



LAKEHEAD
HADASSAH

FAVOURITE
RECIPES

*carrot pudding
cornish hen
sweet potato*

*chicken
a
pineapple*

*chicken
in
orange
sauce*

1962 EDITION

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APPETIZERS

ANTIPASTO

- | | |
|------------------------------------|------------------------------------|
| 2 bottles chili sauce | 3 tins tuna fish with oil |
| 1 bottle ketchup | 12 oz. jar red horseradish |
| 1 jar sweet pickled onions | 3 tbsp. lemon juice |
| 1 jar cauliflower | 2 tins (16 oz.) mushrooms (sliced) |
| 1 jar sweet assorted pickles (cut) | 1 large jar small stuffed olives |
| 1 jar gherkins ((cut) | |

Parboil 15 minutes (no longer) 1 stock celery (large) sliced diagonally, 5 medium carrots, cut in fine strips, drain well after parboiling. Mix all together and jar. Will keep indefinitely.

Hattie Sherman

SARDINE CANAPE

- | | |
|-----------------------------|--|
| 1 tin sardines (drained) | 1 small tart apple, grated |
| 1 hard boiled egg | 1 slice bread, soaked in 2 tbsp. vinegar |
| 1 small onion, chopped fine | |

Mash sardine and egg. Add onion, apple and bread and mix well. Recipe can be increased accordingly. Will keep well in covered jar.

FISH

PICKLED SALMON

Bring to a boil and cook for 10 minutes:

- | | |
|----------------|------------------------|
| 2 cups vinegar | 1 tbsp. salt |
| 2 cups water | 1 tbsp. pickling spice |
| ½ cup sugar | 1 onion, sliced |

Place fresh salmon steaks into boiling liquid and poach for 20 minutes. Remove carefully to a glass utility pan, strain liquid and pour over fish. Refrigerate 4 to 5 days. Serve cold.

Mrs. S. Blumenthal

MOCK CLAM CHOWDER

- | | |
|--|--------------------------|
| 1 small can pink salmon | 2 cups milk |
| 1 can condensed cream of mushroom soup | 2 tbsps. butter |
| 1 chopped onion | pepper and garlic powder |
| 1 cold cooked potato | |

Simmer chopped onion in two cups of milk. Mash one small can of salmon with a little butter until it is a creamy pulp. Stir into hot milk mixture, with mushroom soup added, and simmer five minutes. Dice a cold cooked potato and add it to the chowder. Allow it to sit long enough for the potato pieces to warm. Add a few flecks of pepper and garlic powder, and serve with brown bread or crackers on the side. Serves four.

Mrs. David Safir

MEATS

SWEET AND SOUR SHORT RIBS OF BEEF

Place bed of chopped onions in bottom of roaster.

Place ribs over onions and add salt and pepper. Bake 1½ hours in 300 degree oven, covered.

Make a paste of one tin tomato sauce, 1 cup brown sugar, juice of lemon and mix.

Pour over meat and cook. Covered 1½ hours, longer. Put in refrigerator. When cool leave over night and skim all fat off next day. Reheat for serving.

Elsie Le'ton

BARBECUED BEEF

5 to 6 lb. brisket point
1 onion
2 green peppers

several stalks celery
½ cup brown sugar
1 bottle barbecue sauce (approx. 2 cups)

Line roaster with chopped onion, pepper and celery (packaged dried vegetables may be used instead of fresh). Place brisket on top of vegetables, sprinkle with the brown sugar and cover with barbecue sauce. Bake uncovered 4 hours or till tender, turning occasionally. Remove meat and cool meat and gravy separately. When meat is cold slice thin and reheat in gravy from which the fat has been skimmed before serving. Delicious when served with rice. May be frozen.

Adele Laskin

CREAMED MUSHROOMS

4 cans mushrooms
4 cans small peas
6 large onions
5 tbsp. of browned flour

1 green pepper
1 tsp. paprika
1 stock celery

Method: Fry cut up onions, pepper and celery in oil in frying pan. Add to mushrooms and peas. Put in deep pyrex casserole, mix in browned flour and put in oven for two hours on low heat. Add all of 3 cans mushroom juice in mixture. Serve on toast.

POTATO VARENIKES

Filling

3 potatoes
3 tbsp. chicken fat

1 large onion
salt and pepper to taste

Boil and mash potatoes, add salt and pepper and onion that has been fried in chicken fat.

Dough

2 eggs
¼ cup water
pinch of salt

Enough flour to make a soft dough, easy to handle (approx. 2 cups). Mix above ingredients until dough is smooth. Divide in two parts and roll out on lightly floured board. Cut in squares about 2" in size. Put 1 tbsp. of the filling in the centre of each square. Fold dough over to make three cornered shape. Pinch edges securely. Bring 1 quart water and ½ tsp. salt to a boil and drop in the varenikes, 8 at a time. When they rise to the surface remove from the water and place in a greased pan. Shake around lightly to keep from sticking together. Keep hot in oven.

SWEET AND SOUR CHICKEN WITH PINEAPPLE

2 cans pineapple chunks, drained and placed in casserole with pieces of cooked chicken. Cover with the following sauce:

¾ cup brown sugar
2 tbsp. corn starch
¼ tsp. salt

2 cups juice from pineapple
⅔ cup vinegar
Scant tbsps. soy sauce

Boil until thick. Pour over chicken and pineapple. Place in a 350 degree oven and heat through thoroughly. Five minutes before serving add green pepper rings.

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FISH

PICKLED FISH

4 lbs. Pickerel, sliced
1 large onion
 $\frac{3}{4}$ pint water

Salt, sugar, spice to taste
1 pint vinegar

Place fish, salt, sugar and spices in liquids. There should be sufficient liquid to cover fish. Cook for half hour after coming to a boil. Remove fish carefully to dish, and pour over the strained liquid. Let stand overnight before serving.

Note:—If Pickled Salmon or Salmon Trout is desired, use half Pickerel and half Salmon. This combination ensures a liquid that will jell.

Mrs. Jack Stitt

MEATS AND POULTRY

BRISKET

4 to 5 lbs. brisket of beef
2 large onions

1 clove garlic (if desired)
 $\frac{1}{2}$ cup water
salt and pepper, dry mustard

Place brisket in covered roaster, on top of stove. Sear brisket on all sides. Add water, vegetables and seasonings. Cover and cook slowly until meat is tender.

Variations: Add 1 stalk chopped celery, a little green pepper and a few diced carrots and cook as above. 1 cup of canned tomatoes may be added, if desired or 1 cup of lima beans (which have been soaked) or peeled potatoes.

Mrs. B. Shaffer

CORNED BEEF AND CABBAGE

2 $\frac{1}{2}$ lbs. pickled beef

1 large head of cabbage
1 onion

Boil pickled beef and onion in enough water to cover. Cook until tender. Remove meat. Cut cabbage in pieces and boil in meat broth until tender. Add meat again and serve hot.

Etta Lack

MEAT ROLLED IN CABBAGE (HOLIPTZIES)

1 large head of cabbage

2 lbs. chopped meat

3 eggs

$\frac{1}{2}$ cup rice *1 cup rice*

juice of 2 lemons *or 1 large*

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

1 cup ketchup *2*

salt and pepper

Part I: Cut heart out of cabbage. Separate leaves and place in enough boiling water to cover. Boil 10 minutes. Drain leaves well and cut off hard part.

Part II: Mix chopped meat with eggs, rice, 2 tbsp. sugar, 3 tbsp. ketchup, salt and pepper to taste. Place heaping tablespoon of meat on cabbage leaf and roll. Place 2 chopped onions into large pot. Season onions with salt and pepper. Add rolls and cover with ketchup, sugar, lemon juice and enough water to cover. Cook for 2 hours on top of stove. Then remove from pot and place in 325 degree oven for 1 hour.

Mrs. Harry Adelman

MEAT BALLS

1 lb. chopped meat
1 bottle Heinz Ketchup
3 tbsp. brown sugar

2 small onions
3 tbsp. vinegar

$\frac{1}{2}$ Cat. Spaghetti

Form meat balls as desired. Saute onions, add ketchup, vinegar and brown sugar. When sauce is boiling drop in meat balls. Lower heat and cook slowly on top of stove for two hours.

Mrs. Bert Hurtig

MEATS

MEAT BALLS

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|------------------------------------|--------------------|
| 1 lb. hamburger | ½ cup bread crumbs |
| 1 grated carrot or 1 grated potato | salt, pepper |
| 1 egg | grated onion |

Form into meat balls, and fry, browning well. Remove from pan and add 2 onions chopped, ¼ lb. sliced fresh mushrooms, or 1 can sliced mushrooms (save liquid for sauce). Saute until tender, add 1 tin tomato paste, juice of 1 lemon, ½ cup brown sugar, 1 cup water and mushroom liquid, ½ cup catsup, 1 bay leaf, ¼ tsp. chili pepper, ¼ tsp. pepper, ½ tsp. salt. Simmer for ½ hour, and add meat balls, and simmer ½ hr longer. Serve with cooked hot spaghetti.

CHICKEN BARBECUE

Dice into fairly small pieces several onions, celery, and green peppers and saute in a small amount of Mazola. Prepare broiler chicken and cut into serving pieces. Spread vegetables over the bottom of a roaster and place chicken on top in one layer. Sprinkle brown sugar over the chicken, then pour barbecue sauce (bought) over all. Do not season meat as sauce is highly seasoned. Bake in 350 degree oven about 1½ hours. When half the baking time is up turn chicken and add a little more sauce. If sauce is too thick it may be thinned with a little water.

BARBECUE TONGUE

Boil tongue until soft, then peel off thick skin. Slice and prepare in same manner as chicken barbecue.

Mrs. S. Blumenthal

DAIRY AND VEGETABLE DISHES

CARROT PUDDING

Peel and grate 1½ cups raw carrots. Beat 8 egg yolks and 1 cup sugar until light and thick. Add the carrots, 1 cup grated, blanched almonds and grated rind of ½ lemon and 1 tsp. wine. Blend well and fold in the stiffly beaten egg whites. Grease a pudding dish well, pour in the batter and bake about one hour at 325 degrees until well browned and firm.

BROWNE RICE

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|-------------------------------------|--|
| 2 cups raw minute rice | 1 pkg. frozen peas |
| 2 cups chopped onion | 2 scrambled eggs (cut up in small cubes) |
| 2 cups chopped celery | soya sauce |
| 1 cup chopped green pepper | salt and pepper |
| 2 cans mushrooms (stems and pieces) | |

To two cups minute rice, add 1½ cups boiled water.

Cover and let stand for 5 minutes. Fry lightly chopped onion, celery, green pepper and mushrooms. Add to cooked rice. Salt and pepper to taste. Cook frozen peas and add to rice. Also add scrambled eggs. Sprinkle with soya sauce until brown. Place in covered casserole and put in oven to heat.

Mrs. Martin Brody

MIXED VEGETABLE CASSEROLE

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|---------------------------------|--------------------------|
| 1 pkg. frozen broccoli (whole) | 1 can kernel corn |
| 1 pkg. frozen fresh green beans | 2 cans cream celery soup |
| 1 can whole mushrooms (drained) | |

Cook vegetables as directed. Arrange in layers in pyrex baking dish. Cover with canned soup. Grate ½ lb. mild yellow or white cheese. Spread over mixture. Bake in 350 degree oven until brown and bubbly.

Mrs. B. Shaffer

CAKES

SOUR CREAM TWISTS

Sift four cups of flour and one teaspoon salt into a bowl. Cut in one cup of butter (or shortening) as for piecrust. Soak one envelope quick dry yeast in $\frac{1}{4}$ cup lukewarm water, according to directions on envelope. Beat one egg and two egg yolks together. Combine with one cup of thick sour cream, the yeast and one teaspoon vanilla. Let rise in refrigerator for two hours. Sprinkle a board lightly with sugar. Place dough on sugar and roll out to a 10 by 12 inch square. Sprinkle with sugar and fold dough to the centre from either side. Roll out again and repeat the folding job three times, sprinkling a little sugar on the dough and the board each time to prevent sticking. Cut into strips $\frac{3}{4}$ inch wide and four inches long. Twist the strips three or four times and lay them on an ungreased cookie sheet several inches apart. It will take about $\frac{3}{4}$ cup of sugar in all. Bake in moderate hot oven 375 F. 20 minutes until light brown. Makes three dozen twists.

Mrs. David Safir

MARGUERITES

Make a soft dough of $\frac{1}{2}$ cup butter, 1 tablespoon sugar, 1 tablespoon milk and one cup of flour. Roll out thin and cut into strips about $\frac{3}{4}$ inch wide by 3 inches long. Beat one egg white stiff with 6 teaspoons of icing sugar. Spread egg white on cookie strips and garnish with one or two blanched almonds. Bake at 375 degrees for ten minutes.

SWEDISH COOKIES

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup brown sugar

2 egg yolks
2 cups flour

Make a soft dough of the above ingredients. Roll dough into small balls. Dip each ball in slightly beaten egg white. Roll in finely chopped nuts and press down in centre with a thimble. Bake in slow oven, 300 degrees, for five minutes. Remove from oven and press down centre again with thimble. Return to oven for ten minutes more. When cool fill center with any desired jam. Nice party cookie.

LEMON CRUMBLE

$1\frac{3}{4}$ cups biscuit crumbs. Soda or
vanilla or graham.
 $\frac{3}{4}$ cup flour

$\frac{3}{4}$ cup butter
 $\frac{1}{2}$ cup coconut
1 teaspoon baking powder

Mix all together and sprinkle into a greased baking pan about 8 x 10. Make a filling of 2 cups water, 2 cups sugar, 6 tablespoons of corn starch, grated rind and juice of two lemons and one orange. Cool filling and pour onto crumb crust. Reserve half of crumbs and sprinkle on top of filling. Bake in 350 F. oven for 20 minutes or until lightly browned. Cool thoroughly before cutting. This is better to serve if made the day before and allowed to set overnight. Very delicious as a dessert or party dainty.

Mrs. David Safir

COOKIES

ALMOND COOKIES NO. 1

2 cups blanched almonds (toasted)
2 egg whites

1 cup sifted icing sugar
 $1\frac{1}{2}$ cups chopped dates

Beat egg white stiff. Add sugar, dates, and nuts. Shape into drop cookies, and place on buttered cookie sheet. Bake in 325 degree oven for 15 minutes.

Mrs. All Lack

ALMOND COOKIES NO. 2

$\frac{3}{4}$ cup brown sugar
 $\frac{3}{4}$ cup butter
1 cup salted almonds
1 egg

2 cups flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. lemon juice

Chop almonds coarsely. Cream butter and sugar. Add beaten egg, almonds, lemon juice, sifted flour, baking powder and baking soda. Drop mixture from teaspoon onto cookie sheet and flatten with fork. Bake in slow oven 250 degrees, approximately 20 minutes.

TOPPING: Take one can of Eagle Brand Condensed Milk, and place tin in boiling water approximately 2 to 2 $\frac{1}{2}$ hours. Remove from heat, open and add 1 square unsweetened chocolate. Spread thinly over cookie. Place sliced, blanched almonds on top of cookie in shape of rosette with a piece of cherry in the centre.

Mrs. Morris Bass

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