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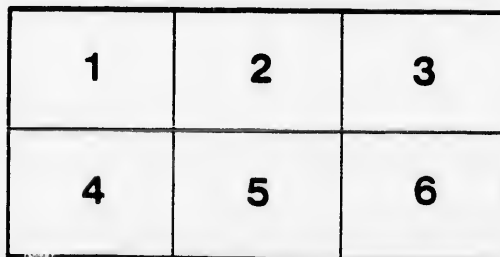
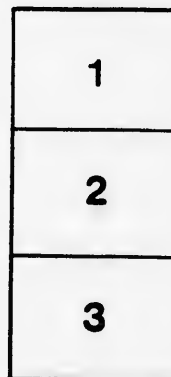
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Cod Liver Oil

1 pt - brandy

1 pt - cod liver oil

1 pt - cream (sweet)

whites of 15 eggs beaten to a stiff froth

1 pt - lime water. flavoring.

Mother Seigel's Syrup

25 worth Essence of ginger

" " " " Cayenne

5 " " Hira Pica Mixture

1 stick Licorice

½ cup brandy

Put all together with 2½ cups water and boil 90 minutes

Add brandy when cold.

Dose 1 tea spoonful or less in a little sweetened water.

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## Parry Sound Baptist Church

*(Erected in 1889 at a cost of \$6,200.)*

---

*Note.*—An indebtedness of \$2,500.00 still remains upon the building. The B.Y.P.U. of the church have undertaken to pay off this debt and the publication of this Cook Book is one of the enterprises adopted to raise the amount.

Our Young People have also pledged themselves to raise \$240.00 yearly by subscription.

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out of Bad Marketing."

---

... THE ...

# B.Y.P.U. COOK BOOK

A  
SELECTION  
OF

## TESTED RECIPES

PREPARED  
BY THE LADIES  
OF THE

Parry Sound Baptist Church

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## Preface

---

In presenting a Baptist Young People's Union Cook Book to the Public, the Committee of Management do not claim to be expert cooks, nevertheless we do claim to be offering a first-class up-to-date Cook Book.

Our claim is not based on our ability or our experience in cooking, but upon the ability and experience of the house-keepers of Parry Sound and vicinity who have contributed the recipes.

It is not to be expected that any Cook Book, however complete it may be, can of itself make a good cook. Success in properly preparing and using all the ingredients, care in always selecting fresh materials, and careful compounding, are all as necessary in cooking as is the knowledge of what to use, all of which can only be obtained by experience and a careful attention to detail.

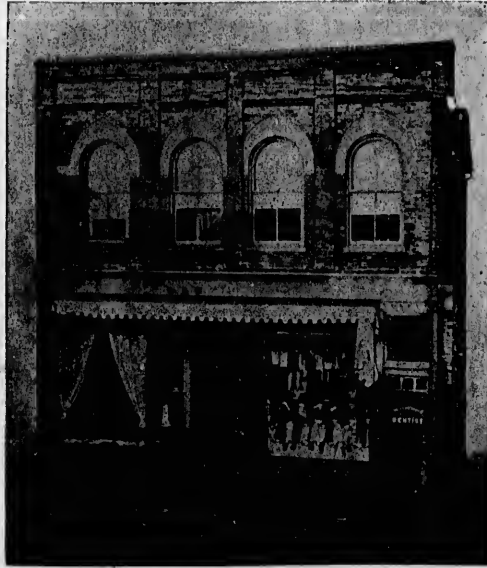
We are offering to the Public only Recipes that have been tried, tested, and found excellent in every respect. They have been collected only at the expense of a great deal of effort and time on the part of the collectors, and we wish here to acknowledge our obligations to the workers and contributors, and to all who have encouraged us, as only through these favors and kindnesses have we been able to issue this book.

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## Soups

---

"Soup rejoices the stomach, and disposes it to receive and digest other food."—Brilliat Savarian.

### Tomatoo Soup

One can of tomatoes, two cups of boiling water, butter, pepper and salt to taste, one half teaspoon soda; add milk while effervesing. Roll four or five biscuits and add to the soup, let come to a boil and serve immediately.—Mrs. W. H. Bundy.

### TOMATOO SOUP, No. 2.

Take one quart of fresh or canned tomatoes, put over stove, and into this put one pint water, one onion chopped fine, and let boil twenty minutes, then put one tablespoon of butter, salt and pepper to taste, add one quart fresh milk and serve at once. One bunch of celery chopped fine may be used instead of the onion and called tomatoo-celery soup. The recipe may be used without milk by adding a quart of water, and smoothing two tablespoons of flour in a little water, and letting all boil a little longer. If desired, after the tomatoes are cooked they can be put through a strainer, and then the milk and other ingredients added. Pea, bean and corn soup may be made in the same way by cooking a little longer, put through a strainer, set on the fire again, and the butter, salt, pepper and milk added.—Mrs. A. F. Cobb.

### TOMATOO SOUP, No. 3.

One quart of milk, one pint can of tomatoes, one large tablespoon of butter, one teaspoon sugar, quarter tablespoon soda, two teaspoons flour; put tomatoes on to stew fifteen minutes, put milk on to boil in a farina boiler, put butter in flour, add to the milk when boiling and stir constantly till it thickens. If you are ready to use the soup add sugar and

soda to the tomatoes, and then the boiled milk; stir and serve immediately. Let stand separate till ready for using.—Mrs. Morrow.

#### TOMATOE SOUP, No. 4.

Boil chicken or beef, then strain, add to the soup one can of tomatoes, and boil one hour. This will make four quarts of soup.—Mrs. Fred Hutchins.

#### Potato Soup

Three medium sized potatoes, one teaspoon chopped onion, two salt spoons celery salt or three stalks celery, one teaspoon salt, a little white pepper, one teaspoon of flour, two teaspoons butter, one pint milk; pare and boil potatoes. Cook the onion and celery with the milk, with which make a white sauce by adding the flour and butter. When the potatoes are done drain and mash thoroughly, add the sauce and flavoring, strain all through a soup strainer, and set back over the fire in a double boiler, and when hot serve. More milk may be added if too thick.—Miss Haines.

#### POTATO SOUP, No. 2.

Thinly slice enough potatoes to make one pint, with one to four small onions for flavoring, and boil in one quart of water until perfectly tender, add one pint of rich milk, and season with salt and pepper to taste. Serve hot. The potatoes and onions may be skimmed and rubbed smooth through a colander.

#### Asparagus Soup

Wash two bunches of fresh asparagus carefully and cut into small pieces. Put to cook in a quart of boiling water, and simmer gently until perfectly tender, when there should remain about a pint of the liquor. Turn into a colander, and rub all through except the hard portion. To a pint of asparagus mixture add salt and one cup of thin cream and a pint of milk; boil up for a few minutes and serve.—Mrs. Cobb.

#### ASPARAGUS SOUP, No. 2.

Make a soup on the same plan as white soup. Add to this soup one half a can of asparagus, or if in season, the tips of one bundle of fresh asparagus, cut in pieces one inch long, and previously boiled in salted water. Then add a little cream and serve very hot.—Miss V. Purvis.

### Rice Soup

Take a piece of beef suitable for boiling, wash and place in stewpan on the fire, cover with cold water, let cook for one hour, add salt, pepper and sage to taste, and half a cup of rice; let cook for another hour, adding hot water when necessary. After removing the meat add a tablespoonful of flour, stirred smoothly in a little cold water.—E. A. Govier.

### Oyster Soup

Strain the liquor from two quarts of oysters and put in a kettle, heat half a gallon of new milk, season with salt and pepper, rub three ounces of butter in a little flour, stir into the milk, add the liquor, stir well and pour in the oysters, and let it come to a boil.—Selected.

#### OYSTER SOUP, No. 2.

Take one quart of water, one teacup of butter, one pint of milk, two teaspoonsful of salt, four biscuits rolled fine, and one teaspoonful of pepper, bring to full boiling heat as soon as possible, then add one quart of oysters. Let the whole come to a boiling heat quickly, and remove from fire.—Mrs. Hutchins.

### Beef Soup

Take sufficient soup stock, boil onion, carrot, potatoes and vegetables to suit taste in a little water, and strain into the soup stock; add salt, pepper, etc., to suit.—Mrs. C. E. Pratt.

### Cheese Soup

Two cups grated cheese in soup, one slice toast well browned, cut in small pieces, placed on cheese. Now take one large onion, fried till brown, and to this add one quart of boiling stock; pepper and salt; serve immediately.—Miss Fanny Vankoughnett.

### Clam Soup

There is a secret about preparing this soup that is not generally known, viz.: If a dozen clams are simmered for fifteen minutes in their own liquor all the good may then be pressed out of them in a lemon squeezer. This is proved by the dryness of the clam after the process, for it is then only

fit to be thrown away. After rejecting the well-squeezed clam the remainder is to be added to a sauce made as follows:— Into a pint and a half of boiling milk stir a dessertspoonful each of flour and butter well blended together, stir until it is smooth, add the clam juice, stir well again, remove to a cooler part of the range, and after removing to send to table, stir in the beaten yolk of an egg that has been mixed with quarter of a cup of hot soup. The egg will curdle if allowed to boil. No salt is needed with clams, but a little white pepper and mace may be added if liked. If a cupful of the above puree is saved it is excellent to use between the layers of scalloped clams.—Emily Ford.

### Turkey Soup

Take the turkey bones and cook for one hour in water enough to cover them, then stir a little of the dressing and a beaten egg. A little chopped celery improves it. Take from the fire, and when the water has ceased boiling add a little butter, with pepper and salt.—Mrs. C. E. Pratt.

#### TURKEY SOUP, No. 2.

Take the turkey bones and cook for one hour in water enough to cover them, then stir in a little dressing and a beaten egg; take from the fire, and when the water has ceased boiling add a little butter with pepper and salt.—Mrs. Fred Hutchins.

### Vegetable Soup

One turnip, one carrot, one onion, the corn off two ears of corn, two tomatoes, two potatoes, a small piece of cabbage, half a stick of celery, half a green pepper, chop all vegetables very fine and boil in as little water as possible till tender, then add one quart brown stock soup, with pepper and salt to taste.—Miss Fanny Vankoughnett.

### Green Corn Soup

Cut corn from cobs, and boil half an hour in enough water to cover them. Take out the cobs, put in the corn and boil twenty minutes. To one quart corn and water add one pint milk; salt and pepper to taste, a spoonful of butter and a very slight thickening of rice flour or cornstarch.—Miss V. Purvis.

### Green Pea Soup

One quart green peas, cooked and put through colander; put one pint milk, two tablespoons butter, one tablespoon flour smoothed in a little milk, in a double boiler; when boiling add the peas, pepper and salt, and half a pint of cream; serve quickly.—Miss Fanny Vankoughnett.

### Pea Soup

One pint peas, one pint water, one pint milk, one teaspoon each sugar and salt, one pinch pepper; add binding of butter and flour. You can make potato, bean, squash, celery, and various soups the same way. Binding means to let the butter come to a sizzle on the stove, and stir in the flour.—Miss Gillespie.

### Beef Soup Stock

Take a shank of beef and cut the meat in fine pieces, take out the marrow and with a piece of butter put into a kettle, put over the fire and when hot add the meat and cook till brown, then add the bones and sufficient hot water to cover; boil four hours, strain, and set away to cool.

### Soup Stock

To make a good soup stock, trim meat off bones and let it come to a simmer. Boil slowly as long as you can. Add meat which has been soaked in cold water, also add the water. Let boil until meat is well boiled.—Miss Gillespie.

### Brown Soup

One pound of meat and bone to a quart of cold water; soak half an hour, then let slowly boil; one tablespoon each of carrots, turnips and celery, three pepper-corns, two allspice berries, two cloves and summer savory, thyme, bay leaves, sweet basil; one teaspoon of these mixed herbs to a quart.—Miss J. Adair.

### Cornlet Soup

One can cornlet or six ears of grated corn. Put one quart milk in a double boiler, add two tablespoons corn starch; when thoroughly cooked add the cornlet or grated corn, one tablespoon pepper, and salt to taste, one tablespoon chopped parsley, cook fifteen minutes.—M. F. V.

### Corn Soup

Three pints of milk to one can of corn, one tablespoon butter, four rolled soda biscuits, pepper and salt to taste.—Mrs. Brunton.

### Fishermen's Soup

Put a quarter of a pound of butter into a stewpan, and when melted add six ounces of flour, stir well together over a slow fire a few minutes; when cool add one quart of milk and two quarts of stock, stir over a fire till boiling, having previously fillited two small fish; add the bones and trimmings to the soup with four cloves, one blade of mace, two bay leaves, one spoonful of essence of anchovies, one ditto of Harvey sauce, half a saltspoon of cayenne, a little sugar and salt if required; let the whole boil quickly for ten minutes, keeping it well skimmed. Cut each fillit of fish into six pieces, put them into another stewpan with half a handful of picked parsley, pass the soup through a half sieve, boil again ten minutes, add about half a pint of cream if possible, and it is ready to serve.—Mrs. Mary Bate.

### Ox-tail Soup

Cut up two ox-tails, separating them at the joints; put a small piece of butter at the bottom of a stewpan, then put in the ox-tails, with a carrot, a turnip, three onions, a head of celery, a leek, and a bunch of parsley, thyme and bay leaf; add half a pint of water and twelve grains of whole pepper; set over a sharp fire, stirring occasionally, until the bottom of the stewpan is covered with a thickish brown glaze; then add a quarter of a pound of flour, stir it well in, and fill up the stewpan with three quarts of water; add a tablespoon of salt and stir occasionally till boiling, then set upon the corner of the stove, skim well; add a gill of good brown gravy, or a few drops of browning, and let simmer until the tails are stewed very tender, the flesh coming easily from the bones, then take them out immediately and put them into your tureen; pass the soup through a hair strainer over them, add a head of celery, previously cut small and boiled in a little stock, and serve. Ox-tail soup may also be made clear by omitting the flour, and serving with vegetables as directed for the clear vegetable soup.—Mrs. Bate.

### Celery Soup

Take a chicken, boil it all to pieces, and strain. The next day put into it pieces of celery; simmer till thoroughly cooked, then add a cup of cream or milk; thicken it with a little rice flour; add pepper and salt.—Miss V. Purvis.

### Tapioca Soup

Two tablespoons tapioca boiled in water; add soup stock when tapioca is cooked. Make a binding.—Miss Adair.

### Cream Pea Soup

One can green peas, one pint water, half pint scalded milk, one tablespoon butter. Cook peas well and mash; make a binding of butter and flour, and stir into soup just before serving; season to taste.—Mrs. J. A. Rutledge.

### Bean Soup

Take one pint of beans, parboil and drain off the water, adding fresh water. Never put cold water upon beans which have been once heated, as it hardens them. Boil until perfectly tender, season with pepper and salt, and a piece of butter the size of a walnut, or more if preferred. When done skim out half the beans, leaving the broth with the remaining half in the kettle; now add a teacup of sweet cream or good milk, a dozen or more of crackers broken up, let it come to a boil, and you have a dish good enough to offer a king.—Mrs. J. A. Rutledge.

---

“Soups prepared from grains, legumens and vegetables are so largely composed of food material that it is important that they be retained in the mouth long enough for proper insalivation, and in order to insure this it is well to serve with the soup croutons, prepared by cutting stale bread into small squares or cubes, and browning thoroughly in a moderate oven. Put a spoonful or two of the croutons in each plate, and turn the hot soup over them. This plan also serves another purpose—that of providing a means whereby the left-over bits of stale bread may be utilized to advantage.

"But we that love, but we that prove  
 "Thine excellence" sang Kipling -  
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## Fish and Shell Fish

---

"These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat."

### Baked Canned Salmon

Take small can salmon, chop fine and put in an earthen dish. Take one pint sweet milk, and when hot take two table-spoons of flour that has been mixed smooth with cold milk, put into the hot milk and let boil till it thickens; add to this a small piece of butter, some pepper and salt, and about two table-spoons of celery chopped very fine, mix all into the salmon and bake half an hour.—Mrs. Cobb.

### Stewed Codfish

Use a thick piece of the salt fish, lay it in cold water for a few minutes, shred it in small bits, put over the fire in a stewpan with cold water, let it come to a boil, turn off the water, add one pint rich milk, place again over the fire, and let boil slowly five minutes; add a piece of butter and a little pepper, and thicken with a little flour mixed with some cold milk, stir a little longer, then stir in a well beaten egg. Nice for breakfast.—Mrs. M. A. Converse.

### Fish Balls

Take one box shredded codfish, eight boiled potatoes medium size, and three raw onions chopped fine; if the flavor is not liked so strong use less onion and more potato; mix all together, add one egg, a tablespoon of butter, four table-spoons milk, a little pepper and sage, if liked, form into cakes and fry in nice pork fat, using the scraps as a garnish. This recipe makes a baker's dozen of very nice fish cakes, and is an economical breakfast.—Mrs. J. Calder.

### Salmon Balls

Potatoes mashed, a little salt and pepper, cracker crumbs and salmon made into balls and fried in butter.—Mrs. H. S.

### Fish Puffs

Remove all the skin and bones from a pound of any kind of cold fish, chop fine, mix with equal parts of mashed potatoes, season highly with salt and pepper, add one egg well beaten, form in small balls, roll in flour and fry brown in boiling lard; serve hot with walnut pickles.—Mrs. B. Slade.

### Boiled Whitefish

Lay the fish open, put in a dripping pan with back down, nearly cover with water; to one fish put two tablespoons of salt, cover tightly and simmer (not boil) for half an hour, dress with gravy, butter and pepper, garnish with sliced egg. For sauce use a piece of butter the size of an egg, one tablespoon of flour, half a pint boiling water, boil a few minutes, and add three hard boiled eggs sliced.—Mrs. J. Tuck.

### A Nice Way to Utilize Pieces of Left Over Fish

Pick over nicely very small, be sure all the bones are removed, then cook in a little milk with butter, pepper and salt till all are well mixed and thickened, put into a baking dish, sprinkle with fine bread crumbs and little pieces of butter, set in hot oven and brown nicely.—Mrs. Frank Halliday.

### Baked Boers

Dress your fish nicely, salt to taste, lay it out flat in a well greased dripping pan, leaving flesh side up, scatter small pieces of butter on fish, then bake until done, from twenty minutes to half an hour, according to size of fish, then pour over the fish a cupful of sweet cream, and return to oven until nicely browned; a very hot oven is required.—H. C. M.

### Gaspe Codfish

Shred the fish, cover with cold water and let stand for a time; when ready prepare it, pour off water and cook for three or four minutes in fresh water, pour this off and add a pint of rich milk, make a white sauce, cook thoroughly; when ready to take from the fire, add a thoroughly beaten egg.—Mrs. J. L. H.

### Salmon Croquettes

Take one small can of salmon, two eggs, butter size of an egg, two tablespoons of rolled crackers, one teaspoon salt, half a teaspoon pepper, beat all together, make into small cakes, and fry in hot lard.—Mrs. M. A. Converse.

### SALMON CROQUETTS, No. 2.

One can salmon, three tablespoons cream, one egg, two medium sized fresh boiled potatoes mashed, half tablespoon butter, pepper and salt to taste, mash all together with a fork, form in little patties, roll in flour, and fry till brown.—Miss F. Vankoughnett.

### Creamed Oysters

Make a cup of thick white sauce, season with salt, pepper, celery salt and mac, wash and drain one pint of oysters, drop them into a little of their own liquor, and boil one minute, skip, strain and add to the white sauce, make quite hot, or boil, one or two minutes, and serve either on toast or pastry shells, or small individual dishes.—Miss Haines.

### Fried Fish

After having removed the backbone, cut the fish in pieces and roll in flour, with salt and pepper in flour, and fry in plenty of butter until a nice brown. Have butter hot before placing fish in frying pan.—Selected.

### Clams

Wash, put in boiling water, and cook until the shells crack open, when they are done.—Selected.

### Boiled Fish

Quart of water with a tablespoon salt for a large fish, put the fish in a cloth and boil for three-quarters of an hour.

#### SAUCE FOR ABOVE

A pint and a half of new milk, a piece of butter size of an egg, half teaspoon salt, a little pepper, and two beaten eggs; thicken with two tablespoons of flour, pour over fish and serve hot.—Mrs. J. F. Wiggins.

### To Fry Shad

Clean, wash, wipe dry, sprinkle with salt and pepper, dip in flour, and fry in hot lard.—Selected.

### Oyster Patties

Make a shell of puff-paste and partly bake, shake oysters, seasoned, in a double boiler until heated through, put one oyster in each shell and return to oven for a few minutes. Serve hot.—Mrs. Hymers.

### Salmon Loaf

One can salmon, remove all bones and chop fine, two eggs, three crackers rolled fine, salt and pepper to suit the taste, a piece of butter the size of an egg, bake twenty minutes.—Mrs. W. G. McDonald.

### Lobster or Salmon Cutlets

Take two good sized lobsters, weighing together about three pounds, boil and remove the shell, save the coral, chop the meat thoroughly, add to it one big cup bread crumbs and heaping tablespoon butter, mix thoroughly, and add a scant teaspoon salt, half saltspoon mustard, half saltspoon pepper and red pepper; make a stiff paste of the mixture by adding sufficient white sauce; shape into cutlets, brush with beaten egg, roll in bread crumbs and fry. Serve with a rich white sauce, to which has been added the coral beaten to a smooth paste; garnish with parsley.—Miss Haines.

### Baked Bass

Take a three pound bass, remove all bones, cut in squares and put in a flat bowl, sprinkle with pepper and salt, add two teaspoons butter on top, one pint mushrooms stewed in one pint water till tender, then pour over the fish, cook in a moderate oven for half an hour; or when done add two tablespoons flour in liquid, and serve on platter.—Miss Fanny Vankoughnett.

### Baked Fish

Select a perfectly fresh properly dressed fish, rinse thoroughly and wipe dry, fold it together and place in a dripping pan with a cup of boiling water, cook slowly and steadily until tender. A fish weighing three or four pounds will require at least two hours. If desired a fish may be lightly dredged with flour toward the last as it begins to brown.—Selected.

### Fish Turbot

One cup cold boiled fish, three-quarter cup cream or milk heated, one tablespoon butter and one tablespoon of flour rubbed together and stirred in boiling cream, season with salt and pepper and chopped parsley, add fish. Butter a baking dish and line with crumbs, put in fish and bake in oven about twenty minutes, or until a light brown.—Mrs. C. E. Pratt.

### Boiled Salt Mackerel

Soak the fish over night, place in cold water, let simmer for about fifteen minutes; when done remove and pour over it butter and cream.—Mrs. M. D. A.

### Fish Croquettes

One cup thick white sauce to one pint chopped meat or fish, stir meat into sauce, add bread or soda biscuit crumbs until thick enough to shape with the hands, shape into balls, flatten, roll in beaten egg and then in crumbs, fry in oven. White sauce is made as follows:—One tablespoon butter, one tablespoon flour, quarter teaspoon salt, half saltspoon pepper, one cup scalded milk; melt butter, rub in flour, and add milk and seasoning.—Mrs. Banks.

### Scalloped Oysters

One pint oysters washed and drained, third cup melted butter, one cup stale bread or cracker crumbs tossed in the melted butter; butter a shallow dish, sprinkle in a thick layer of the crumbs, then a layer of oysters; season with salt and pepper, add lemon juice or mace as may be preferred, add another layer of crumbs, oysters, etc., until they are all in, finishing with crumbs on top; bake in hot oven twenty minutes.—Miss Haines.

#### SCALLOPED OYSTERS, No. 2.

One quart of nice large oysters, drain through colander until all juice is off, butter an earthen dish and sprinkle with cracker crumbs, then a layer of oysters, butter, pepper and salt; keep doing this until your dish is full, beat an egg until light, add a cup of milk, pour this on top, put in the oven and cover for one hour and a half, then set for ten minutes on top grate and brown nicely.—Mrs. Butt.

### Salmon Rolls For Tea

One tin of salmon, eight crackers, two eggs, half cup of sweet milk, half teaspoon salt, pepper and melted butter, roll crackers fine and mix with a spoon, then form in long shaped rolls with your hands, and fry brown in dripping or butter.—Mrs. W. R. Foot.

### Boiled Pike

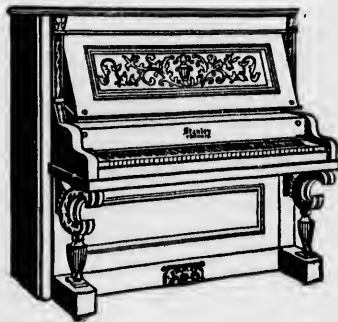
Quarter of a pound of salt to each gallon of water; a little vinegar—seasonable from September to March. Method—Scale and clean the pike and fasten, put it on the fire, and when it simmers throw in the salt and vinegar; a medium sized pike will take about half an hour. If the water is allowed to pass beyond the most gentle simmer possible the fish will be spoiled. Serve with anchovy sauce and melted butter. Time—According to size, from half an hour to one hour.—Selected.

### Fried White Herrings

Clean and scale the fish and dry them, fry with butter and garnish with parsley.—C. M. A.



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## Meats

"Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, these shall ye eat."

### Meat Turnovers

One eggcup sweet milk, flour to make a thin batter, chop meat very fine and flavor with pepper and salt, make a pancake, cook on one side, turn over, and while cooking on the other put meat on top, turn the cake half over and serve hot.—Miss Haines.

### Meat Omelette

Chop very fine about a pint of cold meat, to this add one onion chopped fine, pepper and salt, and two eggs, mix all together nicely, then take a tablespoonful, flatten out, put in cracker crumbs, and fry on a porcelain dish and roast in oven.—Mrs. W. H. W.

### Beef Croquettes

Chop the bits of beef very fine, to one cup of chopped meat add one half cup of biscuit crumbs, one egg, a little mustard, one half teaspoon salt, pepper and melted butter, a little milk to make hold together, make into cakes and fry in lard.—Mrs. W. H. Bundy.

### Curried Mutton Chops

Two lbs. of mutton chops, cut off most of the fat, slice two onions in your saucepan with two ozs. of butter, when soft add one tea cup of milk and one pint of water or just enough to cover your mutton chops; let simmer for an hour, then add pepper and salt with a teaspoonful of curry. If tender lift out your chops in your dish, thicken the gravy with a little corn flour; put toast around and serve very hot.—Mrs. W. R. Foot.

### Oyster Dressing for Turkey

One loaf of bread crumbled, season with pepper and salt, two-thirds of a cup of melted butter, stir well through the crumbs, add one quart of well drained oysters, mix carefully through the crumbs so as not to break them, pack closely in the turkey.—Mrs. Beveridge.

### Beefsteak Loaf

Two lbs. of beefsteak, three eggs, seven tablespoonfuls milk, two teaspoonfuls of salt, one of pepper, and a piece of butter the size of a small egg; mince the beef finely, roll eleven or twelve crackers, and mix all to form a loaf; bake for an hour and a half and baste with butter and a little pepper.—Mrs. W. R. Foot.

### Jellied Tongue

One large boiled tongue cold, two ounces of gelatine stirred in a cupful of water, a cupful of browned veal, a pint of liquor in which the tongue had been boiled, a tablespoonful of burnt sugar, dissolved in cold water, add the dissolved gelatine and mix well, then the boiling water and strain through flannel, cut tongue in slices as for table.—Mrs. Knifton.

### Spice Cake

One cup brown sugar,  $\frac{3}{4}$  cup butter, fill up with buttermilk, 1 egg,  $1\frac{1}{4}$  cups flour, 1 small teaspoon of soda,  $\frac{1}{2}$  teaspoon cream tartar, 1 dessert spoon of cinnamon, cloves, allspice and nutmeg.—Mrs. D. F. Macdonald.

### Roast Beefsteak

Prepare a dressing as for goose, then sprinkle bits of butter over the bottom of a roasting pan, then lay a layer of well pounded steak, then a layer of dressing, repeat and end with dressing, drop bits of butter all through it so as not to have it dry.—Mrs. E. Shropshire.

### Beef Loaf

Three and one-half pounds round steak chopped fine, one cup milk, one teaspoon of pepper, one teaspoon salt, one cup rolled crackers, two eggs, piece of butter the size of an egg, bake three hours and a half.—Mrs. Cobb.



### Beef Patties

Chop fine some cold beef, beat two eggs and mix with the meat, add a little milk, melted butter, salt and pepper, make into rolls and fry.—Mrs. Maxwell.

### Fried Venison

Cut venison thin, dip in egg well-beaten, roll in fine biscuit crumbs, fry very slowly until nicely browned.—Miss Prentice.

### Rice and Meat Croquettes

One cupful of boiled rice, one cupful finely chopped cooked meat (any kind), one teaspoonful salt, a little pepper, two tablespoons of butter, half a cupful milk, one egg. Put the milk on to boil and add the meat, rice and seasoning. When this boils add the egg, well beaten, stir one minute. After cooling, shape, dip in egg and crumbs and fry.—Mrs. C. E. Pratt.

### Beef or Veal Loaf

Three pounds beef or veal and a quarter pound salt pork fat, chopped fine, salt and pepper, three-quarter cup cracker crumbs, two-thirds cup of cream, two eggs beaten, make in loaf to fit pan, add bits of butter on top, bake two hours.—Mrs. C. E. Pratt.

### Little Pigs in Blankets

One pint large oysters thoroughly dried on a linen towel, peppered and salted, roll each oyster in a slice of bacon cut very thin, pin together with toothpicks, fry in a hot pan till brown.—Miss F. Vankoughnett.

### Jugged Venison

Cut venison in pieces and put in a double boiler (not a steamer) without water, but having plenty of water in lower part of boiler, steam all day then by night the meat will be as tender as a piece of chicken and the liquid will have stewed out of it without having put any water on, thicken gravy with a spoonful of cornstarch or flour, season with pepper and salt. Beef is delicious in this way, no matter how tough, it will be very tender.—Mrs. Dr. Cunningham.

### Roast Beef With Potatoes

Take a nice roast of beef, sprinkle with salt and pepper, place in a dripping pan with a piece of suet on the top; about a half hour before the roast is done place potatoes cut in halves over the roast; baste occasionally, remove and make gravy in pan and serve.—Mrs. Cobb.

### Hash With Eggs

Make a fine hash of potatoes, beef and bread crumbs, drop on a buttered griddle and fry both sides brown; place upon a platter and cover with a dropped egg.—Mrs. G.L.D.

### Clam Fritters

Chop twelve large raw clams very fine, season them with salt and pepper, and stir in half a cupful of flour and two well beaten eggs, when well mixed add more flour if too thin; drop by tablespoonful into hot lard, when brown skim out, drain on paper and serve.

### Cold Beef and Dry Bread or Biscuit Balls

Chop your beef very fine, then soak your bread in cold water till it is soft, then take it in the hands and squeeze as much of the water out as you can, having two-thirds as much bread as meat, then mix the bread and meat thoroughly together, beat three eggs well and mix in, add salt to taste and grate in enough nutmeg to season nicely, make out in balls about the size of a small biscuit, and fry slowly in butter or fat till brown on both sides.—Selected.

### Jugged Rabbit

Cut in nice pieces and roll these in flour, put in fryingpan half cup butter; when hot put in the meat, brown well on both sides; when well browned put meat in stewpan and add a little flour to the butter left in fryingpan, stir until well browned and smooth, then add three cups of water and cook for ten minutes; pour this over the meat in stewpan, add one onion, two bay leaves, three cloves, half dozen allspice, one tablespoon salt, half teaspoon pepper, one tablespoon mushroom catsup or any other, cover closely and simmer for one and one half hours, then add one tablespoon lemon juice and the catsup last; strain the gravy over the rabbit and serve. Boiled rice served with the rabbit.—Mrs. C. E. Pratt.

### Partridge Pie

Line the bottom of pie-dish with a slice of veal, cut moderately thick, and rather highly season with white pepper and salt; have ready pickled, drawn, and trussed a couple of young partridge, pour one glass of cherry juice over the veal, and lay in the partridge breast to breast, laying a piece of fat bacon over each, cover with paste, sticking the feet of the partridge in the top of the pie, and bake as before.—Mrs. S. Bate, Depot Harbor.

### Pressed Chicken

Boil a chicken until very tender, take out all the bones and chop the meat quite fine, season with salt, pepper and butter, add to it the liquor in which the chicken was boiled, one cup of bread crumbs made soft with hot water, add to this the chopped chicken; when heated take out and press in a basin.—Mrs. A. F. Cobb.

### Minc'd Meat with Tomatoes

Cold roast or boiled beef, chop it fine, take about equal quantity of tomatoes, season with salt and pepper, put a layer of bread or cracker crumbs in pudding dish, put in the minced meat and tomatoes, spread a layer of crumbs on top, with a little butter, and pour over one teacup of water; bake one hour. Very nice; use enough butter to brown the top.—Mrs. C. E. Pratt.

### Sauce for Beefsteak

Black pepper, whole, and salt, of each one and a half ounces, allspice, whole, horseradish and small pickled onions, of each one ounce, ground mustard, half ounce, good catsup, one quart. Directions—Pound the pepper and allspice finely, then bruise the radish root and onions together, and put all into the catsup, in a jug, cork and shake daily for two weeks, and strain through coarse muslin and bottle for use; or moderate heat applied to all in a saucepan for two or three hours, then strained, will obtain the full strength of the spices; if too thick for use after the heat thin with good vinegar. Nice for roasted or boiled meats as well as steak.—Mrs. T. Yates.

### Mint Sauce

Mix one tablespoon of white sugar to half a teacup of good vinegar, add mint chopped very fine, one-half a spoon of salt; serve with roast lamb or mutton.—Selected.

### Jellied Chicken or Veal

Boil in water until meat falls from bones, chop fine, and season with salt, pepper, nutmeg; put in mould in layers of meat, hard boiled eggs, and small pieces of lemon. Boil down liquor, add a little gelatine, pour into moulds, and leave in cool place all night.—Mrs. P. Turner.

### Creamed Chicken or Turkey

Put two tablespoons butter and two of flour in pan, mix well and add 1 pint milk, stir till boiling, add 1 pint of cold chicken or turkey chopped fine, a little grated onion and parsley, and salt and pepper. Heat and pour over slices of toast.—Mrs. Complin.

### Rabbit Pie

Cut up, soak in salt water half an hour and boil tender, cut some fat pork in strips and boil two eggs hard, put in a pie dish lined with paste a layer of the pork then rabbit, and slices of egg; add salt, pepper, butter, mace and lemon juice; thicken with flour; the water the rabbit was boiled in pour over, cover with paper, bake one hour.—Nahnoo.

### Hamburg Steak

This is one of the nicest ways of cooking steak which is a little tough, in fact our family prefer it to sirloin which costs more than twice as much. The meat dealer will chop it for you when purchased or it may be prepared at home if you have a meat chopper. Put an onion finely cut in the frying pan with a little butter or suet, let it cook and brown nicely, then take out or draw to one side and put in the meat, patted into small flat cakes about as large as the top of a coffee cup. These will cook quickly, browning first on side then the other, and are very nice. The onion gives a relish for those who like it, but may be omitted. I often take beef which is tough, chop it, mix with a little onion, salt, pepper, sage, etc., and bake in a small brick tin, to be sliced cold.—Miss Maggie Calder.

### Stuffed Beefsteak

Take a round steak about an inch thick, make a stuffing the usual way, spread over the steak, roll up and tie securely, put in an iron kettle, with not too much water, and stew slowly about two hours; when done thicken the gravy and pour over. Carve in slices through the steak and stuffing.—Mrs. J. Harrison.

### Beefsteak Stew

Take a pound of raw steak off the round, cut in finger lengths, and lay in an earthen dish with four onions, whole, one in each corner, cover with cold water, sprinkle the top thickly with flour, salt and pepper, put in the oven about nine o'clock, keep it covered and let it cook until noon; keep plenty of water; thicken if needed, with flour before serving.—Mrs. George Moore.

### Recipe for Curing Meat

To one gallon of water take one and a half pounds of salt, half pound brown sugar, half an ounce of saltpetre. The above pickle can be increased to any quantity desired. Let this boil until all the dirt from the sugar rises to the top, and skim off; then put into a tub to cool, and when cold pour over your pork or beef. The meat must be well covered with the pickle.—Mrs. D. F. Macdonald.

### Celery Sauce for Fowl

Clean three or four heads of nice celery, divide and cut into small pieces, using white part only; boil it in a sufficient amount of white stock, season with white pepper, salt and nutmeg; when it is tender add a small piece of butter rolled in flour, and three spoons of cream, warm it up again, but do not let it boil; pour over turkey, chicken or duck.—Mrs. T. Yates.

### Mock Duck

One slice steak half inch thick, make a dressing as for turkey, put the dressing in the steak and tie tightly, then put in a pot and stew slowly till tender; serve with brown gravy.—Miss F. Vankoughnett.

### Lamb's Heart

Parboil about fifteen minutes, take from stove and stuff with a dressing made of bread crumbs, butter, sage, salt and pepper, place in tin with slices of fat bacon and bake twenty minutes, basting often.—Mrs. Complin.

### Potted Ham or Tongue

Chop any left over pieces of tongue or ham, mix to paste, add to each half pint a little mace and two ounces melted butter, salt, pepper, pack in glasses, with little melted butter poured over the top.—Mrs. Complin.

### Mince Meat

Four pounds apples, half pound suet, two pounds raisins, two pounds currants, two pounds brown sugar, one cup vinegar, four lemons, add juice and chop peel, half pound candied peel, a little nutmeg and allspice, mix all well together.—Mrs. Cryderman.

#### MINCE MEAT, No. 2.

Two cups chopped meat, two cups raisins, two cups currants, three cups brown sugar, one and a half cups molasses, six cups chopped apples, two cups meat liquor, four teaspoons salt, four teaspoons cinnamon, two teaspoons cloves, one teaspoon allspice, half pound citron, one cup brandy, quarter cup vinegar.—Mrs. J. J. Canfield, Depot Harbor.

### Turkey Stuffed With Oysters

Grate one quart bread crumbs, the bread must be very stale, add half cup butter cut in little lumps, season with pepper and salt, add one pint of oysters and liquid, stir very lightly, dry the turkey thoroughly, put dressing in with a spoon so as not to get it pressed tightly together, cook until you can stick a fork in easily. This is lovely.—Miss L. Taylor.

### Jellied Chicken

Boil until tender in enough water to cover one chicken, remove when done and let water boil down to one quart, cut the meat in small pieces; to water add three-quarters box of gelatine, soaked, one tablespoon Worcestershire sauce, and salt and pepper to taste; slice one hard boiled egg and add to the chicken, pour over it the strained liquor, mix well and put in square molds, set in cool place to harden.—Mrs. John Galna.

### Beef Fritters

One pound cold roast beef, six tablespoons flour, one teacup of water, two ounces of butter, whites of two eggs, pepper and salt to taste; chop the beef fine and add the seasoning, make a smooth batter with the flour and water, stir in the melted butter, the whites of the eggs beaten stiff, then the meat, stir all well together, have some beef dripping hot in a pan, and fry the fritters a nice brown.—C. E. P.

### Meat Breakfast Dish

Take bits of cold lean meat of any kind, chop very fine with an equal quantity of bread crumbs and a small onion, moisten with gravy, mix well together, and make into thin flat cakes, spread a layer of mashed potatoes on each side of the cakes, place in a dripping pan, with a lamp of butter on each one, and put into the oven until brown.—P. E. C.

### Chicken or Lamb Souffle

One pint of cold chopped meat, one tablespoon of butter, one pint of milk, one tablespoon chopped parsley, half teaspoon salt, two dashes of pepper, one tablespoon flour, three eggs, half cup stale bread crumbs; put the butter into a small saucepan, and when melted add the flour, mix until smooth, then add the milk, stir continually until it boils, add crumbs, cook one minute, take from the fire, add salt, pepper, parsley, chicken, and yokes of eggs well beaten, beat the whites of the eggs to a stiff froth, and stir into the mixture carefully, pour into a buttered baking dish and bake half an hour.—Mrs. C. E. Pratt.

### Boer Stew

Take any left over pieces of cold meat, put a layer in saucepan, then a layer of onions which have been previously fried, then a sprinkling of pepper and salt, now another layer of cold meat, then pour on about one can of tomatoes, season again, and add any cold gravy you might have, and lastly pour on the fried onions, set on back of stove and let simmer, (not boil). A piece of raw steak added with cocked pieces adds to the flavor. Add some water if not enough liquid on tomatoes. This is a nice dinner dish, easily prepared, for wash day.—M. C. H.

**Veal Loaf**

To a pint of cold veal finely minced add a pint of bread crumbs, two eggs well beaten, a wine glass full of milk, a little salt pork chopped very fine, salt, pepper and a pinch of thyme; bake in a buttered dish, and when cold turn out upon a plate; cold beef or lamb may be used.—Mrs. Aldrich.

**To Roast a Leg of Pork**

Take a sharp knife and score the skin across the narrow stripes (you may cross it again so as to form diamonds) and rub in some powdered sage, raise the skin at the knuckle and put in a stuffing of minced onion and sage, bread crumbs, pepper, salt, and beaten yoke of egg, fasten it down with a buttered string or skewers. You may make deep incisions in the meat of the large end of the leg, and stuff them also, pressing in the filling very hard. Rub a little sweet oil all over the skin with a brush or a goose feather to make it crisp and of a handsome brown. A leg of pork will require from three to four hours to roast. Moisten it all the time by brushing it with sweet oil, or with fresh butter tied in a rag. To baste it with its own drippings will make the skin tough and hard. Skim the fat carefully from the gravy, which should be thickened with a little flour. A roast leg of pork should always be accompanied by applesauce, mashed potatoes, and mashed turnips.—Mrs. C. E. Pratt.





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## Salads

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"Do not too much for your stomach, or it will abandon you."—Selected.

### Lobster Salad

Half a cup vinegar, teaspoon salt, teaspoon mustard, a sprinkle of red pepper, two eggs, beat all together, cook in double boiler, then when cool serve with salad oil or melted butter. Many like to use just good sweet milk. Pick the lobster to pieces, break up fine, set on ice if the weather is warm. Do not pour the dressing on the lobster until just before using.—Miss L. Taylor.

### Salad Dressing

One cup vinegar, two tablespoonfuls flour, one tablespoon butter, one egg, one teaspoon salt, three teaspoons mustard, half teaspoon pepper; beat all together, and stir while cooking. When cooked and cooled add one cup cream or rich milk, and beat thoroughly.—Mrs. E. A. Govier.

### Good Veal or Chicken Salad

Take as much veal as you care to use, cook very tender, when cold chop in small pieces, and to this add one large stick of celery chopped fine, one dozen olives quartered and the stones taken out, use a good salad dressing and put over all, mix well, and when ready to serve mix through all one cup of whipped cream.—Mrs. A. F. Cobb.

### Tomato Salad

One onion, one heart of celery, half a green pepper, half a cucumber chopped fine, take centre out of six medium sized tomatoes, pour a little vinegar and salt over vegetables, place tomatoes each on a large lettuce leaf, then fill with vegetables and serve.—Miss Vankoughnett.

### Beet Salad

One quart raw cabbage chopped fine, one quart of boiled leeks chopped fine, two cups sugar, one tablespoon salt, one teaspoon black pepper, one teacup grated horseradish, quarter teaspoon red pepper, cover with cold vinegar, and keep from the air.—Mrs. McClelland.

### Veal Salad

Three pounds of veal boiled until tender, when cold chop. For the dressing use one cup vinegar and sugar, yolks of two eggs, small spoon of flour, half a spoon each of mustard, salt, pepper, and celery sals, one tablespoon butter; put butter and vinegar over the fire and let it come to a boiling point, stir in other ingredients; use one cabbage chopped fine if desired.—Mrs. Flesher.

### Cold Potato Salad

Slice cold potatoes very thin, add one onion chopped very fine, pour over dressing made as follows:—One teaspoon Keen's mustard, one teaspoon salt, one tablespoon sugar, six table-spoons vinegar, the yolks of three eggs beat well; add the beaten whites of the eggs, moisten the mustard with vinegar, stir all together, cook in a double boiler until thick, when cool thin with sweet cream or milk.—Miss L. Taylor.

### Potato Salad

Boil four large potatoes, peel and mash smooth, mince two onions and add to potatoes, make a dressing of three hard boiled eggs, one small teacup of vinegar, one teaspoon black pepper, one dessertspoon each of celery seeds and salt, one teaspoon each of prepared mustard and melted butter, mix well with potatoes, and garnish with slices of egg and celery, or lettuce, or chop cold boiled potatoes fine with enough raw onion to season nicely, make a dressing of one cup boiled sweet milk, one small teacup vinegar, one tablespoon butter, two well beaten eggs, one tablespoon white sugar, salt and pepper to taste, heat milk and vinegar in separate vessels; when vinegar boils, put in butter, sugar and seasoning, boil up once and pour over potatoes. To hot milk add eggs, cook one moment after they begin to thicken, pour over salad. stir quickly, cover and set to cool.—Miss Gillespie.

### Chicken Salad

Take the chicken off the bones, cut into dice-like pieces, wash a head of celery and cut it into dice-like pieces, mix with the chicken, pour over it mayonnaise dressing, garnish with olives and cold boiled eggs and serve.—Miss Buchanan.

### Mayonnaise Dressing

Beat a raw egg with half a teaspoon of salt until smooth, add a teaspoon mixed mustard, half a pint of olive oil, rub smooth to a thick paste, add vinegar until the consistency of thick cream. This is nice on sliced tomatoes.—Miss M. E. Buchanan.

### Peach Salad

Procure four ripe peaches, peel and cut into quarters, put them into a basin with two ounces of sugar and a glass of sherry, toss them lightly over, dress upon your dish and serve. Apricots, greengages and other plums are dressed in salads in the same manner, leaving the skins on.—Miss M. C. Harrison.

### Salmon Salad

Heat three-quarters cup vinegar with quarter cup water and one spoon butter; to one well beaten egg add two small teaspoons mustard, two brown sugar, salt and pepper to taste, then pour into the hot vinegar and boil till it thickens; use one bunch lettuce cut fine to one can salmon, mix well and add the dressing when cold, garnish with slices of hard boiled eggs, four eggs required.—Miss Ethel Armstrong.

#### SALMON SALAD, No. 2.

Take one can of salmon and the white part of a large bunch of celery, chop fine and mix with mayonnaise dressing.—Miss Buchanan.

#### SALMON SALAD, No. 3.

Open the can and drain off the oil, fill the can with vinegar and set in a pan of boiling water, to remain one hour, then set in a cool place. Dressing—To one can salmon beat two eggs, pour over them one half teacup boiling vinegar and set on the fire until it thickens, add a teaspoonful of butter, some mustard and cayenne pepper, set away to cool. When ready for the table add five tablespoonfuls of sweet cream and dress with lettuce.—Mrs. Hale.

### **Cabbage Salad**

Chop cabbage fine and pour on the following dressing:—One egg, a small piece of butter, half a teaspoon of salt, half a cup milk or cream, one tablespoon mustard, pinch of red pepper, one tabiespoon brown sugar, one cup vinegar, put all in a dish, set over fire and stir until thick.—Miss Johnston.

### **Lettuce Salad**

A large head of lettuce and half a dozen green onions, chop up fine, mix together half a cup vinegar, a little salt and pepper, and a little sugar, then put into a dish and slice hard boiled eggs over it, then pour on your salad dressing if desired.—Mrs. F. Dowell.

### **Fruit Salad**

Half box gelatine, pour over it one pint of boiling water, juice of one lemon, two cups sugar, stir until gelatine is dissolved, then strain through a cloth and cool; before it begins to thicken put in fruit, four oranges, four bananas, can pineapple without the juiee, pour into mold; any kind of fruit can be used.—Mrs. F. L. Walton.

### **Cabbage Salad**

One small cabbage chopped fine, one tablespoon vinegar, half a cup good cream, a dessertspoon sugar.—Mrs. J. Daball.

### **Salad Dressing**

One cup vinegar, two tablespoons flour, one tablespoon of butter, one egg, one and a half teaspoons salt, half table-spoon black pepper, three teaspoons mustard, a pinch cayenne pepper, beat all together and stir while cooking. When cooked and cold add one cup cream, or rich milk, and beat thoroughly.—Mrs. M. A. Converse.

#### **SALAD DRESSING, No. 2.**

One egg beaten, three tablespoons white sugar, a good shake of pepper, one teaspoon flour, one teaspoon mustard, one teaspoon salt, one large teaspoon butter, mix well together, then pour over this a good half cup hot vinegar, stir and pour back into granite pot, let come to a boil, bottle when cold; add two teaspoons sweet cream when using.—Mrs. John Purvis.

## SALAD DRESSING, No. 3.

Beat one egg with a teaspoon dry mustard, one teaspoon salt, one teaspoon white sugar, then pour in one small cupful cider vinegar and half a cup sweet milk, cook carefully until thick as honey, adding lump of butter size of walnut.—Mrs. J. A. Johnston.

## SALAD DRESSING, No. 4.

Take two eggs well beaten, half tablespoon brown sugar, half teaspoon mustard, half teaspoon salt, a little pepper, four tablespoons cream, two tablespoons vinegar, put all in a saucepan and bring to a boil. If too thick add a little more cream or milk.—Mrs. T. Ryder.

## SALAD DRESSING, No. 5.

Six eggs, six tablespoons melted butter, two teaspoons each pepper, mustard, sugar and salt, one cup vinegar, boil all together like custard, pour into jars for use. To be thinned with milk or cream when used.—Mrs. D. Beatty.

## SALAD DRESSING, No. 6.

One pint vinegar, half cup sugar, one egg, lump of butter half size of an egg, tablespoon of ginger, teaspoonful of white pepper.—Mrs. W. McGown.

## SALAD DRESSING, No. 7.

Beat up two eggs with half teaspoon mustard, one teaspoon salt, half teaspoonful white pepper, three tablespoonfuls white sugar, a pinch of cayenne pepper and three tablespoonfuls (or less if very strong) vinegar, and butter the size of an egg; place in a bowl in a pot of boiling water, or over the teakettle, stir constantly until quite thick; let cool and add quarter cup rich milk or cream, and pour over lettuce or shredded cabbage; if liked add a small amount of onion to either cabbage or lettuce.—Mrs. R. W. George.

## Fruit Salad

Two oranges, two bananas, three peaches, or any other nice fruit, cut in dice-like pieces and pile on a dish and squeeze lemon juice over it. For dressing make a syrup of half a cup granulated sugar and two tablespoons of water, add two tablespoons sherry or fruit juice and pour over the fruit. Garnish with sliced lemon or chrysanthemum leaves.—Mrs. O'Gorman.

### Fish Salad

Take any firm cold fish, remove the skin, pick out the bones, and mince fine, add pepper, salt, French mustard, lemon juice and olive oil; you can substitute vinegar for lemon juice; mix well together; just before serving pour over a little Worcestershire sauce. Use the dressing given for salmon salad.—Mrs. Wallace Warner.

### Beet Salad

Four large red beets boiled soft and chopped fine, four heads celery chopped, two hard boiled eggs, whites and yolks, a small tablespoon of mustard rubbed together to a cream, add half cup vinegar, one tablespoon of vinegar, a scant teaspoonful of cream, a little salt and pepper, mix all together and pour over salad.—Mrs. Overs.

### Tomato Salad

Cut and peel ripe tomatoes in thin slices, or cut around from the stem and take out the seeds and fill with dressing, place on a bed of green; make the dressing of the yolk of four eggs boiled hard, rubbed to a paste with oil or melted butter, pepper, salt and mustard, the yolk of a raw egg beaten to a froth, add vinegar and a little sugar if liked.—Miss Haines.

### TOMATO SALAD, No. 2.

To half a dozen tomatoes with the skins removed and the tomatoes sliced add the yolks of three hard boiled eggs, also one raw egg well beaten and mixed with a tablespoon of melted butter, a teaspoonful of sugar, with cayenne pepper and salt to suit the taste. When all these are mixed thoroughly add half a small cup of vinegar.—Mrs. T. Haystead.

### Salad Dressing for Potato or Salmon

Yolks of three eggs, half cup cream, half cup vinegar, two teaspoons brown sugar, salt, pepper and celery seed to taste, let this mixture boil thick like custard, and pour over potato or can of salmon.—Mrs. W. McGown.

### Cream Dressing for Cold Slaw

Two tablespoons whipped cream, two of sugar and four of vinegar; beat well and pour over cabbage previously cut very fine and seasoned with salt.—Mrs. R. Fawns.



### Cauliflower Salad

Boil a cauliflower in salted water till tender but not overdone; when cold cut it up neatly in small sprigs, beat up together three tablespoons of oil and one of vinegar, with pepper and salt to taste, rub the dish slightly with garlic, arrange the pieces of cauliflower in it, strew some capers over them and serve.—Mrs. A. Thomas.

### Salad for Beets

One raw egg well beaten, half a cup vinegar, half cup of mustard mixed in the vinegar, small piece of butter, mix all together and beat to a thick cream, add a little salt and pepper, chop the beet fine, put in a dish with dressing.—Mrs. Townsley.

### Potato Salad

Slice cold boiled potatoes and cold boiled eggs in alternate layers, sprinkling each layer with salt and pepper; add dressing and let stand a few minutes before serving. Dressing for above—Take one half cup vinegar, when hot stir into, it one teaspoonful sugar, half teaspoonful salt, half teaspoonful dry mustard, butter the size of a walnut, and one egg, all beaten thoroughly together. When cold add to it a few spoonfuls of sweet cream. If you have not cream add sweet milk before taking from fire. Let it get very cold before using.—Mrs. E. T. Henry.

### Lamb or Chicken Salad

One pint of cold boiled lamb or chicken, chopped in small pieces, one quart of chopped cabbage. For a dressing take one half pint vinegar, two tablespoonfuls sugar, one tablespoonful dry mustard, two eggs, a little salt and pepper, butter the size of an egg. Heat the ingredients (butter excepted) over boiling water, stir all the time to prevent curdling the eggs until thick, then add the butter, pour while hot over the meat, when cold stir in the cabbage.—Mrs. S. E. Green.

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## Pickles

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"Every hour you steal from digestion will be reclaimed by indigestion."—Oswald.

### Suggestions

Always use the best coffee sugar in making sweet pickles.

Always use a graniteware or porcelain kettle in which to heat your vinegar.

A little alum will make pickles firm and crisp.

### Crabapple Catsup

Three pounds apples, one and three-quarter pounds granulated sugar, one tablespoon cloves, one quart of vinegar, one tablespoon ground cloves, cinnamon, ginger, mustard, salt and mace. Scald fruit in vinegar, run through a collander, then mix all together and boil until as thick as jam.—Mrs. T. Massales.

### CRABAPPLE CATSUP, No. 2.

Three pounds of crabapples boiled in one quart vinegar, strain through a wire sieve, add one and a half pounds sugar and one tablespoon each of cinnamon, mustard, pepper and ginger, a little cayenne pepper, boil fifteen minutes.—Miss Beatty.

### Piccailili

Chop very fine one peck of cabbage, green tomatoes and onions, sprinkle with two cups salt and stand over night; in the morning drain off and let boil in vinegar half an hour, then add two cups mustard, two tablespoons turmeric and curry-powder, one tablespoon black pepper, and let boil another half hour, then bottle.—Mrs. John Vigrass.

**Chow-Chow**

One peck green tomatoes, two dozen large cucumbers, five stalks celery, three large heads cabbage, half peck onions, two cups horseradish, three pounds brown sugar, two gallons vinegar, three ounces turmeric, two of peppergrass seed, two ounces celery seed, two ounces allspice whole, two ounces muscard seed, one can of mustard, boil all well.—Mrs. John Moffatt.

**Chow-Chow, No. 2.**

Half bushel green tomatoes, one dozen onions, one dozen green peppers, all chopped fine, sprinkle with one pint of salt, let stand over night, drain off brine, cover with good vinegar, take two pounds sugar, two tablespoons cinnamon, one tablespoon allspice, one of cloves, one of pepper, half cup mustard; mix all the ingredients with a little cold vinegar, cook one hour and pour over chow-chow, then when it is cold add one pint horseradish grated; stir the ingredients into the vinegar.—Mrs. D. Beatty.

**Chow-Chow, No. 3.**

Four quarts tomatoes, four quarts cabbage, two quarts onions, two quarts pickled cucumbers, all chopped; let stand over night, drain well, add two tablespoons ground spice, one tablespoon mustard, one tablespoon ginger, pepper and salt, two quarts vinegar.—Mrs. J. Harrison.

**Mustard Pickles**

One and a half dozen large cucumbers, one and a half doz. large onions, one quart vinegar, two tablespoons mustard, one tablespoon turmeric, one and a half teaspoons curry powder, one and a half teaspoons cayenne pepper, put all the powders into the vinegar, and scald and pour over the cucumbers and onions, which must be peeled and sliced very thin and allowed to stand over night in salt. In the morning pour off the salty water, and then pour over the hot vinegar to which the powders have been added. Ready for use in a day or two.—Mrs. Frank Halliday.

**MUSTARD PICKLES, No. 2.**

Half cup mustard, one quart vinegar, half cup flour, one ounce turmeric, one ounce curry powder, sugar to suit taste, mix all together and boil until raw taste is off and then strain; calamus root about the size of a nut.—Mrs. Harper.

**Green Tomato Pickles**

Two pecks tomatoes sliced, one peck onions sliced, one teacup salt over both, mix well and let it remain over night, pour off liquor in the morning and throw it away, take three quarts of vinegar, two pounds of sugar, two tablespoonfuls each of cloves and cinnamon, ginger and mustard, and twelve green peppers chopped fine, boil two hours.—Mrs. H. F. McQuire.

**GREEN TOMATO PICKLES, No. 2.**

One gallon green tomatoes chopped fine, one pint onions chopped fine, one pint sugar, one tablespoon salt, one tablespoon black pepper, one tablespoon cloves, one tablespoon cinnamon, one tablespoon red pepper, some horseradish, one pint vinegar; chop tomatoes and onions and put layer about in your kettle, add some salt, let stand over night; in morning drain and chop all together, put in jars and seal up.—Mrs. David Johnston.

**GREEN TOMATO PICKLES, No. 3.**

Six pounds tomatoes, two pounds sugar, half an ounce of mixed whole spices, one pound onions, a cup of vinegar, boil about an hour and a half slowly; cut onions and tomatoes in slices, sprinkle with salt and let stand over night, then drain off water in the morning and cook.—Miss Sirr.

**GREEN TOMATO PICKLES, No. 4.**

Cut half a peck of green tomatoes and six onions into thin slices, let them remain in salt and water over night, then pour off the brine and put them on to cook with four tablespoonfuls sugar, four of mustard, two teaspoons ground cloves, two of cinnamon, one of cayenne pepper, and one of pickling spice; let them simmer for one hour.—Mrs. T. Haystead.

**Tomato Mustard**

One peck ripe tomatoes, half a pound sugar, half a pound salt, one large red pepper, three tablespoons black pepper, one ounce ginger, one ounce cinnamon, one ounce allspice, half an ounce cloves, half an ounce mace, a quarter pound mustard, a few pieces garlic, and two onions; peel the tomatoes and boil an hour with the red pepper and onions, then add all the spices except the mustard and vinegar, which are added after it has been boiled an hour.—Mrs. A. E. Hunter.

### Tomato Catsup

To one gallon of strained tomatoes add one quart of vinegar, one pound of brown sugar, half pound salt, two or three red peppers, one ounce of whole black pepper, one ounce whole allspice, one ounce of whole cloves, two ounces of whole ginger bruised, quarter pound mustard mixed smooth with a little cold vinegar, add a little whole mace, boil two hours, then strain and bottle.—Mrs. (Dr.) Appelbe.

#### TOMATO CATSUP, No. 2.

Four quarts strained tomatoes, three cups vinegar, two tablespoons salt, three teaspoons black pepper, two teaspoons mustard, two cups sugar, six small red peppers, boil until a little thick.—Mrs. F. Laurie.

#### TOMATO CATSUP, No. 3.

Twelve ripe tomatoes pared, two large peppers chopped fine, two cups of vinegar, one tablespoon salt, one cup of brown sugar, and one teaspoon each of the following:—Allspice, nutmeg, cloves and ginger. Boil all together.—Mrs. James Waddell.

### Pickled Onions

Peel the onions until they are white, seald them in strong salt water, then take them out with a skimmer, use vinegar enough to cover them boiling hot, add mustard seed and whole pepper when cold, then bottle and seal.—Mrs. H. A. Johnston.

#### PICKLED ONIONS, No. 2.

Make a brine of salt and water that will carry an egg, boil it and pour over the onions, let them remain four hours, then bottle and cover with boiling vinegar without spices.—Mrs. (Dr.) Applebe.

### Chili Sauce

Two red peppers and two onions chopped fine, twelve ripe tomatoes, skins taken off, one tablespoon salt, one of sugar, one teaspoon allspice, cloves, ginger and nutmeg, two cups vinegar. When the tomatoes, peppers and onions are thoroughly cooked add the spices and vinegar.—Miss F. S. Helgason.

**CHILI SAUCE, No. 2.**

Peel and slice one gallon ripe tomatoes and one quart of onions, place in a granite pot, add one cup vinegar, two cups sugar, one tablespoon curry powder, one tablespoon celery seed, one teaspoon red pepper, half cup salt, boil two hours, seal while hot.—Mrs. H. Armstrong.

**CHILI SAUCE, No. 3.**

Thirty ripe tomatoes peeled and cut fine, ten large onions, chopped, seven green peppers, fifteen tablespoons white sugar, seven cups of vinegar, five tablespoons salt, chop onions and peppers fine, and boil one and a half hours.—Mrs. F. Laurie.

**CHILI SAUCE, No. 4.**

One peck of ripe tomatoes scalded and skinned, six dessertspoons white sugar, six of salt, six large onions, three red peppers cut up, three cups vinegar, boil two hours, bottle and keep air tight.—Mrs. (Dr.) Applebe.

**Sweet Pickles**

One peck ripe tomatoes peeled, four pounds brown sugar, one quart cider vinegar, one ounce cinnamon, half ounce cloves; tie the spice in a muslin bag, make a syrup of the sugar, vinegar and spices, then put in the tomatoes and boil, when cooked take out as whole as possible; boil the syrup three or four hours until thick, put tomatoes back, boil up once, put into jars; when cold seal up.—Miss Haines.

**SWEET PICKLES, No. 2.**

Three quarts cider vinegar, three pounds brown sugar, three ounces cinnamon half ground and half whole, three ounces cloves half ground and half whole, to seven pounds ripe cucumbers; cut into pieces the required size, salted and left over night, drain off all brine before pickling.—Mrs. J. A. Johnston.

**Grape Catsup**

Wild grapes make delicious catsup and jelly.—Boil grapes until soft, then press through a coarse sieve; to five pounds of grape pulp add three pounds sugar, one teaspoon cinnamon, one teaspoon each of cloves, pepper and allspice, one grated nutmeg, one quart vinegar, boil slowly until thick as tomato catsup, then bottle.—Mrs. Kidd.

**GRAPE CATSUP, No. 2.**

Stew five pounds grapes over a slow fire until soft, strain, then add one and a half pounds sugar, one pint vinegar, two tablespoons each of salt, cinnamon and allspice, one tablespoon red pepper and a few ground cloves, one teaspoon nutmeg, mix all together and let boil until thick.—Mrs. Banks.

**Cold Chili Sauce** X

One peck of ripe tomatoes, six onions, half cup of horse-radish, half cup mustard seed, half cup salt, two green peppers, half cup sugar, one large head celery, chop all this as fine as possible together, pour small pint vinegar over it, keep in an open jar with a plate over it, stir every two or three days, keep in a cool place.—Mrs. D. Beatty.

**Red Currant Catsup**

Four pounds fully ripe red currants, half pound sugar, one teaspoon ground cinnamon, one teaspoon salt, one teaspoon cloves, one teaspoon pepper, one quart vinegar, stew the currants and sugar until quite thick, then add the other ingredients and bottle for use.—Mrs. D. Beatty.

**Pickled Lamb's Tongue**

Six tongues boiled slowly in one quart of water with salt until tender, skin and trim neatly, cut in half lengthwise, put in jar and pour over them boiling hot vinegar in which you have put some cloves, white mustard seeds, pepper corns or red pepper whole, cover well with vinegar, and will be ready for use in a couple of days.—Mrs. C. E. Pratt.

**Spiced Tomatoes**

Twenty ripe tomatoes scalded and peeled, two quarts of vinegar, eight pounds of sugar, four tablespoons each of cinnamon, cloves and allspice, boil until thick, stirring often.—Mrs. Greer.

**Tomato Sauce**

Pour liquid off a can of tomatoes, put in pot with small slices of onion, and cook slowly ten minutes, drain, put juice back on fire, thicken with butter worked with a teaspoon of cornstarch, add salt and pepper, serve hot around meat.—Mrs. Allard.



### French Mustard

Grate an onion and cover it with vinegar, after it has stood for one hour pour off the vinegar, add a little cayenne pepper and salt, and a spoonful of sugar and mustard, enough to thicken; mix and set on the stove and stir until it boils.—Mrs. Calverley.

### Mother's Favorite Pickle

One quart chopped beets, (beets must be boiled), one quart raw cabbage chopped, one cup grated horseradish, half cup sugar, vinegar enough to make a soft mixture.—Mrs. C. W. Pickard.

### Red Cabbage

Cut cabbage in slices, sprinkle with salt mixed with a little saltpetre, let it remain over night; in the morning drain, boil vinegar with a little alum to make pickle crisp, add whole black and white pepper and cloves, when cold pour over the cabbage.—Mrs. (Dr.) Appelbe.

### Dominion Sauce

Two gallons green tomatoes sliced without peeling, twelve large onions also sliced, two quarts vinegar, one quart sugar, two tablespoonfuls salt, two tablespoonfuls ground mustard, two tablespoonfuls black pepper, ground, one tablespoonful allspice, one tablespoonful cloves; mix all together and stew until tender, stirring often lest they should scorch; put in small glass jars.—Mrs. James Manson.

### Red Pickle

Cover with vinegar one quart of cooked chopped beets, one quart of chopped cabbage; one cupful of grated horseradish, two cupfuls of sugar, a tablespoon of salt, a teaspoon of black pepper, a quarter of a teaspoon of red pepper.—Mrs. Greer.

### Pickled Plums

To seven pounds plums, four pounds sugar, two ounces cloves, two ounces stick cinnamon, one quart vinegar, one teaspoon mace; put first a layer of plums, then a layer of spices alternately, scald vinegar and sugar together and pour over plums, repeat three times, then scald all together; put in glass jars and they are ready for use.—Mrs. Beatty.

### Ripe Cucumber Pickles

Peel cucumbers, scrape out seeds, cut in pieces, spread on dishes, sprinkle with salt, let stand over night, then drain off the water, take one quart vinegar, three and a half pounds of brown sugar, half teaspoon red pepper, one tablespoon ground mace, one tablespoon ground cinnamon, drop cucumbers into this and boil until soft or clear; they will require to boil one hour; put into bottles and seal. This is sufficient for quite a quantity of cucumbers.—Mrs. (Dr.) Appelbe.

### Yorkshire Vegetable Relish

Three heads green cabbage, two basketfuls green tomatoes, one dozen cucumbers, three or five bunches celery, three or five cups horseradish, five pounds brown sugar, two ounces each of tumeric, green pepper, celery seed, whole cloves, allspice and mustard seed, one can Keen's mustard, two gallons vinegar. Slice tomatoes and let stand over night, sprinkle salt over all and drain, chop cabbage and others all together very fine, and boil till tender, keep stirring so as not to burn, and stir in the tumeric before taking off the fire, leaving it until the last. When done dip out the vegetables and stir into the sauce two cups of flour so as to thicken, and then stir all together and put down in crocks or gems.—Mrs. Raymond.

### Sweet Apple Pickles

Pare them carefully and leave whole. To one gallon of vinegar add six pounds of sugar, two ounces cinnamon, one ounce cloves, one ounce allspice, bring to a boil and put in a few at a time; when you can pierce them easily skim out, add more when all are done, pour the syrup over and cover.—Miss L. Johnston.

### Blackberry Pickles

To four quarts blackberries take two quarts sugar and one pint vinegar, three teaspoons each of ground cinnamon and cloves, tie the spices in a cloth, boil all together one hour, then skim out the berries, boil the juice down about one-third, pour over the berries and keep in a closely covered jar.—Miss E. Lawrence.

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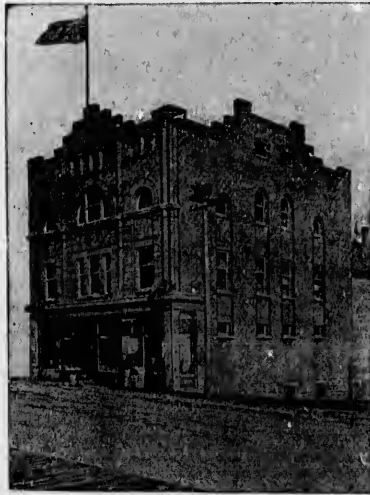
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## Vegetables

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"The purest food is fruit, next the cereals, then the vegetables. All pure poets have abstained almost entirely from animal food."—A. Bronson Alcott.

### Cream Potatoes

Boil twelve large potatoes, when cold slice and cut in squares, put a layer in pudding dish and sprinkle with salt and pepper and little chips of butter. When the dish is filled in this order, have hot one pint sweet milk, blind two table-spoons flour and add to the milk, when boiled pour over potatoes, put in the oven and brown.—Mrs. H. L. McQuire.

### CREAM POTATOES, No. 2.

Cook as many potatoes as you wish, when cooked mash, put one egg, a little cream, pepper and salt, beat till very cream-like, put in a dish, smooth the top, dot with butter, put in oven and brown.—Captain Wilson.

### CREAM POTATOES, No. 3.

Take as many raw potatoes as you wish, pare and slice very fine in a frying pan, cover with water and boil till nearly done, then drain, put over the fire again and nearly cover with milk, season with salt, pepper and a small piece of butter, let boil till the milk is nearly gone; be careful to not let them scorch. Very nice, indeed.—Mrs. A. F. Cobb.

### Potato Puffs

Two cups cold mashed potatoes, three tablespoons melted butter beaten to a cream, add two well-beaten eggs, one cup cream or milk, pour in a deep dish and bake in a quick oven.—Miss F. S. Hilkinson.

**POTATO PUFFS, No. 2.**

Take cold roast meat (beef, veal or lamb), clear from the gristle, chop fine, season with pepper and salt, boil and mash some potatoes and make them into a paste with one or two eggs, roll out with a little flour, cut with a saucer, put your seasoned meat on one half, fold over like a puff, and fry a light brown.—Mrs. W. H. Bundy.

**Baked Tomatoes**

Cut in slices good fresh tomatoes, not too ripe, put a layer of them in a dish suitable for baking, then a layer of bread crumbs, salt, pepper and plenty of butter, another layer of tomatoes, and so on until the dish is full. Bake one hour. Mrs. A. E. Govier.

**BAKED TOMATOES, No. 2.**

Peel and core, lay in a baking dish, season with pepper, salt and pieces of butter, cover with bread crumbs, bake two hours and serve in the dish in which they were baked.—Miss Haines.

**Stuffed Tomatoes**

Use one cup bread crumbs, a sprinkle of salt and pepper, a good teaspoon sugar, size of an egg of melted butter, a pinch of savory; cut the stem end out of the tomatoes, do not peel them until you are eating them; where the stem end is cut out fill with the bread crumbs, lay on a tin plate or fryingpan and cook until they look shrivelled up; put a little water in the pan to prevent scorching. These are very nice served while hot.—Miss L. Taylor.

**Creamed Cauliflower**

Boil in salt water, just enough to cook it, then put in a cup of milk or cream and a very little thickening, season with butter, pepper and salt.—Miss Ferguson.

**Stewed Carrots**

Cut the carrots either into dice or long narrow strips, boil forty minutes in water, adding salt just before they are done, when done drain, and pour over them cream sauce.—L. C. L.

### Potatoes on Half Shell

Wash, scrub and bake four large potatoes, cut in halves lengthwise, being careful not to break the skins, scoop contents into a hot bowl, mash with a tablespoonful of butter, two tablespoonfuls of hot cream, one tablespoonful of chopped parsley, half a teaspoonful salt and half that amount of pepper, add lastly the beaten whites of two eggs, heap the shells with this, put in the oven and brown. They are delicious.—Mrs. Hoppins.

### Potato Balls

One quart fresh mashed potatoes, one tablespoon of butter, the yolks of two eggs, pepper and salt to taste, beat together, roll in lengths of three inches, and fry in lard till brown.—Miss Vankoughnett.

### Stewed Tomatoes

Boil till nearly dry in a little water; season with pepper, salt, sugar and plenty of butter.—Miss Haines.

### Browned Potatoes

Let them boil until nearly done, and three-quarters of an hour before taking out a roast of meat put the potatoes in the dripping pan and baste with gravy from meat; when they are a delicate brown serve.—Mrs. Hale.

### Tomatoes and Rice

Wash and carefully pick over one cup of rice, have on the range three pints of boiling water, and into this drop little by little the rice, stirring all the time. When the last grain goes in remove the spoon, and do not use it again. See to it that the boiling continues steadily for twenty minutes, then try a grain of the rice; if it is hard boil a few minutes longer, if tender turn all the water off and set the saucepan at one side of the range so that the contents may dry. When ready to serve shake the vessel hard and turn the rice into a hot dish; every grain should stand separate and white. The tomato sauce, which should be poured over the rice just before it is sent to the table, may be prepared as in the recipe for tomato toast. To some tastes this sauce is improved by adding to it a heaping tablespoonful of grated cheese.—Mrs. Spencer.

### Macaroni and Cheese

One dozen sticks macaroni, break up in finger lengths, cook in hot water until tender with a little salt, drain off. While your macaroni is cooking take a cup of milk and a teaspoon of corn starch and a lump of butter, and cook until like custard, place your macaroni in a dish and pour over it your custard, then grate or rub between your fingers until fine a teacup of cheese and mix through the macaroni, put in oven and cook twenty minutes.—Mrs. Overs, Depot Harbor.

### Curried Chicken

One fowl, jointed as for fricassee, one pint weak broth, put the jointed fowl in a deep pot and pour over it the cold broth, stew slowly until the meat is tender. Ten minutes before taking it from the stove thicken with browned flour, add a tablespoonful of curry powder, wet with cold water and let it come to a gentle boil, lay the chicken on a hot dish and pour the gravy over it. A dish of boiled rice may be set on the table in front of the carver, and he puts a heaping spoonful of this on each plate, and upon the rice deposits the curried chicken. At each place may be set a fruit plate containing a cool banana, which is eaten as an accompaniment to the rice and curry.—Mrs. Spencer.

### McIntosh Pie

One pound fresh boiled beef, chopped fine and seasoned, one dozen medium sized potatoes boiled and mashed well; put a layer of potatoes in bottom of bake dish, then put in meat, then the rest of the potatoes, smooth on top and bake in oven for half an hour.—Mrs. C. Bovair.

### Potato Pancake

Grate six raw potatoes, then add a teaspoon of salt, two eggs, two tablespoons cream and flour enough to make a batter, fry in lard.—Mrs. Michaelis.

### Tomato and Onion

Take five pounds of onions to one basket of ripe tomatoes, one and a half cups vinegar, a little salt, half teaspoonful of red and half teaspoon of black pepper, one tablespoon mixed spice. Boil good and bottle.—Mrs. Lawrence.



### Ragout of Turnip

Put three tablespoonfuls of butter in a fryingpan, when hot add one quart sliced turnip, and one tablespoon minced onion, stir until the vegetables begin to brown, and then add two tablespoonfuls of flour, one teaspoon sugar, one teaspoon salt and a dash of pepper, stir two minutes and add one cupful of milk or white stock, cover and let simmer fifteen minutes on the back of the stove, serve very hot.—Mrs. Ireland.

### Potato Dumplings

Peel some potatoes and grate them into a basin of water, let the pulp remain in the water for a couple of hours, drain it off and mix with it half its weight in flour, season with pepper and salt and chopped onions. If not moist add a little water. Roll into dumplings the size of apples, sprinkle well with flour and put into boiling water; when they rise to the top of the water they are done.—Mrs. A. Townsley.

### Golden Potatoes

Pare and soak in cold water two hours, put over the fire in cold water with a little salt, boil till very near done, drain, place in a dripping pan, rub each potato over with fat and sprinkle with pepper and salt, place in upper oven until all are of a golden color. These are very nice, and specially suited to old potatoes.—Mrs. Hoppins.

### Scalloped Tomatoes

Slice six tomatoes, two cups bread crumbs, two table-  
spoons butter and grated onion, two teaspoons sugar, put a layer tomatoes in the bottom of dish, adding a little butter, sugar, pepper and salt until all are used, then place bread crumbs on top, put in moderate oven, cook one hour.—Miss Vankoughnett.

### Stuffed Peppers

Six large green sweet peppers, cut stem end off and remove all seeds, parboil for five minutes, take finely chopped chicken, two tablespoons butter, one cup bread crumbs, salt to taste, mix thoroughly together and fill peppers, placing stem end back in its place, put in a pan and pour a cup of stock over them, cook till a delicate brown, bake in hot oven one hour.—Miss Vankoughnett.

### Stuffed Onions

Peel some onions, parboil and drain them, then take out the inside, being careful to keep the onions whole, chop up the inside of the onion, a little beet and a little fat bacon, add some bread crumbs, a sprig of parsley, a lemon peel minced up, and a seasoning of pepper, salt and mace; beat it all up with a well-beaten egg into a paste, and stuff the onions with it; put them into a dripping pan with a very little hot water and simmer in the oven for one hour, basting often with melted butter, make a gravy by adding to that in the dripping the juice of half a lemon, a little cream or milk and some browned flour.—Mrs. Campbell.

### Tomato Toast

One can tomatoes stewed for ten minutes, season with pepper, salt and sugar and rubbed through a colander, half cup sweet milk, one teaspoonful of butter, six slices of toasted bread, crustless, add a pinch of soda to the milk and heat to sealding in a farina kettle, stir in the butter, and when that is melted add the tomatoes, bring all to a boil and pour over the toast, which should be spread upon a hot platter or chafing dish, set in the oven for five minutes before serving.—Mrs. Spencer.

### Flaked Rice

Flaked rice, served as a vegetable or with cream and sugar or any sauce, should be prepared by first lightly sprinkling it with salt in the dish in which it is to be served, enough boiling water should then be poured slowly over it to reach every part, but it should not be stirred. After five minutes tip the dish and drain off the excess water.—Selected.

### Pea Fritters

Drain the liquor from a can of peas and let them stand for twenty minutes in cold salted water, drain and cook tender in salted boiling water, rub through a colander, and while still hot stir in a teaspoonful of butter, season and set aside to cool; when cold add to them two beaten eggs and a cupful of milk, well worked in; add a tablespoonful of prepared flour, and fry as you would griddle-cakes on a soapstone griddle.—Mrs. Partridge.

### Potato Cakes With Eggs

Bake nice potatoes till perfectly tender, peel, mash thoroughly, and to each pint allow the yolks of two eggs which have been boiled until mealy, then rubbed perfectly smooth through a fine wire sieve, and one half cup of rich milk, add salt to taste, mix all together, form the potato into small cakes, place them on buttered tins, and brown ten or fifteen minutes in the oven.—Mrs. A. F. Cobb.

### String Beans

After draining the liquor from a can of beans go over them carefully, cutting into inch lengths and removing every bit of string, pour over them enough salted boiling water to cover them, and cook slowly until tender; drain off the water, add a large spoonful of butter to the beans and serve.—Mrs. Partridge.

### Scalloped Turnips

Prepare and boil whole white turnips until nearly tender, cut into thin slices, lay in an earthen pudding dish, pour over them a white sauce sufficient to cover, make by cooking a tablespoon flour in a pint of milk, part cream if preferred, until thick; season with salt, sprinkle the top lightly with grated bread crumbs and bake in a quick oven until a rich brown; place the baking dish on a clean plate and serve. Rich milk or cream may be used instead of white sauce if preferred.—Mrs. A. F. Cobb.

### Creamed Parsnips

Bake or steam the parsnips until tender, slice, and salt if desired, add a cup of thin sweet cream, let them stew slowly until nearly dry; or if preferred just boil up once and serve.—Mrs. K. C. Townsend.

### Asparagus With Eggs

Boil a bunch of asparagus twenty minutes, cut off the tender tops and lay in a deep pie-plate, buttering, peppering and salting well, beat four eggs just enough to break up the yolks, add a tablespoon of melted butter, with pepper and salt, and pour upon the asparagus. Bake eight minutes in a quick oven and serve immediately.—Mrs. K. C. Townsend.

**Beet Hash**

Chop quite finely an equal quantity of cold boiled or baked beets and boiled or baked potatoes, put into a shallow saucepan, add salt and sufficient hot cream to moisten. Toss frequently and cook until well heated throughout; serve hot.—Mrs. S. M. Y.

**Scalloped Egg Plant**

Pare a fresh egg plant; if large divide in quarters, if small in half, and put to cook in boiling water. Cook until it can be easily pierced with a straw, and drain in a colander, turn into a hot dish and beat with a silver fork until finely broken. Measure the egg plant and add to it an equal quantity of grated bread crumbs, a little salt, and a tablespoonful of thick sweet cream. Lastly add one well beaten egg. Put in an earthen pudding dish, and brown in the oven until the egg is set and the whole is heated throughout, but not dry.—Mrs. Cobb.

**Green Corn, Boiled**

Throw the ears, when husked, into a kettle of boiling water, slightly salted, and boil thirty minutes. Serve in a napkin.—Mrs. M. J. C.

**Browned Sweet Potatoes**

Slice cold cooked sweet potatoes evenly, place on slightly oiled tins in a hot oven and brown.—Selected.

**Succotash**

This is made of green corn and lima beans, although you can substitute for the latter string or butter beans, have one-third more corn than beans. When the former has been cut from the cob and the beans shelled, put into boiling water enough to cover them, no more, and stew gently together until tender, perhaps one-half hour, stirring now and then; pour off nearly all the water and add a large cupful of milk; stew in this, watching to prevent burning, for an hour, then stir in a great lump of butter, a teaspoonful of flour, wet with cold milk, pepper and salt to taste, boil up once and pour into a deep vegetable dish. If you use string beans string and cut up into one-half inch lengths before cooking.—Mrs. Ferguson.

**Tomatoes Whole for Winter Use**

Fill a jar with ripe tomatoes, a few whole cloves, a little sugar, and cover with cold water and vinegar, half and half; put a piece of flannel over jar well down in vinegar, then tie down with paper.—Mrs. Fenn.

**Scalloped Potatoes**

Peel raw potatoes, slice as thick as a fifty cent piece, leave in salt and water for an hour before using, butter an earthen dish, sprinkle nice bread crumbs in bottom, then a layer of potatoes, etc., until your dish is full, season with lots of butter, pepper and salt, pour a cup of sweet cream over the top, put in oven, cook slowly four hours, uncover, set on top grate to brown.—Mrs. Butt.

**Lyonnais Potatoes**

Slice one quart cold boiled potatoes, fry a nice brown, one tablespoon of onion chopped fine in three tablespoons butter, add to this one tablespoon chopped parsley and the potatoes with salt and pepper; stir carefully so as not to break the potato until they are a light brown; serve in a hot dish.—Mrs. Pratt.

**Scalloped Onion**

Boil a dozen large onions fifteen minutes, pour the water off and add more boiling water with salt; and boil three-quarters of an hour more, not hard enough to break them. Make a cream sauce of two cupfuls milk, two teaspoons cornstarch, and salt to taste. Let the milk come to a boil, and stir in the cornstarch dissolved in a little of the cold milk. Put the onions into a buttered baking dish with a lump of butter on each one, pour nearly all the sauce over them, cover with cracker crumbs, then add the rest of the sauce and bake slowly one hour.—Mrs. Pratt.

**Beet Salad**

Boil beets until tender, peel and cut fine. Dressing for same—Three eggs beaten very light, butter size of a walnut, six tablespoonfuls of vinegar, one tablespoonful of sugar, one teaspoon of mustard, one teaspoon salt, half teaspoon pepper, dash of cayenne pepper, one teaspoon of cornstarch, boil and cool before using, thin with cream.—Mrs. Hoppins.

**Macaroni (Italian Style)**

One pound macaroni, break in small pieces, cover with boiling water and cook for twenty minutes. In a separate saucepan cut one pound of beef steak into dice, add one tablespoon of butter and one onion chopped fine, cover tightly and stew twenty minutes, grate quarter pound cheese and add to the macaroni; to the meat add one can of tomatoes, then the macaroni, etc., stir together and serve hot. Half the quantities for a small family.—Mrs. W. Taylor.

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## Entrees

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"Cooking is generally bad because people fall into routine; habit dulls their appreciation, and they do not think about what they are eating."—Didsbury.

### Salted Almonds

Place half an ounce of butter in an omelette pan, when it is melted add half a pound almonds nicely blanched, shake them about till they are slightly brown, then take them out, place on a piece of paper to drain and sprinkle salt over them, put the almonds at once into a cool place, keep them there until served.—Miss Haines.

### Banana Fritters

One pint of flour, one teaspoon cream of tartar, one-half teaspoon soda, one teaspoon salt, two eggs whipped very light, two tablespoonfuls sugar, three-fourths cup of milk, rub through the flour a dessertspoon butter, beat all to a smooth light batter; slice each banana lengthwise into four strips, and dip each slice into the batter, frying a golden brown.—Miss M. C. Harrison.

### Salted Peanuts

Take unroasted peanuts, pour hot water over them and let stand on the stove until they come to a boil; remove the skins, then place on a tin with a small piece of butter and let them remain in the oven until a light brown; remove and salt. Those already roasted can be used.—Mrs. Cobb.

### Fritters

Three eggs, one cup of sweet milk, two teaspoons baking powder, a little salt and flour to make a thin batter, beat well and drop in boiling lard.—Miss Annie Harrison.

### **Magic Fritters**

Two tablespoonfuls powdered sugar, four ounces of fine flour, two eggs, mix all together very smoothly, and fry in lard.—L. A. P.

### **Golden Buck**

Two cups of dry cheese grated or cut very fine, quarter teaspoonful mustard, quarter teaspoonful salt, a little pepper, one cup milk, six squares of buttered toast, six poached eggs. Put the milk on to boil in a granite saucepan, add cheese, mustard, pepper and salt, stir continually until the cheese is melted, have the toast ready, pour enough cheese over each piece to cover it, put a poached egg carefully on top of each piece; serve very hot.—E. L. Moore.

### **Welsh Rare Bits**

Select richest and best American cheese, the milder the better, as melting brings out strength. To make five rare bits take one pound cheese, grate and put in tin or porcelain lined saucepan, add milk enough to thin the cheese sufficiently, place over fire, stir until melted. Have slice of toast ready for each rare bit, crusts trimmed, put a slice on each plate and pour cheese enough over each piece to cover it; serve while hot.—Mrs. Aldrich.

### **Orange Souffle**

Peel and slice six oranges, put in a high glass dish a layer of oranges, then one of sugar, and so on until all the oranges are used, and let stand two hours; make a soft boiled custard of the yolks of three eggs, one pint of milk, sugar to taste with grating of the orange peel for flavor, and pour over the oranges when cool enough not to break the dish, beat the whites of the eggs to a stiff froth, stir in sugar, and put over the pudding. This will make your mouth water.—Mrs. F. C. King.

### **Whipped Cream**

Mix one pint of cream with nine tablespoons of fine sugar and one gill of wine in a large bowl, whip these with a cream dasher, and as the froth rises skim into the dish in which it is to be served; fill the dish full to the top and ornament with kisses or macaroons.—Mrs. J. Tuck.



### Chiting Sauce

Twelve large ripe tomatoes, ten large sour apples, stew together and put through a colander, then add nine large onions chopped fine, quarter pound mustard, quarter pound ginger, one pound white sugar, half an ounce turmeric, one teaspoon cayenne pepper, half cup salt, three pints of vinegar, put all together and boil until it begins to thicken.—Mrs. A. N. Fenn.

### Macaroni Cheese

One cup macaroni, one cup grated cheese, boil macaroni twenty-five minutes, (put macaroni on in hot water), one layer macaroni, one of cheese; to each layer put butter, pepper and salt, then put enough milk to make it quite damp, then bake it in a moderate oven until it is nicely brown.—Mrs. John Harrod.

### Soup Dumplings

One teaspoonful of baking powder to each cup of flour, a little salt, and milk enough to make a soft paste, drop from a spoon. Do not mix with the hands.—Mrs. Dwycr.

### Sliced Apples for Breakfast

Pare and slice several apples, put them into a baking dish, cover with cream, bake for twenty minutes. Another way is to cover them with well cooked oatmeal, and bake fifteen minutes. Serve with milk.—Mrs. R. Fawns.

### Apple Float

One pint stewed well mashed apples, whites of three eggs beaten to a stiff froth, four large tablespoons sugar, add a spoonful of apples and sugar alternately to beaten eggs, and beat all till it will stand up perfectly stiff. Serve this on a custard made of the yolks of the eggs, one pint milk, two tablespoons of sugar, and flavor with vanilla.—Mrs. C. Bovair.

### Delightful Hash

Half dozen oranges, half dozen bananas, one can pineapple, one pound white grapes cut with scissors, one lemon, shred and seed oranges, slice bananas fine, chop pineapple fine, squeeze lemon juice in the pineapple juice, mix all together and sweeten if needed.—Miss Kirkman.

### Luncheon Dish

Ten eggs hard boiled, chop whites, grate yokes, one pint milk scalding hot poured over two tablespoonfuls of butter and two heaping tablespoonfuls of flour rubbed smooth together, add whites and cook one minute. Have ready rounds of toast buttered, heap the mixture on, using care not to let it cover the edges, put grated yokes on top, dust with pepper and serve garnished with ribbons of crisp bacon.—Mrs. Ireland.

### Neapolitan Cream

One pint cream, three-quarter ounce gelatine, half cup sugar, whipped whites of two eggs, dissolve the gelatine in a cup of water, divide in three, flavor one-third with vanilla, one-third with rose, and color pink, and one-third with chocolate. Pour brown layer in mould first, when cold pour in the pink and lastly the white.—Mrs. O'Gorman.

### Dressing for Cabbage or Lettuce Salad

Three eggs well beaten, two teaspoons mustard, one teaspoon salt, two teaspoons sugar, quarter teaspoon cayenne pepper, quarter teaspoon black pepper, one teaspoon butter, three-quarter cup vinegar. Boil all together until it thickens, when cold add cream until thin enough for use.—Mrs. A. N. Fenn.

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## Eggs

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"Be gentle to the new laid egg, for eggs are brittle things."

Eggs should be kept in a cool, not cold, place, and handled carefully, as rough treatment may cause the mingling of the yolk and white by rupturing the membrane which separates them, then the egg will spoil quickly.

### Brawregard Eggs

Put five eggs into hot water and bring to a boil, and keep just below the boiling point for twenty minutes, throw into cold water and quickly cool, remove the shells, separate the whites and yolks; if you have a vegetable press put each through separately, otherwise chop the white very fine and put the yolks through a sieve; toast five good sized pieces of bread, trim off the crust and put on a heated platter, put a tablespoon of butter and one of flour into a saucepan, mix, add half a pint milk, stir until boiling, then add the chopped whites and a teaspoon salt and dash pepper; re-heat and pour over the toast, sprinkle over the yolks carefully, dust lightly with salt and pepper and stand a moment in the oven; serve as hot as possible.—Miss Haines.

### Foaming Omelette

Two eggs, separating them, add two tablespoons milk, quarter teaspoon salt and a pinch of pepper to the beaten yolks, then add the whites beaten very light, put a teaspoon of butter in very hot pan, cover fryingpan with a hot cover; when it foams up and is nicely cooked on the bottom, take off cover and put in oven until it dries nicely on top, then fold over once and serve hot.—L. A.

### Omelette

Soak half cup bread crumbs in one cup of milk, mix with four eggs beaten light, a pinch of salt and a dash of pepper, pour in a hot fryingpan in which has been melted about a tablespoon of butter, and cook slowly ten minutes, take out, fold together, and serve on a hot platter.—Mrs. J. Calder.

#### OMELETTE, No. 2.

Three eggs, yolks and whites beaten separately, one dessertspoon milk for each egg, a pinch of salt, put milk into yolks and mix, add whites, have pan hot with a little butter on it, pour in the mixture, when done under put into oven a few minutes, fold over and serve at once.—Mrs. Overs.

#### OMELETTE, No. 3.

To half a cupful of warm water add a tablespoonful of cracker crumbs, salt and pepper to taste, and into this stir well the yolks of two eggs, have ready the whites of the two eggs beaten stiff with a little salt, fold the yolks into the whites and pour at once into a hot buttered pan; when done fold over and serve at once. Half a teaspoonful of extract of beef melted into the water makes a delicious variation.—Mrs. Cobb.

### Poached Eggs

Set a saucepan of water on the fire, when boiling slip an egg, previously broken in a cup, into the water; when the white looks done enough slide an egg slice under the egg and lay it on toast and butter, or spinach; as soon as enough are done serve hot. If not fresh laid they will not poach well, and without breaking. Trim the ragged parts of the whites and make them look round.—Selected.

### Poor Man's Omelette

Two tablespoons flour, three eggs, well broken but not whipped, mix the flour smooth with a little milk, then add one and a half cupfuls flour, then stir in the eggs, pour into a hot fryingpan well oiled with butter and stir until well set; smooth over with spoon, and when set cut in pieces and turn, cook a light brown and serve hot.—Mrs. T. W. Quinn.

### Savory Omelette

Four eggs well beaten, one quart sweet milk, chop fine a small piece of ham, a little parsley, pepper and salt, butter a pan, pour all into it, put in oven until set, serve hot.—Mrs. H. Collett.

### Splendid Omelette

Six eggs, whites and yolks beaten separately, half pint of milk, six teaspoonfuls of corn starch, one teaspoonful of baking powder, and a little salt, add the whites beaten to a stiff froth last, cook in a little butter.—Mrs. C. E. Pratt.

### Dressed Eggs

Boil eight eggs hard, and throw into cold water, when quite cold take off the shells, cut the eggs in half lengthwise from end to end and remove the yolks, put the yolks into a bowl, and with the back of a silver spoon rub smooth, adding as you do so a tablespoonful of chopped ham or chicken, one of butter, one of good salad dressing, a half teaspoonful of French mustard, pepper and salt to taste. When these ingredients are blended to a paste, mould with the hands into oblong balls which will fit into the halved whites. As the two sides are not to be put together again, the yolks may be moulded neatly instead of being smoothed off flat. Lay on a platter, garnish with a quantity of watercress, and serve very cold.—Mrs. Spencer.

### Baked Eggs

Break eight eggs into a well buttered dish, put in salt, pepper and bits of butter, then three tablespoons of cream, set in oven and bake twenty minutes, serve at once.—Mrs. N. W. C.

### Deviled Eggs

Boil the eggs hard, when cold cut them carefully in two, do not break the whites, and remove the yolk, add to the yolks a good sized lump of butter, salt, pepper, a pinch of mustard, and a little sweet cream, mix to a smooth paste, now fill the whites and round them up well, garnish and serve.—Mrs. Cobb.

### Scrambled Eggs With Ham

Put into a pan, butter, a little pepper, salt and a little milk; when hot drop in the eggs, and with a knife cut the eggs and scrape from the bottom, add some cold ham chopped fine, and when done serve in a hot dish.—Miss Ferguson.

### Eggs in Sunshine

Take an earthenware dish which will stand heat and also do to use in serving the eggs, oil it and break therein as many eggs as desired, sprinkle lightly with salt, and put into the oven for two or more minutes till the eggs are set, have ready some hot tomato sauce prepared as for tomato toast, pour the sauce over them and serve.—S. C. S.

### Soft Omelette

Beat together thoroughly one quart of milk and six eggs, season with salt, pour into a shallow earthen pudding dish and bake in the oven until well set.—S. C. S.

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## Bread and Buns

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Robert Collyer once remarked: "One great reason why I never had a really sick day in my life was that as a boy I lived on oatmeal and milk and brown sugar, potatoes and a bit of meat when I could get it, and then oatmeal again."

### Rye Bread

Two cups rye flour, two eggs, three-quarter cup New Orleans molasses, three-quarter cup sour milk, small teaspoon soda and salt, steam two hours.—Mrs. H. A. Johnston.

### Brown Bread

Four cups sifted Indian meal, two cups flour, one cup molasses, one teaspoon soda, a little salt, sweet milk enough to make a thin batter, steam three hours, then set in the oven to dry.—Miss Ray.

### BROWN BREAD, No. 2.

One cup cornmeal, one cup white flour, two-thirds cup molasses, two-thirds teaspoon soda and a little salt. Directions—Water enough to make a medium batter, which will be enough to half fill two well greased pound baking powder cans, put on cover, steam two hours, then set in the oven one half hour.—Mrs. Wallace Warner.

### Boston Brown Bread

Two cups sour milk, two cups Indian meal, one cup molasses, one cup rye flour, one and a half teaspoons of soda, sift with one-third cup white flour, one teaspoon salt, mix molasses and sour milk, then stir in meal and flour, pour into a buttered pan and steam for three hours, then set into oven and bake from twenty to thirty minutes.—Mrs. M. A. Converse.

### Bread

Put a quart and a half of water, pretty warm, into a vessel, stir in enough flour to make a good thick batter and three-quarters cup of yeast cover up warm, and next morning while preparing breakfast boil a dozen potatoes, mash, and add a quart or more warm water and a handful of salt, and after putting your flour in a pan make a cavity in the flour and pour in the sponge and mashed potatoes, toss all up lightly together, and when breakfast is over it will be light and foamy, add more flour and knead down stiff and hard, let raise for an hour and knead again. In another hour it should be moulded into loaves and allowed to become very light. Have your pans warm and well buttered, and give each loaf just a light turn, place in your pans and in an hour they will have risen to double their size. Have the oven so hot that you can hold the hand in it just five minutes, place the bread in and in five minutes it will be nicely browned and have risen a third, then slow down the fire by removing a back lid and shutting off the drafts, bake slowly for one hour and fifteen minutes.—Mrs. George.

#### BREAD, No. 2.

At dinner time cook four potatoes in enough water to cover, mash well in the water, let it cool to blood heat, dissolve yeast cake in luke-warm water and put into the potatoes, let stand till night, then take two quarts flour, mix a quart of water in the centre of the flour and then put in the above sponge, let remain till morning in a warm place, before mixing into mould mix in a small cup of salt which has been dissolved in warm water and two quarts of luke-warm water, more flour will be necessary. This will make nine loaves.—Mrs. F. Dowell.

#### BREAD, No. 3.

Three potatoes, three teaspoons granulated sugar, three teaspoons salt, one teaspoon ginger, one yeast cake soaked, set in a plate after dinner and cover, then set in the evening with about three quarts of water.—Mrs. Quebec.

### Short Bread

Half pound butter, quarter pound sugar, one pound flour, one egg.—L. Thompson.



### Home-made Bread

The first essentials are good flour and good yeast. Yeast—Take eight large potatoes, peel, and cover with two quarts of water, put a handful of fresh (or less if preferred) hops tied up in a small bag and put in with the potatoes, boil all together for half an hour or less, then drain off the water, mash well and return the water they were cooked in with the addition of half a cup of sugar, half a cup salt, a tablespoonful ginger, boil together five minutes and let stand until cool or luke-warm, and add a yeast cake previously soaked, and set in a warm place to rise. A cupful of the above will make eight or ten large loaves of good bread.—Mrs. George.

#### HOME-MADE BREAD, No. 2.

Take your dish full of flour, and in the centre make a batter with one quart of water and half a cup of home-made yeast, let stand over night in a warm place, in the morning put in another quart of water and a handful of salt, mix into dough, let stand to rise and mix again and put into loaves, let rise again and bake in not too hot an oven for one hour.—Mrs. D. Gervis.

### Two Loaves Whole Wheat Bread

Half a pint of home-made yeast, one quart water, two tablespoonfuls of molasses, two tablespoonfuls sugar, one tablespoonful salt, stir all together, add enough whole wheat flour to make a dough, let rise, mix with whole wheat flour, very soft, let rise again, put in tins and bake for one and a half hours.—Mrs. S. Purvis.

### Steamed Brown Bread

One cup molasses, one cup sour milk, half cup tepid water, one teaspoon salt, one teaspoon soda, one pint Graham flour, half pint white flour, half pint cornmeal, steam two hours, bake twenty minutes.—Mrs. Dolittle.

### Steamed Graham Bread

Two and a half cups Graham flour, one cup wheat flour, two cups sweet milk, one-third cup molasses, one teaspoonful soda and a little salt, steam one hour and bake five or ten minutes.—Mrs. Henry.

### White Bread

Take one cake compressed yeast, put in one cup cold water and dissolve, now take two quarts warm water, put into it one large tablespoon of lard, half a cup of sugar and a handful of salt, mix all together well, and have ready a pan half full of flour, pour water into flour and make a soft batter, now put in yeast and mix well, then more flour to make into a sponge, put in a warm place and let rise, knead down again, and again let it rise, this time make into loaves, let rise again; and bake one hour in not too hot an oven. Sweet milk may be used instead of water. The sponge can be mixed before breakfast, and the bread all baked by four o'clock if it has been kept in a warm place.—Mrs. Cobb.

### Soft Ginger Bread

One cup each butter, molasses, sugar and sour milk, butter milk is the best, one teaspoon of soda dissolved in warm water, one tablespoonful ginger, one tablespoonful cinnamon, two eggs, about five cups flour, enough to make it as thick as cup cake batter, perhaps a little thicker, work in four cups first and add very cautiously; stir butter, sugar, molasses and spice together to a light cream; set them on the range until slightly warm, beat the eggs light, add the milk to the warm mixture, then the eggs, the soda, and lastly the flour; beat very hard ten minutes and bake in a loaf, or in small tins. Half pound raisins seeded and cut in half improves this excellent ginger bread.—A. Hanna.

### Graham Bread

Two-thirds cup sweetening, part sugar and part molasses, two and a half cups of sour milk, or half a cup of sour cream and two of sour milk, two teaspoonfuls soda, one teaspoonful salt, three and two-third cups Graham flour, sifted, rise two hours, bake one hour.—Mrs. J. A. Johnston.

#### GRAHAM BREAD, No. 2.

One cup sour milk, one cup water, one teaspoonful salt, half cup brown sugar, one teaspoonful soda, one egg, flour enough to make a thick batter, bake one hour in slow oven.—Mrs. Kirkland.

### Steamed Indian Loaf

One cup flour, two cups corn meal, three-quarters cup of molasses or brown sugar, one pint milk, sour or sweet, a little salt, half teaspoon soda, steam two hours.—Mrs. Wallace Warner.

### Corn Bread

Three cups sour milk, one cup flour, half cup sugar, small teaspoon soda, a little salt, cornmeal enough to make a batter.—Miss Campbell.

### Spanish Bun

Two eggs, save white of one, butter size of an egg, one cup brown sugar, half cup milk, half teaspoon each of cloves, cinnamon and grated orange peel, two teaspoons baking powder.—Mrs. Fitzgerald.

#### SPANISH BUN, No. 2.

One cup brown sugar, one cup syrup, one cup butter, one cup sour milk, two and a half cups flour, three eggs, two teaspoons soda, one in the syrup and one in the milk, one teaspoon ginger, one teaspoon of cloves, one teaspoon of allspice; half of this is enough for layer cake. Iceing for above cake—One cup of brown sugar, three tablespoons milk, boil till it hairs and beat to a cream, flavoring.—Mrs. Harper.

### Ginger Bread

Three cups flour, one tablespoon ground ginger, one tablespoon cloves, one teaspoon soda; beat together one cup butter, one cup sugar, one cup sour cream, one cup molasses with a little of the flour, three eggs, whites and yolks beaten separately, put in yolks first, adding more flour, then spices and the rest of the flour with the soda, the whites of the eggs to be put in last.—Mrs. Beatty.

#### GINGER BREAD, No. 2.

Two eggs, one cup molasses, half cup sugar, piece of butter the size of an egg, half cup buttermilk, one tablespoon ginger and cloves mixed, one teaspoon soda, two teaspoons cream tartar, flour to make a little stiffer than jelly cake, bake in slow oven.—Mrs. D. Johnston.

**GINGER BREAD, No. 3.**

Half cup shortening, one cup molassess, half cup sugar, small teaspoon salt, one teaspoon soda, one cup boiling water, two cups flour, one teaspoon of ginger, and other spices if desired.—Mrs. Cobb.

**GINGER BREAD, No. 4.**

One cup of syrup, one cup of sugar, one cup of butter, three eggs, three cups flour, one cup of sour or buttermilk, one teaspoon soda, two teaspoons cinnamon, two of ginger, one of cloves.—Mrs. Fitzgerald.

**GINGER BREAD, No. 5.**

Two cups of dark syrup, one cup sour milk, two eggs, the size of an egg of butter, two teaspoons of ginger, one teaspoon of soda, enough flour to make a soft batter, bake three-quarters of an hour in not too hot an oven.—Mrs. J. Moffatt.

**Buns**

One cup home-made yeast, one egg, three-quarters cup warm milk, one cup sugar, a little nutmeg, butter about size of an egg, flour enough to make a soft dough, let rise in a warm place for one hour, cut and bake in a good oven.—Mrs. John Vigrass.

**Buns, No. 2.**

Use bread sponge, one cup shortening, one cup of sugar, one cup currants or raisins, let rise about an hour, mix again and form into buns and let rise, then bake.—Mrs. T. Horne.

**Tough Biscuit**

Two quarts flour, small teaspoon salt, two teaspoons baking powder, a small half teaspoon baking soda, sour milk enough to mix up soft, roll out and cut into squares and bake in quick oven.—Mrs. L. Moulton.

**Another Ginger Bread (Very Nice)**

One cup molasses, one cup sugar, two tablespoons melted butter, one tablespoon ginger, put one teaspoon soda in a cup and fill with boiling water, flour to make a little stiffer than jelly cake, bake in slow oven.—Mrs. D. Johnston.

### For Six Loaves

Three small potatoes, pare and slice in cold water, boil until soft, then add two quarts warm water, then flour enough to make a thin batter, one cup home-made hop yeast, one teaspoon of ginger, one tablespoonful of granulated sugar, one of salt, set away in warm place till early morning, when it should be quite light, now mix to a stiff sponge, let rise in a warm place; when light repeat directions for kneading, let rise, knead down again, let rise again and then form into loaves, put in tins, let rise and bake.—Mrs. T. Massales.

### Baptist Ginger Bread

Three cups of flour, three eggs; three-quarters cup sugar, half cup lard, one cup of buttermilk, one cup of syrup, one teaspoonful of soda, one tablespoonful ginger; mix ginger and soda with flour, eggs not beaten.—Mrs. Kirkby.

### To Make Yeast

Boil a handful of hops in a quart of water half an hour, drain off the water, and while it is hot put it in a pint of flour, let cool a little, and while warm put in one yeast cake, cover from the air, and when making bread use one small cup for making half a dozen loaves.—Mrs. D. Gervis.

### Hop Yeast

Four potatoes, two quarts water, saucerful of hops, half a cup sugar, one cup flour, boil the potatoes and hops until the potatoes are soft, then strain on the sugar and flour, let it cool before putting in the yeast, a little salt.—Mrs. Fitzgerald.

### Home-made Yeast

One cup granulated sugar, one cup salt, one cup flour, six boiled potatoes mashed; when the potatoes are cooked pour the water in which they were boiled over the above ingredients, add enough boiling water to make two quarts; when luke-warm add two dissolved yeast cakes, stir occasionally, let stand for twenty-four hours, then bottle and keep in a cool place. Half a pint of this yeast makes two loaves.—Mrs. S. Purvis.

**Yeast**

Six nice sized potatoes well boiled, mash well, one good handful hops boiled to one quart water, one teacup brown sugar, one tablespoon ginger, one tablespoon salt, put the potatoes, sugar, ginger and salt together, pour over them the boiling hop water, when cool put in one yeast cake.

**Bread**

Take one cupful home-made yeast, add half a cup warm water, half cup flour, let sponge; boil, mash and strain one dozen potatoes, add three quarts water, flour enough to make a stiff batter, whip well, add your sponge, let rise over night, add salt, one quart warm water, mix into a stiff dough, keep warm, when light mix again, next time it rises put in paus and bake one hour.

**Spice Drops**

Two eggs well beaten, one cup brown sugar, half cup blackstrap, half cup butter, half cup currants, one teaspoon cloves, one teaspoon cinnamon, half teaspoon salt, one teaspoon soda dissolved in half cup sour milk, mix flour to a stiff batter, drop on a buttered breadpan spoonfuls far enough apart so as to rise separate, bake in a hot oven.

**Soft Ginger Bread**

One cup molasses, one cup sugar, half cup butter, one cup sour milk, two teaspoons giuger, one teaspoon soda, one egg, flour enough to make drop from spoon readily, bake in slow oven from half to three-quarters of an hour.—Mrs. A. M. Curry.



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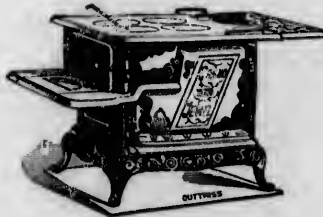
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## Rolls and Muffins

"The turnpike road to people's hearts I find lies through their mouth, or I mistake mankind."—Dr. Wolcott.

### Yeast Rolls

At the last moulding of bread take enough for a small loaf, roll out and spread over it a beaten egg, two tablespoons granulated sugar, a scant half teacup of lard, mix well, adding a handful of flour, let rise, mold into rolls, let rise twenty or thirty minutes and bake.—Mrs. Purvis.

### Rolls

Three eggs, two cups sugar, half cup butter, three cups milk, two-thirds cup yeast, make a sponge of the eggs, sugar milk, flour and yeast, let rise over night. In the morning mix in the butter, and add with all as much flour as can be stirred in with a spoon, when light roll out, cut, fold over, and put in pans to rise. After baking rub over with sugar and water, or the white of an egg.—Mrs. A. Thomas.

### ROLLS, No. 2.

One quart milk, boiled and let cool, two tablespoons sugar, two tablespoons butter, salt to suit taste, flour to make a batter, one Royal yeast cake. Set in morning and this will be ready for tea at night. Roll out like biscuit, cut with cake cutter, put a small lump of butter in the middle of each and fold over, let rise and bake.—Mrs. Gleason.

### ROLLS, No. 3.

One quarter cup butter dissolved in a cup of boiled milk, one fourth cake of compressed yeast dissolved in cup of cold water and the white of an egg beaten to a froth, one tablespoon of sugar, salt, mixed with four cups flour, let rise over night, make into rolls, let rise about half an hour and bake in a moderate oven twenty-five minutes.—Mrs. Ferguson.

### Cinnamon Rolls

Take a good sized amount of bread dough, put in half a cupful of white sugar, a half cupful of lard, and let rise light, then roll out with the rolling pin to an inch in thickness, spread with butter, dust over with sugar, and cinnamon and roll up as you do a jelly roll, cut off pieces an inch in thickness and place in a warm buttered pan, set in a warm place for three hours, or until up to the top of the pan, and bake in a hot oven, quickly brown, and then slow down the heat and bake for half an hour. They should be soft and spongy when done.—Mrs. George.

#### CINNAMON ROLLS, No. 2.

Take a piece of your left over bread dough, spread it with butter, sprinkle with cinnamon, sprinkle lightly with currants or not as you choose, cut in strips and twist any shape, then let them rise until light, then bake in a moderate oven.—Mrs. Falconer.

### Parker House Rolls

One teacupful of yeast, one tablespoon of sugar, a piece of lard the size of an egg, one pint of milk, flour enough to make a stiff batter, put the milk on the stove to scald with the lard in it, mix salt, sugar and yeast into the flour, add milk, being careful not to put in too hot, knead thoroughly when mixed at night, and only slightly the next morning, roll out an inch thick and cut with a biscuit cutter, spread a little butter on each roll and lap together, let rise very light and bake in a quick oven.—Mrs. W. Ireland.

### Cinnamon Drops

One egg, one cup sugar, one cup molasses, half cup butter, one cup water, two teaspoons cinnamon, one teaspoon soda, five cups flour, bake in cups half full.—Mrs. Hale.

### Spanish Bun

One cup butter, two cups brown sugar, five eggs, two whites for icing with brown sugar, one cup milk, one teaspoon mixed spice, one teaspoon cinnamon, three cups flour, two teaspoons baking powder.—Mrs. Ireland.

### Whole Wheat Puffs

Make a batter by beating together until perfectly smooth the yolk of one egg, one and a half cups of new or unskimmed milk, and one pint of whole wheat flour. Place the dish containing it directly upon ice, and leave for an hour or longer. The bread may be prepared and left on the ice over night if desired for breakfast. When ready to bake the puffs, whip the white of an egg to a stiff froth, and after vigorously beating the batter for ten minutes, stir in lightly the white of an egg, turn at once into heated irons and bake. If preferred one-third white flour and two-thirds sifted Graham flour may be used in the place of the wheat berry flour.—Mrs. A. F. Cobb.

### Cream Graham Rolls

To one half cup cold cream add one half cup of soft ice water, make into a dough with three cups of Graham flour, sprinkling it slowly with the hands, beating at the same time so as to incorporate as much air as possible, until the dough is too stiff to be stirred, then knead thoroughly, form into rolls and bake.—Mrs. M. A.

### Sticks

Prepare and knead the dough the same as for rolls. When ready to form roll the dough much smaller, scarcely larger than one's little finger, and cut into three or four inch lengths. Bake the same as rolls for about twenty minutes.—Selected.

### Muffins

One tablespoon sugar, one egg, one tablespoon melted butter, pinch of salt, three-quarter cup milk, one cup flour, one teaspoon baking powder.—Mrs. Brandy.

#### MUFFINS, No. 2.

One egg, one tablespoon sugar, one tablespoon melted butter, one cup milk, half teaspoon salt, two teaspoons baking powder, two cups flour.

#### MUFFINS, No. 3.

Three tablespoons butter, half cup sugar, one egg, one cup sour milk or cream, one teaspoon salt, three cups flour, two teaspoons cream tartar, one teaspoon soda.—Mrs. Cryderman.

**MUFFINS, No. 4.**

Sift together three cups flour, two teaspoonfuls cream tartar, mix with two eggs, two tablespoonfuls sugar, three of melted butter, a little salt, one teaspoonful of soda dissolved in two cups sweet milk, bake in gem tins.—Mrs. S. E. Green.

**MUFFINS, No. 5.**

One egg one tablespoon of sugar, one of melted butter, one cup of milk, half teaspoon of salt, two teaspoons baking powder, two cups flour, bake in a quick oven.—Mrs. Cobb.

**MUFFINS, No. 6.**

Two cups flour, two teaspoons cream tartar, one of soda; mix with one egg, one tablespoon of sugar, three of melted butter, a little salt and two cups of sweet milk, bake in gem pans.—Mrs. A. Thomas.

**Corn Muffins**

Sift two cups corn meal, one cup flour, two teaspoons baking powder and one of salt and one-third cup sugar together, add one tablespoon lard or cottelene melted, and mix the whole with two and a half cups water or milk. An egg may be added, but is not necessary for lightness.—Mrs. J. Brown.

**CORN MUFFINS, No. 2.**

One cup yellow corn meal, half cup white flour, one tablespoon sugar, two teaspoons baking powder, one egg and half a cup of milk; bake in hot greased gem pans, eat hot.—Mrs. George Moore.

**Ham Muffins**

Make a light batter of a pint of flour, two teaspoons of baking powder, a scant cup of milk, one well-beaten egg, a little salt, and a half teaspoon of sugar, chop about a cup of cold boiled ham very fine and stir into this batter which, it will be seen, is slightly stiffer than that usually made for fritters. This mixture is baked in muffin tins for fifteen or twenty minutes, and is more wholesome than the greased fried fritters.—Mrs. J. Brown.

**Baking Powder Biscuits**

One quart flour, two teaspoons baking powder, butter size of an egg, rub butter, baking powder, flour and a pinch of salt together, mix with enough water to roll.—Mrs. Hall.

**Breakfast Muffins**

Two cups Graham flour, two tablespoonfuls of molasses, a little salt, one teaspoonful soda, two teaspoonfuls cream tartar, one egg, one cup sweet milk, bake in a quick oven for twenty minutes; to be served hot with butter.—Mrs. McNeil.

**Graham Muffins**

Two cups of Graham and one of white flour, two table-  
spoons of molasses or one of sugar, one teaspoon of soda,  
two of cream tartar, a little salt, mix with milk, or use one  
egg and mix with water.—Mrs. A. Thomas.

**Sweet Muffins**

Half cup sugar, butter the size of an egg melted with  
four tablespoons of warm water, two eggs, a little salt, two  
teaspoons cream tartar, one of soda, one quart of flour, beat  
thoroughly, bake in muffin pans thirty minutes in a quick  
oven.—Mrs. A. Thomas.

**Graham Gems**

If Graham flour cannot be procured take one cupful of  
shorts, one of bran and one of flour, mix well; this makes  
Graham flour. Take two cups of this flour and one cup  
white flour, mix this well, beat two tablespoonfuls of brown  
sugar with half a cup shortening, or more if liked rich, then  
add one egg well beaten, then one cupful of buttermilk, half a  
teaspoon baking soda, then the flour. Bake in a quick oven  
to a rich brown, and serve hot or cold.—Mrs. T. W. Quinn.

**Favorite Muffins**

One cupful sweet milk, one egg, yoke and white beaten  
separate, one tablespoon white sugar, half teaspoon salt, one  
tablespoonful of baking powder, butter size of an egg, two  
cups flour, bake in muffin rings.—Mrs. T. Woods.

**Cornmeal Gems**

One cup cornmeal, one cup flour, one cup brown sugar,  
one egg, three teaspoonfuls baking powder, two tablespoons  
lard, salt to taste, milk enough to moisten, bake in quick  
oven. Sometimes I make all in one tin; mix it soft; they are  
splendid hot.—Mrs. J. H.



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Muffins—Beat one egg, add two cups sour milk, the thicker the better, one teaspoon soda, pinch salt, one and a half cups sifted meal, stir until perfectly smooth. Have the greased muffins on the stove, smoking hot, pour the mixture, which should be thicker than pancake batter, into the tin, and bake in a hot oven till done. A few minutes time only will be required.—Mrs. Ireland.

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## Cakes

---

An hour of exercise to every pound of food.—Oswald.

Some eat to live, they loudly cry;  
But from the pace they swallow pie  
And other food promiscuously,  
One would infer they eat to die.

—Selected.

### Clove Cake

Two eggs, one and one half cups of sugar, half cup butter, one cup chopped raisins, one half cup sweet milk, two cups flour, one tablespoon cloves, one half teaspoon soda.—Mrs. H. A. Johnston.

### CLOVE CAKE No. 2

Two eggs, one and one half cups brown sugar, one cup butter, one cup chopped raisins, one cup sweet milk, two cups flour, one teaspoon ground cloves, one teaspoon soda.—Mrs. McMorran.

### CLOVE CAKE No. 3

Two eggs, one cup shortening, one tablespoon cloves, one cup sugar, one teaspoon soda, half cup sweet milk, two cups flour.—Mrs. Badger.

### Washington Cake

Three eggs, one cup white sugar, butter the size of an egg, one tablespoonful sweet milk, two teaspoonfuls of baking powder stirred into one heaping cup of sifted flour. Filling for cake—One large sour apple peeled and grated, juice and the grated rind of one lemon, one cup of white sugar, one egg, well beaten, mix all together and boil for three minutes; filling to be used when cold, cake to be baked on layer tins.—Mrs. Geo. Tudhope.

**WASHINGTON CAKE, No. 2.**

One cup butter, half pound sugar, four eggs, whites and yolks beaten separately, two cups flour, two teaspoons baking powder, one small cup milk, half pound raisins, half pound currants.—Mrs. Beatty.

**Roll Jelly**

Four eggs, one cup sugar, one cup flour, two teaspoons baking powder; grease a paper, put in a dripping pan and put batter in and bake. Spread jelly on cake while it is hot and roll.—Mrs. Hall.

**Roll Jelly Cake**

Three-quarters cup sugar, three-quarters cup flour, three eggs, one teaspoon soda, two teaspoons cream tartar.—Mrs. Cryderman.

**Johnnie Cake**

Two tablespoonfuls brown sugar, half cup (or more) of shortening; beat to a cream; add one egg well beaten, then one and one half cupfuls of buttermilk with half teaspoonful of baking soda, two cups cornmeal, one cup flour well mixed; mix this before beating the eggs, sugar and butter, turn into a well oiled pan and bake half an hour in a moderate oven to rich brown.—Mrs. T. W. Quinn.

**JOHNNIE CAKE No. 2**

One cup corn meal, one of flour, one of sugar, one of sour cream, one half teaspoon soda, one teaspoon salt, two eggs not beaten.—Mrs. Worth.

**JOHNNIE CAKE No. 3**

Two cups sour milk, a large tablespoon of butter, one egg, half cup sugar, one teaspoon salt, one teaspoon soda, one cup corn meal, two small cups white flour.—Mrs. A. F. Cobb.

**Chocolate Cake .**

X Custard Part—Eight tablespoons grated chocolate, five tablespoons brown sugar, half cup milk, boil till thick and then set to cool. Cake Part—One good cup sugar, half cup butter beaten to a cream, three eggs broken into mixture one at a time and well stirred after each, one half cup flour, two teaspoons baking powder, then add chocolate and stir well, half cup milk, and flour to thicken.—Mrs. Daball.

**CHOCOLATE CAKE, No. 2.**

Three eggs, two cups sugar, one light and one dark, butter size of an egg, cup sweet milk, three cups flour, teaspoon soda and two of cream tartar, this makes three layers, for the centre one a teaspoon grated chocolate. For Filling—Quarter of cake of chocolate and one cup sugar, boil for five minutes, and then put in a teaspoon corn starch dissolved in water.—Mrs. H. Farrer.

**Silver and Gold Cake**

Whites of three eggs, beaten to froth, one cup sugar size of an egg of butter, one cup sweet milk, two teaspoons baking powder, flour to make a batter, flavor with lemon. Gold Part—Yolks of three eggs, one cup of brown sugar, one cup of sweet milk, size of an egg of butter, two teaspoons baking powder, flour to make a batter, flavor with vanilla; grease a paper, and put in the bottom of a dripping pan and put one spoon of silver and gold alternately until finished; put in oven and bake.—Mrs. Hall.

**SILVER AND GOLD CAKE No. 2**

Gold Part—Yolks of eight eggs, scant cup butter, two of sugar, four of flour, one of sour milk, teaspoon soda, tablespoon corn starch, flavor with lemon and vanilla. Silver Part—Two cups sugar, one of butter, four scant cups flour, one of sour milk, teaspoon soda, tablespoon cornstarch, whites of eight eggs, flavor with almond or peach, put in pan alternately one spoonful of gold and one of silver.—Mrs. T. Fortune.

**Ice Cream Cake**

Whites of five eggs, one and a half cups sugar, half cup butter, one cup of milk, half teaspoon soda, one teaspoonful cream tartar, three cups flour, separate this mixture and color half with strawberry coloring, flavor this with vanilla and the whole with lemon, put in the white then the pink, bake slowly.—Mrs. T. A. Clark.

**ICE CREAM CAKE, No. 2.**

One cup sugar, two tablespoons butter, one and a half cups flour, half cup milk, two teaspoons baking powder, whites of three eggs. Yolk of egg, thickened with sugar and flavored with vanilla for icing.—Miss Kirkman.

### Layer Cake

Half cup butter, three-quarters cup sugar, two eggs, half cup sweet milk, two cups flour, two teaspoons baking powder.

#### LAYER CAKE, No. 2.

Two cups sugar, half cup butter, one cup milk, three eggs, three cups flour, three teaspoons baking powder, one teaspoon vanilla, bake about twenty minutes in a good oven.—Mrs. Greer.

#### LAYER CAKE, No. 3.

Two eggs, one cup sugar, one tablespoonful butter, two-thirds of a cup of milk, two cups of flour, flavor to taste, two teaspoonfuls baking powder.—Mrs. Mills.

### Cornstarch Cake

The whites of three eggs, one half cup cornstarch, half cup butter, half cup of milk, half teaspoonful of cream tartar, quarter teaspoonful soda, one cup sugar, one cup flour, flavor with lemon.—Mrs. C. E. Pratt.

#### CORNSTARCH CAKE, No. 2.

One cup of sugar, two eggs, one tablespoonful of butter, half cup of milk, one cup of flour, two-thirds cup cornstarch, one-third teaspoon soda, half teaspoonful cream tartar, flavor with lemon.—Mrs. Mills.

#### CORNSTARCH CAKE, No. 3.

One tablespoon butter, one cup sugar, half cup milk, two eggs, two-thirds cup cornstarch, one-third teaspoon soda, half teaspoon cream tartar, one cup flour, flavor with lemon, beat well.—L. Thompson.

### Hermits

One cup granulated sugar, half cup butter, half cup raisins chopped, half teaspoon soda in two teaspoons warm water, one egg, flour to roll.—Mrs. Johnston.

#### HERMITS, No. 2.

One cup sugar, half cup butter, two eggs, two teaspoons baking powder, two teaspoons cinnamon, allspice and nutmeg, one cup currants, two tablespoons milk, flour to roll out stiff.—Mrs. Cryderman.

**Tilden Cake**

Half cup butter, one cup sugar, two eggs, white of one saved for frosting, half cup of water, half cup cornstarch wet in water, two teaspoons baking powder and two cups flour.—Mrs. E. Willison.

**TILDEN CAKE, No. 2.**

One cup butter, two cups pulverized sugar, one cup sweet milk, three cups flour, two teaspoons baking powder, two teaspoons lemon extract.—Mrs. Maxwell.

**White Mountain Cake**

One cup sugar, half cup butter, half cup sweet milk, half cup cornstarch, one cup flour, whites of six eggs, a little vanilla, two teaspoonfuls of baking powder, bake in layers. Frosting for above—Whites of five eggs, twenty tablespoonfuls sifted sugar, beaten very light, a little vanilla spread between layers and outside of cake.—Mrs. J. Newel.

**WHITE MOUNTAIN CAKE, No. 2.**

One cup butter, two cups sugar, three and a half cups flour, one cup milk, two eggs, two teaspoonfuls baking powder. Stir all together without separating the eggs, bake the same as jelly cake and use frosting between, made of whites of three eggs and fine granulated sugar.—Tested by Mrs. Lewis.

**Lemon Jelly Cake**

Half cup butter, one and a half cups sugar, half cup milk, three eggs, two cups flour, one and a half teaspoonfuls baking powder, one lemon, half cup water. Directions—Cream the butter with one cup sugar, stirring in the beaten whites of the eggs and the milk, then sifting in the flour in which the baking powder was mixed, and bake in jelly cake tins. To the beaten yolks of the eggs add the other half cup of sugar and the water and juice of the lemon, and boil till thick enough to spread between the layers.—Mrs. P. Harrison.

**Lemon Cake**

One half cup sugar, one teaspoon butter, one tablespoon milk, three eggs, one cup flour, one teaspoon baking powder, bake in jelly tins, put between two apples and one lemon grated together with a little sugar.—Mrs. R. Fawns.

**LEMON CAKE, No. 2.**

Whites of two eggs well beaten, half cup sugar, two tablespoons butter, half cup cold water, one teaspoon baking powder, flour to make a thin batter, bake. Yolks of two eggs, half cup sugar, juice of one lemon, two teaspoons corn starch in half cup hot water, boil thick, put between your cake.—Mrs. D. Johnston.

**LEMON CAKE, No. 3.**

Five cents worth oil lemon, five cents worth of baking ammonia, two cups white sugar, two cups sweet milk, two eggs, one cup butter.—Mrs. Banks.

**LEMON CAKE, No. 4.**

One and a half cups sugar, half cup butter, half cup milk, two cups flour two eggs, three-quarters teaspoon soda, juice and grated rind of one lemon mixed in.—Mrs. McLelland.

**Pancakes**

One pint milk, three eggs, one teaspoon of salt, mix to a very thin batter, drop in lard. To be eaten with fruit juice and sugar.—Mrs. S. L.

**PANCAKES, No. 2.**

One cup and a half buttermilk, half teaspoon salt, half teaspoon soda, one egg, one tablespoon melted butter or lard, a tablespoon sugar, flour enough to make a thin batter. One tablespoon cornmeal improves them.—Mrs. A. F. Cobb.

**Jelly Cake**

Two cups flour, two teaspoonfuls baking powder, mix this well; beat to a cream one cup granulated sugar, one tablespoon of butter, add one egg, beaten very light, beat this well, then add half a cup cold water, one teaspoonful lemon, then quickly add flour, beat well, bake in two jelly cake tins in a quick oven to a light brown, put together with jelly or cream filling.—Mrs. T. W. Quinn.

**Jelly Roll**

Four eggs, one scant cup sugar and one level cup flour, a teaspoon baking soda, beat well and bake in a wide pan, and then sprinkle a paper with granulated sugar and turn out onto it, spread on jelly, then roll. This is a delicious roll.—Mrs. Granger.



**JELLY ROLL, No. 2.**

Three eggs, one cup sugar, one cup flour, one teaspoon baking soda, one teaspoon cream tartar, one teaspoon lemon juice, wet the soda with a little warm water, mix cream tartar with flour, spread with jelly and roll while hot.—Miss Gillespie.

**JELLY ROLL, No. 3.**

One cup sugar, four eggs, one cup flour, two teaspoons baking powder, bake in dripping pan, spread with jelly while hot and roll.—Mrs. J. Eagar.

**Fat Rascals**

Two quarts flour, half cup shortening, half cup currants, pinch of salt, three-quarters teaspoon soda, quarter cup sugar, one and one half cups sour milk; roll into biscuits, bake in a quick oven.—Mrs. T. Woods.

**Christmas Cake**

Two cups brown sugar, three-quarters pound of butter, five eggs, heaping saucer currants and raisins, one lemon peel, flour enough to make very stiff, one teaspoon soda, one teaspoon each of all kinds of spice.—Mrs. J. Johnston.

**Bread Cake**

When you are moulding the bread to put into the pans, take one pint of dough, put into a bowl, add one cup sugar, quarter cup butter, and two eggs beaten well; beat this with a heavy wire beater until the mixture is smooth, and the dough has lost all its stringy condition; add grated rind of lemon and pour in a shallow buttered pan; when light, sprinkle the top lightly with white sugar, dust over a little cinnamon, and sprinkle over chopped nuts or fruit; press lightly into the cake without spoiling its texture; bake in moderate oven for thirty minutes. The bread cake will answer for luncheon.—Mrs. A. M. Curry.

**Graham Gems**

Two cups sour milk, half cup sugar, half teaspoon soda, Graham flour to stir thick; bake in cup or gem pans in hot oven; both light and healthy.—Mrs. T. Woods.

### **Cream Sponge Cake**

Beat together a cupful of sugar and the yolks of three eggs; add a half teaspoonful of soda, a teaspoon of cream tartar, a cupful of flour and the whites of the eggs. Bake in three layers and put between them the following: One egg, a half cupful of cream, a cupful of sugar and a piece of butter the size of a walnut; boil till like a cream and then flavor to taste.—Mrs. J. Johnston.

### **Feather Cake**

One cup sugar, one tablespoon butter, one egg, half cup sweet milk, two cups flour, two teaspoons powder. Bake in two layers and put together the following icing: one cup sugar one cup of water, one tablespoonful corn starch, yolks of two eggs, juice and grated rind of two lemons, cook all together until it thickens, cools, spread it on layers of the cake.—Mrs. Calverley.

### **Fruit Cake**

One pound of sugar, one pound butter, one pound flour, one and one half pounds Sultana raisins, one and one half pounds currants, half a pound citrons, one pound almonds, blanched and chopped fine, eight eggs, one cup milk, spice to taste, beat your butter to a cream, then add the sugar, beat the whites and yolks of eggs separately, mix all well together, mix the fruit in flour, and add them when all is well mixed; tie three sheets of paper around the tin that the cake may not burn, butter the tin well, pour in the mixture, bake four hours in a slow oven.—Mrs. J. H.

### **A No. 1 Cake**

One cupful of cooking molasses, stir into it two cupfuls of flour, put a spoonful of soda in a cup and fill with hot water, stir into it the mixture with the yolks of two eggs and a tablespoonful of shortening, add a spoonful of ginger and some spices and beat well together, bake in three jelly tins; boil half cup sugar with two tablespoons water and pour over the beaten white of the egg, flavor and spread between the layers and on the top. This is a delicious cake.—Mrs. F. C. King.

### A Very Good Common Cake

Rub eight ounces of butter into two pounds of dry flour, mix with three spoonfuls of yeast, that is not bitter, to a paste, let it rise an hour and a half, then mix in the yolks and whites of four eggs beaten apart, one pound sugar, some milk to make it a proper thickness, (about a pint will be sufficient), the rind of a lemon and a teaspoonful of ginger, add either a pound of currants or some carraway and beat well.—Mrs. E. Labrash.

### Three Layer Chocolate Cake

One cup of sugar, half cup milk, one cup of butter, three eggs, yolks and whites beaten separately, one teaspoon soda, one teaspoon cream of tartar, sufficient flour to make a batter. Filling for cake—half cake of chocolate, one cup of milk, one cup sugar, boil until it thickens, spread between and on top of cake.—R. Cummer.

### Cocoanut Layer Cake

The yolks of three eggs, two cups sugar, two teaspoons baking powder; bake in jelly tins and use the whites for frosting each cake, sprinkle each layer thickly with cocoanut.—Mrs. W. J. Boyd.

### Pink and White Layer Cake

One cup butter, two cups sugar, beat to a cream; one cup milk, one cup corn starch, two cups flour, two teaspoons baking powder well sifted dry with the flour, whites of six eggs beaten stiff, stir all together. This will make five layers; separate enough to make two layers and add to it one teaspoon fruit coloring.—Mrs. W. J. Boyd.

### Metropolitan Cake

Two cups of sugar, one of butter, one of milk, four cups of flour, whites of eight eggs, three teaspoons baking powder, flavor with lemon. Take a little more than three-fifths of this mixture in three jelly tins, add to the remaining batter one tablespoon ground allspice, one and a half tablespoons cinnamon, teaspoon cloves, quarter pound each of sliced citron and chopped raisins, bake in two jelly tins, and put together with frosting, alternating dark and white.—Mrs. F. C. King.

### Jersey Lily Cake

One cup white sugar, half cup butter, creamed, half cup sweet milk, one and three-quarter cups flour, one and a half teaspoons baking powder, whites of four eggs, put half the batter in a long tin, add a thin layer of chopped raisins and English walnuts, then the remainder of batter, ice with boiled or caramel icing.—Miss L. Taylor.

### Layer Ginger Cake

One cup of molasses, stir into it two cups flour, one teaspoon soda, one cup boiling water; stir into this the following mixture:—Yolk of one egg, a tablespoon butter, a teaspoon of ginger, half teaspoon ground cinnamon. Mix all well and bake in layers. Ice with the white of the egg, sugar and flavor.—Mrs. E. Willson.

### Golden Cream Cake

Cream one cup sugar and one-fourth cup butter, add half a cup sweet milk, well-beaten whites of three eggs, one and a half cups flour, half a teaspoon soda and a teaspoon cream tartar sifted with it, bake in three deep jelly tins, beat very light the yolks of two eggs and one cup sugar and two tablespoons rich sweet cream, flavor with vanilla and spread on cakes, or to the yolks add one and a half tablespoons cornstarch, three-quarters cup sweet milk, a small lump of butter, sweeten and flavor to taste, cook in a custard kettle till thick, let cool and then spread.—Mrs. F. C. King.

### Cocoa Cake

One and a half cups brown sugar, one and a half cups butter, one cup sour milk, three-quarters cup cocoa, one teaspoon soda dissolved in milk, one teaspoon vanilla, two eggs and two cups flour.—Mrs. Morrow.

### Cocoanut Cake

One cup butter, three of sugar, one of milk, four of flour, or one pint, one teaspoonful soda, two of cream tartar, five eggs, bake in layers like jelly cake. Icing to place between the layers—Half a pound of white sugar to the whites of two eggs, whip the eggs and add the grated cocoanut, and place between the layers.—Mrs. T. Haystead.

**1-2-3-4 Cake**

One cup butter, two cups sugar, three cups flour, four eggs, three teaspoons baking powder, either for layer or sponge cake.—Mrs. M. A. Converse.

**Tumbler Cake**

Two tumblers brown sugar, one tumbler butter, one tumbler molasses, one tumbler sweet milk, eight tumblers of flour, two small teaspoons soda, one teaspoonful each cloves, cinnamon and nutmeg. This makes a good every day fruit cake by adding half a pound citron cut fine, one pint raisins, and will keep a long time.—Mrs. M. A. Converse.

**Old Fashioned Pound Cake**

One pound raisins, stoned, one pound currants, one pound butter, one pound dark brown sugar, half pound blanched almonds chopped fine, quarter pound each orange, lemon and citron peel, one pound flour, ten eggs, yolks and whites beaten separately, a small cup of warm water with a teaspoon soda dissolved in it, a cupful of milk and half a wine glass of rose water, stir thoroughly, bake in moderate oven four hours.—Mrs. Butt.

**Marble Cake**

White Part—One cup butter, two cups white sugar, half cup sour cream or buttermilk, three and a half cups flour, whites of seven eggs, one teaspoonful of soda. Black Part—Two cups brown sugar, one cup of butter, one cup molasses, five cups flour, half cup sour cream or buttermilk, yolks of seven eggs, one grated nutmeg, two tablespoonfuls cinnamon, one tablespoonful of cloves, one tablespoonful allspice, one tablespoonful of black pepper, one teaspoonful soda.—Mrs. C. Labrash.

**Brown George**

Half cup West India molasses, half cup brown sugar, one teaspoon cinnamon, one teaspoon cloves, one teaspoon soda, put in the molasses, butter size of an egg, half cup warm water, yolks of two eggs, two and a half cups flour. Bake in three layers, use the whites of the eggs for boiled frosting.—Mrs. Purvis.

### Molasses Cake

One cup molasses, one cup sugar, quarter cup butter, one cup of warm water, one teaspoon soda dissolved in water, one teaspoon ginger, one teaspoon cinnamon, three and a half cups flour.—Miss Burd.

### Delicate Cake

Three cups flour, two cups sugar, three-quarters cup sweet milk, whites of six eggs, half cup butter, one teaspoon cream tartar, half teaspoon soda, flavor with lemon.—Mrs. Maxwell.

### German Pancakes

Grate three large raw potatoes, add half a teaspoon of salt, two eggs, two tablespoons flour, fry in hot butter. These excel all other pancakes.—Miss L. Taylor.

### Nutmeg Cake

Half cup butter, one and a half cups brown sugar, one cup raisins and one of currants, two eggs, two teaspoons molasses, one teaspoon soda dissolved in one cup sour milk, nearly a whole nutmeg, a teaspoon of cinnamon and allspice, flour to thicken.—Selected.

### Fruit Cake

Whites of three eggs, one cup white sugar, half cup of butter, cup flour, cup cocoanut, half cup corn starch, half cup sweet milk, two teaspoons baking powder, almond nuts sliced.—Mrs. F. S. Walton.

### FRUIT CAKE, No. 2.

Three pounds white sugar, half pound butter, mix well together, then yolks of twelve eggs, beat with sugar and butter, half cup molasses, four pounds raisins, three pounds currants, rind of two lemons, two pounds candied peel, citron and lemon mixed, two nutmegs grated, one heaping tablespoon cinnamon mixed in before the fruit, whites of twelve eggs beaten stiff, two pounds sifted flour, two teaspoons baking powder, almonds skinned and chopped fine are nice. This is enough for two good sized cakes. Bake four hours in a slow oven.—Mrs. R. J. Lee.

## FRUIT CAKE, No. 3.

Cup and a half of lard and butter mixed, beat up about six eggs in lard, one and a half cups sour milk and two teaspoons soda dissolved in a little warm water, a teaspoon salt, one cup each of raisins and currants, one nutmeg, a teaspoon mixed spices, one teaspoon cinnamon, three-quarters of lemon peel, flour enough to make a stiff batter, always mix your fruit with the flour, then into the other ingredients.—Mrs. F. Dowell.

## FRUIT CAKE, No. 4.

Half cup butter, one cup of sour milk, one cup brown sugar, one teaspoon soda, one teaspoon nutmeg, two cups of flour, one cup of raisins.—Mrs. Argue.

## FRUIT CAKE, No. 5.

This is one of the finest fruit cakes made, and for its novelty is a favorite wedding and holiday cake. With proper care it will keep a year. Black Part—One cupful and a half sugar, one cupful of butter, two cupfuls of browned flour, yolks of six eggs, one and a half pounds of raisins, one pound currants, half pound of citron, quarter pound of nuts, two-thirds of a cupful of rose water, one teaspoonful of soda dissolved in hot water, half a teaspoon each of cloves, cinnamon, nutmeg and allspice. Cream the sugar and butter, add eggs and beat well, then add fruit and lastly soda. Bake a test cake and add more flour if necessary, as one flour does not hold up the fruit as well as another. White Part—The whites of six eggs, one cupful of white sugar, half cupful of butter, half cupful sweet cream, two and a half cupfuls flour, two heaping teaspoons baking powder, one pound of almonds chopped fine, half pound citron cut fine, half pound grated cocoanut, one teaspoonful of rose water, one teaspoonful of lemon extract, one small slice of sugared orange peel. Cream the sugar and butter, add cream, sifted flour, nuts, etc., and lastly the whites of the eggs beaten stiff. Select a deep baking pan and line the bottom with buttered paper. Put in a layer of black cake and then a layer of white, and so on until the pan is two-thirds full; bake for an hour or more in a moderate oven; ice and decorate when ready for use. Fruit cake keeps better and is nicer for puddings if not iced, but merely wrapped in a cloth wrung out of brown sugar syrup.—Mrs. Ross.

**FRUIT CAKE, No. 6.**

Cream a teacupful each sugar and butter, one teacupful milk, two and a half teacups flour sifted with a teaspoon of baking powder, one pound figs, one pound dates, one pound almonds, one pound Sultana raisins, quarter pound citron peel, whites of seven eggs.—Miss Raymond, Dudley, Eng.

**FRUIT CAKE, No. 7.**

One pound butter, one pound dark brown sugar, three-quarter pound almonds, blanched and chopped, two pounds of mixed peel, three pounds raisins, three pounds currants, eleven eggs, eighteen ounces browned flour, two cups coffee, one tablespoonful each of allspice, cloves and cinnamon.—Mrs. John Galna.

**FRUIT CAKE, No. 8.**

Eight eggs, four cups sugar, one and a half cups cream, two cups of butter, two teaspoons soda, two tablespoons of cinnamon, half tablespoon cloves, one ounce each of lemon, orange and citron peel, one pound almond nuts, three pounds raisins, one pound figs, eight cups flour, one cup blackstrap.—Mrs. Ed. Bregg.

**FRUIT CAKE, No. 9.**

One pound six ounces of flour, one pound dark sugar, twelve eggs, one pound butter, two pounds currants, three pounds raisins, three-quarters cup blackstrap, half pound mixed peel, half teaspoon allspice, one teaspoon cinnamon, half teaspoon cloves, one nutmeg, three pounds almonds sliced, then two teaspoons baking powder. Take butter and sugar, beat it to a cream, then add the eggs next, beaten, then the spices, then fruit, mix baking powder with the flour, half cup rose water.—Mrs. T. Ryder.

**FRUIT CAKE, No. 10.**

Four large cups flour, one pound butter, two grated nutmegs, two pounds raisins, two pounds currants, half pound mixed peel, one small teaspoon soda, two cups sugar, one dozen eggs, mix flour and butter thoroughly with the hands. Add soda, mix; add nutmeg, mix; add peel, mix; add sugar, mix; add fruit, mix; add eggs, well beaten separately; add two cups of water, mix. Line tins with buttered paper, and bake with a slow fire about one and a half hours.—Miss Lizzie Wallace.



## FRUIT CAKE NO. 11.

Two cups sugar, two cups molasses, one cup butter, one cup raisins stoned and chopped, one cup currants, four cups of flour, one cup milk, four eggs, two teaspoons baking powder, quarter pound citron peel, one teaspoon each any kind spices.—Mrs. C. H. Baker.

## FRUIT CAKE NO. 12.

Three pounds currants, three pounds raisins, half pound lemon peel, one pound butter, one pound sugar, one pint syrup, one bottle vanilla, one bottle lemon, three teaspoons baking powder, one cup water, eighteen eggs, one nutmeg.—Mrs. Quebec.

## FRUIT CAKE NO. 13.

One pound raisins, one pound currants, half pound citron, orange and lemon mixed, one pound sugar, one pound flour, six eggs, one nutmeg, almonds, two teaspoons baking powder, half cup syrup, half bottle vanilla, one cup milk, one ounce allspice. This is the best fruit cake recipe I have ever had.—Miss L. Taylor.

## FRUIT CAKE NO. 14.

Two pounds of raisins, seeded, two pounds currants, ten eggs, three-quarters pound lemon and orange peel, one pound butter, one pound brown sugar, one cup syrup, one cup sweet milk, three teaspoons baking powder, enough flour to make a stiff batter, two teaspoons cloves and two of cinnamon.—Mrs. M. J. Newburn.

## FRUIT CAKE NO. 15.

Four eggs, half a cup of black molasses, two cups brown sugar, one cup shortening, half cup butter, half cup lard, one cup sour milk, one teaspoon soda, one teaspoon of cinnamon, cloves and allspice, one cup currants, two cups raisins, one lemon peel, one tablespoon extract lemon.—Mrs. T. Yates.

## FRUIT CAKE NO. 16.

One cup butter, one and one half cups sugar, one cup molasses, five eggs, one cup sweet milk, one pound currants, one and one half pounds raisins, half pound mixed peel, one tablespoonful cinnamon, one teaspoonful ginger, two nutmegs, one ten cent bottle of vanilla, two teaspoons baking powder, flour to thicken.—Mrs. E. C. McKinley.

**FRUIT CAKE, No. 17.**

One pound powdered sugar, one pound flour, three-quarters pound butter, seven eggs, half pound currants, washed, picked over and dried, half pound raisins, seeded and chopped, then dredged, half pound citron cut into strips, one teaspoon nutmeg, one teaspoon cinnamon, one glass rose water, cream butter and sugar, add the beaten yolks, then the spice and the whipped whites alternately with the flour, the fruit and rose water last.—Mrs. J. Manson.

**FRUIT CAKE, No. 18.**

One pound flour, one pound sugar, one pound butter, four pound raisins, two pounds currants, one pound citron peel, one pound eggs, one teaspoon cloves, one wineglassful of rose water, half cup molasses, one pound of almonds.—Miss Raymond, Dudley, Eng.

**Christmas Cake**

Ten eggs, one pound of butter, one pound brown sugar, two pounds currants, two pounds stoned raisins chopped one quarter lemon peel, half pound orange peel, spices to suit the taste, cream the butter, add flour to thicken.—Mrs. Harry Jukes.

**CHRISTMAS CAKE, No. 2.**

Two cups sugar, two cups butter, quarter pound each of lemon, orange and citron peel, one pound almond nuts, blanched, twelve eggs, one teaspoonful each of soda, salt, allspice, cinnamon and cloves. one cup golden syrup, two-thirds of a cup of jelly or fruit. raisins and currants; chop raisins, peel and nuts together, add currants and mix with one and a half cups flour; cream butter and sugar, add beaten eggs, then add soda and spice mixed with a little flour, mix all together and make as stiff as necessary. You can use as much currants and raisins as you wish.

**CHRISTMAS CAKE, No. 3.**

One pound six ounces flour, one pound dark brown sugar, twelve eggs, one pound butter, two pounds currants, three pounds seedless raisins, three-quarters cup black molasses, half pound mixed peel, half teaspoon allspice, half teaspoon cinnamon, half teaspoon cloves, one nutmeg, three-quarters pound

almonds chopped fine, two teaspoons baking powder, take sugar and butter and beat to a cream, then add eggs well beaten, then fruit and ingredients, mix flour and baking powder together, add two ounces rose water, if desired, to keep it moist.—Mrs. T. Massales.

### Chocolate Cake

One whole egg and one yolk of another, one half cup sugar, one half cup butter, one half cup sweet milk, two cups flour, one teaspoon soda. Put on stove to cook one half cup sugar, one half cup milk, yolk of one egg and two squares of baker's chocolate. When well cooked, or when smooth, stir into the above mixture. Use two eggs for frosting.—Mrs. Henry.

#### CHOCOLATE CAKE, No. 2.

Two and a half cups sugar, one cup butter, one cup sour milk, one teaspoon soda, three cups flour, half cup baker's chocolate, five eggs.—Mrs. Canfield.

#### CHOCOLATE CAKE, No. 3.

Eight tablespoonfuls of grated chocolate, five tablespoonfuls granulated sugar and half cup milk; cook until thick, then let cool. Cake—Half cup butter, one and a half cups brown sugar, stir well, then drop in three eggs separately, and beat well after each, add three-quarters cup flour and two teaspoonfuls baking powder, stir well and pour in custard. Stirring well, add one cup of flour, half cup of milk, and flavor with vanilla, bake in two square tins. Icing—One cup of sugar, half cup cream, one teaspoonful butter, boil together until thick and put a little between each layer, leaving some for the top.

#### CHOCOLATE CAKE, No. 4.

Break quarter pound bitter chocolate into small pieces, and turn over it a scant cup hot water. While dissolving stir together a scant half cup butter, two cups light brown sugar, two eggs, half cup sour milk, in which dissolve one small teaspoon soda, add the dissolved chocolate and two cups flour, enough for four layers, spread with boiled frosting, flavored with vanilla. It is very nice baked in a loaf.—Mrs. C. E. Pratt.

### Pork Cake

One pound fat salt pork entirely free from lean or rind, chopped so fine as to be almost like lard, and pour half pint boiling water upon it, one pound raisins seeded and chopped, quarter pound citron shaved into shreds, two cups sugar, one cup molasses, one teaspoon soda rubbed fine and put into molasses, mix these all together, and stir in sifted flour to make the consistence of common cake mixture, stir in half an ounce nutmeg, one ounce cloves, two ounces cinnamon, bake slowly until done.—Mrs. M. A. Thompson.

### Jelly Cake

Three eggs beaten well with one cup sugar, when light add one cup flour, one teaspoon cream tartar, and one half teaspoon soda dissolved in water; baking powder can be used instead of baking soda and cream tartar. Chocolate Icing—Half cake chocolate grated fine, two-thirds cup sugar, half cup of cream or milk, boil and stir to a paste.—Mrs. T. White.

#### JELLY CAKE, No. 2.

Two eggs, one cup sugar, one tablespoon butter, one and a half cups flour, one tablespoon baking powder, two-thirds cups milk, beat the butter to a cream and add the yolks of the eggs, well beaten, beat the whites to a froth and add to the sugar, mix all together, then put in the flour, with the baking powder well mixed in, last of all add the milk, flavor with essence.—Mrs. F. Laurie.

#### JELLY CAKE, No. 3.

Three eggs, one cup sugar, one cup flour, two teaspoons baking powder, three tablespoons milk.—Mrs. F. Laurie.

#### JELLY CAKE, No. 4.

Three eggs, one cup sugar, butter the size of an egg, one cup flour, one teaspoonful cream tartar sifted in the flour, half teaspoonful soda dissolved in a tablespoonful milk, bake in jelly cake tins, and spread when cold with fruit jelly.—Mrs. James Manson.

#### JELLY CAKE, No. 5.

Two eggs, one cup white sugar, one tablespoon butter, one half cup of sweet milk, two teaspoons baking powder, one and a half cups of flour, put jelly between layers.—Mrs. T. Laidlaw.

**JELLY CAKE, No. 6**

One cup of butter, two cups sugar, three and a half cups flour, one cup of milk, two eggs, two teaspoons cream tartar, one teaspoon soda, stir all together without separating the eggs, put soda in milk and stir the cream tartar in flour. Bake the same as jelly cake, and use frosting between made of whites of three eggs and fine white sugar.—Mrs. S. Woods.

**JELLY CAKE, No. 7.**

Three eggs, one cup of sugar, one cup of flour, one teaspoon baking powder, add a pinch of salt, spread out in long baking tin, bake quickly, turn out on a cloth wrung out of cold water, spread with jelly, roll up and leave in the cloth until wanted to eat.—Mrs. E. T. Henry.

**JELLY CAKE, No. 8.**

Two eggs well beaten, three-quarters cup sugar, one tablespoon cold water, one teaspoon soda, two teaspoons of cream of tartar, one cup of flour, roll thin, bake in a moderate oven, then spread with fruit jelly and roll.—Mrs. S. Armstrong.

**Cocoanut Cup Cake**

Two cups sugar, two cups butter, one cup milk, one teaspoon essence lemon, half a nutmeg grated, four well beaten eggs, and the white meat of a cocoanut grated, use as much sifted flour, as will make a rather stiff batter, beat it well. Butter square pans, line them with white paper and put in the mixture an inch deep, bake in a moderate oven half an hour, or it may require ten minutes longer, when cold cut in small squares or diamonds. This is a rich cake, and is much improved by a thin icing.—Mrs. J. Newell.

**Rice Pancakes**

Boil half a cup of rice twenty minutes. When cold take one cup of milk, pinch of salt, half a teaspoon baking powder, two well beaten eggs and flour enough to make quite thick, beat all well together, fry in fat same as pancakes.—Mrs. Geo. Moore.

**Raisin Cake**

One pound floured raisins, two eggs, two cups sugar, one cup molasses, one rounded teaspoon soda, half teaspoon of all kinds of spices, half cup melted butter, one and a half cups clear coffee, hot, flour for stiff batter, bake in a covered pan with slow fire.—Mrs. Geo. Tuck.

**Cream Sponge Cake**

Three eggs, one cup sugar, one and a half cups flour, one tablespoon baking powder, two and a half cups cold water, stir with hand ten minutes, bake in layers in quick oven about ten minutes.—Mrs. Knifton.

**Black Chocolate Cake**

Two cups of light brown sugar, half cup butter, half cup sweet milk, two cups flour, one teaspoon soda in flour, whites of three eggs, beaten. Stir in filling made of following:—Cut four squares of baker's chocolate, half a cup sweet milk, yolk of an egg, make filling first and let cool, put eggs in last, make in three layers. Chocolate icing for the above—Melt two squares of chocolate, three cups powdered sugar, wet with milk and flavor.—Mrs. A. F. Cobb.

**Fig Cake**

For the white part—Take two cups sugar, two of flour, two-thirds of sweet milk, one half cup of butter, whites of five eggs, two teaspoons baking powder; bake this in two round tins like you would jelly cake. For the fig or dark part—Take one cup of brown sugar, butter size of walnut, cup flour, cup chopped figs, one half cup sweet milk, one egg, one teaspoon baking powder, when done place the fig cake between the light cake with a light frosting.—Mrs. J. M. Walkinshaw.

**Cream Cake**

Boil nearly a pint of milk, and while boiling take three even tablespoons corn starch, dissolve in a little milk, and to this add two eggs well beaten and stir slowly into milk, add a scant cup of white sugar, when almost done add a little less than half a cup butter, two teaspoons of essence of cinnamon or vanilla.—Mrs. Knifton.

**Fig Layer Cake**

Half a cup butter, one cup sugar, yolks of two eggs, two-thirds cup sweet milk, two cups flour not very full, two teaspoons baking powder, flavor with vanilla or lemon, bake in three layers, put frosting with chopped figs between each layer. Fig paste—One pound stoned raisins, one pound figs chopped fine, add hot water a drop at a time until a smooth paste.—Mrs. A. Bowler, Depot Harbor.

**Cup Cake**

Two and a half cups of flour, half cup butter, half cup milk, one cup brown sugar, one teaspoonful soda, flavor with nutmeg.—Mrs. Michaelis.

**Fritters**

Pour boiling water over one pint of flour, beat till perfectly smooth into a thin batter. When nearly cold break four eggs into it, all well beaten, a little salt, fry a spoonful at a time in boiling lard.—Mrs. H. Collett.

**Spice Cake**

Half cup butter, two teaspoons baking powder, half cup flour, quarter teaspoon cloves, one cup sugar, half teaspoon nutmeg, half cup milk, half teaspoon cinnamon, two eggs, half teaspoon allspice.—Mrs. Purvis.

**Layer Cake Without Butter**

One cup sugar, two eggs well beaten, eight tablespoons boiling water, one large cup flour, one and one half teaspoons baking powder, bake in two layers and use filling to suit taste.—Mrs. N. L. A.

**Plum Cake**

Five pounds of raisins, one pound citron and lemon peel, two pounds almonds, blanched and chopped, one pound butter, one pound of sugar, one pound flour, one teaspoon mace, one teaspoon cinnamon, thirteen eggs.—Mrs. Beatty.

**Imperial Cake**

One pound granulated sugar, one pound butter, one pound flour, one and a quarter pounds seeded raisins, half a pound citron peel, nine eggs, one and a quarter pounds blanched almonds, one grated lemon, two teaspoons baking powder sifted with flour, flour raisins and citron to prevent falling.—Mrs. John Galna.

**Raspberry Cake**

One cup coffee sugar, half cup of butter, one cup canned raspberry juice, three eggs, one teaspoon soda, one teaspoon cinnamon, one and one half cups flour, brown sugar icing.—Mrs. Morrow.

### Light Cake

Three eggs, keep out white of one, one cup sugar creamed with the eggs, two cups sweet milk, one teaspoon lemon extract, one cup butter melted, three teaspoons pure gold baking powder, mix in the flour, use enough flour to make a thin batter, pour in the butter when adding flour, bake in moderate oven. Icing—One cup sugar, quarter cup water, put on stove and boil until it strands from the spoon, have the white of the egg beaten to a stiff foam, pour the sugar onto the white of the egg, beating briskly for one minute, put on cake and cut in squares.—Mrs. George.

### Breakfast Coffee Cake

Take a piece of bread dough and add one half cup of sugar and a tablespoon melted butter, then roll out an inch thick and put on a greased pie pan, brush the top with melted butter, and cover thick with cinnamon and sugar; let it rise and bake quick, cut in long narrow strips to serve, eat hot or cold. It is nice to make on Saturday to use Sunday morning for breakfast.—Miss Regina Offer.

### Watermelon Cake

This cake must be mixed in two separate dishes; in one beat the yolks of four eggs, one cup sugar, one cup butter, one pound flour, two teaspoons baking powder, water or milk enough to make a batter as for fruit cake, or nearly as thick, use pink sugar instead of white, or use cochineal for coloring. For the second part beat one cup butter and one cup white sugar to a cream, the whites of four eggs well beaten, flavor with lemon, half cup water or milk, flour enough to make a batter almost as thick as first batter. Directions—Grease a round dish and pour the first mixture right in centre of the dish, then pour the second mixture all around the middle part. Then take a half cup of raisins and push them down with a fork to the bottom of the dish in the pink middle part, one at a time; put them down in rows so when the cake is cut like a watermelon there will be a row of raisins in each piece. This makes a very pretty cake, the centre being a pretty reddish color, resembling the centre of the watermelon, the raisins looking like seeds, and the white batter on the outside the peel. Bake in a moderate oven.—Mrs. M. C. Thompson.



### Orange Cake

Two eggs, one cup sugar, size of an egg of butter, one cup milk, two teaspoons baking powder, flavor with vanilla, flour to make a batter. Orange—Squeeze the juice out of one large orange, thicken juice with icing sugar, spread on cake, slice bananas and put a strip of orange and a strip of banana on top of cake.—Mrs. Hall.

### Jersey Lily Cake

One cup white sugar, half cup butter creamed, half cup sweet milk, one and three-quarter cups of flour, three teaspoons baking powder, whites of four eggs, put half the batter in a long tin, then add a thin layer of chopped raisins and English walnuts, then remainder of the batter, cut in squares, and place on each square a piece of the chopped sweetmeat.—Mrs. H. McCoy.

### Sponge Cake

Three eggs well beaten, add one cup white sugar, half a cup water, one cup flour, two teaspoons baking powder.

#### SPONGE CAKE, No. 2.

Beat to a froth seven eggs and two teacupfuls sugar, stir into this two coffee cups flour, in which is mixed one teaspoonful of saleratus and two of cream of tartar, flavor with the grated rind and juice of a lemon, bake in sheets in moderately hot oven.—Mrs. J. Brown.

#### SPONGE CAKE, No. 3.

Three eggs, save whites of two for frosting, one cup of brown sugar, one cup butter, one cup sour milk, one teaspoon soda, one tablespoon syrup, one teaspoon cinnamon, one teaspoon cloves, one teaspoon nutmeg, brown sugar for icing.—Miss Ferguson.

#### SPONGE CAKE, No. 4.

Two cups sugar, one cup boiling water, two and a half cups flour, six eggs, leaving out the whites of three for icing, sift one tablespoon of baking powder into flour, beat yolks of eggs a little, add sugar and beat for fifteen minutes, add three beaten whites and cup boiling water just before the flour, teaspoon extract lemon, bake in three layers, putting icing between, made of three beaten whites, dessertspoon of pulverized sugar to each egg, flavor with lemon.—Mrs. H. McCoy.

### Berry Cake

One cup sugar, half a cup butter, one egg, three table-  
spoons scur milk, one teaspoonful soda, two and a half cups  
flour, one cup berries.—Mrs. Cryderman.

### Delicate Cake

One cup white sugar, one cup cold water, whites of two  
eggs, four tablespoons sweet cream, one large tablespoon flour,  
flavor with lemon, line the pie plate with the pastry, pour in  
the mixture and bake at once.—Mrs. P. Harrison.

#### DELICATE CAKE, No. 2.

Whites of four eggs, one cup of sugar, half cup of butter,  
one cup of milk, two and a half cups flour, two large tea-  
spoons baking powder, cream the butter and sugar, add milk  
and sift in flour and baking powder, beat whites of eggs and  
put in last thing, flavor to suit.—Mrs. C. W. Pickard, Kent  
Bridge.

### Date Cake

Two cups oatmeal, two cups flour, one cup brown sugar,  
one cup butter, three-quarters cup lard, one half cup milk, or  
more if required, to moisten.—Miss Johnston.

#### DATE CAKE, No. 2.

Stone one pound dates and dust with flour, stir one-third  
cup butter and one cup sugar to a cream, add two well  
beaten eggs, two cups flour, one heaping teaspoon baking  
powder, beat all until it looks fine, then add one cup sweet  
milk and beat again, lastly stir in the floured dates.—Mrs. E.  
Banks.

### Coffee Cake

One cup each brown sugar, butter, cold strong coffee and  
molasses, three eggs, two cups raisins, baking powder, two  
cups flour.—Mrs. P. Harrison.

#### COFFEE CAKE, No. 2.

One cup sugar, one cup molasses, three-quarters cup of  
butter, one cup strong coffee, one cup raisins, one cup currants,  
one tablespoon each of ground cloves and cinnamon, three cups  
flour, three teaspoons baking powder, three eggs.—Mrs. J. J.  
Canfield.

### Orange Cake

One cup white sugar, piece of butter size of an egg, two eggs, two cups flour, one cup of milk, two teaspoons baking powder. Dressing—Half pound of icing sugar, the juice of one orange, mix together and spread on cake, then quarter the oranges and put on top.—L. Whelan.

#### ORANGE CAKE, No. 2.

One cup sugar, half a cup butter, half a cup of sweet milk, two cups flour, three eggs, one and a half teaspoons of baking powder, bake in jelly tins. Orange frosting for same—One orange, grate off the outside and mix with the juice, add sugar until quite stiff, and make like jelly cake, make four layers of the cake.—Mrs. Thomas Maxwell.

### Cream Cake

Half cup sour cream, half cup white sugar, one teaspoon cream tartar, half teaspoon soda, one cup flour, season with nutmeg.—Mrs. P. Harrison.

#### CREAM CAKE, No. 2.

Cake—Two eggs, one cup sugar, half cup sweet milk, butter size of a walnut, two cups flour, two teaspoons baking powder, flavor with vanilla. Cream—Boil two cups milk, when boiling add two tablespoons sugar, one egg well beaten, two tablespoons flour or corn starch, small piece of butter. After it is cooked place between cakes same as jelly cake.—Mrs. Ireland.

### Tit-Tat-Toe Cake

Beat four eggs very light, then add a cream made by beating two and a half cups sugar and one full cup of butter, one cup sweet milk, a large pinch of salt, two teaspoons baking powder stirred in with two and a half cups flour, divide the dough thus made into three parts. To one part add half a cup raisins stoned and chopped, half a cup currants, half a teaspoon of citron; this is for one layer of the cake. To the next part add two tablespoonfuls grated chocolate, and one teaspoon of vanilla; the next flavor with lemon. When baked put chocolate layer on the bottom, the fruit one next, and the light layer on the top; frost all over.—Miss Kirkman.

### Spice Cake

One and a half cups sugar, half cup butter, half cup sour milk, two cups of raisins chopped, three eggs, half a nutmeg, one teaspoon cinnamon, one of cloves, one of saleratus, mix rather stiff, bake in loaf tin in moderate oven.—Mrs. Wolfrem.

#### SPICE CAKE, No. 2.

One cup sugar, three-quarters cup of butter and fill it up with milk, one egg, one and three-quarter cups flour, one small teaspoon soda, one dessertspoon cinnamon, cloves and allspice.—A. Harrison.

### Almond Cake

One small cup butter, half pound sugar, half pound flour, three eggs, half cup sweet milk, two small teaspoons cream of tartar, one small teaspoon soda, half cup blanched almonds sliced very thin, flavor, cream butter and sugar, add eggs beaten separately, then flour, cream tartar and soda sifted together, stir in almonds, put cake an inch deep in pan, spread almonds over top and sift sugar to just cover, bake half an hour.—Mrs. C. Bovair.

### Raised Cake

Three cups of light dough, three eggs, two heaping cups of sugar, one cup of butter, one cup chopped raisins, put in a dish together and work with hands until well mixed, spice to taste, put in pans and bake at once.—Mrs. C. E. Pratt.

### Cup Cake

One cup butter, two cups sugar, three cups flour, four eggs, one cup of sweet milk, one teaspoonful soda, bake in a loaf, or as jelly cake.—Mrs. James Manson.

#### CUP CAKE, No. 2.

Cream together one cup of butter and two of sugar, when white add the beaten yolks of four eggs, mix all well together gradually, beat in three cups of sifted flour in which two teaspoons of baking powder has been mixed, a small cup of milk, using milk alternately with the flour, add the whites of the eggs beaten stiff, stir them in lightly, bake in a quick oven.—Mrs. Morrow.

### Rainbow Cake

This cake is made in three parts, as for layer cake. White Part—The whites of two eggs, three-quarters cup granulated sugar, butter about the size of a walnut, quarter cup milk, one teaspoon baking powder, about one cup flour, flavor with lemon. Brown Part—Beat the yolks of two eggs, half cup brown sugar, half cup molasses, butter size of a walnut, one teaspoon pastry spice, quarter cup hot water, one teaspoon soda, one cup flour. Red Part—Two eggs, one cup of white sugar, butter size of a walnut, half cup milk, two tablespoons cochineal, one teaspoon baking powder, flavor with lemon, and about the same quantity of flour as for white and brown parts. Bake in three large jelly cake tins, round or square, put banana jelly between layers, or any other kind you choose.—Miss La Braque.

### Rich Bride Cake

Five pounds sifted flour; three pounds fresh butter, two pounds white sugar, five pounds currants, one and a quarter pounds sweet almonds, three-quarters pound candied citron, six ounces each of candied orange and lemon peel, quarter ounce of mace, half or quarter ounce cloves, seventeen eggs, two gills rosewater, two nutmegs and a little orange flower water, blanch and pound the almonds, adding a little orange flower water to prevent oiling, then proceed to work the butter with the hands until the consistency of cream, add the sugar, whip the whites of the eggs to a stiff froth and add to the butter and sugar, beat the yolks of the eggs for twelve minutes and add them to the flour, grated nutmeg, and finely powdered cloves and mace, beating the whole for three-quarters of an hour, then proceed to add lightly the almonds with the thinly sliced peel, and lastly the rosewater, then beat for half an hour. Line cake tins with buttered paper, and fill with the mixture. The oven should be fairly quick, but great care must be taken that it is not too fierce, or the cake will brown before it begins to soak. It will take about six hours to bake. When baked turn on end to allow steam to evaporate, and spread with icing when cold.—Mrs. T. Thompson.

### 1 2 3 4 Cake

One cup of butter, two cups sugar, three cups flour, one cup sweet milk, four eggs, two teaspoons baking powder.

### **Cheese Cake**

Line patty pans with nice puff paste, then put on one good teaspoon of preserves, say raspberries, make up a batter as for sponge cake, and drop one spoonful on top of preserves then bake.—Miss A. M. Ansley.

### **Cornmeal Cake**

Sift one cupful of meal and the same of flour and two tablespoonfuls of baking powder all together, and one cup of sugar, a little salt and two beaten eggs, one cupful of sweet milk, half cup butter, stir all together and bake and you will have an excellent ohnnie cake.—Miss Alvina Hanna.

### **Welcome Cake**

Three eggs, one cup sugar, half cup butter, half cup sour cream, one cup chopped raisins, one cup currants, a little lemon peel, half a nutmeg, two and a half cups flour, small teaspoon soda, two teaspoons cream tarter.—Miss E. T. Ansley.

### **Layer Cake**

Two tablespoons hard butter, one cup sugar, beat to a good cream, one cup sweet milk, two eggs, two heaping teaspoons baking powder, enough flour to thicken, or about two cups, flavor to taste.—Mrs. Spring.

### **Pork Cake**

A most delightful cake is made by the use of pork, which saves the expense of butter, eggs and milk. It must be tasted to be appreciated, and another advantage of it is that you can make enough some leisure day to last the season through. Fat salt pork, entirely free of lean or rind, chopped so fine as to be almost like lard, one pound; pour half pint of boiling water, one pound chopped raisins, seeded; one quarter pound citron, shaved into shreds, two cups sugar, one cup molasses, one teaspoon saleratus rubbed fine and put into the molasses, mix these all together and stir in sifted flour to make the consistence of common cake mixture, then stir one ounce each of nutmeg and cloves finely ground, two ounces of ground cinnamon; be governed about the time of baking it by putting a sliver into it, when nothing adheres it is done. It should be baked slowly.—Mrs. Ireland.

**Chocolate Cream Frosting**

White of one egg beaten to a stiff froth; one tablespoonful cold water, add confectioner's sugar till thick enough to spread, flavor with vanilla, spread on the cake; grate half a cake of chocolate, dissolve it in a bowl over tea kettle, beat until smooth, and pour over the cream frosting on the cake.—Mrs. Ireland.

**Hamilton Drop Cakes**

Two and a half cups flour, a small piece of butter, one cup sweet milk, half cup sugar, one tablespoon of cream tartar, half teaspoon of soda, a little salt, one egg broken in after the rest are put together. Mrs. C. E. Pratt.

**Black Cake**

One cup baking molasses, two cups flour, one teaspoon soda in a cup of hot water, stir into the mixture with the yolk of one egg, one tablespoon butter, one teaspoon ginger, half teaspoon cinnamon, beat well and fill three jelly tins. **Leing**—Boil half cup sugar with three tablespoons water, pour over the beaten white of the egg, flavor and put between the layers and on top.—Mrs. J. Calder.

**Nut Cake**

Beat a quarter of a cup of butter to a cream, add gradually one cup of sugar, then add the yolks of three eggs and a half cup of milk, stir this in and add one and a half cups pastry flour, beat and add the well beaten whites of eggs, add a tablespoon of baking powder and beat until smooth, pour this into a shallow greased pan, sprinkle over the top quickly a half cup of chopped almonds, dust with powdered sugar, and bake in a moderate oven twenty minutes. When the cake is cold cut into squares.—Mrs. Purvis.

**Spice Drops**

X Two eggs well beaten, one cup brown sugar, half cup blackstrap, half cup butter, half cup currants, one teaspoon cloves, one teaspoon cinnamon, half teaspoon salt, one teaspoon soda dissolved in half cup sour milk, flour enough to make a stiff batter, drop on a buttered pan in spoonfuls far enough apart so as to rise separate, bake in a hot oven.—Mrs. R. Gervis.

### Fried Cake

Two eggs, one cup sugar, one cup sweet milk, two and a half tablespoons melted butter, two teaspoons baking powder, pinch of salt, beat the eggs light, add the sugar, butter and milk, then a little of the flour with the baking powder, add enough flour to roll, do not make them stiff.—Mrs. C. E. Pratt.

### Devil Cake

Custard Part—A cupful of grated chocolate, a cup of brown sugar, half cup of sweet milk, the yolk of one egg, a teaspoon vanilla, stir all together in a granite or porcelain saucepan, cook slowly and set aside to cool. Cake Part—A cupful of brown sugar, two cupfuls of flour, half cup butter, half cup sweet milk, two eggs, cream the butter, sugar and yolks of eggs, add milk, sifted flour and whites of eggs beaten stiff, beat all together, then stir in the custard, lastly add a teaspoonful of soda dissolved in a little warm water. This makes a large loaf that keeps indefinitely, and is worth all the trouble of making. A more attractive cake, however, is made by baking the batter in jelly tins, and putting it together with the filling named below. The contrast of black cake and snowy filling is beautiful. Very few layer cakes keep more than a few days, but this one is improved by being made at least a week before it is needed. Filling for Devil Cake—A cupful of brown sugar, a cupful of white sugar, a cupful of water, a tablespoonful of vinegar, boil until thick like candy, and stir in the beaten whites of two eggs and a quarter of a pound of marshmallows, boil up again and place it on the cake, letting each layer of filling cool before putting the cake on top of it, or use a collar of stiff white paper to keep the filling from running out. White sugar may be used throughout this recipe if preferred.—Mrs. E. C. Banks.

### Prince of Wales Cake

Dark Part—One cup brown sugar, yolks of three eggs, half cup butter, half cup sour milk, one cup raisins seeded and chopped, one teaspoon soda dissolved in a little warm water, one tablespoonful molasses, one tablespoon each of ground cloves and ground nutmeg, two cups flour. White Part—Whites of three eggs, half cup each of flour, cornstarch, sweet milk and butter, one cup white sugar, two teaspoonfuls baking powder. Arrange in alternate layers with favorite filling.—Mrs. S. Armstrong.



### Cornstarch Cake

Whites of six eggs, one cup butter, two cups of flour, one cup of cornstarch, two cups of sugar, one cup of sweet milk, half teaspoon soda, one teaspoon cream tartar.—Mrs. Wolfram.

### Easter Buns

Three cups sweet milk, one cup yeast, flour to make a thick batter; set this as a sponge over night. In the morning add one cup of sugar, half cup melted butter, half nutmeg, one tablespoonful salt, flour enough to roll out like biscuit, knead well and set to rise till very light, roll half an inch thick, cut into round cakes and lay in rows in a buttered baking pan. When they have stood half an hour make a cross upon each with a knife, and put instantly into the oven, bake to a light brown and brush over with a soft rag dipped in the white of an egg beaten up stiff with white sugar.—Mrs. James Maunson.

### Plum Cake

Mix thoroughly a quarter of a peck of fine flour well dried, with a pound of dry and sifted loaf sugar, three pounds of currants washed and very dry, half a pound of raisins stoned and chopped, quarter of an ounce of mace and cloves, twenty Jamaica peppers, a grated nutmeg, the peel of a lemon cut as fine as possible, and half a pound of almonds blanched and beaten with orange flower water; melt two pounds of butter in a pint and a quarter of cream, but not hot, put to a pint sweetfine a glass of rose water, the whites and yolks of twelve eggs, beaten apart, and half a pint of good yeast; strain this liquid by degrees into the dry ingredients, beating them together a full hour, then butter the hoop or pan and bake it. As you put the batter in the hoop or pan, throw in plenty of citron, lemon and orange candy. If you ice the cake take half a pound of double refined sugar, sifted, and put a little with the white of an egg, beat it well, and by degrees pour in the remainder. It must be whisked nearly an hour, with the addition of a little orange flower water, but mind not to put much. When the cake is done pour the icing over it and return to the oven for fifteen minutes. If the oven is very warm, keep it near the mouth and the door open, lest the color be spoiled.—Mrs. E. Labrash.

### Cream Sponge Cake

One cup sugar, half cup cream, two eggs, one cup flour, either half teaspoon baking powder or half teaspoon cream tartar and quarter teaspoon soda, flavor with a few drops of essence of lemon.—Mrs. Martin.

### Caramel Cake

Beat quarter cup butter to a cream, add gradually one and a half cups sugar, the yolks of two eggs, and gradually one cup of water, add two cups flour, beat continuously for about five minutes, now add two teaspoons of caramel, if caramel is very thick this will be quite sufficient, and if not perhaps an extra teaspoonful will be required, add a teaspoon of vanilla, and now another half cup of flour, beat again thoroughly, and then stir in carefully two round teaspoons of baking powder and the whites of the eggs. Bake this in three layers in a moderately quick oven for about twenty minutes. While cakes are baking make the filling, but do not put the cakes together until both filling and cake are perfectly cold. Filling for Caramel Cake—Put half a pound of brown sugar to one gill of water in a saucepan over the fire, stir until the sugar is dissolved, and then boil quietly without stirring until the syrup will spin a thread from the end of a fork, have ready beaten to a stiff froth the whites of two eggs, beat in gradually the boiling syrup, and beat continuously until the icing is cold, now add half a teaspoon vanilla and two teaspoons caramel. Caramel—Put half a cup granulated sugar into an iron or granite saucepan, stir continuously over a fire until the sugar first softens, then melts, and finally becomes liquid and throws off intense smoke; it really must burn. Have ready a half cup boiling water, remove the saucepan a moment from the fire, throw in the water, stir rapidly, and allow to boil until you have a molasses like syrup. Bottle and put aside for use. This will keep for months.—Mrs. Martin.

### No. 1 Cake.

Cup molasses, yolk of one egg, one tablespoon butter, two cups flour, one teaspoon ginger and other spices, one teaspoon baking soda in a teacupful of boiling water.—Jessie McGown.

**Snow Cake**

Half cup butter, one and a half cups sugar, one and a half cups flour, one and a half cups sweet milk, whites of four eggs, one teaspoon baking powder.—Mrs. R. Ferris.

**Potato Pancakes**

One pint of buttermilk, one egg, a little salt and soda, two cups mashed potatoes, and just enough flour to make them turn well.—A. Campbell.

**Lunch Cake**

Two cups dough, one and a half cups sugar, half a cup butter, one cup raisins, one cup currants, one teaspoon soda, two eggs, spices to suit taste.—Mrs. W. McGown.

**Raspberry Cake**

Two eggs, half cup butter, two tablespoons sour milk or cream, three-quarters cup sugar, one cup raspberries, either preserved or raw, one teaspoon soda, two cups flour.—Mrs. E. Wright.

**Johnnie Cake**

Two eggs, one and a half cups sugar, one and a half cups flour, two and a half cups of cornmeal, two cups water, butter about the size of two eggs, three teaspoons baking powder.—Mrs. John McDougal.

**Angel Food**

Whites of eleven eggs beaten to a stiff froth, one and a half cups sugar sifted twice, one cup flour sifted three times, adding one teaspoon cream tartar the third time, half teaspoon extract of almond. Beat the eggs on a large platter, and gradually add sugar and flour, keep stirring constantly. Use a pan that has never been greased, and bake in a moderate oven forty minutes.—Mrs. C. W. Pickard, Kent Bridge.

**Belfast Cake**

Beat half cup butter to a cream, one and a half cups sugar, one cup raisins, one egg, one cup sour milk, two cups Graham flour, one-third cup white ~~sugar~~ <sup>sugar</sup>, one teaspoon soda, half teaspoon salt, half teaspoon cinnamon, one saltspoon nutmeg. Do not flour raisins, and mix in the order given.—Mrs. Banks.

### Loaf Cake

One pound butter beaten to a cream, two pounds sugar rolled fine, three pounds sifted flour, six well beaten eggs, three teaspoonfuls of powdered saleratus dissolved in a little hot water, one tablespoonful ground cinnamon and a half a nutmeg grated, add pound currants well washed and dried, one pound raisins stoned and cut in two; work the whole well together, divide it into three loaves, put them in buttered basins and bake one hour in a moderate oven.—Mrs. Allard.

### Cream Puffs

One and a half cups flour, two-thirds cup butter, half pint water, boil butter and water together and stir in flour while boiling; when cool add five well beaten eggs and stir well, drop on tins and bake in a quick oven, and when cool fill with the following:—One pint milk, one cup sugar, one and a half tablespoons cornstarch, two eggs, beat sugar, eggs and starch together, and add the milk while boiling, flavor with lemon or vanilla.—Mrs. E. C. McKinley.

### Economy Cake

One cup sugar, one egg, butter the size of an egg, one cup buttermilk, one teaspoon soda, two cups flour.—Miss A. Hanna.

### Snow Balls

Two cups of sugar, one cup butter, one cup sweet milk three cups flour, three teaspoons baking powder, whites of five eggs. Bake in deep square tins; the day following cut in two-inch squares, taking outside off so as to leave it all white; take each piece on a fork and frost upon all sides, and roll in fresh grated cocoanut; flavor to taste.—A. Campbell.

### Marble Cake

Dark Part—Yokes of three eggs, one half cupful molasses, one and one half cupfuls of sugar, one-third cupful butter, one teaspoon soda, salt, one-half teaspoon all kinds spice, one cupful coffee. Light Part—Whites of three eggs, one cupful sugar, one half cupful milk, butter size of an egg, one teaspoonful cream tarter, one half teaspoonful soda; the batter need not be so stiff as that of the dark portion. Bake slowly in deep pans.—Mrs. Geo. Tuck.

### Graham Cake

Three cups Graham flour, half cup butter, one cup sour milk, one cup sugar, one teaspoon soda, half nutmeg, bake in moderate oven. Good for dyspeptics.—Mrs. Geo. Raymond, P. S. Bakery.

### Perfection Cake

One and a half cups sugar, half a cup of butter, half cup milk, two cupfuls flour, whites of six eggs, two and a half teaspoons baking powder.—M. L. Adair.

### Turret Cake

Cream half a cup of butter with a cup and a half of granulated sugar; beat very light the yolks of three eggs and add lightly to creamed butter and sugar, then slowly beat in half a cup of milk; sift one and one half cups of flour with one teaspoon baking powder and add to mixture alternately with the stiffly beaten whites of three eggs. Dissolve six level tablespoons grated chocolate in two tablespoons scalded milk, and add lastly; bake in a square tin and cover with butter frosting. Butter Frosting—Two cups granulated sugar, butter size of an egg; three-quarters cup milk, boil fifteen minutes. Take from fire, stir in one teaspoon vanilla. Beat until it thickens, then pour over the cake.—Mrs. Hoppins.

### Fig Cake

White Part—One and a half cups white sugar, two cups flour, two-thirds cup sweet milk, half cup butter, one teaspoon baking powder, whites of three eggs. Dark Part—One cup brown sugar, butter size of a walnut, one cup of flour, one cup chopped figs, half cup sweet milk, yolks of three eggs, teaspoon baking powder, bake in layers, the dark between.—Mrs. E. T. Henry.

### Dark and Light Layer Cake

One cup of butter, two cups sugar, three and a quarter cups flour, half cup sour milk, whites of four eggs, half teaspoon soda, one teaspoon cream tartar, separate the mixture, add half cup molasses, cloves and cinnamon to taste, raisins, half cup flour, three tablespoons sour milk, bake separately in layer cake tins, then alternate in layers with frosting.—Mrs. A. Bowler, Depot Harbor.

### Birthday Cake

One cup butter, two cups sugar, four eggs, one cup milk one cup raisins, one cup currants, three cupfuls flour, one teaspoon baking powder, bake in a large dripping pan and frost heavily; when frosting is partly dry, mark off in small squares and put half a walnut on each square.—M. Barker.

### Filling for Cake

Lemon and Almond Filling.—Mix juice and grated rind of a lemon with one cup of sugar and the slightly beaten yolks of two eggs, cook in a double boiler, stirring constantly, until thick and smooth, then add a cup of blanched almonds finely chopped. Use cold.—Miss N. Spring.

### Orange Cake

One cup sugar, half cup butter, half cup sweet milk, two cups flour, three eggs, two teaspoons baking powder; flavor to taste.—Mrs. J. Harrison.

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Moffatt  
Cheese  
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## Frostings

---

"Molly will stir and Polly will bake,  
And Dolly will have all the fillings to make."

SUGGESTIONS.—Lemon juice will whiten frosting. One half teaspoon of vinegar will keep it from cracking. Cranberry or strawberry will color it pink. The grated rind of an orange strained through a cloth will color it yellow.

### Chocolate Icing

Take the white of one egg and grate one cake of chocolate into it, mix it well with the egg, boil half a cup of sugar to a thick syrup, then pour on the chocolate and beat till thick enough to spread on cake.—Mrs. H. F. McQuire.

#### CHOCOLATE ICING, No. 2.

Half cup grated chocolate and good half cup powdered sugar, enough water to moisten, mix thoroughly and put on cake.—Miss Ella Crichton.

#### CHOCOLATE ICING, No. 3.

One-half cake chocolate grated fine, two-thirds cup sugar, half cup milk or cream boiled and stirred to a paste, take the whites of two eggs, one and a half cups powdered sugar, and six large tablespoons of chocolate.—Mrs. Rutledge.

#### CHOCOLATE ICING, No. 4.

Break one bar of a cake of chocolate, break twice or so put into a cup, cover with water, let stand until well soaked through, use a knife to blend it thoroughly, thicken with icing sugar, flavor with vanilla.—Miss Lizzie Taylor.

### Sour Icing

Use the juice of one lemon strained, and thicken with icing sugar; all icing should be put on a cake when thoroughly cold.—Miss Lizzie Taylor.

### Frosting

One cup frosting sugar, two tablespoons water, boil together, take it off stove and stir in the white of one egg beaten to a stiff froth, stir all together well, then frost your cake with it, and you will never want a nicer frosting than this.—Mrs. J. Eagar.

#### FROSTING, NO. 2.

Whites of three eggs, two large cups of powdered sugar, half a grated cocoanut, juice of half a lemon, add the sugar gradually to the whites already beaten to a stiff froth, then the lemon and cocoanut, frost the top of each loaf, make a layer cake of it by putting the sheets together.—Mrs. A. Thomas.

### White Frosting

Half cup cream, no more, one cup sugar, a small teaspoon butter, boil till it threads.—Mrs. A. W. Daball.

### Yellow Frosting

Use the yolks of three eggs and twelve tablespoons of confectioner's sugar.—Mrs. Herman.

### Frosting Without Eggs

Take five tablespoons of milk, one cup granulated sugar, flavor with lemon or vanilla, boil five minutes, beat it hard until it is cool enough to spread on the cake. It is ready as soon as it is cold.—Miss Theobald.

### Almond Icing

Half pound blanched almonds and sufficient rosewater. Directions—Rub the almonds to a smooth paste by adding a little rosewater from time to time to moisten sufficient only to form the paste, then mix with ordinary boiled icing.—M. L. Adair.

### Maple Sugar Frosting

Make the cake from any white cake recipe, and bake in two or three layers as you prefer, take one coffee cup of maple sugar, cut in lumps, one-half cup sweet milk, boil fifteen minutes, stirring occasionally. Five minutes before taking from the fire add a lump of butter about the size of a wainut, stir until cold. If too thick add hot water.—Mrs. Thomas.



### Almond Frosting

Blanch some sweet almonds, and when cold pound in a mortar until pulverized, mix the whites of three eggs and three-fourths pint of powdered sugar, flavor with vanilla and add the almonds.—Mrs. Rutledge.

### Pineapple

Take a large cup of cream, whip until very thick, and sweeten; put this between the layers. Have the pineapple previously prepared by chopping and draining in a colander, (use either fresh or canned fruit), which put on the top of the cream, tossing it with a fork; put this on top of the cake, throwing the pineapple on it so it will look as if it stood on top of the cream. This should be eaten the day it is made. Almonds used in place of the fruit is often preferred.

### Fig or Date Filling

Half a pound of figs and one cup of raisins steamed until tender, then chop and sweeten, moisten with hot water until like a paste. Use dates in place of the figs when desired.

### Cream

Take the white of one egg, an equal amount of water, stir in enough powdered or confectionery sugar to make the right consistency to spread, use any kind of flavoring. This makes a nice chocolate frosting by stirring in one square of chocolate melted, and one teaspoon of vanilla.

### Custard

One-half cup each of sugar and milk, one square of Walter Baker & Co.'s chocolate grated, yolks of two eggs, cook all together and cool, then add a teaspoon of vanilla.—Mrs. Canfield.

### Tutti Frutti Frosting

Half teacup water, three cups sugar, whites of two eggs, boil sugar and water until very thick and waxy, beat the whites of eggs to a stiff froth and pour the syrup over them, beating all till cool, then add half a pound blanched almonds chopped fine, one small teacup of large white raisins, and a little citron sliced thin. Very nice for a sponge cake.—Mrs. W. Ireland.

### Caramel Icing

One and a half cups brown sugar, half cup cream, one and a half tablespoons butter, cook to thickness of candy, flavor with vanilla, and when nearly cold spread on cake.—Mrs. Purvis.

### Icing

Whites of two eggs, four tablespoons water, two cups of sugar, boil sugar and water for three minutes, take off and add beaten whites of eggs and half teaspoon cream of tartar, beat till cold and stiff, then add orange juice.—S. M. Westgarth.

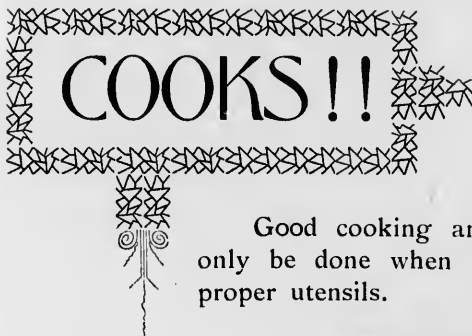
### Boiled Icing

Two cups of granulated sugar, two-thirds cup boiling water, boil good ten minutes, beat the whites of two eggs while the sugar is boiling, pour the boiling sugar over the eggs and beat rapidly until mixed.—Mrs. F. Mallory.

### Marsh Mallow

Three tablespoons gelatine soaked in one cup of cold water, place on the stove and let remain until it is dissolved, strain and add to it one pound of XXXX sugar, beat constantly for twenty minutes, flavor with vanilla, put in greased pan the size smaller than the ones used for baking the cake, and set away to cool. Use any white cake recipe, bake in layers and put together with white frosting. Use rose for flavoring. Place the marsh mallow for the centre layer.





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## Cookies

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"There are innumerable books of recipes for cooking, but unless the cook is master of the principles of her art, and unless she knows the why and the wherefore of its processes, she cannot choose a recipe intelligently and execute it successfully."  
—Richard Estcourt.

### Ginger Cookies

Two eggs, one cup molasses, one cup brown sugar, one teaspoon cream tartar, two teaspoons soda, one tablespoon ginger, let stand to rise two hours before mixing in the flour.  
—Mrs. Johnston.

#### GINGER COOKIES, No. 2.

One cup sugar, one cup of syrup, two eggs, half a cup butter, half cup lard, two teaspoons baking soda, two teaspoons ginger, let rise over night, then mix in the flour and roll for the oven.—M. Barker.

#### GINGER COOKIES, No. 3.

Two cups brown sugar, two cups dark baking syrup, one cup butter, one cup lard, one cup water, two eggs, one tablespoon soda, two teaspoons each cinnamon and allspice, a little nutmeg, three tablespoons ginger, melt all together, add flour enough to roll out.—Mrs. J. May.

#### GINGER COOKIES, No. 4.

One cup, dark sugar, one cup syrup, one half cup butter, boil all three ten minutes, let stand until cool, dissolve one teaspoon baking soda in three tablespoons boiling water, one tablespoon ginger, flour enough to roll nicely.—Mrs. J. McDougal.

#### GINGER COOKIES, No. 5.

Two cups of brown sugar, two cups of syrup, one cup of lard, one cup of butter, mix lard and butter and rub in flour, one teaspoonful soda, one tablespoon of ginger, dissolve soda in a little hot water and mix it with the syrup.—Mrs. Kirkby.

### Cookies

Three eggs, one cup sugar, one cup butter, one teaspoon soda, two teaspoons cream tartar and a little ginger, mix soft and roll thin, bake in a moderate oven.—Mrs. Halliday.

#### COOKIES, No. 2.

Two eggs, one cup white sugar, one cup butter, half a cup sour cream and one teaspoon soda.—Mrs. Lipscombe.

#### COOKIES, No. 3.

Three eggs, two cups brown sugar, half teaspoon of salt, one cup lard, (half of this may be butter, but it does not matter, good lard will do), half teaspoon soda dissolved in boiling water, add flour enough to roll, do not work much.—Miss L. Taylor.

#### COOKIES No. 4.

Three eggs, one and one half cups sugar, one cup lard, half teaspoonful salt, half teaspoonful soda dissolved in a little boiling water, flavor to suit taste and add flour enough to mix soft, roll thin and bake in a quick oven.—Mrs. W. G. McDonald.

#### COOKIES No. 5.

Three cups flour, one cup white sugar, one cup butter, two eggs, two teaspoons Pure Gold baking powder, two tablespoons water, one-half nutmeg, grated, add some salt; bake in a quick oven.—Mrs. Powell.

#### COOKIES, No. 6.

One cup lard, one cup brown sugar, spice or flavoring, one teaspoon baking powder, scant half teaspoon soda, a little more than half a cup sour milk, flour to roll.—Mrs. Mosure.

#### COOKIES, No. 7.

One cup butter, two cups sugar, four eggs, four cups of flour, four teaspoons baking powder.—Mrs. Beatty.

#### COOKIES, No. 8.

Take just enough flour as you would care to use, one or two eggs, cup lard, cup currants, two cups sugar, half teaspoon soda, two teaspoons baking powder, a little salt, and sour milk enough to mix a good dough, to be rolled out.—Mrs. Thomas.

**COOKIES No. 9.**

One teacup sugar, three eggs, two-thirds of a cup butter, a teaspoon vanilla, two teaspoons baking powder, flour enough to roll.—Mrs. M. J. Newburn.

**COOKIES No. 10.**

Two eggs, one cup butter, one cup of white sugar, half teaspoon baking soda, flour enough to make a stiff dough, roll thin and bake in a quick oven.—Mrs. T. Laidlaw.

**COOKIES, No. 11.**

Three eggs well beaten, two cups brown sugar, one cup butter, one teaspoon vanilla flavoring, half teaspoon soda, two tablespoons sweet milk, roll out thin, sprinkle with granulated sugar and bake in a hot oven.—Mrs. R. Jarvis.

**Oatmeal Cookies**

Two and a half cups oatmeal, two and a half cups flour, three-quarters cup butter or lard, one and a half cups brown sugar, a little salt, half cup warm water, one teaspoon soda mix with hands and roll thin.—Mrs. Beatty.

**OATMEAL COOKIES No. 2.**

Two cups oatmeal, two cups flour, one cup sugar, one cup butter, two teaspoons soda, dissolve in sufficient water to make a soft dough, roll thin, bake in a quick oven.—Mrs. D. Johnston.

**Caraway Cookies**

One cup butter, one cup sugar, three eggs, one teaspoonful caraway seed, one teaspoon vanilla, five teaspoons rich cream, nearly two cups flour and two teaspoons baking powder, mix half cup cornstarch and flour to roll them in.—A. Campbell.

**CARAWAY COOKIES, No. 2.**

Quarter pound butter, quarter pound sugar, half cup water, tablespoon caraway seeds, make stiff enough to roll out with flour into which baking powder has been mixed.—Mrs. C. E. Pratt.

**Vanilla Cookies**

Two cups sugar, one cup butter, one-third cup sour milk two eggs, one teaspoon soda, vanilla.—Mrs. Purvis.

**Molasses Cookies**

Two and one half cups brown sugar, two cups molasses, one cup butter, one half cup milk, two well beaten eggs, two teaspoons baking powder, flour to thicken.—Miss Ferguson.

**Scotch Cookies**

Three cups oatmeal, one cup flour, two teaspoons baking powder, one cup sugar, one cup lard and butter mixed, one egg or three, just as you please, a small teaspoon of salt, mix up with sweet milk, roll thin and bake.—Mrs. M. M. McClellan.

**Soft Cookies**

Two cups sugar, three eggs, nutmeg to flavor, scant cup shortening, one cup sour cream, one teaspoon soda, flour to drop from spoon.—Mrs. C. E. Pratt.

**Drop Cookies**

Two cups sugar, one cup butter, one cup molasses, one cup sour milk, four cups flour, three eggs, two tablespoons ginger, two teaspoons soda, one tablespoon cloves and one of cinnamon.—Miss Adair.

**Rock Cookies**

Four cups flour, one and a half cups white sugar, one cup batter, one egg, two tablespoons sweet milk, one teaspoon cream tartar, half teaspoon soda, two handfuls currants.—Mrs. J. C. Banks.

**Honey Cookies**

One cup sugar, two cups honey, two eggs, three teaspoons soda, one teaspoon cream tartar, two teaspoons ginger, flour to stiffen, leave in a cool place over night, bake next morning.—Mrs. C. Bovair.

**Oat Cake**

Three cups oatmeal, three cups flour, half cup sugar, one cup butter and lard mixed, one teaspoon soda, two of cream tartar, one teaspoon salt, half cup sweet milk.

**White Cookies**

Two cups sugar, two eggs, four tablespoons butter, one cup sour milk, half teaspoon soda, flour enough to roll out nicely.—Mrs. Canfield.



**Dropped Ginger Cakes**

Two eggs, three-quarters cup sugar, three-quarters cup butter, one cup syrup, one large tablespoon ginger, one large teaspoon soda and four cups flour.—Mrs. F. Halliday.

**Ammonia Cookies**

One cup butter, two cups white sugar, one cup sweet milk, three eggs, one ounce ammonia dissolved in milk.—Mrs. Slade.

**Cookies**

Two cups sugar, three-quarters cup shortening, two eggs beaten, half teaspoon soda, two tablespoons sweet milk, flour enough to roll, knead well.—Mrs. R. Gervis.

**Lemon Cookies**

Five cents worth of baking ammonia, five cents worth of oil of lemon, two eggs, two cups granulated sugar, one pint sweet milk, one cup lard, a little salt, roll thin and bake in a quick oven. Do not put in the lemon until you have put in a little flour; dissolve the ammonia in the milk.—Miss Sarah Farr.

**Simbals**

One cup sugar, half cup each of butter and sweet milk, two eggs beaten separately, three teaspoons baking powder, mix as soft as you can and bake.—Selected.

**Lemon Biscuits**

Two and a half cups granulated sugar, two cups sweet milk, one cup lard, two eggs, five cents worth of oil of lemon, five cents worth powdered ammonia.—Mrs. J. Craig.

**Oatmeal Date Wafers**

Two cups oatmeal, two cups flour, one cup white sugar, one cup milk, one cup of butter and lard, three teaspoons of baking powder, a pinch salt, mix flour, oatmeal, sugar and baking powder together and rub in butter and lard, add milk and roll very thin, and bake a nice brown. Boil one pound of dates and one cup sugar until thoroughly soft, and put between cakes; don't cut the cakes too large, use a small baking powder tin.—F. Johnston.

### Tea Cakes

Very small half cup butter, one and a half cups sugar, one egg, two-thirds cup sweet milk, three teaspoons baking powder, very little nutmeg or lemon extract, stir butter and sugar to a cream, then add other ingredients, not too much flour, mix very soft, roll out, not too thin, sprinkle over with granulated sugar, cut with cake cutter and bake. These are very nice.—Mrs. Sinclair.

### Prime Loaf Cake

Beat half a cup butter and one cup sugar to a cream, add three eggs, yolks and white beaten separately, one teaspoon grated nutmeg, two teaspoons extract lemon, one cup sour milk, one teaspoon soda, one and a half cups flour, bake in a long deep tin to make a loaf shape.—Mrs. W. G. McDonald.

### Ginger Snaps

One pint molasses, one cup butter, a teaspoon each of ginger, cloves and soda, put all over the fire together and let it come to a boil, using a large vessel as it is likely to foam over; when nearly cool add flour enough to make a stiff dough, roll out and cut into small cakes.—Mrs. J.

#### GINGER SNAPS, No. 2.

One cup molasses, one cup brown sugar, one cup of butter, one tablespoon ginger, boil all together ten minutes, add one teaspoon soda dissolved in quarter cup hot water, juice of half a lemon, stir in flour quickly, as much as possible, and roll thin as a wafer, cut and bake in a quick oven.—Mrs. Pratt.

#### GINGER SNAPS, No. 3.

Two cups black strap, half cup lard, one tablespoon ginger, one teaspoon mixed spices, boil syrup and lard, add part of flour, spices, and then remainder of flour, roll thin.—Mrs. Dwyer.

#### GINGER SNAPS, No. 4.

One large cup butter and lard mixed, one coffee cup sugar, one cup molasses, half cup water, one tablespoon ginger, one tablespoon cinnamon, one teaspoon cloves, one teaspoon soda dissolved in hot water, flour for pretty stiff dough, roll out rather thinner than sugar cakes, and bake quickly. These ginger snaps will keep for weeks if locked up.—Mrs. Geo. Tudhope.

**GINGER SNAPS, No. 5.**

One pint molasses, one cup of butter, a teaspoon each of ginger, cloves and soda, put all over the fire together and let it come to a boil, using a large vessel as it is likely to foam over; when nearly cool add flour enough to make a stiff dough, roll out and cut into small cakes.—Mrs. C. Labrash.

**Drop-Drops**

Half cup butter, two cups sugar, three-fourths cup water, half teaspoon soda, two eggs, four cups flour.

**Lemon Biscuits**

Two cups white sugar, two eggs, five cents worth of oil of lemon, five cents worth of baking ammonia, two cups sweet milk, one cup lard, flour to roll thin, then bake.—Mrs. Badger.

**LEMON BISCUITS, No. 2.**

Two and a half cups granulated sugar, two cups sweet milk, one cup lard, two eggs, five cents worth of oil of lemon, five cents worth baking ammonia.—Mrs. Mosure.

**LEMON BISCUITS, No. 3.**

Three cups of sugar, one cup of butter, two cups lard, five cents worth of oil of lemon, five cents worth of baking ammonia, salt, one pint new milk, flour enough to make a stiff dough, roll out, cut in squares, bake in a moderate oven.—Mrs. Mills.

**LEMON BISCUITS, No. 4.**

Two eggs, one cup lard, one and a half cups sugar, five cents worth of oil of lemon, five cents worth powdered ammonia, two cups warm milk, stiffen with flour, cut in squares and bake in a quick oven.—Mrs. John Harrod.

**LEMON BISCUITS, No. 5.**

Five cents worth of oil of lemon, five cents worth baking ammonia, whites of three eggs, two and a half cups white sugar, one and a quarter cups lard and butter, two cups sweet milk, a little salt, mix very stiff with flour, roll thin, bake quickly.—Mrs. D. Johnston.

**LEMON BISCUITS, No. 6.**

One cup lard or butter, two cups sweet milk, one and a half cups granulated sugar, two eggs, five cents worth of baker's ammonia, five cents worth oil of lemon; dissolve ammonia in milk.—Mrs. E. C. McKinley.

**LEMON BISCUITS, No. 7.**

One cup lard, two eggs, two cups granulated sugar, five cents worth rock ammonia, five cents worth oil of lemon, one pint of sweet milk, flour enough to roll out nicely.—Mrs. E. Wright.

**Oatmeal Cakes**

Two cups granulated oatmeal, two cups flour, three teaspoons baking powder, one cup granulated sugar, half cup of butter, half cup lard, half teaspoon salt, one cup milk, roll very thin and bake in a moderate oven, sandwich with one pound of dates stoned, boil till soft and fairly dry, and add one cup brown sugar, then let boil for a few minutes.

**OATMEAL CAKE, No. 2.**

Two large potatoes, cook and roll them out with the rolling pin, add a little pinch of salt, two cups oatmeal, half cup of flour, one cup granulated sugar, one egg, quarter teaspoon soda, half cup butter, mix together and cut half inch thick, bake until brown.—Mrs. Lawrence.

**Tea Cakes**

Three eggs, one cup brown sugar, one cup butter and lard mixed, one teaspoon soda, one teaspoon salt, powder the soda fine and mix in the eggs, mix up so it will roll out thin, cut into cakes and bake in a quick oven.—Mrs. G. Molyneaux.

**TEA CAKES, No. 2.**

Two eggs, two cups flour, one cup butter one cup sugar, one teaspoon baking powder, a little water, pinch of salt, roll out thin, spice to taste.—Mrs. McMorran.

**TEA CAKES, No. 3.**

Four eggs, one cup butter, one cup sugar, one small teaspoon soda dissolved in four teaspoons boiling water, put in a few currants or dates chopped fine, flour to make a soft dough, roll and scrape top with a fork to make rough, cut and bake in a quick oven.—Mrs. D. Johnston.

**Taffy Tarts**

One and a half cups brown sugar, half cup water, let it come to a boil, when cool stir in two well beaten eggs and flavor with vanilla; use ordinary pie paste for pattie tins. These are lovely.—Mrs. Haskins.

**Boston Cookies**

One cup butter, one half cup sugar, two cups flour, one cup chopped raisins, one half teaspoon soda dissolved in a little warm water, three eggs, pinch salt, nutmeg, drop into a well buttered pan, and spread over a little sugar.—Mrs. A. F. Cobb.

**Fruit Cookies**

One egg, one and a half cups sugar, two-thirds cup butter, half cup sweet milk, two teaspoons Royal Baking Powder, one teaspoon grated nutmeg, three tablespoons English currants or chopped raisins, salt.

**Graham Cookies**

Two cups sugar, one cup each of butter and sour cream, two eggs, teaspoon of soda, stir cream, butter and sugar together and flavor to taste.

**Drop Ginger Cake**

One cup each of molasses and sour cream, half cup sugar, one egg, one teaspoon ginger and cinnamon, a little salt, three rounded cups of flour, drop in spoonfuls in shallow pans and bake quickly.

**Rough Cakes**

One and a half cups butter, two cups brown sugar, the yolks of three eggs and one whole one, four large cups flour, two pieces of lemon peel, one cup currants, one teaspoon soda dissolved in a teaspoon of water.

**Potato Biscuit**

Two cups mashed potatoes, one teaspoon salt, half pint warm water, one quart flour, a small piece of lard, one cup of yeast, knead all together and let rise over night, in the morning roll out and cut same as biscuits, rise and bake for breakfast.—Miss E. M. Barnes.

**Lemon Snaps**

Three cups white sugar, two cups butter, one cup lard; one pint sweet milk, five cents worth of pulverized ammonia, five cents worth of oil of lemon.

### Date Gems

Beat two eggs separately, add one half pint milk to yolks, one half cup finely chopped dates, one half cup whole wheat flour, tablespoonful melted butter, beat thoroughly, add teaspoonful baking powder, stir in the whites, beat again, bake in gem tins twenty minutes.—Mrs. Complin.

### Conversation Tarts

Make puff paste for bottom of tins, then make a filling for two dozen tarts. Two cups golden syrup, one of sugar, four eggs, a whole nutmeg grated, one cupful of milk.—Mrs. M. C. Thompson.

### Lemon Snaps

Three cups white sugar, two cups butter, one cup lard, one pint sweet milk, five cent's worth of ammonia, one dram oil of lemon, cut in square blocks and bake in brisk oven until golden brown.—Mrs. Geo. Raymond.

### Spanish Bun

Two cups light brown sugar, half cup butter, three eggs, two and one half cups sifted flour, three teaspoons mixed spice, one cup sweet milk, three teaspoons baking powder, butter tin well.—Mrs. Martin.

### Oatmeal Cookies

One cup sugar, two-thirds cup butter, one egg, scant half cup sour milk, small teaspoon soda, large teaspoon of cinnamon, two and one half cups rolled oats, two and one quarter cups of flour, knead and roll thin.—Mrs. J. W. Gregory.

### Bran Cakes

Two cups nice fresh bran, one cup flour, one teaspoon salt, one tablespoon butter, one teaspoon soda in enough buttermilk to make a soft batter, have your pan greased and drop on pan, sprinkle a little sugar on top of the cakes before cooking. These are splendid for dyspeptics. Bran tea may also be made by putting hot water on bran and let stand for a while, then drain off and drink. Steamed biscuits are very nice for invalids. Pour hot water on biscuits, cover until they swell, put two on a saucer with a little sugar and jelly between, and on the top put a little cream.—Mrs. D. Johnston.

### Molasses Cookies Without Shortening

One cup of molasses, one cup of brown sugar, one egg, two tablespoons water, one tablespoon vinegar, one teaspoon each of soda and ginger, mix very soft.

### Cream Biscuits

Rub one pound of fresh butter into one pound of flour, make a hole in the centre, into which put half pound powdered sugar upon which the rind of a lemon has been rubbed previous to pounding, and three whole eggs, mix the eggs well with the sugar, and then mix all together, forming a flexible paste, cut into round pieces, each nearly as large as a walnut, stamp them flat with a butter stamp of the size of a crown piece, and bake in a quick oven.—Mrs. T. Bate.


### Rock Cakes

One cup brown sugar, half cup butter, a handful currants, two eggs, a little nutmeg, one teaspoon baking powder, one pint flour, bake in gem tins in a quick oven.—Mrs. D. F. Macdonald.

### Light Biscuit

To one quart flour mix thoroughly three teaspoons Pure Gold baking powder before using other ingredients, then add three-quarters cup lard, half teaspoon salt, mix to a soft dough with cold sweet milk or ice water, handling as little as possible, bake in a quick oven.—Mrs. C. Gillespie.





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## Doughnuts

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"There is occasion and cause, why and wherefore in all things."—Shakespeare.

"It is not calling your neighbor names that settles a question."—Disraeli.

### Doughnuts

One cup sugar, one tablespoon melted butter, one cup sweet milk, one nutmeg, two teaspoons baking powder, flour enough to roll out nicely.—Mrs. Cobb.

#### DOUGHNUTS, No. 2.

Mix well together three cups of flour, two teaspoons baking powder, half teaspoon salt, one salt spoon of mace, beat one egg, add to it one half cup sugar, one dessertspoon melted lard and half a cup of milk, mix with dry ingredients, cut in rings and cook in hot lard.—Mrs. A. J. Whitby.

#### DOUGHNUTS, No. 3.

Two cups sour milk, one cup sugar, three eggs, five tablespoons melted butter or lard, a teaspoon cinnamon, a teaspoon soda in sour milk, two teaspoons baking powder in the flour, and just enough flour to roll.—Mrs. M. J. Newburn.

#### DOUGHNUTS, No. 4.

One and a half cups sugar, two eggs, two teaspoons melted butter, two-thirds cup of buttermilk, two teaspoons cream tartar, one of soda, salt and nutmeg, flour enough to roll.—Mrs. McClelland.

#### DOUGHNUTS, No. 5.

One-half cupful butter, one cupful of sugar, one and a half pints flour, one and a half teaspoons baking powder, one egg, one and a half cups milk, one teaspoon essence nutmeg.—Selected.

## DOUGHNUTS, No. 6.

Two eggs, two cups sugar, two cups of sweet milk, half a cup of butter, three teaspoons of baking powder, a pinch of salt and flavoring; half of this is enough for a small family.—Mrs. Ferguson.

## DOUGHNUTS, No. 7.

Half cup of butter, one cup sugar, one and a half pints of flour, one and a half teaspoons baking powder, one egg, one and a half cups milk, one teaspoon essence nutmeg.

## DOUGHNUTS, No. 8.

One egg, one cup of rich milk, one cup of sugar, three pints of flour, three teaspoons baking powder, one teaspoon butter.—Mrs. Murdock.

## DOUGHNUTS, No. 9.

Two eggs, two cups sugar, two cups sweet milk, half cup of butter, three teaspoons baking powder, a pinch of salt and flavoring; half of this is enough for a small family.

## DOUGHNUTS, No. 10.

One cup sugar, one tablespoon butter, (any more will soak the lard), two eggs, one cup of sweet milk, two teaspoons baking powder, flour enough to make a soft dough.—Mrs. Brandy.

## DOUGHNUTS, No. 11.

One cup of sugar, two eggs, two tablespoons butter, two-thirds cup of milk, two teaspoons cream tartar, one teaspoon soda, salt and nutmeg, flour enough to roll.—Mrs. Knifton.

## DOUGHNUTS, No. 12.

One egg, one cup white sugar, one teaspoonful of butter, one cup of sweet milk, one teaspoon of soda, two teaspoons of cream tartar, mix stiff with flour, roll and cut.—Miss A. Townsley.

## DOUGHNUTS, No. 13.

One cup brown sugar, two eggs, two tablespoons of melted butter, two-thirds cup sweet milk, two even teaspoons cream tartar and one of soda, flour enough to roll, salt and nutmeg, fry in hot lard.—Mrs. J. A. Johnston.

## DOUGHNUTS, No. 14.

Three eggs, two and a half cups of sweet milk, two cups of sugar, two teaspoons of cream tartar, one teaspoon soda, spices to taste, roll out and cut in shapes and fry in boiling lard, while hot dip in fine sugar.

## DOUGHNUTS, No. 15.

One cup sugar, two eggs, half cup of shortening, one teaspoon soda, one cup sour milk, cut in rings, have your lard very hot, in which place a peeled potato to keep lard from burning, and drop in your cakes; they will come to the top of lard when light; fry a dark brown; when taken out sprinkle sugar over them.—Mrs. Ireland.

## DOUGHNUTS, No. 16.

One pint of milk, one teacup of yeast, put yeast in milk, stir in flour and let it stand over night, in the morning add two teacups sugar, one teacup lard, two eggs, one teaspoonful soda, work in flour and let it rise very light, add nutmeg and cinnamon to suit taste.—Mrs. Careful.

## DOUGHNUTS, No. 17.

One cup sugar, one cup sour milk, half cup butter, one teaspoon soda, two egg, mix soft, cut in strips, then twist, fry light brown and roll in sugar.



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## Pies

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"Small cheer and great welcome make a merry feast.—Shakespeare."

"The turnpike road to people's hearts I find lies through their mouth, or I mistake mankind."—Dr. Wolcott.

### Chocolate Pie

One coffee cup of milk, two tablespoons grated chocolate, three-quarters cup sugar, yolks of three eggs, heat chocolate and milk together, add the sugar and eggs beaten to a cream, flavor with vanilla and frost.—Mrs. J. Craig.

### CHOCOLATE PIE, No. 2.

Four squares of chocolate, one cup granulated sugar, one tablespoon butter, four cups sweet milk, yolks of four eggs, reserve whites for frosting, two large tablespoons corn starch, add a little vanilla. Cook the above until thick and pour into the crusts which have been previously baked, put the beaten whites on top.—Mrs. R. G. Ard.

### Orange Pie

Grate the yellow peel off two Messina oranges, add the juice and pulp, one coffee cup sugar, one egg and yolks of three well beaten, add half cup milk and bake in a lower crust. Make a meringue of the three whites and half a cup of sugar, spread over the pie and brown.—Mrs. C. E. Pratt.

### ORANGE PIE, No. 2.

Beat to a cream half a cup of sugar with a tablespoonful of butter and the beaten yolks of four eggs, the grated rind and juice of two oranges, and then the whites of the eggs beaten stiff; bake with one crust.—Miss E. Gregory.

### Cocoanut Pie

Half cup butter, one and a half cups of white sugar, yolks of four eggs and one whole one, half cup sweet milk, half teaspoon soda, one teaspoon cream tartar, two cups flour, bake in thin pans. After beating the white to a stiff froth, stir in a cupful of sugar and a cupful of desiccated cocoanut; put this between the layers of cake. Frosting improves it.—Mrs. C. E. Pratt.

#### COCOANUT PIE, No. 2.

Two eggs, one cup of sugar, half a cup of water, half teaspoon soda dissolved in the water, one teaspoon cream tartar, one and a half cups flour, a small lump of butter, cream; half a cup of sugar, half cup flour, one egg beaten, stir in the flour and sugar, then stir in half a pint of boiling milk and two spoonfuls of cocoanut; make a frosting for the outside, sprinkle thickly with cocoanut before dry. The pie will be delicious.—Mrs. C. E. Pratt.

### Apple Pie

Pare and slice apples in an earthen pie plate without an under crust, season with nutmeg and cinnamon. For a good-sized pie put a cup of sugar, add a little water and bits of butter on top of it, cover with paste, brushing the top with a little cream. This pie can be taken up with a tin or silver shovel to look as nice as pie with an under crust, and is much more palatable. Should the apples be dry, as they often are in the spring of the year, dissolve one-quarter teaspoonful of tartaric acid in half a cup of water, and sprinkle over the apples before seasoning. This is delicious.

#### APPLE PIE, No. 2.

Mix a cup of fine chopped apples with the juice of a lemon, a cup of sugar, or less, the yolks of two eggs, bake with an under crust of pie paste, beat the whites of the eggs and spread over the top, brown delicately.—Mrs. G. Moore.

### Cream Pie

One cup of sweet cream, three tablespoonfuls sugar, one tablespoonful of flour, butter the size of an egg, a little grated nutmeg, all creamed together. Bake like a custard, or put strips of crust across the top.—Mrs. P. Harrison.

**CREAM PIE, No. 2.**

One and a half cups milk to boil, three teaspoons of flour, three teaspoons cornstarch, six teaspoons of sugar, three eggs, use one and a half for icing, beat all together and pour in the boiling milk.—Mrs. Ireland.

**CREAM PIE, No. 3.**

For each pie to be baked take two small eggs, half cup of sugar, two tablespoons cornstarch, or half flour, one pint milk. Directions—Make your crust and have ready baked, pricking with a fork to prevent blistering, put the milk on to boil, beat the yolks of the eggs, stir the cornstarch in a little cold water smoothly, then add sugar and stir all into the boiling milk, and continue the heat until the custard is set or thick, then put into the baked crust and bake ten or twenty minutes, having beaten the whites with one teaspoon of cream or butter and two tablespoons of sugar, spread on top and brown nicely in the oven.—M. L. Adair.

**Squash Pie**

Two cups of boiled squash, three-fourths teacup of brown sugar, three eggs, two tablespoons molasses, tablespoon melted butter, one tablespoon of ginger, one teaspoon of cinnamon, two teacups of milk, a little salt, make two plate pies.

**SQUASH PIE, No. 2.**

Stew a medium sized crook-neck, or other equally rich squash, and rub the soft part through a colander same as for pumpkin pie, half pound butter, one pint each cream and milk, one quart of milk with the cream stirred in, two cups sugar, one dozen eggs well beaten, one teaspoon each salt, mace, nutmeg and cinnamon, or add seasoning to taste.—Mrs. Hudson.

**Lemon Pie**

Two lemons, grate the outside off them, squeeze out the juice, add two cups sugar, the yolks of two eggs, four tablespoons cornstarch, put in last three cups boiling water, stir well before cooking, bake crust separate. This will make three pies.—Mrs. Murdock.

**LEMON PIE, No. 2.**

One cup sugar, one lemon, the juice only, two eggs, the whites for frosting, one cup of water, one large tablespoon cornstarch. Frosting for pie—Two tablespoons of white sugar, the whites of two eggs.—Mrs. R. Cummer.

## LEMON PIE, No. 3.

One lemon grated, one cup white sugar, four eggs, save whites of two for icing for top, lump of butter size of a nutmeg, one large tablespoon cornstarch and flour mixed, stirred smooth in a little cold water, then fill cup with boiling water and stir all together.—Mrs. J. A. Johnston.

## LEMON PIE, No. 4.

Three eggs, one great spoonful of butter, three-quarters cup white sugar, juice and grated peel of one lemon, one large apple peeled and grated, bake in open shells of paste, cream the butter and sugar, stir in the beaten yolks and lemon and bake; beat the whites to a stiff meringue with three tablespoonfuls of powdered sugar and a little rosewater. When the pies are done take from the oven just long enough to spread the meringue over the top, and set back for three minutes. This mixture is enough for two small or one good sized pie.—Mrs. Geo. Tudhope.

## LEMON PIE, No. 5.

One lemon rind and juice, one cup sugar, one cup water, one tablespoon corn starch cooked in the water till thick, three eggs, two of whites saved for frosting with half cup of sugar.—Mrs. J. Brethour.

## LEMON PIE, No. 6.

Yolks of two eggs, juice of one lemon, one cup of sugar, three tablespoons corn starch in a cup of hot water, one tablespoon butter, mix all together, put in your pie and cook. When done beat the whites of your eggs with a little sugar, and put on top.—Mrs. D. Johnston.

## LEMON PIE, No. 7.

One lemon rind and juice, three eggs, the whites of two kept for icing, one cup of sugar, half cup cold water, a small piece of butter, one tablespoon cornstarch, boil till thick. Icing—Beat the whites of the eggs to a stiff froth, add a tablespoonful of white sugar, put on pie when cold.

## LEMON PIE, No. 8.

One lemon rind and juice, one cup sugar, one cup water, one tablespoon cornstarch, yolks of two eggs, save the whites for top, put water on to boil, stir rest together and stir in the boiling water until well cooked.—Miss A. Prentice.



**LEMON PIE No. 9**

One cup of water, three-quarters cup of sugar, juice of one lemon, boil together, add a tablespoon of cornstarch mixed in water, and when boiled thick remove from the stove for a few minutes, then add the yolk of one egg, beat the white with one teaspoon of sugar for frosting. Make pie paste of equal quantities of lard and butter, line pie plate and bake before putting in filling, spread on frosting, brown lightly.—Mrs. Gillespie.

**LEMON PIE, No. 10.**

Grate one whole lemon, rind and all, and to the pulp add the juice of another lemon, add one cup granulated sugar, one cup water, one heaping tablespoonful of cornstarch, the yolks of two eggs, a piece of butter the size of a walnut, boil fifteen minutes in a double sauepan, stirring constantly. Have shells of good pastry ready baked and fill with above. For meringue take whites of three eggs, beat to a stiff froth and add one teaspoonful of white sugar. May be baked if desired in a hot oven two or three minutes.—Mrs. S. Armstrong.

**Flock Duck Pie**

One egg, three or four small crackers, half cup of molasses, half cup sugar, half cup vinegar, half cup strong tea, one cup chopped raisins, small piece butter, spice and salt.—Mrs. Maxwell.

**Mince Meat**

Three pounds cooked lean beef, two pounds beef suet, five pounds of apples, two pounds currants, three pounds of raisins, one pound citron, three pounds sugar, one heaping teaspoon cinnamon, same of ginger and nutmeg, half teaspoon cloves, half teaspoon each mace and allspice, level teaspoon salt, juice of two lemons, one pint water in which fresh peel of two lemons has been boiled for three minutes, and into which has been stirred one tumbler of currants or gooseberry jelly, and as much cider as is needed to make the mince meat sufficiently juicy; the meat, suet, apples and raisins must be chopped as fine as possible, and the citron to be cut into small thin bits. All particles of skin and gristle must be carefully removed from the beet and suet. The suet especially must be mined to a powder. To insure the spices being evenly distributed mix them with the dry sugar, then mix meat and sugar together before adding the rest of the ingredients. Mix all together thoroughly and set over the fire until heated through.—Mrs. R. J. Lee.

### Potato Pie

Take about three pounds lean meat and boil until tender with two large onions, take potatoes and boil until done, then mash them and put in the dish with the meat and gravy, season to taste. Make a nice upper pastry, put in oven till nicely browned, serve hot.—Mrs. Hall.

### Tomato Pie

Line a pie plate with rich flaking crust, not too thin, fill with very thin slices of tomatoes, add plenty of sugar, not less than three tablespoonfuls, a lump of butter the size of a nut, spice with nutmeg and cinnamon, cut several slits in the upper crust, bake three-quarters of an hour, serve cold.—Miss Haines.

### Custard Pie

One quart of milk, three eggs, one tablespoon of cornstarch, one dessertspoonful of extract vanilla, one cup sugar, a pinch of salt, beat the eggs and sugar together, mix the corn starch in a little of the milk, and stir all well together and bake.—A. Townsley.

### Rhubarb Pie

Pour boiling water over two teacupfuls of rhubarb, drain off the water after four or five minutes and mix with the rhubarb, a teacup of sugar, the yolk of an egg, a piece of butter and a tablespoon of flour. Bake with bottom crust only, mix the white of the egg with three tablespoons of sugar, return to oven to brown.—Mrs. J. H.

### Raisin Pie

Boil one pound raisins an hour, cover with water, add one lemon, one cup of white sugar, two tablespoons flour. This is enough for three pies.—Mrs. T. A. Clark.

### Raised Pie

Prepare the dough as for short cake, divide in two portions, spread on the tin, and cover with a layer of easy-cooking tart apples sliced in eighths, put two or three teaspoonfuls of rather thick sweet cream over the apples, and cover with the top crust, let the crusts rise until very light and bake. Peaches may be used in the same manner.—Mrs. Cobb.

### Cherry Pie

Line the dish with a good crust and fill with ripe cherries, regulating the quantity of sugar you scatter over them by their sweetness, cover and bake. Eat cold, with white sugar sifted over the top.—Mrs. Allard.

### Cranberry Pie

For one large pie place in an earthen or graniteware saucepan a quart of cranberries that have been carefully examined and washed, and add two cupfuls of cold water. Place the berries on the fire, and let them cook uninterruptedly for ten minutes by the clock from the time they begin to boil, then add one and a half cups of sugar and boil ten minutes longer, place at once in a pastry lined pie plate and bake twenty minutes. If the oven is very hot fifteen minutes will suffice to bake the crust; the fruit, of course, does not require more cooking. The sauce may be ornamented on top with strips or bits of crust, as this pie is included in the list of tarts. The crust should be in readiness to receive the sauce as soon as it is done, for the latter will congeal if allowed to cool. The method just described is also highly approved for stewing cranberries for the table. The skins become perfectly tender when boiled in this way, which is a great advantage, since they contain the highest flavor and best properties of the berries, and should not be strained out unless they have been made tough by improper cooking. If very sour or very sweet sauce or pies are preferred, half cup of sugar may be added to or omitted from the above recipe as the case requires.

### Boston Cream Pie

**Cream Part**—Put one pint of milk on to boil, beat two eggs, add one-quarter cup sugar, small half cup of flour or corn-starch previously mixed, beat well and stir into milk just when it commences to boil, add one ounce of butter and a pinch of salt, and keep stirring until it thickens, flavor with lemon or vanilla. **Crust Part**—Three eggs beaten separately, a cup of granulated sugar, a pinch of salt, one and a half cups of sifted flour, large teaspoon of baking powder and two tablespoons of milk or water, divide the batter in half and bake on pie tins until a straw color, when done and cool split each one in half and spread half the cream between each, serve cold.—Mrs. Charles Currie.

### Mince Meat

Six pounds lean fresh beef boiled tender, when cold chop fine, one pound beef suet chopped fine, eight pounds apples, two pounds raisins seeded and chopped, two pounds currants chopped, two tablespoons cinnamon, one tablespoon grated nutmeg, one tablespoon ground cloves, one tablespoon ground allspice, one tablespoon salt, four pounds brown sugar and liquor the meat is boiled in. Keep in a stone jar tied over with double paper. Should be made at least one day before it is intended to be used.—Mrs. S. Armstrong.

### Pumpkin Pie

One quart pumpkin stewed and strained, one quart milk, one cup of sugar, seven eggs beaten light, one teaspoon ginger, the same of mace and cinnamon.—Mrs. Charles Currie.

#### PUMPKIN PIE, No. 2.

Mix one cupful each of milk and dry, steamed and sifted pumpkin, half a cupful of sugar, two tablespoons each molasses and melted butter, one tablespoonful of ginger, two eggs lightly beaten, one teaspoon of cinnamon, and a half teaspoon of salt, pour into a pastry lined plate and bake in a moderate oven for forty-five minutes. When cold slip from this plate to a decorated one.—Mrs. Ireland.

### Peach Pie

Select peaches, wash and place them in a deep pie plate lined with paste, strew a thick layer of sugar over each of the peaches, adding a spoonful of water and a sprinkling of flour over top of each layer, cover with a thick crust and bake for one hour.

### Meat Pie

Two cups flour, two teaspoonfuls baking powder, two table-  
spoons butter or lard, milk or cold water, sift the flour and bak-  
ing powder together, work in butter with a spoon. If lard is  
used a little salt will be needed. Use enough milk or water to  
make a dough stiff enough to roll out, line a buttered baking  
dish with part of this dough rolled into a thin sheet, fill it with  
the meat cut into small pieces, pour over it a cup of thickened  
gravy and put on the top crust, bake half an hour in a hot  
oven.—Mrs. F. Halliday.

### Pie

Line a pie plate with rich flaking crust, not too thin, fill with very thin slices of tomato, add plenty of sugar, not less than three tablespoons, a lump of butter the size of a nut, spice with nutmeg and cinnamon, cut several slits in the upper crust, bake three-quarters of an hour, serve cold.—Miss Haines.

### Egg Cherry Pie

Make in a deep dish with crust on top and sides, stone three pints of cherries and pour over them this mixture: One cup white sugar, two eggs well beaten, one tablespoonful of butter and two tablespoonfuls of flour, mix well and pour in a bake dish.—Miss Ferguson.

### Ripe Currant Pie

Heat and mash through a collander one large cup of ripe currants, add to it one cup full of sugar, one tablespoon corn starch yolks of two eggs, three tablespoons water. Bake and frost with the beaten whites of the eggs and ten tablespoons of sugar.—Mrs. C. E. Pratt.

### Delicate Pie

One cup white sugar, one cup cold water, the whites of two eggs, four tablespoons sweet cream, one large spoonful of flour, flavor the lemon. Line the pie plate with pastry, pour in the mixture and bake at once.—Mrs. P. Harrison.

### Chicken Pot Pie

Cover jointed chickens with water and boil them, if tender, half an hour before putting in the crust. Skim thoroughly, add one tablespoonful of flour stirred into one of butter and season with pepper and salt. A few bits of pork cut thin is an improvement. Make the crust like baking powder biscuit with the addition of a little butter, cut in pieces and drop in. If a potato crust is preferred, boil and mash six small potatoes and one egg, one tea-cupful of milk, one tablespoon butter, one teaspoon salt, and flour enough to make it roll out easily; keep kettle closed to prevent the crust from becoming heavy. A better way is to put the crust in the steamer and steam it; it is then sure to be light; then the chicken and gravy can be poured over it.—Mrs. Kydd.

### Mock Mince Pie

One egg, three or four large crackers or six or eight small ones, one half cup molasses, one half cup of sugar, one half cup vinegar, one half cup strong tea, one half cup raisins, a small piece of butter, a little salt.—Mrs. Richmond.

### Pumpkin Pie

One heaping pint of stewed pumpkin, six eggs, six tablespoons flour, butter size of an egg, one and one half cups sugar, two level teaspoonfuls cinnamon, half teaspoonful ginger, half a grated nutmeg. Rub the pumpkin through a colander adding the butter, sugar and spices, and make hot, then the beaten eggs and flour; mix smoothly together and while hot put into the dish, having a thick crust to receive it, and bake in a moderate oven. Remarks—This makes a thick salvy pie, very nice. If fearful of a soggy crust, bake it before putting in the pie mixture. If a pint of milk be added it would be more like the old fashioned pumpkin custard pie, softer and not quite so rich, unless an additional egg or two with an extra cup of sugar is put in. If milk is plentiful and pumpkin scarce, take this latter plan.—M. Barker.

### Boston Cream Pie

Cream Part—Put one pint of milk on to boil, beat two eggs, add one quarter cup sugar, small half cup flour or cornstarch, previously mixed, beat well and stir into milk just when it commences to boil, add one oz. butter and a pinch of salt and keep stirring until it thickens; flavor with lemon or vanilla. Crust part.—Three eggs beaten separately, a cup of granulated sugar, a pinch of salt, one and one half cups sifted flour, large teaspoon baking powder and two tablespoons of milk or water. Divide the batter in half and bake on pie tins until a straw color; when done and cool, split each one in half and spread half the cream between each; serve cold.

### Jelly Pie

One cup jelly, one cup sugar, half cup butter, four eggs; this will make two pies.—Mrs. Banks.

### Lemon Pie

Filling—Juice of one lemon, yolks of three eggs, one scant cup sugar, one tablespoon flour or cornstarch, one cup milk; beat whites of eggs for the top.

### Squash Pie

Stew a medium sized crook-neck (or other equally rich) squash, and rub the soft part through a colliander, same as for a pumpkin pie, half pound butter, one pint cream and milk, or one quart milk with the cream stirred in, two cups sugar, one dozen eggs well beaten, salt, mace, nutmeg and cinnamon, one teaspoon each, or add seasoning to taste.—Mrs. Hudson.

### Economy in Squash Pie

One tablespoonful corn starch will take the place of eggs in squash pie. If the recipe calls for four eggs put in two, and two tablespoons of cornstarch.—Mrs. Purvis.

### Pie Plant Pie

One cup stewed pie plant, one cup sugar, one tablespoon flour, yolk of one egg, flavor with lemon, beat all together thoroughly. Don't use pie plant too hot for fear it will cook the egg; bake with just an under crust, and use white of an egg for frosting.—Mrs. H. A. Johnston.

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## Puddings

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A woman cannot work at dressmaking, tailoring, or any other sedentary employment ten hours a day, year in and year out, without enfeebling her constitution, impairing her eyesight or bringing on a complication of complaints; but she can sweep, cook, wash and do the duties of a well-ordered house with modern arrangements, and grow healthier every year. The times in New England when all women did housework a part of every day, were the times when all women were healthy.—Harriet Beecher Howe.

### Suet Pudding

One cup of suet chopped fine, one cup raisins, stoned, one cup currants, one cup molasses, one egg, four cups flour, one cup sour milk, one teaspoon soda, one teaspoon ground cloves, one teaspoon cinnamon, a teaspoon salt, steam three hours.—Mrs. J. Moffatt.

### Prune Pudding

Moisten rather thin slices of stale bread in hot milk, place in a pudding dish with alternate layers of stewed prunes from which the stones have been removed, finish with bread on top. Pour over the whole a little more hot milk or pure juice or both and bake in a moderate oven three-fourths of an hour. Serve hot or cold with orange or lemon sauce.—Mrs. A. F. Cobb.

### Apple Sago Pudding, Cheap

Take one cup sago, soak over night, then put it over stove in one small quart of water and a little salt, let boil till clear, and be careful not to let it burn or stick to bottom of the dish. When clear mix into it one cup and a half of sugar and one good pint of sliced apples and bake in a good hot oven half an hour; Serve with cream or milk.—Selected.



### Rice and Tapioca Pudding

Soak one half cup tapioca over night in a cup of water; in the morning drain off any water that remains; add to the tapioca half a cup of rice, one cup sugar, one cup raisins and eight cups new milk with a little grated lemon rind for flavoring. Put all in an earthen pudding dish on top of the range where it will heat very gradually to a boiling point, stirring frequently; when the milk boils put the pudding in the oven and bake till the rice grains are perfectly tender, but not broken and mushy, from twenty minutes to half an hour is usually sufficient. When taken from the oven it will appear quite thin, but after cooling will be of a delicious consistency. Serve cold.—Selected.

### Boiled Bread Pudding

Put to soak in cold water as many dry bread crumbs as will make a quart when water is pressed out. Take about half a pound of suet chopped fine, a quart of flour, two teaspoons of baking powder mixed in suet and flour; add four eggs, one cup brown sugar, half cup molasses, a small piece of butter, one cup raisins, one cup currants, one nutmeg, a pinch of salt, a cup of water; add bread crumbs, make all as thick as can be stirred, take pudding bag, scald it well, flour the inside, put in pudding and let boil two hours.—Mrs. George Kelly.

### Carrot Pudding

Half pound stoned raisins, half pound currants, half pound suet, quarter pound mixed peel, half teaspoon each of cinnamon, cloves and ground nutmeg, half pound moist sugar, two eggs, a heaping cup grated bread crumbs, same of flour, one and a half teaspoonfuls baking powder, one of salt, and a good sized carrot grated; mix well, and boil or steam four hours.—Miss Higginson.

### Snow Pudding

One cup boiling water, one dessertspoon corn starch, pinch salt, two tablespoons white sugar, let cook until well done, beat the whites of three eggs to a stiff froth, add to the hot starch mixture, set in a cool place, flavor both with vanilla. Make boiled custard of the yolks, pour over the pudding before bringing to the table.—Miss L. Taylor.

### Lemon Tapioca Pudding

Four tablespoons of tapioca soaked over night in a cupful of water, add one cupful of water in the morning, the rind of two lemons, and boil until clear. Take out the rind, add the juice of the lemons, a teaspoon of lemon extract, a cupful each of sugar and boiling water, a pinch of salt, and boil; mould and serve with cream and sugar.—Mrs. E. Shropshire.

### Apple Sago Pudding

One cup sago in a quart of tepid water with a pinch of salt soaked for one hour, six or eight apples pared and cored or quartered and steamed tender, and put in a pudding dish, boil, stir the sago until clear, adding water until thin, and pour it over the apples; this is good hot with butter and sugar, or cold with cream and sugar.—Mrs. Walkinshaw.

### Plum Pudding

Two pounds flour, one pound raisins, one pound currants, one pound suet, half peel, one or two eggs, one nutmeg or all-spice; boil seven or eight hours.—George Raymond.

#### PLUM PUDDING No. 2

One cup suet chopped very fine, one cup sweet milk, one cup molasses, one cup brown sugar, one cup currants, two and one half cups stoned raisins, five cups flour, two eggs, one teaspoon cinnamon, one teaspoon cloves, one teaspoon soda; boil three hours.—Mrs. B. Harris.

#### PLUM PUDDING No. 3

One half pound currants, one pound raisins, one half pound beef suet, two tablespoons butter, five eggs, one grated nutmeg, two teaspoons lemon, one cup molasses, three fourths pint milk, a little salt, flour sufficient to stiffen; mix well together, put into a bowl and boil four hours; cover bowl with a cloth.—Mrs. T. Haystead.

#### PLUM PUDDING No. 4

Beat together half cup sugar, two eggs and one teaspoon butter; add three pints of sweet milk, a little salt, six crackers rolled fine, one cup raisins and a half sheet gelatine dissolved in a little water; season with nutmeg; bake in a pudding dish.—Mrs. H. O'Grady.

**PLUM PUDDING No. 5**

One cup suet, one cup sweet milk, one cup molasses, one cup sugar, one cup currants, two and one half cups raisins, four cups flour, one teaspoon cinnamon, one teaspoon cloves, one teaspoon allspice, one teaspoon soda; boil three hours.—Mrs. Knifton.

**PLUM PUDDING No. 6**

One and one half cups of suet, one and one half cups bread crumbs, fine, one and one half cups sugar, two cups raisins, two cups currants, quarter pound mixed peel, one teaspoon each of salt, ginger, cloves, cinnamon, nutmeg, one cup flour, one teaspoon soda, three eggs, enough milk to make soft batter; steam or boil four hours.—Mrs. B. Slade.

**Steamed Pudding**

One pint sour milk, three eggs, one cup suet, one teaspoon baking powder, a pinch of salt, a little vinegar, flour to make a thick batter.—Miss Beatty.

**STEAM PUDDING No. 2**

Half teaspoon soda, one cup sour cream, three cups flour, one cup raisins, one cup currants, four eggs, a little spice, steam two hours.—Mrs. Yates.

**Cream Tapioca Pudding**

Soak three tablespoons tapioca in water over night, put the tapioca into a quart of boiling milk and boil half an hour; beat the yolks of four eggs with a cup of sugar, add three tablespoons of prepared cocoanut, stir in and let boil ten minutes longer, pour into a pudding dish, beat the whites of the four eggs to a stiff froth, stir in a tablespoon of sugar, put this over the top and sprinkle cocoanut over the top and brown for five minutes.—Mrs. C. Labrash.

**CREAM TAPIOCA PUDDING No. 2**

Soak three tablespoons of tapioca in water over night, put the tapioca into a quart of boiling milk, and boil half an hour, beat the yolks of four eggs with a cup of sugar, add three tablespoons of prepared cocoanut, stir in and boil ten minutes longer, pour into pudding dish, beat the whites of the four eggs to a stiff froth, stir in three tablespoons of sugar; put this over the top and sprinkle cocoanut over the top, then brown for five minutes.—Mrs. E. J. Vincent.

### Orange Pudding

Peel and cut in bits five oranges, rejecting the seeds, sprinkle a cup of sugar over it, boil a pint of milk, to which add the yolks of three eggs well beaten with one tablespoonful of cornstarch, when it thickens pour it over the fruit, beat the whites of eggs with a tablespoonful of white sugar, frost the pudding and brown it in the oven. Substitute strawberries or peaches if you like.—A. Campbell.

#### ORANGE PUDDING, No. 2.

Three oranges, two eggs, two tablespoons cornstarch, one pint sweet milk; cook the cornstarch, eggs and milk, and stir in the oranges sliced and sweetened to taste, stand in the oven for a few minutes; may put icing of whites of eggs beaten and sweetened a little over the top.

#### ORANGE PUDDING, No. 3.

Peel and cut three sweet oranges into thin slices, taking out the seeds, pour over this a coffee cup of white sugar, let a pint of milk get boiling hot by setting it on a pot of boiling water, add yolks of three eggs well beaten, one tablespoon cornstarch made smooth with a little cold milk, stir all the time, as soon as thickened pour over the fruit, beat the whites to a stiff froth, adding a tablespoon of sugar, and spread over the top, set it in the oven for a few minutes, eat cold or hot.—Mrs. McMorran.

#### ORANGE PUDDING, No. 4.

Grate the rind of a Seville orange, add to it six ounces of fresh butter, six or eight ounces of lump sugar pounded, beat all in a marble mortar, and add as you do it the whole of eight eggs well beaten and strained, scrape a raw apple and mix with the rest, put a paste and the bottom and sides of the dish and over the orange mixture, put cross bars of paste; half an hour will bake it.—Mrs. E. Labrash.

#### ORANGE PUDDING, No. 5.

Peel and slice five sweet oranges into thin slices, taking out seeds, pour over them a coffee cup of white sugar, let a pint of milk get boiling hot by setting it in a pot of boiling water, add the yolks of three eggs well beaten, one tablespoon of cornstarch made smooth with a little cold milk, stir all the time, as soon as thick pour over the fruit, frost top with the whites of the eggs with tablespoon of sugar added, set in oven to harden; berries or peaches may be substituted for oranges.—Mrs. Brandy.

## ORANGE PUDDING, No. 6.

Peel and cut five good oranges into thin slices, taking out all seeds, put over them a coffee cup of fine white sugar, let a pint of milk get boiling hot by setting it in hot water, add yolks of three eggs well beaten, one tablespoon of cornstarch made smooth in a little cold milk, stir all the time, and when thick pour over the fruit, beat the whites stiff, add a tablespoon of sugar and spread on top, set in the oven a minute to harden, can be eaten hot but is best cold.—Mrs. O'Gorman.

## Fig Pudding

One cup sugar, one cup chopped figs, one cup bread crumbs, one egg, one cup sweet milk, one tablespoon of butter, one teaspoon of baking powder and flour to thicken, steam one and a half hours.—Mrs. E. C. McKinley.

## FIG PUDDING, No. 2.

Half pound of figs, one and a quarter pounds grated bread, two and a half ounces powdered sugar, three ounces butter, two eggs, one cup milk; chop figs small and mix first with the water, then add all the ingredients by degrees, butter a mold, sprinkle with bread crumbs, cover tight and boil three hours.—Mrs. Brandy.

## FIG PUDDING, No. 3.

One cup suet chopped fine, two cups flour, three-quarters cup sweet milk, half cup molasses, one even teaspoon soda stirred in molasses, one teaspoon cinnamon, half pound figs chopped.—Mrs. Overs.

## FIG PUDDING, No. 4.

Three-quarters pound grated bread, half pound best figs chopped fine, six ounces of suet chopped fine, six ounces of moist sugar, teacup of milk and a little nutmeg, mix bread and suet first, then add figs sugar and nutmeg, when thoroughly mixed add one well beaten egg and the milk, boil in pudding bags as you would plum pudding for four hours. Sauce—One egg well beaten, add one cup of white sugar and beat until quite foamy, add four tablespoons of boiled milk, flavor with nutmeg, set over a basin of boiling water for half an hour. It is better to mix it in the bowl in which it is to be served, and cover over top while steaming.—Mrs. Ireland.

### Batter Pudding

One egg, half cup sugar, butter half size of an egg, a large teaspoon baking powder, a cup sweet milk, flour to make batter. Take pudding dish, first put layer of chopped apples and sugar, then butter, then apples and finally layer of butter; bake in good oven half an hour.—Mrs. L. Moulton.

### Fruit Pudding

One cup suet, one cup molasses, two cups raisins and some currants, two cups bread crumbs, one teaspoon mace, cinnamon and cloves to taste, lemon and citron peel, two teaspoons baking powder, one cup milk.

#### FRUIT PUDDING, No. 2.

This pudding is made without cooking, and is nice prepared the day before used. Stew currants or any small fruit, either fresh or dried, sweeten with sugar to taste and pour hot over thin slices of bread with the crust cut off, placed in a suitable dish, first a layer of bread, then the hot stewed fruit, then bread and fruit, then bread leaving the fruit last, put a plate over the top, and when cool set it on ice, serve with sugar and cream. This pudding is very fine made with Boston crackers split open and placed in layers with stewed peaches.—Selected.

### Sauce

Lemon Sauce for Pudding—Beat together two tablespoons butter, one cup sugar, yolk of one egg, one teaspoon cornstarch, add half cup boiling water, cook a few minutes, then add the juice and grated rind of a lemon.—Mrs. Complin.

#### SAUCE, No. 2.

Three eggs and white of one extra, one large cup of sugar, beat eggs and sugar well together, take one cup boiling water and butter size of an egg, just before serving the sauce pour the liquid on the eggs and sugar, stirring briskly.

### Yorkshire Pudding

Three tablespoons flour, one pint milk, three eggs, a little salt, to be put in pot with beef for twenty minutes just twenty minutes before beef is cooked; serve both together.—Mrs. J. Harrod.

**YORKSHIRE PUDDING, No. 2.**

Two eggs, one pint sweet milk, half teaspoon salt, flour to make a light batter. This is very nice to eat with roast beef or hard sauce. Bake in a well greased pan, and eat while hot.—Mrs. Yates.

**YORKSHIRE PUDDING No. 3**

One pint new milk, one teaspoon salt, four eggs, one cup flour, stir well, pour into the frying pan after the meat has been removed; cook twenty-five minutes.—Miss L. Taylor.

**Layer Pudding**

One egg, half cup sugar, piece butter half size of an egg, beat these three together, a teacup of sweet milk, one and one half cups flour, a little salt, one teaspoon soda, one and one half teaspoons cream tartar; bake in layers and put any kind of fruit between them; serve hot. Sauce for Layer Pudding—Butter half size of an egg, half cup sugar, nutmeg or mixed spice if desired, two tablespoons flour; blend well together and pour over this a pint of boiling water; boil for ten minutes.—Mrs. J. F. Wiggins.

**Pudding Sauce**

One cup sugar, one half cup butter beaten to a cream, then add the yolk and white of one egg beaten separately, flavor with a little lemon or vanilla; set to cool.—Mrs. C. E. Pratt.

**Plain Steamed Pudding**

Three cups flour, half pound suet chopped fine, half pound currants, quarter pound peel, one cup sugar, three eggs, three teaspoons baking powder; steam two hours.—Mrs. H. Collett.

**Carrot Pudding**

One and one half cups flour, one cup sugar, one cup suet, one cup raisins, one cup currants, one cup potatoes, grated, one cup carrots, grated, one teaspoon soda; steam or boil three hours.—Mrs. Harper.

**CARROT PUDDING No. 2.**

One cup grated carrots, one cup grated potatoes, one cup suet, one cup raisins, one cup currants, one cup sugar, one teaspoon soda, salt flour to thicken, steam two hours.

### Egg Sauce

One egg, one cup sugar well beaten with the egg, one half cup boiling water just before serving; season to taste.—Mrs. Pratt.

### Estelle Pudding

Three eggs well beaten, two and a half tablespoons sugar, two of butter, three-fourths cup sweet milk, one cup of raisins chopped fine, one tablespoon baking powder, flour to make it the consistency of cake batter, steam thirty-five minutes and serve with cold cream sauce.—Mrs. H. O'Grady.

### Snow Pudding

One pint boiling water, a little salt, three tablespoons corn-starch with a little cold water, boil thoroughly, then take from fire and beat quickly into the beaten whites of three eggs, put into molds or cups. Sauce—Yolks of three eggs, half cup sugar, one and a half cups sweet milk, cook till it thickens, not boil, flavor with vanilla or lemon.—Miss Burd.

### High Church Pudding

One pound flour, six ounces suet, two eggs, one pound raspberry and currant jam, a little salt, chop the suet finely, mix with the flour and a little salt, add the jam and the eggs beaten, put into a buttered basin or mold, tie down and boil for one and a half or two hours. Treacle pudding is very good made the same manner, but omitting the eggs.

### Cream Pudding

Stir together one pint of cream, three ounces sugar, the yolks of three eggs, a little grated nutmeg, add the well beaten whites, stir lightly, and pour into a battered pie plate on which has been sprinkled the crumbs of stale bread to the thickness of an ordinary crust, and over the top also sprinkle a layer of the grated crumbs and bake.

### Bread and Butter Pudding

In a deep dish place thin slices of buttered bread with raisins or fresh fruit between, pour a rich custard over and bake half an hour; beat the white of one egg to a stiff froth, stir in pulverized sugar, pour over the top and brown for one minute. This may be eaten cold.



### Rice Dumplings

Boil one pound of rice without stirring until soft and dry at the top, let it cool upon a sieve or coarse cloth that it may dry at the same time, dip your dumpling cloths in hot water, wring them out and flour well inside, put a handful of cold rice upon each, spreading it out into a smooth sheet, lay in the centre an apple pared and cored, fill the hole left by the core with strawberry marmalade or crabapple jelly, draw up the cloth carefully to enclose the apple with a coating of rice, tie and boil one hour, turn out with care, pour sweet sauce or rich sweetened cream over them; one pound of rice will cover twelve pippins.—Mrs. Kydd.

### Delicious Pudding

Two cups bread crumbs, one cup raisins, one cup currants, two ounces peel, one cup chopped suet, one cup syrup, one nutmeg, one teaspoonful cinnamon, four eggs, one cup sweet milk, one small teaspoonful of soda, steam two hours, serve with sauce.—Mrs. Wolton.

### Potato Pudding With Meat or Baked Fish

Steam and mash mealy potatoes add season with butter, cream, salt and pepper, butter the dish and place a layer of potatoes on the bottom, then having finely chopped meat or finely picked fish, put a layer of the one used, and so on alternately, finishing with a layer of bread or cracker crumbs, with a few bits of butter and a little water or milk to moisten, and last cover till nearly done with a paper, and bake about one hour. If fish is used stir into it a beaten egg.—M. Barker.

### Butterless Sauce

Place one half gill of milk in a pan in boiling water; when scalding put in half a pint of powdered sugar mixed with the yolks of two eggs; stir until thick as boiled custard, take off, when cool add flavoring. Just before serving mix the well beaten whites lightly with the sauce.—Mrs. H. O'Grady.

### Batter Pudding

One pint of flour, one egg, two teaspoons baking powder, a little salt, sweet milk to make a thick batter, steam in cup with jam between.—Mrs. Gladman.

**BATTER PUDDING, No. 2.**

Mix a heaping cup of sugar with two tablespoons of corn starch, beat this well into six eggs, add one quart of sweet milk, two tablespoons of butter, and one teaspoonful of lemon extract, bake fifteen minutes, serve with cream.

**Sponge Cake Pudding**

Butter a mould, and having cut a quarter pound large raisins in halves fill the mould three-quarters full loosely with sponge cake which has been cut in long strips, square form crowning each tier, strips a little distance apart, cobhouse fashion, to allow space for the eustard, then pour in eustard made with three eggs and one pint rich milk, (rich milk means milk with the cream stirred in), or five eggs to one quart milk, with half to one and a half cups sugar as to whether liked very sweet or not, flavor with nutmeg or any extract desired; set the mould in a kettle two-thirds or three-quarters full of water and boil one hour, or set in steamer and steam one hour, have properly covered to prevent the condensing steam from dropping from the cover into the pudding. Sauce for same—One cup sugar, half cup butter whipped to a cream, then pour in one cup boiling water, setting the same dish on the stove to continue to seald, but not to boil, while two or three teaspoonfuls of cornstarch are rubbed up with a little cold water and stirred in, then add a well beaten egg and flavor; serve while hot.—Mrs. E. C. Irvine.

**Steamed Batter Pudding**

Make a batter of two eggs beaten light, butter the size of an egg, half cup of milk, two teaspoons of baking powder, two tablespoons of sugar, flour enough to make batter, have ready five or six cups a quarter full of preserves, pour the batter in these, steam three-quarters of an hour over boiling water, serve with sauce made of two tablespoons of flour mixed in cold water, pour cup and a half of boiling water over it, add good lump of butter, and sugar to taste.

**Hard Times Pudding**

One cup suet, one cup molasses, one cup raisins, one cup of currants, one cup sweet milk, figs and peel, half a teaspoon of spices, one teaspoon of baking soda, a little salt, flour enough to make a stiff batter, steam two hours. Half the quantity makes a good sized pudding.—Mrs. Gladman.

**Steamed Suet Pudding**

One cup chopped suet, one cup raisins, one cup of currants, one cup sour milk, one cup molasses, one egg, three good cups of flour, one teaspoon soda, steam three hours.—Mrs. McMorran.

**Choice Bread Pudding**

One pint of bread crumbs, one quart of milk, the yolks of four eggs, piece of butter about the size of an egg, sugar to sweeten, lemon to flavor, when baked spread with jelly, then the white of the eggs beaten to a stiff froth with a little sugar and lemon, spread on the top, brown slightly in a hot oven. To be eaten with cream and sugar.—Mrs. Fred Hutchins.

**Cornmeal Pudding**

Half cup cornmeal, one pint boiled milk, then add one quart cold milk, one cup sugar, four eggs, one tablespoon butter, flavor to taste, bake or steam three hours.—Mrs. McDevitt.

**Carrot Pudding**

One cup each of currants, raisins, minced suet, grated carrots, grated potatoes, sugar, one and one half cups flour, one and one half teaspoons baking powder; steam two hours and serve with sauce; add spices to suit taste.—Mrs. T. George.

**English Plum Pudding**

One pound raisins stoned and chopped, one pound currants, one quarter each of orange, lemon and citron peel, one pound of dark brown sugar, one pound suet; prepare these the day before boiling, add one pound pastry flour and a pint of bread crumbs.—Mrs. Butt.

**Xmas Pudding**

One cup each of raisins, currants, bread crumbs and chopped suet, three eggs, half cup sweet milk, one cup sugar, one teaspoon each of cinnamon, nutmeg and baking powder, flour to thicken, steam four hours.—Mrs. E. C. McKinley.

**Blueberry Pudding**

Two cups sweet milk, two tablespoons sugar, one tablespoon butter, four cups flour, one teaspoon soda and two of cream tartar, stir in one pint berries and steam two hours; serve with sweetened cream or sauce.

### Mikado Pudding

Three eggs, one cup sugar, one cup suet, one cup bread crumbs, one and a half cups flour, one and a half cups raisins, one cup milk, two teaspoons baking powder, one teaspoon salt, half teaspoon each cinnamon and cloves, a little nutmeg and a little vanilla, steam two hours and serve with sauce.—Mrs. Gladman.

### Minnehaha Sauce

Beat in a two quart bowl, four tablespoons butter and two-thirds pint brown sugar to a cream, with a wooden spoon; then add four tablespoons sweet cream and the juice and grated rind of a lemon; place the bowl on top of the tea-kettle half full of boiling water; when melted serve.—Mrs. H. O'Grady.

### Cottage Pudding

One pint milk, one tablespoon butter, two eggs, one teaspoon cream tartar and soda, or two teaspoons baking powder.—Mrs. Knifton.

### Empress Pudding

Boil a cup of rice in milk until it is very soft, then add two tablespoonfuls of butter, and boil a few minutes longer. Set aside to cool. Beat three eggs and stir in when the rice is moderately cool. Line a dish with puff paste and then put in first a layer of rice, then a layer of jam or fruit, then another layer of rice until the dish is full. Bake in a moderate oven about three-quarters of an hour; serve either hot or cold, but if cold pour a boiled custard over it.

### Dundee Pudding

One cup of sugar, two eggs, one-half cup of butter, one cup milk, two cups flour, one teaspoon cream tartar, one half teaspoon soda; mix well and steam three hours, serve with hot sauce. It may be steamed in a pretty tin mould.

### Fruit Pudding

Take one cup each of milk, minced suet, raisins, currants, molasses, stiffen with bread crumbs and a little flour, having added three teaspoons of baking powder to the flour and crumbs, boil or steam until done. This pudding is equally as good the second day as the first, and is better steamed.—Mrs. Wallace Warner.

### Cottage Pudding

Rub together four tablespoonfuls of melted butter, one cup white sugar, two even cups flour, two teaspoons cream of tartar, one teaspoon soda, then add one cup of sweet milk and one egg. Bake in a round pan; when done place upon a plate ready for the table and steam until soft; serve with sauce. Sauce.—One egg, one teacup sugar beaten together, add a cup and a half of boiling water; flavor to taste.

### Plain Rice Pudding

One quart milk, one half cup rice, one half cup of sugar, a little salt; bake in a slow oven, stirring occasionally until you wish a crust to form; flavor with nutmeg.

### Half Hour Dumplings

Make cream of tartar biscuits and steam them half an hour, add water and sugar to canned berries, heat it to boiling and serve as sauce; quickly made and very good.

### Suet Pudding

One cup each of suet, raisins, molasses and sweet milk, three and a half cups flour, three teaspoons baking powder, spice to taste.—Mrs. J. J. Canfield.

### Tapioca Cream

Soak over night two tablespoons tapioca in half a teacup of milk, or enough to cover, bring one quart milk to a boiling point, beat well together the yolks of three eggs, half a teacup sugar and one teaspoon of lemon or vanilla for flavoring, add tapioca and stir the whole into the boiling milk, let boil once, turn into the dish, and immediately spread on the whites of the eggs; serve when cold.—Mrs. Murdock.

### Cream Tapioca Pudding

Soak three tablespoons tapioca in water over night, put the tapioca into a quart of boiling milk and boil half an hour, beat the yolks of four eggs with a cup of sugar, add three table-spoons of prepared cocoanut, stir in and boil ten minutes longer, pour into a pudding dish, beat the whites of four eggs to a stiff froth, stir in three tablespoons of sugar, put this over the top, sprinkle over with cocoanut and brown for five minutes in the oven.—Mrs. Richmond.

### Chocolate Pudding

Mix four tablespoons of grated chocolate with the same amount of sugar, heat four cups of milk, stir in the chocolate and sugar, thicken with four tablespoons of cornstarch, which may be mixed dry with the chocolate and sugar, pour in cups to cool, and serve with whipped cream, which may be quickly made by having the cream cold and using an egg beater or whip.—Mrs. J. Calder.

### Cornstarch Pudding

Place over fire one pint water and a pinch of salt, mix four tablespoons of cornstarch with a little cold water, whisk the whites of three eggs to a solid froth, half cup sugar, one teaspoon vanilla and dissolved cornstarch, beat all well together and pour slowly into the boiling water, stir constantly and allow to cook about five minutes, pour into small cups that have been dipped into cold water. Serve with the following sauce:—Place over the fire half pint water, beat in a small saucepan one teaspoon butter, one teaspoon flour, three tablespoons sugar, when well blended add water, now pour the whole slowly over the three well beaten yolks of the eggs, place mixture in a double boiler and stir until it thickens, remove and flavor with vanilla when cool.—Daddy.

### Fig Pudding

Half pound bread crumbs, one cup suet chopped fine, two eggs beaten light, half pound figs chopped fine, one small cup of brown sugar, one teaspoon salt, three teaspoons baking powder mixed with the bread crumbs, steam three hours, serve with liquid sauce.—Miss Kirkman.

### Chocolate Pudding

Melt half pound butter and stir into it one pound flour, quarter pound grated chocolate, quarter pound sugar, one pint milk, yolks of three eggs; steam or bake.—Mrs. O'Gorman.

### Honeycomb Pudding

Half cup sugar, half cup milk, half cup flour, half cup melted butter; beat well together, add four eggs well beaten, then half pint treacle having one teaspoon soda in it; stir and bake half an hour.—Mrs. O'Gorman.

### Strawberry Minute Pudding

Cook a quart of ripe strawberries in a pint of water till well scalded; add sugar to taste, skim out the fruit, and into the boiling juice stir a scant cup of granulated wheat flour previously rubbed to a paste with a little cold water, cook fifteen or twenty minutes, pour over the fruit and serve cold with cream sauce or plain cream.—Mrs. A. F. C.

### Apple Tapioca

Soak a cupful of pearl tapioca over night; in the morning simmer in a quart of boiling water until transparent and thickened; arrange in the bottom of a pudding dish four or five good sized tart apples which have been pared, cored, and the cavities filled with sugar, squeeze the juice of a lemon and grate a very little of the rind over the apples, pour the tapioca over the fruit, set the dish inside a pan filled with hot water, cover and bake one hour, or until the apples are done; serve with sugar and cream or milk. It is best nearly cold. Fresh peaches pared and stewed may be used in place of apples if preferred.—C. F.

### Lemon Pudding

Grate rind of two lemons and use juice, add two cups of water, one cup of sugar and a little salt, let come to a boil till it looks green, then add two tablespoons of cornstarch, stir till it thickens, lift off the stove, beat in the whites of two well beaten eggs and set to cool. Sauce for above—One pint of milk, four tablespoons of sugar, salt, two teaspoons of cornstarch, the yolks of two eggs, thicken and set to cool.—Mrs. W. H. Bundy.

#### LEMON PUDDING No. 2

Beat the yolks of four eggs, add four ounces white sugar, the rind of a lemon, being rubbed with some lumps of it to take the essence, peel and beat it in a mortar with the juice of a large lemon and mix all with four or five ounces of butter, warmed; put a crust into a shallow dish, nick edges and put the above in it; when served turn the pudding out of the dish.—Mrs. E. Labrash.

### Rice Pudding Without Eggs

One cup rice, three pints milk, one teaspoon salt, half cup sugar, put all together in your pudding dish and set in oven about nine in the morning, stir once in a while until cooked.—Mrs. M. A. Converse.

**Cabinet Pudding**

Take three or four penny sponge cakes, cut into squares, line a well buttered mould with raisins, place the cake in the mould, adding raisins; pour over it a rich custard and steam one and one half hours.—Mrs. James Tuck.

**Good Plum Pudding**

Equal quantity of currants, raisins, suet, sugar, flour and bread crumbs, peel, almonds, a pinch of salt, spice to taste, but most of cinnamon, six eggs, stir all together and steam eight or ten hours; about one and a half cups is good measure; use very brown sugar.—A. E. Adair.

**Whole Wheat Pudding**

One cup rolled wheat, quarter teaspoon soda, quarter salt-spoon salt, half cup of milk, quarter cup of molasses, half cup of chopped raisins, one tablespoon flour, steam one and a half hours.

**Salem Pudding**

One cup sugar, one cup molasses, one cup suet, one cup of raisins, one cup currants, one cup sour milk, four cups flour, two eggs, peel, salt, spice, one teaspoon soda, steam three or four hours.—A. E. Adair.

**Foaming Sauce**

Beat half a cup of butter to a cream; add one cup of granulated sugar and stir till it is white and foaming; just before serving pour on it one cup of boiling water, and stir a moment.—A. E. Adair.

**Cup Pudding**

Two eggs beaten well, three-quarters cup sugar, three-quarters cup milk, two cups flour, butter size of a walnut, two teaspoons baking powder. Mode—Butter as many cups as required, place one spoonful of jelly or any fruit desired in bottom of each cup and a tablespoon of batter on top, place in steamer and cover tightly, and steam thirty minutes; serve with milk sauce.—Mrs. F. Laurie.

**CUP PUDDING No. 2**

Half cup sugar, one egg, butter size of an egg, half cup of sweet milk, two teaspoons baking powder, flour to make a stiff batter, steam from twenty minutes to half an hour.—Mrs. C. W. Pickard.



## Creams and Custards

"The food on which a man who would be healthy should live on should be selected so as to insure variety without excess."  
—Dr. Richardson.

### Spanish Cream

One pint of milk, half box of gelatine, heated together; yolks of three eggs and five tablespoons of sugar beaten together and added to the above, take off stove as soon as it thickens, then stir in whites of three eggs beaten to a stiff froth, flavor with vanilla, wet the mould before filling, serve with cream and sugar.  
—Mrs. R. J. Lee.

### SPANISH CREAM, No. 2.

One pint milk, three eggs, half box gelatine, dissolve the gelatine in milk, add sugar, eggs well beaten, turn into mould and let stand over night.—Mrs. John Galna.

### Coffee Custard

One pint of strong coffee and one pint of milk boiled together, six eggs beaten with a cup and a half of sugar.—Mrs. C. E. Pratt.

### Strawberry Ice Cream

Sprinkle two cupfuls of sugar over two quarts strawberries; mash them and let them stand half an hour, or until the sugar is dissolved, and meanwhile prepare the ice and pack the freezer; turn the berries into a large square of cheese cloth placed over a bowl, and squeeze as long as any juice or pulp will come, then empty the pulp and seeds left in the cloth into a pan and pour on gradually about a pint of milk; mix it well with the pulp until the pulp is separated from the seeds, squeeze again until perfectly dry; there should be nothing left in the cloth save a ball of seeds; add to the juice as much cream as you may have, from one cupful to three pints, and sugar to make it very sweet; freeze as usual.—Mrs. J. Brown.

**ICE CREAM No. 2**

To each quart of rich milk add a cup of white sugar, place in a double boiler and when boiling add the well beaten yolks of four eggs, stir until thick and when cold put in freezer (to a four quart freezer add a dissolved package of gelatine, whites of four eggs beaten very light) flavor with vanilla or pineapple, and freeze; add a pint of cream before beginning to freeze. The quicker it is frozen the finer will be the product.—Mrs. George.

**ICE CREAM, No. 3.**

Make coffee as for the table, using six tablespoons of coffee and the white of one egg to a pint of water. Strain and make into a custard with one pint of milk, three cupfuls of sugar and the yolks of four eggs. Cook until smooth and firm, then cool. When cool add the beaten whites of three eggs and a quart of whipped cream, then freeze.—Mrs. J. Brown.

**ICE CREAM, No. 4.**

One pint milk, one quart of cream, two eggs, two cups of sugar, two tablespoons of flour, two tablespoons vanilla, or a little more according to the strength, stir the flour smooth in one cup of milk, let the rest come to a boil, then stir the flour in and let it boil up, add the well beaten yolks, take from the fire, stir in the sugar and strain; let it get perfectly cold, then stir in the cream and vanilla and freeze. To freeze it use two-thirds chopped ice and one-third salt; should freeze in twenty minutes.—Mrs. C. E. Pratt.

**ICE CREAM No. 5**

Excellent home-made ice cream is prepared as follows:—To three fresh eggs add one cup of granulated sugar, thoroughly beaten, the cream from a pan of milk that is well scalded, and if possible another cupful of cream; beat again, adding the desired flavoring; now add a quart or more of the scalded morning's milk, one more cupful of sugar or a scant cup of sugar to a quart of milk, then freeze.—Mrs. McReay.

**ICE CREAM No. 6.**

Mix one pint cream with one pint of milk, add one cupful sugar and two teaspoonfuls vanilla extract and freeze.—Mrs. J. Brown.

**Lemon Sherbet**

One quart milk, two cupfuls sugar, two lemons, juice only, stir all together and freeze; don't mind the curdle, it will freeze out.—Selected.

**LEMON SHERBET, No. 2.**

Half a pint lemon juice, two cups sugar and two cups of cold water, stir till the sugar is dissolved, then freeze till thick, serve in sherbet glasses. This is nice for Thanksgiving dinner, to be served as an entree with the turkey.—Mrs. Purvis.

**Boiled Custard**

One quart milk, eight eggs, one half pound sugar, beat to a good froth the eggs and sugar, put the milk in a tin pail and set in boiling water; pour in the eggs and sugar and stir until it thickens.—Mrs. T. Haystead.

**BOILED CUSTARD No. 2**

One quart milk, eight eggs, omitting the whites of four, strain it and add eight or ten drops of vanilla; make a custard, and when it is done and quite cool put it into a deep glass dish; beat to a stiff froth the whites of four eggs that have been omitted in the custard, add eight or ten drops of lemon, drop the froth in balls on top of the custard.—M. C. Harrison.

**Spanish Cream Dessert**

One quart of milk, half box gelatine, four eggs beaten separately, four level teaspoons vanilla, one cup sugar; soak the gelatine in the milk for half an hour, then put it on the fire in a double boiler, beat the yolks of the eggs and sugar together, and when the milk is boiling stir the eggs in and cook until it begins to thicken, beat the whites of the eggs very light and stir into the mixture, when it is taken off the fire flavor and pour into the mold to cool; beat the whites well into the custard.—Mrs. R. Spring.

**Fruit Tapioca**

Two tablespoons tapioca soaked over night in a little water; in the morning add half a cup of sugar, one pint of milk and one egg, heat the milk, add the tapioca and boil twenty minutes, beat the yolk of egg with sugar, two teaspoons of flour and a little salt, stir into the milk and boil five minutes, pour into the dish, beat the white of the egg with one and a half tablespoons sugar, spread on top and set in the oven for a few minutes, pare and slice bananas or oranges, lay in the bottom of a glass dish, sprinkle with sugar, loosen the pudding and lay over the fruit.

### Sago Custard

Three tablespoons sago boiled in a little water till clear, add one quart of milk, let it come to a boil, then add five or six well beaten eggs, and sugar to taste. Put the vessel containing the custard in a kettle of boiling water, stir it briskly till it thickens a little, flavor with vanilla after it is partly cool.—Mrs. Walkinshaw.

### Rice Custard

To half cup rice add one quart of milk and a little salt, steam one hour, or until quite soft, beat the yolks of four eggs with four tablespoons of white sugar, add this just before taking off the rice, stir in thoroughly, but do not let it boil any more, flavor with vanilla, beat the whites of the eggs to a stiff froth with sugar. After putting the mixture into the pudding dish in which you serve it, put the whites over it and let it slightly brown in the oven.

### Whipped Cream

One pint cream, one small cup fine sugar, one gill of fruit juice, mix all together in a large bowl, beat hard with a whisk, or what is still better with a whipchurn; as the froth rises take it carefully off with a spoon, and place in the dish in which it is to be served.—Mrs. Train.

### Vanilla Cream

Peel and slice a half dozen bananas, boil two cups of milk, yolks of two eggs, one teaspoon of cornstarch, half cup of sugar stirred into boiling milk, when cold add one teaspoon of vanilla, pour over bananas, beat the whites of two eggs and put on the top.—Mrs. W. Ireland.

### Chocolate Custard

One quart of milk, two eggs, two and a half heaping tablespoons of cornstarch or maizena, two tablespoons of sugar, heat the milk almost to boiling, same as for soft custard; beat the eggs, then add cornstarch and work it until free from lumps, then add the chocolate, then sugar, and wet the whole with cold milk, take sufficient milk besides the quart to have it thin enough to pour, then pour the whole into the hot milk and stir until about as thick as soft custard, let it cool a little and pour into glasses.—Mrs. C. E. Pratt.

**Tapioca Cream**

Put one pint milk and two tablespoons tapioca in a double boiler and cook until the tapioca is soft, stir in a little salt, four tablespoonful of sugar, one egg and the yolk of another, stir till it thickens, then remove from stove, stir in one teaspoon of vanilla, beat the white of the egg with a teaspoon of sugar, and drop in little amounts on the cream.—Mrs. Bundy.

**Charlotte Russe**

Whip one quart of rich cream to a stiff froth and drain well on a fine sieve, to one scant pint of milk add six eggs beaten very light, make very sweet, flavor with vanilla, cook over a hot fire till it is a thick custard, soak one full ounce of gelatine in very little warm water and warm over hot water, when the custard is cold beat in lightly the gelatine and the whipped cream, line the bottom of your mould with buttered paper, the sides with sponge cake or ladies' fingers together with the white of an egg, fill with the cream, put in a cold place or on ice. To turn out dip the mold for a moment in hot water. In draining the whipped cream all that drops through can be re-whipped.—Mrs. Bundy.

**Chocolate Cream Filling**

Half cup milk, half cup chocolate, one teaspoonful vanilla, sugar to taste, boil until thick.—Mrs. J. J. Canfield.

**Apple Float**

To a quart of apples stewed and well mashed put whites of three eggs well beaten and four teaspoons of loaf sugar.—Mrs. Train.

**Rice Cream**

One scant cup rice, one heaping cup sugar, one quart milk, half package gelatine, one pint cream, one teaspoon almond or vanilla essence, boil the rice until tender, drain the water off and stir the rice into the scalding milk with the sugar, bring to a boil and put in the gelatine, which has soaked two hours in enough cold water to cover it. When this has dissolved strain the mixture through a fine collander and beat for three minutes with a Dover egg beater. Flavor and set aside to cool, then whip in the stiffened cream, let it form in a wet mold, and keep on ice until served.—Mrs. C. E. Pratt.



# MICROCOPY RESOLUTION TEST CHART

(ANSI and ISO TEST CHART No. 2)



APPLIED IMAGE Inc

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### **Bovarian Chocolate Cream**

For one large mold of cream use half a package of gelatine one gill of milk, two quarts of whipped cream, one gill of sugar and one ounce of chocolate; soak the gelatine in cold water for two hours, whip and drain the cream, scrape the chocolate and put the milk on to boil; put the chocolate, two tablespoonfuls of sugar, and one of hot water in a small sauce pan and stir on a hot fire until smooth and glossy; stir this into the hot milk, now add the soaked gelatine and the remainder of the sugar. Strain this mixture into a basin that will hold two quarts or more, place the basin in a pan of ice water and stir until the mixture is cold, when it will begin to thicken; instantly begin to stir in the whipped cream, adding half the amount first; when all the cream is added dip the mold in cold water and then turn the cream into it and place in the ice chest for an hour or more; at serving time dip the mold in tepid water, see that the cream will come from the sides of the mold, turn out on a flat dish; serve with whipped cream.—Mrs. Carnfel.

### **Chocolate Shape**

Four cups milk, yolks of two eggs, five tablespoons chocolate, four teaspoons gelatine, one cup sugar, a few drops vanilla; take one cup milk, soak the gelatine in it for ten minutes, break the chocolate in the milk and beat it in a saucepan stirring constantly until well done, put in the rest of milk to boil, then the chocolate, sugar and gelatine, and last the yolks.—Miss Ferguson.

### **Pine-Apple Sponge**

One fresh pine-apple, or a can holding a pint and a half, one small cupful of sugar and one and a half cupfuls of water, cook together ten minutes. Have ready a half box of gelatine soaked in a half cupful of cold water, add to fruit and strain. When partly cooled and set stir into the mixture the whipped whites of four eggs, beat till very smooth and mold. Serve with either whipped cream or custard.

### **Ambrosia**

One cocoanut and one dozen oranges; cut the oranges into thin slices and grate the cocoanut, place a layer of orange in a glass dish and sprinkle powdered sugar over it, then a layer of cocoanut and so on in alternate layers, having cocoanut last.—Miss Ferguson.



### Angel Cream

Put in double boiler one pint of new milk, saving out enough to rub smooth three heaping teaspoonfuls of cornstarch, add to hot milk with one half cupful of sugar, take it from the fire and add ten drops of almond extract and whipped whites of three eggs. Mold and pour over, when serving, a rich boiled custard made of one and a half cupfuls of milk, two tablespoonfuls of sugar and the yolks of three eggs, flavor the custard with vanilla.

### Apple Custard

Parc, core and quarter one dozen tart apples, strew into it the grated rind of one lemon, stew until tender in very little water, then mash smooth with back of spoon; to one and one half pints of strained apples add one and one quarter pounds of sugar; leave it until cold; beat six eggs light and stir alternately into one quart of milk with the apples, put into cups or a deep dish and bake twenty minutes; to be eaten cold.—D. E. Walton.

### Apple Snow

Stew some sour apples until soft, sweeten to taste, and strain through a wire sieve, to each pint of apple add the white of one egg, whisk very briskly until stiff and white, then heap it up in a dish and pour around it some whipped cream or a nice boiled custard. This makes a delicious dessert.

### Strawberry Ice

Pick three pints of ripe berries, crush them with a silver fork, and cover with a pound of sugar, set aside in a cool place for half an hour, then add to the fruit three pints of water, pass through a fine sieve or cloth, and just before freezing add a pint of pickled berries.—Mrs. J. Brown.

### Pretty Dish

Split the oranges and turn peel over; take out the core and fill with whipped cream; serve in bed of lettuce.—Miss Ferguson.

### Plymoth Rock Gelatine

Half package gelatine put in one cup cold water, soak half an hour, pour over it one and a half cups boiling water, add sugar and lemon to taste, put in dish till settled, whites of three eggs beaten well and the above beaten in, then put in molds. Sauce for above—Yolks of three eggs, half cup sugar, one teaspoonful cornstarch and a pinch of salt, beaten together, and stirred into one pint boiling milk.—Mrs. A. F. Cobb.

## Canned Fruits and Jellies

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"I went down into the garden of nuts to see the fruits of the valley, and to see whether the vine flourished, and the pomegranates budded. My soul desired the first ripe fruit."

### To Can Any Kind of Fruit

To do any kind of fruit fill your sealer and seal with the rubber, put in a boiler of cold water and let come to a boil and boil for fifteen minutes. Have ready the syrup, half a pound of sugar to a pound of fruit, pour over and seal tightly.—Mrs. Clark.

### Tapioca Jelly

Wash the tapioca carefully in two or three waters, then soak for five or six hours, then simmer it in a stewpan until it becomes quite clear, add a little lemon juice.—Mrs. C. E. Pratt.

### Spiced Blueberries

Nine pounds berries, three pounds white sugar, one ounce cinnamon, one ounce cloves, half pint of vinegar, boil till thick.—Mrs. T. Woods.

### Crab Apple

Fill the jars and put the glasses over and place them in a boiler with cold water, cook until fruit settles, make a very thick syrup of white sugar, fill in with the extra fruit until there is a space of two inches from the top, then fill with syrup and let boil fifteen minutes, then take out and fill again and seal.—Mrs. W. Vigrass.

### Strawberries

Take three quarts of strawberries and three pints of sugar, make a rich syrup, let it boil well before putting in the fruit, and cook until soft, but not broken, about twenty minutes, then seal down tight. This will make three quarts.—Mrs. W. Vigrass.

### A Nice Dish of Apples

One pint of the pulp of roasted apples, strained, one half pint pulverized sugar, the whites of three eggs, beat the whites of the eggs to a stiff froth, then add a spoonful of apple and a spoonful of sugar alternately, beating all together until the mixture stands perfectly stiff on the spoon; make a boiled custard of the yolks of the three eggs, one pint of milk, two tablespoons of sugar and flavor with vanilla; place the custard in saucers and cover with the apple sauce and serve.—M. C. Harrison.

### Apples for Present Use

Take about twenty nice snow or other good cooking apples, wipe them clean and place them in a preserving kettle with water enough to about half cover them, then add two cups of brown sugar, half cup cider vinegar and a teaspoon of ground cinnamon, cover them down tightly and let them simmer over a slow fire until the apples become soft, lift them out, let syrup boil down thick and pour over the apples; use when cold.—Mrs. Bundy.

### Blueberries and Rhubarb

Peel and cut the rhubarb into inch lengths, equal parts of fruit, say one pint of berries and one pint of rhubarb, and a pint of sugar, let come to a boil slowly, cook about twenty minutes, or until rhubarb is soft, seal down tight.—Mrs. W. Vigrass.

### Tomato Preserves

Eleven pounds ripe tomatoes peeled, six pounds granulated sugar, three lemons sliced, half cup vinegar, half ounce of whole cloves and cinnamon, put in a muslin bag, boil about twenty minutes, use whole ginger root sometimes instead of spices.—Mrs. R. G. Ard.

### TOMATO PRESERVES No. 2

Seven pounds of tomatoes just turning red, peel, sprinkle with sugar and let them stand till morning; make a syrup of seven pounds of sugar, the juice of the tomatoes, one ounce of ginger root, one ounce mace and four lemons; boil the tomatoes in this syrup till clear, skim out, and if the syrup is not thick enough, cook until it is, then pour it over the tomatoes.—Miss Haines.

**Seville Orange Marmalade**

Cut the oranges as thin as possible, using every part except the pips; to every pint of cut up fruit add two and a quarter pints of cold water, let this stand all night, next day boil three-quarters of an hour, the following day weigh, and to every pound add one and a quarter pounds granulated sugar, then boil an hour.—Mrs. Morrow.

**ORANGE MARMALADE No. 2**

Nine sweet oranges, three marmalade oranges, four lemons, slice them all very thin, pour four quarts of water on them; let them stand thirty-six hours, then boil for two hours, add eight pounds white sugar, then boil for one and one half hours.—Mrs. A. N. Fenn.

**ORANGE MARMALADE, No. 3.**

One dozen bitter oranges, three sweet oranges, three lemons, slice all the fruit very thin, keep seeds of all the fruit in a bowl with a cup of cold water over them, put seven quarts of water all the fruit you have sliced and let it remain over night. In the morning place over fire and boil two hours slowly, then take off, measure, and to every quart add three pounds of white sugar, now tie the seeds and water you put over them in a muslin bag, squeeze into the pan of fruit, drop in bag also, return all to the fire and boil one hour. Slice both skins and fruit very fine. It is in the seeds you have the jelly, so be sure you save them all.—Mrs. Dr. Appelbc.

**ORANGE MARMALADE No. 4**

Six bitter oranges, two lemons, eight quarts water and six pounds white sugar; peel the fruit and scrape as much of the white pulp as possible from the rind; cut the rind very fine in strips, put all the rest, pulp seeds, etc., in a muslin bag and tie up, boil water, rind and bag for two hours steadily, then take out bag, add sugar, and boil half an hour longer; let water, rind and bag stand for thirty-six hours before boiling.—Mrs. Halliday.

**ORANGE MARMALADE No. 5**

One dozen oranges, three lemons cut across the grain very fine, put on four quarts water and let stand forty-eight hours, then put it on the stove and boil two hours; add eight pounds granulated sugar, boil one hour and bottle.—Mrs. Harper.

### Stewed Cranberries

One quart cranberries, two and a half cups sugar, one cup water, pick over the cranberries, stew them in the water till perfectly tender, put through a press to remove the skins, return the pulp to the sauce pan and add the sugar, stir till the sugar is dissolved, then pour into a mold; if you do not care to have it quite as jelly-like add a little more water when cooking. After eating this you will never care to eat cranberry sauce without removing the skins.—Mrs. Purvis.

### Cranberry Sauce

Wash and pick one quart of ripe cranberries and put into a saucepan with a teacupful of water, stew slowly, stirring often, until they are as thick as marmalade; they should cook at least one and a half hours; sweeten abundantly with white sugar when you take them from the fire. If sweetened when cooking the color will be bad. Put into a mold and set aside to get cold.—Mrs. Kidd.

### Peach Cantelope

One pound evaporated peaches cooked and strained, grated rind and juice of a lemon, one pint whipped cream, three-quarters cup fine sugar, one ounce of Cox's gelatine.—Mrs. J. Banks.

### Spiced Red Currants

Four pounds currants, two pounds sugar, one cup vinegar, cinnamon and cloves to taste. Raisins improve the flavor if put in at first and cooked with the rest. Boil slowly for one hour.—Mrs. Overs.

### Canned Pineapples

For six pounds of fruit, when cut and ready to can, make syrup with two and a half pounds of sugar and nearly three pints of water, boil the syrup five minutes and skim or strain if necessary, then add the fruit and let it boil up; have cans hot, fill and shut up as soon as possible. Use the best white sugar; as the cans cool keep tightening them up.—Mrs. Cunningham.

### Cranberry Perserve

Wash one quart of cranberries, add two and a half cups of white sugar, one pint of water, and stew together in a covered saucepan over a steady fire for eight minutes, remove and set to cool.—Mrs. T. Woods.

### **Rhubarb and Pineapple**

Peel pineapple, slice and cut into dice, taking out the hard centre, cut rhubarb in small pieces and put four pounds rhubarb to three pounds of pineapple; allow three-quarters pound sugar to each pound of fruit, boil until clear; it will take about half an hour; no water is required.—Mrs. McClelland.

### **Quince Marmalade**

Pare, core, slice and weigh the fruit, stewing the skins and cores in a dish by themselves with water enough to just cover. When the parings are tender turn into a cloth bag and squeeze out every drop of juice; put the quinces into the kettle, pour over the juice, cover and let cook slowly, stirring and mashing with a wooden spoon until the pieces have become a smooth paste, now add three-quarters of a pound of white sugar to each pound of fruit, boil ten minutes longer, stirring constantly, remove from fire, turn into jelly tins and tie down.—Mrs. T. Ryder.

### **Quince Preserves**

Pare, core and quarter your fruit, weigh it and allow an equal quantity of white sugar, take the peelings and cores and put in a preserving kettle, cover them with water, and boil half an hour, then strain through a hair sieve and put the juice back into the kettle and boil the quinces in it, a few at a time, until they are tender, lift out as they are done with a drainer, and lay on a dish; if the liquid seems scarce add more water. When all are done throw in the sugar, and allow it to boil ten minutes before putting in the quinces, let them boil until they change color, say one hour and a quarter, on a slow fire; while they are boiling occasionally slip a silver spoon under them to see that they do not stick or burn, but do not stir them. Have two fresh lemons cut into thin slices, and when the fruit is put in jars lay a slice or two on each.—Mrs. H. Reid.

### **Delicious Rhubarb Jelly**

May be made by cutting rhubarb into pieces an inch in length, and then placing it in a dish with a cupful of sugar, one of water, a little ginger root and lemon peel, and baking until the rhubarb is tender. Put some pink gelatine to soak, soften over hot water, strain into the rhubarb, add the juice of a lemon, pour into a mold and chill, serve with whipped cream.

### Spiced Grapes

Take your grapes, separate the skins from pulp, keeping in separate dishes, put pulp in kettle, when heated through run through colander to remove seeds, then put in skins, and to each pound of fruit add three-quarters pound sugar, add spices, cinnamon and cloves, to suit taste, let boil one hour.—Mrs. R. E. M.

### Spiced Peaches

For each pound of fruit, after being pared and pits removed, one half pound sugar, one gill vinegar, with unground spices to taste, boiled together until fruit is tender, then take fruit out of syrup, cook syrup and spices together, then pour over fruit and securely cover.—Miss F. Vankoughnett.

### Crab Apple Jelly

Boil the quantity of crab apples you wish to use in enough water to cover them, let boil till they are very soft, take off and put in a linen bag to drain, and to each cup of the liquid use a cup of sugar, boil for half an hour and seal.—Mrs. D. Gervis.



## Beverages

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### Coffee

"One for the pot," and a heaping tablespoon ground coffee for each person is the usual allowance. Mix well with a part or the whole of an egg and enough cold water to thoroughly moisten it, then after scalding the coffee pot put in the coffee with half the quantity of boiling water needed, allowing one pint less than there are tablespoons of ground coffee. Boil quite fast for five minutes, stirring down from the top and sides as it boils up, then place on the back part of the stove or range and let it simmer about five minutes longer. When ready to serve add the rest of the boiling water. Coffee boiled a long time is strong, but not so well flavored or nice as when prepared as above. The less time coffee is cooked the more coffee is required, but the finer the flavor.—Mrs. A. F. Cobb.

### Raspberry Vinegar

Twelve quarts of berries, cover with vinegar, let them remain for two days, stirring occasionally, then strain through a jelly bag. To every pound of juice add one pound of white sugar, boil for twenty minutes, let remain till cold and bottle.—Mrs. (Dr.) Appelbe.

#### RASPBERRY VINEGAR, No. 2.

To four quarts raspberries put enough vinegar to cover, and let them stand twenty-four hours, scald and strain, add a pound of sugar to one pint juice, boil twenty minutes and bottle.—Mrs. B. Harris.

### Ginger Beer Powder

One pound brown sugar, one ounce powdered ginger, three ounces tartaric acid, three ounces carbonate soda, mix all the ingredients thoroughly and put them in a covered jar in a dry place. This will not keep very long. When wanted for use take two teaspoons to a tumbler of water, and add at the time it is used a few drops of essence of lemon.—Mrs. Sutherland.



### Fruit Cordial

Crush a pint of blackberries, raspberries, grapes, currants, or cherries, adding the juice of two sour oranges, and a sliced lemon, pour over all a quart of cold water, stir the mixture frequently and let it stand for two hours, then strain and add a syrup made by dissolving white sugar in boiling water, sufficient to sweeten. Cool on ice and serve.—Selected.

### Wheat, Oat and Barley Coffee

Mix together equal quantities of these grains, brown in the oven like ordinary coffee and grind. To one quart of boiling water take three tablespoons of the prepared coffee mixed with the white of an egg, and steep in boiling water ten or fifteen minutes.—Cobb.

### Boston Cream

Make a syrup of four pounds of white sugar with four quarts of water, boil. When cold add four ounces of tartaric acid, one and a half ounces of essence of lemon, and the whites of six eggs beaten to a stiff froth and bottle. A wine glass of the cream to a tumbler of water, with sufficient carbonate of soda to make it effervesce.—Miss L. Salt.

### Cream Nectar

Dissolve two pounds of crushed sugar in three quarts of water, boil down to two quarts, drop in the white of an egg while boiling, then strain and put in the tartaric acid. When cold drop in the lemon to your taste, then bottle and cork. Shake two or three times a day.—Miss E. Ray.

### Currant Wine

One quart currant juice, three pounds sugar, sufficient water to make a gallon.

### Tea a la Russe

Pare and slice fresh, juicy lemons, lay a piece in the bottom of each cup, sprinkle with white sugar, and pour hot strong tea over it. No cream is used.—Miss M. C. Harrison.

### To Make Tea

To two cups of boiling water use one teaspoon of tea, scald the teapot, steep five minutes. Never allow tea to boil.—Selected.

### Chocolate

Scrape chocolate fine, mix with a little cold water and the yolks of eggs well beaten, add this to equal parts of milk and water and boil well, being careful that it does not burn. Sweeten to taste and serve hot.—Mrs. Aldrich.

#### CHOCOLATE, No. 2.

Four heaping teaspoons of chocolate grated, one teaspoon of sugar wet with boiling water, rub this smooth, stir into one pint of boiling milk, let it boil three minutes, stir with an egg beater while boiling, add two tablespoons whipped cream which has been sweetened.—Mrs. Cobb.

### Lemon Syrup

Pare off the yellow rind of a lemon, slice the lemon and put a layer of the lemon and thick layer of sugar in a deep plate, cover close with a saucer and set in a warm place. This is a good remedy for a cold.—Mrs. A.

### Grape Wine

Twenty-two pounds grapes, pour three pints of boiling water over them, let stand four or five days. Once in a while squeeze them out with the hand, then strain and add ten pounds of sugar, then stand five or six days, then bottle.—Mrs. A. Salt.

### Raspberry or Strawberry Acid

Put twelve pounds of fruit into a pan, pour over them three quarts cold water previously acidulated with four ounces of tartaric acid, let remain twenty-four hours, then strain, taking care not to bruise the fruit. To each pint of clear liquid add one and a half pounds loaf sugar finely powdered, stir it often, and when quite dissolved bottle the syrup. The whole process must be done quite cold.—Mrs. Beveridge.

## Candies

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### Fondant

Fondant is the foundation for innumerable kinds of cream candies, and is made as follows:—Two cupfuls of granulated sugar, a cupful of hot water, one-third of a teaspoonful of cream of tartar. Place on the back of the stove and stir until thoroughly dissolved. If there are any grains around the sides of the pan clean off with a damp cloth before letting it come to a boil. Boil over a quick fire until a little of it dropped into cold water will make a soft ball. Remove the mixture from the fire and put it aside to cool, leaving it in the dish in which it was cooked. Do not put it into cold water to cool. When cool (not cold) stir until it becomes a thick, creamy mass. When it is too hard to stir any more take it into the hands and knead. Kneading the fondant has somewhat the same effect on the candy as kneading dough has upon the bread; it makes it light and smooth. Then put it into an earthen dish, cover with a slightly dampened cloth and let stand until desired for use. It will be better and more creamy after standing for two or three days, and it will keep for a week or more. If the fondant is grainy after being stirred, put more water with it, dissolve again and cook as before, taking care not to jar the pan either while it is cooking or cooling. For pink fondant use the same proportions as for the white, adding half a tablespoonful of pink sugar, which can be bought of a confectioner, and is inexpensive, a small quantity lasting a long time. For maple fondant use:—Two cupfuls of light brown (coffee C) sugar, a cupful of maple syrup, a cupful hot water, one-third teaspoonful cream of tartar. This is more easily made than either of the other kinds, as the brown sugar is more moist than the white, and is not as likely to grain. It is, therefore, a good one with which to begin.—Miss F. S. Helgason.

### Stuffed Dates

Stone a pound of dates, stuff with a pound of English walnuts cut into halves, and roll in confectioner's sugar.

### Chocolate Caramels

One cup of grated chocolate, three cups of sugar, one cup molasses, one cup milk and a small piece of butter. Boil for about twenty minutes, stirring all the time, pour into a buttered pan, when nearly cold mark off in squares.—Mrs. E. J. Vincent.

#### CHOCOLATE CAMELS, No. 2.

One and a half cups sugar, one cup molasses, half cup milk, half cake baker's chocolate scraped fine, quarter teaspoon soda dissolved in milk, two teaspoons gum arabic, a piece of butter the size of an egg, boil without stirring until it breaks crisp in water, pour out quarter of an inch thick in greased tins, cut in squares when it gets a little cool. Half of this recipe makes one square tin full.—Marguerite McMurray.

#### CHOCOLATE CAMELS, No. 3.

Two cups brown sugar, one cup molasses, one cup chocolate grated fine, one cup boiled milk, one tablespoon flour, butter the size of a large English walnut, let it boil slowly and pour on flat tins to cool. Mark them off while warm.

#### CHOCOLATE CAMELS, No. 4.

One cup of grated chocolate, one cup of milk, one cup of molasses, one cup of sugar, butter the size of an egg, boil all together until thick, then cool in shallow pans.

#### CHOCOLATE CAMELS, No. 5.

One cup grated chocolate, three cups sugar, one cup molasses, one cup of milk, a small piece of butter, boil about twenty minutes, stirring all the time, pour into a buttered pan, and when nearly cold mark off into small squares.—Mrs. Capt. Stewart.

### Kisses

Beat the whites of three eggs to a stiff froth, add five spoonfuls of fine white sugar and flavor with lemon. Drop with a spoon on buttered paper, sift sugar over and bake half an hour in a slow oven.—Miss A. Harrison.

#### KISSES, No. 2.

Whites of two eggs beaten to a stiff froth, one cup powdered sugar, beat this together fifteen minutes, drop in teaspoonfuls on brown paper, put on dripping pan turned bottom side up in the oven, bake until a crust forms on them.—Mrs. John Overs.

### Vinegar Taffy

Two tablespoonfuls of vinegar, four tablespoonfuls of water, six tablespoonfuls of sugar. Boil twenty minutes and pour into a buttered plate.—Mrs. Hale.

### Hickorynut Candy

One cup hickorynuts, two cups sugar, half a cup of water, boil sugar and water without stirring till thick enough to spin a thread, set it off in cold water and stir quickly till clear, stir in nuts and turn in a flat tin, when cold cut in squares.—Miss Beatty.

### Molasses Candy

Boil a quart of molasses slowly until it becomes brittle in cold water; just before taking from the fire add a teaspoon of soda, pour into buttered tins, and when nearly cold pull white. Mrs. Carnfel.

### MOLASSES CANDY, No. 2.

Two cups of molasses, one cup of sugar, piece of butter the size of an egg, one tablespoonful of glycerine. Put these ingredients into a kettle and boil hard twenty or thirty minutes; when boiled thick drop a few drops into a cup of cold water, and if the drops retain their shape it is nearly done. Do not boil it too much. Have pans well buttered and just before the candy is poured into them stir in half a teaspoonful of cream of tartar. If flavoring is desired drop the flavoring on the top as it begins to cool, and when it is pulled the whole will be flavored. Pull till it is as white as desired.—Miss Daisy Stewart.

### Chocolate Cream

Take two cups granulated sugar and half a cup sweet cream, boil together for just five minutes from the time it begins to boil. Remove from the stove, add a teaspoonful of vanilla and stir constantly until cool enough to work with the hands, roll into little balls and lay on buttered paper to cool. Put one quarter of a cake of baker's chocolate in a bowl in hot water to melt the chocolate. Do not add water. When the chocolate is melted roll the balls in the melted chocolate with a fork, and replace them on the buttered papers. When the white mixture has partly cooled it may be dropped on buttered papers and nut meats be placed on top, making it a pleasing variety.—L. A. Lawrence.

### Cream Candy

Two pounds of white sugar, just enough water to dissolve. Boil in a covered kettle or saucepan briskly without stirring. When it begins to thicken, which will be soon, add a little cream of tartar. Be sure that it does not burn. Try by dipping a small stick into it and then putting quickly into cold water. If it breaks short and crisp it is done. Pour it out on a large buttered plate or pan, and pour over it the flavoring. When cool enough to handle work it until it is white, and cut into flat sticks. When hard place it in glass jars and keep it for a week or ten days, when it will be creamy and delicious.—Miss L. Hopkins.

#### CREAM CANDY, No. 2.

One pound of white sugar, three tablespoonfuls of vinegar, one teaspoon of lemon extract, one teaspoon of cream of tartar, add a little water to moisten the sugar, boil until brittle, put in the extract, then turn quickly out on buttered plates. When cool pull until white and cut in squares.—Mrs. J. Johnston.

#### CREAM CANDY, No. 3.

Two cups of white sugar, one cup of water, one-third teaspoon cream tartar, stir until the sugar melts, boil until the syrup will form in a soft ball by putting it in cold water, pour on a buttered platter and let cool until you can bear your finger in it without burning, stir until it creams. Before removing from the stove, add a little lemon or vanilla, mould into shape, put on a buttered plate and set away to harden.—Mrs. W. H. Bundy.

#### CREAM CANDY, No. 4.

Beat up the white of an egg, add the same quantity of water, then stir in enough icing sugar to make the mixture stiff enough to roll into shape with the hands, flavor to suit and ornament with raisins or dates.—Miss L. Johnston.

### Taffy

Two cups brown sugar, one cup water, a pinch of salt, boil until nearly done, then put in a lump of butter the size of a small egg, boil until it is stringy, add a little lemon or vanilla, remove from the stove and pour in a buttered pan until cold, then pull until white.—Mrs. W. H. Bundy.

### Maple Cream

Two cups of brown sugar, one cup of sweet milk, butter the size of a small egg, boil until stringy, remove from the fire and stir until it creams, add a few chopped walnuts.—Mrs. Bundy.

### MAPLE CREAM, No. 2.

Take four cups soft sugar to one of cream or milk and a generous lump of butter, put on the stove and stir good until it comes to a boil, let boil until it will form a soft ball when put in water, then add vanilla to taste and remove from the stove, set in a dish of cold water, and stir until it starts to harden, then pour in greased tins.—Mrs. T. A. Clark.

### Walnut Creams

These may be made with either the white or maple fondant. Roll a piece of the fondant into a ball and press well into each side half a walnut meat, then lay aside on paraffine paper to harden. The white fondant should have a few drops of vanilla worked into it before being made up into balls.—Miss F. Helgason.

### Cocoanut Wafers

Use white fondant, melt, flavor with vanilla, and mix in shredded cocoanut until quite stiff, then drop on paraffine paper.—Miss F. S. Helgason.

### Cocoanut Candy

To one grated cocoanut add half its weight of sugar and the white of one egg, cut to stiff froth, mix thoroughly and drop on buttered white paper or tin sheets, bake fifteen minutes.—Mrs. Thos. McCoy.

### Butter Scotch

One pound of light brown sugar, quarter pound of fresh butter, boil but do not stir, when done pour on plate and cut in squares.

### Horehound Candy

Three cups granulated sugar, one cup water, boil until very brittle, boil a spoonful of horehound in a little water, strain into the sugar while cooking, pour on greased pan and cut in squares or sticks.—Miss A. Harrison.

**Cocoanut Drops**

One pound of cocoanut, one pound of powdered sugar, scant one-fourth cup flour, whites of six eggs, bake in a quick oven.—Miss A. Harrison.

**Vanilla Taffy**

Two pounds brown sugar, one cup of water, a tablespoon of butter, two teaspoons vanilla, boil till it will hair when lifted up with a spoon.—Miss Ella Crichton.

**Kingston Caramels**

Half cup molasses, one cup sugar, half cup of milk, half spoonful of flour, butter half size of an egg, quarter of a pound of chocolate. Boil until hard, turn it into a pan, mark into squares.—Mrs. C. E. Pratt.

**Pecan Nut Candy**

Two cups of molasses, two cups sugar, one cup of butter, add as many pecans as possible, let them boil with the candy; this gives a delicious flavor. Test by dropping into cold water.





## Miscellaneous

To make a rose-jar, place in an ornamental china jar three handfuls each of damask rose leaves, sweet pinks, stock-gilly flowers, and any other blossoms obtainable. Arrange each variety of flowers in a separate layer, and strew each layer thickly with powdered orris root. If desired a mixture composed of equal quantities of powdered cloves, cinnamon and nutmeg may be stirred with the flowers before they are placed in the jar. Everything used should be perfectly free from moisture. Cover the jar closely, removing the top occasionally when it is desired to perfume the room. To make a rose pillow place the rose leaves in a warm oven, and when they are thoroughly dried use them to fill an unbleached muslin pillow. For the outside cover use any preferred material.

### Fastidious

If the starching is properly done, the irons clean and smooth, and the mind unperturbed by the groundless dread of ironing starched linen, there is no reason why the result should not be creditable to the ironer and satisfactory to the most fastidious wearer of linen. If a more glistening surface is desired, a little gum arabic water may be mixed with the starch. A couple of ounces of the gum dissolved in boiling water, strained and bottled, will supply the laundry for several weeks, as a table-spoonful of the solution is sufficient for a quart of starch.

### Cleaning Black Silk

Brush well, sponge with a solution of strong hot black tea, and when almost dry press between fine black cloth.—Mrs. Sirr.

### Good Starch

Mix the starch with cold water, add boiling water until it thickens, then add a dessert spoon of sugar and a small piece of butter. This makes a nice glossy finish, equal to laundry.—Mrs. P. J. H.

### Tea Stains

Fresh tea or coffee stains can be removed by placing the stained part over a bowl and pouring boiling water through.—Mrs. T. Woods.

### Grass Stains

Rub butter on grass stains, then wash out in tepid water.—L. H.

### Furniture Polish

Equal parts of boiled oil, spirits of turpentine, and enough vinegar to make a pint, add one ounce of lightning drier, shake into an emulsion and keep air tight. Apply with a soft cloth.—Mr. A. E. Hunter.

### Ingredients for Compound Soap

Seven pounds common bar soap, two pounds washing soda, one pound of unslacked lime, two ounces borax, one ounce alum, one ounce benzine. Put the lime and soda into a crock or wooden pail and pour over them two gallons boiling soft water, stir well and let it stand over night. Cut the soap into thin slices, put it into a pot and pour the clear water off the lime and soda over it, then let it get hot slowly till the soap is dissolved, stirring often, then take off the stove. Have the alum and borax dissolved in a little warm water, and stir into the soap as soon as it is taken from the stove. When the mixture is nearly cold add the benzine, stirring well; ready for use when cold. Use one pound of soap to seven gallons of water. Soak the clothes for a few hours in clear cold water. Have the soapy water scalding hot in the boiler when wet clothes that have been soaked and soaped, where necessary, are put in. If washing is small use soap and water accordingly.—Mrs. Halliday.

To wash flannels make suds with cold soft water and soap. Wash with the hands in cold suds; do not rub on washboard; rinse with clear cold water and dry outside.

Salt of lemon will take out iron rust.

Powdered pumice stone removes tartar and stains of all kinds from the teeth.

Benzoine tightens the skin, making the pores smaller, and removes wrinkles.

**Cleaning Black Lace**

Wash lace in English vinegar and press between brown paper.—Barney.

**To Wash Woollens**

To every pail of water add one tablespoon of ammonia and the same of beef gall, wash out quickly and rinse in warm water, adding a very little beef gall to the rinse water. This will remove spots from carpets, making them look fresh.—Mrs. P. J. Harrison.

**An Indian Remedy for Caked Breast or Swollen Glands**

Gather mullin leaves, saturate in hot vinegar, and apply to the skin very hot; cover with flannel and keep repeating until cured.—Mrs. P. J. H.

**To Take Ink Out of Linen**

Dip the spotted part in pure tallow, melted, then wash out the tallow and the ink will disappear.—Mrs. Partridge.

**Cleansing Silver**

Never use soap on your silver if you wish it to retain its original lustre. Housekeepers ruin their silver in soap suds, as it makes it look like pewter. Use a piece of soft leather and whiting and elbow grease.—Mrs. J. B.

**Black Calicoes**

Wash black percales or calicoes as usual, rinse in water with a strong solution of salt. This will prevent black from running, and also colors.

**Oil Paintings**

Oiled paintings should be oiled about once a year with a few drops of boiled linseed oil, taking care not to leave oil on in clots. A soft rag free from lint is the best to rub on oil with.—M. C. Harrison.

**Brine for Butter**

To five quarts water add about three cups salt and two tablespoons sugar, boil and let cool, then strain. If there is not enough brine for the amount of butter add some more water.—Mrs. Fitzgerald.

## Medical Department

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### Cough Remedy

One ounce comfrey root, one ounce clecampane, one ounce pressed slippery elm bark. Boil thoroughly, settle, strain, add half pound white sugar, boil again. Take a little when needed. Half of this quantity is enough to boil up at once.—Mrs. J. H.

### COUGH CURE, No. 2.

Thirty grains muriate ammonia, half ounce paragoric, one ounce glycerine, two and a half ounces syrup wild cherry bark. Dose—One teaspoonful every hour; children in proportion, according to age.

### For Chapped Hands

Equal parts of lamb suet, rendered, and glycerine, one ounce of any kind of perfume.—Miss Sirr.

### Croup Cure

One tablespoon water, nine drops carbolic acid, put in cup and heat over a lamp, close door where child is and let breathe fumes.—Mrs. Martin.

### Cure For Boils

Isaiah XXXVIII: 21.—Go thou and do likewise.—M. C. H.

### Toothache Cure

Equal quantities of powdered alum and fine salt applied to the tooth will speedily relieve.—M. C. H.

### Recipe to Prevent Diphtheria

At the first indication of diphtheria in the throat of a child make the room close, then take a tin eup and pour into it a small quantity of tar and turpentine, equal parts, then hold the eup over the fire so as to fill the air with the fumes. The little patient will cough and spit out all the membranous matter and the diphtheria will pass out.

**To Cure a Sting of Bee or Wasp**

Mix common earth with water to about the consistency of mud. Apply at once.

**Fever and Ague**

Four ounces galangal root in a quart of gin steeped in a warm place; take often.

**Lotion for Hands**

Five cents each worth of glycerine, roswater and liquid camphor, one teaspoon powdered borax, juice of two lemons, half pint of rain water.

**Dandelion Wine**

Four quarts of water, two quarts of dandelion flowers only, boil till quite soft, then strain, then add three and a half pounds dark sugar, three lemons sliced, boil for fifteen or twenty minutes, set to cool, when luke warm add a cake of compressed yeast, put the yeast on a slice of toast. This is a splendid tonic.

**Hop Bitters**

Quarter pound of hops, one ounce buchre leaves, one ounce prickly ash, one ounce dandelion root, one ounce mandrake root, three quarts water, eight ounces alcohol.

**Pain Killer**

Half an ounce of oil of argonium, half an ounce of white opium, half an ounce of pulverized gum myrr, half an ounce of capsium, half an ounce gum camphor, half an ounce of oil of hemlock, half an ounce of essence of peppermint, one pint alcohol. Let it stand several days, or it may be used at once if necessary.

**Cold on the Chest**

A flannel dipped in boiling water and sprinkled with turpentine and laid on the chest as quickly as possible will relieve the most severe cold or hoarseness.

**Corn Cure**

Strong acetic acid applied every night and morning will cure hard or soft corns in a week.

**CORN CURE, No. 2.**

Twenty grains salicylio ac., half ounce collodion. Apply for three or four nights, then remove corns with warm water.

### **Caked Breast**

This is a Highland Remedy. Bake large potatoes, put two or more in a woollen stocking, crush them soft and apply to the breast as hot as can be borne, repeat constantly till relieved.

### **Rheumatic Cure**

Two drams liq. ammonia, three drams tincture aconite  $\bar{b}$ , three drams tincture belladonna los., one ounce tincture arnica, one ounce alcohol, two ounces comp. soap liniment. Apply twice daily.

#### **RHEUMATIC CURF, No. 2.**

Four ounces alcohol, four ounces salad oil, two ounces of white wine vinegar, one ounce saltpeter, one ounce gum camphor, one ounce oil of hemlock, one ounce oil of cedar, one ounce of oil of laudanum.

#### **RHEUMATIC CURE, No. 3.**

One ounce of gum gniaeum, one ounce saltpeter, one ounce sulphur, one ounce cream tartar, half an ounce jalap, mix with one quart gin. Dose—Half wine glass full with same quantity of hot water, three times a day before meals for three days, then only morning and evening before meals. Should the medicine purge too much take smaller quantity, but do not adulterate it. Do not keep in a cool place. Take no other stimulant while taking this. Shake before taking.

#### **RHEUMATIC CURE, No. 4.**

One egg, shell and all, one pint cider vinegar, one ounce spirits of wine, one ounce spirits of camphor, two ounces spirits of turpentine. Put into something so that it can be well shaken. Ready for use after forty-eight hours.

### **Healing Lotion**

One ounce glycerine, one ounce rosewater, ten drops carbolic acid. This preparation prevents and cures chapping of the skin, and at the same time bleaches it. It is also excellent for sore lips and gums. It is an indispensable adjunct to the toilet table.

### **Toothache Drops**

Equal parts of oil of cloves, oil of cinnamon, oil of smoke. Saturate a small piece of cotton and put in the cavity of the tooth.

**Summer Complaint**

Render a small piece of mutton and add a little salt; take a teaspoonful while hot.

**Preparation for Chapped Hands**

Half gill cologne, half gill glycerine, half gill alcohol, one-eighth ounce gum of tragacanth, one pint soft water.

**Toilet Cream**

One dram tr. benzoin, fifteen drops ac. carbolic, one ounce glycerine, one ounce rose water, one ounce lavender water.

**Curling Fluid**

Three and a half drams carbonate potash, one and three-quarter drams liq.-ammonia, seven drams glycerine, two and a half ounces alcohol. Mix and perfume. Apply and let dry.



## Essences

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### Wood Violet

Twelve ounces extract of orris, two ounces of extract tuberosa, one ounce extract of jessamine, four ounces extract of musk, two drams of otto of bergamot, one dram otto of English lavender, ten drops of otto of verbena, twelve drops of otto of bitter almonds, six drops of otto of coriander, four drops otto of sweet flag, four drops of otto of bay leaves, one and a half drams of benzoic acid (from gum benzoin), four ounces rose water, sufficient pure spirits to make four pints; mix them.—W. S. T.

### Moss Rose

Two drams of otto of rose virgin, two drams of otto of santal flav., twelve ounces extract of musk, four ounces extract of vanilla, two ounces extract of orris, four ounces extract of jessamine, four ounces of rose water, one dram benzoic (from gum benzoin), pure spirits sufficient to make four pints; mix them.—W. S. T.

### Jockey Club

Five ounces extract of jessamine, twenty ounces extract of orris, seven ounces extract of musk, one and a half ounces extract of vanilla, one and a half drams of otto of rose virgin, one and a half drams otto of santal flav., two and a half drams of otto of bergamot, forty drops of otto of niroli super, two drams of benzoic acid (from gum benzoin), twenty-four ounces pure spirit (cologne spirit), four ounces rose water; mix them.—W. S. T.

### Violet

Two pints extract of orris, four ounces extract tuberosa, three ounces extract vanilla, three ounces extract of musk, two ounces extract of tonka, one dram otto of rose virgin, forty drops of otto of niroli, super., twelve drops of otto of pimento, one drachm of otto of bergamot, one drachm of benzoic acid (from gum benzoin), four ounces of rose water, pure spirits sufficient to make four pints; mix them.—W. S. T.



# Invalid Cooking

## Nourishing Drinks

### SUET AND MILK FOR CONSUMPTIVES.

Boil one ounce of finely chopped suet with quarter of a pint of hot water for ten minutes. Press through cheese cloth, then add one teaspoonful bruised cinnamon, one ounce sugar, three-quarters pint of milk. Boil again ten minutes and strain. From a wineglassful to a quarter of a pint is the quantity to be taken at a time. It is a highly nutritive and fattening food, but if given in excess it is apt to cause diarrhoea.

### CINNAMON WATER.

To half a stick of cinnamon use one pint boiling water; boil fifteen minutes. This is used in cases of hemorrhage of bowels or sick stomach.

### ARROWROOT AND GRUEL.

One teaspoon raw arrowroot mixed with a cup of gruel will sometimes stop diarrhoea.

### TOMATO SOUP.

One can tomatoes, one quart milk, one-third cup butter, three tablespoons flour, one-quarter teaspoon pepper and salt. Stew tomatoes until soft enough to strain easily; use strained juice; heat milk in double boiler; melt butter, add flour to it, and gradually add hot milk; cook ten minutes. To strained tomatoes add soda, and when the gas has passed off add tomatoes to milk. Serve with crouton or crackers.

### CREAM OF CELERY SOUP.

One head celery, one pint milk, or one cup milk and one of cream, pint water, one teaspoon onion, one tablespoon flour, one eighth teaspoon pepper, half teaspoon salt, one tablespoon butter. Wash and scrape celery, cut in half inch slices, cook in one pint (always one pint) of water until very soft, mash through strainer, make a white sauce of butter, flour and milk, season, add strained celery and cream. Cook in double boiler until like thick cream.

**EGG, MILK AND BRANDY.**

Half pint milk, one egg, one teaspoon sugar, one dessert-spoon brandy. Beat egg and sugar together in a glass until light, add the brandy and fill in with milk. The milk may first be scalded and allowed to cool. If this is done do not let it boil.

**HOT MILK AND SODA.**

Half pint milk, one bottle soda water, sugar to taste. Bring milk almost to a boil, and pour at once into soda. This is excellent when there is acidity in stomach.

**BARLEY GRUEL.**

One ounce pearl barley, one quart cold water, a little lemon rind and juice, one ounce sugar. Boil barley a few minutes to thoroughly cleanse it, then strain and add one quart of water, boil one hour and add lemon and sugar. Very nice for fever patients.

**RICE WATER.**

One large tablespoon washed rice, one quart cold water, rind and juice of one lemon. Sugar to taste. Put rice and quart of water into saucepan, boil one hour, add thinly cut lemon rind, also juice and sugar. Stand until cold then strain.

**TOAST WATER.**

One slice stale bread, one quart boiling water. Toast bread very slowly so as to brown all through. When brown put into jug and pour boiling water over it. Stand until cold then strain.

**FLAXSEED TEA.**

Half cup flaxseed, one quart hot water, let boil half an hour, then set to one side when it will thicken in fifteen minutes. Sweeten and add lemon juice to taste.

**HOT CAUDLE.**

Half a pint of thin oatmeal gruel, yolk of one egg, half a wineglass brandy, ale or wine, sugar to taste. Mix yolk with a little cold water, add it to hot gruel, also wine and sugar. Serve at once.

**LINSEED TEA.**

Two tablespoons whole linseed, one quart water, one lemon, two ounces brown sugar, one tablespoon pudding raisins. Wash well the linseed, then boil in water half an hour. Put thinly cut lemon rind and sugar in jug and strain tea over it. Stand till cold.

**LINSEED AND HOREHOUND.**

The same as linseed, only boil two large sprays of horehound with the linseed, or honey could be added in place of sugar.

**CHICKEN BROTH.**

Skin chicken and cut in pieces, removing all fat, put into two quarts of cold salted water, let simmer two or three hours, skim off grease frequently, make paste of two tablespoons of flour and cold water, stir it in and let it boil ten minutes longer, season to taste. Strain before giving to typhoids.

**BEEF TEA.**

Cut one pound of nice lean beef into pieces about an inch square, soak in cold water for twenty-four hours, heat in double boiler to about 165°; do not allow to boil; it should be almost the color of port wine. Season with salt and pepper. Bay leaf or other seasoning may also be used.

[The foregoing recipes for nourishing drinks have kindly been contributed by Miss Peters, head nurse at the Parry Sound Hospital.]

**Koumiss**

Dissolve one-fourth of a two-cent cake of compressed yeast and two teaspoonfuls of white sugar in three tablespoonfuls of lukewarm water, pour this into a quart bottle, and add sufficient fresh sweet milk to nearly fill. Shake well and place in a room of the temperature of 70° to 80° F., and allow it to ferment about six hours. Cork tightly and tie the cork in. Put in a cool place, not above 60°, and let it remain a week, when it will be ready for use. In making koumiss be sure that the milk is pure, the bottle sound, and the yeast fresh. Open the bottle with a champagne tap. If there is any curd or thickening resembling cheese, the fermentation has been prolonged beyond the proper point, and the koumiss should not be used. A great many physicians order this in typhoid cases.—Mrs. A. F. Cobb.

**Hartshorn Jelly**

Four ounces hartshorn shavings, one quart of water. Boil over a gentle fire until one pint of the water is evaporated. Strain and add lemon juice, sugar and wine. This forms, either with or without the last named ingredients, a very nourishing diet for convalescents, and when mixed with an equal portion of milk is well adapted to the bowel complaints of children.—Mrs. T. Smith.

**Beef Jelly**

Three small onions, one carrot, a few whole cloves and black peppers, one small teaspoon of sugar, one slice of ham, two calves' feet, one pound of very tender beef. Put the onions and other ingredients in first, then the calves' feet, next the ham and lastly the beef, add less than half a cup of water, placing on the back of the range until all is dissolved into a soft mass, then add one quart of water and let boil one hour; strain and let stand over night, then skim off the fat. Use by dissolving a little in hot water.—Mrs. McNeill, Depot Harbor.

**Milk for Infants**

One part cow's milk, two parts water, as much loaf sugar as may be agreeable. It is necessary when children are to be raised by the hand to dilute the milk. The proportions may be altered as the child advances in age. The object is to make a diet as nearly like the maternal milk as possible.—Wahsuh.

**Beef Tea**

One pound lean beef cut into shreds, one quart water, boil it twenty minutes, taking off the scum as it rises. After it grows cold strain the liquor. This preparation is more nourishing than ordinary broths, and very palatable.—Mrs. P. Turner.

**Rice Gruel**

One ounce ground rice, one dram cinnamon, one quart water. Boil for forty minutes, adding the aromatic near the conclusion. Strain and sweeten. Wine may be added if necessary.—Mrs. R. Ferris.

**Barley Water**

Put a large tablespoonful of well washed pearl barley into a pitcher, pour boiling water over it, cover and let remain till cold, then drain off the water. Sweeten to taste, and if liked add the juice of a lemon and grated nutmeg.—Mrs. Thos. Maxwell.

*Egg & Water*

*Cure for gall stones*

*Take sedge powder, 3 hours after  
1 full tumbler of olive oil.*

## Eagle Cake

One cup brown sugar one scant. half cup  
butter one cup of sour milk one cup of  
chopped raisins two cups flour one egg  
one teaspoon soda dissolved in the milk  
one half teaspoon cinnamon one fourth  
teaspoon cloves half nutmeg bake slowly.

## Rhubarb Short cake.

Make a rich biscuit crust when baked  
split & butter & place between the layers  
& on top a sauce made as follows  
two cupfulls of rhubarb stewed &  
sweetened to which has been added  
just before removing from stove  
1. cupfull of chopped dates.

This filling may be used for one  
crust-pies but should be cooled  
before using.

## Salmon loaf.

Beat 1 egg <sup>1/2 cup with</sup> a little salt pepper &  
butter roll 3 or 4 crackers 1 can  
salmon stir together & bake in  
a dish in oven. —

## Marble Biscuit Cake.

Dark part: The yolks of two eggs  
 $\frac{1}{4}$  cup dark sugar  $\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  cup molasses  $\frac{1}{4}$  cup sour milk  
 $\frac{1}{2}$  teaspoon cloves  $\frac{1}{2}$  teaspoon cinnamon  
1. teaspoon soda 1. cup flour

## Light Part.

The whites of two eggs  $\frac{1}{2}$  cup white  
sugar  $\frac{1}{4}$  cup butter  $\frac{1}{4}$  cup sweet milk  
1 cup full flour 1 teaspoon baking powder  
flavour to taste, put spoonfull about  
dark & light in jelly tins bake in  
two pans. put anything you like  
between & ice to suite your taste.

## Raspberry Cake

2 Eggs  $\frac{1}{2}$  cup butter  
1 Table spoon sour milk  
 $\frac{3}{4}$  cup sugar 1 cup raspberries  
1. Teaspoon soda 2 small cups flour  
never use baking powder or sweet milk  
maria R. Johnston

## Cupful Cake

1 1/2 cups of flour 2 tablespoons butter  
1 cup sugar rub like pie crust  
then add 1 cup raisins 2  
teaspoons mixed spices  
1 cup sour cream or buttermilk  
1 teaspoon soda

## Eggless Fruit-cake

1 cup sugar 1 cup syrup  
3/4 cups butter 1 cup sour  
milk, 1 teaspoon soda  
1 teaspoon each nutmeg, allspice  
& cloves 1 cup raisins, 1 cup  
currants 4 cups flour,

## Dough Cake

Before mixing the flour in  
your bread in the morning  
take out, 1 cup of the batter

1/2 cup butter 1 cup flour

1 cup brown sugar, 1 teaspoon  
soda, 1 egg, spice to taste

1 cup chopped raisins

let stand until light,

& bake slowly, this is good

## Nut Bread

2 cups flour, 2 teaspoons baking  
powder, 1/2 cup sugar, 1/2 cup  
sweet milk, 1/2 teaspoon salt,  
1 cup nut meats, 1 egg well beaten  
let stand twenty minutes &  
bake half an hour,



Oat meal Macaroons

yokes of 2 eggs, butter size of  
an egg, 1 cup white sugar,  
cream this together then add  
3 cups rolled oats,  $\frac{1}{4}$  lb walnuts  
 $\frac{1}{2}$  cup flour, 1 teaspoon baking  
powder lastly add whites of eggs  
well beaten, drop in teaspoon  
fuls on buttered pan,

Apple dumplings

pare or chip apples as for pies  
make paste take a small piece  
& roll out & put a few of the apple  
in & roll together in a ball then  
put in dish & cover with water  
& cup of sugar & piece of butter  
cover & cook in oven untill  
brown on top.

To Pickle Beets

1 cup gran = sugar. 1 cup water.  
2 " vinegar. a few whole cloves  
heat & pour over cooked beets which  
have been cut in sizes & put in jars.

Jumbles. very good.

3. eggs, a pinch of salt,  $\frac{1}{2}$  cup butter,  
 $1\frac{1}{2}$  cups brown sugar, 1 teaspoon vanilla  
a few walnuts cut fine, 1 lb. date  
cut fine, 1 teaspoon soda dissolved in a  
little warm water, 3. cups sifted flour  
stir well. & drop on greased pan &  
bake a nice brown in moderate oven.

Cheese Tarts.

2 eggs well beaten, a pinch of salt.  
 $\frac{1}{2}$  cup granulated sugar, 1 teaspoon vanilla  
2 tablespoons butter, 1 cup currants or  
seedless raisins, stir & put in tarts.  
make a nice rich pastry line your  
pattie tins put a spoonfull of filling  
in & cook nice brown

Beet-Pickle.

1 qt. cooked beets chopped.  
1 cup granulated sugar.  
1 cup horseradish grated. mix  
all together & cover with cold vinegar.

## Mustard Pickle.

4 qts vinegar, 2 table spoons turmeric,  
1/4 lb mustard, 2 red peppers cut up.  
3/4 cup of flour, 2 table spoons mustard seed  
2 " " salt.  
2 lbs gran = sugar, 2 oz whole black  
peppers, 2 oz whole white peppers.

Put peppers & mustard seed in a bag;

Put vinegar, sugar & peppers in kettle  
when come to boil add flour mustard  
& turmeric which has been smothered out  
in a little cold vinegar. stir in slowly  
let boil up, when cold put in crock &  
add cucumbers as you make them ready  
let cucumbers stand in salt water for  
24 hours. wash out of that & cut in six  
pieces on bakeboard & sprinkle with powdered  
alum let stand an hour & put in to crock.

## Pepper Relish.

1/2 head of cabbage, 3 large onions,  
6 green peppers, 3 red peppers. chop all  
fine, add 2 tablespoons salt, let stand over  
night & drain well. & add 2 cups white  
sugar, 1 tablespoon celery seed, 1/2 cup  
mustard seed, cover with cold vinegar.  
stir occasionally for two days. then  
bottle for use.

A good Linament for  
Sore back Lumbago. &c.

10 <sup>cts</sup> " Harts horn.

1 Cup white wine vinegar.

1 " Turpentine.

1 egg shell & all.

put in a qt. bottle & shake  
occasionally.

got from Mrs David Argue.

Ripe Cucumber Pickle.

2 qts ripe cucumber peeled & cut fine.  
1 " onions cut fine. 1 large cauliflower  
6 green Peppers all cut ". Put in separate  
dishes. cover with hot brine let stand over  
night, drain well. & add. 8 cups white sugar  
2 qts vinegar, 2 q white mustard seed. 2 oz  
Celery seed, let all boil. then make a paste  
of  $\frac{3}{4}$  cup flour  $\frac{1}{4}$  lb mustard 1 tablespoon  
Turmeric, & a little cold vinegar stir in  
slowly let boil a few minutes & put  
in sterilized jars.

Fresh warm oil good for stiff joints.

1/2 Pt. fish worms, washed & put in a bottle. Add two table spoons of salt when worms are dead. add.

1 oz turpentine. 1 oz. ~~sassafras~~ Sarsaparilla. let stand in a warm place till worms are dissolved then strain through a flannel cloth, will be ready for use in three or four days.

Got from Ethel Bragg.

Grandpa Rawns. cure.  
canned corn

Cut corn of cobs. to 16 cups corn add 1 cup sugar. 1 cup salt. cover with cold water. let boil 15 minutes. put on gas, air tight. when using pour off salt water boil in fresh water a few minutes & pour that water off & add more fresh water & boil 15 minutes. drain & add a little milk butter & pepper.

Emmas Receipt.

Er  
ve.  
par.  
shake  
Argue.  
fine.  
Cautiflor  
seperate  
stand over  
hite sugar  
eed. 2 oz  
be a paste  
tablespoon  
str in  
& put

## French Omelets-

1 cup boiling milk with  
tablespoon melted butter in it  
pour this on 1 cup of bread crumbs  
salt & pepper, yokes of six eggs  
well beaten mix thoroughly,  
lastly add whites of eggs which  
have been beaten to a stiff froth  
pour into a greased frying pan  
& bake in oven about 20 minutes.

## Honeycomb eggs.

Put a piece of butter the size of an  
egg in a dish set in oven to heat  
break 6 eggs into a bowl, add 1-3  
teacup sweet milk, beat well, add  
a little salt, pour into hot-dish  
with butter, bake in a hot oven  
about 16 minutes or until it is  
all light & like honeycomb,

Before making the pickling brine  
by plunging in cold water last night  
but hanging in a deep when near  
by iron until dry.

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A good pickle for meat.  
Pork or Beef.

To 100 lbs meat, use 9 lbs salt,  
3 lbs sugar, 2 of salt-peter,  
1 of soda. 5 to 6 gallons water  
put all together in cold water  
heat slowly till salt is dissolved  
boil & skim well, keep meat under  
pickle 3 or 4 weeks. Smoke according  
to taste - 4 or 5 days is a good average.

Mrs J. White's receipt.

## Plum Pudding.

One heaping cup of riced bread crumbs two cups  
flour one cup chopped raisins one cup best  
molasses one cup sweet milk one cup of suet  
chopped fine one tablespoon soda one teaspoon  
salt one teaspoon of cloves one of cinnamon  
mix all these ingredients together & put into  
moulds & set into a kettle of boiling water for  
two & one half hours one lb baking powder cans  
make nice moulds & sit nicely in a kettle tie  
together with a cord have the water come more  
than half way to top of cans add more as it  
boils away keep boiling serve with

## Lemon Sauce

One cup sugar one egg the juice & rind of one  
lemon one tablespoon corn starch a little butter  
& one half pint boiling water.

## Rhubarb Pudding.

Place a large spoonfull of sweetened  
rhubarb stewed in small baking cups  
pour boiling water on 1 pint of bread-  
crumbs when softened drain if any  
to drain off add 1 beaten egg 1. tablespoon  
sugar a little nutmeg & beat well  
stir this upon the rhubarb in the cups  
& bake serve with any kind of pudding  
sauce.



## Beets Salad

1 qt cooked beets chopped, 1 head of  
Cabbage chopped, 1 cup horseradish  
1 cup sugar 1 tablespoon salt.  
1 tablespoon pepper, put all through  
a meat chopper cover with vinegar  
& put in cans.

got in Designer.

## Green Tomato Mince meat

Chop fine 1 peck of green tomatoes,  
cover with boiling water and  
let stand till cold, then drain  
and cover again. Cool and drain.  
Put in a kettle with 5 pounds  
of sugar, 2 tablespoons of salt,  
2 pounds seeded raisins & 1  
cup of chopped suet, cook  
all together until tender then  
add 1 cup vinegar, juice of  
2 lemons. 2 teaspoons each of  
cloves, cinnamon, allspice  
and 1 grated nutmeg.

— — — — —

## Highden Pickle

Chop fine equal quantities  
of green tomatoes cucumbers &  
onions & when mixed sprinkle with  
salt - let stand a day then pour off  
the water, barely cover with vinegar  
& add sugar mustard & ground  
spices to taste boil a few minutes  
ms. receipt

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Make a Poultice of  
Pulverized Resin &  
Lard mixed together.  
for Sumbago, spread  
on cloth & put on effected  
part. For Indigestion

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A handfull of hops & a hand-  
full of raisins boiled together  
in a qt of water. strain & take  
an eggcupfull 3 times daily.

## Indian Sauce.

1 lb. of sugar chopped fine  
Ripe tomatoes one dozen cut up fine  
Raisins half pound

Currents " " "  
Brown sugar half pound

1/2 table spoon salt.  
Cinnamon allspice cloves ginger to  
taste the taste vinegar to about  
cover scald until the pulp is clear  
then put in jars.  
(Mrs. G. G. G.)

To put down eggs

1. Put unslacked lime

1/2 " salt

6 qt water

put in a crock or pail &

put in your fresh eggs

this will put down 12 dozen

## For Constipation

Try one grain of gray powder at night  
occasionally. Or fluid extract of  
Cascara sagrada, 1. teaspoon full 1-2  
times a day as required.

## A Nerve Tonic

from the Farmers Advocate

Cured a great sufferer of headache  
Beat an egg in a basin with a <sup>pinch</sup> ~~small~~  
of salt & a very small pinch of carbonate  
of soda boil a small cup full of milk with  
a pinch of salt & a dust of red pepper when  
it is on the very point of boiling over  
pour on the egg stirring quickly all the  
time with a fork to prevent its lumping  
this mixture has all the reviving effects  
if a student without it after reaction  
& is at the same time nourishing & soothing  
to the nerves the salt & soda prevent the  
milk from being indigestible or causing  
biliousness.

## Cold Cream for face & hands

Mutton tallow the whitest & best cut into  
bits put in a saucepan & set in a pot of boiling  
water & let remain until the fat is all melted  
allow strain through a fine sieve, & while  
it is still warm stir in a teaspoonfull of  
essence of camphor to every cup of tallow  
then a teaspoonfull of your favorite  
perfume & stir until all is a sweet smelling  
liquid before it is cool pour into jars &  
let stand in a cool place to set.

from Farmers Advocate

DIPHTHERIA.

Sir—About two years ago an accident revealed to me a disinfectant that has an extraordinary controlling power over diphtheria—Cresolene. I know neither its origin or composition, but I do know that it has cured many cases of diphtheria, I have seen since. It is absolutely safe, does not interfere with other treatment, and is easy of application.

A tent is to be built round the bed with sheets, the vaporizer inside it, the lamp lighted, and the receiver over the lamp kept constantly half full of Cresolene, so that the patient shall be in a vapor of Cresolene day and night. This will give complete relief in less than 24 hours. I shall now briefly relate the particulars of the last case I had under my care. A boy, about four years of age, was put to bed apparently quite well. Next morning he was found dull and heavy, was roused with difficulty, and refused all food and drink. When I saw him at 4 p.m. he lay in the same dull state, his neck swollen on both sides as if with mumps, his upper lip double its size, and his face a livid purple color. He never roused up to notice anything until I took him out of bed and forced open his mouth to see his throat, the right side of which showed a large patch of diphtheria membrane. I never expected the child could live, but ordered one drop of tincture of steel in water every hour, and Cresolene to be used freely. At one o'clock, or in about eight hours, the child asked for a drink; at nine o'clock the next morning he wanted to get up; and at 10 a.m. I found him convalescent. Of course I give no technical details in your paper. I take the unusual course of publishing it in your journal, because it will thus be brought directly before the public without loss of time, whereas in a medical paper it would probably receive no notice unless I were to publish a detailed report of some hundred cases. It would take some five years to collect these, and all this time cases would perish that might be saved. Is is perfectly safe and does not interfere with any other treatment, therefore I press it on the public, I have no interest whatever in Cresolene.

Yours etc., M. D.

SMALLPOX EPIDEMIC

As there appears to be danger of smallpox spreading every one should have a Vapo-Cresolene outfit in the house. By burning this at night it acts as a disinfectant and destroys the germs which may be brought into the house. The use of Vapo-Cresolene is a good way to guard against contagious diseases which may be in the neighborhood. The following is an article taken from the London (England) Morning Post, and tends to show the value of Vapo-Cresolene as a disinfectant and also the controlling power it has over a contagious disease like diphtheria:

PNEUMONIA CURE

In view of the prevalence of pneumonia to such an alarming extent, and the many deaths resulting therefrom, I send you the following for publication:—

Take six to ten onions, according to size, and chop fine, put in a large spider over a hot fire; then add about the same quantity of rye meal, and vinegar to make it a thick paste.

In the meantime stir it thoroughly, letting it simmer for five or ten minutes. Then put in a cotton bag large enough to cover the lungs, and apply it to the chest as hot as the patient can bear. When it gets cool apply another, and thus continue by reheating the poultices. In a few hours the patient will be out of danger.

Usually three or four applications will be sufficient, but continue always until perspiration starts freely from the chest.

This simple remedy was formulated many years ago by one of the best physicians New England has ever known, who has never lost a patient by this disease.

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headache  
Carbonat  
milk with  
over  
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sufficing  
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reaction  
soothing  
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drawing  
bands  
cut into  
of boiling  
all rest of  
while  
full of  
of tallow  
wile  
smelling  
furs &  
cate

