

Bread and Cakes from "Beaver" Flour

Brown Bread.—Two cups of Graham flour, one cup of **Beaver** flour, one and one-half cups sour milk, one tablespoon brown sugar, one teaspoon salt, one egg, one level teaspoonful soda; mix all together; take last half-cup sour milk and mix soda with it.—*Mrs. Phillimore.*

Potato Cakes.—Six tumblers **Beaver** flour, three and one-quarter teaspoons baking powder, two tumblers mashed potatoes, a little salt, butter or lard, same as for biscuits; mix with milk, roll out and cut; bake in a quick oven.—*Miss M. Stone.*

Corn Fritters.—One can corn, to which add half cup milk and one egg well beaten; season with salt, and thicken with rolled crackers; fry in butter.—*Mrs. Geo. A. Gray.*

Potato Puffs.—Take half a dozen medium-sized cold potatoes, peel and grate; mix with it three eggs, yolks and whites beaten together, and season with pepper and salt, and a trifle of nutmeg; flour the hands and work well with the hands (a spoon will not make the mass light); work the potatoes into balls, and lay on a floured board until they are dropped into hot fat. These balls puff out beautifully, and are different from the usual potato croquettes.—*Miss McKerrall.*

Soups.

Rice Tomato Soup.—Put a pint of rice water with a pint of tomatoes; add a slice of onion, and a little chopped celery top; bring to boiling point, boil ten minutes; strain; add a teaspoon of salt, a teaspoon of butter, and serve; the rice water is quite sufficient without the addition of flour.—*Mrs. D. Ross.*

Potato Soup.—Boil and mash three large potatoes; in the meantime bring to a boil in a double boiler, one and one-half pints of milk, in which there has been grated one tablespoonful of onions; add the potato and remove from the fire just before serving; make a roux of one tablespoon each of butter and **Beaver** flour, pour hot soup over it, stir until it thickens; strain and serve.—*Miss M. E. Smith.*

Tomato Soup.—One quart can tomatoes, one pint of rich milk, one tablespoon butter, two tablespoons **Beaver** flour, salt and pepper; rub the flour and butter together, then add to the milk when cooked; strain through a sieve; return to the stove and heat.—*Mrs. S. T. Martin.*

Retain the moisture longer than any other flour.