

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

COOKING RECIPES.

Raised Doughnuts.—Mix one cupful of milk, one-half cupful of sugar, one-half yeast cake, flour to make a batter. At night add one-half cupful of sugar, three teaspoonfuls of lard, one egg, salt, nutmeg and flour. Cut out and rise light, then fry.

Coffee Custards.—Grind two ounces of freshly roasted coffee, add one cupful of boiling milk, and set in a warm place forty minutes. Strain it, mix in the ordinary way with sufficient milk and eggs to make one quart of custard and pour in cups. Bake these in a pan of water very carefully and serve cold.

Banana Custard Pie.—Line a deep pie tin with nice rich paste. Into it slice one large, ripe banana, or two small ones. Pour over it a custard made with one pint of rich milk, two well-beaten eggs, two tablespoonfuls of sugar and a pinch of salt. Bake slowly in a moderate oven, and finish with a meringue or not, as desired.

Apple Snowballs.—One-half pound of rice, five or six large apples, a little butter and sugar. Wash the rice, put it into plenty of water, and boil quickly for ten minutes, drain it and let it cool. Pare the apples, take out the core with a vegetable cutter, and fill the hole with a small piece of butter and sugar. Enclose each apple in rice, tie in separate cloths and boil for one hour. Serve with sweet sauce.

Lemon Pudding.—To the yolks of four eggs add one cupful of sugar, one quart of milk, one pint of bread crumbs, one teaspoonful of butter, and the grated rind of one lemon. When well mixed spread over the top a layer of jelly, and add the whites of the eggs whipped to a stiff froth, sweetened with one cupful of sugar, and flavor with the juice of the lemon. Then set in the oven and brown slightly. Allow half an hour for baking the pudding.

Scrambled Eggs.—To each cupful of milk allow four eggs. Measure the milk, scald in a pan or basin on the stove. Break the eggs into a bowl, and with a spoon stir just sufficiently to break the yolks, then turn into the milk, salt, and as fast as the egg cooks keep it scraped off the bottom and sides of the pan until the whole is thickened, then remove at once from the stove. If cooked too rapidly, they will become watery.

Cheese Fondue.—Sift sufficient stale bread crumbs to make one cupful. Grate one-quarter of a pound of dry cheese. Soak the crumbs in one pint of fresh milk. Add three eggs whipped very light, one scant tablespoonful of butter melted, a pinch of baking soda dissolved in a few drops of warm water, salt and pepper to taste and the grated cheese. Pour this into a buttered baking dish, sprinkle thickly with dry crumbs, and bake in a quick oven until golden brown. Serve at once, as it soon falls.

Shad Roe Croquettes.—Cook the roe in boiling salted water fifteen minutes, drain and mash. For each pint of roe beat together one-fourth of a cupful each of butter and cornstarch, and cook in a cup and a half of hot cream ten minutes. Add the juice of half a lemon, half a teaspoonful each of salt and paprika, a few drops of lemon juice, one egg, beaten; the roe, and, if at hand, a few mushrooms, salted and chopped; cool in shallow dish, shape into croquettes, egg and bread crumbs and fry in deep fat.

Boiled Rice.—Take one cupful of best head rice, wash in several waters, put into a saucepan, add two quarts of cold or warm (not hot) water, salt well, and boil rapidly for about twenty minutes. Just as soon as the kernels are tender, but not broken or mushy, remove from the fire, and pour into a colander to drain, reserving the water for soup. To remove any excess of starch and still further to separate the kernels, pour more water over the rice in the colander, cover, and keep hot. Serve with cream or any suitable fruit sauce, avoiding the very acid fruits.

Baked Ginger Pudding.—Put one-half pint of milk in a clean saucepan with a generous lump of butter, and place it on the stove. Into a basin put two tablespoonfuls of flour, three tablespoonfuls of sugar, a heaped dessertspoonful of ground ginger, and half a nutmeg grated. Mix this into a smooth batter with one-half pint of cold milk; bring the milk and batter in the saucepan to boil, and stir in briskly the batter, stirring it until it boils. Then stand it on the table to cool for five minutes. When cool, stir in well two whole eggs; pour at once, when well mixed, into a well buttered pie dish; bake in a hot oven for half an hour.

Vegetable Soup.—Take half a small turnip, two onions, four potatoes, one tablespoonful of rice, two cupfuls of strained tomato, two bay leaves, salt, one tablespoonful of butter. Cut the vegetables quite fine, add the rice, and boil in one quart of water. When nearly done, add tomato, bay leaves, butter and salt, and water to make at least two quarts of soup. Other vegetables, such as cabbage, carrots, celery, okra, green peas and corn may be used, and the soup strained through a colander, if preferred, adding a little minced parsley before serving. The rice-water and some of the boiled rice may be very nicely utilized here.

Domino Cakes.—Dominoes are not difficult to make. Beat one-half pound of butter to a cream, adding gradually two cupfuls of sugar; add the yolks of four eggs. Beat thoroughly; then fold in the well-beaten whites and three cupfuls of pastry flour sifted with two teaspoonfuls of baking powder. Pour into greased shallow pans to the depth of half an inch. Bake in a moderate oven for fifteen minutes. When done turn out on a cloth to cool, and when cold cut with a sharp knife into oblong pieces the shape and size of a domino. Cover the tops and sides with white icing. When this has hardened dip a wooden skewer into melted chocolate and draw the lines and make the dots of the dominoes. Children always are delighted with these little cakes.

Oyster Soup.—Add to one quart of milk one-half of a small onion, two sprigs of parsley and one-half cupful of celery leaves and stalks. Scald in a double boiler. Mix one-quarter cupful of flour with sufficient cold milk to make a paste and add it to the scalded milk. Stir until it thickens, and let cook for about twenty minutes covered. Pour a cupful of cold water over a quart of oysters, strain the liquid through a cheesecloth and heat to boiling point. Add the oysters, and when the boiling point is reached add the thickened milk. Season with salt and white pepper, and stir in, little by little, one-quarter cupful of butter.

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