

FOOD ODOR REMOVER

Wipe cooking utensils cutting boards, hands with vinegar to remove strong onion or fish odors, then rinse in soapy water.

PREVENT COOKING ODORS

Simmer white vinegar on stove while cooking

COOKING EGGS

1 tsp. added to water will help keep either poached or boiled eggs from running (if egg shell cracks)

SOUR MILK OR BUTTERMILK

1 tbsp. vinegar to 1 cup sweet milk if recipe calls for sour milk

Recipe for a Family Stew

Take 1 large pot

Mix together assorted sizes, shapes, and temperaments of Mom and Dad.

Add Children gradually with care & love.

Sprinkle on dreams, patience, honesty and pride.

Stir in work, friends, pets, schools, life's ups, and downs, church, picnics, parents, grandparents, brothers, sisters, nuts and bolts.

Don't forget some craziness, kisses and hugs, fanny pots, and more patience.

Tooth fairies, Santa Claus, angels, witches, gremlins, and goblins.

Take a large scoop of luck, and abundance of energy. Keep blending constantly with all the other ingredients.

Bring to a boil, then simmer for 20 or more years, over a very moderate flame.

If the stew becomes too thick after 15 years or so turn heat off, (ten years). Stew can turn unpredictable at this time.

- Beatrice Johnson

Metric Conversion

1/8 tsp. = 1/2 ml

3/8 tsp. = 1.5 ml

1/2 tsp. = 2 ml

1 tsp. = 5 ml

1 tbsp. = 15 ml

2 tbsp. = 25 ml

3 tbsp. = 35 ml

1/4 cup = 50 ml

1/2 cup = 125 ml

2/3 cup = 150 ml

3/4 cup = 175 ml

1 cup = 250 ml

2 cups = 500 ml

3 cups = 750 ml

4 cups = 1000 ml

ANT TRAPS

1/3 cup molasses

6 tbsp. sugar

6 tbsp. active dry yeast

Stir all the ingredients together in a small bowl until they form a smooth paste. Coat strips of cardboard with the mixture or dab into individual bottle cap. I used yogurt container lids. Place around infested areas.

According to the book, this gives the "tiny black intruders a fatal but unchemical dose of indigestion." I tried this last week, and have been ant-free for the past two days. I suspect that you would have to replenish the traps occasionally, in part because of rain.

HOUSING OPTIONS FOR WOMEN
NATIONAL CONGRESS OF NEIGHBORHOOD WOMEN
249 Manhattan Avenue
Brooklyn, New York 11211

Uniacke Square Regeneration

COMMUNITY DEVELOPMENT WORKER (TERM)

Competition No.
87-N.U.9(25)

Salary: Commensurate with qualifications
and experience

The City of Halifax, Social Planning Department is seeking the services of a Community Development worker to work in conjunction with the Uniacke Square Regeneration Project. The position will involve liaison with Project Committee, The Project manager, Residents, the Halifax Housing Authority, and Social Service Agencies. The worker will attempt to maximize opportunities for resident involvement of an integrated plan for regeneration and attempt to enhance the benefits of project available to residents.

or equivalent degree
and experience in
community development
or related field





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