

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARIAGGI, WINNIPEG

COOKING RECIPES.

Corn Fritters.—One quart of grated green corn, three eggs, one-half cupful of flour, salt and pepper. Add the stiffly beaten whites of eggs the last thing. Drop by small spoonfuls into the fat.

Green Tomato Butter.—Select tomatoes that are full grown, but quite green; slice them thin; make a syrup in proportion of one pound of sugar to two pounds of tomatoes; boil down slowly for four hours, or until the butter is smooth and thick, stirring frequently to prevent sticking and scorching. If liked, flavor with lemon when done.

Tomato Omelet.—Three eggs, yolks and whites, beaten separately. Beat whites very stiff. Add three table-spoonfuls of milk and pinch of salt to the yolks, salt and fold lightly into the whites. Have one teaspoonful of butter melted in piping hot pan. Cook slowly. Slew three tomatoes until tender and turn over omelet just before folding.

Tomato Fritters.—For tomato fritters stew a quart tin of the vegetable, or a quart of fresh ones, until they are reduced one-half. Set aside to get cold, then season with salt, pepper and celery salt. Add the beaten yolk of an egg and sufficient fine breadcrumbs to make a mixture thick enough to hold together when dropped from a spoon into smoking hot lard.

Ham and Tomatoes.—When there is a little meat left on a ham bone, a palatable dish can be made from it. Take six good size tomatoes and hollow out the centers. Fill with onion and ham, chopped fine, and a few bread crumbs. Season with salt and pepper. Cover the opening on top with a thin slice of ham, and drop a spat of butter on each. Bake in a buttered tin until tomatoes are done.

Bread and Butter Pudding.—Place a layer of stale bread, rolled fine, in the bottom of a pudding dish, then a layer of any kind of fruit. Sprinkle on a little sugar, then another layer of breadcrumbs and of fruit; and so on until the dish is full, the top layer being crumbs. Make a custard as for pies, add a pint of milk, and mix. Pour it over the top of the pudding and bake until the fruit is cooked.

Peach Meringue Pudding.—Stew the peaches in a syrup of sugar and water until tender; remove and boil the syrup until thick, then pour over the peaches. Make a cornstarch custard of the yolks of two or three eggs, about a pint of milk, two teaspoonfuls of cornstarch (wet in cold milk), sugar and vanilla. Make a meringue of the whites of the eggs and sugar, and spread over the peaches. Use the custard as sauce.

Blackberry Sponge.—Put small cubes of bread into an earthen bowl, pouring over the bread as it is fitted into place hot blackberry juice, made by cooking blackberries until they are soft, sweetening and passing through a sieve. Use as much juice as the bread will absorb, set the sponge away in a cool place for several hours and then turn from the bowl. Serve with whole blackberries, sugar and cream.

Vegetable Salad.—Save your vegetable scraps from dinner for a nice salad at next day's lunch. With a light dessert one needs little else except a cool drink in hot weather. Use a cupful each of potatoes, carrots or any vegetable cut into dice with peas or string beans—one, two or three kinds—with a French or mayonnaise or boiled dressing poured over. Border with lettuce if convenient and serve very cold. Fish may be used instead of vegetables.

Corn Salad.—Boil twelve ears of corn in salted water until quite tender. Cut it from the cob and let it get cold. Make a stiff mayonnaise dressing in the usual manner, then dilute it to the required consistency by adding some thick cream; dress the corn with the sauce, and arrange it in a deep dish; scatter a little finely chopped parsley over the surface, then garnish the corn with pickled cherries and surround it with crisp lettuce which has been torn into fine shreds.

Huckleberry Pie.—Cover your plate or tin with plain crust. For a juicy berry pie you must use a deeper plate. Fill as full as you can with berries. Sprinkle over them one-half spoonful of flour and two spoonfuls of sugar. Cut the upper crust a little larger than the plate, raising the under crust with the blade of a knife, lay the upper crust edges under it to keep in the juices. Press it to the plate and prick holes in the crust at intervals. Set it in the oven and bake moderately for half an hour.

Welsh Rarebit.—One-quarter pound of cream cheese, one-quarter cupful rich milk, three-quarters teaspoonful of mustard, one-half teaspoonful of salt, one teaspoonful of butter, one egg and a little pepper. Grate the cheese and put with milk in double boiler. Beat the egg and add mustard, salt and pepper. When cheese is melted stir in the egg mixture and the butter, and cook about two minutes. Do not let it curdle. Pour over slices of toast. Many people use ale instead of milk.

Spiced Peaches.—To seven pounds of peaches peeled and cut in halves allow three pounds of sugar, one ounce each of allspice and whole cloves, a table-spoonful of cassia buds and stick cinnamon enough to make about a foot in length. Tie the spices in a thin piece of muslin. Boil sugar, vinegar and spices together and pour over the fruit, letting it stand over night. In the morning pour off and reheat. Pour over the peaches in the preserving kettle, cook together five minutes, pour into jars and seal.

Turkish Stew.—Put a large table-spoonful of butter in a small saucepan. Mince fine a large onion, add to butter and fry until nicely browned. Cut cold roast beef in dice and let simmer gently with the onion in just enough water to cover for twenty minutes. Now take one-half cupful of tomato catsup, two ginger snaps, one-half teaspoonful of salt, dash of pepper and two bay leaves and stir in meat and onion. Cover and cook for ten minutes longer. Thicken with browned flour and serve with boiled potatoes.

Berry Sponge Pudding.—Clean one quart of blueberries or blackberries. Soak two table-spoonfuls of gelatine in half a cupful of water until dissolved. Add to the berries half a cupful of sugar, mix through and mash them up. Boil half a cupful of sugar with one cupful of water, add the gelatine to the boiling syrup and let cool. Rub the berries through a sieve. Now add to the cooled syrup the juice of one lemon, the berry pulp and the stiffly beaten whites of four eggs, set the bowl in ice water and beat until it thickens. Pour in a mold. Serve when firm with whipped cream.

Peach Cobbler.—Fill a shallow pudding dish or deep earthenware pie plate with ripe, peeled peaches, leaving the pits in to increase the flavor of the fruit. Add cold water enough to half fill the dish, and cover the whole with a light paste rolled to twice the thickness used for pies. Cut slits across the middle, prick with a fork, and bake in a slow oven about three-quarters of an hour. The peaches should be sugared according to taste before putting on the crust. Serve either warm or cold. The crust should be inverted after being cut into sections, and the peaches piled up on it. Eat with sweet cream.

Bread Pudding.—One and one-half slices of bread, one pint of milk, two eggs, piece of butter as large as English walnut. Sugar to taste. Salt and a little nutmeg.

Rhubarb Pie.—One cupful of stewed rhubarb, one cupful of maple sugar, two table-spoonfuls of flour, yolks of two eggs, one teaspoonful of lemon extract. Beat thoroughly and bake with one crust. Frost with two whites.

Hot Chocolate Sauce for Pudding.—Boil one cupful water and one-half cupful sugar three minutes. Mix three teaspoonfuls grated chocolate and one teaspoonful cornstarch with two-thirds cupful of milk. Stir in with sugar and water. Boil until it thickens a little.

Strawberry Sauce for Rice.—Cream one-half cupful of butter with two cupfuls of powdered sugar and add the whites of two eggs beaten to a stiff froth. Then pour in a cupful of very ripe strawberries which have been mashed to a pulp. Chill and serve with boiled rice or any pudding requiring a sweet sauce.

Rice Stew.—Chopped cold meat well seasoned, wet with gravy if convenient, put it on a platter, then take cold rice, made moist with milk, and one egg, season with pepper and salt. If not sufficient rice, add powdered bread crumbs. Place this around the platter quite thick; set in oven to heat and brown.

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