

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Almond Pudding.—Boil a pint of milk in a double boiler and stir in a teaspoonful of cornstarch and three tablespoonfuls of sugar beaten with two eggs. As soon as the mixture thickens pour it into a buttered pudding dish and scatter the top thickly with almonds.

Pineapple Pie.—For this delicious dessert merely lay slices of the pineapple, which has been carefully cored and pared, around in a rich pie-crust; sprinkle thickly with sugar and bake. Whipped cream sweetened and flavored may be heaped over the outer crust just before the pie is served.

Escalloped Ham.—Mix three cupfuls of finely chopped ham with the same amount of toasted bread crumbs, add two eggs and one-half cupful of milk; pack in a baking pan, cover the top with cracker crumbs and bake for half an hour. This is nice served as a breakfast dish, with a poached egg on each side.

Myrtle Soup.—Fry three chopped onions in a little beef dripping until they are golden brown; stir in one-fourth of a pound of ground oatmeal; fry that brown; add one quart of water, a half dozen potatoes cut in thin slices; salt and pepper and boil until the potatoes are soft, then strain, set on the stove again to boil for five minutes and serve.

Pineapple Salad.—Shred a ripe pineapple and serve on lettuce leaves with mayonnaise, or add for one pineapple peeled and shredded one large orange and two mandarins divided into sections, two red bananas, sliced, two dozen Malaga grapes, seeded, and a dozen English walnut meats, divided. Heap all on tender lettuce leaves and serve very cold with mayonnaise.

Lady Dainty Cakes.—Stir to a cream a cupful of fresh or well-washed butter; add slowly a cupful of granulated sugar, three eggs and two cupfuls of finely sifted flour; mix and roll thin, then cut into small round cakes; beat a tablespoonful of powdered sugar into the yolk of an egg and spread the tops of the cakes with it, grate almonds over them and bake a delicate brown.

Stuffed Beefsteak.—Prepare a dressing of one cupful of bread crumbs, one tablespoonful of chopped parsley, salt and pepper to taste. Trim off the fat from a sirloin steak, spread on the dressing, roll up, skewer or tie to keep it in shape, and bake an hour. Baste often with dripping. When done, remove the skewer carefully that it may not unroll, and serve with brown sauce. Mushrooms may be added to the stuffing if desired.

Sardine Croquettes.—After drawing all oil off, fill a cup with sardines from which skin and bones have been removed; cook half a cupful of grated, stale bread in half a cupful of milk, adding the beaten yolk of one egg, two tablespoonfuls of butter, a teaspoonful of lemon juice, the cooked yolks of three eggs (sifted), and a dash of paprika with the sardine puree; mix thoroughly, shape into ovals, dip in beaten egg and sifted crumbs, and fry in deep fat.

Prune Shape.—Stew one pound of prunes until tender, drain off the juice and remove the pits, and soak one-half package of gelatine in cold water until dissolved; then put the prunes, the juice and the gelatine with one-half cupful of granulated sugar to boil; let it boil five minutes and, just before removing, add one teaspoonful of vanilla extract and pour into a mould; let stiffen and serve with whipped cream. It makes a delicious dessert.

Scotch Eggs.—Make a paste of one-half of a cupful of stale bread crumbs cooked until soft in one-third of a cupful of milk; mix with one cupful of minced ham highly seasoned with cayenne and mustard and one raw egg; chop fine six hard-boiled eggs and stir into the mixture; mould into balls, roll in fine bread crumbs and fry in hot fat to a nice brown.

Pineapple Chips.—Select good sized, perfectly sound pineapples; pare them and cut in very thin slices; weigh and allow one pound of sugar to each pound of fruit; put these slices on platters and strew thickly with sugar; let them stand in a warm place for one week, turn the fruit every day until dry; then put them in a hot oven for ten minutes; when cold, put in a tin box in layers with wax paper between. These will keep a long time—all winter.

Ger. Apple Pudding.—Mix five tablespoonfuls of butter with two cupfuls of flour; stir in two even teaspoonfuls of baking powder and a saltspoon of salt; beat an egg until very light, stir it into three-fourths of a cupful of water and then stir into the flour; spread the mixture in a shallow pan previously buttered; pare and slice three or four sour apples and place on the dough; sprinkle this thickly with sugar and bake one-half hour. Serve hot with lemon sauce.

Crabapple Pickles.—Remove the stems and flowers, but leave the fruit whole; wipe with a damp cloth and simmer very gently until tender but not broken; drain in a colander; make sufficient syrup to cover the fruit in the proportion of one pint of vinegar to two pounds of granulated sugar. Use only the best cider vinegar. Put the fruit in the syrup and keep at the boiling point, but not boiling, for ten minutes, then seal boiling hot in self-sealers or jars. These may be spiced if preferred.

Stuffed Onions.—To prepare stuffed onions, remove the skin from six or eight large onions; parboil or drain, then slip out the hearts of each, leaving the firm shell; chop the inner portion; mix it with a little finely minced bacon, a few bread crumbs, a seasoning of salt and pepper, and fill the onions with the stuffing; put them in a baking dish with a little hot water and brown them nicely in the oven, or place them in a saucepan with a little good beef stock, cover and simmer them a few minutes. Serve very hot.

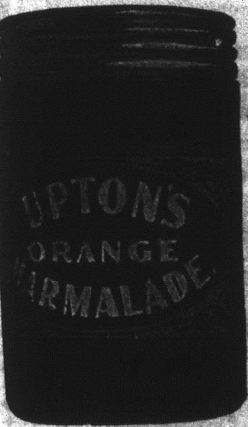
Coffee Jelly.—Cool, easily digested desserts, such as ices and jellies, are always very dainty and acceptable. Not only are they grateful to the palate, but they save the housekeeper a great deal of trouble. Coffee jelly is both economical and easily made. Soak half an ounce of gelatine in a quarter of a pint of cold water and add to it three-quarters of a pint of strong, hot coffee and two ounces of sugar; stir until all is dissolved and then strain into a mould; when cold, serve with whipped cream. It makes a pretty as well as delicious dish.

Stuffed Early Cabbage.—Select a crisp young early cabbage and cut off the stalk very close and spread apart the outside leaves, so that the heart can be cut out, leaving a small natural cup to be filled; the piece you have removed is to be chopped up fine with a green pepper (from which the seeds have been taken) and a few nuts. English walnuts if you can get them: moisten all this with cream, and fill the cup of the cabbage with it; tie the outside leaves closely around it while it steams in a double boiler. Cook slowly until thoroughly done, and serve with butter sauce.

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