



BLUE RIBBON TEA

Poor tea adds to life's troubles—

BLUE RIBBON TEA

to life's joys

Economy Means Buying Things Worth While

Poor quality means waste—yet many people buy inferior pianos who are too thrifty to buy clothing, utensils or machinery of poor quality.

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Write us for Illustrated Folder giving full particulars. Used Pianos, Player-Pianos, and Organs of well-known standard makes and splendid values are constantly being taken in exchange by us as part payment on new instruments. Those who desire a moderately-priced piano or organ should write our nearest Branch Store for complete list of used instruments.

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Sugar Stretchers

A STATEMENT has just been issued by the Canada Food Board requesting that the household consumption of sugar be reduced to one and one-half pounds per month per person. And further, householders are urged to use yellow sugar when possible, because in order to get the most economic results from the refining of sugar it is necessary that about thirty per cent. of yellow sugar be produced by the refineries. A pound and a half of sugar per person per month seems a very small amount, but we have no cause to complain, so far we have had practically all the sugar we needed, while most of the Allied countries have been on very short rations indeed. A grocer told me not long since that he had difficulty in making his customers take the required one pound of brown sugar with every four of white. Some of the women complained that they could not use brown sugar except for candy and they tired of that. The Food Controller's statements are not always as clear as they might be and I am sure that these women did not realize that by using brown sugar for candy they were disregarding the Food Controller's regulations, that no cane or beet sugar be used for candy. If one will experiment a little I am sure that more than the required fourth of yellow sugar will be utilized. In spice cakes of all kinds, steamed puddings, cookies, ginger snaps, etc., brown sugar is as good as white, and it is very good on porridge, try it and see. There are many substitutes for sugar that are extremely palatable—honey, maple syrup, corn syrup and molasses. Let us get into the way of using these as far as possible. Maple syrup and honey are expensive, but a little goes a long way. Dried fruits, such as raisins and dates may be substituted for a certain amount of sugar.

In substituting brown sugar for white the same amount should be used as of white; it has less actual sweetening value than white sugar, but makes up in flavor what it lacks in sweetness. The same is true of maple sugar. In substituting corn syrup for sugar in a recipe one should increase the amount of syrup by half and add a little extra flavoring. In cakes and cookies the results are better if half syrup and half sugar is used, and allow a little extra flour for the extra amount of liquid the syrup adds. Honey being thicker than syrup replaces less liquid so that only one-fourth of the liquid called for in the recipe need be left out. Honey is slightly acid, so in using it allow one-quarter teaspoon soda to each cup of honey.

Oatmeal Cookies

1 cup cold boiled oatmeal
1 cup brown sugar
2 teaspoons cream of tartar
1 cup flour
Butter, substitute the size of an egg
1 teaspoon soda
Pinch of salt

Roll out thin and cut out same as cookies.

Barley Pudding

4 cups milk
1/2 cup barley
1-3 cup honey
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 tablespoon fat

Wash barley, mix ingredients and pour into buttered pudding dish, bake three hours in a slow oven, stirring occasionally during the first hour of baking to prevent barley settling. If the barley is allowed to soak in the milk for a time before cooking it will require less baking. There is a new breakfast food on the market called Cream of Barley that may be used in this pudding, it is like a fine pearl barley and very wholesome and delicious.

Fig Roll

1 cup figs
1 cup honey
2 eggs
1/2 teaspoon grated nutmeg
Milk
2 cups bread crumbs
1/2 cup sugar
1 tablespoon molasses
1/2 cup flour
Grated rind and juice of one lemon

Chop the figs fine, mix with the other ingredients, add enough milk to make a stiff batter. Steam for three hours, serve with boiled honey icing.

Honey Icing

1/2 cup honey
White of one egg
1 teaspoon lemon juice
3 marshmallows

Boil the honey until thick, flavor with the lemon juice and pour this over the stiffly-beaten white of one egg. Add the marshmallow and beat hard and rapidly until soft and creamy. The marshmallows may be omitted, although they improve the flavor.

Hermits

1-3 cup butter
1-3 cup corn syrup
1 egg
1-3 cup flour
1 teaspoon baking powder
1/2 teaspoon cream
1/2 cup brown sugar
2 tablespoons salt
1/2 teaspoon cinnamon
1/2 cup chopped nuts or dates

Cream the butter and the sugar, add the corn syrup, the milk and the egg well beaten. Add the baking-powder and the spices to the flour. Mix with the other ingredients, drop from a teaspoon in buttered tins, bake in a moderate oven.

Creamy Tapioca Raisin Pudding

1 quart milk
2 tablespoons uncooked rice
1/2 cup honey
2 tablespoons melted butter
1/2 teaspoon salt
1/2 cup seeded raisins

Soak the tapioca and add to the rice and milk, stir in the honey, salt and raisins. Bake in a slow oven until the pudding is done, stirring down the crust as it forms on top.

Steamed Fruit Pudding

2 cups dried peaches, apricots, plums or apples
2 cups flour
1 cup milk
2 tablespoons melted shortening
2 eggs
1 tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg

Wash and soak the fruit overnight; drain. If in large halves or quarters, cut into small pieces; add to the dough which is made as follows: Sift the flour, baking-powder and salt into a bowl; add the milk, well-beaten eggs, shortening and spices; mix well; add the fruit, put in a well-greased mold or kettle. Place in a saucepan of boiling water and steam for two hours. Serve in a shallow bowl with a fruit sauce made from two cups of fruit juice which was put up when canning fruit during the summer. Bring the juice to a boil; add enough cornstarch to thicken and sugar or honey to taste. Serve both pudding and sauce while hot.

Blueberry Johnny-Cake

1 cup flour
1 cup corn meal
3 teaspoons baking powder
1 egg, beaten
2-3 cup milk
1 tablespoon melted butter
1 cup blueberries, fresh or canned and strained
1/2 teaspoon salt

Combine the ingredients in the order given. Pour into a small dripping-pan and bake in a moderate oven for thirty minutes. If desired this may be served as a simple pudding with a sauce of stewed and sweetened blueberries.

Afternoon Tea Cakes

2 cups flour
1/2 cup brown or maple sugar
Milk
1/2 cup butter
1/2 teaspoon salt
Walnuts
1/2 teaspoon lemon extract

Mix and sift flour, sugar and salt. Work the butter into the first mixture, using the tips of the fingers. Add just enough milk to allow the mixture to be rolled. Roll to one-third inch thickness, cut in any desired shape, and place walnut meat on top of each. Bake in a slow oven until brown.

Date Filling for Cakes

A cake may be made with very little sugar if a date filling is used.

1 lb. dates
1 cup English walnuts, chopped
1 cup sugar
Juice 1 lemon
1/2 cup blanched almonds
1 tablespoon sugar
1 cup water

Cut the dates up fine, add the water, lemon juice, sugar and fat and cook slowly. Blanch the almonds and cut very fine, add to the filling. When smooth remove from the fire and set aside to cool.

Chinese Chews

1 cup dates, chopped
1 cup English walnuts, chopped
1 cup sugar
1/2 cup pastry flour
1 teaspoon baking powder
2 eggs
1/2 teaspoon salt

Mix all dry ingredients together, put in the dates and nuts, and stir in the eggs after beating them light. Bake in a thin sheet as can be spread and when done cut in small squares.

Mrs. L. C. P.

Fig Tapioca

1/2 cup granulated tapioca
1/2 cup cold water
2 cups boiling water
1/2 cup corn syrup
1/2 cup chopped figs
1/2 teaspoon salt
1/2 cup chopped nuts

Mix the tapioca and salt with the cold water, add to the boiling water and cook until the tapioca is clear and transparent, add the corn-syrup and the figs and cook for twenty minutes; add the nuts, chill and serve.

The Country Cook.

FAIR time is our directors has made that we have at every fair great boon to the know the disc drive, the fixing tired and dirty, a place to tidy up.

A tent with a few looking glass, some paper towels, a Gooden. Have and plenty of U. small table where a good big sign of Best Tent." If get the men to rest with some poles bought, which some shade and place where the sleep, and the up or rest a well crowd and noise.

Christmas

I have been lowering notice, re for Canadian sold of our U.F.W.A. that as many as provide these pu "The Canadian association propose pounds of Christ the men in the tr in London in tim be distributed for lilton Fruit Kite Red Cross Societ and staff at the d tion for this pur met by the C. named will ena: diat overseas portion of delicio mas day.

"The puddings pound tins and 60 puddings will seas, each tin b compliments of tual making the association cann ward any puddis to units or indi for this fund sho vinal secretary Building, Calgar: is open only fo arrangements for ing the puddings most immediat to remind our C field of the frie mas time by seetion as quickly W. Spiller.

Co-opera

An interesting, elved from P which reads as f "This is an as done in the past we arranged for the U.F.A. loca 15. We decided ing service in shipping eggs, the members v grade and price of the member paper on the and Recall whi warded to the May meeting Y.M.C.A. Hut Red Cross. We B.C. for our fr and the year b save money in arranged with e has a store, to comes. In th allowed to sp postmaster as eggs for the fusion and coe tie more. At decided to wr Boys' and Girl in our petition Nurse to call