

with foreigners. The carrots are basted frequently and cooked in all respects as our American cooks roast potatoes around beef. If the carrots are large the process is the same, except that they are either first halved or quartered according to their size. A mould of boiled rice seasoned with curry and topped with a spoonful of chopped mushrooms browned in butter is something of a novelty in rice serving and plain boiled rice as a foundation for half a baked tomato is another vegetable arrangement which the observing woman will do well to duplicate as an accompaniment to steak or roast beef. Potato that stands by of all American households is practically the only vegetable not encountered in the French and Italian restaurants. Rice and beans in unlimited variety are used instead.

Green Peas—Peas, if really young and freshly picked, should never be ruined by much cooking. If you rinse them in cold water after shelling you will need not more than a cupful of water to a pint of peas. Cover them tightly and watch to see when they are steamed through. You will be amazed at the short time it takes. There will be no water to drain off. Just add butter, pepper and salt, toss lightly, and serve at once.

Stuffed Cucumbers—A perplexing question to the house wife with a garden of her own is how to use up large cucumbers. They are delicious when stuffed and are a favorite dish of vegetarians. Mix together one-half of finely chopped nuts, a good-sized onion shredded, one tablespoonful of chopped parsley and another of chutney if handy. Season with one table spoonful of salt and a dash of pepper. Remove the skin from four good-sized cucumbers and take out the seeds. Fill the sections with the above force and fasten together with strings. Heat six tablespoonfuls of olive oil and brown the sections of cucumber in it on all sides. Pour over them a half cupful of water and allow them to bake slowly for an hour and a half, basting frequently.

Fried Cauliflower—Parboil in salt and water a good-sized cauliflower. When done through, though still firm, drain, cut into small pieces and lay out to cool. Dip each piece in a whipped egg, roll in grated bread crumbs and fry on both sides in boiling butter. Sprinkle with grated cheese and serve very hot.

Cream of Pea Soup—Shell the peas, cover a pint of them with water, cook until tender and season with one teaspoonful of salt and a sprig of mint. Remove one-half of the peas and press through a sieve. Cook thoroughly two tablespoonfuls of flour and two tablespoonfuls of butter which have been blended in one quart of hot milk. Then add the pressed peas and the water in which the peas were cooked. Just before serving add one cupful of whipped cream and the whole peas.

Lettuce as a vegetable—Put a good-sized head in boiling water for five minutes. Plunge in cold water, remove quickly and dry in a napkin. Put some thin slices of bacon in the bottom of a pan, put the lettuce-head on top, cover with soup stock and bake for about an hour in a slow oven. When the liquid has cooked down almost to a jelly, lift out the lettuce, season with salt and pepper, and pour over it a white sauce as for cauliflower.

Cabbage with Cream Sauce—Never cook cabbage long. It should always remain crisp as it is much more digestible so. With a sharp thin knife shave a nice, small head of young cabbage fine. Pour over it a pint of boiling water and let it boil gently for ten minutes. Then pour off the water, draining it in a colander. Add to the cabbage half a pint of rich milk or enough just to cover. When the milk comes to the boil add a heaping teaspoonful of flour moistened to a paste with a little milk. Season to taste with salt and pepper. Add a teaspoonful of butter and turn into a heated dish and serve.

Minced Cabbage—Parboil tender white cabbage and put into a chopping bowl and chop fine. To a quart of chopped cabbage put two tablespoonfuls of butter and one of flour in a saucepan and stir smoothly. Then put in the cabbage and salt and pepper to taste. Add two tablespoonfuls of vinegar and stir constantly for five minutes. Heap up in a heated covered dish. Garnish with hard-boiled eggs.

Sweet and palatable, Mother Graves' Worm Exterminator is acceptable to children, and it does its work surely and promptly.

Sour Milk Cakes

Dark Raisin Cake—One cup brown sugar, one-half cup butter, two eggs, one cup sour milk, one teaspoon soda, one cup chopped raisins, two cups flour, one-half teaspoon cinnamon, one-fourth teaspoon cloves, one-half nutmeg. Mix sugar and flour. Add eggs and milk. Add flour, soda and spices, and floured fruit. Bake slowly for one hour.

Cream Cake—Two eggs (broken in one-half pint cup), fill with thick sour cream. one cup sugar, one and one-half cups flour, one teaspoon soda, one-half teaspoon baking powder. Mix and bake in two layers.

Raspberry Cake—Two eggs, one cup brown sugar, one-half cup butter, one cup raspberries, two cups flour, one tablespoon sour milk, one teaspoon soda. Mix as for the other cakes.

Chocolate Cake

Three ounces of butter and lard (mixed). Three-quarters of a breakfastcupful of sugar. One and a half breakfastcupfuls of flour. Two teaspoonfuls of cream of tartar. Two eggs. Half a cupful of milk. One teaspoonful of carbonate of soda.

Beat butter and sugar well together. Add eggs one by one, beating well. Mix the dry flour with the carbonate of soda and cream of tartar, and add gradually to the mixture. Last of all the milk. Well grease two sandwich-tins and put half the mixture into each. Bake in a quick oven. When cold, ice them by putting a quarter of a pound of icing sugar and one and a half teaspoonfuls of any good chocolate powder into a basin. Mix well together, and make into a paste with a little boiling water. Spread the paste over the cakes with a broad-bladed knife. Flavouring may be added.

Gingerbread

I consider the most economical and inexpensive cake to be gingerbread. It is so substantial and satisfying for the children.

One pound of flour. Four ounces of dripping. One or two eggs. Milk and water (about half a pint). Four ounces of cheap brown sugar. Two teaspoonfuls of ginger (freshly grated). Half a teaspoonful of carbonate of soda.

Rub dripping into the flour. Mix in ginger and sugar.

Warm together the treacle and milk (take a little for mixing with carbonate of soda). Beat up the egg.

Mix carbonate of soda with all milk and treacle, add to the egg. Pour into the flour, slowly beating all the time until bubbles come on the top.

Pour into a Yorkshire pudding tin, and bake for one hour.

To Clean Gloves

Procure a wide-mouthed bottle (a fruit bottle with screw top and rubber ring is excellent for the purpose), roll up each glove, but not tightly, lay the gloves in the bottle, as many pairs as will half fill the bottle may be put in for cleaning.

Fill up the bottle with petrol. Screw on the lid and put away from open fire. Leave till the following day, then squeeze out one glove at a time, replacing the lid securely.

Lay the glove on a towel on a table, and rub quickly with another clean cloth or towel.

The glove may be put on the hand for cleaning, to get at the fingers better.

Rub finger tips, palms, wrists—all the dirtiest parts—hard and as quickly as possible, as the petrol evaporates quickly. Take one at a time from the bottle and clean in this way till all are done.

Hang in the open air to get free from smell.

A little French chalk rubbed over them is an improvement.

Don't throw away the petrol. The dirt falls to the bottom after a time, and the petrol can be poured off and used several times.

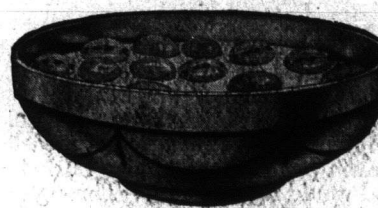
Always keep the lid tightly screwed down to prevent petrol evaporating.

The most delicate kid, suede, or any kind of gloves may be cleaned successfully in this way, indeed almost any article of wearing apparel may be cleaned with petrol.

Summertime Suggestions

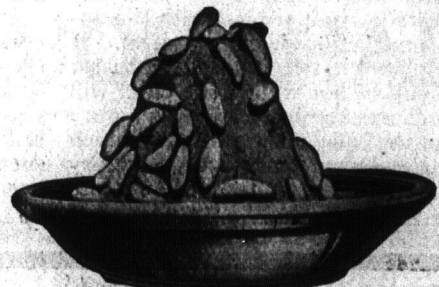
On the Use of Food Confections

When berries come, mix them with Puffed Wheat or Rice. Blend the fruit with these flaky morsels which taste like toasted nuts. Puffed Grains, you'll find, will add as much as do the cream and sugar.



For a dairy dish, at supper or bedtime, float these grains in milk. These are toasted whole-grain bubbles, crisp and airy, delightful to the taste. And nothing else made from Wheat or Rice has every food granule exploded. That means easy, complete digestion.

Garnish ice cream with these Puffed Grains. It is like adding nut meats to it. Use Puffed Rice in candy making. It tastes like nuts but is far more flaky. The candy crumbles easily.



Let boys at play carry a pocket of Puffed Grains. Salt them like peanuts or butter like popcorn. In Puffed Grains, every atom feeds. And they do not tax the stomach.

Puffed Wheat, 12c
Puffed Rice, 15c

Except in Extreme West

Puffed Grains with cream and sugar reveal but one delight. Millions of pounds are being served at other times than breakfast.

Bear this in mind. The more you serve these grains in puffed form the better for all concerned. Prof. Anderson's process best fits them for food. It makes confections of them. It does in a thorough way what cooking does in a half way. It breaks up the nutriment cells.

The handiest foods in your house this summer will be your Puffed Wheat and Puffed Rice.

The Quaker Oats Company

Sole Makers

PETERBOROUGH, Ont.

SASKATOON, Sask.