

Household Suggestions

Spiced Beef.—Pressed spiced beef may be prepared with fresh brisket, thick or thin flank of beef, or the silver side of the round. From 10 lbs. upwards is the best size. If the thin flank is used the skin and bone should be removed before pickling; the bones of the brisket should be removed after cooking, and the bone of the round before cooking, and its space filled with fresh beef fat. In all cases the meat must be bound firmly before cooking to keep it in good shape, and is improved by being rolled up in butter muslin. For the pickle sprinkle the beef with common salt for one day, then have ready 1 lb. of common salt, 1 lb. of coarse brown sugar, ¼ oz. of saltpetre, ½ oz. of ground black pepper, ½ oz. of ground allspice, a heaped teaspoonful each of ground mace, cinnamon, cloves and nutmeg, six fresh bay leaves, crushed, and a dessert-spoonful of thyme; mix all these ingredients well together; rub the meat well with it every day for fourteen to sixteen days, according to size; take it out; rinse it with clear cold water under a tap, roll it into the form of a galantine, or bind it into shape with strong tape or white cord; wipe it dry. To cook it, put into a stew pan 2 oz. of beef dripping or fat bacon, two onions, two carrots, one turnip, four shallots, three blades of celery, all cut into slices; place the meat on the top, cover, and let all fry for half an hour; or, if more convenient, brown the meat in the oven, and lastly add the vegetables, slightly fried; cover with good stock, to which a bottle of cooking claret will be an immense improvement. Add one teaspoonful of peppercorns, two blades of mace, and a small bunch of fresh herbs; let it stew till quite tender, remove all bones and gristle, press it well under heavy weights, remove the tape and muslin and brush over with glaze, decorate with some aspic jelly chopped, and also some cut into pretty designs; hard-boiled eggs cut into slices and sliced boiled beetroot are also an appropriate garnish.

How to Choose a Goose.—When a goose is young the bill is yellow, which turns red when the bird grows old. When fresh killed the feet are supple, and when stale they become stiff and dry. Geese should be large and fat, and the white and grey are to be preferred to those of a dark color. To carve a goose, cut down to the breast-bone, and help out as many slices as can be obtained, taking a little stuffing out of the apron each time. Next remove the legs and wings, cutting the flesh and jerking the joint back, and then separate the neck and side-bones, and finally the back. After the breast, the fleshy part of the wing and thigh are the most favorite parts.

Rolled Steak.—Take 1 lb. or rather more of rump steak half-inch thick, make some veal stuffing, spread it over the steak, roll up, bind with tape or skewer it, put into a baking-dish with a little stock, cover closely, and bake for about two hours; take out the meat, thicken the gravy with 1 oz. butter rolled in a tablespoonful of flour, season with pepper and salt, put the steak on a dish, remove the tape or skewer, strain the gravy over, and serve.

Savory Pie.—Ingredients: ½ lb. of stewing steak, 1½ lbs. of potatoes, ¼ lb. of onions, one teacupful of unpolished rice, some good dripping. Method: Slice the onions and fry them and the steak until brown in hot dripping; then put them into a stew-jar with cold water to cover, and cook slowly for two hours. Wash the rice and boil it until tender, boil and mash the potatoes, and cut the steak into small pieces. Grease a good sized pie dish and put in first a layer of the rice, next a layer of the steak, and then repeat the process until these ingredients are all used. Pour over some of the gravy, season to taste, cover with the mashed potatoes, and then bake in the oven until nicely brown.

Stewed Rabbit with Brown Sauce.—Prepare a rabbit in the usual way and cut it into neat joints. Remove the rind from 3 oz. of sliced bacon and cut the slices into small pieces; cook these in a

stewpan until the fat part is transparent, and then remove them to a plate. Coat the joints of the rabbit with a mixture of flour, salt, and pepper, and fry these in the liquor left by the bacon until they are brown on all sides, adding a little more fat if necessary. Then add two onions cut into slices, and brown these also. Return the pieces of bacon to the stewpan, grate a little nutmeg over the contents, and pour in one pint of stock. Put the lid on the stewpan and cook very gently until the rabbit is tender. Send to table with a dish of baked tomatoes.

Potatoes Lyonnaise.—Slice cold boiled potatoes to make two cupfuls. Cook five minutes one tablespoonful and a half of butter with one tablespoonful of finely-chopped onion. Melt three tablespoonfuls of butter, season with salt and pepper, add potatoes, and cook until potatoes have absorbed the butter, occasionally shaking pan. Add butter and onions, and when well mixed, add half a tablespoonful of finely-chopped parsley.

Fairy Puddings.—Required: 2 oz. of castor sugar, 2 oz. of flour, 2 oz. of butter, two yolks of eggs, one white, one lemon-rind, half a pint of

Quick Salad Dressing Without Oil.—One-quarter cupful of sugar with a dash of salt, pepper and mustard stirred in. Add one-quarter cup vinegar and let it come to a boil. Beat one egg in the cup and fill up with sour cream. Stir into the sugar and vinegar and let come to a boil. Cool and use. This will keep in a cool place a week or two.

Sausages and Fried Apples.—Prick the sausages well with a fork. Place in a deep frying pan; pour in enough boiling water to cover the bottom; cover and cook over a moderate fire. When the water evaporates, remove the cover and turn several times, that they may be nicely browned. Turn on to a platter. Core a number of large tart apples, cut in rings an inch thick, and fry in the sausage fat.

To Keep Pies from Running Over.—The best way ever to keep apple pies (or fruit pies of any kind) from boiling over into the oven is: Do not stick or pinch the top crust to the lower, but cut the top one slightly smaller, so it will just fit inside the lower one and lie loosely over the pie. This lets the juice bubble up around the edge of the top crust, but it will not boil out, and the pies are delicious.

A Variation of Baked Apples.—Peel and slice apples to just fill a gallon stone

on milk and cook slowly for three-fourths of an hour. Before serving put in one cup of cream and let it come to a boil. Or, line a buttered baking dish with a layer of cold boiled potatoes, sprinkle with bread crumbs, salt and pepper and then another layer till dish is full. Cover with milk and bake in oven.

Apple Johnnycake.—One pint of white meal, two tablespoons of sugar, one-half teaspoon of salt, one-half teaspoon of soda, one teaspoon of cream of tartar, milk enough to make soft batter, three apples pared and sliced. Mix in the order given and bake in a cake pan thirty minutes.

Five Roses Flour Recipes

Christmas Cake

4 cups sugar
3 cups melted butter
4 cups molasses
2 cups sweet milk
10 eggs
2 teaspoons soda
2 teaspoons each cinnamon, cloves, allspice
2 nutmegs
8 cups Five Roses Flour
2 pounds currants
3 pounds raisins
1 pound mixed peel
1 pound chopped nuts
Bake in slow oven.

Almond Icing

½ cup butter
1 egg (white)
½ teaspoon almond extract
2 cups icing sugar
Cream butter, beat white of egg stiff, add almond flavoring and sugar. Stir in gradually. If too stiff, add a little milk. Use ½ pound almond burnt and rolled. Cover cake with icing and roll in nutmeats.

Christmas Pudding

2 eggs
1½ cups currants
1½ cups raisins
1½ cups suet
½ cup sugar
1 cup molasses
½ cup milk
4 cups Five Roses Flour
1 teaspoon soda
1 teaspoon cream of tartar
1 teaspoon mixed spice
Boil or steam 3 hours. Sauce to taste.

Scotch Short Bread

¼ pound fresh butter
2 ounces fine sugar
½ ounce cornstarch
6 ounces Five Roses Flour
Knead cornstarch and sugar into the butter, then gradually knead in flour. Roll out into a round. Pinch the edges with fore-finger and thumb, prick over top with fork, cut in eight. Place on baking dish and bake in moderate oven 20 minutes. Leave on tin to harden.

Currant Bun

½ pound Five Roses Flour
1 pound raisins
1 pound currants
¼ pound sugar
2 ounces blanched almonds
2 ounces candied peel
1 teaspoon ginger
1 teaspoon cinnamon (or spice)
¼ teaspoon Jamaica pepper
½ teaspoon caraway seeds
½ teaspoon soda
½ teaspoon cream of tartar
1 teacup sweet milk (old ale may be used instead)

With the hand mix well in a basin all above ingredients. Line a cake tin with a plain short crust rolled out very thin, and put the mixture in this prepared tin, and roll out the scraps of paste to cover top. Wet well the edges. Place top cover on and press well around the edges. Prick top with a fork, and brush over with sweet milk. Bake in moderate oven for at least 3 hours.

Any Western Home Monthly reader can have a copy of the 144 page Five Rose cook book by remitting 20c. to the Lake of the Woods Milling Co., Ltd., Winnipeg.

Hard and soft corns both yield to Holloway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.



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milk. Thickly grease some small dariole moulds or cups. Melt the butter in a saucepan, stir in the sugar and milk. Add this slowly and smoothly to the flour. Then add the beaten yolks and grated lemon-rind. Beat the white stiffly and stir it in lightly. Half fill the cups with this mixture, and bake in a quick oven about twenty minutes, or till firm and a pale brown. Turn out gently and serve at once, or they sink down.

Nut Sandwiches.—Run shelled peanuts through the chopper using the finest plate, and sprinkle on bread and butter. Any kind of nut meats may be used, but should be very thin. Sprinkle all nut sandwiches lightly with salt.

Egg Sandwiches.—Chop one egg for each child in the chopping bowl, and mix with an equal quantity of cold, boiled and chopped ham. Use in the usual manner, moistening with cream if too dry. Sprinkle with salt and a very little pepper.

Escaloped Potatoes.—Peel and slice raw potatoes thin. Butter a baking pan, put in a layer of potatoes, butter, salt, pepper, sprinkle with flour, then another layer of potatoes and so on until the pan is filled. Just before putting into the oven fill the dish with cream or milk.

Potato Soup.—Boil seven potatoes until soft, season with salt, pepper and butter, pass through a colander, then add one and one-half pints of milk, juice of large onion, three dashes of celery salt; stir into a cream, then beat for ten minutes. Before serving add remainder of quart of milk and some finely-chopped parsley.

jar; add one-half teaspoonful of ground cloves or cassia and one-half teaspoonful of soda (a little more if the apples are very sour). Shake the jar, so all will be well distributed through the apples, then put in the oven and bake slowly six hours. Turn out, and when cool it is pleasing to the eye and taste. A bean pot does very well in place of the jar.

Sandwich Bread.—When baking, half fill previously buttered pound coffee cans with bread dough, and set to rise. Experience will teach you just how full to make the cans, but it is safe to start with the can half full. This makes nice round slices, and these in turn can be cut into triangles to please the children. Baking powder cans may be used or the regular "store" sandwich bread pans, but the coffee cans are all right for the purpose.

White Corn Cake.—One-fourth cup butter; one-half cup sugar; one and one-third cups milk; whites of three eggs; one and one-fourth cups white corn meal; one and one-fourth cups flour; four teaspoonfuls baking powder; one teaspoonful salt. Cream the butter; add sugar gradually; add milk; alternating with dry ingredients, mixed and sifted. Beat thoroughly; add whites of eggs beaten stiff. Bake in buttered cake pan 30 minutes.

Cream Potatoes.—Take cold boiled potatoes, cut in dice, put a large piece of butter in the skillet; when ready to brown put potatoes in, pepper and salt, stir them around in butter for a few minutes, but don't let brown, then pour