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ing the soft dough, is Meredith Allen, daughter of the Max Allens. Mrs. Allen, her mother, headed the cookbook project. (NEWS Photos by Maher)

# Their Favorite Recipes

## B'nai B'rith Women Publish Kosher Cookbook

By MARY ANN JOHNSON

A handbook for kosher cooks is being introduced this week by Pine Tree Chapter, B'nai B'rith Women.

The cookbook, which chapter members are selling, includes many old Jewish family recipes — from Europe as well as from America.

There is an apple cake recipe handed down to Mrs. Max W. Allen, project chairman, by her grandmother, Mrs. Ida Markow. "Shaina Libers Challa," (or "my pretty love's bread") is from an inherited recipe contributed by Nancy Offenber, whose grandmother taught her how to make it on her farm at Orono.

Then "potato Latkes" (pancakes) is a Chanukah recipe contributed to the cookbook by Mrs. Alfred E. Todtman, its editor.

The book was worked on for three years. Seventeen local B'nai B'rith members sent out queries to 17 states, asking for recipes, most of which were contributed by their friends, relatives and former Bangor residents.

Here are some samples of their kosher cooking.

### APPLE CAKE

1 c. sugar  
4 eggs (separated)  
½ c. oil  
½ orange and rind  
1½ c. flour  
½ tsp. salt  
1 tsp. baking powder

Grate 5 or 6 apples and squeeze out juice. Add 1 tsp. cinnamon, ½ cup sugar, 1 c. raisins, ½ c. nut meats to apples. Beat 4 egg whites, add 2 yolks, sugar, oil, orange and rind, flour and baking powder. Put ½ of the batter in oblong pan. Cover with filling. Add remaining batter. Sprinkle with confectioners sugar when baked in a 350 degree oven for 40-45 minutes.

### MY SHAINA LIBER'S CHALLA

Yield: 40 rolls or 20 rolls and 1 Challa  
12 c. flour

Place in large pan. In another bowl take 10 cent size yeast and 1 c. very warm water. Stir with spoon until yeast melts. Add 1 Tbsp. sugar to water and yeast. Pour this into flour. Sprinkle a pinch of the flour onto the yeast water mixture. Let stand 10 minutes until it rises and looks bubbly. While waiting: Pour 1 c. sugar, 2 round



**CULINARY CAPER** — Mrs. David Adelman prepares Creole Lamb Chops, a recipe featured in the Pine Tree Chapter cookbook.

about 5 minutes.) Return dough to pan. Cover palm of hand with a little oil, pat over top of dough. Cover with clean towel. Put on a warm radiator or on top of a 350 degree oven. Let set 1½ hours. Dough looks "blistered" and have risen. Remove to floured board. Punch down and knead well, dough will snap as you knead. Now ready to bake in shapes desired:

Oil pans-cup cake tins used. Put into small bowls mixes desired, such as: 2 onions, diced and blended with 1 tsp. oil, 2 Tbsp. oil; 2 Tbsp. sugar; poppy seeds or sesame seeds.

Kuchens and Pletzlach (Soft bun or hard bread). Onion: Use small amount of dough; knead; flatten with fingers; dip in onion mix; turn upside down on tray — will resemble small round ball.

Sweet: Same as above, but dip in oil, then sugar in place of onion.

Plain: Same as above, place upside down on tray.

Shapes: Knead and roll between hands. Make knots. Tuck under both ends.

Challa: Make long rolls. Cut into three lengths. Pinch three ends together to form one; braid into shape.

Rose: Make long rolls; braid as for Challa but make small; tuck ends under; place in cutcake tin.

Bagel: Make long roll; tie into loose knot; don't pull tight. Twist ends around.

Muffins: Place 3 round balls of dough into muffin tins.

Pletzlach: Cut off dough and knead; roll out flat, dip in onion and put on tray.

Rolls should be about size of large carrot around and about 12 inches long. Make ends a little smaller than the middle.

Fill trays: let set in warm place, cover with towel, allow to rise well. Will rise double. When risen, "paint" all rolls and challa with a blend of 2 eggs, well beaten. Egg mixture gives dough a shine. Add poppy seeds or sesame as desired. Bake 350 degrees approximately 20 minutes. Should look golden brown. Bake challa 45-55 minutes or longer if crustier bread is desired.



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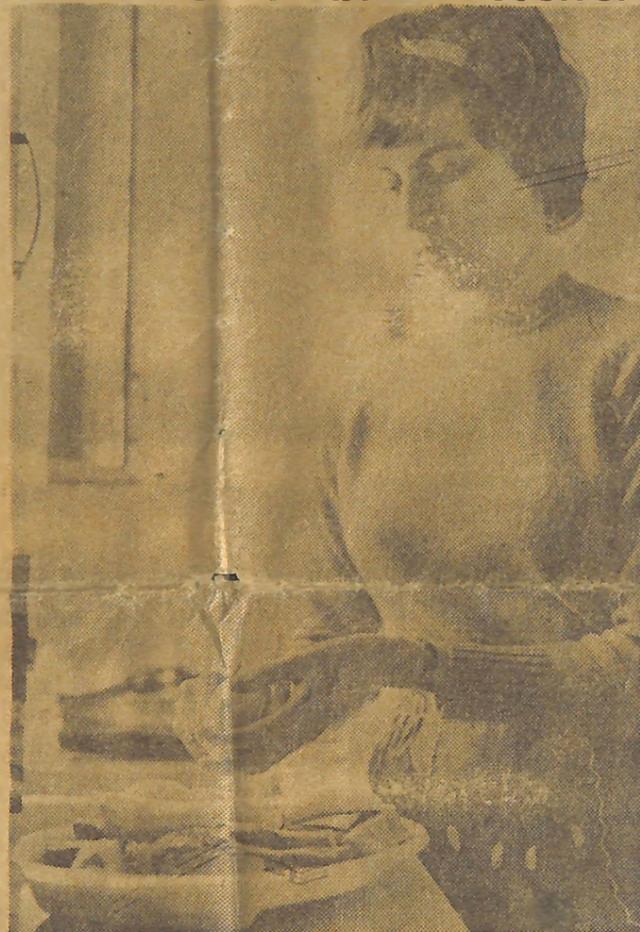
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**CULINARY CAPER** — Mrs. David Adelman prepares Creole Lamb Chops, a recipe featured in the Pine Tree Chapter cookbook.



**PROUD RESULT** — Mrs. David Adelman, Mrs. Max Allen and Mrs. Isadore Rolnick (from left) show some of the food they've just finished cooking. The results of their labors include bread, rolls, meat krep-lach, brownies, cranberry nut-bread, walnut cake, applesauce cookies, jelly roll and fruitcake. Although the cookbook uses kosher ingredients, the women emphasize that it is "not for Jewish persons only." The several sections of it are on appetizers, pickles and soups; vegetables, molds and salads; dairy and fish; meat and poultry; pud-

dings and kugels; breads, rolls and coffee cakes; and cakes, cookies, pies and candy. There are also foods for special holidays.

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We surveyed three stores about the sale of war toys. "What do you want to know for?" one person demanded. "Why are you trying to stir things up? We put on our counter what the people see advertised. Why don't you write about educational toys? Don't use my name."

### Out At Dow AFB

The dads out at Dow Air Force Base have a third point of view. Capt. David G. Thomas, father of a six-year-old gun collector, says his son Johnny is completely happy with the toy variety of guns.

"No, Johnny, you can't have Daddy's gun," he explained to his son in a heart-to-heart talk. "That's a real gun and not for children." When Johnny grows up he plans to give up gun collecting and become a doctor.

### Top-Of-The-Head

The quick question, "What do you think of war toys for children," frequently brings a top-of-the-head answer. A physician's secretary replied, "I think they're awful!" Another response was, "You won't want to talk to me. I'm against them."

But when time permits a considered reply, the little playmate across the street wins.

Dr. Lillian Brush, lecturer in psychology at the University of Maine, said in effect: "No purpose is served to deny a child war toys when his playmates have them. Besides, you don't know as a

men, Dr. Miles and Dr. Brush, authorities in the field of psychology, view the war toy with calm detachment.

Dr. Miles believes in dramatic play affording an outlet for a child's tensions, but that the war games of children are not mentally stimulating.

"I wouldn't deny a child a war toy that he wanted. But I would try to de-emphasize its importance," she said.

Dr. Brush is more concerned with the attitude of the parents than with the gun. The kind of dinner table conversation which advocates "killing the Commies" or "shooting all the Reds" does far more harm than child's play with a toy gun, in her opinion.

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... Margaret Merrill.

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