



Another Great Advantage in Using ROYAL BAKING POWDER

Saves eggs and produces food just as appetizing and delicious at lower cost. The usual number of eggs may be reduced one-half or more in most recipes and often left out altogether by adding a small quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted. Try the following recipes and see how well this plan works. You must use Royal Baking Powder—low-grade powders often leave a bitter taste.

Corn Meal Muffins

Everyone knows the great nutriment in corn. Here it is in most appetizing form.



$\frac{3}{4}$ cup corn meal
 $1\frac{1}{4}$ cups flour
 $\frac{1}{2}$ teaspoon salt

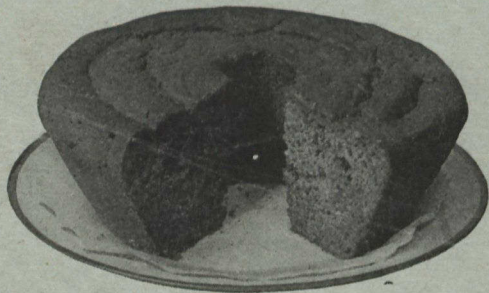
4 teaspoons Royal Baking Powder
2 tablespoons sugar
1 cup milk
2 tablespoons shortening

DIRECTIONS:—Sift dry ingredients together into bowl; add milk and melted shortening and beat well. Bake in greased muffin tins in hot oven for about 20 minutes.

(The old method called for two eggs)

Potato Chocolate Cake

An unusually nourishing cake, exceptionally pleasing in flavor.



$\frac{3}{4}$ cup shortening
2 cups sugar
 $\frac{1}{2}$ cup chocolate
1 cup mashed potatoes
2 eggs
 $\frac{3}{4}$ cup milk
 $2\frac{1}{2}$ cups flour

5 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
1 cup chopped nuts
1 teaspoon vanilla

DIRECTIONS:—Cream shortening, add sugar, melted chocolate and mashed potatoes, mix well. Beat eggs separately and add yolks to the first mixture. Add milk and dry ingredients which have been sifted together. Beat well. Add nuts, vanilla and beaten whites of eggs. Mix thoroughly and bake in greased loaf tin in moderate oven one hour

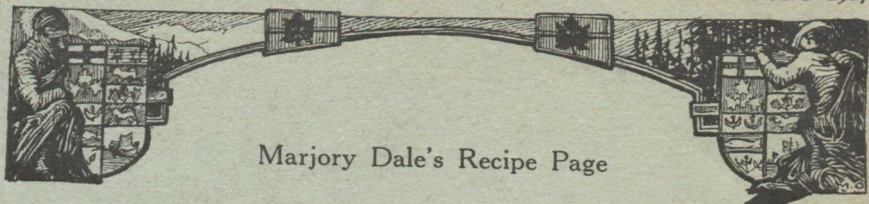
(The old method called for 4 eggs)

Book of new recipes which economize in eggs and other expensive ingredients mailed free on request. Address Royal Baking Powder Co., 4 St. Lawrence B'vard, Montreal

Royal Baking Powder is made from Cream of Tartar, derived from Grapes, and adds none but healthful qualities to the food.

Absolutely Pure

No Alum



Marjory Dale's Recipe Page

MEATLESS DAYS IN JULY

It is Easy When the Weather is Hot

Edited by MARJORY DALE

Cream of Corn Soup

Heat can of corn, strain, salt and pepper to taste, add $1\frac{1}{2}$ cups milk, and butter size of an egg. Bring to boiling point. Serve.

Baked White Fish with Fresh Tomatoes

Fish weighing $1\frac{1}{2}$ lbs., wash and split open, place in well buttered pan, season with salt and pepper, sprinkle with biscuit or stale bread crumbs. Peel and slice tomatoes about $\frac{1}{2}$ inch thick and place on fish, each slice overlapping the other, dot well with butter, sprinkle lightly again with crumbs. Bake, basting frequently.

Rice Pudding a la Francaise

Wash 4 oz. rice thoroughly and put in a double saucepan with 1 pint of milk, 1 oz. butter, and 2 ozs. sugar. Allow to cook slowly for 2 hours, stirring occasionally. Turn out, and when cold, add 4 drops vanilla essence, or 4 ozs. ground almonds. Grease a casserole or pudding dish and steam the mixture for $1\frac{1}{2}$ hours. Serve with jam or sweet sauce.

Cream of Potato Soup

To 2 heaping cups mashed potatoes add 2 tablespoons butter rubbed with 2 teaspoons flour. Stir into this $1\frac{1}{2}$ pints boiling milk, 1 cup boiling water, add juice of 1 onion, 1 teaspoon salt, boil and strain. Serve with minced parsley and squares of bread toasted brown in the oven.

Graham Hurry Ups

One cup white flour, 1 cup graham flour, 2 teaspoons melted butter, 1-8 cup milk, $\frac{1}{2}$ teaspoon salt, and 4 teaspoons baking powder. Sift salt, graham and white flour, and the baking powder together. Return the bran which is removed by sifting, to the flour. Put butter into the flour, pour in the milk and mix all together. Drop by dessertspoons on an oiled pan, and bake in a hot oven about 12 minutes.

Eggs au Gratin

Heat 2-3 cup milk with 2 tablespoons butter in a broad shallow baking dish, add a tiny pinch of mustard and cayenne. Put into this 6 muffin rings, break an egg into each ring, sprinkle with salt and pepper, add layer of grated cheese. Brown delicately in quick oven.

Iced Tomato Bouillon with Cream

One-half can of tomatoes heated, put through sieve, reheat and add a pinch of soda; when foam goes down add salt and pepper to taste, $1\frac{1}{2}$ cups water, one tablespoon sugar, one tablespoon butter; bring to boiling point. Put on ice to cool, when cold serve with whipped cream, about $\frac{1}{2}$ tablespoon to each plate of soup.

Stuffed Potatoes

Bake 4 medium sized potatoes until soft, cut about the middle. Remove contents, mash potato, add salt, pepper, milk and butter, heat till light, when very light refill cases, filling lightly, sprinkle with paprika and grated cheese. Place in oven to brown.

Welsh Rarebit

One tablespoon butter, 1 teaspoon cornstarch, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ lb. grated cheese, $\frac{1}{4}$ teaspoon of each salt and mustard, speck of cayenne. Cook the cornstarch in butter; add milk gradually. Cook two minutes, add cheese, stir until well melted. Season. Serve on crackers or toasted bread.

Cheese Bread Sticks

Cut bread $\frac{1}{2}$ inch thick, butter, cut off crust, cut in fingers, slice cheese thin, put on bread, sprinkle with paprika. Place in oven on plate till cheese melts. Serve at once.

Heavenly Hash

Select firm, ripe pineapple, slice off top, 2 inches below the leaves, with sharp knife, remove the meat of the fruit with fork, careful not to cut through rind. Place meat in a wooden bowl, add a juicy orange, 2 bananas, and a few grapes. Sprinkle over all juice of $\frac{1}{2}$ lemon, sweeten to taste. Pack mixture into pineapple and serve with ice cream, whipped cream, or plain.

Onion Soup

Cut 4 onions into small pieces, cook in 2 cups milk and 1 cup water. Melt 3 tablespoons butter and add 2 tablespoons flour gradually to milk mixture. Season salt and pepper, strain. Serve.

Banana Dessert

Put 4 bananas through a colander and beat till a stiff froth. Serve with 1 cup whipped cream.

Soups

Make cream of green pea soup same as cream of tomato, but omit the soda. Make the cream of onion, spinach, and asparagus, etc., the same way, using the water the vegetables have been cooked in, and adding to the liquid the milk, butter, etc., using the spinach, etc., as a vegetable

Corn Pudding

One can or 1 pint corn, 1 cup milk, 3 eggs, 1 tablespoon flour, 2 tablespoons melted butter, 1 teaspoon sugar, 1 teaspoon salt. Beat yolks of eggs, add to sugar, flour and milk, then corn and the stiff beaten whites. Bake in a moderate oven.

Cheese Dreams

Grate Canadian cheese, mix with cream or milk till soft enough to spread. Cut bread thin. Put the cheese between like sandwich, spread both sides with butter, and toast. Serve hot.

Curried Cauliflower and Rice

Wash, prepare, separate into pieces, size of a walnut, one medium sized cauliflower, when tender and well drained place in a saucepan and pour over 1 pint brown sauce in which 1 teaspoon curry powder has been well mixed. Let stand 10 minutes where it will not boil but will remain hot. Serve with boiled rice.

Brown Sauce

Chop onion, fry in butter, stir in 2 dessertspoons white flour, letting mixture brown, add pepper, salt to taste, add boiling water till proper thickness. Boil several minutes till there is no raw taste to the flour.

Cheese Ramequins

Four ozs. grated cheese, 3 ozs. bread crumbs, 1 small teaspoon mixed mustard, $\frac{1}{2}$ pint milk, 1 oz. butter. Boil milk, pour over bread crumbs, let stand covered $\frac{1}{2}$ hour; mix cheese, mustard and butter. Butter ramequin cases and fill $\frac{3}{4}$ full of mixture. Bake 10 minutes in hot oven. Serve.

Russian Toast

One cup cottage cheese, $\frac{1}{2}$ cup cream dressing, 3 slices of bread. Trim crusts from bread, cut in oblong pieces, toast, moisten lightly with hot water. Mix cottage cheese with cream dressing and serve a spoonful on each slice of toast.

Hot Pot

One and one-half lbs. potatoes, $\frac{3}{4}$ lb. onions, 1 small tomato, 1 tablespoon chopped parsley, 1 oz. butter, $\frac{1}{4}$ pint milk, pepper and salt. Slice onions and potatoes, throw into cold water. Bring to boil, drain. Put in baking dish with the tomato which has been skinned and sliced, add parsley and seasoning. Pour in milk, and butter broken in bits. Cook 2 hours in moderate oven.

Cucumber Stewed with Onions

Moderate sized cucumber, $\frac{1}{2}$ cucumber weight in onions, $\frac{1}{2}$ pint milk, a dessertspoon corn flour, 1 oz. butter, pepper and salt. Peel cucumber, cut in halves lengthwise and again in pieces 1 inch long. Peel and slice onions, throw in cold water, bring quickly to a boil, drain. Put cucumbers and onions in a saucepan with the milk and a little pepper, and boil, then stew gently $\frac{1}{2}$ hour, thicken with corn flour. Serve very hot with croutons or pieces of toast.

Hominy Croquettes

One quart hominy, 1 tablespoon butter, 1 cup milk, 2 teaspoons salt, 1 tablespoon flour, $\frac{1}{2}$ to 1 cup bread crumbs. Drain hominy, put through food chopper. Make white sauce of butter, flour, and salt; mix with hominy, add bread crumbs sufficient to form croquettes; form, roll in crumbs. Place in buttered pan; bake in hot oven till evenly browned.

Brazil Nut Cutlets

Four ozs. bread crumbs, 3 ozs. skinned grated nuts, $\frac{1}{2}$ pint white sauce, 2 teaspoons mixed herbs, parsley, thyme, and mace. Prepare bread crumbs, and nuts run through grinder, add herbs. To make sauce put 1 teaspoon butter in saucepan, add gradually $\frac{1}{2}$ teaspoon flour, when it boils add 1 teaspoon milk, when boiled and thickened enough add nuts and bread crumbs. Allow to cool, form into cutlets, fry in boiling oil. This amount makes 10 cutlets.

Stuffed Baked Tomatoes

Four medium sized tomatoes, cut off top and scoop out seeds, fill with a savoury fowl dressing, dot with butter, bake in pan with cup water, baste frequently.