

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARIAGGI, WINNIPEG

COOKING RECIPES.

Orange Sauce.—Beat the whites of three eggs stiff, add gradually one cupful of powdered sugar, then add juice and grated rind of two oranges and one tablespoonful of lemon juice.

Banana Salad.—Six bananas, one apple, one orange, boiled dressing. Open the bananas carefully, so as to fill them again, slice three of them, and cut the apple and orange into small pieces. Mix thoroughly with boiled dressing and fill the banana skins, placing them on lettuce leaves.

Boiled Onions with Cream.—Parboil the onions in salted water, drain, then plunge into boiling salted water again and cook until tender—about three-quarters of an hour, then drain again and sprinkle with a little salt and pepper; add a tablespoonful of butter and two tablespoonfuls of cream, and serve hot.

Spider Cake.—One pint of sour cream, one-half cupful of butter, one-half teaspoonful of soda and as much salt, one teaspoonful of sugar, and flour enough to make a soft dough. Mix lightly, roll thin, cut into rounds, place them on a hot spider; brown one side, turn and brown on the other. Serve hot with butter and syrup.

Caramel Cake.—One cupful of sugar, one cupful of milk, one and one-half cupfuls of butter, one teaspoonful of cream of tartar, one-half teaspoonful of saleratus, one-quarter cake of chocolate. Frosting.—One and one-quarter cupfuls of sugar, one-half cupful of milk. Boil five minutes without stirring. Flavor with teaspoonful of vanilla.

Baked Cabbage.—An excellent way to utilize cold cabbage is to put it into a baking dish and pour over it sufficient dressing to cover, made in the proportion of one tablespoonful each of butter and flour to one cupful of milk. Pour over this one well beaten egg, and cover with bread crumbs dusted with melted butter. Bake forty-five minutes.

Potato Doughnuts.—Two cupfuls of hot mashed potato, four tablespoonfuls of shortening, three cupfuls of sugar, and four eggs. Beat all to a cream, then add three cupfuls of milk, a little salt and nutmeg or any preferred flavoring and five teaspoonfuls of baking powder sifted in the flour, using enough flour to make of the usual consistency of doughnut dough.

Deviled Cheese.—Run half a pound of good, mild cheese through a meat chopper; mix with one tablespoonful of butter creamed, one tablespoonful of vinegar and one of worcester sauce; tarragon vinegar is preferable. Season with one teaspoonful of sugar, half a teaspoonful of mustard and the same of salt. Spread between square crackers, and serve with salads.

Jenny Linds.—Make a thin batter of three eggs, two full tablespoonfuls of melted butter, pinch of salt, two teaspoonfuls of baking powder, a pint of milk and a quart of flour. Bake on hot griddle in cakes the size of a small plate. Butter on the wrong side, spread with fruit jam or marmalade, roll up, lay on a flat dish, sprinkle sugar over them and serve hot with cream or lemon sauce.

Amber Pudding.—Stir one teacupful cornmeal into one quart of boiling water; add one teacupful of molasses, one-half teacupful of salt, one quart sliced sweet apples, three pints of milk, and mix well; pour into a large buttered pudding dish and bake in a very slow oven for four hours, when the liquid will have evaporated to a clear amber-colored jelly throughout the pudding.

Cocoa Nut Pie.—Bake under crust; put a pint of sweet milk in a pan and set it in a kettle of hot water. When the milk boils add three tablespoonfuls of sugar; then two tablespoonfuls of cornstarch, dissolved in a little cold milk. Cook until it thickens; then add one-half box of cocoanut. Take off the stove and add whites of the eggs, whipped to a stiff froth. Turn the mixture into the shell and place in the oven to brown.

Pound Cake.—One pound of sifted flour, one pound of fine sugar, one pound of eggs, one scant pound of butter, one tablespoonful of brandy, one-half teaspoonful of mace.

Oyster Sandwiches.—Have the slices of bread nicely toasted on one side. Have plump but rather small oysters thoroughly drained. Dip them in soft butter, mixed with a little paprika and lemon juice. Arrange on the toasted side of the squares of bread. Put together and brush both sides of each sandwich well with soft butter, arrange the sandwiches in a fine wire broiler and toast carefully. Serve at once, with sauce tartare.

Rice Cake.—One cupful of butter, two of sugar, two and one-fourth cupfuls of rice flour, six eggs, the juice and rind of one lemon. Beat the butter to a cream, then gradually beat in the sugar and add the lemon. Beat the whites and yolks separately and add them to the beaten sugar and butter. Also the rice flour. Pour into a shallow pan to the depth of about two inches. Bake from thirty-five to forty-five minutes in a moderate oven.

Stewed Leg of Mutton.—Put a loin of mutton into a stewpan with a cupful of water, a glass of light wine, a clove of garlic, three cloves, one teaspoonful of chopped parsley, with salt and cayenne pepper to taste. Cover and stew gently till tender. Strain the liquid, skim off the fat, and reduce with hot water if necessary; add a piece of butter rolled in flour, a little minced gherkin or parsley and a spoonful of lemon juice. Pour over meat and serve.

Bacon and Egg Sandwich.—Have nicely streaked bacon cut thin, and fry or broil a nice crisp brown. Fry the eggs until they are just set, turning them when they are partly done, so that both sides are fried. Spread lettuce leaves on the hot buttered toast rounds and sprinkle the bacon, broken into bits, over the lettuce. Place the egg on this and cover with another crisp leaf of lettuce and round of toast. Serve with tender, crisp celery.

Apple Custard Pie.—Into a cupful of stewed and strained apples stir the juice and grated rind of half a lemon, and a cupful of sugar. Half a teaspoonful of grated nutmeg or a teaspoonful of cinnamon may take the place of the lemon rind, if preferred. Mix a cupful of milk, or better still, of sweet or sour cream, thoroughly with the apple, and then the beaten yolk of an egg, and, lastly, stir in gently the well whipped white. This filling will make one pie. The pie may be made with a lattice top, in tart fashion, or, if the paste is very rich and light, a solid upper crust may be arranged.

Scotch Tart.—Line a square baking tin with a paste made thus: One heaping teaspoonful of baking powder and one-half teaspoonful of salt sifted with one pint of flour; beat one egg in one-half cupful softened butter, and stir in one-half pint sweet milk. Roll out thin, and cover with tart apples, peeled and cored, and sliced crosswise in half-inch slices; allow each row to overlap the shingles, covering the center holes of the preceding row. Sprinkle thickly with light-brown sugar, dot with butter, grate nutmeg over, and bake until the apples are tender. Serve with cream, whipped or plain.

Sally Lunn are always popular at tea during the cool months. Place half a pint of new milk and half an ounce of butter in a saucepan. When milk is warm pour it over half an ounce of German yeast. Mix half a teaspoonful of salt with three-quarters of a pound of flour. Add a beaten egg to the milk and yeast, and then stir all lightly into the flour, with a wooden spoon. Grease two or three small round cake tins, pour some of the mixture into each, and set them to rise in a warm place for an hour. Then bake in a good steady oven from twenty to thirty minutes. When required for use, this tea cake should be cut into thick slices across, toasted, buttered, and served very hot. On this last greatly depends success.

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