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GOOD COOKING

and USEFUL INFORMATION

YOU will need this book every day. In preparing it we have endeavoured to give information to every householder, if you will go carefully over the pages you will find abundance of worthwhile cooking recipes and information which is useful every day, we also include candy recipes, cooking information, valuable household hints, first aid to the injured and care of the sick.

World's Dispensary Medical Association,
Bridgeburg, Ont.

USEFUL COOKING RECIPES

Potato Soup.—Three potatoes, one pint of milk or half milk and half water, one teaspoonful chopped onion, one tablespoonful salt, one sprinkle of white pepper, one-half tablespoonful sifted flour, one-half tablespoonful of dripping. Wash and pare the potatoes, then put them into boiling water and cook till very soft. Cook the onion in the milk in double boiler. When the potatoes are done, drain and mash them. Add the boiling milk and the seasoning. Rub them through a strainer, and put them back into the double boiler to boil again. Melt the dripping in a small pan, add the flour, and stir till it thickens. Stir it into the boiling soup. Let it boil five minutes. Add one teaspoonful of finely chopped parsley and serve hot, with croutons (tiny squares fried bread). If the soup be too thick add a little more hot milk or water.

Puree of Tomatoes.—One can of tomatoes, two cups of boiling milk with half a teaspoonful of baking soda stirred in, one small minced onion, two tablespoonfuls of butter

rubbed up with one of sifted flour, pepper and salt, handful of dry bread.

Soda Crackers.—One pound flour, two ounces lard, one-half teaspoonful of baking soda, one-eighth cake of yeast, pinch of salt, one teaspoonful of sugar, one-half teaspoonful of Malt Ext. 120°. Water sufficient to make dough.

Tea Biscuit.—Take one quart of sifted flour, one teaspoonful of salt and one teaspoonful of baking soda; sift thoroughly together; then rub in a heaping tablespoonful of lard or butter, and add sufficient sour milk or buttermilk to make a soft dough—just stiff enough to handle with the floured hand. Roll out the dough, and cut out the biscuit. Put into hot pans and bake immediately.

Buttermilk Muffins.—Take one quart of buttermilk, two eggs, one teaspoonful of baking soda, dissolved in warm water, one teaspoonful of salt, flour to make good batter. Beat the eggs well and stir them into the milk, beating hard all the while, add the flour and salt, and last the soda.