

## Household Suggestions

**Nut Bread**—The nicest bread I ever ate and one that is easy to prepare is nut bread. To make two loaves take 3 cups white flour, 3 cups unsifted graham, 3 cups lukewarm water in which a cake of compressed yeast has been dissolved. One and one-half teaspoons salt, a heaping mixing spoon sugar, one-quarter teaspoon soda and one and one-half cups chopped hickory or English walnut meats.

Mix the ingredients thoroughly at night, set in a warm place to rise, then in the morning mix it out into loaves with but little kneading. Use as little flour as possible, only sufficient to keep it from sticking to the molding board, as the bread is much more moist and tender than when made too stiff with flour.

Let it rise till light and do not be worried when the loaves do not rise round in the middle like other bread; they are sure to remain level on the top, but when touched with the finger the dough gives beneath it and comes immediately back into shape again, the bread is of the proper consistency and ready for the oven. Bake slowly for about an hour, the slow baking bringing out the nutty flavor so much liked by everyone.

This bread can be cut before it is cold if one so desires, but to have the slices clean cut and with no torn appearance, the knife should be warmed to about the same temperature as the bread. It makes fine sandwiches, and attracts attention wherever seen on account of its peculiar color, being the darkest bread I have ever seen, except Boston brown bread.

**How to Serve Canned Meats**—Nearly everything in the meat line is now put up in cans, and if one wishes to use the contents cold they are ready for the table. All this meat is thoroughly cooked, therefore if one desires to serve it hot it must be cooked only enough to make it hot. Chicken and other white meats may be heated in a brown or white sauce and served with rice, macaroni or potatoes. Any of the white or dark meats may be served in a curry. The bones and trimmings from a can of meat may be used in a soup.

**Canned Meat in White Sauce**—Make the sauce the same as brown sauce, but do not let the butter and flour brown.

**Canned Meat with Tomato Sauce**—Put a pint of stewed tomatoes in a sauce pan and on the fire. Beat together one tablespoonful of butter, one heaping teaspoonful of flour, one teaspoonful of salt and one-fourth of a teaspoonful of pepper. Stir this into the hot tomatoes. Simmer for ten minutes, then rub through a strainer. Heat one pint and a half of meat in this. Serve with boiled rice or boiled macaroni.

Sweet drippings may be substituted for butter in all sauces except cream sauce.

**Value of Beans, Peas and Lentils**—Peas, beans and lentils are rich in nitrogenous matter, and can therefore, in a measure, replace meat in the dietary. These vegetables require careful cooking to make them easy of digestion. Whether green or dried they should always be well ventilated during the process of cooking. They require a generous amount of fat either in the form of butter, pork, bacon or sweet drippings. The dried vegetables should be washed, then soaked in cold water for twelve hours. The cooking of the dried vegetables should be long and slow.

Dried peas and lentils are particularly valuable for soup. Dried beans are useful for stewing, baking and soups. The most delicately flavored beans are the limas. They may be employed for baking, for soups and as a vegetable.

**Baked Beans, New York Style**—Wash and soak one quart of beans over night. In the morning pour off the water and put on to boil with three quarts of cold water. When the beans begin to boil pour off the water and add three quarts of boiling water. Let them simmer gently until they begin to crack. Pour off the water, which should be saved for soup. Wash and score one pound of mixed salt pork. Into a granite or tin pan, that will hold three or four quarts, put a layer of beans. Put the pork in the centre of the dish, having the rind side up. Mix together two teaspoonfuls of salt and half a teaspoonful of pepper, sprinkle a little of this over each layer of beans as they are put in the dish. Add enough hot water to cover the beans. Bake in a slow oven for eight or ten hours. Add a little hot

water from time to time. Serve from the dish in which they are baked.

**Dried Lima Beans in White Sauce**—Soak one pint of beans over night. About two hours and a half before dinner-time pour off the water. Put the beans on to boil in two quarts of boiling water; simmer gently for two hours. Pour off the water, which save for soup. Beat together one generous tablespoonful of butter, one teaspoonful of flour, one teaspoonful of salt and a little pepper. Stir this into a pint of hot milk. Season the beans with a little pepper and a level teaspoonful of salt. Add the sauce and simmer gently for twenty minutes.

**Savory Beans**—Cook the beans as for white sauce. Fry two ounces of salt pork or smoked bacon. Take up the pork and into the fat put one tablespoonful of chopped onion. Cook for five minutes, then add the beans, one tablespoonful of salt and one-fourth of a teaspoonful of pepper. Cook for fifteen minutes, stirring frequently with a fork. Just before serving add a teaspoonful of minced parsley if you have it. Serve in a hot dish and garnish with the slices of pork.

**Bean Soup**—Take one pint of beans, wash and soak them over night. Put them on to boil with two quarts of cold water. When the water boils pour off and add two quarts of boiling water. Cook slowly for three hours. The last hour add a spray of dried celery leaves. Put into a stewpan two tablespoonfuls of sweet drippings and one large onion minced fine. Cook slowly for twenty minutes, then add one tablespoonful of flour. Pour the water from the beans on this, stirring all the while. Mash the beans into a paste and add to the other ingredients. Season with one-fourth of a teaspoonful of pepper and two teaspoonfuls of salt. Rub through a sieve. Return to the fire. When the soup boils up add one pint of hot milk and one tablespoonful of butter.

Soup may be made from beans left over from the baked or stewed beans and the water in which they were boiled. Double the amount of onion given may be used if desired.

Dried pea and lentil soups may be made the same as bean soup.

**Scalloped Apples**—Two cups stale bread crumbs; two tablespoons butter; two cups sliced apples; two tablespoons sugar; grated rind and juice of one-half of a lemon.

Butter pudding dish and cover with bread crumbs, then put in a layer of apples, sprinkle with sugar, lemon rind and juice and dot with butter, repeat till dish is full, finishing with bread crumbs. Cover when first put in the oven to prevent crumbs browning too rapidly.

**Steamed Apple Pudding**—Two cups of flour; four teaspoons baking powder; one-half teaspoon of salt; two tablespoons butter; three-quarters of a cup of milk; four apples cut in eighths.

Mix and sift dry ingredients; work in butter with tips of fingers, add milk gradually, mixing with knife; toss on floured board, roll out, place apples on middle of dough and sprinkle with sugar, bring dough around apples and carefully lift into buttered mould, cover closely and steam one hour and twenty minutes.

**Jellied Apples**—Pare and slice thin a dozen or more tart apples. Place in a pudding dish alternate layers of apples and sugar, add a dust of cinnamon. When the dish has been filled in this way, pour over it half a cup of water. Lay a buttered plate over the top and cook slowly for three hours. Set in a cool place, and when ready turn out in a glass dish. Served with whipped cream or boiled custard.

**Brown Betty**—Alternate layers of sliced apples and dry bread crumbs; put enough crumbs to cover the apples, add wee bits of butter, sugar and ground cinnamon; repeat this until the pudding dish is full, having crumbs on the top; pour half cup molasses or milk and half cup water over. Set the dish in a pan of boiling water and bake in a moderate oven for an hour. Serve with cream.

**Do it Now.**—Disorders of the digestive apparatus should be dealt with at once before complications arise that may be difficult to cope with. The surest remedy to this end and one that is within reach of all, is Parmelee's Vegetable Pills, the best laxative and sedative on the market. Do not delay, but try them now. One trial will convince anyone that they are the best stomach regulator that can be got.



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