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Soups.

WHITE SOUP STOCK.

(Selected.)

Take 4 pounds of the knuckle of veal, cut the meat into small pieces. Crack the bone and put into the soup kettle with the meat, 2 stalks of celery, 2 small onions, 1 level tablespoon salt, $\frac{1}{2}$ -teaspoon white pepper. Cover with 3 quarts cold water. Set where it will heat slowly and skim every bit that rises to the surface. Let it simmer slowly for five or six hours; when cold remove fat. If possible, make the day before using. This is the foundation for cream soups.

CREAM OF LIMA BEAN SOUP.

(Selected.)

Soak 1 cup Lima beans over night; drain and add 3 pints cold water; cook until tender and rub through sieve. Cut 2 slices onions, 4 slices carrot into dice and cook in 2 tablespoonsful butter until yellow; add 1 cup milk, 2 tablespoonsful flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper. Stir this into the boiling soup.

ASPARAGUS SOUP.

(Selected.)

Two bunches asparagus, 1 pint rich milk, 1 pint water in which asparagus is boiled, 2 tablespoons flour, 1 saltspoon salt, dash of pepper. Cut tips off and cook separately. Cut up stalks and boil until tender and rub through sieve. Blend together, butter, flour and seasoning, and add water and milk, and let boil three minutes. Lastly, put in all the asparagus and serve immediately.

CREAM OF CELERY SOUP.

(Selected.)

One pint white stock, 1 head celery; cook together twenty minutes. Add 2 cups of milk and strain. Thicken with 2 tablespoonsful butter and 1 heaping tablespoonful flour, which have been rubbed together. Season with salt, pepper and nutmeg.

TOMATO SOUP.

(Miss Deff.)

Two quarts of ripe tomatoes or 1 quart canned; 3 pints water, 1 coffee cup milk, butter, the size of an egg, 1 tablespoonful flour. Peel and slice the tomatoes and boil with the water till thoroughly done. Mix the flour smooth with the milk, add the butter and stir all into the tomatoes. Bring to a boil and season with salt and pepper.

TOMATOE BISQUE.

(Mrs. Ewing.)

One tin tomatoes, 2 tablespoons sugar, $\frac{1}{4}$ teaspoon soda, 1 quart milk, 1 sliced onion, 4 tablespoons flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 tablespoon butter. Scald milk with onion. Remove onion and add flour diluted in a little cold milk. Cook tomatoes fifteen minutes with sugar; add soda and rub through sieve; combine mixtures and add salt, pepper and butter. Cook in double boiler.

RICE AND TOMATO SOUP.

(Miss N. Marshall.)

Two quarts hot stock or (water in which meat has been boiled), add 1 pint fresh or canned tomatoes and 1 cup boiled rice; cook slowly half an hour; season to taste.

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SPLIT PEA SOUP.

(Mrs. Alf. Davison.)

1 cup dried split peas, $2\frac{1}{2}$ quarts cold water, 1 pint milk, half onion, 2 tablespoons flour, $1\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 2 inch cube fat salt pork. Pick over peas and soak several hours, drain; add cold water, pork and onion and simmer 3 or 4 hours or until soft. Rub peas through sieve and put on to boil. Mix flour with an equal measure of milk, then thin down with a little more milk. Stir into the boiling liquid. Add salt and pepper, then milk, being careful not to let it boil. Serve in a hot dish.

GREEN PEA SOUP.

(Miss Duff).

Put 1 quart of shelled peas into about 3 quarts of water and boil till quite soft, keeping the steam waste supplied by fresh boiling water; then strain and return the liquid to the pot. Rub the peas through a sieve, chop an onion fine and a sprig or two of mint. Boil ten minutes, then add 1 tablespoonful of flour and 2 of butter and add to the boiling soup. Season to taste and serve with square of toast.

CREAM OF VEGETABLE SOUP.

(Mrs. C. Naphtali)

1 cup any cooked vegetable, 2 cups vegetable water, 2 cups milk, 4 tablespoons flour, 2 tablespoons butter, salt and pepper to taste. (Level measurements. Method—Press vegetables through a sieve or chop very fine. Put the vegetable water on to boil; mix the flour smoothly with an equal quantity of milk, thin down with a little more milk; stir into the boiling liquid and stir constantly until it thickens and boil a few minutes. Stir in the butter vegetable pulp and remaining milk, bring to steaming point. Season to taste.

VEGETABLE SOUP.

(Miss Dolly Sweet).

One teaspoon butter, 1 teaspoon flour, $\frac{1}{2}$ teaspoon salt and pepper, 1 cup hot water, 1 cup hot stock, 1 cup hot milk, 1 cup vegetable pulp. If no stock, two cups milk.

VEGETABLE OYSTER SOUP.

(Mrs. W. Bale).

Slice 3 or 4 vegetable oysters and cook a half hour or until done, in one quart milk. Thicken with half teaspoon corn starch. Salt and pepper to suit.

CREAM OF CARROT SOUP.

(Mrs. W. Bale).

1 cup of grated carrots, 1 onion, 1 bay leaf; cover with pint of water and let simmer 30 minutes. Add $1\frac{1}{2}$ pints of milk, 1 teaspoon corn starch, pepper and salt to taste, 1 tablespoon butter. Serve at once with croutons or toast.

BEEF SOUP.

(Miss Dolly Sweet).

Take a ten cent bone, place bone in two quarts of cold water, with a little salt over night. In the morning place bone in pan and add the strained water and $\frac{1}{2}$ cup of barley. When thoroughly boiled, add half small turnip grated, half carrot grated, 2 small onions finely chopped; add 1 quart of boiling water. Boil till ready for use, then season with salt and pepper to taste.

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CREAM OF CELERY SOUP (FOR TWO PERSONS).

(Miss R. Petty).

Half cup celery, 1 cup boiling water, salt and pepper, 1 tablespoon butter, 1 tablespoon flour, 1 cup rich milk, 1 slice onion. Wash and cut the celery, cut in small pieces; add the water, cook until very tender. Renew the water if it boils away. Wash the celery in the water in which it was cooked. Scald the milk, melt the butter in same pan, add flour and pour on gradually the scalded milk; cook thoroughly, stirring carefully. Blend season to taste, strain and serve immediately with crisped crackers.

CORN SOUP (FOR TWO PERSONS).

(Miss R. Petty).

Half cup corn, 1 cup cold water, $\frac{1}{4}$ slice onion, salt and pepper, 2 cups milk, 1 tablespoon flour, 1 tablespoon butter, yolk one egg. Chop corn, add water; simmer twenty minutes; rub through sieve. Scald milk with onion; remove the onion. Melt butter, add flour and gradually pour on milk. Blend and cook thoroughly, season with salt and pepper and pour into the beaten yolk. When well blended, serve hot.

MUTTON AND BEEF BROTH.

(Miss R. Petty).

2 lbs. neck mutton, 3 pints cold water, 1 teaspoon salt, speck pepper. Wipe the meat, remove the skin and fat; cut in small pieces; put in a kettle with bones and cold water; let it stand one half hour to extract juices. Heat gradually to boiling point, season with salt and pepper and simmer two hours or until meat is tender. Do not allow it to boil. Remove the fat and strain through a coarse sieve. Serve very hot. If the broth is made the day before it is used, it can be cooled thoroughly and the fat removed easily. In reheating, use double boiler. Three tablespoons of rice or barley may be added if desired. Soak barley over night; add to broth, cook till tender.

BEEF BROTH.

Prepared same as mutton broth. Meat from shoulder or shin is best.

VICTORIA SOUP (FOR THE SICK).

(Miss R. Petty).

Half cup lean chicken meat, $\frac{1}{2}$ cup rich milk, 1 cup strong chicken broth, $\frac{1}{4}$ cup cracker crumbs, $\frac{1}{2}$ teaspoon salt and pepper, yolks two eggs. Soak the crumbs in a little of the milk; cook the yolks of eggs in hot water till hard. Chop the chicken, mix with the soaked cracker crumbs, press the hard cooked yolks through a coarse strainer, add the seasonings and the broth; cook all together one half hour in double boiler; serve hot.

FISH

Fish,

SALMON LOAF.

(Miss Emma Bale).

$\frac{3}{4}$ lb. or $\frac{1}{2}$ tin of canned salmon, picked in small pieces; $\frac{1}{2}$ cup bread or biscuit crumbs, $\frac{1}{2}$ cup of cream or milk, 2 eggs, 2 tablespoonsful butter, salt and pepper. Beat crumbs and milk to a paste on the fire, add the butter, eggs, seasonings, and lastly the salmon. This may be steamed or set the dish in a pan of hot water and bake 25 minutes in fairly hot oven.

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SALMON LOAF.

(Miss N. Marshall).

1 can of salmon, liquid drained and kept; 1 cup of bread crumbs, 2 eggs, 2 tablespoonsful of melted butter, a little salt and pepper. Put in buttered mold and steam 1 hour. Dressing—1 cup of milk, 1 tablespoonful corn starch, 1 egg, pinch of red pepper and salt. Scald milk and add corn starch and egg. Cook a minute longer then add liquid from salmon with a little butter. Pour over loaf and serve hot or cold.

SCALLOPED SALMON.

(Mrs. Geo. Sweet).

Pour the oil off a can of salmon, crush the meat and make it soft, season with pepper and salt. Then put in a pudding dish a layer of salmon, then one of bread crumbs, another of salmon and top off with bread crumbs. Cover with sweet milk and bake until well heated through.

SALMON OMLET.

(Mrs. R. H. Linklater.)

Make a batter of 3 eggs, 2 ^{table}spoonsful of flour and $\frac{1}{2}$ cup of milk, salt and pepper to taste; 1 cup of salmon, free of bones and skin; drain all moisture, mash with fork and mix all together and make as smooth as possible. Drop from spoon in hot dripping, making small omelets. This is a good way for using any left over fish.

FISH CHOWDER.

(Miss Emma Bale).

Boil a piece of white fish or salmon tied in a cloth for fifteen minutes, take out and remove the bones and put back in the water. Boil a piece of pickled bacon until soft; cut in cubes and add. Slice some raw potatoes and onions and season; cook all together until soft (about half an hour). Just before serving, break up some soda biscuits into the mixture and add a little milk. Just as good warmed over.

ESCALLOPED OYSTERS.

(Miss C. Boos.)

1 quart oysters, 1 quart cracker crumbs, 3 pints milk, $\frac{3}{8}$ cup butter, pepper and salt to taste; then bake.

FRIED OYSTERS.

(Mrs. Geo. Sweet.)

1 quart oysters, wash and drain, lay on a coarse towel till moisture is absorbed. Have ready 1 egg and cracker crumbs. Dip oysters in egg batter, then in crumbs. Fry in hot lard until nicely browned; lay on hot platter and garnish with parsley and slices of lemon.

FISH TURBOT.

(Mrs. F. S. Frost.)

Take a white fish, steam until tender and remove the bones, sprinkle with salt and pepper. For dressing heat 1 pint of milk, thicken well with flour and add $\frac{1}{4}$ lb. of butter, pepper and salt a little to taste, and can use onion juice and parsley if one likes. When the sauce is cool add 2 eggs. Put in the baking dish a layer of fish, then white sauce until dish is full. Cover with buttered cracker crumbs and bake for half an hour.

FISH PIE.

(Miss R. Petty.)

Any left over cooked fish boned and shredded, a rich white sauce and fresh mashed potatoes. When the fish is well shredded mix it into the white sauce, put this mixture in a baking dish and cover the top with mashed potatoes and brush with beaten egg, then score the top with a fork; bake in the oven till top is brown.

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FISH CAKES.

(Mrs. J. C. Bale.)

Put into a saucepan over the fire one tablespoonful of butter and stir into it the same quantity of flour. When they are well blended, add half a cup of milk. Have ready one cupful of cold cooked fish broken into flakes and sprinkled with salt and pepper. Stir the fish into the mixture. Quickly take from the fire and see that the fish is well stirred into the mixture before adding two beaten eggs. Have ready a frying pan of smoking hot fat and drop the thick batter in by the spoonful and cook each to a delicate brown.

BAKED WHITE FISH.

(Mrs. S. H. Alexander.)

Take fish, clean and scale. Do not remove head. Make a dressing, $1\frac{1}{2}$ cups bread crumbs, 1 tablespoon chopped parsley, 10 drops onion juice, 1 tablespoon butter, salt and pepper to taste. Fill the fish with dressing, spread with fresh dripping, and bake in oven 30 minutes.

SALMON TIMBALES.

(Miss A. Hawkins.)

One can of salmon, 2 cups of bread crumbs, 1 cup of milk, a dash of cayenne, $\frac{1}{2}$ teaspoon salt, 2 eggs. Pick over salmon, put bread crumbs on with milk and cook a little while, then add salmon and seasoning, take off the stove and add the beaten whites of eggs, grease molds, steam, one hour. When ready for the table garnish tops with parsley.

CREAM SAUCE FOR ABOVE.—1 pint of milk, 2 tablespoons butter, 2 tablespoons flour, pinch salt. When boiled add little catsup or canned tomato.

SALMON CAKES.

(Miss R. Petty.)

1 can salmon chopped fine, 1 cupful milk, 1 egg, pepper and salt to season, bread crumbs to thicken, form into round flat cakes and fry in butter. Left over ham or veal may be used instead of fish.

LOBSTER CROQUETTES.

(Mrs. A. H. Vallance, Montreal, Que.)

Shred 1 tin of lobsters and mix in 2 cups of cold mashed potatoes. Season and mold into croquettes. Dip in bread crumbs, then in egg, and again in crumbs and fry in hot butter.

HORSERADISH SAUCE.

(Mrs. F. S. Frost.)

6 tablespoonfuls whipped cream, 3 tablespoonfuls grated horseradish in vinegar, 1 teaspoonful salt. Keep on ice until ready to serve with raw oysters or fish.

Meats,

VIENNA STEAK.

(Mrs. T. Giles.)

2 lbs. round steak (cut thick), 2 large onions, 2 large cups bread crumbs, 1 quart boiling water, 1 oz. butter, salt and pepper. Slice and chop the onions finely, and fry a light brown in the butter, remove into a sauce pan. Cut the steak into squares, fry quickly for a few minutes, add to the onions. Now add seasoning, bread crumbs and hot water, stir well, cover and cook gently for $2\frac{1}{2}$ hours.

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STEAK.

(Miss Jessie E. Towce's.)

1 lb. round steak cut thick, pound about $\frac{1}{2}$ cup flour into it (both sides); have pan and fryings hot (butter or dripping may be used) Brown both sides steak and set back, pour over $\frac{3}{4}$ cup of hot water and let stand for half hour. Butter slightly and pour gravy from pan over it.

BRAISED BEEFSTEAK.

(Mrs. Cowen.)

Cut up a little carrot, onion and celery. Put in a well greased pan and fry steak with vegetables under. When fried put all in a deep dish with one cup of beef stock and seasoning. Bake $1\frac{1}{2}$ hours, then thicken with 1 tablespoon of flour.

BEEF OLIVES.

(Mrs. J. E. P. Aldous.)

Round steak about $\frac{1}{2}$ inch thick, cut in pieces 3 inches long. Make dressing of bread crumbs, onion, sage, butter, pepper and salt. Lay some on each piece of steak, roll up and tie with thread. Roll in flour and brown in fat. Cover with stock or water and let simmer for $1\frac{1}{2}$ or 2 hours. Take thread off before serving. If gravy is not thick enough thicken with flour wet in cold water. Tomato may be added to this for a change.

RED HOT.

(Mrs. J. E. P. Aldous.)

This is good for tender, juicy meat. Mix well 1 tablespoon Worcestershire sauce, 1 tablespoon tomato catsup, $\frac{1}{2}$ teaspoon made mustard, $\frac{1}{2}$ cup of gravy from roast, $\frac{1}{2}$ cup hot water and salt and cayenne pepper to taste. Thicken with 1 tablespoon flour and 1 tablespoon butter. Then add meat cut in thin slices and let whole stand without boiling till meat is heated through.

CANNELON OF BEEF.

(Selected.)

Mix well together the following: 1 pound chopped beef, 2 ounces butter, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper, yolk of 1 egg, 10 drops onion juice, 1 teaspoonful chopped parsley, and the grated rind of half a lemon. Form into roll and bake in pie crust. Bake 22 minutes. Serve with brown gravy.

MINCED MUTTON.

(Miss C. Boos.)

$\frac{3}{4}$ cup butter and 1 small onion. Put same first in spider, add to this 1 teaspoon salt, a little pepper, 1 pound of mutton ground, 1 cup boiled rice, 1 cup cooked tomatoes. Cook 15 minutes. Cold mutton may be used.

CHICKEN FRICASEE.

(Miss C. M. Alexander.)

Cut the bird into seemly pieces. Put into the pot 2 tablespoonfuls of butter or dripping. When hot put in the pieces of chicken and turn about in the hot fat till they are glazed; then add sufficient water to cover. Add seasoning of herbs and pepper and salt, and small pieces of bacon. Simmer until tender. When ready arrange the pieces nicely on a dish, thicken the liquid slightly with flour wet in cold water, add a great spoonful of chopped parsley and pour over.

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BOUDINS.

(Miss Jennie Harvey.)

1 pint cold chopped veal, $\frac{1}{2}$ cup bread crumbs, 2 tablespoonfuls chopped parsley, 2 tablespoonfuls melted butter, 1 cup stock, 2 eggs beaten, stir well. Butter timbale cups and fill. Place cups in pan of hot water and bake twenty minutes.

BECHAMEL SAUCE (for above)—To 2 tablespoonfuls of butter, add 1 tablespoonful flour, 1 cup water or stock, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, 1 egg or two unbeaten egg yolks.

RISSOLES.

(Mrs. J. C. Bale.)

Mince cold cooked meat, season, add half as much bread crumbs, moisten with a well-beaten egg or a little thickened gravy. Press into balls, turn out on a baking tin, put a little beef dripping or butter on top of each, and bake in a hot oven 20 minutes. Serve with thickened gravy or tomato sauce.

TOMATO SAUCE—1 tablespoon beef dripping or butter, cook in it 1 tablespoon minced onions to golden brown, stir in 2 tablespoons flour, add by degrees 1 cup soup stock gravy or milk and half cup strained tomatoes. Stir and strain.

HAMBURG ROLL.

(Miss N. Marshall.)

Add to $1\frac{1}{2}$ pounds chopped raw lean beef, 1 oz. chopped suet, 1 egg, pepper, salt and a seasoning of sweet herbs, bread soaked. Flatten into a sheet on a greased pan, place 3 hard boiled eggs in the centre and press the meat around them to form a roll. Turn on to a greased pan and place in hot oven. After 5 minutes baste with 3 tablespoons butter melted in $\frac{1}{2}$ cup of hot water. Bake 20 minutes.

MEAT LOAF.

3 pounds beef or veal, $\frac{1}{2}$ pound pork, 3 eggs, $\frac{1}{2}$ cup cracker crumbs, 2 tablespoons milk, 1 tablespoon salt, 1 tablespoon pepper. Butter size of hickory nut, make into long roll and put bits of butter on top. Bake two hours.

VEAL OR BEEF ROLL.

(Mrs. C. Khaptale.)

1 lb. steak or veal, $\frac{1}{2}$ lb. fat ham or bacon, $\frac{1}{4}$ lb. bread crumbs, $\frac{1}{4}$ of a nutmeg, grated well, or a small quantity of powdered mace. Salt and pepper to taste. A little cayenne is an improvement.

METHOD—Mince and mix well together. Add 2 eggs and roll in shape of a long sausage. Tie very lightly in a cloth previously wetted and floured. Put in hot water and boil three hours. When quite cold glaze well over and serve. Make glaze with 1 dessertspoonful of gelatine dissolved in $\frac{1}{4}$ pint of water and a little browning; or if served hot roll in bread crumbs instead of glazing it.

BEEF LOAF.

(Mrs. F. Stockton.)

$1\frac{1}{2}$ lbs. minced beef, 2 eggs, 4 biscuits rolled fine, 2 tablespoons cream, 1 tablespoon butter. Season with salt and pepper, mix well, shape in loaf and bake in a slow oven, basting often.

BEEF LOAF.

(Mrs. G. J. Clark.)

1 lb. raw beef chopped fine, 1 teaspoonful onion juice, 1 tablespoon chopped parsley, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 2 tablespoons dripping, 1 egg. Put everything but the egg and dripping into a bowl.

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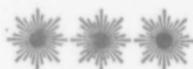
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Beat the egg enough to mix the yolk and white, pour it over the meat and mix the whole thoroughly together. Form into a roll about 6 inches long. Melt the dripping in a small baking pan, put the meat roll in and bake it in a hot oven 30 minutes. Baste every 10 minutes. Take it up on a hot dish and keep warm while making gravy.

GRAVY FOR BEEF LOAF.

(Mrs. G. J. Clark.)

Add 2 tablespoons flour to the fat in the pan and stir until smooth and frothy. Add 1 cup warm water or 1 cup of strained tomatoes and stir over fire until it thickens and boils. While stirring be sure to scrape all the brown stuff on the pan into the gravy. Season with $\frac{1}{2}$ teaspoon salt and a little pepper and pour over the meat, or serve from another dish.

VEAL LOAF.

(Miss E. Jessie Dancket.)

Chop $3\frac{1}{2}$ pounds of uncooked veal and $\frac{1}{2}$ pound of ham, add 1 cup of stale crumbs, 1 teaspoonful of salt, 1 of onion juice, $\frac{1}{2}$ teaspoonful of cloves, same of sage and pepper, and 2 well beaten eggs. Mix well together and form into a square loaf. Put it in a baking pan brush it over with egg, and bake in a slow oven for two hours, basting two or three times with melted butter. Serve cold, cut in thin slices.

VEAL DRESSING.

(Mrs. W. Bailey.)

2 oz. chopped suet, 4 oz. bread crumbs, 2 eggs, 2 tablespoons chopped parsley, 1 teaspoon chopped thyme, $\frac{1}{2}$ teaspoon pepper, 1 teaspoon salt, grated rind of 1 lemon. Put all ingredients into a basin and mix well.

CREAMED VEAL AND TOMATO SAUCE.

(Miss R. Petty.)

Take cold cooked veal, put through meat chopper, add parsley, pepper and salt, butter and bread crumbs. Put alternate layers of meat mixture and cream sauce made with egg, butter, milk and flour. Bake in oven 15 minutes, turn on platter and pour over it tomato sauce.

TOMATO SAUCE—Tomatoes cooked, strained, thickened with butter and flour.

KIDNEY AND BEEF STEAK PIE.

(Mrs. R. H. Linklater.)

2 lbs. round steak, beef kidney, 2 onions, salt and pepper. Cut the steak, kidney and onions in small pieces, mix in a bowl with the salt and pepper, put in the dish it is to be baked in and put a cup in the centre. Take a small tablespoonful of corn starch and mix with a little cold water; when smooth pour about 2 cups of boiling water on it, stirring all the time. Pour over the meat and cover with a good pie crust. When the crust is done it can be set on the back of the stove or any place where the meat can cook without burning crust.

FOR SPICING BEEF.

(Miss C. M. Alexander.)

12 dessertspoons salt, 4 dessertspoons pepper, 4 dessertspoons allspice, 2 dessertspoons saltpetre, 2 dessertspoons cloves. Mix into a paste with molasses, rub into each side of a round of beef and turn every day. A piece of 25 lbs. or so will take 3 weeks, while for 6 or 8 lbs. 10 days will do.

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The Men's Shop,

KING AND WALNUT STREETS

YORKSHIRE PUDDING FOR ROAST BEEF.

(Mrs. H. Paterson.)

8 ozs. flour, 1 pint milk, 2 eggs and pinch of salt. Put your flour into basin, add the eggs and half the milk; beat for about 5 minutes, then let stand. Allow about $\frac{1}{2}$ to $\frac{3}{4}$ hour to cook.

POP OVERS FOR ROAST BEEF.

(Mrs. Robbins.)

2 cups flour, 2 cups sweet milk, 2 eggs, 1 teaspoon salt, bake in patty pans in quick oven. Half of receipt makes 8 cakes.

BROWN GRAVY.

(Selected.)

Brown 1 tablespoonful butter, add 1 tablespoonful flour, brown again, then add gradually 1 cup water or stock, salt, pepper, onion juice and parsley.

TOMATO SAUCE.

(Miss Jennie Harvey.)

Melt 1 tablespoonful butter, add 1 tablespoonful flour, and gradually 1 cup strained tomatoes, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful sugar, $\frac{1}{4}$ teaspoonful white pepper, and 1 clove.

BOSTON FRY.

(Mrs. Connell.)

Prepare oysters in egg batter and fine cracker meal. Fry in batter over a slow fire for about 10 minutes. Cover the hollow of a hot platter with tomato sauce, place oysters in it, but not covering, garnished with chopped parsley sprinkled over the oysters.

FRENCH COOKED VEAL.

(Mrs. W. E. Gilroy.)

Put 3 lbs. of veal in a pan with a little butter, thyme, laurel, parsley and onion. Let them cook very slowly till quite brown. Thicken the gravy with some potato flour and milk. Into this gravy pour $\frac{1}{2}$ lb. of mushrooms that have been cooked in butter. Add pepper and salt and 10 tablespoons of cream. Pour this gravy sauce over the meat when serving.

A GOOD WAY OF GETTING THE MOST VALUE FROM THE THIN END OF SIRLOIN ROAST.

(Mrs. W. Iredale.)

Sever, where the fat is thickest, sprinkle with salt and put away for 2 or 3 days, turning the piece once or twice in the meantime. When wanted, wash off salt and place in pan with a piece of fresh, or salt cured pork, fat sides upwards. If fresh pork is used sprinkle with salt and dredge both pieces with flour. Put about a pint of water in pan, cover closely and place in hot oven to sear and brown fat part, for about 20 minutes, then draw pan to a simmering heat until meat is quite tender. Roasted potatoes and well cooked Lima beans (as a substitute for English broad beans), covered with parsley sauce is a nice accompaniment and makes an appetizing little dish.

ROAST CHICKEN.

(Mrs. Walter Iredale.)

Bread crumbs, $\frac{1}{2}$ cup finely chopped fresh suet, salt, pepper, $\frac{1}{4}$ lemon peel grated, well mixed and moistened with small egg makes a good stuffing. Place pieces of fat pork over breast, legs and wings, or smear thickly with drippings from roast pork or fried salt-cured bacon. Tie paper or muslin over parts, being especially careful with the legs, as they dry and scourage so quickly. Baste frequently while cooking. When the

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bird is about half done, reverse, having breast down and back upwards so that the juices from dressing will moisten and flavor breast part. Roast chicken never tastes its best if not served with bread sauce in the English way, as under.

BREAD SAUCE—Peel and quarter 1 onion and simmer in 1 pint of milk until tender. Break $\frac{1}{4}$ lb. crumb part from stale loaf into saucepan, strain milk over and allow to stand in hot place (do not boil), for 1 hour, then add small piece butter, dash cayenne pepper, salt and beat until light with fork. A little cream added last thing is a great improvement.

Pickles and Relishes.

FRENCH PICKLE.

(Miss Grace Chadwick.)

1 small head cabbage, 4 quarts green tomatoes, 1 quart onions, 1 quart cucumbers, 4 only green peppers, all chopped fine. Sprinkle with salt, let stand over night; in the morning scald in brine, then drain off. Put in kettle with quart of vinegar, 1 small cup mustard, 1 small cup flour, 1 small cup granulated sugar, and a little turmeric. Heat through and bottle.

FRENCH MUSTARD PICKLES.

(Mrs. John McArthur.)

24 medium sized cucumbers, 1 quart small onions, 2 cauliflower, 2 quarts green tomatoes. Cut these in small pieces and put in salt and water over night. In the morning scald in the same water and drain well. Mix following:—3 quarts vinegar, 4 cups sugar, 4 teaspoons celery seed, $\frac{1}{2}$ lb. mustard, $\frac{1}{2}$ oz. turmeric, $\frac{1}{4}$ cup flour. Put vinegar, sugar and celery seed on stove, when boiling add flour, mustard and turmeric, which has been dissolved in a little water. Boil till thick, pour over pickles and let stand.

PICKLED BEANS.

(Mrs. Tulk.)

3 quarts beans prepared as for table use. Then take $1\frac{1}{4}$ cups granulated sugar, $\frac{1}{2}$ cup mustard, $\frac{1}{2}$ cup of flour, $\frac{1}{2}$ tablespoonful of turmeric, 1 tablespoon of celery seed, 1 quart vinegar. Boil until thick and pour over beans after draining them dry.

MUSTARD BEANS.

(Miss E. Jessie Dancket.)

Half peck butter beans cut small. Boil half an hour in salt water and then drain. Boil together $1\frac{3}{4}$ lbs. brown sugar and $1\frac{1}{2}$ pints vinegar. While boiling add $\frac{1}{2}$ cup mustard, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ tablespoon each of celery seed and turmeric, mixed to a batter with water. Cook five minutes, add beans and let them come to the boil.

RAW SAUCE.

(Miss Duff.)

1 peck ripe tomatoes, 12 onions, 4 bunches of celery, 4 red peppers, 2 small cups of salt, 2 of sugar, 4 tablespoonfuls of cinnamon, 2 of cloves, 2 of black pepper, 1 of allspice, $\frac{1}{2}$ teaspoonful of cayenne pepper, $1\frac{1}{2}$ qts. vinegar. Chop the onions, celery and peppers fine, add the tomatoes, chop rather coarse, then add the spices, etc., and lastly the vinegar. No cooking required. Put in a jar.

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WHOLE TOMATO PICKLES

(Mrs. F. S. Frost.)

Take small green tomatoes, pare and sprinkle salt over them and let stand for a while, then cover with vinegar and water and let stand over night. Then boil in the vinegar and water until soft. Drain and make a rich sweet spiced pickle with horseradish added and pour over them. Very fine.

CHILI SAUCE.

(Mrs. Ewing.)

1 peck tomatoes, 4 heads celery (chopped fine), 4 onions (chopped fine), 3 cups vinegar, 3 cups brown sugar, $\frac{1}{2}$ cup salt, $\frac{1}{4}$ lb. mixed spice (whole). Put spice in a bag and boil all together 2 hours.

CHILI SAUCE.

(Miss Jessie E. Towers.)

12 large tomatoes, 1 onion, 3 green peppers, 1 teaspoon ground cinnamon, 1 teaspoon ground cloves, 1 nutmeg, 1 teaspoon salt, 1 teaspoon ginger, 1 cup brown sugar, 1 cup vinegar. Boil two hours.

INDIA SAUCE.

(Miss Jessie E. Towers.)

12 tomatoes, 12 apples, 2 pounds sugar, 6 onions, salt, small half gallon vinegar, 1 large green pepper. Boil one hour, then strain through sieve. Add 1 ounce ground ginger and the sugar; boil $\frac{1}{2}$ hour more.

INDIAN RELISH.

(Mrs. James Clark.)

1 doz. large cucumbers, 7 large onions, $\frac{1}{2}$ head cabbage. Chop fine and salt; let stand over night and drain off. 2 quarts of vinegar, 2 tablespoons mustard seed, 2 tablespoons celery seed, $\frac{1}{2}$ lb. of mustard, 1 lb. brown sugar, 2 large red peppers, 1 teaspoonful turmeric powder, 2 doz. small pickle cucumbers, 1 pint small onions. Let all come to a boil and pour over chopped cucumbers, onions and cabbage.

CHOW-CHOW. (Excellent.)

(Miss Jessie E. Towers.)

1 pint large cucumbers cut fine, 1 pint small cucumbers whole, 1 pint large onions cut fine, 1 pint small onions whole, 1 cauliflower cut up, 3 green peppers cut up. Put all into hot brine into separate dishes and let stand over night. Drain, then add 2 cups white sugar, 1 quart vinegar, $\frac{1}{2}$ lb. mustard seed, $\frac{1}{4}$ oz. celery seed. Let this come to scald. Make paste of $\frac{1}{2}$ cup flour, $\frac{1}{4}$ lb. mustard ground, $\frac{1}{2}$ teaspoon turmeric, make wet with vinegar. Stir into the pickles and heat all well together. Bottle when cold.

GRAPE CATSUP.

(Mrs. Alf. Davidson.)

5 lbs. grapes (pick from stems), boil and press through a sieve; 2 lbs. sugar, 1 pint vinegar, -1 tablespoon each of ground cinnamon, cloves, all-spice, $\frac{1}{2}$ tablespoon salt, a little cayenne pepper. Boil until a little thick. Bottle while hot and seal.

MUSTARD PICKLE DRESSING.

(Mrs. F. S. Frost.)

1 quart of vinegar, 1 large teacup of mustard, $1\frac{1}{2}$ cups of either brown or white sugar, $\frac{1}{2}$ cup of flour, 1 tablespoon of turmeric, celery seed a little. -I use little cucumbers, onions and cauliflower. Scald in salt water, drain, and let stand two or three hours.

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MUSTARD DRESSING.

(Mrs. James Clark.)

4 cups brown sugar, $2\frac{1}{2}$ cups mustard, 1 cup flour, 1 dessertspoon curry powder, $1\frac{1}{2}$ teaspoonfuls turmeric, 3 quarts vinegar. Boil all together and pour boiling hot over pickles.

TO PREPARE THE PICKLES—Before you put the dressing on, make a boiling brine that will float a potato and pour over pickles, let stand 24 hours, drain off and pour over boiling vinegar and water, half of each. Let stand 24 hours, drain, then put over your mustard dressing.

FRENCH MUSTARD.

(Miss Duff.)

12 large tomatoes, 6 sour apples, 6 onions, cook and put through a sieve, then add 1 pint of vinegar, 3 tablespoonfuls of salt, $4\frac{1}{2}$ cups of coffee sugar, $\frac{1}{4}$ of a lb. of Keen's mustard. Add the mustard last, like a thickening, mixing it smooth with part of the vinegar.

CELERY PICKLE.

(Mrs. W. Urry.)

Cut 1 doz. heads of celery small. Let stand in salt and water 24 hours, then drain. 1 gal. vinegar, $\frac{1}{2}$ teaspoon cayenne pepper, 2 lbs. granulated sugar. Mustard to thicken. Mix the above and boil ten minutes. Add celery.

TOMATO CATSUP THAT WILL NOT SOUR.

(Parke & Parke.)

Cut up one bushel of clean ripe tomatoes and add two pints of vinegar, 1 cupful of salt, 8 large onions (sugar if desired), and stew for 2 hours, then strain or pass through a fine sieve. Mix a little cold water with $\frac{1}{2}$ cup of corn starch or flour and add to the strained tomatoes. Simmer for 2 or 3 hours, or until it is of a suitable thickness, and lastly add a bottle of Parke's Catsup Flavor. Mix thoroughly, bottle and cork tightly while still hot.

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DELICIOUS TASTY MIXED PICKLES.

(Parke & Parke.)

Add a 25 cent package of Parke's Pickle Mixture to a gallon of vinegar, boil 15 minutes, and pour over the pickles. The pickles will be a lovely color, will keep well and are very tasty. Sugar may be added to sweeten if desired.

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MUSTARD PICKLES.

(Mrs. A. H. Mawson.)

1 quart small cucumbers left whole, 1 quart small onions left whole, 6 large cucumbers peeled and chopped fine, 1 quart large onions chopped fine, 1 large cauliflower, break off flowers in small pieces and chop the solid part, 6 green and 6 red peppers chopped fine. Put onions in separate dish and cover with brine, about 1 cup of salt will do. Let stand over night, drain and put all together. Do not add peppers till morning, and add to the mixture. Add to the mixture 5 cups brown sugar, $\frac{1}{2}$ gallon vinegar, let stand and cook 15 minutes, then add $\frac{1}{4}$ oz. mustard seed, $\frac{1}{4}$ oz. celery seed, $\frac{1}{4}$ cup flour, $\frac{1}{4}$ lb. tin of mustard, 1 oz. turmeric. Mix these with cold vinegar and add to the mixture and cook fifteen minutes more.

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Salads.

SALADS

(Miss Louise Reid.)

1. Small or French peas, celery, English walnuts, lightly mixed with mayonnaise dressing on lettuce.
2. Apples scooped out and filled with chopped celery, chopped apple, Malaga grapes, nuts and dressing.
3. Tomatoes scooped out and filled with chopped apple, celery, nuts and dressing.
4. Cooked kidney beans, chopped walnuts, cubed celery and mayonnaise dressing.

POTATO SALAD.

(Mrs. Stockton.)

1 quart potatoes boiled in their skins, peel and cut in dice; 3 cucumbers, 1 bunch celery, 2 onions. Salt and mix with good salad dressing.

NUT SALAD.

(Mrs. Oldfield.)

4 cups of chopped apples, 1 cup of chopped English walnuts, 1 small cup of chopped celery. Mix all together and mix with salad dressing.

TOMATO JELLY SALAD.

(Mrs. F. S. Frost.)

Soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup of cold water, cook 1 quart of tomatoes, $\frac{1}{2}$ an onion, bay leaf, 2 cloves, teaspoon salt and dash of cayenne pepper. Add 2 teaspoons vinegar or cider and the gelatine. Stir until dissolved. Strain and pour into small moulds. Turn out on lettuce leaf and serve with mayonnaise dressing. A handsome dish for a Christmas dinner.

BANANA SALAD.

(Mrs. S. H. Alexander.)

Place on a lettuce leaf half of a large banana which has been rolled in chopped walnuts, put a dessert-spoonful of salad dressing on, then sprinkle with chopped walnuts.

SALAD DRESSING.

(Mrs. W. D. Muir.)

1 egg, 1 cup milk, 2 tablespoons butter, 1 tablespoon flour, 2 tablespoons sugar, 1 teaspoon salt, 1 teaspoon mustard, $\frac{1}{2}$ cup vinegar. Mix flour and butter, mix sugar, salt and mustard, then mix together and add milk and eggs, and lastly vinegar. Set in dish of hot water and stir till it thickens.

SALAD DRESSING.

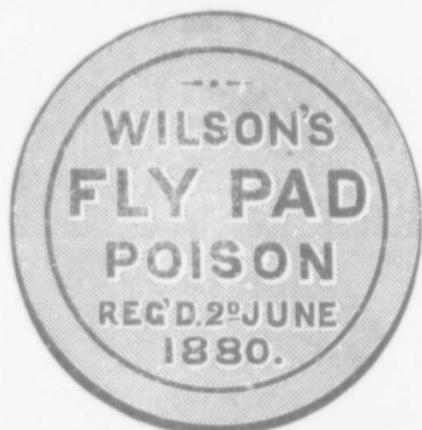
(Miss Emma Bale.)

Yolks of 5 eggs, 3 tablespoonfuls of sugar, 1 teaspoonful mustard, $\frac{1}{2}$ cup vinegar, small half teaspoon of salt. Beat all together and stir in slowly $\frac{1}{4}$ pint of cream and cook in double boiler until it thickens. Will keep for a month in a cool place.

CREAM SALAD FOR DRESSING.

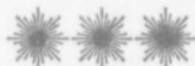
(Mrs. Steward.)

$\frac{1}{2}$ tablespoon salt, $\frac{1}{2}$ tablespoon mustard, $1\frac{1}{2}$ tablespoon sugar, $2\frac{1}{2}$ tablespoons butter, 1 beaten egg, $\frac{3}{4}$ cup cream, $\frac{1}{4}$ cup vinegar. Mix in order given and cook.



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SALAD DRESSING WITHOUT VINEGAR.

(Mrs. H. E. Palmer.)

$\frac{1}{2}$ tablespoon flour, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon mustard, level tablespoon butter, $\frac{1}{4}$ teaspoon salt, pinch pepper, 1 egg, juice 1 lemon. Heat above until well mixed. Mix with milk before using.

MAYONNAISE.

(Miss C. M. Alexander.)

Beat together in a cold bowl the yolks of two eggs, a teaspoonful of dry mustard, and a pinch of salt. Add also a dash of cayenne pepper. Set the bowl into a pan of ice and add very slowly a cupful of good olive oil, stirring constantly. The oil must be added drop by drop at first and later on a teaspoonful or more can be put in at a time. When the dressing is smooth and thick, add lemon juice to taste. If too thick it may be thinned with cream. The mustard may be omitted.

DATE AND ALMOND SALAD.

(Mrs. W. E. Gilroy.)

1 pound of dates, 2 dozen almonds, 2 tablespoons of grated cocoanut, 1 lemon, a bunch of parsley. Cut dates in small pieces, blanch and brown the almonds, chop fine and add to dates, mix with boiled dressing and put in a heap on the serving dish. Sprinkle with grated cocoanut and garnish with sprigs of parsley and lemon cut in slices, then in eights.

FRUIT SALAD.

(Mrs. Chas. Duff.)

4 large naval oranges, 3 large bananas, 1 lb. Malaga grapes, 1 quart jar canned pineapples. Divide oranges into sections and break each section into three or four pieces. Cut bananas into cubes. Add jar of pineapple, all but juice; make dressing. Juice of one lemon, 1 cup granulated sugar, 1 cup water, 1 small teaspoon cornstarch, mixed with a little water. After boiling for five minutes, add juice of pineapple. When cold, pour over the fruit; mix gently. Add whipped cream if desired when serving.

Entrees.

FRITTERS.

(Mrs. F. S. Frost.)

1 cup of flour, 1 cup of boiling water, $\frac{1}{2}$ teaspoon salt. Pour the water on flour and stand until cool. Then add whites and yolks of two eggs beaten separately and fry in hot lard. Serve hot.

TOMATO SAVORY.

(Mrs. H. Naghtali.)

1 cup cooked tomatoes, 1 egg, $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter, 2 teaspoons sugar, $\frac{1}{4}$ teaspoon mustard, 2 tablespoons grated cheese, speck pepper. (Level measurements). Method—Mix salt, pepper, sugar and mustard in top part of a double boiler; add tomatoes, butter and cheese, and heat. Beat the egg until very light, stir into it the hot mixture. Return to the double boiler and cook, stirring constantly until it thickens. Pour over pieces of hot toast.

STUFFED GREEN PEPPERS.

(Mrs. W. E. Gilroy.)

Remove seeds from the peppers and fill with the following mixture: 3 tomatoes, 5 tablespoons grated cheese, 5 tablespoons cracker crumbs, 5 tablespoons chopped steak. Season; when filled, bake peppers one hour in a pan with a little water in it.

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BAKED BEANS.

(Margaret Martin).

2 cups of white pea beans, 2 teaspoons sugar, 1 tablespoon salt, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{2}$ lb. of salt pork, $\frac{1}{8}$ teaspoon pepper, 1 tablespoonful molasses. Soak the beans, drain, rinse in cold water and put on to simmer in enough cold water to cover well. Wash off the pork, score the rind and put it on to simmer with the beans. Simmer until the bean skins crack when blown upon (1 or 2 hours). Drain the water off. Put bean into bean-pot with pork in the middle, showing only the rind. Mix the mustard, sugar, pepper, salt and molasses in a cup. Add boiling water. Mix well and pour over the beans. Add enough more boiling water just to cover the beans. Cover the pot closely and bake for 10 hours or more in slow oven. Keep water just to the top of the beans all the time and never have the oven so hot that water bubbles.

MOLDED EGGS.

(Mrs. C. Naphtali).

Butter molds, slip an egg into each, being careful not to break the yolk. Sprinkle with salt and pepper and place a tiny piece of butter on top of each. Place molds in a pan of hot water and cook in a moderate oven until set (about 10 minutes). Turn on to pieces of buttered toast.

LUNCHEON EGGS .

(Mrs. J. E. P. Aldous).

Hard boiled eggs (hot) with cheese sauce. A white sauce with grated cheese stirred in poured over the eggs.

FLUFFED EGG.

(Mrs. W. E. Gilroy).

Beat stiff the white of an egg and add salt. Place in a buttered saucer putting in the centre a piece of butter and the unbroken yolk on top. Set the saucer in a pan of boiling water and cook three minutes.

BAKED OMELET.

(Mrs. C. Naphtali).

4 eggs, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ cups milk, 2 tablespoons flour, speck pepper, butter. (Level measurement). Method.—Separate the eggs, beat the egg yolks. Mix the flour with an equal quantity of the milk until perfectly smooth. Thin down with a little more of the milk. Add flour mixture with all remaining milk, remaining milk to the egg yolks with salt and pepper. Beat egg whites until stiff and fold into the mixture. Grease sides and bottom of frying pan with butter, when hot pour in mixture. Bake in a moderate oven until nicely browned (about 20 minutes). Fold double, turn on to a hot platter. Serve at once.

HAM OMELET.

(Mrs. S. H. Alexander).

Mince fine a piece of cooked ham. Prepare eggs as for omelet. Put two tablespoonful in hot buttered frying pan. When browned a little, put heaping teaspoonful chopped ham on top and fold over omelet. Cook about two minutes. Serve immediately.

FRENCH OMELET.

(Mrs. C. Naphtali).

Four eggs, $\frac{1}{2}$ teaspoon salt, 4 tablespoons water, 1 tablespoon butter, speck pepper. (Level measurements). Method—Beat eggs lightly, just enough to mix yolk and white, add water, salt and pepper. Melt butter in a hot omelet pan without letting it brown. Turn in the eggs. Shake pan gently, and as the eggs thicken, lift it lightly with a fork or knife

letting the uncooked part run underneath. When creamy all through, roll it up and roll on to a hot platter. Serve at once. French omelet may also have spread on it before it is folded a little grated cheese.

POTATOES AU' GRATIN.

(Mrs. F. S. Frost.)

Cook potatoes, cool and slice them. Make a white sauce, and for every 2 cups of cold dried potatoes take 1 cup milk, 2 tablespoons butter, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ of pepper. Put a layer of potatoes, sprinkle with pepper and salt and grated cheese, then a layer of white sauce, and so on until the dish is full. Buttered cracker crumbs on top. Bake about half an hour. Very fine.

CAULIFLOWER AU GRATIN.

(Mrs. J. E. P. Aldous.)

Cauliflower cooked till tender, put in baking dish covered with white sauce and sprinkled thickly with grated cheese. Set in oven till cheese is melted.

ASPARAGUS WITH EGGS.

(Mrs. J. E. P. Aldous.)

Asparagus cut in inch length pieces, boiled till tender. Put in baking dish, add generous supply of butter (about 1 tablespoon to a bunch of asparagus). Allow 2 or 3 eggs to a bunch of asparagus, beat eggs and pour over asparagus. Set in oven till egg is set.

RICE GRIDDLE CAKES.

(Mrs. Parry.)

Boil 1 cup rice, beat together 3 eggs, adding 3 cups milk with the rice and sift into this half cup flour, to which pinch of salt and baking powder has been added. Fry and serve at once.

POTATO CAKES.

(Mrs. C. Naphtali.)

1 lb. dry floury potatoes, 1 lb. flour, 2 oz. lard, 2 oz. dripping, 1 egg, 1 good teaspoonful baking powder, a good pinch of salt; little warm milk. Method—Cook the potatoes and mash; rub the lard and dripping lightly in flour. Add potato baking powder and salt, stir in egg and enough milk to form a smooth paste. Roll out to about an inch thickness and cut into rounds or squares. Place in a greased tin and bake in a moderate oven, turning often that both sides may be equally browned. Split, butter liberally and serve at once.

RICE POTATO CAKES.

(Miss Jessie E. Towers.)

One cupful boiled rice, stiff and cold, one cupful cold mashed potatoes, one egg, one-third cupful flour, one level teaspoonful baking powder, salt to taste. Drop from spoon on pan and fry as pancakes. Make batter stiff as possible.

BREAD GRIDDLE CAKES.

(Mrs. C. Naphtali.)

$1\frac{1}{2}$ cup stale bread crumbs, $1\frac{1}{2}$ cup scalded milk, $\frac{1}{2}$ cup flour, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, 2 eggs, $3\frac{1}{2}$ teaspoons baking powder. (Level measurements). Method—Add milk and butter to crumbs and soak until crumbs are soft and partly cooled. Add beaten eggs, then sift in flour, salt and baking powder. Drop off spoon on to a slightly greased hot pan until puffed full of bubbles and cooked on the edges. Turn and brown the other side. Serve hot with butter and sugar or hot syrup.

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LEFT OVER DISH.

(Mrs. Connell).

One cupful of cold corn or peas, two of potatoes mashed, one egg and enough fine bread or cracker crumbs to mix into little flat cakes. Fry in hot butter or dripping. Salt and pepper to taste.

POTATO AND CHEESE BALLS.

(Mrs. C. Naphtali).

2 cups hot cooked potatoes, cayenne, 2 tablespoons butter, $\frac{1}{2}$ cup grated cheese, 1 tablespoon milk, $\frac{1}{2}$ teaspoon salt, 1 yolk of egg or $\frac{1}{2}$ an egg. (Level measurements). Method.—Cook potatoes and mash. Add all the other ingredients and beat thoroughly. Form into balls, roll in a little flour, then in the egg slightly beaten, with a very little cold water; then in dried bread crumbs. Fry in deep hot fat. Drain on crumpled paper. Serve piled on a folded napkin.

A GOOD CHEESE DISH.

(Miss E. Jessie Dancket).

A delicious supper dish is made from one 6 cent loaf of baker's bread with a half pound of good cheese (about the strength of that used in making Welsh rarebit). Cut off the hard crusts, slice and butter, laying slices loosely in the baking dish with alternate layers of cheese, cut in thin slices. Beat one egg and add a quart of milk with a pinch of salt. Pour this mixture over bread and cheese and let it soak until every slice is moistened. Sprinkle small pieces of cheese on top. Bake 35 to 45 minutes until brown on top. Serve on hot plates.

BAKED MACARONI WITH EGGS AND CHEESE.

(Bessie Godard).

4 hard boiled eggs, 4 ozs. macaroni, 1 tablespoon butter (heaping), 2 tablespoons grated cheese, $\frac{1}{2}$ cup white sauce, and a little salt and pepper. Put macaroni in a pan of boiling water and cook until tender, then drain. Thickly butter a fireproof dish, put a layer of macaroni, then one of slices of hard-boiled egg; dust with a little salt and pepper. Next, another layer of macaroni, then more slices of egg, and so on until the dish is full, ending with macaroni. Pour over white sauce and sprinkle cheese on top. Put butter in little lumps on top. Bake in quick oven ten minutes.

MACARONI AND CHEESE.

(Selected.)

Cook half a cup of macaroni broken in short pieces, in boiling water until tender. Drain, then put layer of macaroni, then cheese cut in thin slices. Make a sauce of two tablespoonsful each of butter and flour, one-fourth teaspoonful of salt and a cup of rich milk. When sauce has boiled, pour over macaroni and cheese and steam twenty minutes. Tomatoes may be used in place of cheese in above dish.

CHEESE CUSTARD.

(Miss Louise Reid.)

2 cups milk, 2 eggs, 1 cup grated cheese, 1 cup fine bread crumbs, salt and pepper. Bake in oven one hour. In small dishes, three-quarters of an hour. This serves six or seven people.

FRENCH TOAST.

(Bessie Godard).

Beat up egg and add to this sufficient milk to soften as many slices of bread as you require. Fry in butter.

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Desserts.

SHORT CRUST FOR PIES.

(Miss Mary Morton).

1 lb. flour, $\frac{3}{4}$ lb. lard, 1 good tablespoon butter, 1 good teaspoon baking powder, 1 dessertspoon salt. About $\frac{1}{2}$ cup cold water. Sift the flour, baking powder and salt into a bowl; mix in lightly with the finger tips, first the lard then the butter. Then add water gradually, using a knife, and mix to a stiff dough. Then roll out and bake in a hot oven. All the ingredients should be kept as cold as possible before baking. Above quantity makes three pies.

PIE CRUST.

(Miss N. Marshall)

Rub together until of an even color $\frac{1}{2}$ pound flour and $\frac{1}{4}$ pound butter; then add first, enough cold water to make it merely hold together. Roll out and use.

RHUBARB PIE.

(Miss Grace Chadwick)

Pour boiling water over 2 teacups chopped rhubarb. Drain off water after 4 or 5 minutes and mix with rhubarb 2 table-spoonsful sugar, yolk of one egg, piece of butter, tablespoon flour, moistening whole with three table-spoons water. Bake with lower crust only. Beat white of egg with sugar, and brown.

MINCEMEAT.

(Miss Louise Reid).

$1\frac{1}{2}$ lbs. chopped ^{lean} ~~meat~~ ~~minced~~ apples, 2 lbs. stoned raisins, ^{1 lb} currants, $\frac{1}{2}$ lb. suet, $1\frac{1}{2}$ lbs. brown sugar, 1 dozen large tart apples, mixed peel, cinnamon and nutmeg, 1 lemon, juice and rind, 1 orange, juice and rind, 4 teaspoons salt, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon allspice. Add cider or fruit juice to moisten.

MINCEMEAT.

(Mrs. F. Stockton).

$1\frac{1}{2}$ lbs. chopped suet, $\frac{1}{2}$ peck chopped apples, 2 lbs. stoned raisins, 3 lbs. currants, 6 cups brown sugar, juice of 3 lemons, 2 grated nutmegs, 1 teaspoon each of cloves, cinnamon and allspice (or more if fond of spices), 1 lb. mixed peel and about a cup of brandy or sweet cider. Water will do if going to use at once, but brandy is best to keep it.

MINCEMEAT.

(Mrs. Wm. Bailey).

$1\frac{1}{2}$ lbs. chopped suet, 2 lbs. chopped valencia raisins, 2 lbs. chopped sultana raisins, 2 lbs. brown sugar, 2 lbs. currants, $\frac{1}{2}$ lb. citron peel, $\frac{1}{2}$ lb. candied lemon peel, $\frac{1}{2}$ lb. orange peel, 1 nutmeg, 2 teaspoons mixed spice, 1 teaspoon salt, 4 oz. sweet almonds, $\frac{1}{2}$ pint brandy and $\frac{1}{2}$ pint sherry.

CREAM PUFFS.

(Miss Jessie E. Towers).

1 cup hot water, $\frac{1}{2}$ cup butter, boil together. While boiling, stir in one cup flour. Take from stove and stir to a smooth paste. After this is cold stir in three eggs. (Do not beat before stirring in). Beat five minutes, drop on buttered pans and bake twenty-five minutes in hot oven. Divide into a bout twelve puffs. Cream filling—1 cup milk, $\frac{1}{2}$ cup sugar, 1 egg, 1 tablespoon flour, flavor to taste; boil till cream is thick.

PLAIN CUSTARD.

(Miss Merton)

Take three cups milk and bring just to the boil. Have two well beaten eggs, and pour the hot milk slowly into beaten eggs, stirring well. Add two tablespoons sugar, and flavoring to taste. Bake in a cool oven about twenty minutes or set custard in steamer and cook slowly until it sets. The water in steamer must not be more than just boiling. Cover custard while steaming to keep out the moisture.

RICE PUDDING.

(Mrs. F. S. Frost).

$\frac{1}{2}$ cup of rice swelled in $1\frac{1}{2}$ cups water. Boil in 1 pint of milk with 1 teaspoon salt. Beat the yolks of 2 eggs and add 4 tablespoons sugar. When rice is boiled stir in egg and sugar and set away to cool. Beat whites of the eggs to a stiff froth, add 5 tablespoons sugar; spread over pudding and set in oven to brown. Flavoring to taste.

TAPIOCA CREAM.

(Mrs. Ewing).

2 cups milk, 2 tablespoons minute tapioca, $\frac{1}{2}$ cup sugar, 2 eggs, pinch of salt. Cook milk, tapioca and sugar for about 10 minutes in double boiler. Add beaten yolks of eggs and pinch of salt, then add whites beaten stiff. When cool, pour over canned peaches cut in small pieces. Serve with cream.

(Miss C. M. Alexander).

Tapioca cooked in water with orange peel and combined with a little of any "left over" jam, is delicious and wholesome.

SAGO PUDDING.

(Miss C. M. Alexander).

Boil 1 cup sago in 1 quart of water until clear; stir in $\frac{1}{2}$ tumbler strawberry jam, 1 cup canned orange peel, some sugar, if not sweet enough to the taste. Cook a little longer, either in double boiler or in baking dish in the oven.

Cottage pudding with a cupful of mince-meat is a nice variation.

SAGO PUDDING WITH PRESERVED GINGER.

(Miss C. M. Alexander).

Cook sago in milk in the double boiler, 1 cup to a quart. When fully swelled, beat 1 egg with a scant cup of sugar and add to the pudding with a few roots—not more than two or three—of preserved ginger cut in small pieces. Let the whole cook 15 minutes and serve hot, with cream.

LEMON PIE.

(Miss Mary Merton)

Take one good tablespoon prepared corn, wet with a little cold water; add the grated rind and juice of one lemon, one cup sugar, and the yolk of two beaten eggs, mix and add one cup of boiling water. Cook the mixture in double boiler and stir continually till it thickens. Have the pie crust baked, then fill with the jelly. Beat whites of the eggs to a stiff froth, and gradually beat into them one tablespoonful of powdered sugar. Cover pie with this, and brown slowly.

LEMON TARTS.

(Mrs. J. E. P. Aldous).

Line small patty pans with a puff paste and fill with following mixture: $\frac{1}{2}$ cup butter, 1 cup granulated sugar, 3 eggs, juice and rind of 1 lemon, 2 tablespoons brandy, nutmeg to taste. Beat yolks into creamed

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butter and sugar, add lemon, spice, brandy and whites. Bake in a steady oven and eat cold.

LEMON RAISIN PIE.

(Mrs. Connell.)

One cup of chopped raisins, seeded, the juice and grated rind of one lemon, one cupful cold water, one tablespoon of flour, one cupful sugar, two tablespoonful butter. Stir lightly together and bake with upper and under crust.

LEMON FILLING FOR TARTS.

(Miss Wheeler.)

Ingredients—Two lemons, two cups granulated sugar, two eggs, dessertspoonful butter, tablespoonful cornstarch or arrowroot, pinch salt, teaspoonful vanilla, pint water. Grate lemon peel, squeeze juice; put into granite saucepan with beaten eggs, sugar, butter and water; bring to boil, stirring occasionally. Mix cornstarch with a little water, and cook until it thickens. Add salt and vanilla.

PUMPKIN PIE.

(Selected.)

2 teacups boiled pumpkin, $\frac{3}{4}$ teacup brown sugar, 3 eggs, 2 table-spoons molasses, 1 scant tablespoon ginger, 1 teaspoonful cinnamon, 2 tablespoonful melted butter, 2 teacups milk and a little salt. Makes two pies.

PINEAPPLE FILLING FOR PIE.

(Miss Emma Bale.)

One pineapple grated and cooked with one cup of sugar and a little water until soft, 2 tablespoons cornstarch, butter size of a walnut, salt. Pour on boiling water until it thickens. After it cools a little, beat 3 eggs with 1 cup sugar and add to the mixture. Lastly put in pineapple and stir all together. Enough for 3 pies. Put meringue on top same as for lemon pie.

CARROT PIE.

(Miss C. Bees.)

1 cup cooked carrots mashed fine, $\frac{1}{2}$ cup sugar, 2 eggs, 1 pint milk, 2 tablespoons syrup, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon. Better than pumpkin.

COCOANUT FILLING FOR PIE.

(Miss Emma Bale.)

^{2 eggs} 1 cup cocoanut, enough milk for shallow pie, sweeten to taste. Better if cocoanut and milk are soaked together a short time before putting in the crust. Bake slowly.

COCOANUT CREAM FILLING FOR PIE.

(Miss N. Marshall.)

Mix together 3 ounces sugar, 2 ounces flour and 2 eggs. When smooth, add gradually 1 pint milk. Cook in double boiler until thickened, stirring constantly. Afterwards adding 2 tablespoonful grated cocoanut and flavor with vanilla.

PUDDINGS

COTTAGE PUDDING.

(Mrs. S. M. Alexander.)

2 tablespoons butter, melted, 1 cup sugar, 3 small cups flour, 1 cup milk, 1 egg, 3 teaspoons baking powder.

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ORANGE COTTAGE PUDDING.

(Miss S. M. Alexander)

An ordinary cottage pudding mixture with 1 cup of orange peel and juice, instead of milk for liquid.

WENTWORTH PUDDING.

(Mrs. T. Giles.)

1 cup flour, $\frac{1}{2}$ cup sugar, 2 ozs. butter, 1 teaspoonful baking powder, 1 egg, a little milk. Butter a basin, and put in the bottom a little jam or syrup. Pour on the mixture and steam $1\frac{1}{2}$ hours.

SUET PUDDING.

(Mrs. F. S. Frost.)

1 cup molasses, 1 cup suet, chopped fine, 1 cup sweet milk, $2\frac{1}{2}$ cups of flour, 1 teaspoon salt, 1 cup chopped raisins, $\frac{1}{2}$ cup currants and 1 use some chopped figs. Mix well and spice to taste and steam 2 hours or more.

SUET PUDDING.

(Mrs. Fred Chadwick.)

1 cup flour, $\frac{3}{4}$ cup suet, 1 cup brown sugar, 1 teaspoonful of baking powder, $\frac{3}{4}$ cup currants, a pinch salt, cinnamon. Mix with milk and bake $\frac{3}{4}$ of an hour.

STEAMED PUDDING.

(Miss Mary Morton.)

Sift together one cup flour, 2 teaspoons baking powder, add 1 cup chopped suet, 2 eggs, 2 large apples, cored and sliced, milk to make a soft batter (about $\frac{1}{2}$ cup), $\frac{1}{2}$ cup sugar. Beat well together and put into buttered bowl and steam for 2 hours.

BREAD AND FRUIT PUDDING.

(Miss Connell.)

1 pint bread crumbs, 1 pint milk, yolks 3 eggs. Bake in oven short time till becomes stiff, then place preserves over this and beat the whites of the eggs to a froth and lay over this again. Sprinkle white sugar on the top and allow to brown in the oven for a few minutes.

FRUIT BATTER PUDDING.

(Mrs. F. Stockton.)

Fill a pudding dish half full of fruit, heat very hot in oven and pour over it a batter made of 1 tablespoon butter, 1 egg, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup sweet milk, 1 cup flour, 1 teaspoon baking powder. Bake in moderate oven about half an hour.

APPLE BATTER PUDDING.

(Mrs. S. H. Alexander.)

Butter, size of egg, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoon soda, flour enough to make a stiff batter. Fill dish with apples or rhubarb, covered with sugar. Serve with sauce.

BAKEWELL PUDDING.

(Mrs. J. A. Chadwick.)

Line a dish with good short paste, spread a layer of raspberry jam, make a custard of 2 ounces of butter beaten to a cream, 1 egg beaten, 4 tablespoonfuls flour, 2 of sugar, and the same of milk, $\frac{1}{2}$ teaspoonful baking powder. Mix well together, pour over the jam, and bake in a moderately hot oven. May be eaten hot or cold.

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HONEY COMB PUDDING.

(Selected.)

$\frac{1}{2}$ cup rolled crackers, $\frac{1}{2}$ cup sour milk, beat all well together, add 3 eggs well beaten into a cup of molasses, stir in teaspoon soda until it foams. Bake slowly $\frac{1}{2}$ hour and serve with sauce not too sweet.

CHOCOLATE BREAD PUDDING.

(Bessie Godard.)

2 cups bread crumbs, 4 cups scalded milk, $\frac{3}{4}$ cup sugar, 2 eggs, 2 squares chocolate, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla. Soak crumbs in milk for half an hour. Melt the chocolate. Add to chocolate half of the sugar and enough milk taken from the bread and milk to make of a consistency to pour. Add to the bread and milk, chocolate, remaining sugar, salt, vanilla and eggs slightly beaten. Put in buttered pan and stand pan in a dish of hot water and cook for one hour in moderate oven or until firm.

SERVE WITH THIS SAUCE—Cream $\frac{1}{4}$ cup of butter, then gradually add $\frac{1}{2}$ cup sugar, 2 teaspoons milk and $\frac{1}{2}$ teaspoon vanilla. This needs to be creamed well and makes a delicious sauce for other plain puddings.

MARMALADE PUDDING.

(Mrs. A. H. Chadwick.)

$\frac{1}{2}$ cup butter, 2 eggs, $\frac{3}{4}$ cup white sugar, pinch salt, 2 tablespoonsful milk, 2 tablespoonsful marmalade (orange), 1 heaping cup flour, $\frac{1}{2}$ teaspoon baking powder. Put in granite pudding dish and steam 2 hours. Serve with sauce.

SAILOR DUFF PUDDING.

(Mrs. F. S. Frost.)

1 egg, $\frac{1}{2}$ cup of molasses, 2 tablespoons of granulated sugar, 2 tablespoons melted butter, 1 teaspoon soda dissolved in a very little warm water, $1\frac{1}{2}$ cups of flour. Beat well, then add $\frac{1}{2}$ cup of boiling water and let steam for $1\frac{1}{2}$ hours.

SAUCE FOR SAME—1 cup of light brown sugar, $\frac{1}{2}$ cup white sugar, 1 heaping tablespoon flour. Mix the dry ingredients well, then pour on boiling water and let cook until clear, and add a large lump of butter. Flavor with fresh lemon juice or vanilla.

APPLE AND LEMON PUDDING.

(Mrs. J. E. P. Aldous.)

4 eggs, whites of 3 kept for top, 6 apples chopped to size of small peas, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup sugar, juice and rind of 1 lemon. Bake from $\frac{1}{2}$ to $\frac{3}{4}$ hour. Good hot, best cold. The same quantity of apples and lemon, with half the other ingredients makes a very good pudding.

GRAHAM PUDDING.

(Mrs. G. J. Clark.)

$\frac{1}{4}$ cup shortening, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup molasses, $1\frac{1}{2}$ cups graham flour, 1 egg, $\frac{1}{2}$ cup flour, 1 cup raisins or dates. Beat egg, add milk and molasses, sift flour, salt and soda into bowl. Melt shortening, stir egg mixture into flour mixture, add shortening and beat thoroughly. Stir in dates or raisins. Pour into greased pan and steam 2 or $2\frac{1}{2}$ hours.

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CANARY PUDDING.

((Mrs. J. E. P. A'dous.)

Weight of 3 eggs in sugar and butter, weight of 2 eggs in flour, rind of 1 lemon and 3 eggs. Melt butter to a liquid state, but do not allow to oil. Stir this to sugar and grated peel and gradually dredge in flour, keeping mixture well stirred. Beat eggs and add to mixture and beat till ingredients are thoroughly blended. Put in buttered mold and boil 2 hours. Serve with sweet sauce.

PRUNE PUDDING.

(Mrs. F. S. Frost.)

Cook 1 lb. prunes until soft, then take out the pits. Sweeten and thicken juice with a little flour and flavor with vanilla. Then make a nice boiled custard and flavor with vanilla. When cold pour over prunes and put whipped cream on top. Very nice.

CHRISTMAS PUDDING.

(Miss Mary Morton.)

1¾ pints grated bread crumbs, 1 pint chopped suet, 1½ pints currants and stoned raisins mixed, half cup citron peel shaved thin, 1 scant cup sugar, ½ teaspoon salt, ½ teaspoon nutmeg, 1 teaspoonful baking powder, 5 eggs, 2 large tablespoonsful flour. Make into thin batter with milk and steam four hours. Cover bowl while steaming with an oiled paper, tied firmly.

BOILED PLUM PUDDING (Without Eggs.)

(Mrs. Ewing.)

1 cup chopped suet, 1 cup molasses, 1 cup raisins, ½ cup sugar, 3 cups flour, 3 teaspoons baking powder, 1 cup milk; spice—nutmeg, ginger, etc.

STEAMED PUDDING.

1 egg, 1 cup of molasses, 1 cup of warm water, 1 cup of seeded raisins, ½ cup of chopped almonds, 1½ cups flour, ½ teaspoon salt, ½ teaspoon nutmeg grated, ½ teaspoon cinnamon, 1 teaspoon soda dissolved in the water. Steam 3 hours.

APPLE PORCUPINE.

(Mrs. Geo. Towers.)

8 apples, 1 cup sugar, 2 cups water, jam, almonds. Make a syrup of the sugar and water. Wash, core and pare apples. Put them in syrup and simmer until tender. Take out apples, pour syrup around them, let cool and fill cavities with jam or jelly. Stick the apples with almonds which have been blanched and split in halves lengthwise. Make a meringue of the egg white and sugar and put a spoonful on each apple.

MERINGUE—1 egg white, 2 tablespoons sugar.

CHERRY ROLL.

(Mrs. A. H. Chadwick.)

Make a soft biscuit dough (pint flour), divide into 5 parts, pat or roll flat, lay in handful of cherries in each. Place in pan and pour over the following sauce: 1 tablespoon butter, 1 cup sugar, cream together, and add 1 pint boiling water. Bake half an hour covered, then remove cover and brown. If canned cherries are used use less sugar in the same.

SPANISH CREAM.

(Mrs. C. Naptaan.)

1 tablespoon gelatine, ½ cup sugar, 2 cups milk, speck salt, 2 eggs, ½ teaspoon vanilla. Level measurement. METHOD—Soak gelatine in a little of milk. Put remaining milk in top of double boiler. When hot

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add soaked gelatine and sugar and stir until dissolved. Separate the eggs. Beat egg yolk, pour hot mixture over them. Return to double boiler and stir a few minutes until mixture coats the spoon. Remove from fire, add salt and vanilla, and when partly cooled beat in the beaten egg whites. Pour into cold wet mold and stand in cool place to stiffen.

JERUSALEM PUDDING.

(Mrs. F. S. Frost.)

1 pint cream, 1 tablespoon Knox gelatine, $\frac{1}{2}$ cup cold water, 3 figs chopped fine, 1 cup cold boiled rice (and keep as whole as possible), 3 small pieces preserved ginger or $\frac{1}{4}$ cup dates chopped. Whip cream stiff, soak gelatine and melt and let cool a little and strain into cream. Add sugar and other ingredients, stir until stiff, and form into mold or molds. Ginger pear can be used instead of figs and ginger.

ORANGE PUDDING.

(Mrs. Alf. Davison.)

5 sweet oranges, $1\frac{1}{4}$ cups white sugar, 1 pint milk, 3 eggs, 1 tablespoonful corn starch. Peel and cut oranges in thin slices, pour 1 cup sugar over fruit. Have milk boiling hot in double boiler, add the yolks of eggs well beaten and starch made smooth with a little cold milk and $\frac{1}{4}$ cup sugar, stirring constantly until thick. When cool pour over fruit. Beat whites of the eggs to a stiff froth, adding a tablespoonful sugar, spread over top, set in oven to brown. Berries or peaches may be used.

ORANGE PUDDING.

(Miss Sharpe.)

3 oranges, 1 cup white sugar, 1 pint milk, yolks of 2 eggs, 1 tablespoon cornstarch. Peel and cut oranges into thin slices, pour over them the sugar and let stand while you make the rest. Now let the milk get boiling hot in double boiler, add a piece of butter size of nutmeg, the cornstarch made smooth with a little cold milk, the well beaten yolks of the eggs and a little flavoring. Stir all well together until smooth and cooked. Set off and pour over the oranges. Beat the whites to a stiff froth, adding two tablespoons sugar. Spread over top for frosting. Set in oven a few minutes to brown. Eat cold. Berries or peaches and other fruits may be substituted.

LEMON SNOW.

(Margaret Morton.)

Juice and rind of 1 lemon, 3 tablespoons constarch, 2 eggs, 1 cup sugar, 1 cup cold water. Grate the rind; separate the cornstarch with a little cold water, then add the rest and stir until it boils. Add sugar. When done add the lemon juice and rind. Fold in the whites beaten until very stiff. Pour into a cold wet mold. When serving make a custard sauce, using the yolks.

SNOW PUDDING.

(Mrs. F. S. Frost.)

Cover over $\frac{1}{2}$ box of gelatine with 1 pint boiling water and add 1 cup sugar and juice 1 lemon. When nearly cold add beaten whites of 8 eggs and serve with whipped cream or boiled custard.

ORANGE SHERBET.

(Mrs. A. M. Ewing.)

3 cups sugar, 6 cups water, 10 oranges (juice only). Boil sugar and water together 25 minutes, add orange juice, strain and freeze.

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FRUIT WHIP.

(Mrs. F. S. Frost.)

The white of 1 egg, 1 cup sugar, 1 cup mashed strawberries or peaches after juice is drained off. Beat all together for 30 minutes with a spoon egg beater and serve in sherbet glasses with whipped cream. In winter use canned peaches with juice drained off, or raspberry or quince jelly. 1 large glass of jelly to 1 white will serve six people. Fine.

MAPLE MOUSSE.

(Margaret Morton.)

4 eggs, 1 cup maple syrup, 1 quart cream. Boil yolks of eggs and syrup, let cool, stir whites of eggs well beaten and cream well whipped. Freeze.

CREAM DATES.

(Miss Louise Reid.)

Clean, drain and dry the dates, stone and cut in small pieces. Spread 1 cup of these on a platter and sprinkle with lemon juice. Prepare two cups of sweetened whipped cream, fold in the stiffly whipped whites of 2 eggs and stir carefully in the pieces of date. Pile lightly in a glass dish and keep very cold until time to serve and serve with a delicate nut cake.

HARD SAUCE.

(Miss Louise Reid.)

2 rounded tablespoons butter, 1 cup powdered sugar, 1 tablespoon hot water, flavoring. Cream butter and half of sugar, then add hot water and heat again. Remaining sugar with flavoring is now beaten in and mixture put aside to cool.

SAUCE FOR PLUM PUDDING.

(Miss Mary Morton.)

1 cup brown sugar, 2 tablespoons flour, 2 tablespoons butter, 1 pint boiling water, $\frac{1}{2}$ nutmeg. Mix all dry ingredients well together, then pour boiling water over them and stir over fire till it thickens.

SAUCE FOR PUDDINGS.

(Mrs. F. S. Frost.)

1 cup of conf. sugar, 2 eggs, 2 tablespoons butter, 1 teaspoon vanilla. Beat butter and little sugar, then add eggs, lastly the rest of sugar and flavor.

Drinks,

BOSTON CREAM. (Summer Drink.)

(Miss Emma Bale.)

4 quarts warm water, 4 ounces tartaric acid, 4 pounds white sugar, whites of 6 eggs well beaten, $1\frac{1}{2}$ ounces essence of lemon. Boil to a syrup sugar and water. When nearly cool add tartaric acid, whites of eggs and lemon. Bottle and seal. A wineglass of cream to a glass of water, with sufficient baking soda to foam.

GRAPE WINE.

(Elsie Stockton.)

6 qts. black grapes; put on to boil with 3 pints water. Boil as for jelly and strain through jelly bag. When put in bag add about a pint of warm water. Let drain over night, add 8 teacups granulated sugar. Let get very hot, but not to boil. Bottle and seal.

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(Selected.)

Take 6 lemons, 3 oranges, squeeze out juice, put skins in pan and cover with water, bring to a boil, strain off water, add $1\frac{1}{2}$ cups sugar to the hot juice, stir until dissolved then add juice of lemons and oranges and chill. Add water enough to make a pleasant drink.

DANDELION CORDIAL.

(Miss C. Boos.)

1 gallon dandelion blossoms picked when the sun shines, pour over them 1 gallon boiling water. Let stand in cool place three days, then put in a porcelain kettle, add rind of 3 oranges, 1 lemon cut fine. Boil mixture 15 minutes, strain through a flannel bag, add 3 lbs. sugar and 1 pulp of orange and lemon. When lukewarm add 2 tablespoons yeast. Let stand one week in a warm place, strain again, and stand three weeks, then bottle.

RASPBERRY VINEGAR.

(Miss Wheeler.)

Take any quantity of raspberries (wild preferred), and cover well with vinegar. Allow to stand 24 hours, strain, and to each cup of liquid add a cup of granulated sugar. Boil until upon cooling it is a thick syrup. Put into tightly corked bottles or gem jars.

(Selected.)

Take 1 package of Parke's Lemonade Powder, add a pound of sugar and pint of boiling water. When cool add the juice of two lemons. A tablespoon of this syrup to a glass of water makes a delicious lemonade. 15 cents a package, 2 for 25 cents.

Parke's Orangeade Powder sold at same price. Sold by Parke & Parke, Druggists.

Breads and Biscuits.

WHITE YEAST BREAD.

(Mrs. F. S. Frost.)

Take 3 medium soft boiled potatoes and mash so there are no lumps, and add $\frac{3}{8}$ cup of bread flour, and pour boiling water over and make a stiff batter. Put yeast cake (Royal Yeast) in $\frac{3}{8}$ cup of warm water, add 1 teaspoon sugar, and when yeast comes to top add to batter. When it is cooled put in warm place and let rise. At night add 1 pint of milk and 1 of water, 1 heaping tablespoon of melted lard, 1 heaping tablespoon of sugar and 1 of salt. Add a little flour at a time until ready for the board; then knead into a hard loaf, beating and cutting until it does not stick to board. Let rise over night. Knead down and let rise again, and then put into loaves, let rise light and bake one hour. You can't beat it too much.

GRAHAM BROWN BREAD. (FINE.)

(Mrs. F. S. Frost.)

1 cup sweet milk, 1 cup sour milk, 1 cup white flour, 3 cups Graham flour, $\frac{1}{2}$ cup molasses, 1 level teaspoon soda, 1 level teaspoon baking powder, $\frac{1}{2}$ teaspoon salt. Bake in 1 lb. baking powder cans and it will make 3 loaves.

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BOSTON BROWN BREAD.

(Mrs. Lerne Johnstone.)

First grease basin you are going to steam it in. 3 cups sweet milk, 3 cups Indian meal, (2 cups flour, 1 teaspoonful soda, 1 teaspoonful salt: sift these together), 1 cup molasses. Steam 3 hours. Serve hot with butter and syrup.

Baked beans served with this bread is delicious.

INDIAN MEAL BROWN BREAD.

(Mrs. F. S. Frost.)

3 cups sour milk, 2 teaspoons soda, 1 cup molasses, 2 cups Indian meal, 1 cup wheat flour, 1½ cups Graham flour, a little salt. Steam 3 hours.

WHOLE WHEAT BROWN BREAD.

(Mrs. F. S. Frost.)

3 cups wheat flour, 1 cup molasses, 2 cups sour milk, 2 teaspoons soda, 1 teaspoon salt. Steam 3 hours.

NUT BREAD.

(Mrs. Tulk.)

3 cups of flour, 3 teaspoons of baking powder, ½ teaspoon of salt, small cup of sugar, 1 tablespoon of butter, and 1 of lard, 1 cup of walnuts, 1 cup of sultana raisins. Mix to a soft dough with sweet milk. Bake in a moderate oven.

NUT BREAD.

(Miss E. Jessie Danck.)

¾ cup sugar, 1 egg, 1½ cups milk, 1 teaspoon salt, 4 cups flour (sifted), 4 teaspoons baking powder, 2 cups walnuts. 1 lb. dates may be added if desired. Mix well and let stand 20 minutes. Put in oven and bake 1 hour.

STEAMED RAISIN BREAD.

(Mrs. C. H. Naphtali.)

4 cups Graham flour, 1 teaspoon baking soda, 2 cups sour milk, 2 tablespoons molasses, 1 teaspoon salt, ¼ cup light brown sugar, 2 tablespoons melted butter, 1 cup raisins seeded and cut. Level measurements. METHOD—Mix flour, salt and sugar. Stir in milk and molasses. Add melted butter. Dissolve soda in two table-poons of tepid water and add to flour mixture, beat thoroughly, stir in raisins. Half fill thoroughly greased 1 lb. baking powder tins, put covers on and steam 2½ hours. Remove covers and stand tins in a hot oven for 10 or 15 minutes. Quantity makes 3 1-lb. loaves.

SCONES.

(Mrs. James Hopkin.)

1 quart flour, 1 small teaspoon soda, 1 teaspoon cream of tartar, a pinch of salt, 1 tablespoon sugar, 1 tablespoon butter. Mix with sour milk and roll out thick. Bake in a hot oven.

SCONES

(Mrs. Tulk.)

1 qt. flour, 1 small teaspoon salt, 3 tablespoons of sugar, 1 teaspoon level baking soda, 2 teaspoons cream of tartar, piece of butter size of an egg. Mix to a soft dough with buttermilk. Roll out ¼ inch thick. Bake on griddle or in frying pan on top of stove.

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SULTANA SCONES.

(Mrs. Alf. Davison.)

2 ozs. butter, 1 lb. flour, 2 teaspoons baking powder, $\frac{1}{2}$ cup sugar, a little salt. Rub butter into flour with baking powder and salt. Mix into dough with sweet milk, working in a handful of sultanas. Roll out an inch thick, cut into three-cornered shapes and bake in a good steady oven until slightly brown.

BROWN DROP BISCUITS.

(Mrs. S. H. Alexander.)

1 cup white flour, $\frac{1}{2}$ cup Graham flour, $\frac{1}{2}$ cup milk, 1 egg, 2 tablespoons butter, salt. Drop in gem pan. This makes about 10.

BAKING POWDER BISCUITS.

(Miss Mary Morton.)

Put 2 cups good flour into sifter, add pinch salt, and pinch of sugar if preferred, then put in good teaspoonful baking powder for each cup of flour, sift into bowl and rub in tablespoon butter or lard (not melted). Mix into a dough with sweet milk (not too soft), stirring with knife. Roll out and cut into cakes. Handle lightly. Have oven very hot at first and put cakes in as soon as cut. Prick with fork before putting in oven. Same for brown biscuits, half brown and half white.

MOTHER'S FRESH HOT BISCUIT. (Made without use of Paste Board, Rolling Pin or Oven.)

(Mrs. W. Iredale.)

Mix a soft dough with 1 pt. flour, 2 teaspoons baking powder, pinch salt, small teacup butter or lard, 2 sweet milk, drop into hot greased frying pan, and press lightly with back of hand or knuckles, all over bottom of pan, cover and cook until dough is firm and bottom part browned, then turn and cover until other side is brown. Send to table on hot plate. Biscuit prepared in this way is much sweeter flavored than if oven baked.

TEA BISCUITS.

(Mrs. G. J. Clark.)

2 cups flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, about $\frac{3}{4}$ cup milk, 1 tablespoon shortening. Sift salt, flour and baking powder, rub in shortening, mix into a soft dough using the milk, using a broad bladed knife. Flour the board lightly, turn out dough and roll around to coat with flour. Knead just enough to make the dough smooth. Roll out about $\frac{3}{4}$ -inch thick and cut into small biscuits. Wet the tops with milk and bake in a hot oven 15 to 20 minutes. To succeed work quickly and handle as little as possible.

OATMEAL BISCUITS.

(Mrs. A. Smith.)

5 ozs. flour, 6 ozs. oatmeal, 4 ozs. sugar, and 3 ozs. lard. Rub in lard and add 1 teaspoonful baking powder, a pinch of salt, 2 tablespoonsful syrup, 1 egg well beaten, and sufficient milk to make a stiff paste. Roll out half an inch thick, cut into biscuits, place on a greased tin, and bake in a moderate oven for 10 minutes.

LIGHT BUNS.

(Mrs. S. H. Alexander.)

1 $\frac{1}{2}$ teaspoons baking powder, 1 lb. flour, 2 oz. butter, 2 oz. sugar, 1 cup currants or raisins, $\frac{1}{2}$ pint cold milk, 1 egg. Rub baking powder and flour together through a sieve, work butter into flour, add sugar and raisins, mix all well together, then pour in milk mixed with the egg. Mix quickly and drop on baking tin. Bake 20 minutes.

ROLLS.

(Miss L. Greey.)

2 cups flour (level measurements), 4 tablespoons shortening, 3 tablespoons granulated sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder, 1 egg. Sift flour and baking powder, add salt and sugar, rub in shortening, beat egg and add milk to egg, add to dry mixture, roll $\frac{1}{2}$ inch thick, rub white of egg on top and sprinkle with sugar.

GERMAN BISCUITS.

(Mrs. Tulk.)

2 cups flour, 1 cup brown sugar, 2 dessertspoons butter, 2 of larg., 1 egg, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon baking powder. Roll out very thin and bake in a good oven. Place two together with jelly between.

SALLY LUNNS.

(Mrs. Parry.)

1 quart flour, small piece butter, 3 tablespoons sugar, 1 teaspoon baking powder, pinch salt. Stir well together, add 2 eggs not beaten, 2 cups milk, mix all, make in muffin rings.

PLAIN TEA CAKE.

(Mrs. W. Urry.)

1 tablespoon butter, 1 cup granulated sugar, 1 egg, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ cup of water, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons baking powder; nutmeg or vanilla to taste. Cream butter and sugar, add the eggs, beat together, then add a little flour and milk and water and flour alternately not to break the cream.

MUFFINS.

(Emma Bale.)

4 large tablesponsful brown sugar, piece of butter size of 2 eggs, 2 eggs, 1 full cup of milk, 2 teaspoons powder sifted into enough flour to make sponge as thick as jelly cake (about 2 cups). Add salt. Bake quickly in muffin tins. This makes 1 dozen large muffins.

MOTHER'S MUFFINS.

(Mrs. Geo. Towers.)

$2\frac{1}{2}$ cups flour, 1 teaspoon salt, 2 teaspoons baking powder, 1 egg, $\frac{1}{2}$ cup sugar, 1 cup milk, 1 tablespoon melted butter. Sift flour, salt and baking powder together. Beat yolk of egg gradually with sugar and milk, add slowly to flour, making a smooth paste. Put in melted butter and beaten white of egg. Bake in moderate oven 30 minutes.

RICE MUFFINS.

(Mrs. C. Naphtali.)

1 cup cooked rice, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup milk, 2 tablespoons sugar, 1 egg, 4 teaspoons baking powder, 2 tablespoons melted butter. Level measurements. METHOD—Beat the egg, add sugar and beat, stir in milk, sift in flour, salt and baking powder, add melted butter and beat thoroughly. Stir in cooked rice. Pour into greased gem pans and bake in hot oven about 25 minutes.

BERRY MUFFINS.

(Mrs. F. S. Frost.)

1 egg, $\frac{1}{4}$ cup sugar, 1 cup milk, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder, 2 cups flour, 1 cup fresh berries. In winter use dates or figs.

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GEMS.

(Miss C. M. Alexander.)

Delicious Gems can be made from left over rice, sago, and tapioca puddings that are made in the usual way with milk, or from any sort of left over porridge. Add a couple of beaten eggs to your material, a little salt, sour milk, and flour to make a stiff batter, and soda dissolved in hot water; use little soda, a scant $\frac{1}{4}$ teaspoon to a cup of sour milk.

OATCAKES.

(Selected.)

Put two or three handfuls of meal into a bowl, add pinches of salt and baking soda, and then stir in one dessertspoonful of melted dripping or lard, and moisten with just enough boiling water to form a firm dough. Knead the cake very firmly, strewing the baking board well with meal. Bake out quickly to about $\frac{1}{4}$ inch in thickness, cut, and fire one side of the cake on a hot griddle, and toast the other side before the fire. The cakes will do just as well baked in an oven.

JOHNNIE CAKE.

(Miss Duff.)

$1\frac{1}{2}$ pints of cornmeal, $\frac{1}{2}$ cup sugar, 1 teaspoonful salt. Into a sieve put $\frac{1}{2}$ pint of flour, and 1 teaspoonful soda. Mix all together while dry. Add 2 well-beaten eggs and about 2 cups sour milk, enough to make right consistence.

COFFEE CAKE.

(Selected.)

1 cup milk, 2 eggs, 2 tablespoons sugar, 2 tablespoons butter, a little cinnamon and vanilla, 1 cake Fleischman's Compressed Yeast, and flour sufficient to make dough. Proceed as for rolls. When dough is light roll it out and spread on a greased pan, brush the top with milk, cover to exclude air, and after five minutes brush with melted butter. Strew the following streussel over it:—

STREUSSEL—2 ozs. flour, 2 ozs. sugar, 1 oz. butter. Mix together until crumbly and add cinnamon. Sprinkle over cake. Let it get very light and bake.

Cakes.

SCRIPTURE CAKE.

(Mrs. F. S. Frost.)

$3\frac{1}{2}$ cups I. Kings, iv., 22; 1 cup Judges, v., 25; 2 cups Jer., vi., 20; 2 cups I. Sam., xxx., 12; 2 cups Nahum, iii., 12; 2 cups Numbers, xvii., 8; 2 tablespoons I. Sam., xiv., 25; a pinch of Levi, ii., 13; $\frac{1}{2}$ doz. Jer., xvii., 11; $\frac{1}{2}$ cup Judges, iv., 19; 2 teaspoons Amos, iv., 5; season to taste II. Chron., ix., 9.

ANGEL CAKE.

(Louise Reid.)

1 cup egg whites, 1 teaspoon cream tartar, 1 cup sugar, 1 rounding cup flour, $\frac{1}{4}$ teaspoon salt, almond flavoring. Beat egg whites until frothy, add cream tartar and beat until stiff. Then beat in sugar gradually. Sugar should be sifted a couple of times. Add flavoring and fold in the flour and salt after sifting them several times. Bake in an ungreased pan in a moderate oven 45 to 60 minutes.

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LAYER CAKE.

(Miss Mary Morton.)

Put 1 cup flour in sifter with 2 teaspoons baking powder, sift into large bowl, add $\frac{3}{4}$ cup white sugar (fruit sugar preferred), 2 eggs, 3 large tablespoons milk, 1 tablespoon butter softened but not melted. Beat all together for 5 minutes, put into buttered tins and bake in hot oven.

DATE CAKE.

(Selected.)

1 cup brown sugar, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 2 eggs, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups flour, 1 nutmeg, 1 teaspoon cinnamon or allspice, 2 cups chopped dates. Bake in 2 layers and use white icing.

ROYAL GEORGE CAKE.

(Miss Jessie E. Towers.)

$\frac{3}{4}$ cup of brown sugar, 3 tablespoons melted butter, 3 tablespoons molasses, 2 eggs, take out white of 1 for icing, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon cloves, cinnamon and allspice ground, 2 cups flour. Make two layers.

ICING FOR ABOVE—1 cup brown or white sugar, 2 tablespoons water, boil until it hairs; put in 1 cup chopped raisins, spice, then stir into the beaten white of the egg. Will fill between and top of the cake.

RAISIN LAYER CAKE.

(Mrs. aPrry.)

1 cup brown sugar, $\frac{1}{4}$ cup butter, 2 eggs, 1 cup sifted flour, 1 cup chopped raisins, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful nutmeg, $\frac{1}{2}$ teaspoonful allspice. Bake in layers in moderate oven.

RASPBERRY CAKE.

(Mrs. Ewing.)

2 small cups sugar, $\frac{1}{2}$ cup butter, 2 eggs, 2 small teaspoons baking soda in a little hot water, 1 cup raspberry preserves (red), 1 cup raisins, $1\frac{1}{2}$ cups flour.

COCOANUT CAKE.

(Mrs. F. Stockton.)

3 eggs, leaving out whites of 2 for icing, 1 cup white sugar, 1 good tablespoon butter, $\frac{3}{4}$ cup milk, 1 good cup flour, 2 teaspoons baking powder. Bake in jelly cake tins.

ICING—1 cup sugar, whites of 2 eggs and a whole coconut grated.

CHERRY CAKE.

(Miss Grace Chadwick.)

• 1 cup butter, 3 cups sugar creamed together, 1 cup sweet milk, 4 eggs, 1 teaspoon lemon extract, 2 heaping teaspoons baking powder mixed with $4\frac{1}{2}$ cups flour. Beat well. Put about an inch in bottom of pan. Sprinkle candied cherries and walnuts over, add more cake mixture. Bake in moderate oven in pan with buttered paper. Use 10c. worth of cherries and 10c. worth of walnuts.

SPONGE CAKE.

(Mrs. S. H. Alexander.)

4 eggs, $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup cold water, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon cream tartar, 1 teaspoon lemon flavoring. First beat yolks of the eggs; then add sugar, then water, flour with baking powder and cream tartar. Beat whites stiff and add lastly, with flavoring. Cook 40 minutes in a moderate oven. Round tin with hole in centre is best.

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1 2 3 4 CAKE.

(Miss Emma Bale.)

1 cup butter, 2 cups sugar—1 white and 1 brown, beat together 4 eggs, 1 cup of milk, 3 cups of flour, 2 teaspoons baking powder, salt.

NOTE—Divide this mixture in half and flavor half with 1 teaspoonful vanilla and put chocolate on top. With the other half of mixture add 1 teaspoonful lemon, also nutmeg peel and currants. Bake as loaf cakes in moderate oven from $\frac{3}{4}$ to 1 hour.

ROLLED JELLY CAKE.

(Mrs. F. Stockton.)

3 eggs, 1 cup white sugar, teaspoon butter, 2 tablespoons milk, 1 cup flour, 2 even teaspoons baking powder, flavor to taste. Pour in long pan, bake quickly, turn out and spread with jam and roll quickly while hot.

MADERIA CAKE.

(Mrs. F. Stockton.)

4 eggs well beaten, small cup berry sugar, $\frac{1}{4}$ lb. butter, teaspoon baking powder, 1 cup flour, grated rind of 1 lemon.

COFFEE CAKE.

(Mrs. Parry.)

1 cup each of butter, strong coffee, currants and raisings, 2 cups brown sugar, 6 eggs, 2 teaspoons each of cinnamon and cloves, 1 teaspoon soda, 3 cups flour.

PUFF CAKE.

(Mrs. D. Muir.)

2 cups sugar, $\frac{1}{2}$ cup butter, $2\frac{1}{2}$ cups flour, 1 cup milk, 2 teaspoons baking powder, 3 eggs and flavoring.

CHOCOLATE CAKE.

(Miss Duff.)

2 cups brown sugar, 3 eggs, 1 cup butter, 1 cup sour milk, 1 scant teaspoonful soda, $\frac{1}{2}$ cupful of grated chocolate. Grate the chocolate, and mix with boiling water till smooth. Ice as desired.

CHOCOLATE CAKE.

(Mrs. W. Langhorn.)

3 eggs, 2 cups granulated sugar, 1 cup sweet milk, $\frac{3}{4}$ cup butter, 3 teaspoons baking powder, 3 cups flour, no flavoring.

ICING—Melt 2 bars Baker's Chocolate and heaping tablespoon butter and stir in 1 cup icing sugar and enough water to spread easily. Beat well and spread on cake.

COCOA CAKE.

(Mrs. Steward.)

$\frac{1}{2}$ cup cocoa, 2 cups brown sugar, 1 cup sweet milk, $\frac{1}{2}$ cup butter, 2 cups flour, 1 teaspoon soda in milk, 1 teaspoon vanilla, 2 eggs. Bake in two layers and frost.

SPICE CAKE.

(Mrs. Robbins.)

2 eggs, 2 cups brown sugar, 1 cup sour milk, 1 cup butter, 1 cup chopped raisins, 4 cups flour, 1 teaspoonful allspice, 1 teaspoonful cinnamon, 1 teaspoon soda. Little nutmeg and salt.

APPLE SAUCE CAKE.

(Mrs. Oldfield.)

$1\frac{1}{2}$ cups apple sauce, 1 cup sugar, $\frac{1}{2}$ cup butter, 2 cups flour, 1 cup raisins, 1 teaspoon soda stirred in the sauce. Spice as you like.

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SPOTTED CAKE.

(Mrs. J. A. Chadwick.)

WHITE PART—Whites 4 eggs, 1 cup granulated sugar, $\frac{3}{8}$ cup sweet milk, $\frac{3}{8}$ cup butter, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon soda. Flour to make stiff batter.

DARK PART—The yolks of 4 eggs, 1 cup brown sugar, $\frac{3}{8}$ cup milk, $\frac{1}{2}$ cup molasses, $\frac{3}{8}$ cup butter, 1 teaspoon soda, 2 teaspoons cream tartar, 1 cup currants, 1 nutmeg. Flour to make a stiff batter. Put a thin layer of white part on bottom of well greased tin and drop the rest in large spots.

HICKORY NUT CAKE.

(Mrs. Parry.)

2 cups sugar, 1 cup butter, $\frac{1}{2}$ cup sweet milk, 1 cup chopped nuts, 2 cups flour, 4 eggs, yolks and whites beaten separately, 2 teaspoons baking powder.

SNOW CAKE.

(Mrs. C. H. Naphtali.)

$\frac{1}{4}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, $2\frac{1}{2}$ cups flour, $2\frac{1}{2}$ teaspoons baking powder, whites of 2 eggs, $\frac{1}{2}$ teaspoon vanilla or $\frac{1}{4}$ teaspoon almond extract. Level measurements. METHOD—Cream butter and sugar thoroughly, add milk gradually and beat until sugar is dissolved. Beat egg whites until stiff. Sift flour into butter mixture, add flavoring and beat; sift in baking powder and beat. Fold in beaten egg whites, pour into a greased pan and bake in a moderate oven about 50 minutes.

LEMON CAKE.

(Mrs. C. H. Naphtali.)

$\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup sugar, $1\frac{1}{2}$ cups flour, 2 eggs, $2\frac{1}{2}$ teaspoons baking powder, rind of 1 large or 2 small lemons grated. METHOD—Cream butter and sugar thoroughly. Separate eggs, put yolks into the bowl and whites in a cool place. Beat yolks into butter and sugar, add milk and beat until sugar is dissolved. Beat egg whites until stiff. Sift flour into butter mixture, add lemon rind and beat thoroughly, sift in baking powder and beat. Fold in the beaten egg whites and pour into a greased pan. Bake in a moderate oven about 50 minutes.

OLD COLONIAL CAKE.

(Mrs. J. Clark.)

1 cup butter, 2 cups granulated sugar, 6 eggs, 1 cup thin cream or rich milk, 1 even teaspoonful soda, 2 even teaspoons cream tartar, 4 cups flour. Add soda and cream tartar to flour and sift.

HOT WATER CAKE.

(Mrs. F. S. Frost.)

4 eggs (leave out white of one for icing), 2 cups white sugar, 2 cups flour sifted 2 or 3 times, 3 teaspoons baking powder, pinch of salt, flavor with vanilla, 1 cup boiling water. Put ingredients in as mentioned.

BOILED IRING FOR SAME—1 cup granulated sugar, $\frac{1}{4}$ cup water. Let boil six minutes. When nearly done put in pinch cream of tartar, add beaten white of egg and whip.

WHITE CAKE.

(Mrs. F. Stockton.)

Whites only of 4 eggs beaten stiff, 1 cup butter, 2 cups white sugar, $1\frac{1}{2}$ cups milk, 4 cups flour, 2 teaspoons baking powder. Flavor with lemon.

WHITE CAKE.

(Mrs. J. Greenaway.)

1 lb. arrowroot, $\frac{1}{2}$ lb. powdered white sugar, $\frac{1}{2}$ lb. butter, whites of 6 eggs, flavoring to taste. Beat butter to cream, stir in sugar gradually, at the same time beating the mixture. Beat the whites of eggs to a stiff froth, add them to the other ingredients and beat well for twenty minutes. Add flavoring. Bake from 1 to $1\frac{1}{2}$ hours in moderate oven. Can get arrowroot at drug store.

LEMON CAKE LAYERS.

(Mrs. Chas. Duff.)

2 eggs beaten separately, 1 cup granulated sugar (mix with whites), 1 tablespoon butter (mix with yolks), $\frac{3}{4}$ cup of milk (water is better), $1\frac{1}{2}$ cups of flour, 1 dessertspoonful baking powder, salt. Add milk and flour alternately to mixture.

LEMON FILLING FOR CAKE—The grated rind and juice of 2 lemons, yolks of 3 eggs, $\frac{1}{2}$ cup of butter, 1 cup of granulated sugar. Mix all together and boil for 5 minutes. Will do for 2 cakes.

SHORTBREAD.

(Miss Mary Merton.)

1 lb. flour, 1 oz. of which should be rice flour, $\frac{1}{2}$ lb. butter, 1 tablespoon lard, $\frac{1}{4}$ lb. icing sugar. Mix all ingredients together, having the butter and lard softened but not melted. Work together with a knife until the flour and butter is thoroughly mixed, then press together with the hands, and roll out about $\frac{1}{2}$ inch thick. Bake in a moderate oven. Prick well with fork and cut into cakes as desired.

SHORTBREAD.

(Mrs. C H Naphtali.)

6 ozs. flour, 2 ozs. granulated or castor sugar, 3 oz. butter. Mix flour and sugar, rub in butter until quite crumbly. Turn on to a tin plate, press down firmly with hand, smooth surface with back of a large spoon, pinch edges with fingers. Bake in a moderate oven until edges are brown, about half an hour. Cut into 8 or 12 pieces while hot.

SHORTBREAD.

(Mrs. Tulk.)

1 lb. flour, $\frac{1}{2}$ lb. of butter, 1 tablespoon of lard, 1 tablespoon of rice flour, 1 cup of icing sugar. Roll out $\frac{1}{4}$ inch thick and bake in a very slow oven.

BRIDE CAKE.

(Mrs. J Greenaway.)

2 lbs. butter, 2 lbs. brown sugar, 2 lbs. flour, 20 lbs. eggs, 1 quart brandy, 1 pint molasses, 15 lbs. raisins, 6 lbs. currants, 3 lbs. citron, 1 lb. hard shelled almonds chopped fine, cloves, cinnamon, allspice, mace to suit taste.

CURRANT CAKE.

(Mrs. C. H. Naphtali.)

$\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. lard, 2 cups flour, 1 cup sugar, 3 eggs, 2 teaspoons baking powder, 1 lb. currants, a little candied peel, a little milk. Beat lard, butter and sugar to a cream, then add eggs, currants, peel and milk, flour, and lastly baking powder. Bake in a moderate oven until done.

FRUIT CAKE.

(Mrs. G. S. Findlay.)

1 cup raisins, 1 cup currants, 1 cup butter, 2 cups brown sugar, $\frac{3}{4}$ cup sour milk, 1 teaspoon soda, $\frac{1}{4}$ lb. mixed peel, 2 oz. shelled walnuts, spice to taste, 3 eggs, $3\frac{1}{2}$ cups flour.

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CHRISTMAS CAKE.

(Miss Louise Reid.)

1½ lbs. currants, 1 lb. raisins, 1 lb. sugar, 1 lb. flour, ½ lb. butter, 6 eggs, 6 oz. mixed peel, 1 wine glass fruit juice, 2 teaspoons baking powder, 1 teaspoon ginger, 1 teaspoon cinnamon, ½ teaspoon each of cloves, allspice and nutmeg, 10c. worth almonds. Essences to taste. Grated rind and juice of 1 orange. Bake in a slow oven for 4 hours.

PLAIN FRUIT CAKE.]

(Mrs. W. Urry.)

½ cup butter, tablespoonful lard, coffee cup of granulated sugar, 2 eggs, 1 cup of milk, 2 cups of flour, ½ lb. raisins stoned, ½ lb. currants, candied lemon peel to taste, ¼ nutmeg, ¼ teaspoonful salt, 2 teaspoonfuls baking powder.

CHRISTMAS CAKE.

(Mrs. Oldfield.)

1 lb. raisins, 1 lb. currants, 1 pint dark brown sugar, 1 cup butter, 4 eggs, ½ lb. mixed peel, 2 teaspoons mixed spices, 1 teaspoon soda, 10c. worth shelled almonds, 4 cups sifted flour. Be exact in quantity of flour. Dust the fruit with the flour. Beat separate. Cream butter and sugar together.

SULTANA CAKE.

(Mrs. W. Bailey.)

1 lb. flour, 1 lb. Sultana raisins, 3 oz. lard, 3 oz. butter, ½ lb. sugar, 1 dessert spoon baking powder, 2 eggs, pinch salt, a little milk. Wash, pick and dry the Sultanas, cream the lard and butter together, rub flour, sugar, baking powder and salt together; mix well; add fruit and peel, beat eggs and add sufficient milk to moisten the whole, beat well, and bake in moderate oven about 1 hour.

GINGERBREAD.

(Miss C. M. Alexander)

1 cup raw sugar, 3 eggs, 1 cup beef dripping, 1 cup molasses, *¼ pint canned orange peel, 1 tablespoon ginger, 1 dessertspoon cinnamon. Flour to make a rather soft batter. Raisins and currants or not as you wish. 1 heaping teaspoon soda dissolved in a little boiling water.

*See page

SOFT GINGER CAKE.

(Mrs. Ewing.)

3 cups flour, 1 cup brown sugar, 1 cup molasses, 2 eggs, 1 cup milk, ½ cup butter, 1 teaspoon soda, 1 teaspoon cream of tartar, 1 teaspoon ginger.

SPANISH BUN.

(Mrs. Parry.)

2 eggs, small cup sugar, butter size of a large egg, ½ cup milk, ¼ teaspoon cloves, 3 small teaspoonfuls cinnamon, 2 teaspoonfuls baking powder.

SPANISH BUN.

(Mrs. C. H. Naphtali)

3 eggs, 1 tablespoon mixed spice, 2 cups light brown sugar, ¼ cup butter, 1 teaspoon baking soda, 1 cup sweet milk, 2 teaspoons cream tartar, 3 cups flour. Level measurements. Cream butter and sugar, add eggs, beat thoroughly, add milk, then ~~flavor~~ with soda and cream of tartar sifted in, last mixed spice. May be iced with brown icing.

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SPANISH BUN.

(Miss Mary Morton.)

4 eggs, 2 cups brown sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 3 heaping teaspoons baking powder, 1 teaspoon cinnamon, $\frac{1}{4}$ of a nutmeg, 2 cups flour. Beat sugar and butter to a cream, add eggs well beaten (keeping out the whites of 2), then add milk. Add baking powder and spices to flour and sift into mixture. Bake in moderate oven. Use the whites of the 2 eggs and a small cup of sugar (powdered), for frosting.

DOUGHNUTS.

(Miss Elizabeth D. Reid.)

3 eggs, 1 cup sugar, 1 cup sour cream, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon salt, 6 teaspoons (level) baking powder, 4 to 5 cups flour. Beat eggs, add sugar and beat. Dissolve soda in 1 tablespoon hot water and stir in sour cream; add to egg mixture. Sift 4 cups flour with salt, baking powder and nutmeg, then add to above mixture. More flour may be needed to make stiff enough to handle. Fry in smoking fat.

DAINTY DOUGHNUTS.

(Margaret Morton.)

1 cup flour, 1 teaspoon baking powder, 1 or 2 eggs, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup milk, 1 tablespoon melted butter, orange flavoring to suit the taste. Make into small balls about $1\frac{1}{4}$ inches in diameter. Fry in deep fat and roll in sugar.

Cookies and Small Cakes.

COOKIES.

(Mrs. Steward.)

$\frac{1}{2}$ of a pound of butter, 2 eggs, 1 teaspoon baking powder, 1 cup sugar, 1 tablespoon milk, 1 teaspoon flavoring, $2\frac{1}{2}$ cups of flour. Make a very stiff dough and roll thin and bake in a hot oven.

SOFT GINGER COOKIES.

(Mrs. F. S. Frost)

1 cup molasses, 1 cup sugar, 1 cup lard and butter mixed, 1 teaspoon salt, 3 teaspoons ginger, 2 cinnamon, $\frac{1}{2}$ cloves. Stir together until smooth, then take 1 cup boiling water, add 4 teaspoons soda a little at a time so as to be sure and save the water. Then stir in flour enough to make a soft dough a little stiffer than cake dough, and let stand over night. Add on the board just flour enough to roll out. Use all even teaspoonfuls.

OAT DATE COOKIES.

(Miss E. Jessie Dancket.)

6 cups rolled oats, 3 cups brown sugar, $\frac{1}{2}$ cup butter, 2 teaspoons baking powder, salt, 1 lb. dates stoned. Moisten with milk and roll out thin. Put dates on one half, fold over other half. Cut out and bake in a quick oven.

DATE COOKIES.

(Margaret Morton.)

3 tablespoons butter, 1 egg, 1 cup sugar, 1 tablespoon lard, 2 cups flour, $\frac{1}{2}$ cup milk, 2 teaspoons cream of tartar, 1 teaspoon soda, $1\frac{1}{2}$ teaspoons flavoring. Cream butter and sugar, then add beaten eggs and butter, then add flour.

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DATE FILLING—1 cup chopped dates, 1 cup sugar, small piece butter, $\frac{1}{2}$ cup water. Stir till soft. Roll dough thin and spread dates between. Quick oven.

GOOD COOKIES.

(Mrs. Oldfield.)

2 cups brown sugar, 2 eggs, 1 cup butter and lard mixed together, $\frac{3}{4}$ cup sweet milk, 1 teaspoonful soda, 1 teaspoonful baking powder, a pinch of salt, flavor with vanilla. Mix soft. Roll out thin. Sprinkle over layer of granulated sugar. Press on with rolling pin before cutting out.

JAM-JAMS.

(Mrs. Robins.)

1 cup granulated sugar, 1 cup milk, 1 cup lard and butter mixed, 1 teaspoonful soda, 2 teaspoonfuls cream tartar, 1 teaspoon salt, 4 cups flour. Take half of this receipt for a couple of dozen, double, cut with cookie cutter. Cut a small hole in the centre of half of them before baking, and when cool put in jam or dates between.

ASHTON SANDWICHES.

(Mrs. T. Giles.)

Beat 3 eggs with 3 ozs. sugar for 10 minutes, add 3 ozs. flour and bake about 7 minutes in flat tin lined with buttered paper. When cold, cut in fingers, divide and spread with jam, then ice with white icing.

GINGER NUTS.

(Bessie Gedard.)

$\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup icing sugar, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup flour, 1 teaspoon ground ginger, salt to taste. Cream butter, add sugar, milk, ginger and flour. Spread thinly on buttered pans turned upside down. Sprinkle chopped nuts on top. Cook in hot oven. When taken from oven cut in squares and roll. If they get cold put back in oven to warm, as they will not roll. These cook very quickly so they need to be watched.

HERMITS

(Mrs. F. Stockton.)

3 eggs, cup butter, 2 cups brown sugar, 1 cup chopped raisins, 1 cup chopped walnuts, small teaspoon soda stirred in $\frac{1}{4}$ cup hot water, teaspoon cinnamon, teaspoon cloves, teaspoon allspice. Flour enough to make a stiff dough. About 3 cups is enough. Drop about a teaspoonful at a time on buttered tins and bake in a slow oven.

DATE DROP CAKES.

(Mrs. W. D. Muir.)

1 cup brown sugar, $\frac{3}{4}$ cup butter, 1 lb. dates, $\frac{1}{4}$ lb. broken walnuts, 2 eggs, 2 cups flour, 1 teaspoon cinnamon, little nutmeg, small teaspoon soda dissolved in boiling water.

TRILBIES.

(Mrs. Alf. Davison)

2 cups rolled oats, 2 cups flour, $\frac{1}{2}$ cup butter or dripping, $\frac{3}{4}$ cup sour milk, 1 cup sugar, 1 teaspoon baking soda, a little salt. Roll thinly, cut with small cookie cutter, place 1 teaspoon date filling between 2 cookies and bake.

DATE FILLING—1 lb. dates, $1\frac{1}{2}$ cups sugar (granulated), 1 cup water, boil 15 minutes.

ROCK BUNS.

(Mrs. W. Bailey.)

1 lb. flour, 2 oz. butter, $\frac{1}{2}$ lb. sugar, 2 oz. lard, $\frac{1}{2}$ lb. currants, 2 oz. candied peel, 1 egg, a little milk, 1 dessertspoon baking powder, grated nutmeg. Drop in lumps on greased tin and bake in hot oven.

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COCOANUT MACAROONS

(Bessie Godard.)

White of 1 egg, $\frac{1}{2}$ lb. icing sugar, $\frac{1}{4}$ lb. shredded cocoanut. To beaten white of egg add sugar and cocoanut until stiff enough to form into little cakes with the hands. Place on buttered tins and bake in a moderate oven. Chopped nuts may be substituted for the cocoanut.

OATMEAL MACAROONS.

(Mrs. Stewart.)

1 tablespoon butter, 2 cups rolled oats, 1 cup sugar, 2 eggs beaten separately, 2 teaspoons baking powder, a little salt. Flavor with bitter almond if desired. Drop a very little (size of 25c. piece) on buttered pans. Bake in moderate oven and remove immediately after cooked, as they harden.

WALNUT WAFERS.

(Mrs. Parry.)

1 cup brown sugar, 1 cup walnut meats, 1 well-beaten egg, 6 teaspoons flour, 1 teaspoon baking powder. Drop small drops in well-buttered pans and bake in moderate oven.

COCOANUT DABS.

(Mrs. Steward.)

1 cup butter, 1 cup sugar, 2 eggs, 1 cup corn starch, $\frac{1}{2}$ cup flour, 1 cup cocoanut, 2 teaspoons baking powder, 2 teaspoons lemon.

LITTLE PLUM CAKES.

(Mrs. F. Stockton.)

3 eggs, 1 cup brown sugar, $\frac{3}{4}$ cup butter, 2 cups flour, 2 teaspoons baking powder, $1\frac{1}{2}$ cups currants. Put currants in last, bake in patty tins in a moderate oven.

Icing.

BUTTER ICING.

(Mrs. Alf. Davison.)

1 tablespoon butter, 2 tablespoons hot water, 1 tablespoon vanilla, $1\frac{1}{4}$ cups icing sugar. Put hot water on butter and set in oven till butter is melted, add vanilla to cool, then add sugar. Beat well until light.

APPLE ICING

(Mrs. Alf. Davison.)

1 tart apple (pared), 1 cup icing sugar, 1 white of an egg. Grate apple, add white of egg, beaten, and add sugar. Beat half an hour with wire spoon or fork. Add a little vanilla flavoring.

WHITE MOUNTAIN CREAM FROTHING.

(Mrs. Geo. Towers.)

1 cup sugar (granulated), $\frac{1}{2}$ cup boiling water, 1 egg white, flavoring. Put sugar and water in a saucepan and heat. Stir until sugar dissolves and begins to boil. Boil without stirring until syrup will form a thread when dropped from a spoon. Pour syrup gradually into beaten egg white, beating constantly, and continue beating until of the right consistency to spread. Add flavoring and spread on cake.

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MOCHA ICING.

(Miss Louise Reid)

1¼ cups icing sugar, 2 tablespoons butter, 2 tablespoons hot liquid coffee, 1 teaspoon powdered cocoa. Put the sugar, cocoa and butter in a bowl, add the hot coffee and beat thoroughly. Spread on cake. Chopped nuts may be added.

COCOA ICING.

(Mrs. James Clark.)

½ cup unsweetened cocoa, ¼ cup sugar, ¼ cup milk, 1½ teaspoonsful butter, a little salt, ¼ teaspoonful vanilla. Melt butter, add cocoa, sugar, salt and milk, heat to a boiling point and boil about 8 minutes. Remove and add vanilla last.

Preserved Fruits.

PLUM CONSERVE.

(Mrs. F. S. Frost.)

To 1 peck of plums use 1 box of seeded raisins, 6 oranges, ½ lb. of nut meats. To every bowl of the mixture use one bowl of sugar. Add a little water and boil down thick. Chop the orange peel.

For currant conserve use 4 quarts of currants to six oranges and do as you do for plums.

For cherries use one basket to six oranges and raisins and nuts the same as you do for plums. They are all very fine.

PLUM CONSERVE.

(Mrs. Oldfield.)

4 lbs. of plums or cherries, 4 lbs. sugar, 3 oranges sliced very thin, 1 lb. raisins, ½ lb. walnut meats. Cook same as preserves.

PINEAPPLE MARMALADE.

(Mrs. A. H. Chadwick.)

Cut ends from pineapples, then quarter the apples and grate right down to the rind, using the Gilmour grater. To every cup of pulp put a cup of sugar and boil ¼ hour. Put in jelly glasses and cover when cold.

RHUBARB MARMALADE.

(Mrs. Ewing.)

4 oranges boiled in water until tender, then sliced thin, 4 lbs. rhubarb boiled with 2 cups of water, add sliced oranges and 6 lbs. white sugar, ½ lb. walnuts chopped fine. Boil for 30 minutes.

RHUBARB AND FIG MARMALADE.

(Miss E. Jessie Dancket.)

3 lbs. of rhubarb cut into inch lengths, ½ lb. of ordinary dried figs cut into quarters, ½ lb. of candied orange peel, 2½ lbs. sugar, juice of a large lemon and its grated yellow rind. Put this into a large kettle in layers with the sugar, and let it stand, covered, all night. In the morning boil it down slowly till it is thick. About an hour will do.

ORANGE MARMALADE.

(Miss Morton.)

Select 12 good bitter oranges. Pare them finely in ribbons, and cut into fine chips. It is not necessary to use all the skins. Put skins on to boil with plenty of water. Have boiling water on hand and change water three or four times (the oftener the better). Boil until very soft

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(about one hour and a half). Remove white pith from the fruit, rejecting it entirely. Then separate fibre and pips from the fruit, and place in a quart bowl filled with water. Now strain pulp through a wire sieve into preserving kettle. Then strain fibre and pips with the water through sieve, also in to kettle. Put three cups more hot water over the fibre and pips, being careful to get off with the water as much as possible of the jelly-like substance which adheres to the pips. After the juice is through reject the contents of the strainer. Add the boiled chips to the contents of the kettle, and boil five minutes. Then add pound per pound of sugar to the liquid, and boil 15 or 20 minutes, or until it jells. Stir well until sugar is dissolved, but not much after it boils.

ORANGE MARMALADE

(Mrs. Ewing.)

1 dozen bitter oranges, quartered, then sliced very thin. To 1 lb. of fruit add 3 quarts of water and let stand over night. Boil 1 hour and let stand over night again, then to 1 lb. of mixture (orange and water), add 1½ lbs. sugar and boil from ¾ to 1 hour, or until it thickens. This makes 6 quarts.

HOW TO COOK RHUBARB.

(Mrs. Chas. Duff.)

Peel and cut small 2 bunches of plum rhubarb, 2 cups of granulated sugar. Steam ¾ hour.

GOOSEBERRY JAM.

(Mrs. Chas. Duff.)

1 cup water, 2 cups gooseberries, 3 cups granulated sugar. Boil nearly 1 hour. (Black currants may be substituted, using same quantity sugar and water.)

Candies.

BUTTER SCOTCH.

(Miss Grace Chadwick.)

2 cups brown sugar, ¼ cup butter, 1 tablespoon vinegar, ½ cup syrup, 2 teaspoons lemon extract.

TURKISH DELIGHT.

(Mrs. W. E. Gilroy.)

Boil the grated rinds of 2 lemons in 2 cups water for a few minutes, then add the juice and strain. Into this liquid put 2 oz. of gelatine, stirring till dissolved. Let this come to a boil. Divide and flavor part with vanilla. Color the rest with a little cochineal and flavor with strawberry. Pour into buttered plates, cut and roll in powdered sugar.

TURKISH DELIGHT

(Elsie Stockton.)

7 level teaspoons of Knox gelatine, soaked in ½ cup cold water, 2 cups white sugar, ½ cup cold water in pan and let boil. When boiling add gelatine and boil steadily 25 minutes, skimming if necessary. Add juice and grated rind of 1 orange and juice of 1 large lemon. Pour into tin which has been chilled with cold water. When cold, cut in squares and roll in powdered sugar. Color part with the coloring matter in package of gelatine. A small quantity is enough dissolved in a little cold water.

REGAL ICE CREAM

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CANDIED POPCORN.

(Miss Grace Chadwick.)

Put in kettle 1 tablespoon butter, 3 tablespoons water, 1 teacupful of granulated sugar. Boil until ready to candy, then throw in 2 quarts of popped corn. Stir briskly till candy is evenly distributed over corn. Nuts of any kind prepared this way are very good.)

EVERTON TAFFY.

(Mrs. C. H. Naphtali)

Put 1 cup granulated sugar into a saucepan and stir until sugar is melted, not brown. Add a rounding tablespoonful of butter. Stir constantly until sugar slightly burns. Turn into a greased pan to cool.

DIVINITY FUDGE.

(Miss Charlotte Boos.)

2 cups granulated sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup syrup. When boiling add pinch of cream of tartar. Boil until it forms soft ball in cold water. Remove from stove, season with vanilla, beat until partly cool, then beat into it the white of 1 egg previously beaten stiff, and add $\frac{1}{4}$ lb. chopped nuts.

CHOCOLATE FUDGE.

(Mrs. Cowen.)

2 cups granulated sugar, 1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ cake chocolate, 1 cup cream or milk. Beat butter and sugar together, add the chocolate (grated), then the cream. Mix thoroughly before placing on fire. Cook about 20 minutes, stirring constantly. Remove from fire and beat rapidly for three or four minutes, or until it begins to look sugary. Pour into well buttered tins and cut into squares while warm. A few walnuts adds to its goodness.

MAPLE CREAM.

(Mrs. F. Stockton.)

3 cups brown sugar, 1 cup milk, butter size of walnut. Boil until it will string. Flavor with lemon and vanilla and beat until thick. A cupful of chopped walnuts improves it. Pour in a buttered plate and cut in squares.

PATIENCE.

(Miss Grace Chadwick.)

3 cups of white sugar, 2 cups milk, 3 tablespoons butter, nuts. Melt 1 cup of sugar in a saucepan on front of stove, then add milk heated, then butter, and rest of sugar. Boil until when dropped in water it can be rolled between fingers. Take off and beat to a cream. Turn out in buttered pans.

MARSHMALLOW.

(Mrs. W. D. Muir.)

4 cups granulated sugar, 12 tablespoons cold water, a little vanilla. Boil until it threads. 1 oz. gelatine soaked in $\frac{1}{2}$ cup cold water, pour boiling sugar on gelatine. Beat $\frac{1}{2}$ hour.

COCOANUT CANDY.

(Mrs. F. Stockton.)

3 cups white sugar, 1 cup milk, butter size walnut, flavor with vanilla and lemon. Beat until nearly cold and add a whole grated cocoanut. Pour on a buttered plate to cool.

FRENCH CHEWING CANDY.

(Mrs. F. Stockton.)

$\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup water, 2 cups granulated sugar. Boil until it hardens in cold water. Add pinch soda. Pour on a platter to cool and pull.

THE FLY.

Mary read about the fly
And at once became a swatter;
So now wherever Mary goes
The flies are sure to scatter.

NOTICE—If a man swats a fly, don't forget to pick out the fly of the feminine gender.

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PEANUT TAFFY.

(Mrs. A. H. Mawson.)

2 cups dark brown sugar, 4 tablespoons molasses, tablespoon butter, small half cup water. Boil till hardens in water. Lay peanuts on buttered tin and pour taffy over.

Miscellaneous,

CORN COB SYRUP.

(Miss C. Boos.)

1½ doz. red cobs, 6 quarts water, 6 pounds sugar. Boil cobs in the 6 quarts water 1 hour, strain, put in sugar and boil till thick. Cannot be told from maple syrup.

(Miss C. M. Alexander.)

Save orange peelings because they can be used to advantage in puddings and cakes.

When oranges are plentiful save the peels and let them accumulate for two days because they can be kept sweet in water for that time. Use just enough water to cover them with something on top to keep them covered. Cut into small dice, boil in the water till tender, then add sugar at the rate of 2 cups to 1 quart of water before boiling. Let boil 5 minutes and bottle like canned fruit.

BAKING POWDER.

(Miss Mary Merton.)

¼ lb. Howard's soda (get it at a good chemist's), ½ lb. best cream tartar, ¼ lb. rice flour. Sift two or three times through flour sifter.

HOW TO KEEP EGGS FRESH FOR ONE YEAR OR MORE.

(Sold by Parke & Parke, Druggists.)

At a cost of a cent or two a dozen. Get a package of Parke's Glassine Egg Preserver. It is simply marvellous how successful this preparation has proved. If eggs are absolutely fresh when put into the solution they will be fresh when taken out a year later. A pound package, 15c., mixes with a gallon of water. A 2-lb. package sells for 25c.

FOR KEEPING EGGS DURING WINTER.

(Mrs. W. Urry.)

1 pint unslacked lime, 1 pint salt, 3 gallons water. Put a little straw or excelsior in bottom of tub or jar. If fresh eggs go in, fresh will come out. I have tested it.

TO CLEANSE PORCELAIN BATH TUBS.

(Miss Petty.)

Use coal oil and lemon. Gives a good gloss and is not so injurious to the porcelain as gritty substances.

TO REMOVE MILDEW STAINS

(Miss Petty.)

1 pound chloride lime, 2 of washing soda, 2 gallons of water. Pour 1 gallon of boiling water on the ingredients to dissolve, then add 1 gallon of cold water when dissolved.

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clean fresh milk—hand-
led with care in a clean,
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livered in clean, sanitary
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“All Kinds of Ice Cream.”

WASHING FLUID.

(Mrs. W. Urry.)

(Has been used in our family since 1850.)

$\frac{1}{2}$ lb. unslacked lime, 1 lb. washing soda, 4 quarts water. Boil about 10 minutes. Let lime settle, using the clear liquor. Put $\frac{1}{2}$ quart in water you rub in, and $\frac{3}{4}$ quart into builer. Will keep clothes beautifully white.

WORTH KNOWING.

(Mrs. W. Urry.)

If late in the spring potatoes are put on to boil in cold water, without salt, and a little milk put in water, it will prevent them from turning dark. After straining, shake and season.

TO CLEAN MARBLE.

(Miss Petty)

Make a paste of whiting and soda water. Apply with flannel cloth. Rub the marble well with the paste, leaving for a while and repeating the process two or three times if necessary. Wash off with soap and water, dry well and polish with soft duster.

COFFEE FOR CHURCH SOCIALS.

(Mrs. John Reid.)

$\frac{3}{4}$ boiler water, let come to a boil, then add 5 quarts milk and sweeten to taste. Put $2\frac{1}{2}$ lbs. of coffee into 2 cheese cloth bags and drop into boiling milk and water about ten minutes before using. If not strong enough leave coffee in a little longer: 3 pints of cream added lastly improves coffee very much.

TO RESTORE MEATS THAT HAVE BECOME SLIGHTLY OR CONSIDERABLY SOUR ON THE SURFACE.

(Mr. Chas. Duff.)

Dissolve boracic acid and wash the meat with the solution. If still off flavor wash in strong salt and water, dry with a cloth wrung out of hot water. Sprinkle with dry salt and place in refrigerator. If it is slightly green use some more salt and a little salt petre. Lamb and veal (young meats), may not respond to this treatment. Beef usually will. Boracic acid, salt and saltpetre used in various ways that may suggest themselves are the best of preservatives and restoratives for meats.

BRINE FOR CURING CORNED BEEF, TONGUES, PICKLED PORK AND HAM FOR FAMILY USE.

(Mr. Charles Duff.)

Draw water into a clean and sweet wooden or earthenware vessel sufficient to cover your meat. Dissolve sufficient salt in this to make a brine that will float an egg, or if the brine is for hams make it strong enough to float a potato. Dissolve $\frac{1}{2}$ oz. to 1 oz. of saltpetre for each gallon and add it to the brine. Exactness in the quantity of saltpetre is not necessary. Do not exceed 1 oz. to the gallon. Too much saltpetre hardens the meat. Hams require the most, other meats less, unless bad weather demands a quick cure. Have your meat well cooled, the brine cool and keep in a cool place. One week to 2 weeks for flanks, briskets and ribs of plate beef makes nice mild corned beef or tongues. Thick shoulder pieces, round or rump beef may lie longer. Thin flank or bacon pieces of pork are nice in a week, thicker pieces two weeks. Hams and shoulders of pork require a stronger brine. Use the potato test. Let them lie three or four weeks if for smoking or drying, or even longer. Turn them every few days. Use a weight or some other method to hold your meat under brine, but not too heavy, as the meat must not pack tight or it will not cure. In curing hams the addition of a little sugar, say $\frac{1}{2}$ lb. to 1 lb. to each gallon of brine, is an improvement. Add also

GOOD THINGS TO BUY

Social Tea

Social Coffee

Social Cocoa



OLD CHURCH PORK AND BEANS

OLD CHURCH CORN

OLD CHURCH PEAS

OLD CHURCH TOMATOES

OLD CHURCH PEACHES

OLD CHURCH PEARS

OLD CHURCH PLUMS

OLD CHURCH RASPBERRIES



Jersey Cream Baking Powder,

Jersey Cream Yeast Cakes.

a little baking soda to prevent souring, about half in bulk of the quantity of the saltpetre used. The same brine can be used several times by adding salt to bring it to the required strength. A new brine is apt to be too harsh, therefore use sparingly and do not leave meats in too long. Used a second or third time it contains more or less albumen from the previous lot of meat and is mellowed. If it smells or tastes a little sour or becomes somewhat thick, throw it out. I would not advise the same brine for beef and pork. Each will be better cured by itself.

SOME USES FOR BAKING SODA.

(Miss Petty)

$\frac{1}{2}$ teaspoonful to every quart of water in which meat is cooked makes it tender with less boiling.

A pinch of soda in the water in which green vegetables are cooked improves them wonderfully if they have been some time off the vines.

Nothing is a more wholesome cleanser for coffee and tea pots than soda.

It also cleans the most delicate shades of paint without streaking or in any way destroying same.

(Miss Petty)

If desiring to iron clothes immediately after drying, dampen with hot water; it spreads more quickly than cold and thus makes ironing easier.

GOOD STARCH.

(Miss Petty)

Mix starch with cold water, add boiling water until it thickens, then add 1 dessert spoon sugar, a dessert spoon of borax dissolved in hot water, a few drops coal oil, makes a stiff, glossy starch, and does not stick to the iron.

When making cold water starch add a little borax and a few drops turpentine.

E $\frac{1}{4}$ CELLENT REMEDY FOR A COUGH.

(Mrs. Linklater.)

Take the yolk of a fresh egg and beat well in one basin, add 2 heaping tablespoons of moist sugar and beat them well together. Take another basin and mix two tablespoonfuls of white wine vinegar, and the juice of 1 lemon. Put them all together and mix well and put in a bottle and cork closely.

DOSE—1 tablespoonful when cough is troublesome.

HEALING LOTION.

(Miss Petty)

1 oz. glycerine, 1 oz. rose water, 10 drops carbolic acid. This preparation prevents chapping of the skin, and at the same time bleaches it. Is excellent for sore lips or chapped hands.

FLANNELS FOR FOMENTATION.

(Miss Petty.)

Fold the flannel the size to fit over a pot of boiling water and cover with lid. In a few minutes it will be hotter than if wrung out of boiling water and yet dry at the corners and thus easy to handle. Roll it up covered and convey quickly to the patient.

TO KEEP STONE DOOR STEPS WHITE.

(Mrs. S. H. Alexander.)

Get cake pipe clay. Take a very wet cloth and rub off pipe clay. Apply it to door step and rub over until well covered. Let dry before stepping on it, and it will dry an even white.

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COOKING MEASURES.

(Mrs. S. H. Alexander.)

4 saltspoonfuls, 1 teaspoonful.
2 teaspoonfuls, 1 dessertspoonful.
4 teaspoonfuls, 1 tablespoonful.
2 dessertspoonfuls, 1 tablespoonful.
4 tablespoonfuls, $\frac{1}{2}$ gill or 1 wineglassful.
8 tablespoonfuls, 1 gill.
1 cupful, $\frac{1}{2}$ pint.
4 cupfuls, 1 quart.

BUTTER:—

1 tablespoonful, 1 ounce.
1 cupful, $\frac{1}{2}$ pound.
Size of an egg, 2 ounces.
Size of a walnut, 1 ounce.

FLOUR:—

2 tablespoonfuls, 1 ounce.
1 cupful, $\frac{1}{4}$ pound.
4 cupfuls, 1 pound.

CORN MEAL:—

3 cupfuls, 1 pound.

SUGAR:—

Granulated, 2 cupfuls, 1 pound.
Pulverized, $2\frac{1}{2}$ cupfuls, 1 pound.
Brown, 2 cupfuls, 13 ounces.



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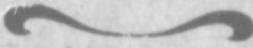


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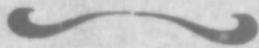
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