

SELECTED RECIPES

Cranberry Compote.—Take left-over cranberry jam, and to two cupfuls add half a cup of seeded raisins and the pulp of an orange, with a tablespoonful of finely-chopped rind; cook till thick, adding a little more sugar if necessary. Serve with meat.

Diced Liver.—One pound of calf's or lamb's liver, one-half pound of bacon; cover with water and simmer very gently for two hours, or until thoroughly tender. Drain and cut in small cubes, return these to the fire and cook for ten minutes, seasoning with salt and pepper, and tossing frequently. Serve on strips of hot buttered toast, moistened with the liquor in which the meat was cooked. Chili or Worcester sauce should be offered with this savory supper dish.

New Peach Pudding.—A peach and chocolate pudding is an English novelty that will appeal to those fond of the latter, and withal, it is inexpensive, as canned or tinned peaches are used. Take one pint tin of peaches, add an ounce of butter, and stew until soft; sweeten if liked, and then beat them to a pulp. Boil four ounces of chocolate in a pint of milk

until it is smooth. Beat four eggs and add to the chocolate, and, after well mixing, place the peaches in a deep pie dish, pour the chocolate over them, and bake from ten to twelve minutes in a moderate oven.

American Corn Meal Scones.—Mix together a cupful each of corn meal and flour, sifting them thoroughly, and adding two teaspoonfuls of baking powder and a little salt.

Beat up the yolks of three eggs till light, and add sufficient milk to make a firm batter when mixed with the flour. Make a well in the center of the flour; stir in the egg and the milk, and lastly an ounce of butter—melted—and the whites of the three eggs beaten to a froth. Butter an iron girdle, divide the mixture into cakes, and place the girdle on the stove. Bake a light brown and serve hot or cold.

Place the yolks of four eggs in one bowl, and the whites in another. Put two cups of granulated sugar in the mixing bowl, add to it a teaspoon each of lemon and almond extract. This gives a fine flavor, very similar to pistachio. The flavor of the cake

can be varied each time by using vanilla, or equal parts of orange and rose extracts, or use a tablespoon of lemon juice and the freshly grated rind of the lemon, and at another time try a teaspoon each of vanilla and lemon. Sift three cups of flour, add two level teaspoonfuls of baking powder, one-fourth teaspoon of salt and sift again. Now beat the yolks of the eggs until they look light colored and are thick, add to the sugar and beat until well mixed. Pour over the sugar and egg yolks half a cup of hot water and beat again for two minutes. Add the flour, alternating with two cups of hot water. The water must be almost boiling, and freshly drawn and heated water should be used; avoid water that has been simmering in the kettle for some time. Beat the mixture for five minutes, then fold in lightly the whites of the eggs, beaten to a stiff dry froth. Do not beat the mixture after the egg whites have been added to it, but simply fold them in with long even strokes, using a perforated spoon for a mixer. Pour the batter into a paper-lined tin, and bake in the oven for twenty-five minutes. Let the oven be very hot when the batter is put in, but decrease the heat after the first five minutes, this may be effectually done by lifting a lid on the upper part of the stove. Do not open the door of the oven for at least ten minutes after the cake is in the oven, and

avoid any sudden jar in the room. A sudden slam of the door has been the cause of failure in many cakes. In looking at the cake, turn the pan carefully, if necessary, and close the oven door slowly and carefully, so as to avoid a jar. To test the cake, run a broom splint down the centre, if it comes out clean, no dough adhering, the cake is done, then remove from the oven, turn it out gently and allow to cool. This gives an excellent loaf of light sponge cake, that is quite as delicate as if ten eggs had been employed. The secret lies in having the batter very soft, and in careful baking. If a large cake is wanted double the quantity of ingredients.

The Fireless Cooker.—Miss Anna Barrows, an American teacher of domestic science, reports that after six months experimenting with the different fireless cookers on the market she is convinced that none of them is any better than the homemade one that any woman can construct for herself. Fireless cookers with three holes cost in the neighborhood of ten dollars, while the material for making one can easily be bought for less than two dollars. The only difficulty in constructing these simple contrivances at home is in getting vessels without handles and with close-fitting lids.

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CARL JOHANSSON, Roland, Man.

Dr. McLaughlin:—

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A. H. JOY, Haunted Lake, Via Alix, Alta.

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