

## Good Recipes.

## Pepper Hash.

Take two and a half dozen green peppers and remove the seeds from half of them. Chop fine and mix with two hard heads of cabbage, chopped, and two dozen onions. Mix well together and put into a stone crock or wooden bowl. Sprinkle with a large cupful of salt, and let them stand twenty-four hours. Drain as dry as possible, pressing out the water. Put a gallon of cider vinegar in the preserving kettle with a cupful of brown sugar, half a cupful of white mustard seed and half an ounce celery seed. Heat to the boiling point and pour scalding hot over the peppers. Just before pouring on the vinegar, stir through the pepper mixture one cupful grated horseradish. It kept in a cool place, this pickle will be crisp and savory.

## Berry Roly-Poly.

Chop to a fine powder a quarter of a pound of best suet with a very little flour and blend with a scant quart of flour sifted with one teaspoon of salt and two teaspoonfuls of baking powder. Add also one half a cup of grated bread crumbs and mix to a soft dough with equal parts of milk and cold water. Roll out in a sheet, cover with any variety of berries and sprinkle liberally with sugar. Grate over a dusting of grated nutmeg and roll up like jelly roll. Pinch the edges of the paste together and steam about one hour and a half. Serve with a hard sauce. A rich baking powder dough may be substituted for the suet crust, but it is not so rich.

## Scotch Oatcakes.

(Sent by Tullihallan, N.S.)—Put two and one-half handfuls of fine oatmeal into a bowl with one teaspoon of sugar and a pinch of salt. Pour over this one quarter pint of boiling water, in which one ounce of butter or dripping has been melted. Mix well, turn out on a board and knead well into a round flat cake. Roll out very thinly, dusting the rolling pin and board well with oatmeal to prevent it sticking. Pinch round the edges with finger and thumb to shape, then cut into four. Fry on both sides on a hot griddle, then bake in a slow oven for an hour or toast in front of the fire on a toaster to make crisp.

## Strawberry Acid.

For E.C. N.S., sent by W.O. N.S., who sends kindly, several other recipes, saying "You will find them very, very nice. I have made them." Dissolve four ounces of citric acid in half a gallon of water and pour it over two gallons of ripe strawberries; let stand twenty-four hours, then drain liquid off. To every pint of juice add one and a half pounds of loaf sugar, boil, let stand three days and bottle. A few spoonfuls in a glass of water makes a delightful drink. Be careful not to have over-weight of acid as it is poisonous.

## Strawberry Beverage.

(For E.C. N.S., sent by Busy Bee, Ont., who says: "This makes a delicious drink, and is an original recipe.") Use five equal quantities of white wine vinegar and water; let stand twenty-four hours then strain through cheesecloth; measure juice and use pint of sugar to each pint of juice. Boil juice twenty minutes before adding sugar, which gives better results if heated in oven when juice is boiling. Boil twenty minutes after adding sugar, which gives better results if heated in oven while juice is boiling. Boil twenty minutes after adding sugar.

## White Cake.

(For R.V. Sack, sent by "Young Housekeeper," (15) Sask.) One cupful white sugar, three-quarters cupful sweet cream, two and one-half teaspoons baking powder, one heaping cupful flour, one teaspoon lemon extract, whites of three eggs, beaten until stiff. Bake in a loaf and cover with one-half cup cream and white of one egg, beaten together until stiff, add one teaspoonful sugar and one-half teaspoonful lemon extract.

Labradorite, being the native stone, makes a valuable and attractive souvenir of Newfoundland. See it at R.H. TRAPNELL, LTD., Jewellers, Water Street.—aug23,21.

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J. C. Parsons, Photographer, Lyon Building, 155 Water St., phone 1855.—aug19,21.

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Editor Evening Telegram.

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In the past all governments have given away all available lands to prospectors and grubbers to others, and the people living to the country who have mills cannot receive enough to keep them going, and they are forced to cutting on those lands by speculators. Meanwhile the land is rotting on the stump or is destroyed by fire. The Government is feeding our able-bodied men might by this means be at the silent mills and the land owned by outside proprietors. I have two steam saw mills own, each of them capable of 25,000 feet a day, and both idle. My three sons who have years of war service have leave their home and country to a living in America. It is a little short of a crime.

There are hundreds of miles of virgin forest all round us but dare not touch it, because it is up by some party in order to pile out of it some day. The Government would be justified in them work the lands or give them I do sincerely hope that you keep this thing hot and stop wood from going out of the country in its raw state, and that the Government will take steps to operations on the part of those are impeding the progress of the lumber industry.

I am, yours faithfully,

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