

THE
Alix Recipe Book



1913

Published Under The Auspices of
THE WOMEN'S GUILD OF THE PRESBYTERIAN
CHURCH, ALIX, ALBERTA

THE ALIX RECIPE BOOK

PRACTICAL COOKERY
HOUSEHOLD HINTS
— AND —
IDEAS FOR ENTERTAINING



Compiled by
THE WOMEN'S GUILD OF THE
PRESBYTERIAN CHURCH

Alix

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Alberta

THE ALEX. REEPE BOOK

PRactical COOKERY
FOURTEEN CENTS
AND
RECIPE FOR ENTERTAINING



Compiled by
THE WOMEN'S GUILD OF THE
PRESBYTERIAN CHURCH

ALBANY, N. Y. 1904



All who may find this book useful in their endeavor to create of the erstwhile drudgery of Housekeeping, an art, this book is dedicated.



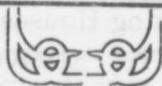
Our Greeting and thanks are heartily tendered to all those women who so kindly contributed their favorite and tested recipes and to those gentlemen and business firms who have so generously purchased our advertising space.



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To you who may desire with earnest heart
To study well the Culinary Art
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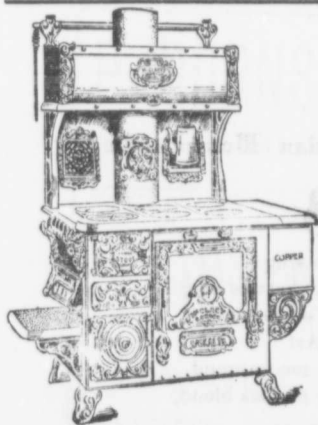
This book's like a fortune, full of "chops and changes,"
And o'er wide fields of Cookery it ranges.
To boil, to stew, to roast, to grill, to fry
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4 cups Flour equal	1 pound
2 tablespoons Flour	1 ounce
1 tablespoon Butter	1 ounce
1 cup Butter equals	$\frac{1}{2}$ pound
1 pint equals	1 pound
10 Eggs equal	1 pound
2 cups Granulated Sugar equals	1 pound
2 $\frac{1}{2}$ cups Powdered Sugar equals	1 pound
4 teaspoons liquid equal	1 tablespoon
4 tablespoons equal	1 wine glass
2 wine glasses equal	1 gill or $\frac{1}{4}$ cup
2 gills equal	1 cup or $\frac{1}{2}$ pint
2 cups equal	1 pint
2 pints equal	1 quart
4 quarts equal	1 gallon
1 pint liquid equals	1 pound
Butter size of an egg equals	1 ounce

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HOUSEHOLD HINTS

Water for boiling fish should always be at the boiling point when the fish is put in. Salt and a few tablespoonfuls of vinegar should also have been added. The latter is said to keep the flesh firm and white.

A small scrubbing brush is unexcelled as a vegetable cleaner. The water in which vegetables are washed should be lukewarm, not icy cold, as many housekeepers think. There is no advantage in very cold water and it is hard on the hands of the washer.

Cabbage is not by any means to be despised as a spring salad. Shredded and served with a cream dressing it is excellent. A little celery added lends variety. Walnuts and cabbage combine delightfully, although the mixture does sound queer. Three parts of cabbage to one of nuts is about right.

In making potato salad, a cooking authority says, much better results will be obtained by pouring a hot dressing over cold potatoes or a cold dressing over hot potatoes than by using dressing and potatoes both either hot or cold. The unpleasant clamminess noticeable in many potato salads is obviated in this way she thinks.

To put lace on anything that is to be trimmed in this way such as pillow slips, skirts and other articles, fold the hem of proper width and crease it, which may be quickly done by pressing with a hot iron. Place the lace, plain or fulled, as required, with the upper or straight edge exactly on the crease and toward the bottom of the garment; then stitch, turn and hem up. This looks better than if stitched thru the hem, and holds better than when whipped on.

If the seams of a new tin pail are well greased with fresh lard or sweet oil and the pail set on a stove shelf or other warm place twenty-four hours before it is washed, it will not rust afterwards.

If you throw a piece of alum, about the size of a marble, into a bowl of water, and wet the hands and face and any exposed part lightly with it, not a mosquito will approach you.

When scouring steel knives with brick dust, it is a good plan to mix a small quantity of baking soda with dust. In this way a much brighter polish is obtained and with far less expenditure of time and labor.

For chapped hands take 10c worth of bay rum, 10c worth of glycerine and 5c worth gum tragacanth. Pour one-half cup rain water over the gum and let stand over night, then stir till it looks like jelly. Mix with bay rum and glycerine and set away.

It is said that if common table salt is added to gasoline spots can be cleaned on silks or other delicate fabrics without leaving a ring.

Tan colored linens should never be put into blueing water when washed. In washing blue linens always add a little vinegar to the last rinsing.

When hot cloths are needed, either for household or medical purposes, instead of wringing them out of hot water, heat them in the steamer.

Half an egg shell with a hole in the end makes a useful little funnel. It will be more desirable if the shell is slightly browned in the stove.

G. H. DARLOW J.P.

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HOUSEHOLD HINTS

To stiffen ribbons put a tablespoonful of sugar in about a cupful of water and rise the ribbons in it. When pressed they will be even stiffer than new.

To remove iodine stains, wet in cold water or milk, cover with corn starch and let stand until all stains disappear, changing cornstarch if necessary.

Oftentimes when moving a piece of furniture, especially if it is heavy, the matting will receive an ugly tear. Darn the matting with raffia in colors to correspond.

Cream of tartar will remove rust from dresses. Boil the dress for about an hour in three gallons of water, with one tablespoonful of cream of tartar for each gallon.

"For the picnic luncheon-basket try Huntington Eggs" says the Womans Home Companion. "Cut four hard-boiled eggs in halves cross wise, remove the yolks and put the whites aside in pairs, otherwise you will make yourself extra work and trouble. Mash the yolks and add two tablespoonfuls of grated cheese, one tablespoonful of vinegar, one-fourth of a teaspoonful of mustard, and a few grains of cayenne, and salt to taste; then add enough melted butter to make the mixture of the right consistency to shape. Shape in the size of the original yolks and refill the whites. Many prefer to omit the cheese and use in its stead finely chopped chicken or ham or sardines separated into small pieces. Wrap each egg up separately in a square of parafine paper of the correct size (with the compartments) such as comes from the grocery.

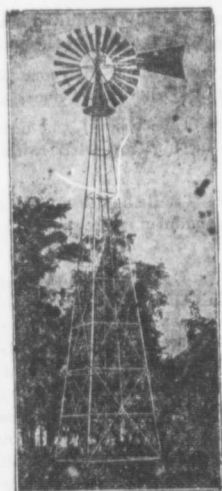
To clean the nickle on your range dip a piece of rag in amonia and rub it in a cake of sapolio, bon ami, or even whiting. Rub the nickle and stains will disappear.

When peeling onions remove the lid of the stove and let the peelings drop in. There will be no smarting of the eyes.

If nervous women would only drink more water they would not be so nervous, says a trained nurse.

Now, while our gardens are full of blossoms and sweet scents many of us will be thinking of making a jar of pot-pourri. Here is an old recipe which may be used although, perhaps, some of the items must of necessity be left out. Gather all the rose leaves you can and dry them in the sun. Then put them into a jar with alternate layers of salt [one pound common salt, half pound bay salt]. Add some powdered cloves, cinnamon, orris root and cedar chips. Add more rose leaves, lemon scented verbena, bay leaves, lavender, woodruff, clove carnations, geranium leaves, dried orange peel and in fact any sweet smelling thing you like. All must, however, be quite dry. This will keep a long time if covered. Once or twice a day take off the lid of the jar, and the room will be filled with the sweet perfume.

Silver or plate that has been lying by for some time, or has not been properly cleaned, is often so discolored that it is impossible to remove the stains with ordinary whiting or plate-powder. But if the whiting or powder is mixed to a rather thin paste with salad oil, well rubbed and brushed into every crevice, left for a few hours, and the silver then washed and cleaned in the usual way, every vestige of stain will have vanished.



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HOUSEHOLD HINTS

EVERY DAY USES OF SALT—

Salt on fingers when cleaning fowl or meat will prevent slipping.

One level teaspoonful of salt will season one quart of soup, sauce or vegetables.

Clean Ivory by dipping the half of a lemon in salt and scouring the pieces; afterward wash with warm soapsuds.

Salt, placed on the coals when the meat is broiling, prevents the dripping fat from blazing.

As a kidney medicine Dodd's Kidney Pills is the salt of the earth.

Salt water is the best and simplest solution for cleaning willow ware and matting.

Salt for table use should be mixed with a small quantity of corn flour to prevent its forming into lumps.

Metal kitchen spoons should be washed to get rid of the grease, and then scoured with salt and sand.

A pinch of salt on the tongue, followed afterward by a drink of cold water often cures sick headache.

Feathers uncurled by damp weather are quickly dried by shaking over fire, in which salt has been thrown.

The best this world possesses are for those with the wisdom and faith to accept them. When not in the pink of health it is wise to remember what Dodd's Kidney Pills can do for you.

In order to preserve cut flowers, cut the stalks and put them in a vase or glass holder of water, to which you have first added a pinch of salt.

Put a good sized lump of salt into a cup of vinegar and put into the vessel that is discolored and let it stand for half a day. Wash well with warm water and soap and sediment will come off easily.

How to wash a wound. Take a handful of absorbent cotton, dip into pure clean water containing common table salt. Do not mop the injured spot with the cloth, but, holding the hand a few inches above the wound, squeeze the cotton so that a single stream will trickle gently down upon the part to be cleansed.

Have you ever stopped to think how trying life would be without salt? It is not alone necessary to savory food, but the skilled housekeeper would find it hard to dispense with in every department of her home. In the laundry alone salt is a trusty friend. Salt added to the water in which delicate colored fabrics are soaked will prevent the color from running.

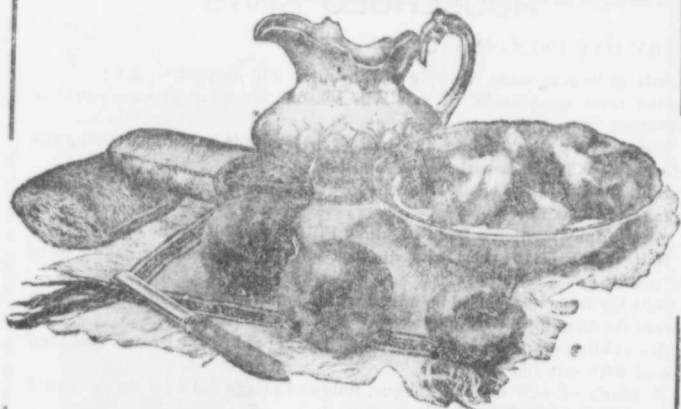
To give your starched clothes fine glaze, add a teaspoonful of salt and one of pulverized white soap to every two cupfuls of starch.

Should iron be soiled, nothing will clean them more quickly than rubbing with salt and brown paper.

Knitted goods will look much better if rinsed in salt water, and if salt is added to the last rinsing water in cold weather it will keep the clothes from freezing on the line.

To remove mildew and rust spots put wet salt on it and let it stand for a time. Then apply a thick paste of French chalk and water.

ink can be removed when not too old, by rubbing the spots with lemon and salt, and standing in the hot sun.



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HOUSEHOLD HINTS

EVERY DAY USES OF SALT—

Wicker clothes hampers and all wicker baskets or furniture are kept much nicer by washing occasionally with a strong solution of salt water. Set outdoors in the sun and air to dry.

In the kitchen the clever cook never forgets the use of salt not only in her cooking, but as an aid to easy pot and pan washing.

Dishes that have been spotted by putting in the oven to heat can easily be cleaned by rubbing with wet salt. It is also good to remove spots from agate ware and to cut the grease in skillets.

Silver that has been blackened by eggs can quickly be freed of spots by rubbing with wet salt. On the other hand, salt must not be allowed to stand in salt-cellars between meals, or it will blacken the silver.

In scrubbing the kitchen floor it will look better if it is done with hot salt water. In sweeping, also, salt keeps down the dust and makes a carpet look much fresher.

Not everyone knows that fudge peanut taffy and cakes are improved by the addition of a liberal pinch of salt.

Salt water is the best possible test for eggs. A fresh egg will sink at once, while one that is stale will show signs of coming to the surface.

If salt is sprinkled over the coals it will make the flame in better condition for broiling.

Another use to which salt on a fire can be put is to recurl ostrich feathers which are held over it.

In the bathroom or on the toilet table salt is invaluable. There is no better gargle for throat and nose than weak salt water, and it has been known to cure cases of chronic catarrh.

Weak salt water is also a good eye wash. It can be used either hot or cold. Bathe freely or wash out the eyes with an eye cup.

Pure, strong salt, thoroughly moistened, makes an excellent tooth wash, removes tartar and is good for the gums.

If one is fatigued there is nothing more restful than a rub with hot or cold salt water. For this, sea salt is preferable. It can be bought by the pound and should be dissolved a short time before the bath is ready.

Medicinally, the value of salt is only coming to be understood. A half teaspoonful of salt in a cup of hot water, taken night and morning, is excellent for the digestion.

In cases of overeating or acute indigestion a pinch of salt dissolved on the tongue will often give relief. One young woman with valvular heart trouble ward off attacks by drinking hot salt water at the first signs of oppression.

In cases of extreme exhaustion a glass of hot salt water acts as a quick restorative. If one is subject to night-mare a cup of salt water, taken before retiring, will often ward off an attack.

Physicians often prolong life by injections of saline solutions, and skilled hair dressers recommend its use to rub on the scalp when it needs strengthening.

One use for salt that is little known is to preserve the length of gas mantles. When they become blackened, turn the light low, sprinkle with salt, turn the light full again for a minute or two and repeat until the mantel is clean.

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HOUSEHOLD HINTS

LAUNDRY HINTS

Ink Stains—Soak in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

Blood Stains—Soak in cold salt water, then wash in warm water with plenty of good soap; afterwards boil.

Grass Stains—Saturate the spot thoroughly with kerosene and wash in warm water.

Iodine Spots—Wash with alcohol, then rinse in soapy water.

Sewing-Machine Oil Stains—Rub with lard. Let stand for several hours, then wash with cold water and soap.

Scorch Stains—Wet the scorched place, rub with soap and bleach in the sun.

Mildew Spots—Soak in a weak solution of chloride of lime for several hours. Rinse in cold water.

Grease Spots—Hot water and soap generally remove these, but if fixed by long standing use ether, chloroform, or naphtha. All three of these must be used away from the fire or artificial light.

Hot Tea and Coffee Stains—Soak the stained fabric in cold water, wring, spread out, and pour a few drops of glycerine on each spot. Let it stand several hours, then wash with cold water and soap.

Iron Rust Spots—Soak thoroughly with lemon juice, sprinkle with salt and bleach for several hours in the sun.

Chocolate and Cocoa Stains—Wash with soap in tepid water.

Fruit Stains—Stretch the fabric containing the stain over the mouth of a basin and pour boiling water on the stain. If the stain has become fixed, soak the article in a weak solution of oxalic acid, or hold the spot over the fumes of sulphur.

Vaseline Stains—Saturate the spot with ether. Place a cup over it to prevent evaporation. Use the ether with great care.

Pitch, Wheel Grease and Tar Stains—Soften the stains with lard, then soak in turpentine. Scrape off carefully with a knife all the loose surface dirt. Sponge clean with turpentine, and rub gently until dry.

Varnish and Paint Stains—If the stain is on a coarse fabric, dissolve by saturating it with turpentine; use alcohol if on a fine fabric. Sponge with chloroform, if a dark ring is left by the turpentine.

Silk Stockings—Never use soap in washing silk stockings. Bran in water is the proper fluid to use—four teaspoonfuls to a quart of water. Rinse in several clear waters, pressing the water out. Dry stocking in the sun.

Uses For Common Salt—Mix starch with it to prevent lumping—eleven parts starch, one part salt.

Put a pinch of salt in whites of eggs when beating them, also use it when whipping cream.

Place salt in oven under baking tins, in order to prevent scorching of their contents.

Place salt in cold water when you wish to cool a dish.

Rub salt on flat irons before using.

Use salt on carpets to prevent moths.

Put salt in whitewash to make it stick.

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HOUSEHOLD HINTS

LAUNDRY HINTS

Use salt for cleaning piano keys, knife handles and glass spotted by hard water.

Salt dissolved in alcohol will remove grease stains from clothing.

Use salt to remove ink stains from a carpet, when the ink is fresh.

Rub salt on prints, before washing to set their color.

Salt sprinkled on the pantry shelves will drive away ants.

A little salt will revive a fire.

USES OF BORAX —

A pinch of borax stirred into fresh milk will keep it for some time and also prevent the cream going sour.

When washing red-bordered covers or quilts, dissolve a little borax in the water in order to preserve the color.

Mix borax with sugar, let it dry, and scatter where ants are most troublesome. They will soon disappear. Tartar emetic is also a good remedy.

In laundering lace bows, etc., try rinsing them in a solution of borax, which will give them the required stiffening. Two heaping tablespoonfuls of borax to five quarts of water is a good proportion. This is also good for thin, white waists, giving them a newer appearance than when they are starched.

USES OF AMMONIA —

The simplest thing for removing iodine from hands or white goods is household ammonia, which converts the iodine into iodine of ammonia.

To clean curtain hooks place them in water in which a little ammonia has been poured and leave for a little while.

Verdigris may be removed by rubbing with liquid ammonia.

Pumice soap and ammonia will cure the worst case of tarnished brass. Just moisten the cloth with ammonia and rub it briskly over the soap and apply to the article to be cleansed.

Plants will grow more quickly if a few drops of ammonia be added once a week to the water with which they are washed. The water should be luke warm, not colder than the atmosphere and the leaves of the plants should be kept free from dust by being sponged or syringed.

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Good Pastry
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BREAD AND BISCUITS

SHREDDED WHEAT BISCUITS FOR BREAKFAST

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

BROWN BREAD

2 cups graham flour, 1 cup corn meal, 2 cups sour milk, 1 cup New Orleans molasses, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt. Pour in well buttered basin steam 3 hours, bake half hour—Mrs. E. W. Gibbs, Hood River, Ore.

FRENCH TOAST

1 pint milk and 2 well beaten eggs. Dip slices of bread into mixture and fry in butter.—Mrs. E. W. Gibbs, Hood River, Ore.

CORN MEAL BREAD

1 pint sour milk, 1 cup water, 1 cup sugar, $2\frac{1}{2}$ cups corn meal, $2\frac{1}{2}$ cups flour, 1 teaspoon soda, $\frac{1}{2}$ teaspoon butter, a little salt. Bake one hour.—Lottie Trickey.

BRAN GEMS

7 cups bran, 1 cup sour milk, 3 cups white flour, 1 cup molasses, 1 cup of lard or butter, 1 teaspoon soda, 2 teaspoons baking powder, add a little salt. Mix together, leaving dough as soft as possible, cut in squares and bake slowly.—Miss Morden.

CINNAMON ROLLS

1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 2 teaspoons baking powder. Roll out as for biscuits, spread with brown sugar and cinnamon, roll and cut.—Mrs. J. H. Williamson.

GRAHAM GEMS

1 egg, 2 tablespoons each of molasses, butter and sugar, 1 cup sour milk, 1 cup white flour, stiffen with graham flour, 1 teaspoon soda.—Mrs. Clairmont

GRAHAM MUFFINS

Beat one egg, $\frac{1}{2}$ cup brown sugar, add 1 pint of buttermilk, 1 teaspoon soda, 1 heaping tablespoon butter. Mix with 2 cups graham flour and stir thoroughly. Bake in a hot oven.—Mrs. Mitchell.

CREAM BISCUITS

Three heaping tablespoons sour cream, put in a quart bowl, and fill $\frac{2}{3}$ full with sweet milk. 2 tablespoons cream tartar, 1 teaspoon soda, a little salt, pour the cream in the flour and mix soft.—Miss Jo. Laidlaw.

FANNY'S PANCAKES

1 cup sour milk, 1-2 teaspoon soda, 1 beaten egg, flour to make a soft batter. Fry on hot pan.—Miss Jo. Laidlaw.

GOOD RECIPES

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PARKER HOUSE ROLLS

1 teaspoonful yeast, 1 tablespoon sugar, piece of butter size of egg, 1 egg, 1 pint of milk, flour enough to make a stiff batter. Put milk on stove and scald with butter in it, mix a teaspoon salt, the sugar and yeast into flour. Add the milk being careful not to put it in too hot. Knead thoroughly when mixed, when mixed at night, and only slightly the next morning. Roll out an inch thick and cut with a large sized cake cutter. Spread a little butter on each roll and lap together. Let them rise very light, then bake in a quick oven. If wanted for breakfast mix at night; if for tea, in the morning.—Mrs. Moorehouse.

GRIDDLE SCONES

Take two full teacups of flour with $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon cream tartar, half teaspoon of salt, sift all into a cool dry mixing bowl. Crumble 1 oz of butter into flour and add one teaspoon golden syrup. Make a nice soft dough with buttermilk mixing as little as possible, roll out the dough on a floured board and cut into three corned shapes or into small individual scones about $\frac{1}{2}$ inch thick. Bake on a hot griddle firing the first side rather quickly, the second side a little slower. Unless the griddle is well heated the scones will be tough. Cool the scones on a wire tray. A few currants added to the above ingredients make a nice change and another variety is obtained by using half wheaten meal and half flour.—Mrs. T. Sommerville.

SCOTCH SHORT BREAD

$3\frac{1}{2}$ lbs flour, $\frac{1}{2}$ lb lard, 1 lb brown sugar, $\frac{1}{2}$ lb butter, pinch baking soda. Method.—Cream, butter, lard and sugar, (with the hands) add baking soda to flour and work in gradually. Roll out about $\frac{1}{4}$ inch thick. Bake in quick oven about twenty minutes. The above will be enough for four large round cakes which should be quartered before firing.—Mrs. Geo. Ross.

TEA RUSKS

$\frac{1}{2}$ cup yeast (or 1 yeast cake) dissolved in one pint of lukewarm milk, mix enough flour to make a soft batter, let it stand over night; (keep warm). Next morning add $\frac{1}{2}$ lb butter, 12 oz sugar and nine eggs. Beat all together, then add more flour till of the consistency of bread dough. Set to rise for say two hours. Then roll out about an inch thick, cut with round cutter, let rise again. Bake in moderate oven about 25 minutes.—Mrs. Lincoln.



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SOUPS

TOMATO SOUP

Put one quart of milk on to heat, add a pinch of soda, drain the juice from one can of tomatoes and add to the milk, bring to boil and season with butter, salt and pepper.—Mrs. R. L. Toepfer.

POTATO SOUP

Pare and cut in cubes 2 or 3 medium sized potatoes, cover with water and put on to cook. When nearly done add 1 onion. When done add 1 qt. of milk and bring to boil, season with butter, salt and pepper.—Mrs. R. L. Toepfer.

OYSTER SOUP

Take one quart of sweet milk, the liquid of one can oysters, pepper to taste and a tablespoon butter and bring to a boil. Then put in the oysters and salt and let boil about two minutes when they are ready to serve.—Mrs. Lincoln.

SCOTCH BROTH

1 lb. neck of mutton, $\frac{1}{2}$ lb. barley, 1 large carrot, 1 small turnip, 2 large leeks, parsley, $3\frac{1}{2}$ quarts water, 1 small cabbage, salt and pepper. Put barley, mutton, cold water into pot and boil one hour. Add carrot, cabbage, turnip and leeks cut up finely. Let all boil for $\frac{1}{2}$ hour longer. Add parsley chopped finely and salt and pepper to taste.—Mrs. David Ross.

CREAM TOMATO SOUP

$\frac{1}{2}$ can tomatoes, 1 slice onion, 2 teaspoons sugar, 4 tablespoons flour, $\frac{1}{4}$ teaspoon soda, 1 teaspoon salt, 1 quart milk, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ cup butter. Scald milk with onion, remove onion and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps; cook twenty minutes. Cook tomatoes with sugar fifteen minutes, add soda and rub through a sieve; combine mixtures and strain into a tureen over butter, salt and pepper.—Mrs. E. A. Tate.

HOTCH-POTCH

1 $\frac{1}{2}$ lbs. shoulder of mutton, 2 $\frac{1}{2}$ quarts of water, 4 spring onions, 1 teacup each of turnip, carrot and cauliflower 1 pint green peas, $\frac{1}{2}$ pint broad beans, some parsley, a teaspoon of sugar, salt and pepper, 1 small head lettuce. Put the meat on in cold water and when at boiling point skim carefully; chop the onions, cut the carrot and turnip in neat squares, break the cauliflower in small branches and shell and skin the beans. Add all to the soup with the lettuce chopped, half the peas and a teaspoon of salt. Boil for 1 1-2 hours then add the rest of the peas, the parsley finely chopped and seasoning. The meat may be served as a separate dish with parsley sauce, or cut in neat chops and trimmed and served in the soup. In that case it is better cut up when half cooked.—Mrs. T. Sommerville.

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EGG SOUP

1 tablespoon beef extract stirred into 1 quart boiling water until thoroughly dissolved. Add 1 grated onion, dash of celery salt, 1 spoonful salt, 1-2 spoonful pepper. Stir until boiling, strain and add beaten yolks of 2 eggs.

CELERY SOUP

6 heads celery, $\frac{1}{2}$ lb. lean ham, 3 oz. butter, cream, 4 pints white stock. Cut down the white parts of celery and boil in the stock with the ham cut up and the butter. Simmer gently for a full hour and drain through a sieve. Return the liquor to pan and stir in carefully a few tablespoons of cream. Season to taste and serve with pieces of toasted bread.—Mrs. T. Sommerville.

POTATO SOUP

Some roast beef bones, 2 quarts of water, 2 onions, 1 carrot, 10 to 12 potatoes, seasoning, 1 large tomato. Boil the bones in the water for an hour, add the onion and potatoes chopped, the carrot grated, and the tomato rubbed through a sieve. Simmer slowly for 1 1-2 hours, season and serve.—Mrs. T. Sommerville.

VEGETABLE SOUP

Take a piece of boiling beef with a bone in it, to this add enough water to cover, add 1 grated carrot, 3 grated potatoes, 1-2 turnip, 1 onion chopped very fine, 2 tablespoons split peas and two tablespoons barley, celery salt, seasoning to taste. Let boil about three hours.

PEA SOUP

1 cup canned peas, 2 cups water, 4 cloves, 1 tablespoon cream, 1 teaspoon butter, salt and pepper to taste, 1 teaspoon flour. Boil peas, salt, pepper and cloves in water, then mash and strain. Add butter and flour and when it comes to a boil add cream.





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FISH

STEAMED FISH

Rub two plates thickly with butter, place fish on one, sprinkle with salt and pepper, then cover over with other plate. Place on the top of a saucepan with boiling water and steam for about 20 minutes.—Mrs. D. Ross.

ESCALLOPED SALMON

Butter a bake dish, spread cold boiled rice for first layer, then a layer of salmon, then rice until dish is full, put pieces of butter on top of last layer, sprinkle salt and pepper, fill dish with milk until you see it at the sides, cover with bread or cracker crumbs, dot with pieces of butter and bake until the top is a nice brown. A nice dish for supper.—Mrs. Hall.

FISH CUSTARD

1½ lbs. fish, 1 egg, 1 dessertspoonful flour, 1 teacupful milk, 1 teaspoonful butter, pepper and salt. Cut fish in pieces and place in a pie dish, melt the butter and mix with other ingredients, pour all over fish and put into oven for about half an hour.—Mrs. D. Ross.

SALMON JELLY

Make clear lemon jelly omitting the sugar, add salt and white pepper, fill mould and drop in nice pieces of cooked salmon. Place slices of lemon in bottom of the mold, garnish with lettuce leaves and place on each dish a spoonful of mayonnaise.—Mrs. E. L. Trickey.

SALMON MOULD

1 lb. cold boiled salmon free from skin and bone, 2 tablespoons of bread crumbs, 2 oz. butter, 1 teaspoon chopped parsley, a little salt and a pinch of cayenne pepper, two eggs and a few drops of lemon juice. Beat eggs and beat all ingredients in a basin. Steam in buttered mould for three quarters of an hour and serve with melted butter, flavor it if preferred with anchovy sauce.—Edua Sanderson.

SALMON LOAF

1 can salmon, pepper and salt to taste, 4 well beaten eggs, 4 tablespoons butter, 1 cup sweet milk, 2 cups bread crumbs. Steam 1½ hours.—Mrs. E. L. Trickey.

FRENCH FRIED FISH

Bone and skin fish, dip it in a batter made of flour, milk and 1 egg. Cook till a light brown in a kettle of boiling fat, serve hot.—Mrs. G. Ross.

BAKED WHITE OR JACK FISH

Clean and dry and lay the fish in a dripping pan, pour over it one quart of milk, salt and pepper to taste, with a generous piece of butter bake in a moderate oven, basting frequently, thicken the gravy and garnish with hard boiled eggs.—Mrs. S. Cruikshank,

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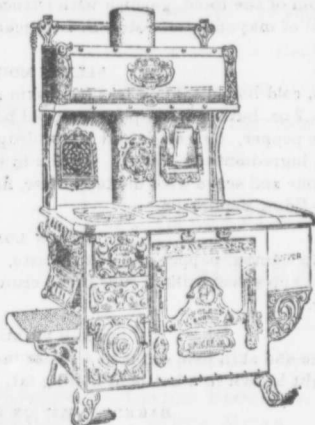
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FISH BALLS

1 cup cooked fish, 1 egg, 1 cup cracker crumbs, 1 cup mashed potatoes, flour. Mash the fish, add potatoes and egg, well beaten, and mix thoroughly, roll into small balls, roll in flour and dip in egg and cracker crumbs, fry in deep fat.—Mrs. Mitchell.

OYSTER SOUFFLE

Bread a dozen oysters and strain their liquor into a cup, make a white roux with two ounces each of butter and flour, dilute it with oyster liquor made up to half a pint with new milk, and boil over fire, stirring well till it is a thick sauce. Lift off the stove and let cool, then mix in the yolks of four raw eggs, seasoning to taste with salt and white pepper, then the oysters cut into dice and finally the stiffly whipped whites of four eggs. Pour the mixture into a papered souffle dish, only half filling it, and bake in a moderate oven for three quarters of an hour. Remove the paper quickly and serve at once before the souffle falls. If preferred the souffle cases may be used, which will take about a quarter of an hour to cook. In either case the souffle can be steamed instead of baked, the time required being the same.—Edna Sanderson.

CHEESE SOUFFLE

$\frac{1}{2}$ pint milk, $1\frac{1}{2}$ oz. cheese, 1 oz. butter, $\frac{1}{2}$ teaspoon mustard, $1\frac{1}{2}$ oz. bread crumbs, 1 egg, salt and pepper. Boil milk and butter and pour into bread crumbs, add grated cheese, mustard and season to taste. Separate egg and add beaten yolk to mixture. Beat white stiff and stir in lightly, bake in a greased dish—moderate oven—about 30 to 40 minutes, till set and brown.—Miss Marryatt.



MEATS

PRESSED CHICKEN

Clean and dress a nice fat chicken, cut up and cook till tender, but not to fall to pieces, using water enough only to merely cover. Keep the lid of kettle closed to preserve flavor. Take out of kettle, let water it was boiled in remain and cook down to a pint or so, then take chicken, separate skin, bone and gristle from the rest, then place some hard boiled egg that has been sliced, in a mould. lay in your light and dark meats separately, then pour in your stock that has been boiled down, but it should be strained first, let stand until cold, the fat should be skimmed off before being strained.—Mrs. Westfall.

SAUSAGE ROLL^s OF COLD MEAT

Take $\frac{1}{2}$ lb. cold meat, 1 spoonful flour, 1 teacup water or stock, 1 small spoonful catsup, pepper and salt. Put these into a pan and cook for a few minutes, turn onto plate to cool, make a paste of 1-2 lb. flour, 3 oz. butter or dripping, 1-2 teaspoonful of baking powder, a little cold water. Roll out until the piece of paste is about 15 inches square, cut in three each way this will give you 9 pieces, divide the mixture between the pieces, wet the edges of each square turn one side on the meat and overlap it with the other, brush with egg and bake in quick oven 20 to 30 minutes.—Miss Adamson.

SAVOURY TOASTS FOR SCRAPS OF COLD MEAT

Take 2 eggs or more, according to quantity wanted, beat them and put into pan with teaspoonful butter, add the chopped meat, fish, chicken, ham or kidney or tomatoes. Stir the mixture till thick and rough looking. Pile on neat pieces of toast.—Miss Adamson.

SAUSAGE DUMPLING

Make suet crust by taking 1-2 lb. flour, 4 oz. suet, 1 teaspoon baking powder, pinch salt. Moisten with water and roll out not too thinly, take a sausage, bend it and enclose in piece of paste as you would an apple, wet the part you join, tie in a cloth and boil $\frac{3}{4}$ of an hour.—Miss Adamson.

FRIED SWEETBREAD

1 pair sweetbreads, small piece of carrot, turnip, onion and celery, salt and pepper. Soak the sweetbread in salt and water for an hour at least, then wash and put into saucepan with cold water to cover it and boil for a few minutes, put into cold water and remove all skin, fat and gristle, then put into clean saucepan with cold water or stock to cover them with vegetables cut up roughly and cook until you can separate one easily with a fork; it may take from $\frac{1}{2}$ to 2 hours, depending on age. Remove them from pan and wipe dry, put between tin plates with weight on top till cold. Then egg each sweetbread, sprinkle with pepper and salt and roll in bread crumbs then fry in smoking hot fat, serve garnished with parsley or a sauce made by putting 1 oz. suet, 1 oz. flour in a pan mix over the fire then add 1 teacup stock and one of milk, pepper and salt, stir till boiling and quite smooth, pour on dish with sweetbread in centre.—Miss Adamson.

BEEF LOAF

1 lb. beef, $\frac{1}{2}$ lb. ham minced together, 2 eggs, 1 cup bread or cracker crumbs, a little water [about half a cup] seasoning with salt, pepper and nutmeg to taste. Put in double boiler and steam about $2\frac{1}{2}$ hours. Put in a mould and cool.—Minnie Bains.

BEEF LOAF

Grind $1\frac{1}{2}$ lbs. of beef and a small piece [about $\frac{1}{4}$ lb.] fat salt pork together then take $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon of pepper, salt and sugar, roll half a doz. crackers very fine and mix with it, then shape in long loaf and roast 30 to 40 minutes.—Mrs. T. H. Trick, Potacois, Texas.

VEAL LOAF

$3\frac{1}{2}$ lbs. veal and pork, boil until nearly done then chop fine, add 6 crackers, 3 eggs, 4 tablespoons cream, butter the size of an egg. Bake 1 1-2 hours in deep tin.—Mrs. W. E. Sloat, Hood River, Ore.

SHEPHERD'S PIE

Cook some potatoes and mash them smooth with milk. Put a thin layer in the bottom of a dish and over this put the meat, which has been minced fine and mixed with onion sauce, cover the meat with the rest of potatoes and put in oven to dry.—A. Trickey.

INDIAN CURRY

1 lb. lean steak, 1-2 doz. onions, 2 teaspoons vinegar or the juice of a lemon, 1 1-2 tablespoons curry powder, 1 apple, butter, salt. Chop the onions and fry them in the butter to a golden brown, add the apple chopped, the curry powder, the vinegar or lemon juice and the meat cut into small squares and stew for 1 1-2 hours. Just before serving mix in one tablespoon milk. Serve with rice.—Mrs. E. L. Trickey.

KEDGEREE

1 cupful coarsely chopped cooked meat, 1 cupful cooked rice, 2 hard boiled eggs, one ounce butter, 1 finely chopped small onion. Melt the butter in a saucepan, slightly fry the onion, add the meat and cook for two or three minutes, then put in rice, whites of eggs coarsely chopped, pinch of nutmeg season well with salt and pepper. Stir over the fire until thoroughly hot, arrange in pyramidal form on hot dish. Garnish with yolks of eggs mashed fine and parsley, and serve.—Miss Bateman.

SEA PIE

1 1-2 lbs. steak, 2 small onions, 1 carrot, pepper, salt and seasonings, $\frac{3}{4}$ lb. flour, $\frac{1}{4}$ lb. suet and teaspoonful baking powder. Cut the meat into round small slices, put into a saucepan and allow it to boil [it should take about half an hour]; mix flour, baking powder, suet and a little salt and make them into a stiff paste with a little water; put the meat into a stew pan, place the chopped onions and sliced carrot on the top and cover barely with cold water, then place the paste on top, having previously rolled it, a size less than the pan [and place the lid tightly on the pan] and boil until ready.—Mrs. E. L. Trickey.



ENTREES

CHEESE CUSTARD

1 cup grated cheese, 2 eggs, 1 cup of bread or cracker crumbs, 2 cups of milk, salt and pepper to taste. Mix together and bake in oven till a nice brown. Serve hot.

YORKSHIRE PUDDING

1 cup flour, pinch salt, a heaping teaspoon baking powder, 1 egg well beaten and 1 cup sweet milk made into a smooth batter and poured into the roasting pan after beef has been taken up. Have oven fairly hot and when batter has risen for ten minutes baste frequently until done, it takes about twenty minutes to bake.—Mrs. F. M. Harvie.

ORANGE OMELET

4 eggs, $\frac{1}{2}$ teaspoon salt, 4 tablespoons orange juice, 2 tablespoons butter, $\frac{1}{8}$ teaspoon white pepper. Separate yolks and whites of eggs; beat yolks, orange juice, pepper and salt together, beat whites of eggs until stiff, pour yolks over the whites and slightly mix, melt the butter in frying pan [not brown] and pour in the eggs, cook slowly. When cooked serve with grated cheese.—Miss Morden.

MEAT AND POTATO CROQUETTES

Take one cup cold meat, put through the chopper, one small onion, one cup mashed potatoes, mix together with milk, form into balls, dip in egg, roll in bread crumbs and fry.—E. Bateman.

BUBBLE AND SQUEAK

Take thin slices of cold meat, fry quickly in butter until nicely browned on both sides, then remove and keep hot then fry in same butter some finely chopped onion and then add cold mashed potatoes and cold cabbage, season to taste. Stir until thoroughly hot, turn on to a hot dish, place slices meat on top and serve.—L. Bateman.

TOMATOES AND RICE

Boil a breakfast cupful of rice as if intended for curry and when cooked strain it thoroughly dry and mix it well with the contents of a tin of tomatoes, add a little onion chopped very fine and a little butter, season with salt and pepper to taste. Butter a pudding dish and cover with bread crumbs, put in the rice and tomatoes and strew a few little pieces of butter over the top, then bake in the oven until a golden brown.—Mrs. E. L. Trickey.

CHILI CON COMIE

1 lb. hamburger steak, cook a few minutes with water; 1 can tomatoes, 1 can corn, 1 can beans, season with cayenne pepper and salt. Cook all together and serve hot,

CURRY BALLS

Take four ounces of rice, half a small apple, one very little onion, teaspoonful of salt, one teaspoon of curry powder, three teacups of water or stock from bones. 4 oz. cooked meat; chicken or rabbit, 1 egg. Boil the rice with chopped onion, apple, curry and salt till the rice is quite soft, and the water all absorbed, then stir in the egg and meat finely chopped, make the mixture into little balls using a little flour on the hands, drop into hot fat and fry a nice brown.—Miss Adamson.

MACARONI SCALLOP

Break up into pieces about inch long a cupful of macaroni. Put into a dish with plenty of boiling water and salt and boil for about 25 minute. Drain off the water and put macaroni into a well buttered dish, half a large onion, put through a food chopper and about half a can of tomatoes. Put on the stove and bring to a boil. Dissolve a little soda in this and pour over the macaroni. Put some cheese (old cheese preferred) through the chopper and sprinkle over the top of the tomatoe, then a layer of fine cracker crumbs, salt and pepper and little pieces of butter. Bake in the oven till nicely browned.—Mrs. H. G. Finch.

MACARONI AND CHEESE

Break the macaroni into pieces an inch or two long, pour on boiling water, enough to cover well, put in a good teaspoon of salt and let it boil twenty minutes. Drain well, then put a layer of macaroni in the bottom of a well buttered pudding dish, upon this grate some cheese and small pieces of butter, a bit of salt, then more macaroni, more cheese and so on, sprinkle the top with thick layer of cracker crumbs. Pour over the whole two or three beaten eggs and a teacupful or more of milk. Set in the oven and bake $\frac{1}{2}$ hour.—Mrs. E. L. Trickey.

SHREDDED WHEAT, OYSTER, MEAT OR VEGETABLE PATTIES

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





SALADS

CELERY SALAD

One boiled egg, one raw egg, one tablespoon salad oil or butter, one tablespoon sugar, pinch of salt, dash of pepper, four tablespoons vinegar, one tablespoon prepared mustard. Rub the yolk of boiled egg to a paste, adding by degrees the other ingredients, beat the raw egg to a froth and add last with the vinegar, cut the celery fine.—Mrs. E. W. Gibbs, Hood River, Oregon.

WALDORF SALAD

One cup sour apples, one cup celery, one tablespoon lemon juice, half cup walnut meats broken in pieces. Cut apples in thin slices, cut celery in small pieces, dust with salt and pepper, mix with mayonnaise or boiled dressing.—Miss E. Myrtle Frederick.

LOBSTER SALAD

Take one tin of lobster, open and turn out into a bowl, season with one tablespoon of olive oil and one of vinegar, pepper and salt to taste, mix with enough mayonnaise dressing to make it creamy, arrange in shells some lettuce leaves, fill each shell with the lobster. over each one put a little mayonnaise and a hard boiled egg chopped fine.—Mrs. G. H. Darlow.

CHICKEN SALAD

Boil a chicken till very tender, free it from bones and gristle and chop, chop a good sized head of celery and mix with the chicken, season to taste with salt and pepper. DRESSING—Beat the yolk of one egg until light, add half teaspoon of mustard, half teaspoon sugar and pinch of salt, mix together until smooth, then put in two tablespoons salad oil and four tablespoons vinegar, beat until perfectly light and smooth, and then mix with the chicken.—Mrs. E. L. Trickey.

CABBAGE SALAD

One quart finely chopped cabbage; boil together half cup vinegar, two tablespoons sugar, half teaspoon salt, half teaspoon pepper. Rub quarter cup butter to a cream with one tablespoon flour and add to the boiling vinegar. Boil 5 minutes, then stir in one well beaten egg, pour over cabbage.—Mrs. E. W. Gibbs, Hood River, Oregon.

POTATO SALAD

Good seasoned mashed potatoes that are fresh cooked, hard boiled eggs, pickles of cucumbers, onions, cauliflower, or use beet pickles. Stir mayonnaise dressing through the mixture. Garnish the salad, as liked, with eggs or beets.—Mrs. S. Westfall.

FRENCH DRESSING

Put into a bowl half teaspoon salt, half teaspoon pepper, add to this three tablespoons salad oil or butter. Rub all together till the salt is dissolved, add by degrees one tablespoon vinegar. Use immediately. This dressing is to be used with lettuce, endives, turnip tops, dandelions, cress or any green salad.—Mrs. S. Westfall.

MAYONNAISE DRESSING

Half pint vinegar, one even tablespoon sugar, salt and black or cayenne pepper taste. Bring all to a boil in a granite saucepan, pour it over the well beaten yolk of an egg in a bowl, stirring constantly so as to mix the egg in smoothly. Return to the saucepan and before it boils again stir in the yolks of two hard boiled eggs, rubbed to a paste, with a large tablespoon butter and a teaspoon of mustard. Boil two or three minutes and stir slowly.—Mrs. S. Westfall.

BEAN SALAD

Cook green beans in salt water until tender and then slice, pour third cup vinegar, two large tablespoons sour or sweet cream, season to taste with salt and pepper. If you have a cucumber, peel, slice and add, but not necessary.

CUCUMBER SALAD

The same receipt is also very good, if just cucumbers are used.—Mrs. Fellows.

EGG SALAD

Six hard boiled eggs, half cup cream, butter size of a walnut, a little parsley chopped fine, one dessertspoon flour. Take cream, butter, parsley and flour, mix and cook until thick; slice the eggs and after each layer of eggs add one of bread or cracker crumbs over which pour the cream to cover and when the dish is full bake till brown. Garnish with parsley and serve hot.—Mrs. E. L. Trickey.

SALAD DRESSING

One cup vinegar, three tablespoons mustard, one tablespoon sugar, two eggs, butter size of an egg. Steam until it thickens, beat and stir all the time. For fruit salad, add some thick sweet cream, when serving.—Mrs. W. C. Sloat, Hood River, Oregon.

POTATO SALAD

For each quart of cold or boiled potatoes allow one cucumber, one cup sliced celery, a little onion juice and one measure of boiled dressing. In mixing do not stir but lift carefully and turn over, garnish with hard boiled eggs.—Miss E. Myrtle Frederick.

FRUIT SALAD

Three or four apples, two cups celery chopped fine, one lemon, one orange, two bananas, one cup walnut meats. DRESSING—Two tablespoons sugar (or more), two teaspoons mustard, pinch of salt and pepper, two eggs, one cup sour cream, half cup vinegar. Mix ingredients in order named and cook. One tablespoon butter.—Mrs. E. W. Gibbs, Hood River, Oregon.

CREAM DRESSING FOR COLD SLAW

Two tablespoons of whipped cream, two tablespoons sugar, four tablespoons vinegar. Beat well together and pour over cabbage, previously cut very fine and flavored with salt.—Mrs. John Sims.

ORANGE SALAD

Peel about three oranges for four people, cut crosswise and lay in a fruit dish, sprinkle thickly with sugar, then a layer of cocoanut, then a layer of rolled soda biscuits and so on alternately until dish is full. Serve with whipped cream.—Mrs. C. W. Shipley.



VEGETABLES

VEGETABLE HASH

Put 1 quart potatoes, 1 carrot, 1 beet, 1 turnip, 2 stocks celery, and any other cold cooked vegetable on hand, through the meat chopper. Put all together in a pan, cover and set in the oven. When thoroughly heated pour over them a pint of boiling milk, mix thoroughly and serve hot.

BAKED CORN

1 can corn, 2 tablespoons melted butter, 2 eggs, salt and pepper. Strain the liquid from corn, work melted butter and beaten eggs well into corn. Season to taste, put in buttered dish and bake half hour.—Miss Bateman.

CREAMED POTATOES

Put a teaspoon of butter into a frying pan, as soon as it bubbles stir in a tablespoon of flour and a cup of hot milk, season with pepper and salt, then put in about two cups of cold boiled potatoes cut into small cubes, heat thoroughly.—Mrs. Jas. Hall.

POTATO SCOUFFLE

1 cup mashed potatoes, 1 tablespoon cream, 1 egg, salt and pepper to taste, Beat yolks of egg light and add to the mashed potatoes with cream. Beat very light, add carefully the white of the egg whipped to a stiff froth, turn into a greased dish, brown in a quick oven.

POTATO SCALLOP

Butter the dish well and slice in raw potato, sprinkle this layer with salt and pepper, fine bread crumbs and bits of butter, then another layer of potatoes and so on till till the dish is as full as required. Pour in milk till the potatoes are covered and bake in the oven till thoroughly cooked.—Mrs. H. G. Finch.

POTATO PUFF

2 cups mashed potatoes, 3 eggs, 3 tablespoons milk, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper. Separate whites and yolks of eggs, beat yolks and then add potatoes, salt, butter and pepper, add whites of eggs beaten stiff, fold in gently. Put in buttered baking dish and bake in moderately hot oven until brown on top.—Miss Morden.

LYONNAISE POTATOES

2 cupfuls of cooked chopped potatoes, 1 tablespoon of finely chopped onion, 2 tablespoon butter, 1 tablespoon chopped parsley, salt and pepper to taste. Melt the butter, add the onion and fry until a delicate brown, add the seasoned potatoes and stir carefully until they have absorbed all the butter, add the parsley and serve at once.



NOVELTY SANDWICHES

12 slices bread, 1 cup olives, 2 tablespoons pimentos, cream cheese. Butter bread thinly and spread with cream cheese. Cut up olives and pimentos and sprinkle over the bread. Lay the slices evenly in one pile, wrap in a napkin tightly wrung out of cold water and place under a heavy weight or in a letter press, leave 5 or 6 hours, it should then be firm enough to slice across the grain. Brown and white bread may be used in alternate slices and chopped nuts may be used with, or instead of, the olives and pimentos.—Mrs. F. M. Harvie.

NUT SANDWICH

$\frac{1}{2}$ lb walnuts put through a meat grinder. Mix the crushed nuts with enough mayonaise dressing to make a thick paste, spread lightly.—Miss Edna Sanderson, Calgary.

PEA SANDWICHES

Take one cupful of cold green peas, mash to a fine pulp. Add 4 teaspoons olive oil (or butter if preferred), 1 teaspoon vinegar, salt, pepper and $\frac{1}{2}$ teaspoon onion salt. Mix all together and spread on thin slices of buttered bread.

DATE SANDWICHES

Stone dates and chop fine. To one cup pulp add 1 tablespoon orange juice, mix well and sprinkle with powdered cinnamon. Spread on thin slices of buttered brown bread.

MEAT SANDWICHES

Put any kind of cold meat, such as beef, ham, chicken or tongue through the meat chopper, mix with salad dressing, spread between thin slices of buttered bread.

CHEESE AND CELERY SANDWICHES

Put any kind of hard cheese through meat chopper (fine cutter) then put celery through meat chopper, mix together with salad dressing, spread on thin slices of buttered bread.

RAISIN SANDWICHES

Put a sufficient quantity of nuts and raisins through the meat chopper, mix with salad dressing, spread on thin slices of buttered brown bread.

BOILED HAM SANDWICHES

1 cupful cooked ham, 2 hard boiled eggs, $\frac{1}{4}$ teaspoon mustard, 1 teaspoon lemon juice, 3 teaspoons melted butter. Put ham through meat chopper, mix the eggs fine, mix all the ingredients together and season to taste, spread on thin slices of buttered bread. Fold together or roll.

OLIVE SANDWICHES

Remove the stones from the olives, put through meat chopper, mix with salad dressing, spread on thin slices buttered bread, cut in fancy shapes.

PICKLES AND RELISHES

CELERY RELISH

1 cup chopped celery, 1 cup chopped tomatoes, 1 cup chopped onions, 1 cup vinegar, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon ginger, cook until onions are done.—Mrs. Ennis.

TOMATO BUTTER

7 lbs green tomatoes (peeled), 3 lbs apples, 3 lbs brown sugar, 12 large onions, 1 quart vinegar, $1\frac{1}{2}$ tablespoons salt, 1 cup raisins (seeded), $\frac{1}{2}$ teaspoon cayenne pepper. Put vegetables through chopper and cook all together.—Mrs. Andrews.

FAVORITE PICKLE

One quart raw cabbage chopped, one quart cooked beets chopped, 2 cups sugar, one cup grated horse radish, 1 tablespoon salt, one teaspoon red pepper, half teaspoon black pepper, cover with cold vinegar.—Mrs. R. F. Sanderson.

INDIA SAUCE

2 dozen ripe tomatoes, 6 apples, 9 onions, 1 lb raisins, $\frac{1}{2}$ gallon vinegar, $\frac{1}{2}$ cup salt, half pound mixed pickling spice. Boil altogether until soft and put through a colander: then add 1 pound sugar, half a cup of mustard, mixed with cold vinegar, half a teaspoon red pepper and cook slowly one and a half hours stirring frequently to keep from burning.—Mrs. J. Ennis.

INDIAN RELISH

Half a gallon chopped cabbage, 1 pint chopped onions, 1 tablespoon celery seed, 1 tablespoon mustard seed, 1 tablespoon tumeric powder, 1 pint vinegar, half a teaspoon mustard, $\frac{1}{4}$ cup salt, 2 cups sugar. Boil together 15 or 20 minutes.—Mrs. J. Trickey.

INDIAN PICKLES

To every gallon of vinegar put 4 oz curry powder, 4 oz mustard, 3 oz ground ginger, 2 oz tumeric, 2 oz garlic, 1 tablespoon cayenne pepper, half a pound onions (skined), $\frac{1}{2}$ lb salt. Put in sealed cans and set near the stove, shake well three times a day for three days. You may put in cabbage, cauliflower, beans, green grapes, but cook nothing but the beans, put in no red cabbage or walnuts.—Mrs. W. C. Sloat, Hood River, Oregon.

PICCALILLI

1 peck green tomatoes, 1 large head of cabbage, 3 green peppers and 2 red ones, $\frac{2}{3}$ teaspoon cayenne. Take out seed from peppers and chop fine with tomatoes and cabbage put into stone jar and sprinkle with salt. let stand over night, then in the morning drain in colander, take 4 pounds sugar, half oz each of ground cloves and allspice. 1 oz whole white mustard seed, put all over the stove and boil 15 minutes, seal in jars.—Mrs. Cruikshank.

TOM LOURIE

Wash and peel and slice as for table use medium sized cucumbers, to each quart jar add 1 large onion (peeled), 1 tablespoon salt, 2 tablespoons mustard seed, 3 tablespoons sugar, fill jar with cold vinegar.—Mrs. A. Leitch.

MUSTARD PICKLES

2 quarts small onions, 2 green cucumbers, 2 green tomatoes, half a dozen green peppers, 2 head cauliflours, 2 bunches celery, chop fine and cook until tender in a weak brine, drain, add: 2 cups sugar, 3 tablespoons flour, 4 tablespoons mustard, 1 oz butter, 1 oz tumeric, 1 egg, 3 pints vinegar. Boil all together and pour over vegetables boiling hot.—Mrs. Spencer.

MUSTARD PICKLES

Let the pickles stand in salt and water over night, one teaspoon salt to quart of water, drain well, 6 tablespoons mustard, one and a half cups brown sugar, half cup flour, half oz tumeric, oz curry powder, boil all together for five minutes.—Mrs. E. L. Trickey.

GREEN TOMATO PICKLES

1 peck of green tomatoes sliced, 6 large onions, 1 cup of salt. Let stand over night, drain; then boil five minutes in one quart of vinegar and two quarts of water, again drain; then take one gallon vinegar, 2 pounds sugar, half package of pickling spice (in bag), 6 green peppers chopped (or else half teaspoon cayenne). Boil all gently 15 minutes and pour over chopped onions and tomatoe.s.—Mrs. Geo. Green.

CUCUMBER PICKLES

Cut cucumbers from the vine instead of pulling them, fill a jar with cucumbers and pour boiling water over them with a little salt, let stand over night, then put them in cold vinegar, to one gallon vinegar add one cupful of salt, one tablespoon of pulverized alum and scald the pickles in this mixture, pour off and put on fresh vinegar with pickling spice.—Mrs. G. Green.

SWEET TOMATO PICKLE

8 lbs of peeled tomatoes, 4 pounds powdered sugar, 1 oz each of cinnamon, cloves, allspice. Boil one hour then add quart of boiling vinegar.—Mrs. R. F. Sanderson.

CHILI SAUCE

1 peck ripe tomatoes, 6 large onions, 6 green peppers, 2 tablespoons all-spice (ground), 2 tablespoons cinnamon, 2 tablespoons cloves, 2 cupfuls brown sugar, 5 cups vinegar, salt to taste and cook from 3 to 4 hours, bottle while hot.—Mrs. E. M. Fulton, Hamilton.



DESSERTS PUDDINGS AND PIES

PRUNE PUDDING

1 lb. prunes, 1 cup sugar, whites of 4 eggs. After prunes are stewed drain off water, remove stones and chop. Beat whites of eggs very stiff, add 1 cup sugar, then stir in the chopped prunes, bake 20 minutes. Serve with whipped cream or boiled custard made from yolks of eggs.

SUET PUDDING

$\frac{1}{2}$ cup mashed potatoes, $\frac{1}{4}$ cup chopped suet, 1 cup sweet milk, pinch of salt, 2 eggs, 3 small cups flour [or 2 large ones], small teaspoon baking powder in each cup of flour.—Mrs. E. L. Trickey.

CUSTARD PUDDING

Take 4 eggs and beat till light, 1 1-2 cups sugar and one quart milk mixed together, put in dish and bake in the oven till a nice brown, sprinkle a little nutmeg on top.—Mrs. Lincoln.

LEMON PIE

1 cup sugar, 2 eggs, juice of 1 lemon, 2 tablespoons corn starch, 1 1-2 cups boiling water. Mix sugar and yolks of eggs, add lemon juice, then the corn starch and mix well. Pour in the boiling water and cook in a double boiler till the mixture thickens, warm the crust before putting in the filling. Beat the whites of eggs, flavor and sweeten, and spread on top, put in the oven and brown slightly.—Mrs. H. G. Finch.

SHREDDED WHEAT BISCUITS AND STRAWBERRIES

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

LEMON PIE

1 cup sugar, yolks of 2 eggs, 2 dessert spoonfuls corn starch, 1 lemon, 1 cup boiling water poured on lemon. Bake crust separately. Frosting—Whites 2 eggs and 2 tablespoons sugar.—Mrs. F. R. Mitchell.

SOUR CREAM PIE

1 cup sour cream, $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ cup seeded raisins, yolks of 2 eggs, 1 teaspoon vanilla. Bake crust slightly, then add mixture which has also been partly cooked. Bake half hour on moderate oven and frost with whites of eggs.—Mrs. Wade.

SUET PUDDING [EQUAL TO PLUM PUDDING]

1 cup suet chopped fine, 1 cup currants, 1 cup sweet milk, $\frac{1}{4}$ cup each of citron, lemon and orange peel, 2 cups seeded raisins, 1 cup molasses, 1 teaspoon each soda, cloves and nutmeg, 2 cups flour. Steam for 2 hours. If not wanted so rich omit fruit or use one cup raisins and half cup suet. Serve with any good sauce at hand or liquid.—Mrs. R. W. Barritt.

BREAD CUSTARD

$\frac{1}{2}$ lb. bread crumbs, 2 eggs, jam, 1 pint milk, 1 tablespoonful sugar. Put a layer of jam in bottom of pudding dish and place on the top a layer of bread crumbs. Work up the eggs, add sugar to eggs and milk, pour over the crumbs. Grate a little nutmeg over the top, bake 20 to 30 minutes till it becomes a light brown.—Mrs. Sommerville.

APPLE CUSTARD PIE

Beat yolk of one egg and half cup sugar till light, then beat in one cup of apple sauce, season to taste with lemon extract. Bake with an undercrust in a quick oven. Whip white of egg with tablespoon sugar, spread over the pie, when done, and brown lightly.

CUP PUDDINGS

3 eggs, $\frac{1}{2}$ cup sugar and same of milk, $\frac{1}{2}$ cup flour, small half cup butter, 1-2 teaspoons baking powder. Butter your cups, pour in a small quantity of preserves then fill half full with the batter and steam for 20 minutes.—Mrs. J. H. Williamson.

BERRY TAPIOCA

Cook four tablespoons of quick tapioca in two cups of water with one cup of sugar and one teaspoon of butter until clear. Take one pint berries, sprinkle with sugar, let them stand in their own juice one half hour, stir into tapioca without cooking and chill thoroughly. Serve with cream and sugar or whipped cream.—Mrs. J. H. Williamson.

STEAMED PUDDING

Take a cupful of bread sponge, a cup of brown sugar, cinnamon and nutmeg spices, a cup of raisins or currants, half cup sour milk and small spoon of soda, 2 or 3 well beaten eggs and enough flour to make a nice batter. Steam four hours in a buttered dish. This is a good pudding eaten with a boiled sauce.—Mrs. Hall.

COFFEE JELLY

One half box Knox's gelatine soaked one hour in one-half cup cold coffee add one quart strong coffee and one cup sugar, one teaspoon vanilla, stirring well. Cool in a mould letting it stand on ice over night if possible. Serve with whipped cream.—Mrs. R. W. Barritt,

PLUM PUDDING

1 cup suet, 1 lb. raisins, $\frac{1}{2}$ lb. citron, 4 eggs, 2 cups sugar, allspice, cinnamon and a little cloves, 2 teaspoons baking powder, flour to make stiff. Put in buttered dish and steam 2 hours.—Mrs. Lincoln.

CARROT PUDDING

1 cup suet, 1 cup brown sugar, 1 cup grated potatoes, 1 cup grated carrots, 1 cup currants, 1 cup raisins, 1 teaspoon soda, 1 teaspoon cinnamon, 1 egg, 1-2 cups flour to mix stiff.

QUEEN OF PUDDINGS

1 cup granulated sugar, 2 cups fine bread or cracker crumbs, 4 eggs (reserve whites for top), 1 tablespoon butter, 1 quart milk, vanilla flavoring. Bake in the oven, spread jelly on while warm, whip whites and spread on top, brown in oven and eat cold or hot.—Mrs. Blue.

7 CUP PUDDING

One teacup each of flour, bread crumbs, sugar, suet, raisins, currants and milk, 2 teaspoonfuls ground cinnamon, half teaspoon baking soda, one apple. Mix flour, bread crumbs, sugar, cinnamon and soda together in a bason, add all the other dry ingredients and apple chopped in small pieces, stir well until well mixed, then add milk, put in a buttered mould, cover with buttered paper then tie on cloth and steam for two and a half hours, serve with sweet sauce.—Mrs. T. Sommerville,

FRENCH PUDDING

Take yolks of three eggs, beat with one cup sugar, 1-2 cup butter, $\frac{2}{3}$ cup flour, add gradually one quart of milk, 2 teaspoons vanilla. Beat whites of eggs stiff and mix in last. Bake half hour in oven, eat hot.—Mrs. Moore.

MOLASSES PUDDING

3 cups of flour, 1 cup molasses, 1 cup melted butter, 1 cup hot water, 1 teaspoon of soda, steam three hours. Sauce for pudding:—1 cup sugar, 1 cup hot water with the grated rind of one lemon, thicken with a heaping teaspoon of corn starch, add butter the size of an egg and a pinch of salt, cook on stove.—Mrs. H. L. Brideman.

TRIFLE

$\frac{1}{2}$ dozen sponge cakes, $\frac{1}{4}$ lb ratafias, $\frac{1}{2}$ lb macaroons; soak with fruit juice, or grape wine and leave over night. Cover with jam. Make a custard of 6 eggs and 3 gills of milk; flavoring. Serve with whipped cream, dotted with crystalized cherries.—Mrs. Maltman.

RHUBARB PUDDING

1 cup flour, 1 teaspoon baking powder, pinch of salt. Add 1 tablespoon butter, 1 beaten egg, and $\frac{1}{2}$ cups sweet milk. Grease pudding dish, cut rhubarb and put in bottom of dish, lots of rhubarb and sugar; then pour on batter, sprinkle with sugar on top and bake in a moderate oven. Eat with cream.

LEMON SNOW PUDDING

2 tablespoons corn starch dissolved in cold water, then pour on the boiling water until it thickens, then stir until cold; add juice of two lemons, $\frac{2}{3}$ cup sugar, pinch of salt, whites of two eggs beaten to a froth and whipped in. Sauce:—Yolks of two eggs, beaten with 1 cup sugar, piece of butter. Put on stove and let come to a boil, add 1 cup milk. flavor with vanilla.

COLLEGE PUDDING

4 oz bread crumbs, 4 oz suet (finely chopped), 2 oz each currants and raisins, 2 oz sugar, 2 eggs, a good pinch each of grated nutmeg and ground cinnamon, salt, $\frac{1}{4}$ teaspoon baking powder. Mix dry ingredients together and stir in well beaten eggs. Put mixture into well buttered dish and steam in hour. Serve with a sauce.

CANARY PUDDING

2 oz butter, 3 oz sugar, 2 eggs, 4 oz flour, 1 teaspoon baking powder, about a tablespoon milk, cream, butter and sugar. Add each egg separately, beat well, beat well then stir in flour and baking powder as lightly as possible, add milk gradually until the mixture drops readily from the spoon. Pour in well buttered mould and steam for an hour. Serve with jam sauce, sufficient for five or six persons.

ROLLED OATS PUDDING

Butter a pudding dish well, put in 3 heaping teaspoons rolled oats, $1\frac{1}{2}$ heaping teaspoons sugar, pinch salt, scald with boiling water, let it stand half an hour. Fill up with milk and bake.

CARAMEL PUDDING

Take 2 tablespoons cornstarch, wet with milk, add pinch of salt. Boil 2 cups milk, pour on cornstarch and beat until smooth, with $\frac{1}{2}$ cup granulated sugar, 1 heaping teaspoon butter (browned), with 2 heaping tablespoons granulated sugar, whip into cornstarch mixture a little at a time. Flavor with vanilla. Serve cold with whipped cream.

CUP PUDDING

Fill buttered cups $\frac{1}{2}$ full of any cooked fruit and drop a spoonful of good short biscuit crust on the top of fruit. Steam, turn out and serve with whipped cream.

KISS PUDDING

1 quart milk, three tablespoons cornstarch, yolks of 4 eggs, half a cup sugar, salt; boil milk, salt and sugar together, dissolve cornstarch, beat eggs and add. Flavor with vanilla. Frosting:—Beat whites of 4 eggs, mix in $\frac{1}{2}$ cup sugar, flavor with lemon and spread on pudding. Then sprinkle with cocoanut and slightly brown in the oven.

LEMON SAUCE

Take three eggs, one and one-half cupfuls of sugar, one cupful of hot water, one-half tablespoonful of butter, the juice of two lemons and the rind of one. Stir these ingredients together and just before serving place them on the fire and stir all the time until the mixture is as thick as syrup. This sauce is delicious with all kinds of puddings.

LEMON PIE

The juice and grated rind of one lemon, 1 cup sugar, 1 cup boiling water, put on to heat, when boiling add the yolk of one egg and two tablespoons of cornstarch beaten together with a little water and stir until thick, pour in crust which has been baked, use white of egg for frosting.

LEMON CREAM PIE

Make and bake a thin pie crust. Filling:—One cup sugar, yolks of two eggs, grated rind and juice of one lemon, mix together. Make a white sauce by melting one tablespoon butter, add one tablespoon flour stirring the two together until perfectly smooth, then add one cup cold milk and stir until it thickens. Add the lemon mixture to this, return to the fire and stir and cook until the cream is smooth. Pour into the shell, set in the oven for 5 minutes. Take out cover with a meringue made of two well beaten whites of eggs and two tablespoons sugar. Lightly brown in the oven.—Mrs. E. L. Trickey.

BANANA PIE

Bake pie crust first, when cool take two large bananas and slice them, lay in the crust, take yolks 2 eggs beaten to a cream, add 2 cups milk, $\frac{1}{4}$ a cup sugar, two tablespoons flour, and a small piece butter, pinch of salt, cook until a good stiff custard, cool and spread over bananas, beat whites of eggs for top.—Mrs. S. C. Andrews.

PIGS IN BLANKETS

1 cup raisins, 1 cup dates, 1 cup water, 1 egg, 1 cup sugar. Boil and let cool, make paste same as for pie, when rolled out with lid of small lard pail; spread mixture on the half and turn the other half over, and pinch edges together. This should fill about 15.

PUMPKIN PIE

One cup stewed and sifted pumpkin, one level teaspoon salt, one salt spoon nutmeg, one teaspoon cinnamon, two and a third cups sugar, one beaten egg, well mixed together; one cup of milk boiling hot poured over. Fill the plate and set in the oven as quickly as possible, if pumpkin is watery add one teaspoon of flour. It is done when it rises well in the middle.—Mrs. R. W. Barritt.

BOSTON CREAM PIE

Bake a thin crust. Filling:—1 pint milk, yolks of two eggs, 3 tablespoons sifted flour, 5 tablespoons sugar. Put $\frac{2}{3}$ cup of milk on to boil and stir the sugar and flour in what is left, when the rest boils put in the whole and stir until it cooks thoroughly. When cool flavor with lemon or vanilla, whip whites of two eggs and a little sugar spread over top, brown in oven.—Mrs. F. R. Mitchell.

PUMPKIN PIE

2 cups pumpkin, 1 cup brown sugar, 1 teaspoon cinnamon, half a teaspoon ginger, pinch of salt, 3 eggs if new milk is used, 4 eggs and a little less milk if it is skimmed, 2 cups milk, mix in the order given. This makes two medium pies.—Mrs. Hall.

QUEEN CAKES (BEST QUALITY)

Half pound of flour, half pound of sugar, half a pound of butter, half a pound of currants, 3 to 4oz mixed peel, 5 eggs. Put the sugar and butter into a bowl and cream—that is—work around with hand till thoroughly mixed. (The butter should be warmed in winter time so that it will cream properly.) Add the eggs, one at a time, having broken each one in a cup first, beating each one in thoroughly, stir in currants (cleaned), peel chopped fine and the flour after sifting. Butter the queen cake moulds carefully and half fill with above mixture. Bake in a fairly quick oven for 20 minutes.—Rev. L. O. Mott.

THREE CORNED JAM PUFFS

1 pound flour, 1 pound butter, a pinch of salt and a pinch of cream of tartar, water, jam. Sift flour onto board, take 4 ounces of the butter and rub well into the flour, make a bay and add enough water to make a stiff dough, using as little water as possible. Roll out to about half an inch thickness. Put the remainder of the butter in little dabs all over the paste, fold up into 4 folds, place in cool spot for 30 minutes. Roll out half an inch-fold as before and place to cool for 15 minutes. Repeat this last process and cool for same time. Roll out to a third of an inch, cut with round cutters. Roll and cut till all paste is used. Roll out each of the rounds as thin as possible. Moisten the edges, place the jam in the centre, fold into three, which makes the triangular shape. Place on a baking tin with folds underneath, moisten and shake sugar over same. Bake in fairly quick oven for from 20 to 30 minutes. N. B.—Use a stiff jam and be careful not to put too much on or it will all ooze out in the baking, use water taken straight from the well. Always roll away from you. In winter time, only 15 minutes need be allowed between the first and second rollings and five minutes between each of the other rollings.—Rev. L. O. Mott.

ICES AND ICE CRÉAMS

ICE CREAM

2 cup sugar, 9 eggs, 2 tablespoons flavoring, 1 quart of cream, add milk needed. Boil custard if you wish. Beat yolks and whites of eggs separately.—Mrs. W. C. Sloat, Hood River, Oregon.

MAPLE BISQUE GLACE

1 cup maple syrup, yolks of 4 eggs, mix and boil stirring constantly. Add 1 tablespoon gelatine which has been soaked in a little water. stir until cool and add one pint whipped cream. Strain the egg and syrup into the cream, pack in a mould and let freeze three hours.

LEMON ICE

Juice of 12 large lemons, juice of 4 oranges, 5 cups of sugar, dissolved. Add three quarts of water and freeze. This makes one gallon.

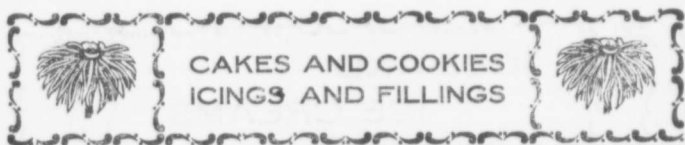
CHOCOLATE MOUSSE

2 squares bakers chocolate, $\frac{1}{2}$ cup powdered sugar, 1 cup cream, $\frac{3}{4}$ table-spoon granulated gelatine, 3 tablespoons boiling water, $\frac{1}{4}$ cup sugar, 1 teas-
poon vanilla, 1 quart cream. Melt chocolate, add powdered sugar, and grad-
ually cream. Stir over fire until boiling point is reached, then add gelatine
dissolved in boiling water, sugar and vanilla. Strain mixture into a bowl,
set in a pan of cold water, stir constantly until mixture thickens, then fold
in whip from remaining cream. Mould, pack in salt and ice and let stand
four hours.

MAPLE PARFAIT

4 eggs, 1 cup maple syrup, 1 pint thick cream. Beat eggs slightly and
pour on slowly maple syrup, cook until mixture thickens, cool and add the
cream beaten until stiff, mould, pack in salt and ice and let stand for three
hours.





CAKES AND COOKIES ICINGS AND FILLINGS

FRUIT CAKE

Two pounds raisins, one cup of milk, one and a half currants, one cup of strawberry jelly, half a pound citron, one teaspoonful of soda, 8 eggs, one teaspoonful of ginger, one cup of butter, one teaspoonful allspice, one cup of brown sugar, one teaspoonful cinnamon, one cup of molasses, flour.

OATMEAL CAKE

One cup oatmeal, 5 teaspoonful melted butter, one cup of flour, one teaspoonful of spice, half a cup of sugar, quarter teaspoonful soda, one egg, one wine glass of milk. Roll very thin, cut out and just before putting into the oven sprinkle with white sugar.

FIG CAKE

One and half cup sugar, half cup butter, three eggs, one cup sweet milk, one teaspoon soda, two teaspoons cream of tartar, two cups of flour, or two and a quarter. Filling—Chop figs, one and half cups sugar, water, cook. Whites of 2 eggs beaten in while warm.—Mrs. Howey.

FRUIT CAKE

One pound flour, half pound sugar, six oz butter, one pound raisins, one pound currants, quarter pound orange peel, quarter pound almonds, one teaspoonful baking powder, half teaspoonful lemon, three eggs, one and a half cups sweet milk. Beat butter and sugar to a cream, beat eggs for five minutes and add alternately with flour and milk. Give all good beating, grease and line cake tin and bake for two hours.—Mrs. Beattie.

LEMON BISCUITS

Two cups milk, one cup lard or butter, two and a half cups granulated sugar, 5c worth of oil lemon, 5c worth carbonate of ammonia. Put ammonia in milk and let stand half an hour to dissolve. Mix lard and sugar, add milk and lemon. Put in all the flour you can, roll and cut bake in a hot oven.

APPLE SAUCE CAKE

1 cup brown sugar, half cup of butter, two eggs, one cup of apple sauce, 2 cups flour, 1 good teaspoon of soda, 1 cup raisins, half a teaspoon each of cloves, cinnamon and nutmeg. Bake in layers and put together with white boiled icing.

CHOCOLATE LOAF CAKE

Half cup milk, 3 tablespoons grated chocolate, yolk of one egg. Mix these together and cook till thick. Take one cup sugar, three tablespoons butter, half a cup of milk, one and a half cups flour with one teaspoon soda sifted through it. Stir all together, putting flour in last. (Use white of egg for frosting.) Bake $\frac{3}{4}$ of an hour slowly.—Lottie Trickey.

COCONUT ICE

2 cups granulated sugar, half cup milk or water, boil 5 minutes stirring all the time, take from fire and gradually stir in $\frac{1}{4}$ pound grated cocoanut. Pour into a wet dish.—Mrs. Crawford.

POTATO CAKE

Two-thirds cup butter creamed with one and two-thirds cups sugar, 4 eggs, two-thirds cup sweet milk, 1 cup hot mashed potatoes, 2 cups flour, 2 teaspoons baking powder, half teaspoon each cloves, cinnamon, nutmeg, 1 teaspoon vanilla, and one cup grated chocolate. Bake in loaf.—Mrs. Gibbs.

GINGER BREAD

Half cup sugar, half cup butter, 1 cup molasses, 1 cup sour milk, 1 egg, two and half cups flour, half teaspoon ginger, 1 teaspoon soda.—Fanny Todd.

SPONGE CAKE

4 eggs, 6 ounces flour (sifted), 7 ounces sugar. Break the eggs into a small bowl and boil the sugar in half a tea cup of water. Warm a large bowl very well and put eggs into it, and beat them slightly and add the boiled sugar. Whisk briskly for twenty minutes and then add gently the flour and a little flavoring. Butter and paper a small cake tin and pour in and bake for half an hour. Adding 1 teaspoonful baking powder to above mixture, is a great improvement. For cream cake make this mixture do 2 tins and when cold put in whipped cream for filling.—Thos. Sommerville.

FRUIT CAKE

One and quarter pounds and a cup yellow sugar, $\frac{3}{4}$ pound butter, $\frac{3}{4}$ pound lard, half a pint cooking syrup, 4 eggs; half bottle orange extract, 2 pounds raisins, one and a half pounds currants, $\frac{1}{2}$ pound mixed peel, half a pound nuts, one and a $\frac{1}{2}$ lb. flour and a cupful more. Bake three hours or more in a moderate oven.—Mrs. Pesha.

CHOCOLATE CAKE

Half cake Baker's chocolate grated, 1 cup sugar, half cup sweet milk, yolk of 1 egg, boil until well cooked, let it get cold. Mix 1 cup sugar, $\frac{3}{8}$ cup butter, 2 eggs, 1 scant cup milk, 3 cups sifted flour, one and half teaspoons baking powder, 2 teaspoons vanilla. Add the chocolate mixture and bake.—May Dobbyn.

MOCK ANGEL CAKE

1 cup flour, 1 cup sugar, 2 heaping teaspoons baking powder, sift together four times. Then add one cup of boiling milk, add the whites of two eggs beaten. Bake in greased tin.

DELICIOUS CAKE

One and a half cups sugar, two-thirds cup butter, work together until it creams, add whites of 5 eggs beaten to stiff froth, beat until light as foam then add half a cup cornstarch dissolved in a little milk. Stir in not quite $\frac{3}{4}$ cup sweet milk, add 2 and $\frac{1}{2}$ cups sifted flour, 2 teaspoons baking powder, 1 teaspoon vanilla. To give satisfaction bake 3 or 4 days before wanted. Use white caramel or boiled frosting.—Mrs. W. C. Sloat.

ROLLED JELLY CAKE

1 cup sugar, three eggs, two tablespoons milk, 1 cup flour sifted, one and a half teaspoons good baking powder, one-half teaspoon lemon extract. Bake in a long tin and while warm spread with jelly or jam (raspberry is best) and roll thus: spread a damp towel on the table, lay on the cake and roll keeping towel over it to prevent cracking do not take off towel until the cake is cold.—Mrs. G. Green.

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SHORT BREAD

1 lb. butter, 1 lb. flour, 8 level teaspoons castor sugar, 2 tablespoons rice flour (if you can get it.) Cream butter and sugar then add the flour gradually work it well all the time with the hands. Divide in four, place each piece on baking paper, pat with the palm of the hand in a round cake the size of a dinner plate, notch around the edges, prick all over with a fork, bake in a moderate oven until a golden brown shade.—Mrs. Scotland, Content.

AUNT ELEANOR'S NUT BREAD

4 cups flour, 4 teaspoons baking powder, 1 large cup broken walnuts, 1 small cup sugar, 2 well beaten eggs, $2\frac{1}{2}$ cups milk, pinch salt. Mix in above order. Pour into deep buttered pan. Let rise half an hour, then bake 1 hour in moderate oven.—Mrs. Harvie.

NUT BREAD

4 cups flour, 3 teaspoons baking powder, 1 teaspoon salt, 1 cup granulated sugar, 1 cup chopped walnuts, 1 cup chopped dates, 1 egg, 2 tablespoons butter, 1 pint milk. Mix all dry ingredients together, have the egg well beaten, and the butter melted. Mix all together, put in buttered pan, and bake one hour in a moderate oven.—Mrs. Moore.

JOHNNY CAKE

1 cup of sugar, 1 cup of butter milk, Lard the size of an egg, 2 cups of corn meal, 1 egg, 1 cup of flour, 1 teaspoonful of soda.—Mabel Steers.

NUT BREAD

$\frac{3}{4}$ cup sugar, 1 cup chopped walnuts, 2 teaspoons baking powder, small teaspoon salt, $1\frac{1}{4}$ cups sweet milk, 1 egg and about three cups flour. Beat eggs and sugar, add milk and then dry ingredients, stir well, put in greased pan. Let stand in warm place 20 minutes and bake one-half to three-quarters of an hour.—Mrs. J. H. Williamson.

JOHNNY CAKE

2 eggs, 1 cup buttermilk, 1 teaspoon soda, 2 tablespoons butter, pinch of salt, 1 cup flour, 1 cup corn meal, ($\frac{1}{2}$ cup sugar, if preferred).—Mrs. Mitchell.

SPONGE CAKE

4 eggs, 2 cups flour, 2 cups sugar, $\frac{3}{4}$ cup boiling water, 2 teaspoonfuls baking powder, add water last, season to taste.—Marian Sloat, Hood River, Oregon.

EGGLESS FRUIT CAKE

$\frac{1}{2}$ cup butter, 1 cup white sugar, 1 cup thick sour milk, 1 cup raisins, 1 teaspoon of soda, 1 teaspoon each of cinnamon, cloves, allspice and cocoa.—Mabel Steers

COCOA CAKE

$\frac{1}{2}$ cup cocoa, half cup boiling water poured over cocoa, 2 cups of brown sugar, half cup butter, 2 eggs, half cup sour milk, half teaspoon soda dissolved in milk, $2\frac{1}{2}$ cups flour, 1 teaspoon baking powder, half teaspoon each of cinnamon and nutmeg, 1 teaspoon vanilla.—Mrs. Toepfer.

GINGER BREAD

$\frac{1}{2}$ cup brown sugar, half cup butter, half cup molasses, half cup boiling water, $1\frac{1}{2}$ cups sifted flour, 1 egg, 1 teaspoon soda, 2 teaspoons ginger, 2 teaspoons cinnamon, bake in a moderate oven.—Mrs. G. Green.

MARBLE CAKE

White Part— $\frac{1}{4}$ cup butter $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup sweet milk, whites of two eggs, 1 teaspoon baking powder. Dark Part— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, quarter cup molasses, quarter cup sweet milk. one and a quarter cups flour, yolks of two eggs, one large teaspoon baking powder, half teaspoon each of cloves, cinnamon, nutmeg and mace. Mix the two parts separately, beat until very light, then put in a baking pan a spoonful at a time, taking pains to have the light and dark alternate.—Fanny Todd.

WHITE LOAF

$\frac{1}{2}$ cups sugar, $\frac{2}{3}$ cup butter, beat to a cream, add whites of five eggs well beaten, beat until as light as foam, half cup cornstarch dissolved in nearly $\frac{2}{3}$ cup of sweet milk, three cups flour, two teaspoons baking powder, season to taste.—Mrs. E. W. Gibbs, Hood River, Oregon.

BURNT LEATHER CAKE

Nine tablespoons milk, 1 cup sugar, $1\frac{1}{2}$ cups flour, 2 tablespoons butter, 2 eggs, two teaspoons baking powder, put all together and beat for 20 minutes. Put half cup brown sugar in granite pan, heat until it begins to smoke, take off the stove and put in half cup hot water, stir until almost cold, use one half in cake and the other in frosting. Bake in layers.—Mrs. E. W. Gibbs, Hood River, Oregon.

SCRIPTURE CAKE

$\frac{4}{5}$ cups flour, 1st Kings 4.22; 1 cup butter, Judges 5.25; 2 cups sugar, Jeremiah 6.20; 2 cups raisins, 1st Samuel 30.12; 2 cups figs, Nahum 3.12; two cups almonds, Numbers 17.8; 3 tablespoons honey, 1st Samuel 14.25; 6 eggs, Jeremiah 17.11; half cup milk, Judges 4.19; 2 teaspoons leaven, Amos 4.5; season to taste with spices, 1st Chronicles 9.9.—Mrs. Sloat, Hood River, Ore.

DARK LAYER CAKE

$\frac{1}{2}$ cups brown sugar, 1 cup sour milk, $\frac{3}{4}$ cup lard or butter, yolks of 3 eggs, 1 teaspoon soda in milk, two teaspoons each of cinnamon, cloves, nutmeg, 1 cup seeded raisins, two cups flour, bake in layers. Frosting for same— $\frac{3}{4}$ cup granulated sugar, $\frac{3}{4}$ cup brown sugar, 3 tablespoons cold water. Boil until it strings and pour quickly into the beaten whites. Beat until cool enough to spread, this has maple flavor.—Mrs. B. Sample.

APPLE SAUCE CAKE

Half a cup butter, one cup sugar creamed, one and half cups hot apple sauce, half cup chopped raisins, half cup chopped walnuts, two and a half cups flour, two teaspoons soda.—Mrs. M. Magee.

FRIED CAKES

Two cups brown sugar, two eggs, three large tablespoons melted lard, half a small teaspoon of salt, half a nutmeg, beat well together then add 2 teacups butter milk with two teaspoons of saleratus and flour to roll. Cut in any shape desired and fry in hot lard.—Miss F. M. Brindleman.

HERMITS

One and half cups of granulated sugar, one cup of shortening, three eggs, one cup currants, one cup raisins chopped, two teaspoons of mixed spice, one teacup of soda dissolved in a tablespoon of water, flour to roll.—Mrs. Adair, Red Willow.

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GINGER CAKE

One and half cups molasses, one cup white and one cup brown sugar, two eggs, $\frac{1}{4}$ cup butter, 2 teaspoons cinnamon, one and half teaspoons allspice, one teaspoon nutmeg, 2 teaspoons ginger, one cup sweet milk, quarter of a teaspoon baking soda, one teaspoon baking powder, two cups flour.—Edna Sanderson.

PLAIN CAKE (ONE LARGE LOAF)

One half cup butter, two cups granulated sugar sifted, four eggs, one tablespoon vanilla, three cups sifted flour, six level teaspoons baking powder, one and one half cups milk. Bake thirty or forty minutes in a moderate oven.—Jean Green.

JAM CAKES

Two cups oat meal and two cups flour, 1 cup brown sugar and 1 cup of shortening, 1-2 cup sour cream with half teaspoon soda. Roll thin, bake in quick oven and put jelly and jam between.—Mrs. J. H. Williamson.

COCOA CAKE

1 cup sugar, 2 cups flour, 1 cup sour milk, half cup butter, 1 egg, 1 teaspoon soda, 3 tablespoons cocoa, teaspoon vanilla, salt.—Mrs. Crawford.

LILY CAKE

$\frac{1}{8}$ cup butter, $2\frac{1}{2}$ teaspoons baking powder, 1 cup sugar (scant), whites of three eggs beaten until stiff, half cup milk, one-third teaspoon lemon extract, $1\frac{1}{2}$ cups flour, $\frac{2}{3}$ teaspoon vanilla. Cream the butter and sugar then add the milk and beat, then flour mixed and sifted with the baking powder, flavoring and lastly fold in the whites of eggs. Bake in a moderate oven. (The yolks of three eggs can be used for Boiled Salad Dressing.)—Mrs. H. G. Finch.

DARK CAKE

2 eggs, 2 tablespoons molasses, 1 cup brown sugar, 1 heaping cup flour, half cup lard and butter mixed, 1 level teaspoon soda, half cup sour milk, half cup chopped raisins, 1 teaspoon cinnamon, half teaspoon ground cloves, Mix thoroughly and bake in a bread pan.—Mrs. M. Magee.

NUT MACAROONS

White of 1 egg, 1 cup brown sugar, 1 cup nut meats (any kind), $\frac{1}{4}$ teaspoon salt. Beat white of egg until light and add gradually while beating the sugar. Fold in nut meats finely chopped and sprinkle with salt. Drop from spoon one inch apart on unbuttered sheets and bake in a moderate oven till delicately browned.—Mrs. Munro.

BROWN COOKIES

1 cup butter, 1 cup sugar, 1 cup molasses, 2 teaspoons ginger, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon soda. Let butter sugar and molasses just come to a boil, when cool add soda and spices and as much flour as can be worked in. Bake in quick oven.—Mrs. E. W. Gibbs, Hood River, Oregon.

SUNSHINE CAKE

6 eggs, separate yolks and whites, beat yolks till thick, take one cup of sugar and boil with 4 tablespoons cold water until it threads then beat the whites till stiff, turn your syrup over whites and beat for 15 minutes, then fold in yolks, 1 cup flour sifted 12 times, cut and fold in flour and flavor with vanilla.—Mrs. J. D. Stafford, Calgary.

SCOTCH SHORT CAKE

Take one half pound of slightly salted butter and one pound flour. Mix flour and butter with hands, then add 4 ounces loaf sugar. Work all into a smooth ball, roll out till it is an inch thick. Prick edges and bake for half an hour, with a moderate fire, in a round or square tin, according to taste.—Mrs. Hamilton, Killam, Alta.

SPONGE CAKE

3 eggs, their weight in sugar, and the weight of two in flour. Beat the eggs and the sugar constantly for 20 minutes. Then add the flour and bake in hot oven for half an hour.—Mrs. D. Melvin.

RASPBERRY CAKE

2 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup raspberry preserves, 1 tablespoon hot water, 1 large teaspoon soda, $1\frac{1}{2}$ cups flour, season with cinnamon and nutmeg.—Mrs. J. H. Williamson.

OATMEAL ROCKS

1 cup white sugar, 1 cup butter, $\frac{1}{2}$ cup sour milk, 2 cups flour, 1 cup of standard oatmeal, 1 teaspoon soda, cup raisins, Mix stiff and drop on buttered pan.—Mrs. S. C. Andrews.

DELICATE CAKE

Whites of 5 eggs, one teacupful butter, one coffee cup white sugar, five tablespoonfuls sweet milk, $2\frac{1}{2}$ teacups flour, $\frac{1}{2}$ teaspoon cream of tartar, $\frac{1}{4}$ teaspoon soda [stir these two well into the milk] season with lemon or rose water, bake in moderate oven.—Mrs. Edward Parlyby.

SPONGE CAKE

4 eggs well beaten, 2 cups white sugar, 2 cups flour, flavoring to taste, 2 teaspoons baking powder, one small cup of boiling water and a little salt.—Mrs. J. Steers.

FRUIT CAKE

One lb. butter, one lb. sugar, one lb. flour, 2 lbs. raisins, 2 lbs. currants, $\frac{1}{2}$ lb. citron, ten eggs, one teaspoon cloves, $\frac{1}{2}$ teaspoon mace, one nutmeg, juice and rind of one lemon, $\frac{1}{2}$ teaspoon molasses, one teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda.—Mrs. Dobbyn.

WHITE COOKIES

One large cup butter or lard, two cups sugar, three eggs, one cup milk, two teaspoons baking powder, $\frac{1}{4}$ teaspoon soda, one teaspoon salt, season with nutmeg, use sifted flour enough to roll nicely, cut with a cookie cutter and bake in a hot oven.—Mrs. C. Green.

GINGER BREAD

(1.) One large teaspoon of lard, half a teacup of sugar beat well then add one large cup of molasses, one small teaspoon cinnamon and cloves, one heaping teaspoon of ginger, one teaspoon of soda in cup hot water, (2.) 1 cup sugar, one cup butter, one cup molasses, one cup sour milk, two eggs, one tablespoon of ginger, one teaspoon cinnamon, one teaspoon soda dissolved in hot water, four cups flour. Beat well together and bake in a large buttered pan.—Mrs. H. L. Bridleman.

CUP CAKE

Whites of two eggs beaten separately, one cup sugar, half cup of milk or water, one tablespoon of butter, two teaspoons baking powder, two teacups sifted flour, stir the butter and sugar to a cream, then add the milk, eggs, and lastly the flour.—Myrtle Westfall,

CREAM CAKE

One cup sugar, $1\frac{1}{2}$ cups flour, 3 eggs beaten light and separate, 2 table spoons water, 2 heaping tablespoons baking powder, bake in two tins.

Filling—1 pint milk, 1 cup sugar, 3 eggs, 2 tablespoons corn starch, flavoring, split each layer and put filling between.—Mrs. C. M. Yarwood.

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DEVIL'S FOOD

Cook in a double boiler till thick $\frac{1}{2}$ cup sweet milk, yolk of one egg, $\frac{1}{4}$ cake Bakers chocolate. While hot add 1 cup white sugar, $\frac{1}{2}$ cup sweet milk, butter size of an egg, vanilla, 1 teaspoon soda dissolved in a little hot water, flour to thicken, requires to be a little stiffer than an ordinary light cake.

For icing use the white of an egg beaten very stiff, boil 1 cup sugar with a little water until it hairs, then gradually pour over the beaten egg, beat until stiff.—Mrs. S. C. Andrews.

FRUIT COOKIES

2 cups sugar, 4 eggs, 2 cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ lb. of chopped almonds, 1 cup seeded raisins.—Mrs. J. W. Ennis.

GINGER SNAPS

1 pint black strap, 1 cup butter, 1 teaspoon each of ginger, cloves and soda. Put over fire, let come to a boil, when cool add flour to make a stiff dough.—Mrs. J. Ennis.

OATMEAL MACAROONS

1 tablespoon butter, 1 cup sugar, 3 cups rolled oats, 2 eggs, half teaspoon salt, 1 teaspoon vanilla, 2 teaspoons baking powder. Drop on greased pan and bake in a hot oven.—Mrs. Scott.

MOTHER'S COOKIES

1 cup butter, 1 cup sugar, 1 egg, half cup milk (scant measure), flour till stiff enough to roll without trouble, flavor with vanilla, roll thin, then sprinkle sugar over and roll again, cut out and bake in a quick oven.—Lottie Trickey.

OATMEAL JAM COOKIES

2 $\frac{1}{2}$ cups oatmeal, 2 $\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup cold water, 1 $\frac{1}{2}$ cups yellow sugar, 1 teaspoon soda, 1 teaspoon cream of tartar, 1 egg, 1 heaping cup butter. Roll out very thin, spread with Jam, fold together, cut with square cutter, sprinkle with granulated sugar and bake in hot oven.—Miss Armstrong.

FILLING

One cup powdered sugar, quarter cup hot water, let them simmer. Beat white of an egg and mix with the above, when cold add half cup chopped raisins, half cup chopped walnuts, one tablespoon grated cocoanut.

MILK FROSTING

Boil together for ten minutes 1 cup sugar, $\frac{1}{2}$ cup milk, 2 teaspoons butter. Remove from stove and beat until creamy and thick enough to spread. Add flavoring if desired.—Mrs. Hall.

CREAM PUFFS

Boil half pint water and $\frac{1}{4}$ lb. butter together, stir in 6 oz. or 1 cup of flour, when cool mix in 5 eggs one at a time, being careful not to beat them. Drop the mixture into buttered pans with a spoon making them about the size of a cream cake but not too flat. Bake in a hot oven about 20 minutes, when cool open at the top and fill with whipped cream. The success of these depends on the baking.—Mrs. S. Cruikshank.

SWISS ROLL

2 eggs well beaten, 2 tablespoons sugar, 2 tablespoons flour, 1 tablespoon boiling water, small teaspoon baking powder. Bake in moderate oven about ten minutes, spread with jam and roll up while hot, wrap a cloth around it.—Minnie Bains.

DOUGHNUTS

One cup sugar, one egg, six tablespoons melted butter, half teaspoon salt, half teaspoon ginger, quarter teaspoon nutmeg, half cup sour cream, one and half cups sweet milk, one and half desert-spoons baking powder, half teaspoon soda. Flour enough to make soft dough, roll thin.—Mrs. R. F. Sanderson.

BUTTER ICING

Soften half cup butter, stir into it icing sugar until of a nice thickness to spread. Flavor with almond and vanilla extract.—Mrs. Wade.

FUDGE FROSTING

$\frac{1}{2}$ tablespoon butter, $\frac{1}{2}$ cup chocolate, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla. Melt chocolate over hot water, add butter, sugar and milk, cook for ten minutes, let it cool a little and add vanilla, beat until of a consistency to spread.

ICING

(1.) One cup white sugar, one teaspoon vanilla, one teaspoon vinegar, boil till it hairs. Stir in half pound fresh marshmallows, when smooth spread on cake. (2.) One cup granulated sugar, three tablespoons water. Boil until it hairs, then pour on the well beaten whites of three eggs. Beat until cool and season with cinnamon.

SPANISH BUN

Three eggs, white of one for icing, $\frac{1}{2}$ cup butter, half cup sweet milk, one cup brown sugar, one teaspoon each of cinnamon and nutmeg, one and half cups flour, 1 teaspoon soda, two teaspoons cream of tartar.—Mrs. Ennis.

COCOANUT BISCUITS

Two cups flour, half cup butter, four tablespoons sugar, two teaspoons baking powder, two eggs, pinch of salt, one and half cups cocoanut, half cup milk (scant). Sift flour, baking powder and salt, rub in butter, then add sugar, cocoanut and lastly beaten eggs, beat thoroughly and drop the mixture into rough heaps on a buttered tin, bake ten or fifteen minutes.—Mrs. Spencer.

ORANGE CAKE

Two eggs, their weight in butter, sugar and flour. The grated rind of 1 orange and the juice of half, and a small teaspoon of baking powder. Beat the butter and sugar to a cream and add half the flour and one well beaten egg, then add the grated rind of the orange and the juice, then put in the other egg with the remainder of the flour and baking power. Bake in fiat tin for half an hour.—Mrs. D. Melvin.

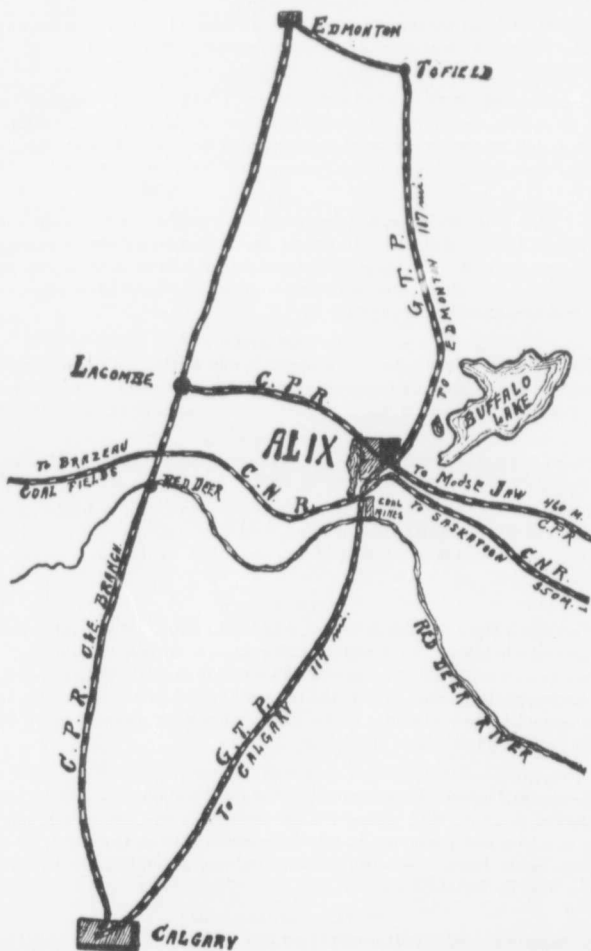
BUTTONS

3 ounces butter, 3 ounces sugar, 1 egg, half a teaspoon baking powder, about five ounces flour. Beat butter and sugar to a cream, add egg and flour, mix to a stiff paste, cut in small pieces and roll in the palm of hands to form little balls, then roll in ordinary sugar and bake in a very quick oven.—Mrs. D. Melvin.

SPECIAL CAKE FILLING

Yolks of two eggs, butter size of an egg, one cup brown sugar, half a cup chopped walnuts, one teaspoon vanilla. Boil yolks, butter, and sugar together till thick, then add walnut and vanilla.—Mrs. M. Brown.

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JELLIES, JAMS ETC.

RHUBARB MARMALADE

4 lbs rhubarb cut fine, add a little water and juice and rind of 4 lemons. Boil twenty minutes stirring often. Then add 6 lbs of granulated sugar and half a pound of blanched almonds chopped fine, and 5cts worth of root ginger. Boil all until clear.—Mrs. E. L. Trickey.

ORANGE MARMALADE

7 oranges, 5 lemons, boil in water two or three hours, pour off water, open oranges and lemons, taking out the seeds and preserving all the pulp and juice possible. Cut the rind in small stripes or chop them, weigh well then add three lbs of sugar to two of pulp and boil slowly until clear.—Mrs. Hamilton.

MARMALADE

One grape fruit, one orange, one lemon. Cut up in small pieces, removing ends and pith and put through chopper. Put 3 times as much water & let stand until next day. Boil 5 minutes, take off and add 5 lbs sugar let stand until next day, cook slowly two hours.—Mrs. Hall.

PEAR MARMALADE

4 pounds ripe pears chopped, 4 pounds white sugar, 2 large lemons grate skins and add juice, 5c worth crystallized ginger. Cook down until like marmalade.—Mrs. Yarwood.

RHUBARB MARMALADE

Two lbs. rhubarb, three lbs. sugar, quarter lb. shelled walnuts. Steam rhubarb till tender, pour water from rhubarb on the sugar till dissolved, put in the rhubarb and nut meats and boil till thick, being careful not to let burn.—Mrs. R. W. Barritt.

PINEAPPLE AND RHUBARB

Take 6 pounds rhubarb and cut into small pieces, then cover with 6 pounds sugar and let stand over night. In the morning add 6 pounds canned pineapple and another two pounds sugar. Cook all together for half an hour.—Mrs. Ennis.

RECIPE FOR SASKATOONS

To one pound of fruit add ten ounces of sugar, slice in lemon to flavor. Let boil a short time, seal in air-tight jars.—Mrs. A. Reeves,

LEMON CURD OR HONEY

One pound sugar, $\frac{1}{4}$ pound butter, juice of three and rind of two lemons, 6 eggs. Mix the ingredients together and put into a preserving pan and boil slowly until as thick as honey.—Mrs. E. L. Trickey.

MARMALADE

Three pounds fruit pulp, three pounds sugar, one pint water, (use that in which oranges were boiled), three or four lemons to every dozen oranges. Boil oranges whole until quite tender that a straw could pierce them, enough water to cover them. Cut off peel very thin and rub through a sieve with pulp. Boil pulp and water, when boiling add sugar and boil half an hour.—Miss Marryat.



BEVERAGES

CREAM SODA

Two and half pounds white sugar, two and a half ounces tartaric acid, half ounce cream tartar, half ounce epsom salts, add two quarts of water, boil and skim, when cold add whites two eggs, well beaten, flavor with essence of vanilla, one tablespoon; stir when boiling. Take about two table-spoons of liquid to a half glass of water and add a little soda. Stir and drink when foaming.—Mrs. E. L. Trickey.

DANDELION WINE

One gallon dandelion flowers, two gallons boiling water, let stand over night, in the morning strain, add one one dozen lemons cut fine, eight lbs. of granulated sugar. Let all come to a good boil, when cold add one yeast cake dissolved and let stand and ferment. Do not bottle until it stops fermenting. Strain and bottle.—Mrs. E. L. Trickey.

GRANDMOTHER'S GINGER WINE

Two and half pounds sugar, $\frac{3}{4}$ oz tartaric acid, three drams essence of ginger, three drams essence of cayenne, browning to make a rich and golden brown color. Pour six quarts of boiling water over all, stir well together and bottle. Let it stand over night before cooking.—Mrs. E. L. Trickey.

THE BEST BEVERAGE

Cold water is nature's beverage and it is the only drink that will satisfy the thirst. A little pinch of oat meal is very good in a glass of water or some lemon juice.—Mrs. G. Green.



MISCELLANEOUS

BREAD CRUMBS

To have dried bread crumbs handy save the left over pieces that may not be brought to the table again, keep them hanging in a cotton bag where they will dry and when needed put through a food chopper. They are cheaper than rolled biscuit and do just as well for every purpose. I put stale tea biscuit or any cake that cannot be used any other way into the drying bag.—Mrs. Jas. Hall.

TO CURE MEAT

For each hundred pounds of beef or bacon use six pounds salt, five pounds sugar, four ounces salt petre—dissolve in water enough to cover meat, let stand in brine for six weeks, take out and smoke.—Flora Keeton, Lignite.

FRUIT SALTS

Three ounces cream of tartar, two ounces rochelle salts, two ounces citrate of magnesia, two ounces bicarb. soda, one ounce tartaric acid, two ounces pulverized sugar. Have citrate of magnesia powdered before mixing.—Lottie Trickey,

BEEF ESSENCE

One pound lean beef, half teaspoon powdered salt, cut the beef into small pieces sprinkle salt over it, put into a jar and cover with a lid or unporous paper. Place in a sauce pan of boiling water for from 5 to 6 hours. Then press the beef, pour off the liquid, remove the fat with a porous paper and serve a teaspoonful at a time.—Mrs. Panrucker,

CURING BEEF HAM

Bone and dry-salt for one week, wash thoroughly, mix one ounce black pepper, one ounce white pepper, quarter ounce ground cloves, two ounces saltpetre and eight ounces brown sugar. Rub into beef, pack closely in tub, from one to two weeks, then roll and bind tightly with cord.—Mrs. W. Hamilton.

SALTED ALMONDS

Shell, blanch and dry the almonds; allow two teaspoons of butter for each cup of almonds; put these in a frying pan and cook, with moderate heat, until the almonds are a delicate brown, stirring frequently, say for one-quarter of an hour. Then sprinkle with salt. Peanuts can be salted the same way, first removing the shell and brown skin. Walnuts can be salted the same way also.

CURE FOR COLD

One lemon properly squeezed cut in slices, put with sugar and covered with half a pint of boiling water. Drink just before going to bed.—Mrs. G. Green.

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CANDY

TURKISH DELIGHT

One ounce gelatine, one cup cold water, one pound white sugar, 1 lemon, one orange, soak gelatine in half cup water for two hours. Put sugar to boil with half cup water and when at boiling point add gelatine. Boil 20 minutes and flavor with juice & rind of 1 lemon and orange, turn into a tin wet with cold water, have mixture one inch thick. Use any kind of flavoring or coloring.

HEAVENLY BLISS

Two cups white sugar, half cup corn syrup, half cup cold water, let boil until it hardens as taffy in water, without stirring pour over the beaten whites of two eggs and beat until thick, add walnuts to suit taste.

PINOCHÉ

One cup light brown sugar, one cup cream, one cup walnuts chopped fine, butter size of walnut, one teaspoon of vanilla, cook sugar and cream till it makes a ball in water, then put in butter, vanilla and nuts, beat till creamy and spread on a platter.

MAPLE CREAM

Five pounds granulated sugar, one quart maple syrup, one quart cream, one pound glucose. Mix all together and cook until done. Take from stove and let stand until lukewarm. Beat until creamy, then add one pound walnut meats, and put in tins to stiffen.—Mrs. McDonell.

CANDY

Two cups brown sugar, one cup white sugar, one cup milk, quarter cup butter, one tablespoon cocoa. Boil until it forms a soft ball in water, let cool slightly and stir in one cup chopped nuts. Flavor with vanilla, cream with hands, roll and slice.—Mrs. E. W. Gibbs, Hood River, Oregon.

SEA FOAM

One cup white sugar, one cup brown sugar, half a cup water, cook until it spins a thread. Beat up whites of two eggs, pour syrup over the whites beating all the time. Beat until stiff enough to drop on a plate; just before putting on plate mix in cup walnut meats or flavoring.—Mrs. McDonell.

NOUGATINES

One cup granulated sugar, one third cup glucose, one third cup honey, piece of parafine size of a pea, one quarter cup water, one quarter teaspoon salt, the whites of two eggs, one cup walnuts or almonds chopped fine. Put sugar, honey, glucose, parafine and water in a granite pan on fire and stir occasionally and let cook to hard ball degree. Add salt to eggs and beat stiff, gradually pour on part of syrup beating meanwhile. Return the rest of the syrup to the fire and let boil until brittle, when tested in the water, then turn this into the eggs beating constantly. Return to the fire and beat until crisp when tasted in the water, pour into a buttered pan and when cold cut in pieces.—Miss Elliot.

TO LATE FOR CLASSIFICATION

CURING, SMOKING AND KEEPING HAMS

To a cask of hams, say from 25 to 30, having packed them closely and slightly sprinkled them with salt, let them lie thus for three days, then make brine sufficient to cover them, by putting salt in water until strong enough to float a potato or egg, then add half lb saltpetre and one gallon molasses, let hams lie in brine for 6 weeks. Take them up and let them drain, while damp rub the flesh side and the end of the leg with finely pulverized black or red cayenne pepper, dust every part of the flesh side, then hang up and smoke. You may leave them in the smoke house or other cool place, but away from where the rats can reach them; treated thus they are perfectly safe from insects.—Mrs. J. Todd.

TO PREVENT FRUIT JARS BREAKING

Instead of using hot water drop a silver knife in the jar and pour the fruit in gently. I have found this a first class way and so little trouble.—Mrs. G. Green.

IRON RUST

Thicken lemon juice with equal parts of salt and starch, add some soft soap. Apply the mixture to the cloth and place in the hot sunlight. Renew the application several times.—Mrs. G. Green.

CURE FOR BEE OR WASP STING

Bind on common baking soda dampened with water or mix common earth with water to about the consistency of mud.

BOILED SALAD DRESSING

One tablespoon salt, two teaspoons mustard, three tablespoons sugar, one tablespoon flour, few grains cayenne, yolks of three eggs slightly beaten, three tablespoons melted butter, one and a half cups milks, half cup vinegar. Mix dry ingredients, add yolks of eggs, butter, milk and vinegar very slowly, cook over boiling hot water until mixture thickens. This will keep quiet a while if kept in a cool place.—Mrs. H. G. Finch.

RICH BROWN CAKE

One cup brown sugar, half cup water, two squares chocolate or three tablespoons cocoa, boil together and then cool, half cup butter, one cup brown sugar, $\frac{3}{4}$ cup water, vanilla, two cups or less of flour, one teaspoon soda, yolks of three eggs or two whole ones.—Mrs. Yarwood.

JAM CAKE

One cup sugar, one cup fruit jam, two cups flour, $\frac{3}{4}$ cup butter, three eggs, one teaspoon soda, three teaspoons sour milk, spice; cream butter and sugar, add the eggs beaten separately then the jam, flour and spice to taste, lastly soda dissolved in sour milk. This may be made as layer cake if desired.—Mrs. Yarwood.

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IDEAS FOR ENTERTAINING

Pussy-Cat Party

A most delightful summer afternoon can be spent on the lawn by inviting the girls to a Pussy-Cat Party. Invitations are sent to all the Misses around who possess cats or kittens to be present. Drawings of cats on the invitations are an addition to the novelty. Invite each guest to bring her cat for the hours wished. A long ribbon is presented to each guest which is to be fastened to the cat on arriving. This may be attached to the lady's chair, when she wishes to leave it. There should be plenty of cushions around, and a saucer of milk for each kitty. A guessing contest may be arranged for by passing around paper and pencil upon which answers to the following question should be written.

- | | |
|---|----------------|
| 1. What cat will make a butterfly? | (Caterpillar) |
| 2. What cat has a cold? | (Catarrh) |
| 3. What cat is posted on religion? | (Catechism) |
| 4. What cat thinks of his hair? | (Catacomb) |
| 5. What cat is followed by a near relative? | (Catkin) |
| 6. What cat is from the mountains? | (Catamount) |
| 7. What cat brings trouble? | (Catastrophe) |
| 8. What cat is spicy? | (Catsup) |
| 9. Beheaded leaves a cat? | (Scat) |
| 10. A cat who will serve you? | (Caterer) |
| 11. A cat followed by a woody article? | (Catalogue) |
| 12. Simple game? | (Cat's Cradle) |

For a first prize give a toy cat, and for a booby prize a package of catnip. Prizes may also be given for the prettiest cat, and for the one who can do the best trick. For a race let each girl take her kitten by the ribbon, and run a certain distance. Prizes of cat-shaped toys could be given.

A. B. C. Social

As the guests arrive a letter of the alphabet is pinned on each one, and a member of the Reception Committee explains that no persons will be permitted to converse together, unless the letters which they wear form a word. This creates an unusual amount of amusement, especially when two persons declare they are it "IT", that is one wears the letter "I", and the other "T". The game is a splendid one to keep the guests moving about, for they will be interested in forming new words, and will seek out other guests with this aim in view.

A Mystery Tea

While there is "nothing new under the sun" there are new ways of combining old things, and in this day of search after unheard of and pleasing combinations the "Mystery Tea" seems particularly amusing.

Upon entering the room one of the entertainment committee hands you a card, with pencil attached, upon which are the numbers from one to ten, with a blank space after each. This is your menu card, and it is your duty to put a cross or check mark after each number you wish served to you, the

E. L. Trickey

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IDEAS FOR ENTERTAINING

first order being limited to five numbers, the second to two.

Having checked the numbers one, two, seven, nine and ten, the serving waitress receives your card, and shortly after are set before you a glass of water, a roll, a piece of cake, a doughnut and an apple. Your second order reads five and eight, and you are given a cup of coffee, and a toothpick.

Follow the waitress out into the kitchen and over the table, convenient to sight and rapid reading, is the following list,

- | | |
|--------------------|------------------|
| 1. Glass of water | 6. Pickle |
| 2. Roll, buttered | 7. Cake |
| 3. Slice of Tongue | 8. Cup of Coffee |
| 4. Piece of Cheese | 9. Doughnut |
| 5. Toothpick | 10. Apple |

The number may be increased, or other articles substituted for the very modest ones listed here, but the idea in all cases is the same. One orders always in entire ignorance of what they will receive, and mystery prevails,

TO DECORATE A CHRISTMAS DINNER TABLE

Select for your color scheme red and green, set the dining table in the centre of the room, directly under the chandelier. To the latter fasten a large bunch of holly with plenty of red berries and make garlands of evergreen to reach from the chandelier to the four corners of the table, fastening each one to the table-cloth with a bow of red ribbon. Have plenty of holly berries in the garlands of evergreen. If holly is dipped in a strong solution of alum water and dried in the sun will have the effect of being frosted. Have a red carnation with a sprig of green laid at each plate. Red and green paper napkins should be used. Have pretty side dishes of red and green things such as red apples, red and green grapes and all kinds of red and green b n bons.

CHILDRENS' BIRTHDAY PARTIES

A birthday party is an important event in a child's life, and should not pass unnoticed. With many mothers it is the custom to invite as many little guests as correspond with the number of years of the child whose birthday is celebrated. A pretty arrangement for a fifth birthday is to have a round table, with vines or a rope of wild flowers or leaves arranged over it to represent a five pointed star. The sandwiches, confectionery, etc., may be placed within the star, the birthday cake in the centre and the five guests seated between the points of decoration. For a tenth birthday quite a long table is needed, and a pretty arrangement of vines in scallops with a small bunch of flowers at each point, the viands being placed in each one of the scallops. In all these arrangements due prominence to the birthday cake, the principal feature of the feast should be given. It is placed usually in the centre, is round, decorated with frosting, and as many tiny candles as the child is years old. These are placed in toy candle-sticks made so that they can easily be thrust into the frosting, and the candles are lighted just before the children go to the table. Place some souvenir in the cake for each child. Tiny china dolls, cats or dogs being desirable for this purposes. A candy house will also make a novel and attractive centrepiece. Build a log house of red and white sticks of candy, and form the roof of coconut strips. For a rail fence use sticks of chocolate candy or straws, and make the grass of spun candy.



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Alix Alberta

IDEAS FOR ENTERTAINING

BRIGHT IDEAS FOR A CHILDRENS' PARTY

Little Bopeep has lost her sheep
And can't tell where to find them,
Saturday afternoon at the hour of three
She wants you to try to find them.

The above verse is neatly written on Mother Goose Invitation Cards, and delivered to each playmate. Purchase a number of inexpensive, small, white, woolly sheep and hide these about the room, in places that will be difficult for the small folks to discover. When all have arrived let little bopeep tell them once more that the sheep are lost, and that she wants them all to try to find them, and that they have strayed no farther than that room. Each child is then given a crook (a paper covered cane), and the hunt is begun. As soon as a child finds a sheep she is instructed to sit down and so on until all have found sheep. The sheep are then collected, and put away, to be returned to the children before they go home. From a Mother Goose Book cut out a number of the characters best known to the children and mount them upon squares of cardboard of uniform size. Hold one of these up before the little folks and ask who recognizes the picture. For example, the picture may be that of little Boy Blue. After a moment or two some child will remember the picture and instantly recognize it as that of little Boy Blue. Then ask the child to recite the rhyme connected with it. The young folks will become interested, and will be amused with this until the whole collection has gone through.

A CHRISTMAS UMBRELLA GAME

Take a large umbrella (an old one will do), wind the handle with bright yellow ribbons, and line the body with red percaline, as near the color of holly berries as possible. Be sure to shape the lining so that it will not sag. Cover the outside with green percaline, and finish the top with sprigs of holly and a bow of red and green ribbon. Trim the edge of the umbrella with a row of tiny bells and wind the ribs with tissue or crepe paper the same color as the lining. Select small appropriate gifts for the young guests and tie them up daintily and fasten to the ribs of the umbrella. When ready for the game, have the children form a circle, and choose one of their number to stand in the centre and hold the umbrella. The children then dance around singing:

"Merrily round this Christmas ring,
Dancing gaily as we sing;
What would this umbrella bring,
If we changed to hippety-hop
And our hostess called out stop."

When singing hippety-hop the children hop around instead of dancing, and when the hostess calls out 'stop', the child with the umbrella raises it over his head, and the present which sways longest belongs to him. He unties it, and as he does so he hands the umbrella to another child, whose place he takes in the ring, and so on until all the children have had a chance to hold the umbrella and receive one of the gifts which hang from it. If one does not wish to trouble trimming an umbrella as described above a Japanese umbrella may be purchased for a small sum and will be equally appropriate.

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IDEAS FOR ENTERTAINING

AN APRIL FOOL DINNER

Following is the menu:—Vegetable soup, pickles, crackers, roast beef, mashed potatoes, brown gravy, celery, stewed peas, tomatoes, bread, butter, tea, cheese, jelly and cream pie. When the dinner is already to serve the fun will begin. Imagine the surprise for the guests when they sit down to the table to find the soup served in teacups, the pickles in the sugar bowl, and the crackers in the vegetable dish, the roast beef cut in slices and arranged on a cake dish; the mashed potatoes in a berry dish, and the gravy in small individual sauce dishes. The stewed peas will be served from the water pitcher in glass tumblers, the celery on the bread plate, the fruit in the salad bowl, the butter on the celery tray, and the tea in the soup bowls. The jelly will be placed on the largest meat platter, and served with the carving knife. The cheese will be found in the gravy dish and finally the pie on large dinner plates. The sugar will appear in the cracker jar together with gravy ladle, and the cream in the china teapot, the salt will be found in the mustard pot, the pepper alone remaining as it should be, Water must necessarily be served at dinner, but even this will not be in the usual manner, serve in the after dinner coffee cups. The soup must be eaten with tea spoons, as the larger ones will be reserved for the tea.

SAINT PATRICK'S GUESSING CONTEST (Something Green)

- | | |
|-------------------------------------|---------------------------|
| 1. Name of celebrated Poet | (John Greenleaf Whittier) |
| 2. Name of celebrated Authoress | (Grace Greenwood) |
| 3. Child's Artist | (Kate Greenaway) |
| 4. A Revolutionary Officer | (General Green) |
| 5. Pennsylvania City | (Greensburg) |
| 6. Cold Country | (Greenland) |
| 7. Western Bay | (Green Bay) |
| 8. Emigrant | (Greenhorn) |
| 9. Domestic Fruit | (Green Gage) |
| 10. Legal Tender | (Green Back) |
| 11. Variety of Apples | (Greening) |
| 12. A place for growing Plants | (Green House) |
| 13. Part of a Theatre | (Green Room) |
| 14. A harmless Stimulant | (Green Tea) |
| 15. A flourishing Tree in the Bible | (Green Bay Tree) |
| 16. Title of an Irish song | (Wearing of the Green) |
| 17. Another name for Verdure | (Greenery) |

IDEAS FOR NEW YEAR'S PARTIES

For a party of 24: twelve ladies and twelve gentleman. Request each couple to dress so as to represent a particular month. The first part of the time should be taken up in guessing the months. As soon as one month is decided upon, the one who impersonates it, rises, makes his or her bow to the company, and recites at least four original lines pertaining to that month.

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