



OPEN FACED PARTY SANDWICHES

HINTS FOR HOUSEWIVES

Weights and measurements

Many housewives find it a nuisance when recipes call for use of ingredients by weights when they customarily use other units of measurement. In such cases, the following table provides equivalents of weights and helps eliminate guesswork in cooking:

1 lb. butter or fat	2 cups
1 lb. granulated sugar	2 cups
1 lb. brown sugar	2 to 2½ cups, firmly packed
1 lb. icing sugar	3½ cups (sifted)
1 cup egg yolks	12 to 14
1 cup egg whites	6 to 10
1 lb. all-purpose flour	4 cups (sifted)
1 lb. cake flour, 1 lb. pastry flour	3½ cups (sifted)
1 lb. graham flour	4½ cups
1 lb. cake flour	4½ cups
1 lb. white wheat flour	3½ cups
1 lb. rye flour	4½ to 5 cups
1 medium lemon	3 tbls. juice
1 medium orange	6 to 8 tbls. juice
1 lb. cheddar cheese	4 to 5 cups (grated)
½ pint whipping cream	2 cups whipped

Temperature, time chart

OVEN TEMPERATURE AND TIME CHART

Water simmers	180 deg. F.
Water boils	212 deg. F.
Slow	250 deg. F. to 300 deg. F.
Moderate	300 deg. F. to 350 deg. F.
Hot	350 deg. F. to 400 deg. F.
Very hot	400 deg. F. to 500 deg. F.
For boiling	400 deg. F.

SIZE AND CONTENTS OF CANNED VEGETABLES

No. 1 can	1 1/3 cups
No. 2 can	2 1/5 cups
No. 2½ can	3 3/5 cups
No. 3 can	4 cups
No. 10 can	10½ cups

Timetable for baking

Bread (loaf) according to size	45 to 60 min. 375 deg. F.
Yeast rolls and biscuits	12 to 15 min. 375 deg. F.
Baking powder biscuits	6 to 10 min. 400 deg. F.
Muffins	20 to 25 min. 350 deg. F.
Cookies	7 to 9 min. 350 deg. F.
Gingerbread	25 to 30 min. 350 deg. F.
Layer Cake	18 to 25 min. 300 deg. F.
Loaf Cake	40 to 60 min. 350 deg. F.
Fruit Cake (low oven)	2-3 hrs. 350 deg. F.

Estimating proportions

- Use 4 egg yolks to 1 quart milk for boiled custards.
- Use ½ cup cornstarch to 1 quart milk for blanc mange.
- Use 6 teaspoons baking powder to 2 cups (1 pint) flour.
- Use 1 teaspoon vinegar to each cup milk to substitute for sour milk.
- Use ½ cup uncooked rice to yield 2 cups cooked rice.
- Use ½ cup flour to 1 quart liquid for white sauces, gravies, etc.
- Use 1 teaspoon salt to 4 quart water for boiling vegetables.

COOK BOOK INDEX

The following is an index to feature articles and various classes of recipes contained in this edition of the annual Cook Book.

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'Good eating Island' reputation is upheld

P.E.I. cooks continue to uphold the Island's reputation as a "good eating" province.

This latest edition of The Guardian and Evening Patriot Cook Book shows ample proof of why Island husbands (and sons) are loud in their praise of their wives' and mothers' dexterity in a kitchen.

Cover to cover it is packed with recipes of good things to eat.

As usual the space allotted could not contain all the recipes received and it is likely that recipes omitted will be used in later editions of The Guardian and Patriot.

Despite the large printing last year the supply of cook books failed once again to meet the demand, not only from this province but other provinces of Canada and the U.S. A large printing of extra copies has been

ordered this year and those wishing extra copies can order them at the Guardian and Patriot offices in Charlottetown, but they should not delay.

This year's awards were shared by people in many parts of the province. The Special Service Award given to the institute sending in the most recipes was won by Baitic Led 18 WI, while Mrs. Donald MacLean, DeGros Marsh was a repeat winner of the award for the individual sending in the most recipes. Mrs. MacLennan won the same award in 1961.

Mrs. Clifford Chappel of York Alpha WI won a special award for sending in the first 25 recipes after a special notice appeared in the paper while Mrs. Frank Ross of Paradise won the best seafood recipe. There was no teenage winner this year.

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