

What's Cooking?

By SARA SEWELL

CANTONESE CHICKEN
1 large broiler-fryer, cut-up chicken or chicken breasts or pieces (3½ lbs.)
½ cup ketchup
3 Tablespoons honey
3 Tablespoons soy sauce.
2 Tablespoons lemon juice
1 Tablespoon cornstarch
2 Tablespoons water
Arrange chicken pieces in single layer, skin side up in 9"x13" baking pan. Mix together ketchup, honey, soy sauce and lemon juice and pour over chicken. Let marinate for 2 hours or longer in refrigerator. Cover pan with foil and bake at 375 degrees for 30 minutes. Uncover pan, baste with sauce and continue baking for 30 minutes longer or until chicken is tender. Pour off pan juices and bring to boil. Mix cornstarch and water and stir in, cooking until sauce is thickened. Arrange chicken on dish and spoon over sauce. Serves 6. You may serve chicken without sauce if

preferred.—From the files of Mrs. Don McKinnon, Burnaby, B.C.
This chicken is delicious served with rice and mushrooms, or with a white and wild rice combination.
OATMEAL FUDGE BAR
Oatmeal Layer
1 cup soft shortening
1 cup brown sugar, packed
1 egg
½ cup walnuts, chopped
1½ cups flour
½ teaspoon baking soda
½ teaspoon salt
2 cups rolled oats
½ teaspoon vanilla
Fudge Layer
1 (6 oz.) pkg. chocolate chips
1 Tablespoon butter
One third cup Borden's Eagle Brand Sweetened Condensed Milk
¼ teaspoon salt
½ cup walnuts, chopped
1 teaspoon vanilla
Grease 9"x9" pan. Cream shortening and sugar. Beat in egg and vanilla. Sift in flour,

salt and soda. Mix well. Add oats and nuts. Remove 1 cup for topping. Press rest in pan. Melt together chocolate chips, butter milk and salt. Remove from heat. Add nuts and vanilla. Sprinkle mix over oats. Sprinkle on topping. Bake 25 minutes at 350 degrees Fahrenheit.—From the files of Mrs. Don McKinnon, Burnaby, B.C.

WW I veterans

slate party

Gresham barracks and auxiliary of World War I veterans No. 2614 will hold their potluck dinner and Christmas party at noon, Dec. 7, at the Veterans Memorial Building on Powell Boulevard. There will be a short business meeting following the dinner. There will be a gift exchange. Canned food for the needy will also be collected.

Adventists begin Christmas caroling Saturday

The Seventh-day Adventist Church will kick off their 70th Annual World Service Appeal Saturday evening, Dec. 8. The Sandy Community can look forward to the old-fashioned Christmas caroling so long associated with this yule-time event.
Funds contributed locally go in part to assist local Sandy-area residents. During the past year more than 300 baskets of food, with a value of \$15 to \$20 have been distributed locally. Also, according to Mrs. Evelyn Olinger, Dorcas Society director, members of the Sandy Church make three or four quilts each week, more than 150 quilts this past year. They only have four left on hand.
Families in need of clothing, shoes, kitchenware, or other basic help can receive it from the Sandy Adventist Center across from the Adventist Church. The Center is open to assist local residents in need any Tuesday from 10 a.m. to 2 p.m.
The goal for this year is

\$2,200. It is hoped this amount will be reached within one week. Christmas caroling will begin December 8 and continue until their goal is reached.
"The purpose of this project," said Edmund Brown, pastor of the Sandy Seventh-day Adventist Church, "is to give the people of the community a chance to get acquainted with the world-wide scope of the church's work and give each one an opportunity to contribute its support."
The World Service Appeal is an annual campaign, conducted since 1903. It is intended to acquaint the public with the activities of the church and give those who desire an opportunity to contribute. Funds help Adventist welfare, disaster relief, educational, medical and other mission work in the United States and 192 other countries.
The annual World Service Appeal is the only public appeal for funds made by the Seventh-day Adventist Church. Each year less than seven per cent of

the total budget for Adventist world community service programs is received through this community fund drive. This year's goal is 12 million dollars.
Contributions are allocated to local, state, national, and international programs according to needs. Overseas the church supports mission schools, leper colonies, clinics, medical launches, hospitals, and emergency air service giving the only access to medical help that thousands of persons have.
The 2.3 million member denomination operates the largest foreign mission program of any Protestant church, as well as the largest worldwide Protestant school system. They help educate more than 400,000 students in 4,430 schools. Some of these are in areas where no public schools are available.
In describing some of his church's unique activities, Don Walters, directing this community project, mentioned the

student missionary program. Some 165-170 Adventist college students spent this last summer as foreign missionaries on a volunteer basis. They engaged in widely varied activities. Students assisted in teaching English, working in hospitals, youth camp, and in the construction of schools and churches.

Funds from this year's campaign will help maintain the regular services provided by the church's hospitals, schools, camps for the underprivileged and blind, and similar projects and help purchase relief supplies for large-scale disasters.

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