

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARIAGGI, WINNIPEG

COOKING RECIPES.

Apple Salad.—Pare and slice mellow sour apples very thin, and to two-thirds apples add one-third chopped English walnut meats. Cover with mayonnaise, to which has been added one-third cream.

Cracker Pudding.—One cupful of cracker crumbs, one pint of milk, yolks of two eggs, beaten with milk, one tablespoonful of sugar, one teaspoonful of lemon extract, three tablespoonfuls of coconut. Bake ten minutes, take out, put on top the whites of eggs beat in one cupful of sugar, one teaspoonful of lemon extract; keep in oven long enough to brown.

English Fried Cakes.—Two cupfuls of sugar, two dessertspoonfuls of melted lard, three eggs, one cupful of sweet milk, five teaspoonfuls of baking powder, two and one-quarter cupfuls of mashed and sifted potato, six and one-half cupfuls of flour, also salt and nutmeg or other spices to suit. This will make six dozen fried cakes, and they will not soak up the lard when frying.

Beef Loaf.—Take two pounds of chopped beef, two eggs, one teaspoonful of salt, one-half teaspoonful of pepper, pinch of allspice, two tablespoonfuls of chopped parsley and a little chopped onion; mix well and make into a loaf. Then butter a piece of paper (waxed paper being the best), roll the loaf up in same and bake for about forty minutes. Serve with tomato sauce. You will also find this very fine cut up cold.

Sweet Potatoes Scalloped.—When the dry, yellow variety of sweet potatoes must be used, boil in their skins until tender; bake the moist variety. In either case let stand for a few moments, then skin and cut in quarter-inch slices. Arrange in layers in a buttered baking dish, sprinkling each layer very liberally with sugar and dotting with bits of butter. Over all pour about one-half cupful of boiling water, and bake for an hour or more in a hot oven.

Cream of Chestnut Soup.—Take the shells off one pint of chestnuts and cover with boiling water. After five minutes rub off the brown skin. Cook until tender in boiling salted water to cover, then mash through a colander and return to the water in which they were cooked. Add one pint of hot milk or veal stock, one tablespoonful of butter and salt and pepper to season. Simmer ten minutes. Take from the fire and stir in a beaten egg and serve at once with croutons.

Ham Canapes.—Take slices of bread one-half inch thick and cut them into rounds with a biscuit cutter. Put a little butter into a frying pan and brown the bread on both sides. Chop cold cooked ham fine and rub it through a coarse sieve; add a little cold milk and a dash or two of cayenne pepper. When mixed and smooth spread it on the fried bread, then sprinkle with grated cheese. Place in a quick oven until cheese is melted. Arrange the canapes on a hot platter and garnish with hard-boiled eggs.

Almond Junket.—Take one pint of milk and two ounces of Jordan almonds; blanch, dry and grind or finely chop the almonds, finally pounding them well. Put a very little of the milk into a saucepan, adding to it the almonds. Simmer these together until the milk is strongly flavored with the almonds, and add while hot to the cold milk, which will thus be rendered sufficiently warm for the addition of the rennet. The almonds may, if wished, be removed by straining the hot milk through a piece of muslin, or they may be left in, as preferred.

Baked Oysters.—These have a different flavor from scalloped oysters, and are nice for a change. Butter a common granite pie plate and cover to a depth of one-quarter of an inch with fine bread crumbs; moisten slightly with oyster liquor, then place large oysters upon the crumbs, dotting plentifully with bits of butter and adding salt and pepper to taste. Dip a few spoonfuls of cream over them and bake ten minutes. Serve them in the dish they were baked in, wrapping the edge in a folded napkin. A small plate of sliced lemons should accompany this dish.

Baked Quinces.—These make a delicious dessert served with whipped cream. Remove the cores, fill with sugar, thrust cloves into them and put in a baking pan half filled with boiling water, laying the cores and more sugar in the pan. Cover with inverted pan and steam for half an hour in the oven; then remove cover and bake till tender an hour or more in a moderate, even oven. When done, remove quinces and boil the syrup briskly, adding more sugar if necessary. Strain this syrup over the fruit and it will form a jelly-like sauce. Serve cold with whipped cream.

Mutton Pie.—A mutton pie may be made equally well with cooked meat, but will not have to cook more than thirty to forty-five minutes so as to bake the pastry. Take a couple of steaks off a leg of mutton and cut the meat into square pieces, removing all skin. Have on a plate a heaped tablespoonful of butter, a teaspoonful of chopped onions, the same quantity of chopped parsley, with pepper and salt to taste. Dip each piece of meat in the flour and pack it lightly in a pie dish, scattering over all the remainder of flour, etc. Fill up the dish with stock, water or gravy. Cover with a good crust and bake steadily for one or two hours. Let the oven become cooler after the pastry is done.

Prune Pudding.—Soak one pound of best prunes over night in water to cover. In the morning stand them over the fire in a saucepan and let them simmer till very soft; then crush them with a fork and remove the stones. Whip this pulp well with a fork, add the juice of one large lemon and enough sugar to season palatably, stirring the sugar through the fruit pulp till it is all dissolved. Beat the whites of three eggs to a stiff froth and whip briskly through the prune pulp. Pour the mixture in a pudding dish; stand it in a quick oven and bake four or six minutes; then remove and put in a cool place. When quite cold stand pudding in the refrigerator. When ready to serve, cover the pudding with whipped cream.

Rhubarb and Fig Jam.—I am sending a recipe for rhubarb and fig jam, which I am sure if they do they will be delighted with the jam. Cut the rhubarb into inch lengths and spread on a board to dry for two days. Allow one pound of figs to six pounds of rhubarb. Weigh it, and to every pound of fruit allow one pound of sugar. Boil the sugar with about half a gill of water for twenty minutes, then add the rhubarb and figs (cut into small pieces). Boil for half an hour, and place in jars.—J. S.

Orange Sandwich.—Ingredients: Eight ounces of flour, three ounces butter, grated rind of two oranges, five ounces sugar, two eggs, juice of one orange, one teaspoonful baking powder. Mix flour and sugar in a bowl. Rub in the butter, add baking powder, orange rind, eggs well beaten, and lastly the juice. If necessary add a little milk. Beat the mixture well, and put it in a well-greased sandwich tin. Bake about thirty minutes in a moderate oven. When cold split and spread with

Orange Butter.—One and a half ounces castor sugar, one ounce butter, one hard-boiled yolk, a little orange juice, one ounce ground almonds, grated rind of two oranges, one dessertspoonful of thick cream. Pound yolk, add butter, sugar, almonds and orange rinds. Stir in the cream, and add sufficient orange juice to moisten. Put the cake together again, and dredge with castor sugar. Cut in diamond-shaped pieces.

Potato Turnovers.—This is a good way to use up old potatoes left over from dinner. Rub them through a sieve. Mix them with a little pepper and salt, one ounce of butter, and make into a fine paste with two eggs, or one egg and a little milk, and a little flour. Roll out the paste to about half an inch in thickness, and stamp into round cakes a breakfastcup size. Mince some beef or mutton with a little chopped onion, a tablespoonful of savoury herbs, and a little pepper and salt. Moisten with a tablespoonful of Yorkshire relish, and enclose a little mince in each of the cakes. Fold them round, and press together. Fry in deep boiling fat until a nice brown, and serve on lace paper, with a little parsley here and there.

Tasty Pudding.—For the pudding you require one quarter of a pound of macaroni, stewed fruit or jam, and a thick custard. Wash and break the macaroni into small pieces. Put it on to cook in fast-boiling salted water, and let it boil until quite soft. Stew any kind of fruit that may be in season, or jam may be used if liked better. Put a thick layer of fruit or jam at the bottom of a glass dish. Drain all the water from the macaroni, and lay it on top of the fruit. The pieces should not be more than one and a half inches long, as they are more easy to serve. Next make a nice thick custard. Let it stand until cold, then pour over the macaroni and sprinkle with a little grated nutmeg. The custard may be made with eggs or with custard powder.

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