

Household Suggestions

Stuffing No. 1

One pint dry bread crumbs, 1 small onion cut in small pieces and slightly fried in 2 tablespoonfuls melted butter or bacon dripping, 1 teaspoon summer savory or sage, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoonful pepper, 1 tart apple cut up fine. In turkey dressing celery may be substituted for the apple. If this is very dry it may be moistened with a little milk.

Stuffing No. 2

One cup cracker crumbs, $\frac{1}{2}$ cup of butter, sage or poultry seasoning, salt, pepper and two-thirds of a cup of scalded milk. Melt butter in milk and pour over crumbs. If an egg is added to any of these recipes the dressing will slice better when cold.

Chicken Salad

Dress and slowly cook two old chickens until tender, using salted water to boil in. When tender, remove the chickens from the liquid to cool.

When cold, pick the flesh from the bones and put through a meat grinder, using a fine knife. Measure and add to the chicken an equal amount of finely chopped celery, or celery and tender cabbage mixed, and eight hard boiled eggs, also chopped fine. Sprinkle with one teaspoonful of salt and a pinch of pepper. Make a dressing by beating well four eggs, and stirring into them two tablespoons of flour wet smooth in one-half cup of water. To these add one teaspoon each of salt, sugar and dry mustard, one pint of vinegar and four tablespoons of soft butter. Mix well and cook in a double boiler until as thick as good cream. When cold pour over the chicken mixture and mix well. Line a large salad bowl with lettuce leaves and heap the salad upon them. It can be prettily served by placing a large spoonful of salad upon a lettuce leaf placed upon a small plate or sauce dish.

Recipe for a Blanc-mange

Take one custard powder, a large tablespoonful of cornflour and the same quantity of ground rice, mix this smoothly in a basin with some cold milk. Bring a quart of skim milk to boiling point, to which you have added two bay leaves. Pour in the mixture and let the whole boil gently, stirring all the time, for fifteen minutes. Sweeten to taste, and pour into a well-wetted mould and serve when cold. The addition of a generous lump of butter when cooking the blanc-mange is a great improvement, but is not necessary. Stewed fruit, jam or jelly should be presented with it.

Vegetables Which are Used in Winter

The winter green vegetables are celery, onions, cabbage, spinach, Brussels sprouts and kale. The white or dried vegetables, such as potatoes, and the roots, beets, parsnips, carrots, salsify, and peas, lentils and dried beans, should be cooked in unsalted boiling water. It is a well-known fact that the vegetables containing casein, such as split peas, lentils and beans, do not become tender when boiled in hard or salt water. The solvent power of pure soft water has a marked effect upon all vegetables, consequently the summer vegetables, those which are young and green, should be cooked also in salt water to preserve their color and shape. Onions, if boiled in pure soft water, are almost tasteless, and all the after-salting will not restore the sweet saline taste and the aroma which they possess when boiled in salt water. If the winter vegetables become dry and wilted, soak them in cold water before cooking. Do not add salt, as it toughens the fibre. The dried vegetables, peas, beans and lentils, must be soaked over night in pure cold water. These belong to the nitrogenous foods. They contain quite as much carbon (heat and force food) as meat, and almost double the amount of nitrogen (muscle-making food).

Delicate Dishes for Cabbage Lovers

To cook lady's cabbage remove the outside leaves from a good, hard head of cabbage, cut it into halves, then into quarters and chop rather fine. Throw it into boiling salted water, allow the water to come quickly to boiling point, then place the kettle, uncovered, where it will simmer, not boil, for twenty minutes. Drain, return the cabbage to the kettle; add to each quart of the cooked cabbage (which you can easily measure

with the eye) a tablespoonful of butter, half a cupful of milk or cream, and a quarter of a teaspoonful of pepper. Stir until it reaches the boiling point, and serve at once.

Christmas Pudding

Seed one cupful of raisins and mix them with a cup of currants. Mix half a cupful of brown sugar with half a cupful of molasses, add a half nutmeg grated and then stir in a quarter of a pound of suet, chopped fine, and two cupfuls of flour sifted with four level teaspoonfuls of baking powder; add the fruit and turn at once into a mould or bag. Steam for three hours and serve at once.

A Christmas Pudding of Long Ago

Pare and chop four tart apples, add at once a cupful of stale breadcrumbs, one cupful of raisins, half a nutmeg, grated, half a teaspoonful of salt and a

teaspoonful of cinnamon. Beat four eggs without separating until light; add them to the dry ingredients. Mix and pack in a mould. Cover and boil for three hours. Serve this pudding with hot liquid sauce.

Panned Baked Sweet Potatoes

Boil the sweet potatoes until they can be easily pierced with a fork. Drain, peel and cut them into slices. Put a layer of these into a baking-pan, dust with sugar, then another layer, and sugar; when the dish is full put two tablespoonfuls of butter, cut into bits, over the top. Cover the dish and bake for thirty minutes, then remove the cover and bake for thirty minutes longer.

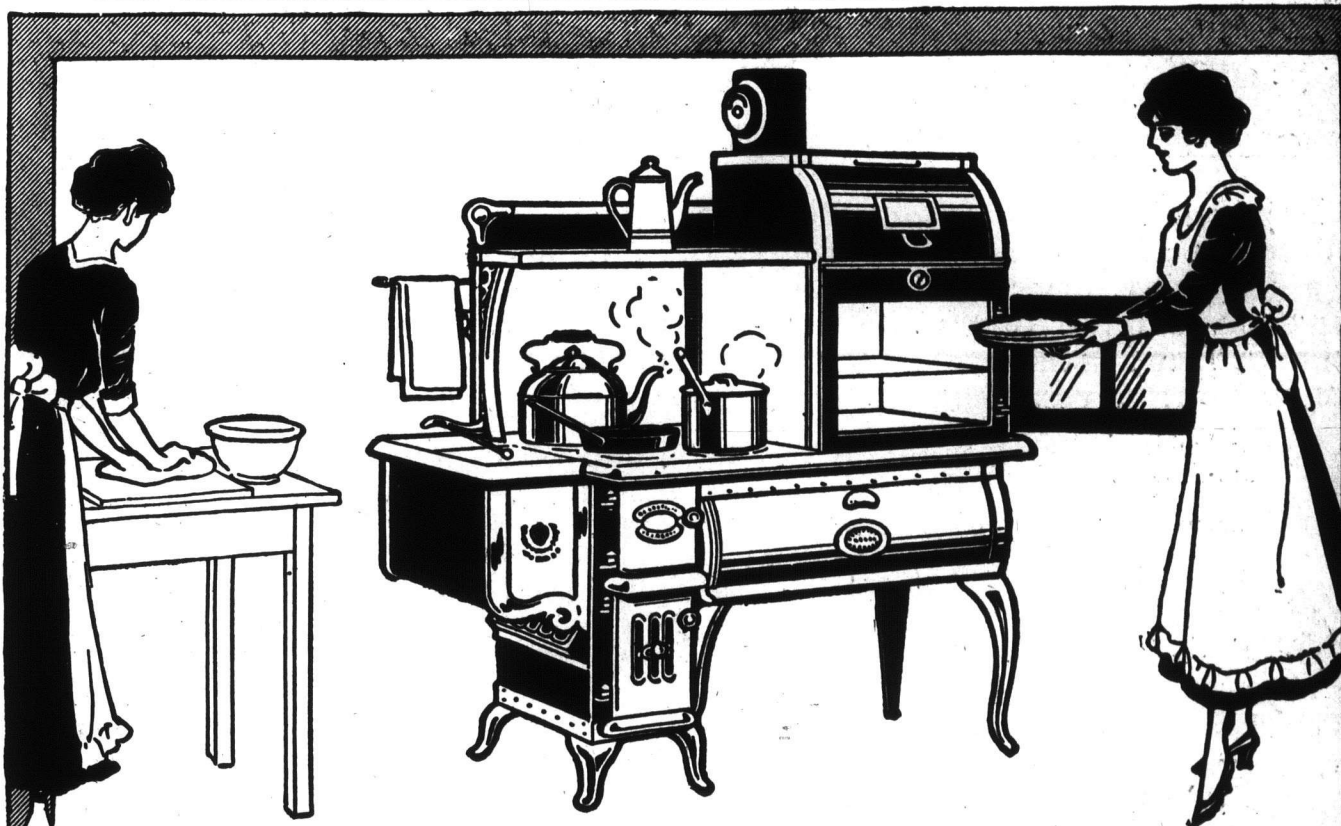
Christmas Temperance Punch

Grate the yellow rind from four lemons and six oranges, and add it to four pounds of sugar and two quarts of water. Stir until the sugar is dissolved and boil for ten minutes. Strain and cool; add the juice of the lemons and

oranges and two tart baked apples pressed through a sieve. When wanted for use put a small block of ice in the punch-bowl, pour over the syrup, add one pint of grape juice, a pint of ginger ale and enough effervescing water to make it palatable.

Fruit Cake

Mix one pound of seedless raisins, one pound of currants and one pound of shredded citron; flour them with half a cupful of flour. Beat ten eggs without separating until very light; cream one pound of butter, add one pound of sugar, and when very light add the eggs and one pound of flour. Beat well and add one teaspoonful of cinnamon, one teaspoonful of allspice, half a teaspoonful of cloves, one nutmeg, grated, the grated rind and juice of one lemon and one orange. Beat, and then stir in the fruit. Turn this into fruit-cake pans that have been lined with oiled paper, steam for three hours and bake for one hour in a slow oven.



The Handy-height Oven makes a world of difference

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Ranges with bend-over ovens made tired backs. Just try to count the many, many times dishes have to be lifted in and out of an oven. Count the times one had to stoop to see how things were baking. Modern woman has voted that stooping out of existence. The range of to-day must have a Handy-height oven.

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