

MAGIC COOK BOOK

AND
HOUSEKEEPERS GUIDE



PUBLISHED BY
E.W.GILLETT COMPANY LIMITED
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The Magic Cook Book

A collection of selected recipes suitable for HOME cooking, also various useful hints to housekeepers.

If you already have a **MAGIC COOK BOOK**, kindly hand this copy to a friend.

This little Cook Book is respectfully dedicated to the housewives of Canada. The recipes have been selected with great care and all of them are suitable for everyday home cooking.

Use **MAGIC BAKING POWDER** and other lines of Gillett's Goods mentioned in recipes. **THEY NEVER FAIL.**

Magic Baking Powder

CONTAINS NO ALUM

The only well known medium priced Baking Powder made in Canada THAT CONTAINS NO ALUM.

Complies with the law of Great Britain by CONTAINING NO ALUM.

Anticipates the Pure Food law of Canada by CONTAINING NO ALUM.

Safeguards the health of the family by CONTAINING NO ALUM.

Is honest with consumers by CONTAINING NO ALUM.

No other Manufacturer of medium priced Baking Powder can truthfully make these statements.

Magic Baking Powder

Nothing is "Just As Good"

E. W. GILLETT COMPANY LIMITED

Beware of Fake Baking Powder Tests

Do not be taken in by them. Tell the party who tries to mislead you that you know all about them.

WARNING.

Sometimes canvassers (male or female) representing some poor alum brand, endeavor to cause people to infer they are working in the interest of some Pure Food organization, and make claims they have no right to make. Pay no attention to these people and their claims. Their principal fake scheme is known as "The Glass Test."

In Bulletin No. 360, issued by Inland Revenue Department, Ottawa, the Chief Analyst, Mr. A. McGill, has the following to say in reference to Use of Albumen in Baking Powder:

ALBUMEN IN BAKING POWDER.

"The addition of albumen to a baking powder would evidently increase its value, provided that the amount of albumen added was at all considerable. As a matter of fact, albumen to the amount of about 15/100 of 1 per cent. of the weight of the powder has been found in some baking powders. It is inconceivable that such an addition can have any appreciable value, as rendering the article superior in baking. It is contended

that the true reason for this addition of albumen is found in the fact that, on adding water to such a powder, the increased viscosity causes a persistent froth to be formed, and thus furnishes the vendor with a means of demonstrating apparent superiority, in comparison with other powders, which do not contain albumen. Of course, such a use of the article is plainly for purposes of fraud; and several States of the American Union have forbidden the addition of albumen to baking powders, because of the fraudulent use of what is called the 'Cold Water Test' or 'Water Glass Test' and the fact that the amount of albumen is so small as to possess no tangible value. No intelligent buyer will permit himself to be deceived by the water glass test; and should actual deception be practiced, anyone has recourse under the common law."

("THE SPICE MILL," N.Y.)

Unscrupulous manufacturers of baking powder, in order to sell their product, sometimes resort to the old game of what is known as "the glass test." In reality it is no test at all, but, in cases where the prospective buyer does not understand that the so-called "test" is a fake, pure and simple, the salesman is sometimes able to make him believe it shows conclusively that the so-called baking powder he is selling, and which of course contains egg albumen, is superior to other brands which do not contain this ingredient.

No tricks or schemes are needed to sell **MAGIC BAKING POWDER**. It is pure, wholesome and economical. It does NOT contain alum or any injurious material, or albumen. Read the label.

VALUABLE SUGGESTIONS

Fine pastry flour made of soft wheat is best for cakes.

If hard wheat bread flour is used for cakes the quantity of milk or other liquid called for must be increased if the best results are to be obtained.

Have eggs moderately warm before beating them into butter and sugar which have been creamed together for cake. This will prevent curdling.

When whisking egg whites for sponge or angel cake, beat only until mixture can hold whisk. If beaten too much cake is likely to shrink and be tough.

IMPORTANT.

When making baking powder biscuits, be careful to have liquid used for mixing (water or milk) COLD as possible, and keep dough in a cool place while waiting for oven.

If after making cake mixture, with Magic Baking Powder, it is not convenient to bake at once, leave in bowl in which it has been mixed and set in COOL place, it may, if necessary, stand for several hours. Add 1 teaspoon cold milk or water, and beat lightly till batter is smooth—put in pans and bake.

Mixture for drop cakes, rock cookies, etc., may be treated the same way with excellent results.

Break eggs one at a time into a saucer, so any can be rejected if necessary and the mixture will not be spoiled.

CAKES.

SWEET MILK GRIDDLE CAKES

- | | |
|---------------------|------------------------|
| 1 quart flour | 2 tablespoons shorten- |
| 3 teaspoons Magic | ing |
| Baking Powder | 1 egg |
| 1 teaspoon salt | 2 tablespoons molasses |
| 2 tablespoons sugar | 1 pint milk |

Mix and sift dry ingredients; beat egg, add milk and molasses, pour slowly on first mixture; beat well. Add melted shortening. Cook at once on hot, well-greased griddle. Serve with Maple, Caramel, or Brown Sugar Syrup.

PANCAKES

- | | |
|-----------------------|------------|
| 1 cup flour | 1 egg |
| 1 teaspoon Magic Bak- | 1 cup milk |
| ing Powder | |

A pancake should not be very thick, but perhaps it may require a little more flour. Fry in butter in a hot frying pan.

CORN FRITTERS

- | | |
|-------------------|------------------------------|
| 1 can corn | $\frac{1}{2}$ teaspoon Magic |
| 2 eggs | Baking Powder |
| Pinch of salt and | $\frac{1}{2}$ cup flour |
| pepper | Milk |

Drain the corn, add beaten yolks, salt and pepper, then flour and baking powder, sufficient milk to make thick batter; fold in the beaten whites last. Drop by spoonful into deep fat and fry in pan.

ORANGE FRITTERS

- | | |
|------------------------|------------------|
| 2 eggs | 1 teaspoon Magic |
| $\frac{1}{4}$ cup milk | Baking Powder |
| 1 tablespoon sugar | Pinch of salt |
| 1 cup flour | 3 oranges |

Beat eggs, add milk then sugar; beat well together, add flour which has been sifted with baking powder and salt. Divide oranges into sections, drop them into the batter, take out by the spoonful (1 section of orange to each spoonful) drop into boiling fat and cook a delicate brown. Roll in sugar if liked, or serve plain with maple syrup.

2 cups lard make 1 pound.

JOHNNY CAKE

- | | |
|---------------------------------|-------------------------|
| 1 cup flour | $\frac{1}{4}$ cup sugar |
| 2 teaspoons Magic Baking Powder | 1 egg |
| $\frac{1}{4}$ teaspoon salt | 1 cup milk |
| 1 cup cornmeal | Butter size of an egg |

Sift flour, baking powder and salt together, add cornmeal and sugar, melt butter add to well beaten egg, add to other ingredients with the milk. Beat all together lightly. Bake in greased shallow pan 30 to 40 minutes.

JOHNNY CAKE

The following recipe for "Old Fashioned Johnny Cake" comes down to the present generation from an ancestry famous for superior cookery. The descendants live in Adams, N. Y., where there has been for over a century a rivalry between housewives to excel in the culinary art. "Johnny Cake" made after the recipe which follows cannot fail to please a most exacting palate and demonstrate the virtue of cornmeal, all the better if ground in old grist mills and bolted:

- | | |
|-----------------------------|-------------------------------|
| 2 cups sour milk | 2 tablespoons sour cream |
| 1 scant teaspoon Magic Soda | 1 large cup sugar |
| Pinch of salt | 2 cups cornmeal |
| | $\frac{1}{2}$ cup wheat flour |

Mix together milk, cream and soda, pinch of salt; then add sugar, cornmeal and wheat flour, which have been sifted. Mix well and bake in quick, hot oven.

POP OVERS

- | | |
|-----------------------------|-------------|
| 2 cups flour | 2 eggs |
| $\frac{1}{2}$ teaspoon salt | 2 cups milk |

Put all ingredients in a bowl and beat together. Bake in iron gem pans in quick oven 15 minutes. Serve with or without sweet sauce.

ONE EGG MUFFINS

- | | |
|---------------------------------|--|
| $1\frac{3}{4}$ cups flour | 1 small egg |
| 3 teaspoons Magic Baking Powder | $\frac{3}{4}$ cup milk |
| $\frac{1}{2}$ teaspoon salt | $1\frac{1}{2}$ tablespoons melted butter |
| $1\frac{1}{2}$ teaspoons sugar | |

Sift flour, baking powder and salt, add sugar. Beat egg thoroughly, add it gradually with milk to dry ingredients and beat hard. At the last moment add melted butter. Drop the batter into hot buttered iron gem pans and bake in a hot oven 25 minutes.

2 cups butter make 1 pound.

SMALL LAYER CAKE

- | | |
|---------------------------|------------------------|
| $\frac{1}{3}$ cup butter | 2 teaspoons Magic |
| 1 cup fine sugar | Baking Powder |
| 2 eggs | $\frac{1}{2}$ cup milk |
| $1\frac{1}{2}$ cups flour | |

Cream butter and sugar, add beaten eggs, beat together till light, sift together flour and baking powder and add to other mixture alternately with milk. Put in two small layer cake pans and bake in moderate oven for 15 minutes.

LAYER CAKE (SUSIE'S)

- | | |
|--------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter | 3 teaspoons Magic |
| 1 cup sugar | Baking Powder |
| 3 eggs | $\frac{1}{4}$ teaspoon salt |
| 2 cups flour | $\frac{1}{2}$ cup milk |

Cream butter and sugar, add well beaten eggs and beat again with butter and sugar till very light. Sift flour, baking powder and salt together, and add to first mixture alternately with milk. Beat lightly for about 1 minute. Put into greased layer cake pans and bake 15 to 20 minutes.

LADY BALTIMORE CAKE

- | | |
|-----------------------|-----------------------|
| 1 cup butter | 3 large cups flour |
| 2 cups powdered sugar | 2 teaspoons Magic |
| 1 cup fresh milk | Baking Powder |
| Whites of 6 eggs | 1 teaspoon rose water |

Cream together the butter and sugar; when very light and smooth work in the fresh milk; beat the whites of eggs until stiff, then whip them gradually into the mixture. When all these ingredients are well blended, add the flour, which has been sifted twice with the baking powder. Stir just enough to mix well. Add the rose water and pour into greased layer tins. Bake in an even oven. When cool put together with the following mixture:

3 cups granulated sugar, 1 gill water, 1 cup walnuts, 6 figs, 3 egg whites, 1 cup raisins.

Boil sugar and water until it threads, take from fire and pour (beating steadily) upon stiffly beaten whites; beat until thick, adding as you do so finely chopped raisins, figs and nuts. Beat hard to mix thoroughly before spreading in the cake layers.

4 cups of pastry or bread flour make 1 pound.

CARAMEL CAKE

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|---|------------|--------|----|-----------|---------------|
| 1 | tablespoon | butter | 1½ | cups | flour |
| 1 | cup | sugar | 2 | teaspoons | Magic |
| 3 | eggs | | | | Baking Powder |
| ½ | cup | milk | ¼ | teaspoon | salt |

Cream butter and sugar, add well beaten eggs; sift together flour, baking powder and salt and add to first mixture alternately with milk. Beat all together lightly. Put into a well greased round pan and bake in moderate oven for 25 to 30 minutes. When cool split with a sharp knife and fill with the following:

- | | | | | | |
|---|-----|-------|----|-------------|---------|
| 1 | cup | sugar | 1½ | tablespoons | butter |
| ½ | cup | milk | 1 | teaspoon | vanilla |

Boil together sugar and milk for 13 minutes, add butter and vanilla. When done stir till thick enough to spread. The cake may also be covered with above, or a plain icing used if preferred.

MERINGUE ICING

Delicious for Spanish Bun, Lunch Cake or Ginger Bread.

- | | | | | | |
|---|-----|--------|---|-----|-------------|
| 2 | egg | whites | ½ | cup | brown sugar |
|---|-----|--------|---|-----|-------------|

Beat eggs till stiff and gradually add brown sugar, beating all the time. Spread on cake and return to oven till golden brown.

LEMON FILLING

- | | | | | | |
|----|-------------|-------------------|---|------------|--------|
| ½ | cup | sugar | 1 | tablespoon | lemon |
| 1½ | tablespoons | flour | | | juice |
| | | Rind of one lemon | 1 | egg | |
| | | | 1 | teaspoon | butter |

Mix sugar and flour, add the grated rind and the lemon juice, and egg slightly beaten. Put butter in sauce pan, when melted add mixture and stir constantly until boiling point is reached. Care must be taken that mixture does not adhere to the bottom of sauce pan. Cool before spreading.

BANANA FILLING

Chop 2 bananas with a little pulverized sugar and lemon juice.

RAISIN FILLING

- | | | | | | |
|---|----------|--------------|---|-----|-----------------|
| 1 | cup | sugar | 1 | cup | raisins, dates, |
| | A little | water | | | figs or nuts |
| 1 | egg | (white only) | | | |

Boil sugar and water until brittle when dropped into cold water. Remove from stove; stir quickly into the well beaten white of egg. Add either the fruit or nuts and stir well.

¾ cups entire wheat make 1 pound.

ORANGE ICING

- 1 lb. icing sugar Juice and grated rind
 Juice of one lemon of an orange
 Mix thoroughly together.

WALNUT CAKE

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|--------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter | 1 teaspoon Magic Baking Powder |
| $1\frac{1}{2}$ cups fine sugar | 1 cup walnuts, chopped fine |
| $\frac{3}{4}$ cup milk | 1 teaspoon vanilla |
| 2 cups flour | Whites of 4 eggs |
| $\frac{1}{2}$ teaspoon salt | |

Cream butter and sugar till very light. Add chopped walnuts, vanilla, then milk very slowly. Sift flour, baking powder and salt and add to mixture. Beat all together till light. Then cut in stiffly beaten whites of eggs. Bake for 1 hour in moderate oven.

WHITE CAKE

- | | |
|---------------------------------------|---------------------------------|
| 1 cup butter | 3 cups flour |
| $1\frac{1}{2}$ cups fine sugar | 4 teaspoons Magic Baking Powder |
| 4 eggs (whites only) | 1 cup milk |
| $\frac{1}{2}$ teaspoon almond extract | |

Beat together butter and sugar till very light, add extract then add stiffly beaten whites of eggs, sift flour and baking powder four times. Add to other mixture alternately with milk, bake in moderate oven 40 minutes. When cold ice with chocolate icing and put on top almonds which have been blanched and chopped fine.

SILVER CAKE

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|---------------------------------|-----------------------------|
| $\frac{2}{3}$ cup butter | 4 cups flour |
| 2 cups fine sugar | $\frac{1}{4}$ teaspoon salt |
| Whites of six eggs | $\frac{3}{4}$ cup milk |
| 2 teaspoons Magic Baking Powder | 1 teaspoon almond extract |

Cream butter and sugar; sift flour, baking powder and salt 3 times; add gradually to creamed butter and sugar; then the milk, almond extract, and lastly the stiffly beaten whites. Beat well and bake in a moderate oven.

CAKE MADE IN A HURRY

- | | |
|-----------------------|---------------------------------------|
| 3 cups flour | 2 teaspoons Gillett's Cream of Tartar |
| 1 egg | 2 tablespoons melted butter |
| 1 cup white sugar | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk or water | |
| 1 teaspoon Magic Soda | |

Put all dry ingredients into a bowl and mix well. Make hole in centre, drop in egg, melted butter and milk. Beat all together till light. Bake in greased cake pan for 30 to 40 minutes.

2 cups butter make 1 pound.

CORN STARCH CAKE

- | | |
|---|---------------------------------|
| $\frac{1}{3}$ cup butter | 1 cup flour |
| 1 cup sugar | $\frac{1}{2}$ cup cornstarch |
| 3 eggs (whites only) | 2 teaspoons Magic Baking Powder |
| $\frac{1}{2}$ teaspoon rose, or other flavoring | $\frac{1}{2}$ cup milk |

Cream butter and sugar, add flavoring, sift together thoroughly flour, cornstarch, baking powder and pinch of salt, add to creamed butter and sugar alternately with milk. Lastly fold in stiffly beaten whites of eggs. Bake 30 to 40 minutes in moderate oven. When cold sift confectioners sugar thickly over top.

POUND CAKE (SUSIE'S)

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|--------------|----------------------------|
| 1 lb. butter | $\frac{1}{2}$ lb. raisins |
| 1 lb. sugar | $\frac{1}{2}$ lb. almonds |
| 1 lb. flour | 1 teaspoon extract vanilla |
| 10 eggs | |

Cream butter till very light, gradually adding sugar. Then beat in eggs one by one, add flavoring. Sift flour and sprinkle a little over fruit and nuts. Then add to first mixture alternately with remainder of flour. Put mixture into well greased pan and bake in moderate oven for $1\frac{1}{2}$ hours.

SHREWSBURY CAKE

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|---------------------------------|----------------------------|
| 1 cup butter | $1\frac{1}{2}$ pints flour |
| 2 cups sugar | 1 cup milk |
| 3 eggs | 1 teaspoon rose flavoring |
| 2 teaspoons Magic Baking Powder | |

Cream butter and sugar; add eggs, one at a time beating five minutes after each; sift flour and baking powder; add to first mixture alternately with milk, then flavoring. Beat all well together and bake 40 minutes in a moderate oven.

1, 2, 3, 4 CAKE

- | | |
|--------------|---------------------------------|
| 1 cup butter | 3 teaspoons Magic Baking Powder |
| 2 cups sugar | 4 eggs |
| 3 cups flour | 1 cup milk |

Cream butter adding sugar gradually, beat in eggs one by one; sift flour and baking powder together and add to first mixture alternately with milk. Bake in greased loaf cake pan about 1 hour.

This is a useful cake mixture as it can be varied in so many ways; at one time caraway seeds may be added, at another time a cup of currants or raisins or some citron peel or melted chocolate.

2 cups lard make 1 pound.

MOCHA CAKE

- | | |
|--------------|---------------------------------|
| ½ cup butter | 2 teaspoons Magic Baking Powder |
| 1 cup sugar | ½ cup milk |
| 3 eggs | 1 teaspoon vanilla |
| 2 cups flour | |

Cream butter and sugar thoroughly, add beaten yolks, then stiffly beaten whites, sifted flour and baking powder, milk and vanilla; beat lightly together. Bake in shallow pan. (The following day cut in narrow oblong pieces and cover all sides with icing).

Icing:—½ cup butter creamed with 2 cups icing sugar, 1 tablespoon milk, ½ teaspoon vanilla. Roll in almonds which have been blanched, browned and chopped.

ANGEL CAKE

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|------------------------|-----------------------------------|
| 11 eggs (whites only) | 1 teaspoon vanilla |
| 1½ tumblers fine sugar | 1 teaspoon Gillett's Cream Tartar |
| 1 tumbler sifted flour | Pinch fine salt |

Sift flour, salt and cream tartar five times, beat eggs on a large platter, add sugar, then flour and cream tartar, then vanilla. Bake 45 minutes in slow oven, turn upside down to cool and then turn out to ice. Make icing with 3 yolks and icing sugar and vanilla to flavor. Bake cake in a pan that has not been greased.

WHITE WEDDING CAKE

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|--------------------------------|--|
| 1 cup butter | 1 lb. almonds, blanched and chopped fine |
| 2 cups sugar | 1 medium sized coconut grated |
| 8 eggs (whites only) | 1 wine glass white wine |
| 3 cups flour | |
| 1 teaspoon Magic Baking Powder | |
| 1 lb. citron sliced thin | |

Cream butter and sugar till very light, sift flour and baking powder together three times, now dredge a little into creamed butter and sugar, then a little milk, and continue this till flour and milk are used up. Dredge with a little flour, fruit, nuts and peel, and add carefully to mixture, then the wine, stir all well together then fold in stiffly beaten whites of eggs. Put into round pan which has been lined with well greased letter paper and bake about 1 hour in moderate oven reducing the heat the last half hour. When cold ice heavily with an icing made of confectioners sugar and white of egg and ¼ teaspoon Gillett's Cream Tartar.

2 cups butter make 1 pound.

CHOCOLATE LOAF CAKE

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|---------------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter | $1\frac{3}{4}$ cup flour |
| 1 cup sugar | 2 teaspoons Magic Baking Powder |
| 2 eggs | $\frac{1}{4}$ teaspoon salt |
| 2 squares unsweetened chocolate | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ teaspoon vanilla | |

Cream butter and sugar till very light, add well beaten eggs; melt chocolate over tea kettle; when quite smooth and of a consistency that it will pour, add to first mixture, then vanilla. Beat all together. Sift flour, baking powder and salt, and add alternately with milk. Put in well greased pan and bake about 40 minutes in moderate oven.

CHOCOLATE CAKE

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|-------------------------------|-------------------------------|
| 1 cup grated chocolate | $\frac{1}{2}$ cup brown sugar |
| $\frac{1}{2}$ cup sweet milk | 2 eggs |
| $\frac{3}{4}$ cup brown sugar | 2 cups flour |
| Yolk of one egg | 1 teaspoon Magic Soda |
| 1 teaspoon vanilla | $\frac{1}{2}$ cup sweet milk |
| $\frac{1}{2}$ cup butter | |

Into a double boiler put chocolate, $\frac{3}{4}$ cup brown sugar, egg yolk, vanilla and sweet milk. Cook slowly till like cream, cool, then add butter, $\frac{1}{2}$ cup brown sugar, beaten eggs and flour, which has been sifted with the Magic Soda, add sweet milk. Beat all well together. Bake in a slow oven.

CHOCOLATE CAKE

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|---------------------------|-----------------------------|
| $\frac{1}{3}$ cup butter | 1 teaspoon Magic Soda |
| 1 cup sugar | 2 tablespoons cocoa |
| 2 eggs | $\frac{1}{2}$ cup sour milk |
| $1\frac{1}{2}$ cups flour | $\frac{1}{4}$ teaspoon salt |

Cream butter and sugar; add well beaten eggs, and beat again till light. Sift together flour, salt, Magic Soda and cocoa. Add to first mixture alternately with sour milk. Bake in greased pan 30 to 40 minutes in moderate oven.

SEED CAKE

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|-----------------------------|---------------------------------|
| 1 cup butter | 3 teaspoons caraway seeds |
| 2 small cups sugar | 1 cup of milk |
| 4 eggs | 3 teaspoons Magic Baking Powder |
| 3 cups flour | |
| $\frac{1}{4}$ teaspoon salt | |

Cream butter and sugar. Add well beaten yolks, beat again. Sift flour, salt and baking powder. Add to first mixture alternately with caraway seeds and milk; fold in stiffly beaten whites last of all. Bake in one large or two small well greased pans 1 to $1\frac{1}{2}$ hours.

$4\frac{2}{3}$ cups oatmeal make 1 pound.

SPICE CAKES

1 cup butter
 1 cup brown sugar
 1 pint flour
 1 teaspoon each of car-
 away and coriander
 seeds

2 teaspoons Magic Bak-
 ing Powder
 1 teaspoon each of ex-
 tract of nutmeg, cin-
 namon and ginger
 1 cup milk

Sift flour, sugar and baking powder together, rub in the butter and add milk, seeds and extracts. Mix into smooth batter; bake in patty tins for 10 or 12 minutes.

EAGLE CAKE

$\frac{1}{2}$ cup butter
 1 cup brown sugar
 1 egg
 2 cups flour
 1 teaspoon Magic Soda
 $\frac{1}{4}$ teaspoon salt

1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon nutmeg
 1 cup raisins
 1 cup sour milk
 1 tablespoon hot
 water

Prepare dry ingredients by sifting together flour, salt, spices. After sifting add raisins, cream butter and sugar, add beaten egg, beat well then add dry ingredients alternately with sour milk and soda which has been dissolved in tablespoon hot water. Beat mixture thoroughly. Put in a well greased pan and bake 1 hour in moderate oven.

SPONGE CAKE

2 eggs
 $\frac{1}{2}$ cup sugar
 1 cup flour
 $\frac{1}{4}$ teaspoon extract
 lemon

$\frac{1}{2}$ cup cold water
 1 teaspoon Gillett's
 Cream Tartar
 $\frac{1}{2}$ teaspoon Magic Soda

Beat eggs till thick, adding sugar gradually. Sift together four times, flour, Cream of Tartar and Magic Soda, add to beaten eggs and sugar alternately with cold water. Add lemon extract. Bake 20 to 25 minutes.

SPONGE CAKE

4 eggs
 1 cup sugar
 $\frac{1}{2}$ teaspoon lemon ex-
 tract

1 cup flour
 1 teaspoon Magic Bak-
 ing Powder

Separate eggs, beat yolks till very light, adding sugar gradually. Add flavoring, then fold in stiffly beaten whites. Sift flour and baking powder together 5 times, then add lightly to other mixture. Bake $\frac{1}{2}$ hour in moderate oven.

$4\frac{1}{2}$ cups graham flour make 1 pound.

HOT WATER SPONGE CAKE

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|--------------------------------|-----------------------------|
| 3 eggs | $\frac{1}{2}$ teaspoon salt |
| 1 cup of fine sugar | 1 tablespoon lemon juice |
| 1 cup flour | |
| 1 teaspoon Magic Baking Powder | 2 teaspoons hot water |

Beat the yolks until lemon colored and thick, add sugar and continue beating. Sift flour, baking powder and salt 4 times, add to first mixture, then hot water and very stiffly beaten whites of eggs and lemon juice. Bake 40 minutes.

SOFT GINGERBREAD

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|---|--------------------------------------|
| $\frac{1}{2}$ cup lard and butter mixed | 2 teaspoons each cinnamon and ginger |
| 1 cup sugar | 1 teaspoon each cloves and nutmeg |
| 1 cup molasses | $\frac{1}{4}$ teaspoon salt |
| 1 cup sour milk | 3 cups flour |
| 1 teaspoon Magic Soda | |
| 1 tablespoon boiling water | |

Cream shortening and sugar, add molasses and sour milk, then Magic Soda dissolved in the boiling water. Sift together spices, salt and flour, beat into other mixture. Bake 40 minutes in moderate oven.

GINGER BREAD

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|--|--|
| $\frac{3}{8}$ cup butter | $\frac{1}{4}$ teaspoon grated nutmeg |
| 2 eggs | 1 cup sour milk |
| 1 cup molasses | 1 teaspoon Magic Soda dissolved in hot water |
| 1 cup brown sugar | 3 cups flour |
| 2 teaspoons ginger | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon each of cinnamon and cloves | |

Put butter, sugar, molasses and spice in mixing bowl and set where it will be quite warm for 15 minutes, then add eggs, soda, sour milk, then flour and salt, which have been sifted together. Beat all together briskly and bake in slow oven for about 40 minutes.

The secret of making dark "crackly" gingerbread, shiny on top, is to bear in mind that the shortening must be poured boiling hot on the molasses and that the mixture must be beaten as little as possible. The flour should be mixed in with a few deft turns of the spoon.

2 cups lard make 1 pound.

EXCELLENT CAKE

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|---|---|
| 4 cups flour | 1 cup butter |
| 1 teaspoon each Magic Soda, mace, cloves, cinnamon and ginger | 2 eggs |
| 1/4 teaspoon salt | 1 cup sour milk |
| 2 cups brown sugar | 1 cup each raisins, currants and citron |

Sift together thoroughly flour, Magic Soda, salt and spices, add sugar, dredge fruit and peel with a little flour and add to mixture. Stir all together, then add melted butter, beaten eggs and sour milk. Bake in buttered pan 1 to 1 1/2 hours in moderate oven.

PLAIN LOAF CAKE

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|----------------|---------------------------------|
| 1/2 cup butter | 2 teaspoons Magic Baking Powder |
| 1 cup sugar | 1/2 teaspoon ground nutmeg |
| 2 eggs | 1/4 teaspoon salt |
| 2 cups flour | |
| 1/2 cup milk | |

Cream butter and sugar, add eggs, beat well. Sift together flour, baking powder, salt and nutmeg, then add to first mixture alternately with milk. Beat 2 minutes, put in greased pan and bake 40 minutes in moderate oven.

SPANISH BUN

- | | |
|---------------------------------|-----------------------|
| 3/4 cup butter | 1/4 teaspoon salt |
| 1 1/2 cups brown sugar | 1 tablespoon cinnamon |
| 3 eggs | 1 teaspoon ginger |
| 2 cups flour | 1/2 teaspoon nutmeg |
| 4 teaspoons Magic Baking Powder | 1 cup milk |

Sift together flour, baking powder and spices 2 or 3 times, then add sugar; melt, but do not oil, butter, add to first mixture, then beaten eggs and milk. Beat well, put in greased pan and bake 30 minutes in a moderate oven. When cool cover with icing.

TEA CAKE

- | | |
|----------------|---------------------------------|
| 1/2 cup butter | 3 teaspoons Magic Baking Powder |
| 1/2 cup sugar | Pinch of salt |
| 3 eggs | 1 cup currants |
| 3 cups flour | 1/2 cup milk |

Sift together flour, baking powder and salt. Rub in shortening with tips of fingers; add sugar and currants, then well beaten eggs and milk. Beat till smooth. Bake in long well greased pan about 25 minutes. When done, split and spread with butter; put together again and cut in squares.

2 cups butter make 1 pound.

IMPERIAL CAKE

$\frac{3}{4}$ cup butter	2 cups seeded raisins
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ cups currants
8 eggs	$\frac{1}{2}$ cup citron peel
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup candied orange peel
2 teaspoons Magic Baking Powder	$\frac{1}{4}$ cup brandy
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ teaspoon salt

Sift 2 cups flour, baking powder and salt. Dredge the fruit and peel with the remaining $\frac{1}{2}$ cup of flour; cream the butter and sugar; add the beaten yolks then the whites, which have been beaten stiff. Now add the flour, baking powder and salt alternately with milk and fruit, add brandy and beat all together thoroughly. Bake in buttered and papered tins for 1 hour in moderate oven.

DATE CAKE

$\frac{1}{2}$ cup butter	1 lb. chopped dates
1 cup brown sugar	$\frac{1}{2}$ cup English walnuts (chopped)
2 eggs	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	$\frac{1}{4}$ cup warm water
$1\frac{1}{2}$ cups flour	
1 teaspoon Magic Soda	

Cream butter and sugar, beat in eggs, then flour, Magic Soda and salt (which have been sifted together), alternately with fruit, nuts and warm water; beat all together till creamy. Put mixture into well greased pan and bake in moderate oven about 50 minutes.

PLAIN FRUIT CAKE

1 cup butter	1 tablespoon each,
2 cups brown sugar	mace, cloves, cinna-
2 eggs	mon and ginger
1 cup sour milk	4 cups flour
1 teaspoon Magic Soda	1 cup raisins
$\frac{1}{4}$ teaspoon salt	1 cup currants
	1 cup citron peel

Cream butter thoroughly, gradually adding sugar, then well beaten eggs, sift together flour, Magic Soda, salt and spices, then add to first mixture alternately with milk, then fruit and citron peel. Beat well and put in well greased cake pans and bake in moderate oven 2 to $2\frac{1}{2}$ hours.

$4\frac{3}{8}$ cups oatmeal make 1 pound.

WINE CAKE

1 cup butter	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups flour	5 eggs
1 teaspoon Magic Baking Powder	$1\frac{1}{2}$ cups granulated sugar
$\frac{1}{2}$ teaspoon mace	1 teaspoon vanilla

Sift flour and sugar before measuring. Cream butter, add flour, baking powder, salt and mace which have been sifted together three times. In another bowl, beat egg yolks, add sugar and vanilla. Combine the two mixtures, beat together till very light, then fold in stiffly beaten whites of eggs. Bake in a moderate oven for one hour.

XMAS CAKE

2 lbs. butter	5 lbs. currants
2 lbs. sugar	6 lbs. raisins
24 eggs	2 lbs. mixed peel
3 lbs. flour	1 oz. cassia
1 teaspoon Magic Soda	3 nutmegs
1 glass orange juice	1 tablespoon cloves
2 lbs. almonds	

Cream butter and sugar, add eggs one by one beating all the time, put in spices, stir in flour, with soda in the last cupful, then fruit and nuts, beat thoroughly. Line cake tins with thick well greased paper and bake $3\frac{1}{2}$ to 4 hours, first $\frac{1}{2}$ hour in hot oven, second $\frac{1}{2}$ hour moderate oven, and then finish in very slow oven.

COOKIES

$\frac{1}{2}$ cup butter	2 teaspoons Magic Baking Powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	1 teaspoon extract
$\frac{1}{2}$ cup milk	lemon or vanilla
2 cups flour	

Cream butter and sugar together, add milk to beaten eggs and beat again; add slowly to creamed butter and sugar, add flavoring, then two cups of flour sifted with baking powder and salt. If dough is not stiff enough, add a little more flour. Roll out very thin on floured board, cut with cookie cutter. Sprinkle with sugar or put a raisin or piece of walnut in centre of each. Bake 12 minutes in hot oven.

$4\frac{1}{2}$ cups graham flour make 1 pound.

WEDDING CAKE

- | | |
|--|---------------------------|
| 1 lb. butter | $\frac{1}{4}$ cup brandy |
| 1 lb. sugar | 2 tablespoons lemon juice |
| 12 eggs | 3 lbs. raisins |
| 1 lb. flour | 1 lb. currants |
| 2 teaspoons cinnamon | 1 lb. citron |
| $\frac{3}{4}$ teaspoon each nutmeg, allspice, mace | 1 lb. figs |
| $\frac{1}{2}$ teaspoon cloves | 1 lb. almonds |

Cream butter till very light, gradually add sugar and beat it well together. Beat yolks of eggs till thick, add to other mixture, then the stiffly beaten whites, add sifted flour (less $\frac{1}{2}$ cup which is kept back to dredge fruit) now add spices, brandy and lemon juice, then the blanched almonds, then fruit which has been dredged with $\frac{1}{2}$ cup flour. Butter and flour a large round pan, put in a layer of the mixture, dredge the citron with flour and lay half of it carefully over the batter, cover with remainder of mixture, lay rest of citron on top, cover the pan with a buttered paper, tying it down about the rim. Steam 3 hours then bake $1\frac{1}{2}$ hours in a slow oven. Make a month or six weeks before required. Keep tightly covered and set away in stone jar or tub.

BOSTON COOKIES

- | | |
|------------------------------------|---|
| 1 cup butter | $1\frac{1}{2}$ teaspoons salt |
| $1\frac{1}{2}$ cups sugar | 1 teaspoon cinnamon |
| 3 eggs | 1 cup chopped nuts |
| 1 teaspoon Magic Soda | $\frac{1}{2}$ cup currants |
| $1\frac{1}{2}$ teaspoons hot water | $\frac{1}{2}$ cup raisins, seeded and chopped |
| $3\frac{1}{4}$ cups flour | |

Cream butter and sugar, gradually add well beaten eggs, then Magic Soda dissolved in hot water, $\frac{1}{2}$ of flour sifted with salt and cinnamon, then mix fruit and nuts with remainder of flour and add to first mixture. Drop by the spoonful an inch apart on a buttered paper in pan and bake in a moderate oven.

GINGER SNAPS

- | | |
|----------------------|------------------------------|
| 1 cup molasses | 1 teaspoon Magic Soda |
| 1 cup butter or lard | $\frac{1}{4}$ cup warm water |
| 1 cup sugar | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon ginger | $5\frac{1}{2}$ cups flour |
| 1 egg | |

Put molasses and ginger into a bowl, add sugar and melted shortening, then egg, and Magic Soda which has been dissolved in $\frac{1}{4}$ cup warm water, sift flour and salt, work into other ingredients, roll out as soft as possible. Bake about 15 minutes on well greased iron sheet.

2 cups lard make 1 pound.

DATE COOKIES

- | | |
|--------------------------------|-------------------|
| 3 cups rolled oats | 1 cup brown sugar |
| 2½ cups flour | ½ cup lard |
| 1 teaspoon Magic Baking Powder | ½ cup butter |
| ¼ teaspoon salt | ½ cup milk |

Put rolled oats into a bowl, sift flour, baking powder and salt together, and add to oats; then sugar. Melt butter and lard, add to dry mixture with milk. Mix all together, roll, cut with round cutter and bake.

Fill with the following mixture: 1 lb. chopped dates, 1 cup brown sugar, 1 cup hot water. Cook well and put between cookies.

PEANUT COOKIES

- | | |
|---------------------------------|-------------------------|
| ½ cup butter | ½ teaspoon salt |
| 1 cup sugar | 2 cups chopped peanuts |
| 1 egg | ½ cup milk |
| 2 cups flour | 2 teaspoons lemon juice |
| 3 teaspoons Magic Baking Powder | |

Cream butter and sugar, add beaten egg; sift together flour, baking powder and salt, add to first mixture alternately with milk, then add chopped peanuts and lemon juice. Drop on greased baking sheet by the spoonful and bake from 12 to 15 minutes.

ROCK CAKES

- | | |
|---------------------------------|---------------------------------------|
| 4 cups flour | 1 cup granulated sugar |
| 2 teaspoons Magic Baking Powder | ½ cup currants |
| ¼ teaspoon salt | Milk enough to make very stiff batter |
| ¾ cup butter and lard mixed | |

Sift into a bowl, flour, baking powder and salt. Rub in shortening with tips of fingers. Add sugar, currants and milk enough to make stiff batter. Drop by the spoonful in buttered pans and bake in moderate oven.

OATMEAL COOKIES

- | | |
|-------------------|-----------------------------------|
| 1½ cups flour | ½ cup shortening (butter or lard) |
| 1½ cups oatmeal | ½ teaspoon Magic Soda |
| ¼ cup brown sugar | Water to mix |
| ½ teaspoon salt | |

Sift flour, Magic Soda, and salt together, add oatmeal and sugar. Mix all together, make hole in centre and drop in melted shortening and enough warm water to make dough to roll very thin. Cut with cutter and bake about 12 minutes.

2 cups butter make 1 pound.

HERMITS (Cookies)

- | | |
|-------------------------------------|--|
| 1 cup butter | 1 teaspoon each of all-
spice, cinnamon and
nutmeg |
| 1½ cups sugar | 2 cups flour |
| 3 eggs | 2 teaspoons Magic
Baking Powder |
| 1 cup raisins stoned
and chopped | |

(If too dry and liquid is required, add a little cold water)

Cream together thoroughly butter and sugar, then with a wooden spoon work in raisins and spices, then the well beaten eggs, then flour and baking powder which have been sifted together, roll out and cut with very small cutter. Bake in moderate oven about 10 minutes.

OATMEAL MACAROONS

- | | |
|---------------------|------------------------------------|
| 1 tablespoon butter | 2 teaspoons Magic
Baking Powder |
| 1 cup white sugar | 1 teaspoon vanilla |
| 2 eggs | 2½ cups rolled oats |
| ¼ teaspoon salt | |

Rub together butter, sugar, rolled oats, salt and baking powder, then drop in eggs unbeaten, add vanilla, mix well with wooden spoon. Drop mixture about the size of a hazelnut in buttered pans and bake 10 to 15 minutes.

MACAROONS

- | | |
|---------------------|------------------------------|
| 1 lb. sweet almonds | ¼ teaspoon almond
extract |
| 7 eggs | |
| 1 lb. fruit sugar | |

Blanch and pound the almonds, add the stiffly beaten whites of eggs, then the sugar and flavoring. Mix well. Drop on buttered paper. Sift sugar over and bake quickly.

JUMBLES

- | | |
|----------------------------|-----------------------------|
| 2 cups sugar | 2 eggs |
| 1 cup butter | ¼ teaspoon Magic Soda |
| 2 tablespoons sour
milk | 1 teaspoon vanilla
Flour |

Beat the butter and sugar to a cream; add the eggs and part of the flour; then the milk, dissolving the Magic Soda in the milk, and sufficient flour to make a dough just stiff enough to roll thin. Cut in rings and bake in a moderate oven.

4½ cups oatmeal make 1 pound.

DOUGHNUTS

3 eggs	1/2 cup milk
1 cup sugar	4 1/2 cups flour
2 tablespoons melted butter	2 teaspoons Magic Baking Powder
1/2 cup sweet cream	1/4 teaspoon salt

Mix together butter, sugar and beaten eggs, beat till smooth, then add cream and milk gradually, then flour, baking powder and salt which have been sifted together. If too soft, add a little more flour to roll out, cut in rings and fry in deep fat.

MERINGUES

4 eggs	Granulated sugar to dredge.
1 cup powdered sugar	Whipped cream
1/2 cup almonds	

Beat the whites of eggs until very stiff and dry, fold in the powdered sugar. When very stiff take a spoon and mix in the almonds, which have been blanched and chopped until very fine. Lightly tack strips of waxed paper on to a board about one inch in thickness. With a spoon drop the mixture on the paper, giving each portion an oval shape and dredge with granulated sugar. Set in a very slow oven to allow the meringues to dry out rather than bake. When baked, lift from the paper with a spatula and cool. Press the under side of each meringue slightly in forming a slight hollow and put together in pairs with a spoonful of the whipped cream in the centre of each.

VANILLA WAFERS

1/2 cup shortening	1/2 teaspoon salt
1 cup sugar	1 teaspoon Magic Baking Powder
2 teaspoons vanilla	Flour to roll out
2 eggs	

Mix the sugar, well beaten yolks of eggs and shortening, (which has been melted) then vanilla; add part of the flour, (which has been sifted with the baking powder and salt) then the stiffly beaten whites of eggs and enough flour to roll out. Roll very thin. Shape with small cutter and bake.

4 1/2 cups graham flour make 1 pound.

BREAD AND ROLLS.

STEAMED CORN BREAD.

- | | |
|------------------|------------------------|
| 2 cups flour | 2 teaspoons Magic Soda |
| 2 cups corn meal | 1 cup molasses |
| 1 teaspoon salt | 2 cups sour milk |

Sift together flour, corn meal and salt. Dissolve Magic Soda in a little molasses, then add to remainder of molasses and sour milk. Pour into dry mixture, beat well and steam for 2 hours.

BROWN BREAD.

- | | |
|--------------------|-----------------------|
| 1 cup corn flour | 1 cup molasses |
| 1 cup wheat flour | 1 cup sweet milk |
| 1 cup graham flour | 1 teaspoon Magic Soda |
| ½ teaspoon salt | ½ cup sour milk |

Mix together corn, wheat, graham flour and salt, then add molasses and sweet milk; lastly, the sour milk, in which the Magic Soda has been dissolved. Beat all together, pour into pail, place in kettle of cold water and cook for 2 hours after water commences to boil.

MUFFINS.

- | | |
|---------------------|---------------------------------|
| 1 tablespoon butter | 3 teaspoons Magic Baking Powder |
| 2 tablespoons sugar | ¼ teaspoon salt |
| 2 eggs | 1 cup sweet milk |
| 2¼ cups flour | |

Cream butter and sugar. Add eggs one by one, beat well. Sift dry ingredients together and add to first mixture alternately with milk. If batter not stiff enough, add a little more flour. Put in well greased muffin pans and bake for 20 minutes in a quick oven.

DROP BISCUITS.

- | | |
|---------------------------------|--|
| 4 cups flour | 2 tablespoons butter |
| ¼ teaspoon salt | 2 cups milk (or enough to make a soft dough) |
| 3 teaspoons Magic Baking Powder | |

Sift together two or three times, flour, baking powder and salt. Rub in butter with tips of fingers, then add the milk to make a very soft dough. Do not roll out, but drop into well buttered tins and bake in a hot oven.

2 cups lard make 1 pound

WHITE MOUNTAIN ROLLS.

- | | |
|---------------------|-----------------------|
| 1 quart flour | 1/4 cup butter |
| 1 teaspoon salt | 1 egg (white only) |
| 2 tablespoons sugar | 1/4 Royal Yeast Cake |
| 1 1/2 cups milk | 1/3 cup of cold water |

Sift together flour, salt and sugar. Boil milk and melt in it the butter. When cool, add to this the well beaten egg white. Dissolve 1/4 of Royal Yeast Cake in cold water. Add to milk and egg, then stir in flour and knead well. Let rise over night. In the morning make into rolls and leave for 1/2 an hour in a warm place before baking. Bake from 20 to 30 minutes.

GRAHAM MUFFINS.

- | | |
|----------------------|---------------------------------|
| 2 tablespoons butter | 3 teaspoons Magic Baking Powder |
| 1/2 cup sugar | 2 cups graham flour |
| 2 eggs | 1 1/2 cups milk |
| 1 cup white flour | A pinch of salt |

Cream butter and sugar, beat in eggs, then sift flour, baking powder and salt, and add to first mixture alternately with milk. Put in well buttered muffin pans and bake in hot oven.

BRAN GEMS.

- | | |
|--------------------------|-------------------------------|
| 2 cups bran | 1 tablespoon butter |
| 1 cup graham flour | 1 egg |
| 1/2 teaspoon salt | 1 teaspoon Magic Soda |
| 1 tablespoon brown sugar | 1 cup buttermilk or sour milk |

Mix thoroughly together all dry ingredients. Melt butter, add well beaten egg and sour milk, in which the soda has been dissolved. Pour into dry mixture and beat well. Bake in greased gem pans.

NOTE.—Chopped raisins may be added if desired.

NUT BREAD.

- | | |
|---------------------------------|-------------------------------------|
| 4 cups flour | 1 cup sugar |
| 4 teaspoons Magic Baking Powder | 1 cup walnuts (broken, not chopped) |
| 1 teaspoon salt | 2 cups milk |
| | 1 egg |

Sift together flour, salt and baking powder. Add sugar and walnuts, then add well beaten egg and milk. Beat all together till smooth. Put into well greased pans and let rise for 1/2 an hour, then bake in a moderate oven for 1 hour.

2 2/3 cups brown sugar make 1 pound.

GRAHAM NUT BREAD.

- | | |
|---------------------------------|---------------------------|
| 2 cups white flour | 1 cup English walnuts |
| 2 cups graham flour | 1 cup molasses (or sugar) |
| 1 teaspoon salt | 1½ cups milk |
| 4 teaspoons Magic Baking Powder | |
| 1 egg | |

Sift together into a bowl, white flour, graham flour, Magic Baking Powder and salt, then add nuts, the well beaten egg, molasses and milk. Mix and beat well together. Turn into well buttered tins, let rise for 20 minutes and bake in moderate oven.

BROWN NUT BREAD.

- | | |
|---------------------|-----------------------|
| 1 cup white flour | 1 cup chopped walnuts |
| 2 cups graham flour | ½ cup black molasses |
| 1 teaspoon salt | 2 cups milk |
| ½ cup sugar | 1 teaspoon Magic Soda |

Sift together flour, salt and baking powder. Add sugar and walnuts. Dissolve soda in molasses, then add to dry ingredients with the milk, and bake in moderate oven for about 1 hour.

BRAN BREAD.

- | | |
|--------------------------------|-----------------------------|
| 2 cups flour | ½ cup brown sugar |
| 1 teaspoon salt | 1 tablespoon black molasses |
| 3 cups cooking bran | 2 cups buttermilk |
| 1 teaspoon Magic Baking Powder | 1 teaspoon Magic Soda |

Sift together flour, baking powder and salt, then add bran and sugar. Dissolve soda in molasses and add to the milk, then mix with dry ingredients. Beat well and bake 1½ hours in slow oven.

PUDDINGS.

COTTAGE PUDDING.

- | | |
|----------------------|--------------------------------|
| 2 tablespoons butter | 1 teaspoon Magic Baking Powder |
| ¾ cup sugar | A pinch of salt |
| 2 eggs | ½ cup milk |
| 1½ cups flour | |

Cream butter and sugar, and add beaten eggs. Sift in flour, baking powder and salt alternately with the milk. Beat all well together, put in greased pan and bake from 15 to 20 minutes. Serve with vanilla or fruit sauce.

2 cups chopped meat make 1 pound.

COCOANUT PUDDING.

- | | |
|--------------------------|---------------------|
| 1 quart milk | 4 tablespoons sugar |
| 4 tablespoons cocoanut | 3 eggs |
| 1 tablespoon corn starch | ½ teaspoon vanilla |

Blend corn starch with a little cold milk. Boil remainder of milk, then pour one half of it on corn starch, stirring while doing so. Add sugar and cook five minutes. Pour remainder of the milk on cocoanut and let soak for ½ an hour, then add this to corn starch mixture, and add vanilla. When cool add the well beaten eggs and bake in a buttered dish until nicely browned. Serve with cream.

RICE AND APPLE MERINGUE.

- | | |
|-------------------|---------------|
| 1 cup boiled rice | 3 eggs |
| 1 cup sugar | 1 pint milk |
| 1 lemon | 6 sour apples |

Make apple sauce and sweeten with half the sugar. Mix rice with beaten yolks of eggs and remaining half cup of sugar and milk. Put in baking dish and bake 20 minutes. When done spread apples on top. Beat whites of eggs with tablespoon of sugar until stiff. Cover apples with meringue and put in oven to slightly brown.

DELMONICO PUDDING.

- | | |
|---------------------------|---------------------|
| 1 quart milk | 3 tablespoons sugar |
| 4 tablespoons corn starch | A pinch of salt |
| 4 eggs | ½ teaspoon vanilla |

Put the milk into double kettle to scald. Wet the corn starch with cold milk. Beat the egg yolks and sugar and stir all into the hot milk. When cold pour into dish. Whip the whites stiff with 3 tablespoons sugar and flavor with vanilla and put on top. Brown in oven.

MILLERS PUDDING.

- | | |
|--------------|----------------------------------|
| ¼ cup butter | ¼ teaspoon Magic Soda |
| ½ cup sugar | 2 teaspoons milk |
| 2 eggs | 2 tablespoons Rasp-
berry jam |
| 1 cup flour | |

Cream butter and sugar, add well beaten eggs and flour, then add milk, in which the soda has been dissolved. Add raspberry jam. Grease a mould and steam for 2 hours. Turn out and sprinkle with pulverized sugar. Serve with a caramel sauce.

1½ cups rice make 1 pound.

QUEEN OF PUDDINGS.

- | | |
|-------------------------|---------------------|
| 1 cup bread crumbs | 1 tablespoon butter |
| 1 pint milk | $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ cup sugar | Jam or jelly |
| 2 eggs | |

Put the fine bread crumbs in a small baking dish. Mix in the grated lemon rind. Beat together yolks of eggs and sugar, then add butter (melted) then lemon juice. Add milk and stir all into the bread crumbs. Bake in a moderate oven, let cool and spread on top a layer of jam or jelly, then cover lightly with the stiffly beaten whites, to which has been added two tablespoons of sugar. Brown slightly in oven.

SNOW PUDDING.

- | | |
|----------------|----------------------|
| 1 box gelatine | 1 cup cold water |
| 4 lemons | 2 cups boiling water |
| 1 cup sugar | 3 eggs (whites only) |

Soak gelatine with cold water. Let stand for 30 minutes, then add boiling water, stir well, then add lemon juice and sugar. Let cool slightly, whisk for a few minutes, then fold in the stiffly beaten whites of eggs. Serve with a cold boiled custard sauce.

STEAMED CHOCOLATE PUDDING.

- | | |
|-----------------------------|------------------|
| 3 eggs | 1 cup flour |
| $\frac{1}{2}$ cup sugar | 1 teaspoon Magic |
| 3 tablespoons milk | Baking Powder |
| $\frac{1}{4}$ cup chocolate | |

Beat yolks of eggs until light, gradually adding sugar. Add the milk and melted chocolate, then flour, baking powder and a pinch of salt. Beat till smooth, then fold in the beaten whites of eggs. Put a large teaspoon of the mixture in buttered cups, steam 30 minutes and serve with a custard or vanilla sauce.

GOLDEN PUDDING.

- | | |
|--------------------------|-----------------------------------|
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon Magic Soda |
| $\frac{1}{2}$ cup sugar | 2 tablespoons |
| 2 eggs | marmalade |
| 1 cup flour | |

Cream butter and sugar. Add well beaten eggs, flour and soda, dissolved in 1 tablespoon hot water. Beat in marmalade. Steam in a greased mould for 1 hour. Serve with sweet sauce.

2 cups raisins (packed) make 1 pound.

CREAM RICE PUDDING.

- | | |
|-------------------------|------------------------|
| 1 cup rice | ½ lemon (rind) |
| 1 cup cold water | ¼ cup sugar |
| 1 quart milk | A pinch of salt |

Put rice in saucepan with cold water and salt. Let boil until rice has absorbed the water (about 7 minutes) then add milk, the grated lemon rind and sugar. Stir and let boil gently on back of stove from 40 to 60 minutes.

RICE PUDDING.

- | | |
|----------------------------|----------------------------|
| 1 small cup rice | 4 eggs |
| A pinch of salt | 2 tablespoons sugar |
| 1 tablespoon butter | Nutmeg |
| 2 cups milk | |

Wash rice, put in saucepan of boiling water and add salt. Let boil for 10 minutes, then pour the water off. Let the saucepan stand by the fire for a little while. Lightly mix in the butter, then milk and let simmer near the fire for 30 minutes or until rice is soft. Pour rice into a bowl, grate in half a nutmeg and mix well. Beat eggs and sugar well together and add to the rice. Stir and put into well buttered pudding dish and bake in a quick oven.

CARAMEL PUDDING.

- | | |
|----------------------------------|----------------------------|
| 3 tablespoons corn starch | 1½ cups brown sugar |
| 1 pint milk | 1 teaspoon vanilla |
| 1 tablespoon butter | Nuts |

Blend cornstarch with a little cold milk.

Put butter and brown sugar into a pan and stir well until melted and quite brown, then add the scalded milk and stir in cornstarch. Remove from fire, beat well and add vanilla and chopped nuts. Pour into glass dishes. When cool decorate with whipped cream, put through a piping bag, and chopped walnuts. Burnt almonds may be used if desired.

BROWN BETTY PUDDING.

- | | |
|----------------------------|----------------------------|
| 1 cup bread crumbs | 1 teaspoon cinnamon |
| 6 large tart apples | Butter |
| ½ cup sugar | |

Butter a deep dish and put in a layer of chopped apples. Sprinkle with sugar and cinnamon and a few small lumps of butter, then a layer of bread crumbs, again a layer of apples, and so on until all is used. Cover closely and steam $\frac{3}{4}$ of an hour in a moderate oven. Then uncover and brown quickly. Serve with sugar and cream or a thin boiled custard.

2¼ cups currants make 1 pound.

FIG PUDDING.

- | | |
|------------------------------------|--------------------------------------|
| 1 cup flour | 1 cup of beef suet
(chopped fine) |
| 2 teaspoons Magic
Baking Powder | 1 egg |
| ¼ teaspoon salt | 1 cup milk |
| 2 cups bread crumbs | ½ cup brown sugar |
| ½ cup figs | |

Sift together flour, baking powder and salt. Add bread crumbs and sugar, then add suet and figs chopped fine. Stir all together. Add the beaten egg and milk. Turn into well greased mould and steam for 3 hours. Serve with nutmeg sauce.

FIG PUDDING.

- | | |
|------------------------------|------------------------------------|
| 2 eggs | ¼ teaspoon salt |
| 2 tablespoons brown
sugar | 2 teaspoons Magic
Baking Powder |
| 1 cup milk | 3 tablespoons butter |
| 2 cups flour | ½ lb. choice figs |

Beat eggs and sugar until very light. Gradually add milk, then the flour, baking powder and salt, which have been sifted together. Beat until very smooth and add 3 tablespoons of melted butter, then the figs which have been washed in warm water and soaked in cold water over night and chopped very fine. Mix and pour into buttered pudding dish. Steam for 2 hours and serve with hard sauce.

HARD TIMES PUDDING.

- | | |
|--------------------------------------|-------------------------------|
| 1½ cups flour | 2 cups currants |
| 1 teaspoon Gillett's
Cream Tartar | 1 cup raisins |
| ¼ teaspoon salt | 1 tablespoon melted
butter |
| 1 teaspoon mixed
spice | ½ pint molasses |
| | ½ pint cold water |
| | 1 teaspoon Magic Soda |

Sift together flour, cream of tartar, salt and spice. Add fruit and mix well together. Now add soda to molasses, the melted butter and cold water. Add this to first mixture. Beat into a smooth batter and steam for 2 hours.

2 cups stale bread crumbs make 1 pound.

ENGLISH CABINET PUDDING.

- | | |
|---------------------------------------|--------------------------------|
| 3 oz. stoned raisins | 2 oz. citron peel |
| 3 sponge cakes
(or 8 lady fingers) | 4 eggs |
| 5 macaroons | 1 pint thin cream
(or milk) |
| 2 oz. ratafias | 2 tablespoons sugar |

Butter a mould, stick the raisins and ratafias well over it, then lay in the sliced sponge cake or lady fingers, then macaroons and citron peel. Beat together eggs, sugar and milk and pour in carefully. Cover with a buttered paper and steam 1 hour. Turn out and serve with a rich boiled custard flavored with almond.

LEMON PUDDING.

- | | |
|------------------------------|---------------------|
| 1 pint milk | 4 eggs (yolks only) |
| 2 tablespoons corn
starch | 1 cup sugar |
| 1 tablespoon butter | 2 lemons |

Heat milk to boiling. Blend cornstarch with a little cold water and add to milk. Boil five minutes stirring constantly. While hot mix in the butter. Set aside to cool. Beat yolks until light, adding sugar gradually. Mix all together thoroughly before putting in the lemon juice and grated rind. Beat this to a thick cream and add to the first mixture gradually.

LEMON PUDDING SAUCE.

- | | |
|----------------------|-----------------------------|
| 2 tablespoons butter | 6 tablespoons cold
water |
| 1½ cups sugar | 1 lemon |
| 1 egg | |

Cream butter and sugar, then add juice of lemon and well beaten egg. Stir well and add cold water. Set over boiling water till creamy, but no longer as it will curdle if sufficient care is not taken. Cool and serve with lemon pudding.

GINGER PUDDING.

- | | |
|-------------------|--------------------------------------|
| ½ cup butter | ½ teaspoon Magic Soda |
| ½ cup brown sugar | ¼ teaspoon salt |
| 4 eggs | 1 teaspoon Gillett's
Cream Tartar |
| ½ cup molasses | ½ cup milk |
| 2½ cups flour | |
| 1 teaspoon ginger | |

Soften butter and turn into a bowl. Add sugar and eggs. Beat hard together. Add molasses, in which soda has been dissolved. Sift together all dry ingredients and add to first mixture alternately with the milk. Steam for 1½ hours and serve with a sweet sauce.

2 tablespoons butter make 1 ounce.

SUET PUDDING.

- | | |
|------------------------------------|------------------------------|
| 4 cups flour | $\frac{1}{2}$ teaspoon mixed |
| 3 teaspoons Magic
Baking Powder | spice |
| $\frac{1}{4}$ teaspoon salt | 1 cup chopped suet |
| 1 cup sweet milk | 1 cup chopped raisins |
| | 1 cup molasses |

Sift into a bowl, flour, baking powder, spice and salt. Add suet and raisins, then molasses and milk. Stir well together, turn into a well greased pan and steam for 3 hours. Serve with a sweet sauce.

SPONGE PUDDING.

- | | |
|--------------------------|----------------------------------|
| $\frac{1}{2}$ cup butter | 2 teaspoons Magic |
| 1 cup sugar | Baking Powder |
| 2 eggs | 1 cup milk |
| 2 cups flour | $\frac{1}{2}$ teaspoon flavoring |

Cream butter and sugar. Add well beaten eggs. Sift together flour and baking powder and add to first mixture alternately with milk, then add flavoring. Put in a greased mould and steam for $1\frac{1}{2}$ hours. Serve with sweet preserves.

PLUM PUDDING.

- | | |
|--------------------------------|---------------------------------|
| $\frac{3}{4}$ lb. bread crumbs | $\frac{1}{2}$ lb. chopped mixed |
| $\frac{1}{4}$ lb. flour | peel |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon ginger |
| 1 lb. suet | $\frac{1}{2}$ teaspoon mace |
| $\frac{1}{4}$ lb. sugar | $\frac{1}{2}$ teaspoon cinnamon |
| 1 lb. currants | $\frac{1}{2}$ teaspoon grated |
| 1 lb. raisins | nutmeg |
| 6 eggs | $\frac{1}{2}$ pint brandy |

Mix together bread crumbs, flour, suet and sugar. Add fruits and spices, salt, then the beaten eggs; lastly the brandy. Boil for 6 hours, then steam 2 more hours at time of using. Serve with hard sauce.

ORANGE PUDDING.

- | | |
|--------------------------|------------------|
| 4 oranges | 2 teaspoons corn |
| 1 cup sugar | starch |
| $2\frac{1}{2}$ cups milk | 2 eggs |

Slice oranges and remove seeds. Pour over $\frac{3}{4}$ cup sugar. Make a custard of $2\frac{1}{2}$ cups milk, 2 teaspoons cornstarch, the yolks of two eggs and remaining sugar. Pour this over the oranges. Beat up the whites of eggs with a little sugar. Pile on top and brown slightly. Serve cold.

• 4 tablespoons flour make 1 ounce.

OTHER DESSERTS AND SAUCES.

CHEESE STRAWS.

- | | |
|--------------------------------|----------------------|
| 1 cup flour | 2 cups grated cheese |
| 1 teaspoon Magic Baking Powder | A pinch of salt |
| 1 tablespoon butter | Cold water |

Sift flour, baking powder and salt. Rub in butter and cheese. Mix with very cold water. Roll out like pie crust, cut in strips about 5 inches long. Bake in a hot oven till nicely browned.

LEMON CHEESE.

- | | |
|--------------------------|----------------------|
| $\frac{1}{4}$ lb. butter | 6 oz. powdered sugar |
| 4 eggs (yolks only) | 2 lemons |
- Melt the butter, but do not oil. Pour over the yolks of eggs well beaten. Add sugar by degrees, then the grated rind and juice of lemons. Cook in a double boiler until thick. This is excellent for tarts or cake filling.

CARAMEL CUSTARD.

- | | |
|-------------------------------|--------------------------------|
| $\frac{1}{4}$ cup brown sugar | $\frac{1}{2}$ teaspoon vanilla |
| 1 pint milk | A pinch of salt |
| 3 eggs | |

Melt and brown very carefully the sugar. Scald milk and add to the browned sugar. Beat eggs slightly, then add vanilla and salt, and when the sugar is melted in the hot milk, pour very slowly over the beaten eggs. Strain, butter some cups or a mould and pour mixture in. Set in a pan of hot water and bake until when tried with a knife it comes out clean. Serve with a caramel sauce.

Caramel Sauce.

Brown half a cup of sugar, add half a cup hot water, boil for 10 minutes.

CUSTARD.

When cooking a baked custard, if the oven is not hot enough, or is in use for other cooking, the custard can be cooked by placing the mould in a saucepan of water and covered. Try the custard by plunging a broad bladed knife in the centre, if it comes out dry it is done. Small cups can be buttered and filled with the mixture and steamed in the same way.

6 tablespoons baking powder make $\frac{1}{2}$ ounce.

CUSTARD SOUFFLE.

- | | |
|----------------------|---------------------|
| 1 cup milk | 2 tablespoons sugar |
| 2 tablespoons flour | 4 eggs |
| 2 tablespoons butter | A pinch of salt |

Let milk come to boil. Beat flour and butter together and add to boiling milk. Boil eight minutes stirring often. Beat the sugar, salt and yolks of eggs together, then add to other mixture and allow it to cool. When cool add the stiffly beaten whites of eggs. Pour into a buttered dish and bake for 30 minutes. Serve with sauce at once.

COFFEE SOUFFLE.

- | | |
|----------------------------|-----------------------|
| 1½ cups coffee
(strong) | 1 tablespoon gelatine |
| ½ cup milk
(or cream) | ¾ cup sugar |
| | 3 eggs |
| | 1 teaspoon vanilla |

Put together into a double boiler, coffee, milk, half the sugar and gelatine, which has been soaked in a little cold water. When hot add the yolks of eggs, which have been beaten with balance of the sugar. Stir for a few minutes and remove from the fire. Let cool slightly. Beat the whites of eggs until very stiff, add vanilla, then fold in to first mixture. Pour into a wet mould. When set serve with whipped cream.

TAPIOCA CUSTARD.

- | | |
|----------------------|-----------------------|
| 1 tablespoon tapioca | ¼ cup sugar |
| 1 cup milk | A pinch of salt |
| 1 egg | 1 tablespoon cocoanut |
| 1 tablespoon water | |

Soak tapioca over night. Put milk in a double boiler. Add tapioca and salt and cook until clear. Add beaten yolk of egg, sugar, cocoanut and cold water. Cook four minutes, beat white of egg for top.

TAPIOCA CREAM.

- | | |
|-----------------------|--------------------|
| 3 tablespoons tapioca | ¾ cup sugar |
| 1 quart milk | A pinch of salt |
| 3 eggs | 1 teaspoon vanilla |

Soak tapioca over night in cold water. Bring milk to boiling point and add tapioca, after pouring off the water. Let cook for 20 minutes. Add the beaten yolks of eggs, half cup sugar and salt, then boil 2 minutes longer. Add vanilla. When cool add the whites of eggs beaten stiff with the rest of the sugar. Pour into a pudding dish and brown.

BAVARIAN CREAM.

- | | |
|-------------------------------|--------------------|
| 1 can pineapple
(shredded) | 1 cup sugar |
| $\frac{1}{2}$ oz. gelatine | 1 pint heavy cream |

Pour juice off pineapple. Soak the gelatine in half of it. Put other half on sugar. Put the sugar on to boil until it gets like heavy syrup. Add the dissolved gelatine and set aside to cool. Whip the cream until very stiff and beat in the syrup, gelatine and pineapple. Put into a wet mould and serve cold.

SPANISH CREAM.

- | | |
|----------------|--------------------|
| 2 quarts milk | 1 teaspoon vanilla |
| 1 box gelatine | 2 cups sugar |
| 8 eggs | |

Scald the milk and add gelatine (previously soaked in half cup cold milk). Beat the yolks of eggs with the sugar. Pour into the hot mixture. Let it cook for a minute. Have the whites of eggs beaten stiff. Add flavoring to milk and pour the whole over the whites of eggs. Stir well and pour into moulds.

COFFEE CREAM.

- | | |
|--------------------------------|---------------------------------|
| $\frac{1}{2}$ box gelatine | $\frac{1}{2}$ cup strong coffee |
| $\frac{1}{2}$ cup sugar | (cold) |
| $1\frac{1}{2}$ cups thin cream | |

Soak the gelatine in a little cold water. Put the sugar, coffee and soaked gelatine into double boiler and cook until dissolved, then add cream and pour into a mould. Serve with whipped cream.

VELVET CREAM.

- | | |
|----------------|-------------------------|
| 1 box gelatine | $\frac{3}{4}$ cup sugar |
| 1 cup sherry | 1 quart milk |

Soak the gelatine in sherry. Put on the fire with sugar to melt, then strain into the milk. Stir up and put into a glass dish. Serve cold with cream.

ORANGE TRIFLE.

- | | |
|---------------------------------|----------------------------------|
| 3 tablespoons
gelatine | $1\frac{3}{4}$ cups sugar |
| $\frac{1}{4}$ cup cold water | $1\frac{1}{4}$ cups orange juice |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{4}$ cup lemon juice |
| | $\frac{1}{2}$ pint cream |

Soak gelatine in cold water. Add boiling water to dissolve. Add sugar, fruit juices and grated rind of one orange. Whip the cream and add it lastly. Pour into a mould. When set serve with whipped cream or cold boiled custard.

BANANA FRITTERS.

- | | |
|---------------------|------------------|
| 1 egg | 1 teaspoon Magic |
| 2 tablespoons sugar | Baking Powder |
| ½ cup milk | A pinch of salt |
| 1 cup flour | 2 bananas |

Beat egg and sugar together, then add milk, then flour, baking powder and salt, which have been sifted together. Beat the batter until smooth. Cut bananas lengthwise then across. Dip in batter and fry in hot lard until a golden brown. Sprinkle with powdered sugar and serve hot.

BAKED APPLE DUMPLINGS.

- | | |
|----------------------|------------|
| 1 quart flour | ½ cup milk |
| 1 teaspoon Magic | Sugar |
| Baking Powder | Cinnamon |
| ½ teaspoon salt | Apples |
| 2 tablespoons butter | |

Sift flour, baking powder and salt into a bowl. Rub in the butter. Add enough cold milk to make a soft dough. Turn out on board and roll into a sheet. Cut in squares. Peel and core the apples. Place an apple on each square of the pastry. Fill the core with sugar, a little bit of butter and a pinch of cinnamon. Fold the dough over and bake the dumplings in a buttered pan. Serve with cream or hard sauce.

TOMATO JELLY.

- | | |
|-----------------------|-------------|
| 1 can tomatoes | ¼ cup sugar |
| 2 tablespoons vinegar | Pepper |
| 1 box gelatine | Salt |

Take the juice of a can of tomatoes, add vinegar, sugar, pepper and salt, then the gelatine, which has been soaked in a little tomato juice. Let all come to boiling point. Put to set in small moulds.

APPLE SNOW.

- | | |
|----------------------|----------------------|
| 3 apples | 2 eggs (whites only) |
| 1 cup powdered sugar | |

Stew the apples, rub through a sieve and cool. Whip the whites of eggs until very stiff, add sugar, then gradually add the apple sauce. Beat all together until white. Pile in a glass dish and garnish with tubes of red jelly.

4 tablespoons equal 1 wineglass, or half a gill.

BERMUDA PUDDING.

- 4 oz. stale cake crumbs $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ pint milk (boiled) 3 eggs
 4 oz. preserved ginger

Put crumbs in a basin and pour over the boiling milk. Soak for half an hour. Beat thoroughly with a fork. Add the well beaten eggs and sugar. Butter a mould and line it very carefully with strips of preserved ginger. Put in the mixture gently so as not to move the ginger. Put buttered paper on top and steam for 30 minutes. Serve with a custard sauce.

CABINET PUDDING.

- Stale cake 1 pint milk
 $\frac{1}{2}$ cup jam $\frac{1}{2}$ teaspoon vanilla
 3 eggs A pinch of salt

Butter a mould and fill with alternate layers of cake and jam. Pour over a custard made with the eggs and milk. Add vanilla. Steam for 30 minutes and serve with a sweet sauce.

SAUCE.

- 1 cup powdered sugar 1 teaspoon vanilla
 $\frac{1}{2}$ cup butter 1 cup milk

Cream the butter and sugar, add vanilla and gradually add the milk. Place in a double boiler and stir until the sauce is creamy—no longer.

CARAMEL SAUCE.

- 3 heaping teaspoons 1 tablespoon butter
 sugar A pinch of salt
 1 teaspoon flour $\frac{1}{2}$ teaspoon vanilla
 1 cup boiling water

Put into a pan the sugar, flour, butter and salt. Brown well but do not burn. Add the boiling water and vanilla.

NOTE.—The flour may be omitted, and after the sugar and butter have browned and the water added, thicken with a little cornstarch. A cup of sweet cream may be used instead of water.

PUDDING SAUCE.

- 1 cup sugar 1 egg
 $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup wine

Cream butter and sugar, then add egg. Beat well, then gradually add wine. Serve as soon as ready.

3 teaspoons make 1 tablespoon.

LEMON SAUCE.

- | | |
|-----------------------|---------------------|
| 1 teaspoon cornstarch | 1 cup boiling water |
| ½ cup sugar | 1 lemon |
| 1 teaspoon butter | |

Mix cornstarch and sugar. Add boiling water and half of grated rind and juice of lemon. Cook eight minutes. Just before serving add butter.

FOAMING SAUCE.

- | | |
|----------------------|---------------------|
| 1 cup butter | ½ cup boiling water |
| 2 cups sugar | ½ teaspoon vanilla |
| 2 eggs (whites only) | |

Cream butter and sugar. Add whites of eggs not beaten. Stir well, and when all is smooth add water. Put in a double boiler and heat. Stir until smooth and add vanilla.

CHARLOTTE RUSSE.

- | | |
|------------------|--------------------|
| 1¼ pints cream | ½ cup sugar |
| ½ oz. gelatine | 1 teaspoon vanilla |
| ½ cup cold water | Lady fingers |

Set 1 pint of cream on ice. Whip until three times its bulk. Add gelatine, which has been soaked in a little cold water, and dissolve in a ¼ pint of scalded cream. Beat with egg beater, then add sugar and vanilla. Line a mould with lady fingers. Fill with whipped cream and set on ice to cool.

NOTE.—Allow the gelatine dissolved in scalded cream to cool a little before adding to the whipped cream.

SPICED APPLES.

- | | |
|-----------------------------|------------------|
| ¼ cup water | 1 teaspoon each— |
| 1 cup vinegar | whole cloves and |
| 1 cup brown sugar | allspice |
| 3 inch piece stick cinnamon | ½ peck apples |

Put water, vinegar, sugar and spices on to boil for 10 minutes. Wash, pare and core apples. Put in saucepan and pour the boiled vinegar over. Boil 5 minutes with cover on. Remove the cover and boil until apples are tender.

2 wineglasses equal 1 gill, or half a cup.

SHAPE OF DATES.

- | | |
|-------------------|----------------------------|
| 1 lb. dates | $\frac{1}{4}$ box gelatine |
| 1 small cup sugar | 1 cup sherry |
| 2 cups water | 2 oz. almonds |

Boil the dates (covered with water) for ten minutes. Pour into a colander and allow cold water to run over them. Skin and stone. Make a syrup of sugar, water, and gelatine, which has been soaked in a little cold water. Add dates. Boil up once, then add sherry. Line shape with blanched almonds, pour in dates, and when cold serve with whipped cream.

STEAMED RICE.

- | | |
|---------------|-----------------------------|
| 1 cup rice | $\frac{1}{2}$ teaspoon salt |
| 1 quart water | |

Look over the rice carefully. Wash well, place in a bowl with the water, add salt and steam for $1\frac{1}{2}$ hours. Serve with cream and sugar or with raisin sauce.

SALTED ALMONDS.

Take $\frac{1}{2}$ lb. shelled almonds, put them in a bowl, cover with boiling water and let stand for five minutes. Remove the skins. Throw the almonds into cold water, then dry thoroughly with a clean towel. Have ready, in a clean pan, a tablespoon of butter. Put the almonds in and set them on the fire. Sprinkle with salt, shaking them constantly until a delicate brown. Turn them out on a waxed paper. When dry they are ready for use.

LEMON SYRUP.

- | | |
|-----------------------|-------------------|
| 3 pints boiling water | 2 teaspoons lemon |
| 5 lbs. sugar | essence |
| 2 oz. tartaric acid | |

Pour boiling water over the sugar. Add the acid and lemon essence, strain through muslin and bottle. More essence may be used if not strong enough.

PRESERVES AND JELLIES.**PRESERVED QUINCES.**

- | | |
|---------------------------|--------------|
| 1 lb. quinces | 1 lb. sugar |
| $2\frac{1}{2}$ cups water | Whole cloves |

Pare, quarter and core quinces. Put in to steam while preparing the syrup. Make a syrup of $2\frac{1}{2}$ cups water, 1 lb. sugar and 3 or 4 whole cloves to each pound of fruit. Now put the quinces in syrup and cook until red. Then bottle.

2 gills equal 1 coffee-cup, or 16 tablespoons.

CANNED PEARS.**Pears**
Water**Sugar**

Allow 1 pint water, $\frac{1}{4}$ lb. sugar to each quart of fruit. Bring sugar and water to a boil. When boiling fast, drop in pears, already peeled, and boil in syrup till tender. Have bottles hot, pack in pears and pour syrup over.

CHIPPED PEARS.**8 lbs. sugar**
1 pint water
8 lbs. pears**2 oz. green ginger**
3 lemons

Dissolve sugar in water. Add lemon rinds, cut in small pieces. Add the juice. Pare and slice the pears like saratoga chips. Cook until clear and like preserves. Break ginger root in small pieces and put it in. Bottle and put away for use.

QUINCE JELLY.**15 lbs. quinces**
Water**Cloves**
Sugar

Wash and stem quinces. Cut up and put in preserving kettle, peelings, cores and all. Cover with cold water and add 6 whole cloves. Cook until soft. Turn into jelly back and strain. Measure juice into preserving kettle. Take an equal quantity of sugar and warm it in oven. Boil juice 15 to 20 minutes, then add the hot sugar. Stir until sugar is dissolved, removing any scum. Boil hard for 5 or 10 minutes, then pour into hot glasses which have been sterilized

CRAB-APPLE JELLY.**10 lbs. crab-apples**
Cold water**Sugar**

Put the crab-apples in preserving kettle with enough water to almost cover them. Boil until soft. Put into a jelly bag and strain. Let stand over night. To every pint of juice allow 1 lb. of sugar. Put sugar on flat dishes and put in oven to heat. Boil the juice 20 minutes then add the hot sugar. Stir it fast and just let it boil up once, then take off the fire and put in glasses.

2 pints equal 1 quart.

ORANGE MARMALADE.

7 bitter oranges 6 lemons
 12 sweet oranges 10 lbs. sugar
 6½ pints hot water

Slice the fruit as fine and thin as possible, removing seeds. Put in an earthen jar and pour the water over it, and let stand for 24 hours, then put on to boil. Let it simmer 4 hours or until tender, then add the sugar and cook until it jells.

MARMALADE.

12 oranges 12 pints water
 3 lemons 12 lbs. sugar

Slite the fruit as fine as possible, removing the seeds. Pour water over the sliced fruit and let stand over night. Then boil 2 hours. Add sugar and boil until it jells.

RHUBARB MARMALADE.

10 lbs. pineapple 15 lbs. sugar
 10 lbs. rhubarb

Slice the pineapples very thin and cut in small pieces, removing core. Add 5 lbs. sugar and simmer slowly until tender. Peel the rhubarb and cut in small pieces, cover with 10 lbs. sugar and leave all night. Next day boil both together for 20 minutes. Bottle and put away for use.

RED CURRANT MARMALADE.

5 lbs. red currants 1½ lbs. raisins
 5 lbs. sugar 3 large oranges

Stem currants and put them in a preserving kettle. Add sugar, raisins seeded and chopped, oranges sliced thin as for orange marmalade. Boil 20 minutes.

APPLE MARMALADE. (Very Economical).

3 oranges 3 lbs. sugar
 3 pints water 1 pint apples

Chop oranges very finely, add water and sugar, then add apples very finely chopped. Boil to jelly.

4 quarts equal 1 gallon.

PICKLES AND CATSUPS.

CHILI SAUCE.

- | | |
|----------------------|---------------------|
| 12 large tomatoes | 4 tablespoons sugar |
| 2 onions | 2 tablespoons salt |
| 3 sour apples | 1 teaspoon each— |
| 3 small cups vinegar | ginger, cinnamon, |
| 2 small red peppers | cloves, nutmeg |

Chop tomatoes, onions, apples, then pour on vinegar and add peppers, sugar, salt and spices. Boil 4 or 5 hours. If tomatoes are too moist drain part of liquid off before boiling.

PICKLED ONIONS.

- | | |
|---------------------------------------|----------------------------|
| $\frac{1}{2}$ peck silver skin onions | Vinegar |
| 1 cup salt | 3 tablespoons whole spices |

Skin onions and sprinkle salt over them. Leave for 2 hours. Pour off brine, then pack in bottles and pour on sharp cold vinegar and whole spices. Seal and put away for a few weeks before using.

PICKLE FOR PEARS OR PEACHES.

- | | |
|--------------------|----------------------------------|
| 1 quart vinegar | $\frac{3}{4}$ oz. cinnamon stick |
| 3 lbs. brown sugar | $\frac{3}{4}$ oz. cloves (whole) |
| 1 teaspoon salt | |

Pears or Peaches

Boil vinegar, sugar, salt and spices together. Stem the fruit and clean the outside skins with a coarse clean cloth. Cook fruit until soft, a few pieces at a time. Put in sealers or in a crock and pour liquid over them. Keep tightly covered.

CUCUMBER RELISH.

- | | |
|--------------------------------|---------------------------|
| $\frac{1}{2}$ bushel cucumbers | 4 oz. whole spice |
| 4 lbs. onions | $\frac{1}{2}$ cup mustard |
| $\frac{1}{2}$ cup salt | $\frac{1}{2}$ cup flour |
| 2 quarts vinegar | $\frac{1}{2}$ lb. butter |
| 2 cups brown sugar | |

Peel and chop onions and cucumber, leave in salt for 30 minutes. Pour off liquid. Tie spices in cheesecloth and boil with vinegar and sugar. Add cucumber and onions. Boil all together for 10 minutes. Make a paste of flour and mustard and stir it into the relish, then add butter. Boil all together for 5 minutes. Stir well and bottle.

16 ounces equal 1 pound, or a pint of liquid.

CAULIFLOWER PICKLE.

- | | |
|-----------------------|--------------------------------|
| 4 heads cauliflower | $\frac{1}{2}$ teaspoon each of |
| 1 cup salt | cayenne and paprika |
| 4 pints vinegar | $\frac{1}{4}$ teaspoon tumeric |
| 4 tablespoons mustard | $\frac{1}{2}$ cup flour |

Take firm cauliflowers and cut close to the stalk, in small pieces. Lay in a dish and sprinkle with salt. Let stand 3 days then pour off the liquid. Steam cauliflower until nearly soft. Heat vinegar scalding hot, add mustard, pepper and tumeric, moistened with cold vinegar, and boil. Thicken with flour and pour over cauliflower. Bottle for use.

TOMATO PICKLE. (Green).

- | | |
|----------------------------------|---------------------|
| $\frac{1}{2}$ pk. green tomatoes | 2 tablespoons whole |
| 6 onions | mixed spice |
| 3 green peppers | Vinegar |
| 1 tablespoon white | Salt |
| sugar | |

Slice tomatoes, onions and peppers and lay them alternately in the dish with a layer of salt. Let stand all night. Next morning strain off the liquid and place mixture in preserving kettle with sugar and spices. Cover with vinegar, boil until quite soft. Seal ready for use.

TOMATO CATSUP. (Red).

- | | |
|-------------------------|--------------------------------|
| 1 bushel tomatoes | $\frac{1}{2}$ lb. whole cloves |
| 2 quarts cider vinegar | $\frac{1}{4}$ lb. allspice |
| $\frac{1}{2}$ pint salt | 1 tablespoon pepper |
| 5 heads garlic | 1 red pepper (whole) |

Cut up tomatoes small and cook until soft enough to rub through a wire sieve. Add vinegar, salt, spices, garlic and red pepper. Mix together and boil until reduced to half the quantity. When cold strain through a colander and bottle, sealing with corks. Will keep 2 or 3 years.

FRENCH MUSTARD.

- | | |
|-----------------|------------------|
| 1 onion | 1 teaspoon sugar |
| Vinegar | 1 egg |
| 1 teaspoon salt | Mustard |

Slice onion and cover with vinegar. After two days pour off the vinegar, and to the vinegar add salt, sugar, beaten egg and mustard enough to thicken. Set over boiling water and stir until it boils. When cold it is ready for use.

An ordinary tumbler equals 1 coffee-cup or $\frac{1}{2}$ a pint.

GOVERNOR'S SAUCE.

- | | |
|------------------------|--------------------------------|
| 1 peck tomatoes | 1 cup brown sugar |
| 1 cup salt | $\frac{1}{4}$ lb. mustard seed |
| Vinegar | 1 tablespoon each, |
| 4 onions | cloves, allspice and |
| 6 green or red peppers | white pepper |

Slice tomatoes, sprinkle with salt and let stand over night. In the morning pour off liquid and put mixture in preserving kettle with enough vinegar to cover same, add onions and peppers chopped fine, sugar and spices. Let simmer until soft. Put in jars and keep air-tight.

PEPPER HASTE.

- | | |
|------------------------|---------------------------------|
| 1 large cabbage | $\frac{1}{2}$ cup white mustard |
| 6 onions | seed |
| 9 green peppers | 1 tablespoon celery |
| 9 red peppers | seed |
| $\frac{1}{2}$ cup salt | 2 lbs. white sugar |
| | White wine vinegar |

Chop cabbage, onions and peppers rather fine. Stir in salt and let stand all night. In the morning drain well, and to the mixture add spices, sugar and cover with vinegar. Set on stove until the sugar is melted, do not boil. Seal well and keep in a cool place. Will keep for years.

SPICED GRAPES.

- | | |
|-------------------------|------------------------|
| 5 lbs. sour grapes | 2 tablespoons cinnamon |
| 4 lbs. granulated sugar | 1 pint vinegar |
| 2 tablespoons cloves | |

Pick, wash and stem grapes. Separate pulps from skins. Put pulps in a lined saucepan and heat to boiling, cook slowly until seeds separate from pulp. Rub through a sieve. Return to kettle and add sugar, cloves, cinnamon and vinegar. Cook slowly $\frac{1}{2}$ an hour, then pour into jelly glasses.

SALADS.

WALDORF SALAD.

- | | |
|---------------|-----------------|
| 1 cup apples | 1 cup celery |
| 1 cup walnuts | French dressing |

Dice the apples, chop walnuts coarsely, and cut celery very fine. Blend all together with French dressing, serve on lettuce.

4 coffee-cups of sifted flour equal 1 pound.

FRENCH DRESSING.

- | | |
|--------------------------------|------------------|
| 1 teaspoon sugar | Half a lemon |
| $\frac{1}{4}$ teaspoon paprika | 1 dessert spoon |
| A dash of cayenne pepper | tarragon vinegar |
| A pinch of salt | Olive oil |

Blend sugar, paprika, pepper, salt with the juice of the lemon. Add tarragon vinegar. Heat all together very slowly. Add twice as much olive oil as you have liquid. Stir well and put away to cool before using.

CREAM SALAD DRESSING.

- | | |
|------------------------------|-------------------------------|
| 2 eggs | 1 tablespoon melted butter |
| 1 teaspoon mustard (made) | 1 tablespoon vinegar |
| $\frac{1}{4}$ teaspoon sugar | $\frac{1}{2}$ cup sweet cream |
| | $\frac{1}{2}$ teaspoon salt |

Boil the eggs hard. Remove the yolks and cream them with the mustard, salt, sugar and melted butter. Add vinegar, then very carefully add cream. Beat well with an egg beater until thick.

BOILED SALAD DRESSING.

- | | |
|-----------------------|---------------------------|
| 3 eggs | 2 tablespoons white sugar |
| 1 cup cream (or milk) | A pinch of salt |
| 1 teaspoon mustard | $\frac{1}{2}$ cup vinegar |

Beat eggs, add cream, mustard, sugar, salt and vinegar. Put in a double boiler and stir until thick like cream.

RUSSIAN DRESSING.

- | | |
|-----------------------------|--|
| $\frac{1}{2}$ cup mayonaise | 2 tablespoons sweet green peppers finely chopped |
| $\frac{1}{2}$ cup olive oil | |
| 1 cup chili sauce | |

Put mayonaise in bowl, then add olive oil, chili sauce, and green peppers. Beat well and it is ready for use.

8 or 10 ordinary sized eggs equal 1 pound.

POTATOES.

POTATO SOUFFLE.

- | | |
|-----------------------------|-----------------------------|
| 2 cups mashed potatoes | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons melted butter | 2 eggs |
| | 1 cup cream |

Take potatoes and stir in butter, beating together until a white cream, then add the well beaten eggs and cream. Season to taste. Pour into a deep buttered dish and bake in quick oven until nicely browned. If properly mixed it will come out of the oven puffy and delectable.

SWEET POTATOES AU GRATIN.

- | | |
|------------------|--------------------------|
| 4 sweet potatoes | Bread crumbs |
| Butter | Cheese |
| Salt | 4 tablespoons warm water |
| Pepper | |

Par boil potatoes, peel and slice while hot. Butter a deep dish well and put in a layer of potatoes, sprinkle with salt and pepper and dot with butter then a layer of bread crumbs. Season in the same way. Repeat until dish is full, then pour in 4 tablespoons warm water to generate steam. Lastly put a layer of fine bread crumbs and grated cheese. Cover closely and bake for 1 hour. Uncover and brown.

SOUFFLE OF SWEET POTATOES.

- | | |
|------------------------------|-----------------------------|
| 2 cups mashed sweet potatoes | 2 tablespoons melted butter |
| 3 eggs | Seasoning |
| 1 cup milk | |

Put potatoes in a bowl, beat in the eggs, which have already been whipped light. Add melted butter and milk, season to taste. Beat hard until very light. Turn into a buttered pudding dish and bake till brown on top.

1 pint of granulated sugar equals 1 pound.

ENTREES, ETC.

RICE CROQUETTES.

- | | |
|------------------------|--------------|
| $\frac{1}{4}$ lb. rice | 2 eggs |
| 1 pint milk | Bread crumbs |
| 1 teaspoon salt | Deep fat |

Wash rice thoroughly and boil in milk, to which salt has been added. Take two cups of the cooked rice and add the well beaten yolks of eggs. Mould into croquettes and dip in beaten whites of eggs, then in bread crumbs. Fry in deep fat until a golden brown. Serve with a sweet sauce.

MACARONI AND CHEESE.

- | | |
|---|----------------------------|
| 12 sticks macaroni | 1 cup grated cheese |
| $1\frac{1}{2}$ cups white sauce | 1 tablespoon butter |
| $\frac{1}{2}$ cup stale bread
crumbs | 1 teaspoon mustard
Salt |

Break up macaroni in 2 inch lengths. Boil in salted water until tender (20 minutes). Put in colander and run cold water through it. Lay the macaroni in a buttered dish. Add the mixed mustard and half the cheese to the white sauce, then pour it over macaroni. Put bread crumbs in melted butter add remaining cheese to them and spread over the top. Put in the oven to nicely brown.

CHEESE OMELET.

- | | |
|---------------------|--------------|
| 2 eggs | 1 oz. butter |
| 2 tablespoons cream | Salt |
| 1 oz. grated cheese | Pepper |

Beat yolks of eggs until light. Add cream and grated cheese. Season to taste, then fold in the stiffly beaten whites of eggs. Put 1 oz. of butter in an omelet pan. When warm pour in omelet and keep pushing it up to one side with a spoon. When nearly set put in oven to brown and serve at once.

CHICKEN SOUFFLE.

- | | |
|-----------------------|-------------------------------|
| 1 pint cooked chicken | 1 teaspoon chopped
parsley |
| 1 pint cream sauce | Salt and pepper |
| 4 eggs | |

Add chicken to cream sauce, salt, pepper and parsley. Cook 2 minutes. Add the well beaten yolks of eggs and set away to cool. When ready to serve fold in stiffly beaten whites of eggs and bake for 20 minutes.

BEEF LOAF.

- | | |
|--------------------------|-----------------|
| 2 lbs. minced beef | 1 egg |
| 3 soda biscuits (rolled) | 1 lemon |
| 2 tablespoons butter | Salt and pepper |

Roll the soda biscuits and mix them with minced beef. Add melted butter and well beaten egg, then the lemon juice, salt and pepper. Press into a loaf tin, or make into a roll and bake 1 hour.

WELSH RAREBIT.

- | | |
|-----------------------|------------------------|
| 1 tablespoon butter | $\frac{1}{2}$ cup milk |
| Salt, pepper, mustard | 1 egg |
| 1 cup grated cheese | Toast or wafers |

Melt the butter in a double boiler. Add a few grains each of pepper, salt and mustard. Add cheese and when melted add the milk and well beaten egg. Stir all together until thick and creamy. Pour on to very hot toast or wafers and serve at once.

YORKSHIRE PUDDING.

- | | |
|-----------------------------------|-------------|
| 5 tablespoons flour | 2 eggs |
| $\frac{1}{4}$ teaspoon salt | 1 pint milk |
| 1 teaspoon Magic
Baking Powder | Dripping |

Sift together, flour, baking powder and salt. Add well beaten eggs and milk. Beat until it bubbles. Have ready a pan with $\frac{1}{2}$ cup beef dripping boiling hot. Pour in the batter and bake $\frac{1}{2}$ an hour.

HORS D'OEUVRES.**ANCHOVY TOAST WITH WHITE SAUCE.**

- | | |
|-------------------------------|---|
| $\frac{1}{2}$ pint milk (new) | 1 wine glass thick
cream |
| 2 bay leaves | 2 rounds of bread $\frac{1}{2}$
inch thick |
| 6 eggs | |
| 10 anchovies | |

Boil milk with the bay leaves. Beat the eggs, leaving out 2 whole whites. Mix with milk, add cream and stir over a gentle fire until it begins to thicken. Let stand until cold. Scald 10 anchovies, scrape them and remove the bones. Pound the fish to a smooth paste. Toast the bread on both sides, butter it well with fresh butter, spread each piece of toast with the paste, lay one on the other and cut in 6 pieces. Pour over the white sauce and serve.

1 quart of unsifted flour equals 1 pound.

CAVIERE ON TOAST.

Spread rounds or fingers of toast with caviere to which a little lemon juice has been added. Chop an onion very fine and put a ring of it round the outer edge of the toast.

CREAMED SHRIMPS.

- | | |
|----------------------|-----------------------|
| 1 cup diced celery | 1½ cups milk |
| 1 can shrimps | 1½ cups celery liquor |
| 3 tablespoons butter | ½ teaspoon salt |
| 3 tablespoons flour | ¼ teaspoon pepper |

Cut celery in cubes and cook until tender, in 1¾ cups water. Drain shrimps and freshen with cold water. Make a white sauce of butter, flour, milk, and the water in which celery has been boiled, pepper and salt. Add to this the celery cubes and shrimps. Serve on buttered toast and garnish with celery hearts.

CREAMED MUSHROOMS.

- | | |
|-----------------|------------------|
| 1 lb. mushrooms | 1 spanish onion |
| 1½ lemons | ½ cup cream |
| ¼ lb. butter | Salt and paprika |

Peel mushrooms and drop them into cold water to which the juice of 1 lemon has been added. Put the butter in a 2 quart chafing dish. Strain the water from the mushrooms, then put alternate layers of mushrooms and sliced onion into buttered chafing dish. Cover the dish and put on to simmer until they draw their own juices, when soft enough to pierce with a fork. Add cream, salt, and paprika to taste. Just before serving add the juice of ½ a lemon, this brings out the flavor of seasonings and mushrooms.

EGG TIMBLES.

- | | |
|--------------------------------|------------------------------|
| 1 tablespoon butter | 1 tablespoon chopped parsley |
| 1 tablespoon flour | Salt and pepper |
| ¾ cup milk | A few grains of celery salt |
| 3 eggs | |
| ½ teaspoon Magic Baking Powder | |

Make a sauce of butter, flour and milk. Beat yolks of eggs until thick, then add to sauce. Add parsley, salt, pepper and celery salt. Beat all together then add the beaten whites to which has been added ½ teaspoon Magic Baking Powder. Turn the mixture into buttered moulds, place in a pan of water and bake until firm. Serve at once.

SOUP.

SOUP STOCK.

- | | |
|------------------------------|------------------------------|
| 6 lbs. shin of beef or | 2 large onions |
| 6 lbs. knuckle of veal | 3 carrots |
| A few bones | 1 head celery |
| Trimmings of | 2 teaspoons salt |
| poultry | $\frac{1}{2}$ teaspoon whole |
| $\frac{1}{4}$ lb. lean bacon | pepper |
| 2 oz. butter | 1 blade mace |
| 1 bunch savory herbs | 4 quarts cold water |

Cut up meat and bacon into pieces about 3 inches square. Break the bones into small pieces. Now rub the butter on the bottom of the stew pan, put in $\frac{1}{2}$ pint water and the broken bones, meat, vegetables and seasoning. Cover the stew pan and place on a sharp fire, occasionally stirring. When the contents become a jelly-like substance add the cold water and let it simmer for 5 or 6 hours. When nearly cooked throw in a tablespoon salt to raise the scum. Remove scum while it is boiling, then strain the stock through a hair sieve. Let stand until cold and remove grease. This stock will keep many days in cool weather.

TO CLARIFY STOCK.

Place the stock in a clean saucepan and set it over a brisk fire. When boiling add the white of one egg to each quart of stock proceeding as follows. Beat up well the whites of eggs in a little cold water then add a little hot stock and beat to a froth. Pour gradually into the pot, then beat all hard and long. Allow it to boil up once and immediately remove from the fire. Strain through a cheesecloth.

BROWN STOCK.

- | | |
|------------------------|--------------------------------|
| 4 lbs. shin of beef | $\frac{1}{2}$ teaspoon salt |
| Bones | $\frac{1}{2}$ teaspoon pepper- |
| 4 carrots | corns |
| 4 onions | 6 cloves |
| 1 turnip | 5 pints cold water |
| 1 small head of celery | |

Cut up beef, break the bones, place in stock pot and pour over the water. Skim when boiling. Prepare and add vegetables and spices. Cover closely and simmer for 4 hours.

WHITE STOCK.

6 lbs. knuckle of veal Poultry trimmings
4 slices lean ham

White stock is used in the preparation of white soups and is made by boiling veal and ham cut in small pieces. Proceed according to directions given on page 49.

CREAM OF ASPARAGUS.

1 bundle asparagus 2 tablespoons flour
1 quart white stock 1 pint milk
2 tablespoons butter

Clean asparagus, cut off tips, boil in salted water until soft. Boil stocks for 20 minutes in the quart of good stock. Put butter into a stew pan and then flour, making a smooth paste. Pour in the hot stock stirring while doing so, then the asparagus stocks which have been pulped through a sieve. Add milk, boil up and skim. Put the tips in the tureen with a wine glass of good cream. Pour in the boiling soup and season with pepper and salt to taste. Serve very hot.

POTATO SOUP.

2 large potatoes Pepper and salt
1 onion 2 tablespoons butter
1 carrot 1 quart milk

Cut the vegetables fine, boil and put through a colander, add salt and pepper to taste, then butter and milk. Let come to a boil and serve.

TOMATO SOUP.

1 can tomatoes 1 oz. butter
1 quart stock 1 oz. flour
Pepper and salt $\frac{1}{4}$ pint of cream or
Pinch of soda milk

Boil together tomatoes, stock, pepper and salt for 15 minutes. Rub through a fine sieve. Melt the butter in a saucepan, then add flour and strained stock to which a pinch of soda has been added. Boil 2 minutes, set to one side then add cream. Do not let it boil again or it may curdle.

CONSOMME.

4 lbs. shin of beef	1 tablespoon salt
4 lbs. knuckle of veal	3 onions
4 quarts cold water	1 carrot
2 oz. ham	1 turnip
6 cloves	2 stalks celery
6 peppercorns	3 eggs
2 sprigs parsley	Bind and juice of 1
1 bunch herbs	lemon

Cut the meat and bones in small pieces. Put marrow, bones and part of the meat in kettle with water, heat slowly. Cut onions and other vegetables fine, fry them in the ham fat, or other drippings. Brown the remainder of the meat, and put in the stew pan with other meat, cut vegetables, herbs and spices. Simmer all together until the meat is in rags, about 7 hours. Strain, when cold remove the fat. Add the whites and shells of eggs, lemon, salt and pepper. When well mixed beat it and boil 10 minutes, strain through a fine strainer. Heat again to boiling point before serving. Serve clear. It should be of a light wine or straw color.

SCOTCH BROTH.

2 lbs. neck of mutton	$\frac{1}{2}$ cup barley
1 large slice turnip	1 teaspoon parsley
3 slices carrot	Pepper and salt
1 onion	2 tablespoons butter
1 stalk of celery	1 tablespoon flour
3 pints water	

Cut the meat from the bones, cut off all fat, then cut in small pieces and put in a soup pot with the vegetables cut up fine. Add barley and cover with the water. Simmer gently for 2 hours. On the bones put 1 pint water, simmer 2 hours, and strain into the soup. Cook the butter and flour together until smooth, stir into the soup. Add parsley, pepper and salt and serve.

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OYSTER SOUP.

1 quart or 25 oysters	Pepper and salt
1 tablespoon butter	A dash of cayenne
1 tablespoon flour	or paprika
1 cup cream	

Scald the oysters in their own liquor. As soon as they are plump or the gills begin to curl remove them, (as oysters harden if boiled). Add to the liquor 1 cup water and make a paste of butter and flour and a little of the liquor. When it is smooth add the scalded cream. Season with pepper and salt and a little paprika, then add the oysters and as soon as they are heated serve at once.

In oyster houses finely shredded cabbage with French dressing is served with oyster soup and is a good accompaniment when served for luncheon. Oysters should be carefully examined and the liquor passed through a fine sieve to remove any piece of shell which may be in them.

RICE AND TOMATO SOUP.

2 quarts stock	1 cup rice
1 pint fresh tomatoes or 1 can	Seasoning

Add tomatoes to stock, then rice which has been boiled. Season to taste and cook $\frac{1}{2}$ an hour.

PEA SOUP.

$\frac{1}{2}$ lb. pickled pork	3 quarts water
2 cups dried peas	Seasoning
$\frac{1}{2}$ onion	1 oz. flour
1 stalk celery	

Soak peas all night in cold water. Boil pickled pork in 3 quarts water for 1 hour, then add the peas. Cook another hour, then add onion and celery. Remove pork. Rub the soup through a sieve, return to fire and thicken with the flour, and add seasoning.

GREEN PEA SOUP.

- | | |
|----------------------|-----------------|
| 1 pint peas | Pepper and salt |
| 1 large potato | Milk |
| 1 small piece butter | |

Boil peas and potato until soft. Mash through a colander with the water in which they have been cooked, then add butter and seasoning and sufficient milk to make a right consistency to serve.

FISH.**BROILED FISH.**

Broiling is assuredly the oldest method of cooking, and no new one surpasses it. The skin of small or thin fish serves to keep them in shape. Slices of halibut or salmon may be broiled whole, or the skin and bone removed and cut in fillets. Clean and split the fish. Rub a double broiler with suet, lay the fish, flesh side down and set over the fire, turn until both sides are brown. When done take up carefully on a heated dish, sprinkle with salt and pepper, spread with butter and serve.

BAKED FISH.

- | | |
|-------------------|----------------------------|
| 1 fish | 7 slices of pork |
| 1 tablespoon salt | 1 tablespoon melted butter |
| 1 teaspoon pepper | Parsley |
| 2 large onions | |
| Juice of 1 lemon | |

Procure a fish of about 3 or 4 lbs. Rub well inside and out with salt and pepper. Place the fish in a dish with the sliced onions, sprinkle over the juice of lemon, cover and set aside for an hour, then lay the fish in a baking pan with 4 thin slices of pork under it and 3 slices on top. Pour over the melted butter and bake 45 minutes. Serve in a hot dish garnished with lemon cut in quarters and the parsley. It can be baked without the onion or lemon but these improve its flavor. If salt pork is not at hand, grease the pan thoroughly with lard and lay a sheet of clean brown paper cut to the size of the pan. Baked in this way it can easily be taken from the pan without breaking it.

Gillett's Cream Tartar is Chemically Pure.

CURRIED LOBSTER.

- | | |
|--------------------------|----------------------|
| 1 onion | ¼ teaspoon salt |
| 1 tablespoon butter | 2 cups stock |
| 2 teaspoons curry powder | 2 cups diced lobster |

Chop the onion and fry it in butter, then add curry powder and stock. Cook for 5 minutes, add salt and lobster. Serve as soon as this is thoroughly heated. Serve with plain boiled rice.

CODFISH IN CREAM.

- | | |
|---------------------|--------------------|
| ½ cup codfish | 1 egg |
| 1 cup rich milk | 1 teaspoon parsley |
| 1 tablespoon flour | Pepper |
| 1 tablespoon butter | |

Shred and soak codfish over night. In the morning drain and cover again with water. Simmer gently for 15 minutes. Add milk. Rub flour smooth in butter and add to the hot mixture with the minced egg, which has been hard boiled, then add pepper and minced parsley. Boil up once and serve on rounds of toast.

DRESSING FOR FRIED FISH, OYSTERS OR CUTLETS.

Soda biscuits, seasoning, eggs. Roll biscuits (if a bottle is used for this it will be found to roll the biscuits as fine as flour), add seasoning, pepper and salt for fish and oysters; for cutlets, thyme, sweet marjoram and summer savory, beat eggs, dip oysters or any fry in them, roll in seasoned cracker crumbs, and fry in butter or lard.

FRIED OYSTERS.

- | | |
|---------------------|--------|
| Oysters | Butter |
| Fine cracker crumbs | |

Drain and wipe fine large oysters, dip each in the cracker crumbs and arrange upon a large cold platter. Set upon the ice for half an hour, then fry in butter that has been gradually brought to a boil. Cook a few at a time, and if the crumbs come off in the fat, strain them off before the next instalment goes in.

LOBSTER CUTLET.

- | | |
|----------------------------|--------------------------|
| $\frac{1}{2}$ can lobster | 2 tablespoons cream |
| 1 oz. butter | 1 tablespoon lemon juice |
| 1 oz. flour | 1 egg |
| Salt and pepper | Cracker crumbs |
| 1 wine glass lobster juice | |

Drain the lobster, melt butter and add flour, salt and pepper. Add lobster juice, if not enough add a little milk. Boil well stirring all the time. Add cream and lemon juice, stirring the lobster chopped fine. Beat all together and cool. When set divide into portions. Form cutlets and for bones stick in a small piece of macaroni. Dip in beaten egg and cracker crumbs and fry in butter. Garnish with parsley.

OYSTER COCKTAILS.

- | | |
|----------------|---------------|
| 3 or 4 oysters | Tomato sauce |
| Cayenne pepper | Tobasco sauce |
| Lemon juice | |

Put oysters in a cocktail glass, mix in the cayenne, lemon juice, tomato sauce and put in a few drops of tobasco sauce. Let all stand in glasses on ice for about 3 hours. Set glasses on small plates and serve with water cress around them.

SALMON LOAF.

- | | |
|----------------------------------|----------------------|
| 1 lb. cold salmon or | 3 tablespoons butter |
| 1 can | 3 eggs |
| $\frac{1}{2}$ cup cracker crumbs | Salt and pepper |

Take bones and skin from salmon. Add cracker crumbs, melted butter, well beaten eggs, pepper and salt. Mix all together and pack in a buttered mould. Steam 1 hour. To be eaten hot with either white or tomato sauce.

FISH CROQUETTES.

- | | |
|---------------------------------|-------------------|
| 1 cup boiled fish | Fine bread crumbs |
| $\frac{1}{2}$ cup mashed potato | 2 boiled eggs |
| Pepper and salt | Parsley |
| 1 egg | |

Mix fish, potato, pepper and salt together. Make into croquettes, dip in beaten egg and bread crumbs. Fry until brown. Garnish with slices of hard boiled eggs and parsley.

HOW TO WARM OVER COLD FRAGMENTS.

Slices of cold roast beef, if rare, may be broiled quickly and served with butter, salt, pepper, etc. If well done, warm up in a brown gravy. Have the gravy hot, and put the slices of meat into it. Don't let them cook, but warm through only, as long cooking in the gravy will make the meat tough. Then of the remaining scraps of meat, with a few vegetables, make a stew, with dumplings. The bones, finally, will make good soup stock for various soups. The fat may be tried out, clarified, used for drippings, and then finally for soap, so that no portion of the piece of roast beef has been thrown away, and all has been good.

BEEF CROQUETTES.

$\frac{3}{4}$ lb. cold beef	3 eggs
$\frac{1}{4}$ lb. stale bread	Pepper and salt
Hot stock	Onion juice

Chop cold beef, add the stale bread which has been moistened with the stock, then beaten yolks of 2 eggs, pepper, salt and onion juice. When cold enough to handle form into croquettes, roll in crumbs then in beaten eggs then again in crumbs, and fry in deep hot fat. Serve with tomato sauce.

TOMATO SAUCE.

$\frac{1}{2}$ can tomatoes	2 tablespoons butter
1 slice onion	1 tablespoon flour
1 bay leaf	Salt
1 sprig parsley	Pepper

Cook tomatoes, onion, bay leaf and parsley for 10 minutes. Strain. Melt butter, add flour and cook for 2 minutes. Add the strained tomato mixture. Cook a few minutes, season and pour round croquettes just before sending to table.

Use Magic Baking Powder.

SCALLOPED MUTTON.

Cold roast mutton
12 sticks macaroni
Salt and pepper

Tomato sauce
Buttered crumbs

Remove fat and skin from cold mutton. Cut in thin slices and put in layers in a buttered dish, then a layer of macaroni. Season with pepper and salt, moisten with tomato sauce. Repeat until dish is full and then put buttered crumbs on top and bake.

The macaroni should be previously cooked in salted boiling water for 20 minutes.

SWEETBREADS.

Wash in cold water, remove pipes and membranes. Cook 20 minutes in boiling salted water, with one tablespoon lemon juice. Drain and put into cold water.

LARDED SWEETBREADS.

Lard and bake till brown, basting with brown stock. Serve with mushroom sauce.

CREAMED SWEETBREADS.

Break into small pieces, add white sauce and mushrooms cut fine; cook ten minutes and serve. Sweetbreads should be put into cold water as soon as brought from the market, as they spoil quickly. The lemon juice or vinegar is added to harden the sweetbreads in cooking, as they, like fish, are composed mostly of albumen and may be hardened in this way. Fish is improved both in flavor and appearance, by the addition of vinegar or lemon juice to the water in which it is cooked, as it makes it solid and flaky for salad, etc. One tablespoon vinegar to four pounds of fish is a good proportion.

Sweetbreads must first be cooked as described above, whatever is done to them afterwards. They may then be broiled like a steak and buttered and seasoned, or cooked in a variety of ways, either plain or fancy. Two of the best methods are larding and creaming as given above.

Gillett's Cream Tartar is the Best.

RECIPES FOR INVALIDS.

OATMEAL GRUEL.

1 cup boiled oats ½ teaspoon salt
3 cups boiling water Cream or milk

Add salt to boiling water, sprinkle in the oats, stirring constantly. Cook for 2 hours. Strain and dilute with cream or milk.

SOFT CUSTARD.

4 eggs 1 quart milk
¼ cup sugar 1 teaspoon vanilla

Beat the eggs and sugar together. Scald the milk, then add some of the hot milk to the eggs and sugar. Pour into the remaining milk. Put over a gentle heat stirring all the time until it creams to the spoon. Remove from the fire at once and cool. Add flavoring.

ORANGE ALBUMEN.

¾ cup water 1 egg white
2 oranges 2 teaspoons of sugar

Boil the water, add the sugar and cool, then add the white of egg which has been beaten to orange juice. Add to water, strain and serve cold.

BEEF BROTH.

2 lbs. shank of beef or 3 pints water
knuckle of veal

Cut all the meat into small pieces, put in stew pan, add the water and allow to stand for an hour, then simmer 6 hours or more. Bring to boiling point and let boil for half an hour. Strain and set aside to cool. Remove fat before serving. Add seasoning if allowed.

GRAIN FOODS.

In preparing any of the grain foods for a sick person, extra care should be taken that they are sufficiently well cooked, else the result may be hurtful. Of the laxative articles of diet, oatmeal is one of the most important. It stands before all other grains in point of nutrition. Rice is also a very valuable article of good in case of digestive derangement.

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BROTHS AND SOUPS.

BEEF TEA.

1 lb. lean beef
 ¼ teaspoon salt

1½ pints cold water

Remove the fat from the meat and shred it finely, let it soak in the water half an hour, then cover closely. Set in a pan of boiling water and let cook for 3 hours, adding salt. Then strain.

MUTTON TEA.

2 lbs. scrag end
 neck mutton
 2½ pints water

2 tablespoons pearl
 barley
 salt

Trim all the fat from the mutton, cut into small chops, put in stew pan, add barley, water, and salt. Simmer very gently for 2 hours, then strain. When cold remove all the fat. A small stick of celery may be used for flavoring if it is allowed.

JELLIED SOUP.

Stiffen any clear soup with a little gelatine so that when chilled it will be sufficiently firm to hold the outline of a spoon. Serve 2 large tablespoons in a cup.

MEATS FOR INVALIDS.

Of meats none is so juicy and appetizing as beefsteak from a proper cut, and properly cooked. Pork and veal should never be given in any form to sick persons. Beef can often be eaten by an invalid when no other variety of meat can even be tasted.

GRILLED CHOP.

Take a nice loin chop about 1 inch thick. Trim off most of the fat, make the broiler hot, and grease it with a piece of the fat, lay the chop on it, and broil over a clear bright fire, or next the gas; turn every two minutes; cook about 8 minutes. Serve at once on a hot plate with a little bread sauce or mashed potato. Garnish with a sprig of celery.

STEWED CHOP.

1 tablespoon butter $\frac{1}{4}$ tablespoon flour
1 loin chop Salt and pepper
4 tablespoons stock

Trim the chop. Heat the butter in frying pan, when it smokes put in the chop and brown very quickly on both sides, then lay it in a stew pan. Add the stock which has been made hot. Cover very closely and let simmer gently for 1 hour. Put chop on hot plate. Mix the flour with a little cold water and add it to the stock. Season with pepper and salt and pour over the chop.

STEAMED CHOP.

Trim all the fat from the chop, place it in a dry fruit jar, cover very closely, set in a pan of boiling water and cook 1 hour. Sprinkle with salt and serve very hot. The jar should be set on a cloth or trivet.

BEEFSTEAK.

For the invalid beefsteak should be either broiled or pan-broiled. To broil, wipe steak with a cloth wrung out of cold water and trim off superfluous fat. With some of the fat, grease a wire broiler, place meat in broiler, having fat edge next to handle, and broil over a clear fire, turning every ten seconds for the first minute that surface may be well seared, thus preventing escape of the juices. After the first minute, turn occasionally until well cooked on both sides. Steak cut 1 inch thick will take five minutes, if liked rare; six minutes if well done. Remove to hot platter, sprinkle with salt and dot with butter.

For pan-broiled steak use an ordinary frying pan; heat it, rub it over with a piece of fat and lay in the steak; turn every 10 seconds for the first minute, then cook 3 minutes on each side. If any fat accumulates in the pan, it should be poured off.

EGGS FOR THE INVALID.

The eggs for an invalid should never be boiled. They should be "coddled." Bring water to the boiling point, remove it to the back of the stove, drop in the egg, cover it and allow it to stand for five minutes.

HOUSEHOLD RECIPES.

GOOD FURNITURE POLISH.

- | | |
|--------------------------------|------------------------------------|
| $\frac{1}{2}$ pint linseed oil | $\frac{1}{2}$ pint spirits of wine |
| $\frac{1}{2}$ pint vinegar | 1 oz. butter of |
| $\frac{1}{2}$ pint turpentine | antimony |

Mix all together in order given and shake well. Do not put near the fire.

FOR SOFTENING HARD WATER.

- | | |
|-----------------|-----------------------|
| 5 gallons water | 4 teaspoons Gillett's |
| | Flake Lye |

Mix together water and Gillett's Flake Lye in container. Correct way is to prepare water the day before washing day. By the use of this method it is always possible to have nice soft water that will not injure the finest goods, or do any damage to the hands. The Chinese Washing Fluid can be used in this water without risk of doing any damage.

CHINESE WASHING FLUID.

We recommend to the notice of housekeepers the following formula for making the above washing fluid, which will save labor, time, trouble and the clothes as well.

- | | |
|------------------------------|-----------------------------------|
| 1 can Gillett's Flake | $\frac{1}{2}$ oz. salts of tartar |
| Lye | 1 oz. sulphate of soda |
| $\frac{1}{2}$ oz. muriate of | 3 gallons of water |
| ammonia | |

Dissolve all in the water. For an ordinary washing use 1 teacupful of the solution to each tub of water, and soak the clothes therein over night, and next morning they will come out clean and beautiful without much rubbing.

The Chinese Washing Fluid will not injure the finest fabrics. Be careful to use Gillett's Lye, as it is the best. Refuse all imitations and substitutes. We advise the use of soft water whenever obtainable.

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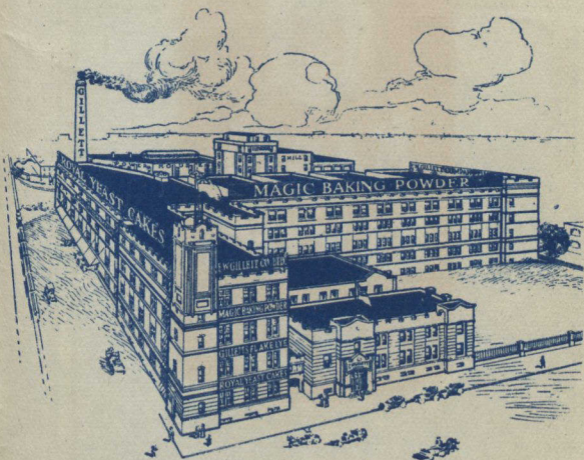
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Magic Baking Powder is made in Canada and does not contain Alum. All ingredients are plainly stated on the label.

Alum is sometimes referred to as Sulphate of Alumina or Sodic Aluminic Sulphate. The public should not be misled by these technical names.