

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGE WINNIPEG

Butter Foam Sauce.—Beat together half a cupful of butter and a cupful of sugar until they are white and creamy. Add two tablespoonfuls of cream, and flavor with vanilla. Let chill on ice before serving.

Apple Whip.—Grate one medium-sized sour apple into a large, deep bowl; break into this one egg-white and one-fourth teaspoonful of salt; whip until a thick, light mixture is secured; set on ice to chill; then heap into fancy cups or glasses and serve with a dainty wafer or cake.

Rose Jelly With Cream.—Mold apple jelly—that has been tinted pink with canned strawberry juice—in individual rose-shaped molds. Pile a spoonful of whipped cream on pretty glass dishes and a "rose" on top, or mold in a large size; turn out on a glass dish and garnish with whipped cream in rose shapes tinted pink.

Fruit Whip.—Cook thirteen large prunes until tender; remove pits and cook with one cupful sugar until like thick marmalade; press through a sieve, then fold while hot into two egg-whites beaten stiff and dry; set in hot water to cook until egg is firm; then set aside to cool; serve with boiled custard sauce and decorate with sliced orange sections.

Fruit Cream.—Soften one-fourth package gelatin in one-fourth cupful of cold water, then dissolve in one-fourth cupful hot milk; add one-half cupful sugar, one-third cupful each of cooked prunes, figs and raisins cut into small pieces, one tablespoonful lemon-juice; cool; beat whites of two eggs, whip a cupful of thick cream diluted with one-third cupful of milk, and fold this and egg-whites into the fruit mixture and turn into the dish lined with bits of the cooked fruit; set on ice until firm; then dip into warm water a second and unmold on a dish for serving.

French Tapioca.—Cook one-fourth cupful of quick-cooking tapioca in a pint of milk until transparent; add a few grains of salt, one tablespoonful of butter, one-half cupful sugar, and remove from fire; let it become lukewarm, then add two beaten eggs, one teaspoonful vanilla and pour over two large apples, pared and cored and cooked until almost tender; bake in oven until egg is set. Stewed pitted prunes, apricots, fresh bananas or oranges can be used. Serve hot or cold with milk.

Golden Glow.—Stir into one pint of hot milk one-fourth teaspoonful salt, two tablespoonfuls sugar, two tablespoonfuls corn-starch wet with one-fourth cupful milk; cook ten minutes, then add one teaspoonful butter and the yolks of two eggs; cook five minutes more and add one teaspoonful vanilla extract and three drops of lemon. Serve either hot or cold with chocolate sauce or flavored milk. A variation can be secured by adding one-half cupful of cocoanut or chopped nut meats to the mixture with the eggs.

African Pudding.—One-fourth pint stale bread-crumbs, rolled and sifted, one pint milk, yolks of two eggs and one whole egg beaten with two tablespoonfuls sugar, one teaspoonful vanilla, one ounce sweetened chocolate melted over hot water; bake in moderate oven until firm in center. Beat the egg-whites with two tablespoonfuls sugar until stiff, add one-half teaspoonful lemon-juice and spread over pudding roughly; return to oven to become firm and delicately browned; garnish with sliced peaches and almonds.

Italian Pudding.—Break enough macaroni into inch pieces to measure one-half pint; cook ten minutes in salted water; then drain and add three cupfuls milk; cook twenty minutes over boiling water; then mix in four eggs beaten with one cupful sugar, two tablespoonfuls butter; one teaspoonful vanilla extract; bake one-half hour in moderate oven until delicately browned.

Corn-meal Custard.—Scald one quart milk, add one cupful granulated corn-meal, one teaspoonful salt mixed with one-half cupful sugar. Stir until mixture thickens, then add one-half cupful currants and one cupful pitted raisins; cover and cook one hour in double boiler; remove from the fire and when lukewarm add two slightly beaten eggs; turn into buttered dish and bake not longer than one-half hour.

Prune Crown.—Soften two tablespoonfuls corn-starch in one-fourth cupful milk; add it to two cupfuls boiling milk, to which add one-fourth teaspoonful salt, two tablespoonfuls sugar; cook until transparent; then fold in stiffly beaten whites of two large eggs, juice of one lemon. Remove one-fourth, to which add two generous tablespoonfuls prune puree sauce; turn the fruit mixture in a mold; then the plain mixture; set on ice until firm; when serving mound up prunes, cooked in lemon juice and sugar, in centre. Serve with custard sauce or rich sweet cream.

Surprise Angels.—Make an apple sauce with raisins and currants stirred in, and flavored with a little cinnamon and nutmeg. Make a rich pie crust with the shortening of lard and butter, half each. Roll out the dough to pie-crust thickness, and cut it in pieces three inches wide and four long. Put a spoonful of sauce on a piece wet along the edges and place the top crust on, pinching it together in scallops all around. Prick the tops to let out steam and arrange the "angels" in a baking-pan side by side. Pour a little hot water in bottom of pan and cover the "angels" with cinnamon and sugar.

Sweet Cider Apple Preserve.—Boil a gallon of new unfermented cider down to half the quantity, prepare the number of apples you wish to preserve by paring, coring, and quartering. Drop into the boiling cider as many pieces as the kettle will hold without crowding. Cover closely and cook slowly until the fruit is transparent. Skim out carefully and drop in the next lot of apples until all are cooked. Pour the syrup over the apples and set away to cool. The next day drain off the syrup, boil it down till thick and pour over the preserves. The pieces of apple should be quite distinct, and have absorbed nearly all the syrup. This makes a most delicious preserve.

Boiled Rice.—Rinse one cupful rice in cold water until all the milky appearance is gone, then sprinkle it into a kettle of boiling water—three quarts is none too much. Add one teaspoonful salt and boil until a kernel can be crushed between the fingers. When tender, pour the water and rice into a sieve; dash cold water over; drain well, and return to kettle in which has been melted one teaspoonful butter; set in pan of hot water to reheat. When serving, wreath it around sliced oranges, dates stuffed with peanuts, boiled raisins, stewed figs, bananas sliced and laid in lemon-juice to prevent discoloration, stewed prunes or apricots. Heat thick maple syrup and serve with the rice or use a hard sauce, lemon liquid sauce or chocolate sauce as preferred.

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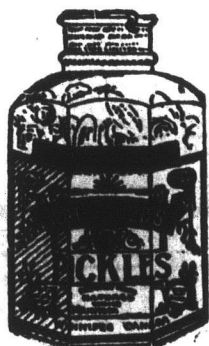
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