

WAR TIME COOKERY

ECONOMY AND
CONSERVATION

PUBLISHED BY
E. W. GILLET Co. LTD.
TORONTO, CANADA
WINNIPEG MONTREAL





OFFICE OF THE FOOD CONTROLLER
OTTAWA.

CANADA

April 8th, 1918

In your reply refer to
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Gentlemen,-

Mr. Rook of the Canadian Home Journal has kindly shown me a copy of your war time cookery recipes. On looking this over, we have come to the conclusion that it will be a most useful publication, and we feel sure that it will effect a lot of practical good throughout the homes of Canada.

I must express my appreciation of the practical work you have undertaken along these lines, and it is only by the assistance of firms such as yourselves, that we can possibly hope to accomplish the objects that are paramount in Canada today, namely Conservation and Increased Production, in order to enable us to meet the ever increasing demands of the Empire and our Allies.

Yours faithfully,

THE CANADA FOOD BOARD


[Chairman]

Messrs. E. W. Gillett Co. Ltd.,

Toronto, Ont.

HBT/MK

THIS book is issued for the purpose of showing ways of effecting economies in the preparation of food and the conservation of such materials as are required by our Allies overseas. The price of most commodities is regulated by the law of supply and demand. Necessity is teaching many people to study out ways and means of substituting less expensive materials for those that are difficult to secure and those which on account of unusual demands have increased greatly in price.

The recipes in this book are as a result of an advertisement inserted in a number of papers offering cash prizes for the most practical recipes, by the use of which smaller quantities of eggs, butter, milk, lard, etc., could be used without impairing flavor or wholesomeness. For instance, in making cakes, puddings and pastry, instead of using butter or lard as formerly, drippings, margarine or vegetable oil shortening is used, and instead of the full number of eggs formerly called for in recipes, an additional amount of Magic Baking Powder is used—from one-half to one teaspoonful for each egg omitted. Molasses or honey saves sugar; and oatmeal, rye, barley and cornmeal save wheat. The contest closed on Monday, March 25th, 1918, and all recipes were turned over to a committee of three competent judges. After a thorough and impartial consideration of the recipes submitted, from a scientific and practical standpoint, their recommendations were made and we have pleasure in submitting them to you.

We beg to thank all those that have contributed, and hope that the recipes selected by the Committee will be of great help to the noble army of patriotic women throughout the Dominion of Canada.

E. W. GILLET Co. Ltd.

Level measurements of baking powder should be used for all recipes in this book unless otherwise specified.

WAR TIME COOKERY

WAR BREAD.—1 cup war flour, 2 cups graham flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Magic Baking Soda, $\frac{1}{4}$ cup molasses, 1 cup sour milk. Mix flour, salt and Magic Baking Soda; add molasses and milk. Stir well, and bake in a moderate oven for thirty minutes. This will make a medium sized loaf. If desired, currants, raisins or nuts may be added.

CORN BREAD.—Two heaping cups corn meal, $2\frac{1}{2}$ cups sweet milk, 1 tablespoon lard, 1 cup flour, 1 teaspoon salt, $\frac{1}{4}$ cup sugar, 2 heaping teaspoons Magic Baking Powder. Bake in moderate oven. Sour milk may be used in this recipe instead of sweet, but use a full teaspoon Magic Soda with it in place of baking powder. Original recipe calls for 2 eggs.

GRAHAM BREAD.—One and a half cups graham flour, $\frac{1}{2}$ cup white flour, 2 teaspoons brown sugar, 2 level teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon shortening. Water enough to make a moist dough; do not roll; put into loaf pan and bake in moderate oven 35 or 40 minutes. This makes one loaf.

RYE NUT BREAD.—One cup rye flour, 1 cup standard flour, 4 teaspoons Magic Baking Powder, 1 teaspoon salt and 4 tablespoons of Klim sifted together; add 1 cup chopped walnuts, mix with $1\frac{1}{2}$ cups water, knead on the board, put in an ordinary loaf tin and bake 45 minutes in moderate oven. Original recipe calls for 2 eggs.

PEANUT BUTTER BREAD.—Two-third cup peanuts or peanut butter, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups standard flour, $\frac{1}{2}$ cup rye flour, 4 teaspoons Magic Baking Powder, 1 teaspoon salt, 1 cup milk, 2 teaspoons dripping. Put peanuts through food chopper, or use peanut butter; blend with sugar until well mixed. Add dry ingredients, mixed and sifted, milk, and dripping melted. Mix thoroughly, put in greased bread pan, and bake in moderate oven thirty to forty minutes. Original recipe calls for 2 eggs.

BOSTON BROWN BREAD.—Two cups graham or rye flour, 2 cups corn meal, 2 cups sour milk or sweet milk with 4 teaspoons vinegar added to make 2 cups. Condensed milk may be used. Half cup molasses, 1 teaspoon salt, 1 teaspoon Magic Baking Soda. Steam $2\frac{1}{2}$ hours, then put in oven a few minutes if convenient. I always use 2 empty Magic Baking Powder tins, $2\frac{1}{2}$ lb. size, for this bread.

BRAN BREAD.—Two cups flour, 2 small cups bran, 2 tablespoons brown sugar, 1 teaspoon salt, 1 heaping teaspoon Magic Soda; rub in 2 tablespoons dripping, mix with 2 cups sour milk or buttermilk and bake in empty Magic Baking Powder tin in a moderate oven 45 minutes.

BRAN LOAF.—Two cups bran, 2 cups graham flour, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ cup molasses, $1\frac{1}{2}$ cups raisins, 2 heaping teaspoons Magic Baking Powder, 2 cups condensed milk (either evaporated or unsweetened milk) mixed with water. Bake one hour in slow oven. Original recipe calls for 2 eggs.

WALNUT LOAF.—One egg, $\frac{1}{2}$ cup sugar, 1 cup milk, 1 cup war flour, 1 cup graham flour, 1 heaping teaspoon Magic Baking Powder, 10 cents' worth of chopped walnuts, pinch of salt. Beat the egg and milk together and then the sugar. Sift all the flour and baking powder and salt together, add walnuts and mix together; put in a greased tin and let rise for twenty minutes, then put in a moderate oven and bake about twenty minutes. Original calls for 2 eggs.

NUT (AND DATE) BREAD.—Three-quarters cup sugar, 1 egg, 1 cup milk, 10 cents' worth of chopped walnuts, $2\frac{1}{2}$ cups flour, 4 teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup chopped dates. Beat egg and sugar together thoroughly, add milk and beat. Sift in flour, salt and baking powder; add nuts and dates, and beat; pour into greased pan and bake about one hour in moderate oven. Original recipe calls for 2 eggs.

DATE LOAF.—One cup white sugar, 1 egg, $1\frac{1}{2}$ cups sweet milk, 3 rounded teaspoons Magic Baking Powder, $1\frac{1}{2}$ cups chopped dates, 1 cup chopped walnuts, $\frac{1}{2}$ teaspoon salt, 4 cups flour. Make into loaf and bake from one to one and a half hours in a very slow oven. If the loaf stands for fifteen minutes before being put into oven it is improved. Original recipe calls for 2 eggs.

DATE LOAF.—One cup of brown sugar, 1 pinch of salt, 2 cups of sour milk, 1 teaspoon Magic Soda, 1 lb. of chopped dates, 3 cups of graham flour, 1 teaspoon of nutmeg or mixed spices. Mix brown sugar, salt, spice, and add the sour milk in which soda has been dissolved; then add graham flour and floured dates; beat well. Bake in a loaf pan for about one hour in a moderate oven. Serve with butter. Original recipe calls for 1 egg.

FRUIT BROWN BREAD.—Four cups graham flour, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup brown sugar, 1 cup chopped dates or raisins, $1\frac{1}{2}$ cups sour milk, 1 teaspoon Magic Soda. This makes a dainty loaf if baked in 3 round empty Magic Baking Powder tins, 1 lb. size.

BAKING POWDER BISCUITS.—Two cups of flour, 4 teaspoons Magic Baking Powder, 4 tablespoons margarine, $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ teaspoon of salt. Mix and sift dry ingredients, chop butter into flour with case knife, moisten to a soft dough with milk, turn on to floured board, toss and roll out, cut into biscuits with a biscuit cutter and bake on a well greased tin in a hot oven about twenty-five or thirty minutes.

OAT BISCUITS.—One cup rolled oats, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 2 tablespoons lard or shortening, $1\frac{1}{2}$ cups flour, 3 teaspoons sugar, 3 rounded teaspoons Magic Baking Powder. Pour milk over oats and let stand ten minutes. Sift flour, baking powder and salt together. Mix fat in with finger tips or knife, then add oats, milk and sugar. Mix quickly; put on floured board, roll and cut out like biscuits. Brush on top with milk and bake fifteen minutes in hot oven. This makes from 7 to 9 biscuits, and they are lovely.

FIVE O'CLOCK TEA BISCUITS.—Two cups flour, $\frac{1}{2}$ teaspoon salt, 4 level teaspoons Magic Baking Powder, 1 cup milk or water or a mixture, 2 tablespoons shortening. Method: Sift flour, salt and Magic Baking Powder. Rub in the shortening with tips of fingers. Add the liquid, and mix with a knife, care being taken to handle the dough just as little as possible. Drop by spoonfuls into well greased gem pans, and bake in a very hot oven for fifteen minutes.

TEA CAKES.—Half cup butter substitute, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup sweet milk, 1 egg, $1\frac{1}{2}$ cups flour, 3 teaspoons Magic Baking Powder. Cream together shortening and sugar, add beaten egg and milk; mix well, then add sifted flour and baking powder. Mix into dough and turn dough on floured board. Roll out as for cookies. Cut dough into 3-inch squares, place 1 teaspoon of jam or jelly in centre of each square, fold corners together, place in patty tins and bake in moderate oven about 20 minutes. Original recipe calls for 2 eggs.

SWISS ROLLS.—Mix same as Baking Powder Biscuits, sift 2 cups flour with $\frac{1}{2}$ teaspoon salt, $3\frac{1}{2}$ teaspoons Magic Baking Powder, not level spoonfuls but heaping spoonfuls, then work into this 3 tablespoonfuls Easifirst or Crisco. Beat 1 egg and add a scant cup of milk. Roll the dough into a sheet about $\frac{1}{4}$ inch thick, spread with shortening, sprinkle with 1 tablespoon sugar and $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ cup raisins or powdered nuts. Roll like a jelly roll and cut into slices an inch thick. Put in a greased pan and bake about 20 minutes. Brush with sugar dissolved in milk and return to oven to brown. The new flour gives good results for these.

FRUIT SCONE.—One cup of standard flour, 1 cup of corn meal, 3 teaspoons of Magic Baking Powder and a pinch of salt should be sifted together. Add $\frac{1}{2}$ a cupful of seeded raisins, 2 tablespoons of sugar, 1 well beaten egg and sufficient milk to mix to a soft dough; flatten into round loaf shapes with a rolling pin on a floured board, cut each across into four and brush over with yolk of egg. Bake twenty minutes.

FRUIT SCONES.—Two cups whole wheat flour, 2 cups standard flour, 4 teaspoons (heaping) Magic Baking Powder, 1 teaspoon salt, $\frac{1}{4}$ teaspoon grated nutmeg, 3 tablespoons dripping, 4 tablespoons sugar, 1 cup small raisins, about $1\frac{1}{4}$ cups milk. Sift together standard flour, baking powder, salt, nutmeg and sugar. Then add whole wheat flour and dripping. Rub these together thoroughly with the hands; add raisins; add milk gradually until a soft dough is formed. Turn out on floured board, divide in two parts, mould to fit pie tins and mark in sections with knife. Bake in moderate oven. Break apart and serve hot or cold. Original recipe calls for 2 eggs.

BOSTON MUFFINS.—One and a quarter pints flour (standard), $\frac{1}{2}$ pint cornmeal, 1 tablespoon sugar, 1 teaspoon salt, 4 teaspoons Magic Baking Powder, $1\frac{1}{2}$ tablespoons shortening, 1 egg, 1 pint milk (or half milk and half water), 1 teaspoon extract cinnamon. Sift together flour, cornmeal, sugar, salt and baking powder, rub in shortening, add egg well beaten, milk and extract cinnamon. Mix into a batter a little stiffer than ordinary griddle-cake batter. Have griddle-iron heated regularly all over, grease it, lay on it muffin rings, also greased; half fill them with batter. As soon as risen to the tops of the rings, turn them over gently with cake turner; bake nice brown on either side. They should bake in seven or eight minutes.

Extra Use for Magic Baking Powder.—A teaspoonful of Magic Baking Powder added to a dish of mashed or creamed potatoes greatly improves its appearance.

BREAKFAST MUFFINS.—Two cups standard flour, 4 teaspoons Magic Baking Powder, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup butter substitute, 1 egg, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ teaspoon salt. Beat egg, sugar, shortening and salt together. Add milk, then sift in flour and baking powder. Bake in greased muffin rings in hot oven twenty minutes. Original recipe calls for 3 eggs.

BRAN MUFFINS.—One cup of white flour, 1 cup of bran, $\frac{1}{8}$ cup of sugar, 1 teaspoon of salt, 4 teaspoons of Magic Baking Powder, 1 cup of milk, 1 egg, 1 tablespoon melted margarine. Mix and sift dry ingredients, add milk, melted shortening, and well beaten egg. Mix thoroughly and pour into buttered gem pans and bake in a hot oven from twenty to twenty-five minutes. Original recipe calls for 2 eggs.

BRAN MUFFINS.—One cup bran, 1 cup graham flour, 1 teaspoon salt, 1 tablespoon brown sugar, 4 teaspoons Magic Baking Powder, 1 cup milk, 3 tablespoons shortening. Mix thoroughly dry ingredients, add milk and melted shortening, beat until thoroughly mixed and bake in greased muffin tins in a hot oven twenty to thirty minutes. This makes a dozen. Original recipe calls for 2 eggs.

BRAN MUFFINS. — Three-quarters cup graham flour, $\frac{1}{2}$ cup white flour, $\frac{1}{2}$ cup bran, 2 tablespoons shortening, 3 tablespoons brown sugar, 1 cup sweet milk, 4 teaspoons Magic Baking Powder and a little salt. Original recipe calls for 2 eggs.

CORNMEAL MUFFINS. — Three-quarters cup cornmeal, 2 tablespoons of shortening, $1\frac{1}{4}$ cups flour, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 4 teaspoons Magic Baking Powder, 1 cup milk. Original recipe calls for 2 eggs.

RICE AND CORNMEAL MUFFINS.—Mix 1 cup of cornmeal, 1 teaspoon of salt and 4 teaspoons of Magic Baking Powder together; then add 1 cup of cold cooked rice. Mix well; add 1 beaten egg, $\frac{1}{2}$ cup milk and 2 tablespoons of melted butter or margarine and beat well. Pour into hot greased gem or muffin pans and bake for 30 minutes in a moderate oven. Original recipe calls for 2 eggs.

GRAHAM MUFFINS.—Two tablespoons of shortening, 2 tablespoons of brown sugar, $1\frac{1}{2}$ teaspoons Magic Baking Powder, 1 cup graham flour, 1 teaspoonful salt, $\frac{1}{4}$ cup milk, 1 egg. Cream sugar and shortening, add well beaten egg. Mix thoroughly, add flour, baking powder, salt and the milk. Drop in greased muffin tins and bake fifteen or twenty minutes in a moderately hot oven.

STANDARD CAKE (First Prize).—One heaping tablespoon margarine, $\frac{3}{4}$ cup sugar, 1 egg (beaten separately), 1 cup water, $1\frac{3}{4}$ cups flour, 4 tablespoons Klim, 3 teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon salt, flavoring. Beat white of egg until stiff, the yolk until creamy. Mix flour, Klim, baking powder and salt in flour sifter. Cream margarine and sugar, add beaten yolk and flavoring, sift in dry ingredients and water alternately in small quantities, and lastly fold in beaten white of egg. Original recipe calls for 2 eggs.

(Variations of this Recipe.)

1. **SPICE CAKE.**—Add to cake mixture $\frac{1}{2}$ tablespoon spice sifted with flour.

2. **NUT CAKE.**—Add chopped nuts with the last flour sifted into cake mixture; vanilla flavoring.

3. **FRUIT CAKE.**—Add to cake mixture raisins, peel, and other fruit to suit taste.

4. **ORANGE CAKE.**—Add juice and grated rind of half an orange to cake mixture and use a little less water.

5. **CHOCOLATE CAKE.**—Add one or two squares of chocolate (as desired) melted over the steam of the kettle to the cake mixture. This may be baked in layers and put together with boiled icing if desired.

MOTHER CAKE.—One-third cup shortening, 1 cup sugar, 2 well beaten eggs, $\frac{1}{2}$ cup water, $2\frac{1}{2}$ level teaspoons Magic Baking Powder, $1\frac{3}{4}$ cups war flour, pinch salt, 1 teaspoon vanilla. (NOTE: If an unsalted shortening is used, increase the amount of salt in the recipe.) Method: Cream the shortening, add the sugar gradually, then the well beaten eggs, water and flavoring. Add the flour, which has been first sifted with baking powder and salt. Beat thoroughly and pour into well greased tins. When baking chocolate or fruit cakes, run a piece of greased paper the full length of the tins, allowing the ends of paper to hang over the ends of the tin. This will assist materially in the removal of the cake after it is baked and will prevent burning. Original recipe calls for 3 eggs.

(Variations of this Recipe.)

1. **COCOA CAKE.**—Place in a teacup 1 tablespoon of cocoa and a pinch of soda. Pour over it 2 tablespoons boiling water and add it to the "Mother" cake.

2. **CURRENT CAKE.**—Add floured currants to "Mother" cake.

3. **SEED CAKE.**—Add caraway seeds to "Mother" cake.

4. **SPICE CAKE.**—Add spices to "Mother" cake.

5. **LAYER CAKE.**—Bake "Mother" cake in layer-cake tins. Spread jelly between the layers and ice top with vanilla icing.

6. **WASHINGTON PIE.**—Bake "Mother" cake in a circular tin. When baked, split through the centre, spread lower section with a thick custard mixture, replace top; sprinkle top with powdered sugar. When serving, cut in sections as you would a pie.

7. RASPBERRY CAKE.—Add 1 cup drained, canned raspberries, or 1 cup fresh raspberries to the "Mother" cake. If the berries are very sour, use $\frac{1}{4}$ teaspoon Magic Baking Soda in addition to the Magic Baking Powder called for in the recipe.

8. APPLE PUDDING.—Half fill baking dish with apples which have been pared, sliced and mixed with sugar and cinnamon. Cover with the mixture for "Mother" cake. Bake in a medium oven. One-half the recipe for "Mother" cake will cover a pudding sufficient for four or five persons.

9. APPLE SAUCE CAKE.—Add 1 cup apple-sauce (not too wet) to the "Mother" cake. Also, sift in with the flour $\frac{1}{4}$ teaspoon Magic Baking Soda in addition to the $2\frac{1}{2}$ teaspoons Magic Baking Powder. This is to take care of the excess acid contained in the apples.

WAR CUP CAKE.—Two cups of war flour, 1 cup of cornmeal, 3 teaspoons Magic Baking Powder, 1 egg, $\frac{1}{3}$ cup margarine, 1 cup of milk (made by mixing 1 part evaporated milk with 3 of water), 1 scant cup of brown sugar, flavoring. Mix sugar and shortening, add beaten egg, then dry ingredients (previously blended) alternately with the milk, flavoring last. Bake thirty minutes in a medium hot oven in 12 gem tins. These are delicious served hot with maple syrup, or plain. Original recipe calls for 2 eggs.

This war recipe may be varied:

(1) By the addition of melted chocolate, using slightly less milk.

(2) By adding to the dry ingredients 1 tablespoon of ginger, and mixing with the batter 2 tablespoons of corn syrup.

BLACK CAKE.—One cup brown sugar, $\frac{1}{2}$ cup butter or margarine, $\frac{1}{2}$ cup cocoa. Cream these together thoroughly. Two eggs, $\frac{1}{2}$ cup sour cream with a teaspoon of Magic Soda (level measurement), 1 tablespoon vanilla, $\frac{1}{2}$ teaspoon salt, 1 large cup flour. Bake in two layers. Use chocolate icing.

CALIFORNIA WHITE CAKE.—One and a half cups of granulated sugar, $\frac{1}{2}$ cup of Crisco, 1 cup of milk, 2 eggs, 3 cups of flour sifted with 3 teaspoons (rounded) Magic Baking Powder, 1 teaspoon lemon essence, $\frac{1}{2}$ cup of sultana raisins, added to half the batter (with 1 teaspoon of spice if liked). This makes two good sized loaf cakes. Cream Crisco, add sugar, then eggs, one at a time, then add milk and flour alternately, beating well until all is in; put half of batter in one loaf tin, then add fruit to the second half, which makes two loaf cakes, entirely different, with the work of one. Original recipe calls for 3 eggs.

COFFEE CAKE (coffee left over).—One cup sugar, 1 tablespoon shortening, or half lard and butter, 1 cup of cold coffee, 2 eggs (1 can be used), 2 teaspoons (rounded) Magic Baking Powder, 1 teaspoon vanilla, enough flour to make a good cake batter. Bake in two layers.

COFFEE ICING FOR CAKE.—One and a half cups confectioner's or icing sugar, 1 teaspoon vanilla, 1 teaspoon butter or shortening, enough coffee to mix up so it will spread on and between cake.

COFFEE CAKE.—One and a half cups brown sugar, 1 cup strong coffee, $\frac{1}{2}$ cup part butter and part lard, 1 cup raisins, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, 2 heaping teaspoons Magic Baking Powder, 2 heaping cups flour. Bake in a loaf. Original recipe calls for 1 egg.

CHOCOLATE CAKE.—One cup sugar, $\frac{1}{2}$ cup margarine, 2 eggs, 4 teaspoons Magic Baking Powder, $1\frac{1}{4}$ cups flour, $\frac{1}{2}$ cup milk, 1 teaspoon flavoring, 2 squares chocolate. Cream margarine, add gradually half the sugar and melted chocolate. Beat yolks of eggs until lemon color. Add gradually the remaining sugar. Combine mixtures and add milk alternately with flour, then add whites of eggs beaten stiff. Bake forty-five minutes. Original recipe calls for 3 eggs.

CHOCOLATE CAKE (Eggless).—Two cups sugar (brown or white), $\frac{1}{2}$ cup of butter and lard mixed, 1 cup sour milk, 1 even teaspoon Magic Soda, a little salt, 2 cups flour, $2\frac{1}{2}$ squares melted chocolate. Beat butter, lard and sugar together, then add sour milk with soda dissolved, then flour and salt, and last add melted chocolate. Use this for layer cake baked in round layer tins, and put chocolate icing between and on top. For chocolate icing use confectioner's icing sugar wet with hot water and add melted chocolate. Original recipe calls for 2 eggs.

CREAM LAYER CAKE.—One cup sugar, 1 cup milk, 2 cups flour, 4 teaspoons Magic Baking Powder, 1 egg, 2 tablespoons margarine, 1 teaspoon flavoring. Cream the sugar and margarine together, then mix the egg in after sifting flour and baking powder together two or three times; add all to the mixture, gradually add the milk, and beat with a spoon until you have a smooth pour batter; add the flavoring, pour into two greased layer cake tins, and bake in a moderately hot oven for twenty minutes. Put together with jelly, and ice top. Original recipe calls for 2 eggs.

DATE CAKE.—Two cups rolled oats, 2 cups standard flour, $\frac{3}{4}$ cup sugar, 1 cup shortening, margarine or dripping, $\frac{1}{2}$ cup sour milk, 1 teaspoon Magic Soda. Mix like cookie dough, divide in two parts, roll out to one-fourth inch thickness in tin, spread with filling, cover with remaining dough and bake slowly. Cut in small squares. This is also a good cookie recipe. Filling: One pound dates, $\frac{3}{4}$ cup sugar or syrup (drip or maple), 1 cup boiling water. Stone and chop dates, add sugar and water, boil to a paste.

DELICATE CAKE.—Cream $\frac{1}{2}$ cup of margarine or butterine, with one cup light sugar; then add $\frac{1}{2}$ cup corn starch, 1 cup war flour, 1 egg, $\frac{1}{2}$ cup water, 2 teaspoons Magic Baking Powder. Beat well; bake in square tin in slow oven. Original recipe calls for 3 eggs.

ECONOMY CAKE.—One-third cup margarine, $\frac{2}{3}$ cup sugar, 1 egg, $1\frac{1}{2}$ cups war flour, 3 teaspoons Magic Baking Powder, pinch salt, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon vanilla. Cream margarine, add sugar, cream well; add egg, beat till smooth, add mixed, sifted dry ingredients alternately with the milk, stirring just enough to mix. Add vanilla, beat well. Bake in slow oven and frost with any desired frosting. Original recipe calls for 2 eggs.

FUDGE CAKE.—One-quarter cup shortening, 1 cup brown sugar, $\frac{1}{2}$ cup thick sour milk, 1 egg, $1\frac{1}{2}$ cups flour, 1 teaspoon Magic Soda, $\frac{1}{4}$ cup boiling water, 2 tablespoons cocoa, 1 teaspoon salt. Method: Cream the shortening, add sugar gradually, and egg well beaten. Then add the milk, mix and sift the flour with the salt and add it to the first mixture. Add the boiling water to cocoa and soda, then combine the two mixtures. Add 1 teaspoon vanilla, beat well, bake in a moderate oven, and allow the cake to cool in the pan. Ice with a soft sugar icing. Original recipe calls for 3 eggs.

GOLD CAKE.—Two tablespoons of margarine, $\frac{3}{4}$ cup of granulated sugar, yolks of 2 eggs, $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cups of flour, 3 teaspoons Magic Baking Powder, 1 teaspoon of orange extract. Cream margarine and sugar, add yolks of eggs which have been beaten stiff, add flavoring, sift flour and baking powder and add alternately with the milk. Bake in a loaf tin in a moderate oven thirty-five to forty-five minutes. Ice with white icing. Original recipe calls for yolks of 5 eggs.

HONEY CAKE.—Three tablespoons domestic shortening, 4 tablespoons strained honey, $\frac{1}{3}$ cup sugar, 1 egg, $\frac{1}{2}$ cup milk (scant), 1 cup standard flour, $\frac{1}{2}$ cup rolled oats (put through meat grinder), 3 teaspoons Magic Baking Powder, $\frac{3}{4}$ teaspoon salt, 1 teaspoon lemon flavoring. Grease the tin, sift dry ingredients, cream shortening, cream in the honey, then the sugar gradually, beat well. Add well beaten egg, beat well; add dry ingredients and milk alternately and beat well, then add flavoring. Bake in a moderate oven about thirty minutes. If baked in a loaf tin, allow about forty-five minutes for cooking.

JELLY CAKE.—Two cups flour, 2 teaspoons (rounded) Magic Baking Powder, 1 cup sugar, $\frac{1}{2}$ cup shortening, 1 cup milk, 1 egg, pinch of salt, flavoring. Sift flour, baking powder and salt together, cream sugar and shortening together, then mix in the milk and egg (beaten) and flavoring. Beat well. This recipe is also nice to add raisins, currants or any fruit, and just put in tin. Makes a cheap fruit cake.

JELLY ROLL.—One cup sugar, $1\frac{1}{2}$ cups of war flour, 3 teaspoons Magic Baking Powder, 1 egg, 6 tablespoons hot water. Mix and sift dry ingredients, stir in well beaten egg, add hot water, beat until smooth, pour into large well greased pan. Batter should not be over $\frac{1}{4}$ inch thick, to roll nicely. Bake in a slow oven. Turn out on sheet of brown paper well dusted with powdered sugar; spread jelly. With sharp knife trim off crusty edges, and roll up while warm, by lifting up one side of the paper to keep the roll perfectly round. Roll up in a cloth until cool. Original recipe calls for 3 eggs.

CHEAP LAYER CAKE.—Put 1 egg in cup and fill up with sweet milk, mix $1\frac{1}{2}$ cups of flour, $1\frac{1}{2}$ teaspoons of Magic Baking Powder, 1 cup of sugar, $\frac{1}{2}$ teaspoon vanilla, 2 teaspoons melted domestic shortening, 2 tablespoons oleomargarine. Mix all together and bake.

LAYER CAKE.—Three-quarter cup sugar (white or brown), 1 tablespoon dripping, 1 egg, $\frac{3}{4}$ cup milk, 2 cups flour, 3 teaspoons Magic Baking Powder, flavoring. Mix dripping and sugar, drop in egg, add milk, then flour, and lastly baking powder and flavoring; stir thoroughly; bake in layer tins in hot oven. Original recipe calls for 3 eggs.

LAYER CAKE.—One cup of sugar, 1 egg, 2 tablespoons cold water, $\frac{1}{2}$ cup of milk, 2 tablespoons of shortening, 2 heaping teaspoons of Magic Baking Powder, 2 cups of war flour. Mix well, but add water last. Beat five minutes, and bake twenty minutes in two tins, and you will have a beautiful light cake. Original recipe calls for 2 eggs.

MAPLE LAYER CAKE (without Sugar or Milk).—One egg, 2 tablespoons margarine, 1 cup maple syrup, $\frac{1}{4}$ teaspoon salt, 2 heaping teaspoons Magic Baking Powder, 2 cups flour. Bake in two layers. This rule also makes good drop cakes, and the addition of $\frac{1}{2}$ cup chopped walnuts improves them.

MOCK FRUIT CAKE.—One cup sugar, $\frac{1}{2}$ cup shortening; beat well, then add 1 egg, 1 cup sour milk, 2 cups flour, 1 teaspoon Magic Soda, $\frac{1}{2}$ teaspoon ground nutmeg, 1 teaspoon ground cinnamon. Lastly put in 1 cup seeded raisins. This makes an excellent cheap cake which will keep fresh for days. Original recipe calls for 2 eggs.

ONE-EGG LUNCH CAKE.—One tablespoon margarine, 1 scant cup of sugar, 1 egg, $1\frac{1}{2}$ cups of flour, $\frac{3}{4}$ cup of milk (scant), $\frac{3}{4}$ cup currants, 2 level teaspoons Magic Baking Powder. Rub the butter to a cream, add sugar gradually then the well beaten egg. Sift the flour and baking powder together, add the flour and the milk to the mixture. Beat well and then add the currants. Beat well and then put in a greased loaf pan or bake in patty tins. You can omit currants and use either chopped dates, cocoanut or raisins, or a teaspoon of caraway seeds. Original recipe calls for 3 eggs

PLAIN FRUIT CAKE.—One cup brown sugar, 1 tablespoon of margarine, $1\frac{1}{2}$ cups of sifted flour, 1 cup of milk (sweet), 1 teaspoon of Magic Baking Powder, 1 large teaspoon of cinnamon and 1 teaspoon of nutmeg, 1 cup of raisins. Bake nearly three-quarters of an hour. Spread with icing sugar beaten with some sweet butter or margarine. Original recipe calls for 2 eggs.

PLAIN CAKE.—Quarter cup of margarine, 1 cup of sugar, 1 egg, $\frac{1}{4}$ cup of milk, $\frac{1}{2}$ cup of water, 1 cup of flour, $2\frac{1}{2}$ teaspoons Magic Baking Powder. Original recipe calls for 2 eggs.

POTATO CAKE (Eggless and Butterless).—Two cups flour, 2 teaspoons salt, 2 teaspoons Magic Baking Powder (rounded), 2 cups finely mashed potatoes, milk or water. Put the finely mashed potatoes into a bowl, then put flour, salt and baking powder in the flour sifter and sift into bowl which has the potatoes in. Mix up thoroughly, then add enough milk (or water) to make a soft dough. Roll out three-quarter inch thick, cut in squares and bake in a moderate oven twenty-five minutes. Can be turned over after fifteen minutes in the oven if preferred, or fried in a frying pan on top of the stove. This is very cheap and a nice change for lunch or supper. Can be made from potatoes left over from the day before. Saves eggs and butter.

SPICE CAKE.—One cup sugar, 1 cup skimmed milk (sweet), 3 tablespoons vegetable shortening, $\frac{1}{2}$ teaspoon each of cinnamon, cloves, ginger, 2 heaping teaspoons Magic Baking Powder, 2 cups standard flour.

WAR CAKE.—Quarter-cup shortening, 1 cup sugar, 1 egg, 1 cup water (if preferred, milk), $1\frac{3}{4}$ cups standard flour, 3 teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon extract, $\frac{1}{2}$ teaspoon salt. Cream shortening, add sugar, flavoring and well beaten egg. Sift together flour, salt and baking powder and add to the mixture a little at a time alternately with the water (or milk). Bake in loaf, layers or patty pans. Original recipe calls for 3 eggs.

WHITE CAKE.—Two tablespoons margarine, 1 cup of granulated sugar, $\frac{2}{3}$ cup of water, 2 cups of flour, 3 teaspoons Magic Baking Powder, whites of 2 eggs, 1 teaspoon of lemon extract. Cream margarine and sugar, add water very slowly and beat constantly, stir in flour and baking powder which have been sifted twice, fold in whites of eggs last which have been beaten stiff, pour into a greased tin and bake in a moderate oven one hour. Original recipe calls for whites of 5 eggs.

WAR COOKIES. Two cups of rolled oats, $2\frac{1}{2}$ cups of graham flour, 1 cup of brown sugar, 1 cup of margarine, $\frac{1}{4}$ cup of water, 2 heaping teaspoons of Magic Baking Powder.

SAND COOKIES.—Half cup butter substitute, 1 cup sugar, 1 egg, $1\frac{3}{4}$ cups flour, 4 teaspoons Magic Baking Powder, blanched almonds, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon best ground cinnamon. Beat butter, sugar and 1 egg well, add flour mixed and sifted with baking powder. Let get very cold and roll out, cut into shapes, brush over with white of one egg, and sprinkle with sugar and cinnamon mixed. Bake in moderate oven ten minutes. Original recipe calls for 3 eggs.

PEPPER COOKIES.—Three-quarter cup shortening, $\frac{1}{2}$ cup soft sugar, $\frac{1}{2}$ cup New Orleans molasses, 2 eggs, 1 teaspoon Magic Soda, $\frac{1}{2}$ teaspoon each cloves, cinnamon, nutmeg, salt, black pepper. Add flour to mix stiff and set over night in cool place. Mould into cookies and bake.

COCOA COCOANUT COOKIES.—Two and a half cups standard flour, 5 teaspoons Magic Baking Powder, 1 cup sugar, $\frac{1}{2}$ cup dripping, $\frac{1}{2}$ teaspoon salt, 2 eggs, $\frac{1}{2}$ cup shredded coconut, $\frac{1}{2}$ cup cocoa, about 1 cup of mixed milk and water. Beat sugar, dripping and eggs together. Sift flour, baking powder and cocoa, combine all ingredients, roll out thin, cut in fancy shapes and bake in moderate oven. Original recipe calls for 3 eggs.

DROP COOKIES.—Cream together $\frac{1}{2}$ cup shortening, 1 cup sugar, add to this 2 eggs well beaten, 1 cup black strap molasses, 1 cup cold water in which dissolve 2 teaspoons Magic Soda; 1 teaspoon cinnamon, 1 teaspoon cloves, and 5 cups standard flour. Beat well, drop by spoonfuls on tins and bake slowly. A few raisins placed on each cake before baking add to their appearance. This recipe makes a large batch.

COOKIES.—Take 2 cups flour, 2 teaspoons Magic Baking Powder (rounded), 1 cup brown sugar, $\frac{1}{2}$ cup margarine, $\frac{1}{2}$ cup shortening, 2 eggs, 1 teaspoon vanilla, and a pinch of salt. Put flour, powder, sugar and shortening together and rub till well mixed; add eggs and vanilla, roll thin on well floured board and bake in hot oven. This recipe will make four to five dozen cookies size of 1 lb. Magic Baking Powder lid. Original recipe calls for 3 eggs.

DATE COOKIES.—Quarter cup shortening, $\frac{1}{4}$ cup dripping, 1 cup brown sugar, 1 egg, $\frac{1}{4}$ cup sour milk, 1 teaspoon Magic Soda, 1 cup war flour, 1 cup graham flour or oatmeal. Cream shortening and brown sugar, then the egg; add the flour and then the soda dissolved in sour milk and mix so as you can roll out and cut with a cookie cutter, and put date filling between. Bake about twenty minutes.

DATE FILLING.—One package of dates, $\frac{1}{2}$ cup brown sugar and 1 cup of hot water Boil all together.

CREAM SCONES.—These are delicious for Sunday tea. Sift 2 cupfuls war flour with 3 teaspoons Magic Baking Powder and $\frac{1}{2}$ teaspoon salt. Mix in with the fingers $\frac{1}{4}$ cup shortening. Add 1 well beaten egg and $\frac{1}{3}$ cup rich milk (or, if you wish the scones to be very rich, use $\frac{1}{3}$ cup cream in place of the milk). Mix lightly, cut in triangles, and bake in a very hot oven. These are very tempting when split, spread with jam and re-covered. Original recipe calls for 2 eggs.

SPICE WAFERS.—One cup brown sugar, $\frac{1}{2}$ cup dripping, 2 eggs (well beaten), 2 cups war flour, 4 teaspoons Magic Baking Powder, 1 teaspoon ground ginger, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon ground cloves and salt. Cream sugar and dripping thoroughly together, add eggs, beat again, add flour sifted with baking powder, spices and salt. Mix and chill, then roll out, cut out with cutter, lay on greased tins, sprinkle with sugar, bake in moderate oven about ten minutes.

DATE WAFERS.—One cup fine oatmeal, 1 cup flour, $\frac{3}{4}$ cup brown sugar, $\frac{1}{3}$ cup butter and lard mixed, $\frac{1}{4}$ cup milk, 2 teaspoons Magic Baking Powder.

Method for Mixing.—Mix oatmeal, flour, sugar and Magic Baking Powder. Rub in the shortening with fingers. Make into a very stiff dough with milk. Roll out very thin, cover half the dough with the date filling, which should be thoroughly cooled. Fold over the other half and cut out wafers in desired shape. Bake in moderate oven.

Date Filling.—Stone and cut up $\frac{3}{4}$ pound dates. Cook with $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ cup water until they form a paste. Allow the paste to cool before spreading.

COCOANUT CREAM CAKES.—Beat 2 eggs with 1 cup of sugar. Then add alternately 1 cup of cream, $\frac{1}{2}$ cup of chopped cocoanut, 5 teaspoons of Magic Baking Powder, $\frac{1}{2}$ teaspoon of salt sifted with 3 cups of flour and $\frac{1}{2}$ teaspoon of vanilla extract. Set in a cool place until thoroughly chilled, then turn out on a well floured bake board, roll into a thin sheet and sprinkle with chopped cocoanut, cut into shape and bake in a hot oven.

MOLASSES DROPS.—Two cups government flour, 2 teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 cup milk, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup hot water, $\frac{1}{2}$ teaspoon Magic Soda, flavoring. Sift flour with Magic Baking Powder and salt, make a hole in the middle and add milk, then molasses and hot water, in which the soda has been dissolved, then flavoring. Mix quickly and drop with a teaspoon on a greased pan. Bake in a quick oven. Saves eggs, butter and sugar.

OATMEAL CRISPS.—Half cup brown sugar, $\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup sour milk or buttermilk, level teaspoon Magic Soda, 2 cups oatmeal, 2 cups flour. Put all dry ingredients together, mix in shortening with the hands then add your sour milk and soda, and roll out thin.

HONEY DROP CAKES.—Quarter cup shortening, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup honey, $\frac{1}{2}$ tablespoon lemon juice, 1 egg, 1 cup standard flour, $\frac{1}{2}$ cup oat flour, 3 teaspoons Magic Baking Powder, $\frac{1}{4}$ teaspoon salt. Cream shortening, add slowly sugar, honey, egg yolk well beaten, and lemon juice. Mix and sift flours, baking powder and salt; add to first mixture, mix thoroughly and fold in the beaten egg white. Drop mixture by teaspoonfuls on greased baking sheet and bake in moderate oven. Original recipe calls for 2 eggs.

SCOTCH OAT CAKES.—Two cups fine oatmeal, 1 cup flour, 1 teaspoon salt, 3 level teaspoons Magic Baking Powder, $\frac{1}{4}$ cup brown sugar, $\frac{1}{2}$ cup shortening. Sift flour, salt and baking powder into oatmeal and sugar. Rub in shortening with the finger tips, then add enough water to make a very stiff dough; roll out about $\frac{1}{4}$ inch thick, cut with biscuit cutter and bake in a moderate oven fifteen to twenty minutes. Care must be taken to have measurements exact, as too much water or too much flour in rolling out will make these hard instead of crisp. Handle as little as possible.

COCOANUT MACAROONS.—One cup sugar, 1 tablespoon margarine, 1 egg, 2 cups rolled oats, $\frac{1}{2}$ cup whole wheat flour, 3 teaspoons Magic Baking Powder, 1 cup cocoanut, 1 teaspoon vanilla. Cream butter and sugar, add yolk of egg, add rolled oats and whole wheat flour, to which baking powder has been added; add vanilla and cocoanut and fold in the beaten egg white. Drop on buttered tins with teaspoon. Bake in moderate oven. Original recipe calls for 2 eggs.

RECEPTION MACAROONS.—These are as tasty as the fancy cakes for which the retail stores charge sixty to eighty cents per pound. 1 cup shortening, 1 cup dark brown sugar, 2 eggs, 2 teaspoons vanilla, 3 teaspoons Magic Baking Powder, $\frac{1}{4}$ teaspoon Magic Soda, 1 tablespoon cocoa, 2 to $2\frac{1}{2}$ cups war flour, $\frac{1}{4}$ teaspoon salt. Method: Cream the shortening, add the sugar gradually, and then the eggs, which have first been beaten until thick. Dissolve the cocoa in a few drops of boiling water and add it to the first mixture. Mix and sift 2 cups flour together with the Magic Baking Powder and Soda and the salt. Combine the mixtures, add flavoring. This mixture should be about the same texture as a soft cookie dough, but as the size of the eggs will vary, the cook must use her own judgment. If necessary, add gradually the remaining half cup of flour. Drop by small spoonfuls on a greased tin and bake in a moderate oven or, if you have a pastry bag and tube, shape in small roses and fancy sticks. When baked these should be light, rich and crisp, and will keep fresh for weeks. Original recipe calls for 4 eggs.

GOOD PANCAKES.—One cup of water drained off cooked potatoes, $\frac{1}{2}$ cup of sweet milk, a pinch of salt, $2\frac{1}{2}$ cups of flour in which $2\frac{1}{2}$ teaspoons of Magic Baking Powder has been mixed. Then mix all together and bake on buttered griddle.

VEGETABLE PANCAKES.—Two cups mashed parsnips, carrots or turnips, 1 cup flour with which 2 teaspoons Magic Baking Powder and 1 teaspoon salt have been sifted, 1 well beaten egg, 1 cup of sweet milk. Beat all together and fry on a greased pan. Original recipe calls for 3 eggs.

RASPBERRY ROLYPOLY.—Three cups war flour, 5 teaspoons Magic Baking Powder, 1 cup finely chopped suet, $\frac{1}{2}$ teaspoon salt, sweet milk to mix. Raspberry jam. Mix with sweet milk and roll out, spread with raspberry jam, roll in cloth and steam three hours. Serve with sauce.

SURPRISE PUDDING.—One cup suet chopped fine, 2 tablespoons sugar, 1 teaspoon salt, 1 teaspoon Magic Soda, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 cup black currant preserves. Steam for two hours.

FEATHER PUDDING.—Half cup sugar, 1 tablespoon butter, 1 egg, $\frac{1}{2}$ cup cold water, 1 cup flour, 2 teaspoons Magic Baking Powder, pinch of salt. Grease 5 cups or ramakins, put a little preserves in bottom of each, then pour in the batter. Steam forty minutes. Serve with sauce. Original recipe calls for 2 eggs.

CARROT PUDDING.—Quarter pound suet chopped fine, 1 cup brown sugar, 1 tablespoon molasses, 1 cup carrots, done very fine, 1 teaspoon Magic Baking Powder, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. raisins, 2 teaspoons mixed spices, about 4 cups flour. Steam four hours.

CANARY PUDDING.—Two eggs, 1 cup sugar, $1\frac{1}{2}$ cups flour, 2 teaspoons Magic Baking Powder, $\frac{1}{4}$ cup milk, melted margarine size of a duck's egg, grated rind of a large lemon (free from specks). Whisk eggs, add other ingredients, steam one and a half hours, turn out, serve with any sweet sauce liked. This mixture will make endless desserts, poured over apple sauce and baked in the usual way, or into a pastry crust with a little jam or marmalade, or cheese curd with pastry twisted across, or jelly roll baked on paper, jam spread on while hot and rolled up. Original recipe calls for 3 eggs.

DATE PUDDING.—Half cup each of molasses, milk, and chopped suet, $\frac{1}{2}$ teaspoon Magic Soda dissolved in a little hot water, 1 teaspoon cinnamon and a grating of nutmeg, a pinch of salt, 1 cup chopped dates, 1 teaspoon Magic Baking Powder sifted with enough flour to mix stiff. Steam two hours. Original recipe calls for 2 eggs.

COCOA PUDDING.—Two cups standard flour sifted with 3 level teaspoons Magic Baking Powder, 2 heaping tablespoons of cocoa, 2 level tablespoons of either butter or margarine, 1 large cup of sweet milk, pinch of salt. With the tips of the fingers rub butter or margarine in the flour, add cocoa, salt; mix well, then add the milk, and when all has been well stirred in, place in a greased bowl and steam two and a half to three hours.

SAUCE.—Take 2 tablespoons of standard flour, and $\frac{1}{2}$ cup cooking sugar with 1 tablespoon of margarine or butter, mix dry, then add $\frac{3}{4}$ pint or more of boiling water till a nice smooth sauce is obtained. Cook a few minutes then add a few drops of vanilla essence.

TROY PUDDING.—One cup chopped suet, 1 cup of standard flour, and 1 cup of graham flour to which has been added 3 level teaspoons Magic Baking Powder, $\frac{1}{2}$ cup cooking sugar and 2 tablespoons of molasses, 1 cup of sweet milk. Mix all well, place in a greased bowl and steam three hours.

SAUCE.—Take $1\frac{3}{4}$ cups of milk, put on to boil, mix 2 heaping teaspoons of cornstarch with $\frac{1}{4}$ cup milk, add to the rest of the milk. When boiling, remove from the fire and add a few drops of vanilla and sugar to taste.

CHERRY OR PEACH SHORTCAKE.—Two cups sifted war flour, $\frac{1}{2}$ teaspoon salt, 4 level teaspoons Magic Baking Powder, $\frac{3}{4}$ cup milk, 4 tablespoons shortening. Method: Mix same as Five o'clock Tea Biscuits. Turn on to a floured board and roll lightly (or pat). Cut with a biscuit cutter about the size of a tea-cup. Bake in a very hot oven. When done, split through the centre, spread lower portion with butter; arrange a layer of canned cherries (which have first been drained) on the lower half of biscuit. Cover with top portion, and sprinkle with powdered sugar or, if desired, garnish with whipped cream mixed with fruit. Canned peaches may be used in the same way, $\frac{1}{2}$ peach being placed in each biscuit.

INDIVIDUAL APPLE PUDDINGS.—Make mixture for Five o'clock Tea Biscuits. Butter small molds, spread mixture over sides and bottom of mold, using a flat knife. Half fill the molds with apple (which has been pared, cut into small pieces and mixed with sugar, and, if desired, spices), spread a thin layer of dough over the top of apples, and steam for two hours. The recipe given for the Tea Biscuits will make six or seven individual puddings. Serve with a sweet white sauce. Any jam may be used for this recipe.

FEATHER DUMPLINGS.—Mix same as Five o'clock Tea Biscuits, using instead only $\frac{3}{4}$ cup liquid. Drop by spoonfuls into stew. Allow the dumplings to boil twenty minutes, then they should be eaten immediately. If necessary, remove some of the liquid from the stew while dumplings cook, as they should rest on the meat and vegetables.

WAR-TIME RECIPE, MAGIC DUMPLINGS.—Two cups whole wheat flour, 2 teaspoons butter, 4 teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon salt. Mix with milk, rub butter into flour with tips of fingers. Do not handle much. Steam twenty minutes and serve with syrup.

CRUMB TARTS.—To make paste: 1 cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon Magic Baking Powder, 2 tablespoons margarine or vegetable shortening, cold water. Sift dry materials into mixing bowl, add shortening and mix with a fork into crumbs. Add just enough cold water to make dough to consistency of pie paste. Line tart tins.

FILLING.—For each tart, use in the order given: One small teaspoon fine bread crumbs, 1 small teaspoon honey or corn syrup, 1 teaspoon water, margarine size of a bean. Sprinkle with coconut. Bake in moderate oven.

ECONOMY PASTRY.—In making pastry for tarts or very small pies, use less fat, and as a substitute use $\frac{1}{2}$ level teaspoon Magic Baking Powder for every cup of flour.

BEEF LOAF.—One pound minced steak, 1 well beaten egg, 1 cup flour (standard), with which has been sifted 2 teaspoons Magic Baking Powder, 1 small minced green pepper, 1 tablespoon horseradish, $\frac{1}{2}$ teaspoon dry mustard, 1 cup of chili sauce or well seasoned stewed tomatoes, 1 tablespoon butter substitute. Mix all well together and pack in a well greased mold. Bake slowly for one hour. Original recipe calls for 2 eggs.

CHICKEN SAVORY.—Boil the giblets from the fowl until very well done. Lift from the broth (there should be one pint liquid left from the broth), put through mincer and return to liquid. Season well with salt, pepper, a pinch of summer savory and a very little onion cut very fine. Stir into this 1 cup buckwheat flour and about 1 cup cornmeal. Set the pot into a pan of boiling water or use a double boiler, and let boil for half an hour. Pour into a greased mold. When thoroughly cold, slice and dip in egg and fine stale bread crumbs and fry in the ordinary way. Will keep for a long time and is very good if fried crisp and brown.

MOCK SAUSAGE (A good meat saver and cheap).—Soak $\frac{1}{4}$ cup of lima beans over night. In the morning wash and boil them until soft, drain and rub through a sieve or strainer. Add to this pulpan equal amount of soft bread crumbs, 2 tablespoons butter substitute, $\frac{1}{2}$ teaspoon sage, $\frac{1}{2}$ teaspoon salt, a little pepper and 1 egg. Mix well and form into small rolls. Dip in egg and bread crumbs and fry in hot fat. Nice served with apple sauce.

HAM FRITTERS.—Two cups soft bread crumbs, 2 cups chopped boiled ham or scraps of any meat, 2 well beaten eggs, 1 cup of milk, 1 cup of flour sifted with 2 teaspoons Magic Baking Powder. Mix well and drop from a spoon to a well greased pan and fry a golden brown. Original recipe calls for 3 eggs.

CREAMED POTATOES.—Chop cold boiled potatoes fine; to each pint allow $\frac{1}{2}$ pint of cream sauce made by rubbing together a tablespoon of flour and 1 of butter. Add $\frac{1}{2}$ pint of cold milk, stir until boiling, add a teaspoonful of salt and a dash of pepper, and mix with potatoes; turn the potatoes into small individual dishes, or into a large dish, cover the top with finely chopped cheese, then press the cheese down into the potatoes. Bake until a golden brown.

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