

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Stewed Steak, with Onions.

Procure some round steak, cut it into suitable pieces, fry a nice brown on both sides, then place it into a saucepan, cover with either beef stock or water, season with salt and pepper, let it simmer till the steaks are tender, flavor with a few bay-leaves, cloves, parsley and thyme tied up in a piece of cheesecloth. Procure some small, even sized onions, put them with the steaks and when well cooked remove the onions and keep them warm. Then if steaks are cooked tender place into another saucepan a little roux and then pour onto it the gravy, stir up and let it boil for a few minutes well, skimming it all the time. Then put your steaks on a serving platter, pour over your sauce and garnish with your whole boiled onions. You can use, if you wish, a water and flour thickening. A roux is made of 8 ozs. of flour and 8 ozs. of soft butter; stir it over the range for a few minutes and you have a white roux, let it become brown and you have a brown roux, which is used for all brown sauce thickenings, also for the above dish; you must let your roux cool off a little before adding your liquid.

I shall endeavor in the next issue to give some clear and thick soups, both economical and inexpensive. Any recipes will be furnished by writing to the editor of paper.

Apple and Walnut Salad.

Procure some lettuce leaves, break them up, place on the bottom of your salad bowl, then slice over it some nice tart apples (previously cored and peeled), then put some meat of English walnuts into boiling water for a few minutes, then take them out and rub off all the dark skin, then mix them with your apples; sprinkle over a few drops of lemon juice and a pinch of salt, cover with mayonnaise dressing.

Apple and Celery Salad.

Same as above, only leaving out the walnuts and using shredded celery; serve mayonnaise or French dressing with it.

Apple Salad.

Chop fine one good, sweet red pepper, removing the core and seeds. Break up some lettuce in a salad bowl and slice over it some nice tart apples previously cored and peeled, sprinkle amongst them the red pepper, dress with five parts of oil to two parts of lemon juice, season with salt, mix up well, then pour over the salad.

—X—

Lettuce salads are garnished with quartered or chopped eggs, and served with mayonnaise cream or French dressing. Lettuce and tomato salad. Lettuce and spring onion.

Cream Dressing.

Two cups of vinegar, three-quarters lb. of butter, one and a half dessert spoons of mustard, one-half teaspoon of red pepper, 18 yolks of eggs, one and a quarter quarts of whipping cream. Boil the butter, vinegar and seasonings together, pour it onto the beaten yolks of eggs, place on the range and stir till it thickens like butter; then take from the range, let it cool off, then whip your cream and add it to your dressing.

Hollandaise Sauce.

Reduce one cup of white wine vinegar with 10 crushed peppercorns and one or two bayleaves; when nearly dry take and put onto it about one pint of Bechamel sauce, let it come to a boil, beat in five yolks of eggs (previously beaten), stir over a hot range till it thickens, then remove from the range and work in by degrees six or eight ounces of soft butter, then strain off, season with salt and pepper and a few drops of lemon juice.

Bechamel Sauce.

One pint of milk, one blade of mace, one sliced onion; bring it to a boil, then pour it onto 12 ounces of butter and four ounces of flour (which has been previously worked together over a hot range for a few minutes to attain a nice white color; this is called a roux), then let your sauce come to a boil, season with pepper and salt; then strain off and use as directed.

Mayonnaise Dressing, No. 1.

To make two pints. Take five yolks of eggs, place them into a deep bowl, add a little mustard, cayenne and a pinch of salt, work up well, moisten with a little drop of vinegar, then work in by degrees your olive oil or Wesson's cooking oil, which is much cheaper, and when thickened up pour on a little vinegar and a few drops of lemon juice, work vigorously and continue alternately with oil, vinegar and lemon juice till you have attained your required quantity. This sauce should be stiff, and should be kept cold.

Mayonnaise Dressing, No. 2.

Take five yolks of eggs, beat well, then add by degrees your oil, when it will become like butter; add some salt, then some oil, beating up all the time; then add a little mustard and cayenne; then work in by degrees alternately oil, vinegar and lemon juice till thick enough to spread.

Vinagrette Sauce.

Mince a couple of onions fine, some parsley, chevril, and a few capers, then pour onto them oil and vinegar (three parts of oil to one of vinegar), season with pepper and salt.

Tartare Sauce.

Mince one onion, a few capers, gherkins and parsley, add them to a pint of stiff mayonnaise.

I will quote you two nice English dishes.

Bubble and Squeak.

Slice thinly some cold boiled salt beef, put a piece of butter into a frying pan (dripping can be used, if desired), make it hot; then place in your slices of beef and fry them on both sides till nice and brown; then take them up and put them on a plate and keep warm. Have some cabbage, nicely boiled, well pressed from the water; chop it up fine, then fry it for five minutes in the same pan as the beef; then take up and place it in the centre of your serving dish and place the fried beef all around. Serve very hot.

Hot Pot of Mutton.

Take some mutton cutlets, remove all unnecessary fat, season well with paprika and salt and place on each cutlet a nice slice of raw mutton kidney; place them in a greased pie dish, slightly overlapping each one; sprinkle over them some finely chopped parsley and onions and place on each cut one or two oysters. Have some blanched potatoes ready, cut them out into rounds about one-half inch thick and about one and a half inches around; then arrange all the potatoes (overlapping each other) over the cutlets, pour over the whole some oyster liquor and good gravy, then place on top of the potatoes small pieces of butter and cover over with a greased paper; then place in the oven for about two and a half hours; if it gets dry add a little more gravy; when serving sprinkle over the top with some finely chopped parsley and capers; serve very hot. Any kind of fowl or game can be used the same way, only you must bone it first.

—X—

If there is not time to dry, and you must iron, say, an apron or two in a hurry, use very little water to the starch, and put the things through the wringing machine to get them as dry as you can, and you will produce a very fair result.

—X—

A housewife with a penchant for the fragrance oforris root is said to place a piece of the root in the bottom of the boiler on wash day. The delicate odor clings to the clothes even when they are dried, ironed and worn.

EDWARD DUPONT

CHEF AT THE MARRIAGGI
WINNIPEG, MAN.

Will furnish any lady with helpful suggestions regarding how to prepare the best and most appropriate menu for Suppers, Parties, Dinners, etc. When writing him please mention The Western Home Monthly.



THAT'S THE SPOT!

Right in the small of the back.
Do you ever get a pain there?
If so, do you know what it means?
It is a Backache.

A sure sign of Kidney Trouble.
Don't neglect it. Stop it in time.
If you don't, serious Kidney Troubles are sure to follow.

DOAN'S KIDNEY PILLS

cure Backache, Lame Back, Diabetes, Dropsy and all Kidney and Bladder Troubles.

Price 50c. a box or 3 for \$1.25, all dealers.

DOAN KIDNEY PILL CO.
Toronto, Ont.

WHEN WRITING ADVERTISERS PLEASE MENTION THE WESTERN HOME MONTHLY

"MARK WELL" THE NAME "SALADA"

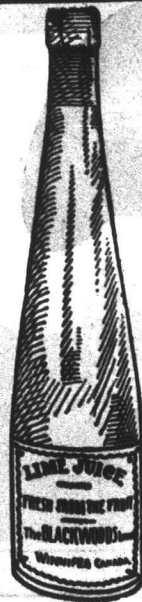
CEYLON TEA

STANDS FOR EVERYTHING THAT
IS GOOD AND PURE IN TEA

SEALED PACKETS ONLY. REFUSE SUBSTITUTES.

BLACK, MIXED OR NATURAL GREEN

HIGHEST AWARD, ST. LOUIS, 1904.



NOW IS THE TIME FOR COOLING DRINKS

Ask Your Grocer for

BLACKWOOD'S LIME JUICE
BLACKWOOD'S RASPBERRY VINEGAR
and AERATED WATERS

Absolutely Pure. Best on the Market.

THE BLACKWOODS LIMITED

WINNIPEG, MAN.



UPTON'S ORANGE MARMALADE

served with toast makes a
delicious breakfast.

Insist on your Grocer supplying Upton's

THE BEST STARCH

is none too good for the
careful, tidy housekeeper

THE BEST STARCHES

ARE **Edwardsburg "Silver Gloss"** AND

Benson's "Prepared Corn"

Remember this when buying

Edwardsburg Starch Co. Ltd.