

Cakes and Desserts

There is no excuse for poor cooking or lack of variety in the menu in these days of multiple cook books. Almost every firm with any important food product to sell issues a cook book giving the most approved ways in which to cook that particular article of diet. Many of these may be had for the asking or at any rate for the postage. The macaroni people distribute one that tells ways and means of using macaroni that you and I never dreamed of. Several of the flour mills publish cook books that are really very excellent. Some of the fish concerns get out attractive little booklets advertising their particular line of goods and giving valuable hints on the care and cooking of fish. Even the Dominion Molasses Co., the distributors of "Domol-co" and "Gingerbread Brand" molasses, let us into the secret of cooking successfully with molasses. Isn't it about time some of our domestic science experts published a wholly Canadian cook book. There are many very fine ones published in the United States and as most of our cooking problems are the same, these books answer very well with this exception, most of the recipes call for pastry flour, and that requires so much less moisture than our "full of gluten" bread flour, one has to experiment a time or two to get the right amount of flour, at least I have found it so.

Sure Gingerbread

This is a really excellent gingerbread, moist and soft.

$\frac{1}{4}$ cup sugar.	$\frac{1}{4}$ cup molasses.
$\frac{1}{4}$ cup butter or dripping.	$\frac{1}{4}$ cup sour milk.
$\frac{1}{4}$ cup flour.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{4}$ small teaspoon soda.	$\frac{1}{4}$ teaspoon cinnamon.
$\frac{1}{4}$ teaspoon cloves.	$\frac{1}{4}$ teaspoon ginger.
	1 egg.

Mix the sugar, molasses and sour milk together, add the salt and the soda dissolved in a very little hot water. Then the beaten egg, the flour and spices and lastly the melted shortening.

Soft Molasses Gingerbread

1 cup molasses.	$\frac{1}{4}$ cup sour milk or buttermilk.
1 cup butter.	2 cups flour.
1 egg.	1 teaspoon ginger.
$\frac{1}{4}$ teaspoon salt.	1 teaspoon soda.
$\frac{1}{4}$ cup sugar.	

Cook butter, molasses and sugar in a saucepan until the boiling point is reached. Cool slightly and add the egg well beaten, the sour milk and soda and lastly the flour and spices. Bake in a moderate oven.

Baked Lemon Pudding

This is almost as good as lemon pie.

1 lemon, rind and juice.	$\frac{1}{4}$ cup sugar.
1 cup milk.	2 eggs.
1 teaspoon cornstarch.	Stale bread.

Remove the crusts from some pieces of stale bread and line a pudding dish with same. Grate rind of lemon, add the strained juice and sugar and spread the mixture on the bread. Put a layer of bread on top of this. Make an unsweetened custard of the scalded milk and blended cornstarch. When thickened pour over the yolks of the eggs, beating all the time. Pour this over the bread and bake for 20 minutes. Make a meringue of the white, put on top of pudding and brown.

Snow Pudding

1 pint water.	2 lemons.
2 tablespoons gelatine.	1 cup sugar.
3 eggs.	

Put sugar and water on to boil, add lemon juice. Remove from fire and add the gelatine which has been soaking in cold water, stir until gelatine is dissolved. As soon as this begins to set beat well and add the beaten whites of the eggs. Serve with custard made of the yolks of the eggs.

Pine Apple Bavarian Cream

1 pint pineapple, or	2 tablespoons gelatine.
1 can pineapple.	$\frac{1}{4}$ cup water.
1 pint whipped cream.	3 egg whites.

Cut the pineapple in small pieces; if fresh pineapple is used it must be stewed until tender in one cup sugar, otherwise the acid in the pineapple will dissolve the gelatine and the mixture will not set. Soak gelatine in cold water and set in pan of warm water or over tea kettle and stir until dissolved. Have the cream and whites of eggs stiffly beaten. Add the gelatine to the pineapple, beating all the time, then fold in the egg whites and cream. Set aside to cool. Turn out of mould and garnish with candied cherries or bits of jelly. The egg whites

may be omitted and a little less gelatine used.

Potato Scones

If you are Scotch these will appeal to you. If you have never eaten scones try this recipe and see if you do not like them.

$1\frac{1}{4}$ cups flour.	2 teaspoonfuls baking-powder.
$\frac{1}{4}$ cupful butter.	$\frac{1}{4}$ teaspoonful salt.
$\frac{1}{4}$ cupful mashed potatoes.	1 egg.

Sift the flour, salt and baking-powder together, and after adding the mashed potatoes rub in the butter lightly. Make a soft dough by adding the egg, well beaten, and, if necessary, a little milk. Make the dough of the right consistency to roll out. If the potato happens to be moist no milk will be required. Divide the dough into three parts and roll into rounds half an inch thick. Cut each of these across twice, so as to make four parts. Bake in a quick oven or on a griddle, and when they are done split and butter them and serve hot.

Sour Cream Cookies

These do not require eggs, so are very acceptable at this time of year. The amount of cream may seem large, but it is more economical than using a cup of butter.

2 cups granulated sugar.	A little nutmeg.
1 teaspoon soda.	2 cups sour cream.
	$\frac{1}{4}$ teaspoon salt.

Flour to roll out.

Mix the sugar and cream together, add the soda dissolved in a very little hot water, then the nutmeg, flour and salt. Keep the materials cold and less flour will be needed and the cookies be more tender.

Marshmallow Filling

Some one asked me the other day for a recipe for marshmallow filling. Can anyone send me one made without marshmallows?

$\frac{1}{4}$ lb. marshmallows.	$\frac{1}{4}$ cup water.
Whites of 2 eggs.	1 teaspoon vanilla.

Put the marshmallows and water in a double boiler over the fire and stir until melted. Take from the fire and pour while hot over the well beaten whites of two eggs. Add vanilla.

Lemon Filling

1 egg.	$2\frac{1}{4}$ level tablespoons flour.
1 cup sugar.	$\frac{1}{4}$ cup lemon juice.
Grated rind 2 lemons.	1 teaspoon butter.

Mix sugar and flour, add grated rind, lemon juice and egg slightly beaten. Melt butter, add mixture and stir constantly until boiling point is reached. Care must be taken that mixture does not burn.

Fruit Filling

A quite ordinary cake may be greatly improved by a good filling. The fruit filling is perhaps the most satisfactory.

$\frac{1}{4}$ cup dates.	1 lemon (rind and juice).
$\frac{1}{4}$ cup raisins or figs.	
$\frac{1}{4}$ cup sugar.	

Put fruit thru chopper, add water to barely cover the juice and rind of one lemon. Simmer slowly until the whole forms a paste. Add sugar, cool slightly and put between layers of cake.

Prune Jelly

This goes well after a heavy dinner.

$\frac{1}{4}$ lb. prunes.	juice.
1 heaping tablespoon gelatine.	$\frac{1}{4}$ cup water.
2 tablespoons lemon.	1 cup boiling water.
Juice of 2 oranges.	1 cup fruit juice.

Wash the prunes well, put in small basin, add half cup water and cook until tender. Remove stones and put prunes in moulds, cups will do. Soak the gelatine in cold water, then dissolve in the cup of boiling water. Add the fruit juice and sugar to taste. Strain over the prunes and set aside to harden. Serve with whipped cream.

"Three" Ice

This is new and A1.

3 ripe bananas.	3 cupfuls water.
3 oranges.	3 cupfuls sugar.
3 lemons.	2 egg whites.

Put bananas thru a potato-riper or vegetable-press. Extract the orange and lemon juices. In the meantime boil together the sugar and water for ten minutes and, when cool, add the bananas and fruit juices. Pour into a freezer, add the egg-whites beaten stiff, and freeze in three parts ice to one part salt. This makes about two quarts and a half.

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