

The Kitchen

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sift into the other ingredients with the milk. Bake in a flat tin for about an hour. This cake may be iced with advantage.

Virginia Biscuits

Rub one teaspoonful of shortening into a quart of soft white flour; add a level teaspoonful of salt. Mix two-thirds of a cupful of milk with an equal quantity of water; add this gradually to the flour, stirring all the while; the dough must be hard, not wet. It may not take the entire quantity of moisture; for this reason add it gradually. Knead the dough continuously for fifteen minutes

longer, folding and turning constantly. Roll in a sheet as thin as a wafer, cut in biscuit shape, prick the top of each one with a fork. Stand in a baking-pan, where they will not touch each other, and bake in a moderate oven until crisp and brown.

If well made these biscuits are very light and digestible.

Excellent Cookies

One cup of sugar, one-half cup of butter, two eggs, two tablespoonfuls of milk, two teaspoonfuls of baking powder, a little nutmeg, flour to make soft dough.

Nut Wafers

Nut Wafers are a delicious accompaniment to a cold or frozen dessert and are equally acceptable with afternoon tea.

Perhaps they are never more happily in evidence than when found in the school luncheon basket.

Do you know how valuable nuts are as food? Food experts say that we eat far too few of them. For the nut wafers work two tablespoonfuls of butter until creamy, using a wooden spoon, preferably a wooden cake spoon which has the slits, then add gradually while stirring and beating constantly one-fourth of a cupful of granulated sugar and one egg well beaten. Mix and sift one teaspoonful of baking powder, one-fourth of a teaspoonful of salt, and half a cupful of pastry flour (once sifted). Add to first mixture then add two teaspoonfuls of milk, half a cupful of fine chopped peanuts and half a teaspoonful of lemon juice. Drop from a teaspoon on an unbuttered thin sheet

one inch apart and place half a peanut on top of each. Bake fifteen minutes in a slow oven. This recipe should make two dozen cookies.

Sausages with Tomatoes

Skin one half-pound of sausages, and divide each in halves. Cut even-sized tomatoes in halves, and remove any rind from three slices of raw bacon. Shape the sausages into flat round cakes, rather larger around than the halves of the tomatoes. This is necessary because, when fried, the cakes shrink as the fat melts out. Fry the cakes a light brown on both sides and flatten them out a little to make them match the tomatoes in size. Lay a sausage cake on each half tomato, on that put half a slice of bacon and then the second half tomato. Press them well together, and heat the tomatoes in a quick oven until they are tender but not broken. Put a short thick piece of parsley stalk into the top of each tomato and serve hot.

The Kitchen Garden

During the spring and summer months every able-bodied person ought to get up earlier than is his custom and work in the garden. There will be few persons outside the tenement districts of the cities who will not have some kind of garden this year. The success of the garden will be measured entirely by the intensive cultivation that the owner is willing to give it. Good seed and fertilizer are essential, of course, but they are not of themselves sufficient to produce good results; and the gardener who buys good seed and fertilizer and then plants his garden only to neglect it is in his little way a slacker. He not only is not helping the cause of conservation along, he is hindering it by wasting materials that in the possession of another might have been three or four times as productive.

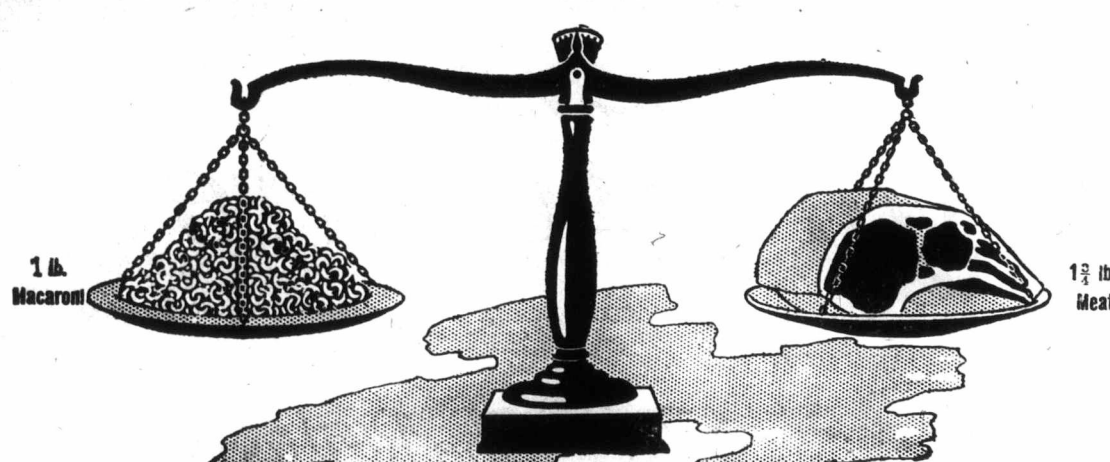
To lay out your garden with mathematical accuracy and artistic eye, to dig it deep and fertilize it well, to harrow it and rake it and smooth it, to plant it with care, to exult over the small green rows when they appear, to hoe and water and weed, to thin out the plants that grow too thick—there is no better occupation for the early morning or early evening hours, except indeed harvesting the crops when they ripen. To work late in the garden and to go to bed early means usually that you will get up early to do some early work in the garden. It means a saving at both ends of the day. It means filling not only the market basket but the barrels and the bins and the glass jars; it means taking yourself and your family out of the vegetable market, and leaving for some family that could not do any gardening the food that you, if you had not labored with your hands, would have bought; it means relieving the railways of the necessity of keeping you supplied with articles that you can produce,—all good enough reasons for conquering the sluggish laziness of the morning, the apathy of late afternoon, for toiling and sweating and blistering and aching, and for being glad to undergo discomfort and weariness.

Fill the market basket, fill the barrels and the bins and the glass jars!

Tripe with Oysters

Cover one pound of well washed tripe with slightly salted water and cook slowly for one hour. Blend two tablespoonfuls each of butter and flour in a saucepan over the fire, add the water in which the tripe was cooked, bring to a boiling point, add the tripe cut in small pieces, twenty-four oysters, and salt and white pepper to taste. Simmer until the oysters are cooked and serve very hot.

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