

Bread Making Contests At Rural School Fairs

**PRIZES—Free Courses at Macdonald Institute, Guelph
Free Poultry Raising Courses at Ontario Agricultural College
Free Cook Books and Magazines**

Over 1,500 prizes in all will be offered in bread-making contests which will be held this fall at over 250 rural school fairs taking place in Ontario. It will be a great event at the fairs and will stimulate interest in bread-making among young girls between the ages of 12 and 17 years.

Here is a wonderful opportunity for your daughter to win for herself a Free Course in Domestic Science at the famous Macdonald Institute, Guelph. All she has to do is to bake one double loaf of bread and enter

it in the contest at the fair according to the conditions explained below and more fully told in the folder we will send you on request. The loaf must be baked with

Cream of the West Flour the hard wheat flour guaranteed for bread.

This is a splendid flour which makes the biggest, bulging loaves—whitest, lightest and most wholesome bread you ever baked. Is this not a splendid opportunity to interest your daughters in breadmaking?

Here are the Splendid Prizes offered for the best loaf of bread baked with Cream of the West Flour. The following are offered at each local fair:

1st Prize.—1 paid-up subscription to "My Magazine" for 1 year. This magazine is full from cover to cover every month with articles suitable for young people of all ages. It is published in England. Value \$2.50 per year.
2nd Prize.—6 months paid-up subscription to "My Magazine" Value \$1.25.

Extra Prizes.—When entries exceed ten a 3rd prize will be awarded of 6 mos. paid-up subscription to "My Magazine." When the number of entries exceeds twenty the judges at the fair will award 4th, 5th, and 6th prizes of one year's paid-up subscriptions to "The Little Paper." This is a wonderful little publication issued every month in England. Its eight pages are packed with highly engaging information and stories relating to history, nature-study, animals, bird-life, etc.

Important—The winners of 1st prizes at the fairs automatically become competitors for the Provincial Prizes. The second half of the double loaf is sent to Ontario Agricultural College, Guelph, by the district representative in special container provided. The judging is done by Miss M. A. Purdy of the Department of Breadmaking and Flour Testing at the College.

Conditions of the Contest

Every girl may compete at the rural school fair in her district, whether or not she attends school, providing that her 12th birthday occurs before November 1st, 1916, or her 17th birthday does not occur before Nov. 1, 1916. One loaf of bread must be submitted baked in pan about 7 x 5 inches and 3 inches deep, and divided into twin loaves so that they may be separated at the fair. The loaf must be baked with Cream of the West Flour. One half will be judged at the fair. The other half first prize loaf will be sent to Ontario Agricultural College, Guelph, to compete in the Provincial Contest. The local contest at the fair will be conducted under the same rules as all the other regular contests at your fair.

The standard by which bread will be judged will be as follows:

1. Appearance of Loaf.....	15 marks
(a) Color.....	5 marks
(b) Texture of crust.....	5 marks
(c) Shape of loaf.....	5 marks
2. Texture of Crumb.....	40 marks
(a) Evenness.....	15 marks
(b) Silkiness.....	20 marks
(c) Color.....	5 marks
3. Flavor of Bread.....	45 marks
(a) Taste.....	25 marks
(b) Odor.....	20 marks

Each loaf must be accompanied by the part of the flour bag containing the face of the Old Miller (important) and an entry form must be signed by the girl and parents or guardian stating date of birth, P.O. address, and giving name of dealer from whom Cream of the West Flour was purchased. The form will state

Write for free folder giving full and complete information about every feature of this great contest.

Address **Campbell Flour Mills Co., Limited, (West) Toronto**

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Seasonable Recipes.

Potato and Green Corn Croquettes.—To 1 pint hot mashed potatoes (best use the ricer) add 1 cup green corn pulp, scraped off the cobs, salt and pepper to season, and the yolks of 2 eggs. If dry add a tablespoonful of butter or one or two tablespoons cream. Mix all well, shape into croquettes, roll in beaten egg then in bread crumbs and fry in deep fat. To get the corn pulp the best way is to score the kernels lengthwise with a sharp knife then press out the pulp with the back of the knife. The fat should be smoking hot when the croquettes are put in, and quite deep enough to immerse them.

Peach Sherbet.—Boil 1 quart water and 2 cups sugar for 20 minutes; add 1 teaspoon granulated gelatine softened in 3 tablespoons cold water, and when cold add 1½ cups peach pulp, half a

cup of orange juice and pulp, and the juice of 1 lemon. Partly freeze and serve in glasses.

Plum and Crab Apple Jelly.—Cook the plums with a little water and drain through a jelly-bag. Cook the crabapples in the same way and drain. Do not stir either fruit while cooking. Take one-third plum to two-thirds crabapple juice. Take ¾ cup sugar to each cup of juice. Boil the juice 20 minutes, add the sugar, heated in the oven, and let boil a little longer.

Apple Marmalade.—Use tart apples, not quite ripe. Pare, quarter and core, and allow ¾ pound sugar to each pound fruit. Add water to the parings and cores and boil ½ hour, then drain the liquid over the apples. Let cook until the apples are soft, then press through a fine colander. Add the sugar and cook until thick and clear.

The juice and grated rind of 2 or 3 lemons or oranges may be added if liked.

Creamed Corn.—Make a sauce of 2 tablespoons each of butter and flour mixed together and cooked with ¾ cup milk. Season to taste. When boiling add 1½ cups corn pulp. When boiling put in a buttered dish, sprinkle with cracker crumbs mixed with melted butter, heat in oven, and serve.

Cream Potato Salad.—Take 2 eggs beaten very light, 4 tablespoons vinegar, butter size of a walnut, 2 teaspoons salt, mustard and paprika mixed together, some whipped cream. To make the mixture that can be kept on hand, mix 3 teaspoons salt, 1 of mustard and ½ of paprika. To make the dressing, heat the vinegar and pour slowly over the beaten eggs, stirring all the time. Cook in a double boiler, stirring steadily, and when done add the butter and seasoning. When cold beat in the cream.

Mix with the potato cubes adding a little chopped onion and parsley.

Rhubarb Jelly.—Rhubarb may be gathered in late fall and made into jelly as usual. If it does not stiffen enough reheat with some apple jelly.

Stuffed Tomato Salad.—Peel firm tomatoes and remove some of the pulp, after cutting a slice from the stem end of each. Sprinkle the inside with a little salt, and turn open side down on a plate. Let chill. For the filling take 1 cup slices of the inner stalks of celery and some chopped apple and nuts mixed with salad dressing. Fill, and serve on lettuce or celery leaves. Anchovies may be used instead of the apples and nuts.

Peach or Apple Betty.—Use soft crumbs from the center of a state loaf. Mix ¾ cups crumbs with ½ cup melted butter. Have ready 3 cups sliced apples or peaches. Put the buttered crumbs and fruit into a baking dish in alternate layers, having crumbs on top. Sprinkle each layer of fruit with sugar and cinnamon or grated orange or lemon peel. Bake for 1 hour, covered for the first half-hour. Serve with sugar and cream.

Spiced Pickled Peaches. (From "American Cookery.") Take 7 lbs. peaches, 3½ lbs. sugar, 3 cups vinegar some whole cloves, 3 oz. stick cinnamon, 1 to 3 cups water. Brush the skins of the peaches to remove the down, or dip for two minutes in boiling water, then in cold water. Make a syrup of the sugar, vinegar and water; add the spices, then cook the peaches in the syrup, a few at a time, until tender. When all are cooked, drain off any syrup around them, and let all the syrup cook until thickened somewhat. Reheat the peaches in the syrup and store in glass cans as canned fruit is stored.

Mixed Salad.—Three cups cold boiled potatoes cut in small cubes, 1 cup shredded cabbage, 4 hard boiled eggs cut in pieces, 2 tablespoons chopped pickle, 2 tablespoons chopped green pepper if available, 1 tablespoon chopped parsley, a few drops of onion juice. Mix with dressing and serve on lettuce.

Orange Pudding.—Four oranges, 3 cups milk, 1 cup sugar, 3 eggs, 2 tablespoons cornstarch, pinch of salt. Cut orange pulp fine and sprinkle half the sugar over. Let stand a few hours. Beat yolks of eggs, add the rest of the sugar, cornstarch and salt, and stir into the boiling milk. Cook and cool, then pour over the oranges and sugar. Beat the whites of eggs to a stiff froth and add 2 tablespoons sugar. Spread over the top and brown in oven. Eat cold.

Cream of Lettuce soup.—Cook ¼ tablespoon chopped onion with 1½ tablespoons butter, stirring constantly. Add 2 heads lettuce finely cut, 2 tablespoons rice, and 2½ cups chicken broth. When the rice is soft add the yolk of an egg beaten and mixed with ½ cup cream, Season to taste.

Whole Wheat.—One cup whole wheat washed and soaked several hours. Drain, add to 4 cups boiling water, put in 1 teaspoon salt and boil until soft. Serve with cream and sugar. This may be boiled ½ hour then put in the fireless cooker over night. Reheat in the morning and serve for breakfast.

Cream Cake.—Two eggs, 1 cup sour cream, 1 cup sugar, 2 cups flour, 1 teaspoon soda, ½ teaspoon salt, flavor with lemon. Stir the soda into the cream, beat the eggs, then mix all ingredients together, last of all the flavoring.

Filled Cookies.—To make the cookies use 1 cup sugar, ½ cup butter, 1 cup milk, 3½ cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda, 1 tablespoon vanilla. Roll thin and cut out. For the filling take 1 cup chopped raisins, ½ cup sugar, ½ cup water, 1 teaspoon flour. Cook this until thick, stirring all the time. Put a layer of cookies in a well-buttered pan, spread a teaspoon of the filling on each, cover with another cookie and bake in a moderate oven.

The Scrap Bag.

For Perspiring Feet.

Mix together three parts talcum powder and 1 part boric acid. Dust the feet with this every morning after washing them.

Removing Freckles and Tan.

Mix together buttermilk, grated horseradish and cornmeal. Spread between