

## HOUSEHOLD SUGGESTIONS.

**Graham Fruit Cake.**—One cupful of sugar, sweet milk and raisins, one-half cupful of molasses, two and one-half cupfuls of graham flour, one teaspoonful of soda, a generous pinch of salt and spice to taste.

**Creole Dish.**—Two cupfuls of well-cooked and seasoned rice, two cupfuls of canned tomatoes, half a pound of raw ham minced and browned in butter; mix all together, add a dash of cayenne pepper, turn into well-buttered pan and bake.

**Split Tea Soup.**—Soak two cupfuls of split peas over night. In the morning place over the fire in two quarts of water with a good-sized onion, allow to simmer until all is absolutely tender. Then add one cupful of milk, a tablespoonful of butter, pepper and salt to taste.

**Potato Cakes.**—Save from dinner a soup-plate of mashed potatoes; add to it half a tablespoonful of pepper, the same of nutmeg, if liked; a little salt and the yolk of an egg. Form into cakes; put in a buttered baking dish, brush the top with the white of an egg and brown in a quick oven.

**Poached Eggs with Creamed Celery.**—Carefully arrange poached eggs on rounds of buttered toast. Fill in the center of the dish with a pint of celery cut into inch lengths and cooked in boiling water until tender, then stirred into a cupful of cream sauce. Serve very hot. This is a light and nourishing breakfast dish.

**Browned Parsnips.**—Cut parsnips into inch cubes and cook till tender. Drain and brown in butter. When nearly done add a dusting of flour, and let this also brown carefully. Remove from stove and add a little milk or the water from the parsnips, making a brown gravy, adding more butter as necessary. Serve on toast.

**Banana Custard.**—An easily made dessert consists of sliced bananas over which is poured unsweetened custard. In making the custard allow three eggs to a pint of milk. Bake for twenty minutes, when the custard will be firm and the bananas which rise to the top will be slightly browned. Serve with boiled brown sugar sauce.

**Creamed Salt Fish.**—Put a cupful of the shredded codfish in a strainer and pour boiling water through it, then stir it into one cupful of white sauce. Let it stand over hot water, and just before serving add one well-beaten egg. When prepared in this way, and eaten with a well-baked, hot, mealy potato, it will often prove more palatable than the more expensive breakfast of steak or chops.

**Maple Sugar Rolls.**—Make a crust by mixing two cupfuls of flour, one-half teaspoonful of salt, two teaspoonfuls of baking powder, three tablespoonfuls of butter and a cupful of milk. Roll to an inch in thickness, spread with butter, then cover with a mixture made of chopped citron, chopped walnuts and a cupful of maple sugar. Roll up jelly-roll fashion, cut into inch slices and bake in a moderate oven.

**Stewed Tripe.**—Cut cooked tripe into small pieces. For two cupfuls put into a frying-pan two tablespoonfuls butter and stir to a froth with two tablespoonfuls flour. Add slowly two cupfuls rich milk, stirring all the time. Season with salt, pepper and a little onion juice. Add the prepared tripe and toss lightly until thoroughly heated. Turn into a heated, covered dish, and serve with baked potatoes.

**Chicken Wiggle.**—Put a tablespoonful of butter in the chafing dish, add two tablespoonfuls of flour; stir until smooth, adding gradually one and one-half cupfuls of milk; when thick add one and one-half cupfuls of cold boiled chicken (cut in small pieces), season with a teaspoonful of salt and a few grains of cayenne pepper; last add a can of French peas, after they have been drained; serve on small squares of toast.

**Macaroon Pudding.**—Soak one dozen macaroons ten minutes in sherry wine, grape or orange juice, and then remove them. Beat two eggs slightly, and add five tablespoonfuls of sugar, a pinch of salt, one cupful of milk and one cupful of cream, one-quarter teaspoonful of almond extract and four finely-powdered macaroons. Turn this mixture into a pudding dish, arrange the soaked macaroons on top, cover and bake thirty minutes in a hot oven.

**Steamed Golden Pudding.**—Four ozs. of flour, two ozs. of sugar, four ozs. of finely shredded suet, two eggs, half a lemon, two ozs. of breadcrumbs, two tablespoonfuls of golden syrup. Mix the dry ingredients together, then beat up the eggs and stir in the syrup, also the grated rind and juice of half a lemon. Pour into a buttered mold, tie

down with paper, and steam one and one-half hours. Serve with a little hot golden syrup poured around.

**Rice Waffles.**—One teaspoonful of flour sifted with a teaspoonful of baking powder, one coffee-cupful of cold boiled rice, one tablespoonful of melted butter, one-half teaspoonful of salt, and three beaten eggs. Mash the rice fine, add the butter, then two teaspoonfuls of milk with the flour, and finish with the eggs. Beat all together. Have the waffle irons hot and well greased with butter. Fill three-quarters full and let the first side be well browned before turning.

**Boiled Apple Dumplings.**—Boil six good-sized mealy potatoes and mash very fine. Mix while hot with a pint of flour, using no water, or not more than a teaspoonful, then roll out upon the molding-board and cut in discs, leaving the middle portion thicker than the edges. Or make a dough by scalding four cupfuls of flour with enough boiling water to set it. Pare and core four apples. Fashion the dough about the apples; wrap and tie each one in a floured cloth and boil.

**Oyster Canapes.**—For six people cut two dozen oysters into small pieces. Put two level tablespoonfuls of butter in a saucepan or chafing-dish blazer, and, when melted, add a generous cupful of cream. Let it come to a scald, add oysters and one tablespoonful grated bread crumbs, with salt and pepper to taste. Have ready oblong pieces of bread cut a quarter of an inch thick and fried a golden brown in butter. Place in the bottom of a dish and pour the oyster mixture over them.

**Plum Duff.**—Mix in order given, one egg, one cupful molasses, one cupful milk, one cupful raisins (chopped), one teaspoonful all kinds of spice, half cupful butter (melted), three cupfuls dry bread crumbs, one teaspoonful of soda. Steam three hours in three-pound pail. Sauce: Half-cupful butter and one cupful sugar beaten to a cream, yolk of one egg, add one cupful of boiling water. When ready to serve beat in the beaten white of an egg. Hard sauce can be served on it if preferred.

**Spice Cakes.**—Cream well together one-half cupful of butter and one and one-half cupfuls of sugar. To one cupful of thick sour cream add one-half teaspoonful of soda dissolved in one teaspoonful of boiling water. To the creamed butter and sugar add one well-beaten egg and, when well mixed, the cream. Stir in one cupful of seeded raisins, one-quarter cupful of cornstarch, two cupfuls of entire wheat flour, one-quarter teaspoonful of mace, one teaspoonful of cinnamon and one-quarter teaspoonful of cloves. Pour over the batter into gem pans or a loaf pan, dust over a little powdered sugar and bake in a moderate oven.

**Apple Dumplings.**—To make boiled apple dumplings, pare tart apples of good flavor and remove the cores; fill the holes with butter, sugar and a little cinnamon. Have ready a dough made of two tablespoonfuls of butter chopped into a quart of sifted flour, in which has been well mixed a heaping teaspoonful of baking powder and a little salt, wet with two cupfuls of milk to make a soft dough, and roll to a thickness of a quarter of an inch. Cut into squares large enough to encase the apples; put an apple in each and fold together, pinching the edges tight. Tie up in small cloths, not too tight, and boil an hour, never allowing the water to stop boiling.

**Jam Biscuits.**—Cook together one cupful of water and one-quarter cupful of butter, and as soon as the boiling point is reached stir in all at once one cupful of flour, and keep stirring until the ball is made that cleaves free from the sides of the saucepan. Set aside to cool, then add, one at a time, four eggs, beating the batter well between each addition. Drop the batter in long, narrow strips two inches apart on a buttered tin, and bake in a moderate oven about half an hour. Open a door a few minutes after they are done before taking them from the oven. If they are slowly and well cooked they will not fall. When cool cut open the side and fill with any kind of jam. Spread a little white frosting on the top of each.

**Coffee Fruit Cake.**—Cream together one-half cupful of butter and one cupful of brown sugar; dissolve a teaspoonful of baking powder in two tablespoonfuls of warm water and stir into a cupful New Orleans molasses. Add to the butter and sugar mixture, together with a well-beaten egg and a teaspoonful each of allspice, cinnamon and nutmeg; sift three cupfuls of pastry flour and take from it enough to thoroughly dredge a quarter of a pound of shredded citron, three-quarters of a pound of cleaned currants and a pound of seeded raisins. To the butter, sugar and egg mixture add one cupful strong coffee. Add the flour, knead thoroughly, and lastly incorporate the fruit. Bake in buttered and lined pans in a slow oven.

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