



MEXICAN RICE

TRY this Mexican or Spanish dish for your husband, and see if he won't like it. Three strips of bacon fried until crisp, one-third cupful of rice browned in bacon grease, four good-sized tomatoes, one large pepper and a medium-sized onion—all cut up together and poured over the rice and bacon. As it cooks, add water enough to keep the rice from sticking. Cook slowly for three-quarters of an hour, and add salt and a small piece of butter when ready to serve.

CARROT GINGER

SCRAPE and boil some carrots and mash them, and to each pound of pulp allow three-quarters of a pound of sugar, and to every three pounds of pulp the grated rind of a lemon and two ounces of powdered ginger. Boil for half an hour and you will have a delicious jam.

CREOLE PUFFS

BLANCH half pound almonds, finely shred half of them and dry slowly in the oven; put quarter cup boiling water and half cup sugar in a saucepan, and as soon as it boils add the remaining almonds and cook until the syrup is of a golden brown color; turn into a pan, cool, and finely pound; beat the whites of four eggs till stiff, add gradually one and a quarter cups powdered sugar, half teaspoon vanilla, almonds and quarter teaspoon salt; put into shape, sprinkle with the shredded almonds and sift sugar over them. Bake in a slow oven for twenty-five minutes.

SCOTCH WAFERS

SCOTCH wafers are well adapted for children's luncheons and also are much enjoyed by convalescents. Mix one cup fine oatmeal, one cup rolled oats, two cups flour, quarter cup sugar, one teaspoon salt, one-third teaspoon soda; melt quarter cup butter or lard in half cup hot water and add to mixture, toss on a floured board, roll as thin as possible, cut in strips with a sharp knife and bake on a buttered sheet in a slow oven.

POTATO SCRUB

BOIL and mash six good-sized potatoes, add salt, pepper, and butter to taste. Put into a baking dish, sift over the top one-half cupful of grated bread-crumbs, pour over the whole one-half cupful of sweet cream, and bake twenty minutes.

MAPLE PUDDING

A DELICIOUS pudding that is easily made, and is nicer than ice cream, is as follows: whip four eggs very light, add gradually, constantly beating, one cup of well warmed but not hot maple syrup. Put on fire in double boiler and stir till it resembles rich cream. Set aside and when nearly cold add one pint of rich whipped cream. Do not add any liquid cream. Pack in salted ice for five hours. Do not stir.

CABINET PUDDING

BUTTER a mould or pudding dish and scatter in it bits of candied orange peel, chopped nuts, chopped raisins or currants, or a mixture of these; fill the dish nearly full of bits of broken cake, and through it add more bits of fruit or nuts; mix a cup of milk with two table-spoonfuls of sugar, the beaten yolks of two eggs, and a pinch of salt; pour this a little at a time over the cake; cover tightly, and set in a pan of boiling water in the oven and bake an hour, or till it is firm. Turn out and serve with a fruit sauce.

RICE LOAF

STILL another way of utilizing odd scraps of meat is this: Chop the meat, put into the frying-pan with gravy or water, season well, and let it simmer till it is hot and smooth; thicken with a spoonful of flour rubbed with one of butter. Cook half a cup of rice till very tender and dry; season well; butter generously a bread-tin or any mould, and line it with the rice, pressing it firmly; in the centre put the meat, draining it if it is not thick; cover with more rice, and bake in a pan of boiling water in the oven half an hour; turn out on a hot dish and serve as it is, passing gravy in a boat, or put a tomato sauce around it. Croquettes are, of course, one of the best ways of using up meat.

CHEESE PUDDING

BUTTER a baking-dish, and put in thin slices of bread on the bottom and sides; lay on this slices of American cheese; salt well, and add a sprinkling of cayenne and a tiny bit of baking-soda; repeat till the dish is full, with cheese on top; pour on milk to just cover, and set in a hot oven for about half an hour or till the dish puffs and browns; serve at once.

SALMON CUTLETS

DRAIN and pick up a small can of salmon; add sufficient thick white sauce to make a paste; season well, spread it out, and let it grow firm; cut into chop shape, dip in fine crumbs, and egg, and let it stand an hour; fry two at a time in deep fat; put a bit of parsley stem in the small end of each one.

FIG TAPIOCA

COOK till clear three tablespoonfuls of granulated tapioca in two cups of water with a teaspoonful of butter. Stir constantly. Chop fine half a pound of figs, add a cup of water, and one of sugar; cook these till smooth and thick, and cool; mix the tapioca, and add half a teaspoonful of vanilla. Chill well, and serve in glasses with a little whipped cream on top.

ORANGE COMPOTE

PEEL small seedless oranges; dip each one into syrup made of boiled sugar and water so stiff it will thread; pile up the oranges one at a time on a glass dish, and slowly pour over what is left of the syrup till all are well coated; serve very cold with whipped cream around the base.

CHOCOLATE CREAMS

MAKE a fondant of a pound of granulated sugar and a little over a gill of boiling water. Boil until the mixture threads, then drop a little into iced water, and when it can be rolled into a ball between the thumb and finger it is done. Season with vanilla, and beat the mixture until soft and white; then knead with the fingers to a soft doughlike mass and form into round balls. Spread these on waxed paper to dry. Melt in a double boiler a cake of sweet chocolate. Run a tiny skewer or a stiff wire into each cream ball, roll it over and over in the melted chocolate, then set on waxed paper until dry.

CREAM CANDY

Put two cupfuls of granulated sugar and one cupful of brown sugar into a saucepan and pour over this one cupful of water and two tablespoonfuls of vinegar. Cook until it hardens, when put in cold water. Pour into pan and cool. Then pull for about thirty minutes, then cut into small pieces with scissors. Set aside to cool. When thoroughly chilled put into quart jars and seal tightly. In a couple of days you will have the finest cream candy you ever ate. Flavor with peppermint and you have something for "after dinner mints."



This Costly Process-- Why Foods Are Shot From Guns

Most people imagine that Puffed Wheat and Puffed Rice are made to be merely enticing.

That the grains are exploded—puffed to eight times normal size—just to make them porous, thin-walled, nut-like, crisp.

But these foods were invented by a college professor—an expert on foods. And his whole object was to make them digestible, so every atom feeds.

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The whole object of this costly process is to change the moisture in the grain to steam.

Then to cause an explosion—a separate explosion inside of each granule of grain.

This blasts the food granules to pieces, so digestion can act. All the other results are merely incidental.

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But you merely see gigantic grains, with countless cells surrounded by toasted walls.

You taste crisp, nut-like whole grain foods, ready to melt in the mouth.

And people forget, in sheer delight, that these foods were designed to be healthful.

How to Serve

For breakfast, serve with cream and sugar. Or mix with any fruit.

For supper or luncheon, serve like crackers in a bowl of milk.

Let boys at play eat them like peanuts. Let girls make candy with them.

In pastry making use them just like nuts.

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