

## THE COOK'S CORNER

Send us in your favorite recipes for publication in this column. Inquiries pertaining to cooking are solicited, and will be replied to, as soon as possible after receipt of same. Our Cook's Corner is sent free for one year new subscribers. Address, Household Editor, this paper.

### STREAMED BROWN BETTY

Line a double boiler with small slices of buttered bread, then put in a layer of stewed apples, and so continue alternately until the dish is almost full. Then pour over a custard made of 1 pt milk and 2 eggs. Cover and steam one hour. Serve warm with a sweet sauce.—Mrs. R. W. New Brunswick.

### BAKED GRAMHAM SPONGE ROLL

To 1 cup sugar add 1½ cups Graham flour, 1 teaspoonful soda dissolved in 3 tablespoons hot water and 3 well-beaten eggs. Bake in a large shallow tin, and when done, carefully remove from the tin. Spread with jelly or jam and roll while warm. Serve with cream.—Mrs. A. B., Peterboro Co., Ont.

### ROLLED APPLE DUMPLINGS

Make a rich baking powder biscuit, roll it out in a sheet as thin as can be handled, cover thickly with chopped apples, and roll up as compactly as possible. Next cut this roll into slices about 2 inches thick, place these in well greased pudding pan, and pour over a mixture made as follows: Mix 1 tablespoon flour with 1 cup sugar, add a large cup cold water and cook about 2 minutes. Flavor with a little nutmeg. Pour this over the dumplings and bake until they are a nice brown. Serve with cream and sugar.—Mrs. W. K., Winnipeg, Man.

### BAKED APPLE DUMPLINGS

Part tart, partly apples, cut into halves and core. Make the pastry as for biscuits, using a little more butter or cream. Roll out enough dough to cover 1 apple. Place one of the halves upon the crust, fill the core cavity with sugar, and cover with the other half of the apple. Then fold over the crust, pinching the ends together to retain the juices. Place these dumplings in a buttered bread pan, the same as biscuits. Put a bit of butter on the top of each, and bake about 1 hour in a moderate oven. About 10 minutes before removing from the oven.

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moving from the oven, sprinkle some sugar over the dumplings and return them to the oven. Serve with cream and sugar.—Mrs. A. C. Brown, Hastings Co., Ont.

### SWEET SPICE SAUCE

Boil 1 cup sugar and ½ pt water 30 minutes. Then remove from fire and add 1 teaspoonful each extract of clove, nut, or ginger.—Mrs. M. Dennis, Perth Co., Ont.

### FRUIT SAUCES

Instead of serving cornstarch pudding with cream and sugar, try fruit juices. There is generally some juice left from canned fruit. We like to use the juice from strawberries, cherries, raspberries, or black currants.—Mrs. E. L. McGraw, Halton Co., Ont.

### COMBINATION SAUCE

Boil together 1 cup white or brown sugar, ½ cup butter, 1 tablespoon flour, and 1 cup boiling water. If a sour sauce is wanted, add 1 tablespoon vinegar, and flavor with lemon. If an egg sauce is wanted, add yolk of 1 egg, and a little grated nutmeg, or vanilla or lemon flavor. The vanilla and lemon flavors combined are very nice. A little butter added to this sauce is liked by some, and then again instead of water one may use milk, adding 1 tablespoon grated chocolate or powdered cocoa, and a nice chocolate sauce is obtained, with the addition of a little vanilla flavor. If no butter is used add a pinch of salt.—Bessie, W. E.

## The Canning of Fruits

Mrs. Colin Campbell, Windsor, Ont.

Canning is an improvement upon the old-fashioned way of preserving, pound for pound, in sugar. It retains more of the fresh and natural flavor, is far less troublesome, and more economical.

Choose only perfectly sound and fresh fruits. If you have your fruit to buy, it is false economy to purchase fruits on the verge of decay, even at reduced rates, as they quickly ferment after canning, and you not only lose fruit, sugar and labor, but very often the jars as well.

Before beginning work, have all the required tools and vessels perfectly clean and at hand. If the family is small, select pint jars, which allows a can of fruit to be used up before one tire of it. If there be six or eight to be catered to, quart jars are none too large. When purchasing new jars, look them over carefully to see that there are no defects, and that the covers fit perfectly.

Never use old rubbers with old jars. At five cents a dozen, rings are a cheap insurance of fruit keeping. No matter how good an old rubber looks, it is sure to have become porous, and will allow the air to enter. Pour water into each jar, seal and invert, and if it leaks ever so slightly, do not use it.

When you have picked out perfect jars, wash individually inside with hot soda water. Then sterilize by setting in cold water, letting it come to the boiling point, and boiling for a quarter of an hour. Fit each jar to a ring and cover, and leave in the hot water.

When the fruit is ready to be canned remove a jar from the boiling water in which it has stood, and set it in a soup plate, wrapped in a towel wrung from hot water. Into the jar drop a silver spoon, silver being a good conductor of heat, absorb the heat from the fruit, and lessening any danger of the jars breaking.

Dip the rubber in boiling water, and put it on firmly. Set a fruit funnel in a jar, and gently fill in the fruit with a ladle, moving the handle of the spoon gently about to allow

air bubbles to escape. Fill the jar until the syrup overflows. Lift the jar on the spoon, put on the cover, and screw it as tightly as possible. Screw the lid on so tightly that when the jar is inverted, no juice will ooze out.

Leave the jars of fruit lying on their side, turning over frequently until cold. This method will prevent the fruit rising to the top of jar when cold, as is often the case, especially with canned strawberries.

After leaving the jars in this position for 24 hours, wrap in thick paper or place in paper bags to prevent the light bleaching the fruit, and set away in a dark place. Choose the early cool morning for putting up the fruit ripened under a hot sun. If your berries are to be picked, instead of from the market, gather them the night before.

Fruit which has been picked on a rainy day or when the dew is on, will not keep well. Select fruit which is under ripe, rather than when ready to drop with luscious ripeness. It will be much nicer when canned, and keep more readily. If fruit is very juicy, avoid adding water to it when canning. The less water used the finer the flavor of the canned fruit, and the more beautiful its color. Never touch cooking fruit with a spoon or fork which is of any material except silver, wood or granite. A tin spoon may ruin the color and flavor of a whole kettle of fruit.

Try a little of the sugar to make a syrup before beginning the canning process. If a bluish-grey cum gathers on after the boiling, send the sugar back to the groceryman with an order for a better supply. The best sugar obtainable is a necessity for fruit preserving.

The syrups used for canning or preserving, vary according to the kind of fruit you wish to preserve, and the richness desired. The following list may be used as a guide: For preserving, use three-quarters of a lb. of sugar to one pound of fruit; for making jam, use one pound sugar to one pound fruit; for canning, use one-third pound sugar to one pound fruit; for jelly, use one pound sugar to one pint fruit.

## Home-Made Fireless Cooker

Interest is still growing in the "fireless" cooker, and a number of correspondents have written inquiring where they might obtain one. Many women, however, manufacture these cooking boxes for themselves, as it is only necessary to make them capable of retaining heat. Here is an account of one such home-made cooker:

A hay box, which works like a house-



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keeper out of a large wooden cracker box. She was very careful to select one without knot holes, through which the heat could escape, and she had the carpenter fit the cover with hinges. Then she put in a lining of asbestos, gluing it to the inside of the box. This is much better than newspapers, she says. Then she put in plenty of good fresh hay, which



A Fireless Cooker

she renews every two or three weeks. The kettle in which she cooks her dinner is put in this nest of hay, and a hay pillow with a covering of cotton batting, that just fits the top of the box, is laid over it, and the cooker is ready for business.

### BEEF A LA MODE

A woman who has used such a stove gives the following directions for preparing beef à la mode. She advises a piece of from four to six pounds. After wiping and trimming it, turn spiced vinegar over it,



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