

November, 1905

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

A Satisfying Breakfast.

We are plain people, with pocket-books wherein nickels are more plentiful than dollars, but we live on a farm where poultry and vegetables thrive with scarcely any attention, and the cows manage to keep us in milk and butter. We start the day aright with a good, healthy, peace-promoting and soul-satisfying breakfast, and I give the recipes for one of them.

This breakfast consisted of coffee, sugar cane syrup, waffles, rice bread, hominy, scrambled eggs, smothered chicken, egg-plant fritters and sliced tomatoes.

Now every cook can make coffee, scramble eggs and boil hominy—we eat ours with butter or gravy, never with cream or sugar—but every cook cannot make really good waffles and rice bread, smother chickens or fry eggplant fritters.

Waffles.

Mix one pint of flour, three-fourths pint clabber (if you use buttermilk, a pint), one teaspoon salt, one tablespoon melted lard, and beat till perfectly smooth—beat hard and long, for your success will depend on it. Just before you put in the irons add one level teaspoon of soda dissolved in a teaspoon of hot water. Grease the irons before you bake the first waffle, they will not need it again. Serve each waffle fresh from the irons, crisp, feathery, melting.

Rice Bread.

Rub one cup of cold rice till smooth, mix with one cup of flour, one cup of sweet milk, two tablespoons of melted lard and salt to taste, and, like the waffle batter, beat hard and long; then then add two eggs beaten very light. Bake in thin layers, spread each hot cake with butter, pile on a hot plate and cut through the layers, like short-cake.

Eggplant Fritters.

Mash a boiled eggplant, removing all the seeds possible, rub in two or three tablespoons of flour, a plentiful sprinkling of salt and pepper, one finely chopped onion and one egg; beat to the consistency of fritter batter, drop by spoonfuls into hot lard, fry brown and eat with tomato ketchup.

A Group of Cheese Dishes.

Opinions differ as to the digestibility of cheese, but to the average person experience has shown that it is quite as digestible as it is nutritious if taken at the right time and with the right kind of food. Cheese being rich in proteid furnishes an excellent substitute for meat; therefore, in setting forth new recipes for the use of cheese a step is taken to aid the housekeeper in economic living.

Cheese Pie.

This is a delicious accompaniment to cold sliced meat or it may well serve as the central dish for the family luncheon. Cut two-thirds of a five-cent baker's loaf in a third-inch slices, and then cut

the slices in halves. In a buttered shallow baking dish alternate layers of bread with layers of soft, mild cheese, cut in one-eighth-inch slices and sprinkle with salt and paprika. Beat two eggs slightly and add one cup of milk. Pour over the bread and bake until the cheese is soft, the time required being about thirty minutes.

Duck Salad.

Cut cold duck into small pieces and marinate with a French dressing for an hour. With a spoon remove the pulp from a sour orange. In the bottom of the salad bowl put a chapon (a small square of bread rubbed on both sides with a clove of garlic); on this put well blanched chicory lightly torn with the fingers, next the duck mixed with a little mayonnaise, and lastly the orange; with a salad fork and spoon toss thoroughly together and serve with mayonnaise in a bowl apart.

Pear Compote.

Pare and core a dozen ripe pears, and fill the centres with brown sugar and tiny pieces of preserved ginger. Arrange in a baking pan with half a cup each of water and preserved ginger syrup and bake until tender. Place them when cold in a *compotier* with the syrup poured around and whipped cream piled over them. Serve with crisp, sweetened wafers.

Second Editions of Game.

In many parts of the country game is so plentiful that the housewife can cook it with a view to having a surplus to serve as an appetizing relish for luncheon or early tea, or as an entree.

Salmis of Duck.

Cut the best of the meat in neat small pieces. Chop the legs and the carcass and fry in two heaping tablespoons of butter, with a tablespoon of chopped onion and the same amount of chopped shallot. Dust lightly with salt and pepper, pour in any gravy that may be left, to which may be added a little good cooking wine. There should be liquid enough to cover, then simmer until reduced one-half, strain, add the pieces of cold roast duck and simmer five minutes. Remove the meat to a hot dish, pour over it the gravy and serve with toast points and watercress.

Duck With Green Mayonnaise.

Thinly sliced breast of roasted wild duck or grouse, lightly broiled and served with green mayonnaise and with watercress, makes a delicious luncheon course. Dip the slices of breast in melted butter and orange juice, drain and lightly broil. Pick and wash a handful of chervil, tarragon, garden cress and chives, blanch in boiling water for five minutes. Drain, chill in ice water and pound thoroughly, adding two tablespoons of lemon juice and two saltspoons of mustard. Add to two cups of mayonnaise, mix thoroughly, and if a deeper green be wanted, tint to the desired shade with spinach juice.

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