

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Hickory Nut Macaroons.

One pound of powdered sugar, one pound of chopped hickory nuts, the whites of five unbeaten eggs, half a cupful of flour, one teaspoonful of baking powder. Drop on buttered paper and fry in the oven. These are delicious.

Lemon Brandy for Puddings, Etc.

Don't throw away any lemon peel. Slice off the yellow part and put into a bottle of brandy. Peach and plum stone meats chopped can also be treated in the same way.

Baking Powders for Biscuit without Shortening.

Bicarbonate of soda, 4 oz.; cream of tartar 8 oz., and properly dry them and thoroughly mix. It should be kept in well-corked bottles, to prevent dampness, which neutralizes the acid. Use about three teaspoons to each quart of flour being baked; mix with milk, if you have it—if not, wet up with cold water, and put directly into the oven to bake.

Tutti Frutti Salad.

One-half of a pound of figs, cut fine; one-quarter of a pound of stoned dates, four oranges, cut into small slices; one cupful of canned strawberries, one cupful of canned pineapple, the juice of one lemon, three or four tablespoonfuls of sugar, and one cupful of sherry.

Orange Pie.

Beat one tablespoonful of butter and one cupful of sugar to a neat cream. Then to four eggs well beaten add the butter and sugar, three tablespoonfuls of grated rind and the juice of two oranges. If sweet oranges are used, add two tablespoonfuls of lemon juice; now half a pint of whipped cream. Bake it either with one crust (in a medium-heated oven), and add a meringue and brown very lightly, or make two crusts.

Seed Buns.

Two pounds of flour, eight ounces of dripping, six ounces of sugar, one ounce of caraway seeds, a teaspoonful and a half of yeast. As these should rise quickly, mix as for other yeast cakes. When risen, roll out very lightly on a well floured board, cut with a tumbler, and bake in a quick oven. When rather stale, these buns are nice split in half, toasted and buttered, children being especially fond of them.

Scalloped Oysters.

Roll fine one pound of common crackers. Butter a dish and put in a layer of crumbs. Pour off the liquor from the oysters and add to it one and one-half pints of milk. Wet the crumbs with this and put in a layer of oysters and small pieces of butter, a little salt and pepper. Alternate the layers, the top one being crumbs, with more pieces of butter. Beat two eggs and add to them a cupful of milk; pour over the top. Bake, covered with a tin, half an hour in a quick oven. Remove the cover and let them remain until browned.

Boston Baked Beans

Pick one quart of beans free from stones and dirt. Wash and soak in cold water over night. In the morning pour off the water, cover with hot water, put two pounds of corned beef with them, and boil until they begin to split open (the time depends upon the age of the beans, but it will be from thirty to sixty minutes). Turn them into the colander, and pour over them two or three quarts of cold water. Put about half of the beans in a deep earthen pot, then put in the beef, and finally the remainder of the beans. Mix one teaspoonful of mustard and one tablespoonful of molasses with a little water. Pour this over the beans, and then add boiling water to just cover. Bake slowly ten hours. Add a little water occasionally.

Yankee Brown Bread

For each good-sized loaf being made, take 1½ pts. corn meal and pour boiling water upon it, to scald it properly; let stand until only blood warm; then put about 1 qt. of rye flour upon the meal, and pour in a good bowl of emptyings, with a little saleratus dissolved in a gill of water, kneading in more flour to make the consistency of common bread. If you raise it with yeast, put a little salt in the meal, but if you raise it with salt-risings, or emptyings, which I prefer, no more salt is needed. Form into loaves, and let them set an hour and a half or until light—in a cool place, in summer, and on the hearth or under the stove in winter; then bake about two hours. Make the dough fully as stiff as for white bread, or a little harder; for if made too soft, it does not rise good. The old style was to use only one-third rye flour, but it does not

wear if made that way; or, in other words, most persons get tired of it when mostly corn meal, but I never do when mostly rye flour. Let all persons bear in mind that bread should never be eaten on the day on which it is baked, and positively must this be observed by dyspeptics.

Onion Scallop.—Peel the onions and cook in salted water, changing the water two or three times; when tender, drain the water from them as completely as possible and place them in a baking dish; have prepared a sauce made with three tablespoonfuls of butter, the same amount of flour, stirred smooth, and a cupful and a half of boiling milk; pour this over the onions, season well and cover with a thick layer of cracker crumbs and pieces of butter; bake for half an hour.

Oyster Bisque.—Chop a quart of oysters fine and put them over the fire with the liquor which has been strained from them, and boil just two minutes after a hard boil is reached; have ready a cupful of rich milk thickened with a tablespoonful of butter rubbed to a paste with a heaping teaspoonful of flour and stir the oysters slowly into this; season to taste and pour gradually, beating steadily, upon the whipped yolks of two eggs. Return to the saucepan for half a minute and serve.

Dutch Pie.—Use two eggs, half a cupful of sugar, a tablespoonful of melted butter, a fourth of a cupful of chopped almonds, the grated rind and juice of half a lemon, an eighth of a teaspoonful of cinnamon, a pint of Dutch or cottage cheese and half a cupful of milk or cream; rub the cheese through a sieve, adding to it the cream or milk; beat the eggs and sugar until light, add the melted butter, almonds, lemon, cinnamon and cheese in succession, then cook in a double boiler until thick, stirring constantly; fill into a baked pastry shell.

Pork Cake.—Without milk, butter or eggs. Chop one pound of raw pork very fine, add a half-pint of boiling water, one pound of seeded raisins, one-fourth pound of shredded citron, two cupfuls of sugar and one cupful of molasses, one teaspoonful of soda, dissolved in a little water; mix these ingredients together, then add a tablespoonful each of cinnamon, cloves and nutmeg; stir in sifted flour to the consistency of common cake mixtures; bake slowly for one hour and forty minutes; test it with a broom splint, and if nothing adheres it is done.

Macaroni and Sausage.—Drain the boiled macaroni and place in an earthenware baking-dish that can be set to table, pour over it a cupful of boiled milk and set it on the back of the stove; fry fresh sausages, and when they are well browned take them out and arrange them around the edge of the dish over the macaroni, and lay some slices of apple in the fat; when they are fried, take them out and cover the macaroni with them, letting them lap over each other in the middle of the ring of sausages. Eat hot. This makes an excellent dish for the mid-day meal in cold weather.

Macaroni Croquettes.—Take six ounces of macaroni and boil for twenty-five minutes in salted water, then put into the colander and drain, then into cold water, drain again, cut into one-half inch pieces; put half a pint of milk on to boil, rub two teaspoonfuls butter into two tablespoonfuls flour until smooth, stir into the milk until it thickens, add two teaspoonfuls grated cheese, the macaroni, salt, pepper and yolks of three eggs; cook for a minute longer and turn out on a dish to cool; when cold, form into comb-shaped croquettes, roll in beaten egg, then bread crumbs, and fry in olive oil or butter. The oil costs a little more than butter and less is required in cooking. Serve with cream sauce and tomato salad.

Easter Egg Pudding.—Make half a pint of rich and rather thick boiled custard; pour it into a glass dish and leave it; while it is cooling, beat the whites of three eggs to a very stiff froth with four ounces of powdered sugar; divide this into three parts: color one brown with coffee, one pink with cochineal cranberry juice or melted currant jelly and leave the third one white; have ready a saucepan full of boiling water; draw to the side of the stove; dip a dessert spoon into this and heat it, and then lift up a spoonful of the egg froth and shape it into the form of an egg, now plunge the spoon into the water and the meringue will float off. Proceed thus until all the mixture is made into "eggs." Allow them to cook on the water for six or seven minutes; carefully lift them out on a skimmer, let them drain for a moment and pile them artistically on the custard. Be careful not to let the water boil up after the meringue is put in or the eggs will break.

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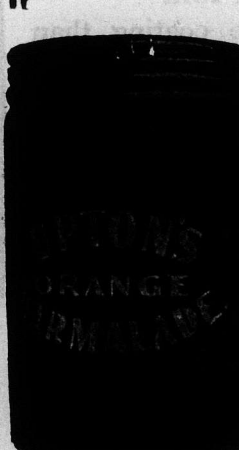
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