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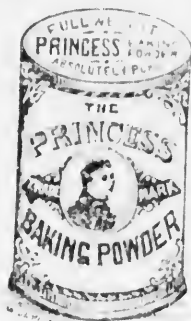
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THE PRINCESS



BAKER

Containing Practical Recipes for making Superior Bread, Biscuit, Cakes, &c., compiled carefully with a view to be used by those who regard economy as well as excellence.

PUBLISHED BY

WM. LUNAN & SON,

MANUFACTURERS OF

THE "PRINCESS" BAKING POWDER,

SOREL, QUE., Canada.

J. Theo. Robinson, Printer, Montreal.

CAUTION.

To the Users of "Princess" Baking Powder.

A FRAUD EXPOSED.

There are certain unscrupulous grocers in various sections of the country, who say to their customers who ask for the "Princess" Baking Powder, "We do not keep it in cans, but have it loose or in bulk." We desire to call the attention of our friends to the fact that this is a dishonorable trick, resorted to for the purpose of palming off as the "Princess" a cheap adulterated substitute which in many cases is detrimental to health.

We desire to say further, that the genuine "Princess" Baking Powder is never sold in bulk, and only in tin cans, under the label and trade mark of the proprietors. Any dealer, therefore, who offers it otherwise, is trying to defraud you.

The "Princess" Powder during the time it has been before the public, by its sterling merit has rapidly increased in popularity, and it is therefore not very surprising that unprincipled dealers should thus attempt to profit themselves, by taking advantage of its good name.

The proprietors will feel thankful to any friend who will take the trouble to give them the name of any grocer who offers Baking Powder in bulk as "Princess," in order that he may be prosecuted according to law.

Wm. LUNAN & SON,

Proprietors,

SOREL, Que., Canada.

Sold Wholesale by

William Johnson & Co., St. James St., Montreal,

Tees, Costigan & Wilson, St. Peter St., Montreal,

L. H. DeVeber & Sons, St. John, N.B.

AND

Leading Grocers generally.

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ARE YOU USING
POISONOUS OR ADULTERATED
BAKING POWDER?

THE adulteration of food and drinks has become almost as general as the use of these articles itself. Scarcely an article used by men in civilized countries has escaped this process, where it was possible to unite some cheaper substance with it. Baking Powder is no exception to this rule. The Brooklyn and New York Boards of Health have both ordered official investigations of Baking Powder. The Chemist of the former has made his report. In sixteen of the leading Baking Powders analysed, Alum was found in quantities varying from 19 to 30 per cent. Alum being a dangerous astringent, there is wide and deep-seated prejudice against its use. In England and other countries, the adulteration of food with Alum is forbidden by law, under heavy penalties. Some of the highest medical authorities concur in stating that the use of Alum, either in Bread or Baking Powder, is injurious.

Baking Powder is also very generally adulterated with Flour, Farina and Starch. The Canadian Government report for 1878, shows that some of the Baking Powders analysed contained 65 per cent. of Wheaten Flour and Farina—substances perfectly worthless for the purposes of Baking Powder.

1880?

THE "PRINCESS" BAKING POWDER

Is made of *Absolutely Pure* materials and is warranted not to contain Alum, Starch, Flour, Farina, or any poisonous or factitious ingredients.

For the quick raising of Bread, Pastry, Pie Crust, &c., and for reliability, excellence and wholesomeness, it is incomparably the best in the world; it is peerless and unapproachable in quality, and is a perfect Baking Powder. It is manufactured with reference to supply the demand for an *Absolutely Pure* and standard article.

A special advantage of the "*Princess*" Baking Powder is that *it will keep any length of time in any climate*, and is not liable, like most other powders, to contract dampness and spoil.

The "*Princess*" Baking Powder is put up in Tin Cans only, (never loose or in bulk), containing 4 oz., 8 oz., and 16 oz., with the weight plainly marked on each Can, and every Can is guaranteed to contain the full stated nett weight.  Consumers are requested to note this fact, as several manufacturers are offering Baking Powder from 2 to 4 ounces short weight in each Can.

Every Can of the "*Princess*" Baking Powder contains a copy of the Princess Recipes, invaluable to the Housekeeper.

Please bear in mind, an absolutely pure Powder like the "*Princess*" cannot be bought at the same price as the adulterated kinds.

The "*Princess*" Baking Powder is sold by the best Grocers, who are authorized to warrant it in every respect.

THE "PRINCESS" BAKER.

The Proprietors (practical Bakers and Confectioners for over one-third of a century,) of the "*Princess*" Baking Powder, present to their patrons the following RECIPES, carefully revised, and specially adapted for use in the household, with complete working directions, so that by following the same, the most inexperienced person can produce delicious and wholesome Bread, Cake, &c., at an outlay within the reach of all.

This Book will be issued annually, and as the next number will contain entirely new recipes, you should be sure to preserve each annual edition.

1. "Princess" Unfermented Bread.

1 quart flour, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful sugar, 2 teaspoonfuls "Princess" Baking Powder, $1\frac{1}{2}$ pints milk.

Sift together thoroughly flour, salt, sugar and powder; add the milk; mix smoothly and rapidly into a softer dough than can be handled. Turn from the bowl into a greased bread pan and bake in a moderate oven 45 minutes. Protect by placing a paper on top during the first 15 minutes' baking.

 *Good Tea Biscuits or Cakes of any kind cannot be made with poor Baking Powder. To insure perfect success in all kinds of baking, get the "Princess" Powder in tin cans, securely labeled, every can of which is warranted absolutely pure and full weight. Loose or bulk Baking Powder sold for the "Princess" is not genuine.*

2. Delicate Graham Bread, (for invalids.)

1 pint Graham, 1 pint flour, 1 teaspoonful sugar, 1 teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, $1\frac{1}{2}$ pints milk.

Sift together Graham, flour, sugar, salt, and powder, leaving out the coarse bran, which will be found in the sieve; add the milk; mix quickly into a smooth, soft dough, which pour into two small greased tins and bake at once in a rather hot oven 25 minutes. Protect with paper 10 minutes.

3. Graham Rolls.

1 pint Graham, 1 pint flour, 1 teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, 1 tablespoonful lard, $\frac{3}{4}$ pint milk.

Sift together Graham, flour, salt and powder; rub in the lard cold; add the milk, and mix the whole into a smooth dough that can be handled—not too soft; flour the bread, turn it out, and form into rolls the shape and size of large fingers. Lay them on baking sheet so they will not touch, wash their surfaces with a soft brush dipped in milk to glaze them; bake in nice hot oven from 10 to 12 minutes.

 To meet with perfect success, the cook will have to use a little care and judgment, bearing in mind that some flour requires more water or milk than others, and more or less may have to be used to make the dough of the proper consistency, or as directed. The time required for baking varies a little, as it is exceedingly difficult to give the exact time and heat required. It is therefore necessary that the Baking should be examined occasionally. After the work appears to be baked sufficiently, to ascertain whether it is done in the centre of the loaf or cake, thrust a clean straw or long, thin splinter into it, and if done it will be free from dough when drawn out.

4. Corn Bread (New Orleans.)

1½ pints corn meal, ½ pint flour, 1 tablespoonful sugar, 1 teaspoonful salt, 2 heaping teaspoonfuls "Princess" Baking Powder, 1 tablespoonful lard, 1½ pints milk, 2 eggs.

Sift together corn meal, flour, sugar, salt and powder; rub in the lard cold; add the eggs, beaten, and the milk; mix into a moderately stiff batter; pour from the bowl into a shallow cake pan and bake in a rather hot oven 30 minutes.

5. "Princess" Apple Bread.

Stewed apples, free of lumps, ½ pint, 1½ pints flour, 1 teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, ½ pint milk, white sugar to suit taste.

Sift together flour, salt and powder; dilute apple sauce in a bowl with the milk, and use sugar sufficient to destroy the sour taste; add the flour, etc., to it; mix quickly into a soft batter, pour into a well-greased tin, and bake at once in a moderate oven 40 minutes.

6. French Rolls.

1 quart flour, 1 teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, 1 tablespoonful lard, nearly 1 pint of milk.

Sift flour, salt, and powder together thoroughly;

 Remember, in buying "Princess" Baking Powder you run no risk, for it is warranted absolutely pure, and full weight, and every dealer is authorized to refund the money if not entirely satisfactory and as represented. Do not be deceived into buying low priced or cheap goods, for we shall always sell "Princess" as low as pure and whole some goods can be made for. With one-third of a century's experience, we feel safe in saying we can furnish pure goods for less money than any other manufacturer in the land

rub in the lard cold, add the milk, and mix into a rather firmer dough than ordinary; flour the board, turn out the dough, and immediately give it one or two quick vigorous turns to complete its smoothness and quality. Now divide it into pieces the size of an egg, and each piece in half, which you form under the hands into the appearance of short thick rolls tapering sharply at each end; put two of these pieces together, side by side, pinching the end together a little, lay them on a greased baking tin, wash over with milk, and bake in hot oven 15 minutes.

7. Rice Bread.

1 cupful of rice. $1\frac{1}{2}$ pints of flour, 1 teaspoonful sugar, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, $\frac{1}{2}$ pint milk.

Boil the rice, that has been well washed and carefully picked over, in 1 pint of water, with a pinch of salt in it, until the water is entirely absorbed, then dilute it with the milk; sift together the flour, sugar, salt, and powder, which add to the rice preparation in a bowl when perfectly cold; mix together smoothly and well; pour into a well-greased tin, and bake in a moderate oven 40 minutes; protect with paper 15 minutes.

8. Boston Brown Bread.

Flour $\frac{1}{2}$ pint, 1 pint corn meal, $\frac{1}{2}$ pint rye flour, 2 potatoes, 1 teaspoonful salt, 1 tablespoonful brown

As in using yeast for bread making, fermentation is often allowed to go too far, thereby producing sour work, which, when eaten, is both unpalatable and unwholesome, and if persisted in is certain to produce indigestion and dyspepsia. It is, therefore, much better to use "Princess" Baking Powder, as it never sours bread or cake, and does not destroy the nutritious properties of flour, as is the case when yeast is used.

sugar, 2 teaspoonfuls "Princess" Baking Powder, $\frac{1}{2}$ pint water.

Sift flour, corn meal, rye flour, sugar, salt, and powder together thoroughly, peel, wash and well boil two mealy potatoes, rub them through the sieve, diluting with the water; when this is quite cold use it to mix the flour, etc., into a batter-like cake; pour it into a well-greased mold having a cover; place it in a saucepan half full of boiling water, where the loaf will simmer one hour, without the water getting into it; remove it then, take off the cover, finish cooking it by baking in a fairly hot oven 30 minutes.

8. Norwegian Bread (for Dyspeptics).

1 pint barley meal, $\frac{1}{2}$ pint Graham, $\frac{1}{2}$ pint flour, 1 teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, 1 pint milk.

Sift together barley meal, Graham, flour, salt, and powder; mix into a firm batter with the milk; pour into greased tin, and bake in moderate oven 40 minutes; cover with paper 25 minutes.

 Follow the directions as near as practicable, being more particular to get the dough as directed than the exact amount of water or milk, for some flour is stronger than others and requires more. Use powdered sugar unless otherwise directed. Measure the flour and put the powder into it before sifting. Never use sour milk, soda, or saleratus. Water may always be substituted for milk, or both may be used; butter substituted for lard, or lard for butter. The number of eggs may be increased or diminished, as your judgment may dictate, but where fewer eggs are used, it will require a little more powder. Never grease the pans with either stale butter or lard, as it gives a bad taste.

10. "Princess" Graham Gems.

1½ pints Graham, ½ pint corn meal, 1 teaspoonful salt, 2 tea-poonfuls "Princess" Baking Powder, 1½ pints milk.

Sift together Graham, corn meal, salt, and powder; add the milk, and mix into a moderately stiff batter; half fill cold gem pans well greased; bake in a solid hot oven from 10 to 12 minutes.

11. English Muffins.

1 quart flour, ½ teaspoonful sugar, 1 tea-poonful salt, 2 large teaspoonfuls "Princess" Baking Powder, 1½ pints milk.

Sift together flour, sugar, salt, and powder; add the milk, and mix into a smooth batter a trifle stiffer than for griddle cakes; have the griddle heated regularly all over, grease it and lay on muffin rings, half fill them, and when risen well up to the top of the rings, turn over gently with a cake-turner; they should not be too brown, just a buff color; when they are all cooked, pull each open in half, toast delicately, well butter them, serve on folded napkin piled high and very hot.

12. Bread Muffins.

½ pound stale bread, divested of crust, 1 pint flour, 1 teaspoonful brown sugar, ½ teaspoonful salt, 1½ tea-

 The "Princess" Baking Powder is prepared upon the most scientific principles, by a thoroughly competent and reliable Chemist, who tests and examines every article, and allows no impurity or adulteration whatever to enter into its composition. It is made absolutely pure, always alike. Dealers are authorized to warrant every can to give perfect satisfaction or refund the money.

spoonfuls "Princess" Baking Powder, 2 eggs, *nearly* $\frac{3}{4}$ pint milk.

Steep the bread in warm water until thoroughly saturated, then express all the water by wringing it in a clean napkin or towel; dilute it with the milk and beaten eggs.

Sift together the flour, sugar, salt, and powder; add it to the bread preparation in a bowl; mix it thoroughly into a batter like griddle cakes; two-thirds fill cold, well-greased muffin pans, and bake in hot oven 15 minutes.

13. Buckwheat Griddle Cakes.

$1\frac{1}{2}$ pints buckwheat, $\frac{1}{2}$ pint flour, 1 tablespoonful brown sugar, 1 teaspoonful salt, 2 heaping teaspoonfuls "Princess" Baking Powder, 2 eggs, 1 pint milk.

Sift together buckwheat, flour, sugar, salt, and powder; add the beaten eggs and milk; mix into a smooth batter that will run in a little thinner stream from the pitcher than before described, not *too* thin; make the griddle *hot*, the cakes size of large saucers, and as they are cooked, sift sugar between each, pile high, and serve hot with maple syrup [No. 17] or with

14. Hygienic Cream Sauce.

$\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint cream, yolk of one egg, 1

 *The quality of a baking powder should interest the consumer more than any other thing used in the household, for the market is flooded with adulterated kinds, which are constantly being urged on you, because they pay a better profit. The most common substitute and adulterant is powdered bones and alum, which can be bought for about one-tenth what the pure material is worth. The continued use of alum is sure to produce indigestion and dyspepsia.*

tablespoonful of buckwheat dissolved in a little milk, a large pinch salt.

Bring the milk and cream to boil in thick, well-lined saucepan, then add to it the buckwheat dissolved in milk, stirring it rapidly to prevent jumping, allow it to boil five minutes; remove it from the fire, and beat in the yolk of egg diluted with a tablespoonful milk. This is better and far more healthful (especially for children) than so much butter and syrup. Syrup minus the butter is well enough, but the use of butter with hot cakes we cannot recommend.

15. Wheat (or Flannel) Cakes.

1 quart flour, 1 tablespoonful sugar, 1 teaspoonful salt, 2 large teaspoonfuls "Princess" Baking Powder, 2 eggs, $1\frac{1}{2}$ pints milk.

Sift together flour, sugar, salt, and powder; add the beaten eggs and milk, mix into a smooth, impid batter, that will run in a rather thick continuous stream from the pitcher; bake on a good hot griddle a rich brown color, in cakes as large as tea saucers. (It is not in good taste to have griddle cakes larger.) Serve with maple syrup [No. 17], or with hygienic cream sauce [No. 14].

It is poor economy, in trying to save a few cents on baking powder, to sacrifice your health. Acid phosphate of lime (burnt bones), patent cream tartar, alum, terra alba in fact, every cheap trashy substitute so nearly resembles a genuine baking powder that it is impossible for the housekeeper to distinguish the difference by appearance. It is therefore of the utmost importance to get a brand like the "Princess" which is endorsed by the highest authorities for its sterling qualities and absolute purity.

16 Crushed Wheat Griddle Cakes.

1 cupful crushed wheat, $1\frac{1}{2}$ pints flour, 1 teaspoonful brown sugar, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls "Princess" Baking Powder, 1 egg, 1 pint milk.

Boil 1 cupful crushed wheat in $\frac{3}{4}$ pint of water 1 hour, then dilute it with the beaten egg and milk; sift together flour, sugar, salt and powder; add it to the crushed wheat preparation when it is quite cold; mix into a smooth batter that will run from the pitcher in a pretty thick, limpid stream; bake on a hot griddle, brown delicately on both sides, and serve with hygienic cream sauce [No. 14].

17. Maple Syrup.

$\frac{1}{2}$ lb. maple sugar, 1 lb. cut sugar, 3 pints water.

Break the maple sugar small, place it on the fire, with the cut sugar and water; boil 5 minutes, skim, and then cool.

18. Soft Waffles.

1 quart flour, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful sugar, 2 teaspoonfuls "Princess" Baking Powder, 1 large tablespoonful butter, 2 eggs, and $1\frac{1}{2}$ pints milk.

Sift together flour, salt, sugar, and powder; rub in the butter cold; add the beaten eggs and milk;

 Very generally in using sour milk or soda, or cream tartar and soda, repulsive-looking streaks of a reddish-yellow color are seen running through the bread rendering it very injurious to the teeth, destroying the enamel and causing them to decay, especially when the cake is eaten while hot. To prevent this, substitute two spoonfuls of "Princess" Baking Powder for two spoonfuls cream tartar and one of soda, or the sour milk and one teaspoonful of soda; sift the powder with the flour, then proceed to mix in the usual manner.

mix into a smooth consistent batter, that will run easily and limpid from the mouth of the pitcher; have the waffle-iron hot and carefully greased each time; fill it two-thirds full, and close it up; when brown, turn over; sift sugar on them, and serve hot.

19. Scotch Short-bread.

$1\frac{1}{2}$ pint flour, $\frac{1}{2}$ teaspoonful salt, 4 tablespoonfuls sugar, 4 tablespoonfuls butter, 1 teaspoonful "Princess" Baking Powder, 3 eggs, 1 teacupful milk, 1 teaspoonful extract of orange.

Sift together flour, sugar, salt, and powder; rub in the butter cold; add the beaten eggs, nearly all the milk and the extract; mix into a smooth dough without much handling; flour the board, turn out the dough, roll it with the rolling-pin to quarter inch in thickness, cut with a knife into shape of small envelopes, lay them on a baking-tin, wash them over with the remainder of the milk, lay on each three large thin slices of citron and a few caraway seeds; bake in moderate hot oven 20 minutes.

20. Johnny Cake (New England).

1 pint corn meal, 1 pint flour, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful lard, 2 teaspoonfuls "Princess" Baking Powder, 3 eggs, and $1\frac{1}{4}$ pints milk.

Sift together corn meal, flour, sugar, salt, and powder; rub in the lard cold; add the beaten eggs and milk; mix into a firm, smooth batter, and pour into square shallow cake pan; bake in rather hot oven 20 minutes.

21. Scotch Scones.

1 pint flour, 1 teaspoonful sugar, $\frac{1}{2}$ teaspoonful salt, 4 teaspoonfuls "Princess" Baking Powder, 1 tablespoonful lard, 2 eggs, nearly 1 pint milk.

Sift together flour, sugar, salt, and powder; rub in

the lard cold; add the beaten eggs and milk; mix into a dough smooth and just consistent enough to handle; flour the board, turn out the dough, give it one or two quick turns to complete its quality; roll it out with rolling-pin to one-third inch in thickness, cut out with sharp knife into squares larger than soda crackers, fold each in half to form three-cornered piece; bake on a hot griddle about 8 or 10 minutes; brown on both sides.

22. Citron Cake.

1½ cupfuls butter, 2 cupfuls sugar, 6 eggs, 1 teaspoonful "Princess" Baking Powder, 1 pint flour, 1 cupful citron, cut in thin, large slices, 1 teaspoonful extract nutmeg.

Rub the butter and sugar to a smooth, light cream; add the eggs, 2 at a time, beating 5 minutes between each addition; sift the flour and powder together, which add to the butter, etc., with the citron and extract nutmeg; mix into a pretty firm batter, and bake carefully in paper-lined shallow flat cake pan in a moderate steady oven 50 minutes.

23. Cup Cake.

1 cupful butter, 2 cupfuls sugar, 4 eggs, 1 teaspoonful "Princess" Baking Powder, 3 cupfuls flour, ¼ teaspoonful extract bitter almonds.

Rub the butter and sugar to a cream; add the eggs 2 at a time, beating it 5 minutes between each addition; sift together the flour and powder, which add to the butter, etc., with the extract; mix into a smooth, medium batter; bake in well-greased cups or muffin pans in a rather hot oven, 20 minutes.

24. Clear Icing, for Cake.

Put one cup of sugar into a bowl, with a tablespoonful lemon juice and whites of two eggs; beat with

whisk until light and white, and pour over the cake ; if the cake is not hot enough to dry it, place it in the mouth of a cool oven.

25. Cream Cakes (Eclairs a la Creme).

10 eggs, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ lb. flour, 1 pint of water, $1\frac{1}{2}$ pints milk, 3 large tablespoonfuls corn starch, 2 cupfuls sugar, yolks 5 eggs, 1 large tablespoonful good butter, and 2 teaspoonfuls extract vanilla.

Set the water on the fire in a stewpan with the butter ; as soon as it boils, stir in the sifted flour with a wooden spoon ; stir vigorously until it leaves the bottom and sides of the stewpan when removed from the fire, and beat in the eggs one at a time ; spoon out on a greased tin, some distance apart, as they expand a great deal, and bake in steady, brisk oven 20 minutes ; when cold, cut open the sides with scissors, and fill with the following :

PASTRY CREAM, made from the same ingredients.

Bring the milk to boil with the sugar ; add the starch dissolved in little water ; as soon as it reboils take from the fire ; beat in the egg yolks ; return to the fire 2 minutes to set the eggs ; add the extract and butter ; when cold, use as directed.

26. Doughnuts.

$\frac{1}{2}$ cupful butter, 1 cupful sugar, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoonfuls "Princess" Baking Powder, 1 egg, $1\frac{1}{2}$ cupfuls milk ; 1 teaspoonful extract nutmeg.

Rub the butter, sugar, and egg together smooth ; sift the flour and powder together, add it to the butter, the milk, etc. ; mix into a soft dough, well flour the board, roll out the dough to half an inch in thickness, cut out with large biscuit cutter, and fry to a light brown in plenty of lard made hot for the purpose ; serve with sifted sugar over them.

[NOTE.—Do not have the lard too hot at first, as

the doughnuts will then get brown before cooked through. The lard should be so that they can be in at least 5 minutes without taking much color, then gradually increase the heat until they have a cinnamon color, and are firm—5 minutes longer; take out with skimmer, lay on inverted sieve.

27. Ginger Snaps.

$\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 large cup brown sugar, 1 cup water, 1 tablespoonful extract ginger, 1 teaspoonful each extract cinnamon and cloves, 1 quart flour, $1\frac{1}{2}$ tablespoonfuls "Princess" Baking Powder.

Rub to a smooth paste the lard, butter, and sugar; then add the flour and powder sifted together; mix into a firm dough with the flour and extracts; roll out the dough thin on a floured board, cut out with a round biscuit cutter, and bake on greased pan in a hot, steady oven, 8 minutes.

28. Gold Cake.

The yolks of 3 eggs, 1 cup of brown sugar, $\frac{1}{2}$ cup butter, $\frac{2}{3}$ of a cup of milk, flour sufficient to make the mass as stiff as pound cake; 2 teaspoonfuls "Princess" Baking Powder; flavor with vanilla.

29. Silver Cake.

The whites of 3 eggs, $\frac{1}{2}$ cup of butter, $\frac{2}{3}$ of a cup of milk, 2 teaspoonfuls "Princess" Baking Powder; flour as in Gold Cake; flavor with lemon.

Frosting.—The white of 1 egg and 4 tablespoonfuls of white sugar.

30. Princess Louise Tea Cake.

Take 4 cups of flour, $\frac{2}{3}$ of a cup of sugar, 1 egg, 1 tablespoonful of butter, and 2 heaping teaspoonfuls "Princess" Baking Powder; mix with sweet milk the usual thickness for cake. To be eaten hot with butter.

31. Sponge Cake.

Beat the whites of 4 eggs to a stiff froth, and the yolks of the same till they are very thick; add to the yolks $1\frac{1}{2}$ tencupfuls of white sugar and 3 table-spoonful of cold water; after they are thoroughly mixed, add the whites and stir them well in; now add to 2 tencupfuls of sifted flour 2 teaspoonfuls "Princess" Baking Powder; stir well and sift again; lastly, stir the flour so prepared into the sugar and eggs, and when well stirred in, put immediately in a well-heated oven.

32. Baked Apple Dumpling.

To 1 quart flour add 3 heaping teaspoonfuls of "Princess" Baking Powder and the usual quantity of salt. Thoroughly mix while dry and chop them into the flour prepared as above; then mix with sweet milk to a thin dough, just stiff enough to handle; roll it out half an inch thick and cut into square pieces large enough to cover one apple each; put an apple cored and pared in the centre of each piece of dough and bring the four corners together at the top, and pinch; bake in a buttered pan, the joined edge downward. They are improved very much by brushing them over with a beaten egg when done, and then let them set in the oven again for a few minutes. To be eaten hot with sweet sauce or sugar and cream.

Be careful when purchasing baking powder, and see that the cans contain full weight, for many manufacturers are putting baking powder in cans short weight, often the can and all weighing only what the powder alone should weigh. Place the cans on the scales and they should weigh:

A pound, including can.....	21 ounces
Half-pound, " "	11 "
Quarter, " "	6 "

Every can of "Princess" Baking Powder is warranted Absolutely Pure and Full Weight.

THE
PRINCESS BAKING POWDER

ABSOLUTELY PURE. THE BEST IN THE WORLD.

UNDER THE DISTINGUISHED PATRONAGE OF HIS EXCELLENCY THE EARL OF DUFFERIN,
GOVERNOR GENERAL OF THE DOMINION OF CANADA.

By express permission of Her Royal Highness Princess Louise,
the Portrait and the Name of Her Royal Highness are used for the
"PRINCESS" Baking Powder.

We take pleasure in directing attention to the following :

Gov.-Genls. Office, Citadel, Quebec, July 22nd, 1879.

*Sirs,—I regret to inform you that in view of His Excellency's
approaching departure, the Vice-Regal establishment has been
broken up . . . but at the same time His Excellency very willingly
grants you "His Patronage," for the superior grade of Baking
Powder you propose to manufacture.*

I have the honour to be, *Sirs*, your most obt. servant,

E. G. P. LITTLETON, *Gov. Genls. Secty.*

MESSRS. WM. LUNAN & SON, }
SOREL, QUE.

Government House, Ottawa, April 29th, 1879.

*Sirs,—I beg to inform you that Her Royal Highness Princess
Louise grants you permission to use Her Royal Highness' Portrait
and Name for your Baking Powder.*

*I am, *Sirs*, your obedient servant,*

RICHARD MORETON,

Private Sec. to His Excellency the Gov.-Genl.

MESSRS. WM. LUNAN & SON, }
SOREL.

MONTREAL, Aug. 27th, 1879.

*Dear *Sirs*,—It affords us pleasure to testify to the excellence of
your Baking Powders, which have given universal satisfaction. We
are convinced that the quality is such as will ensure a continuance of
their use wherever they are once tried, and we do not hesitate to
recommend them to our customers and the trade generally.*

Yours very truly,

TEES, COSTIGAN & WILSON,

Successors to JAMES JACK & Co.

28 BEAVER HALL TERRACE,
MONTREAL, Oct. 20th, 1879. }

MESSRS. WM. LUNAN & SON.

Gentlemen,—I have examined a sample of the "Princess" Baking Powder manufactured by you, and find it a *Pure* article and free from *Alum*, *Chalk*, *Clay*, *Farina*, &c. In fact, that it consists of the *materials only* which produce the gases that raise the bread and make it light.

Being thus free from all extraneous matter, it is *as strong a raising powder as can be made*.

If Baking Powders be allowed to get wet or damp, they lose strength. This loss in your case is avoided, being packed in tin cans, which keep the Powder so much drier than when only packed in paper.

I am, Gentlemen, yours truly,

G. P. GIRDWOOD.

CHEMICAL LABORATORY,
130 UNION STREET, ST. JOHN, N.B., Oct. 15th, 1879. }

MESSRS. WM. LUNAN & SON.

Gentlemen,—This is to certify that I have examined a sample of the "Princess" Baking Powder, purchased of a grocer in this city. I find that it is *Absolutely Pure*, and entirely free from *Alum*, *Lime*, *Terra Alba*, *Flour*, *Farina*, *Starch*, or any other *injurious* or *extraneous* substances. The "Princess" Baking Powder contains *only such ingredients as are essential to a pure and wholesome article*.

Yours truly,

WILLIAM F. BEST,

Analytical Chemist.

LABORATORY SCHOOL OF PRACTICAL SCIENCE, }

TORONTO, Oct. 22nd, 1879.

I hereby certify that the "Princess" Baking Powder issued by Wm. Lunan & Son is *perfectly free from insoluble matters*, and is *really a pure* Baking Powder, well fitted for the purpose for which it is sold.

H. H. CROFT.

Upon receipt of a 3c. Stamp to pay postage, we will send to any address, a sample package of the "Princess" Baking Powder, and a copy of the "Princess" Baker, which contains valuable Recipes and useful information.

If you are pleased with the "Princess" Baking Powder, we shall be glad to know the fact, and also to have the address of some responsible dealer in your vicinity, that we may arrange with him to sell the article.

Induce your Grocer to order a Box.

Respectfully,

WM. LUNAN & SON,

SOREL, CANADA.

