

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Rolled Beefsteak Balls.

Slice round steak thin. Cut narrow strips about two inches wide, spread with butter, sprinkle with salt and pepper and roll and fasten with a toothpick. Take a medium sized onion, stick half a dozen cloves in it, place in the centre of a kettle and put the beefsteak balls round it. Cover all with water, hot, cover closely, place in the oven and bake three hours, or simmer slowly on the top of the stove.

Fish Chowder, Plain.

Take any ordinary fresh fish, bass, pickerel, white fish, etc., and boil till done. Drain and bone the fish. At the same time cook one or two onions, according to taste and half a dozen potatoes sliced thin. Drain these and put all three in one pot. Sprinkle with flour, dry and with a fork lightly lift the ingredients so that all shall have some flour. Add a generous lump of butter, some pepper, and salt to taste. Then cover all with sweet milk and boil till the flour is cooked, taking care not to allow it to burn.

Raisin Brown Bread.

Three cups of graham flour, one cup flour, three level teaspoons soda, two and a half cups sour milk, one teaspoon salt, one cup molasses, half teaspoon cinnamon, one cup raisins, seeded and cut fine. Beat all together, put in baking powder cans two-thirds full, well greased, and steam two hours. Are easy to make and are nice for luncheons.

Lemon Pudding.

Put on one pint of milk to scald. Meanwhile mix four tablespoons sugar, half tablespoon butter, half tablespoon flour and yolks of four eggs. Beat light and add to scalded milk, and set away till cold. Beat whites of four eggs, juice and rind of a lemon, add to the cold mixture. Beat all, pour into a greased mould and bake half an hour in a moderate oven. Bake as a custard, setting the mould in a pan of water in the oven.

Lemon Dessert.

One quart boiling water, two lemons, one cup sugar, whites of three eggs, four large tablespoons corn starch. Add grated rind and juice of lemons and the sugar to the boiling water. Boil and add corn starch, mixed with cold water. Remove and stir in the whites of the eggs, beaten stiff. Set in a mould to cool. Serve with whipped cream.

Meat Patties.

Take fresh beef and pork or beef alone, cut in pieces and put through a meat chopper; spread on meat board, season with pepper, salt and sage to suit taste. Roll in patties like biscuits. Have frying pan with suet cut fine, and hot; put patties in and when done on one side turn; do not let brown too much. When done place on platter and put tablespoon of flour into the frying pan with drippings, and brown. Season with salt and pepper. Put boiling water in on brown flour and you will have a delicious gravy.

Delicious Pudding.

Two cups of bread crumbs, one cup of white sugar, three yolks of eggs, one tablespoon of butter, one quart of fresh milk, one-half cup of jelly or jam. Rub the butter and sugar together, add the yolks of eggs, beaten to a cream, then add bread crumbs, which have been previously soaked in the milk. Bake in a pudding dish (not filling it more than two-thirds full) until the custard is set; then draw it to the mouth of the oven and spread jelly or jam. Cover this with a meringue of the whites of the eggs beaten with two tablespoonfuls of white sugar. Put back in oven until meringue is light brown. To be eaten cold with cream.

Orange Pudding.

Two sweet oranges, sliced small, one-half quart milk, one-half cup of sugar, one tablespoon of corn starch, one-half cup of bread crumbs, yolks of two eggs. Heat the milk, when nearly boiling add corn starch wet with a little cold milk. Beat eggs and sugar to a cream, then pour into the milk and corn starch. Add oranges and bread crumbs. Set in oven until done. Make meringue of whites of the eggs, add two tablespoonfuls of white sugar and spread on top of pudding and brown lightly. Take out to be eaten cold or with whipped cream.

Cream Puffs.

One cup of water, one-half cup of butter; boil together. When boiling take off and stir in one cup of flour till nearly cool; add three unbeaten eggs and stir until smooth; then drop in gem tins and bake twenty-five minutes in oven. Take out and partially open on side and fill with a cream made of three tablespoonfuls of flour and one-half cup sugar, one egg one cup of sweet milk, one teaspoon of vanilla.

Salad Dressing.

Beat yolk of one egg, add one tablespoonful of dry mustard, one teaspoonful of butter, a little black pepper, one tablespoonful of flour, stirred in one-half cup of vinegar. Add white of egg beaten with a pinch of salt and a dash of oil. Chop cabbage fine and sprinkle with dressing. Then pour dressing while hot into a bowl. Cover till you want to use.

Pine Apple Jelly.

One box Knox gelatine two minutes in water, add one quart boiling water and one cup sugar. Then add juice of one pineapple and one can grated pineapple. Boil and add to harden. Serve with whip-

Fruit Tea Cake.

Take four cups flour, break one egg in flour, add butter size of large egg, three teaspoonfuls baking powder, three tablespoons sugar. Moisten with milk. When all are mixed thoroughly add one and a half cups fresh berries (blueberries preferred). Mix in lightly to prevent breaking of fruit. Bake in moderate oven. When done cut in squares. Butter and eat while hot.

Cocoanut Cream Pudding.

Three tablespoons of tapioca, soaked for four or five hours in tepid water. Boil until clear, add one tablespoon corn starch which has been dissolved in a little milk. Two cups boiling milk, one-half cup sugar, yolks of two eggs. Boil ten minutes. Add three tablespoonfuls cocoanut and boil five minutes longer. Beat the whites of two eggs to a stiff froth, spread on top and brown lightly in the oven. Flavor.

Escalloped Eggs.

The ingredients needed are: One dozen hard boiled eggs, one pint milk, one cup bread crumbs, butter size of an egg, one tablespoon flour, salt, pepper. Slice eggs and arrange in layers in a baking dish; sprinkle with the bread crumbs, thickened with the flour and seasoned with the salt and pepper. Put another layer of the sliced eggs, then bread crumbs as before, on top. Pour over all the milk. Bake in oven twenty minutes.

Cheese Croquettes.

Three tablespoons melted butter, one-third cup flour, two-thirds cup milk made in a paste, two cups grated cheese, two eggs, one-half cup cracker crumbs. Make in croquettes, dip in beaten egg, roll in cracker crumbs, and fry in hot lard.

Soft Custard.

One quart milk, four eggs, eight tablespoons sugar, one-half teaspoon vanilla, salt. Beat eggs and add sugar, salt, milk and flavoring. Poach in oven twenty minutes. Test with knife; when done the knife comes out clean.

Milk Sherbet.

Four cups milk, one and a half cups sugar, three lemons. Mix juice and sugar and stir constantly. Add milk slowly to prevent appearance of curd. Freeze. This recipe is simple in two ways: it is easily and quickly made; and for evening refreshments it is more economical and is often more relished than ice cream.

Corn Starch Mold.

Three cups cold water, one and a half cups sugar, juice and rind of two lemons, three tablespoons corn starch, one-eighth teaspoon salt; blend corn starch and sugar, add to the water, boil till clear, preferably in a double boiler. Add lemon. When nearly cold beat in two whites of eggs stiffly beaten. Serve cold, with a custard made of the two egg yolks and one cup of milk; boil and flavor with lemon and sugar.

Potato Cake.

Mix together one pint hot mashed potatoes, one teaspoon salt, one tablespoon butter, two tablespoons milk, flour enough to roll out like paste. Cut in squares and cook on greased pans in oven. This can be prepared after noon meal and just before tea time can be put in oven.

Pop Overs.

One cup sifted flour, three-quarters cup milk, one egg, one-quarter teaspoon salt. Blend flour, salt, and milk to a smooth paste. Break in egg and beat for five minutes with an egg beater. Pour into buttered dishes and bake in hot oven.

Nut Cakes.

Cream one-half cup butter with one cup sugar, add yolks of two eggs, beaten, two cups flour, two teaspoons baking powder, one tablespoon milk, whites of two eggs, beaten, one-eighth teaspoon salt, one-half teaspoon vanilla, one cup nuts chopped. Break off in pieces and drop on greased pans. Bake in hot oven.

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