





## RECIPES

Compiled by

## The Benevolent Committee

of

## Arbutus Chapter No. 45 ORDER OF THE EASTERN STAR

1923

"He who eats what's cooked our way, Will live to eat some other day."

"If you a cook aspire to be And offer no resistance. Come learn of us. and you will see We'll lend you our assistance. Of all good things which you may need, We give the best, we do indeed, Our cakes and pies we gladly share We've plenty here, dainty and rare. "Sweets to the sweet," mind what you're taught, With cooking lore our book is fraught. If you but follow the lessons we give. 'Twill help you, good friend, the better to live. This book, with care was arranged for you, And if you will follow its recipes true, You'll revel in everything good to eat, Pastry and pickles, fish and meat. So send for it quickly and do not delay, And study it carefully day after day."