If you do not see what you want advertised in this issue, write us and we will put you in touch with the makers.

Palmer's Summer Packs

are sometimes called plough shoes or harvest shoes because they are especially designed for wear in the ploughing and harvesting seasons.

You will not be troubled with tired, aching feet after doing a hard day's work in Palmer's Summer Packs, because they are light in weight, durable, roomy, comfortable and waterproof.

Ask your dealer for a pair of these. "Moose Head Brand" shown above is stamped on every pair.

JOHN PALMER CO., LTD.
FREDERICTON, N.B., CANADA. 34

From Dried and Canned Fruits

One is apt to forget the value of dried and canned fruits. The dried fruits are really the fresh fruits minus the water. The food value is there and if they are carefully soaked and cooked the flavor is little impaired. There are no end of nice desserts with dried fruits as a basis. They are wholesome and "patriotic" because many of them call for little or no white flour and some of them, figs and prunes for instance, are sweet in themselves and require very little sugar.

Some of the fruits available are apples, pears, peaches, prunes, apricots, raisins, figs and dates. Almost any of these may be served stewed, with a thin tapioca pudding flavored with lemon rind, or as an accompaniment to boiled rice. It is better economy to prepare enough fruit for two or more servings at one time. If there is a little of two or three kinds left combine them, put them away in a jar and they will serve as the basis for a fruit gelatin or pudding.

Date Tapioca

½ cup pearl tapioca	2¼ cups boiling water
¼ teaspoon salt	2 strips lemon rind
1 cup dates	1 teaspoon vanilla

Soak the tapioca in cold water to cover two hours, drain, put in double boiler, add the boiling water, the salt, lemon rind and the dates stoned and cut in pieces. Cook until tapioca is transparent, remove lemon rind, add one teaspoon vanilla. Serve with sugar and thin cream.

A Delicious Dessert

Bread — Fruit juice
Whipped cream

Break bread into cups or individual molds and pour fruit-juice over it until every particle is moistened. Then press down slightly and set away in a cool place. At dinner-time turn from the mold and serve with cream either plain or whipped. Although very simple, this dessert is delicious and can be made from the extra juice from any canned fruit. We like it best made from the juice of berries, as then the color is attractive also

E. M. T.

Pineapple Tapioca

For a first class dessert try this one

1 cup pearl tapioca	Juice 1 lemon
½ cup cold water	1½ cups sugar
1 can pineapple	3 egg-whites

Soak the tapioca over night in plenty of water. Drain and add cold water, the juice from the can of pineapple, and from the lemon. Then cook in a double boiler till clear. Add the sugar to this, then the pineapple, chopped fine, and lastly, pour over the egg-whites, beaten stiff. Chill and serve with cream or custard. This can be made from fresh pineapple, if stewed and not too sweet. It will serve twelve people and will keep two or three days.

An Excellent Dessert

1 pint cream	½ cup ground walnuts
White of 1 egg	12 figs
Sugar to taste	6 dates

Beat up the cream until stiff with the white of the egg, which adds to the stiffness and bulk. Sweeten the cream to taste, add the ground walnuts, the figs and the dates cut into small pieces. Mix carefully and put into a wet mold; cover tightly and pack in ice and salt. Allow it to remain so for four hours. This quantity will serve eight persons.

A Simple Dessert

Dates	Candied ginger
Sweet milk	Whipped cream

Fill individual glass dishes with dates that have been stoned and shredded. Mixing in a bit of the candied ginger. Pour a little sweet milk into each dish, set aside to cool and before serving put a little whipped cream on top of each dish.

Prune Corn-Starch Pudding

½ pound prunes	2 cups cold water
½ cup corn-starch mixed with	1½ cups boiling water
¼ cup cold water	½ cup chopped nut-meats
1 cup sugar	Lemon juice to taste

Wash prunes. Soak over night in the cold water. Boil these in the same water till soft; slip out the stones and cut prunes in quarters. Add sugar, boiling water, lemon juice; simmer five minutes, then add corn-starch mixed with cold water and boil twenty minutes longer; stir in the nut-meats. Serve cold with plain or whipped cream. This may be varied by omitting the nuts and lemon and adding a stick of cinnamon. Remove cinnamon before chilling.

Prune Jelly

Steam half a pound of prunes. Then stone them and place in a circular mold. Make a jelly from a cupful of boiling water, the juice of two oranges, one tablespoonful of gelatin, one cupful of grape-juice and a cupful of sugar. Pour this over the prunes, and put on ice to cool. When ready, turn out and fill centre with whipped cream.

Black Eyed Susan

2½ cups milk	3 tablespoons currants
¼ cup sugar	1 cup brown bread crumbs
¼ teaspoon cloves	¼ teaspoon cinnamon
2 eggs	¼ teaspoon nutmeg
1 tablespoon melted butter	Salt
½ cup raisins	

Put the milk in a double boiler and bring to the scalding point. Pour milk over the bread crumbs and let stand until the mixture cools, then add the sugar mixed with the spices and the salt, the eggs slightly beaten, the melted butter, the raisins and currants; turn into a buttered pudding dish and bake in a moderate oven about fifty minutes. Serve hot with sugar and thin cream.

Peach Short Cake

This may be made of either canned or dried peaches. If the dried peaches are used, soak and cook them as usual. Make a very plain cake, using part Graham instead of white flour; split the cake and put sliced peaches between the layers, cover with whipped cream and garnish with more peaches. Be careful in preparing the peaches not to get them too sweet.

Apples With Prunes

Soak the apples and prunes in separate dishes over night. In the morning put on the stove and simmer each very slowly for an hour. Then add prunes to apples and simmer together until done. Raisins or dates may be used instead of prunes.

Dried Apple Fruit Cake

2 cups apples, soaked 10 hours	1 teaspoon cassia
2 cups molasses	1 teaspoon allspice
1 cup fat	1 teaspoon cloves
1 cup milk	3 teaspoons baking powder
½ cup sugar	3 eggs
3 cups flour	½ pound raisins

Simmer the apples in the molasses until dark. Cool and add the other ingredients in order given. Bake two and one-half hours in a slow oven.

Prune Souffle

2 cups stewed prune pulp	Juice of 1 lemon
	½ cup of sugar
	Whites of 4 eggs

Whip whites of eggs until stiff. Beat in sugar, lemon juice, and add prune pulp. Turn into an oiled baking-dish, bake in brisk oven ten minutes. Serve with whipped cream substitute—a sliced banana whipped into the white of one egg.

Skillet Apples

Soak dried apples over night. Place one teaspoon of drippings in skillet and saute apples. Sprinkle with sugar and a little flour and serve them thoroughly browned. These are nice with meat.

Apple Roly Poly

Make a sweet biscuit dough. Roll this and spread with a layer of apples soaked over night. Sprinkle with sugar, a little butter, and spice, and roll like jelly-roll. Bake one hour in moderate oven.

Fig Pudding

3 ounces beef suet	¼ teaspoon salt
2½ cups stale bread crumbs	½ pound figs
	½ cup milk
2 eggs	¾ cup sugar

Put the suet through the chopper three times, then work with the hands until creamy. Put the figs through the chopper and work in with the suet until well blended. Soak the bread crumbs in the milk, add the eggs, sugar and salt. Combine the mixtures, butter individual molds, and garnish bottom of each with thin strips of figs radiating from the centre. Fill the molds two-thirds full and steam one and one-half hours. If this is steamed in a single mold the time required to steam is three hours. Serve with foamy sauce.

Foamy Sauce

1 egg (yolk)	Grated lemon rind
1 teaspoon cornstarch	White 1 egg
¼ cup powdered sugar	½ teaspoon vanilla
¼ teaspoon salt	1 tablespoon lemon juice
½ cup milk	

Beat the yolk of the egg until thick and lemon colored, add half a cup of the powdered sugar, beating constantly. Mix the remaining powdered sugar with the corn-starch and salt, and pour on grade-