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COOK BOOK



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GREETING

THE WILTON GROVE BRANCH of the Women's Institutes of Ontario, sends greeting to all who are interested in the social welfare of our province. And especially to the seven hundred Branch Institutes with their aggregate membership of twenty thousand.

Our Cook Book has been compiled, not only with the convenience and advantage of the individual in view, but also with the object of forming the nucleus of a fund for the promotion of schemes in the interest of agriculture and social welfare in our rural community.

Our gratitude is due to those firms who have made our book the medium of advertisement, and we respectfully solicit the co-operation in its sale of all those to whom the objects of the Women's Institutes of Ontario appeal.



The Royal Bank of Canada

INCORPORATED 1869

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The Women's Institutes of Ontario

¶ The Institutes continue to stand for mutual helpfulness among the women of the country, with a keen desire on the part of all to assist in making brighter and better the everyday life of the home maker and those dependent upon her. The Institutes have interpreted the spirit of human helpfulness better probably than any other organization, and the beating of the heart of sisterly kindness is brought into true fellowship and co-operation for accomplishment in our Institutes.

¶ The Women's Institutes have shown by their accomplishments that they have the initiative to do much to improve home and neighborhood conditions. We recognize in them a still greater power as a means through which most effective work can be done along many lines. Societies and Departments which have the direction of "Public Health," "Social Reform," "Itinerant Teaching," etc., will find in the Institutes a most effective medium through which to come in close contact with the best of our rural population.

¶ In our Institute work we wish to deal with realities. We must be practical if we are to be successful. I have been asked, "Will the Institute not draw the women away from their homes and cause them to become dissatisfied with their lot?" The motherly woman, and that is the kind who has been attracted by the Women's Institute, has been strengthened in those qualities which characterize ideal womanhood. Our Women's Institute members love their homes and appreciate their lot. Meeting together once a month upon a common ground for the consideration of those things of greatest interest to women, is one of the strongest forces in making for the stability of the home.

¶ The women are the makers and re-directors of ideals for your boys and girls and your ability to make your home more to the boys and girls than any other place on earth will have much to do in keeping the brightest and best in the country districts. The highest ideals of womanhood are finding expression in tangible action in the Women's Institutes, and we predict in the light of what has already been accomplished, that the Women's Institutes will from year to year become a greater and still greater factor in the uplift of home and country.

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HANDY WEIGHTS AND MEASURES.

Wherever possible, exact weights of ingredients should be used, but here is a handy list which will reduce the use of weights and measures considerably :

- For 1 pound of lard take 2 cupfuls.
- For 1 pound of butter take 2 cupfuls.
- For 1 pound of white flour take 4 cupfuls.
- For 1 pound of graham flour take $4\frac{1}{2}$ cupfuls
- For 1 pound cornmeal take 2 2-3 cupfuls.
- For 1 pound granulated sugar take 2 cupfuls.
- For 1 pound powdered sugar take 2 2-3 cupfuls
- For 1 pound confectioner's sugar take $3\frac{1}{2}$ cupfuls
- For 1 pound brown sugar take 2 2-3 cupfuls.
- For 1 pound raisins (packed) take 2 cupfuls
- For 1 pound currants take $2\frac{1}{4}$ cupfuls.
- For 1 pound stale bread crumbs take 2 cupfuls.
- For 1 pound eggs take 9 eggs (large).
- For 1 ounce of butter take 2 tablespoonfuls.
- For 1 ounce of flour take 4 tablespoonfuls.
- For $\frac{1}{2}$ ounce of baking powder take 6 tablespoonfuls.
- For 1 tablespoonful take 3 teaspoonfuls.
- For 1 pint take 2 coffee-cupfuls.
- For 1 ounce salt take 1 tablespoonful.
- 4 cups flour equal 1 pound.
- 2 tablespoons flour equal 1 ounce.
- 1 tablespoon butter equals 1 ounce.
- 1 cup butter equals $\frac{1}{2}$ pound.
- 1 pint butter equals 1 pound
- 10 eggs equal 1 pound.
- 2 cups granulated sugar equal 1 pound.
- $2\frac{1}{2}$ cups powdered sugar equal 1 pound.
- 2 teaspoons liquid equal 1 tablespoon.
- 4 tablespoons equal 1 wine glass or $\frac{1}{2}$ gill
- 2 wine glasses equal 1 gill or $\frac{1}{2}$ cup.
- 2 gills equal 1 cup or $\frac{1}{2}$ pint.
- 2 cups equal 1 pint.
- 2 pints equal 1 quart
- 4 quarts equal 1 gallon.
- 1 pint liquid equals 1 pound.
- Butter size of an egg equals 1 ounce.

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Miscellaneous

LINOLEUM POLISH.

One pt. raw oil, $\frac{1}{2}$ pt. cider vinegar, $\frac{1}{2}$ pt. coal oil, $\frac{1}{4}$ lb. beeswax, 2 tablespoons turpentine. Melt beeswax, add raw oil and vinegar. Do not add coal oil and turpentine until cool, then stir well.—Nettie Beattie

HARD SOAP.

Five pounds grease softened by heating, dissolve 10c tin of lye in one quart of boiling water, let stand until cool, stir slowly into the grease until it granulates or thickens, then pour into moulds; also add before putting into mould one cup of borax. Before the hardening process is complete cut in cakes. If the grease is clear the soap will be white.

WASHING FLUID.

One lb. washing soda, $\frac{1}{2}$ lb. lime, 1 gallon soft water. Boil 15 minutes. Let cool and put in glass jars. For white clothes put 1 teacup of fluid for 4 quarts of water.—Jennie Lind.

WASHING COMPOUND.

Cut fine 1 bar of laundry soap into 2 quarts of rain water, add 1 teaspoon Gillet's lye, boil until thoroughly dissolved, remove from fire and when slightly cooled stir in cup gasoline. Put enough of the mixture into a boiler of water to make a strong suds, then plunge clothes in without rubbing and boil 30 minutes.

HOUSEHOLD HINTS.

Lack of system is a foe to economy, and if the housewife is lacking in it the bank account stands a poor chance of increase.

To prevent cheese getting mouldy wrap in a cloth that has been dipped in vinegar and wrung as dry as possible. Keep in a cool place.

Be careful never to use too much butter in cake. Use a scant amount rather than what the rule calls for. It will save many a poor cake.

Beef may be kept for a long time if immersed in sour milk. The lactic acid destroys the germs of putrefaction.

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Before putting milk into the saucepan boil rapidly a few spoonfuls of water (enough to just cover the bottom of pan), and it will never burn, however fierce the fire.

Flour absorbs all odors, so keep it closely covered.

Cooking in a double boiler is sometimes slow. Try adding a tablespoon of salt in the water of the outer vessel. It will raise the temperature of the food more quickly.

When cooking, never leave a spoon in anything you wish to boil quickly. A spoon conducts the heat away from the liquid.

If you would like light dumplings, leave the cover off for about ten minutes after you have put them in.

When making pastry add the juice of a lemon to the water for mixing. It will make it lighter and dispel the flavor of lard.

SWEET PICKLING HAMS AND BACON.

Salt the hams and bacon well, let remain for 24 hours, then for every 8 pounds of pork take 1 pound salt, 1 pound sugar (brown is best), 1 ounce salt prenella, 1 ounce alspice or Jamaica spice, 1 ounce pepper. Mix all together and put over the ham; let the meat remain in the tub for 5 or 6 weeks, pouring the liquid over them two or three times a day. Then hang up and dry, putting them into bags for future use.—Mrs. F. J. Williams.

BAKING POWDER RECIPE.

Take 8 ounces tartaric acid, 9 ounces carbonate of soda, 16 ounces of cornstarch. Mix well and put in tins.

STARCHING.

Always make your starch with soapy water. No other gloss is required.

FACE CREAM.

One-half oz. white wax, $\frac{1}{2}$ oz. spermaceti, $\frac{1}{2}$ oz. lanolin, 1 oz. cocoanut oil, 2 oz. oil sweet almond, 1 oz. orange flower water, 30 drops tincture benzoin, 5 drops oil of roses. Heat first five in double boiler; beat until cold; mix liquids and

MAY DEW—FOR THE HANDS.

One-quarter gill alcohol. $\frac{1}{4}$ gill of cologne, $\frac{1}{4}$ gill glycerine, $\frac{1}{8}$ oz. gum tragacanth; dissolve gum in a little over $\frac{1}{2}$ pint of warm soft water for 48 hours, add other ingredients. slowly cream a few drops at a time.

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Remedies

LOTION FOR HANDS.

Equal parts of glycerine, witch hazel and spirits of camphor.

SALVE.

For cold in head, rub nose and forehead. For croup, rub well throat and chest. Take equal parts in bulk (not weight) of camphor gum, lard and yellow beeswax, melt together until camphor is dissolved.

FOR CHAPPED HANDS.

Two oz. glycerine, 2 oz. alcohol, 1 oz. lilac cologne, $\frac{1}{2}$ oz. gum tragacanth; soak gum over night in 1 cup warm soft water, then add 1 cup more soft water and other ingredients, strain and bottle.—Nettie Beattie.

MILK LEG CURE.

Take the inside bark of shumach and boil it down thoroughly. Then take liquid and make into a salve with fresh unwashed and unsalted butter. Apply the ointment to the leg.—Mrs. F. J. Williams.

A GOOD SALVE.

Four oz. tag elder, 4 oz. white resin (pulverized), 2 oz. beeswax, 1 oz. oil of balsam of fir, 1 oz. loaf sugar, $\frac{1}{2}$ oz. alum (pulverized), 1 lb. mutton tallow. Put tallow in granite dish and bring to boiling heat; put in elder bark and allow to simmer on back of stove 20 minutes; strain and add all other ingredients; put on stove and bring slowly to boil again; remove at once; stir until cold; put into mould.—Mrs. Barber.

FOR BURNS.

One pint castor oil slightly warmed and beaten to a froth, add 1 teaspoon carbolic acid. Cork and use for burns. It gives instant relief.

Keep in a convenient place a bottle of boiled linseed oil and lime water. Good.

BURNS OR SCALDS.

Apply at once the white of an egg; tie up from the air and immediate relief will be found.

GOOD BUTTER SALVE.

One cup of fresh butter well washed, render until all water is out of it. Remove from fire and add carbolic acid.

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CURE FOR PNEUMONIA.

Rub chest with sweet oil, then cover with powdered lobelia.

A FELON CURE.

The yolk of an egg and equal quantity of honey, 1 table-spoonful of fresh drawn turpentine and 1 tablespoonful of spirits of camphor. Mix well and thicken with **Hunt's Diamond Flour** to the consistency of thin paste. Put on thinly over the sore. It will draw it out quickly.

CROUP.

Give goose oil and afterwards lemon juice. Apply hot flannels soaked in goose oil to throat and chest. Give $\frac{1}{2}$ teaspoonful of sulphur in jam or anything palatable. This gives relief at once.

Breakfast Cereals**GENERAL RULES FOR COOKING CEREALS.**

1. Cook in boiling salted water— $\frac{1}{4}$ teaspoon salt to 1 cup of water.
2. Quantity of dry cereal to 1 cup of water—
 - (a) $\frac{1}{4}$ cup oatmeal, rice or cracked grain.
 - (b) $\frac{1}{2}$ cup rolled oats or any flaked cereal.
 - (c) 3 tablespoonfuls cornmeal, farina or any granular cereal.

Whole or Cracked Grains—Put salt and water in the top part of a double boiler and place directly over fire. When it boils, add cereal and stir frequently until it has boiled ten minutes. Cover closely and set the top in the lower part of double boiler. Cook three to twelve hours.

Note—Rice will cook in three-quarters of an hour.

Flaked Cereals—Put salt and water in a pot and add cereal when the water boils. Stir constantly until it thickens, then boil gently for half an hour, stirring often to prevent burning.

Note—These are much nicer if cooked the same as whole grains.

Granular Cereals—Put salt and water in top part of a double boiler and place directly over fire. When it boils hard, sprinkle in the cereal, stirring quickly all the time. Stir and

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boil until it thickens. If quantity decreases, add more boiling water. Cover closely and set the top in the lower part of double boiler. Cook from one to four hours.

Breakfast cereals may be cooked the day before they are used, but should be left in the pot and should **not** be stirred while reheating. A tablespoonful of water poured over the top after it is cooked will prevent a skin forming over the top.—

Mrs. W. S. Laidlaw.

Soups

MOCK BISQUE SOUP.

One can tomatoes, 3 tablespoons flour, 1 qt. milk, $\frac{1}{4}$ teaspoon soda, 1-3 cup butter, pepper and salt. Stew the tomatoes until soft enough to strain easily and use the strained juice. Heat the milk in a double boiler. Heat the butter and add the flour to it, adding enough of the milk to make it pour easily. Add this to the milk and cook for 10 minutes, stirring occasionally. To the strained tomato add the soda to prevent the acid from curdling the milk. When the gas has passed off add the tomatoes to the milk, season and serve immediately with croutons or crackers.—Mrs. Geo. Laidlaw.

BARLEY SOUP.

Two pounds of beef shank, $\frac{1}{4}$ pound pearl barley, 1 large bunch parsley, 4 onions, 6 potatoes, salt and pepper to taste, 4 quarts water. Boil gently for three hours.—Mrs. F. J. Williams.

CREAM POTATO SOUP.

Boil 4 medium sized potatoes; when done mash through a sieve, add butter size of an egg, pepper and salt; beat until light and creamy. Then add 1 quart of hot milk, place over fire and beat constantly until it comes to boiling point, then add 1 egg, yolk and white beaten separately. Serve. Do not boil it again after egg has been added or it will curdle.—Mrs. F. J. Williams.

VEAL SOUP.

Put a knuckle of veal into three quarts cold water with a little salt, and $\frac{1}{2}$ cup uncooked rice. Boil slowly for 4 hours. Remove from the fire. Into the tureen put the yolk of 1 egg and stir into it 1 cup of sweet milk; add a piece of butter the

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size of an egg. On this strain the boiling soup, stirring all the time. Then heat well for about 1 minute.

PEA SOUP.

Lean bacon, half a pound; water, eight pints; split peas, one pint; carrots, turnips and onions, two of each; add pepper and salt. Put them in a pan, set it on the fire, when it boils take it off, then let it simmer by the fire three or four hours, until the peas are quite tender. The bacon should be cut into thin strips.—Mrs. F. J. Williams.

CREAM OF CELERY SOUP.

One head celery, 1 tablespoon butter, 1 pint water, 1 tablespoon flour, 1 pint milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon minced onion, $\frac{1}{2}$ saltspoon white pepper. Wash and scrape celery, cut into half-inch pieces and put it into pint of boiling water, cook until soft. When done mash it in water in which it was boiled, add salt and pepper. Cook onion in milk and with it make a white sauce with butter and flour. Add this to celery and strain, pressing and mashing with the back of spoon until all but tough fibers of celery are squeezed through. Return soup in double boiler to fire and heat till steaming, when it is ready to serve.—Mrs. Robert Kirk.

BEAN SOUP.

Two cups beans soaked over night on back or range and boiled 6 or 8 hours, put through colander. then add 1 cup cream, 1 tablespoon butter and enough milk to make 2 quarts in all, salt and pepper to taste.—Mrs. C. M. Shore.

OXTAIL SOUP.

Two oxtails, 4 quarts water, boil 2 hours, skin fat off, add small piece of cabbage and an onion, salt and pepper to taste, boil 2 hours more. This makes a soup any invalid can use.—Mrs. D. McDougall.

OYSTER SOUP.

One cup fresh oysters, 1 cup milk, 1 saltspoon salt, 2 tablespoons cracker crumbs, $\frac{1}{4}$ teaspoon butter, pepper. Put milk with cracker crumbs in saucepan on stove. Have hot omelet pan ready and when milk reaches boiling point put oysters into omelet pan. Stir and turn them until they become plump, then drop oysters into boiling milk. Take from fire, add salt, pepper and butter and serve at once.

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CORN SOUP.

One can cornlet, 1 tablespoon chopped onion, 1 pint water, 4 tablespoons flour, 1 quart milk, 2 teaspoons salt, 4 tablespoons butter, $\frac{1}{4}$ teaspoon white pepper, yolks of 2 eggs. Cook corn in water 20 minutes. Cook onions in melted butter until light brown; add flour, seasoning and the milk gradually. Then add the corn. Strain, add beaten yolks. Re-heat, serve. Eggs may be omitted. Canned corn may be chopped fine and used instead of cornlet.—Mrs. Robt. Kirke.

PEA SOUP.

One can peas, drain off water and boil in fresh water until tender. Drain and rub through strainer. Heat one quart milk and add peas. Make a white sauce of 1 tablespoon butter, 1 tablespoon flour and milk to thicken. Add to soup and season

Corn Soup—Same as pea soup.—Mrs. Robt. Kirke.

CREAM OF TOMATO SOUP.

One can tomatoes, 1-3 cup flour, $\frac{1}{4}$ teaspoon soda, 1 teaspoon salt, 1-3 cup butter, $\frac{1}{2}$ teaspoon white pepper or less, 1 quart milk. Stew tomatoes slowly $\frac{1}{2}$ hour. strain and add soda; make a white sauce and add tomato juice. Serve immediately.—Mrs C. M. Shore.

POTATO SOUP.

Three medium-sized potatoes, 1 teaspoon flour, 1 teaspoon chopped onion, 2 teaspoons butter, 2 saltspoons celery salt or 3 stalks celery, 1 pint milk, 1 teaspoon salt, white pepper, cayenne. Pare and boil potatoes. Cook onion and celery in the milk with which make a white sauce with the flour and butter. Mash potatoes and put into sauce with pepper, cayenne and salt, strain through a soup strainer; put in double boiler and set back on stove. When hot it is ready to serve.

CHICKEN SOUP.

Thoroughly clean fowl, cut in small pieces. Put meat in saucepan with 3 pints water and stew $2\frac{1}{2}$ or 3 hours. Take meat out; let liquid continue to boil, and to it add 1 tablespoon rice, 1 tablespoon finely-cut onion which has been fried with butter until soft, but not brown. Cut nice portions of meat into small pieces and put these with 1 teaspoon salt into soup and let simmer till rice is soft. Add little white pepper.—Mrs. Robert Kirk.

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¶ An Annual Convention and Winter Dairy Exhibition is held each year during the month of January. Place and dates are given in the Agricultural and other papers.

¶ Every person made welcome.

FRANK HERNS

Secretary-Treasurer and
Chief Instructor

CREAMED SALMON.

Two cups cold fish, 1 cup of hot milk, 1 bay leaf, $\frac{1}{2}$ teaspoon onion juice, 2 tablespoons of **Hunt's Diamond Flour**, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon white pepper, $\frac{1}{2}$ cup of fine bread crumbs. Make a sauce by creaming flour and butter and adding them to the hot milk; put in double boiler, add salt, pepper, onion juice and bay leaf; stir until thick as cream; cover bottom of baking dish with half of the cold fish and pour over it half of the sauce, put in the rest of the fish and remainder of sauce, sprinkle with bread crumbs and dot with butter.—Mrs. J. H. Anderson.

BAKED FISH, WHITE OR LARGE HERRING.

Clean and wash thoroughly, cutting off all fins, stuff with a well-seasoned dressing, tying the fish round about with cord to keep in dressing; roll in **Hunt's Diamond Flour** and oatmeal mixed, and bake in a hot oven for over an hour. Put a little hot water and butter in bake pan.—Mrs. H. G. Nichol.

CREAMED OYSTERS.

One-half cup oysters, 1 tablespoon butter, 1 tablespoon flour, 1-3 cup milk, salt and pepper; cook oysters in oyster liquor until edges curl, then add to white sauce. Serve on toast or shredded wheat.—Belle Weatherston.

CURING FISH FOR WINTER.

Scale and clean thoroughly, washing in three cold waters, lay out to drip, then dry each carefully and split down the inside back, rubbing salt well in the inside and out, pack firm in airtight tubs, keep in cool place and well covered to keep air out, or result will be they will rust.

SMOKING FISH.

Prepare as for curing, with not so much salt, leaving in salt two days; wipe off dry and put on screens to smoke; smoke with corn cobs two days or until a nice brown on both sides. When cold pack away in airtight tubsor box.—Mrs. J. C. Mull.

Potatoes**POTATO PUFF.**

Beat a pint of mashed potatoes and butter the size of an egg (melted) until very light; whip half a cup of cream stiff,

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add with 2 eggs, beaten separately; beat all well together, pile irregularly in a dish and bake quickly.—Mrs. Robt. Kirk.

BAKED POTATOES.

Bake as many medium-sized potatoes as needed. When done cut top off, scoop out the potato, mash, season with salt and pepper, add butter and cream; return to potato shells, sprinkle chopped parsley over top after setting them on end in a baking dish, and return to oven to brown on top.—Mrs. Robt. Kirk

CREAMED POTATOES.

Cut previously boiled potatoes into half-inch dice, put in omelet pan, season with salt and pepper and pour in milk until even with surface of potatoes; simmer gently until milk is absorbed. For every pint of potato make cup of white sauce, season, add teaspoon chopped parsley and pour over.—Mrs. Robert Kirk.

ESCALLOPED POTATOES.

Wash, pare, soak and cut potatoes into thin slices, put in layers in baking dish, adding small pieces of butter and pepper and salt, sprinkling with flour. Cover with hot milk and bake in a moderate oven until potatoes are soft. Keep covered during the first half of cooking.

POTATOES.

Pare potatoes and slice into a dish and three-quarters cover with milk, and add salt and pepper and cover the top with grated cheese, set on the stove until it boils, then put in the oven to brown.—Mrs. Norman Munro.

SCALLOPED POTATOES.

Put layers of sliced potatoes in a baking dish alternately with sliced onions and bacon. Pepper and salt to taste. Have bacon on top, cover with milk and bake till tender.

ESCALLOPED POTATOES.

Boil white potatoes, slice thin, put in a saucepan a large tablespoonful of butter, stir into butter a tablespoon of **Hunt's Diamond Flour**, and when blended add a cup of milk, season with salt and pepper, put the potatoes into a greased pudding dish in layers, sprinkle each layer with bits of butter and pour over the sauce.—Mrs. Jenkins.

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POTATO PIE.

Stew up two cups of beef left overs, an onion, season to suit, put in a dish a quart cooked potatoes, mash, add enough milk, season to suit, beat to a cream, put on top of meat, put in oven, cook one-half hour. Beat up two eggs, spread over top, put back in oven and let brown.—Mrs. Fred J. Scott.

Meats

CECILS.

Three cups of cold chopped meat, yolk of 2 eggs, 1 tablespoonful of butter, 2 tablespoonfuls of bread crumbs, $\frac{1}{4}$ teaspoonful of grated nutmeg, 1 teaspoonful of onion juice. Salt and pepper to taste. Method—Stir ingredients in pan until hot, turn out and cool and form in balls, size of an egg. Dip in sifted bread crumbs, then egg and then crumbs and fry in deep fat.—D. Williams.

LAMB CROQUETTES.

One tablespoonful of finely chopped onion, 2 tablespoonfuls of butter, 1 cup of flour, 1 cup of stock, tomato juice or water, 1 cup of cold cooked lamb finely chopped, 2-3 cup of mashed potatoes, 1 tablespoon finely chopped parsley, salt and pepper. Method—Cook onion in butter 5 minutes, remove and add **Hunt's Diamond Flour** and stock, cook 2 minutes, add potatoes, salt and pepper, boil until absorbs sauce, add parsley and cool. Shape and fry in deep fat.—D. Williams.

TO COOK CUTLETS.

Season with salt and pepper, roll in beaten egg (one egg will serve quite a family), roll in **Hunt's Diamond Flour** or bread crumbs, fry in butter or dripping, brown both sides, then cover and cook for some time more slowly. Any cold meat (beef, pork or veal) may be cut thin and dipped in the egg and flour, cooked quickly and served hot makes a pleasant change.—Mrs. McCrae.

GIBLET PIE.

Clean well and half stew a set of goose giblets; cut the leg in two, the wing and neck into three, and the gizzard into four pieces; preserve the liquor, and set the giblets by till cold,

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otherwise the heat of the giblets will spoil the paste you cover the pie with; then season them with pepper and salt, onion and sage, and put them into a deep dish; cover it with paste, and bake it an hour and a half in a moderate oven. In the meantime, take the liquor the giblets were stewed in, skim off the fat, put it over the fire in a stewpan, thicken it with **Hunt's Diamond Flour** and butter, or flour and water, season it with pepper and salt, strain it, and when you take the pie from the oven pour some of this into it. Remains of any roast poultry or game can be used.—Mrs. F. J. Williams.

SQUAB PIE.

Cut apples as for other pies and lay them in rows, with slices or pieces of beef, mutton, pork or bacon; shred an onion and sprinkle it amongst them; add salt and sugar.

BEEF STEW.

One pound of beef, one cup of cold water, $\frac{3}{4}$ teaspoon salt, 1 small onion, $\frac{1}{4}$ cup of carrots, 2 medium sized potatoes. Cut meat in pieces $1\frac{1}{2}$ inches square in stewpan with onion cut in slices, add water, cook till nearly done, then add potatoes and carrots, pepper and salt; cook till vegetables are done.—D. Williams.

TURKEY DRESSING.

Crumb a loaf of bread, add $\frac{1}{2}$ teaspoon ground cloves, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{2}$ cup suet, 2 eggs, butter the size of an egg, little grated lemon, savory to taste.—Margaret Munro.

PORK TENDERLOINS.

Split tenderloins nearly in half, fill with dressing and tie up, bake in oven. Baste well.

MOCK DUCK.

Take round steak spread out and pound. Make a dressing of bread crumbs, put 1 tablespoon of butter in frying pan and add bread crumbs, a little onion, salt, pepper and sage; spread this on steak and roll, bind well with string; place in pan with one cup of water; bake until brown; garnish with mashed potatoes.

BEEFSTEAK ROLL.

Two pounds of beefsteak chopped fine with some suet, $\frac{1}{2}$ teaspoonful each of salt and pepper, a little sage, 1 scant cup of

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biscuit rolled fine, flour the baking board and work all together and form a roll, put into a double cooker and roast a half-hour. Serve hot or cold.—Mrs. Stanley Lawson.

CHICKEN POT PIE.

Take a fat fowl, joint and boil until tender, season to taste with salt and pepper; if the fowl is fat no butter is necessary, if not, use butter. Have sufficient broth to more than cover the chicken as the dumplings will absorb it. When the chicken is boiled tender, set off the fire for a few minutes; then return to the stove again and drop the dumplings in by the spoonful on top of the chicken in kettle. This will prevent the dumplings from getting heavy. Cover kettle tight and let boil briskly for 25 or 30 minutes. Do not let them burn. **DUMPLINGS**—Take 1 quart of **Hunt's Diamond Flour**, sift into a bowl with $\frac{1}{2}$ teaspoon of salt and 3 teaspoons of **Strong's Baking Powder**. Rub flour with butter the size of an egg. Then add 1 pint of sweet milk and stir with spoon until mixed. If it seems sticky add a little more flour.

VEAL LOAF.

Three pounds of veal chopped fine, $\frac{1}{2}$ lb. of pork or beef chopped fine, 3 eggs, pepper and salt, 3 crackers rolled fine, mix thoroughly, bake 3 hours.—Mrs. Frances Nichol.

MEAT DISH.

Put two pounds of round steak, small piece of suet, small onion through the meat chopper, add two cups of bread that has been soaked in water, three eggs, salt and pepper; shape like a roll of butter, put in a covered roasting pan and pour over it a half can of tomatoes; bake in a slow oven about one hour. Serve hot or cold.—Nora Carrothers.

BEEF LOAF.

One pound minced veal, one pound chopped beef, two unbeaten eggs, one small onion chopped fine, one cup of cracker crumbs, one teaspoon salt, one-half teaspoon pepper, summer savory, one tablespoon melted butter; mix well, adding one cup sweet milk. Form in loaf and bake one hour.—Mrs. Norman Anderson.

COOKED HAM.

Take one pound of ham and cover with sweet milk; cook slowly in the oven for three hours.—J. L.

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WHEN COOKING CHICKEN.

Place chicken and a common glass tumbler in a kettle with cold water and the chicken will become tender in two-thirds the time it will in boiling without the tumbler.—Mrs. Jenkins.

MOTHER'S CHICKEN PIE.

Stew a young chicken for a quarter of an hour, slice an onion and six potatoes, flavor with salt and pepper and cover with a crust, made of 1 egg, $\frac{1}{2}$ teaspoon of salt, 1 cup of sour cream, $\frac{1}{4}$ teaspoonful of soda, enough of **Hunt's Diamond Flour** to make a stiff batter, pour over pie and bake in oven half an hour.—Mrs. D. Macdougall.

BEEF LOAF.

One lb. chopped beef, 1 egg, $2\frac{1}{2}$ soda biscuits, salt, pepper and sage to taste; mix and shape in a granite dish, then turn into a buttered pan, pour 1 cup of canned tomatoes over it and cook in oven 1 hour.—Mrs. S. J. Riddell.

SCOTCH HAGGIS.

Take equal quantities of **Hunt's Diamond Flour** and sheep's tallow or suet chopped fine (oatmeal may be added). Clean the sheep's stomach thoroughly, put the ingredients in dry, sew up closely and boil 4 hours.—Mrs. Wm. Laidlaw.

FOWL DRESSING.

For an 8-pound turkey take 2-3 of a loaf of bread, dip in milk or water and leave to drain for a couple of hours or even over night. Crumb it up and add two tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon of pepper, 1 tablespoonful of finely minced onion and a tablespoonful of powdered savory. For duck or goose or stuffed tenderloin use more onion and sage instead of savory.—Mrs. D. L. McCrae.

HASH CAKES.

Two cups of cold mashed potatoes, 1 cup cold minced meat, $\frac{3}{4}$ teaspoon of salt and pepper, 1 egg, 1 tablespoon of fat. Method—Beat egg until well mixed, add potatoes, salt and pepper. Mix thoroughly, then add meat and form into flat round cakes, cover with **Hunt's Diamond Flour** and fry in a little melted butter or dripping.—D. Williams.

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SUGAR CURING PORK.

To every 500 lbs. of meat add the following, making a brine of 4 pails of water, 1 peck of salt, 5 lbs. Brown sugar, 1 lb. ground black pepper, $\frac{1}{4}$ lb. saltpeter. Before putting in brine rub all the large pieces over with salt and sugar, putting about 1 lb. of sugar to 6 lbs. of salt. We leave in brine two weeks, then put the hooks in to smoke and just before the meat is dry take a large pepper box and fill with powdered borax and shake this over the meat, then hang in smoke box, smoke until a light brown. (Corn cobs are best for smoking.)—Mrs. J. C. Nichol.

BRINE FOR PICKLING BEEF.

One gallon water, 3 pounds salt, six pounds brown sugar, $\frac{1}{2}$ ounce saltpetre. Put all the ingredients in saucepan and boil for half an hour, skimming often. Pour pickle into crock and when cold add meat. Let stand from 8 to 14 days.—Mrs. Norman Anderson.

FOR DRY SALTING PORK.

For 100 lbs. meats use 6 lbs. salt, 1 lb. sugar, $1\frac{1}{2}$ oz. saltpetre, 3 ozs. black pepper, mix thoroughly, use half the mixture at one application, let stand two weeks, then use the rest and leave for five or six weeks.—Mrs. J. A. Beattie.

Sandwiches**SANDWICH FILLING.**

Stone 2 dozen olives, chop fine, mixing with $\frac{1}{2}$ cup crisp celery, add saltspoon mustard, teaspoon tomato catsup, 2 tablespoons cracker dust, small cup mayonnaise dressing.—Mrs. N. Anderson

MAPLE SUGAR SANDWICH.

Scrape maple sugar, spread between thin slices of brown bread and butter, sprinkle well with chopped walnuts or almonds. If sugar not moist enough add cream.—Mrs. N. Anderson.

CHEESE AND CRESS SANDWICHES.

Spread cream cheese and watercress between thin slices of white or brown bread and add mayonnaise dressing.—Mrs. C. M. Shore.

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CHICKEN SANDWICHES.

Boil chicken until meat drops from bones and liquor is reduced to 1 cupful, strain liquor and set away to cool, skinning fat when cold, mince chicken, not too fine, add liquor and return to the stove, seasoning with butter size of an egg, pepper and salt. When cold spread between thin slices of bread and butter.—Mrs. Andrew Murray.

POTTED BEEF SANDWICHES.

Put two pounds beef through meat chopper and season with chopped onion, poultry dressing, salt and pepper, cook $\frac{1}{2}$ hour., thicken with tablespoon flour. Let get cold and spread between thin slices of bread and butter.

Salads**NUT AND FRUIT SALAD.**

One cup of pineapple cubed, $1\frac{1}{2}$ cups chopped nuts, 1 cup cubed oranges, 1 cup of cubed dates. Method—Mix all together with dressing and serve on green leaves.

FRUIT SALAD.

One cup of apples cubed, 1 cup of bananas cubed, 1 cup of oranges cubed. Method—Mix all together and serve on lettuce leaves.

BANANA SALAD.

Take small bananas, peel and roll them in salad dressing. Then roll in finely chopped nuts. Place on a lettuce leaf with a few seeded Malaga grapes. Over this put a spoonful of salad dressing and a few candied cherries.—D. Williams.

CHICKEN SALAD.

Equal quantities of chicken and celery mixed with dressing and serve. Garnish with celery curl.

CABBAGE SALAD.

One and one-half cups of finely shredded cabbage, $\frac{1}{2}$ cup of chopped walnuts, $\frac{1}{2}$ cup of cream, juice of 1 lemon, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon of salt. Method—Mix cream, sugar and lemon juice and pour over walnuts, cabbage and salt, which have been thoroughly mixed. Serve on lettuce leaves or scooped out cabbage.

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NORMANDY SALAD.

One cup of walnuts, 1 can of French peas. Serve on lettuce leaves, with dressing poured over.—D. Williams.

WALDORF SALAD.

Two cups chopped apples, 2 cups chopped celery, about 12 walnuts, chopped fine, a few drops of lemon, a very little cayenne pepper. Mix with salad dressing and serve on shredded lettuce.—Mrs. L. McCallum.

FRENCH MUSTARD.

One egg, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt, a little pepper, 1 teaspoon sugar, 1 tablespoon cream, $\frac{1}{2}$ cup vinegar, beat egg, add the salt, pepper and sugar, mix the mustard with a little vinegar, then add cream; heat in double boiler until it thickens.—Margaret Laidlaw.

TOMATO SALAD.

Take good solid tomatoes, peel and break up about the size of walnut, add chopped celery and some chicken or other tender meat. Pour over all a thin salad dressing.—Mrs. Geo. Murray.

BREAKFAST SALAD.

Scald and peel 2 ripe tomatoes, cool and divide into small sections, peel and slice thin one cucumber. Line a salad bowl with lettuce leaves, add tomatoes and cucumber, a teaspoon of minced parsley, a few blades of chives. Pour a dressing of olive oil and vinegar, salt and pepper over all.—Mrs. Jenkins.

CORN SALAD.

One dozen ears corn, 2 small heads of cabbage, 1 bunch of celery, 4 green peppers, 5 onions, $\frac{1}{4}$ cup salt, $\frac{1}{2}$ box mustard, 2 quarts vinegar, 3 cups sugar, 1 teaspoon tumeric. Boil 35 minutes.—May Manning.

IDEAL SALAD.

One-half package of gelatine, $\frac{1}{2}$ cupful cold water, $\frac{1}{2}$ cupful of vinegar, juice of 1 lemon, 1 pint boiling water, $\frac{1}{4}$ cup sugar, 1 teaspoon salt, 2 cups of celery cut in small dice, 1 cup of finely chopped cabbage, $\frac{1}{4}$ of a can of sweet peppers, cut fine. Soak gelatine in cold water 2 minutes, add boiling water, vinegar, lemon juice, sugar and salt, strain and let cool

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until it starts to set before adding other ingredients. Turn into moulds and serve cold, with mayonnaise dressing.—Mrs. J. B. Aikenhead.

CABBAGE SALAD.

Two tablespoons of butter, 1 tablespoon cream, 1 tablespoon mustard, 1 teaspoon salt, rub together; 2 eggs beaten light, 1 teaspoon black pepper, 8 tablespoons vinegar, 2 tablespoons sugar. Mix all together, cook in granite dish, stir constantly until thick, add a little salt.—Mrs. Barber.

POTATO SALAD.

Three hard boiled eggs, 1 stalk celery, 2 onions cut very fine, 1 quart of cold potatoes diced. Dressing—1 egg, $\frac{1}{2}$ cup vinegar, 1 teaspoon flour, 1 teaspoon mustard, beat well, set in boiling water until it thickens, remove from stove and add butter size of an egg, a small teaspoonful of salt, a tablespoon sugar. Before serving stir in a half cup of whipped or sweet cream.—Mrs. Neil D. Munro.

FRUIT SALAD.

One cup apples chopped fine, $\frac{1}{2}$ cup walnuts chopped fine, 1 cup celery chopped fine. Dressing—One tablespoon sugar, 2 eggs, 1 teaspoon mustard, $\frac{1}{4}$ cup vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup water, 2 tablespoons butter.—Mrs. Scott.

SALAD DRESSING.

Two tablespoons butter, 1 tablespoon **Hunt's Diamond Flour**, 1 heaping teaspoon mustard, 4 heaping teaspoons sugar, 2 teaspoons salt, pinch cayenne pepper, 2 eggs, $\frac{1}{2}$ cup vinegar. Melt butter, stir in flour and add 1 cup milk. Let thicken on the stove. Beat eggs, add mustard, salt, sugar, pepper and vinegar, stir all together and let all thicken in a double boiler.—Mrs. L. McCallum.

BOILED DRESSING.

One-quarter teaspoon salt, $\frac{3}{4}$ teaspoon mustard, a few grains cayenne, yolk of 1 egg, 1 tablespoon melted butter, 1-3 cup cream, 1 tablespoon vinegar. Mix ingredients in order given, add vinegar very slowly. Cook over boiling water, stirring until it thickens. Strain and cool.—Belle Weatherstone.

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SALAD DRESSING.

Two eggs, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup vinegar, 1 large teaspoon mustard, 1 tablespoon cornstarch, pepper and salt. Mix all together and add vinegar and hot water to make proper consistency.—Mrs. Francis Nichol.

SALAD DRESSING.

One-half pound salt, 1 teaspoon mustard, $1\frac{1}{2}$ tablespoons sugar, $\frac{1}{2}$ tablespoon **Hunt's Diamond Flour**, $1\frac{1}{2}$ tablespoons melted butter, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup of vinegar, yolks of 2 eggs or 1 whole one, salt and pepper. Method—Mix dry ingredients, add egg slightly beaten, butter, milk and vinegar very slowly. Cook in double boiler until it thickens. Strain and cool. If it should curdle beat with a dover egg beater.—Dora Williams.

Bread**NUT BREAD.**

Four level cups **Hunt's Diamond Flour**, 4 teaspoons **Strong's Baking Powder**, 1 teaspoon salt, 1 cup granulated sugar, $\frac{1}{2}$ cup chopped nut meats (walnuts). Mix dry ingredients, add $1\frac{1}{2}$ cups sweet milk and 1 egg beaten light and stirred in. Put to rise on back of range 20 minutes. Bake from 35 to 50 minutes in round or oblong tins in moderate oven.—Mrs. C. M. Shore.

BROWN LOAF.

Two cups graham flour, 1 cup **Hunt's Diamond Flour**, $\frac{1}{2}$ teaspoon **Strong's Baking Powder**, 1 teaspoon soda, 1 teaspoon salt, 1 tablespoon sugar, $1\frac{1}{2}$ cups buttermilk. Bake in a moderate oven.—Mrs. A. Blaikie.,

RAISIN BREAD.

One cup bread sponge, $\frac{3}{4}$ cup brown sugar, 1 tablespoonful of lard, butter or dripping and as much **Hunt's Diamond Flour** as can be beaten in. Let rise for nearly an hour and add 1 cup raisins and 1 cup currants, peel and chopped nuts and powdered cinnamon. Make an extra good loaf, and instead of raisins and currants chopped dates and nuts may be used. Mould into loaf and put in greased pan to rise, then bake.—Mrs. McCrae.

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POTATO YEAST.

To a quart of potatoes, boiled and well mashed, add a teacupful of good fresh yeast and a tablespoonful of coarse brown sugar, with as much warm water as will bring the whole to the thickness of good yeast; these will ferment and be fit for use in a few hours. When half this mixture is used, add more potatoes and sugar; and you may go on using half and adding potatoes and sugar to the rest for many weeks without putting any more yeast. Should this mixture turn the least sour, by all means throw it away and begin again with fresh yeast, &c.

ENTIRE WHEAT BREAD.

Two cups warm water, 1 compressed yeast cake, $\frac{1}{4}$ cup sugar, 1 teaspoon salt, 1 tablespoon butter, add enough flour to mould (not stiff). Make at night. Allow 2 hours to rise in pan.

ENPIRE WHEAT NUT LOAF.

Make as above, but add 1 cup broken walnut meats before flour.—Mrs. Crist.

ROLLS—ADAH'S.

One quart **Hunt's Diamond Flour**, 2 tablespoons of butter mixed with flour, 1 pint scalded milk, 1 tablespoon sugar, 1 teaspoon salt, $1\frac{1}{2}$ compressed yeast cakes. Mix all together. Make at 1, knead down at 3, make rolls at 4.35, bake at 5.30 for tea at 6.—Mrs. Crist.

GRAHAM GEMS.

One and one-half cups sour milk or cream, 1 teaspoon soda dissolved in a little hot water, $\frac{1}{4}$ cup brown sugar, thicken with graham flour, add $\frac{1}{4}$ cup hot dripping or butter, beat well and bake in hot greased gem pans till brown.—Mrs. F. Nichol.

WHITE BREAD—QUICK METHOD.

One quart potatoes, $\frac{1}{2}$ cup of salt, 2 cups of flour, $\frac{1}{2}$ cup of sugar, 4 quarts water, 1 cake of Royal Yeast. Mash potatoes through colander, add sugar, salt, **Hunt's Diamond Flour** and water; when luke warm, add yeast cake dissolved in a little warm water. Set in a moderately warm place over night or until it is light, after which set away in a cool place. This will keep for several days.

For three large loaves, take one quart, make luke warm, add flour that has been warmed, knead thoroughly for 15

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minutes, cover, set aside in a moderately warm place to rise for an hour, knead down lightly, set away again for an hour. Mould into loaves, set to rise for about an hour. Bake 50 minutes in a moderate oven.—Mrs. Neil D. Munro.

THREE-HOUR BREAD.

Take 6 potatoes, boil and mash and add 5 quarts of luke warm water, 1 cup **Hunt's Diamond Flour**, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup salt and one yeast cake. Keep in a warm place until light and then remove to a cool place. This will keep for one week. It will be ready for use the day after it is made, but if let stand until the next day it is better. Set your bread in the morning, take one quart of yeast for every three loaves of bread, put into a vessel and set into a kettle of hot water and stir constantly until luke warm. Warm flour and add the yeast, and beat to a soft batter, and let rise until light. Knead to a stiff dough, then let rise until very light, and put in pans.—Mrs. Geo. Murray.

BREAD—NEIGHBORHOOD YEAST.

Three potatoes mashed through colander, add 3 pints luke warm water, 2 tablespoons sugar, 1 tablespoon salt, add $\frac{1}{2}$ pint yeast (saved from previous baking), mix thoroughly and take out as much yeast as was added and put away for next baking. Sprinkle **Hunt's Diamond Flour** over top of yeast water and keep in warm place until the flour foams on top. Next morning mix stiff and knead well. When raised put in pans and when light bake one hour.—Mrs. Fred Bodkin.

NUT BREAD.

One cup sugar, 1 cup sweet milk, 3 cups **Hunt's Diamond Flour**, 1 cup chopped nuts, 1 egg, 4 teaspoons **Strong's Baking Powder**, a little salt. Let stand 20 minutes and bake 50 minutes in a slow oven.—Mrs. Peter Murray.

BREAD BUNS.

Take 2 lbs. of dough made from **Hunt's Diamond Flour**, 1-3 lb. of currants, $\frac{1}{2}$ cup of shortening, $\frac{1}{4}$ cup of sugar. Can add peel, nutmeg, cinnamon or carraways to make a change. Mix all together in the mixer, let rise while bread is raising, then make into buns and put in a greased pan to rise again. When well risen put into hot oven and bake 20 minutes. Keep in a close tin.

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BUNS.

Take 2 cups of 3-hr. yeast, 1 cup sweet milk, 1 cup butter and dripping mixed, 1 cup sugar, enough of **Hunt's Diamond Flour** to make a soft batter; when light knead to a soft dough and let rise very light before putting on pans.—Mrs. George Murray.

Make yeast with 2 tablespoons **Hunt's Diamond Flour**, 1 pint boiling water, 4 potatoes mashed through colander. When luke-warm add $\frac{1}{4}$ Royal yeast cake dissolved in warm water. Keep in warm place until light then set aside until required; then add 1 cup milk (luke-warm), 1 cup sugar, 1 egg, 2 tablespoons butter, 1 cup seedless raisins or currants, 1 teaspoon salt, and stir in with a spoon sufficient **Hunt's Diamond Flour** (warm), to make as stiff as biscuit dough. Keep warm until light and stir down with spoon. Add a little more **Hunt's Diamond Flour** if necessary. Let rise again then turn on board, roll and cut same as biscuit. Let rise and bake in quick oven. Brush over with sugar and milk or white of egg.—Mrs. John Anderson.

Puddings**PRUNE PUDDING.**

Three-quarters of a pound of prunes, cook until soft, stone and add 1 cup of pulverized sugar and the whites of 2 eggs well beaten. Whip all together and bake for 15 minutes. Serve with cream.

SUET PUDDING.

One cup of fine suet, 3 cups of **Hunt's Diamond Flour**, 2 tablespoons of molasses, 1 cup sour milk, a little nutmeg, 1 teaspoon of soda or 2 teaspoons of **Strong's Baking Powder**, 1 of ginger, 1 cup of sugar. Steam $1\frac{1}{2}$ hours. To be eaten with syrup.—Mrs. John Murray.

FRUIT PUDDING.

One cup of sugar, $\frac{1}{2}$ cup of butter, 2 eggs, $\frac{3}{4}$ cup sour cream, 1 teaspoon soda or 2 teaspoons of **Strong's Baking Powder**, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 of ginger, 1 cup of currants, 1 of raisins, a little lemon peel, **Hunt's Dia-**

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or three times, making it at last large enough to hold your **mond Flour** to make a stiff batter. Steam 2 hours.—Mrs A. Barber.

CHOCOLATE BREAD PUDDING.

Two cups stale bread crumbs, 4 cups scalded milk, 2 eggs, a little salt, 2 oz. chocolate, 1 teaspoon vanilla, soak crumbs in hot milk until soft, beat eggs; add sugar and salt and mix; melt chocolate over hot water; add vanilla; mix all together and bake.—Kate Murray.

SUET DUMPLING.

Chop 6 ounces of suet very fine, put it into a basin with 12 ounces of **Hunt's Diamond Flour** and a little salt and 2 teaspoonfuls of **Strong's Baking Powder**, stir it well together; then add by degrees 6 tablespoonfuls of water or milk; dredge a pudding-bag with flour, tie securely and boil $1\frac{1}{2}$ hours; or make 6 dumplings, flour well, immerse in boiling water for 20 minutes.

BASIS OF RECIPES FOR SUET PUDDING.

One-quarter cup of finely chopped suet, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup milk, $1\frac{1}{4}$ cups **Hunt's Diamond Flour**, 2 teaspoons **Strong's Baking Powder**. Serve with fruit or a sauce.

DEVONSHIRE PUDDING.

Line a pudding dish with paste, put in a layer of stewed apples and then a layer of fruit, until filled, cover with pastry. Bake or steam. Serve with sugar and Devonshire cream or pudding sauce.—Mrs. F. J. Williams.

PLUM PUDDING.

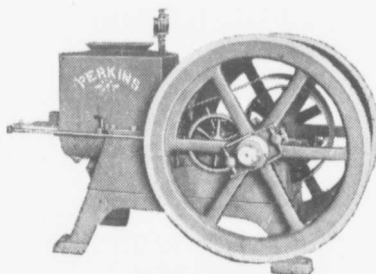
Take 6 ounces of raisins, 12 ounces of **Hunt's Diamond Flour**, 6 ounces of suet finely shred, 2 eggs beat up with a little milk, and add a little salt and ginger; then boil the whole together for 4 hours. If wanted to be richer, take of raisins, **Hunt's Diamond Flour** and suet, 8 ounces each, 4 eggs, a little nutmeg, ginger and salt, and boil the pudding 8 hours.

BOILED APPLE PUDDING.

Put 4 ounces of chopped beef suet, or 2 ounces of butter, lard or dripping, with 8 ounces of **Hunt's Diamond Flour** and a little salt; mix well together with your hands. By degrees work in as much water as will make a stiff paste, roll it out two

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apples, which should be pared and cut in quarters; put it all together into a basin or pudding-bag, and boil for an hour and three-quarters; sweeten it with sugar or treacle. Gooseberries, currants, plums or any other kind of fruit may be used instead of apples.

COTTAGE PUDDING.

One-quarter cup of butter, 2-3 cup of sugar, $2\frac{1}{4}$ cups of **Hunt's Diamond Flour**, 1 egg, 1 cup of milk, 4 teaspoons of **Strong's Baking Powder**, $\frac{1}{2}$ teaspoon of salt. Method—Bake 35 minutes and serve with sauce.

CHOCOLATE BREAD PUDDING.

Two cups of stale bread crumbs, 4 cups of scalded milk, 2 squares of Bakers' chocolate, 2-3 cup of sugar, 2 eggs, $\frac{1}{4}$ teaspoonful of salt, 1 teaspoonful of vanilla. Method—Soak bread in milk 30 minutes, melt chocolate in a saucepan placed over hot water, add $\frac{1}{2}$ the sugar and enough milk taken from the bread and milk to make a consistency to pour; add to mixture with remaining sugar, salt and eggs slightly beaten; turn into a pudding dish and bake one hour in a moderate oven. Serve with cream or hard sauce.

HALF PAY.

One-quarter pound each suet, currants, raisins, **Hunt's Diamond Flour** and bread crumbs, 2 tablespoonfuls of molasses, $\frac{1}{2}$ pint of milk. Method—Chop suet, stone raisins; mix all thoroughly, put in a buttered pudding dish and boil $3\frac{1}{2}$ hours. By adding mashed apples and spices and peel makes an excellent Christmas pudding without eggs.

BANANA FLOAT.

Make a custard of the yolks of 2 eggs, 1 large tablespoon corn starch, 2 tablespoons sugar and 1 pint milk, boil; add 1 teaspoon of vanilla and cool. Slice three large bananas into a dish, sprinkle with sugar, pour the mixture over this. Beat the whites quite stiff, add 2 tablespoons icing sugar and spread in spoonfuls over the top. —Mrs. J. A. Beattie.

PLUM PUDDING.

One-half pound **Hunt's Diamond Flour**, $\frac{3}{4}$ pound bread crumbs, $\frac{3}{4}$ pound currants, $\frac{1}{2}$ pound raisins, 1 teaspoon ein-

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namon, a little nutmeg, 4 ounces mixed, $1\frac{1}{4}$ cups of sugar, little salt, 2 desert spoons of molasses, 1 desert spoon brandy, 4 eggs, $\frac{1}{2}$ cup of sour milk, small teaspoon of soda, or 2 teaspoons of **Strong's Baking Powder**. Steam 3 hours.—Mrs. D Lawson

BREAD PUDDING.

One pint bread crumbs, 1 quart milk, 4 eggs, 1 teaspoon lemon, 1 cup sugar. Bake.

APPLE BATTER PUDDING.

Half cup milk, half cup sugar, 1 tablespoon butter, 1 cup **Hunt's Diamond Flour**, 1 teaspoon **Strong's Baking Powder**. Slice apple into a dish, sprinkle with cinnamon, sugar and dabs of butter, then pour batter over and bake about half an hour or until apples are soft. Serve hot with cream.—Mrs. Norman Anderson.

CARROT PUDDING.

One cup grated carrots, 1 cup grated potatoes, 1 cup brown sugar, 1 cup suet, 1 cup currants, 1 cup raisins, $1\frac{1}{2}$ cups **Hunt's Diamond Flour**, 1 teaspoon soda or 2 teaspoons of **Strong's Baking Powder**, a little cinnamon and cloves. Steam about 3 hours and a half.—Mrs. Peter Murray.

APPLE ROLYPOLY.

Two large cups of **Hunt's Diamond Flour**, add a pinch of salt, 1 tablespoon **Strong's Baking Powder**, 1 tablespoonful of lard, mix with cold water to a consistency to roll out very thin. Three good-sized cooking apples chopped very fine, spread apples on rolled crust, sprinkle well with 2 tablespoonfuls of sugar, a little grated nutmeg, roll up as jelly roll. Put in a deep pan, well greased. Add $\frac{1}{2}$ cup sugar, 1 tablespoonful butter. Cover all with boiling water, put in oven and bake a good brown. The boiling water, sugar and butter make the sauce. Serve hot.—Nora Carrothers.

FIG PUDDING.

One cup suet, $\frac{1}{2}$ pound figs cut fine, 2 cups bread crumbs, 1 cup **Hunt's Diamond Flour**, 2 teaspoons **Strong's Baking Powder**, $\frac{1}{2}$ cup brown sugar, 1 egg, 1 cup milk. Steam 3 hours

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RICE PUDDING.

Three pints milk, $\frac{3}{4}$ cup rice, 1 cup sugar, butter the size of egg, a little salt; put all together and let boil up quickly; set it in oven, cover with plate and bake 2 hours.

BAKED GINGER PUDDING.

Put $\frac{1}{2}$ pint of milk in saucepan with a lump of butter and place it on the stove. Into a basin put 2 tablespoon **Hunt's Diamond Flour**, 3 tablespoons sugar, a heaped desert spoon ground ginger, $\frac{1}{2}$ nutmeg grated. Mix this to a smooth batter with $\frac{1}{2}$ pint cold milk, bring the milk and batter to a boil and stir in briskly the batter, stirring it until it boils. Then stand it on the table to cool for 5 minutes. When cool stir in well 2 whole eggs, pour at once into a well-buttered pie dish. Bake in a hot oven for $\frac{1}{2}$ hour.

GOOSEBERRY BREAD PUDDING.

Pour 1 pint of boiling milk over two slices of dry bread, cover close and let soak. Then squeeze out all the milk and mix in 3 tablespoons sugar, a large piece butter, 1 tablespoon **Hunt's Diamond Flour** and 2 whole eggs. Stew 1 quart green gooseberry until tender with plenty of sugar and just a drop of water. Pour them into the bread and put in a buttered pie dish. Bake in a hot oven $\frac{1}{2}$ hour.—Mrs. Geo. Murray.

Soda is used with sour milk, baking powder with sweet milk, or take 2 teaspoonfuls of baking powder to equal 1 small teaspoonful of soda.

Pudding Sauces**PUDDING SAUCE.**

One cup of powdered sugar, 1 cup of creamed butter, add 1 teaspoon vanilla and gradually 1 cup of sweet milk. Set bowl in a basin of hot water and stir until sauce is creamy.

WINE SAUCE.

Brown 1 cup of sugar and a piece of butter the size of an egg in a saucepan. Pour 2-3 of a cup of boiling water slowly over the mixture.



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LEMON SAUCE.

One cup sugar, $\frac{1}{2}$ cup butter, 1 egg beaten light, juice of grated rind of 1 lemon, $\frac{1}{2}$ cup of boiling water. Put in a basin and thicken over steam.

COLD CREAM SAUCE.

Stir to a cream 1 cup sugar and $\frac{1}{2}$ cup of butter, then add a cup of sweet thick cold cream. Flavor to taste. Stir well and set in a cool place.—Mrs. Geo. Murray.

One-half cup of sugar, 1 cup of boiling water, 1 tablespoon of cornstarch or $1\frac{1}{2}$ tablespoons of **Hunt's Diamond Flour**, 2 tablespoons of butter, $1\frac{1}{2}$ tablespoons of lemon juice, nutmeg.

CARAMEL SAUCE.

One-quarter cup of sugar, 1 cup of boiling water, 1 tablespoon butter, 1 tablespoon cornstarch, sprinkle of salt. Method—Carmalize 3 tablespoons of sugar. Add boiling water and stir until the sugar is dissolved. Mix the remaining sugar and starch. Pour liquid over this gradually and cook until it thickens, then add salt.

HARD SAUCE.

One-third of a cup of butter, 1 cup of powdered sugar (icing), 1-3 teaspoon of lemon extract, 2-3 teaspoon of vanilla extract. Method—Cream butter and sugar, add flavoring. Chill and serve in little balls with plain rice.—D. Williams.

Cakes**MARBLE CAKE.**

One cup sugar, butter size of an egg, the white of 1 egg well beaten, 2-3 cup sweet milk, 2 cups **Hunt's Diamond Flour**, 2 teaspoons **Strong's Baking Powder**. Leave 3 tablespoons of batter in the mixing dish, add to it the yolk of the egg, 1 tablespoon of molasses, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon flour. Pour this on top of the light part and bake in quick oven.

GRAHAM CAKE.

One egg, 1 cup sour cream, $\frac{1}{2}$ cup buttermilk, $\frac{1}{2}$ teaspoonful soda, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup black strap, $1\frac{1}{2}$ cups Graham and **Hunt's Diamond Flour** to make a stiff batter. Bake in deep pan.—Mrs. D. MacDougall.

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GINGER LAYER CAKE.

One egg, $\frac{3}{4}$ cup brown sugar, a piece of butter size of an egg, $\frac{3}{4}$ cup molasses, $\frac{3}{4}$ cup warm water, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful ginger, 1 small teaspoonful soda, dissolved in the warm water; a pinch of salt, $1\frac{1}{2}$ cups **Hunt's Diamond Flour**.—Aggie Beattie.

WHITE LAYER CAKE.

Cream a cup of butter with 2 cups of powdered sugar, add 1 cup of sweet milk, the whites of 6 eggs beaten to a stiff froth, the juice and $\frac{1}{2}$ the grated rind of a lemon and enough of **Hunt's Diamond Flour** to make a batter, not too stiff. Bake in layer tins, put together with any filling preferred.

FRUIT CAKE.

One pound sifted flour (**Hunt's Diamond**), 1 pound brown sugar, $\frac{3}{4}$ pound butter, 2 pounds raisins, 2 pounds currants, 12 eggs, 1 teaspoon each cinnamon, cloves, nutmeg, 1 teaspoon **Strong's Baking Powder**, $\frac{1}{2}$ pound almond peel, pound citron peel, cream, butter and sugar, add the beaten yolks and a little flour, then the fruit, flavor and other ingredients, then beat the whites of eggs stiff and add last. Put **Strong's Baking Powder** with **Hunt's Diamond Flour**.—Mrs. S. J. Riddell.

JAMS-JAMS.

1 cup butter and lard mixed, a little salt, $\frac{1}{2}$ cup sour cream, 1 cup brown sugar, **Hunt's Diamond Flour** to make stiff. Put teaspoon soda in cream, roll thin. Put filling to suit taste.—Mrs. A. Manning.

WHITE CAKE.

Whites of 2 eggs, $\frac{3}{4}$ cup granulated sugar, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ pound peel mixed, 1 cup milk, 2 cups **Hunt's Diamond Flour**, 2 teaspoons **Strong's Baking Powder**.—Mrs. A. Manning.

FRUIT CAKE.

Three-quarters pound of butter, 1 pound of brown sugar, 1 pound **Hunt's Diamond Flour**, 2 pounds currants, 3 pounds raisins (seeded), $\frac{1}{2}$ pound citron, $\frac{1}{4}$ pound almonds, 8 eggs, 1 nutmeg, cloves and cinnamon.—Mary Nichol.

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DATE CAKE.

One cup brown sugar, 1 cup shortening, 1 cup sour milk, 1 pound dates, 2 eggs, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon baking soda, or 2 teaspoonfuls of **Strong's Baking Powder**, 2 cups **Hunt's Diamond Flour**.—Jean B. Murray.

ROCKS.

Two eggs, 1 cup sugar, 1 cup butter, nutmeg, 2 handfuls of currants, 2 teaspoons of **Strong's Baking Powder**, **Hunt's Diamond Flour** to thicken, roll pieces to about half the size of an egg and press down with a fork.—Mrs. Norman Munro.

RASPBERRY CAKE.

Two eggs, $\frac{3}{4}$ cup butter, 1 cup raspberries, $\frac{1}{2}$ cup of sugar if berries are canned, 2 tablespoons sour milk or cream, 1 teaspoon soda mixed in $1\frac{3}{4}$ cups of **Hunt's Diamond Flour**. Bake 10 minutes in layer tins. A lemon filling is very nice.—Nellie B. Elliott.

ROLLED CAKE.

One cup sugar, one cup **Hunt's Diamond Flour**, 3 eggs, 1 teaspoonful of **Strong's Baking Powder**, 1 tablespoonful of cold water, flavor to taste. Take two sheets of paper, set your flour sifter on one and put flour and baking powder into it and sift them; set the sifter on the other and sift again; do this four or five times; have the sugar in the last twice; beat the eggs in a bowl large enough to hold all the ingredients, and when very light add flour and sugar, and beat briskly, then add water and flavoring and bake in a hot oven. Spread with jelly or fruit and roll while hot. This is enough for a pan about 9 by 15 inches.—Mrs. Norman Munro.

WHITE GINGERBREAD.

Measure out 4 cupfuls of **Hunt's Diamond Flour**, sifted before measuring; 1 cupful of butter, 2 cupfuls of sugar, 1 cupful of sour milk. Rub the flour and butter together until they are reduced to crumbs, then add the sugar and rub until the mixture is once more crumbly. Measure out 2 cupfuls of the crumbs and set away in a cold place. Into what remains of the crumbs stir 2 well-beaten eggs; add to the sour milk 1 teaspoonful of soda or 2 teaspoons of **Strong's Baking Powder**, and turn

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it into the mixture with the rest; add to the butter half a nutmeg grated, $\frac{1}{2}$ teaspoonful cinnamon, 1 teaspoonful ginger. Butter a dripping-pan, measure out 1 cupful of the crumbs that were set aside and spread them evenly over the bottom of the pan. Then spread the batter over them and spread the rest of the crumbs on top. Bake in a moderate oven.—Aggie Beattie.

CREAM PUFFS.

One cup hot water, $\frac{1}{2}$ cup butter, boil together and while boiling stir in 1 cup of sifted **Hunt's Diamond Flour**, dry. Take from the stove and stir to a smooth paste, and after this cools stir in three eggs, not beaten. Stir it hard for five minutes. Drop in tablespoonfuls on a buttered tin and bake 25 minutes in a quick oven, being careful not to open the oven door oftener than is absolutely necessary. This makes 12 puffs which never fail to puff. Don't allow to touch each other in the pan.

CREAM FILLING.

One cup milk, $\frac{1}{2}$ cup sugar, 1 egg, 3 tablespoons **Hunt's Diamond Flour**, flavor with vanilla. When both this and puffs are cool, open the puffs a little way with a sharp knife and fill with the cream.—Mrs. H. G. Nichol.

LEMON BISCUIT.

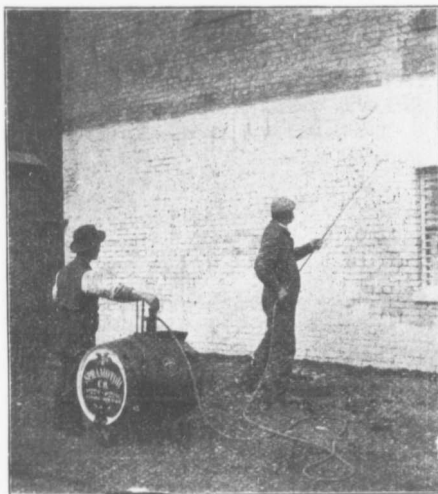
Three cups granulated sugar, 2 eggs, one cup of lard, 3 cups of sweet milk, 5 cents' oil lemon, 5 cents, baking ammonia, soak the ammonia an hour or two in part of the milk before using. Mix sugar, shortening, oil of lemon and eggs first, then add milk and ammonia. Half of this makes a nice lot. **Hunt's Diamond Flour** to stiffen like cookies.—Mrs. Fred Scott.

GINGER LAYER CAKE.

One egg, $\frac{3}{4}$ cup brown sugar, $\frac{3}{4}$ cup molasses, 1 teaspoon soda or 2 teaspoons **Strong's Baking Powder**, dissolve in $\frac{3}{4}$ cup warm water, butter the size of an egg, pinch of salt, 1 teaspoon ginger, **Hunt's Diamond Flour** to thicken.—Mrs. G. J. Sproule.

CINNAMON CAKE.

One cup brown sugar, $\frac{3}{4}$ cup butter, 2 eggs, 2 cups **Hunt's Diamond Flour**, 1 cup sour milk, 1 spoon soda, 2 spoons of **Strong's Baking Powder**, 1 teaspoon vanilla, 1 cup seeded raisins. Ice with carmel icing.—Mrs. T. M. Brown.



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LOVE CAKE.

One and one-quarter cups of sugar, 2-3 cups of butter, 2½ cups **Hunt's Diamond Flour**, 1 cup of sweet milk, 2 eggs, 1 teaspoon soda or 2 teaspoons of **Strong's Baking Powder**, 2 teaspoons of cream tartar. Put all together in a dish before stirring. Having added the cream tartar to the milk, to 1-3 of batter add 1 cup of raisins, some lemon peel and nutmeg. Bake in three layers. Put the third part in centre. White icing between layer and on top.—Mrs. Francis Nichol.

SPONGE CAKE

One-quarter pound of corn starch, ¼ pound white sugar, 2 ounces butter, 1 teaspoonful of **Strong's Baking Powder**, 1 teaspoonful of powdered ginger and 2 eggs. Beat the butter to a cream, add sugar and mix well, add 2 eggs and beat again well, then stir lightly and gradually, add corn starch, **Strong's Baking Powder** and ginger (level teaspoonful of each), and beat for 5 minutes. Pour into buttered mould and bake ½ hour.—Mrs. F. J. Williams.

CHEESE CAKE.

One-quarter pound butter, ¼ pound sifted sugar, 2 eggs, 2 lemons, melt butter and sugar, add eggs and lemons, stir continually, adding a little **Hunt's Diamond Flour** or corn starch to thicken it. Cut out puff paste in circle, fill with above, fold over and bake quickly. Cheese cakes may be made in patty pans as mince pies.

POTATO CAKE.

Take ½ pound warm potaoes and mash well, 1 quart of **Hunt's Diamond Flour**, 6 ounces of bacon fat or dripping or suet, ¼ pound currants, desert spoonful of carroway seed, a little nutmeg, salt to taste (peel and sugar may also be added), 1 tablespoonful of **Strong's Baking Powder**; mix lightly with buttermilk or water. Bake in jelly tins for 30 minutes.

GRAHAM GEMS.

One egg, 1 cup brown sugar, butter the size of an egg, 1 cup sour milk, 1 cup **Hunt's Diamond Flour**, ½ teaspoon of **Strong's Baking Powder**, 1 small teaspoon soda, 2 cups of Graham flour.

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SHORT CAKE.

One quart sifted **Hunt's Diamond Flour**, $\frac{1}{2}$ cup good butter, 1 egg well beaten, 3 teaspoons of **Strong's Baking Powder**, sweet milk to make a nice dough. Divide dough in 2 pieces, roll 1 inch thick, paint with melted butter, put 1 piece over other and bake. When done, open for a few minutes to let steam escape, lay bottom crust on a platter covered with mashed berries sweetened, put top crust on, dust with sugar; if any juice is left, pour around the cake, not over.—Mrs. John Murray.

WHITE CAKE.

Whites 4 eggs, $\frac{1}{2}$ cup butter, $1\frac{1}{4}$ cup sugar, 2 cups **Hunt's Diamond Flour**, $\frac{1}{2}$ cup corn starch, $\frac{3}{4}$ cup sweet milk, 2 teaspoons **Strong's Baking Powder**; ice with cocoanut.—Mrs. T. M. Brown

DEVIL'S FOOD.

One cup brown sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup sweet milk, 2 eggs, 1 small teaspoonful soda, 1 teaspoonful **Strong's Baking Powder**, 1 teaspoonful vanilla, 2 cups of **Hunt's Diamond Flour**. One cup of brown sugar, 1 cup grated chocolate, $\frac{1}{2}$ cup sweet milk; heat until melt and stir into first part.—Mrs. D. Lawson.

MINNEHAHA LAYER CAKE.

Yolk 1 egg, $\frac{3}{4}$ cup brown sugar, 1 tablespoon butter, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup cold water, 1 teaspoon soda dissolved in a little boiling water, $1\frac{1}{2}$ cups **Hunt's Diamond Flour**. Icing—Three-quarters cup sugar, 5 table-spoons water, boil until it strings, then add $\frac{3}{4}$ cup seeded raisins; take it off the stove and stir in the beaten white of 1 egg. Beat until cold then put on cake.—Nellie Elliott.

FEATHER CAKES.

This is a plain and economical cake: 1 cup of sugar, 1 tablespoon of butter, 1 egg, $1\frac{1}{2}$ cup of **Hunt's Diamond Flour**, same of milk, 2 teaspoonfuls of **Strong's Baking Powder**. Flavor with lemon or vanilla.—Mrs. F. J. Williams.

CHRISTMAS CAKE.

One pound sugar, 1 pound butter, 1 pound **Hunt's Diamond Flour**, 8 eggs, 3 pounds raisins, 2 pounds currants, $\frac{1}{2}$

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pound mixed peel, $\frac{1}{2}$ pound almonds, $\frac{1}{2}$ cup molasses, 1 cup cold steeped coffee, 3 teaspoons spices, 2 teaspoons soda or 4 teaspoons **Strong's Baking Powder**, 1 teaspoon vanilla. This makes a three-story cake.—Mrs. F. Scott.

FRUIT CAKE WITHOUT EGGS.

One pound raisins, 1 pound currants, 2 cups brown sugar, 2 cups sour milk, 1 large tablespoon butter, 1 tablespoon soda, or 2 tablespoons **Strong's Baking Powder**, 1 nutmeg, 2 teaspoons mixed spice, 5 cents worth of mixed peel, 5 cents worth of almond nuts, 4 cups of **Hunt's Diamond Flour**.—Mrs. J. Sproule.

FRUIT CAKE.

One and one-half lbs. butter, 2 lbs. citron, $1\frac{3}{4}$ lbs sugar ($\frac{1}{2}$ Orleans), 2 lbs. sifted flour (**Hunt's Diamond**), 2 dozen eggs, 2 nutmegs, same bulk of mace, 4 lbs. raisins, 1 gill to $\frac{1}{2}$ pt. alcohol, 5 lbs. currants, 15 drops oil of lemon, 1 cup molasses, 1 teaspoon soda or 2 of **Strong's Baking Powder**. Stir the butter to a cream, add the sugar and work till white. Beat the yolks of the eggs and add then the beaten whites. Then add the molasses, spices, flour and soda, and last of all the fruit, putting the citron in in three layers. Put into well-buttered, paper-lined pans, and bake slowly from three to four hours.—Margaret Laidlaw.

COCOA CAKE.

One cup brown sugar, $\frac{1}{2}$ cup butter, 1 egg, $\frac{3}{4}$ cup butter-milk, 2 cups **Hunt's Diamond Flour**, 1 teaspoon soda. **Dark Part**—Five tablespoons cocoa, $\frac{1}{2}$ cup cold water, yolk 1 egg, 2 teaspoon's vanilla, $\frac{1}{2}$ cup brown sugar; melt cocoa and water over tea-kettle; add other ingredients when cool. Bake in 2 layers.—Norma Mackenzie.

CHRISTMAS CAKE.

Twelve ounces of butter, 1 pound of sugar, 8 eggs, $2\frac{1}{2}$ pounds raisins, 2 pounds currants, 1 pound mixed peel, $\frac{1}{2}$ pound almonds, dessertspoon mixed spices, 1 pound **Hunt's Diamond Flour**, 1 tablespoon molasses, 1 tablespoon soda in $\frac{1}{4}$ cup sour cream. Beat sugar and butter to a cream, then add eggs well-beaten, next the fruit, then spice; stir well. Bake in a very slow oven three or four hours.—Mrs. John Murray.

FRUIT CAKE.

One pound **Hunt's Diamond Flour** (browned), 1 pound sugar, 1 pound butter, $1\frac{1}{4}$ pounds currants, 1 pound raisins, $\frac{1}{2}$ pound lemon and citron peel, $\frac{1}{4}$ pound nuts, 1 teaspoon mace, 1 nutmeg; add molasses if wanted very dark. Beat whites and yolks separate; add to sugar and butter, flour, fruit. Beat well and bake in slow oven.—Mrs. Jenkins.

MOLASSES CAKE.

One small $\frac{1}{2}$ cup butter, 1 scant cup granulated sugar, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon cinnamon mixed with **Hunt's Diamond Flour**, 2 eggs (white used for meringue), $\frac{1}{2}$ cup hot water and $\frac{1}{2}$ cup molasses. This makes a three-layer cake: One heaping teaspoon soda mixed with $2\frac{1}{2}$ cups **Hunt's Diamond Flour**.—Mrs. W. B. Nichol

FRUIT CAKE.

One cup brown sugar, to which has been added 2 tablespoons of cooking molasses, creamed with $\frac{1}{2}$ cup butter, add 2 eggs and $\frac{1}{2}$ cup sour milk; mix, then add 2 cups **Hunt's Diamond Flour** (sifted), and 1 cup currants, 1 cup raisins, lemon peel and nuts to suit, floured with extra $\frac{1}{2}$ cup flour, 1 teaspoonful mixed spices and 1 teaspoonful soda or 2 teaspoonfuls **Strong's Baking Powder**, added last.—Mrs. C. M. Shore.

WHITE FRUIT CAKE.

One cup of butter, 2 cups of sugar, 3 cups of **Hunt's Diamond Flour**, whites of 8 eggs, $\frac{1}{2}$ wine-glass white wine or milk or water, 2 teaspoons **Strong's Baking Powder**, $\frac{1}{4}$ pound citron peel cut fine, $\frac{1}{2}$ pound of almonds, 1 cup chopped coconut. Beat butter and sugar to cream, flavor with lemon juice when wine is not used. Beat whites of eggs stiff and stir into butter and sugar. Add flour with baking powder and fruit in it. Bake in two loaves for 40 minutes—Mrs. George Elliot.

LEMON CHEESE CAKE.

One lemon and rind, $\frac{1}{4}$ pound sugar, 2 ounces of butter melted, yolks of 2 eggs. Bake in patty pans with rich paste.—Jean B. Murray.

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Three eggs, 1 cup sugar, 1 cup butter, 1 cup raisins, 1 cup currants, 1 teaspoon each of cloves, cinnamon and vanilla, 1 small teaspoon of soda, **Hunt's Diamond Flour** so that it will drop from a spoon. Bake in patty pans.—Mrs. L. McCallum.

SNOW CAKE.

Take $\frac{1}{4}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 1-2-3 cups **Hunt's Diamond Flour**, $2\frac{1}{2}$ teaspoons **Strong's Baking Powder**, whites of 2 eggs, $\frac{1}{2}$ teaspoon vanilla. Cream butter and sugar, adding dry ingredients alternately with the milk, beating well and last blend in the whites of egggs beaten stiff. Pour into a deep narrow pan and bake 35 minutes. Cover with whipped cream.—Mrs. Frank Anderson.

JOHNNY CAKE

Beat 1 egg in a cup of sour cream, $\frac{1}{2}$ teaspoon soda. Stir in 1 cup corn meal and 1 cup **Hunt's Diamond Flour**, adding a little salt. Bake in a moderate oven. Nice with maple syrup.—Mrs. Frank Anderson.

HOT WATER CAKE.

Half cup of butter, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup molasses, $1\frac{1}{2}$ cups **Hunt's Diamond Flour**, a level teaspoon of sola, or 2 teaspoons **Strong's Baking Powder**, 2 eggs well beaten stirred in last. Bake in a moderate oven for 20 minutes.—Mrs. Neil D. Munro.

SOFT GINGER BREAD.

One cup molasses, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon soda, 2 cups **Hunts Diamond Flour**, a little ginger. Last of all 1 cup boiling water.—Nettie Beattie.

OATMEAL CAKES.

Two cups rolled oats, 3 cups **Hunt's Diamond Flour**, 1 teaspoon **Strong's Baking Powder**, $\frac{1}{2}$ cup sugar, 1 egg, 1 cup butter. Roll out and put dates between before baking.—Jean B. Murray.

GINGER BREAD.

One-half cup butter, $\frac{3}{4}$ cup brown sugar, 2 eggs, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, 1 teaspoon ginger, 2 cups **Hunt's Diamond Flour**, 1 teaspoon **Strong's Baking Powder**. Mix altogether then add a full cup of hot water.—Aggie Baty.

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NUT AND RAISIN CAKE.

One cup sugar, 1 cup butter, 1 cup sour milk, 2 cups **Hunt's Diamond Flour**, 1 egg, 1 teaspoon soda, $\frac{1}{2}$ teaspoon grated nutmeg, 1 cup raisins, 1 cup English walnuts (chopped fine).—Mrs. G. Nichol.

APPLE SAUCE CAKE.

One and one-half cup apple sauce, 1 cup raisin, 1 cup sugar, 2 cups **Hunt's Diamond Flour**, $\frac{1}{2}$ cup butter, 2 teaspoons soda, cloves, cinnamon and nutmeg. Ice with soft icing.—Mrs. Andrew Beattie

ORANGE CAKE.

One-eighth cup butter, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{4}$ cup milk, 5-6 cup **Hunt's Diamond Flour**, 1 teaspoon **Strong's Baking Powder**, 1 teaspoon grated rind of orange.—Jean Weatherstone.

NUT CAKE.

Cream together 1 cup sugar and $\frac{1}{2}$ cup of butter, add 2 well-beaten eggs and $\frac{1}{2}$ cup of milk, beat. Then beat in 2 cups **Hunt's Diamond Flour** sifted, with 1 teaspoon cream of tartar and $\frac{1}{2}$ teaspoon soda or one teaspoon **Strong's Baking Powder**; add 1 cup chopped nutmeats.—Mrs. George G. Riddell.

FAVORITE LEMON JELLY CAKE.

Take 2 cups of sugar, $\frac{1}{2}$ cup of butter, 1 cup of milk, 3 eggs, 2 teaspoons of cream of tartar, 1 teaspoon of soda or two teaspoons of **Strong's Baking Powder**, 3 cups of **Hunt's Diamond Flour**; mix and bake in thin layers. For the jelly, grate the rind of 3 small or 2 large lemons and add the juice of the same with 1 cup of sugar, 1 egg, 1 cup of water, 1 teaspoon of butter and 1 tablespoon of **Hunt's Diamond Flour** mixed with a little water; boil until it thickens. I always like it to get cold as it spreads better. Put between and on top of the cake and set aside to glaze over when it is set. Cover top and sides with a lemon icing.—Miss Margaret Munro.

CLOVE OR SPICE CAKE.

One cup of brown sugar, 1 cup butter, $\frac{1}{2}$ cup sour milk, 2 eggs, 1 teaspoon soda, 1 teaspoon cloves, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ a nutmeg, 1 cup raisins cut fine, **Hunt's Diamond**

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Flour to make pretty stiff. Cook in moderate oven.—Mrs. Francis Nichol.

"SOMETHING GOOD."

Three-quarters cup sugar, $\frac{3}{4}$ cup butter, 2 eggs, 1 cup raisins, 1-3 cup molasses, $\frac{3}{4}$ cup sour milk, 1 teaspoonful soda, 2 cups **Hunt's Diamond Flour**; seasoning to taste. Bake in 3 layers.—Mrs. A. Beattie.

CHOCOLATE CAKE.

One-half cup of butter, 1 cup of sugar, 2 eggs, $\frac{1}{2}$ cup of sweet milk, 2 cups of **Hunt's Diamond Flour**, 2 teaspoons of **Strong's Baking Powder**, $\frac{1}{4}$ cake of chocolate. Method—Cream butter and sugar together, whites and yolks beaten separately, grate chocolate and boil with milk and yolk of 1 egg, sugar and 1 teaspoon of vanilla; when cold add to above mixture. Bake in jelly tins; put boiled icing between the layers.—Mrs. J. Robinson.

CHOCOLATE CAKE.

Two cups brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk, 2 eggs, 1 even teaspoon **Strong's Baking Powder**, grate 1-3 cake Baker's chocolate, put into $\frac{1}{2}$ cup hot water, 1 even teaspoon soda, 2 heaping cups of **Hunt's Diamond Flour**.—Kate Murray.

WHITE FRUIT CAKE.

Into 1 pound of **Hunt's Diamond Flour** put 2 teaspoons of **Strong's Baking Powder** and 1 teaspoon salt, mix well. Rub into the flour $\frac{1}{2}$ pound butter and add the following: $\frac{1}{2}$ pound raisins, $\frac{1}{2}$ pound currants, $\frac{1}{4}$ pound mixed peel, 2 cups sugar, grated rind of 1 lemon; mix together. Beat 4 eggs and 1 cup of milk, add to dry ingredients. Bake in slow oven.—Kate Murray.

LEMON SPONGE CAKE.

First beat 3 eggs, add 1 cup of **Hunt's Diamond Flour**, sifted, with 1 teaspoon cream of tartar, 3 or four times; add juice of $\frac{1}{2}$ lemon. 1 cup cold water with $\frac{1}{2}$ teaspoon soda, then another cup of flour and a pinch of salt. Bake in 3 layers. To make the filling cook in double boiler 1 cup sugar, 1 cup hot water, 3 teaspoons of corn starch, yolk of 1 egg. After this

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has thickened remove from the stove and add juice of 1 lemon—Mrs. Geo. Kiddell.

MOCHA CAKE.

One-half cup butter, 1 cup granulated sugar, 2 eggs, 2 teaspoons **Strong's Baking Powder**, in 2 cups **Hunt's Diamond Flour**. Icing—One-half cup butter beaten to a cream, 2 teaspoons milk, 1 teaspoon vanilla, pulverized sugar enough to thicken, brown $\frac{1}{2}$ pound almonds in oven, roll out fine, cut cake in squares and cover with icing, then roll in nuts.—Mrs. Andrew Beattie.

PRINCE ALBERT CAKE.

Take 2 eggs, 1 cup sugar, 1 cup cooked fruit, berries, cherries, plums, etc., being the nicest, 2 tablespoons cream, 2 tablespoons buttermilk, 1 teaspoon of molasses may be used if desired, $\frac{1}{2}$ teaspoon salt, 1 heaping teaspoon sola, a grating of nutmeg and 2 cups of **Hunt's Diamond Flour**; bake in layers. If the fruit be slightly fermented it will still be all right.—Mrs. Geo. Murray.

WALNUT CAKE.

One-quarter pound of butter, $\frac{1}{4}$ pound of sugar, 5 ounces of **Hunt's Diamond Flour**, 2 ounces of shelled walnuts, 1 teaspoonful **Strong's Baking Powder**, 3 eggs. Method—Chop the nuts finely, cream the butter and sugar, add eggs, flour and **Strong's Baking Powder**, stir in the nuts and bake in a round tin 30 or 40 minutes. When cold cover with icing and garnish with halves of walnuts.—C. Stevenson.

BUTTER ICING.

One cup icing sugar, 1 tablespoon butter, 2 tablespoons cream. Beat well, adding either more cream or sugar. Put o good and thick and sprinkle rolled peanuts over it.—H. C. McCrae.

OATMEAL CAKES.

Two and one-half cups of oatmeal, $2\frac{1}{2}$ cups **Hunt's Diamond Flour**, $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups shortening, 2 eggs, a little salt, 1 teaspoon soda or 2 teaspoons **Strong's Baking Powder**.—Mrs. S. J. Riddell.

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Two eggs, 1 cup of white sugar, $\frac{1}{2}$ cup butter, small cup sweet milk, $1\frac{1}{2}$ cups **Hunt's Diamond Flour**, 2 teaspoons **Strong's Baking Powder**, pinch of salt. Cream butter and sugar separate white and yolks of eggs; add yolks of eggs, then milk, flour and baking powder. Stir well and add whites of eggs, unbeaten. Beat all together thoroughly and bake in moderate oven. This is very nice with butter icing or frosting.—Helen C. McCrae.

BROWN CAKE.

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup buttermilk, 1 egg and yolk of an egg, 2 level cups **Hunt's Diamond Flour**, 1 teaspoon soda or 2 teaspoons of **Strong's Baking Powder**. Dark part: $\frac{1}{2}$ cup granulated sugar, $\frac{1}{4}$ cake Baker's chocolate or 1 tablespoon cocoa, $\frac{1}{2}$ cup hot water, flavoring to taste.—Agnes S. Baty.

NUT CAKE.

Three eggs, $1\frac{1}{2}$ cups white sugar, 1 cup sweet milk, 1 cup raisins, 1 cup chopped walnuts, $\frac{3}{4}$ cup butter, 2 teaspoonfuls **Strong's Baking Powder**, 2 cups **Hunt's Diamond Flour**.—Aggie Beattie.

WALNUT CAKE.

Beat to a cream $\frac{1}{2}$ cup butter and 1 cup sugar, dissolve $\frac{1}{2}$ cup corn starch in $\frac{1}{2}$ cup milk, and add to butter and sugar, 1 cup **Hunt's Diamond Flour**, 1 teaspoon **Strong's Baking Powder**, whites of 2 eggs beaten stiff, 1 cup chopped walnuts. Flavor with vanilla.—Mrs. G. G. Ridlell.

PLAIN POUND CAKE.

Take 1 pound butter, 1 pound white sugar, 1 pound **Hunt's Diamond Flour**, 12 eggs, 1 teaspoon **Strong's Baking Powder** mixed with flour and 1 pound currants, $\frac{1}{4}$ pound lemon peel, beat the butter to a cream with the hand, then add the sugar, then the eggs, well beaten, separate the whites from the yolks, add **Hunt's Diamond Flour** and currants. Flavor with anything you like best. Be sure and beat the mixture with your hand, if you put a spoon in it it will be heavy. Line your tins with paper. Do not cut while fresh.—Jean B. Murray.

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Cookies

BOSTON FRUIT COOKIES.

One cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 teaspoon soda, 2 tablespoons hot water, $3\frac{1}{4}$ cups **Hunt's Diamond Flour**, 1 teaspoon salt, 1 teaspoon cinnamon, 1 cup chopped English walnuts, 1 cup chopped raisins. Drop with a spoon into buttered tin.—Mrs. J. H. Anderson.

GINGERSNAPS.

Two cups sugar, 1 cup molasses, tablespoon ground sugar, 2 teaspoons ground leaves, the same of cinnamon, $\frac{1}{4}$ teaspoon cayenne pepper, 1 tablespoon vinegar, 2 tablespoonfuls of lard, and the same of butter, 2 eggs, 1 teaspoon soda, $\frac{1}{2}$ cup boiling water, flour to roll (**Hunt's Diamond**).—Nellie B. Elliott.

GINGER COOKIES.

Two cups brown sugar, 2 cups **Hunt's Diamond Flour**, 2 cups molasses, 4 eggs, 4 teaspoons soda. Set over night, in morning mix very stiff and bake in greased tins in a quick oven.—Mrs. John Crawford.

OATMEAL COOKIES.

(1) Three cups of rolled oats, 1 cup of sugar, 2 cups of **Hunt's Diamond Flour**, into which rub 1 cup of butter; dissolve 1 teaspoon of soda in $\frac{1}{2}$ cup boiling water; mix thoroughly. Roll very thin and bake in a quick oven.—Mrs. W. B. Nichol.

(2) Four cups **Hunt's Diamond Flour**, 4 cups oatmeal, 3 cups yellow sugar, 1 cup butter, 1 cup lard, 1 cup cold water, 2 teaspoons soda in a little hot water; cut small. When baked stick together with jam.—Mrs. F. J. Scott.

GINGER SNAPS.

(1) One cup New Orleans' molasses, 1 cup butter, 1 cup sugar, place on the stove and let come to a boil; take off immediately and add teaspoon of soda and a tablespoon of ginger, with enough of **Hunt's Diamond Flour** to roll thin. Bake in a quick oven.—Nora Carrothers.

(2) Melt together 1 cup sugar, 1 cup molasses, 6 tablespoons shortening, 5 tablespoons boiling water; add 1 teaspoon of baking soda, flavor to taste. **Hunt's Diamond Flour** to roll thin.—Jean B. Murray.

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COOKIES.

(1) Three eggs, 1 cup sugar, 1 cup butter, 1 teaspoon vanilla, 1 teaspoon soda, 2 of cream of tartar, **Hunt's Diamond Flour** to make stiff.—Mrs. Jas. Murray.

(2) One cup sugar (scant), 1 cup shortening, 1/2 cup butter, 1/2 cup lard., 1 egg, 5 tablespoons sweet cream, 2 teaspoons **Strong's Baking Powder**.—Mary Nichol.

ROCKS.

(1) Two cups sugar, 1 pound dates, 1 cup butter, 1 bowl nuts, 4 eggs, 3 1/2 cups **Hunt's Diamond Flour**, 2 teaspoons cinnamon and cloves, 2 teaspoons soda.

(2) One cup sugar, 2-3 cup butter, 1/2 cup **Hunt's Diamond Flour**, 2 eggs, 1 cup chopped walnuts, 1 pound raisins, 1 teaspoon each of cinnamon, cloves and alspice, 1 teaspoon of soda in hot water; drop from fork.—Mrs. J. B. Aikenhead.

TEA CAKES.

Four eggs, 2 cups coffee sugar, 1 cup butter, 1 teaspoon soda, a little cream of tartar, lemon flavoring, **Hunt's Diamond Flour** to roll as light as possible. Bake quickly.—Mrs. A. Blaikie.

KISSES.

Whites of 2 eggs, 1 cup granulated sugar, beat whites to a froth and melt sugar in it over steam; 1 tablespoon corn starch, 2 cups cocoanut, drop in small quantities on buttered tin and bake quickly in a moderate oven.—Mrs. A. Blaikie.

RAISIN COOKIES.

Two cups yellow sugar, 1 cup chopped raisins, 1/2 cup butter, 1/2 cup sour milk, 2 tablespoons cream, 1 teaspoon each of cinnamon, nutmeg and soda; **Hunt's Diamond Flour** to roll.—May Manning.

QUICK OVEN COOKIES.

One egg, 1 cup sugar, 1 cup sour cream, 2 1/2 cups **Hunt's Diamond Flour**, 1/2 teaspoon salt, season to taste; drop on greased tin; dip fingers in flour and pat down, sprinkle sugar on top. Bake in quick oven.—Mrs. Jenkins.

WALNUT COOKIES.

(1) One cup of butter, $1\frac{1}{2}$ cups sugar, creamed together, add 3 eggs and 1 cup of **Hunt's Diamond Flour** mixed with 2 cups of chopped walnuts. Then stir in $1\frac{1}{2}$ cups of flour into which has been sifted 1 teaspoonful of **Strong's Baking Powder**. Drop on a buttered sheet, allowing room for spreading; decorate the top of each cookie with half a nut and granulated sugar.—Mrs. Andrew Beattie.

(2) One cup brown sugar, 1 cup broken walnut meats, 2 heaping tablespoons of **Hunt's Diamond Flour**, $\frac{1}{4}$ teaspoon **Strong's Baking Powder**, 1-3 teaspoon salt and 2 eggs. Beat the eggs and sugar, flour, salt and nuts. Drop small spoonfuls on buttered pans, and bake until brown.

FILLED COOKIES.

One cup of sugar, $\frac{1}{2}$ cup of shortening, 1 egg, $\frac{1}{2}$ cup of milk, $3\frac{1}{2}$ cups of **Hunt's Diamond Flour**, 2 teaspoons of cream tartar, 1 teaspoon of soda, 1 teaspoon of vanilla. Roll thin, put cookies in pan, then put 1 teaspoon of filling on each and place another cookie on top. Filling: 1 cup chopped raisins, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, 1 teaspoon **Hunt's Diamond Flour**. Cook until thick.—Mrs. J. A. Beattie.

DATE COOKIES.

One cup rolled wheat, 1 cup rolled oats, 2 cups **Hunt's Diamond Flour**, $1\frac{1}{4}$ cups brown sugar, $\frac{3}{4}$ cup lard or good dripping, $\frac{1}{2}$ cup buttermilk, with 1 small teaspoon soda. Bake as any cookies and stick together with stewed dates, either before or after baking. Filling: 1 cup dates, $\frac{1}{2}$ cup white sugar, cut up dates and cover with water. Stew for a few minutes and add sugar.—Helen McCrae.

SUGAR COOKIES.

One and one-half cups sugar, 1 cup butter, 2 eggs, $\frac{1}{2}$ cup sour cream, 1 teaspoon soda. Mix with **Hunt's Diamond Flour** so that they can be rolled out.—Norma McKenzie.

SHORTBREAD.

One pound **Hunt's Diamond Flour**, $\frac{1}{2}$ pound butter, $\frac{1}{4}$ pound coffee or icing sugar. Work till soft. Roll out and cut into squares. Bake in a thick pan in a slow oven—Mrs. Geo. Elliott.

CHOCOLATE FINGERS.

Six oz. butter, 6 oz. castor sugar, 8 oz. **Hunt's Diamond Flour**, 1 ounce cocoa, 2 eggs, 1 teaspoon **Strong's Baking Powder**, a few drops of vanilla and a little milk. Cream the butter, add sugar and cocoa and work for a few minutes, work in eggs and flour gradually. Bake in a moderate oven 15 minutes. When cold, ice with chocolate and cut into fingers.—C. Stevenson.

COCOANUT MACAROONS.

Beat the white of 1 egg to a stiff froth; boil 1 cup granulated sugar with $\frac{1}{2}$ cup water until it threads. Pour over the beaten egg, stirring briskly. When stiff add 2 teaspoons of corn starch and 5 cents worth of grated cocoanut. Drop in small spoonfuls on a buttered pan. Bake in a very slow oven for 15 minutes.—Mrs. J. H. Anderson.

CREAM PUFFS.

One cup water, $\frac{1}{2}$ cup butter, boiled together; when boiling stir in 1 cup of **Hunt's Diamond Flour**; when almost cold stir in 3 unbeaten eggs. Drop on buttered patty tins, and bake 25 minutes. Partly open the puffs and fill with whipped cream with a little sugar and flavored with vanilla.—Nellie B. Elliott.

LEMON BISCUITS.

(1) Five cents worth of baking ammonia, 5 cents worth of oil of lemon, whites of 3 eggs, beaten light; 3 cups granulated sugar, 2 cups lard, 1 pint milk; soak ammonia over night in the milk; add enough of **Hunt's Diamond Flour** to work stiff.—Nettie Beattie.

(2) Two and one-half cups granulated sugar, 2 cups lard, 2 cups sweet milk, 2 eggs, 1 ounce powdered ammonia, 2 teaspoons oil of lemon. Mix sugar, lard and eggs together, put ammonia and lemon in the milk, then mix together and add enough of **Hunt's Diamond Flour** to roll about $\frac{1}{4}$ inch thick into large flakes. Check off and pick with a fork. Cut where checked when needed for use. Bake in hot oven.—Tilly Anderson.

DOUGHNUTS.

(1) One and one-half cups sugar, 2 eggs, 2 tablespoons melted lard, 1 cup sour milk, 1 teaspoon soda, **Hunt's Diamond Flour**, enough to roll, salt and nutmeg.

(2) Two eggs, 1 cup sugar, 2 teaspoons lard, 1 cup sweet milk, 2 teaspoons **Strong's Baking Powder**, nutmeg and enough of **Hunt's Diamond Flour** to roll out.—Mrs. Fred Bodkin.

(3) Three egggs, 1 large cup sugar, 1 large cup milk, 3 teaspoons **Strong's Baking Powder**, 1 teaspoon salt, 1 teaspoon vanilla, 3 tablespoons melted lard. Mix with a strong fork to a soft dough and fry in boiling fat. Use doughnut cutter to shape.

POPOVERS.

One cup sweet milk, 2 cups sifted **Hunt's Diamond Flour**, 1 egg, butter size of an egg, 2 teaspoons **Strong's Baking Powder**. Bake in gem pans. Nice warm for breakfast or tea.

Pies and Tarts**PASTRY.**

For a meat pie, rub 1 pound of **Hunt's Diamond Flour** and $\frac{1}{4}$ pound of butter together, and mix them into a paste with a little water and an egg well beaten; roll and fold it three or four times. For a fruit pie rub extremely fine 1 pound of dried **Hunt's Diamond Flour**; 6 ounces of butter, and add a spoonful of white sugar.

RAISED CRUST FOR MEAT PIES.

Boil water with a little fresh lard, and an equal quantity of fresh dripping or butter. While hot, mix this with as much **Hunt's Diamond Flour** as you will want, making the paste as stiff as you can to be smooth, which will be done by good kneading and beating with the rolling-pin; before it is quite cold it should be used

PIE CRUST.

For one pie with two crusts use: 1 cup **Hunt's Diamond Flour**, 1 inch slice off a pound of butter, $\frac{1}{2}$ teaspoon salt, cold water enough to make a soft dough.—Mrs. Geo. Elliott.

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MINCE MEAT FOR PIES.

Eight pounds apples, chopped fine, 4 pounds meat (after it is boiled), 1 pound suet, chopped fine, 1½ pounds raisins, 1½ pounds currants, 2 cups brown sugar, 2 tablespoons salt (small), 1 tablespoon cinnamon, 1 tablespoon cloves, 1 nutmeg, 1 pint cider, 1 tablespoon vinegar in each pie.

(2) Boil 3 pounds of lean beef, when cold chop fine, 1 pound beef suet chopped fine, 5 pounds apples chopped fine, 2 pounds seeded raisins, 2 pounds currants, ½ pound of mixed peel, 2 tablespoons cinnamon, 1 of grated nutmeg, 1 tablespoon cloves, 1 tablespoon allspice, 1 tablespoon salt, 3 pounds brown sugar and the liquor the meat was boiled in. Keep in stone jar, tied over with double paper.—Mrs. W. S. Laidlaw.

(3) One pound raisins, chopped, 1½ pounds currants, 1 pound brown sugar, 2 pounds greening apples, minced, 1 nutmeg, 1 teaspoon of allspice or cinnamon, ¼ pound lemon peel and citron minced fine, 1 tablespoon mixed essence, ½ cup molasses, ¼ cup vinegar, ½ pound suet minced fine.—Tilly Anderson.

PUMPKIN PIE.

Take 1 quart pumpkin that has been cooked all day, 4 cups sugar, 4 teaspoonfuls corn starch, dissolved in milk, 1 teaspoonful each of ginger and allspice, mix all together and add milk enough for four pies. Beat 4 eggs very light and add last.—Margaret Laidlaw.

COCOANUT PIE.

(1) One-half cup shredded cocoanut, soaked 5 minutes in 2 cups of milk. Bring it to a boil and put in 1 cup sugar, the yolk of 1 egg beaten in a little cold milk with 1 tablespoon of corn starch, add butter the size of a walnut. Put in baked shell.

(2) Two eggs, ¾ cups sugar, 1 cup of cocoanut soaked in 1½ cups of milk for 20 minutes, 1 large tablespoon of **Hunt's Diamond Flour**, mixed with milk. Cook in dish set in water, use whites of eggs for tops.

MAPLE SYRUP PIE.

One cup of maple syrup, 1 cup sugar, 2 eggs, 1 tablespoon of milk, 1 tablespoon of corn starch, 1 teaspoon of butter. Use the whites of eggs for tops.—Mrs. Barber.

LEMON RAISIN PIE.

Use 1 cup chopped seeded raisins, 1 cup cold water and boil till skins are tender. Add the juice and grated rind of 1 lemon, 1 tablespoon **Hunt's Diamond Flour**, mixed smoothly in the water, 1 cup sugar and 2 tablespoons butter. Stir lightly together and bake in two crusts.

CHOCOLATE PIE.

One coffee cup milk, 2 tablespoons grated chocolate, $\frac{3}{4}$ cup sugar, yolks of 2 eggs. Heat chocolate and milk together, add the sugar and yolks together, beat to a cream. Flavor with **Strong's Essence Vanilla**. Bake with under crust. Spread meringue of whites on top.

LEMON PIE.

(1) Take the grated rind and juice of 2 lemons, the yolks of 4 eggs (beaten), 2 cups sugar, 2 cups cold water. Bring to a boil and add the corn starch wet with cold water and a lump of butter. Stir until it thickens. Beat the whites of eggs for the tops of pie.—Mrs. D. Lawson.

(2) Take 1 coffee cup of yellow sugar, 2 tablespoons of **Hunt's Diamond Flour**, 1 tablespoon butter; mix together, then take the yolks of 3 eggs; press out the juice and grate the rind of one lemon, add $\frac{1}{2}$ pint water, mix well together. Bake in one crust till a light brown. To the beaten whites add 2 tablespoons of pulverized sugar. Spread on pies and brown. This makes two pies.—Tilly Anderson.

APPLE TARTS.

Line patty pans with nice rich crust, fill with fine chopped apples, sprinkle with white sugar. Bake in a moderate hot oven and let cool. Whip cream very stiff and sweeten, add a drop or two of vanilla or lemon, just before serving cover tarts with whipped cream. A drop of jelly adds to the looks and makes a very nice desert.

BANBURY TARTS.

(1) Two cups chopped raisins, 1 cup hot water, grated rind and juice of 1 lemon, 1 cup sugar, 1 teaspoon corn starch. Cook until thick, let cool before using. Will fill nearly 40 tarts.

(2) One cup currants, 1 egg, 1 cup sugar, 1 lemon; boil a few minutes. This may be used in pies.

(3) One cup raisins, 1 cup sugar, 1 cracker, 1 egg, 1 lemon. Makes a nice filling for oatmeal cakes.

(4) One egg, 1 cup currants, 1 cup sugar, $\frac{1}{2}$ cup butter. Bake in tart shells

SYRUP TARTS.

Two cups of yellow sugar, add a little water and boil until it strings; cool and add 2 eggs, well beaten, and 1 teaspoon vanilla

CHEESE TARTS.

One cup of yellow sugar, 2 eggs, 1 teaspoon corn starch, a small piece of butter, 1 cup of currants, 1 teaspoon vanilla. Add a little water to the sugar, boil till it strings, after cooling, add beaten eggs and other ingredients. Put into pastry and cook.

VINEGAR TARTS.

One egg well beaten, add 1 cup yellow sugar and 1 tablespoon of vinegar. Beat well and bake with pastry.—Mrs. Geo. Laidlaw.

Preserves

CANNED PUMPKINS.

Cut your pumpkin in small cubes, for every basin of white sugar put 5 basins of pumpkin, stir them well. Let stand over night, in the morning boil until tender (add no water), put in sealers.—Mrs. John Murray.

BLUE PLUM.

Choose the best of the fruit, wash and pack in jars, then put 1 cup cold water in each jar and place them all in a boiler of cold water and let them boil until you see them change color. Then take them off and draw the liquid which

has gathered, and having a thick syrup of granulated sugar boiling hot to fill the jars and place them on the stove a few minutes longer. Then take them off and put on the rubbers and seal, while hot. The liquid which poured off makes a nice jelly and the plums are much better without it.—Mrs. J. C. Nichol.

ORANGE MARMALADE (Delicious).

Take as many oranges as you want pints of marmalade—the best you can get—better if you prefer the bitter taste. One small pint of water and 1 pound of sugar to each orange. Mince the oranges fine, add the water and let stand over night. In the morning put on stove and boil till soft—about 1 hour—then add the sugar and boil 1 hour, not longer.—Tilly Anderson

RHUBARB MARMALADE.

Four pounds sugar, 4 pounds rhubarb, 10 cents worth of chopped walnuts, pulp of 5 oranges, rind of 2. Let stand over night and boil twenty minutes.—May Manning.

LEMON JELLY.

One-quarter package Nelson's gelatine, $\frac{1}{2}$ cup cold water, 1 pint boiling water, 1 cup sugar, 2-3 cup lemon juice. Soak the gelatine in the cold water until soft. Add the boiling water, sugar and lemon juice. Strain through a napkin into moulds or glasses which have been wet in cold water. For orange jelly, use the same recipe, using only 1 cup boiling water and 1 pint orange juice with the juice of 1 lemon.—Mrs. Geo. Laidlaw.

CITRON PRESERVES.

Pare the fruit and cut into cubes, weigh the fruit, to each pound allow $\frac{1}{2}$ pound sugar, put the citron on to cook in fresh water and boil until quite clean, remove to a colander and drain; wet the sugar with clear water and boil until reduced to a syrup, add to the syrup one lemon sliced thin and a piece of ginger root for every pound of citron. Put the fruit into syrup and boil 20 minutes. Seal.—Mrs. Jenkins.

HEAVENLY JAM.

One basket grapes, 3 oranges, 4 pounds granulated sugar, 1 pound seedless raisins; put pulp in kettle with enough water

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to keep from burning on bottom; remove the seeds through colander; add skins to pulp, squeeze juice from oranges and put through grinder. Cook 15 minutes.—Mrs. Jenkins.

CANNED ELDERBERRIES.

Eight pounds sugar to 10 pounds of elderberries and boil one hour and seal.—Mrs. Short.

GRAPE JELLY

Pick 1 peck of ripe grapes off stems and crush them in a porcelain kettle and boil five minutes. Strain through a jelly bag and measure the juice and boil fast for 20 minutes, then add a pound of granulated sugar which has been heated in the oven for every pint of juice, as previously measured. Take the juice off stove and add the sugar. Stir for 20 minutes, then put in glasses and seal with paraffine wax when cold.—Mrs. Shipley.

Selected Recipes

PICKLED WALNUTS.

Choose the walnuts at the end of June or July, when a needle will pass easily through them. Prick each walnut in six or seven places. Cover them with brine, made by dissolving 6 ounces of salt in 1 quart of boiling water; let it cool before using. Let them stand for 5 days, stirring occasionally. Drain them, and place in the sun, spread out on trays or dishes, until they turn black, about 2 or 3 days. Boil together 1 ounce whole ginger, 2 quarts vinegar, 2 ounces black peppercorns, 1 ounce mustard seed, 8 cloves and 4 blades of mace for 10 minutes. Let it get quite cold. Fill a jar with walnuts, and well cover with vinegar. Tie down closely and keep 3 months before using.

OLIVE OIL PICKLES.

Peel and slice 15 large cucumbers and 6 onions, salt and let stand over night. In the morning pour over them $\frac{1}{2}$ gallon of vinegar, and let stand 4 hours; drain off the vinegar and heat with half a bottle of olive oil, add some chopped red peppers, celery seed for seasoning. When thoroughly heated

pour over the cucumbers and onions. Put in glass jars and seal at once.—Mrs. A. Manning.

CANNING TOMATOES (Whole).

Wash, scald and peel medium sized tomatoes; put whole into a granite kettle, cover with water and let boil three minutes. Lift out into sterilized sealers. Fill up with the boiling water. Use new rubbers.—Mrs. G. B. Laidlaw.

CANNED TOMATOES.

Scald and skin ripe tomatoes and put in jars, add a desert spoonful of salt to each jar, set in cold water and let come to a boil, and boil for 20 minutes. When done take one jar full and fill the rest; then seal.—Mrs. Norman Munro

CANNED CORN.

Cut corn off cob. To 7 quarts corn use a little water and 2-3 cup salt. Cook till tender. Can while hot. Do beans the same way.—Mrs. Francis Nichol.

BEEF PICKLES.

One quart of raw cabbage chopped fine, 1 quart boiled beets chopped fine, 2 cups of sugar, 1 tablespoonful of salt, 1 teaspoonful of black pepper, $\frac{1}{4}$ teaspoonful red pepper, 1 tea-cup of grated horse radish; cover with cold vinegar and keep from air.—Mary Nichol.

CATSUP.

One basket of tomatoes, 2 cups of sugar, 1 cup of vinegar, 1 tablespoon of salt, 1 teaspoon ground cloves, 1 teaspoon of ginger, a little red pepper and a little black pepper. Bottle and let stand until cold, then fill the bottles with good vinegar and cork.—Mrs. Jas. Murray.

MUSTARD PICKLES.

One quart of cucumbers, 1 quart of onions, 1 quart of green tomatoes, 3 heads of cauliflower; cut up small and sprinkle with salt. Let stand over night, drain and add 2 quarts of vinegar, 3 cups of sugar, 1 ounce of curry powder, 2 teaspoons turmeric, $\frac{1}{4}$ pound of mustard, $\frac{3}{4}$ cup of **Hunt's Diamond Flour**. Boil till soft.—Mrs. T. M. Brown.

CELERY SAUCE.

One peck green tomatoes, 6 heads celery, 2 onions, 3 cups brown sugar, 3 tablespoons salt, 1 tablespoon cinnamon, 1 teaspoon tumeric powder, 1 red pepper, 3 pints vinegar and 1 cup mustard mixed with vinegar. Chop fine and cook till tender.—Mrs. Q. I. Riddell.

RIPE CUCUMBER PICKLES.

One dozen ripe cucumbers, 1 quart small onions. Peel cucumber and seed; cut up in small squares, sprinkle with salt and let stand over night. Drain well, put on stove and cover with good vinegar. One teaspoon white pepper, 1 teaspoon tumeric, 2 tablespoons mustard, 1 tablespoon **Hunt's Diamond Flour**, 2 cups dark sugar. Wet ingredients with vinegar, add to pickles and boil 20 minutes.—Mrs. S. J. Riddell.

??????? SAUCE.

One pound brown sugar, $\frac{1}{2}$ pound salt, $\frac{1}{4}$ pound mustard, 2 ounces ginger, 1 teaspoon of cayenne pepper, 25 sour apples, 25 ripe tomatoes, 2 large onions (or 1 pound), 2 quarts vinegar, 5 cents worth of tumeric. Cook tomatoes and onions, then add apples chopped, mix spice with vinegar.—Mrs. J. C. Nichol.

INDIAN PICKLE.

One dozen onions, 1 dozen cucumbers, ripe, 1 dozen tomatoes, green, 1 tablespoon mustard, 1 teaspoon currie powder, 1 teaspoon tumeric, $\frac{1}{2}$ teaspoon cayenne pepper, 1 cup brown sugar. Let stand with salt 2 days and drain, add vinegar and pepper, boil 3 hours and set away for 3 days, then boil and bottle.—M. E. N.

TOMATO CATSUP.

For 1 bushel of tomatoes add $\frac{1}{2}$ gallon white wine vinegar, 4 pounds brown sugar, 1 pound salt, $\frac{1}{2}$ pound mustard, 6 whole red peppers, 4 ounces black pepper, 4 ounces allspice, 2 ounces of cloves, 2 ounces of ginger. All spices used are whole. Bake the tomatoes until wrinkled, then mash and put through a colander. Add spices and other things and boil two hours. Then put through a colander and bottle when cool. Do not use the juice that comes from tomatoes when baking. It will turn catsup black.—Jean B. Murray, Wilton Grove.

SWEET PICKLED PEARS.

Twelve pounds pears, 4 pounds sugar, 1 quart vinegar, stick one clove in each pear and if large pears put in two cloves, $\frac{1}{2}$ ounce stick cinnamon; boil sugar and vinegar, skim; then add pears and spices, boil pears slowly for three or four hours, then put in jars; let syrup boil a little longer, then pour it over them.—Mrs. S. Lawson

CHOW-CHOW.

Two quarts of cucumbers, 2 quarts of onions, 1 cauliflower, 6 green peppers, 1 basket of green tomatoes; chop fine; put in separate dishes and salt well; let stand over night; draw and add 6 cups brown sugar, $\frac{1}{4}$ pound of mustard seed, $\frac{1}{2}$ gallon of cider vinegar, $\frac{1}{2}$ ounce of celery seed. Let come to the boil; make paste of 2-3 cup of **Hunt's Diamond Flour**, $\frac{1}{4}$ pound of mustard, $\frac{1}{2}$ ounce of tumeric powder; put this in slowly; stir quickly and let boil until tender.—Aggie Beattie.

INDIAN SAUCE.

Twelve tomatoes, 12 apples, 2 pounds of brown sugar, $\frac{1}{4}$ pound of salt, $\frac{1}{2}$ gallon vinegar, 8 onions; boil one hour; then put through a sieve; then add 1 ounce of ginger, $\frac{1}{4}$ pound of mustard, mixed with a little cold vinegar; add a little more salt and $\frac{1}{2}$ teaspoon cayenne; boil half an hour.—Mrs. Manning.

CHILI SAUCE.

Eighteen large tomatoes, scald and peel, 2 ripe peppers, 2 large onions, chopped fine, 1 cup of brown sugar, 2 cups of vinegar, 2 tablespoons salt, 1 teaspoon of ginger, 1 teaspoon of cayenne, 1 teaspoon of ground cloves. Boil one hour—Mrs. Manning.

BEEF PICKLES.

Take round red beets half the size of walnuts, wash, boil till tender in water with very little salt; while hot take off the skins and place in glass sealers, and to each quart of good vinegar add one cup of granulated sugar; with this cover your beets and seal.

PICKLES.

One quart of white cabbage, 1 quart of cucumbers, 1 quart of green tomatoes, 1 quart of celery, 1 quart of onions, 2 green

peppers, $\frac{1}{2}$ cup of horse radish, 1 pound of brown sugar, $\frac{1}{2}$ pound of mustard, 2 teaspoons of tumeric, 2 teaspoons of currie powder, 1 cup of **Hunt's Diamond Flour**, 1 gallon white wine vinegar, 1 cup of salt. Boil until tender; add flour and mustard.—Mrs. Sproule.

CUCUMBER PICKLES.

One dozen cucumbers, 1 dozen onions, 1 teaspoon of tumeric, 1 teaspoon alspice, 1 teaspoon cinnamon, 1 tablespoon of salt, $1\frac{1}{2}$ cups of sugar, 3 cups vinegar.—Jean B. Murray.

INDIAN RELISH.

Twelve ripe tomatoes, 12 apples, 9 onions, 1 quart vinegar, 3 cups of brown sugar, 1 teaspoon ground cinnamon, 1 teaspoon mustard, 1 teaspoon ginger, 1 teaspoon mixed spice, 1 teaspoon celery seed and mustard, small $\frac{1}{2}$ cup of salt. Boil.—Jean B. Murray.

PICKLED BEANS.

One peck of beans cut small, cook $\frac{1}{2}$ hour in salt water until soft, 3 pints of vinegar, 3 pounds of brown sugar. When boiling add one cup of **Hunt's Diamond Flour**, 1 cup mustard, 2 tablespoons of tumeric; mix smooth with cold vinegar and cook 10 or 15 minutes, and pour over the beans and bottle.—Mrs. J. B. Aikenhead.

SWEET PICKLES.

One head cauliflower, 1 quart of onions, 1 quart of cucumbers, 1 quart of vinegar, 3 cups of sugar, 1 tablespoon mustard seed, 2 tablespoons of mustard, 1 tablespoon of tumeric, chop fine; salt over night; cook slowly until clear; 1 head celery.—Mrs. Jenkins.

BORDEAU SAUCE.

One peck green tomatoes, 4 green peppers, 2 heads of cabbage, 12 onions chopped fine, 1 cup salt; let stand over night, then drain well; add $\frac{1}{2}$ ounce of celery seed, 2 ounces mustard seed, 2 cups brown sugar, vinegar enough to cover. Cook very slow one hour.—Mrs. John Murray.

OLIVE OIL PICKLES.

Twelve cucumbers sliced thin; put in brine over night; in morning drain, add 2 cups vinegar, 3 tablespoon celery seed.

2 tablespoons white mustard seed, 6 tablespoons olive oil. Mix well and seal.—Mrs. John Murray.

GREEN TOMATO PICKLES.

Take 1 peck of green tomatoes, 6 large onions, chop and sprinkle over them 1 cup of salt. Let stand over night, then drain and boil gently for 15 minutes in 1 quart of vinegar and 2 quarts of water; then drain off. To 2 quarts of vinegar add 2 pounds of brown sugar, to 2 tablespoons mustard and the same of ginger and cinnamon add 2 tablespoons of celery seed. When the spices and vinegar are boiling hot add the tomatoes and onions and boil 15 minutes.—Mrs. Frank Anderson.

TOMATO BUTTER.

Ten pounds of ripe tomatoes, scald and take off skins, pour over them 1 pint good vinegar, let stand over night. In the morning put in colander and drain. Make a syrup of 1 pint of vinegar, 3 pounds of brown sugar, $1\frac{1}{2}$ cups of juice drained from the tomatoes. Throw the rest away. One tablespoon salt, $\frac{1}{2}$ teaspoon red pepper. Put in a bag 1 teaspoon whole cloves, 1 teaspoon allspice, 1 teaspoon of cinnamon. Let the syrup get hot before adding tomatoes. Boil 3 hours. Put the red peppers in the sauce loose.—Agnes Baty.

TOMATO RELISH.

One peck of ripe tomatoes, chopped and drained, 2 cups chopped onions, 2 cups chopped celery, 4 small cups of sugar, $\frac{1}{2}$ cup of salt, 4 teaspoons white mustard seed, 2 chopped red peppers; enough good vinegar to cover. Seal without boiling. The liquid drained off may be used in catsup.

TOMATO MUSTARD.

Twelve ripe tomatoes, 10 large sour apples; stew well together and put through a colander; 9 large onions, chopped fine, 1 pound of white sugar, 1 tablespoon salt, $\frac{1}{4}$ pound of mustard, $\frac{1}{4}$ pound of ginger, $\frac{1}{2}$ teaspoon of cayenne pepper, $\frac{1}{2}$ ounce of tumeric, 3 pints of vinegar. Put together and boil till thick. Can be packed in spring and will be like fresh eggs at Christmas.—H. G. Nichol.

CHOU-CHOU.

One peck green tomatoes, 1 small head cabbage, 6 large onions, 6 small peppers, 1 tablespoon celery seed, 1 tablespoon mustard seed, 1 pint grated horse radish, 25 cents worth of yellow sugar, enough vinegar to cover (about 3 quarts). Let tomatoes stand in salt over night. Tomatoes, onions, peppers and cabbage are to be ground or chopped. Cook $\frac{1}{2}$ hour.—Mrs. Gordon Nichol.

SPICED PLUMS.

Six pounds of plums, 4 pounds sugar, 1 pint vinegar; boil to thick jam taking out the stones as they rise to the top. Just before removing jam from stove stir in 2 tablespoons each of powdered cloves and cinnamon.

CHUTNEY SAUCE.

Twelve ounces onions, well chopped, 1 pound mustard seeds, bruised, 1 pound raisins, stoned and chopped fine, $\frac{1}{4}$ ounce cayenne pepper, 2 quarts green gooseberries, tomatoes or apples, 2 quarts vinegar; salt to taste. Mix the sugar into a syrup with 1 pint of vinegar; boil the gooseberries till tender in 1 quart of vinegar; when cold beat all together with the remaining vinegar. Let stand 1 hour, bottle and tie down. This is a delicious sauce.—Mrs. F. J. Williams.

MUSTARD PICKLES.

One hundred small cucumbers, 2 quarts of small onions, 2 quarts string beans, 2 quarts green tomatoes, 2 heads of cauliflowers. Stand the vegetables into salted water over night. Drain, dry and cover with vinegar and boil 20 minutes. Mix 1 quart of mustard seeds (bruised), and 10 cents worth of turmeric powder and 1 extra quart of vinegar about 10 minutes before taking off fire. Cool off, bottle and tie down securely. Keep in a cool place.—Mrs. R. S. Rocketts.

FRENCH MIXED PICKLES.

One head cauliflower, 2 heads celery, 2 quarts onions, 2 quarts tomatoes, 2 quarts cucumbers; cut all up fine; add a cup of salt, let stand over night. Put 2 quarts of white wine vinegar in pot, cut up 4 green peppers, let boil and scum out, then put 6 cups of brown sugar in. Mix up 1 cup Keen's mustard, 1 cup sugar, $\frac{1}{2}$ cup **Hunt's Diamond Flour**, 5 cents

worth of tumeric with some of the vinegar kept out; put in vinegar and let come to a boil, add the pickles which have been drained and let boil 15 minutes.—Mrs. Fred J. Scott.

CUCUMBER PICKLE.

One gallon vinegar (cold), 1 cup salt, 1 cup sugar, 1 cup mustard, 1 cup grated horse radish (if liked). Put pickles in as gathered. Ready for use in two days. Keep weight on.—Mrs. Francis Nichol.

TOMATO MUSTARD.

One peck ripe tomatoes, take out stems and boil with them 6 red peppers for one hour. Strain then through a colander. Then add 1 teacup of salt, 1 teaspoon ground cloves, 1 teaspoon of mace, 1 teaspoon alspice, 1 teaspoon of ginger, 2 large onions chopped fine. Simmer for 1 hour and then add $\frac{1}{2}$ pound of mustard, $\frac{1}{2}$ pint of vinegar. Spice should be put in a bag.—Mrs. J. H. Anderson.

PICKLING FRUIT.

Four pounds brown sugar, 7 pounds of fruit, $\frac{1}{2}$ pint of vinegar, $\frac{1}{2}$ ounce of cloves, 1 ounce of cinnamon sticks.—Mrs. Manning.

FAVORITE PICKLES.

One quart cabbage, $\frac{1}{2}$ cup of Hunt's Diamond Flour, 1 quart of onions, $\frac{1}{2}$ pound mustard, 1 quart celery, $\frac{1}{2}$ cup salt, 1 quart cucumbers, 1 cup cauliflower, 2 pounds brown sugar, 1 quart green tomatoes, $\frac{1}{2}$ ounce currie powder, 2 green peppers, $\frac{1}{2}$ ounce tumeric, 2 quarts vinegar. Soak onions, cucumbers, cauliflower and tomatoes in salt and water in separate dishes over night. Boil 15 or 20 minutes.—Nettie Beattie.

CHOW-CHOW.

Two bunches celery, 2 quarts green tomatoes, 2 quarts white onions, $\frac{1}{2}$ dozen green peppers, 1 dozen medium-sized cucumbers, 2 small heads cabbage, all chopped fine, $\frac{1}{2}$ cup salt, stir, put in kettle and add 1 pound sugar, 1 ounce tumeric, 1 ounce whole spice, 1 ounce cinnamon, 1 ounce alspice, 1 ounce black pepper, $\frac{1}{2}$ ounce cloves; put spices in little cheese-cloth bags. Simmer two hours; bottle.—Nellie B. Elliott.

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CHILI SAUCE.

Eight large tomatoes, scald and peel, 2 ripe peppers, 2 large onions chopped fine, 1 cup brown sugar, 2 cups vinegar, 2 tablespoons salt, 1 teacup ginger, 1 teaspoon cayenne, 1 teaspoon ground cloves. Boil one hour.—Mrs. Manning

BAKED SQUASH.

Cut squash in half, remove seeds and stringy portions, place in a bake pan, cover and bake until soft in a moderate oven. Remove from shell, mash and season with salt, pepper and cream.—Mrs. W. B. Nichol.

BAKED BEANS.

Put 1 quart of beans in cold water with 1 teaspoon of soda. Cook rather slowly till tender, drain and add fresh hot water. Salt and pepper to taste, $\frac{1}{4}$ teaspoon mustard, 2 tablespoons molasses or sugar, 1 onion minced fine. Cover with slices of salt pork or bacon. Bake till brown and crisp.—Mrs. Francis Nichol.

TOMATO RELISH.

Put heaping tablespoon of butter in frying pan, peel and slice ripe tomatoes, sprinkle with salt, pepper, sugar and flour; scorch a little when done on one side, turn tomatoes over and cover with a lid. When cooked pour over tomatoes half cup of cream, stir a minute and serve. Can tomatoes can be used.—Mrs. Barber.

CHEESE FONDU.

One cup bread crumbs, 2 cups fresh milk, $\frac{1}{2}$ lb. grated cheese, 3 eggs beaten light, pepper and salt, pinch soda dissolved in little hot water, soak crumbs in milk, add eggs and cheese last. Bake in hot oven.—Mrs. Francis Nichol.

CHEESE AND MACARONI.

Boil enough macaroni to make 3 cups when broken in inch lengths in salted boiling water till dry, then cover a pudding dish with bread crumbs and grated cheese, then add layer of macaroni, another layer of crumbs and cheese till dish is filled with alternate layers of macaroni and crumbs, leaving crumbs for top; dot with bits of butter, salt and pepper, add enough milk that it can be seen just under top, and bake in hot oven $\frac{1}{2}$ hour or more.—Mrs. C. M. Shore.

CUPPED EGGS.

Place some cups in a pan of hot water; in each cup put a tablespoonful of cream; break an egg into this, add pepper and salt and a few bits of butter. Bake 10 minutes.—Mrs. G. Murray.

DROPPED EGGS.

Fill a pan with boiling water and put it where the water cannot reach boiling point again. Break each egg into a saucer and slip it into the water. Dip the water over the eggs with a spoon. When the white is firm and film has formed over the yolk they are cooked. Take them up with a skimmer, drain, trim off all the rough edges and serve on slices of toast. Season each egg with salt.

OMELET NO. 1.

Two eggs, $\frac{1}{8}$ teaspoon salt, 2 tablespoons milk, pinch of red or black pepper. Beat the yolks of the eggs until light and creamy. Add the milk and seasoning. Beat the whites until stiff. Cut them into the yolks. Heat an omelet pan and rub it all over with 1 teaspoon of butter, using a knife to do it. Turn the omelet, spread it evenly on the pan. When the omelet is set, put it into the oven to dry slightly on the top for a few minutes. Fold it and turn it upon a heated dish. Serve immediately. Chopped parsley, cheese (melted) or jelly may be placed in the centre before it is folded or before the whites are cut in. An omelet must be cooked by moderate heat.

OMELET NO. 2.

One-half tablespoon butter, pepper, $\frac{1}{2}$ tablespoon flour, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ tablespoon salt, 2 eggs. Make a white sauce of the butter, **Hunt's Diamond Flour**, salt, pepper and milk. Separate the yolks and whites of the eggs and beat them until light. When the white sauce is cool add the yolks and cut in the whites. Cook in the same way as omelet No. 1.

MARIE MURRAY'S MILK TOAST.

Make a nice slice of dry toast, butter slightly, sprinkle with sugar and cover with hot milk.

FRENCH TOAST.

Beat up 1 egg, add $\frac{1}{2}$ cup milk, 1 tablespoon butter heated; slip cubes of bread in the egg and milk and fry in butter.—Mrs. W. T. Laidlaw.

HOME FROM SCHOOL SUPPER.

Mother's chicken pie, bread and butter, chili sauce, baked apples and cream, doughnuts, johnny cake. Use **Hunt's Diamond Flour** for bread.—Mrs. D. McDougall.

MILK SAUCE FOR TOAST.

Two cups milk or cream, 1 tablespoon flour, 1 tablespoon butter, 1 teaspoon salt. Heat the milk or cream in a double boiler. Melt the butter in a small saucepan, add the **Hunt's Diamond Flour** and salt, and when the mixture is smooth add the hot milk gradually. If the sauce is lumpy cook it until quite thick, then beat it until smooth; more milk must be added if it is too thick. Add more salt if needed. Pour this sauce over the slices of toast.—Mrs. Geo. Laidlaw.

SCOTCH POTATO SCONES.

One and one-half cupfuls of **Hunt's Diamond Flour**, 1-3 cup butter, 1 cupful mashed potatoes, 2 teaspoons **Strong's Baking Powder**, $\frac{1}{2}$ teaspoon salt, 1 egg. Put flour, salt and baking powder together, rub in the butter. Make a soft dough by adding the egg (well beaten) and little milk if required. Divide into three parts and bake on griddle or quick oven. Butter and serve hot.—Mrs. Wm. Laidlaw.

BANNOCK.

One quart **Hunt's Diamond Flour**, 3 teaspoons **Strong's Baking Powder**, 1 tablespoon butter or 1 cup cream, 1 teaspoon salt. Rub butter into flour and mix with milk into a soft dough. Cut into three parts and roll into rounds $\frac{1}{4}$ of an inch thick. Bake on a quick griddle. Brown both sides.—Mrs. Wm. Laidlaw.

MUFFINS.

One pint **Hunt's Diamond Flour**, 2 teaspoons **Strong's Baking Powder**, 2 tablespoons sugar, 1 tablespoon butter, 1 beaten egg, 1 teacup milk, beat quickly to a batter and bake in a hot oven.—Mrs. Norman Anderson.

GRAHAM MUFFINS.

One cup graham flour, 1 cup **Hunt's Diamond Flour**, 2 tablespoons sugar, 1 tablespoon melted butter, 1 cup milk, 1 egg, 4 teaspoons **Strong's Baking Powder**.—Nellie Beattie.

INVALID MUFFINS.

Two tablespoons butter (scant), $\frac{1}{4}$ cup milk, $\frac{1}{2}$ cup **Hunt's Diamond Flour**, 1 teaspoon **Strong's Baking Powder**, pinch of salt. Mix and sift dry ingredients, then add milk (slowly) and melted butter. Bake in moderate oven. To be eaten hot or cold.—Jean Weatherstone.

CORN RELISH.

One dozen corn, 1 cabbage, 4 green peppers, 2 tablespoons mustard, 2 tablespoons **Hunt's Diamond Flour**, 2 cups sugar, $\frac{1}{2}$ ounce of tumeric, $\frac{1}{2}$ gallon vinegar. Sprinkle 2 tablespoons of salt on cabbage and let it stand 1 hour. Drain, mix all together and boil 10 minutes.—Mrs. J. J. Sproule.

CORN CHOWDER.

Fry a lot of fat pork, cut in small cubes, add a small onion and cook; add one pint cold potatoes sliced, 1 pint corn, season and pour in enough milk to cover well. When hot add a teaspoon of butter and thicken with **Hunt's Diamond Flour**.

MACCARONI.

Take a quarter of a pound and soak in water over night; boil for 20 minutes or until soft, put in a buttered dish with milk ($1\frac{1}{2}$ pints), 2 eggs, $\frac{1}{4}$ pound of sugar, spice and flavoring to taste. Bake 40 minutes and serve hot.

LEMON HONEY.

Nine lemons' juice, grate the rinds of 4, 12 eggs, leave out the whites of 4, 2 pounds granulated sugar, 6 ounces butter or 4 ounces butter. Put the whole in a pan and let it simmer 4 minutes. Be careful not to boil. Keep for years in sealed jars.

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Candy

DIVINITY FUDGE.

Two cups granulated sugar, $\frac{1}{2}$ cup corn syrup, $\frac{1}{2}$ cup water. Boil until lit forms a ball in cold water; have ready the well-beaten white of one egg. Pour syrup over beaten egg, stir until cold. Add $\frac{1}{2}$ cup chopped walnuts. Pour in a buttered dish until hard. Delicious.—Mrs. Jenkins.

PEANUT BRITTLE.

Two cups granulated sugar, 1 cup peanuts. Melt the sugar over a slow fire, stirring constantly to prevent burning. Stir in peanuts just before removing from fire. Pour in buttered baking dish and cut when cold.—Ella A. Smith.

PULLED TAFFEY.

Two cups brown sugar, water enough to melt it. Boil till a little in water forms a hard, brittle ball. Flavor with 1 tablespoonful of vinegar and a little vanilla; small piece of butter and a little salt. (Put these in before taking from fire.) Pour into a buttered pan and leave till it is well set around the edges, but not at all hard. Butter fingers and pull the candy till it is a creamy brown or until it gets too stiff to handle. Cut in humbug-shaped pieces with the scissors.

MAPLE DROPS.

Two cups white sugar, 1 cup maple syrup, a little milk, 2 or 3 tablespoonfuls, small piece of butter. Boil until a little in water makes a firm ball. Take from the stove and add 1 cup of peanuts and a couple of tablespoons of good cream (not necessary). Stir until creamy and drop from a teaspoon on buttered platters.

DUTCH FAVORITE.

Two cups white sugar, $\frac{1}{2}$ cup water, 1 small teaspoon ratifia and a little vanilla, $\frac{1}{2}$ cup blanched almonds, $\frac{1}{2}$ cup candied cherries or pineapple. Boil sugar and water until a little dropped in water forms a soft ball. Add flavoring and beat until very stiff. Turn into a kneading board dusted well

with powdered sugar. Work in the nuts, cherries and pineapple. Mould into shape. When cold cut in slices.—Helen C. McCrae.

MARSHMALLOWS.

Soak 1 box of gelatine or enough to make 1 quart of jelly in 10 tablespoons cold water. Heat 2 cups granulated sugar in 10 tablespoons cold water till dissolved. Add gelatine to syrup and when partly cooled add a few grains of salt. Flavor to taste. Beat with a beater until too stiff, then with a large spoon till only soft enough to settle into a sheet. Dust a granite pan well with confectioner's sugar; pour in candy $\frac{1}{2}$ an inch thick. Set in a cool place. Cut in cubes and roll each cube in confectioner's sugar.—Mrs. A. G. Murray.

TURKISH DELIGHT.

Soak 1 ounce sheet gelatine in $\frac{1}{2}$ cup cold water for 2 hours; put 1 pound granulated sugar and $\frac{1}{2}$ cup cold water in a saucepan and let come to boiling point; add soaked gelatine, let come to boiling point again and simmer 20 minutes. Then add grated rind of 1 orange, 1-3 cup orange juice and 3 tablespoons lemon juice. Rinse out a pan with cold water and pour the syrup into it. When it has settled (this will take one hour), cut in squares and roll each piece in granulated or icing sugar.—Mrs. J. H. Anderson.

Drinks

ORANGEADE.

Grated rind of 6 oranges (thick skinned), 4 pounds granulated sugar, 2 ounces citric acid. Pour over this 4 pints boiling water; stir and let stand 24 hours. Strain, bottle and seal. Use 2 teaspoonfuls to a glass of water.—Mrs. F. W. Nichol.

COFFEE.

Take fine ground coffee, 3 teaspoonfuls, 3 pints of boiling water, keep as near boiling point as possible (without boiling), for 5 minutes; settle with a teaspoonful of cold water or an egg. This will make 6 cups of delicious coffee.—Mrs Geo. Laidlaw

BEEF TEA.

One pound lean beef, chopped fine; pour over it 1 pint cold water. Let it stand 1 hour and set on back of range to simmer slowly for $\frac{3}{4}$ of an hour. Strain and salt when used.—Mrs. Geo. Laidlaw.

A nice cooling drink may be made with the following ingredients: 5 cents worth of tartaric acid, 1 pound sugar and the white of one egg beaten together. Pour 1 quart of boiling water and bottle when cool. Take 1 tablespoonful for each glass. A little soda may be added if preferred.—Mrs. F. J. Williams.

UNFERMENTED GRAPE WINE.

Procure a 20-pound basket of blue grapes, wash the bunches, pick all the berries from the stems into a porcelain lined or granite preserving kettle, crush with a potato masher, put over the fire and scald until the pulp and skins are separated, then put all in a jelly bag to drip. To the juice add 3 pounds white sugar, and put over the fire, just bringing it to a boil, skim it clear, bottle it while scalding hot in pint bottles, sterilized. Cork at once and seal with sealing wax.—Margaret Laidlaw.

GINGER CORDIAL.

One-Half ounce of essence of ginger, $\frac{1}{2}$ ounce of tartaric acid, $\frac{1}{2}$ ounce of essence of capsicum, 1 penny-worth of burnt sugar. Put 3 pounds of sugar into a pan, pour over it 7 pints of boiling water; stir well and when cold bottle, it is ready for use. (Good for both adults and children).—Mrs. J. B. Aikenhead.

RASPBERRY VINEGAR.

Put the berries with the vinegar, let them stand 48 hours, strain them through a sieve, add 1 pound of white sugar to 1 pint of the juice, boil $\frac{1}{2}$ hour, then bottle. If possible use half red berries—they give a rich flavor, and the black ones the color.—Kitty.

Remedial Foods

Watercress is a remedy for scurvy.

Carrots for those suffering with asthma.

Asparagus is used to induce perspiration.

Turnips for nervous disorders and scurvy.

Spinach is useful to those suffering with gravel.

Lettuce is useful for those suffering from insomnia.

Blackberries as a tonic. Useful in all forms of diarrhoea.

Cranberries for erysipelas are used externally as well as internally.

Bananas are useful as a food for those suffering from chronic diarrhoea.

Honey is wholesome, strengthening, cleansing, healing and nourishing.

Pieplant is wholesome and aperient; is excellent for rheumatic sufferers and useful for purifying the blood.

Lemons for feverish thirst in sickness, biliousness, low fevers, rheumatism, colds, coughs, liver complaints, etc.

Celery is invaluable as a food for those suffering from any form of rheumatism; for disease of the nerves and nervous dyspepsia.

Figs are aperient and wholesome. They are said to be valuable as a food for those suffering from cancer. They are used externally as well as internally.

Salt to check bleeding of the lungs, and as a nervine and tonic for weak, thin-blooded invalids. Combined with hot water is useful for certain forms of dyspepsia, liver complaint, etc.

Fresh ripe fruits are excellent for purifying the blood and toning up the system. As specific remedies, oranges are aperient. Sour oranges are highly recommended for rheumatism.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Raw beef proves of great benefit to persons suffering from consumption. It is chopped fine, seasoned with salt and heated by placing in a dish in hot water. It assimilates rapidly and affords the best of nourishment.

Peanuts for indigestion; they are especially recommended for corpulent diabetes. Peanuts are made into a wholesome and nutritious soup, are browned and used as coffee, are eaten as a relish, simply baked, or are prepared and served as salted almonds.

Eggs contain a large amount of nutriment in a compact, quickly available form. Eggs, especially the yolks of eggs, are useful in jaundice. Beaten up raw with sugar are used to clear and strengthen the voice. With sugar and lemon juice, the beaten white of egg is used to relieve hoarseness.

Onions are almost the best nervine known. No medicine is so useful in cases of nervous prostration and there is nothing else that will so quickly relieve and tone up a worn-out system. Onions are useful in all cases of coughs, colds and influenza; in consumption, insomnia, hydrophobia, scurvy, gravel and kindred liver complaints. Eaten every other day they soon have a clearing and whitening effect on the complexion.



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