

Household Suggestions

Raisin Pie

Boil one pound of seeded raisins an hour in water enough to just cover them; add one lemon, one cup of sugar, two tablespoonfuls of flour. This will make three pies:

Cream Pie

Pour a pint of cream over a cup and a half of powdered sugar and let it stand while the whites of three eggs are being beaten to a stiff froth; add this to the cream and beat up thoroughly, flavor and bake with one crust.

Custard Pie

For a large pie take three eggs to one pint of milk, half a cup of sugar and flavor to taste. The crust may be baked a little before putting in the custard. Prick the crust here and there before putting it in the oven to prevent blistering. Baking the crust first keeps it from becoming soggy.

Lemon Pie Without Pastry

Butter a pie plate generously and cover with a three-eighths of an inch deep layer of rolled and sifted unsweetened cracker crumbs, patting them down to form a smooth layer adhering to the plate. Fill with the following mixture and bake in a moderate oven until firm and delicately brown. Filling: Heat one-fourth of a cupful of lemon juice, add the grated rind of one lemon, and one teaspoonful of cornstarch mixed with one cupful of sugar. Boil one minute, then add the well-beaten yolks of three eggs and cook in a double boiler, like soft custard, until it thickens. Cool slightly, fold in the stiffly beaten whites of the eggs, and use for pies or tarts, baking in a moderate oven until firm.

Baked Indian and Apple Pudding

Stir half a cupful of yellow corn meal into one quart of scalded milk. Cook in a double boiler for thirty minutes, then add one teaspoonful each of salt and ginger and half a cupful of molasses. Pour into a buttered earthen baking dish and bake for one hour, stirring occasionally. Add two cupfuls of apples, cored and cut in eighths, and bake, without stirring, for one hour longer, or until firm. Serve with cream.

Cocoanut Blanc Mange

Mix one-fourth cupful of cornstarch and one-fourth cupful of sugar with a little cold water. Add to two cupfuls of scalded milk and stir until it thickens. Cook in a double boiler for twenty minutes, stirring occasionally. Cool slightly, add one cupful of shredded cocoanut, the stiffly beaten whites of three eggs, and one-fourth of a cupful candied or Maraschino cherries, cut in small pieces. Chill in molds, wet with cold water, and serve with cream or a soft custard made with the yolks of eggs.

Spiced Apples

Peel and quarter large firm apples and stick three cloves into each piece. Weigh the apples and take half as much sugar as fruit. Put the sugar into a preserving kettle with a quart of cider vinegar, three sticks of cinnamon and two tablespoonfuls of whole cloves. Boil all ten minutes and then drop in a few apples at a time and gently simmer till they are transparent, but not soft. Put them in cans, boil down the syrup and pour over them. They will taste like pickled pears. When these are used save the juice and cook more apples in it and can these also.

Spiced Figs

Get the small pulled figs which come late in the winter, and measure three-quarters of a pound of sugar to a pound of fruit. Put on the sugar in a saucepan with a cup of water to each pound of fruit, boil and skim for five minutes. Then drop in the figs and simmer till a straw will pierce them easily. Put them in jars with alternate layers of white cloves, whole cinnamon and a very little mace in the syrup, but do not close the jars. For three successive mornings pour off the syrup, bring it to the boiling point and pour it over. The third morning measure it and allow one cup of vinegar to every

three cups of syrup; boil the two up well for two minutes, then pour it on the figs and close the cans. This will be found a most excellent recipe.

Orange Marmalade, Transparent

Take four pounds of Seville oranges, eight pounds of granulated sugar, six pints of water, and the whites of two eggs. Peel the rind off the oranges in thin ribbons, shred it finely with a pair of scissors, cover with water, boil gently until tender, then strain, preserving the liquid. Strip every particle of pith and fibre from the oranges, slice them; remove the pips and soak them in a little cold water. Simmer the remainder of the water and the sliced oranges for two hours, then drain through double cheesecloth or fine hair sieve, but do not squeeze the

pulp. Replace the liquid in the pan, add the liquid in which the rind was cooked and the strained water from the pipe, bring nearly to boiling point, and clarify with whites of egg.

Put whites in liquid, whisk briskly, bring to cooling point, whisking all the time; then simmer slowly for thirty minutes. Strain until clear, replace in pan, add the sugar, boil gently until the syrup jellies, on a cold plate, then add the orange rind. Simmer gently for ten minutes longer, turn into pots, cover at once with white paper dipped in boiling milk.

Virtues of Suet.

Of simple and wholesome foods of heat-making properties none is less expensive than the old stand-by, beef suet. Best adapted to the great masses of people who have personal objections to pork fat this is a substitute no one can afford to ignore. It solves to a certain extent, a question of

getting the most nutriment for the least expenditure. In exploiting my discovery to intimate friends I have so often been surprised in their ignorance of its uses that I have come to feel that a large majority of housewives who wall over the high cost of living know nothing of the economy and delectability of suet.

And what is suet? It is merely a variety of solid and fatty tissue which accumulates about the kidneys and intestines of several of our domestic animals, especially the sheep and the ox. In buying it for kitchen uses I ask for the best beef kidney suet. This has no odor and when properly prepared and used for meat crusts is most tender, flaky, brown and crisp.

Who does not like pot pie? If the crust is short with suet well rolled into the flour and wet with butter-milk and baked a delicious brown nothing can equal its appetizing fragrance. Here is my method: Of course, the meat for the pie is previously cooked until tender. It may be a beef stew, or lamb, veal, chicken, mutton, or it may even be a purchase of round steak not cooked at all until it is baked under the crust which I make as follows: Shave a cupful of suet onto the bread-board together with two cups of flour to which has been added salt to taste and a heaping teaspoonful of baking powder. With the rolling-pin roll suet and flour well together, loosening and picking out the shreds and rolling and mixing until the flour is thoroughly mixed with the suet. Have the buttermilk standing ready with froth the soda you have added and stirred in—I use a half teaspoonful to a cup and a half—then place the flour in a bowl and mix with the buttermilk until wet enough to roll out. The buttermilk is what makes the crust brown and flaky. Have the crust as thick

Vanderhoof, B.C.

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