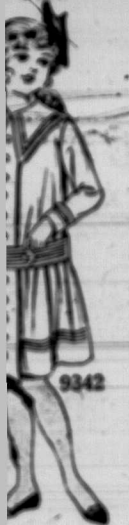


aders of
clude the
er please
-and the
of your
rs. Guide

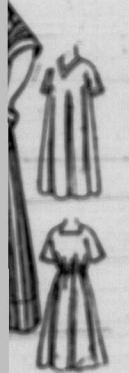
an extensive
ng. In this
cross stitch
caught the
used to very
rays. There
the designs.



9417



9342



ds 54. Price

For the 6
material 27
is 44. Price

5 bust. Fur
rads of mat-
rds 54. Price

ribble Collar,
all be needed,
2 1/2 yards 50.

waist. Fur
rads of mat-
rds 44, 2 1/2

nd Drawers,
all be needed,
2 1/2 yards 44,
lging. Price

36, 38 & 40,
all be needed,
3 1/2 yards 36,

MADE IN CANADA



KODAK

can be purely pleasure or strictly business—just as you like.

It's fun to make pictures of home scenes like the one suggested above—it's business, good business, to make pictures of live stock, orchards, crops and buildings. With an Autographic Kodak you are enabled to write the date and data on the film at the time, consequently the result is not merely pictures but an authentic farm record.

You will be interested in the booklet "Kodak on the Farm." We would be very glad to send you a copy.

Autographic Kodaks
from \$7.00 up.

CANADIAN KODAK CO.
LIMITED
TORONTO, CAN.

CATER'S
WOOD PUMPS



Will stand more frost, pump easier, last longer, cost less, in Wells not more than 10 feet deep, than any pump made. For Deep Wells get Cater's Fig. 730. "So easy to put in and so easy to repair." A full line of Gasoline Engines, Wind Mills, Water Tanks, etc., kept in stock. Write for Catalogue F. Address:

H. CATER Dept. G.
BRANDON, MAN.

WHEN WRITING TO ADVERTISERS
PLEASE MENTION THE GUIDE

Cold Weather Puddings

As the cold weather comes on our bodies crave more fuel in the shape of fats, starches and sugars and so our minds turn to more substantial desserts, steamed, baked and boiled puddings. This year let us keep in mind the conservation of wheat and whenever it is possible use graham or whole wheat flour, in part at least. Any stale bread may be rolled into crumbs and used in place of white flour. We are so far from the seat of the war and have such an abundance of good things it is hard for us to realize there is any real need, and we are apt to think "The little I save won't help out much." That is just where we make our mistake, every slice of bread counts.

Before we go on to the puddings, I am going to give a recipe for fruit cake. This cake is rich and keeps moist for a long time. I have kept it for a year; just how much longer it will keep in prime condition I do not know. At any rate it is an excellent recipe to use when you are making up your Christmas box for the boys in the trenches. This recipe makes three very large cakes, so perhaps you would find half of it sufficient.

Put one quart of the milk in a double boiler, moisten the cornmeal with a little cold milk and add to the hot milk; add the molasses, salt and spice. Now add the butter, mix, pour into a baking dish and put in a moderate oven. As soon as the pudding begins to thicken stir in the pint of cold milk. Bake slowly for three hours, serve with maple syrup or sugar and cream.

First prepare the fruit. Soak the prunes, cook until tender and cut up. Cream the butter, add the sugar, the eggs well beaten, the molasses and the teaspoon of soda dissolved in one tablespoon hot water. Then add the flour to which has been added the spices. Flour the fruit with two or three tablespoons flour and add to the batter. Some people do not care for figs in fruit cakes; in that case they may be omitted. Steam and bake. If you have ever steamed a fruit cake before baking you will know how much easier it is to cook one in that way. If this recipe is baked in three loaves, steam three hours and bake in a slow oven one hour.

Beat the eggs until light; add the milk and the salt. Brush a round earthenware dish with a little butter; put in the diced stale bread; then cover with the egg and the milk. Add the raisins and mix so that they are covered with the bread, for if left on top they will easily burn. Cover the top with the brown sugar, and place in a moderate oven. Bake slowly for forty minutes. This pudding is rather stiff and should be served with fruit or jelly sauce. Two tablespoonfuls of tart jelly dissolved in one cupful of hot water, brought to a boil and thickened with two teaspoonfuls of cornstarch, makes a very nice sauce.

One cup of whole wheat flour may be substituted for the one cup of white on this recipe. Chop the suet, add it and the spice to the flour; dissolve the soda in a little hot water, add it and the sour milk or buttermilk to the molasses. Mix and stir in the flour. Add the floured fruit, put in a well buttered mould and steam for three hours. Serve with liquid or hard sauce.

Melt the butter add the flour, blend and pour over this the hot water, stirring constantly. Add the sugar and when the mixture is hot the grated rind and juice of one lemon. A grating of nutmeg improves the flavor.

Work the suet until creamy, add the breadcrumbs and the grated carrot. Beat the yolks of four eggs until light and add the sugar, beating constantly. Combine mixture and add the vinegar and lemon rind, add the spices and salt to the flour, dredge the fruit with this and add to the mixture. Then fold in the whites of four eggs beaten until stiff. Place in buttered mould, cover and steam three and one half hours. Serve with hard sauce.

Wash the rice in cold water and put it in a double boiler with the hot milk. Cook quickly until tender; then add half the sugar, half the butter and the salt. Beat the egg until it is light and add it to the rice, cooking for one minute. Pour into the dish in which the pudding is to be sent to the table. Mix the rest of the sugar and the ground cinnamon and sprinkle over the top of the pudding. Cut the rest of the butter into tiny bits and drop them at regular intervals on the pudding. When the butter melts the sugar and cinnamon will form a rich-looking brown sauce. Serve hot.

Baked Apple Pudding

4 cups apple sauce 3 tablespoons sugar
1 lemon (rind and juice) 1 cup sugar
3 eggs

Add lemon juice and rind to apple sauce, then sugar and yolks of eggs well beaten. Beat well, pour into a buttered pudding dish and bake until set. Make a meringue of the whites, put on the top and brown.

Barley Fig Pudding

1 pint well steamed 1 1/2 cups fresh milk
pearl barley 2 cups figs
1/2 cup sugar 1/2 cup thin cream
Salt

Chop the figs fine, add the other ingredients, put in pudding dish, set in the oven in a pan of water and bake until the milk absorbs.

Baked Indian Pudding

1 1/2 quarts milk 1 tablespoon cornmeal
1/2 cup molasses 1 teaspoon ginger
1/2 teaspoon cinnamon 1/2 teaspoon salt
3 tablespoons butter

Put one quart of the milk in a double boiler, moisten the cornmeal with a little cold milk and add to the hot milk; add the molasses, salt and spice. Now add the butter, mix, pour into a baking dish and put in a moderate oven. As soon as the pudding begins to thicken stir in the pint of cold milk. Bake slowly for three hours, serve with maple syrup or sugar and cream.

Whole Wheat Pudding

1 pint of whole wheat 1 cup raisins
flour 1 cup sour milk
1/2 teaspoon soda 1/2 cup molasses
1/2 teaspoon salt

Mix the soda, flour, salt and sift twice. Add the sour milk to the molasses, then add the flour, beat well and add the raisins seeded and floured. Turn into a greased mould or ordinary lard pail, cover, stand in a pot containing about four inches of boiling water and boil continuously for two and one-half hours. It is always well to protect the bottom of the pot with some sort of rack to remove the danger of burning. Serve warm with fruit sauce. Dried currants, dates or figs may be substituted for the raisins.

Fruit Sauce

1/2 cup butter 1 cup sugar
White of one egg Flavoring

Cream the butter, add the sugar gradually and the white of the egg, when very light stir in one-half cup of mashed fruit. If the cooked fruit is to be used drain off most of the juice.

Suet Pudding

1 cup chopped suet 3 cups flour
1 cup sour milk 1 teaspoon cinnamon
1 level teaspoon soda 1/2 teaspoon cloves
1/2 teaspoon salt 1 cup of raisins or dates
1 cup molasses

One cup of whole wheat flour may be substituted for the one cup of white on this recipe. Chop the suet, add it and the spice to the flour; dissolve the soda in a little hot water, add it and the sour milk or buttermilk to the molasses. Mix and stir in the flour. Add the floured fruit, put in a well buttered mould and steam for three hours. Serve with liquid or hard sauce.

Liquid Sauce

1 tablespoon butter 1 cup brown sugar
1 1/2 cups water Rind and juice of 1
1 teaspoon flour lemon

Melt the butter add the flour, blend and pour over this the hot water, stirring constantly. Add the sugar and when the mixture is hot the grated rind and juice of one lemon. A grating of nutmeg improves the flavor.

Carrot Pudding

1 cup suet 2-3 eggs stale bread,
1 cup grated raw carrot crumbled
1-2 cups brown sugar 4 eggs
Grated rind 1 lemon 1 tablespoon vinegar
1/2 cupful currants 1 cup raisins
1 teaspoon salt 1-2 cup flour
1/2 teaspoon nutmeg 1/2 teaspoon cinnamon
1/2 teaspoon cloves

Work the suet until creamy, add the breadcrumbs and the grated carrot. Beat the yolks of four eggs until light and add the sugar, beating constantly. Combine mixture and add the vinegar and lemon rind, add the spices and salt to the flour, dredge the fruit with this and add to the mixture. Then fold in the whites of four eggs beaten until stiff. Place in buttered mould, cover and steam three and one half hours. Serve with hard sauce.

The Country Cook.



SERVE
BAKED
APPLES

A Big Baked Apple
Touches the Spot

"O.K." Baked Apples served with cream or syrup, make the best dessert ever.

But if the apples come from the famous Okanagan Valley, where growers pick, grade, pack, ship and sell their own apples, you will eat Nature's Best.

Okanagan United
Growers, Limited

VERNON - B.C.

A co-operative organization of 1,400 growers, employing 250 people, who work in 37 Packing Houses and Offices.

WRAPPED APPLES
KEEP LONGER



Central
Business College
LIMITED

Catalogue Free. Winnipeg, Man.
Wm. Hawkins, Principal

FREE

A beautifully illustrated Fur Style Book—giving advance information on furs and fur fashion—contains 40 pages with 155 illustrations of up-to-date Furs and Fur Garments—All these illustrations are photographs of living people—thus showing how the Furs REALLY appear—it shows Furs for every member of the family. Don't fail to send for this book TODAY—it is now ready for mailing and will be mailed as requests are received.

HALLAM'S
FUR
STYLE
BOOK

1917-18 EDITION
1917—This Case of Black Well is made in one of the most fascinating designs shown for this season. It is of generous width on the shoulders and the hand collar is just what is required to make it one of the warmest and most comforting for wear. The fur is then, silk, jet black and very durable. Patterns as shown with silk coat buttons.
Price, DELIVERED TO YOU, \$2.50
1918—Made to match, in the new large barrel shape, trimmed as shown with head, tail and nose. It is finished over soft down and has one extra coat. PRICE OF MUFF DELIVERED TO YOU, \$1.50. These two sets (shown) are lined with black velvet and satin. This is a most desirable and comfortable for wear. A striking example of wonderful "HALLAM" values.
Address, using number as below.

John Hallam
LIMITED
621 HALLAM BLDG., TORONTO.