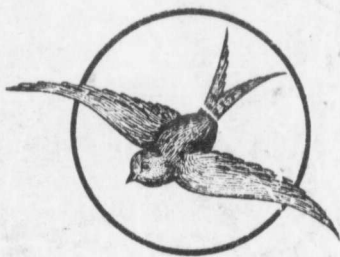


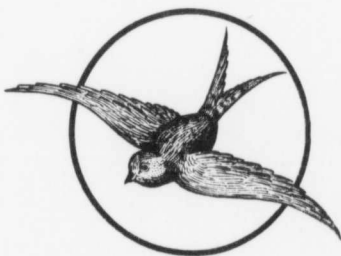
FAVORITE  
RECIPES



Domestic Science  
Department

*American  
Women's Club*

FAVORITE  
RECIPES



Domestic Science  
Department

*American  
Women's Club*

FAVORITE RECIPES

Dedicated to the American Woman's Club of Calgary,  
Canada, whose members, midst their many broad interests,  
consider their chief concern to be the welfare of the home  
and family-woman's dearest possession.



FAVORITE RECIPES

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**RECIPE FOR A PERFECT HUSBAND**

Select with care one large, kind heart,  
One liver, red and good;  
Remove all grouch and throw away,  
As anybody should,  
Add twenty grains of common sense,  
And sweetness to your taste;  
Fresh air and sunshine never stint,  
But tears are only waste;  
Handle with tact and loving care,  
No matter how you toil  
Your efforts all will be in vain  
If you bring to a boil.

Mrs. A. M. Moline.

# PRYCE - JONES

CALGARY

(Canada) Ltd.

ALTA.

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**T**HE aim and ambition of this store is to interpret correctly the wishes and desires of Calgary's Ladies, in the matter of dress and style, and to embody all the latest ideas in a garment that may be purchased at a moderate price.

Each succeeding season brings a greater and more widespread knowledge of fashion and a closer understanding on the part of the Paris Arbiters of Fashion of the requirements of American Womanhood, and a keener knowledge on the part of New York in the art of duplicating and adapting—for art it is.

It may be truthfully stated that these thousands of charming styles in coats and suits—coming as they do from our own particular set of New York houses—are the best of Paris conceptions as the best designers of New York see them.

All this, plus our own very clear knowledge of your ideas in fashion matters, backed by the size importance of our merchandise operations, results in a "gathering of styles" that naturally attracts the large proportion of the city's stylish women to this popular section of the store.

## WEIGHTS, MEASURES AND TIME TABLE

1 cup, medium size .....	$\frac{1}{2}$ pint
1 cup butter.....	$\frac{1}{2}$ pound
1 cup packed, chopped meat .....	$\frac{1}{2}$ pound
1 cup raisins .....	6 ounces
4 cups of sifted flour.....	1 pound
2 cups granulated sugar .....	1 pound
1 cup English currants .....	6 ounces
1 cup ordinary liquid .....	$\frac{1}{2}$ pound
1 tablespoon flour, heaped .....	$\frac{1}{2}$ ounce
1 tablespoon sugar, heaped .....	$\frac{1}{4}$ ounce
2 tablespoons ordinary liquid .....	1 ounce
Butter, size of egg .....	2 ounces

## BAKING

Beans .....	8 to 10 hours
Bread .....	40 to 60 minutes
Biscuit .....	10 to 20 minutes
Cake .....	20 to 40 minutes
Ginger Bread .....	20 to 30 minutes
Cookies .....	10 to 15 minutes
Potatoes .....	30 to 40 minutes
Puddings—Bread, Rice, Tapioca.....	1 hour
Turkey—10 pounds .....	3 hours

## BOILING

## Summer Vegetables

String beans .....	2 hours
Green peas .....	$\frac{1}{2}$ hour
Beets .....	1 hour
Turnips .....	1 hour

## Winter Vegetables

Potatoes .....	$\frac{1}{2}$ hour
Parsnips .....	1 hour
Squash .....	1 hour



# McCutcheon & McGill

## □ FAMILY □ DRUGGISTS

### — TWO STORES —

Main Store, corner 17th Avenue and Seventh Street West  
Branch, corner Ninth Avenue and Second Street East



If you are particular about your health have the doctor phone your prescriptions to us. Our high grade drugs and chemicals will make you well and keep you well.

Agents for Willard's Forkdip Chocolates



## Your Cooking is a Failure

### UNLESS THE RAW MATERIAL IS SATISFACTORY

We earnestly endeavor, and honestly believe, that no article leaves our store that does not conform to the most fastidious requirements of quality and hygiene

We give true weight, prompt and courteous service and price our wares with moderation. This is advertising, but also truth, as our many friends and patrons will tell you

## S. G. FREEZE

233 Eighth Ave. E. "YOUR GROCER" CALGARY

"Here's to us, and all of us, and each of us that's here,  
And here's to all we each would have a-drinking with us here."

## Beverages

### Lemon Frappe

- |                              |                    |
|------------------------------|--------------------|
| 1 dozen lemons               | 1 pint of cold tea |
| 3 oranges                    | 1½ pounds of sugar |
| 1 bottle maraschino cherries |                    |

Make tea by steeping one heaping teaspoon of tea, add sugar, boil to a syrup, add any fruit juice you prefer. Fill up with chopped ice.

### UNFERMENTED WINE

Put 20 pounds Concord grapes in a 3 gallon porcelain kettle, crush well with potato masher, add 2 quarts of water, put on stove and let come to a boil, remove from stove and strain through a bright tin colander (new one preferable), then put in kettle again, and add one quart of water and 6 pounds of sugar. Let it then strain carefully through a cloth. Now bring to boiling point and put in Gem jars, seal while hot.

### PREPARED LEMONADE

- |                  |  |
|------------------|--|
| 2½ cups of sugar | Level tablespoon powdered tar-<br>taric acid |
|------------------|--|

Pour over it 1 pint of boiling water. When dissolved and cool add 1 tablespoon essence of lemon, and juice of 1 lemon. Keep in a cool place.

### FRUIT PUNCH

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 grape fruit               | 3 bananas                       |
| 2 lemons                    | 1 cup strong, hot tea           |
| ½ can pineapple (all juice) | 1 level spoonful French Vermuth |
| 3 level spoonful sherry     | 1 cup of sugar, or to taste     |
| 3 oranges                   |                                 |

Do not get pulp of fruit in. To avoid this cut fruit in half, and also run knife around rim, and lift cells out with small spoon. Set to cool.

Mrs. J. T. Lane

### WILD RASPBERRY VINEGAR

Cover any quantity of berries with good vinegar, and leave for a night and a day, stirring often.

Strain through a cloth and put 1 pint of sugar to each pint of vinegar. Boil ½ hour and then bottle for use.

To serve, put 2 tablespoons of syrup in a glass and fill with ice water.

Mrs. A. M. Moline.

### FRUIT PUNCH

3 lemons (juice and grated rind), 1 orange (juice and grated rind), 12 lemons (juice only), 6 oranges (juice only), 1 small pineapple (grated) or 1 quart (in, 1 pint Maraschino cherries and juice, 2 cups sugar, boiled with 4 cups water, 2 quarts aerated water.

Will serve 50 persons.

Mrs. M. T. Chamberlain.

### EGG LEMONADE

- |                          |                  |
|--------------------------|------------------|
| 1 egg                    | Juice of 1 lemon |
| 3 tablespoons cold water | Chopped ice      |
| 2 tablespoons sugar      |                  |

Beat the egg with the sugar until very light, then stir in the water and the lemon juice. Fill glass with chopped ice and drink through a straw.



**"YE WASSAIL BOWL"**

Used 600 years ago in Kent.

1 quart of ale or wine, highly spiced with nutmeg and ginger, sweetened to taste; (if opposed to the use of these ingredients use grape or raspberry juice.) Float roasted apples and cubes of toast on top. At Yuletide serve from punch bowl in the dining room after the table has been cleared.

Mrs. Florence R. Wade

**"YE SYLLABUB"**

1621 A. D.

Take 1 qt. cream, whites of 4 eggs, 1 glass of white wine, 2 small cups powdered sugar. Whip  $\frac{1}{2}$  the sugar with the cream, the remainder with the eggs, mix well, add the wine, and pour over any crushed fruit, peaches, strawberries or raspberries.

This is the famous "Gooseberry Fool" that you read about in old English novels

Mrs. Florence R. Wade

"You ask a little toast of me? Why, yes!  
I'll specially prepare a bit for you,  
I'll bake a nice, fresh loaf of friendliness,  
And when 'tis done I'll cut a slice or two,  
And on the fires of Fellowship and Cheer,  
Fanned by the breeze of Steadfastness in Storms,  
This will I grill till toasted it appear,  
And on the cloth of Good-Will serve it warm.

—John Kendrick Bangs.

**Breads****Soft Ginger Bread**

1 egg	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ cup molasses
$1\frac{1}{2}$ cups flour	2 teaspoons soda
1 teaspoon ginger	1 teaspoon mixed spices
2 tablespoons shortening	

Break egg in mixing bowl and add sugar to it, beat well and add spices. Heat molasses and shortening in a cup and add to mixture. Put half of soda in hot molasses, put other half of soda in sour milk, beat and stir in. Sift in flour, pour into buttered pan and bake in hot oven.

Mrs. A. M. Moline

**EGG BREAD**

Add 1 level teaspoon of bicarbonate of soda to 1 pint of thick, sour milk or buttermilk; add half a teaspoon of salt and two eggs well beaten, stir in hastily  $1\frac{1}{2}$  cups of southern cornmeal; turn at once in a shallow greased pan and bake from 30 to 40 minutes in a quick oven. Serve hot.

Mrs. L. H. Mason

**WHOLE WHEAT BISCUIT**

2 cups whole wheat flour	$\frac{1}{2}$ cup corn meal
1 cup pastry flour	1 teaspoon soda
2 teaspoons cream tartar	1 cup brown sugar
2 eggs	1 cup shortening

Enough milk to moisten (not too soft)

Sift dry ingredients, rub in shortening and add beaten eggs and enough milk to moisten. Roll  $\frac{1}{2}$  inch thick, bake 20 minutes on buttered pans. If desired for afternoon tea, brush top with beaten white of egg and place a walnut or date on top before baking.

**WHITE BREAD**

- |                            |                               |
|----------------------------|-------------------------------|
| 1 cake Fleischmann's yeast | 2 tablespoons lard or butter, |
| 1 quart lukewarm water     | melted                        |
| 2 tablespoonsful sugar     | 3 quarts sifted flour         |
|                            | 1 tablespoon salt             |

Dissolve yeast and sugar in lukewarm water, add lard or butter, and half the flour. Beat until smooth, then add balance of the flour, or enough to make dough that can be handled, and lastly the salt. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a moderately warm place, free from draft, until light, about 2 hours. Mould into loaves. Place in well greased bread pans, filling them half full. Cover and let rise 1 hour, or until double in bulk. Bake 40 to 50 minutes.

Mrs. B. A. Dumper

**RICE GEMS**

- |                     |                            |
|---------------------|----------------------------|
| 1 pint boiled rice  | 1 teacup flour             |
| 1 tablespoon butter | Pinch salt                 |
| 2 well beaten eggs  | Milk enough to form batter |
- Pour into well greased gem pans or bake on a griddle.

I. N. Campbell

**HOT BISCUITS**

- |                 |                         |
|-----------------|-------------------------|
| 2 cups flour    | 1½ spoons baking powder |
| 1 teaspoon salt | 1 tablespoon butter     |

Sift dry ingredients and work butter in quickly, add sweet milk enough to make soft dough and knead quickly and lightly. Bake in quick oven.

**NUT BREAD**

- |                          |                           |
|--------------------------|---------------------------|
| 4 cups whole wheat flour | 4 teaspoons baking powder |
| 1 teaspoon salt          | ½ cup sugar               |
| 1 cup chopped walnuts    | ½ pound chopped dates     |

Stir up with sweet milk quite stiff, let rise from 10 to 20 minutes, and bake 1 hour in slow oven.

**BROWN BREAD**

- |                   |                        |
|-------------------|------------------------|
| ½ cup white sugar | Pinch of salt          |
| ½ cup molasses    | 2 cups sour milk       |
| 1 cup white flour | 2½ cups graham flour   |
| ½ cup raisins     | 2 small teaspoons soda |

Let rise 1 hour and bake 1 hour in 2 loaves.

**NUT BREAD**

- |                     |                           |
|---------------------|---------------------------|
| ¾ cup sugar         | 1 egg                     |
| 2 cups sifted flour | 4 teaspoons baking powder |
| 1 cup walnut meats  |                           |

Let rise 30 minutes and bake 30 minutes.

Mrs. F. T. Campbell

**JOHNNY CAKE**

- |  |                             |
|--|-----------------------------|
| 1 cup corn meal                                  | 1 egg                       |
| 2 teaspoons baking powder (sift-<br>ed together) | 1 cup flour                 |
| 1-3 cup sugar                                    | 1 heaping tablespoon butter |
|  | Pinch of salt               |

Cream, sugar and butter, add 1 cup of milk alternated with flour. Bake in quick oven.

Mrs. F. T. Campbell

**JOHNNIE CAKE**

- |                          |                        |
|--------------------------|------------------------|
| 1 egg                    | ½ cup sugar            |
| 1½ cup sour milk         | 1 teaspoon soda        |
| 1 teaspoon baking powder | 1½ cups corn meal      |
| 1 cup flour              | Butter, size of an egg |

Bake in quick oven.

**GINGER BREAD**

- |                     |                   |
|---------------------|-------------------|
| ½ cup sugar         | ½ cup lard        |
| 1 cup molasses      | ½ teaspoon ginger |
| ½ teaspoon cinnamon | Pinch of salt     |

Warm till melted, then cool and add:

- |   |                 |
|---|-----------------|
| 1 egg   | 2½ cups flour   |
| 1 teaspoon soda in 2 teaspoons<br>boiling water | 1 cup sour milk |
- Bake slowly

Mrs. F. A. McAllister

**RUSSIAN BREAD**

- |                      |                         |
|----------------------|-------------------------|
| 4½ cups flour        | 1 cake compressed yeast |
| 1¼ cups scalded milk | ½ cup sugar             |
| 1½ cups raisins      | ¼ cup butter            |
| 2 eggs               | 1 teaspoon salt         |
| Cinnamon to taste    |                         |

Dissolve yeast in scalded milk, cool to 80 degrees, add 1½ cups flour and mix until smooth; let stand until light and puffy. Add eggs, sugar, butter, raisins, salt and remainder of flour and cinnamon. Mix to a stiff dough and knead thoroughly. Let stand until double in volume. Divide into 2 equal parts for loaves. Cut each loaf into 3 equal parts. Roll the parts into strips about 12 inches long and tapering to a point at each end. Press ends together and braid. Place on the buttered baking sheet, cover and allow to stand until light. Bake from ½ to ¾ of an hour. When cool ice with icing made by mixing a few drops of hot water with powdered sugar, flavor with vanilla.

Mrs. F. M. Curtis

**GERMAN COFFEE BREAD**

- |                            |                            |
|----------------------------|----------------------------|
| 1½ quarts bread sponge     | 1½ cups sugar              |
| ½ cup butter               | 1 cup cream, sweet or sour |
| ½ cup raisins              | 1 teaspoon salt            |
| 1 tablespoon lemon extract |                            |

If sour cream is used add a little soda. Stir into the sponge flour, eggs, raisins and salt, kneading until a little thinner than bread dough. Let rise until light, then roll out to a thickness of 1½ inches, let rise again. When ready for the oven cover cake with ½ cup butter and 1 egg well beaten together, flavor with sugar and lemon and bake till brown in a quick oven.

Mrs. Wallace Zwiener

**CURRENT LOAF**

- |                    |                             |
|--------------------|-----------------------------|
| 3 cups white flour | 2 cups graham flour         |
| ½ teaspoon salt    | 2 teaspoons soda, dry       |
| 2 cups currants    | 2 cups raisins              |
| 2 cups nuts        | 2 tablespoons white sugar   |
| 2 cups sour milk   | Butter, the size of a lemon |
- Add sour milk last, bake in a moderate oven.

Mrs. B. A. Dumper

**BAKING POWDER BISCUITS**

- |                           |                      |
|---------------------------|----------------------|
| 1 tablespoon lard         | 2 cups flour         |
| 2 teaspoons baking powder | 1 cup milk, or water |
- Blend ingredients with silver fork and drop from spoon.

Mrs. L. D. Benedict

**SOUTHERN SPOON BREAD**

- |                        |                     |
|------------------------|---------------------|
| ½ cup sifted cornmeal  | 1 cup boiling water |
| 1 dessert spoon butter | ½ teaspoon salt     |
| ½ cup sweet milk       | 1 egg               |

Pour boiling water on the cornmeal, allow to cook 5 minutes, take from the fire and add milk and eggs well beaten, pour in well buttered baking dish and bake 20 minutes.

Mrs. R. B. Wheeler

**POTATO RUSK**

- |                |                       |
|----------------|-----------------------|
| 1 liquid yeast | 1 cup mashed potatoes |
| ½ cup sugar    | ½ cup lard            |
| 2 eggs         |                       |

Flour enough to knead soft, let rise till light and make into biscuit. Bake in moderate oven about 20 minutes.

Mrs. F. A. McAllister

**DATE BREAD**

- |                           |                             |
|---------------------------|-----------------------------|
| 2 cups graham flour       | 1 cup white flour           |
| 2 cups sweet milk         | ½ teaspoon salt             |
| ½ cup white sugar         | 1½ pound dates, stoned, cut |
| 2 teaspoons baking powder | in two                      |

Mix together and bake 1 hour in moderate oven.

Mrs. S. S. Savage

**SPANISH BUN**

- |                           |                     |
|---------------------------|---------------------|
| 1 cup butter              | 2½ cups flour       |
| 2 cups sugar              | 1 cup milk          |
| 4 eggs, beaten separately | 1 teaspoon soda     |
| 2 teaspoons cream tartar  | 1 teaspoon cinnamon |

Cream butter, sugar and eggs together, when cake is mixed fold in the beaten whites of eggs.

Mrs. R. B. Wheeler

**GRAHAM MUFFINS**

- |                     |                                  |
|---------------------|----------------------------------|
| 2 cups graham flour | ½ cup white flour                |
| ¼ cup butter        | ½ cup sugar                      |
| 1 cup milk          | 1 teaspoon soda dissolved in hot |
| 1 egg               | water                            |

Fill muffin tins and bake.

Mrs. H. C. Penhale

**NUT BREAD**

- |                   |                           |
|-------------------|---------------------------|
| ¾ cup sugar       | 1 egg                     |
| 1 cup ground nuts | 1½ cups sweet milk        |
| 3 cups flour      | 2 teaspoons baking powder |

Mix and let stand 20 minutes, put in cans with lids and bake slowly.

Mrs. F. A. McAllister

**KAFFEE KUCHEN (Coffee Cake)**

- |                           |                   |
|---------------------------|-------------------|
| ½ cup sugar               | 1 tablespoon lard |
| 1-3 teaspoon salt         | 1 egg             |
| 1 cup milk                | 2 cups flour      |
| 2 teaspoons baking powder |                   |

Cream together sugar, lard and salt; then mix all together.

**STREISE (To be put on when ready for oven)**

- |                     |                   |
|---------------------|-------------------|
| ½ cup flour, scant  | ½ cup brown sugar |
| 1 teaspoon cinnamon | 1 tablespoon lard |

Mix together with the fingers and sprinkle on top of the cake, bake about ½ hour in moderate oven.

Mrs. B. A. Dumper

**SCOTCH SHORT BREAD**

1 cup castor sugar  
 3½ cups flour

1½ pounds butter

Work thoroughly together, then form into two cakes about ½ inch thick. Bake 1 hour in slow oven. When done sprinkle with castor sugar.

Mrs. M. Hastie

**NUT BREAD**

4 cups whole wheat flour  
 1 teaspoon salt  
 1 cup chopped walnuts

4 teaspoons baking powder

½ cup sugar

½ pound chopped dates

Stir up quite stiff with sweet milk and bake 1 hour in slow oven. Let rise 20 minutes before baking.

Mrs. A. M. Moline

**STEAMED BROWN BREAD**

1 cup molasses  
 1 cup sour milk  
 1 cup wheat flour  
 ½ teaspoon salt

1 cup sweet milk

2 cups cornmeal

½ teaspoon soda

Steam 2½ hours.

Mrs. B. A. Dumper

**SCOTCH SHORT BREAD**

1 pound flour  
 ¼ pound brown sugar

½ pound butter

Wash butter and sift flour, mix all together thoroughly, knead into cakes, prick with fork and bake in slow oven. When cooked sprinkle with white sugar.

Miss I. N. Campbell

**DATE MUFFINS**

1-3 cup butter or lard  
 2 beaten eggs  
 2 cups flour

1-3 cup sugar

3 teaspoons baking powder

¾ cup chopped dates

Sift baking powder and flour together, add a little salt and nutmeg and lastly the chopped dates. Bake in well greased muffin pans.

**GRAHAM GEMS**

1 cup sour milk  
 1-3 teaspoon salt  
 1 egg

1 tablespoon sugar

1 teaspoon soda

1 level tablespoon butter

Mix with enough graham flour to make a batter to the consistency of cake batter. Bake in gem pans. This will make 1 dozen gems.

**GRAHAM MUFFINS**

1 teaspoon sugar  
 Salt (pinch)  
 1 cup graham flour  
 1 teaspoon soda

1 tablespoon lard

1 egg (beaten)

1 cup sour milk

Mix all together and cook in muffin rings.

Mrs. A. H. Dahners

**WHITE MUFFINS**

1 cup milk  
 1 teaspoon butter, melted  
 ¼ teaspoon salt

1 egg

1 teaspoon baking powder

1½ cups flour

Bake quickly in hot gem tins.

Mrs. A. H. Dahners

**NUT BREAD**

4 cups flour	4 teaspoons baking powder
1 cup chopped walnuts	$\frac{1}{2}$ cup raisins
$\frac{3}{4}$ cup brown sugar	$1\frac{1}{2}$ cups milk
1 egg	

Sift flour and baking powder, and to  $\frac{1}{2}$  of it add nuts and raisins. Beat together milk, sugar and egg. Add sifted flour, then the flour containing nuts and raisins. Put in two well greased tins and raise 20 minutes. Bake nearly an hour in a moderate oven.

Mrs. W. E. Underwood

**POTATO SCONES**

1 cup mashed potatoes	Salt, little
$\frac{1}{2}$ cup sweet milk	Flour enough to make stiff dough

Roll out and cut in scone shapes, bake 20 minutes, or fry in butter. Good for breakfast.

Mrs. F. H. Mitchell

"The love you give away is the only love you keep."

—Elbert Hubbard

**Soups****POTATO SOUP**

3 potatoes	1 pint milk
1 onion, chopped	1 teaspoon salt
$\frac{1}{2}$ teaspoon celery salt	$\frac{1}{2}$ saltspoon white pepper
$\frac{1}{4}$ teaspoon red pepper	$\frac{1}{2}$ teaspoon flour
1 ounce butter	

Boil potatoes and mash, stir into the boiling milk, then add seasoning, melt the butter and mix in the flour, stir into the boiling soup and let all boil for five minutes.

Mrs. J. A. Kinsey

**TOMATO BISQUE**

1 peck ripe tomatoes	6 good sized onions
1 large head celery	Parsley, just a little
$\frac{1}{2}$ dozen cloves	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup butter

Cook together till ready to strain, put through sieve, then add sugar and salt, blend the butter and flour, thin with some of the hot tomatoes, and add to the whole amount. Add a dash of red pepper. Cook all together and seal in fruit jars. Heat when ready to serve.

Mrs. B. A. Dumper

**BOUILLON**

5 pounds lean beef	2 pounds marrow bone
1 tablespoon salt	1-3 cup each of carrot, onion and celery
1 teaspoon pepper corns	
3 quarts cold water	

Cut meat in inch cubes and place 2-3 of it in kettle, soak in cold water 1 hour. Brown the remaining meat in a hot frying pan with the marrow from the bones. Put browned meat and bone in the soup kettle. Heat to boiling point, skim, and cook 5 hours at a temperature just below boiling. Add seasonings and vegetables, cook 1 hour, strain and cool. Remove fat and clear.

### ASPARAGUS SOUP

3 or 4 pounds veal, cut fine	Salt pork, just a little
2 or 3 bunches of asparagus	3 quarts cold water
1 pint milk	Flour and seasoning

Boil  $\frac{1}{2}$  of the asparagus with the meat, leaving the rest in water till about 20 minutes before serving. And add the milk, thicken with flour and season. The soup should boil about 3 hours, adding the last half of the asparagus.

Mrs. J. A. Kinsey

### CLAM AND TOMATO BISQUE

1 pint clams	1 cup cold water
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ small onion	1 $\frac{1}{2}$ cups thin cream
1 cup stewed and strained tomato, salt and pepper	1-8 teaspoon soda

Chop clams, add them to the water and boil 10 minutes, strain. Cook onion in butter 5 minutes, remove onion, add flour and gradually the clam broth. Add cream, and when boiling point is reached, the tomatoes to which the soda has been added. Season and serve at once.

### MINUTE SOUP—OLD ENGLISH RECIPE

Crumb light bread or crackers into a deep bowl until half full, add a lump of butter the size of a walnut  $\frac{1}{2}$  to 2-3 cup of rich milk or cream, plenty of pepper and salt; if fond of onions, cut a few slices and lay over the top and pour over plenty of boiling water, and you will be surprised too see how good it is. If for an invalid, add sugar and a few slices of lemon, omitting the former ingredients. This is an old, old Cornish recipe, used by an ancestor, when returning from a day's outing "almost starved to death"; before the regular meal could be prepared. Try it for the children returning from school. Add an egg well beaten if more nourishment is required.

Mrs. Florence R. Wade

"This world is what we make it, and  
They say we're a long time dead,  
But here's to the man who makes the best  
Of the things before h'im spréad."

## Meats

### BEEF ROLLS

1 round steak	1 tablespoon flour
1 pint hot water	Sausage meat

Cut steak in oblong pieces, on each place a spoonful of sausage, roll up like jelly roll and tie. Dredge with flour, pepper and salt and brown in salt pork fat. Put in casserole. To fat add one tablespoon flour, stir till brown. Add hot water, and beat till smooth. Season and pour over rolls. Cover and simmer in oven 2 hours

Mrs. C. L. Greer

### VEAL CUTLETS

Rub the cutlets with pepper, salt and a little chopped chives, and broil. Serve on a bed of mashed potatoes. Pour over the cutlets a little melted butter and lemon juice.

Mrs. Greer

**BROILED STEAK**

Wipe the steak with a cloth wrung out of cold water and trim off superfluous fat. With some of the fat grease the wire broiler, place meat in, having fat edge next to handle. Broil over a clear fire, turning every 10 seconds for the first minute to sear and prevent the escape of juices. Steak 1 inch thick will require 5 minutes if liked rare, or 8 if well done. Place in hot platter, season with pepper and salt, and dot with butter. Best cuts to broil are porterhouse, sirloin and second and third cuts from round.

**PLANK BEEFSTEAK**

Wipe a porterhouse steak cut  $1\frac{3}{4}$  inches thick, remove superfluous fat and pan broil for 7 minutes. Butter a plank and arrange a border of potatoes close to edge, using a pastry bag. Place steak on plank, put in hot oven, bake till steak is cooked, and potatoes are browned. Dot with butter, sprinkle with salt, pepper and chopped parsley. Garnish with sauted mushrooms. Serve piping hot.

**ROAST BEEF**

Wipe roast and place on rack in dripping pan, skin side down. Salt and dredge with flour. Place in hot oven to sear quickly. When brown reduce heat and baste every 10 minutes. When half done turn skin side up for final browning. A 5 pound roast requires from 1 to  $1\frac{1}{2}$  hours. Serve with Yorkshire pudding.

**YORKSHIRE PUDDING**

1 cup milk  
2 eggs

1 cup flour  
 $\frac{1}{4}$  teaspoon salt

Mix salt and flour, add milk and beat to a smooth paste. Beat eggs well and add to mixture. Pour into pan some tried out beef suet and pour in batter one-half inch thick. Bake 20 minutes in a hot oven. This may be baked in pan under the roast.

**BEEFSTEAK EN CASSEROLE**

2 pounds round steak  
1 teaspoon salt  
2 tablespoons butter  
1 pint milk

$\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  teaspoon pepper  
1 pint water

Cut steak 1 inch thick, melt butter in frying pan, dredge steak with flour to which salt and pepper have been added. Brown quickly on both sides. Remove meat to casserole and brown remaining flour in the butter. Add water and milk and let come to a boil. Pour over meat and cook 2 hours in slow oven.

**BEEF TENDERLOIN AL A MODE**

Trim off fat, tough skin and skewer into shape (round). Dredge with salt, pepper and flour and put without water into very small pan. Place in a hot oven 30 minutes, 10 in lower part and 20 in upper part. Serve with a mushroom sauce made by frying a can of mushrooms in butter, thickening with flour and adding boiling water until the right consistency. The shape of the tenderloin is such that the time required for cooking is the same whether it weighs two or six pounds.

Mrs. L. H. Mason



**DELICIOUS BAKED HAM**

Place a medium sized ham in a pot of boiling water and allow to boil for half an hour. Take ham from pot, remove the skin and rub into the ham as much brown sugar and cinnamon as it will hold. Then outline the fat on top into diamonds and in each diamond stick a clove. Make a dough of flour and water and enclose the ham in this so as to keep all the juices inside. Place in pan with some of water ham was boiled in and bake from 2 to 3 hours, according to weight of ham. Remove from oven, take off the casing of dough and sprinkle the top of the ham with rolled cracker crumbs and place back in oven for a few minutes to brown.

**Mrs. L. H. Mason**

October 18, 1903

Dear Mr. [Name]

I have your letter of the 15th

and am glad to hear

that you are well

and hope to hear from you

again soon

Very truly yours,

[Signature]

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## *Fish and Meat Sauces*

### CREOLE SAUCE

2 tablespoons butter	4 sliced mushrooms
2 tablespoons chopped onion	2 chopped green peppers
2 tablespoons flour	1 cup tomato pulp
$\frac{1}{4}$ cup sherry, or stock	

Melt butter and fry 5 minutes with mushrooms, onion and peppers. Remove vegetables and brown flour in butter. Add tomato pulp and sherry. Beat until smooth, season with salt and pepper. Let simmer 10 minutes. Serve with meat or fish.

Mrs. C. L. Greer

### BEEF RELISH

2 quarts chopped beets (boiled)	2 quarts chopped cabbage
1 cup horseradish (grated)	1 tablespoon salt
$\frac{1}{2}$ teaspoon pepper	Sugar to taste
Vinegar to thin to desired consistency	

Mrs. F. A. McAllister

### CREAM OF HORSERADISH SAUCE—(Delicious)

Add to 6 tablespoons of grated horseradish the yolk of 1 egg and  $\frac{1}{2}$  tablespoon salt. Mix thoroughly and add 1 teaspoon good vinegar. Fold in carefully  $\frac{1}{4}$  cup of whipped cream. If the horseradish is already in vinegar omit the tablespoonful and press horseradish till dry. Serve with cold meats.

### FINNAN HADDIE DELMONICO

1 pound fillets finnan haddie	1 cup green peas
$\frac{1}{2}$ dozen new potatoes	2 hard boiled eggs

Cook finnan haddie well, cook potatoes and peas separately. Cream the fish. Lay peas in middle of the platter and the potatoes around it. Pour the fish over the whole. Cut the eggs in rings and garnish the edge of the platter, dash a little red pepper over and lay on a few small bits of pimento.

Mrs. Homer B. Wright

### FISH BAKED IN MILK

Select a fresh fish. Salt well and let stand for several hours. Wipe dry, lay a bay leaf inside the fish, place in a baking dish, cover with sweet milk, salt and pepper and bake in medium quick oven.

### SAUCE

1 tablespoon butter mixed smooth with 1 tablespoon flour; add boiling water till it thickens; add  $\frac{1}{4}$  cup grated cheese. Serve hot.

Mrs. H. E. Gibson

**CODFISH BALLS**

1 pint fish	1 beaten egg, not separated
1 even tablespoon butter	1 quart raw potato slices
Pepper	

Cook the fish and pick fine. Cook potatoes until soft. Drain well, mash smooth, add butter, egg and pepper. Beat well and form into balls. Fry in deep fat and serve very hot.

Mrs M. T. Chamberlain

**SALMON LOAF**

1 can salmon	1 cup milk
½ cup bread crumbs	1 egg

Mix bread crumbs. Let cool. Put in egg and salmon. Bake ½ an hour in a moderate oven. Put in mould.

"Here's to thee and thine,  
And to me and mine,  
Good fellowship—  
Good friendship—  
For all ye time."

*Entrees***CHOP SUEY**

1 pound fresh pork, cut into small dice, 1 pound veal, cut into small dice, mix and fry slowly ½ hour, add 2 tablespoons of New Orleans molasses, 1 teaspoon of salt. Fry this 10 minutes more, and then add 2 cups of onions cut into eighths, and 2 cups celery cut fine. Fry all for 20 minutes. Sprinkle with flour occasionally during process. Add a little water. Bring to a boil, and serve with boiled rice.

Mrs. B. A. Dumper

**CHICKEN A LA KING**

Take the white meat of either boiled or baked chicken, add 1 can of mushrooms, and cooked green pepper, cut in small dice, 1 pint of milk, thickened with butter and flour. Serve on toast or hot biscuits.

**LOBSTER A LA NEWBURG**

1 can lobster	1 can peas
1 can mushrooms	1 slice of pimento
¾ pint of milk	

Put together and thicken with butter and flour. Serve on toast.

Mrs. Homer B. Wright

**TOMATO OMELET**

1 can tomatoes	1 onion
1 tablespoon butter	Pepper and salt
2 eggs	

Stew until done and thicken with the eggs well beaten. Serve on buttered toast.

**VEAL CROQUETTES**

- 2 cups chopped veal  
 ¼ cup melted butter  
 Season, mold and fry brown.
- 2 cups cold rice

**APPLE FRITTERS**

Pare and core 3 sour apples and sprinkle them with powdered sugar. Pour over them a batter made as follows:

- 1 1-3 cups flour  
 2 teaspoons baking powder  
 ¼ cup powdered sugar  
 Fry brown in deep fat.
- ¼ teaspoon salt  
 2-3 cup milk  
 1 egg

**CORN FRITTERS**

- 1¼ cups corn pulp  
 2 eggs, beaten light  
 Dash of pepper  
 Mix in order given, saving egg whites to add last of all. Drop by spoonsful into hot fat and dry on brown paper. Serve with maple syrup.
- ½ teaspoon salt  
 1 cup pastry flour  
 1½ teaspoons baking powder

**WAFFLES**

- 1 pint milk  
 ½ teaspoon salt  
 3 eggs  
 Make soft batter of milk, butter, salt and flour. Add the well-beaten yolks, then the whites and baking powder last. Waffle iron must be hot and well greased.
- ½ cup melted butter  
 1 tablespoon sugar  
 2 teaspoons baking powder

Mrs. A. M. Moline

**WELSH RAREBIT**

- 1 pound cheese  
 1 teaspoon dry mustard  
 Red pepper (pinch)  
 1 teacup beer or milk  
 Melt butter in chafing dish, add grated cheese, mustard, salt and pepper. Heat till all lumps are out and stir in the beaten eggs. Then pour in the beer or milk and stir till creamy. Serve on hot buttered toast on heated plates.
- 1 tablespoon butter  
 ½ teaspoon salt  
 2 eggs

**SPANISH RICE**

- ¼ pound salt pork  
 ½ cup rice  
 Paprika  
 Cut pork into frying pan with onion, fry until done, but not brown; have boiling 2 quarts water into which put the rice; boil 20 minutes, remove from fire and drain in a colander. Turn tomatoes into meat and onion, add drained rice, salt, pepper and dash of paprika. Serve hot.
- 1 can tomatoes  
 1 medium sized onion

Mrs. H. E. Gibson

**MACARONI AND CHEESE**

- 1 large cup macaroni  
 ½ pound cheese  
 Pepper, dry mustard, butter, milk  
 Break macaroni into inch pieces, throw into boiling salted water. Cook 30 minutes then drain off the water. Cut cheese very fine; roll crackers. Into a buttered baking dish put alternately the macaroni, cheese, cracker crumbs, a little salt, pepper and dry mustard, finishing with the cheese on top. Use plenty of butter and a little milk may be poured in before baking. Bake ½ hour.
- 1 teaspoon salt  
 3 soda biscuits

Mrs. F. H. Mitchell

**CREAM OMELET**

1 egg to each person served      2 tablespoons thick cream  
Salt to taste

Separate eggs carefully and beat yolks and whites until very light, add cream to yolks and pour over the whites. Turn into a hot buttered pan at once and stir continuously until set. Take out by spoonsful and serve on hot buttered toast.

Mrs. M. T. Chamberlain

**BAKED OMELET**

6 eggs      1 teacup warm milk  
1 tablespoon butter      1 tablespoon flour  
1 teaspoon salt      Pepper

Beat the yolks and whites separately until light, melt the butter in the warm milk. Mix all together, adding the whites last. Bake 20 minutes.

**OMELET WITH HAM**

Make a plain omelet and just before turning  $\frac{1}{2}$  over the other, sprinkle over it some finely chopped ham. Garnish with small slices of ham and parsley.

**RICE CROQUETTES**

1 cup rice      4 cups boiling water  
 $\frac{1}{2}$  cup milk      1 tablespoon butter  
1 tablespoon sugar       $\frac{1}{2}$  teaspoon salt  
Grating of nutmeg      1 egg  
Bread crumbs

Boil the rice in the boiling water for  $\frac{1}{2}$  hour, drain and add milk, butter, sugar, salt and nutmeg. When this mixture boils, stir in rapidly 1 egg and set away to cool. When cold, shape, dip in beaten egg and bread crumbs and fry in deep fat.

Mrs. J. A. Kinsey

**APPLEDOOR FLAPJACKS—1700 A. D.**

One pint of milk, 4 eggs beaten well, the juice of 1 lemon mixed with the yolks and a pinch of soda. Add enough sifted flour to make a light batter. Last of all, stir in from  $\frac{1}{2}$  to 1 level teaspoon of vinegar. This keeps the batter from breaking. The object is to have them as thin as possible. Butter, sugar, scatter nutmeg over each flapjack and roll. Serve hot. Care must be taken to have the pan hot and well greased. Brown on both sides a light golden color.

Mrs. Florence R. Wade

**REAL MEXICAN CHILI CON CARNI**

$1\frac{1}{2}$  pounds of round steak chopped fine.      1 can of tomatoes  
4 Chili peppers      2 cups of chili beans  
10 cents worth of comena seed      4 pips of garlic or 1 large onion  
A part of a bottle of chili powder      1 tablespoon of lard  
Salt

Soak the red chili beans over night. In the morning cook until tender in plenty of water. Add the meat and cook slowly for 1 hour longer, then add tomatoes, garlic, peppers cut fine, and all other ingredients except the chili powder, and after cooking for a few minutes stir in from 1 to 5 tablespoons of the powder, according to taste. Cook 1 hour longer Closely covered.

**SCRAMBLED EGGS**

- |                     |                         |
|---------------------|-------------------------|
| 6 eggs              | 2 tablespoons milk      |
| 2 tablespoons water | 2 tablespoons butter    |
| ½ teaspoon salt     | ¼ teaspoon white pepper |

Beat the eggs and other ingredients, and mix thoroughly, melt the butter and pour in the mixture, stir constantly while cooking, until soft and creamy then serve immediately.

I. N. Campbell

**CORN TIMBALES**

- |                   |                 |
|-------------------|-----------------|
| 1 cup corn        | 2 eggs (beaten) |
| 3 rolled crackers | ½ cup milk      |

A little parsley and onion put in timbale moulds and bake until firm, serve with cream sauce. A nice luncheon dish.

**TAMALE PIE**

- |                                      |   |
|--------------------------------------|---|
| 1 pound beef shoulder (a little fat) | ½ cup pulp of dried chillis (red peppers) |
| 1½ dozen olives                      | 1 dozen raisins                           |
| 3 cloves of garlic                   | Salt                                      |

Boil meat, keeping well covered with water, prepare chillis by scraping out seeds and veins, and boiling skins in water until soft, then scrape inside off with a knife, when meat is done add pulp and other ingredients, thicken with 2 tablespoons of corn meal, boiling about 5 minutes then pour into crust.

**CRUST**

- |                    |                                 |
|--------------------|---------------------------------|
| 2-3 cup fresh lard | 1 pint water                    |
| 1 teaspoon salt    | 1 large teacup cornmeal (white) |

Put lard and water in saucepan and when boiling add salt, stir in cornmeal slowly, when cool enough to handle spread on bottom and sides of a shallow 2 quart basin, pour in meat and spread crust over top, bake in hot oven ½ to ¾ of an hour.

Mrs. J. M. Streib

**DEVILED CORN**

- |                                  |                     |
|----------------------------------|---------------------|
| 4 tablespoons butter             | 5 tablespoons flour |
| 1½ cups sweet milk               | 1½ teaspoons salt   |
| ¾ teaspoon mustard               | Pinch paprika       |
| 1 can corn                       | 1 egg               |
| 3 teaspoons Worcestershire sauce |                     |

Melt butter, rub in flour, add milk, salt, mustard and paprika. Cook till thickened, add corn, egg, and Worcestershire sauce. Cover with butter and cracker crumbs, and bake 30 minutes in slow oven.

Mrs. F. A. McAllister

**PICKLED TONGUE**

Boil a corned tongue till tender, plunge into cold water and remove the skin. Cover with vinegar while warm, and let stand for 24 hours.

Mrs. J. A. Kinsey

**MEAT CAKES**

- |  |                          |
|--|--------------------------|
| 2 tablespoons butter                                   | ¼ cup stale bread crumbs |
| 2-3 cup milk   | 1 cup chopped meat       |
| ½ tablespoon chopped parsley or onion, salt and pepper | 2 eggs                   |

Melt butter, crumbs and milk and cook 5 minutes, add meat, parsley and eggs slightly beaten. Season and turn into buttered moulds, set in pan of water and bake 20 minutes.

Mrs. H. W. Ranlett



**ESCALLOPED HAM**

2 slices raw ham	4 large raw potatoes
2 carrots	1 onion
1 bunch parsley	1 pint milk
Salt and pepper	

Slice potatoes thin, chop onion, carrots and parsley fine. Place layer of potatoes in buttered baking dish, season and sprinkle with onions, parsley and carrots, cover with one slice ham cut in 3 or 4 pieces. Repeat till dish is filled. Cover with milk, and bake 1 hour or more in slow oven.

Mrs. Dahners

**RUSSIAN PILAF**

2 tablespoons butter	2 tablespoons minced onion
1 cup tomatoes	1 cup cooked rice
1 cup chopped meat	Salt and pepper
A little stock	

Melt butter, brown onion, add tomato, rice, meat and seasoning. Cook 10 minutes.

Mrs. H. W. Ranlett

**CHICKEN TIMBALES**

2 tablespoons butter	¼ cup stale breadcrumbs
2-3 cup milk	½ tablespoon chopped parsley
2 eggs	1 cup chopped cooked chicken
Salt and pepper	

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly, add chicken, parsley, and eggs slightly beaten. Season. Place in buttered individual moulds 2-3 full, set in pan hot water, cover with buttered paper, bake 20 minutes in a moderate oven.

**ITALIAN SPAGETTI**

Put spaghetti in big kettle of boiling water (without breaking), boil 25 minutes, fry in a tablespoon of butter 2 onions, 1 pound ground beef and 4 slices bacon, pour in a little water and about 1½ cups Italian sauce (tomato). When ready to serve mix with spaghetti and sprinkle with grated cheese.

Mrs. Roy Wheeler

**BAKED APPLES**

6 large apples	1 tablespoon butter
1 cupful brown sugar	¼ teaspoon powdered cinnamon
1 tablespoon flour	

Round, red, Northern Spies are best. Wipe and remove cores. Then fill centres with the following mixture:

Cream the butter and sugar, add flour and cinnamon and mix well. Bake in hot oven until soft, baste well with remainder of sugar stirred into a little hot water. There should be a rich, thick gravy around apples when done.

Mrs. Dahners

**BAKED OMELET**

6 eggs	1 teacup warm milk
1 tablespoon butter	1 tablespoon flour
1 teaspoon salt	A little pepper

Beat eggs separately and very light, melt butter in warm milk, add flour, salt and pepper. Mix together, adding whites last. Bake 20 minutes.

Mrs. B. A. Dumper

**BOSTON BAKED BEANS**

1 quart beans	Water to cover
$\frac{3}{4}$ pound salt fat pork	3 tablespoons molasses
1 tablespoon salt	3 tablespoons sugar

Pick over and wash beans, cover with water and soak over night. In the morning, drain and cover with fresh water. Cook slowly until skins burst, drain, fill jar with layer of beans and layer of pork alternately until  $\frac{3}{4}$  full. To 1 cup boiling water add molasses, salt and sugar. Add enough water to cover beans. Put lid on jar and bake slowly from 6 to 8 hours.

Mrs. E. Critchley

**INDIVIDUAL STRAWBERRY SHORTCAKE**

2 cup flour	$\frac{1}{4}$ cup sugar
4 teaspoons baking powder	1 egg
Few grains nutmeg	$\frac{1}{2}$ teaspoon salt
1-3 cup butter	$1\frac{1}{4}$ teaspoons lard
$\frac{1}{2}$ cup milk	

Mix dry ingredients and sift twice, work in shortening with finger tips, add egg well beaten, and milk. Bake in muffin tins. When done split and spread with butter, cover with chopped strawberries which have been sprinkled with sugar. It may be necessary to add a little more milk to this recipe, but use as little as possible. The dough should be quite stiff.

Mrs. J. M. Streib

**MEAT FRITTERS**

1 cup ground meat	Parsley
Pepper and salt	

Batter—1 cup flour, 1 egg, 1 teaspoon baking powder, salt, 1 cup milk.

Put meat in balls and dip in batter. Fry in deep fat until brown. Serve with sauce.

Sauce—1 tablespoon flour, 1 tablespoon butter, 1 cup tomato juice, Put on stove and stir in flour. Add the juice slowly and then faster.

**VEAL LOAF**

2 pounds lean veal	1 teaspoon salt
$\frac{1}{4}$ pound salt pork	1 teaspoon pepper
2 eggs well beaten	3 tablespoons cream
3 soda crackers rolled fine	2 tablespoons boiling water

Chop veal and pork very fine, then add pepper, salt and cracker crumbs, well beaten eggs, cream and hot water. Mix all together very thoroughly. Grease an earthenware pan and pack the mixture into it, pressing it down firmly. Cover and bake in a moderate oven 1 hour. Uncover and bake  $\frac{1}{2}$  an hour longer. Serve either hot or cold in slices.

**BEEFSTEAK PIE**

2 pounds round steak, $\frac{1}{2}$ inch thick	$\frac{1}{2}$ teaspoon pepper
1 onion, sliced	1 heaping tablespoon flour
2 medium potatoes, sliced thin	2 tablespoons butter
	1 teaspoon salt

Cut steak into strips,  $1\frac{1}{2}$  inches long and 1 inch wide, place in saucepan, cover with boiling water and add sliced onion. Simmer until meat is tender, remove the meat, discard onion, add potatoes to the liquid and parboil 6 minutes, then remove the potatoes. Measure the liquor and add enough boiling water to make 1 pint, add the seasonings, cream, butter and flour together, add to the liquor and cook 5 minutes. In the bottom of a pudding dish, place a layer of  $\frac{1}{2}$  of the potatoes on top of this arrange the meat, placing the other half of the potatoes on top of it. Pour over this sufficient gravy to entirely cover the contents of the baking dish. When cool cover with a crust and bake in a hot oven.

**FRICASSE CHICKEN**

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 medium sized chicken      | 1½ teaspoons salt                |
| 1½ pints hot water          | 4 bay leaves                     |
| 2 tablespoons grated onion, | 2 quarts boiling water           |
| heaping                     | 2 tablespoons flour for thicken- |
| 1½ cups rice                | ing gravy                        |
| ½ pound butter              |                                  |

Cut chicken in 12 pieces, melt butter in a skillet. Fry chicken brown. To the butter add 1½ pints of hot water, let chicken simmer slowly in this for 1 hour. Wash rice thoroughly and add 2 quarts boiling water, salt and cook 30 minutes. When done heap on platter in form of pyramid, standing the pieces of chicken up around and decorate with parsley. Serve gravy in separate dish.

**VEAL LOAF**

- |                   |                           |
|-------------------|---------------------------|
| 3 raw eggs        | 2 teaspoons of salt       |
| ½ teaspoon pepper | Powdered allspice to suit |

**Method**

Chop 4 pounds of raw veal very fine and mix with it half a pound of crackers rolled to large crumbs. If only lean veal is used add a tablespoon of butter. Put the mixture in a tin pan or mould and bake in a moderate oven 2 hours. Let it cool in the pan.

M. E. Ovans

**PHILADELPHIA SCRAPPLE**

- |                     |                        |
|---------------------|------------------------|
| 2 pounds fresh pork | Sage, savory and onion |
|---------------------|------------------------|

Stew the pork till thoroughly done. Take the meat up and add water to the liquor to make a quart. Remove bones and chop meat. Put back in kettle. Season with sage, savory and onion if liked. Then sift in cornmeal, boiling slowly and stirring as for mush. Make thick enough to slice when cold. Turn in a dish and when wanted for table, slice and fry in dripping. This will keep for a long time in winter. Nice for breakfast.

**POT ROAST BEEF**

- |                    |                       |
|--------------------|-----------------------|
| 5 pounds beef      | ½ pound suet          |
| 6 cloves           | 2 bay leaves          |
| 2 slices onion     | 1 carrot chopped fine |
| 1 tablespoon flour | 1 pint boiling water  |
| Salt and pepper    |                       |

Put the suet in a kettle, add the onion, bay leaves, cloves and chopped carrot; let it cook five minutes and get very hot. Put in the meat, well seasoned with salt and pepper, and brown it on both sides. Add the water, cover closely and simmer until very tender. Remove from the pot and thicken the liquor with the flour. Strain and serve it in a sauceboat.

**Note**—As the roast cooks add boiling water to keep the quantity the same as at first.

**ANGELS ON HORSEBACK**

- |                                   |                           |
|-----------------------------------|---------------------------|
| 6 oysters                         | A small piece of butter   |
| 6 small rolls of thinly cut bacon | Salt and cayenne to taste |
| 1 hard boiled egg                 | A little minced parsley   |
| A little anchovy paste            | 6 rounds of fried bread   |

Cut 6 rounds of bread about 2 inches in diameter and fry them a light brown. Mix hard boiled yoke of egg with anchovy paste and a with some of the mixture; cut white of egg into 6 round rings and place on each of rounds of bread, in the center of these arrange a small crisply fried, thinly cut roll of bacon with fried oyster inside.

Mrs. L. H. Mason

Sandwiches - 1 hard boiled egg  
 $\frac{1}{2}$  roll cream cheese, 1 large leaf  
lettuce cut fine, made with fork,  
mix with dressing, season.





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## Vegetables

### SWEET POTATOES—(Southern Style)

Boil medium sized potatoes until nearly done. Then peel and cut in halves the long way. Place in layers in a baking dish, sprinkle with brown sugar and bits of butter. Bake 20 minutes.

Mrs. W. F. McNeil

### CHEESE TOMATOES

Make rounds of toast a bit larger than slices of tomato. On them place thick tomato slices. Sprinkle with a very little minced onion and green pepper. Add salt, a dash of cayenne, and a thick layer of grated cheese. Place on shallow pan and set under gas broiler till cheese melts and browns and the tomato is cooked.

Mrs. C. L. Greer

### FRIED CELERY

Cut coarse stocks of celery in 2 inch lengths, either egg and crumb them or dip in fritter batter and fry in deep fat.

Mrs. C. L. Greer

### CAULIFLOWER WITH CHEESE

Boil cauliflower in salted water, drain and separate in small pieces. Make a white sauce, place layer of cauliflower in a baking dish, cover with sauce and a layer of grated cheese. Repeat until dish is full. Cover with bread crumbs and brown in oven.

Mrs. C. L. Greer

### STUFFED CUCUMBERS

Choose large cucumbers, pare and let simmer until tender. Cut them into halves lengthwise. Scoop out the pulp and mix with onion, half a cup of chopped nuts, beaten white of an egg, salt and pepper. Fill the halved shells, cover with crumbs and bake brown.

Mrs. C. L. Greer

### POTATO ROSES

Boil quantity of potatoes desired, mash, add butter, milk or cream and seasoning, beat till light and creamy, add enough fruit coloring to make right shade of pink. Put in pastry bag and squeeze out in form of roses.

### BAKED POTATOES

Wash potatoes with brush, and let stand for 10 minutes in boiling water, remove and dry with napkin and grease well with butter or meat fryings and bake for 30 minutes in hot oven. The skins will be a light brown and look a great deal more appetizing than cooked in the old way.

### FRIED CABBAGE

Shred the cabbage very fine, salt and pepper it to taste and place in iron kettle, in which has been melted half butter and half pork drippings and fry till a light brown, then add 1 cup of sour cream. Let come to a boil and simmer for 5 minutes.

### \* BAKED BEANS AND SPARE RIBS

Put the beans into cold water with  $\frac{1}{4}$  teaspoon soda, bring to a boil. Pour off water and cover with fresh water and salt and pepper it. When thoroughly cooked place in pan and cover with spare ribs which have been seasoned with salt and pepper. Bake in quick oven.



**SCALLOPED POTATOES**

Pare and slice the required amount of potatoes, place in baking dish with seasoning of salt, pepper and a generous amount of butter, and any left-over meat that you may have on hand, cut in small cubes. Over this pour enough rich milk or milk and cream mixed, to nearly cover. Bake till thoroughly done and a nice brown.

**COOKED PEAS**

Line a casserole dish with fresh lettuce leaves, fill the dish with shelled peas, season with salt, pepper, butter and just enough water to start it to boil. Place in the oven and cook slowly for 1 hour.

Mrs. H. E. Gibson

**NEW ENGLAND BOILED DINNER**

2½ pounds flank boiling beef	3 or 4 parsnips
1 head cabbage	4 medium sized onions
3 turnips	6 medium sized potatoes
3 or 4 carrots	

Put beef on. When boiling, salt and skin, cut cabbage in quarters, peel and prepare vegetable. First add cabbage. In 15 minutes add rest of vegetables. When boiling briskly set on slow fire and cook for about 2 hours. Serve vegetables whole and hot.

Mrs. H. E. Gibson

"So live that when your life shall end, all men shall say, 'I've lost a friend.'"

*Salads and Salad Dressing***CHICKEN SALAD**

1 chicken (boiled tender)	1 teaspoon salt, pepper and mustard
Celery and cabbage (equal quantities)	½ cup vinegar
2 tablespoons butter	6 hard boiled eggs
	2 tablespoons sugar

Mash the yolks fine, add butter, sugar, salt, mustard and pepper, and lastly ½ cup vinegar. Cook until thickens. Pour this over the chicken, chopped whites of the eggs, celery and cabbage chopped fine, and mix well.

Mrs. J. A. Kinsey

**FRUIT SALAD**

½ pound white grapes	1 stalk tender celery
¼ pound English walnuts (broken)	½ dozen bananas

Wash and seed the grapes, cut celery into small pieces, slice thin the bananas the long way, serve on crisp lettuce with fruit salad dressing.

**CHEESE STRAWS—(To Serve with Salads)**

1 cup flour	1 cup grated cheese
¼ cup cold water	1 large tablespoon butter
1 teaspoon salt	½ teaspoon cayenne pepper

Mix as pie crust, adding cheese and butter to flour. Roll thin, cut in strips with pastry wheel and bake quickly.

Mrs. M. T. Chamberlain

**CHEESE BALLS—(To Serve with Salads)**

- |                       |                  |
|-----------------------|------------------|
| 1¼ cups grated cheese | 1 teaspoon flour |
| 1 salt spoon salt     | Pinch cayenne    |
| 2 eggs (whites)       |                  |

Mix cheese with flour and seasoning. Beat whites stiff, add to first mixture, shape into balls and roll in cracker crumbs and egg and crumbs again. Fry in deep fat.

Mrs. H. B. Wright

**TOMATO SALAD**

Cut open, scoop out and notch the edges, fill with salmon, serve with mayonnaise.

Mrs. J. A. Kinsey

**BEEF SALAD**

- |  |                               |
|--|-------------------------------|
| ½ dozen small beets                      | ½ dozen small boiled potatoes |
| 1 medium sized cucumber,<br>chopped fine |                               |

Chop potatoes and beets and mix with cucumbers, serve with mayonnaise dressing.

**WALDORF SALAD**

- |                 |                    |
|-----------------|--------------------|
| 1 lemon jello   | 1 large apple      |
| 1 orange        | 1 cup celery       |
| 1 cup nut meats | 1 cup green grapes |

Serve on lettuce leaf with mayonnaise.

**SALAD DRESSING**

- |                     |                          |
|---------------------|--------------------------|
| ½ cup vinegar       | ½ cup water              |
| ½ teaspoon mustard  | ½ teaspoon salt          |
| 2 tablespoons sugar | 1 tablespoon flour       |
| Dash pepper         | 1 large, or 2 small eggs |
| Butter, small piece |                          |

Scald vinegar and water and let cool, mix dry ingredients and add enough water to make a paste, add eggs and vinegar and let come to a boil, and lastly, add the butter.

Mrs. W. E. Underwood

**TOMATO JELLY SALAD**

- |                  |                                   |
|------------------|-----------------------------------|
| 2 teaspoons salt | 2 tablespoons granulated gelatine |
| 3 pepper corns   | ¼ bay leaf                        |
| 1 slice          | 1 teaspoon sugar                  |
| Celery leaves    | 3 cloves                          |
| ½ cup cold water | 1 tin tomatoes                    |

Boil all together and put shell of egg in to clear while boiling. Strain and put in jelly moulds. Serve on lettuce leaf with mayonnaise.

Mrs. R. B. Wheeler

**PINEAPPLE SALAD**

- |                       |              |
|-----------------------|--------------|
| 1 cup pineapple juice | ¼ cup butter |
| ½ cup sugar           | 2 eggs       |

Boil pineapple juice, beat eggs, sugar and butter together, stir into the boiling pineapple juice. When cool add cup of whipped cream.

Mrs. F. M. Curtis

**ASPARAGUS SALAD**

1 tin asparagus

Pimentos

Drain and rinse stocks of asparagus, cut rings from pimentos 1-3 inch wide. Put 3 stocks of asparagus through the hole, arrange on lettuce leaf. Serve with French dressing with which tomatoes have been added to taste.

Mrs. F. M. Curtis

**SALMON SALAD**

1 tin salmon

6 sour pickles

4 small stalks of celery

Remove all bone and oil from salmon, mix well with celery and pickles. Serve with mayonnaise dressing.

Mrs. J. M. Johnston

**SALAD DRESSINGS****FRUIT SALAD DRESSING** $\frac{1}{2}$  tablespoon salt

1 teaspoon mustard

 $1\frac{1}{2}$  tablespoons sugar $\frac{1}{2}$  teaspoon flour

2 eggs (yolks)

 $1\frac{1}{2}$  teaspoons melted butter $\frac{3}{4}$  cup milk $\frac{1}{4}$  cup vinegar

Mix the dry ingredients, add the yolks of eggs, beaten slightly, butter, milk and vinegar, the latter very slowly. Cook over boiling water till thickened, then strain and cool.

Mrs. E. D. Plummer

**CREAM SALAD DRESSING**

3 eggs (yolks)

1 teaspoon mustard

1 teaspoon salt

2 tablespoons sugar

2 tablespoons melted butter

 $\frac{1}{2}$  cup vinegar

1 cup milk (sweet or sour)

3 eggs (whites)

Beat the yolks of eggs till thick, then add mustard, salt and a pinch of red pepper, sugar and melted butter. Mix together and add vinegar and milk. Last add the stiffly beaten whites of the eggs. Cook in double boiler.

Mrs. H. C. Penhale

**SALAD DRESSING** $\frac{1}{2}$  cup vinegar

1 teaspoon mustard

Pinch salt

 $\frac{1}{2}$  cup sugar

3 eggs

 $\frac{1}{2}$  pint sweet cream

Cook the vinegar, mustard, eggs, salt and sugar together. Let come to a boil and keep stirring all the time. Add sweet cream when cool.

Florence E. Slater

**SALAD DRESSING** $\frac{1}{2}$  cup sugar

1 teaspoon flour

 $\frac{1}{2}$  teaspoon salt $\frac{1}{2}$  teaspoon mustard

2 eggs

 $\frac{1}{2}$  cup vinegar $\frac{1}{2}$  cup water

Mix the dry ingredients until smooth, stir in the eggs and lastly the water and vinegar. Cook until thickened. When cold thin with whipped cream.

Mrs. L. Kirby

1 cup ...  
1/2 ...

Mrs. McMill's Delectable Pickles.

- 1 qt large cubes brines  
 1 qt small cubes  
 1 " large onions chopped  
 1 " whole small onions  
 1 large cauliflower  
 2 green & 2 red peppers  
 let brine over night  
 drain & not wash.

- $\frac{1}{2}$  gal white vinegar  
 3 cups white sugar  
 $\frac{1}{4}$  lb mustard seed  
 $\frac{1}{4}$  oz celery seed  
~~1~~ 1 cup fennel or more  
 $\frac{1}{4}$  " yellow mustard.  
 $\frac{1}{2}$  oz turmeric.  
 Heat all together in paste  
 for few minutes.



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"A smile is the same in all languages."

## Puddings and Pudding Sauces

### PRUNE PUDDING

Stew 1 pound prunes until soft enough to remove pits. Chop fine and sweeten to taste. Beat whites of 3 eggs to a stiff froth and fold them into the prune pulp, bake in a quick oven 20 minutes. Serve cold with whipped cream.

### CHOCOLATE PUDDING

1 cup sugar	Vanilla
3 eggs (save whites of 2)	1 cup bread crumbs
1 pint milk, scalding hot	6 tablespoons chocolate or cocoa

Bake about 40 minutes.

### SAUCE

Beat the whites of two eggs stiffly, add a little sugar, put on top of pudding when done, and return to oven until slightly browned.

Mrs. J. M. Streib

### PLUM PUDDING—(More than 100 years old)

1 pound suet	1 pound raisins
1 pound currants	½ pound citron
5 heaping tablespoons brown sugar	3 cups stale bread crumbs
1 cup flour	1 grated nutmeg
1 teaspoon mace	1 teaspoon cinnamon
4 large tablespoons cream	6 eggs
Grated rind of 1 lemon	2 gills wine or brandy, or orange juice

Roll fruit in flour. Moisten bread crumbs with cream. Beat yolks of eggs. Stir in all the ingredients and lastly, the whites of eggs. Allow ¼ space for raising in pudding bag and boil constantly for 6 hours.

Mrs. W. F. McNeil

### CARROT PUDDING

1 cup grated raw carrots	1 cup grated raw potatoes
1 cup sugar	½ cup melted butter
2 tablespoons of chocolate	1 teaspoon salt
1 teaspoon nutmeg	1 teaspoon cinnamon
1 teaspoon cloves	1 teaspoon allspice
1½ cups of flour	1 teaspoon soda
2 cups raisins (floured)	

Steam 3½ hours in covered tin. Have 2-3 full. Serve with cream or sauce

### SAUCE

2 cups sugar	¼ cup boiling water
2 whites of eggs, add 1 at a time	1 cup butter (creamed)

Cook in double boiler until smooth, about 5 minutes, flavor with wine.

Mrs. J. M. Streib



**DATE PUDDING**

2 eggs	1 cup sugar
Pinch of salt	2 tablespoons milk
1 teaspoon baking powder	1½ tablespoons flour
1 cup nuts (chopped)	1 cup chopped dates

Mix yolks of eggs and sugar, add milk, salt, flour and baking powder. Then add dates and nuts. Later stir in well the beaten whites. Set baking dish in pan of hot water and bake 45 minutes in slow oven.

Mrs. Greer

**FIG PUDDING**

1 cup suet	4 cups soft bread crumbs
2 well beaten eggs	1 cup milk
½ pound figs, chopped fine	2 teaspoons baking powder
2 cups sugar	

Steam 3 hours and serve with hard sauce.

**HARD SAUCE**

2 cups sugar	1 cup butter (creamed)
2 eggs (whites)	

Beat eggs stiff, add creamed butter and sugar, beat lightly till thoroughly mixed. Divide into 3 parts and flavor 1 part with vanilla, 1 with chocolate, and 1 colored red. Mold and slice, serving all the colors on one piece of pudding.

**PLUM PUDDING**

2 pounds brown sugar	1½ pounds suet
1 pound raisins, stoned	1 pound currants
8 eggs	½ grated nutmeg
2 ounces lemon and orange peel	1 teaspoon ground ginger
½ pound bread crumbs	2 cups flour
½ pint of milk	

Mix and place in small bowls, let stand over night, boil 10 hours.

Mrs. J. A. Kinsey

**BATTER FRUIT PUDDING**

½ cup of sugar	½ cup of suet
1 cup of currants	1 cup of chopped raisins
1 egg	1½ cups of flour
1½ teaspoons baking powder	Salt
1 cup milk	

**METHOD**

Add a pinch of clove, cinnamon and mace. Steam from 3 to 4 hours.

M. E. Ovans

**ENGLISH PLUM PUDDING**

2 pounds raisins, floured	1 pound suet
1 pound currants, floured	1 loaf bread crumbs
¼ pound butter	2 cups flour
¼ cup walnuts	½ pound mixed peel
6 teaspoons spices	2 pounds sugar
2 wine glasses brandy	6 eggs

Milk enough to moisten to the consistency of fruit cake. Let stand in mixing pan 24 hours. Stir occasionally and put into bowls and boil 12 hours. When wanted for use take cloth off and wash, sprinkle with fresh flour and boil until thoroughly heated. Serve with brandy sauce.

Mrs. H. Haywood

**SUET PUDDING**

1½ cups flour, sifted	1-3 teaspoon salt
½ cup raisins	1-3 cup walnuts, ground fine
½ cup suet	½ cup sour milk
½ cup molasses	½ teaspoon soda

Mix all dry ingredients together, then add milk and molasses, steam 3 hours.

**SAUCE FOR SAME**

1 cup of drawn butter	1½ cups powdered sugar
½ cup thick cream	

Cream, butter and sugar well and add the cream and vanilla.

Mrs. J. A. Seymour

**MOLASSES STEAM PUDDING**

½ cup New Orleans molasses	1 cup luke warm water
2 yolks of eggs	Pinch of salt
1 cup raisins	1 heaping cup of sifted flour
1 teaspoon soda dissolved in hot water	

Steam 2 hours.

**PUDDING SAUCE FOR SAME**

½ cup of butter	¾ cup powdered sugar, creamed
2 whites of eggs, beaten.	

Beat to a cream and flavor.

Mrs. R. B. Wheeler

**FIG PUDDING**

½ pound figs, chopped fine	¼ pound suet
½ pound bread crumbs	3 eggs
1 cup sugar	3 tablespoons syrup

Salt and nutmeg to taste, mix well and boil or steam 3 hours. Serve with sweet sauce.

Mrs. F. M. Curtis

**APRICOT PUDDING**

1 pint flour	3 teaspoons baking powder
½ teaspoon salt	½ cup sugar
¾ cup milk	1 well beaten egg
Lump of butter	

Place in a shallow buttered pan and lay in enough canned apricots to cover the dough. Sprinkle well with sugar. Bake in a moderate oven ½ hour.

Mrs. J. M. Johnston

**CARROT PUDDING**

1½ cups flour	1½ cups suet
1½ cups bread crumbs	2 cups sugar
2 cups raisins	2 cups currants
1 cup grated potatoes	1 cup carrots
½ cup molasses	1½ teaspoons soda
½ cup sour milk	

Steam 3 hours.

Mrs. George Whitely

## DATE SOUFFLE

2 cups dates	1 cup nuts
2 tablespoons sugar	2 eggs
2 tablespoons milk	2 tablespoons flour
1 teaspoon baking powder	

Sift flour and baking powder together, chop dates with the nuts. Serve with whipped cream.

Mrs. R. B. Wheeler

"May our house always be too small to hold all our friends."

—Myrtle Reed.

*Desserts*

## MAPLE MOUSSE'

Beat 3 eggs very light add 1 cup whipped cream, and 1 cup maple syrup. Mix well and freeze. Nuts may be added if desired. This makes 1 quart when frozen.

Mrs. Wallace Zwiener.

## FIG CREAM

Chop  $\frac{1}{2}$  pound of figs, cover with warm water, stand to soften, mashing occasionally. Scald a quart of thin cream, with a scant cup of sugar, add the figs, cool and freeze. Remove the dasher and pack down the cream well. Let it stand 2 hours before serving.

Mrs. C. L. Greer

## BISQUE

1 pint cream	4 eggs
$\frac{3}{4}$ cup granulated sugar	$\frac{3}{4}$ cup cold water

Boil water and sugar until it threads. When it cools pour into beaten eggs. Add one teaspoon of vanilla, then fold in whipped cream, pack and freeze 4 hours. **Do not turn freezer.**

Mrs. E. W. Heffner

## PINEAPPLE CREAM

Cover half a box of gelatin with cold water, and let soak  $\frac{1}{2}$  an hour. Put a pint of grated pineapple and a cup full of sugar in a sauce pan, and set over the fire to simmer. Add gelatin, and stir until dissolved. Take up and turn into a pan, stir until the mixture begins to thicken. Mix in carefully a pint of whipped cream, pour in a mold and set on the ice to harden.

Mrs. F. M. Buckles

## RICE POMPADOUR

2 cups cold boiled rice	Whipping cream, sweetened and
$\frac{1}{2}$ cup nuts or dates	flavored to taste
1 small can pineapple	

Mix with half of whipped cream. Serve in high glasses or sherbets, and heap cream on top.

Mrs. E. R. Leverton

**CHARLOTTE RUSSE'**

Put  $\frac{1}{4}$  small box gelatin in a sauce pan with water to cover completely. Place on the stove and let boil for a few minutes. Sweeten and flavor and let stand till firm. Line mould with lady fingers, rubbing each side with melted gelatin to make them stick together. Have the rest of the gelatin soaking in as much water as will cover it. Beat 1 pint cream to stiff froth, sweeten and flavor with vanilla. Then put in melted gelatin, beating cream while doing so. Fill up mould and let stand till firm.

Isabel Campbell

**PINEAPPLE FRAPPE**

2 cups water	2 cups ice water
1 cup sugar	1 can grated pineapple
Juice of 3 lemons	

Make a syrup by boiling water and sugar for 15 minutes, add pineapple and lemon juice. Cool, strain, add ice water and freeze to a mush, using equal parts of ice and salt. If fresh fruit is used, more sugar will be required.

**TRIFLE**

Cut up sponge cake in about 2 inch squares, split the squares and put jam between them. Pile cake in the centre of dish and pour over it any kind of fruit juice you desire. Do this 2 hours before using if possible. Make a custard, and pour over that. When cold ornament with whipped cream and jam. Garnish with blanched almonds, and sprinkle with pink sugar.

Mrs E. Critchley

**RICE SOUFFLE**

$\frac{3}{4}$ cup rice	1 quart water
1 pint milk	4 eggs
4 tablespoons sugar	1 tablespoon butter
A pinch of salt	Vanilla

Wash rice and put to boil in salted water. Boil 15 or 20 minutes and drain. Put rice and milk in double boiler. Cook 10 minutes and add butter. Stir in yolks of eggs well beaten with sugar, and cook 5 minutes, add flavoring and cool. One-half hour before using beat in egg whites and bake.

**SAUCE**

Cream  $\frac{1}{4}$  cup butter. Add slowly  $\frac{1}{2}$  cup powdered sugar, and  $\frac{1}{2}$  cup cream. Flavor. Just before using set in pan of boiling water and stir till creamy.

**MAPLE BISQUE**

6 yolks	1 cup maple syrup
$\frac{1}{2}$ cup cream (thin)	$1\frac{1}{2}$ cups whipped cream

Beat the yolks, add syrup and then cream, place in double boiler and cook to a thin custard. Set on ice and beat till stiff and light, then stir in whipped cream. Pour in mould and bury in ice and salt for 4 hours.

Mrs. M. T. Chamberlain

**STRAWBERRY ICE**

1 quart water	$2\frac{1}{2}$ cups sugar
$1\frac{1}{2}$ cups strawberry juice	Whites of 2 eggs

Boil sugar and water for 10 minutes, add berry juice, cool and freeze. Beat in whites of eggs when nearly frozen.

**CREAMY SHERBET**

3 lemons  
1 can grated pineapple  
3 cups water

3 oranges  
3 cups sugar

Extract the juice from the lemons and oranges, boil the sugar and water into syrup, put all in freezer and when partially frozen add the whites of 2 eggs well beaten. Freeze hard and let stand 1 hour or more before using.

Mrs. M. T. Chamberlain

**GOLDEN PARFAIT**

6 eggs (yolks)  
¼ cup water  
Vanilla

1 cup sugar  
1 pint heavy cream

Boil sugar and water into syrup, add the syrup slowly to the beaten yolks, put in double boiler and cook till thick. Strain and beat till cool, add cream beaten stiff and put in a mould. Bury in ice and salt for 4 hours. Will serve 8.

**PLAIN ICE CREAM**

4 rounded tablespoons sugar  
1 quart thin cream

1 tablespoon vanilla

Freeze and let stand at least an hour before using.

**MUSK MELON ICE—EXCELLENT**

Scrape seeds and pulp from very ripe musk melons, put in a quart measure and fill with cold water. Stand ½ an hour or longer. Drain, add enough water to make 1 quart after straining, juice of 1 lemon, and 1 cup sugar. Freeze to a mush and fill halves of chilled musk melons.

Mrs. W. F. McNeil

**CARAMEL MOUSSE**

1½ cups sugar  
1 quart cream

1 cup water

Melt the sugar slowly, stirring constantly until it forms a golden brown syrup, then add the water and boil slowly till dissolved. Let cool, strain and add to the cream, whipped stiff. Put in mould and pack in ice and salt for 4 hours.

**STRAWBERRY FRAPPE**

2 boxes strawberries  
Juice ½ lemon

1½ cups water  
Sugar to taste

Mash berries through colander and add water, lemon juice and sugar, freeze like ice cream. Raspberries may be used in the same way.

**CAFE PARFAIT**

1 pint heavy cream  
1 cup strong black coffee

1½ cups powdered sugar

Whip cream stiff, add sugar and coffee, put in mould, pack in ice and salt and freeze 3 hours.

**CHOCOLATE SAUCE FOR ICE CREAM**

4 tablespoons grated chocolate  
2-3 cup water  
Vanilla

1 cup sugar  
1 tablespoon butter

Boil chocolate, sugar and water until it makes a thick syrup. Add butter and beat a moment, when cool add vanilla. Serve cold.

Mrs. M. T. Chamberlain

**BISQUE**

- |                          |                          |
|--------------------------|--------------------------|
| ½ cup boiling water      | ½ cup sugar              |
| 2 eggs (yolks)           | ¼ cup sherry             |
| 2 tablespoons Maraschino | ½ cup powdered macaroons |
| ¼ cup chopped almonds    | 1 pint whipped cream     |

Make a syrup of the water and sugar, boil 5 minutes and pour over the beaten yolks. Cook 5 minutes, stirring constantly, when cool add remaining ingredients. Put in mould and bury in ice and salt for 4 hours.

Mrs. M. T. Chamberlain

**CARAMEL CUSTARD**

- |                          |                       |
|--------------------------|-----------------------|
| 1 cup sugar              | 1½ cups milk          |
| 2 tablespoons cornstarch | ½ cup chopped walnuts |

Caramelize sugar, make a custard of the milk and cornstarch, add the caramel and the chopped walnuts, flavor with vanilla.

**ALMOND CHARLOTTE**

- |               |                           |
|---------------|---------------------------|
| 1 cup sugar   | ¼ cup butter              |
| 1½ cups flour | 2 teaspoons baking powder |
| ½ cup milk    | 2 eggs (whites)           |

Mix as cake and flavor with almond extract. Bake in 1 layer and when ready to serve, pile on the following:

One pint cream whipped stiff and sweetened. Add a little almond flavoring and sprinkle well with 1 dozen macaroons dried and powdered.

Mrs. M. T. Chamberlain

**LEMON SPONGE**

- |                       |                 |
|-----------------------|-----------------|
| 2 tablespoons gelatin | Sugar           |
| Lemon juice           | 2 eggs (whites) |

Dissolve the gelatin in small quantity of water and add it alternately with sugar and strained lemon juice to the stiffly beaten whites, beating until it begins to set. Turn into a mould. Serve with whipped cream.

**ORANGE SNOW**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 4 large oranges                   | Juice and grated rind of ½ lemon |
| 2 ounces gelatine                 | 1 lemon                          |
| 1 large cup sugar                 | 4 eggs (whites)                  |
| Juice and grated rind of 1 orange | 3 cups boiling water             |

Mix dissolved gelatin and sugar, leave covered 1 hour, then pour in boiling water and juice of oranges and lemons, stir, strain, and when cold whip in the whites of the eggs. Place in a wet mould to set.

Mrs. J. A. Kinsey

**BAVARIAN CREAM**

- |                          |                           |
|--------------------------|---------------------------|
| 3 eggs (yolks)           | 1 cup sugar               |
| 1 pint milk              | 1 even tablespoon gelatin |
| 6 tablespoons cold water | 1 pint whipped cream      |

Make custard of eggs, milk and sugar and stir in the gelatin which has been dissolved in cold water. Beat the whites of the eggs and fold in, also the whipped cream. Flavor with vanilla.

**ORANGE CUSTARD**

- |                        |                           |
|------------------------|---------------------------|
| 3 oranges              | 1 cup castor sugar        |
| 1 pint milk            | 2 eggs                    |
| 1 cup granulated sugar | 1½ tablespoons cornstarch |

Slice oranges in dish and sprinkle with castor sugar, make a custard of milk, yolks of eggs, granulated sugar and cornstarch. Cook in double boiler until smooth and pour over oranges. Make a frosting with egg whites and brown in oven.

**PINEAPPLE SPONGE**

To 1 package of orange jello put 1 cup boiling water and stir until dissolved. Add the juice drained from 1 can of pineapple. When it begins to "set" whip whites of 2 eggs dry, and beat into jelly. Add pineapple pulp chopped fine, and chill.

Mrs. A. M. Moline

**PLUM CONSERVE**

3 pounds plums, seeded	3 pounds sugar
1 pound raisins	2 oranges, rind and pulp
½ pound walnuts	

Cut the orange pulps into small bits and boil 1 hour. Upon taking off the fire stir in walnuts.

Mrs. F. A. McAllister

**CARAMEL CUSTARD**

½ cup sugar	1 pint hot milk
3 eggs	3 tablespoons sugar
Vanilla	Salt

Caramelize the sugar by putting it into a pan over a slow fire and stir constantly till a rich brown. Spread on the inside of a baking dish and set aside to cool. Mix the milk, beaten eggs, 3 tablespoons sugar, vanilla, and salt, pour in baking dish, set in water, and bake slowly till firm.

Mrs. M. T. Chamberlain

**PRUNE WHIP**

**Method**—Wash 1 pound of prunes thoroughly, put enough cold water on to cover, cook until done. Seed prunes and wash. Mix 1 pint of whipped cream with prunes. Add ½ cup of powdered sugar. Prunes must be cooled before adding whipped cream.

M. E. Ovans

**LEMON SPONGE**

1 tablespoon gelatin	Sugar
Lemon juice	2 eggs (whites)

Dissolve gelatin in small quantity of water, and add it alternately with sugar and strained lemon juice to the stiffly beaten whites. Beat till it begins to set and turn into moulds.

Mrs. M. T. Chamberlain

**CHOCOLATE PUDDING**

½ cup sugar	2 tablespoons (heaping) chocolate
½ cup milk	late
1 teaspoon baking powder	Butter size of an egg
Salt to taste	1 egg
½ cup flour	

Mix like cake and bake 20 minutes. Serve hot with the following sauce:

**SAUCE**

One egg, yolk beaten with ½ cup powdered sugar, 1 cup whipped cream. Beat and flavor with vanilla.

Mrs. M. T. Chamberlain

## Bacon Scuffle

1/2 pint green eggs - 12 large  
 brown - Boil for 10 minutes. Drain and  
 set aside. Chop onion, add green  
 and onion - soft onion twice. Add salt  
 and add small pieces of butter - then  
 set with flour and eggs. Cook over a  
 small fire and set on a plate of butter  
 and onion. Boil for 10 minutes. After 5 minutes  
 brown on a small paper. Place on  
 cold water and add more of eggs. 3  
 eggs - 1 cup milk - 1 table spoon butter.



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## Krofs Wine

6. Lbs Krofs.
- 1 Gallon Water
- 3 Lbs White Sugar.
- 2 Lemons,
- 2 Oranges. —

Wash krofs into a pulp, pour one gallon boiling water, juice of lemons and oranges - let stand for a week then strain good.

add three lbs of sugar to every gallon, bring to a boil and let ferment in a warm place.

$\frac{1}{2}$  yeast cake will help it one strain good and bottle -

Keep in a cool place.

---

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## Pies

### PUFF PASTE

1 pound butter  
Cold water

1 pound pastry flour

Wash butter, pat and fold until no water flies. Reserve 2 tablespoons of butter and shape remainder into a circular piece  $\frac{1}{2}$  inch thick, put on floured board, work 2 tablespoons of butter into flour using tips of fingers. Moisten to a dough with cold water, place dough on slightly floured board and knead 1 minute. Cover with a towel and let stand 5 minutes. Pat and roll  $\frac{1}{4}$  inch thick, keeping paste a little wider than long and corners square. Place butter on centre of lower half of paste. Cover butter by folding upper half of paste over it. Press edges firmly to enclose as much air as possible. Fold right side of paste over enclosed butter, the left side under enclosed butter. Turn paste half way round, cover and let stand 5 minutes. Pat and roll  $\frac{1}{4}$  inch thick. Fold from ends toward the centre, making 3 layers. Cover, let stand 5 minutes. Repeat twice, turning paste half way round each time before rolling. After fourth rolling fold from ends to centre and double, making four layers. Put in cold place to chill.

Mrs. A. M. Moline

### PLAIN PASTE

$1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup lard ( $\frac{1}{4}$  cup butter or  
beef drippings)

Sift dry ingredients, chop in lard, moisten to stiff dough with cold water, place dough on slightly floured board, pat and roll  $\frac{1}{4}$  inch thick, dot over half the dough with butter, and fold the other half of the dough on the top of it and press the edges together. Roll dough  $\frac{1}{4}$  inch thick, fold dough so as to make 3 layers and roll  $\frac{1}{4}$  inch thick.

Repeat. The paste may be used at once for pies or tarts.

### DEEP APPLE PIE

4 or 5 sour apples  
1-3 cup sugar  
 $\frac{1}{4}$  teaspoon grated nutmeg  
 $\frac{1}{2}$  grated lemon rind

1-8 teaspoon salt  
1 teaspoon butter  
1 teaspoon lemon juice

Cut apples into thin slices. Mix dry ingredients together and add to apples and place into deep pie dish, add lemon juice, dot with butter, cover top with plain crust, press edges with fork, make a few holes in centre of paste to allow the steam to escape. Bake 45 minutes in moderate oven.

### APPLE CUSTARD PIE

$\frac{1}{2}$  plate sliced apples  
Little nutmeg

4 tablespoons sugar  
1 beaten egg

Line deep pie plate with crust, mix ingredients with milk enough to fill plate and pour over apples and bake slowly.

Mrs. Slater

### PINEAPPLE PIE

1 cup grated pineapple  
2 eggs  
Salt

$\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup flour  
Juice of  $\frac{1}{2}$  lemon

Sift dry ingredients together, mix with pineapple and lemon juice and cook in double boiler until it begins to thicken. Stir in the beaten yolks of eggs and remove when thoroughly blended. Fill baked crust and cover with meringue of whites, powdered sugar and a little juice or grated peel of lemon.

Mrs. J. H. Lavender

**LEMON PIE FILLING**

3 eggs  
 ¼ cup butter

1 cup sugar  
 2 lemons

Beat yolks of eggs until very light and thick, add gradually the sugar, and the unbeaten whites of 2 of the eggs, 1 at a time. Beat the butter to a cream and slowly add to this the egg mixture and the lemon juice. Cook in double boiler until it thickens.

Mrs. Wallace Zwiener

**WASHINGTON WHIP CREAM PIE****Part One**

Whites of 5 eggs  
 ½ teaspoon cream tartar

½ cup flour  
 ½ cup powdered sugar

**Part Two**

1 pint milk  
 ½ cup sugar  
 Pinch salt

Yolk 3 eggs  
 1 tablespoon cornstarch  
 Vanilla

Cook part 2 until thick. Beat whites of eggs until stiff. Add cream tartar to flour. Mix dry ingredients together, adding tablespoon at a time to the whites of eggs. Bake ½ hour in slow oven. Split, making 2 layers, put filling between and spread ½ pint whipped cream on top.

Mrs. Homer B. Wright

**CRUMB PIES****For Crumbs**

3 cups flour  
 ½ cup sugar

½ cup lard

**For Filling**

1 cup baking molasses  
 1 teaspoon baking soda

1 cup water

Line pan with pie crust, put in filling, add crumbs. Bake.

Mrs. F. T. Campbell

**NEW LEMON MERINGUE PIE****Filling**

1 cup sugar  
 1 lemon (rind and juice)  
 1 cup cold water

3 tablespoons flour  
 3 eggs (yolks)  
 Salt to taste

Whip yolks until light, add the water, flour, lemon juice and rind and salt until the mixture is perfectly smooth. Place in double boiler and cook until it thickens. Cool and pour in paste shell.

**Meringue**

Whites 3 eggs  
 ½ teaspoon lemon juice

7½ teaspoons powdered sugar

Spread meringue over pie and set in the oven to brown.

Mrs. E. W. Heffner

**LEMON PIE FILLING**

1 lemon  
 Yolks 2 eggs  
 1 cup milk

1 cup sugar  
 2 tablespoons sifted flour  
 Small piece melted butter

Grate lemon rind, add juice and other ingredients, then add whites of eggs beaten stiff, stir well together and bake in under crust.

Mrs. W. E. Underwood

**PUMPKIN PIE**

1½ cups steamed and strained  
 pumpkin  
 1 teaspoon cinnamon  
 ½ teaspoon salt

¾ cup brown sugar  
 2 eggs  
 1½ cups milk  
 ½ teaspoon ginger

Mix ingredients in order given and bake in 1 crust.

**COCOANUT PIE**

1 pint milk  
2 eggs (yolks)  
1 cup cocoanut

$\frac{1}{2}$  cup sugar  
1 dessert spoon cornstarch

Soak the cocoanut in enough milk to moisten, over night, beat yolks, add sugar and cornstarch. Scald the milk and stir in the above mixture. Cook for a short time then add the cocoanut and the vanilla. Bake with lower crust only. Ice with a meringue.

Mrs. A. H. Dahners

**Cakes****MARSHMALLOW ICING**

10 cents worth of marshmallows  
 $1\frac{1}{2}$  cups sugar

Whites of 2 eggs

Boil until it hairs, then put 'n marshmallows, set on back of stove until dissolved. Beat well. Frosting should be very thick on top of cake.

Mrs. B. A. Dumper

**CARMEL ICING**

Carmelize 2 teaspoons sugar  
Add 1 cup sugar  
Dissolve

Add 2 cups boiling water and  
dissolve

Boil rapidly until it hairs. Meantime take the white of an egg, add a pinch of salt and beat until light and dry. Add syrup gradually, beat until it will spread upon cake.

Mrs. D. F. Ranlett

**MOUNTAIN CREAM ICING**

1 cup sugar  
3 tablespoons water

Whites of 2 eggs  
Flavoring

Let sugar and water boil until it hairs, pour over stiffly beaten egg whites, add flavoring and beat until cold.

Mrs. A. M. Moline

**MOCHA FROSTING**

1 cupful powdered sugar  
1 tablespoon coffee  
1 tablespoon cocoa

1 tablespoon melted butter  
1 teaspoon vanilla

**ALMOND PASTE**

1 pound brown sugar, 1 pound  
blanched almonds, put through  
food chopper twice

2 eggs (whites), stiffly beaten  
1 dessert spoon lemon flavor  
2 scant dessert spoons almonds

Wet fruit cake with milk and level paste with hot knife, and put in cool oven for 1 hour. Then next day apply a white icing.

**TUTTI FRUTTI FILLING**

1 cup cocoanut  
 $\frac{1}{2}$  cup English walnuts

1 cup raisins

Chop fine and stir in boiled frosting, spread quickly.

**LEMON JELLY**

1 cup sugar  
1 tablespoon flour  
1 cup cold water  
2 eggs (yolks)  
Juice and grated rinds of 2 lemons

Cook all together until thick and then spread between the layers.

**CHOCOLATE FUDGE ICING**

1 cup sugar  
Lump of butter (size of egg)  
Boil until it forms soft ball in water. Beat until it begins to thicken and spread on layers.

1-3 cup milk  
1 square of chocolate

**APPLE SAUCE CAKE**

1½ cups sweetened apple sauce  
½ cup butter  
½ teaspoon cloves  
2 teaspoons soda dissolved in 2 tablespoons boiling water.

1 cup sugar  
1 teaspoon cinnamon  
1 cup raisins

Mix thoroughly with flour until stiff.

Mrs. B. A. Dumper

**BANANA FILLING FOR CAKE**

Chill 2 bananas, mash and put through colander, sprinkle juice of 1 small lemon over pulp, add white of 1 egg and beat until foamy and white. Have ready 1 cup sugar boiled with ½ cup water till it forms a soft ball when dropped in cold water. Pour this slowly over banana cream, beating all the while. Then add 1 teaspoon granulated gelatin which has been dissolved in 1 tablespoon of cold water. Beat until mixture gets cold and begins to thicken. Spread between layers of cake.

**WHITE CAKE**

1½ cups sugar  
½ cup butter  
1 cup milk  
2 cups flour

2 teaspoons baking powder  
Whites of 4 eggs  
Vanilla

Bake in shallow loaf.

Mrs. L. H. Cason

**WHITE FRUIT CAKE**

1 cup butter  
1 cup sweet milk  
2 tablespoons baking powder  
1 pound almonds  
½ pound each orange and lemon peel

1 cup sugar  
3½ cups flour  
5 eggs (whites)  
1 pound citron  
1 grated cocoanut

Mrs. J. H. Lavender

**DEVIL'S FOOD**

1 cup grated chocolate  
1 cup sugar  
Boil until a smooth cream and let it cool.

1 cup sweet milk  
1 teaspoon vanilla

**Second Part**

½ cup butter  
2 eggs  
1 teaspoon soda

½ cup sweet milk  
2 cups flour

Beat thoroughly and bake slowly in cool oven.

Mrs. Slater

**SPICE CAKE**

2 cups flour	1 cup sugar
$\frac{1}{2}$ cup butter	1 egg
1 large cup sour milk	1 teaspoon soda
1 cup raisins	Nuts if desired
1 teaspoon cinnamon	1 teaspoon chocolate
1 teaspoon nutmeg	1 teaspoon cloves

Mrs. J. M. Streib

**ALMOND CAKE**

12 eggs	2 cups sugar
$\frac{1}{2}$ pound almonds, ground fine	7 soda crackers, ground
Rind of 1 lemon	

Beat yolks until light, beat whites of 6 of the eggs, add sugar and yolks, and beat  $\frac{1}{2}$  hour, mix almonds and crackers and add to eggs. Also grated rind of lemon. Lastly, add other 6 whites of egg well beaten. Bake in square tins, in a moderate oven. When cold cut into squares, and place 2 on each plate with whipped cream between or on top.

Mrs. C. L. Greer

**NUT CAKE**

2 eggs	1 cup white sugar
$\frac{1}{2}$ cup butter	2-3 cup sour milk
1 teaspoon soda	2 cups flour
1 pound walnuts, cut fine	

**APPLE SAUCE CAKE**

2 $\frac{1}{2}$ cups hot apple sauce	1 cup chopped nuts
2 cups sugar	4 teaspoons soda (stir in hot apple sauce)
1 teaspoon each salt, cinnamon allspice and cloves	$\frac{3}{4}$ cup butter
A little ginger	4 cups flour
1 pound raisins	1 pound currants

Mix in the order given. Bake for 1 hour in moderate oven.

Mrs. J. H. Lavender

**MOCK ANGEL FOOD**

1 cup sugar	1 cup flour
3 teaspoons baking powder	1 pinch salt
1 cup milk	2 eggs (whites)

Sift dry ingredients 4 times. Bring milk to boiling point and stir into this. Fold in beaten egg whites. Bake in angel food pan in moderate oven.

Mrs. B. A. Dumper

**ROLL JELLY CAKE**

5 eggs	Pinch salt
1 cup sugar	2 teaspoons baking powder
$\frac{1}{4}$ cups flour	

When done spread with jelly and roll in powdered sugar. (Bake in long sheets.)

**CRACKER CAKE**

1 scant cup butter	12 or 15 crackers (rolled very fine)
7 eggs	1 cup chocolate
1 teaspoon baking powder	1 teaspoon nutmeg
1 teaspoon cinnamon	Flavoring
1 cup walnuts, chopped	
1 cup sugar	

Cream, sugar and butter, beat eggs separately and add to the above. Bake in loaf 45 minutes.

Mrs. J. H. Lavender



## FRUIT CAKE

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 cup sugar                    | 1 cup water                       |
| 1 cup raisins                  | ½ cup lard                        |
| ¼ teaspoon nutmeg              | ¼ teaspoon salt                   |
| ¼ teaspoon cinnamon and cloves | Nuts and any other fruit you like |

Place in saucepan and boil 10 minutes. When cold add 2 cups flour, ½ teaspoon baking powder, 1 teaspoon soda dissolved in hot water. Bake slowly.

Mrs. Steinbrecker

## SCRIPTURE CAKE

- |   |                                   |
|---|-----------------------------------|
| 1 Kings, 4:22 (1st Clause) 4½ cups      | Numbers, 17:8, 2 cups             |
| Judges 5:25 (last Clause), 1 cup        | Leviticus, 2:13, 1 pinch          |
| Jeremiah, 6:20, 2 cups                  | Jeremiah, 17:11, 6                |
| 1 Samuel, 30:12 (second Clause), 2 cups | Judges, 4:19 (last Clause), ½ cup |
| Nahum, 3:12, 2 cups                     | Amos, 4:5, 2 teaspoons            |
|   | 2 Chronicles, 9:9, to taste       |

Mrs. Slater

## CHRISTMAS CAKE

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 pound flour               | 1 pound sugar                 |
| 1 pound butter              | 10 eggs                       |
| 3 pounds raisins            | 3 pounds currants             |
| 1-3 pound citron            | 1-3 pound orange peel         |
| ½ cup molasses              | 1 tablespoon cinnamon         |
| 1 teaspoon salt             | 1 teaspoon cloves or allspice |
| 1 teaspoon nutmeg           | 2 wine glasses milk           |
| 1 wine glass cooking brandy |                               |

Cream, butter and sugar, beat yolks and white of eggs separately, add ¼ of beaten yolks, and ¼ of flour at a time, and beat each time until all are in, then add molasses and spices. Dissolve 1 teaspoon soda in the milk, strain, then mix with the brandy, and beat in, fold in stiffly beaten whites of eggs, flour the fruit and put in handful at a time, line pan with 3 thicknesses of buttered paper, and bake 3 or 4 hours.

Mrs. F. M. Curtis

## FRUIT CAKE

- |                                |  |
|--------------------------------|--|
| 2 pounds raisins               | 1 tablespoon of cinnamon                     |
| 2 pounds of currants           | ¾ tablespoon of ground cloves                |
| 1 pound of sugar (2cups)       | 9 eggs                                       |
| 1 scant quart of flour         | ½ pound of cut citron and orange peel, mixed |
| 1 pound of butter              | 1 teaspoon soda (dissolved in the coffee)    |
| 4 tablespoons molasses         | Pinch of salt                                |
| 3 tablespoons of liquid coffee |  |
| 1 nutmeg                       |  |

Mrs. Roy Wheeler

## MARBLE CAKE—(White part)

- |                         |  |
|-------------------------|--|
| 3 whites of eggs beaten | 2 cups of flour                                  |
| 1 cup of sugar          | 2 teaspoons of baking powder (sifted with flour) |
| ½ cup of butter         | 1 teaspoon vanilla                               |
| ½ cup of sweet milk     |  |

## (Dark part)

- |                 |                     |
|-----------------|---------------------|
| 3 eggs (yolks)  | 1 cup of molasses   |
| ½ cup of sugar  | ½ cup of sweet milk |
| ½ cup of butter |                     |

Sift with 2½ cups of flour, 1 teaspoon of cinnamon, ½ teaspoon of cloves, a little nutmeg, 1 teaspoon soda,

Mrs. Roy Wheeler

**RUTH CAKE**

- 6 tablespoons grated chocolate      ½ cup milk  
 5 teaspoons granulated sugar

Mix sugar and chocolate well, add milk and boil until thick stirring constantly, set to cool while you prepare the following:

- 1½ cups light brown sugar      2-3 cup butter  
 3 eggs (yolks)      ½ cup flour  
 ½ cup milk

Cream the butter and sugar, add eggs, milk and ½ cup flour, then beat in the chocolate part, to this add another 1½ cups flour.

Mrs. H. C. Penhale

**POTATO CAKE**

- 6 eggs      1 cup sugar  
 ½ cup potato flour      ¼ teaspoon baking powder

Beat 20 minutes, put in stiffly beaten whites last, flavor with vanilla. Bake slowly.

**SPICE CAKE**

- 1 cup sugar      1 teaspoon each of nutmeg,  
 1 egg      chocolate, cinnamon and  
 1 cup sour milk      cloves  
 1 level teaspoon soda      1 cup chopped raisins  
 2 cups flour      Nuts if desired  
 ½ cup butter

Mrs. C. A. Cawley

**CREAM ALMOND CAKE**

- 1 cup butter      2 cups sugar  
 1 cup milk      1 cup cornstarch  
 2 cups flour      2 level teaspoons baking powder  
 5 eggs (whites)      ½ teaspoon almond flavoring

Mrs. C. A. Cawley

**ANGEL FOOD CAKE**

- 1 cup flour      1½ cups sugar  
 1 teaspoon cream of tartar      11 eggs (whites)

Sift six times, fold in the well beaten whites. Do not beat too much.

Mrs. Wallace Zweiner

**SUNSHINE CAKE**

- 1 cup flour      1¾ cups granulated sugar  
 6 fresh eggs      ½ teaspoon cream of tartar  
 Pinch of salt      Flavor to taste

Separate eggs, putting yolks in small bowl, white in mixing bowl. Beat the yolks until light; add the salt to the whites and beat until well broken, add cream of tartar, whip until soft and dry. Meanwhile have sugar, with about ½ a cup of water, boiling slowly on the stove, boil till hairs and pour on the beaten whites and beat well, when partly cool add the yolks and beat till well mixed, add flavoring and flour measured after sifting 5 times. Fold in flour carefully, keeping mixture light and foamy. Bake slowly in angel food pan, gradually increasing heat. Bake 45 to 60 minutes.

Mrs. F. A. McAllister

**CHOCOLATE SPICE CAKE**

- ¾ cup sugar      4 teaspoons cocoa  
 2 eggs well beaten      2 tablespoons butter  
 1 teaspoon baking powder      ½ cup milk  
 ¼ teaspoon each cinnamon,      1 cup nuts  
     cloves, nutmeg and allspice      1½ cups flour

Beat well and bake in a moderate oven.

Mrs. J. L. George

**SOUR CREAM SPICE CAKE**

- |   |                       |
|---|-----------------------|
| 1 egg   | 1 pinch salt          |
| ½ cup butter  | 1 cup sugar           |
| 1 teaspoon each of soda, cinna-<br>mon, cloves and nutmeg | 1 cup sour cream      |
|   | 2 scant cups of flour |

1 cup chopped raisins

If cream is very rich scant the butter, cream is variable, a trial cake should be baked first.

Mrs. H. C. Penhale

**LITTLE BROWN CAKES**

- |                     |                         |
|---------------------|-------------------------|
| 3 eggs              | 2 cups brown sugar      |
| 1 cup butter        | 1 cup sour milk         |
| 1 small cup raisins | 1½ level teaspoons soda |
| ½ teaspoon cinnamon | 1 small nutmeg          |
| 3 cups flour        |                         |

Be careful not to make the batter too stiff, bake in deep gem pan.

Mrs. Wallace Zwiener

**DEVIL'S FOOD CAKE**

- |                     |   |
|---------------------|---|
| 1½ cups sugar       | ½ cup sour milk                                   |
| 2 eggs, well beaten | 2 squares chocolate dissolved in<br>cup hot water |
| 1 teaspoon soda     | 2 cups flour                                      |
| 1 teaspoon vanilla  |   |
| ½ cup butter        |   |

Cream butter and sugar well, add eggs and sour milk and soda, flour, chocolate dissolved last. Bake in moderate oven.

Mrs. F. M. Buckles

**MAUD S. CAKE****Custard**

- |  |                                |
|--|--------------------------------|
| 8 tablespoons of grated choco-<br>late | ½ cup sweet milk               |
|  | 5 tablespoons granulated sugar |

Cook till thickened and let cool

**Cake**

- |                           |                     |
|---------------------------|---------------------|
| 1½ cups light brown sugar | 2½ cups flour       |
| 3 eggs                    | ½ cup sweet milk    |
| 2 teaspoons baking powder | Flavor with vanilla |
| ½ cup butter              |                     |

Cream the butter and sugar, add eggs and milk, ½ cup flour. Pour in custard, add remainder of flour also baking powder and vanilla. Bake in layers and put together with icing.

Mrs. E. W. Heffner

**SPONGE CAKE**

- |                    |                  |
|--------------------|------------------|
| 4 eggs             | 1 cup sugar      |
| Pinch of salt      | Juice of ½ lemon |
| 1 cup sifted flour |                  |

Beat egg whites very dry with ½ cup sugar, then beat yolks with ½ cup sugar for 5 minutes, and add to whites, add salt, lemon juice and flour. Sprinkle sugar on top and bake 35 minutes in slow oven.

Mrs. E. Critchley

**LADY BALTIMORE CAKE**

- |                                 |                      |
|---------------------------------|----------------------|
| 1 cup butter                    | 2 cups sugar         |
| 3½ cups flour                   | 1 cup sweet milk     |
| 2 level teaspoons baking powder | 1 teaspoon rosewater |

Cream the butter and sugar gradually, beating continuously, then the milk, next the flour in which baking powder has been sifted, and lastly the stiffly beaten whites of eggs. Bake in 3 layers in quick oven.

**Filling**

Dissolve 3 cups sugar in 1 cup boiling water. Cook until it threads, then pour it over the stiffly beaten whites of three eggs, add 1 cup chopped raisins, 1 cup pecan nuts, 5 figs cut in strips.

Mrs. E. W. Heffner

**BLACKBERRY CAKE**

- |                           |   |
|---------------------------|---|
| ¾ cup butter              | 4 eggs  |
| 1 cup blackberry preserve | 2½ cups flour                                 |
| ½ teaspoon soda           | 4 tablespoons sour cream                      |
| 1 cup sugar               | 1 teaspoon each cinnamon, allspice and nutmeg |
- Beat eggs well, cream butter, bake in 3 layers.

Mrs. J. H. Lavender

**DEVIL'S FOOD****First Part**

- |                           |                        |
|---------------------------|------------------------|
| 1-3 cake grated chocolate | ½ cup granulated sugar |
| 2 teaspoons vanilla       | ½ cup cold water       |
| Yolk of 1 egg             |                        |
- Cook until thick as cream

**Second Part**

- |                        |                      |
|------------------------|----------------------|
| 1 cup granulated sugar | ½ cup butter         |
| ½ cup sour milk        | 2 cups flour         |
| 2 eggs                 | 1 even teaspoon soda |

When first part is cold beat well together and bake in a moderate oven.

Mrs. A. M. Moline

**NUT CAKE**

- |              |                            |
|--------------|----------------------------|
| 2 cups sugar | 1 cup butter               |
| 1 cup water  | 4 eggs (beaten separately) |
| 3 cups flour | 2 teaspoons baking powder  |
| Vanilla      | 2 cups walnuts             |

Mrs. Slater

**FRUIT CAKE**

- |                               |                            |
|-------------------------------|----------------------------|
| ½ pound butter                | ½ pound lard               |
| 1½ cups brown sugar (creamed) | 1½ cups sour milk          |
| 1 teaspoon soda               | 4 eggs (whites)            |
| 2 pounds raisins              | 1 pound currants           |
| 1 pound dates                 | Mixed orange peel and nuts |
| 2 teaspoons ground spices     | Grated nutmeg              |
| ½ cup syrup                   | Flour to stiffen           |

Bake 2 hours.

**CHOCOLATE CAKE**

- |              |                     |
|--------------|---------------------|
| ½ cup butter | 1 heaping cup flour |
| 1 cup sugar  | 1 cup sour milk     |
| 1 egg        | 1 teaspoon soda     |
| Vanilla      | 3 tablespoons cocoa |

Bake in shallow loaf.

Mrs. L. H. Mason

**ROLLED JELLY CAKE**

- |                            |             |
|----------------------------|-------------|
| 1½ teaspoons baking powder | 1 cup sugar |
| 3 eggs                     | 1 cup flour |

Bake in shallow pan, spread with jelly while warm and roll at once.

Mrs. J. A. Kinsey

**POUND CAKE**

- |                 |                             |
|-----------------|-----------------------------|
| 4 eggs (whites) | 2 teaspoons lemon flavoring |
| 1 cup sugar     | 1 cup butter                |
| 4 eggs (yolks)  | 1½ cups flour               |

Beat the whites to a stiff froth, add the extract, let stand, cream the sugar and butter, then add the yolks (beaten), and flour, mix well and add the whites.

Miss Eva Scott

**NUT CAKE**

½ cup butter	1 cup sugar
3 eggs (yolks)	1 cup milk
1¾ cups flour	2½ teaspoons baking powder
2 eggs (whites)	1 cup walnut meats, broken

Mix ingredients in order given, bake 45 minutes in moderate oven, cover with White Mountain cream, crease in squares and put ½ walnut on each square.

Mrs. E. D. Plummer

**MOLASSES CAKE**

1 egg	1 cup molasses
½ cup sugar	½ cup butter
1 teaspoon spice	1 teaspoon soda
2 cups flour	1 cup boiling water

Beat all well together, adding boiling water last.

Mrs. J. H. Lavender

**DATE CAKES**

1 pound dates	1 cup brown sugar
1 cup brown sugar	(Mixed)
1 cup water	½ cup of lard
Stew together in small pot	½ cup butter
2 cups flour	Mixed with the above
2 cups rolled oats	

Scant ½ cup of milk soured with vinegar (1 teaspoon), stir in cup ¼ teaspoon baking soda and mix up with pastry. Roll out, cut in strips and bake.

Mrs. L. H. Mason

**ORANGE CAKE**

1 cup sugar	½ cup butter
2 eggs, not separate	½ cup milk
2 cups flour	1 teaspoon cream tartar
½ teaspoon soda	2 oranges (grated r'nd)

Bake in 2 layers and put together with the following frosting: Juice of 1 orange, in which is stirred enough powdered sugar to spread.

Mrs. M. T. Chamberlain

**QUICK METHOD CAKE**

1½ teacups of pastry flour	¼ cup of butter, melted
2 teaspoons of baking powder	2 unbeaten eggs, fill cup with milk.
¾ cup castor sugar	½ teaspoon of vanilla
½ teaspoon of salt	

Put dry ingredients through flour sifter and add the rest of the mixture.

**ONE EGG CAKE**

¾ cup of sugar	½ cup of milk
1 cup of flour	1 egg
2 teaspoons of baking powder	1 tablespoon of butter

**APPLE FILLING**

2 apples cooked and mashed finely	Sugar
1 egg yolk,	A little butter

Thicken with 2 tablespoons of flour dissolved in milk.

Mrs. J. M. Streib

Angel Cake - 6 egg whites beaten stiff  
 $\frac{1}{2}$  teaspoon cream of tartar added when whites  
 are nearly stiff. Fold in lightly  $\frac{3}{4}$  cup sugar  
 then fold in slowly  $\frac{1}{2}$  cup flour that has  
 been sifted 7 times. Bake very slowly

Sunshine Cake - whites 7 eggs large -  
 yolks 5 - 1 cup castor sugar - 1 cup flour  
 $\frac{1}{2}$  teaspoon of cream of tartar a pinch of salt  
 measure and set aside flour and sugar  
 as for angel cake. Beat yolks thoroughly  
 then beat whites with pinch of salt until  
 about half done then add cream of tartar  
 and beat very very stiff. Sift in sugar  
 lightly. Then flouring - the beaten yolks  
 flour beaten lightly.

3 egg sponge cake - Beat eggs 3 minutes  
 $\frac{1}{2}$  cups sugar - Beat 5 minutes - 1 cup  
 sifted flour - 2 minutes -  $\frac{3}{4}$  cup cold water  
 dissolved in  $\frac{1}{2}$  cup flour - 2 level teaspoons  
 B.P. sifted together - Beat 3 minutes - 1  
 teaspoon vanilla.



## Pickles

- 3 large cukes
- 2 large cauliflowers
- 1/2 gal malt vinegar
- 2 lbs small silver onions
- 3 green peppers.

## Paste

- 3 cups brown sugar
- 1 cup mustard
- 1/2 cups flour
- 1 tblsp turmeric
- 2 ounce celery seed
- 2 ounce mustard seed

make brine strong enough to hold up  
add vegetables to stand over night.

In morning drain - heat onions +  
cauliflower in part vinegar + water.

add paste



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"Here's to our friends and relatives,  
May the last always be our first."

## *Cookies and Doughnuts*

### GINGER COOKIES

- |                   |                        |
|-------------------|------------------------|
| 1 cup brown sugar | 1 cup molasses         |
| 1 cup shortening  | 1½ teaspoon ginger     |
| 2 teaspoons soda  | 6 teaspoons cold water |

Flour to make stiff dough, roll, cut and bake.

Miss Eva A. Scott

### ROCKS

- |                             |                           |
|-----------------------------|---------------------------|
| 1½ cups sugar               | ½ cup butter              |
| 3 cups flour                | 1 cup walnuts (chopped)   |
| 1 cup dates                 | 1 cup dates               |
| 1 cup raisins               | ½ teaspoon cloves, ground |
| 3 eggs, well beaten         | 1 teaspoon soda           |
| 2 tablespoons boiling water |                           |

Dissolve the soda in the boiling water, add the fruit and nuts last, mix very stiff, drop on buttered tins and bake in quick oven.

Mrs. T. E. Hennessy

### GRACE'S COOKIES

- |                   |                             |
|-------------------|-----------------------------|
| 1 cup butter      | 2 cups sugar                |
| 1 cup sweet cream | 2 eggs                      |
| 1 quart flour     | 2 tablespoons baking powder |

Flavor, roll, and bake in quick oven.

Mrs. J. H. Lavender

### SOUR CREAM COOKIES

- |                  |                        |
|------------------|------------------------|
| 1 cup sour cream | 1 cup sugar            |
| 1 egg, beaten    | 1 teaspoon soda, level |

Stir soda and flour together, season with vanilla, drop the dough on buttered pans, press down, sprinkle with sugar and put ½ pecan or walnut meat on each before putting into the oven.

Mrs. T. E. Hennscsey

### GINGER SNAPS

- |                     |                     |
|---------------------|---------------------|
| 1 cup sugar         | 1 cup butter        |
| 1 cup syrup         | 4½ cups flour       |
| 1 teaspoon soda     | 2 tablespoons water |
| 1 tablespoon ginger |                     |

Mix and roll thin and bake in quick oven.

### CHEESE FONDUE

- |                          |                      |
|--------------------------|----------------------|
| 1 cup rolled crackers    | ¾ cup grated cheese, |
| 2 eggs beaten separately |                      |

Beat eggs very light, stir all together and bake 20 minutes in very hot oven. Serve at once.

**SAND TARTS**

2 pounds brown sugar  
3 eggs, not separated  
 $\frac{1}{2}$  cup blanched almonds

8 cups flour  
 $\frac{1}{4}$  pounds butter

Mix like cookies and roll very thin. Cut round and wash with 1 egg beaten together, sprinkle with sugar and cinnamon mixed. Place  $\frac{1}{2}$  almond on each and bake quickly.

Mrs. M. T. Chamberlain

**EGGLESS COOKIES**

$\frac{1}{2}$  cup sugar  
1 cup sour cream

$\frac{3}{4}$  cup lard and butter mixed  
1 teaspoon soda

Flour to make soft dough, roll out and bake in hot oven.

Mrs. T. E. Hennessey

**DATE CRACKERS**

$\frac{1}{2}$  pound stoned dates  
 $1\frac{1}{4}$  cups flour  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup warm water  
 $\frac{1}{4}$  cup cold water

$1\frac{1}{4}$  cups rolled oats  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  teaspoon soda  
 $\frac{1}{2}$  cup granulated sugar

Cook dates, granulated sugar and cold water until the dates are soft, set aside to cool, cream the brown sugar and butter, add the rolled oats and flour mixed well together. Add hot water and soda and divide the dough, roll half out thin, spread with the date mixture, roll the remainder out thin, lay on top and cut in squares, cook in buttered pan in hot oven.

Mrs. M. T. Chamberlain

**HONEY CAKES**

1 cup honey  
2 tablespoons whiskey  
2 cups flour

1-3 cup butter and lard, equal parts  
1 even teaspoon soda  
Salt to taste

Dissolve the soda in whiskey, heat the honey enough to melt the shortening, add the whiskey, soda and flour, set away in a cool place until the next day, roll thin, wash with milk and sugar and bake quickly.

**DARK COOKIES**

3 eggs  
1 cup molasses  
1 teaspoon allspice

$1\frac{1}{2}$  cups sugar  
1 teaspoon ginger  
1 cup shortening

Mix and bake in hot oven.

**ALMOND BISCUITS**

$\frac{1}{4}$  pound butter  
6 ounces flour  
1 teaspoon baking powder

$\frac{1}{4}$  pound sugar  
1 egg  
 $1\frac{1}{2}$  teaspoons almond extract

Beat butter and sugar to a cream, add egg, beat a few minutes, then add flour with baking powder mixed in it, flavor, make into little balls, put almond on each and bake in quick oven.

Mrs. L. H. Mason

**LEMON COOKIES**

- |                 |                           |
|-----------------|---------------------------|
| 1½ cups sugar   | 6 tablespoons butter      |
| ¼ teaspoon salt | 2½ cups flour             |
| 1 egg           | 3 teaspoons baking powder |
| ½ cup milk      |                           |

Flavor with lemon and bake in quick oven.

Mrs. T. E. Hennessey

**OATMEAL COOKIES**

- |                     |                 |
|---------------------|-----------------|
| 5 cups oatmeal      | 3 cups flour    |
| 1 cup boiling water | 1 cup butter    |
| 1 cup sugar         | 1 teaspoon soda |

Cream butter and sugar, put soda in boiling water, stir all together and drop on buttered pans from spoon.

Mrs. T. E. Hennessey

**ROCKS**

- |                         |                          |
|-------------------------|--------------------------|
| 1½ cups brown sugar     | ½ cup butter             |
| 1 egg                   | ½ teaspoon cinnamon      |
| ½ teaspoon cloves       | ½ teaspoon allspice      |
| ½ teaspoon nutmeg       | ¾ cup sour milk          |
| 1 teaspoon soda (scant) | 1 cup currants (chopped) |
| 1 cup raisins (chopped) | 1 cup walnuts (chopped)  |

Flour sufficient to make batter stiff enough to drop from spoon.

Mrs. E. D. Plummer

**OATMEAL WAFERS**

- |                     |                 |
|---------------------|-----------------|
| 1 egg               | 1½ cups sugar   |
| 1 cup sour milk     | 1 cup butter    |
| 3 cups oatmeal      | 1 teaspoon soda |
| 1 teaspoon cinnamon |                 |

Flour enough to make roll like tea-cakes.

**ALMOND COOKIES**

- |                                  |                |
|----------------------------------|----------------|
| ½ pound butter                   | ½ pound sugar  |
| 5 cups flour                     | 5 eggs, beaten |
| 1 heaping teaspoon baking powder |                |

Flavor with almond extract, mix to a smooth dough, roll to ¼ of an inch thick, brush with the beaten white of an egg and sprinkle thickly with chopped almonds. Bake in a quick oven.

**MACAROONS**

- |                     |                    |
|---------------------|--------------------|
| 1 cup sugar         | ½ cup cocoanut     |
| 1½ cups rolled oats | 2 eggs well beaten |
| Pinch of salt       | Vanilla            |

Drop from teaspoon and bake 10 minutes in hot oven.

**CREAM PUFFS**

- |              |                                |
|--------------|--------------------------------|
| ½ cup butter | 1 cup water, brought to a boil |
| 1 cup flour  | 3 eggs                         |

Stir flour in boiling water until mixture leaves the sides of the dish, remove from the stove and when cool add the eggs, m'x well, drop in a lump on a buttered pan and bake 35 minutes. Cut crosswise and fill with whipped cream, sweetened.

Miss E. A. Scott

**NUT DROPS**

- |                        |                    |
|------------------------|--------------------|
| 2 eggs                 | 1 cup brown sugar  |
| 1 cup walnuts, chopped | 6 tablespoon flour |
| Little salt            |                    |

Beat eggs separately, mix all together and drop on a buttered sheet and bake in a moderate oven.

**FRUIT SNAPS**

- |                             |                              |
|-----------------------------|------------------------------|
| 1½ cups brown sugar         | 1 cup raisins                |
| ½ cup molasses              | 3 eggs                       |
| 2 cups currants             | 1 tablespoon ginger          |
| 1 teaspoon soda             | 1 teaspoon each, cinamon and |
| 1 teaspoon cloves           | allspice                     |
| 1 cup butter and lard mixed |                              |

Mix with flour as soft as can be rolled, bake in hot oven.

Miss Eva A. Scott

**PEANUT WAFERS**

- |                          |                        |
|--------------------------|------------------------|
| 2 tablespoons butter     | ¼ cup sugar            |
| 1 egg, well beaten       | ½ cup flour            |
| 1 teaspoon baking powder | ¼ teaspoon salt        |
| 2 tablespoons milk       | ½ cup peanuts, chopped |

Cream butter and sugar, add eggs, flour in which baking powder has been mixed, next add the milk and nuts. Drop from a teaspoon on unbuttered sheet, placing ½ peanut on each and bake in moderate oven 12 to 15 minutes.

Mrs. J. A. Kinsey

**CRULLERS**

- |                             |                    |
|-----------------------------|--------------------|
| 2 eggs, beaten              | 2 cups brown sugar |
| 2 tablespoons melted butter | A little salt      |
| 1 teaspoon vanilla          | ¼ cup milk         |
| 1 teaspoon baking powder    |                    |

Flour enough to make a very stiff dough, roll out and cut into pieces with 3 ends so as to braid them. Drop in hot fat and fry the same as doughnuts.

Mrs. F. H. Mitchell

**RAISED DOUGHNUTS**

- |                   |             |
|-------------------|-------------|
| 1½ cups sugar     | ½ cup lard  |
| 3 cups milk       | 1 cup yeast |
| Whites of 3 eggs  | Pinch salt  |
| 1½ teaspoons soda |             |

Take milk and yeast and half the lard, mix at noon, mix the remainder at night, let rise, then roll and cut, let rise again and fry.

**DOUGHNUTS**

- |                          |                       |
|--------------------------|-----------------------|
| 2 eggs                   | 2 cups sugar, heaping |
| 1 teaspoon soda          | 1 cup milk            |
| 1 teaspoon melted butter | About 2 cups flour    |
| 2 teaspoons cream tartar | ½ grated nutmeg       |

Beat the eggs and sugar together, dissolve soda in the milk, add the melted butter and mix with above, sift flour and cream tartar together twice, beat well and add nutmeg, roll out, cut with doughnut cutter and fry in hot lard. Care must be taken not to make dough too stiff, and it may require slightly more or less flour than the amount given above. Three level teaspoons baking powder may be used instead of cream tartar and soda. This makes about 2½ dozen.

**FRIED CAKES**

- |                           |                             |
|---------------------------|-----------------------------|
| 1 cup sugar (scant)       | 2 tablespoons melted butter |
| 2 tablespoons melted lard | 2 eggs, beaten separately   |
| 1 cup milk, sweet         | 2 teaspoons baking powder   |

Stir baking powder in milk until it foams, flour enough to roll soft, flavor to suit taste. Fry in deep fat.

**DOUGHNUTS**

- |                          |                           |
|--------------------------|---------------------------|
| 1 cup sugar              | 2 eggs                    |
| 3 tablespoons melted fat | Pinch salt                |
| 1 cup milk               | 2 teaspoons baking powder |

Use enough flour to make stiff batter, sift baking powder with flour, mix well together and roll out, cut and fry in deep fat.

**CREAM COOKIES**

- |                             |                    |
|-----------------------------|--------------------|
| 1 cup shortening            | 2 eggs             |
| 2 cups sugar                | Flour to roll soft |
| 1 teaspoon soda             | Cinnamon           |
| 1 cup very thick sour cream |                    |

Roll and sprinkle with sugar, bake in moderate oven.

Mrs. Slater

**ROCKS**

- |   |                          |
|---|--------------------------|
| 1½ cups sugar                                   | 1 cup batter             |
| 1½ cups chopped raisins                         | 1½ cups chopped nuts     |
| 3 cups flour                                    | 4 eggs                   |
| 1 teaspoon cinnamon                             | 2 tablespoons sweet milk |
| 1 small teaspoon soda dissolved<br>in hot water |                          |

Drop batter with a spoon.

Mrs. Wallace Zwiener

**DATE DROPS**

- |                          |  |
|--------------------------|--|
| 1 cup sugar              | 2 eggs well beaten                           |
| 1½ cups flour            | 1 pound chopped dates                        |
| 1 cup chopped walnuts    | 1 teaspoon soda, dissolved in ½<br>hot water |
| 2 teaspoons cinnamon     |  |
| 1-3 cup butter (creamed) |  |

Drop in spoonful and bake in moderate oven.

Mrs. F. M. Buckles

**CURRENT COOKIES**

- |                     |                   |
|---------------------|-------------------|
| 1¼ cups brown sugar | 1 cup butter      |
| 1 cup currants      | ½ grated nutmeg   |
| 3 eggs              | 1 tablespoon milk |

Sift 1 teaspoon soda, 2 teaspoons cream tartar with 3 cups flour, roll out and bake.

Mrs. Roy Wheeler

Mrs. B. A. Dumper

**TEA CAKES**

- |                          |                     |
|--------------------------|---------------------|
| ¾ cup sugar              | 1 tablespoon butter |
| 1 teaspoon baking powder | Pinch soda          |
| 2 eggs                   | Milk                |

Beat eggs in cup and fill with milk, mix flour and butter after sifting with soda and baking powder, add eggs and milk to make a soft dough.

**OATMEAL DROPS**

- |                       |                       |
|-----------------------|-----------------------|
| 1½ cups sugar         | 1 cup butter          |
| 2 eggs (well beaten)  | 1 cup sour milk       |
| 1 teaspoon soda       | 1 cup chopped walnuts |
| 1 cup chopped raisins | 2 cups white flour    |
| 3 cups rolled oats    | 1 teaspoon vanilla    |

Drop by spoonsful on buttered pan.

Mrs. F. M. Buckles

**SUGAR CREAM COOKIES**

- |                  |                             |
|------------------|-----------------------------|
| ½ cup sugar      | ½ cup lard                  |
| 1 egg            | ½ cup dark syrup            |
| ½ cup sour cream | 1 teaspoon each soda, salt, |
| And ginger       | cinnamon                    |

**OATMEAL MACAROONS**

- |                          |                            |
|--------------------------|----------------------------|
| 1 cup sugar              | 2½ cups rolled oats        |
| 1 teaspoon baking powder | Mix, then add:             |
| 2 well beaten eggs       | 1 tablespoon melted butter |

Butter and flour pan, drop dough on and bake 15 minutes in moderate oven.

Mrs. E. R. Leverton

Here's to our enemies, God bless them, they make us all the more popular with our friends.

*Sandwiches***BACHELOR MAID SANDWICHES**

- |                               |                       |
|-------------------------------|-----------------------|
| 1 pound cold boiled ham       | ½ dozen olives        |
| ½ cup chopped nuts            | Lettuce               |
| 6 good sized cucumber pickles | Brown and white bread |

Chop fine the ham, nuts, pickles and olives, mix to a paste with salad dressing, spread the prepared paste on thin slices of white bread, press a slice of brown bread and one of white together, placing a crisp leaf of lettuce between. When fresh cucumbers are in the market, it is nice to use them in place of the pickles.

Mrs. B. A. Dumper

**CHEESE AND ALMOND SANDWICHES**

- |                        |                           |
|------------------------|---------------------------|
| 20 almonds             | 1 MacLaren's cream cheese |
| 1 dozen chopped olives |                           |

Blanch almonds, mince fine, add cream cheese and olives. Spread on white bread.

**SARDINE SANDWICHES**

- |                |                  |
|----------------|------------------|
| 1 can sardines | 1 Pimento pepper |
| Lemon juice    |                  |

Mash the sardines with a fork, add pepper cut fine and sprinkle lemon juice over this and spread on thin slices of buttered white bread.

**CHEESE AND PIMENTO SANDWICHES**

- |                           |                              |
|---------------------------|------------------------------|
| 1 MacLaren's cream cheese | 6 olives (chopped)           |
| 1 Pimento pepper          | Make paste of salad dressing |

Mix all well together and spread between layers of thin slices of buttered bread and cut crosswise.

**EGG SANDWICH**

6 hard boiled eggs  
2 teaspoons chopped onions

1 dozen stuffed olives

Mix together with salad dressing, and spread on lettuce leaf between slices of thin, buttered bread.

**NUT AND DATE SANDWICHES**

$\frac{1}{2}$  pound dates  
1 tablespoon lemon juice

$\frac{1}{4}$  pound English walnuts

Wash, pit and chop the dates and add the nut meats finely chopped. Mix with lemon juice and spread on thin slices of brown bread.

**LEMON CHEESE SANDWICHES**

4 ounces butter  
4 fresh eggs

1 pound sugar  
2 lemons (grated rind and juice)

Put all together in a saucepan, mix well and cook over slow fire, stir until it has consistency of thick cream. Put in jars and cover with paper. If kept in a cool place will keep for 1 year. This makes a delicious filling for sandwiches.

Mrs. H. Haywood

**SALMON SANDWICHES**

1 small can salmon  
2 hard boiled eggs

Chop the eggs fine and remove bones from salmon, mix well together with salad dressing, spread on small slices of whole wheat bread, buttered thin, lay a crisp lettuce leaf on top of each prepared slice of bread and press the other slice of buttered bread on top of the lettuce. Sprinkle paprika on top of each sandwich.

**BROWN BREAD SANDWICHES**

Spread slices of steamed Boston Brown Bread with cream cheese and pimento.

"Sweets to the sweet."—Hamlet.

**Candy****MOLASSES CANDY**

1 cup molasses  
3 cups sugar

$\frac{1}{2}$  cup water  
1 teaspoon cream of tartar

Mix sugar and cream of tartar together, add molasses and water, stir until sugar is dissolved, then boil without stirring until it hardens in cold water. Turn into buttered pan. When cool, work and cut into sticks.

**BROWN SUGAR CANDY**

2 cups brown sugar  
 $\frac{1}{2}$  cup milk or cream

Butter the size of a walnut  
Walnuts and vanilla

Boil until it forms a soft lump when dropped into water, remove from fire, beat until it begins to thicken, then add 1 cup of chopped walnuts and vanilla to taste. Pour into buttered dish.



**VELVET KISSES**

1 cup molasses	1 cup boiling water
3 cups white sugar	$\frac{1}{2}$ cup melted butter
3 tablespoons vinegar	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ teaspoon cream of tartar	Vanilla

Put molasses, sugar, water and vinegar in granite kettle. When boiling add cream of tartar. Boil until mixture becomes brittle in cold water. Stir constantly during last part of the cooking. When nearly done, add soda and melted butter. Cook until brittle, cool and pull. While pulling add flavor. Cut in small pieces and do up in oiled papers.

**WALNUT CREAMS**

1 egg (white)	Walnuts
Powdered sugar	Flavoring

Mix egg with sugar to make it stiff so as to roll in small balls. Place on each side  $\frac{1}{2}$  of a walnut.

**CHOCOLATE CARAMELS**

3 cups white sugar	$\frac{1}{2}$ cup butter
1 cup milk or cream	4 ounces unsweetened chocolate

Mix all together and let boil without stirring until brittle when dropped in cold water. Then turn on shallow buttered pans and when it begins to harden mark off so it will break in squares.

**SEA FOAM CANDY**

3 cups brown sugar	Whites of 2 eggs
1 cup boiling water	Vanilla and chopped nuts

Cook the sugar and water until brittle when dropped in water. Beat into the beaten whites of the eggs, add vanilla and nuts. When it begins to stiffen, drop in small spoonfuls in greased pan and cut in squares.

Mrs. J. A. Kinsey

**DIVINITY FUDGE**

2 cups white sugar	1-3 cup corn syrup
$\frac{1}{2}$ cup water	2 eggs (whites)

Boil syrup until brittle when dropped in cold water, beat into the stiffly beaten whites of 2 eggs, flavor with vanilla, add nuts if desired.

Miss E. A. Scott

**CHOCOLATE FUDGE**

3 cups white sugar	$\frac{1}{4}$ cake Baker's unsweetened
1 cup cream or milk	chocolate
2 tablespoons butter	Vanilla

Boil sugar, milk and chocolate to a soft ball stage, remove from fire, set kettle in a large pan of cold water until nearly cold, drop butter in while cooling, but do not stir until quite cool. Then add vanilla and nuts, beat until it begins to sugar. Pour in tins.

**FONDANT**

3 cups white sugar	3-8 teaspoon cream of tartar
1 cup water	

Boil rapidly without stirring until it forms a soft ball when dropped in cold water, set pan in pan of cold water until cool, beat well and pour in oiled pans. Flavor as desired.

**CHOCOLATE DIPPING**

Use 2 parts of fondant to 1 of chocolate, melt chocolate and fondant in a double boiler, add a few drops of water if too thick and a teaspoonful olive oil or butter.

Miss Eva Scott

**BUTTER SCOTCH CHIPS**

1 cup brown sugar	Butter size of an egg
½ cup water	2 tablespoons molasses
1 teaspoon vinegar	

Boil until crisp when dropped into water. As it cools around the edge stretch in sheets and make into chips.

**FONDANT**

2 cups sugar	¼ teaspoon cream tartar
½ cup cold water	Flavoring

Place ingredients in saucepan, over a gentle heat, and stir until sugar is dissolved. Remove spoon and boil without stirring until mixture forms a soft ball in cold water. Pour into slightly greased platter and let stand a few minutes to cool. Beat until creamy, add flavoring or coloring as desired. When firm enough to handle knead until perfectly smooth, and mould.

**STUFFED DATES**

Wash and dry dates, and remove the stones, stuff with walnuts and fondant. Roll in powdered sugar.

**WALNUT CREAMS**

Mould fondant into balls, press walnut meats, marachino cherries, or slice of candied citron on top.

Mrs. A. M. Moline

**DIVINITY FUDGE**

1 cup corn syrup	Whites of 2 eggs
2-3 cup water	4 cups sugar (brown or white)
1 teaspoon flavoring	1 cup chopped nuts or cherries

Put syrup sugar and water in a saucepan, boil until a soft ball forms in cold water, beat egg whites stiff and add gradually to the mixture, beating constantly until thick, add nuts or cherries and flavoring and pour into buttered pans. Mark into squares when cold.

**SEA FOAM**

½ cups light brown sugar	1 cup water
White of 1 egg	

Boil sugar and water until it forms a soft ball in cold water, pour over well beaten white of egg and beat until you can mould, add 1 cup chopped nuts, and pour out on buttered platter. Cut in squares.

Mrs. C. L. Greer

**OPERA CREAMS**

2 cups sugar  
1 heaping tablespoon butter

1 cup milk

Cook until it forms soft ball in water, add vanilla, set aside until thoroughly cool, beat until firm, and mould as you would fondant. Nuts and candied fruits may be added.

Mrs. C. L. Greer

**FIG PASTE**

1 cup dates

½ cup figs

1 cup nuts

Run through food chopper and mix thoroughly, cover board with powdered sugar, rub paste into a thin layer on sugar, cover with powdered sugar and rub in. Cut in squares.

Mrs. C. L. Greer

**CHOCOLATE CANDY**

2 cups granulated sugar  
8 tablespoons water

Pinch of cream tartar

Boil until it hairs, pour into platter and let stand until it gets cool on edges, then stir until hard enough to form in shape. Dip in melted chocolate.

**MARSHMALLOW CANDY**

4 cups (level) white sugar  
14 tablespoons cold water

1 package Knox's gelatin  
14 tablespoons cold water

Soak gelatin in 14 tablespoonfuls cold water for 15 or 20 minutes, boil sugar and 14 tablespoonful cold water 8 minutes, let syrup cool, then pour over gelatin and heat for about 20 minutes.

Mrs. Lavender

Here's to the woman who always takes the part  
Of some other woman pierced by a dart.

*Preserves, Jellies and Pickles***PRUNE CONSERVE**

2½ pounds prunes

½ cup chopped walnuts

½ pound seedless raisins

2½ pounds sugar

2 oranges (juice and grated rind)

1 cup water

Cook together 40 minutes, adding the orange juice and nuts 10 minutes before taking off the fire. Seal in jars.

Mrs. M. T. Chamberlain

**SPICED RHUBARB**

1 quart chopped rhubarb

1 pint vinegar

1 tablespoon salt

1½ pounds brown sugar

1 teaspoon each ginger, allspice,  
cloves and cinnamon.

Cook all together about 1 hour