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ABBREVIATIONS

The following abbreviations are used throughout the book:—

Tablespoonful—Tbsp.

Teaspoonful—Tsp.

Quart—Qt.

Pint—Pt.

Pound—Lb.

Ounce—Oz.

COMPARISON OF WEIGHTS AND MEASURES

2 cups butter (solid)—1 lb.

2 cups sugar (granulated)—1 lb.

2 cups chopped meat—1 lb.

2 2-3 cups brown sugar—1 lb.

2 2-3 cups powdered sugar—1 lb.

2 2-3 cups oatmeal—1 lb.

4 $\frac{3}{4}$ cups rolled oats—1 lb.

4 cups flour—1 lb.

4 1-3 cups ground coffee—1 lb.

2 2-3 cups cornmeal—1 lb.

4 $\frac{1}{2}$ cups Graham flour—1 lb.

3 $\frac{3}{8}$ cups whole wheat flour—1 lb.

1 square Bakers' chocolate—1 oz.

1-3 cup chopped almonds—1 oz.

9 or 10 eggs—1 lb.

2 tbsp. butter—1 oz.

4 tbsp. flour—1 oz.

1 egg—4 tbsp.

1 lemon (juice)—3 tbsp.

4 saltspoons liquid—1 tsp.

4 tsp. liquid—1 tbsp.

16 tbsp.—1 cup.

3 tsp. dry material—1 tbsp.

8 heaping tbsp. dry material—1 cup.

4 cups liquid—1 lb.

4 cups flour—1 lb.

4 cups flour—1 qt.

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WAR-TIME COOKERY

SOUPS

"We may live without love
What is passion but pining,
But where is the man
Who can live without dining?"

CHEESE SOUP

3 oz. macaroni, 1½ pts. vegetable stock, 2 pts. milk, 1 oz. grated cheese. Bring the stock to boiling point, add macaroni broken very small, and cook till it is tender. Add the milk, let the mixture boil, season and stir in the cheese. Serve very hot.— Mrs. W. Netten.

BROWN BEAN SOUP

2 cups of beans, 3 qts. water (2 qts. will be sufficient if fireless cooker is used). Boil till the beans are soft, then strain and mash through a colander. Put over the fire and add pepper, salt and a little butter. Before dishing add 2 tbsp. of Worcester sauce. Have 2 lemons sliced in tureen and pour soup over them.— Miss Ida Cline.

CREAM OF ONION SOUP

Peel and slice 6 onions, boil 10 minutes, with 1 tbsp. butter, add 1 qt. water, 1 pint of milk, ½ tsp. sugar, salt and pepper. Cook very slowly for 1 hour. Strain, return to fire, add 1 tsp. cornstarch dissolved in a little water, and cook five minutes longer.—

Mrs. J. G. Harkness

WAR SOUP

2½ qts. of water, 1¼ cup rolled oats, 5 potatoes cut in small pieces, 2 onions sliced, 2½ tbsp. fat, 1½ tsp. pepper, 2 tbsp. flour. Boil the water and add oats, potatoes, onions and seasonings. Cook for ½ hour. Brown the flour with fat and add to the soup. Cook until thick. 1 cup of tomato may be added.

WAR TIME COOKERY

CREAM OF CORN SOUP

Press one can of corn through a colander and add to it 1 qt. of boiling milk, pour some of this onto 2 beaten eggs and return to the kettle. Work 1 scant tbsp. of flour into 2 tbsp. of butter. Add seasoning of pepper and salt and stir into the soup. When it has boiled up well serve with croutons made by dropping dices of stale bread into hot lard until browned, or browned in a pan in a slow oven.—
Miss May Gill.

TOMATO SOUP

$\frac{1}{2}$ bush. ripe tomatoes, 14 sticks celery, 14 sprigs parsley, 14 bay leaves, 21 cloves, 7 medium sized onions, 12 even tsp. salt, 6 salt spoons black pepper, $1\frac{1}{2}$ cups white sugar, $\frac{1}{4}$ tsp. red pepper. Boil until soft, then strain. Bottle. Can be used for cream soup or bouillon.—
Mrs. Hugh Munroe.

WHITE STOCK

2 lbs. shin of beef, 2 lbs. knuckle of veal, all well broken, put it into 4 qts. water. Heat slowly and simmer 4 hours, skimming well, then add 1 stock celery, 1 onion, 1 bay leaf, 1 tbsp. salt and simmer 1 hour longer. It should jelly when cold, and the fat easily be taken off. It can be melted for use and strained, or clarified with white of egg if wanted very clear.

TOMATO SOUP

1 can tomato, 1 pt. water, 12 peppercorns, bit of bay leaf, 4 cloves, 2 tsp. sugar, 1 tsp. salt, $\frac{1}{8}$ tsp. soda, 2 tbsp. butter, 3 tbsp. flour, 1 slice onion. Cook first six ingredients together 20 minutes; strain, add salt and soda. Brown butter and flour together, blend and strain into tureen.—
Miss Boyd.

POTATO SOUP

4 large boiled potatoes, 1 egg, piece of butter size of an egg, $\frac{1}{2}$ tsp. salt, a little essence of celery, 1 pint water, 1 pint milk or cream. Mash potatoes fine, add egg and butter. Boil milk and water, turn it on potatoes, etc., boiling hot, stir it well, strain and send to table immediately.—
Mrs. Adam E. Currie

SOUPS

WAR TIME COOKERY

CREAM OF GREEN PEA SOUP

1 cup of dried green peas soaked over night in 1 qt. cold water. In the morning pour off water, cook until soft and rub through a fine sieve. Return this pulp and the water in which the peas were boiled to the fire, add 1 tbsp. salt and a little pepper. Cook 1 tbsp. butter and 1 tbsp. flour together, add this to the soup; stir until it boils, then add 1 cup of milk and $\frac{1}{2}$ cup cream to this. A sprig of mint is an improvement to this soup, putting the mint in the kettle when the peas and water are boiling.—

Mrs. W. A. Stewart.

LENTEN OR PEA SOUP

Soak split peas in water over night. In morning early boil first in water with a little soda added to soften peas. Drain and add sufficient water for quantity soup needed. Now take onions 3 or 4 good sized ones, chop fine and fry quite brown in some butter. Use enough butter to enrich the soup, add to peas and serve. This takes the place of meat soup during Lent and is very palatable.—

Miss M. Ross.

CREAM OF TOMATO SOUP

1 qt. canned tomatoes, 1 onion, 1 pt. milk, salt, pepper to taste, 1 tbsp. corn starch. Cook cut up onion with the tomatoes, heat milk to boiling point, strain tomatoes and onion, after a pinch of soda, and a small tsp. of sugar has been added. Combine milk and tomato, stirring the tomato very slowly into the milk so as not to curdle, season and thicken with corn starch.—

Miss Blanche Young.

DUCHESS SOUP

1 qt. milk, 2 large onions, 2 tbsp. butter, 2 tbsp. flour, 2 tbsp. grated cheese and 3 eggs. This makes 2 qts. Put butter in spider and cook with onions till brown, add flour dry and cook 5 minutes, add this to the scalding milk and stir till smooth. Just before serving add the grated cheese and eggs. These last should be well beaten and strained into the soup after 2 tbsp. of water have been added to them.—

Mrs. W. A. Stewart.

CREAM OF LIMA BEANS SOUP

1 cup dried lima beans soaked overnight and boiled until tender in 3 pts. water, press through sieve, adding a little water if it has boiled away too much. Fry 2 slices onion and 4 slices carrot in butter or dripping, add to beans a pint of white stock if you have any. Simmer few minutes then strain again to remove vegetables. Mix 2 tbsp. flour with $\frac{1}{2}$ cup milk, 1 tbsp. salt, $\frac{1}{2}$ tsp. pepper. Boil up once and add $\frac{1}{2}$ cup cream and a tbsp. of butter just before sending to table. Serve with croutons toasted bread.—
Mrs. F. Merrett.

SPLIT PEA SOUP

Wash and pick over two cups of split peas and put on to boil either with a small piece of fat pork or the water that pork has previously been boiled in and fat skimmed off. Add an onion cut small and if liked a little mint and boil for about 3 hours, then put in $\frac{1}{4}$ tsp. soda and boil for a short time before straining, after which heat up once more and serve with croutons.

"MRS. WIGGS" SOUP

Put into a soup kettle nice meat bones and any cold bits of meat, gravy, vegetables, etc., that will combine well, cover well with water and simmer for a couple of hours. Strain and add a chopped onion and a little chopped cabbage and turnip if liked. Season with salt and pepper—If an unexpected guest arrives, add more water.—

"Some hae meat that canna eat,
And some wad eat that want it,
But we hae meat and we can eat
And sae the Lord be thankit."

"Many a mickle makes a muckle."

"A penny saved is a penny made."

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FISH DISHES

"Egg sauce—few make it right, alas !
Is good with bluefish or with bass.

CREAMED FINNAN HADDIE

Put the fish in a baking pan, cover with cold water, after soaking for 20 minutes bring to a boil, set on back of range to simmer for $\frac{1}{2}$ hour. Drain, rinse and flake the fish. To 1 cup fish add 1 cup white sauce, bring to a boil, season with salt, pepper and paprika.—

WHITE SAUCE—2 tbsp. butter stirred in sauce pan till bubbling, add 2 tbsp. flour, $\frac{1}{2}$ tsp. salt, pepper, stir thoroughly till blended, pour on slowly 2 cups warm milk, beating till smooth and creamy.—

Mrs. G. C. Carman.

FISH PIE WITH POTATO CRUST

Flake finely with a fork the remains of any cold fish, put into sauce-pan with a little white sauce, season with salt and pepper and some small pieces of fried bacon. Line a plate with well seasoned mashed potatoes, brush over with beaten egg yolk, fill the center with fish and place in hot oven for a few minutes to heat through, and brown on top. Serve on a hot dish. Garnish with hard-boiled egg slices, and sprinkle over a little chopped green parsley.—

Mrs. W. B. Cavanagh.

SALMON A LA NEWBURG

Dissolve 1 dessertspoonful corn starch in 1 pt. cold milk, add 1 tbsp. of butter, 1 beaten egg. Cook until thick, season with salt and paprika to taste, add 1 can of drained salmon, 1 tsp. of lemon juice, and 3 tbsp. of double cream. Serve on toasted bread.—

FRIED OYSTERS

1 pt. large oysters, $\frac{1}{2}$ cup tomato catsup, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup milk. Mix thoroughly flour, milk, salt and catsup, dip oysters in mixture, roll in cracker crumbs, fry in fresh sweet lard, butter or olive oil until a dark brown, serve very hot.—

Mrs. W. J. DeRoché.

WAR TIME COOKERY

PIGS IN BLANKETS

Have at hand oysters, salt, pepper, sliced fat bacon. Clean and season large oysters with salt and pepper, wrap each oyster in a slice of thin bacon, pinning with a tooth pick. Cook until bacon is crisp.— Mrs. Mickleborough.

FISH OR MEAT SOUFFLÉ

To 1 lb. of cooked cold fish or meat, minced, add yolks of two eggs, season with salt, cayenne, Worcester sauce, celery salt and juice of lemon. Make a cream sauce in double boiler, with butter, flour and hot milk, according to quantity required. Add fish mixture to this, cook for a few minutes, take from stove and pour into buttered mold. Set this in pan of boiling water and bake in hot oven for 15 or 20 minutes. Turn out and serve at once.

Mrs. J. R. O'Reilly.

SALMON MOULD

1 can salmon, turn out and pour boiling water over, drain at once, break up fine and mix with dressing. Mould Dressing—1 tbsp. salt, 1½ tbsp. sugar, ½ tbsp. flour, 1½ tbsp. butter, 1 tsp. mustard, a little cayenne, yolks of 2 eggs, ¼ cup milk, ¼ cup vinegar, 1 tbsp. granulated gelatine soaked in 2 tbsp. cold water and added when dressing is boiled, then mix with salmon.—

Mrs. Farrand Hall.

BUTTERED LOBSTER

Beat 2 eggs with 1 tbsp. of butter to a smooth cream, add ½ cup cream, pepper and salt. Put all into a dish with the meat of a cold boiled lobster that has been diced, let it heat and slightly thicken, but do not allow it to boil. Serve hot on toast.— Mrs. Mickleborough.

SALMON VELOUTÉ

1 tin salmon, remove skin and bones and beat to a paste with fork. Season with salt, cayenne, nutmeg, grated rind ½ lemon and 1 tsp. lemon juice or vinegar. Dissolve ¼ oz. gelatine in a little cold water, add to one cup boiling milk, mix with salmon, lastly fold in 1 large cup whipped cream. Put into a border mold which has been dipped in cold water and set on ice. Turn out on crisp let-

FISH

tuce or shredded lettuce, putting cucumber dice in hollow and serve with mayonaise.

CUCUMBER DICE—Cut 3 small cucumbers in small squares, removing seeds, simmer for 10 minutes in water to cover, 2 tbsp. vinegar and a little salt. Cook until transparent, but do not allow cucumbers to become soft, drain and chill.—
Mrs. Merrett.

FRIED CLAMS

Remove clams from can, dip each one in cornmeal, beaten egg, and meal again, and fry in smoking hot fat until brown.—
Mrs. Mickleborough.

SALMON LOAF

3 eggs well beaten, $\frac{1}{4}$ tsp. of pepper, $\frac{3}{4}$ tsp. of salt, 1 cup of milk (small), 6 biscuits rolled fine, 1 can salmon drained, flavor with sage or other flavoring, steam 1 hour.—
Mrs. W. J. DeRochie

BAKED HALIBUT WITH TOMATO SAUCE

Put about 2 lbs. cleaned fish in baking pan, pour around it half the tomato sauce and bake about 35 minutes in a medium oven basting often. Remove to hot platter, pour around remaining sauce and garnish with parsley.

TOMATO SAUCE—2 cups tomatoes, 1 cup water, 1 slice onion, 3 cloves, 3 tbsp. butter substitute, 3 tbsp. flour or cornstarch, $\frac{1}{2}$ tbsp. sugar, salt and pepper. Cook tomatoes, onion, cloves and sugar together 20 minutes, melt butter substitute, add flour or corn starch, stir into the mixture. Add $\frac{3}{4}$ tsp. salt and dash of pepper. Cook 10 minutes and strain.—

Mrs. Alexander Clark.

DEVILLED SARDINES

Peel off the skin of 8 large sardines and put in a dish. Mix 1 dessert spoon of English mustard, 1 tsp. finely chopped pimentoes and 2 tbsp. Worcester sauce and pour over the sardines. Place over a brisk heat for 3 minutes. Have ready 4 strips of nicely buttered toast very hot and slip 2 sardines on each strip. Serve on hot plates garnished with parsley and thin slices of lemon.—

Mrs. G. A. Stiles.

WAR TIME COOKERY

SARDINE AND TOMATO TOAST

Arrange 2 sardines each on slices of butter toast on a platter, and put in oven to heat. Prepare a large cupful of highly seasoned tomato sauce, put a large spoonful over each slice and serve.—
Mrs. Young.

CRAB MEAT A LA KING

1 can Japanese crab meat, 1-3 cup of pimentoes. Make a cream sauce with 1 cup sweet milk, 1 egg, $\frac{1}{2}$ tbsp. flour. Mince crab meat and pimentoes, salt to taste, turn into cream sauce, heat thoroughly and serve on toast. This amount will serve four people bountifully.—

Mrs. G. T. Stewart.

MACKEREL A LA CREME

Soak salted fish 48 hours. Place in shallow pan, barely covered with milk, place on top of stove and let boil about 15 minutes. Carefully remove fish to platter, skin side down, sprinkle with pepper, pour milk over it and garnish with slices of onion.—

Mrs. Mickleborough.

BOILED SALMON

A piece weighing 6 lbs. should be rubbed with salt, tied carefully in a cloth and boiled slowly for $\frac{3}{4}$ of hour. To be eaten with egg or caper sauce. If any remains after dinner, it may be placed in a deep dish, a little salt sprinkled over and 1 cup boiling vinegar poured over it. Cover closely and it will make a nice breakfast dish.—

Mrs. Mickleborough.

DRESSING FOR SALMON LOAF

1 cup sweet milk added to juice of salmon, 1 tbsp. butter, 1 tbsp. flour; cook till thick; add 1 egg beaten light and pour over loaf.—

Mrs. Mickleborough

EGG SAUCE

Remove shell from hard boiled egg, separate yolk from white; chop the latter finely; mix with $\frac{1}{2}$ pint white fish sauce; heat up and pour over fish. Rub yolks through sieve and with it decorate surface of fish.

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CHEESE—MACARONI—RICE

"Grate Gruyere cheese on macaroni. Make the top crisp, but not too bony."

ESCALLOPED CHEESE

2 slices stale bread, buttered, 2 eggs, 1 large pt. milk, salt, pepper, cup grated cheese. Butter a baking dish and place the bread cut in squares in it, then add cheese, and over it pour the custard made of the milk, eggs, salt, and pepper. Place in a dish of hot water and cook in hot oven until the custard is set.— Mrs. Harkness.

CHEESE SOUFFLÉ

1 cup milk, 2 tbsp. butter or oleomargarine, 3 tbsp. flour, 4 eggs, 1 cup grated cheese, pinch soda and mustard, season with salt, pepper and cayenne. Make sauce of butter, flour, seasoning and milk. Pour gradually on beaten yolks, stirring constantly. Cook over boiling water about 2 minutes, then stir in cheese. Cook till luke warm. Fold in stiffly beaten whites. Pour into buttered baking dish and bake in moderate oven in pan of hot water until set. Serve at once.— Mrs. Harkness.

CHEESE SOUFFLÉ

4 tbsp. grated cheese, 1 cup bread crumbs, 1 cup milk, 2 tbsp. butter, yolks of 2 eggs; $\frac{1}{4}$ tsp. salt, few grains cayenne. Put bread and milk on to boil, beat until smooth, add cheese and butter. Stir over fire for one minute, add seasoning and yolks, lastly, stiffly beaten whites folded in lightly. Pour into greased baking dish and bake 15 minutes in a quick oven.— Mrs. Merrett.

TOMATO RAREBIT

1 tbsp. oleomargarine, 2 tbsp. cornstarch, $\frac{3}{4}$ cup milk, $\frac{3}{4}$ cup stewed strained tomatoes, $\frac{1}{8}$ tsp. soda, 2 cups finely cut cheese, 2 eggs slightly beaten, salt, mustard and cayenne. Put oleomargarine in saucepan and when melted add cornstarch. Gradually pour on milk, and when mixture has thickened add tomatoes mixed with soda, then add cheese, eggs and seasonings to taste. Serve as soon as cheese is melted on rye bread toast.— Mrs. Harkness.

WAR TIME COOKERY

MACARONI CROQUETTES

Boil in actively boiling salted water 1 cup macaroni broken into small pieces, drain, rinse in cold water, and drain again. Moisten with 1 cup highly seasoned white sauce, return to double boiler and stir in $\frac{1}{2}$ cup of grated cheese, stir until cheese is melted, add paprika to taste and mix in the yolks of 2 eggs lightly beaten. Continue to stir until eggs are well blended, remove from fire and put on platter to cool. When cold form into small croquettes, egg and crumb these, fry in deep fat to a rich brown. Drain for a moment on brown paper before serving.—

Mrs. Mickleborough

SCALLOPED MACARONI WITH CHEESE

$\frac{1}{2}$ cup macaroni, 1 cup white sauce, $\frac{1}{2}$ cup grated cheese, salt and pepper to taste. Cook macaroni, make the sauce with 2 tbsp. butter, 2 tbsp. flour, salt and pepper and 1 cup hot milk. When hot stir into it the cheese and cook. Add macaroni to sauce, cover with buttered crumbs, place in a hot oven till crumbs are browned. If desired, tomato sauce may be used instead of white sauce.—

Mrs. J. C. Alguire.

MACARONI EGG DISH

3 eggs, 2 cups cooked macaroni, $\frac{1}{2}$ cup grated cheese, 2 tbsp. butter, 2 tbsp. flour, 2 cups of milk or 2 cups of tomatoes may be substituted, salt and pepper. Cut hard boiled eggs, put in a buttered baking dish, add macaroni and grated cheese, pour over this sauce made of butter, flour and milk. Cover with buttered crumbs and bake in a moderate oven until brown, about 15 minutes.—

Mrs. W. J. DeRochie.

MACARONI AND TOMATO

$\frac{1}{2}$ lb. macaroni, $\frac{1}{2}$ can tomatoes, 1 tsp. salt, 1 tbsp. butter, 1 onion, 1 tbsp. flour. Boil macaroni in 1 qt. boiling water 30 minutes. Fry sliced onion in butter, add flour, when smooth add tomatoes, cloves, salt and pepper. Drain macaroni, add the water to tomatoes and cook 20 minutes. Put macaroni in buttered baking dish, pour sauce over, put buttered bread crumbs on top and bake in oven $\frac{1}{2}$ hour. Rice may be used instead of macaroni.—

Mrs. A. Adams.

CHEESE—MACARONI—RICE

ITALIAN RICE

Fry 1 tbsp. chopped onions in 1 tbsp. butter. When slightly brown add 1 cup washed rice and 2 cups boiling water, 1 tsp. salt, $\frac{1}{2}$ tsp. pepper. Cook half an hour and serve as vegetable or with chopped left over meat.

ROMAN PUDDING

Butter a basin and line with boiled macaroni. Have ready sufficient minced veal, or chicken and ham to fill bowl, and 1 oz. parmesan cheese and a little nutmeg, grated lemon peel, 2 eggs, 1 cup cream. Mix and steam for an hour. Turn out, glaze and serve with brown gravy.—

Mrs. C. W. Young.

RICE AND CHEESE

$\frac{1}{2}$ cup rice, $\frac{1}{2}$ cup grated cheese, 1 cup milk, 2 tbsp. butter substitute, 2 tbsp. flour, 1 tsp. salt, 1 tbsp. parsley (if liked). Wash and boil the rice in 2 qts water, hard boiling and unsalted for 30 minutes, drain, sprinkle with $\frac{1}{2}$ tsp. salt and put into a dish. Press firm and set in oven for a few minutes. Turn out onto a deep hot dish and cover with sauce, dust with pepper and sprinkle with parsley if liked.

SAUCE—Melt the butter substitute in a saucepan, add the flour and mix until smooth; then add the cold milk slowly and boil until thick and smooth. Remove from the fire and add the cheese. Stir until cheese is dissolved, add $\frac{1}{2}$ tsp. salt.—

Mrs. Alexander Clark.

CURRIED EGGS

Boil 6 eggs hard and shell, make a sauce of 1 cup milk, 1 tbsp. butter substitute, 1 onion sliced or 1 tbsp. onion juice, 1 tsp. good curry powder, salt and pepper, 1 tbsp. corn starch. Cut the eggs in half crosswise, arrange on platter, yolk down, and pour the hot curry sauce between them.—

PILAUS

2 thin slices of salt pork cut in dice and 1 large onion fried together until brown. Add 1 cup canned tomatoes, 1 cup rice, salt, red pepper to taste. Cook together in a covered saucepan until rice is tender.—

Mrs. Howard Ransom.

WAR TIME COOKERY

ITALIAN OMELET

1 cup onions chipped fine, 8 eggs beaten light, yolks and whites together, 3 large green peppers, sliced, 3 fresh tomatoes sliced, $\frac{3}{4}$ cup butter or oleomargarine. Put onions and butter in a pan first, then peppers, then tomatoes, cook until tender and add eggs, stirring all together. Serve on toast. Serves 8 people.—

Mrs. Harkness.

BAKED OMELET

6 eggs beaten separately and very light, add to yolks a teacup of warm milk, 1 tsp. flour, $\frac{3}{4}$ cup bread crumbs, $\frac{1}{2}$ tsp. salt, a little pepper, 1 tbsp. melted butter and fold in whites of eggs, bake 20 minutes. Serve at once.—

Mrs. Wm. Dingwall.

MUSHROOM ENTREE

Take as many mushrooms as required, fry slowly until brown, then place in small saucepan, cover with brown sauce (any left-over gravy will do,) season with salt, pepper and a dash of nutmeg. Simmer slowly for half an hour, then add (for $\frac{1}{2}$ lb. mushrooms) 2 tbsp. thick cream. Just before serving add the juice of $\frac{1}{2}$ lemon. Very good.—

Mrs. J. R. O'Reilly.

RUSSIAN PILAF

$\frac{1}{2}$ cup rice, 1 cup cooked tomatoes, 1 cup cooked meat, ground or cut in $\frac{1}{4}$ inch pieces, 1 sliced onion, $\frac{1}{2}$ level tbsp. salt, $\frac{1}{3}$ level tsp. pepper. Steam the rice in 2 cups water until nearly done, add tomatoes, meat, onion and seasonings and finish cooking. Add more water or meat stock if needed.—

Mrs. E. H. Brown.

"Tell me what you eat and I will tell you what you are."

"Take care of the pence and the pounds will take care of themselves."

MEATS

"Savory meat which my soul loveth."

BEEF OR VEAL CASSEROLE

1 or 1½ lb. round steak cut very thin, then cut into small squares which roll up and fasten with tooth pick. Sear on a hot pan with 3 onions and carrots cut into dices. Then arrange in layers in a casserole, season with salt, pepper and 2 or 3 tsp. of chili sauce. Boil the trimmings of meat for gravy, which thicken and pour over meat. Cook in moderate oven for 2 hours. Omit carrots when veal is used.— Mrs. Young.

MOCK DUCK

1½ lb. of round steak cut very thin, cover with a dressing of bread crumbs, onion, salt and pepper, summer savoury and good dripping. Roll up, tie with string put in pan with ½ cup water, cover and bake 1 hour.

CALF'S LIVER ROASTED

Soak the liver in salt and water for an hour, wipe dry, make a 3 or 4 inch opening and stuff with a force meat made of ½ cup dry bread crumbs, 2 slices fat salt pork chopped fine, salt, pepper and a little sage. Moisten this with water. Tie up with string, place in pan, put over it strips of pork or bacon, add ½ cup water into pan. cover liver and bake for 1 hour. Place the pork round the platter, make a good gravy and pour over the liver.

FLANK STEAK

Get a flank steak and have the butcher score or french it. Take 1 cup bread crumbs, ¼ cup cold water and soak ½ hour, 1 tbsp. minced onion, 1 tbsp. melted butter, brown onion in butter, 1 tsp. savory, celery salt, ¼ tsp. salt, ¼ tsp. paprika. Spread the dressing on the steak, roll and tie it and, dredge with flour, salt and pepper. Put a little dripping in a pan and sear this on the pan; put in a casserole and add 1 cup of hot water. This meat should be laid on a bed of vegetables made of 1 stalk of celery, a few small carrots, small onion sliced, 1 or 2 small potatoes. Bake in oven 1 hour.— Mrs. W. M. Giles.

WAR TIME COOKERY

POTTED VEAL SHANKS

2 good-sized shanks, 6 eggs, salt, pepper, $\frac{1}{2}$ nutmeg grated, 1 tsp. ground celery seed. Boil shanks until very tender and eggs until hard. Chop together and add seasonings. Boil liquid down to 1 pint and mix with meat. Mould.— Mrs. Harkness.

BEEF AND KIDNEY PUDDING

1 beef kidney, $\frac{1}{2}$ lb. beef cut into small pieces, 1 onion cut small, some sage, salt and pepper. Line a mould with suet crust made of $1\frac{1}{2}$ cup flour, $\frac{3}{4}$ cup suet, 1 tsp. baking powder, a little salt, mix with cold water to a soft dough. Put in the above ingredients in layers, cover the top with the paste and steam 4 hours. A fireless cooker is very good for this.— Mrs. Young.

CHICKEN FOR OVERSEAS BOXES

Cut up chicken, cook till tender, bone, pack in sterilized jars, boil down gravy, flavor with salt and pepper and summer savoury and pour into sealer. Screw tops loosely. Steam 1 hour, when juice has evaporated fill with melted butter and seal.— Mrs. David McCracken.

PLANKED STEAK

Round steak, onions, can of tomatoes, pepper and salt, brown steak in frying pan, cover with chopped onions. Pour over this a can of tomatoes, cover and cook in slow oven for 2 hours or more.— Mrs. H. Munroe.

CHOP SUEY

Scraps of cold meat, chopped lettuce (not too fine,) 1 can of peas, small chopped onion, 1 dessertspoon of butter, any cold stock or gravy, season with salt and pepper. Boil $\frac{1}{2}$ hour. Serve on platter with boiled rice.— Mrs. Theobald.

JELLIED VEAL

1 large knuckle of veal or 2 small ones. Boil slowly in 2 qts. of water in which put a blade of mace, a small onion and cook until meat drops from bone and gristle is

MEATS

a jelly. Take all meat off bone and cut in nice little pieces. Strain the liquor, which must make a good jelly and return meat to it, season liberally with lemon juice, salt, red and white pepper, nutmeg and small sprigs of parsley if liked. Line a mould with slices of hard-boiled eggs, when boiling hot pour into mould, when cold turn out on lettuce leaves and sliced lemons. If there is more jelly than you need for the shape put in separate bowl, then cut in dice for garnishing. Do not be afraid of too much seasoning.—
Mrs. C. W. Young.

DELICIOUS MEAT LOAF

2 lbs. round steak, 1 lb. fresh pork, 3 green peppers, $\frac{1}{4}$ nutmeg, 1 egg, 3 biscuits rolled fine, 1 large cup stewed tomatoes. Put meat and peppers through the grinder and season with salt and pepper. Bake $\frac{3}{4}$ of an hour basting frequently.—
Mrs. Giles.

TIME FOR ROASTING AND COOKING OF MEATS

Beef—15 min. to each lb. and 15 min. over.
Veal—25 min. to each lb. and 15 min. over.
Lamb—20 min. to each lb. and 15 min. over.
Mutton—25 min. to each lb. and 15 min. over.
Pork—25 min. to each lb. and 15 min. over.
Broil steak from 8 to 10 mins. according to thickness.
Broil chops 1 inch thick, 7 mins; have pan hot at first
Roast turkey 15 mins. to each lb., if young; if old,
longer.
Chicken—1 $\frac{3}{4}$ to 2 hours.
Duck—2 hours.
Goose—2 $\frac{1}{2}$ hours.
Fish—Boil 4 lbs. half an hour; steam $\frac{3}{4}$ hour; bake
25 or 30 minutes.

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VEGETABLE DISHES

"Oh for a lodge in a garden of cucumbers".

PARSNIP CUTLETS WITH BEANS

To 2 cups of mashed parsnips add 1 cup grated cheese, 1 tbsp. melted butter substitute, 1 tsp. salt, $\frac{1}{2}$ tsp. pepper, and the yolks of 2 eggs. Mix over fire and turn out to cool. Form into neat cutlets, brush over with egg, toss in bread crumbs and fry in smoking hot fat. Drain and arrange around hot dish. Fill the centre with stewed beans, prepared as follows—melt 2 tbsp. butter substitute, add 1 tsp. each of molasses and mustard, 2 tsp. onion juice and the strained juice of half lemon mixed with 1 cup hot water. Add 2 cups boiled beans and cook for 10 minutes. serve with cream sauce.—

Mrs. W. B. Cavanagh.

POTATOES AND CHEESE

Take 8 potatoes boiled, mash, and add 1 cup milk, beat well, add $\frac{1}{2}$ cup grated cheese, salt and pepper, small piece of butter. Put in pan and sprinkle top with cheese, a good layer. Bake half an hour.—

Mrs. W. A. Stewart.

LIMA BEANS IN CASSEROLE

Soak two cups of dried lima beans over night in cold water. Drain, put into a casserole dish and sprinkle with half a tsp. salt and pinch of pepper. Cut a small piece of salt pork into small pieces. Fry and drain off the fat. To the fat add half an onion, thinly sliced and half a cupful of cubed carrot and stir constantly until the vegetables are browned. Add these to the beans, dot over with two tbsp. of butter and one cupful of water, cover and bake until the beans are soft.—

Florence Johnston

SCALLOPED TOMATOES

Contents of 1 can tomatoes, season with salt, pepper and onion juice or chopped onion. Simmer for 5 minutes. Butter a baking dish, put in a layer of bread crumbs in bottom dotted with butter, then a layer of tomatoes. Repeat and sprinkle a layer of buttered crumbs on top. Bake in a hot oven until brown.—Miss E. Cumming

WAR TIME COOKERY

SCALLOPED CORN

To 1 can of corn add 2 eggs slightly beaten, 1 tsp. salt, pepper, 1½ tbsp of melted butter, 1 pt. scalded milk. Turn into a buttered pudding dish, bake in a slow oven until firm and browned on top.—Miss E. Cumming.

CARROT SOUFFLÉ

Boil 4 or 5 large carrots in salted water till very soft, then rub through sieve. To 1 cup of carrot pulp add 1 tbsp. butter melted and mixed with 2 tbsp. flour and cook over the fire for a few minutes. Stir this until it boils, add the beaten yolks of 3 eggs. Beat the whites very stiff and fold them in. Season with salt, pepper and a little nutmeg. Bake in a moderate oven for 15 minutes.—

Mrs. M. Herriston.

ITALIAN SPHAGHETTI AND TOMATO

1 jar tomatoes, ¼ lb. sphagheti, salt and pepper. Hold the sphagetti over a baking dish, pour boiling water slowly over the long pieces till they all gradually soften and can be formed in rings in dish, add salt and let simmer for 5 minutes. Pour water off carefully, add the seasoned, heated tomato, sprinkle top with bread crumbs, and bake for ½ hour. A sliced onion or red peppers may be added.

STUFFED GREEN SWEET PEPPERS

Take large well shaped sweet peppers, cut out a portion from end to end, take out seeds and skinny part, put in cold water for 2 hours before using, drain, boil from 8 to 10 minutes or until tender. Take out carefully, stuff with hot creamed fowl or veal, put in a baking dish, sprinkle with bread crumbs and bits of butter. Bake half an hour in a moderate oven then dish and garnish with slices of red peppers and parsley or pour over a tomato sauce.—

Miss B. C. Young.

POTATO PUFF

2 cups mashed potatoes, 1 tbsp. butter, beat to a cream, put with this 2 eggs whipped light, 1 cup milk, salt to taste, beat all well, pour into a greased baking dish and bake quickly to a light brown.—

Mrs. Theobald.

VEGETABLES

BOSTON BAKED BEANS

Soak 1 qt. beans over night, in the morning put half the beans in a crock or jar, add 1 large onion, $\frac{1}{4}$ lb. salt pork, add the rest of beans, 2 large tbsp. molasses poured over them, 1 tsp. mustard. Cover nearly with water. Then cover tight and let simmer five or six hours.—

Mrs. Finnemore.

VEGETABLE MEAT LOAF

1 cup ground peanut, 1 cup bread crumbs, 1 cup cooked rice, 1 cup each of carrots, peas, and tomatoes. Pour ingredients into a bowl and mix well. Cut wax paper to fit brick-shaped pan, and grease with dripping, fill with the loaf and press down well. Bake in a moderate oven for $\frac{3}{4}$ of an hour. Turn onto a hot platter, serve with white sauce, to which $\frac{1}{2}$ cup of tomatoes has been added.—

Mrs. W. B. Cavanagh.

BEAN TIMBALES

Soak 1 cup dried beans in water over night; cook until tender, drain and mash to a pulp with a fork. Add $\frac{1}{4}$ onion chopped fine, 2 eggs well beaten, until all is well blended together, 1 tsp. salt and pepper. Mix well. Grease custard cups, fill with mashed beans to 1 inch of top and bake in moderate oven for $\frac{1}{2}$ hour. Turn out on hot platter and serve with tomato sauce.—

Mrs. W. B. Cavanagh.

POTATO CROQUETTES

Add to 1 pt. mashed potatoes 1 tbsp. chopped parsley, 1 tsp. butter, $\frac{1}{4}$ tsp. salt and pepper, beaten white of 1 egg. Make into balls, roll in dry crumbs, then in egg, again in crumbs, and fry in lard.—

Mrs. Theobald.

CREAMED POTATOES

Use cold boiled potatoes, slice thin. Make a cream gravy of milk, butter and corn starch, 1 tsp. of butter and 1 tsp. cornstarch to every pint of milk, into a buttered baking dish put a thick layer of potatoes, cover with the cream, then another layer of potatoes, and cream, until used, on top a layer of fine crumbs and bits of butter. Bake to a light brown.—

Mrs. Theobald.

WAR TIME COOKERY

POTATO ROLLS

Take 5 or 6 potatoes, wash and boil them; add salt, pepper and a little milk. Beat three eggs light and mix with them. Make out into little rolls and cover with flour. Fry in hot lard.—
Mrs. Wyatt

STUFFED TOMATOES

Take smooth, firm ripe tomatoes, as many as required, cut top off at stem end and lay aside as covers. Scoop out pulp, leaving enough inside to form a firm wall. Mix bread crumbs, finely chipped onions, celery, and nuts with pulp and add salt and pepper to taste. Put back in shells and sprinkle grated cheese and a generous piece of butter on top. Put on the covers and lay in a flat pan. Bake in a moderate oven from fifteen to twenty minutes. Before removing from oven, remove covers, but replace again when taken from oven. Serve on a lettuce leaf surrounded with croutons.—
Mrs. Wyatt.

OVEN-FRIED POTATOES

Peel raw potatoes very thin and cut into long, narrow strips in imitation of French-fried potatoes; measure $\frac{1}{2}$ tbsp. of fat. Grease bottom of pan with half of it, dot top of potatoes with rest, sprinkle with salt. Bake the potatoes in centre of very hot oven for about half an hour, when they should be done, serve on a hot plate. It is hard to distinguish them from French fried and think of the fat saved.

POTATO CAKE

3 cups mashed potatoes, 1 cup flour, 2 tsp. baking powder, 2 tbsp. butter substitute, $\frac{1}{2}$ cup sweet milk, salt. Roll out, bake in squares, while hot, split and butter, put layers together, place in oven and serve hot.

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SALADS

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GOLDEN BALL SALAD

Make a tomato jelly as follows—put 1 qt. of canned tomatoes into a granite sauce pan with 2 cloves, 2 sprigs parsley, 2 stalks of celery with leaves, or $\frac{1}{2}$ tsp. celery seed, 2 bay leaves, a small onion sliced, a blade of mace, a dash of red pepper, 2 tsp. granulated sugar, salt to taste. Simmer 15 minutes, then press through a fine sieve. Pour the liquid into $\frac{1}{2}$ box gelatine that has been soaked in a cup of cold water and stir until dissolved. Add the strained juice of $\frac{1}{2}$ lemon and dessertspoonful of tarragon vinegar, a little red colouring. Pour into little moulds, set aside to stiffen. For the moulds tiny glass tumblers are the best. Boil 1 doz. eggs hard; mash the yolks with 2 fresh cream cheeses, adding salt and paprika to taste. Mould into little balls about two thirds the size of the egg yolk. Chop the white of the eggs very fine. At serving time unmould the jelly and set each one in the centre of lettuce leaves closely arranged. Sprinkle the leaves thickly with the chopped whites and set four or five of the golden balls round the base of the jelly. Between put mayonnaise dressing flavoured with tarragon vinegar. This is sufficient for 8 or 10 people, and served on individual plates, adds considerably to the decoration of the table. 6 eggs may be used, lessening the amount of cheese.—

Mrs. Netten.

CHICKEN SALAD

Meat of one cooked chicken cut in dice, 1 bottle of stuffed olives in pieces, 3 bunches celery, 3 hard boiled eggs. Mix with mayonnaise dressing, chill thoroughly and serve on lettuce leaves.—

Mrs. W. D. Knight.

CORN SALAD

18 ears corn, 1 head cabbage, 4 large onions, 1 tsp. cayenne pepper, 1 tsp. salt, 4 cups sugar. Boil corn on the cob until cooked, then cut off. Chop cabbage and onion fine, boil together and make a dressing with $\frac{1}{4}$ lb. mustard, one qt. vinegar, 1 tsp. celery seed, 2 tsp. tumeric powder. Add to mixture and boil one half hour.—

Mrs. MacHaffie.

WAR TIME COOKERY

PERFECTION SALAD

$\frac{1}{2}$ box gelatine soaked in water 5 min., then add the juice of 1 lemon, 1 pint hot water, $\frac{1}{2}$ cup mild vinegar, scant $\frac{1}{2}$ cup sugar. Stir thoroughly and strain, set aside until this begins to set, then stir in 1 cup finely shredded cabbage, 2 cups celery cut in small pieces, $\frac{1}{2}$ can of pimentos cut finely, chill thoroughly and serve.—

Miss M. Atchison.

CHEESE FOR SALAD

Put cheese through fine grinder or grate. Mix with as much cream as it will take. Shape in flat balls and put a walnut on top or form cheese in balls and roll in chopped nuts. Serve with dressing on lettuce leaves.

O'BRIEN SALAD

Shred a cabbage fine, add either capers or green peas or green peppers cut in strips and add boiled dressing.

EASTERN SALAD

3 cups shredded cabbage, $\frac{1}{2}$ cup diced celery (fine) $\frac{1}{2}$ cup shredded or chopped pineapple, $\frac{1}{2}$ cup chopped apple and a few nut meats. Mix with boiled salad dressing and garnish with beets cut in fancy shapes.— Mrs. Giles.

BOSTON BAKED BEAN SALAD

3 cups of baked beans and 1 cup chopped onion mixed lightly together. Use a French dressing. 1 cup celery may be used cut in small pieces, in place of the chopped onion. A nice salad for luncheon with brown bread sandwiches.—

Mrs. A. Adams.

MAYONNAISE DRESSING

$\frac{3}{4}$ cup olive oil, 1 egg yolk, $\frac{1}{2}$ tsp. salt, 1 tsp. powdered sugar, 1 tbsp. lemon juice, 1 tbsp. vinegar. Beat egg yolk and add to dry ingredients, add $\frac{1}{2}$ tsp. vinegar and mix. Add the oil at first drop by drop, as the mixture thickens add a few drops of lemon juice or vinegar to thin. Continue this until all is used, beating constantly. The oil should be kept very cold and added gradually. Mix on a platter or large plate.—

Miss Elsie Kilgour.

SALADS

NEW VANDERBILT SALAD

Head of lettuce shredded, 1 ring of pineapple. Take cream cheese and mix with chopped celery and nuts and put in centre of ring and around this sections of orange or grape fruit, for decoration use some cream cheese colored red and moulded into little balls. Serve saltines with this.

Mrs. Giles.

SALAD DRESSING

Blend 1 level desert spoon corn starch with $\frac{1}{2}$ cup sweet milk cooking slowly until it thickens, while still on the fire add butter the size of an egg, stirring until perfectly smooth. Then remove from the fire and add 1 or 2 tsp. prepared mustard, next add the yolk of an egg, then very slowly $\frac{1}{4}$ cup vinegar and 1 dessert spoon sugar, mix thoroughly then add the stiffly beaten white of the egg. Set upon the fire and bring to boiling point—

Mrs. Hermiston.

SALAD DRESSING

2 tbsp. butter, 2 tsp. sugar, 2 tsp. flour, 2 tsp. (Keen's) Mustard, 1 egg, 1 cup white wine vinegar, 1 tsp. salt. Put all together cold in double boiler, cook until it thickens, when cold and ready for use add cream.

Mrs. Sargent.

CREAM SALAD DRESSING

2 tbsp. sugar, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. mustard, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup water, 2 small eggs or 1 large egg, 1 tbsp. butter. Mix sugar, salt and mustard, add vinegar and water, and heat the mixture, add the eggs slightly beaten and cook in a double boiler beating the mixture with a dover egg beater till it will coat a spoon. Remove from fire and beat in the butter. Cream may be added to this dressing if desired.—

Isobel Bilsland.

SALAD DRESSING

$\frac{1}{2}$ tbsp. salt, 1 tbsp. mustard, 1 tbsp. flour, $1\frac{1}{2}$ tbsp. sugar, a few grains cayenne, 1 tbsp. butter, 1 egg, or 2 yolks, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup vinegar. Mix all dry ingredients, add slightly beaten yolks, or 1 egg, then milk and vinegar very slowly. Place in saucepan over boiling water (or in double boiler) and beat with dover beater till mixture is consistency of cream. Remove and add butter. You may use sour milk instead of sweet, but decrease vinegar.—

Miss Boyd.

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PUDDINGS

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Great chieftan o' the pudding race."

CHOCOLATE PUDDING

Boil 1 pt. milk, $\frac{1}{4}$ cup butter, 1 cup sugar, 3 oz. chocolate. Pour this over 2 slices bread or cake soaked in wine. When cool, add well-beaten yolks of 4 eggs. Bake, and when done spread over whites, well beaten with cup sugar and brown in oven.— Mrs. D. B. Maclellan.

CARROT CHRISTMAS PUDDING

1 lb. raisins, 1 lb. currants, 1 lb. mixed candied peel, $\frac{1}{4}$ lb. almonds, $\frac{1}{2}$ lb. bread crumbs, $\frac{1}{2}$ lb. flour, 1 lb. suet, $\frac{3}{4}$ lb. grated carrot, 1 lb. chopped apples, 1 lb. brown sugar, 1 grated nutmeg, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. ground cloves, 1 tsp. salt, $\frac{1}{2}$ glass brandy. Boil or steam for 6 hours or longer. This pudding will keep in moulds for months.

SAUCE—The beaten white of two eggs, add granulated sugar till a stiff foam and 1 tbsp. lemon juice.—

Mrs. C. W. Young.

STEAMED GRAHAM PUDDING

1 egg, 1 cup molasses, $\frac{1}{2}$ cup luke-warm water, 1 tsp. soda dissolved in water, $1\frac{1}{2}$ cups Graham flour. Steam 1 hour.

SAUCE—Cream butter size of an egg with 1 cup brown sugar, add 1 egg and boil in double boiler till thick then add $\frac{1}{2}$ cup boiling water or cold milk.—

Mrs. W. H. Dunkin.

FIG PUDDING

2 cups graham bread crumbs, 1 cup milk, $\frac{1}{2}$ cup fresh figs chopped fine, 2 tbsp. sugar, 1 tbsp. butter. Mix thoroughly, adding a little salt, pour into a buttered mould and steam $2\frac{1}{2}$ hours.

SAUCE—2 tbsp. flour, 2 tbsp. sugar, moisten with a little milk and butter, pour on $\frac{3}{4}$ cup boiling water and cook for a few minutes. Flavor with vanilla.—

Miss M. Hermiston.

WAR TIME COOKERY

TAPIOCA FIG PUDDING

2-3 cups tapioca, $1\frac{1}{2}$ cup water, $1\frac{1}{2}$ cup milk, 1 beaten egg, $1\frac{1}{2}$ cups light brown sugar, 2-3 cup sliced figs, 2-3 cup walnuts, cut, 1 tbsp. vanilla. Soak tapioca over night, in morning add sugar, figs, and nuts. Steam 1 hour in double boiler, then add flavoring. Chill. Serve with whipped or plain cream.— Mrs. Harkness.

GINGERBREAD PUDDING

$\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup milk, 1 tbsp. butter, 1 egg, 1 tbsp. brown sugar, 1 tsp. ginger, a little salt, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ tsp. baking powder. Cream butter and sugar, add molasses, then yolk of egg, add dry ingredients. Steam 2 hours. SAUCE—1 egg white beaten stiff, $\frac{1}{2}$ cup sugar, 1 tbsp. lemon juice.— Mrs. Finnemore.

STEAMED GRAHAM PUDDING

$\frac{1}{4}$ cup melted butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup milk, 1 egg, $1\frac{1}{2}$ cups Graham flour, $\frac{1}{2}$ tsp. soda, 1 tsp. salt, 1 cup seeded raisins or dates cut up. Mix butter, molasses, milk and egg. Add dry ingredients, mixed and sifted. Mix a little flour with fruit and add last. Turn in a buttered mould, cover and steam $2\frac{1}{2}$ hours.— Mrs. T. Garry.

HONEY COMB PUDDING

$\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ cup sugar, 2 oz. butter, 4 eggs, 1 cup molasses, 1 tsp. soda, a little salt. Beat yolks light, mix with sugar, salt and molasses, mix flour smoothly with milk, add melted butter, add white of eggs beaten stiff, add soda. steam in butter mould for 2 hours.— Mrs. Floyd.

CARROT PUDDING

8 carrots, boiled and well mashed with 1 tsp. salt; 8 tbsp. flour, 5 tbsp. minced suet, 4 tbsp. brown sugar, 1 lb. raisins, 1 lb. currants, a little minced lemon peel, $\frac{1}{2}$ cup minced walnuts, 1 grated nutmeg, 1 tsp. ground cinnamon, 1 tsp. vanilla, $\frac{1}{2}$ cup good whiskey, 1 tsp. soda dissolved in hot water. Mix flour and fruit together. steam 4 hours. Serve with a sauce flavored with whisky.— Mrs. Currie.

PUDDINGS

TAPIOCA CREAM

Soak 1 cup tapioca in 1 qt. milk over night. Cook in double boiler till it thickens, add yolks of 4 eggs, 1 cup sugar and $\frac{1}{2}$ tsp. salt. When cooked add the whites of the eggs beaten stiff, flavor with vanilla. Half the quantity makes a good sized pudding.— Mrs. Finnemore.

PUDDING SAUCE

Blend 1 tbsp. butter and 2 tbsp. flour, mix smooth with sufficient boiling water (say $1\frac{1}{2}$ or 2 cups), when cooked pour slowly over 1 egg and a small cup of sugar beaten together. Flavor with juice and a little grated rind of lemon, or any other preferred flavoring, fruit juice or wine.— Mrs. D. A. Eamer.

APPLE PUDDING

Fill a buttered baking dish with sliced apples and pour over the top a batter made of 1 tbsp. butter, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ cup sweet milk, 1 cup flour sifted with 2 tsp. baking powder. Bake in a moderate oven till brown. Serve with sauce.

SAUCE—Boil $\frac{3}{4}$ pt. sweet milk. Beat the yolk of 1 egg and add to it 1 tsp. flour, mixed with 3 tbsp. sugar. When the milk boils stir this into it, let cool and flavor to taste.— Mrs. M. Hermiston.

CHOCOLATE BREAD PUDDING

2 cups bread crumbs, 1 pt. sweet milk, 5 tbsp. grated chocolate, 2-3 cups sugar, a few broken nuts, 2 eggs. Boil crumbs, chocolate and sugar about one minute, then add eggs and nuts. Bake 15 minutes.

SAUCE— $\frac{1}{4}$ cup sugar, butter size of an egg, 1 cup milk.— Mrs. A. Adams.

CARROT PUDDING

$1\frac{1}{2}$ cups flour, 1 cup sugar, 1 cup chopped suet, 1 cup raisins, 1 cup currants, 1 cup potatoes grated, 1 cup carrots grated, $\frac{1}{2}$ cup fine dry bread crumbs, 1 tsp. soda, steam or boil 3 hours.

SAUCE—1 tbsp. butter and 1 tbsp. flour rubbed together, $\frac{1}{2}$ cup sugar, add 1 cup boiling water, cook until clear.— Mrs. Theobald.

WAR TIME COOKERY

MAPLE PUDDING

2 heaping tsp. tapioca soaked over night. Cook in 2 cups milk in double boiler, add well-beaten yolks of 3 eggs, pinch salt, and 2-3 cup maple syrup. When cooked, add well-beaten whites and 1 tsp. vanilla, 1 tsp. almond, and a few chopped nuts.— Mrs. Currie.

GINGER PUDDING

1-3 cup butter, $\frac{1}{2}$ cup sugar creamed, 1 egg well-beaten, $2\frac{1}{4}$ cup flour, $\frac{1}{4}$ tsp. salt, .2 tsp. ginger, 4 tsp. baking powder, 1 cup milk and 1 cup dry crystalized ginger. Steam 2 hours, serve with cream.— Miss M. Hermiston.

THANKSGIVING PUDDING

$2\frac{1}{2}$ cups stale bread crumbs, 2 tbsp. flour, 2 tsp. baking powder, 1 tsp. salt, 1 cup brown sugar, $\frac{3}{4}$ tsp. cinnamon, $\frac{1}{2}$ grated nutmeg, 1-3 cup chopped suet, $\frac{1}{2}$ lb. figs chopped fine, $\frac{1}{2}$ cup walnuts broken, $1\frac{1}{2}$ cups raisins, $\frac{3}{4}$ cup milk and 4 eggs. Mix the ingredients in order given and steam 3 hours. Miss Nellie McFarlane.

CUP PUDDING

2 eggs beaten separately, 1 cup sugar, with yolks, 1 tsp. butter, warm and put into this $1\frac{1}{2}$ cups flour, 3 tsp. baking powder, 1 large cup milk, add to whites beaten with a little vanilla. Beat together well and pour into buttered moulds. Steam 20 or 40 minutes.—Mrs. Munroe.

STEAMED PUDDING

2 cups flour, 1 scant tsp. salt, 3 tsp. baking powder, 2 tbsp. sugar, sift, and rub in 1 rounded tbsp. butter or suet and moisten with 1 well beaten egg and enough milk to make a batter. Stir in 1 cup sliced apples or 1 cup sliced or preserved peaches or 1 cup sliced dates. Steam $2\frac{1}{2}$ hours. Serve with cream and sugar.—Mrs. E. H. Brown.

DATE PUDDING

Mix 2 cups bread crumbs, 1 cup flour, $1\frac{1}{2}$ cup suet chopped, 2 cups dates chopped, $\frac{1}{2}$ cup sugar, pinch of salt, 2 tsp. baking powder. Moisten with 2 eggs beaten in a little milk. Put in buttered mould and steam 3 hours.— Miss Grace McCracken.

PUDDINGS

STEAMED RASPBERRY PUDDING

Soak $\frac{1}{2}$ lb. snaps of bread in cold water, squeeze as dry as possible, beat with a fork until light and crumbly. Chop 3 oz. of suet fine, add to the bread with $\frac{1}{2}$ cup seedless raisins, 2 tbsp. brown sugar, $\frac{1}{2}$ tsp. baking powder, a pinch of cinnamon and ground ginger and a little milk. Steam in well greased dish for at least 2 hours. Serve with raspberry sauce made as follows:—3 tbsp. raspberry jam, $\frac{1}{2}$ cup water, $\frac{1}{2}$ tsp. lemon juice. Garnish with whipped cream.—

Mrs. W. B. Cavanagh.

STEAMED CORNMEAL AND APPLE PUDDING ..

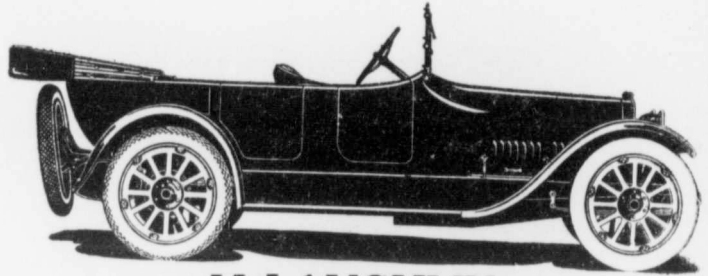
2 cups boiling water, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ cup cornmeal, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ tsp. baking powder, 1 cup sliced apples, 1 tbsp. butter, 1 egg. Prepare the first three ingredients as for cornmeal mush, mix sugar and baking powder, add to the mush, then add the sliced apples, butter and beaten egg. Put in a greased mould and steam 2 hours. Serve with lemon sauce.

LEMON SAUCE— $\frac{1}{4}$ cup sugar, 1 tbsp. cornstarch or 2 tbsp. flour, 1 cup boiling water, 1 tbsp. lemon juice, grated lemon rind. Mix sugar and cornstarch, add boiling water and cook until there is no taste of raw starch. Remove from fire, add butter, lemon juice and rind.—

Miss H. Mackenzie.

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COLD PUDDINGS AND DESSERTS

"Gather up the fragments that nothing be lost."

RASPBERRY AND CURRANT FOAM

Make a plain jelly with an ounce of gelatine moistened in $\frac{1}{2}$ a cup of cold water and then dissolved with 1 cup of boiling water; add 1 cup of raspberry juice, one-third cup of currant juice and sugar to sweeten. Stir the mixture over the fire until it reaches the boiling point and then strain setting aside to cool. Add half a cup of powdered sugar to one pint of rich cream and whip to a stiff froth; fold this carefully into a gelatine mixture, then turn into a mold, pack in ice and salt for three hours.— Mrs. Wyatt.

FRUIT MOULD

Line a mould with slices of bread or stale plain cake fill up with hot stewed sweetened fruit, place another slice on top of this, cover and put a light weight on. Put away to cool and serve with custard made of 1 cup of milk, 1 egg 1 tbsp. sugar and flavoring.

CHOCOLATE TAPIOCA

thsp
2 tsp. tapioca soaked for several hours in cold water; drain and pour on boiling water; cook in double boiler till quite clear; add 1 cup sugar, salt, 1 oz. shaved chocolate. When this is melted and well-mixed add stiffly beaten whites of 2 eggs. Stir in lightly, add $\frac{1}{2}$ tsp. vanilla. Serve with whipped cream when cold.— Miss Grenside.

COFFEE CUSTARD

2 cups milk, 1 cup cold coffee, yolks of 2 eggs, 1 cup sugar, 2 tbsp. corn starch, small piece of butter. Cook in a double boiler. Use whites of eggs on top. Set in the oven to brown.— Miss G. Hermiston.

COFFEE JELLY

$\frac{1}{2}$ pkg. gelatine soaked $\frac{1}{2}$ hour in $\frac{1}{2}$ cup cold water, add 1 qt. boiling hot sweetened coffee, stir well and strain into a mould, rinsed well in cold water. Serve with whipped cream.— Mrs. Wm. Prendergast.

WAR TIME COOKERY

COFFEE SOUFFLE

1½ cups good clear coffee, 1 cup milk, 1 tbsp. gelatine, 2-3 cups sugar, salt spoon salt, 2 eggs. Dissolve gelatine in milk, add to coffee and cook in double boiler till scalded. Add sugar, salt and yolks of eggs well beaten. Cook only till thickened, remove from fire, beat well and fold in stiffly beaten whites of eggs. Beat until cool turn into one mould, or individual moulds, wet with cold water. Turn out and serve with cream or hard sauce.—

Mrs. J. R. O'Reilly.

UNFROZEN MAPLE PARFAIT

1 cup maple syrup, 1 pt. whipped cream, 1 tsp. gelatine dissolved in water. Put a large cup of maple syrup over fire, add gelatine, and stir till it begins to thicken. Take off and beat till cool, fold in a pint of whipped cream, add a few walnuts if desired.—Miss Isabel Farlinger

FLOATING ISLAND

1 pint milk, 2 eggs, 2 tbsp. corn starch, 1 cup sugar, 4 bananas, 1 tsp. vanilla. Cook milk, sugar, yolks of eggs together, and thicken with cornstarch, set aside to cool. Just before using add vanilla and sliced bananas and dot with beaten whites of eggs, which have been beaten stiff and flavored with vanilla and little sugar also dot with any kind of jelly.—

Miss H. Irwin.

LEMON PUDDING

1 pt. boiling water, ¾ cup sugar, 3 tbsp. corn starch, wet with a little water, juice of 1 lemon. When that is cooked beat the whites of 2 eggs to a stiff froth and turn in 1 spoonful at a time till all is in. Cool in a mould. Make a custard of 1 cup milk, yolks of two eggs, ½ cup sugar and grated peel of lemon. Let cool and turn around pudding when you serve.—

Miss M. Ross.

MAPLE PARFAIT

4 eggs, 1 cup maple syrup, 1 pt. cream for whipping. Make a custard sauce of syrup and eggs, cool and fold in the cream stiffly whipped, mould, pack in a mixture of ice and salt (2 measures of ice to one of salt) and let stand 3 hours.—

Miss Elsie Kilgour.

COLD PUDDINGS AND DESSERTS

PRUNE WHIP

Boil prunes enough to fill a cup after they are stoned and cut up. Beat whites of 3 eggs to a froth, stir gently into prunes, sweeten to taste. Put in oven for 20 minutes until nice brown, serve with whipped cream.— Miss May Gill.

PINEAPPLE BAVARIAN CREAM

1 can pineapple, 1 cup sugar, $\frac{1}{2}$ box gelatine, $\frac{1}{2}$ cup cold water, 1 pint cream. Soak gelatine in cold water for $\frac{1}{2}$ hour. Let pineapple and sugar simmer slowly, add gelatine, stir till dissolved, let stand till it begins to thicken, then add whipped cream. Stir carefully till thoroughly mixed, turn into mould and stand aside to harden.—

Mrs. Carman.

DATE OR RAISIN MOULD

1 envelope Knox' gelatine, 1 cup cold water, $1\frac{1}{2}$ cup hot water, 2 eggs, 1 cup sugar, $\frac{1}{2}$ cup dates or raisins, $\frac{1}{2}$ cup walnuts. Soak gelatine, add hot water to beaten yolks, add sugar, then gelatine, dates or raisins and nuts; cook till it boils, stirring constantly; take from fire and add whites. Flavor with vanilla and turn into wet mould. This may be frozen if desired.—

Miss B. Young.

CARAMEL PUDDING

3 cups brown sugar, melt and scorch, add 1 qt. sweet milk. When it boils and the sugar is dissolved add about 4 tbsp. cornstarch that has been wet with a little of the milk. Just before taking from the fire add 1 cup walnuts broken in small pieces. Eat cold with whipped cream.—

Mrs. Brown.

NORWEGIAN PUDDING

$\frac{1}{2}$ lb. prunes, 1 cup sugar, 1 stick cinnamon, 1-3 cups boiling water, 1-3 cup corn starch, 1 tbsp. lemon juice. Mash prunes and soak for 1 hour then boil in same water until soft. Remove stones, take meat from them and add to prunes, then add the other ingredients and simmer for 10 minutes. Mix corn starch with a little water, add to the prune mixture and work for a few minutes. Remove cinnamon and mold. Turn out when cold and serve with cream.—

Mrs. Binnie.

WAR TIME COOKERY

SNOW PUDDING

1½ cups boiling water, 3 tbsp. corn starch, ¾ cup sugar, 1 lemon, juice and grated rind, whites of 2 eggs. Serve with a custard sauce made of the yolks of the eggs.—

Mrs. A. F. Cameron.

COFFEE MOUSSE

To 1 large cup of clear hot coffee add 1 heaping tsp. dissolved gelatine, 1tbsp. sugar, Set this aside to cool. Whip ¼ pt. of good rich cream, (which has been thoroughly chilled) sweeten to taste, when jelly is nearly set mix in the cream beating with egg beater. Pour into mould, set aside to stiffen. Serve with whipped cream.—Mrs. O'Reilly

GRAPE SHERBET

Soak ½ envelope Knox gelatine in ½ cup cold water for 5 min., make a syrup by boiling 1 cup sugar in 1½ cups boiling water 10 min. Then add soaked gelatine, cool slightly, add 1 pint grape juice, 4 tbsp. lemon juice and 1-3 cup orange juice. Freeze.—

PINEAPPLE FLUFF

Take pieces of pine apple cut rather fine with ½ cup of walnuts, ¼ lb. marshmallows and ½ pt. whipped cream. Cut marshmallows in quarters with scissors then mix with nuts and pineapple. Whip the cream, add half to above mixing well and heap remainder on top. Garnish with cherries. This is also delicious made with strawberries instead.—

Mrs. Giles.

GRAPE SPONGE

¾ box gelatine soaked in ¼ cup cold water, dissolve over hot water. Heat together 1 cup sugar, 1 cup grape juice, juice of lemon. Add gelatine. When almost set add stiffly beaten whites of 3 eggs. Beat until light and spongy. Serve with cream.

Mrs. Harkness.

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PIES

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LEMON CREAM PIE FILLING

1 cup milk, 1 heaping tbsp. corn starch, dissolved in a little water and added slowly to the boiling milk. Stir until smooth, then add the yolks of 2 eggs, into which 1 cup of sugar has been well beaten, and the juice and grated rind of 1 lemon, then add small piece of butter.

MERINGUE—Whites of 2 eggs beaten stiff, add 3 tbsp. sugar, spread over the custard and return to the oven to brown.— Mrs. C. D. Sargent.

BUTTERSCOTCH PIE

1 cup brown sugar, yolks of 2 eggs, 3 tbsp. flour, 1 cup cold water, 2 tbsp. butter, 2 ripe bananas. Blend all well together and cook in double boiler until smooth, add 2 ripe bananas sliced, vanilla to taste. When cool spread on pie crust already baked, beat the whites of 2 eggs, put over the top of pie and brown. Used as a pudding, this is very acceptable.— Miss Edna Cumming

MINCE PIE

2 lbs. lean beef, boiled and when cold, chopped fine, mince 1 lb. suet rejecting all shreds and strings. Peel, core and chop 5 lbs. apples, 2 lbs. raisins seeded and cut in half, 2 lbs. currants washed thoroughly, 1 lb. sultana raisins, $\frac{1}{2}$ lb. citron peel, $\frac{1}{4}$ lb. orange peel and $\frac{1}{4}$ lb. lemon peel cut fine. Add 1 tbsp. each of cloves and allspice, 2 tbsp. each of mace and cinnamon, 1 tsp. ground nutmeg, 1 tbsp. of salt, 2 $\frac{1}{2}$ lbs. brown sugar. Mix all well together and add the juice and grated rind of 3 lemons. Pack down in a stone crock for several weeks before using.—

Miss R. Hermiston.

MOCK MINCE MEAT

1 cup seeded raisins, 2 cups chopped apples 2 tbsp. chopped suet, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. ginger, $\frac{1}{2}$ cup brown sugar. Chop raisins and cook for five minutes in 1 cup water, then add other ingredients.—

Mrs. Harkness.

WAR TIME COOKERY

MAPLE PIE

Yolks of 2 eggs, 1 tbsp. butter, 1 tbsp. flour, 1 cup maple syrup, $\frac{3}{4}$ cup warm water, salt. Cook, let cool and put in baked shell. Beat whites of eggs very stiff, sweeten, pile on top and put in oven to brown.—

Mrs. C. A. MacHaffie.

LEMON PIE

The juice and grated rind of 1 lemon, 1 cup brown sugar, $\frac{1}{2}$ cup sweet milk, 1 tbsp. flour, yolks of 3 eggs. When sufficiently baked in a quick oven make a frosting of the whites of the eggs and 4 tbsp. white sugar, pour over pie and brown in oven.—

Miss Ida Cline.

LEMON PIE

4 level tbsp. cornstarch, 2 tbsp. cold water, salt, 1 cup sugar, 2 egg yolks, juice 1 lemon and 1 orange, 1 tsp. butter, $1\frac{1}{4}$ cups hot water, mix corn starch with cold water. Grate rind of lemon and part of orange. Separate yolks and whites of eggs, squeeze lemon and orange, pour boiling water over corn starch mixture; cook a minute or two until clear. Add sugar, stir and add egg yolks and cook a minute. Add lemon and butter and remove from stove immediately. Make a meringue of the stiffly beaten egg whites.—

Mrs. Harkness.

BUTTER SCOTCH PIE

FILLING FOR SHELL—1 tbsp. flour (heaped), 1 tbsp. cornstarch (heaped), piece of butter size of an egg. Cook thoroughly and add 1 cup dark sugar and a little salt. Then add 1 cup hot milk and yolks of 2 eggs. Make a meringue of whites and brown in oven. —

Miss Binnie.

CREAM PIE

1 pt. milk, scalded, 2 tbsp. cornstarch, $\frac{1}{2}$ cup sugar or 2 tbsp., yolks of 2 eggs, flavor with lemon or vanilla. Cover with egg whites. Half this custard mixed with 1 cup dates or raisins cooked in water makes a good filling.

Mrs. Guy Robertson.

BREADS

"Bread is the Staff of Life."

CORN MEAL OR WHOLE WHEAT BREAD

1 $\frac{3}{4}$ qts. luke warm water, or half milk and half water, 1 cake Fleischman's yeast, 1 tbsp. (large) lard, 1 tbsp. sugar, 1 tbsp. salt, 2 cups cornmeal, 3 $\frac{1}{2}$ qts. white flour. If made in bread mixer, put all ingredients together and turn for 3 minutes. If made by hand, add flour and meal gradually to liquid, beat well till a perfectly smooth dough. Cover well and let rise overnight. In morning, knead lightly for a few minutes in pan, make into loaves, let rise till double their bulk, bake in a moderate oven for one hour. Brush over with melted butter before removing from oven. If whole wheat flour is desired, use 3 cups of it and 3 $\frac{1}{4}$ qts. white flour.

CORN MEAL GEMS

$\frac{1}{2}$ cup sugar, 1 heaping tbsp. butter substitute, 1 egg, $\frac{3}{4}$ cup cornmeal, 1 cup flour, 2 tsp. baking powder, nutmeg, salt, 1 (scant) cup milk. Cream butter and sugar, add the egg well beaten, flour, cornmeal and baking powder sifted together; salt and nutmeg and lastly the milk, stirring it in until of the proper consistency. This makes 1 dozen gems.— Mrs. Clark.

EGGLESS CORN CAKE (MOLASSES)

1 cup cornmeal, $\frac{3}{4}$ cup flour, 3 tsp. baking powder, 1 tsp. salt, $\frac{1}{4}$ cup molasses, $\frac{3}{4}$ cup milk, 1 tbsp. melted butter substitute. Mix and bake 20 minutes in hot oven.

CORN MEAL MUFFINS

1 cup corn meal, 1 cup flour, $\frac{1}{4}$ cup sugar, 1 cup milk, $\frac{1}{4}$ cup butter, 4 tsp. baking powder, $\frac{1}{2}$ tsp. salt, 2 eggs. Bake in muffin tins in hot oven.—Miss Ida Cline.

GRAHAM MUFFINS

X $1\frac{1}{4}$ cups graham flour, 1 cup white flour, 1 cup sour milk, 1-3 cup molasses, $\frac{3}{4}$ teaspoon soda, 1 tsp. salt. Mix and sift dry ingredients; add milk to molasses; combine mixtures and bake. ✓

WAR TIME COOKERY

GRAHAM GEMS

3 tbsp. shortening, 1 tbsp. white sugar, 1 egg, 1 tsp. soda dissolved in $1\frac{1}{2}$ cup sour milk, 2 cups graham flour, $\frac{1}{2}$ tsp. baking powder. Bake about 25 minutes in quick oven.

OAT MEAL BREAD

2 cups oat meal flakes, 2 cups boiling water, $\frac{1}{2}$ cup sugar or molasses, 1 cup luke warm water, 4 cups sifted flour, 1 tsp. salt, 1 tbsp. lard, 1 cake Fleischman's yeast. Pour the boiling water on the oat meal.— Mrs. Bradley.

CORN MEAL GRIDDLE CAKES

$\frac{1}{2}$ cup corn meal, 2 cups flour, $1\frac{1}{2}$ tsp. salt, 4 tsp. baking powder, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cup boiling water, $1\frac{1}{4}$ cup milk, 1 egg, 2 tsp. melted butter. Stir meal into boiling water, boil 5 minutes, turn into a bowl and add milk; sift in dry ingredients, add the egg well beaten then melted butter and fry.

BOSTON BROWN BREAD STEAMED

$\frac{1}{2}$ cup white flour, 1 cup graham flour, 1 cup corn meal, 1 tsp. soda, 2 cups of thick sour milk, or $1\frac{1}{2}$ cups of thin sour milk. $\frac{1}{2}$ cup molasses. Mix and sift dry ingredients, add milk and molasses, mixed. Turn into greased mould, cover tightly and steam 3 hours. Dry bread for a few moments in oven after removing from mould.— Miss Lillian Phillips.

OATMEAL MUFFINS

1 cup oatmeal porridge, 1 egg well beaten, 1 cup flour, 1 tsp. of baking powder, 1 tsp. salt, $\frac{1}{2}$ cup milk. Beat egg well, add the porridge, which has been thinned with the milk, add flour, etc., and drop in buttered tins. Bake 20 minutes.— Mrs. H. Munroe.

FRENCH TEA BISCUITS

$\frac{1}{4}$ cup sugar, 1 egg not beaten, piece of butter size of an egg melted; 1 cup sweet milk, nutmeg, $2\frac{1}{2}$ tsp. baking powder, 3 cups flour sifted with baking powder. Mrs. W. J. Derochie.

BREADS

BREAD GRIDDLE CAKES

1½ cup fine stale bread crumbs, 1½ cup scalded milk, 2 tbsp. butter, ½ cup of flour, ½ tsp. salt, 4 tsp. baking powder.— *1 egg,* Mrs. W. J. Derochie.

SALLY LUNN

2 cups flour, 2 tsp. baking powder, 1 cup milk, 1 egg, 2 tbsp. sugar, 1 tbsp. butter. Melt butter, sift flour and baking powder. Mix all together and bake. Split and butter. To be eaten hot.— Mrs. Currie.

QUAKER MUFFINS

2-3 cups rolled oats, 1½ cups of flour, ½ tsp. salt, 1 tsp. baking powder, 1 egg, 2 tbsp. butter, 1 cup scalded milk. Add milk to rolled oats and let stand 5 minutes.— Miss Nellie McFarlane.

RICE MUFFINS

2½ cups flour, ½ tsp. salt, 1 cup boiled rice, 1 cup milk, 3 tsp. baking powder, 2 eggs well beaten, ¼ cup melted butter.— Miss Farlinger.

BRAN MUFFINS

1 cup bran, 1 cup flour, 1 tsp. salt, 2 tbsp. shortening, 3 tsp. baking powder, 1¼ cups milk.— Miss Sadie Carpenter.

WHOLE WHEAT LOAF

3 cups whole wheat flour, 2 cups sour milk, 1 cup brown sugar, 1 tsp. salt, 1 tsp. soda. Beat well and bake about 25 minutes. This is better made in two long loaves and baked longer. It may also be made with graham flour in place of whole wheat.— Mrs. W. A. Stewart.

WHOLE WHEAT WAR BREAD

1 small tsp. salt, 1 large tsp. soda, ½ cup molasses, ¼ cup brown sugar, 2 cup sour milk or 1¾ sweet, 3 cups whole wheat flour. Bake 1 hour in slow oven. If made with sweet milk sift small tsp. cream of tartar with flour.— Mrs. Merrett.

WAR TIME COOKERY

GRAHAM BREAD

1 cup brown sugar, 4 cups graham flour, 2 cups sour milk, 2 tsp. soda in $\frac{1}{2}$ cup hot water, 1 tsp. salt, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup nut meats.—

Mrs. A. Adams.

NUT BREAD

4 cups sifted flour, 4 tsp. baking powder, 1 cup minced walnuts, $\frac{3}{4}$ cup sugar, 2 cups milk, $\frac{1}{2}$ tsp. salt. Mix dry ingredients. Add well beaten egg and milk. Form into a loaf but do not knead, let rise 20 minutes. Bake 1 hour in slow oven.—

Mrs. Floyd.

DATE BREAD

Stone and chop 1 cup dates, sprinkle with 1 level tsp. soda, add 1 cup of boiling water, let stand until cool, beat together until creamy, 1 cup sugar, 1 tbsp. butter, 1 pinch salt, 1 egg, 1 tsp. vanilla, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup chopped walnuts. Bake 1 hour in slow oven.—

Miss I. Cline.

DATE BREAD

3 cups flour, 1 small cup sugar, 3 tsp. baking powder, 1 tsp. salt, 1 cup chopped dates, 1 cup chopped nuts, 1 cup milk, 1 egg well beaten. Let rise 20 minutes. Bake in slow oven 20 minutes.—Mrs. J. G. Harkness.

HEALTH BREAD

1 egg, 2 tbsp. molasses, 4 tbsp. raisins, $\frac{1}{2}$ tsp. salt, 1 cup sour or sweet cream, $1\frac{1}{2}$ cups flour, $2\frac{1}{2}$ cups bran, 2 tsp. cream of tartar, 1 tsp. soda. Mix with cream. Mix all together, let rise 15 to 30 minutes. Bake in moderate oven.

Mrs. Theobald.

BOSTON BROWN BREAD

1 large tbsp. molasses, 2 tbsp. brown sugar, $\frac{1}{2}$ tsp. salt, 2 cups graham flour, 1 cup white flour, 2 cups sour milk or buttermilk, 2 tsp. soda, dissolved in a little hot water. Mix well and steam $2\frac{1}{2}$ hours, then place in moderate oven for 15 minutes.—

Mrs. M. Hermiston.

BREADS

BROWN BREAD

1 small tsp. salt, 1 large tsp. soda, $\frac{1}{4}$ cup brown sugar, $\frac{1}{2}$ cup molasses, 2 cups sour milk, 3 cups whole wheat flour.—
Mrs. Nugent.

SOUTHERN BROWN BREAD

1 cake Fleischman's yeast, dissolve in 1 cup warm water, 1 cup sugar, salt, enough white flour to make a sponge. Let rise until light, then mix in graham flour with a spoon until quite stiff so it will drop off spoon into pan. Put in greased tin and let rise until almost double in quantity and bake in moderately hot oven for about 45 minutes.—
Mrs. J. G. Harkness.

BROWN BREAD

3 cups graham flour, 1 cup cornmeal, 1 cup white flour, 1 cup molasses, $2\frac{1}{2}$ cups milk, 2 tsp. soda (very small), a little salt. Heat the milk, dissolve soda in it, then add to dry flour. Put in baking powder tins and steam 2 hours. Sour milk is better for this, and if mixture is not thin enough, add water.—
Mrs. Currie.

CAKES

CHOCOLATE CAKE (EGGLESS)

1 cup sugar, 4 tbsp. butter, $\frac{1}{2}$ cup dry cocoa, 1 cup sour milk, 1 tsp. soda dissolved in a little hot water, pinch of salt, 1 tsp. vanilla, $1\frac{1}{2}$ cups flour. Cream butter, sugar, salt and cocoa, add milk, hot water and soda, stir in flour. Bake in two layers or in a shallow pan.—
Miss Florence Johnston.

APPLE SAUCE CAKE

1 cup raisins, 2 cups flour, 1 tsp. soda, 1 egg, butter size of an egg, spice to taste, 1 cup sugar, 1 cup smooth apple sauce. Mix like sponge cake.—
Mrs. J. D. Grant.

POVERTY CAKE (GOOD)

1 cup sugar, 2 tbsp. butter substitute, 2 tbsp. molasses, $\frac{1}{2}$ tsp. all kinds of spices, $\frac{1}{2}$ tsp. soda, $\frac{1}{2}$ cup raisins, 1 cup sour milk, a little salt, 2 cups of sifted flour. Bake in a loaf.—
M. A. P.

WAR TIME COOKERY

PRINCE OF WALES CAKE

2 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 tsp. cinnamon, $\frac{1}{4}$ tsp. allspice, 2 tbsp. molasses, 1 cup buttermilk, 1 cup raisins, $\frac{1}{2}$ cup currants, 1 tsp. soda, 2 good cups flour.—
Miss G. McCracken.

SOFT GINGER BREAD

1 cup of molasses, $\frac{1}{2}$ cup of butter, bring this to the boiling point. Mix together thoroughly, 2 cup of flour, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. salt, 1 heaping tsp. ginger, $1\frac{1}{2}$ tsp. soda. When the molasses has reached the boiling point, remove from stove and beat in alternate small quantities $\frac{1}{2}$ cup sour milk, 1 well beaten egg and flour mixture. Beat until smooth, pour into a shallow pan, and bake in a quick oven.—
Miss May Gill.

SWEET CREAM SPONGE CAKE

Break 2 eggs into a cup, fill it with cream, and beat till light; add one cup sugar, $1\frac{1}{2}$ cups flour, two tsp. baking powder, flavor to taste.—
Mrs. A. Adams.

CORNMEAL GINGERBREAD

1 cup cornmeal, 1 cup flour, $\frac{1}{2}$ tp. soda, 2 tsp. baking powder, $\frac{3}{4}$ tsp. salt, 2 tsp. ginger, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. cloves, 1 cup sour milk, 1 cup molasses, 2 tbsp. melted shortening. sift together all the dry ingredients, mix thoroughly with the milk, molasses and shortening. Bake half an hour in a moderate oven.—
Miss H. Mackenzie.

TRILBY ICING

To a boiled icing beaten until cool enough to spread, add 1 cup marshmallows cut into quarters and slightly warmed in oven, and $\frac{1}{4}$ cup candied cherries cut into slices, and $\frac{1}{2}$ tsp. vanilla.—
Miss A. McPherson.

DATE CAKE

$\frac{1}{2}$ cup butter, 1 cup granulated sugar, 2 eggs, $\frac{1}{2}$ cup hot water, 2 cups flour, 1 lb. stoned dates, 1 cup walnuts broken into pieces, 1 tsp. soda. Beat well and bake 1 hour.—
Mrs. G. C. Smith.

CAKES

DEVIL'S FOOD

Cream 1 cup sugar and a scant $\frac{1}{2}$ cup oleomargarine with 1 cup sour milk. Beat 1 egg into mixture. Then add the following ingredients, which have been well sifted together : $1\frac{1}{4}$ cups flour, $\frac{1}{2}$ tsp. salt, 1 scant tsp. soda, 3 dessertspoons cocoa. Bake in moderate oven for 35 or 40 minutes.—
Mrs. M. Hermiston.

SPONGE CAKE

3 eggs, $\frac{1}{2}$ cup of granulated sugar, grated rind and juice of 1 lemon, $\frac{1}{2}$ cup of flour, a pinch of salt. Sift flour and salt, beat eggs separately, add the sugar slowly to the beaten yolks, add lemon juice and rind, then the whites beaten very stiff. Fold in the flour. Bake in a deep tin for about 30 minutes. Bake slowly and do not disturb while baking. When sponge cake is removed from the oven it should be placed where it will not cool too quickly at first. This will prevent it from falling.—

Mrs. Wm. Prendergast.

LIGHTNING CAKE

Sift in bowl 1 cup sugar, $1\frac{1}{2}$ cups flour, 2 tsp. baking powder. In a measuring cup put $\frac{1}{4}$ cup soft butter, break in 2 eggs and fill cup to overflow with milk, add to dry ingredients, flavor and stir briskly for 5 minutes. Bake in square tin about 45 minutes in a moderate oven.—

Mrs. Bradley.

SUNSHINE CAKE

1 cup berry sugar, 1 cup flour, $\frac{1}{2}$ tsp. cream tartar, pinch salt, 6 eggs separated, 1 tsp. vanilla. Beat whites about half, add salt and cream tartar and beat dry, add sugar, mix thoroughly, beat yolks light and add to mixture. Lightly fold in flour. Bake in moderate oven in one large or two small stem pans, from 20 to 30 minutes.—

Miss M. Atchison.

WAR GINGERBREAD

1-3 cup of lard, 1 cup brown sugar, 1 cup molasses, 1 cup sweet milk, 1 tsp. salt, $1\frac{1}{2}$ tsp. cinnamon, 1 tsp. fine ginger, 3 cups of flour, 3 tsp. baking powder.—

Mrs. Nugent.

WAR TIME COOKERY

SPICE CAKE

1 cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 cup sweet cream, 2 cups flour, 2 level tsp. Royal baking powder, $\frac{1}{2}$ tsp. ginger, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{2}$ lb. raisins.

FROSTING—1 cup granulated sugar, 1 cup brown sugar, $\frac{1}{2}$ cup boiling water, boil till it threads, then pour on beaten white of 1 egg.—
Miss M. Mulhern.

SPANISH BUN

1 cup sugar, $\frac{1}{2}$ cup butter, 3 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 tsp. cream of tartar, $\frac{1}{2}$ tsp. soda, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. cloves, a little nutmeg. Cream butter and sugar well, add yolks of eggs, then milk and flour and other ingredients. Beat up whites of eggs and add last.

ICING— $\frac{1}{4}$ cup boiling water, 1 cup sugar. Boil till it threads, then beat into well beaten white of 1 egg, and salt to egg white.—
Mrs. D. B. MacLennan.

JELLY ROLL

1 cup sifted flour, 2 tsp. baking powder, 2 eggs beaten light, 1-3 cup hot milk, scant $\frac{1}{2}$ tsp. salt, grated rind of 1 lemon, 1 cup sugar. Beat eggs, add sugar, lemon rind then flour sifted 3 times with salt and baking powder, and lastly milk. Bake in buttered pan; turn out on a damp cloth, trim off crisp edges, spread with jelly and turn over and over into a roll while hot, Dredge with powdered sugar.—
Miss A. McPherson.

DEVIL CAKE

CUSTARD PART—1 cup grated chocolate, $\frac{1}{2}$ cup sweet milk, 1 cup brown sugar, yolk of 1 egg, 1 tsp. vanilla. Stir together in a granite pot. Cook slowly and put aside to cool.

CAKE PART—1 cup brown sugar, $\frac{1}{2}$ large cup butter, $\frac{1}{2}$ cup sweet milk, 2 cups flour, 2 eggs and white left from custard part. Cream butter, sugar and yolks of eggs, add milk sifted flour and whites of eggs beaten stiff. Beat together and stir in the custard, add one tsp. soda dissolved in a scant cup of boiling water. Bake in a large loaf for 45 minutes.

FROSTING—1 cup brown sugar, 1 cup white sugar, 1 cup boiling water, 1-3 tsp. cream of tartar. Boil till it threads and then pour on the beaten whites of two eggs.—
Mrs. W. D. Knight.

CAKES

LIGHT CRUMB CAKE

2 cups flour, 1 cup butter or lard, 1 tsp. vanilla, 1 cup granulated sugar. Mix like pie crust. Take out 1 cup and to the rest add 1 cup sour milk, 1 tsp. soda, 1 cup currants or raisins. Put in pan and sprinkle the cupful on top.—
Mrs. Roy Stuart.

DELICATE CAKE

$\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup flour, $\frac{1}{2}$ cup corn starch, $\frac{1}{2}$ cup milk, 1 heaping tsp. baking powder, Whites of four eggs. Cream sugar and butter, add milk and flour alternately, corn starch and lastly the well beaten egg whites.—
Miss Agnes M. Alguire.

DATE LOAF

$\frac{1}{2}$ cup butter, 1 cup brown sugar, 2 eggs, 2 cups flour (large) $\frac{3}{4}$ cup sour cream, 1 lb. stoned dates, $\frac{1}{2}$ cup chopped almonds, 1 level tsp. soda in $\frac{1}{2}$ cup boiling water. Bake 1 hour.—
Miss M. Mulhern.

WHITE LAYER CAKE

1 cup granulated sugar, 1 tbsp. butter, 2 eggs, 1 cup sweet milk, 1 tsp. soda, 2 tsp. cream of tartar, $1\frac{3}{4}$ cups flour. Cream butter and sugar, add 2 eggs beaten to a froth, and stir well into the mixture; add milk in which has been dissolved 1 tsp. soda, then add flour to which has been added 2 tsp. cream of tartar. Beat all well, pour into 2 pans and bake about 25 minutes.

ICING—Cream small piece of butter with pulverized sugar and grated peel of one orange, add pinch of salt and moisten with juice of one orange.—
Miss H. Irwin.

HANDY CAKE

1 egg, 1 cup sugar, butter size of an egg, $\frac{1}{2}$ cup sweet milk, 2 small tsp. baking powder, flour to make not too stiff a batter. Flavor with vanilla.—Mrs. J. W. Campbell

COCOA ICING

1-3 cup butter, $1\frac{1}{2}$ cups confectioner's sugar, 1 tbsp. butter, $\frac{1}{2}$ tsp. vanilla, 2 tbsp. cocoa and 2 tbsp. strong coffee. Mix in a soup plate and spread it on before it is cold. Will ice 2 cakes nicely.—
Miss Grenside.

WAR TIME COOKERY

SCOTCH SEED CAKE

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 6 eggs, 12 oz. flour, (3 cups), 12 oz. peel, 4 oz. sultana raisins, 4 oz. blanched almonds. Mix together butter and sugar. Beat eggs well and add them, then flour and the other ingredients before stirring. Add a tsp. baking powder to the flour. Bake $1\frac{1}{2}$ hours.—

Mrs. Hugh Munroe.

This makes a very good fruit cake, which keeps for months.

MOCHA ICING

1-3 cup butter, $1\frac{1}{2}$ cups confectioner's sugar, 1 tbsp. strong coffee infusion. Cream butter and sugar then add coffee until right consistency to spread.—Mrs. Theobald.

MAPLE SYRUP ICING

1 cup maple syrup. Boil till it threads and add to the beaten white of an egg.—

Miss I. Farlinger.

COOKIES

SCOTCH OAT CAKES

2 cups granulated oatmeal, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup molasses, $1\frac{1}{2}$ tbsp. salt. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in moderate oven. This makes 3 dozen oat crackers.—

Mrs. Theobald.

OATMEAL COOKIES

1 cup sugar, 1 cup butter or $\frac{1}{2}$ lard, 2 eggs, 2 tbsp. sour milk, (I use a stir-spoonful), $\frac{1}{2}$ tsp. soda, $2\frac{1}{2}$ cups flour (small) $2\frac{1}{2}$ cups oatmeal (fine). You can use sweet milk, but if you do, substitute baking powder for soda. Do not mix too stiff. I find some oatmeal requires more milk. Roll out, bake and watch your oven carefully lest they scorch as they cook quickly.—

Miss M. Ross.

SCOTCH SHORT BREAD

$\frac{1}{2}$ lb. butter, 3 large tbsp. pulverized sugar beaten to cream, then add as much flour as can be kneaded into this, roll about $\frac{1}{2}$ inch thick on piece of thin paper. Bake 25 to 30 minutes.—

Mrs. M. Hermiston.

COOKIES

OATMEAL MACAROONS

2 eggs, 1 cup sugar, $\frac{1}{2}$ tsp. salt, butter size of an egg, $1\frac{1}{2}$ tsp. vanilla, 2 tsp. baking powder, $2\frac{1}{2}$ cups oatmeal. Beat eggs light, add sugar, salt, butter, vanilla, then oatmeal and baking powder. Drop large tsp. onto a well buttered tin, over an inch apart. Bake in slow oven, take off tin carefully.—
Miss Agnes M. Alguire.

PEANUT COOKIES

Cream 2 tbsp. butter and add $\frac{1}{2}$ cup sugar and 1 egg; to 1 cup flour add $\frac{1}{2}$ tsp. soda and 1 tsp. cream of tartar. Combine with sugar and butter mixture and add 2 tbsp. milk and 1 cup chopped peanuts. Drop from tsp. on buttered pans and bake.—
Mrs. Mickleborough.

SCOTCH BREAD

1 lb. butter, 10 oz. sugar, 8 oz. corn starch, 1 lb. flour. Squeeze water from butter, add sugar, work with hands, gradually add corn starch and flour. Work on board, roll to $\frac{1}{4}$ inch. Cut to shape required, bake in hot oven.—
Mrs. Floyd.

COCOANUT DROP COOKIES

$2\frac{1}{2}$ cups flour, 1 cup butter, 6 oz. cocoanut, $1\frac{1}{4}$ scant cup fruit sugar, 4 eggs, 1 tsp. baking powder. Drop in small spoonsful on buttered baking tin and bake in quick oven about 8 minutes.—
Miss Ida Cline.

CRUMPETS

1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{2}$ tsp. soda, 2 tbsp. sour milk, $1\frac{1}{2}$ cup flour, $\frac{1}{2}$ small spoon spice, 1 cup chopped raisins, pinch salt. Mix butter, sugar, egg together, then flour and spices, milk and soda, floured raisins, make stiff and drop in rough lumps on pan. Bake quickly, put while warm in warm tight receptacle.—
Mrs. Frank Hall.

DOUGHNUTS (SOUR MILK)

$1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter (scant), 2 eggs, 2 cups sour milk, 2 tsp. soda, flour enough to make it stiff so as to roll out. Cut out and fry in fresh boiling lard.—
Miss G. McCracken.

WAR TIME COOKERY

LACE CRISPS

1 tbsp. melted butter, 1 cup sugar, 2 eggs, 1 tsp. vanilla, 2½ cups rolled oats, ½ tsp. soda, 1 tsp. cream of tartar. Mix well and drop by small tsps. on buttered tin. Bake in a moderate oven 5 or 10 minutes till they get a nice brown. After taking from oven let them stand a minute and then take them off the tin with a thin knife. Put on pastry board till cool.— Mrs. D. B. MacLennan

HEAVENLY FOOD

1 cup dates cut, 1 cup walnut, broken; 2 eggs beaten separately, ¾ cup sugar, 3 heaping tbsp. flour, 1 level tsp. baking powder, pinch salt. Bake in thin sheets and when cool cut in squares.— Mrs. Harkness.

DOUGHNUTS (SWEET MILK)

thsp
3 eggs, 1½ cups granulated sugar, ½ cup butter, 2 tsp. salt, beat well together, add 2 cups milk, then 4 tsp. baking powder sifted with the flour. Use flour enough to make a stiff dough and fry.—

Mrs. W. J. Derochie.

TRILBYS

1 cup rolled oats, 1 cup flour, ½ cup brown sugar, ½ tsp. soda, ¼ tsp. salt, ¼ cup butter, ½ cup thick sour milk. Mix first 5 ingredients; cut in butter, add milk gradually. Dough should be soft. Roll out and cut as cookies. Put two cookies together with date filling between them. Bake in a moderate oven.

DATE FILLING—½ lb. dates, ½ cup sugar, 1 cup water. Wash and stone dates, add sugar and water and cook until mixture becomes a paste; cool.—

Miss H. MacKenzie.

COCOANUT PUFFS

Whites of 3 eggs beaten light, 1 cup granulated sugar. Put in double boiler and cook 20 to 25 minutes, stirring frequently. Before removing from stove add 1 tbsp. dry corn starch. Next add 2 large cups cocoanut. Flavor with 1 tsp. vanilla. Drop on buttered tins and bake in a slow oven.— Mrs. Harkness.

COOKIES

MOCHA CAKES

Use a plain (not rich) cake cut in inch cubes. Make frosting as follows:—Wash salt from 3 or 4 tbsp. butter, add 1 tbsp. boiling water and sift icing sugar into the mixture till it is of the consistency of butter. Butter the cubes on five sides with this mixture. Roll in almond nuts that have been blanched, browned in the oven and rolled till fine.—
Miss I. Bilsland.

OATMEAL AND COCOANUT CAKES

1 cup white sugar, $\frac{1}{2}$ cup butter (or lard), 1 cup oatmeal, 1 cup cocoanut, 1 cup chopped raisins, 1 tsp. soda, 7 tbsp. sour milk, 2 cups flour, 1 tsp. vanilla. Cream butter and sugar, add cocoanut and raisins, put toda in milk, add oatmeal and flour, drop on buttered tins and bake in a quick oven.—
Miss I. Farlinger.

DOUGHNUTS

1 cup sweet milk, 1 cup sugar, 2 eggs, 2 tsp. baking powder, $\frac{1}{2}$ tsp. soda, 1 tbsp. melted butter, 1 tsp. salt. Flour to roll out soft.—
Mrs. A. Adams.

GINGER SNAPS (EGGLESS)

1 cup molasses, cup brown sugar, $\frac{3}{4}$ cup lard and butter melted, 2 tbsp. ginger, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. cloves, 1 tsp. soda dissolved in $\frac{1}{2}$ cup boiling water. Flour to roll out.—
Mrs. H. B. Ransom.

GINGER SNAPS

1 pt. molasses, 1 cup sugar, 1 cup butter and lard mixed or oleomargarine, 2 tsps. soda, 1 tbsp. ginger. Mix all together and let come to a boil. Remove from stove and stir in enough flour to stiffen. Roll thin.—

Mrs. Harkness.

CANDIES

"Candied apple, quince and plum and gourd,
And jellies smoother than the creamy curd,
And lucent syrups tinct with cinnamon,
Manna and dates in Argosy transferred
From Fez, and spiced dainties everyone
From silken Tamacrand to cedared Lebanon."

SEAFOAM CANDY

3 cups light brown sugar, 1 cup cold water, 1 $\frac{1}{2}$ tsp. vinegar. Boil to the hard ball stage (258 degrees). Have the whites of 2 eggs beaten stiff and pour the candy into them, beating till stiff, add nuts and vanilla and spread on a buttered platter. Cut in squares when firm, but before it becomes too hard.— Mrs. Netten.

MAPLE CREAM

1 cup white sugar, $\frac{3}{4}$ cup brown sugar, 1 cup maple syrup, 1 cup milk, 1 small piece of butter. Mix this well before placing on fire, then cook until it forms a soft ball in water, when done, add 1 tsp. vanilla, chopped walnuts and dates and beat in a dish of cold water.— Miss H. Irwin.

STUFFED PRUNES

Wash large prunes in warm water, steam 1 hr. and remove the stones. Stuff with $\frac{1}{2}$ a date each, walnut meats chopped fine and a little powdered sugar; fill them full and roll in powdered sugar. Best if made a week before using.— Miss R. Hermiston.

MARMALADES

RHUBARB MARMALADE

1 cup rhubarb, juice and pulp of 1 orange, 1 $\frac{1}{2}$ cups granulated sugar, $\frac{1}{2}$ cup blanched almonds, 1 tbsp. lemon juice. Cut rhubarb in small pieces, to each cup add the juice and pulp of 1 orange, 1 tbsp. lemon juice and $\frac{1}{2}$ cup granulated sugar. Let it stand until the sugar is dissolved. Boil rapidly until transparent then add almonds, cut in thin pieces. Boil up once and put into glasses.

Miss Nellie Macfarlane.

MARMALADES

GRAPE CONSERVE

5 lbs. grapes, 5 lbs. sugar, 5 oranges, 1 pkg. raisins. Pulp grapes and save skins. Boil pulp gently till seeds are loose then strain through a wire sieve and remove seeds, add skins, raisins and rind of 2 oranges (cut fine) cook hard 20 min. then add orange juice and sugar, boil 10 minutes and bottle as Jelly is bottled.— Mrs. Farrand Hall.

GRAPE FRUIT MARMALADE

Take 6 grape fruit and 6 lemons; cut each fruit in quarters and slice the quarters through pulp and rind as thin as possible discarding all seeds. Weigh the prepared fruit and to each lb. add 3 pts. of cold water, set aside for 24 hours. Let boil gently until the rind is perfectly tender then set aside until the next day. Weigh the material and to each pound add 1 lb. sugar. Let cook until it thickens enough to hold up the peel. The mixture will thicken still more on cooling and care must be taken not to cook it too much. When done pour in small glass jars.—Mrs. Bradley.

FIG MARMALADE

6 lbs. sugar, 6 lbs. rhubarb, 2 lbs. figs. Cut rhubarb up fine and add sugar and let stand over night. Then cut figs fine add to rhubarb and sugar. Cook until it looks "Figgy," stir often.— Mrs. Farrand Hall

TOMATO MARMALADE

6 lb. tomatoes, 6 lbs. sugar. Grated rind and juice of 6 lemons, 3 tbsp. ginger. Cook till thick.

CARROT MARMALADE

2 cups cooked carrots, 4 cups sugar, 2 lemons. Wash and scrape the carrots and cook in boiling water until tender, drain and put through the meat-chopper. Add the juice and grated rinds of the lemons, and the sugar. Cook slowly about half an hour, or until the consistency of marmalade. It tastes like a fine orange marmalade.—

Mrs. Harkness.

PICKLES

TOMATO RELISH

30 tomatoes, 4 large onions (spanish), 6 pears and 6 peaches, 4 cups sugar, 2½ tbsp. salt, 5 cts. worth of mixed spices, 1 bottle malt vinegar (Cross & Blackwell's) Cook until thick.

CELERY SAUCE

3 bunches celery chopped fine, 30 ripe tomatoes, 5 large onions, 3 cups malt vinegar, 2 cups sugar, 3 tbsp. salt, 1 red pepper cut fine. Boil slowly for 2 hours.—

Mrs. Floyd.

PEPPER SAUCE

12 red peppers, 12 green peppers, 12 onions, (large). Put all through meat grinder. Pour over all boiling water. Let stand 15 minutes. Drain, add 1 qt. white vinegar, 2½ cups brown sugar, 3 tbsp. salt, 1 oz. mustard seed. Boil 15 minutes. Bottle when hot.—

Mrs. Harkness.

FRENCH MUSTARD

6 large ripe tomatoes, 6 sour apples, 6 onions boiled and put through a sieve, 1 qt malt vinegar, ¼ lb. mustard, 1½ large cups sugar, salt to taste. Boil 20 or 30 minutes, bottle and seal.—

Mrs. G. C. Smith.

MOCK OLIVES

Have perfectly fresh midget gherkins and lay in brine for 3 days, then drain and rinse in cold water. Put in pickle or olive bottles and fill up with half olive oil and vinegar. Seal and occasionally turn up side down.—

Mrs. Young.

PICKLED PEACHES

½ peck peaches (peeled), 2 lbs. sugar (brown), 1 pt. vinegar, 1 oz. stick cinnamon, stick 4 whole cloves in each peach, boil sugar, vinegar and cinnamon 20 minutes then put in peaches and boil till soft.—Mrs. Farrand Hall

PICKLES

CURRY PICKLES

Put pickles in salt and water to stand for 24 hours, then drain off and they are ready for dressing. To 1 qt. vinegar add 6 tbsp. mustard, $1\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ oz. tumeric, $\frac{1}{2}$ oz. curry powder, salt to taste. Boil together till thick. Drop pickles in this and boil well for a few minutes.— Mrs. E. H. Brown.

INDIAN PICKLE (NOT COOKED)

1 gal. vinegar, 3 oz. ginger. 1 oz. turmeric, 4 oz. salt, 4 oz. mustard, 5 oz. mustard seed, 1 oz. curry powder, $\frac{1}{4}$ oz. cayenne pepper, 3 cups brown sugar. Mix all together and add pickles as you get them—onions, cucumbers and cauliflower.— Mrs. W. L. Macfarlane.

CORN RELISH

1 doz. corn, 1 small cabbage, 2 large red peppers, $\frac{1}{4}$ lb. mustard, 3 pts. vinegar, 3 cups gran. sugar, $\frac{1}{2}$ cup salt, 2 lbs. celery seed or 2 heads of celery. Mix, boil 30 minutes and can hot.— Miss Edna Cumming.

CUCUMBER PICKLES

Wash cucumbers and fill sealers, add 4 tbsp. sugar, 1 tbsp. mixed spices, 1 tbsp. salt, cover with vinegar and seal tightly.— Mrs. W. J. Derochie.

MUSTARD PICKLES

2 qts. onions, 2 qts. green cucumbers cut in small pieces, sprinkle with salt and leave over night. In the morning scald in same liquid and drain.

DRESSING FOR PICKLES— $\frac{1}{2}$ gal. vinegar, 2 cups brown sugar, 2 tbsp. mustard, 2 tbsp. turmeric, 2 tbsp. flour, 1 red pepper. Heat until it thickens and pour over pickles and seal.— Mrs. C. D. Sargent.

ROUND OF BEEF (SALTED)

14 lbs round beef, 1 lb. coarse salt, $\frac{1}{2}$ lb. brown sugar, $\frac{1}{4}$ oz. all spice, 2 oz. ginger, $\frac{1}{2}$ oz. salt petre, 1 tsp. soda. Rub dry into meat. Turn every day or two for 2 weeks. Soak a few hours in cold water before cooking. Boil 4 hours and let cool in water in which meat was boiled. Will keep for a long time.— Mrs. W. A. Stewart

WAR TIME COOKERY

PICKLE FOR TONGUES, HAMS, ETC

2 gals water, 3 lbs. coarse salt, 2 lbs. sugar, 1 oz. salt petre, $\frac{1}{2}$ lb. whole mixed spice, 1 tbsp. soda. Put on stove and let boil for 5 or 10 minutes. When cool, put tongues or bacon in for 2 weeks, and hams or beef for 3 weeks.—
Mrs. D. B. MacLennan.

PICKLED BEETS

Select young beets, boil till tender, remove skins and put in sterilized jars. Make a syrup of 1 cup white wine vinegar, $1\frac{1}{2}$ cups water, 1 cup granulated sugar, $1\frac{1}{2}$ tsp. pepper, 1 tbsp. salt, heat to boiling point, pour over beets and seal.—
Mrs. Sargent.

CHILI SAUCE

18 large ripe tomatoes, 6 onions, 6 small red peppers, $\frac{3}{4}$ cup brown sugar, 2 cups vinegar, salt to taste. Peel onions and tomatoes, take out core and seeds from peppers. Chop all very fine, add sugar and salt. Boil slowly until the mixture becomes quite thick, then bottle.—
Miss Edna Cumming.

CANNING AND PRESERVING

CANNED CORN

Take 9 cups corn cut off cobs, 1 cup sugar, $\frac{1}{2}$ cup salt, 1 pt. boiling water. Boil 5 minutes and bottle hot, put in hot sterilized jars. Before preparing for the table, soak in one pint of cold water for one hour. Strain and heat in the usual way.—
Mrs. MacHaffie.

RAW CANNING OF SMALL FRUIT

Small fruit like raspberries can be sterilized so as to retain their shape, color and natural taste without actual cooking. Pack jars with fruit and fill with boiling syrup, seal tightly. Put jars in kettle or washtub and fill to the tops of jars with boiling water; cover with a blanket and as the water cools tighten the tops and turn upside down to be sure they are air tight. Put in paper bags to keep the color. (Good.)

CANNING

CANNED BEANS

8 pts. boiling water, 8 lbs. string beans. Boil 15 minutes, then add $\frac{3}{4}$ lb. salt. Boil 5 minutes more. Can while not. When you want them, soak in fresh water a short time as they will taste too salt.—
Mrs. Finnemore.

HEAVENLY JAM

5 lbs. blue plums, 5 lbs. granulated sugar, rind 4 oranges, juice 2 lemons. Halve and remove stones from plums, add sugar, oranges and lemon juice and cook 30 minutes. Add 1 lb. English walnuts (chopped) 1 lb. raisins, and cook just 10 minutes longer.—Mrs. Cavanagh.

CANNED APPLES

If you have an abundance of early apples, a good way to keep them is to make of them a thick sauce without sugar and while boiling hot fill jars, partly screw down tops and steam for half an hour. This will keep its fresh taste for months. Add sugar as required.

CANNED RED PEPPERS

Wash 1 doz. large red peppers in cold water, cut a slice from stem end of each and remove seeds; cut in thin strips around and around the peppers, or in short lengths. Cover with boiling water; let stand for 3 minutes; drain and plunge into ice water. Drain and pack into jars. To 1 qt. vinegar allow 2 cups sugar, bring to boiling point, boil 15 minutes; pour over the peppers, seal jars. Nice for seasoning or for decoration of dishes.

CANNING GREEN BEANS

Remove back string and split green beans lengthwise; put layer of salt in bottom of crock, then two or three inches of beans, salt and beans in alternate layers till crock is nearly full; cover with plate and weight on top. When required for use, take out quantity needed and wash in colander and soak for a few hours. Green corn can be cut from cob and preserved in same way. This is much less trouble than canning and fully as good to eat.—

E. Howard.

WAR TIME COOKERY

RULES FOR CANNING FRUITS AND VEGETABLES

1. Wash product.
2. Scald, blanch or steam vegetables and hard fruits.
3. Plunge in cold water.
4. Pack in sterilized jars.
5. Add syrup to fruits to almost fill; hot water and salt to vegetables.
6. Adjust rubbers and partially tighten covers.
7. Sterilize the required length of time.
8. Remove jars tighten covers.
9. Invert jars to cool.
10. Always use NEW rubber rings. It will pay.

METHODS OF STERILIZATION

ONE-DAY METHOD—By this method is meant placing the jars in the canner and heating them continuously at the boiling point or above it, for several hours. This method is less trouble, takes less fuel, and is very reliable.

INTERMITTENT OR THREE-DAY METHOD—The jar is taken out of canner at 1 hour's time; the clamp is tightened and jar set aside to cool. On second day, loosen clamp, place in canner and boil for 1 hour. Remove and tighten jars. Repeat the third day. This method is advisable for peas, beans, corn and greens.

TIME TABLE FOR BLANCHING AND STERILIZING

	Blanch	Sterilize
	Minutes	
Apples, (whole)	2	15-20
Apples (sliced)	1	15
Asparagus	10-15	60-90
Beans	10-16	90-120
Beets	3-5	60-75
Carrots	3	60
Cauliflower	3	60
Cherries	3	60
Corn	5-15	180-240
Crab Apples	1-2	20
Grapes		15
Peaches, Pears and Plums	1-2	15
Pineapple	5	30
Pumpkin, Squash	5-15	60-90
Raspberries		10
Rhubarb	1-3	15
Strawberries		8
Tomatoes	1-2	20-30

INVALID DISHES

DENSITY OF SYRUP FOR FRUITS

Boil 2 parts water with 3 parts sugar; for rich syrup boil longer.

For vegetables add 1 level tsp. salt to each qt. jar of vegetables.

INVALID DISHES

MILK TOAST

Two slices of fresh toast cut in neat strips. Scald 1 cup of milk, add salt and a small piece of butter. Pour over toast and serve at once.

CUP CUSTARD

One lightly beaten fresh egg in a cup which fill with milk, pinch of salt and put in water on stove and cook till set.

STUFFED POTATO

1 large smooth baked potato, 1 tsp. butter, 2 tsp. milk, salt and pepper. Cut carefully down one side, remove the inside, mash and add other ingredients; return to the shell and place in hot oven till a nice brown.

OATMEAL GRUEL

$\frac{1}{4}$ cup oatmeal, 2 cups cold water. Soak meal for an hour in cold water, stirring occasionally. Strain and boil for 15 minutes. Season with salt, sugar and nutmeg. If too thick add rich milk.

MILK AND WHITE OF EGG

Put a cup of milk and the white of an egg into a jam jar, cork tightly and shake for 3 minutes. Either salt or sugar can be used for flavoring.

BEEF JUICE

Round or rump steak cut in small pieces. Have a very hot pan and sear meat very quickly, then squeeze through a potato ricer.

WAR TIME COOKERY

RAW BEEF SANDWICHES

Put raw beef through meat chopper and spread on thin bread and butter with a little salt and pepper.

OATMEAL JELLY

4 oz. oatmeal, 1 qt. cold water; soak overnight and boil down to 1 pt. Salt and strain while hot. Pour into mold and serve with sugar and cream.

OYSTER BROTH (good.)

Take $\frac{1}{2}$ pt. milk and $\frac{1}{2}$ oyster liquor, cut $\frac{1}{2}$ doz. oysters in small pieces, put in the cold mixture and boil slowly for 15 or 20 minutes. Strain and serve.

BEEF TEA

1 lb. rump or neck steak, cut in small pieces and put in a jar with a pinch of salt and two tbsp. water. Let stand for two hours and put in a kettle of cold water on the stove and gradually come to a boil and cook until the liquid loses the red color. Strain off, set to cool and skim off fat. Stir before rewarming a small portion.

MISCELLANEOUS

HOW TO MAKE COFFEE FOR A LARGE NUMBER OF PEOPLE

(Amounts necessary for 50 People.)

$\frac{3}{4}$ lb. coffee, $8\frac{1}{2}$ qts. water, $1\frac{1}{2}$ qts. cream or 3 qts. scalded milk. Use a boiler or some large vessel. Moisten coffee slightly with cold water, divide into 3 or 4 cheese cloth bags. Tie the bags near the top so that the coffee may expand. Have the water boiling and slip bags into it. Boil about 10 minutes or until coffee is a rich brown colour. 1 lb. of coffee serves 75 people.— Miss Elsie Kilgour.

FURNITURE POLISH

8 oz. raw linseed oil, $\frac{1}{2}$ oz. alcohol, $\frac{1}{2}$ oz. butter of antimony, $\frac{1}{2}$ oz. muriatic acid, $\frac{1}{2}$ pt. vinegar. Mix thoroughly and keep in closely corked bottle. Do not use on pianos.— Macdonald Institute, O.A.C.

MISCELLANEOUS

SILVER POLISH

1 cup methylated spirits, 2 tbsp. household ammonia, $\frac{1}{4}$ cup precipitated whiting. Mix ingredients and keep in closely corked bottle. Shake thoroughly before using. Precipitate whiting by putting in jug with water, leaving over night, and in morning pour off water.—

Macdonald Institute, O.A.C.

COUGH MIXTURE

1 teacup linseed, $\frac{1}{4}$ lb. raisins, 2 oz. licorice, $\frac{1}{2}$ gal. water. Boil together till it is reduced to 1 qt., then strain. When cool add $\frac{1}{4}$ lb. powdered rock candy, or loaf sugar and a little vinegar or lemon juice (about 1 tbsp.) Take a dessertsoonful frequently during the day, or whenever the cough is troublesome.—

Mrs. Netten.

BAKING POWDER

1 lb. cream of Tartar, $\frac{1}{2}$ lb. soda, 1 pkg. corn starch. Sift all well together three or four times, put away in air tight sealers. Use the amount recipe calls for.

Ruby Derochie.

HAND LOTION

2 oz. linseed meal, 1 qt. soft water. Boil to $\frac{1}{2}$ the quantity, strain through cheese cloth. add 4 oz. glycerine and bring to boil. Just as it is taken from stove add 1 tsp. carbolic acid.—

Mrs. Munroe.

HAND LOTION

$\frac{1}{2}$ oz. gum stragithin, 5c. worth cologne, 5c. worth glycerine. Steep the gum overnight in 1 cup water. Mix altogether and add water to make as thin as desired.

HELPFUL HOUSEHOLD HINTS

As substitutes for beef, bacon and wheat, use fish, poultry, rice, cheese and beans

Instead of flour for thickening purposes use corn starch.

Allow 1 tsp. corn starch mixed with 6 tbsp. salt to prevent salt from lumping.

A sprinkle of salt added to white of egg will make it beat up more quickly, 1 tbsp. water also adds to bulk and lightness.

WAR TIME COOKERY

HOUSEHOLD HINTS

To clean piano keys, rub over with alcohol.

A putty knife will be found useful in the kitchen.

50 lb. flour sacks make very good kitchentowels when cut up and bleached.

Use fine sugar instead of coarse. It dissolves easily and is more economical. Use maple syrup or molasses instead of sugar.

Use cornmeal instead of white flour in which to roll croquettes, etc.

Have a tin box in stove warmer in which to place crusts and ends of bread to dry. When dry put through chopper and use for cooking purposes.

To make stale bread fresh, wrap the loaf in a damp cloth, then in bag or paper and put in oven till cloth is dry.

For thickening gravy, brown a quantity of flour on frying pan, put in sealer and keep for future use.

The fat from different meats should be carefully trimmed, then rendered out in pan with a little water added, strained and put away for cooking. Keep each kind separate. These fats may very often be used instead of butter.

New corks for sealing bottles or jugs may be made from squares of old muslin about 2½ inches in size, pouring melted sealing wax over the squares, while bottles are hot, placing the squares, wax side down, over the necks. Press muslin down well over top of bottle.

TO REMOVE STAINS

to remove grass stains from cotton goods wash in alcohol.

Ink stains may be removed by dipping stained part in sour milk and letting stand or by applying oxalic acid to white goods.

To remove iron rust, saturate spot with lemon juice, cover with salt and let stand for 2 or 3 hours in sun.

Grease stains may be removed by using Ivory soap and cold water for cotton and woollen goods. Either is safe for woollens.

Old tea or coffee stains may be removed by wetting spot with cold water, covering with glycerine and letting stand for 2 or 3 hours. Wash with cold water and hard soap.

Soak prints and gingham in a strong solution of salt and water before washing to prevent fading.

"Do not waste food, save it."

THE SUGAR BOWL

PITT STREET, CORNWALL

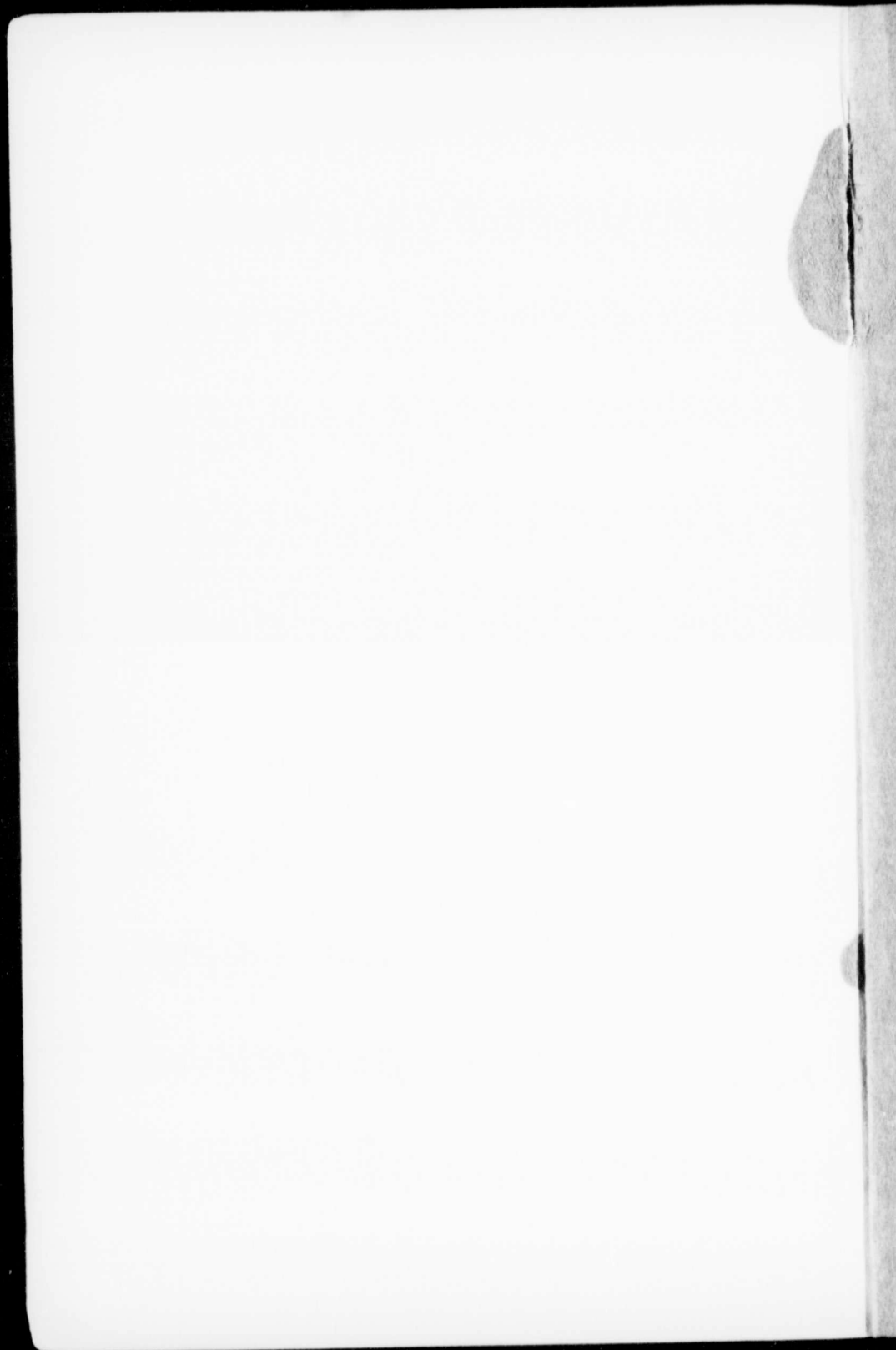
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