

# Two Real Helps for Every Cook

## BLUE RIBBON BAKING POWDER

### Makes Good Baking Easier

You will find that most of the experienced cooks and housewives of the West use Blue Ribbon Baking Powder. They have tried other kinds which made big claims, but found Blue Ribbon the most satisfactory and dependable.

Young cooks will be saved much worry, disappointment and loss of time and good materials, if they use Blue Ribbon Baking Powder right from the start.

It contains only the highest grades of pure materials, refined till the last little trace of impurity disappears.

And every stage of the process of manufacture is under the scrutiny of experts harder to satisfy than you yourself would be.

The result is a steady, even action in the "rising" process, which makes the biscuit or cake light and flaky, and of a nice even texture throughout.

The food is therefore Wholesome, as well as light.

Ask your Grocer for Blue Ribbon Baking Powder. Don't let him put you off with any substitute.

Blue Ribbon costs you no more than the "just-as-good" kinds. 25c. a pound. Ask for it.

### A Handy Cook Book

Even if you have a fairly good one already, you need a Blue Ribbon Cook Book.

It is especially prepared for everyday use in Western homes and is practical and up-to-date. For instance, all ingredients are given by measure instead of weight, so you do not need scales. It tells briefly and simply just what to do, and what to avoid to obtain best results; how to get most nourishment from foods; how to combine and serve them attractively. Everything is so conveniently arranged and indexed that any information desired may be easily found.



Bound in Oilcloth; 5 x 7 1/4 inches

### Partial Table of Contents

Beef Tea	Venison	Wild Duck
Beverages	Gravies and Sauces	
32 Recipes	Griddle Cakes	Gruels
Broths	Cooking in High Altitudes	Ice Cream
Butter to Cream		
Biscuits, Buns, Rolls, etc.	Invalid Cookery	
Biscuits—5 Recipes	Directions and Hints	
Buns—2 Recipes	Beverages—8 Recipes	
Doughnuts—8 Recipes	Broths, etc.—8 Recipes	
Fritters—12 Recipes	Gruels—10 Recipes	
Griddle Cakes—11 Recipes	Meats, etc.	
Muffins—10 Recipes	Jams	Jellies
Rolls—8 Recipes	Koumiss	Lemonade
Rusks—Baking Powder	Lemon Peel, to Grate	Lobsters
Wafers and Gems	Made over Dishes	
Breads	Marmalade	
13 Recipes	Meats	
Cakes	Baking	Basting
Hints on Making	Boiling	Braising
Beating	Eggs and Bread-crumbs	
Stirring	Fricasseeing	Frozen Meat, to Thaw
Folding	Frying	Garnishing
Fillings—21 Recipes	Grilling	Roasting
Frosting and Icings—12 Recipes	Stewing and 32 Recipes	
Layer Cakes—13 Recipes	Muffins	Oatmeal Drink
Loaf Cakes—25 Recipes	Pickles	Oysters
Small Cakes—31 Recipes	Sour—14 Recipes	
Candies, Home Made	Sweet—7 Recipes	
25 Recipes	Pies and Tarts	
Caramels, Preparing	28—Recipes	
Catsups	Poultry	
8 Recipes	Drawing and Trussing	Garnishes
Chafing Dish Recipes	Fowls, to make Tender	Strong Smell,
Cheese and Pancakes	to Overcome	Tainted Meats, to restore
8 Recipes	and 11 Recipes	(See also Game)
Eggs—2 Recipes	Preserves	
Fish and Shell Fish—8 Recipes	Puddings	
Meats—11 Recipes	38 Recipes	
Vegetables—5 Recipes	Raspberry Acid	Rolls
Charlotte Russe	Rolls	Rusks
Cheese, Preparations of	Sauces and Gravies	Sauces
7 Recipes	(For Fish and Meats)	
Chili Sauce	16 Recipes	
Chow Chow	Sauces for Puddings	
Chutney	18 Recipes	
Cocoa	Salads	
Coffee	21 Recipes	
Cold Desserts	Shell Fish	
Cooked Fruits	Cooking for the Sick	Spiced Fruits
Creaming Butter	Spices	
Creams	Soups	
Creams and Frappes	21 Recipes	
17 Recipes	Soups	
Custards	21 Recipes	
Desserts, Cold	Soys	
52 Recipes	Tables and General Information	
Dumplings	Apothecaries Measure	Avoirdupois
5 Recipes	Weight Dry Measure	Liquid Measure
Eggs, Methods of Cooking	Liquids	Cups
14 Recipes	Liquors, Intoxicating	Measuring Cups, etc.
Fillings for Cakes	Avoided	Methods of Cooking
Fish	31 Recipes	Standards of Measure
Fritters	Frosting for Cakes	Table of Proportions
Fruit Juices	Fruit Juices, Substitute for Wine	Time to Bake, Broil, etc.
Fruit Juices, Substitute for Wine	Fruits, Cooked	Weights of Different Foods
65 Recipes	Fruit, Spiced	Taffy (See Candy)
Game	Game	Vegetables
Garnishes	Old Game	26 Recipes
Restore	Wild Flavor to Overcome	(See also Pickles and Cooked Fruits)
Beag and Buffalo	Cranes	Vegetables to serve with Different meats
Pigeon Pie	Prairie Chicken or Grouse	Waffles
		Yeast

This Coupon is  
Worth

10c.

Blue Ribbon,  
Winnipeg

I enclose Coupon and 25c. for Blue  
Ribbon Cook Book.

Name

Address

### Here's Your Chance to get this Famous Cook Book Cheap

We have never sold single copies for less than 35c. apiece. But by using the coupon printed here, we will send it to your address postpaid for only 25c. Or you can have the Cook Book and a year's subscription to the Western Home Monthly for only 75c.

Address: *Blue Ribbon* Dept. W. H. M., Winnipeg