

Entry Islands

1999 Cook Book

& Short Stories

# ACKNOWLEDGEMENTS

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It is with hope that similar projects like this may be created in the future in the on going spirit of our community.

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We hope that we have not forgotten anyone and apologize if we did so, it was not intentional. **Please excuse any spelling errors...**

I hope you enjoy this book of treasures for many years to come.

Thank you....

Ellen McLean



# *Welcome to Entry Island*

Entry Island measures 4 km long by 2<sup>1</sup>/<sub>2</sub> km wide and its perimeter is 11<sup>1</sup>/<sub>4</sub> km. The population is 160. There are 1:3 family names: Dickson, Patton, Josey, Morrison, Aitkens, McLean, Clark, Chenell, Quinn, Collins, Welsh, Backs, Brymer.

## ►CHURCH

Entry Island has the only war memorial church on the Magdalen Islands. It was built in 1949 by Johnny Clark with the help of the people of Entry Island. The lumber used to build the church, came from the old church that had been torn down; some new lumber was also used. The pulpit came from the church in Amherst. The stained glass window that faces the west came from St. Luke's church in Grindstone. There were several frontals (altar cloths) that were also given to the All Saints Anglican Church on Entry Island. The 23 ft. memorial cross was erected in 1988. It bears the names of those lost at sea.

## ►SCHOOL

The Entry Island school was built in 1963. The school has four classrooms and three teachers. It has an enrolment of approximately 27 students from pre-kindergarten to grade 8.

## ►LIGHT-HOUSE

The first light-house on Entry Island was built in 1874. The first compressed air fog-horn was installed in 1923. An electric fog-horn was later installed in 1971.

## ►BIG HILL

Entry Island has the highest summit of the Magdalen Islands. It is 177 meters above sea level.

## ►OLDEST STRUCTURE

The oldest house was built in 1879 and it is still occupied.

## ►MEDICAL ASSISTANCE

The C.L.S.C. has a nurse on call 24 hours a day. She is able to get into contact with a doctor at the local hospital at any time, in case of an emergency.

## ►ANIMALS

Entry Island is the only place in Canada where animals run free on a common pasture land. It is also the only island of the Magdalen Islands that has no rats.

## ►TRANSPORTATION

There is a ferry boat that carries passengers and freight from the main islands to Entry Island; it travels daily from Monday to Saturday. During the winter, there is a plane that provides this service.

## ►V.I.P.

Former Prime Minister Pierre Elliot Trudeau visited Entry Island in 1970. Mr. Vincent Massey, a former Governor General, visited the island on September 5th, 1955.

## ►COMMUNITY HALL

The community hall was built in 1960 for entertainment. Bingo games and dances are held there.

## ►COMMERCE / INDUSTRIES

On Entry Island, you will find two grocery stores, two restaurants one of which is licensed, one bed and breakfast.  
The industries are fishing and farming.

## ►ELECTRICITY

Hydro-Quebec is providing electricity to the island since 1960, activated by generators.

# INDEX

- Measurements ..... (1-2)
- Common Cooking Terms ..... (2)
  - SOUPS, STEWS, SAUCE & DRESSING
- Clam Chowder ..... Mavis Patton (3)
- Corn Chowder ..... D.K. McLean (3)
- Seafood Chowder .. Joselyn Dickson (3)
- Barley Soup ..... Bill Welsh (3)
- Homemade Hamburger Soup... Amanda Chenell (3)
- Sweet Sour Sauce ..... Mary Jane Morrison (3-4)
- 1-2-3 Sauce for Hotdogs ..... Joyce Aitkens (4)
- Cranberry Sauce ..... D.K. McLean (4)
- Brown Sugar Sauce ..... Bill Welsh (4)
- Donaire Sauce ..... Linda Welsh (4)
- White Sauce For Cod Fish ..... Margaret Welsh (4)
- Onion Rings ..... Julie Aitkens (4-5)
- Apple Dressing For Duck ..... Candy Dickson (5)
- Meat Sauce ..... Vera Clark (5)
- Chuckwagon Chili ..... Linda Welsh (5)
- Chili ..... Candy Dickson (5)
- Cranberry Jelly ..... Vera Clark (5-6)
  - BREADS, BUNS & DIPS
- Cranberry Loaf ..... Shirley Welsh (6)
- Taco Buns ..... Thelma McLean (6)
- Baking Powder Biscuits ..... Valerie Clarke (6)
- Doughnuts ..... Joselyn Dickson (6)
- Silver Dollar Griddle Cakes ... Lindbergh Patton (6)
- Greaseless Pancakes ..... Clara. B Chenell (7)
- Cheese Toasts ..... Della Welsh (7)
- Mom's Sugar Donuts ..... Pauline Boudreau (7)
- Croutons ..... Cheryl Josey (7)
- Cranberry Orange Bread ..... Ada Welsh (7)
- Pizza Dough ..... Valerie Clarke (7)
- Hot Cross Buns ..... Olive Josey (8)
- Laura's Pancakes ..... Carol Clark (8)
- Banana Bread ..... Annie McLean (8)
- Lick Me Fingers ..... Linda Welsh (8)
- Donuts ..... Glenn Clark (8)
- Pancakes ..... Mary-Jane Morrison (8-9)
- Raisin Bread ..... Olive Josey (9)
- Newfoundland Biscuits ..... Pauline Boudreau (9)
- Rolls ..... Glenn Clark (9)
- Fun Buns ..... Marilyn Patton (9)
- Seafood Pizza ..... Diane Chenell (9)
- Cheese Bread ..... Annie McLean (9-10)
- Homemade Bread ..... Carrol McColin (10)
- Honey Glazed Donuts ..... Pauline Boudreau (10)
- Cranberry Bread ..... Olive Josey (10)
- Dumplings ..... Nettie Welsh (10-11)
- Jelly Roll ..... Glenn Clark (11)
- Carrot Loaf ..... Cheryl Josey (11)
- Play Dough ..... Ellen McLean (11)
- Best Devilled Eggs ..... Ada Welsh (11)
- Clam Dip ..... Vera Clark (11-12)
- Garlic Fingers ..... Julie Aitkens (12)
- Lobster Dip ..... Carol Clark (12)
- Cabbage Rolls ..... Ellen McLean (12)
- Pickled Eggs ..... Mary-Jane Morrison (12)
- Shrimp Dip ..... Carol Clark (12)
- Carrot Salad ..... Roma Douesnard (12)
  - CAKES, PASTERIES, PIES & COOKIES
- Strawberry Shortcake ..... Edna Morrison (12-13)
- Carrot Cake ..... Valerie Clarke (13)
- Coconut Fruit Cake ..... Carol Clark (13)
- Mocha Cheese Cake .....
- Grandma Eva's Old Fashioned Chocolate Cake ..... Sherry Welsh (13-14)
- Husband Cake ..... Thelma McLean (14)
- Buttermilk Cake ..... Julie Aitkens (14)
- Molasses Cake ..... Till Chenell (14)
- Crumb Cake ..... Thelma McLean (14)
- Dark Fruit Cake ..... Olive Josey (14-15)
- Elvis Presley Cake ..... Clara. B Chenell (15)
- Cranberry Cheese Cake ..... Ada Welsh (15)
- Pound Cake ..... Roma Douesnard (15)
- Ginger Cake ..... Ellen McLean (15)
- Seafood Pies ..... Julie Aitkens (16)
- Pumpkin Pie ..... Margaret Welsh (16)
- Custard Pie ..... Valerie Clarke (16)
- Meat Pies ..... Teresa Chenell (16)
- Fresh Strawberry Pie ..... Thelma Ann Chenell (16)
- Coconut Cream Pie ..... Diane Chenell (16-17)
- Mexican Pie ..... Diane Chenell (17)
- Date Loaf ..... Margaret Welsh (17)
- Chocolate Roulade Yule Log ..... Joan Welsh (17)
- Cranberry Loaf ..... Valerie Clarke (18)
- Good Pie Crust ..... Carol Clark (18)
- Perfect Pie Crust ..... Sylvia Dickson (18)
- Mince meat For Pies Or Squares ... Margaret Welsh (18)
- Custard ..... Helen Welsh (18)
- Meringues ..... Joselyn Dickson (18)
- Mince meat Muffins ..... Bess Chenell (19)
- Cheese Cake ..... Connie Dickson (19)
- Cream Cheese Icing ..... Julie Aitkens (19)
- Thumb Prints ..... Nicole Clark (19)
- Jean's Favorites ..... Joyce Dickson (19)
- Apple Sauce Cookies ..... Diola Chenell (19)
- Spice Girl Holiday Cookies (ginger)... Glenn Clark (20)
- Pineapple Drop Cookies ..... Bess Chenell (20)
- Peanut Butter Cookies ..... Justine Chenell (20)
- Soft Molasses Cookies ... Daniel Kenneth McLean (20)
- Gumdrops Cookies ..... Diola Chenell (20-21)
- Rolled Oat Cookies ..... Olive Josey (21)
- Sugar Cookies ..... Pauline Boudreau (21)
- Crispy Crunch Cookies ..... Joselyn Dickson (21)
- Coconut Cookies ..... Darlene Chenell (21)
- Banana Chocolate Cookies ..... Sherry Welsh (21)
- Toll House Cookies ..... Pauline Boudreau (21-22)
- Bachelor Buttons ..... Thelma McLean (22)
- Candy Cane Cookies ..... Joselyn Dickson (22)
- Ginger Sparkles ..... Sylvia Dickson (22)
- Fortune Cookies ..... Diola Chenell (22)
- Pineapple Cookies ..... Valerie Clarke (22-23)
- Ginger Snaps ..... Margaret Welsh (23)
- Scratch Me Backs ..... Julie Aitkens (23)
- Christmas Fruit Balls ..... Edna Welsh (23)
- Christmas Spice Cookies ..... Joan Welsh (23)
- Jam Squares ..... Phyllis McLean (24)
- Mars Bars ..... Teresa Brymer (24)
- Nut Slices ..... Phyllis McLean (24)
- Brenton Brittle ..... Roma Douesnard (24)
- Delicious Fudge ..... Pauline Boudreau (24)



# INDEX

- ✓ Cream Cheese Balls .....Connie Dickson (24-25)
- ✓ Haystacks ..... Connie Dickson (25)
- ✓ Texas Brownies .....Melanie Dickson (25)
- ✓ Butter Fudge Squares .....Diola Chenell (25)
- ✓ California Squares .....Connie Dickson (25-26)
- ✓ Chocolates (single) .....Thelma McLean (26)
- ✓ Chocolates (double) .....Thelma McLean (26)
- ✓ Grammy Till's Fudge .....Della Welsh (26)
- ✓ Maple Cream Fudge .....Edna Welsh (26)
- ✓ Nanamio Bars .....Joselyn Dickson (26-27)
- ✓ Marshmallow Squares.....Thelma Ann Chenell (27)
- ✓ Condensed Squares .....Connie Dickson (27)
- ✓ Fudge .....Eva Morrison (27)
- ✓ Yum Yums .....Joselyn Dickson (27)
- ✓ Fudge Squares .....Thelma Ann Chenell (27-28)
- ✓ Brownies With Pineapple ..... Ellie Quinn (28)
- ✓ Mavis's Chocolate Fudge .....Mavis Patton (28)
- ✓ Coconut Crisps ..... Shirley Welsh (28)
- ✓ Peanut Clusters ..... Nicole Clark (28)
- ✓ Cinnamon Rolls ..... Ellie Quinn (28)
- ✓ Date Squares ..... Olive Josey (29)
- ✓ Peanut Butter Cups ..... Edna Welsh (29)
- ✓ Chocolate Balls ..... Joan Welsh (29)
- ✓ Deluxe Peach Squares ..... Edna Welsh (29)
- ✓ Cherry Balls ..... Vera Clark (29-30)
- ✓ Taffy Apples ..... Ellen McLean (30)
- ✓ Molasses Candy ..... Olive Josey (30)
- ✓ Meatball Risotto ..... Melanie Chenell (30)
- ✓ Meat Loaf ..... Annie McLean (30)
- ✓ Baked Pork Chops With Mushrooms .....Valerie Clarke (31)
- CASSEROLES, POULTERY & MEATS
- ✓ Bar-B- Barn Ribs .....Dave Douesnard (31)
- ✓ West Head Casserole ..... Julie Aitkens (31)
- ✓ Macaroni All Dressed ..... Amanda Chenell (31)
- ✓ Rice & Hamburger Casserole .....Valerie Clarke (31)
- ✓ Meat Loaf ..... Della Welsh (32)
- ✓ Baked Beans ..... Thelma Ann Chenell (32)
- ✓ Porcupine Meatballs ..... Linda Welsh (32)
- ✓ San Francisco Chops ..... Joyce Dickson (32)
- ✓ Lasagna ..... Cheryl Josey (32-33)
- ✓ Donaire Meat ..... Linda Welsh (33)
- ✓ Pork Chop Casserole ..... Bess Chenell
- ✓ Rice Casserole ..... Crystal Chenell (33)
- ✓ Shepherds Rice And Beef ..... Candy Dickson (33)
- ✓ Chicken Oriental ..... Shelia Josey (34)
- ✓ Skillet Supper ..... Melanie Chenell (34)
- ✓ Pineapple Chicken ..... Cheryl Josey (34)
- ✓ Chicken Fried Rice ..... Nettie Welsh (34)
- ✓ Baked Ducks ..... Darlene Chenell (34)
- ✓ Stuffing ..... Joyce Dickson (34-35)
- SEAFOOD
- ✓ Tuna Casserole ..... Valerie Clarke (35)
- ✓ Herring Rolls ..... Vera Clark (35)
- ✓ Deep Fried Scallop ..... Ann Dickson (35)
- ✓ Baked Scallops ..... Ann Dickson (35)
- ✓ Fish Cakes ..... Teresa Brymer (36)
- ✓ Baked Stuffed Cod ..... Margaret Welsh (36)
- ✓ Tuna Burgers ..... Ellen McLean (36)
- ✓ Mackerel Pie ..... Bill Welsh (36)
- ✓ Crab Balls ..... Vera Clark (36)
- ✓ Fish Batter ..... Valerie Clarke (36-37)
- ✓ Clam Dip ..... Vera Clark (37)
- ✓ Salmon Loaf ..... Margaret Welsh (37)
- ✓ Tuna Stuffed Eggs ..... Vera Clark (37)
- PICKLES, RELISH, JELLY & CHOWS
- ✓ Bread Butter Pickles ..... Annie McLean (37)
- ✓ Thousand Island Chow ..... Joyce Aitkens (37-38)
- ✓ Chili Fruit Relish ..... Joyce Aitkens (38)
- ✓ Indian Relish ..... Joyce Aitkens (38)
- ✓ Cucumber Relish ..... Shirley Welsh (38)
- ✓ Mustard Beans ..... Olive Josey (38)
- ✓ Cranberry Jelly ..... Vera Clark (38-39)
- ✓ Apricot Jelly ..... Annie McLean (39)
- BEVERAGES
- ✓ Champagne ..... Howard Charles Dickson (39)
- ✓ Slush ..... Marilyn Patton (39)
- ✓ Egg Nog ..... Olive Josey (39)
- ✓ Ginger Punch ..... Candy Dickson (39)
- ✓ Singapore Sling Slush ..... Prince Patton (39-40)
- ✓ Killer Kool - Aid ..... Darrell Dickson (40)

## MEASUREMENTS

### CUPS

1/4 Cup(4 tbsp.)	-50ml
1/3 Cup(5 1/3 tbsp.)	- 75ml
1/2 Cup(8 tbsp.)	-125ml
2/3 Cup(10 2/3 tbsp.)	-150ml
3/4 Cup(12 tbsp.)	-175ml
1 Cup(16 tbsp.)	-250ml
4 1/2 Cups	-1000ml

### SPOONS

conventional measure	metric standard
1/8 tsp.	0.5ml
1/4 tsp.	1ml
1/2 tsp.	- 2ml
1 tsp.	- 5ml
2 tsp.	-10ml
1 tbsp.	-15ml

### CASSEROLES

standard size casserole	exact metric measure
1qt.(5 Cups)	1.13L
1 1/2qts(7 1/2 Cups)	-1.69L
2qts.(10 Cups)	-2.25L
2 1/2qts.(12 1/2 Cups)	-2.81L
3qts.(15 Cups)	-3.38L
4qts.(20 Cups)	- 4.5L
5qts.(25 Cups)	5.63L

### PANS

conventional inches	metric centimeters
8X8 inch	-20X20 cm
9X9 inch	-22X22 cm
9X13 inch	-22x33 cm
10X15 inch	-25X38 cm
11X17 inch	-28X43 cm
8X2 inch round	-20X5 cm
9X2 inch round	- 22X5 cm
10X4 1/2 inch tube	-25X11 cm
8X4X3 inch loaf	-20X10X7 cm
9X5X3 inch loaf	-22X12X7 cm

### TABLE OF ABBREVIATIONS

t or tsp.	.....teaspoon
T or Tbsp.	.....tablespoon
c.	.....Cup
pt.	.....pint
qt.	.....quart
lb.	.....pound
oz.	.....ounce
pkg.	.....package

### POULTRY ROASTING TIMETABLE

poultry	weight	roasting time	oven temp
chicken	4-8lbs.	30-35 min. per lb.	325
Turkey	8-10lbs.	25 min. per lb.	325
Turkey	12-16 lbs.	20 min. per lb.	300

Turkey	16-25lbs.	18-20 min. per lb.	300
Duck	4-8lbs.	20-25 min. per lb.	325
Goose	10-12lbs.	25-30 min. per lb.	325

\* If poultry is not stuffed, reduce time per lb. by 5 minutes.

### EQUIVALENT MEASURES

dash or pinch.....	less than 1/8 tsp.-4 Cups...1 quart
3 tsp. ....	1 tbsp. -4 qts. ....1 gallon
4 tbsp. ....	1/4 Cup-8oz.....1 Cup
5 tbsp. +1 tsp. ....	1/3 Cup-16oz.....1lb. or 1 pt.
16 tbsp. ....	1 Cup -1 peck.....12-15lbs.
2 Cups.....	1 pint-4 pecks.....1 bushel

### COMMON COOKING TERMS

**BASTE-** To ladle drippings or other liquid over food as it roasts.

**BRAISE-** To brown in fat, then to cook covered in small amount of liquid.

**DUST-** To sprinkle lightly, usually with flour or sugar.

**FOLD IN-** To mix a light fluffy ingredients, such as beaten egg white, into a thicker mixture using a gentle over and over motion.

**GARNISH-** To decorate with colorful and/or fancily cut small pieces of food.

**KNEAD-** To manipulate dough with the hands until it is light and springy.

**MARINATE-** To let food stand in a well-seasoned dressing for a few hours before using.

**POACH-** To cook in water just below it's boiling temperature.

**SEAR-** To cook meat at a very high temperature for a short time in order to quickly form a brown crust on the outer surface.

**SAUTE-** To pan fry vegetables such as onions, mushrooms or peppers in butter.

**SHRED-** To cut or tear in thin slivers.

**SIMMER-** To cook in liquid just below the boiling point.

**STEAM-** To cook, covered, over a small amount of boiling water so that the steam



circulates freely around the food, making it tender.

STEEP- To let food soak in liquid until liquid absorbs it's flavor, as in steeping tea in hot water.

STEW- To cook, covered, in boiling water.

When baking bread or rolls, place a small dish of water in the oven to keep the crust from getting hard.

When you are creaming butter and sugar together, its a good idea to rinse the bowl with boiling water first. They'll cream faster.

A pie crust will be made easier if the ingredients are cool.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

Cakes should not be frosted until cool.

Kneading the dough for half a minute after mixing, improves the texture of biscuits.

Never cut meat while cooking or valuable juices will be lost.

The best method for determining weather or not a roast is done is by the use of a meat thermometer.

Did you know it is even easier to make minute rice in the microwave. put the water butter and margarine and rice in a covered casserole and cook on high power a few minutes, then let stand.

Most dips taste best if made the day before and chilled. For best results serve at room temperature.

Most punches can be made the day before, but add carbonated or sparkling liquids just prior to serving. Any beverage containing eggs should be made close to serving time. Liqueur recipes can be made two weeks or two months in advance.

SOFT WATER .....is best for most cooking processes, although very soft water will make yeast dough's soggy and sticky.

HARD WATER.....and some artificially softened waters affect flavor. They may toughen legumes , fruits and shrivel pickles.

DID YOU KNOW....if you run out of miracle whip or salad dressing use bottle sandwich spread.

Keep, onions in cold storage or in the fridge. A cold onion produces few, if any tears, another method of this is to peel your onion under cold running water.

The secret of making meatloaf that will slice nicely is threefold: First mix it well with your hands, pack it very well in the pan and let the cooked meatloaf stand for 10 to 15 minutes before cutting.

To drizzle chocolate, put melted chocolate in small freezer bag (do not use a sandwich bag). Do not close top. Push chocolate to one corner. Twist bag closed and snip off the very tip of the corner. Squeeze and drizzle over squares, cookies or cakes.

Use vegetable shortening or non-stick cooking spray rather than butter or margarine to grease baking sheets. This will help prevent burning.

**CLAM CHOWDER**

- 1 Can evaporated milk
- 3 Cups water
- 1 onion ,chopped
- 1 Cup baby clams
- 2-3 diced potatoes

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Boil on stove and thicken with crackers.

By: Mavis Patton

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**CORN CHOWDER**

- 3 potatoes
- 1 onion, chopped
- 1 Cup water
- 1 Cup corn
- 4 Cups milk
- Salt & pepper

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Dice potatoes, cut up onion and add water. Simmer until tender then add corn & milk and simmer.

By: D.K. McLean

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**SEAFOOD CHOWDER**

In a medium size pot:

- 10-12 Cups water
- 1 medium onion, chopped
- 2 carrots, diced
- 5-6 potatoes, diced
- 2 cans clams
- Scallop & lobster etc.
- Salt & pepper

-----  
Simmer all ingredients above. Then add milk, crackers and butter to your desire.

By: Joselyn Dickson

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**BARLEY SOUP**

- 1 shank beef
- 14 Cups cold water

- Salt & pepper
- 1 tbsp. salted herbs
- 2 onions, chopped
- 1/2 Cup dry legumes (peas + beans)
- 1/2 Cup barley
- 4 Cups raw vegetables, diced
- Carrots, turnips, grated cabbage, fresh or hulled corn, string beans or peas.
- 6 whole potatoes, peeled
- 2 Cups carrots & turnips, cut in large pieces.

-----  
Rinse the meat and put in a pot with cold water. Bring the water to a boil, skinning off any fat to keep broth clear. Add the salt, pepper, salted herbs and onions. Simmer on low heat for 1 hour.

Soak the barley for 30 minutes in cold water. Add dry beans, peas and the barley to broth. Simmer for 1 1/2 hours. Add the raw vegetables, including the potatoes, corn, carrots and turnips. Simmer for an additional hour. Remove meat and whole vegetables. Serve the soup as a first course, followed by the meat, potatoes and vegetables.

By: Bill Welsh

\*\*\*\*\*

**HOMADE HAMBURGER SOUP**

PLACE IN BIG POT:

- 6 Cups water
- 6 beef bouillon cubes, dissolved

BOIL THEN ADD:

- 2 Cups cubed potatoes
- 2 Cups carrots, chopped
- 1 Cup celery
- 1 Cup onion , chopped
- 1 Can smashed tomatoes
- 1 Can tomato soup
- 1 pkg. tomato vegetable mix

-----  
Add extra ingredients if desired. Ex. corn, barley, etc. Let simmer on stove for at least an hour. Then add 2lbs. of boiled hamburger and add another 6 Cups water, add more if soup is too thick.

By: Amanda Chenell

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**SWEET SOUR SAUCE**

- 1 Cup water



### OLIVE JOSEY

Students, parents, family, and School Board officials gathered on Monday, May 17 to thank Mrs. Olive Josey for her years spent teaching at Entry Island School.

Mrs. Josey who began teaching in 1943 and will retire at the end of this year, was presented with an engraved silver tray by Fern Howatson, chairperson of the Gaspesia-The Islands School Board. In her address, Shirley Duncan, Director General, recalled how Mrs. Josey often bought materials for students "out of her own pocket" as an indication of her dedication to learning and to the Children of Entry Island. True to her nickname "Oak", said Mrs. Duncan, Mrs. Josey has stood like the strongest tree in the forest nurturing and protecting those around her.

The Entry Island School Committee presented Mrs. Josey with an engraved gold watch. The watch was presented by Mrs. Josey's youngest student, Jonathan Patton, and by the oldest former student in attendance, Rose Chenell who pointed out that Olive has taught 3 generations of Entry Islanders: today's students, their parents, and their grandparents.

Thanking everyone, Mrs. Josey remarked that she enjoyed teaching so much that she went back to school twice to upgrade her qualifications, finally obtaining her Bachelor of Education degree from the University of Prince Edward Island in 1985. When asked about her first teaching job, she said she realized she wanted to be a teacher while helping other students when she was a student herself.

"I think I was probably born to be a teacher", she said.

Mrs. Josey began teaching at the age of 17. She received a teacher's certificate from the University of Prince Edward Island in 1972 and a Bachelor of Arts from McGill University, in Montreal 1985. All though she began teaching 50 years ago, Mrs. Josey took time off to raise her family of six children. Her total accumulated teaching time was 28 years.

1/4 Cup vinegar  
2 tbsp. cornstarch  
1/2 Cup brown sugar  
1/2 Cup ketchup

In a double boiler, combine above ingredients and bring to a boil; all but the cornstarch. Thicken with cornstarch which is mixed with a little cold water. Perfect for spareribs, chicken and meatballs.

By: Mary-Jane Morrison

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### 1-2-3 SAUCE FOR HOTDOGS

1/4 Cup regular mustard  
2 tbsp. pickle relish  
1 tsp. chili powder  
6 wieners

Mix mustard, relish and chili powder. Cut wieners in half lengthwise and place cut side down on the grill. Grill until warmed through and meat is fully cooked about 10-15 minutes, turning often. Spoon sauce over the cut side of wieners and leave on the grill for several minutes before serving.

By: Joyce Aitkens

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### CRANBERRY SAUCE

2 Cups granulated sugar  
1 Cup boiling water  
4 Cups fresh or frozen cranberries

Stir in sugar and boil water together in a slow cooker. Add cranberries and cover. Cook on high for about 1 1/2 hours until most of the berries have popped. Cool. Makes 3 1/2 Cups.

By: D.K. McLean

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### BROWN SUGAR SAUCE

1 Cup brown sugar  
4 tsp. flour  
Salt  
1 1/4 Cup cold water  
1 tsp. vanilla  
1 tbsp. butter

Sift the sugar, flour and salt together into a medium sized pan. Add the water and bring the mixture to a boil, stirring constantly until the sauce thickens and becomes syrupy. Remove the sauce from the heat and allow it to cool. Add the vanilla and butter.

By: Bill Welsh

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### DONAIR SAUCE

#### INGREDIENTS:

2/3 Cup canned milk  
2/3 Cup white sugar  
1/4 Cup vinegar  
Garlic optional  
Stir well and store in fridge.

First brush pieta bread with water. Then in frying pan pour 1/2 tsp. oil and place pieta bread in, remove when hot, then spread sauce over bread then meat. You also put cubed pieces of tomatoes, onion and shredded lettuce.

By: Linda Welsh

\*\*\*\*\*

### WHITE SAUCE FOR SALT COD FISH

1-2 boiled eggs, shelled  
2 tbsp. butter  
2 tbsp. flour  
1 Cup milk  
Pepper & salt

Melt butter in saucepan, mix flour and cook stirring constantly until smooth and bubbly. Add milk, stirring constantly until thick. Place boiled eggs, shelled and cut in pieces over the fish.

By: Margaret Welsh

\*\*\*\*\*

### ONION RINGS

1 Cup flour  
1 egg, beaten  
2/3 Cup milk  
1/2 tsp. salt  
2 tsp. baking powder  
Raw onions, sliced



## ISLAND STORIES

Jesse MacNeil, young women from Quebec, who in the year of 1940, came to and was the nurse on Entry Island. She was a small and fragile person. She became tired very easily and had a chronic cough.

She boarded at the home of Richard McLean and it was there that she died in the spring of 1941.

The people of Entry Island built her a casket out of wood and painted it black. They lined it as best they could with white cotton. Kenneth McLean took her body back to Quebec, where she had come from. Jessie's mother was very grateful to the people of Entry Island who had been so thoughtful. She was also grateful too Kenneth for returning her daughter's body home, instead of having buried her on Entry Island. Jessie's mother bought another casket for her daughter's body. Nurse MacNeil had said that, when the time came, she wanted to die on duty, doing her work for others.

Mix all ingredients together well. Dip sliced raw onion rings into batter. Deep fry in hot oil until golden brown.

By: Julie Aitkens

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#### APPLE DRESSING FOR DUCK

1/2 Cup celery  
1/2 Cup onion  
2 medium apples, chopped  
1/4 Cup brown sugar  
1/4 Cup walnuts, optionally  
2-4 slices bread, chopped  
Salt & pepper + poultry seasoning; mix together  
1 beef or chicken bouillon cube  
1 Cup warm water  
(Dissolve cube in water)

then add 1/2 Cup water mixture to top half. Then the rest of mixture over duck.

By: Candy Dickson

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#### MEAT SAUCE

5lbs. hamburger  
2 onions, chopped  
1 red pepper  
1 green pepper  
3 sticks celery, chopped  
1 stick salami, chopped  
1 stick pepperoni, chopped  
2 large cans tomatoes + juice  
2 cans mushrooms + juice  
3 large cans meat sauce  
1 can tomato paste  
1 tbsp. garlic cloves or powder  
1 tsp. oregano  
Salt & pepper to taste  
1 tsp. Italian seasoning  
2 bay leaves  
1 tsp. sugar

Brown hamburger. Add onions, peppers, celery, pepperoni, and salami. Fry until onions get soft. Add spices and simmer for a few minutes, then add all of the canned goods. Turn on medium heat and simmer for 3 hours. Makes a big batch. Can be bottled or frozen.

By: Vera Clark

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#### CHUCKWAGON CHILI

1 1/2lb. ground beef  
1 medium onion, chopped  
14oz. can kidney beans + juice  
6 wieners, cut in 1/4 inch slices  
2 medium carrots, sliced  
10oz. can condensed tomato soup  
1 tsp. salt  
1/4 tsp. pepper  
1 tsp. chili powder

Brown beef in frying pan. Remove to large sauce pan. Add rest of ingredients. Stir and bring to a boil. Let simmer, covered for an hour or so. Add water if it appears to dry and thick. Taste and add more chili if you desire. Serves 8.

By: Linda Welsh

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#### CHILI

2 tbsp. vegetable oil  
1 onion, chopped  
2 pieces of garlic, chopped  
2 tsp. ground turmeric  
2 tsp. dried oregano  
2 tsp. chili powder  
1 tsp. paprika  
1lb. ground beef  
1 can tomatoes  
1/2 Cup beef stock  
1/2 green pepper, diced  
1 can kidney beans  
Salt

In a pot heat oil over medium heat, cook onion, garlic, turmeric, oregano, chili powder and paprika for 5 minutes or until onion is softened. Add meat and cook, stirring until it's no longer pink. Add tomatoes and their juices, stock, green pepper and chili pepper. Simmer in an uncovered pot for 1 1/2 hours. Add Beans, cook until heated through season with salt and chili powder to taste.

By: Candy Dickson

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#### CRANBERRY JELLY

20 Cups cranberries  
2 kg. bag of sugar  
5 Cups water



### ISLAND STORIES

At one time, Entry Island had a lobster factory. It was located at the point, and was built in the early 1930's by Mr. Frank Leslie. Approximately thirty to forty people worked there, when in operation. In those days, the workers were paid the whopping sum of \$1.00 per day. It used to be that seven or eight men would boil the lobster outside of the factory, and inside the women would wash the cooked meat of the shellfish. Lobster was also canned at the factory. The Francophone people from the Islands of Amherst and grindstone as well, worked at one time. They camped on Entry while they were there working during the summer months. At that time, it was Mr. Joe Nadeau who managed the factory. Henry Welsh would haul the lobster shells away by horse and cart. He would then spread the shells over the fields. It was a very good means of fertilizing the ground. Frank Leslie also operated a store during those years on Entry Island. It was located just beside the factory.

It was Richard McLean who took care of the store for Mr. Leslie. As well, Clara (McLean) Patton also worked at this store as a clerk.

Hard boil for 5 minutes. During the process mash with a potato masher. Then remove from heat and continue to mash. Then squash through a sieve or a colander, throw away. Put jelly in bottles and seal tight.

By: Vera Clark

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### CRANBERRY LOAF

MIX:

1 8oz. pkg. cream cheese  
1 Cup margarine  
1 1/2 Cups white sugar  
4 eggs  
1 1/2 tsp. vanilla  
2 1/4 Cups flour  
1 1/2 tsp. baking powder  
Salt  
2 Cups cranberries

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Mix and bake at 350 for 60-65 minutes in greased loaf pan.

By: Shirley Welsh

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### TACO BUNS

1lb. fried hamburger  
4 tbsp. ketchup  
4 tbsp. H.P. Sauce  
16oz. chopped tomatoes

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Mix together. Toast buns and put mixture between buns. Cheese can be added if desired.

By: Thelma McLean

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### BAKING POWDER BISCUITS

2 Cups flour  
1/2 tsp. salt  
3 tsp. baking powder  
1/4 Cup shortening  
2/3 Cup water or milk

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Sift flour with dry ingredients. Mix in shortening then add milk or water. Knead just

enough to form a smooth ball. Bake at 450 for 12 minutes.

By: Valerie Clarke

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### DOUGHNUTS

1/4 Cup lard  
1 Cup sugar  
2 eggs  
1 Cup milk  
4 tsp. baking powder  
1 tsp. salt  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
5-6 Cups flour

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Roll out, cut and cook.

By: Joselyn Dickson

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### SILVER DOLLAR GRIDDLE CAKES

2 Cups un-sifted all purpose flour  
2 tbsp. sugar  
4 tsp. baking powder  
1 tsp. salt  
2 eggs  
1 1/2 Cups milk  
1/4 Cup vegetable oil or melted butter

---

In a large bowl, whisk together flour, sugar, baking powder and salt; set aside.

In a medium size bowl, beat eggs lightly. Whisk in milk and oil.

Gradually pour milk mixture into dry ingredients, whisking continually, just until dry ingredients are moistened and only a few small lumps remaining.

Lightly grease a griddle or large skillet with oil and heat over moderately high heat until a drop of cold water will dance across the griddle 1-2 minutes.

For each silver dollar griddle cake, pour 1 level tbsp. full of batter onto the hot griddle or, if larger griddle cakes are desired, use 1/4 Cup batter.

Cook until bubbles form on the surface and the underside is golden brown, 2-3 minutes. Turn and brown flip side. Makes 36 three inch griddle cakes or 12 four inch griddle cakes.

By: Lindburgh Patton

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## ISLAND STORIES

On Sunday, August 7, Father Nutter, the Anglican Rector of the Magdalen Island Mission accompanied a Memorial Cross to Entry Island.

Benny Dickson, the captain of "The Entry Outlaw", carried the cross, and was followed by the Coast Guard and 12 fishing boats from Entry Island.

The 23 ft. high cross was constructed by Leo Leblanc of Big Cape. At eye level on the cross is a glass protector, in which a plaque was placed bearing all the names of those lost at sea on Entry Island.

The cross was erected at the highest point in All Saint's Church yard, facing the sea, enabling the cross to be seen for many miles. Father Nutter, and his assistant Charles Taker, held an open air Holy Eucharist Service. Approximately 125 people attended the afternoon event.

A stained-glass window was also installed in the front of the church.

The Memorial Fund used to pay for these memorials was raised because of the loss, at sea on Nov. 21, 1987. Four young people from Entry Island, and a woman from Joliette, Quebec. Many donations were received from both on and off the Island.

### GREASELESS PANCAKES

- 1 egg
  - 2 tbsp. sugar
  - 2 Cups flour
  - 3 tsp. baking powder
  - 1 1/2 Cups milk
  - 2 tbsp. margarine or butter
  - Dash of salt
- 

Cream 1 egg, sugar, margarine, then add flour, baking powder, salt and milk. (do not grease frying pan) Even heat is the main factor. I find the burner turned to 6 is good. Makes a very light pancake.

By: Clara B. Chenell

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### CHEESE TOASTS

- 3/4 Cup miracle whip
  - 2 Cups cheddar cheese (mozzarella)
  - 4 green onions, chopped
  - 1/4 Cup cooked crumbled bacon (if desired)
  - 1/4 tsp. pepper
- 

Combine salad dressing mixture well. Spread over 1/2 inch thick bread slices or rolls. Place on baking sheet and bake 10 minutes at 400.

By: Della Welsh

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### MOM'S SUGAR DONUTS

- 2 tbsp. butter or margarine
  - 1 Cup sugar
  - 3 eggs
  - 1 Cup milk
  - 1/2 tsp. vanilla
  - 1/2 tsp. salt
  - 1 tsp. soda + 2 tsp. cream of tartar (or) 5 tsp. baking powder
- 

Mix together and add flour until it becomes firm. Cook in deep fryer. Dip in sugar while donuts are hot.

By: Pauline Boudreau, received from Françoise Boudreau

### CROUTONS

- Stale bread
- Melted butter or margarine

Remove crusts from stale bread slices. Brush bread with melted butter or margarine. Cut in small cubes. Arrange on un-greased baking sheet. Bake at 350 for about 15 minutes until browned. Cool. Store in covered container or plastic bag. Serve in salad.

Garlic croutons: After brushing with melted butter, sprinkle with garlic salt. Proceed as above.

By: Cheryl Josey

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### CRANBERRY ORANGE BREAD

- 2 Cups all purpose flour
  - 1 Cup Quaker oats (quick or old fashioned, uncooked)
  - 2 tsp. baking powder
  - 3/4 Cup sugar
  - 1/2 tsp. baking soda
  - 1/2 tsp. salt
  - 3/4 Cup orange juice
  - 2 eggs
  - 1/3 Cup vegetable oil
  - 1 tbsp. grated orange peel
  - 3/4 Cup chopped cranberries
  - 3/4 Cup chopped cherries, if desired
  - 1/2 Cup chopped nuts
- 

Heat oven to 350. Grease and flour bottom only of a 9X5 inch loaf pan. Combine first 6 ingredients, mixing well; set aside. Beat orange juice, eggs, oil and orange peel until mixed thoroughly. Add to dry ingredients mixing just until moistened. Stir in cranberries and nuts. Pour into prepared pan. Bake 60-70 minutes or until wooden pick inserted in center comes out clean. Cool completely. 12 servings.

By: Aida Welsh

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### PIZZA DOUGH

- 1 1/4 Cups warm water
- 1 pkg. yeast
- 2 Cups flour
- Pinch of salt

Mix and let rise for 45 minutes.

By: Valerie Clarke



## FROM SAM TO SAMANTHA

This is a story about Sam, Diola's pet budgie. Sam is approximately four years old, he has pretty blue feathers, and was very quiet, he would never bother anyone, he would just sit in his cage and sing and rip up the paper that was in the bottom of his cage. Well one day Diola went over to Sam's cage like she would do everyday but today was different. To Diola's amazement laying in the bottom of the cage was--an egg. For the year that Diola had Sam, she never realized that Sam was really Samantha.

I was told that Samantha had broken the first egg, along with three others that followed, now there is one left just laying in the bottom of her cage, will she break this one too? Well the answer to that is she probably will, you see Samantha never had a mate, so the eggs are not fertilized, well Sam - maybe next time. Just keep on looking I'm sure you will find that one sweet feathered fellow, that's just right for you.

### HOT CROSS BUNS

4 Cups sifted flour  
1/4 Cup mixed candied fruit  
1/4 Cup chopped nut meats  
1/4 Cup seedless raisins  
1/2 tsp. mace  
1 tsp. cinnamon  
1 pkg. dry yeast  
1/2 Cup lukewarm water  
3/4 Cup milk  
1/4 Cup shortening  
1 1/2 tsp. salt  
1/4 Cup sugar  
1 egg, beaten  
1/2 tsp. vanilla  
1/4 tsp. lemon extract

---

Mix flour, candied fruit, nuts and spice. Wash raisins in hot water, dry and add to flour. Add 1 tsp. sugar to the lukewarm water, dissolve and sprinkle yeast on top. Let stand for 10 minutes. Scald milk and add shortening, salt and 1/4 Cup sugar. Add 1 Cup flour mixture and cool to lukewarm. Then add yeast and beaten egg. Mix thoroughly, add flavoring and remaining flour. Knead well and place in greased bowl to rise until double in bulk. Knead, form into buns and place on greased baking sheet. Cut a cross in top of each with a sharp knife and grease lightly. Let rise till double in bulk and bake at 400 for 15 minutes, dust with confectioners' sugar. Paint crosses with plain white confectioners' sugar icing.

By: Olive Josey

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### LAURA'S PANCAKES

1 Cup milk  
2 tsp. sugar  
2 tbsp. butter  
2 eggs  
1 Cup flour  
2 tsp. baking powder  
Pinch of salt

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Heat butter, sugar, and milk in a saucepan, until butter melts. Beat eggs with beater. Add milk mixture to the eggs and beat again. Sift flour, baking powder and salt. Add to liquid and mix with a fork. Mixture will be lumpy.

By: Carol Clark

### BANANA BREAD

1/4 Cup butter or margarine  
1 Cup white sugar  
1 egg  
3 banana's, mashed  
1 1/2 Cups flour  
1 tsp. soda  
1/4 tsp. salt

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Cream butter and sugar then add egg and beat. Add flour, salt and soda, with mashed bananas. Beat until smooth. Bake at 350 for 1 hour.

By: Annie McLean

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### LICK ME FINGERS

Use ordinary white bread dough. When making bread, reserve a piece of dough to roll into an 8X12 inch rectangle. Spread with melted butter, brown sugar and cinnamon. Roll as you would for a jelly roll. Cut in 1 inch pieces. Put in 8X12 inch pan which has been greased and bottom barely covered with molasses. Let rise until doubled in size. Bake for 20 minutes at 350. serve warm and lick your fingers.

By: Linda Welsh

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### DONUTS

3 eggs  
1 Cup butter  
1 1/2 Cup sugar  
3/4 tsp. salt  
2 tsp. vanilla  
2 Cups milk  
5 tsp. baking soda  
2 tsp. nutmeg  
5-6 Cups flour or more

---

Mix until batter is good to roll. Deep fry in hot oil.

By: Glen Clark

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### PANCAKES

COMBINE:  
1 1/4 cup all purpose flour  
3 tsp. baking powder



## THE LAUNCHING OF THE JENNY ANN

On April 16, 19 , Harold Dickson, the captain of the " Jenny Ann " launched his new boat in an unique way. Using a double block and cable she slowly made her way to open waters.

An anchor was driven through the ice extended out from the boat. Another cable was connected to an old army truck on land. The truck pulled the "Jenny Ann" slowly across the ice, breaking through as she went. The anchor had to be moved out several times.

Many long hours were spent launching her in this fashion and was possibly the first time it was done this way.

1 tbsp. white sugar  
1/2 tsp. salt

ADD:  
1 egg  
1 Cup milk  
2 tbsp. oil

Mix together to form batter. Heat oil in frying pan. Add spoonfuls of batter and brown in pan. Serve with maple syrup.

By: Mary-Jane Morrison

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### RAISIN BREAD

1/2 Cup white sugar  
2 tbsp. shortening  
1 Cup raisins

Pour 2 Cups of boiling water, let cool. Dissolve 1 tsp. sugar, 1/2 Cup warm water (yeast to first mixture). Add yeast and 1 small egg, 1 tsp. nutmeg, 1 tsp. lemon extract and 1 tsp. salt. Add enough flour to form soft dough, approximately 7 Cups. Bake at 350 for 1 hour.

By: Olive Josey

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### NEWFOUNDLAND BISCUITS

4 Cups flour  
1 tsp. salt  
1/2 cup margarine  
1/4 Cup sugar  
9 tsp. baking powder

Mix all together, roll and cut. Bake at 375 for 18 minutes or until golden brown.

By: Pauline Boudreau

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### ROLLS

To one pint of scalded milk, add 1 tbsp. shortening and 1 tsp. sugar. Allow to cool.

Dissolve one cake of yeast in 1 Cup of water then add 2 tsp. of sugar to this. Mix all together and add beaten eggs. Use 1 tsp. salt with enough flour to knead soft. Let rise and put in pan. Bake at 325 for 18-20 minutes.

By: Glen Clark

### FUN BUNS

2lb. hamburger  
2 onions, chopped  
1 tsp. dry mustard  
garlic salt  
3/4 Cup chili sauce  
1 tsp. Worchester sauce  
salt & pepper to taste  
1 can chicken gumbo soup  
1 can mushrooms  
1 green pepper, chopped

Mix all together and place in buns.

By: Marilyn Patton

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### SEAFOOD PIZZA

1/2 Cup green pepper  
1/2 Cup onion  
1/2 Cup celery  
1 can mushrooms  
1 boiled lobster (save juice)  
1lb. scallops, boiled (save juice)  
3 tbsp. butter  
3 tbsp. flour  
1/2 Cup milk  
Mozzarella cheese, shredded

Chop celery, onions, peppers, mushrooms, and set aside. In frying pan put in butter and flour, mix and add juice to make a sauce, (thicken). Add all other ingredients except cheese, pour on pizza dough and then put cheese on top. Bake at 375 until brown.

By: Diane Chenell

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### CHEESE BREAD

2 Cups sifted flour  
4 tsp. baking powder  
1 1/2 tsp. salt

STIR IN:

1 Cup shredded cheese (cheddar)

COMBINE & ADD:

2 eggs, beaten  
1 Cup milk  
1/4 Cup vegetable oil



## IT'S TWINS

Twins were born to a proud mom on January 3, 1991, on Entry Island-- twin calves, that is! Even prouder was the owner of the animals, Burton Welsh.

This has been the first time, since 1977, that twin calves have been born there.

also Eric Patton's Cow was the next on February 14, 1999, Valentines Day.

Blend until combined. Pour into a greased 9X5 inch loaf pan. Let stand for 20 minutes. Bake at 350 for 1 hour.

By: Annie McLean

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### HOMEMADE BREAD

1 Cup warm water  
1 tbsp. sugar, dissolve  
2 tbsp. yeast  
Let rise 10-15 minutes

#### IN ANOTHER BOWL:

4 Cups hot water  
1 tsp. salt  
1/4 Cup sugar  
2 tbsp. shortening  
Stir

#### IN YOUR DOUGH PAN:

Grease with shortening  
8 Cups flour  
Add shortening & water etc.  
Add yeast  
Mix and add more flour if too sticky  
Knead 10 minutes

#### LET RISE 1 HOUR TO 1 1/2 HOURS:

Punch down  
Put in pans  
Let rise an hour  
Bake at 400 for 50 minutes.

By: Carrol McColm

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### HONEY GLAZED DONUTS

2 tsp. yeast  
1/3 Cup luke warm water  
3 tsp. shortening  
3 tbsp. sugar  
3 Cups flour  
1/2 tsp. salt  
1 egg, well beaten  
1 Cup milk

Soak the first 2 ingredients and let it rise for about 10 minutes. Add shortening, sugar and put to the side. Mix flour, salt, egg and milk then mix with one on the side. Let rise to double

the size. Roll and cut. After you cut let rise for 5 minutes. Cook in deep fryer.

#### SYRUP:

1 Cup white sugar  
1/2 Cup water  
A junk of butter as big as an egg.  
Cream of tartar as big as a pea.

Mix all ingredients together and let it boil for about 2-3 minutes. Dip donuts into sauce. Makes about 2 dozen donuts.

By: Pauline Boudreau

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### CRANBERRY BREAD

1 1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. cinnamon  
3/4 Cup frozen, unsweetened apple juice concentrate, thawed  
1 egg, lightly beaten  
2 tbsp. corn oil  
2 tsp. vanilla extract  
1 1/2 Cup cranberries, coarsely chopped (makes 1 Cup)

Pre-heat oven to 350. Spray a standard size loaf pan with non-stick vegetable coating.

In a large bowl, combine flour, baking powder, soda, salt and cinnamon. Mix thoroughly.

In another bowl, combine apple juice concentrate, egg, corn oil and vanilla.

Pour liquid ingredients into dry ingredients. Add cranberries and mix well.

Pour into prepared loaf pan and bake 40-45 minutes. Remove from oven and allow to cool on a rack for 10-15 minutes before removing from pan. Allow to cool completely before slicing.

By: Olive Josey

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### DUMPLINGS

2 Cups flour  
4 tsp. baking powder  
1 tsp. salt  
2 tbsp. shortening



## **BED & BREAKFAST IN STYLE**

Isabelle Crowell, daughter of Danny McLean, came back to her roots on Entry Island and reopened the family home as a Bed & Breakfast in 1990.

Popular in the summer for the burgeoning tourist trade, the house is a veritable museum. The Douglas fir paneled walls and the varnished hard wood floors date back to the construction of the house by Wilson Chenell in 1927. It is complete with original furniture, dressers with antique china, wash stands, chairs and tables abound. There is even a spinning wheel and a wool carding machine.

Isabelle is a retired nurse, and is married to Lorne Crowell. The house is under the guardianship of Brian Josey, during the off season winter months.

2 Cups milk

Mix together and put on top of (stew etc.) by spoonfuls, cover and cook for 12 minutes.

-Don't uncover while cooking.

By: Nettie Welsh

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### JELLY ROLL

3 eggs  
1 Cup sugar  
1 Cup flour  
1 tbsp. cream  
2 tbsp. hot or warm water  
1 tsp. cream of tartar  
1/2 tsp. soda  
Pinch of salt

Beat the eggs until light; add the sugar gradually while still beating. Add cream and water. Sift flour, salt, cream of tartar and soda, and add to above mixture. Beat until light and put in flat pan. Bake at 350 for 10-15 minutes. Take out and spread underside with jelly and roll up.

By: Glenn Clark

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### CARROT LOAF

1/2 Cup cooking oil  
2 eggs  
1 Cup granulated sugar  
1 Cup finely grated carrots  
1 3/4 Cups flour  
2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. cinnamon  
3/4 tsp. nutmeg  
1/4 tsp. cloves  
1/4 tsp. ginger  
1/2 Cup chopped walnuts

In a mixing bowl beat cooking oil, eggs and sugar together until blended. Stir in carrots.

Combine all remaining ingredients in another bowl. Pour into carrot batter. Stir only to moisten. Turn into greased loaf pan. Bake at 350 for about 1 hour or until an inserted toothpick comes out clean. Allow to stand for 10 minutes before removing from pan to cool on rack. Store in plastic bag.

By: Cheryl Josey

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### PLAY DOUGH

1 Cup flour  
1/2 Cup salt  
2 tbsp. oil  
2 tsp. cream of tartar  
1 Cup water  
Food coloring

Cook over medium heat, stirring constantly until mixture forms a ball. Knead a few minutes. Store in covered container. Lasts for a long time.

By: Ellen McLean

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### BEST DEVILLED EGGS

1/2 Cup hard cooked eggs  
1/2 Cup mayonnaise  
1 tsp. dried parsley flakes  
1/2 tsp. dried chives  
1/2 tsp. ground mustard  
1/2 tsp. dill weed  
1/4 tsp. salt  
1/4 tsp. paprika  
1/8 tsp. pepper  
1/2 tsp. garlic powder  
2 tbsp. milk  
1 tbsp. celery, diced

Slice eggs in half, lengthwise, remove yolks and set whites aside. In a small bowl, mash yolks. Add the next 10 ingredients; mix well. Evenly fill the whites. Garnish with parsley and paprika. Yield. 2 dozen.

By: Aida Welsh

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### CLAM DIP

MAKES 1 1/2 CUPS:

8oz. cream cheese, softened  
1/2 Cup sour cream  
1 tsp. lemon juice  
Salt & pepper to taste  
3/4 tsp. Worcestershire sauce  
1 (6 1/2oz.) can minced clams, drained



### SILVER CROSS MOTHER

Irene Clark who was Silver Cross Mother, 1996,97,98, during the Charlottetown Remembrance Day Service. She laid a wreath on behalf of all mothers and surviving family who lost husbands or children in combat.

"Rena" said "They were all riflemen, I lost my husband William Radley Chenell, and I lost my brother Melvin Burton Welsh, my brother-in-law John Maxwell Chenell, also my two first cousins, Albert Benjamin Welsh and Delbert Lewis Welsh."

Both the Chenell and Welsh families were from Entry Island. That is where Irene Welsh Clarke grew up and where she met and married her first husband William Radley Chenell.

The Canadian Forces in Hong Kong, isolated outnumbered and abandoned, surrendered to the Japanese on Christmas Day, 1941. Many later died in prisoner of war camps in Japan, including Clarke's first husband and her brother.

"My husband was dead more than a year before I found out" said Irene. "He died on April 21, 1944 and I never had word until 1945 and the war was over."

Later she married Charles Henry Clarke, also a prisoner of war in Hong Kong and a resident of Old Harry. They had three children, after his death in 1968, Clarke moved to Charlottetown to live with her daughter.

In a bowl, blend cream cheese and sour cream together well. Stir in lemon juice, salt, pepper and Worcestershire sauce.

Fold minced clams into cream cheese mixture. Chill and serve.

By: Vera Clark

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### GARLIC FINGERS

1/2 Cup warm water  
1 tbsp. yeast  
Pinch of salt

Mix together and add 3 Cups flour; mix again. Let rise for 1/2 hour. Spread out on pans. Spread butter on dough and then sprinkle with garlic salt, add bacon bits and mozzarella cheese. Bake at 400 until brown.

By: Julie Aitkens

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### LOBSTER DIP

1 Cup meat, chopped  
1/2 onion, minced  
3 tbsp. miracle whip  
1 8oz. cream cheese

Put in bowl and mix well.

By: Carol Clark

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### CABBAGE ROLLS

1 cabbage  
1lb. ground beef  
Garlic salt  
2 tsp. salt  
1/4 tsp. pepper  
1 onion, chopped  
1 Cup cooked rice  
1 Cup milk  
1/4 Cup brown sugar  
2 cans tomato soup  
1 can water

Brown beef, onions, garlic salt, salt and pepper. Add 1 Cup milk and 1 Cup raw rice. Roll mixture in cabbage leaf. When in baking dish, sprinkle brown sugar and pour soup on top. Simmer for 1-2 hours.

By: Ellen McLean

### PICKLED EGGS

2 Cups vinegar  
1 Cup water  
Dash allspice  
1 tsp. salt  
1/2 tsp. pepper

Bring to a boil and pour over shelled eggs that have been pricked with a fork.

By: Mary-Jane Morrison

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### SHRIMP DIP

1 8oz. cream cheese, soft  
1 can shrimp  
Drain and wash in cold water  
1/3 Cup ketchup  
2 tbsp. milk  
2 drops Worcestershire sauce  
3 tbsp. miracle whip  
1/2 onion cut up in small pieces.

By: Carol Clark

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### CARROT SALAD

3lbs. carrots, sliced & cooked (9but still crisp)  
1 large onion, chopped  
1 green pepper, diced  
1 can tomato soup, undiluted  
1 Cup white sugar  
1 Cup salad oil  
1/4 Cup white vinegar  
1 tsp. dry mustard  
1 tsp. salt

Cook and cool carrots. Mix remaining ingredients and pour over carrots. Refrigerate for 24 hours before serving. Can be kept in fridge in a sealed container for up to 2-3 weeks.

By: Roma Douesnard

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### STRAWBERRY SHORTCAKE

1 white cake mix  
Put in 2 round pans and let cool.  
1 pkg. strawberry Jell-O + strawberry's to your desire. Let Jell-O set as directed on pkg.



## FARMER

All of you may have heard or read of the horse called "farmer." The horse who swam from Sandy Hook area in Amherst back to his home on Entry Island.

As a matter of fact the books "Farmer" , "Ti-Jean" , and "Snow Dreams" were all written by an ex- elementary school teacher, who taught school on Entry Island. The illustrations for these books were done by an engraver, John Burden of PEI who also designs stained glass windows.

The book "Farmer" is based on a true story as was confirmed to me by Mr. Philip Quinn. It was Philip's dad Curtis Quinn who one day March 1923 drove over to Entry Island on his red mare called Doll and traded with Rich McLean for a male horse called Farmer. Why Mr. Quinn traded, he did not know but believed it was because his dad required a bigger and stronger horse. As was the practice in those days no money was exchanged, just a fair trade.

Mr. Quinn had to spend a few days in Etang-du-Nord on his way back to Grosse-Ile to wait out a bad blizzard. The Quinn family lived in the area that we do today call "back in the".

In the summer when Quinn went to fish lobster, he let Farmer out to graze along North Beach near where the salt mine is situated today.

One day in July Farmer decided that he didn't like Grosse-Ile. And headed back home to Entry.

He was seen by the local people of Amherst around the beach of Sandy Hook for a few days. As if he was waiting for just the right low tide. And when the day came Farmer took the plunge and swam to Entry Island landing just below the light house, in an area called "The Low Area". It really scared the daylight out of the fishermen who were fishing their lobster traps, when they saw Farmer swim by. He had come all the way from Grosse-Ile to return to his own barnyard.

Farmer spent the remainder of his days on Entry Island, because, who could have the heart to send such a "brave horse" back to Grosse-Ile.

Place an inch of Jell-O mixture on top of cake and then add dream whip on top of that and decorate with strawberry's. Do same to other cake.

By: Edna Morrison

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### CARROT CAKE

2 Cups flour  
1 1/2 Cups white flour  
2 tsp. cinnamon  
1 tsp. baking powder  
1 tsp. soda  
1/2 tsp. salt  
3/4 Cup oil  
3 eggs  
2 Cups grated carrots  
1 Cup crushed pineapple + juice  
1/2 Cup walnuts

-----  
Pre-heat oven to 350. Grease and flour pan.

In a bowl mix the first 6 ingredients. Add oil and eggs, beat well. Stir in carrots, pineapple + nuts. Bake at 350-375 for 50-55 minutes.

#### ICING:

1 pkg. 125 gram cream cheese  
2 1/4 Cup icing sugar  
2 tbsp. soft butter  
2 tsp. lemon juice  
1 tsp. vanilla

By: Valerie Clarke

\*\*\*\*\*

### COCONUT FRUIT CAKE

1 Cup sugar  
1 egg  
1/4 Cup butter  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 Cup milk  
Small bottle of red cherries, cut up  
1/2 bag coconut  
Small bag of raisins  
1 1/2 Cup flour  
1 tsp. vanilla

Mix and bake at 300 for 1 hour.

By: Carol Clark

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### MOCHA CHEESE CAKE

1 1/2 Cup chocolate wafers, finely crushed  
1/3 Cup butter  
1 tbsp. granulated sugar

#### FILLING:

2 squares sweet chocolate  
2 pkgs. cream cheese  
4 eggs  
3/4 Cup sugar  
2-3 tsp. instant coffee  
Dash of salt  
Chocolate cookies, mint leaves, or berries for garnish.

-----  
Combine wafer crumbs, butter and sugar. Butter sides and bottom of 8 inch pan. Press crumb mixture evenly onto bottom of pan.

Melt chocolate over hot, but not boiling water. Stir until smooth.

Beat cream cheese until soft and smooth.

Add eggs, one at a time to cream cheese. Gradually add sugar, mixing until well blended.

Add melted chocolate, instant coffee and salt. Stir until blended.

Turn mixture into pre-prepared pan. Bake cake at 350 in center of oven for about 40 minutes or until cake center is almost set. It will firm when chilled.

Let cheese cake cool on counter for about 45 minutes; let chill..... Garnish.

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### GRADMA EVA'S OLD FASHIONED CHOCOLATE CAKE

4 tsp. cocoa  
1 tsp. soda  
1/2 Cup hot water  
Mix and let cool

1 1/2 Cup white sugar  
1/2 Cup shortening



### ISLAND STORIES

When Bahan Chenell was a young man, the lobster season usually started around the 10th of May. The season ended on the 20th of July.

Bahan fished with Curtis Quinn in 1932 and was paid \$125 for the season. He was the highest paid helper on shore. The rest of the men received \$60 - \$80 for the season.

Before that, he fished with his brother, Leonard, on shares. At this time, the price for lobster was 3 or 4 cents per pound. They fished 400 traps, although they could have fished more if they had wanted to.

After the second world war, Bahan, once again, fished. This time with his son, Spencer as a helper. When he received his old age pension he retired.

The 10th of May was a school holiday, as well. The children spent the day at the shore with their mothers. Everyone helped to drag the traps down the beach to the boats. It took most of the day for the fishermen to set their traps, so everyone had a lunch kettle filled with sandwiches and pastries. The cold tea tasted good after all the hard work.

2 eggs  
2 1/2 Cup flour  
2 tsp. baking powder  
Salt  
1 Cup cold water

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Cream sugar and shortening, beat in eggs, add flour mixture and beat with egg beater. Put in tube pan and bake until toothpick comes out clean.

By: Sherry Welsh, passed on by Nina Clarke

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### HUSBAND CAKE

3/4 Cup shortening  
1 1/2 Cups sugar  
1 can tomato soup  
3/4 Cup water  
1 tsp. soda  
3 tsp. baking powder  
1/2 Cup raisins  
3 Cups flour  
3 1/2 tsp. cinnamon  
1/2 tsp. cloves  
1/2 tsp. nutmeg

---

Mix dry ingredients then add tomato soup + water and raisins. Bake at 350 for 35-40 minutes.

By: Thelma McLean

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### BUTTERMILK CAKE

3 Cups flour  
1 1/2 tsp. salt  
1 1/2 tsp. baking soda  
1 tsp. cream of tartar  
1 1/2 - 2 Cups buttermilk

---

Mix until stiff. Bake at 350 for 40-45 minutes.

By: Julie Aitkens

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### MOLASSES CAKE

1/2 Cup shortening  
3/4 Cup brown sugar  
1 Cup molasses  
1 1/2 tsp. soda in 3/4 Cup tea  
3-4 Cups flour  
Spices (ginger etc. ) optional  
Salt  
Raisins

---

Mix all together  
in a 9X9 inch pan at 375 for 35-45 minutes.

By: Till Chenell

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### CRUMB CAKE

1 egg  
2 Cups flour  
2 tsp. baking powder  
1/3 tsp. salt  
1/2 Cup shortening  
1 Cup sugar  
Raisins, spices optional

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Rub all together and mix with 1/2 cup milk and 1 tsp. vanilla. Bake at 350 for 35 minutes. Save 1/2 Cup crumbs and put on top of cake if desired.

By: Thelma McLean

\*\*\*\*\*

### DARK FRUIT CAKE

1/2 Cup butter  
3/4 Cup brown sugar  
1/2 Cup molasses  
1 Cup seeded raisins  
1 Cup currants  
1/2 Cup citron thinly sliced  
2 eggs  
1/2 Cup black coffee  
2 Cups flour  
1/2 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. each of cloves, mace, and allspice.  
1 tsp. lemon rind

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### **A STORY OF BRAVERY AND COURAGE**

One winter day two men, Paul Chenell and Rubin Welsh set out on a fishing boat off the Magdalene's, and a gale of wind blew them out to sea. A change of wind carried them into the mouth of Grande Entree Harbor. There they became trapped in the ice.

Three other men, Alan Clarke, Jack Keating, and Daniel Dunn went out on the thin ice in an attempt to save them. Clarke crawled along the jagged ice pack with two dory oars and a rope. Finally, they reached the boat, drove a line through the painter, and hauled the two men almost to shore.

Jack Keating and Daniel Dunn then hitched a horse to the boat and pulled it high on the beach. Clarke had been struggling on the broken ice continuously for almost eight hours, and his clothes were frozen stiff. He collapsed after the others were saved.

For this daring rescue, the Canadian Humane Society awarded Alan Clarke, Jack Keating, and Daniel Dunn with bronze medals.

Cream butter and sugar, add molasses, eggs, and coffee. Sift flour with soda and spices then add to fruit.

Combine mixtures and bake in 10 inch tube pan for about 1 1/2 hours at 325.

By: Olive Josey

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### ELVIS PRESLEY CAKE

1/2 Cup butter  
2 Cup brown sugar  
1 Cup rolled oats  
1 Cup dates  
Pour 1 Cup boiling water over the above and let stand 20 minutes.  
1 Cup flour  
1 tsp. soda  
1 tsp. cinnamon  
1 tsp. ground cloves  
Mix these 4 above ingredients together, then add 2 beaten eggs and 1 tbsp. vanilla. Add to above mixture then add flour and spices.  
Bake at 350 for 45 minutes. Sprinkle with chopped nuts or coconut and no icing is needed. (tube pan is best.)

By: Clara B. Chenell

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### CRANBERRY CHEESE CAKE

1 Cup graham cracker crumbs  
3 tbsp. butter or margarine, melted  
250g pkg. cream cheese, softened  
3/4 Cup sugar  
2 tbsp. all purpose flour  
4 eggs  
3/4 Cup sour cream  
1 tsp. vanilla  
1/2 tsp. almond extract  
1 Cup chopped cherries

-----  
Combine crumbs and butter; press onto bottom of 9 inch pan. Bake at 325 for 10 minutes. Remove from oven. Increase temperature to 450.

Combine cream cheese, sugar and flour, mixing at medium speed on electric mixer until well blended. Blend in eggs one at a time; then sour cream and flavorings. Stir in cranberries. Pour over crust. Bake at 450 for 10 minutes. Reduce oven temperature to 250; continue baking 40 minutes. Run knife around cake;

allow to cool in pan. Top with cranberry glaze. Combine 1 Cup cranberry juice and 1 tbsp. cornstarch in a saucepan. Cook until thickened. Spoon a thin layer over top of cake; let stand 10 minutes then spoon remaining sauce over top, allowing some to dribble over sides. Refrigerate several hours before serving. 8-10 servings.

By: Aida Welsh

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### POUND CAKE

1 Cup butter or margarine  
2 Cups white sugar  
3 eggs  
1 tsp. baking  
3 Cups flour  
1/2 tsp. salt  
1 Cup milk  
1 tsp. vanilla  
1 tsp. almond

-----  
Mix in order given using an electric mixer. Bake at 350 for 1 1/2 hours.

By: Roma Douesnard

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### GINGER CAKE

1/2 Cup shortening  
1/2 Cup brown sugar  
1 Cup molasses  
1 egg  
2 1/2 Cups flour  
1 tsp. allspice  
1 1/2 tsp. baking soda  
1 tsp. ginger  
1 tsp. salt  
1 Cup boiling water  
1 cup raisins

-----  
Cream shortening and sugar. Add molasses and egg. Add dry ingredients, and put hot water in last. Add raisins. Bake in 9X13 inch pan at 350 for 45 minutes.

By: Ellen McLean

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### **ALL SAINTS CHURCH-ENTRY ISLAND LANDMARK**

On a grassy knoll, in the church yard of All Saints, over looking the final resting place of past islanders, out over the tranquil blue waters of the summertime Gulf of St. Lawrence, boarded by the gold and green of Sandy Hook. The pass through which can be seen the Lucy Maude passing majestically most evenings; in the distance Amherst Island and the rest of the Archipelago. Stands a white cross, made of fiber glass, the better to with stand the elements and illuminated at night. Inside the church, above the alter is a stained glass window, depicting Christ, with outstretched arms welcoming all who come to his kingdom, who ever they may be. The gold leafed, tasteful plaque along side the window, explains that it is dedicated to the memory of five young people who drowned one stormy November day in 1987, on their way to Entry with a boat load of supplies for winter. For Tracy Clark, Delbert McLean, Lorne McLean, and Kim Patton all of Entry Island, and Darla Hickey of Quebec, as tragic as their untimely deaths were, one must rejoice in the fact that these memorials give lie to the fact tensions exist between our two linguistic groups of people living on the Magdalen Islands. It was through the efforts of English and French volunteers who canvassed all over our fair islands for donations that made this permanent reminder of the capricious waters possible. A bronze plaque inscribed with the names of all drowning victims of living memory, in the waters this cross overlooks is in the process of being crafted. It will be affixed to the base of the cross.

Before you enter the church one can't help but see a huge bronze weather patinaed church bell, supported just off the ground by iron frame, resting there because it is too heavy for the existing steeple, which is not completely sound, and too small to support it. It originally came from St. Luke's Parish Church in Grindstone to replace theirs which was cracked. Inside the church are other wondrous treasures. The stained glass window over the door depicting St. George is also a gift from St. Luke's. It has just gone a major restoration- a veritable jigsaw puzzle for the artisan that repaired it, now restored to its original glory for all to see and admire. Then one's eye is caught by a huge hand carved wooden pulpit (There are only three of the same style in existence in Canada. Of the other two, the whereabouts of the other is unclear) that came to Entry with the closure of the English Church in Amherst - fittingly so, because of the close ties that have existed between the two communities for decades, and do so till this day.

### SEAFOOD PIES

#### DOUGH:

3 Cups flour  
3 tsp. baking powder  
1 tsp. salt  
1 Cup shortening  
1 egg 1 tbsp. vinegar

#### FILLING:

5 potatoes, cubed  
Lobsters, scallops, clams

#### SAUCE:

Save all juices in seafood  
3 tbsp. butter  
4 tbsp. flour  
3 Cups milk + juice  
Thicken with cornstarch

Place 1/2 dough on bottom pan, add mixture + sauce and place the other 1/2 of dough on top. Bake at 375 for until brown.

By: Julie Aitkens, received from Natelie Aitkens

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### PUMPKIN PIE

2 Cups cooked mashed pumpkin or (canned)  
1/2 Cup sugar  
2 eggs, lightly beaten  
1/4 tsp. salt  
1 1/2 Cup milk  
1/4 Cup molasses  
2 tbsp. melted butter  
1/2 tsp. ginger  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon

-----  
Mix together in a bowl and pour into pie shell. Bake at 350 for 30-35 minutes.

By: Margaret Welsh

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### CUSTARD PIE

4 eggs  
1/2 tsp. salt  
1/2 Cup sugar  
1 Cup milk  
1 Cup water  
vanilla

-----  
Mix all together and pour in pie crust.  
Bake at 350-400 for

By: Valerie Clarke

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### MEAT PIES

10 lbs. hamburger  
1 large onion, chopped  
2 large cans meat sauce  
1 large can of mixed vegetables

-----  
Steam hamburger and drain, then add the rest of ingredients. Simmer for 1/2 hour then cool. Pour in pie shell.

By: Teresa Brymer

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### FRESH STRAWBERRY PIE

1 qt. box strawberries  
1 Cup sugar  
1 Cup water  
2 tbsp. cornstarch  
1 tsp. lemon juice  
1 cooked pie shell  
whipped cream

-----  
Crust: Put 1 Cup strawberries in a sauce pan. Add sugar, water, cornstarch and combine. Cook over medium heat until thick and clear for 20-30 minutes. Add lemon juice. Allow to cool for at least a few minutes. Spread the remaining whole berries in cooked pie shell. Pour cooked mixture over the berries. Refrigerate for 2-3 hours. Serve with whipped cream.

By: Thelma Ann Chenell

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### COCONUT CREAM PIE

3 egg yolks  
Dash of salt  
3/4 Cup sugar  
3 Cups milk  
2 tbsp. butter



## ISLAND STORIES

Charles Welsh was the son of Rueben Welsh and Sahara Dickson of Entry Island, Magdalen Islands. He was born in 1916, and married Ada Turnbull, daughter of Thomas Turnbull and Minnie Keating of Grosse-Ile, in 1945. Charles died on December 20th, 1980.

Charles joined the Royal Rifles of Canada in 1941 and was discharged in 1943. He came home and fished lobster and also ran the mail by boat to Amherst Island during the summer months. In winter, he went sometimes by boat to "the hook". There were days they would pull the boat, or a small flat, over the shore ice for many miles to put them in the water.

Some winters an ice-bridge would make between Amherst and Entry Island. They would make a road on the ice, sometimes cutting the icebergs down to level the road. This made it easier to run the mail.

Some winters when the weather did not permit to run the mail in this manner, Charles would have a Mr. MacWain from Charlottetown, come over in his airplane and take the mail over and bring the incoming mail back. He ran the mail from 1950 until 1971.

Charles was also a church warden for many years.

1/2 Cup cornstarch  
1 Cup coconut  
1/2 tsp. vanilla

**MERINGE:**

3 egg whites  
1/4 tsp. cream of tartar  
6 tbsp. sugar

Beat the egg yolks and salt, add sugar, milk and butter until hot. Mix cornstarch with a little water and add to egg yolk mixture, a little at a time. Cook until thick, stirring constantly with wire whisk then add coconut. Add meringue on top.

By: Diane Chenell

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**MEXICAN PIE**

3lbs. hamburger  
1lb. pork, ground  
2 1/2 Cups mushroom soup  
1/2 Cup relish  
2 1/2 Cups ketchup  
1/2 Cup chili sauce  
1/2 Cup onions, chopped

Fry hamburger + pork then add the rest of ingredients. Simmer for a few minutes then sprinkle with mozzarella cheese and put in pie shell. Makes 6-7 pies.

By: Diane Chenell

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**DATE LOAF**

1 1/2 Cups chopped dates  
1 tsp. soda  
1 Cup boiling water

Sprinkle soda over dates and pour on boiling water. Cool.

**MIX:**

1 Cup brown sugar  
1 tbsp. butter or shortening  
1 egg, beaten

Add dates and 1 1/2 Cups of whole wheat flour with 1 tsp. baking powder. Bake at 350 in small loaf pan for 1 hour.

By: Margaret Welsh

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**CHOCOLATE ROULADE YULE LOG**

6 egg whites  
1/2 tsp. cream of tartar  
6 egg yolks  
1 Cup granulated sugar  
1/3 Cup cocoa  
1 tsp. vanilla  
Pinch of salt  
Cocoa, sprinkle

**FILLING:**

2 Cups whipping cream  
1/2 Cup cocoa  
1/2 Cup granulated sugar  
1/4 Cup chocolate or coffee liqueur  
1 large marshmallow  
6 pecan halves

Line greased 10X15 inch jelly roll pan with waxed paper. Beat egg whites in large bowl until soft peaks form. Add cream of tartar. Beat until stiff.

Using same beaters, beat egg yolks, sugar, cocoa, vanilla and salt in medium bowl until frothy. Fold in egg whites. Spread in prepared pan. Bake 350 for 15-20 minutes until an inserted wooden pick comes out clean.

Sift cocoa over a tea towel. Turn out cake onto cocoa. Peel off waxed paper. Begin at shorter side. Roll both towel and cake together, continuing to dust with cocoa. Cool. When cool unroll and spread with filling.

**FILLING:**

Beat cream, cocoa, sugar and liqueur in a small bowl until thick.

Unroll cake. Spread with 1/2 filling. Roll up again without the towel. Chill. Spread outside with remaining filling, using large marshmallow to form "knot" on "log". Place pecan halves at random. Cut into 12 slices.

By: Joan Welsh

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## ISLAND STORIES

In the early 1920's, it was always a big event when the herring would strike. The men from Entry Island would set a couple of herring nets each during the month of April to see if they were coming. When the herring hit, the men would start for Amherst to bring the herring home in boat loads.

The fishermen landed their herring by the fish house or where ever it was calmest. They would then haul the fish to the bait house by horse and cart. In those years, the fishermen used salted bait to bait their lobster traps. They would also prepare a barrel of salted herring for themselves, to eat that following winter.

In those days, most people tried to get their grounds plowed up for potatoes and oats before lobster season started, while some people waited until the first of June. Sometimes snow would still be on the ground, but the potato seeds were planted anyway. They always seemed to grow. It just took a little longer for the sprouts to come up.

The vegetable gardens didn't grow to good, but Herman Josey always had a good garden.

### CRANBERRY LOAF

2 Cups flour  
1 Cup white sugar  
2 1/2 tsp. baking powder  
1/2 tsp. soda  
1 tsp. salt  
1/4 Cup shortening or butter  
3/4 Cup orange juice  
1 tbsp. orange rind  
2 eggs  
1 Cup chopped nuts

-----  
Sift together the flour, sugar, baking powder, soda and salt. Cream the shortening and add eggs. Mix until fluffy, then add orange juice, rind, cranberries and nuts. Add to dry mixture. Pour into greased bread pan. Bake at 350 for

By: Valerie Clarke

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### GOOD PIE CRUST

2 3/4 Cups flour  
1 1/2 Cup shortening or lard  
Salt  
1/2 Cup water

By: Carol Clark

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### PERFECT PIE CRUST

1 Cup lard  
2 Cups flour  
1/2 Cup water (often full amount is not needed)  
1 tsp. sugar  
1/2 tsp. baking powder  
Pinch of salt

-----  
Mix dry ingredients together then lard and water. Roll out and bake at 350 until golden brown.

By: Sylvia Dickson

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### MINCEMEAT FOR PIES OR SQUARES

3lb. cooked beef  
16 apples  
2 lemons, chopped  
1/2lb. seedless raisins  
1lb. seeded raisins  
1/2lb. mixed peel  
1lb. currants  
4 Cups brown sugar  
3/4 Cup molasses  
1/2 Cup vinegar  
1 large can of apple juice  
4 tsp. salt  
2 tsp. nutmeg  
1/2 tsp. cloves  
1 tsp. cinnamon

-----  
Simmer one hour. May be sealed in quart jars or frozen in portions and used for pie. just thaw partially and turn into pie crust. Slash, to provide vents for steam to escape. Bake at 375 until nicely browned.

Mincemeat may be used in place of dates, in date squares.

By: Margaret Welsh

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### CUSTARD

2 Cups milk  
6 eggs  
1/2 Cup sugar  
1 tsp. nutmeg  
Pinch of salt

-----  
Mix well and put in pie crust. Bake until thick.

By: Helen Welsh

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### MERINGUES

2-3 egg whites, beat until soft peaks. Add 1 Cup white sugar and beat until stiff with 1/4 tsp. cream of tartar. 2 Cups corn flakes, 1 tsp. vanilla.

Drop on to a greased cookie sheet. Bake in oven at 250 for 20 minutes or until light brown.

By: Joselyn Dickson

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## THE CRUISE OF THE ALICE MAY AMONG THE MAGDALEN ISLANDS

We first went into the lighthouse. It is kept by Mr. James Cassidy a very civil and intelligent man, who has been there since the light was first erected. He invited us into his home which is adjacent to the tower. Mrs. Cassidy also received us with refined affability. Books and magazines were abundant on the tables and there was a true home-like to everything about the house which seemed very attractive, and was almost unexpected in that solitary-spot. Mrs. Cassidy lamented the lack of educational advantages on Entry Island and said she had been obliged to send her children to Nova Scotia for an education. She seemed to occupy an unusually lonely position because the house is a mile from any other and the Cassidys are entirely unrelated to the other residents of Entry Island.

After buying a sheep from Mr. Cassidy we rambled over to Mrs. Dickson's house. This is the oldest of ten dwellings on this islet, and she is both the oldest inhabitant and the first settler. Mrs. Dickson is now eighty-eight years of age and came to Entry Island with her husband in 1882, sixty years ago. Still hale and hearty she is full of animation and keen observation, and is virtually the queen of Entry Island, for she had 12 children and forty-seven grandchildren, all of whom with one or two exceptions live there. There are then families at Entry, all but one whom are related to her; she is looked up to by all with reverence; her advice is asked and her counsels are followed, and she rules by a sort mild patriarchal sway.

On reaching Mrs. Dickson's we were cordially invited to enter, and bowls of fresh milk were brought to us. A flock of rosy barefooted grandchildren clustered by the door and gazed at the strangers, until gradually they gathered courage to come in and talk with us. Mrs. Dickson welcomed us to her old home with a hearty cordiality, in which one could discern a certain air of authority natural to one who was at once an uncrowned sovereign and the progenitor of the subjects who peopled her insular realm. Had she ever wearied of such a lonely existence? We asked, Oh, no, she replied. She has once been off the Island in sixty years' but there was always much to do, and with her children about her she was content. During the long winter they threshed grain or made butter or spun yarn and wove the cloth they wore. Sometimes they had fiddle and a dance, and at any rate there was always something to be done. She regretted that only during the summer could they have religious services, when a clergyman would come over two or three times to baptize or confirm the young from December to February. Entry Island is cut off from all communication with the other isles of the group.

In February or March the broken ice generally becomes solid and people can cross over to Grindstone Island until May, when the ice disappears. The old lady sat in the ample smoke filled chimney corner of her kitchen while entertaining us, knitting and smoking. There was no dimness in her eyes or quivering in her utterance. Her voice was clear and strong and her speech was spiced with shrewd and witty remarks. She was evidently a woman of remarkable strength of character. It was with grate interest that I heard her talk, for it is not often in this age that a woman is found occupying such a position the virtual sovereign of an Island which for six months in the year is shut off from the rest of the world. It was interesting to see the difference shown to the old lady



### MINCEMEAT MUFFINS

BEAT WELL:  
2 eggs  
1 Cup white sugar  
3/4 Cup Mazola oil

ADD:  
2 Cups flour  
2 tsp. soda  
2 tsp. baking powder  
Salt  
1 Cup milk  
1 Cup mincemeat

-----  
Bake at 375 for 15-20 minutes. Can be stored in fridge and bake as needed.

By: Bess Chenell

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### CHEESE CAKE

1 1/2 Cup graham crackers, crushed  
1/4 Cup melted butter  
1/2 Cup brown sugar

Mix and spread in 8X8 inch pan.

THEN MIX:  
1 Cup icing sugar  
18oz. pkg. cream cheese  
1 pkg. dream whip

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Cream together sugar, cream cheese and dream whip (whipped). Spread on top of graham cracker mixture. Let stand in refrigerator. Top with cherry or blueberry pie filling if desired.

By: Connie Dickson

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### CREAM CHEESE ICING

1 tbsp. butter  
3oz. cream cheese  
1 tsp. vanilla  
1/8 tsp. salt  
1 Cup icing sugar

-----  
Cream together the butter, cream cheese, vanilla and salt. Add icing sugar + mix until smooth.

By: Julie Aitkens

### THUMB PRINTS

CREAM TOGETHER:  
1/2 Cup butter or margarine  
1/4 Cup brown sugar

ADD:  
1 well beaten egg yolk  
2 tsp. vanilla  
1 Cup flour

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Combine ingredients until well blended. Shape dough into balls. Then dip balls into egg whites and roll them into a cup of coconut. Place on baking sheet and make a small print into each cookie. Bake at 350 for 5 minutes. Take out and thumb print again, fill with jam. Then place back in oven for 10-12 minutes.

By: Nicole Clark

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### JEAN'S FAVOURITES

1/2 Cup butter  
1/2 Cup shortening  
2 Eggs  
2 Cups brown sugar  
1 tsp. vanilla  
3 1/2 Cups flour  
1 tsp. soda

-----  
Add walnuts + lots of coconut. Roll in wax paper and freeze before baking or bake for 8-10 minutes. Divide dough in half and put in long rolls and cut.

By: Joyce Aitkens

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### APPLE SAUCE COOKIES

1 pkg. 2 layer size spice cake mix  
1 Cup raisins  
1/2 Cup cooking oil  
1/2 Cup apple sauce  
1 egg

-----  
In a large mixing bowl combine spice cake mix, raisins, cooking oil, apple sauce and egg. Beat on medium speed of electric mixer for 1 minute. Drop from tsp. 2 inches apart on ungreased cookie sheet. Bake cookies at 350 for 12-15 minutes. Makes 6 dozen.

By: Diola Chenell



by her sons when they entered the room where she was seated. A large family bible was a prominent object in the best room; and from all we could gather, these people are honest and piously inclined.

From Mrs. Dickson's we made our way through the long grass to the grand precipices at the eastern end of the Island. These cliffs are upward of four hundred feet above the sea and are remarkable for their color and form. At the extreme easterly point there is a small inaccessible peninsula connected with the main Island with a narrow curtain of rock which comes up into a very sharp edge, four hundred feet high. A few foxes on this point, and at night and creep over on this sharp edge, and make a raid on the hen roosts. There seems to be no way of reaching these stealthy rouses, without great risk of destruction to the hunter.

The highest of Entry Island cliffs are four hundred and forty feet high and comes to a point like a turret created to watch the coast. It is in fact called the watch tower. As we gazed over the edge of the precepts on the sea side of these cliffs, I was vividly reminded of the celebrated rocks of the channel Islands.

There is a great beauty and variety in the formation of Entry Island. Its surface is so broken into miniature valleys, gorges, and plateaus that it seems very much higher than it is. There are several deep pits near the east end to which one must give a wide berth for they contain water of an unknown depth, while the mouth is almost concealed by rank grass.

Note from researcher: The author seems to be in error with regards to the lighthouse keeper. From my research, Mr. James Cassidy was a brother to Mrs. Nancy Dickson. His wife Mary Ann Ivory, however was not related to any of the original inhabitants of the Island.

Excerpts from an article published in the April 1884 issue of the Century Magazine

Transcribed by, James N. McLean, BAsC, MBA, PE. 132 Curtis Parkway, Buffalo, N.Y. 14223-1729 April 2, 1994

**SPICE GIRL HOLIDAY COOKIE (ginger snaps)**

- 1 Cup sugar
- 3/4 Cup margarine or butter, softened
- 1/4 Cup molasses
- 1 egg
- 2 1/4 Cup all purpose flour
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. ginger
- 1/2 tsp. cloves
- 1/4 tsp. nutmeg
- 1/4 tsp. sugar

-----  
In a large bowl, beat 1 Cup sugar, margarine, molasses, and egg until light and fluffy. Stir in ingredients except 1/4 Cup sugar, mix well. Cover with plastic wrap; refrigerate 1 hour for easier handling. Heat oven to 350. Shape dough into 1 inch balls. Roll in 1/4 Cup sugar. Place 2 inches apart on un-greased cookie sheets. Bake at 350 for 8-12 minutes, or until set. Cookies will puff up and flatten during baking. Cool 1 minute. Remove from cookie sheets. Cool Completely. Makes 4 1/2 - 5 dozen.

By: Glen Clark

\*\*\*\*\*

**PINEAPPLE DROP COOKIES**

- 3 1/2 Cup flour
- 1 level tsp. soda
- 1 1/2 Cup shortening
- 1 1/2 Cup sugar
- 2 well beaten eggs
- 1 tsp. lemon juice
- 1 Cup crushed pineapple

-----  
Cream together shortening, sugar, eggs, lemon juice and crushed pineapple. Mix with first 3 ingredients. Drop by spoonfuls on cookie sheet. Bake at 350 for 10-12 minutes.

By: Bess Chenell

\*\*\*\*\*

**PEANUT BUTTER COOKIES**

- 1/2 Cup shortening or butter
- 1 Cup peanut butter
- 1/2 Cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 tbsp. vinegar

- 2 Cups sifted flour
- 1 tsp. baking soda
- 1/4 Cup salt

-----  
Cream shortening or butter until light, then cream in peanut butter. Gradually cream in brown sugar, then slightly beaten eggs. Continue beating until light and fluffy. Add vanilla and vinegar. Sift together flour, baking soda & salt. Gradually blend this into first mixture. Form into small balls and place on a greased cookie sheet and flatten with fork. Bake at 400 for 8-10 minutes.

By: Justine Chenell

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**SOFT MOLASSES COOKIES**

- 3/4 Cup shortening
- 1/2 Cup hot water
- 1/4 Cup brown sugar
- 4 tsp. full soda
- 1 1/2 Cups molasses
- 2 tsp. full ginger
- 2 eggs
- 1/2 tsp. nutmeg
- 1/4 tsp. cloves
- 1 tsp. salt
- 3 Cups flour
- 1/2 tsp. cinnamon

-----  
Mix together and place on greased cookie sheet by heaping tbsp. Bake at 350 for 10-12 minutes.

By: Daniel Kenneth McLean

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**GUMDROP COOKIES**

- 1 Cup butter or margarine, softened
- 1/2 Cup granulated sugar
- 1/2 Cup packed brown sugar
- 2 tbsp. milk
- 1 tsp. vanilla
- 2 1/2 Cups all purpose flour
- 1 tsp. baking powder
- 3/4 Cup finely chopped gumdrops

-----  
Cream together butter and sugars; beat in milk and vanilla. Stir together flour and



### **BIRTH ON ENTRY ISLAND**

Gerald Caissy and Kelly Sullivan are pleased to announce the birth of their son, Nathan Gerald Ryan. He was born on May 6, 1994 at 5:30a.m. at their home on Entry Island. He weighed 7 pounds and 10 ounces (by post office scales), and was 52 centimeters in length.

Proud grandparents are Mr. & Mrs. Vimy Sullivan of Toronto and Mrs. Ida Sullivan of Shigawake, Quebec. Great-grandparents are Mr. Mrs. Isidore Cassy and Mrs. Callie Fitzgerald both of Shigawake, Quebec.

baking powder; blend into creamed mixture. Stir in gumdrops. Shape dough into two 14 inch rolls. Wrap in wax paper or clear plastic wrap. Chill thoroughly. Cut into 1/4 inch slices. Place on un-greased cookie sheets. Bake at 375 for about 10 minutes. Makes 9 dozen..

By: Diola Chenell

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### ROLLED OAT COOKIES

1/8 Cup flour  
1/2 Cup shortening  
1/2 Cup brown sugar  
1 tsp. soda  
1 egg  
1/2 Cup coconut  
3/4 Cup rolled oats  
1 tsp. baking powder  
1/4 tsp. salt  
1/2 tsp. vanilla

---

Cream shortening, sugar, then add unbeaten eggs. Heat until fluffy, add vanilla, 1/2 Cup coconut + oatmeal. Stir, add flour + stir. Drop on cookie sheet and press with fork then bake at 375 for 12-15 minutes or until brown.

By: Olive Josey

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### SUGAR COOKIES

1 1/2 Cup shortening  
2 Cups brown sugar  
3 eggs  
1 tsp. soda  
2 tsp. baking powder  
1 tsp. cream of tartar  
1/2 Cup milk  
1/2 tsp. vanilla  
1/2 tsp. salt

---

Mix all ingredients and add flour until firm. Bake at 375 for 10-12 minutes.

By: Pauline Boudreau

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### CRISPY CRUNCH COOKIES

1 Cup butter

1 1/2 Cup brown sugar  
1 egg  
1 1/4 Cup rolled oats  
1 1/2 Cup coconut  
1 tsp. baking powder  
1 tsp. salt  
1/4 tsp. soda

---

Roll into balls and flatten with fork. Bake at 375 for 10-12 minutes.

By: Joselyn Dickson

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### COCONUT COOKIES

PREPARE ON STOVE:

1/2 Cup butter  
2 Cups sugar  
1/2 Cup milk  
1 tsp. vanilla

---

Boil slowly on stove for a few minutes. Take off stove and add 3 Cups oatmeal, 1 Cup coconut and 3-4 tbsp. cocoa. Mix all together and place on waxed paper by spoonfuls.

By: Darlene Chenell

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### BANANA CHOCOLATE COOKIES

1/2 Cup shortening  
3/4 Cup brown sugar  
1 egg  
1/2 Cup chocolate chips (2 tbsp. flour)  
2 Cups mashed banana's  
1 tsp. vanilla  
1 1/2 Cups flour  
Salt  
1/2 tsp. soda

---

Mix together and bake at 350 until golden brown.

By: Sherry Welsh

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### TOLL HOUSE COOKIES

Cream 1/2 Cup of butter with 6 tbsp. of white sugar and 6 tbsp. brown sugar. Add 1 egg,



### DAVID J. DICKSON

David James Dickson, son of Thomas Dickson and Martha Jane Welsh was born on Entry Island, Magdalen Islands, on July 19, 1872. He was baptized on August 19th of the same year by the Rt. Rev. J.W. Williams, fourth bishop of the Diocese of Quebec. David Dickson or "Uncle Dave" as he was affectionately known to many people of Entry Island, became involved with the church at an early age. This association continued his lifetime which spanned almost a century. He was a warden of All Saint's Church for many years. During the fall and winter months, when the clergy men from Grindstone was unable to reach Entry Island due to weather and travelling conditions, Dave was often called upon to conduct burial services, and baptisms of sick infants. This happened on December 9, 1916, when Dave's father died. The Rev. E. M. W. Templeman at Grindstone was unable to reach Entry Island due to foul weather. Dave took the committal himself. David Dickson entered into rest on March 31, 1971, and although the clergy are now able to travel to Entry Island at all times of the year due to improved transportation facilities, Dave's presence, which had been so much a part of All Saint's Church for so many years, is still missed.

beaten, 1/2 tsp. salt, 1/2 tsp. soda and 1/8 Cup of sifted flour. Add a few drops of hot water. Mix together until well blended. Lastly add 1/2 Cup of chopped nuts and a bag of semi-sweet chocolate chips. Flavor with 1/2 tsp. vanilla and drop by teaspoonsfuls on a greased cookie sheet. Bake at 315 for 10-12 minutes. Makes 50 cookies.

By: Pauline Boudreau

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#### BACHELOR BUTTONS

1 Cup brown sugar  
1 egg  
2 1/2 Cups flour  
3/4 tsp. baking soda  
1/2 Cup shortening  
3 tbsp. hot water  
1/2 tsp. vanilla

Roll in to balls and make dent in the middle and put jam in. Bake at 450 for 10-12 minutes.

By: Thelma McLean

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#### CANDY CANE COOKIES

1 Cup butter or margarine  
1 Cup sugar  
1 egg  
1 tsp. vanilla  
1/4 tsp. peppermint extract  
2 1/2 Cups sifted flour  
1/2 tsp. salt  
1/2 Cup crushed candy canes  
2 tbsp. sugar

Beat together butter and sugar until light and fluffy. Beat in egg, vanilla and peppermint extract; blending well.

Combine flour and salt and stir into creamed mixture. Wrap dough in wax paper and chill at least 1 hour. When ready to shape, mix crushed candy with white sugar. Roll 1 level tbsp. of dough on surface sprinkled with small amount of crushed candy mixture to make a 6 inch rope, place on greased baking sheet. Curve one end to form handle of cane. Repeat until all the dough and crushed candy have been used.

Bake in moderate oven at 355 for about 12 minutes or until lightly browned. Remove at once from baking sheet and cool on racks. Makes 3 1/2 dozen cookies.

By: Joselyn Dickson

#### GINGER SPARKLES

2 Cups flour  
2 tsp. soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1 tsp. ginger  
1/2 tsp. cloves  
1 Cup brown sugar  
3/4 Cup butter  
1/4 Cup molasses  
1 egg  
Granulated sugar

Grease cookie sheet. Make balls and roll in granulated sugar. Press with fork or bottom of glass. Bake at 375 for 8-10 minutes.

By: Sylvia Dickson

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#### FORTUNE COOKIES

Stir together 1/4 Cup sifted cake flour, 2 tbsp. cooking oil and 1 egg white; stir till mixture is smooth. Add 1 tbsp. water; mix thoroughly.

Make one cookie at a time. On lightly greased skillet, pour 1 tbsp. of the batter, spread to 3 1/2 inch circle. Cook over low heat till lightly browned, about 4 minutes. Turn with wide spatula; cook 1 minute more. Working quickly, place cookie on pot holder; put fortune in center. Fold cookie in half, then fold again over edge of bowl. Place cookies in muffin pan to cool. Makes 8.

By: Diola Chenell

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#### PINEAPPLE COOKIES

1/2 Cup shortening  
1/2 Cup white sugar  
2 Cups flour  
1/4 tsp. soda  
1/2 Cup crushed pineapple  
1/2 Cup brown sugar  
1 egg  
2 tsp. baking powder  
1/4 tsp. salt  
1 tsp. lemon or orange juice  
Nuts may be added if desired.



## **ALL SAINTS CHURCH-ENTRY ISLAND LANDMARK**

On a grassy knoll, in the church yard of All Saints, over looking the final resting place of past islanders, out over the tranquil blue waters of the summertime Gulf of St. Lawrence, boarded by the gold and green of Sandy Hook. The pass through which can be seen the Lucy Maude passing majestically most evenings; in the distance Amherst Island and the rest of the Archipelago. Stands a white cross, made of fiber glass, the better to with stand the elements and illuminated at night. Inside the church, above the alter is a stained glass window, depicting Christ, with outstretched arms welcoming all who come to his kingdom, who ever they may be. The gold leafed, tasteful plaque along side the window, explains that it is dedicated to the memory of five young people who drowned one stormy November day in 1987, on their way to Entry with a boat load of supplies for winter. For Tracy Clark, Delbert McLean, Lorne McLean, and Kim Patton all of Entry Island, and Darla Hickey of Quebec, as tragic as their untimely deaths were, one must rejoice in the fact that these memorials give lie to the fact tensions exist between our two linguistic groups of people living on the Magdalen Islands. It was through the efforts of English and French volunteers who canvassed all over our fair islands for donations that made this permanent reminder of the capricious waters possible. A bronze plaque inscribed with the names of all drowning victims of living memory, in the waters this cross overlooks is in the process of being crafted. It will be affixed to the base of the cross.

Before you enter the church one can't help but see a huge bronze weather patinaed church bell, supported just off the ground by iron frame, resting there because it is too heavy for the existing steeple, which is not completely sound, and too small to support it. It originally came from St. Luke's Parish Church in Grindstone to replace theirs which was cracked. Inside the church are other wondrous treasures. The stained glass window over the door depicting St. George is also a gift from St. Luke's. It has just gone a major restoration- a veritable jigsaw puzzle for the artisan that repaired it, now restored to its original glory for all to see and admire. Then ones eye is caught by a huge hand carved wooden pulpit (There are only three of the same style in existence in Canada. Of the other two, the whereabouts of the other is unclear) that came to Entry with the closure of the English Church in Amherst - fittingly so, because of the close ties that have existed between the two communities for decades, and do so till this day.

Mix in order given. Drop by tsp. on cookie sheet. Bake at 350 until golden brown.

By: Valerie Clarke

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### GINGER SNAPS

1 Cup molasses  
1/2 Cup butter  
1/2 tsp. soda

Let come to a boil in sauce pan, cool

ADD:

2 Cups flour  
1 tsp. salt  
1 tsp. soda  
1 tsp. ginger  
1 tsp. cinnamon

Let stand overnight. Next morning, roll out thin, cut out and bake. Add more flour if needed.

By: Margaret Welsh

\*\*\*\*\*

### SCRATCH ME BACKS

1 Cup flour  
1 Cup rolled oats  
1 Cup brown sugar  
1 Cup coconut  
1/2 tsp. soda  
1/2 tsp. baking powder  
3/4 Cup shortening  
1 egg, beaten

Put all dry ingredients together, rub in shortening and add well beaten eggs. Form into balls and press out with fork. Bake at 375 until brown.

By: Julie Aitkens

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### OATMEAL COOKIES

1 Cup butter  
1 1/2 Cups brown sugar  
1 egg  
1 1/4 Cup coconut  
1 tsp. vanilla  
1 1/2 Cup flour  
2 tsp. baking powder

1 tsp. salt  
1/4 tsp. baking soda

Bake at 375 for 10-12 minutes

By: Joselyn Dickson

\*\*\*\*\*

### CHRISTMAS FRUIT BALLS

30 Colored marshmallows (quartered)  
2 Cups graham wafer crumbs  
1/2 Cup red cherries (halved)  
1/2 Cup green cherries (halved)  
1 Can sweetened condensed milk  
1/2 Cup chopped walnuts

Mix together and chill overnight, shape chilled mixture into one-inch balls and roll in coconut. Store in a covered container in refrigerator. Makes 4 dozen.

By: Edna Dickson Welsh

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### CHRISTMAS SPICE COOKIES

3/4 Butter, softened  
1 Cup of light brown sugar  
1 Egg well beaten  
1/4 Cup of molasses  
2 1/4 Cups of flour  
2 Teaspoons of each, baking soda, ground ginger and of cinnamon  
1/4 Teaspoon ground cloves  
1/4 Teaspoon salt  
2 Tablespoons sugar (white)

Cream together butter and brown sugar. Add egg and molasses, sift together all remaining ingredients except sugar and stir into batter. wrap in wax paper or plastic wrap and chill thoroughly. Then shape pieces of dough into balls the size of walnuts, dip pieces tightly in remaining sugar and place 3 inches apart on buttered cookie sheets. Bake at 375 for about 12 minutes or until firm. Cool. Makes about 3 dozen.

By: Joan Welsh

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## CLARA PATTON

Became the organist at All Saint's Church, Entry Island in 1925 and she continued in this capacity for forty years. Her last time playing the organ at the Entry Island Church was in 1989, she was 80 years old and it was for her Grandson's funeral.



## Fred Aitkens

Fred Aitkens ...was a warden of All Saints Church, Entry Island, for several years. He also conducted a number of burial services in the absence of the clergy. Fred died on May 15, 1966.



**JAM SQUARES**

- 1 Cup of brown sugar
- 1/2 Cup shortening
- 1 Egg
- 1 tsp. vanilla
- 1 1/2 Cup pastry flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt

-----

Spread more then half the mixture in a basking pan. Spread jam on this and put remaining batter on top. Bake at 350° for 10 minutes. Cut in squares.

By: Phyllis McLean

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**MARS BARS**

- 4 chocolate mars bars, melted
- 1/2 Cup margarine
- 1 tsp. vanilla

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Mix together and microwave for 4 minutes. Stir and add 3 Cups of rice crispies, stir. Pour in 9X9 inch pan, melt 1 pkg. of chocolate chips and pour over top. Cool and cut.

By: Teresa Brymer

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**NUT SLICES**

- 3/4 Cup crushed walnuts
- 25 crackers, crushed fine

-----

Put in bowl and mix together. Melt 1/2 cup of butter, add 1/2 cup of white sugar, 2 tsp. cocoa, 1 egg beaten and 1 tsp. vanilla. Keep stirring and bring to a boil 1 minute, mix with dry ingredients and press in pan, and frost with chocolate frosting. Put in a cool place.

By: Phyllis McLean

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**BRENTON BRITTLE**

- 28 brenton crackers

- 1 Cup margarine
- 1 Cup packed brown sugar

-----  
**TOPPING**

- 1 2/3 semi-sweet chocolate chips
  - 1/3 Cup walnuts or pecans
- Overlap crackers in a foil lined 9X13 inch pan, so bottom is covered Use 4 crackers across and 7 lengthwise.

Stir butter and brown sugar together in a saucepan until it comes to a boil. Pour carefully over crackers. Bake at 400° for 5 minutes. Remove. Scatter chocolate chips over top. Let stand until soft. Spread to cover. Sprinkle with nuts. Cool in fridge. Excellent in freezer a long time.

By: Roma Douesnard

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**DELICIOUS FUDGE**

- 3 Cups brown sugar
- 6oz. evaporated milk
- 1/2 Cup margarine

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Mix together and boil on stove for exactly 5 minutes. Take off and add 3 Cups of icing sugar and beat with electric mixer. Add walnuts if desired. Put in buttered pan. Cut after 15-20 minutes.

By: Pauline Boudreau

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**CREAM CHEESE BALLS**

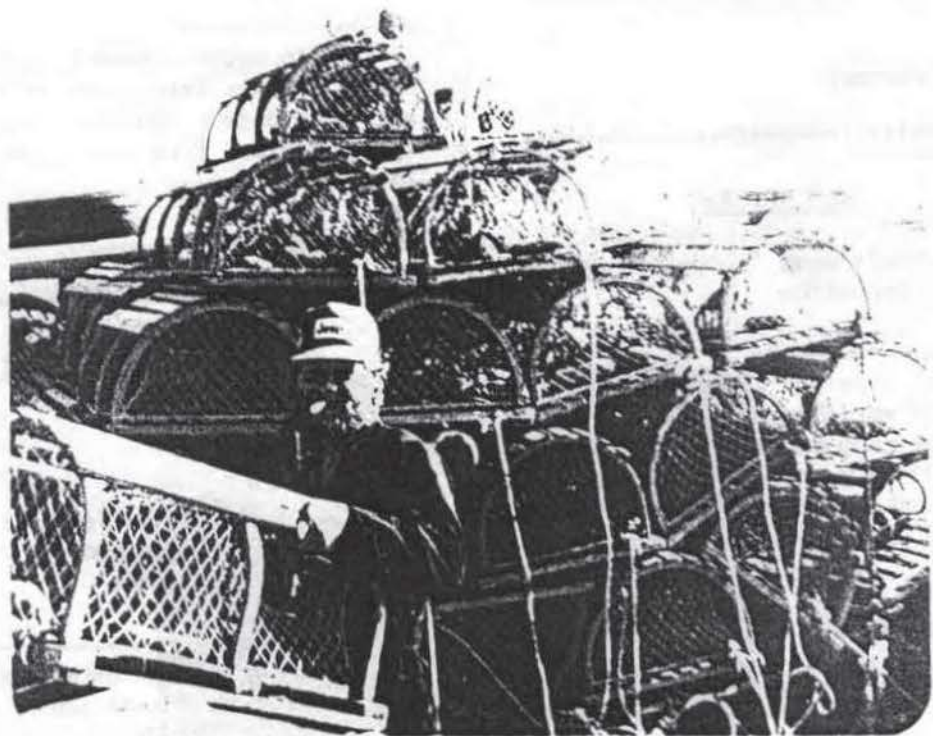
- 8oz. cream cheese, softened
- 1 Cup icing sugar
- 2/3 Cup coconut
- 15 maraschino cherries, finely chopped
- 14oz. crushed pineapple, drained
- 2 Cups graham wafer crumbs

-----

Beat cream cheese and icing sugar together. Mix in coconut and cherries. Stir in pineapple and crumbs. Chill for 30 minutes. Shape into 1 inch balls.

**COATING**





Melt butter in small saucepan. Remove from heat. Stir in sugar and crumbs. Roll cookies in this mixture. Freezes well. Makes about 5 dozen.

By: Connie Dickson

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### HAYSTACKS

1Pkg. Philadelphia cream cheese  
2 Tbsp. milk  
2Cups sifted icing sugar  
2oz. unsweetened chocolate, melted  
1/4 tsp. vanilla  
pinch of salt  
3 Cups miniature marshmallows  
7oz. pkg. coconut

-----  
Combine cream cheese and milk until soft. Gradually add sugar. Stir in melted chocolate, vanilla, and salt. Fold in marshmallows. Drop a teaspoon of mixture in coconut and cover well. Place on cookie sheet and chill. Keep refrigerated.

By: Connie Dickson

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### TEXAS BROWNIES

2 Cups all purpose flour  
2 Cups granulated sugar  
1/2 Cup butter or margarine  
1/2 Cup shortening  
1 Cup water  
1/4 Cup dark, unsweetened cocoa  
1/2 Cup buttermilk  
2 eggs  
1 tsp. baking soda  
1 tsp. vanilla

### FROSTING

1/2 Cup butter or margarine  
2 tbsp. dark cocoa  
1 1/4 Cup milk  
3 1/2 Cup sugar  
1 tsp. vanilla

-----  
In a large mixing bowl, combine the flour and the sugar.  
In a heavy saucepan, combine butter, shortening, water and cocoa. Stir and heat to a boil.

Pour boiling mixture over the flour and sugar in the bowl. Add the buttermilk, eggs, baking soda and vanilla.

Mix well, using a wooden spoon or high speed on an electric mixer.

Pour into a well buttered 17 1/2 x 11 inch jelly roll pan.

Bake at 400 for 20 minutes or until test is done in center.

Prepare frosting in saucepan. Combine the butter, cocoa and milk. Heat to boiling, stirring.

Mix in the sugar and vanilla until frosting is smooth.

Pour warm frosting over brownies as soon as you take them out of the oven. Cool. Cut into 48 squares.

By: Melanie Chenell

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### BUTTER FUDGE SQUARES

MIX :

1/2 Cup butter  
1/2 Cup brown sugar  
1 1/2 Cup flour  
1/4 tsp. salt

-----  
Put this batter in a pan. Mix and add:

2 eggs  
1 Cup brown sugar  
3 tbsp. cocoa  
2 tbsp. flour  
1/4 Cup nuts  
1/2 Cup coconut  
1 tsp. vanilla

Bake at 350 for 30 minutes. Cool and frost.

By: Diola Chenell

\*\*\*\*\*

### CALIFORNIA SQUARES

Boil: 1/2 Cup dates or raisins  
1 tsp. soda  
1 Cup white sugar  
3 tbsp. butter  
1 Cup hot water

Let cool, mix and add:  
1 2/3 Cup flour



On December 25-1973, Craig Quinn made his first flight to Entr and landed his plane, the Z T V Maule in the field ( near How Dickson's house, ) on this flight was his first passenger Rev. Craig was the Pilot of this plane for 18 years.

On March 14-1990, Craig got a larger plane, a twin engine Britt Norman Islander, Jacques Delaney is the pilot of this plane.



Craig Quinn with his plane

1/2 tsp. salt  
1/2 tsp. baking powder  
1 tsp. vanilla

Bake at 350 for 25-40 minutes.

-----  
TOPPING:

1/2 Cup brown sugar  
3 or 4 tbsp.  
1 Cup coconut  
1/2 Cup nuts  
1 tsp. vanilla

Bake until brown.

By: Connie Dickson

\*\*\*\*\*

CHOCOLATES ( SINGLE )

1 block butter  
1 Cup icing sugar  
1 tbsp. milk

-----  
Add flavoring and make into balls.  
Food coloring is optional. Melt 1/2 pkg.  
chocolate chips or butter scotch chips, 3/4 block  
of para-wax in a double boiler. Dip balls in.

By: Thelma McLean

\*\*\*\*\*

CHOCOLATES ( DOUBLE )

1 1/2 bag of icing sugar  
2 blocks butter  
2 tbsp. milk- mix

-----  
Add flavoring and make into balls.  
Food coloring optional. Melt 1 pkg. of  
chocolate chips and 1 1/2 block of para-wax.  
Dip balls into chocolate.

By: Thelma McLean

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GRAMMY TIL'S FUDGE

4 Cups brown sugar

2 Cup white sugar  
2 tbsp. baking powder  
2 tbsp. flour  
1 can milk  
1/2 Cup butter  
vanilla

-----  
Mix all ingredients together except  
vanilla in saucepan. Boil until done. Add  
vanilla, then pour in pan.

By: Della Welsh, passed on by Till Chenell

\*\*\*\*\*

MAPLE CREAM FUDGE

3Cup lightly packed brown sugar  
1 Cup granulated sugar  
1/2 tsp. salt  
1 Cup undiluted evaporated milk  
2 tbsp. butter

-----  
Stir over medium heat until sugar  
dissolves. continue cooking until it reaches soft  
ball stage. Remove from heat, and cool without  
stirring until bottom of pan is lukewarm. Beat  
until fudge losses it's gloss.

THEN QUICKLY STIR IN:

1/2 Cup chopped nuts  
1 tsp. vanilla

Pour into pan. When cool, cut into  
squares.

By: Edna Welsh

\*\*\*\*\*

NANAIMO BARS

BOTTOM LAYER:

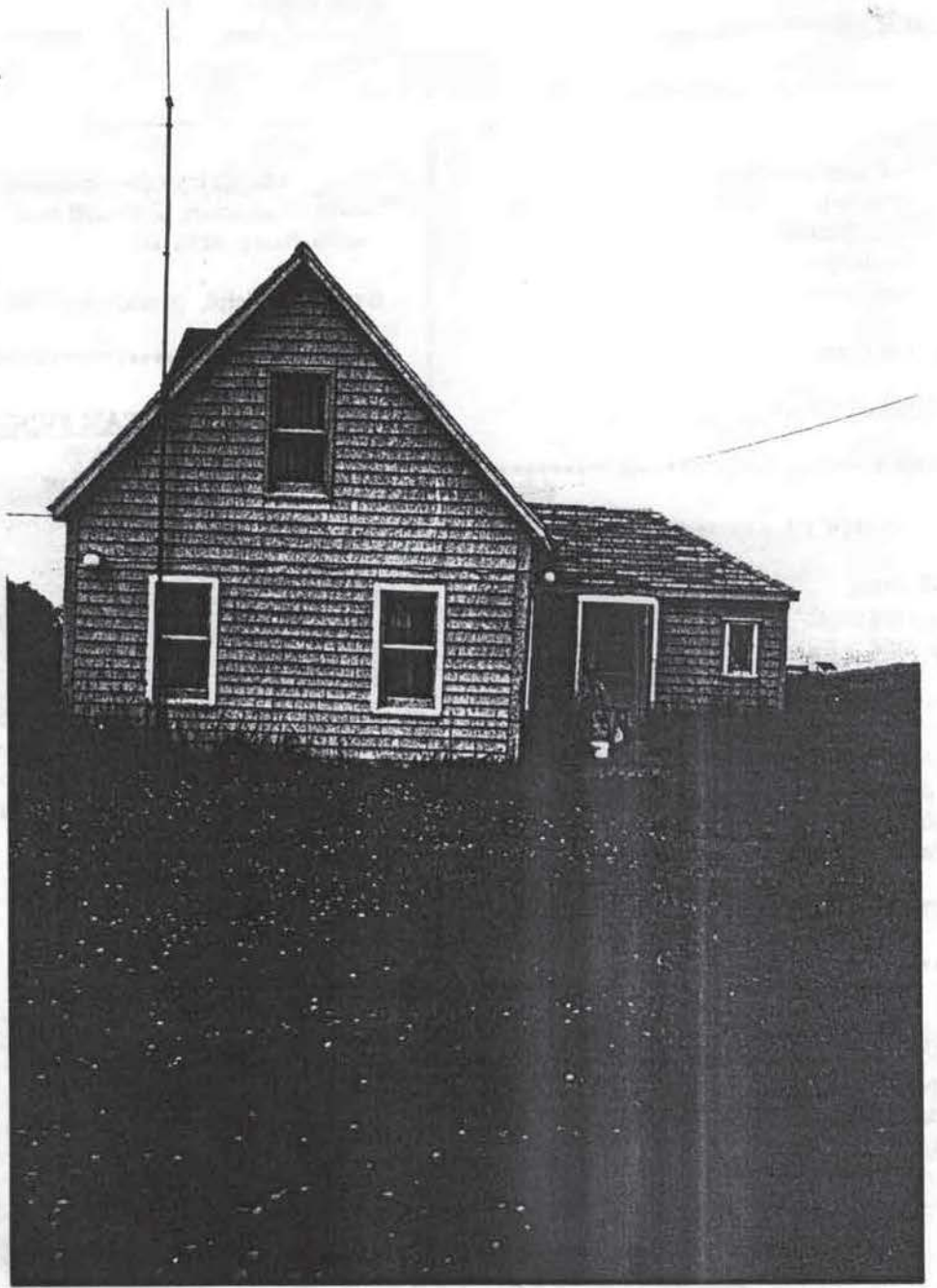
1/2 Cup butter or margarine  
1/4 Cup sugar  
5 tsp. cocoa  
1 egg, beaten

SECOND LAYER:

1/2 Cup margarine 3 tbsp. milk  
2 tbsp. vanilla custard powder  
2 Cups icing sugar

THIRD LAYER:





The oldest house was built in 1879 and is still occupied by Ivan Quinn.

2/3 Cup chocolate chips  
2 tbsp. margarine

**BOTTOM LAYER:**

Melt first three ingredients in top of double boiler pot. Add beaten egg and stir to cook and thicken. Remove from heat, stir in crumbs, coconut and nuts. Press firmly into ungreased 9X9 inch pan.

**SECOND LAYER:**

Cream butter, milk, vanilla and icing sugar together. Beat until light and spread over bottom layer.

**THIRD LAYER:**

Melt chips and butter over low heat. When cool but still runny spread over second layer. Chill in fridge and use a sharp knife to cut.

Makes approximately 36 squares.

By: Joselyn Dickson

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**MARSHMALLOW SQUARES**

1 1/2 Cup butter  
1/2 Cup peanut butter  
1pkg. chocolate chips  
1pkg. butterscotch chips

-----  
Cook over double boiler until the chips are melted. Cool completely then mix in marshmallows.

By: Thelma Ann Chenell

\*\*\*\*\*

**CONDENSED SQUARES**

1 1/2 Cup graham cracker crumbs  
1 Cup chopped walnuts  
1 1/2 Cups flaked coconut  
1/3 Cup cocoa  
1 tsp. vanilla  
10oz. sweetened condensed milk

-----  
Combine all ingredients in a bowl, mix well. Pack into greased 8X8 inch pan. Bake at

350 for 30-35 minutes. Store covered. Cut in 25 squares.

By: Connie Dickson

\*\*\*\*\*

**FUDGE**

2 Cups brown sugar  
1/2 Cup evaporated milk  
1 tbsp. flour  
1 tsp. baking powder  
4 tbsp. butter  
1 tsp. vanilla

-----  
Boil all ingredients together except vanilla, for 10-15 minutes; stirring constantly. Remove from heat; add vanilla. Beat until fudge shows signs of thickening. Pour into buttered dish. Cool then slice. Nuts may be added if desired.

By: Eva Morrison

\*\*\*\*\*

**YUM YUMS**

**COMBINE:**  
1/2 Cup butter  
1 Cup brown sugar  
2egg yolks  
1/2 Cup flour  
2 tsp. baking powder  
pinch of salt

Mix together and bake for 10 minutes at 400 or until brown.

-----  
**MIX:**

Beat egg whites with 1 Cup of brown sugar. Pour over top and put in oven until the top is golden brown.

By: Joselyn Dickson

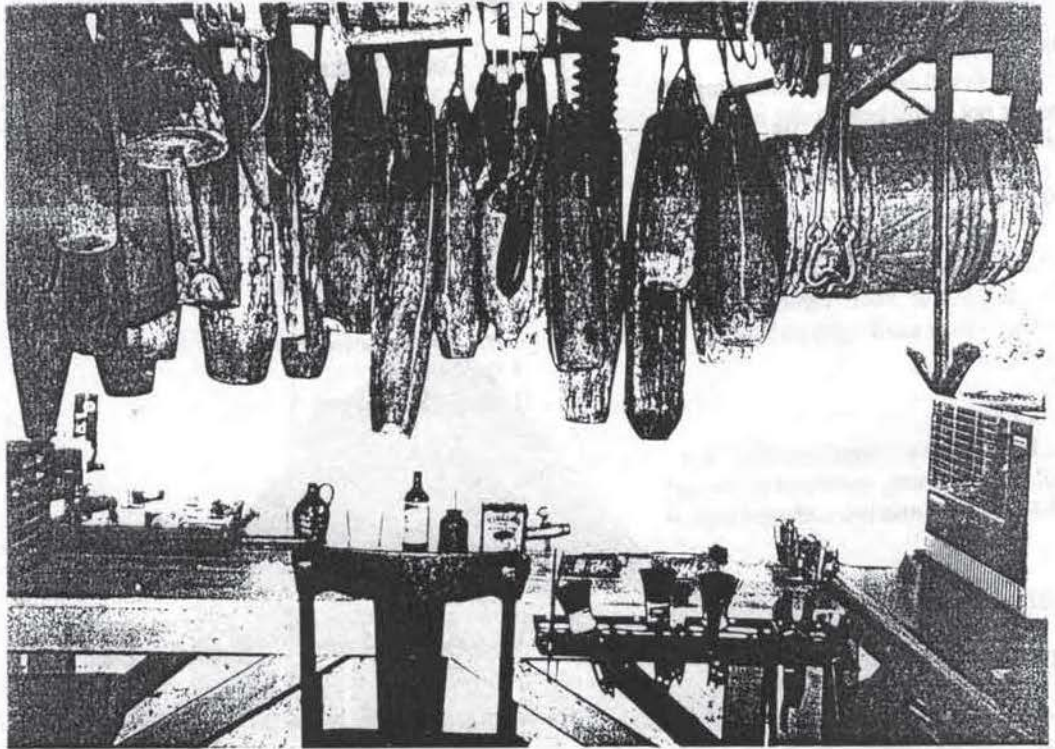
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**FUDGE SQUARES**

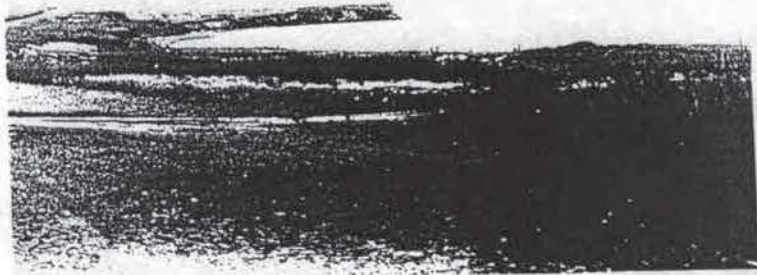
1/4 Cup melted butter  
1 Cup brown sugar  
2 eggs  
2 tsp. baking powder



Buoys of days gone by.



Sou' West Point .



1 Cup flour  
1 tsp. vanilla

Beat eggs melt butter, sugar then add flour, baking powder and vanilla. Bake at 350 for 30 minutes.

---

TOPPING:  
1 Cup brown sugar  
3 tbsp. butter  
3 tbsp. can milk

Boil for 3 minutes. Remove and 1 Cup icing sugar, 1 tsp. vanilla and spread over top.

By: Thelma Ann Chenell

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### BROWNIES WITH PINEAPPLE

MELT:  
2 squares baking chocolate  
1/2 Cup margarine

ADD:  
1 Cup white sugar  
1/2 Cup crushed pineapple (drained)

MIX + ADD:  
1 Cup flour  
1/2 tsp. baking powder  
1/4 tsp. soda  
1/4 tsp. salt  
1/2 tsp. vanilla  
1/2 Cup walnuts

Bake at 350 for 30 minutes in 9X9 inch pan.

By: Ellie Quinn

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### MAVIS'S CHOCOLATE FUDGE

4 Cups white sugar  
2 heaping tsp. cocoa  
Mix with can milk to a thin paste and add 1/2 Cup butter.

---

Put on stove and cook until it forms a ball in cold water. Take off and beat with electric mixer until it gets smooth and shiny then put in 11X13 inch pan. Cool and cut.

By: Mavis Patton

### COCONUT CRISPES

1 Cup butter  
1 1/2 Cup sugar  
2 eggs  
1/2 tsp. vanilla  
1 Cup coconut  
2 Cups flour  
2 tsp. baking powder

---

Cream butter, sugar and cream until light. Add well beaten eggs, vanilla and coconut. Sift flour with baking powder and add to mixture. Drop from spoon on greased baking sheet. Bake at 350 for 10-15 minutes.

By: Shirley Welsh

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### PEANUT CLUSTERS

2 Cups chocolate chips  
1 Cup butterscotch chips  
1 1/2 Cup peanuts, (unsalted)

---

Melt chocolate + butterscotch chips in pot, then add peanuts. Drop from tsp. on wax paper and let cool.

By: Nicole Clark

\*\*\*\*\*

### CINNAMON ROLLS

MIX:  
4 Cups flour  
7 tsp. baking powder  
1 1/4 Cup sugar  
1 tsp. salt

ADD:  
1 Cup shortening  
2 eggs, beaten  
1/2 Cup milk

---

Roll out and spread with butter. Spread 3 tbsp. cinnamon, mixed with 1/4 - 1/2 Cup sugar. Bake at 375 for 10-12 minutes.

By: Ellie Quinn

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## TALES OF THE MAGDALENES

If you ask Madelinots where the name of the Magdalen Islands (Les-Iles-de-la-Madeleine) comes from, the answers could be varied.

Historians generally say that the Islands received their name from Francois Doublet, who in 1663 received the Islands as a concession. He then named them in honor of his wife, Madeleine Fontaine.

However, there are many legends with a different version of where the name came from.....

Long before the Islands were inhabited, ships full of European or other fishermen often sailed on the Gulf of Saint Lawrence. The crew of one of these ships came in sight of the Islands on July 22nd, St. Madeleine's Day, and some believe that's who the Islands were named.

Another legend tells us that the first woman to stay in the Islands lived at Anse-a-la-Cabane. Her name was Madeleine, and chivalrous men gave the Islands her name.

In the past, countless boats sank off the coasts of the Magdalen Islands. One legend states that a sole survivor of one of the shipwrecks was to have been a woman named Madeleine-- thus the name "Iles-de-la-Madeleine".

Some historians have said that the name was best owned in honor of Madeleine LaFontaine, wife of the Islands' first seigniorial lord.

There's also a legend that says the first baby born in the Islands was given the name "Madeleine" and the Islands were named in her honor.

No matter how the Islands came to be named-- whether we call them the Magdalen Islands, Les-Iles-de-la-Madeleine, the Maggies, or the Isles of Magdalene, these beautiful Islands are truly the "Jewels of the Gulf"!



**DATE SQUARES**

COOK UNTIL SOFT:

- 1pkg. dates
- 1 Cup brown sugar
- 1 Cup hot water
- Set aside to cool

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Into a bowl, sift 1 1/2 Cup flour, 1/2 tsp. baking soda and 1/2 tsp. salt. To this add 1/2 Cup rolled oats with 1 Cup brown sugar. Mix well together and cut in 1/2 Cup butter. When all is well blended and resembles coarse crumbs, press half the quantity into a well greased 8X12 inch pan. Cover with above date filling and top with the remainder of mixture, pressing gently and evenly. Bake for 25 minutes at 375 or until delicately browned. While hot, cut into squares and serve when cold.

By: Olive Josey

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**PEANUT BUTTER CUPS**

MIX TOGETHER:

- 1 Cup peanut butter
- 3 tbsp. margarine
- 1/2 Cup brown sugar
- 1 Cup icing sugar
- 1tsp. vanilla
- Roll into balls

TOPPING:

- 3 tbsp. oil
- 1pkg. chocolate chips

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Melt over low heat. Pour melted chocolate into paper muffin cups, add a peanut butter ball, flatten and pour chocolate over top. Keep in fridge.

By: Edna Welsh

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**CHOCOLATE BALLS**

CREAM TOGETHER:

- 1 Cup peanut butter 1/4 Cup butter
- 1 Cup icing sugar

ADD:

- 2 Cups rice crispies

- 1 Cup coconut
- 1/4 Cup walnuts

-----

Chill in fridge 1 hour, then roll in balls and return to fridge. Melt in pan, 1pkg. chocolate chips and 2 tbsp. paraffin wax.

Using a toothpick, dip balls in chocolate, place on wax paper and keep in fridge.

By: Joan Welsh

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**DELUXE PEACH SQUARES**

- 1/2 Cup melted butter
- 1/2 Cup soft butter
- 1 1/2 Cup icing sugar
- 2 1/2 Cup graham wafer crumbs
- 2 eggs
- 1/2 pint whipping cream
- 19oz. can sliced peaches

-----

Mix 1/2 Cup melted butter with 2 1/4 Cups graham wafer crumbs. Press firmly into 9X12 inch pan. Cream 1/2 Cup soft butter and gradually add icing sugar. Add 2 eggs and beat until smooth. Spread this mixture over crumbs. Whip the cream until stiff. Dice the peaches into small chunks and fold into the cream. Spread over other mixtures. Sprinkle the rest of the graham wafer crumbs on top. Let stand in fridge at least 3 hours. Keep refrigerated.

By: Edna Welsh

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**CHERRY BALLS**

- 1 1/2 Cup icing sugar
- 1/2 Cup butter, softened
- 1 1/2 Cup coconut
- 1 1/2 Cup graham wafer crumbs
- 1 tsp. vanilla
- 1 tbsp. milk
- 1 bottle maraschino cherries

-----

First mix up butter and icing sugar, milk and vanilla + coconut. In a separate bowl put graham wafer crumbs.

Take about 1lb. of first mixture, flatten in palm of your hand, put a cherry in center, roll

up, then roll in graham wafers. Put in fridge to cool.

By: Vera Clark

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### BUTTER FUDGE SQUARES

MIX:

1/2 Cup butter  
1/2 Cup brown sugar  
1 1/2 Cup flour  
1/4 tsp. salt

Put this batter in a pan. Mix an add:

2 eggs  
1 Cup brown sugar  
3 tbsp. cocoa  
2 tbsp. flour  
1/4 Cup nuts  
1/2 Cup coconut  
1 tsp. vanilla

Bake at 350 for 30 minutes. Cool and frost.

By: Diola Chenell

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### TAFFY APPLES

2 Cups brown sugar  
2 tbsp. vinegar  
4 tbsp. molasses  
2 tbsp. hot water  
2 tbsp. butter  
1 tsp. vanilla  
1/4 tsp. salt

Mix sugar, vinegar, molasses and hot water. Stir until dissolved. Boil until it forms hard balls in cold water when dropped from spoon. Add butter, salt and vanilla. Wash apples, push sticks in each apple. Dip apples in hot candy mixture and stand on buttered cookie sheet to harden.

By: Ellen McLean

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### MOLASSES CANDY

2 Cups molasses  
2/3 Cup sugar  
3 tbsp. butter  
1 tbsp. vinegar

Put butter in pot, place over fire and when melted, add molasses and sugar. Stir until sugar is dissolved. During the first of the boiling, stirring is unnecessary, but when nearly cooked, it should be stirred constantly. Boil until, when tried in water mixture will become brittle. Add vinegar just before taking from fire. Pour into a well buttered pan. When cool enough to handle, pull until porous and light colored, allowing candy to come in contact with tips of fingers and thumbs, not to be squeezed in the hand.

Cut in small pieces, using large shears or a sharp knife, and then arrange on slightly buttered plates to cool.

By: Olive Josey

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### MEATBALL RISOTTO

1/2lb. ground beef  
1/4 tsp. oregano  
1/2 Cup fresh sliced mushrooms  
1 can spaghetti sauce  
1 1/2 Cup water  
1 1/2 Cup instant minute rice  
1/2 Cup parmesan grated cheese

Combine ground beef and oregano. Shape into small meatballs and brown in frying pan. Drain fat.

Add vegetable and stir-fry for 1 minute. Add sauce and water, bring to a boil.

Stir in rice and cheese; cover and simmer for 5 minutes. Remove from heat and stir. Cover and let stand 5 minutes.

Garnish with extra parmesan, if desired. Makes 4 servings.

By: Melanie Chenell

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### MEAT LOAF

1 1/2lb. beef  
1 egg, beaten  
1 Cup milk  
1/2 tsp. dried parsley flakes  
1 tsp. Worcestershire sauce  
1 medium onion, chopped  
Salt & pepper

Pack lightly into a 9-5 inch loaf pan. Bake at 350 for 1 1/2 hours.

By: Annie McLean



**BAKED PORK CHOPS WITH MUSHROOMS**

- 6 pork chops
- 2 tbsp. flour
- 1 1/2 Cup sliced onion
- Pepper & salt to taste
- 1/2 tsp. sage
- 1/2 tsp. rosemary
- 1 Cup water
- 1 Cup mushroom soup
- 1 Cup mushrooms
- 1 tsp. basil

Flour the pork chops and pan broil until slightly brown. Cover with onions, pepper, salt, sage, rosemary and water. Cover pan and simmer for 1/2 hour. Add mushrooms, soup, basil and bake at 400 for 30 minutes.

By: Valerie Clarke

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**BAR-B-BARN RIBS**

- 1/4 tsp. salt & pepper
- 1/4 tsp. paprika
- 1/4 tsp. garlic
- 1/4 tsp. cinnamon
- 1 Cup brown sugar, packed
- 1/2 Cup applesauce
- 1/4 Cup ketchup
- 2 tbsp. lemon juice

Mix all together and marinate ribs over night in fridge. Turn over in the morning and continue to marinate until time to cook. Cook for 1 1/2 hours at 300. Baste while cooking.

By: Dave Douesnard

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**WEST HEAD CASSEROLE**

- Layer of onions
- Layer of potatoes
- Layer of sliced carrots
- 1/2 Cup rice
- 1 can peas with juice
- 1lb. ground beef
- 1 can diluted tomato soup
- Salt & pepper

Bake at 300 for about 2 hours.

By: Julie Aitkens

**MACARONI ALL DRESSED**

Boil macaroni until soft. In another pot prepare:

- 1 can meat sauce
- 1 can tomatoes
- 1 onion, chopped
- 1 can tomato soup
- 1 can tomato juice
- 1lb. hamburger, cooked

Let simmer and add spices if desired.

Mix together with ingredients and put in oven coated with mozzarella cheese. Bake at 350 until cheese is melted.

By: Amanda Chenell

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**RICE & HAMBURGER CASSEROLE**

- 2 Cups cooked hamburger
- 2 Cups stock
- 1/8 tsp. pepper
- 2 tbsp. Worcestershire sauce
- 1 can tomatoes
- 1/2 Cup raw rice
- 2 tbsp. butter
- 2 medium onions, chopped

You can make 2 cups of stock by using the drippings from the hamburger meat, adding 1 tsp. salt. Fry onions and rice in butter and slightly brown. Add seasonings and tomatoes. Turn into buttered casserole dish. Bake at 350 for 40 minutes.

By: Valerie Clarke

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**FUN BUNS**

- 2lb. hamburger
- 2 onions, chopped
- 1 tsp. dry mustard
- Garlic salt
- 3/4 Cup chili sauce
- 1 tsp. Worcestershire sauce
- Salt & pepper to taste
- 1 can chicken gumbo soup
- 1 can mushrooms
- 1 green pepper, chopped

Mix all together and place in buns.

By: Marilyn Patton

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**MEAT LOAF**

- 1lb. ground beef
- 1 egg, slightly beaten
- Salt & pepper
- 1/2 Cup milk
- 1 can meat sauce
- 1 Cup bread crumbs
- 1 tsp. relish

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Mix all ingredients together and spread in loaf pan. Bake at 350 for 1-1/2 hours.

By: Della Welsh

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**BAKED BEANS**

*Soak beans over night !*

- 1lb. white beans
- 1qt. cold water
- 1 medium onion, sliced
- 1/2 tsp. salt
- 2 tsp. cider vinegar
- 1/2 tsp. prepared mustard
- 1 tbsp. brown sugar
- 1/4 Cup molasses
- 1/2 Cup ketchup
- 1/4lb. pork or bacon
- Pepper
- Hot water as needed.

-----  
Rinse beans. Add 1qt. cold water, cover, heat to boiling then simmer for 30 minutes. Drain, keeping liquid. Place onion slices in bottom of casserole. Add rest of ingredients. Add beans and hot liquid to cover. Arrange pork slices on top. Cover and bake in oven at 250 for 7 hours. At the end of 4 hours remove 1 Cup of beans and mash them, then stir back into remaining beans. One hour before serving remove cover to allow pork to brown.

By: Thelma Ann Chenell

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**PORCUPINE MEATBALLS**

- 1lb. ground beef
- 1/4 Cup onions, chopped
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 Cup long grain rice
- 10oz. can condensed tomato soup
- 10oz. soup can of water

-----

In a medium-sized bowl, mix meat, onion, salt, pepper and rice well. Shape into 25 meatballs. Arrange evenly in square baking dish. Combine soup and water. Pour over meatballs, cover. Bake at 350 for 1 hour or until rice is cooked. Serves 4.

By: Linda Welsh

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**SAN FRANCISCO CHOPS**

- 4 pork chops
- 1 tsp. oil
- 1 clove garlic, minced
- SAUCE:
- 2 tsp. oil
- 4 tbsp. dry cherry or broth
- 4 tbsp. soy sauce
- 2 tbsp. brown sugar
- 1/4 tsp. crushed red pepper
- 2 tsp. cornstarch
- 2 tbsp. water

-----  
Trim pork chops of fat. Heat oil in skillet. Brown chops on both sides. Remove an add a little more oil if needed.

Sauté garlic for 1 minute, being careful not to burn it.

Combine oil, sherry or broth, soy sauce, brown sugar and red pepper. Place pork chops in skillet. Pour sauce over them. Cover tightly. Simmer over low heat until chops are tender and cooked through, 30-35 minutes.

Add a little water, 1-2 tbsp. if needed to keep sauce from cooking down too much. Turn once, removing chops to platter. Stir in cornstarch dissolved in water. Cook until thickened. Pour over chops and serve.

By: Joyce Dickson

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**LASAGNE**

- 8 lasagna noodles, broken into bite size pieces
- 3 quarts boiling water
- 2 tsp. cooking oil
- 2 tsp. salt
- 1 1/2lbs. lean ground beef
- 3/4 Cup finely chopped onion
- 2X14oz. canned tomatoes, with juice, broken up
- 5 1/2oz. can tomato paste
- 1 Cup cottage cheese
- 2 Cups grated mozzarella cheese



- 2 tsp. granulated sugar
- 1 tsp. parsley flakes
- 1/2 tsp. dried whole oregano
- 1/4 tsp. garlic powder
- 1/4 tsp. dried sweet basil
- 1 1/4 tsp. salt
- 1/2 tsp. pepper

Cook lasagna noodle pieces in boiling water, cooking oil and salt in oven at 375 for 15-20 minutes until tender but firm. Drain.

Scramble-fry ground beef until brown, drain well. Turn into slow cooker.

Add remaining 12 ingredients and stir well. Add lasagna noodle pieces, stir and cover. Cook on low for 7-9 hours or on high for 3 1/2-4 1/2 hours. Makes 10 Cups.

By: Cheryl Josey

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**DONAIR MEAT**

**INGREDIENTS:**

- 5lbs. hamburger
- 1/2 tsp. pepper
- 1 1/2 tsp. oregano
- 1(cayenne) red pepper
- 1/4 tsp. accent
- 1 Cup bread crumbs
- 2 tsp. paprika
- 2 tsp. onion powder
- Salt to taste
- 2 tsp. garlic salt

Shape into two loafs (press firmly). Bake in roaster or broiler pan. Put cake rack on bottom then cover. Bake at 300 for 2 1/2- 3 hours. Cool and slice thinly.

By: Linda Welsh

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**PORK CHOP CASSEROLE**

- 2 sliced carrots
- 2 Cup raw potatoes, sliced
- 1 onion, sliced
- 2/3 Cup water
- 1 Cup mushroom soup
- Pork chops
- Celery salt to taste
- Salt & pepper

Pre-cook the vegetables in 2/3 Cup water, until crisp. Do not over cook.

Coat chops with flour and brown in frying pan. Use a little margarine to prevent sticking. Place vegetables in bottom of greased casserole. Cover with chops. Mix water from vegetables with pan juices and soup which has been diluted with a little water. Pour over chops and bake at 350 for 40 minutes.

By: Bess Chenell

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**RICE CASSEROLE**

- 1 1/2 Cup minute rice
- 1 can 10oz. Cream of chicken soup
- 1 1/4 cup water
- 2 Cups diced cooked chicken
- 1 can peas
- 1/2 tsp. salt
- 1/2 Cup grated cheddar

Measure rice into a 1 1/2 quart casserole. Blend soup and water in a saucepan. Stir in chicken, drained peas and salt. Bring quickly to a boil, stirring occasionally. Stir into rice. Sprinkle with cheese. Cover and bake at 400 for 20 minutes.

By: Crystal Chenell

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**SHEPARDS RICE AND BEEF SUPPER**

- 1lb. lean ground beef
- 1 can beef or mushroom gravy
- Salt & pepper to taste
- 1 1/2 Cup minute rice
- 1 1/2 Cup boiling water
- 1 Cup frozen peas or carrots

Heat oven to 350. Cook beef in a medium fry pan until no longer pink; drain. add gravy; season to taste. Pour over rice into medium casserole or deep pie plate. Pour over rice. Arrange vegetables around the edge of the dish. Spoon beef and gravy mixture into center of dish. Cover and bake 15 minutes or until heated through. Makes 4 servings.

By: Candy Dickson

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**CHICKEN ORENTIAL**

- 1 chicken (cooked)
- 1 1/2 Cup tomato juice
- 1/2 Cup vinegar
- 1 Cup sugar
- 3 tsp. cornstarch
- 1-19oz. can pineapple tidbits

Take skin of chicken, cut up in bite size pieces. Mix remaining ingredients all together in a pot. Cook on stove till thick. Then add chicken. Make a salad or coleslaw with it.

By: Shelia Josey

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**SKILLET SUPPER**

- 4 boneless, skinless chicken breasts
- 1 tbsp. oil
- 1 can chicken broth
- 1/2 Cup miracle whip
- 1 tbsp. chili powder
- 1 1/2 Cup minute rice
- 2 green onions, chopped
- 1 tomato, seeded and chopped
- 1/2 Cup grated cheddar cheese opt.

Brown chicken in oil over medium high-heat in large fry pan.

Whisk broth, salad dressing and chili powder together until smooth; pour over chicken. Cover and simmer for 10 minutes. Stir in remaining ingredients except cheese; bring to a boil. Cover, remove from heat and let stand 5 minutes. Sprinkle with cheese before serving, if desired.

By: Melanie Chenell

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**PINEAPPLE CHICKEN**

- 1 large egg, fork beaten
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 Cup fine dried bread crumbs
- 2 tsp. chicken bouillon powder
- 1 1/2lb. ground chicken
- 14oz. canned pineapple tidbits, with juice
- 1/3 Cup white sugar
- 2 tsp. ketchup
- 2 tsp. Soya sauce
- 1 tsp. chicken bouillon powder
- 1/3 Cup brown sugar, packed
- 1 medium green pepper, diced
- 1/3 Cup green onion, chopped

- 2/3 Cup water
- 3 tbsp. cornstarch

Place first 5 ingredients in bowl, stir well. Add ground chicken. Mix and shape into 1 1/2 inch balls. Arrange on broiler tray. Boil, turning once, until browned. This will take about 40-45 minutes per side. Place meatballs in a slow cooker.

Combine next 8 ingredients in saucepan. Mix water and cornstarch in small cup, add to saucepan. Heat and stir until boiling and thickened. Pour over meatballs. Cover. Cook on low for 4-5 minutes or on high for 2 1/2 hours. Makes 30 meatballs.

By: Cheryl Josey

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**CHICKEN FRIED RICE**

- 1 envelope onion soup mix
- 1/2 Cup oil
- 2-3 stocks celery, cut fine
- 1 can mushrooms
- 1 onion, cut fine
- 2 Cups Uncle Ben's Rice
- 1/3 Cup Soya sauce
- 3 1/2 Cups water
- 3-4 Cups cooked chicken, cubed

Put in roast pan with cover. Cook 1 hour at 350, then open after 1/2 hour and stir then cover till 1 hour is up.

By: Nettie Welsh, given to by Mona Leslie

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**BAKED DUCKS**

Prepare 3-4 ducks, cleaned and washed. Prepare stuffing and place in ducks. Put ducks in roaster and bake at 350 until well done. Take out and prepare vegetables for meal.

\* To take the wild taste out of the duck, peel and place an apple inside the duck.

By: Darlene Chenell

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**STUFFING**

- 1 envelope Lipton onion soup mix
- 1 Cup water
- 1 tsp. poultry seasoning



1/2 Cup butter  
8 Cups bread cubes, toasted lightly  
1/2 Cup diced celery, optionally

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In a sauce pan, bring soup mix and water to a boil, simmer 5 minutes. Stir in poultry seasoning, butter (and celery). In a large bowl add seasoned onion mixture gradually to bread cubes, tossing lightly and evenly. Return stuffing to covered saucepan, let stand in warm place 5 minutes. Stirring occasionally. Serve immediately.

By: Joyce Dickson

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### TUNA CASSEROLE

1 can tuna  
1 onion, chopped  
1 can mushroom soup  
Sliced raw potatoes  
Salt & pepper

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Line casserole dish with tuna and then layer with sliced onion. Spread raw potatoes on top and mix 1 can mushroom soup with equal amounts of water and spread on top. Bake at 350-375 until potatoes are cooked.

By: Valerie Clarke

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### HERRING ROLLS

Serves 8

8 herring fillets  
1/2 Cup milk  
1/2 Cup water  
2 apples, cored and sliced into 8 pieces  
2 tbsp. lemon juice  
1/2 Cup whipped cream, until stiff  
1 small onion, chopped  
1/2 Cup sour cream  
1/2 tsp. sugar  
Pinch of cayenne pepper  
Salt & pepper to taste  
3 tbsp. cranberry sauce

-----  
Place herring fillets in bowl and sprinkle with milk and water; let sit for at least 3 hours.

Sprinkle apple slices with 1 tbsp. lemon juice.

Drain fillets and dry with paper towel; roll each fillet around an apple slice and stand upright. Place rolls on serving plate.

Combine whipped cream, small onion, 1 tbsp. lemon juice, sour cream, sugar, and cayenne pepper. Season with salt & pepper. Spread whipped cream mixture over herring rolls and crown each with a tsp. cranberry sauce.

By: Vera Clark

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### DEEP FRIED SCALLOP

BEAT TOGETHER IN A SHALLOW BOWL:

1 egg  
1 tbsp. water or milk

Place 1/4 Cup flour on a plate  
- Dash of pepper & salt

Place 1 Cup bread crumbs or cornflake crumbs on a second plate.

-Drain 1lb. scallop

Dip scallops in flour, then egg and finely in the crumbs. Be sure each one is coated.

Allow to stand 10-15 minutes so the crumbs will dry and not come off during frying.  
-Fry in pre-heated fat for 3-4 minutes.

Fish fillets may be prepared in the same way.  
Deep fry for 5-7 minutes.

By: Ann Dickson

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### BAKED SCALLOPS

1lb. scallops  
1 can mushroom soup  
1/4 Cup milk  
3 tsp. parsley  
Salt & pepper (dash)  
1 Cup crushed potato chips  
2 tbsp. cheese

Place scallops in a buttered dish.

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Heat soup, milk, parsley, salt, pepper and whisk until smooth.

Pour over scallops, put chips and cheese on top. Bake at 450 for 15-20 minutes.

By: Ann Dickson

**FISH CAKES**

Use leftover cod and potatoes. Dice potatoes, and salt & pepper, onion and egg. Mash all together to form patties. Heat and fry in pan until golden brown.

By: Teresa Brymer

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**BAKED STUFFED COD**

- 3lbs. whole cod
- lemon
- 6 onions, chopped
- 5 tbsp. butter
- 1 1/2 Cup bread crumbs
- 1/4 tsp. ground black pepper
- 1 tsp. salt
- Butter

Clean and split the fish. Rub the insides with lemon. Sauté the onions in butter until tender. Add the bread crumbs, salt & pepper. Stuff the fish with this mixture. Tie string around to hold together and place in greased baking dish. Season with salt and dot with butter. Bake at 450 .

By: Margaret Welsh

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**TUNA BURGERS**

- 1 can tuna, flaked
- 1 Cup shredded cheese
- 2 tbsp. miracle whip
- 2 tbsp. relish
- 1 tbsp. onion
- 1 tbsp. mustard
- Salt & pepper

Place mixture in rolls, wrap in foil and warm in oven.

By: Ellen McLean

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**MACKERAL PIE**

- 2 mackerel
- 4 tbsp. butter
- Salt & pepper
- 1 onion, chopped
- 1 1/2 Cup water

- 3 potatoes, cut in slices
- 2 tbsp. salted herbs
- 1 pie crust

Clean and wash the mackerel. Remove head, tail and fins. Cut the fish in one inch slices and roll them in flour. Sauté the fish in butter until they are browned on both sides. Season with salt & pepper. Remove the fish from the skillet and lightly sauté the onion, adding more butter if needed. Place the mixture in a casserole dish and cover with a layer of pie crust in which a few slits have been cut. Bake at 400 for 20 minutes or until crust is golden brown.

By: Bill Welsh

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**CRAB BALLS**

\* Can be substituted with lobster + scallop etc.

Makes 35 balls

- 1lb. meat, flaked
- 1/4 Cup butter, melted
- 1 tsp. salt
- 1/8 tsp. cayenne
- 1 tsp. dry mustard
- 1 tsp. parsley flakes
- 2 tsp. Worcestershire sauce
- 1/2 Cup bread crumbs
- 2 egg yolks, slightly beaten
- 1/2 Cup flour
- Oil for frying

Place meat in mixing bowl. Add butter, salt, cayenne pepper, mustard, parsley flakes, Worcestershire sauce, bread crumbs and egg yolks to crab; mix well. Refrigerate for 2-3 hours, or until stiff enough to be handled easily.

Form mixture into small balls the size of a walnut. Dredge in flour.

Heat several inches of oil to 360 in heavy saucepan or deep fat fryer. Fry crab balls until golden brown. Drain on paper towels and serve hot.

By: Vera Clark

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**FISH BATTER**

- 1 Cup flour
- 1 tsp. salt
- 1 tbsp. salad oil
- 2 tsp. baking powder



2 tsp. sugar  
1 Cup water

-----  
Dip fish in batter and deep fry.

By: Valerie Clarke

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### CLAM DIP

Makes 1 1/2 Cups

8oz. cream cheese, softened  
1/2 Cup sour cream  
1 tsp. lemon juice  
Salt & pepper to taste  
3/4 tsp. Worcestershire sauce  
1 (6 1/2 ounce) can of minced clams, drained

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In a bowl, blend cream cheese and sour cream together well. Stir in lemon juice, salt, pepper and Worcestershire sauce.

Fold minced clams into cream cheese mixture. Chill and serve.

By: Vera Clark

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### SALMON LOAF

2 Cups cooked salmon  
2 eggs, beaten  
1/2 Cup soft bread crumbs  
1/4 Cup butter, melted  
1 tbsp. minced parsley  
Salt & pepper

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Flake salmon and add beaten eggs. Add remaining ingredients and place in greased loaf pan. Bake in moderate oven at 350 for 40 minutes.

By: Margaret Welsh

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### TUNA STUFFED EGGS

6 hard boiled eggs, halved lengthwise  
1 Cup tuna fish, drained and finely chopped  
1 tbsp. minced parsley  
1 tbsp. mayonnaise  
1 small clove of garlic, peeled and crushed  
1/4 tsp. pepper

Remove egg yolks from egg halves. Put yolks in small bowl and mash with fork. Add tuna, parsley, mayonnaise, garlic and pepper; mix well.

Stuff egg whites with tuna mixture. Refrigerate until well chilled. Garnish with parsley.

By: Vera Clark

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### BREAD BUTTER PICKLES

16 Cups sliced medium cucumber  
8 medium onions, sliced  
3 cloves garlic  
1/3 Cup pickling salt  
5 Cups sugar  
3 Cups cider vinegar  
2 tbsp. mustard seed  
1 1/2 tsp. turmeric  
1 1/2 tsp. celery seed

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In a large bowl combine first 4 ingredients. Stir in large amount of cracked ice. Let stand 3 hours; drain well. Remove garlic. In a large bowl combine remaining ingredients. Add drained mixture. Bring to a boil. Pack pickles and liquid in jars.(sterilized)

By: Annie McLean

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### THOUSAND ISLAND CHOW

12 seedless cucumbers, peeled  
6-8 onions, chopped  
2 red peppers, diced  
1 head cauliflower, cut small  
1/2 Cup pickling salt  
5 Cups cold water

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Let stand one hour. Drain liquid off in colander and rinse in cold water. Squeeze the water out and put vegetables in pot.

SAUCE IN BOWL:

6 Cups white sugar  
1 Cup flour  
6 tsp. dry mustard  
3 tsp. celery seeds  
3 tsp. turmeric mix  
6 Cups vinegar  
2 Cups cold water

Mix in paste and pour over vegetables.  
Put on high until it boils and then on low heat for  
15-20 minutes. Put in bottles.

By: Joyce Aitkens

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### CHILI FRUIT RELISH

CHOP:

24 ripe tomatoes  
6 peaches  
6 pears  
6 apples  
6 onions  
2 red peppers (sweet)  
1/2 Cup whole pickling spice  
2 tsp. salt  
3 Cups white sugar  
4 Cups cider vinegar

-----  
Skin and scald tomatoes, and cut in  
pieces and put in large pot. Skin and scald and  
dice peaches, pears, peppers, and core and dice  
apples. Peel and finely chop onions. Add all  
fruit and vegetables to tomatoes, spices, salt,  
sugar, vinegar and mix. Let stand 2 hours before  
boiling. Simmer gently till thick, about 2 hours.  
Yield 8 pints.

By: Joyce Aitkens

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### INDIAN RELISH

4 Cups onions, chopped  
4 Cups cucumbers, chopped  
4 green tomatoes, chopped  
1 small cabbage, chopped  
Cover with 1/2 Cup salt & water and let soak all  
night. Drain well in morning.

SAUCE:

4 Cups vinegar  
3 tsp. turmeric  
3 tbsp. dry mustard  
5 Cups white sugar  
3/4 Cups flour

-----  
Dash of celery seed, salt & ginger and  
mix well. Boil slowly until thick. Pour over  
vegetables and boil slowly for 1/2 hour. Seal  
bottles tightly.

By: Joyce Aitkens

### CUCUMBER RELISH

7 medium cucumbers, chopped  
6 medium onions, chopped  
*Remove seeds and put cucumber & onions  
through grinder.*  
Add 1/4 Cup salt  
Let stand 2 hours.

DRESSING:

3 Cups vinegar  
1 Cup water  
2 1/2 Cups white sugar  
1/2 Cup flour  
2 tsp. mustard  
1/4 tsp. turmeric

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Drain cucumbers and onions well. Mix  
dressing with it. Cook over medium heat for 10-  
15 minutes or until thick. Pour in jars.

By: Shirley Welsh

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### MUSTARD BEANS

2lb. yellow beans cut in 1 inch pieces (about 8  
cups)  
1/2 Cup flour  
1/4 Cup dry mustard  
2 tsp. turmeric  
1 1/2 tsp. salt  
2 Cups brown sugar  
1 tbsp. celery seed  
3 Cups white vinegar  
1 Cup water

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Cook beans in lightly salted water until  
just tender- crisp; drain. In large heavy  
saucepan, mix flour, mustard, turmeric, salt,  
sugar and celery seed. Stir in vinegar and water  
gradually. Bring to boil over low heat and cook  
stirring constantly until thickened, 3-4 minutes.  
Add beans to sauce and bring to boiling. Pack in  
hot sterilized jars and seal. Yield 4 pints.

By: Olive Josey

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### CRANBERRY JELLY

20 Cups cranberries  
2 kg. bag of sugar  
5 Cups water

Hard boil for 15 minutes. During the  
process mash with a potato masher. Then



remove from heat and continue to mash. Then squash through a sieve or a colander, throw skins that are left away. Put jelly in bottles and seal tight.

By: Vera Clark

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### APRICOT JELLY

Dissolve 13oz. pkg. of lemon jelly powder in 1 Cup boiling water.

ADD:

1 Cup apricot nectar  
1 tbsp. lemon juice

Pour into serving dishes and serve.

By: Annie McLean

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### A NOTE ABOUT MAKING ALCOHOLIC BEVERAGES

*When making any alcoholic beverage, people are warned to never use a or any METAL CONTAINER. Glass, Plastic, Crockery or Pottery Containers are recommended.*



### CHAMPAGNE

2 Peeled potatoes (diced)  
2 Peeled apples (diced)  
2 Peeled oranges (diced)  
1 Can diced pineapple  
2 Packages of dry yeast  
9 Cups of sugar  
1 Gallon of luke warm water

Put all ingredients in a Gallon container, Let set for 9 days. After 9 days strain into new clean container through cloth until clear, Put in air tight bottles --- Ready to serve.

The strained fruit can later be used to make adult muffins or a cake.....

By: Howard Charles Dickson

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### SLUSH

1-94% over proof alcohol  
1 can frozen orange juice  
1 can frozen lemonade  
1 Cup white sugar  
1 Cup hot water  
3oz. cold water

Boil water, add sugar and dissolve well. Add cold water, then juice. Stir well an add alcohol. Then put in freezer and serve with 7-up.

By: Marilyn Patton

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### EGG NOG

1/4 - 1/3 Cup sugar  
3 egg yolks  
1/4 tsp. salt  
4 Cups milk  
3 egg whites  
1/2 - 3/4 tsp. vanilla

Beat sugar into egg yolks, add salt and stir in milk very slowly.

Cook until mixture coats spoon (about 1 minute), stirring constantly. Cool.

Beat egg whites stiff. Add to custard with vanilla. Mix thoroughly and chill four hours.

Pile lightly in punch cups. Sprinkle with nutmeg. 1 tsp. cooking sherry may be substituted for vanilla. 6-8 servings.

Many eggnog drinkers will omit vanilla an add 1/2 Cup brandy, rum, bourbon etc. just before serving.

By: Olive Josey

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### GINGER PUNCH

1 gallon warm water  
1-2 tbsp. ginger  
1 pkg. yeast  
1 Cup vinegar  
3 Cups sugar

Mix all ingredients together. Let stand for 2-3 days in a warm place.

By: Candy Dickson

**SINGAPORE SLING SLUSH**

- 1 regular can frozen lemonade(4 cans water)
- 19oz. can pineapple juice
- 1/2 Cup grenadine
- 1/2 Cup cherry brandy
- 1 point dry gin

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Freeze above ingredients (24 hours).  
Mix 2 scoops of slush and fill glass with 7-up.  
Serve with a straw.

By: Prince Patton

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**KILLER KOOL-AID**

- 1 1/2 oz. Vodka
- 1/2 oz. Peach Schnapps
- 1/2 oz. Amaretto
- 3 oz. Cranberry Juice Cocktail

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1. Fill highball glass with ice
  2. Layer ingredients
  3. Do not stir

By: Darrell Dickson



**First Mayor Of Entry Island**



Howard C. Dickson

Secretary Treasurer: Mrs. Ancil Josey

Secretary Treasurer: Mrs. Clara Patton

Second Mayor Of Entry Island



Bruce Josey

Secretary Treasure. Mrs. Clara Patton



Third Mayor Of Entry Island



David Collins

Secretary Treasurer: Mrs. Judy McLean

Secretary Treasurer: Wanda Dickson

## Fourth Mayor Of Entry Island



Ivan Quinn

Secretary Treasurer. Wanda Dickson  
Secretary Treasurer. Cathy Welsh  
Secretary Treasurer. Laurie Ann Mclean  
Secretary Treasurer. Clara B. Chenell



Fifth Mayor Of Entry Island



Lionel Chenell

Secretary Treasurer: Mrs. Wanita Aitkens

Secretary Treasurer. Wanda Dickson

Sixth Mayor Of Entry Island



Russell McLean

Secretary Treasurer: Mrs. Mary Ann Dickson

Secretary Treasurer: Mrs. Cathy Welsh



Seventh Mayor Of Entry Island



Harold B. Dickson

Secretary Treasure. Mrs. Cathy Welsh

**Eighth Mayor Of Entry Island**



**Craig Quinn**

Secretary Treasurer. Cathy Welsh



**Ninth Mayor Of Entry Island**

Requested that picture not be added.

Ralph Josey

Secretary Treasurer. Cathy Welsh

**Tenth Mayor Of Entry Island**



Ward Dickson

Secretary Treasurer: Mrs. Clara B. Chenell



Eleventh Mayor Of Entry Island



Larry McLean

Secretary Treasurer: Mrs. Clara B. Chenell

**Twelfth Mayor Of Entry Island**



Norman Backs

Secretary Treasurer: Mrs. Clara B. Chenell