

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Cooking Recipes.

Molasses Candy.—Two cupfuls of maple molasses, two teaspoonfuls of butter, one cupful of maple sugar, one-half cupful of water. Boil all together until done; be careful not to stir while cooking. When done, pull.

Dolpettes of Meat.—Prepare the meat as for a hash; add some bread crumbs, enough to stiffen. Bind together with the yolks of two eggs, shape it into small balls, dip into egg, roll in bread crumbs and grated cheese, and fry brown. Glaze or serve with tomato sauce.

First o' July Cake.—Cream together one scant cupful of butter and one and one-half cupfuls of sugar. Beat in two eggs and two teaspoonfuls of baking powder; add three cupfuls of flour, roll thin and cut into flag shape or cut into rounds; cover with a white icing and trace a flag in red and blue sand on each.

Raspberry Sponge.—Open a can of berries and strain one cupful of juice. Mix with it one cupful of sugar, one-third package of gelatine dissolved in one cupful of water, juice of one lemon. Heat these together, and when at boiling point cool quickly and beat until thick; add beaten whites of four eggs, harden in small molds and serve with whipped of plain cream.

Dutch Salad.—Two slices of bacon fried and cut up fine, one beaten egg, one-fourth cupful of vinegar, one-fourth cupful of water. Have ready two sliced cucumbers previously soaked in salted water, a small cabbage, and two stalks of celery which have been chopped. Mix vegetables together, then add whipped cream to salad dressing and pour over vegetables.

Pickled Onions.—Take the small white multiplier onions, wash carefully, cover with strong brine, set in cool place for three days. Then drain and put in boiling brine in a porcelain-lined kettle, and boil five minutes. Drain and cover with clear water. Drain and pack in glass fruit jars, and fill the jars with boiling spiced vinegar and seal immediately.

Blackberry Charlotte.—Soak one-third of a package of gelatine in a cupful of cold water for half an hour. Have ready one pint of cream whipped to a stiff froth. Sift into it then a cupful of powdered sugar; add the gelatine and the juice of half a lemon. Stir in one pint of fresh blackberries, which must be very ripe, and beat until stiff. Serve ice cold with whipped cream heaped on top.

Shortcake Dip.—One quart of flour, three teaspoonfuls of baking powder, a little salt, butter size of an egg. Wet with milk or water to soft dough, roll out, cut in squares and bake. For the dip: One quart of milk, two tablespoonfuls of flour, a good-sized piece of butter; boil two or three minutes; split the cakes and put into dip; when soaked through put in a dish and pour dip over them.

Scalloped Potatoes.—Wash, pare, soak and cut five medium-sized potatoes in quarter-inch slices. Put a layer in a buttered baking dish, sprinkle with salt and pepper, and add a few drops onion juice; dredge with flour and dot over with a half-tablespoonful butter; repeat. Add hot milk until it may be seen through the top layer. Bake one hour. You can use cracker crumbs or bread instead of flour.

Raspberry Charlotte.—This is a nice way to dispose of stale sponge cake or macaroons. Line the bottom of a mold with pieces of the cake, moisten with a little raspberry juice and spread a layer of whole sweetened berries over it.

Add more cake, then berries until the dish is a little more than half-full. Pour over the cake and berries a pint of boiled custard, roll a few macaroons and spread over the top, and set on the ice to chill.

Steamer Rice.—Look over and thoroughly wash one cupful of rice. Drain, spread lightly on a shallow dish and dry in the oven. Introduce the rice into two cupfuls of boiling water; place the dish containing it on a steamer and allow it to cook one hour without stirring. Serve with a sauce prepared by rubbing well-cooked dried apples through a colander, and afterwards evaporating, if necessary, to the consistency of marmalade.

Quick Waffles.—One pint boiled rice, one pint milk, one saltspoonful salt, three eggs, one and one-half pints flour, three teaspoonfuls baking powder, one cupful butter and lard melted. Beat the yolks of the eggs with part of the milk and flour to a smooth batter; then the butter and rest of the milk and the remainder of the flour, with the baking powder sifted in it; lastly, the whites of the eggs. Put them in a pitcher and pour into hot, well-greased waffle irons.

Spinach Pate.—Cook in a saucepan a tablespoonful of butter and one of flour. To this add chopped spinach with pepper and salt to taste and cook for five minutes. Butter the inside of muffin rings or pate pans and press the spinach into these firmly. Set in the oven to keep cool while you make a white sauce. Turn the forms of spinach out carefully on a hot plate, lay on the top of each a slice of hard-boiled egg, and pour a white sauce around and over.

Kidney Omelet.—Six eggs, one cupful stewed chopped kidney, one-half teaspoonful of salt, one tablespoonful cold water, one tablespoonful melted butter. Separate whites and yolks of eggs and beat well; then into the yolks put water and salt. Have ready a heated skillet that has in it the melted butter; pour the eggs, after mixing whites and yolks, into the skillet; when the omelet is nicely browned on the bottom sprinkle chopped stewed kidneys over it, fold over and serve immediately on a heated dish.

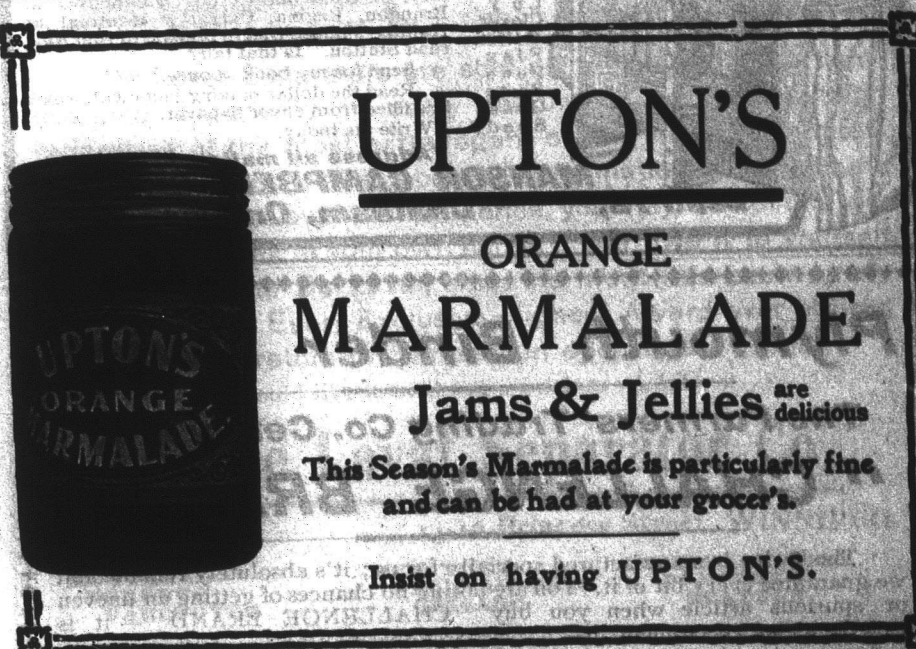
Asparagus and Ham.—Take equal quantities of cooked asparagus, cut into bits, and cold cooked ham, chopped into small pieces. Cut the asparagus into pieces by hand before cooking. For each cupful of material make a sauce of two tablespoonfuls each of butter and flour, a cupful of the liquid in which the asparagus was cooked, and a teaspoonful of lemon juice, with salt and nutmeg to taste. Add two beaten eggs, also the ham and asparagus. Turn into individual casseroles, or cups, buttered, and bake in oven to a golden brown. Serve in the casseroles as a luncheon dish or as an entree.

Pineapple Fritters.—Select very ripe pineapples, peel them carefully, remove the eyes and grate the fruit, being careful to save the juice. Sift a pint of flour, add enough cold water to the pineapple juice to make a pint in all, and mix this with the flour gradually to a smooth batter; add a half-teaspoonful of salt and the well-beaten yolk of one egg. When the deep fat for frying has been tested with a bit of bread and found just right, stir into the batter the well-stiffened white of the egg. After mixing, drop enough of the batter into the fat to make the sized fritter desired, and when brown remove with a skimmer and allow it to stand for a moment on brown paper to drain, being careful that it is kept hot. Pile on a hot platter, dust with soft sugar and serve. The pineapple flavor will be brought out by a little added lemon juice.

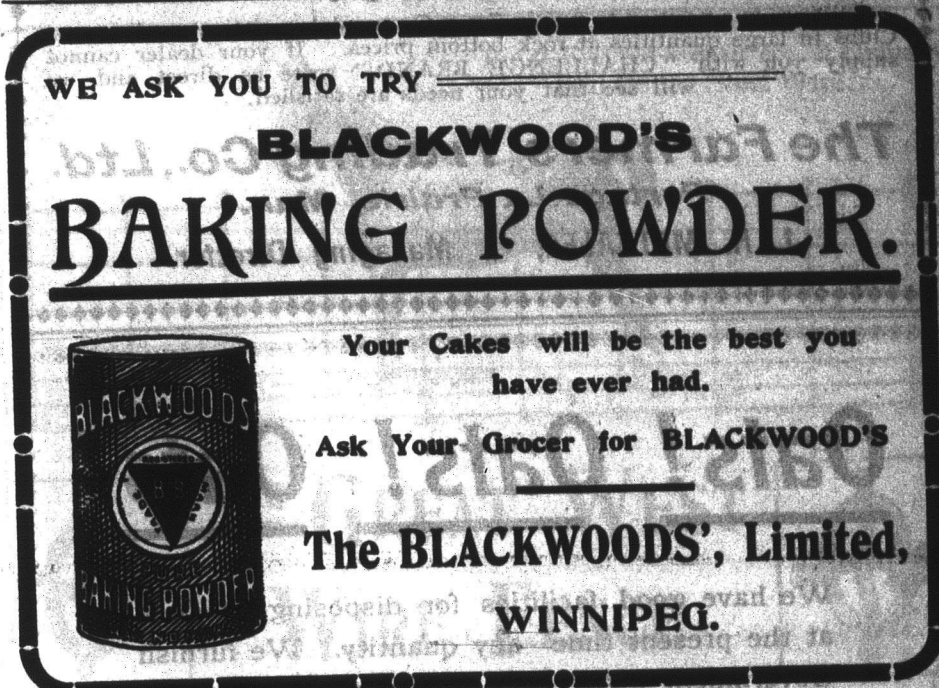
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