



The Pandora's Top

Three-quarters of your rangework is done on the top of the range.

So the Pandora Range top has been designed to perform as many duties, simultaneously, as it is possible for a range to do.

The Pandora flue system gives you five holes in the top upon which you can boil. The six-hole top is made with two interchangeable sections.

On wash day this enables you to set the boiler on the far side and cook dinner on three front holes.

There is a reducing cover for smaller sized pots.

Also a check cover to hold the fire in at night.

And then when the work is cleared away, by one gentle rub with a cloth you instantly restore the burnished brilliance of the top—less work by half than even the "lick and a promise" you used to give the old style, rough and rattling cast iron covers that would not shine without black-lead and a backache.

"The Magic of the Pandora"—Booklet Free

This is one of the many features of the Pandora Range described in "The Magic of the Pandora," a little booklet full of information that every woman will want before she buys a range. Write for it to the nearest McClary Branch.

McClary's Pandora Range

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Stuffed Vegetables in Place of Meat

By MARION HARRIS NEIL,
Author of "Salads, Sandwiches and Chafing Dish Recipes."

Substitutes are the Housewife's Need To-day.

At this season of the year vegetables stuffed with a forcemeat of some sort can be used in lieu of meat. Among the vegetables that respond well in food value to the usual meat "piece de resistance" are cabbage, tomatoes, egg plant, onions and peppers. There are no hard and fast rules for making the forcemeats, which may depend on materials on hand and individual preferences in seasonings.

EGG PLANT STUFFED AND BAKED.—The richly colored egg plant is now on the market, and is as fresh and perfect as is to be found at any time of the year. One vegetable is enough for a good-sized family. Do not attempt to cook egg plant in any way without first removing its acidity by boiling in plenty of boiling salted water for twenty minutes, which draws out the injurious principle, solania. To stuff, cut open the egg plant lengthwise, scoop out the centre, add one cupful of fine breadcrumbs or cornmeal, one-half cupful of chopped cooked meat or chicken, two tablespoonfuls of butter substitute, salt and pepper to taste, and one-half cupful of milk. Fill the egg plant shells with the mixture, cover with breadcrumbs, dot with butter substitute, and bake in a moderate oven for forty-five minutes. Serve hot.

Another Method.—Scoop out centre from egg plant after being boiled. Add to pulp one-half teaspoonful of salt, one-fourth teaspoonful of pepper, one tablespoonful of chopped onion, one cupful of chopped tomatoes and one-half cupful of breadcrumbs. Fill into the shells, sprinkle with breadcrumbs, dot with butter substitute, and bake in a moderate oven for fifty minutes, basting frequently.

STUFFED SUMMER SQUASH.—Cut the top of a large squash smoothly across, and scrape out the inside, add to this one cupful of fine breadcrumbs or one cupful of cooked rice or barley, one small onion chopped fine, two tablespoonfuls of butter substitute, one-half teaspoonful of salt, one-fourth teaspoonful of pepper and one-half cupful of milk. Fill the squash with this mixture, sprinkle a few breadcrumbs over the top, and bake slowly until tender.

STUFFED PEPPERS.—Cut off stem end and remove seeds from three green or red peppers. Mix one can of corn with one teaspoonful of salt, one-half teaspoonful of pepper, one tablespoonful of chopped parsley and one teaspoonful of onion juice. Fill into peppers, arrange in greased baking dish, add one-half cupful of boiling water, and bake for thirty minutes. Or, cook one cupful of rice or macaroni in boiling salted water until tender, drain and add one small onion chopped, two tablespoonfuls of melted butter substitute, two tablespoonfuls of chopped red peppers, one-half teaspoonful of salt and one-fourth teaspoonful of pepper and fill into prepared peppers. Bake until tender, about thirty minutes. Or, mix one cupful of tomato pulp with one-half cupful of breadcrumbs, add one cupful of stock or water, two tablespoonfuls of butter substitute, three tablespoonfuls of corn flour, one-half teaspoonful of salt, one-fourth teaspoonful of pepper and one teaspoonful of onion juice. Fill into peppers and bake until ready. Serve hot.

STUFFED CABBAGE.—Choose a firm, round cabbage of medium size. Wash it well, removing any discolored leaves and the hard end of the stalk. Then put the cabbage into a bowl, cover it with boiling water, put a plate on the top and allow it to stand for one hour to soften. Meanwhile prepare the stuffing. Chop four tablespoonfuls of cooked chicken or left-over meat, add three tablespoonfuls of breadcrumbs, one teaspoonful of salt and one-half teaspoonful of pepper. Pour in one tablespoonful of melted butter substitute and bind all into a stiffish paste with milk. Pull the leaves of the cabbage apart, put a spoonful of the stuffing in the centre and the remainder between the leaves. Then wrap the cabbage in a piece of greased paper, tie it with string and place it in a baking dish with two cupfuls of stock or water poured round. Bake in a steady oven for one hour, basting occasionally with the stock. When ready, serve the cabbage on a hot dish, removing the paper and string, boil down the stock until

there is just sufficient to serve as gravy, remove any grease from the top and pour it round. Chopped nut meats may be used in place of the chicken or meat. Sufficient for five persons.

STUFFED CARROTS.—Wash and scrape ten carrots, put them into a saucepan of boiling salted water, and parboil them. Take out and drain well, then allow to cool, and hollow out the centre of each. Cook sufficient beans to make one cupful of puree. Melt one tablespoonful of butter substitute in a saucepan, put in the bean mixture, stir until mixed, season with salt and pepper, and stir in two tablespoonfuls of milk or the beaten yolk of one egg. Mix thoroughly, and allow to cool. Put this puree into a forcing bag with tube, and fill the centres of the carrots with it. Melt four tablespoonfuls of butter substitute in a saucepan, put in the stuffed carrots, cover with the lid of the pan, and cook gently for five minutes, then add one cupful of water or gravy, and simmer until the carrots are soft but not broken. Serve hot with the gravy poured round.

STUFFED POTATOES.—Choose five or six medium-sized and evenly shaped potatoes. Wash and scrub them well and dry them. Prick the skins, place the potatoes on a tin in a moderate oven and bake them until tender, which can be ascertained by pressing them gently between the finger and the thumb. When ready, cut a piece off each with a sharp knife and scoop out all the inside, being careful not to damage the skins. Put two tablespoonfuls of butter substitute into a saucepan, add three tablespoonfuls of milk and allow to heat over the fire, sieve the potato and add it to them. Then season to taste with salt and pepper, and beat well until perfectly smooth. Now remove the saucepan from the fire, stir in the yolk of one egg and lastly the white beaten to a stiff froth. Refill the potato skins with this mixture and sprinkle the tops with grated cheese. Place the potatoes on a baking tin and bake in a moderate oven for fifteen minutes. Serve at once.

Or scoop out the centres from baked potatoes and mash the pulp with four tablespoonfuls of chopped cold meat, tongue or chicken, add salt and pepper to taste and one tablespoonful of chopped parsley, then add two tablespoonfuls of left-over sauce or milk. Refill the skins with this mixture, piling it high in the centre. Sprinkle a few breadcrumbs over and put a small piece of butter substitute on the top of each. Return the potatoes to the oven and bake them until thoroughly hot. Serve hot. Grated cheese or finely flaked cooked fish may be used instead of meat.

STUFFED BEETS.—Peel three large cooked beets, cut them into slices about one and one-half inches in thickness; cut these slices into rounds with a fluted cutter, two inches in diameter, take the centre out of each with a smaller cutter, in this way making little cases of the beets. Take the whitest part of one small head of celery, wash it thoroughly, and then cut it into shreds, place these in a bowl, and mix with one tablespoonful of mayonnaise dressing. Fill into the centre of the case, piling it up above the beet. Sprinkle a little chopped parsley on the top of each and serve.

STUFFED ONIONS.—Choose six medium-sized onions, peel them, trim the root, but do not cut off or trim the onions will fall apart; parboil them for fifteen minutes, drain well, and scoop out some of the centre of each, fill with left-over cooked meat. Cut one turnip and one carrot into slices; put two tablespoonfuls of butter substitute at the bottom of a saucepan, on that place the carrot and turnip, add one cupful of stock or water, stand the stuffed onions in this, cover with the lid of the pan, and cook in a moderate oven for one hour. Serve hot. Nut meats may be used instead of the meat. This makes a very good supper or luncheon dish.

Another Method.—Boil and drain onions, scoop out the centres, and fill with breadcrumbs seasoned with salt, pepper and grated cheese, and moisten with a little milk. Wrap each onion in greased paper, twist the ends, put in a greased pan, and bake for one hour. Remove the paper and serve hot.

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