

**HOUSEHOLD SUGGESTIONS**

SUPERVISED BY THE CHEF OF THE MARIAGGI, WINNIPEG

"We may live without poetry, music and art;  
We may live without conscience and live without heart;  
We may live without love, we may live without books,  
But civilized man cannot live without cooks."

**Sauce.**—Yolks of three eggs, 1 tablespoon butter,  $\frac{1}{2}$  cup sugar, 1 cup milk. Flavor with vanilla and cook slowly.

**Charlotte Russe.**—Whip 1 quart of cream to a stiff froth and drain well on a sieve. To 1 pint of sweet milk add 6 eggs beaten very light; sweeten to taste and flavor with vanilla.

**Washington Pie.**— $\frac{1}{2}$  cup butter, 1 cup white sugar,  $\frac{1}{2}$  cup milk, 1 cup cornstarch, 1 cup flour, whites of 3 eggs, 2 teaspoons baking powder. Bake in 2 layers, put peaches between and serve with whipped cream.

**Snow Pudding.**—Put 2 tablespoons of cornstarch, dissolved in a little cold water into a pint of boiling water with 1 tablespoon sugar, cook until clear, then add lemon flavoring and the whites of 3 eggs beaten stiff. Serve cold with sauce.

**Potato Balls.**—Mash boiled potatoes add butter size of an egg, 2 spoons of milk, a little salt. Stir it well. Roll with your hands into balls; roll them in egg and crumbs. Fry them in hot fat or brown in oven.

**Potatoes and Cheese.**—Slice cold boiled potatoes and put in a layer in a well buttered baking dish. Cover generously with grated cheese, sprinkle with pepper and salt and celery salt. Repeat layers until dish is full then turn over 1 cup milk and bake  $\frac{1}{2}$  hour. The top layer should be cheese.

**Beef Loaf.**— $\frac{3}{4}$  pounds round steak chopped fine, 2 eggs beaten, 1 scant cup bread crumbs, 1 teaspoonful salt, 1 teaspoonful sage or savory, a dash of pepper. Mix well together, form into loaf and bake  $\frac{3}{4}$  of an hour with enough dripping to baste it occasionally.

**Creole Stew.**—2 slices bacon, 2 medium sized onions, 1 cup of beef all cut and fried. When well browned, stir in a tablespoon of flour, add 2-3 cup boiling water, a teaspoonful of celery seed, a dash of pepper and nutmeg and lastly 2 cups of canned tomatoes. Cook ten minutes and serve hot.

**Boston Baked Beans.**—Soak 3 cups beans in plenty water over night. In the morning boil in fresh hot water until the skin cracks. Put in bean pot and add 2 tablespoons sugar, 1 tablespoon salt and about  $\frac{1}{2}$  teaspoon pepper. Take  $\frac{1}{2}$  pound salt pork and put in centre with the rind up. Cover with water and bake at least 6 hours, closely covered, adding water as needed.

**Spanish Cream.**—Make a soft custard of 1 quart of new milk, the yolks of 6 eggs, and 6 tablespoons of sugar. Dissolve  $\frac{1}{2}$  of an ounce of Cox's gelatine in  $\frac{1}{2}$  pint of water. When dissolved add to custard, when hot strain flavor, pour into moulds and set in a cool place to stiffen.

**Blanc Mange.**—2 cups of water, 1 cup sugar, put these on to boil; then mix 3 tablespoons of cornstarch with water and the juice and grated rind of one lemon. Have ready the beaten whites of 2 or 3 eggs. When the blanc mange is ready for the mould, beat the eggs into it.

**Chocolate Bars.**—Cream, 1 cup butter, 1 tablespoon lard. Beat into this gradually 1 cup sugar; add 1 teaspoon salt, 1 teaspoon cinnamon, 2 oz. of chocolate grated, melted; add 1 well-

beaten egg and  $\frac{1}{2}$  teaspoon soda dissolved in 2 tablespoons of milk. Stir in about 2 $\frac{1}{2}$  cups of flour or more; roll thin; cut about the size of ice wafers and bake in quick oven.

**Angel Cake.**—The whites of 9 eggs, 1 cup flour,  $\frac{1}{4}$  cups sugar. Beat the 1 cup flour,  $\frac{1}{4}$  cups sugar,  $\frac{1}{2}$  teaspoon of cream of tartar. Beat the eggs to a stiff froth, sift flour and sugar 4 times. Put the cream of tartar in the eggs when half beaten. Add the other ingredients and cook in an ungreased tin with tube in centre for 40 or 50 minutes.

**Tomato Soup.**—1 can tomatoes, 3 soda biscuits, 3 cups of milk, 1 teaspoon butter. Press tomatoes through a sieve. Boil ten minutes. Then add pepper and salt to taste. Next add soda biscuits (which have been previously rolled) stirring well. Now add butter and boil quickly. About 10 minutes before serving add a pinch of soda. When that is well settled add milk and boil about 5 minutes.

**Creamed Salmon.**—1 can salmon. Remove bones and strain off liquid. Have ready a sauce made from 1 pint of milk, butter size of an egg, 1 teaspoonful flour, salt and pepper to taste. Mix the butter and flour until well blended; add the hot milk slowly. When it boils remove it from the fire and add 2 well beaten eggs; put alternate layers of salmon and sauce in a buttered baking dish and cover with bread crumbs, and bake half an hour in a quick oven. Serve hot.

**Omelette.**—6 eggs, 1 cup sweet milk, 1 tablespoon butter, 1 tablespoon flour,  $\frac{1}{2}$  teaspoon salt, a dash or two white pepper. Beat whites and yolks separately; heat milk to boiling. Mix, butter, flour, salt and pepper; pour milk over this. Beat whites and yolks together, then flour mixture. Have frying pan hot with generous piece butter. Pour into pan, cook on top of stove till set, put carefully in oven till brown turn out on hot plate and fold over. Serve at once.

**Older Pudding.**—Cream one and a half tablespoonfuls of butter, add four tablespoonfuls granulated sugar and one egg. Beat all together until very light. Add half a cup of older. Into one cup flour put one-half teaspoonful of cinnamon, one-quarter teaspoonful ground cloves. Sift this into the batter, then flour one-half cupful each of currants and raisins, adding a half teaspoonful of soda to the last bit of flour. Beat briskly for a minute or two, then turn into a well greased mold and steam three hours. Turn out carefully and serve with wine, lemon or orange sauce.

**Cottage Pudding.**—One cupful of flour, one tablespoonful of butter, one heaping teaspoonful of baking powder, half cupful of sugar, half a cupful of milk, one egg, saltspoonful of salt. Mix baking powder with flour and sift. Cream butter and sugar and add well-beaten egg, then add milk, and lastly the flour and salt. Beat well and bake twenty minutes in moderate oven. Try with broom straw as you would cake. Turn on flat dish or plate and serve with any kind of liquid, sauce preferred.

Cream sugar and butter, beat whites and yolks separately. Just before mixing whip brandy and spice into the creamed butter and sugar. Then stir the yolks; beat hard for two minutes, and add whites and flour alternately, whipping them in with long side strokes, lightly and quickly. The heavy work is done before these go in. Do not stir the batter after they are added. A pound cake batter should be stiffer than that of a cup or sponge cake.

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