

Conserve Food

Economy in baking is one of the biggest ways in which Canadian housewives can help to conserve food. Thousands of thoughtful women have found Egg-O Baking Powder a big help in economizing.

EGG-O BAKING POWDER

is so sure and so perfect—it ensures real baking economy. It means better baking at a smaller cost. Use only a level teaspoon of Egg-O to each level, measuring-cupful of well-sifted flour. These proportions will give you the best baking results.

Try Egg-O yourself, next bake day. Surprise the family with delicious Egg-O War Cake, eggless, butterless and milkless. It is easy to make.

1 lb. raisins, 1 teaspoon allspice, 1 teaspoon cinnamon, 2 tablespoons lard, 3 cups brown sugar, 3 cups water. Boil together 5 minutes. When cold, mix with 4 level cups of flour, 4 level teaspoons of Egg-O Baking Powder, 1 level teaspoon of salt; sift and beat together. Bake slowly for 1 hour in a shallow pan. Better kept a day or two before eating.

Buy Egg-O in the pound tin or larger sizes—it is much cheaper. Your grocer's name and 10 cents will bring a 4 oz. (net) tin of Egg-O and the book of Reliable Recipes.

The Egg-O Baking Powder Co., Ltd., Hamilton, Ont.



it, and add plain powdered gelatine according to directions on the box. Stir well until thoroughly dissolved in the hot liquid, but do not let boil, then pour a little into the bottom of wet cups, and set in a cold place to stiffen. Turn out on lettuce or cress, put a spoonful of salad dressing on top, and serve with cold meat or fish.

Left-over peas, beans, potatoes, spinach, carrots, onions or celery.—Cook in a very little water and rub through a colander, water and all. To the pulp add rich, sweet milk. Reheat and serve very hot for supper, seasoning at the last minute. On top of each plateful put a spoonful of whipped cream or of little dice of bread rolled in melted butter and crisped in the oven. Paprika and white pepper are nicer than black pepper for seasoning milk soups. Also some prefer celery salt to common salt.

Vegetable Soufflé.—Make a thick cream sauce by adding 2 cups milk or more to a heaping tablespoonful of butter and as much of flour, cooked together. Stir all the time while cooking, and add the milk very gradually to make the sauce smooth. To this add any cooked vegetable, which has been chopped as fine as possible, also the beaten yolks of 2 eggs. Finally fold in carefully the whites of the eggs, beaten very stiff, and bake in a hot oven until brown. "Folding" is done by turning in the whites, then turning the mixture over and over very gently until the whole is blended.

Meat Soufflé.—Finely chopped chicken, lean beef or tongue (preferably put through a food-chopper) or flaked fish may be used instead of the vegetables in the recipe given above. If there are two or three meat left-overs, e. g., beef and ham, they may be chopped together and used.

The Last of the Bone.—Take any bones to which shreds of meat are still clinging after the meat has been sliced off, cover with a little water, and simmer until the meat can be scraped off easily and the marrow taken out of the bone. Scrape the shreds into the water, season, and add pieces of potato, carrot and turnip, or any combination one likes. If needed add a little more hot water, then see that the whole is seasoned just enough, and thicken very slightly with a little flour blended in cold water. When at boiling point put in some small dumplings, cover closely, draw back on the stove, and keep simmering constantly until done, three-quarters of an hour. Serve on a very hot platter, with the dumplings around the outside and the stew in the centre. The dish is made nicer by dabbing the dumplings with butter and sprinkling with finely chopped parsley. Serve for dinner.

Dumplings.—Two small cups flour, ¼ lb. suet, finely chopped, 1 teaspoon baking-powder, pepper and salt, ½ teaspoon powdered herbs if on hand, ½ small onion chopped fine, 3 sprigs of parsley chopped fine. Sift flour, baking-powder, pepper and salt together, then add other ingredients. Make into a stiff dough with cold water, stirring it in carefully with a knife. Divide into 12 balls, roll each lightly in flour and drop into the stew. The secret in having them light is to keep the stew *simmering* (not boiling) constantly. Dumplings make a very nice pudding when cooked with any kind of stewed fruit, or even in slightly salted water, but when making them for that purpose the pepper and herbs must be left out. Also a little shortening may be used instead of the suet. If cooked in the salted water serve with syrup or butter and jam. Dumplings should always be eaten while very hot, and just as soon as cooked, if possible, as they are spoiled if they cook too long, or if they are kept waiting until cooled. If they must wait a time before being served, put them in a covered dish over water, that will keep them hot without cooking them.

Left-Over Porridge.—Reheat the porridge enough to soften it, then remove and add a cupful of milk for each cupful of porridge, also an egg to each cupful or two. Beat all together. Put a spoonful of butter in a frying pan, turn the mixture in, stir until creamy and serve very hot, with pepper and salt, or with a little syrup poured over, as preferred.

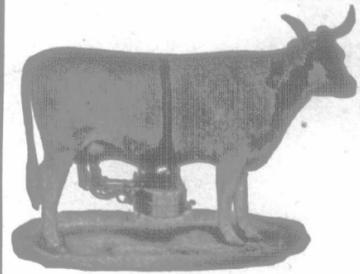
Fried Cornmeal (a very good meat substitute, so far as food values are concerned).—Make like porridge, but add a cup of chopped peanuts or any other kind of nuts, and 2 beaten eggs; the eggs may be beaten in after the cooking is completed. Beat until smooth, then turn into moulds. When cold, slice and fry. May serve hot with gravy for meat, or with syrup or jam for a supper dish.



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