

Souvenir Cook Book

TRIED AND TESTED RECIPES



ARRANGED BY THE LADIES OF THE
WATERVILLE CONGREGATIONAL CHURCH



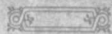
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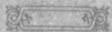
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SHERBROOKE

THIS WAS NO JOKE.

The other day over in the town of G—, Ontario, Mrs. R. came into Mr. B's store and asked for a couple of packages of Dye. He was selling the Old Style Dyes that require a Separate Dye for Wool and Cotton, and asked her if she knew what KIND of cloth her goods were made of. Mrs. R. said she wasn't sure, so he advised her to go home and make the following test:—

"First to take a small piece of the goods, and ravel out the threads each way of the Cloth, then put a match to them. Cotton would be apt to burn freely with little odor, Wool might merely singe and would be apt to give out a disagreeable odor, something like burning hair. Silk would burn less freely than Cotton and smell like burning Wool. Now, if it did not smell very much, she was to use a Dye for Cotton, if it did she was to use a Wool Dye, but she was to look out to see that it did not smell too much or too little.

Now, unfortunately, Mrs. R. had a cold in her head at the time, and couldn't smell ANYTHING, so she naturally thought that the goods were Cotton, and used the Cotton Dye. It turned out that her goods were really all Wool, and naturally her Dyeing was a failure. Since then B. has put in an assortment of "DY-O-LA" the Guaranteed ONE DYE for ALL KINDS of Cloth, which does away with all chance of using the WRONG DYE for the Goods one has to color. Mrs. R. is naturally much relieved as well as B's other Lady Customers.

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INTRODUCTION

THIS book is submitted to the public with the general desire that it may be found practical and useful. The recipes herein have been gathered amongst the ladies of our church, and the majority of them conform to the statement on the cover page "Tried and Tested."

We wish to thank those who have co-operated with us in the enterprise and also express our appreciation to the business firms who have taken advertising space and wish them practical results from their patronage.



MAN cannot live by bread alone,
He wants his menu good,
He wants a wife who's not above
Preparing wholesome food.

The way then to the hearts of men
(Man's not the only sinner)
Is by a cleanly, well-set board,
And by a well-cooked dinner.

Good cooks are born, not made they say
The saying's most untrue;
Hard trying, and these recipes
Will make a cook of you.

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SOUPS

SOUP STOCK—5 lbs. of lean beef from middle of round, 2 lbs. of marrow bone, 3 qts. of cold water, 1 teaspoon of pepper corns, 1 tablespoon of salt, $\frac{1}{3}$ cup each of carrot, turnip, celery, cut in slices. Wipe and cut meat in inch cubes. Put $\frac{2}{3}$ of meat in soup kettle and soak in water 30 minutes. Brown remainder in hot frying pan with marrow from marrow bone. Put browned meat and bone in kettle. Heat to boiling point. Skim and then cook at temperature below boiling point for five hours. Add seasoning and vegetables, cook 1 hour strain and cool. Remove fat and clear.

CELERY SOUP—Celery soup may be made with white stock. Cut down the white of half a dozen heads of celery into little pieces and boil it in four pints of white stock with a quarter of a pound of lean ham and two ounces of butter. Simmer gently for a full hour, then strain through a sieve, return the liquor to the pan and stir in a few spoonfuls of cream with great care. Serve with toasted bread and if liked thicken with a little flour. Season to taste.

Mrs. Wm. Picken

BARLEY SOUP—Add 1 cup of barley, enough onions to taste, $\frac{1}{2}$ cup of vermicelli, pepper and salt to 2 qts. of soup stock. Boil well and serve immediately.

Mrs. Clark

POTATO SOUP—1 carrot, 1 onion, 2 large potatoes chopped fine. Boil and put through a colander, then add pepper and salt to taste, add a good sized piece of butter and a quart of milk; let come to a boil and serve.

J. H. H.

RICE AND TOMATO SOUP—To 2 qts. of pot liquid, add 1 pint fresh or canned tomatoes and 1 cup boiled rice. Cook slowly $\frac{1}{2}$ an hour, season to taste.

PEA SOUP—2 cups peas, 2 qts. water, boil half an hour and drain. Have hot water ready and put same amount as before with

$\frac{1}{2}$ teaspoon soda. Boil one hour and drain again, then add same amount of hot water and two heaping desert spoons of lard, two of butter and one onion. Salt and pepper to taste. Must be put on at 8 o'clock in the morning in order to be good for dinner.

Miss. Delphine Blier

CORN SOUP—Stew $\frac{1}{2}$ can or 2 cups corn with $\frac{1}{2}$ cup water until soft. Scald one pint milk, with salt and pepper added, in the top of a double boiler, add $\frac{1}{2}$ tablespoonful of sugar. Pour in the corn, and strain it if desired.

Mrs. James H. Osgood

VEAL SOUP—Put a knuckle of veal into 3 qts. of cold water with a small quantity of salt and one small tablespoon of uncooked rice. Boil slowly, hardly above simmering for 4 hours, when the liquid should be reduced to half the usual quantity. Remove from the fire. Into the tureen put the yolk of one egg and stir well into it a teaspoon of cream, or in hot weather, new milk. Add a piece of butter the size of a hickory nut. Then strain the soup, boiling hot, stirring all the time. Just at the last beat it well for a minute.

CREAM OF LIMA BEAN SOUP—1 cup dried lima beans, 3 pts. cold water, 2 slices of onion, 4 slices of carrot, 1 cup milk, 4 tablespoons butter, 2 tablespoons flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper. Soak beans over night, in the morning drain off and add the cold water. Cook until soft and rub through a sieve. Cut vegetables in small cubes and cook five minutes in the butter. Remove vegetables, add flour, salt and pepper and stir into beans. Add milk, reheat and serve.

SALMON SOUP— $\frac{1}{3}$ can of salmon, 1 qt. of scalded milk, 2 tablespoons of butter, 4 tablespoons of flour, $1\frac{1}{2}$ teaspoons salt, grains of pepper. Drain the oil from the salmon, remove skin and bones, rub through a sieve, add gradually the milk, season and bind with butter and flour which have been melted and cooked together.

TOMATO SOUP—Stew a qt. of peeled tomatoes until soft, strain and add a pinch of soda. Set over the fire again, adding a

qt. of hot milk; season with salt and pepper, a piece of butter the size of an egg and 3 tablespoonfuls of rolled crackers serve hot. Canned tomatoes may be used if desired.

Mrs. James H. Osgood

LOBSTER SOUP—Take 1 can of lobster, 1 tablespoonful of butter, 2 qts. of veal stock, 1 tablespoon of flour. Season with salt and cayenne pepper. Break the meat into small pieces, add it to the stock, let it boil slowly, add seasoning and butter and flour, mixed to a paste. Let boil up and serve.

CREAM OF GREEN PEA SOUP—1 pt. fresh peas or 1 can, 1 qt. milk, 2 tablespoons flour, 2 tablespoons butter, 1 teaspoon salt, 1 teaspoon pepper. If canned peas are used, drain off liquid, add small amount of boiling water and heat. Drain and rub paste through sieve. Melt butter and add flour, salt and pepper mixed together. Cook a minute and add scalded milk slowly, then the pulp of peas. Stir until smooth. Serve with croutons.

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GENERAL RULES FOR COOKING MEATS

BAKING—Put the roast in a very hot oven with some pieces of fat or good dripping in the pan. Baste every ten minutes. Keep oven hot for a small roast, for a large one check the oven after the first fifteen minutes. Bake fifteen minutes to the lb. if it is beef and in a compact piece. Pork and veal take longer.

BROILING—Over the coals. Put meat between the greased wires of a broiler. Hold it very near a fire of clear hot coals (glowing) and turn every ten seconds. When seared hold farther from the fire until cooked.

PAN-BROILING—Heat a frying pan sizzling hot. Lay the meat in flat and turn immediately. Turn often as in broiling but be careful not to stick a fork into lean part. Beef one inch thick cooks rare in ten minutes.

BOILING—Cover meat with boiling water and boil five minutes; then simmer until done. Tender meat takes twenty minutes to the lb. Tough meat takes from three to five hours.

STEWING—Cut meat into suitable pieces; cover with cold water and bring to simmering point. Simmer until tender, closely covered. Takes two to three hours according to toughness of meat.

MEATS

SPICED MEAT— $3\frac{1}{2}$ lbs. lean beef, 6 soda crackers rolled fine, butter size of an egg, melted, 4 tablespoons cream or milk, 3 eggs, 1 nutmeg, 2 tablespoons salt, 1 tablespoon black pepper. Chop beef very fine, add crackers, butter, cream, nutmeg, salt, pepper and well beaten eggs, sprinkle board with flour and knead to a solid mass and bake one hour in a moderately hot oven.

Mrs. Geo. Nutbrown

MEAT CROQUETTES—1 lb. of beef steak ground with onions. 1 egg $\frac{1}{2}$ cup of milk, cracker crumbs, salt and pepper to taste. Make in rolls and fry in butter.

Mrs. J. P. Heath

POTTED BEEF—After cutting what is good enough for steaks off a leg of beef, cut as much of the remainder as you wish to make up into inch cubes, paring off as much as possible all skinny pieces and gristle. Put in an iron pot with enough cold water to cover it and let it boil very slowly till it is soft enough to bruise. If the meat is tender, three hours may be enough, but if tough it may take four or more, when it is cooked take up about a plateful at a time free of the gravy, and pound it with a hammer, or pestle, in a wooden butter bowl, till it is quite fine, when it gets a little dry in the bowl add as much gravy as will not make it splash. As each plateful is pounded whatever skin or gristle remains can be picked out and the beef put into a crock to make room for the rest, when it is all done, add whatever gravy is left and mix it. Measure the beef in a quart bowl, and to each bowlful, add 1 level tablespoon each of salt, black pepper and allspice. Mix thoroughly and pack firmly in pudding dishes when the oven is cool enough to brown slightly, put it in for two hours to make it solid enough to cut like cheese. It will keep three weeks in cool weather, or all winter if it can be kept frozen.

TO ROAST BEEF HEART—Wash it carefully and open it sufficiently to remove the ventricles, then soak it in cold water until the blood is discharged; wipe it dry and stuff it nicely with dressing as for turkey, roast it about an hour and a half. Serve it with the gravy which should be thickened with some of the stuffing. It is very nice hashed. Served with currant jelly.

Bessie S. Cordy

OYSTER DRESSING FOR TURKEY—2 large cupfuls of bread crumbs, $\frac{1}{2}$ cup butter, season well with salt and pepper, 1 tablespoon poultry dressing, 2 eggs, enough milk to wet thoroughly. Mix all well together and beat in one teaspoonful baking powder and lastly 1 pt. oysters, chopped.

Miss. O. M. Spearing

CABBAGE CROQUETTES—Boil 1 cabbage whole and boil 3 lbs. of beef steak chopped fine. $\frac{1}{2}$ onion chopped fine, butter size of an egg, cloves and allspice to season. Roll the beef in the cabbage leaves and roll in bread crumbs and fry brown in butter.

Mrs. F. Anderson

CHICKEN CROQUETTES— $\frac{1}{2}$ a lb. of chicken chopped very fine, and seasoned with $\frac{1}{2}$ a teaspoonful of salt, $\frac{1}{2}$ a teaspoonful of celery salt, $\frac{1}{4}$ of a saltspoonful of cayenne pepper, 1 saltspoonful of white pepper, a few drops of onion juice, 1 teaspoonful of chopped parsley and 1 teaspoonful of lemon juice. Make 1 pt. of very thick cream sauce. When thick add 1 beaten egg and mix the sauce with the chicken, using only enough to make it as soft as can be handled. Spread on a shallow plate to cool. Shape into rolls. Roll in fine bread crumbs, then dip in beaten egg, then in crumbs again and fry one minute in smoking hot fat. Drain and serve with a thin cream sauce. Many prefer to cut the chicken into small dice. If this be done, use less of the sauce or the croquettes will be difficult to shape. The white meat of chicken will absorb more sauce than the dark. Mushrooms, boiled rice, sweetbreads, calf's brains, or veal may be mixed with chicken. Cold roast chicken, chopped fine, may be mixed with the stuffing, moistened with the gravy, and shaped into croquettes.

Mrs. J. M. Gustafson

SALADS

SALAD DRESSING—4 tablespoons butter, 1 tablespoon flour, 1 tablespoon celery salt, 1 tablespoon mustard, 1 tablespoon sugar, 1 cup sour cream, $\frac{1}{2}$ cup vinegar, 3 eggs, pinch cayenne pepper. Melt butter, thicken with flour, beat other ingredients together and add, stirring until like custard.

K. S.

SALAD DRESSING—1 egg, 4 tablespoons sweet milk, 4 of vinegar 3 of sugar, 1 teaspoon mustard, piece of butter size of a walnut. Put all together and boil with a little cream.

CHICKEN SALAD—1 boiled chicken chopped fine, 1 head of cabbage and equal amount of celery, whites of 12 boiled eggs chopped fine. Take yolks and add 2 tablespoons sugar, 1 of butter and 1 of mustard and 1 cup vinegar. Mix it all and serve.

NUT AND APPLE SALAD—Wash, core and cut lengthwise the apple and sprinkle with lemon juice to keep from discoloring. Chop and mix 1 cupful of pared apple, same quantity celery and $\frac{3}{4}$ cupful walnuts. To be served on lettuce leaves, with mayonnaise.

K. S.

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

Mrs. V. Holtham

WALDORF SALAD—Pare, core, and cut into small squares, 4 large, tart apples. Add to them a qt. of celery that has been cut into $\frac{1}{2}$ inch pieces, and sprinkle over all a teaspoonful of salt, 1 of paprika and 2 of vinegar, then add $\frac{1}{4}$ lb. of English walnuts; mix together with a teaspoonful of good stiff mayonnaise dressing and serve on lettuce leaves.

Miss. D. Blier

CREAM CHEESE SALAD—Mix cream cheese with $\frac{1}{4}$ the amount of English walnut meats, pounded to a paste. Moisten with cream or mayonnaise and season with a little salt, pepper and a few drops of onion juice. This is a very nice salad for St. Patrick's Day, by decorating the top with nut meats placed in Shamrock form and arrange on lettuce or escarole leaves. Serve with mayonnaise tinted a light green.

Irma A. Jameson

LAMB AND VEGETABLE SALAD—Cut cold roast lamb into small pieces, also cold potatoes. Mix meat and potato and sprinkle with chopped beets. Flavor mayonnaise with onion juice instead of mustard. Garnish with finely chopped cucumber pickles. Proportions: 2 cupfuls lamb, 1 cup potato, 2 cupfuls cold beets.

K. S.

TOMATO JELLY FOR SALAD—1 can of tomatoes, 1 teaspoon of sugar, $\frac{1}{2}$ teaspoon onion, 4 cloves, pepper and salt to taste. Strain

through cloth to have it very clear and make a jelly of it with gelatine according to any rule you are in the habit of using, and pour into very small moulds, and when stiff turn them out on to the lettuce leaves and put on them a salad dressing.

Gladys M. Swanson

FISH SALAD—Boil tender a whitefish or trout; chop fine, add same quantity chopped celery, cabbage or lettuce; season to taste with vinegar, salt and red pepper.

FISH

FISH CAKE— $\frac{1}{2}$ lb. of cooked cold fish, 2 oz. bread crumbs, 1 minced onion, $\frac{1}{2}$ oz. butter, pepper and salt to taste $\frac{1}{4}$ pt. milk, or fish liquid, a tablespoonful of finely minced parsley, 1 egg and some browned bread crumbs, cover a greased cake tin with the crumbs. Melt the butter in a saucepan, fry the minced onions and parsley in the butter, mince the fish and stir it into the onion and parsley. Take the pan from the fire, stir in bread crumbs, seasoning milk or liquor and the beaten egg. Put into the tin and bake in a moderate oven $\frac{3}{4}$ of an hour. Turn out and serve with a white sauce, with a anchovy in it, or some scalded or minced parsley.

ESCALLOPED OYSTERS—Crush and roll several handfuls of Boston crackers. Put a layer in the bottom of a buttered pudding dish. Wet this with a mixture of oyster liquor and milk (equal parts) slightly warmed. Next a layer of oysters sprinkled with salt, pepper and small bits of butter; then another layer of moistened crumbs, then a layer of oysters and so on till the dish is full. Let the top layer be of crumbs and beat an egg into the milk which you pour over them, stick bits of butter thickly over it and bake half an hour.

Mrs. F. G. Gale

CODFISH BALLS—Five cups mashed potatoes, 2 tablespoons butter, 1 egg, $\frac{1}{2}$ cup codfish (previously cooked) salt and pepper, mix all together and form into balls. Beat one egg. Roll the balls

first in the beaten egg, then in cracker crumbs and fry in a buttered pan.

Beatrice Buddell

FISH CHOWDER—Chop $\frac{1}{4}$ lb. pork, and cook until the fat is all out, then take out the remaining pieces. Soak 1 lb. codfish, slice 4 small onions and 6 large potatoes. Put layer of fish, potatoes, onions and cracker crumbs until all is used up. Season with butter, pepper and salt to taste. Cook with water and when done pour over all a quart of milk.

Mrs. James Osgood

BROILED OYSTERS—Choose large, fat oysters; wipe them very dry; sprinkle them with salt and pepper, and boil upon one of the gridirons with close bars sold for the purpose; you can dredge the oysters with flour if you wish to have them brown, and many persons fancy the juices are better preserved in that way; butter the gridiron well, and let your fire be hot and clear, broil quickly, and dish hot, putting a bit of butter upon each oyster as it is taken from the gridiron.

Mrs. George Drew.

SALMON LOAF—One tin salmon, 1 cup bread crumbs, $\frac{1}{2}$ cup of milk, 2 eggs, juice of half a lemon, $\frac{1}{2}$ tea-spoon mustard, salt, 1 tea spoon parsley or celery. Steam in mold one hour.

L. Stockwell.

CHOWDER A LA FRANCAIS—2 lb. White Fish stewed about one hour with a small onion. Drain off the water, and cover with about a quart of milk; when it boils, put in a pint cold sliced boiled potatoes: butter the size of an egg: salt and pepper.

M. G. Blier.

TO COOK ANY FISH—Split and season to taste, heat pan, butter and lay the fish on with flesh down, and broil over hot fire. When cooked place on hot platter; mix together a teaspoonful of minced parsley and juice of half a lemon, and butter size of an egg. Spread over fish; put in oven long enough to allow butter to penetrate the fish.

BAKED FISH—Make a dressing of bread crumbs, two table-spoonfuls of minced onion, some chopped parsley, a little butter, one tablespoon of chopped suet, pepper, salt and a beaten egg. Stuff the fish and sew or tie securely. Place in pan with some hot water; lay pieces of pork on top with a little pepper and salt and bake, basting very often.

EGG DISHES

DEVILLED EGGS—Take 6 eggs or as many as desired, boil hard, cool and cut them in two, taking out the yolks without breaking the whites, put yolks in a bowl and beat to a cream with salad dressing. Fill the whites with this, cut olives in small pieces and sprinkle over all.

Mrs. Hopkinson.

BAKED EGGS—Beat whites of 6 eggs until stiff; have ready some buttered patty-pans, and into each put a portion of the beaten whites. Make hollow in centre of each and drop in the yolks unbroken, season with butter, pepper and salt. Bake until a light brown in a quick oven.

A. L. Stockwell.

EGG OMELET—4 eggs, separate whites and yolks and beat both separate, $\frac{1}{2}$ cup of milk, 1 teaspoonful salt, small piece butter; $\frac{1}{4}$ teaspoonful pepper. Heat frying pan with piece of butter. Put yolks and milk in together, then whites and bake five minutes in a hot oven.

Miss Annie Pickens

CREAMED EGGS—Put into a tin sauce-pan a tablespoonful of butter, let melt, then add half a cup of cream, when well mixed, drop in eggs, pepper and salt to taste, cook until tender.

A. L. Stockwell

FOAMY OMELET WITH JELLY—Separate the eggs, beat the yolks and add one tablespoonful milk for each egg, a saltspoonful of salt, a dash of pepper and a teaspoonful of flour. Put a teaspoonful

of butter in a skillet and when it begins to bubble turn in the omelet. Fry to a golden brown: remove carefully from the skillet, spread with an acid jelly, fold over, and place in lettuce leaves. Beat the whites of the eggs stiff, sweeten slightly and put a thick coating on the top of the omelet.

Mrs. C. Mc.Allister

SCRAMBLED EGGS—6 eggs, 2 tablespoons of milk, 2 tablespoons water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoonful white pepper, 2 table-spoonsful butter. Beat the eggs without separating, add the other ingredients, mixing thoroughly. Strain the mixture. Melt the butter in a frying-pan and pour in the mixture. Stir constantly until it is soft and creamy throughout. Serve at once. This dish may be varied by the addition of any finely chopped cooked meat. If so it should be mixed with the eggs just before taking from the fire.

Mrs. John Nutbrown

PICKLES

SWEET CUCUMBER PICKLES—6 pounds seeded cucumbers, 1 pound brown sugar—vinegar: 1 tablespoon each of cloves, allspice: cinnamon and pepper. Salt the cucumbers in layers over night. Drain thoroughly in the morning; add the sugar and spices; cover with vinegar and cook until tender.

Mrs. A. C. Spafford

PICKLED CHERRIES—To every quart of cherries (fresh tart ones) add a cupful of vinegar and two tablespoonsful of sugar with a dozen cloves and 6 blades of mace. Boil the vinegar, sugar and spices five minutes, and after it has cooled strain out the spices, and pour the vinegar over the cherries which have been placed in jars till three-quarters full, cork or cover tight.

Mrs. C. Mc.Allister.

CHILI SAUCE—Twelve ripe tomatoes, pared, two large peppers chopped fine, one large onion chopped fine, two teacups of vin-

egar: one tablespoonful of salt: one cup brown sugar: one teaspoonful each of allspice, nutmeg, cloves, and ginger. Boil all together.

Ellen Buddell

SWEET PICKLES—Eight pounds of green tomatoes chopped fine; add four pounds of brown sugar, and boil down three hours. Add one quart of vinegar, a teaspoonful each of mace, cinnamon and cloves and boil about fifteen minutes. Let it cool and put into jars or other vessels.

Mrs. Buddell

TO PICKLE RED CABBAGES—Slice them fine into a sieve, and sprinkle each layer with salt. Let the whole drain two days, then place in a jar. In the meantime take vinegar enough to cover the whole, and boil with mace, bruised ginger, whole pepper and cloves; when cold, pour over cabbage and cover lightly. The purple red cabbage is the finest.

Mrs. J. Mc.Donald

MUSTARD PICKLES—One qt. small cucumbers: one qt. large cucumbers cut in pieces; one qt. large tomatoes sliced etc: one qt. of white onions: one large cauliflower cut in pieces. Make a brine of 4 qts. water and let stand over night. Heat just enough in same to scald. Drain very carefully. After this is done, put pickle etc. in an agate kettle and mix in a bowl 1 cup flour, 6 tablespoons of mustard and 1 tablespoon turmeric. Stir this smooth with cold vinegar 1 cup sugar and enough vinegar to cover all; boil until thick. When cold will be ready for use. This will not spoil if not air tight.

M. E. Little

RIPE CUCUMBER PICKLE—12 large ripe cucumbers, 8 large onions sliced fine, sprinkle with salt, leave for 2 hours then drain water off and add: one teaspoon of white pepper, 1 teaspoon of mustard, $\frac{1}{2}$ teaspoon tumeric, 1 cup brown sugar, with vinegar to cover. Cook $\frac{1}{4}$ hour and put away in hot sealers.

GREEN TOMATO PICKLE—1 peck green tomatoes, $\frac{1}{2}$ peck of onions, 5 pounds of brown sugar, 2 quarts vinegar, 1 tablespoonful of

ground cinnamon, 1 tablespoon of ground cloves, slice tomatoes and onions, sprinkle with salt and let it stand over night. Drain, add other ingredients and boil until tender. Remove tomatoes and onions and boil syrup to right thickness and then pour over pickle.

CUCUMBER PICKLE—To a gallon of vinegar add 1 cup of salt and 1 cup of mustard. Pick fresh cucumbers and after washing drop into brine and seal.

INDIA PICKLE.—1 gallon vinegar, 4 oz. mustard, 4 oz. mustard seed, 1 oz. curry powder, 3 oz. ginger, 1 oz. tumeric, $\frac{1}{4}$ oz cayenne pepper, 4 oz. salt; 1 cup brown sugar. Place all ingredients in a large crock. After preparing onions, cauliflower, cucumbers, beans etc. put in crock, stir frequently until well pickled.

Mrs. I. W. Pierce.

CUCUMBER SAUCE—6 large cucumbers, 4 large onions chopped fine. Cover with salt and let stand 2 or 3 hours. Then drain and add 1 teaspoon of pepper, $\frac{1}{2}$ teaspoon tumeric powder, 1 cup of brown sugar and vinegar enough to barely cover. Boil $\frac{1}{2}$ hour.

PICKLED ONIONS—Take $\frac{1}{2}$ peck small onions, peel and put in about 1 cup salt. Pour over enough boiling water to cover the onions. Let stand one night, drain and repeat the next night. Then cover with cold sharp vinegar, and spice, using whole spice. Let it stand a week before using.

CHOPPED PICKLE—One peck green tomatoes, one large cabbage head, four large onions, one half pt. of chopped horseradish, one pt. maple sugar. One tablespoon each of allspice, cinnamon, cloves ginger, and black pepper, one teaspoon red pepper. Chop the tomatoes and let stand over night and drain. Chop the cabbage fine and put with the tomatoes. Add 4 tablespoons salt cover with vinegar and water in equal parts and boil half an hour. Drain again, put all together, cover with vinegar and boil twenty minutes.

Mrs. A. D. Griffin.

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Peter Swanson

WATERVILLE, QUE.

PRESERVES

PRESERVED PUMPKIN—Cut pumpkin into squares, about one inch square: to every pound of pumpkin allow $\frac{3}{4}$ lb. sugar, put the pumpkin and sugar together in an earthen jar, mix well, let stand 3 days then allow to every 3 lbs. pumpkin, 1 lemon and about $\frac{1}{2}$ an ounce of ginger root crush ginger and cut lemon into pieces. Mix all well together and boil until the pumpkin becomes transparent.

Mrs. S. Edgcombe.

TOMATO PRESERVE—4 pounds green tomatoes, 3 pounds of sugar, 3 lemons sliced, ginger-root to taste. Cook slowly till juice is thick.

ORANGE MARMALADE—6 oranges, 3 lemons, 10 cups sugar, 10 cups of water. Slice oranges and lemon fine, remove seeds and soak twenty four hours in the water. Boil for one hour, add sugar, boil another hour or until it jellies. Put in tumblers and cover.

Miss. Annie McGovern

PEACH BUTTER—Take pound for pound of peaches and sugar, cook the peaches alone until they become soft, then put in one half of the sugar, and stir for one half hour; then the remainder of sugar and strain an hour and a half. Season with cloves and cinnamon.

CRAB APPLE BUTTER—Quarter and core crab apples. Take as many pounds of sugar as you have fruit, adding small quantity of water to dissolve. Then put in apples and cook slowly for 1 hour or until apples are soft and tender, a small piece of stick cinnamon may be cooked with fruit until flavored to please.

Mrs. F. G. Gale.

PRESERVED PEACHES—Select peaches of fine quality and firm. If too ripe they are not likely to keep perfectly. Pare them and place them in a steamer over boiling water and cover tightly; an

earthen plate placed in the steamer under the fruit will preserve the juices which afterwards may be strained and added to the syrup. Let them steam for fifteen minutes, or until they may be easily pierced with a fork, make a syrup of the first quality of sugar, and as the fruit is steamed drop each peach into the syrup for a few seconds, then take out and seal immediately. Inexperienced housewives will do well to remember that the syrup should be well skimmed before pouring over the fruit: We prefer the proportions of half a pound of sugar to a pound of fruit for canning, although many excellent house-keepers use less. This rule is excellent for all of the large fruits, pears, quinces, apples, etc.

Mrs. F. G. Gale.

BREADS

BREAD—One Royal yeast cake soaked one half hour in about half cup warm water; to this add one and a half qts. warm water and on tablespoon salt sifted flour to make batter, beat well rise over night in a warm place, next morning mix in flour until it can be kneaded till dough is smooth, let rise again for a short time, roll again, put in buttered tins, let fill and bake in a moderate oven.

F. E. Parkinson

QUICK GRAHAM BREAD—1 qt, graham, 1 cup white flour, $\frac{1}{2}$ cup sugar, 2 tablespoons baking powder, 1 teaspoon salt. Mix it very stiff with sweet milk.

Mrs. J. Moy.

BRAN BREAD—1 egg, 1 cup molasses, 1 teaspoon salt, 1 teaspoon of soda, 1 cup milk. 1 cup white flour, 1 cup graham flour, 1 cup bran flour. Beat egg, add molasses and salt, mix soda with milk add to molasses etc. Add the flour, 1 cup at a time. Pour into small bread tin bake in slow oven one hour. A few nuts may be added if desired.

Mrs. F. G. Gale,

BROWN BREAD—2 cups sour milk, 2 cups indian meal, 1 cup

molasses, 1 cup graham flour, $1\frac{1}{2}$ teaspoons soda sifted with $\frac{1}{4}$ cup white flour, 1 teaspoon salt. Mix molasses and sour milk, then stir in meal and flour, pour into 3 small buttered pails and steam for 2 hours and bake 20 minutes.

Mrs. John Osgood.

GRAHAM BREAD—4 cups of graham flour, $3\frac{1}{2}$ cups flour, 2 tablespoons molasses, 3 cups lukewarm milk, 2 cakes of compressed yeast, 1 heaping teaspoon salt, 2 tablespoons brown sugar, $\frac{1}{2}$ teaspoon soda, 2 tablespoons butter, $\frac{1}{2}$ cup lukewarm water.

PREPARATION—Sift together the graham flour, wheat flour, brown sugar and salt then rub in the butter, then add the molasses with the soda dissolved in it, next add the lukewarm milk and lastly the yeast dissolved in the lukewarm water. Knead the dough well for twenty minutes, cover up and set to rise. After rising, form it into two loaves, put in pans and let rise again. Bake in a moderately hot oven for an hour and a quarter. Graham bread requires longer time to rise than white bread. If graham bread is baked too quickly it is apt to become doughy in the centre.

Mrs. Bell

OATMEAL BREAD—1 cup of oatmeal, 1 cup molasses, 1 pint of boiling hot water, 1 teaspoonful of sugar, 1 teaspoonful of salt, 1 pint of milk and 1 yeast cake. Flour. Put the oatmeal, molasses, salt, and sugar into the hot milk or water, allow it to cool until it is milk-warm then turn in the yeast after it has been dissolved in one half cup of cold water. Now stir in the flour and make the dough stiff enough to mould a little with the hands. Set the pan with a cover over it in a warm place, and in the morning it will be full of a light springy dough. Sift the flour over the moulding board, and mould with the hands until the air is all out of it, using as little flour as possible. Cut in two parts, mould into shape and put into buttered pans. Let rise and bake from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour in a good oven until brown.

Mrs. S. L. Gilson

BREAKFAST GEMS—1 cup sweet milk, $1\frac{1}{2}$ cups flour, 1 egg, 1 teaspoon salt $\frac{1}{2}$ teaspoon soda 1 teaspoon cream tartar beaten together for five minutes; bake in hot gem pans in a hot oven fifteen minutes.

Mrs. F. G. Gale

GRAHAM GEMS—One well beaten egg, two tablespoonsful of molasses, one cup cream, one cup milk, one teaspoonful salt, one teaspoonful Cream Tartar, $\frac{1}{2}$ teaspoonful soda, add graham flour till a spoon will stand in batter, pour into greased gem pans, bake in hot oven.

E. E. Parkinson

POP-OVERS—1 egg, 1 cup flour, 1 cup milk, $\frac{1}{2}$ teaspoonful of salt. Bake in gem pans in hot oven.

A. C. Moy.

SOFT GINGERBREAD—1 cup molasses, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup of sweet milk, $\frac{1}{2}$ cup butter 2 eggs 1 teaspoon ginger, 1 cup allspice, 2 cups flour, 2 teaspoons Cream Tartar, 1 teaspoon soda,

Mrs. O. M. Swanson.

GINGERBREAD--1 egg, 1 cup sugar, $1\frac{1}{2}$ cups molasses $\frac{1}{2}$ cup shortening, 1 tablespoon ginger 1 teaspoon soda, $\frac{1}{2}$ cup of cold water 1 teaspoon salt. Flour to make a soft dough; roll on board cut in squares, bake until brown in a slow oven.

NUT BREAD--2 eggs, 1 cup sugar, $1\frac{1}{2}$ cups milk, 4 cups flour 1 cup chopped walnuts, 2 teaspoonsful soda, 4 teaspoonsful Cream Tartar, a pinch of salt. Mix together and let rise half an hour Bake one hour in moderate oven.

Mrs. W. A. Edgecombe.

PARKER HOUSE ROLLS—1 pint milk, $\frac{1}{2}$ cup sugar, a piece of butter size of an egg, 1 teaspoonful salt, 1 yeast cake. Scald the milk and pour it over the sugar, salt and butter. Allow it to cool, and when it is lukewarm add the yeast, dissolved in the lukewarm water, then add one quart flour. Beat hard, cover and let rise over night in a warm place, in morning stir down, let rise again, then place it on kneading board and knead twenty minutes, then roll out one half inch thick, cut with biscuit cutter, brush each piece with butter. Fold and press the edges together and place in a greased pan. Let them rise until light. Bake in hot oven thirty minutes.

Mrs. E. Hammond

DATE LOAF--3 cups graham flour, 1 cup white flour, 1 teaspoonful salt, 1 cup sugar, 4 heaping teaspoonsful baking powder 1 pound stoned dates, cut in half. Mix it with sweet milk until the consistency of fruit cake, bake in bread tins $1\frac{1}{2}$ hours.

M. G. Stockwell

PUDDINGS AND PIES

ENGLISH PLUM PUDDING--2 pounds seeded raisins, 2 pounds currants well washed and dried, one half pound sliced citron; 2 lbs. bread crumbs; 1 lb. chopped suet, juice and grated rind of 3 lemons, 6 eggs beaten, 2 lbs. light brown sugar, 3 grated nutmegs one table-spoon salt, and milk. Mix all the fruit thoroughly, then add eggs and milk, a little at a time, adding carefully to make it moist enough to stick together, but not wet. Fill bowl the desired size evenly full, cover with cloths tied over tightly, and boil steadily eight hours. When wanted for use boil one hour. Serve with rich sauces; will keep all winter.

Mrs. Thomas Smith

PLUM PUDDING-- $1\frac{1}{2}$ lbs. of suet, 1 lb. stoned raisins, 1 lb. of currants, $\frac{1}{2}$ lb. grated bread crumbs, $\frac{1}{2}$ lb. flour, 2 lb. brown sugar, 8 eggs, $\frac{1}{2}$ grated nutmeg, 1 teaspoonful ginger, $\frac{1}{2}$ pint milk, and as much candied peel as you like. Boil ten hours.

Mrs. R. Hammond.

SUET PUDDING--One cup suet (chopped fine), one cup raisins, half cup molasses, one cup milk, half teaspoon cream tartar, 2 eggs and salt. Steam three hours.

HARD SAUCE--Rub $\frac{1}{4}$ cup of butter to a cream, add gradually half a cup of powdered sugar. Flavor and put on ice.

Mrs. H. Wyman

COCOANUT CUSTARD—One cocoanut grated into one pint of milk, and three eggs, sugar to taste, butter the size of a walnut; grate the rind of a lemon and add nutmegs.

Mrs. H. Cook.

SAVOURY PUDDING—Put half a pound of scraps of bread (the dry crusts will do) to soak for ten minutes in cold water. Drain off the water, and with a fork mash up the bread till no lumps are left. Boil three good sized onions till nearly cooked. Chop finely and add to the bread $\frac{1}{4}$ lb. of finely chopped suet, one teaspoon of sage, pepper and salt, and one well beaten egg. Pour into a well greased tin, bake for $1\frac{1}{2}$ hrs. and serve with brown gravy poured over.

Mrs A. Anderson.

APPLE PUDDING—Pare and core an apple for each person. steam until soft, when cool fill cavities with jelly, and cover with whipped cream.

LEMON SNOWBALLS—Beat the yolks of three eggs until very light; add gradually one cup granulated sugar, 3 tablespoons of water. The grated yellow rind of one lemon, two tablespoons of lemon juice, one cup of flour in which has been sifted one teaspoon of baking powder. Then fold in the stiff whipped whites of the eggs, and pour the batter into 15 little buttered cups. Steam for half an hour; then turn out and roll in powdered sugar and serve with lemon or almond sauce.

Miss A. E. Macoy

ORANGE PUDDING—Peel and cut 5 good oranges into thin slices, taking out all seeds; put over them a coffee cup of fine white sugar. Let a pint of milk get boiling hot by setting in hot water; add the yolks of 3 eggs well beaten, one tablespoonful of corn starch made smooth in a little cold milk; stir all the the time, and as soon as thickened pour over the fruit. Beat the whites to a stiff froth add 1 tablespoonful of sugar and spread over top for frosting; set in oven a minute to harden. Can be eaten hot but is best cold.

Mrs. H. W. Palmer.

STEAMED PUDDING—1 cup suet, 1 cup molasses, $\frac{1}{2}$ cup brown sugar, 1 cup sour milk, 2 cups of flour, 1 teaspoonful cloves, 2

teaspoonsful cinnamon, 1 teaspoonful soda, a little salt, 1 cup raisins. Steam for three hours. Serve with hard sauce.

CUP PUDDING—One cup suet, 1 cup raisins, 1 cup currants 1 cup apples, 1 cup brown sugar, 1 cup bread crumbs, 1 cup flour, $\frac{1}{2}$ cup molasses, one half cup mixed peel, one half teaspoon cloves, one half teaspoon cinnamon, one half a nutmeg, a little salt;

Mrs. George Sampson.

PLUM BATTER—Take a pie dish holding 2 pints and after buttering the dish cover bottom with whole, uncooked plums. Pour over this a batter made of four heaped tablespoons flour, 2 eggs and one pint milk, put into a hot oven and bake for about 1 hour.

PUDDING (DANDY)—1 heaping cup bread crumbs, 2 cups hot milk, 1 tablespoon butter, stir over fire until warmed through, take off and add $\frac{1}{2}$ cup white sugar, $\frac{1}{2}$ cup cocoanut, yolks of 2 eggs, 1 teaspoon vanilla. Set in oven until it forms a custard. Spread with jam and the beaten whites of eggs for meringue; set in oven to brown. Serve cold.

Mrs. W. Harrington

SNOW PUDDING—One half package of Cox's gelatine; pour over it a cup of cold water and add $1\frac{1}{2}$ cups sugar; when soft add 1 cup boiling water, juice of one lemon and the whites of four well-beaten eggs; beat all together until very light; put in a glass dish and pour over it custard made as follows: one pint milk, yolks of four eggs, and grated rind of one lemon; boil. Splendid

Mrs. L. Larson.

LEMON PUDDING—2 cups boiling water, juice of one lemon, 1 cup sugar, boil together. 3 tablespoons corn starch, Beat whites of 2 eggs stiff and stir in when off the stove.

Serve cold with the following sauce. Beat yolks of eggs, 2 or 3 spoons sugar and add to one cup boiling milk.

Mrs. R. H. Smith.

BROWN BREAD PUDDING—6 oz. stale brown bread crumbs, 5 oz. sugar, $\frac{1}{2}$ pint. milk, 3 eggs, Soak bread in milk then beat

in yolks of 3 eggs whites whisked separately, add juice of $\frac{1}{2}$ a lemon and 1 oz. candied peel. Put into mould. Steam $2\frac{1}{2}$ hours.

Mrs. Marshall

TAPIOCA CREAM—Put one pint of milk and two tablespoons of tapioca in a double boiler and cook until the tapioca is soft, then stir in a little salt, $\frac{1}{2}$ cup sugar, one egg and the yolk of another stir until it begins to thicken, then remove from the fire and stir in a teaspoon of vanilla. Beat the white of the egg with 2 teaspoons of sugar and drop in little islands on the cream and brown.

Mrs. H. H. Lawrence

STRAWBERRY FLUFF—Take $1\frac{1}{4}$ cupsful of strawberries 1 cupful fine sugar and the white of one egg and put all into a bowl and beat with egg beater till stiff enough to hold its shape, pile lightly on a dish, chill and surround with macaroons. Serve with whipped cream sweetened and flavored with orange.

Mrs. R. D. Jameson.

SNOW PUDDING—2 tablespoonsful cornstarch, $\frac{3}{4}$ pint of boiling water. Juice of 2 lemons, rind of 1 lemon 1 cup of sugar. Boil for a few minutes then take off the fire and stir in quickly the whites of 2 eggs beaten stiff. Pour into a mould. Make a custard with the yolks of 2 eggs, 1 pt. of milk and a large teaspoon of cornstarch. To be served cold.

Mrs. King.

RAISIN PUFFS—Two egg, half cup butter, three teaspoonsful baking powder, two tablespoons sugar, two cups flour, one cup sweet milk, one cup chopped raisins; steam $\frac{3}{4}$ hour in small cups; serve with lemon sauce.

Annie Colquhoun

CUSTARD SOUFFLE—One fourth cup melted butter, two tablespoonsful flour; stir the flour in butter and add half a cup of sweet milk. Let this soak until thickened, add the yolks of three eggs

one half cup sugar, and a teaspoonful vanilla, and lastly the whites of eggs stiffly beaten. Bake in a moderate oven 20 minutes. Chocolate Souffle may be made the same way by adding a square of melted chocolate.

Isabel A. Knight

BANANA PIE—2 cups milk, yolks of 2 eggs, $\frac{1}{2}$ cup sugar, 2 tablespoons corn starch, flavor with vanilla. Cook in double boiler and when cool pour over 3 bananas sliced. Bake crust first as for lemon pie. Make a meringue of whites of eggs and set in oven to brown.

ORANGE PIE—1 orange grated fine and chop the inside, 3 eggs, $\frac{1}{2}$ cup sugar, 1 cup milk, 1 tablespoon cornstarch. No upper crust. Boil together.

CREAM PIE—2 cups milk, $\frac{1}{3}$ cup flour, $\frac{1}{2}$ cup sugar, 2 eggs, 1 teaspoon vanilla, a pinch of salt. Put milk on in double boiler and let remain until very hot. Mix dry ingredients thoroughly. To this add the eggs well beaten and blend perfectly. Pour hot milk over the above and mix thoroughly. Return this to the double boiler stir constantly until thickened. Fill the crust already baked and cover with whipped cream or meringue.

Emma C. Swanson

PUMPKIN PIE—Mix 3 cups thick stewed and sieved pumpkin, 2 cups milk, 1 cup sugar, 1 teaspoon salt, 2 eggs, $\frac{1}{2}$ teaspoon cinnamon, 1 teaspoon ginger, pinch cloves.

OSGOODE PIES—(2 Pies), Yolks of 2 eggs, $1\frac{1}{2}$ cups brown sugar, 2 large teaspoons melted butter, 1 teaspoon allspice, 2 teaspoons vinegar, (not strong) 1 teaspoon cloves, 1 teaspoon cinnamon, 1 cup of raisins stoned and chopped fine, 1 tablespoon cornstarch, 1 cup of boiling water mixed with cornstarch. Cook in crusts and put the beaten whites of eggs on top.

PINE APPLE PIE—Peel and eye the pine apple, cut it into pieces, rejecting the hard core. Line a pie plate with rich paste and

spread on it the fruit pack in layers with sugar, to be determined by the acidity of the fruit, round the fruit up so that it is thickest in centre, dust over with flour. Cover with an upper crust and bake 30 minutes.

Mrs. Marshall

CUSTARD PIE—Put in two eggs, two large tablespoons of sugar, three cups of milk, even tablespoon of flour, a little salt, and some nutmeg grated on. For crust use common pastry.

Mrs. Wm. N. Wakefield

MOCK CHERRY PIE—One cup chopped cranberries, one cup chopped raisins, one large tablespoon flour, one half cup water. Cook twenty minutes before putting in pie crust.

Mrs H. H. Lawrence

CAKES

ROYAL FRUIT CAKE—6 eggs, $1\frac{1}{2}$ cups brown sugar, 1 cup of molasses, $1\frac{1}{2}$ cups of butter, $1\frac{1}{2}$ cups of sweet milk, 1 teaspoonful of soda, 3 lbs. of raisins, 3 lbs. currants, 1 lb. of citron, 2 tablespoonfuls of cloves, 2 teaspoonfuls of cinnamon, 1 nutmeg, 5 cups of flour.

Mrs. P. P. Holyon

SMALL SPONGE CAKES—Beat the yolks of three eggs to a light cream, add 1 cup powdered sugar, juice of one lemon and $\frac{1}{2}$ its grated peel. Add 1 cup flour with one level teaspoon baking powder, and lastly the three egg whites beaten stiff and dry. Bake in buttered patty pans.

SPONGE CAKE—3 eggs beaten two minutes; $1\frac{1}{4}$ cups sugar; beat five minutes; large $\frac{1}{2}$ cup cold water; beat two minutes; $1\frac{7}{8}$ cups pastry flour; 1 small teaspoon cream tartar; $\frac{1}{4}$ teaspoon soda; a little salt. Sift all together five minutes, and add to mixture, beating as little as possible. Bake in moderate oven 45 to 50 minutes.

Mrs. Banfill.

SILVER CAKE—Whites of 1 doz. eggs; flour five cups; white sugar and butter, of each 1 cup; cream or sweet milk 1 cup; cream of tartar 1 teaspoon; soda $\frac{1}{2}$ teaspoon; beat and mix.

Mrs. H. Clark.

SUNSHINE CAKE—Whites of 7 eggs; yolks of 5; 1 cup sugar; 1 cup flour (scant) $\frac{1}{4}$ teaspoon cream tartar; pinch salt, orange juice or lemon to flavor; beat yolks light, set aside. Add cream of tartar to whites and beat stiff; add sugar then yolks and flavoring, fold in flour (sifted five times). Bake 50 minutes.

Mrs. C. O. Swanson

RIBBON CAKE—2 cups sugar, $2\frac{1}{2}$ cups flour, 1 cup butter, 1 cup sweet milk, 4 eggs, 2 teaspoons cream tartar, 1 teaspoon soda. Divide in three parts. To one part add 1 cup chopped raisins, 1 cup currants, spice, melted chocolate.

Miss Ellen Woodward

SILVER NUT CAKE—Beat together, 1 cup of sugar, $\frac{1}{2}$ cup butter, add $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ teaspoonful soda dissolved in a little hot water. Then add the well beaten whites of 3 eggs, $1\frac{1}{2}$ cups well sifted flour with 1 teaspoonful cream tartar, 1 cup of chopped walnuts and if desired a little lemon extract.

Mrs. H. Cook.

MOCHA CAKES— $1\frac{1}{2}$ cups sifted flour, 1 cup sugar, heaping teaspoon baking powder, put all in bowl. Put whites of two eggs in cup, half fill cup with melted butter, fill cup with milk and one teaspoon vanilla. Beat all ingredients together for five minutes and cook in a sheet. After it has cooked well cut in small squares and ice on all sides with the following.

ICING FOR MOCHA CAKES—Four tablespoonsful melted butter ten of icing sugar, $\frac{1}{2}$ teaspoon of vanilla. If mixture thickens too much, thin it with a little cream, milk or hot water. Roll each cake in rolled browned blanched almonds.

O. M. Spearing;

MINNEHAHA CAKE— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1

cup of sweet milk, $2\frac{1}{2}$ cups of flour, 2 teaspoons Cream Tartar, 1 teaspoon of soda. Bake in three layers, for filling: 1 cup of sugar, four tablespoons of boiling water, cook till clear, pour on the white of 1 egg, add $\frac{1}{2}$ cup of chopped raisins.

Mrs. O. M. Swanson.

ROLLED JELLY CAKE—1 cup sugar, 1 tablespoon butter, 1 teaspoon salt, 1 cup milk, 1 teaspoon baking powder $1\frac{1}{2}$ cups flour. Bake in a flat tin, when partly cool turn out of pan and roll in jam. Then roll in round shape in towel.

Mrs. Geo. Hooper

APPLE SAUCE CAKE—Cream $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup butter. Add $1\frac{1}{2}$ cupsful of tart apple sauce in which 1 teaspoonful soda has been dissolved; $\frac{1}{2}$ teaspoon each ground cinnamon and nutmeg; $\frac{1}{4}$ teaspoonful ground cloves; $\frac{3}{4}$ cup currants; $\frac{3}{4}$ cup seeded raisins. Flour to make a good batter.

LAYER CAKE—1 cup sugar, 1 teaspoon salt, 1 cup milk, one half cup flour, 1 egg 1 tablespoon butter, a few drops vanilla, 1 teaspoon baking-powder. Put in two tins and bake twenty minutes.

FROSTING—1 cup sugar, 2 tablespoons water. Boil together, stir in the white of an egg well beaten, and frost cake.

Mrs. E. Cowling.

DATE CAKE - 2 eggs, 1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 lb. dates (stoned and chopped) $\frac{1}{2}$ teaspoon of cinammon and cloves. 1 cup milk or sour cream, 1 small teaspoon soda. With flour not too thick. Bake in a slow oven.

Mrs. W. Harrington.

FEATHER CAKE—1 cup sugar, 1 egg, 1 cup sweet milk, 1 table-spoonful shortening, 2 small teaspoons baking-powder or 2 table-spoonful cream tartar, 1 spoonful soda, $1\frac{1}{2}$ cups flour. Beat for 5 minutes.

J. C. Powers

CHOCOLATE VELVET CAKE— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar yolks of 3 eggs, $1\frac{1}{2}$ cups flour, 1 large teaspoon baking powder, one half cup milk, 1 square melted chocolate; add whites beaten stiff.

Mrs. S. Smith

WHITE CAKE— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ scant cup butter, $\frac{3}{4}$ cup sweet milk. Whites of 4 eggs, 2 good cups flour, 2 even teaspoons cream tartar, 1 teaspoon soda. Flavor with lemon. Beat whites of eggs very stiff, add to the cake the last thing.

Wilhelmina Swanson

GOLD CAKE—Yolks of 1 doz. eggs 3 cups sugar, $1\frac{1}{2}$ cups of cream or sweet milk, 1 teaspoon cream tartar, 5 cups flour, 1 cup butter, $\frac{1}{2}$ teaspoon soda. Bake in a deep loaf-pan.

Mrs. H. Clark

MARBLE CAKE—White part: $\frac{1}{4}$ cup of butter, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup sweet milk, 1 cup of flour, whites of three eggs, 1 teaspoonful of baking powder. Dark part: $\frac{1}{4}$ cup of butter, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of molasses, $\frac{1}{4}$ cup of sweet milk $1\frac{1}{4}$ cups of flour, yolks of 3 eggs, 1 large teaspoonful of baking powder, 1 teaspoonful each of cloves, cinnamon, nutmeg, and mace. Mix the two parts in separate dishes, beat until very light. Put in the pan a spoonful at a time alternately. This cake will keep a long time.

Mrs. Nelson Johnson

DEVIL CAKE—1 cup brown sugar, 1 tablespoon butter, 2 eggs 1 teaspoon salt., 4 tablespoons grated chocolate, $\frac{1}{2}$ cup sweet milk. Mix well: $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder. Bake in two layer pans. Use lemon filling. Frost with chocolate.

NUT CAKE—2 cups flour, 1 teaspoonful baking powder, one half cup butter. 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup sweet milk $\frac{1}{2}$ cup of nut meats, 1 teaspoon vanilla. Sift flour and baking powder together, cream the butter, beat in sugar gradually, then the yolks of the eggs and flavoring, add milk and flour alternately and lastly the stiffly beaten whites of the eggs. Mix in carefully the nutmeats chopped coarsely. Bake in shallow pans. Ice and put well broken halves of nutmeats on.

Mrs. S. L. Gilson.

FRUIT CAKE—1 cup butter, 2 cups sugar, 1 cup molasses, 1 cup sour milk, 6 cups flour 3 eggs, 1 teaspoon soda, 1 lb. raisins

1 lb. currants, $\frac{1}{4}$ lb. citron peel, 3 nutmegs, 1 tablespoon each of cloves and cinnamon. Bake in slow oven.

Mrs. Mason

ANGEL CAKE—Whites of eleven eggs, $1\frac{1}{2}$ tumblers granulated sugar, sift before measuring, then sift 4 times. One tumbler flour after sifting then sift 4 times, One teaspoon cream of tartar, then sift flour and sugar together. One teaspoon vanilla; add sugar and flour to eggs carefully, stirring as little as possible, having previously beaten eggs to a high froth in a large platter. Put in an ungreased pan (with a tube) and bake slowly 40 minutes. Try with a straw and if too soft, let remain a few minutes longer. Then turn upside down over a napkin on a table to cool. Then frost.

Mrs. F. G. Gale

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Peter Swanson

COOKIES AND SMALL CAKES

CHOCOLATE COOKIES—Beat to a cream $\frac{1}{2}$ cup butter and one tablespoonful of lard. Gradually beat into this 1 cup of sugar; then add $\frac{1}{4}$ of a teaspoonful salt, 1 teaspoonful of cinnamon and 2 oz. of Baker's chocolate melted. Add one well beaten egg $\frac{1}{2}$ a teaspoonful soda dissolved in two tablespoonsful of milk. Stir in about $2\frac{1}{2}$ cupsful of flour. Roll thin, and cutting in round cakes: bake in a rather quick oven.

Mrs. W. A. Edgcombe

SPICED FRUIT COOKIES—1 cup sugar, $\frac{3}{4}$ cup butter, 2 eggs, 1 teaspoon soda dissolved in $\frac{1}{3}$ glass warm water, 1 teaspoon cinnamon, 1 teaspoon cloves or allspice, 1 lb. English walnuts or bleached almonds, 1 lb. raisins, $1\frac{1}{2}$ cups flour. Cut raisins and nuts with a knife in pieces size of small peas, dredge raisins with flour before adding to batter. Drop batter on buttered baking sheets. Allow plenty of room to spread.

Mrs. F. G. Gale

DOUGHNUTS—4 eggs, $1\frac{1}{2}$ cups sugar, 1 cup milk, $\frac{1}{2}$ cup butter, 1 teaspoon soda, 2 teaspoons cream tartar.

Miss Woodward

HONEY TARTS—Roll out pie paste, spread with butter, fold and roll. Line pastry tins and fill with; 1 egg beaten stiff, add sugar till thick, pinch of cream of tartar. Bake in a moderate oven. Filling enough for a dozen shells

COOKIES—1 large cup butter, 2 cups granulated sugar, 3 well beaten eggs, $\frac{3}{4}$ cup sour cream, $\frac{1}{2}$ teaspoon soda dissolved in hot water, flour enough to roll. Flavor with vanilla or lemon. Beat butter and sugar together. Add the eggs, then cream and soda. Bake a light brown.

Mrs. W. Harrington

PEANUT COOKIES—2 tablespoons butter, $\frac{1}{4}$ cup sugar, 1 egg

$\frac{1}{2}$ cup flour, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, 1 tablespoon milk, $\frac{1}{2}$ cup of finely chopped peanuts, $\frac{1}{2}$ teaspoon lemon juice. Cream butter and sugar and the beaten egg, mixed with sifted dry ingredients: add milk, peanuts and lemon juice. Drop from teaspoon on unbuttered baking sheet one inch apart, place $\frac{1}{2}$ peanut on top of each. Bake in slow oven 12 to 15 minutes. This should make 30 cookies.

Miss Mary Cale

CINNAMON ROLLS—1 cup of sugar, $\frac{2}{3}$ cup butter, 1 cup sour milk, 1 teaspoon soda. Roll out like cookie dough and 2 tablespoons of cinnamon, 2 tablespoons of sugar, and spread on it and roll up.

Mrs. O. Swanson

BOSTON TEA CAKES—1 egg, 2 tablespoons sugar, 1 cup of sweet milk, 1 teaspoon soda dissolved in milk, 2 teaspoons cream of tartar sifted into the dry flour, 2 heaping cups sifted flour, 1 tablespoon melted butter. Bake in small tins.

Mrs. B. Gilson

GINGER SNAPS—1 cup molasses, 1 cup sugar, 1 cup lard and butter mixed, 1 teaspoon soda dissolved in $\frac{1}{4}$ cup boiling water, one dessert spoonful ginger. Flour to make batter. Roll thin.

Mrs. S. Smith

SCOTCH CAKES—2 lbs. flour, $\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. lard, 1 teaspoonful of cream tartar $\frac{1}{2}$ teaspoonful of soda. Sift flour, cream tartar and soda together, then mix in the sugar, then work in butter and lard until a solid mass, roll out about half inch thick, cut into square cakes and pick well with a fork and bake.

Mrs. J. Logan

DOUGHNUTS—1 egg, 1 cup of sugar, 1 small teaspoonful soda, $\frac{1}{2}$ teaspoon of salt, flour enough to roll. Fry in hot lard.

Mrs. William Fisk

WAFERS—2 eggs, beaten well, $1\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoon

salt rolled thin and cut in squares and fried in hot lard.

Mrs. J. P. Heath

OATMEAL COOKIES—1 cup flour, 3 cups oatmeal, $\frac{1}{2}$ cup sugar 1 teaspoon salt, $\frac{1}{2}$ cup lard or butter, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar, $\frac{1}{2}$ cup milk or water. Mix all dry ingredients together, mix in shortening and add milk to mix. If butter is used, use less salt.

Mrs. W. F. Holyon

ROCK CAKE—1 cup sugar, $\frac{1}{2}$ cup butter, 1 teaspoon salt, one egg, a few raisins and peel mixed, 1 cup milk, a little flavoring, flour to thicken and 1 teaspoon of baking powder. Then drop off fork on a greased roasting tin and bake till brown.

Mrs. George Hooper

COCOANUT DROPS—Whites of 3 eggs beaten very stiff, 1 cup white sugar, mix together and set in a dish of boiling water until it crusts. Let cool a little and then add, 1 teaspoon cornstarch and 4 soda biscuits rolled very fine; add enough cocoanut to thicken well. Flavor to taste. Drop on buttered tins and bake until slightly brown.

OATMEAL MACAROONS—Ingredients; 3 cups Quaker Oats, 1 cup granulated sugar, 3 large tablespoons of butter, pinch of salt, 1 egg 1 teaspoon of vanilla. Directions: Put oats, sugar, salt and baking powder together pour melted butter over them, then add the egg which has vanilla beaten with it. Mix thoroughly. This mixture does not hold together but looks like greased rolled oats. Put in tea-spoonfuls on greased pan, and hold together with fingers when re-moving from spoon to pan. Bake a delicate brown and do not try to remove from pan until the macaroons are set or they will crumble away.

Mrs. I. W. Pierce

CHOCOLATE DOUGHNUTS—1 $\frac{1}{2}$ squares of melted chocolate, 1 $\frac{1}{2}$ cups sugar, 2 eggs, 3 teaspoonsful melted butter, 1 cup sour milk, 1 $\frac{1}{2}$ teaspoonful vanilla, 1 teaspoonful soda, 4 $\frac{1}{2}$ cups flour.

Mrs. Pollock

CANDIES

CHOCOLATE CARAMELS—To 5 ounces of chocolate add 2 lbs. of sugar, $1\frac{1}{2}$ cups of milk, and butter size of an egg. Boil until it will form a soft ball when dropped in cold water, remove from the fire and add one tablespoonful of vanilla. Beat a very little, and pour on buttered tins.

Miss Clara Edwards

CHOCOLATE FUDGE— $\frac{1}{4}$ cup of milk, $3\frac{1}{2}$ cups of sugar, 3 squares of Baker's Chocolate or 8 teaspoonsful of cocoa, a little salt. Boil all together in a buttered saucepan, until it hardens in water. Remove from fire, put in 1 teaspoonful of vanilla and stir until cool, then turn on buttered plates and cut in squares.

Miss Alice McFadden

CHOCOLATE DROPS—Boil 2 cups sugar and $1\frac{1}{2}$ cups milk for 5 minutes, add two teaspoonsful of vanilla; beat for half an hour until stiff enough to hold, then make it into balls. Now take a half pound of Baker's unsweetened chocolate, grate it, and steam it over a tea-kettle. Drop the balls of cream when hard, one at a time, into the hot chocolate, using 2 forks at a time to take them out. Scrape off the cream that drips from them, and place balls on a buttered dish. Keep in a cool place.

COCOANUT CREAM—Grate $\frac{1}{2}$ lb. of the white meat of cocoonut. Boil half a pound of granulated sugar with the milk of the cocoonut and 2 tablespoonsful of water, boil until it forms a ball in water, then stir in the cocoonut; keep stirring till candy begins to look white, then cut in form preferred.

PEPPERMINT DROPS—1 cup sugar (powdered) moisten with boiling water, and boil 5 minutes. Take from fire and add cream of tartar size of a pea, mix well and add 4 or 5 drops of oil of peppermint. Beat briskly until fondant whitens, then drop on paper.

CARAMELS— $\frac{1}{2}$ cup molasses, 1 cup sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ spoon-

ful flour, butter half the size of an egg, $\frac{1}{4}$ of a pound of chocolate. Boil until hard, pour into a pan, and mark into squares.

TAFFY—1 pint brown sugar, 1 cup boiling water, 1 tablespoon vinegar, 1 oz. butter, flavoring. Boil 20 minutes, or until it will harden in water, then pour on buttered plates to cool.

CHOCOLATE FUDGE WITH FRUIT—2 cups sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup molasses. $\frac{1}{2}$ cup butter, mix all together, and boil 7 minutes add $\frac{1}{2}$ cup Baker's chocolate and boil 7 minutes longer. Then add 2 tablespoonsful of raisins, $\frac{1}{2}$ cup English walnuts, and one teaspoonful of vanilla.

PEANUT BRITTLE—2 cups of granulated sugar put in frying pan and stir continually until all melted. Add a pinch of soda. Put peanuts on buttered dish and pour candy over it,

Mrs. R. F. Ward

COCOANUT CANDY—4 cups granulated sugar, 1 cup milk, put into an agate sauce pan, let melt gradually, boil until it forms a soft ball when dropped in water. Then add 1 cup of cocoanut and beat until it creams. Pour little more than half into buttered tin. Color the remainder with cochineal and pour on top of the other. Just before it cools cut in squares.

Mrs. R. F. Ward

TURKISH DELIGHT—14 sheets of gelatine, 2 cups of boiling water, 4 cups of granulated sugar, juice of one lemon, 2 tablespoons of rose water, 1 tablespoon of orange essence. Dissolve gelatin in the water, when dissolved add sugar and lemon juice; boil exactly five minutes, and add the flavoring just before removing from fire. Pour in a flat tin, when cold cut in cubes 1 inch square and roll in icing sugar.

Mrs. King

MISCELLANEOUS

KIMONO SANDWICHES—Three Spanish peppers, 2 hard boiled eggs, 1 cream cheese, 1 teaspoonful of chopped onions, pinch of salt

and pepper. Dressing; 1 teaspoon sugar, 1 egg, 1 teaspoonful of butter, $\frac{1}{2}$ cupful cream, 1 tablespoon flour. Chop the peppers (if you cannot procure them substitute chopped olives, about 9 or 12), eggs cheese, onions, salt and pepper, and when the dressing is cool mix all together. Spread between thin slices of bread and serve.

Miss. O. M. Spearing

SCALLOPED POTATOES WITH MEAT—Pare and slice thin raw potatoes. Slice cold roast beef and Spanish onions. Butter baking dish. Put layer of potatoes, then meat, then onions till dish is full. Season each layer with salt and pepper, add any left over gravy, fill dish half full of water, sprinkle top layer of potatoes with flour. Bake till potatoes are soft and the top nicely browned. Serve hot.

Mrs. C. O. Swanson

SOUR MILK GRIDDLE CAKES—2 cups sour milk, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, 2 cups flour, 1 egg, 1 tablespoon sugar, 1 tablespoon melted butter. Mix and sift flour, salt, and soda, add sour milk, egg well beaten and sugar; beat thoroughly and then add melted butter. Drop by spoonfuls on a greased hot griddle. Bake on one side. When puffed out and full of bubbles turn and cook on the other side. Serve with butter and sugar or syrup.

DEVILED CRACKERS—Mix to a paste 2 tablespoonfuls grated cheese, 1 tablespoonful dry mustard, 1 tablespoonful melted butter, 2 tablespoonfuls thin cream, pinch of salt. Spread crackers with mixture and place in a hot oven until crisp.

ORANGE FRITTERS—Beat yolks of 4 eggs with 4 tablespoonfuls sugar till thick; add juice of half a lemon and flour to thicken like batter. Add stiffly beaten whites. Dip orange in mixture, one slice at a time and fry golden brown in deep fat. Sprinkle with powdered sugar.

STUFFED ONIONS—Remove skins and cut one slice off the top of a sufficient number of onions. Parboil ten minutes, then remove centres. Fill with equal parts cold cooked chicken, ham or veal, finely chopped stale bread crumbs, onion which was removed from centre. Season with salt, pepper and parsely chopped fine. Moisten with cream or melted butter and place in well buttered gem cups.

Sprinkle with bread crumbs and bake in a moderate oven till tender and the crumbs are brown.

C. Swanson.

LADIES CABBAGE—Boil cabbage until tender, then set away until cold, chop fine and add 2 well beaten eggs, 1 tablespoon butter, pepper and salt, 3 tablespoonsful rich milk or cream. Stir all well together, and bake in a pudding dish until brown.

FRENCH MUSTARD—Slice an onion into a bowl, and cover with good vinegar. After two days pour off the vinegar, add one teaspoon sugar, 1 egg and mustard enough to thicken. Set it on the stove and stir until it boils. When cold it is fit for use.

Miss Georgie Brown.

CHEESE CONES—2 cups hot mashed potatoes, 1 cup grated cheese, season with salt and pepper. Mould into small cups, turn on buttered tins, and bake until light brown.

Miss Alice Edgcombe.

CHEESE FONDUE—1 cup bread crumbs, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup of grated cheese, 2 eggs, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, 4 grains cayenne pepper, $\frac{1}{4}$ teaspoon soda. Butter a baking dish. Cook the bread-crumbs and milk together, stirring until smooth. Add the butter, cheese, salt and pepper. Cook one minute longer and remove from the fire. Beat the yolks of the eggs and mix them into the cheese mixture. Beat the whites and fold into the mixture. Bake in a moderate oven 15 or 20 minutes. When firm to the touch the fondue is done.

Mrs. I. W. Pierce

MACARONI WITH CHEESE—One quarter pound of macaroni (1 inch pieces) and cook in three pints of boiling water twenty minutes, drain and pour over it cold water. Make sauce of one tablespoonful each of butter and flour, and one and a half cups of hot milk, salted. Put a layer of cheese in bottom of baking dish, then a layer of macaroni and one of sauce and proceed in this manner until all are used. Cover top of dish with bread-crumbs, placing bits of butter and a little cheese over it and bake until brown.

Miss Georgie Brown.

MACARONI RAREBIT—Strain into a stew-pan a cup of canned tomatoes, put into it a big pinch of soda, melt two tablespoons of butter. Add two tablespoons of flour and smooth it into a good half

cupful of cream or milk beat this into the tomato juice. When nearly boiling add two cups of grated or chopped cheese salt and pepper and a little mustard, stir in two eggs beaten only a little, pour over cooked macaroni and take to the table immediately.

WELSH RAREBIT—1 pound cheese cut very fine. Before putting the cheese in the sauce pan, melt 1 tablespoon of butter, stir in the cheese, as it melts mashing the lumps, adding a little milk $\frac{1}{2}$ cup from time to time. Before melting the cheese have the following things ready in a cup, mix salt, pepper, mustard, worcester sauce, or milk. The yolk of an egg thoroughly beaten in another cup; as soon as the cheese is melted, not a lump in, add the beaten yolk, stir a moment, then add the seasoning. The great secret is to make it quickly, crush the lumps; encourage the cheese to melt by adding the milk. You can judge how much you need by the consistency of the cheese. Have ready on a platter toasted bread or crackers, pour the rarebit over quickly and take to table immediately. As used by a celebrated French Chef.

LEMON or VANILLA ICE CREAM—One quart of rich milk, 3 eggs, one coffee cup granulated sugar. Put the milk in a tin pail and set it in a kettle of hot water to boil. Rub 1 large tablespoon of cornstarch smooth in a little cold milk add to it the sugar and the eggs. Beat these well together and stir into the boiling milk. Remove from the fire a minute or two and set it to cool; when perfectly cold add one teaspoon of vanilla, lemon or orange flavoring, and freeze.

Miss Maud Wyman

LEMON SHERBET—Soak 1 tablespoonful gelatine in 1 cup of cold water ten minutes. Add 1 cup boiling water and when dissolved add 1 pint sugar, 1 pint of cold water and the juice of 5 lemons. Strain when the sugar is dissolved and freeze.

Miss. C. Swanson

MILK SHERBET—1 qt milk, 1 pint sugar, full measure, 3 lemons. Mix sugar and lemon-juice and let stand. Chill the milk and just before freezing add the sugar and lemon.

Miss Christina Swanson

PEACH ICE CREAM—One pint of peaches run through a sieve and sweetened to taste, 1 pint cream, 1 pint milk sweetened, whites of 2 eggs beaten stiff. Put milk and cream in the freezer, when it sets add peaches and freeze five minutes then add the whites of eggs and freeze hard.

Recipe Against Worry.

"Worry kills as surely, though not so quickly, as ever gun or dagger did, and more people have died in the last century from sheer worry than have been killed in battle."

Dr. George W. Jacoby.



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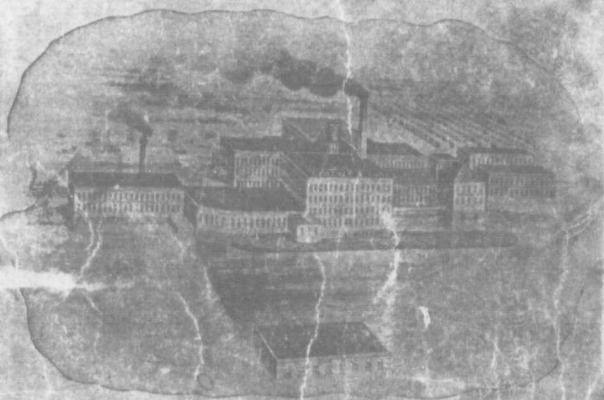
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