A TREASURE FOR MY DAUGHTER



A TREASURE FOR MY DAUGHTER

A REFERENCE BOOK OF
JEWISH FESTIVALS WITH
MENUS AND RECIPES

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THE ETHEL EPSTEIN EIN CHAPTER
OF HADASSAH

MONTREAL, CANADA
1950 — 5710

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A Woman of Worth

A woman of worth, who can find?
For her price is far above rubies.
She looketh well to the ways of her household,
And eateth not the bread of idleness.
Her children rise up and call her blessed;
Her husband also, and he praiseth her;
Many daughters have done valiantly
But thou excellest them all.
Grace is deceitful, and beauty is vain!
But a woman that feareth the Lord,
She shall be praised.

Chapter 31, *Book of Proverbs*

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INTRODUCTION

The Ethel Epstein Ein Chapter of Hadassah was formed December 17, 1947, as a tribute to the memory of the late Mrs. Hyman Ein.

It is fitting indeed, that the united effort of the Chapter's members should have resulted in a book of this nature.

Almost immediately after the first meeting, the Program Chairman, Bessie Wittenberg Batist, suggested the publication of a book on Jewish festivals, traditions and customs with menus and recipes, to serve Hadassah. Various papers were assigned to the members for preparation.

From the writing of the first assignment, on "The Sabbath", which set the style for the entire book ,to the title which was suggested by Miss Shirley Epstein and Mrs. H. L. Schwartz, there has been splendid co-operation, harmony and perseverance on the part of each and every one.

We have attempted to show that to live by the principles of Judaism enhances the beauty and significance of the Jewish religion. We have, however, not attempted to prepare a book that is doctrinal.

We are pleased that in publishing this evidence that Jewish home life is a beautiful way of life, we are directly aiding those thousands of Jews who have been deprived of their homes and have lost their near and dear ones. All proceeds from the sale of "A Treasure for My Daughter" go towards the rehabilitation of war victims and the building of new homes to enable them to start life anew in Israel.

How closely related our religion is to other elements of Jewish culture—ethics, history, literature, as well as to law and customs, is evident throughout this book.

When this project was begun, reference was made to Palestine. Then by the Grace of God, we were fortunate

to be able to refer to Israel, the Jewish Homeland to-day.

Mention has been made elsewhere of the many who have encouraged and helped us in this work. Mrs. Batist has the deep gratitude of every member of the Ethel Epstein Ein Chapter, for without her aid and constant stimulus this book would never have been finished. The Recipe Section Committee, headed by Miss Sarah Ein and assisted by Mrs. Ann Warshaw and Mrs. Mary Davids, for the excellent results of a very difficult piece of work. It has been an honour and great privilege to be associated with the group of women which constitutes the membership of the Ethel Epstein Ein Chapter. Like all Hadassah women, we realize that "service to others, in reality is service to oneself."

(Mrs. Ralph) Lenora B. Weinrauch,

President,

Ethel Epstein Ein Chapter of Hadassah.

PREFACE

This volume has been written for the purpose of answering the questions of our young Jewish homemakers who, in their desire to observe the Jewish traditions, often find themselves uncertain of the details in carrying out these practices.

We have endeavoured to answer these questions in the form of a conversation between a mother and her daughter, Hadassah, who is about to be married. The volume does not pretend to carry authority in doctrine; rather it is a compendium of current practice in the modern Jewish home.

It has been our object to give the reader a fairly detailed outline of the Jewish holidays, the preparation for them and the observances in the home, as well as the services performed in the synagogue.

The appropriate benedictions for the various rituals and ceremonies for each occasion are also included.

The members of the ETHEL EPSTEIN EIN CHAPTER of HADASSAH compiled this book in the hope that it may bring a clearer understanding of our Heritage, of our Faith, of our Ideal of Duty and of our pride in the principles of our religion.

As a further help to the homemaker we have compiled traditional menus appropriate for each festival, and the recipes for each dish pertaining thereto.

The appropriate benedictions for the various rituals and the ceremonies for each occasion are included in this book.

The compilation of this volume required much research. I am deeply indebted to all the members of the Ethel Epstein Ein Chapter of Hadassah, who have contributed so much of their time and energy in carrying out

their assignments of preparing the articles to make this book possible.

Grateful acknowledgement is hereby made to Rabbi Wilfred Shuchat of the Shaar Hashomayim Congregation who read the entire manuscript. For his most helpful criticism I wish to express my deep appreciation. We are also indebted to Rabbi Maurice Cohen of the Shaare Zion Congregation for the use of his library and his kindly interest.

We are grateful to the distinguished scholar, Rabbi Pinchas Hirshprung, for his trouble in reading the text and for his approbation.

To Mr. David Rome for his advice in the preparation of this volume for publication and for his tireless effort on our behalf in the editing, and to Mr. Abraham Goldberg for his technical assistance—our sincere thanks.

Sincere thanks are extended to the judges of the book title contest, Mrs. H. Singer, president, Hadassah Organization of Canada; Mrs. A. Raginsky, Sr., honorary president, Dominion Hadassah; Mrs. Henry Nathanson, president, Montreal Hadassah; Mrs. M. B. Weinstein, honorary president, Montreal Hadassah, and to Mrs. Jesse J. Schwartz, one of the most active members of the women's Zionist movement.

To the ladies who served on the book committee with me, Miss Sarah Ein, Mrs. S. Warshaw, Mrs. H. L. Schwartz, Mrs. S. Itel, Mrs. E. Davids, Miss Shirley Epstein and Mrs. Sidney Schwartz, I extend my grateful thanks. We are also grateful to Mr. Harry M. Epstein, of Montreal, and Dr. William B. Ein, of Newark, N.J., for their co-operation.

We owe special thanks to Mr. Joseph Batist, who helped in the research and editing and for ever so many helpful suggestions and encouragement.

BESSIE W. BATIST

BETROTHAL AND MARRIAGE

"Hadassah, I am delighted that you and David have decided on a formal betrothal, before your marriage. Most couples today become engaged without any ceremony."

"We thought it would please you and father and David's folks. . . Mother, what are the traditional customs in these things?"

"Well, dear, a contract or 'Tnaim' is often drawn up wherein the parties promise to be married at a certain time. This is followed by the sacred ceremony, when the marriage is formalised by the groom handing his bride a ring, or in the olden days a Palestinian coin, pronouncing the words 'Thou art consecrated to me' or any phrase conveying the same idea."

"We will need your help in setting our wedding date, mother. I understand there are certain times of the year when weddings are prohibited."

"The favourite time for weddings is immediately after Shvuot, or in the month of June. Weddings are prohibited between Pesach and Shvuot — the Sephirah season — which is a period of half-mourning because of repeated calamities which befell the Jewish people in ancient days during this time of the year. However, weddings are permitted on Lag B'Omer, for, according to tradition, these calamities stopped on that day, and it was set aside as a day on which weddings and other festivities were permissible. Weddings are also permitted on Rosh Chodesh (the

New Moon), and on the Fifth of Iyar, the anniversary of the establishment of the State of Israel, Yom Haatzmaut.

"Weddings are not permitted during the three weeks before Tisha B'Av, since the greatest misfortunes in our history have occurred during the Three Weeks from the 17th of Tamuz to the 9th day of Av. Neither is it permissible to solemnize weddings on the Sabbath or on holidays."

"We were fortunate in procuring the synagogue for our ceremony."

"Yes, the synagogue is the favourite place because of of its sacredness."

"Mother, I would like to know your ideas about the Jewish laws on marriage."

"Marriage, Hadassah, is a divine institution, a holy estate in which man lives his true and complete life. The Jewish husband loves his wife as himself and honours her more than himself. 'I will work for thee — I will honour thee — I will support thee' is to this day the husband's vow in the Jewish marriage contract. The affectionate consideration shown to the Jewish wife, as well as the domestic purity and the devotion that are the glory of the Jewish womanhood, are largely the fruit of our Torah. The holiness of the home is basic in all human relations. It is an ideal that has distinguished the Jewish people throughout the ages.

"Marriage is a primary religious duty. Important as it may be that love precede marriage, it is even more important that it continue after marriage. The modern attitude stresses the romance before marriage. The old Jewish view emphasizes the life-long devotion and affection after marriage. The purpose of marriage is two-fold. Firstly, the duty of building a home and rearing a family. 'Be fruitful and multiply' figures in the Torah. Secondly,

companionship — woman is to be the helpmate of man, socially, spiritually and physically. Hadassah, there is a purity law concerning the physical relationship — the cessation of marital relations in every form each month. It is called the 'Nidah' period. Through the guidance in these vital matters which our laws afford, Jewish men have been taught respect for womanhood, moral discipline and ethical culture.

"There are important laws about personal and marital purity that go back far in our history. Our ancestors traditionally placed great importance upon the Mikveh. I do hope that you will be in touch with a rabbi to discuss these matters with him from the point of view of Jewish law. For our Jewish women these laws have given protection from uncurbed passion and taught them to view martial life in a sane and practical manner.

"It is this idea which is expressed by the word 'Kiddushin' (sanctification) applied to Jewish marriage. Kiddushin is the dedication of two human beings to life's holiest purposes."

"Mother, what is this custom of the bridegroom, or 'Chosson' being called up to the Torah on the Sabbath before the wedding ceremony?"

"The custom is explained in the Talmud in this manner. King Solomon had a special gate for bridegrooms built in the Temple where the people of Jerusalem would gather on the Sabbath to congratulate the fortunate young men. After the destruction of the Temple it was ordained by the sages that the bridegrooms go to the synagogue so that they may be congratulated there.

"After the services, the congregants are invited to a Kiddush to celebrate the occasion with the families of the bride and groom."

"Is it customary for the groom to be called only on the Sabbath preceding the marriage?"

"No, Hadassah, he may be called on a Monday or a Thursday, as the Torah is read on those days as well as on the Sabbath.

"It is also customary that the bride and groom fast on their wedding day until after the ceremony. For the bride and groom it is as solemn as Yom Kippur, because on that day they are forgiven all their sins. If the wedding takes place on Lag B'Omer, Chanukah, Rosh Chodesh, or some other festive occasion, the bride and groom do not have to fast."

"Why is the marriage ceremony performed under a canopy?"

"In ancient times the 'Tallis' (prayer shawl) was used as a canopy at the Nuptial ceremonies. Later the canopy was in the form of a bower of flowers. In the course of time the details of the wedding ceremony changed. The 'Chuppah' (bridal canopy) was transformed into a portable canopy resting on four poles.

"The bridal procession is a festive affair in which the groom is first led under the 'Chuppah' by his parents, usually to the accompaniment of music; then the bride is escorted by her parents. This signifies the surrender of the daughter to the man who is to be her husband. The bride is usually dressed in white, which exemplifies purity, and wears a veil which is used to cover her face during the ceremony.

"The Rabbi welcomes the couple by saying 'Blessed be He who comes in the name of the Lord. We bless you from the House of the Lord.'

"The marriage service consists of the blessing of the betrothal followed by a benediction made over a cup of wine,

of which the bride and groom partake. Wine is a symbol of joy; joyousness at a wedding is a religious duty. The marriage contract, the 'Ketubah' which is read, tells the obligations of man to woman in married life. Then the groom places the wedding ring on the forefinger of the bride's right hand, saying, 'Harai at mekudeshet li betabaat zu kedat Mosheh V'Israel.' (You are hereby betrothed to me by this ring in accordance with the laws of Moses and Israel). The couple then again both drink of the cup of wine — an indication of their resolve to share whatever Providence may allot them. Finally the breaking of the glass by the groom recalls the destruction of Jerusalem at the hands of the Romans."

"Mother, why do we have to have a reminder of this tragedy at this festive occasion?"

"This is in fulfilment of the pledge that is recorded in the Psalms, 'Let my tongue cleave to the roof of my mouth, if I remember thee not; if I set not Jerusalem above my chiefest joy.' It is also a promise by the couple to do their share for the firm restoration of Israel, which has lain so long in ruins.

"The reception follows at which the 'Hamotzi' (the benediction over bread) is made over a 'Chalah' (a large loaf of bread) of which each guest partakes. After the meal grace is said followed by the Seven Blessings of sanctification (Sheva Brachot) which are chanted."

MEZUZAH

"You promised to tell me of the significance of the 'Mezuzah' ".

"Yes, Hadassah, the 'Mezuzah' is a piece of parchment bearing a text from the Bible, enclosed in a case, which we Jews attach to the doorpost of our homes. It is usually placed in a slanting position on the right doorway as one enters. In many homes it is also fastened to the doorpost of each room.

"The case is made of various types of materials such as metal, glass, or olive wood imported from Israel, and has an opening through which may be seen a single Hebrew word 'Shadai" (Almighty) which is written on the back of the parchment scroll. The parchment is made from the skin of sheep or calf. The writing on the scroll is governed by the same strict rules which pertain to the writing of the Sefer Torah."

"Is there any particular ceremony in connection with the hanging of the Mezuzah?"

"Yes, a benediction is usually pronounced."

"Mother, you mentioned that the Mezuzah contained a text from the Bible. Which part of the Bible is written on the parchment?"

"The Mezuzah contains the first two portions of the SHEMA."

"What is the Shema, mother?"

"The opening words of the Shema are 'Shema Israel, Adonay Elohaynu, Adonay Ehad.' (Hear, O Israel, the Lord our God, the Lord is One). This prayer is the fundamental basic reading of the Jewish religion, and these words enshrine Judaism's greatest contribution to the religious thought of mankind, that there is but One God. The

Mezuzah on the doorpost of a home is a solemn declaration that the people who live within subscribe to the principles enunciated in the Shema, and are devoted to its ideals. The second portion stresses the moral obligation. The Shema is also a symbol of God's watchful care over the house and its dwellers.

"According to the old custom, we place the fingers of the right hand to the Mezuzah and then touch the lips with them whenever we enter or leave the house as a token of our homage to the words of the Almighty.

"The story is told of a very rich person who sent a pearl of great value to Rabbi Judah, as a token of his personal regard. In return, the Rabbi sent him a Mezuzah, explaining that the pearl, having a great material value, would require a mortal guardian to watch it, whereas the Mezuzah had a spiritual significance and would bring upon the owner and his household the benign guardianship and protection of Almighty God."

KASHRUT

"Mother, I received a gift of a New Jewish Cook Book. The recipes are very good but there is no information there on Kashrut."

"The dietary laws, Hadassah, are the foundation on which the Jewish home is built and have been an important factor in the preservation of the Jewish race. The Torah takes the whole of human life as its province. In the eyes of the Torah all human beings are sacred. A healthy soul in a healthy body is its ideal. Among the laws of purity first place is given to the subject of food, because the daily diet intimately affects man's whole being. The Jew who keeps Kashrut is reminded of his religious identity at every meal.

"The basis of Kashrut in Jewish life is essentially and fundamentally religious but it has a historical and sanitary aspect as well.

"Modern research has proven that the Jewish dietary laws are based on sound hygienic principles. Certain animals are breeders and carriers of disease germs; consequently the flesh of such animals are harmful to people. Those animals are excluded from the Jewish diet. Furthermore, the flesh of all animals used by us for food must be thoroughly drained of blood. This is most effectively done by the Jewish traditional 'Kashering' of the meat before it is eaten.

"According to the laws in the Bible we are permitted to eat the flesh of only those animals which have a cleft hoof and chew their cud. It is forbidden to eat the hind quarters, unless the sinews and fat from these parts are removed, a process requiring great skill with which modern

butchers often do not concern themselves. Therefore this meat is not used by Jewish people.

"Only such cattle and fowl as are slaughtered according to the Jewish ritual are permitted to Jews. A Shoichet, a religious man who has studied the Jewish laws of slaughter, kills the animal or fowl by cutting the jugular vein with one stroke of the Chalef (a very sharp knife), giving the animal the least pain, this being a most humane method of slaughtering animals. If a Shoichet's hand is unsteady, he may not kill.

"After the animal is killed, the lungs and other vital organs are inspected (Bdikah) and if they are found free of all symptoms of disease, the meat is declared Kosher. All meat and poultry to be considered Kosher must be under the supervision of Jewish authorities.

"When meat is brought home, the traditional 'kashering' is done. First it must be thoroughly washed and placed in a vessel with enough water to cover the meat and left to soak for half an hour. This is done to remove the blood and dirt which may have clung to it in the handling. Then it is removed from the water and placed on a board in a slanting position or on a grid to allow the water to drain off. It is immediately liberally sprinkled with salt on all sides and left to stand for one hour. The salt is to draw out any blood that may be left in the meat. At the end of the hour the meat is thoroughly washed three times to make certain that all salt and blood is removed.

"The utensils used for soaking the meat must not be used in the preparation of any other food.

"The hearts of animals must be slit before soaking to free them of any blood. The lung must be cut to open the large veins which it contains before soaking. The liver, which contains a large quantity of blood, cannot be made

ready for cooking by the usual process of soaking and salting. It must be seared over a fire in order to draw out the blood and slightly salted while it is being seared. No meat may be kept after seventy-two hours unless it is kashered in the interval. Steaks and chops do not have to be kashered if they are to be broiled. No bird or beast of prey is permitted, such as eagles or vultures or owls.

"If on opening a fowl for kashering, a foreign substance such as a needle or nail is found, a rabbi should be consulted as to whether such a fowl is Kosher. The veins of the neck are removed, and the tip of the wings and the claws from the feet must be cut off. Eggs found inside poultry require kashering but are kept separate from the meat. Such eggs must not be eaten with dairy foods."

"Mother, I noticed that sometimes you do not use certain eggs."

"The reason for that, Hadassah, is that an egg with a blood clot on the yolk is considered fertile and must not be used.

"Only such fish are permitted as have scales and fins. No shell-fish are considered Kosher for they are called the scavengers of the sea and are therefore unclean.

"Separate dishes and cutlery are used for meat and dairy meals, both for the preparation and the serving. Cracked or chipped dishes are considered unclean and should not be used.

"The separation of meat and milk foods is based on a law which is repeated three times in the Torah 'Thou shalt not seethe the kid in its mother's milk."

"Food known as 'Pareva' is that made without either dairy or meat ingredients and is prepared in separate utensils. Glass dishes are considered Pareva and may be used for serving either meat or dairy foods.

"An interval of six hours must elapse before one may eat dairy foods after a meat meal.

"Through the Dietary laws the Torah has exerted a profound influence on the domestic life of every Jewish home. These laws are primarily religious and have their foundation in the Bible, Mishnah, Gemara and the studies of the Sages. Kashrut has played an important part in maintaining the Jewish people. It is also believed that persons who have conformed to these principles are less susceptible to certain diseases. In the Middle Ages, when epidemics occurred often, the Jewish population were less affected. This gave rise to the malicious accusations that the Jews were responsible for the plagues and had poisoned the wells. Authorities attribute the healthy characteristics of the Jews to their observance of the dietary laws."

THIS IS HADASSAH

"It is a good thing, Hadassah, that my interest in Hadassah led you to join the Junior organization. There are advantages in becoming familiar with Zionism early in life."

"You are so right, mother. We in our group have found it most interesting to take an active part in Hadassah work.

"The Junior Chapters of Canadian Hadassah are comprised of Jewish girls between the ages of 18 and 26. They constitute a most important, integral part of Canadian Hadassah. It is a transient stage and the membership is renewed every three or four years. As the girls become a little older, they enter the very fine business and professional groups and the intermediates, and the married girls enter Senior Hadassah. As the Juniors become Seniors, they give new vitality to the work and strengthen the movement and thus help to maintain the continuity of the organization.

"Junior Hadassah have their own educational programme and their own practical projects for Israel. Among these are an annual subsidy, raised for the WIZO Baby Home in Jerusalem and for the Canadian Hadassah's Children's Village — Hadassim. The Junior membership are specially active for the National Fund, clearing boxes, etc. We take an active role in the Youth Aliyah Drives, the United Israel Appeal, and so on.

"A new feature that we have introduced across the

country is 'Junior Hadassah Week.' A full week of diversified activity and meetings is carried through in every community to focus interest and attention of the communities of Junior Hadassah and assist in the enrollment of new members.

"Two scholarships will be awarded to members of Junior Hadassah to send members each year to Israel for intensive training. On their return, these scholarship winners will create a closer tie between the young women in Israel and the young Jewish women in Canada.

"The members of Junior Chapters of Hadassah participate in all national conventions and conferences, and hold special sessions and seminars.

"The young Jewish women are proud of their role and are keenly alert to the needs of Israel today. Among our activities are discussion groups, study groups, reading circles, festival programmes, drama groups, choral groups, art and literary groups, practical workshops, courses on Jewish customs and ceremonies, a film library, Hebrew classes, public speaking and debating."

"I think, Hadassah, your development and the development of the family, when you become a homemaker, stand a better chance if you realize early in life your responsibility to your people as well as to your home. There is nothing so stimulating as that sense of belonging."

"Isn't it a strange coincidence that both my name and that of our organization should be 'Hadassah'?"

"We named you 'Hadassah' because you were born on Purim, and as a tribute to Queen Esther, who was also known as Hadassah. The Hadassah Organization took this name to identify itself as a group dedicated to the re-establishment of Palestine as a national home for the Jews. Their very first meeting took place on a Purim night.

"Canadian Hadassah was organized in 1916 with the formation of two chapters, one in Toronto and one in Montreal. Several other chapters also sprang up in isolated cities. In 1917 it was decided to form these chapters into a national organization; in that year the Hadassah Organization of Canada came into being, with the late Lillian Freiman, of Ottawa, as president. It is interesting to know that Canadian Hadassah was organized before the Women's International Zionist Organization, popularly known as the WIZO; but when the WIZO was founded in 1920, Canadian Hadassah became one of its first federations and has remained one of the strongest links in the international chain.

"From small beginnings in 1920, the WIZO spread out across the world and today there are 160,000 Jewish women in all walks of life, the world over, united in this great movement. Our work has a two-fold purpose—education and the securing of funds."

"Just how and by whom are these monies distributed?"

"The first in importance is the Jewish National Fund. The Keren Kayemeth buys land for settlements. This land remains the property of the J. N. F. While it may be rented to individuals for a period of not longer than 99 years, it may never be sold."

"Does the 'Keren Kayemeth' only buy land?"

"No, Hadassah, the funds are also used for the conservation of the soil by drainage, supplying of water and planting of trees, which is very important in order to bring back the fertility of the soil."

"Are the $1.50 tree certificates which we buy at our meetings helping the re-forestation of Palestine?"

"Yes. Today one of the major projects in this soil conservation is in the Negev, in the southern half of Israel.

The J.N.F. is the main agency developing this area since 1943."

"What has been done there?"

"Settlements were set up on the basis of experimentation. Data was gathered as to temperatures, moisture and characteristics of the climate. Deep wells were sunk and experiments for conserving local rainfall as well as waters coming down from the mountains were carried out. On the basis of these experiments it was found that, with proper methods, the desert wasteland could be made fertile. In fact, it has proven so successful that crops now obtained are four to five times greater than had been previously obtained. This has encouraged us to continue this work for complete rehabilitation of this desert area.

"One popular method of raising funds is the National Fund Blue Box. For decades, thousands of Jewish homes in all lands have had this box for their regular contributions. This has always reminded housewives, children and visitors in the home of their duty to Israel. These boxes are cleared periodically.

"Then there is the eternal 'Golden Book' where for payment of $100 are inscribed the names and occasions the Jewish people will always remember. The 'Sefer Hayeled', where inscriptions are $10, is for children and there is the 'Sefer Bar Mitzva' in which the inscription may be made for $25.00. Land may also be purchased directly for the J.N.F. at $25.00 per dunam (which is equivalent to a quarter of an acre in Canadian measure). In addition, the J.N.F. depends upon legacies and bequests.

"What is the 'Keren Hayesod', mother?"

"It is the Construction Fund, and provides for industrial and agricultural development, such as public utilities, building of harbours, wharves and educational facilities. In

fact, we may say that the 'Keren Hayesod' looks after the cultural, industrial and educational needs.

"The annual United Israel Appeal campaign is for both the 'Keren Kayemet' and 'Keren Hayesod'.

"There is also the Youth Aliyah, or Child Rescue fund, a humanitarian movement that has spread throughout the world. In this country, Canadian Hadassah has been the official agency of Youth Aliyah since 1936. Since the inception of Youth Aliyah, more than 45,000 children have been rescued from the war-torn countries of Europe, and now from North Africa and other Eastern countries, and given a new lease of life in Israel. Through a carefully planned programme of training and education, the children have been transformed from broken youngsters into wholesome, healthy children once again. Through the years they have proven themselves to be the finest citizens of the country and many from the early groups are now in the front line of the pioneering effort. They have helped to build the Jewish State. They have been integrated into every phase of life in Israel and will help to make it flourish as a nation. Through the efforts of the members of Hadassah in Canada, many additional thousands of children have been saved.

"As a further project, Canadian Hadassah has established a Children's Village in Israel called 'Hadassim', where more than 250 children—most of them from Youth Aliyah—have found a home and are receiving the finest education in ideal surroundings.

"A section of 500 dunams of land was bought in the Sharon. This village has facilities for 245 children, but the plan provides for an ultimate capacity of 400. The ages of the children are from six to seventeen. They are given the opportunity of developing their natural talents in the arts and crafts as well as a general education. The girls are

trained in domestic science, home economics and sewing. The children help in the housework and the kitchen. The cleanliness of the village is the responsibility of all. The graduates are trained to take their place in the youth movements."

"Mother, what is Nahalal?"

"It is another of the major projects of Canadian Hadassah in Israel—the Agricultural Training School for girls and boys at Nahalal. This was established in 1921 and has played an important role in the agricultural development of the country. There is nothing so vital to the economy of Israel as the training of its youth for farming. This school is training about 250 boys and girls for life in Israel and Canadian Hadassah is thus helping to build up a generation of builders and growers."

"Mother, as you tell me of these funds, I understand the value of helping others and being proud of our heritage. It helps us to understand our past and to look forward with courage to the future."

"Hadassah, dear, fund raising is not our chief aim. You must realize that Zionism strives for a national regeneration—a return to our true Jewish cultural heritage which has become thinned out by assimilation and by the idea that philanthropy alone is important. In order to combat this and to rebuild ourselves, education is necessary, to gain dignity and self-respect by emphasizing our Jewish values. It is not charity that has kept us alive throughout the generations, but the Jewish spirit, which survived all obstacles to preserve itself."

"Mother, I believe that Zionism is one of the guiding spirits helping Judaism to be reborn everywhere. Zionism can be compared to the 'Little Shamess' on Chanukah, ever

ready to rekindle all the unlit candles of the Menorah—Judaism."

"The work of our organization enriches our lives, Hadassah, as well as those in Israel by giving our lives significance.

"The establishment of the Jewish State has given us a new pride and dignity. Israel will be the centre of Jewish life. It has given a new birth of freedom to our people. Through Hadassah's vital programme, each member achieves a new dignity as a Canadian citizen and new understanding as a Jew, as well as a new sense of solidarity with all who honour liberty and fight for justice. We are proud of the role that Canadian statesmen have taken in assisting in the birth of Israel.

"Our great cultural traditions are finding rebirth in Israel. There has been revived, first of all, the Hebrew language. Rejuvenated and modernized, it has evoked a vigorous modern Hebrew literature (both in poetry and in prose), which reflects the ambitions and ideals of our people. An authentic folk music has sprung up spontaneously throughout Israel; a native art and handicraft have appeared; a school system crowned by the Hebrew University on Mount Scopus, conveys the heritage of the past and the problems of the present. In brief, Zionism has made possible, at least in one land, a full Jewish life—a revival of a complete and ancient civilization.

"The work of Hadassah enlarges our vision, revives the source from which we sprang and for which we have every reason to be proud.

"To know our history is to add to our self-respect, and so the work of rebuilding Israel is tied up with our own salvation."

SABBATH

"Mother, what are you doing? Oh, preparing gefilte fish for to-morrow."

"Yes, Hadassah, to-morrow is Friday when every Jewish homemaker prepares for the Sabbath. Soon you will be a homemaker yourself, and you will be busy preparing for the Sabbath and other holidays."

"You know, mother, I have some qualms about my ability to manage my own home in the traditional Jewish way. I have always taken the routine of this home for granted."

"That is something that will come naturally to you because you were brought up with it. For instance, you know that no cooking is done on the Sabbath, and that it begins at sundown on Friday, as we count our days from sunset to sunset."

"Yes, I remember the undercurrent of excitement every Friday night even as a child when we all took part in the preparations."

"Our Jewish religion provides very well in this respect for the children. I always allotted some special duty to each of you in the preparations for the Sabbath meal. One of you spread the tablecloth, another placed the two covered 'Chalahs' which, by the way, represent the double portion of manna gathered on Fridays when the Jews were wandering in the desert on their way to Palestine from Egypt.

You always brought the wine and the 'Kiddush' cup, and of course I prepared the candlesticks with the candles."

"Is there a set rule as to the number of candles to be kindled?"

"No, Hadassah, but the minimum of two is required, though some people add a candle for each child in the family. The Sabbath candles are lighted twenty minutes before sunset. The benediction is recited in silence with covered head and eyes shielded with the palms of the hands."

"May one add a personal prayer, Mother?"

"Yes, most Jewish women do after the benediction."

"You know, mother, after you have lit the candles and said the prayer, when we gather around you to say 'Good Sabbath' peace and joy seem to settle over our home; sometimes I think I can see that peacefulness and joy, not only feel it."

"I, too, feel very much as you do, Hadassah. In fact you will experience it even more in your own home, because you will be the one who ushers in the Sabbath by lighting the candles, and you will bring that joy and peace into your household.

"When father comes home from the synagogue, there is also a deep feeling when he blesses each of the children by placing his hands on our bowed heads and says "God make thee as Sarah, Rebeccah, Rachel and Leah' to the girls and 'God make thee as Ephraim and Menasseh' to the boys. After this solemn moment we all join him in singing 'Shalom Aleichem', our joyous Sabbath hymn. Do you know that when the father is away the mother may recite the blessing over the children, as well as chant the 'Kiddush?' 'Kiddush' is chanted over a goblet of wine. It is a symbol of joy and cheer. Then the ritual of the washing of the hands is performed, after which the

'Hamotzi' is recited over a 'Chalah' of which we each partake and repeat the benediction. Then the meal is served. After the meal grace is chanted and then we all enjoy 'Zmirot', the traditional thanksgiving songs."

"We often go to the late Friday night services and the 'Oneg Shabbat'. Mother, what does 'Oneg Shabbat' mean?"

" 'Oneg Shabbat' means the 'Pleasure of the Sabbath' and assumed its present form in Tel Aviv, in 1923, when Chaim Nachman Bialik modernized the old custom of group study during 'Shalosh S'udot' and Havdalah. After lectures and discussions, they sang 'Zmirot', Hassidic tunes and new Hebrew songs. In Israel, 'Oneg Shabbat' is usually held Saturday afternoon about two hours before sunset. The custom has been followed in other countries. In some synagogues it is held after late Friday night services."

"I like going to synagogue with you and father on Saturday morning. We are proud of the way the Junior Congregation conducts the services, the way everything is explained so that all can understand what is being read and are able to follow the service."

"It is a fine preparation for the participation in the adult congregation and its various functions. As soon as you have your own home I would suggest that you join the synagogue sisterhood."

"That is a good idea, I would like to be like you and to follow your example in all customs. I will continue inviting a guest as you have always done to our Sabbath dinner."

"That custom of sharing the Sabbath meal and on holidays is a traditional custom. The Sabbath is our day of complete rest and when we come home from the synagogue and 'Kiddush' is chanted and the 'Hamotzi' is made there

is more time to enjoy our meal and relax with our guest and family."

"We abstain from work and usually visit our friends and relatives on the Sabbath. Mother, I usually read a Jewish book on Saturday."

"'There is a beautiful prayer which every mother recites at twilight on the Sabbath, seeking the well-being of the Jewish people, which begins with the words 'O God of Abraham, Isaac and Jacob, guard Thy people Israel for Thy Praise.'

"After the stars appear, the Sabbath ends with the 'Havdalah' ceremony. This prayer emphasizes the distinction that God made between holy days and days of work, between light and darkness. The prayer is said over a twisted multi-coloured candle, over the 'Besamin' or spice box and over a glass of wine.

"You know, Hadassah, that all care, grief and sorrow are forbidden on the Sabbath. All fasting (except on the day of Atonement) is forbidden, and all mourning is suspended on the Sabbath."

"I suppose that is because it is considered the holiest day."

"'The Sabbath is one of the first institutions observed by our ancestors dating back to the days of the Exodus. There are two foundations for the Sabbath : one the religious, that God created the world in six days and rested on the seventh day; therefore the Sabbath is the anniversary of the Creation. The other approach is historical. When the Israelites were freed from slavery they received the Ten Commandments on Mount Sinai, the fourth of which is 'Remember the Sabbath to keep it Holy'. The Jews were the first people in the world to observe a 'Sabbath' which means rest."

"Mother, then the fourth commandment can be considered the first labour law of mankind?"

"Yes, because no other nation conceived this idea of man dedicating one day in the week to rest."

"I think that that is one of the greatest contributions Israel has made to the world."

"The Sabbath, Hadassah, has become a boon to mankind, one of the glories of all our humanity. As Claude G. Montefiore said 'For if to labour is noble, of our own free will to pause in that labour is nobler still'."

"What a beautiful statement! Mother, you have always explained all the festivals — not only the Sabbath, — and made an interesting Jewish home for all of us. We always looked forward to the Jewish holidays. You would be surprised at how many of my friends feel about the observances. To them the Jewish holidays are sad and difficult. How did you manage to convey the spirit of the Jewish ceremonies and customs to us without making us think them burdensome?"

"I wanted our home to be a gay place where our friends could come and enjoy themselves in a Jewish way. I worked hard to develop our home, as you will too, I am sure. I always had a Jewish calendar so that I would know well in advance when each holiday would come. So I always had ample time to plan and prepare. As for being sad, Hadassah, our holidays are sad to a certain extent, because we always remember the hardships of our ancestors and their struggle for happiness. But at the same time we celebrate their success in overcoming these hardships and pray that the future will bring complete fulfillment of our age-old struggle for restoration. I know that in carrying on the Jewish beliefs in your home, you will find it no more burdensome than I did. You may make minor changes

here and there, but basically you will do as has been done for centuries, and Jews will continue to do as long as this world exists.

MEDITATION BEFORE KINDLING THE SABBATH CANDLES

May the Sabbath-light which illumines our dwelling cause peace and happiness to shine in our home.

Bless us, O God, on this holy Sabbath, and cause Thy divine glory to shine upon us.

Enlighten our darkness and guide us and all mankind, Thy children, towards truth and eternal light.
Amen.

—from Abraham Millgram, "Sabbath, Day of Delight". (Jewish Publication Society, 1944).

Dinner Menu for Friday Evening — Erev Sabbath

Wine Chalah
Gefilte Fish on Fresh Vegetable Salad
Horse-radish Celery and Olives
Chicken Soup with Rice
Roast Chicken Noodle Kugel Kishke
Stewed Rhubarb and Strawberries
Eier Kichel Tea and Lemon Nahit

Chalah or White Bread

2 cups hot water
1½ teaspoons salt
1 tablespoon sugar
2 tablespoons oil
2 yeast cakes, dissolved in ¼ cup lukewarm water
3 eggs
8 cups flour

Dissolve the salt, sugar and oil in the hot water. When cooled to lukewarm add the dissolved yeast and beaten eggs. Add the flour gradually, stirring well. Turn out on a floured board and knead steadily for about 10 minutes, pressing the dough away from you with the palms of your hands. Fold the dough over towards you and press again, moving it around a little bit each time. Continue pressing and folding and kneading until the dough is smooth and elastic and no longer sticks to the hand or board. Brush the top with oil, cover and set in a warm place until treble its bulk. Knead down and if there is time, allow the dough to rise again before shaping. Divide the dough in half for two breads, and cut each half in three equal parts. Roll these lengthwise, about 1½ inches thick, pinch all three together at one end, twist into a braid, and then press the other ends also firmly together.

Place on an oiled baking sheet and allow the breads to rise until more than double their size. Brush lightly with

beaten eggs, sprinkle with poppy or caraway seeds and bake in a hot oven (400 degrees) for twenty minutes. Turn down to 375 degrees and continue baking for forty minutes until golden brown and crisp.

Before forming loaves take off small piece of dough, pronounce the appropriate benediction (see page 149) and burn this portion of dough.

Gefilte Fish

3½ pounds fish, mixed (Dore, white fish and pike). Fillet fish. Chop fish or put through mincer. Add 2 large onions chopped fine, 1 large carrot, grated, 1 tbsp. oil, 2 tablespoons sugar, salt and pepper to taste. Beat in 3 eggs and 1 cup cold water. Place 1 large onion, sliced, 1 diced carrot, 2 stalks celery, bones and skin of fish, salt and pepper in a large pot. Add a quart of water and boil 5 minutes. Make large pattie of fish, place raw carrot in centre and put another pattie of fish on top. Continue making patties until all the fish has been used. Place patties in pot with skin, etc., and continue cooking for two hours. When the fish has cooked one hour add 1 cup water.

Prepared Horse-radish

Wash ½ pound horse-radish root. Peel and grate, or put through food chopper, using medium cutter. Add 1 tbsp. sugar and cover with white vinegar. Keep in air-tight glass jar in a cool place. Some cold beet soup may be added for color.

Nahit (Chick Peas)

Soak one pound of chick peas overnight. Drain and cook in salted water until tender. Drain, add pepper and serve hot or cold.

Clear Chicken Soup

1 chicken
2 carrots
3 celery stalks
1 large onion
salt and pepper to taste.

Cover chicken with cold water and bring to boil. Skim and add the vegetables and seasoning. Boil slowly until chicken is tender. Remove chicken and strain soup. Fat can be removed from soup, if desired, after chilling. A soup bone may be added as this lends flavour to the soup. This soup can be served with rice, noodles or a variety of similar items.

New Method Roast Chicken

Scald a medium-sized capon; rub it with grated onion. Sprinkle with paprika, poultry spice, salt and pepper to taste. Put the chicken in a brown paper bag. Tie up the bag and place it on an ungreased baking pan or roasting pan, and bake the chicken in the bag in a 350-degree oven for about 2 hours. When done, remove from bag and chicken will be brown and crisp. No basting required while baking.

Noodle Kugel

4 eggs
3 cups noodles, ½ inch wide
½ cup fat, (chicken or other fat)
salt and pepper

Cook noodles in salted, boiling water ten minutes. Drain and add the fat, eggs, well beaten, and pepper. Place in a well greased pudding dish and bake in a hot oven until top of kugel is browned.

Kishke

1 cup flour
1 large onion, diced
raw chicken fat, about ¼ pound
salt and pepper to taste.

Buy beef casing and clean thoroughly. Mix flour, diced onion and fat, that has been cut in small pieces. Add salt and pepper. Stuff casing with this mixture; fasten both ends. Plunge into boiling water and scrape until thoroughly cleaned. Cover with boiling water, cook for about 2 hours. Drain, heat some fat in a pan and brown kishke in it.

Stewed Rhubarb and Strawberries

3 pounds rhubarb
1 quart strawberries
2 cups sugar
pinch of salt

Wash rhubarb, cut off ends, but do not peel. Cut into small pieces. Boil with ¼ cup water. Add salt. When done. Add washed berries and sugar.

Boil 10 minutes.

Eier Kichel

3 eggs
1 tbsp. oil
2 tsp. sugar
¼ tsp. salt
½ tsp. baking powder
1 2/3 cups flour

Beat the eggs, add other ingredients and mix well together. Roll out to 1/8 inch thick; cut in rounds or diamond shapes. Brush with oil, sprinkle with sugar and cinnamon. Bake in 375 degree oven, on well greased cookie sheet, until light brown; about 20 minutes. If desired, cut the dough in fancy shapes and drop in a pan of deep fat, which has been brought to a boil. When kichel rises to the top, remove from fat, drain on brown paper and sprinkle with icing sugar.

ROSH HASHANAH

"Hadassah, with the approach of the New Year, you may be interested to know the difference between the High Holy Days and the other holidays in the Jewish calendar. Rosh Hashanah and Yom Kippur are the High Holy Days given over to prayer and earnest self-judgment by each person; these holy religious days are the most solemn of the Jewish religious observances, whereas other holidays either celebrate great historical events in the history of the Jewish people or celebrate the various harvest seasons."

"That is when the Shofar is blown, is it not, mother?"

"Yes, Hadassah, the solemn period is announced by the blowing of the Shofar each day in the synagogue during the morning service after the beginning of Elul. Every day during this time, with the exception of the Sabbath, the Shofar is sounded, reminding the people that the High Holy Days are drawing near, and urging them to begin thinking seriously of their spiritual state".

"The ceremony of the blowing of the Shofar is a very important one, for it impresses me with a feeling of intense solemnity. There is always a hush in the synagogue when it is blown, and the congregation is listening with awe."

"That is so, because the Shofar has deep significance. The blowing of the Shofar is preceded by the chanting of Psalm 37, recognizing God's supreme power over all the people. This beautiful prayer, 'Lamnatzeach', is repeated seven times in succession. After this, the Shofar, which

is a ram's horn, is sounded. It produces sounds called Tekyah, Shevarim and Teruah which are sounded in different sequences. Tekyah is sounded as one long note. Shevarim consists of three broken, short notes. Teruah is sounded as nine quick sharp notes.

"Tradition explains that these ancient notes honor the patriarchs Abraham, Isaac and Jacob. They call to mind many events of our history; the 'Akedah', which was the offering of Isaac to God by Abraham, and God's rejection of human sacrifice. The primary purpose of this command was to demonstrate that God abhorred human sacrifice. Unlike the cruel heathen deities, it was spiritual surrender alone that God required. We recall God's revelation at Mount Sinai when the commandments were given to Moses. It reminds us of the desecration of the Temple. The Shofar is a holy symbol associated with important events, high ideals, and new hopes — above all, it inspires us with the hope of everlasting peace and good will in the world.

"First of all there are the Selichot services, which are held nights before Rosh Hashanah and end on Yom Kippur, There is need for such a period of solemn thought, prayer, repentance, and self-examination."

"A special Selichot Service takes place after midnight on Saturday before Rosh Hashanah, at which time special prayers of repentance and forgiveness are said. Some of these prayers recall the hardships of exile and persecution which Jews have suffered during the past."

"Are any other prayers recited before Rosh Hashanah?"

"Yes, Hadassah, a benediction is said when the candles are lit at sundown of Erev Rosh Hashanah and also at sundown on the next day. We observe Rosh Hashanah

for two days. These days fall on the first and second day of Tishrei."

"Mother, this is a very solemn holiday for we remember past failings and pray to God for forgiveness of sins committed."

"Yes, Rosh Hashanah is known as The Day of Judgment, the Day of Memorial and the Day of Shofar Sounding. Jewish tradition visualizes a Court of Justice over which God sits enthroned to pronounce judgment on all people. Before Him lie the books, in which all the deeds of all men are inscribed. These are opened on Rosh Hashanah and judgment is passed on all creatures of the world. During the Ten Penitential Days, which commence with the first day of Rosh Hashanah we can pray for remission of punishment. Prayer, fasting and charity are invoked to soften the judgment. On Yom Kippur, the Day of Atonement, the judgment is sealed. In this way, Jewish religion emphasizes that all we say or do or think is a matter of permanent record, written both in our own memories and in the lives and thoughts of those who come under our influence.

"Rosh Hashanah is the Day of Memorial or remembrance for, as you mentioned, this is the time when the Jew examines his thoughts and deeds of the past, and prays that God remember him kindly."

"I recall the beautiful prayer the 'Untaneh Tokef', which is like a poem."

"That prayer, Hadassah, was written by Rabbi Amnon to express the greatness of God and the humility of man. It tells how man is judged on Rosh Hashanah. It says that on these days God determines who may live and who shall die, who will prosper and who will not, who shall have rest

and peace and who is destined to wander and suffer. However, through prayer, charity and repentance, one's sins will be forgiven. Do you know the Taschlich service?"

"I know that on the afternoon of the first day of Rosh Hashanah, Jews attend the Taschlich service, but I do not think I really understand the full meaning of this ceremony."

"This takes place on the bank of a river or some other body of fresh water, and we symbolically throw our sins into the water where they are carried away. The ceremony signifies that it is within man's power to rid himself of sin and correct his ways."

"I would like to feel that I realize the deep significance of Rosh Hashanah. I would certainly like to live up to its ideals the year round."

"That is a fine thought, Hadassah, for the result of our actions is shown in the habits we develop and the characters we achieve. An ancient Rabbi said 'Punishment of an evil deed consists of the increased tendency towards evil; the reward for goodness lies in its increased tendency towards righteousness.'

"We have been discussing the ceremony and meaning of Rosh Hashanah. One custom that we Jews observe at this time is the visiting of the graves of parents and relatives during the month before Yom Kippur. There is also the gracious custom of sending New Year greeting cards to relatives and friends, and of greeting people by saying 'L'Shanah Tovah Tikatevu', which means 'May you be inscribed for a Good Year'.

"On this holiday we pray, after earnest self-judgment and honest regret for sins committed, that God in His judgment will consider us worthy to be inscribed favourably in His books. Our highest wish is expressed during the

service that the time will come when all individuals and nations will live in brotherhood, justice and peace in conformity with His will."

Dinner Menu for Rosh Hashanah I

Wine Honey and Apple
Gefilte Fish Lettuce and Cucumber Salad
Chicken Soup Mandlach
Roast Chicken with Potato and Liver Stuffing
Carrot Tsimes Green Beans
Apricot Whip
Honey Cake Tea Stuffed Prunes and Dates

Mandlach (Soup Nuts)

3 eggs
2 cups flour
2 tbsps. oil
1 tsp. salt

Mix the ingredients, adding only enough flour to make a soft dough, just firm enough to roll with the hands. Divide the dough into two or three parts and roll into ropes three eighths of an inch thick. Cut into half inch pieces and place them in a shallow, very well greased baking pan. Bake in a 375 degree oven until golden brown. Shake the pan occasionally so that the nuts brown evenly on all sides.

Roast Chicken (Potato and Liver Stuffing)

Stuffing:

4 potatoes boiled and mashed
1 Onion, fried golden brown
½ pound liver, baked and minced
2 tbsp, chicken fat
1 green pepper, grated (optional)
salt and pepper to taste

Wash 6 pound chicken thoroughly and fill with stuffing that has been well mixed together. Secure tightly with skewers at neck and bottom. Scald with boiling water to remove pin-feathers. Rub chicken with grated onion, salt, pepper and paprika. Place in roasting pan, cover and bake for 1 hour in a 350 degree oven. Remove cover and bake one more hour, turning chicken in order to brown evenly.

Carrot Tsimes (With Knadel)

½ pound brisket
1 small onion
salt and pepper to taste
2 pounds carrots, diced
½ cup sugar

Cook brisket, onion, salt and pepper in 1 pint water for one hour, over low flame. Add diced carrots and sugar. Boil slowly until carrots are done. To make knadel—Grate 2 medium sized potatoes, drain well. Add 1 tbsp. matzo meal, salt and pepper, 1½ tbsp. chicken fat and 1 tbsp. grated onion. Add knadel to tsimes and bake in oven until brown.

Apricot Whip

1 egg white
¼ cup cooked apricots.
2 tsps. fruit sugar

Beat egg white stiffly, add sugar. Press apricots through sieve and fold egg white into it.

Honey Cake

½ cup shortening
1 cup sugar
1 cup honey
2½ cups sifted flour
½ tsp. baking soda
1 tsp. allspice
1 cup walnuts or almonds
4 eggs
1 cup orange juice
rind of 1 orange
3 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon

Cream shortening and sugar and add well-beaten eggs gradually, continuing to beat. Add honey gradually, still beating. Add orange juice alternately with the flour and other ingredients that have been sifted together. Add

orange rind, then the chopped nuts which have been well dredged with a little of the flour mixture. Some raisins or cut mixed peel can be added if desired, making sure to mix with a little flour as well. Bake in greased pan at 350 degrees, about one hour.

N.B.—*See Sabbath recipes for gefilte fish and chicken soup.*

Dinner Menu for Rosh Hashanah II

Wine Honey and Apple
Sweet and Sour Meat Balls in Tomato Sauce
Chicken Soup Noodles
Roast Duck with Orange Slices
Potato Varenikes String Beans Tossed Salad
Jelly Mould with Fresh Fruit Honey Teiglach Tea.

Sweet and Sour Meat Balls in Tomato Sauce

1 pound chopped meat	1 small onion, grated
1 small potato, grated	2 tbsps. catsup
¼ cup water	salt and pepper to taste

Mix meat with other ingredients and form into small balls. Cut one onion into small pieces and fry with 2 tbsp. fat. Add 1 tin tomatoes, salt and pepper. Bring to a boil, drop in the meat balls and cook 1½ hours. Add 4 tbsp. sugar, remove cover and continue cooking ½ hour longer.

Roast Duck and Orange Slices

Prepare the duck the night before it is to be used. Rub a grated onion, salt and pepper, and clove of garlic over the duck and allow to stand overnight. Place in roasting pan on sliced onions. Roast in a 350 degree oven, uncovered, fifteen minutes to the pound of fowl. One half

hour before the duck is done, cover with orange slices. Baste frequently with orange juice, pricking the skin to allow some of the fat to run off.

Potato Varenikes

Filling :

6 Potatoes — 1 large onion
3 tbsps. chicken fat — salt and pepper to taste

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

Dough :

2 eggs — ¼ cup water
pinch of salt
enough flour to make a soft dough, easy to handle, (approximately 2 cups)

Mix above ingredients until dough is smooth. Divide in two parts and roll out on lightly floured board. Cut in squares, about 2 inches in size. Put 1 tbsp. of the filling in the centre of each square. Fold dough over to make three cornered shape. Pinch edges securely. Bring 1 quart water and ½ tsp. salt to a boil and drop in the varenikes, 8 at a time. When they rise to the surface remove from the water and place in a greased dish. Keep hot in oven.

Jelly Mould with Fresh Fruit

Prepare Kosher Jelly as per instructions on package. Pour into mould. When half set, add fresh fruit, cut up. Finish setting. Do not use pineapple as it will not set.

Honey Teiglach

Dough :

3 eggs — pinch of salt
1 tsp. oil — 1 tsp. sugar
enough flour to make a soft dough.

Mix ingredients in order given. Pinch off pieces of dough and roll on floured board in strips of about ½ inch thick. Cut in ½ inch pieces and place on generously oiled cookie sheet. Bake in moderate oven, about 375 degrees, until light brown, shaking pan occasionally.

Syrup :

½ cup honey ¼ cup sugar.

Bring to boil in shallow pan. Drop the baked teiglach into the honey mixture. Add 1 tsp. ginger and 1 cup chopped walnuts. Mix thoroughly. Place pan in oven, 350 degrees, and bake until the honey mixture has all been absorbed, stirring frequently. Turn out on wet board. Pile 2 inches high, sprinkle with cocoanut. When cool, cut in wedges.

Rosh Hashanah Noon Meal

Wine Honey and Apples
Brain Latkes Tomato and Lettuce Salad
Breaded Veal Steaks Steamed Potatoes
Peas and Carrots Celery Olives Pickles
Apple Strudel Tea.

Brain Latkes

Scald one pair brains. Remove outer skin. Mash with wooden spoon. Add 1 egg, 1 tsp. grated onion, salt and pepper to taste. Add enough matzo meal to hold mixture together. Heat frying pan and add 2 tbsp. chicken fat. Drop mixture, by spoonful, into hot fat. Fry until golden brown on both sides.

Breaded Veal Steaks

Cut up 1 large onion, 2 celery stalks and 1 green pepper. Saute in 1 tbsp. chicken fat until partly tender. Season with salt and pepper. Add 1 small can of mushrooms, drained, and 1 can of pareve tomato soup, or whole tomatoes that have been scalded and peeled. Prepare veal steaks by dipping first in beaten egg and then in bread crumbs. Brown on both sides in hot fat. Remove steaks to greased baking dish. Pour the sauce over the steaks, cover and bake in a moderate oven until steaks are tender. If necessary, a little hot water may be added while baking.

Steamed Potatoes

Peel potatoes and cut in very thin slices. Heat frying pan, add 2 tbsp. fat. Place potatoes in hot fat and cover tightly. Keep turning potatoes every few minutes. When nearly cooked, add salt.

Apple Strudel

½ lb. vegetable shortening. 2½ to 3 cups flour
1/3 cup water 1 tbsp. vinegar
pinch salt

Cut shortening into flour. Add salt, water and vinegar. Divide dough in two parts. Roll out thin, in rectangular shape. Grate 3 or 4 apples over dough and sprinkle with sugar, cinnamon and raisins. Roll up like strudel and place on cookie sheet. Prepare other half of dough in the same manner. Bake 3/4 of an hour at 350 degrees. Cut in portions while warm. Serve warm with hot orange or lemon sauce. To make sauce : cook until thick 2 tbsp. cornstarch, ½ cup water, and juice and rind of 1 orange or 1 lemon.

YOM KIPPUR

"Hadassah, we have been discussing Rosh Hashanah and, as Rosh Hashanah and Yom Kippur are related High Holy Days, it is now opportune for us to consider the meaning and observances of Yom Kippur.

"Yom Kippur is the tenth day of Tishrei and is the last of the ten penitential days which began with Rosh Hashanah.

"After the Temple was destroyed, the Jewish people had no altar on which to offer their sacrifices, so that they developed prayer as a substitute for these sacrifices in the Temple. From this time prayer became the accepted form of atonement to God, instead of sacrifices, and Yom Kippur was set as the holiest and most important day for atonement. It is the Sabbath of Sabbaths, and is observed by total abstinence from work and by fasting and prayer all day.

"Just as on Rosh Hashanah we worship God as the King and Ruler of the Universe who shapes our lives and determines our future, so on Yom Kippur we reaffirm our belief and trust in the greatness of God through fasting, prayer and confession. We seek this forgiveness because the Jewish religion teaches us that if we sincerely repent the misdeeds we committed, we may be forgiven. The whole day of Yom Kippur, the Day of Atonement, is spent at the synagogue in meditation and prayer."

"Mother, the Kaparot ceremony is usually performed

the evening before Yom Kippur, is it not?"

"Yes, Hadassah, it is an ancient ritual recalling the animal sacrifices in the days of the Temple. This ceremony consists of swinging a fowl over a person's head and saying 'May this be a substitute for me; if it has been ordained that I die, may this fowl die in my place'. A rooster is generally offered for a man, a hen for a woman. After the ceremony, the fowl or its value in money may be donated to charity. You see, Hadassah, what an important emphasis is placed on charity in our religion?"

"Mother, I notice that two different kinds of candles are lit at home every year on Yom Kippur eve, I always wondered why."

"Yes, the first kind of candle to be lit is the Yartzeit candle in memory of the dead, dedicated by those who have lost a parent or child. In addition, the two usual holiday candles are lit and the Yom Kippur blessing is recited over them."

"Mother, is there a law about when the fast actually begins and finishes?"

"Fasting begins after the evening meal, which is served well before sunset, and ends after sundown of the following day. The meal is usually festive, but no highly-seasoned food is served to avoid undue thirst, for water as well as food is forbidden during the fast. Everyone is expected to fast except children, boys under 13, girls under 12 and the sick persons."

"Mother, why do we fast?"

"My theory is that it is a self-inflicted abstinence from all pleasures of the body for the purpose of reflecting on the past, and leaving the spirit free to seek harmony with God. For this purpose, after the last meal on the eve of

Yom Kippur is served, we go to the synagogue for the Kol Nidrei service.

"This service has always had a great appeal to me. From the moment I come into the synagogue, the bright lights signify that this is no ordinary service. The appearance of the men wearing their Tallis and some also wearing the long white robes, or Kittel, gives me a feeling of joy and confidence. The Kittel is reminiscent of the white colour of purity, like the white dress of the bride.

"The congregation rises as the ark is opened and the scrolls are taken out. There is an intense interest and solemnity as the cantor sings the 'Kol Nidrei'. I enjoy the congregation joining in this service, repeating the beautiful prayer after the cantor three times. This reaffirms our profound trust in God and in His mercy."

"Let us stop to consider the meaning of 'Kol Nidrei'. It is an all inspiring holy night. It is really a statement rather than a prayer — a statement that for unfulfilled obligations between man and God, repentance on Yom Kippur brings atonement; for vows and obligations made between man and man Yom Kippur brings no atonement until amends are made to the person wronged. That is why we should seek forgiveness from each other, and make amends to our enemies — the younger usually making the first gesture of friendship."

"Mother, do the prayers on Yom Kippur day have the same significance as the 'Kol Nidrei' service?"

"Well, dear, on Yom Kippur the mood of 'Kol Nidrei' night is continued, and the spirit of confession and repentance repeated and deepened. One of the most important prayers is repeated a number of times during the day. It is the 'Al Chet' or Confessions. It enumerates many kinds of sin, since no one can be certain what sins he has com-

mitted and what is a sin and what is not. Dishonesty, cruelty, stubbornness, haughtiness — these and many others are included in the 'Al Chet' prayer. Confession is the main theme of the Yom Kippur service, for the Jewish religion teaches that if a man sincerely repents or regrets his misdeeds, he will be forgiven. The confessions are all in the plural form for 'All Jews are responsible for each other.'

"The service on Yom Kippur day is divided into four parts, Shacharit, Musaf, Mincha, and Neilah. These prayers are found in the Machzor, which is the prayer book used on this day. The Shacharit service includes the reading of portions from the Bible — the Torah and the Haphtorah. A most solemn moment of the day takes place after Shacharit, when the Memorial service, or Yiskor, is conducted. In addition to prayers for his own relatives, the Jew prays on behalf of his fellowmen, recalling the passing of all Jews who lost their lives in persecution or in defence of their country.

"Mussaf, or the additional service, includes a description of the service of the High Priest in the Temple in Jerusalem in ancient times, and the martyrology. A very touching prayer is dedicated to the great martyrs of Israel.

"Mincha, the afternoon service, includes the reading of further portions of the Torah and the Haphtorah.

"The concluding service is Neilah. It is a final appeal and the mood is of splendid solemnity and hope that our prayers and the regrets of our sins have been accepted. Yom Kippur services are concluded with the confidence that the day has helped us to renew and strengthen ourselves, and that the coming year will be one of peace and happiness.

"After Kaddish and the last benediction is recited, comes the sounding of the Shofar, which takes the form of one long blast, denoting the final hope that our prayers

have been answered. The Yom Kippur is over. Ending the solemn season as it began, the sounding of the Shofar recalls to us the achievements and struggles of the past; and the hopes and promise for happiness in the future."

Erev Yom Kippur Dinner

Chicken Soup Kreplach
Boiled Chicken Vegetable Salad
Applesauce
Honey Cake Tea Fresh Fruit

Kreplach

Dough :

2 eggs ¼ tsp. salt
2 cups flour (approximately)

Filling :

1 pound cooked beef 1 small onion, fried

Put meat through food chopper. Add fried onion, salt and pepper to taste. To make dough : Mix the egg, salt, flour and water. Knead until elastic. Roll out thin and cut the sheet of dough into two inch squares. Place a spoonful of meat in the centre of each square, fold one corner over diagonally to form a triangle and press the edges firmly together. Work quickly or the dough will become too dry. Allow the kreplach to stand for about 10 minutes, then drop them into boiling salted water and cook half an hour. Remove from water and add to soup.

Applesauce

2 pounds apples (tart if possible) 1 cup sugar
¼ tsp. salt 1 cup water

Wash and quarter apples, but do not peel. Add water and salt. Cook slowly until apples are soft. Strain while hot and add the sugar. Cinnamon may be added, if desired.

N. B. — *Recipes for boiled chicken and soup included in Sabbath recipes; honey cake in the Rosh Hashanah recipes.*

Yom Kippur Night Dinner

Fish Appetizers of Gefilte Fish Balls
Pickled Herring Chopped Herring
Chicken Soup Mandlach Noodles
Chicken Casserole with Vegetables
Radish Flowers Celery Olives
Mixed Stewed Fruit Tea Cookies.

After synagogue, and before the main meal, fresh fruit, tea or coffee and plain cake may be served.

Pickled Herring Fillets

2 Herring
1 tbsp. sugar
¼ cup water
¼ cup pickling spices
¾ cup vinegar

Soak herring overnight in cold water. Split down the back after removing head, and remove centre bone. Cut each half in 3 parts. Place a piece of pimento on each piece and roll up and secure with a toothpick. Place in a jar. Boil vinegar, water, sugar and spices together and when cool pour over herring. If there is any milt in herring dilute with a little vinegar and add to the sauce.

Chopped Herring

2 herrings
3 hard boiled eggs
1 sour apple
1 tsp. oil, if desired
½ onion
¼ tsp. pepper
dash of cinnamon
sugar to taste
1 thin slice black bread soaked in vinegar and squeezed dry

Chop apple and onion. Add herring that has been skinned and boned after soaking in cold water for a day. Add bread, hard-boiled eggs, cinnamon, pepper and sugar, and chop until fine. Add vinegar and oil as desired.

Noodles for Soup

2 eggs 2 cups flour (approximately)

Beat eggs until light. Add sufficient flour to make a stiff dough. Knead until smooth. Roll very thin and when nearly dry roll up like jelly roll and cut in thin strips. Spread strips on floured board or cloth to dry.

Chicken Casserole

Dissect chicken so as to cut away most of the bones. In a large glass casserole make a layer of fresh vegetables, such as onions, carrots, green peppers, celery, tomatoes, string beans or peas. Amount to be determined by the number of people to be served. Sprinkle with a little salt and paprika. Add a layer of chicken, layer of vegetables and another layer of chicken. Sprinkle again with a little salt and generously with paprika. Add just enough water to cover bottom of dish. Bake in 400 degree oven until chicken is done. (Spring chicken takes about 2 hours). If some canned vegetables must be used add them a few minutes before removing from oven. Mushrooms may also be used.

Mixed Stewed Fruit

1 pound prunes
½ pound dried apricots
½ pound dried pears
1 lemon sliced
6 cups cold water
½ cup sugar
a pinch of salt

Soak fruit in water overnight. Add sliced lemon, sugar and salt; boil ½ hour.

N. B. — *Recipe for gefilte fish to be found in Sabbath recipes.*

SUCCOT

"Mother, I asked David to have dinner with us tomorrow night. What will you serve?"

"How does turkey with all the trimmings appeal to you?"

"Fine, Mother, though it seems like a Thanksgiving menu and to-morrow is the first day of Succot."

"Why, Hadassah, Succot is the Jewish Thanksgiving. As a matter of fact the Pilgrim Fathers in America based their thanksgiving on our festival because they were steeped in the knowledge of the Bible.

"Succot, the Feast of Tabernacles, is observed on the fifteenth day of the month of Tishrei. This holiday has a twofold significance. In the first place, our ancestors in Palestine celebrated it as the festival of ingathering of harvest, giving thanks to God for bountiful crops. Secondly, it is the Feast of the Tabernacles or Booths to commemorate the temporary shelters used by the Israelites during their forty years of wandering from Egypt to Canaan."

"Mother, I remember vividly our happy visits to Uncle Aaron's house at Succot. He always had a Succah in his garden at the back of their home. Do you remember how beautiful it looked with the table set under candle light and the moon and stars shining through the leaves and branches which were the roof of the Succah?"

"Yes, and I can still recall the expression on your face when Uncle Aaron raised you on his shoulders and allowed you to pick some of the fruit hanging from the roof. Re-

member how the walls, too, were decorated with all kinds of fruits and vegetables?"

"Mother, I still remember the excitement of waiting for my turn to shake the Lulab and Esrog."

"Succot is also called Chag-Ha'asif, or the feast of harvest. We take the Esrog (or the Citron) and the Lulab (or palm hadissim, or the myrtle sprigs) and the araboth (willow twigs) all bound together, and pronounce a blessing over them.

"Each morning during the first seven days of the holiday, except on the Sabbath, the lulab and esrog are brought into the Succah, where each member of the family pronounces a blessing over them, holding the lulab in the right hand and the esrog in the left. The palm leaf is shaken lightly, after the benediction, so that it rustles. When one has no lulab or esrog, the ceremony is performed in the synagogue. The esrog must be without blemish, shapely and of good color. The lulab should be tall and straight, but flexible.

"The kindling of the holiday lights is performed in the Succah. Evening services are brief in the synagogue, after which the family is ready for the festival meal in the Succah. This begins with Kiddush. The Chalahs are in the shape of ladders: the 'Hamotzi' is dipped in honey. Fish, soup, chicken, or turkey are on the menu.

"The third, fourth, fifth and sixth days are known as 'Hal Hamoed,' being the ordinary days of the festival, the time for community celebrations and entertainments. In Israel it is the favourite time for hiking and overnight camping.

"The seventh day is called 'Hoshana Rabbah', which means Great Help.

"The eighth day is called Shemini Atzeret and is a distinct festival. A more serious mood prevails and the important prayer for Rain ('Geshem') is recited.

"The last day, 'Simchat Torah', is the jolliest. It is the day when the completion of the annual reading of the Torah in the synagogue occurs, and the reading is immediately resumed anew. The festival in a synagogue on Simchat Torah eve and the following morning is very enjoyable as the young folks and the old chant and laugh merrily together. Children carry small flags with apples or other fruit stuck on the top of their small flag poles. Then come the 'Hakafot', the processional with the Torah Scrolls. The Rabbi, the learned men, the Gabbai, the President and other notables are honored first, each one being given a Scroll to carry. The Hazan leads followed by the rest of the congregation, all rejoicing, singing and kissing the Torah.

"The observance of this Thanksgiving, or Feast of Tabernacles is an expression of our gratitude to the Almighty for His kindness in guiding our ancestors during their wandering and also for bestowing upon us His blessings."

Succot Dinner I

Chopped Eggplant on Lettuce and Tomato Salad
Clear Chicken Soup Egg Drops
Roast Turkey Noodle Stuffing
Mashed Sweet Potatoes in Orange Halves
Cranberry Grape Relish Asparagus
Orange and Pineapple Upside down Cake
Tea and Lemon

Chopped Eggplant

1 eggplant
1 small green pepper
1 small onion
1 tbsp. vegetable oil (more if desired)
1 tbsp. vinegar or lemon juice
1 small red tomato
salt and pepper to taste.

Bake eggplant in moderate oven until soft. Lift carefully onto dish. Remove skin. Chop onion and green pepper fine. Add eggplant and tomato. When well chopped add seasoning, oil and vinegar. Serve on lettuce leaf.

Egg Drops

2 eggs
pinch of salt
1 tbsp. chicken fat
enough flour to make a thin batter (approximately ½ cup).

Beat eggs and add other ingredients. Mix until smooth. Bring 1 quart water and ½ tsp. salt to the boil. Drop batter, 1 tbsp. full at a time, into the water and cook about 5 minutes. Drain off water and put egg drops into boiling soup.

Roast Turkey with Noodle Stuffing

Wash turkey thoroughly and fill with stuffing. Secure with skewers at neck and bottom opening. Scald and remove any pinfeathers. Rub fowl with grated onion, salt, pepper and paprika. Place stuffed turkey in refrigerator overnight. Bake in shallow pan, uncovered, 2½ to 3 hours, at 350 degrees.

Stuffing :

3/4 pound egg noodles (medium)
4 eggs
1 medium onion
3 tbsp. chicken fat
salt and pepper to taste
chopped parsley

Boil noodles in salted water. When done, drain off water. Fry onion in chicken fat and add to noodles. Beat in eggs, one at a time. Add seasoning and mix thoroughly. This recipe is for a 12 pound turkey.

Mashed Sweet Potatoes in Orange Halves

Boil 6 sweet potatoes in jackets. When done, peel and mash with 2 tbsp. chicken fat and salt to taste. Add 4 tablespoons brown sugar and mash well. Cut oranges in half and scoop out all pulp. Fill orange shells with potato mixture. Place each half in muffin tins, sprinkle with a little brown sugar and dot with fat. Bake 30 minutes in moderate oven.

Cranberry Grape Relish

With fork, break up contents of 1 jar chilled whole cranberry sauce. Add 2 teaspoons grated orange rind and ½ cup seedless grapes, cut in half. Serve as relish with poultry or meat.

Orange and Pineapple Upside Down Cake

¼ cup shortening
½ cup white sugar
1 tsp. grated orange rind
1 egg well beaten
1 cup pastry flour
¼ tsp. salt
1½ tsp. baking powder
¼ cup orange juice

Mix 1 can drained, crushed pineapple with orange pulp from 3 or 4 oranges (the shells of which have been used for sweet potatoes in a foregoing recipe). Cut up 10 cherries very fine and add to fruit. Place in baking dish, sprinkle with ½ cup sugar and 2 tbsp. cornstarch. Top with the following batter: cream shortening, rind and sugar. Add egg and sifted dry ingredients alternately with juice. Bake 45 minutes at 350 degrees in round or square cake pan 8 or 9 inches. This can be served hot with a sauce made as follows; Mix 1 tsp. cornstarch with ½ cup cold water and pineapple juice from the strained fruit. Add juice and rind of 1 lemon and ½ cup sugar. Bring to a boil and pour sauce over portions of cake.

N. B. — *Recipe for chicken soup to be found in Sabbath recipes.*

Succot Dinner II

Cantaloup Basket Yellow Split Pea Soup
Southern Fried Chicken Honey
French Fried Potatoes Cabbage Salad
Peach Tarts Date and Nut Loaf Tea.

Cantaloup Basket

Locate the centre between the ends of a cantaloup. One inch on each side of this point, make a cut downward one third of the distance through the melon. Make another cut 1 inch on the other side of the centre point, thus making a 2 inch strip through the centre, down one third way through melon. Cut from each end in toward centre to this strip on each side and remove portions of melon. Remove edible portions of melon with French vegetable cutter or spoon. Fill basket with cut mixed fruit. Chill and serve.

Yellow Split Pea Soup

1 pound soup meat
1 onion
2 carrots
3 stalks celery
1 sweet potato
1 cup yellow split peas
¼ cup lima beans
Salt & pepper to taste

Cover meat with water. Bring to a boil and skim. Add split peas and lima beans. Cook slowly for one hour. Add cut up vegetables, salt and pepper, and ½ cup fine noodles. Cook one hour longer or until meat is tender.

Southern Fried Chicken

Use broilers or spring chickens. Cut fowl into portions. Scald and remove pinfeathers; wash and wipe dry.

Put some flour, salt, pepper and paprika in a brown paper bag. Shake each piece of chicken in the flour so as to cover evenly. Fry in hot deep fat until golden brown. Drain on brown paper. Place in casserole and bake, covered, for 15 minutes at 350 degrees. Serve with honey.

French Fried Potatoes

Peel potatoes; cut into strips lengthwise. Let stand in cold water at least one hour. Dry well on paper towel. Bring 1 pint oil to a boil and add potatoes. French fry until golden brown. Drain potatoes on paper towel.

Cabbage Salad

1 small cabbage
2 carrots
1 green pepper
green onions
vinegar
sugar and salt to taste

Shred or grate cabbage and carrots. Add pepper and green onions cut up fine. Season with vinegar, salt and sugar. Mix well, chill and serve.

Peach Tarts

Shells:

2 cups flour
1 cup vegetable shortening
3 tbsp. water.
1 tsp. salt
1 tbsp. vinegar

Cream shortening, add flour, salt, water and vinegar. Knead 5 minutes; chill, then roll out on floured board, one-eighth inch thick. Fit over inverted muffin tin, prick with a fork and bake in hot oven for 15 minutes.

Filling: Drain peaches, sliced or halves. Place peaches in baked tart shells, and pour on some Syrup.

Syrup: to juice from peaches add ¼ cup sugar and 2 tbsp. corn starch. Bring to boil. Tarts may be served hot or cold.

Date and Nut Loaf

1 cup dates, pitted and cut in pieces
1 cup hot water
1 egg, beaten
½ cup white or brown sugar
½ cup pecans, cut in pieces.
1½ cups flour
1 tsp. baking powder
1 tsp. baking soda

Pour hot water over dates. Let stand until cool. Beat egg, add sugar, then the date mixture. Sift dry ingredients, stir well, adding ½ tsp. salt. Add pecan nuts. Bake in greased loaf pan 1 hour at 350 degrees. Allow to cool in pan.

CHANUKAH

"It was a treat, Hadassah, to sit in on the rehearsal of the Chanukah play which your Sunday School pupils are to present. I'm sorry I was not able to stay to the closing scene which was to show Chanukah in Israel."

"Yes, Mother, but you can see the play right through when we present it next week.

"That closing scene will depict the public service in Tel Aviv, which is unique and picturesque, and will bring all the children on the stage. In the background will be a charcoal sketch of the synagogue, because in Tel Aviv this assembly of all high school pupils as well as the older children from elementary schools takes place in front of the synagogue. Arranged in a semi-circle, they face a decorated platform on which stand the most prominent citizens of Israel. On the platform there is a large Menorah. Thousands of spectators witness this unforgettable scene. The ceremony begins at the first indication of dusk. The cantor walks up to the giant Menorah and, chanting the Benediction, he lights the candles for that evening. In our play we'll do the entire eight, of course. A loud chorus rings out: 'Amen.' Now the children light the little Menorot they have brought with them. A band strikes up the Maoz Tsur, and everybody joins in lustily. The band plays and the audience sings again. When the signal is given, twinkling lights and flaring torches begin to move. The children, who have looked forward eagerly to this annual Chanukah parade, form a line

of spectators, their little flags and Menorot clutched firmly in their hands.

"Of course, we shall not be able to do quite all that, mother, but the idea will certainly be conveyed, judging from the rehearsal this afternoon. My pupils are quite excited and look forward to this event. After the play, the Ladies' Auxiliary is serving a dairy supper, with latkes and cheese dishes."

"The custom of eating cheese delicacies is an old one. It seems that Judith, a daughter of the Hasmoneans, fed cheese to the leader of the enemy, making him very thirsty. The wine to quench his thirst made him so drunk that Judith was able to have him taken prisoner and subsequently beheaded."

"Chanukah is of special significance to us, mother. It testifies that the Jew can be a soldier when the need arises. This festival, however, commemorates the victory of a great moral cause rather than the victory of the battlefield."

"Yes, Hadassah. Our rejoicing is not at the defeat of our enemies, but at the rededication of the Temple. In the Haftorah reading for the Sabbath of Chanukah, the keynote is 'Not by might nor by power but by My Spirit, said the Lord of Hosts.' Chanukah exemplifies the rebellion in defence of the inalienable rights of man. It is a protest against the denial of the freedom of worship. The victory of the Maccabees is that of godliness over paganism, Judaism over Hellenism, right over might, democracy over dictatorship. From this point of view, this victory assumes world-wide significance even today. Now we hope that our rededication to the ideals of our people will maintain the Jews as a contributing factor in the advancement of civilization."

"Shall I get the Menorah, Mother? I'll give it an extra polishing, so that it will shine as brightly as the Chanukah

light which Dad will kindle this evening when he returns from the synagogue. . . It is beautiful, mother. Just think of it. It is your mother's and my own grandmother's! Was she a wonderful mother like you? Was she a mother to guide and advise, was she a comrade to discuss all the aspects of living? I am so glad to be your daughter!"

"Thank you, Hadassah, dear. I am happy indeed, that you are not reticent about these matters with me. We are too apt to criticize our own immediate family, often leaving the nice things unsaid until it is too late to say them. . . On the threshold of your new married life, Hadassah, you must think and plan to make your home a sanctuary where husband and children eagerly look forward to be together each day, week day and holiday, in good times and in days of adversity. Only the sense of 'belonging' brings happiness and understanding. Chanukah, you will recall, commemorates such families. Hannah's must have been a closely knit family. She was able to imbue her seven sons with such sense of right and devotion that they were ready to give their lives for their people and for the privilege of belonging to an ancient nation of great tradition, a nation so great that even today the way of life of righteous men throughout the world is based on the Ten Commandments, which originated with our people during one of our periods of finding ourselves, our forty years' wandering in the Desert. . . There was Mattathias and his five sons. Theirs is the story of the Chanukah. . .

"During the reign of Antiochus Epiphanes (Illustrious) of Syria, Palestine was a part of his realm. Jews were greatly persecuted. Antiochus tried to force them to worship Greek idols and to become assimilated. Those who refused were put to death, martyrs for our faith. Mattathias, the High Priest, raised the flag of rebellion, a banner with

the cry, 'Mi L'Adonay Elay', 'Whoever is on the side of God, follow me.' Judas, who guided the people after the death of his father, Mattathias, led them under his banner, Mi Kamokha, Baelim, Adonai, 'Who is like unto Thee among the mighty, O Lord.' The initial letters of the words in this Hebrew sentence make up the name Maccabee.

"Our ancient Talmud records the event which inspired the kindling of lights during Chanukah. During the re-dedication of the Holy Temple by Judas Maccabeus and his warriors, when the perpetual lamp was about to be lighted, there was found only one cruse containing sufficient pure oil for one day. As a result of a miracle it lasted for the eight days required to prepare fresh oil. The following year, an eight-day festival called Chanukah was declared and has been celebrated with songs of praise and thanksgiving ever since. The twenty-fifth day of Kislev is the beginning of the eight-day festival of the Kindling of the Lights."

"Mother, Chanukah is a minor festival, yet candles are lit."

"Yes, Hadassah, Chanukah is the Festival of Lights. It differs from other festivals in one important respect. Its origin is not hidden, but remains clear in the light of our old history. It is a festival which commemorates great events in the history of the Jewish people. Although it is a minor festival and is not mentioned in the Pentateuch or the Bible, a special prayer, Al Hanissim, is recited during Chanukah. This prayer contains thanks for deliverance from the enemy of the Maccabees.

"Chanukah is a tribute to the five sons of Mattathias, who lived nobly and died nobly, leaving their great names to be remembered: Eleazer, whose high courage was an example to every soldier in Judea; John or Yohanan, who cared little for glory but was content to serve his brothers;

Jonathan, the good High Priest; Simon, the wise gentle ruler, and Judas, the fearless, fiery general who overcame the vast armies of the Syrian King and led the people back to their holy Temple."

"Mother, Chanukah, like all other Jewish festivals and holidays, means so much to children."

"Yes, Hadassah, all these holidays begin at sundown, almost invariably with the lighting of candles. A ritual such as that of the candles inspires even little children, and when we explain their meaning, the educational and religious goal is attained. We cannot all be scholars in the Talmud, but we can all enjoy the practice of our religion in our homes and synagogues. Our heritage is so rich that it is our obligation to the children to impart as much of the meaning of our observances as we possibly can.

"This evening Hadassah, when the Menorah is placed on the table, and father recites the benedictions as he lights the candle with the little Shames, we shall all be gathered around to answer Amen. Then we shall chant in chorus the hymns, 'Hanerot Hallalu' and the 'Maoz Tzur'—Rock of Ages, our hymn of thanksgiving. Then we shall play Dreidel games. The four-winged spinning top, which we use in these games, bears the Hebrew letters, Nun, Gimel, Hei and Shin, which stand for. . ."

"I know, mother! Ness Gadol Hayah Sham, which means 'A great miracle happened there' . . . there are also other games and, most important of all to the children, there is the Chanukah Gelt and other gifts that are given. We always give part of this money to charity."

"Father will be home soon, Hadassah, and with all our nephews and nieces and everybody coming for Latkes and Chanukah Gelt. . . I had better get things started in the kitchen! Why before we know it, Father will be kindling the First Chanukah Candle."

CHANUKAH DINNER I

Meat Halishkes
Pea Soup with Hominy
Roast Capon Corn Flakes Stuffing
Potato Pancakes Peas and Carrots
Cranberry Aspic
Blueberry Roll Tea.

MEAT HALISHKES

One green cabbage, large leaves. Place in pot of water and boil five minutes. Remove from water and separate leaves.

Filling :

1 pound ground meat
1 medium onion
1 small potato
½ cup uncooked rice
½ cup water
salt and pepper to taste

Place meat in chopping bowl. Grate in onion and potato. Add rice, water and seasoning. Chop well. Place 1 tbsp. full on a cabbage leaf and roll up as for jelly roll, loosely so as to allow for the swelling of the rice. Tuck in ends of cabbage. Fry 1 large onion in 2 tbsp. fat. Add 1 can tomatoes and salt to taste. Bring to the boil, place halishkes in tomato mixture and cook covered for 1¼ hours. Remove cover, add ½ cup sugar and continue cooking for ½ hour.

PEA SOUP WITH HOMINY

1 pound beef flanken
marrow bone
1 cup split green peas
¼ cup barley
½ cup fine noodles
1 onion
2 carrots
2 stalks celery
salt and pepper.

Boil meat and bone in 2 quarts water. When boiling,

skim, and add other ingredients. (Grate the onion, carrots and celery). Boil slowly for 2 hours. Add ½ can hominy 15 minutes before soup is done.

Roast Capon with Corn Flakes Stuffing

Stuffing :

4 potatoes mashed
1 cup corn flakes
½ cup rice krispies
½ cup bread crumbs
2 eggs
3 tbsp. flour
3 tbsp. chicken fat
1 sliced onion
3 mushrooms
salt, pepper, sugar and cinnamon to taste.

Fry onions and mushrooms in chicken fat. Add to grated potatoes. Add other ingredients, and when thoroughly mixed, add the seasoning. Scald 6 or 7 pound capon. Rub with grated onion. Sprinkle with paprika, poultry dressing, salt and pepper. Fill with stuffing and secure with skewers. Place chicken in brown paper bag. Tie up bag and place on ungreased roasting pan. Bake in 350 degree oven for 2 to 2½ hours. When ready, remove from bag and chicken will be brown and crisp. Do not baste.

Potato Pancakes

6 medium potatoes
2 eggs
2 tbsp. flour
2 tsp. baking powder
1 tsp. salt
1 small onion
dash of pepper and cinnamon if desired

Grate potatoes and onion. Add remaining ingredients and mix well. Drop from tablespoon into hot fat. Fry until well browned on both sides.

Cranberry Aspic

Dissolve 1 package lemon flavoured kosher jelly in 1½ cups boiling water. Set aside to cool. Grind 1 jar whole cranberries and ½ orange, including rind. Add to cooled jelly with ½ cup chopped walnuts and ½ cup celery, cut in small pieces. Put into mould and allow to set.

Blueberry Roll

½ cup oil	2½ to 3 cups flour
½ cup sugar	2 tsp. baking powder
2 eggs	¼ tsp. salt
1 tsp. vanilla	juice and rind of ½ orange

Cream sugar and oil. Add eggs, vanilla, orange juice and rind. Add dry ingredients that have been sifted together. Divide dough in two pieces. Roll in rectangular shape on floured board. Wash and drain 1 quart blueberries. Spread half of the berries on dough, sprinkle with ¼ cup sugar and 1 tbsp. cornstarch. Roll up as for jelly roll. Use second half of dough and berries in the same manner. Bake 40 minutes, at 350 degrees, or until golden brown. Slice hot or cold. May be served with hot fruit sauce.

CHANUKAH DINNER II

Mock Liver Entree — Vegetable Salad
Cream of Celery Soup — Crackers
Fillets of Sole with Kashe Stuffing
Buttered Beets — Cole Slaw
Sour Cream and Cheese Pancakes
Cake and cookies — Coffee

MOCK LIVER

3 hardboiled eggs
1 pound wax beans, cooked
salt and pepper
1 large onion, fried golden brown in butter

Chop all ingredients very fine. Add salt and pepper to taste. Some melted butter can be added if desired.

CREAM OF CELERY SOUP

5 stalks celery
1 quart milk
1 small onion
2½ tbsp. butter
2½ tbsp. flour
1 cup cream
2 tsp. salt.

Wash celery and chop. Cook celery and onion in half of the milk, for 20 minutes. Remove onion, make a sauce of the remaining milk, butter and flour. Add sauce to soup. Add salt and cream.

STUFFED FILLETS OF SOLE WITH KASHA

1 pound fillets of sole
½ pound kasha
1 medium onion, fried in 4 tbsp. butter
salt and pepper to taste

Wash and wipe fish. Sprinkle with salt and pepper. Boil Kashka in 1 pint salted, boiling water until water is absorbed. Add fried onion. Place spoonful of kasha on each portion of fish. Roll up and secure with toothpicks.

Place in buttered dish on sliced onions. Add 1 cup milk and dot with butter. Bake in moderate oven about 30 minutes.

Sour Cream and Cheese Pancakes

½ pound cottage cheese
3 eggs
½ cup sour cream
¾ cup flour
salt and sugar to taste
pinch of baking powder

Mash cheese and sour cream together. Add beaten eggs, salt and sugar, then add flour and baking powder. If batter is not loose enough, add more liquid. Fry in butter.

Cole Slaw

1 firm cabbage
2 carrots
1 small onion
4 stalks celery
1 tbsp. sugar
1 tbsp. celery seed
2 tbsp. vinegar
¾ cup mayonnaise

Shred cabbage finely, add grated carrots and onion, then the celery that has been cut in small pieces. Mix other ingredients together and pour over cabbage mixture. Mix thoroughly and chill.

CHAMISHAH ASAR BISHVAT, OR THE FESTIVAL OF THE TREES

"A people who no longer have the vineyard
but still celebrate the vintage
will one day again have the vineyards."

— DISRAELI

"Studying the calendar, Hadassah?"

"Yes, I am very much interested in this new 25-year calendar. To-day is the 15th of Shvat, a day of special significance for Jewish people the world over. Chamishah Asar Bishvat is a nature festival without religious associations and might have been forgotten after the Jews were expelled from Palestine, where this observance first originated. That it has lived on to this day shows how deeply rooted was the longing of the Jews for the soil of Palestine, and this feeling has been kept alive through the many centuries. Even when they lived in countries where severe frost and snow reign during Shvat, Jews have continued to celebrate Chamishah Asar Bishvat each year to this very day, though observing it slightly differently in some countries."

"In ancient Palestine, a beautiful, and practical custom was observed on Chamishah Asar Bishvat. A tree was planted upon the birth of a child, a cedar sapling (strong and tall) for each boy born that year, and cypress or pine (fragrant and small) for a girl. When the children mar-

ried, branches of these trees were cut down and used as posts for the 'Chuppah' or marriage canopy."

"Mother, how did you celebrate Chamishah Asar Bishvat when you were a young girl?"

"The observance of Chamishah Asar Bishvat spread from Palestine to Europe, and the New Year of the Trees became an occasion for rejoicing with nature. It was a day of happiness in what was often an otherwise bleak existence. We ate fruits, and an effort was made to include some fruit from Palestine. Due to the difficulty of getting such fruits until recently, however, European Jews had to content themselves with carobs or 'Boxer' which, being dried, could be imported from the Holy Land. Nowadays fruits such as olives, dates, pomegranates, citrons, grapes, figs, quinces, nuts and Boxer, are imported from Israel."

"Mother, I have often wondered why it is important to plant trees."

"Well, Hadassah, trees play an important role in the upbuilding of Israel. They are necessary for the beauty of the country and for the fruits they bear; for shade and shelter to men, beast and bird; for lumber to build homes and to make furniture; for protection from winds and storm; for prevention of soil erosion and — most important — for draining the malaria breeding swamps.

"In Israel, therefore, Chamishah Asar Bishvat is devoted to planting trees and, since it has always been a children's festival, the privilege is often accorded them. Then, too, as the farmers and workers of to-morrow, the children must be imbued with a strong attachment to their country. A child who plants a tree with his own hands unites himself lastingly with the soil upon which it grows. Only with the revival of life in Israel has the New Year of the Trees

come into its own in recent decades. Under the influence of the Zionist rebuilding of the land, the day has resumed its ancient meaning and again has become the time of the planting of trees."

"Now I can see how important it is for all Jews, young and old alike, to support the Keren Kayemet, the Jewish National Fund, by buying trees. When I marry wouldn't it be a wonderful idea to donate money to that Fund to commemorate our marriage?"

"Yes, Hadassah, I had thought of that, but I am glad that you suggested it yourself."

On barren hills we plant the slip
Who shall not taste the tree.
The lengthening root, the ripening fruit
We may not hope to see.

But oh, the joy of planting trees
And oh, the keen delight
When unafraid beneath their shade
We rest in dreams at night.

— JESSE E. SEMPTER.

TEA MENU FOR CHAMISHAH ASAR BISHVAT

Harlequin Pear Fruit Salad Cottage Cheese Balls
Date and Nut Bread Sandwiches
Assorted Cakes Cookies.
Tea or Coffee
Candies Nuts Israeli Fruits

HARLEQUIN PEARS

8 small pears
½ cup sugar
2 cups water
mint sprigs, lemon wedges
1 tsp. peppermint extract
green vegetable coloring
1 cup seedless raisins
1 cup salted peanut meats

Peel pears; halve and core. Boil together sugar and water five minutes. Add pears, cover; simmer 10 to 15 minutes or until tender. Add peppermint extract, measure syrup. To ½ pear syrup add vegetable coloring and 8 pear halves. Chill until lightly tinted. Chill remaining pear halves in the balance of syrup. Drain. Put raisins and nut meats through food chopper, using medium knife; moisten with three tbsps. syrup drained from pears. Mix well and pour on green pear halves; press green halves on white pear halves. Garnish with mint sprigs and lemon wedges. Serves four. Serve on lettuce leaf with other fruit if desired and top with whipped cream. To make cheese balls, moisten cottage cheese with fruit juice, add cherries cut in pieces. Form into small balls. Sprinkle with nuts or cocoanut if desired.

DATE AND NUT BREAD

¼ cup butter
1 cup sugar
1 cup dates, cut into small pieces
1 tsp. baking soda, dissolved in 1 tbsp. warm water
1½ cups flour
1 tsp. baking powder
1 egg
1 cup boiling water
pinch of salt
1 tsp. vanilla
½ cup chopped nuts

Pour boiling water over dates and let stand while mixing cake. Cream butter add sugar gradually, add egg and vanilla. Add sifted dry ingredients, nuts and dates. Add soda last. Bake in baking powder tins in 350 degree oven for 30 — 35 minutes. Before serving slice thin and spread with cream cheese.

PURIM

"Hadassah, I have invited the children for a Purim Party or S'udah, and have asked them to dress up in costumes from the story of Purim. When they are here, we will tell them the story around the table, for this is customary on this holiday. I have written the story so as to be certain of all the details."

"Mother, why not read it to me first."

"That is a good idea. I begin like this :

"Purim is an important holiday in the history of our people. It commemorates an event, which took place during the reign of King Ahasuerus about 485 B.C. When Vashti, wife of Ahasuerus, refused to obey his commands and to display her beauty before his nobles, she was banished. The beautiful niece of a pious Jew named Mordecai, was chosen to replace Vashti as queen. Her name was Esther. Mordecai happened to overhear a plot to kill King Ahasuerus, and told Esther about it, who in turn informed the king. In this way Mordecai saved the king's life and the fact was written down in the king's chronicles.

"Some time later, Haman, who was Prime Minister to Ahasuerus, became so impressed with his own importance that he expected everyone to bow to him. Mordecai, the Jew, refused to do this for he would bow to no man — he bowed only to God. In his rage, Haman vowed that he would avenge the insult, not only upon Mordecai, but upon all the Jews in the empire. Haman spoke to Ahasuerus

and deceived him into believing that the Jews were not faithful citizens of the empire but a people who refused to obey the laws of the land. Believing these tales, the king authorised Haman to issue a decree ordering all the Jews to be put to death on a certain day. To select the tragic date to carry out the scheme, Haman cast lots ('purim') which fell on the thirteenth day of Adar. The name of the festival is Purim. It is often called 'The Feast of Lots'.

"When Mordecai heard of this decree to put all the Jews to death, he hastened to Esther, and asked her to speak to the king on behalf of her people. Esther hesitated, for she feared that to appear before the king without permission could mean her death. But Mordecai convinced her that because of her position it was her sacred duty to plead for her people. She spent the day before appearing before the king in fasting and prayer seeking Divine guidance. She then came before the king and invited him and Haman to a banquet."

"It seems unfair that Ahasuerus should so soon have forgotten that Mordecai had saved his life."

"It seems so, Hadassah. However, he was reminded of this fact during one of his sleepless nights when he had the records in his chronicles read to him. Then he recalled that Mordecai was a Jew. To continue with the story —

"When Ahasuerus and Haman came to Esther's banquet, she implored the king to spare her life and the lives of the other Jews. On hearing this Ahasuerus turned in rage against Haman for having led him to believe that all Jews were unfaithful. He ordered that Haman should be hanged from the same scaffold which had been erected to put Mordecai to death. The Jews, having been freed from this danger, and allowed to carry on their peaceful way of life, proclaimed a holiday of feasting and gaiety.

This holiday has been carried down through the ages and is called Purim. The day before Purim is observed as a fast day called 'Ta'anit Esther' or 'The Fast of Esther', to commemorate Esther's fast on the day prior to appearing before Ahasuerus."

"The story is very clear and the children will enjoy it. Would it not be a good idea to tell some of the customs observed on this holiday?"

"I will write them down now, Hadassah :

"Although no candles are lit for this holiday, we go to to the synagogue the evening before Purim and on Purim morning. As we enter, it is customary to drop a coin, usually half a dollar, into the plate provided for that purpose, in remembrance of the half shekel Jews contributed in Adar towards the Temple repair and sacrifices. To-day this money is turned over to the Jewish National Fund. The Megilat Esther, which is a scroll containing this story of Esther, is read by the Hazan or by a learned person whom the congregation wishes to honour. The reading of Haman's name is usually greeted by the children with rattling of the graggers or noisemakers, and the stamping of their feet.

"Gifts or Shalach Manot are exchanged with relatives and friends. The most popular Shalach Manot items are cakes, candies and fruits, but books, wearing apparel and other useful gifts are also given. At this time we remember those less fortunate than ourselves and distribute money to charitable causes and give Purim baskets to the poor."

"Purim is such a jolly holiday that it is celebrated not only in the home and synagogue, but also in community centers".

"Yes, Hadassah, it is a happy festival for we invite relatives and friends to our home to enjoy our holiday fare.

The main traditional food served are Hamantashen, which are triangular in shape to represent Haman's hat. We tell Purim stories and sing songs. At community centers Purim is celebrated by banquets, dances, Purim plays and masquerades. Purim carnivals have become popular."

"The children will be delighted to know that they may wear their costumes in the streets and that they may go from house to house collecting Shalach Manot, gaily singing and dancing."

"Purim each year bids the Jew have courage and hope. On this holiday we remember that every Haman in the present and future must and can be overcome. Anti-semitism may be overcome by good-will and by courageously living up to our ideals as Jews and citizens."

Purim Menu

Sweetbreads and Mushrooms
Tomato and Rice Soup
Rib Roast Roast Potatoes
Glazed Carrots Tossed Salad
Strawberry Mousse
Hamantashen Teiglach Mohnelach
Tea.

Sweetbreads and Mushrooms

Parboil 1 pound sweetbreads. Cut in cubes and roll in browned bread crumbs. Saute ½ pound (1½ cups) mushrooms, 1 cup diced onions, ½ tsp. paprika, salt and pepper to taste, in 2 tbsp. chicken fat. Add sweetbreads to mushrooms and saute 30 minutes longer.

Tomato and Rice Soup

Brisket bones
1 large tin tomatoes
¼ cup rice
1 onion
salt and pepper.

Boil bones in 1 pint water. Skim, add tomatoes, which have been strained, then grated onion, seasoning and rice. Cook slowly for 2 hours.

Rib Roast and Potatoes

Mix together :
1 tbsp. flour
1 tsp. salt
½ tsp. pepper
¼ tsp. celery salt
½ tsp. dry mustard.

Rub this mixture into the meat. Slice one or two onions and place these slices on fat side of roast, using tooth picks to secure. Put roast in a 500 degree oven for

½ hour, then lower to 350 degrees. Allow 15 to 20 minutes for each pound and 20 minutes extra. Onions may be removed after an hour if desired. Baste and turn several times. Cook uncovered and do not add any water. Peel as many medium sized potatoes as required, place around roast 1½ hours before meat is done. Add salt and paprika. Baste and turn potatoes several times to brown them.

Glazed Carrots

Scrape carrots, cut in strips, lengthwise, and boil in salted water until tender. Make a syrup of ½ cup water, ½ cup brown sugar and 2 tbsp. fat. Pour over cooked carrots which have been placed in a casserole. Place in oven, 350 degrees, and bake until liquid is absorbed.

Strawberry Mousse

2 cups berries
1 cup powdered sugar
2 egg whites beaten stiff

Prepare fruit. Beat ingredients well. Put into individual dessert dishes and set in refrigerator. When ready to serve, garnish with meringue and ground walnuts.

Hamantashen

2 eggs
½ cup sugar
½ cup oil
1 tsp. vanilla
juice and rind of ½ orange
2½ to 3 cups flour
2 tsp. baking powder
¼ tsp. salt.

Mix ingredients in order given, sifting flour, baking powder and salt together. Roll to ¼ inch thickness; cut in rounds with glass and place spoonful of filling in centre. Draw up three sides to form a triangle and pinch edges firmly.

Filling: ½ pound prunes, ½ cup raisins soaked overnight. Chop with ½ cup nuts, juice and rind of 1 lemon and ½ cup sugar. Brush tops of hamantashen with beaten egg to give a gloss. Bake ½ hour at 350 degrees.

Mohnelach (Mohn Candy)

Wash 1 cup mohn several times in cheesecloth bag. Let drain overnight. Boil 1 cup honey and mohn together, stirring constantly, until mixture forms firm ball in cold water. Add ½ cup chopped nuts, if desired. Spread mixture on wet pastry board, cut into diamond shapes when slightly cooled and hardened. (Do not let candy get too cool before cutting). When cooled, after about 2 hours, separate into pieces. Makes 18 pieces.

N. B. — *Recipe for Teiglach to be found in Rosh Hashanah recipe section.*

PASSOVER

"Mother, while we are doing our spring cleaning, in preparation for Passover, let us talk about this holiday."

"Passover has a double meaning, Hadassah. Firstly it is a spring farm festival; secondly it is the feast of freedom which commemorates the release of the Israelites from bondage.

"As you know the Jews were originally farmers, and since Passover comes at the beginning of the grain harvest it was celebrated as an agricultural holiday. Every farmer brought an Omer (measure) or sheaf of newly-cut barley as an offering of thanksgiving to God. There are seven weeks called the Period of the Omer which we observe to-day with special prayers in the synagogue, beginning with the second day of Passover and ending with Shvuot.

"The Passover Seder ceremony reminds us that Passover is the Festival of Freedom. It commemorates the sacrifice which every Jewish family offered on the night before they left Egypt.

"The Jews were bidden not to forget their emancipation from slavery. The celebration of Passover was ordained as a permanent holiday beginning on the eve of the fourteenth of Nisan and lasting eight days."

"There is no doubt that we Jews have kept faith throughout the ages in the celebration of Passover."

"Yes, for no other experience in its long history has impressed itself so deeply in the hearts and minds of the

Jewish people as their freedom from slavery. The story of Passover is in the book of Exodus in the Bible and dates back some 3500 years.

"The Israelites were a small tribe who wandered into the land of Egypt. Ahead of them came Joseph who, guided by Divine Providence, was able to give valuable advice to Pharaoh of Egypt and in this way the Israelites were favoured and grew prosperous.

"After Joseph died and another Pharaoh became the ruler, the Egyptians soon forgot all the good done them by Joseph and became jealous of the wealth and comfort enjoyed by the Israelites. They confiscated their property and forced them into slave labor."

"Mother, why did Pharaoh order that all male children born to the Israelites be drowned?"

"According to the story, a sorcerer or fortune-teller in Pharaoh's court foretold that an Israelite child would be born who would one day free his people. In order to prevent this happening, Pharaoh issued this decree.

"To one of the Israelite families a male child was born and, in order to prevent Pharaoh's soldiers from finding him, Yochebed, his mother, wove a basket-like cradle, filled in the cracks with tar to keep it waterproof, placed the child in it and hid it among the reeds which grew along the banks of the Nile.

"When Pharaoh's daughter went to bathe, she heard the baby cry and ordered that he be brought to her. Impressed with his beauty she decided to keep him and bring him up, giving him the name of Moses. Miriam, his sister, who had been told to watch over him, came up and asked the princess if she might get a Hebrew woman to act as his nurse. She suggested Yochebed. Fortunately, the Princess agreed and Moses was nursed by his own mother.

"When Moses was three years old, Pharaoh's advisers noticed his character and wisdom and insisted that he be put to death because they feared that he would grow up to be the leader foretold who was to rise against Pharaoh's rule.

"According to legend, the infant Moses was tested for his wisdom and understanding and was given the choice of a piece of gold or a hot coal. The angel Gabriel directed his hand towards the hot coal. Moses put the hot coal into his mouth, and burnt his tongue severely making him for ever tongue-tied, but his life was saved.

"When Moses grew to manhood, he saw the hardships that were being inflicted on the Israelites and he resolved to try to help them. One day he saw an Egyptian beating an Israelite. Enraged at the cruelty, he struck the Egyptian and killed him. Fearing that Pharaoh would find out about this deed and decree that he be put to death, Moses fled out of Egypt and settled in the land of Median, where he eventually married.

"It was while attending to his flocks there that he came to Mount Horeb and saw a burning bush there. Attracted to the flame he came closer and was stopped by a voice coming from the burning bush. He was told that it was the Presence of the Lord and he was commanded to return to Egypt and demand that Pharaoh set the Israelites free. When Moses doubted his own ability to act as the Lord's messenger he was told that his older brother Aaron would meet him in Egypt and act as his spokesman. God endowed Moses with the power of performing wondrous things to prove to Pharaoh that he was a true messenger of the Lord.

"Moses and Aaron came before Pharaoh and demanded that he free the Israelites, but the king refused to allow them to go, and continued to oppress them.

"Moses and Aaron appeared before Pharaoh again and again, each time with a different sign until pestilence and plague, in the form of blood, frogs, vermin, murain, boils, hail, locusts and darkness struck the Egyptian people who were oppressing the Sons of Israel. Each of the plagues was removed upon the promise by Pharaoh that he would relent and allow the people to go. However, he did not live up to his promise and he continued to hold them in slavery more and more viciously subjugated. It was only after the tenth plague, when the Angel of Death had killed every first-born of man and beast belonging to Pharaoh and his people, but spared the first born of the Israelites who had been ordered by Moses to paint signs upon their doorposts with the blood of a slaughtered lamb, that the Pharaoh ordered the Israelites to leave Egypt immediately and to take all their possessions.

"Having to leave so suddenly they could not stop to prepare their food or to wait until the bread would leaven. They took their dough with them unleavened and baked it in the sun."

"I suppose that is why we eat Matzot during the eight days of Passover, Mother?"

"Of course, Matza is a reminder of the unleavened bread, which the Hebrews prepared in such haste when they fled from Egypt. It is now the symbol of liberty.

"You know, Hadassah, Passover as it is observed today, aside from the ritual, is one of the purest of Jewish holidays. All homes have a thorough going over to ensure that all leavened food or Chometz is removed from every nook. On the night before Passover eve the ritual of 'Bedikat Chometz' or The Search for Leaven is followed. In order to be certain that the home is ready for the holiday, the head of the house searches carefully in all the rooms for

any remaining leaven. Since the house has been thoroughly cleaned he will probably not find any, therefore the mother places small pieces of bread in conspicuous places in each room. He goes from room to room, carrying a lighted candle, a wooden spoon and some feathers. The rest of the family, following, watch him sweep the bread into the spoon with the feathers."

"Mother, is there a special benediction at this time?"

"Before the search is commenced, a prayer is said 'Blessed art thou, O Lord, our God, King of the Universe, who hast commanded us to remove all leaven.' After the search is completed another prayer is recited, 'All manner of leaven that is in my possession, which I have not seen nor removed shall be null and accounted as the dust of the earth.' The following morning at ten o'clock this Chometz together with uneaten Chometz is burned and a blessing is said, 'All manner of leaven that is in my possession, which I have seen and which I have not seen, which I have removed and which I have not removed, shall be null and accounted as the dust of the earth.'

"After the burning of the Chometz no leaven is eaten for the entire eight days. All cooking and eating utensils which we use all year are placed out of sight, and the Passover dishes are unpacked, washed and brought into use. These are kept from year to year for the Passover. If silverware which is used all year must be used it is permissible to 'Kasher' them. First it is polished and rinsed. Then it is tied to a long cord, each piece separated by a knot and dipped into boiling water into which one drops a very hot piece of iron or stone. After such kashering, they are considered fit for Passover. When all dishes and utensils are placed, the Passover groceries may be opened and used.

"The lunch on erev Pesach is a simple one as no wine,

matza or food prepared with matza is eaten by orthodox Jews until the Seder night."

"Mother, the Seder table is always so artistic, covered with our nicest white tablecloth, and freshly polished silverware, and the shining candlesticks placed in the centre of the table. It is so beautiful and memorable."

"You know, of course, Hadassah, that the blessing for the lighting of the candles is recited, both Seder nights and again on the last two nights of Passover."

"Yes, mother, and the four intervening days are Chal Hamoed, just like during Succot. They are half-holidays, are they not?"

"Well, Hadassah, all the laws of Passover apply to them except that work is permitted."

"Mother, with all the symbols on the Seder table and all the family gathered around it, each one of us participating in the ritual of the service, each following the story of the Exodus in the Haggadah, the Passover Seder is indeed a holiday for all of us to look forward to each year, with father seated at the head of the table reclining on a cushion."

"The cushion, too, is a symbol of freedom, Hadassah. Before father comes to the table he places three Matzot covered with a special cloth on a special Matza plate. A white napkin may be used as well. The three matzot represent the three divisions of Jews: Cohanim, Leviim and Israelim. On a platter are placed a roasted shankbone (the 'Zeroa') reminiscent of the sacrifice of the lamb in Egypt; a roasted egg which symbolizes in its smooth roundness that fate is variable, a substitute for ancient holiday sacrifices; a root of horse-radish ('maror'), a symbol of the bitterness endured in Egypt; a sprig of parsley or watercress ('Karpas') representing the sprig; a paste-like compound of ground apples, nuts, cinnamon and wine called 'Charo-

set', to remind us of the clay from which our ancestors were forced to make bricks in building the two cities, Pithom and Raamses. A dish of salt water is reminiscent of the tears shed by an enslaved and captive race. Father pours a goblet or glass of wine for each member of the family and will refill it until the 'Arba Kosot' are drunk. He chants the 'Kiddush' and then is followed by each male adult in chanting Kiddush, while they drink the first of the four cups of wine required for the Seder service. The ritual of the washing of the hands is performed.

"Father always looks solemn when he lifts the plate of Matzot and shows it to us, after which he breaks the third Matza."

"You know, Hadassah, it represents the food and the poor treatment which Jews received during the days of their bondage. 'Lo, this is the bread of affliction, which our ancestors ate in Egypt' is recited at every Seder. Part of the broken Matza is the Afikomen, and the children take delight in watching where it is hidden as the one who finds the Afikomen is usually rewarded with a gift. The Afikomen is eaten at the end of the meal. The children also take part in the Seder service."

"Yes, mother, I still recall the thrill. I was the youngest at the Seder and asked the four questions. They are indelibly inscribed in my memory : 'Why on this night do we eat unleavened bread? Why do we eat Moror? Why do we eat Charoset? Why do we lean during the ceremony of the Seder ?' We are all so proud when father fills the second cup of wine and proceeds to answer the questions by telling the story of the Israelites in Egypt, of the Exodus led by Moses and how he brought the Israelites to the teachings of the One God. When the names of the ten plagues that God inflicted upon Egypt are re-

peated, each of us pours a drop from his goblet of wine."

"Hadassah, we all feel strongly the importance of the various symbols we prepare, as each is taken up in turn and its significance is explained. As each one of us tastes a little of each, saying the appropriate blessings the whole story takes on a deeper meaning.

"A portion of Hallel is recited, a song from the psalms denoting joy in liberty. The reply closes with a benediction in which it is hoped that the Holy Temple will be rebuilt, and the ancient rites restored.

"The hands are again washed, because a benediction is pronounced over the Matzot. Then the meal is served. The first course is traditionally a hard boiled egg and potato in salt water.

"After the meal there are more rituals. After the search for the Afikomen, each one receives a piece. In ancient times each person received a portion of the lamb for dessert. In memory of this, Afikomen is eaten at the end of the meal. Then grace is chanted and the third cup of wine is drunk. A second part of the Hallel is sung but, before doing so, the door is opened, according to our old custom, to allow the Prophet Elijah to enter. There is a special goblet filled with wine called Kos shel Eliyahu who, according to Jewish legend, visits every Seder and who at the end of days will bring the Messianic age."

"Mother, I recall the excitement of watching the goblet of wine to see whether any wine was being sipped by the Prophet Elijah."

"We, too, each have our wine glasses filled for the fourth time; then, Hallel is continued. There are also several old Hebrew songs, Hadassah, I enjoy: 'Addir Hu' and 'Ki Lo Noe'. The two the children most enjoy are

'Echad Mi Yode'a' and 'Chad Gadya'. That always brings the Seder to a close."

" I seem to remember that there are other customs observed for Passover."

"Yes, Hadassah, there is a very well established tradition of distributing 'Moess Hittin', or baskets containing Passover food to the needy so that they will be able to celebrate this holiday.

"Certain vegetables such as cabbage, peas and beans are not permitted during the Passover week.

"There is the law concerning the preparation of food on a Festival for the Sabbath. It is called 'Erub Tavshilin'. It is performed by taking some cooked or roasted food, which is eaten with bread and pronouncing the blessing, 'Who hath sanctified us with his commandments and charged us with the observance of 'erub'. By virtue of this 'erub' be it permitted us to bake, cook, keep the victuals warm, light candles and do all the work that is necessary on the Festival for the Sabbath.' If one does not understand Hebrew one may say it in any language one understands."

"Mother, is 'erub tavshilin' made for any holiday or only for the Passover?"

"Erub tavshilin is made for other holidays, too. It also is made when the first Seder night falls on Thursday so that we may be permitted to prepare food on Passover for the Sabbath which follows. The blessing is made over meat, fish, egg or any food that may be eaten with bread. A whole matza is used alongside of the food for Passover, whereas when it is not Passover a whole bread is used.

"During the week of Passover, prayers and appropriate portions of the Torah and Prophets are read in the synagogue. On the morning of the first day the 'Tal' or Dew

prayer is chanted asking for abundant dew in Israel during the summer months when no rain falls in that country. The Hallel is recited daily; it is a recitation of praise and thanksgiving compiled from the Psalms.

"On the last day of Passover, worshippers recall their departed kinfolk during Yiskor, or Memorial service, for the dead."

"Mother, I have always felt that aside from the historical aspect of the celebration of Passover there is a broader meaning."

"You are right. It has been a symbol for men of all generations of their own search for freedom and their hope that the freedom they desire can be won. Pharaoh may be regarded as representative of all tyrants throughout human history. From his defeat we gain confidence that we can break all chains which enslave us. The fact that God had sent Moses on his mission assures us that it is the Divine Will that all mankind shall enjoy Liberty. All freedom-loving people—no matter what their creed or race — have taken hope and courage from the Passover Festival."

Passover Dinner (First Seder)

Wine Matzot Charoset
Bitter herbs (horse-radish)
Hard-Boiled Eggs Salt Water
Onion Tops or Boiled Potatoes Shank Bone
Gefilte Fish Horse Radish Sauce Lettuce and Tomatoes
Chicken Soup Knadlech
Roast Chicken Potato Stuffing Roast Tongue
Harvard Beets Fresh Asparagus
Sliced Fresh Pineapple Sponge Cake Tea

Charoset

½ apple
¼ cup ground walnuts
½ tsp. cinnamon,
½ tsp. sugar
1 tbsp. red wine.

Chop or coarsely grate the apple and mash well with other ingredients. When mixture is smooth, add wine and mix again.

Knadlech

Beat 2 egg whites until stiff. Add beaten yolks and salt and pepper to taste. Add ½ cup matza meal, slowly, stirring constantly. Allow mixture to stand a few minutes. Have pot of water boiling and form small balls and drop into water. Grease hands with chicken fat before forming each ball. Boil covered for 45 minutes. Knadlech can then be put into chicken soup. Makes 6 knadlech.

Potato Stuffing

4 medium sized potatoes
1 carrot
1 onion
3 eggs
2 tbsp. chicken fat
salt and pepper to taste

Grate potatoes, carrot and onion. Add chicken fat, salt and pepper. Beat in eggs, one at a time. Put stuffing in chicken, secure at top and bottom. Roast chicken in paper bag (method given in Sabbath recipes) or plain roasting (see Rosh Hashanah recipes).

Harvard Beets

2 cups diced cooked beets
1 cup beet juice
2 tbsp. potato starch
2 tbsp. sugar
2 tbsp. lemon juice or vinegar
salt and pepper to taste

Combine beet juice, potato starch, sugar, lemon juice, salt and pepper in top of double boiler. Cook over direct heat, stirring constantly until thick and clear. Add diced beets gradually and mix until well coated with sauce. Place pot over hot water in bottom part of double boiler and keep warm until served.

Sponge Cake

6 eggs (do not separate)
1 tbsp. cold water
1 cup sugar
pinch of salt
juice and rind of ½ lemon
2/3 cup Passover cake flour
1/3 cup potato starch

Beat eggs, sugar, water and salt until very light and fluffy. Add juice and rind of lemon, continue to beat. Sift flour and potato starch together, and add very slowly to egg mixture, stirring lightly until well mixed. Bake in greased or paper-lined tin at 350 degrees for 40 or 45 minutes.

Roast Tongue

Scald beef tongue, then dip in cold water and remove skin. If skin does not come off repeat procedure. Dice 2 medium sized onions, a green pepper and 2 tomatoes. Fry in chicken fat until light brown. Add salt and pepper to taste. Add one cup water and tongue to fried mixture. Cover and roast in moderate oven about 2 hours, or until tongue is tender.

N.B. — *See Sabbath recipes for gefilte fish recipe.*

Passover Dinner II

Chopped Liver — Tomatoes and Lettuce
Beet Soup — Boiled Potatoes
Roast Brisket — Potato Pudding
Applesauce — Glazed Carrots
Fresh Fruit Salad on Sponge Cake Slices
Tea.

Chopped Liver

½ pound liver (baked in oven)
1 small onion
3 hard boiled eggs
salt and pepper to taste
chicken fat

Chop, or grind, liver and eggs. Add grated onion, salt and pepper. Add enough chicken fat to moisten.

Beet Soup (Borsht)

10 beets
1 marrow bone
1 pound fat flanken
2 quarts water
2 onions
salt, lemon juice and sugar to taste.

Peel and grate beets. Add to water in which meat and bone have been cooking for a while. Add onions, continue cooking. When nearly done, add salt, sugar and lemon juice. When soup is finished, remove onions and gradually blend with two beaten egg yolks. Add potato before serving.

Roast Brisket

Place brisket in roaster and sear over high flame on top of stove until brown all over. Sprinkle with potato starch, salt and pepper. Place sliced tomatoes on top of meat. Dice 2 onions and 1 green pepper and place around meat. Add ½ cup water. Bake uncovered in 350 degree oven until meat is tender, basting frequently.

Potato Pudding

5 large potatoes	½ cup melted fat
3 eggs	1 tsp. salt
1/3 cup matza meal	¼ tsp. pepper
1 grated onion	¼ tsp. cinnamon (optional)

Grate potatoes on a fine grater, drain off most of the water. Add grated onion, eggs and other ingredients. Mix well. Pour into a well greased, heated pudding dish and bake in a hot oven, 400 degrees, for about an hour or until a brown crust has formed on top. To make the pudding lighter in texture and colour, substitute one large cooked, mashed potato for one of the raw potatoes, and decrease the matza meal to ¼ of a cup.

Ingberlach (Ginger Squares)

1 pound honey
1 cup sugar
½ cup nuts
3 cups matza farfel
¼ tsp. ginger

Melt honey and sugar over low flame. Stir slowly until it comes to a boil. Add other ingredients. Cook together until brown. Spread 1 inch thick on a small wet board. Sprinkle chopped nuts on top. Put in cold place to harden. Cut into squares.

Fresh Fruit Salad on Sponge Cake

Make a fruit salad of any seasonable fruit and pile on slices of sponge cake. Top with meringue and garnish with chopped nuts.

N.B. — *See Purim recipes for glazed carrots: Erev Yom Kippur recipes for applesauce.*

Passover Dinner III

Chopped Eggplant Tomatoes and Lettuce Salad
Meat Loaf with Hard-boiled Egg Centre
Mashed Potatoes Carrot Pudding Sliced Beets
Deep Dish Apple-pie Tea.

Meat Loaf

1½ pounds minced meat
1 large onion
1 medium size potato
salt and pepper to taste
½ cup water
4 hard-boiled eggs.

Add grated potato and onion to meat. Add salt, pepper and water, mix well. Heat well greased loaf pan; place one half of the meat mixture in pan. Press meat firmly in pan; place hard-boiled eggs along centre of meat. Cover with balance of meat and bake in moderate oven about 1½ hours.

Carrot Pudding

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

Deep Dish Apple-pie

2 eggs	½ cup matza meal
½ cup sugar	1½ tbsp. potato flour
3 tbsp. oil	pinch of salt

Beat eggs and sugar. Add oil, potato flour and meal. Blend well together. Place sliced apples in casserole, sprinkle with sugar and cinnamon. Pour batter on fruit. Bake 30 minutes at 350 degrees.

N. B. — *See Succot recipes for Chopped Eggplant.*

Passover Dinner IV

Fruit Cocktail
Veal Chops Potato Puffs
Diced Beets Green Salad
Cocoanut Fruit Pudding Cookies
Tea

Fried Veal Chops

Wipe chops dry. Dip in beaten egg, then dip in matza meal to which salt and pepper has been added. Heat Nyafat in frying pan; add chops and brown well on both sides. Fry slowly to make sure chops are well cooked.

Potato Puffs

Boil 4 large potatoes in salted water. When done, drain and mash. Add 3 egg yolks, salt and pepper to taste. Beat until smooth. Add 2 tbsp. chicken fat. Fold in 3 egg whites that have been beaten stiffly. Grease pan or cookie sheet, drop potato mixture by large spoonfuls, and bake in hot oven until golden brown.

Cocoanut Fruit Pudding

2 apples, grated
½ cocoanut, gratings and milk
¼ cup chopped walnuts
⅛ tsp. salt
juice of 1 lemon
pulp of 3 oranges
1/3 cup sugar
2 eggs, beaten.

Mix ingredients in order given and bake in moderate oven, about 30 minutes, in greased, individual pyrex pudding dishes.

Passover Dinner V

Chicken Fricassee
Broiled Spring Chicken — Potato and Liver Blintzes
Glazed Carrots — Tossed Salad
Raspberry Jam Cake — Tea.

Chicken Fricassee

½ pound minced meat
1 small onion
1 small potato
salt and pepper to taste
chicken giblets
neck and feet of chickens.

Mix meat with grated onion and potato, salt and pepper. Set aside. Scald, clean and cut in small pieces the giblets, neck and feet of chicken. Cut up and fry 2 onions, 1 green

pepper and 2 tomatoes, in chicken fat. To this add 2 cups water, 2 tbsp. sugar, salt and pepper to taste. Form meat balls, about the size of a walnut, and add to vegetable mixture. Put in giblets, etc. Cook slowly about two hours. More water may be added if required.

Potato and Liver Blintzes

Dough :

3 eggs
3/4 cup cake meal
½ tsp. salt
1½ cups water

Beat eggs, add water and salt. Stir in cake meal until smooth. This makes a very thin batter. Fry thin sheets on hot, slightly greased pan. Turn out on cloth or towel.

Filling :

2 potatoes boiled and mashed
1 onion, fried golden brown
¼ pound liver, baked and minced
2 tbsp. chicken fat
salt and pepper to taste

Mix in order given. Place a spoonful on each sheet of dough. Roll up and fry or bake in chicken fat.

Raspberry Jam Cake

8 eggs
1½ cups sugar
1 lemon, juice and rind
2 tbsp. raspberry jam or jelly.
2 tbsp. crushed walnuts
1 cup cake meal (or ½ cup cake meal and ½ cup potato flour)
¼ tsp. salt

Beat egg yolks and sugar together until very light; add lemon, jelly (melted if stiff), walnuts and meal. Add salt to egg whites, beat stiff and fold in. Line bottom of pan with waxed paper, put in batter and sprinkle top with more crushed walnuts. Bake at 325 degree oven for one

hour. If preferred, bake in two layers and put raspberry jam or jelly between layers.
N. B. — See Passover Dinner II for glazed carrots recipe.

Passover Dinner VI

Petchah Lettuce Salad
Broiled Steak French Fried Potatoes
Celery Radish Roses Pickled Beets
Farfel Apple Pudding Tea Cookies

Petchah

Boil two pounds jelly bone (calves feet may be used) in about four quarts boiling water. Add salt, pepper and a large onion, cut up. Boil slowly until meat falls away from bones. Slice four hard-boiled eggs. Separate yolks from whites. Chop one half of the whites with the meat, add salt and pepper and a finely chopped onion. (Garlic may be used except during Passover). Put meat mixture into dish and pour on the juice that has been strained, reserving one half cup which is then mixed with yolks and added to meat. Decorate with rings of other two egg whites. Chill; when firm cut in squares. More water may be added while cooking, if necessary.

Broiled Steak

Wipe a steak 1½ to 2 inches thick with damp cloth. Trim off fat. (Grease rack with fat scraps). Have oven preheated to 500 degrees. Place steak on rack in centre of broiling oven 3 or 4 inches below flame. When steak is browned on one side, season with salt and pepper, then turn and brown on other side. Steak is done when browned on second side. Place on hot platter, season with salt and

pepper; serve at once. It will take 20 to 30 minutes to broil a steak 1½ to 2 inches thick.

Pickled Beets

Boil beets.When tender, peel while hot. Slice into bowl. Sprinkle with salt, pepper and sugar. Add a small onion, sliced. Pour boiled vinegar over beets. Mix hot vinegar through ingredients with a fork. Chill and serve.

Farfel Apple Pudding

3 cups farfel	3 tbsp. jelly
3 or 4 apples	sugar to taste
4 eggs	salt

Cover farfel with boiling water. Drain; pour cold water over farfel. Add eggs and salt. Mix well. Add peeled and thinly sliced apples, then the jelly and sugar. Mix well; pour into greased pan. Sprinkle with chopped nuts if desired. Bake in medium oven until brown on top.
N.B. — *Recipe for french fried potatoes to be found with Succot recipes.*

Passover Dinner VII

Stuffed Green Peppers
Chicken Soup with Passover Noodles
Broiled Liver Smothered in Onions
Baked Potatoes Broiled Tomatoes
Baked Apples Matza Spice Cake Tea

Stuffed Green Peppers

Hull a firm green pepper per person. Wash thoroughly and fill each with chopped meat that has been mixed

with grated onion, grated potato, salt and pepper and a little cold water. Cut up a large onion and 2 tomatoes in a deep baking dish. Add 2 tbsp. fat, salt and pepper and a cup of water. Place peppers in dish, filled side up. Bake about 1 hour in moderate oven, basting frequently.

Passover Noodles

Beat 2 eggs well. Stir in 2 tbsp. fine matzo meal. Heat 1 tsp. chicken fat in pan; pour in mixture a little at a time, fry quickly on both sides. Remove, place on board. When cool, roll and cut into noodles.

Broiled Liver

Get liver steaks about 1 inch thick. Wash and wipe dry. Sprinkle with salt, place in preheated oven about 3 inches below flame. Broil on both sides for five minutes. Run liver under cold water quickly. Fry sliced onions in fat, seasoned with salt and pepper. Add liver and smother in the onion about 5 minutes. Sliced green peppers can be fried with the onions if desired.

Broiled Tomatoes

Wash, but do not peel, medium sized firm tomatoes. Roll in matza meal, seasoned with salt and pepper. Dot each tomato with a little fat. Broil a few minutes at about 500 degrees and serve immediately.

Baked Apples

Select tart apples; wash and core. Place in baking dish, fill center with sugar. Sprinkle with cinnamon if desired. Cover bottom of dish with boiling water; bake in hot oven until soft. Baste often. Serve hot or cold.

Matza Spice Cake

6 eggs	¼ cup wine
1 cup sugar	3/4 cup cake meal
½ tsp. cinnamon	½ cup chopped nuts.

Separate eggs. Beat whites stiff and set aside. Beat yolks until very light and fluffy. Add sugar gradually and beat a few minutes. Add cinnamon, pinch of salt, wine, nuts and cake meal. Fold in whites. Bake in greased or paper-lined tin for 45 minutes at 325 degrees.
N.B.—*See Sabbath recipes for chicken soup recipe.*

Passover Dinner VIII

Stuffed Vegetable Marrow
Black Radish Salad
Stuffed Veal Brisket
Roasted Potatoes Carrots
Pineapple Pudding Tea

Black Radish Salad

Cut into large pieces lettuce, tomatoes, cucumbers, spring onions, celery and green pepper. Add a large black radish, grated. Season with salt, pepper, oil.

Stuffed Vegetable Marrow

Scrape or peel marrow. Cut off a slice and scoop out all the seeds with a long knife. Now mix 1 pound minced meat with 1 grated onion, 1 medium sized grated potato, salt and pepper and ½ cup cold water. Stuff meat into marrow. Fry I large onion in fat, cut in 3 or 4 tomatoes and steam together a few minutes. Place stuffed marrow in pan with onion mixture. Half fill with boiling water, cover and cook until tender, about 1 hour or longer. While cooking, add 2 tbsp. sugar and baste frequently. Turn out onto large platter, slice and serve with salad.

Stuffed Veal Brisket

4 matzot
½ cup water
3 eggs, beaten
1 tbsp. chopped parsley
2 tbsp. chopped onion
1 tsp. salt
¼ tsp. pepper
¼ tsp. ginger
2 tbsp. chicken fat

Crumble matzot, sprinkle with water; add other ingredients and mix well. Stuff into veal brisket in which butcher has made an opening on the under side. Secure opening. Dredge with salt, pepper, ginger and potato flour. Place in hot oven (500 degrees)) in roasting pan, with 2 tbsp. chicken fat, finely cut onion and a little boiling water. Turn and baste until brown, then reduce heat to 300 degrees. Cover tightly, cook slowly until tender.

Roasted Potatoes

Peel small potatoes. Place in pyrex casserole; sprinkle with salt, pepper and paprika. Add 1 large onion cut fine, and 3 tbsp. chicken fat, or other shortening. Cover; bake in oven until potatoes are done. Remove cover, baste frequently to brown.

Pineapple Pudding

2/3 cup sugar
4 eggs
2 cups grated pineapple, well drained
rind of ½ lemon or orange
½ cup matza meal

Beat yolks, add sugar, pineapple, rind and matza meal. Fold in stiffly beaten whites. Sprinkle with chopped nuts and sugar. Bake in moderate oven about 45 minutes.

Passover Dairy Meal I

Baked Oranges
Fresh Fish Patties Mashed Potatoes
Vegetable Salad
Cheese Blintzes Sour Cream
Chocolate Sponge Cake Tea

Baked Oranges

3 oranges
1½ tbsp. butter
6 tbsp. sugar or honey
juice of 1 lemon

Place oranges, that have been cut in halves, in a casserole. Sprinkle each orange with sugar and cover with the butter and sprinkle with lemon juice. Bake in moderate oven about 1 hour.

Fresh Fish Patties

1 pound fresh fillets (haddock or sole)
1 carrot
1 onion
1 egg
1 cooked mashed potato
1 tsp. sugar
chopped parsley
salt and pepper

Put fish through mincer or chop in wooden bowl with onion. Add grated carrot, chopped parsley, egg, sugar, salt and pepper, and mashed potato, as well as the liquid from the potato. Chop well; form into patties. Dip into matza meal and fry in deep fat that has been pre-heated.

Cheese Blintzes

3 eggs
¾ cup cake meal
½ tsp. salt
1½ cups water

Beat eggs, add water and salt. Stir in cake meal until smooth. This makes a very thin batter. Fry thin sheets

on hot, slightly greased pan. Turn out on clean cloth or towel. *Filling*: Mix together one pound cottage cheese, 2 eggs, salt, 2 tbsp. sour cream and some sugar if desired. Mix well until of smooth consistency. Place a spoonful on each sheet of dough. Roll up and fry or bake in butter. Serve with sour cream.

Chocolate Sponge Cake

6 eggs
1 cup sugar
½ cup cake meal
3 tbsp. Passover cocoa
½ cup chopped nuts
2 tbsp. water
1 tbsp. orange juice

Beat egg whites stiff; then gradually beat in the sugar. Beat yolks for five minutes; then fold into whites and sugar. Sift together cake meal and cocoa and fold into egg mixture, a little at a time. Add water slowly, fold in nuts, add orange juice. Bake in greased or paper-lined pan about 45 minutes at 325 degrees.

Passover Dairy Meal II

Potato Soup
Baked Gefilte Fish Mould
Fresh Vegetable Salad Horse Radish Sauce
Jelly Roll Tea Coffee

Potato Soup

3 large potatoes
1 onion
2 carrots
4 celery stalks (green tops included)
salt and pepper to taste

Cut vegetables in small pieces and cook in salted water until tender. Rub through strainer. In a second pot melt a tbsp. butter and add a tbsp. potato starch to a cup milk.

Cook over low flame, stirring constantly until it comes to a boil. Add strained vegetables, salt and pepper, a cup milk and one cup hot water. Bring to a boil and serve.

Baked Gefilte Fish Mould

2 pounds fish (white fish, pike and dore or other mixed fish). Put filleted fish through mincer or chop in wooden bowl. Add 2 onions chopped fine and one carrot, grated, 1 tsp. oil, 1 tbsp. sugar, salt and pepper to taste. Beat in 2 eggs and ½ cup cold water. Chop well together. Heat 2 tbsp. oil or butter in a pyrex loaf pan. Place green pepper rings on bottom. Put onion slices in each ring. Placed chopped fish on top. Bake about an hour, uncovered, in moderate oven. Turn upside down on platter, slice and serve hot or cold.

Jelly Roll

6 eggs	¼ cup potato starch
¾ cup sugar	½ cup cake flour
2 tsp. lemon juice	1 cup jelly

Beat egg whites stiff, add pinch of salt. Beat in ½ of the sugar. Add balance of sugar to well beaten yolks. Fold yolks and whites together. Fold in lemon juice, then potato starch and cake flour, sifted together. Bake 20 minutes in long shallow greased pan in 350 degree oven. Turn out onto cold wet towel, wrung as dry as possible. Spread with jelly and roll.

Passover Dairy Meal III

Vegetable Soup
Omelet Steamed Potatoes
Lettuce and Tomatoes
Strawberry Ice Box Cake
Tea Coffee

Vegetable Soup

3 stalks celery
2 onions
2 carrots
½ green pepper
salt and pepper to taste
3 or 4 tomatoes
1 potato
¼ cup Passover egg barley
2 tbsp. butter
½ tsp. sugar
2 quarts water, or more if needed.

Cut onions, celery, carrots and pepper in small pieces and boil for half an hour. Add diced potato, and tomatoes that have been skinned and cut in pieces and continue cooking slowly. Add sugar, salt and pepper, butter and barley when vegetables are soft and continue cooking another while. This soup requires about 3 hours cooking. Almost any kind of vegetables may be added.

Omelet

3 eggs
3 tbsp. water
1 tbsp. butter
salt and pepper to taste

Beat yolks, salt and pepper until thick. Add water and mix well. Beat whites until stiff and add to yolks. Melt butter in medium sized frying pan, spread mixture evenly and bake in moderate oven about 10 minutes.

Strawberry Ice Box Cake

1 quart strawberries
3 eggs
1 cup sugar
1 cup cream, whipped

Crush the berries, leaving a few for garnishing. Add sugar to crushed berries and let stand at room temperature. Drain juice, add beaten eggs, and cook until it thickens. Cool slightly, fold in cream and berries. Turn half of the mixture into dish lined with thin strips of sponge cake, cover with layer of cake, then remaining berry mixture, and top with cake. Let stand in dish for at least 12 hours. Garnish with berries.

N.B.—*See Rosh Hashanah recipes for Steamed Potatoes.*

Passover Dairy Meal IV

Cold Borsht Diced Cucumbers
Broiled Fresh Salmon
Baked Potatoes Fresh Salad Bowl
Cream Puffs Coffee Tea

Broiled Salmon

Place slices of salmon, one inch thick, in shallow dish. Sprinkle with salt and pepper and dot with butter. Broil in pre-heated oven until done on one side, approximately 10 minutes. Turn over, squeeze on lemon juice. Baste with butter sauce and continue to broil about 5 to 8 minutes.

Cream Puffs

1 cup water
1/3 cup fat
1 cup matza meal
4 eggs
pinch of salt

Bring water and fat to boil, then pour in meal and salt and continue to cook, and stir, until dough no longer sticks to pan. Remove from fire, add unbeaten eggs, one at a time, beating in each one thoroughly. Drop by tablespoonfuls on greased sheet and bake for 25 minutes at 450 degrees, then for about another 45 minutes at 325 degrees, or until crisp through.

Filling for Cream Puffs :

2 eggs
¾ cup sugar
1 tbsp. potato flour
1 lemon
1 cup water

Beat eggs well. Mix sugar and flour then add to eggs, beating in slowly. Add lemon juice and water. Cook in double boiler until thick and when cool, insert in shells. If filling is forced into puffs through a small opening with a pastry tube, double the recipe as the shells hold more when not slit. N. B.—*See Shvuot recipes for Cold Borsht.*

Passover Dairy Meal V

Grapefruit Halves
Baked Fillets of Sole Potato Stuffing
Buttered Beets Spring Salad
Prune Whip Macaroons Tea Coffee

Baked Fillets with Potato Stuffing

1 pound fillets of sole 4 medium sized potatoes

Boil potatoes in salted water; drain and mash. Add onion that has been fried in 3 tbsp. butter. Add an egg and mix well. Put spoonful of potato mixture on each portion of fish that has been washed, and seasoned with salt and pepper. Roll up and secure with tooth-pick. Place in buttered dish on sliced onions. Add one cup milk. Dot with butter. Bake about 30 minutes in moderate oven. Sliced tomatoes may be added if desired.

Spring Salad

1½ cups chopped cucumber ½ cup diced celery
1 cup chopped green onion ½ cup grated raw carrot

Mix vegetables together; season with salt, oil and vinegar. Serve on lettuce leaf.

Prune Whip

Sweeten 2 cups of drained, stewed prunes to taste. Mash through a sieve. For 1½ cups of prune pulp, fold in an equal amount of whipped cream or stiffly beaten egg whites. Pile in sherbets and chill.

Cocoanut Macaroons

3 egg whites ½ tsp. lemon juice.
½ cup sugar ½ pound shredded cocoanut

Beat egg whites stiff, add pinch of salt then gradually add sugar. Beat again. Add flavouring and cocoanut. Mix well. Drop from teaspoon onto greased pan. Bake 15 minutes at 350 degrees, or until light golden brown. Trim with pieces of cherry if desired.

Passover Dairy Meal VI

Cream of Celery Soup
Fish Chowder of Fresh Salmon or Halibut
Tossed Salad
Chremsel Tea Coffee

Cream of Celery Soup

5 stalks celery 2½ tbsp. potato starch
1 quart milk 1 cup cream
1 onion 2 tsp. salt
2½ tbsp. butter

Wash and chop celery, and cook with the onion in half of the milk for 20 minutes. Remove onion. Make a sauce of the remaining milk, butter and flour. Add sauce to the soup, add cream and salt. Reheat and serve.

Fish Chowder

1½ pounds fresh salmon or halibut
2 medium onions
2 stalks celery with tops
2 carrots
3 potatoes
salt and pepper to taste

Slice onion and carrots; dice celery; cut potatoes in cubes. Cook the vegetables for 10 minutes in approximately one cup water that has been seasoned with salt and pepper. Place fish in pot, either in one piece, or in portions and add one cup milk, continue cooking for 20-30 minutes, until the fish is done. Cook over low flame so fish won't stick to pot.

Chremsel

1½ cups matza meal
6 eggs
6 tbsp. cold water
3 tbps. butter
1 tsp. salt
½ cup finely cut sour beets
1/3 cup honey
¼ tsp. ginger
1/3 pound ground nuts
1/3 cup cold sweetened tea

Beat eggs, add meal, water, butter and salt. Let dough stand one half hour. Mix beets, honey, ginger and nuts and put into skillet to thicken. When thick, remove from heat and add the tea. Form triangular shaped cookies from the dough and place on greased cookie sheet. Spread some of the beet mixture on each cookie and cover with another pattie of dough. Brush top of pattie with butter. Bake in hot oven, 400 degrees, for ½ hour. Turn once to brown

on both sides. Drop into skillet into which 6 tbsp. honey and 6 tbsp. butter has been heated. Fry until brown on both sides. Serve hot or cold.

Passover Dairy Meal VII

Grapefruit Juice
Baked Stuffed Dore Scalloped Potatoes
Cucumber Salad
Fruit Salad with Cottage Cheese Balls
Cookies Tea Coffee

Baked Stuffed Dore

2½ pound dore
6 matzot
4 tbsp. chopped parsley
2 tbsp. grated onion
1 onion, minced
¼ tsp. red pepper
¼ tsp. black pepper
2½ tsp. salt
5 tbsp. butter
2 cups water
2 cups fresh tomatoes, cut up
1 tbsp potato flour
2 tbsp. chopped green pepper.

Scale and clean fish, sprinkle with salt inside and out. Soak matza in water until soft; squeeze as dry as possible. Add 2 tbsp. parsley, grated onion, one half of the red and black pepper and 1½ tsp. salt. Stuff fish. Pin edges of fish together by inserting tooth picks in holes pierced about 1¼ inches apart; then lace string around the tooth picks. Dredge stuffed fish with matza meal, salt and pepper and put 5 tbsp. butter on top of fish. Place fish on strip of cheesecloth in bottom of baking pan. (The cloth facilitates the removal of fish when done) Bake uncovered in 350 degree oven for ½ hour. Mix together potato flour, water, tomatoes, minced green pepper and onion, 2 remaining tbsp. parsley, a tsp. salt, and remainder of red and black pepper.

Pour sauce over fish and continue baking another 30 minutes at 325 degrees, basting frequently with sauce. Lift fish from pan by holding ends of cloth; place on platter and gently ease out cloth.

Scalloped Potatoes

4 medium sized potatoes
4 tbsp. butter
salt and paprika
milk

Pare potatoes, cut in thin slices, crosswise. Put a layer of potatoes in a buttered baking dish. Sprinkle each layer very lightly with potato flour, salt and paprika. Dot with bits of butter, about one tbsp. to each layer. Repeat until potatoes are all used. Add milk, and pour over all, barely to cover. Bake in oven at 350 degrees for 45 minutes, covered. Uncover, and bake until soft and tender and browned on top, about 15 minutes longer.

Fruit Salad with Cottage Cheese Balls

Arrange any desired fresh fruit, cut in pieces and sweetened to taste, on a lettuce leaf. Mix cottage cheese with some of the fruit juice, form small balls, the size of walnuts, roll in chopped nuts and place on salad.

Passover Dairy Meal VIII

Fruit Cup
Fried Fillet of Sole or Haddock
Creamed Mashed Potatoes Buttered Beets and Carrots
Matza Meal Pancakes
Strawberry Shortcake Coffee Tea.

Fruit Cup

3 oranges
3 bananas
½ pound seedless grapes
½ cup chopped pineapple
juice of 1 lemon
sugar to taste

Cut oranges in half, crosswise, reserving the peels for salad cups. Remove pulp from each section; mix with grapes and pineapple. Sprinkle with sugar, add lemon juice and let stand in cool place for several hours. Before serving, add sliced bananas and walnuts, cut up, if desired. Fill orange shells with fruit.

Fried Fillets

Either fresh fillets of haddock or sole may be used. Cut fish into portions and wash. Salt. Dip into beaten egg, then in matza meal to which salt and pepper have been added. Fry in deep fat, until golden brown on both sides. Drain on paper.

Creamed Mashed Potatoes

Boil 6 potatoes and one small onion in water to which salt and pepper has been added. When done, drain off any remaining water and mash. Add butter and some heated milk. Beat until creamy.

Matza Meal Pancakes

3 eggs
½ cup matza meal
½ cup boiling water
½ tsp. salt

Scald matza meal with ½ cup water. Add beaten egg yolks and salt. Fold in stiffly beaten egg whites. Drop by spoonfuls on well greased griddle. Fry until brown on both sides. Serve with sugar or jam if desired.

Strawberry Short Cake

4 eggs
¾ cup sugar
rind and juice of ½ lemon
¼ tsp. salt
½ cup cake flour

Beat egg yolks and sugar until very light. Add lemon juice and rind, salt and sifted cake flour. Fold in stiffly beaten egg whites. Bake in 2 shallow pans in moderate oven. When cold put one layer on platter, spread thickly with well sugared strawberries; cover with other layer and spread on whipped cream that has been sweetened and flavoured. Decorate with whole berries.

LAG B'OMER

"Is that you, Hadassah?"

"Yes, mother, I met cousin Ruth. She is quite busy with the preparations for her wedding. As a matter of fact she says it is scheduled for Lag B'Omer eve. It seems that the invitations have to be changed because of a mistake. Only after they were printed did they think of Daylight Saving Time and that the ceremony cannot take place until one hour later, so as to bring it to after sundown, when Lag B'omer begins."

"Lag B'omer is a perfect day for us to celebrate with festivities, especially weddings. It recalls a chapter in the long and eventful history of the Jewish people and is the youngest of Jewish festivals. It is connected with an attempt of our ancestors to regain independence as a nation. About sixty years after the Temple in Jerusalem had been burned by the Romans, or about 1900 years ago, Palestine lay in ruins. Tens of thousands had lost their lives in the long wars with the Romans.

"But our ancestors did not give up hope. They began to rebuild then, as our brave men and women do even today. Farmers went back to the fields and orchards, and artisans to their work benches. Scholars established schools to carry on Jewish learning and the observance of Jewish Law. Synagogues took the place of the Temple in Jerusalem and prayer was substituted for sacrifice.

"The leaders then were Bar Cochba and Rabbi Akiba, one an able general, the other a great scholar. They were successful at first, the Romans being driven from a large part of the country and Judea was declared an independent nation. New coins with Bar Cochba's name were put into circulation as a sign of independence. A large army sent by Rome to suppress the uprising was defeated. Rome, however, was too mighty and eventually the fall of the City of Bethar, which Bar Cochba held for many months, and the death of Bar Cochba himself put an end to this attempt by the Jews to rebuild their Nation in Palestine.

"As usual, the Roman victory on the battlefield was followed with cruel persecution intended to wipe out the Jewish religion and culture. Laws were decreed forbidding circumcision, the observance of the Sabbath and teaching of the Torah. Death was the penalty for observing these Commandments."

"How dreadful, Mother ! What trials we Jews have had to go through !"

"Yes, to be sure, Hadassah, and even our great scholars, the great Akiba and nine other foremost scholars of the day, were tortured to death. But no amount of persecution or torture could force the Jews to give up their religion and Torah. They continued to live in accordance with Jewish law despite the threat of death. And that is why our Jewish faith has survived through all persecutions.

"Did you know, Hadassah, that the name Lag B'omer is really the calendar date of this festival ?

" 'Lag' is made up of Hebrew letters which have a numerical value of thirty-three. Omer is the Hebrew word for a measure of grain. In those days the Jews, an agricultural people, celebrated the beginning of the harvest by bringing an Omer or measure of grain on the second day

of Passover as an offering of thanksgiving. They counted seven weeks from that day, celebrating Shvuot on the fiftieth day. These forty-nine days came to be known as OMER or SEPHIRAH days, which means 'counting'. Lag B'omer is observed on the thirty-third day or on the eighteenth day of the month of IYAR.

"During the Bar Cochba revolt, tradition tells us, a terrible epidemic struck the students of Akiba in the Omer season, and thousands of lives were lost. On Lag B'Omer the epidemic suddenly stopped. As Akiba and his students were so highly regarded by the people, the Omer weeks were declared a period of semi-mourning during which no weddings or celebrations were permitted. Only on Lag B'Omer proper is festivity allowed, and it came to be known as 'Scholar's Day'."

"Now I understand why one has to watch the Jewish calendar before making arrangements for a wedding or other festivities. What else of importance is there about this period, mother?"

"Well, Hadassah, Simeon Bar Yohai, another great teacher of that period, is also linked with this day. He refused to obey the Roman decree against the study of the Torah and continued to teach his pupils despite their cruel decree. Finally he escaped to a cave in the mountains of Galilee where he lived for thirteen years and where each year on Lag B'Omer he was visited by his students. When he died on Lag B'Omer he requested that his death be observed by celebration rather than by mourning.

"Two other important events are said to have occurred on that day. Manna, eaten by the Israelites in the desert on their journey from Egypt to Palestine, came down for the first time on the eighteenth day of Iyar. The second event was the beginning of Haman's downfall, when he led

Mordecai through the streets of Shushan on the eighteenth of Iyar.

"There are no special prayers or blessings for this festival. Thus the story of Lag B'omer lives on in its customs.

"In Palestine, Meron is said to be Bar Yohai's burial place. There Lag B'Omer is celebrated more joyfully than anywhere else in the world. It is near Safed where hundreds of pious Hassidim from all parts of Palestine and from other countries come to honour the great teacher and scholar and the ideals for which he stood. They chant Psalms, sing Hassidic songs and study the Zohar, the holy book ascribed to Bar Yohai."

Lag B'Omer Tea Menu

Pineapple Basket Salad
Cheese Straws Toasted Raisin Bread
Cake Cookies Nuts Candies
Tea Coffee

Pineapple Basket Salad

Cut pineapples into halves, lengthwise, leaving green stems. Scoop out the pulp in cubes or balls. Mix with fruit salad and pile in pineapple baskets. Serve with mayonnnaise or whipped cream.

Cheese Straws

1 cup flour
¼ pound butter
¼ pound cream cheese
1 cup grated kraft cheese.

Knead together flour, butter and cream cheese until well blended. Roll out and sprinkle with grated kraft cheese. Fold over and roll out again. Sprinkle with cheese and continue in this manner until all the cheese has been

used. Fold over and freeze. Roll out ½ inch thick and cut in strips ½ inch wide and 2 inches long. Twist and bake in hot oven.

Raisin Bread

1 pint milk
8 cups flour
1 cake yeast
1 egg
½ cup raisins (or more)
½ cup sugar
1 tsp. salt
3/4 cup butter

Dissolve yeast in ½ cup of milk that has been made lukewarm. Pour the rest of warm milk over the butter. Mix with sugar, salt, raisins, egg and flour. Knead on bread board, using more flour if necessary. Return to bowl, cover, set in warm place until double its bulk. Form into loaves. Brush with egg yolk, let rise until double its size. Bake in moderate oven one hour.

SHVUOT

"I have often heard Shvuot referred to as the Feast of Weeks, mother."

"The word 'Shvuot' means weeks. In the early days, Hadassah, the exact date of Shvuot was figured by counting for seven weeks from the second day of Passover. It was celebrated on the fiftieth day. It is also known as Pentecost, the Greek word meaning the fiftieth day. During these seven weeks no festivities are permitted. When a fixed calendar was adopted, the sixth day of Sivan was specified as the date. Shvuot is also known as the Festival of Harvest and the Season of the Giving of the Law.

"Shvuot was originally observed as an agricultural festival which marked the beginning of the wheat harvest. At this season the first of the fruits of the soil were offered to God. Customarily no cereal offering of the new crop was made before Shvuot. When Shvuot arrived every housewife ground fresh flour from the new grain and baked bread and cakes for the family feast. In the Temple at Jerusalem a special cereal sacrifice was offered of two loaves of bread baked from the new crop. Each man brought the first of his crop of barley, wheat, grapes, figs, olive oil, dates and pomegranates, the 'seven varieties' for which Palestine was famous. This token reminded the Israelites that everything belonged to the Lord, that they were merely the custodians of these products. They were enjoined to share the harvest with the poor and the stranger. One who had many pos-

sessions was responsible for alleviating the suffering of those who were less fortunate. Shvuot to-day is a reminder of the social obligations of man to man.

"The Festival is associated with the great historical event, the giving of the Ten Commandments through Moses on Mount Sinai."

"'Just think, mother, after the Exodus of our people from Egypt a way of life was evolved that seems to be followed by righteous people throughout the world."

"Since the Ten Commandments are the guiding principle by which we live we ought to review them more frequently in our own minds for guidance in our everyday life. How many of us really know the Ten Commandments? Hadassah, do you know them?"

"Let me think now, we did memorize them so well in one class that I believe I can still recite them.

1. Thou shalt have no other gods before me.
2. Thou shalt not make unto thee any graven images.
3. Thou shalt not take the name of the Lord thy God in vain.
4. Remember the Sabbath to keep it holy.
5. Honor thy father and thy mother.
6. Thou shalt not kill.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.
9. Thou shalt not bear false witness against thy neighbour.
10. Thou shalt not covet anything that is thy neighbours."

"Splendid, Hadassah! On Shvuot the Ten Commandments are recited in the synagogue as well as other appropriate selections from the Torah. The Akdamot, a most beautiful Shvuot prayer, tells of God's love, of Israel's devotion to the Torah, and of the hope for the Messiah when goodness will reign in the world."

"Speaking of Torah reminds me of a few lines one of our teachers in Hebrew school taught us :—

'The more Torah the more life,
The more schooling the more wisdom
The Torah is a tree of life
And happy are those who guide themselves by it'.

"Shvuot marks the birthday of Israel's religion, just as Passover is the birthday of Israel's nationhood. The presentation of the Decalogue has proven of the utmost importance both to Israel and to the world, since it has become the basis of modern civilization. Since the exile from Palestine the Torah has been the single tie that bound the Jewish people together.

"The Book of Ruth is read in the synagogue on Shvuot because the story of Ruth embracing Judaism is compared to the acceptance of the Torah by all Israel. During a famine in Palestine, a Jewish family from Bethlehem went to the land of Moab, where living conditions were more favorable. The family consisted of Elimelech, his wife Naomi and their two sons, Mahlom and Chilion. The two sons married two Moabite maidens, Orpah and Ruth. After some years the men died in Moab leaving the three women widowed. Naomi wished to return to the land of her fathers and she suggested that, since her daughters-in-law were not of the same faith as she, that they return to their own homes. Orpah did as she suggested but Ruth, who had found much happiness in her association with Naomi, insisted on accompanying her wherever she went, declaring 'Whither thou goest I will go and where thou lodgest I will lodge; thy people shall be my people and thy God my God.' This declaration became the pattern of loyalty of family relationship which has come down through the centuries and to-day is often quoted as the ideal in close human associations.

"In Bethlehem, Ruth lived up to this principle by providing the aged Naomi with the necessities for life by working in the fields and conducting herself in accordance with the Hebrew precepts. Eventually Ruth re-married and history tells us that King David was her direct descendant and was born on Shvuot.

"The story gives a vivid description of the agricultural life in ancient Palestine, particularly of the poor who gleaned in the fields at harvest time. It tells how the poor were allowed to pick up the fallen ears of grain and the forgotten sheaves and also to cut the grain left for them in the corners of the field, all in accordance with carefully prescribed Jewish law.

"Some Jews pass the entire night of Shvuot in reciting 'Tikun Lail Shvuot,' a collection of excerpts from the Bible and from rabbinic literature, in appreciation of the gift of the Torah.

"The spirit of this joyous holiday is heightened by the decorating of the home and the Synagogue with flowers and green branches and plants and fruits. Dairy dishes are usually prepared, with milk and honey. Delicacies such as beigel, blintzes and honey cakes are particularly popular. The honey and milk represent the Torah and learning, the Torah being spiritually as sweet as honey and as nourishing as milk. The flowers and fruits represent the land and crops. They also commemorate the harvest festivals as it is believed to be the judgment day for the thriving of the fruits of trees. It is customary to bring plants and flowers or fruits when visiting friends or relatives on Shvuot."

"Mother, why do we serve dairy meals on Shvuot?"

"There is a legend, Hadassah, that prior to Shvuot there was no Kashrut; the laws given that day through Moses included that of Kashering meat. When the Child-

ren of Israel returned to their tents there was no time to prepare any meat dishes, therefore a quick dairy meal was prepared. Most of us carry on the tradition of serving dairy foods.

"It is obvious, Hadassah, that it is by the observance of these holidays and customs in our homes that we have been able to retain the religion and traditions of our heritage."

SHVUOT DINNER I

Grilled Grapefruit Halves
Beet Soup (cold borsht)
Celery Olives Pickles
Baked Stuffed Whitefish Stewed Tomatoes
Cauliflower au Gratin
Green Beans Lettuce Hearts
Cheese Knishes with Sour Cream
Coffee Tea Cookies

GRILLED GRAPEFRUIT HALVES

Prepare grapefruit. Sprinkle each half with one tsp. brown or white sugar, dot with butter. Place on broiling rack, three inches below flame. Broil about 10 to 15 minutes. Each half may be sprinkled with one dessertspoon of wine or brandy.

BEET SOUP (COLD BORSHT)

2 bunches beets
2 lemons
1/3 cup sugar
salt to taste

Peel and grate beets. Cut red stalks in small pieces. Boil in about 2 quarts water. Add lemon juice, sugar and

salt. Boil about 30 minutes. When cold add 1 tbsp. sour cream for each serving if desired. Diced cucumbers add flavour and can be added when serving.

Baked Whitefish (stuffed)

Clean a whitefish, about 3 pounds, dry well and remove backbone. Make a dressing of 1½ cups breadcrumbs, blended with butter, the size of an egg. Add a finely cut small onion, a tsp. salt, ½ tsp. pepper, ½ tsp. summer savory and 2 eggs. Stir well together. Stuff fish with dressing and sew. Roll in flour. Put in a loaf pan with butter. Cover, place in a 350 degree oven and keep basting for at least ½ hour. When fish is done, remove cover and brown. Rub inside and outside of fish with salt before stuffing.

Cheese Knishes

Dough :

3 or 4 cups flour, sifted
½ tsp. baking powder
⅛ pound cream cheese
½ cup melted butter
½ tsp. salt

Filling :

1 pound cottage cheese
¼ pound cream cheese
2 eggs
salt and pepper to taste

Mix cheese filling ingredients well. Mix dough ingredients, adding just enough milk to form a soft ball. Cut dough into 6 pieces. Roll out each piece very thin and smooth. Brush melted butter over surface. Place about 3 tbsp. cheese mixture on each. Spread filling along one edge of each section of dough. Roll and press edges. Place in well-buttered pan, not too close to one another. Bake 30 minutes, or until brown, at 375 degrees. Slice and serve with thick sour cream.

Cauliflower au Gratin

Separate cauliflower into small pieces. Boil in salted water. When done, drain off water and place in pyrex baking dish. Make a white sauce as follows : Blend 2 tbsp. butter and 2 tbsp. flour and add 1½ cups milk and salt to taste.. Cook slowly, stirring constantly until it comes to a boil. Add 1½ cups grated cheese. Pour sauce over cauliflower and sprinkle bread crumbs over cheese sauce. Dot with butter and bake until golden brown in moderate oven.

Shvuot Dinner II

Chicken Livers and Mushrooms
Lima Bean and Barley Soup
Broiled Spring Chicken Varnishkes
Asparagus Beet Mould
Rhubarb and Strawberry Pie Tea.

Liver and Mushrooms

1 pound chicken livers or beef liver
1 onion
½ pound mushrooms
salt and pepper to taste

Slice onion, cut up mushrooms and fry in chicken fat until mushrooms are tender. Add liver, cut in pieces, and simmer. Season to taste. (The liver should be broiled or baked before using in this recipe).

Lima Bean and Barley Soup

soup bones, about 2 pounds
½ cup barley
½ cup lima beans
2 carrots
1 onion
3 stalks celery
parsley
salt and pepper to taste

Cover soup bones with cold water. Bring to boil and skim. Add vegetables, beans, barley, salt and pepper. Boil slowly about 2 hours.

Broiled Spring Chicken

Cut young spring chicken into halves or quarters. Wash and wipe dry; sprinkle with salt and pepper. Rub chicken fat, grated onion, and garlic salt if desired, well into skin and meat sides of chicken. Sprinkle with paprika. Let stand in refrigerator several hours. Broil under flame, but not too close to broiling unit, at 350 degrees for 20 to 25 minutes, or until flesh is tender. Turn frequently, so that all parts are well browned. Expose flesh side for longer time to flame. Baste with drippings each time chicken is turned. When done, place on hot platter, pour drippings over fowl and serve immediately.

Varnishkes

½ pound medium kashe
1 egg
2 tbsp. chicken fat
½ pound noodle bows

Place kashe in shallow pan, beat in egg and place over small flame to toast, stirring constantly. When perfectly dry, add salt to taste. Add chicken fat. Cover with boiling water and cook 15 minutes. Boil noodle bows in boiling, salted water, in another pot. When done, drain off water, combine in pot with kashe, add a little more chicken fat, mix well and serve hot.

Beet Mould

1 can shoestring beets
1 can crushed pineapple
1 bottle prepared horseradish (about 6 fluid ounces)
2 packages kosher lemon jelly
1 tsp. salt

Drain juice from beets, pineapple and horseradish. Combine the three liquids, measure and add enough water

to make 2½ cups. Heat combined liquids and dissolve jelly in them. When cool, add crushed pineapple, shredded beets, horseradish and salt. Pour into moulds to jell.

Rhubarb and Strawberry Pie

Crust :

2 cups all purpose flour
¾ cup vegetable shortening
3 tbsp. cold water
1 tbsp. vinegar
¼ tsp. salt

Cut shortening into flour with two knives or pastry blender. Add water and vinegar; mix lightly. Put this mixture on wax paper, fold and pat the paper together; then roll out and use.

Filling :

1½ cups rhubarb
1½ cups strawberries
1 egg, slightly beaten
2 tbsp. corn starch
1½ cups sugar

Line pie plate with crust. Cut rhubarb in ¼ inch pieces, add berries; sprinkle with cornstarch. Add egg and sugar, mix well; turn into lined pie-plate. Cover with top crust or pastry strips. Bake in hot oven for 20 minutes at 425 degrees, then reduce the heat to 325 degrees and finish baking.

THE THREE WEEKS AND TISHA B'AV

"Mother, I heard you discussing the approach of the Three Weeks. What is the significance of this period?"

"You know that because of the ancient customs and observances of our people we should consult the Jewish calendar closely when we plan weddings or other festivities. No weddings are solemnized during the Three Weeks. That is something every Jew should know. The Three Weeks are from Tamuz 17 to Av 9. The Seventeenth of TAMUZ is observed as a fast day; the Ninth day of Av is called TISHA B'AV and is also a fast day. It commemorates the destruction of the first and second Temples, and the first and second commonwealths in Palestine. This day, so heavy with tragedy which befell the Jewish people, is one of mourning and fasting, of grief and sorrow, yet also of confident hope, proclaimed by Scripture and cherished throughout Jewish history of the restoration of Zion with God's help.

"I am sure, Hadassah, that you are interested in knowing something of the historic background of this observance.

"The building of the First Temple was begun in the 4th year of King Solomon's reign, some 3000 years ago. It was destroyed by Nebuzaradan, commander of King Nebuchadnezzar's armies, 2536 years ago. The second Temple was built after the return from the Babylonian Exile, 2466 years ago. It was destroyed by the Romans under Titus in the year 68. Both the First and Second Temples were

destroyed on the Ninth of Av (TISHA B'Av). Thousands of Jews were exiled from their native land, the Kingdom of Judea ended, and with it the political independence of our forefathers. Other nations and faiths died when the lands where they had flourished fell to the conquerors and when the people were sent away into slavery. But not such was our fate.

"Fortunately, after 70 years of exile in Babylon, the Jews received permission to return to Palestine and to rebuild their Temple. This enabled them to resume their life as a people on their own soil, to strengthen and develop their religious, ethical and cultural heritage. During the following six hundred years Judaism grew to maturity in the Holy Land, largely achieving its present form of thought and religious ideals."

"But how did our special home observances in connection with these periods originate, mother?"

"Well, Hadassah, since the final acts of the destruction of the Temple were in each instance preceded by periods of warfare and siege, it is the general practice of Jews to begin the observance of the mourning period three weeks before Tisha B'Av, to be exact, from the seventeenth of the month of Tamuz. During the last nine days of this period, except for the Sabbath, Jews abstain from eating meat and drinking wine. Nor are marriages solemnized. The Sabbath immediately preceding Tisha B'Av is known as Shabbat Chazon, because the prophetic reading of the Haphtorah is the chapter beginning with the word Chazon, The Vision of Isaiah. In this chapter the prophet points with great sternness to the punishment which must follow sin, and says that after the punishment will come the restoration of Zion, with justice. The Sabbath following Tisha B'Av, is known as Sabbath Nachamu because the Haphtorah

read on that day begins with the 'Nachamu, Nachamu Ami' (comfort thee, comfort thee, my people), in which the same prophet holds out the promise of comfort and hope to his people."

"Mother, Tisha B'Av is a fast day too, is it not?"

"Yes, Hadassah, it begins as all Jewish holy days and festivals, at sundown and continues until the following sunset. A twenty-four hour fast is observed; signs of mourning are displayed in the synagogue where the curtain is removed from the Ark. The congregation sit barefoot on the floor or on low benches and chant the elegies of the Book of Lamentations. Departing from the usual practice as a sign of mourning, the men do not wear the tallit or tephillin at the morning service but wear them at the afternoon service.

"Jewish tradition ascribes the Book of Lamentations to the prophet Jeremiah who witnessed the destruction of the first Temple. Its passionate poetry expresses the grief of Israel over the catastrophe. In the course of the centuries many Kinnot or dirges were composed and added to the liturgy of Tisha B'Av. These dirges bewail the loss of the Temple and the Land of Israel and voice the universal Jewish hope that the Messiah will come speedily to redeem Israel from its exile.

"The Jew rises from his observance of Tisha B'Av with high confidence in the future of Israel and mankind and certainty that the Jews who wish to return to Israel will be able to live in peace and freedom; that Israel will be restored to dignity and liberty; that the family of mankind will come to live in peace, and that brotherhood shall prevail among mankind."

CIRCUMCISION, PIDYON HA-BEN, BAR-MITZVAH

"I am glad you are home early, Hadassah."

"Why, of course, mother, I hurried so that you would have time to read your paper to me before you present it to the Mother's Club, at their meeting."

"I am beginning to get stage fright before I ever get near the platform."

"That is good mother. It means that you'll be perfectly at ease when you do get up to speak there, and it will be plain sailing once you get started. Your paper is on the Jewish traditions of Circumcision, Pidyon Ha-Ben and Bar Mitzvah. I can't think how many times I've heard you answering questions of friends and neighbours on those matters. All you are really doing when you give your paper is to answer all the questions of a group of friends and neighbours."

"I feel better, already, Hadassah. It does seem silly to feel uncertain about something as simple as just talking to a large group of friends. I will read the paper now and you can interrupt whenever you wish to make a suggestion:

CIRCUMCISION OR BRITH MILAH

"Circumcision is the one religious rite to which all Jews have adhered most faithfully throughout the centuries. It is also known as 'Brith Milah', the Hebrew term meaning a covenant. It is known, too, as the Covenant of Abraham, since Abraham adopted it as a sign of covenant between God and the newborn son. We read in Genesis, 'And ye shall be circumcised in the flesh of your foreskin, and it shall be a token of a covenant betwixt Me and you.' Circumcision must take place on the eighth day after the birth of a boy, and is the initiatory rite of adherence to Judaism. Philo associated circumcision with cleanliness and health, as well as with spiritual purification. Modern medical authorities have accepted this theory of a safeguard to cleanliness and health and it is now practised among many Christians."

"Mother, did you remember to explain the exceptions to this arrangement?"

"Of course, I have it right here as an example of how meticulous our forefathers were in safeguarding us even in the carrying out of our religious rites. Circumcision is never permitted under any conditions that might endanger a child's life. In case of illness the rite may be postponed.

"If possible the ceremony takes place in the presence of ten men, a Minyan. It must take place between sunrise and sunset. The Kwater, who is the godfather, takes the baby from the mother and carries it to the room where the ceremony is to be performed. Here the Sandek, wise coun-

sellor, takes the child, since he has been given the honour and privilege of holding the child during the operation.

"Some people place the baby on a chair called 'Elijah's Chair,' before the operation. The mohel while doing so says, 'This is the throne of Elijah, may he be remembered for good. For Thy salvation, O Lord have I waited.' This procedure is based on a legend that the prophet Elijah once complained to God that Israel was neglecting this covenant. As a consequence God ordered him to be present at each circumcision to witness Israel's loyalty to this covenant. The mohel performs the operation of circumcision in much the same manner that it has been performed for centuries.

"When circumcision is over the father says, 'Praised art Thou, O Lord our God, King of the Universe, Who has sanctified us with His commandments and enjoined upon us the rite of circumcision.'

"The company present respond with the traditional wishes for the boy who has just been admitted to the community of Israel, 'As he has entered the covenant so may he be permitted to enter the study of law (Torah), the state of marriage (Chuppah), and the practice of good deeds (Mitzvoth).' The mohel concludes the ceremony by reciting the blessings over wine, which is afterwards offered to the godfather, announcing the baby's name and offering a prayer for the baby and for its mother. The baby is then returned to its mother. After the ceremony wine and cakes are usually offered to the company."

"Are you going to say anything about the naming of a girl, mother?"

"Now I know that you were listening very carefully, Hadassah. I have a short paragraph on that right here. 'In the case of the birth of a girl, the father is called to the synagogue Ark during the reading of the Torah; the reader announces the name given to the baby girl and makes

a benediction for the child and parents. The child can be named the first day of Reading of Law or Torah after the day of birth. The Torah is read on Monday, Thursday and Saturday.'

PIDYON HA-BEN

"The ceremony known as Pidyon Ha-Ben (Redemption of the son) takes place only when the boy is the first-born of his mother. It commemorates the tenth plague which befell Egypt in which the first-born male of every Egyptian home was slain but the first born males of the Hebrews saved. This ceremony takes place on the thirty-first day after the boy's birth but since money is exchanged it is delayed if it falls on the Sabbath or on a religious holiday."

"Here I am again, mother. As I remember it, aren't the descendants of Aaron (or Cohanim) and Levite families exempt from this particular ceremony?"

"Of course, but I didn't think it necessary to make a point of that since it is common knowledge amongst Jews."

"I doubt that, mother, I think you should explain that rather fully. As with the Elijah legend, I think that the reason for these exemptions will add interest to what you are saying."

"You are probably right, Hadassah. I will put that in right now."

"If the father or mother is a member of the Cohanim or Levitical families, this ceremony does not take place since the members of the family of Cohanim served in the Temple. In ancient days the Jews redeemed their first-born from Temple service by a payment of money. According to the Book of Numbers, the child must be redeemed by

a payment of five shekels or an equivalent substitute. This money can only be paid to a descendant of the family of Aaron, a Cohen.

"'The father presents the child to this Cohen saying, 'This, my first-born, is the first born of his mother, and the Holy One Blessed be He has commanded me to redeem him, etc.'

"The member of the Tribe of Aaron then asks, 'Which do you prefer: to give me thy first born son, for God's service, the first born of his mother, or to redeem him for five shekels which you are by law required to give?' The father replies, 'I prefer to redeem my son. Here is the value of his redemption which I am by law obliged to give'. The redemption money is accepted by the Cohen and the child is returned to the father who says, 'Praised be Thou, O Lord our God, King of the Universe, who has sanctified us with His Commandments, and enjoined upon us the redemption of the son.'

"The Cohen holds the redemption money over the child's head and declares, 'This is instead of that. This is in exchange of that. This is in remission of that. May it be the will of God that as this child has entered the period of redemption, the child may be spared to enter the study of the law, the state of marriage and the practice of good deeds. Amen.' The redemption money is usually given to charity. The Cohen then puts his hand on the baby's head, reciting a blessing which concludes, 'The Lord shall guard thee against all evil. He will guard thy life. Amen.'

"There is one other exception. If the child is of Caesarian birth a Pidyon Ha-Ben does not take place.

"The Pidyon Ha-Ben ceremony is usually the occasion for a gathering of friends and relatives and at the conclusion of the ceremony there is a feast."

BAR-MITZVAH

"Now, what did you say about Bar-Mitzvah, mother?"

"At the Brith a boy is accepted as a Jew, but his parents speak for him. However, at the age of thirteen, after studying the history and religion of his people, he knows what it means to be a Jew, and according to custom has attained his religious majority. His thirteenth birthday is, therefore, one of the most important dates in the life of the boy, and is celebrated by him and his family in the synagogue and the home.

"Before his thirteenth birthday the boy has received instruction, particularly in the section of the Torah which is read on the Sabbath following his thirteenth birthday, according to the Jewish calendar, and the corresponding portion in the Prophets. He is also taught to lay phylacteries, or Tephillin, a small square box containing a parchment upon which four sections of the 'Shema' are inscribed. The Tephillin are worn upon the forehead and left arm for morning prayers daily except on Saturdays and holidays.

"The father is responsible for the education of his son and for all childhood violations of religious duties; but when the boy becomes a Bar-Mitzvah the father is freed from further responsibility for the child's transgression of our law.

"The ceremony of introducing the Bar-Mitzvah to the congregation usually takes place on the Sabbath following his thirteenth birthday. In the synagogue the boy is called

to the Bimah at the reading of the Torah. The Bar-Mitzvah is given the honor of reading the Maftir, which consists of the last part of the weekly Torah reading and the entire reading from the Prophets which follows the reading of the Torah. In some instances the boy may also deliver an address to the assembled congregation.

"When the synagogue service is over the event is usually celebrated by a reception or dinner."

"Did you explain why the age of thirteen was selected?"

"No, Hadassah, I omitted that deliberately since there are so many different reasons given. However, if I were to give any explanation I would give the one that appeals to me most and that is, from the Mishnah, 'At five one must begin the study of the Bible, at ten that of the Mishnah, and at thirteen one must assume the commandments'.

LAWS CONCERNING MOURNING

"Hadassah, dear, it is sad that your future father-in-law passed away so soon before your wedding. It happens that Simchot are sometimes marred by death in the family."

"Thank goodness, I have never had a very close association with tragedy until now, Mother. Just what are the customs at this time?"

"During the funeral services the Keriah is torn. Keriah is a deliberate tear made in the garments of the members of the immediate family. This is performed just before the coffin is closed and when one's mourning is still intense. It must be done on the cloth garment near the front of the neck, lengthwise in the cloth, not along the seams. The Keriah is torn while mourner stands, to denote that sorrows and troubles must be met bravely by the individual, who must remain strong while bearing sorrow. The Keriah is torn by an older man, who pronounces the following benedistinction: 'Blessed are Thou, O Lord our God, King of the Universe, Righteous Judge.'

"The relatives for whom one must mourn are: father, mother, son, daughter, wife, husband, brother and sister. One does not mourn a child less than 30 days old.

"The intervention of a festival annuls Shivah, the mourning of seven days, or thirty days of mourning (Shloshim); mourning ceases as soon as festivals begin. Although festivals annul Shivah mourning, nevertheless, the memorial

candle is lighted. The Festival candles are also lighted.

"The week of mourning is called Shivah, when the family sits on low stools or on low chairs. In the olden days it was customary for the mourners to sit on the floor without any leather footwear on their feet. The first meal eaten by the mourners on their return from the cemetery is hard boiled eggs and beigel. The roundness of the eggs signify the wheel of fortune, and the changes from happiness to unhappiness and back to happiness to which man is subject. This meal is generally prepared by friends and neighbours; this is called 'Seudat Havrach'. During the Shivah week all services are recited in the home where the relatives sit Shivah except on the Sabbath morn when the mourners may go to the synagogue. The Kaddish must be recited only in the presence of a group of ten men (Minyan). The week of Shivah gives the mourners a chance to meditate and to adjust themselves to life without the departed, and to start life anew. During this period friends and relatives come to pay their respects. Visitors shake hands with each one in turn saying 'May the Lord comfort you, together with all others mourners for Zion and Jerusalem.' A memorial candle is lit and it is kept burning for a whole week. On the first day of mourning it is not custommary to wear the Tallit.

"The Kaddish is recited for a period of eleven months by the sons or nearest male relative of the deceased, three times a day, during each regular service. It is the prayer of Sanctification.

"The period after the Shivah week is called Shloshim, meaning thirty days after the death. During this period the family goes about their affairs, but they do not go to theatres or dances or to any entertainments. The mourning period is carried on for twelve months.

"At the end of a year a tombstone may be unveiled and friends and relatives gather at the cemetery. The service at the unveiling consists of several psalms and the 'El Maley Rachamim'. Kaddish is then said by the nearest male relative.

"Every year at the date of death Yarzeit is observed by the lighting of a Yarzeit candle. The sons go to the Synagogue and recite the Kaddish on the Eve of the Yarzeit, and in the morning and in the evening of the following day.

"Memorial services are recited during the year on such holidays as Yom Kippur, on Shemini Atzeret, on the last day of Passover, and the second day of Shvuot. Each person reads silently several prayers in which he mentions the name of his parents. The cantor chants the 'El Maley Rachamim' on behalf of the deparetd kin of the entire Congregation.

"Unfortunately, Hadassah, it will be necessary for the 'El Maley Rachamim' to be recited before your wedding in memory of your departed father-in-law."

BENEDICTIONS AND GRACE

All prayers and benedictions are said with head covered.

Ritual of Washing of the Hands

The Benediction before meals is preceded by the washing of the hands.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדָיִם :

Baruch Atta Adonay Eloheinu Melech Haolam Asher Kidshanu b'Mitzvotav V'zivonu al Netilat Yodayim.

Blessed art Thou, O Lord our God, King of the Universe, who hast sanctified us by Thy Commandments and hast commanded us the washing of the hands.

There should be no interruption between the washing of the hands and the benediction over bread.

Hamotzi

(Benediction on Breaking Bread)

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · הַמּוֹצִיא לֶחֶם
מִן הָאָרֶץ :

Baruch Atta Adonay Eloheinu Melech Haolam Hamotzi Lechem Min Haaretz.

Blessed are Thou, O Lord our God, King of the Universe, who bringeth forth bread from the earth.

The choicest piece, the crust, is cut for the Benediction.

Benediction Over Wine

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · בּוֹרֵא פְּרִי הַגָּפֶן :

Baruch Atta Adonay Eloheinu Melech Haolam Boray Pri Hagafen.

Blessed are Thou, O Lord our God, King of the Universe, who createst the fruit of the vine.

Benediction For Vegetables, Herbs and Fruit Which Grow On The Ground

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · בּוֹרֵא פְּרִי הָאֲדָמָה :

Baruch Ato Adonoy Eloheinu Melech Haolam Boray Pri Haadamah.

Blessed art Thou, O Lord Our God, King of the Universe, who createst the fruit of the earth.

Benediction For Meat, Fish, Milk and Beverages Except Wine

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · שֶׁהַכֹּל נִהְיֶה בִּדְבָרוֹ :

Baruch Ata Adonay Eloheinu Melech Haolam Shehakol Nihyeh Bidvaro.

Blessed art Thou, O Lord Our God, King of the Universe, by whose word all things exist.

Benediction For Food Made Of Cereal Flour

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · בּוֹרֵא מִינֵי מְזוֹנוֹת :

Baruch Ata Adonoy Eloheinu Melech Haolam Boray Minai Mzonot.

Blessed art Thou, O Lord Our God, King of the Universe, who createst the various kinds of food.

Benediction For Fruit

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · בּוֹרֵא פְּרִי הָעֵץ :

Baruch Ata Adonoy Eloheinu Melech Haolam Boray Pri Haetz.

Blessed art Thou, O Lord Our God, King of the Universe, who createst fruit of the tree.

Benediction Over the Sabbath Candles

(It is one of the three fundamental duties of a Jewish woman to light candles on the Sabbath).

The head is covered, the palms of the hands shield the face during the benediction.

After candles have been lit the following benediction is pronounced:—

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל־שַׁבָּת :

Baruch Ata Adonoy Eloheinu Melech Haolam Asher Kidshanu B'mitzvotav Vtzivanu L'hadlik Nair Shel Shabbat.

Blessed art Thou, O Lord Our God, King of the Universe, who hast sanctified us by His Commandments, and commanded us to kindle the Sabbath lights.

Benediction On Festivals On Week Days

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל־ יוֹם טוֹב :

Baruch Ata Adonoy Eloheinu Melech Haolam Asher Kidshanu B'mitzvotav V'tzivanu Lhadlik Nair Shel Yomtov.

Blessed art Thou, O Lord Our God, King of the Universe, who hast sanctified us by His commandments and commanded us to kindle the festival lights.

On a Festival Which Occurs On A Friday Night.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְיוֹם טוֹב :

Baruch Ata Adonoy Eloheinu Melech Haolam Asher Kidshanu B'mitzvotav V'tzivanu Lhadlik Nair Shel Shabat Vyomtov.

Blessed art Thou, O Lord Our God, King of the Universe, who has sanctified us by His Commandments, and has commanded us to kindle the Sabbath and festival lights.

ON THE FIRST NIGHT OF THE FESTIVAL ADD

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · שֶׁהֶחֱיָנוּ
וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה :

Baruch Ata Adonoy Eloheinu Melech Haolam Shehecheyanu Vkiyimanu Vhigianu Lazman Hazeh.

Blessed Art Thou, O Lord, Our God, King of the Universe, who has kept us in life, and hast preserved us and enabled us to reach this season.

BLESSING OF CANDLES ON YOM KIPPUR

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל־ יוֹם הַכִּפֻּרִים

Baruch Ata Adonoy Eloheinu Melech Haolam Asher Kidshanu Bmitzvotav Vtzivanu Lhadlik Nair Shel Yom Hakipurim.

Blessed art Thou, O Lord Our God, King of the Universe, who has sanctified us by His Commandments, and has commanded us to kindle the Yom Kippur lights.

HAVDALAH BENEDICTION

After saying the blessing over wine we say the following over the candle and the spices:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · בּוֹרֵא מְאוֹרֵי
הָאֵשׁ :

Baruch Ata Adonay Eloheinu Melech Haolam Boray M'oray Ha'esh.

Blessed art Thou, O Lord Our God, King of the Universe, the creator of the lights of fire.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · בּוֹרֵא מִינֵי בְשָׂמִים :

Baruch Ata Adonay Eloheinu Melech Haolam Borai Minai Bssamim.

Blessed art Thou, O Lord our God, King of the Universe, who created a variety of spices.

Children's Morning Prayer

מוֹדֶה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיָּם שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה · רַבָּה אֱמוּנָתֶךָ :

Modeh Ani Lfanecha, Melech Chai Vkayam, Shehechezarta Be Nishmati, Bchemlah Rabbah Emunatecha.

I thank Thee before Thee, Living and Everlasting King, for Thou hast mercifully returned my soul unto me. Great is Thy faithfulness.

Benediction For Chanukah

Before kindling the lights the following blessings are said:—

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה :

Baruch Ata Adonay Eloheinu Melech Haolem Asher Kidshanu Bmitzvotav Vetzivanu Lhadlik Ner Shel Chanukah.

Blessed art Thou, O Lord Our God, King of the Universe, who has sanctified us by thy Commandments, and commanded us to kindle the lights of Chanukah.

מָעוֹז צוּר יְשׁוּעָתִי · לְךָ נָאֶה לְשַׁבֵּחַ · תִּכּוֹן בֵּית
תְּפִלָּתִי · וְשָׁם תּוֹדָה נְזַבֵּחַ · לְעֵת תַּשְׁבִּית מַטְבֵּחַ · וְצָר
הַמְנַבֵּחַ · אָז אֶגְמוֹר · בְּשִׁיר מִזְמוֹר · חֲנֻכַּת הַמִּזְבֵּחַ :

Maoz Tsur Yshuati, Lehah Naeh Lshabeach
Tikon bet tfilati vsham todah nzabeyach
Let tochin matbeyach mitsor hamnabeyach
Oz egmor bshir mizmor chanukat hamizbeyach.

The first evening we also say the Shehecheyanu.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · שֶׁעָשָׂה נִסִּים
לַאֲבוֹתֵינוּ בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה :

Baruch Ata Adonay Eloheinu Melech Haolam Sheosso Nisim Lavotenu Bayamim Hahem Bazman Hazeh.

Blessed art Thou, O Lord our God, King of the universe, who has wrought miracles for our fathers in those days at this season.

BENEDICTION WHEN HANGING THE MEZUZAH

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם · אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לִקְבּוֹעַ מְזוּזָה :

Baruch Atta Adonay Eloheinu Melech Haolam Asher Kidshanu B'mitzvotav Vtzivanu Likboah Mezuzah.

Blessed art Thou, O Lord our God, King of the Universe, who has sanctified us by His Commandments, and enjoined us to put up the Mezuzah.

Chalah Benediction

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַפְרִישׁ חַלָּה :

Baruch Atta Adonay Elohenu Melech Haolam Asher Kidshanu Bmitzvotav Vtzivanu Lhafrish Chalah.

Blessed art Thou, O Lord our God, King of the Universe, Who has sanctified us by His commandments and commanded us to take the portion of the dough.

Benediction On Keriah.
(Tearing Garments of Mourners)

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם • דַּיַּן הָאֱמֶת :

Baruch Atto Adonoy Eloheinu Melech Haolam Dayan Haemet.

Blessed art Thou, O Lord Our God, King of the universe, Righteous Judge.

GRACE AFTER MEALS

He who says Grace commences thus: "Let us say Grace."

The others respond: "Blessed be the name of the Lord from this time forth and forever."

He who says Grace proceeds: "With the sanction of these present we will bless Him of Whose bounty we have partaken and through Whose goodness we live.

"Blessed art thou, O Lord our God, King of the Universe, Who feedest the whole world with Thy goodness, with grace, and with loving kindness and tender mercy. Thou givest food to all flesh, for Thy loving kindness endureth forever. Through Thy great goodness, food hath never failed us. May it not fail us forever and ever for Thy great Name's sake, since Thou nourishest and sustainest all beings, and doest good unto all, and providest food for Thy creatures whom Thou hast created. Blessed are Thou, O Lord, who givest food unto all.

"We thank thee, O Lord our God, because Thou didst give us an inheritance unto our fathers, a desirable, good and ample land, and because Thou didst bring us forth, O Lord our God, from the land of Egypt and didst deliver us from the house of bondage, as well as for Thy Covenant, which taught us Thy statutes which Thou hast made known unto us, and for the food wherewith Thou dost constantly feed and sustain us every day, in every season at every hour."

On Chanukah and Purim we add:

"We thank Thee also for the miracles, for the redemption, for the mighty deeds and saving wrought by Thee, as

well as for the wars which Thou didst wage for our fathers in the days of old at this season."

On Purim we add:

"In the days of Mordecai and Esther, in Shushan the capital, when the wicked Haman rose up against them, and sought to destroy, to slay and make to perish all the Jews, both young and old, little children and women, on one day, on the thirteenth day of the twelfth month, which is the month of Adar, and to take the spoil of them for a prey,—then Thou didst in Thine abundant mercy bring his counsel to nought, didst frustrate his design, and return his recompense upon his own head; and they hanged him and his sons upon the gallows."

On Chanukah we add:

"In the days of the Hasmonean, Mattathias, son of Johanan, the High Priest, and his sons, when the iniquitous power of Greece rose up against Thy people Israel to make them forgetful of Thy Law, and to force them to transgress the statutes of Thy will, then didst Thou in Thine abundant mercy rise up for them in their time of their trouble; Thou didst plead their cause; Thou didst judge their suit; Thou didst avenge their wrong; Thou deliverest the strong into the hands of the weak, the many into the hands of the few, the impure into the hands of the pure, the wicked into the hands of the righteous, and the arrogant into the hands of them that occupied themselves with Thy Law. For Thyself, Thou didst make a great and holy name in Thy world, and for Thy people Israel Thou didst work a great deliverance and redemption on this day. And thereupon, Thy children came into the oracle of Thy house, cleansed Thy temple, purifed Thy sanctuary, kindled lights in Thy old courts, and appointed these eight days of Chanukah in order to give thanks and praises unto Thy great Name."

SOME ESSENTIAL BOOKS FOR THE JEWISH HOME

1. HOLY SCRIPTURES, a new translation according to the Massoretic text. Jewish Publication Society, 1950.
2. DAILY PRAYER BOOK, the Hebrew text with English translation, commentary, notes and introduction by the Chief Rabbi of England, Joseph H. Hertz; first American revised edition, Bloch, 1949.
3. SERVICE OF THE SYNAGOGUE FOR NEW YEAR AND THE DAY OF ATONEMENT, a new edition of the festival prayers with an English translation in prose and verse, edited by Rabbi Jacob Davis and Rabbi Naphtali Adler, reprinted from the latest and best London edition. Hebrew Publishing Co. 2 vols.
4. HAGGADAH FOR PASSOVER, illustrated by Saul Raskin.
5. JEWISH FESTIVALS FROM THEIR BEGINNING TO OUR OWN DAY, by Hayyim Schauss, translated by Samuel Jaffe. Cincinnati, Union of American Hebrew Congregations, 1938.
6. THE LIFETIME OF A JEW THROUGHOUT THE AGES OF JEWISH HISTORY, by Hayyim Schauss. Cincinnati, Union of American Hebrew Congregations, 1950.
7. SONGS OF ZION, compiled and edited by Harry Coopersmith. Behrman, 1948.

8. A Book of Jewish Thoughts, edited by Chief Rabbi Joseph H. Hertz. Montreal, Canadian Jewish Congress 1943.

9. A Short History of the Jewish People, illustrated edition, revised and enlarged, by Cecil Roth. London, East and West Library, 1948.

10. The Jews, their history, culture and religion, edited by Louis Finkelstein, Harper, 1950. 2 vols.

11. The Zionist Movement, by Israel Cohen, edited and revised with supplementary chapter by Bernard G. Richards. New York, Zionist Organization of America, 1946.

12. Trial and Error, the autobiography of the President of Israel, Dr. Chaim Weizmann. Harper, 1949.

13. History of the Jews in Canada, from the earliest beginnings to the end of the Nineteenth Century, by Benjamin G. Sack. Montreal, Canadian Jewish Congress, 1945.

14. American Jewish Year Book, a record of events and trends in American and world Jewish life, published annually by the American Jewish Committee and the Jewish Publication Society.

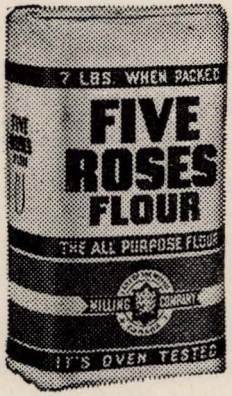
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MISCELLANEOUS RECIPES

Biscuits

2 cups flour
4 tsp. baking powder
½ tsp. salt
2 tbsp. butter
¾ cup cold milk

Sift flour, baking powder and salt. Cut into chilled butter. Now add the chilled liquid to make a soft dough. Toss onto a floured board and do not handle more than is necessary. Roll out lightly about one inch thick. Cut with a floured biscuit cutter. Bake on a buttered cookie sheet in a hot oven 450 degrees, 12 to 15 minutes.

Bran Muffins

¾ cup bran
1¼ cups flour
3 tbsp. sugar
½ tsp. salt
¾ cup milk
4 tsp. baking powder
1 egg
4 tbsp. melted butter

Mix all dry ingredients together, add egg, melted butter and milk to make a soft batter. Beat well until thoroughly mixed. Half fill each greased muffin tin and bake in hot oven 425 degrees about 15 minutes.

Corn Muffins

1¼ cups flour
¾ cup corn meal
3 tsp. baking powder
2 tbsp. sugar
½ tsp. salt
1 cup milk
1 egg
4 tbsp. butter

Sift together dry ingredients, add milk, well beaten egg and melted butter. Mix well, half fill well greased muffin tins and bake in a moderate over 400 degrees about 20 minutes.

Southern Scones

2 cups flour
3 tsp. baking powder
2 tbsp. sugar
½ tsp. salt
¼ cup butter
2 eggs
1/3 cup cream

Sift and mix flour, baking powder, sugar and salt. Cut in butter. Add well beaten eggs and cream well. (Reserve a small amount of unbeaten white). Toss on a floured board, pat and roll to ¾ inch thickness. Cut in diamonds about 2 inches across, brush with egg white, sprinkle with brown sugar and cinnamon and bake in hot oven, 400 degrees for 15 minutes.

Almond Fingers

2 cups sifted flour
2 tbsp. sugar
1 egg
½ tsp. baking powder
¼ tsp. salt
½ cup butter

Mix ingredients together and knead. Roll out to ¼ inch thickness; spread with filling and cut in strips ½ inch by 2½ inches. Bake on greased tin at 375 degrees until slightly browned.

Filling: To one well-beaten egg white, add ½ cup sugar and fold in ½ cup unblanched almonds—chopped.

Apple Squares

4 cups flour
¾ pound butter
pinch of salt
2 eggs
1 teaspoon baking powder
6 tbsp. sugar

Sift flour, salt and baking powder, add sugar, cut in butter, add beaten eggs. Divide dough in two, roll out half in bottom of well-greased pan. Grate five or six apples on

top of this dough, sprinkle with ¾ cup sugar and cinnamon to taste. Pat on the remaining dough. Cut into squares. Bake 45 mins. in a slow oven, 325 degrees. Sprinkle with powdered sugar while warm.

Fried Apple Twists

Dough:

2 cups sifted flour
2/3 cups shortening
¼ tsp. salt
5 tbsp. water

Filling:

3 medium-sized apples cut in sixths
¼ cup sugar
½ tsp. cinnamon

Sift flour and salt; cut in the shortening and mix with water. Roll out into a rectangle one half inch thick; dot with 2 tbsp. butter. Roll up as for jelly roll; roll out again into a rectangle. Fold sides toward centre, making three layers; fold from ends to centre, making nine layers in all. Wrap in wax paper and chill thoroughly. Roll out to rectangle about 18 by 11 inches; cut into 18 one inch strips. Wind strips of dough around a wedge of apple; pinching ends together. Fry in deep fat, 375 degrees, about 10 minutes, or until golden brown. Remove from fat and drain in brown paper bag. Roll the twist in sugar and cinnamon that have been mixed together.

Banana Cake

2¼ cups sifted cake flour
2½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 tsp. vanilla
1 cup mashed ripe bananas
½ cup shortening
1 cup white sugar
2 eggs
¼ cup sour milk or buttermilk

Sift flour, baking powder, salt and soda once. Cream shortening with sugar until fluffy. Add eggs, one at a time, beating after each addition. Stir in vanilla. Combine mashed bananas with sour milk or buttermilk, and add to creamed mixture alternately with the dry ingredients, a little at a time. Beat until smooth and pour into two greased cake pans. Bake in moderate oven, 375 degrees, about 25-30 minutes.

Banbury Tarts

1 egg
¾ cup white sugar
2 tbsp. melted butter
¼ cup milk
Grated rind and juice of half a lemon.
½ cup raisins & currants mixed
¼ cup chopped nuts
pinch of salt
½ tsp. almond flavoring

Mix above ingredients together very well. Half-fill unbaked tart shells. Bake in a 350 degree oven until brown. See recipe for pastry shells on page 196.

Butterscotch Rolls

4 tbsp. sugar
4 tbsp. butter
2 eggs—beaten
pinch of salt
3 cups flour
6 tsp. baking powder
1 cup sour cream

Cream sugar and butter, add eggs. Add sifted dry ingredients alternately with sour cream. Chill dough for about twenty minutes. Roll half the dough at a time. Roll into rectangle, spread with melted butter, sprinkle with brown sugar and nuts. Roll as for jelly roll, cut in slices and bake in paper cups or muffin tins. Remove from cups or tin immediately after taking out of oven. *Filling*—¼ lb. melted butter; 2 cups brown sugar; ¼ cup crushed nuts.

Cheese Cake

½ cup butter
½ cup sugar
1 egg
5 heaping tbsp. flour, pinch of salt

Cream butter and sugar, add egg and mix well. Add flour and salt. Spread in buttered pan (8 by 12) and bake 15 minutes at 375 degrees. This makes a heavy batter. Remove from oven and spread on mixture made with 1½ pounds cottage cheese, 3 or 4 egg yolks, juice of ½ lemon and sugar to taste. Return to oven for another 15 minutes. Remove from oven and top with meringue made from 4 egg whites, beaten with 4 tbsp. sugar. Return to oven again, until the meringue is light brown.

Cheese Cake

Base:

2 cups corn flakes—crushed fine
1½ cups flour
½ tsp. baking soda
¼ tsp. salt
¼ lb. melted butter
1 cup brown sugar

Mix all ingredients together well. Put aside 1½ cups of mixture for topping.

Filling:

4 eggs—beaten
1 cup sugar
2 lbs. cottage cheese
½ pt. sour cream
1 tsp. vanilla
2 tbsp. flour
Grated rind of 1 lemon

Mix all ingredients in order given.

Pat base mixture into buttered pan, reserving 1½ cups for top, spread filling, cover with base mixture. Bake in slow oven, in spring form, for one hour.

Cheese Squares

Melt ½ pound butter and add

1 cup brown sugar
1¾ cups flour
½ tsp. baking soda
2 cups cornflakes

Mix well together and pat into buttered pan.

Cheese mixture:

1 pound cottage cheese
½ tsp. salt
1 cup sugar
4 tsp. flour
2 eggs
1 tsp. vanilla
juice of 1 lemon

Mix above ingredients very well, spread over cornflake mixture and cover with chopped nuts. Bake 40 minutes in moderate oven. Cut in squares when cool.

Chinese Chews

¾ cup flour
1 tsp. baking powder
¾ cup sugar
pinch of salt
1 cup dates
1 cup walnuts, chopped
2 eggs, beaten

Sift dry ingredients. Add sugar, walnuts and dates. Beat in eggs. Spread in well-greased, large, shallow tin. Bake in slow oven, 325 degrees, 30 minutes. Cool slightly, cut in squares. Roll in fruit sugar.

Cherry Custard Cake

2 eggs
½ cup sugar
½ cup oil
1 tsp. vanilla
2½ cups flour
2 tsp. baking powder
pinch of salt

Cream sugar and eggs, add oil then the sifted dry ingredients and vanilla. Take 2/3 of the dough and pat into a spring-form pan, covering the bottom and half way up the

side. Make one package vanilla pudding as directed on package. Pour vanilla pudding over dough. Drain a can pitted cherries, and place the cherries on custard. Roll balance of dough into long strips and make lattice work over cherries. To the juice drained from the cherries, add 1½ tbsp. corn starch and ½ cup sugar. Cook until it reaches the boil, then pour over cake. Bake cake in 350 degrees oven for 45 minutes.

Chocolate Cream Layer Cake

½	cup shortening	2	eggs
1	cup sugar	2	cups sifted flour
	pinch of salt	2½	tsp. baking powder
1	tsp. vanilla	¾	cup milk

Combine shortening, sugar, salt, vanillla and eggs. Beat thoroughly. Add sifted dry ingredients alternately with milk. Bake in two, eight inch, greased layer tins, at 375 degrees for 25 to 30 minutes. When cool, split layers and put together with "stay soft chocolate frosting" made as follows: Mix together 1/3 cup cocoa, 3 tbsp. corn starch, 1 1/3 cups sugar, and a pinch of salt. Add 1½ cups milk, cook until thick, over low flame, stirring constantly. Remove from fire, add a tsp. butter and a tsp. vanilla. Cool and spread between layers and on top of cake.

Chocolate Fudge Cake

1/3	cup butter	1	tsp. baking powder
1	cup sugar	1	egg, well beaten
2½	tbsp. cocoa	2	cups sifted flour
½	cup hot coffee	3	tsp. baking powder
½	cup sour cream	¼	tsp. salt

Cream together butter and sugar . Add beaten egg, then the flour, salt and baking powder (sifted together) altern-

ately with sour cream. Add coffee in which cocoa and baking soda have been dissolved. Stir well. Bake in two greased layer tins at 350 degrees for 30 minutes. Put chocolate frosting between layers and on top of cake.

Chocolate Fudge Squares

¼ pound butter
1 cup sugar
2 squares melted chocolate
2 eggs, beaten
2/3 cups flour
¼ cup milk
1 cup chopped nuts
pinch of salt
1 tsp. vanilla

Cream butter and sugar, add melted chocolate and beaten eggs. Sift the dry ingredients, and add alternately with the milk. Add vanilla and nuts. Bake in pan 8 by 8 inches, at 350 degrees, for 30 minutes. Top with following icing:

1 tbsp. butter
1 cup icing sugar
2 squares melted chocolate
1 tsp. vanilla
1 egg

Cream butter, add vanilla, melted chocolate, and icing sugar. Add egg and cream mixture well. Spread on cake and cut in squares.

Chocolate Roll

2 eggs
½ cup powdered sugar
1½ tbsp. cocoa
½ tsp. vanilla

Whip yolks until thick, add cocoa, sugar and vanilla. Mix well; fold in stiffly beaten whites. Bake in shallow pan, lined with buttered wax paper. Bake 10 minutes at 300 degrees. Turn cake out on a damp towel to roll. When cold spread with whipped cream and roll.

Chocolate Squares

Base—

½ cup butter
¾ cup white sugar
2 egg yolks

Beat above ingredients until fluffy. Add 1½ cups pastry flour, 1 tsp. baking powder, ½ tsp. salt. This makes a stiff batter. Press into a buttered pan. Sprinkle with three squares unsweetened chocolate, chopped. Spread with meringue.

Meringue—Beat two egg whites until moist and stiff. Gradually add ¾ cup brown sugar, ½ tsp. vanilla. Bake in a 350 degree oven for 35 mins.

Chocolate Torte

½ cup butter
1½ cups icing sugar
4 eggs
1 cup chopped walnuts
4 squares chocolate

Cream butter and sugar. Add beaten egg yolks. Stir in melted chocolate and walnuts. Add beaten egg whites. Place 1/3 of this mixture in refrigerator, and bake the balance in two layer cake pans for 20 minutes at 350 degrees. Spread chilled mixture between layers when they have cooled. Sprinkle with icing sugar.

Delicate Cocoanut Cake

1 cup sugar
¼ cup butter
3 egg whites beaten stiff
½ tsp. almond flavoring
½ tsp. lemon flavoring
2/3 cup milk
½ tsp. salt
2 cups cake flour
3 tsp. baking powder
½ cup cocoanut

Cream together sugar and butter; add flavoring. Sift

dry ingredients and add alternately with milk. Fold in egg whites. Add cocoanut. Sprinkle more cocoanut over batter. No icing required. Bake in moderate oven 45 mins.

Cocoanut Squares

½ cup shortening
1½ cups brown sugar, firmly packed
¾ tsp. salt
1¼ cups sifted flour
1 tsp. vanilla
2 eggs
1 cup chopped walnuts
1½ cups cocoanut

Cream shortening; add ½ cup sugar, one cup flour and ¼ tsp. salt. Mix well. Pat into greased pan, 13 by 9 inches. Bake at 375 degrees for 10 minutes. Mix remaining ingredients together. Spread over baked mixture in pan and bake 20 minutes longer. Cut in squares.

Corn Flake Macaroons

2 egg whites
1 cup sugar, brown or white
2 cups cornflakes
½ cup chopped nuts
1 cup cocoanut
½ tsp. vanilla

Beat egg whites and a pinch of salt, until stiff. Gradually fold in sugar. Fold in corn flakes, nuts and cocoanut. Add vanilla. Drop on greased cookie sheet. Bake at 350 degrees for 15 to 20 minutes.

Date Almond Squares

1 cup chopped dates
½ cup water
6 tbsp. butter
½ cup sugar
2 eggs
1 tsp. vanilla
1½ cups sifted flour
1 tsp. baking powder
¼ tsp. salt
¾ cup brown sugar

Cook together until thick, dates and water; set aside. Cream butter and sugar; add well beaten egg yolks and vanilla. Add dry ingredients that have been sifted together. This makes a stiff dough and it is necessary to use the hands to work dough together well. Press the dough into a greased pan, making the layer about 1/3 inch thick. Spread the date paste over dough. Beat the egg whites stiff and beat in gradually the brown sugar. Spread meringue over dates and sprinkle thickly with chopped almonds. Bake in a moderate oven, 350 degrees, about 50 minutes. Cut in squares when cold.

Date and Nut Refrigerator Cookies

½ cup shortening
1 cup brown sugar, well packed
½ tsp. vanilla
1 egg
1¾ cups sifted flour
½ tsp. salt
¼ tsp. soda
½ cup chopped dates
½ cup chopped nuts

Cream shortening; add sugar, flavouring and egg; beat until light. Add sifted dry ingredients, dates and nuts. Mix well. Shape dough into 2 inch roll; wrap in waxed paper; chill overnight. Slice ⅛ inch thick and bake on greased cookie sheets in a 375 degree oven for 8 or 10 minutes.

Date and Orange Cake

½ cup butter
1 cup sugar
1 egg
½ cup walnuts, chopped
1 cup dates, chopped
grated rind of 1 orange
2 cups flour
1 tsp. baking powder
1 cup sour milk
1 tsp. baking soda, dissolved in
1 tbsp. lukewarm water
and added last.

Cream butter and sugar; add egg and beat well. Add orange rind, nuts and dates. Add sour milk alternately with sifted dry ingredients. Stir in the baking soda. Turn into greased baking dish and bake in moderate oven, 350 degrees for 30 to 35 minutes. This cake does not have to be iced. When you take the cake from the oven, and while still warm, top with the following.

Topping: Juice of 1 orange and ½ cup sugar. Mix well together and spread on cake.

Date Pinwheels

1 cup chopped dates
½ cup white sugar
½ cup water
½ cup chopped nuts

Cook dates with sugar and water for 10 minutes, slowly. Add chopped nuts and cool.

Dough:

½ cup butter
1 cup brown sugar
2 eggs
2 cups flour
1 tsp. baking powder
¼ tsp. salt

Cream butter, add sugar, beaten eggs and beat well together. Add dry ingredients that have been sifted together. Chill several hours. Roll out ¼ inch thick. Spread with date filling. Wet edges, roll up and chill well. Slice ½ inch thick and bake in hot oven for 15 minutes.

Day and Night Cake

Dough:

3 egg yolks
3 tbsp. oil
3 tbsp. sugar
1 tsp. baking powder
1 cup flour
¼ tsp. salt

Filling:

¼ pound walnuts, chopped
¼ cup sugar
¼ pounds almonds, chopped
1 heaping tbsp. cocoa
3 egg whites stiffly beaten to which has been added ¾ cup sugar

Cream sugar, oil and egg yolks. Add flour, baking powder and salt. Mix well; divide into 3 portions. Roll out to size of pan to be used. Place first layer of dough in greased pan, cover with walnut mixture which is prepared by mixing together the chopped walnuts, ¼ cup sugar, cocoa, 4 tbsp. of the egg white and sugar mixture and one tbsp. water. Cover with second layer of dough; then with a filling made of ¼ pound of chopped almonds and the remainder of the egg white mixture. Cover with the third layer of dough. Bake about 1 hour at 325 degrees. Cut in squares before serving.

Dark Fruit Cake

1 pound raisins
1½ cups water
1½ cups sugar
¼ cup butter or shortening
2 eggs
2½ cups sifted flour
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 tsp. cinnamon
½ tsp. cloves
½ tsp. allspice
½ cup citron peel, cut in pieces
½ cup chopped nuts

Wash raisins and cook them with the water and sugar for 5 minutes. Add butter, and set aside to cool. Sift the flour, salt, cinnamon, cloves, allspice, baking powder and baking soda. Add nuts and citron peel to sifted dry ingredients. Beat eggs well; add them to the cooked raisin mixture, and then pour that into the flour mixture. Mix well and bake in well greased wax-paper lined pan for 1½ hours at 325 degrees.

Fruit Roll

4 medium sized apples (or other fruit like peaches or rhubarb can be used)

1½ cups sugar
2 cups water

Peel, core and chop apples fine. Cook sugar and water in baking pan over slow fire. While syrup is cooking make a biscuit dough as follows:

2 cups flour
½ tsp. salt
2 tbsp. sugar
4 tsp. baking powder
3 tbsp. shortening
1 egg, and ½ cup milk

Sift dry ingredients, mix in shortening. Add beaten egg to milk and add to dry ingredients, to make a soft dough. Roll out ½ inch thick, spread with apples, sprinkle with cinnamon (and raisins if desired) and roll into a long roll. Cut in slices 1½ to 2 inches thick. Place with cut side down in hot syrup, sprinkle with cinnamon and sugar and put a small piece of butter on each slice. Bake in hot oven until apples are done and crust is a golden brown. Turn out on platter and serve plain or with whipped cream. It can be served hot with a lemon sauce. (For pareva, use vegetable shortening and orange juice in place of milk).

Fudge Bars

1 cup white sugar
1 cup brown sugar
¾ cup milk
2 tbsp. light corn syrup

Place above ingredients in saucepan and cook slowly; add 2 squares bitter chocolate, cut into small pieces; stir mixture until it comes to a boil. Continue cooking, stirring, until a little of the mixture dropped from a teaspoon into a glass of cold water forms a soft ball. Remove from fire and add 3 tbsp. butter. Cool to lukewarm and add 1 tsp. vanilla. Beat well until mixture thickens and loses its gloss.

Pour into square pan; when set, cut into bars. For variety you can add ¾ cup nutmeats, or 1/3 cup peanut butter, added with the butter.

Gingerbread

2½ cups flour
2 tsp. ginger
2 tsp. baking powder
2 eggs
1 cup brown sugar
¾ cup shortening
¾ cup molasses
1 cup boiling water
¾ tsp. baking soda

Cream sugar and shortening. Add molasses, then hot water in which baking soda has been dissolved and cooled slightly. Add beaten eggs, then the sifted dry ingredients. Bake in shallow pan, at 375 degrees for ½ hour. Top with apple sauce and egg white meringue.

Ice-Box Cookies

3 cups sifted cake flour
½ pound butter
½ pint sour cream
pinch of salt

Cream butter into flour, add sour cream and salt. Knead well, wrap dough in wax paper and leave in refrigerator over night. Next day roll about one quarter of the dough at a time, spread with jam, sprinkle with sugar and roll up like jelly roll. Slice into one-quarter inch cookies and place on greased cookie tin. Bake 15 or 20 minutes at 450 degrees.

Jam Squares

Base:

¼ cup butter
½ cup mixed brown and white sugar
1 tsp. vanilla
2 egg yolks
1¼ cups flour
½ tsp. baking soda
salt

Mix ingredients and spread in square pan. Bake in 350 degree oven until light brown.

Filling:

1 cup plum jam	1 tsp. lemon juice
rind of 1 lemon	1 cup walnuts—chopped

Mix above ingredients together with only ½ cup chopped nuts. Spread on baked base. Make meringue of 2 egg whites, beaten until stiff, with 2 tblsp. powdered sugar. Spread on jam mixture. Sprinkle balance of chopped nuts on meringue. Bake in 350 degree oven for 25 to 30 mins.

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3 eggs	3 tsp. sugar
½ cup oil	⅞ cup flour

Beat eggs, oil, sugar and flour for 20 minutes. Drop one half teaspoonful at a time, on well greased tin, far apart. Bake 15 to 20 minutes at 375 degrees.

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3 eggs	1½ cups slivered almonds
1 cup sugar	1 tsp. almond flavoring
½ cup oil	1 tsp. vanilla
3 cups flour, sifted	½ tsp. cinnamon
3 tsp. baking powder	2 tbsp. orange juice, and
¼ tsp. salt	rind of orange

Beat eggs well, add sugar gradually. Add other ingredients in order given. Blend well together, form in five rolls. Bake in a 400 degree oven for 25 minutes, on slightly oiled pan. While hot, cut into slices, place in pan and return to oven to dry. Have oven at 350 degrees.

Meringue Cake

Batter:

½ cup butter
½ cup sugar
4 egg yolks
Rind & juice of ½ lemon
¼ cup milk
1 cup flour
2 tsp. baking powder
pinch salt

Cream butter, add sugar gradually and continue beating until light and fluffy. Add egg yolks and beat until well blended. Add sifted dry ingredients alternately with milk. Add vanilla. Pour into two greased 8-inch layer cake tins. Put meringue on top and bake in slow oven, 325 degrees, for 40 minutes. Use spring form pans.

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Meringue:

4 egg whites
1 cup sugar
½ tsp. salt
¼ tsp. baking powder
½ cup chopped nuts

Beat egg whites with salt and baking powder until almost stiff. Add sugar gradually, beating constantly until all sugar is thoroughly combined with egg whites. Spread on top of cake batter and sprinkle with nuts. Bake.

Filling:

1¾ cups sugar
5 tbsp. corn starch
2 cups scalded milk
⅛. tsp. salt
2 eggs—beaten
½ tsp. lemon juice

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hours before serving. Fruits, in season, can be placed around cake when serving.

Nut Butter Balls

2 cups sifted flour
¼ cup sugar
½ tsp. salt
1 cup butter
2 tsp. vanilla
2½ cups finely chopped nuts

Sift flour, sugar and salt together; work in butter and vanilla. Add 2 cups nuts and mix well. Shape into ½ inch balls. Roll half the balls in remaining nuts. Place on greased cookie sheets; bake in moderate oven, 350 degrees, about 40 minutes. Roll plain cookies in powdered sugar while warm. Pecans, walnuts, almonds or filberts may be used.

Oatmeal Cookies

1 cup butter
1½ cups brown sugar
2 eggs
1¼ cups rolled oats (rolled fine)
1½ cups flour
2 tsp. baking powder
¼ tsp. salt
½ tsp. vanilla

Cream butter, add sugar and beat until light. Add well beaten eggs; then the flour, baking powder and salt that have been sifted together. Add the vanilla, rolled oats and one cup cocoanut. Mix thoroughly; place in refrigerator, until well chilled. Roll in tiny balls in palm of hand, place in ungreased pan, press down with fork and trim with piece of cherry. Bake 10 to 15 minutes at 375 degrees.

Crisp Oatmeal Cookies

1½ cups brown sugar, firmly packed
¾ cup melted shortening
6 tbsp. sour milk
½ tsp. salt
¾ tsp. vanilla
1½ cups sifted flour
¾ tsp. soda
3 cups quick-cooking rolled oats

Combine ingredients in order given, mixing thoroughly. Shape into small balls, about one inch in diameter and place on greased cookie sheets. Flatten each cookie to ⅛ inch thickness by pressing with a wet spatula. Bake in a 375 degree oven for 10 to 12 minutes.

Pineapple Cheese Cake

Line a spring form pan with rich biscuit dough. Spread ½ can crushed pineapple on the bottom. Cream together one pound cream cheese ½ cup white sugar and one tblsp. cornstarch. Add three well-beaten eggs and ½ cup sweet cream. Beat until light; pour over the pineapple. Bake in a 350 degree oven for 45 minutes. Cool the cheese cake in the oven with the door open and it will not fall. This recipe serves eight people.

Pineapple Cookies

½ cup shortening
½ cup white sugar
½ cup brown sugar, firmly packed
1 egg
2 cups sifted flour
1 tsp. baking powder
½ tsp. salt
½ cup chopped walnuts
1 cup undrained crushed pineapple

Cream shortening; add sugar and egg, beat until light. Add sifted dry ingredients combined with nuts, alternately with the pineapple. Mix well. Drop from teaspoon 2 inches apart, onto greased cookie sheets. Bake in oven of 350 degrees for 15 to 20 minutes.

Pineapple Squares

¼ lb. butter
½ cup sugar
2 egg yolks, beaten
2 cups flour
1 tsp. baking powder
3 to 4 tbsp. sweet cream
pinch salt

Mix all ingredients together and press into pan 9 x 9. Bake in 350 deg. oven until a delicate brown.

Filling:

3	oz. semi-sweet chocolate	½	cup sugar
		2	egg whites
1	can crushed pineapple, drained	½	cup cocoanut

Grate chocolate and sprinkle over baked base. Spread pineapple on chocolate. Beat egg whites stiff with ½ cup sugar. Spread on pineapple. Sprinkle with cocoanut. Bake in a slow oven until golden brown.

Pineapple Squares

Base:

½	pound butter	2	tsp. vanilla
1	egg	2	cups sifted flour
1	cup sugar	2	squares grated unsweetened chocolate
¼	pound walnuts (1 cup)		

Cream butter, add sugar and egg. Cream together. Add walnuts, vanilla, chocolate, and sifted flour. This mixture is quite stiff. Pat ¾ of this mixture into large utility pyrex dish. Reserve ¼ of the mixture for lattice work on topping.

Top:

1	tin crushed pineapple, drained	1	cup sugar
		2	eggs
2½	tbsp. flour		

Beat eggs, add sugar, pineapple and flour. Pour over base. Take remainder of base mixture and roll between floured palm of hands, and make lattice or criss-cross top. Bake in moderate oven for 30 to 35 minutes.

Put all ingredients in doubler boiler and cook until thick, stirring constantly. Cool and put between layers two

Pinwheel Cookies

½ cup butter
½ cup sugar
1 egg
3 tbsp. milk
1 tsp. vanilla
1½ cups flour
1 tsp. baking powder
pinch of salt

Cream butter, sugar and egg. Add milk and vanilla. Add sifted dry ingredients and mix well. Divide dough in half. Add one square unsweetened chocolate to one half. Roll each half into a rectangle and place one on top of the other. Roll together as for jelly roll. Cut in slices and bake in a slow oven over 325 degrees, for twenty minutes.

Pirishkes (Turnovers)

Wash 1½ pounds sour red cherries. Remove stones. Make dough by kneading together in a bowl, the following:

½ cup shortening
½ cup sugar
2 eggs
2 cups flour
2 tsp. baking powder
¼ tsp. salt

Add a little water, only if necessary, to make a soft dough. Roll dough out about ¼ inch thick. Cut out circles with a glass. Put a spoonful of cherries on each circle, sprinkle with sugar and a little flour. Close like hamantashen. Bake in a 375 degree oven on well greased tin for 15 minutes.

Poppy Seed Cookies

3 eggs
1 cup sugar
¾ cup oil
¼ cup poppy seeds
juice and rind of 1 orange
4 cups flour
2 tsp. baking powder
½ tsp. salt

Beat eggs, add sugar, oil, orange rind and juice. Add dry ingredients. Roll out thin and cut into desired shapes. Bake in moderate oven.

Poppy Seed Cookies

1 cup sugar
½ cup butter
2 eggs
Rind & juice of 1 lemon
3 cups flour
3 tsp. baking powder
½ cup poppy seeds

Cream sugar and butter well; add eggs and mix well; add lemon juice and rind and poppy seeds. Add sifted dry ingredients. Roll out on floured board and cut into desired shapes; sprinkle with fruit sugar and bake in a moderate oven, about 350 degrees, for fifteen or twenty minutes.

Prune Torte

9 eggs
1¾ cups sugar
16 prunes, cut in small pieces
3 tbsp. grated chocolate
2 tbsp. citron, cut fine
1 tsp. cinnamon
1 tsp. allspice
2 tbsp. cut almonds
1 heaping cup cracker crumbs
2 tbsp. lemon juice

Rub the prunes to a smooth paste with the lemon juice. Add almonds and citron. Beat 2 whole eggs and 7 yolks, add sugar, beat again and add prunes, chocolate, spices and cracker crumbs. Stir well, fold in the beaten egg whites. Bake in good sized spring form pan for 40 minutes at 350 degrees. For dessert cover with whipped cream and grated chocolate, or bits of cherries.

Scotch Curls

2 cups sifted flour
4 tsp. baking powder
¼ tsp. salt
4 tbsp. butter
2/3 cup milk
1 egg
4 tbsp. creamed butter
½ cup brown sugar
½ cup chopped walnuts

Sift together flour, baking powder and salt. Cut in butter, add milk and egg. Mix with knife to soft dough. Roll out ¼ inch thick; spread with creamed butter, sprinkle with brown sugar and nuts. Roll as for jelly roll and cut in slices about one inch thick. (Make roll long and narrow). Use well greased cookie tins or muffin tins, and stand up on cut side. Bake ½ hour in hot oven.

Smetene Torte

½ lb. butter
¾ cup sugar
1 egg
1 tsp. baking powder
2 cups flour

Cream butter and sugar, add egg and beat well. Add dry ingredients, which have been sifted. Roll out and bake in 3 tins in moderate oven, 350 degrees, until golden brown.

Filling:

1 pt. sour cream
1 cup icing sugar
½ cup crushed nuts
1 tsp. vanilla

Mix in order given. Pour 1/3 of filling on first layer. Cover with second layer and pour 1/3 of filling over it. Cover with last layer and pour remainder of filling over it. Place in frigidaire overnight. Remove from frigidaire one hour before serving. Cut in squares.

Shortbread with Chocolate Bits

10 ounces butter
¾ cup sugar
3 cups flour
Pinch of salt

Work above ingredients with hands. When well blended, spread in a cookie sheet. Pat down well. Sprinkle with chocolate bits and bake in a 375 degree oven for 30 minutes. Cut in squares immediately.

Ski Jumpers

1 cup shortening
1 cup brown sugar
¾ cup sour milk
2 cups flour
1 tsp. baking soda
2 cups rolled oats
½ tsp. salt

Mix all ingredients together. Roll out ¼ inch thick; cut in oblongs or rounds. Bake in hot oven; while hot spread with date filling or thick plum jam. Make sandwiches by pressing two cookies together. Roll in icing sugar.

Sour Cream Coffee Cake

¼ pound butter
1 cup sugar
2 eggs
2 cups flour
2 tsp. baking powder
1 cup sour cream
¼ tsp. baking soda

Cream butter and sugar well; add eggs, beat well. Dissolve baking soda in sour cream and add alternately with sifted dry ingredients. Put half of the batter in a buttered dish, cover with layer of raisins, sprinkle with cinnamon; add remainder of batter. Cover with the following crumb topping.

Topping: Mix together ¼ cup flour, ½ cup brown sugar, one tbsp. butter, and some cninamon. Sprinkle over batter. Bake in a 350 degree oven for about 35 minutes.

Spritz Cookies

1 cup butter
¾ cup sugar
1 egg or 3 yolks
½ tsp. baking powder
¼ tsp. salt
1 tsp. almond extract
2½ cups flour

Cream butter, add sugar gradually. Add egg, unbeaten. Sift flour, measure, add baking powder, salt and sift 3 times. Add almond flavoring. Force through cookie

press, using desired disc, onto cookie sheet and bake in a 400 degree oven, 10 to 12 minutes. To make cookies in two colors, divide pastry into two parts. Add red food coloring to the one part and green coloring to the other. Put into cookie press, in layers along the length of press.

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Ingredients for Dough:

1½ cups flour (Five Roses recommended)
¾ cup warm water
pinch of salt

Other required ingredients:

Turkish delight
4-5 tbsp. powdered sugar
1/3 cup oil
a little flour

Ingredients for Filling:

½ pound walnuts
½ pound white sultana raisins
1 cup sugar
1 cup chalah crumbs (no crusts)
1 tsp. vanilla
juice and rind of medium sized lemon

Sift flour and salt on a pastry board, make a well, into which add a little water. Work in flour with finger tips, adding water continually. This results in a very sticky mass. Confine to a minimum working space on board. Beat dough with palm of hand, raising hand in slapping motions. Continue until palm and board are clean and free of dough. On unused portion of board, work in thoroughly 1 tbsp. flour. Lift doughy mass, placing it on this floured portion of board. Turn dough until well but lightly covered with flour. Knead lightly to a round ball-like form.

Put 1 tbsp. oil on a plate, place dough on this; first one side, then the other, so that the entire ball is covered with oil. Place a bowl over plate to make it airtight and allow to stand for 1 to 1½ hours in a warm room. While waiting for dough to become of right consistency and elasticity for stretching and pulling, prepare the following filling.

Crush walnuts with rolling pin, to small pieces. Put raisins, that have been washed and dried, through mincer. Mix raisins, crumbs, lemon juice and rind, and vanilla, thoroughly, to free from any lumpy masses. Now, with two forks, lift mixture, adding walnuts until all is blended, by this cutting in and lifting up process. This latter procedure is to prevent the small pieces from being further crushed, which would result in a pasty mixture, because of the release of the oil from the nuts. Use wooden or granite bowl. Prepare Turkish delight in rolls one half inch thick.

Instructions for Dough Stretching: The room must be warm and free from drafts. Spread on a table of dimensions: 1½ yards long by 32 to 36 inches wide, a single size sheet. Sprinkle on table portion a generous amount of flour. Thoroughly rub and work into cloth. Drain off oil from plate containing dough which has been allowed to stand for 1 to 1½ hours as instructed above. Allow dough to fall from plate onto this well-floured cloth. Roll with rolling pin to ¼ inch thickness. Cover this dough with a small tea towel or corner of sheet spread on table. Allow to stand for 15-20 minutes. Now commence to pull and stretch dough gently, but firmly, taking care to have a greater lap-over on one long side of the table. Continue this stretching until dough is of tissue paper-like thinness. Trim off edge all around. On long side where there is a shorter overhanging dough, place the Turkish delight rolls close to the edge along the entire length. Sprinkle entire dough that is on the table surface, with oil, by allowing it to drop from spoon or pastry brush. Now, quickly scatter the filling. Cover the Turkish delight with about one inch of the overhanging dough. Now, gather up sheet to edge of table on side where Turkish delight has been placed and

roll evenly and firmly as a jelly roll until half has been rolled up. Pull sheet so that portion of dough that has been overhanging is now brought up to the table surface, that is, towards the side where you are standing. Sprinkle powdered sugar on this portion of dough and finish rolling. Cut strips the length of a cookie-sheet that has been well oiled, but not excessively, and place each strip on this baking sheet. Bake in slow oven 300-325 degrees for approximately 20 minutes. Remove from oven. Allow to cool and cut in slices with very sharp knife, about 1 inch wide, as required. Strudel must be handled very carefully when baked. It will retain its freshness for some time and actually improves as it ripens. It is wholesome, economical and not difficult to make.

Filled Teiglech

½ cup oil
½ cup sugar
2 eggs
2 tsp. baking powder
pinch of salt
1 tsp. vanilla
2½ to 3 cups flour

Beat oil, sugar and eggs. Add vanilla and sifted dry ingredients. Use enough flour until dough is of consistency suitable to rolling. Roll out ¼ inch thick; cut into rounds with glass and put some filling on each piece of dough. Fold over and pinch edges tightly. Bake in a 350 degree oven for 30 minutes.

Filling:

½ pound prunes, pitted
½ pound raisins
¼ cup sugar
juice and rind of ½ lemon
½ cup nuts

Put fruit and nuts through mincer, add sugar, juice and rind, and mix together. When baked, the teiglech are then

dropped into a pot containing ½ cup honey and ¼ cup sugar that has been brought to a boil. Boil the teiglech for 5 minutes, remove from honey and roll in cocoanut. Boil not more than 12 at one time.

Thimble Cookies

½ cup shortening
¼ cup sugar
1 egg
1 cup sifted flour
½ tsp. lemon extract
¼ tsp. almond extract
chopped nuts or cocoanut
jam or jelly

Cream shortening and sugar, and add the egg. Beat well, add flavoring and flour. Roll into small balls. Roll in cocoanut or chopped nuts and make a hollow in the centre with a thimble. Place on greased baking sheet and fill the hollow with jelly or smooth jam. Bake in a moderate oven, 350 degrees, for 12 or 15 minutes.

Tropic Aroma Cake

½ cup shortening
1¾ cups sugar
2 eggs
2½ cups flour
4 tsp. baking powder
¼ tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon
1 cup milk

Cream shortening; add sugar and beaten eggs. Mix well. Sift together the dry ingredients. Add one-half to the egg mixture, then add milk and the remainder of dry ingredients. Bake 2/3 of this batter in two greased layer cake tins; and to remaining third add 1 tbsp. cocoa which has been mixed with 1 tbsp. boiling water. Use this for middle layer. Bake layers in hot oven 15 to 20 minutes. Put following filling and icing between layers and on top and sides of cake:

Filling:

3 cups powdered sugar
3 tbsp. butter
5 tbsp. cocoa
1 tsp. vanilla
5 tbsp. strong coffee

Cream butter; add sugar and cocoa very slowly, beating until light and fluffy. Add vanilla and coffee a few drops at a time, making soft enough to spread.

Turkish Delight Rolls

½ pound cream cheese
½ pound butter
2 cups flour
1 pound Turkish delight (red or green)

Cream butter and cheese thoroughly. Add flour, mix well and place in refrigerator over night. Roll very thin, into oblong shape. Roll about ¼ of the dough at a time. Place rolled Turkish delight on edge of dough and roll over three times. Brush roll with beaten egg white and sprinkle with crushed nuts. Bake at 350 degrees for about 25 or 30 minutes. Remove from pan, and when cool, cut in slices about one inch thick. Individual rolls may be made by cutting dough in circles, with cookie cutter or glass, and a small piece of turkish delight rolled in the dough.

Turkish Delight Squares

¼ lb. butter
3 tbsp. sugar
2 egg yolks
1½ cups flour
juice of ½ lemon

Mix these ingredients in order given and place in frigidaire over night.

Filling:

5 pieces Turkish Delight (red) cut up in small pieces
1½ cups brown sugar
1 orange, grated coarsely
½ cup Brazil nuts cut in pieces
3 tbsp. strawberry jam
2 egg whites, beaten stiff

Grate a little more than half the dough on coarse side of grater, into a pyrex utility dish. Put on filling evenly. Grate the remaining dough to cover. Bake in a 350 degree oven for 40 to 50 minutes. Cut in squares when cool.

Upside Down Cake

¼ cup shortening
½ cup white sugar
1 tsp. grated orange rind
1 egg, well beaten
1 cup flour, sifted
¼ tsp. salt
1½ tsp. baking powder
¼ cup orange juice

Spread bottom of well greased pan with brown sugar and fruit. Cream shortening, sugar and rind. Add egg and sifted dry ingredients, alternately with juice. Mix well; pour over fruit. If canned fruit is used, be sure it is well drained. When using sliced pineapple, place cherry in centre of each slice, and place walnuts around the slices. Bake 45 minutes at 350 degrees. Use a round pan, 8 or 9 inches in diameter.

Walnut Squares

2 eggs
¼ cup butter
¼ cup brown sugar
1 cup flour
½ tsp. baking powder
1 cup brown sugar
1 cup walnuts, chopped

Mix together egg yolks, butter, ¼ cup brown sugar, flour and baking powder. Pat well into greased pan, about 6 by 8 inches, and cover with beaten egg whites, to which has been added 1 cup brown sugar and the walnuts. Bake in moderate oven about 20 minutes. When cold cut in squares.

Yeast Delights

½ lb. butter—or butter and shortening combined
2 cups flour
2 tbsp. sugar
2 egg yolks
½ cup milk
2 yeasts cakes

Cut butter into flour; add sugar and egg yolks. Add yeast which has been dissolved in lukewarm milk, to which a pinch of salt and a tbsp. of sugar has been added. Chill in frigidaire overnight. Roll out as for jelly roll and spread with the following filling.

Filling—

2 egg whites — beaten stiff
4 tbsp. brown sugar
1 tsp. cinnamon
½ cup raisins

Beat egg whites stiff, add sugar gradually; add cinnamon. Fold in raisins. Spread this mixture on dough. Roll up same as jelly roll. Cut in slices and place on greased cookie sheet, not too close together. Let rise for about 15 min. before placing in oven of 375 degrees for 25 min.

Yeast Dough

3 cups flour
3 tbsp. sugar
½ tsp. salt
1 cup butter
1 cake yeast
½ cup luke warm milk
2 eggs

Mix dry ingredients; cut in butter as for pastry. Dissolve yeast in warm milk, add beaten eggs and the dry ingredients. Mix all together; place dough in bowl; cover with wax paper and place in refrigerator over night. Next day divide dough in 2 parts. Roll out as for pie; spread with butter, sprinkle with sugar and cut into 8 pieces, as pie wedges. Fill each wedge with raisins and chopped nuts, and roll up, beginning at wide side. Dip top of each wedge in sugar and cinnamon, mixed together. Allow to rise for a long time, in a warm place, until double in size. Bake in a 350 degree oven for 15 minutes.

Brazil Slices

2 squares unsweetened chocolate—melted
2 tbsp. butter
2 cups sugar
1 cup maple syrup
½ cup milk
¼ cup Brazil nuts (slivered)

Put all ingredients, except nuts, into a saucepan and boil slowly until a small amount of the mixture dropped from a teaspoon into a glass of cold water forms a soft ball. Remove from fire; allow to cool until mixture can be handled. Roll into nuts and slice immediately. Chill until ready to serve.

Candied Peel

Remove pulp, leaving white membrane, of 2 grapefruit, 2 oranges and 1 lemon. Cover with water and soak for 24 to 48 hours, changing water three or four times during that time. Cut into thin strips or squares. Cover with fresh water and bring to a boil. Boil 20 mins. Drain off water. Repeat procedure three times. Drain off water. Add 2 cups sugar and cook over low flame until sugar is dissolved. Boil, watching carefully, until sugar is evaporated. Shake saucepan, but do not stir peel as it will turn mushy. Put onto plates to cool. Store in airtight jars.

Quick Fudge

2 eggs
½ pound icing sugar
¼ pound nuts, chopped
1 tsp. vanilla
3 squares chocolate
pinch of salt

Melt chocolate. Separate eggs. Add icing sugar to the well beaten whites; beat yolks, add to whites along with pinch of salt, vanilla, melted chocolate, and chopped nuts. Mix well, spread on buttered dish and cut only when serving.

Maple Fudge

1 lb. brown sugar
½ cup milk
pinch of salt
1 tbsp. cornstarch
1 tbsp. butter
½ cup nuts (optional)

Put sugar, milk and salt into a saucepan and bring to a boil slowly. Continue cooking, stirring constantly, until a little of the mixture dropped from a spoon into some cold water, form a soft ball. Add vanilla and butter. Remove from fire and add nuts. Beat with rotary beater for three minutes. Pat into buttered tin and cut into squares. Chill.

Cheese Bagelech

Prepare stretched dough as for strudel, page 179.

Filling:

1 pound cottage cheese
1 egg, well beaten
½ cup sugar
1/3 cup flour
2 tbsp. cream (sweet or sour)
1 tsp. salt

Thoroughly mix all ingredients together. Pour, with a spoon, 1/3 cup melted butter on sheet of stretched dough. Place cheese mixture along one edge of dough and roll like jelly roll. Do not cut. Place rolls on greased baking sheet, far apart, so that one roll does not touch the other. Bake in oven about 25 minutes, until golden brown, at 350 degrees. Serve with sour cream.

Cheese Knadlach

1 pound cottage cheese
2 eggs
½ cup matzo meal
4 tbsp flour
1 tsp. tapioca
salt and pepper to taste

Knead cheese, add other ingredients, and mix well together. Form into balls, a little larger than a walnut, and boil 20 minutes in large pot of boiling water to which a tbsp. salt has been added. Lift out carefully, one at a time. Place in covered dish, with 4 or 5 tbsp. butter. Serve with or without sour cream.

Egg and Cheese Souffle

2 tbsp. butter
1 tbsp. flour
1½ cups milk
4 eggs
¾ cup grated cheese
salt to taste

Make a white sauce from the butter, flour and milk. Beat egg yolks and add slowly to the white sauce. Add grated cheese and the egg whites, beaten stiffly. Pour into buttered dish, set in pan of warm water. Bake at 450 degrees for 10 minutes; reduce heat to 375 degrees and bake 25 min. or until a knife comes out clean. Serve at once.

Noodle and Cheese Ring

1 package broad noodles
1 pound cottage cheese
2 eggs
1 cup raisins
¾ cup sugar
¼ pound melted butter
grated rind and pulp of 1 orange, Cinnamon, if desired.

Boil noodles in boiling salted water. Drain. Mix cottage cheese with the eggs, raisins, sugar, butter, orange and cinnamon. Add noodles and beat well. Butter pyrex casserole and heat in oven a few minutes before putting in the mixture. Bake at 350 degrees until golden brown.

Cottage Cheese Pancakes

2 cups (1 pound) cottage cheese
2 tbsp. sour cream
2 eggs, beaten
1 tbsp. sugar
¼ tsp. salt
1/3 cup filberts, finely chopped
2 tbsp. flour
¼ cup butter
sour cream or confectioners sugar

Place cottage cheese in cheesecloth, tie and place in

colander over a bowl. Put small plate over cheese and weigh down with a heavy object. Place in refrigerator over-night. Rub cheese through a sieve and add sour cream, eggs, sugar, salt, filberts and flour, and mix lightly. Melt butter in heavy skillet; drop batter from teaspoon and fry until a golden brown on both sides. Serve with sour cream or sprinkle with sugar.

Turkish Pilaf

½ cup rice
1 cup hot water
2 cups canned tomatoes
¾ tsp. salt
⅛ tsp. pepper
2 tbsp. butter
2 cups grated cheese

Melt butter in top of double boiler. Add washed rice a little at a time and stir over direct flame for three or four minutes. Add hot water and boil until water is absorbed. Add tomatoes, salt and pepper and steam in double boiler without stirring until rice is soft. Pour into buttered baking dish. Cover with cheese and bake until cheese is melted and brown.

Apple Dessert

Peel and slice apples into deep baking dish, 2/3 full. Sprinkle with 3 tbsp. sugar and ½ tsp. cinnamon. Then mix together the following:

½ cup sugar
½ cup oil
1 egg
½ cup flour
½ tsp. baking powder
pinch of salt and 1 tsp. vanilla

Cover apples with above mixture, and bake in moderate oven.

Ice Cream

2/3 cup condensed milk
½ cup water
1½ tsp. maple extract
1 cup whipping cream
¼ cup chopped nuts

Mix milk, water, maple extract and chill. Whip cream to custard-like consistency and fold into chilled mixture. Pour into freezing tray, place in refrigerator until half frozen. Scrape from tray, beat until smooth, add nuts and put back to freeze.

Rice Pudding

Boil one cup rice. Strain and rinse. Add two eggs, well beaten: 2 cups milk; ½ cup sugar; one cup raisins; one apple, grated; 1 tsp. vanilla. Pour into buttered baking dish, dot with butter; sprinkle with nutmerg. Bake in a moderate oven until top is golden brown.

Jelly and Sour Cream Dessert

Three packages of kosher jelly makes enough filling for one large-sized pyrex utility dish.

Dissolve 1½ pkgs. jelly and allow to half set in pyrex dish. Add cut up fruit and allow to harden. Cover with a layer of crushed graham wafers. Spread one pint of sour cream over the crackers and allow to set. Cover with 1½ pkgs. of a different flavoured jelly and allow to half set. Add fruit and put back in refrigerator to harden. Cut in squares and serve.

Strawberry Whip

Whip together with rotary beater one egg white and 1¼ cups hulled strawberries. When it begins to thicken, beat in ¼ cup sugar, adding it gradually and continuing to beat

until the mixture will hold a peak. This takes about 5 minutes. Then add a few drops lemon juice, chill and pile into sherbert glasses. This will hold its shape for several hours, if kept in refrigerator.

Antipasto

Place lettuce on each plate. Place on the lettuce a slice each of tomato, cucumber, hard-boiled egg, and salami. Add 3 stuffed anchovies and 1 tbsp. diced beets.

Greek Salad

Cut the following ingredients in small pieces: lettuce, tomatoes, cucumber, radishes, spring onions, green pepper, celery, black olives and herring. Add 3 tbsp. vinegar and 2 tbsp. oil.

Salmon Rolls

2 cups flour
2 tsp. baking powder
½ tsp. salt
¼ cup butter
¾ cup milk

Sift dry ingredients together. Cut butter into dry ingredients. Add milk slowly. Turn onto floured board and roll out.

Filling:

½ cup celery, diced fine
small onion, diced fine
½ box mushrooms, cut in pieces
2 tbsp. butter
1 cup canned green peas
2 tbsp. chopped pimento
1 egg, beaten
½ pound tin salmon

Fry celery, onion and mushrooms in butter until golden brown. Add green peas, pimento, egg and salmon.

Spread on pastry and roll up like jelly roll. Slice into eight portions. Place on buttered baking dish. Bake in a 350 degree oven, about 30 minutes, or until golden brown. Serve with cheese sauce.

Cranberry Jelly

Wash 4 cups cranberries. Put in pot with 2 cups boiling water, and boil for 20 minutes. Rub through sieve; cook three minutes. Add 2 cups sugar and cook two minutes. Turn into mould and chill.

Concord Grape Jelly

Wash and stem grapes. Place in kettle and cook on a slow flame until skins break. Put grapes through strainer. Put juice into a cheesecloth bag and allow to drain overnight. Next day measure ¾ cup of sugar for every cup of strained juice. Heat sugar in kettle over a slow flame, stirring constantly until thoroughly warmed. Add juice and cook until it forms a jelly when a little is dropped into cold water. Pour into hot sterilized glasses and seal.

Peach Marmalade

24 peaches
4 oranges
1 lemon
10 maraschino cherries (optional)

Scald peaches and slice very thin. Grate rind of oranges and lemon. Cut off outside pulp and throw away. Cut oranges and lemon into very small pieces. Measure fruit; for each heaping cup of fruit use one scant cup of sugar. Pour sugar over fruit and let stand overnight. Bring to a boil and boil hard for fifteen minutes; then boil slowly over very low flame for about one hour.

Quick Strawberry Jam

Hull and wash berries. Measure fruit. For each cup of fruit, measure ¾ cup sugar. Put sugar into shallow pot. Heat very slowly, stirring constantly, over low flame or in warm oven until sugar is thoroughly heated. Add berries and cook slowly on low flame until it reaches the boil. Cook quickly for 3 minutes, no longer. Do not mix while cooking. When done, remove scum. Place in jars and seal hot or cold.

Chicken or Beef Pie

Thicken one cup left over chicken soup or beef gravy with one tbsp. flour. Boil 4 large potatoes, cut in cubes, and 2 diced carrots in boiling water, with salt and pepper to taste. When done, drain off water; add to gravy. Cut cooked chicken or meat in cubes. Add to above mixture. Place in individual pie dishes, or one large casserole. Fill with boiling water, almost to top of dish. Make a pie pastry and place over meat mixture. Prick with fork. Make sure that pastry is pressed securely over the edges of the dish. Bake at 375 degrees until pastry is golden brown. As a substitute for gravy or soup, fry a small onion in 2 tbsp. chicken fat; add a tbsp. flour, salt and pepper to taste. Add a cup water. Cook over low flame, stirring constantly until it comes to a boil. Pastry recipe: Cut ½ cup shortening into 2 cups flour, add ¼ tsp. salt, 3 tbsp. cold water and a tbsp. vinegar. Mix lightly, roll out on floured board.

Spaghetti & Meat Sauce

1 lb. minced meat
1 large onion
1 tin tomato paste
3 tins water
1 clove garlic
1 red pepper
salt & pepper

Brown onion, which has been cut up fine, in 2 tblsp. chicken fat. Add minced meat and garlic and brown, stirring often to prevent sticking. Add tomato paste, water, salt and pepper to taste. Add a tblsp. sugar and cook slowly for one hour. Break one red pepper (from pickling spice) and stir into mixture.

Spaghetti:

Boil 2 quarts water in a large pot, add salt. Put spaghetti in without breaking and cook till tender. Drain off water and put spaghetti into collander. Pour boiling water over spaghetti and drain again. Serve with meat sauce.

Shepherd's Pie

Boil 6 potatoes in salted water. Drain off water, mash and add 2 eggs, 4 tbsp. chicken fat and dash of pepper. Add 3 tbsp. matza meal; mix well. Place half of this potato mixture in a heated, greased pudding dish. Cover with ½ pound broiled, chopped liver, that has been seasoned with salt and pepper and one chopped onion fried in chicken fat. Cover with balance of potatoes. Bake in a 350 degree oven for ½ hour, or until brown. Turn out on plate and serve hot. (Left over cooked and minced meat can be used in place of liver).

Mock Salmon Patties

3 carrots
2 eggs
1 tbsp. matza meal
salt
parsley
1 tin tomato juice (20 ounce)

Grate carrots, beat in eggs, salt, chopped parsley and matza meal. Form into patties and brown on both sides in heated, greased frying-pan. Boil together tomato juice, 2 tins water, one large onion cut fine and 2 stalks celery, chopped. Put patties in tomato juice mixture and cook ½ hour until most of the juice is absorbed.

Apple Crisp

3 cups sliced apples
½ cup flour
1 cup brown sugar
1 tsp. cinnamon
¼ cup butter
1/3 cup chopped nuts

Place sliced apples in greased baking dish. Mix flour and brown sugar, cut in the butter to pieces the size of peas. Add chopped nuts and cinnamon. Sprinkle this mixture over the apples. Bake at 375 degrees for 45 minutes. Serve with cream if desired.

Butterscotch Pie

1 cup brown sugar
1 tbsp. butter or shortening
2 tbsp. water
1 cup milk
2 tbsp. cornstarch
1 egg yolk
½ tsp. vanilla
1 tbsp. confectioners' sugar
1 egg white

Boil brown sugar and butter and water together until sugar is dissolved. Mix milk, cornstarch and beaten egg yolk together and add to the sugar mixture. Cook over hot water until thick, stirring constantly. Add vanilla. Pour into baked pie or tart shells. Decorate the top by beating the egg white with the sugar until stiff. Sprinkle with crushed nuts.

Apple Pie

Use double the recipe as given for lemon pie. Peel and slice 6 large or 8 medium sized apples, thinly. Roll out half the pastry dough, place in pie-plate; pile on apples which have been mixed with ½ cup sugar, and 1 tsp. cinnamon (optional). Cover with a top crust, trim and press edges together. Prick top with a fork to allow steam to escape. Bake in hot oven, 425 degrees, 10 minutes. Reduce heat to 350 degrees and bake 20 minutes, or until golden brown.

Lemon Pie

½ cup shortening (vegetable)
¼ tsp. salt
1½ cups flour
¼ cup water
1 tsp. vinegar

Mix and sift flour and salt. Cut in shortening with two knives. Add water and vinegar. Do not knead. Chill thoroughly. Roll out ¼ inch thick. Place on pie plate loosely. Prick bottom and sides with a fork. Pinch pastry with fingers to make a fancy edge. Bake in a very hot oven, 450 degrees, 10 to 15 minutes.

Filling:
4½ tbsp. cornstarch
1 cup sugar
pinch of salt
1½ cups boiling water
3 egg yolks
6 tbsp. lemon juice
2 tsp. grated lemon rind
1 tbsp. butter or shortening

Mix corn starch, sugar and salt; add boiling water. Cook and stir in double boiler 15 minutes. Beat egg yolks until thick, add lemon juice and rind. Add to hot mixture, blend, cook 3 minutes. Remove from heat, add butter or shortening. Cool slightly, pour into baked pastry shell. Top with meringue made with 3 egg whites beaten stiff with 3 tbsps. sugar and 1 tbsp. corn starch. Pile lightly on lemon filling. Brown in 350 degree oven, 10 to 15 minutes.

Strawberry Tarts

½ lb. butter
2 cups flour
1 tsp. vanilla
3 tbsp. icing sugar

Work these ingredients with hands and roll out ½ inch thick. Cut with a cookie cutter and place in small muffin tins. Bake in 375 degree oven until golden brown. When cool, half fill shells with vanilla pudding. Wash and hull

the strawberries, place on custard and glaze with syrup made with one cup of water, half cup of sugar and a tablespoon of corn starch. Add a few drops of red vegetable coloring.

Tutti Frutti Tarts

1 cup vegetable shortening 3 cups flour
½ tsp. salt ½ cup cold water
1 tbsp. vinegar

Mix and sift flour and salt. Cut in shortening with 2 knives. Add water and vinegar. Do not knead. Chill thoroughly. Roll out to ¼ inch thickness. Cut with a cookie cutter and place on inverted muffin or patty pans. Prick bottom and sides all over with a fork. Bake in a quick oven 425 degrees for 15 to 20 minutes.

Filling:

1 pint whipping cream
¼ cup icing sugar
½ pint strawberries, washed and hulled
½ cup walnuts or pecans, cut in pieces.

Whip cream, adding sugar gradually. When stiff, add berries which have been quartered. Add the nuts. Fold in thoroughly and fill shells.

Bread And Butter Pickles

6 cucumbers 1 small bunch celery
2 onions

Cut in thin slices, salt generously and allow to stand overnight.

2 cups brown sugar 2 tbsp. mustard seed
2 cups vinegar 1 tsp. cinnamon
½ cup water ½ tsp. ginger
2 tbsp. celery seed

Mix dry ingredients, add cut up vegetables, vinegar and water. Bring to the boil and cook slowly for 5 minutes. When cool pack in jars and seal.

Chili Sauce

12	tomatoes	1	onion
6	apples, cored and peeled	2	green peppers
1	bunch celery (medium size)	3	cups vinegar
		3	tsp. cinnamon
2	sweet red peppers	½	tsp. allspice
1¾	cups sugar	1	tbsp. salt
1	tsp. ginger		

Chop and mix all ingredients together and boil 1½ hours. Store in jars, seal when cold.

Mustard Pickles

3	heads cauliflower	3	quarts vinegar
2	quarts small onions	½	ounce tumeric powder
	celery	½	pound mustard
	cucumbers	4	cups brown sugar
1	package pickling spices	1	cup flour

Cut up vegetables (9 quarts when cut) and soak in salted water for 12 hours. Prepare one dozen sweet red peppers and one dozen strong red peppers. Put them through food mincer and set aside. Bring to a boil 2 quarts of the vinegar with the brown sugar, add mixed spices in a cotton bag so that they can be removed later. Add the cauliflowers, boil for 10 minutes. Add cucumbers, and boil 5 minutes. Add onions, celery and minced peppers. In another bowl, mix until smooth the one quart of remaining vinegar with tumeric powder and flour. Pour into boiled mixture; cook together a few minutes until mixture thickens. Pour into jars.

Shchav or Spinach Borsht

Wash 1 pound spinach or shchav (sour grass). Chop or cut into small pieces. Pour 1 quart boiling water over shchav and bring to a boil. Remove from fire and cool. Put ¾ cup sour cream in a bowl, add salt to taste, cut up cucumber and shallots. Pour in shchav slowly, stirring constantly. Chill and serve.

Bread Stuffing For Fowl

Soak ¼ loaf chalah (white bread) in cold water. Remove crusts, squeeze out water. Mix together with 2 eggs, one small grated onion, 2 tbsp. chicken fat, chopped parsley, salt and pepper to taste. Add ¼ tsp. thyme. Mix thoroughly and stuff fowl.

Browned Rice

1½ cups rice
4 tbsp. butter or fat
2 tbsp. salt
3½ cups boiling water

Brown rice in fat in frying pan and keep turning until all the rice is brown; add salt. Add boiling water slowly. Turn into casserole and cover. Place in moderate oven for 25 minutes. Each rice is individual. Serve with meat, chicken or fish.

Nahit With Rice

1 pound dried chick peas
1 cup rice
½ cup butter, melted
½ cup honey

Wash, pick over peas; cover with cold water and allow to soak over-night. Drain, cover with cold water; add 2 tsp. salt and cook slowly for 45 minutes, or until tender. Drain. Cook rice in boiling salted water until tender. Drain and mix with hot chick peas. Add butter and honey. More or less honey may be used, according to taste. To serve with a meat meal, substitute chicken fat for butter. After mixing with rice, fat and honey, it can be placed in a casserole in the oven to brown.

Vegetable Halishkes

Remove core from head of cabbage. Place cabbage in pot; scald, cover tightly and allow to stand until cool. (This separates the leaves). Drain off water. Trim off hard centre of each leaf.

Filling:

1 pound spinach, thoroughly washed and chopped fine
2 large onions, cut up and sauted light brown in 1 tbsp. butter and 1 tsp. salt
2 large carrots and 1 large parsnip, grated
1 pound fresh green peas, or ½ pound frozen peas
2 tbsp. green parsley, finely chopped
1 small bunch celery, chopped medium fine.

Mix above vegetables with ½ cup matzo meal and an egg. Add a tbsp. salt and ½ tsp. pepper. Mix thoroughly. Place filling on centre of cabbage leaf, amount of filling depending on the size of leaf. Fold, roll and tuck in ends of cabbage to hold in filling. Cook filled halishkes in heavy-bottomed pot with one can condensed tomato soup, ¼ pound butter, ½ cup sugar and the juice of 2 lemons. Cook 1 to 1½ hours, and serve hot.

Sour Cream Ice Box Dessert

very mushy

1 pt. sour cream
¾ cup sugar
½ cup maraschino cherries
10 graham wafers
4 bananas

Have the cream fresh and cold, beat and add sugar a little at a time. Crumble the wafers. Spread layer of crumbs in large pyrex dish, then a layer of cream, then a layer of rounds of bananas. Repeat this process until all ingredients are used up, making sure the last is a layer of cream, topped with remainder of crumbs. Top this with cherries and place in bottom of frigidaire (not in freezing tray) for about four hours. This serves eight.

Passover Bagel

Boil together 1½ cups water and ¾ cup oil. Add 2½ cups matza meal, 4 tbsp. sugar and ¼ tsp. salt. Mix well. Add 6 egg yolks, and 6 whites, well beaten. Roll into balls. Place on well-greased pan and make a hole in centre. Bake one hour in a 400-degree oven until golden brown.

Passover Stuffing

Pour hot water over 2 matzot. Let stand 10 minutes. Drain. Pour cold water over matzot. Drain thoroughly and squeeze out excess moisture. Add a large grated potato, a grated onion and a grated carrot, 2 eggs, 3 tbsp. matza meal, 2 stalks celery cut in pieces and 2 tbsp. chicken fat. Season with salt and pepper to taste. Mix well.

Passover Farfel Cookies

2 eggs
1 cup matza meal
1 cup matza farfel
¾ cup sugar
1/3 cup oil
½ tsp. cinnamon
½ cup raisins
½ cup walnuts
pinch of salt

Beat eggs, add sugar and oil. Add matza meal, farfel and other ingredients. Drop from teaspoon onto oiled cookie sheet. Bake in 350 degree oven for 30 minutes.

Passover Ice-Box Cookies

½ cup oil or ¼ pound butter
1 cup sugar
2 eggs
½ cup chopped nuts
1 cup cake meal
lemon juice and pinch of salt

Cream butter and sugar. Add eggs, cake meal, nuts and lemon juice. Mix well and form into one or two long rolls. Wrap in wax paper and chill overnight. Cut in slices and bake in a 350 degree oven for 20 to 25 minutes.

INGBERLACH (GINGER STICKS) FOR PASSOVER

1 pound honey
1 pound sugar
matza meal
1 heaping tsp. ginger
1 heaping tsp. cinnamon

Cook honey and sugar, about 3 minutes, stirring constantly to avoid burning. Add ginger and cinnamon while stirring. Remove pan from fire and set on board. Stir in enough matza meal until thick enough to be able to handle. Let stand a while. Wet hands with cold water. Roll mixture into rope-like rolls; cut into 2 or 3 inch pieces. Glaze in a little honey. Put on clean cloth to set. If mixture becomes cold, and hard to roll, set pan over very low flame to soften mixture.

MACAROONS

3 egg whites
1 cup fine sugar
1 tbsp. potato starch
2 cups cocoanut or
1 cup cocoanut and one cup nuts.
pinch of salt

Put egg whites in double boiler and beat until stiff but not dry. Add salt gradually, beat in sugar, add cocoanut, chopped nuts and potato starch. Cook over hot water for 10 minutes or until mixture stiffens around the edge. Drop by teaspoons on a greased cookie sheet; garnish with pieces of cherries. Bake in slow oven, 300 degrees until set.

Passover Cookies

2 eggs
½ cup oil
2 tblsp. potato flour
¾ cup sugar
1 cup cake meal
½ cup nuts—chopped

Beat eggs with sugar. Add oil and nuts, then cake meal and potato flour, which have been sifted together. Let stand 1½ hours in cool place. Form small balls, roll in crushed nuts. Bake in moderate oven 350 degrees, 20 min.

Wine Cake

12 eggs
1 cup sugar
1 cup cake meal
1 cup wine
1 tsp. cinnamon
1 cup ground walnuts
½ tsp. salt

Beat together egg yolks and sugar until very light. Add wine, cake meal, salt, cinnamon and nuts. Fold in stiffly-beaten whites of eggs. Bake in moderate oven (325 degrees) for one hour. Invert pan and cool before removing.

Apple Fritters

3 tart apples
1 cup matza meal
3 eggs
2 tbsp. chicken fat or oil
½ tsp. salt
½ cup water

Peel apples and slice as thin as possible. Beat together other ingredients. Add apples. Drop by spoonfuls into deep fat, that has been pre-heated. Fry until golden brown. Drain on brown paper, sprinkle with sugar and cinnamon. Can be fried like pancakes, if desired.

Carrot Candy For Passover

Scrape and grate on the fine side of grater, one pound large carrots. Mix with one pound sugar and cook over low

fire, stirring often to prevent burning. Cook until very thick. This takes well over an hour and the candy must be stirred almost constantly. When almost done add ½ pound chopped almonds or walnuts and ¼ tsp. ginger. When done, spread on wet cookie sheet. Cool for one hour, and cut in diamond shapes.

Strawberry Dessert for Passover

Line a 7 inch dish or casserole with macaroons. Sprinkle ¼ cup white or red wine over them. Spread 1 quart hulled strawberries over the macaroons. Beat 4 egg yolks, ¾ cup sugar, grated rind of 1 lemon and juice of ½ lemon until thick. Beat two egg whites until stiff. Fold the beaten whites into the yolks, and pour the mixture over the strawberries. Bake in a 350 degree oven, about 30 minutes or until the egg mixture is firm. To the remaining whites add 2 tbsp. sugar, and beat until stiff. Spread over top of pudding and bake again at 325 degrees until the meringue is light brown. Chill and serve with cream, plain or whipped.

Egg and Potato Entree

2 potatoes, boiled and mashed
3 hard-boiled eggs, chopped
1 small onion, chopped fine
salt and pepper to taste
chicken fat, just enough to hold mixture together.

Mix all ingredients together and serve scoops on lettuce leaves, garnish with tomato slices and parsley.

Marmalade for Passover

1 large grapefruit
2 lemons
2 oranges

Remove skin of half a grapefruit, two oranges and two

lemons. Remove seeds. Discarding the skin and seeds that have been removed, put remainder of ingredients through food chopper. Add 4 cups water and cook one hour. Add 5 cups sugar and cook for another ½ hour.

Pineapple Marmalade for Passover

4 pineapples
juice and rind of 2 lemons

Peel the pineapples and put through food chopper, or grate on coarse grater. Cook slowly until juice simmers. Add lemon juice and rind. Add one cup sugar for each cup of pulp. Boil 20 minutes. If desired, very thin slices of orange and lemon may be added before pulp is measured.

Baked Matza and Cheese

4 matzot
1 cup warm milk
½ lb. cottage cheese
2 eggs—well beaten
½ tsp. salt
1 tsp. sugar
½ tsp. cinnamon
1/3 cup butter

Cut matzot with sharp knife to fit baking dish. Place in a bowl and pour warm milk over matzot. Let soak five minutes. Beat eggs in bowl, until whites and yolks are blended. Add cheese and seasonings and mix well. Butter a baking dish and arrange a layer of drained matzot, a layer of cheese, dots of butter. Repeat layers until all ingredients are used up. If any milk remains in bowl, pour over top layer. Dot with remaining butter. Bake in a moderate oven, 350 degrees, about 30 min., or until firm in the center and lightly brown on top. Serve from baking dish.

Mayina (Liver Pie) for Passover

Filling

½ pound liver, baked
2 large onions, fried brown in chicken fat (chicken griven if desired)
5 eggs, beaten
salt and pepper to taste
¾ cup cake meal

Put liver, onions and griven through food chopper. Add beaten eggs, salt and pepper. Fold in cake meal.

Batter

Beat together 3 eggs and 2 tbsp. water. Add a tbsp. potato starch and salt to taste. This mixture makes three large pancakes. Grease large frying pan. Heat; and pour 1/3 of batter on hot pan and fry quickly. Turn out onto clean towel. Make other two pancakes the same way. Put one pancake in pyrex casserole; add ½ the liver mixture; cover with second pancake, add the balance of liver and then the third pancake. Bake in slow oven until golden brown.

Orange and Lemon Kezel

Bring one large sweet, juicy orange and one large yellow-skinned lemon to boil in water. Pour off water; refill pan with water; bring to a boil and pour off the water again. Add water a third time and boil fruit until tender. Drain. Open fruit, and allow to stand till cool. Remove any seeds or stems. Mash fruit, rind and pulp, thoroughly. Beat 4 eggs, 2/3 cup sugar, and 4 tbsp. matza meal until foamy. Add fruit pulp. Heat pan with a little chicken fat, pour in the mixture. Bake 45 to 50 minutes in a moderate oven. Nuts may be added if desired.

Prune Tsimmes

3 pounds potatoes
¾ pound prunes
½ pound fat meat or brisket bone
1 tsp salt
¾ cup sugar
2 cups water

Peel and slice potatoes. Wash prunes. Put a layer each of potatoes and prunes into pan. Place meat in centre. Add balance of potatoes and prunes. Add salt and water; cook

15 minutes. Add sugar and place in oven about 350 degrees. Continue baking until water is absorbed and the tsimmes nicely browned.

Sweet Potato Pudding For Passover

6	sweet potatoes	½	cup matza meal
½	cup sugar	3	tbsp. chicken fat
½	lb. prunes	3	eggs
1	cup water	¼	cup sugar

Cook prunes with ¼ cup sugar and one cup water, until soft. When cool, remove pitts. Cook potatoes in jackets in salted water. When done, drain off water and run under cold water. Peel and mash potatoes, add sugar, matza meal and eggs, one at a time. Add chicken fat and mix well together. Heat a greased funnel pan. Place half of the potatoes in pan, put prunes on top and cover with balance of potatoes. Bake in 350 degree oven until golden brown. Turn upside down on platter and place contrasting colored vegetables in centre.

Liver Varenikes

Chop or grind ½ pound cooked liver. Add one onion that has been fried golden brown in chicken fat. Add salt and pepper to taste. Mash 6 boiled potatoes, add 2 beaten eggs, ½ cup cake flour and salt and pepper to taste. Mix well. Shape into patties, place a tbsp. of the liver filling on each pattie, and cover with another pattie. Place on heated, well greased baking pan and bake in a moderate oven until golden brown.

25-YEAR CALENDAR OF JEWISH FESTIVALS

ROSH HASHANAH — COMMENCING TISHREI 1

Jewish Year	*Date on Common Calendar*	
5711	September 12	1950
5712	October 1	1951
5713	September 20	1952
5714	September 10	1953
5715	September 28	1954
5716	September 17	1955
5717	September 6	1956
5718	September 26	1957
5719	September 15	1958
5720	October 3	1959
5721	September 22	1960
5722	September 11	1961
5723	September 29	1962
5724	September 19	1963
5725	September 7	1964
5726	September 27	1965
5727	September 15	1966
5728	October 5	1967
5729	September 23	1968
5730	September 13	1969
5731	October 1	1970
5732	September 20	1971
5733	September 9	1972
5734	September 27	1973
5735	September 17	1974
5736	September 6	1975

YOM KIPPUR — COMMENCING TISHREI 10

Jewish Year	*Date on Common Calendar*	
5711	September 21	1950
5712	October 10	1951
5713	September 29	1952
5714	September 19	1953
5715	October 7	1954
5716	September 26	1955
5717	September 15	1956
5718	October 5	1957
5719	September 24	1958
5720	October 12	1959
5721	October 1	1960
5722	September 20	1961
5723	October 8	1962
5724	September 28	1963
5725	September 16	1964
5726	October 6	1965
5727	September 24	1966
5728	October 14	1967
5729	October 2	1968
5730	September 22	1969
5731	October 10	1970
5732	September 29	1971
5733	September 18	1972
5734	October 6	1973
5735	September 26	1974
5736	September 15	1975

SUCCOT — COMMENCING TISHREI 15

Jewish Year	*Date on Common Calendar*
5711	September 26, 1950
5712	October 15, 1951
5713	October 4, 1952
5714	September 24, 1953
5715	October 12, 1954
5716	October 1, 1955
5717	September 20, 1956
5718	October 10, 1957
5719	September 29, 1958
5720	October 17, 1959
5721	October 6, 1960
5722	September 25, 1961
5723	October 13, 1962
5724	October 3, 1963
5725	September 21, 1964
5726	October 11, 1965
5727	September 29, 1966
5728	October 19, 1967
5729	October 7, 1968
5730	September 27, 1969
5731	October 15, 1970
5732	October 4, 1971
5733	September 23, 1972
5734	October 11, 1973
5735	October 7, 1974
5736	September 20, 1975

SHEMINI ATZERET — TISHREI 22

Jewish Year	*Date on Common Calendar*	
5711	October 3	1950
5712	October 22	1951
5713	October 11	1952
5714	October 1	1953
5715	October 19	1954
5716	October 8	1955
5717	September 27	1956
5718	October 17	1957
5719	October 6	1958
5720	October 24	1959
5721	October 13	1960
5722	October 2	1961
5723	October 20	1962
5724	October 10	1963
5725	September 28	1964
5726	October 18	1965
5727	October 6	1966
5728	October 26	1967
5729	October 14	1968
5730	October 4	1969
5731	October 22	1970
5732	October 11	1971
5733	September 30	1972
5734	October 18	1973
5735	October 8	1974
5736	September 27	1975

SIMCHAT TORAH — TISHREI 23

Jewish Year	*Date on Common Calendar*	
5711	October 4	1950
5712	October 23	1951
5713	October 12	1952
5714	October 2	1953
5715	October 20	1954
5716	October 9	1955
5717	September 28	1956
5718	October 18	1957
5719	October 7	1958
5720	October 25	1959
5721	October 14	1960
5722	October 3	1961
5723	October 21	1962
5724	October 11	1963
5725	September 29	1964
5726	October 19	1965
5727	October 7	1966
5728	October 27	1967
5729	October 15	1968
5730	October 5	1969
5731	October 23	1970
5732	October 12	1971
5733	October 1	1972
5734	October 19	1973
5735	October 9	1974
5736	September 28	1975

CHANUKAH — COMMENCING KISLEV 25

Jewish Year	*Date on Common Calendar*	
5711	December 4	1950
5712	December 24	1951
5713	December 13	1952
5714	December 2	1953
5715	December 20	1954
5716	December 10	1955
5717	November 29	1956
5718	December 18	1957
5719	December 7	1958
5720	December 26	1959
5721	December 14	1960
5722	December 3	1961
5723	December 22	1962
5724	December 11	1963
5725	November 30	1964
5726	December 19	1965
5727	December 8	1966
5728	December 27	1967
5729	December 16	1968
5730	December 5	1969
5731	December 23	1970
5732	December 13	1971
5733	December 1	1972
5734	December 20	1973
5735	December 9	1974
5736	November 29	1975

CHAMISHAH ASAR BISHVAT — SHVAT 15
(Arbour Day, Festival of the Trees)

Jewish Year	*Date on Common Calendar*	
5710	February 2	1950
5711	January 22	1951
5712	February 11	1952
5713	January 31	1953
5714	January 19	1954
5715	February 7	1955
5716	January 28	1956
5717	January 17	1957
5718	February 5	1958
5719	January 24	1959
5720	February 13	1960
5721	February 1	1961
5722	January 20	1962
5723	February 9	1963
5724	January 29	1964
5725	January 18	1965
5726	February 5	1966
5727	January 26	1967
5728	February 14	1968
5729	February 3	1969
5730	January 22	1970
5731	February 10	1971
5732	January 31	1972
5733	January 18	1973
5734	February 7	1974
5735	January 27	1975

PURIM—ADAR 14

Jewish Year		*Date on Common Calendar*	
5710	Adar 14	March 3	1950
5711	V'Adar 14	March 22	1951
5712	Adar 14	March 11	1952
5713	Adar 14	March 1	1953
5714	V'Adar 14	March 19	1954
5715	Adar 14	March 8	1955
5716	Adar 14	February 26	1956
5717	V'Adar 14	March 17	1957
5718	Adar 14	March 6	1958
5719	V'Adar 14	March 24	1959
5720	Adar 14	March 13	1960
5721	Adar 14	March 2	1961
5722	V'Adar 14	March 20	1962
5723	Adar 14	March 10	1963
5724	Adar 14	February 27	1964
5725	V'Adar 14	March 18	1965
5726	Adar 14	March 6	1966
5727	V'Adar 14	March 26	1967
5728	Adar 14	March 14	1968
5729	Adar 14	March 4	1969
5730	V'Adar 14	March 22	1970
5731	Adar 14	March 11	1971
5732	Adar 14	February 29	1972
5733	V'Adar 14	March 18	1973
5734	Adar 14	March 8	1974
5735	Adar 14	February 25	1975

PASSOVER — COMMENCING NISSAN 15

English Year	*Date on Common Calendar*
5710	April 2	1950
5711	April 21	1951
5712	April 10	1952
5713	March 31	1953
5714	April 18	1954
5715	April 7	1955
5716	March 27	1956
5717	April 16	1957
5718	April 5	1958
5719	April 23	1959
5720	April 12	1960
5721	April 1	1961
5722	April 19	1962
5723	April 9	1963
5724	March 28	1964
5725	April 17	1965
5726	April 5	1966
5727	April 25	1967
5728	April 13	1968
5729	April 3	1969
5730	April 21	1970
5731	April 10	1971
5732	March 30	1972
5733	April 17	1973
5734	April 7	1974
5735	March 27	1975

LAG B'OMER — IYAR 18

Jewish Year	*Date on Common Calendar*	
5710	May 5	1950
5711	May 24	1951
5712	May 13	1952
5713	May 3	1953
5714	May 21	1954
5715	May 10	1955
5716	April 29	1956
5717	May 19	1957
5718	May 8	1958
5719	May 26	1959
5720	May 15	1960
5721	May 4	1961
5722	May 22	1962
5723	May 12	1963
5724	April 30	1964
5725	May 20	1965
5726	May 8	1966
5727	May 28	1967
5728	May 16	1968
5729	May 6	1969
5730	May 24	1970
5731	May 13	1971
5732	May 2	1972
5733	May 20	1973
5734	May 10	1974
5735	April 29	1975

SHVUOT — COMMENCING SIVAN 6

Jewish Year	*English Date*	*English Year*
5710	May 22	1950
5711	June 10	1951
5712	May 30	1952
5713	May 20	1953
5714	June 7	1954
5715	May 27	1955
5716	May 11	1956
5717	June 5	1957
5718	May 25	1958
5719	June 12	1959
5720	June 1	1960
5721	May 21	1961
5722	June 8	1962
5723	May 29	1963
5724	May 17	1964
5725	June 6	1965
5726	May 25	1966
5727	June 14	1967
5728	June 2	1968
5729	May 23	1969
5730	June 10	1970
5731	May 30	1971
5732	May 19	1972
5733	June 6	1973
5734	May 27	1974
5735	May 16	1975

FAST OF TAMUZ — TAMUZ 17

Jewish Year	*Date on Common Calendar*	
5710	July 2	1950
5711	July 21	1951
5712	July 10	1952
5713	June 30	1953
5714	July 18	1954
5715	July 7	1955
5716	June 26	1956
5717	July 16	1957
5718	July 5	1958
5719	July 23	1959
5720	July 12	1960
5721	July 1	1961
5722	July 19	1962
5723	July 9	1963
5724	June 27	1964
5725	July 17	1965
5726	July 5	1966
5727	July 25	1967
5728	July 13	1968
5729	July 3	1969
5730	July 21	1970
5731	July 10	1971
5732	June 29	1972
5733	July 17	1973
5734	July 7	1974
5735	June 26	1975

TISHA B'AV — AV 9

Jewish Year	*Date on Common Calendar*
5710	July 23 1950
5711	August 11 1951
5712	July 31 1952
5713	July 21 1953
5714	August 8 1954
5715	July 28 1955
5716	July 17 1956
5717	August 6 1957
5718	July 26 1958
5719	August 13 1959
5720	August 2 1960
5721	July 22 1961
5722	August 9 1962
5723	July 30 1963
5724	July 18 1964
5725	August 7 1965
5726	July 26 1966
5727	August 15 1967
5728	August 3 1968
5729	July 24 1969
5730	August 11 1970
5731	July 31 1971
5732	July 20 1972
5733	August 7 1973
5734	July 28 1974
5735	July 17 1975

Family Anniversaries

	Date on Jewish Calendar	Date on Common Calendar
My parents' wedding anniversary		
.....	.....	.....
My husband's parents' wedding anniversary		
.....	.....	.....
Our wedding anniversary		
.....	.....	.....
My birthday		
.....	.....	.....
My husband's birthday		
.....	.....	.....
The children's birthdays		
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
The children's wedding anniversaries		
.....	.....	.....
.....	.....	.....

	Date on Jewish Calendar	Date on Common Calendar
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

Friends' anniversaries

.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

YAHRZEITN

Name	Relation	Date on Jewish Calendar
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

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Wherever pastry or cake flour is mentioned, use two tablespoons less per cup of Five Roses Flour.

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