

Conservation Recipes

THE following recipes took third prize in the conservation contest. Some who would have been in the running for third prize were disqualified by signing only initials and not the full name.

Rolls Oat Scones

4 cups rolled oats 1 cup white flour
1 teaspoon salt 1 teaspoon soda
1 tablespoon lard 1 cup butter milk

Put the rolled oats through the food chopper. Mix the other ingredients and make into a soft dough with sour or buttermilk. Bake in a quick oven.

Date Pudding

2 cups bread crumbs 1/2 cup milk
1 1/2 cups meat 1 cup flour
2 tablespoons brown sugar 2 cups dates
2 teaspoons baking powder salt

Mix the bread crumbs, flour, suet and dates and cut in small pieces. Add sugar, salt and baking powder. Moisten with two eggs beaten in a little milk. Put into well buttered bowl and steam from three to six hours. Serve hot with cream or any desired sauce.

Fish Cakes

1 tin flaked haddock or other fish 1 cup mashed potatoes
Salt and pepper 1 egg

Mix well, make into little cakes, dip in beaten egg, roll in crumbs and fry.

Mrs. W. M. C.

Oatmeal Bread

6 cups rolled oats 2 cups Graham flour
1 1/2 cups brown sugar 2 tablespoons baking
1 teaspoon salt syrup
1 teaspoon yeast 1 pint cake
2 tablespoons melted butter 6 cups water

Disolve yeast cake in one and one-half cups of warm water. Add enough white flour to make a batter. I do this about five o'clock and then it is light by ten. Scald the rolled oats with four cups of boiling water, then add sugar, syrup and butter. Add two and a half cups cold water, two cups Graham flour, and when cool enough add your batter and let rise over-night. In the morning add salt and I sometimes add a package of seedless raisins. Knead stiff with white flour, let rise again and when light put in pans and bake. This should make six good sized loaves.—Mrs. J. G. R.

Hot Pot

1 chicken 8 large potatoes, sliced
2 cups dried raw ham 3 onions sliced

Cut up chicken and boil till nearly tender. Put into a deep baking dish a layer of chicken, one of ham, one of onion and of potato. Repeat, pour over the water the chicken was boiled in, seasoned with salt and pepper. (This may be done on Saturday and set aside). Bake one and a half hours.—Mrs. O. H.

Maple Mousse

1 cup maple syrup 1/2 pint cream
4 eggs 1/2 cup walnuts

Heat the syrup and with the egg yolks make a thick custard. Cool it. Then add cream beaten, whites beaten and nutmeats broken. Place in mould and freeze.—Mrs. J. R. W.

Graham Gems

1 cup sweet milk 3 teaspoons baking
2 tablespoons melted powder
butter A little salt
1 egg 2 1/2 cups Graham flour

Bake slowly in gem pan.—E. E. W.

Baked Rice and Cheese

1 cup uncooked rice 1 cup milk
4 cups of milk or 1/2 pound cheese grated
3 cups cooked rice (this will be 2 cups)
2 tablespoons flour 1/2 teaspoon salt

If uncooked rice is used it should be cooked in three cups of the milk. Make a sauce with one cup of milk, add the flour, cheese and salt. (Recipe for sauce is given below). Into a buttered baking dish put alternate layers of the cooked rice and the sauce. Sprinkle top with bits of butter and bake until nicely browned. Cheese requires a very short time of cooking and should be done at a low temperature in order to be most digestible.

Sauce Recipe—Thicken one cup of milk with the two tablespoons of flour. Add grated cheese and salt, stirring until cheese is melted.—Mrs. J. R. W.

Split Pea Soup—To Save Beef

1 cup split peas 2 quarts water
1 large onion 2 eggs
A little flour Pork dripping or butter
Salt and Pepper

Put the peas on to boil in the water,

using soft water if possible. Boil for three or four hours, adding onion last hour. Mix the beaten eggs stiff with flour, cut in fine strips, add to pea mixture, boil 20 minutes. Season with pepper, salt and pork dripping or butter.—Mrs. J. H. S.

Brown Bread

1 cup corn meal 2 cups sour milk
1 cup fine oatmeal 1/2 cup molasses
1 cup Graham flour 1 teaspoon soda
1 teaspoon salt

Mix thoroughly and steam in buttered mold three hours, bake 30 minutes in slow oven.—Mrs. J. H. S.

Graham Cracker

1/2 cup shortening 1/2 cup shortening
1/2 cup brown sugar 1 pinch salt
1 quart Graham flour Sweet milk
2 teaspoons baking powder White flour to roll out

Mix ingredients, wet with milk and roll very thin, using white flour to roll out.—Mrs. E. E. W.

Timbales—Beefless

1 cup cold cooked 2 egg whites
chicken 1/2 cup strained tomato
1 cup bread crumbs Salt, pepper
Celery salt

Cook tomatoes and bread crumbs until soft, add meat and seasoning. Fold in the well-beaten egg whites. Bake in molds set in pan of hot water for 20 minutes. Serve with tomato sauce if desired.

Vegetable Pie

1/2 pound carrots 1 teaspoon butter
1/2 pound onions Pepper and salt
1 small cauliflower 1/2 pound turnips
2 large tomatoes or 1/2 pound potatoes
1/2 cup minced tomatoes 1 teaspoon herbs
1 hard boiled egg 1 tablespoon sage

Wash and prepare the vegetables. Cut in pieces the size of nuts, if fresh tomatoes are used, scald and skin them. Let the vegetables stew gently with the butter and one pint of water until nearly tender. Add herbs and seasoning. Pour into pie dish, sprinkle sage between the layers and more water if necessary. Put the cut up eggs on top and cover with a crust. The cauliflower is not absolutely necessary. Cooked haricot beans, lentils, green peas, French beans may be used, and tapioca or vermicelli substituted for the sage. Mrs. M. B.

Johnny Cake

1 egg 2-3 cup cream, sour or
1 teaspoon salt sweet
2-3 cup milk 1 cup cornmeal
1 1/4 cups flour 2 teaspoons baking
1 tablespoon sugar powder

If the cream is sour add one-third teaspoon soda; more cornmeal and less flour can be used if desired. It can be made without the egg and lard or any other shortening be used in place of the cream. Beat the sugar and egg together, mix soda in a little hot water and add sour cream, beat all well, add milk and salt, then cornmeal and flour and baking powder. Put in a greased pan and bake in a moderately hot oven. Serve with maple syrup or any other kind of syrup. This is nice for breakfast or supper.—Mrs. G. G. M.

Meat Roll

1 cup flour 1 1/2 cups minced meat
1/2 cup shortening Pinch of salt
Stock or gravy

Rub the shortening in the flour, add salt and sufficient cold water to make a soft dough. Roll out as thin as possible, spread with the minced meat moistened with stock or tomato, and roll up as for jelly roll. Bake in a hot oven for half an hour. Serve with mashed potatoes.—Mrs. F. R. S.

Sago Pudding

2 ounces sago 1 teaspoon baking
1/2 cup potato flour powder
1/2 cup raisins 1/2 cup currants
1 teaspoon syrup 1/2 teaspoon salt
1 teaspoon butter Milk

Soak sago over night, strain, add the butter warmed, the potato flour, salt, baking powder, raisins, currants, syrup and sufficient milk to make a stiff batter. Put in greased pan and steam two hours.—Mrs. R. C. M.



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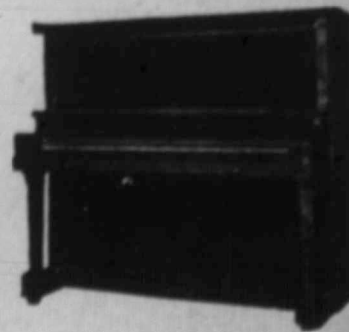
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