

Five Roses Flour

[Catsup, Pickles, Sauces, Salads]

HOW TO CAN GREEN CORN

No. 2

Cut ripe sweet corn from the cobs and pack in glass jars, pressing the corn down as tightly as possible. A little wooden mallet that exactly fits the jar is useful to press it down with. To each quart can, add 1 teaspoon salt. Place the cans in a wash boiler, on the bottom of which has been placed a thick folded cotton cloth. Have the covers of the cans screwed down very tightly. Fill the wash boiler to the neck of the cans with cold water, cover and let boil for 3 hours and a half. Take cans out and screw down airtight. When cool, set in the cellar and you have lovely sweet corn all winter for all purposes. I have tested this several times and never had one can spoil yet.

—Mrs. H. J. B., Craighurst, Ont.

CANNED BEETS

Boil the beets till tender, drop in cold water, remove and skin. If too large for jars, cut lengthwise in halves or quarters. Warm the jar and, as fast as the beets are skinned, drop them in until the jar is nearly full. To 1 pint vinegar add 2 cups sugar, set on stove and let come to a boil. While boiling, pour over the beets until the jar is running over. Drop in a few cloves and allspice, then seal.

APPLE SALAD

Chop an equal quantity of apples and cabbage and stir into them a cream dressing. The juice of the apples will greatly dilute the dressing, so do not use too much. The apples should be chopped only a short time before using. A few minced nut meats sprinkled over the top are a pleasing addition.

CREAM DRESSING

One cup cream, $\frac{1}{2}$ cup vinegar, 1 teaspoon mustard, pinch of salt and a dash of pepper.

BEEF SALAD

Boil 6 beets and chop finely 1 head of celery, add pepper and salt.

DRESSING

One half cup white sugar, 2 teaspoons mustard, 1 cup vinegar, 1 egg, a little butter and salt.

CABBAGE SALAD

One quart cabbage cut finely, $1\frac{1}{2}$ cups vinegar, 1 teaspoon mustard, 1 egg, 1 teaspoon butter, $\frac{1}{4}$ cup *Five Roses* flour, $\frac{1}{2}$ cup sugar. Boil all together until thick, then add cabbage.

FRENCH SALAD

To 1 pint canned peas add 1 pint celery cut finely, $\frac{1}{2}$ cup walnuts chopped finely, $\frac{1}{2}$ cup chopped orange. Serve with mayonnaise dressing on shredded lettuce.

IRISH POTATO SALAD

Boil 6 potatoes until very soft, peel and mash. While hot, season to taste with salt, pepper and spice, and add 1 teaspoon butter. Boil 2 eggs and dissolve the yolks in 2 tablespoons vinegar. Pour over potatoes and mix well. Put in dish, slice the egg whites and put over potatoes.

POTATO SALAD DRESSING

Two eggs, butter size of egg, 1 teaspoon mustard, 1 tablespoon cornstarch or *Five Roses* flour, 2 cups water, 1 cup vinegar. When cold, add sour cream. Let cool before adding the eggs.

SALAD DRESSING

No. 1

Four eggs (beaten separately), 2 even tablespoons mustard, 4 tablespoons white sugar, 4 tablespoons butter, $\frac{1}{2}$ cup vinegar, dash of cayenne pepper and salt. Mix well together butter, sugar, mustard, salt. Add beaten yolks of eggs. Stir in vinegar and beat well. Cook in double boiler till soft like custard. When done, add whites of eggs well beaten. When ready to serve, add cream.

SALAD DRESSING

No. 2

One-half cup sour cream, 1 cup vinegar, pinch of salt, 1 teaspoon *Five Roses*

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