

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGE WINNIPEG

Cooking Recipes.

Cherry Pie.—Stone one quart of cherries, add one-half teacupful of water, half their weight in sugar and boil until tender; then add the same amount of sugar, one tablespoonful of butter, put in the pastry, cover with pastry rolled thin, edges wet to make them adhere and bake quickly.

Beet Salad.—Four medium-sized red beets, boiled in salt water, peeled and cut in half-inch cubes. Mix with these one pound of shelled pecans broken in pieces. Serve in nest of shredded red cabbage. Garnish with mayonnaise or boiled dressing. Beets should be marinated with French dressing before mixing with nuts.

Rich Corn Cake.—One cupful of corn meal, one cupful of white flour, four teaspoonfuls of baking powder, one half cupful of sugar, one-half cupful of milk, two eggs, one-quarter cupful of melted butter. Mix and sift dry ingredients, add milk gradually, eggs well beaten and butter. Bake in a buttered, shallow pan in a hot oven.

Duchess Potatoes.—Beat the yolk of one egg until thick and add two tablespoonfuls of cream to it; then work in two cupfuls of mashed potatoes. Shape in small pyramids and put in a buttered tin, broad end down. Beat the white of the egg slightly, add to it one teaspoonful of milk and brush each cone with the mixture. Bake until a golden brown. Serve on a hot platter garnished with parsley.

Green Soup.—Wash and pick quite clean a quantity of spinach. Place it in a saucepan with enough salt, and, when done, squeeze all the moisture out and pass through a hair sieve. Dilute the pulp thus procured with some well-flavored stock till it is of the right consistency. Make very hot, add a squeeze of lemon and a dash of pepper, and at the time of serving put a pat of butter in the soup tureen.

Spanish Cream.—Take one quart of milk and soak half a box of gelatine in it for an hour; place it on the fire and stir often. Beat the yolk of three eggs very light with a cupful of sugar, stir into the scalding milk and beat until it begins to thicken, remove from fire (before it begins to boil). Strain through thin muslin or tarleton, and when nearly cold flavor with vanilla or lemon; then wet a dish or mould in cold water and set aside to stiffen.

Onion Soup.—This is both nourishing and soothing. Slice six large white onions, put in a frying pan with two tablespoonfuls of butter, and stir often until slightly colored. Add one-half cupful of flour and stir until moderately browned. Add three potatoes freshly boiled and riced, then gradually three pints of hot milk. Season with salt, white pepper and one-half teaspoonful of sugar, and simmer for ten minutes with fried bread-crusts.

Cheese Straws.—Roll scraps of puff paste thin, sprinkle with grated cheese, and cayenne pepper if you like, fold, roll out, and sprinkle again, and repeat the process. Then place on the ice to harden. When cold, roll into rectangular shape one-eighth of an inch thick; place it on a baking pan and with a pastry cutter dipped in hot water cut into strips four or five inches long and less than one-quarter of an inch thick. Bake and serve piled cob-horse fashion.

Blackberry Charlotte.—Make a boiled custard of one quart of milk, the yolks of six eggs and a small cupful of sugar; flavor to taste. Line a deep dish with slices of sponge cake; lay upon these ripe blackberries sweetened to taste; then a layer of cake and blackberries as

before. When the custard is cold pour over the whole. Beat the whites of the eggs to a stiff froth, add a tablespoonful of sugar to each egg, and put over the top. Decorate with large fine berries.

Rice Custard.—One quart of milk, one-half teacupful of rice, four eggs, four spoonfuls of sugar, pinch of salt, two tablespoonfuls of extract of vanilla. Pour the rice into the milk, add the salt, and steam for one hour. Beat the yolks of the eggs add sugar; stir into the rice just before it is taken off. Mix well after adding the flavoring extract. Beat the egg whites to a stiff froth, and gradually add pulverized sugar enough to make frosting. Put the rice in a pudding dish and heap the frosting on top. Set it in the oven to brown lightly.

Blackberry Turnovers.—Make a nice puff paste, roll out as for pies, cut into circular pieces about six inches in diameter, pile the fruit on half of the paste, sprinkle well with sugar, add a tablespoonful of corn starch or flour to absorb the extra juice, wet the edges and turn the paste over, press the edges together and ornament them as suits the fancy. Brush the top with the white of an egg, sift sugar over them and bake in tin pans in a quick oven for a quarter of an hour. Jam can be used instead of the berries, omitting the flour or corn starch.

Raspberry Betty.—Take two pounds of ripe raspberries, remove the hulls and see that there are no insects in the hollows of the berries. Have in readiness also one pound of dry bread crumbs. Then butter a pudding dish and cover the bottom with a layer of the dry bread crumbs. On the top of this place a layer of raspberries, sprinkle plenty of sugar over them, add another layer of bread crumbs, then a layer of raspberries, sprinkled with sugar, and so on until the dish is filled. Let the last layer be bread crumbs. On top of this last layer put bits of butter. Place a plate or cover over it and bake about thirty minutes. Remove the plate or cover a few minutes before serving and let it brown. Serve cream with it.

Creamed Salmon.—Remove the bone, skin and oil from a can of salmon, and pick it up into neat flakes. Make a white sauce with the usual butter and flour, two tablespoonfuls of each, well rubbed together and cooked to a smooth cream with a cupful of milk. Add the salmon, and, when well heated, serve on a hot platter. Various seasonings may be tried. A little lemon juice squeezed over the fish is usually liked; a little grated horse-radish or chopped olives or pickles, mustard, chopped parsley, or a tablespoonful of tarragon vinegar. Tomato combines well with salmon as another variation. A border of boiled rice is a good adjunct.

Raspberry Cream Cake.—Make a plain cake in the usual way, flavoring it with lemon peel and a small quantity of vanilla essence. As soon as the cake is baked, turn it out of the mould on to a wire rack, and when it is cool (not cold) carefully remove the middle of the cake to within rather more than an inch of the sides and top, and put it aside for several hours. Stew two pounds of raspberries with plenty of sugar, and rub them through a fine hair sieve. Then measure the puree and make hot. Add gelatine in the proportion of an ounce to each pint of liquid. Be careful to ascertain that the gelatine is quite melted before taking the puree from the stove. Then put it into a basin to cool. When it is cold, but not set, add an equal quantity of whipped cream which has been sweetened, and whisk the mixture for a few moments. Then pour it into the hollow cake and place on ice until the filling is firm.

Suits Every Taste

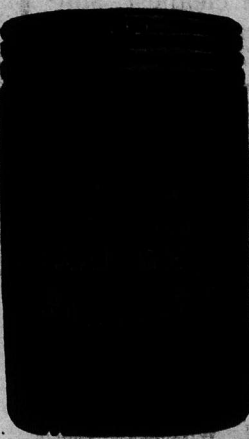
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