



CULINARY CONCEITS

E.S. BARNES

Three Good Soup Recipes

FISH CHOWDERS.—Take six slices of pickled pork, and fry in a good sized dinner pot, turning the slices until they are brown on both sides. Take out the slices, leaving the drippings in the pot. Take seven pounds of preferred fish and cut into two-inch pieces. Place in pot on drippings as many pieces of fish as will cover the bottom of the pot. Sprinkle over the fish three handfuls of onions, peeled and cut into thin slices. Salt and pepper to taste. Lay on the six slices of pork and the rest of the fish, cover with three more handfuls of onion, then pour on enough water to cover it. Cover the pot and place it on the fire. Let boil slowly thirty minutes, or until the onions are done. Then pour in one quart of cider, and one tumblerful of port wine, at the same time adding two pounds of sea biscuit which has been soaked for a few minutes in water. Stir the whole with a long spoon, then boil steadily for five minutes, when the chowder is ready for the table. Do not boil potatoes in the chowder. If you want potatoes, boil them in a separate pot and serve in a separate dish.

CREAM OF CELERY SOUP.—Take the roots and tops of one-half head of celery, wash and boil with a small onion in one pint of water for twenty minutes. Put through a sieve. To this liquor add one quart of milk, a dash of cayenne pepper, one-half teaspoonful of salt, a piece of butter the size of a walnut. Bring to a boil and thicken with a tablespoonful of corn starch. Beat one-half cup of cream till stiff, and turn soup on it.

CREAM OF CARROT SOUP.—Wash and scrub three medium sized carrots, slice them thinly. Place in a saucepan with one cup of water, one tablespoonful of butter, one slice of onion, and a small bay leaf. Cover closely and let simmer until tender. Rub through a strainer, reserving the water in which the carrots were cooked. Add the strained carrots and the hot water together. Return it to the fire. When thick, add one cup of hot water; put one and one-half tablespoonful of butter into a small pan. When hot, add the same amount of flour and stir until smooth. Add this to the carrot mixture, stirring constantly until thickened. Add to this one tablespoonful of salt, one cup of hot milk, and one-half cup of cream. Milk may be used entirely, but the soup is made richer by the addition of the cream.

Rice Variations

RICE BALLS.—To one pint of hot boiled rice add a large cupful of finely minced chicken, a well beaten egg, salt, and pepper to taste, and sufficient cream sauce to moisten it slightly. Mix together and set aside until cold. Form into small balls, egg and bread-crumbs them, and fry in deep fat. Drain on unglazed paper and serve at once.

RICE AND CHEESE BALLS.—Add half a cupful of hard grated cheese to a pint of boiled rice, season with salt and a dash of cayenne. Add a well beaten egg and moisten with cream sauce. Form into small balls, egg and bread-crumbs them, and fry in deep fat.

RICE WAFFLES.—Soften a cup of boiled rice with the yolks of three eggs and two tablespoonfuls of melted butter. Alternately add two cupfuls of milk and one and one-half of flour, into which a heaping teaspoonful of baking powder has been mixed, and lastly add the beaten whites. The waffles are baked quickly over a good fire in an iron thoroughly heated. Dust with powdered sugar and serve at once with maple sugar or with jelly.

RICE WITH MUTTON.—Line a buttered baking dish with a wall of rice an inch in thickness. Fill the center with cold roast or boiled mutton, chopped small, and freed from bone and gristle. Sea-

son to taste. Add a little onion juice and moisten with gravy. Cover with a layer of rice and bake, covered, in a moderate oven for half an hour. Then remove to the cover, spread lightly with melted butter and let stay in the oven until delicately browned. Serve hot with a tomato sauce. Chicken or veal may be used instead of the mutton.

Tried Recipes

SMALL POTATOES.—Here is a hint which may be of some use when potatoes are small and a bother to peel. Take some very salty water and boil the potatoes in the skins until cooked. Remove the skin and shake round while hot in butter until well coated and bake in a dish in the oven until nicely browned. This is much preferable than to waste the small spuds.

CANTERBURY PUDDING.—Melt two ounces of butter in a basin, then stir into it gradually two well-beaten eggs, adding two ounces of flour, two ounces of sugar, and a little grated lemon-rind; at the last moment stir a pinch of baking powder. Butter some cups, half-fill them with the mixture, put into a well-heated oven immediately, and bake twenty minutes. The baking powder should cause them to rise. Serve on a dish with wine sauce or lemon syrup poured round.

BANANA PIE.—Make a custard from the yolks of three eggs, one cup of sugar, one teaspoonful of butter, and a half-teaspoonful of vanilla. Beat well and add one coffee cup of milk. Bake in one crust and when done slice two bananas thin over the top. Cover with the beaten whites of two eggs, and serve fresh.

A QUICKLY PREPARED SUPPER DISH.—Melt in the oven a quarter of a pound of cheese, a small piece of butter, with a tablespoonful of milk, and pepper to taste. While the cheese is melting, toast two slices of bread and poach two eggs. Butter the toast; when in a thick cream, pour the melted cheese over it and place an egg on each slice. Serve very hot.

LADY MARGARET PUDDING.—Eight ounces of flour, four ounces of lard, four ounces of castor sugar, one egg, one teaspoonful of baking powder, four drops of lemon essence. Rub lard and flour together, add baking powder, mix with egg and lemon essence. If not stiff enough, add a little milk. Grease a basin, put a layer of jam at the bottom, fill with mixture. Steam for two hours.

SIX-CUP PUDDING.—One breakfastcupful each of flour, suet, breadcrumbs, currants, castor sugar, and milk, two ounces of candied peel, half a teaspoonful of carbonate of soda, a little nutmeg. Chop the suet finely, mix with the other dry ingredients, stir the soda into the milk, and beat the whole mixture thoroughly. Pour into a well-buttered mould, cover with buttered paper, and steam three hours.

BET SALAD.—This is quite elaborate and very good. Chop the cooked beets a little and arrange on lettuce or watercress, if you have it. Cover with half a cup of stoned olives cut into good-sized pieces, and put a spoonful of stiff mayonnaise on each portion; sprinkle all with either capers or chopped hard-boiled egg.

MACARONI CROQUETTES.—Chop any cold cooked macaroni, and to two cupfuls of this add half a cup of finely minced boiled ham; wet with stiff white sauce and make into croquettes; bread and fry as usual; serve with a white sauce highly flavored with cheese or with tomato sauce.

PINEAPPLE PUDDING.—Desserts are really the most difficult left-overs to use up, but even those can be dealt with satisfactorily with a little care. When one has stale cake it can be made into pineapple pudding. Butter a baking-dish and line it with stale cake; take a large cup of preserved pineapple and put it in with more cake, in layers, with cake on top; pour over this a cup of cold water; cover with a plate and bake slowly for two hours; serve with sauce.



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