September, 1905.

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Useful Information.

While the "natural cook," like the poet, is "born, not made," anyone with common sense and an inclination to use it can achieve success. Not in a single bound, however, There is an a, b, c, d in cooking, as in every other art, but, the rudiments mastered, the "frills" will follow.

The born cook seems to tell by intuition when to put in and when to withhold. She knows the proper combination of flavors, and the golden moment which marks just the difference between underdone, perfect, or overdone. The "made cook," and that describes the majority of us, must go by "rule of thumb," until experience makes perfect. Here, for instance, is a "table" that should be memorized or else written out and hung up in the kitchen for easy reference: Three even teaspoonfuls dry material

makes one even tablespoonful. Sixteen tablespoonfuls liquid make

one cupful. Twelve tablespoonfuls dry material

make one cupful. Two cupfuls make one pint. Four cupfuls make one quart.

One dozen eggs should weigh one

and one-half pounds. Use one teaspoonful soda to one cup-

ful molasses. One teaspoonful soda to one pint

sour milk. Three teaspoonfuls baking powder to

one quart of milk. One-half cupful of yeast or onequarter cake compressed yeast to one

pint liquid. One teaspoonful extract to one loaf

plain cake. One teaspoonful salt in two quarts

of flour. One teaspoonful salt to one quart of

soup.

One scant cupful of liquid to two full cupfuls of flour for bread. One scant cupful of liquid to two

full cupfuls of flour for muffins. One scant cupful of liquid to two

full cupfuls of flour for batters. One quart of water to each pound

of meat and bone for soup stock. Four peppercorns, four cloves, one teaspoonful mixed herbs to each quart

of water for soup stock. One-quarter pound clear salt pork to a pint of beans, for "Boston baked

beans. A glass rolling pin saves considerable time lost in scraping off the dough

from the wooden ones. Those with the wooden handles are best. To raise the nap on cloth, soak it in

cold water for half an hour, then put it on a board and rub the threadbare parts with teasel or with emery.



Speaking of "ROYAL PURPLE" Shoes, \$3.50 really buys about everything that is good looking, good wearing and stylish in a lady's shoe. We venture to say there is not a lady's shoe sold in Canada to-day, unless

What \$3.50 buys in a Woman's Shoe.

The Western Home Monthly

Majestty, King Edward, and the Royal Household with their famous Sauce!



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Who's Afraid?

The wise physicians tell us there is danger in a kiss: That dire distress may reach us through that avenue of bliss They say that with the honey men are all

so prone to sip The dreadfulest bacteria may pass from lip

to lip. The osculative greetings that awaken happy thrills

May bring us months of sickness and a lot of doctor's bills. -But when a fellow gets a chance to kiss a

pretty maid a apt to say: "Oh, hang the quacks! Plague take them! Who's afraid?" He's

Mary had an autocrat, She ran it through the briars, And after that, ere it would go, She had to pump the tires.

She pumped them up too tight one day, 'Twas more than they could stand; They burst and blew poor Mary to A better, happier land.

"What made the tires blow Mary so?" The cager people cried. "Why. Mary blew the tires, you know," The busted auto sighed.

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-Ex.

She I wonder why men stay away from e'rech? Her Husband-Why, they are not as

much invested in each others' clothes 75 11 Brooklyn Life

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E ir can often be checked by very strong salt water. 'p with this every day - effected.

No Argument Will Convince a Woman

that a flour is all right, if she can't make good bread with it. The one argument that wins every woman in favor of ROYAL HOUSEHOLD FLOUR is, that it never fails to turn out the most beautiful Bread and Cake and the most crisp and delicious Pastry when used according to the very simple "Royal Household" recipes. That one fact outweighs all the theories of two thousand years.

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