

SELECTED RECIPES

FOR
HOME COOKING



COMPILED AND ARRANGED BY
THE HOME COMFORT CLUB
SUMMERLAND, B.C.

1918

REVIEW PRESSES, SUMMERLAND

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The Home Comfort Club

SUMMERLAND, B.C.

Organized December 8, 1915.

Officers:

MRS F. W. ANDREW, Honorary President.
MRS S. ANGOVE, - - President.
MRS A. STARK, - - Vice-President.
MRS K. S. HOGG, - - Secretary.
MISS MYRTLE CONWAY, - Treasurer.

THE HOME COMFORT CLUB COOK BOOK.

“**W**E may live without poetry, music or art ;
We may live without conscience and live
without heart ;
We may live without friends ; we may live without
books,—
But civilized men can not live without cooks.

We may live without books,—what is knowledge but
grieving ?
We may live without hope,—what is hope but de-
ceiving ?
We may live without love,—what is passion but
pining ?
But where is the man who can live without dining ?”

OWEN MEREDITH.

Summerland, B.C.,
1918.

ABBREVIATIONS.

| | | | | | |
|---------------|---|---|---|---|--------|
| Cup | - | - | - | - | c. |
| Tablespoon | - | - | - | - | tblsp. |
| Dessert spoon | - | - | - | - | d. sp. |
| Tea spoon | - | - | - | - | tsp. |
| Quart | - | - | - | - | qt. |
| Pint | - | - | - | - | pt. |
| Minutes | - | - | - | - | mins. |
| Large | - | - | - | - | lge. |
| Pound | - | - | - | - | lb. |
| Hour | - | - | - | - | hr. |

SOUPS .

"Too many cooks spoil the broth."

CORN SOUP. -1 can corn, 2 qts. water, 1 pt. milk, 2 beaten eggs, salt and pepper, 2 tblsp. flour. Moisten with cold water. Add to boiling soup 1 tblsp. butter. Mrs J. I. Logie

CREAM OF TOMATO SOUP.—In a saucepan melt 2 tblsps. butter, add 2 tblsps. flour. Stir to smooth paste. Add 2 cs. tomatoes, gradually blending with flour mixture. Add $\frac{1}{2}$ tsp. soda, 1 sp. salt, slice of onion, cook five mins. Strain, cool. When cold, add $1\frac{1}{2}$ cs. cold milk. Heat and serve. Mrs T. Behan

BEAN SOUP.—Soak beans overnight. Boil till the skins slip off easily. Throw into cold water and rub till the skins are all removed. Then boil beans till perfectly soft, allowing two qts. of water to one qt. of beans. Mash beans, and add flour and butter rubbed together, seasoning with pepper and salt. Pass the soup through colander, rubbing all thick portion through with wooden spoon. Serve with squares of toast. Mrs E. R. Butler

ARTICHOKE SOUP.—Boil artichokes until soft. Strain and pass artichokes through colander. Rub a tblsp. flour and lump of butter together, adding the artichokes. Add two cs. of hot milk, and boil two mins. Season to taste. Mrs Downton

CREAM OF PEA SOUP.—To $\frac{1}{2}$ can peas add 1 tsp. sugar, $\frac{1}{2}$ tsp. salt, 1 c. cold water, 1 slice onion. Simmer 20 mins. Rub through sieve. Melt 1 tblsp. butter. Add 1 tblsp. flour. Rub till smooth paste. Add gradually 1 c. hot milk. Stir constantly till thick. Add peas, dash pepper. Heat thoroughly, serve. Mrs F. W. Andrew

WAR SOUP.—1 c. peas, 1 large carrot, 4 stalks celery, 1 white turnip, 2 tblsp. parsley, qt. tomatoes, 1 onion, 1 large potato. Soup greens, salt and pepper to taste. Thicken with tblsp. of flour. Mix in tblsp. melted butter just before serving. Mrs K. S. Hogg

BREAD

"Some gave them white bread,
And some gave them brown;
Some gave them plum-cake,
And drove them out of town."

DATE LOAF.—3 cs. whole wheat flour, 1 c. water, 1 c. milk, 1 c. brown sugar, 3 tsps. baking powder, 1 lb. chopped dates. A little butter improves it. 1 tblsp. molasses. Mrs J. R. Brown

GRAHAM GEMS.— $\frac{3}{4}$ c. brown sugar, butter size of an egg, 1 egg, 2 tsp. blackstrap, pinch of salt, 1 c. buttermilk, 2 cs. whole wheat flour. Drop dessert spoonful into Gem tins and bake $\frac{1}{2}$ hr. Mrs Shields

NUT BREAD (White).—2 eggs, 1 c. sugar, $\frac{1}{2}$ c. milk, $\frac{1}{2}$ c. butter, 2 cs. flour, 2 tblsp. baking powder, 1 c. chopped nuts, pinch of salt. Bake in loaf.

Mrs Geo. Craig

NUT BREAD (Brown).—2 cs. whole wheat flour, 1 c. white flour, 1 egg, 3 tblsp. white sugar, 1 tsp. salt, 1 $\frac{1}{2}$ cs. sour milk, $\frac{1}{2}$ c. chopped nuts, $\frac{1}{2}$ c. chopped raisins. Bake 1 hr. in moderate oven. Mrs Shields

Said a Hot Cross Bun,
To a Red Cross Nurse,
"Surely we are partners
For better or for worse."
Said the Red Cross Nurse,
To the Hot Cross Bun,
"Betcher wheatless sweet life
We're both cross at the Hun!"

HOT CROSS BUNS.—Sift together 1 c. fine cornmeal, 1 c. whole wheat flour, 2 c. rye flour. Mix into the flour 4 tsps. of baking powder and $\frac{1}{2}$ tsp. of melted butter substitute, and 2 tsps. of maple sugar or maple syrup. Mix in $\frac{1}{2}$ c. chopped raisins and $\frac{1}{2}$ tsp. mixed spices. Pour in slowly, enough sweet milk to make a soft dough. Turn out in a floured baking pan and mould into flattened balls. Mark each bun with a cross by slashing across the top with a knife. Bake, and just before taking from the oven, brush each with the white of an egg mixed with a little sugar, and return to the oven for a moment. "By Bidy Bye"

BROWN BREAD.—3 cs. oatmeal, 2 cs. cornmeal. Cook to consistency of thick porridge. Let cool, add $\frac{3}{4}$ c. molasses, 1 yeast cake dissolved in warm water, salt. Let rise over night. In morning mix up very stiff with white flour and proceed in usual way.

Mrs J. E. Phinney

BAKING POWDER BISCUIT.—2 cs. flour, $\frac{1}{2}$ tsp. salt, 2 tsp. baking powder, 2 tblsp. butter, 2 tblsp. lard, 1 scant cup milk. Bake 10 mins.

Mrs F. W. Andrew

EMERGENCY BISCUIT.—2 cs. flour, 2 tblsp. butter, 4 tsp. baking powder, 1 c. milk. Drop by spoonful $\frac{1}{2}$ inch apart on buttered pan. Brush with milk. Bake in hot oven 8 mins.

Mrs R. E. White

PENNY MUFFINS.—2 cs. hot water, 2 tblsp. lard, 2 eggs well beaten, $\frac{1}{2}$ c. sugar, 1 yeast cake, tsp. salt, as much flour as you can stir in. Let rise. Set at noon; poke down at night. In the morning make into small rolls with the fingers. Put into muffin tins, and when very light bake in a quick oven about 10 or 15 mins. If dough is kept cool, can be used for several days. The addition of raisins to this mixture makes 2 loaves of lovely Christmas bread.

Mrs R. M. Ross

BOSTON BROWN BREAD.— $1\frac{1}{2}$ cs. sweet milk, $1\frac{1}{2}$ cs. sour milk, 2 cs. corn meal, 1 c. white flour, 1 c. Graham flour, 1 c. stoned raisins, $\frac{1}{2}$ c. butter, 1 c. molasses (dark), 2 tsp. soda, 1 egg well beaten added last, tsp. salt. Boil one hour without stopping, then three hours longer—but the longer the better. Makes nearly 3 qt. size loaf.

Mrs R. M. Ross

FOR THE CASSEROLE

"Variety is the spice of life."

MEAT LOAF.—1½ lbs. round beef steak, put through chopper, 3 eggs well beaten and mixed with meat, 5 soda crackers rolled, ½ tsp. sage, and salt, ¼ tsp. pepper. Mix and roll into a loaf. Bake 1 hr. in moderate oven. Serve cold. Mrs E. R. Butler

RICE AND CHEESE.—2 cs. cooked rice, 1c. grated cheese, 1 egg, salt and pepper to taste, 1c. scalded milk. Add few grains of cayenne or paprika, and a pinch of soda. Mix cheese and rice together. Scald milk and pour on egg. Pour on cheese and rice and bake in moderate oven for 20 minutes.

Mrs J. C. Robson

SALMON LOAF.—1 tin salmon, 2 tblsp. butter, two-thirds c. crumbs, ½ c. milk, salt, pepper, and lemon juice, 2 beaten eggs. Put in buttered mold, cover and steam for one hour. Serve with white sauce. "Mrs Brock"

TOMATO AND CHEESE RAREBIT.—1 tin tomatoes, pinch of soda, pepper and salt to taste, small piece of butter, boil, when almost ready to serve add a beaten egg, 1 c. grated cheese. Serve on buttered toast. Mrs. P. Roe

NUT LOAF.—1 c chopped nut meats, 2 c. bread crumbs, ½ c. hot water, ½ c. melted butter, 1 egg, ½ tsp. onion juice, 1 tsp. mushroom ketchup, 1½ tsp. salt, ¼ tsp. pepper. Put in buttered mold. Bake 1 hr., covering first half ½ hr. of time. Baste 3 times with melted butter. Turn out on hot dish. Sprinkle chopped nuts on top. Serve with brown sauce.

Mrs P. Roe

POTATO PUFF WITH CHICKEN.—½ lb. can of chicken, can of peas, boil, mash potatoes, add 1 egg and 1 c. milk, 2 lge. tblsp. butter, tsp. parsley, tsp. salt, 1 chopped onion, pepper. Take chicken, heat and thicken with 1 tblsp. flour, add ¾ c. milk, pepper, salt.

Let boil. Line casserole with potatoes, put in $\frac{1}{2}$ can of peas, then chicken, remainder of peas. Bake in a slow oven until a delicate brown. Mrs Ferrier

POTATO NESTS.—Beat to a stiff froth the whites of 2 eggs. Mix 2 cs. mashed potatoes, well seasoned with salt, pepper, and butter, with the beaten eggs. Add 2 tblsp. cream. Form the potato mixture into balls and flatten, hollowing out the centres with a spoon. Break an egg into the centre of each potato nest, and place in a hot oven until the eggs are set, and the potatoes nicely browned. Garnish with parsley. Mrs S. J. Conway

OMELETTE AND TOMATO SAUCE.—4 eggs beaten separately. Soak a thin slice of bread in just enough milk to cover it. After the bread is soft add the egg and beat thoroughly, seasoning to taste. Bake in hot oven. Take half can tomatoes and half a small onion sliced, and simmer gently till the onion is boiled soft. Thicken with flour and place around the omelette on a hot platter. Mrs Stark

POTATO CELERY CROQUETTES—Stir and beat into 2 c. of cold mashed potato, 1 egg, beaten thoroughly. Add to the mixture $\frac{1}{2}$ c. of crisp celery chopped fine, 1 tsp. of chopped pimento, 2 tblsp. minced onion, salt and pepper to taste. Mold the mixture into croquettes, roll in egg and cornmeal, and fry in hot butter substitute. Garnish with celery tops, and serve hot, with tomato or white sauce if desired.

Myrtle Conway

FISH CREAM.—1 pt. bowl cooked fish, 2 eggs beaten separately, 3 tblsp. bread crumbs, 1 tblsp. butter, a little warm milk, pepper, salt, chopped parsley, nutmeg. Mix lightly, put in buttered bowl and steam one hour. Serve with white sauce, lemon, or sliced tomato. Mrs Collinge

FOWL OR FISH SOUFFLE.— $\frac{3}{4}$ pt. white sauce, 1 slice halibut or 1 c. cold fowl, yolk of two eggs, season well, add stiffly beaten whites. Mix lightly and bake in buttered casserole. Mrs Collinge

CHEESE AND EGG SOUFFLE.—2 cs. milk, 1 c. grated cheese, pepper and salt to taste. Put on stove, when hot thicken with 2 tblsp. flour. Pour half of sauce in bake dish. Drop in eggs sufficient for your family. Pour in remainder of sauce. Dot with butter. Bake in oven, 20 mins. Mrs E. C. Graham

BEEF CASSEROLE.—Take 1 qt. tomatoes, thicken with 2 tblsp. flour, add 1 tblsp. sugar, salt and pepper to taste. Cut beef steak into small pieces. Put into casserole, cover with sliced onion. Bake 2 hrs. Mrs J. R. Brown

MACARONI AND CHEESE.— $\frac{1}{2}$ package macaroni. Cook 20 mins. in salted water. Drain. Make medium white sauce. Pour over macaroni with about 1 c. grated cheese. Cover with bread crumbs and dots of butter. Bake 20 mins. in hot oven. Mrs E. N. Rowley

FINNAN HADDIE A LA DELMONICO.—Cut fish in strips (about 1 c.), put in boiling pan, cover with cold water, place on back of range and allow water to heat to boiling point. Let stand on range keeping water below boiling point for 25 mins. Drain, rinse, separate fish into flakes, add $\frac{1}{2}$ c. cream, 4 hard boiled eggs sliced thin. Season with cayenne. Add 1 tblsp. butter. Garnish with chopped parsley. Mrs R. E. White

SCALLOPED POTATOES.—Alternate layers of cold, boiled potato cukes and a sprinkling of grated cheese, with a rich, onion-flavored, well-seasoned white sauce. The top layer to be cracker crumbs and grated cheese. Use plenty of white sauce. Bake in quick oven. Mrs R. M. Ross

BOSTON BAKED BEANS.—Soak beans overnight. In morning boil for about $\frac{1}{2}$ hr. with little soda. Then put in baking dish, seasoning as you put them in with salt, small red pepper, and brown sugar, and mustard. On the top place a square of pickled pork. Fill dish with water and bake in covered dish slowly till dry. Do not stir. Some add a little mustard as seasoning. If not done when dry add more water. Mrs R. M. Ross

SALADS

Oh! Green and glorious, Oh! Herbaceous treat.
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the Salad Bowl.

TOMATO JELLY SALAD.—To 1 can stewed and strained tomatoes add 1 tsp. salt, sugar, and spice. Two-thirds box of gelatine, which has soaked 15 mins. in $\frac{1}{2}$ c. cold water. Turn into cups and chill. Serve on lettuce leaves with salad dressing. Mrs Angove

SALAD DRESSING.—1 tsp. salt, $2\frac{1}{2}$ tblsp. sugar, 1 tsp. mustard 2 tsp. corn starch, 2 eggs, 1 c. milk, $\frac{1}{2}$ c. vinegar, butter size of egg. Mrs McWilliams

SALAD DRESSING.—4 tblsp. butter, 1 tblsp. flour, 1 tblsp. celery salt, 1 tblsp. mustard, 1 tblsp. sugar, 1 c. milk, $\frac{1}{2}$ c. vinegar or juice of 1 lemon, 3 eggs, pinch of cayenne pepper. Boil till thick.

Mrs G. Craig

BANANA AND ORANGE SALAD.—6 oranges, 3 bananas, $\frac{1}{2}$ lemon (juice), $\frac{1}{2}$ c. pineapple juice $\frac{1}{2}$ c. sugar, 1 egg (white). Peel and cut in small pieces four oranges and the bananas. Mix lemon juice, sugar and beaten egg with the juice of the two remaining oranges, bring to a boil. Strain and pour over the fruit. Add the pineapple juice last. Serve cold.

M. L. H.

SALAD DRESSING.—1 c. pineapple juice, $1\frac{1}{2}$ c. lemon juice. Put on and boil. Beat 1 egg, 1 tsp. corn starch, sugar to taste. Cook altogether. Cool, and thin with cream just before serving.

Mrs F. W. Andrew

PASTRY

If good results are possible, why poor?

PINEAPPLE PIE.—Mix 1 c. grated pineapple, 1 c. water, $\frac{1}{2}$ c. sugar. Let come to a boil. Add 2 tblsp. corn starch, dissolved in a little water. Boil until thick. Pour into previously baked crust. When cool, put on top, whites of eggs, well beaten, or whipped cream. Mrs Angove

SUNKIST LEMON PIE.— $1\frac{1}{2}$ cs. sugar, one-third c. flour, pinch salt, 1 c. boiling water, 3 egg yolks, juice and grated rind of 1 lemon, tsp. butter. Mix flour, sugar, salt, add boiling water, stirring constantly. Cook until thick, then add butter, egg yolks, rind and juice of lemon. Top—2 egg whites (stiff), $\frac{1}{2}$ c. icing sugar, 1 tsp. lemon juice. Mrs Craig

DATE PIE.—For the pastry make like ordinary pastry, only using half rolled oats. Filling—1 package dates, $\frac{1}{2}$ c. sugar, $\frac{1}{2}$ c. water. Boil till soft. Make with upper crust. Mrs T. B. Young

PUMPKIN PIE.—1 pt. boiled pumpkin, 1 c. brown sugar, 3 eggs, 1 tblsp. melted butter, 1 tblsp. cinnamon, 1 tblsp. nutmeg, pinch of salt, 1 pt. milk. This makes 2 small pies or 1 deep one. Mrs E. C. Graham

BUTTER SCOTCH PIE.—2 tblsp. butter, 1 c. brown sugar, yolk of 2 eggs, 3 tblsp. flour, 1c. milk. Boil till thick; beat well; add vanilla. Put in baked crust with whites of eggs browned for top. Mrs E. C. Graham

CHOCOLATE PIE.—1 c. coffee, c. milk, 2 tblsp. grated chocolate, $\frac{3}{4}$ c. sugar, yolks of 2 eggs. Heat chocolate and milk together. Add sugar, yolks, 2 d. sp. flour. Beat and pour into hot milk. Stir well; flavor with vanilla. Put in a baked crust, with beaten whites on top. Brown in oven. Mrs G. Morgan

BANANA CREAM PIE—Make a custard of $1\frac{1}{2}$ cs. milk, yolks of 2 eggs, $\frac{1}{2}$ c. sugar, 1 tblsp. flour; flavor with vanilla; slice 3 bananas into baked crust. Pour the cooled custard over; beat whites of 2 eggs stiff with 1 tblsp. sugar. Put on top and brown in oven.

Mrs G. Morgan

BANBURY TARTS.—1 c. sugar, 1 c. orange marmalade, 1 lemon rind, grated and juice, 1 egg, 1 c. crushed English walnuts 1 c. chopped raisins; make a rich puff pastry; cut out with large cookie cutter. Put a spoonful of this mixture on half of the pastry; fold over the other half, and press edges firmly together as for a pie. Bake in hot oven.

Mrs Rosamond Ross

MINCE MEAT.— $1\frac{1}{2}$ lb. lean meat, chopped, $1\frac{1}{2}$ lb. suet, cut fine, 3 lb. raisins, 1 lb. currants, $1\frac{1}{2}$ lbs. mixed peel, tblsp. salt, tsp. cinnamon, nutmeg, cloves, juice of 1 lemon, juice of 1 orange, 10 good-sized apples, with a little cider to put over mixture.

Mrs J. R. Brown



PUDDINGS

"The proof of the pudding is the eating thereof."

CARAMEL PUDDING.—1 c. brown sugar, browned with $\frac{1}{4}$ c. butter in a saucepan; add 3 cs. boiling water; stir until sugar is dissolved. Add 5 level tblsp. corn starch mixed with a little milk or water. Add a pinch of salt and cook 15 min; then add tsp. vanilla and $\frac{1}{2}$ c. chopped walnuts. Serve cold with custard or cream.
Mrs Magnus Tait

LEMON PUDDING.—Rind and juice of 1 lemon, two-thirds c. sugar, 1 c. water; put in pudding dish and let stand 1 hour, 1 egg, butter size of egg, 4 tblsp. milk, 1 small c. sugar, 1 c. flour, 1 tsp. baking powder, pour batter on top of above sauce and bake 20 min.
Mrs T. J. Behan

COFFEE SOUFFLE.— $1\frac{1}{2}$ cs. coffee infusion, $\frac{1}{2}$ c milk, two-thirds c. sugar, $\frac{1}{4}$ sp. salt, 3 eggs, $\frac{1}{2}$ tsp. vanilla, 1 tblsp. gran. gelatine; mix coffee infusion, milk, one half the sugar and gelatine and heat in double boiler. Add remaining sugar, salt, yolks of eggs slightly beaten; cook until mixture thickens; remove from range, add whites of eggs beaten stiff, and vanilla mould; chill and serve with cream.

Mrs Stark

PINEAPPLE CREAM.—1 pt. can pineapple, 1 p. cream sweet, 1 tsp. sugar, $\frac{1}{2}$ package gelatine soaked in $\frac{1}{2}$ c. cold water; cut pineapple, add sugar, and let simmer 20 min.; add gelatine, stir until it begins to thicken; add whipped cream. When well mixed pour into mould; cool and serve with whipped cream.

Mrs J. R. Conway

NAMELESS PUDDING.—4 eggs, 1 c. flour, $\frac{1}{2}$ c. sugar, 4 tblsp. jam or jelly, 1 c. butter, 1 tsp. soda; beat sugar and butter to a cream; add well-beaten eggs, flour, jelly, then soda; steam $\frac{1}{2}$ hr.; serve with sauce.

Mrs J. C. Robson

ENGLISH PLUM DUFF.—1 c. chopped suet, 2 cs. flour, $1\frac{1}{2}$ tsp. baking powder, 2 tblsp. brown sugar,

chopped almonds, 1 tsp. allspice, 1 c. raisins, 1 c. currants; water to make soft dough; fill two coffee tins $\frac{3}{4}$ full, and put them in boiling water. Boil with lids on tins for 3 hrs. M. Conway

FIG PUDDING.— $\frac{1}{2}$ c. flour, $\frac{1}{4}$ c suet, $\frac{1}{2}$ c chopped figs, $\frac{1}{2}$ c. bread crumbs, $\frac{1}{4}$ c. sugar, 1 egg, $\frac{1}{4}$ nutmeg, $\frac{1}{2}$ tsp. baking powder; steam 2 hrs. Serve with sauce. Mrs H. A. Glennie

HARD SAUCE.—2 cs. pulverized sugar; grate in a little nutmeg, melt butter the size of an egg, pour in and cream well; if not enough butter add a little hot water and cream it well. Mrs K. S. Hogg

CARAMEL PUDDING.—1 c. brown sugar, 1 small piece butter; put in frying pan and caramelize; 2 cs. milk have hot and when sugar is caramelized stir together; add corn starch to thicken; vanilla and blanched almonds. Serve with cream. M. Conway

PINEAPPLE CREAM.— $\frac{1}{2}$ box gelatine dissolved in 1 qt. milk, add yolks of 4 eggs well-beaten with 1 c. sugar; when scalded, but not boiled, add the beaten whites of 4 eggs, 1 can pineapple and juice; beat for a few minutes and pour into moulds.

Mrs T. J. Behan

RAISIN PUFF.—1 egg, 1 tblsp. butter, 1 c. flour, 1 tsp. baking powder, 1 tblsp. brown sugar, $\frac{1}{2}$ c. raisins, $\frac{1}{2}$ c. milk; steam 1 hr.; serve with sauce.

Mrs T. J. Behan

PINEAPPLE PUDDING.— $\frac{1}{2}$ c. tapioca, cover with cold water and soak 3 hrs., drain off water and place in double boiler, cover with boiling water and cook till clear; then add juice of 2 lemons, 1 c. sugar, $\frac{1}{2}$ pt. pineapple, remove from fire and stir in whites of 2 eggs beaten stiff; Serve cold with cream.

Mrs K. S. Hogg

APPLE BATTER PUDDING.— $\frac{1}{2}$ c. butter, 1 c. sugar, 2 beaten eggs, 1 c. milk, 2 cs. flour, 2 tps. baking powder; partly fill dish with sliced apples, sprinkle with brown sugar and cinnamon; add $\frac{1}{2}$ c. water; pour batter over apples, and steam 1 hr.

Mrs R. E. White

ORANGE SAUCE.—Whites of 3 eggs, 1 c. fruit sugar, grate rind of 2 oranges, $\frac{1}{2}$ c. orange juice, 3 tblsp. lemon juice, beat whites stiff; add sugar gradually, beating all the time, then add rind and fruit juice.
Miss Mason

LEMON SPONGE.—Soak in tblsp. gelatine in $\frac{1}{4}$ c. cold water, dissolve in 1c. boiling water, add 1 c. sugar, $\frac{1}{4}$ c. lemon juice, strain and as it cooks beat occasionally. When quite thick beat well and add the whites of 3 eggs beaten stiff; mould and serve with soft custard. In a double boiler scald 1 pt. milk with $\frac{1}{4}$ c. sugar, $\frac{1}{2}$ tsp. salt; add yolks of 3 eggs beaten slightly; stir constantly and cook until it coats the spoon; flavor with 1 tsp. vanilla. Mrs K. S. Hogg



CAKES

"Would'st thou both eat thy cake and have it?"

DATE CAKES.—1 lb. chopped dates, 1½ lbs. blanched almonds or walnuts, 1 c. butter, 1½ c. brown sugar, 2 cs. flour, 3 eggs, 1 tsp. cinnamon, little mace, 1 tsp. soda dissolved in ¼ c. hot water; drop with spoon and bake 10 mins. in a quick oven.

Mrs A. Stark

RUSSIAN ROCKS.—2 eggs, 1 c. sugar, ¾ c. butter, 1 c. raisins, 1 c. walnuts, 1 c. currants, cinnamon or vanilla; enough flour to make them drop off spoon, ¼ tsp. baking soda dissolved in water.

Mrs J. Rowley

BANBARY TARTS.—Line patty tins with pastry. Filling, 1c. chopped raisins, 1 c. chopped walnuts, 1 c. sugar, 1 egg, juice of 1 lemon; bake in moderate oven.

Mrs McWilliams

DEVILS CAKE.—½ c. grated chocolate, ½ c. sweet milk, 2 eggs, yolks only; put on stove and boil till thick; let cool and add ½ c. sweet milk, 1 c. brown sugar, 1 tsp. vanilla, 5 tblsp. melted butter, 1 tsp. soda, and flour to suit; use whites of eggs for frosting.

Mrs McWilliams

ROLLED OAT DROP CAKES.—1 tblsp. butter, 2 eggs, 2 tps. baking powder, 1 c. icing sugar, 2 c. rolled oats, ½ c. white flour, ½ tsp. bitter almond or vanilla; drop in tps. on buttered pan.

Mrs F. R. Gartrell

ROLLED OAT COOKIES.—¼ c. butter, ½ c. brown sugar, 1 egg, ½ c. flour, 1½ c. rolled oats, 1 tsp. baking powder, flavoring to taste.

Mrs G. Gartrell

MOLASSES CAKE.—1 c. molasses, ½ c. butter, 1 c. boiling water, 1 c. brown sugar, 1 tsp. cinnamon, 2½ c. flour, 1 tsp. allspice, 2 tsp. soda, yolks of 2 eggs; mix water, syrup, sugar, and butter together, then add the rest.

Mrs F. R. Gartrell

GINGER COOKIES.—1 c. brown sugar, 1 c. molasses, 1 c. lard, 2 eggs, 2 tsp. soda dissolved in hot water; 1 dsp. ginger, pinch salt, flour to make soft dough.
Mrs H. C. Mellor

GINGER SNAPS.—2 cs. molasses, 1 c. lard, 1 c. brown sugar, 1 tblsp. soda sifted in flour, 1 tblspl. ginger, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. cloves, flour to roll stiff; bake in quick oven.
Grace Logie

FRIED CAKES.—1 $\frac{1}{2}$ cs. brown sugar, 4 tblsp. melted lard (mix well), add 2 eggs, beaten, 1 c. milk, 2 tsp. baking powder, 1 small tsp. salt, a little cinnamon, enough flour to roll out; fry in lard.
Mrs Thos. Young

BRAN CAKES.—2 cs. bran, 1 c. white flour, 1 tsp. baking powder, $\frac{1}{2}$ tsp. salt, mix with black strap; roll thin; mark in squares; eat ad lib.
Dr F. W. Andrew

OATMEAL MACAROONS.—Rub 1 tblsp. butter in $\frac{1}{2}$ c. sugar, mix with 1 well-beaten egg, stir into mixture 1 $\frac{1}{2}$ cs. rolled oats, $\frac{1}{4}$ tsp. salt, 1 tsp. baking powder; drop from a spoon on a greased pan and bake in moderately hot oven until crisp and brown.
Miss Mason

IRISH VINEGAR CAKE.—1 lb. flour, $\frac{1}{2}$ lb. currants, 1 piece peel, 2 eggs, pinch salt, c. milk, $\frac{1}{2}$ lb. lard or butter, little grated nutmeg, 1 small tsp. soda dissolve in milk, 1 good tblsp. vinegar; mix soda, milk and vinegar together; pour quickly into dry ingredients; bake 1 hr. in medium hot oven.
Mrs Knight

RIBBON CAKE.—2 cs. granulated sugar, 1 c. butter, 4 eggs, 1 c. milk, 3 tsp. baking powder, 3 cs. sifted flour; divide into 3 parts, 1st part white, 2nd part coloring for pink, 3rd part dark; add $\frac{1}{2}$ c. raisins chopped, $\frac{1}{2}$ c. currants, 1 tblsp. molasses, spice to taste; bake in layers; filling between.
Mrs Rowley

CORN CAKE.—1 c. sugar, 2 eggs, 1 tblsp. shortening, 2 cs. water, 2 cs. flour, 1 c. corn meal,

2 tsp. baking powder, 1 tsp. salt, $\frac{1}{2}$ tsp. nutmeg; beat well; cook in moderate oven 35 mins.

Mrs Angove

MOLASSES LAYER CAKE.— $\frac{1}{2}$ c. molasses, $\frac{1}{2}$ c. brown sugar, $\frac{1}{2}$ c. sour milk, yolks of two eggs, 2 level tsp. soda dissolved in hot water, $\frac{1}{2}$ tsp. ginger, $\frac{1}{4}$ tsp. nutmeg, cinnamon and cloves, $1\frac{3}{4}$ cs. flour; bake; beat whites stiff, add $\frac{1}{2}$ c. granulated sugar for filling and icing.

Mrs H. C. Mellor

MASHED POTATO CAKE.—1 c. hot mashed potatoes, 2 cs. flour, $\frac{3}{4}$ c. lard or butter, 2 c. sugar, 4 eggs, 2 tsp. baking powder, 5 tsp. melted chocolate or $\frac{1}{2}$ c. cocoa. 1 c. raisins, $\frac{1}{2}$ c. milk, $\frac{1}{2}$ tsp. salt, 1 tsp. each cinnamon, cloves, and nutmeg; cream, butter and sugar add potatoes, beat well, add well beaten eggs and other ingredients; bake slowly.

Mrs Angove

GOLDEN CREAM CAKE.—cream $\frac{1}{4}$ c. butter and 1 c. sugar, add $\frac{1}{2}$ c. sweet milk, $1\frac{1}{2}$ cs. flour, whites of 3 eggs, $\frac{1}{2}$ tsp. baking soda, 1 tsp. cream of tartar; bake in layer cake tins. Filling—Beat yolks of two eggs, add $1\frac{1}{2}$ tblsp. corn starch, $\frac{3}{4}$ c. milk, 1 tblsp. butter, 2 tblsp. sugar, flavoring to taste; cook in double boiler till thick; cool and spread between layers of cake.

Mrs M. Tait

DARK CAKE.—1 c. sugar, $\frac{1}{2}$ c. butter, 2 eggs, 1 c. sour milk, $1\frac{1}{2}$ cs. flour, 1 tsp. soda in flour, 1 tsp. cinnamon, cloves, nutmeg; a little salt, vanilla, 1 c. walnuts, 1 c. raisins, or you may use 1 c. apple sauce instead of sour milk.

Mrs J. E. Phinney

KING GEORGE CHOCOLATE CAKE.—1 heaping cup brown sugar, $\frac{3}{4}$ c. butter, 2 eggs, 1 c. milk, 2 cs. flour, 2 tsp. baking powder, 1 tsp. cloves, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. ginger, $\frac{1}{2}$ tsp. nutmeg, 1c. raisins; bake. Icing.—1 c. icing sugar, butter size of egg, 1 tblsp. Gheradellis cocoa; mix with white of egg beaten stiff; mix smooth.

Mrs O. Atkins

ORANGE CAKE.— $\frac{1}{2}$ c. butter, 3 eggs, 1c. sugar, $1\frac{1}{2}$ cs. flour, $1\frac{1}{2}$ tsp. baking powder, rind of 1 orange, $\frac{1}{2}$ c. orange juice, cream butter and sugar,

add yolks well beaten, rind and juice, and flour, last-ly beaten whites; bake one hr. Mrs E. C. Graham

FRIED DROP COOKIES.— $1\frac{1}{2}$ c. flour, $\frac{1}{2}$ c. sugar, $2\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ c. milk, $\frac{1}{4}$ tsp. salt, 1 egg, 1 tsp. melted butter; beat egg until light, add milk, dry ingredients, sifted and melted butter; drop by spoonfuls in hot deep fat, fry until light brown.

Mrs R. E. White

MOCHA ICING.—1 c. icing sugar, butter size of an egg, 2 tsp. cocoa, 1 tsp. vanilla, 2 tblsp. coffee; cream butter and sugar well, then add cocoa, vanilla, and boiling coffee; beat well. Mrs F. W. Andrew

CHOCOLATE CREAM ICING.—White of 1 egg beaten stiff, 1 tblsp. cold water, mix in icing sugar to stiffen, 1 tsp. vanilla; melt two squares chocolate and pour over the white part. Miss Mason

LEMON BUTTER.—1 egg, 1 c. sugar, 1 lemon juice and rind; cook in double boiler ten 10 min.; add butter size of egg. Grace Logie

SPONGE CAKE.—1 c. sugar, 1 c. flour, 3 eggs, 6 tblsp. boiling water, 1 tsp. flavoring, 1 tsp. baking powder; beat whites until stiff, add sugar gradually, yolks of eggs, boiling water, flour, baking powder, flavoring; beat well between each ingredient.

Mrs W. H. Hayes

CAKE FILLING.—1 egg, $\frac{1}{2}$ c. walnuts, $\frac{3}{4}$ c. milk, 1 small dstp corn starch, 1 c. brown sugar, 1 tsp. vanilla; boil and let cool; stir often to prevent burning.

Mrs A. W. Golding

WHITE COOKIES.—2 cs. flour, 1 c. sugar, 2 eggs, $\frac{1}{2}$ c. sour milk, 1 c. butter, 1 tsp. soda; flavor with nutmeg.

Mrs F. W. Andrew

JELLY ROLL.— $\frac{3}{4}$ c. sugar, 3 eggs, 1 c. flour, 1 tsp. cream of tartar, $\frac{1}{2}$ tsp. soda, 3 tblsp. boiling water, pinch salt.

Mrs C. N. Borton

CAKE ICING.—3 cs. sugar dissolved in 1 c. boiling water; cook till it threads, then pour it in a fine stream on the whites of 3 eggs beaten stiff; beat con-

stantly as you pour; add to the icing 1 c. chopped raisins, 1 c. nut meats, 5 figs cut in fine strips.

Mrs Parker Smellie

WHITE FRUIT CAKE.—1 lb. butter, 1 lb. sugar, 1 lb. currants, 1 lb. sultanas, 6 oz. mixed peel, 2 oz. ground almonds, $\frac{1}{2}$ tsp. ground nutmeg, 2 tsp. baking powder, 10 eggs $\frac{1}{2}$ c. brandy; this makes 2 cakes; bake $1\frac{1}{2}$ hrs.

Mrs J. Corner

WAR CAKE.—1 c. cold water, 1 c. white sugar, 1c. raisins, $\frac{3}{4}$ c. lard or butter, $\frac{1}{2}$ tsp. salt, 1 tsp. cloves, 1 tsp. cinamon, 1 tsp. nutmeg; boil 5 mins., cool to lukewarm; add 2 cs. sifted flour, 1 tsp. soda; beat well; bake 1 hr. 15 mins.

Mrs J. Corner

CANADA WAR CAKE.—2 cs. hot water, 2 cs. brown sugar, 1 pck. seeded raisins, 2 tblsp. lard, 1 tsp. cinamon, 1 tsp. cloves, 1 sp. salt; boil all together for 5 mins. after mixture begins to bubble; when cold add 2 cs. flour, 1 tsp. soda dissolved in 1 tsp. hot water; bake in moderate oven for 2 hrs.

COCOANUT MACAROONS.—1 egg, 1 tblsp. melted butter, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ c. sugar, 1 c. rolled oats, 4 tblsp. shredded cocoanut; bake in moderate oven.

Mary Ledingham



PICKLES

"Who peppered the highest was surest to please."

GARABALDI SAUCE.—1 c. sour apples, 1 c. ripe tomatoes, 1 c. onions, 1 c. raisins, 2 cs. brown sugar, 2 tsp. ground ginger, $\frac{1}{2}$ c. vinegar, salt to taste; chop fine and let stand 3 days, stir once a day; on third day boil $\frac{1}{2}$ hr. and bottle.

Mrs A. L. Moreland

TWO-POUND SAUCE.—2 lb. tomatoes, 2 lb. onions, 2 lb. apples; put through mincer and add 2 lb. brown sugar, 1 pt. white wine vinegar, 1 tblsp. salt, 5 c. worth whole pickling spice; boil one hour.

Mrs Geo. Lang

PLUM PICKLE.—5 lb. prunes, not too soft, 1 lb. brown sugar, 1 pt. vinegar, 1 large tblsp. ground spices mixed, 1 tsp. salt; boil all but fruit until it is well blended, then add pitted fruit; boil all together slowly for 2 hrs.

Mrs J. E. Phinney

CELERY PICKLE.—1 qt. chopped cabbage, 1 qt. chopped celery, 1 qt. chopped cucumber, 1 qt. chopped onions; put into weak brine overnight. In the morning put on stove and boil 5 mins.; strain; add 1 qt. vinegar, 3 red peppers, $2\frac{1}{2}$ tsp. mustard, 2 tsp. turmens, 2 cs. white sugar; boil 10 mins. and bottle.

Mrs E. C. Graham

CUCUMBER PICKLE.—12 large cucumbers, pare and take out pulp; cut in pieces, sprinkle with salt and let stand $\frac{1}{2}$ hr.; rinse, take 1 lb. sugar, 1 pt. vinegar, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ stick cinnamon; boil till tender, put in jars; boil vinegar for 10 mins., pour over cucumbers and seal while hot.

Mrs J. Rowley

RHUBARB PICKLE.—1 qt. rhubarb, 1 qt. onions chopped fine, 1 qt. vinegar, 3 cs. brown sugar, 1 tblsp. salt, 1 tsp. allspice, 1 tsp. cinnamon, 1 tsp. ginger, red and black pepper to taste; boil all together about 3 hrs.

Mrs J. Mason

CANDY

"Sweets to the Sweet."

PATIENCE.—1 c. granulated sugar caramelized, add slowly 1 c. milk with $\frac{1}{2}$ tsp. soda in it, 2 cs. sugar; boil till a soft ball in water; take off and beat, when almost stiff add 1 c. blanched and chopped almonds. Pour on greased plates, mark in squares.

Grace Logie

TURKISH DELIGHT.—Juice of 2 lemons; boil rind a short time in 2 cs. boiling water; take 2 oz. leaf gelatine and shake it in this; stir until gelatine dissolves, then add 4 cs. white sugar; stir until melted; let come to boil; stir if necessary; pour into soup plates, previously dipped in cold water; let stand till next day, then dust thickly with icing sugar, cut in squares and roll in icing sugar, turning occasionally until dry.

Miss A. C. Hogg

DIVINITY DIVINE CANDY.—3 cs. granulated sugar, $\frac{1}{2}$ c. cold water, $\frac{1}{2}$ c. corn syrup; boil until it forms a soft ball in water; beat whites of 2 eggs stiff, pour in syrup and beat until it sets; add chopped walnuts and cherries; vanilla flavoring.

Miss A. C. Hogg



MISCELLANEOUS.

CANDIED PEEL.—Put the peel of lemons and oranges into cold water with a pinch of salt, leave 24 hrs., then change to clean water; let stand another 24 hrs.; drain well; next day make a rich syrup of sugar and water; simmer peel in syrup until soft; do not boil.
Mrs Knight

ORANGE MARMALADE.—6 oranges, 3 lemons; put through chopper; to every pound of pulp add 3 pints water; let stand 24 hrs.; boil until tender; let stand 24 hrs. to every pound; add pound of sugar; boil one hour.
Mrs Sharpe

PUNCH.—3 doz. lemons, 1 doz. oranges, 1 can shredded pineapple, 3 lb. white sugar, 5 qts. water, 1 qt. grape juice; strain through cloth; serve ice cold.
Mrs Lipsett

POTATO PANCAKES.—1 c. cold mashed potatoes, 1 egg, pepper, salt to taste, $\frac{1}{2}$ c. milk, 1 c. flour, 1 tsp. baking powder; fry in usual manner; serve with butter.
Mrs F. W. Andrew

YORKSHIRE PUDDING.—6 large spoons flour, 3 eggs, salt spoon salt, milk to make like soft custard; put in shallow pan with beef dripping.
Mrs E. N. Rowley

