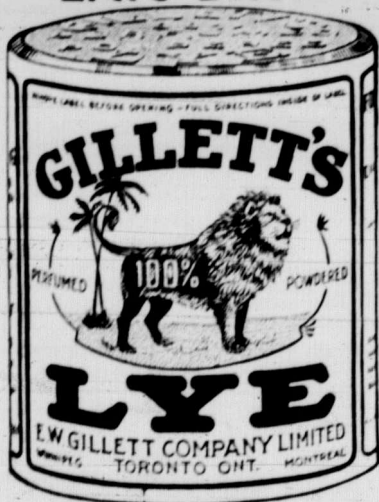


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# The Country Cook

Tried and tested recipes will be welcome for this column. Recipes will be published, on request, for any dish. Address all correspondence "The Country Cook, Grain Growers' Guide, Winnipeg."

What is better fun than having lunch in the open with a few congenial friends? The appetite of our childhood returns and almost anything tastes good as long as there is enough of it.

In packing the lunch the first essential is the right kind of a basket. A large one with straight sides and drop handles that will fit under the seat of the rig is best. Paper plates can be purchased for five cents a dozen and save the trouble of careful packing and washing up after. Sanitary drinking cups are one cent each, and plain paper napkins twenty cents a hundred.

There is nothing that appeals to the hungry picnicker more than delicious sandwiches—the bread must be good, the knife sharp and the filling tasty.

### Tartar Sandwiches

Chop together three large sardines, a cupful of boiled ham finely chopped, a bit of cucumber pickle, and a little mixed mustard, or omit the mustard and add some chow-chow; mix to a paste with vinegar or lemon juice.

### Roll Sandwiches

The following are very tasty and new. Make plain rolls of bread dough, cut a circular piece from the end and take out the crumbs, fill the cavity with minced chicken, or ham, and moisten with salad dressing, and return the piece cut off.

### Egg Sandwiches

Boil the eggs hard, remove from the shells and chop very fine or put them thru a potato ricer, moisten with a little cream and season with pepper and salt and a little butter, spread between thin slices of bread and butter.

### Sweet Sandwiches

Sweet sandwiches may take the place of cake. Take  $\frac{1}{2}$  pound figs,  $\frac{1}{2}$  pound dates,  $\frac{1}{2}$  pound walnuts or pecan nuts, put these through the meat chopper several times, mix well, and if necessary, moisten with a little lemon juice. This mixture will keep well and is nourishing.

### Cold Meat and Salad

Cold meat and potato salad is another excellent combination for a picnic. There is always the old standby—boiled ham—and there are many jellied meats that are delicious.

For jellied veal take two shanks of veal, add a quart of water and simmer until the meat leaves the bones, remove meat from the liquor, cut in small pieces, and put in a bowl, season the liquor to taste, and if liked add a little onion juice; soak two level tablespoonfuls of gelatine in cold water and stir in, being careful not to let the stock boil after the gelatine has been added. Pour this over the meat and set aside to jell.

### Veal Loaf

Wipe three pounds of lean veal, remove skin and membrane. Chop finely or force through meat chopper, add one pound of salt pork (also finely chopped), six crackers rolled, four tablespoonfuls cream, two tablespoonfuls of lemon juice, one level tablespoonful salt, some pepper and a few drops of onion juice. Pack in a small bake pan, brush over with white of egg, and bake slowly for three hours, basting with  $\frac{1}{2}$  cup of pork fat. Cool, remove from pan and slice thin. Beef may be used instead of veal.

### Potato Salad

Potato salad is the finishing touch to jellied veal or veal loaf. Cut cold boiled

potatoes in cubes, add a little onion juice or green onion finely chopped, or a cucumber cut in cubes, mix with salad dressing and garnish with slices of hard boiled egg.

### Salad Dressing

Almost everyone has their own favorite salad dressing. For a boiled dressing the Country Cook prefers the following:—

One small teaspoonful salt, 1 teaspoonful mustard, 2 teaspoonfuls sugar, a few grains of cayenne,  $\frac{1}{2}$  tablespoonful flour, yolks of two eggs,  $1\frac{1}{2}$  tablespoonfuls melted butter, one cup of milk,  $\frac{1}{2}$  cup of cider vinegar.

Mix the dry ingredients, add the yolks of the eggs slightly beaten, butter, milk, and vinegar very slowly. Cook over boiling water until the mixture thickens, stirring constantly. Milk or cream may be added after the dressing has cooled if the dressing is too thick.

### Fruit Jelly

Desserts at a picnic have to be of the non-perishable variety. A fruit jelly is easily carried and with cream is excellent. Follow the directions on a package of jelly powder, and add bananas, strawberries, or stewed figs (without the syrup), or if fruit is not available whip the jelly when it is beginning to set, and add the stiffly-beaten whites of two eggs. A custard sauce may be made from the yolks of whipped cream served with it.

### Spice Cakes

Spice cakes to be eaten with the jelly may be made as follows: Cream  $\frac{1}{2}$  of a cup of butter with one cup of granulated sugar and one cup of brown sugar, add three eggs well beaten, one half cup of sweet milk and one and one-half cups of sifted flour to which has been added 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves,  $\frac{1}{2}$  teaspoonful grated nutmeg, and two teaspoonfuls baking powder. Bake in gem pans.

### Hermits

These little drop cakes are easily made and inexpensive. One third cup of butter, two-thirds of a cup of sugar, 1 egg, 2 tablespoonfuls milk, one and one-third cups of flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  cup raisins or raisins and dates cut in small pieces,  $\frac{1}{2}$  teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves,  $\frac{1}{2}$  teaspoonful of mace or nutmeg. Drop a teaspoonful at a time on a buttered pan and bake until brown.

### Ginger Snaps

The first essential in the making of ginger snaps is good molasses, and in the west good molasses seems a scarce article. The dark, bitter molasses sold so extensively is not good for cooking. There is one brand, however, that is excellent, "Domolco." Try the following recipe for ginger snaps with good molasses: 1 pint (2 cups) Domolco molasses, 1 cup shortening (half dripping and butter is best)  $\frac{1}{2}$  cup sugar. Put these on and boil for two or three minutes. When cold add 2 teaspoonfuls vinegar, 1 teaspoonful soda dissolved in a little hot water, one teaspoonful ginger sifted with the flour. Mix stiff enough to roll out easily, roll very thin and bake in a moderate oven. These will keep for weeks.

### Fruit Punch

This fruit punch makes a delicious drink at picnics or any other time.

Shred a pineapple, add 1 cup sugar. To the juice and pulp of four oranges add 1 cup sugar. To the juice of two lemons add 2 cups sugar. Let these stand until the sugar has dissolved. Mix the fruit juice and add water and chopped ice. The fruit juice may be carried in a bottle and the water added at lunch time.

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