

as biscuit dough and of the shape the dish is in which is waiting the meat, which is properly seasoned, and, pricking the crust with a fork to allow the steam to escape, place it over the meat and fold the edges in, making all neat at the edges with the prongs of the fork. Baked in a steady and evenly hot oven this is a dish most appetizing either for a luncheon or dinner and the cost brings it within the possibilities of all. It also gives to every member of the family the needed fatty food so indispensable to health.

The same preparation of the flour wet with a mixture of egg and sugar and buttermilk and soda is a simple preparation and a portion placed in a pudding dish, topped with several layers of pared and sliced apple, or other fruit, sprinkled with sugar and cinnamon, covered with the rest of the dough and baked makes a most satisfying dessert when served with a puddingsauce. If any should be left over it is as good as when new by simply steaming and serving afresh with sauce.

Good kidney suet sliced and laid across a pan of beans and baked to a crisp brown is often in the favor of those who find pork an objection in this place. It seems to be more easily assimilated by many who had supposed they could not digest "baked beans" with comfort.

This same browned-flour preparation is most excellent in giving the final touch to a veal or lamb stew. Neither of these meats is of sufficient strength to really satisfy a hungry person but by adding a sufficient amount of the above preparation after the meat is cooked until tender both thickening and richness is provided and the meat is so disguised as to be bewildering to those of the uninitiated.

Indeed, a dinner of meat prepared in this way and served with hot biscuits, mashed potatoes, vegetables and dessert is not only inexpensive but satisfying. Few housewives there are who would not try by this means to cut down the expense of the meat bill.

Of course there are many un-named ways in which suet enters in for a useful

and beneficent service toward mankind. It is not for us to know how and where these ways may be, but as housewives eager to know how to reduce the cost of living, we may here find one answer to a few of the problems that beset us every day. Mrs. Bertha S. Saunier, Cook County, Illinois.

Veal and Ham Pie

Cut half a pound of ham and one and a half pounds of veal into thin pieces. Mix together on a plate one tablespoonful of flour, a little salt and pepper, cayenne and mace and powdered herbs; roll each piece of veal and ham in this seasoning, and lay in a deep dish alternate layers of veal, ham, and two hard-boiled eggs

sliced. Half fill the dish with water or stock, cover with rough puff pastry and bake in a hot oven for an hour and a half. When ready add a little well-seasoned stock. Garnish with halved baked apples.

Potato Rolls

No bread known to Virginians is more delicious than this. First boil six medium-sized potatoes, mash fine and add to them a teaspoonful each of sugar and salt, half a tablespoonful of butter, and half a tablespoonful of lard. Then add half a cake of compressed yeast dissolved in a little tepid water. Stir until well mixed, then cover and stand in a warm place for four or five hours. Add two well-beaten eggs and all the sifted wheat flour that

can be worked in. Cover closely and again stand in a warm place until light. The time will vary from two to six hours according to the temperature, and this can be regulated to suit the time at which the rolls will be needed. Knead well and roll out on a board to the thickness of a quarter of an inch. Cut into rounds and fold, buttering lightly where the two thicknesses meet. Arrange in a pan, let rise for a third time and bake in a quick oven.

Planked Steak Without the Plank

Have ready potatoes mashed and beaten with cream, mushrooms fried in butter and creamed cauliflower, French peas and some butter onions stewed until tender, then fried in butter. Broil a large porterhouse steak and put on a hot platter; at either end and in the middle of the sides make four potato roses by squeezing the mashed potatoes through a pastry bag or paper cone. Then arrange the cauliflower, mushrooms and onions in little piles, leaving space for four turnip cups filled with the French peas. They are made by cooking thick slices of white turnip until tender. Then with a small vegetable knife scoop them out and shape the button by removing some of the turnip until it is in the shape of a shallow cup. The peas which have been cooked with a little cream and butter, are piled in these cups, and with a few sprigs of parsley furnish the finishing touch.

Pressed Chicken

Cut chicken in small pieces, stew until the meat drops from the bones, season well and pick into small pieces as you take out bones. Do not chop. Boil juice down to a teacupful, then mix thoroughly and press. This is convenient to have for Sunday night supper.



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