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PREFACE

The generous patronage of enterprising business firms, has made it possible for us to present this book, and a careful perusal of their advertisements is solicited.

EGGS

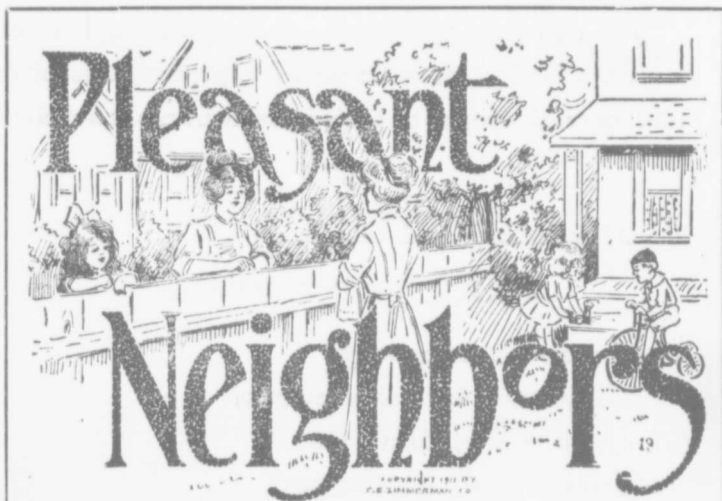
"Our old and faithful friend, we welcome you."

COOKIES and DOUGHNUTS

"O, weary mothers mixing dough,
Don't you wish that food would grow?
Your lips would smile, I know to see
A cooky bush or a doughnut tree."

BREADS

"Behind the nutty loaf is the mill wheel; behind
The mill is the wheat field; on the wheatfields rests
The sunlight; above the sun is God."



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SOUPS

NOODLES FOR SOUP—Use one egg, one-half egg shell of water, pinch of salt, mix stiff with flour, roll out very thin, dry, and cut in narrow strips. Cook half an hour.—Mrs. Bruce.

NOODLES FOR SOUP—Take two eggs, butter size of walnut, three table-spoons sour cream, flour to make a stiff dough, roll out very thin and cut in narrow strips.—Mrs. Bruce.

POTATO SOUP—Three potatoes, one-half teaspoon salt, 1 quart milk, one-quarter teaspoon celery salt, two slices onions, pinch pepper, two teaspoons of flour, few grains Cayenne, one teaspoon butter, one tea-spoon chopped parsley.—Mrs. French.

CHICKEN SOUP—Cut up fowl and put it in a stew pan with four quarts of water (cold). Stew until there are about three quarts left. Take out chicken, season the liquor and add a small cupful of rice. Cook rice tender. If you like add a cup of milk and one or two beaten eggs just before serving. Stew, not boil, the chicken.—Mrs. D. Stephenson.

BEAN SOUP—Take bones and scraps of meat left from steaks and chops, boil with pint of beans until beans are tender. Season to taste and just before serving add a cup of milk and let it boil up and put through a sieve.—Mrs. D. Stephenson.

SCOTCH BROTH—Two pounds beef, pepper and salt, two large carrots, one large turnip, three quarts cold water, one onion, one tablespoon chopped parsley, one-half cabbage, one-quarter pound pearl barley. Wash the barley and put it in a pot with the meat and water. Wash the vegetables; cut them into small squares, when the broth has boiled for an hour add the vegetables and boil all together for two hours, skinning frequently; season with pepper and salt and add parsley. Dish the meat separately.—(Mrs.) Jessie C. Galloway.

TOMATO SOUP—Boil chicken or beef four hours, then skim. Add to the soup one can of tomatoes that has been put through a sieve, and boil all half-hour. This will make about four quarts of soup.—M. King.

CORN SOUP (Or Use Peas)—Press through a sieve one can of corn, add one pint of boiling water, boil twenty minutes. Now add one quart of hot milk and two tablespoons each of butter and flour. Stir until thick and creamy; add salt and pepper to taste. Just before serving stir in the stiffly beaten whites of two eggs.—M. King.

CELERY SOUP—One pint of stock, one pint of rich milk, one tablespoon salt, one-half saltspoon pepper. Wash celery and cut into small pieces, put into boiling stock until very soft; cook onion with milk ten minutes and add to celery, rub all through strainer and put on to boil again. Cook butter and flour together until smooth but not brown and stir into boiling soup. Add salt and pepper and boil five minutes.—Mrs. D. M. Geddes.

FISH

SALMON LOAF—One tin of salmon, 1-2 lemon, juice and rind, 1 cup bread crumbs (fine) 1 tablespoon Worcester sauce, 3 beaten eggs, 1-2 cup milk, 1-2 teaspoon salt, pinch cayenne pepper. Bake or steam 30 minutes.—Mrs. French.

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SALMON LOAF—1 can salmon, 2 eggs, 1 cup moist bread crumbs, pepper and salt, small piece of butter, mix all together, put in well buttered mold and steam 2 hours.—Mrs. G. H. Bennett.

SALMON CROQUETTES—One can red salmon, 4 eggs, pinch of salt and pepper, a pinch of sage if desired, one small onion, two soda biscuits, one cup sweet milk. Fry in balls in a buttered pan.—M. King.

ESCALLOPED SALMON—Take one can of salmon, break up and season with salt and pepper. Put in a basin a layer of bread crumbs, then a layer of salmon and so on until basin is full. Heat a cup of sweet milk and a little sifted flour and butter size of egg put over salmon and bake until thoroughly warm through.—M. King.

MEATS

BEEF LOAF—Mix well together 1 cup milk, 1-2 cup biscuit crumbs, 1 egg, 2 lbs. ground steak. Season with pepper, salt and savory. Onion juice may be added if desired. Pack hard in pan and bake 1 hour.—Mrs. D. M. Geddes.

SPICED VEAL—Take four pounds veal chop it fine and season highly with salt, pepper, cloves and cinnamon. Add four small crackers rolled out, one egg, and a lump of butter nearly the size of an egg; mix thoroughly together and press it in a baking tin, and bake two and a half hours. When cold slice for tea. Some prefer it in rolls, convenient for slicing, and bake from one half to three-quarters of an hour.—Mrs. Van Allen.

POTATO PUFF—Beat a quart of mashed potatoes very light; add salt, pepper, butter the size of a walnut, a cup of cream and the well beaten yolks of 3 eggs, adding last the well beaten whites. Pile high in baking dish and bake a delicate brown.—Mrs. D. M. Geddes.

POTATO SCONES—1 lb. cold potatoes, 1 oz. butter, 1 or 2 tablespoons of milk, 1-4 lb. flour, a pinch of salt. Peel and mash the potatoes, warm the milk and melt the butter in it. Mix the potatoes, milk and butter, add the salt and work in as much flour as the paste will take up, roll it out very thinly, cut in rounds, place them on a hot floured griddle and cook for about 3 minutes on each side. Served hot with butter.—Mrs. Jessie C. Galloway.

SCOTCH POTTED MEAT—Boil a knuckle of hough (the knee joint) and 3 or 4 lbs. of hough (shank) boil gently, strain, then mince meat finely, season; add mince to gravy, boil again for half an hour and put in molds.—Mrs. Jessie C. Galloway.

CHICKEN FRICASSE—Cut up a young chicken and put in a stew pan with enough cold water to cover. Boil until tender, then add salt and pepper, a little butter and a little chopped celery. Have ready hot baking powder biscuits broken open and laid on platter, on this place the chicken. Thicken gravy with a little flour or corn starch and pour over.—M. King.

TOMATO SAUCE TO SERVE WITH LAMB CHOPE—Cream 1 tablespoon melted butter and one of flour, 1-2 teaspoon of salt, a little red pepper, 1 cup strained tomatoes, stir all until it comes to a boil.—M. King.

MEAT BALLS—2 cups cold meat put through a meat chopper, 1 cup bread crumbs or biscuits, a little chopped onion, a little gravy to just moisten, season with salt and pepper and fry in balls.—M. King.

BEEF LOAF—2 pound of round steak put through a chopper, also one onion, five soda biscuits, mix all well together with one egg, one cup sweet milk, salt and pepper and a piece of butter size of eggs. Bake in loaf about 1 1-2 hours.—M. King.

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JELLIED CHICKEN—Boil until tender, pick in pieces, season with salt and pepper, dissolve half a box of gelatine, mix with the liquor and pour hot over the chicken. Pour in a wet mold, let set over night.—M. King.

HAMBURG STEAK OR BEEF PATTEES—2 lbs. round steak chopped, one onion, two eggs, salt and pepper to taste; fry in hot butter.

BEEF LOAF—Three and a half pounds beef minced fine, two eggs, summer savory to taste, one cup milk, four large crackers rolled fine, butter the size of an egg, half teaspoon salt and same of pepper. Mix in shape of a loaf and bake one and three quarters to two hours, baste often, leave in tin till quite cold.—Mrs. Brookbank.

MINCEMEAT—Three pounds beef from the shoulder, 5c suet, one-half peck apples, one pound raisins, one pound currants, one teaspoon cinnamon, two grated nutmegs, salt to taste, two quarts sweet cider, sugar to taste. Chop beef, suet, apples, fine, add other ingredients and boil three quarters of an hour.—Mrs. J. A. Nicholson.

PICKLES

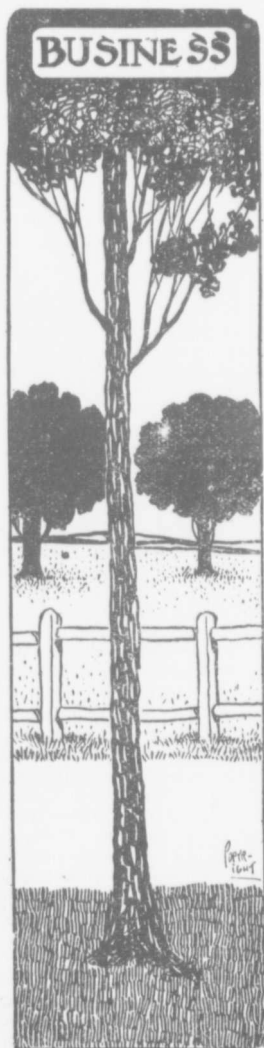
ANOTHER GOOD PICKLE—Two quarts small cucumbers, one quart small onions, two small cauliflowers, one quart beans; let them lie over night, with a small teacup of salt in a gallon of water. In the morning put them on the stove and let them come to a scald, then take out and let them cool. To two quarts of vinegar put one ounce of curry powder, one ounce turmeric, one ounce ground ginger, two ounces mustard, one teaspoon Cayenne pepper, two or three table-spoons salad oil; mix well together and let it come to a boil, and pour over the vegetables.—Mrs. C. E. Conlin.

MY MOTHER'S FAVORITE PICKLES—One quart raw cabbage, chopped fine, one quart boiled beets chopped fine, two cups of sugar, tablespoon of salt, one teaspoon black pepper, one-fourth teaspoon red pepper, one tea-cup of grated horse-radish, cover with cold vinegar, and keep from the air.—Mrs. C. E. Conlin.

PICKLED CABBAGE—Chop the cabbage as for cold slaw. Have a kettle of boiling vinegar to which sugar and spices have been added, the quantity of latter depending on one's taste. Place some of the cabbage in the boiling vinegar, let scald up, remove to a jar, use a colendar dipper so that the vinegar will remain in the kettle, add more cabbage, scald and place in kettle, repeating until sufficient quantity is pickled. Pour hot vinegar over all.—Mrs. Brookbank.

SPICED GRAPES—Wash and stem three pounds of grapes; place in a kettle and mash, so as to allow the juice to flow. Cook gently until soft and rub through a fine sieve. Return to the cleaned kettle, add half a pint of vinegar, a pound of brown sugar, a tablespoonful of cinnamon, and half a tablespoonful each of mace and cloves. Simmer gently half an hour, stirring frequently, and seal while hot. This is good with all kinds of meat.—Mrs. Brookbank.

CAULIFLOWER—Take off the outside leaves; boil in salted water; take out as soon as tender; make a sauce of a tablespoon of butter; when it bubbles stir in half a cup of flour. Stir well until cooked, then add two cups of sweet cream, pepper and salt; stir smooth and pour over the cauliflower.—Mrs. Brookbank.



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MUSHROOM CATSUP—Cover the mushrooms with salt and let them stand for a few hours, then mash well and let them stand for two days, stirring occasionally; press through a colander, and put all but the thick parts into a saucepan, boil and skim an hour, drain and put it aside until the next day, then pour the liquid from the sediment and to each quart add one ounce of black pepper corns, half an ounce of allspice and the same of ginger. Boil slowly until reduced nearly one half; when cold bottle it.—Mrs. Brookbank.

MOTHER'S FAVORITE PICKLE—1 quart raw cabbage chopped fine, 1 quart boiled beets chopped fine, 2 cups sugar, 1 tablespoon salt, teaspoon black pepper, $\frac{1}{4}$ teaspoon red pepper, 1 teacup grated horse radish, cover with cold vinegar and seal.—Mrs. J. McLean.

PICKLES—1 bottle of sweet pickles chopped fine. Pour off vinegar and add to vinegar $\frac{1}{2}$ cup sugar, 2 teaspoons mustard, 2 teaspoons cornstarch, mixed together, cook with vinegar and add to pickles chopped fine.—Mrs. D. Stephenson.

FICKLED BEETS—Put beets cooked and prepared as for table use in bottles. Have treated vinegar (not too strong) with sugar and spices added ready and pour over beets to top off bottles; seal tight.—Mrs. D. Stephenson.

TOMATO CATSUP— $\frac{1}{2}$ peck of ripe tomatoes, wash and slice put in porcelain kettle, place over the fire in the r own juice, boil until tomatoes are done, which will be about two hours; rub through sieve, pour liquid back into kettle; bring gallon of strong vinegar to boiling point with 6 ounces of pickling spice, let all stand for 24 hours; bring vinegar and spice to a boil for five minutes, strain off the vinegar into the tomato pulp, add 1 pound brown sugar, and $\frac{1}{2}$ pint of salt, boil again for about 2 hours, stirring often to prevent burning. If you wish it hot add cayenne pepper to taste. Put in bottles, cork and seal. Keep in cool place.—Mrs. D. Stephenson.

TOMATO JELLY—1 can tomatoes, 1-3 box gelatine, salt and pepper to taste. Boil 20 minutes.

SHOULDER OF MUTTON WITH CARROTS—Take a shoulder weighing about five pounds, after carefully wiping put it in your saucepan, and keep turning it till it is roasted a nice light brown on all sides. Add two te cups of boiling water, and season with salt, pepper, a fair sized onion with four cloves stuck in it. Let this boil quietly for two hours, adding a little water from time to time. Have a vegetable dish of carrots cleaned and cut in thin slices; put these in with your meat three-quarters of an hour before your meat is cooked.—Mrs. Van Allen.

CUCUMBER PICKLES—Gather the cucumbers in the evening; put in a stone jar and put enough salt over them to make a weak brine. Heat water until it boils; pour over the cucumbers and let stand all night. In the morning place a granite kettle on the fire, and fill half full of vinegar; if vinegar is strong, weaken it. If you want sweet pickles, put enough sugar in vinegar to sweeten it. Heat the vinegar boiling hot, and for every two gallons of vinegar put in a lump of alum as large as a walnut, and a teaspoonful of red pepper. Finish filling the kettle with cucumbers and keep on the fire until they are boiling hot, then put in glass fruit jars; pour the hot vinegar over them and then seal.—Mrs. M. Nabseth.

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GREEN TOMATO SOY—Two gallons tomatoes (green) sliced without peeling and chopped with twelve good-sized onions; two quarts vinegar (if acid vinegar is used dilute it nearly half), one quart sugar, two tablespoons salt, two tablespoons ground mustard, two tablespoons ground black pepper, one tablespoon whole allspice, one tablespoon whole cloves. Mix together and stew until tender. Stir frequently to prevent scorching. Put up in small glass jars. Six quarts when done. This is a most successful and pleasant sauce for almost every kind of meat.—Mrs. Harriet Emerson.

CELERY SAUCE—Peel and chop fine thirty ripe tomatoes, also four bunches of celery, six onions. Add to this one cup vinegar, sixteen tablespoons white sugar, pepper and salt to taste. Boil about one hour.—Mrs. D. M. Geddes.

TOMATO SAUCE—Put two large tomatoes, or three, or four small ones, in a saucepan; add a little finely chopped onion and parsley, and salt and pepper to taste. Let them cook until they are quite tender; do not use any water with them. When they are cooked pass them through a sieve and add a little butter and about a teaspoonful or more of sugar, according to taste. Boil over a very slow fire till the mixture is almost thick. This sauce is equally good cold, and may be used with fish or cutlets or cold meat, as preferred. It also forms an excellent accompaniment to poached eggs, with the addition of a little grated cheese.—Mrs. Van Allen.

BEET RELISH—1 pint beets cut small, 1 pint cabbage chopped fine, 1-2 cup grated horseradish, 1 tablespoon salt, 1 or 2 green peppers, 1-2 cup sugar. Cover with cold vinegar.—Mrs. J. A. Nicolson.

FRENCH PICKLE—1-2 gallon vinegar, 1-4 lb. mustard, 1-2 ounce turmeric, 1 cup flour, 4 cups sugar, 4 quarts onions, 2 quarts green cucumbers, 6 green peppers, 2 quarts ripe cucumbers, 1 cauliflower, 1 melon. Cut all up; mix one cup of salt; cover with boiling water; cook till done, then drain and put sauce over.—Mrs. J. S. Caldwell.

RED CHILI SAUCE—Twelve large ripe tomatoes, four green peppers, two large onions, two tablespoons of salt, one teacup of vinegar, one teaspoon cinnamon, two tablespoons sugar; chop fine your tomatoes, peppers and onions; put all together and cook one hour.—Mrs. C. E. Conlin.

CUCUMBER PICKLE—One gallon brown vinegar, two cups brown sugar, one cup salt, one cup best mustard. This will make nearly a five gallon jar of pickles. Just mix up cold and keep in a cool place. Will keep any length of time.—Mrs. A. R. Mitchell.

TOMATO CHOW-CHOW—Slice one peck green tomatoes, six green peppers, four onions, stir in one cup of salt. Then pour off the water, put in kettle with vinegar enough to cover, add one cup grated horseradish, one tablespoon each of cloves, cinnamon and allspice, one cup sugar; cook until soft.—Mrs. A. R. Mitchell.

CHILI SAUCE—One peck ripe tomatoes, six large onions chopped fine, five cups sugar, five cups vinegar, half tablespoon cloves, half a teaspoon cinnamon, two ounces of mixed spices tied in a muslin bag. Boil until thick. Scald tomatoes and take off skins.—Mrs. A. R. Mitchell.

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RHUBARB RELISH—One quart rhubarb, six onions, four cups brown sugar, two cups vinegar, one teaspoon each cloves, cinnamon, black pepper, allspice, ginger and a little red pepper. Boil all together until tender.—Mrs. A. R. Mitchell.

GREEN TOMATO SWEET PICKLES—When the tomatoes are a good size, but not the least turned, slice them rather thick and let them stand over night in a weak brine. For a gallon of sliced tomatoes allow three cups vinegar, six cups of sugar, one teaspoonful each of allspice, cloves and cinnamon. Heat the vinegar and sugar boiling hot and then pour over the tomatoes, drained from the salt water. Tie the spices in a cloth and heat in the vinegar, or scatter the spices through the tomatoes if you prefer. For three mornings heat the syrup boiling hot and pour over the tomatoes. On third morning heat all together and then place in jars, cover with paraffin paper, tie down tightly and put in a cool place.—Mrs. A. R. Mitchell.

INDIA RELISH— $\frac{1}{2}$ dozen onions, 2 green peppers (seeded), 8 dozen cucumbers, 1 small head cabbage, 1 bunch celery, 2 $\frac{1}{2}$ quarts green tomatoes. Put in a little salt, let stand over night, and strain peppers and onions separate. Put all together with vinegar, simmer an hour. Add 3 cups sugar, $\frac{1}{2}$ tablespoon tumeric, 3 tablespoons mustard, $\frac{1}{2}$ cup flour.—Mrs. Bruce.

CABBAGE AND TOMATO PICKLE—One gallon cabbage, one gallon tomatoes and onions sliced, sprinkle with salt, let stand over night, rinse, add one quart vinegar, three cups sugar and spices to taste; cook until tender.—Mrs. A. R. Mitchell.

CABBAGE PICKLE—One cabbage, six large onions, one dozen green and red peppers, chop all very fine taking out the seeds of half the peppers, sprinkle half cup salt over the whole, let stand twenty-four hours, drain and squeeze. Scald vinegar and pour over the mixture, add one large tablespoon celery seed, some mustard seed, one pint white sugar, stir occasionally for a day or two then bottle.—Mrs. A. R. Mitchell.

GREEN TOMATO PICKLES—To make green tomato pickles slice a peck of green tomatoes and a dozen large onions and pack them in a jar in alternate layers, with salt between. Let them stand 24 hours, then take out and drain off the brine. Pack in jars and cover with spiced vinegar. Pour it on boiling hot. In slicing tomatoes reject the small slice at stem and blossom ends.—Mrs. D. Stephenson.

MIXED CUCUMBER PICKLES—Wash and drain. Pack alternate layers of small sized cucumbers in a jar with alternate layers of green tomatoes and common sized green peppers. Cover with a boiling hot brine. (Proportions: 1 pint of coarse salt to 1 gallon of water). Let stand 24 hours. Drain, rinse in cold water, and pour over them boiling spiced vinegar. Add a few roots of sliced horseradish. The mustard pickle can also be used.—Mrs. D. Stephenson.

GREEN BEAN PICKLES—1 gallon vinegar, $\frac{1}{2}$ pound mustard, 6 cups sugar, 2 cups flour, 1 ounce tumeric. Make a paste of tumeric, flour and mustard, stir the paste into the vinegar and sugar while boiling. Prepare the pickles first by soaking over night in brine.—Mrs. Munro.

SWEET GREEN TOMATO PICKLES—8 quarts of green tomatoes, 8 or 10 large onions, 2 quarts of vinegar, pint of water, 5 cups of sugar, $\frac{1}{2}$ cup of salt, 10c worth mixed spices, 10c worth of celery seed, 10c worth mustard seed. Peel and slice onions; do not peel tomatoes. Simmer until tender.—Mrs. Francis Stone Lindley.

SALADS AND DRESSING

SALAD DRESSING—3 eggs well beaten, 1 cup white wine vinegar, let just come to a boil, take off stove and let cool. Beat in one cup sugar and 1 of sweet or sour cream.—M. King.

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WALDORF SALAD—1 cup apples peeled and chopped fine, 1 cup chopped celery, 1-2 cup chopped walnuts, mix with salad dressing and garnish with lettuce leaves, do not make until ready to use as the apples turn dark.—Mrs. Jas. McLeod.

EGG SALAD—Boil as many as desired of eggs, hard. Peel and cut in halves lengthwise, and remove yolks. Mash these and season with a little red pepper and salt. Mix with butter to form a smooth paste, fill the white halves and serve on lettuce leaves with mayonnaise dressing.—Mrs. Jas. McLeod.

SALAD DRESSING—1 tablespoon sugar, 1 teaspoon mustard, 1-2 cup vinegar, 1-2 teaspoon salt, 2 eggs, 1 tablespoon butter, heat all together in double boiler until thick.—Mrs. J. S. Caldwell.

MAYONNAISE DRESSING—1 egg, 1-2 cup vinegar, 1 tablespoon sugar, salt, mustard on tip of knife, butter size of butter. Beat egg light, add vinegar, sugar, salt and butter. When cold add 1-2 cup cream.—Mrs. J. A. Nicolson.

TOMATO SALAD—1 quart can tomatoes, add one small onion, sliced, 1-2 cup finely chopped celery. Boil for 1-2 hour, then strain, season with salt, then add to each cup of the liquid 1 dessert spoon of Knox's gelatine dissolved in a little of the boiling liquid. Pour into small cups and set away to cool. Turn out into rests of lettuce leaves and cover with mayonnaise.—Mrs. D. M. Geddes.

SARDINE SALAD—1 box best sardines, 12 small sour pickles, 4 crackers, chop all together, moisten with juice of 1-2 lemon. Can be served on round pieces of toast or on lettuce leaves.—Mrs. D. M. Geddes.

CREAM SALAD DRESSING—Half level teaspoon salt, one level teaspoon mustard, a few grains cayenne pepper, one level teaspoon flour, one level tablespoon sugar, one beaten egg, three tablespoons melted butter, three quarters cup thin cream, quarter cup vinegar. Be careful to add the vinegar slowly, stir until smooth.—Mrs. James Coulter.

STUFFED TOMATOES—Choose ripe tomatoes as near as possible the same size. Cut off the end, removing carefully the pulp with a fork. Have some cold meat hashed very fine, mix it with the pulp of the tomatoes, seasoning with pepper and salt and a little onion chopped fine, return to tomatoes putting on the end first cut off. Put all in pan with a piece of butter on each tomato, a tablespoonful of water in the pan and cook in oven. Raw potatoes and hard boiled eggs can be prepared the same way.—Mrs. Van Allen.

SALAD DRESSING—Beat up two eggs with two tablespoons of sugar, add a piece of butter the size of half an egg, a half teaspoon of mustard, a little pepper, and lastly a teacup of vinegar. Put all these ingredients in a dish over the fire and cook like a soft custard. Some think it improved by adding half a cupful of thick sweet cream; in that case use less vinegar. Either way is very fine and may be used with almost any salad.—Mrs. L. E. Brandt.

CABBAGE SALAD—1 egg, 1-2 cup granulated sugar, 1-2 cup vinegar, 1-2 cup sweet cream, tablespoon butter, small teaspoon mustard. Stir sugar, mustard, butter and egg, heat and then add vinegar, when boiling add cream and stir until thick. Chop cabbage fine and sprinkle with pepper and salt. Not too much salt.—M. I. McGregor

SALAD DRESSING—One cup (cider) vinegar or one half cup acid vinegar and one half cup water) one tablespoon flour, one teaspoon dry mustard, one teaspoon pepper, one teaspoon salt, two tablespoons sugar and two eggs. Mix and cook till it thickens. Then in the equal amount of cream when ready to use. If cream is slightly changed, it will still do nicely.—Mrs. Harriet Emerson.

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FRUIT SALAD—2 cups soft sweet apples, 2 cups bananas, 2 cups green grapes seeded, 2 cups oranges, 2 cups pineapple. Mix all together with mayonnaise dressing. Serve on lettuce leaf with whipped cream on top.—Mrs. J. A. Nicolson.

LOBSTER SALAD—1 can lobsters, 3 eggs boiled hard, 1 large tablespoon melted butter, pepper and vinegar to taste. Pick lobsters in small bits, chop eggs fine, add salt, pepper, butter and vinegar. Serve on lettuce leaf.—Mrs. J. A. Nicolson.

SALAD DRESSING—2 eggs, 1-3 cup of sugar, 1 tablespoon flour, 1 teaspoon mustard, 1-2 cup vinegar, 1-2 cup sweet milk, pinch of red pepper also salt, 1 tablespoon butter. Boil all together.—M. King.

FRENCH FRUIT SALAD—Three bananas, two oranges, 12 English walnuts, one-half pound Malaga grapes, one head lettuce, French dressing. After peeling oranges remove pulp from each section. Cut bananas in thin slices and remove skin and seeds from grapes; chop walnuts in small pieces. Mix ingredients and arrange on lettuce leaves. Best served with French dressing.—Mrs. Wm. Miller.

MAYONNAISE DRESSING—Yolks of 2 eggs, teaspoon mustard (mixed) 1 teaspoon butter, 1-2 cup vinegar, remove from stove and stir in 1-2 cup of cream, 2 tablespoons sugar if desired.—Mrs. G. N. Bennett.

LUNCHEONS

IMPERIAL CHEESE—One pound grated cheese, one tablespoon mustard, two tablespoons sweet cream, butter the size of an egg. Rub butter and mustard together, add the cream. Mix all well together and put in jars ready for use.—Mrs. Munro.

MACARONI AND CHEESE—To a quart of boiling water add a pinch of salt, then break into the water one-third packet of macaroni. Boil quickly for twenty minutes, strain and put layer in a dish, then a layer of grated cheese. On top have about three or four tablespoons of tomatoes, also a few pieces of butter. Bake in a brisk oven for twenty minutes; serve real hot.—M. King.

SCALLOPED TOMATOES—Take off nearly all the juice from a can of tomatoes, put a layer of bread crumbs into a buttered pan, then a layer of tomatoes seasoned with salt and pepper and a lump of butter. Continue till dish is full, having crumbs on top layer. Bake twenty minutes.—M. King.

DEVILLED EGGS—Boil hard as many eggs as required, cover with cold water to prevent discoloration, remove shells, cut in halves, place yolks in a bowl and mash fine, add a few spoons salad dressing, fill whites with mixture, set on lettuce leaves.—Mrs. R. Hurst.

OATMEAL HERMITS—3-4 cup lard, 1 cup raisins, 1 cup brown sugar, 1-2 cup sour milk, 2 cups rolled oats, 1 cup flour, 1-2 teaspoon soda, 3 eggs. Bake in muffin tins.—M. King.

CORN PAN CAKE—2 eggs, 1 cup canned corn, 1 cup hot sweet milk, 1 teaspoon butter, 1 teaspoon brown sugar, 1-4 teaspoon salt, 1 cup flour, 1 teaspoon baking powder.—M. King.

GRAHAM GEMS—1-4 cup butter, 1-2 cup brown sugar, 1-2 cup sour milk, 1-2 teaspoon soda, 1 egg, 1 cup Graham flour. This makes 8.—M. King.

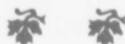
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- PEACH FOAM**—Pare stone and cut up enough ripe peaches to make a quart, then crush with 2 cups of granulated sugar, and one cup of ice water. Add 1 teaspoon lemon juice and the unbeaten whites of 4 eggs, stir well, then freeze, beating well after it is half frozen, then complete freezing. Serve in cups with two or three candid cherries on each.—Mrs. Jas. McLeod.
- YORKSHIRE PUDDING**—1 cup milk, 2 eggs well beaten, 1 cup flour, a little salt. Put some fat from the roast in hot pan, pour in mixture, cook in quick oven about 1-2 hour. The batter may be made some hours before being cooked.—Mrs. D. M. Geddes.
- PINEAPPLE CREAM**—1-2 package (Knox's) gelatine, 1-2 can grated pineapple mixed with cup of sugar, let boil and set out to cool. When it just commences to thicken put the two together, whip a teacup of cream and stir in. Serve with whipped cream on top.—Mrs. D. Stephenson.
- POTATO FROSTING**—1 large potato beaten until creamy then add a small piece of butter, size of a walnut, beat until smooth add enough frosting sugar until thick, flavor with quite a little almond extract.—Mrs. D. Stephenson.
- CARROT PUDDING**—1 cup raisins, 1 cup currants, 1 cup flour, 1 cup brown sugar, 1 cup bread crumbs, 1 cup suet, 1 cup grated carrots, 1 cup grated potatoes, 1 teaspoon of soda, 2 eggs, salt and flavor to taste with spices. Steam 3 hours.—Mrs. D. Stephenson.
- STEAMED COTTAGE PUDDING**—1 cup sugar, 3 teaspoonfuls of melted butter, 1 cup of milk, 2 cups flour, 1-2 teaspoon of soda, 1 teaspoon of cream of tartar. Steam 30 minutes. Serve with sauce.—Mrs. D Stephenson.
- CARAMEL PUDDING**—1 cup of sugar browned, 3 eggs white for icing) 1-2 cup of corn starch, 1 quart of milk, a little vanilla and a pinch of salt. Put milk on to boil, when near boiling stir in browned sugar then corn starch dissolved in milk, then yolks of eggs, pour in pudding dish, cover top with well beaten whites and place in oven to brown.—Mrs. D. Stephenson.
- PLUM CONSERVE**—5 lbs. plums, 5 lbs. sugar, 1 lb. raisins, 2 oranges. Grate rind of orange using it and the juice and pulp of the two half and quarter plums. Add sugar and other things (chop raisins) put all together then work in hands until plums are broken, boil 30 to 40 minutes until thick.—Mrs. Bruce.
- CARAMEL TAPIOCA**—1-2 cup of tapioca, 2 cups brown sugar, boil in 1 quart of water until transparent. Add 1 cup of walnut meats cut small. Put small pieces of pineapple in bottom of mold add tapioca pudding and when cold serve with whipped cream and Marachino cherries, enough for 8 dishes.—Mrs. J. A. Nicolson.
- RICE SNOW BALLS PUDDING**—Boil a pint of rice in two quarts of water, with a teaspoon of salt, until quite soft, then put it in small cups, having them quite full; when perfectly cold turn them into a dish. Take the yolks of three eggs, one pint of milk, one teaspoon corn starch; flavor with lemon, and cook as you do soft custard; turn over the rice half an hour before eating it. This is a nice dessert in hot weather.—Mrs. VanAllen.
- STEAMED PUDDING**—1 cup of butter, 1 cup of molasses, 1 cup of sour milk, 3 cups of flour, 1 cup of chopped raisins, 1 teaspoon soda, 1-4 teaspoonful of all kinds of spices. Must be thoroughly mixed. Steam several hours if and steam over if needed.—Mrs. Jas. Crawford.

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ORANGE PUDDING—Peel and cut five good, sweet juicy oranges into thin slices, taking out all the seeds; pour over them a cup of white sugar. Let a pint of milk get boiling hot; add the yolks of three eggs well beaten, one tablespoon corn starch made smooth in a little cold milk; stir all the time, and as soon as thickened pour over the fruit. Beat the whites to a stiff froth; add a teaspoon sugar and spread it on for frosting; set it in the oven a few minutes to harden. Substitute any fruit if you prefer; peaches are nice done this way.—Mrs. Van Allen.

APPLE DUMPLINGS—Peel six medium sized apples very thinly, but do not cup them up, make about half a pound short pastry, cut it up in six pieces and roll each piece into a ball. Take an apple and work it into the centre of each ball of paste and put a clove and some sugar into the centre of each apple before closing the paste. Place on greased tin, bake slowly for half an hour. To be eaten hot with cream and sugar, or golden syrup.—Mrs. Van Allen.

APPLE SPONGE PUDDING—A piece of butter the size of a lark egg, one egg, three level spoonfuls of baking powder, one cup of sugar, one cup of milk, 1 spoonful of vanilla, two cups flour, a pinch of salt. Beat the butter and sugar to a cream, add the eggs well beaten. Mix the flour, salt and baking powder together, then add the eggs, butter and sugar, then the milk, last the vanilla, beat all together till quite light. Bake in a well greased pan, in a moderately hot oven. Should bake in twenty minutes. When baked cut in squares and serve on cold apple sauce, whipped cream is an improvement.—Mrs. Van Allen.

TAPIOCA PUDDING—One cup sugar, one quart milk, one cup of tapioca; three eggs beaten separately, flavor, just come to a boil.—Mrs. James Coulter.

XMAS PUDDING—1 lb. suet, 1 lb. brown sugar, 1 lb. currants, 1 lb. raisins, 1 lb. sultanas, 2 lemons, rind and juice, 1-2 lb. candied peel, 1-2 lb. bread crumbs, 1-2 lb. flour, 1 teaspoon salt, 2 teaspoons allspice, 1-4 lb. almonds, chopped fine, 1-2 cup jelly or fruit juice, 8 eggs. Boil 6 or 8 hours, nicer boiled in pudding bowls; 2 large or 3 small ones.—Mrs. Jas. Cobban.

PUDDING FOR SUNDAY MADE SATURDAY—Let one quart of milk come to the boiling point; then stir in the beaten yolks of 4 eggs, pinch of salt and one soaked package of Knox gelatine and cook for two minutes. Soak gelatine five minutes in one cup of water. Sweeten the beaten white of 4 eggs with one cup sugar, flavor with pineapple, stir in other ingredients, put in one or more molds and chill. Serve with cream.—Mrs. Francis Stone Lindley.

PLUM PUDDING—(easily digested) one heaping cup of rolled bread crumbs, 2 cups flour, 1 cup chopped raisins, 1 cup best molasses, 1 cup sweet milk, 1 cup suet chopped fine, 1 tablespoon soda, 1 teaspoon salt, 1 teaspoon each cloves and cinnamon mix all ingredients together put into molds and set in boiling kettle of water and boil 2 1-2 hours, keep boiling briskly, adding more water as it boils away. Eat with lemon sauce.—Mrs. Munro.

GINGER CORDIAL—4 lbs. white sugar, 5 cts. worth of burnt sugar, 5 cts. worth essence of ginger, 5 cts. red pepper, 5 cts. worth tartaric acid, one gallon of water. Get the burnt sugar and other stuff at druggists which he mixes in a bottle all but acid which you add to the water yourself, then other stuff and stir. Then put on the stove and let come to a boil, take off and put in bottles.—Mrs. Munro.

FIG PUDDING—One cup suet, one cup sugar, one cup flour, one and one half cup bread crumbs, one half cup milk, two eggs, one pound chopped figs, one nutmeg grated, two teaspoons baking powder. Put in greased mold. Boil three hours.—Mrs. A. R. Mitchell.

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APPLE PUDDING—Nearly fill a buttered baking dish with sliced apples, and pour over the top a batter made of one tablespoon of butter, one half cup of sugar, one egg, one half cup sweet milk, one cup of flour, in which has been sifted one teaspoon baking powder. Bake in moderate oven until brown. Serve with cream and sugar. If apples are very tart sweeten some. Other fruit may be substituted for apples.—Mrs. Harriet Emmerson.

STEAM PUDDING—One cup of suet, one cup of bread crumbs, two cups currants, one half cup brown sugar, two teaspoons soda, one and one half cups boiling water, flour to mix. Steam 2 hours.—Mrs. A. R. Mitchell.

RASPBERRY PUDDING—2 eggs and their weight in flour, sugar and butter, 2 tablespoons raspberry jam, 1 teaspoon soda. Steam 1 1/2 hours.—Mrs. J. S. Caldwell.

MAPLE CREAM SAUCE—1 cup of brown sugar, 1/2 cup butter, brown over a quick fire, then add a little milk and flavor.—Mrs. J. S. Caldwell.

APPLE PUDDING—Peel and slice four large apples, place in a buttered pudding dish sprinkle with sugar. Make a batter of piece of butter 1/2 the size of an egg, 1/2 cup of sugar, 1/2 cup sweet milk, 1 1/2 teaspoons baking powder, pour over apples, bake in moderate oven eat hot with cream.—Mrs. R. Hurst.

SUET PUDDING—1 cup suet, 1 cup sour milk, 1 cup molasses, 1 cup raisins, 1 cup currants, 1 teaspoon soda, 1 teaspoon salt, 3 cups flour. Steam 3 hours. Serve with whipped cream.—Mrs. R. Hurst.

HEAVENLY HASH—To the juice of 2 doz. oranges add juice of 15 lemons and 2 cans of grated pineapple, pour in the water and sweeten to taste. This amount will serve 25 persons.—Mrs. Francis Starr Lindley.

BOSTON CREAM—4 quarts of water, 4 lbs. white sugar, 1 bottle vanilla, 4 oz. bottle whites of 6 eggs. Beat whites of eggs and add to sugar, then add water and vanilla, and boil. Let cool then bottle and use a wine glass full to a glass of water and 1/4 teaspoon of soda. This is a refreshing drink for summer.—Mrs. Wm. Miller.

DATE PUDDING—3/4 cup brown sugar, 1/4 cup sweet milk, 2 eggs, 2 cups bread crumbs, 1 cup flour, 1 1/2 cups suet, pinch of salt, 2 teaspoons baking powder. Steam three hours.—M. King.

LEMON SAUCE—2 cups boiling water, 1 cup granulated sugar, 1 tablespoon corn starch, juice of one lemon, one tablespoon butter. Boil all until it gets glossy.—M. King.

CHRISTMAS PUDDING—1 lb. seeded raisins, 1/2 lb. currants, 1/2 lb. finely chopped beef suet, 1/2 lb. bread crumbs, 1/2 lb. brown sugar, 1/2 lb. mixed peel, 1/4 lb. flour, 1/2 nutmeg, 1/2 cup walnuts, 1 teaspoon mixed spice, 1/2 teaspoon ginger, 1 saltspoon of salt, 1/2 cup sweet milk. Boil in a bag.—M. King.

SAVORY RICE—Half a cup of rice cooked in salt water till tender. Melt a piece of butter in a baking dish put in a layer of rice then cracker crumbs, then grated cheese. Flavor with bits of butter, salt and pepper. Repeat till dish is filled, always having cheese for top layer. Cover with sweet milk and bake half or three-quarters of an hour. It should be quite brown.—Mrs. L. E. Brandt.

TOMATO CREAM—1 dozen ripe tomatoes, 1 dozen sour apples, 1 dozen onions, 2 lbs. of brown sugar, 1/4 lb. mustard, 1/2 teaspoon black pepper, 1 red pepper cut in small pieces, 1 1/2 teaspoon salt, 1 quart vinegar.—Mrs. J. S. Caldwell.

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BREAD, BISCUITS AND ROLLS

BREAD—Soak one cake of yeast in luke warm water until thoroughly dissolved. Scald a small cup of flour with potato water, add several medium sized potatoes (mashed) and mix well. When cool add yeast cake and enough flour to stiffen like sponge cake. Let stand in warm place till well fermented. Up to this time about one quart of water should have been used. Scald one quart of milk and a generous tablespoon of lard, let cool till luke warm and add to yeast. Have flour in kneading pan thoroughly mixed with two tablespoons of salt and one of sugar. Make a hollow in the flour and turn in batter. Beat and mix in flour thoroughly with a spoon as long as it can be stirred, then knead well with the hands. Add flour till dough no longer clings. Let stand till light, mix down, kneading well. Let rise again, make into loaves and put in pans. When light place in a moderately hot oven and bake at least one hour. This makes six large loaves. If milk is scarce, use half the amount called for and water, and very good results have been obtained by using all water. The amount of lard used being increased accordingly.—Mrs. Harriet Emerson.

SCOTCH SHORTBREAD—1 cup icing sugar, 1 cup butter, 1 cup lard, 1 cup flour. Mix real well.—M. King.

GINGERBREAD—2 eggs, 1 cup of sugar, 1 cup molasses, 1 cup sweet milk, 1-2 cup butter, 1-2 teaspoonfuls ginger, 3 teaspoonfuls baking powder, flour to make stiff batter.—Mrs. G. N. Bennett.

GRAHAM BREAD—2 cups of wheat flour, 4 cups of Graham flour, 2 teaspoons salt, 1 teaspoon of soda dissolved in water. Make as stiff as can be stirred with spoon. Let it rise over night. In morning beat it a little, form in one or two loaves, put in pans and when it rises again bake 1 hour in moderate oven.—Mrs. D. Stephenson.

NUT BREAD—Flour, 4 cups, sweet milk, 2 cups, sugar, 1 cup, chopped walnuts, 1 cup, baking powder, 4 teaspoons, 1 saltspoon of salt, butter, 1-2 cup, 2 eggs, mix well. Pour into a well buttered pan and let rise twenty minutes. Bake in a moderate oven 25 minutes.—Mrs. Jas. McLeod.

NUT BREAD—4 cups sifted flour, 1 egg well beaten, 1-2 cup sugar, 1 cup chopped walnuts, 1 teaspoon salt, 4 teaspoons baking powder, 1-2 cups milk. Mix and let rise 1-2 hour. Bake one hour in moderate oven.

BROWN BREAD—Three cups sour or buttermilk, one half cup molasses, one half cup sugar, three teaspoons soda dissolved in the milk, two cups white flour, three cups Graham. Raise three-fourths hour, bake one-half hour.—Mrs. M. F. Baley.

EMERGENCY BREAD—To two cups sifted flour add three rounded teaspoons baking powder, one-fourth teaspoon salt, sift together; mix with cold water as for biscuit. Turn on a floured board and cut with a cutter. Have a deep frying pan very hot. Put in a tablespoon of lard. Place the biscuits in pan far enough apart so they will not touch when raised. Cover tightly and set on stove not too hot. When light brown turn and brown other side. Serve hot.—Mrs. M. F. Baley.

BOSTON BROWN BREAD—1-2 cup brown sugar, 1 tablespoon lard, 1 egg, 1 cup seeded raisins, 1-4 cup molasses, 2 cups sour milk, 2 teaspoons soda, 2 cups of Graham flour, 1 cup of white flour, 1 teaspoon salt. Put in covered coffee tins, bake 1 hour in a slow oven.—Mrs. Bruce

YEAST—Take about three-quarters cup of flour, put in a pan, pour boiling potato water on it and beat to a smooth paste, then when warm add a yeast cake that has been dissolved in a little warm water. This is better when made a day before baking bread.—Mrs. J. A. Nicolson.

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SUPERIOR GINGERBREAD—One cup dark sugar, one cup butter, one cup sour milk, one cup molasses, four cups sifted flour, one tablespoon ginger, one teaspoon soda dissolved in a little water, two eggs, two cups raisins, spice to taste, put soda in last when your cake is well mixed.—Miss Laura Coulter.

SCOTCH SHORTBREAD—7 ounces of flour, 1 ounce of rice flour, 5 ounces of butter, 2 ounces of castor sugar. Work all this together with the hands until it is soft, make it into a round cake about 1-2 inch thick, prick all over with a fork, put it on a greased paper on a flat tin and bake in a slow oven until it is apale brown.—Mrs. Jessie C. Galloway.

SHORT BREAD—1 cup icing sugar, one cup butter, one cup lard, pinch of soda, four cups flour.—Mrs. James Coulter.

BAKING POWDER BISCUIT—2 pints flour, lard size of an egg, 3 heaping teaspoons baking powder, 1 teaspoon salt, make a soft dough of sweet milk; knead as little as possible; bake in rather a quick oven.—Mrs. Jas. Cobban.

HOT BISCUIT—2 cups flour, 2 tablespoons lard, pinch of salt, 2 teaspoons baking powder. Put in baking powder with flour. Wet with sweet milk or water. 1 tablespoon currants, 2 tablespoons sugar.—M. King.

TEA ROLLS—1 egg, 1-2 cup of sugar, 1 cup of milk 3 teaspoons baking powder, tablespoon butter, flour enough to make a stiff batter, bake in gem pans in a quick oven.—Mrs. D. Stephenson.

TEA ROLLS—1 egg, 1-2 cup sugar, 1 cup milk, 3 teaspoons baking powder, tablespoon butter, flour enough to make stiff batter. Bake in gem pans in quick oven.—Mrs. D. Stephenson.

PARKER HOUSE ROLLS—1 pint milk or half water, 1-2 cup white sugar, large half cup of lard. Set on and scald, let cool until just milk heat, put in enough flour to make a dough batter, 1-2 cake Royal yeast set over night. Salt in the morning (1tablespoon). This makes two dozen.—M. King.

CAKE

FRUIT CAKE—Two cups brown sugar, one and one half cups butter, four eggs, one tablespoonful molasses, one and one half cups sour milk, one teaspoonful of soda, a little salt, one pound of raisins, one half pound currants, one pound of dates, three quarters of a cup of almonds, five cents worth of citron peel, one tablespoonful of mixed spices. Mix real stiff.—Mrs. M. Nabseth.

ANGEL FOOD CAKE—The whites of eleven eggs, one and one half tumblers of sifted sugar, one and one half tumblers of sifted flour, one teaspoonful of vanilla, 1 tablespoonful of cream tartar, the tartar mixed in the flour. Beat the eggs to stiff froth, then add the sugar. Do not stop beating until you put it in the pan to bake. Bake forty minutes in a moderate oven.—Mrs. M. Nabseth.

DEVILS FOOD CAKE—Cook two squares of Bakers' chocolate in one half cup of sweet milk, beat until cool then add a little vanilla, one half cup of butter and one half cup of sugar, add yolks of three eggs, one half cup of sweet milk, one teaspoonful of soda dissolved in a little hot water, a little nutmeg and cloves, two cups of flour, whites of three eggs beaten, add chocolate last. Bake in three layers.—Mrs. M. Nabseth.

DATE CAKE—Two eggs, beaten well, two tablespoonfuls of butter, one cup of brown sugar, one half cup of sour milk, one teaspoonful soda, one pound dates, almonds, ten cents, one teaspoonful of cloves and cinnamon, one half teaspoonful nutmeg, two small cups of flour. Bake slowly.—Mrs. M. Nabseth.

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DELICIOUS CAKE WITHOUT EGGS—1 cupful thick sour milk, 1 cupful sugar, 1-2 cupful butter, 2 cupfuls of flour, 1 cupful chopped raisins, pinch of salt, 1 teaspoonful of soda, 1 teaspoonful cinnamon, 1-2 teaspoonful each of cloves and nutmeg. Stir soda into the sour milk, add melted butter and sugar, salt and spices. Put the flour over the raisins and stir all together. This will make one loaf or twelve little cakes in gem pans.—Mrs. Jas. Crawford.

ONE EGG CAKE—One half cup butter, one cup sugar, one egg, two cups flour, one cup sweet milk, two teaspoons baking powder, one teaspoon vanilla. Bake in hot oven.—Mrs. M. F. Baley.

DEVILS FOOD CAKE—1-2 cups sugar, 1-2 cup butter, 2 eggs, 2-3 cup milk, 2 cups flour, 1-2 teaspoon baking powder, 4 tablespoons chocolate dissolved in 5 tablespoons of hot water. Cream the butter and sugar, add yolks of eggs, milk, flour and baking powder, beat the whites to a stiff froth, add last.—Mrs. J. A. Nicolson.

NEW ENGLAND JOHNNY CAKE—Beat two eggs until light, yolks and whites separately, to the yolks add 2 tablespoons sugar, 1-2 cups flour, 1 pint corn meal with which sift 2 teaspoons baking powder, 1-2 teaspoon salt, stir in egg whites put in greased pan and bake in quick oven.—Mrs. G. N. Bennett.

JOHNNIE CAKE—Two eggs, one half cup of brown sugar, 1 cup of shortening, one and half cups of sour milk, one teaspoon soda, two cups of corn meal, and half cup of flour, one teaspoon salt. Bake slowly.—Mrs. C. E. Conlin.

SULTANA CAKE—1-2 lb. butter, 1 lb. sugar, 1 lb. flour, 1 lb. Sultana raisins, 1-4 lb. mixed peel, 1 teaspoonful baking powder, 5 eggs, a little nutmeg and 2 teaspoons vanilla. Cook about 1 hour in a moderate oven (a little extra flour may be added).—Mrs. D. M. Geddes.

PEEL CAKE—1 cup butter, 1-2 cups sugar, 3 eggs, 1-2 cup sour milk, 1 teaspoon soda, 1-2 teaspoon cinnamon, 2-3 cups or more flour, 1 cup shelled almonds, 1 peel lemon) 1 cup raisins.—Mrs. D. M. Geddes.

NUT CAKE—1 small cup butter, 1-2 cups brown sugar, rolled, added gradually, yolks of 3 eggs, 1-2 cup of sweet milk, 1 teaspoon cinnamon, a little nutmeg, 1 cup raisins (chopped fine) 3 cups flour, 2 teaspoons baking powder, the whites of eggs beaten stiff and folded in last. Bake about 25 minutes.—M. I. McGregor.

CRUMB CAKE—1-2 cups of flour, 1 cup brown sugar, 2 tablespoons butter; crumb together with fingers, then add 1-2 cup of raisins, and 1-2 cup of currants, 1 teaspoon of nutmeg, 1 teaspoon of baking soda in 1 cup of sour milk; mix not too stiff and bake in slow oven for 1 hour. A few nuts may be added.—Mrs. Bruce.

SUNSHINE CAKE—Use whites of ten eggs, yolks of six, one teaspoonful cream of tartar, one and one half cupfuls of sifted pulverized sugar, one cupful flour, the grated peel of one orange; beat whites stiff then cream in one half of the sugar; beat yolks very light, add flavoring and balance of sugar, put yolks and whites together and add flour and cream of tartar, mix quickly, put in angel cake pan; bake about one hour in a slow oven.—Mrs. Bruce.

ORANGE CAKE—One cupful sugar, one half cupful butter, yolks of three eggs and one whole egg. Reserve two whites for frosting. Take one half cupful of cold water, two cupfuls of baking powder, the juice of one orange; bake in layers; ice with boiled icing grating in rind.—Mrs. Bruce.

APPLE SAUCE CAKE—1-2 cups apple sauce, 1 cup brown sugar, 1 egg, 1-2 cup butter, 1-2 tablespoon molasses, spice to suit taste, 1-2 cup raisins, 1-2 cup nuts, 2 teaspoons soda, 2 cups of flour.—Mrs. Bruce.

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SNOW CAKE—12-3 cups flour, 1-2 cup milk, 1 cup sugar, 1-4 cup butter, 1-2 teaspoon vanilla or 1-4 teaspoon of almond extract, whites of two eggs, 2 1-2 teaspoons baking powder. Put in deep narrow pan and bake 45 minutes.—Mrs. Wm. Miller.

NUT CAKE—1 1-2 cups sugar, 1-2 cup butter, 1-2 cup milk, 3 eggs, 1 teaspoon cream of tartar, 1-2 teaspoon soda, 2 1-2 cups flour, 1 cup nut meats.—Mrs. J. S. Caldwell.

COFFEE CAKE—Two cups brown sugar, one cup of strong cold coffee, one cup butter, four eggs, two teaspoons cinnamon, two teaspoons cloves, one grated nutmeg, 1-2 cup molasses, one lb. raisins, one lb. currants, four cups flour, one teaspoon soda.—Mrs. Jas. McLeod.

DEVILS FOOD—2 cups sugar, 1-2 cup butter, 2 eggs, 1-2 cake Bakers' chocolate dissolved in 1-2 cup boiling water, a pinch of salt, 1 teaspoon soda, 1-2 cup sour milk, 3 cups flour. Filling: 1-2 cup sweet cream, 1-2 cup butter, 2 cups sugar, 1 teaspoon vanilla, 2 tablespoons chocolate; cook until it becomes waxy, then cool and spread between layers and on top of cake.—Mrs. Jas. McLeod.

MARBLE CAKE—Light part: Whites of three eggs, one third cup of butter, two cups flour, two tablespoons milk, one cup sugar, one teaspoon baking powder. Dark part: Yolk three eggs, one cup molasses, one-third cup butter, two cups flour, one teaspoon soda, spices to taste. Put in one spoon of light and one of dark. Bake in a stove oven.—Mrs. M. F. Baley.

WHITE CAKE—Four eggs (whites only) one half cup butter, one cup sugar, one half cup milk, one teaspoon baking powder, two cups flour, one teaspoon lemon flavoring extract. Cream butter and sugar, add milk, flour and baking powder and last beat in the eggs which should be already beaten very light.—Mrs. M. F. Baley.

SPONGE CAKE—One cup sugar, three eggs beaten separately three tablespoonfuls boiling water, one cup flour, two tablespoonfuls baking powder.—Mrs. James Coulter.

XMAS CAKE—1 lb. butter, 1 lb. brown sugar, 1 lb. flour, 3 lbs. currants, 3 1-2 lbs. raisins, 1-2 lb. mixed peel, 1-2 lb. shelled almonds, 10 eggs, 1 nutmeg, teaspoon each of cloves and cinnamon, 1 cup molasses, 1 teaspoon soda.—Mrs. D. M. Geddes.

RASPBERRY CAKE—3-4 cup brown sugar, 3 eggs, 3-4 cup butter, 1 cup raspberries, 1 teaspoon soda, 1 1-2 cups flour. Bake in layers; use raspberry jam or jelly for filling and chocolate icing.—Mrs. D. M. Geddes.

LEMON CAKE—2 eggs, 1 cup sugar, 1-2 cup butter, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon lemon extract. Dressing: 2 eggs, 1 cup sugar, 1 tablespoon butter, 1 tablespoon corn starch, 1-2 cup water, juice and grated rind of 1 lemon. Mix together and cook 1 1/2 thick. Spread on top of cake or sprinkle with grated cocoanut.—Mrs. D. M. Geddes.

CHOCOLATE LAYER CAKE—One cup sugar, one half cup butter, one half cup milk, two eggs, two cups flour, half teaspoonful soda, one teaspoonful cream of tartar. Put half cake of chocolate in a saucepan over the fire, add one heaping tablespoon of sugar and two tablespoons of water, when melted take off and cool, add to cake mixture with one teaspoon vanilla, and one half cup chopped nut meats, fill into pans for three layers.—Mrs. James Coulter.

LIGHT CAKE—1 cup white sugar, 1-2 cup butter, creamed together well, 3-4 a pint sweet milk, 2 eggs, whites only, 2 cups flour, 2 teaspoons baking powder.—M. King.

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POTATO CAKE—Two thirds cup butter, two cups granulated sugar, two cups flour, one cup hot mashed potatoes, one half cup sweet milk, one cup grated chocolate, four eggs, two teaspoons baking powder, one cup chopped walnuts, one teaspoon each of cloves, nutmeg, cassia, cream, butter, sugar and yolks of eggs, add milk, potatoes, whites of eggs and chocolate, lastly nuts.—Mrs. A. R. Mitchell.

SPICE CAKE—Three eggs two cups brown sugar, one cup butter, one cup buttermilk (thick) three and a half cups flour, one heaping teaspoon soda, two teaspoons cinnamon, one half teaspoon cloves, one half nutmeg, one large cupful of raisins or currants.—Mrs. Brookbank.

EAGLE CAKE—Two eggs, one cup brown sugar, half cup butter, one cup sour milk, one cup raisins, one cup currants, two teaspoonfuls any spices, one teaspoon vanilla, one teaspoon soda and two cups flour.—Mrs. Brookbank.

MARBLE CAKE—White part: One and a half cups sugar, half cup butter, half cup sweet milk, whites of four eggs, two and a half cups flour, one and a half teaspoons baking powder. Dark part: One cup brown sugar, half cup molasses, half cup butter, half cup sweet milk, yolks of four eggs, two and a half cups flour, one and a half teaspoons baking powder, one half teaspoon each of cloves, allspice, nutmeg and cinnamon.—Mrs. Brookbank.

WHITE CAKE—One half cup butter, one cup white sugar, beat to a cream, one half cup milk, whites of four eggs beaten stiff, one and one fourth cups flour, one fourth cup corn starch, one and one half teaspoons baking powder, one half teaspoon essence lemon. Beat all together well and bake in a moderate oven. Cover with white icing and sprinkle with coconut.—Mrs. A. R. Mitchell.

CHOCOLATE CAKE—Four large tablespoons of grated chocolate, one cup sugar, one half cup milk, one egg yolk, cook until thickens. Have ready one cup chopped walnuts, one teaspoon of vanilla, put into mixture while hot, when cool add to the following batter. One half cup well creamed butter, one cup sugar, one small cup milk, two eggs well beaten, two teaspoons baking powder sifted in two cups of flour. Bake in two or three layers. Ice with chocolate.—Mrs. A. R. Mitchell.

DATE CAKE—One cup of sugar, one cup of butter, one fourth cup warm water, two eggs, one half teaspoon soda, two cups flour, one pound dates (stoned) one cup chopped walnuts. Bake slowly for 2 hours.—Mrs. A. R. Mitchell.

SOFT GINGER BREAD—One cup butter, one cup sugar, one cup molasses, one half cup buttermilk, 4 eggs (yolks and whites beaten separately) three and one third cups flour, one tablespoon ginger, one small teaspoon soda. Bake in large shallow pan.—Mrs. A. R. Mitchell.

FRUIT CAKE—1 cup brown sugar, 1 teaspoon soda, 1-2 cup sour milk, 1 cup raisins, 1 cup currants, 1-2 lb. dates, 3 eggs, 1-2 cup citron peel, 1 nutmeg, 1-2 cup butter. Bake 2 hours in a slow oven.—M. King.

PRAIRIE CAKE—1 cup baking syrup, 1-2 cup brown sugar, 1-2 cup shortening melted, 1 teaspoon cloves, 1 teaspoon cassia, 2 teaspoons baking soda. Put in 1 cup boiling water, 2 1-2 cups flour, yolks of four eggs until beaten, add after everything else is in.—Mr. King.

CRUMB CAKE—2 cups flour, 1 cup brown sugar, 1-2 cup butter, cream this together and save 1-3 cup to put on top of cake just before putting in the oven. 1 egg, 1 cup sour milk, 1 teaspoon soda, 1 cup raisins, 1 cup chopped walnuts, 1 teaspoon vanilla. Bake in a long pan.—M. King.

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NUT CAKE—3 eggs, 1 1/2 cups sugar, 1/2 cup of butter, 1/2 cup of milk, 2 1/2 cups flour, 1 1/2 teaspoonfuls of baking powder, 1 cup of broken nut meats, walnuts, almonds, pecans, or any desired kind. Bake about 39 minutes in a fairly hot oven.—Mr. Jas. Crawford.

SPONGE CAKE—3 eggs 1 cup sugar, 1 cup flour, 2 teaspoons baking powder, 5 tablespoonfuls boiling water. Beat eggs and sugar together; mix flour and baking powder. Add eggs and sugar, mix well and add boiling water.—Mrs. Jessie C. Galloway.

LIGHT CAKE—1 tablespoon butter, 1 cup sugar, 2 eggs, 2 teaspoons baking powder and enough flour to make a light batter. Cream the butter and sugar add eggs and beat up well, then add the flour and put the baking powder last, just when the cake is ready to go in the pan for the oven.—Mrs. Jessie C. Galloway.

FRENCH LAYER CAKE—Yolk of 4 eggs, 1 cup brown sugar, 1 tablespoon butter, 1 tablespoon lard, 1 cup molasses, 1 cup sour milk, 1 teaspoon soda, 3 cups flour, spice.—Mrs. R. Hurst.

SILVER CAKE—1/2 cup butter, 1 cup sugar, 1/2 cup sweet milk, whites of 3 eggs, 2 cups flour, 2 teaspoons baking powder, flavor.—Mrs. R. Hurst.

CHOCOLATE CAKE—1st part: 1 cup brown sugar, 1/2 cup butter, 1/2 cup sweet milk, 2 1/2 cups flour yolks of 3 eggs, 1 teaspoon soda. 2nd part: 1 cup brown sugar, 1 cup grated chocolate, 1/2 cup sweet milk. Put on stove and let dissolve, when cool add part one.—Mrs. R. Hurst.

WALNUT CAKE—1 cup white sugar, 1/2 cup butter, 1/2 cup sweet milk, 1 cup chopped nuts, 2 eggs, 2 cups flour, vanilla, 2 teaspoons baking powder.—Mrs. R. Hurst.

MARBLE CAKE—Whit part: Whites of four eggs, one cup of sugar, one half cup of butter, one half cup of sweet milk, one teaspoonful of baking powder, one teaspoonful of vanilla and one and a half cups of flour. Dark part: Yolks of four eggs, one cup sugar, one half cup of cooking molasses, one half cup of butter, one half cup of sour milk, one teaspoonful soda, one teaspoonful cloves, cinnamon, mace and nutmeg.—Mrs. M. Nabseth.

DROP GINGER CAKES—1 cup of light brown sugar, 2/3 cup butter, cup cold water, 1 egg, 2/3 cup molasses, 1 large tablespoon ginger, 1 large teaspoon of soda. Flour to make a stiff batter, drop by teaspoon on well greased pan. Bake in a moderate oven.—Mrs. Jas. Crawford.

CHOCOLATE CAKE—Yolk of 1 egg, 1/2 cup of cold water, 1/2 cup of sugar, 1/3 cake of Bakers' chocolate, melt chocolate, then mix all together, cook till smooth, 2/3 cup of butter, cup of sugar, 2 eggs and other white, 1/2 cup of sour milk with teaspoon of soda dissolved in it, 2 cups of flour, mix all together and beat well.—Mrs. D. Stephenson.

NUT CAKES—One and a half cups sugar and one cup butter creamed together. Add yolks of three eggs well beaten. One teaspoon soda in three tablespoonfuls of hot water. Three cups flour, one and a half cups English walnuts cut coarse, one cup of chopped dates or raisins, one teaspoon each of cinnamon, cloves, and vanilla, three tablespoons molasses. Whites of three eggs well beaten. Pinch off in small bits and bake on buttered tins.—Mrs. L. E. Brandt.

TEA CAKES—One and one half cups sour cream, one teaspoon soda, one egg, one cup sugar, small teaspoon salt, one and one half cups flour, vanilla. Bake in gem tins. A nice variation may be had by adding a half cup of dried currants, dredged with flour, or again one may sift two rounding spoons of cocoa in with the flour. Beat thoroughly.—Mrs. Harr. et Emmerson.

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- DATE CAKE**—1 cup brown sugar, 1 tablespoon molasses, 1/2 cup butter, 1 egg, 1 cup sour cream, 1 lb. chopped dates, 1 teaspoon soda, 1-2 teaspoon cinnamon, 1-2 teaspoon cloves, 1-2 nutmeg. Bake about 30 minutes in a moderate oven.—M. King.
- FRIED CAKES**—One cup of sugar, one egg, one cup sour milk, one teaspoon soda, a little salt, two tablespoons melted butter. Beat the eggs, then add the sugar and beat till very light, then put in butter and flour to make a soft dough, roll out and cut with acutter and fry in hot lard.—Mrs. C. E. Conlin.
- WHITE FRUIT CAKE**—3 cups flour, 1 teaspoon baking powder, 1 1/4 cups white sugar, 1 oz. lemon peel, 1 oz. citron peel, 1 little nutmeg, 1 pound Sultana raisins, 4 eggs, 1-2 pound butter. Bake about 1 1/2 hours with a slow oven.—M. King.
- BELFAST CAKE**—1-2 cup butter, 1 1/2 cups white sugar, 1 cup chopped raisins, 3/4 cup chopped walnuts, 1 egg, 1 teaspoon soda, 1 cup sour milk, 1-2 teaspoon cinnamon, a little nutmeg, 1-2 cup white flour, 2 cups Graham flour. Let cook in a slow oven. Ice with dark icing.—M. King.
- COCOA CAKE**—2 scant cups brown sugar, 1-2 cup cocoa, 2 cups flour, 2 eggs, beaten separately, 1 teaspoon vanilla, 1 cup sour milk, 1-2 cup butter, 1 teaspoon soda. Add the white of eggs just before putting in oven. Ice with boiled icing made as follows: 1 cup brown sugar, 1 2 cup water. Boil until it threads, beat in the white of 1 egg; flavor with chocolate or cocoa.—M. King.
- RASPBERRY CAKE**—1 cup brown sugar, 1-2 cup butter, 2 tablespoons sour milk, 1 teaspoon soda, 2 cups flour, 1 cup preserved raspberries.—M. King.
- PLAIN CAKE**—3-4 cups sugar, 2 eggs, whites and yolks beaten separately, 1 tablespoon melted butter, 1 teaspoon vanilla, 3-4 cups milk, 1 heaping teaspoon baking powder and flour to thicken.—Mrs. G. N. Bennett.
- DEVILS FOOD CAKE**—One-fourth cup butter, one cup sugar, beat in two whole eggs; one teaspoon soda in one-half cup sour milk; one-half teaspoon baking powder in one and half cups flour; one teaspoon vanilla; one fourth cake of grated chocolate (two squares) in a cup and add enough boiling water to make one half cup. Add to cake the last thing.—Mrs. L. E. Brandt.
- CHOCOLATE CAKE**—One and one half cups sugar, one half cup butter and one half cup milk, two cups flour, yolks of three eggs well beaten, mix well. Place one half cup milk on stove and let it come to a boil, then put in one-half cup chocolate (or cocoa) and one third cup sugar, let it boil to a custard. Pour in cake while hot mix all well together, then put in the whites of three eggs well beaten; lastly put in one teaspoon of soda dissolved in a little cold water, and one teaspoon of vanilla. This makes three nice layers. Use and filling desired.—Mrs. Harriet Emerson.
- DEVIL CAKE**—Two eggs, one and one half cups dark sugar, one half cup butter, one half cups cocoa, three quarter cup sweet milk, one teaspoon soda, two cups flour, vanilla to flavor.—Miss Laura Coulter.
- SNOWCAKE**—Put one and one half cups white sugar into one half cup butter and cream the mixture. Add one cup of water and two and a half cups flour with one teaspoon baking powder. Beat five minutes and then add the beaten whites of five eggs.—Miss Laura Coulter.
- FIG CAKE**—Two eggs, one cup dark sugar, one cup butter, one cup sour milk, one cup figs (chopped) one teaspoon soda, spice and flour.—Miss Laura Coulter.

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ROCK CAKE—1 cup sugar, 2 tablespoons butter, 2 eggs, 2 cups flour, 2 cups currants, 2 teaspoons baking powder. Drop from spoon in small cakes.—Mrs. Jas. Cobban.

LIGHT FRUIT CAKE—4 egg whites, 1 cup sugar, 1-2 cup butter, 1-2 cup sweet milk, 2 cups flour, 1-2 teaspoons baking powder, 1-2 cup raisins, 1-2 cup chopped walnuts.—Mrs. R. Hurst.

ANGEL CAKE—5 eggs, whites only, well beaten, 1-2 cup flour sifted times, 3-4 cups of sugar, 1-2 teaspoon of cream tartar, flavoring.—Mrs. D. Stephenson.

COOKIES AND MUFFINS

OATMEAL COOKIES—Two eggs, one half cup of lard, one half cup of butter, one and a half cups of sugar, four tablespoonfuls of sour milk, two cups of dry oatmeal, two and a half cups of flour, one cup of chopped raisins and some walnuts, one teaspoonful cinnamon and nutmeg and one teaspoonful of soda.—Mrs. M. Nabseth.

BOSTON COOKIES—One cup butter, one half cup sugar, three eggs, one teaspoon soda dissolved in one and a half tablespoons hot water, three and one quarter cups flour, one half teaspoon salt, one teaspoon cinnamon, one cup chopped nuts, one cup currants, one half cup chopped raisins, cream, butter, sugar and eggs well beaten, then add soda, one half flour mixed and sifted with salt and cinnamon.—Miss Laura Coulter.

COOKIES—1-2 cups of sugar, 1 cup sour milk, 1 level teaspoon of soda, 1 cup butter, baking powder and flavoring.—Mrs. Francis Stone Lindley.

PEANUT COOKIES—2 tablespoons creamed butter, 1-2 cup sugar, 1 egg, 2 tablespoons of milk, 1 cup of flour, 1 teaspoon baking powder, 1 cup chopped peanuts.

BOSTON COOKIES—3 eggs, 1-2 cups brown sugar, 1 cup butter, 1 teaspoon soda dissolved in two tablespoons buttermilk, 1 cup chopped walnuts, spice, 3 cups flour; drop in buttered pan with teaspoon.—Mrs. P. Hurst.

COOKIES—2 eggs, 1 cup sour cream, 1-2 cup butter, 2 cups white sugar, 1 teaspoon soda, 1 teaspoon cream of tartar, flour to roll out.—Mrs. P. Hurst.

DATE COOKIES—One cup brown sugar, one cup butter, one half cup of sour milk, one level teaspoonful soda, four cups of flour. Roll out very thin and make a filling of one pound dates, one cup of sugar and one half cup of water and boil until thick.—Mrs. M. Nabseth.

COOKIES—One cup shortening, one and one half cups sugar, one half cup half cup cold water, one teaspoon soda, flour enough to roll thin.—Mrs. A. R. Mitchell.

OATMEAL COOKIES—Three cups rolled oats, two cups flour, one cup of shortening, one teaspoon soda dissolved in one half cup of boiling water and a pinch of salt; flour enough to make a soft dough, roll thin and bake in a hot oven.—Mrs. C. E. Conlin.

GOOD PLAIN COOKIES—Two eggs, two cups sugar, one cup butter, one buttermilk, two eggs, one teaspoon soda, flour to roll thin, flavor to taste.—Mrs. A. R. Mitchell.

SUGAR COOKIES—1 cup of sugar, 3 eggs, 1 cup of butter, 1-2 cup sour cream, 1-2 cups of cream of tartar, 1 teaspoon of soda; can add 1 cup of cocoanut if desired.—Mrs. D. Stephenson.

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FRUIT SPICE COOKIES—1 cup brown sugar, 1 cup butter, 2 eggs, 1-2 cup syrup, 1 cup raisins or currants, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 large teaspoon soda.—M. King.

HAMLET COOKIES—2 cups granulated sugar, 3-4 cup butter, 1 cup chopper raisins, 2 eggs, 1 teaspoon each cinnamon, cloves and vanilla, saltspoon salt, 1 teaspoon soda dissolved in 3 tablespoons sour milk.—Mrs. J. S. Caldwell.

DATE COOKIES—2 cups sugar, 1 cup butter, 4 eggs, 4 tablespoons sweet cream, saltspoon salt, 4 teaspoons baking powder, 4 cups flour, 1 teaspoon vanilla. Date filling: 1 lb dates, 1 cup of sugar, 1 cup of water. Cook slowly until thick, let cool before filling cookies.—Mrs. J. S. Caldwell.

DATE MUFFINS—Chop 1-2 pound dates, beat gradually in 1-4 cup butter creamed and mixed with a well beaten egg. Alternately add, cup of milk and pint of flour, sifted with 3 level teaspoonfuls of baking powder. Beat thoroughly and bake nearly 20 minutes in a well buttered muffin pan or a shallow tin pan.—M. I. McGregor.

MUFFINS—1 pint of warm milk, butter size of an egg melted in the milk, 1-2 cup of sugar, 2 eggs, 2-3 cup of yeast, make a stiff batter and raise over night. In the morning drop a spoonful in gem pans and let rise again and bake. If wanted for tea mix in the morning.—Mrs. D. Stephenson.

MUFFINS—1 teaspoon butter, 2 tablespoons sugar, 2 eggs, 1 cup milk, little salt, 3 teaspoons baking powder, 2 cups flour. Beat the butter and sugar light, add eggs, milk salt, sift baking powder and flour together, add last. Makes 12 muffins.—Mrs. J. A. Nicolson.

MUFFINS—Pint warm milk, butter size of an egg melted in the milk, 1-2 cup of sugar, 2 eggs, 2-3 cup of yeast. Make a stiff batter and raise over night, in the morning drop a spoonful in gem pans and let rise again and bake. If for tea mix in morning.

MUFFINS—Two cups sweet milk, three cups flour, two tablespoonfuls white sugar, two tablespoonfuls melted butter, one egg, three teaspoonfuls baking powder.—Mrs. James Coulter.

PUFFS

CREAM PUFFS—1-2 cup butter (scant) 1cup water. Let water and butter boil, then sift in 1 cup flour and stir until smooth. When cool add 3 eggs. Beat all together 5 minutes. Drop in muffin rings, 20 minutes in hot oven.—M. King.

CREAM PUFFS—Melt half a cup of butter in a cup of hot water, put on the stove and when boiled beat in a cup of flour and stir until it works into a ball and does not stick to the pan, then remove from the fire and cool, after which stir in four eggs, one at a time, and drop in tablespoonfuls on buttered tins and bake in a moderate oven.—Mrs. M. Nabseth.

CREAM PUFFS—1-2 cup of butter, 1 cup of boiling water boiled together and when boiling add 1 cup of flour; put to cool. Add 3 eggs beaten into the other, drop in teaspoonful on a buttered pan; bake 20 minutes.—Mrs. J. S. Caldwell.

CREAM PUFFS—One cup water (one half cup butter, boil together and stir in one cup flour. When almost cold stir in three unbeaten eggs, drop and make 25 minutes.

CREAM FOR PUFFS—One cup milk, one egg, three tablespoonfuls flour, one half cup sugar, flavoring.—Mrs. James Coulter.

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CREAM PUFFS—1-2 cups flour, 2-3 cup butter, 1-2 pint water, boil butter and water together, stir in flour while boiling, let cool and add 4 well beaten eggs, drop on tins and bake in a quick oven and fill, when cool, with whipped cream.—Mrs. Jas. McLeod.

CREAM PUFFS—One cup water, one half cup butter, one half teaspoon salt and two table spoons sugar. Place over fire and bring to a brisk boil, stir in flour until cooks clean from pan using one cup of flour, set away to cool then beat in three eggs, drop by spoonfuls on a tin and bake thirty minutes or until done. Cut a hole in side of each puff and fill with whipped cream or custard filling.—Mrs. A. R. Mitchell.

POTATO PUFF—Two cups mashed potatoes, one cup milk or cream, two teaspoons melted butter, two well beaten eggs, mix all together, bake in a quick oven.—Mrs. A. R. Mitchell.

MOTHERS DOUGHNUTS—1 large cup sugar, 2 eggs, 2 large tablespoons melted butter, pinch of salt, 1 cup sweet milk, 1 tablespoon nutmeg, 2 teaspoons baking powder, flour enough to handle well without sticking to the hands. Beat the sugar and eggs to a cream, add butter and nutmeg, milk and sift the baking powder in the flour.—Mrs. J. A. Nicolson.

DOUGHNUTS—1 cup sugar, 1 egg, tablespoon melted butter, 1-2 teaspoon salt, 1 cup milk, 1 teaspoon nutmeg, 2 teaspoons baking powder. Flour to roll out and fry in hot lard.—Mrs. G. N. Bennett.

CANDY

BROWN SUGAR CANDY—2 cups brown sugar, 1-2 cup milk, piece of butter size of egg, boil until it thickens (not hardens) add a pinch of soda beat until creamy, pour in pan. Add nuts and vanilla.—Mrs. D. Stephenson.

DATE HERMITS—1 lb. dates, 2 eggs, 3-4 cup brown sugar, 3-4 cup butter, 11-2 cups flour, 1 teaspoon cinnamon, 1 teaspoon soda in 1 tablespoon hot water. Drop on butter pan.—M. King.

SUGARED DATES—Remove pits from dates and fill the hollows left with whole or rolled peanuts, chopped nuts or a filling made by beating the white of an egg stiff, adding 1-2 lb. powdered sugar. When the dates are stoned, rolled in pulverized sugar.—M. King.

PIE PASTE—1 cup butter, 2 cups flour, 1-4 teaspoon baking soda, 1-4 cup very cold water. Do not mix very much.—M. King.

NUT BREAD—1 cup white sugar, 1 egg, 11-2 cups sweet milk, 4 cups flour, 1 cup chopped walnuts, 1 teaspoon salt, 4 teaspoons baking powder. Let stand 20 minutes. Bake in pan like a cake.—M. King.

PEPPERMINTS—1 pint white sugar, 6 tablespoons water. Boil four minutes. Take from stove and add 1-4 teaspoon cream tartar, 8 drops oil of peppermint. Beat about 7 minutes and drop on paper.—Mrs. Franch.

MOLASSES CANDY—2 teacups brown sugar, 1 teacup molasses, 1 tablespoon vanilla and a little butter. Boil the mixture ten minutes and pull when cooled.—Mrs. French.

ICE CREAM—1 quart milk, 1 pint cream, 2 eggs, 1 tablespoon flour, 1 cup sugar, saltspoon salt, sugar and flour together, then put into cold milk. Add beaten eggs, then boil all in double boiler for 20 minutes, remove from stove and add cream.—Mrs. J. S. Caldwell.

TURKISH DELIGHT—1 oz. gelatine, 1 lb. sugar, 1 cup water, juice of lemon and 2 oranges, in half the water melt the sugar in the remainder the gelatine, add the fruit juice and cook 20 minutes. When cool cut in squares and roll in powdered sugar.—Mrs. D. M. Geddes.

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CARAMEL FROSTING—1 1-2 cups brown sugar, piece of butter size of an egg, 1-2 cup of milk, boil ten minutes, beat until cold.—Mrs. D. Stephenson.

DIVINITY FUDGE—2 cups white sugar, 1-2 cup corn syrup, 1-2 cup water, boil until it hardens in water, pour into well beaten froth of 2 eggs, beat until it cools, add nuts and flavoring.—Mrs. D. Stephenson.

BUTTER SCOTCH—1 cup sugar, 1 cup molasses, 1-2 cup butter, boil until it hardens when dropped in cold water, then pour in greased pan. Some put peanuts in pan before turning in candy.—Mrs. D. Stephenson.

LEMON DROPS—Upon 1 cup of powdered sugar pour enough lemon juice to dissolve it and boil it to a thick syrup. Drop on buttered plates and set in warm place to harden.—Mrs. D. Stephenson.

CHOCOLATE CARAMELS—Three cups white sugar, one cup milk or cream, one half cup butter, four ounces of sweetened chocolate. Mix all together and let boil without much stirring until it will be brittle when dropped in cold water, then turn in buttered tins and when it begins to harden, mark off so it will break into squares.—Laura Coulter.

MAPLE CREAM—3 cups brown sugar moisten with sweet milk, let boil until it threads. Take off stove and beat in butter size of egg, 1-2 cup chopped walnuts and beat until creamy. Pour out on buttered pan before it gets too stiff or candy will be hard.—M. K.

JIM JAMS—One cup shortening, three quarter cup dark sugar, one teaspoon vanilla, one teaspoon soda dissolved in three tablespoons hot water, one egg, one half cup molasses, flour to make thick, then roll, cut into cookies and bake quickly.—Miss Laura Coulter.

MISCELLANEOUS

TRILBYS—2 1-2 cups oat meal, 2 cups flour, 1 cup sugar, 1 cup lard, 1-2 cup sour milk, small teaspoon soda. Roll out, cut in small cakes and bake. Filling: 1-2 lb. dates, 1-4 cup sugar, 1 cup water. Boil until soft and spread between cakes.—Mrs. G. N. Bennett.

CREAM PIE—1 cup milk, 1 tablespoon flour or corn starch, yolks of 2 eggs, small half cup sugar, pinch of salt. Flavor with vanilla or sliced oranges or bananas. Put white of eggs on top.—M. King.

DATE ROCKS—1 cup butter and lard mixed, 1 1-2 cups brown sugar, 1 lb. chopped dates, 1-4 lb. chopped walnuts, 3 eggs, 1 level teaspoon soda dissolved in 2 tablespoons hot water, 1 tablespoon cinnamon, 1-2 grated nutmeg, and flour to make a stiff batter. Drop on a buttered pan.—M. King.

PUFF PASTE—4 cups flour, 1 lb. butter, 1 tablespoon cream tartar, mix this all well with a knife wet with cold water. Roll out five times, cover with a wet cloth and let stand two hours, when ready roll out again and bake in a quick oven.—M. King.

CORRECT SAUCES FOR MEAT—Here are the rules for serving correct sauces for meats laid down by an experienced chef: With roast beef, grated horse radish; with roast veal, tomato sauce; with roast mutton, currant jelly; with roast pork, apple sauce; with roast lamb, mint sauce; with roast turkey, cranberry sauce; with roast goose, tart apple sauce; with wild duck, black currant jelly; with roast chicken, bread sauce; with fried chicken, cream gravy or corn fritters; with roast duck, orange salad; with veal sausage, tomato sauce; with pork sausage, fried apples; with fresh salmon, cream sauce and green peas. M. K.

CURRENT TARTS—1 cup currants, 3-4 cup sugar, 1 egg, lump of butter size of half an egg. Bake in tart shells.—M. King.

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TO COOK CRANBERRIES—1 quart cranberries, 1 pound sugar, 1 cup water, let cook quickly. If just for sauce use as much water as sugar.—M. King.

COOKING TIME TABLE—Baking meats: Beef, sirloin, rare, eight minutes for each pound; well done, ten to fifteen for each pound. Beef filled, twenty-five minutes. Lamb, well done, fifteen for each pound. Mutton, well done, fifteen for each pound. Pork, twenty-five to thirty minutes for every pound. Veal, well done, eighteen to twenty for every pound. Chicken, weighing from three to five pounds, one and a half to two hours. Turkey, weighing from nine to twelve pounds, three to three and a half hours.

FOR GREEN FLY ON GERANIUMS—Apply 2 oz. soft soap, stirred into 1 gallon boiling water. Coffee grounds, cold tea and tea leaves are good for mixing with the earth in flower pots, especially ferns.—Mrs. Jessie C. Galloway.

WASHING FLUID—1 can Gillett's lye, 3-4 lb. washing soda, 10c lump ammonia, 5c. lump borax, 4 quarts soft water. To make: Put lye, borax and washing soda in a good-sized pan. Pour over this 2 quarts soft water (boiling) Then put in the remaining 2 quarts of water (cold) Then add ammonia. Stir until all is dissolved. Put in jars. Use 1 cupful to a boiler of clothes. Cut up half a bar of soap in a little cold water, add fluid and let boil until soap is melted. Put this into boiler of cold water, put in clothes and let come to a good brisk boil. If clothes are very soiled let boil 10 or 15 minutes.

CHOCOLATE MACAROONS—Take half a pound of castor sugar, the whites of three eggs, and two ounces of plain chocolate. Beat the whites of the eggs and the sugar together for half an hour. Grate the chocolate and stir it lightly into the mixture. Lay some sheets of wafer paper on a baking tin and drop the mixture in little heaps on it (not too close together.) Bake in a slow oven until they are crisp. If the oven is too hot they will be crisp outside and not set inside.—Mrs. Van Allen.

LEMON BISCUIT—One cup lard, two cups sugar, five cents worth oil of lemon, five cents worth baking ammonia. Put ammonia with milk and let stand over night. Some use whites of egg well beaten.—Mrs. James Coulter.

DOUGHNUTS—One egg, one cup sugar, one cup milk, piece of butter size of butternut, two teaspoons baking powder, a little salt and cinnamon, flour enough to roll.—Mrs. James Coulter.

ALMOND MACAROONS—Blanche and dry a pound of sweet almonds; pound them to a smooth paste, with a little white of egg, then whisk to a firm solid froth the whites of seven eggs; mix with them a pound and a half of the finest sugar; add these ingredients by degrees to the almonds, whisk the whole well up together and drop the mixture on wafer paper; bake the cakes in a moderate oven to a very pale brown.—Mrs. Van Allen.

HERMITS—1 cup sugar, 1 cup butter, 3 eggs, yolks and whites beaten separately, 1 cup chopped raisins, 1 teaspoon each of nutmeg, allspice, cinnamon and cloves, 1 teaspoon soda, flour to make a rather stiff batter, drop on buttered tins and bake.—Mrs. Jas. McLeod.

NUT CRISPS—Powdered sugar 1 cup, butter 1 tablespoon, two well beaten eggs, 2 1-2 cups rolled oats, 2 teaspoons baking powder, rosewater or vanilla flavoring. Make into mounds as large as a small walnut, drop on buttered pans, and bake.—Mrs. Jas. McLeod.

LEMON FILLING—1 cup sugar, yolks 2 eggs, juice of one lemon, lump of butter; boil all together.

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LEMON BISCUITS—Two eggs, two cups white sugar, two cups lard, two cups sweet milk, two teaspoons salt, five cents worth baking ammonia soaked in the milk over night, five cents worth oil of lemon, flour enough to make a soft dough. Roll thin and bake in a hot oven.—Mrs. C. (E. Conlin.

LEMON FOAM—Two cups boiling water, one cup sugar, two tablespoons corn starch, juice of one or two lemons, whites of two eggs. Place water and sugar in a double boiler and boil a couple of minutes, add corn starch dissolved in a little water, stir until thick, remove from the stove and add juice of the lemons. Place in a dish to cool. When cool add the beaten whites of eggs. Set aside till quite firm, usually a couple of hours. Make a custard of the yolks of eggs and a pint of milk to use with the foam.—Mrs. Wm. Miller.

FRIED TOMATOES—Wipe firm tomatoes and cut into thick slices. Dip each slice into beaten egg and then into cracker crumbs. Fry to a light brown in butter. Have ready a thick white sauce with a little chopped parsley in it. Arrange slices on hot platter and pour sauce around them.—Mrs. D. M. Geddes.

BAKED CORN—Put one can of corn into baking dish, set on stove and when hot add 2 tablespoons butter, 1 teaspoon sugar, salt and pepper to taste, and 3 well beaten eggs. Bake in oven until slightly browned.—Mrs. D. M. Geddes.

POTATOES AND CHEESE FOR SUPPER—Slice cold boiled potatoes and put a layer in well buttered baking dish. Cover generously with grated cheese, sprinkle with pepper, salt and celery salt. Repeat layers until dish is full, then pour over it one cup milk or cream and bake half hour. The top layer should be cheese.—Mrs. D. M. Geddes.

SCALLOPED ONIONS—Boil until tender in salted water 1 pint of onions cut in pieces. Drain and put half in a well buttered baking dish; cover with $\frac{1}{2}$ cupful of bread crumbs mixed with grated cheese and dot with pieces of butter on top. Pour over it a cupful of milk and bake in oven for 15 minutes until nicely browned.—Mrs. D. M. Geddes.

ALMOND ICING—2 cups icing sugar, 1 cup brown sugar, yolks of 2 eggs, mix sugar and eggs, put through a meat chopper about 3 times 1-2 pounds of blanched almonds. Beat all together well, flavor with a few drops of rose water.—M. King.

DATE LOAF—13-4 cups Graham flour, 13-4 cups white flour, 1-2 cup brown sugar, 1 egg, 1 large tablespoon butter, 3 teaspoons baking powder, 1 cup sweet milk, 1 cup chopped dates. Rub all together like pie paste and wet with milk. Bake in a loaf.—M. King.

TRILBYS—2 cups Graham flour or rolled oats, 1 cup brown sugar (scant) 2 tablespoons molasses, 1-2 cup sour milk, 1 heaping cup shortening, 1 teaspoon soda. White flour enough to make rather stiff, pinch of salt, 1-2 teaspoon cinnamon, 1-2 teaspoon cloves, roll quite thin.—M. King.

BOILED ICING—Put 1 cup sugar and six tablespoons water on fire and let boil till it threads. Have the white of one egg beaten stiff and slowly form syrup into beaten egg, stirring well, when it is getting fairly thick add good 1-2 teaspoon vanilla, or for chocolate icing dissolve 1-2 tablespoons cocoa in as little hot water as possible and add same as vanilla.—Mr. G. N. Bennett.

APPLE TRIFLE—6 apples sliced, stew to a pulp, beat fine and sweeten well. Add juice of one lemon and a part of the grated yellow rind, beat the whites of 2 eggs to a stiff froth and whip in with the apples. The lemon can be omitted.

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BOILED FILLING—Not quite a cup of sugar, not quite 1-2 cup of water, boil until waxy; white of 1 egg beaten very stiff, add syrup and beat all time.—Mrs. Francis Stone Lindley.

ORANGE MARMALADE—12 sweet oranges, 4 bitter oranges, 3 lemons, 10 lbs. sugar. Cut rind of oranges and lemons in very small pieces, put juice and rind in one dish. Put skin, seeds and pulp in another dish and add 1 pint of water only. In other dish add 1 1-2 pints water to every pint of juice and rind. Let this stand over night, in the morning strain contents of dish with seeds etc., and add juice to other dish. Put all on to boil until rinds become soft then add sugar, boil together 30 minutes. Bottle while hot.—Mrs. J. S. Caldwell.

NUT LOAF—1 egg (beaten) 1 cup sugar, 1 cup sweet milk, 2 1-2 cups flour, 1 small teaspoon salt, 1 cup walnuts, 2 teaspoons baking powder. Let rise 1-2 hour; bake 3-4 hour.—Mrs. G. N. Bennett.

ORANGE MARMALADE—1 doz. oranges, 3 lemons, 8 lbs. white sugar. Slice oranges very thin and take out all seeds. To each orange allow 1-2 pint water and let stand 1 1-2 days. Then boil together three hours, then add sugar and boil another hour.—Mrs. Graham.

ORANGE MARMALADE—Three bitter oranges, six sweet oranges, three lemons, ten cups water, ten cups sugar. Slice oranges and lemons, remove seeds and soak twenty-four hours in the water, boil one hour or until it jellies. Put into tumblers and cover.—Mrs. James Coulter.

FILLING FOR CREAM PUFFS—Yolks of 2 eggs, 1 cup sugar, lump of butter size of a walnut, juice of 1 lemon.

CHOCOLATE FILLING—1 cup milk, 2 squares chocolate bitter, butter size of walnut, 1 teaspoon corn starch. Boil until it thickens.—Mrs. J. A. Nicolson.

NOODLES—2 eggs very light add a pinch of salt and about two tablespoons of milk, film enough to make very stiff and roll out very thin set where it can dry, then roll up and cut in strips about 1-2 inch wide and put in a kettle of boiling water that has been salted to taste, cook about 15 minutes, drain the water off and serve with drawn butter.—Mrs. P. A. Nicolson.

ALMOND ICING—Whites of four eggs, one pound of icing sugar, one pound of almonds, blanched and pounded with rose water to moisten.—Mrs. C. E. Conlin.

ANGEL FOOD—9 eggs, whites only, beaten to a stiff froth, 1 level teaspoon cream of tartar sifted 3 times, 1 1-4 cups white sugar (confectioners' sugar, not pulverized sugar, preferable) sifted 5 times, 1 cup flour sifted 5 times and beaten in very carefully, vanilla. Bake 40 or 45 minutes without disturbing, in a moderate oven.

RUSSIAN ROCKS—One and a half cups brown sugar, one cup butter, three eggs, one and a half cups raisins, one and a half cups walnuts chopped fine, two tablespoons soda dissolved in it, two and a half cups flour or more of necessary to make batter very stiff, drop with a spoon on a greased baking tin.—Mrs. Brookbank.

TO KEEP FOOD HOT—Instead of putting food into the oven to keep hot for late comers, try covering it closely with a tin or plate, and setting it over a saucepan of hot water. This plan will keep the food hot and at the same time prevent it from drying.—Mrs. Jessie C. Galloway.

TO PREVENT CHEESE DRYING—When cheese is cut it frequently becomes very dry and loses flavor. This may be prevented by placing in a cool place spreading a thin film of butter over the cut surface and covering it with a cloth dipped in vinegar.—Mrs. Jessie C. Galloway.

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TO BOIL A HAM—Put it on to boil in plenty of cold water, simmer very slowly until quite tender, allowing from 20 to 25 minutes to the lb, according to the thickness of the ham. Skim well while the ham is simmering. If the ham is to be eaten cold allow it to remain in the water in which it was cooked until it is cold, this makes the ham more mel-low and juicy. When the ham is taken out of the water the skin must be removed and the ham covered with raspings or it can be glazed when cold.—Mrs. Jess.e C. Galloway.

POACHED EGGS—Poach eggs in one half cup fresh milk. Then pour milk over eggs on slice of toast. Better than when plached in water.—Mrs. French.

LINIMENT—(white) Liquid 1-2 turpentine and 1-2 vinegar (any amount wanted) generally 1-4 pint of each to 1 egg beaten, then shake together.—Mrs. Francis Stone Lindley.

SNAPPY GINGER SNAPS—1 cupful molasses, 1 cup sugar, 1 cup lard or other shortening. Put on stove to boil; add 1 teaspoon ginger and a heaping teaspoon soda dissolved in a tablespoon of vinegar. Stir well, remove from fire, let cool, add flour sufficient to make stiff dough.—Mrs. Jas. Crawford.

SCOTCH SCONES—1 coffee cup flour, 1-4 teaspoon of salt, 1-3 teaspoon of cream tartar, 1-2 teaspoon of soda, 1 teaspoon of sugar. Mix all the dry ingredients together and then str in enough buttermilk to make a soft dough. Turn this out on a well floured board and roll lightly to about 1 quarter inch in thickness, cut this in 8, pie fashion, and put on a hot griddle, bake on one side until brown then turn over and brown the other side.—Mrs. Jessie C. Galloway.

HERMIT OR ROCKS—One pound dates, one cup chopped walnuts, two eggs, one teaspoonful cinnamon, three quarters of a cup brown sugar, one half cup butter, one and half cup of flour, one teaspoonful soda in one tablespoonful of hot water. Drop in buttered tins.—Mrs. M. Nabseth.

COCOANUT ROCK—2 eggs, 1 cup sugar, 3-4 cup butter, 1 teaspoon vanilla, 1-2 teaspoon cream tartar, 1-3 teaspoon soda, 3 cups flour.—Mrs. French.

DOUGHNUTS—2 eggs, 1 cup white sugar, 1-2 cup butter, a little nutmeg, 1 cup sweet milk, 1 teaspoon soda, 2 cream of tartar, dissolved in milk, pinch of salt.—M. King.

LEMON PIE—Juice of 1 lemon, yolk of 2 eggs, 1 cup white sugar, 1 cup boiling water, butter size of a walnut, 1 tablespoon corn starch. Beat whites of eggs for top.—M. King.

CHEESE STRAWS—1-4 pound flour, 1-4 pound butter, 1-4 pound grated cheese. Mix flour and grated cheese and red pepper together, then some of the butter. Mix with cold water, roll out crust and rest of butter, cut in strips and bake in quick oven.

CORNISH BUNS—3 cups flour, 2-3 cup sugar, 1-2 cup lard or butter, 1 cup currants, 2 teaspoons baking powder, 1 egg. Beat the egg in a cup and fill up with sweet milk. Mix and drop on buttered tins.—Mrs. D. M. Geddes.

PRUNE WHIP—One-half cup sugar, one-half tablespoon lemon juice, one-third pound prunes whites of five eggs. Have prunes washed and picked over. Soak several hours in cold water then cook in same water until soft. Then take stones out and rub through a strainer. Add sugar and cook five minutes. The mixture should be as thick as marmalade. After whites of eggs are beaten stiffly gradually add prune mixture. When cold add lemon juice. Put in a pudding dish and bake in a slow oven twenty minutes. Best served cold with boiled custard.—Mrs. W. Miller.



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CAKE (Continued)

CHOCOLATE CAKE—One egg, three quarters cups dark sugar, one quarter cup sour milk, two squares chocolate dissolved in one tablespoon hot water, one half cup butter, one teaspoon soda, one and one half cups butter, one teaspoon soda, one and one half cups flour. Bake in a moderate oven. Miss Laura Coulter.

LOAF CAKE—1 cup sugar, 1-2 cup butter, 1 cup sweet milk, 1 cup raisins, 1 egg, 1 pint flour, 1-2 teaspoon soda, 1 teaspoon cream tartar, or 2 of baking powder.—Mrs. G. N. Bennett.

MARBLE CAKE—White part: One quarter cup butter, three quarters cup white sugar, one quarter cup sweet milk, one cup flour, whites of two eggs, one teaspoon baking powder. Dark part: One quarter cup butter, one quarter cup dark sugar, one quarter cup molasses, one quarter cup sweet milk, one and one half cups flour, yolks of two eggs, one teaspoon baking powder, one half teaspoon each of cloves, cinnamon nutmeg and mace.—Miss Laura Coulter.

BURNT SUGAR CAKE—Beat 1-2 cup of butter to a cream, add 1 1-2 cups of sugar, yolks of 2 eggs, 1 cup of water, 2 cups of flour, heat 5 minutes add a little over 1-2 the caramel syrup, 1 teaspoon of vanilla, another cup of flour, with two teaspoons of baking powder, then stir in carefully the beaten whites of the eggs. Bake in two layers. Filling: 1 cup of sugar, 1-2 cup of water, boil until it threads, pour over the beaten whites of 2 eggs beat a while and then add the rest of the caramel syrup. Make caramel syrup first. Put 1-2 cup of sugar in a granite pan stir until it browns black, then add 1-2 cup of water, stir until a nice syrup is made.—Mrs. Francis Stone Lindley.

IMPROVED ANGEL FODD CAKE—Whites of 9 eggs, 11-4 cups sifted granulated sugar, 1 cup of sifted flour, 1-2 teaspoon of cream tartar, a pinch of salt, added to eggs before beating. After sifting flour 4 or 5 times, measure out one cup full, then sift 5 times and measure 11-4 cups of sugar. Beat eggs about one half, then add cream tartar, beat very stiff then lightly stir in sugar and then flour; lemon flavor. Bake in thirty-five to fifty minutes.—Mrs. Francis Stone Lindley.

BROWN STONE FRONT CAKE OR DEVIL CAKE—11-2 cups of sugar, 1-2 cup butter, 3 eggs, 1-2 cup sour milk, 2 cups flour, 1 teaspoonful soda dissolved in milk, 2-3 cup of chocolate cooked (not boiled) in 1-2 cup sweet milk. When cold stir in cake and bake. White filling to be used.—Mrs. Francis Stone Lindley.

APPLE SAUCE CAKE—Two and one half apple sauce, two cups brown sugar, two cups currants, two cups raisins, one cup butter or dripping, two teaspoon cloves, two teaspoon soda, some lemon peel and flour to thicken.—Mrs. A. R. Mitchell.

WHITE FRUIT CAKE—1-2 cup butter, 1 cup sugar, 1-2 cup milk, 2 cups flour, 2 eggs, 1 cup raisins, 3 teaspoons baking powder, vanilla.—Mrs. Jas. Cobban.

ROLL JELLY CAKE—One cup of granulated sugar, one cup of flour, two teaspoons baking powder, three eggs, four tablespoons water.—Mrs. C. E. Conlin.

APPLE SAUCE CAKE—11-4 cups apple sauce, 1 cup granulated sugar, 1-2 cup lard, 2 cups flour, 1 teaspoon soda, 1 teaspoon cinnamon, - teaspoon cloves, 1-2 teaspoon salt, 1 cup raisins and a little nutmeg.—M. I. McGregor.

FRUIT CAKES—2 cups brown sugar, 11-2 cups butter, 1 cup molasses, 5 eggs, 1 teaspoon soda, 1 tablespoon each of cinnamon, cloves and allspice, 1 nutmeg, 4 cups flour, 11-2 lbs. raisins (chopped fine) 1 lb. currants, 1-2 lb. mixed peel, 1 lb. nut meats. Bake in a slow oven.—M. I. McGregor.