

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARIAGGI, WINNIPEG

COOKING RECIPES.

Oyster Omelet.—Drain two dozen oysters. Have ready some hot lard and throw them in. Let fry until they begin to curl; then spread over them four well beaten eggs, seasoned with salt and pepper. Stir all together until done. Serve hot.

Leap-Year Cake.—One cupful of sugar, one-half cupful of butter, one-half cupful of milk, whites of three eggs, one and one-half teaspoonfuls of baking powder. Frosting—One and one-half cupfuls of sugar, one-half teaspoonful of almond extract, yolks of three eggs.

Mush Bread.—Sprinkle one-half pint of cornmeal into one pint of hot milk. Cook for a moment till partly thick. Take from fire and stir in the yolks of four eggs. Fold in the well-beaten whites; salt; turn into baking pan and bake in moderate oven for twenty minutes.

Cream Cheese Pie.—Mash a cream cheese; add two beaten eggs and one-half cupful of white sugar; mix all together and pour this filling in a pie plate lined with ordinary pie crust. Lay on the cream strips of the dough lengthwise and crosswise, and set in a moderate oven.

Chicken Croquettes.—Take four cupfuls of minced chicken, one cupful of breadcrumbs, three eggs, drawn butter. Roll chicken, breadcrumbs, eggs, seasoning and enough drawn butter to moisten into pear-shaped balls. Dip these into beaten eggs and bread crumbs, put into chafing dish and fry a nice brown.

Corncake.—One cupful of flour, one cupful of cornmeal, four tablespoonfuls of sugar, two teaspoonfuls of cream tartar, one teaspoonful of soda (or two of baking powder). Mix ingredients together, then add one cupful of sweet milk, then two tablespoonfuls of melted butter. Bake in rather hot oven fifteen to twenty minutes.

Heart Cakes.—Work half a pound of butter to a cream with the hand. Put into it four yolks of eggs and two whites, well beaten, half a pound of sifted sugar, half a pound of dried flour, two spoonfuls of orange flower water, half a pound of currants, one ounce of candied orange and citron. Beat till the cakes go in the oven. This quantity will fill eighteen tins.

Panned Rabbit.—Clean and cut in halves. Place in a baking pan, spread with butter, dust with salt and pepper and bake in a quick oven one hour, basting frequently. When done lay on a heated dish. Add a tablespoonful of browned flour to the gravy in the pan, mix well, add half a pint of boiling water, stir, season with salt and pepper, pour over the rabbit and serve.

Boston Baked Bean Cakes.—These are made of left-over baked beans. Heat with a little water to moisten, rub through a colander, season with salt, pepper and mustard. Put a tablespoonful of pork drippings or butter in a frying pan and cook in it when hot a tablespoonful of minced onion, taking care not to let it blacken. When colored slightly, lay in the cakes and brown on either side. Serve on toast or with tomato sauce.

Frozen Plum Pudding.—One pint of sweet milk and ten large seedless raisins. Boil these together for twenty minutes. Beat the yolks of two eggs very light, and stir in one-fourth pound of brown sugar; add this to the hot milk. Let all come to a boil, remove from the fire and strain. Beat in one ounce of citron and one dozen almonds both chopped fine, one teaspoonful of vanilla. When perfectly cool, freeze as ice cream.

Union Cake.—One and one-half cupfuls of sugar, one-half cupful of butter, one cupful of sweet milk, six egg whites, one-half cupful of cornstarch, three cupfuls of flour, two teaspoonfuls of baking powder, one teaspoonful of baker's extract of almond. Cream the butter, add sugar and eggs, dissolve the cornstarch in the milk and add to the mixture. Next add the baking powder and flour sifted together, and then the flavoring extract. Bake in a moderate oven.

Potatoes Baked in Milk.—Pare and cut in thin slices crosswise one dozen potatoes, slice two large onions, and add about one-half cupful of finely chopped fresh parsley. Put the whole into a granite pudding dish and cover with milk, putting pieces of butter on top. Bake in a hot oven for one-half hour. Salt and pepper should be added when served, as the milk is apt to curdle if it is added before cooking. This recipe is also good if canned tomatoes are used instead of milk.

Danish Suet Dumplings.—One cupful of suet, chopped fine; one cupful grated bread crumbs, one cupful flour; one-half teaspoonful of baking powder, one-half cupful sugar, two eggs, one pint of milk, large pinch of salt. Sift together powder and flour, and beaten eggs, grated bread, sugar, salt and milk; form with smooth batter, which drop by spoonfuls into pint of boiling milk, three or four at a time. When done, dish and pour over them the milk they were boiled in.

Nut Custard.—Nuts may be added to boiled or baked custard, almonds, hickory and walnuts or pecan being the favorite varieties. The almonds should be blanched and cut in strips, the other varieties coarsely chopped. For baked custard they are placed in the cup or dish and the uncooked mixture poured over them before placing in the oven, but they should be stirred into boiled custard as it is taken from the fire. In either case add a few drops of vanilla or lemon flavoring.

Turkish Macaroni.—Break half a pound of macaroni into inch pieces and drop it into quickly boiling water. Keep at a fierce boil till the macaroni is tender, then drain and let it stand in cold water for ten minutes. Make a sauce with two tablespoonfuls of flour, one pint of strained tomato, and salt and pepper to taste. Drain and add the macaroni and half a cupful of almonds cut into strips. Simmer fifteen minutes, turn into a dish and sprinkle thickly with grated cheese and a few almond strips and serve.

Bean Croquettes.—Soak one pint white pea beans or the little brown Mexican frijoles over night in cold water. In the morning cook until soft in water to which a saltspoonful of soda has been added, changing the water after it first comes to a boil. Rub through a colander, then add to the pulp one cupful of grated bread crumbs, one tablespoonful of minced parsley, two tablespoonfuls of melted butter, two eggs well beaten, one small onion grated and salt and pepper to season. Mix thoroughly, shape into cylinders, dip in beaten egg, then in cracker dust and fry in deep fat. Drain on soft paper and serve.

Beef Croquettes.—An excellent way to cook cold beef. Mince your cold beef (not too much fat) with a small onion. Season to taste with salt, pepper, and a little mace. Crumble half a slice of bread, add a dessertspoonful of flour, mix well together, and bind with a beaten egg or a little milk. Roll into balls, dip them in flour or browned breadcrumbs, and fry in butter or good fresh dripping. Serve with brown gravy or with butter browned in the pan after cooking your croquettes, adding water, flour for thickening, and a teaspoonful of meat extract.

Sea Pie.—Make a thick pudding crust. Line a dish with it, or, what is better, a cake tin. Put a layer of sliced onions, then a layer of salted beef cut in slices, a layer of sliced potatoes, a layer of pork, and another layer of onions. Season with pepper all over. Cover with a crust, and tie down tightly with a cloth previously dipped in boiling water and floured. Boil for two hours, and serve hot in a dish.

Pressed Fowl.—Take a fowl after cleaning, and boil slowly till the flesh slips from the bones. Place the pieces of meat on a dish, and cut into neat pieces. Skim the fat from the liquid, and in a pint of the liquid dissolve one-half ounce of gelatine. Season this, and if necessary add a little browning. Wet a pie dish, and arrange slices of hard-boiled eggs around it. Fill the centre with fowl, scattering herbs amongst it. Pour the stock and gelatine over, and set aside to cool. Turn out to serve, and garnish with sprigs of parsley and grated yolk of egg.

Hint for Plucking Fowls.—Put fowl into basin or pail, pour boiling water over it before starting to pluck it. This cleans the feathers, and makes the fowl far more easily plucked. I am sure this simple hint will prove useful.

Home-Made Sherbert Powder.—Mix one teaspoonful of essence of lemon with four ounces of castor sugar, then add two ounces of carbonate of soda free from lumps. Mix all together well for five minutes, tie down in a bottle or jar, and keep in a dry place.

Lemonade Syrup.—Lemonade syrup can be made from the following recipe: Put into a basin a pound and a half of loaf sugar, one ounce of citric acid, and the rind and juice of two lemons. Pour over all one quart of boiling water, and let the mixture stand till cold, stirring occasionally. Strain and bottle. A wineglassful of the syrup should be mixed with almost a tumblerful of water.

Repeat it:—"Shilo's Cure will always cure my coughs and colds."



FRESH FROM THE GARDENS. DELICIOUS AND REFRESHING
LEAD PACKETS ONLY.
AT ALL GROCERS

Healthy Food for Healthy Farmers

A Good Motto. No class of people on earth enjoy healthier food than farmers and their families. That is why

"CROWN" BRAND (Corn) Table Syrup

is the favorite with the tiller of the soil.

Edwardsburg Starch Co., Ltd., Montreal