



OUR ROOTS

1912

In April of 1912, the Medicine Valley Estonian Society met to discuss the creation of a consumer co-operative. This meeting led to the formation of the Eckville and Gilby Co-operative Company.



1934

In 1934, a group of community members formed a central purchasing agency, naming it Innisfail & District Co-operative Association.



1937

In 1937, the charter was issued for Red Deer Consumers Co-op. In 1956, the new Red Deer Co-op Limited was born, selling food, hardware and farm supplies.



1939

The Spruce View Co-op started in 1938 and was incorporated in 1939 as "The Corner Co-op". Being the only retail store in Spruce View, the Co-op has always been the hub of the community.









Eckville Feed Mill (destroyed by a fire in 1992)





Co-op Grocery Interior - 1993







Innisfail Co-op Mall





Marketing displays







Plaza Store - Red Deer







Eckville Food Store



Petroleum Fuel Team



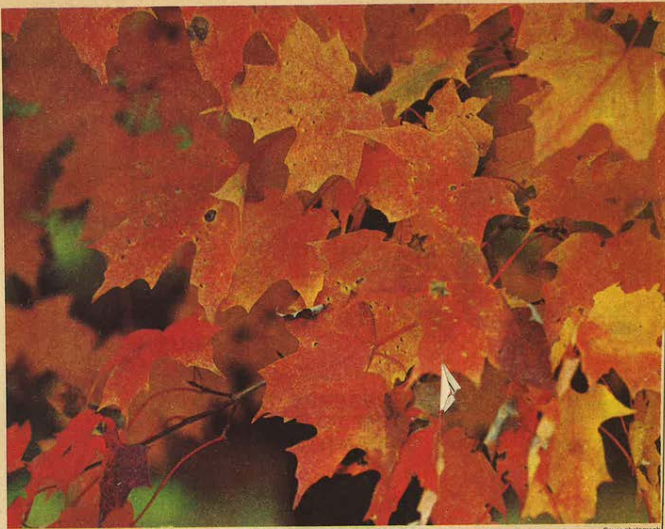


Spruce View Food and Hardware Store



Spruce View Hardware





Cover photograph
Mark, Ottawa

CO-OP FALL SAVINGS

SP
BURN
12 out
Each

There's something for you
at Co-op



SEPT. 25 to OCT. 4, 1975



CO-OP SPRING SAVINGS

There's something for you
at CO-OP



APRIL 1-10, 1976

CO-OP SUMMER SAVINGS

JUNE 14-18, 1977

BEANS with PORK

HARMONIE
14 fluid
ounce tins.....

3 for 89¢

DRINK MIX

CO-OP Instant.
Assorted flavours
23.3 oz. tins.....Each

\$1.29

RELISH BICK'S

Assorted varieties.
12 fluid ounce jars.
Each

59¢



APPLE JUICE

SUN-RYPE
CANADA FANCY
Blue label.
10 fluid
ounce tins.....

4 for 89¢

ICED TEA MIX

GOODHOST
24 ounce tins.
Each

\$1.99

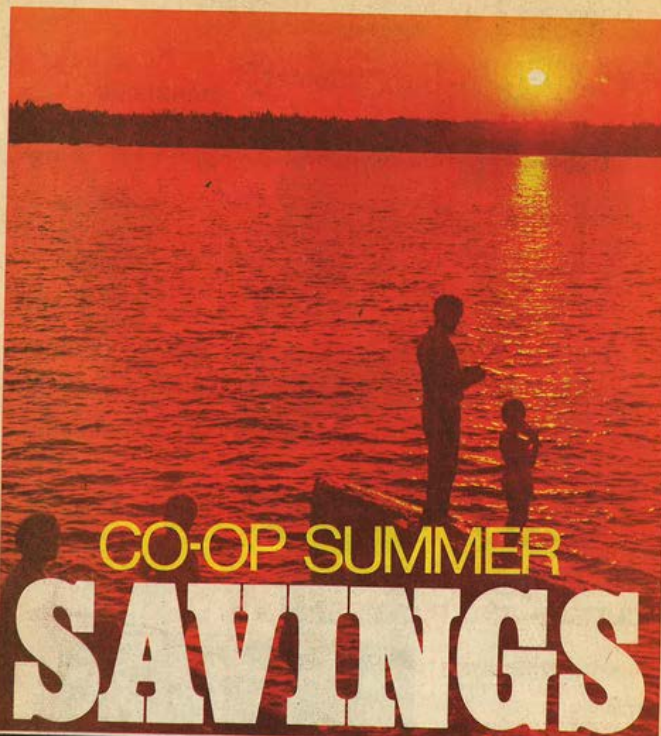
FRUIT FLAVOUR CRYSTALS

CO-OP Orange-poly bags contain
four 3 1/2 ounce envelopes.
Lemonade-poly bags contain
four 3 1/2 ounce envelopes.
Each

69¢



RED DEER CO-OP LTD.



CO-OP SUMMER SAVINGS

Enjoy Summer With
Savings From Co-op

JUNE 10-19, 1976



Beverages



APPLE JUICE
CANADA FANCY
48 fluid ounce
tins **69¢**

ORANGE JUICE
SUNTYPE
CANADA FANCY
Sweetened or
unsweetened,
10 fluid ounce tins **4 for 89¢**

GRAPEFRUIT JUICE SUNTYPE
CANADA FANCY
Unsweetened,
10 fluid ounce tins **4 for 89¢**



EVAPORATED MILK

16 ounce net
weight tins **2 for 77¢**

COFFEE DELIGHT
CO-OP 16 ounce jars **\$1.29**

CO-OP SUMMER SAVINGS



PREM SWIFT'S
Oblong, Regular and real
bacon flavour
12 ounce tins **85¢**



PINK SALMON
7 3/4 fluid
ounce tins **89¢**

SARDINES
CO-OP In oil,
3 1/2 fluid
ounce tins **4 for \$1.00**

CHICKEN BONUS
Whole,
52 fluid ounce tins **\$1.99**

LUNCHEON MEAT
HOLIDAY
12 ounce tins **69¢**

MUSHROOMS
FOUR STAR
Pieces and stems,
10 fluid ounce tins **69¢**

WE RESERVE THE RIGHT
TO LIMIT QUANTITIES



CREAM CORN
HARMONIE
CANADA CHOICE
14 fluid ounce tins **3 for 99¢**



MACARONI CREAMETTES
Ready cut,
2 pound boxes **69¢**

SPAGHETTI CREAMETTES
Long,
2 pound boxes **Each 69¢**



SPAGHETTI
CO-OP In Tomato
Sauce
14 fluid ounce tins **3 for 89¢**



MARGARINE
Soft,
1 pound plastic tubs **53¢**

STRAWBERRY JAM
Pure,
24 fluid ounce
tins **Each \$1.39**



PEANUT BUTTER
SQUIRREL
Smooth,
48 ounce tins **\$2.39**

RAPESEED OIL
CO-OP 128 fluid
ounce tins **\$3.69**



CORN FLAKES
KELLOGG'S
675 g boxes **99¢**

Dessert Ideas

CAKE MIXES
ROBIN HOOD
Angel food.
Assorted varieties.
15 ounce-18 ounce packages **79¢**

JELLY POWDER
NABOB
Assorted flavours.
3 ounce packages **5 for 95¢**

CHOCOLATE BARS
NEILSON'S
Regular.
Jersey Milk and assorted.
Poly bags of 4 **Each 89¢**

MARSHMALLOWS
KRAFT JET
Plain or fruit flavoured.
11 ounce packages **2 for 89¢**

COOKIES CHRISTIE
Coffee Break, Fudge-O or Pirates
15.9 ounce to 18 ounce packages **95¢**



DESSERT TOPPING
DREAM WHIP
6 ounce packages **\$1.19**



FRUIT COCKTAIL
CANADA FANCY
14 fluid
ounce tins **2 for 89¢**

HOMEMADE KRUNCHY GRANOLA*

To make about 675 ml (about 10 servings)
about 250 calories/82.5 ml (1/4 cup).
500 ml slow-cooking rolled oats
(large flaked if available) (2 c.)

- 125 ml wheat germ (1/2 c.)
- 175 ml flaked coconut (1/4 c.)
- 30 ml sesame seeds (1/4 c.)
- 30 ml shelled sunflower seeds (1/4 c.)
- 125 ml chopped nuts, any kind
(may be omitted) (1/2 c.)
- 1 ml salt (1/4 tsp.)
- 15 ml milk (1 tbsp)
- 75 ml liquid honey (1/4 c.)
- 125 ml oil (1/2 c.)
- 250 ml raisins (1 c.)
- preheat oven to 150 C. (300 F.)
- combine dry ingredients
- add milk, oil and honey, stirring
until combined
- spread 6 mm thick on baking sheet
(about 1/4 in.)
- place in oven for 20-30 minutes
until browned
- stir 2 or 3 times during cooking
- cool and store in a tightly covered
container
- serve as a cereal with milk and fruit
or eat out-of-hand as a snack

*Recipe taken from "Consumer's Guide"
Booklet, page 53.

**Goodness and
Flavour
Satisfaction
Guaranteed
or Your
Money
Refunded**

COME TO CO-OP FIRST FOR SAVINGS

SPREADS

PEANUT BUTTER

Homogenized,
48 ounce tins

\$1.95

Each



MARGARINE

Soft,
1 pound tubs **2 for 95¢**

ORANGE MARMALADE
Pure,
24 fluid ounce tins **\$1.09**



THREE FRUIT MARMALADE
Pure,
24 fluid ounce tins **\$1.09**

CO-OP SUMMER SAVINGS



PEANUT BUTTER

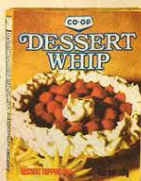
Peanut Butter is a tasty spread
that's enjoyed by kids and adults
alike. When combined with cereal
products such as bread, peanut but-
ter makes an excellent source of pro-
tein, providing energy and nutrients
necessary for normal growth.

Peanut Butter is made from
peanuts processed to produce a
smooth spreadable mixture.

Factors such as age, storage
temperature and rough handling in
transit can cause oil of the peanut
butter to rise to the top. In such an
instance, just stir the oil back into the
peanut butter.

keeps you informed.

BAKING NEEDS



TOPPING MIX
Dessert Whip.
4 ounce boxes **2 for 98¢**



CAKE MIXES
Assorted flavours.
18 ounce-19 ounce boxes **59¢**

YOU'RE THE WINNER WHEN IT
COMES TO SAVINGS AT CO-OP!

HOMEMAKER HELPERS



BATHROOM TISSUE
Assorted colours.
Packages of 4 rolls **99¢**



PAPER TOWELS
Assorted colours.
Packages of 2 rolls **99¢**

INSECT KILLER
11 ounce aerosol bombs.
Each **\$1.39**



DETERGENT
POWDER SUNLIGHT
80 ounce boxes **\$2.29**



DETERGENT
Liquid. Lemon or pink.
64 fluid ounce bottles **\$1.59**

PET FOOD

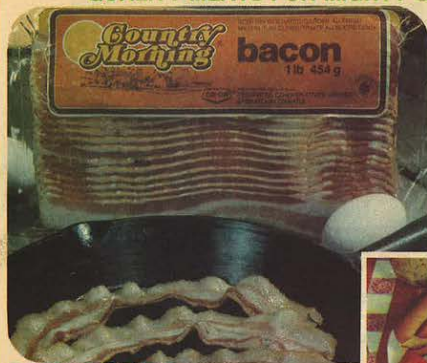


CAT FOOD
15 ounce tins **5 for \$1.00**

DOG FOOD
15 ounce tins **5 for \$1.00**

All items advertised in this flyer may not
be available at all participating Co-
operatives. Our policy is to have rea-
sonable quantities of advertised mer-
chandise on hand, at the time of the
sale, to meet our members' needs.
On occasion stocks may not be suf-
ficient. Such instances we regret, and
where possible we try to provide a
suitable substitute.

QUALITY MEATS FOR MIGHTY GOOD EATING



FRYING CHICKEN
Canada Grade A
3 to 4 pound average.
Pound..... **75¢**



SIDE BACON

COUNTRY MORNING
CO-OP Sliced, rindless. 1 pound vacuum sealed packages..... Each **\$1.39**

PORK SIDE RIBS
GOVERNMENT INSPECTED PORK
Pound..... **\$1.19**

T-BONE or CLUB STEAKS
CANADA GRADE A BEEF
Pound..... **\$1.99**

LUNCHEON MEATS COUNTRY MORNING
Macaroni and Cheese, Mock Chicken, Pickle and Pimiento, Bologna. 6 ounce vacuum sealed packages..... Each **39¢**

MEDIUM GROUND BEEF
Contains less than 23% fat.
Pound..... **89¢**

SAUSAGES
Pork, beef and pork.
1 pound tray packs..... Each **\$1.09**

ROUND STEAK or RUMP ROAST
CANADA GRADE A BEEF
Bone in..... Pound **\$1.09**

ROUND STEAKS
CANADA GRADE A BEEF
Boneless..... Pound **\$1.29**

COIL GARLIC SAUSAGE
SWIFTS, GAINERS
Pound..... **89¢**

PORK BUTT ROAST
Boneless..... Pound **\$1.09**

CO-OP SPRING SAVINGS



BULK WIENERS

SWIFTS, GAINERS
Best quality.
Pound..... **69¢**



SIRLOIN STEAKS

CANADA GRADE A BEEF
Co-op trimmed.
Pound..... **\$1.79**

COD or OCEAN PERCH FILLETS
5 pound boxes..... Box **\$5.99**

FRESH FRUITS AND VEGETABLES JUST ARRIVED. THEY ARE FIRM AND ABOUNDING WITH FLAVOUR



RADISHES

Mix or match
3 bunches..... **49¢**

APPLES

B. C. McIntosh.
CANADA FANCY
3 pounds..... **\$1.00**

ORANGES

California grown Sunkist navels..... 10 for **99¢**

GREEN ONIONS

Mix or match
3 bunches..... **49¢**

BANANAS
3 pounds..... **\$1.00**

FROZEN FOOD FEATURES

STRAWBERRIES
CANADA FANCY
15 ounce packages..... **79¢**

PEAS
CANADA FANCY
2 pound poly bags..... **89¢**

FRENCH FRIES
CANADA FANCY
Shoestring, Crinkle Cut or Straight Cut.
2 pound poly bags..... **66¢**

BREAD DOUGH
White or Brown.
Poly bags of 5 loaves.
Each..... **\$1.25**

BUYING BEEF FOR YOUR FREEZER

When buying a side or quarter, be prepared to use all cuts, from steak to stewing beef. Always check to see if the price of cutting, wrapping and quick-freezing is included. Quick-freezing ensures quality and safety. You should not plan to freeze more than 50 pounds of meat in a 18 cubic foot freezer in a 24 hour period. If roasts and steaks are wrapped in airtight packages, they can be stored at -18°C for 10 to 12 months. Ground beef may be kept 2 to 3 months.



HOMEMAKER HELPERS



DETERGENT POWDER

TIDE
80 ounce boxes.
Each..... **\$2.39**



LIQUID DETERGENT

SUNLIGHT
1.5 ml bottles.
Each..... **\$1.59**

TOWELS

J CLOTH
All purpose.
Packages of 20.
Each..... **\$1.79**



FACIAL TISSUE

KLEENEX
White and assorted colours.
Boxes of 200..... Each **59¢**

TEA TOWELS

100% cotton terry.
Check design on white background. Size 14" x 28".
Each..... **79¢**

APRONS

100% cotton terry.
Check design on white background. Size 16" x 25".
Each..... **\$1.59**

DISHCLOTHS

100% cotton terry.
Check design on white background. Size 14" x 14".
Each..... **69¢**



CLEANSER

SPIC AND SPAN
68 ounce boxes.
Each..... **\$2.29**

CLEANSER

COMET
22 ounce tins..... 2 for **99¢**

LIQUID CLEANER

MR. CLEAN
32 fluid ounce bottles..... Each **\$1.29**

PET FOOD

DOG FOOD CO-OP
25 1/2 ounce tins..... 3 for **89¢**

Case of 24-25 1/2 ounce tins..... **\$6.89**

CAT CHOW PURINA
1 kg. packages..... **99¢**

CAT DINNER PURINA
Sea Nip.
1 kg. packages..... **99¢**

DAIRY DINNER PURINA
1 kg. packages..... **99¢**

CO-OP SPRING SAVINGS



SOAP

ZEST
Super size.
Pack of 2 bars.
Each..... **89¢**

BATHROOM TISSUE

PUREX
White and assorted colours.
Each..... **99¢**

PAPER TOWELS

CO-OP
Regular or 4 rolls.
Each..... **99¢**

GARBAGE BAGS

CO-OP
Regular or 20.
Each..... **\$1.29**

WINDOW CLEANER

EASY OFF
15 fluid ounce aerosol containers.
Each..... **59¢**

BLEACH

CO-OP
128 fluid ounce bottles.
Each..... **99¢**

HEALTH AND BEAUTY AIDS

AVAILABLE AT MOST CO-OP FOOD AND DRUG STORES.



SHAMPOO

Assorted varieties.
17.6 fluid ounce bottles.
Each..... **99¢**

CREME RINSE

CO-OP
17.6 fluid ounce bottles.
Each..... **99¢**

HOME PERMANENT

TONI
Regular, Gentle or Super.
Each..... **\$1.99**

LIGHTERS

CRICKET
Disposable. Butane..... Each **88¢**



ASPIRINS

BAYER
Bottles of 100.
Each..... **69¢**



TOOTH PASTE

CREST
Regular or Mint Flavour.
100 ml tubes.
Each..... **99¢**

TOOTHBRUSHES

CO-OP
Adult, Soft, medium or hard..... 2 for **79¢**

MOUTHWASH

SCOPE
17 fluid ounce bottles.
Each..... **\$1.49**



SKIN CARE LOTION

CO-OP
400 ml bottles.
Each..... **\$1.09**

SKIN CREAM

NOXZEMA
400 ml jars.
Each..... **\$2.49**

DEODORANT

ARRID
Roll on.
43 ml bottles..... Each **99¢**

TAMPONS

KOTEX
Regular or Ultra.
Boxes of 30..... Each **\$1.39**

SANITARY NAPKINS

KOTEX
Regular or Super.
Boxes of 48..... Each **\$2.77**

BAND-AID

Plastic strips.
Variety of sizes.
Packages of 100.
Each..... **\$1.59**

at your co-op pharmacy we care

These items available at your Co-op Drug store only.

TRI-VI-SOL DROPS

50 ml bottles..... Each **\$1.99**

ALPHA KERI BATH OIL

454 ml bottles..... Each **\$3.89**

VITAMINS AND MINERALS

CO-OP
Bottles of 100..... **\$1.79**

BENLYN COUGH SYRUP

8 fluid ounce bottles.
Each..... **\$1.99**

CONTACT C COLD CAPSULES

Packages of 10..... Each **\$1.09**

BRADASOL LOZENGES

Regular.
Packages of 20.
Each..... **79¢**

MAALOX PLUS SUSPENSION

12 fluid ounce bottles.
Each..... **\$1.99**

MAALOX PLUS TABLETS

Packages of 50.
Each..... **\$1.99**

METAMUCIL POWDER

12 ounce plastic bottles.
Each..... **\$2.59**

HEALTH & BEAUTY AIDS

Available at most Co-op Food & Drug stores



GILLETTE TRAC II BLADES

Regular Packages of 5.

Each **99¢**



A.S.A. TABLETS
Bottles of 500. Each **\$1.59**

CREST TOOTH PASTE
Regular or mint flavour. 150 ml tubes. Each **\$1.39**

TOOTHBRUSHES
Adult. Soft, medium or hard. 2 for **79¢**
Youth. 2 for **79¢**

at your co-op pharmacy we care

These items available at your Co-op Drug Store only.

GRAVOL TABLETS
Packages of 25. Each **\$1.59**
AYDS
Assorted flavours. 1 1/2 pound boxes. Each **\$2.79**
CHLOR-TRIPOLON TABLETS
4 mg. Bottles of 100. Each **\$2.49**
DIOVOL LIQUID
12 fluid ounce bottles. Each **\$1.89**
DIOVOL TABLETS
Bottles of 50. Each **\$1.89**

GILLETTE FOAMY
Assorted varieties. 30% more. 14.3 fluid ounce tins. Each **\$1.19**
NOXZEMA SKIN CREAM
110 ml jars. Each **\$1.09**

DOVE BATH SOAP
White or pink. Packages contain two 5 ounce bars. Each **89¢**
BAN ANTIPERSPIRANT
Roll on. Scented or unscented. 1 1/2 fluid ounce bottles. Each **\$1.09**

GOODY PURSE HAIR BRUSHES
Each **99¢**
BAND-AID VARIETY PLASTIC STRIPS
Packages of 100. Each **\$1.79**

MOUTHWASH
Green. 24 fluid ounce bottles. Each **\$1.39**
TUMS
Peppermint flavoured. Bottles of 150. Each **\$1.19**

POLAROID PRONTO CAMERA
Each **\$55.95**

SPECIAL
On Developing and Printing
KODACOLOR 12 exposure film.
Each **\$2.99**
KODAK 20 exposure film.
Each **\$3.99**



BRONZTAN
Lotion, oil or gel. 300 ml bottles. Each **\$2.19**



TAME CREME RINSE
Assorted varieties. 8 fluid ounce bottles. Each **\$1.09**

JOHNSON'S BABY OIL
250 ml bottles. Each **\$1.69**

JOHNSON'S BABY SHAMPOO
450 ml bottles. Each **\$1.99**

KOTEX NAPKINS
Regular or super. Boxes of 48. Each **\$2.79**



\$44.97 each set

SUPREME STAINLESS STEEL COOKWARE
7 piece set includes 2 covered saucepans, 10" skillet and dutch oven. Dutch oven cover also fits skillet. (237 859)



\$6.99 each

CORNWALL POLY PERCOLATOR.
Made of easy-to-clean polypropylene. Safety feature shuts off automatically when coffee is ready. 4 cup capacity — ideal for two people. (142 083)



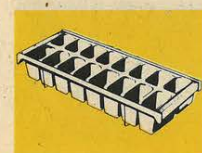
\$7.97 each
BLUE CANNER. For at-home canning, this 2 1/2 quart capacity canner will help you do the job. Includes rack and lid. (412 742)



3.37 each
PATTI-PRESS. Convenient, easy to use. Makes up to 8 hamburger patties in a snap. 8 separator discs are reusable. (201 681)



97¢ each
80 OZ. DELUXE DECANTER. Flexible and durable. Just a slight twist releases all cubes. Two trays per set. (240 846)



97¢ each set
FREEZETTE ICE CUBE TRAYS. Flexible and durable. Just a slight twist releases all cubes. Two trays per set. (240 846)



STEAK KNIVES made of Sheffield stainless steel have scalloped cutting edges. Rosewood handles. Dishwasher safe. (445 122) Pack of 6 **\$1.97**

PORTABLE CAN OPENER has convenient bottle opener. Chrome finish. (299 362) Each **\$3.37**

SEE CO-OP FOR SAVINGS THIS SUMMER

BEVERAGES



APPLE JUICE

CANADA FANCY Clear. 48 fluid ounce tins.

Each **59¢**

SKIM MILK POWDER
Instant. 5 pound poly bags. Each **\$3.49**

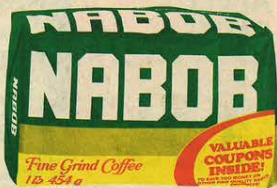


LEMONADE FLAVOUR CRYSTALS
Packages of four, 2 1/2 ounce envelopes. Each **69¢**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES
CO-OP SUMMER SAVINGS

ORANGE FLAVOUR CRYSTALS
Polybags of four, 2 1/2 ounce envelopes. Each **69¢**

ICED TEA
GOODHOST 24 ounce tins. Each **\$2.19**



COFFEE
NABOB Regular grind, and Fine Grind. 1 pound bags. Each **\$1.69**



COFFEE MATE
CARNATION 16 ounce jars. Each **\$1.19**

INSTANT COFFEE
10 ounce jars. Each **\$2.69**

PRICES EFFECTIVE IN STORES DISPLAYING THIS FLYER ONLY

KEEP IT COOL WITH THESE QUICK & SIMPLE MEAL MAKERS

QUICK MEAL IDEAS



HAM
BURN'S Midget, pear shaped. 1 1/2 pound tins. Each **\$3.29**



TUNA
Flaked, white. 6 1/2 fluid ounce tins. Each **69¢**

LUNCHEON MEAT
BURN'S Roy-All. 12 ounce tins. Each **69¢**



SARDINES
in oil. 3 1/2 fluid oz. tins. 4 for **85¢**



CREAM OF MUSHROOM SOUP
10 fluid ounce tins. 4 for **89¢**

FROZEN FOOD FEATURES



FRENCH FRIES
CANADA FANCY Crinkle Cut, Shoestring or Regular. 2 pound poly bags. Each **65¢**

KERNEL CORN
CANADA FANCY 2 pound poly bags. Each **95¢**

PEAS
CANADA FANCY 2 pound poly bags. Each **87¢**

LEMONADE
M.C.P. Pink or white. 6 fluid ounce tins. 4 for **85¢**

STRAWBERRIES
YORK CANADA CHOICE Sliced. 15 ounce packages. Each **73¢**

GOODNESS AND FLAVOUR SATISFACTION GUARANTEED OR YOUR MONEY REFUNDED

STOCK UP ON SUMMER BARBECUE NEEDS

CONDIMENTS



RELISH

BICK'S
Assorted flavours.
12 fluid ounce jars

2 for 89¢

BARBECUE SAUCE

KRAFT
Assorted flavours.
18 fluid ounce bottles.
Each

69¢



TOMATO KETCHUP

32 fluid ounce bottles.
Each

\$1.19

SALAD DRESSING

32 fluid ounce jars.
Each

\$1.09

COOKING OIL

WEST'S
Vegetable.
128 fluid ounce bottles.
Each

\$3.99

CHEESE AND PICKLES

GOODNESS AND FLAVOUR
SATISFACTION
GUARANTEED OR YOUR
MONEY REFUNDED

PICKLES

Sweet mixed.
32 fluid ounce jars.
Each

\$1.09

CO-OP SUMMER SAVINGS



PROCESS CHEESE SLICES

Mild.
16 ounce packages.
Each

\$1.39

SHOP FOR SAVINGS AND QUALITY AT YOUR FRIENDLY CO-OP

CANNED VEGETABLES



CREAM CORN

CANADA FANCY
14 fluid ounce tins.
2 for

79¢



TOMATOES

CANADA CHOICE
19 fluid ounce tins.
2 for

85¢

BEANS WITH PORK

HARMONIE
14 fluid ounce tins

3 for 95¢

CANNED FRUIT

APPLE SAUCE

SUNRYPE, CANADA FANCY
14 fluid ounce tins.

3 for 95¢



PINEAPPLE DELMONTE

Crushed, sliced or bits.
14 fluid ounce tins

2 for 85¢

MORE GREAT BUYS



POTATO CHIPS

OLD DUTCH
Triple pack.
8 1/2 ounce boxes.
Each

66¢

SHREDDIES

NABISCO
18 ounce boxes.
Each

69¢

SODA CRACKERS

Salted or Not Salted tops.
2 pound boxes
Each

\$1.29

CRACKER JACK

LOWNEY'S
6 ounce boxes.
Each

55¢

CHOCOLATE PUFFS

PAULIN'S
21.2 ounce packages.
Each

\$1.19

Beverages

COFFEE DELIGHT

16 ounce jars.
Each

\$1.19

INSTANT SKIM MILK POWDER

5 pound packages.
Each

\$3.39



INSTANT COFFEE

MAXWELL HOUSE
10 ounce jars.
Each

\$2.39

COFFEE

Regular Grind. Fine Grind.
Whole Roast.
1 pound packages.
Each

99¢

INSTANT COFFEE

Decaffeinated.
8 ounce jars.
Each

\$2.29

FLAVOR CRYSTALS

CO-OP
Orange.
Poly bags contain two 6 1/2 ounce packages.
Each

75¢

We Reserve the Right to Limit Quantities

Spreads

PURE STRAWBERRY JAM

24 ounce tins.
Each

\$1.29

HONEY

Creamed, Canada No. 1.
pasteurized. 2 pound tubs.
Each

\$1.55

CORN SYRUP

CROWN
5 pound tins.
Each

\$1.79

PEANUT BUTTER

SQUIRREL
Smooth.
48 ounce tins.
Each

\$1.99

MARGARINE

Colored.
3 pound packages.
Each

\$1.19

CO-OP FALL SAVINGS

CO-OP HAS THE FOOD VALUES YOU'RE LOOKING FOR NOW AT SAVING PRICES

Baking Needs



GOODNESS AND FLAVOR SATISFACTION
GUARANTEED OR YOUR MONEY BACK

FLOUR

HARMONIE
20 pound bags.
Each

\$2.29

COOKING OIL

CRISCO
Soybean.
38 fluid ounce bottles.
Each

\$1.79

CAKE MIXES

Assorted flavors.
18 ounce and 19 ounce packages
Each

65¢

RAISINS

Australian.
2 pound packages.
Each

\$1.25

Snack Treats



POTATO CHIPS

OLD DUTCH
Triple Pack.
8 1/2 ounce boxes.
Each

66¢

COOKIES

DAD'S
Oatmeal, or Oatmeal
Chocolate Chip.
32 ounce packages.
Each

\$1.69

CHOCOLATE BARS

NEILSON'S
Value Pack Regular.
Packages of 10 bars.
Each

\$1.58

Frozen Food Features

COFFEE RICH

32 ounce packages.
Each

75¢

STRAWBERRIES

CANADA FANCY
15 ounce packages.
Each

67¢

BREAD DOUGH

White or Whole Wheat.
Packages of 5 loaves.
Each

\$1.09

ORANGE JUICE CONCENTRATE

12 1/2 fluid ounce tins.

2 for 89¢

COD FISH AND CHIPS

24 ounce packages.
Each

99¢

PRICES EFFECTIVE
IN STORES
DISPLAYING THIS
FLYER ONLY

BARBEQUE BUYS



MIRACLE WHIP
KRAFT
32 fluid ounce jars.
Each \$1.29

BARBEQUE SAUCE
KRAFT. Assorted flavours.
16 fluid ounce bottles. Each 69¢

TOMATO KETCHUP
KRAFT. Assorted flavours.
32 fluid ounce bottles. Each \$1.29

PROCESS CHEESE SLICES
KRAFT. Individually wrapped.
2 pound packages. Each \$2.99

POTATO CHIPS
OLD DUTCH. Assorted varieties.
7.9 ounce boxes. Each 65¢

BRIQUETTES
KINGSFORD.
10 pound bags. Each \$1.88

PAPER PLATES
DIXIE.
White. 9 inch. Packages of 100. Each \$1.49

ALUMINUM FOIL
REYNOLDS.
18" x 50'. Each \$1.89

FROZEN FOOD FEATURES

LEMONADE MCP
White or pink. 12 fluid ounce tins. 2 for 87¢

LAYER CAKE SARA LEE
Vanilla or Chocolate. 13 ounce packages. Each 99¢

STRAWBERRIES CANADA FANCY
15 fluid ounce packages. Each 79¢

All items advertised in this flyer may not be available at all participating co-operatives. Our policy is to have reasonable quantities of advertised merchandise on hand, at the time of the sale, to meet our members' needs. On occasion stocks may not be sufficient. Such instances we regret, and where possible we try to provide a suitable substitute.

CO-OP SUMMER SAVINGS

Before you buy

ORANGE JUICE

How do you like your orange juice? Bottle, canned or powdered? Whatever your choice, you should be looking at natural juices as opposed to fruit drinks. The drinks, both canned and bottled, have more calories, half the calcium and vitamin A content, and lack trace elements found in natural orange products.

Citrus fruits and their juices are one of the richest sources of vitamin C there is. Unfortunately you can't tell how much vitamin C there is in the liquid by how it tastes or looks. Look at the label. Natural juice will be labelled as an "Excellent Source" if it contains at least 15 mg of vitamin C in a normal serving (3.5 oz.). "Good Source" indicates lower levels (7.5 mg per serving). Fruit drinks or juice-substitutes may have vitamin C added, but again check the label for "contains vitamin C" and the amount added.

Recommended daily intake of vitamin C is 30 mg.



FRENCH FRIES
CO-OP. Straight cut. 2 pound poly bags. Each 67¢

KERNEL CORN CANADA FANCY
2 pound poly bags. Each 99¢

PEAS CANADA FANCY
2 pound poly bags. Each 93¢

HOMEMAKERS HELPERS



FABRIC SOFTENER
CO-OP. 128 fluid ounce bottles. Each \$1.69

GARBAGE BAGS
CO-OP. 1.6 ml. Packages of 20. Each \$1.49



POWDERED DETERGENT
SUNLIGHT. 80 ounce boxes. Each \$1.99

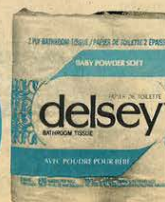
LIQUID DETERGENT
PALMOLIVE. 1 1/2 litre bottles. Each \$1.99

FACIAL TISSUE
SCOTTIES. Boxes of 200. Each 59¢

PAPER TOWELS
ROYALE. Colour print. Packages of 2 rolls. Each 99¢

TOWELETTES
WET ONES. Moist. 70's. Each \$1.39

PRICES EFFECTIVE IN STORES DISPLAYING THIS FLYER ONLY



DISPOSABLE DIAPERS
PAMPERS. Overnight. Packages of 12. Each \$1.39

Toddler. Packages of 12. Each \$1.59

Newborn. Packages of 30. Each \$1.99

Daytime Extra Absorbent. Packages of 24. Each \$2.59

Daytime. Packages of 30. Each \$2.59

BATHROOM TISSUE

DELSEY
White and assorted colours. Packages of 4 rolls. Each 99¢

CO-OP

\$64.88

LLOYD'S

(A) LLOYD'S AM/FM-CASSETTE PORTABLE. Slide rule tuning. Slide volume-tone control. 300 watt speaker. 100% transistor. 100% battery life. 100% power. 100% quality. 100% satisfaction. \$64.88.

\$48.88

(B) LLOYD'S AM/FM-8 TRACK PORTABLE. LED display. Program indicator. 2" speaker. 100% transistor. 100% battery life. 100% power. 100% quality. 100% satisfaction. \$48.88.

\$44.88

(C) LLOYD'S AM/FM DIGITAL CLOCK RADIO. LED display. 2" speaker. 100% transistor. 100% battery life. 100% power. 100% quality. 100% satisfaction. \$44.88.

\$299.00

C.O.E. 8,000 B.T.U. AIR CONDITIONER. Dehumidifies 2.5 pints per hour. Approximate cooling area by day is 350 sq. ft. 10-position comfort controls. 3-speed fan. Fits window opening 13 1/4" x 20 1/4" W. (AGA 608)

\$329.99

12" SUPER OSCILLATING FAN (Not illustrated). Powerful yet whisper quiet. 3 speed piano key selector. Adjustable neck. (258 152)

\$19.99 each

TORCAN 2-SPEED 20" FAN Avocado green with white front and rear safety grills. Motor has self-cycling overload thermal protector. 22" x 22" x 7 1/4" deep. Not for use in windows. (391 805)

\$49.99

CRAIG 8-TRACK WITH SPEAKERS. Slider controls for tone and left-right channel volume. Automatic and manual program change. Stereo (344 804). Speakers (148 999). Package priced.

\$569.00

20" HITACHI COLOUR PORTABLE Luminar I full beam colour. Electro APS (automatic picture setting). Wood grained cabinet. Earphone for private listening. 100% solid state. (CT938)

\$74.88

TV CABINET converts Hitachi 20" colour portable to console. Walnut finish. With casters. 27 1/2" W x 28 1/2" H x 14 1/2" D. (CT 538)

CO-OP SUMMER SAVINGS

CO-OP SUMMER SAVINGS

JUNE 14-18, 1977

BEANS with PORK
HARMONIE. 14 fluid ounce tins. 3 for 89¢

DRINK MIX
CO-OP. Instant. Assorted flavours. 23.3 oz. tins. Each \$1.29

RELISH BICK'S
Assorted varieties. 12 fluid ounce jars. Each 59¢

APPLE JUICE
SUN-RYPE. CANADA FANCY. 10 fluid ounce tins. 4 for 89¢

ICED TEA MIX
GOODHOST. 24 ounce tins. Each \$1.99

FRUIT FLAVOUR CRYSTALS
CO-OP. Orange-poly bags contain four 3 1/2 ounce envelopes. Lemonade-poly bags contain four 2 1/2 ounce envelopes. Each 69¢

ORANGE FLAVOURED INSTANT DRINK MIX
CUBITS. 14 fluid ounce jars. 3 for 89¢

ICED TEA MIX
GOODHOST. 24 ounce tins. Each \$1.99

LEMONADE
CO-OP. 12 fluid ounce tins. 4 for 89¢

RED DEER CO-OP LTD.

Health & Beauty Aids

Available at most Co-op food and drug stores



MULTIVITAMINS PLUS IRON

CO-OP
Bottles of 250.
Each \$2.49

VITAMIN C

CO-OP
100 mg.
Chewable.
Bottles of 500. Each \$2.29

BEAUTY SOAP

CO-OP
Pink or White.
Packages contain
four 3 ounce bars.
Each 69¢

NAPKINS

KOTEX
Regular or Super.
Boxes of 48.
Each \$2.49

ASPIRIN

BAYER
Bottles of 100.
Each 69¢

TAMPONS

KOTEX
Regular or Ultra.
Packages of 40.
Each \$1.99

LOTION

CO-OP
Skin Care.
14 fluid ounce bottles.
Each 99¢

DIAPERS

PAMPERS
Disposable, Overnight.
Packages of 12.
Each \$1.39

Disposable, Toddlers.
Packages of 12. Each \$1.49

Disposable, Daytime.
Packages of 30. Each \$2.59

CO-OP FALL SAVINGS

BABY SHAMPOO

JOHNSON
350 ml bottles with 28%
bonus offer.
Each \$1.89

HAIRSPRAY

ADORN
Assorted.
13 ounce aerosol
containers. Each \$1.66

DENTAL CREAM

COLGATE
Packages of two 50 ml tubes.
Each 66¢

DEODORANT

RIGHT GUARD
5 ounce aerosol containers.
Each 99¢

BUTANE LIGHTERS

CRICKET
Disposable.
Each 88¢

**Put your
co-op pharmacy
we care**

These items available at your Co-op
drug store only.

MOUTHWASH

STERISOL
22 fluid ounce bottles.
Each \$1.19

MAGNOLAX

18 fluid ounce bottles.
Each \$1.25

ALPHA KERI

BATH OIL
16 fluid ounce bottles.
Each \$4.25

THROAT LOZENGES

BRADASOL
Packages of 20.
Each 79¢

MAALOX

SUSPENSION
12 fluid ounce bottles.
Each \$1.65

MAALOX TABLETS

Bottles of 50.
Each \$1.65

ROBITUSSIN

COUGH SYRUP
4 fluid ounce bottles.
Each 88¢

HAIR COLORING

NICE 'N' EASY
Each \$1.69

ACCESSORIES ARE A GLORIOUS MIX OF SHADES, AND SPECIALLY PRICED, TOO

A. OBLONGS WITH A NEW TWIST
Come in spicy designs and colors adding
fashion flavor to your fall wardrobe. Wrap
them, tie them in a huge soft bow, or
simply tuck them in. ... they always
look great! 15" x 56" long in
apetite twist.
Each \$1.99



B. SCARVES WRAP UP FOR FALL
All wool cashmere in gorgeous glowing de-
signs and colors are about 27-inches
long.
Each \$2.49



C. GLOVE YOUR HANDS IN STYLE
Black, beige and brown acrylic in popcorn
stitch with leather palm.
One size stretch.
Pair \$2.29

D. WOMEN'S "JAX" BRIEFS
Regular cut style of washable nylon have
band legs. Assorted colors; sizes
S, M, L. Pair 89¢

E. WOMEN'S "JAX" BRIEFS
Regular cut style of washable nylon have
elastic legs. Assorted colors in
S, M, L. Pair 89¢



HERE'S HOW YOU CAN DETERMINE YOUR GLOVE SIZE



Measure around the fullest part of
your clenched right hand, excluding
your thumb. If you are left-handed,
then measure your left hand. The
number of inches is your size.
Length of gloves is determined by
measuring from the tip of your middle
finger to the top of the glove.
If you would like more information
regarding the items advertised in this
flyer, write to:

Consumer Counsellor
Federated Co-operatives Limited
P.O. Box 1050
Saskatoon, Saskatchewan
S7K 3M9

keeps you informed.



A. Knit shirt
\$3.99

B. Slacks
\$3.77

A. JUNIOR GIRLS KNIT SHIRTS
Made of 100% polyester with two-button
placket front and regular cut collar. Easy
care ... just machine wash and dry. Re-
quire little or no ironing. Choose from as-
sorted floral and patchwork designs and
colors. Sizes 4, 6 and 6X.
Each \$3.99

B. JUNIOR GIRLS SLACKS
Made of 100% cotton drill with half boxer
back, two front pockets and flare legs.
They are easy care. Just pop them into
the washing machine, then into the dryer.
Available in assorted colors.
sizes 4, 6 and 6X. Pair \$3.77



SHIRTS MADE OF COTTON GAUZE
Senior girls shirts made of cotton gauze
with long sleeves, two front flap pockets
and button down front. These shirts are the
"in" fashion to wear today. Available in as-
sorted colors, sizes 7 to 14. Easy to care
for, too. Just machine wash and
dry. They look great worn
creased. Each \$6.99

All items in this flyer may not be avail-
able at all participating co-operatives.
Our policy is to have reasonable quan-
tities of advertised merchandise on
hand, at the time of the sale, to meet our
members' needs. On occasion stocks
may not be sufficient. Such instances
we regret, and where possible we try to
provide a suitable substitute.

CO-OP SPRING SAVINGS

HERE'S TOP VALUE FASHION FOR THE JUNIOR CROWD IN ZESTY NEW COLORS



Terry sleeper
\$2.99



A. \$2.99



B. \$3.99

COZY TERRY SLEEPER FOR BABY
This comfortable one-piece footed sleeper
of stretch terry has full zipper front or dome
front closure. Mandarin neck style. Choose
from colors of pink, blue and
yellow in sizes small and large. Each \$2.99

A. TODDLER GIRLS COTTON SLACKS
Made of cotton drill for longer wear and
easy care. Styled with half boxer back,
covered elastic waist and two front pockets.
Flare legs are comfortable. Can be ma-
chine washed and dried.
Assorted colors in sizes 2 to 3X.
Each \$2.99

B. CHILDREN'S T-SHIRTS
Made of Fortrel polyester / cotton so you
can machine wash and dry them ... re-
quire just a more touch of the iron. Feature
the Adidas 3-stripe look. Colors: navy, red
and white; brown, orange and white; blue,
gold and green.
4, 6, and 6X. Each \$3.99





Boys knit shirts
\$4.89

Boys denim jeans
\$11.99

CO-OP SPRING SAVINGS

POPULAR STYLE KNIT SHIRTS
These shirts are an easy care blend of polyester/cotton so they machine wash and dry with ease. The short raglan sleeves have contrasting color strips. Available in assorted colors in sizes 8 to 16. Each **\$4.89**

DENIMS FOR RUGGED ACTION
Boys navy blue denim jeans feature the popular star on the right back pocket. Styled with rainbow rear back, two front scoop pockets and boot cut legs. The 14 ounce quality denim can stand up to tough wear. Sizes 8 to 16. Pair **\$11.99**



A. JUNIOR BOYS CASUAL SLACKS
Made of 100% brushed cotton. Have the denim look with half boxer back, two front pockets, belt loops, zipper front closure. Dome closure at waist. Colors of navy and butternut. Sizes 4, 6 and 8X. Pair **\$5.99**

B. TODDLER BOYS JEANS
Toddler boys cotton brushed denim look jeans. Half boxer back styling with two front pockets, belt loops and zipper fly closure with dome fastener. Colors of navy and butternut. Sizes 2 to 3X. Pair **\$4.99**



Men's wash shirt
\$7.99

Men's work pants
\$8.99

MEN'S WASHABLE WORK SHIRTS
These shirts are made of easy care polyester/cotton that machine washes, is fast drying and a real work saver because it's permanent press. Styled with two chest pockets that have button flaps, plus one pencil pocket. Scotchgard treated to resist stains. Colors: black olive only. 14 1/2-18. Each **\$7.99**

MEN'S WASHABLE WORK PANTS
These pants are made of easy care polyester/cotton that machine washes and dries, and requires little or no ironing. Also, they're Scotchgard treated to resist stains. Styled with 2 front pockets, 2 hip pockets and a watch pocket. Come in black olive color only. Sizes 30 to 44 waists. Pair **\$8.99**



A. \$1.39

B. \$1.39

A. MEN'S DURABLE WORK SOCKS
Made of wool/nylon blend that's hard wearing and washable. All grey with white heel and toe, and red trim around the top. One size only. Pair **\$1.39**

B. MEN'S NYLON WORK SOCKS
Made of hard wearing nylon that's washable. They are blue grey with white top, toe and heel. One size stretch fits sizes 10 to 12. Guaranteed 120 days. Pair **\$1.39**



\$2.69

HEAVY DUTY WORK GLOVES
Made with striped Canton flannel back and have leather knuckle patches, leather tips, plus welled fingers and thumb for added strength. Full chopper thumb. Unlined. Available in sizes medium and large only. Pair **\$2.69**

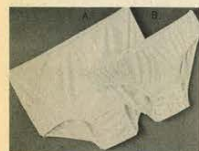
CO-OP



Pair **69¢**

WOMEN'S ALL SHEER PANTY HOSE

First quality all sheer panty hose are 20 denier for longer wear. Available in regular one size and queen size. Colors of beige taupe and spice. Pair **69¢**



A. COMFORTABLE FITTING BRIEFS

Made of Antron III nylon, wash easily and retain their good fit after many, many washings. Regular cut Jax style with elastic band legs. Sizes S,M,L. Pair **99¢**

B. FIGURE-FLATTERING BRIEFS
Bikini style with plastic legs and waist. Made of Antron III nylon for easy care. Bear the Jax label so they are good quality. S,M,L. in assorted colors. Pair **89¢**



WOMEN'S NICE-FITTING BRIEFS
Made of washable acetate with flared legs and elastic waist. Come in colors of white, pink and blue in XL and over-size. Pair **99¢**

CO-OP SPRING SAVINGS

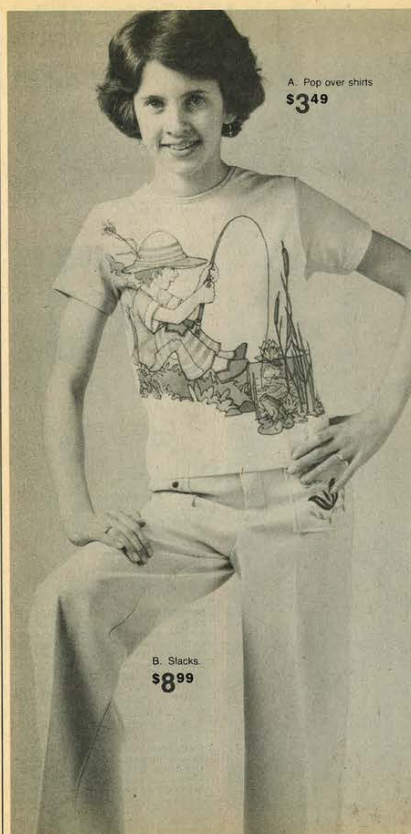


C. \$4.99

D. \$4.99

C. CUTE BABY DOLL PYJAMAS
Two-piece sets of washable polyester/cotton make bedtime a real treat. Decked with a striking lace trim, delicate embroidery adds a pretty finishing touch. Come in dreamy colors for senior girls sizes 8 to 14. Set **\$4.99**

D. BABY DOLLS-SWEET N' SASSY
Soft and feminine. Short and sweet. And deliciously colored with flattering prints. Made of polyester so you can machine wash them in delicate cycle. Available in senior girls sizes 8 to 14. Set **\$4.99**



A. Pop over shirts
\$3.49

B. Slacks.
\$8.99

A. COLORFUL POP OVER SHIRTS
Senior girls pop over shirts are fashioned with scenic prints on the front. The skivvy crew neck and short sleeves come in contrast colors. They are a snap to care for, made of machine washable polyester, require just a mere touch of iron. Sizes 8 to 14. Each **\$3.49**

B. EASY CARE FASHION SLACKS
Senior girls fashion slacks are made of an easy care acrylic/polyester blend so you can machine wash and dry them. Have rib elasticized waist, fake fly front and two pockets neatly finished with an embroidery trim. Choose from a nice color selection in sizes 7 to 14. Pair **\$8.99**



\$6.99

PATCHWORK DENIM LOOK SLACKS

Made for senior girls of washable polyester with regular style waistband, button front, zipper fly, and slightly flared legs. The patchwork denim pattern is available in assorted colors. Choose from senior girls sizes 7 to 14. Pair **\$6.99**

CO-OP



3-PIECE BEDROOM SUITE (A. A. DEFEHR) Colonial design, elm wood. Set consists of: 4 drawer chest 17" x 33" x 40" H. Double dresser 17" x 49" H, 39" W with mirror x 29" x 41". Comes with 95" panel bed. Lock-jointed, centre guide drawers. Laminated tops. Item no. 342 014. Set each ***\$299.00**



SIMMONS "PEMBINA" BOX SPRING AND MATTRESSES Mattress 312 adjust-rest coil, felt back. Box spring 72 coil, felt upholstery. 3 3/4" mattress/box spring unit **\$119.00** 4 6" mattress/box spring unit **\$149.00** Queen size mattress/box spring **\$199.00** 3 3/4" mattress only **\$74.00** 4 6" mattress only **\$99.00** Adjustable bed frame **\$29.95**



SEALY SOFA-BED 100% nylon-seamless front roll cushions. Nylon fabric has stain-protection built-in. Features: Extra wearability, clean-ability and colorfastness from stain. Orbital front casters. Olive, teal and burnt orange colors. Each ***\$319.00**



DINETTE SUITES Sylvan oak table tops, 3/4" brown vinyl edge. Chairs have Cathay pecan seats and inside, apron and outside are sanford cashew. Tear drop back. Item no. 427 948, 7-piece set - table: 36" x 48" x 60" to 72" ... Set each ***\$189.00** Item no. 427 708, 5-piece set - table: 30" x 38" x 48" ... Set each ***\$119.00** Item no. 427 716, 5-piece set - table: 36" x 48" x 60" ... Set each ***\$149.00**

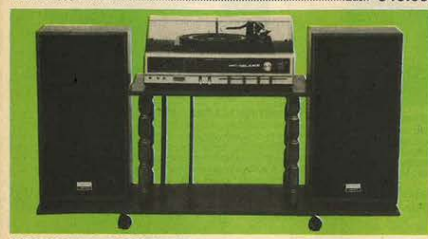


EL-RAN RECLINER Herculan fabric on inside seat and inside back, Naugahyde Vinyl on outside. Size: 42" H x 34" W x 20" D. Hardwood construction with steel mechanism. Item no. 427 955, charcoal Each ***\$109.00** Item number 427 963, rust Each ***\$109.00**

CO-OP SPRING SAVINGS



HITACHI 20" PORTABLE COLOR T.V. Luma-1 full beam picture tube. Memory line tuning. Size: 25-7/16" W x 16-55/64" H x 18-1/32" D. Walnut veneer cabinet. Model CT905. Each ***\$549.00**



LLOYD'S STEREO COMPONENT AM/FM stereo multiplex with 8-track cartridge recorder player. Auto stop at 4-channel end. Input for recording from microphones or phonographs. Automatic record level control. Stereo headphone jack. Automatic and manual tape program selector. Stereo multi-speed automatic turntable. Bass reflex system, 8" dual cone speaker, impedance 8 ohms. Size: 23" x 12" x 8-1/8". Item no. 427 567. Each ***\$197.00**



LLOYDS CALCULATOR 6-function business man's calculator, full memory. 8-digit display. C's batteries and case. Item no. 103 135. Each ***\$19.88**



LLOYDS AM PORTABLE RADIO Slide-rule tuning. On/off toggle switch. (Batteries not included). Handy carry handle. Item no. 427 559. Each ***\$13.99**

LLOYD'S CALCULATOR ADAPTOR 120 volt, AC adaptor. C.S.A. approved. Item no. 105 015. Each ***\$4.99**



FLEETWOOD 12" BLACK AND WHITE T.V. 100% solid state, instant-on picture and sound. Size: 16 1/2" W x 13" H x 10" D. White plastic cabinet. Front speaker. Each ***\$99.95**



SPINDLE T.V. STAND Accommodates up to 23" color T.V. Size: 17" H x 16" W x 24" L. High quality castors. Item no. 427 583. Each ***\$26.99**



MATCHING STEREO STAND Spindle type stereo stand with casters, will give that stereo a touch of elegance. Item no. 427 575. Each ***\$29.88**



LLOYD'S AM DIGITAL CLOCK RADIO Electronic readout. Front panel switch. 20" 3" speaker. Wake to music or alarm. Item no. 413 203. Each ***\$26.88**

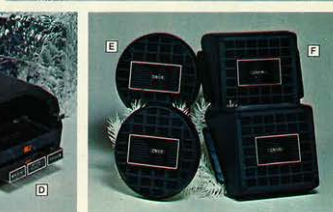
CO-OP



Tune-up Analyzer performs all electrically-based tune-up tests for all cars. **\$29.88**



Get winter mornings off to a good start with a Car Warmer **\$20.98**



A Tune-up Analyzer has jewel bearing meter to read out low RPM, Volts/Amps, Degrees of Dwell, Points Resistance tests, instructions. Hand held model for 6 or 12 volt negative or positive ground electrical systems. Item number 198 952. each **\$29.88**

B Car Warmer distributes heated air 360 degrees for faster warm-up. Features a 13 blade fan, 850W carload element - 110 volts ... thermostat is adjustable. Item number 391 672. each **\$20.98**

C Craig 8-Track Car Stereo has illuminated jeweled program indicators, fast forward, slide volume/tone controls. Plug-in quick mount. Item number 332 189. each **\$79.95**

D Craig Cassette Car Stereo with fast forward, slide volume controls. Item number 210 997. each **\$99.95**

E Craig Car Stereo Speakers are matched design for optimum output. Flush mount. Item number 441 436. pair **\$19.95**

F Craig Car Stereo Speakers are same as "E" only wedge style. Item number 344 994. pair **\$21.95**

G Ski-Carrier mounts on trunk; folds for storage. Suction cup mounting pads, 2 1/2" wide to fit most cars. Complete with hold down straps and hooks. Item number 387 539. each **\$8.88**

H Battery Charger with automatic circuit breaker, 6 amp charging rate for 6 or 12 volt batteries. Ammeter gauge and polarity light. Item number 387 539. each **\$20.88**

I Quartz Halogen Fog Lamp with scientifically designed yellow glass lenses using 55 watt, 12 volt bulb. Stainless steel body. Mounting hardware. Item number 215 558. each **\$18.44**

J Timing Light for use in 6-12-24 volt ignition systems. Red light glows when you exceed the desired speed. Item number 210 252. each **\$7.44**

K Swinger Oil/Amp/Temperature Gauge 0-100 lb oil pressure, 130-290 water temperature, 60-0-60 amp gauges. Easy-to-mount. Item number 201 822. each **\$8.88**

L Speed Sentry connects to ignition system. Red light glows when you exceed the desired speed. Item number 203 836. each **\$7.44**



Ladies' Luggage

A 26" Pullman on wheels. Item number 246 132. each **\$45.50**

B 22" Wardrobe. Item number 245 779. each **\$45.50**

C 24" Wardrobe. Item number 245 746. each **\$49.95**

D 21" Weekender. Item number 245 407. each **\$49.95**

E Train Case. Item number 245 084. each **\$21.95**

F Ladies Shoulder Tote is larger style made of soft vinyl that looks and feels like leather. Available in tan colour only. Item number 225 748. each **\$17.95**

G Ladies Purse-Type Shoulder Tote of soft vinyl looks and feels like leather. 3 zippered compartments/adjustable shoulder strap. Item number 225 318 (black). Item number 234 377 (brown). each **\$12.95**

H Accordion style Sewing Basket has walnut colour finish. It has five separate sections when opened. Measures about 20" x 11" x 24" high when closed. Handle included in the measurement. Item number 461 277. each **\$24.99**



Jetliner Luggage

Luxurious soft vinyl with aero aluminum frame, pillion shoulders, recessed chrome plated locks. Easy-carry cushion handles. Lining: ladies-sensitized swirl nylon, men's-clear plastic, Palamino finish.

I Men's 27" 3-Suiter on wheels. Item number 233 874. each **\$69.95**

J Men's 20" 1-Suiter on wheels. Item number 232 280. each **\$49.95**

K Ladies 27" Pullman. Item number 230 110. each **\$69.95**

L Ladies 22" Weekender. Item number 228 486. each **\$49.95**

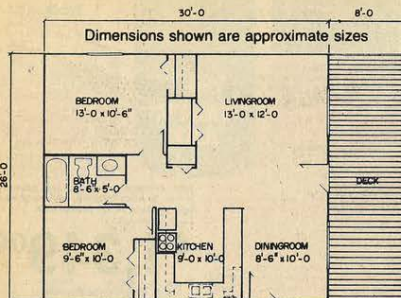
M 18" Carry-On Tote Bag. Item number 228 031. each **\$29.95**

N Brother Typewriter is a fine gift for the student or writer on your list. Has extra long 12" carriage, full 88-character office keyboard, automatic repeat space key, jam-release key, backspace. Pica or Elite type. Case included. Model number 762 TRTW each **\$129.88**

O Brother Sewing Machine is lightweight stretch stitch zig zag model with built-in automatic pattern cams, blind stitch, buttonhole, 3-needle position, stitch regulator. Hinged pressure foot sews over pins, seams, bulky material. Accessory kit. Instructions. Item number 2010. each **\$199.88**

Brother Carrying Case. Model number 114. each **\$6.88**

CAREFUL PLANNING MAKES THIS COTTAGE ECONOMICAL AND EASY TO CONSTRUCT BECAUSE OF ITS SIMPLE DESIGN.



A Co-op Manufactured Cottage comes complete in a package, all ready to set up. The price includes:

- 2x6 fir floor joists.
- 1/2" fir plywood floor.
- kiln dried spruce studs, 16" on centre.
- 3/4" spruce plywood on walls.
- primed lapped hardboard siding.
- R12 insulation in walls.
- R20 insulation in ceiling.
- 3/4" spruce plywood roof sheathing.
- 210 lb. self-labelling asphalt shingles.
- trusses 24" on centre.
- Loewen windows throughout.
- prehung rotary mahogany interior doors.
- rotary mahogany blind doors on closets.
- select rotary mahogany solid core wood exterior doors.
- wall paneling (maximum \$6.50, your choice).
- erection manual for quick and easy construction.
- deck optional.

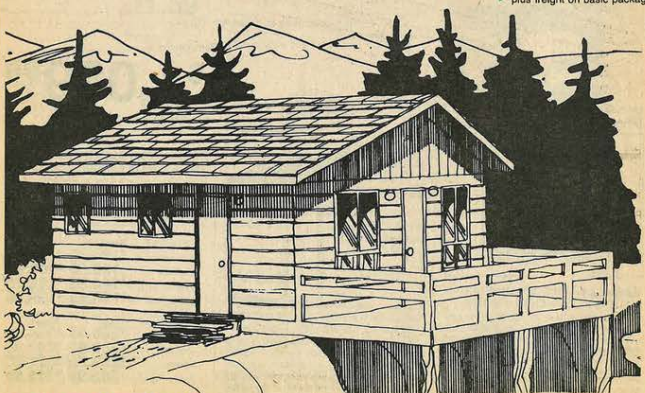
Extras to complete the interior and exterior are not included in the price of the package. However, Co-op can help you select floor coverings, kitchen cupboards, electrical and plumbing fixtures, and materials to finish the exterior for a most gratifying effect.

Package Price,

\$6,295⁰⁰
plus freight on basic package.

THE HURON MH-208 780 sq. ft.

Components for this cottage listed above. For more information see your nearest Co-op Building Materials Centre.



CO-OP SPRING SAVINGS

ENJOY BETTER LIVING — A BETTER INVESTMENT ALL YEAR ROUND WITH AN AFFORDABLE CO-OP MANUFACTURED COTTAGE OR GARAGE



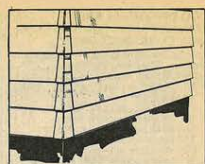
Thinking about building your own cottage or garage? Then see your nearest Co-op Building Materials Centre for a copy of our new "Vacation Homes and Garages from Co-op" booklet. This is a colourful, information-packed booklet with illustrations, floor plans and personalized tours of 10 cottages and 6 garages. It's in here you'll find the ideas you need to plan the vacation retreat or garage you have in mind.



RUGGED AND EASY TO INSTALL ORNYTE FIBERGLASS PANELS
They beautify your home. Use for fencing or turn it into a patio canopy. Ornyte comes in 26" wide corrugated panels at 8', 10' and 12' lengths. Colours include white, clear, yellow, and emerald green.

	PEACE RIVER MAN./SASK.	ALTA B.C.
26" x 8', each	\$4 ¹⁹	\$3 ⁹⁹
26" x 10', each	\$5 ¹⁹	\$5 ⁰⁹
26" x 12', each	\$6 ²⁵	\$6 ⁰⁹

All items advertised in this flyer may not be available at all participating co-operatives. Our policy is to have reasonable quantities of advertised merchandise on hand, at the time of the sale, to meet our members' needs. On occasion stocks may not be sufficient. Such instances we regret, and where possible we try to provide a suitable substitute.



LUXACLAD ALUMINUM SIDING IS LIGHTWEIGHT SO IT CAN BE INSTALLED BY A HANDYMAN

Cuts with a handsaw, can be installed using ordinary tools. This prefinished siding can improve the appearance of your home, reduce repainting and maintenance costs, improve insulation with its bonded-on backer-board and increase the value of your home. Inexpensive to install. 8' x 12' plain horizontal in glacier white, moss green, maize yellow and rawhide.

Man./Sask. Alta. Peace River

Per 100 sq. ft. **\$78.95** **\$81.95**



LUXACLAD WHITE FASCIA IS SO LIGHTWEIGHT YOU CAN EASILY INSTALL IT YOURSELF

Aluminum fascia is simply nailed onto fascia board resulting in an attractive finish. It is so easy to install that any handyman can put it up using ordinary tools.

8' x 10' Each **\$4.95**
8' x 12' Each **\$5.75**



LUXACLAD VENTED SOFFIT IS INEXPENSIVE TO INSTALL... REDUCES MAINTENANCE COSTS

Luxaclad aluminum vented soffits are easy to install with ordinary tools. Their interlocking ventilated surface allows air circulation under the roof deck to improve insulation efficiency and help prevent moisture damage. Write only 17" x 12 1/2".

Each **\$12.50**

CO-OP

A CO-OP HOME IS PRE-MANUFACTURED FOR QUICK AND EASY CONSTRUCTION

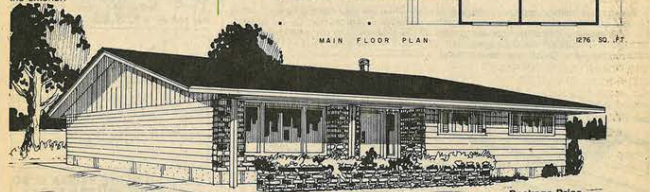
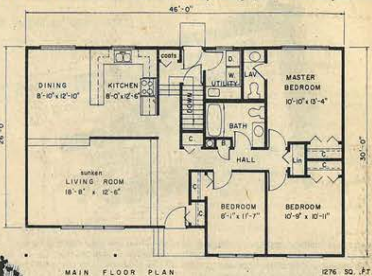
It comes complete in a package, all ready to set up. The price includes:

- 2x10 fir floor joists.
- 1/2" fir plywood subfloor, 5/16" particleboard underlayment.
- kiln dried spruce studs, 16" on centre.
- 3/4" spruce plywood on walls.
- primed lapped hardboard siding.
- R12 insulation in walls.
- R20 insulation in ceiling.
- 3/4" spruce plywood roof sheathing.
- 210 lb. self-labelling asphalt shingles.
- trusses 24" on centre.
- Loewen windows throughout.
- prehung prefinished interior doors.
- insulated steel exterior doors.
- erection manual for quick and easy construction.

Extras to complete interior and exterior are not included in the package price. However, Co-op can help you select floor coverings, kitchen cupboards, electrical and plumbing fixtures, and materials to finish the exterior.

Cranebrook MH 631, 3 BEDROOMS 1276 SQ. FT.

This design was built with you in mind. You choose the interior design and exterior finish, your Co-op will make it easy to build on your own—and know it appreciates in value as the years go by. Components for Cranebrook listed at left. See your Co-op Building Materials Centre for more information on costs, and money-saving tips on materials you'll need.



Package Price, **\$11,895⁰⁰**
plus freight on basic package.

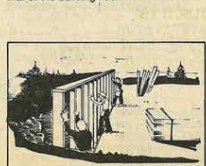
WHY BUILD A WOOD BASEMENT?

Co-op Has All the Answers

ADAPTABILITY
Suitable for low-rise single or multiple residential units, as well as for industrial/commercial buildings. May have a concrete slab floor, wood sleeper floor on gravel base or a suspended wood floor over a crawl space. One trade required — carpentry — so you can do your own work.

REDUCED CONSTRUCTION TIME
Building a preserved wood foundation is as simple as A, B, C. If you can build the upper walls, you can build your own basement. And the nice thing about this system is that only one trade is required — carpentry. As soon as you've completed erection of the foundation walls you can start building the rest of the dwelling. This speed of erection results in labour-cost savings.

MAINTENANCE-FREE LIFE
Materials used to build wood foundations are impregnated with chemical preservatives and pressure treated to offer long-term performance and trouble-free maintenance. The results are a preserved wood foundation with a life expectancy equal to that of the building itself.



YEAR ROUND BUILDING
In winter, preserved wood foundations can be installed so quickly that excavation, installation of foundation and backfilling can be done before the ground beneath the footing freezes. Tight schedules can be met with confidence.

IMPROVED INSULATION
The low thermal conductivity of wood keeps above- and below-grade basements warmer in winter and cooler in summer. Also, a wood floor can be heated from underneath by ducts so that less heat is required to maintain a comfortable temperature throughout the entire basement and building.

INCREASED LIVING AREA
Preserved wood foundations are economical to finish because the wall framing is already in place, thus the recreation room is partly done. Wood foundation walls are considerably thinner than concrete walls resulting in more usable area and living space.

CO-OP SPRING SAVINGS

IKO ROOFING PRODUCTS FOR YOUR HOME ARE CMHC APPROVED AND SPECIAL PRICED

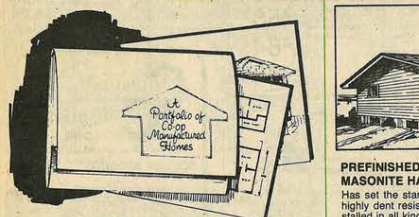


IKO roofing products are designed for today's specifications.

210 POUND ARMOUR SEAL SELF-SEAL SHINGLES
For slopes 4" and up. Wide colour selection. Bundle **\$7.40**

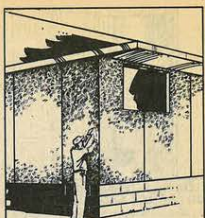
90 POUND MINERAL SURFACE ROOFING, ASSORTED COLOURS
Single coverage, exposed nailing. Colours of red, green and black. Roll **\$10.85**

BLACK PLASTIC CEMENT FOR ROOFING REPAIRS
Available in 10 pound and 2 1/2 pound cans.
10 pound can Each **\$3.75**
2 1/2 pound can Each **\$1.35**



THE NEW, EASY WAY TO BUILD IS WITH A CO-OP MANUFACTURED HOME. YOU GET THE SATISFACTION OF DOING IT YOURSELF AND SAVING, TOO

A Co-op Manufactured Home is designed with you in mind. You choose the floor plan and exterior finish; we'll provide the pre-manufactured materials to make it comfortable and livable so you can enjoy it. This manufactured homes portfolio has detailed information about our manufactured homes service plus illustrations and floor plans for 36 of our most popular homes available. Pick up your portfolio at your nearest Co-op Building Materials Centre... and let your house hunting stop there.



ASPENITE BUILDING PANELS FOR INDOORS AND OUTDOORS

These versatile, general-purpose building panels featuring aspen wood waters create an intriguing surface pattern offering many possibilities for unusual design treatment. Equally strong in any direction, they give you the ultimate in low-cost panelling.

4' x 8' sheets Alta/Sask. Man. Peace River

5/16" thick **\$4.85** **\$5.10** **\$5.25**

3/4" thick, each **\$5.30** **\$5.55** **\$5.85**



PREFINISHED COLORLOX X-90 MASONITE HARDBOARD SIDING

Has set the standard for durability in the building industry. It is highly dent resistant, not check, splinter or split. Can be installed in all kinds of weather conditions. 12' x 18'.

Per 100 sq. ft. **\$77.00**

CO-OP

BEAUTIFY YOUR HOME WITH HARDBOARD PRIMED LAP SIDING

You'll find it very easy to install. Can be cut with a handsaw and put into place using ordinary tools. It is tough and durable. Resists dents from hail, splintering, checking and cracking. Can be coloured with your favourite shade of paint. Sold per 100 sq. ft.

Alta/Sask. **\$45.29**

Manitoba **\$47.50**

Peace River **\$51.00**

CO-OP

Philips filter Coffee maker 33⁹⁹



19⁹⁹



54⁹⁹



A Philips Filter Coffee Maker brews 42-oz. of coffee in 8 minutes! Thermally controlled, the automatic keep-warm tray holds coffee at perfect serving temperature. Ready light. Brown with off-white trim. A fine gift idea for those who enjoy a fine cup of coffee anytime of day. Item number 211130 each 23.99

B Empire Party Coffee Maker is 12-32 cup capacity. Has water gauge, 2-watt dropless faucet, automatic warming, 3-foot cord. Item number 221135 each 19.99

C Cornwall King-size Broiler has continuous cleaning cooking area. Measures about 22" x 13" x 11". Item number 220244 each 64.88

D Proctor-Silex Toaster Oven has 16 1/2" x 7 1/2" full range oven that preheats in 3 minutes to 500°. Plus it has a pop-up toaster. Item number 336053 each 54.88

E Cornwall Deluxe Hot Tray is about 18" x 10", has radiant glass heated surface and hot spot for coffee. Thermostatic control. Item number 351882 each 18.99



A Sunbeam Mixmaster has a multi-speed 12 position mix-finder dial, 1 1/2 and 4 qt. bowls that revolve automatically. Allows for off-the-stand hand mixing. Super size beaters and dough hooks. Harvest gold colour. Item number 350074 each 84.99

B Sunbeam Multi-Cooker Frypan has 11 1/2" deep walled pan for cooking roasts/full course meals. Fry guide, removable thermostatic control, 1250 watt element. Contemporary polished aluminum design. Item number 186312 each 27.99

C CGE Slow Cooker is 3.23 litre capacity (112 imp. oz.). Heat resistant glass lid, 3-position control. Comes with recipe book. Item number 353102 each 21.99

D Sunbeam Can Opener/Knife Sharpener opens any standard size can, shuts off automatically. Magnetic lid holder. Harvest gold colour. Item number 350348 each 15.99

E Sunbeam Hand Mixer has 3 speed selections, on-top beater release and removable cord. Harvest gold. Item number 350090 each 18.99



A Payday is Parker's "where does the money go?" game. 8 to adult. Will keep everyone amused for hours. Item number 407890 each 5.99

B Solve a murder mystery with Parker's famous Clue Game. A challenge for all, 8 to adult. Item number 407197 each 4.99

C Parker's ever-popular Monopoly, the game in which you go boom or bust in real estate and utilities. Item number 407700 each 4.99

D Enjoy Yahtzee, an exciting game of skill and chance that's fun for the whole family. Item number 156661 each 2.99

E Snoopy Come Home First one to bring Snoopy home wins the game. Ages 7 to 12. Item number 213009 each 3.99

F Scrabble for Juniors, a crossword game based on the popular adult game. Ages 6 to 12. Item number 404087 each 4.99

G Risk, Parker's supreme test of strategy and skill. Take over the world. Teenagers to adult. Item number 408500 each 9.99

H Kojak, the game that puts you out in the streets of New York city. Full of suspense and intrigue. Ages 8 to adult. Item number 211615 each 4.44

I The Inventors. A game the entire family can enjoy, with every member becoming an inventor. Item number 407338 each 6.99

J Tank Battle, a game of planning and strategy. To win you have to call shots and maneuver tanks. Item number 213546 each 6.99

K The Magic Hat, as seen on television, lets you perform 12 amazing acts. With instructions. Item number 389882 each 14.99

L Esal Board has 36 magnetic letters. Blackboard on other side. A practical gift for the youngster learning to read and write. Item number 176453 each 12.95



A Perfection, a family fun game that matches wits in a race against time. Item number 406108 each 6.99

B Backgammon, a game of intrigue and challenge. Learn the fundamentals in just 10 minutes! Item number 446864 each 13.95

C Bentley Dart Game consists of an official size dart board and six regulation darts. Item number 353250 each 6.99

D Bumpershot, the game with so many ways to play the angles! Great fun. Item number 389778 each 7.99

E Face Off is a slapstick game of hockey management. Item number 397208 each 6.99

F Super Toe, the game that lets you test your skill by trying to sock the winning field goal. Item number 388769 each 9.99

G Nutsy Tennis, the wacky game of tennis you can place anywhere. For ages 5 and over. Item number 410977 each 5.99

H Probe is Parker's provocative game of words for two, three or four people. 8 to adult. Item number 408492 each 6.99

I Wooden Crokinole Board comes complete with playing pieces, and a checker board on the other side. Item number 352757 each 9.99

J Gambler, a fast-moving game loaded with chances and intrigue. Item number 441816 each 7.99

Jubilee

YEAR

1905



1955

Co-op

Cook Book

1955

TOASTS

MELBA TOAST

Remove crusts from very thin slices of white bread. Bake bread in a moderate oven until lightly browned.

★

BUTTERED CRUMBS

Mrs. N. Simpkins, Outlook
1 teaspoon butter, 2 tablespoons crumbs.
Melt the butter, add crumbs. Mix well.

★

MILK TOAST

½ cup milk or cream, add little salt to hot buttered toast. Heat milk or cream in double boiler and pour over toast. Allow ½ cup of milk for each slice of toast.

★

ORANGE TOAST

Day old bread, butter, 3 tablespoons orange juice, 3 tablespoons sugar, 2 tablespoons grated orange rind, cinnamon.

Toast one side of the bread, spread untoasted side with butter. Cover with blended mixture. Heat toast in broiler. Serve at once.

CHEESE STICKS

Cut bread in 1½-inch strips, butter and spread with cheese. Place in hot oven until browned.

★

FRENCH TOAST

Mrs. N. Simpkins, Outlook

1 egg, ¼ teaspoon salt, ¼ cup milk, 6 or 8 slices of bread (stale).
Add salt and milk to egg and dip the bread in the custard. Have a frying pan hot and well buttered; brown the bread on one side, place a small piece of butter on top of slice, turn and brown on the other side. Serve hot with cinnamon and sugar or a syrup.

★

MAPLE TOAST

Spread buttered toast with soft maple sugar, heat under broiler, serve at once.

★

CINNAMON TOAST STICKS

Doris Head, Conquest

½ cup butter, ½ cup sugar, 1 teaspoon cinnamon, cream together, ½ cup chopped walnuts.

Cut bread in 1½-inch strips, toast and spread with mixture. Sprinkle with nuts and put in oven to melt.

For Greater Satisfaction Use . . .

Co-op Pure Jams, all varieties

Co-op Blended Jams

Co-op Marmalades

Co-op Regular Peanut Butter

Co-op Homogenized Peanut Butter

Co-op Red Label Coffee

Co-op Blue Label Coffee

Co-op Green Label Coffee

Co-op Red Label Orange Pekoe Tea

Co-op Blue Label Tea

Co-op Green Label Tea

Co-op Orange Pekoe Teabags

34

DOUGHNUTS

"Oh weary mothers, mixing dough,
Don't you wish that food would grow?
Your eyes would smile, I know to see
A cookie bush, or a doughnut tree."

DOUGHNUTS

Annie Gonet, Domremy

1 cup sour cream, 1 scant cup sugar, ½ cup sweet milk, 3 eggs, ¼ teaspoon salt, 1 teaspoon baking powder, ¼ teaspoon nutmeg, 4 cups Co-op flour, 1 teaspoon soda mixed in cream.

★

DOUGHNUTS

Mrs. A. Nixon, Fillmore

2 small cups sugar, 2 eggs, 1 cup sour cream, 1 cup sour milk or butter-milk, 2 teaspoons soda, 1 teaspoon salt, Co-op flour to make stiff dough.
Fry in deep fat.

★

DOUGHNUTS

Mrs. G. Evans, Lintlaw

1½ cups sugar, 4 eggs, 8 teaspoons melted fat, 1½ cups milk, 1 teaspoon cinnamon, 2 teaspoons baking powder, enough Co-op flour to make a soft dough.

Beat eggs separately, add sugar, milk, fat and cinnamon; lastly, flour and baking powder and pinch of salt.

★

DOUGHNUTS

Mrs. R. Chudy, Outlook

Sponge: Soak 2 small packages fast rising yeast in 1 cup lukewarm water and 2 teaspoons sugar; let rise for 10 minutes. Scald and cool 2 cups milk, then add the yeast and 2 cups Co-op flour, beat well.

Add the following ingredients:
½ cup melted butter, ½ cup sugar, 1 teaspoon salt, 4 egg yolks and one whole egg, 1 teaspoon lemon juice, 1 teaspoon vanilla, 5 cups Co-op flour (more or less).

Knead well and let it rise until double in bulk, then put down and let it rise again. When ready, pat the dough out on the table and cut into doughnuts; let the doughnuts rise well, then fry in deep hot fat, turning only once.

DOUGHNUTS

Mrs. G. Fawcett, Ramsey
Mrs. Hans Balerud, Outlook

2 eggs, ½ cup sugar, ½ cup milk, 2 cups Co-op flour, 1 tablespoonful melted butter, ¼ teaspoon salt, ½ teaspoon nutmeg, 2 teaspoons baking powder.

Beat eggs until light, add sugar. Sift together flour, baking powder, salt and nutmeg. Add to beaten eggs and sugar alternately with milk and butter. Roll out dough, cut and drop in boiling fat until golden brown.

★

SPICED SUGAR DO-NUTS

Mrs. A. H. Sage, Sceptre
Mrs. H. Schweitzer, Algrove
Mrs. M. Hollingshead, Outlook
Mrs. V. Stahn, Stonehenge

3 tablespoons shortening, ¼ cup sugar, 2 eggs well beaten, 4 cups Co-op flour, 1 teaspoon nutmeg, 1 teaspoon salt, 4 teaspoons baking powder, 1 cup milk.

Cream shortening; add sugar and eggs. Sift dry ingredients together. Add alternately with milk. If necessary, add more flour to make a soft dough. Roll half an inch thick on floured board; cut with cutter and fry in deep fat until brown. While hot, shake in paper bag with half cup of sugar and two teaspoons cinnamon until doughnuts are well coated. Makes 2 dozen.

★

SWEDISH CRULLERS

Mrs. A. J. Park, Spring Valley

4 egg yolks, 4 teaspoons sugar, 4 tablespoons heavy cream, flour.

Mix egg yolks, sugar, cream. Add enough flour to make a stiff dough. Roll very thin and cut into strips 2 inches wide and six inches long. Cut a slit in each one and draw one end through. Fry in deep fat two minutes for each cruller. Drain and sprinkle with powdered sugar.

35

LIGHT FRUIT CAKE

Mrs. C. E. Spillet, Moose Jaw

1 cup butter, 1½ cups white sugar, 4 eggs, 2 cups Co-op flour, ½ teaspoon baking powder, ½ teaspoon salt, ½ pound Sultanas, peel, 1 cup walnuts, 1 teaspoon vanilla.

Cream butter, sugar and salt. Add eggs 1 at a time and beat well. Add vanilla. Mix in fruit, then flour.

★

LIGHT FRUIT CAKE

Mrs. R. Goodwin, Lloydminster

½ pound butter, ¼ teaspoon salt, 1½ cups white sugar, 1 cup milk, 3 cups Co-op flour, 1 teaspoon baking powder, ½ pound almonds, ½ pound peel, ½ pound candied cherries, ½ pound white sultana raisins, 5 eggs beaten separately, 1 teaspoon lemon extract.

Cream butter, add sugar slowly, creaming well; add well beaten egg yolks. Before starting to mix cake, blanch and chop almonds, chop peel and candied cherries, wash raisins and sift 1 cup of flour over fruit, peel and nuts. Add milk to butter, sugar and egg mixture. Sift remaining 2 cups of flour with baking powder and salt, add to mixture. Add fruit to cake batter. Beat egg whites stiff but not dry and fold in with the lemon extract into cake batter. Bake in moderate oven.

★

MOIST WHITE FRUIT CAKE

Mrs. H. King, Bridgeford

2 eggs well beaten, 1 cup white sugar, ¾ cup butter, 2 cups crushed pineapple, 1 pound raisins, 4 ounces cherries, ½ pound mixed peel, 2 teaspoons baking powder, ¼ teaspoon salt, 3 cups Co-op flour.

Add the whites of eggs beaten stiff last of all. Bake in moderate oven for 2 hours.

★

PLAIN FRUIT CAKE

Mrs. Nellie Cook, Lintlaw

1½ cups sugar, 1 cup lard, 1 tablespoon butter, 3 eggs, 1 cup buttermilk, ¾ cup molasses, 1½ cups currants, 1½ cups raisins, 1 teaspoon of each ginger, cinnamon; nutmeg, cloves, allspice, 1 teaspoon each lemon and vanilla, pinch salt, 1 teaspoon soda, 3½ cups Co-op flour.

Bake 1 hour.

POUND CAKE

Mrs. H. J. Manners, Lloydminster

1 cup butter, 1 cup sugar, 5 eggs, 2 cups sifted Co-op flour, ½ teaspoon baking powder, 1 teaspoon each lemon and vanilla flavoring, 1 cup raisins, ½ cup thinly sliced citron or orange peel.

Cream butter add sugar gradually, beating until mixture is very creamy and white; beat eggs until very light; sift flour and baking powder; add a little flour, then some of the fruit, beating all the time until flour and fruit are all used. Bake in very moderate oven.

★

SULTANA CAKE

Mrs. G. Blackwell, Saskatoon

2 cups white sugar, 1 cup butter, 4 eggs, 1 cup sweet milk, 2 cups Sultana raisins, ½ pound mixed peel, 3½ cups Co-op flour, 2 teaspoons baking powder, ½ pound cherries, 1 teaspoon lemon extract.

Bake about 2 hours in slow oven.

★

UNCOOKED FRUIT CAKE

1 tin sweetened condensed milk, 2 cups chopped dates, 2 cups raisins, 1 cup currants, 2 cups almonds, 1 cup chopped walnuts, 1 cup mixed peel, 3 cubes candied pineapple, 2 cups marshmallows, 1 cup candied cherries, 4 cups graham wafer crumbs, ½ teaspoon salt, ½ teaspoon cloves, ½ teaspoon nutmeg, ½ teaspoon cinnamon.

Roll graham wafers fine. Add salt and spices. Mix well. Wash fruit and let drain over night. In morning add other ingredients, mixing well. Butter a tin or dish and pack mixture into it. Allow to stand at least 48 hours before serving. Yield: a 5-pound cake.

★

WHITE FRUIT CAKE

Mrs. A. Mollerud, Outlook

1 cup white sugar, ½ cup butter, 1 pound raisins, ½ pound peel, 1 cup nuts, 2½ cups Co-op flour, 1 cup sweet milk, 2 teaspoons baking powder, 1 teaspoon vanilla, 4 egg whites (folded in last), cherries.

ANGEL, SPONGE AND CHIFFON CAKES

ALMOND CHIFFON CAKE

Preheat oven to 350 degrees for 8 or 9-inch square cake, or to 325 degrees for deep 8-inch tube cake.

Measure into sifter and sift into a bowl: 1 cup plus 2 tablespoons once-sifted cake flour, 1½ teaspoons baking powder, ½ teaspoon salt, ¼ cup fine granulated sugar.

Make a well in the dry ingredients and add in the order given (not mixing at all until all of this group of ingredients is in):

¼ cup Co-op salad oil, 2 unbeaten egg yolks, ½ cup plus 2 tablespoons water, 1 teaspoon vanilla, ½ teaspoon almond flavoring.

Avoiding the dry ingredients as much as possible, mix these liquids a bit with a wooden spoon—then incorporate with flour mixture and beat until smooth.

Measure into a large mixing bowl: ½ cup egg whites (3 or 4), and sprinkle with ¼ teaspoon cream of tartar.

Beat until very, very stiff—much stiffer than for an angel cake. Gradually fold yolk mixture into the beaten egg whites, using a rubber scraper—fold gently until combined. Turn into ungreased pan and bake in preheated oven until cake springs back when pressed lightly with finger tip—35 to 45 minutes for tube cake, 35 to 45 minutes for square cake. Immediately cake is baked, invert it and allow it to hang suspended until cold. Loosen cake and shake from pan.

Variations of Almond Chiffon Cake

Coffee Chiffon Cake: Substitute ¼ cup plus 2 tablespoons cold strong coffee for the water. Omit almond flavoring and use only ½ teaspoon vanilla.

Chocolate Chiffon Cake: Use only ½ teaspoon vanilla. Omit almond flavoring, substituting 2 ounces unsweetened chocolate, melted and cooled.

Banana Chiffon Cake: Use only 2 tablespoons water. Add ½ cup sieved ripe banana. Use only ½ teaspoon vanilla and substitute ¼ teaspoon lemon flavoring for the almond.

Maraschino Chiffon Cake: Use only 2 tablespoons water. Add ¼ cup maraschino cherry syrup. Use ½ teaspoon vanilla, ¼ teaspoon almond flavoring and 2 2½ cups Co-op flour. Very finely chopped maraschino cherries.

ANGEL CAKE

Mrs. T. Edden, Outlook

Separate egg yolk and whites. Take 1 cup egg white and 1 egg white over the cup. Beat stiff so teaspoon will stand in whites, and add pinch salt and 1 teaspoon cream of tartar. Beat well. If you have Swans Down flour, take ¾ cup and sift 5 times. If Co-op bread flour is used, take ¾ cup flour and take out 2 tablespoons flour and add 2 tablespoons cornstarch with ½ teaspoon baking powder, and sift 5 times. Now to the beaten egg whites fold in 2 tablespoons sugar at a time until 1 cup of sugar has been used. Fold in 2 tablespoons flour at a time until required amount is used. Add ½ teaspoon vanilla and ½ teaspoon almond extract. Leave the oven door down until cake is ready to bake. Bake in oven (250 degrees Fahrenheit) for 45 minutes.

★

ANGEL CAKE

Mrs. N. Simpkins, Outlook

Whites of 11 eggs, 1 cup Co-op cake flour, ½ teaspoon salt, 1¼ cup sugar, 1 teaspoon cream of tartar, ¼ teaspoon vanilla.

Sift flour once, measure, sift 3 times. Beat eggs and salt, when foamy add cream of tartar, fold in sugar. Bake in slow oven 1 hour.

★

CHOCOLATE ANGEL FOOD

Mrs. A. Nestead, Hawarden

1½ cups egg whites, ½ teaspoon cream of tartar, ½ teaspoon salt, 2 cups sugar, ½ cup cocoa, 1 teaspoon vanilla, 1 cup sifted Co-op flour.

Sift flour 3 times before measuring. Sift sugar and cocoa together 4 times. Beat eggs until stiff but not dry. Add cream of tartar and salt. When frothy, add the sugar and cocoa mixture carefully about 2 tablespoons at a time and beat. When the sugar is all in, beat until it shines well. Add 1 tablespoon cold water to which vanilla has been added. Fold in the flour very carefully. Put in an angel food pan and bake 1 hour in slow oven. Reverse pan until cake is cold.

★

CHIFFON CAKE

Mrs. H. L. Fowler, Saskatoon

6 eggs (large), 1 cup sugar, 1 cup Co-op flour (unsifted), ¼ cup Co-op oil

56

57

VEGETABLES

"The man who has nothing to boast of but his illustrious ancestry is like a potato, the only good belonging to him is underground."

RULES FOR COOKING VEGETABLES

1. Buy vegetables of medium size. There is less loss in cooking, they are more juicy, and more easily cooked.
2. Buy vegetables as fresh as possible. If wilted, soak in cold water with skins on.
3. Wash thoroughly before and after paring.
4. Use freshly boiled water, boiling hard. Boil vegetables slowly. Fast cooking breaks down the vegetables and there is more loss of minerals.
5. In cooking, use as little water as possible in order to conserve the mineral and vitamin. If the pot is tightly covered, the steam will cook the vegetables even if they are not covered with water.
6. Add the salt near the end of cooking in order to prevent the loss of mineral.
7. Boil in large pieces.
8. Continue cooking until vegetable is cooked.
9. Use vegetable stock for soup.

WHITE SAUCE PROPORTIONS

Thin	2 tablespoons butter	1 tablespoon flour	1 cup milk
Medium	2 tablespoons butter	2 tablespoons flour	1 cup milk
Thick	2 tablespoons butter	3 tablespoons flour	1 cup milk

Multiply by 2, 3 or 4, according to the number of cups sauce desired. Melt fat. Blend with flour. Add milk and stir until thick.

BEANS (Baked)

Mrs. H. O. Bell, Outlook

10 pounds beans, 5 pounds pork, 5 small onions, 5 tablespoons brown sugar, 5 tablespoons molasses, 5 teaspoons mustard, 1 can tomatoes, 1 can catsup.

Soak beans overnight, add other ingredients and mix well. Put in lots of water and boil 2 or 3 hours. Bake in oven for 2 hours. Put in jars and process 3 hours.



CABBAGE

Mrs. A. J. Park, Spring Valley

3 cups milk, 1½ quarts shredded cabbage, ¾ cup thin cream, 3 tablespoons butter, 3 tablespoons Co-op flour, 1 teaspoon salt.

Bring the milk to boiling point. Add cabbage and boil for two minutes. Add cream, butter, flour, salt and pepper. Cook rapidly for three or four minutes.



CELERY (Boiled)

Mrs. N. Simpkins, Outlook

Wash the celery stalks clean and cut

them into pieces. Scarcely cover with boiling water and boil until tender. Add salt just before cooking is completed.



CELERY-CABBAGE (Scalloped)

Mrs. N. Simpkins, Outlook

Into a greased baking dish put a layer of cooked vegetables, then a layer of grated cheese, then a layer of white sauce, and continue to add layers until all the ingredients are used. Cover the top of the mixture with buttered crumbs and bake in a moderate oven for about 20 minutes.



CORN (Scalloped)

Mrs. S. Bernauer, Saskatoon

1 can corn, 2 eggs beaten, 1 teaspoon salt, ½ teaspoon pepper, 1½ tablespoons butter, ½ pint scalded milk.

Place in a buttered pan and bake until brown.



DANDELION GREENS

2 pounds dandelion greens, 1 tablespoon butter, salt and pepper. Dandelions should be used before they blossom.

130

som as they become bitter after that time. Cut off the roots, pick the greens over and carefully wash them in several waters. Place in a kettle, add a little boiling water and boil until tender. Salt the water just before cooking is completed. When done, lift them into a colander, press out water and chop. Add butter, pepper and salt.



FRENCH FRIED POTATOES OR BOSTON CHIPS

After paring potatoes, soak them for 1 hour in cold water, dry thoroughly in towel, then cut them in strips, slices or use a fancy cutter. Have a kettle of hot fat ready. Put chips in a basket and fry until they turn brown. Then lift out, drain, sprinkle with salt and serve at once.



GREEN PEPPERS (Stuffed)

6 green peppers, ½ cup minced onions, 1 pound hamburger, 1 cup rice, 1 cup tomatoes.

Cut top off green peppers and remove pulp and seeds. Soak peppers ½ hour in weak brine. Mix other ingredients together with salt and pepper to taste. Refill pepper cups, place in a stew kettle with a little water (tomatoes can be used) and simmer slowly until rice is tender. Serve hot.



HARVARD BEETS

Mrs. D. Fast, Saskatoon

Peel and slice uncooked beets and place in casserole. Mix ½ cup of brown sugar, 1 tablespoon cornstarch and ¼ cup of vinegar, add sufficient water to almost cover the beets. Bake in moderate oven, approximately 1 hour.



MARROW (Stuffed)

Cut marrow in half lengthwise. Remove seeds. Stuff with sausage meat, minced beef or a poultry dressing. Bake in a moderate oven (350 degrees Fahrenheit) until meat is done (approx. 1 hour).

Variation: The whole marrow may be sliced in rings 1-inch thick. Boil or dip in flour and fry until tender. Add a small onion and place in a casserole. Fill centres with sausage meat, minced beef or break an egg into each centre. Pile mashed potatoes or any other

cooked vegetable around the rings. Grate cheese over top. Place in oven and bake until meat or eggs are done.



MUSHROOMS (Fried)

Peel, cut off the stalks and place them in frying pan with a little bit of butter. Cook gently until they are quite tender. Season, serve and pour the contents of the frying pan over them. Delicious if served on buttered toast.



PARSNIPS (Baked, Extra Good)

Mrs. L. A. Peters, Rochdale Galt, Toronto

Parboil required number of parsnips for 10 to 15 minutes. Cool them and peel, slice them lengthwise in ½ inch widths. Arrange them on a baking dish, sprinkle generously with dry mustard, brown sugar, and dot with butter. Bake in a moderate oven, 350 degrees, until they are brown and crisp. This is a regal dish.



POTATOES (Baked)

Mrs. N. Simpkins, Outlook

Scrub and rinse potatoes, bake in hot oven 45 to 60 minutes. Just before serving crack the skins for steam to escape. Serve uncovered in a hot dish.



POTATO PUFF

Mrs. N. J. Simpkins, Outlook

2 cups mashed potatoes, 1 egg, 2 tablespoons butter, ¼-½ cup of milk, salt and pepper.

Beat egg yolk. Add to potato mixture and beat again. Fold in stiffly beaten egg white. Bake in a buttered dish.



POTATOES (Scalloped)

Mrs. N. Simpkins, Outlook

6 potatoes, 2 tablespoons Co-op flour, 4 tablespoons butter, milk, 1 teaspoon salt.

Wash, pare and rinse potatoes. Cut in ½ inch slices. Place in layers in buttered baking dish. Sprinkle each layer with salt and pepper, and flour, and dot over with small pieces of butter. Add hot milk until it may be seen through the top layer. Bake until potatoes are tender.

131

FRESH FROZEN HALIBUT CHEEKS

Wash the thawed Hy-wave halibut cheeks clean, dry them. Dip the cheeks in beaten egg and then in a seasoned flour mixture. Fry them in hot deep fat (1½ inches deep). Drain them on absorbent paper and serve while very hot. One pound of cheeks will serve 3 people.



FRIED OYSTERS

Drain oysters, put in dry towel and dry gently. Make batter of 1 tablespoon Co-op flour, 2 tablespoons water, salt and pepper, put oysters in batter, egg, then crumbs, and fry in deep fat. The batter may be omitted.



MANHATTAN CLAM CHOWDER

1 quart shucked clams or 2 10-ounce cans minced clams, ¼ pound salt pork or bacon square diced, 2 medium onions, sliced thin, 2 medium potatoes, diced, No. 2½ can tomatoes, 5 stalks celery, 2 teaspoons salt, 2 carrots, diced, 1 teaspoon pepper, 1 teaspoon thyme, 1 teaspoon garlic salt.

Drain clams, save juice (there should be about a pint). If clams are fresh, cut in several pieces with kitchen shears. Put pork in large saucepan, fry over low heat until crisp. Add onions, brown slightly. Add clam juice, remaining vegetables and seasonings, cover and cook 10 minutes. Add clams, cover and simmer 10 minutes more until potatoes are tender. For a delicious variation, add 1 teaspoon caraway seeds with other seasonings. Serve with crisp saltines. Serves four.



OYSTERS AND BACON

Mrs. J. H. McDonald, Rose Valley

Wash and dry oysters. Have as many oysters as strips of bacon. Place a strip of bacon on your left hand. Lay on oyster on and roll until oyster is enclosed in the strip of bacon. Fasten with a toothpick, sprinkle with pepper. Dip in melted butter and fry. Serve on hot toast with celery, garnish platter with slices of lemon and white leaves of celery.



SALMON AND SPAGHETTI OUTLETS

½ pound can Challenger salmon, flaked, 1 cup milk, 2 eggs, beaten, 1 cup bread crumbs, ½ can spaghetti in tomato sauce, seasoning.

Mix together the flaked salmon, milk, beaten eggs and bread crumbs. Then add spaghetti (the canned variety with cheese and tomato sauce is perfect). Season. Drop in frying pan in outlet shapes, and brown on both sides. Four good servings.



SALMON CROQUETTES

1 cup thick white sauce, 1 can salmon, 1 tablespoon lemon juice, salt, few grains cayenne pepper, crumbs, 1 egg mixed with 1 tablespoon water.

Mix together salmon, white sauce and seasoning. Roll in finely sifted bread crumbs, then into egg, roll in bread crumbs again, and allow to dry slightly before frying. Fry in deep fat for 1 minute or until brown. Fat is at correct temperature when bread cube browns in 40 seconds.



SALMON OUTLETS

1 cup salmon, 1½ cups mashed potatoes, 1 egg, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon grated onion.

Flake salmon and add all other ingredients. Form into outlets, roll first in crumbs, then in egg slightly beaten with 1 teaspoon of water added, then again in crumbs. Fry in deep fat and serve with creamed pea sauce. (May also be fried in frying pan with good quantity of fat.) Temperature of fat 380 degrees F. Serves 4. Other fish may be used.



SALMON LOAF

Mrs. Emil Ekstrand, Melfort

1 can Co-op salmon, 2 eggs, 1 cup bread crumbs, 1½ cups milk, 1 tablespoon melted butter, salt and pepper to taste.

Put ingredients in buttered dish and steam one hour. Serve with white sauce.



SALMON MUSHROOM CASSEROLE

1 tablespoon butter, 4 cups (2 pounds) Challenger canned salmon, ½ teaspoon salt, dash pepper, 2 medium onions, sliced in rings, 1 can condensed cream of mushroom soup.

Melt butter in baking dish. Flake Challenger salmon, spread half of it in baking dish, sprinkle with salt and pepper, and scatter half of onion rings over top; add remaining salmon and onion rings. Dilute mushroom soup with half

a can of water and pour over all. Bake in moderately hot oven (400 degrees F.) 20 minutes. Serves 6. Salmon mushroom casserole is delicious served with baked potatoes and buttered spinach. Sliced tomatoes with French dressing followed by your favorite pie, make this a tempting, inexpensive meal.



SCALLOPED FISH

Any fish such as salmon, tuna, lobster, crab, may be used.

2 cups fish, 1 cup bread crumbs, salt, pepper, 2 tablespoons butter, 1 onion, 1½ cups white sauce, 2 eggs.

Into buttered baking dish put alternate layers of flaked fish, crumbs, and seasoning. Over all pour the white sauce and bake in moderately hot oven. Garnish with sliced hard-cooked eggs.



SCALLOPED KIPPERS

1 cup finely flaked cooked Hy-wave brand kippers, 1 cup seasoned milk, 2 cups cooked potatoes, butter, dry bread crumbs, cheese.

Alternate layers of cooked potatoes,

kippers and cheese in a buttered baking dish. Four seasoned milk over the scallop, cover top of dish with buttered crumbs and bake until brown.



SCALLOPED OYSTERS

Mrs. A. Ruesth, Macerrie

Butter a bake dish and put in a layer of cracker crumbs. Next put in a layer of oysters. Repeat this, ending with a layer of cracker crumbs. Pour over hot milk to cover and dot with butter. Serve with baked potatoes. Oysters can be substituted for salmon or any kind of cooked fish.



STUFFED FILLETS OF COD

6 Hy-wave filets of cod, 8 slices white bread, 2 tablespoons minced onion, ¼ cup cream, 4 tablespoons melted margarine or butter, salt and pepper to taste.

Dice bread fine, add onion, salt, pepper, butter and cream. Take handful of dressing and make into a long ball—roll fillet around dressing and pin with toothpick. Place in greased baking dish, baste with melted butter or margarine. Bake in 375 degree oven till brown and tender and serve with egg sauce.

Household Hints

To keep peaches from discoloring while preparing for canning, have a bowl of slightly salted water and as soon as peach is peeled, drop into it.

Stains: To remove coffee or tea stains on varnish rub camphorated oil on. Leave a second then take a dry cloth and rub it off. Your stain is then gone.

When cooking rice always add the rice to boiling milk or water. This keeps the kernels separate and from forming into a solid mass.

When peeling an orange use an inverted spoon. It is much easier than trying to peel with a knife.

If your meat, raw or cooked, is not as fresh as it may be, try to cook or recock it with a handful of charcoal tied up in a bit of cheesecloth.

Potatoes: To prevent old potatoes turning dark put in 1 teaspoon vinegar for each quart of water while boiling.

A little Co-op flour added to icing sugar makes it go a lot farther and does not change the taste.

To Boil a Ham: When boiling a ham add a cupful of vinegar and 6 whole cloves or 1 teaspoon mixed pickling spice to the water. Allow ham to cool in the water in which it has boiled. This will improve the flavor. Boil ½ hour to the pound.

Weep No More Over Onions! Put onions in a pan of water and peel them under water. Onions peeled this way never cause tears and neither does the odor cling so desperately to your hands. What little does can easily be removed if washed off immediately with soap and water.

118

119

PUDDINGS

"One thing is always sure to please,
Just give them puddings such as these."

AFTER THOUGHT

1 pint sweetened applesauce, yolks of 2 eggs beaten.
Mix and bake 15 minutes. Beat whites stiff with $\frac{1}{2}$ cup icing sugar and put on top as a meringue and brown in oven.

★

ANGEL FOOD PIE

Mrs. O. Storey, Sceptre

1 cup water, 1 cup white sugar.
Boil together 2 minutes. Take 2 heaping tablespoons cornstarch mixed in a little cold water and add to water and sugar mixture. Cook until thick and clear. Stir constantly. Let get quite cool. Beat 4 egg whites, add pinch of salt. Pour water and sugar gradually onto egg whites. Add vanilla. Put in baked pie crust. Serve with whipped cream. Bananas are nice put on the crust before filling is put in.

★

APPLE CAKE

(Danish Desserts)

Sigrid Nielsen, Megan

5 cups applesauce, 4 cups dry toasted bread crumbs, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup sugar, tart jelly (optional).
Mix sugar, crumbs and butter in frying pan over slow fire. Put alternate layers in a bowl of crumbs and applesauce, bottom and top being crumbs. When cold serve with whipped cream and jelly.

★

APPLE CUSTARD

Mrs. M. Shopper, Outlook

1 cup milk, 2 eggs, 2 tablespoons sugar, 1 tablespoon Co-op flour, 1 cup applesauce slightly sweetened with honey or sugar.
Mix together egg yolks, sugar and flour. Scald the milk, add a little to the egg, sugar mixture, stir, return to top of double boiler and cook over hot water, stirring constantly, until thickened. Place the applesauce in the bottom of a rather small dish which has been buttered, pour over the custard, then top with meringue made of the whites and 1 cup powdered sugar. Place

in a very slow oven to brown the tips of the meringue. Serve hot or cold.

★

APPLE DELIGHT

Miss Patricia Donnelly, Saskatoon

$\frac{1}{2}$ cup Co-op flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup butter.
Mix these well to form crumbs. Then slice apples, put in bottom of baking dish, sprinkle crumbs over apples and bake in oven. Serve with whipped cream.

★

APPLE PUDDING

Mrs. G. Kelly, Outlook

Fill the bottom of a baking dish with apples that have been peeled, cored and cut up. Make a dumpling dough of 2 cups Co-op flour, 2 teaspoons baking powder, milk to make a soft dough. Drop by spoonfuls on top of apples. Cover tight and cook on top of stove. Add water if apples are dry. Serve with cream.

★

BAKED APPLES

Mrs. N. Simpkins, Outlook

Wipe, core and score apples. Place in baking dish and fill centre. Pour $\frac{1}{4}$ cup boiling water around apples and bake in hot oven until soft, basting every 10 minutes. Place in dish and pour syrup over.

Fillings (for 1 apple): 1 teaspoon lemon juice and sugar, $\frac{1}{4}$ teaspoon cinnamon and sugar, $\frac{1}{2}$ teaspoon butter and brown sugar, 1 date chopped and brown sugar, 6 seedless raisins and brown sugar, 2 walnuts chopped and brown sugar.

★

BATTER PUDDING

Mrs. E. Foster, Moose Jaw

1 cup Co-op flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup white sugar, 1 egg, milk, $\frac{1}{4}$ teaspoon salt.
Sauce: 2 cups boiling water, 1 cup brown sugar, 1 tablespoon butter, vanilla.

Put ingredients for sauce into a casserole and place in hot oven while pre-

paring batter. Sift flour with sugar, salt and baking powder, add egg well beaten and enough milk to make batter a little thicker than for pancakes. Pour into hot sauce and bake in moderate oven until knife when inserted comes out clean. This pudding provides its own sauce. Raisins may be added to batter if desired.

★

BLANC MANGE

Mrs. N. Simpkins, Outlook

2 cups milk, 3 tablespoons cornstarch, $\frac{1}{4}$ cup sugar, salt, $\frac{1}{2}$ teaspoons vanilla. Bring milk to scalding point in double boiler. Mix dry ingredients. Add scalded milk gradually. Pour back into double boiler. Stir constantly until thick. Cook until no taste of starch. Remove from heat and add vanilla. Pour into moistened mold. Cool thoroughly. Remove from mold. Serve with sugar and cream.

★

BLANC MANGE VARIATIONS

Mrs. N. Simpkins, Outlook

(Measurements for individual servings)

1. Caramel.—Add 1 tablespoon caramel, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup boiling water. Melt sugar in frying pan and brown to color desired. Add water slowly and cook to desired thickness.
2. Egg.—Add $\frac{1}{4}$ teaspoon egg yolk to thickened mixtures, fold in $\frac{1}{4}$ egg white stiffly beaten.
3. Chocolate.—Add 1 teaspoon cocoa or 1/6 square chocolate.
4. Date.—Add 2 dates (chopped) before turning into mold.
5. Butterscotch.—2 tablespoons brown sugar, 1 teaspoon butter. Stir in hot frying pan until sugar dissolves. Do not brown more than necessary.
6. Coconut.—Add 2 tablespoons coconut to milk. Bring milk to scalding point. Strain.
7. Walnut.—Add 3 walnuts (chopped) before turning into mold.
8. Coffee.—Add 2 tablespoons strong coffee.
9. Fruit.—Preserved or fresh.
10. Jam.—Served on blanc mange.
11. Whipped Cream.—Folded into blanc mange.

★

BROWN BETTY

Valma Hargett, Lintlaw

6 large cooking apples, 2 tablespoons

butter, $\frac{1}{4}$ cups bread crumbs, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon cinnamon.

Peel and core apples. Slice thinly or chop apples and place a layer of them in a buttered baking dish. Dot over with butter and sprinkle with sugar and cinnamon mixed together. Sprinkle with a layer of crumbs. Repeat until dish is full, finishing with a layer of crumbs. Bake in a moderate oven until apples are tender. Serve hot or cold (with cream, if desired).

★

BUTTERSCOTCH APPLES

Mrs. N. Simpkins, Outlook

$\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup boiling water, 4 apples, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ tablespoon cornstarch, $\frac{1}{4}$ teaspoon salt, 1 tablespoon butter, $\frac{1}{2}$ teaspoon vanilla.

Wash, quarter, peel and core apples. Cook until tender in syrup made from brown sugar and water. Remove apples. Mix milk and cornstarch. Add syrup gradually and cook until no taste of raw starch. Add butter and vanilla. Pour over apples.

★

BUTTERSCOTCH PUDDING

Mrs. B. Johnson, Saskatoon

Caramelize $\frac{1}{4}$ cup granulated sugar. Stir frequently. Cream together $\frac{1}{4}$ cup butter and $\frac{1}{2}$ cup Co-op flour. Add 1 cup brown sugar, 3 egg yolks well beaten and $\frac{1}{2}$ teaspoon salt. Add 2 cups hot milk and the caramelized sugar. Cook in double boiler, stirring constantly until thick and smooth. Serves 6. Whites off eggs to be used as meringue for top.

★

CHERRY SPONGE (Dessert)

Mrs. E. Moore, Outlook

1 package cherry Jello, 1 pint boiling water, 12 marshmallows (finely cut), dash of salt, 6 drops almond extract.
Dissolve Jello in boiling water. Add marshmallows until dissolved. Add salt and almond extract; chill; when slightly thickened beat with rotary egg beater until stiff. Turn into large mold. Chill until firm. Serve with whipped cream or plain.

★

COTTAGE PUDDING

Mrs. N. Simpkins, Outlook

$\frac{1}{4}$ cup butter, 1 cup sugar, 1 egg, $\frac{1}{2}$ cup milk, 3 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cups Co-op flour.

FISH AND SHELLFISH CANAPES

FISH AND SHELLFISH CANAPES ANCHOVY

Spread triangle shaped croutons with anchovy butter, then top with a row of chopped egg whites, yolks and sliced pickles, an olive slice in centre.

Mix 1 teaspoon anchovy paste with 4 tablespoons cream cheese. Pile diagonally on one half of square of toast. Cover other half with chopped sweet pickle.

Scoop out small tomatoes of equal size and fill with a salad of anchovies, tuna, hard boiled eggs, minced fine herbs, mixed with mayonnaise.

Spread anchovy and sardine paste on half slice of rye bread. Over this place a thin slice of smoked salmon. Add hard boiled egg, gherkins and stuffed olives, minced together.

★

CAVIAR

American caviar, black or red, is excellent in any of these recipes. Expensive imported caviar is not required.

Cut bread $\frac{1}{4}$ inch thick, in diamonds. Toast on one side. Dip edges in melted butter, then in very finely chopped parsley. Divide top in 4 sections. Put caviar in opposite sections, chopped hard cooked egg whites in others. Cover egg white with mayonnaise and garnish with stuffed olive or pearl onion.

Circle of toast spread with finely grated onion and butter, with ring of onion on top, filled with caviar.

★

LOBSTER

Lobster salad. Garnish salad bowl with lettuce leaves. Mix 1 cup lobster meat with 1 cup chopped celery, and a few capers. Put mixture in bowl, then add sliced hard boiled eggs and chopped chives. In another bowl mix $\frac{1}{2}$ cupful of French dressing with $\frac{1}{2}$ cup of Chili sauce, 2 tablespoons of mayonnaise, salt, pepper, and 1 teaspoon of Worcestershire sauce. Pour over the salad and serve very cold.

CRABS

Crab meat, rich cream sauce, grated cheese, butter, pepper, curry powder, salt. Mix crab with rich cream sauce, season well. Spread on toast. Sprinkle with cheese, dot with butter. Toast under flame and serve very hot.

1 cup flaked crab meat, $\frac{1}{4}$ cup chopped pickled onions, 1 tablespoon French dressing, 3 tablespoons mayonnaise. Combine and mix well. Serve on assorted salted crackers.

Shred 1 cup crab meat, combine with 3 tablespoons butter. Rub to smooth paste with 2 tablespoons lemon juice, paprika and salt to taste; serve on little half-toast squares; garnish with capers.

★

CODFISH

Mix contents of one can of codfish balls with a beaten egg and 2 tablespoons boiled potato. Make into tiny balls and fry in deep fat. Serve very hot, on toothpicks.

★

OYSTERS

Small raw oysters, bacon, tartar sauce, bread in ovals. Wrap oysters in 3-inch strips of bacon. Fasten with toothpicks. Broil in oven until bacon is crisp. Remove toothpicks and place on toasted bread ovals spread with tartar sauce.

3 dozen oysters, 2 tablespoons Hollandaise sauce, 6 slices toast, 2 tablespoons minced parsley, 2 tablespoons butter. Blanch oysters. Chop very fine. Mix with Hollandaise sauce and spread over buttered toast. Sprinkle with finely chopped parsley, dot with butter. Set under broiler for a moment and serve hot.

★

TUNA

Stuffed eggs. Mix tuna fish with a little fresh horse-radish, mixed with yolks of hard boiled eggs, then fill this mixture into whites of eggs.

SOUPS

One morning in the garden bed
The onion and the carrot said
Unto the parsley group:
"Oh! when shall we three meet again,
In thunder, lightning, hail or rain?"
"Alas," replied in tones of pain
The parsley, "In the soup."

CHICKEN BROTH

Mrs. Alvin Mollerud, Outlook

1 two pound chicken, 1 teaspoon salt, 1 quart cold water.

Cut meat in small pieces and crack bones. Put in water in double boiler and let stand 1 hour, then cook for six hours. Strain and season. Let cool, remove fat, reheat and serve.

★

CREAM OF ASPARAGUS SOUP

1 can of asparagus or fresh asparagus cooked to yield 1 cup when pressed through strainer, 2 cups milk, 2 tablespoons butter, 2 tablespoons Co-op flour, salt, pepper.

Make the milk, butter, flour and seasoning into a cream sauce and add vegetables.

★

CREAM OF CELERY SOUP

Mrs. N. Simpkins, Outlook

$\frac{1}{2}$ cups fresh celery leaves, 3 cups boiling water, 2 cups milk, 2 tablespoons butter, 4 tablespoons Co-op flour, salt and pepper, onion juice.

Cook celery in boiling water until soft; press through a strainer. Make a sauce of butter, flour, salt and celery stock. Add milk and when hot, serve.

★

CREAM OF PEA SOUP

Mrs. N. Simpkins, Outlook

1 can peas, 2 cups water, 2 cups milk, 2 tablespoons butter, 2 tablespoons flour, salt and pepper, 1 teaspoon sugar.

Cook peas in water until soft. (Where canned peas are used, use water from peas and make up volume to $\frac{1}{4}$ cup liquid.) Press through a strainer. Finish as cream of celery soup.

★

CREAM SOUPS

Mrs. A. Mollerud, Outlook

Any of the following vegetables are

suitable—celery, carrots, corn, baked beans or peas. Press through a sieve then use $\frac{1}{2}$ to 1 cup of pulp to 1 cup thin white sauce. 1 tablespoon butter, add 1 tablespoon Co-op flour, $\frac{1}{2}$ teaspoon salt, dash of pepper. Add 1 cup heated milk slowly. Bring to a boil and cook for 10 minutes.

★

CREAM OF TOMATO SOUP

Mrs. N. Simpkins, Outlook

2 cups canned tomato, 2 tablespoons butter, 2 tablespoons flour, salt and pepper, 2 cups milk, 1/6 teaspoon soda. Cook tomatoes till soft, press through a strainer, make a sauce of butter, flour, salt and tomato stock. Add soda. Add scalded milk. Serve at once.

★

FISH SOUP

Mrs. R. Hanson, Rose Valley

Boil enough fish to get 4 cups or more of soup stock, 1 medium carrot, 1 medium onion cut fine, boil until tender in water with a little salt. When done add to soup stock, 1 cup rich sour or sweet cream and carrot and onion which are already cooked and thicken with 1 tablespoon Co-op flour, which has been moistened in a little water or milk, salt and pepper to taste, if too thick a little more milk can be added.

★

FRENCH PEA SOUP

Mrs. J. Drinkie, Outlook

1 can peas, 1 quart milk, 1 egg, 1 teaspoon salt, 1 teaspoon grated onion, 1 tablespoon cornstarch, teaspoon pepper.

Scald the milk, and thicken with cornstarch, which has been moistened with a little milk. In the meantime, rub the peas through a sieve and add the pulp and seasoning to the milk. Cook 10 minutes, stirring occasionally. Separate the egg, beating yolk and white separately. Combine and pour the hot soup slowly onto them.



food fun



BROWN COW FLOATS

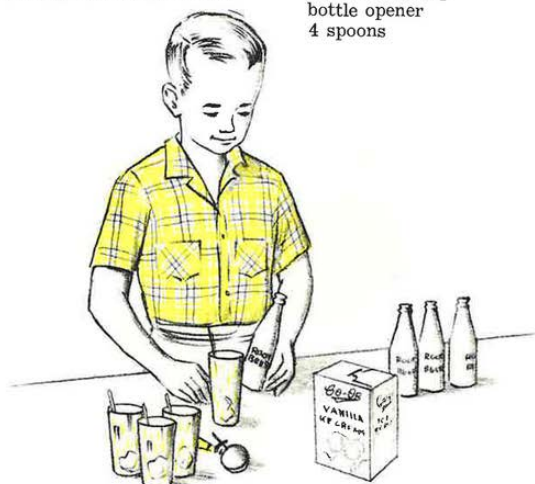
Makes 4 Servings

Assemble Ingredients:

- 4 bottles root beer
- 4 scoops vanilla ice cream

Assemble Equipment:

- 4 glasses
- ice cream scoop
- bottle opener
- 4 spoons



Method:

1. Make sure that the root beer is cold.
2. Put a scoop of ice cream in a big glass. Do this until the 4 glasses have a scoop of ice cream in them. Do not put a big scoop of ice cream into the glass or the drink will run over and leave you with a mess to clean up.
3. Ask mother to open the 4 bottles of cold root beer for you.
4. Put a little root beer in the glass and stir the ice cream. Now put root beer to fill the glass.
5. Take some root beer from the second bottle and put it into the second glass. Do this with the other 2 glasses.
6. Now drink the float.

If you would sooner have a Black Cow Float use chocolate ice cream in place of vanilla ice cream.

20

BUTTER BALLS

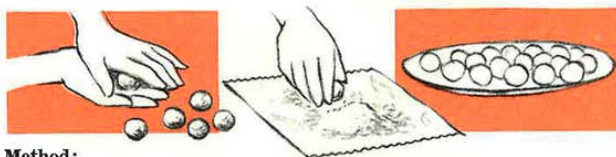
Makes 36 Cookies

Assemble Ingredients:

- $\frac{3}{4}$ cup soft butter
- $\frac{3}{4}$ cup white sugar
- 3 tablespoons cocoa
- $\frac{1}{2}$ teaspoon CO-OP vanilla
- 1 tablespoon water
- 2 cups CO-OP quick cooking rolled oats
- $\frac{1}{4}$ cup icing sugar
- $\frac{1}{2}$ teaspoon salt

Assemble Equipment:

- dry measuring cups
- measuring spoons
- metal spatula
- mixing bowl
- wooden spoon
- teaspoon
- waxpaper



Method:

1. Take a $\frac{1}{3}$ -cup measure. Use a teaspoon and fill the $\frac{1}{3}$ cup with soft butter. Use the spatula and level off the top of the cup. Put the butter in the bowl. Do this again.
2. Using a wooden spoon, cream the butter in the bowl.
3. Use your $\frac{1}{4}$ -cup measure and fill it with sugar. Put it in the bowl with the butter, cream the sugar and butter. Do this 2 more times. Rest for a few minutes if you are tired.
4. Measure the cocoa. Put it in the bowl.
5. Measure the vanilla. Put it in the bowl.
6. Measure the water. Put it in the bowl.
7. Mix the cocoa, vanilla and water with the butter and sugar.
8. Measure 1 cup of rolled oats. Put it in the bowl and stir.
9. Measure 1 more cup of rolled oats. Put it in the bowl and stir. Make sure all the rolled oats are mixed in well.
10. Tear off a large piece of waxpaper.
11. Measure the icing sugar in the $\frac{1}{4}$ -cup measure. Put it on the waxpaper.
12. Now take a piece of dough and make a round ball the size of a big marble (1 inch). You can make 36 balls. Put them on a plate.
13. Now all the dough is in balls. Take each ball and roll it in the icing sugar on the waxpaper. Then put it on the plate again.
14. Chill your butter balls in the refrigerator for two hours. Now they are ready to eat.

11

MILK WITH BANANA ROLL

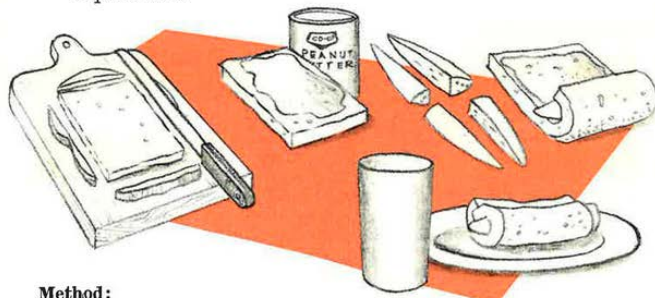
Makes 4 Rolls

Assemble Ingredients:

- 1 medium banana
- 4 slices bread
- dish of butter
- dish of CO-OP peanut butter
- 1 quart milk

Assemble Equipment:

- table knife
- 4 plates
- 4 glasses



Method:

1. Ask mother to remove the crusts from 4 slices of bread. You watch her so you can learn to do it. Remember which side of the slice is the bottom of the loaf.
2. Use a table knife to butter the bread. Butter the bread right to the edges. Do this for all 4 slices.
3. Spread the bread with peanut butter. Spread the peanut butter right to the edges. Do this for all 4 slices.
4. Peel the banana. Cut it in half the long way. Now you have 2 strips.
5. Now cut the banana in 2 again to make 4 pieces.
6. Put 1 piece of banana on a slice of bread. Make sure that the banana is at the bottom of the slice of bread. Do this for the other 3 slices.
7. Now roll the bread around the banana like a wiener. Leave the ends of the banana sticking out. Do this for the other 3 slices.
8. This is your banana roll. Put it in the middle of a plate.
9. Put milk in the glasses. Put the glasses beside the plates.
10. Have a good lunch.

10

EASY BISCUITS

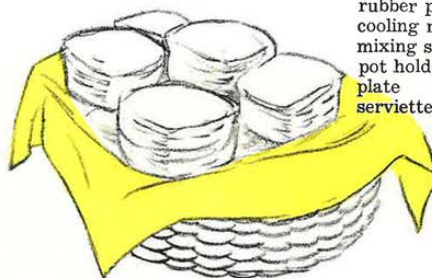
Makes 16 Biscuits — Oven 425° F.

Assemble Ingredients:

- 2½ cups biscuit mix (page 46)
- ¾ cup cold water
- 2 tablespoons CO-OP flour for patting

Assemble Equipment:

- 8 inch square greased pan
- liquid measuring cup
- dry measuring cups
- measuring spoons
- table knife
- bowl
- rubber plate scraper
- cooling rack
- mixing spoon
- pot holders
- plate
- serviettes



Method:

1. Turn the oven to 425° F.
2. Ask Mother for some of the biscuit mix on page 46
3. Take a dry cup measure and put mix into the cup. Put it into the bowl. Do this again. Now take the ½-cup measure and fill it with mix. Put it into the bowl.
4. Put the cold water into the bowl. Stir the mixture with a spoon.
5. Now you have a wet sticky dough. Put it into the pan.
6. Dip the plate scraper into the flour. Then pat the dough smooth and flat with it.
7. Mark the dough into squares with a sharp knife.
8. Put the pan in the oven.
9. While the biscuits are baking, wash the dishes.
10. Bake the biscuits for 20 minutes. You can check if the biscuits are done by lifting up the top of the biscuit with a knife. If the biscuit is done, it will look dry and flaky inside. Then take them from the oven.
11. Take a knife and cut along the lines. Put the biscuits on a plate. To keep the biscuits hot, cover them with a serviette.
12. The biscuits are good with cheese, jam or honey.

16

So you really enjoyed the recipes in "Food Fun" so far. Here then is a suggestion for a supper that you can do.

Meat Loaf
Potatoes Carrots
Apple Crisp

MEAT LOAF

Makes 6 Servings — Oven 350° F.

Assemble Ingredients:

- 2 pounds ground beef
- $\frac{1}{2}$ cup onion—chopped
- $\frac{1}{4}$ cup celery—chopped
- 3 tablespoons green pepper—minced
- 1 cup soft bread crumbs
- 1 cup CO-OP canned tomatoes
- 1 teaspoon tarragon leaves
- $\frac{1}{4}$ teaspoon pepper
- 1 egg—beaten
- 1 teaspoon salt

Assemble Equipment:

- dry measuring cups
- measuring spoons
- large bowl
- small bowl
- knife
- can opener
- fork
- greased loaf pan 9x5x3 inches
- wooden spoon



Method:

1. Preheat oven to 350° F.
2. Put the ground beef in a bowl.
3. Chop the onion and celery. Add to the meat.
4. Mince the green pepper. Add to the meat.
5. Add bread crumbs, salt, tarragon and pepper to meat. Mix well.
6. Beat the egg with a fork in a small bowl.
7. Add tomatoes and beaten egg to meat. Mix well.
8. Mold meat mixture into greased loaf pan.
9. Bake at 350° F. for about one hour or until the loaf is brown.
10. Serve hot or cold.

29

SUGAR COOKIES

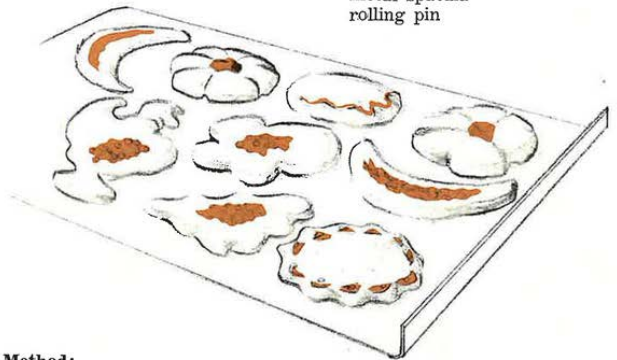
Makes 36 Cookies — Oven 375° F

Assemble Ingredients:

- 2 cups basic cookie mix (page 82)
- $\frac{3}{4}$ cup sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup CO-OP flour
- 2 eggs
- 1 teaspoon CO-OP vanilla

Assemble Equipment:

- dry measuring cups
- measuring spoons
- bowl
- wooden spoon
- 2½-inch cookie cutter
- greased cookie sheet
- pot holders
- metal spatula
- rolling pin



Method:

1. For this recipe you will need to borrow big sister's or mother's cookie mix. (See page 82)
2. Place cookie mix, sugar, baking powder and flour in a bowl. Stir. Add eggs and vanilla and blend well. This dough is quite soft.
3. Put the bowl of cookie dough in the refrigerator for about 2 hours and let it get cold.
4. Before you start again, turn on the oven to 375° F. Wash your hands.
5. Roll out cookies.
6. Bake on cookie sheet 8 to 10 minutes. Remove from pan as soon as you take them from the oven.
7. Sugar cookies are nice sprinkled with colored sugar. Do this before you bake. To make colored sugar, place $\frac{1}{4}$ cup sugar in a jar. Add 4 drops food coloring and then place the lid on the jar and shake well.

34

CIRCLE-O-RANGERS

Makes 44 Cookies

Oven 375° F.



Assemble Ingredients:

- 2 cups basic cookie mix (page 82)
- $\frac{1}{4}$ cup CO-OP flour
- $\frac{3}{4}$ cup brown sugar
- $1\frac{1}{2}$ teaspoons soda
- $\frac{1}{2}$ teaspoon cloves
- $\frac{1}{2}$ teaspoon ginger
- 1 teaspoon cinnamon
- 1 egg
- $\frac{1}{4}$ cup table molasses
- $\frac{1}{4}$ cup CO-OP flour (for rolling)
- 2 tablespoons red cherries

Assemble Equipment:

- mixing bowl
- dry measuring cups
- liquid measuring cup
- measuring spoons
- wooden spoon
- metal spatula
- rubber plate scraper
- rolling pin
- doughnut cutter
- greased cookie sheets (5)
- cooling rack
- pot holders

Method:

1. Put basic cookie mix in the bowl. Also put flour, brown sugar, spices and soda in the mixing bowl. Stir together.
2. Put the egg and molasses in the mixing bowl. Stir well until there are no large pieces of dough showing. Chill for at least two hours.
3. When you are ready to roll out the dough, set the oven.
4. Dust counter surface with a little bit of flour.
5. Take half the dough and put the rest back in the refrigerator.
6. Roll the dough $\frac{1}{8}$ inch thick.
7. Dip the doughnut cutter in flour. Cut the cookie shapes out.
8. Place the circle on the cookie sheet. To avoid crowding, put 9 cookie shapes on one cookie sheet.
9. Slit the bottom of the circle. Spread slit $\frac{1}{2}$ inch for legs.
10. Make slanted cuts from the side of the circle, part way up and spread for the arms. Be sure that the arms are at least $\frac{1}{2}$ inch away from the body because the dough will rise.
11. Take the circle from the centre of the cutter and place it at the top for the head. Place this $\frac{1}{4}$ inch away from the body.
12. Use 2 currants for the eyes. Use 2 currants for buttons. Use 1 piece of red cherry for the nose and 1 for the mouth.
13. You can make a Sheriff's badge from silver cake decorations.
14. Chill the cookies. Prepare another batch. Bake 7 minutes.
15. Cool the cookies 1 minute before taking them from the pan.

35

There is "Hallowe'en Magic" in the air. The moon is turning into a big orange pumpkin and every shadow looks like a creeping black cat. What a perfect night for a party! Decorate the party room with skeletons, witches and black cats. Have an apple eating contest with apples suspended from strings in the doorway. Hands off please! Now you will be ready for Hallowe'en Sparkler, Melty Wonders and Hoot Owl Cookies

HALLOWE'EN SPARKLER

Makes 5 Servings

Assemble Ingredients:

- 3 c. (24 ozs.) orange-apricot juice
- 2 c. CO-OP (16 ozs.) pineapple juice
- 1 tbsp. lemon juice
- 1 tbsp. sugar

Assemble Equipment:

- pitcher
- 5 glasses
- wooden spoon
- construction paper
- scotch tape



Method:

1. Cut 5 cats out of black construction paper. Fasten one to each glass with small pieces of scotch tape.
2. Mix the three juices together in a large pitcher. Stir in one tablespoon of sugar.
3. Put two ice cubes in each glass. Fill with juice.

43

GOLDEN SALAD

"TOUCH OF MIDAS"

Makes 6 Servings

Assemble Ingredients:

- 1 3 oz. pkg. orange jelly powder
- 3 tbsp. CO-OP vinegar
- 1 1/4 c. boiling water
- 1/4 tsp. salt
- 1 can (11-oz.) orange sections
- 1/2 c. CO-OP pineapple—cubed
- 1/2 c. raw carrots—grated
- salad greens
- 1/2 tsp. CO-OP cooking oil

Assemble Equipment:

- kettle
- can opener
- 2 bowls—1 heat-proof
- liquid measuring cup
- dry measuring cup
- measuring spoons
- paring knife
- chopping board
- sieve
- grater — wooden spoon
- 3-cup mold
- serving plate



Method:

1. Pour oil into mold and oil all the surfaces. Fingers are probably best to get into all the corners.
2. Drain the orange sections over a bowl. Be sure to save the juice.
3. Empty the contents of the jelly into a heat-proof bowl. Add the boiling water, salt, and stir well.
4. Add 1/2 cup juice from the orange sections. Add the vinegar. Stir.
5. Place in refrigerator and chill until jelly is the consistency of egg whites.
6. Add orange sections, pineapple, and carrots.
7. Turn into mold and chill until firm. If using a plastic mold, place on a plate, as it is difficult to move plastic molds when full.
8. When ready to unmold, loosen around the edges with the tip of a knife.
9. Moisten surface of jelly and surface of plate. This will make it possible to move the jelly on the plate.
10. Place serving dish on top of the mold and turn upside-down. Shake, holding dish tightly to the mold.
11. Garnish with salad greens. Serve with salad dressing.

58

BREAKFAST-TIME



A morning of wood chopping, seeding, potato picking, or gold-digging, required energy plus! Our grandparents knew well that breakfast was important to maintain this energy—that the body needed fuel after the long 12- to 14-hour night.

A morning of class work, a game of tennis, or that new summer job still requires energy, especially mental alertness. And today we know even more about the importance of breakfast. We know that breakfast should supply one-quarter of your daily protein and calorie needs. Studies show that your fitness, looks and figure, clear skin, attractive personality and vivacity, depend on breakfast as well as good all-around nutrition.

A good breakfast must include a whole-grain cereal. The ready-cooked cereals are all prepared ready for you to eat with milk and sugar. Even the cereals you cook can take as little time as 5 minutes. To cook a cereal, follow the package directions, however, to add variety, try these suggestions:

Monday—Add 1/2 cup chopped dates to four servings cooked cereal.
Tuesday—Fold in one-half cup semi-sweet chocolate pieces with four servings.

Wednesday—Add 1/2 cup cooked dried apricots or prunes (chopped) to four servings.

Thursday—Make it butterscotch and top each serving with 1 tablespoon brown sugar.

Friday—Serve with maple-blended syrup and milk or cream.

Saturday—Place 1 tablespoon cherry preserves in the centre of each serving.

Sunday—Is raisin-spice day. Just stir in 1 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/2 cup raisins into the boiling salted water before adding the cereal.

STOLLEN

Makes 1 Loaf

- $\frac{1}{2}$ recipe basic sweet dough
- $\frac{1}{2}$ c. blanched almonds—
chopped
- $\frac{1}{4}$ c. candied CO-OP citron
peel—finely cut
- $\frac{1}{4}$ c. CO-OP maraschino
cherries—finely cut
- 1 tsp. lemon rind—grated
- 1 tbsp. soft butter
- 2 tbsps. sugar
- $\frac{1}{2}$ tsp. cinnamon
- 1 whole almond



Method:

1. Make $\frac{1}{2}$ recipe basic sweet dough.
2. Stir in almonds, citron, cherries and lemon rind before adding the last cup of flour.
3. Finish mixing dough and knead.
4. Shape into a smooth ball and place in a lightly greased bowl.
5. Cover and let rise until doubled in bulk (about 1 hour).
6. Punch down. Cover and let rest 5 to 10 minutes.
7. With palms of hands, press the dough into an oval shape, a scant $\frac{1}{2}$ -inch thick.
8. Spread half the oval with soft butter.
9. Mix sugar and cinnamon.
10. Sprinkle over butter.
11. Place one whole almond on half, then fold unspread half lengthwise over sugar and cinnamon, making edges even.
12. Lift to lightly greased baking sheet, curving the ends slightly.
13. Press down the folded edge (not the open edge). This helps the loaf keep its shape as it rises and bakes.
14. Cover and let rise until doubled in bulk, about $1\frac{1}{4}$ hours. Then bake in a moderate oven 350° F. for 30 to 35 minutes.
15. Remove from baking sheet. When cool frost and decorate with half cherries and half almonds.

NOTE: When stollen is served, stories tell us that the girl to get the piece with the whole almond in it will be the next one to be married!

71

GREEN PEAS

Makes 4 Servings



- $\frac{1}{2}$ c. water
- 1 tbsp. butter
- $\frac{1}{2}$ tsp. salt
- 1 pkg. (12-oz.)
frozen green peas

Method:

1. Place water and salt in a saucepan. Bring to a boil.
2. Add peas. Separate the peas with a fork.
3. When the water boils again, reduce the heat. Cover and cook 5 to 8 minutes until tender.
4. Drain. Place in serving dish and add butter in the centre on top of the vegetables.

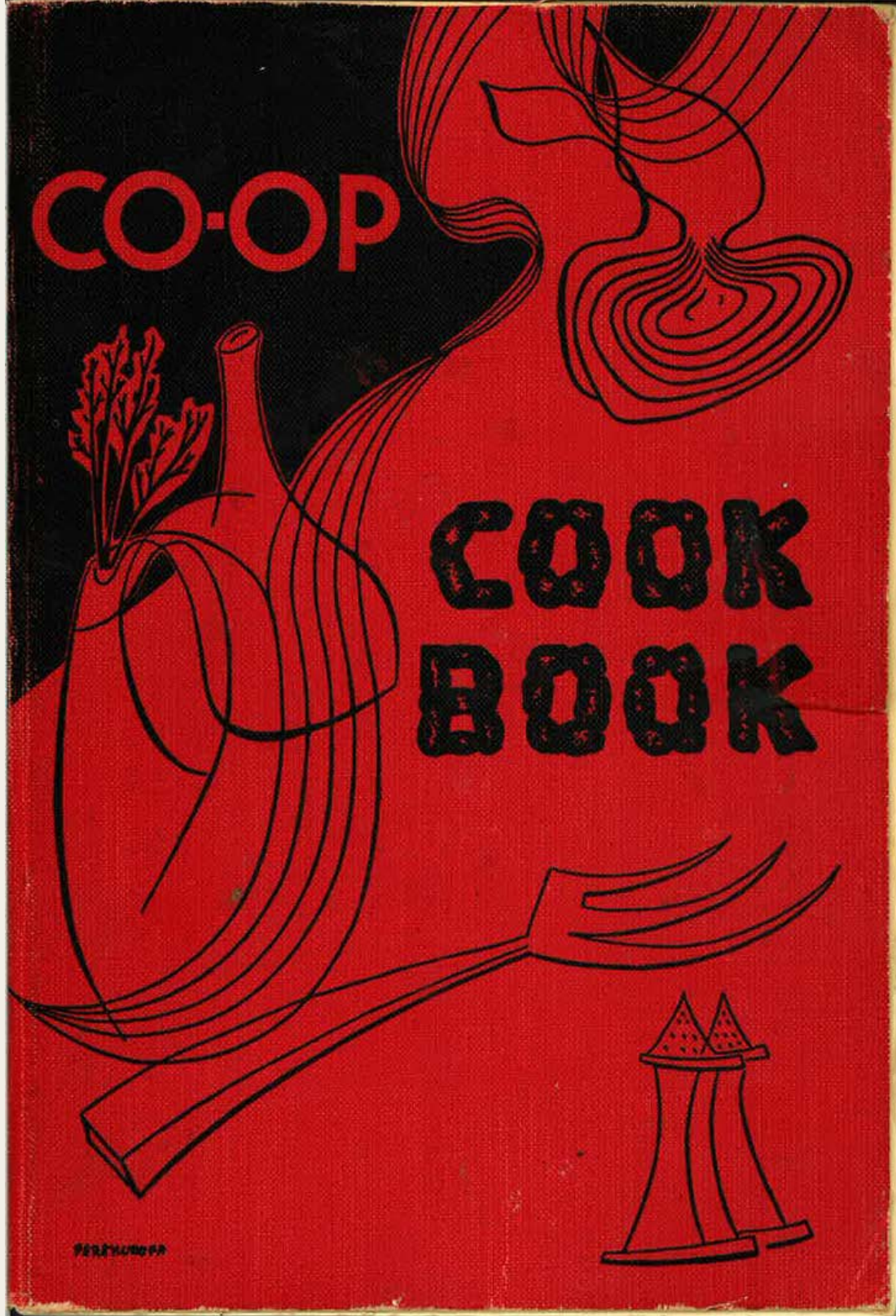
NOTE: Do not thaw frozen vegetables before cooking, except corn on the cob and green peppers.

BAKED SWEET POTATOES

Sweet potatoes are usually cooked before paring. The time of the baking or boiling is about $\frac{1}{4}$ less than for white potatoes. To bake a sweet potato first scrub the skin with a vegetable brush. Then bake in a preheated oven (400° to 450° F.) for 30 to 45 minutes, according to the size and shape. When the potatoes may be pierced readily with a fork, break the skin slightly to allow steam to escape, then serve.

CO-OP

COOK
BOOK



PERMUT

GRAHAM WAFER CAKE

Mrs. L. Suring, Regina

½ cup shortening, 3 eggs, 24 I.B.C. wafers, 2 teaspoons baking powder, 1 cup chopped walnuts, 1 cup granulated sugar, 1 scant cup of milk, ½ teaspoon salt.

Mix shortening and sugar together. Beat yolks of eggs until light and add this, then milk. Mix baking powder with crumbs. Add this to other mixture, together with chopped nuts. Last add beaten whites of eggs. Bake in square cake pan about 45 minutes.

★

HANDY CAKE

Mrs. R. Smith, Edmonton

1½ cups brown sugar, 1 cup sour cream, 1 teaspoon soda, 1 teaspoon vanilla, 1½ cups Co-op flour, 1 teaspoon nutmeg, 2 eggs.

Mix the sugar and eggs together. Beat well. Add the sour cream to which the soda has been added, then the vanilla. Stir in the flour and nutmeg. Beat well.

Icing: 1 cup brown sugar, 3 tablespoons melted butter, 3 tablespoons cream. Bring to a full boil and boil 1 minute. Beat slightly.

★

HONEY POUND CAKE

Mrs. M. E. Barry, Hamilton

1 cup shortening, ½ cup honey, ½ cup sugar, 2½ cups Co-op flour, ½ cup water, 1 teaspoon lemon rind, 1 teaspoon vanilla, 2 teaspoons baking powder, ½ teaspoon salt, 4 eggs.

Cream butter until soft, add sugar very slowly, beating well. Add honey gradually, vanilla, lemon rind. Add egg yolks alternately with sifted dry ingredients, add water, beat well, lastly add beaten egg whites. Bake for 1½ to 1½ hours at 300 to 325 degrees.

★

HONEY CAKE

Mrs. Seymour, Whitby Guild, Toronto

½ cup shortening, 1 cup honey, 1 egg, ½ cup sour milk, 2 cups sifted Co-op flour, 1 teaspoon baking soda, ½ teaspoon salt, 1½ teaspoons cinnamon, ¼ teaspoon nutmeg.

Cream butter and honey, add beaten egg and beat well. Add sour milk and dry ingredients alternately. Bake in moderate oven about 50 minutes.

42

HERMIT CAKE

Mrs. G. E. Blackwell, Saskatoon

1½ cups brown sugar, 1 cup butter, 3 eggs, 2½ cups Co-op flour, ½ teaspoon soda, 1 pound dates, 1 pound walnuts.

Bake in slow oven.

★

HUSBAND'S CAKE

Mrs. Myrie Lyall, Semans

¾ cup Crisco, 1½ cups sugar, 1 teaspoon soda, ¾ teaspoon salt, 1½ teaspoons cinnamon, 1½ teaspoons nutmeg, 1 teaspoon cloves, 3 teaspoons baking powder, 1 can tomato soup, ¾ cup raisins, 3 cups Co-op flour, 1½ cups raisins, 1½ cups nuts (optional).

Measure Crisco and sugar into mixing bowl. Blend together. Combine tomato soup with water and soda. Add to Crisco mixture alternately with all sifted dry ingredients. Stir in raisins and nuts. Bake in a large loaf pan for about 1 hour in a moderate oven.

★

JELLO PUDDING CAKE

Mrs. M. L. Thompson, Handsforth

¾ cup sugar, 1 Jello pudding powder, ½ cup softened butter, 2 eggs, 1 cup rich milk, 4 teaspoons baking powder, 1½ cups Co-op flour, flavoring.

Cream sugar, pudding powder and butter. Add eggs and beat thoroughly. Add milk and flour to which baking powder has been added. Bake in moderate oven.

★

KING EDWARD CAKE

Mrs. C. Olson, Forward

½ cup butter, 1 cup brown sugar, 3 eggs well beaten, 2 cups Co-op flour, ½ cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, 2 tablespoons molasses, 1 cup boiled raisins.

Mix. Keeps moist.

★

LAZY DAISY CAKE

Mrs. L. Daubert, Rochdale Guild, Toronto

2 eggs, 1 scant cup sugar, 1 cup Co-op flour, 1 teaspoon baking powder, pinch of salt, 1 tablespoon butter, ½ cup milk.

Beat eggs until light and fluffy. Add sugar, beat well. Add sifted flour, salt, and baking powder. Bring milk and butter to boiling point, add to first mixture. Bake in moderate oven.

Icing for Cake: ½ cup brown sugar, ½ cup chopped nuts or coconut, 2 tablespoons butter, 2 tablespoons milk. Melt over low flames, spread over top of cake after it is baked. Put back in oven for a few minutes to set icing and brown slightly. This is a delicious cake and quickly made.

★

LEMON TART CAKE

Mrs. Cecil Fletcher, Weyburn

½ cup white sugar, ½ cup butter, 1 cup Co-op flour, 1 teaspoon vanilla, 4 egg yolks, 6 tablespoons sweet milk, 1 teaspoon baking powder.

Beat yolks well and mix as for ordinary cake. When cool cover with lemon butter and sprinkle with cocoanut. When cool frost with the following mixture:

3 tablespoons melted butter, 2 tablespoons sweet cream, 5 tablespoons brown sugar, ½ cup cocoanut.

Replace in oven until icing bubbles and is a golden brown.

Lemon Butter: 2 cups sugar, 4 eggs, ½ pound butter, 3 lemons.

Grate rind and squeeze juice from lemons. Beat eggs well. Add sugar and butter. Cook altogether in double boiler until it thickens. If sealed while hot it will keep indefinitely.

★

MAPLE SYRUP CAKE

D. Hill, Limerick

½ cup butter, ½ cup sugar, 2 eggs beaten light, 1 cup maple syrup, ½ cup hot water, 2½ cups Co-op flour, ¾ teaspoon soda, 2 teaspoons baking powder, ½ teaspoon ginger.

Cream butter and sugar until foamy. Add the beaten eggs. Add the maple syrup then the water alternately with the flour which has been sifted, measured and sifted again with ginger, soda and baking powder. Bake in angel cake tin for about 50 minutes.

Icing: 1 cup maple syrup and 1 tablespoon white corn syrup. Boil with ½ cup boiling water until it forms soft ball in cold water. Pour the syrup in a fine stream on the white of 1 egg, beaten. Beat until stiff enough to spread on cake.

★

MAPLE NUT CAKE

Mrs. C. E. Blackwell, Saskatoon

1 cup brown sugar, ½ cup shortening, 2 eggs beaten separately, 1 tea-

spoon vanilla, ½ cup milk, ¼ teaspoon salt, 1½ cups Co-op flour, 2 teaspoons baking powder, 1 cup chopped nuts.

Bake in loaf or layer tins. Use Maple flavoring in butter icing.

★

MARBLE CAKE

Mrs. M. Severson, Oungre

¼ cup butter, ¼ cup sugar, 2 eggs ½ teaspoon vanilla, 1½ cups sifted Co-op flour, 3 teaspoons baking powder, ½ teaspoon salt, ¾ cup milk.

Cream shortening, add sugar and beat in eggs. Add flavoring. The mixture should be very smooth. Mix and sift flour, baking powder and salt and add alternately with milk to first mixture. To ½ of this mixture add:

With Spice: 3 tablespoons molasses, ¼ teaspoon each cloves, allspice and cinnamon.

★

MARGUERITE CAKE

Mrs. E. L. Davies, Regina

1½ cups Co-op flour, 3 eggs (save 1 yolk for filling), ½ cup butter, 1 cup brown sugar, 1 teaspoon soda, 1 cup sour milk, 2 tablespoons molasses.

Filling: ¾ cup brown sugar, ¾ cup milk, 1 tablespoon butter, 1 yolk of egg, 1 cup raisins, vanilla.

Boil until thick. Cover with caramel icing.

With Chocolate: 1½ squares Baker's chocolate, ¼ cup milk, ¼ teaspoon soda.

Place spoonful of light and dark batter alternately in greased pan. Bake 40 minutes in moderate oven.

★

MEDIWYK (Honey Cake)

Mrs. A. Danyluk, Dauphin

1 cup brown honey, 1 cup sugar, ¾ cup Co-op cooking oil, 1 teaspoon salt, 1 teaspoon soda, 2½ cups Co-op flour, 8 eggs (separated), 1 teaspoon vanilla, ½ teaspoon cloves, shredded blanched almonds.

Bring the honey to a boil and let boil for about 1 minute. Cream the oil and the sugar and add the egg yolks, 1 at a time. Beat hard after each addition. Add the honey which has been cooled and the sifted dry ingredients. Then fold in the stiffly beaten egg whites and the almonds which have been blanched and shredded lengthwise. Pour

43

into a greased pan and place in oven. Increase the heat slightly and bake for 25 to 30 minutes.

★

NEIGHBORS' CAKE

Mrs. Alice Gardner, Lashburn

2 cups brown sugar, ¾ cup butter, ¼ cup shortening, 1 cup rolled oats. Place in mixing bowl and add 1 cup boiling water. Mix thoroughly, let stand 20 minutes. Add 2 eggs beaten light. Sift dry ingredients:

1 cup Co-op flour, ½ teaspoon salt, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon baking soda.

Add ½ cup chopped dates and ½ cup walnuts. Turn into greased pan and sprinkle with ¼ cup chopped walnuts. Bake in moderate oven for 45 minutes.

★

NUTMEG CAKE

Mrs. L. Nelson, Antelope

1 cup sugar, ½ cup butter, 2 eggs, 1 cup buttermilk, 1 teaspoon soda, 2 teaspoons nutmeg, 2 cups Co-op flour.

Bake in moderate oven.

★

ORANGE CAKE

Mrs. A. C. McNeil, Nokomis

1 orange and 1 cup raisins (put through chopper), 1 cup sugar, ½ cup butter, 1 egg and a little salt, ¾ cup sour milk, 1 teaspoon soda (small), 2 cups Co-op flour.

★

ORANGE CAKE

Mrs. E. Anderson, Koyotown

1 cup butter, 1½ cups white sugar, 4 eggs, 3 cups Co-op flour, 2 teaspoons baking powder, 1 cup milk, 1 cup chopped orange peel.

Cream butter until very fluffy and add sugar, gradually beating each time. If eggs are large, use 3. Beat well and add gradually to mixture. Sift flour before measuring and again with baking powder. Add alternately with milk. Bake in loaf tin in a moderate oven for 1 hour.

★

ORANGE CAKE

Mrs. I. Jones, Outlook

Mrs. Nellie Steele, Scripps
1 cup sugar, 2 eggs, ½ cup sour

cream, 1 cup raisins or dates, grated rind of 1 orange, 2 cups Co-op flour, 1 teaspoon soda, ¼ cup milk.

Mix in order given. Bake. Mix ¾ cup sugar with juice of orange and spread on top.

★

ORANGE LAYER CAKE

Mrs. S. Bernauer, Outlook

¾ cup shortening, ¾ cup sugar, 2 eggs, 1½ cups Co-op flour, 2 teaspoons baking powder, ½ cup milk, 1 teaspoon vanilla.

Cream shortening, add sugar, continue creaming. Add well beaten eggs, mix and sift dry ingredients and add alternately with milk. Add flavoring. Bake in layer pans in moderate oven for 20 minutes.

Filling: 2 tablespoons shortening, ¼ cup sugar, 2 eggs beaten, ½ cup orange juice, 1 tablespoon grated orange rind, 1 tablespoon lemon juice.

Combine all ingredients and mix well. Cook over hot water, stirring constantly until well thickened. Chill well before spreading on cake. Put orange filling between layers and frost entire cake with cooked frosting.

★

PLAIN CAKE

Gertrude Forsberg, Forward

¾ cup shortening, 1 cup sugar, 2 eggs, 1 teaspoon vanilla, 1 cup milk, 2 cups Co-op flour, 3 teaspoons baking powder, ½ teaspoon salt.

Cream shortening, add sugar slowly, add well beaten egg yolks and flavoring, sift flour, salt and baking powder together and add alternately with milk to first mixture. Fold in egg whites beaten stiff. Bake in greased loaf pan in moderate oven at 350 degrees for about 45 minutes.

★

PRAIRIE SUNRISE

Mrs. E. Johansen, Jordan River

¾ cup butter, 1½ cups sugar, grated rind of ½ orange, 1 egg, 2 eggs yolk, 2½ cups sifted Co-op flour, ¼ teaspoon salt, 4 teaspoons baking powder, 1 cup milk.

Divide batter in 2. To ½ of batter add 3 tablespoons cocoa. Drop in alternate teapoonfuls in large cake pan or make 3 layers.

Icing: 3 tablespoons melted butter, 3 cups icing sugar, grated rind of ½ orange, juice and pulp of whole orange, beaten white of 1 egg folded in last.

PRUNE CAKE

Mrs. J. McAllister, Moose Jaw

½ cup shortening, 1 cup sugar, 3 eggs, 2½ cups Co-op flour, 1 teaspoon soda, 1 teaspoon baking powder, ½ teaspoon salt, 1 teaspoon each cinnamon, nutmeg, allspice, 1 cup sour milk, 1 cup stewed prunes, stoned and chopped.

Cream the shortening and add the sugar gradually. Add the well beaten eggs. Sift the flour once before measuring. Sift the flour, soda, baking powder, salt and spices together and add alternately with the sour milk. Add prunes. Pour into well greased and floured 8-inch square pan. Bake 30 to 40 minutes in moderate oven.

★

PRUNE CAKE

Mrs. T. G. O'Brien, Stouffville

1 cup brown sugar, ¾ cup butter, 3 eggs, 3 tablespoons sour cream, 1 teaspoon soda, 2 cups flour, 1 cup cooked, chopped prunes.

Cream butter, add sugar and beaten eggs. Add prunes and sour cream to which the soda has been added. Add flour. Bake in three layers and use the filling listed below:

1 cup sugar, 2 eggs, ½ cup sour cream, 1 cup chopped and cooked prunes, 3 tablespoons butter.

Cook in double boiler ½ thick, then spread between layers.

★

PRINCE OF WALES CAKE

Mrs. J. Sinclair, Limerick

Dark Part: 1 cup Co-op flour, 1 cup brown sugar, 1 cup chopped raisins, ½ cup sour milk, ¼ cup butter, 1 tablespoon molasses, 3 egg yolks, 1 teaspoon soda, 1 teaspoon nutmeg, 1 teaspoon cloves.

Light Part: 1 cup white sugar, 1 cup Co-op flour, ¼ cup cornstarch, ½ cup sweet milk, ¼ cup butter, ¼ teaspoon soda, 1½ teaspoons cream of tartar, 3 egg whites (beaten stiff).

Bake in layers and ice with boiled icing.

★

QUICK CAKE

Mrs. G. Cartwright

Put 1 cup Co-op flour, 2 teaspoons baking powder and 1 cup sugar into

mixing bowl, sift well. Break 1 egg in cup and beat; fill cup with milk and 1 dessertspoon soft butter. Add to first mixture and bake.

★

QUEEN GEORGIA'S CAKE

Mrs. H. Shepherd, Lashburn

¾ cup shortening (butter and lard), 1 cup white sugar, 3 eggs, ¾ cup sour milk, 1 teaspoon soda, ½ cup raisin juice, 1 cup raisins, 1 teaspoon each salt, nutmeg, cloves and cinnamon, 2 cups Co-op flour, 4 teaspoons baking powder.

Put raisins in boiling water, drain and use juice as directed. Cream together shortening and sugar, add 3 beaten egg yolks and 1 white. Add raisins, sour milk and raisin juice in this order. Combine flour with baking powder, soda, salt and spices. Mix thoroughly and pour into 3 greased layer cake tins or 1 large tin and bake in a moderate oven. This is quite a thin batter.

★

RAISIN ORANGE CAKE

Mrs. E. L. Davies, Regina

1½ cups brown sugar, ¾ cup butter (or half shortening), 2 eggs unbeaten, 2 small oranges, juice and rind grated, 1 cup raisins chopped, ¾ cup sour milk, 1 teaspoon soda, 2 cups Co-op flour.

★

RAISIN CAKE (Boiled)

Mrs. M. Martynok, Limerick

Mrs. Helen Lamberton, Regina
Boil 2 cups raisins with 3 cups water until 1 cup water is left. While still hot add ½ cup shortening and 1 cup brown sugar. Let mixture cool and when cool mix in 1 egg and add 2 cups Co-op flour sifted with 1 teaspoon baking powder, ½ teaspoon soda, ½ teaspoon each cinnamon, nutmeg and salt, ¼ teaspoon allspice. Add 1 teaspoon vanilla and pour into greased loaf pan. Bake in moderate oven for about 45 minutes.

★

RAISIN AND ORANGE CAKE

Mrs. B. E. Jones, Outlook

Mrs. Marjorie Gilbertson
½ cup butter, 1 cup sugar, 1 egg, 2 cups Co-op flour, ½ teaspoon salt, ½ teaspoon vanilla, ½ cup warm water, 1 level teaspoon soda, ¼ cup walnuts, 1 cup raisins, 1 small orange.

45

44

rolled oats, 1 teaspoon vanilla, 1 teaspoon baking powder.
Roll into balls the size of a walnut and press down with a fork. Bake until brown.

DATE COOKIES

Mrs. Lorene Webb, Arcola

2 eggs, 1½ cups crushed cornflakes, ½ cup chopped dates, ¼ cup sugar, ½ cup chopped nut meats, ¼ teaspoon salt.

Beat eggs. Gradually add sugar. When blended stir in the rest of ingredients. Let stand 30 minutes. Drop on well oiled cookie sheet. Bake at 350 degrees for about 10 minutes.

DATE PATTIES

Mrs. G. Johnstone, Canwood

1 cup sugar, ½ cup butter, 2 eggs well beaten, 1½ cups Co-op flour, ½ teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon cloves, ¼ teaspoon salt, ¼ cup chopped dates, ½ cup walnuts.

Cream butter, add sugar gradually. Add well beaten eggs. Sift flour, measure, sift spices, baking powder and flour together, add dates and walnuts last. Mix well and drop by spoonfuls on well greased cookie sheet. Bake in moderate oven.

DATE PINWHEELS

Mrs. A. Stalwick, Domremy

1½ cups chopped dates or raisins, 2 cups water, ½ cup sugar, ½ cup chopped nuts.

Cook the above until thick, add nuts when taken off stove and let cool.

Pastry: ½ cup butter, 1½ cups brown sugar, 2 eggs, 2 cups Co-op flour, ¼ teaspoon salt, ½ teaspoon soda.

Cream butter, sugar and eggs. Add dry ingredients. Divide pastry into 2 parts, roll and cover with cooked mixture. Roll as a jelly roll, let cool in ice box. Slice thinly and bake.

DELICIOUS CO-OP TEA COOKIES

Mrs. S. Bernauer, Saskatoon

½ cup butter, ¾ cup brown sugar or white sugar, 1 egg, ¼ teaspoon baking soda, ½ teaspoon salt, 1½ cups Co-op flour, 1 teaspoon vanilla, ½ package semi-sweet chocolate.

Cut in small pieces. Mix as usual. Roll in small balls and press top with fork and bake on greased cookie sheet at 350 degrees Fahrenheit for 15 minutes.

DELICIOUS DROP COOKIES

Mrs. Hans Balserud, Outlook

1 cup brown sugar, ½ cup white sugar, ½ cup shortening, 2 eggs, ½ cup sour milk, 3 cups or a bit more Co-op flour, 1 teaspoon soda, ½ teaspoon cinnamon, ¼ teaspoon nutmeg. Raisins, walnuts or dates may be added.

Cream shortening, add white and brown sugar. Beat eggs in one at a time. Add sour milk. Mix in dry ingredients. Drop from a spoon.

DELIGHTS

Mrs. E. B. Shoard, Prince Albert

½ cup butter, ¾ cup sugar, 2 eggs, 2 cups Co-op flour, ½ teaspoon vanilla, 2 teaspoons baking powder.

Mix in order, then shape in patty pans having a slight hollow in centre, in which put a spoonful of jam to which has been mixed ½ cup walnuts.

DO-DADS

Mrs. L. Lloyd, Moose Jaw

1 cup butter, 2 tablespoons white sugar, 1 egg, 1 teaspoon vanilla, ½ cup sweet milk, 2 cups Co-op flour, 4 level teaspoons baking powder, pinch of salt.

Roll and cut like cookies. Place in small muffin tins, put jam in centre and pinch together and bake. Put whipped cream on top when serving.

EASY COOKIES

Mrs. H. H. Sutton, Sceptre

Mrs. Crawford, Swift Current

1 cup shortening, 2 teaspoons sugar, 1 egg, 1 package sweet butterscotch pudding powder, 1½ cups rolled oats, 1 cup Co-op flour, ½ teaspoon salt.

Cream shortening thoroughly and then cream in the sugar. Add egg and beat until well blended. Add the package of pudding powder and beat again. Gradually blend in rolled oats. Sift flour with salt, add this to the mixture. Form the dough into tiny balls about the size of a walnut and place them on a baking pan. Flatten out with the tines of a fork. Bake in a moderate oven for about 10 minutes.

ENGLISH BRANDY SNAPS

Mrs. Frank C. Draper, Yorkton

Heat to boiling point ¼ cup molasses, remove from stove and add ¼ cup butter, 1 cup sugar, 1 teaspoon ginger, pinch of salt, ¾ cup of Co-op flour, keep constantly stirring.

Grease cookie pan and drop ½ teaspoonful of the batter about 1 inch apart; do not crowd as they spread. Be sure the oven is not too hot as they burn easily and must bake slowly. When done, leave in the pan until set, then roll on the end of a wooden spoon.

FANCY COOKIES—NO COOKING

1 cup coconut, 1 cup maraschino or glazed cherries, 1 cup almonds with the jackets left on.

Put all through food chopper (fine) and mix with the white of 1 egg and 1 teaspoon almond extract. Roll into round balls and roll in crumbs such as corn flakes or graham wafers or may be rolled in coconut.

FORK COOKIES

Mrs. Emil Ekstrand, Melfort

1 cup butter, 1½ cups brown sugar, 2 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar, ¼ cup cherries, 3½ cups Co-op flour, 1 teaspoon vanilla, ½ teaspoon salt.

Cream butter and sugar. Add beaten eggs and other ingredients. Form into small balls and press with fork.

FRUIT BARS

Mrs. F. Empey, Saskatoon

1 cup chopped dates, 1 cup chopped walnuts, 1 cup coconut, ¼ teaspoon salt, ½ teaspoon baking powder, ¼ cup sugar, 1 teaspoon vanilla, 1 teaspoon almond.

Mix well and add 2 egg whites (beaten). Add flavoring and lastly 2 beaten egg yolks. Pat into pan and bake for 15 minutes in moderate oven. While still quite warm, cut in squares and make small balls, then roll in fruit sugar.

FRUIT COOKIES

Mrs. K. Dordall, Broderick

1 cup butter, 2 cups brown sugar, 2 eggs, 1½ cups ground raisins, 2 cups whole oatmeal, 1 teaspoon soda in

little hot water, ¼ teaspoon salt, 2 teaspoons vanilla, 2 cups Co-op flour.

Roll in hands, press with fork and drop on greased cookie sheet.

FRUIT COOKIES

Mrs. C. Olson, Forward

1½ cups sugar, 3 cups thick sour cream, 2 cups raisins, 2 cups rolled oats, 2½ cups Co-op flour, 3 eggs, 1½ teaspoons soda, ½ teaspoon salt, 1 teaspoon cinnamon, ½ teaspoon allspice, 1 teaspoon nutmeg.

Sift flour, spices, salt and soda. Beat sugar, eggs and cream. Drop in spoonfuls and cook in moderate oven.

FRUITED SLICES

Mrs. J. Hart, Moose Jaw

3 cups sifted Co-op flour, ½ teaspoon baking powder, ½ teaspoon salt, 6 tablespoons shortening, 6 tablespoons butter, 1½ cups brown sugar, 1 well beaten egg, 1 teaspoon vanilla, ¼ teaspoon almond flavoring, ½ cup drained and quartered maraschino cherries, ½ cup mixed peel.

Measure the flour and save ¼ cup for dredging the cherries and peel. To the large portion of flour add baking powder and salt and sift together. Cream shortening and butter together and gradually work in brown sugar. Add well beaten egg a little at a time, beating well after each addition. Add vanilla and almond flavoring. Add dry ingredients, a third at a time to the creamed mixture. Prepare the cherries and peel and dredge with ¼ cup flour. Mix into dough. Roll in rolls and let stand in icebox overnight. Cook in oven for 15 minutes at 325 degrees.

FRY-PAN COOKIES

Riverhurst Guild

Into a cold fry pan put 2 beaten eggs, ¼ cup sugar, 1½ cups chopped dates. Put over a low heat and cook 10 minutes from the time you put it on the stove. Stir occasionally. Take off the stove and add 2 cups rice crispies, 1 teaspoon vanilla.

Drop by teaspoonfuls into fine coconut and roll. Place these on a cookie sheet to cool.

GINGER COOKIES

Mrs. M. Marmont, Limerick

3 cups Co-op flour, 2½ cups sugar,

PASTRY

GENERAL RULES

Pastry is a stiff dough made very short by means of fat. All the materials must be very cold.

Following fats may be used: Butter, lard, beef dripping.

Fat should be cut into flour.

The least possible amount of moisture must be used.

Chill before rolling.

Roll between ¼ to ½ inch thick.

Handle as little as possible.

Do not press heavily when rolling.

Too much flour makes tough pastry.

Too much water makes heavy, soggy pastry.

Too much lard makes dry, crumbly pastry.

STANDARD PLAIN PASTRY

1½ cups Co-op Flour, ¼ teaspoon salt, ¼ teaspoon baking powder, ½ cup shortening, about ½ cup ice cold water.

Enough pastry for 1 two-crust pie of average size, or 1 pie shell and 6 tarts.

Sift flour, salt and baking powder. Mix in shortening with tips of fingers or a pastry blender. Add the water, a little at a time, using just enough to bind the mixture. Roll the dough from the centre outward to a thickness of ¼ to ½ inch.

RICH FLAKY PASTRY

2 cups Co-op flour, ½ teaspoon salt, ¼ teaspoon baking powder, ½ cup butter (or more), ½ cup lard or shortening, about 9 tablespoons water.

Sift flour, salt and baking powder. Rub in lard, using tips of fingers, or a pastry blender. If the fingers are used, the touch must be quick and light. If the hands are warm, the heat of the fingers is sufficient to soften the fat, causing it to saturate the flour instead of merely coating it. Mix until flour resembles coarse meal. Add the ice-cold water a little at a time, using just enough to bind the mixture. Roll. Dot with bits of butter, fold once, and roll again. Repeat with more bits of butter, folding edges toward the centre. Repeat until all butter has been used. If possible chill this pastry overnight.

HOT WATER PASTRY

Mrs. N. Batty, Limerick

Mrs. D. Giesberger, Regina

Mrs. R. O. Bell, Outlook

Mrs. C. B. Munro, Regina

Mrs. G. L. Burke, Marshall

Mrs. E. R. Moore, Lloydminster

1 cup lard, ½ cup boiling water, 1 teaspoon salt, 3 cups Co-op flour, 1 teaspoon baking powder (this is optional).

Cream the lard and beat in with the boiling water. Cut in the sifted dry ingredients. Chill thoroughly in ice box before using. May be kept in ice box and used as needed.

Tartlet Paste: Substitute hot orange juice for water in hot water paste, add 1 tablespoon sugar and ½ teaspoon grated rind to dry ingredients.

EGG AND MILK PASTRY

Mrs. D. Fay, Saskatoon

2 cups sifted Co-op flour, ½ cup shortening, ¾ teaspoon salt, 1 egg, 4 tablespoons milk.

Sift flour. Add salt. Cut lard into flour with pastry blender. Beat egg slightly with fork. Add milk and combine with flour mixture until smooth. Roll out and use at once.

Variation

Mrs. G. Blackwell, Saskatoon

1 tablespoon vinegar with enough cold water added to ½ fill a cup may be substituted for the 4 tablespoons milk.

ONE-CRUST PIES

(For Cooked Fillings, etc.)

Line pie plate with pastry. Flute edges. Prick surface of pastry with tines of fork to prevent puffing during baking. Bake 8 to 10 minutes in very hot oven (475 degrees Fahrenheit). Cool thoroughly before adding cooled filling. Always have pie-shell and filling cold as this prevents pie from becoming soggy.

BUTTERSCOTCH PIE

Mrs. Mary Herzhberger, Antelope

1 cup brown sugar, 2 tablespoons white sugar, 3 tablespoons butter, 1½ cups boiling water, ¼ teaspoon salt, ¼ cup cornstarch, ¼ cup cold water, 3 egg yolks.

Melt the brown sugar and butter in pan. Add the boiling water then thicken with cornstarch. Add the beaten egg yolks and white sugar and salt. Pour into baked pie shell. Make meringue and brown in oven.

CHOCOLATE CREAM PIE

2 tablespoons butter, 6 tablespoons Co-op flour, 1½ cups milk, 2 squares unsweetened chocolate, ¼ cup sugar, ¼ teaspoon salt, 2 egg yolks, 1 teaspoon vanilla, 2 tablespoons icing sugar, 2 egg whites, baked pie shell.

Melt the butter, add flour, milk, chocolate, sugar and salt, and bring slowly to the boiling point, stirring constantly until thick and smooth. Remove from the fire and add beaten egg yolks and vanilla. Pour into a baked pie shell. Cover with meringue made by beating the icing sugar into the stiffly beaten egg whites. Bake in moderate oven 15 minutes or until a delicate brown.

COTTAGE CHEESE PIE

Mrs. Wm. Haffner, Semans

1 cup cottage cheese, ¾ cup milk, ¾ cup sugar, 2 eggs, 1 tablespoon lard or butter, ¼ teaspoon vanilla, 1 teaspoon cornstarch, 1 teaspoon salt.

Mix. Put into unbaked pie shell and bake.

CREAM PIE

Mrs. E. Hannon, Outlook

Mrs. E. Birchwhistle, Algonova

1 pint milk, 2 egg yolks, 2 tablespoons butter, 2 egg whites, ½ cup sugar and 2 tablespoons icing sugar, 8 tablespoons Co-op flour, ¼ teaspoon salt, 1 teaspoon vanilla.

Melt butter. Add flour, sugar, salt, milk and beaten egg yolks and cook over hot water until thick, stirring constantly. Add vanilla. Pour into a baked pie shell. Cover top with a meringue made by beating icing sugar into the stiffly beaten egg whites. Bake in a moderate oven until a delicate brown.

Variations of Cream Pie

Pineapple Cream: Add 1 cup drained crushed pineapple.

Banana Cream: Slice 3 bananas and place in pie shell alternately with the cream filling.

Coconut Pie: Add ½ cup coconut to cream filling. Also sprinkle meringue with coconut.

Date Cream: Add ½ cup or more of chopped pitted dates to cream filling.

CREAM RAISIN PIE

Mrs. R. Lloyd, Unity

1 cup milk and ½ cup raisins, heat on back of stove. Mix ½ cup white sugar, 1 tablespoon Co-op flour, 2 egg yolks, 2 tablespoons butter, 1 teaspoon vanilla.

Mix above and add to hot mixture. Put in baked pie shell, add meringue and brown in oven.

CUSTARD PIE

Mrs. M. Stoppler, Outlook

3 eggs, 3 tablespoons sugar, 1 tablespoon Co-op flour, ½ teaspoon salt, 1 teaspoon vanilla, 1 pint milk.

Sift together sugar, flour and salt; gradually add beaten eggs, then milk and flavorings. Turn into a deep pie plate which has been lined with pastry and bake 25 to 30 minutes. The flour will give the custard a smooth velvet-like texture.

FLAPPER PIE

Mrs. W. E. Atkinson, Lasburn

14 graham wafers (rolled fine), ¼ cup white or brown sugar, ¼ cup melted butter, ½ teaspoon cinnamon.

GERMAN BORCH

Mrs. H. Bannan, Outlook
1 medium sized beef bone, 1 onion, 1 red pepper, 6 or 8 carrots diced, 1 large beef, potatoes as desired, allspice, salt to taste, 1 small sweet cabbage, shredded, 1 can tomatoes.

Boil together until all vegetables are tender. Add can tomatoes last. A tablespoon of thick sour cream is very tasty added to each bowl served.

★

HOME MADE NOODLES

2 eggs, 1 cup Co-op flour (or more if needed), pinch of salt (if storing noodles for any length of time omit the salt).

Beat the eggs until light, add sifted Co-op flour, knead well until you have a stiff dough. Roll in a thin sheet, and lay on a table or hang on a line to dry. Do not let get brittle. Roll and cut very fine. Have broth seasoned and boiling. Drop in noodles and cook for 5 to 10 minutes.

★

ONION CHOWDER

½ cup diced bacon, 2 cups chopped onions, 2 cups water, 3 cups diced raw potatoes, 2 cups milk, ½ cup cream, 2½ teaspoons salt, ¼ teaspoon pepper, 1 tablespoon Co-op flour, 1 tablespoon water.

Fry bacon in deep saucepan or kettle until brown. Add onions and continue cooking until yellow colored. Add water and potatoes. Cook 30 minutes, or until potatoes are tender. Add milk, cream, salt and pepper. Mix flour and water together until smooth. Stir into soup. Boil 2 minutes, stirring frequently. Serves 6.

★

ONION SOUP

Slice onions very thin and fry in butter until golden brown. There should be one cup when fried. Pour one quart of milk into double boiler, and when hot add salt, pepper, paprika and onions. Allow this to heat, but not to boil, for ten minutes, then stir into it one cup of grated Canadian cheese. Stir until cheese is melted, and serve at once. If desired one to two egg-yolks may be added to the hot milk and cook for 2 minutes before adding the cheese.

OXTAIL SOUP

1 oxtail, 2 quarts water, 2 onions, 2 carrots, 1 turnip, 2 strips celery, 2 ounces butter or drippings, parsley, 12 peppercorns, 2 cloves, salt, 1 tablespoon Co-op flour.

Cut the tail into joints, put into a stew pan, cover with cold water, boil up and strain. Dry the oxtail, roll into Co-op flour, put with sliced vegetables and fry in butter until brown. Add the 2 quarts of water, parsley, peppercorns, cloves and salt, boil and skim well. Cook for four hours. Strain, remove fat, return to the stew pan and when soup boils add flour and cook for few minutes. Serve.

★

OYSTER STEW

Mrs. L. Surina, Regina
1 pint oysters, 1 quart milk, 2 tablespoons butter, 1 tablespoon flour, 1 teaspoon salt.

Method: Drain the oysters from their liquor and examine each oyster to make sure there are no particles of shell clinging to them. Return oysters to liquor and heat them until edges of the oysters curl. Meanwhile, melt the butter, blend in flour and add milk slowly, cooking until it's smooth. Combine the two liquids, season with salt and pepper, beat thoroughly and serve.

★

POTATO SOUP

Mrs. M. Hopkins, Nut Mountain
1 quart milk, 2 tablespoons butter, 4 potatoes, 1 teaspoon salt, ½ teaspoon celery salt, 2 eggs, pepper, paprika.

Boil, mash potatoes, add butter, salt, celery salt, scald milk, add to potato mixture, beat eggs well, stir quickly into soup, when boiling point is reached, serve immediately with 1 tablespoon of whipped cream.

★

SPINACH SOUP

1 tablespoon butter, 1 tablespoon Co-op flour, ¾ cup milk, 1 tablespoon chopped, cooked spinach, salt and pepper, ¼ cup whipped cream. (This may be omitted.)

Cook flour and butter together, add milk, allow to boil, add spinach, pepper and salt. Strain over cream.

★

SPLIT PEA SOUP

1 carrot, 1 small onion, 1 cup split

peas, cooked ham bone, 5 cups water, 1 bay leaf, salt and pepper.

Scrub carrot; slice. Slice onion. Wash peas; drain. Combine carrot, onion, peas, ham bone, water and bay leaf. Cover; simmer 2 hours or until peas are tender. Remove bone. Press mixture through sieve; season with salt and pepper. If desired, thin with milk; heat.

★

TOMATO SOUP

Mrs. S. Bernauer, Saskatoon
To ½ can of tomatoes add 1 pint of water. When nearly boiled add ½ teaspoon soda and strain through a colander. Melt a large tablespoon butter into it; mix in 1 tablespoon Co-op flour, season with salt and pepper and pour into tomatoes. Boil 1 quart of milk and pour into the tomatoes just before serving.

★

VEGETABLE CHICKEN SOUP

Mrs. E. Madsen, Outlook
Joint a dressed chicken (preferably an old hen), and wash well. Put in kettle, cover well with boiling water and boil about three hours. If old hen is used, boil 4 to 5 hours. About 1½ hours before meat is done add ½ cup pearl barley, about ½ hour before meat is done add 2 cups shredded cabbage, ½ cup diced carrots, ½ cup diced turnips, ½ cup peas, chopped celery and onion. Season with salt and pepper. Add boil-

ing water to make about 3 to 4 quarts of soup.

★

VEGETABLE SOUP

Mrs. N. Simpkins, Outlook
3 tablespoons beef dripping, ½ cup turnip, ½ cup carrot, ½ cup celery, ½ onion, 1½ cups potatoes, 1 quart boiling water, 1 tablespoon butter, ½ tablespoon chopped parsley, 1 teaspoon salt, pepper.

Prepare vegetables and cut into small cubes. Cook carrot, turnip, celery and onion in dripping until a delicate brown. Add potatoes, cook two minutes longer and then add the water. Cover and simmer one hour. Add water as needed to keep amount of liquid one quart. Add butter, parsley and seasoning.

★

VEGETABLE SOUP, CANNED

Mrs. T. Eden, Outlook
Cook until tender all vegetables required for soup, such as peas, carrots, celery, onion, turnips, cabbage with a few bay leaves. If you have a lot of nice fresh meat bones, cook these in a large kettle, seasoned with salt and sage. Drain from bones the juice and let stand until you see it jells, if so, pour the cooked vegetables into this jelly, put in sealers and steam for 1 hour. When opened for use, pour tomato juice into it or it can be used as a milk or cream soup if desired rather than tomato soup.

LIFE'S ORCHESTRA

A man's soul is a band of music; his passions are the sub-basses, and the mellow tenors are his social affections; but the flutes, the higher and more piercing sounds, the upper notes, are the moral sentiments and the reason. Some few men are like a band that give up everything to the piccolo, while all the other instruments are silent; other men are like a drum that waxes loud and boisterous, so that nothing else can play. You have heard sometimes one singer in a choir dominate over all the others. But it is in the unity of all that makes the grand oratorio, the great Choral representation.—Henry Ward Beecher.

Shining Glassware: If you want to make your glassware shine, wash in hot, soapy water, then rinse in hot water to which has been added a few drops of ammonia.

To Sterilize Sealers: Wash in warm, soapy water, rinse and dry thoroughly. Place in pan and slide into a hot oven from 5 to 10 minutes. You may be assured they are perfectly sterilized.

126

127

MEAT AND SUPPER DISHES

AMERICAN CHOP SUEY

Mrs. M. Hoo, Rose Valley
1 package macaroni cooked till tender, 1 pound raw beef and a little pork put through grinder, a lump of butter, a small onion, a little sage and a tin of tomatoes, pepper and salt. Mix all together and bake in oven about 1 hour or until done.

★

BAKED HAM

Place ham in an uncovered meat pan, fat side up, and place in a slow oven. Cook until well done, take from oven, remove rind, and cover with one of the following mixtures, moistened with fat from dripping:

1 cup brown sugar, or 1 cup brown sugar and 2 tablespoons Co-op flour, or 1 cup brown sugar and 2 tablespoons vinegar, or 1 cup brown sugar and pineapple juice for basting.

Put the mixture on the ham. During the last 10 minutes of the cooking period the oven should be hot enough to brown the mixture. (See page 134 for cooking time.)

★

BAKED LAMB LOAF

1½ pounds ground lamb, 1½ cups bread crumbs, 1 cup milk, 2 tablespoons green pepper, minced, 2 tablespoons parsley, minced, 3 tablespoons minced onion, 1 cup peas, 2 tablespoons butter, 1½ teaspoons salt, ¼ teaspoon pepper.

Soak crumbs in milk and mix well with meat and all other ingredients. Pack into a greased loaf pan and bake for 1½ hours.

★

BARBECUED LAMB HASH

3 cups cooked diced lamb, ½ cup minced onion, 2 tablespoons shortening, 2 cups barbecue sauce, 2 teaspoons salt, 4 potatoes.

Brown onions in melted shortening; add lamb and brown lightly. Add barbecue sauce. Allow to simmer for 5 minutes. Season. Add cooked diced potatoes and heat long enough for flavors to blend. Any leftover meat may be used this way.

★

BARBECUED SPARERIBS

Wipe 1½ pounds of spareribs with a

damp cloth. Season to taste with salt and pepper. Brown in hot frying pan. Remove excess fat. Slice onions over meat. Pour over the spareribs ½ cup catsup and 1 cup hot water. Cover and simmer until tender, about 1½ to 2 hours.

★

BEAN LOAF

Mrs. E. Bannan, Outlook
Take 4 cups cooked beans, 1 cup bread crumbs, 1 teaspoon salt, 2 tablespoons tomato catsup, 1 egg and a little pepper.

Mash the beans, add other ingredients in order given. Bake in a greased pan in a moderate oven for about 30 minutes. Serve hot with tomato sauce. Serves 6.

★

BEEF FRITTERS

Vancouver Women's Guild
Bits of cold leftover beef useless for anything else makes a delicious meal for four people.

1 cup chopped cold beef, 1 tablespoon chopped onion, 1 tablespoon parsley, a little pepper and salt, 1 cup Co-op flour, 1 egg beaten, 2 teaspoons baking powder, 1 cup milk.

Beat egg, add milk, flour and baking powder. Add remaining ingredients and mix well. Drop by spoonfuls into Crisco heated to 360 degrees. Fry until brown and thoroughly cooked.

★

BEEF STEW

2 tablespoons fat, 2 lbs. beef, cubed, 2 cups water, 1½ cups diced turnips, 1 cup diced potatoes, 1½ cups diced carrots, 1 large onion, 2 teaspoons salt, dash of pepper.

Put fat in pot, heat. Flour meat and brown in hot fat. Add onion, salt and pepper, and water. Simmer (covered) for 1 to 1½ hours till just tender. Add vegetables and cook ½ hour or until potatoes are done.

May use garlic (2 cloves minced if you wish), (instead of 1 large onion may use 12 very small ones). Also a variation is substituting one cup of dry red wine in place of one cup of water.

BREADED BRAINS

Parboil brains by simmering 15 minutes in salted acidulated water (1 quart water, 1 teaspoon salt and 1 tablespoon vinegar or lemon juice). Cool by placing into cold water, drain and then remove membranes. Dip in crumbs, beaten egg, and then again in crumbs. Fry in butter until golden brown. If you wish, you may then add a small amount of water and cook covered 5-10 minutes. The brains become very plump.

★

BREADED VEAL

Veal about ½ inch thick, salt, Co-op flour, egg beaten slightly, diluted with 1 tablespoon water, cream, milk, tomato juice, or water, fat for searing.

Wipe meat with damp cloth and cut into pieces for individual servings. Season with salt and pepper. Dip in flour, beaten egg diluted with water, then in bread crumbs. Sear on both sides in hot fat until well browned. Add liquid to ½ the depth of the meat. Cover, bake in slow oven until meat is tender and liquid is absorbed.

★

CALVES' LIVER AND BACON

Wipe 1 pound of liver with a damp cloth; remove tough skin and fibres. Cut into slices about ½ inch thick. Dip liver into a mixture of ½ cup Co-op flour, ¼ teaspoon salt and a dash of pepper. Fry slowly in bacon fat. Serve with crisp bacon.

★

CANNED MEAT CASSEROLE

Mrs. H. King, Bridgeford
Put 1 quart canned beef or pork in a pyrex casserole. Cover with the following dressing and bake 45 minutes in moderate oven. Keep casserole covered while baking.

Dressing: Chop 1 medium sized onion and fry in 2 tablespoons melted butter until wilted but not brown. Add ½ loaf bread crumbs, 1 teaspoon sage or poultry dressing, ½ teaspoon salt, ¼ teaspoon pepper. Little cream or milk to moisten slightly.

★

CASSEROLED STEAK

Mrs. H. King, Bridgeford
Steak, 1 cup sour cream, 1 large onion, 2 tablespoons fat, ¼ cup Co-op flour.

Pound flour into steak, then brown in fat in frying pan. Put in sliced onion just before meat is done. Place in casserole, pour over sour cream, salt and pepper. Bake 1 hour. A can of mushroom soup may be used instead of sour cream.

★

CHEESE FONDUE

Miss Jean Knight, Saskatoon
2 cups bread cubes, 1 cup grated cheese, 2 cups milk, 2 tablespoons butter, 1 teaspoon salt, 1/10 teaspoon cayenne, 2 eggs.

Butter a baking dish. Arrange bread cubes and cheese in layers, having bread on top. Beat the eggs; season with salt and pepper. Pour over the bread, add melted butter, let stand 20 minutes. Oven poach until firm.

★

CHOP SUEY

Abbot Homebakers' Club, Forward
2 cups cooked rice, 1 pound ground beef, 1 large onion, 1 can tomatoes, 1 teaspoon salt, pepper.

Mix. Bake 1 hour.

★

CHICKEN A LA KING

Mrs. O. Bell, Edmonton
3 tablespoons butter, 3 tablespoons Co-op flour, ½ cup chicken stock, 1½ cups rich milk, 2 cups cooked chicken, diced, 2 tablespoons pimento, chopped, 2 egg yolks, salt and pepper.

Blend butter and flour, add chicken stock and milk. Stir constantly until mixture thickens. Add chicken, mushrooms, chopped pimento and seasonings. Heat thoroughly. Pour some of the mixture over beaten egg yolks. Add to mixture and cook 2 minutes. Serve on hot toast or waffles.

★

CHICKEN-IN-A-JIFFY PIE

1 bunch carrots, 6 small white potatoes, 1 lb. small white onions, 2 cups chicken stock or consomme, 2-3 cups cooked or canned boned chicken or turkey, ½ cup butter, ½ cup Co-op flour, 1 cup milk, 1 teaspoon salt, dash of pepper, 2 tablespoons sherry, 4 slices bread toasted, 4 slices Swiss cheese.

Wash and peel carrots, potatoes and onions; place in saucepan with chicken stock or soup; cover tightly and simmer for ½ hour or until vegetables are ten-

136

137

— PLEASE KEEP THIS BILL FOR REFERENCE —

CORNER CO-OPERATIVE ASS'N. LTD.
MARKERVILLE P. O. PHONE 604

Date, July 12 1940

M P. G. Thompson

Address _____

	Account Forwarded	
4 bread		34
Chy		
creamers		45
Wafers		22
Toothpaste		25
Toothbrush		25
Tea		25
1 Salmon		17
2 Tomatoes		33
B. Soda		15
1# Tea		65
Gum		5
15		377

REDIFORM - WESTERN SALES BOOK CO. LTD., FACTORIES - WINNIPEG & VANCOUVER

Grocery shopping list 1940

AN INVITATION TO OUR 600 MEMBERS AND 100'S OF FRIENDS

To 3 Days of SPECIAL Shopping

Thursday - Friday - Saturday March 12-13-14 Only

CO-OP Specials **CO-OP Products** **CO-OP Service**

CO-OP Strawberry Jam 99¢
CO-OP Bread Loaf - 10¢
CO-OP Bologna 1 lb. 10¢
CO-OP WIENERS bulk lb. 29¢
CO-OP BACON 1 lb. 59¢
CO-OP Muffat Range 189¢
CO-OP BATH TOWELS 58¢

In The NEW Store You Own

FREE PARKING In Our 42-Car Parking Lot

CO-OP CENTRE

PINEAPPLE 4 for 89¢
CAKE MIXES 10 pkts. 99¢
Bologna 1 lb. 19¢
SIDES OF BEEF 45¢
GINGER ALE 2 for 30¢
OTHER SPECIALS

Innisfail CO-OP Centre
Phone 227-3766 Orders and Delivery

LISTEN TO CKRD
MONDAY - TUESDAY
MARCH 16th - 17th
SPECIAL SALE ANNOUNCEMENTS

KIDDIES! Free Show-
Saturday, March 14th
LEGION HALL

Plastic Bowl Sets 4 Bowls - 69¢
Coffee Mugs 2 for 25¢
Oranges 89¢
Cabbage 10¢

Toilet Tissue 2 Pkgs 79¢
Ketchup 3 for 49¢
Work Shirts \$3.88
Alarm Clocks \$2.19
PILLOWS \$1.59
POTATOES 25 lb. Bag 79¢
Frozen Peas 39¢
Strawberries \$1
Ice Cream 59¢
Flour 1.59
Ground Beef 35¢
Stewing Beef 55¢
Roasts 59¢

CO-OP SHOP

Innisfail CO-OP Centre
Phone 227-3766 Orders and Delivery

Co-op in the Innisfail Province March 11, 1964

Stock Up

...fill your shelves at these low prices!

COFFEE NABOS 1 LB. PKG. 92¢
COFFEE BLUE RIBBON 1 LB. PKG. 92¢
ICE CREAM HALF GAL. PKG. \$1.00
WAFERS GRAHAM, I.B.C. 1 LB. PKG. 29¢
TOMATOES Co-Op Choice, 28-Oz Tins 4 for \$1
JAM STRAWBERRY, CO-OP, 4 Pound Tin \$1.00
JAVEX 64-Oz. BOTTLE, EACH 55¢
TIDE GIANT PACKAGE, EACH 82¢

Big Special

MONARCH CAKE MIXES

Golden Yellow 1 lb. pkg. 27¢
 White, 1 Lb. Pkg. . . 27¢
 Brownie 1 lb. pkg. . 30¢
 Gingerbread 1 lb. pkg. 22¢
 Angel Food 13 oz. pkg. 45¢
 Chocolate 1 lb. pkg. 27¢

Fall and Winter DRY GOODS

ARE ARRIVING DAILY, AND WE WILL SOON HAVE OUR COMPLETE STOCK ON DISPLAY.

Our Stocks Are Large, Variety Good, Quality Excellent — And All Are At Mail-Order Prices!

BUY AND SAVE AT YOUR CO-OP STORE

Co-Op Red Label Products
 ARE THE FINEST PRODUCTS YOU CAN BUY
 BUY CO-OP LABEL PRODUCTS WITH
 CONFIDENCE — AT YOUR CO-OP STORE

McINTOSH APPLES

NOW IN STOCK — BUY THEM BY THE HAND-PAK BOX.

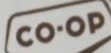
Only \$2.29



Eckville Co-Op. Association

LIMITED
 "OWNED BY THE PEOPLE IT SERVES"
 PHONE 4 ECKVILLE

September 1957



Co-op...Your Cash Saver Store

June 3-6, 1987

Blade Steak

Canadian Grade A Beef, Kg. 34.20

\$1.99



Steakettes

Ontario, Bulk, Frozen, Kg. 43.00

\$1.67

Chicken Legs, Frozen, Backbones attached, Kg. 51.80... \$1.29
 Side Bacon, Country Morning, Sliced, 300 g. pkg. \$3.29
 Cooked Ham, Country Morning, Sliced, 375 g. pkg. \$3.69
 Pork Picnic, Country Morning, Sliced, 450 g. pkg. \$2.59
 Back Bacon, Country Morning, Kg. 35.80... \$3.99
 Bologna, Ontario, By the piece, Kg. 41.80... \$1.39

our Co-op Garden

Oranges, California Valencia, 4 Lbs. \$1.49
 Kiwi Fruit, New Zealand, \$2.79¢
 Cabbage, California Canada No. 1, Kg. 99¢... 29¢
 Onions, California Canada No. 1, Kg. 11.20... 59¢

Super Saver Cream Corn

Group Family, 100 ml

2 for 89¢



48 Cheese Slices

Best Cheddar, Single Slice, 1 Kg.

\$5.99

Bathroom Tissue

Rolls, 24

\$2.98

Paper Towels, Prince, 15... \$1.09
 Tide Detergent, Powder, 12 Lbs... \$8.88
 Grape Juice, Sunny, Concentrated, 1 Lb... \$1.45
 Tomato Juice, House Family, 1.5 Lb... \$1.39
 Vegetable Soup, Campbell's, 284 ml... \$2.19
 Honeycomb Cereal, Post, 400 g... \$2.49
 Long Spaghetti, Castelli, 500 g... 99¢
 Ready Cut Macaroni, Castelli, 500 g... 99¢
 Drink Mix, Crystal Line, Low Calorie, 10.7 g... \$1.65
 Country Crock Diet Spread, 400 g... \$1.59
 Salad Dressing, Harnisch, 1 Lb... \$1.95
 Cat Chow, Purina, 4 Kg... \$7.59
 Dishwasher Detergent, Harnisch, 1.4 Kg... \$3.69
 Oxydol Detergent, Powder, 12 Lbs... \$9.19
 Liquid Bleach, Javex, 3.5 Lbs... \$2.09
 Fabric Softener, Fluffy, 3 Lbs... \$4.99
 Hamburger Helper, Betty Crocker, 8 Plants, 100 g... \$1.69



Eckville Co-op Association

June 1987

HERE IS THE FASHION STORY FOR EASTER

SELECTED EXCLUSIVELY FOR US BY
Joyce Young
 FASHION BUREAU regd.
 MONTREAL

NEW SMART SPRING FROCKS
 MAGNETIC IN STYLE AND VALUE

SELECTED EXCLUSIVELY FOR US BY
Joyce Young
 FASHION BUREAU regd.
 MONTREAL

New Fashions

The Last Word is Printed
 In this collection of printed Rayon Crepes - you will find the new floral designs - Polka dots - Minotones - Bright little chips of sharp colour and mellow shades repeating lush tones of real flowers in melting combinations. Size 14 - 44 in each group.
 Styles as Worn in Hollywood and New York
 Wear a Young Dress



2⁹⁵ to 6⁹⁵



SKIRTS Imported Tweeds - plaids & spencerwood materials hand made button hole on waist band - hems finished with silk binding, the season's leading shades. Sizes 14 to 20.
 2⁹⁵

Gay Creations

Bright Spring Crepes
 Newest shade of rough Crepes - Dresses for every daytime occasion - there is the shirtwaist type - more softly tailored types including high or draped neckline - some trimmed with Novelty Jewelry, size 14 - 44 in each group.
 Rejoice the Young Way
 All Sizes 14 to 44
 Select Your Dress Early



BLOUSES Guaranteed washable crepes, with all the newest novelty tucking - fancy embroidery - monogrammed ideas - Fussily tailored and mannish styles. Sizes 14 to 44.
 2⁹⁵

◆ From Page E5

History: Cup of coffee cost just 25 cents in 1981

- 1980**
 - Co-op hires first personnel manager.
 - Self-serve gas bar opens in Lacombe.
- 1981**
 - Co-op celebrates 25 years in business and donates two colour televisions to the hospital.
 - Cup of coffee at cafeteria goes up to 25 cents.
- 1982**
 - All expenses were slashed where possible and departments not making money considered for closure.
 - All managers took a 10 per cent rollback in salary and work six days a week.
- 1983**
 - Plaza drygoods closed.
 - Lacombe drygoods closed and was replaced with a mini home centre.
- 1984**
 - Lawrence Henderson becomes president.
- 1985**
 - New computerized scanning cash register system is installed at Plaza.
 - Total annual sales were \$18,369,377.
- 1986**
 - Electronic cash register system installed at Home Centre.
 - New scanning system installed at Lacombe.
- 1987**
 - Plaza main floor renovated at a cost of \$350,000.
- 1988**
 - A no-smoking area was designated in the cafeteria.
- 1989**
 - Grand opening of enlarged Lacombe food store.
 - Deer Park store opened in October, gas bar opened as well.
 - Addition of Canada Post sub offices in Plaza and Deer Park.

- 1990**
 - Plaza and Deer Park stores opened 9 a.m. to 9 p.m., Monday - Saturday, and Sundays, 10 a.m. to 6 p.m.
- 1991**
 - Home Centre received renovation and new storage.
- 1992**
 - Lacombe food opened Sundays.
- 1993**
 - Bill Christensen, GM, retired after 40 years in the Co-op system, and is replaced by Barry Manovich.
 - Home Centre opened on Sundays.
 - Credit and debit cards accepted in all departments.
- 1994**
 - Plaza main floor was renovated.
 - Co-op and Credit Union started a shuttle bus to pick up seniors and bring them shopping.
- 1995**
 - Plaza hardware and cafeteria closed.
 - Total annual sales reached \$35,361,791.
- 1996**
 - Permanent garden centre opened at Home Centre.
- 1997**
 - Home Centre upgraded at a cost of \$1,000,000.
- 1998**
 - Deer Park renovated - addition added to front checkout area at a cost of \$1.3 million.
- 1999**
 - President Lawrence Henderson retired from the Board after serving 21 years, 15 as president. He is replaced by Larry Volk.
- 2000**
 - Alberta Piling property and building is purchased and added to the Home Centre.
 - Total annual sales were \$55,759,929.
- 2001**
 - New English Estates food store opened in Lacombe.
- 2002**
 - Garry Alexander, GM, retires after 36 years in the Co-op system. Larry Parks was hired as the new GM.
 - Lacombe gas bar, convenience store and car wash opened.
 - Deer Park Liquor store purchased.
- 2003**
 - Opened liquor store at English Estates, Lacombe.
- 2004**
 - Feed mill closed.
 - Plaza redeveloped at a cost of \$2.7 million.
- 2005**
 - Co-op plans 10-lane gas bar, convenience store, car wash and will lease liquor store space at Taylor Drive and 67th Street.

Help sought in solving Lacombe holdup

This week Crime Stoppers is requesting the public's assistance in solving a robbery with violence in Lacombe.

At about 8:55 p.m. Sept. 8, 1983, a female employee of the Lacombe Co-op counted daily cash receipts in the food store area of the mall. She departed the office enroute to the hardware section of the Co-op Stores at the far north end of the mall with the daily proceeds concealed in a paper grocery bag.

As she approached the food bar in the centre of the mall, she was attacked from behind by two young males. The men grabbed the money bag and ran down the west mall corridor into an alley exit. The thieves got away with several thousand dollars in cash.

RED DEER CRIME STOPPERS

They are described as follows:

No. 1: White, male about 22 years old, 168 to 175 cm tall (5 ft. 6 in. to 5 ft. 9 in.) with a slim build and dark brown hair. He wore thick

brown-framed glasses and gauze tape over his nose, a blue jean jacket, jeans and sneakers.

No. 2: White, male, about 20 to 25 years old, 171 cm tall (5 ft. 7 in.) and 72 kg (160 lbs). He had light blond shoulder-length kinky hair parted in the middle, a light moustache and wore clothing similar to the first suspect.

Crime Stoppers will pay \$2,000 for information leading to the arrest of the persons responsible for this robbery. If you have information, call Crime Stoppers at 340-TIPS/340-8477 or toll free 1-800-922-TIPS. Callers do not have to reveal their identity.

Crime Stoppers will also pay up to \$2,000 for information that leads to the arrest of persons responsible for any crime in Central Alberta.

THE SHOP-O-SCOPE, Wednesday, March 15, 1974

CO-OP *Grand Opening*

THURSDAY MARCH 14TH

RED DEER CO-OP BAKERY AND FOOD FACILITIES

PLAZA SHOPPING CENTRE

DAIRY CORNER

FLOWERS FOR THE FIRST 200 LADIES
TO ENTER THE STORE THURSDAY MARCH 14TH

6 GROCERY HAMPERS
VALUE \$15.00 EACH
WILL BE GIVEN AWAY

10 FRUIT BASKETS
WILL BE GIVEN
FILL OUT THE COUPON ON PAGE 19

COOP CENTRE LACOMBE

GRAND OPENING

Opening 9:30 a.m. November 21, 1970

CO-OP

SERVING LACOMBE AND THE SURROUNDING AGRICULTURE COMMUNITY

5247 - 46 Street, Lacombe Alberta - Phone 782-6200

HOURS OPEN Mon. to Sat. 9 a.m. - 6 p.m. Thursday 9 a.m. - 7 p.m.

Advertising Supplement to the Advocate Mail, Feb. 23rd

We're Celebrating

Our 25th Anniversary

RED DEER CO-OP 25 YEARS 1956-1981

Home Improvement

Lacombe Co-op

Serving Central Albertans for 25 Years

LACOMBE

RED DEER

Feed Mill

Red Deer Co-op

Free Cake Served at Co-op THURS., FEB. 26 9 A.M. - 9 P.M.

Sale Dates Feb. 24 - 28

RED DEER **CO-OP** *GRAND RENOVATION Celebration*

SUNDAY, MARCH 20th to SATURDAY, MARCH 26th, 1994

JOIN US FOR OUR GRAND RENOVATION CELEBRATION AT THE PLAZA STORE

MEAT

PRODUCE

PHARMACY

BAKER/DELI

PRICES IN EFFECT AT ALL CENTRES

CO-OP CENTRES

HOME IMPROVEMENT CENTRE
4738 Riverside Drive
Red Deer
341-5600

FEED MILL
4711-60 Street
Red Deer
341-5600

LACOMBE GAS BAR
69 Dunlop Street
Lacombe
782-6299

DEER PARK CENTRE
69 Dunlop Street
Red Deer
341-5700

DEER PARK GAS BAR
69 Dunlop Street
Red Deer
342-4865

PLAZA CENTRE
5116-57 Street
Red Deer
343-2667

LACOMBE CENTRE
5247-46 Street
Lacombe
782-6200

Red Deer Co-op...



Celebrating
50 Years
of Service to its members

Plaza Centre

Same location since 1962
Variety of Co-op services
Marketplace Food Store: Superior Fresh
Departments, Fresh Bakery,
In-Store Smokehouse
Pharmacy
Canada Post Outlet
Administrative Offices



Lacombe English Estates Shopping Centre
Opened 2001
Marketplace Food Store with all Fresh
Departments including Flower Store
and Gifts.
Gas Bar with Convenience Store and
Touchless Car Wash

Deer Park
Opened 1989
Food Store:
All Fresh Departments
Pharmacy
Canada Post Outlet
Full-Service Gas Bar
with Touchless Car Wash
for all your fuel
and propane needs



Watch for the opening of a Gas Bar with
Convenience Store and Touchless Car Wash
for the future at
Taylor Drive and 67th street.



Home & Garden Centre
Opened 1970
All materials and service required
for residential and commercial
construction and renovation.
Year-round Garden Centre with gardening
supplies and unique gift ideas.

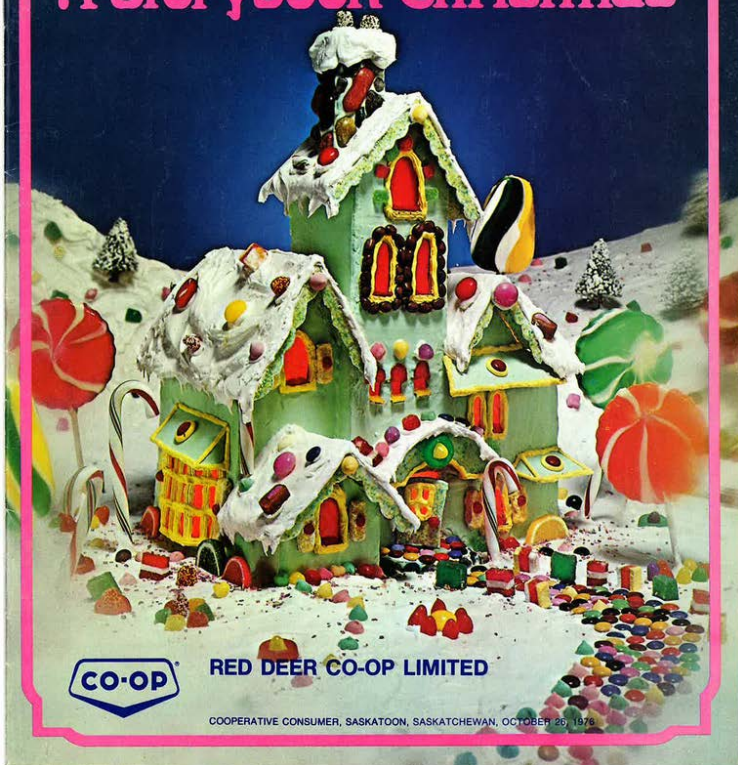


Community Involvement
Red Deer Co-op has always been proud of our
community support through a wide variety of
donations and public support of various events,
each year making donations to over
200 community groups and organizations.



Red Deer Co-op Ltd.
Owned by the members it serves since 1956
Home & Garden • Deer Park • Plaza Centre • Lacombe

Co-op
wishes you
A Storybook Christmas



RED DEER CO-OP LIMITED

COOPERATIVE CONSUMER, SASKATOON, SASKATCHEWAN, OCTOBER 20, 1976

Co-op sets sales record

By RAY DJUFF
of The Advocate

Renovation of the downtown Co-op store in late 1987 continues to pay big dividends for Red Deer Co-op Ltd.

The new look drew customers and helped push sales for the Co-op to a record high of \$23 million last year, a newsletter to members states.

"Most of the increase is attributed to increased member support in the Plaza Centre," the newsletter says.

Overall, Co-op sales rose \$1.4 million or 6.6 per cent over 1987 figures, with Plaza Centre sales increasing "by a hefty 22.5 per cent."

"If we compare the current sales pace to the comparable pre-renovation period, the sales increase is over 50 per cent!" extolls the newsletter to the Co-op's 20,000 members.

The Plaza Centre sales are the highlight of the year for the Co-op, which on several other fronts has been marshalling its forces to offset continuing lower sales.

In Lacombe, the Co-op closed its hardware store and cafeteria and expanded the grocery store in a bid to stabilize sales that last year's report said were "still far short of that needed to cover the fixed costs."

Total sales for the Lacombe Centre were down by \$407,000 or 5.3 per cent, reflecting the closure of the hardware and cafeteria in September, the newsletter says.

Also in Lacombe, the Co-op dumped its money-losing gas station, selling it in October to Federated Co-operatives Ltd., the parent organization of the Co-op movement.

Red Deer Co-op has also taken action to boost sales at its Home Improvement Centre on Riverside Drive, where sales in 1988 were down \$238,000 or 5.5 per cent over the previous year.

The Home Centre got a major facelift over the winter



DOWNTOWN CO-OP SHOPPER ETHEL MARCINEK

... renovation has boosted store sales more than 20 per cent

Photo by LARRY RICKS

that increased the sales area 30 per cent and saw a complete review of the merchandise carried.

"Current work is the first phase of long term plans to be carried out over the next few years," the newsletter says.

Despite the lower sales in these areas, the Red Deer Co-op nonetheless racked up net savings of \$947,000, down

slightly from the record \$986,000 set in 1987.

Some \$480,000 was allocated for patronage refunds in 1988, up from \$431,000 the previous year.

Co-op members will get a chance to hear a full account of the organization's activities at its 33rd annual meeting to be held 8 p.m., April 19, at the Lacombe Memorial Centre.

1944 Best in History Of Lacombe Co-op

(Special to The Albertan)

LACOMBE, Feb. 4.—At a meeting of the Lacombe Co-operative Association financial report revealed an increase of 35 percent in business. Last year was the best in the history of the co-operative, which operates the 99 Station under the management of R. VanHook.

Officers were returned as follows: President, S. J. Henderson; vice-president, John Henderson; secretary, Clarence Bauer; directors, A. R. Chiswell, Stan Switzer, Nels W. Flewelling, W. S. Wright, James Alexander.



...we think we can get the most for our money and the most consideration as human beings. And that is where management is concerned. True, we as co-operators, feel that there are more important things to be considered than the immediate. But we are not all co-operators, or

ed. Don't be bashful about giving us your opinion. This IS your business.

The reason why we ask your co-operation in respect to your services, is, the customer knows best—and that's YOU. We originally placed a

of yourselves and the very manager and staff that you have, that you will enjoy and appreciate the point that I'm getting at. And if you can, I have no doubt about how successful your business will be from now on.

Your Co-op Offers You Many Services -- And Savings



Meats, Frozen Foods, and Household Appliances.



Drugs, Toilet Accessories, and Veterinary Supplies.



Life and Pension Insurance Programs, and Fire and Casualty insurance for your cars, trucks, buildings, etc.

CANADA
POSTAGE - POSTES
2 CTS.
PERMIT No. 18
RED DEER

RED DEER CO-OP NEWS

MONTHLY

Vol. 1, No. 1

FEBRUARY 28th, 1957

Published by RED DEER CO-OP LIMITED



Red Deer Co-op Store, 5207 Gaetz Ave.

It's Our Store - Now!

It has been a long haul, almost a year, but the formal decision has been reached between your Provisional Board of Directors, and top management of the Alberta Co-operative Wholesale Association, at a Board Meeting on Thursday, February 7th, in Sample Room "A" of the Buffalo Hotel, in Red Deer.

At this Board Meeting, Ted Mowbray, general manager of the

George Braithwaite

The Question Box

"In this space we hope to answer any questions that you would like

CO-OPERATIVE GUILD

For Ourselves — Freedom and growth of character.

For Our Children — A higher social order, economic opportunities and security.

For the World — Peace among nations and a common goal — the welfare of mankind.

- C** — Co-operation, a way of life.
- O** — Opportunity, equal to all.
- O** — Open membership.
- P** — Peace—by all nations living the Co-operative way.
- E** — Each for all, and all for each.
- R** — Regardless of race, color or creed.
- A** — Allocation of savings based on patronage.
- T** — Tolerance among members (politics and religion).
- I** — International Association.
- O** — Organized for service and savings, not for profit.
- N** — No favoritism, fairness to all and unlimited possibilities.

Somewhere in excess of 40 gallons of pancake batter, 200 lbs of bacon, 250 lbs of syrup, 50 gallons of coffee, 15 gallons of chocolate milk were used.

Pictured also at left is the group that supplied the live entertainment for the gathering including manager of your farm service centre, Jack Morris.

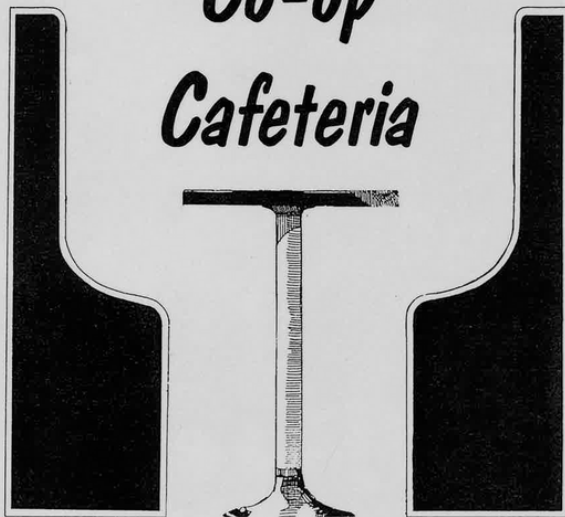


INNISFAIL CO-OP TOPS MILLION DOLLAR MARK

On Friday, January 9, 1970, the Innisfail Co-op topped the million dollar sales mark, which is an all time high. This milestone came with still another three weeks to go before finishing their year end. General Manager, Abe Siemens, says that this achievement is all the more spectacular in that in 1962, the year that re-organization began, sales were \$72,000. Since that time the Innisfail Co-op has grown by leaps and bounds. The above pictures show some of the action of the moment, of topping the \$1,000,000. sales. In the food store, Mrs. Jim Layden is shown with her purchases by which were given to her, after being congratulated by the manager. In the Service center Mr. B. R. Kelly was awarded his purchase by the Service Center manager Dennis Carson. The formula for success, says Mr. Siemens, is simple: "Get the people behind you. People are the precious commodity, realize that, then serve them with that in mind."



Eckville Co-op Cafeteria



Welcome to the Eckville Co-op Cafeteria

Daily Special

FULL ORDERS

*Includes soup or juice,
bun and dessert*

HALF ORDERS

Includes bun and dessert

Prices Posted Daily

Homemade Soup & Sandwich Special

\$4.25

Breakfast

Bacon and Eggs	4.00
Ham and Eggs	4.00
Two Eggs and Toast	3.35
Toast and Jam	.85

Burgers

(With Fries)	1.05 <small>Est.</small>
Hamburger	2.50
Double Hamburger	3.55
Cheeseburger	2.80
Double Cheeseburger	4.15
Mushroom Burger	3.00
Chicken Burger	3.00
Fish Burger	3.00

Dinner Sandwiches

(Includes Fries and Coleslaw)

Open Denver	4.30
Clubhouse	6.20
Hot Beef	5.95
Hot Hamburger	5.95
Fish and Chips	5.95
Chicken Fingers	6.15
Half Order	4.60

Sandwiches

(With Fries)	1.05 <small>Est.</small>
Plain Cheese	2.20
Fried Egg	2.40
Tomato and Lettuce	2.65
Grilled Cheese	2.75
Cold Beef	3.05
Cold Ham	3.05
Salmon	3.15
Fried Ham	3.20
Closed Denver	3.25
Bacon and Tomato	3.35
Ham and Cheese	3.35
Clubhouse	5.15

Short Orders

Homemade Soup	1.45
Tossed Salad (and bun)	1.75
French Fries	1.50
With Gravy	1.75
Onion Rings	1.75

Beverages

Coffee	.55
Tea	.55
Stash's Flavored Teas	.55
Hot Chocolate	.80
Milk (White or Chocolate)	Small .85
	Large 1.05
Soft Drinks	Small .80
	Large 1.00
Milkshakes	
Vanilla, Chocolate or Strawberry	2.40

Desserts

Fresh Baked Pie	
(Fruit or Cream)	1.65
With Ice Cream	2.20
Tarts	.80
Muffins	.80
Ice Cream	
Soft/Hard in a dish	.80
Soft/Hard Cone	.80
(Regular or Sugar Cones)	
Sundaes	2.40
Banana Split	3.00
Float	2.25

*Thank you for giving us the opportunity to serve you.
We hope you enjoy your time with us and if we can assist you
in any way, please feel free to let us know.*

Have a Great Day!!

All Menu Prices include G.S.T.

All Menu Prices include G.S.T.



Coffee Shop Menu

Serving Eckville
District Since 1912

Daily Special

Monday to Friday
Different Each Day
Includes Bun and Dessert

Full Order	4.95
Half Order	3.75

Homemade Soup and Sandwich Special

Everyday!!
\$3.50

Sandwiches

Open Denver with Chips and Coleslaw	3.75
Closed Denver	2.75
Fried Ham or Bacon and Tomato	2.75
Fried Ham	2.50
Ham and Cheese	2.85
Cold Ham	2.35
Salmon	2.75
Grilled Cheese	2.25
Egg	2.00
Tomato	2.00
Plain Cheese	2.00
Clubhouse	3.95
with Fries	4.65
Toast with Jam75

Burgers

Hamburger	1.95
Double Hamburger	2.60
Hamburger Deluxe with French Fries	2.95
Double Hamburger Deluxe with French Fries	3.60
Cheeseburger	2.45
Double Cheeseburger	2.95
Cheeseburger Deluxe with French Fries	3.45
Double Cheeseburger Deluxe with French Fries	3.95
Mushroom Burger	2.65
Chicken Burger	2.95
with Fries	3.95
Fish Burger	2.50
with Fries	3.50
Hot Dog	1.25
Cheese Dog	1.50



Art Bardenhagen - new coolers for milk, cheese and butter.



Evelyn Andrew



Alex Ferguson



Ella Dahl - looking to see when next dance is.



Mary Bardenhagen - working in the restaurant kitchen.

Co-op Staff 1957



Bruce Bardenhagen, Alex Thompson



Ellen Harding, Edna Nielsen - Drygoods.



Bobby Gibson



Oliver Stopson, Julian Sambrook - office workers, Jan. 23, 1957.



Claude Caton, Mr. Caton, Red McAndrews, Bill Phelps



RIES AK **797894** DATE **Oct 1/47**

PARTICULARS of SHIPMENT

LBS. CREAM	GRADE	TEST	LBS. BUTTER FAT	PRICE	VALUE
44	1a	37	16.2	44	7.12

REMARKS

LESS EXPRESS OR HAULAGE

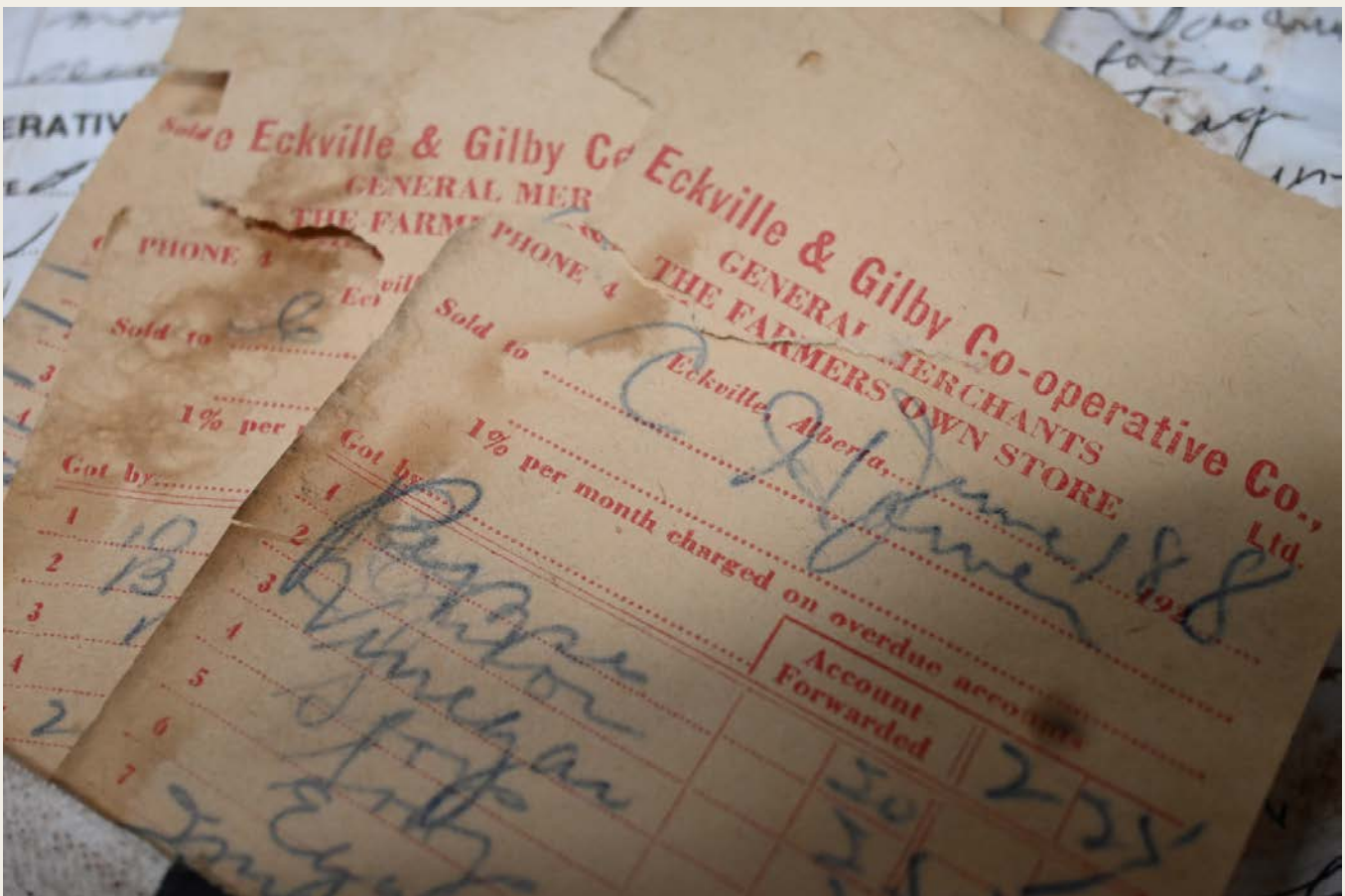
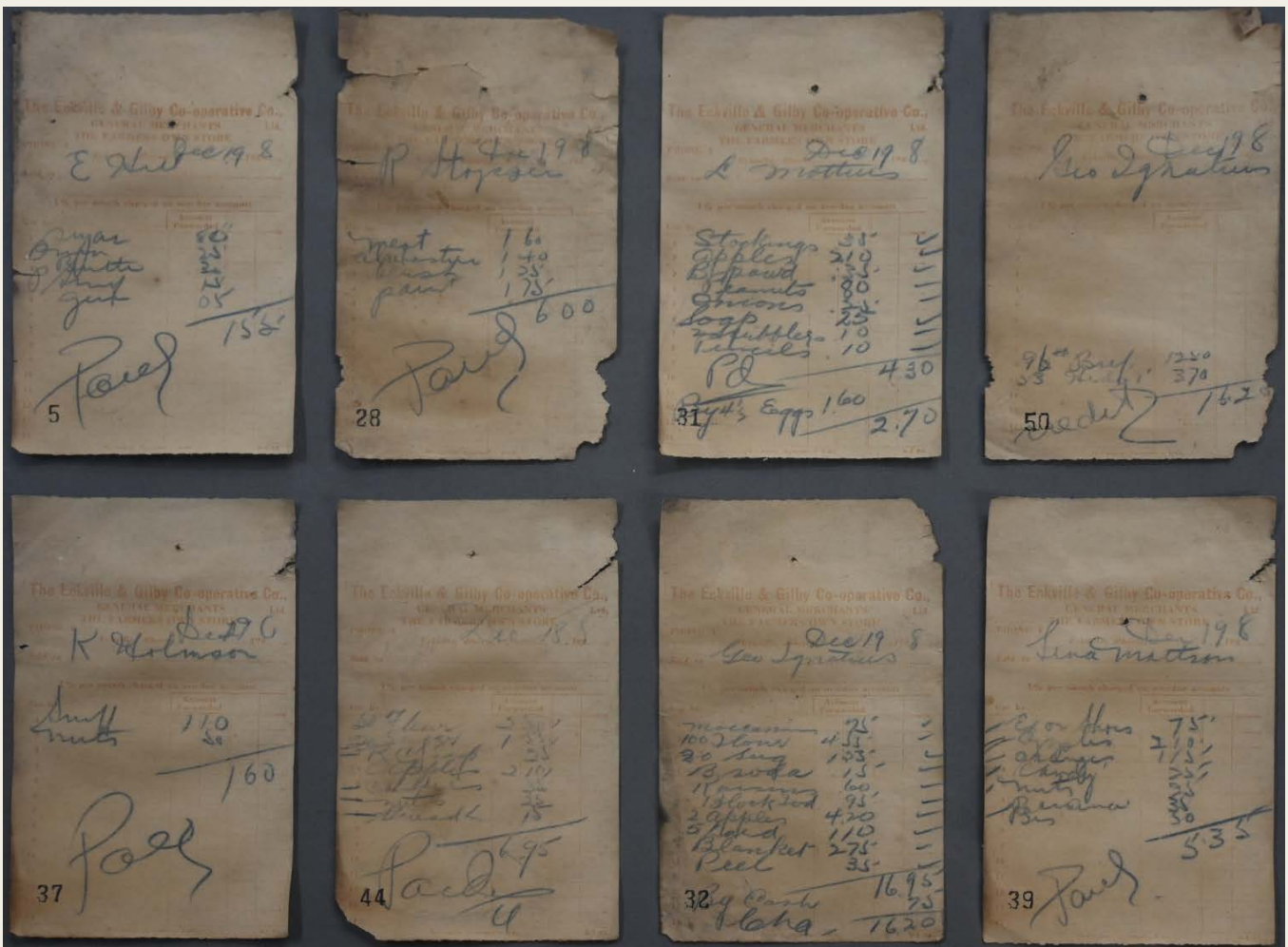
NET VALUE

DETACH BEFORE PRESENTATION

BUYERS OF
CREAM—EGGS—POULTRY
 INDIVIDUAL ATTENTION to EVERY SHIPMENT
 WE APPRECIATE YOUR PATRONAGE

CANORA, SASK.
 BRANCH

SASKATCHEWAN
Co-Operative Creamery
 ASSOCIATION LIMITED



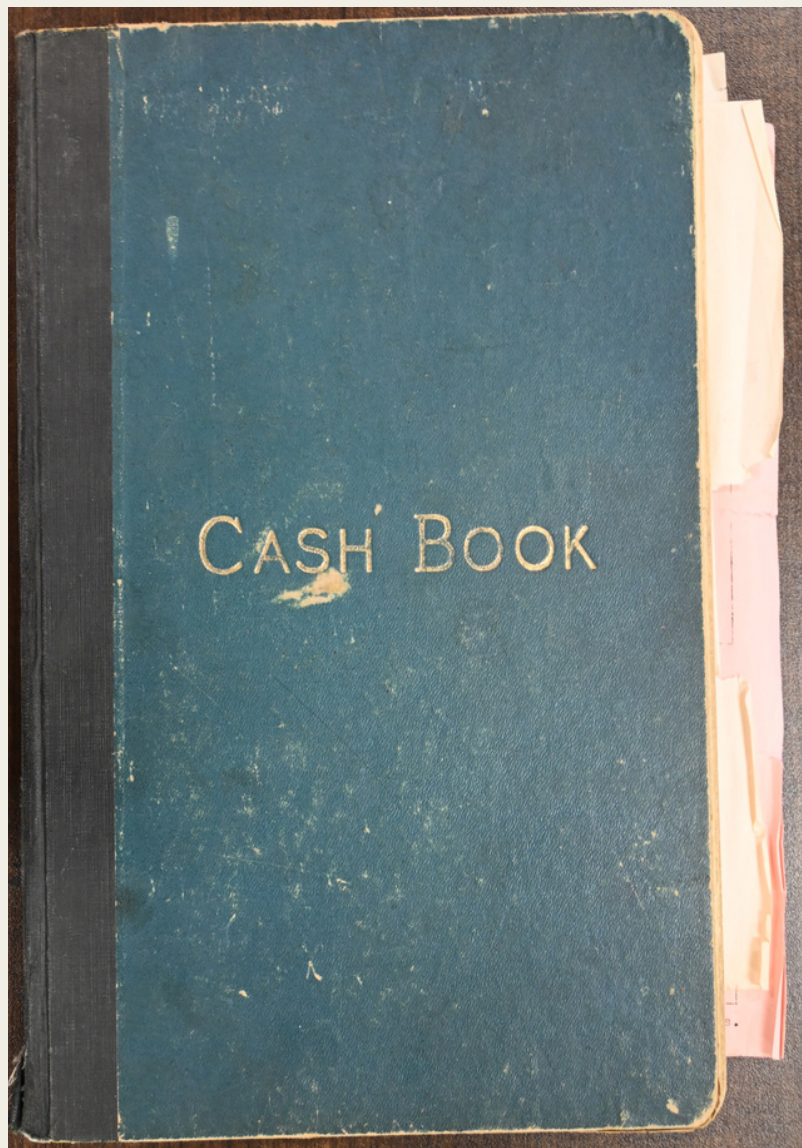
June 13 / 1970
 regular board meeting was called
 by President E. P. Erickson
 directors G. Gustafson, R. Kult Present.
 " " " and 1 assistant in it.

Fri Oct 17 1969
 regular board meeting
 at 1 PM by President
 board member
 manager Stipesen and
 Cennwood.
 Erickson moved
 discussion 70 "

Co-operative Co., Ltd.

Meeting held at Eckville Main Store
September 8, 1926 (LIST
 Directors present - Gera
 Robert Burns, Sid Hop
 Ron Kult and John W
 Morley Couling was a
 The meeting was
 by Gus

Ho To



Receipts and Expenditures for Month of March 1939		
Date	Receipts	Expenditures
31	Membership fees	13.50
"	Shares sold up to April 1st	60.00
16	Paid for Application forms	50
21	Typewriting By-Laws	1.00
"	Registration fee	5.15
27	Typewriting of By-Laws	1.00
"	Typewriting paper & carbon	40
31	Cash Book	1.00
"	Fuel Oil licence applied for	2.50
"	Registration of Parcel	15
"	Record Book	25
"	Stamps & Paper	30
		ad 2
		71.00

The Co-op Ladies Guild

What is a Co-operative Women's Guild?

An organization of women who are interested and active in all phases of the Co-operative Movement — producer, consumer, financial and service. Generally speaking, their activities are centred around the co-operatives in their own community.

Who can be a member?

Membership in a guild is open to any woman who wishes to join.

Why do we have Guilds?

The main objectives are:

To broaden and develop understanding of the co-operative movement as a way of life as well as a business. To emphasize that the teaching and practice of the co-operative way of life begins in the home, and it is the direct responsibility of the mother to train the children in co-operative ideals and principles.

To increase the volume of consumer buying producer selling, co-operative savings in credit, as well as patronage of other co-operative services, to strengthen membership loyalty to all types of co-operatives, and to each other as fellow co-operators.

To assist in any projects for welfare and betterment in the local community.

To work for world peace by

seeking common ground and understanding of the problems and thinking of the women of other countries through the channels of the International Co-operative Womens Guild.

What do guilds do?

Guilds try to reach their objectives by study and action programs similar to the following:

Study Topics—

History of Co-operative Development and Principles of co-operation. Credit Union move-

ment, Consumer protection and Education. All types of Producer, Consumer and Marketing Co-operative techniques. Consumer problems related to the Co-operative Movement (e.g., cost of interest).

Other organizations significant to the Co-operative Movement (such as United Nations, Canadian Association of Consumers, Better Business Bureau, etc.) Correct procedure for conducting meetings.

Supervising information tables during special events.

Conducting sampling in the store.

Sponsoring baking demonstrations.

Assisting with consumer surveys, organized by their retail Co-ops.

Many other activities are found useful in promoting Co-operatives. For more information about the Red Deer Co-op Women's Guild contact any of the members serving at the information table during the official opening.

Only minutes to prepare, this hot open-face sardine sandwich will make a big hit with the "home for lunch" children. Arrange 6 whole sardines on a slice of toast; dribble with melted butter and lemon juice. Pop in the oven for a few minutes. Serve piping hot.



MRS. WILLIAM BELL
President Red Deer Co-op
Ladies' Guild

add another



