

Grand CULINARY CONTEST

Of Interest to Women

The following are the recipes for the exhibits which were awarded weekly prizes in The Daily Mail Cooking Contest in last Wednesday's Maritime Electric Company, Limited, judging, which took place at the store:

Lemon Pineapple Pie

1 cup sugar
1 cup pineapple juice
3 tablespoons flour
1 cup grated pineapple
1 tablespoon butter
1/4 teaspoon salt
2 eggs
6 tablespoons lemon juice
Grated rind of one lemon
1/4 cup cocoanut
Four teaspoons powdered sugar

Method

Place pineapple juice, sugar, flour, butter and salt in double boiler and cook twenty minutes; add beaten egg yolks slowly; cook until thick; remove from fire, cool and add lemon juice and grated rind of lemon and the pineapple and put it in previously baked pastry shell. Top with the meringue made from egg whites, and four teaspoons powdered sugar. Sprinkle with cocoanut and brown in moderate oven.

—Mrs. Arthur Crowley

Oatmeal Cookies

3 cups oatmeal
1 cup sugar (1/2 brown, 1/2 white).
1/2 cup butter and 1/2 cup shortening.
1/2 cup milk
1 cup flour
1 teaspoon cream of tartar
1 teaspoon soda
Flavor with lemon or nutmeg according to taste.

Method

Whip oatmeal and sugar well together, add shortening and whip together again; then add milk and dry ingredients.

Date Filling

Package of dates,
1/2 cup white sugar
1 cup boiling water
Small piece of butter
1 tablespoon cornstarch
Vanilla.

Cook until thick.

—Miss Dorothy Smith

UPOOK ON LIFE

(By George Matthew Adams, in The Halifax Herald)

I have read few writers so stimulating as Robert Louis Stevenson, it always makes me smile when I hear someone say that he is a writer of the past and that his influence is growing less. I never tire of reading his essays, which always bring out his Uplook on Life. His philosophy was one of glorious and happy battling—even during the trying days when his physical body grew weaker and weaker.

Of late I have spent many evenings with the spirit of John Muir, the Californian naturalist. He loved the mountains and glaciers as few, if any, ever did. His love for these glorious mountains took "the form of a high and reverent enthusiasm." And he once wrote to a friend that every time he took a step upon the earth he touched God.

Edward Everett Hale invented the fine sentence: "Look Up—not down. Lend a hand." I like that sentence that I use so often: "He climbs higher who helps another up." I also believe he thinks highest who helps others take an Uplook on life.

I commend such organizations as Rotary, Kiwanis, and their like, if for no other reason than that they think forward and have a genuine Uplook on life.

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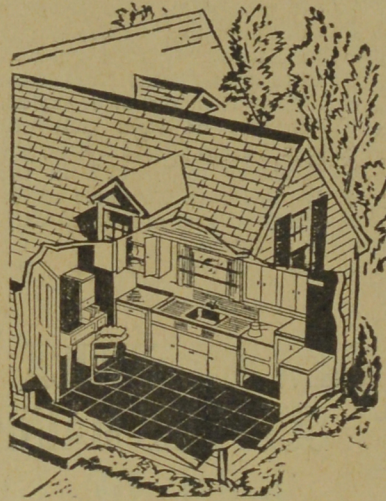
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PRIZE WINNERS

First—Mrs. Arthur Crowley, Lemon Pineapple Pie.

Second—Miss Dorothy Smith, Date-filled cookies.

Third—Mrs. Frank L. Morgan Clover Honey.

HONOURABLE MENTION:

Mrs. Thos. L. Kane, Cabbage Salad; Mrs. Douglas Terry, Cream Cheese daisties;

Mrs. Byron Brewer, Whole Wheat Buns;

Mrs. Fred Bearisto, Small Chocolate Cakes;

Mrs. Wilfrid Wade, Mustard Pickles;

Miss Margaret Bearisto, Chocolate Cake;

Mrs. Albert Manuel, Mocha Cakes;

Mrs. M. C. Horncastle, English Marblecake;

Mrs. John M. F. McKenzie, Experimental Station, Walnut Fudge.

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4 cakes			1/2's Per tin	
NATURES BEST TOMATO JUICE	SPECIAL	19c	OAT PUFFS	19c
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