

LADIES!

Provide yourself against the Fall and Winter

ter with one of these handsome Sweater Coats

The summer season is now at its height, but it will not be so very long before Jack Frost will be around again. Why not take time by the forelock and secure one of these comfortable and becoming garments now? If you bought such a sweater at one of your retail stores it would cost you \$5.00. They are all wool and double breasted, very neat, serviceable, and well made in every respect. North-West turn down collar, fastened with pearl buttons, two pockets, double cuffs. This style of coat is most popular both in city and country. It can be supplied in combination colors of fawn and khaki or solid colors white, cardinal or navy blue.



Ladies!



Would You like to have a Lamp like this?

This handsomely decorated parlor or sitting-room coal oil lamp has been secured by us on special terms. The lamp is fitted with No. "B" Burner and Chimney and is supplied with a shade. Both shades and bowls are made of specially treated glass artistically decorated in a number of beautifully colored designs. The lamp which is twenty-one inches high is mounted on polished brass and presents a very handsome appearance. It sells regularly for \$3.50, and will be a handsome ornament as well as a useful piece of furniture in any home.

You would be surprised if you knew what a small service we require to enable you to secure this handsome present. We pack and ship the lamp to you and pay all charges of transportation — so it costs you nothing.

Each of these splendid prizes has been selected with a view to quality. They are of tested value and will be useful

and enduring as well as ornamental. These beautiful prizes will be given free to anyone who will devote only a couple of hours of spare time to some work for The Guide in your locality. You will not even have to pay cost of transportation, as we prepay all charges before shipping.

Cut out the coupon below and mark a cross (x) opposite the name of the prize in which you are interested. Fill in your name and address plainly, and we will send you full particulars and instructions.

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Growers'
Guide**

Winnipeg, Man.

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Please send me full particulars about your
FREE PARLOR LAMP.
FREE LADIES SWEATER.

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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."

Why is it that so little of the delicious wild fruit in which this country abounds finds its way to the city? During the eight years I lived in the city I never tasted wild fruit with the exception of some wild plums and saskatoons some friends in the country were kind enough to send me. Not a strawberry or raspberry did we see. Even black currants and gooseberries were as scarce as the proverbial hen's teeth. City people miss a great many things and not the least of these is the wild fruit. There are so many ways of preserving these fruits and combining them in jelly, jam, etc., one can have a great variety from the wild fruits alone.

In the days before refrigerator cars our grandmothers were entirely dependent on wild and home grown fruits. They did not even have "self sealers" and only a limited amount of sugar. Still they "preserved" fruits we know. I wonder if any of our readers know of any of these pioneer methods of preserving fruit, if so won't you write and tell us about them. This year when sugar is so high and fruit such a welcome addition to the bill of fare, these methods might be of great service.

Raspberry Jelly

Raspberry jelly is rather an expensive luxury. It takes a good many raspberries and a lot of sugar, but is very delicious. Mash the raspberries well. Set on the back of the stove and simmer gently until the juice is well extracted. Put in a cheesecloth bag to drip. Boil juice for five minutes, measure, add a cup of sugar to each cup of juice. Boil three minutes and pour in glasses. The berries must not be too ripe. Half currant and half raspberry makes an excellent combination.

Raspberry Vinegar

A little of this mixed with water makes a delicious and refreshing drink. Mash the berries well and cover with one pint of cider vinegar to three pounds berries. Let stand twenty-four hours, stirring frequently, strain thru double cheese cloth. Add one pound sugar to one pint juice, boil ten minutes.

Cranberry Ade

Cook half a cup of cranberries in a generous cup of water until the skins break. Mash the fruit and strain thru cheese cloth. Do not squeeze. Add one teaspoonful lemon juice and three and a half tablespoonfuls sugar. Make very cold and serve.

Iced Tea

These warm days iced tea seems to fill the bill better than hot tea with cream and sugar.

Make a pot of tea with two teaspoonfuls tea, two cups boiling water. Fill tumblers with cracked ice, pour tea over this. Add one slice lemon to each glass and serve.

Ginger Punch

One cup cold water, one cup sugar, half pound Canton ginger, half cup orange juice, half cup lemon juice.

Chop ginger, add to water and sugar, boil fifteen minutes. Add fruit juice, strain, cool and add crushed ice.

Highbush Cranberry and Apple Jelly

The cranberries combined with apples make a more delicately flavored jelly than the cranberries alone, and the color is beautiful.

Use one-third cranberry, two-thirds apples—crabapples are best. Add a little water, cook until soft and put in jelly bag to drip. When all the juice is extracted boil for five or eight minutes, measure, add cup of sugar to cup of juice. Boil three or four minutes and pour in glasses.

Apple and choke-cherries make an excellent jelly.

Gooseberry Jelly

Wash green gooseberries and put to cook in a little water. Cook until they are soft and burst open. Turn into jelly bag and drain. Measure juice, return to fire and boil eight minutes. Add as much sugar as there is juice, boil two minutes and turn into glasses.

Currant Sherbet

One pint of currant juice. Make a heavy syrup of one pint water and one pint sugar. When thick stir into currant juice and add enough water to make a quart. Put the liquid into freezer, drop in the white of one egg and freeze same as ice cream. Raspberries and currants make a fine sherbet.

Spiced Gooseberries

Spiced gooseberries are a fine accompaniment for cold meat or fowl. Five pounds gooseberries, four pounds brown sugar, one pint vinegar, one tablespoon cinnamon; one tablespoon cloves. Boil all together until thick.

To Preserve Red Currants Without Cooking

Weigh equal parts of fruit and sugar. Mash fruit and add sugar. Let stand twenty-four hours, stirring frequently. Put in sterilized jars. The secret of success in this is that every berry must be mashed, otherwise the fruit will ferment.

Blueberry Batter Pudding

Blueberries, strawberries, raspberries or almost any of the small fruits may be used for this.

Batter No. 1—Half pint cream, one and a half cups flour, two eggs, one tablespoon butter, two teaspoonfuls baking powder.

Batter No. 2—One tablespoonful butter, half cup sugar, one egg, three-quarters cup milk, two cups flour, two teaspoonfuls baking powder. Pour this batter over fruit and steam or bake.

Batter No. 3—One egg, two cups flour, two-thirds cup milk, four level tablespoons butter, one cup sugar, two teaspoonfuls baking powder, or one of cream of tartar and half of soda. Put over fruit as before and bake.

Serve with the following sauce: Two eggs, one cup fruit sugar, one teaspoonful vanilla, a pinch of salt. Beat eggs well, add sugar gradually and beat again.

Berry Tea Cake

This is particularly good for tea as it is simple and easily made. Cream, two tablespoonfuls (level) of butter and one cup of sugar. Add one egg and three-quarters cup of milk, mix two and a half cups of flour, two teaspoonfuls baking powder and one-quarter teaspoonful salt. Add these to other ingredients and lightly stir in one cup berries. Pour mixture into a shallow buttered pan and bake for half an hour. Serve hot with butter.

Vanilla Ice Cream

Vanilla ice cream is excellent served with hot chocolate sauce.

Vanilla Ice Cream No. 1—Two quarts cream, two cups sugar, vanilla to taste, half teaspoon salt.

Vanilla Ice Cream No. 2—Make a boiled custard, using two eggs to one pint milk. Beat the eggs, have the milk boiling hot and pour a little at a time on the eggs. Put the whole in a double boiler, add the sugar and cook until the custard coats the spoon. When cool use two pints of cream to one of custard, flavor and freeze.

Serve with Hot Chocolate Sauce

One cup water, three-quarters cup sugar, one-quarter cake of unsweetened chocolate.

Blend one tablespoonful corn starch in two tablespoonfuls water, grate the chocolate, mix with the sugar, pour over it the boiling water and cook until thick as honey. Add one teaspoonful vanilla.

Baked Peaches

Baked peaches are a nice change and served with whipped cream "go to the right spot" every time. Pare the peaches and remove the stones, keeping peaches as whole as possible. Make a thin syrup. Put peaches in, set in oven and bake until tender. These are nice if the centres are filled with chopped nuts.

SEND YOUR GOOD RECIPES

I know that a great many readers of this column are excellent cooks and have choice recipes of every variety. I want them to help me make this column the best possible and particularly send me their tried and tested recipes, especially seasonable ones. Recipes for preserving fall fruits and pickling would be very timely just now. Just address them "The Country Cook, Grain Growers' Guide, Winnipeg," and I will be sure to get them.