

The Modern Cook Book



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for
Nova Scotia
and
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PUBLISHED in co-operation with
the various Women's Organiza-
tions in Nova Scotia and Prince
Edward Island.

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WOMEN'S ORGANIZATIONS INTER-
ESTED

THE Women's Organizations of Nova Scotia, and Prince Edward Island interested in the distribution of the Modern Cook Book are as follows:

- ANTIGONISH — Red Cross.
- AMHERST—Tantramar Chapter I.O.D.E.
- ANNAPOLIS — I. O. D. E.
- DARTMOUTH — The Shannon Chapter,
I. O. D. E.
- GLACE BAY — Women's Institute.
- HALIFAX — The Ladies' Auxiliary of the
G. W. V. A.
The Catholic Women's League.
- KENTVILLE — I. O. D. E.
- LUNENBURG — I. O. D. E.
- LIVERPOOL — W. C. T. U.
- MIDDLETON — Ladies' Auxiliary of the
G. W. V. A.
- NEW GLASGOW — Ladies' Aid Aberdeen
Hospital.
- SYDNEY — Ladies' Aid of the Ross Me-
morial Hospital.
- TRURO — I. O. D. E. and Ladies' Aux. of
G. W. V. A.
- WINDSOR — I. O. D. E.
- YARMOUTH — Markland Chapter of the
I. O. D. E.
- SUMMERSIDE, P. E. I. — Hospital Aid

INTRODUCTION

THE Publishers of the Modern Cook Book for Nova Scotia and Prince Edward Island cannot help but feel highly gratified with the reception which the idea of this work has met, both from the women's organizations interested in the sale and on the part of the thrifty housewife who appears to welcome the opportunity of an exchange of tried and tested recipes with neighbors in her own town and with women in other parts of Nova Scotia and Prince Edward Island. We believe the recipes found within the covers of this book will be found practical and economical and are guaranteed to be the best of their kind.

ACKNOWLEDGEMENTS should be made to the ladies of Antigonish, Amherst, Annapolis, Dartmouth, Glace Bay, Halifax, Kentville, Lunenburg, Liverpool, Middleton, New Glasgow, Sydney, Summerside, P.E.I.; Yarmouth, Truro, Windsor, and other centres whose names are to be found, in most cases, signed to their recipes.

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A WORD AS TO OUR ADVERTISERS

WHEN the idea of a Modern Cook Book to be issued in aid of the various hospitals and women's organizations throughout Nova Scotia and Prince Edward Island was proposed it seemed a hopeless task to meet all expenses in connection with the preparation and printing of the book, and also to leave any substantial amount for the use of the various philanthropic causes to which this work is dedicated. Through willing co-operation of practically all Nova Scotia and Prince Edward Island firms of importance, however, it has been found possible to defray the printing cost through advertising, and a very great debt is due all taking space in this book. We ask all of those using the book that they study the advertisements believing that they will find suggestions of value in the advertising pages as well as those devoted to the recipes.

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TABLE OF WEIGHTS AND MEASURES.

- 4 Saltspoonfuls of Liquid=1 Teaspoonful.
- 4 Teaspoonfuls of Liquid=1 Tablespoonful.
- 3 Teaspoonfuls of Dry Material=1 Tablespoonful.
- 4 Tablespoonfuls of Liquid=1 Wine Glass or one-quarter cup.
- 2 Gills=1 Cup or one-half Pint.
- 16 Tablespoonfuls of Liquid=1 Cup.
- 12 Tablespoonfuls of Dry Material=1 Cup.
- 8 Heaping Tablespoonfuls of Dry Material=1 Cup.
- 4 Cups of Liquid=1 Quart.
- 4 Cups of Flour=1 Pound or 1 Quart.
- 2 Cups of Solid Butter=1 Pound.
- 1 Cup of Butter=One-half Pound.
- 2 Cups of Granulated Sugar=1 Pound.
- 2 and one-half Cups of Powdered Sugar=1 Pound.
- 3 Cups Meal=1 Pound.
- 9 Large Eggs — 10 Medium Eggs=1 Pound.
- 1 Round Tablespoonful of Butter=1 Ounce.
- 1 Heaping Tablespoonfuls of Butter=2 Ounces or One-quarter Cup.
- Butter the size of an Egg=2 Ounces or One-quarter Cup.
- 1 Heaping Tablespoonful of Sugar=1 Ounce.
- 2 Round Tablespoonfuls of Flour=1 Ounce.
- 2 Round Tablespoonfuls of Powdered Sugar=1 Ounce.
- 2 Two Round Tablespoonful of Coffee=1 ounce.
- 1 Tablespoonful of Liquid=One-half Ounce.
- 1 Bottle of S. M. Wine=3 Cups.
- 1 Bottle of Brandy=1 and One-half Cups.

TIME TABLES FOR COOKING.

Eggs, Coffee, Clams Oysters three to five minutes Boiling.

Rice, Green Corn, Peas, Tomatoes, Asparagus, Hard Boiled Eggs, fifteen to twenty minutes.

Potatoes, Macaroni, Squash, Celery, Spinach, Sweetbreads twenty to thirty minutes.

Young Beets, Carrots, Turnips, Onions, Parsnips, Cauliflower, thirty to forty-five minutes.

Young Cabbage, String Beans, Shell Beans, Oyster Plant forty-five to sixty minutes.

Winter Vegetables, Oatmeal, Hominy and Wheat, Chickens and Lamb, one to two hours.

Fowls, Turkey, Veal, two to three hours.

Corned Beef, Smoked Tongue, three to four hours.

Ham, four to five hours.

Halibut and Salmon in cubical form, per pound fifteen minutes.

Blue Fish, Bass, etc., per pound, ten minutes.

Cod, Haddock and Small Fish, per pound, six minutes.

Broiling.

Steak, one inch thick, four minutes.

Steak, one and one-half inches thick, six minutes.

Small, Thin Fish, five to eight minutes.

Thick Fish, twelve to fifteen minutes.

Chickens, twenty minutes.

Chops, Broiled in paper, eight to ten minutes.

Frying.

Smelt, Small Fish, Croquettes and Fish Balls, one minute.

Fritters, Doughnuts, three to five minutes.

Slices of Fish, Breaded Chops, four to Six Minutes.

KNOX GELATINE comes in two Packages — PLAIN and ACIDULATED (Lemon Flavor).

SOUPS.

Cream of Tomato Soup.

One-half can tomatoes, one teaspoon sugar, one-quarter teaspoon soda, one teaspoon salt, three tablespoons butter, one quart milk, one slice onion, four teaspoons flour, one-eighth teaspoon pepper
—*J. E. S., Truro.*

Tomato Soup for Winter.

One peck ripe tomatoes, six tablespoons flour wet in cold water to make a smooth paste. Fry four large onions in one-half pound butter until well browned, add tomatoes and paste, boil until thoroughly cooked, keep well stirred.

Add one pound white sugar, salt and pepper to taste, two quarts boiling water. Strain, return to stove and when boiling hot put in jars and seal.—*Vera I. Middlemas, Yarmouth.*

Tomato Soup.

One can tomatoes, two quarts water, one teaspoon salt, one onion, cayenne pepper, boil two hours, strain, mix together one and one-half pounds corn starch, two and one-half tablespoons sugar, butter size of an egg, add to first, after straining, and boil ten minutes.
—*M. B. C.*

Potato Soup.

One quart milk, one large onion boiled in it, six or eight potatoes boiled well and mashed through the ricer, with butter pepper and salt. Thin with milk and beat to consistency of sauce that will pour into hot milk. Add a little butter and cream if you have it. If not thick enough, add a little corn starch.
M. E. R., Windsor.

Turkey Soup.

Make stock with carcass of turkey, and, if you have them, some veal bones, three or four onions and some celery. In a separate vessel heat, almost to boiling point, one pint milk. Beat yolks of two eggs very light, mix with milk gradually, and pour, stirring all the time, into hot stock. Season with salt and pepper. Thicken with one tablespoon flour rubbed in butter.
M. E. R., Windsor.

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Spiced Mutton Soup.

Make a mutton stock, cool and skim off all the fat, soak some pearl tapioca in cold water, then add to the stock, season with ground cloves, salt, pepper and a little Worcestershire sauce to taste. — *Mrs. Fowler.*

Cream of Tomato Soup.

One-half can tomatoes, one teaspoon sugar, four teaspoons salt, one quarter teaspoon soda, three teaspoons butter one quart milk, one slice onion, four teaspoons flour, one-eighth teaspoon pepper. Cook tomatoes until soft, add sugar and soda, scald milk with onion, remove onion, add flour, mix to smooth paste with water; stir constantly while adding; cook twenty minutes over hot water; combine mixtures.

Corn Soup.

One can corn, one tablespoon flour, one tablespoon sugar, two egg yolks, two cups water, one tablespoon butter, one-half teaspoon salt, one-half teaspoon pepper. Add water to corn, boil slowly for fifteen minutes, press through sieve, add milk scalding hot, season and let simmer while you rub butter and flour together, add these to the soup and stir constantly till it thickens, then add beaten yolks and serve at once.

French Tomato Soup.

One quart brown stock, one quart canned tomatoes, one onion sliced, two cloves, four sprigs parsley, two sprigs thyme, one bay leaf, six pepper berries, one teaspoon salt, pepper, one-quarter teaspoon soda one-half tablespoon sugar, two tablespoons butter, two tablespoons cornstarch, one cup cream, one cup milk, few grains cayenne. Method: Mix tomatoes with tables, salt, pepper and stock and bring gradually to a ing point. Let simmer twenty minutes. Press through sieve. Return to range, add sugar and soda. Melt butter, add cornstarch, then hot soup. Bring to boiling point and just before serving, add milk and cream.

Martha A. McFurlane, Summerside, P. E. I.

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Cream of Tomato Soup.

Cook enough sliced tomatoes to make a pint of puree when pressed through a sieve. Melt one-fourth a cup of butter; cook in it one-fourth a cup of flour and a teaspoonful of salt, then add one quart of milk, stir constantly until mixture boils, then set over hot water. When ready to serve stir the hot tomato into the thickened milk, add salt and pepper as needed, and serve at once with browned crackers or croutons. If too thick add hot milk. Put pinch of soda into tomatoes when cooking.—*Mrs. E. T. Tanton, Summerside, P. E. I.*

Mock Bouillon.

Two quarts canned tomatoes, two cups water, four stalks celery, eight slices carrot, one small onion sliced, one small green pepper, three cloves, one-half teaspoon pepper corn, blade of mace, salt, pepper. Method: put tomatoes and water in sauce-pan. Add celery cut in pieces, carrot, onion, pepper (seeds removed) cloves, pepper corns and mace. Bring gradually to boiling point and let simmer twenty minutes, or until vegetables are cooked, strain, add salt and pepper and cool and clear if necessary. Serve hot in bouillon cups.

Martha A. McFarlane, Summerside, P. E. I.

Cream of Celery Soup.

One head of celery, one pint of water, one pint of milk, one tablespoon of butter, one tablespoon of flour, one-half teaspoon salt, one-half salt-spoon of white pepper, one teaspoon minced onion. Wash and scrape celery, cut into half inch pieces, put into the pint of boiling water and cook until very soft. When done wash it in the water in which it was boiled and add the salt and pepper. Cook the onion in the milk, and with it make a white sauce with the butter and flour; add this to the celery, and strain it through a soup-strainer pressing and mashing with the back of a spoon until all but a few tough fibres of the celery are squeezed through. Return the soup in a double boiler to the fire and heat until steaming, when it is ready to serve.

By substituting chicken broth for water, and using celery salt instead of fresh celery when it is not in season, a very acceptable variation of this soup may be made.

Mrs. Neil MacQuarrie, Summerside, P. E. I.

KNOX GELATINE makes deserts, Salads, Candles, Puddings, Ices, Etc.

FISH.

Broiled Fish.

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

Baked Fish.

Procure a fish of three or four pounds, season with one heaping tablespoon of salt, one teaspoon of pepper. Rub the seasoning well in and outside the fish; place the fish with two sliced onions on a large dish; sprinkle over the juice of one large lemon, cover and set aside for one hour. Then lay the fish in a baking pan with four thin slices of pork under it, and three slices of pork on top. Pour one tablespoon of melted butter over it and bake forty-five minutes. Serve in a hot dish garnished with lemons cut into quarters, and parsley. It can be baked without the onion or lemon, but these improve its flavor. If salt pork is not at hand, grease the pan thoroughly with lard and lay a sheet of clean brown paper, cut to the size of the pan without breaking it. Baked in this way it can easily be taken from the pan without breaking it at all, and the trouble of cleaning the pan afterwards, which is not a little when the baking is done in the usual manner, is entirely avoided.

Bolled Fish.

This thought to be the most delicate of all, but on account of its slippery skin and gelatinous consistency, it is hard to boil it so that its appearance will gratify the eye. To attain the best results, several rules are to be remembered and observed. First, the fish must be weighed. Second, it must be carefully bound up in thin muslin; coarse cheese-cloth is excellent for the purpose. Third, the kettle must be large enough to

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accommodate the fish easily, and the water must be well salted first, or the flakes will have a tendency to separate. Fourth, the water must be at the boiling point, but not boiling when the fish is put in, and should be in sufficient quantity to cover it, but not in excess, or the flavor will be washed away. For a large fish, add three tablespoons of vinegar to the water. Fifth, keep the water boiling, and allow six minutes to each pound, and if the fish is large, add six minutes to the computation; for instance, make the thirty-six minutes due a six-pounder, forty-two minutes. Never stab a fish with a fork or skewer to find if it is done, but see that the water boils steadily and does not stop boiling for an instant. If the water boils turbulently, the kettle must be moved to a part of the stove where it can have a less fierce heat, as too much agitation of the water will cause the fish to crumble. A fish boiler is best to use. Serve with drawn butter and hard-boiled eggs sliced. Garnish also with parsley and sliced lemons. Some like tomato catsup poured over the fish without the eggs and lemons.

Canape Demidoff.

Take a box of sardines and three ounces of fresh butter and rub through a fine strainer. Mix thoroughly with a whip or spoon, gradually adding four tablespoons of good cream until a paste is formed. Spread the paste over toast cut in any shape desired, and garnish the edges with chopped olives or fillets of anchoives.

P. Clinch.

Salmon Loaf.

One can salmon, two eggs beaten, ten teaspoons bread crumbs, salt, pepper, one tablespoon melted butter. Steam one hour or thirty minutes in individual molds.

Mrs. R. F. Nixon.

Wonders.

One egg, one-half teaspoon salt, flour enough to make a stiff batter. Break the egg into a bowl, add salt, mix in sufficient flour to make a dough that can be kneaded, work until smooth and roll out very thin. Cut in round shapes and fry in deep fat and drain. Fill with creamed lobster or oysters.

— S. G. Burns.

Scalloped Fish.

Put two cups of cooked fish and one cup of bread crumbs in a buttered baking dish, almost cover with milk. Season with butter, salt and pepper and bake about twenty-five minutes in a hot oven.

— Edith L. Doherty.

Simply add water and sugar to the KNOX ACIDULATED package.

Supreme of Halibut or any White Fish.

One cup of chopped fish (cooked) one teaspoon salt, dash of pepper, then one at a time, beat in four eggs, beating the mixture smooth between each addition, beat in slowly one pint of cream. Put in buttered dish, set in pan of hot water and cook in oven till centre is firm. —*M. B. C.*

Baked Halibut With Tomato Sauce.

Two pounds halibut, one cup tomatoes, one cup water, one slice of onion, three cloves, one-half tablespoon sugar, three tablespoons butter, three tablespoons flour, three-quarter teaspoons salt. Cook twenty minutes tomatoes, water, onion, cloves and sugar. Melt butter, add flour and stir into hot mixture. Add salt and pepper, cook ten minutes and strain. Clean fish, put in baking pan, pour around half the sauce and bake thirty-five minutes, basting often, remove to hot platter, pour around remaining sauce, and garnish with parsley. —*E. M. H.*

Salmon Loaf.

Grate a slice of bread, put it in double boiler with one cup milk, steam till a smooth paste. Take out all bone and skin from one can salmon and rub salmon into shreds. Add the paste with one-half cup cream, one-half teaspoon salt, a dash of cayenne and mix all well with salmon. Add three eggs, well beaten, whip for a few minutes and pour into a buttered mould. Set the mould in a pan of hot water and bake until firm, in a moderate oven. Turn out and serve with mayonnaise. —*E. R., Windsor.*

Jelled Salmon.

One tin salmon, one cup mayonnaise, one tablespoon gelatine, one handful walnuts, melt gelatine in one-quarter cup water two minutes, then stand cup in boiling water until thoroughly dissolved, add to salmon and mayonnaise and the nuts broken up put in mould and stand on ice. —*Mrs. C. F. Seaman*

Acadia Boneless Codfish.

Pick codfish into small pieces, then pour boiling water over it, let stand for one-half hour. Then put on in cold water, and let it come to boiling point, pour off and serve with white sauce and a couple of hard boiled eggs. Eat with apple sauce. A dish for all pecciere. —*Mrs. S. W. Ozner*



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Creamed Sardines.

One box of sardines, remove back bone and mash. Four tablespoons of butter melted, add two tablespoons soft bread crumbs, one cup of cream, two hard-boiled eggs, salt, pepper and paprika. Melt butter, add bread crumbs, then cream, then whites of eggs, salt, pepper and sardines. Serve on toast, put over top yolks of eggs with little pieces of lemon.

— *Ona Munro, Yarmouth.*

Fish Mold.

Soften one-half envelope of Knox gelatine in one-quarter cup cold water; dissolve by standing in hot water. Add gelatine to three-quarter cups salad dressing and one cup cooked salmon; add a little salt, paprika and two teaspoonfuls vinegar. Turn into mold and chill. Serve on lettuce and garnish with slices of lemon.

— *Mrs. Andrew Douglas*

Moulded Salmon.

One can salmon, one-half teaspoon salt, one and one-half tablespoons sugar, yolks two eggs, one-half tablespoon flour, three-quarter cups milk one and one-half tablespoons melted butter, one-quarter cup vinegar, three-quarter cups granulated gelatine, two tablespoons cold water, one teaspoon mustard, few grains cayenne pepper. Remove salmon from can, rinse thoroughly with hot water and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk and vinegar; cook over boiling water, stirring constantly until mixture thickens, add gelatine which has been soaked in the cold water; strain and add to salmon. Fill individual moulds, chill and serve with cucumber sauce.

— *Mary P. Williams, Yarmouth*

Salmon Loaf.

One small tin salmon (chopped fine) three soda crackers (grated) two eggs, one-half cup milk, salt and pepper, steam for an hour, serve either hot or cold.

— *K. H.*

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MEATS, GAME and POULTRY.

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Always remember that the cheaper parts of a first-class animal may be prepared to furnish far better dishes than the high priced portions of an inferior animal; in other words, a stew from the fore-quarter of a first-class animal will be better than a roast from the loin of an inferior animal, and it will be cheaper.

If meat is tough, soak in vinegar and water for six or seven hours in proportion of one and one-half pints of vinegar to six quarts of water.

Always cut across the grain of the muscle.

Never wash fresh meat before roasting. Scrape if necessary to clean it. If it has been wet, wipe thoroughly dry before cooking.

Do not put meat directly on ice, place in a vessel.—*J. E. S.*

Beefsteak Pie.

Two pounds round steak, one-half inch thick, one onion sliced, one heaping tablespoon flour, two tablespoons butter, two medium potatoes sliced thin, one teaspoon salt, one-half teaspoon pepper. Preparation Cut the steak into strips one and one-half inches long and one inch wide, place in a saucepan, cover with boiling water, add the sliced onion and simmer until the meat is tender. Remove the meat, discard onion, add potatoes to the liquid and parboil six minutes, then remove the potatoes. Measure the liquor and add enough boiling water, to make one pint, add the seasonings. Cream the butter and flour together, add to the liquor and cook five minutes. In the bottom of a pudding dish, place a layer of one-half the potatoes, and on top of this arrange the meat, placing the other half of the potatoes on top of it. Pour over this sufficient gravy to entirely cover the contents of the baking dish. When cool cover with a crust and bake in a hot oven.

The crust is made as follows: Material.—One cup flour, one rounding tablespoon butter, one rounding tablespoon lard, teaspoon salt, two level teaspoons baking powder, milk. Preparation sift flour, baking powder and salt. Cream butter and lard together and combine them with dry ingredients, mixing thoroughly with finger tips. Add enough milk to make a soft dough, roll out about one-quarter of an inch thick, and cover with it the contents of the pudding dish.

J. B. G. Stewiacke, N. S.

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Creamed Sweetbreads.

Two pair sweetbreads par-boiled, blanched and cut in small pieces, one pint cream, four tablespoons flour, two tablespoons butter, salt, white pepper, and a pinch nutmeg. Melt butter over boiling water, stir in flour, when well blended add cream. As soon as sauce is smooth put in the sweetbreads, season and cook for five minutes. Serve on pastry shell or timbales.

—E. M.

Veal or Beef Loaf.

Three and one-half pounds of rump steak or leg veal, if veal one-half pound salt pork, three crackers powdered fine, two eggs, butter size of an egg, one tablespoon each salt and pepper, one-half tablespoons cayenne, one nutmeg, chop the meat very fine and mix ingredients thoroughly. Make into loaf. Bake two hours.

—M. B. C.

Meat Loaf.

One and one-half pounds beefsteak, one-quarter pound bacon, two cups bread crumbs. Put these through meat chopper. Add a bit of parsley or nutmeg and one beaten egg. Put altogether with bit of salt, pepper and onions. Then steam for two hours.—Mrs. L. Braine.

Meat Pie.

Cut two cups meat (chicken, veal, lamb or beef) into cubes, add one onion sliced and cook in water enough to cover. Add two teaspoons flour mixed with two tablespoons water, salt and pepper; add two cups potatoes cut in slices and par-boiled eight minutes in boiling salted water. Put in buttered baking dish, cover with biscuit mixture rolled to fit dish. Bake in hot oven. —Miss Dalmeny Miller, New Glasgow.

Brine for Curing Ham, Tongue, Beef, Etc.

Two quarts of water, three-quarters pound salt, one-quarter pound brown sugar, one-quarter ounce saltpetre. Heat to boiling point and strain. One teaspoon pepper, one-half teaspoon ginger, one tablespoon pickling spice.—A. M. Comben.

Beef Loaf.

Two or three pounds of lean beef, chopped, pepper, salt and thyme to taste, one egg, two or three crackers rolled fine, one cup milk, mix all together, put in buttered pan, dot over with butter. Bake about three-quarters of an hour.

—B. K. D., Windsor.

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Devilled Beef.

Slice cold beef into thin slices, spread with butter and prepared mustard (mustard, flour, brown sugar and vinegar mixed to a paste) sprinkle with salt and pepper; pour over one-quarter cup vinegar and let stand ten minutes. Heat whole in a frying pan with a little butter. Thicken with flour and water and let simmer a few minutes. Serve with baked potatoes.

Miss Dalmeny Millar, New Glasgow.

Chopped Steak.

Put two pounds of lean beef through a meat chopper; add two level teaspoons salt and a saltspoon of pepper; mix thoroughly and form into one large steak. Broil slowly over a clear fire or in a hot pan; cook on one side, then turn and cook on the other for about ten minutes. Dish on a heated plate, and put over it a tablespoon of butter and a tablespoon of chopped parsley, or serve with tomato or mushroom sauce.

— *T. M. L., Wolfville.*

Chop Suey.

One onion sliced in buttered hot pan. Add one-half pound steak put through chopper and seasoned when cooking, stir constantly. Add one tin tomato soup, one large cup well cooked and salted macaroni, served hot on toast or with baked potatoes it is delicious.

E. N. H.—

Baked Sweetbreads.

After washing the sweetbreads and removing the "tubes" put them in boiling water; add a teaspoon of vinegar, a teaspoon salt, a bay leaf, a slice of onion, and cook gently for three-quarters of an hour. Drain and save the liquor for stock. When the sweetbreads are cool remove the membrane and place them in a baking pan with half a cup of chopped celery and half a pint of the boiling stock. Bake in a very quick oven, about 400 degrees Fahrenheit, for three-quarters of an hour, basting frequently. If you have glaze put a little over each sweetbread and put them back in the oven for five minutes to "fix" it. Cover the bottom of the serving dish with a pint of nicely seasoned green peas. Dish the sweetbreads in the peas.

— *C. L. M., Middleton, N. S.*

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Jelled Chicken.

Dress, clean and cut up a four-pound fowl. Put in a stew pan with two slices onion, cover with boiling water, and cook slowly until meat falls from the bones. When half cooked add one-half tablespoon salt. Remove chicken, reduce stock to three-quarters cup, strain and skim off fat. The bottom of the mold may be decorated with parsley and slices of hard boiled eggs. Pack in meat after cutting in small pieces and freeing from skin and bone, sprinkle with salt and pepper. Pour on stock and place mold under a weight if possible. Keep in a cold place until firm. In summer it is necessary to add one teaspoon dissolved gelatine to stock. — *Rheta Inch.*

RABBIT STEW.

One pair rabbits, one-half pound salt pork, two large onions, one-half dozen cloves, half large lemon, two tablespoons mushroom catsup, one tablespoon Worcester sauce, browned flour. Joint rabbits as for fricassee, soak in salt water for two or three hours, then rinse in fresh water, wipe and put in stew pan with pork and onions, which have been sliced and fried brown. Cover with hot water and simmer gently one hour. Then add cloves, lemon, sliced, catsup and sauce. Cover tightly and simmer one hour longer. Then add browned flour to thicken gravy nicely. Serve with boiled rice.

—*Mrs. J. G., Windsor.*

Marbled Chicken.

Chop fine cold cooked beef tongue; cut the meat from a three-pound boiled chicken; season the tongue with pepper and nutmeg and the chicken with salt, pepper and celery seed. Select a Boston brown bread mold or a square bread pan; put in a layer of tongue, then a layer of chicken; a thick sprinkling of parsley, a layer of sliced hard-boiled eggs, then another layer of tongue and so on until the ingredients are used. Cover half a box of KNOX gelatine with half a cup of cold water and soak for fifteen minutes; add a pint of boiling water, stir until the gelatine is dissolved, add the juice of a lemon, a teaspoon of salt and a dash of red pepper. Pour this over the meat, and with a skewer make holes here and there, allowing the gelatine to go to the very bottom of the mold. Stand aside over night and serve on lettuce leaves with mayonnaise dressing.

—*T. M. K., Annapolis.*

TOMATO-PORK SAUSAGES? SANFORDS!

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Veal Loaf.

Boil slowly until tender two pounds veal in water just enough to cover. Take out and cut in small pieces. Season to taste with pepper, salt and sage. Have ready two hard boiled eggs, slice and arrange in bottom of mold. Put in meat with the liquid boiled in enough to press well. When cold turn out. Cut in slices. — *Mrs. Fred M. Boyd.*

Steak a La Bordelaise.

Trim a large inch and a half thick porterhouse steak. Rub together a tablespoon of butter and one of flour, add a pint of good strong stock, a tablespoon of chopped onion, a bay leaf, a saltspoon of celery seed, a level teaspoon of salt and a saltspoon of pepper. Bring to a boil and simmer gently for thirty minutes. Bake ten large mushrooms for ten minutes, add them to the sauce, and cover and stand it over hot water while you broil the steak quickly on each side until it is seared, then slowly for twenty minutes. Dish it on a hot platter, dust with salt and pepper. Add a tablespoon of butter to the sauce, lift the mushrooms, place them over the top of the steak and pour the sauce over all. — *C. C. H., Liverpool.*

Fricassee of Dried Beef.

Pull the dried beef apart in tiny pieces, cover it with boiling water for fifteen minutes, and drain perfectly dry. Put two tablespoons butter in the chafing dish, when hot sprinkle in the beef; stir and cook until the meat is thoroughly heated. Sprinkle over a tablespoon of flour, and add half a pint of milk. Stir constantly until the mixture boils; add a dash of pepper, and, if you have it, half a teaspoon of kitchen bouquet. Stir constantly and serve at once. — *R. M. L., Truro.*

Chicken Souffle.

Make a white sauce with two tablespoons of butter, two tablespoons of flour, one teaspoon salt, pinch of pepper, (red is better) two cups of scalded milk add one half cup of stale bread crumbs and cook until quite thick. Remove from fire and beat in two cups of cold chicken cut in small pieces, one tablespoon of chopped parsley and yolks of three eggs beaten until thick, whip the whites until stiff and fold in. Pour this in a buttered dish and set in a pan of hot water in the oven for thirty-five minutes. Halibut or any fine fish may be used in the place of chicken. — *Cora L. Hilton, Yarmouth, N. S.*

Jigg's Corned Beef? Sanfords!

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Baked Turkey.

Three days after the turkey has been hung wipe it on the outside with a damp cloth and carefully wipe the inside. Truss it in shape; put it in a baking pan. Add two teaspoons of salt to half a pint of water or stock; turn this into the pan. Rub the breast of the turkey with either the turkey fat or butter; put in a very hot oven where it will brown quickly. When it is thoroughly brown cool the oven and roast slowly for fifteen minutes to each pound of turkey, basting every twenty minutes. If the stock or water in the pan evaporates tilt the turkey, you will find the body of the turkey containing a large quantity of melted fat, baste with this instead of stock or water. Turkey roasted in this way is much sweeter than when stuffed.

T. A. M., Amherst, N. S.

Chicken Mousse.

One and one-half cups chicken meat that has been put through the chopper twice, three egg yolks, one teaspoon each of salt and celery salt, a dash of white pepper and paprika, one-half pint of heavy cream, one and one-quarter cups chicken stock, one tablespoon granulated Knox gelatine; heat one cup stock and pour over the beaten egg yolks adding salt, paprika and pepper, return to fire and cook stirring all the time until thick (like custard) add gelatine which has been soaked in one-quarter cup of stock, remove from fire add the chopped meat. Must be beaten hard till smooth when it begins to set beat furiously (when fairly well set not before) add one-half pint of cream whipped until stiff.

— *Mrs. Arthur Horsfall, Annapolis Royal.*

Chicken Mousse.

Put four ounces of meat through chopper, soak level tablespoonful granulated gelatine in a fourth of a cupful of broth. Beat well the yolks of three eggs, add to them gradually a cupful of broth, white stock or milk and cook over hot water until mixture coats the spoon, stirring constantly. Add the soaked gelatine and stir until dissolved. Remove from fire and add grated chicken, season to taste with paprika or cayenne, salt, celery salt. Place the mixture in a pan of cold water, or in a place cold enough to harden somewhat, then fold in a cupful of rich cream, whipped till stiff and dry. Pour into mold and let harden in refrigerator. Turn out and garnish with fringed celery and hard boiled eggs.

— *S. F. M., Yarmouth.*

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VEGETABLES.

VEGETABLES.

In the vegetable kingdom the cereals form a very important part of our diet, by supplying chiefly the carbohydrates or heat giving matter. Another nutritious group termed pulse, are those which have their seed enclosed in a pod. The most familiar are peas, beans and lentils; peas and beans are eaten in the green or unripe state as well as in the dried. Vegetables included in the pulse group are very nourishing if they can be digested, they contain a large amount of flesh forming matter, usually a fair amount of starch, but are deficient in fat. Peas and beans also contain sulphur and tend to produce flatulence when indulged in by those of weak digestion. Lentils contain less sulphur, and do not produce this complaint so readily.

The more succulent vegetables include tubers, as potatoes and Jerusalem artichokes, leaves, stems, and bulbs, as cabbages, spinach, celery, and onions, roots and flowers, as carrots, parsnips, and cauliflower. These are very valuable on account of the mineral matter, chief of which are the potash salts, so necessary to keep the blood in a healthy condition.

Care should be taken in cooking vegetables not to lose the salts. Steaming is preferable to boiling, by preserving the juices, though it does not tend to improve the color of green vegetables. A little lemon juice added to the water in which new potatoes are boiling improves their color. Mint is sometimes cooked with new potatoes. To secure a good color in vegetables when cooked, careful cleaning and preparation before cooking is essential. Earthy roots, such as potatoes, turnips, and carrots, must be both well scrubbed and thoroughly rinsed in clean water before peeling. From all vegetables, coarse or discolored leaves and any dark or decayed spots should be carefully removed before cooking.

Potatoes should be peeled thinly, or, if new, merely brushed or rubbed with a coarse cloth to get the skin off. Turnips should be thickly peeled, as the rind in these is hard and woody. Carrots and salsify, unless very old, need scraping only. After the removal of the skin, all root vegetables (except those of the onion kind) should be put in cold water till wanted. Potatoes, artichokes, and salsify especially,

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must not remain a moment out of water after peeling, or they will turn a dark color, and to the water used for the two last a little salt and lemon juice should be added in order to keep them white.

Root vegetables should be boiled with the lid of the pan on, green vegetables should be boiled with the lid of the pan off, for the preservation of the color. — *Mrs. Roy.*

Potato Cakes.

Two cups washed potatoes, two tablespoons milk, salt, pepper, bacon slices. Mix well and form into balls a little larger than an egg. Wrap a piece bacon around each ball and skewer it in place with a tooth pick. Put in buttered pan and bake in a hot oven
Mrs. Chas. Heustis, Amherst.

Stuffed Potatoes.

Wash four large potatoes and cut them into halves cross-wise. With a scoop take out the centres, leaving a wall at least half an inch thick. Bake these shells in a hot oven for twenty minutes. Chop sufficient meat to make a pint; add half a level teaspoon of salt, a saltspoon of pepper, a tablespoon of grated onion, a tablespoon of chopped parsley, add sufficient stock to make the mixture moist (about half a cupful). Remove the potatoes from the oven; fill the shells with this mixture, rounding it up, dust them lightly with bread crumbs and bake until browned. Serve as a supper or luncheon dish. Sweet potatoes may be used in place of white if preferred.
—*T. S. U., Truro, N. S.*

Luncheon Dish.

Butter casserole and put in order given. Layer of raw sliced potatoes, layer of raw sliced onions, layer of raw rice, not too thick, layer of canned tomatoes. Cover with hamburger steak shaped to fit top. Season each layer with salt, pepper, and bits of butter. Bake covered until rice is done. Can be tested by inserting fork at side of dish and finding rice kernels.
Mrs. Duston, Lunenburg, N. S.

Creamed Cabbage.

Two cups cold cabbage, chopped, one tablespoon butter, two tablespoons Ogilvie's Royal Household, two cups hot milk, one teaspoon salt, one teaspoon pepper, cracker crumbs. Preparation:—Melt the butter in a saucepan, add the flour, stir quickly until smooth, then add the hot milk gradually, stir until it thickens, add salt and pepper, pour over the cabbage, cover with crumbs moistened with melted butter, and brown in the oven.
—*Mrs. C., Weymouth, N. S.*

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Dainty Side Dish.

Grate six parsnips. Add one egg, one-half teacup flour, and salt. Mix thoroughly, dip up with spoon and fry in deep fat.

Mrs. Frank A. Duston.

Potato Croquettes.

Put a pint of cold mashed potatoes in a saucepan; add four tablespoons of milk or cream, half a teaspoon salt, a teaspoon of onion juice, a dash of pepper, a grating of nutmeg, and stir and beat until smooth and hot. Take from the fire, add the yolks of two eggs, and form into cylinder-shaped croquettes. Beat the white of one egg and add it to a tablespoon of water; roll the croquettes in this, then in bread crumbs, and fry in hot fat. The remaining white of egg may be used for some other dish.

—T. S. F., Shelburne, N. S.

Scalloped Tomatoes.

Put a layer of dried bread blocks in the bottom of a baking dish, then a layer of stewed tomatoes, or bits of left-over raw tomatoes that are not sufficiently sightly for salads; dust over them a little chopped onion, chopped parsley, salt and pepper another layer of bread blocks, tomatoes, seasoning, and another layer of bread blocks. Put here and there a bit of butter, and bake in a quick oven for twenty minutes

—T. S. A., Barrington.

Tomatoes, French Fashion.

Scald and peel small, solid tomatoes; to each six allow half a pint of cream sauce made by rubbing together a rounding tablespoon of butter and one of flour; add half a pint of milk stir until boiling. Take from the fire, add a level teaspoon of salt and a saltspoon of pepper. Put a tablespoon of the sauce in the bottom of a custard cup; then put in a tomato and cover with another tablespoon of sauce; dust the top with bread crumbs; stand the cups in a pan of boiling water, and bake a moderate oven for half an hour. Serve in the cups.

—T. M. A., Digby, N. S.

Chantilly Potatoes.

Boil six or seven potatoes, pare them and cut in small cubes. Place in a baking dish, season to taste with salt and pepper. Pour over it cheese sauce, made as follows: Two tablespoons melted butter, two tablespoons flour, one cup scalded milk, four tablespoons grated cheese, little salt and pepper. Melt butter and stir in dry flour. Add scalded milk, grated cheese, and cook until thick, stirring all the time. Pour over potatoes and bake in hot oven until golden brown.

—Mrs. J. Lloyd Fraser, 47 1-2 Chestnut St., Halifax, N. S.

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SALADS, SAUCES and RELISHES

Salads are classified into two groups—i.e., the raw, such as lettuce, endive, radishes, cucumber, celery, etc., and the cooked, such as those made from cooked vegetables, eggs, cooked cold fish, poultry, and meat. The raw materials should be washed most carefully and well cleaned before mixing and the utensils for cutting and mixing, as well as the basins or bowls used, should be clean and dry. Every salad, no matter how plain and simple it may be, should be made to look inviting and tempting. The method of draining or drying is a very easy performance so long as the salad leaves, whatever they may be, are almost free from moisture. This is effected best by putting the leaves, which should be broken, not cut with a knife, into a wire basket and drying them well, or else putting them into a cloth lightly folded and shaking well until the outer moisture of the leaves is well absorbed. The salad then is ready for mixing.

Any cold boiled vegetables left over from dinner are useful as giving variety to salads, and help to make a good accompaniment to cold meat served to luncheon. Thinly sliced cold potatoes—new ones for choice, green peas and string beans, are especially good for this purpose, and even Brussels sprouts, carrots and turnips may be used on occasion in small quantities. More substantial salads, prepared with cold meat or fish, form appetizing luncheon or breakfast dishes. Those made with chicken, lobster and salmon respectively are most widely known, but fillets of flounder, cold ham or beef, or lamb make very good salads, and even the humble herring, and dried and salted fish, may be used with advantage in this way.

The meat or fish should be cut up into cubes or convenient small pieces, and piled up in the centre of the dish or salad bowl on a layer of seasoned, shredded lettuce. Over this should be poured half of the dressing. Round this should be arranged the green constituents of the salads, cut up rather small, garnished with slices of tomato or beets, cucumber and hard cooked egg. The remainder of the dressing should be poured over this, and the top of the meat or fish pyramid may be ornamented with a few sprigs of endive or parsley.

— Mrs. Fraser.

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Cucumber Sauce.

Beat one-half cup heavy cream until stiff, add one-quarter teaspoon salt, a few grains pepper, and gradually two tablespoons vinegar, then add one cucumber, pared, chopped and drained.

— *May P. Williams, Yarmouth.*

Tomato Chutney.

Four pounds ripe tomatoes, four pounds sour apples, two pounds stoned raisins, three-quarter ounce cayenne, one nutmeg grated, juice of one lemon, two pounds of sugar, eight ounces of salt, three ounces ground ginger, two ounces allspice, four onions (small) two quarts vinegar. Chop apples, tomatoes and onions very fine. Boil one hour slowly.

— *Mrs. J. H. Steward.*

Luncheon Salad.

One envelope Knox Sparkling Gelatine, one cup cold water, one and one-half cups boiling water, one-half cup lemon juice, one-half cup sugar, three tart apples, one cup celery, cut in small pieces, one-half cup pecan nut meats. Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in casés made from bright red apples.

— *C. B. K*

Salad Dressing.

Four tablespoons butter, one tablespoon flour, one teaspoon salt, one tablespoon mustard, one tablespoon sugar, one cup milk, one-half cup vinegar, three eggs, pinch of pepper. Melt butter in double boiler, mix all dry ingredients in a bowl and whip eggs, add to them dry ingredients and add milk, pour into boiler with butter, rinse out bowl with vinegar and add last stirring constantly to avoid lumps, thin out with milk when using. This will keep a long time in a cool dry place.

— *Mrs. W. B. Connor, 85 Birmingham St., Halifax, N.S.*

Apple Chutney.

Twelve sour apples, four ripe tomatoes, one onion, three peppers (two green one red) one cup raisins, one pint cider vinegar, two cups sugar, one tablespoonful ground ginger, one-quarter teaspoon cayenne, one tablespoon salt, one tablespoon cinnamon, Chop apples, onions and peppers fine (can be put through meat chopper) add vinegar and other ingredients. Cook slowly one hour and a half and bottle as any pickle

— *Mrs. James Prichard.*

Try the **KNOX GELATINE** recipes found in this book.

Perfection Salad.

One envelope Knox Sparkling Gelatine, one-half cup cold water, one-half cup mild vinegar, two tablespoonfuls lemon juice, two cups boiling water, one-half cup sugar, one teaspoonful salt, one cup cabbage, finely shredded, two cups celery, cut in small pieces, two pimentos, cut in small pieces. Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentos. A delicious accompaniment to cold sliced chicken or veal.

— C. B. K.

Corn and Nut Loaf.

Mix two cups corn, cup chopped nuts, two eggs, one-half cup crumbs, cup milk, season with salt and pepper. Stir well, pour into buttered mould, steam until firm, garnish with hot string beans and hard boiled eggs.

Fruit Salad Dressing.

Juice of two oranges, juice of two lemons, two eggs, one cup cream, one-half cup sugar. Beat the juice of fruit with eggs, add the sugar and boil until clear, whip the cream and stir thoroughly into the mixture after it has cooled. Set away to become thoroughly chilled.

— Helen J. M. Kent.

Rhubarb Relish.

One quart rhubarb, one quart onions, one and one-half pint vinegar, one and one-quarter pounds brown sugar, one teaspoon salt, one teaspoon pepper, one teaspoon cloves, one teaspoon cinnamon, one teaspoon allspice. Boil the rhubarb, onions and vinegar together for twenty minutes. Add the remaining ingredients and boil for one hour.—Mrs. J. M. McKenzie.

Celery and Pineapple Salad.

One-half cup celery, one-half cup pineapple cut in cubes, one and one-quarter teaspoon Knox gelatine, one-quarter cup cold water, one-quarter cup boiling water. Soak gelatine in cold water and dissolve in the boiling water. Strain and add one-quarter cup vinegar, one-quarter cup sugar, two-thirds cup pineapple juice, one-half tablespoon lemon juice. Mold and chill and serve on lettuce leaves.—Marjorie Haley.

Meat? Sanfords of Course!

DESSERTS can be made in a short time with KNOX GELATINE.

Tomato Jelly Salad.

Three-quarters ounce Knox gelatine (three tablespoons), one-half cup cold water, one can tomatoes, eight cloves, one teaspoon sugar, two teaspoons salt, few dried celery leaves, one bay leaf, one slice onion, one teaspoon lemon juice. Soften gelatine in cold water, cook, next swim ingredients twenty minutes. Add salt and lemon juice. Press through a strainer and pour while hot over gelatine. When dissolved strain into moist individual molds, chill. Unmold on lettuce leaves and serve with salad dressing.

— *Marjorie Haley.*

Frozen Fruit Salad.

Mix well one and one-half tablespoons flour, three-quarters tablespoon mustard, one-half tablespoon salt and add one-quarter cup condensed milk, one-half cup vinegar, yolk of one egg slightly beaten. Cook over hot water, stir constantly until thick, flavor, strain and add two tablespoons butter, one and one-quarter teaspoons celery seed. Cool, add beaten white of one egg, one-half cup cream beaten stiff, two cups fruit, orange, banana, white grapes, cherries, pineapple. Put in small baking powder boxes, cover with buttered paper and tie cover. Pack in two quarts crushed ice, one quart rock salt for two hours. Unmold, slice, serve, on lettuce leaves.

— *Mrs. Irving McAllister.*

Creamed Tomato Sauce for Fried Chicken.

Strain sufficient stewed or canned tomatoes to make a half a pint; add a slice of onion, a bay leaf and a blade of mace; cook gently until reduced one-half. Rub together a tablespoon of butter and one of flour; add to the tomatoes, cook for a moment. Take from the fire and add half a cup of very rich milk, half a teaspoon of salt and a saltspoon of pepper. Strain and serve.

— *P. C. C., Bridgetown.*

White Sauce.

One tablespoon flour, one tablespoon butter, one cup milk. Melt butter and flour and seasoning, stir ten minutes.

— *Marie McGrath.*

Salad Dressing.

Melt four tablespoons butter, add two tablespoons flour, stir till smooth, add one cup milk and put in double boiler. Take three well beaten eggs, add one-half cup vinegar, one tablespoon mustard, one teaspoon salt, one tablespoon sugar, one pinch cayenne pepper. Mix well and add to mixture in double boiler. Cook until it thickens. Never curdles.

— *Mrs. V. Mullins.*

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Pepper Relish.

One and one-half dozen green peppers, six large onions, one large cabbage. Put through food chopper. Let stand twenty-four hours with one-half cup of salt. Strain. Add three-quarters cup white mustard seed, two tablespoons celery seed. Heat one quart of vinegar and one pound brown sugar. Pour over mixture.

— *Mrs. M. G. Burris.*

Salad Dressing.

One tablespoon mustard (heaping) one tablespoon sugar, one tablespoon flour, one-half tablespoon salt four tablespoons butter (scant) two eggs, one cup milk, one-half cup vinegar Mix dry ingredients, then add butter and mix to a smooth paste. Then add eggs, milk and vinegar last. Cook in double boiler till thick.

— *Mrs. A. P. C., Windsor.*

SALAD ACCOMPANIMENTS.

Cheese Biscuit.

One cup flour, two and one-half teaspoons baking powder, one-half teaspoon salt, one tablespoon lard, one-half teaspoon butter, three-eighths cup milk. Mix as baking powder biscuit, adding grated cheese at last.

Martha McFarlane, Summerside, P. E. I.

Peanut Butter Biscuit.

Two cups flour, four teaspoons baking powder, one teaspoon salt, one tablespoon lard, one tablespoon butter, three-quarters cup milk, four tablespoons peanut butter. Cut peanut butter in with shortening and finish as baking powder biscuit.

— *Martha McFarlane, Summerside, P. E. I.*

Fruit Salad.

One pineapple (or can pineapple) (diced), four bananas sliced, one cup chopped walnuts, one (or more) oranges cut in dice. one head lettuce, shredded very fine. Place lettuce on each plate, then large tablespoonful of fruit, previously mixed with salad dressing (use lemon in making salad dressings) on this a large tablespoonful of whipped cream, sprinkle with chopped walnuts and decorate with cherry or jelly.

— *Mrs. Geo. Croakin, Summerside, P. E. I.*

Waldorf Salad.

Two apples cut very fine in strips, one dozen grapes (white) cut in halves and seeded, two sticks celery cut small, eight walnuts chopped serve on lettuce leaves after mixing well with dressing.

KNOX GELATINE makes a transparent, tender, quivering jelly.

Boiled Salad Dressing.

One-half tablespoon salt, one teaspoon mustard, one and one-half tablespoon sugar, few grains cayenne, one-half tablespoon flour, yolks of two eggs, one and one-half tablespoons melted butter, three-quarters cup milk, one-quarter cup vinegar. Mix dry ingredients, add yolks of eggs slightly beaten, then add butter, milk and vinegar very slowly. Cook over boiling water until mixture thickens, strain and cool.

— *Mabel D. Hines, Yarmouth.*

Dressing.

Stand bowl in ice water to keep dressing cold while mixing and till served. Take two yolks eggs, stir a little then stir in slowly three-quarters tea cup olive oil. Stir constantly add juice of one-half lemon, a little salt, pinch of mustard, pinch of pepper.

— *B. Watt, Shannon Chapter, Dartmouth*

Vegetable Salad.

Three cups cabbage, shredded, one cup grated carrot, one-half cup peanuts. Dressing: One-half cup oil, one-quarter cup vinegar, one teaspoon salt, paprika and cayenne. Mix all ingredients, add dressing and chill or use mayonnaise dressing.

T M. B. C.

Stuffed Pepper Salad.

Three medium sized green peppers, one ten-cent cream cheese, one-quarter cupful grated American cheese, one-quarter cupful chopped stuffed olives, cream, salt and paprika to taste, lettuce, mayonnaise dressing. Remove the tops from the peppers, scoop out seeds and parboil peppers five minutes in boiling salted water, then chill. Mix together the cheese and olives, moisten with cream as needed, and season to taste. Pack into the peppers, chill well, then slice and serve on lettuce leaves, with a garnish of mayonnaise.

— *A. Mc Kay.*

Banana and Nut Salad.

Peel and scrape some fine ripe bananas and cut into pieces three inches long, roll in chopped walnuts and peanuts, lay on lettuce leaf and add dressing.— *Mrs. Willard L. Turner.*

Pepper Sauce.

One dozen red peppers, one dozen green peppers, one dozen small onions, one quart vinegar, two cups sugar, one tablespoon salt. Seed the peppers. Add the onions. Cover with boiling water and let stand for five minutes, then add the vinegar, sugar and salt.

— *Mrs. Wm. Mc Kinnon.*

KNOX GELATINE IS the one dessert for all appetites.

Fruit Salad.

One cup Malaga grapes, halved, one-half cup chopped walnuts, one-half cup diced apples, put in water till ready to mix. Dressing: Two well beaten eggs, four tablespoons vinegar and one tablespoon sugar, stir over fire till it thickens, add slowly small cup of milk, stirring constantly, salt and pepper to taste. When cool add one-half cup whipped cream.

—M. B. C., Yarmouth.

Ripe Tomato Relish.

Four pounds ripe tomatoes, two pounds celery, one-half pounds onions, one quart vinegar, one and one-half pounds sugar, one-half teaspoon mustard, one-half teaspoon cinnamon, one-half teaspoon cayenne. Very small half cup salt. Cut onions small. Simmer in vinegar, then add sugar, spices and salt, celery and tomatoes, thicken with one-half cup flour, mixed to a smooth paste.

—A. C., Antigonish.

India Relish.

Seven cups chopped cucumbers, four cups vinegar, three cups sugar, one tablespoon mustard seeds, one tablespoon curry powder, one-half tablespoon red pepper pods. Put cucumber through food chopper after removing all seeds, then put into a basin, sprinkle lightly with salt and let stand over night. In the morning put into colendar and drain off all the juice and throw away, then put vinegar, sugar and spices into a saucepan and let come to a boil, then add the chopped cucumbers and boil for five minutes.—Mrs. A. Mac Neill, Summerside, P.E.I.

Fruit and Ginger Salad.

Soak two tablespoonfuls of Knox granulated gelatine in two tablespoonfuls cold water and dissolve in one-third of a cupful of boiling water, add one cup of ginger ale, one quarter cup of lemon juice, two tablespoons sugar and a few grains of salt. Let stand until the mixture begins to set, then mix in one-half cup of fruit of any kind, and one-half cup preserve ginger. Serve on lettuce with mayonnaise dressing.

—Mrs. W. K. McGougan, Summerside.



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PICKLES or PRESERVES.

Amber Marmalade.

Shave three oranges, three lemons and three grape-fruit very thin, rejecting nothing but seeds. Measure the fruit, and add to it three times the quantity of water. Let it stand in an earthen dish over night. Next morning let it boil for ten minutes only. Stand another night, and next morning add pint for pint of sugar and boil steadily for two hours or more until it jellies. Stir as little as possible during boiling. This makes three dozen tumblers. If smaller quantity desired, use one-third the recipe.

Mrs. J. Lloyd Fraser, 47 1-2 Chestnut St., Halifax, N. S.

Apple Ginger.

Seven pounds apples, seven pounds sugar, four ounces of ginger or one jar preserved ginger, three lemons, one quart water. Mix all and boil one hour.

A. W. Reynolds, Antigonish.

Gooseberry Conserve.

Five pounds gooseberries, five pounds sugar (white or brown) two oranges, one lemon, one-half package raisins. Cook slowly for two hours then add one-quarter pound walnuts chopped fine.

— M.B. Porter, Yarmouth.

English Preserve.

Two and one-half pounds chopped rhubarb, two and one-half pounds sugar. Let stand over night. In morning add one pound of chopped figs, the juice and grated rind of two lemons. Cook to jam consistency.

— M. F. Hunt, Summerside, P. E. I.

Mustard Pickles.

One pint fine cutly celery, two dozen small cucumbers, one quart small white onions, two head cauliflower, one-quarter dozen green peppers. Cut vegetables and place in granite jar, make a brine allowing half pound salt to one gallon water. Pour over vegetables and allow to stand over night. Next morning place vegetables in brine over fire and bring to a scald. In another kettle put three quarts vinegar, one pound sugar and set over fire. Mix one heaping cupful flour, one-half pound English mustard, one-half ounces tumeric and cold vinegar enough to make a paste. Stir this into the boiling vinegar and cook ten minutes, stirring all the time. Pour over vegetables hot. When cold, seal

— D. A. B. Paradise, N. S.

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Grape Fruit Marmalade.

Cut grape fruit in halves, cut out seeds, scoop out pulp, cut rind in thin slices. To each pound of fruit, add three pints of cold water. Let stand twenty-four hours. Boil one hour and let stand over night. To each pound of liquid add one pound and a half of sugar. Boil one hour and bottle.

—*Mrs. C. M. Henry, Antigonish, N. S.*

Tomato Jelly.

One can tomatoes, one bay leaf, one-half level teaspoon paprika, three level teaspoons Knox gelatine, four cloves, one level teaspoon salt, one level teaspoon sugar, one-half cup cold water. Cook tomatoes and seasoning fifteen minutes, strain and add gelatine which has been soaked in water fifteen minutes.

—*Mrs. Andrew Douglass, New Glasgow, N. S.*

Grape Fruit Marmalade.

One grapefruit, one lemon, one orange, shredded; three quarts cold water let stand twenty-four hours, boil twelve minutes, put away for twenty-four hours, put on to boil and when boiling hot add six pounds sugar. Boil hard thirty minutes.

—*B. M. Mitchell.*

Sweet Apple Fickles.

Do not peel apples, but leave peel on, if it is preferred. Cut them in halves and stick three cloves in each half. To a quart of vinegar add three pounds of sugar, this will make sufficient amount of syrup for four pounds of apples. Drop in the apples and let them cook until you can thrust a straw in them.

—*Mrs. J. M. Noonan, Summerside, P. E. I.*

Mustard Fickles.

Two medium cauliflower, two quarts of small cucumbers, two quarts of tomatoes, two quarts small onions. Cut all up together, cover with one and one-half cups table salt (small), let stand twenty-four hours, strain and cover with fresh water (cold). Cook until tender and strain again.

Tomato Preserves.

Take as many sound red or yellow plum shaped tomatoe as desired to preserve, and weigh them. Wash and prick with a needle to prevent their bursting. Put the same number of pounds of sugar as of tomatoes over them. Let them stand over night. Next morning add enough water to cover them. Boil slowly until the fruit is clear and syrup is almost jellied. Before taking up add to each pound one lemon sliced.

—*Mrs. Neil MacQuarrie.*

A KNOX GELATINE Dessert or Salad is attractive and appetizing.

Dressing.

One-quarter pound mustard, two heaping tablespoons flour, mixed with a little vinegar, four coffee cups brown sugar, small amount cayenne, one and one-half tablespoons tumeric, two quarts vinegar. Cook and pour over vegetables and cook ten minutes longer. — *A. B. Torey, New Glasgow.*

Dutch Salad.

One peck of green tomatoes, six large cucumbers, one pound onions, one cauliflower, one cabbage, two green peppers, three pounds brown sugar, three heaping tablespoons mustard, two teaspoons curry powder, one-half teaspoon ground cloves, one tablespoon cinnamon. Cut vegetables in small pieces, add small cup of salt and let stand overnight. In morning drain, cover with cider vinegar, add spices and boil slowly one hour. Then dissolve a small cup of flour in cold vinegar and add to all. Boil five minutes stirring constantly. — *Annie L. Coombs.*

Vegetable Marrow Jam (English.)

Remove skin, pulp and seed from the marrow and cut into small cubes. To each pound of marrow add a pound of white sugar and let stand at least twenty-four hours, taking care that the marrow is well covered with the sugar. To every five pounds of marrow add two ounces of whole ginger cut in fine pieces, and the juice and finely cut up rind of three lemons. Boil this very, very slowly for three or four hours (about as thick as marmalade.) — *E. H. Johnson, Yarmouth.*

Chow Chow.

One peck green tomatoes, five pounds onions, four tablespoons mustard, one pound brown sugar, two ounces whole spice (mixed) two teaspoons ground nutmegs, two teaspoons mace, two teaspoons cinnamon, one quart malt vinegar. Cook slowly one hour. Cut tomatoes and onions sprinkle layer about with one cup coarse salt, let stand over night, drain off water, put vinegar, spices and sugar on to boil, add tomatoes and onions. — *B. M. Mitchell.*

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Grape Fruit Marmalade.

Three grape fruit, three lemons, two and one-half quarts water, six and one-half pounds sugar. Cut pulp up and put skins through meat chopper. Then add two and one-half quarts of water and let stand over night. In morning put on and boil for three hours or until skins are tender. Put sugar in oven and heat. Add to fruit and boil until it jellies.

— *Miss Ethel Strong, Summerside, P. E. I.*

Mustard Crock Pickles.

One gallon vinegar, one-half pound mustard, one-quarter ounce of Turmeric powder, one-quarter ounce of cayenne pepper, one-half ounce of mustard seed, one-half ounce curry powder, two cups of white sugar, salt to taste. Boil all together and let cool before adding vegetables. When vegetables have been added stir every morning for about three weeks.

— *Mrs. Hannam, 42 Chestnut St., Halifax.*

Chow.

One peck green tomatoes, three pounds onions, three pounds sugar, one and one-half quarts vinegar, five tablespoons mix spice (put in a bag). Put a layer of tomatoes, a layer of onions, and so on. Sprinkle each layer with salt, let stand over night, drain before cooking. Put vinegar, spice and sugar on to heat, add tomatoes and onions. Cook about one hour.

— *Mrs. W. H. Fraser.*

Delicious Pickles.

Three cauliflowers, two quarts green tomatoes, two quarts cucumbers, two lbs onions, twelve green peppers. Cut up the same as for mixed pickles. Cover with one and one-half cups of salt. Let stand twenty-four hours. Drain and cover with fresh water and scald till tender. Dip out all the water you can. Make a dressing of twelve tablespoonfuls of dry mustard, a good coffee cup full of flour mixed with a little cold vinegar, four coffee cups brown sugar, a pinch of pepper, one and one-half tablespoonfuls tumeric. Stir together smoothly and add two quarts of White Wine vinegar. Pour over the vegetables and cook from ten to fifteen minutes.

— *Mrs. J. M. Mc Kenzie.*

Marmalade.

Three oranges, one lemon, add one pint cold water to one pound pulp. Stand over night and next day boil until tender. Then add one and one-half pounds sugar to one pound pulp. Boil until it thickens.

KNOX GELATINE improves soups and gravies.

Mustard Pickles.

Five quarts beans (or any green vegetable) five cups brown sugar, one-half box mustard, one ounce celery powder, one cup flour, one ounce tumeric powder, two and one-half quarts vinegar. Cut the beans in small pieces and boil in salt and water until tender. Drain. Make a sauce by mixing the dry ingredients with one quart cold vinegar. Add one and one-half quarts hot vinegar. Let stand till cool and pour over beans or other vegetables.

—*Mrs. Wm. Mc Kinnon.*

Beet and Cabbage Pickle (to use at once.)

Boil beets, skin and cut in small pieces. Cut up as much raw cabbage, pour over cabbage boiling water and let stand ten minutes, drain and mix with beets. Pour over all hot vinegar, with spice, sugar and salt.

—*Mrs. C. J. Seaman.*

Ripe Cucumber Pickles.

Peel and cut cucumbers in halves lengthwise. Cover with alum water, allowing two teaspoons powdered alum to each quart water. Heat gradually to boiling point, then let stand on back of range two hours. Remove from alum water and chill in ice water. Make a syrup by boiling five minutes two pounds sugar, one pint vinegar with two tablespoons each of whole cloves and stick cinnamon tied in muslin. Add cucumbers and cook ten minutes. Remove cucumbers to a stone jar, and pour over syrup. Scald syrup three successive mornings and return to fruit. "Ripe Melon Rind" treated by above process makes delicious pickle.

—*E. H. Rosborough, Pictou*

Chutney (Tropical).

One peck green tomatoes, one peck sour apples (cored but not peeled) two pounds tamarinds (pits removed) one quart cider vinegar, one quart molasses, two pounds brown sugar, two pounds green peppers, one ounce Chili peppers, one tablespoonful each of all ground spices, boil down slowly, stirring often for two or more days, until reduced to a smooth thick paste of rich auburn brown colour adding either a little more vinegar or sweetening to taste. Delicious with cold meats, and will keep indefinitely.

—*Mrs. A. M. Perrin, Yarmouth, Nova Scotia.*

Pickled Beets.

Boil one peck small beets, skin and put into jars, pour over them while hot, the following: Two quarts vinegar, three pounds brown sugar, two sticks cinnamon. Boil together twenty minutes.

—*Mrs. A. W. Gardner.*

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Sweet Pickle.

Chop two and one-half pounds each of apple and green tomatoes. Put in a kettle with two pounds of sugar and one teaspoon salt. Tie in bags one ounce allspice and black pepper and one-half ounce cloves. Pour over all one quart vinegar and boil till tender.—*Mrs. J. L. Porter, Yarmouth.*

Cold Process Cucumber Pickles.

Three-quarters cup salt, one cup mustard, two cups white sugar, one gallon cider vinegar. Stir until well dissolved. Wash cucumbers and cover with boiling water. Let stand over night. In morning, drain and wipe each cucumber carefully with clean, soft cloth, and pack closely in crock and jar. Pour over them the prepared mixture of salt, etc. and cover with horse radish leaves. Tie cheese cloth over all. If properly done, will give one, almost fresh cucumbers until following spring.
—*Mrs. Stanley Horton, Yarmouth.*

Chutney.

Twelve large apples, four onions, two green peppers, six green tomatoes, one tablespoon salt, one tablespoon cinnamon, one tablespoon cloves, one cup chopped raisins, two cups brown sugar, one quart vinegar. Cook one hour slowly.
—*M. E. Neal, Yarmouth.*

Mustard Chow.

Two pounds onions, three cauliflower, two bunches celery, four peppers. Put through the grinder, cover with salt and water and let stand over night. Put on stove next morning and boil five minutes in same water. Drain this off and cook one hour in the following mixture: Three pints vinegar, one cup flour, one-quarter pound mustard, one-quarter pound tumeric powder, one cup brown sugar, one ounce pickling spice put in bag and boiled with mixture.
—*Mrs. A. W. Gardner.*

Orange Marmalade.

Six oranges, four pounds sugar, two lemons, two quarts water. Cut oranges and lemons as fine as possible in the evening, add water and let stand until morning. Then put on to boil, let it boil two hours before sugar and one hour after that.

Amber Marmalade.

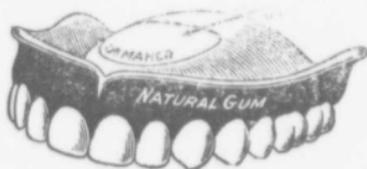
One orange, one grapefruit, one lemon, eight cups cold water, eight cups sugar. Slice fruit very thin, add cold water. Let stand twenty-four hours. Boil two hours or till tender, add heated sugar and boil until it jellies.
—*Mrs. Charles T. Herman, Octagon Terrace, Dartmouth, N. S.*

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Brown Bread.

One cup sugar, three cups sour milk, one and one-half cups white flour, two teaspoons soda, one-half cup molasses, four cups graham flour, two teaspoons salt, two eggs. Beat hard for five minutes and bake one hour.—*Mrs. M. G. Burris.*

Drop Buns.

Two cups flour, one tablespoon lard, one tablespoon butter, four baking powder pinch salt. Mix with knife, drop with teaspoon. Bake twenty minutes. —*Beatrice McGrath.*

Brown Bread.

Two cups graham flour, one cup white flour, one and one-half cup milk one-half cup molasses, one teaspoon soda, one cup raisins, one-half cup nuts. Bake one and one-half hours, slow oven. —*Mrs. J. M. Stewart.*

Brown Bread.

Two cups graham flour, two cups white flour, one cup molasses, two cups sweet milk and three teaspoons baking powder or two cups sour milk and two teaspoons soda, one teaspoon salt. Mix flour, salt and baking powder together. Add the rest, beat well. One cup of raisins or walnuts.

—*Mrs. J. A. MacGlashen.*

Home-made Yeast.

Dissolve one Royal yeast cake over night or less. Crate four good sized potatoes and stir in one-half cup flour, one-half cup sugar and two teaspoons ginger. Pour over this three pints boiling hop water (about one-inch compressed hops steeped in three pints boiling water). Then stand on stove and let it come to the boil, stirring constantly. When this cools, add the yeast cake. Do not bottle until the next day, keeping in a warm place. Before putting away add a handful of salt.

—*Mrs. Norman Layton.*

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Nut Brown Bread.

One cup white flour, one-half cup molasses, one cup nuts, two teaspoons baking powder, salt, two cups graham flour, one and one-half cups sweet milk, one cup raisins. Mix well and let rise twenty minutes. Bake one hour in a slow oven.

— *Mrs. Leo Graham.*

Shannon Tea Biscuit.

Two cups flour, (sifted) two teaspoons cream tartar, one teaspoon soda, one-half teaspoon salt, one-half cup butter. Sour milk enough to make a soft dough. Roll out and cut with small cutter. Bake in quick oven. — *B. Mc Nab.*

Grapenut Bread.

Three cups flour, two teaspoons baking powder (sifted in flour) one cup hot milk poured on one cup grapenuts. Let cool. Add another cup of milk, one egg well beaten, one teaspoon salt. Let stand one hour before baking.

Nut Bread.

Two cups sweet milk, one cup molasses, two cups graham flour, two cups white flour, one cup chopped walnuts (or raisins) one teaspoonful salt, two teaspoonfuls cream tartar, one teaspoonful Baking soda. Mix molasses with soda, cream tartar with flour. Bake one and one-quarter hours in moderate oven.

— *Edith E. Carter.*

Baking Powder Biscuit.

Two cups flour, four teaspoons baking powder, one teaspoon salt, one cup milk and water (half each) one tablespoon butter, one tablespoon lard. Mix flour, baking powder and salt and sift together work in butter and lard with fingers, add milk and water gradually mixing with a knife, roll out lightly three-quarters inch thick, cut out and bake in a hot oven, about fifteen minutes.

— *Mrs. W. B. Connor, 85 Birmingham St., Halifax, N. S.*

Brown Raisin Bread.

One tablespoon sugar, one and one-half cups molasses (black) one egg, one tablespoon butter (melted) one teaspoon salt, one and one-half cups sour milk, one teaspoon soda (dissolved in hot water) two cups graham flour, two cups flour (white) one-half cups raisins. Beat the white and yolk of egg separately and add the white last. Butter one pound baking powder cans well and fill half full. Bake in moderate oven. This makes four cans.— *Mrs. William Kirk, Yarmouth.*

Simply add water and sugar to the KNOX ACIDULATED package.

Success Bread.

One cup graham flour, one cup brown sugar, one-half cup cornmeal, one-half cup white flour, three-quarters cup raisins, one cup sour milk, one teaspoonful soda (scant). Bake for three-quarters of an hour in two baking powder tins.

— *Miss A. Renner.*

Nut Bread.

One egg, four teaspoons baking powder, four cups flour, one cup milk, pinch salt, one cup brown sugar, one cup walnuts. Mix ingredients together and stand on back of stove to rise thirty-five minutes. Bake in a moderately hot oven.

— *Mrs. Willard L. Turner.*

Raisin and Nut Bread.

Four cups flour, two level tablespoons baking powder, two level teaspoons salt, three-quarters cup sugar, one cup English walnuts, one and one-quarter cups seeded raisins (cut up) one egg well beaten, one and one-half cups milk. Mix all well together. Put it into a bread pan, let rise in the pan one-half hour and bake one-half hour in moderate oven.

— *B. M. Mitchell.*

Date Bread.

Four cups of flour, one cup sugar, one teaspoonful of salt, four teaspoonfuls baking powder, one cup of dates or nuts mixed, two cups of milk, one egg. Mix and sift dry ingredients in a bowl, add dates and nuts. Beat egg well and add to milk, add milk and egg to dry ingredients, beat well and put into buttered pans and let raise twenty minutes, then bake in moderate oven.— *Mrs. H. Power, Antigonish.*

Corn Cake.

One cup of cornmeal, one cup of flour, four teaspoons of baking powder, one quarter cup sugar, one-half teaspoon salt. one cup of milk, one egg, one tablespoon butter. Mix dry ingredients in a bowl, sifting the flour and the baking powder together. Beat the eggs till very light, add it and the milk to the dry ingredients and lastly melted butter. Bake for twenty to thirty minutes.— *Mrs. H. Power, Antigonish.*

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Brown Bread.

One pint of sour milk, two cups of raisins, one-half cup of molasses, two and one-half cups of Graham flour, pinch of salt. Fill baking powder tins (one pound size) half full, steam for two and one-half hours and then put in oven for fifteen minutes.

Mrs. F. M. Hannam, 47 Chestnut St., Halifax, N. S.

Nut Bread.

One egg beaten lightly, one cup of sugar (either) one cup of sweet milk, one teaspoon salt, ten or fifteen cents worth chopped walnuts, two cups flour with two teaspoons of baking powder. Let stand twenty minutes to raise then bake in medium hot oven. If larger loaf is needed double quantities.

Mrs. Hannam, 47 Chestnut St., Halifax, N. S.

Date Loaf.

Four cups flour, one cup sugar, one teaspoon soda, two teaspoons cream tartar (sifted with flour) one teaspoon salt, two cups milk, one pound dates. Sift flour, salt, etc., into bowl, then add sugar, then the milk, and lastly the dates which have been stoned, cut into halves, and covered with flour. Mix thoroughly. Bake one and one-quarter hours in moderate oven.

— *Mrs. J. L. Fraser, 47 1-2 Chestnut St., Halifax, N. S.*

Custard Corn Cake.

Sift together three-quarters cup corn meal, one-quarter cup flour, two tablespoons sugar, one-half teaspoon salt, one teaspoon baking powder. Then stir in one well beaten egg and one cup sweet milk. Beat this mixture vigorously. Melt two tablespoons shortening and add to mixture. Just before placing in oven pour one-half cup milk over top of cake. Do not stir it in. Bake twenty-five minutes in a hot oven. Cut in triangles and serve hot. There should be a line of creamy custard through centre of cake when cut.

— *Mrs. H. C. Creighton.*

Bran Muffins.

One egg, one-half cup of brown sugar, butter the size of an egg, one cup of sour milk, one teaspoon baking soda, one cup flour with two cups bran. Bake in a moderate oven.

— *Mrs. F. M. Hannam, 47 Chestnut St., Halifax, N. S.*

Shannon Brown Bread.

Two cups wheat flour, two cups graham flour, two cups sour milk, one teaspoon soda, one teaspoon salt, one-half cups molasses, one cup raisins or nuts or both.—*B. Mc Nab.*

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Raisin Loaf.

Scald two cups of milk and cool, dissolve two Fleischman yeast cakes in two cups lukewarm water. Cream two cups brown sugar and eight tablespoons of lard, add the milk and yeast, then add flour to make batter, thicken then for cake. Rise two hours and then add one tablespoon salt, one package raisins well floured and sufficient flour to kneed well. Set to rise again and when light put in pans and rise till fit to bake. Spice may be added if desired. — *Mrs. V. Mullins.*

Cheese Drops.

One cup flour, one-half teaspoon salt, one-half teaspoon baking powder, one tablespoon shortening, one tablespoon grated cheese, milk to make drop batter. Stir together flour, salt and baking powder. Rub in with finger tips shortening and milk. Beat in the cheese and drop from spoon on a greased baking sheet, sprinkle grated cheese on top and bake in a moderate oven. — *Isabel C. Mac Kay.*

Hot-Cross Buns.

Three cups of milk, one cup of yeast, or one cake of compressed yeast dissolved in a cup of tepid water, and flour enough to make a stiff batter; set as a sponge over night. In the morning add one-half cup melted butter, one cup sugar, one half nutmeg, one saltspoon salt, one-half teaspoon soda and flour enough to roll out like biscuit. Knead well, set to rise five hours. Roll half-inch thick, cut in round cakes, let stand half hour or until light, make a deep cross on each, bake a light brown, brush over with white of egg beaten stiff with powdered sugar. — *Mrs. J. J. Daly.*

Bran Bread.

One and one-half cups of wheat bran, two cups flour, three-quarter cups brown sugar, one level teaspoon salt, four level teaspoons baking powder. Beat well one egg, add two teacups of milk, then add to dry ingredients. Put to rise in warm place for half hour, then bake in moderate oven for about one hour. — *Mrs. J. J. L.*

Royal Biscuits.

Two cups flour, four teaspoons Royal baking powder, one-half teaspoon salt, two tablespoons shortening, three-quarter cup milk or half milk and half water. Sift together flour, baking powder and salt, add shortening and rub in very lightly; add liquid slowly, roll or pat on floured board to about one-inch in thickness (handle as little as possible) cut with biscuit cutter. Bake in hot oven fifteen to twenty minutes. — *N. R. C. B.*

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Cheese Biscuits.

One cup bread flour, two and one-half tablespoons baking powder, one-half teaspoon salt, one-half tablespoon lard, one-half tablespoon butter, three-eighths cups of milk and water in equal parts, one-half cup cheese. Mix and sift dry ingredients. Work in lard and butter with the tips of fingers and add liquid gradually. Then add cheese. Toss on floured board and pat and roll to one-third inch in thickness. Shape with small round cutter, first dipped in flour, place in buttered pan and bake ten minutes.—*M. C. B., Yarmouth.*

Royal Cheese Biscuits.

One and one-half cups flour, two teaspoons Royal baking powder, one-quarter teaspoon salt, one teaspoon shortening, six tablespoons grated cheese, five-eighths cup milk. Sift together flour, baking powder and salt; add shortening and cheese, rub very lightly with fingers, add milk slowly, just enough to hold dough together. Turn out on floured board and roll about one-half inch thick; cut with small biscuit cutter. Bake in hot oven twelve to fifteen minutes.—*N. R. C. B.*

Snow Ball Biscuit.

Rub two tablespoons butter into four cups flour, into which has been sifted four teaspoons baking powder and a pinch salt. Stir together lightly till mixed, then add two cups sweet milk. Roll about one and one-half inch thick and bake in a hot oven.
—*Mrs. J. H. Stewart.*

Nut and Date Loaf.

Four cups flour, one cup brown sugar, two cups sweet milk, one teaspoon salt, four teaspoons baking powder, one egg. Mix flour, salt, sugar, add one cup walnuts, one cup dates, stir in milk and eggs. Bake in two loaves. Let rise one hour and bake one hour.
—*Mrs. J. H. Stewart.*

Brown Bread.

Two cups rolled oats, one cup graham flour, three-quarters cup molasses, one cup yeast (or one yeast cake) one-half cup mashed potatoes, salt. Put rolled oats and graham flour in basin. Pour just enough boiling water over them to scald nicely. Add salt, molasses and potatoes. When cool, add yeast and about a pint of warm water with enough bread flour to make a stiff dough. Let rise over night, in the morning mould in loaves, let rise again, and bake about an hour.

—*Mrs. L. P., Windsor.*

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Raisin Bread.

Four cups of flour, four teaspoons of Royal Baking powder, one-half cup sugar, one teaspoon salt, one cup raisins, two cups milk, one egg.. Sieve all dry ingredients several times. Raise twenty minutes. Bake one hour.

Graham Bread.

One pint buttermilk, one teaspoon soda, one cup white flour, one-half cup white sugar, one-half cup cornmeal flour, two cups graham flour, one-half cup molasses, one teaspoon salt. Beat well. Bake one and one-half hours.

— *E. B., Windsor.*

Nut Bread.

Four cups white flour, one cup milk, three-quarters cup granulated sugar, two eggs, one cup chopped nuts, four teaspoons baking powder, pinch of salt. Let rise in pan one-half hour, then bake one hour.

— *F. C. Murray.*

Royal Griddle Cakes.

One and three-quarters cups flour, one-half teaspoon salt, two teaspoons Royal baking powder, two eggs, one and one-half cups milk, one tablespoon shortening. Mix and sift dry ingredients, add beaten eggs, milk and melted shortening. Mix well. Bake immediately on hot griddle.

— *N. R. C. B.*

Potato Splits.

Boil three or four good-sized potatoes, mash while hot, stir in one tablespoon butter, one tablespoon of lard, one tablespoon sugar, one teaspoon salt, beat two eggs and add when the mixture is cool. Dissolve one cake of yeast in one cup milk and stir in one quart sifted flour. Put in warm place to raise for several hours; turn out on board (do not knead) roll, cut with biscuit cutter, place one on top of another in pan and let stand about one-half hour. Bake in quick oven. Brush top with milk and sugar.

— *Mrs. F. W. D., Windsor.*

Rice Pancakes.

To one cup cold boiled rice add one cup flour, one teaspoon baking powder, one-quarter teaspoon salt and one egg beaten with one cup milk.

— *Mrs. C. J. Seaman.*



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Date Bread.

Two eggs, well beaten, one cup Granulated sugar, one-quarter cup milk, four cups sifted flour, four teaspoons baking powder and one teaspoon salt in flour, 1 package cut fine dates. Mix together in order as given and allow mixture to raise twenty minutes. Bake one hour in a moderate oven.

Mrs. R. C. MacLeod, Halifax.

Brown Bread.

Two sieves of white flour, two handfuls of graham flour, six tablespoons cornmeal, one cup molasses, one yeast cake, salt. Water to make a soft dough. Let rise over night. In morning put in pans and let rise again. Bake one hour.

— *Mrs. E. J. B.*

Nut Bread.

Two cups of graham flour, one and one-half cups white flour, two cups sour milk, one-half cup brown sugar, one-half cup molasses, one cup chopped walnuts (one-quarter pound) one large teaspoonful soda. Beat light. Bake in one loaf for one hour.

— *Mary A. Lawlor.*

Royal Muffins.

Two cups flour, three teaspoons Royal baking powder, one tablespoon sugar, one-half teaspoon salt, one cup milk, two eggs, one tablespoon shortening. Sift together flour, baking powder, sugar and salt; add milk, well beaten eggs and melted shortening; mix well. Grease muffin tins and put two tablespoons of batter into each. Bake in hot oven twenty to twenty-five minutes.

— *N. R. C. B.*

Brown Bread.

One pint bowl graham flour, two pint bowls white flour, three-quarters cup molasses, one large teaspoon salt, one large tablespoon melted butter, one yeast cake dissolved in just enough luke warm water to make a thick mixture, stirring with a spoon. Let rise over night, In the morning pour into pan, let rise twenty minutes and bake one hour.

— *Mrs. A. G. Blomqvist.*

Steamed Brown Bread.

One cup molasses, one cup Indian meal, one cup white flour, one cup raisins, one cup sour milk (the sourer the better) into which dissolve from one to two (according to sourness of milk) heaping teaspoons of baking soda. Mix well and put into well greased pans. Steam three hours.

— *Mrs. A. G. Blomqvist.*

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New York Nut Brown Bread.

Three-quarters cup hot water, one-half cup brown sugar, one-half cup molasses, three-quarters cup milk, two cups graham flour or entire wheat, one-half cup bread flour, two and one-half teaspoons baking powder, one and one-third teaspoon salt, three-quarters teaspoon soda, three-quarters cup walnuts chopped coarse. Dissolve sugar and water and molasses and milk, then flour, etc. Cook one and one-quarter hours in moderate oven.

—*M. Schurman.*

Graham Bread.

Three cups graham flour, three cups sour milk, two cups white flour, one cup molasses, two teaspoon salt, two teaspoons baking soda, Add nuts and raisins if desired.

Mrs. R. N. H. Horton, Yarmouth.

Fruit Biscuit.

Two cups flour, three tablespoons butter, two tablespoons lard, two tablespoons sugar, four teaspoons baking powder, two teaspoons cinnamon, one-half teaspoon salt, one cup milk (scant) one cup raisins (cut). Make the same as ordinary biscuit.

Amy G. Trefry, Yarmouth.

Brown Bread.

One and one-half cups white flour, one cup graham flour, one-half cup cornmeal mixed with one teaspoon soda, add one and one-half cups sour milk, and one-quarter cup molasses, one teaspoon salt. Bake one hour and a half. Raisins may be added.

—*Grace D. Trefry, Yarmouth.*

Date Muffins.

Stone one cupful of dates and chop coarsely. Sift together two cups flour, one-half teaspoon salt and two teaspoons baking powder. Rub one large tablespoon of butter into the flour, then the dates and gradually mix to a stiff batter. With one well beaten egg and one and one-third cups milk. Bake in hot, well grased muffin pans in a moderate oven for about twenty minutes. These muffins are good without the dates.

—*M. B. Gray.*

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Brown Bread.

Two cups oatmeal, one-half cup cornmeal, one tablespoon salt, one tablespoon butter, one-half cup molasses, one yeast cake. Pour three cups boiling water on oatmeal, cornmeal and salt, butter. Let stand until cool, add molasses and flour enough to make very stiff. Let stand over night in a mold in one large loaf; do not add more flour.

— *Mrs. C. F. Rand.*

Pop Doodle.

One cup sugar, one-half cup butter, one egg, one cup milk, two and one-half cups sifted flour, three teaspoons baking powder, salt. Before baking, sprinkle with mixture of cinnamon and sugar. Bake in hot oven twenty minutes. Eat hot with butter.

— *M. B. C., Yarmouth.*

Muffins (good)

Two cups flour, four teaspoons baking powder, one-half teaspoon salt, two tablespoons sugar, one and one-half cup milk, two tablespoons butter (melted) one egg (beaten)

— *Evelyn Brown.*

Grape Nut Bread.

One cup grape nuts, one cup scalded milk (cool), one cup cold milk, two-thirds cup sugar, one egg, three teaspoonfuls baking powder, salt, three cups flour (sifted together). Let stand one and one-quarter hours then bake in medium oven about one and one-quarter to one and one-half hours.

— *Anna F. Perrin.*

Brown Bread.

Two cups graham flour, two cups white flour, one-half cup sugar (brown or white) one teaspoon soda, one teaspoon salt (mix dry with flour) one cup seeded raisins, two cups sour milk or butter milk. Bake in moderate oven one and one-quarter hours.

— *F. C. Murray.*

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Spoonful Pudding.

One egg, one tablespoonful butter, two tablespoonfuls sugar, two tablespoonfuls flour, one tablespoonfuls corn starch, one tablespoonful milk, one teaspoonful baking powder, pinch of salt, raspberries. This both good and delicate, if properly cooked will be very light. Chopped pineapple, cherries, or any fruits may be used. Cream butter and sugar, mix salt, corn starch and flour reserving a little of the flour to mix with baking powder. Sift these dry ingredients and mix with butter and sugar; add milk and yolk of egg, beating the batter thoroughly. Add baking powder mixed with small quantity of flour that was left, and finally fold in white of egg. Butter earthenware coffee cups, put two tablespoons raspberries and cover with two tablespoons batter. Cook in steamer for forty-five minutes, serve with cream.

— *Mrs. C. E. Middlemas, Yarmouth.*

Orange Pudding.

One and one-half oranges, one-quarter cup sugar, one tablespoonful butter, one tablespoonful flour, one cup milk, two eggs, two tablespoonfuls sugar. Pare oranges, cut in slices, and take out seeds, cut into thick pieces, put into pudding dish, sprinkle with a quarter cup of sugar. Separate yolks of eggs from whites, put whites on a plate and yolks in a basin. Add sugar to yolks, and cream eight minutes. Measure flour and butter into saucepan, set on stove and stir until they unite; add milk gradually. Cook five minutes, stirring all the time. When cooked, add vanilla, pour over yolks of eggs in basin, stir thoroughly and put into pudding dish, set in oven and bake twenty to thirty minutes. Set away to cool. Beat whites of eggs to a stiff froth, adding one teaspoonful sugar. Heap up lightly on pudding dish, dry off and serve.

Cocoonut Pie Filling.

Four tablespoons cornstarch, two-thirds cup sugar, one and one-half cups milk, one teaspoon vanilla, yolks of two eggs, one teaspoon butter, one-half cup shredded cocoonut. Mix sugar and cornstarch, add hot milk and cook. Then add eggs one teaspoon butter, one-half cup shredded cocoonut. Mix sugar and cornstarch, add hot milk and cook. Then add eggs and butter and boil until thick. Remove from fire, add cocoonut and flavoring. Add this filling to baked pastry shell, cover with meringue made from the whites of the eggs and brown slightly.

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Spanish Cream.

Two cups milk, two teaspoonfuls granulated Knox gelatine, yolks of two eggs, white of two eggs, five tablespoons sugar, teaspoonful vanilla. Scald milk with gelatine, add sugar, pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until it thickens, stirring constantly. Remove from range, add salt, flavoring and well beaten whites of eggs. Set in mould to cool. — *K. H.*

Rolled Apple Dumpling.

One and one-half cups flour, two teaspoons baking powder, one-half teaspoon salt, two tablespoon lard, two tablespoons butter, one-half cup cold water, one cup brown sugar, one-half teaspoon nutmeg, one-half teaspoon cinnamon, two cups chopped apples. Mix first six ingredients as tea biscuits. Roll one and one-half inch thick. Sprinkle with apple, sugar and spices. Roll like a jelly roll, cut in pieces about two inches wide and stand on end in pudding dish. Pour part of the following sauce on them: One cup sugar, two tablespoons flour, two tablespoons butter, one-quarter teaspoon salt, one cup water, one teaspoon Pure Gold vanilla. Mix flour, sugar and water. Cook until thick. Add butter, salt and vanilla. Bake in a hot oven twenty minutes. Reserve the rest of the sauce and pour around the dumpling when served.

— *Doris Runciman.*

Lemon Pie Filling.

One cup sugar, one lemon, grated rind, one cup milk, one tablespoon flour, mixed with the sugar, one tablespoon melted butter, 2 eggs yolks beaten separately, fold in whites well beaten and cook. — *E. M. H., Windsor.*

Lemon Pie.

Juice and grated rind of three large juicy lemons, two cups of sugar, two cups of water, two teaspoons butter, one-half teaspoon of salt, yolks of four eggs beaten light, reserving whites for top of pie. Two tablespoons of corn starch. Grate the yellow part of the rind, add the juice, sugar, water, butter and salt. Put in a double boiler, heat to the boiling point. Mix the corn starch with a little cold water, add to the beaten yolks, pour slowly into the lemon mixture. Cook until it thickens. Have a good crust made, line your pie plate. Prick well with a fork to keep from blistering. When baked, fill and cover with the whites of the eggs, which have been beaten stiff with six tablespoons of sugar. Brown in a slow oven. This makes two large pies. — *Mrs. T. J. S., Antigonish.*

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Cream Filling for Pies.

One egg, one level tablespoonful of flour, one dessert spoonful of sugar, pinch of salt, Pure Gold lemon flavoring. Beat ingredients together into one cup of hot milk. Stir well until it boils, allow boil two or three minutes. This filling should be made in a double boiler. This receipt is sufficient only for one pie.
— *Mrs. George Foote.*

Raisin Pie.

One cup of raisins put through fine grinder, one cup sugar, one cup water, one pinch of salt, yolk of one egg, juice and rind of one lemon, two tablespoons of corn starch. Cook until it thickens, bake pie shell then add filling. Put meringue on top, and brown.
— *Florence Drew, Yarmouth.*

Steamed Pudding.

Two cups flour, pinch salt, four teaspoons baking powder, add enough water to make soft batter. Put apples, jam, or any kind of fruit in a bowl and cover with batter and steam. Serve with a sauce or with whipped cream.
— *Mrs. W. B. Connor, 85 Birmingham St., Halifax, N. S.*

Orange Pudding.

One large or two small oranges, one pint milk, one heaping dessert spoon cornstarch, one heaping dessert spoon flour, two dessert spoons sugar, one egg, Pure Gold vanilla, pinch salt. Peel and cut the oranges (in small slices) into a pudding dish. Sprinkle with sugar. Let milk come to a boil. Stir together cornstarch, flour, salt, sugar and mix to a paste with a little cold water. Add yolk of egg, well beaten, add to the boiling milk, and stir until it thickens. Take from stove, and flavor with vanilla. Pour over the oranges. Beat white of egg stiff, spread over pudding, sprinkle over it a little sugar and brown in oven. Serve cold. This will serve four people.
— *Mrs. J. Lloyd Fraser, 47½ Chestnut St., Halifax, N. S.*

Steamed Pudding.

Three cups flour, one-half teaspoon all kind spices, one-half cup molasses, one cup milk, or enough milk to make batter, one cup raisins, two tablespoons suet, two teaspoons soda. Steam two hours. Serve with sauce.—*B. M. Mitchell.*

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Steamed Fig Pudding.

Six ounces of suet, three-quarter pound bread crumbs, one-half pound figs chopped fine, six ounces brown sugar, three eggs, small teacup milk, one teaspoon soda dissolved in a little hot water, nutmeg, cinnamon, cloves, and salt to taste. Steam three or four hours. Good with either hot or cold hard sauce
— *Mrs. VanBuskirk.*

Fig Pudding.

One-half pound figs, minced, two cups bread crumbs, three eggs, beaten light, one-half cup beef suet, two cups sweet milk, one-half cup white sugar, one-half teaspoonful baking powder, one-half cup sifted flour, a little salt. Steam three hours. Serve hot with hard sauce.— *Mrs. J. McConnell, Sydney.*

Delicious Batter Pudding.

One egg, one-half cup sugar (brown) one-half cup sweet milk, one cup flour, two teaspoons baking powder, piece of butter size of an egg, melted, poured in last. Put any kind of fruit in bottom of pan, pour over batter, steam fifteen minutes. Raisins may be mixed through. Delicious with blue berry or huckleberry, or any seasonable fruit, or preserves. Serve with rich lemon sauce.— *Mrs. F. C. Gilliatt, Annapolis Royal.*

St. James Pudding.

Three tablespoons butter, one-half cup milk, one-half teaspoon soda, one cup stoned dates, one-half cup molasses, one and seven-eighths cups flour, salt, cloves, allspice, cinnamon. Melt butter, add molasses, dry ingredients, and milk, alternately; fruit last. Steam three hours, or longer. The longer it is steamed the richer it appears. Serve with hard sauce or rich lemon sauce.
— *Mrs. F. C. Gilliatt, Annapolis Royal.*

Rolled Oats Pudding.

One large cup rolled oats, one-half cup sour milk, one-half teaspoonful soda, two eggs, well beaten, one-half cup molasses, one cup of raisins or dates, one-half teaspoonful salt, one-half teaspoonful allspice. Steam three hours.
— *Mrs. J. McConnell, Sydney.*

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Snow Pudding.

Moisten two level tablespoons corn starch with four tablespoons water, add three-quarters cup sugar, then add one cup of boiling water and juice of one large lemon. Boil until quite thick. Take off stove and add whites of two eggs beaten to a stiff froth. When cold serve with boiled custard.

Custard.

To two cups of milk add one egg and the two left over yolks (beaten together) two tablespoons sugar, one teaspoon Pure Gold vanilla, pinch of salt. Cook in double boiler. Stir constantly. Will serve six people.—*Mrs. H. MacKeen.*

Honeycomb Pudding.

One-half cup sugar, one-half cup flour, stirred together; one-half cup butter, over this pour one-half cup hot milk (to dissolve the butter), four eggs well beaten, one-half cup molasses, (last, one teaspoon soda, dissolve in a little of the molasses. Bake moderately one-half hour). Serve with whipped cream.

—*C. Perkins.*

Pineapple Pie.

One-quarter cup flour, three-quarters cup sugar, one cup grated pineapple and juice, one tablespoon lemon juice, one egg. Mix together first four ingredients, place in double boiler and cook until thickened, stirring constantly. Remove from fire and add one egg well beaten. Cook in lower crust and serve cold, with whipped cream or meringue.

—*Mrs. Harry Holman, Summerside, P. E. I.*

Strawberry Pudding.

One-half cup butter, one teaspoon soda, one teaspoon sugar, two eggs, one and one-half cups flour, one cup preserves. Cream butter, add sugar and eggs beaten well, then flour and strawberries added alternately. Steam one hour.

—*Doris Rumemas.*

Sauce.

One-quarter cup butter, one-half cup sugar, one egg, one-half cup preserves or fresh fruit crushed. Mix butter, sugar and yolk of egg and preserves. Steam slowly until it thickens then add beaten white.

—*Doris Rumemas.*

Rhubarb Pie.

Two tablespoons flour, three-quarters cup sugar, one egg Mix with rhubarb, put pieces of butter on top. Cover with puff paste.—*M. F. Hunt, Summerside, P. E. I.*

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Pineapple Cream.

One box Knox gelatine, one can pineapple, one and one-quarter pints boiling water, two and one-half cups sugar, one pint of thick cream. Put gelatine in basin, pour boiling water over, stir until all is dissolved, add sugar and pineapple. Set away until almost stiff, then add the cream whipped well. Keep a little for the top. — *Mrs. J. H. Steward.*

Cocoanut Cream Pie.

One-half cup prepared cocoanut cooked five minutes in two cups of milk, one egg, one small cup sugar, butter size of walnut, one small tablespoonful of corn starch. Put milk and cocoanut over the stove in a double boiler and when hot stir in the sugar. Then the butter and the yolk of egg beaten in a little cold milk and one tablespoonful of corn starch dissolved in milk. When cooked pour into a pie shell previously baked. Put a meringue on top. — *Mrs. N. McQuarrie.*

Raisin Filling for Pies.

Large cup raisins, three-quarters cup sugar, one cup hot water, juice of lemon, butter size of a walnut, four teaspoons flour, mixed to a paste with cold water. Combine first five ingredients and bring to a boil, then add flour and stir until thick. This makes one pie. — *Mrs. J. Lloyd Fraser, 47 1-2 Chestnut St., Halifax, N. S.*

Puff Paste Tarts.

Wash one pound butter, set aside to cool. Place one pound flour in mixing bowl. Into this stir two teaspoons lemon juice, mix thoroughly with the flour about half the butter, adding just enough ice-cold water to make a good dough. Roll out till about twelve inches long and four inches wide. Place remaining butter which has been chilled on one end of paste, fold other end over and press down edges, and set away to chill. While chilling prepare fruits. Then place paste on board so opening is at the side. Roll out about same size as before. Sprinkle lightly with flour. Fold shape of envelope and turn opening to the side. Repeat this six times, always being careful to keep flakes parallel with board. Chill thoroughly and use. Bake in quick oven. — *Mary Covert.*

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Mince Pies.

Three pounds of apples chopped fine, one pound suet, one pound suet, one pound raisins, one pound currants or small seedless raisins, one-half pound citron, two pounds sugar (more may be added to suit taste) three grated nutmegs, juice and grated rind of two lemons. Rub suet and sugar well together before adding fruit. Put all into jar and cover well, stirring often before putting into bottles. No cooking until put into pies. (Cup brandy may be added.)

— *Mrs. Edw. Haly, Antigonish.*

Easy Pastry.

One cup fat, one-quarter cup boiling water, one and three-quarters cups flour, one-quarter teaspoonful baking powder, one-half teaspoonful salt. Measure the fat into the mixing bowl, pour the boiling water over it and stir until all the fat is softened and melted. Sift the flour, baking powder and salt together, stir into the water and fat. Divide into two portions and roll for crusts.

— *E. Renner.*

Lemon Pie.

Two-thirds cup sugar, yolks of three eggs, juice and grate rind of one lemon. Whip all well and put in double boiler and cook until thick, beating occasionally with Dover beater. Add whites of the eggs beaten stiffly and fold into mixture lightly. Put this on shell and bake in a very hot oven just for a couple of seconds, long enough to set but not to brown.

— *Mrs. H. C. Creighton.*

Brown's Favorite Lemon Pie.

Make a good rich paste and roll thin. Turn pie plate over and cover with paste. Bake in very hot oven.

Filling

One cup sugar, one tablespoon corn starch, one tablespoon flour, mix the above well together, add one cup boiling water, yolks of two eggs, butter size of walnut, one large or two small lemons (juice). Put on stove in double boiler and cook until thick, let it get cold then fill your shell previously baked as above. Beat the whites of the eggs and spread on top. Put in oven and brown.

— *M. M. Travis.*

Pineapple Pie.

Peel and grate a pineapple or use the canned sliced pineapple. Add one cup sweet cream or milk, one cup sugar, and one-half cup butter beaten together; next the beaten yolks of five eggs, and lastly the beaten whites. Fill two pie plates with pastry. No upper crust.

— *F. M. B., Windsor.*

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Royal Strawberry Short Cake.

Two cups flour, one-half teaspoon salt, two tablespoons sugar, four teaspoons Royal baking powder, three tablespoons shortening, one egg, one-half cup milk. Sift dry ingredients, cut in shortening, add beaten egg to milk and add to dry ingredients to make soft dough. Divide dough, smooth one-half out lightly. Put into greased deep layer tin, spread with butter, cover with other half of dough which has also been smoothed out to fit pan. Bake in hot oven twenty to twenty-five minutes. Split while hot and spread crushed and sweetened berries and whipped cream between layers; cover top with whipped cream and whole berries. Dust with powdered sugar and serve.

— N. R. C. B.

Sponge Pudding.

One pint of milk, one-half cup flour, one-half cup sugar, one-quarter cup butter, four eggs. Scald the milk and add flour, butter and sugar. Beat the yolks and whites of eggs separately, add yolks and then whites. The eggs must be thoroughly beaten, everything depends on this. Bake thirty five or forty minutes in a moderate oven and serve immediately.

Pudding Sauce.

The whites of two eggs beaten stiff, one cup of powdered sugar, flavoring.

— M. B. Gray, Yarmouth.

Carrot Pudding.

One cup grated carrots, one cup grated potatoes, one cup chopped suet, one cup raisins, one cup currants, one teaspoon soda, one cup brown sugar, two cups flour, salt, steam three hours.

— M. R., Yarmouth.

Cup Pudding.

One cup sugar, three-quarters cup milk, two tablespoons butter, two eggs, one teaspoonful cream of tartar, one-half teaspoonful soda, a little salt. Flour enough to make a batter. Steam twenty minutes in cups with preserves in bottom. Serve with or without cream.

— Mary G. Gilman, Tusket, Yarmouth Co.

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Lemon Pudding.

Two eggs, one and one-half pints milk, one cup bread crumbs, one-half cup sugar, grated rind of two lemons and piece of butter size of walnut. Mix bread, sugar and lemon rind together and pour over scalding milk, add butter and beaten eggs (yolks) and bake in oven. When cold spread over beaten whites to which has been added one cupful of sugar and the juice of the lemons. Return to oven to brown.

—*D. M. F., Yarmouth*

Jack's Delight (Pudding).

Two cups bread crumbs, one-half cup chopped suet, one-half cup molasses, one beaten egg, one teaspoon soda, one-half cup milk, one teaspoon cinnamon, one-half teaspoon cloves, pinch salt. Steam for two hours and serve with lemon or hard sauce.

—*Mrs. H. O. C. Baker.*

Shannon Plum Pudding.

One heaping cup bread crumbs, one small cup suet chopped fine, one small cup currants, one small cup raisins, one small cup brown sugar, four eggs, one-half teaspoon salt, one-half teaspoon soda, one-half teaspoon each mace, nutmeg, cinnamon. Steam five hours.

—*B. Mc Nab.*

Lemon Filling for Pies.

Four level tablespoons corn starch, two tablespoons cold water, one cup boiling water, one cup sugar, two egg yolks, juice of one and one-half lemons, one teaspoon butter. Mix corn starch with cold water, pare the rind of lemons thinly and steep ten minutes in boiling water. Separate whites and yolks of eggs, squeeze lemons, pour boiling water over corn starch mixture. Cook a minute or two until clear and thick, add sugar, stir a minute, add egg yolks, cook a minute, and then add lemon and butter. Take off at once.—*Mrs. R. S. Boyd.*

Rhubarb Pie.

One cup chopped rhubarb, one cup sugar, one egg, one teaspoon lemon. Bake in two crusts. —*Antigonish. N. S.*

Lemon Pie.

Make pastry as for any pie. Filling: One cup sugar, two cups boiling water, two lemons, two eggs, one heaping tablespoon of corn starch, small pinch of butter. Add more corn starch if necessary. Put sugar, lemon juice and rind into boiling water and boil, add corn starch and egg yolks. Cool before putting in shell. Beat whites stiff, add half cup sugar, brown in oven.

—*Mrs. C. M. H., Antigonish.*

Send for the KNOX GELATINE Recipe Book.

Grape Nut Pudding.

One package raspberry jello, one pint boiling water, one cup grape nuts, one-half cup raisins, one-half cup walnuts cut. Tablespoon sugar, salt, let jello cool and add other ingredients.

— *F. L. T., Antigonish.*

Baked Apple Dumplings.

Two cups flour, one-third cup butter, three-quarters cup milk, one-half teaspoon salt, two teaspoons baking powder, seven apples, nutmeg. Pare, quarter and core apples, sift flour and baking powder twice, mix in butter, add milk to make a stiff paste. Roll out one-quarter inch thick, cut in rounds. Put two pieces of apple in each an grate nutmeg in paste and apples, roll up and bake in following syrup: Two cups water, one-half cup sugar, one-half teaspoon butter. Put together in a baking tin, let come to boil, drop in dumplings and apples that are left over. Bake in hot oven one-half hour. Serve warm with sugar and cream.— *B. Mc Nab.*

Mocha Pie.

Two eggs well beaten, one cup granulated sugar, two teaspoons baking powder into one cup flour, heat one-half cup milk, one-quarter print butter and add to other ingredients. Filling: One-half pound pulverized sugar, one-half pound butter, one teaspoon cocoa, one teaspoon Pure Gold vanilla, two tablespoons strong hot coffee..

— *Mrs. Geo. W. Young.*

Chocolate Sauce.

Two squares of chocolate, butter size of an egg. Melt these together in double boiler. Then add one cup sugar (white) and one cup of boiling water. Boil together fourteen minutes, add Pure Gold vanilla when removing from stove.

— *Mrs. J. K. Edwards.*

Cheese Straws.

One cup cheese, one cup flour, one-half cup butter, one teaspoonful baking powder, yolk of one egg, little salt, add a little water. Roll thin cut in strips and bake a light brown.

— *Mrs. H. M. VanBuskirk.*

Barley Water.

Two tablespoons barley, four cups water. Put barley over the fire in cold water, let come to a boil and cook five minutes, then drain off the water and rince the barley in cold water. Return it to the fire, add one quart of water. Bring it to a boil and simmer until reduced one-half. It may be sweetened and flavored if desired.

Send for the KNOX GELATINE Recipe Book.

Pineapple Cream.

Soak one package Knox's gelatine in a cup of cold water for two minutes. Stir in two cups boiling water, one cup sugar, and a pinch of salt. Set away until it begins to stiffen, then add one can of shredded pineapple and one pint whipped cream.

— *Mrs. J. A. MacGlashen.*

Prune Souffle.

Three-quarters pound prunes soaked over night and stewed till tender, one cup sugar, four eggs, salt. Remove stones from prunes and mash to a paste, using one-half the sugar. Separate eggs, whip whites to stiff froth, adding the pinch of salt, and remainder of sugar. Now blend the mixtures and turn into pudding pan. Bake in moderate oven twenty minutes or so. When souffle is nicely set and well browned, sprinkle top with chopped almonds. Serve with thin custard made of yolks of four eggs, two cups milk, two dessert spoons sugar, and almond and vanilla flavoring.

— *D. G. K.*

Angel Charlotte Russe.

One and one-half tablespoons Knox gelatine, one-quarter cup cold water, one cup sugar, one-quarter cup boiling water, one pint heavy cream, one-half dozen rolled stale macaroons, one dozen marshmallows cut in small pieces, two tablespoons chopped candied cherries, one-quarter pound blanched and chopped almonds and any other candied fruit available. Flavor with vanilla or Pure Gold marischino. Soak gelatine in cold water, dissolve in boiling water, add sugar. When mixture is cold, add cream beaten stiff, almonds, macaroons, marshmallows, cherries (other fruit and flavoring). Turn into mold lined with fingers of sponge cake. Serve with whipped cream.

— *Mrs. B., Antigonish.*

Marmalade Pudding.

The weight of two eggs in butter, and sugar and three in flour, three eggs, one teaspoon soda dissolved in a wine glass of water, two heaping tablespoons marmalade. Steam two and one-half hours. Put marmalade in the sauce.

— *Miss Isabel Graham, New Glasgow.*



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For Sauce.

Grate one lemon, and squeeze the juice, add to this one cup boiling water and piece of butter the size of an egg, and when it comes to the boiling point, thicken with two teaspoonfuls of corn starch dissolved in a little water.

—*Emilie F. Raymond, Yarmouth.*

Mince Meat.

Four and one-half pounds lean beef, one pound suet, one peck apples, four and one-half pounds raisins, two pounds currants, one pound citron (chopped fine) two and one-half pounds brown sugar, one and one-half pints molasses. Boil beef until tender, chop fine and season with salt and pepper. Chop apples and season with all kinds of spice. Put a layer of each in crock and cover with liquor in which meat was boiled. After using from crock each time spread about two tablespoons of molasses over remainder. If crock is kept in cool place this will keep all winter.

—*E. B. Stewart, New Glasgow.*

Nut Frappe.

One-half envelope Knox Sparkling gelatine, one-quarter cup cold water, one-half cup sugar, one cup cooked pineapple and strawberries, one cup cream, three-quarters cup milk, white of one egg, one cup chopped nuts. Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice cold in sherbet glasses.

—*C. B. K.*

Coffee Spanish Cream.

One and one-half cups boiled coffee, one-half cup milk, two-thirds cup sugar, one and one-half tablespoons gelatine, three eggs, one-quarter teaspoon salt, one-half teaspoon Pure Gold vanilla. Mix coffee, milk, one-third cup of sugar with gelatine and heat in double boiler. Beat egg yolks with rest of sugar and salt. Add this to first mixture and cook until thick. Remove from stove, add beaten whites of eggs and vanilla. Turn into mould. Serve with cream.

—*Mrs. E. B. Christie.*

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Corn Starch a-la Tasse.

Stir into one pint of boiling milk, two and one-half table-spoonfuls corn starch, after being dissolved in a little milk, and stir constantly three minutes. Have ready two well beaten eggs, stir in and remove from the stove. Turn the mixture in small cups.

Mince Meat.

Four pounds chopped beef suet, four pounds chopped beef (cooked), four pounds currants, four pounds raisins, six pounds brown sugar, twelve pounds chopped apples, two ounces salt, one ounce nutmeg, one ounce cinnamon, one ounce allspice, one ounce cloves, two pounds chopped veal, one pint grape juice.

— *Mrs. Wm. Mc Kinnon.*

Heart's Delight.

Into a saucepan put two cups water, rind and juice of one lemon, three-quarters cup sugar, butter size of a walnut, yolk of an egg beaten lightly. Then add two tablespoons corn starch, mixed with a little cold water. When thoroughly cooked stir in the white of the egg well beaten and turn into a mould. When cold place in dish and around it put oranges and bananas sliced, then sprinkle whole with walnuts.

— *M. B. B.*

Corn Starch or Tapioca Souffle.

Four eggs, one cup sugar, one small teaspoon salt, one quart milk, four tablespoons cornstarch. Mix corn starch one-half the sugar, salt and yolks of eggs with enough milk to blend and stir into milk which has been scalded. Stir while thickening and cook thoroughly. Flavor with Pure Gold lemon. Beat whites of eggs stiff, add remainder of sugar and orange or vanilla and fold into first mixture. Set baking dish inside dish of hot water and bake in a slow oven twenty minutes. When tapioca is used it should be added to milk before the milk is heated. Serve with cream.

— *Mrs. Thomas A. Williams, Yarmouth, N. S.*

Mince Meat.

Two pounds meat, one pound suet, two quarts cider, five pounds apples, three pounds brown sugar, one cup molasses.

Put meat, suet and apples through meat chopper, add sugar and molasses and boil for a few minutes. Then add meat and two tablespoons nutmeg, two tablespoons cassia, one tablespoon cloves, three pounds raisins, one pound currants, one-quarter pound citron cut fine, and salt to taste. Boil all well together.

— *F. C. Murray.*

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CAKE.

Date Bar.

One cup sugar, three eggs, one cup walnuts three-quarters pound dates, four teaspoons cream, one teaspoon baking powder, pinch salt, one cup flour. Cream sugar and yolks, add cream, flour, nuts, dates, lastly stiffly beaten whites of eggs. Bake in moderate oven, cool cut in squares and frost with orange frosting.

— Mrs. C. F. Rand.

Old Fashioned Sponge Cake.

Two cups sifted white sugar, two cups flour measured before sifting, ten eggs, two teaspoons baking powder. Beat yolks and one cup sugar then whites and another cup of sugar. Mix gently together, add flour, baking powder and lemon flavoring. Bake in a moderate oven about forty-five minutes.

— A. W. Reynolds, Antigonish.

Citron Cake.

One-half pound butter, one and a half pounds brown sugar, two pounds flour, one pint scalded milk (cooled) one teaspoon soda, one and a half pounds raisins (seeded) one-half pound sliced citron, spice to taste (mixed spice, cloves, cinnamon).

— Miss Anderson.

Ribbon Cake.

Two thirds cup butter, two cups sugar, three eggs, one cup sweet milk, three cups flour, one-half teaspoon soda, one teaspoon cream tartar. Bake one-half of this in two pans, and to the remainder add one tablespoon molasses, one cup raisins, one teaspoon cinnamon or cloves, put together with icing.

— Mrs. Knickle.

Drop Doughnuts.

One cup milk, one cup brown sugar, three cups flour, two eggs, one-third nutmeg, one teaspoon soda, two teaspoons cream tartar. Drop from small spoon into hot lard. Use a small granite pan to cook them in.— Mrs. McKilrick.

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Chocolate Hearts.

Melt by standing over hot water three ounces of unsweetened chocolate, add one pound of sifted powdered sugar and mix thoroughly. Mix into a stiff yet pliable paste with the unbeaten whites of three eggs, adding Pure Gold vanilla to flavor. If paste seems too soft, add more sugar. Break off into small pieces and roll out about one quarter inch thick, sprinkle board with granulated sugar instead of flour, cut in heart shapes and in oiled pans. Bake in moderate oven.

— *A. W. Reynolds, Antigonish.*

Cream Pudding.

Soak one-half box of Knox gelatine in one cupful cold water for an hour. Place one cupful milk on the stove, and when boiling, add one-half cupful sugar, and then the gelatine. Stir until the latter is dissolved, then remove from the fire and strain, set aside to cool. Whip one pint of cream until stiff, turn in the gelatine, add one-half teaspoonful Pure Gold vanilla, mix quickly, set away in a cold place to harden.

— *Mrs. Adams.*

Date Tarts.

Whites of four eggs, one cup of fruit sugar, one-half pound shelled almonds, one-half pound of dates, one-half teaspoon vanilla. Blanch almonds and stone dates, put them through meat chopper together. Beat whites of eggs stiff, add one-half sugar gradually, flavor, then fold in lightly almonds and dates, mixed with remaining sugar. Turn into a shallow buttered pan and bake in a slow oven one hour and cut in bars while hot, then remove from pan.

Chocolate Cake.

One and a half cups sugar, one-half cup butter, four eggs, one-half cup milk, two cups flour, one-quarter pound of chocolate, dissolve chocolate, one-half-teaspoon soda, one teaspoon cream tartar, Pure Gold vanilla.— *Mrs. Martins, Lunenburg.*

White Fruit Cake.

Eight eggs, one pound sugar, one pound flour, three-quarters of a pound of butter, two wine glasses of brandy, one and one-half pounds raisins (stoned) one-half citron, cut and soak in brandy over night, one nutmeg grated in the flour. Cream butter and sugar with hand, add yolks and beat together until very light, add brandy strained off the citron. Then fruit and flour, a little at a time, add whites at the last. Bake two and one-half to three hours. This makes two good sized loaves.

— *J. Brittain.*

Where recipes call for Gelatine use KNOX GELATINE.

Raised Doughnuts.

One pint of yeast to make a sponge at noon, at night melt one pound and a quarter of sugar, three-quarters of a pound of butter, with two cups of milk or water, one nutmeg, two or three eggs, mix all together, and let rise until morning, then roll out and cut into diamonds and fry in deep lard.

— *Mrs. Oxner, Lunenburg.*

Lightning Cake.

One cup flour, one cup sugar, one teaspoon baking powder. Melt one-quarter cup of butter and add two eggs to it and fill the cup with milk, pour all in dry ingredients, mix up flour and put in cake pan and bake twenty minutes very good for filled cake or frosting.

— *Mrs. H. S. Creighton.*

Fruit Bars.

One cup chopped dates, one cup chopped walnuts, one cup shredded cocoanut, three-quarters cup granulated sugar, two eggs (whites) one teaspoon Pure Gold vanilla, one teaspoon almond. Beat egg whites until stiff, add sugar, then fruit and other ingredients. Knead slightly. Place in greased pan and bake in moderate oven fifteen minutes. While warm cut in bars and roll in granulated sugar. Very good.

— *M. MacFarlane, Summerside, P. E. I.*

Cocoanut Kisses.

The well beaten whites of two eggs, one cup white sugar beaten with whites till very stiff, add two cups corn flakes and one cup Schepp's cocoanut. Drop by teaspoonfuls on buttered pan and bake. The oven must not be too hot at first as they must rise before browning.

— *Marjorie Creighton.*

Cocoanut Puffs.

Whites of three eggs, one cup white sugar, one teaspoon Pure Gold vanilla, one heaping tablespoon corn starch, two cups dessicated cocoanut. Beat whites stiff, add sugar. Beat over steam until crust forms on bottom of dish, add other ingredients and drop on buttered tins. Bake quickly a light brown.

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Frosting.

One and one-half cups white sugar, one-third cup boiling water. Boil until it threads. Pour in beaten whites of egg. While still warm add one cup of raisins, cut in pieces. Flavor with Pure Gold vanilla.

Angel Food.

One-half box of Knox gelatine, one-half cup sugar, two and one-half cups of milk, two eggs, pinch of salt, Pure Gold vanilla flavoring. Soak the gelatine in the milk one hour, then take the sugar and the yolks of the eggs well beaten together and mix with the milk, then put into a double boiler and stir constantly until it is the consistency of cream. Take off the stove and stir in the whites of the eggs well beaten. Put into a mould and set aside to cool. This should be made the day before required. — *Mrs. George Foot, Dartmouth.*

Pan Cake.

One cup flour, one teaspoon baking powder, one egg, one cup milk. A pancake should not be very thick, but perhaps it may require a little more flour. Fry in butter in a hot frying pan. — *Mrs. L. Silliphant, Summerside, P. E. I.*

Scotch Cakes.

One half pound butter and lard, lard about size of an egg, one quarter pound soft brown sugar, fourteen ounces flour, one teaspoon Pure Gold vanilla. Cream butter and sugar until about consistency of whipped cream, add vanilla, flour mix well, turn on floured board, roll about one quarter inch thick, cut in small squares and bake in moderate oven twenty or twenty five minutes. — *Mrs. J. T. Hallisey.*

Crumbly Ginger Cakes.

One pound flour, one-half pound butter, one-half pound brown sugar, three teaspoons ground ginger, one teaspoon soda, one teaspoon vanilla. Put all together in bowl and mix with fingers until lumps are all out of sugar. Spread in pan but do not press down; bake in fairly quick oven twenty or thirty minutes. Cut in fingers while warm.

— *Mrs. H. W. Crowe.*

Brownies.

One-half cup butter, one cup sugar, two eggs, two squares melted chocolate, three quarters cup flour, Pure Gold vanilla, one eighth teaspoon cinnamon. Cream butter and sugar, add well beaten eggs, and chocolate, which has been melted over hot water, flour, vanilla and cinnamon. Bake in a moderate oven about twenty minutes; cut in strips when nearly cool.

— *Mrs. J. Adams Bruce.*

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Honey Cake.

One-half cup butter, one-half cup brown sugar, one-half cup molasses, one-half cup milk, one teaspoon cinnamon, two cups flour, two teaspoons baking powder, one whole egg, one yolk, salt.

— *Mrs. Whitney, Summerside, P.E.I.*

Brown Betties.

One cup sugar, brown, two thirds cup butter, one half pound shelled walnuts chopped, one pound dates, two eggs and one and one half cups flour, one teaspoon cinnamon, one teaspoon soda, Cream butter and sugar, add eggs beaten, flour mixed with cinnamon and one-half teaspoon salt. Add soda dissolved in one-quarter cup hot water, dates and nuts. Drop from teaspoon in buttered pan and bake until brown.

— *Miss M. K. Archibald.*

Cocoanut Macaroons.

Whites of three eggs, one cup granulated sugar, one tablespoon corn starch, one teaspoon vanilla Pure Gold, one-half pound cocoanut. Put sugar, corn starch (dry) vanilla and eggs in double boiler and cook fifteen minutes; take off and put cocoanut in. Drop in well buttered hot pans.

— *Mrs. H. O. MacLachy.*

Brownies.

One-half cup butter, one small cup sugar, one and one-half squares Baker chocolate, one half-cup flour, two eggs, one-quarter teaspoon baking powder, nuts and Pure Gold vanilla. Melt butter and chocolate. Let get cool, add sugar, etc. Bake in a sheet and cut in fingers when cool.

— *Mrs. C. M. Henry.*

Sultana Cake.

One and one-half cups butter, one and one-half cups sugar, add six eggs, two at a time, beating five minutes between each addition, three cups flour, one teaspoon baking powder, one-half cup thick cream, four cups sultana raisins. Put raisins in ice cold water, bring to a boil and add after butter, sugar and eggs. Mix and bake an hour and one-half.

— *Miss M. Schurman.*

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Sultana Cake.

One cup sugar and three eggs beaten together, add to one cup creamed butter and beat well, add one-half pound flour, one-quarter teaspoon baking powder, one-half pound sultana raisins and three tablespoons milk. Put raisins in pan of cold water and bring to a boil, drain and dry before using.

— *Mrs. J. Adams Bruce.*

Scotch Cakes.

One cup butter, one cup powdered sugar (cream), two eggs (yolks) one pound flour, Roll out and cut in squares, bake in moderate oven.

— *V. M. Isaac.*

Molasses Cake.

One cup butter, one cup brown sugar, four eggs, one cup milk, one cup molasses, one pound raisins, one cup nuts, three cups flour, one teaspoon soda, one and one-half teaspoons cream tartar. Juice and rind of half a lemon and a little spice. Bake three hours in a moderate oven.

— *F. H. Hunt, Summerside, P. E. I.*

California Tea Cake.

Three cups flour, one and one-quarter cups milk, one tablespoon sugar, two tablespoons butter, two teaspoons baking powder, two eggs. Cream the butter, add sugar, milk and eggs well beaten, then add the flour sifted with the baking powder. Bake in a buttered cake pan for about half an hour in a hot oven. Serve at once while hot, cut in squares.

— *Mrs. Clifford Annand.*

Date Cakes.

Two cups oatmeal, three and one-half cups Regal flour, one cup shortening, two teaspoons cream taratar, one teaspoon soda, one quarter cup milk, one cup brown sugar, pinch of salt.

Roll like cookies. Make a filling of one pound dates chopped, one cup brown sugar, one cup hot water. Boil till soft, let cool then spread in half the cookie mixture. Place the last half of cookie mixture on top and with a sharp cutter, cut, bake.

Mocha Frosting.

One-third cup butter, one and one-half cups frosting sugar. Cream butter, add sugar gradually, till well mixed, blend one tablespoonful Baker's cocoa and one teaspoon Barrington Hall coffee with a little hot water and add to sugar and butter until right consistency to frost and then add chopped peanuts, about one-half cupful.

KNOX GELATINE solves the problem of "What to have for dessert."**Date Cookies.**

One pound stoned and chopped dates, one cup sugar, two-thirds cup butter, one and one-half cups flour, two eggs, one-quarter pound walnuts, one teaspoon cinnamon, one teaspoon cloves, one teaspoon soda, one-half cup chopped citron, four tablespoons hot water. Cream butter and sugar, add eggs well beaten and soda dissolved in hot water. Sift flour and spices then add walnuts, dates and citron. Drop by spoonfuls on buttered tins. Bake fifteen minutes in moderate oven.

— *Mrs. R. S. Boyd.*

Caramel Cookies.

Cream one cup butter, one cup brown sugar, add one cup sour cream, two teaspoons baking powder, Pure Gold vanilla and enough flour to roll. Put cookies together with following frosting: Two cups icing sugar, one-quarter cup melted butter, one dessert spoon vanilla, enough cream or milk to spread.

— *Mrs. W. K. MacGougan, Summerside.*

Crumb Cake.

Two cups flour, two teaspoons baking powder, one and one-half cups sugar, three-quarters cups butter, two eggs, three-quarters cup sweet milk, Pure Gold flavoring. Sift flour and baking powder, add sugar and butter, mix and rub to a mixture that looks like crumbs. Take three-quarters cup of these crumbs and set aside. Add to remainder in basin, the well beaten eggs, milk and flavoring. Beat smooth and put in pan. Sprinkle the remaining crumbs on top.

— *Mrs. J. R. Kenny, Summerside. P. E. I.*

Doughnuts.

One and one-half cups sugar, two eggs. Melt one tablespoonful lard, one and one-half cups milk, four teaspoons baking powder, flour enough to roll. — *Edith E. Carter*

Cocoa Cake.

One cup white sugar, one-half cup butter (or less) three eggs, two cups flour, two teaspoons baking powder, one cup milk, three teaspoons cocoa. Cream sugar and butter, add beaten eggs, flour, baking powder, milk and cocoa.

Boiled Frosting.

One cup white sugar, pinch cream tartar, one-quarter cup water. Mix sugar, cream tartar and water. Boil until it threads, beat white of an egg stiff, stir syrup in slowly and beat until thick then spread on cake.

— *Mrs. J. P. Cotter, Sydney, C. B.*

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White Cake.

One cup butter, one and three-quarters cup of sugar, two cups flour, one cup corn starch, one cup milk, one teaspoon cream tartar, one-half teaspoon soda, whites of five eggs, one teaspoon Pure Gold lemon.

— *B. McLennan.*

Molasses Cake or Light Fruit Cake.

One cup butter, two cups brown sugar, one-half cup molasses, six eggs, three-quarters cup milk, one teaspoon baking soda, two teaspoons cream tartar, fruits, nuts, spices flour, to thicken it to the consistency of fruit cake.

— *Mrs. L. A. Moore, Summerside, P. E. I.*

Brownies.

One-half cup butter, one cup sugar, three-quarters cup flour, one-half cup walnuts, two eggs, two tablespoons water, two square chocolate, one-half teaspoon baking powder. Cream butter, add sugar, eggs well beaten, water, flour, baking powder, walnuts and last melted chocolate.

— *Mrs. LeRoy Holeman, Summerside, P.E.I.*

Sponge Cake.

Eggs to weigh 12 ounces in the shell. One half pound of sugar, six ounces of sifted flour. Beat the eggs and sugar together for twenty-five minutes, fold in the flour, flavor with Pure Gold lemon and vanilla. Bake in slow oven one-half hour.

— *Miss Mawley.*

Chocolate Jelly Roll.

Three eggs, one cup sugar, three teaspoons cocoa (heaping or two squares chocolate), three-quarters cup flour, two teaspoons baking powder.

Filling.

One cup butter, one cup pulverized sugar, one teaspoon Pure Gold vanilla. Bake in hot oven, remove when done and lay on damp cloth. Spread filling and roll. Let remain in cloth about twenty minutes. Remove to wax paper until ready to cut. Bake in two pans about seven by eleven. This makes two ordinary size jelly rolls.

— *Ethel M. Crosby, Yarmouth.*

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Brownies.

One cup sugar, one-quarter cup melted butter, one egg, one-half cup flour, two squares chocolate, three-quarters teaspoon Pure Gold vanilla, one-half cup walnuts (chopped). Bake in slow oven for fifteen minutes, cut in finger lengths while in pan after cooking. Smooth the mixture with knife wet with cold water before baking.— *Mrs. J. H. Stewart.*

Oatmeal Drop Cakes.

Two eggs, one cup sugar, two cups rolled oats, two table spoons butter, two teaspoons baking powder, one-half teaspoon salt, one and one-half teaspoon Pure Gold flavoring. Mix soft ingredients with beaten eggs and if not soft enough, add milk.— *Mrs. J. C. C., Antigonish.*

Brownies.

One small cup sugar, one-quarter cup butter, one egg unbeaten, two squares of Baker's chocolate (melted) three-quarters teaspoon Pure Gold vanilla, one cup flour (sifted) one-half cup walnuts. Cream butter, add sugar, then egg, chocolate, vanilla, flour and walnuts. Bake in flat pan.

Drop Cakes.

One cup brown sugar, one-half cup butter, one cup chopped raisins, one half-cup flour, one-half teaspoon all kinds spices one egg, one-half teaspoon soda, two tablespoons sour milk.— *Mrs. J. H. Stewart.*

Oat Cakes.

Two and one-half cups oatmeal, one cup flour, three table spoons butter, one-quarter teaspoon soda, little salt. Melt butter, then put soda in a little milk and put into the butter and mix it together. Roll and cut. Have oven pretty hot.— *Mrs. J. H. Stewart.*

Oatmeal Cookies.

Two cups oatmeal, two cups flour, one cup butter or butter and lard, one cup brown sugar, three-quarters teaspoon soda in enough milk to make a soft dough.— *Mrs. J. C. C., Antigonish.*

Date Oatmeal Cookies.

Three cups rolled oats, two cups flour, one level teaspoon soda dissolved in a little hot water, one cup brown sugar, one teaspoon salt, one large cup beef drippings (melted) enough milk to mix. Pure Gold lemon flavor.

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Filling.

Cut up three-quarters pound dates and boil in one-half cup sugar, one cup water. Put two cookies together with a teaspoonful date mixture between.

Cornflake Drop Cakes.

One-half cup butter, one cup sugar, one egg, two teaspoons baking powder, one and one-half cups flour, two cups cornflakes. Drop on buttered paper, Bake in quick oven.

— *B. W. Huxtable.*

Sugar Cookies.

One pound brown sugar (two cups) one and one-half pounds flour, (six cups) three-quarters pound butter, three eggs, one teaspoon soda, two teaspoons cream tartar, ginger to taste. Mix dry ingredients, rub in butter, add eggs well beaten. Bake in moderate oven.

— *Mrs. Edw. H., Antigonish.*

Nut Drop Cakes.

One cup brown sugar, one-half cup butter, one cup chopped raisins, one cup walnuts, one and one-half cups flour, two eggs, one-half teaspoon soda, flavor with cassia, nutmeg and cloves

Scotch Drop Cakes.

Two eggs, one cup brown sugar, one-half cup butter, one cup white flour, two cups rolled oats, two teaspoons baking powder, drop with teaspoon on buttered tin and bake in a moderate oven.

— *Mrs. C. M. H., Antigonish.*

Bangor Brownies (Chocolate Bars)

Three-quarters cup sugar, one-half cup butter creamed together; two eggs well beaten, two squares melted chocolate one-half cup flour, with some salt sifted in it, one-half cup shelled walnuts, one teaspoon vanilla. Pour in a thin sheet in a buttered pan and cut in squares before cold. (No soda, cream of tartar or baking powder used in this.)

Sour Milk Doughnuts.

One and one-half cups sugar, three eggs, one-eighth pound melted butter, one cup sour milk, two teaspoons soda, mixed in sour milk, Pure Gold flavoring, salt. Flour enough to stir quite stiff, two teaspoons cream tartar sifted in flour. Let set over night and next morning if not enough flour to handle add a little more. Fry in deep fat.

— *M. R., Yarmouth.*

Macaroons.

One pound coconut, one can condensed milk, pinch of salt, Bake until a light brown. This makes about six dozen. That's all.

— *E. Renner.*

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Doughnuts (excellent).

Little over one-half sieve flour, four large teaspoons Royal baking powder, one teaspoon salt, one-half teaspoon ginger, add one cup sugar, sieve all dry ingredients together several times, beat two eggs light then add one cup milk and eight teaspoons melted shortening. Pour into flour and cut and roll. Have the lard boiling.

Macaroons.

Beat the whites of two eggs to a froth. Stir in one cup of sugar, add one tablespoon corn starch. Set the bowl in boiling water until the mixture begins to crust from the edge of the bowl. Add two cups cornflakes, one cup of shredded cocoanut and a teaspoonful of Pure Gold vanilla or lemon flavoring. Drop on buttered tins and bake in a moderate oven fifteen to twenty minutes.

— *Mrs. J. C. C., Antigonish*

Brownies.

One cup butter, one and one-half cups brown sugar, two cups flour (scant) one cup raisins, one teaspoon soda (dissolved in two of hot water) one teaspoon cinnamon, one cup rolled oats. Drop on pan and bake in a moderate oven. Make them small as they spread.— *Mrs. Willard L. Turner.*

Scotch Cakes.

Two cups butter, one cup brown sugar. Cream butter, add sugar and enough flour to make stiff, so as can be cut with a knife without sticking. Roll to one-half inch thickness and cut in squares. Bake in a moderate oven.

— *Mrs. Willard L. Turner.*

Cocoa Cake.

One cup sugar, one-half square butter, one cup milk (sour) one teaspoon soda, one egg, one and three-quarters cup flour, three tablespoons cocoa (or more) Pure Gold vanilla.

— *Mrs. S. Horton, Yarmouth.*

Frosting for Cocoa Cake.

One and one-half cups pulverized sugar, six tablespoons cocoa, whites two eggs, not beaten.

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Chocolate Cake.

Two tablespoonful butter, two cups flour sifted twice, one-half cup chocolate, one-half cup tea, three-quarters cup milk, two cups brown sugar, one egg, one small teaspoonful soda. Melt chocolate in tea, cream butter and sugar, add egg well beaten, add chocolate and flour with soda beat mixture. Bake in moderate oven. Good, try it.

— *Mrs. J. McConnell, Sydney.*

Recipe for Chocolate Cake.

One cup sugar, butter size of an egg, two squares of chocolate. The yolk of one egg, one cup of sour milk or butter milk, Pure Gold vanilla flavoring, one and three-quarters cup flour. Use white of egg for frosting.— *Mrs. J. R. Comeau, Yarmouth.*

Chocolate Cake.

Yolk of one egg, one-half cup sweet milk, three tablespoons cocoa. Cook in double boiler till smooth and quite thick. When cool add butter size of an egg, one cup sugar, one-half cup sweet milk, one teaspoon soda dissolved in tablespoons milk, one and one-half cups flour, Pure Gold vanilla. Bake in square tin, moderate oven.

Sponge Cake — Round Birthday Cake.

One cup sugar, one cup flour, four eggs. Beat whites with half of sugar and yolks with half of sugar. Mix together, fold in flour. Rind and half of lemon juice

Delicious Date Cookies.

One cup sugar (granulated) two eggs (well beaten) one cup flour, one teaspoonful baking powder, one cup walnuts (cut fine), one package dates, one-half teaspoonful salt. Mix together, then add one-half cup cold water, to the consistency of sponge cake. Bake in a shallow pan, cut in strips, roll in sugar.

— *Miss A. Renner.*

Half-Pound Cake.

One cup butter, one cup sugar, one and one-half cups flour, four eggs, Pure Gold almond flavoring. Bake for one hour in slow oven.

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DESSERTS can be made in a short time with KNOX GELATINE.

Drop Sponge Cakes.

One-half cup brown sugar, one-half cup melted butter and lard (mixed), one-half cup molasses, one-half teaspoonful ginger, one teaspoonful cinnamon, one teaspoonful soda, in one-half cup milk, three-quarters cup raisins, one and three-quarters cup flour. Drop in teaspoonfuls and bake in a quick oven.

— *Miss A. Renner.*

Frosting.

One cup brown sugar, one-quarter cup water, cook till it threads, let cool slightly. Beat into the beaten white of egg, beat vigorously with egg beater, Pure Gold vanilla. Be sure the sugar is well cooked.

— *Mrs. F. C. Gilliatt.*

— *Mrs. Stanly Horton, Yarmouth.*

Devil's Food Cake.

Melt one-half cake chocolate over hot water, add one-half cup sweet milk gradually and one-half cup sugar, then yolk of one egg. Cook until mixture thickens; cool. Cream one-half cup butter and one cup sugar, add two eggs well beaten, one-half cup sour milk, two cups flour, one teaspoon soda. Combine mixtures, and add one teaspoon Pure Gold vanilla. Bake in layers and put between the following filling made of boiled frosting to which has been added one cup raisins or filling of one cup sugar, one-half cup milk, boil quite thick; two squares bakers chocolate, melted with piece of butter, beat creamy, add chopped walnuts.— *Mrs. S. C. Hood, Jr., Yarmouth.*

Nut Cake.

One cup granulated sugar, two eggs, two cups flour, two teaspoons almond flavoring Pure Gold, one cup seeded raisins, one-half cup butter, one cup sour cream, one teaspoon soda, three-quarters cup chopped walnuts. Cream thoroughly, butter and sugar, add well beaten eggs, sour cream, flavoring, flour and soda sifted together. Lastly add walnuts and raisins.

— *Mrs. Edw. H., Antigonish.*

Ginger Bread.

One-half cup butter (filled with boiling water) three-quarters cup molasses (filled with sugar) one' tablespoon ginger, one teaspoon soda, one egg, one cup raisins or currants, two cups flour.

— *Mrs. Wm. Mc Kinnon.*

Frosting.

One cup sugar with whites of eggs beaten stiff. Brown in oven.

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Crumb Gingerbread.

One pound flour, one-half pound butter, one-half pound brown sugar (scant) one-half teaspoon soda in a very little water, one dessertspoon ginger. Rub well together, as for biscuits; press into a pan, bake in quick oven. When done, mark into squares and leave in pan to cool. When wanted for table, break, but do not cut it up. — *N. C., Windsor.*

Washington Cream Pie.

One cup sugar, butter size of an egg, two eggs, one cup milk, two scant cups of flour, one-half teaspoonful soda, one teaspoonful cream tartar, pinch of salt, a little nutmeg. Baking powder can be used instead of soda and cream of tartar. This receipt is sufficient for two pies. — *Mrs. George Foster.*

Spanish Bun (sheet).

Four eggs, whites of three for frosting, two and one-half cups flour, two cups brown sugar, three-quarters cup butter, one cup milk, one teaspoon soda, two teaspoons cream of tartar, one tablespoon each of cloves, nutmeg and cinnamon.

Royal Cream Loaf Cake.

One-half cup shortening, one cup sugar, two eggs, one teaspoon Pure Gold lemon extract or other flavoring, one-half cup rich milk or thin cream, one cup flour, one-half cup corn starch, three teaspoons Royal baking powder. Cream shortening well, add sugar slowly, add yolks of eggs which have been well beaten, add flavoring, add milk a very little at time, sift flour, corn starch and baking powder together and add, fold in beaten whites of eggs. Bake in greased loaf pan in moderate oven thirty-five to forty-five minutes, and cover with frosting.

Frosting.

One egg (white, unbeaten) one and one-half cups confectioner's sugar, one teaspoon Pure Gold vanilla extract, or other flavoring. Put egg white into shallow dish, add sugar gradually, beating with wire whip until of right consistency to spread, add vanilla and spread on top and sides of cake.

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Royal Chocolate Cake.

Three squares grated unsweetened chocolate, two tablespoons sugar, one and one-half tablespoons milk, four tablespoons butter or other shortening, one cup sugar, two eggs, two-thirds cup milk, one and one-third cups flour, two teaspoons Royal baking powder, one-eighth teaspoon salt. Cook slowly together until smooth chocolate, two tablespoons sugar and one and one-half tablespoons milk. Cream butter, add sugar and beat well. Add yolks of eggs and beat again. Stir in chocolate mixture and then add alternately the milk and flour with which have been sifted the baking powder and salt. Fold in carefully the stiffly beaten whites of eggs. Bake in greased loaf pan in moderate oven fifty to sixty minutes. If desired, cover with white or chocolate icing.

Chocolate and Icing.

Whites of two eggs, one and one-third cups confectioner's sugar, one and one-half tablespoons milk, one teaspoon Pure Gold vanilla extract, four ounces chocolate, one teaspoon butter. Beat whites until stiff, add sugar slowly, beating all the time, add milk, vanilla and chocolate which has been melted with butter; mix until smooth. Spread on cake.

— N. R. C. B.

Royal Coffee Cake.

Two cups flour, one-half teaspoon salt, three tablespoons sugar, four teaspoons Royal baking powder, two tablespoons shortening, two-thirds cup milk. Mix and sift dry ingredients, add melted shortening and enough milk to make very stiff batter. Spread one-half inch thick in greased pan, add top mixture. Bake about thirty minutes in moderate oven.

Old Fashioned Ginger Cakes.

One and three-quarters cups brown sugar and one egg creamed together, one cup shortening, one cup molasses, one-half cup water or milk, one tablespoon vinegar, one and one-half teaspoons soda, four teaspoons ground ginger, one-quarter teaspoons cloves, one teaspoon salt, one quart flour. Let stand over night, roll quite thick, cut in squares and bake in hot oven.

— S. M. F., Yarmouth.

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Top Mixture.

Two tablespoons flour, one tablespoon cinnamon, three tablespoons sugar, three tablespoons shortening. Mix dry ingredients, rub in shortening and spread thickly over top of dough before baking.

— *N. R. C. B.*

Brownies.

One-half cup butter, three-quarters cup sugar, one cup flour, two eggs, three tablespoons cold water, one and one-half teaspoon baking powder, four tablespoons grated chocolate, one-half cup chopped walnuts, little salt, Pure Gold vanilla to taste.

— *Mrs. W. N. Forbes.*

Rocks or Drop Cakes.

Five tablespoons butter, one-half cup sugar, one egg, one-half cup milk, two cups flour, four teaspoons baking powder, one teaspoon salt sifted together, one-half cup raisins and one-half cup currants or one cup raisins, flour them and add last of all. Cream butter and sugar, add beaten egg, then milk, flour and raisins. Drop in teaspoonfuls on buttered pan. Batter must be very stiff. More flour may be needed

Nut Drop Cakes.

One-half cup butter, one cup chopped raisins, one cup chopped walnuts, one-half teaspoon soda, one cup brown sugar, one and one-quarter cups flour, two eggs. Flavor with cassia, nutmeg and cloves. Cream the butter and sugar and stir in the well beaten eggs. Mix raisins, walnuts and spices with flour and add with soda dissolved in warm water. Beat thoroughly and drop from a teaspoon on baking pan.

— *Mrs. Leo Graham.*

Chocolate Cookies.

One cup sugar, one-half cup milk, one cup raisins, one-half cup melted butter, two cups flour, two eggs, three squares chocolate, one teaspoon soda, Pure Gold vanilla. Mix butter with sugar, add beaten yolks and melted chocolate, add soda and milk, and then raisins and flour, add beaten whites and vanilla and beat well. Drop from spoon on buttered baking sheets. Frost with fudge frosting. — *A. C. T. Law, Yarmouth.*

Cocoanut Jumbles.

One-half cup butter, one cup sugar, two eggs, one and one-quarter cups flour, two teaspoons baking powder, one teaspoon Pure Gold vanilla, salt, one cup cocoanut. Drop small spoons of batter in pan and bake in hot oven eight minutes.

— *Mrs. G. G. Thomson.*

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Royal Cookies.

Three-quarters cup shortening, two cups sugar, one-quarter cup milk, two eggs, one-quarter teaspoon grated nutmeg, one teaspoon Pure Gold vanilla extract or grated rind of one lemon, four cups flour, three teaspoons Royal baking powder. Cream shortening and sugar together, add milk to beaten eggs and beat again, add slowly to creamed shortening and sugar; add nutmeg and flavoring, add two cups flour sifted with baking powder, add enough more flour to make stiff dough. Roll out very thin on floured board, cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the centre of each. Bake about twelve minutes in hot oven.

— N. R. C. B.

Cocoanut Macaroons.

Whites of two eggs, beaten stiffly, add gradually one cup white sugar, two cups cornflakes, one cup cocoanut, little salt.

This makes a stiff mixture. Drop in teaspoonfuls in greased pan and bake fifteen minutes in oven not too hot.

— Mrs. J. L. Fraser, 47 1-2 Chestnut St., Halifax, N. S.

Oatmeal Macaroons.

One cup white sugar, one tablespoon butter, two eggs, two cups rolled oats, one-half teaspoon salt, two teaspoons baking powder. Grease pan well and drop in teaspoons, leaving room to spread. Bake fifteen minutes.

— Mrs. Willard L. Turner.

Scotch Cakes.

Two prints butter, one cup brown sugar, flour enough to make stiff. Cut into squares, and bake a light brown in a moderate oven.

— Mrs. VanBuskirk.

Fudge Cakes.

Cream together one-quarter pound butter and one cup sugar, add two eggs and two squares chocolate (melted) one cup flour, one cup nuts. Pure Gold vanilla. Bake in sheet pan and cut in squares.

— Grace D. Trefry, Yarmouth.

Fudge Cakes.

One-half cup butter, one cup sugar, two eggs, Pure Gold vanilla, three tablespoons cold water, two squares chocolate, three-quarters cup flour, one-half cup walnuts. Cream butter, add sugar gradually, then yolks of eggs beaten slightly, cold water, then sift in flour and add chocolate which has been melted; add nuts and vanilla and fold in whites of eggs beaten stiff. Put in buttered pan and bake in slow oven about twenty minutes. Remove from oven and cut in squares, turn out on a cake cooler. — Mary P. Williams, Yarmouth.

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Oatmeal Macaroons.

Two cups rolled oats, one tablespoon butter, three-quarters cup sugar, two eggs, whites and yolks beaten separately, two teaspoonfuls baking powder, one saltspoonful salt, one teaspoonful Pure Gold vanilla. Mix altogether and drop on small quantities on well buttered tins.—*D. M. F., Yarmouth.*

Lace Cakes.

Two cups rolled oats, one cup granulated sugar, two teaspoons melted butter, two teaspoons baking powder, one-half teaspoon Pure Gold vanilla, two eggs, pinch of salt. Mix well and drop by half teaspoonfuls on buttered tin. After removing from the oven place on cloth to dry, so they will be crisp.
—*Mary E. Webster, Yarmouth.*

Oatmeal Coconut Cakes.

One cup sugar, one-half cup butter, one cup oatmeal, one cup cocoanut, seven tablespoons sour milk, one teaspoon soda, two cups flour, one cup chopped dates. Drop with teaspoon on buttered pan.—*Mrs. William Kirk, Yarmouth.*

Lady Marion Tea Cakes.

(In small pat-a-pan moulds.)

One square butter, three-quarters cup sugar, yolks of four eggs, one whole egg, one-quarter cup milk, one cup flour, one-quarter teaspoon soda, three-quarters teaspoon cream of tartar, one-half teaspoon of lemon juice. Boiled frosting.
—*Mrs. Stanley Horton, Yarmouth, N. S.*

Doughnuts.

One quart flour, two teaspoons baking powder sifted in flour, two eggs, one cup sugar, one cup milk, butter the size of an egg, one nutmeg grated, half teaspoon salt. Warm the milk, sugar and butter, till the sugar is nearly melted, but do not have the milk hot. Beat the eggs into the mixture, then pour into the flour. Knead the dough very little, roll and fry in deep fat.
—*Mrs. Fowler, Yarmouth.*

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Doughnuts.

One cup sugar, two-thirds cup milk, two eggs, two tablespoons melted butter, two teaspoons cream tartar, one soda, salt and any Pure Gold flavoring desired, flour to roll. ㊦

— *Mrs. T. M. Seeley, Yarmouth.*

Cocoanut Macaroons.

Two whites of eggs, nine teaspoons pulverized sugar, one-quarter pound of cocoanut (mixed together). ㊦ Drop from teaspoon on buttered paper.

Doughnuts.

Two eggs, one cup sugar, one teaspoon Pure Gold lemon, one-half nutmeg (grated) one rounding teaspoon butter, melted, one teaspoon salt, Beat all ingredients well, then add one cup milk. Sift three and one-half cups bread flour with two level teaspoons soda and four rounding teaspoons cream of tartar. Stir into the above mixture. Perhaps a little more flour will be necessary to make a soft pliable, dough. Turn the doughnuts often, when frying.—*Mrs. W.C. Harris, Yarmouth*

Doughnuts.

Two cups sugar, one cup milk, three eggs, one teaspoonful soda, two teaspoonfuls cream tartar, butter size of an egg, flour to mix, flavor to suit taste, a little salt. ㊦

— *Mrs. Cereno Johnson, Yarmouth.*

Chocolate Cake.

One cup sugar, one-half cup melted butter, one cup sour milk with one teaspoonful soda dissolved into it, two squares of chocolate melted, yolk of one egg, salt and one and one-half cups of flour, Pure Gold vanilla. Beat five minutes.

— *Mrs. Hugh Trefry, Yarmouth.*

Delicious Cake.

Two cups granulated sugar, one cup butter, one cup milk, three eggs beaten separately, one-half teaspoonful soda, one teaspoonful cream of tartar, three cups flour, Pure Gold flavoring, citron, nuts or fruit may be added if desired.

— *Mrs. Edw. Haley, Antigonish.*

Hartford Cake.

One and one-half cups butter, two cups sugar, three eggs, one cup milk, one and one-half pints flour, one and one-half teaspoons baking powder, three cups small raisins, one-half cup citron, one-half cup lemon peel, one-half cup almonds, twenty drops of Pure Gold almond and vanilla flavoring. Bake about two hours.

— *M. R. A., Antigonish.*

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Chocolate Cake.

Two cups brown sugar, one-half cup butter, two cups flour, Pure Gold vanilla, two eggs, one-half cup sour milk, one teaspoon baking powder, one teaspoon baking soda, two squares chocolate and one-half cup boiling water cooked together five minutes. — *Mrs. J. H. Stewart.*

Sponge Cake.

Four eggs separated, beat yolks, add one cup sugar, beat again, one-half cup potato flour, one teaspoon baking powder, add to yolks, beat. Beat whites stiff, add to mixture, flavor. Bake one-half hour. Moderate oven. — *Mrs. J. H. Stewart.*

Small Pound Cake.

Mix together one cup sugar, one cup butter, add four well beaten eggs and one cup flour, Pure Gold lemon flavoring. Bake in a small, round pan. — *Mrs. James Hurley.*

Railroad Cake.

Cream together till light, one cup pulverized sugar, two tablespoons butter, three eggs, one tablespoon milk, one cup flour (pastry) one heaped teaspoon baking powder, Pure Gold lemon. Bake in layer tins and put filling between either orange or lemon. This is nice made as one cake.

— *P. Mc Kenna, Shannon Chapter.*

Sponge Cake.

Four eggs, two cupfuls granulated sugar, three-quarters cup cold water, two teaspoons baking powder, one teaspoon Pure Gold flavoring. Flour to thicken like pancake batter (about two cups). Put baking powder in last of all and just stir it through. — *Mrs. W. Bishop.*

Chocolate Cake.

One and one-half cups sugar (granulated) one-half cup butter, three eggs, two squares Baker's chocolate or Mott's dissolved in one-third cup boiling water., two teaspoons cream tartar, one teaspoon baking soda, one and one-half cups flour (mix soda and cream tartar together, add to flour) one-half cup milk. Do not add all the milk at once, as sometimes it does not require the one-half cup. — *Mrs. W. Bishop.*

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Chocolate Cake.

One and one-half cups sugar, five tablespoons cocoa, one cup boiling water, one-half cup butter, two cups flour, one and one-half teaspoons soda dissolved in one-half cup sour milk, two unbeaten eggs. Bake in moderate oven.

— *Jean Dauphinee.*

Hartford Cake.

One and one-half cups butter, two cups sugar, three eggs, one cup milk, one and one-half teaspoons baking powder, one and one-half cups flour, two cups raisins, cut up, one quarter cup citron, one-quarter cup lemon peel. Flavor with Pure Gold almond or vanilla. Bake two hours.—*E. M. Hattie.*

Sultana Cake.

Three eggs, beat yolks, one and one-half cups sugar, one cup butter, one-half cup milk, three cups flour, two teaspoons baking powder, add whites of eggs well beaten and one pound seeded Sultana raisins. Bake two hours.—*Clara Creighton.*

Cake Delicious.

Two-thirds cup butter, cream with two cups sugar, add one-half cup of warm water, one-half cup milk, next stir in one cup sifted flour, then break in mixture one egg, add flour and eggs alternately until three eggs and three cups of flour have been used. Two teaspoons baking powder. Flavor to taste.

— *Mary B. Notting.*

Excellent Pound Cake.

One cup butter, one and two-thirds cup sugar, add five eggs, one at a time, two cups flour, flavor to taste. Bake slowly one hour. One-half teaspoon baking powder.—*B. M. Mitchell.*

Queen Loaf Cake.

One cup of sugar, one-half cup butter, one-half cup milk, three eggs, one and one-half cups sifted flour, one teaspoon of Royal baking powder, salt, Pure Gold lemon and vanilla. Add the whites last. Bake nearly an hour.

— *Mrs. J. H. Turner.*

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Devil's Food Cake.

One-quarter cup of cocoa, one-quarter cup of hot water, one level teaspoon of soda. Mix all together and let stand, one-half hour before adding to cake batter. One cup sugar, scant one-half cup butter and lard mixed, one egg, one-half cup sour milk, one and one-quarter cups flour. Mix as usual, lastly add cocoa mixture, and stir till well blended. Let cool in pan before turning out.

—*Mrs. J. A. McGlashen.*

Gingerbread.

One-half cup butter and lard mixed, one egg, a small cup molasses, same of brown sugar, two cups of flour, one-quarter cup milk with one teaspoon baking soda, one and one-half teaspoons cream tartar dissolved in it, tablespoon vinegar, one-half cup raisins, three teaspoons ginger, a little salt, a little more flour may be added if needed. Bake in very moderate oven.

—*Mrs. W. N. Forbes, Pleasant Street.*

Cake With Lemon Filling.

One cup sugar, one-half cup butter, creamed, one egg, two and one-half teaspoons baking powder mixed with half cup of milk, two cups flour, little salt. When well beaten together, bake in moderate oven three-quarters of an hour or little more.

Filling.

One cup sugar, grated rind and juice of one lemon, one or two well-beaten eggs, one tablespoon butter. Cook all in double boiler, stirring constantly till thick. When done, cool and fill cake.

—*Mrs. W. N. Forbes, Pleasant St., Dartmouth, N. S.*

Shannon Sponge Cake.

Four eggs, one and one-half cups granulated sugar, two cups flour, one cup cold water, two level teaspoons cream of tartar, one level teaspoon soda, Pure Gold flavor. Beat eggs, very light, and add sugar and beat again, sift flour and cream of tartar together. Dissolve soda in the water and add to the eggs and sugar. Mix in the flour at once. Never add water after flour is in. Flavor and bake in moderate oven.

—*B. McNab.*

Composition Fruit Cake.

One cup butter, one cup of dark sugar, four eggs, one-half cup of molasses, one pound of raisins, one pound of currants, three cups of flour, one cup of milk, one teaspoonful of soda stirred into milk, one-half teaspoonful of mace, cinnamon, mixed spice, one teaspoonful Pure Gold vanilla. Bake about one hour and a half.

—*Mrs. George Foote, Dartmouth, Nova Scotia.*

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Topsy's Gingerbread.

Three eggs, two cups sugar, one-half cup molasses, one cup butter, one cup cold strong coffee, four cups flour, four teaspoonfuls baking powder, one teaspoonful cinnamon, one tablespoonful cloves, one nutmeg, grated; one pound raisins, chopped and seeded, one pound dried, English currants, one-quarter pound citron, cut fine, one-quarter pound chopped nuts. Bake slowly an hour or more.

— *Mrs. A. S. Wolfe, Dartmouth, N. S.*

Eggless, Butterless Cake.

One cup of brown sugar, three-quarters cup of lard, one-quarter teaspoon of nutmeg, two cups of seeded raisins, one cup of water, one-half teaspoon of ground cloves, one-half teaspoon of ground cinnamon. Boil altogether two minutes, cool add even teaspoon of soda dissolved in hot water, two cups of flour, sifted with one-half teaspoon of baking powder. Bake in slow oven.

— *Mrs. F. M. Hannam, 47 Chestnut St., Halifax, N. S.*

Ribbon Cake.

One-half cup butter, one and one-half cups sugar, four eggs, yolks, two cups flour, three teaspoons baking powder, one-half teaspoon salt, three-quarters to one cup milk, two egg whites. Cream butter and sugar, add beaten egg yolks; sift flour, baking powder and salt together; add flour and milk alternately to first mixture, and last of all, add stiffly beaten whites. Divide mixture into three parts, color one part pink and one part chocolate, bake in layers and put together with date filling.—*Mrs. J. Lloyd Fraser, 47 1-2 Chestnut St., Halifax, N.S.*

Scotch Cake.

One pound butter, one cup brown sugar, about six cups flour (according to quality). Take butter and sugar and cream thoroughly together. Then add all the flour that you can possibly work in (mixture will become very stiff and crumbly, and must be worked with the hands). Roll out about one-quarter of an inch thick, and cut in small squares. Bake in a moderate oven.

— *Mrs. J. Lloyd Fraser, 47 1-2 Chestnut St., Halifax, N. S.*



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Pop Overs.

One egg, pinch salt, one cup flour, one cup milk. Beat egg to a bead, add flour and gradually milk and salt, bake in patty pans in a very hot oven. Serve hot, when split, butter is added.
— *Mrs. Willard Turner.*

Chocolate Nut Cake.

One cup sugar, one egg, one and one-half cups flour, two tablespoons melted butter, one cup chopped walnuts, milk, one tablespoonful baking powder, one square of chocolate, one tablespoonful Pure Gold vanilla. Put egg in cup, add melted butter and fill cup up with milk; put this in basin with sugar and beat together. Then add other ingredients. Bake in a moderate oven.
— *Mrs. W. H. Fraser.*

1, 2, 3, 4 Cake.

One cup butter, two cups sugar, three cups flour, four eggs, one cup milk, three teaspoons baking powder. This is a most useful cake as it can be varied in so many ways, at one time; caraway seeds may be added. At another a cup of currants or raisins, some citron peel or some melted chocolate.

— *Mrs. Wm. Share.*

Bolled Cake.

One cup raisins, one cup currants, one cup granulated sugar, one cup butter (scant). Bring these to a boil and cook five minutes when cold add two cups flour, one-quarter teaspoon salt, three-quarters teaspoon soda in flour, one-half teaspoon ginger, one teaspoon cinnamon, one-quarter teaspoon cloves, flavor with Pure Gold vanilla. Bake in slow oven one hour and one-quarter.
— *Mrs. Wm. Share.*

Stir Cake.

One and one-half cups sugar, one-half cup butter (pour over it) one-half cup boiling water (stir well) one cup flour (stir well) one egg (drop in and stir) one cup flour and (stir well) one egg (drop in and stir) one-half cup milk (stir well) one egg (drop in and stir) two heaping teaspoons baking powder, three-quarters cup flour (stir well) one teaspoon salt; Pure Gold vanilla and lemon. Bake in sheet or loaf.

— *Dora Gardner, Yarmouth.*

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Cake Made in a Hurry.

Two cups flour, one egg, one cup white sugar, one cup milk or water, two teaspoons cream tartar, one teaspoon soda, two tablespoons melted butter. Put all in a bowl together, and beat until light.

— *Mrs. F. J. Marsden.*

Sponge Cake.

Two eggs, well beaten, one tumbler sugar, one tumbler flour, one-half tumbler cold water, one-half teaspoon cream tartar. Flavor with Pure Gold extract of lemon.

— *Mrs. F. J. Marsden.*

Plain White Cake (very good.)

Two eggs, one-half cup milk, one cup sugar, one-half cup bread flour, four tablespoons butter, two teaspoons baking powder, one teaspoon flavoring. Line pan with buttered paper, separate eggs. Cream butter and add sugar gradually; add well beaten yolks and flavoring. Add alternately the milk and flour with baking powder sifted in. Beat well and fold in the stiffly beaten whites. Bake in a hot oven thirty minutes. The cake may be varied by adding a little chocolate or one-quarter cup of currants or a few seeded raisins and spices.

— *M.C. B., Yarmouth.*

Lemon Sponge Cake.

Four eggs, one cup sugar, one cup flour, one teaspoon baking powder, rind and juice of one lemon; beat whites and yolks separately; add one-half cup sugar to yolk, then beat all together; add rind and juice of lemon, reserving a teaspoonful for frosting. Cut and fold in flour and lemon juice.

— *Mrs. Clinton Rand, Yarmouth.*

Cream Cake.

One cup sugar, twelve teaspoonful melted butter, two eggs, broken in a cup, beat slightly then fill up with milk; one and one-half cups sifted flour, two teaspoons baking powder, one-half teaspoon salt, Pure Gold vanilla. Then beat for five to ten minutes before baking. This may be baked in a loaf or sheet, it is especially nice for Mocha or small cakes. By adding a teaspoonful or so of milk and two squares of chocolate it makes a very fluffy chocolate cake.

— *Anna F. Perrin.*

Puff Ball Doughnuts.

Three eggs, one cupful sugar, one pint sweet milk, salt, nutmeg, and flour enough to make a stiff batter; add two heaping teaspoonfuls of baking powder to flour. Drop by the dessertspoonful into boiling lard.

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Delicious Cake.

Two cups white sugar, one cup butter, one cup milk, three cups flour, three eggs one-half teaspoon soda, scant teaspoon cream of tartar. Stir butter and sugar together and add the beaten yolks of the eggs, then the beaten whites; dissolve the soda in the milk, rub cream of tartar in the flour and add the last thing.

—*Mrs. Leland S. Haley, Yarmouth.*

Tuti Fruit Cake.

Cream together one cup butter, one cup light brown sugar, then add five eggs well beaten, one cup milk, three cups flour one teaspoon soda, two teaspoons cream of tartar, one pound small raisins, one-half pound figs, one-half pound dates, one-quarter pound citron, one-quarter pound chopped almonds. Mix one-quarter cup flour with fruit one-half, teaspoon salt, flavor with Pure Gold vanilla and lemon.

—*Evelyn Brown, Yarmouth.*

Scotch Cake.

Two cups flour, one-half cup brown sugar, three-quarters cup butter. Mash butter and cream till light. Sift flour and sugar together and add to butter using finger tips. Mix well. Pat out on board to about one-third inches in thickness, cut in diamond shape and bake in a slow oven till light brown.

—*Mrs. C. T. Herman, Dartmouth,*

Date Bars.

One cup granulated sugar, whites of four eggs beaten stiff, one pound blanched almonds chopped fine, one pound dates, chopped fine. Beat the sugar into the whites gradually, add the dates and almonds, spread the mixture on buttered paper, bake in a moderate oven.

—*Eva Mac Neill, Summerside, P. E. I.*

Plain White Cake.

Two cups sugar, one cup butter, cream together; add four well beaten eggs, tablespoon Pure Gold vanilla or other flavoring and one cup milk. To three scant cups flour add one-half tea-spoonful salt, one teaspoon (level) of baking soda and two teaspoonfuls of cream of tartar. Mix all together. Bake in a moderate oven about thirty-five minutes. Iceing to taste.

—*Mrs. A. Mac Keen.*

Excellent Cake.

Two cups brown sugar, one cup butter, two eggs, one cup sour milk, one teaspoon each of soda, mace, cloves, cinnamon, ginger, and a little salt in four cups flour, one cup each of raisins, currants, and citron.

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Ginger Snaps.

Full one-half cup shortening, one-half cup granulated sugar, one-half cup molasses, one-half teaspoon salt, one and one-half teaspoon ginger, one-half teaspoon cassia, one-quarter teaspoon cloves. Full one-half teaspoon soda dissolved in boiling water; flour to roll out as soft as possible.

—*F. C. Murray.*

Cocoonut Macaroons.

Whites of three eggs beaten until stiff, one cup sugar, two tablespoons flour, two cups cocoonut. Place bowl containing mixture over saucepan of boiling water and stir until mixture begins to harden around the edges. This will take about fifteen minutes. Then drop on buttered tins and bake in moderately hot oven.

—*Mary Covert.*

Dark Fruit Cake.

Three-quarters pound butter, two pounds raisins, two cups sour milk, two cups brown sugar, two pounds currants, one-half pound mixed peel, three-quarters pound mixed nuts, two pounds of dates, two teaspoons soda, flour enough to make a stiff batter.

—*Mrs. Alice Ashe.*

Cream Sponge Cake.

Three eggs, one cup sugar, one cup flour (sifted) one teaspoon baking powder, one tablespoon milk, pinch of salt. Beat white of eggs stiff and fold in last.—*Mrs. Alice Ashe.*

Nut Cake.

One cup butter, two cups sugar, three cups flour, one cup milk, four eggs, two teaspoonfuls cream tartar, one teaspoon soda, two cups chopped walnuts.

—*Jean Ferguson, Yarmouth.*

Cinnamon Cake.

Whites of two eggs, one cup sugar, one cup milk, one-half cup butter, one and one-half cups flour, two teaspoons baking powder. When baked spread the top and sides with icing made of the yolks of two eggs and three-quarters cup brown sugar and one teaspoon cinnamon.—*Mrs. A. C., Windsor.*

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— *J. E. B., Stewiacke.*

Nut Loaf.

Four cups flour, four teaspoons baking powder, one-half teaspoon salt, one cup walnuts chopped fine, two cups milk one egg well beaten, one cup brown sugar. Beat well and put in buttered pan. Let raise forty minutes and bake one hour.

Freezing.

Pour the chilled cream into the freezer. Place in the pail and pack with ice nearly to the top. Sprinkle coarse salt uniformly on the ice as you pack it into the bucket. Cover and fasten the can and turn it slowly until it becomes difficult to turn. Open the can and remove dasher. Scrape the cream from the sides, mix until smooth, close the can and drain off the brine. Add fresh ice and salt, covering the entire can. Wrap a blanket around the freezer and let it stand two hours.

In very hot weather renew the salt and ice three times, keep the blanket cold and wet with the brine from the freezer.

— *M. E. H. Thornon*

Strawberry Ice Cream.

One box berries, two cups sugar, one tablespoon Knox gelatine (flat) one pint cream. Crush berries and sugar and put to boil. Put gelatine to dissolve in one-half cup of the cream, when berries reach boiling point add to gelatine and strain. When cool add cream and freeze.

— *Carrie E. Holman, Summerside, P. E. I.*

Sour Milk Fudge.

Two cups sour milk, four cups of brown sugar, one teaspoon of butter. Boil until threads from spoon; add nuts or raisins, if liked.

— *Mrs. Levash.*

Chocolate Nut Bars.

One cup brown sugar, one-half cup butter, two eggs, two tablespoons milk, one tablespoon baking powder, one and one-quarter cups flour, one-half cup cocoa, three-quarters cup nuts, salt and Pure Gold vanilla.

— *Mrs. E. B. Christie.*

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Maple Ice Cream.

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— *Carrie E. Holman, Summerside, P. E. I.*

Marshmallows.

Two cups sugar, ten tablespoons water, one envelope Knox gelatine, ten tablespoons cold water. Soak gelatine in cold water, boil sugar and ten tablespoons water until it threads, let syrup (to which soaked gelatine has been added) stand until partially cooled; add salt and flavoring, beat until stiff, pour in a pan dusted with confectioners' sugar, nuts may be added if desired and one portion of the mixture colored pink before pouring it in the pan.

— *Mrs. G. B. Crowe.*

Affinity Candy.

Two cups sugar, one-half cup corn syrup, one-half cup water whites of two eggs. Boil until it threads; pour on egg white beating until it begins to thicken.

— *Mrs. G. B. Crowe.*

Penuchie Candy.

Two cups brown sugar, one-half cup milk or cream, butter size of walnut, walnuts, Pure Gold vanilla. Boil until it forms a soft lump when dropped in cold water. Pour into a buttered tin, add vanilla and beat with a fork before it gets thick add chopped nuts, beat it well and set away to cool; mark off in squares and set away until thoroughly cold.

— *Mrs. W. B. Connor, 85 Birmingham St., Halifax, N. S.*

Fudge.

Three cups white sugar, one-quarter cake chocolate, one-quarter pound chopped walnuts, one teaspoon salt. Stir sugar, chocolate and salt together and moisten with milk or cream and boil until it shreds. Before removing from stove add butter size of walnut and nuts. Beat for ten minutes.

— *Mrs. A. W. Gardner, Yarmouth.*

Fruit Sherbet.

One-half envelope Knox Sparkling Gelatine (scant measure) one and one-half cups sugar, one orange, three cups rich milk, one lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes, and dissolve by standing in pan of hot water. Stir into the rest of milk. When it begins to freeze add the fruit juice and sugar and fruit of any kind if desired. This makes a large allowance for five persons.

— *C. B. K.*

Simply add water and sugar to the KNOX ACIDULATED package.

French Dainties

Two envelopes Knox Acidulated gelatine, four cups granulated sugar, one and one-half cups boiling water, one cup cold water. Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved, add the sugar and boil slowly for fifteen minutes. Divide into two equal parts. When somewhat cooled add to one part one-half teaspoonful of the Pure Gold lemon flavor found in separate envelope, dissolved in one tablespoonful water, and one tablespoonful Pure Gold lemon extract. To the other part add one-half teaspoonful extract of cloves. Pour into shallow tins that have been dipped in cold water. Let stand over night; turn out and cut into squares. Roll in fine granulated or powdered sugar and let stand to crystallize. Vary by using different flavors and colors, and adding chopped nuts, dates or figs.—*C. B. K.*

Orange Sherbet.

Five lemons, juice and rind of two oranges, five cups sugar. Mix and let stand one hour, then add one and a half quarts of milk, freeze. —*Blanche C. Cann, Yarmouth.*

Chocolate Fudge.

Two cups sugar, two tablespoons cocoa, piece butter (small) one cup milk. Boil fifteen minutes.—*Maria McGrath.*

Cream Candy (Very old and delicious).

Four cups white sugar, two cups water, three-quarters cup of vinegar, one cup of cream or rich milk. Piece of butter size of an egg, a pinch of soda added just before taking from stove. Let it boil till it forms a stiff ball in cold water, then work light. This candy is treated the same as molasses and makes about four pounds. —*C. A. Caie.*

“Better-Than-Fudge” Candy.

Three cups brown sugar, a small lump butter, fifteen cent can condensed milk. Cook until it forms a ball in water. Add flavoring and chopped nuts. Beat, until creamy. Cool before beating. —*G. B. M., Windsor.*

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Ralston Candy.

Two-thirds cup molasses, one-third cup milk, one-third cup water, three cups sugar, one-quarter pound butter, one-quarter pound almond nuts, one quarter pound chocolate. Boil until hard. Have the nuts blanched and brown in oven, then chop up and sprinkle over pan, before pouring out candy. When cold cut in squares, roll up in wax paper.—*Miss Hewitt.*

Peppermint Fudge.

Two cups of soft brown sugar,
 Three-quarters cup of cream,
 And butter size of walnut,
 Give richness in extreme.
 Boil these till thick and creamy,
 And meanwhile stir it all,
 Until a bit in water dropped,
 Will form a waxy ball.
 Then, just before you take from fire,
 Vanilla bear in mind;
 And oil of peppermint also,
 The strongest you can find.
 Now, beat until it's sugary;
 Pour into buttered plate;
 Then cut in squares, when cool, and serve
 This tid-bit up to-date. —*L. A. M., Windsor.*

Fruit Fudge.

Three cups brown sugar, one cup white sugar, two table-
 spoons clear coffee and enough milk to dissolve sugar, three
 tablespoons butter, one tablespoon Pure Gold vanilla. Boil
 these ingredients until they form a soft ball when tried in cold
 water. Then add one cup preserved ginger, walnuts and raisins
 chopped fine. Beat to a sugar as fudge.
 —*Mrs. W. D., Windsor.*

Chocolate Marshmallow Fudge.

Three cups white sugar, one cup milk, one-half cake Baker's
 chocolate, butter size of an egg. Boil short time. Cut one-
 quarter pound marshmallows in small pieces and scatter on
 buttered plates. Pour beaten candy over while it is hot
 enough to partially melt the marshmallows. Chopped nuts
 can be added if desired.
 —*Clara Creighton.*

For a Change.

One of the slices that form the sandwich may be of brown
 instead of white bread. Whole wheat or bread made from
 breakfast food, raisin bread or other fancy bread, might be
 used.

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Too Late to Classify.

Butter Milk Cake.

Four cups flour, one-half cup sugar, one-half cup butter, spoonful baking soda, one teaspoonful salt. Mixed with butter milk to stiff batter. Bake half hour in hot oven. Butter while hot.

Mrs. A. Norris, Halifax.

Cocoa Sponge Cake.

One quarter cup cocoa, 4 tablespoons hot water, three eggs, one-half cup sugar, one tablespoon lemon juice, one-half cup flour, one-half teaspoonful salt, one half teaspoonful baking powder, one teaspoon Vanilla, one teaspoon grated lemon. Bake in a greased floured pan forty or fifty minutes, slow oven.

Mrs. Wm. Share, Halifax.

Christmas Cake.

Two pounds raisins, two pounds currants, one pound citron, one pound dates, one pound butter, one pound granulated sugar, one pound flour, ten eggs, one teaspoon cinnamon, one teaspoon cloves, one teaspoon allspice, one level teaspoon soda in Cold Water. Cream butter and sugar together add eggs and beat mixture well. Add flour and spices, then fruit and lastly soda dissolved in the water. Beat well all together. Put in a pan and steam three hours, then bake two hours in a moderate oven. This makes two good sized cakes.

Mrs. Kerr, Halifax.

Chocolate Cake.

Two cups Brown Sugar, one half cup butter, one half cup cocoa, one half cup hot water, one cup milk, sour, one teaspoon soda, one teaspoon salt, two and one half cups flour. Bake in a slow oven.

Mary Daly, Halifax.

Blue Berry Cake.

One tablespoon butter, one tablespoon lard, one cup sugar, one egg, one cup milk, two cups flour (or a little more) two teaspoons Magic Baking Powder, one cup fresh blue berries, turn the blue berries in last and stir them through the mixture gently. Bake, and serve hot with Lemon Sauce or Cream.

Mrs. Keating, Halifax.

Cocoanut Macaroons.

One can Condensed Milk, one pound of bulk cocoanut. Mix well together. Drop off spoon on buttered tins. Bake in hot oven until brown.

Helen Flinn, Halifax.

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Cookies.

One half cup butter, one third cup sugar, one egg well beaten, three-quarters cup flour, one-half teaspoon vanilla, and raisins, nuts, or citron. Cream the butter, add sugar gradually. Also the egg, flour and vanilla. Beat well. Drop from a spoon in small portions on buttered tins. Spread thinly with a knife, dipped in cold water, on top of each cookie put flour, sultana raisins, blanched almonds split in half, or strips of citron.

Mrs. T. J. Burke, Halifax.

Molasses Cookies.

One egg, one cup of molasses, one tablespoon of ginger, one tablespoon of cinnamon, one-third cup of hot water, one cup of brown sugar, one cup of shortening, butter and lard, one tablespoon soda, one tablespoon vinegar, pinch of salt. Stir egg and sugar to a cream. Add molasses, shortening and ginger stirring all together. Dissolve soda in hot water and add. Put vinegar in the last thing before flour. Mix stiff as sugar cookies. (These are very good).

Miss Minnie Fultz, Halifax.

Chocolate Marshmallow Cream Roll.

Beat four eggs together; gradually beat in one cup of granulated sugar, one-quarter cup of cocoa, two tablespoons of melted butter. Then fold in one cup of sifted flour with one teaspoonful of baking powder. Turn into a dripping pan thirteen and one half by eight and one-half inches long lined with buttered paper. Bake 12 minutes or until firm to touch. Turn on a cloth, trim crisp ends, spread with marshmallow filling, roll in a cloth and spread with powdered sugar.

Mrs. W. S. Fultz, Halifax.

Drop Cakes.

One-half pound of butter, one-half pound of brown sugar, two eggs, two tablespoons of milk, three teaspoonsful of baking powder, one pound of flour, two cups of raisins and nuts, lemon.

Mrs. J. B. Currie, Halifax.

Spanish Bun.

One and one-half cups brown sugar, three-quarters cup shortening, half butter and half lard, yolks two eggs, one cup milk, two cups flour, three teaspoons Baking Powder, one teaspoon each Cassia and Ginger, one-half teaspoon Nutmeg.

Frosting:—Beat whites of two eggs to a stiff froth, add cup of brown sugar, free from lumps, stir well into the egg whites, cover the top of the cake. Place cake into hot oven to brown the frosting.

Mrs. M. Fahie, Halifax.

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Layer Cake.

One-half cup butter and lard (mixed), one cup sugar, one egg, one-half cup milk (flavour Vanilla), three teaspoons baking powder. Flour enough so as to be able to roll out like sugar cookies. Divide the dough, roll out half into a thin sheet and bake into hot oven. Do the same with other half. Make the following filling and place between the two parts, then frost.

Strawberry Shortcake.

Into two cups of flour put three teaspoons magic baking powder, one-quarter teaspoonful salt (sift twice). To this add three-tablespoons each of butter and lard, chop with a silver knife until thoroughly mixed; add one cup milk. Mix it all thoroughly and divide in halves, baking each half in a pie plate, do not roll out or touch with the hands, but spread the dough with a fork or knife over the pie plate. Bake twelve minutes in hot oven, spread with berries, which have been previously hulled, crushed and cured in sugar for several hours. Cover with a layer of crushed berries and top with whipped cream and whole fruit. *Ann Marie Lloyd, Halifax.*

Coffee Breakfast Cake.

Sift together twice one cup flour one-half cup sugar, three level teaspoons baking powder, one-half teaspoon salt, one-half teaspoon cinnamon. Mix this to a soft dough with one-quarter cup melted butter, one egg and one-half cup of milk. Spread in shallow pan and sprinkle thickly with sugar and cinnamon. Bake in a quick oven and serve hot.

Mrs. M. Scanlan, Halifax.

Rock Cakes.

One-half pound butter, one half pound granulated Sugar, (Cream together), One pound sifted flour, two teaspoons Cream Tartar, one teaspoon Soda, one-half pound Currants put in flour. Beat three eggs and add lastly. Flavor with nutmeg and vanilla. Take a small piece about a teaspoon full, roll, then roll in sugar. Place one-half walnut or raisin on the top and bake.

Mrs. F. Southall, Halifax.

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Filling.

One cup of dates, or raisins (cut fine) one-half cup sugar, one tablespoon butter, three tablespoons flour, one cup boiling water. Stir until filling thickens, spread between cake while warm.

Mrs. Alex McDonald, Halifax.

Orange Cake.

One-quarter cup butter, one cup sugar, two eggs, one-half cup Orange Juice, Grated Rind of one orange, one tablespoon of lemon juice, one and three-quarter cups flour, one-half teaspoon baking Soda.

Frosting:—One-third cup sugar, one-half cup water, whites of two eggs, Boil sugar and water until it strings. Add egg whites beaten stiff.

Mrs. A. H. Flinn, Halifax.

Scotch Drop Cakes.

Two eggs (well beaten), one cup brown sugar, one-half cup butter, one cup white flour, two cups Rolled Oats, on two teaspoons baking powder. Drop on buttered pan with a teaspoon. Bake in a quick oven. Coconut or nuts may be added.

Grace O'Donnell, Halifax.

Nuggets.

Ingredients:—One egg, three-quarters cup sugar, three quarters cup milk, one and one half cups flour, one and one-quarter teaspoons baking powder, lemon flavoring.

Method:—Mix all well together. Half fill a small saucepan with Lard be sure to have it boiling. Drop the batter off a teaspoon into boiling lard. When done roll in granulated sugar.

Alice Fahie, Halifax.

Pittsburg Potatoes.

Wash and pare potatoes, cut in one-half inch slices, and cut slices in one-half inch cubes; add one small finely chopped onion, and pour over boiling salted water to cover. Bring to boiling point and let boil five minutes. Add one half cup pimentoes, drained, dried on a towel, and cut in thin strips; again bring to boiling point, and let boil five minutes, then drain and put in buttered baking dish. Melt four tablespoons of butter, add four tablespoons of flour, and stir until well blended, then pour on gradually while string constantly, two cups of milk. Bring to the boiling point and add one-half pound grated soft mild cheese, three-quarters teaspoonful of pepper. Pour sauce over potatoes and bake.

Mrs. John F. Kelly, Halifax.

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Potato Chowder.

Chop fine one-half pound ham and one large onion. Fry until a nice brown. Cut four large potatoes into slices. Put into saucepan, a layer of potatoes and ham, season with salt and pepper. One tablespoon chopped celery or parsley (don't add either if not liked) one pint boiling water, cover and simmer until potatoes are tender. ☐

In a second saucepan add 2 cups milk, one tablespoonful butter, boil and thicken with a tablespoon flour, add to the ham and potatoes and let all blend for 10 or 15 minutes. "This makes a nice evening dish." *Mrs. A. McRae, Halifax.*

Sweetbreads, Country Style.

Parboil sweetbreads, sprinkle with salt and pepper and dredge with flour. Arrange in baking dish, brush over with melted butter, allowing two tablespoons to each pair of sweet breads. Cover with thin slices fat salt pork. Bake in a hot oven over twenty-five minutes, basting twice during the cooking, and remove pork during the last five minutes of the cooking.

E. Carew, Halifax.

Pineapple Divinity Fudge.

Two cups sugar, two eggs, one-half cup candied pineapple, one-half cup Corn Syrup, one-half cup water, one-quarter teaspoon Cream Tartar, one-half cup Nut Meats. Method:—Put all the ingredients into a saucepan except the pineapple, nuts and eggs, and boil to the firm ball stage. Add the vanilla or any desired extract and pour over the beaten whites of the eggs. Beat until it begins to stiffen, stir in the pineapple and nuts chopped very fine. Pour into pans and cut into squares.

Martha J. Savage, Halifax.

Chutney.

Thirteen ripe tomatoes, thirteen sour apples, one pound of stone raisins, one-half pound of chopped nuts, one ounce Mustard seed, one tablespoon black pepper, one teaspoon salt, one pound of brown sugar, two pints vinegar, one-quarter pound of ginger, Mix and chop all together, boil until soft.

M. Sage, Halifax.

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Puff Pastry.

One pound butter, wash well, one pound flour, one-half teaspoon baking powder in flour. Take half the butter and mix with the flour using the hands. Make a soft dough with cold water mixing with a knife. Roll out. Take remaining portion of butter, cut in small pieces and place on dough. Fold and roll again. Fold and place in ice chest until the next day. Brush over the top of pie with white of egg.

Mrs. Kerr, Halifax.

Mock Duck.

Two pounds steak in one slice, two tablespoons suet chopped fine, one cup grated bread, one tablespoon parsley, chopped fine, one-half cup water, one onion chopped fine, one-half teaspoon salt, a little pepper, one tablespoon dripping, one egg or milk. Pour milk or egg over bread crumbs to soak them, beat with a fork and add the other ingredients except dripping. Roll up in a ball using a little flour, put into steak and tie same with a string. Heat dripping in a stew pan, put in steak and fry until quite brown. Add the water and cover with a close lid. Stew slowly, turning often and adding water if necessary. Cook one and one-quarter hours. Take off string and pour gravy over meat.

J. Reardon, Halifax.

Salad Dressing.

One teaspoon mustard, one teaspoon salt, two tablespoons butter, one and one-half tablespoons sugar, one egg, pinch cayenne pepper, three-quarters cup vinegar, three-quarters cup milk.

Mrs. E. J. Kelly, Halifax.

Mince Meat.

One pound of underdone meat (beef or boiled tongue) two pounds of raisins, four apples, two and one-half pounds of currants, three pounds of sugar, candied peel of orange, lemon, and citron, one pound in all, 2 large lemons boiled, rind of two lemons grated, one orange, one-half ounce of salt, one large tablespoonful of mace, and a little more than one tablespoonful of ginger, one pint of brandy, one pint of good sherry wine. Rum may be used.

Mrs. J. B. Curry, Halifax.

Olive Sandwiches.

Twenty-four Olives chopped fine, one teaspoon tomato ketchup, pinch of mustard, one-half cup of celery, one-half cup of mayonaise. Good between brown or white bread.

M. Young, Halifax.

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Apple Pudding.

Into a dish that has been rubbed with lard put three apples cut into thin slices, sprinkle with four tablespoons sugar and spice or nutmeg. Let the dish be a deep one. Cover with the following batter:—

One cup sugar, one tablespoon lard, one tablespoon butter, mix well together, add one egg, sift in a portion of one three-quarter cups of flour, stir well and then add one cup of milk, a little salt, two teaspoons baking powder, put into the rest of the flour. Do not make the batter too stiff. Bake and serve with Lemon (or any sauce) or cream whipped and sweetened.

Mrs. A. J. MacAree, Halifax.

Date Pudding.

Soak all bits of hard cake or brown and white bread, about what would fill a two quart measure when dry. Squeeze out of cold water and press into small bits. The cake might be crumbled without soaking, if any bits among the bread, and this can be made equally as well without cake at all.

Take one pound dates, chop fine, one-half cup cake cut into tiny bits, two teaspoons mixed spice, one-half teaspoon cloves, pinch salt, one egg, beaten, one-half teaspoon soda, one cup brown sugar, one tablespoon flour sifted in. Mix well together then add bread crumbs, stir all together for at least one minute, then place into a mould and boil for two hours. It can be steamed also. (Serve hot with sauce).

Mary Beecher, Halifax.

The Unequalled Recipe.

One and one-half cups soft bread crumbs, three tablespoons full Oleomargarine or butter, one cup boiling water, three-quarters cup sugar, one one-half teaspoons corn starch, two eggs, yolks, three tablespoons sunkist Lemon Juice, grated rind one lemon. Break bread crumbs into tiny bits add oleomargarine or butter, pour boiling water over all. Let stand until soft, mix sugar, corn starch, egg yolks well beaten, lemon juice and rind, combine mixture. Bake in one crust and cover with whipped white of eggs. *Miss Bradley, Halifax:*

Sauce.

Yolks of two eggs, one glass of sherry wine, one large tablespoonful of sugar. Mix your eggs, wine and sugar well. Put over fire and beat it well and do not let it boil or it will curdle, let it set. Then put round your pudding. Dust fine sugar on top of pudding.

A. T. Chisholm, Halifax.

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Velnoise Pudding.

Five ounces of bread crumbs, take bread one day old and soak in milk, three ounces of Sultana raisins, three ounces of white castor sugar, two ounces of candied peel, three-quarters pint of milk, two eggs, one wine glass of sherry wine, one ounce of granulated sugar. Add your sugar, sultana raisins and candied peel to your bread and milk. Then your eggs, well beaten. Brown your sugar and then add your wine, beat together and add to your pudding. Steam quickly for two and one half hours.

Suet Pudding.

One cup suet chopped fine, one cup raisins, one cup currants, one cup molasses, one cup milk, two and one-half cups flour, one teaspoon baking powder, one-half teaspoon cinnamon, Nutmeg. Steam or boil three hours.

Mrs. M. Sutherland, Halifax.

Meal Bread.

Ingredients:— One yeast cake, two cups of boiling water, two cups of cornmeal, two tablespoons lard or butter two tablespoons sugar, one-half cup lukewarm water, four cups sifted flour, two teaspoons salt.

Method:—Pour two cups boiling water over the meal, cover and let stand until lukewarm. Dissolve yeast and sugar in one-half cup of lukewarm water and add to the meal and water; into this mix lard or butter and one cup of flour. Beat well like an ordinary sponge. Cover and set aside in a warm place to rise for one hour. Add enough flour to make a soft dough. About three cups and last of all the salt. Knead well. Place in a greased or floured bowl. Cover and let rise in a fairly warm place about one and one half hours. Mould into loaves. Half fill well greased pans. Cover and let rise again about one hour. Bake forty five minutes in hot oven. If preferred oatmeal or Rolled oats may be used instead of corn meal in this bread.

Mrs. W. S. Fultz, Halifax.

Hot Cross Buns.

One quart flour, one teaspoon cinnamon, one teaspoon nutmeg, one teaspoon salt, one teaspoon lemon, flavoring, one cup butter. Mix all well in the flour. Add one cup sugar

Scald three cups milk, when cool make a well in the flour and pour milk in, also one cup molasses, one cup raisins and break one yeast cake and let it stand four hours. Knead and let rise over night, make it small buns and put in pan and rise again. Bake in quick oven. Brush over with sugar and molasses when baked. (Good.)

M. Sage, Halifax.

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Where recipes call for Gelatine use KNOX GELATINE.

Raisin Cookies.

Place in a saucepan and bring to a boil two tablespoonsful shortening, one-half tablespoon of cinnamon and one-half tablespoon of ginger, one-half cup of Molasses. Add one-quarter teaspoon soda, one-half teaspoon baking powder, one-half cup chopped raisins, enough flour to form dough. Mold into balls about size of walnut and flatten between hands. Bake seven minutes. *Mrs. John F. Kelly, Halifax.*

Boston Cookies.

One cup butter, one and one-half cups sugar, three eggs, one teaspoon soda, one and one-half tablespoons hot water, three and one-quarter cups flour, one-half teaspoon salt, one teaspoon cinnamon, one cup chopped nut meat, one-half cup currants, one-half cup raisins, seeded and chopped. Cream butter, add sugar gradually and eggs well beaten. Add soda dissolved in hot water, and one half the flour mixed and sifted with salt and cinnamon, then add nut meat, fruit and remaining flour. Drop by spoonfuls one inch apart and bake in a moderate oven. *Mrs. John F. Kelly, Halifax.*

Date Cake.

One cup chopped dates, one cup sugar, one tablespoon fat, one and one-quarter cups flour, one-half cup chopped walnut meat, one cup hot water with one teaspoon soda, one egg, one teaspoon vanilla. Pour hot water and soda over dates and let stand while mixing other ingredients. Cream fat and sugar and add eggs beaten light. Then add dates and hot water. Add flour, vanilla, and walnut meats and bake in loaf forty-five minutes. *Mrs. John F. Kelly, Halifax.*

White Cake.

Two cups sugar, one cup butter, four eggs or whites of six, three cups of flour, one-half cup corn starch, one half teaspoon soda, one teaspoon cream tartar.

Mrs. M. Sutherland, Halifax.

Jelled Chicken.

Boil a chicken until the meat slips easily from the bones, reducing the water to one pint in the boiling; pick off the meat in good sized pieces, taking out all the fat and bones; skim the fat from the liquid, add a little butter and one half ounce of gelatine (which has been soaked in cold water), when this dissolves pour it hot over the chicken. It is better to put salt and pepper with the chicken when cooking. Put in a cool place till ready to serve; turn out of the mould on a dish and garnish with parsley. *E. Carew, Halifax.*

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DESSERTS can be made in a short time with KNOX GELATINE.

Maple Marshmallow Foam.

Two cups maple sugar, one-half cup water, one-half dozen marshmallows, two eggs, one cup Brown sugar, one teaspoon Cream Tartar, one-quarter cup shelled Walnuts. Method:—Boil sugars and cream tartar until the mixture will make a firm ball when tested in water, then add the marshmallows, cut into small pieces. Cover and let stand on the back of the stove for five minutes. Pour over the stiffly beaten whites of the eggs, beat until light, drop from a spoon to a buttered paper and place half a walnut on top of each.

Martha J. Savage, Halifax.

Patience Fudge.

Three cups white sugar, one cup milk, one quarter square creamery butter, one cup nut meats. Method:—Caramelize one cup sugar, dissolve the other two cups with milk. Then put the mixture together and cook until it forms a soft ball when tested in cold water. Remove from the fire and beat in the nuts which have been chopped. Beat until creamy, pour on buttered pan and mark into squares.

Martha J. Savage, Halifax.

Stuffed Apples.

Hollow out the cores of good baking apples and stuff with a mixture of chopped dates, nuts and figs, and then bake them. Serve with whipped cream and big cherry on top of each. These make a most delicious dessert served with lady fingers.

Mrs. John F. Kelly, Halifax.

Tomato Chowder.

One cup boiled rice, one tin tomatoes (thick parts) one onion cut fine, one teaspoon salt, one-half teaspoon pepper, one tablespoon butter, one dessertspoon sugar, pinch soda, flour to thicken if necessary.

Mrs. E. J. Kelly, Halifax.

Raspberry Frosting.

One cup of raspberries, white of one egg, one small cup granulated sugar,. Put all in a bowl and beat with a beater for fifteen minutes.

Clare M. Halifax.

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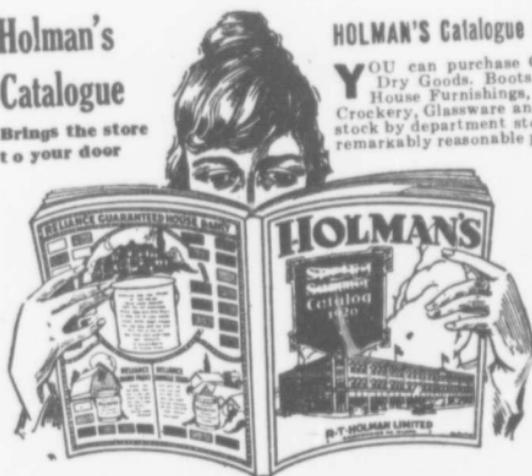
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Strawberry Custard.

Make a custard of one and half cups of milk, three-quarters cupful of sugar, two eggs, two level tablespoons cornstarch, one-half teaspoon vanilla. Heat milk in double boiler, add cornstarch dissolved in little milk, let come to boil, add eggs and sugar beaten together, remove from stove, add vanilla. Have ready Sherbet cups as you wish to serve. Take five strawberries for each cup, cut in halves, lengthwise, in the bottom of each cup place a half walnut, arrange five pieces of berries around it, now pour in warm custard, leaving room enough to repeat the flower design on top. This may be made early in the day, as it is best served cold.

Mrs. J. N. Hutton, Halifax.

Mocha Frosting.

Two cups powdered sugar, two tablespoons of butter, four teaspoons of chocolate, four teaspoons of coffee. Set bowl in hot water and stir till creamy.

M. F. M. Halifax.

Strawberry Whlp.

Two cups strawberries, one cup powdered sugar, one tablespoonful lemon juice, whites of two eggs, one-quarter teaspoonful salt. Crush the berries and add to them the sugar and lemon. Beat the whites of eggs and salt until the eggs are a stiff froth, add berries, beating constantly. Serve with whipped cream (or custard) in glasses with a whole berry topping the cream.

Ann Marie Lloyd.

Hints for Sandwiches.

1. Grated Cheese.
2. Hard boiled egg and salad dressing.
3. Lettuce and cream cheese with salad dressing
4. Cucumbers, thinly sliced.
5. Potted meats or fish with salad dressing.
6. Sliced Tomatoes, with dressing.

C. M., Halifax.

Apple Dumplings.

Make a syrup of one cup sugar, one tablespoon butter, two cupfuls of sliced apples, two cups of hot water. Let come to a boil and drop in dumplings made of the following:—

One cup flour, two teaspoons Baking Powder, pinch salt, three-quarters cup milk, mix, drop eight spoonfuls into boiling syrup. Boil 20 minutes without lifting the lid. Serve hot.

Mrs. F. Fahie, Halifax.

KNOX GELATINE solves the problem of "What to have for dessert."

Apple Dumpling.

One cup flour, pinch salt, one-half scant cup butter, level teaspoon baking powder. Sift together mixing up the butter well with the hands. Then add enough milk to make a stiff dough. Roll out cut in pieces large enough to hold five or six good sized pieces of apple (prepared). Close the dough around tightly and put in an earthen dish one or two inches deep.

For the sauce take one-half cup sugar, good teaspoon butter, one cup cold water, nutmeg to flavor. When it comes to a boil pour it over the dumplings, place in the oven and bake twenty-five minutes. Baste once or twice. *M. C. R.*

Ginger Pudding.

Butter the size of an egg, one-half cup molasses, one-half cup milk, one cup of flour, one egg, one-half teaspoon ginger, one and one-half teaspoons baking powder. Steam for two hours.

Sauce:—One cup brown sugar, two cups cold water, two ounces butter, one dessertspoon of flour, a little nutmeg. Put sugar in pan on stove and stir constantly until it is like a brown syrup. Add water and butter when boiling put in mixed flour with cold water. Let it boil. Add a little lemon flavoring. *M. Sage, Halifax.*

Pudding.

Two tablespoons butter, four tablespoons sugar, four tablespoons sweet milk, one egg, one one-quarter cups flour, one teaspoon baking powder, one dozen chopped dates, one one-quarter cups walnuts. Quick oven, 20 minutes.

Sauce:—one-half cup sugar, three-quarters cup boiling water, little vinegar. Piece butter. Boil five minutes. *Mrs. M. Scanlan, Halifax.*

Apple Pudding.

Six apples, two tablespoons of butter, one-half cup of sugar, one cup of flour, one one-half teaspoons of baking powder, one cup of milk. Wash, pare and slice apples into a buttered dish. Cream the butter and sugar. Add the milk slowly, then flour and baking powder. Pour over apples and bake in a hot oven thirty minutes. *M. F. M. Halifax.*

COAL? CUNARD'S!

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Modern Methods of Canning.

(By Miss Ada B. Saunders, *Household Science Demonstrator.*)

We do well to take a lesson from the bees and in the long summer days store up food for the winter. If we can kill bacteria in food and then seal tightly, it will keep indefinitely. This we do in canning. The growth of bacteria in the food is prevented by sterilization and is kept sterile by hermetically sealed jars.

With the whole country calling for economy as well as increased food production, it becomes a problem of national importance to prevent the wastage of food. This may be done by canning and thus put to profitable use the surplus products of vegetable gardens and orchards and in this way insure a supply of fruits and vegetables for a time when the fresh products are not available. It gives the much needed variety to the winter menu and very materially reduces the high cost of living.

It is natural for the thrifty person in prosperous times to give some thought to a possible time of need and thus preparation is made for the future. Winter's diet need no longer be distinguished by lack of fruit and vegetables. Not only has nature been persuaded to prolong her period of production, but also ways have been perfected for the preservation of the perishable crops of summer. Preservation of food in the home, particularly in the farm home, is a very important part of the housekeeper's responsibilities.

Many of the important factors of food preservation were known years ago, and food was kept by drying, salting, smoking and by a low temperature. It has been left to civilization and to the advance of science to give reasons and perfect methods.

Our grandmothers believed that air caused foods to spoil, for they learned by experience that when fruit was cooked and put away in sealed jars from which all air was excluded, it seemed to keep fairly well; if food spoiled after such careful treatment it was believed to be owing to some failure to exclude air. We know now that merely removing air will not secure

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the keeping qualities of foods. When the canned foods of olden times kept, it was not because air had been removed, but because all life processes had been destroyed in the cooking and further entrance of more organisms had been prevented by keeping the food in air-tight jars. The presence of air in a jar will not cause food to spoil, provided the air is sterile, that is, provided it has been freed from all living organisms.

Why Foods Spoil.

If foods are to be kept successfully from one season to another, it is necessary to have as nearly as possible exact knowledge of the conditions that interfere with their preservation.

Food spoils because of the presence on it of minute living organisms that make it undesirable and even harmful. To prevent food from spoiling it is necessary to protect it from invasion by these invisible as well as visible enemies.

All micro-organisms need warmth, food, moisture and air to make them grow. It is now known that some micro-organisms that cause food to spoil may assume two forms, the spore form and the active form. In the spore form these organisms are very difficult to destroy and may live even after being subjected to the boiling temperature, unless this temperature is kept up the proper length of time to complete sterilization.

Some Terms Explained.

Scalding — Boiling water is poured over the fruit or vegetable and allowed to stand a few minutes, then drained. This is done to loosen the skin and eliminate objectionable acids.

Blanching — The vegetables are covered with boiling water and boiled according to length of time given in time table. This is to remove objectionable flavors, to reduce the bulk and aid sterilization.

Cold Dip — Dip fruit or vegetable in cold water. This is to harden the pulp under the skin, set the color and make it easier to handle the product in packing.

Scalding and blanching are always followed by cold dip.

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Preparation of Jars.

1. Test each jar before using by partly filling it with water with rubber ring adjusted. Seal tightly and invert on a dry surface. If no traces of moisture can be seen, the jar may be used.
2. Sterilize jars and covers by putting them in a vessel of cold water, bring water to boiling point and boil fifteen minutes. Remove jars from water and fill at once with the prepared fruit or vegetables. Do not allow jars to stand any length of time after being sterilized.

Test for Rubbers.

A good rubber will stand considerable pulling and will return to its original shape. A good rubber will also stand several hours boiling when placed on jars, without being affected. Sterilize rubbers by pouring boiling water over them and allowing them to stand for a few seconds before using. Never use rubber rings more than one season.

Equipment for Canning.

The equipment for canning is simple. An ordinary wash boiler may be used for the work, but it must be fitted with a false bottom or slats of wood to prevent the jars coming too near the direct heat.

Cold Packed Method.

The fruit or vegetable is partially sterilized by scalding, blanching and cold dipping, then packed in jars and the jar filled with water or syrup, according to food canned. This cold pack method is used when a natural flavor is the object and a rich, highly sweetened product is not desired.

The advantages of the cold packs method are many. In the case of vegetables, it makes it possible to can successfully many more varieties than in the old way. In the case of fruits, the flavor is better and the shape is more successfully retained. One of the greatest advantages is that most of the work may be done away from the stove. The food may be carefully and leisurely packed in the jars near some cool window and thus the hot work is reduced to a minimum.

COAL? CUNARD'S!

KNOX GELATINE solves the problem of "What to have for dessert."

Canned Strawberries.

Stem berries, wash in cold water. Pack berries closely in jar and fill jar with syrup. Place rubbers and top in position and sterilize length of time given in table.

Vegetables.

All vegetables except tomatoes should be blanched and cold dipped before being packed in jars. Tomatoes are scalded and cold dipped. This treatment makes unnecessary the three days' sterilization method which is given in so many of the canning instructions. The boiling water followed by the cold water treatment is very effective in destroying bacteria spores and moulds. After blanching and dipping, pack closely, add one teaspoon salt to every quart jar, pour boiling water down through the vegetables until the jar is full. Adjust rubbers and covers loosely and sterilize the proper length of time for each vegetable. Remove from boiler and seal.

Canned Beans.

Can same day vegetables are picked. String, cut in small pieces if desired, or leave full length. Blanch five to ten minutes, then plunge quickly in cold water. Pack in sterile jars, fill with hot water, add one teaspoon salt to each quart jar. Place in boiler and sterilize length of time given in table.

Canning of Soups and Meats.

After learning how to can fruits and vegetables successfully, the next step is to can meats, buying them in the winter, when they are comparatively cheap. Bones that are very often discarded may be made into delicious soup stock and canned. It will be a delight to the housewife to be able to take from her supplies a jar of home-canned soup and serve it within a few minutes' time.

Canned Salmon.

Make a brine of salt and water that will support a potato, and after cleaning the fish properly, place in the brine for one-half hour. Remove from brine, cut into convenient sections and pack in glass jars. Add one teaspoon salt per quart; adjust covers and sterilize for three hours.

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