

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Fried Parsnips.

Boil until tender and slice them in long thin slices, dip into a batter made as for pancakes, and fry in hot lard until brown, adding salt and pepper to suit the taste.

Graham Muffins.

Mix one and one-half cups sifted graham flour, one-half teaspoon salt, two level teaspoons baking powder, and one rounded tablespoon sugar. Stir in one and one-half cups milk, or part water and part milk, and one well-beaten egg. Beat well and bake in hissing hot gem pans twenty minutes.

Prunes and Rice Meringue.

Prepare a rice croquette mixture, by cooking a cup of rice in salted water and adding to it, while warm, a teaspoon of butter, one well-beaten egg, a teaspoon of vanilla and two tablespoons of sugar. Spread this on the bottom of a platter, and cover it with a layer of stewed prunes; continue alternating the layers, and making each succeeding one slightly smaller, until the rice is all used, so that the dish may be pyramidal in form. Sprinkle lightly with powdered sugar and cover with a meringue made from the whites of two eggs and a cup of confectioner's sugar. Place in the ice box until ready to serve and garnish with small pieces of crystallized ginger.

Mustard Pickles.

One hundred small cucumbers, eight quarts of small green tomatoes cut in two, four quarts of small onions, four heads of cauliflower, six heads of celery cut into short lengths, four red peppers with the seeds removed; mix well, sprinkle with salt and let stand twenty-four hours; drain and cover with vinegar and water; put on the stove and boil ten minutes; drain again. Take one ounce turmeric, one ground allspice, one ounce ground cloves, one pint of grated horseradish, one pound best ground mustard, one pound of brown sugar; wet these with cold ginger and vinegar enough to cover all the pickles, and cook all together for ten minutes. Seal in cans while hot.

Huckleberry Molasses Cake.

Sift two teaspoonfuls of ginger and half a teaspoonful of salt with three cupfuls of flour. Cleanse and dry one cupful of blueberries or huckleberries and dust them with one cupful of flour. Dissolve one teaspoonful of soda in one tablespoonful of boiling water and mix with one and one-half cupfuls of molasses. To this add two eggs well beaten and one cupful of milk. Stir in the three cupfuls of flour gradually, and, lastly, mix in, without breaking if possible, the floured berries, and what is left of the flour use to dust them. Bake on the upper or next to the upper rack in a moderate heat. If the oven is too hot at first this cake will have a very heavy crust, and owing to the presence of molasses is apt to burn quickly on the bottom if placed too low in the oven.

Prune Pudding.

Six ounces of bread crumbs, six ounces of suet, half a pound of prunes (weighed after stoning), two ounces of sugar, three eggs, about a gill of milk, one ounce of sweet almonds. Chop the suet and prunes finely, using the crumbs to prevent them from sticking. Mix the crumbs, suet, prunes and sugar. Beat up and add the eggs, also the milk. Add them to the dry ingredients and mix them well. Let the mixture stand and soak for one hour. Put into a greased mold, twist a piece of paper over the top, and steam the pudding steadily for three hours. Have ready the almonds, shelled, and cut into long shreds. When the pudding is turned out, stick it over with the almonds and serve it with any good sweet sauce. Dates or figs may be substituted for prunes.

Fruit Cake.

One pound of sugar, one pound of flour, one pound of butter, ten eggs, one cupful of sweet milk, one teaspoon heaping full of baking powder. Beat yolk of eggs with half of sugar, cream the butter with the other half of the sugar, and then mix them, add flour and sweet milk with baking powder stirred into it; then the whites, well beaten; one cup of molasses. Add the following ground spices: Two teaspoonfuls of allspice, one teaspoonful of cloves, two teaspoonfuls of cinnamon, one teaspoonful of mace. Have ready well flowered three pounds of raisins seeded and chopped, one pound of citron chopped, four pounds each of almonds, dates and figs, cut fine; after these are put in the batter add one cup of good brandy or whiskey. (This latter ingredient I never use; do not consider it necessary, nor an improvement.)

Mince Meat, A Winter's Supply.

Boil, until perfectly tender and well-done, three pounds of the lean of fine beef. When cold, chop fine. Shred and mince two pounds of fresh beef suet. Have ready seeded and cut into small pieces three pounds of raisins and three pounds of dried currants, one pound of citron cut into small bits and two dozen apples, peeled, cored and chopped fine. Add the juice and grated rind of two lemons, one nutmeg, also grated, a teaspoonful each of mace, cloves and cinnamon, ground very fine, two teaspoonfuls of salt and three pounds of good brown sugar, three quarts of sweet cider. Pour the cider over the mince meat until it is soft enough for use. These proportions make quite a large quantity which generally would suffice for the need of a small family the entire season. Mince meat should be kept closely tied up in a jar, and it will not spoil before the return of really hot weather. One pint of mince meat is not too much to allow for each pie plate; a mere thin covering over the bottom will not answer for a pie. The mince meat must be baked in rich pastry and pies are better served hot.

Apples for the Table.

No fruit is so largely used by the farmer throughout the winter as the apple, and few kinds are as easily prepared and are as palatable. The following are a few recipes that are both attractive and delicious:

There is no more wholesome breakfast dish than baked apples eaten with cream and sugar. They make a delicious filling for cakes to be used the day they are baked. Grate one large apple and add the juice and grated rind of a lemon and one cup of granulated sugar; cook three minutes and spread between the layers.

Fried Apples.—Peel and quarter tart apples taking out the seeds and core from each piece. Heat some fat in a frying pan and fry the apples to a light brown. Drain off the fat from each piece, sprinkle with sugar and pile on a hot dish. Serve with buttered brown bread.

Apple Sauce for Roast Pork or Goose.—Wash two dozen good cooking apples of medium size; put in a preserving kettle with water to half cover them; add two cups of sugar, one-half cup of vinegar and one teaspoon of ground cinnamon; cover tightly and cook slowly until the apples are soft. Serve cold.

Apple Shortcake.—Season stewed apples with butter, sugar and nutmeg; make a good shortcake, open and butter it and spread with the apples in layers. Serve with sweetened whipped cream.

Apple Cream.—Peel, core and stew some nice cooking apples until soft, and when cold pour over them the following cream: One cup of rich cream, one cup of white sugar; beat until smooth, then add the well beaten whites of two eggs.

Apple Custard.—Peel, core and stew apples until tender and for one pie take one cup of apples, the yolks of three eggs, one-half cup of sugar, one-fourth cup of butter; add any flavoring desired. Make a meringue of the whites for the top.

Apple Dessert.—Fill a bowl with alternate layers of sliced apples and sugar. To each quart add one-half teacup of water and bake three hours. Let stand until cold, and it will turn out a round mass of beautiful red slices imbedded in delicious jelly.

Windsor Apple Pudding.—Put a pint of breadcrumbs into a basin with a half-pint of apple pulp, made by boiling apples as you would for sauce; five medium sized apples are about the right number. Add the juice of a lemon and grated rind of half a one, one well-beaten egg, a grate of nutmeg, an ounce of butter, sugar to taste; stir all thoroughly together; put into a buttered mold, tie over with a cloth and steam for an hour and a half or two hours.

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