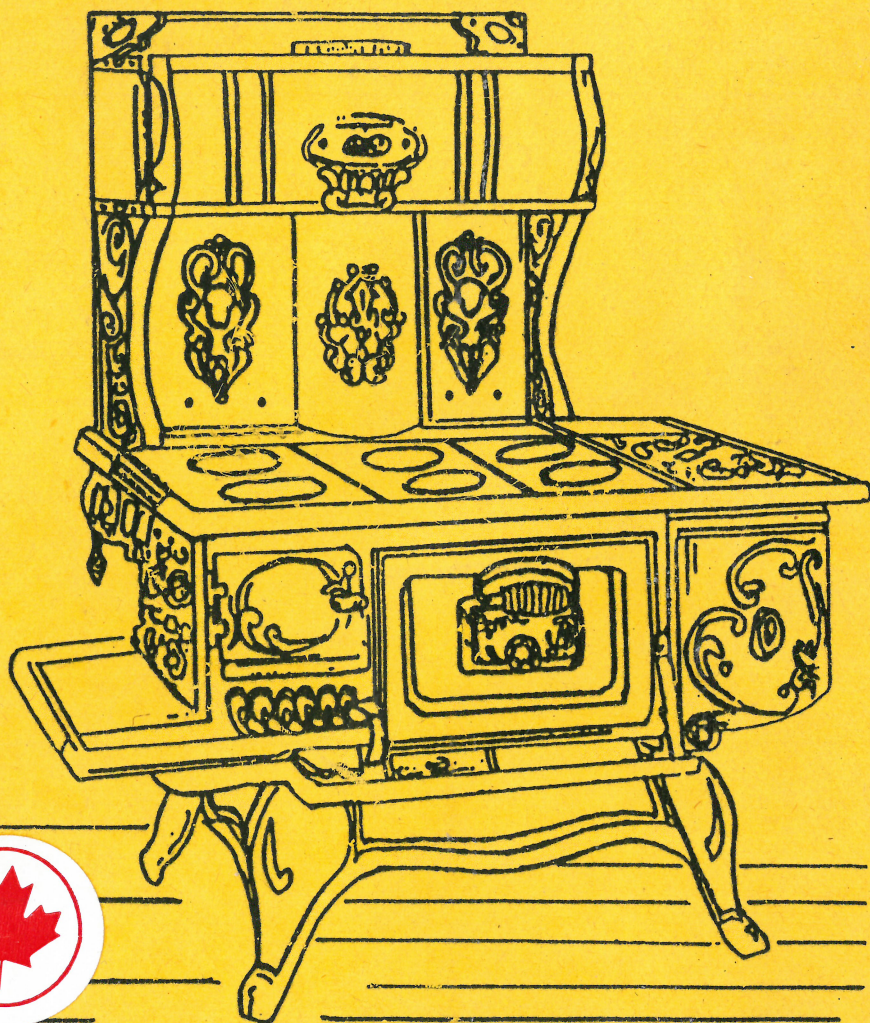


# PIONEER RECIPES



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### INTRODUCTION

*The Attendants of the Kamloops Museum are pleased to present the Pioneer Recipes Book, compiled by them, from recipe books published in Kamloops during the First World War period and earlier.*

*The names of the original donors of these recipes are included. It is fitting that we pay tribute to these pioneer women in this 90th year of the Incorporation of the City of Kamloops. Some were born here, others arrived with their husbands as early as the 1880's. Outstanding housewives, active in community and charitable work, they played an important role in the early life of Kamloops.*

## CHRISTMAS FAVOURITES

### DARK FRUIT CAKE

Mrs. R. H. Lee

One and one-half cups butter; one pint sugar; one and one-half pints flour into which mix one teaspoonful baking powder; one-half cupful dark molasses; two wine glasses each of brandy and sherry; one-half teaspoonful baking soda, dissolved in dessertspoonful of water; one tablespoonful each of cinnamon and allspice; one teaspoonful cloves; one nutmeg grated; one-quarter pound almonds blanched and chopped small; one-quarter pound citron peel; six eggs, yolks and whites beaten separately; three pounds seeded raisins; two pounds currants.

Cream butter and sugar, add molasses, spices and peel, stir well, then yolks of eggs and part of flour, sherry and brandy, add fruit dredged with two tablespoonfuls flour, soda, rest of flour and last of all the well beaten whites of eggs. Stir thoroughly. Line a tin with well buttered paper and bake three to four hours in a moderate oven. Let cool in pan. Ice when cold.

### ALMOND ICING

Mrs. R. H. Lee

The whites of three eggs beaten so light that they are perfectly dry; one pound of finely pulverized and sifted sugar; one pound of powdered almonds. Add the sugar gradually to the eggs, after which in same manner add the almonds, vanilla extract to taste and a few drops of rose water. Cover top of cake thickly with this, place in cool oven to dry. Next day cover with plain hard icing made of one cupful icing sugar; white of one egg, beaten lightly. Beat eggs and sugar together by degrees, add lemon juice to taste, and keep beating until mixture will not drop from spoon. Spread a layer on and around the cake. Let it set for some hours add another layer if preferred.





WHITE FRUIT CAKE  
Mrs. P. Herod

One-half pound butter; two cupfuls sugar; one cupful milk, four eggs beaten separate; four cupfuls sifted flour; two teaspoonfuls baking powder; two pounds sultana raisins; one-quarter pound peel; one-half pound almonds, blanched; bake one and one-half hours.

DELICIOUS CHEAP FRUIT CAKE  
Mrs. L. A. Palmer

Cream, one cup sugar; one-half cupful of butter, add three tablespoonfuls of molasses, and one beaten egg; one small tablespoonful of cinnamon; one teaspoonful of mixed spice, one cupful sour milk with one teaspoonful soda; one-half teaspoonful salt; one cupful chopped raisins, chopped figs and citron may be added; two cupfuls of flour adding alternately with milk till all is used. Beat thoroughly.

PLUM PUDDING  
Mrs. W.W. Shaw

One-half cupful breadcrumbs, one cupful flour, one-half cupful suet or butter, one-half cupful molasses, one-half cupful sweet milk, one-half cupful raisins, one-half cupful currants, one tablespoonful grated orange peel, one teaspoonful soda, one teaspoonful salt, one teaspoonful cinnamon, one-half teaspoonful cloves. Steam three hours.

SHORTBREAD  
Mrs. J Munn

Four cupfuls flour, one cupful icing sugar; one pinch salt, one pinch soda, one pound butter. Mix flour, soda, salt and sugar together, sift flour four times. Mix in butter and knead as for bread twenty minutes, roll out and cut in squares. Bake in rather quick oven to light brown.

SCOTCH SHORTBREAD  
Mrs. E. J. Edwards

Two pounds flour; one pound best butter, one-half pound powdered sugar. Chop flour and butter together, first making the butter soft. Knead in the sugar. Roll into a sheet one-half inch thick and cut in shapes with cake cutter.

BUTTER TARTS  
Mrs. F. Morrow

Make a good rich crust and fill with the following: One egg, one cupful white sugar, one tablespoonful butter, one cupful currants, one-half cupful sweet milk, one teaspoonful vanilla.

ENGLISH MINCE MEAT  
Mrs. Goddard

One and one-half pounds of sugar; two pounds apples; one and one-half pounds raisins; one and one-half pounds currants; one and one-half pounds suet; two ounces orange peel; one nutmeg; rind and juice of one lemon.

## CAKES

### DEVIL CAKE

Miss L. McDonald

Cream one cupful sugar and scant one-half cupful of butter with one cupful sour milk. Beat one egg into mixture, then add the following ingredients which have been well sifted together; one and one-quarter cupfuls flour; one-half teaspoonful salt; one scant teaspoonful soda, and three dessertspoonfuls of Fry's Cocoa. Bake in moderate oven thirty-five to forty minutes.

### MARBLE CAKE

Mrs. Robert MacKay

Light Part - One-half cupful butter, one and one-half cupfuls sugar, one-half cupful sour milk, whites of four eggs, two cupfuls flour, one-half teaspoonful of soda, one-half teaspoonful lemon.

Dark Part - One-half cupful butter, one cupful brown sugar, one-half cupful sour milk, yolks of four eggs, two cupfuls flour, one teaspoonful soda, one-half teaspoonful allspice, one teaspoonful nutmeg, one teaspoonful each of cinnamon and cloves.

Put alternate spoonfuls of each part into a buttered cake tin and bake slowly.

### ALMOND CAKE

Mrs. H. A. Jackson

Beat four ounces of butter to a cream with four ounces of sugar, gradually add four well beaten eggs, then add ten ounces flour, one teaspoonful of baking powder, one teaspoonful almond extract and a quarter pound of ground almonds. Pour into a buttered tin, and bake in a moderate oven for one and one-half hours. When cold cover with boiled frosting, then decorate with chopped almonds.

## QUICK SPONGE CAKE

Mrs. Archibald

Three eggs beaten light, three tablespoonfuls sweet milk, one scant cupful sugar, three tablespoonfuls melted butter, one cupful of flour (well sifted), two teaspoonfuls baking powder, flavouring to suit taste. Bake fifteen minutes.

### LADIES FINGERS

Mrs. E. J. Edwards

One pound butter, one and one-half pounds powdered sugar, twelve eggs, mace and nutmeg to taste, flour to roll out stiff. Are mixed like sponge cakes, but dispensed upon the paper in long narrow cakes. They are very nice dipped in chocolate icing or caramel.

### SPICE CAKE

Mrs. A. E. Walker

Two eggs, one cupful sugar, four tablespoonfuls melted butter, one and one-half cupfuls flour, one-half teaspoonful each of cinnamon, cloves and nutmeg, one-half cupful of molasses, one-half cupful sour milk, one teaspoonful soda. Bake in three layers and spread jelly between.





## COOKIES

### PEANUT COOKIES

Mrs. John Beaton

Two tablespoonfuls butter, one teaspoonful baking powder, one-quarter cupful sugar, one egg, one-quarter teaspoonful salt, one tablespoonful milk, one-half cupful flour, one-half cupful finely chopped peanuts, one-half teaspoonful lemon juice.

Cream the butter, add sugar, beaten egg and mix and sifted dry ingredients. Then add milk, peanuts and lemon juice. Drop from a teaspoon on unbuttered baking sheet one inch apart and place half a peanut on top of each. Bake in a slow oven twelve - fifteen minutes. This recipe makes thirty cookies.

### SCOTCH COOKIES

Mrs. D. H. Campbell

Three cupfuls flour, one cupful butter, sift one teaspoonful soda, two teaspoonfuls cream of tartar into the flour; add one and one-quarter cupfuls brown sugar, rub smooth with the hands; add three eggs, beaten lightly, to mix up with.

### GINGERSNAPS

Mrs. A. B. Ward

One cupful molasses, one-half cupful sugar, one-half cupful butter or lard, one tablespoonful ginger.

Mix together and let come to a boil and add one scant teaspoonful soda; it will foam; then add flour to make it quite stiff; set aside to cool. If lard is used, do not forget a pinch of salt or they will be flat. Roll and cut out in thin cakes and bake.

## SWEETHEARTS

Mrs. Marriot

Roll some rich pastry as for pies and cut in heart shapes. From one-half the hearts cut out three little rounds about as large as a quarter of a dollar. Bake all the hearts and on the whole ones spread jelly beaten to make it smooth. Lay the cut ones on top and press lightly together and the jelly will come through the openings. Delicate for teas.

### 1,2,3,4, CAKES

Mrs. J. H. Wilson

One cupful butter, two cupfuls sugar, three cupfuls of flour, four eggs. Add a little more flour to roll out very thin on sugar. Cut any shape and bake quickly.



## MUFFINS, TEA ROLLS, ETC.

### SWISS ROLLS

Mrs. J. McCannell

Two cupfuls milk, two tablespoonfuls sugar, one-quarter cupful butter, one cake yeast, one and one-half quarts flour, one teaspoonful salt. Scald the milk and melt the sugar and butter, when lukewarm, add dissolved yeast. Stir in the flour and set in a warm place to rise. Turn out on a floured bread board, roll till an inch thick, brush the top over with melted butter and roll up the sheet of dough like a rolled jelly cake. Press it tightly into shape and cut from end slices about an inch thick, put the slices cut side up into a greased pan and let rise until they have doubled in height. Bake in a hot oven twenty minutes and brush over with melted butter.

### CHEESE PUFFS

Put two tablespoonfuls butter and a cupful of water in a saucepan over the fire. Mix together four tablespoonfuls each of flour and grated cheese, one-half teaspoonful salt and a pinch of cayenne and when the water boils, stir in this mixture, stirring rapidly for three minutes. Remove from fire and let cool. When cold add two eggs, one at a time unbeaten, beating each in very vigorously. Beat the batter hard for five minutes, then drop by teaspoonful on a buttered baking tin, leaving quite a space between each puff. Bake in a moderate oven from twenty to twenty-five minutes. Serve hot.

## CHEESE STRAWS

Mrs. S. C. Burton

One pound flour, one-half pound butter, one-quarter of a pound of lard, one and one-half cupfuls grated cheese, one teaspoonful baking powder, one-quarter teaspoonful cayenne, one-half teaspoonful salt. Moisten with enough cold water to be like pie crust, roll out one-quarter inch thick and cut in long sticks, bake in quick oven.

### OATMEAL GEMS

Mrs. Patterson

One and one-half cupfuls oatmeal, one small cupful white flour, one small cupful brown sugar, one-half cupful coconut, one-half teaspoonful salt, two eggs, one-half cupful butter, one teaspoonful vanilla, two teaspoonfuls baking powder, one cupful chopped walnuts.

### POPOVERS

Mrs. O. S. Batchelor

Beat two eggs well with one-half teaspoonful of salt. Add two cupfuls of milk and one teaspoonful of lemon flavouring. Have two cupfuls of flour well sifted in another bowl to which add half the first mixture and beat until free from lumps. Then add remainder of the mixture and beat well with egg beater. Pour into twelve deep well buttered, hot patty pans and bake in a very hot oven about twenty minutes or until golden brown. Serve hot with jam or butter and sugar.

NOTE: the pans must be hot, the batter well beaten and the oven very hot, or the cakes will not "pop".



## PIES

### CHOCOLATE PIE

Place in a saucepan one cupful hot water, one-half cupful of grated chocolate; butter size of an egg, one tablespoonful of vanilla; one cupful sugar; yolks of two eggs; two tablespoonfuls cornstarch. Mix well, cook until thick, stirring constantly. Turn into pie dish lined with puff paste. Cover the top with the beaten whites sweetened with two tablespoonfuls of sugar. Lightly brown.

### SQUASH OR PUMPKIN PIE

Mrs. John Herchmer

Two cupfuls of boiled squash or pumpkin, three quarters of a cupful of brown sugar, three eggs, two tablespoonfuls of molasses, one scant tablespoonful ginger, one teaspoonful cinnamon, two tablespoonfuls melted butter, two teacupfuls milk, a little salt.  
Makes two pies.

### ORANGE PIE

Mrs. Wyse

Grate the rind of two oranges, being careful not to grate below the bright yellow part as the flavour would thereby be made bitter, into one-half pint of water and bring to a boil. Beat together one teaspoonful of butter, the yolks of two eggs and one cupful white sugar, until light. Add one heaping tablespoonful of cornstarch, the juice and pulp of oranges and blend into the boiling mixture. Pour this into pie tin lined with pie crust.

## CREAM PIE

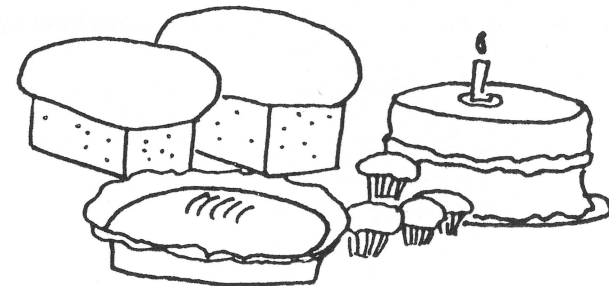
Mrs. D. H. Campbell

Scald one pint of milk in double boiler. Beat yolks of two eggs with three tablespoonfuls sugar, add two tablespoonfuls cornstarch wet with a little milk. Stir into scalding milk. When cool, flavour with lemon or vanilla. Line a plate with pie crust and bake. Fill with cream and cover with frosting of whites of two eggs beaten with two tablespoonfuls sugar. Brown frosting in a quick oven. Serve cold.

### PLAIN PIE CRUST

Mrs. A. C. Taylor

Two and a half cupfuls sifted flour, one cupful shortening, half a teaspoonful of baking powder, sifted through the flour. Mix together with half a teacupful of cold water or enough to form a rather stiff dough. Mix as little as possible, just enough to get it into shape to roll out. It must be handled very lightly. This rule is for two pies.



## PUDDINGS

### DELICATE PUDDING

Mrs. F.J. Fulton

Two-thirds cupful of orange juice; one-third cupful of lemon juice; one cupful water; three tablespoonfuls of corn starch, a pinch of salt, sugar to sweeten, whites of three eggs. Put the fruit juice and water on fire in double boiler. Sweeten to taste. When hot stir in cornstarch dissolved in a little cold water. Cook thirty minutes, stirring often and add the whites of the eggs stiffly beaten, mix well. Remove from fire and turn into wetted molds. Serve cold with a sauce made of the egg yolks, one pint of milk, three tablespoonfuls of sugar and flavouring.

### MARSHMALLOW PUDDING

Mrs. E. Stuart Wood

The whites of three eggs beaten stiff; one cupful sugar; two teaspoonfuls gelatine dissolved in half a cupful of hot water. When the gelatine is dissolved, beat the sugar and eggs into it, flavour to taste. Beat twenty minutes and set away to cool. For sauce beat the yolks of the three eggs, stir into a cupful of milk with two tablespoonfuls of sugar. Cook to the consistency of cream.

### BROWN BREAD PUDDING

Mrs. J. R. Vicars

Whip one pint of cream quite stiff, sweeten to taste, with powdered sugar, flavour with a little vanilla and a small glass of sherry. Sift six ounces of coarse brown bread through a colander. Mix them lightly with the whipped cream. Pile high in the dish and strew with a few blanched and finely chopped almonds and two dozen candied cherries, which have been soaked in a little brandy.

### PINEAPPLE PARFAIT

Mrs. J. S. Burris

Put a cupful of granulated sugar on the fire with a quarter of a cupful of water and cook for five minutes. Beat well the yolks of six eggs and stir them into a hot syrup. Return the mixture onto the fire in a double boiler and cook until it coats the spoon. Remove from the fire, strain, and beat until cold, then add two cupfuls of smooth pineapple pulp, one teaspoonful of almond extract, and one pint of whipped cream. Put all into a mold and bury in ice and salt for four hours.





## SOUPS

### CREAM TOMATO SOUP

Mrs. A. E. Walker

Four good sized tomatoes peeled and cut up. Cover with water and boil until tender. Add one-half teaspoonful soda. When done effervescing add one and one-half pints of milk, two crackers rolled fine. Salt and pepper to taste and small lump of butter.

### GOOD VEGETABLE SOUP

Mrs. J. M. Benzie

Boil shank day before, skim all grease off in morning. Chop one very small turnip, a little cabbage, one apple, one large potato, one cup celery, one carrot, a little barley and a little tomato and one clove. Boil for one and one-half hours, one-half hour before taking off, add salt and pepper and one large onion.

### CREAM OF PEA SOUP

Mrs. R. E. Smith

One pint of stock, one cupful of cream, one can of peas, yolks of two eggs, one sprig of mint, pepper and salt to taste, one teaspoonful sugar. Simmer ten minutes. One tablespoonful butter, one-half tablespoonful of flour and cream mint and parsley, a dash of celery salt, mash peas and strain. Add eggs last and serve at once.

### CORN SOUP

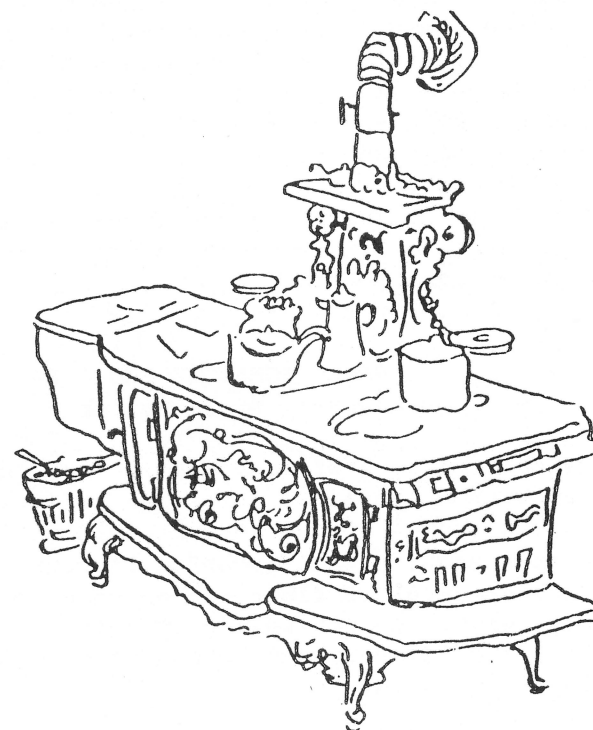
Mrs. H. L. Morley

Chop or grate a cupful of corn, add a slice of onion, a dessertspoonful of butter, and a teaspoonful flour. Boil these in a pint of milk ten minutes and then pour it upon an egg lightly beaten stirring briskly. Add salt and pepper to taste. Strain back into saucepan, boil up once, take from fire immediately or egg will curdle. Serve with small oyster crackers.

### CHEESE AND ONION SOUP

Mrs. Grindrod

One large onion cut fine. Boil in very little water, add one quart of milk, and one-half pound cheese, grated or cut fine; pepper and salt to taste.



## VEGETABLES

### ESCALLOPED PARSNIPS

Miss Lauder

Mash one pint of boiled parsnips, add two tablespoonfuls of butter, one teaspoonful of salt, pepper and one-quarter cup of cream. Mix all together and cook over the fire till it bubbles; turn into a buttered dish; cover with breadcrumbs and bits of butter and brown in oven.

### CREAMED CHEESE POTATOES

Mrs. Hugh McLean

One quart of potatoes peeled and diced; one pint of milk, butter size of walnut; one tablespoonful of flour (heaped); one heaping cupful of grated cheese; one teaspoonful salt; one-quarter teaspoonful of pepper. Have the potatoes in about one and one-half inch squares, boil in salted water and drain. While potatoes are boiling put butter in a saucepan, heat, then stir in flour, add the milk and stir until it boils, then add the cheese, salt and pepper. Put potatoes into a baking dish, pour sauce over, lifting the potatoes carefully to let the sauce cover all the pieces. Then grate a little cheese over the top and set in a quick oven to brown.

### BAKED TOMATOES AND CORN

Mrs. F. J. Fulton

Select tomatoes of medium size, cut out the stem end without peeling, scoop out the pulp and drain. Take a cupful of cooked corn, mix with two half beaten eggs, a tablespoonful of butter and a tablespoonful of flour rubbed to a smooth paste with milk. Season well with salt and pepper. Fill the tomatoes and bake in a moderate oven for twenty minutes.

### GERMAN SALAD

Mrs. A. C. McCulloch

Six boiled potatoes, three apples, three small onions, two hard boiled eggs. Chop potatoes, apples and onions finely, mix thoroughly with mayonnaise and garnish with the eggs.

### STEWED CELERY

Mrs. McCannell

Cut the coarse pieces of celery and ends of stalks, using the fine leaves also, into inch or less pieces. Pour over boiling water to nearly cover. Boil until tender, about one hour; if water is not all absorbed pour off and add one pint white sauce. Season to taste with salt and pepper.





## FISH

### SALMON PUFFS

Mrs. T. Waugh

Two eggs well beaten, three tablespoonfuls melted butter, one tablespoonful lemon juice, one tablespoonful cream, six biscuits rolled fine, one can salmon, salt and pepper to taste. Stir all together and put in a mould and steam one hour. Serve with white sauce.

### SALMON MOULD

Mrs. F. Bond

One can salmon, two tablespoonfuls melted butter, three eggs, two small cupfuls bread crumbs, one cupful milk, chopped parsley and onion, salt and pepper. Pour all watery stuff of salmon, add eggs well beaten, melted butter, milk, breadcrumbs, parsley and onion, salt and pepper. Steam one hour in buttered mould.

### SALMON SOUFFLE

Mrs. F. Bond

Drain liquid from one can of salmon, removing skin and bones. Blend one tablespoonful butter and two tablespoonfuls cornstarch in a saucepan over the fire, gradually add three quarters cup milk, stirring until thick and smooth. Season with salt and pepper. Remove from fire, add yolks of three eggs, well beaten, one teaspoonful lemon juice, one-half teaspoonful onion juice, one teaspoonful chopped parsley and one-half cupful bread crumbs. Fold in beaten whites of eggs, turn mixture into buttered baking dish and bake in moderate oven one-half hour. The baking dish should be placed in a pan of water. Garnish with parsley.

## ESCALLOPED FISH

Mrs. Irwin

Take cold boiled halibut, pick into small pieces. Mix with a rich cream sauce, put into a baking dish, cover the top with cracker crumbs and bits of butter. Bake until a nice brown.

### SALMON LOAF

Mrs. Wyllie

One can salmon, drain well, remove bone and skin, one cupful bread crumbs mixed with two tablespoonfuls melted butter, season and salt and pepper, put in buttered dish and steam one hour. Sauce for salmon loaf; one tablespoonful butter, one tablespoonful flour browned together, add one cupful milk, the liquor off the salmon, two tablespoonfuls tomato catsup, pepper and salt. Turn the fish loaf out on a platter, cover with sauce; serve hot.



## MEATS AND ENTREES

### MOCK DUCK

Mrs. J. R. Michell

Take a round of beefsteak an inch and a half thick, salt and pepper; stuff with bread dressing; tie well or skewer; roast one hour basting well. Dressing - two cupfuls grated breadcrumbs, one teaspoonful salt, one-half teaspoonful pepper; one small onion chopped fine, two large tablespoonfuls butter, seasoned with summer savory.

### FOR LUNCHEON OR TEA

Mrs. M. S. Wade

A good way to use scraps of cold chicken, ham, veal, etc. is to grind in a meat chopper and season with salt and pepper. Beat one egg and mix with the meat. Prepare some baking powder biscuit dough, roll thin, and cut in rounds with biscuit cutter. Moisten edges of half and on each of these place about a dessertspoonful of the meat mixture; then another layer of dough. Pinch the edges together and fry in hot fat as for doughnuts.

### BEEF LOAF

Mrs. J. C. Sheilds

One and one-half pounds of steak finely minced; six crackers, rolled fine; two eggs well beaten; one-half teaspoonful finely chopped onion. Salt and pepper to taste. Mix all the ingredients carefully in a bowl. Press firmly into a well greased bread pan. Put specks of butter on top. Then add boiling water to cover the loaf about one-half inch. Cook in a fairly hot oven till brown - about three-quarters of an hour. When cool turn out of the pan, garnish with parsley and cut thin for a luncheon dish.

### FRICASEE OF CHICKEN

Mrs. A. E. Sjoquist

One large chicken; one lemon; one ounce butter; one onion; one tablespoonful of flour; bunch of parsley; white pepper, salt; nutmeg; one-half pint of stock and yolks of two eggs. Cut the chicken into neat joints, throw them into boiling salted water for two or three minutes, then take out and rub each piece with the lemon cut in half. Melt butter in saucepan, and add the flour, seasoning, stock and vegetables. Stir these ingredients until they boil then put in chicken and stew gently. When cooked remove onions and parsley, lay the pieces of chicken neatly on a dish, beat the yolks of eggs with the juice of lemon and stir them into the sauce off the fire, then pour the sauce over the chicken.

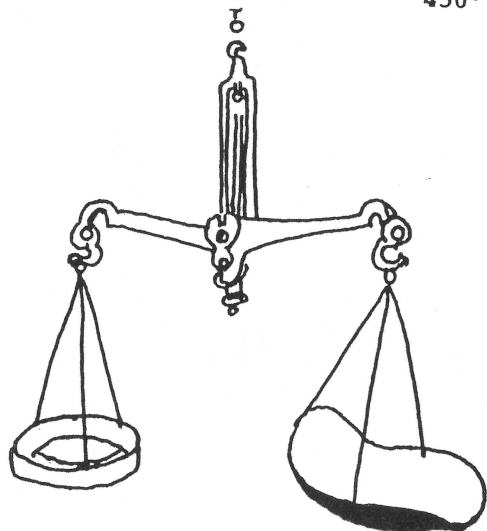


# TABLES OF WEIGHTS AND MEASURES

Two cups of solid butter	1 pound
Two cups granulated sugar	1 pound
Four cups of flour	1 pound
One teacupful	8 ounces
One round tablespoon of butter	2 oz. or 1/4 cup
Butter size of an egg	2 oz. or 1/4 cup
A pinch of salt	1 salt spoonful
Four saltspoons	1 teaspoon
Three teaspoons	1 tablespoon
Four Tablespoons	1/4 cup or 1/2 gill
Two gills	1 cup
One dessertspoon	2 teaspoons
One heaping tablespoon of sugar	1 oz.
One tablespoon of liquid	1/2 oz.
Four tablespoons	1 wine glass
Butter size of a walnut	1 oz.

## OVEN TEMPERATURES

Slow	250° - 350°F
Moderate	350° - 400°F
Hot or Quick	400° - 450°F
Very Hot	450° - 550°F



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Pioneer Recipes Book Compiled by -

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***Write Extra Recipes Here:***

University College of the Cariboo

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