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SELECTED RECIPES

SOUPS

"Too many cooks spoil the broth."

MULLIGATAWNY SOUP.

4 tbsp. butter.	1 tsp. curry powder.
$\frac{1}{3}$ c. onion.	1 blade mace.
$\frac{1}{3}$ c. carrot.	2 cloves.
$\frac{1}{3}$ c. celery.	$\frac{1}{2}$ tsp. pepper berries.
1 apple.	1 sprig parsley.
1 c. raw chicken, cut in dice.	5 c. white stock.
$\frac{1}{3}$ c. flour.	1 c. tomatoes.
Cayenne.	Salt and pepper.

Prepare and cut vegetables and apple in small pieces; cook with the chicken in butter until brown. Add flour and seasonings, then gradually stock and tomato; simmer 1 hour. Press through a strainer, reserving chicken. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice.

VEGETABLE SOUP.

4 tbsp. beef dripping.	1 qt. boiling water.
$\frac{1}{3}$ c. carrot.	1 tbsp. butter.
$\frac{1}{3}$ c. turnip.	$\frac{1}{2}$ tbsp. chopped parsley.
$\frac{1}{3}$ c. celery.	1 tsp. salt.
$\frac{1}{2}$ onion.	$\frac{1}{8}$ tsp. pepper.
$1\frac{1}{2}$ c. potatoes.	

Prepare vegetables and cut in small cubes. Cook carrot, turnip, celery and onion in dripping until a delicate brown, add potatoes, cook 2 minutes longer and then add water. Cover and simmer 1 hour. Add water as needed to keep amount of liquid 1 qt. Add butter, parsley and seasonings. Butter may be used instead of dripping.

CREAM OF CELERY SOUP.

$1\frac{1}{2}$ c. celery.	4 tbsp. flour.
1 pt. stock.	$\frac{1}{2}$ tsp. salt.
2 c. milk.	$\frac{1}{8}$ tsp. pepper.
4 tbsp. butter.	$\frac{1}{4}$ tsp. onion juice.

Cook celery in boiling water until very soft, press through a strainer (there should be 1 pt. celery stock and pulp), and add to hot milk. Make as a White Sauce. The outer stalks and green leaves of celery may be used.

GREEN PEA SOUP.

1 pt. or 1 can peas.	2 tbsp. flour.
1 qt. boiling water.	$\frac{1}{2}$ tsp. salt.
1 pt. milk.	pepper.
2 tbsp. butter.	1 tsp. sugar.

Wash the peas and cook them in the boiling water until soft. Press through a strainer and add to milk. Make as a White Sauce. If the peas are fresh, pods may be cooked with them.

STRING BEAN SOUP.

Substitute 1 pt. string beans (or 1 can) for peas, and make as Green Pea Soup.

TOMATO SOUP.

1 can tomatoes.	1 slice onion.
1 pt. water.	2 tsp. sugar.
12 pepper berries.	2 tbsp. butter.
4 cloves.	3 tbsp. flour.
1 bay leaf.	1 tsp. salt.

Cook first seven ingredients 20 minutes; press through strainer, and finish as a White Sauce.

POTATO SOUP.

Mrs. Wm. H. Thomson.

6 medium sized potatoes.	3 tsp. salt.
3 c. milk.	Pinch of pepper.
$\frac{1}{2}$ c. water.	3 tbsp. dripping or butter.
$1\frac{1}{2}$ small onions.	

Boil potatoes till soft, drain and mash. Add milk, salt, pepper. Melt butter on saucepan, add flour and a little of the soup. Let this boil three minutes. Add to soup, strain, and serve with crutons.

OYSTER SOUP.

Mrs. Wm. H. Thomson.

1 pt. oysters.	1 tbsp. butter.
1 qt. milk.	2 rolled crackers.

Season with pepper and salt to taste. Bring all to the boiling point, except the oysters. Add oysters, let come to boiling point as quickly as possible, and serve at once.

BEEF BROTH.

1 lb. lean beef.	1 pt. cold water.
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Chop meat very fine and soak in cold water 1 hour or longer. Place over lukewarm water and heat, stirring constantly, until the liquor has become a reddish-brown, then strain through a coarse strainer and season. Reheat cold broth over hot water.

BEEF JUICE.

Heat a slice of the round of beef a few seconds over a clear fire, to start the flow of the juices; turn frequently. Cut meat in pieces and express the juice, using a lemon squeezer or meat press. Season with salt, and serve in a cup or colored glass.

HOW TO CLEAR SOUPS.

Whites of eggs, slightly beaten, are used for clearing soup stock. The albumin effects the clearing by drawing to itself some of the juices which have been extracted from the meat and, by action of heat, have been coagulated. Some rise to the top and form a scum, others are precipitated.

Cool stock and remove fat. Allow white and shell of 1 egg to each qt. of stock. Beat eggs slightly, crush shells and add to stock. Heat gradually to boiling point, stirring all the time; boil 5 minutes. Remove to back of range, add $\frac{1}{2}$ c. cold water (for 2 qts. stock). Let stand 5 minutes, then strain through cotton placed over a strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added before clearing.

BEEF STOCK.

2 lbs. meat and bone.

3 pts. cold water.

Cut the meat into small pieces and soak with bone in the cold water 1 hour; then cook at a low temperature for 3 hours. Strain through a cloth. The trimmings and bones of fresh meats, bones or pieces from roasts cut into small pieces, may be used for stock, but no smoked or charred pieces should be used. Stock may be colored with caramel.

CLEAR SOUP.

4 lbs. meat and bone.

10 pepper berries.

3 qts. cold water.

1 tsp. mixed sweet herbs.

$\frac{1}{2}$ c. onion.

1 bay leaf.

$\frac{1}{2}$ c. carrot.

1 sprig parsley.

$\frac{1}{2}$ c. turnip.

1 piece celery root.

6 cloves.

Whites of eggs.

Cut the meat into small pieces and soak with bone in the cold water 1 hour. Cook gently 3 hours, then add the vegetables, finely chopped, and seasonings. Cook 2 hours longer; strain, cool, remove fat and clear. Several pieces of lemon rind may be heated with the stock if that flavor is desired. If part of the meat and vegetables are browned the color and flavor of stock are improved.

TOMATO SOUP.

1 can tomatoes.

Size of a pea of baking soda.

1 tbsp. butter.

Salt and pepper to taste.

1 tbsp. sugar.

1 pt. milk.

3 soda biscuits rolled.

Boil tomatoes with soda and strain. Add butter, sugar, salt and pepper, and last the milk, boiling hot. When it comes to boiling point add the rolled biscuits and serve.

CONSOMME.

3-lbs. beef, poorer part of round.	$\frac{1}{3}$ c. onion.
1 lb. marrow-bone.	2 tbsp. butter.
3 lbs. knuckle of veal.	1 tbsp. salt.
3 qts. cold water.	1 tsp. pepper berries.
1 qt. chicken stock.	4 cloves.
$\frac{1}{3}$ c. carrot.	1 tsp. mixed sweet herbs.
$\frac{1}{3}$ c. turnip.	2 sprigs parsley.
$\frac{1}{3}$ c. celery.	1 bay leaf.
	Whites of eggs.

Cut beef in small pieces, and brown one-half in some of the marrow from marrow-bone; put remaining half in kettle with cold water, add veal cut in pieces, browned meat and bones. Let stand one hour. Heat slowly to boiling point, and let simmer 3 hours, remove scum as it forms on top of kettle. Add chicken stock. Cut vegetables in small cubes and cook in butter 5 minutes, then add to soup, with remaining seasonings. Simmer 2 hours longer, strain, cool, remove fat, and clear.

FISH

To boil fish, wrap in a cloth previously floured to prevent sticking; tie with string. Salt the water, and boil from 6 to 10 minutes per lb.

A large fish requires 1 hour to bake.

To make boiled fish firm, place a small bit of saltpetre or a tablespoonful of vinegar with the salt in the water.

OYSTER PATTIE FILLING.

$\frac{1}{2}$ c. oysters.	Yolk of 1 egg.
$\frac{1}{2}$ tsp. corn starch.	Dash cayenne.
$\frac{1}{2}$ tsp. salt.	Little cream and milk.
1 tsp. lemon juice.	

Scald oysters in their own liquor, beard them and cut in pieces, strain, add to liquor enough cream to make $\frac{1}{2}$ cup. Put this on the fire. Mix corn-starch and salt, add lemon juice, add to liquor, boil until it thickens. Beat yolk and add to the mixture. When ready, drop in the oysters and fill pattie shells.

BAKED SALMON.

Wash, clean, and dry, lay at full length in baking pan with just enough water to keep from scorching. If large sever the back bone with a sharp knife. Bake slowly, basting often with butter and water. Have ready in a saucepan a cup of cream diluted with a few spoonfuls of hot water in which has been stirred two tablespoons of melted butter and a little chopped parsley. Heat this in a double boiler, add the gravy from the dripping pan, boil up once to thicken, and when the fish is laid in a hot dish pour the sauces around it. Garnish as desired.

STUFFING.

1 c. bread crumbs.	1 tsp. chopped parsley.
$\frac{1}{4}$ tsp. salt.	1 tsp. capers or chopped pickles.
$\frac{1}{8}$ tsp. pepper	3 tbsp. butter.
Cayenne.	
1 tsp. onion juice.	

Mix seasonings with crumbs and add to melted butter. Moisten with milk or an egg, if a moister stuffing is desired.

CASSEROLE OF RICE AND FISH.

2 c. cold flaked fish.	2 tbsp. butter.
$\frac{1}{4}$ c. bread crumbs.	1 egg.
1 tsp. salt.	2 tbsp. milk.
$\frac{1}{4}$ tsp. pepper.	1 tsp. lemon juice.
$\frac{1}{4}$ tsp. onion juice.	4 c. cooked rice.
1 tbsp. chopped parsley.	

Mix seasonings with crumbs and add to melted butter, then add fish, egg and milk mixed, and lemon juice. Line buttered mould with rice, fill centre with fish mixture, cover with the remainder of the rice, cover tightly and steam 45 minutes. Turn on hot platter and serve with Parsley or Egg Sauce.

FINNAN HADDIE.

Lay in pan, put in oven and heat until skin can be easily removed. Remove skin. If too salty, parboil for a few moments. Then place on hot platter, pour over a rich, thin White Sauce, or dressing of heated cream. Garnish with parsley.

MEATS

GENERAL RULES.

Meat should be removed from paper as soon as it comes from market, weighed, and wiped with a damp cloth. It should be placed in a granite or earthenware dish, covered, and kept in a cool place until time of using.

Only tender cuts of meat should be broiled, pan-broiled or roasted. When meat is to be cooked by any of these methods, it is first seared, then cooked at a lower temperature. In searing, the albumin on the outside of the meat is hardened and juices retained.

Tough meat should be cooked in water to be made tender—the heat and water soften the tough connective tissue. Boiling water should be poured over the meat to sear cut surfaces, that the juices may not be drawn out by the water. After boiling 5 minutes, temperature should be reduced and meat cooked until tender just below the boiling point. If the water bubbles, it is too hot. All tough meat may be cooked tender in this way.

The time for roasting meat, or cooking it in water, varies with the weight and quality.

For roasts weighing less than 8 lbs., allow 12 to 15 minutes to the lb. and 15 minutes extra.

For meat weighing less than 10 lbs., to be cooked in water, allow 20 minutes to the lb., and 20 minutes extra.

Time for broiling meat varies with the thickness of the meat.

Stock is prepared by soaking meat and bone in cold water and cooking with seasonings at a low temperature for several hours. Strain, clear, and cool uncovered. The fat must not be removed until ready to use stock; it excludes the air and prevents decomposition. Before using, it must be entirely removed. Small globules of fat may be removed from cold broth with a cloth which has been dipped in boiling water, then wrung dry; from hot broth by using blotting paper or a piece of bread. This fat may be used in place of drippings.

Trimmings of fat from meat should be tried out and used.

Meat which remains from a soup stock may be used in any dish where cooked meat is required, with the addition of seasonings or beef extract to give it flavor.

ROASTING.

Skewer meat into shape. Lay it on a rack in a meat pan, skin side down, and place pieces of fat from meat in the bottom of the pan. Dredge meat with flour. Place it in a hot oven on the grate for 10 minutes to sear the meat. Remove to the floor of oven, and baste every 10 minutes. Season when partially cooked.

BROILING.

Remove extra fat from the meat. Grease the broiler with some of the fat. Place over a clear fire; sear, and then turn every 10 seconds. Chops 1 in. thick should be cooked 5 minutes. A steak 1 in. thick should be cooked 8 minutes. Season and serve on a hot platter.

PAN-BROILING.

Remove extra fat from the meat. Heat a frying-pan very hot, rub slightly with some of the fat. Sear the meat on both sides, then cook more slowly, turning every 10 seconds. Stand chops up on edge to brown. Keep the pan free from fat. The time for pan-broiling is the same as for broiling.

HAMBURG STEAK.

Chop finely 1 lb. lean raw beef; add 1 tsp. salt, pepper, and a few drops onion juice. Shape into small flat cakes and pan-broil.

BOILED TONGUE.

Wipe meat and put in kettle, cover with cold water, and bring slowly to boiling point. Boil 5 minutes, remove skum, and simmer until tender. Cool slightly in water in which it was cooked, then take from water and remove skin.

BEEF STEW.

2 lbs. beef from leg.	1 onion cut in slices.
$\frac{1}{2}$ c. turnip cut in dice.	1 tsp. salt.
$\frac{3}{4}$ c. carrot cut in dice.	$\frac{1}{4}$ tsp. pepper.
4 potatoes cut in $\frac{1}{2}$ in. slices.	$\frac{1}{2}$ c. flour.
	1 qt. water.

Remove fat and cut meat into 1 in. pieces; put aside tenderest pieces of meat; put the rest of the meat and bone into the cold water, and soak 1 hour, then heat until it bubbles. Season reserved meat and roll it in the flour; melt the fat in a frying pan, remove the scraps, brown the sliced onion and then the floured meat in the hot fat, add both to the stew and cook for 2 hours at a low temperature. Add the vegetables and the flour, which has been mixed with $\frac{1}{2}$ c. cold water, and cook for 1 hour or until the meat and vegetables are tender. Remove the bone, season and serve.

KIBBEE.

1 lb. uncooked tough meat.	Pepper.
1 tbsp. grated onion.	1 c. stewed and strained tomatoes.
1 tbsp. chopped parsley.	1 tbsp. butter.
1 tsp. salt.	

Chop meat very fine, add seasonings; form into balls about the size of an egg, place in baking pan, add tomatoes and butter. Bake slowly 30 minutes, basting three or four times.

CANNELON.

2 lbs. uncooked tough meat.	Grated rind of $\frac{1}{2}$ lemon.
2 tsp. salt.	Few gratings nutmeg.
$\frac{1}{8}$ tsp. pepper.	2 tbsp. butter (melted).
$\frac{1}{2}$ tsp. onion juice.	1 egg.
1 tbsp. chopped parsley.	

Chop meat very fine and add remaining ingredients. Shape in a roll about 6 inches long. Wrap in buttered paper, put in baking pan, bake in a quick oven 45 minutes, basting the paper every ten minutes with 4 tbsp. beef drippings melted in 1 c. boiling water. When done, carefully remove the paper, and serve Cannelon with Tomato Sauce.

BEEF LOAF.

Mrs. Williams.

2 $\frac{1}{2}$ lbs. round steak, minced.	1 tsp. salt.
1 egg, beaten.	1 tsp. sage or savory.
1 c. bread crumbs.	A little pepper.

Mix well together, form into a loaf, and bake $\frac{3}{4}$ of an hour, with dripping enough to baste occasionally.

VEAL LOAF.*Mrs. C. M. Clode.*

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|-------------------------------|---------------------------|
| 2 lbs. minced veal. | 1 beaten egg. |
| ½ lb. minced pickled pork. | Pepper and salt to taste. |
| 3 soda biscuits, rolled fine. | |

Bake 2 hours, baste every ½ hour with 1 tbsp. of butter in a cup of hot water.

BEEF LOAF.

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|----------------------------|----------------------------|
| 3 lbs. beef, chopped fine. | 1 c. sweet milk. |
| 3 eggs. | 1 or 1½ c. suet or butter. |
| 2 c. bread crumbs. | |

Pepper, salt and sage to taste. Bake until leaves pan.

MEAT PIE.

Cut remnants of cold cooked meat in 1 in. cubes. Cover with boiling water, add ½ onion and cook slowly 30 minutes. Remove onion, thicken stock with flour, mixed to a paste with cold water, and season with salt and pepper. Cut potatoes, which have been parboiled 8 minutes, in ¼ in. slices and add to meat. Turn into a buttered baking-dish, cover with a rich biscuit dough or pie crust and bake in a hot oven. If pie crust is used, cut it in several places to allow the steam to escape.

BROTH JELLY FOR THE SICK.*"Langside."*

One small can of chicken gumbo (mutton broth or chicken broth can be used instead of the chicken gumbo), ½ pkt. of Cox's gelatine, 8 dessertspoons of prepared tomato sauce, 2½ c. of water, one half cold with which to soak the gelatine, the other half hot when preparing the jelly, 2 tsp. Bovril. Heat all together in a pan, drain and pour into jelly pots. This quantity will fill four small ones.

BREADED LAMB CHOPS.

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|-----------------|-------------------|
| 8 French chops. | Cayenne. |
| 2 tbsp. butter. | 1 c. milk. |
| 4 tbsp. flour. | ½ c. chopped ham. |
| ½ tsp. salt. | |

Make thick white sauce; when thoroughly cooked add ham and set aside to cool. Broil the chops, season with salt and pepper, cool and spread both sides with a layer of the sauce. Let stand on a buttered plate until firm, then dip in crumbs, egg and crumbs and fry in deep fat. Garnish with paper frills, parsley and potato roses. Serve with Cuban or Tomato Sauce.

VEAL LOAF.

Mrs. J. J. Redditt.

2 lbs. veal.	Salt and pepper to taste.
½ lb. salt pork.	1 c. milk.
2 eggs, well beaten.	1 c. bread crumbs.

Make into well-shaped loaf and bake 2 hours. Nice for luncheon served with peas.

YORKSHIRE PUDDING.

1½ c. flour.	2 eggs.
½ tsp. salt. Stir into flour.	1 pt. sweet milk.

Bake 20 minutes.

FILLET OF BEEF.

1 fillet of beef.	1 stalk celery, or
½ lb. larding pork.	½ tsp. dried celery leaves.
1 medium sized onion.	4 cloves.
1 carrot.	2 bay leaves.

Remove the coarse membrane and excess of fat from the fillet. Reserve trimmings. Cut strips of larding pork 3 in. long, ¼ in. wide and ¼ in. thick. Chill the strips until firm, then lard the upper side of the fillet. Slice the vegetables and place them with the cloves, bay leaves and trimmings of fat in the baking pan. Lay the fillet on the vegetables, season with salt and pepper and cover with small pieces of butter. Dissolve 1 tsp. salt in ½ c. boiling water and pour into the pan around fillet. Bake in a hot oven 30 minutes, basting frequently. Serve with Mushroom Sauce.

MUSHROOM SAUCE.

2 tbsp. drippings from fillet.	1 c. canned mushrooms.
2 tbsp. butter.	1 tsp. Worcestershire Sauce.
4 tbsp. flour.	Salt and pepper.
2 c. stock or water.	

Make a brown sauce of the first four ingredients. Strain; add the mushrooms and simmer 5 minutes, then add Worcestershire Sauce and seasonings to taste.

ROAST CROWN OF LAMB.

Cut corresponding parts from two loins of lamb or mutton, selecting at least six ribs on each side. Trim ends of bones evenly, care being taken that they are not left too long; trim off back bone. Cut the ribs apart at the back bone, but separate the chops no further. Scrape flesh from bone down to the lean meat. Shape each piece in a semicircle having ribs outside, and skewer and tie pieces together so as to form the crown. Roll the trimmings and pack closely in the centre; place on them a weighted bowl or cup to keep the

crown in shape during cooking. Wrap each bone in a greased paper. Roast, allowing 15 minutes to the pound and 15 minutes extra. Remove paper from bones and garnish with paper frills. Fill centre with riced potatoes, potato balls, French fried potatoes, green peas or boiled chestnuts. Serve with Mint Sauce.

SHEPHERD'S PIE.

Chop left-over meat finely. Warm up with left-over gravy; season highly. Warm left-over mashed potatoes, beat well, add 1 egg slightly beaten, milk if necessary, season well, beat. Line bottom of buttered baking dish with potato, then a layer of meat and a layer of potato until dish is three-quarters full. Make top crust of potato smooth. Bake in hot oven until potatoes are brown.

BEEF TIMBALE.

2 c. chopped meat.	1 tbsp. chopped parsley.
$\frac{1}{2}$ tsp. salt.	$\frac{1}{2}$ c. stewed and strained tomatoes.
Pepper.	1 c. bread crumbs.
$\frac{1}{4}$ tsp. celery salt.	1 egg.
Onion juice.	

Add seasonings to meat. Cook bread crumbs and tomatoes together a minute, mix with meat. Add egg slightly beaten, mix thoroughly. Fill custard cups with mixture, cover with greased paper and steam 30 minutes, or stand in a pan of hot water and cook in a moderate oven 20 minutes. Unmould, garnish with parsley and serve with Tomato or Parsley Sauce.

Stock or hot water may be used instead of tomatoes.

The beef may be served in Macaroni Timbales by cooking 12 long sticks of macaroni whole in boiled salted water, and coiling them around the inside of buttered timbale moulds, then filling with meat mixture.

CASSEROLE OF RICE AND MEAT.

2 c. chopped meat.	1 tbsp. chopped parsley.
1 tsp. salt.	1 egg.
$\frac{1}{4}$ tsp. pepper.	$\frac{1}{4}$ c. fine bread crumbs.
$\frac{1}{4}$ tsp. onion juice.	$\frac{1}{4}$ c. cooked rice.

Season the meat, mix with crumbs and beaten egg, and add enough meat stock or boiling water to make mixture pack easily. Line a greased mould or dish with 3 c. rice, fill with meat, cover with the remainder of the rice, cover tightly and steam 45 minutes. Serve with Tomato Sauce.

HASH ON TOAST.

1 c. cooked potatoes cut in dice.	$\frac{1}{2}$ tsp. salt.
2 c. meat cut in dice.	Pepper.
2 tbsp. butter.	2 c. stock or water.
3 tbsp. flour.	$\frac{1}{4}$ tsp. Worcestershire Sauce.
	6 slices toast.

Make a brown sauce, heat the meat and potatoes in it, and serve on the toast. Garnish with parsley and toast points.

CORNED BEEF HASH.

Remove skin and gristle from cooked corn beef, chop the meat. When meat is very fat discard most of the fat. To meat add an equal quantity of cold mashed potatoes. Season with salt and pepper, moisten with milk or cream, mix thoroughly, spread evenly in greased hot frying-pan, then place on part of range where it may brown slowly. Fold, turn on a hot platter. Garnish with parsley.

POULTRY**BOILED TURKEY.**

Mrs. J. J. Redditt.

Chop about 2 doz. oysters and mix with them a dressing, as for roast turkey, only add more butter and wet with the oyster liquor and same quantity of milk. Fill the turkey as for roasting and baste about it a thin cloth, fitted closely to every part. The inside of the cloth should be dredged with flour to prevent fowl from sticking to it. Allow 15 minutes to a lb. and boil slowly. Serve with oyster sauce made by adding to a cupful of the liquor in which the turkey was boiled, same quantity of milk and 8 oysters chopped fine. Season with minced parsley. Stir in a spoonful of flour wet with cold milk and a tablespoonful of butter. Boil up once and pour into tureen.

CHICKEN SOUFFLE.

Mrs. G. H. Wood.

2 c. scalded milk.	1 c. stale bread crumbs.
4 tbsp. butter.	2 c. cold chicken, chopped
4 tbsp. flour.	fine.
1 tsp. salt.	3 eggs, beaten separately.
1 tsp. pepper.	

Make sauce of milk, butter, flour, add bread crumbs and chicken, cook on top of stove for 2 minutes, then add yolks of eggs. When cold add the beaten whites of eggs, turn into well buttered moulds and bake 25 minutes. One can prepare in the morning and bake just when needed.

ROAST DUCK WITH POTATO STUFFING.

Select a young, fat duck. Dress, clean and weigh; stuff and truss in the same manner as a chicken. Place on a rack in a baking pan, season and cover the breast with slices of bacon. Dissolve $\frac{1}{2}$ tsp. salt in $\frac{1}{2}$ c. boiling water and pour into the pan. Roast in a hot oven, allowing 20 minutes to the pound and 20 minutes extra; baste frequently. Serve with Giblet Sauce.

POTATO STUFFING.

3 c. hot riced potatoes.	2 tbsp. butter.
2 tsp. onion juice.	Yolks 2 eggs.
$\frac{1}{8}$ tsp. pepper.	$\frac{1}{4}$ c. milk.
1 tsp. salt.	1 tbsp. chopped parsley.

Mix in the order given and beat thoroughly.

GIBLET SAUCE.

Cook the giblets, drain and chop fine; reserve stock.

SAUCE.

2 tbsp. fat from pan.	Pepper.
2 tbsp. flour.	1 c. giblet stock.
$\frac{1}{4}$ tsp. salt.	

Make brown sauce, add giblets, and when hot serve.

BONED CHICKEN.

Select a chicken that has not been frozen and that has an unbroken skin. Remove pin feathers, singe, cut off the head and legs. Do not draw the bird.

Place the chicken on a board, breast down, and with a sharp knife make a cut along the entire length of the back bone. Beginning at the neck, on one side scrape the flesh with the skin from the back bone to the free end of the shoulder blade, then follow this bone in the same way until the wing is reached. Cut the ligaments at the joints, and the tendons; press the flesh from the bone to the middle joint of the wing. Free this joint and remove flesh from the bones in the same manner; do not remove the small bone from the tip of wing. Now separate the flesh from the ribs, taking care not to penetrate the inner lining. Disjoint the thigh bone and remove the flesh from it, then from the leg. This last bone can be removed by turning the flesh inside out. The skin lies close around the leg joints and great care must be taken not to break it. Free the wing and leg bones on the other side in the same manner. Begin next at the wish bone, and when that is free push the flesh down to the breast bone. Remove the crop. Use fingers when possible in taking the skin from over the breast bone. Carefully remove the skin from the rump, cutting through the small end of the back bone. Cut a circular opening around the vent and take out the bony structure with the internal organs, leaving the flesh. Wipe with a damp cloth and place flesh in position. Sprinkle the inside with salt and pepper and fill with the forcemeat; press into shape and sew up the back. Weigh, truss for roasting, cover breast with slices of bacon and roast, allowing 20 minutes to the pound and 20 minutes extra.

The boned chicken may be wrapped in muslin and steamed until tender, then moulded in Aspic Jelly. Save bones to use for stock.

FORCEMEAT FOR BONED CHICKEN.

1½ lbs. chopped veal.	$\frac{1}{2}$ tsp. mixed sweet herbs.
1½ c. bread crumbs.	$\frac{1}{2}$ tbsp. onion juice.
$\frac{1}{4}$ tsp. pepper.	$\frac{1}{2}$ tbsp. lemon juice.
1½ tsp. salt.	3 tbsp. butter.
Cayenne.	2 eggs.
$\frac{1}{4}$ tsp. celery salt.	1½ tbsp. chopped parsley.

Stock or cream to moisten.

Mix in order given. This amount is sufficient for a 3 to 3½ pound chicken.

VEGETABLES

BAKED POTATOES.

Scrub and rinse potatoes, bake in a hot oven 45 to 60 minutes. Just before serving crack the skins for steam to escape. Serve uncovered in a hot dish.

STEAMED POTATOES.

Scrub, rinse and pare potatoes. Place in a steamer with a cheese cloth both over and under them. Steam 45 minutes or until tender. Season; serve with melted butter and chopped parsley.

BOILED POTATOES.

Scrub and rinse potatoes, cook, with skins on, in boiling water. When tender, drain, shake gently and dry at the back of the stove with the saucepan uncovered.

MASHED POTATOES.

Remove skins from 6 medium-sized boiled potatoes and mash with a potato masher or put through a ricer. Add $\frac{1}{4}$ to $\frac{1}{2}$ c. hot milk in which 1 tbsp. butter has been melted, season with salt and beat until light and creamy. Pile lightly on a hot dish.

Mashed turnips are prepared in the same way, without the milk.

BEETS.

Leave 2 or 3 inches of the top on beets. Scrub, rinse and cook whole until tender, then put in cold water, peel, slice, reheat, and add seasoning. They may be served cold with vinegar.

STEWED ONIONS.

1 qt. onions.
 $\frac{3}{4}$ c. milk.
2 tbsp. butter.

$\frac{1}{4}$ tsp. salt.
Pepper.

Peel onions under cold water. Cook in boiling water, changing the water at the end of 5 minutes, and again in 10 minutes; cook until tender. Drain, add milk, butter and pepper, cook 5 minutes, and add salt just before serving.

CABBAGE AND CAULIFLOWER.

Cut cabbage into quarters and soak in cold water $\frac{1}{2}$ hour. Chop the leaves, and cook in boiling water until tender. Drain and serve with butter, salt and pepper, or with White Sauce.

Soak cauliflower an hour in cold water before cooking. Wrap in cheese cloth and steam until tender.

SPINACH.

Pick leaves from stems of $\frac{1}{2}$ pk. spinach, and wash carefully to remove the sand. Cook until tender, chop fine or press through a colander; reheat with 2 tbsp. melted butter and seasoning. Serve garnished with hard cooked eggs.

STEWED TOMATOES.

Plunge tomatoes in boiling water to loosen the skins, drain, peel and cut into small pieces (a small onion may be added if desired). Cook over a moderate heat; a long, slow cooking improves the flavor. Just before removing from the stove add butter and seasoning. They may be thickened with bread crumbs, or sweetened with sugar.

STEWED CELERY.

Wash and scrape the celery, cut in $\frac{1}{2}$ inch pieces, cook until tender, and serve with Vegetable Sauce.

BAKED SQUASH.

Wash, cut in pieces 3 or 4 inches square. Remove seeds, place in covered dish and bake in a hot oven until soft. Serve in shell with butter, salt and pepper.

CREAM CHEESE POTATOES.

Mrs. G. H. Wood.

2 tbsp. butter.
1 tbsp. flour.
1 pt. milk.

Yolks 2 eggs.
4 tbsp. grated cheese.

Mix well, then boil until a thick cream; put in baking dish and fill up with cold boiled potatoes cut in slices; season to taste and bake 20 minutes.

POTATO PUFF.

Mrs. H. N. Winter.

One cup cold mashed potatoes; stir in a tbsp. of melted butter beating to a white cream; add one egg whipped very light and half a teacup of milk; salt to taste; beat all together and bake quickly 20 minutes.

POTATO CROQUETTES.

Mrs. H. N. Winter.

1 c. cold mashed potatoes.
1 egg beaten to a froth.

$\frac{1}{2}$ tsp. melted butter.
Salt and pepper to taste.

Form into cake, dip in beaten egg and cracker crumbs, and fry.

CREAMED POTATOES.*Mrs. H. N. Winter.*

Put a tbsp. of butter in the frying-pan and when it bubbles add a tbsp. of flour; add one cup of hot milk, salt and pepper to taste; add cold boiled potatoes cut in dice. Cook until thoroughly hot.

CORN FRITTERS.*Mrs. Wm. H. Thomson.*

1 pt. grated corn.	1 c. flour.
2 eggs well beaten.	½ c. butter, salt and pepper.

Mix well and fry till brown.

MACARONI AND CHEESE.

12 sticks or 1 c. macaroni.	½ tsp. salt.
3 tbsp. butter.	Pepper.
3 tbsp. flour.	1 c. grated cheese.
2 c. milk.	1 c. buttered crumbs.

Break macaroni into one-inch pieces. Cook in a large amount of boiling salted water; when tender, pour into a colander and run cold water through. Make sauce, add macaroni and cheese, turn into a buttered baking dish, cover with crumbs, and bake until brown in hot oven.

SALADS**BEET SALAD.***Mrs. G. H. Wood.*

1 qt. raw cabbage, chopped fine.	1 c. brown sugar.
1 qt. cooked beets, chopped fine.	1 tsp. salt.
	¼ tsp. pepper.
	1 c. horse radish.

Cover with vinegar and keep from the air.

CHERRY SALAD.*J. M. E.*

One pint of cherries, mixed; remove the stones as carefully as possible and fill them with peanuts, filberts, English walnuts, chopped not too fine, or almond paste. Separate and wash a bleached head of lettuce; wipe each leaf dry and fill with the cherries; sprinkle a little finely shredded celery over the fruit. Arrange these nests in mound shapes on a dish, and just before serving sprinkle a little salad oil and lemon juice over them, or serve with a mayonnaise made with cherry juice instead of vinegar, or lemon cherry juice for acid part.

POTATO SALAD.*Mrs. G. H. Wood.*

Six firm boiled cold potatoes cut into dice, $\frac{1}{2}$ small onion, size of walnut, shredded very fine. Serve with cream dressing on lettuce leaves.

WALDORF SALAD.*Mrs. G. H. Wood.*

One small head celery, 6 apples, 1 cup walnuts, all chopped very fine; little salt. Serve on lettuce leaves with cream dressing.

TOMATO JELLY SALAD.*S. H.*

1 qt. can tomatoes.	1 tsp. salt.
$\frac{1}{2}$ box Cox gelatine.	A pinch of cayenne.
1 even tbsp. sugar.	

Put tomatoes on to boil, cook till they will press through sieve, when strained and while hot add gelatine (which has been soaked in cold water) and seasoning. Set away to harden in a long cake tin cut in squares and serve on a lettuce leaf with a slice of orange and salad dressing. This will serve twelve people.

HAM AND TOMATO SALAD.*J. M. E.*

Cover 2 tbsp. of gelatine with $\frac{1}{2}$ cup of cold water and let stand $\frac{1}{2}$ hour. Add to 1 cupful of the ham stock and stir until dissolved. To 1 pt. of finely chopped boiled ham add 1 tsp. of chopped parsley, $\frac{1}{2}$ tsp. of dry mustard and a dash of cayenne. Add the gelatine, stir until the mixture thickens, then add $\frac{1}{2}$ cupful of whipped cream. Pour into a border mould and set away to become firm. Turn from the mould, arrange tomatoes in slices about the base and pour in the centre $\frac{1}{2}$ pt. of mayonnaise. The ham may be served on a lettuce leaf or, if preferred, mould in small cups.

SARDINE SALAD.*Mrs. H. N. Winter.*

1 box sardines.	2 hard boiled eggs.
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Drain oil from fish and remove bones and skin. Mix well, with eggs minced fine. Season with salt and pepper and serve with tomatoes or lettuce with mayonnaise.

CHICKEN SALAD.*Mrs. H. N. Winter.*

Boil one chicken till very tender, free it from bone and gristle, chop fine. Chop one large head of celery. Mix with chicken. Season with pepper and salt. Serve on lettuce with mayonnaise.

MAYONNAISE.*Mrs. H. N. Winter.*

4 eggs well beaten.	1 c. vinegar.
$\frac{1}{2}$ c. brown sugar.	2 tbsp. butter.
2 dtsp. mustard, moistened with vinegar.	Pinch of salt.

Cook in double boiler, stirring constantly. Thin with cream before using.

SALAD DRESSING.

(One quart.)

$\frac{1}{2}$ cup butter, 1 cup gr. sugar; cream butter and sugar, then add 1 tbsp. salt, 1 tbsp. mustard, 1 pinch cayenne pepper; then add 1 egg at a time, beating thoroughly, 4 eggs, 1 cup cream, $\frac{3}{4}$ pt. boiling vinegar. Boil all together about ten minutes, remove and bottle.

WALDORF SALADS.*Mrs. Miles Kinsman.*

Equal proportions celery and apples and as many nuts as you wish.

CELERY AND CHEESE.

Celery cut in small pieces and the cheese grated. Served in layers.

TOMATOES AND CUCUMBERS.

Equal parts of each.

WALNUT SALAD.*Mrs. W. J. Francis, Montreal.*

Chop equal parts of tart, mellow apples and tender white celery. To 1 qt. of this mixture add 1 cupful of English walnut meats cut up in quarters. Mix with 1 cupful of rich cream.

NUT SALAD.

2 bunches celery.	2 tsp. sugar.
$\frac{1}{2}$ lb. almond nuts, chopped.	3 tbsp. vinegar.
$\frac{1}{2}$ tsp. mustard.	3 tbsp. cream.
1 tsp. salt.	2 raw eggs.

Beat together; boil until thick.

FRUIT SALAD.

Four bananas, 2 oranges; slice fine, add $\frac{1}{2}$ cup sugar. Dissolve 1 package Cowan's Jelly Powder, pour over fruit, and set away to harden. Cut in squares. Serve with whipped cream.

DEVEILED EGGS.*Mrs. H. N. Winter.*

Boil hard number of eggs required; cut in half; remove yolks, being careful to preserve whites; grate yolks, add little minced ham, minced celery, salt, pepper and mayonnaise; fill the whites; garnish with parsley.

EGG SALAD.*Mrs. H. N. Winter.*

Slice hard boiled eggs on lettuce leaves. Serve with mayonnaise dressing.

TOMATO JELLY SALAD.

$\frac{3}{4}$ oz. gelatine.	6 cloves.
$\frac{1}{2}$ c. cold water.	6 pepper berries.
1 can tomatoes.	1 tsp. sugar.
1 bay leaf.	2 tsp. salt.
1 slice onion.	1 tbsp. lemon juice.
$\frac{1}{8}$ tsp. dried celery leaves.	

Soften gelatine in cold water. Cook the next seven ingredients 20 minutes. Add salt and lemon juice, press through a strainer and pour over softened gelatine. When dissolved, strain through coarse strainer into moistened custard cups, to chill. Unmould on lettuce leaves and stick a clove in each. Serve with Mayonnaise or Boiled Dressing.

FRUIT SALAD (SWEET).

1 c. shredded pineapple.	2 bananas.
2 oranges.	1 c. strawberries.

Cut a slice from the top of a large ripe pineapple. Carefully remove pulp from shell, leaving it to be used as a bowl from which to serve the salad. Shred the pineapple. Peel oranges—removing as much of the white portion as possible—carefully remove the pulp in lengthwise sections, remove seeds. Peel bananas, scrape, and cut in small cubes. Wash and hull strawberries; save the largest and best for garnishing. Toss the fruit together with the Sweet Salad Dressing; chill. Refill shell with salad. Garnish with pineapple leaves and berries.

LOBSTER SALAD.

To insure the meat being strictly fresh, buy the lobsters alive. They should be lively. Small ones, heavy in proportion to their size, are the best. When bought cooked, test by straightening the tail, and if it springs back quickly, the lobster was alive (as it should have been) when put on to boil.

To boil.—Take lobster by the back and plunge it head first into a large kettle of rapidly boiling water. Cook 20 to 30 minutes according to the size, then place in cold water. If cooked too long the meat will be tough.

To dress a lobster.—Remove from water, break off the claws and the tail from the body. Loosen the meat in the tail by pressing the sides together,

then cut through the bony membrane, on the under side, with a pair of scissors, and take out the meat in one piece. Separate the tail meat through the crease and remove the small intestinal vein which runs its entire length. This vein can always be seen, but varies in color from almost black to pink or white. Separate the body from the shell, leaving the stomach or "lady" in the shell. The coral should be saved, and the green substance or liver *may* be used. Pull off the gills found on the sides of the body, break the body through the middle lengthwise and remove the bits of meat found between the bones. The gills, stomach and intestinal vein are not edible. Disjoint the large claws and remove the meat whole if possible. If shells are hard, break carefully on under side with a hammer. Take meat from small claws with a wooden skewer. Scrub shell and claws, dry and save for the serving of the salad.

Lobster meat should not be kept more than 18 hours after cooking.

Cut lobster meat in $\frac{1}{2}$ inch cubes and marinate with French Dressing. Just before serving add an equal quantity of celery cut in small pieces. Mix with Mayonnaise or Cream Dressing. Arrange shell and claws on a bed of lettuce and fill the shell with the salad. Rub coral through a strainer and sprinkle over the salad.

CELERY AND APPLE SALAD.

Mrs. S. C. Parks.

Two large apples, 2 small heads of celery, nice and crisp, $\frac{1}{2}$ cup of walnuts, cut in dice. Add dressing and mix all together. Lay on lettuce. Add a little more dressing and garnish with pieces of nuts on top.

EGG SALAD.

Mrs. S. C. Parks.

Cut hard boiled eggs into dice, mix with chopped walnuts. Serve on crisp lettuce leaves with a tsp. of salad dressing.

POTATO AND BEET SALAD.

Mrs. S. C. Parks.

Cut into small cubes cooked beets, potatoes, pickled cucumbers and raw tomatoes; sprinkle with salt, mix lightly with salad dressing. Garnish with hard boiled eggs and beets cut in fancy shapes or stuffed olives.

CABBAGE SALAD.

Mrs. S. C. Parks.

One small head of cabbage, firm and white, chopped; $\frac{1}{2}$ cup of peanuts chopped fine. Add dressing just before using.

BANANA SALAD.

Mrs. S. C. Parks.

Peel and cut the bananas in half lengthwise; lay on lettuce leaf, cover with dressing and sprinkle with finely chopped walnuts or almonds.

POTATO SALAD.

Slice cold boiled potatoes in thin slices, one onion chopped fine, a few walnuts chopped, a little salt and pepper, then add a little dressing and hard boiled egg.

SALAD DRESSING

SWEET SALAD DRESSING.

$\frac{1}{2}$ c. sugar.	Yolks 2 eggs.
$\frac{1}{4}$ c. water.	3 tbsp. lemon juice.
Thin shaving lemon rind.	

Make a syrup by boiling water, sugar and lemon rind 3 minutes. Add yolks of eggs and cook as a soft custard; add lemon juice; strain and cool.

MAYONNAISE DRESSING.

Mrs. W. H. Thomson.

1 c. vinegar (put vinegar over fire to heat).	1 tsp. mustard.
1 tbsp. flour.	1 tsp. sugar.
1 tsp. salt.	$\frac{1}{4}$ tsp. cayenne pepper.

Mix in cold water and stir in vinegar. Let cool a few minutes. Stir in 2 well beaten eggs, 1 tbsp. butter. Add cream just before using.

FRENCH DRESSING.

Mrs. J. J. Reddit.

2 tbsp. flour.	} Cook first.	$\frac{3}{4}$ c. brown sugar.
3 tbsp. butter.		3 eggs.
1 c. milk.		1 c. vinegar (large cup).
6 tsp. mustard.		Pinch red pepper.
1 tsp. salt.		

MAYONNAISE DRESSING.

1 egg.	2 tbsp. sugar.
1 c. milk.	$\frac{1}{2}$ tsp. salt.
1 c. vinegar.	1 tsp. butter.
1 tsp. mustard.	$\frac{1}{2}$ tsp. corn starch.

Beat the eggs and add the other ingredients. Set on the fire and stir till it comes to a boil. Then let cool, and it is ready for use.

EGGS AND OMELETS

GENERAL RULES.

Eggs are fresh if they are dull and rough in appearance.

They should be washed as soon as brought from the store, and kept in a cool place.

The unbroken yolk of an egg may be kept from hardening by covering it with cold water. If not used in two days water should be changed. Keep white of egg covered in a cool place.

SOFT COOKED EGGS.

METHOD I.

Boil water, remove to back of range, place in egg, and allow to stand from 3 to 5 minutes for one or two eggs; from 5 to 8 minutes for several.

METHOD II.

Place eggs in cold water, heat gradually to boiling point and remove eggs at once.

HARD COOKED EGGS.

METHOD I.

Place the eggs in boiling water, remove to back of range, cover, and allow to stand 30 minutes; then put into cold water if eggs are to be used as a garnish.

METHOD II.

Place eggs in cold water, heat gradually to boiling point; remove to back of range, cover, and let stand 20 minutes.

POACHED EGGS.

Break each egg into a saucer, slip the egg into boiling water to cover, remove to cooler part of range. When white is firm, and a film has formed over the yolk, the egg is cooked. Take up with a skimmer, drain, and serve on slices of toast. Season.

CREAMY EGG.

2 eggs.	$\frac{1}{2}$ tsp. salt.
2 tsp. butter.	Pepper.
$\frac{1}{2}$ c. milk.	Dry toast.

Beat the eggs slightly and add the butter, seasoning and milk. Cook in double boiler. When the egg coagulates around the sides and bottom of the boiler lift it away with a spoon. Continue in this way until all of egg is cooked. If cooked too much, the egg will curdle. Serve on toast.

OMELET.

4 eggs.	4 tbsp. milk.
$\frac{1}{2}$ tsp. salt.	2 tsp. butter.
Cayenne or pepper.	

Beat the yolks of the eggs until light and creamy, add the seasoning and milk; beat the whites until stiff, but not dry. Heat an omelet pan, put in butter and turn so as to butter sides and bottom. Cut whites into yolks; when pan is very hot, turn in the omelet, spread evenly, then reduce heat. When the omelet is set put it into a hot oven for a few minutes to dry slightly on top, fold, garnish with parsley and serve immediately.

FRENCH OMELET.

4 eggs.	$\frac{3}{8}$ tsp. pepper.
4 tbsp. milk.	2 tbsp. butter.
$\frac{1}{2}$ tsp. salt.	

Beat eggs slightly, enough to blend the yolks and whites, add milk and seasonings; put butter in hot omelet pan, when melted turn in the mixture. As it cooks draw the edges toward the centre, until the whole is of a creamy consistency; place on hotter part of range that it may brown quickly underneath, fold and turn on hot platter. Garnish.

BREAD OMELET.

Mrs. J. J. Redditt.

3 eggs.	Butter size of walnut.
$\frac{1}{2}$ c. bread crumbs.	Pepper and salt.
$\frac{1}{2}$ c. milk.	

Beat yolks separately, add the milk, salt, pepper and bread crumbs, then stir in the beaten whites.

BAKED CHEESE OMELET.

2 eggs.	1 tbsp. melted butter.
2 cups milk.	Salt and cayenne pepper to
1 small c. grated cheese.	taste.
1 small c. fine bread crumbs.	

Soak the crumbs in the milk in which you have dissolved a tiny pinch of soda, beat the eggs light, add bread and milk, stir in the butter, seasoning and last of all cheese. Bake in well greased pudding dish and serve at once.

PICKLES AND RELISHES

YELLOW SAUCE.

Mrs. J. Carter.

1 lb. brown sugar.	3 pts. vinegar.
2 lbs. onions.	13 large sour apples.
1 lb. stoned raisins.	7 large ripe tomatoes.
$\frac{1}{2}$ oz. turmeric.	Cayenne pepper and salt to
2 oz. ground mustard.	taste.

Chop apples and tomatoes fine, boil together until as thick as you wish.

GRAPE PICKLE.

Mrs. J. Carter.

6 lbs. blue grapes.	2 tsp. cloves (or less).
3 lbs. sugar (white).	2 tsp. cinnamon.
1 pt. vinegar.	1 tsp. ground mace.

Weigh the fruit; separate the skins from the pulps, boil the pulps until the seeds separate from them; strain through wire strainer and add to the other ingredients; then boil.

CATSUP.

Mrs. J. W. Fooks.

Take 1 peck of ripe tomatoes; cut up and boil till soft enough to strain; then put on stove again and add 4 oz. mixed spices; put in a thin bag and drop in 3 onions, 2 pieces of ginger, 2 tbsp. salt, 1 cup of vinegar, 1 tsp. of the little red pepper, 2 cups of brown sugar; boil down $\frac{3}{4}$ and bottle.

GREEN TOMATOES SWEET PICKLE.

Mrs. W. J. Francis, Montreal.

One doz. onions, large; 1 peck of green tomatoes; slice a few, then a sprinkle of salt (not too much), then onions, another sprinkle of salt, and so on, till you are done cutting tomatoes and onions; drain them for 4 hours good; put in your pan and cover with vinegar; put in spices, 2 tsp. cloves, 1 tsp. cinnamon, 1 tsp. black pepper, $\frac{1}{2}$ tsp. red pepper (spices must be whole), 6 cups brown sugar; boil 4 hours.

FRENCH RELISH PICKLE.

Mrs. J. W. Fooks.

Two colanders of sliced green tomatoes, 1 colander of pared sliced cucumbers, 1 pt. of onions; slice, sprinkle handful of salt, let stand over night; in the morning pour off the water and chop up very fine, then cover

with white wine vinegar. 1 tsp. celery seed, 1 tsp. mustard seed, 1 tsp. mace, 3 tsp. little red peppers, little allspice. If not salt enough or sweet enough to taste, add little more of each. Boil 1 hour.

CELERY SAUCE.

Mrs. W. H. Thomson.

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| 1 doz. heads of celery. | 2 c. brown sugar. |
| $\frac{1}{4}$ lb. mustard seed. | $\frac{1}{2}$ doz. onions. |
| $\frac{1}{2}$ lb. mustard. | Turmeric to tint yellow. |
| 1 qt. vinegar. | Pepper and salt to taste. |

Boil until tender. Onions and celery to be chopped in small pieces.

GRAPE CATSUP.

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| 3 lbs. grapes. | 1 tbsp. ground cinnamon. |
| $1\frac{3}{4}$ lbs. sugar. | 1 tbsp. ground cloves. |
| $\frac{1}{2}$ pt. vinegar. | 1 tbsp. ground pepper. |

Stem the grapes, cover with water, bring to a boil, strain through a sieve, add the above, and boil 20 minutes.

CATSUP.

S. H.

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| $\frac{1}{2}$ bushel or 72 tomatoes. | 1 tsp. cayenne pepper. |
| 1 qt. vinegar. | 4 onions. |
| 2 oz. cloves, whole. | 1 c. salt. |
| 2 oz. allspice, whole. | |

Clean, slice and boil tomatoes half hour. Put through sieve, then add spice and onion, which may be put in muslin bag. Boil slowly till thick enough—3 or 4 hours.

CELERY SAUCE.

Mrs. G. H. Wood.

Six heads celery, 1 large white cabbage, 3 good-sized onions; chop fine, sprinkle with salt, let stand over night, drain well. Mix together $1\frac{1}{2}$ qts. vinegar, $\frac{1}{4}$ lb. mustard, 3 cups. brown sugar, 1 tbsp. flour, 1 tbsp. turmeric powder; add to vegetables, boil 20 minutes. Before taking off the fire add three well-beaten eggs.

CHUTNEY (PICKLE).

Mrs. C. Likens.

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| 8 apples. | $\frac{1}{4}$ tbsp. salt. |
| 12 tomatoes. | 1 lb. sugar. |
| 6 large onions. | 1 qt. vinegar. |
| 8 peppers. | A little cloves. |
| 1 tbsp. ginger. | 1 lb. raisins. |

Chop, and boil for 2 hours.

MUSTARD PICKLE.*Mrs. Miles Kinsman.*

1 qt. cucumbers, cut fine.	1 large cauliflower, cut fine.
1 qt. onions, cut fine.	3 strong red peppers, cut fine.
1 qt. small onions, left whole.	3 large cooking apples, cut fine.

Put in separate dishes, cover with hot brine, stand over night and then drain. Add 8 cups of brown sugar, $1\frac{1}{2}$ qts. of vinegar (if too strong add 1 qt. water), $\frac{1}{4}$ lb. white mustard seed, and let come to a boil. Then make a paste, $\frac{2}{3}$ cup of flour (more, if needed), $\frac{1}{4}$ lb. mustard, $\frac{1}{2}$ oz. turmeric powder. Stir in slowly and let boil up.

CELERY SAUCE.*Mrs. W. J. Hunt.*

$\frac{1}{2}$ doz. heads celery.	4 large onions.
$\frac{1}{4}$ lb. mustard seed.	2 c. sugar.
$\frac{1}{2}$ lb. mustard.	Turmeric enough to tint.
2 qts. vinegar.	Pepper and salt to taste.

Boil until tender.

TOMATO SAUCE.*Mrs. W. J. Hunt.*

24 ripe tomatoes.	8 onions.
1 c. brown sugar.	3 c. vinegar.
2 sticks celery.	

All chopped fine, pepper and salt to taste.

MOTHER'S GOOSEBERRY PICKLE.*Mrs. G. H. Wood.*

10 lbs. gooseberries.	} Boil } together.	2 tbsp. cinnamon.
2 c. water.		1 tbsp. cloves.
7 lbs. brown sugar.		1 tbsp. allspice.
3 pts. vinegar.		

Boil all together 20 minutes.

CHILI SAUCE.*Mrs. F.*

14 large ripe tomatoes.	1 pt. vinegar.
3 green peppers or 12 chillies.	1 tbsp. salt.
3 onions.	1 heaping tbsp. sugar.

Chop fine the tomatoes, peppers and onions. Boil slowly 3 hours.

DRESSING FOR FRUIT SALAD.*Mrs. H.*

Boil for 5 minutes 1 cup sugar, $\frac{1}{2}$ cup water; pour this over beaten yolks 3 eggs; return to stove and boil, stirring till thick; cool and add juice of 2 lemons. Pour over any fruit. Whites beaten stiff and mixed in.

CELERY SAUCE.*E. M. R.*

30 ripe tomatoes.	5 tbsp. salt.
5 green peppers.	5 c. vinegar.
10 large onions.	4 heads celery.
15 tbsp. gr. sugar.	

Chop celery, peppers and onions fine, then boil $1\frac{1}{2}$ hours. Bottle hot.

INDIAN SAUCE.*Mrs. J. J. Redditt.*

12 ripe tomatoes.	1 lb. brown sugar.
12 apples.	$\frac{1}{2}$ tsp. red pepper.
6 onions.	$\frac{1}{2}$ lb. salt, scant.
1 lb. raisins.	1 gal. vinegar.

Boil 1 hour, then add $\frac{1}{2}$ lb. mustard, 1 oz. ground ginger. Boil $\frac{1}{2}$ hour. Strain and bottle.

TOMATO BUTTER.*Mrs. H. N. Winter.*

9 lbs. peeled tomatoes.	3 tbsp. cinnamon.
3 lbs. sugar.	1 tbsp. cloves.
1 pt. vinegar.	$1\frac{1}{2}$ tbsp. allspice.

Boil till quite thick. Stir often to prevent burning.

SPICED GOOSEBERRIES.*Mrs. H. N. Winter.*

Six qts. gooseberries, 9 lbs. sugar; cook $1\frac{1}{2}$ hours; add 1 pt. vinegar, 1 tsp. each cloves, cinnamon and allspice. Boil a few minutes until thick.

BEAN PICKLE.*Mrs. Carey.*

One peck butter beans cut small; cook $\frac{1}{2}$ hour in weak salt water, then drain. Take 3 pts. cider vinegar, 3 lbs. sugar. When boiling add 1 large coffee cup of Keen's mustard, same of flour, 2 large tbsp. celery seed, 2 large tbsp. turmeric. Mix this to a batter with cold vinegar, then stir into boiling vinegar and cook 5 minutes, stirring all the time. Pour over beans and bottle.

TOMATO CATSUP.*Mrs. H. N. Winter.*

One peck ripe tomatoes, cut up, boil tender and sift through sieve. Add:

1 large tbsp. ground cloves.	$\frac{1}{2}$ tsp. cayenne pepper.
1 large tbsp. ground allspice.	$\frac{1}{4}$ lb. salt.
1 large tbsp. ground cinnamon.	1 pt. vinegar.
	$\frac{1}{4}$ lb. mustard.

Boil three hours.

GOVERNOR'S SAUCE.*Mrs. Robertson.*

Slice 1 peck of green tomatoes and 6 large or 12 medium onions into a crock, sprinkling a little salt over each layer. Let them stand over night. Then drain off the liquor and put them in a preserving kettle with 12 small or 6 large red or green chilies, chopped fine. Add:

2 c. brown sugar.	2 tsp. cinnamon.
3 c. vinegar.	1 tsp. cloves.
2 tbsp. grated horse radish.	2 tsp. ginger.
1 tsp. curry powder.	

Boil slowly for 3 hours.

INDIAN RELISH.*Mrs. H.*

8 lbs. green tomatoes.	1 tsp. celery seed.
3 lbs. cucumbers.	3 oz. mustard.
6 large onions.	3 c. brown sugar.
3 green peppers.	3 pts. vinegar.
2 tsp. curry powder.	1 tsp. turmeric.
1 tsp. cinnamon.	Salt to taste.

TOMATO CATSUP.*Mrs. J. J. Redditt.*

$\frac{1}{2}$ bushel tomatoes.	$\frac{1}{4}$ lb. mustard seed.
1 qt. vinegar.	$\frac{1}{4}$ lb. allspice.
$\frac{1}{2}$ lb. salt.	6 large onions.
1 oz. whole cloves.	1 doz. peaches.
2 oz. peppers.	1 lb. sugar.
$\frac{1}{4}$ oz. red pepper.	

Boil all and strain. Then boil till thick.

DRESSING FOR MUSTARD PICKLES.*Mrs. Turner.*

2 gallons vinegar.	1 tsp. cayenne.
1 lb. best mustard.	2 tsp. ginger.
2 tsp. of turmeric.	

Put on to boil and thicken with flour.

TOMATO AND CELERY RELISH.

Mrs. H.

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| 30 ripe tomatoes. | 1 c. salt. |
| 6 heads celery chopped fine. | 1 tsp. cayenne. |
| 10 small onions chopped fine. | 1 qt. vinegar. |
| 1 c. brown sugar. | |

Boil 3 hours.

CHOW-CHOW.

Mrs. Fry, Selkirk.

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| 1 qt. large cucumber, chopped. | 1 large cauliflower, chopped. |
| 1 qt. small cucumber, whole. | 3 small green peppers,
chopped. |
| 1 qt. large onions, chopped. | 3 sweet peppers, chopped. |
| 1 qt. small onions, whole. | |

Put in separate dishes, cover with brine and let stand over night. In the morning drain and put all together, adding $3\frac{1}{2}$ c. white sugar, $\frac{1}{2}$ gal. cider vinegar, $\frac{1}{4}$ lb. mustard seed, $\frac{1}{4}$ oz. celery seed. Scald, then make a paste of $\frac{2}{3}$ c. flour, $\frac{1}{2}$ oz. turmeric, $\frac{1}{4}$ lb. mustard. Mix slowly, stir briskly, and let boil a few minutes. Add a few bunches of chopped celery.

GRAPE PICKLE.

Mrs. Withrow.

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| 4 lbs. blue grapes. | 2 tsp. cloves. |
| 3 lbs. sugar. | 2 tsp. cinnamon. |
| 1 pt. vinegar. | 1 tsp. ground mace. |

Weigh the fruit. Separate the skins from pulp. Boil pulp until the seeds separate. Strain through wire strainer, add to the other ingredients. Boil for 1 hour. This makes a little over 2 qts.

MUSTARD PICKLES.

Mrs. S. H.

One qt. each of small whole cucumbers, large cucumbers sliced, green tomatoes sliced, small button onions, and one large cauliflower divided into flowerets, 4 green peppers cut fine. Make a brine of 4 quarts of water and 1 pint of salt. Pour over the vegetables and let it soak 24 hours. Scald and turn into a colander to drain. Mix 1 c. flour, 6 tbsp. ground mustard, 1 tbsp. turmeric, with enough cold vinegar to make a smooth paste; then add 1 c. sugar and enough vinegar to make 2 qts. in all. Boil till it thickens and is smooth, stirring constantly. Add vegetables, and cook till well heated through.

CELERY PICKLE.

Mrs. J. J. Redditt.

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|-------------------|--------------------|
| 30 ripe tomatoes. | 13 tbsp. sugar. |
| 10 onions. | 2 or 3 tbsp. salt. |
| 5 green peppers. | 2 bunches celery. |
| 1 c. vinegar. | |

Chop celery, peppers and onions very fine. Boil $1\frac{1}{2}$ hours.

CHOW-CHOW.

Mrs. W. H. Thomson.

- | | |
|------------------------------------|--------------------------------|
| 100 small cucumbers. | 1 head cauliflower. |
| 1 head cabbage, chopped. | 3 green peppers, chopped fine. |
| 2 qts. green tomatoes,
chopped. | 2 qts. onions, chopped fine. |
| | 1 head celery, chopped fine. |

Soak in salt and water all night. Drain and scald in vinegar.

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|--------------------------|-----------------------|
| 2 qts. vinegar. | ½ c. mustard seed. |
| 2 coffee c. brown sugar. | 2 tbsp. celery seed. |
| ½ c. ground mustard. | 1 tbsp. black pepper. |

CATSUP.

Mrs. W. Reed.

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|-----------------------|-----------------------|
| 2 baskets tomatoes. | ¼ lb. whole pepper. |
| 1 lb. salt. | ¼ lb. whole allspice. |
| 2 lbs. br. sugar. | 1 oz. whole cloves. |
| 20 cloves, garlic. | 3 tbsp. mustard. |
| 6 large onions. | 1 qt. vinegar. |
| 1 oz. cayenne pepper. | |

Skin tomatoes, then add salt, sugar and cayenne pepper to taste; cut onions and garlic fine; tie whole spices in muslin bag, leave them in mixture about 3 hours; boil mixture 4 hours, stirring constantly; when done strain through a wire sieve, then blend vinegar and mustard together, add it to mixture. Stir thoroughly. Bottle.

YELLOW PICKLE.

V. Croft.

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|---------------------------------------|-----------------------|
| 4 large green peppers. | 2 small onions. |
| Slice 2 qts. or 4 large
cucumbers. | 4 large cauliflowers. |
| 2 qts. green tomatoes. | 4 bunches celery. |

Cover with salt and let stand 24 hours, then drain.

DRESSING.

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|--------------------|----------------------|
| 1 c. mustard seed. | 3½ c. br. sugar. |
| 2 tbsp. mustard. | 2 tbsp. turmeric. |
| 2½ c. flour. | 1 pt. cider vinegar. |

Put on to scald 3½ pts. white wine vinegar. When scalding add mixture and vegetables. Leave on stove to get soft, but do not boil, just scald.

CATSUP.

Mrs. Turner.

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|-------------------------|------------------------|
| 1 bushel ripe tomatoes. | ¼ lb. allspice. |
| ½ gallon best vinegar. | 2 oz. cayenne pepper. |
| Salt to taste. | 3 tbsp. ground pepper. |
| 2 oz. cloves. | |

Boil tomatoes till soft and press through fine sieve. Mix all together and boil 3 hours or till reduced one-half.

QUEEN OF PICKLES.

H.

Chop—	2 qts. onions.
2 qts. green tomatoes.	2 heads cauliflower.
2 qts. cucumbers.	2 bunches celery.

Sprinkle with salt and let stand till morning, then drain through colander. Take 3 qts. white wine vinegar, keep 1 c. out. Put vinegar on to boil. In the cup dissolve:

2 c. br. sugar.	1 egg.
1½ c. mustard.	1 oz. turmeric.
¾ c. flour.	1 doz. chilies.
½ c. butter.	

When vinegar boils stir in mixture and let boil 10 minutes. Pour this over chopped vegetables, stirring well, and bottle hot. If desired you can boil all together for a few seconds.

MUSTARD PICKLE.

Mrs. H. N. Winter.

1 qt. small onions.	1 qt. cauliflower, pulled apart.
1 qt. chopped onions.	1 qt. chopped celery.
1 qt. small cucumbers.	3 green peppers, chopped.
1 qt. chopped cucumbers.	

Cover with boiling hot brine over night; pour off brine; add:

1 qt. vinegar.	¼ oz. celery seed.
3 c. br. sugar.	2 oz. mustard seed.

Let boil. Make ¾ c. flour, ¼ lb. mustard, 1 oz. turmeric, into paste with water. Boil all together and bottle.

SPICED GRAPES.

7 lbs. fruit.	4 tsp. ground cinnamon.
1 pt. vinegar.	5 tsp. ground cloves.
4 lbs. sugar.	

Remove skins of grapes and boil pulp till soft; strain through fine sieve, then add skins and other ingredients. Boil two hours. Bottle.

GRAPE CATSUP.

Five lbs. of grapes; boil, and put through colander; add:

3 lbs. sugar.	1 tsp. cloves.
1 pt. vinegar.	1 tsp. allspice.
1 tsp. cinnamon.	1 small tsp. black pepper.

Boil 1 hour. Bottle when hot.

MUSTARD CHOW-CHOW.

1 qt. large cucumbers, cut fine.	1 large cauliflower.
1 qt. onions.	4 green peppers.

Put in separate dishes and cover with hot brine. Let stand over night; drain well, and add:

7 c. br. sugar.	$\frac{1}{4}$ lb. white mustard seed.
$\frac{1}{2}$ gallon vinegar.	$\frac{1}{2}$ oz. celery seed.

Let come to a boil, then make a paste of:

$\frac{3}{4}$ cup flour.	$\frac{1}{2}$ oz. turmeric.
$\frac{1}{4}$ lb. mustard.	

Add this slowly and scald. Do not leave on the fire long. Bottle when hot.

BREAD AND BISCUITS

GENERAL RULES.

Use flour containing a large per cent. of gluten, or entire wheat flour. It should be kept in a dry place, and will make better bread if it is heated just before it is used.

Scald milk to prevent souring; use milk and water lukewarm.

Yeast should be fresh. $\frac{1}{2}$ cake yeast should be used with 1 qt. liquid if the bread is set at night; 2 cakes if set in the morning. Dissolve 1 yeast cake in $\frac{1}{4}$ c. lukewarm water. 1 c. liquid will make one loaf.

Bread should be baked in moderately hot oven from 30 minutes to 1 hour, depending on size and number of loaves. When cold, put in a clean, ventilated, tin box, and keep in a cool, dry place.

BREAD.

Mrs. Ritchie.

Boil 12 large potatoes, put through a colander, then add enough water to make 5 qts. in all. Make sponge of 3 cups flour and water, and add 1 Royal Yeast cake. When light mix with potatoes and warm water and let rise over night. Keep quite warm. In morning add $\frac{3}{4}$ c. salt and 1 c. white sugar. Keep in a jar in a cool place. Freezing does not affect it. To bake with take 1 qt. liquid for 3 loaves bread and stir on stove till just lukewarm. Mix until it will not stick to hands, or as any bread. Let rise till light and put in pans and rise again. Keep warm.

CORN BREAD.

Mix together in a bowl 1 c. corn meal, 1 c. flour, 1 c. sugar, and 1 tsp. salt. Add 1 c. milk and give the mixture a good beating. Melt a tbsp. dripping or butter and stir into the batter; beat an egg very light and stir in. Then add 4 tsp. baking powder. Mix very quickly. Bake 20 minutes.

BROWN BREAD.*Mrs. J. Carter.*

1 c. sour milk.	1 tsp. soda.
2 c. sweet milk.	$\frac{1}{2}$ c. br. sugar.
1 tsp. salt.	5 c. graham flour.
$\frac{1}{2}$ c. molasses.	

Stir well. 1 tsp. melted butter. Steam in a 2 qt. buttered mould for 3 hours, then set in a moderate oven for half an hour to dry.

YEAST FOR BREAD.*Mrs. J. J. Redditt.*

3 tbsp. flour.	2 tbsp. salt.
2 tbsp. sugar.	

Mix together and add 1 pt. of boiling water, boil 12 potatoes in 3 pts. of water, mash through a colander, add 1 qt. of water. Mix with first mixture and add 2 Royal Yeast cakes.

BREAD.*Mrs. J. J. Redditt.*

3 pts. yeast mixture.	Salt to taste.
1 tbsp. lard.	1 pt. warm water.
1 tbsp. sugar.	

Mix stiff, let rise, mix and put in pans.

QUICK SALLY LUNN.*M. F. Williams.*

3 eggs.	3 c. flour.
$\frac{1}{2}$ c. butter.	2 tsp. baking powder.
1 c. milk.	$\frac{1}{2}$ tsp. salt.

Stir the melted butter into the yolks, add the milk, the flour and baking powder and the whites last. Bake in one loaf in a steady oven.

POOR MAN'S BUNS.*Mrs. G. H. Wood.*

Three c. flour, 3 tsp. baking powder, pinch salt, lard size of egg rubbed into flour, cold water to make a real stiff batter, drop in tablespoonfuls in buttered tin and bake in hot oven. This for immediate use; add an egg and mix with milk instead of water if you wish to use them cold.

GRAHAM GEMS.*Mrs. Williams.*

Beat well 1 tbsp. butter and 1 small $\frac{1}{2}$ c. br. sugar, add 1 beaten egg, 1 c. sour milk in which dissolve $\frac{1}{2}$ tsp. soda, 1 c. flour in which sift $1\frac{1}{2}$ tsp. baking powder and 1 c. graham flour. Bake in gem pans.

GRAHAM MUFFINS.

Laura Hunt.

1 c. graham flour.	3½ tsp. baking powder.
1 c. white flour.	1 c. milk.
¼ c. sugar.	1 egg.
1 tsp. salt.	2 tbsp. melted butter.

Mix and sift the dry ingredients, add the milk, then well-beaten eggs and melted butter; pour into a buttered muffin pan and bake 20 minutes in a moderate oven.

JOHNNY CAKE.

4 c. flour.	4 eggs.
2 c. corn meal.	1 c. butter.
2 c. sugar.	

Mix with sour milk and soda.

SCONES.

"Langside."

2 c. sifted flour.	1 smooth tsp. sugar.
2 tsp. baking powder.	1 smooth tsp. salt.

Mix with sweet milk to a light dough, cut in two and roll out. This quantity makes eight scones. Bake in a frying-pan on top of stove. Pan must be perfectly dry and free from grease.

GRAHAM GEMS.

Mrs. Sims.

1 c. white flour.	1 egg.
1 c. graham flour.	½ c. white sugar.
1 c. milk.	3 tsp. baking powder.

This can be baked in one large pan or several small ones. To be eaten hot with butter.

BROWN LOAF.

Mrs. E. S. Howard.

2 c. buttermilk.	1 tsp. soda.
½ c. corn meal.	Graham flour to make a stiff batter.
½ c. rolled oats.	
1 tsp. salt.	

Bake in slow oven.

BRAN GEMS.

Mrs. J. Carter.

1 egg.	1 c. bran.
2 tsp. lard.	1 tsp. soda.
½ c. sugar.	Little salt.
1½ c. buttermilk.	Flour to stiffen.

PIES, PUDDINGS AND DESSERTS

PUFF PASTE.

1 lb. sifted flour.	1 tsp. sugar.
1 lb. butter.	White 1 egg.
1 tsp. salt.	1 c. or more cold water.

Rinse a large bowl with boiling water, then fill with cold water and allow it to stand until cold. When cold pour out the water and nearly fill with fresh cold water. Wash the hands in cold water but do not wipe them. Wash the butter by working it with the hands under the water until it becomes soft and pliable, then pat to free from water. Reserve 2 tbsp. and form remainder into a cake; place on a plate and set on the ice to chill. Put the flour on a large platter, make a depression in the centre, and in it put reserved butter, salt, sugar and egg. Work to a paste with the tips of the fingers, add cold water slowly and gradually work in the flour, mixing to a soft dough; knead until smooth and elastic. Roll into a rectangular sheet, cut chilled butter into small pieces and place on lower half of paste. Dredge well with flour and fold upper half of paste over the lower, press edges together, pat and roll into a long sheet, $\frac{1}{4}$ inch thick. Fold in the sides and then the ends to the centre, turn paste half-way round, then pat and roll as before. Repeat until it has been rolled and folded six times. (If paste sticks to board it must be chilled between rollings.) Chill, shape as desired and chill thoroughly again before baking. The paste should be ice cold when put into the oven. The oven should be hot. If too hot the paste will begin to brown before it has puffed. When paste has puffed, decrease the heat of the oven, and slip inverted pan under baking sheet to prevent paste from burning.

PUMPKIN PIE.

Mrs. Mellish.

2 c. pumpkin.	1 tbsp. ginger.
$\frac{3}{4}$ c. br. sugar.	1 tsp. cinnamon.
3 eggs.	$2\frac{1}{2}$ teacups milk.
2 tbsp. molasses.	A little salt.
1 tbsp. melted butter.	

Makes 3 average pies.

LEMON PUDDING.

Mrs. Charles Likens.

Juice of 2 lemons.	$1\frac{1}{2}$ spoons butter.
Rind of 1 lemon.	$1\frac{1}{2}$ c. sugar.
1 tbsp. flour.	Yolk of egg.
1 tbsp. corn starch.	$\frac{1}{2}$ pt. water.

Put on to boil. Stir in the white of egg.

QUICK PUFF PUDDING.

Mrs. McK.

One pt. flour, 2 tsp. baking powder, little salt. Add milk till very soft. Place in steamer well greased cups. Put in each a spoonful batter, then one of berries, then batter. Steam 25 minutes.

SAUCE.—2 eggs, $\frac{1}{2}$ c. butter, 1 c. sugar, beaten with 1 c. boiling milk.

BLACK PUDDING.

Mrs. F.

$\frac{2}{3}$ c. chopped suet.	1 tsp. cinnamon.
1 c. raisins.	1 tsp. nutmeg.
1 c. sweet milk.	1 tsp. cloves.
1 c. molasses.	5 c. flour.
1 tsp. soda.	

Steam 3 hours.

PRUNE WHIP.

2 lbs. prunes.	1 c. sugar (gran.).
$\frac{1}{4}$ lb. walnuts or almonds.	1 c. whipped cream.
2 eggs (whites).	

Stew prunes until very tender; when cold remove stones, chop fine, then add nuts chopped fine; then add whites of eggs, sugar and whipped cream. Mix all thoroughly. Before serving spread whipped cream on top.

MAPLE PUDDING.

S. H.

1 pt. milk.	2 even tsp. corn starch.
1 egg.	$\frac{1}{2}$ c. brown sugar.

Put milk in double boiler and let boil. Mix egg and corn starch and some of the cold milk. Put the sugar in a saucepan and let brown, stirring all the time, then add to boiling milk; next add corn starch, and let all cook together for a few minutes.

ITALIAN CREAM.

Aunt Sarah.

One-half c. gelatine dissolved in $\frac{3}{4}$ c. hot water. 1 pt. milk in double boiler. When it boils add the gelatine, also 1 c. sugar and yolks of 3 eggs well beaten. The moment it begins to thicken take it off and add the whites of eggs well beaten. Flavor with lemon or vanilla. Add pinch of salt. Pour in mould and chill.

ALMOND CREAM PUDDING.

Mrs. G. H. Wood.

Soak 3 tbsp. gelatine in cold water; when soft add 1 c. boiling water, stir well and set aside to cool. Whip $\frac{1}{2}$ pt. cream, chop $\frac{1}{2}$ c. blanched almonds, beat 2 eggs very light and whip in a c. of sugar. When the gelatine is cool add to it the eggs and sugar, then the whipped cream and 1 tsp. lemon juice, lastly the almonds.

SNOWFLAKE PUDDING.

Mrs. G. H. Wood.

$\frac{1}{2}$ c. butter.	2 c. flour.
1 c. sugar.	1 tsp. baking powder.
$\frac{1}{2}$ c. milk.	Whites of 4 eggs.

Turn into buttered cups and steam $\frac{1}{2}$ hour.

SAUCE.—1 c. boiling grape juice; beat 2 tbsp. brown sugar and 2 tbsp. butter to a cream; add 1 egg beaten light; add to grape juice.

MAPLE BISQUE.

Mrs. G. H. Wood.

Boil 1 c. maple syrup two or three minutes, add yolks 4 eggs, stir until thick, 1 tbsp. gelatine soaked until dissolved in hot water. Let cool a little and beat in 1 pt. cream whipped, also whites of eggs. Cool in mould on ice. For 12 persons.

RASPBERRY WHIP.

Mrs. G. H. Wood.

$1\frac{1}{4}$ c. fresh raspberries, 1 c. powdered sugar, white of 1 egg put in bowl, and whip with wire for 30 minutes. Pile lightly on dish and surround with lady fingers. Serve with boiled custard if desired.

PLUM PUDDING WITHOUT EGGS.

1 qt. flour.	$\frac{1}{2}$ lb. mixed peel.
$\frac{3}{4}$ lb. suet.	2 tsp. soda.
2 c. brown sugar.	1 tsp. allspice.
Salt.	1 tsp. cloves.
1 lb. raisins.	1 tsp. cinnamon.
1 lb. currants.	$\frac{1}{2}$ nutmeg.

Milk or water enough to make stiff so spoon will stand up in it. Steam or boil 3 or 4 hours.

CUP PUDDING.

Mrs. Johnston.

2 eggs.	2 c. flour.
$\frac{1}{2}$ c. sugar.	$\frac{1}{4}$ tsp. salt.
1 tbsp. butter.	2 tsp. baking powder.
$\frac{1}{2}$ c. sweet milk.	

Beat eggs, butter and sugar together, then add milk; mix baking powder in flour and add last; put small amount of mixture in bottom of cup, then cover with fruit and put more over until cup is $\frac{3}{4}$ full. Steam for 1 hour. This makes six cups.

TRIFLE PUDDING.

Mrs. Sims.

Put 2 c. of milk on to boil. Take yolks of 2 eggs, 3 tbsp. sugar, 1 heaping tbsp. corn starch, a pinch of salt; beat together until light. When milk boils stir in the mixture slowly. Cook until thick. Pour into a dish and cover with a layer of vanilla wafers. Spread any jelly or fruit juice preferred on top. Then cover with the whites of eggs beaten to a froth, with dtsp. of icing sugar. Brown slightly.

ENGLISH PLUM PUDDING.

Mrs. J. W. Stewart.

1 lb. currants.	2 grated nutmegs.
1 lb. raisins,	1 dtsp. salt.
1 lb. suet.	1 c. fruit juice.
1 lb. figs.	1 c. molasses.
1 lb. stale bread crumbs.	Juice and grated rind of 2 lemons.
1 lb. brown sugar.	8 eggs.
½ lb. shelled almonds.	
½ lb. mixed peel.	

Put in sealers and cork. Take out required amount for meal, put in buttered cloth or dish and steam for 2 hours.

LEMON PUDDING.

Mrs. Johnston.

Grate 1 lemon, all but white. To rind and juice add yolks of 3 eggs, 1 c. sugar, 1 c. water, 2 tbsp. flour, and ¼ tsp. salt. Stir mixture into a pt. of boiling water; stir till thick. Turn into a pudding dish. Beat whites of eggs very stiff, add sugar to taste, spread on top and brown in oven.

CARAMEL SAUCE FOR GINGER PUDDING.

L. O.

1 c. brown sugar. 1 tbsp. butter.

Stir on the stove till a rich brown, not burnt. Add a pt. of boiling water, a few drops of vanilla, and thicken with a tbsp. of flour.

CHERRY PUDDING.

J. M. E.

2 eggs well beaten. 1 tbsp. melted butter.
1 c. milk. 1½ c. flour.
½ tsp. salt.

Beat well, then add 2 tsp. baking powder. Beat again, and turn into a greased baking-pan. Have stoned 2 lbs. of pie cherries, put them over the top, press down, and strew over with gr. sugar. Bake in a quick oven 25 minutes. Serve with cream or hard sauce.

CARROT PUDDING.*Mrs. Johnston.*

1 c. grated carrot.	1 c. sugar.
1 c. grated potato.	1 c. currants.
1 c. suet, chopped fine.	$\frac{1}{2}$ tsp. salt.
1 c. raisins, seeded and chopped.	1 tsp. soda.
	$1\frac{1}{2}$ c. flour.

Mix all together and steam or boil about 3 hours.

CREAM PIE.*Mrs. J. J. Redditt.*

2 eggs.	1 dtsp. butter.
4 dtsp. white sugar.	$\frac{1}{2}$ pt. milk.
1 dtsp. flour.	Flavoring.

Beat all together and bake in an undercrust.

EGG TART.*Mrs. J. W. Stewart.*

3 eggs.	$1\frac{1}{2}$ c. currants.
$1\frac{1}{2}$ c. white sugar.	$\frac{1}{2}$ nutmeg.
$\frac{1}{2}$ c. butter.	$\frac{1}{2}$ lemon peel.

Bake in small bread pan with rich upper and lower crust.

CURRENT TARTS.*Mrs. Hemsworth.*

1 c. brown sugar.	Butter size of egg.
1 c. currants.	Flavor with lemon.
2 eggs.	

Mix all together. Line patty tins with light crust and half fill with mixture.

CARAMEL PUDDING.*Mrs. Hemsworth.*

One c. brown sugar (burn it), 1 pt. milk and pinch of salt. Let milk boil, add sugar. When melted thicken with corn starch. Add walnuts and vanilla flavoring.

FRIED DRIED APPLE TURNOVERS.*Grandmother Lewis.*

Prepare and stew dried apples as for sauce. Flavor with cinnamon or any other flavoring preferred. Make a light biscuit dough. Roll out pieces about size of saucer. Put on a tbsp. of sauce, wet edges and double over. Fry in boiling fat as for doughnuts.

RAISIN PIE.*E. M. R.*

One lb. raisins boiled 1 hour with water enough to cover, $\frac{1}{2}$ c. white sugar, juice and grated rind of 1 lemon, 2 tbsp. flour. Bake between two crusts. This will make several pies.

RATAFIA PUDDING.*Mrs. Sinclair.*

Put 4 or 5 sponge cakes in glass dish (or any dish you like), broken up, and a layer of raspberry or strawberry jam, 1 oz. of ratafia biscuits, also broken up, and sprinkle on top of jam layer, then pour over a nice custard (cold), and on top of that another oz. of ratafia biscuits broken up and just sprinkled over the custard, then whip some cream and put on top of all.

LEMON PIE.

Juice and grated rind of 1 lemon.	1 tbsp. corn starch. Small piece of butter.
Yolks of 2 eggs.	2 c. water.
1 c. gran. sugar.	

DEEP APPLE PIE.

Place a border of plain or puff paste around a basin or deep pie dish, put an egg cup reversed in the centre, and fill with tart apples, pared, cored and sliced. Sweeten to taste and season with cloves or nutmeg. Cover with a crust and bake in a hot oven for $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Plums make a good pie when treated in the same way. Serve with cream.

CHOCOLATE PIE.

Three eggs (save 2 whites for frosting), $\frac{1}{2}$ c. sweet milk, $\frac{1}{3}$ c. grated chocolate boiled in the milk, thicken with 1 tsp. corn starch, let cool, add the eggs, 1 c. sugar. Bake in crust.

COCOANUT PIE.

For 2 pies: 2 c. sugar, 1 c. butter, 4 eggs, 1 qt. milk, 1 coconut grated, 1 tsp. lemon flavoring.

RAISIN PIE.*Mrs. C. M. Clode.*

1 c. raisins, stoned and chopped.	$\frac{3}{4}$ c. brown sugar. A dash of nutmeg
$1\frac{1}{4}$ c. water.	

Cook until raisins are tender, then thicken with a tbsp. of flour, add to paste and bake.

A VERY NICE DESSERT.*Mrs. Miles Kinsman.*

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|--------------------------|-------------------|
| 1 pt. milk. | Yolks of 4 eggs. |
| $\frac{1}{4}$ lb. sugar. | 1 tbsp. gelatine. |
| Rind of lemon or orange. | |

Bring to a boil and add yolks; then cool and add whites beaten to a stiff froth. Decorate mould with cherries or raisins and stand over night.

FIG PUDDING.*E. M. Rowland.*

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| $\frac{1}{2}$ lb. suet. | 1 nutmeg. |
| 1 lb. figs, chopped. | $\frac{1}{2}$ tsp. baking powder. |
| 1 lb. bread crumbs. | Milk enough to moisten. |
| 2 c. brown sugar. | 1 c. flour. |
| 3 eggs. | |

Boil 3 hours in cloth.

CARROT PUDDING.*Mrs. Wm. H. Thomson.*

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|-----------------------|-------------------|
| 1 c. grated carrots. | 1 c. brown sugar. |
| 1 c. grated potatoes. | 2 c. flour. |
| 1 c. suet. | 1 tsp. soda. |
| 1 c. currants. | A little salt. |

Boil 3 hours.

SUET PUDDING.*Mrs. H. N. Winter.*

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|----------------------------------|-------------------------------------|
| 1 c. stoned and chopped raisins. | 1 tsp. soda dissolved in hot water. |
| 1 c. chopped suet. | Flour enough to make stiff. |
| 1 c. brown sugar. | Saltspoon salt. |
| 1 c. sour milk. | 1 tsp. Pure Gold pastry spice. |
| 2 tbsp. molasses. | |

Steam $1\frac{1}{2}$ hours.

SUET PUDDING.*Mrs. Sims.*

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|------------------|----------------------------|
| 1 c. molasses. | 2 c. raisins. |
| 1 c. suet. | $2\frac{1}{2}$ c. flour. |
| 1 c. sweet milk. | 1 tsp. cinnamon. |
| 1 tsp. soda. | $\frac{1}{2}$ tsp. nutmeg. |

Steam 2 hours. Serve with sauce flavored with essence of lemon.

CHRISTMAS PUDDING.

"Langside."

4 oz. flour.	8 oz. currants.
6 oz. chopped suet.	10 oz. brown bread crumbs.
6 oz. sugar.	$\frac{1}{2}$ tsp. nutmeg, mixed with
6 oz. stoned raisins.	pounded mace.
6 oz. apple.	A very little salt.
2 oz. candied lemon peel (or	3 whole eggs.
half a candied lemon).	

Boil $3\frac{1}{2}$ hours.

SPANISH CREAM.

Mrs. Carey.

Boil $\frac{1}{3}$ package of Cox's gelatine, or 12 sheets of gelatine, in 1 qt. of milk until dissolved; add the yolks of 4 eggs well beaten, 1 c. sugar; stir it over the fire till eggs thicken; beat the whites to a stiff froth; pour the other over and stir quickly into moulds. Flavor with 1 tbsp. vanilla. May use $\frac{1}{2}$ quantity for small family.

GINGER PUDDING.

L. C.

3 c. flour.	1 tbsp. ground ginger.
1 c. finely chopped suet.	1 tsp. baking soda.
1 c. molasses.	A pinch salt.
1 c. sweet milk.	

Steam 2 hours.

FIG PUDDING.

Mrs. J. J. Redditt.

$\frac{1}{2}$ lb. suet.	$\frac{1}{2}$ lb. sugar.
1 c. flour.	1 egg.
$\frac{1}{2}$ lb. figs, chopped.	1 nutmeg.
1 lb. bread crumbs.	$\frac{1}{2}$ tsp. baking soda.

Grease mould well. Boil 3 hours.

CHOCOLATE CHARLOTTE.

Soak $\frac{1}{4}$ package of gelatine in $\frac{1}{2}$ c. of milk $\frac{1}{2}$ an hour. Whip 1 pt. of cream stiff, 2 tbsp. sugar, put 2 tbsp. Cowan's Perfection Chocolate (grated fine) into a pan with 2 tbsp. sugar, 2 tbsp. boiling water, stir over fire until smooth paste; add to this the soaked gelatine; stir until the gelatine is dissolved; beat till cool and add to the whipped cream; whip till it thickens, pour into a mould and put in a cool place. At serving time whip one pint of cream stiff, add sugar and vanilla to taste, and serve with chocolate.

CARROT PUDDING.*E. M. Rowland.*

1 lb. grated potatoes.	1 c. molasses.
1 lb. grated carrots.	1 lb. flour.
1 lb. suet.	½ lb. bread crumbs.
1 lb. currants.	1 tsp. salt.
1 lb. raisins.	1 nutmeg.
½ lb. sugar.	

Boil 4 hours and do not allow for swelling.

FIG PUDDING.*Mrs. Hemsworth.*

1 c. figs.	1 c. bread crumbs.
1 c. suet.	¼ c. milk.
1 c. brown sugar.	1 egg.

Steam 2 hours.

MINCE MEAT.*Late Mrs. Oliver, Grainger.*

3 c. sugar (white).	2 tbsp. butter.
9 large apples.	Nutmeg.
1 lb. currants.	Vanilla and lemon extract.
1 lb. raisins.	1 lb fresh meat boiled 2 or
2 oz. lemon, citron, orange peel.	3 hours.

When meat is cold chop very fine, then mix all together.

RICE PUDDING.*Mrs. J. W. Fooks.*

1½ pts. milk.	Good 2 tsp. butter.
3 tbsp. rice.	½ tsp. vanilla.
3 tbsp. sugar.	Little nutmeg grated on top.

Bake in very slow oven till brown on top. Cook for about 1½ hours.

MEAT PIE.*Mrs. W. J. Francis, Montreal.*

Take 2 c. of tomatoes, put in a deep dish with a little salt; then cut cold meat very thin and cover with tomatoes, with a little pepper and salt; then peel and slice potatoes very thin; put pieces of butter on here and there, with little pepper and salt and celery salt, and keep on till dish is full, with butter and salt always on the top. Bake.

CHOCOLATE PUDDING.

3 c. milk.	3 tbsp. sugar.
1 c. bread crumbs.	2 eggs.
2 tbsp. Cowan's Perfection	Pinch of salt.
Chocolate (grated fine).	A little vanilla.

Put the milk in a saucepan on the fire, add bread crumbs, sugar and chocolate, stir until it boils. Take from fire, and when cool add yolks of 2 eggs, salt and vanilla. Pour into a buttered dish and bake half an hour. Whip the whites of the eggs and put on the top.

CARROT PUDDING.

Mrs. Carter.

1 c. grated carrots.	1 c. currants.
1 c. grated potatoes.	1½ c. flour.
Small c. sugar.	Small tsp. salt.
¾ c. suet.	Small tsp. soda.
1 c. raisins.	Any kind of spice.

PUDDING SAUCES.

1 c. sugar.	1 tsp. corn starch.
¼ c. butter.	1½ c. boiling water.
Yolk of 1 egg.	

When ready to serve add beaten white of 1 egg.

LEMON SAUCE.

1 c. butter.	Add 2 eggs beaten well.
2 c. sugar.	¾ c. lemon juice.

Cook in double boiler ten minutes, stirring often.

CUSTARD SAUCE.

¾ c. milk.	3 tsp. sugar.
Yolks of 3 eggs.	Flavor to taste.

MOTHER HUBBARD'S SAUCE.

1 tbsp. flour.	Grated peel.
Butter size of an egg.	Juice of 2 lemons.
1 c. sugar.	

Mix flour and butter together; add sugar and lemon; put into ½ pt. boiling water, boil until it thickens, cool a little, then add well beaten egg.

BROADWAY SAUCE.

$\frac{1}{2}$ c. icing sugar.	1 tsp. vanilla.
2 tbs. butter.	Dust of nutmeg.

Cream butter, then add sugar and mix well, then add vanilla and nutmeg.

CAKES**GENERAL RULES FOR BUTTER CAKES.**

Use fresh butter, fresh eggs, pastry flour, and fruit or fine granulated sugar.

The oven must be ready when cake is mixed, the pans well greased. A greased paper may be placed in bottom of pan.

The flour and baking powder—and spices if used—should be mixed and sifted together.

The butter should be creamed, the sugar added gradually to it and creamed.

The yolks and whites of eggs should be beaten separately, and the yolks added to butter and sugar.

The milk and sifted dry ingredients are added alternately, then the flavoring and whites of eggs last.

When fruit is added, save a little of the flour to cover it, and add just before the whites of the eggs.

If only yolks of eggs are used the cake is richer; if only whites, it is lighter.

Time for baking varies with the size and kind of cake—layer cakes 25 to 30 minutes; loaf cakes 40 to 50 minutes.

SOUR MILK CAKE.

Mrs. C. M. Clode.

1 c. sour milk.	1 egg.
1 c. sugar.	1 tsp. soda.
$\frac{1}{2}$ c. butter.	$\frac{1}{2}$ c. chopped raisins.
2 c. flour.	Spice to suit taste.

Very nice with a little lemon peel added.

NUT BREAD.

Mrs. G. H. Wood.

4 c. flour.	1 tsp. salt.
4 tsp. baking powder.	$\frac{1}{4}$ lb. walnuts.
1 c. sugar.	2 c. milk.
1 egg.	

Makes a stiff batter. Put in buttered tin; let stand 20 minutes. Bake in moderate oven about an hour.

MARBLE CAKE.*Mrs. J. Carter.*

LIGHT PART.

1 heaping cup white sugar.	1 tsp. soda.
$\frac{3}{4}$ c. butter.	2 tsp. cream of tartar.
Whites of 4 eggs well beaten.	Lemon flavoring.
$\frac{2}{3}$ c. sweet milk.	About 2 c. flour.

DARK PART.

$\frac{2}{3}$ c. dk. brown sugar.	Good $\frac{1}{2}$ c. sweet milk.
$\frac{1}{2}$ c. butter.	Small tsp. soda, cinnamon,
Yolks of 4 eggs.	cloves and allspice.
$\frac{1}{2}$ c. molasses.	

Do not mix as stiff as light part.

CORONATION LAYER CAKE.

2 eggs.	$1\frac{1}{2}$ c. flour.
1 c. brown sugar.	$\frac{3}{4}$ tsp. nutmeg (ground).
$\frac{1}{2}$ c. butter.	$\frac{1}{4}$ tsp. cloves.
1 c. sour milk.	$\frac{1}{4}$ tsp. cinnamon.
1 tsp. soda.	1 c. chopped raisins.

ICING.

$\frac{1}{2}$ lb. icing sugar.	$\frac{1}{4}$ c. chopped walnuts.
1 tsp. butter.	Moisten with milk.

WALNUT CAKE.*Mrs. J. H. Fryer.*

1 c. sugar.	1 c. corn starch.
3 tbsp. butter.	3 small tsp. baking powder.
$\frac{1}{2}$ c. milk.	Whites of 2 eggs.
$1\frac{1}{2}$ c. flour.	1 c. chopped walnuts.

Bake in moderate oven.

COCOANUT KISSES.Whites of 3 eggs, 1 c. granulated sugar, beat stiff and add 1 dtsp. corn starch. Boil for 12 minutes in double boiler. Stir in $\frac{1}{2}$ lb. shredded coconut, flavor to taste, drop in buttered tins, and bake.**NUT WAFERS.***Mrs. J. Carter.*

Quarter c. each butter, sugar and flour, 1 egg, cup of finely chopped nuts, cream butter and sugar together, add egg well beaten, then flour, and lastly nuts. Drop small spoonful on buttered tins. Bake in moderate oven.

SHORT CAKE.

$\frac{1}{2}$ lb. rice flour.	3 lemons.
$\frac{3}{4}$ lb. butter.	$2\frac{1}{2}$ lbs. flour.
$\frac{3}{4}$ lb. lard.	$1\frac{1}{2}$ tsp. baking soda.
$\frac{3}{4}$ lb. light brown sugar.	

Cream lard and butter very light, stir in sugar, sift soda in the flour, have lemon juice ready, and put to lard and sugar, then add the sifted flour; mix well and knead about 20 minutes. Mould and bake in a moderate oven to a good brown.

SPANISH BUN.

Mrs. C. Likens.

4 eggs (leave out 3 whites for icing).	1 tbsp. ground cloves.
$\frac{3}{4}$ c. shortening.	(And any other spices preferred.)
2 c. sugar.	2 c. flour.
1 c. sweet milk.	3 tsp. baking powder.
1 tbsp. ground cinnamon.	

ICING FOR THE ABOVE.—1 c. brown sugar, boiled until it strings, pour over beaten whites; whites must be stiff and put in about a tbsp. at a time.

DATE BROWNIES.

Mrs. J. Carter.

2 eggs.	$2\frac{1}{2}$ tsp. baking powder.
$\frac{1}{2}$ c. butter.	$2\frac{1}{2}$ c. rolled oats.
1 c. brown sugar.	2 tsp. milk.
$2\frac{1}{2}$ c. flour.	

Mix enough flour to roll.

FILLING FOR DATE BROWNIES.

1 lb. stoned dates.	1 c. water.
1 c. brown sugar.	

Boil 15 minutes. Cut cakes in squares, fill with dates. Bake in hot oven.

EGGLESS CAKE.

Mrs. J. Carter.

1 lb. raisins.	1 tsp. soda.
$\frac{1}{2}$ tsp. cinnamon.	3 c. flour.
$\frac{1}{2}$ tsp. cloves.	1 c. brown sugar.
$\frac{1}{2}$ tsp. nutmeg.	$\frac{1}{2}$ c. butter.
$1\frac{1}{2}$ c. sour milk.	

Bake in a moderate oven for 1 hour.

GINGERBREAD.*Mrs. H. N. Winter.*

$\frac{1}{2}$ c. sugar.	1 c. sour milk.
$\frac{1}{2}$ c. butter.	$2\frac{1}{2}$ c. flour.
1 c. molasses.	$\frac{1}{2}$ tsp. ginger.
1 egg.	1 tsp. soda.

DEVIL CAKE.*Mrs. B. Crown.*

2 c. sugar.	1 tsp. baking soda.
$\frac{1}{2}$ c. butter.	3 c. flour.
1 c. milk.	1 tsp. vanilla.
1 c. boiling water.	4 sticks of chocolate, grated.
2 eggs beaten to a cream.	

Bake in meat pan.

CHOCOLATE DROP CAKES.*Mrs. J. W. Fooks.*

1 egg.	1 c. cocoanut.
$\frac{3}{4}$ c. white sugar.	1 good tsp. vanilla.
$\frac{1}{2}$ c. butter.	$2\frac{1}{2}$ c. flour.
$\frac{3}{4}$ c. grated chocolate (unsweetened).	2 good tsp. baking powder.

Add enough sweet milk so it will drop off spoon; beat egg; cream sugar, butter and chocolate together; then beat egg with butter, sugar and chocolate; add cocoanut, vanilla, flour, baking powder; drop in well buttered pan 3 in. apart and bake in good oven.

ROLLED OAT CAKES.*Mrs. J. W. Fooks.*

2 eggs.	2 tsp. baking powder.
1 c. white sugar.	1 tsp. vanilla.
1 c. cocoanut.	About 1 lb. Quaker Oats.
2 tbsp. butter.	

Beat eggs, cream butter and sugar, add cocoanut, baking powder and vanilla, then work in rolled oats; make in little balls, put in buttered pan, about 2 in. apart. Takes about 5 minutes in good oven.

SPICE FRUIT CAKE.*Mrs. W. J. Francis.*

3 c. flour.	$\frac{1}{2}$ c. milk.
3 tsp. baking powder.	$\frac{1}{2}$ c. butter.
Yolks of 6 eggs.	1 c. brown sugar.
1 c. currants.	1 tsp. each cinnamon, cloves,
1 c. raisins.	allspice and vanilla.

ANGEL CAKE.*Mrs. Jack Fooks.*

Whites of 6 eggs (must be very fresh), $\frac{3}{4}$ c. white sugar; sift once; $1\frac{1}{2}$ c. flour sifted with $1\frac{1}{2}$ tsp. cream of tartar 4 times, $1\frac{1}{2}$ tsp. vanilla. Bake 40 minutes, slow oven.

DATE SHORTCAKE.*Mrs. J. W. Fooks.*

Make a rich pie crust of lard, butter, flour and baking powder, mixed with milk, not water; roll out very thin and spread on lard and butter all over; cut up dates and drop all over this, then sprinkle with white sugar; roll out another piece thin and put on top and cut about 2 in. square. Put in well buttered pan and bake.

FRUIT CAKE.*Mrs. E. S. Howard.*

1 lb. butter.	1 lb. mixed peel.
1 lb. brown sugar.	1 tbsp. spices.
10 eggs.	$\frac{1}{4}$ lb. blanched almonds.
3 lbs. currants.	$1\frac{1}{2}$ c. flour.

Flavor with rose water. Bake in slow oven.

ICING FOR CAKE.—1 lb. blanched almonds, yolks of 3 eggs, made into a paste with icing sugar; flavor with rose water.

HERMITS.*J. M. E.*

3 eggs.	Very little citron, cut fine.
1 c. butter.	1 tsp. each, cloves, cinnamon,
$1\frac{1}{2}$ c. sugar.	allspice and soda.
1 c. chopped raisins.	Flour enough to roll them.

Roll thin, cut in rounds. These keep like fruit cake.

MACAROONS.*Mrs. Miles Kinsman.*

4 whites of eggs beaten to a stiff froth.	Pinch salt.
1 c. sugar.	1 tbsp. corn starch.
1 c. cocoanut.	1 tsp. flavoring.

Add sugar to froth and put in double boiler and boil until crust forms on sides and bottom of dish. Take from the fire and let cool. Add cocoanut and corn starch alternately until all is added, then the flavoring. Bake in a quick oven on a buttered tin.

ALMOND WAFERS.

L. C.

½ lb. almonds, blanched and chopped.	¾ c. butter.
2 eggs.	1½ c. flour.
1¼ c. sugar.	1 heaping tsp. baking powder.
	A few drops ratifia.

APPLE SAUCE CAKE.

Mrs. Fessenden.

1 c. white sugar.	1½ c. flour.
3 tbsp. butter.	½ tsp. cloves.
2 eggs.	½ tsp. cinnamon.
½ c. raisins, cut fine.	1 tsp. soda.
1 c. sweetened apple sauce.	

Bake in two layers and spread jam or jelly between.

COCOANUT LOAF CAKE.

Mrs. Chas. Likens.

1 c. sugar.	1 egg.
1 c. milk.	2 tsp. baking powder.
½ c. cocoanut.	3 tbsp. melted butter.
2 c. flour.	

Place butter and sugar together, stir well, add beaten eggs and milk, powder and flour; beat hard when all is smooth, add cocoanut. Bake for ½ hour in quick oven.

HOT WATER CAKE.

Mrs. Withrove.

Four eggs, 2 c. gran. sugar; beat for 20 minutes, then add 2 c. flour, 2 tsp. baking powder, 9 tbsp. boiling water. Put in last and stir quickly. Bake 20 minutes in moderate oven.

BUNS.

Mrs. Ritchie.

Two c. liquid, as for bread, ¾ c. sugar, ½ c. butter, 1 c. currants. Mix not quite as stiff as for bread, and when very light put in pans to rise again. 1 c. milk and 1 c. liquid improves buns.

STRAWBERRY SHORTCAKE.

Mrs. Sims.

2 c. flour.	3 dtsp. sugar.
1 dtsp. baking powder.	Yolks 2 eggs.
1 tsp. salt.	½ c. milk.
Butter size of 2 eggs.	

Bake in 2 layers. Put strawberries in between, with plenty of sugar to sweeten. Put either whipped cream or whites of eggs beaten to a froth and a few berries on top.

SPANISH BUNS.

Mrs. Hemsworth.

1 c. brown sugar.	3 tsp. cinnamon.
1 c. molasses.	Little nutmeg.
1 c. melted butter.	Flour to make stiff batter.
1 c. water.	4 tsp. baking powder.
4 eggs (save whites of 2 for icing).	1 c. chopped raisins (last).

Put whites on top after coming out of oven.

HERMIT COOKIES.

H.

2 c. brown sugar.	1 c. chopped raisins (floured).
1 c. butter.	1 tsp. each cinnamon, cloves and nutmeg.
4 eggs, well beaten.	2 c. flour.
1 tsp. soda dissolved in 2 tbsp. milk.	1 c. chopped nuts.

Drop from spoon far apart in shallow pan. Bake in quick oven.

GOLD CAKE.

1 c. sugar (gran.).	1½ c. sifted flour.
½ c. butter.	2 tsp. baking powder.
½ c. cold water.	4 eggs (yolks).

COCOANUT GINGERBREAD.

Mrs. Fessenden.

One cup molasses, ½ c. boiling water; into above sift 2¼ c. flour, 1½ tsp. ginger, 1 tsp. soda, dash of salt; beat well, then add ¼ c. melted butter and beat smooth. Bake as layer cake, frost and sprinkle with coconut.

TANBARK CAKE.

1½ c. white sugar.	2 c. flour.
½ c. butter (scant).	2 tsp. soda.
½ c. sour milk or buttermilk.	Yolks of 2 eggs.

Two squares of Baker's chocolate dissolved in ½ c. boiling water and add last 2 tsp. vanilla. Sift soda with flour.

FRENCH CHRISTMAS CAKE.

Mrs. W. H. Thomson.

2 lbs. white sugar.	} Creamed } together.	2 lbs. sultana raisins.
2 lbs. butter.		1 lb. lemon peel.
20 eggs.		1 lb. almonds.
2 lbs. currants.		2½ lbs. flour.

Mix well and bake 4 hours.

PLAIN FRUIT CAKE.

Mrs. Withrow.

$\frac{1}{2}$ lb. butter.	2 c. flour.
1 c. sugar.	2 tsp. baking powder.
2 eggs.	1 c. seeded raisins.
$\frac{3}{4}$ c. milk.	

CREAM CAKE.

Mrs. Johnston.

Beat separately 4 eggs; to the yolks add $1\frac{1}{2}$ c. white sugar stirred in a little at a time, and 1 c. sweet cream; stir thoroughly 2 heaping c. flour and $3\frac{1}{2}$ tsp. baking powder; add this to the mixture; stir whites (beaten stiff) in lastly and gently.

HERMIT DROP CAKES.

Mrs. W. H. Thomson.

1 c. butter.	1 tsp. soda dissolved in hot water.
3 eggs.	
$\frac{1}{2}$ c. sugar.	1 tsp. cinnamon.
1 c. chopped raisins.	1 tsp. cloves.
$\frac{1}{2}$ c. chopped walnuts.	1 tsp. vanilla.

Flour enough to make stiff but not to roll. Drop on buttered pan.

LITTLE MOCHA CAKES.

Mrs. Veale.

1 c. sugar.	2 c. flour.
$\frac{1}{2}$ c. butter.	2 eggs, beaten separately.
$\frac{1}{2}$ c. sweet milk.	2 tsp. baking powder.

ICING.—2 tbsp. butter, 1 tsp. vanilla, 1 c. icing sugar. Mix to a paste with a little water.

HOT WATER GINGERBREAD.

Laura Hunt.

1 c. molasses.	$1\frac{1}{2}$ tsp. ginger.
$\frac{1}{2}$ c. boiling water.	$\frac{1}{2}$ tsp. salt.
$2\frac{1}{4}$ c. flour.	4 tbsp. melted butter.
1 tsp. soda.	

Add water to molasses; mix and sift the dry ingredients, then add to the first mixture; add the butter and beat vigorously; pour into a shallow buttered pan and bake 25 minutes in a moderate oven.

ROCK CAKES.

Mrs. H.

3 eggs.	1 c. chopped walnuts.
1 c. sugar	1 c. currants.
Small c. butter.	3 tsp. baking powder.

Make very stiff with flour. Drop on well buttered pans.

FRIED CAKES.

Mrs. Ritchie.

1 c. buttermilk or sour milk.	1 c. brown sugar.
1 tbsp. shortening (lard or butter).	Salt.
	1 tsp. soda.

If sweet milk is used sift 1 tsp. of soda and 2 tsp. cream of tartar with 3 c. flour; add flour to make as soft as you can handle. Turn continually while cooking in lard with a little beef dripping added.

LAYER CAKE.

Mrs. Withrow.

4 eggs, beaten separately.	1½ c. flour.
1 c. sugar.	1 scant tsp. soda.
¼ lb. melted butter.	2 tsp. cream of tartar.
4 tbsp. milk.	

FILLING.—1 c. white sugar, 3 tbsp. water. Boil 3 minutes. Mix into this the white of 1 egg beaten stiff. Chopped walnuts may be used in this filling.

LAYER CAKE.

Miss S. J. Shaw.

One c. sugar, ¼ c. butter, 1¼ c. flour sifted with 2 tsp. baking powder, whites of 2 eggs, ½ c. milk. Beat the butter first, then add the sugar; add gradually the milk and sifted flour, then fold in the beaten whites.

FILLING.—2 medium-sized apples (of good flavor) grated, 1 c. sugar, grated rind and juice of 1 lemon cooked for 5 minutes. When cool put between layers.

BUTTERMILK CAKE.

2 c. buttermilk.	4 c. flour.
2 c. brown sugar.	2 tbsp. butter.
2 c. currants.	2 tsp. soda.

Stir up and put in pan at night and bake in the morning.

GINGERBREAD.

Mrs. Hemsworth.

½ c. butter. } Creamed.	½ tsp. cinnamon.
½ c. sugar. }	1 c. molasses.
1 egg.	3 c. flour.
1 tbsp. ginger.	½ c. boiling water.

Then add 1 tsp. baking soda dissolved in ½ c. boiling water.

PATTIE CAKE.*Mrs. Withrow.*

2 tbsp. butter.	$\frac{3}{4}$ c. milk.
$\frac{3}{4}$ c. sugar.	$1\frac{1}{2}$ c. flour.
1 egg.	2 tsp. baking powder.

SPICE CAKE.*Mrs. W. H. Thomson.*

1 c. butter.	1 c. stoned raisins.
1 c. brown sugar.	3 c. flour.
3 eggs.	1 tsp. vanilla.
1 c. sour milk.	1 tsp. cloves.
1 tsp. soda.	1 tsp. nutmegs.

COLD WATER CAKE.*Mrs. Withrow.*

$1\frac{1}{2}$ c. sugar.	2 eggs.
$1\frac{1}{2}$ c. butter.	2 good tsp. baking powder.
$2\frac{1}{2}$ c. flour.	Flavor with vanilla.
1 c. cold water.	

YANKEE FRUIT CAKE.*Mrs. J. J. Redditt.*

$\frac{3}{4}$ c. brown sugar.	1 tsp. cloves.
$\frac{1}{2}$ c. butter.	1 tsp. cinnamon.
3 eggs.	2 c. chopped raisins.
$\frac{1}{2}$ c. sour milk.	$1\frac{1}{2}$ c. flour.
1 tsp. soda.	

Bake in jelly tins. Put icing between.

EGGLESS CAKE.

$\frac{1}{2}$ c. sugar.	1 lb. raisins.
$\frac{1}{2}$ c. butter.	$\frac{1}{2}$ tsp. cinnamon.
$1\frac{1}{2}$ c. sour milk.	$\frac{1}{2}$ tsp. cloves.
1 tsp. soda.	$\frac{1}{2}$ tsp. nutmeg.
3 c. flour.	

Cream the sugar and butter, sift the dry ingredients; mix together, adding the raisins, and bake in a moderate oven.

COCOANUT PUFFS.*Mrs. C. M. Clode.*

Whites of 3 eggs, 1 c. white sugar and 1 tsp. corn starch. Cook for 15 minutes in double boiler, then add $\frac{1}{2}$ lb. shredded cocoanut, 1 tsp. vanilla. Drop off spoon and bake in buttered pans a light brown.

SPONGE CAKE.*Mrs. F.*

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|--------------------------|-----------------------|
| 3 eggs. | 1 heaping c. flour. |
| 5 tbsp. boiling water. | 2 tsp. baking powder. |
| 1 scanty c. gran. sugar. | |

Have the tins ready. Beat yolks and add sugar, then water, then flour and baking powder, then stiffly beaten whites.

FEATHER CAKE.*Mrs. Wm. H. Thomson.*

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| 1 tbsp. butter. | 2 tsp. cream tartar. |
| 1 c. sugar. | 1 tsp. soda. |
| 2 eggs. | If preferred, 2 tsp. baking powder. |
| 1 c. milk. | |
| 2½ c. flour. | |

GINGER SNAPS.*Lizzie.*

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|-------------------------------|-------------------------------|
| 1 c. sugar. | 1 tsp. soda dissolved in ¼ c. |
| 1 c. molasses. | boiling water, then add |
| 1 tbsp. lard with pinch salt. | ¼ c. cold water. |
| 1 tbsp. ginger. | |

Beat well together and add flour enough to roll out. Roll thin.

ROCK CAKES.*Mrs. Wm. H. Thomson.*

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| 1 c. butter. | 1 c. walnuts. |
| 1 c. sugar. | ½ tsp. soda, dissolved in |
| 2 eggs. | hot water. |
| 1 c. currants. | |

Flour to stiffen but not roll. Drop small pieces in buttered pan

COLONIAL GINGERBREAD.*Mrs. Sims.*

Put 1 c. molasses in a mixing pan with ½ c. butter and ½ c. sugar; over this pour a cup of boiling water in which a level tsp. of soda has been dissolved; mix well and let mixture cool; then add 1 c. chopped walnuts, 1 c. seeded raisins, a dtsp. each of ginger and cinnamon, 2½ c. flour, and lastly 2 well-beaten eggs. Bake in shallow pan.

FEATHER CAKE.*Mrs. J. J. Redditt.*

One egg, 1 tbsp. butter, 1 c. sugar; mix well; add ½ c. milk, 1½ c. flour, 2 tsp. baking powder.

JELLY CAKE.*Mrs. Sims.*

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| Butter size of an egg. | 4 tbsp. milk. |
| 2 eggs. | Flavor to taste. |
| 1 c. sugar. | 2 tsp. baking powder. |
| 1½ c. flour. | |

Bake in hot oven.

SPANISH BUN.*E. M. Rowland.*

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|----------------------------|-------------------------|
| 4 eggs (save whites of 2). | 2 tsp. baking powder. |
| 2 c. flour. | 1¼ tsp. cinnamon. |
| 2 c. brown sugar. | 1 nutmeg. |
| 1 c. butter. | ¾ tsp. cloves (ground). |
| ¾ c. milk. | 1 c. chopped raisins. |

ICING.—Whites of 2 eggs, 1 c. brown sugar.

SPONGE CAKE.*Mrs. McK.*

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|--------------------------|-----------------------|
| 3 eggs. | 1 large c. flour. |
| 5 tbsp. boiling water. | 2 tsp. baking powder. |
| 1 scanty c. gran. sugar. | |

Have tins ready. Beat yolks of eggs, add sugar, then water, then flour and baking powder, lastly whites of eggs, very stiff.

GINGER CAKE.*Mrs. Wm. H. Thomson.*

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|-------------------|---------------------|
| ½ c. butter. | 1 tsp. baking soda. |
| 1 c. brown sugar. | 2 tsp. ginger. |
| 2 eggs. | ½ tsp. cinnamon. |
| 1 c. molasses. | 2 c. flour. |
| 1 c. sour milk. | |

CHRISTMAS CAKE.*E. M. H.*

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|-------------------------------------|-----------------------------|
| 1 lb. brown sugar. | ¼ lb. mixed peel. |
| 1 lb. butter. | 1 tsp. cinnamon. |
| 10 eggs. | 1 tsp. cloves. |
| 2 lbs. raisins, seeded. | ½ tsp. mace. |
| 2 lbs. currants. | A little vanilla and lemon. |
| 1 lb. flour. | 2 tsp. baking powder, mixed |
| ¼ lb. blanched almonds,
chopped. | well in flour. |

Cream the butter and sugar, add eggs and beat well, flour and spice, fruit and almonds last. Line tins with greased paper and bake 3½ hours.

SHORTBREAD.*Mrs. W. J. Hunt.*

One c. lard, $\frac{1}{2}$ c. butter, 1 c. brown sugar. Beat lard, sugar and butter to a cream, stir in all the flour you can with the spoon, then turn all out on the bake-board and work in all the flour possible with your hands (the working makes it light), add a little essence of lemon, roll to any thickness desired, and spread granulated sugar over before emptying out. Bake in a moderate oven. Turn the pan up and bake on bottom. If cake spreads there has not been enough flour used. No soda or cream of tartar used.

MOCHA CAKE.*Mrs. Johnston.*

$\frac{1}{2}$ c. butter.	$\frac{1}{4}$ c. lukewarm water.
3 eggs.	1 c. flour.
1 c. fruit sugar.	$\frac{1}{2}$ tsp. baking powder.

Cream yolks and sugar; add water, then flour and baking powder, lastly whites of eggs, beaten stiff. Bake $\frac{1}{2}$ hour.

ICING FOR MOCHA CAKE.

One-third lb. creamed butter, add all icing sugar it will take, then 1 tbsp. cream, 1 dtsp. vanilla; brown and roll $\frac{1}{2}$ lb. blanched almonds, and after spreading icing on cake, cut in squares, large or small; roll into the almonds.

PLAIN WALNUT CAKE.*E. M. H.*

1 egg.	2 tsp. baking powder.
$\frac{3}{4}$ c. white sugar.	1 tsp. vanilla (or any flavoring).
Butter size of an egg.	$\frac{1}{2}$ c. chopped walnuts, well floured.
$\frac{1}{4}$ c. sweet milk.	
$1\frac{1}{2}$ c. flour.	

CORONATION CAKE.*Mrs. Johnston.*

Two eggs, 1 c. brown sugar, $\frac{3}{4}$ c. butter, beaten together; add $\frac{1}{2}$ tsp. nutmeg, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. cloves, a pinch of salt, 1 c. chopped raisins. Dissolve 1 tsp. baking soda in 1 c. sour milk; add to mixture and stir in $1\frac{1}{2}$ c. flour; bake in 2 or 3 layers, put together with icing— $\frac{1}{2}$ lb. icing sugar, butter half the size of an egg; moisten with milk, mix chopped nuts or raisins, about $\frac{1}{4}$ c. Spread icing between layers and on top.

SIMPLE CAKE.*Mrs. Johnston.*

1 egg.	$\frac{1}{2}$ tsp. baking soda.
$\frac{3}{4}$ c. sugar.	1 tsp. cream of tartar.
1 tbsp. butter.	$1\frac{1}{2}$ c. flour.
$\frac{1}{4}$ c. sweet milk.	Pinch of salt.

LITTLE SPONGE CAKES.

E. M. H.

$\frac{3}{4}$ c. gran. sugar.	1 c. flour.
Butter size of small egg.	1 tsp. baking powder.
1 egg.	Flavor to taste.
Scant $\frac{1}{2}$ c. milk.	

Put a little of the mixture into your sponge cake tins, then two or three seeded raisins, then a little more of mixture. Then bake.

RIBBON CAKE.

Mrs. Johnston.

2 c. sugar.	Lemon.
1 c. butter.	3 tsp. baking powder.
4 eggs.	$\frac{3}{2}$ c. flour.
1 c. sweet milk.	

One-half of this for 1 layer, minus $\frac{1}{2}$ c. flour.

DARK PART.—Add 2 tbsp. molasses, 1 c. chopped raisins, nutmeg, and flavor to taste. Boiled icing between layers and on top of cake.

FRENCH HONEY-FILLING FOR CAKE.

E. M. H.

1 lb. gran. sugar.	Juice of 4 lemons.
Butter size of an egg.	Grated rind of 2 lemons.
6 eggs.	

Rub the butter and sugar first, next the lemons, last of all the eggs well beaten. Stir constantly in double boiler over slow fire till of the consistency of honey. Will keep in sealers as long as you wish, in cool place.

DATE CAKES.

Mrs. Robertson.

$2\frac{1}{2}$ c. white flour.	2 eggs.
$2\frac{1}{2}$ c. graham flour.	$\frac{1}{2}$ c. buttermilk.
2 c. brown sugar.	1 tsp. soda.
1 c. melted butter and lard.	$\frac{2}{3}$ tsp. cinnamon.

Roll thin and cut as for cookies; spread with date mixture, then cover with another round; press edges together and bake in a quick oven.

DATE FILLING.—2 lbs. stoned dates cooked with $\frac{1}{2}$ c. brown sugar and a little water. Cook until soft.

GINGER NUTS.

Mrs. J. J. Redditt.

$3\frac{1}{2}$ lbs. flour.	1 tbsp. ginger.
$\frac{1}{2}$ lb. butter.	1 tsp. soda, dissolved in hot
$\frac{1}{2}$ lb. sugar.	water.
$1\frac{1}{2}$ pts. molasses.	

Work butter and sugar into flour, then the molasses; mix stiff.

CUSTARD CAKE.*Ora Lewis.*

1 c. white sugar.
3 eggs.
3 tbsp. milk.

1 c. flour.
2 tsp. baking powder.

Bake in a long tin. Cut open when warm and spread in custard.

CUSTARD.—1 c. white sugar, 2 eggs, 2 tbsp. corn starch. Wet corn starch with cold milk and mix with eggs and sugar. Heat pint of milk to boiling, stir in mixture and flavor.

CHEESE CAKES.*Mrs. Hemsworth.*

Line patty tins with good crust and half fill with any kind of preserves, and put teaspoonful of following mixture on top: 1 egg, 2 tbsp. sugar, 2 tbsp. butter, 3 tbsp. flour, $\frac{1}{2}$ tsp. baking powder, a little milk to make thin enough. Flavor with essence of lemon.

SPICED ROCKS.*Mrs. C. M. Clode.*

3 eggs.
 $1\frac{1}{2}$ c. white sugar.
 $\frac{3}{4}$ c. butter.
1 c. walnuts.
1 c. raisins.
1 c. dates. } All chopped fine.

1 tsp. cinnamon.
 $\frac{1}{2}$ tsp. cloves.
 $\frac{1}{2}$ tsp. allspice.
2 tbsp. cold water.
1 tsp. soda.
2 c. flour.

Drop off spoon and bake in buttered pans.

SNOW BALLS.*J. M. E.*

One-half c. butter, $1\frac{3}{4}$ c. gran. sugar; beat well; add a large $\frac{1}{2}$ c. milk, 2 or $2\frac{1}{2}$ c. flour, with 2 tsp. baking powder; mix milk and flour gradually, lastly the beaten whites of 5 eggs. Bake in a cake pan. When cold cut in small rounds to give the appearance of balls. Then ice all around and while icing is moist roll in cocoanut. Cut the top and bottom of cake off so it will be all white.

FRUIT JUMBLES.*Mrs. Miles Kinsman.*

Chop or mince $\frac{1}{2}$ lb. dates, $\frac{1}{4}$ lb. shelled walnuts; rub together with a cup of flour. In another dish beat $\frac{1}{4}$ c. butter, $\frac{3}{4}$ c. sugar, 2 eggs, 1 tsp. vanilla, $\frac{1}{2}$ c. flour, 1 scant tsp. soda. Add dates and walnuts and flour; stir together until well mixed. Drop from a spoon on a pan, not buttered.

SELECTED RECIPES

CHEESE RAMEQUINS.

Mrs. Kerr.

Mix together $1\frac{1}{2}$ c. grated cheese, whites of 3 eggs beaten stiff, 2 tsp. flour, $\frac{1}{2}$ tsp. salt, dash of cayenne. Form into balls, allowing 1 tsp. for each ball; roll in shredded wheat biscuit crumbs. Fry in deep hot fat until golden brown—less than a minute will cook them. Drain on blotting paper. Garnish lightly with parsley and serve with toasted wafers. They should be creamy in centre.

DARK LAYER CAKE.

Mrs. Mellish.

2 eggs.	3 c. flour.
1 c. brown sugar.	1 tsp. soda.
1 c. syrup.	Spice to taste.
1 c. buttermilk.	

CHOCOLATE CAKE.

Mrs. H. N. Winter.

2 eggs.	1 tsp. cream of tartar.
1 c. sugar.	$\frac{1}{2}$ tsp. soda.
$1\frac{1}{2}$ c. flour.	$\frac{3}{4}$ c. milk.
Butter size of an egg.	

ICING.— $\frac{3}{4}$ c. icing sugar, and mix with butter size of an egg; add 4 tsp. Cowan's cocoa, 1 tsp. vanilla, 1 c. more icing sugar; add milk sufficient to spread on cake.

NUT BALLS.

Mrs. Carey.

Six tsp. flour, 1 tsp. baking powder; mix together; good-sized c. walnuts, put through meat chopper, mixed with $\frac{3}{4}$ c. brown sugar, a pinch of salt; then mix all these things together; take an egg, beat it a little, and mix all together. Drop on buttered paper. If it all runs together make it into balls after it is taken out of the oven.

SKIDOO CAKE.

Mrs. Turner.

1 c. sugar.	$\frac{1}{2}$ c. grated chocolate.
$\frac{1}{2}$ c. butter or lard.	2 c. flour.
1 egg.	1 tsp. soda.
1 tsp. vanilla.	2 tsp. cream of tartar.
1 c. sweet milk.	

Take half of milk; put chocolate in; let it come to a scald; cook; dissolve soda and cream of tartar in rest of milk; mix these and add to sugar and eggs, etc.; then stir in flour. Bake in square tin 30 or 35 minutes. White or chocolate icing.

WALNUT CAKE.

Mrs. Turner.

Beat well 2 eggs in cup and fill cup with cream or butter; add 1 c. sugar, $\frac{3}{4}$ c. chopped walnuts, 2 c. flour, 2 tsp. baking powder. Beat well.

HERMIT CAKE.

Mrs. Hensworth.

1 c. butter.	2 c. flour.
$1\frac{1}{4}$ c. brown sugar.	1 lb. dates, chopped fine.
3 eggs.	$\frac{1}{4}$ lb. chopped walnuts.
2 level tsp. baking soda, wet with 3 tbsp. hot water.	$\frac{1}{4}$ lb. peel.

Bake in slow oven $1\frac{1}{2}$ hours.

APPLE SAUCE CAKE.

Mrs. Fessenden.

Cream 1 c. brown sugar and butter size of egg; stir 1 tsp. soda in 1 c. unsweetened apple sauce, and add to above; $1\frac{3}{4}$ c. flour, $\frac{1}{2}$ c. raisins, a little candied peel. Spice to taste.

AUNT NANCY'S CHRISTMAS CAKE.

Mrs. W. J. Hunt.

3 eggs.	1 tsp. soda dissolved in a little water.
$\frac{1}{2}$ c. butter.	1 lb. dates.
$1\frac{1}{2}$ c. brown sugar.	$\frac{1}{4}$ lb. shelled walnuts.
$2\frac{1}{2}$ c. flour.	$\frac{1}{4}$ lb. lemon peel.
2 tsp. vanilla extract.	Little cinnamon.
2 tsp. lemon extract.	

Bake in slow oven $1\frac{1}{2}$ hours.

CAKE "CHRISTMAS."

2 lbs. currants.	1 tbsp. mixed essence lemon, vanilla and rose water.
2 lbs. raisins.	2 nutmegs.
1 lb. butter.	9 eggs.
$\frac{1}{2}$ lb. peel.	$\frac{1}{2}$ lb. figs.
1 lb. brown sugar.	$\frac{1}{2}$ lb. almonds.
2 tbsp. molasses.	
2 tbsp. baking powder.	

Add flour enough to stiffen. When all ingredients are well mixed dissolve in 1 tbsp. hot water a piece of ammonia the size of a nutmeg; stir all quickly together.

ALMOND PASTE.—1 lb. ground almonds, 1 lb. fine sifted sugar, whites of 2 eggs, a few drops essence of almonds and rose water.

CURLY PETERS.

Mrs. Veale.

1½ c. sugar.	1 c. currants.
1 c. butter.	3 c. flour.
2 eggs.	1 tsp. soda.
1 c. sour milk.	Cinnamon and nutmeg.

OAT DROPS.

Mrs. H.

Cream 1 c. gran. sugar with 1 tbsp. butter; add 2 c. rolled oats and a few drops of bitter almond flavoring, 2 scant tsp. baking powder, yolks of 2 eggs, and lastly the stiffly beaten whites. Drop on buttered pans.

COCOANUT PUFFS.

Mrs. Carey.

Two whites of eggs beaten stiff, 1 small c. gran. sugar, 1¼ c. cocoanut, put in double boiler and heat through. Have ready buttered paper on pans, and as soon as it is taken off the stove stir in 1½ tsp. of corn starch and ¼ tsp. bitter almond. Stir thoroughly, and if too thin add more cocoanut.

CHRISTMAS OR WEDDING CAKE.

Mrs. H. N. Winter.

1 lb. flour.	½ oz. mace.
1 lb. dk. br. sugar.	1 tsp. rose water.
¾ lb. butter.	½ tsp. soda.
3 lbs. chopped raisins.	4 tbsp. milk.
1 lb. currants.	4 tbsp. molasses.
1 lb. mixed peel, cut fine.	10 eggs.
½ lb. blanched almonds,	2 tsp. ground cinnamon.
chopped.	½ tsp. ground cloves.

Put soda in milk, stir butter and sugar to a cream, then add eggs; rub fruit into the flour and add spices. Bake about two hours in slow oven.

KLONDIKE CAKE.

Mrs. Turner.

½ c. shortening.	1 tsp. cream of tartar.
1 c. brown sugar.	½ tsp. cinnamon.
2 eggs.	½ tsp. cloves.
½ c. molasses.	½ tsp. allspice.
½ c. sour milk.	1 c. chopped raisins.
1 tsp. soda.	2 c. flour.

GOOD COOKIES.

1 c. butter and lard.	2 eggs.
2 c. white sugar.	2 tsp. baking powder.
$\frac{3}{4}$ c. sweet milk.	2 tsp. vanilla.
4 c. flour.	

MONK CAKE.

Mrs. J. J. Redditt.

1 c. sugar.	1 tsp. cream of tartar.
$\frac{1}{2}$ c. butter.	$\frac{1}{2}$ tsp. soda.
2 eggs.	1 c. raisins.
$\frac{1}{2}$ c. milk.	2 c. flour.

CHOCOLATE LAYER CAKE.

B. McKim.

CUSTARD PART.

$\frac{1}{2}$ c. grated chocolate.	1 c. brown sugar.
$\frac{1}{2}$ c. sweet milk.	Yolk of 1 egg.

Stir all together. Cook slowly. Set aside to cool.

CAKE PART.

1 c. brown sugar.	$2\frac{1}{2}$ c. flour.
$\frac{1}{2}$ c. butter.	2 eggs.
$\frac{1}{2}$ c. sweet milk.	

Cream butter, sugar and yolks of eggs; add milk and flour, then whites beaten stiff; beat all together and stir in custard; lastly add 1 tsp. soda dissolved in a little warm water. Ice with chocolate or white icing.

ROCK CAKES.

2 eggs.	2 c. flour.
2 tbsp. butter.	Vanilla.
1 c. white sugar.	1 c. currants.
2 tsp. baking powder.	

If desired, put raisins and nuts instead of currants. Make very stiff and drop in teaspoonfuls in buttered pan.

BRAN CAKE.

Mrs. Carey.

2 eggs.	$\frac{1}{2}$ c. dates.
$\frac{1}{2}$ c. milk.	$1\frac{1}{2}$ c. flour.
$\frac{1}{4}$ c. butter.	$1\frac{1}{2}$ c. bran.
$\frac{1}{2}$ c. sugar.	3 tsp. baking powder.

Bake 20 minutes in a deep cake tin. Always eaten while hot.

PLAIN FRUIT CAKE.

1½ c. sugar.	½ tsp. soda.
¾ c. butter.	½ tsp. cinnamon and nutmeg.
¾ c. molasses.	2 oz. citron.
½ c. milk.	1 c. raisins and currants.
2 eggs.	

MACAROONS.

S. F.

3 eggs, whites only.	2 soda biscuits, powdered.
2½ c. cocoanut.	1 c. sugar.

Drop on buttered pans.

ROCKS.

2 c. brown sugar.	1 small c. walnuts, chopped.
1 small c. butter or lard.	1 small c. lukewarm water.
2 eggs. Beat well together and add:	1 tsp. baking soda in water.
1 c. raisins.	3 large c. flour.

Bake in muffin tins.

GRAHAM MUFFINS.

½ c. brown sugar.	1 c. buttermilk.
2 eggs.	1 tsp. soda in milk.
½ c. butter or lard (beat well).	2 small c. graham flour.
	½ c. white flour.

Cook quickly.

COOKIES

GINGER COOKIES.

1 c. molasses.	1 tsp. ginger.
1 c. brown sugar.	1 tsp. cinnamon.
1 c. pork dripping, part butter if preferred.	1 tsp. soda.

Melt all together on stove. Mix stiff with flour. Roll thin.

BOSTON COOKIES.

Mrs. Mellish.

Cream 1 c. of butter; add 1½ c. sugar, 3 eggs; beat well; 1 tsp. soda dissolved in 1½ tbsp. of hot water, ¾ c. flour, ½ tsp. salt, 1 tsp. cinnamon, 1 c. chopped walnuts and ½ c. raisins, ½ c. currants. Drop one inch apart on buttered tins. Bake in moderate oven.

HONEY COOKIES (OR BARS).

1 c. honey.	1 tsp. soda.
1 c. brown sugar.	1 c. flour.
2 eggs.	

Mix and let stand 2½ hours, then mix in enough flour to make stiff, as for cookies, but not too stiff. Roll quite thin and bake.

COCOANUT COOKIES.*B. McK.*

1 c. butter.	1 tsp. vanilla.
2 c. sugar.	2 tsp. baking powder.
1 c. grated cocoanut.	Flour to roll out.
2 eggs.	

Bake pale brown.

OATMEAL MACAROONS.*Mrs. Kerr.*

One rounded tbsp. butter, 1 c. sugar and cream; break into this two eggs and beat well; add tsp. ratifia flavoring, 2 c. rolled oats, 2 tsp. baking powder, mix well and then add other half c. oatmeal. The amount of meal will depend on size of eggs. The batter must be very stiff, so it will not spread too much in the pan, but remain in a little nutty cake. Drop in large teaspoonfuls on buttered tins and bake in a moderate oven.

BOSTON COOKIES.

2 eggs.	1 c. raisins and currants.
1 c. white sugar.	3 c. flour.
1 c. melted butter.	½ tsp. soda.

Drop on buttered pan.

TRILBY COOKIES. OR, OATMEAL COOKIES WITH DATE FILLING.*L. C.*

2 c. flour.	1 tsp. baking soda.
4 c. rolled oats.	1 tsp. salt.
1 c. brown sugar.	½ tsp. nutmeg.
1 c. lard and butter together.	½ c. sour milk.

FILLING.—One lb. dates stoned and cooked in a cup of water with a tbsp. sugar.

DATE COOKIES.

Mrs. Hunt.

2 c. rolled oats.	1 c. brown sugar.
1 c. flour.	2 tsp. baking powder.
1 c. shortening.	Mix with sweet milk.

Roll very thin and cut out. Have dates seeded. Put one date and a half and cover with another layer of dough. Squeeze tightly together and bake.

COOKIES.

Mrs. J. J. Redditt.

3 lbs. flour.	1 c. cold water.
1 lb. white sugar.	1 oz. ammonia dissolved in
$\frac{1}{2}$ lb. butter.	the water.
4 eggs.	

Rub butter and sugar in the flour. Wet with eggs and water.

GINGER COOKIES.

Mrs. J. W. Stewart.

1 c. butter.	3 eggs.
1 c. brown sugar.	3 even tsp. soda.
1 c. molasses.	2 even tsp. ginger.

Enough flour to make roll easily. Stir butter and sugar together first, then add rest. Bake in quick oven.

PEANUT DROP COOKIES.

2 tbsp. butter.	$\frac{1}{4}$ tsp. soda.
$\frac{1}{2}$ c. sugar.	$\frac{1}{2}$ tsp. cream of tartar.
1 egg.	1 c. peanuts crushed fine.
2 tbsp. sweet milk.	1 c. flour.

Sift soda and flour and cream of tartar together. Drop in teaspoonfuls far apart, so they will not run together.

COOKIES.

Mrs. J. Fooks.

1 c. butter.	$\frac{1}{2}$ c. sweet milk.
1 c. sugar (brown).	2 tsp. baking powder.
1 egg.	$1\frac{1}{2}$ tsp. vanilla.

Flour sufficient to make it stiff enough to roll out. Cream butter and sugar and egg together; add vanilla and milk; take 2 c. flour and put baking powder with it and beat all together good, then add more flour till it is stiff enough to roll out. Cut out and bake in good oven.

OATMEAL MACAROONS.

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|------------------------|-------------------------------|
| 1 c. granulated sugar. | 1 heaping tsp. baking powder. |
| 1 tbsp. butter. | 1 tsp. vanilla. |
| 2 eggs. | |
| 3 c. rolled oats. | |

Mix and drop on buttered tins.

CHEESE WAFERS.

Laura Hunt.

Brown salt wafers or soda biscuits in the oven (delicate brown); prepare grated cheese, season with a little red pepper and salt; cover wafers with the mixture and heat in the oven until the cheese melts.

ROCK COOKIES.

Mrs. G. H. Wood.

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|-------------------------------|------------------------------|
| 4 c. flour. | 1 c. sugar. |
| 4 tsp. baking powder. | 1 c. currants. |
| Pinch salt. | Milk to make a stiff batter. |
| 3/4 c. butter and lard mixed. | |

Drop in dabs on buttered pan.

ICINGS FOR CAKE**CHOCOLATE CAKE ICING.**

Take quantity required of Cowan's Perfection Chocolate, scrape very fine, mix with a little boiling water to bring to a paste, then add sugar and flavoring, and a little more water if necessary to bring it to the right consistency for spreading. A simpler way, which gives as good results, is to use "Cowan's Chocolate Icing."

ALMOND PASTE.

Blanch one pound almonds, dry and pound to a paste, add whites of three eggs, beaten stiff. Rose water and ratifia to taste. Pinch of salt and icing sugar to make a nice paste, spread on your cake and cover with white icing.

MOCO ICING.

Mrs. J. J. Redditt.

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| 8 tbsp. icing sugar. | 2 tbsp. butter. |
|----------------------|-----------------|

Mix with cream and flavor. Blanch 1/4 lb. almonds, chop and sprinkle over icing.

ICING FOR CAKE.

Mrs. C. M. Clode.

2 c. icing sugar.	1 tbsp. vanilla and water
2 tbsp. butter, melted.	mixed.

Mix all together thoroughly, blanch and brown in the oven, $\frac{1}{2}$ lb. almonds, cut cake in small pieces, ice and roll in nuts.

NICE FROSTING FOR CAKE.

Mrs. Thomson.

One-half lb. icing sugar, butter size of walnut; take $\frac{1}{2}$ c. blanched almonds and bake in oven, add a little butter and salt to nuts, put nuts through grinder after being baked in oven. Cut cake in small squares and ice, garnishing with walnuts.

FRUITS

JELLIED PRUNES.

$\frac{1}{2}$ lb. prunes.	$\frac{1}{4}$ c. lemon juice.
3 c. cold water.	$\frac{1}{2}$ oz. gelatine.
1 c. sugar.	$\frac{1}{2}$ c. cold water.

Wash prunes, and soak in the cold water over night. Cook slowly until tender in water in which they were soaked. Remove prunes, stone and cut in quarters. Make a syrup of prune water (there should be 2 c.) and sugar. Soften gelatine, dissolve in hot syrup, add lemon juice; strain. When jelly is partially set, add prunes. Turn into a mould and chill. Serve with sugar and cream or whipped cream.

ORANGE MARMALADE.

Mrs. J. J. Redditt.

One doz. oranges and $\frac{1}{2}$ doz. lemons, roll till soft, halve them and squeeze out the juice; remove the seeds and tough fibre, then slice the peel very thin, put this with the juice. When juice and peel are weighed, three small pints of cold water to every lb. of fruit; let this stand 24 hours, then boil till peel is tender, then allow to stand 24 hours, then weigh again. To every lb. of fruit $1\frac{1}{2}$ lbs. sugar. Boil one hour before putting in the sugar; don't boil after the sugar is in.

BAKED BANANAS.*Miss Jennie Wilkins, Galt.*

Take six bananas, remove the skins and cut in halves lengthwise. Then take 2 tbsp. of melted butter, to which add 1 c. of sugar and the juice of a lemon; heat until sugar is dissolved, pour half the mixture over the bananas, bake 20 minutes in slow oven, then add the remainder of the mixture.

APPLE PORCUPINE.

Take eight apples, pare and core, keeping them whole. Have ready a syrup made of $1\frac{1}{2}$ c. of sugar and same quantity of water boiled together eight minutes. Put the apples into the syrup as soon as peeled, cover closely and cook until tender. Drain from the syrup, cool and fill the cavities with jelly, marmalade or preserves; stick almonds blanched and split in halves lengthwise into the apples, brown them slightly in oven, boil down the syrup and pour around them.

ORANGE MARMALADE.*Mrs. Kerr.*

Nine bitter oranges, six sweet oranges, six lemons. Soak for 36 hours in four quarts of water. Save seeds and soak in a quart of water and boil down. Put on stove and boil for two hours without sugar. Add ten lbs. of sugar and boil one hour.

RHUBARB MARMALADE.*Mrs. J. Carter.*

7 lbs. white sugar.	3 lemons (juice and rind).
5 lbs. rhubarb.	$\frac{1}{2}$ lb. chopped walnuts.

Boil all together for one hour, add nuts. This quantity makes a little over two quarts.

ORANGE-APPLE MARMALADE.*"Langside."*

One peck of cooking apples, such as Greenings, May Blooms, Snows, etc. (crabapples make it splendidly and are personally preferred). Cut them up but do not peel or core them except when wormy. Cover with water and boil until tender, put in a bag and drain over night. Measure apple juice before second boiling and allow one cup of sugar to one of juice, boil twenty minutes as hard as it can without the sugar. Prepare three or four oranges as for marmalade, soak the chips over night in water sufficient to cover and boil together (water and chips) next morning until soft, add this pulp to the orange juice and put with the apple or crab jelly, which latter has already been weighed. (The orange is not counted in with the sugar.) When both are ready, add the sugar and boil twenty minutes or half an hour. Keep fruit well skimmed and can while hot.

PEAR CHIPS.*Mrs. Parks.*

8 lbs. sliced pears.	3 sliced lemons, rind of one.
6 lbs. sugar.	$\frac{3}{4}$ lb. preserved ginger.
2 small c. water.	

Boil slowly for three hours.

CHIP PEARS.*Mrs. Hemsworth.*

5 lbs. pears.	1 lb. preserved ginger.
5 lbs. sugar.	2 grated lemons.

Chop pears and ginger together, then boil all together until tender.

GREEN TOMATO MARMALADE.*S. F.*

6 lbs. tomatoes.	3 lemons.
5 lbs. sugar.	1 oz. root ginger.

Boil together three hours.

STUFFED DATES.*Mrs. H. N. Winter.*

One lb. dates, stoned. Fill vacant space with chopped walnuts and press into shape. Stew in a dish until tender in a little hot water; add $\frac{1}{2}$ c. white sugar, juice of one lemon. Whip a cup of cream. Serve in a salad bowl with whipped cream.

TOMATO MARMALADE.*Friend.*

One lb. of tomatoes, one lb. of sugar, one lemon sliced very thin. Boil two hours, being careful not to burn.

GRAPE JELLY.

Ten lbs. grapes, one pint water. Boil until juice is all out, strain, and add one lb. of sugar to every pint of juice, and boil five minutes.

CARROT MARMALADE.*Miss Sims.*

Boil the carrots which have been washed but not scraped; cook till tender, peel and cut out dark spots, run through grinder or potato masher. To every pound of carrots put one of sugar, six almonds, the rind of one lemon and juice of two, and a scant half tsp. of almond flavoring. Put pulp and sugar together in kettle and bring to a boiling point slowly; boil steadily for fifteen minutes, stirring as it burns easily. Set to one side, while you stir in thoroughly the grated lemon rind and juice, the almond extract, and sweet almonds blanched and sliced thin. Cook for five minutes longer, put in jars when cool.

GREEN PEAR GINGER.*Mrs. Withrow.*

4 lbs. hard green pears.	2 oz. green ginger.
4 lbs. gran. sugar.	4 lemons.

Peel and chop pears rather fine. Grate rind of lemons, add the juice and boil in double boiler for a few minutes. Chop ginger very fine. Put sugar on stove adding one pint of water; when dissolved, add other ingredients; boil until clear. Meat mincer may be used for cutting pears.

PREPARATION OF JARS.

Glass jars, both old and new, should be partly filled with water and turned upside down to determine that they do not leak. They should be thoroughly washed and sterilized. New or perfect rubbers should be used.

To STERILIZE.—Place jars and covers in a pan of cold water, heat gradually to boiling point and keep at that temperature 20 minutes. The rubbers are sterilized by dipping in boiling water.

CANNING.

Use one-third as much sugar as fruit, steam or cook in syrup. Place hot fruit in hot sterile jars, fill with syrup; with the handle of a silver spoon press the fruit from the side of the jar to allow the air-bubbles to escape; fit on a rubber, then fill the jar to overflowing with syrup or boiling water and quickly seal. Turn upside down and when cool tighten covers.

CANNED PEACHES.**METHOD I.**

Select firm peaches. Pare (they may be placed in boiling water to loosen the skins); cut in halves or leave whole as desired, and pack closely in jars. Place lids tightly on jars and steam peaches 15 minutes. Make a syrup using 2 c. sugar to 1 c. water, and fill each jar with hot syrup, then steam 10 or 15

minutes longer or until peaches are tender. Remove from steamer, fit on rubber, and fill to overflowing with boiling water; seal quickly. Syrup may be added before placing fruit in the steamer.

METHOD II.

Prepare peaches. Make syrup, using 2 c. sugar to 1 c. water. When it boils add enough peaches to fill a jar, and cook slowly until tender. Place carefully in sterile jars, fill to overflowing with syrup and seal quickly.

CANNED TOMATOES.

Plunge tomatoes in boiling water to loosen the skins, peel, place in kettle, cover with cold water and bring slowly to the boiling point. Thoroughly scald, skim, then carefully pack in sterile jars; fill jars to overflowing with boiling water and seal quickly. Tomatoes may be packed closely in sterile jars, covered with water which has been boiled and cooled, and steamed 20 minutes, then filled to overflowing with boiling water and sealed.

PRESERVING.

In preserving, fruit is given a long, slow cooking with sugar. Use three-fourths as much sugar as fruit or equal amounts.

ORANGE MARMALADE.

Mrs. Markham.

2 lbs. bitter oranges.	20 c. water.
2 lemons only.	10 lbs. gran. sugar.

Take the rind from oranges and (with as little as possible of the white) cut thin and fine, or chop in chopping bowl. Separate seeds and skin from pulp, put the chopped rind, the pulp and 19 c. of water in a jar or porcelain kettle, put the seeds in a bowl with 1 c. of water; let all stand 48 hours. Put the jelly only of the seeds with the other and boil three-quarters of an hour, add sugar and boil half an hour.

ORANGE MARMALADE.

Mrs. Markham.

1 bitter orange.	1 pt. water.
1 lb. sugar.	

Prepare the same as preceding. Do not use the seeds. Let stand over night. After heating boil rapidly for twenty minutes, add sugar, boil rapidly for thirty minutes, then set back on stove and boil slowly for two and a half hours, or until it will jelly in a saucer.

QUINCE PRESERVES.

6 lbs. prepared quinces. 5 lbs. sugar.
1 qt. water in which the quinces were cooked.

Wipe, quarter, core and pare the quinces (save the parings and cores for jelly), place in kettle, nearly cover with cold water and cook slowly until very tender. Drain carefully. Make a syrup of the sugar and water, and when it boils add the fruit, cover and cook slowly for three hours or until the quinces are dark red. Seal at once.

RHUBARB MARMALADE.

Mrs. Sims.

Two quarts rhubarb cut small, two oranges sliced, the skin of one cut fine. Take oranges with 4 c. sugar, 1 pint water, boil half an hour, then put in rhubarb, boil another half hour.

BEVERAGES

GENERAL RULES.

Use $\frac{3}{4}$ Java and $\frac{1}{4}$ Mocha coffee or equal parts Java and Mocha.

Coffee may be heated before using.

Scald the coffee or tea-pot before using.

If a coffee bag is used it should be washed with hot water, rinsed and dried in the fresh air. The bag should be renewed frequently.

Use freshly boiling water for tea and coffee.

Wash eggs before breaking.

If lemon is used in tea, wash, cut in thin slices, and remove the seeds.

If milk is used in coffee, it should be heated.

Coffee cups should be heated.

BOILED COFFEE.

1 c. coarsely ground coffee. $\frac{1}{2}$ white of egg and 1 egg shell
1 c. cold water. (crushed), or egg shells.
6 c. boiling water.

Beat egg slightly, add shell and $\frac{1}{2}$ cold water, then coffee, stir together, turn into scalded coffee pot and add boiling water. Boil 8 minutes, remove to back of the stove, add remaining cold water, pour out 1 c. of coffee, return it to the coffee pot, and let stand for 5 or 10 minutes to settle. Boil one-half this quantity only 5 minutes.

FILTERED COFFEE.

1 c. finely ground coffee. 8 c. boiling water.

Put the coffee into the upper part of a filter coffee pot and pour the boiling water through it. The coffee pot must be kept hot while the coffee is being made. For Black Coffee use 6 c. boiling water.

CEREAL COFFEE.

1 c. cereal coffee. 5 c. boiling water.
 ½ c. cold water.

Scald coffee pot; mix coffee with cold water and add boiling water. Boil 20 minutes, remove to back of range and let stand 5 minutes to settle. Serve very hot with hot milk.

TEA.

1 tsp. tea. 1 c. boiling water.

Put the tea in the scalded tea-pot and pour boiling water over it. Steep 3 minutes. Strain and serve hot or iced.

COCOA.

4 tbsp. cocoa. 1 c. water.
 4 tbsp. sugar. 3 c. milk.
 Few grains salt.

Scald milk; mix cocoa, sugar and salt, add water gradually, boil, 10 minutes, and pour into scalded milk. Beat with Dover beater until thick froth forms. This will prevent scum.

CHOCOLATE.

2 oz. unsweetened chocolate. 1 c. boiling water.
 ½ c. sugar. 3 c. milk.
 Few grains salt.

Scald milk; melt chocolate over hot water, add sugar, salt, and gradually boiling water; when smooth, place on range and boil 5 minutes; add to scalded milk, beat well, and serve in chocolate cups with whipped cream. Two ounces vanilla chocolate may be substituted for unsweetened chocolate; being sweetened, it requires less sugar.

For whipped cream use 2 tbsp. fruit sugar to 1 pt. cream.

BEEF TEA.

Two pounds lean round steak, broil over a brisk fire five minutes turning frequently. Cut in pieces about one inch square. Place in meatpress and squeeze juice into a hot cup. Season to taste. Serve hot.

TO MAKE SIX CUPS OF DELICIOUS COCOA.

Take 2 tbsp. of Cowan's Perfection Cocoa, 2 tbsp. granulated sugar, half a pint of boiling water, and a pint and a half of milk. Put the milk on the stove in a double boiler. Put the cocoa and sugar in a saucepan, and gradually pour the hot water upon them, stirring all the time. Place the saucepan on the fire and stir until the contents boil. Let this mixture boil for five minutes; then add the boiling milk and serve. Cream may be added at the table.

RASPBERRY VINEGAR.

Mrs. J. W. Fooks.

Cover the berries in an earthenware, or granite vessel, with white wine vinegar. Let stand 24 hours, then strain and press the berries till all the syrup is removed. To each pint of syrup add one pound of sugar, bring it to a boil and remove it from the stove. Bottle the syrup when it is cold.

IMPERIAL LEMON.

1 oz. cream of tartar.	1 qt. water.
1 lemon.	Sugar to taste.

ORANGEADE.

Juice and grated rind of 6 oranges.	4 lbs. sugar.
2 oz. citric acid.	2 qts. water.

When thoroughly dissolved, strain and bottle. Use dessertspoonful to a glass of water.

BARLEY WATER.

Two tbsp. pearl barley, 4 c. water. Place barley over the fire in cold water, let come to a boil and cook five minutes. Drain off the water and rinse barley in cold water. Add a quart of water, bring to a boil and simmer until reduced one-half. Sweeten if desired.

GRAPE WINE.

Take a basket of blue grapes and pick them off the stem. Wash well, put in kettle and cover with water; boil well, strain through jelly bag, then add $\frac{1}{4}$ lb. sugar to 1 lb. juice, then boil slowly quarter of an hour. Bottle airtight.

CANDY

CREAM NUT FUDGE.

Mrs. J. H. Fryer, Galt.

2 c. white sugar.	1 c. nuts, chopped.
$\frac{2}{3}$ c. milk.	Flavor to taste.
Butter size of walnut.	

Boil until a soft ball forms by putting in cold water. Stir to a cream and pour in pans.

CHOCOLATE FUDGE.

Mrs. J. H. Fryer, Galt.

Same as cream nut, only add a tbsp. grated chocolate.

FUDGE.

Roy.

Three c. sugar, 1 c. milk, 1 tbsp. butter. When sugar is melted add 3 tbsp. cocoa, stir and boil 15 minutes. Take from fire, add flavoring, beat till creamy and pour on buttered plates.

GINGER JACK OR HALLOWE'EN FUDGE.

1 c. brown sugar.	2 tbsp. coarsely chopped nuts
1 c. white sugar.	(walnuts or otherwise).
$\frac{1}{2}$ c. milk.	A dash of powdered cinnamon.
1 tsp. butter.	A pinch of salt.
2 tbsp. crystallized ginger.	

Boil the sugar and milk until it forms, when tested, a soft ball if dropped in water, take from fire and let stand until lukewarm, after which beat until thick, stir in the other ingredients, pour on to a buttered pan and cut into squares.

PINK CREAM DROPS

Mrs. J. W. Fooks.

2 c. icing sugar.	Milk enough to make a soft
1 tsp. pink sugar.	paste.
Butter the size of an egg.	

Boil 15 minutes. When done, put in $\frac{1}{2}$ c. cocoanut, $\frac{1}{2}$ tsp. vanilla, then beat till cold and drop in buttered pan.

TURKISH DELIGHT.*J. M. E.*

Juice of 2 lemons; boil the grated rind for a little while in 2 c. boiling water; measure with juice to see there are two full cups after it has boiled. Take 2 oz. leaf gelatine and stir into the juice until entirely dissolved; then add 4 c. white sugar, stir until melted, let come to boil and skim if necessary. Pour into soup plates previously dipped in cold water, each plate may be colored and flavored differently, when cold cut in squares and roll in fruit sugar.

MAPLE CREAM.*Mrs. J. Carter.*

Two c. brown sugar, 1 c. milk, piece of butter size of half egg. Boil till it threads. Stir till cold. Flavor with vanilla and put in nuts.

IRISH FUDGE.*Chryssa A. Sparling.*

Bake and mash a potato. Stir in sufficient pulverized sugar to make it creamy, and add a little vanilla and lemon flavoring and some chopped nuts. Then add enough sugar to make it as stiff as possible, spread it on a platter, rub a little sugar on top, and let it stand over night.

CHOCOLATE CANDY.*Mrs. Wm. H. Thomson.*

1 c. brown sugar.	1 c. milk.
1 c. white sugar.	1 c. chocolate.
1 c. molasses.	Butter the size of a walnut.

MAPLE CREAM.*Mrs. Wm. H. Thomson.*

Four c. brown sugar, 2 c. milk. Boil until it hairs, then whip until firm and flavor with vanilla.

TURKISH DELIGHT.*Mrs. Wm. H. Thomson.*

4 c. gran. sugar.	2 tbsp. orange flower water.
2 oz. sheet gelatine (5 sheets to oz.).	Juice of 1 lemon.
	2 c. boiling water.

Melt gelatine, add ingredients, boil five minutes, dip dishes in cold water, turn on candy. Next day cut in squares, roll in powdered sugar.

SEA FOAM.

3 c. light brown sugar. $\frac{1}{2}$ c. water.

Boil until it threads. Pour into well-beaten white of one egg, beat well, add one cup of chopped walnuts. Put on buttered plates to cool.

FUDGE.

2 squares Baker's chocolate. 1 c. milk.
2 c. sugar. 1 scant tsp. butter.

Boil until it forms a soft ball when dropped into cold water. Take from fire, beat well, pour on buttered plates, and set out to cool. Flavoring may be added if desired.

BUTTER SCOTCH.

2 c. sugar. Butter size of an egg.
2 tbsp. water.

Boil without stirring until it hardens on a spoon. Pour on buttered plates to cool.

CHOCOLATE FUDGE.

Two c. granulated sugar, 1 c. milk. Put on stove and stir till it boils, then add $\frac{1}{2}$ c. chocolate, 1 tbsp. butter, and a little salt. Boil till it forms a soft ball when dropped in cold water, add 1 tsp. vanilla. Stir till creamy, then pour in buttered tins.

FROZEN MIXTURES**GRAPE FRAPPÉ.**

1 qt. water. 3 c. grape juice.
 $1\frac{1}{2}$ c. sugar. $\frac{1}{4}$ c. lemon juice.

Make syrup by boiling sugar and water 10 minutes. Remove from fire and when cold add fruit juice. Strain and freeze to a mush, pack and just before serving beat thoroughly.

CRANBERRY SHERBET.

2 c. water. 2 c. cranberry juice.
1 c. sugar. $\frac{1}{4}$ c. lemon juice.

Make and freeze as Grape Frappé.

FROZEN PEACHES.

1 qt. can of peaches. 4 c. peach syrup and water.
 ½ c. sugar.

Drain peaches and press them through a strainer. Add enough water to peach syrup to make 4 c., add sugar and boil 5 minutes. Add peaches, cool and freeze.

BOMBE GLACÉ.

Have mould thoroughly chilled by placing it in ice and salt. Line the mould to the depth of an inch with ice cream, sherbet or water ice; fill the centre with Charlotte Russe, ice cream or frozen fruit. Cover with the frozen mixture used for lining. Cover mould, seal, then pack. The ice and salt should completely cover the mould. Let stand 2 hours, unmould and serve. This dish is most attractive where there is a marked contrast in color between the frozen mixtures.

BAKED ALASKA.

Whites 3 eggs. 1 qt. brick ice cream.
 3 tbsp. fruit sugar. Thin layer of cake.

Make a meringue of whites of eggs and sugar. Cover a board with paper, place cake on it, then unmould ice cream on cake. (The cake should extend one inch beyond the cream.) Cover cream with meringue, spread smoothly and brown quickly in a hot oven. Slip from paper on ice cream platter and serve.

GINGER ICE CREAM.

1 pt. cream. ⅓ c. preserved ginger.
 Yolks 3 eggs. 1 tbsp. ginger syrup.
 ¼ c. sugar.

Cook first three ingredients as soft custard. Add ginger, finely chopped, and syrup. Cool and freeze.

NESSELRODE PUDDING.

1 c. sugar. 2 tbsp. lemon juice.
 1 c. boiling water. 1 c. preserved chestnuts.
 Yolks 3 eggs. 1 c. shelled almonds.
 1 c. cream. ½ lb. candied fruit.
 1 tsp. vanilla. 1 c. canned pineapple.

Make syrup by boiling sugar and water 5 minutes, add gradually to yolks of eggs slightly beaten; cook over hot water as a soft custard. Cool, add cream and flavoring. Blanch almonds, and put nuts and fruit together through the meat chopper; add to first mixture. Freeze, pack and let stand 2 to 3 hours before serving.

CHAFING DISH

WELSH RAREBIT.

E. M. G.

1 lb. cheese, grated.	$\frac{1}{4}$ tsp. salt.
1 large tbsp. butter.	A dash Worcestershire sauce.
1 tbsp. tomato catsup.	A dash red pepper.

Cook in chafing dish or double boiler, stirring all the time until smooth and thick. Serve on hot, buttered toast.

TURKISH STEW.

E. M. G.

Cut into thin slices cold roast beef, lamb or mutton. Place in chafing dish or spider, 1 tbsp. butter, melt, add 1 tbsp. flour, brown; add 1 c. boiling water or stock, and stir until smooth. Put in slices of cold meat, then add one medium-sized onion and one green pepper chopped fine, 2 tbsp. tomato catsup, 1 tbsp. Worcestershire sauce, 1 tbsp. mushroom catsup, and salt to taste. Or, 1 tbsp. kitchen bouquet may take place of Worcestershire and mushroom catsup. Cover pan closely and cook meat slowly half hour.

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A. M. W.

Take fine, select oysters, dry with clean cloth, cut thin strips of side bacon, wrap one slice around each oyster, fasten with wooden tooth picks. Have butter hot in chafing dish and fry a nice brown, add a dash of pepper.

INDIAN LAMB CHOPS.

E. M. G.

Place chops in hot spider, brown on both sides and transfer to an earthenware baking dish. Place 1 tbsp. butter in pan and when melted add 2 onions and 1 green pepper, chop fine and cook about five minutes. Transfer peppers and onion to baking dish. Add to butter in pan 1 tbsp. flour, let brown, then add 1 c. boiling water or stock, mix until smooth, add 2 tbsp. tomato catsup, 1 tbsp. kitchen bouquet, and 1 tsp. curry powder moistened with cold water. Let come to boil, then pour over chops and bake in a moderate oven 30 minutes. Beefsteak may be used in place of chops and is equally good.

PAN OYSTERS.

E. M. G.

Lay in chafing dish half pint large oysters, or more if required. Let each oyster lie flat on the bottom. Put in over them a little oyster liquor, but not enough to float. Just heat them through, which will be in about five or eight minutes. Take up, place on toast, first moistened with hot juice from the pan.

HUNGARIAN GUILYAS (Goodash).

E. M. G.

- | | |
|---------------------------|-----------------|
| 1 lb. beef from shoulder. | ¼ tsp. paprika. |
| 1 tbsp. drippings. | 2 potatoes. |
| 2 onions. | 2 tsp. salt. |

Cut meat in inch cubes. Place drippings in chafing dish or spider and melt; add onions sliced fine and paprika and stir until onions are thoroughly heated. Add meat and brown quickly on each side. Turn light down and cook slowly. When nearly cooked add potatoes cut in dice. If not enough gravy add a little water.

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Mrs. Kerr.

1 tin Gillett's lye.	½ oz. alum.
2½ oz. borax.	1 oz. liquid ammonia.
1 oz. washing soda.	1 gallon water.
1 oz. coal oil.	

Boil all together for 20 minutes, except the ammonia; cool, then add ammonia, bottle immediately and cork tightly. Directions: Use one large cupful to a boiler of cold water, ½ bar soap, boil clothes ¼ hour, and rinse as usual; in putting clothes in a second time be sure to wet clothes with cold water before putting in hot water.

COUGH MIXTURE.

Mrs. Kerr.

1 pt. Jamaica rum.	Juice of a lemon.
3 oz. glycerine.	1 lb. rock candy.

GRASS STAINS ON CLOTHING.

Saturate with alcohol for a little while, then wash in clear water.

REMOVE JELLY FROM MOULDS.

Fold a hot cloth about the mould and jelly will not stick.

CLEANING PAINT.

Put two ounces of soda in a quart of hot water and wash with it. Rinse off paint with pure water.

TO PRESERVE EGGS.

Mrs. H. N. Winter.

Wrap good fresh eggs in dark blue papers, stand on small end and pack in large, open box, so air can circulate freely. Keep in dry, cool place.



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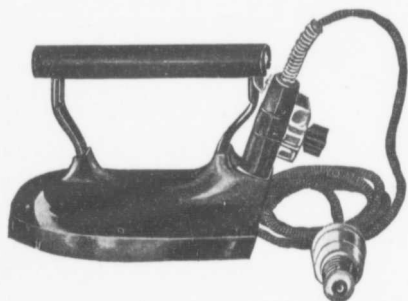
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A few drops of onion juice improves made-over meat dishes. Do not use enough to give a pronounced onion flavor.

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VEGETABLES

TIME TABLE FOR COOKING VEGETABLES IN WATER.

Potatoes	25-30 m.	Spinach	30-45 m.
Carrots	35-45 m.	Celery	30-40 m.
Turnips	45 m.	Parsnips	30-45 m.
Beets (young)	45 m.	Green Peas	30-45 m.
Beets (old)	3-4 hrs.	String Beans	1-3 hrs.
Tomatoes	30-60 m.	Lima Beans	1 hr or more.
Onions	45-60 m.	Green Corn	12-20 m.
Cabbage	45-60 m.	Rice	20-30 m.
Cauliflower	20-30 m.	Macaroni	30-45 m.
Asparagus	20-30 m.		

GENERAL RULES.

Wash vegetables thoroughly, pare or scrape, if skins are to be removed. To keep them crisp and to prevent their being discolored, stand in cold water until cooked.

Vegetables may be cooked by steaming, baking, or in boiling water. Steaming is preferable to cooking in boiling water.

If cooked in boiling water use 1 tsp. salt with 1 qt. water, and add it when the vegetables are partially cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper, and serve hot with butter or a sauce.

Cold vegetables may be used for salads, or may be placed in a baking dish with one-half the quantity of sauce (2 c. vegetable and 1 c. sauce), covered with buttered crumbs, and browned in a hot oven.

SAUCE FOR VEGETABLES.

2 tbsp. butter.	Pepper.
2 tbsp. flour.	1 c. milk.
1 tsp. salt.	1 c. vegetable stock. } or 2 c. milk.

Make as a White Sauce.

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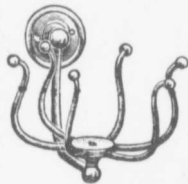
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ABBREVIATIONS.

1 Tablespoon	1 tbsp.	1 Quart	1 qt.
1 Teaspoon	1 tsp.	1 Pint	1*pt.
1 Cup	1 c.	1 Ounce	1 oz.
	1 Pound		1 lb.

All measurements are made level.

TABLE OF WEIGHTS AND MEASURES.

2 cups	1 pt.
4 "	1 qt.
2 " butter (packed solidly)	1 lb.
3½ " flour (pastry)	1 lb.
2 " granulated sugar	1 lb.
2 " fruit sugar	1 lb.
2¾ " icing sugar	1 lb.
3¼ " brown sugar	1 lb.
5½ " rolled oats	1 lb.
2½ " corn meal	1 lb.
1¾ " rice	1 lb.
3½ " Graham flour	1 lb.
4 " coffee	1 lb.
2 " finely chopped meat	1 lb.
8 medium eggs	1 lb.
1 square Baker's chocolate	1 oz.
3 tsp.	1 tbsp.
16 tbsp.	1 cup.
2 tbsp. butter	1 oz.
2 tbsp. granulated sugar	1 oz.
3½ tbsp. flour	1 oz.

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