

# THE COOK'S

# FAVORITE



Published by the W. A. of St. George's Church  
Bruce Mines, Ont.

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## PREFACE

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It is just five years since a Cook-Book was compiled in this town. It was so successful, we have felt impelled to place before the public a new book, which we trust may be found as useful, and be as kindly received as its predecessor.

This present book is not a haphazard collection, gathered at random, but has been made up from the choicest recipes of many homes. It is a concise compend of tested recipes which make most delicious dishes, together with a compilation of helps and hints of value to every housekeeper.

To all who have in any way contributed to the success of this book the committee express their grateful thanks.

MRS. FRASER INGRAM.  
MRS. O. T. BALLANTYNE.  
MISS. GERTRUDE PROUT.

Committee St. George's Church,  
Bruce Mines, Ont.  
December 15, 1916.

# EATON'S

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## PIES.

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### Cream Pie.

Two cups sweet milk,  $\frac{1}{2}$  cup sugar, pinch of salt, yolks of 2 eggs beaten with the sugar, 2 small teaspoons of cornstarch wet with milk; put egg and cornstarch together and stir into milk,  $\frac{1}{2}$  teaspoon lemon,  $\frac{1}{2}$  vanilla,  $\frac{1}{2}$  cup cream, beat for a few minutes and bake in crust.

—Mrs. Bishop.

### Rhubarb Pie.

Two cups of rhubarb cut fine, one and a half cups of sugar, a pinch of salt, two level tablespoons of cornstarch, 1 egg—all beat together;  $\frac{1}{2}$  cup chopped raisins; bake in rich pie crust.M.C.

### Raisin Pie.

One cup seeded raisins, 1 cup warm water, soak 1 hour. Beat 1 egg into 1 cup sugar, add grated rind and slice of 1 lemon, 1 tablespoon flour. Cook until thick and bake between crusts.

### Chocolate Pie.

One pint milk, 1 cupful sugar, yolks of 2 eggs, 2 tablespoonfuls of grated chocolate. Mix and bake in an open crust. Make a meringue of whites of eggs and 1 tablespoonful of sugar, and spread on top of pie.

### Mock Mince Pie.

One cup bread crumbs, 1 cup raisins, 1 cup weak vinegar, 1 cup boiling water,  $\frac{1}{2}$  cup butter, 1 teaspoon cloves, 2 teaspoons cinnamon,  $1\frac{1}{2}$  teaspoons allspice and nutmeg, cook till thick enough for pies.



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### Deep Apple Pie.

Four or five medium sized apples, 1 cup sugar, 1 cup flour, 1 small teaspoon salt, 1 heaping teaspoon baking powder,  $\frac{1}{4}$  lbs. butter,  $\frac{2}{3}$  cup milk and water. Peel apples, core and quarter them and put in a basin which holds  $1\frac{1}{2}$  quarts. Put sugar over them, also a few small pieces of butter, about an ounce in all, cover and stand at back of stove 10 or 15 minutes. Sift 1 cup of flour, salt and baking powder together and rub into it the remainder of the butter, use enough of the milk and water to make a nice dough, as soft as can be handled easily, roll out the size of top of basin, dust about a tablespoonful of flour over apples before putting on the dough, prick lightly with a fork and bake in rather hot oven about  $\frac{1}{2}$  an hour or 40 minutes. Rhubarb used in place of apples makes delicious pie.

### Cream Pie.

Line a pie plate with rich crust and bake in hot oven. When done fill with the following custard, 2 cups of milk, 2 tablespoons flour,  $\frac{1}{4}$  cup sugar, yolks of 2 eggs, 1 teaspoon vanilla, little salt, cook in double boiler until thick. Pour into the pie crust and place on top the beaten whites of eggs sweetened to taste and brown slightly.

—Mrs. S. F. Y.

### Mock Cherry Pie.

One cup cranberries, 1 cup chopped raisins, 3 tablespoons flour, mixed with 1 cup sugar, add 1 cup boiling water and 1 teaspoon vanilla. Make with two crusts and bake slowly.—Mrs. Smith.

### Lemon Cake Pie.

Mix 1 cup sugar, 2 heaping tablespoons flour, piece of butter size of an egg (melt butter),  $\frac{1}{4}$  teaspoon salt, 2 egg yolks; beat well together, then add 2 lemons, juice and grated rind, 1 cup milk; stir well, then fold in 2 egg whites beaten well. Use one crust as for custard and bake in slow oven. When baked there will be sponge resembling cake on top; do not cook before pouring into the unbaked crust.—Virginia.

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### Lemon Pie.

Grated rind and juice of 1 lemon,  $\frac{1}{2}$  cup of sugar, 1 tablespoon cornstarch, yolks of 2 eggs, a little butter, if you wish, 1 cup of water. Beat yolks thoroughly, add sugar and cornstarch; mix till perfectly smooth, add water heated and let boil until it begins to thicken, then add lemon juice, and when cooked pour into pie shell. Make a meringue of whites of eggs and sugar, a little flavoring put on top and brown in oven.

### Chocolate Pie.

Three tablespoons cornstarch or flour,  $\frac{1}{3}$  cup chocolate, 1 cup sugar, 1 cup boiling water, boil until thick, add yolks of 3 eggs, boil, add three tablespoons butter; have crust already baked, turn in and cover with meringue of white of eggs and two tablespoons sugar. Brown in oven.

### Peach Meringue Pie.

Crust: One cup flour and pinch of salt, 1 teaspoon baking (Royal) powder, 1 tablespoon shortening.

Filling: Eight large peaches, 2 eggs (whites only), 2 tablespoons sugar. Bake crust, and while warm fill with peaches cut in quarters, cover with meringue, and place in oven for a few minutes to brown.

Blackberries, raspberries or huckleberries in season may be substituted instead of peaches.

### Cream Pie.

Line a pie plate with a nice paste. Bake, and while hot put in the filling made of 1 pint of milk, 3 teaspoons sugar, yolks of 2 eggs,  $\frac{1}{2}$  teaspoon cornstarch, small piece butter. Cook with a meringue made with the whites of the eggs and 2 tablespoons of sugar. Sprinkle with coconut. Return to oven and brown lightly.

—Mrs. Cunningham.

### Pumpkin Pies.

$\frac{1}{3}$  can of pumpkin.

2 eggs.

Pinch of salt.

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

$\frac{1}{2}$  teaspoon cinnamon, nutmeg and cloves.

$\frac{1}{2}$  teaspoon ginger.

$\frac{1}{2}$  teaspoon lemon extract.

Add milk enough to make a deep pie.

### Lemon and Raisin Pie.

Juice and rind of one lemon, 1 egg, 1 cup granulated sugar, 1 tablespoon flour,  $\frac{3}{4}$  cup cold water, 1 cup raisins. This makes one pie, for two pies use twice of everything but the raisins.

### Sour Cream Pie.

One cup granulated sugar, 1 heaping teaspoon cornstarch,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, yolk of 1 egg,  $\frac{2}{3}$  cup raisins cut up, 1 cup thick sour cream; bake like custard pie using white of egg for meringue.—J. F.

### Sour Cream Pie.

One cup granulated sugar, 1 heaping teaspoon cornstarch,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, yolk of 1 egg,  $\frac{2}{3}$  cup of raisins cut up, 1 cup thick sour cream; bake like custard pie using white of egg for meringue.

### Oatmeal Cakes.

Cream until light, 1 scant cup of shortening and 1 large cup of brown sugar, 3 well beaten eggs,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon cinnamon, 1 cup walnuts,  $\frac{1}{2}$  cup raisins, 2 cups rolled oats. Put nuts, raisins and rolled oats through meat grinder. After the above is thoroughly mixed add 2 cups of white flour sifted twice and 1 teaspoon soda dissolved in  $\frac{1}{2}$  tablespoon boiling water. Bake in gem tins or drop by spoonful on greased pan.—Mrs. Yeomans.

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## COOKIES.

### Peanut Cookies.

Two tablespoons of butter, 1 tablespoon of baking powder, 2 tablespoons of milk,  $\frac{1}{4}$  teaspoon of salt,  $\frac{1}{2}$  teaspoon lemon juice, 1 egg,  $\frac{1}{2}$  cup of sugar,  $\frac{1}{2}$  cup of flour,  $\frac{1}{2}$  cup chopped peanuts.

Cream and butter, add sugar, then egg well beaten. Sift dry ingredients and add first mixture, then milk, peanuts, and lemon juice. Drop from spoon. Put peanut on top of each. This makes about 24 cookies.—Mrs. H. Pomeroy.

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### Ginger Cookies.

Two cups brown sugar, 1 cup shortening, 2 teaspoons ginger, 2 teaspoons soda, 1 cup hot water, 1 cup blackstrap, pinch salt.—Mrs. Hawkins, Echo Bay.

### Oatmeal Cookies.

Three cups oatmeal, 2 cups flour, 1 cup butter, 1 cup sugar, 1 teaspoon soda, pinch of salt, 4 tablespoons cream, 2 eggs; mix flour, meal, sugar and soda well together, rub in butter, add the eggs and cream beaten together. Roll thin.—Mrs. C. C., Sudbury.

### Cocoanut Cookies.

One cup butter,  $1\frac{1}{2}$  cups granulated sugar, 2 eggs, 2 tablespoons sweet milk,  $1\frac{1}{2}$  cups of shredded cocoanut, 1 level teaspoon soda, 2 teaspoons cream of tartar, flavor with vanilla, 3 cups of flour. Roll thin.—Mrs. McG., Sundridge.

### Ginger Cookies.

$\frac{3}{4}$  cup butter and lard,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup of brown sugar, 1 cup molasses, one dessertspoon ginger, 1 level tablespoon soda,  $\frac{1}{2}$  cup sour milk flour to roll. Sprinkle with sugar (white) as soon as taken from oven.

### Date Cookies.

Two cups of oatmeal, 2 cups of flour, 1 cup of brown sugar,  $\frac{1}{2}$  teaspoon of soda,  $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup of lard or a nive dripping,  $\frac{1}{2}$  cup of cream. Roll thin, spread dates between, cut in squares and bake. One pound dates to be cooked with half cup of sugar and small quantity of water. A very little vinegar improves the dates.—Miss Gertrude Prout.

### Ginger Cookies.

$\frac{3}{4}$  cup butter and lard.

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

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

1 cup molasses.

1 dessertspoon ginger.

1 level tablespoon soda.

$\frac{1}{2}$  cup sour milk, flour to roll. Sprinkle with white sugar as soon as taken from the oven.

# CAKES

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## Crumb Cake.

Mix thoroughly:

- $\frac{1}{2}$  cupful of lard.
- 1 cupful of sugar.
- 2 cupfuls of flour.
- 1 teaspoonful each of nutmeg, ground cloves and cinnamon.

Set aside 1 cupful of this mixture to the remainder add:

- 1 egg.
- 2 tablespoons of molasses.
- 1 cupful of sour milk in which has been dissolved 1 teaspoonful of soda. Mix well and pour into a greased baking pan. Then over the top crumble a cupful of the reserved mixture.

Bake in a moderate oven about 30 minutes.

## Molasses Cake.

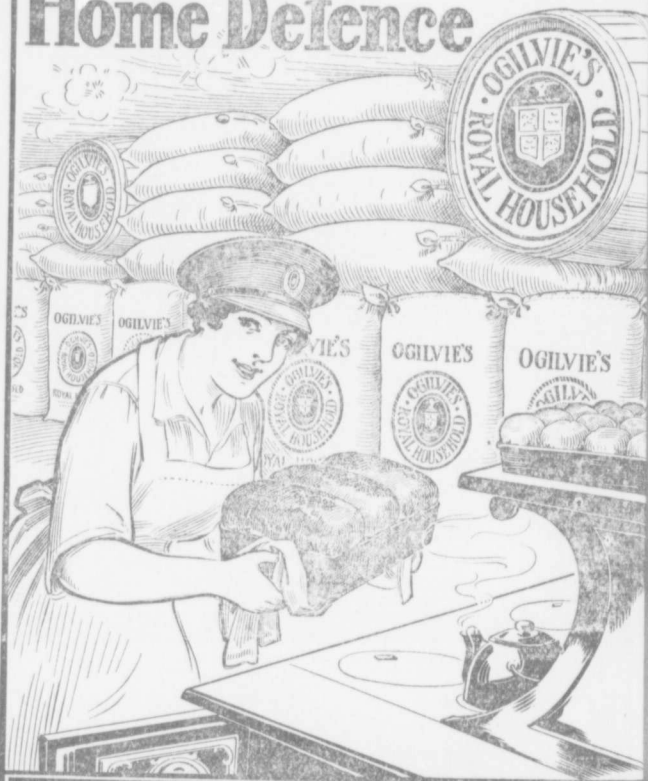
- 2 cups brown sugar.
- 2 eggs.
- 1 cup of molasses.
- $\frac{1}{2}$  teaspoon of cloves and cinnamon.
- $1\frac{1}{2}$  cups of buttermilk.
- 1 teaspoon of soda.
- 3 cups of flour.
- 1 teaspoon of each butter and lard.
- 1 cup of currants.
- 1 cup of raisins or fruit if you like.

## Dandy Lemon Cake.

- 1 cup sugar.
- $\frac{1}{2}$  cup butter.
- 4 eggs (white part only).
- $\frac{1}{2}$  cup flour.
- $\frac{2}{2}$  teaspoon's baking powder.

Frosting whites of two eggs, add pulverized sugar, one lemon and 1 teaspoon lemon essence.

# Real Home Defence



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### Johnnie Cake No. 1.

- 1 cup sour milk.
  - $\frac{1}{2}$  cup molasses.
  - $\frac{1}{2}$  eggs (pinch of salt).
  - $\frac{1}{2}$  cup butter.
  - 1 cup Indian meal.
  - 2 cups flour.
  - $\frac{1}{2}$  teaspoon soda.
  - 1 teaspoon cream of tartar.
- Bake in hot oven.

### Fruit Jelly Cake.

Two eggs, 1 cup coffee, sugar,  $\frac{3}{4}$  cup butter, 3 table-  
spoons blackstrap, 1 cup raisins, 2 cups flour, 1 teaspoon  
soda,  $\frac{3}{4}$  cup buttermilk, cinnamon and a little nutmeg.  
Maple syrup instead of blackstrap improves the cake.

### Cornstarch Cake.

- 1 cup granulated sugar.
- 1 cup butter.
- 3 eggs.
- $\frac{3}{4}$  cup milk.
- $1\frac{1}{2}$  cups flour.
- $\frac{1}{2}$  cup corn starch.
- 2 teaspoons baking powder.
- 1 teaspoon vanilla.

### Chocolate Cake.

- 1 cup sugar.
- $\frac{1}{2}$  cup butter (scant).
- $\frac{1}{2}$  eggs.
- $\frac{1}{2}$  cup milk.
- $1\frac{1}{2}$  cups flour (Royal).
- 1 teaspoon baking powder.
- 1 square chocolate.

### Walnut Cake.

- $\frac{1}{2}$  cup butter.
  - $1\frac{1}{2}$  cups white sugar.
  - $\frac{3}{4}$  cup milk.
  - 1 teaspoon lemon extract.
  - 1 teaspoon cream tartar.
  - $\frac{1}{2}$  teaspoon soda.
  - 1 cup chopped walnuts.
  - Whites of four eggs beaten stiff.
  - 2 cups flour.
- Bake in moderate oven 40 minutes.

—Mrs. Lediett.

### Christmas Cake.

- 4 cups sugar.
  - 3 cups butter.
  - 4 cups molasses.
  - 2 cups sweet milk.
  - 10 eggs.
  - 2 teaspoons soda.
  - 2 teaspoons each cinnamon, cloves, alspice.
  - 2 nutmegs.
  - 8 cups flour.
  - 3 lbs. raisins.
  - 3 lbs. currants.
  - 1 lb. mixed peel.
  - 1 lb. chopped nuts (mixed).
- Note.—Bake in a slow oven.

### Roll Jelly Cake.

- 3 eggs (beaten separately).
  - 1 cup sugar.
  - 2 tablespoons sweet milk.
  - 2 teaspoons baking powder.
- Lemon flavoring.

### Marble Cake—Light Part.

- 1 cup granulated sugar.
  - $\frac{1}{2}$  cup butter.
  - $\frac{1}{2}$  cup sweet milk.
  - $\frac{1}{2}$  teaspoon soda.
  - 1 teaspoon cream tartar.
  - 3 eggs (beat whites separate).
  - 2 cups flour.
- Lemon flavoring.

### Dark Part.

- 1 cup brown sugar.
- $\frac{1}{2}$  cup butter.
- $\frac{1}{2}$  cup molasses.
- $\frac{1}{2}$  cup sour milk.
- $\frac{3}{4}$  teaspoon soda (dissolve in milk).
- 1 teaspoon cloves.
- $\frac{1}{2}$  teaspoon nutmeg.
- $\frac{2}{3}$  eggs.
- $2\frac{1}{2}$  cups flour (beat dark part stiffer than white)
- 1 cup flour.

### Apple Sauce Cake.

One cup sugar,  $\frac{1}{3}$  cup butter, 1 cup cold apple sauce unsweetened, 1 teaspoon soda dissolved in a little warm water, 2 cups flour,  $\frac{1}{2}$  teaspoon salt, spice to taste, 1 cup raisins, 1 cup chopped walnuts. Bake in a moderate oven.—Sadie Ingram.

### Raspberry Cake.

Two eggs well beaten, 1 cup of brown sugar, 1 tablespoon sour milk, 1 teaspoonful cinnamon,  $\frac{3}{4}$  cup butter, 1 cup raspberries (canned),  $1\frac{3}{4}$  cup flour, 1 teaspoon soda dissolved in a little water. Bake in layers.—

—Sadie Ingram.

### Bride's Cake.

$1\frac{1}{2}$  lbs. butter,  $1\frac{3}{4}$  cups sugar, 16 well-beaten eggs, 4 lbs. raisins (seeded and chopped), 5 lbs. currants, 1 lb. citron peel, 1 lb. blanched almonds, 2 lbs. sifted flour, 2 nutmegs,  $\frac{1}{2}$  st. brandy or 1 cup molasses,  $\frac{1}{2}$  teaspoon lemon juice.

Work butter to cream, add sugar and work till white.

Beat yolks of eggs and add to butter and sugar. Beat whites to a froth. Sift flour over fruit and add all ingredients.

One teaspoon cream of tartar and 2 of soda. Mix it in sugar and butter.

### Cocoanut Cakes or Kisses.

Two cups flour, 1 cup sugar, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. butter, 1 cup cocoanut, 2 eggs.

Beat butter, add sugar, break in eggs, add flour, cocoanut and baking powder. Beat well, then roll in balls and bake.

### Crumpets.

One cup brown sugar,  $\frac{1}{2}$  cup butter, 1 egg, 2 tablespoons sour milk,  $\frac{1}{2}$  teaspoon soda, 1 small teaspoon all kinds spice, 1 cup chopped raisins, 1 cup chopped walnuts, flour. Drop on buttered pan and bake.

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Signed B. A. Roberts, Staff Sgt.-Major; Sergt. L. D. Price, Sergt. J. H. Pinder, Sergt. E. Simms, Sergt. James, Corpl. G. Lawrence, Pte. E. Evans, Pte. George Evans, Pte. W. O. Brown, Corpl. E. Simmers, Pte. F. C. Davis, Dr. Newland, Pte. A. E. Francis, Pte. E. Warburton, Pte. Griff Evans,

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### Walnut Cake.

One cup white sugar, 2 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk,  $1\frac{3}{4}$  cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon soda, 5c of walnuts.

### Oatmeal Cake.

$1\frac{1}{2}$  cups brown sugar, 2 eggs,  $\frac{1}{2}$  cup butter, 2 cups oatmeal; pour 1 cup boiling water over oatmeal, 1 teaspoon soda dissolved in water, 1 teaspoon baking powder,  $\frac{1}{2}$  cup raisins,  $1\frac{1}{2}$  cup flour or a little more.

### Delicious Cake.

Two cups white sugar, 1 cup butter, 3 eggs,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, 3 cups flour.

### Graham Gems.

Half cup molasses, 2 small tablespoons sugar, 1 small half cup butter, 1 egg; stir these ingredients thoroughly, then add  $\frac{1}{2}$  cup milk, 1 cup wheat flour,  $1\frac{1}{2}$  cups Graham flour, and  $1\frac{1}{2}$  teaspoons baking powder.

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## ROYAL CAKES.

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### Apple Sauce Cake.

Two cups apple sauce (unsweetened),  $1\frac{1}{2}$  cups of granulated sugar,  $\frac{1}{2}$  cup butter, 1 cup currants, 1 cup of raisins,  $\frac{1}{2}$  cup mixed spices,  $\frac{1}{2}$  a nutmeg,  $2\frac{1}{2}$  cups of flour, a little lemon peel, 2 teaspoons soda. Bake in a loaf.

### Dark Cake.

- $\frac{3}{4}$  cups granulated sugar.
- $\frac{1}{4}$  cup butter.
- 2 eggs.
- $\frac{3}{4}$  cup sour milk.
- 1 teaspoon baking soda.
- 1 teaspoon Royal baking powder.
- 2 tablespoons molasses.
- $\frac{1}{2}$  teaspoon allspice.
- $\frac{1}{2}$  teaspoon cloves.
- $\frac{1}{2}$  teaspoon cinnamon.
- 1 cup raisins.
- 2 cups flour.

Bake about half hour in moderate oven.

—Mrs. B. H. Archer.

### Prince Albert Cake.

- $\frac{1}{2}$  cup butter.
- 1 cup brown sugar.
- 2 eggs.
- $\frac{1}{2}$  cup sour milk.
- $\frac{1}{2}$  cup black strap.
- 2 cups flour.
- 1 cup raisins seeded and chopped.
- 1 teaspoon cinnamon.
- $\frac{1}{2}$  teaspoon cloves.
- $\frac{1}{2}$  teaspoon soda.

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### Fruit Cake.

- 3 lbs. raisins.
  - 1 lb. seedless raisins.
  - 3 lbs. of currants.
  - $\frac{1}{2}$  lb. lemon peel.
  - $1\frac{1}{4}$  lbs. butter.
  - 3 lbs. sugar.
  - $\frac{1}{2}$  lb. almonds.
  - 9 eggs.
  - 1 nutmeg.
  - vanilla and lemon to taste.
  - 1 cup molasses.
  - Ammonia size of a marble, flour to thicken.
- Mrs. Yeomans.

### Cold Water Cake.

Three eggs, 2 cups brown sugar, 1 cup butter, 1 cup cold water,  $3\frac{1}{2}$  cups flour, 1 teaspoon cloves, 1 teaspoonful of cinnamon, 1 cup raisins.—Mary Wilson.

### Walnut Cake.

Half cup butter, 1 cup pulverized sugar beaten to a light cream, grated rind of half a lemon,  $\frac{1}{2}$  teaspoon vanilla, 2 eggs,  $1\frac{1}{2}$  cups flour, 2 teaspoons of baking powder,  $\frac{3}{4}$  cup of milk,  $\frac{1}{2}$  cup of walnut meats.—Miss Wilson.

### Brown Stone Cake.

Two cups of brown sugar (rolled), 1 small cup of lard or  $\frac{1}{4}$  cup of butter mixed to a cream, 2 eggs, 4 heaping tablespoons unsweetened grated chocolate, 1 cup of sour milk, 1 heaping teaspoon of baking soda, 1 teaspoon cinnamon, 1 teaspoonful salt, 1 teaspoon vanilla, 3 cups flour, beat well.—

Filling for above cake: Half cup raisins,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup water; boil till thick.—Mrs. J. Bishop.

### Dark Layer Cake.

Two eggs,  $\frac{1}{2}$  cup brown sugar, butter size of an egg, 3 tablespoons molasses,  $1\frac{3}{4}$  cups of flour, 1 teaspoon soda dissolved in  $\frac{3}{4}$  cup of boiling water; lastly add whites of 2 eggs. Very nice with lemon filling and chocolate icing.

Mrs. F. B.

**I**N all receipts in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against a possible dangerous compound.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess-work.

Look out for adulterated baking powders. Do not permit them to come into your house under any consideration. They may add an injurious substance to your food, destroying in part its digestibility. Doctors will tell you this, and it is unquestionable.

The quality of baking powders may generally be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are not made from cream of tartar. Use no baking powder unless the label shows it is made from cream of tartar.



### Lemon Cheese Cake.

Cream  $\frac{3}{4}$  cup of sugar and  $\frac{1}{2}$  cup of butter, add  $\frac{3}{4}$  cup of sweet milk, 2 cups flour sifted twice and 3 teaspoons baking powder. Lastly add beaten whites of 3 eggs with pinch of salt and vanilla; bake in two layers in moderate oven.

Filling: Grated rinds of two lemons and juice of one butter size of an egg,  $\frac{1}{2}$  cup of sugar, yolks of 3 eggs, cook slowly. If it is not thick enough add  $\frac{1}{2}$  teaspoon cornstarch.

—Mrs. Yeomans.

### Puff Cake.

Beat to a cream half cup butter and 1 cup sugar, add the well beaten yolks of 2 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups sifted flour with 1 heaping teaspoonful of baking powder, flavor with vanilla, and add beaten whites of 2 eggs. Bake in a loaf.—Mrs. F. B.

### Roll Jelly Cake.

Three eggs well beaten, 1 cup sugar, 2 tablespoons milk, 1 tablespoon melted butter,  $\frac{1}{4}$  teaspoon salt, 1 cup flour, 1 teaspoon baking powder. Bake 15 minutes in moderate oven. When done cut crusts from sides. Spread with jelly and roll.—Mrs. (Rev.) Yeomans.

### Spanish Bun.

One cup sugar,  $\frac{1}{2}$  cup butter and lard mixed, 1 cup sour milk, 3 eggs, 1 teaspoon cinnamon, 1 teaspoon soda,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon nutmeg, 2 tablespoons molasses, flour enough to make nice batter, a level teaspoon baking powder if you wish.

—Mrs. Hawkins.

### Coffee Cake.

One cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup strong coffee,  $2\frac{1}{2}$  teaspoons baking powder sifted with  $1\frac{3}{4}$  cups flour,  $\frac{1}{2}$  cup broken walnut meats; beat the whites of 3 eggs stiff and add last. Frosting: 3 dessertspoons of milk or cold coffee, 1 tablespoon of melted butter and confectioner's sugar to make thin enough to spread. Flavor to taste.—Mrs. Spencer, Vancouver.

# PASTRY

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### Cocoa Cake.

- 1/2 cup butter.
- 1 cup sugar.
- 1 egg.
- 2 teaspoons cocoa.
- 1 teaspoon cinnamon.
- 1 teaspoon cloves.
- 1 cup sour milk.
- 1 teaspoon soda in 2 tablespoons hot water.
- 2 cups sifted flour.
- 1 cup chopped nuts.
- 1 cup chopped raisins.

—Mrs. Spencer, Vancouver.

### Small Angel Cake.

Whites of 6 eggs, 3/4 cup sugar, 1/2 cup pastry flour, 1 teaspoon cream of tartar, 1 teaspoon vanilla; sift sugar, flour and cream of tartar together five times. Beat whites very stiff; sift in sugar, flour and cream of tartar and stir very lightly. Bake very slowly in ungreased angel cake pan.—J. E. M.

### Sponge Cake.

Three eggs, 3 tablespoons milk, 1 cup sugar, 1 teaspoon cream of tartar, 1/2 teaspoon soda, 1 1/4 cup flour, lemon flavoring. Beat eggs separately, add sugar then milk and 1 cup of flour sifted with soda and cream to taste, then remainder of flour until of right thickness. Bake in slow oven.—Mrs. Lowe.

### Snowball Cake.

One cup of sugar, 1/2 cup of butter, 2/3 cup of milk, 2 cups of flour, whites of 3 eggs, pinch of salt, 2 teaspoons Royal baking powder. Flavor to taste.

### Pop Overs.

One cup milk, 1 egg, 1 cup flour, pinch of salt. Beat with egg beater for five minutes. Drop in hot buttered roll tins and bake in hot oven. Reduce the heat gradually and bake 20 minutes.

—Mrs. H. Pomeroy.

### Ginger Bread Cake.

One cup sugar,  $\frac{3}{4}$  cup butter, 3 eggs beaten separately, 1 cup sour cream, 1 cup molasses, 3 cups of sifted flour, 1 tablespoon ginger, 2 tablespoons soda.

### Peanut Drop Cakes.

$\frac{2}{3}$  cup butter.  
1 cup white sugar.  
2 eggs.  
 $\frac{1}{4}$  teaspoonful allspice.  
4 tablespoonfuls cold water.  
1 cup sifted flour.  
1 cup broken peanuts.  
 $\frac{1}{4}$  teaspoonful cinnamon.  
2 teaspoonfuls baking powder.

Cream butter and sugar, add eggs, then add other ingredients. Bake in a moderate oven.

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### Date Cake.

Cream together 1 cup of brown sugar.  
 $\frac{1}{2}$  cup of butter.  
2 eggs.  
 $\frac{1}{2}$  cup of warm water.  
 $1\frac{1}{2}$  cups of flour with 1 teaspoon of soda in flour.  
1 lb. of chopped dates.  
 $\frac{1}{2}$  cup of chopped walnuts.  
1 teaspoonful of vanilla.

—Mrs. McIntosh, Gore Bay.

### Raisin Cake.

$\frac{1}{4}$  of a cup of lard.  
 $\frac{1}{4}$  of a cup of butter.  
1 cup of brown sugar.  
Cream.

Beat into this:

3 whole eggs.  
2 tablespoons molasses (black).  
1 teaspoon of cinnamon.  
 $\frac{1}{2}$  teaspoon of nutmeg.  
 $\frac{1}{4}$  teaspoon of cloves.  
 $\frac{1}{2}$  cup of sour milk.  
1 teaspoon of soda.

2 cups of flour.  
1 lb. of raisins boiled to a cup of water. Add this last. Dissolve soda in a little boiling water.

Mrs. McIntosh, Gore Bay.

### Grand Union Layer Cake.

One tablespoon of molasses, 1 cup of sugar, 1 tablespoon of shortening, cloves and nutmeg, 1 square of Cowan's Chocolate. Beat to a cream, add 1 whole egg and the yolk of another. Beat hard. Boil 2 teaspoons of coffee with  $\frac{1}{2}$  cup of water for 3 minutes. Strain into cup and fill with sweet milk. Add to other ingredients and beat. Add  $2\frac{1}{2}$  cups of flour,  $\frac{1}{2}$  teaspoon salt and  $2\frac{1}{2}$  teaspoons of baking powder. Beat until small. Add teaspoon of vanilla and bake in large tins.

—Mrs. H. Pomeroy.

### Nut Cake.

$\frac{1}{2}$  cup butter.  
1 cup sugar.  
Yolks of three eggs.  
 $\frac{1}{2}$  cupful milk.  
 $2\frac{1}{2}$  teaspoonfuls baking powder.  
White of two eggs.  
 $\frac{3}{4}$  cup chopped walnuts.  
 $1\frac{3}{4}$  cup flour.  
Ice with whipped cream or use other white of egg.

### White Cake.

Butter size of an egg and a half, 1 cup sugar, 1 teaspoonful vanilla, 1 cupful milk, 2 cupfuls flour, 3 teaspoonfuls baking powder, 3 eggs.

Cream butter and sugar, add eggs, vanilla, milk, flour and baking powder; do not turn on dampers until you have started cake, thus allowing heat to come up gradually while cake is raising.

### Fruit Cake.

2 eggs.  
1 cup sugar.  
1 teaspoonful spice.  
1 cup butter.  
1 cup bread sponge.  
1 cup raisins.  
1 cup currants.  
Lemon peel.

One teaspoonful soda dissolved in a little warm water; flour.

### Cream Puff.

Half cup flour,  $\frac{2}{3}$  cup butter,  $\frac{1}{2}$  pint water. Boil water and butter together, stir in flour while boiling, let it cool and add 5 well-beaten eggs. Drop on tins and bake in a quick oven. When cool fill with the following ingredients: One pint of milk, 1 cup sugar,  $\frac{1}{3}$  cup of cornstarch, 2 eggs. Beat sugar, eggs and cornstarch together while boiling. Flavor with either vanilla or lemon.



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### Brown Bread Cake.

Half cup of sugar,  $\frac{1}{2}$  cup of molasses, 1 teaspoon of salt, 2 eggs well beaten, 2 tablespoons of melted butter, 2 cups of sour milk,  $1\frac{1}{2}$  cups white flour,  $2\frac{1}{2}$  cups of Graham flour. Mix rather thick and add  $\frac{1}{2}$  cup chopped raisins and  $\frac{1}{2}$  cup of nuts.

To bake—fill a baking powder can half full. Bake with the cover on about half an hour in a slow oven. This makes enough for about two cans.

### Jelly Cake.

1 cup white sugar.  
3 eggs.  
1 tablespoon butter.  
2 cups flour.  
2 teaspoons Royal baking powder.  
1 teaspoon vanilla.  
Thin with boiling water.  
Good with chocolate icing.

—Mrs. Kemp.

### Bread Dough Cake.

$1\frac{1}{2}$  cups bread dough,  $1\frac{1}{2}$  cups flour, 1 cup raisins, 1 nutmeg, 1 cup butter, 2 eggs, 1 cup currants, a little peel, 1 cup sugar, 1 teaspoon soda.

### Christmas Cake.

6 cups flour.  
 $2\frac{1}{2}$  lbs. of butter.  
 $2\frac{1}{2}$  lbs. of brown sugar.  
3 lbs. raisins.  
3 lbs. currants.  
2 lbs. dates.  
 $\frac{1}{2}$  lb. almond nuts.  
 $\frac{1}{2}$  lb. walnuts.  
10 eggs and two nutmegs.  
1 bottle extract almond.  
3 teaspoons of soda dissolved in 2 cups of fruit juice (raspberry or cherry).

—E. White, Gore Bay.



### Date Bars.

- 2 cups oatmeal.
- 2 cups flour.
- 1 cup sugar.
- $\frac{1}{2}$  teaspoonful soda.
- $\frac{1}{2}$  cup butter.
- $\frac{1}{2}$  cup lard.
- $\frac{1}{2}$  cup sour cream.

Cream 1 lb. dates with  $\frac{1}{2}$  cup granulated sugar and a little water; cook, roll and cut into squares. Spread dates between and bake.

### Silver Cake.

- 1 cup butter.
- 2 cups white sugar.
- 1 cupful milk.
- 5 eggs.
- 1 cup corn starch.
- 2 cups flour.
- $4\frac{1}{2}$  teaspoonfuls baking powder.
- $\frac{1}{4}$  teaspoonful almond extract.
- $\frac{1}{2}$  teaspoonful vanilla.

Cream butter and gradually add sugar while beating constantly; add the beaten whites of eggs. Mix and sift corn starch, flour, baking powder, and add alternately with milk. Beat, flavor, one-half with almond paste, and other half with vanilla. Bake in two tins in a moderate oven 20 or 40 minutes.

### Canadian War Cake.

- 2 cups brown sugar.
- 2 cups hot water.
- 2 tablespoons lard or butter.
- 1 lb. raisins cut once.
- 1 teaspoon cinnamon and salt.
- 1 teaspoon cloves.

Boil five minutes after they bubble. When cold add 1 teaspoon soda dissolved in a teaspoon hot water, 3 cups flour. Bake in two loaves for 45 minutes in a moderate oven.—Mrs. W. J. McMaster.

### Eggless Cake.

2 cups sugar.  
2 cups milk.  
4½ cups flour.  
¾ cup butter.  
1 cup raisins.  
¾ cup citron peel.  
1 cup currants.  
6 teaspoonfuls baking powder.  
Flavor with nutmeg. Bake in slow oven 1½ hours.

### Cheap Fruit Cake.

1 cup of brown sugar.  
½ cup butter.  
1 cup of buttermilk.  
1 teaspoonful of soda.  
½ teaspoonful salt.  
½ teaspoon mixed spices.  
1 cup raisins.  
1 egg.  
2 cups flour.

—Mrs. F. Ingram.

### Apple and Lemon Filling for Cake.

Two medium-sized apples grated with one lemon; add to this one cup of granulated sugar and boil, stirring continually until it thickens.



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# BREAD

## Ginger Bread.

- 3 cups sifted flour.
- 1 cup sour milk.
- 1 cup brown sugar.
- 1 cup molasses.
- $\frac{3}{4}$  cup butter and lard mixed.
- 2 eggs not beaten.
- 1 teaspoon soda.
- 2 teaspoons ginger.
- 1 teaspoon cinnamon.
- 1 teaspoon cloves.
- $\frac{1}{4}$  teaspoon nutmeg.

Put sugar, molasses, shortening and spices into mixing bowl, set to get quite warm; sift flour then measure it. Rub baking pan well with butter. Beat all together briskly. Bake in slow oven 40 minutes.

—Mrs. S. F. Y.

## Brown Bread.

- 2 cups buttermilk or sour milk.
- $3\frac{3}{4}$  cups Graham flour.
- $\frac{1}{2}$  cup corn meal.
- 2 eggs well beaten.
- 1 tablespoon granulated sugar.
- 1 cup molasses.
- 2 even teaspoons soda.
- salt.
- 1 lb. dates stoned and cut with  $\frac{3}{4}$  cup of the Graham flour over them. Put in one large or two small bread tins and bake  $\frac{3}{4}$  or 1 hour.

—Mrs. H. Pomeroy.

## Boston Brown Bread.

Mix 1 cup of wheat flour, 1 cup corn meal, 1 cup of rye or Graham flour, 1 teaspoonful salt, two teaspoons soda; then add 1 cup sour milk,  $\frac{3}{4}$  cup molasses. Pour into the small pail about  $\frac{3}{4}$  full. Place on rack in large kettle surrounded with boiling water. Boil on flame stove twenty minutes. Remove to cabinet for five hours or more. By adding half cup of raisins, you have fruit bread.

### Brown Bread.

- 2 cups buttermilk or sour milk.
- 3 $\frac{3}{4}$  cups Graham flour.
- 1 tablespoon granulated sugar.
- $\frac{1}{2}$  cup corn meal.
- 2 eggs well beaten.
- 1 cup molasses.
- 2 even teaspoons soda.
- salt.

One lb. dates stoned and cut with  $\frac{3}{4}$  cup of the Graham flour over them. Put in one large and two small bread tins and bake  $\frac{3}{4}$  or one hour.

### Superior Gingerbread.

- 1 cup brown sugar.
- 1 cup butter.
- 1 cup buttermilk.
- 1 cup molasses.
- 4 cups sifted flour.
- 2 cups raisins.
- 1 teaspoon ginger.
- 2 teaspoonfuls soda dissolved in a little warm water.
- 2 eggs.

Spice to taste, put soda in cake when well mixed.

### Hermits.

One cup brown sugar,  $\frac{1}{2}$  cup butter, 3 eggs, 1 package dates chopped fine, 5c. lemon peel, 10c. shelled walnuts, 2 teaspoons vanilla, 1 teaspoon soda, 2 $\frac{1}{2}$  cups flour. Drop in spoonful in a well greased pan.

—Mrs. F. B.

### Date Bread.

- 2 tablespoons of butter.
- 2 eggs.
- 2 cups of brown sugar.
- 2 cups of sour milk.
- 1 teaspoon of soda.
- 3 cups of Graham flour.
- 1 teaspoon of Royal baking powder.
- 1 package of dates.

### Muffins.

One tablespoon butter, 2 tablespoons sugar, 2 eggs, 1 cup sweet milk, flour to make stiff batter, 3 teaspoons baking powder sifted in flour. Beat well together. Bake in moderate oven in pattie pans.

—Mrs. Yeomans.

### Scotch Shortbread.

Two lbs. of pastry flour, 1 lb. of butter,  $\frac{3}{4}$  lb. fruit or bar sugar. Rub ingredients together until a stiff dough is formed. Roll out about one inch thick, trim edges, prick all over with fork, and bake in moderate oven about  $\frac{3}{4}$  of an hour, or roll out thin and cook as cookies.

### Nut Bread.

- 1 $\frac{1}{2}$  cups sifted white flour.
- 1 $\frac{1}{2}$  cups sifted whole wheat flour.
- $\frac{3}{4}$  level teaspoons Royal Baking Powder.
- 1 level teaspoon salt.
- 2 teaspoons sugar.
- $\frac{1}{2}$  cup chopped nut meats.
- 1 $\frac{3}{4}$  cups sweet milk.

Mix and bake the same as Colonial Bread.

### Corn Bread.

- 2 cups yellow corn meal.
- 2 rounding teaspoons Royal Baking Powder.
- 3 eggs.
- 2 tablespoons melted butter.
- 2 cups flour.
- 1 teaspoon salt.
- 1 pint milk.
- $\frac{1}{2}$  cup boiling water.

Pour the boiling water over the corn meal, and let it cool; sift the flour together with the baking powder and salt. Beat the yolks of the eggs until they are light then add them to the corn meal, and then add the milk, the flour and the melted butter; beat to a smooth batter and beat the whites of the eggs to a stiff froth. Add the latter to your mixture, stirring it in quickly. Pour all into a shallow, well-greased pan and bake in a hot oven twenty-five minutes.

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## SAUCES AND DRESSINGS

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### Tomato Sauce.

Stew one dozen tomatoes in a pint of soup stock with one onion, a bunch of parsley, salt and pepper. Boil soft and rub through a fine sieve. Thicken with butter rolled in flour.

### Caper Sauce.

Make a rich drawn butter sauce; to thin add 2 table-spoons of capers, a little mustard. Salt and pepper to taste.

### Bread Sauce.

One pint of milk, take bread two days old, cut all crusts off and rub through colander. Let milk scald with a dash or two of cayenne. A little black pepper and salt to taste, piece of butter size of walnut. Add just before serving  $1\frac{1}{2}$  cups bread crumbs, stirring all the time. Set at back of stove for a few minutes. To be eaten with turkey or chicken.

### Mint Sauce.

Mix one tablespoon white sugar with a teacup of cider vinegar. Add finely chopped mint, and let it infuse half an hour in a cool place. Serve with roast lamb.

### Dressing for Turkey.

Crumble bread fine. Add butter, summer savory or parsley, salt and pepper to taste. Mix all together with one raw egg. One chopped onion may be added if desired.

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## MEATS

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### Miscellaneous English Mince Meat.

One pound raisins seeded and chopped, 1 lb. currants, 1 lb. mixed candied peel chopped,  $\frac{3}{4}$  lb. suet chopped fine, 10c. worth almonds blanched and chopped, the juice of three lemons, one nutmeg grated; other spices if preferred. Mix well and put in sealers. This will keep for months.—Miss Butterworth.

### Sardines on Toast.

Put can salmon chopped, 1 cup bread crumbs, 3 eggs, 2 dessertspoons of butter, season with pepper and salt and minced parsley. Put in mould and steam one hour.

### Salmon Loaf.

Mix with one can salmon an equal part of biscuit crumbs,  $\frac{1}{4}$  cup vinegar, pepper and salt to taste. Break in three eggs and mix well. Make it fairly soft and put in buttered tin. Cook about half hour.

### Scalloped Oysters.

Into a well-buttered dish put a layer of oysters well drained of their liquor, then a layer of rolled soda biscuits. Add another layer of oysters, and of crackers until the dish is full. Between each layer add pepper and salt and small pieces of butter. Pour over all rich milk and a beaten egg and bake.—Mrs. K. Campbell.

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### Veal Loaf.

- 2 $\frac{1}{2}$  lbs. veal.
- $\frac{1}{2}$  lb. ham.
- 1 cup crumbs.
- 1 cup boiling water.
- $\frac{1}{2}$  package gelatine dissolved in a little cold water.
- 3 eggs.

Salt, pepper, Worcestershire sauce, celery seasoning to taste. Bake 1 $\frac{1}{2}$  hours in covered pan. When cold turn out and cut in thin slices.

### Mince Meat.

- 2 lbs. of lean beef, chop fine and boil.
- 1 lb. suet, minced to powder.
- 5 lbs. apples, pared and chopped.
- 2 lbs. raisins seeded.
- 2 lbs. currants.
- $\frac{1}{2}$  lb. citron peel, chopped.
- $\frac{1}{2}$  lb. of orange and lemon peel chopped.
- $\frac{3}{4}$  lbs. brown sugar.
- 3 tablespoons cinnamon.
- 2 tablespoons of mace.
- 1 tablespoon allspice.
- 1 tablespoon fine salt.
- 1 grated nutmeg.
- 1 quart of brandy.

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### Round of Beef.

Put a large loaf of beef into pickle and let it stand three weeks. Then tie and skewer it well into shape, and boil, allowing ten minutes to the pound. Simmer gently. For smaller pieces allow 15 minutes to the pound.

### Brown Stew.

Fry out three good slices of fat pork, take 1½ lbs. of beefsteak and fry it brown in the fat. Cover with water and cook three hours. Add butter the size of an egg and thicken. There should be water enough to cover the meat when done.—Mrs. H. Pomeroy.

### Stuffed Beef Steak.

Cover the bottom of a baking dish two or three inches deep with a good dressing, as for a chicken. Be sure to have an onion chopped fine in it. Put the chops on the top of the dressing. Sprinkle with salt, almost cover it with water. Bake until brown.

—Mrs. H. Pomeroy.

### Shredded Wheat Oyster, Meat or Vegetable Patties.

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

### Beef Loaf.

2 lbs. chopped beef.

6 crackers rolled.

2 eggs.

½ cup of sweet milk.

1 teaspoon each of sage and pepper.

Mix well and make into a loaf. Bake half hour in moderate oven.

### Beef Omelet.

3 lbs. steak.

¾ lb. suet chopped.

Salt, pepper, sage.

3 eggs.

6 crackers rolled.

Make into a roll and bake.—A. M.

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### Drinking Water.

Great care should be exercised as to the kind of water we drink, as well as to the food we eat. Spring water is the nearest approach to perfect water that we have. Ice-water taken to excess is detrimental. It chills the mucous membranes and creates an inflammation which calls for more and more of the liquid. It interferes with the formation of the gastric juices. Dyspepsia is often traceable to its use.

### Tea—How to Make.

Tea should be made as soon as the water boils, and only a small quantity should be poured on at first. Then it should be set back from the fire, where it will draw for about five minutes, then filled up with boiling water and brought to the table. The usual recipe is two teaspoons of tea to each cupful of water; much less to my mind would be better.

### How to Make Good Coffee.

Coffee is the breakfast beverage of thousands. For five persons use a little better than a half cupful of ground coffee; stir into one-half of the white of an egg and a little cold water. Now pour all into the coffee boiler and pour on five cups boiling water. Let it come slowly to a boil, and then, with a granite spoon, stir it up and set it back on the stove to settle. In eight minutes it is ready; clear as amber and very delicious.

### Iced Coffee.

Take one quart of hot coffee and one quart of hot milk, but not boiled, and pour into an ice-cream freezer. Sweeten, cover and place it in a tub of ice, and rock salt. Turn the freezer for six minutes and serve in glasses with whipped cream.—M. Weeks.

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### Cup of Cocoa.

The way to make a perfect cup of cocoa is to take a small teaspoonful of Cowan's Perfection Cocoa, a teaspoonful of sugar; almost fill the cup with boiling water, stir thoroughly; add milk and more sugar to taste. Boil two or three minutes to improve flavor.

### Breakfast Cocoa for Six Persons.

2 tablespoonfuls Cowan's Perfection Cocoa.  
2 tablespoonfuls sugar.  
 $\frac{1}{2}$  pint boiling water.  
 $1\frac{1}{2}$  pints milk.  
Pinch of salt.

—The Cowan Company Limited, Toronto.

### Perfection Cocoa Egg Shake.

2 tablespoonfuls Cowan's Cocoa Syrup.  
 $\frac{1}{2}$  glass crushed ice.  
1 egg.  
 $\frac{1}{2}$  glass milk.

Place all the ingredients in a glass and shake well and then strain. Garnish with a little cinnamon.

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# SALADS

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## Salad Dressing.

One teaspoonful each of flour, sugar and butter or olive oil. One teaspoonful each of mustard and salt, 1 egg,  $\frac{1}{2}$  cup of strong vinegar, 1 cup of water. Use a little of the water to stir flour into paste and a little of the vinegar to stir mustard into paste. Beat egg thoroughly and mix all together and cook in a double boiler until thick as cream.

Note.—The above dressing is nice for cold slaw.

## French Mustard Dressing.

Take three tablespoonfuls of mustard, 1 tablespoonful sugar, and 1 egg. Mix to a smooth paste and gradually pour in a cup of vinegar. Let it come to a boil, stirring meanwhile.

## Shrimp Salad.

To one can of shrimps add one teacup chopped celery, 3 hard-boiled eggs, a few English walnut meats, and pour mayonnaise dressing over all just before serving. Rinse shrimps in ice water before using and be sure to keep all thoroughly chilled; serve on lettuce leaf.

## Norwegian Salad.

Two cups macaroni, cooked and cut up, 1 cup cut celery,  $\frac{1}{4}$  cup chopped sweet pepper (red), 1 tablespoon chopped onion. Moisten with French dressing or boiled dressing and serve on lettuce leaves. Cabbage may be used in place of celery.

## Norwegian Salad.

- 2 cups macaroni, cooked and cut up.
- 1 cup cut celery.
- $\frac{1}{4}$  cup chopped sweet pepper (red).
- 1 tablespoon chopped onion.

Moisten with French dressing or boiled dressing, and serve on lettuce leaves. Cabbage may be used in place of celery.

## Society Sandwich.

Chop fine one cup seeded raisins together with 1 cup walnuts, mix with whipped cream or the white of an egg beaten, season with salt, spread between slices of thinly buttered bread, very thin.

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### Cabbage Salad.

Take one small head of cabbage, remove the outer leaves; using only firm part; mince very fine; add one bunch celery also minced fine. Place in salad bowl. Make the following dressing:

- 1 egg well beaten.
- 3 tablespoons sugar.
- 1/2 spoon mustard.

Half spoon corn starch dissolved in two tablespoons water; set on stove and stir constantly. When this begins to thicken add seven tablespoons vinegar. Bring to a boil. Remove from stove when quite cool and pour over salad.—Mrs. Ingram.

### Fancy French Salad.

Boil until tender 1/2 dozen carrots and 1/2 dozen beets, when cold chop fine, season carrots with vinegar, sugar, salt and a little cinnamon; season beets with vinegar, sugar and salt; chop one head cabbage fine, season it with 1/2 cup cream, vinegar, sugar and salt. Put a circle of carrots in centre of platter, then a ring of beets, then a ring of cabbage. A little parsley or lettuce leaves set around outside adds to appearance.

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### Cherry Salad.

One lb. black cherries, 1 dozen almonds, hearts of lettuce,  $\frac{1}{2}$  cup mayonnaise. Wash and pit cherries, blanch and cut the almonds in four pieces while warm. Insert a piece of almond where pit of cherry was. Serve on lettuce. Cover with dressing.

This salad can be made from canned cherries, filling in pits with seeded raisins.

### Fruit Jelly Salad.

Make a clean lemon jelly with gelatin as the wrappers on boxes of gelatin instructs, allow to partially cool and pour over any combination of fruits, as grated pineapple, sliced bananas, oranges, grapes or peaches. Pour into moulds and set in a cool place to harden. English walnuts, chopped, may be added if desired. Serve plain or with chopped cream.

### Bean Salad.

Mix the following salad dressing with cold cooked beans. One cup of sour cream, 1 cup of vinegar,  $\frac{2}{3}$  cup sugar, 1 tablespoonful butter or olive oil, 1 teaspoon flour. Boil vinegar, sugar and butter; beat the egg, cream and flour together, and add to the mixture while on the stove, and boil five minutes. Before removing from the stove, add one teaspoon each of salt, pepper and mustard. This dressing will keep indefinitely.

### Nut Salad.

Take equal portions of English walnut, hickory nut and pecan meats, add twice as much chopped celery as nut meats, pour over all a good salad dressing and serve at once on lettuce leaves.

### Apple Salad.

Use equal parts of tart apples, celery and nut meats. English walnuts preferred. Use any good salad dressing and mix just before serving.

### Chicken Salad.

Boil the chicken until it is tender and chop in small pieces; chop also the whites of a dozen hard-boiled eggs; add chopped cabbage and celery in equal quantities; pound the yolks of the eggs fine and add two tablespoonfuls of sugar and butter, 1 teaspoonful of mustard with pepper and salt to taste. Finally add half a teacupful of good vinegar. Mix thoroughly.

Note.—Veal, boiled tender, may be used instead of all chicken meat.

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# RELISHES

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## Cherry Conserve.

Add 2 quarts of fresh cherries, the juice and thin yellow rind of 4 oranges, add 4 lbs. of sugar. Cook together until thick and tender. Just before removing from stove add  $\frac{1}{2}$  lb. walnuts. Canned cherries may be used—1 qt.

## Plum Conserve.

Two dozen plums, 2 oranges, 1 cup raisins, 1 cup of walnuts, 2 lbs. of sugar. Take pulp of oranges, cut up with plums and soak in a little water. Grind raisins and walnuts. Let simmer 1 hour or more.

—Mrs. H. Pomeroy.

## Corn Relish.

Twenty-four ears of corn (16 cups), 1 head of cabbage (medium), 6 large red peppers, 1 bunch celery (12 heads),  $\frac{1}{2}$  cup of salt, 6 cups of brown or white sugar (to make it dark or light), 3 quarts of vinegar,  $\frac{1}{2}$  box Coleman's mustard, 6 large dried onions.

Remove corn from ear, chop all vegetables fine. Cook sugar and vinegar together about 20 minutes; add vegetables and salt, mix mustard in cold water and add to other about ten minutes before removing from fire. Boil one hour. If vinegar is very strong, use smaller quantity.

## Pear Conserve.

One pound pears,  $\frac{3}{4}$  lbs. sugar,  $\frac{1}{4}$  cupful water, juice of 1 lemon, peel core and cut fruit into quarters, mix sugar, water and lemon juice. Add fruit and let it come slowly to boiling point. After it begins to boil stir constantly. When the fruit begins to darken and break easily it is done. Pour into glasses, and when cold cover with melted paraffin.

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### Tomato Butter.

Ten lbs. ripe tomatoes, 3 lbs. brown sugar, 1 qt. cider vinegar, four large tart apples, 1 tablespoon salt, 1 teaspoon cinnamon, whole spice and cloves to taste. Place in small bags. Boil for 3 hours.—Miss Amy Prout.

### Chile Con Carne.

1 qt. of tomatoes.  
5 potatoes sliced.  
5 or 6 onions sliced.  
Salt to taste.  
1 lb. chopped beef.

Boil from two to three hours, adding water while boiling. About half an hour before taking off add 1 can of red kidney beans. Thicken just and lightly, and a dash of red pepper.

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# PICKLES

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## Mustard Pickles.

Half peck small cucumbers, half peck onions, two or three cauliflowers, put in brine for 24 hours. Mix in cold vinegar half pound mustard, one ounce tumeric, two ounces curry powder, one tablespoon flour. Put two quarts of vinegar in the kettle with one pound of brown sugar. When it comes to boil add the ingredients. Let boil and pour over hot pickles.—Mrs. Smyes.

## Red Tomato Pickle.

One peck peeled tomatoes, 1 pound brown sugar, 1 ounce ground cinnamon,  $\frac{1}{2}$  ounce ground cloves, 2 cups vinegar, 3 tablespoons salt, 1 dozen large onions chopped fine; mash the potatoes, then mix them all together and boil thick.—Mrs. E. Irving.

## Chutney Sauce.

Six quarts tomatoes peeled and chopped, 3 quarts apples, 2 pounds onions, 2 pounds sugar, 1 quart vinegar, 1 cup salt, 1 tablespoon cinnamon, 1 teaspoon cayenne pepper. Boil one hour until desired thickness.

## Pickled Pears.

Seven pounds fruit pared and steamed, 8 lbs. sugar, 3 pints vinegar,  $\frac{1}{2}$  cup spices (equal parts cloves, cinnamon and allspice). Drop the pears into the syrup and boil for a few minutes.

## Corn Pickle.

Twelve cobs corn, 1 cabbage, 3 onions, 3 green peppers, 2 oz. mustard, 1 lb. sugar, 2 qts. vinegar, 2 tablespoons salt; boil corn first and rub off cob, add other ingredients and boil half an hour.

## Beans Pickled.

One peck beans boiled in salt, water 30 min.

Dressing: 3 pints vinegar, large cup mustard, 1 large cup flour, 2 tablespoons celery seed, 2 tablespoons tumeric powder, 3 lbs. coffee sugar.

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### Spanish Pickle.

Three large cucumbers, 12 onions, 1 pk. green tomatoes, 2 heads cabbage, chop fine, mix with one cup salt let stand over night then drain well, cover with vinegar, add 2 red peppers,  $\frac{1}{2}$  teaspoon tumeric and  $\frac{1}{2}$  teaspoon currie powder, 1 teaspoon cinnamon, 1 teaspoon cloves, 2 teaspoons mustard, 2 lbs. brown sugar; boil 1 hour.

### Pickled Corn.

Twelve ears corn, 2 heads cabbage, 4 large onions, 4 red peppers, 1 teaspoon mustard, 2 teaspoons tumeric powder, 2 lbs. brown sugar,  $\frac{1}{2}$  quart vinegar. Chop the vegetables.—Greta Armstrong.

### Green Tomato Pickles (Sweet).

One peck of green tomatoes, sliced the day before you are ready for pickling, sprinkling through and through with salt (not too heavily), in the morning drain off the liquid. Have a dozen good-sized onions rather coarsely sliced. Take a suitable kettle and put in a layer of the tomatoes, then a layer of onions alternately, and between each layer sprinkle the following spices: Six red peppers chopped coarsely, 1 cup sugar, 1 tablespoon ground allspice, 1 tablespoon cinnamon, a teaspoon cloves, 1 tablespoon mustard, pour over 3 pints good vinegar or enough to cover them, and boil till tender. If not sweet enough add more sugar.—Contributed.

### Tomato Besaue.

1 can tomatoes.  
2 tablespoons butter.  
1 cup boiling water.  
 $\frac{1}{4}$  cup bread crumbs.  
2 cups boiling milk.  
1 tablespoon sugar.  
1 tablespoon flour.  
Salt and pepper to taste.

Boil tomatoes half hour, strain and rub through a colander, boil milk, stir in butter and flour, and after boiling keep it hot. Add pepper, salt, sugar and  $\frac{1}{2}$  teaspoon soda to tomatoes, pour into tureen, add crumbs, and lastly add the milk. Serve hot.

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### Mustard Pickle.

- 1 qt. tiny cucumbers.
- 1 qt. queen tomatoes.
- 1 qt. onions.
- 5 green peppers.
- 2 heads of cauliflower.
- 1 head celery.

Cut all but small cucumbers up in small pieces. Cover with one cup salt. Let stand over night. In the morning drain, cover with fresh water and scald till tender. Add this dressing:

- 6 tablespoons dry mustard.
- 1 cup brown sugar.
- $\frac{1}{2}$  cup flour.
- 1 tablespoon tumeric.
- A little cayenne.

Mix all with a little cold vinegar and stir into 1 qt. of boiling vinegar. Stir till smooth and add to drained pickles. Mix well. Pour into jars and seal.

—Mrs. Kemp.

### Pickles (Chow Chow).

Two qts. of chopped green tomatoes, onions, green cucumbers, 1 oz. of white mustard seed, 1 oz. celery seed; add to vegetables, cauliflowers, celery, green peppers, 2 qts. boiling water with a cup of salt. Pour over and remain over night. Drain off in morning. Three pints vinegar, 8 cups brown sugar, 1 cup of flour,  $\frac{1}{2}$  cup mustard,  $\frac{1}{2}$  cup of tumeric powder. Boil 1 minute. Pour over vegetables.—S. A. B.

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## DESSERTS

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### Lemon Custard.

Grate two lemons, add  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{4}$  lb. butter, beaten together to a cream; 1 pint of milk, 2 table-spoonsful flour, and 4 eggs beaten separately. Add the whites last.—Mrs. Walton.

### Orange Marmalade.

One dozen sweet oranges, 4 lemons, peel both and cut skins in thin shreds, and slice the pulp thin. Put together and cover nicely with water. Let stand over night. In the morning put on the stove and let boil two hours from the time it begins to boil, then add 14 cups of granulated sugar and let it boil again till it thickens, or about two hours more. If it does not thicken add a little more sugar.—Mrs. Yeomans.

### Marmalade.

One dozen oranges, 3 lemons cut thin as possible, 2 pints of water to 1 lb. of fruit, let it stand over night, boil till tender, let cool till next day, weigh, put 1 lb. of sugar to 1 lb. of fruit.—Mrs. Yeomans.

### Snow Ball.

A dainty dessert is made by taking 1 pint of boiling water and two tablespoonsful of corn starch. After boiling for three minutes remove from the fire and add the whites of 2 eggs beaten to a froth, flavoring, a little salt, and 2 tablespoonfuls of sugar. Mould.

—Mrs. F. Payne.

### Crushed Peaches.

One can of 12 large peaches, 2 cupfuls of sugar, 1 pint of water and the whites of 3 eggs. Break peaches with sugar, water, etc., and stir all together. Freeze all into a form. Beat the eggs to a froth and pour over.

—Ida Montroy.

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### Macaroon Whipped Cream.

Grate one dozen macaroons, whip 1 pint of cream to stiff froth, beat gradually the grated macaroons,  $\frac{1}{4}$  cupful sugar. Flavor with vanilla and pour in mould. When set, turn out on plate. Pour whipped cream over and decorate with candied cherries.—G. P.

### Date Cream.

Remove the stones from as many dates as desired for a dessert, put in a pretty glass dish and pour over a generous amount of whipped cream. A few macaroons crumbled in with the dates improves the flavor. Set in a cold place until ready to serve.—Mrs. Buell.

### Plain Vanilla Ice Cream.

One quart of milk, the yolks of 3 eggs,  $\frac{3}{4}$  of a pint of sugar and 2 tablespoonfuls of corn starch. Scald but do not boil. Put the whites of 3 eggs into  $1\frac{1}{2}$  pints cream; whip it. Mix the milk and cream, flavor and freeze. Two teaspoonfuls of vanilla are generally sufficient.

### Morris Custard.

To one pint of boiling milk add one teaspoonful of cornstarch, one-half cupful of sugar, the yolkes of two eggs, a little salt; add extract to flavor.—Mrs. M. Tatman.

### Chocolate Custard.

- 3 ozs. chocolate or  $\frac{3}{4}$  cup cocoa.
- 3 pints milk.
- 4 tablespoonfuls sugar.
- 2 tablespoons brown sugar.
- Yolks of 5 eggs.
- White of 1 egg.
- Vanilla.

Prepare a custard which is soft, from milk, and the yolks of 5 eggs, adding the white of one. Chocolate should be dissolved in a cup of warm milk and heated to boiling point. When this is cool sweeten it with brown sugar and flavor with vanilla. Pour the whole into a dish and cover with the whites of the eggs beaten stiff. Sprinkle a little sugar; brown slightly and serve cold.

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### Shredded Wheat Biscuit for Breakfast.

Warm the biscuit in the oven to restore crispness; don't burn; pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or, serve with cold milk or cream, according to individual taste.

### Chocolate Blanc Mange.

- 4 ozs. Cowan's Supreme Chocolate or  $\frac{1}{2}$  cup Perfection Cocoa.
- 2 tablespoons gelatine.
- 3 eggs.
- 2 cups scalded milk.
- $\frac{1}{4}$  cup cold water.
- 1 cup sugar.
- 1 teaspoon vanilla.
- $\frac{1}{4}$  teaspoon salt.

Mix the sugar, chocolate and eggs and add the scalded milk, and then cook the whole in a double-boiler until a coating is formed on an ordinary spoon. Soak the gelatine in cold water, and when dissolved add vanilla and salt and empty same into an ordinary mould and chill.

Decorate with sliced bananas, sliced oranges, etc.

—C. C. Ltd,

### Shredded Wheat Biscuit With Strawberries.

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

### Fruit Trifle.

One pint of cream beaten to a stiff froth, 2 table-spoonfuls each of sugar and raspberry jelly. Delmonico's.

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# FISH

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## Brook Trout.

Wash well and fry, then salt, pepper and dredge well with flour. Have plenty of dripping in your pan very hot. Let brown on one side before turning. Lay side by side on a heated platter, garnish with slices of breakfast bacon, fried a delicate brown. Serve hot.—W. J. T.

## Fish Balls.

One heaping pint bowl potatoes pared,  $\frac{1}{2}$  lb. fish picked fine. Put potatoes in kettle, from pour fish over them, cover with boiling water, and boil until the potatoes are done; drain through a sieve so as to avoid losing any little particles of fish. Mash fine with wire masher; add butter size of walnut. Pepper and salt to taste. Beat the whites of five eggs to a stiff froth, add to mixture when ready to fry, not before. Dip a spoon in hot fat, and drop a spoonful at a time in boiling lard. Fry five minutes and serve at once.—K.

## Governor Sauce.

Slice one peck of green tomatoes, about 1 cupful of salt sprinkle on them. Stand over night. Pour off the liquid and put them in a kettle with vinegar enough to cover them. Add 6 green peppers, 4 large onions, 1 cup brown sugar, 1 cup horseradish, 1 tablespoon ground cloves, 1 tablespoon allspice, 1 teaspoon cayenne, 1 teaspoon white pepper; simmer until soft.

## Celery Sauce.

One dozen heads celery,  $\frac{1}{4}$  lb. white mustard seed,  $\frac{1}{2}$  lb. ground mustard,  $\frac{1}{2}$  gallon vinegar, 2 cups sugar, salt to taste. Boil until tender.—G. D.

## Tomato Catsup.

One gallon ripe tomatoes, 4 tablespoons salt, 3 tablespoons mustard, 2 tablespoons black pepper, 1 tablespoon ground cloves, 5 large onions, 3 half pints vinegar. Let simmer together three hours. When cool strain and bottle.—F. A. K.

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## Cookies, Fried Cakes, Etc.

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### Fruit Cookies.

One and a half cups sugar, 3 eggs, 1 teaspoon soda, 1 cup currants, 1 cup butter,  $\frac{1}{2}$  cup molasses, 1 cup chopped raisins, 1 teaspoon mixed spices. Flour to roll.

### Fruit Caramels.

Two eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter, one-eighth lb. crushed walnuts,  $\frac{1}{2}$  lb. dates chopped fine,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, enough flour to make a stiff batter. Bake slowly in moderate oven.

### Afternoon Tea Cakes.

One cup butter,  $\frac{1}{2}$  cup sugar, beaten to a cream; 2 cups flour, 1 teaspoon Royal baking powder and 2 eggs. Drop the mixture from a teaspoon into a floured tin. Bake in moderate oven.—Mrs. Hearst.

### Hard Ginger Snaps.

One cup molasses,  $\frac{1}{2}$  cup shortening,  $3\frac{1}{4}$  cups flour,  $\frac{1}{2}$  teaspoonful soda, 1 tablespoon ginger, 1 teaspoon salt. Heat the molasses to boiling point and pour over shortening; mix and cool thoroughly and roll thin and bake in moderate oven.—Mrs. Y.

### Jam Jams.

1 cup butter.

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

1 egg.

$\frac{1}{2}$  cup light syrup.

1 teaspoon vanilla.

1 teaspoon soda in 3 tablespoons hot water.

Flour enough to roll. Cut small and put jelly between.—Mrs. A., Burk's Falls.

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### Ginger Jam Jam's (Eggless).

1 cup sugar.  
1 cup molasses.  
1 cup shortening.  
 $\frac{1}{2}$  cup warm water.  
1 teaspoon soda.  
1 teaspoon ginger.  
1 teaspoon vanilla.  
Pinch of salt. Mix, not too stiff.

### Cocoanut Macaroons.

Whites of 3 eggs beaten stiff, 1 cup granulated sugar beaten into the eggs; put into double boiler for about 3 to 5 minutes till it crusts on sides of boiler; take it off and add 1 tablespoon cornstarch, 1 teaspoon vanilla, 2 large cups shredded cocoanut; stir all well together and drop on greased tin with small teaspoon. Cook in moderate oven until golden brown. Let cool before moving from pans.—Mrs. S. F. Y.

### Graham Gems.

1 cup sugar.  
2 eggs.  
1 cup sweet milk.  
2 teaspoonfuls cream of tartar.  
1 teaspoon soda.  
2 cups Graham flour.  
 $\frac{1}{2}$  teaspoon Royal Baking Powder.  
Add teaspoon of melted butter. Cook in gem pans in quick oven.—Miss Gertrude Prout.

### Ginger Snaps.

2 cups sugar.  
2 cups molasses.  
2 teaspoons butter.  
2 eggs (well beaten).  
2 teaspoons ginger.  
Mix above ingredients and set on stove until quite hot, then add the following:  
Three teaspoons soda dissolved in two tablespoons vinegar. Mix stiff enough to roll.

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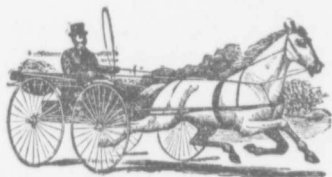
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## Oatmeal Drops.

One cup brown sugar, 2 eggs,  $\frac{1}{2}$  cup butter, 1 cup rolled oats, 1 cup chopped raisins,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  cup buttermilk, flour to thicken.

## Prize Doughnuts.

One cup of sugar, one cup of milk;  
Two eggs beaten fine as silk,  
Salt and nutmeg (lemon 'll do),  
Of baking powder, teaspoons two (Royal B.P.);  
Lightly stir the flour in;  
Boil on pie board not too thin;  
Drop with care the doughy things,  
Cut in diamonds, twists or rings;  
Into fat that briskly swells  
Evenly the spongy cells.  
Watch with care the time for turning;  
Dry them brown—just short of burning.  
Roll in sugar, serve when cool,  
Price—a—quarter for this rule.

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### Orange Pudding.

Soak  $1\frac{1}{2}$  cupfuls bread crumbs in cold water twenty minutes, add 1 cupful sugar, 1 cupful orange juice, 2 eggs beaten slightly, 1 tablespoon melted butter and a pinch of salt.

Bake in a slow oven until firm. Serve with milk sweetened with maple sugar.

### Orange Bread Pudding.

Soak together 2 cups bread crumbs and 2 cups of water, when soft add 2 egg yolks unbeaten,  $\frac{1}{2}$  cup sugar, 1 teaspoon butter, juice of 1 orange strained,  $\frac{1}{2}$  orange rind grated. Bake half hour. When cold add meringue of whites of two eggs beaten stiff with two tablespoons of sugar; brown in oven.

### Crows Nest Pudding.

Put one pint of cherries or any kind of fruit into a buttered baking dish, sweeten and sprinkle with a little flour. Make a batter of:

1 cup sugar.

1 egg.

1 teaspoon baking powder.

Butter size of walnut.

$\frac{1}{2}$  cup milk.

1 teaspoon vanilla.

Flour enough to make a batter a little stiffer than cake batter, and bake. Serve with sauce made from following:

Sauce Butter the size of a walnut browned. Milk and water,  $\frac{1}{2}$  pint of each,  $\frac{1}{2}$  cup sugar, flour enough to thicken, flavor with vanilla. Let come to boil. Serve warm or cold.

### Carrot Pudding.

1 cup of grated carrots.

1 cup of grated potatoes.

1 cup of grated sugar.

1 cup of grated currants.

1 cup of grated raisins.

1 cup grated suet.

2 teaspoonfuls of soda.

$1\frac{1}{2}$  cups of flour, spices to taste.

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### Caromel Pudding.

Put one cup of sugar in a granite pan and let brown on stove. Add 2 cups sweet milk. When dissolved add 2 eggs and 1 tablespoon corn starch, flour to thicken.

### Lemon Pudding.

One lemon, 1 egg, 1 cup sugar, 2 tablespoons corn starch dissolved in a little cold water. After this is dissolved stir in 1 cup of boiling water, then add beaten yolk of egg, with juice and grated rind of lemon; lastly, stir in sugar. When done, cover top with white of egg beaten to a stiff froth with a spoonful of sugar. Serve cold or hot.

### English Plum Pudding.

- 1 lb. currants well washed.
- 1 lb. raisins seeded and chopped.
- 1 lb. of mixed candied peel chopped fine..
- 1 lb. bread crumbs.
- $\frac{3}{4}$  lb. suet chopped fine.
- 1 nutmeg grated.
- 4 eggs well beaten.

Ten cents worth of shelled almonds blanched and chopped. Mix ingredients well before adding eggs. Put in greased tin, cover with cloth, and cook six hours. This makes two good-sized puddings.—Miss Butterworth.

### Rice Pudding.

Soak 1 cupful of best rice for four hours, drain it, add 1 cupful of brown sugar, 1 teaspoonful salt, 11 cupfuls of good milk and a little nutmeg. Bake in a moderate oven for three or four hours, stirring occasionally if rice settles.

### Cup Pudding.

Two cups flour,  $\frac{1}{2}$  teaspoon salt, 4 level teaspoons baking powder,  $\frac{3}{4}$  cup milk, 1 egg.

Put batter into cups, spreading well up on the sides so as to make a well; drop jam into well and cover with batter. Steam 30 minutes. Serve with cream or pudding sauce.

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### Grape Nut Pudding.

One coffee cup of grape nuts, 2 eggs, 5 tablespoons of sugar,  $3\frac{1}{2}$  pints of milk, 1 cup of seedless raisins; boil milk and add hot to grape nuts; soak until cool and add sugar and yolks of eggs. Beat and stir in the whites just before baking. Bake slowly 1 hour.

Sauce:  $1\frac{1}{2}$  cups of sugar,  $\frac{1}{2}$  cup of butter, tablespoon of flour; beat all together to a creamy consistency, then pour boiling water over. Let come to a boil.

—Mrs. H. Pomeroy.

### Coffee Pudding.

One cup of strong coffee, 1 cup of milk,  $\frac{1}{4}$  cup of sugar, butter, salt; heat and thicken with corn starch. Serve cold with cream.

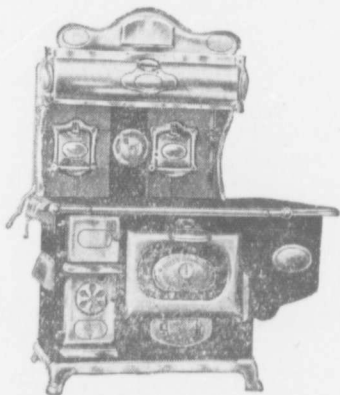
### Carrot Pudding.

- $1\frac{1}{2}$  cups of flour.
- 1 cup of brown sugar.
- 1 cup of suet.
- 1 cup of raisins.
- 1 cup of currants.
- 1 cup of potatoes grated.
- 1 cup of carrots grated.
- 1 teaspoon of soda.

Steam or boil three hours. Serve with a hot sauce.

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# CANDIES

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## Fudge.

2 cups brown sugar.

$\frac{1}{2}$  cup milk.

1 tablespoon of Cowan's Perfection Cocoa.

Boil until it will form a ball in cold water. Remove from stove and add vanilla flavoring. Beat until stiff enough to pour on buttered paste. Set away to cool.

—Miss Gertrude Prout.

## Stuffed Dates.

1 package dates, remove stones.

2 cups white sugar.

$\frac{1}{2}$  cup boiling water.

1 tablespoon vinegar.

Boil until it strings. Remove from stove and stir until thick. Flavor to taste and fill dates.

—Miss Gertrude Prout.

## Butter Scotch.

Two cups white sugar, 2 tablespoons vinegar,  $\frac{1}{2}$  cup butter, 4 tablespoons molasses, 4 tablespoons cold water. Boil about 15 minutes, or until brittle, and do not stir.

—B. F.

## Maple Cream.

One cup sugar,  $\frac{1}{4}$  cup milk, a small piece butter. Boil until it will hair, then remove from stove. Flavor to taste. Beat until white and creamy; pour into a buttered pan. When cool enough not to spread, cut in squares.

## Taffy.

Three cups white sugar, juice of 1 lemon, piece of butter size of a walnut. Boil, but do not stir, until brittle in cold water.—Mrs. A. G. Newall.

## Kisses.

White of one egg, 1 cup granulated sugar, lemon. Beat white, add sugar slowly; beat well. Flavor and drop from a teaspoon on white paper. Bake in slow oven.

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And sae the Lord be thank't."

—Bobbie Burns.

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if they are wise and order from us.

"Cleanliness and Purity is our Motto"

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# TABLE ETIQUETTE

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A host or hostess should never allude to the quality of the dishes or contents—either is in bad taste.

If a guest does not care for a certain article do not urge him to eat it.

Do not overload plates when serving.

Do not finger dishes, knife or fork, or anything on the table.

Do not leave knife and fork crossed on the plate when finished, but leave them parallel on the plate, the tines of the fork down, the knife to the right and the sharp edge next to the fork.

Do not, under any circumstances, put the knife in the mouth.

Do not drink from the saucer.

Do not reach across the table, especially in front of anyone.

Do not butter bread held in mid-air, but on the edge of the plate.

Do not use a steel knife in eating fish, but use the smaller one of the two at the plate.

Ladies should always be served before gentlemen.

Gentlemen should seat ladies first.

The handles of the knife and fork should rest in the palms of the hands.

Do not ask a guest whether he wishes MORE potato, etc., but SOME potato.

Do not pick up a knife or fork that you have dropped on the floor. Ask for another.

When asking for anything at the table mention parties name when you speak.

Do not shove yourself from the table.

Do not loll back in your chair.

Say THANK YOU when you receive something.

Do not rest elbows on table.

Do not use a toothpick at table; take it to the bathroom.

Gentlemen remaining for cigars, rise when the ladies do, and remain standing until they have left the room.

Do not, when at a private table, leave until all have finished.

Do not spread the elbows when eating or cutting food.

Do not leave spoon in cup after stirring tea or coffee.

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## MISCELLANEOUS

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### A Durable Whitewash.

The following whitewash is said to be very durable: Slake half bushel lime with boiling water, covering the vessel during the process to keep in the steam. Strain the liquid through a fine sieve and add 8 quarts salt previously dissolved in warm water, 2½ lbs. ground rice boiled to a thin paste and stirred in boiling hot, ½ lb. powdered Spanish whiting and 1 lb. clean glue dissolved in a little water. Put the whole mixture in a kettle set in a larger one filled with water and hang over a slow fire. Add 5 gallons hot water, stir well and let stand a few days covered from the dust. When it is to be applied it should be reheated and put on hot. This wash is said to be as good as oil paint and much cheaper. Coloring matter, with the exception of green, may be added.

### Soot Stains on Floor.

Soot stains on floor will yield to a solution of sulphuric acid and water.

### Rust Stains.

Wet the rust spot on material with lemon juice, and sprinkle on salt and hold over the spout of a boiling kettle.

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## PASTRY.

Make a good sized rich pie crust. For the filling use 2 medium sized onions, 2 large potatoes sliced fine, 1 lb. of tender steak with a little suet cut up fine, pepper and salt to taste. Roll out crust as for pie and put in onions, potatoes, and meat in order named. Close and crimp crust as for turnovers. Cook one hour in slow oven. This will make two pasties.—M. P.

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## USEFUL HINTS.

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### Grass Stains on Clothing.

Should be saturated with alcohol for a little time, then wash in clear water.

### To Get Rid of Rats.

To get clear of rats, besides using traps, cats or dogs, try chloride of lime. It is said they never come where this is placed.

### How to Cream Butter.

Select the amount of butter that is necessary and place in a bowl, mashing it against the sides with a spoon until a creamy consistency is reached.

### Royal Baking Powder.

When baking powder is required in recipes we recommend the Royal Baking Powder.

### Cowan's Cocoa.

Use Cowan's Cocoa and Cowan's Chocolate if good results in cooking are expected.

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## Table of Weights and Measures.

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4 teaspoons of a liquid equal 1 tablespoon.

2 cups equal 1 pint.

4 cups of flour equal 1 pound or 1 quart.

2 cups of solid butter equal 1 pound.

1 pint of milk equal or water equals 1 pound.

2 tablespoons of granulated sugar equals 1 ounce.

1 pint of chopped meat equals 1 pound.

All measurements should be spoon or cup level, which may be levelled off by the aid of a knife. Measure 3 half teaspoon by cutting the spoonful in half lengthwise.

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# A Good Receipt

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## Some of my Useful Favorites



