

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGG, WINNIPEG

Steak With Tomato.

This is a good way of cooking a cheap cut of steak. It is nicest cooked in a casserole in the oven, but, as that is very expensive when one has a gas stove, we do it usually in a tightly covered frying pan on top of the stove. One pound round steak, three-quarters can of tomato, one small onion, salt, red and black pepper to taste, one-half bay leaf. Put all together in a frying pan or casserole and cook slowly three hours. Cooking fast absolutely spoils it.

Veal a la Jardiniere.

Lard with strips of fat salt pork, and sprinkle with paprika. Dredge with flour and lay on the grating of a covered roaster; add enough boiling water to cover it barely, and roast for an hour, basting with the gravy every ten or fifteen minutes. Then turn on the other side and spread over the roast a pint of tomatoes peeled and sliced, two onions chopped fine, two sprigs of parsley chopped fine, and two peppers. Baste for another hour every ten minutes. When the meat is removed keep hot while you take up the vegetables with a split spoon; and keep them hot also. Strain the gravy, thicken with browned flour, and put into a boat. Lay the vegetables about the meat upon a metal or fireproof dish, dredge this with browned crumbs, and dot with softened butter. Set upon the top grating of the oven five minutes to brown and bring to the table in the dish.

Fried Chicken.

For the fried chicken, select a young, fat chicken, wring its neck, scald, pick and clean as rapidly as possible. Cut in pieces, plunge in cold water, then flour thickly. Have ready a frying pan, half full of hot lard. Fry in this until brown. Add one-half cup of water to the fat in the pan and thicken for gravy. Do not attempt this recipe with market poultry already killed, for it will not be successful.

Potato Soup.

Boil and mash six potatoes, season with one-fourth pound of butter, pepper and salt, and a dash of nutmeg. Add one quart of hot milk slowly, stir well and let it boil up, then strain through a sieve into the tureen. Rub the tureen with a tiny segment of garlic, or onion, if preferred, and beat an egg in it before turning in the soup. Serve with toast squares.

Escalloped Potatoes.

Pare and slice thin, potatoes enough to fill medium-sized pudding dish, cover with cold water and let stand three or four hours. Drain and dry on a linen cloth; grease the dish and add alternate layers of potatoes and cracker crumbs, butter, pepper, salt, and a little sugar; then pour in one pint of milk and bake. Cover the dish one hour, then open it and brown daintily.

German Potato Cakes.

Pare and grate six large potatoes, add two eggs, one pint of milk, pepper, salt, and a tablespoon of sugar, one-half pint flour and one teaspoon baking powder; drop the batter by the spoonful on a hot greased griddle as for pancakes. Serve hot with butter and salt, or with stewed fruit.

Irish Potato Cake.

To one cup of mashed potatoes, seasoned with butter and salt, add one-half cup of milk, and one and one-half cups of flour; beat lightly, add one teaspoon of caraway seeds. Roll into a round cake one inch thick and bake in buttered frying pan, covered, on top of the range. Bake brown, cut into four quarters and serve hot, with butter and salt.

Spice Cake.

Cream one cup of sugar and half a cup of butter. Add one cup of sour milk, two cups of flour sifted together with one teaspoon of soda, one teaspoon of cinnamon, half a teaspoon of cloves and some nutmeg. Last of all add a cup of floured raisins. Bake in a steady oven—preferably in a long, narrow, deep tin.

Doughnuts.

One cup of sugar, nutmeg to taste, a spoon of salt, half a cup of sour cream, a cup and a half of sweet milk, two tablespoons of melted butter, half a teaspoon of soda and a teaspoon and a half of baking powder. Flour to roll. Fry in hot fat.

Orange Trifle.

Peel and quarter three large sweet oranges, removing the seed; heat in a granite saucepan two cups of thin cream, sweetened with a heaping tablespoonful of sugar, and when just at the boiling point stir in a scant tablespoon of cornstarch moistened with a very little cold water; allow this to boil for a moment and add a teaspoon of butter, a few drops of lemon juice and a tiny pinch of cinnamon. Arrange in the bottom of an ornamental baking dish a layer of oranges; sprinkle with powdered sugar and grated coconut; pour over this a layer of the cornstarch custard and continue in alternate layers until the dish is nearly filled; place in a moderate oven and bake slowly for thirty minutes. Cover when cooked with a meringue made from the whites of two eggs beaten with a tablespoon of confectioner's sugar, returning to the oven to brown slightly. Decorate with quarters of glace orange.

Orange Washington Pie.

Cream together half a cup of butter and one cup of powdered sugar, adding when very light the grated rind and juice of one orange and one well beaten egg; then stir in alternating half a cup of milk and a heaping cup of flour sifted with scant teaspoon of baking powder. Bake in two layer cake pans in a quick oven for fifteen minutes. For

the filling heat a small cup of cream, add a tablespoon of gelatine that has been soaked in a tablespoon of cold water for five minutes, stir until the gelatine is dissolved, sweeten with a dessertspoon of sugar and flavor with the juice of one orange; strain this into a bowl placed in ice water and whip with a Dover egg-beater to a froth, adding when quite stiff a cup of whipped cream and a half cup of finely chopped hickory nuts; spread this between the layers, heaping in a small pyramid on top, and serve immediately resting on a lace paper doily; this same dessert is excellent baked in tiny individual pans, and forms a very ornamental course for a formal luncheon.

Prune Almond Filling.

For a layer cake this is made by adding cut up prunes and chopped almonds that have been previously blanched to a soft sugar frosting or filling.

ORANGE DESSERTS.

Orange Omelet.

Four eggs, five tablespoons sugar, a little salt, two oranges, two tablespoons butter. Grate rind one orange on one tablespoon sugar. Pare and cut oranges in thin slices, and sprinkle with two tablespoons sugar. Beat whites of eggs stiff, add the sugar and orange rind, salt, beaten yolks, and two tablespoons orange juice. Put butter in a hot omelet pan, pour in the mixtures. When it begins to thicken well spread over the sliced oranges, no juice. Fold omelet from side of the pan over the sliced oranges, turn on hot dish, put in the oven two minutes, and serve at once.

Orange Pie.

Three eggs, three-fourths cup sugar, one orange, juice, and half-grated rind, half lemon, juice, and grated peel; a little nutmeg, cream, butter and sugar, beat in the orange and lemon, add the beaten eggs, saving the whites of two. Line a pie plate with rich crust, pour in this mixture, and bake. Beat the whites with two tablespoons powdered sugar, spread over the pie when done, and brown lightly.

Orange Pudding.

One cup sugar, half cup rolled cracker, two eggs, half tablespoon butter; one orange, grate the rind and squeeze the juice, one quart milk. Bake like a custard. Serve cold.

Orange Snow.

Half package gelatine, three gills orange juice, generous cup sugar, three gills water, whites of six eggs. Soak gelatine in one gill cold water two hours, then pour over it two gills boiling water. Add sugar and place bowl in pan of boiling water, stirring till gelatine dissolves. Add orange juice, strain into a large bowl, and set away to cool. When beginning to stiffen add unbeaten whites, place the bowl in ice water, and beat until white and thick. Pour into molds to stiffen, and serve with custard sauce.

Custard Sauce.

One pint and one gill milk, one-third cup sugar, grated rind one orange, a little salt. Put one pint milk in double boiler, add grated rind and heat. Beat yolks and sugar together, add one gill cold milk. Pour over this the hot milk, stir well, return to double boiler, and boil five minutes.

SENSIBLE SUGGESTIONS.

For Round Shoulders.

If you are round shouldered try sleeping without a pillow for a while, or at least use a flat one.

For a Sick Headache.

The juice of half a lemon in a teacup of strong black coffee, without sugar, is an excellent cure.

To Prevent a Cold.

Warm baths should be taken just before retiring. If taken during the day, exercise for a few moments vigorously. Take the cold bath in the morning, as it is an invigorator for the entire day.

HOUSECLEANING REMEMBER.

To Renovate Water Colors.

If soiled generally, rub over with stale bread crumbs. If spotted with grease apply benzoline locally, place between blotting sheets, and cover with a warm flatiron. Repeat if necessary.

To Clean Greasy Floor Boards.

Apply a mixture of fuller's earth and pearlash, one-quarter pound of each to a quart of hot water, and leave on for twenty-four hours. Then scour with silver sand and water.

To Clean Baking Tins.

Fill with fine coal ashes and warm water and well shake. Rinse in cold water. If greasy fill with a strong solution of soap powder, leave for twenty-four hours, and then rinse well.

To Clean Silver Jewelry.

Wash in soap and water and rinse in clean water. Then apply a paste of powdered carbonate of ammonia moistened with spirits of wine. When dry brush off, rinse in tepid water, and dry with a soft leather.

"MARK WELL"

THE NAME

"SALADA"

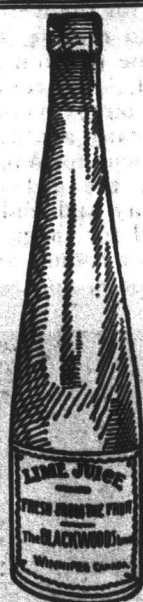
CEYLON TEA

STANDS FOR EVERYTHING THAT IS GOOD AND PURE IN TEA

SEALED PACKETS ONLY. REFUSE SUBSTITUTES.

BLACK, MIXED OR NATURAL GREEN

HIGHEST AWARD, ST. LOUIS, 1904.



NOW IS THE TIME FOR COOLING DRINKS

Ask Your Grocer for

BLACKWOOD'S LIME JUICE

BLACKWOOD'S RASPBERRY VINEGAR

and AERATED WATERS

Absolutely Pure. Best on the Market.

THE BLACKWOODS LIMITED

WINNIPEG, MAN.



UPTON'S

ORANGE

MARMALADE

served with toast makes a delicious breakfast.

Insist on your grocer supplying UPTON'S

THE BEST STARCH

is none too good for the careful, tidy housekeeper

THE BEST STARCHES

ARE **Edwardsburg "Silver Gloss"** AND **Benson's "Prepared Corn"**

Remember this when buying

Edwardsburg Starch Co. Ltd.

WHEN WRITING ADVERTISERS PLEASE MENTION THE WESTERN HOME MONTHLY