

October, 1905

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Grape Fruit Jelly

Prepare one box of gelatine according to the usual formula. Cut and scoop out the meat of three medium-sized fruits. Sweeten, and when the jelly is just becoming firm, stir evenly through and through, as with ordinary orange glaze. When cold and firm, cut into small square pieces, stack up five on each saucer, unevenly. Fill in all the uneven places and around the jelly with whipped cream. For this light dessert, cream is better whipped just enough to be full of bubbles. Whipped more, the bubbles get fine and the cream has a rich buttery taste.

Chocolate Fudge Frosting

Melt two squares of chocolate over steam; add one teaspoon of butter and three tablespoons of hot water. When cool add a few drops of vanilla and confectioner's sugar until of a good consistency to spread.

Baked Apple Dumplings

Cut a short pie crust into five or six inch squares. In the centre of each place a pared and neatly cored apple, filling the space with sugar and cinnamon, if liked, also a clove. After wetting the edges of the pastry with white of egg, fold it over the apple, pinch and flute them to look well, and encase the apple completely. Bake from thirty to forty minutes, toward the last brushing the top with white of egg and dusting with a little sugar. Serve with hard sauce.

Steamed Apple Dumplings

Using a soft biscuit dough, proceed as before, wrapping each dumpling finally in cheesecloth. Cook the dumplings in rapidly boiling water for one hour, remove the cheesecloth and serve with hard sauce. Other fruit such as peaches and apricots may be used in the same way.

Pickle For Bacon

Pound down close in a barrel one hundred pounds of the round of beef cut in ten-pound pieces, with a mixture of four pounds sugar, two ounces saltpetre, two ounces soda bicarbonate, and four quarts table salt sprinkled under, over and between. It will make brine without water. After one week, a piece of the top of the round, sliced and boiled, will be found tender and delicious. The bottom of the round, boiled till tender and sliced thin when cold, resembles ham, but is more choice in flavor.

Baked Beans Without Pork

Soak one quart of medium pea beans over night or twelve hours, then parboil till the skin cracks when taken up on a spoon and exposed to the cool air. Put a beef bone with marrow into the pot, and fill with beans, adding two teaspoons of salt, and water to cover. Bake slowly for twelve hours, adding more water as it evaporates. Before serving take off the hard beans on top.

Shaker Fish And Egg

Pare six medium-sized potatoes and boil till soft with one-half pound salt fish that has been soaked twelve hours or over night. Drain off the water. Cut the potatoes into slices and pick the fish into small pieces. Add one cup of thin cream and a piece of butter the size of an egg, and let simmer. Season with salt to taste. Slice six hard-boiled eggs on top of the fish and potato and over all pour some hot cream before serving.

Shaker Raised Doughnuts

Boil three medium-sized potatoes and mash. While hot add two cups of sifted flour, enough of the boiling potato water to make a batter and salt to taste. When cool add two tablespoons of home made yeast and flour enough to knead. Let this rise over night. Roll out and cut into pieces three inches long, two inches wide and one-half inch thick. Let these rise ten minutes before dropping in deep beef fat. If made properly they should have large holes in them when broken. Fill these with syrup as you eat.

Pie Crust Without Lard

Make a paste of three cups of flour, one teaspoon salt, cold water to mix, and one cup of melted beef drippings. Roll out one-half inch in thickness and spread with soft or melted butter, sprinkle with flour and roll up. Cut pieces from this and roll thin for the pie.

Ripe Tomato Pickles

Select smooth, large, red tomatoes (not too ripe). Lay them in brine (saturated solution of salt water) for twenty-four hours, then wipe them, put them into a jar with whole spice, cloves, peppercorns and broken cinnamon and small button onions, or sliced onions, in alternate layers of tomatoes, spice and onions, having a layer of spice on top. Cover with good cider vinegar, cold, and seal. They will not be ready for use for two months. This pickle was reserved as a special delicacy to be eaten Sunday with baked beans.

Prune Cornstarch.

Soak the prunes over night, and boil them until just tender. Then make cornstarch of two eggs, three tablespoonfuls of sugar, one quart of milk, and two tablespoonfuls of cornstarch. Put the milk on in a double boiler and bring to a boil. Beat the eggs and sugar and add to them the cornstarch thinned with a little milk. Then add to the milk, stir until it thickens, and take from the fire, adding a little vanilla and the prunes, chopped into small bits. Stir well and pour out to cool.

Grape Catsup.

Boil for one hour five pounds grapes, boiled and sifted, three pounds sugar, one pint cider vinegar, two tablespoonfuls of all kinds of spice, one teaspoon black pepper and one teaspoon cayenne pepper. Served with meat this is excellent.

Shaker Cider Apple Sauce.

Wash and soak over night one pound of dried sour apples. Put into kettle one quart of boiled cider, one and one-half pints water, one quarter pound sugar, then add the apples and boil for three and one-half hours. The first two hours stir every thirty minutes. The last half-hour remove the cover in order to give the sauce a clear appearance.

Shaker Dried Apple Sauce.

Wash and soak over night one pound of sour dried apples. Add one-half pound sugar, and boil twelve hours, adding water as needed. This makes a delicious red apple sauce.

Shaker Apple Cake.

Mix one cup sour buttermilk, one teaspoon soda, one-quarter teaspoon salt, with sufficient flour to make the dough thick enough to roll out, adding two tablespoonfuls beef drippings and one cup chopped apple, not too sour. Bake in cake tins, and eat hot with maple syrup or vinegar sauce.

Vinegar Sauce.

Mix one teaspoon of flour into a smooth paste with a little water. Add one cup water, one-half cup sugar, butter the size of a horse chestnut, and boil three minutes. The consistency should be that of thick cream. Flavor with vinegar to suit taste.

Apple Doughnuts.

Make a batter as for Shaker raised doughnuts, adding one-half cup sugar. When cool add two tablespoonfuls of home-made yeast and flour enough to knead. Let this rise over night. In the morning roll out and cut with a biscuit cutter, fold like Parker house rolls, and let rise ten minutes, then fry in deep beef fat. Prepare the apple by stewing, sweetening and adding spice, cinnamon or nutmeg as desired. Split the hot doughnuts and put in a generous spoonful of the apple.

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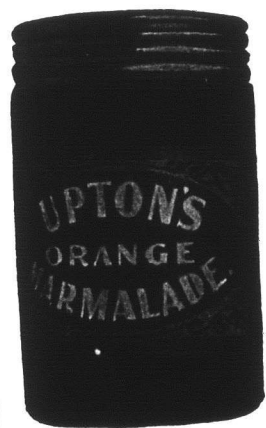
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