



Conducted by MRS. JEAN JOY, graduate of Toronto School of Cookery, and pupil of Technological Institute, Massachusetts.

OUR chief endeavour this month will be to keep as cool as possible, but this will prove a hopeless task if we have to work over a coal range. There are, however, few houses to-day in which some other apparatus for cooking is not to be found. For surely women are foolish or even thoughtless in a house where there is not either a gas, coal oil or gasoline stove for hot weather cooking. Any one of these will soon save its original cost if only in the time, strength and comfort of the housekeeper or cook.

* * *

I think we all agree with Jenny Wren that "Cherry pie is very good." It is at all events if made by the following recipe:

CHERRY PIE.

Crust, one cup sifted flour, one teaspoonful sugar, two tablespoonsful butter, one tablespoonful lard, one-third cup cold water. Sift the flour and sugar into a chopping bowl, add butter and lard, mince with a chopping knife until it looks like fine meal. Then mix into a soft dough with cold water, ice cold if possible. Flour the board and pin lightly to prevent sticking, and roll out.

Take one and a half pounds cherries, pick off the stalks, and put them with two tablespoonsful of moist sugar into a deep pie dish, just capable of holding them, with a small cup placed upside down in the midst. Put a border of the crust around the flare of the dish, then lay on the cover, and ornament the edges. Bake in a brisk oven for thirty or forty minutes. Strew finely sifted sugar over and serve hot or cold.

It is more economical to make two or three pies at a time, however, as the trim-

mings from one can be utilised in making the second, and so on. Unless meant for family use, never make the pies in very large dishes, but have them as deep as possible. I have found that a few currants added to the foregoing recipe adds a very piquant flavour.

* * *

RASPBERRY FOAM.

One cup of berries, half a cup of sugar, white of one egg. Pick over the berries that they may be quite free from leaves, stalks, etc., then put them with the other ingredients into a bowl, crush the fruit with a silver fork then beat steadily for half an hour. This is a very economical dish, as it may be made from the fruit that is 'left over'; also it makes a very small quantity of fruit go a long way, and is simply delicious, so soft and velvety. People not knowing, almost invariably think it is made with whipped cream. Almost any fruit can be used in this manner. Bananas, pears, peaches, strawberries and currants are especially nice.

* * *

FROZEN PUDDING.

One quart milk, one large tablespoonful arrowroot, two cups sugar, one and a half teaspoonsful salt, three cups cream, four eggs (whites), half a pound French fruit, two ounces pistachio nuts one teaspoonful vanilla, colour and flavour to taste. Scald the milk in a double boiler. Mix the arrowroot, sugar and salt thoroughly, turn them into the boiling milk and stir constantly until it thickens and is smooth. Cook for twenty minutes. Let this mixture become thoroughly cold, then add the well-beaten cream and the eggs beaten light, but not stiff. Add the vanilla, using enough to give a strong flavour, and if you like, colour it all a delicate tint of yellow, pink or green with colour paste. Turn into the freezer, stir in the French fruit and nuts. Have the fruit—cherries, apricots and green plums, cut into small pieces and the nuts blanched and cut in strips.

When the mixture is quite stiff pack into a melon mould, put the cover on and butter around the edge on the cover so that no water can soak through. And it may be as well to wrap the mould in paper, before packing it away to ripen in a pail or tub of crushed ice and salt. If you have no mould just leave the mixture in the freezer, removing the dasher and when ripened,—which takes from three to six hours—the pudding can be turned out just the round shape of the freezer. This pudding may be made with fresh fruit instead of the canned.

* * *

Physiologists tell us that the human organism throws off about five pints of water daily,—in perspiration, vapor from the lungs, exertions, etc., and a considerable amount is required in the body to carry on the various processes of the system. In hot weather large quantities are required because of the excessive waste, and to help in cooling the body. So I think a few hints concerning

some healthful drinks may not be amiss this month.

I do not think that we Canadians have the reputation acquired by our cousins across the border of drinking abnormal quantities of ice water and other cold drinks; but still we are too prone to follow their example in this respect.

It is not easy to control one's self when hot and thirsty; but a small quantity of cool liquid sipped slowly is really more refreshing than a large amount swallowed hurriedly.

It is much better to have our beverages cooled by standing them on ice, rather than adding ice to them, since the latter may have been cut from small ponds or other impure sources. It used to be thought that the process of freezing eliminated impurities in such waters, but that has been proved a fallacy—and the ice is as objectionable as the water would have been.

* * *

What are the best summer drinks? Well water—pure water—distilled if possible, or at any rate filtered, and cooled by being put on the ice—is the best of all. Then comes the standard beverages—milk, tea, coffee, cocoa, and chocolate—only served cold instead of hot. Although, if one be exhausted from heat or fatigue, there is no 'pick me up' like a glass of hot milk. It is a mild yet effective stimulant, which has no evil consequences.

Many people who cannot ordinarily drink milk, find that a milk-shake agrees with them perfectly. This is because the milk is so thoroughly aerated in the shaking—a process which renders it more digestible.

Many other beverages are rendered more digestible, besides being improved in flavour, if well shaken. For the same reason, therefore, a 'shaker' should be in every well regulated pantry. Not the elaborate ones to be seen in 'temperance bars,' but the plain, old-fashioned sort, made in the shape of a large tumbler. The lemonade, milk, or whatever is to be shaken is put into a stout glass with the necessary sugar and some very finely cracked ice. Then the shaker is turned over the glass like a cover and given a smart thump to make it keep its place firmly, then the whole is inverted and shaken violently for about a minute. Distilled or boiled water may be aerated in this manner.

* * *

Another good summer beverage made from milk is sweet koumiss. One quart of perfectly fresh milk; one-fifth of a two cent cake of Fleischman's yeast; one tablespoonful of sugar. Dissolve the yeast in a little water and mix it with the sugar and milk, put the mixture into strong bottles—beer bottles will do—cork with tightly-fitting stoppers and tie down securely with stout twine. Ferment the koumiss mixture, etc., twelve hours in a temperature of 70° Fahr.—that is the same degree of heat that is required for raising bread. Great care is necessary in opening the bottles that the contents are not forced all over the room. Use a champagne-tap, or punch the cork with a large darning-needle, to let some of the gas escape.

This receipt is one of Miss Boland's and she recommends it highly for an article of sick diet, especially for the many forms of indigestion and for nausea. It is a practically predigested milk—and containing both carbonic acid and a small quantity of alcohol—both of which have a tonic effect. People sometimes object to koumiss because of the odor which is not agreeable to every one, but it leaves such a very pleasant after taste in the mouth that one who has once taken a glass of it will not be likely to refuse a second offer.