

Fruits

Jelly
 4 of prunes. Then in a circular mold a cupful of boiling water, two oranges, one tin, one cupful of sugar. Pour and put on ice to turn out and fill cream.

Susan
 2 tablespoons currants
 1 cup brown bread crumbs
 1/4 teaspoon cinnamon
 1/4 teaspoon nutmeg
 Salt

Short Cake
 1/2 double boiler and 1/2 pint. Pour milk into and let stand 10 minutes, then add the spices and the salt, then the melted butter. Turn into a dish and bake in a hot oven for 15 minutes and thin cream.

Prunes
 1/2 of either canned or dried peaches are used as usual. Make using part Graham flour; split the cake and between the layers. Add cream and garnish. Be careful in preparation to get them too

Prunes
 Prunes in separate. In the morning put in a pan and simmer each very gently. Then add prunes to together until done. May be used instead of

Fruit Cake
 1 teaspoon essence
 1 teaspoon allspice
 1 teaspoon cloves
 3 teaspoons baking powder
 3 eggs
 1/2 pound raisins

Souffle
 Juice of 1 lemon
 1/2 cup of sugar
 4 eggs

Apples
 Peel apples over night. Place in a skillet and wrinkle with sugar and serve them thoroughly are nice with meat.

Roly Poly
 1/2 cup of apples soaked in water, a little sugar and salt. Compress, butter individual apples radiating from the bottom of each with molds two-thirds full and one-half hours. If in a single mold the time is three hours. Serve

Pudding
 1/4 teaspoon salt
 1/2 pound figs
 1/2 cup milk
 1/4 cup sugar

Sauce
 Grated lemon rind
 White 1 egg
 1/4 teaspoon vanilla
 1 tablespoon lemon juice

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The prices quoted are for poultry in marketable condition.

Golden Star Fruit & Produce Co., Winnipeg, Man.

WHEN WRITING TO ADVERTISERS PLEASE MENTION THE GUIDE

ally the scalded milk. Put in double boiler and stir until mixture thickens. Combine mixtures, flavor with vanilla, lemon juice and rind. Then add the white of the egg beaten until stiff.

Strawberry Coupe

1 cup canned strawberries
 1 1/2 cups top milk
 1/4 cup sugar
 Few grains salt
 Pink coloring

Rub strawberries with their sirup through a sieve. Add sugar, milk, salt and enough coloring to make a delicate pink. Freeze, using three parts finely crushed ice to one part rock salt. In a coupe glass put fresh or canned fruits cut in pieces, using bananas, oranges, peaches, pineapple, strawberries, or whatever fruits are most convenient. Cover with a thin layer of the strawberry ice cream and garnish with a whole strawberry and a piece of pineapple.

Conservation Pastry

1/2 cup rye flour
 1/2 cup white flour
 1/4 teaspoon salt
 4 tablespoons dripping

Mix and sift dry ingredients, and work in dripping or other shortening with tips of fingers. Mix to a dough with cold water. Toss on floured cloth and knead gently for one minute. Pat with rolling pin and roll out to a long rectangular piece. Wash the oleomargarine in cold water, pat it into a smooth round cake and place on the middle of one side. Fold the long side of the pastry over the oleomargarine and press the edges firmly together. Then fold one end of the pastry over the oleomargarine and the other end under the oleomargarine. Turn the pastry half way round, pat with rolling pin, lift gently to be sure it does not stick to the cloth, and roll again into a long rectangular piece. Fold in three layers, turn half-way round, and pat, roll and fold twice. Then divide into two portions. Roll one portion to fit the pie plate and build up a little rim, fluting it with the fingers. Fill as desired and bake in a moderate oven.

Apricot and Raisin Puffs

1 1/2 cups stewed apricots
 White 1 egg
 1/4 cup sugar
 1/4 cup stewed raisins

Heat the fruit to the boiling point, add the corn-starch dissolved in a little cold water, let boil, add the lemon and the sugar. Line patty pans with conservation pastry, fill with the fruit mixture, bake, and when almost done add a little meringue to the top of each patty.

Pear Mold

Pour a little red gelatin into a wet mold and allow it to set. Drain one can of pears, and rub them through a sieve. Mix the pulp with one tablespoonful of lemon juice, add two tablespoonfuls of gelatin dissolved in one cupful of milk, one-half cupful of sugar and one cupful of whipped cream. Stir occasionally until cool, then pour into the mold. When firm turn out and decorate with chopped red gelatin. Serve with cream, plain or whipped.

Peach Mold

Soak a half package of gelatin in a half cupful of the peach sirup until soft, pour two cupfuls of boiling fruit sirup over the soaked gelatin and stir until dissolved, add the juice of one lemon, then pour the mixture into saucers and let it harden. When ready to serve turn the molded gelatin in each saucer out on a dessert plate, place a preserved peach or half a canned peach in the centre of the jelly, and decorate with whipped cream and home-canned cherries.

Prune Pone

1 cup corn-meal
 1 cup washed chopped dried prunes
 1 cup graham flour
 1 cup white flour
 1/4 cup molasses
 1 cup sour milk
 1/2 teaspoon soda

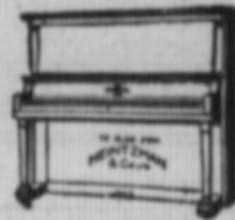
Mix ingredients together. Steam ten hours. Serve with sweet sauce.

Indian Apple Pudding

5 cups scalded milk
 1/4 cup Indian meal
 1/4 cup molasses
 1 teaspoon salt
 1/2 teaspoon ginger
 1 cup dried apples
 1 teaspoon cinnamon

Pour milk slowly on meal, cook in double boiler twenty minutes, add molasses, salt, ginger, apples, and cinnamon. Pour into an oiled baking-dish and bake three hours in a slow oven. Serve with top milk.

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