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*The*  
**MODERN COOK BOOK**  
*For* **NEW BRUNSWICK**

*Containing*  
Carefully Selected Recipes  
Recommended  
For Practical Use in  
Every Household



Published in co-operation with  
the various Women's Hospital  
Aids of the Province of New  
Brunswick *and* L'Assomption  
Society of Moncton

ST. JOHN:  
J. & A. McMILLAN  
1920



## WOMEN'S ORGANIZATIONS INTERESTED

THE Women's Organizations of New Brunswick interested in the distribution of the Modern Cook Book are as follows:

St. John, Women's Hospital Aid; books to be sold for the furnishing of the new Nurses' Home in connection with the St. John Hospital.

St. Stephen, Ladies' Auxiliary of the G. W. V. A.; books to be sold for the benefit of Chipman Memorial Hospital.

Fredericton, Women's Hospital Aid; books to be sold for the benefit of Victoria Hospital, Fredericton.

Moncton, Ladies' of L'Assomption Church; proceeds from sale to assist in the building of the Sacred Heart Academy, Moncton.

At Bathurst, Newcastle, Chatham and Woodstock, the books will be placed on sale for the benefit of the local hospital in each case.

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## INTRODUCTION

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

Interest in this volume, however, has not been confined altogether to the women. Mr. Peter Clinch, of St. John, whose camp cooking is said by those who know him best to be nothing short of a delight, submits four recipes which, if properly followed, should produce tasty dishes indeed fit for a king.

Acknowledgment should be made to ladies of St. John, St. Stephen, Fredericton, Moncton, Bathurst and other centres whose names are to be found, in most cases, signed to their recipes. In cases where initials only are given, the town is also mentioned.

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## *A Word as to Our Advertisers*

WHEN the idea of a Modern Cook Book to be issued in aid of the various hospitals throughout New Brunswick was proposed it seemed a hopeless task to meet all expenses in connection with the preparation and printing of the book, and also to leave any substantial amount for the use of the various philanthropic causes to which this work is dedicated. Through willing co-operation of practically all New Brunswick firms of importance, however, it has been found possible to defray the printing cost through advertising, and a very great debt is due all those taking space in this book. We ask of all those using the book that they study the advertisements, believing that they will find suggestions of value in the advertising pages as well as in those devoted to the recipes. The publishers are greatly indebted to the S. K. Smith Advertising Agency, St. John, N. B., who had entire charge of the arrangement of the advertising and the selection and classification of the recipes.

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## TIME TABLES FOR COOKING

### BOILING

- Eggs, Coffee, Clams, Oysters, three to five minutes.  
Rice, Green Corn, Peas, Tomatoes, Asparagus, Hard Boiled Eggs, fifteen to twenty minutes.  
Potatoes, Macaroni, Squash, Celery, Spinach, Sweetbreads, twenty to thirty minutes.  
Young Beets, Carrots, Turnips, Onions, Parsnips, Cauliflower, thirty to forty-five minutes.  
Young Cabbage, String Beans, Shell Beans, Oyster Plant, forty-five to sixty minutes.  
Winter Vegetables, Oatmeal, Hominy and Wheat, Chickens and Lamb, one to two hours.  
Fowls, Turkey, Veal, two to three hours.  
Corned Beef, Smoked Tongue, three to four hours.  
Ham, four to five hours.  
Halibut and Salmon in cubical form, per pound fifteen minutes.  
Blue Fish, Bass., etc., per pound, ten minutes.  
Cod, Haddock and Small Fish, per pound, six minutes.

### BROILING

- Steak, one inch thick, four minutes.  
Steak, one and one-half inches thick, six minutes.  
Small, Thin Fish, five to eight minutes.  
Thick Fish, twelve to fifteen minutes.  
Chickens, twenty minutes.  
Chops, Broiled in paper, eight to ten minutes.

### FRYING

- Smelt, Small Fish, Croquettes and Fish Balls, one minute.  
Fritters, Doughnuts, three to five minutes.  
Slices of Fish, Breaded Chops, four to six minutes.



## TABLE OF WEIGHTS AND MEASURES

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



## SOUPS

**C**LEAR soup is made from a shin of beef, or from beef and veal; the latter makes a fine consommé. Bouillon, also a clear soup, is made from lean beef. Stock is made from lean meat and bone in the proportion of one pound of meat to three-quarters of a pound of bone. Long, slow cooking is necessary to draw out the extractives and to dissolve the gelatine. The fibre of beef, which holds a large proportion of nourishment, is not soluble in water; the albumin is the only nutriment extracted, but in boiling this is coagulated and strained out, and is lost to the soup. All bones left from roasts, steaks and the carcasses of poultry should be used for stock, and bits of meat. Crack the bones, put them in the bottom of a kettle, cut the meat into small bits, or chop it, and put in on top of the bones; cover with cold water in the proportion of one quart of water to half a pound of meat and its proportion of bone. Bring quickly to the boiling point and skim. An ordinary shin of beef requires five quarts of water, while the leg, from the hind quarter, being heavier, requires seven quarts. Push the kettle to the back of the stove where it will simmer at 180 degrees Fahrenheit for five hours. Make stock twice a week in summer; once in winter.

To save fuel, make the stock on ironing or baking days, or over the glimmering burner of a gas stove. To have good, clear soup the cooking must be evenly done from beginning to end. If it boils rapidly for five minutes it is clouded; if it drops below the simmering point, 180 degrees Fahrenheit, it is greasy, has a bad flavor, and will not solidify when cold. One hour before the stock is finished, add the flavorings—an onion with twelve whole cloves stuck in, two bay leaves, a small carrot chopped fine, a level teaspoon of celery seed, a teaspoon of whole peppercorns and a teaspoon of salt. At the end of the cooking strain and stand aside to cool. When cold remove the fat from the surface and it will be ready for use. Stock made in this way will keep a week in winter and three or four days in summer; from it almost all clear soups are made.

—A. W., St. John, N. B.

## TOMATO SOUP

One-half gallon light stock, one-half dozen onions, two carrots, five cloves, a little thickening, four or five pounds tomatoes. Brown the onions. Boil, then put through a sieve.

—MRS. HERBERT DIBBLEE.

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## CONSOMME A LA ROYALE

Beat the white and yolks of two eggs until well mixed. Add four tablespoons of consomme, two drops of onion juice, a palatable seasoning of salt and pepper. Put the mixture in a cup and stand in hot water until the custard is set. Cut into blocks, and add to hot consomme at serving time.

—S. L., Bathurst.

## VEGETABLE PUREE

Put two ounces of suet or olive oil in a saucepan. When hot add two tablespoons of chopped carrots, a chopped turnip, half a pint of celery chopped in blocks, one good-sized onion, and half a teaspoon of red pepper; stir over the fire until the vegetables are slightly browned; add a quarter of a cupful of rice and two quarts of cold water; bring slowly to boiling point and simmer gently for one hour. Press through a colander. Moisten three tablespoons of cornstarch in half a pint of milk; add this to the mixture; bring to the boiling point; add a teaspoon of salt and a saltspoon of pepper; take from the fire, stir in a level tablespoon of butter, and serve with croutons.

—C. S., St. John.

CREAM<sup>1</sup>/<sub>2</sub> OF<sup>1</sup>/<sub>2</sub> CORN SOUP

Put a can of corn, a tablespoon of grated onion, a bay leaf, a level teaspoon of salt, a quart of milk and a saltspoon of pepper in a double boiler. Rub together two tablespoons of butter and three of flour; add to the hot mixture, stir constantly until the water boils in the outside boiler, press through a colander, reheat, and serve with croutons.

—S. D., Moncton.

## MOCK OYSTER SOUP

Wash a quarter of a pound of salt codfish; simmer gently for thirty minutes with a quart of water and six roots of salsify that have been scraped and cut into slices. Remove the codfish; add a pint of milk, a level teaspoon of salt, a saltspoon of pepper and two level tablespoons of butter rubbed with three of flour. Stir the mixture until it reaches the boiling point, and serve with oyster crackers.

—T. L., Woodstock.

## CELERY BISQUE

Chop fine sufficient celery tops to make half a pint; put them in a saucepan with a pint of water and simmer slowly for fifteen minutes; drain, press perfectly dry. Put this water in a double boiler; add a pint of milk; two level tablespoons of butter rubbed with two of flour; stir until thick and smooth, and add twenty-five oysters that have been drained and washed. Cook until the gills curl, and serve at once.

—S. P., Fredericton.

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## GRANDMOTHER'S SOUP

Put two level tablespoons of butter and two of flour in a saucepan; mix. Add a quart of consomme; stir until boiling. Add half a teaspoon of salt, a saltspoon of pepper and teaspoon of kitchen bouquet. Beat an egg without separating until light; add half a cupful of grated bread; add this to the boiling brown soup. Stir and boil for a moment, and serve. —M. I. G., St. Stephen.

## CELERY CREAM SOUP

Boil a small cup of rice in three pints of milk until it will pass through a sieve. Grate the white part of two large heads of celery on a bread-grater; add this to the rice and milk. After it has been strained, put to it a strong white stock; let celery boil until it is perfectly tender; season with salt and cayenne and serve. If cream is obtainable substitute one pint for the same quantity of milk.

—J. MCS., Moncton.

## CLAM SOUP

One quart chopped clams, one quart cold water, one-half onion. Cook one-half hour, rub through sieve. Add three tablespoons butter and four of flour rubbed together. Season, add one quart hot milk.

—MRS. JOHN O'NEILL.

## SPLIT PEA SOUP

Soak one cup split peas several hours. Drain and put over fire with two and one-half quarts of water, let simmer three or four hours, then rub through sieve. Add two tablespoons flour, three tablespoons butter and one pint milk blended, salt and pepper to taste, and serve with croutons.

—MRS. JOHN O'NEILL.

## RED BUNNIE

Grate one cup cheese and mix one tablespoon melted butter. Heat one can Campbell's Tomato Soup, add small pinch soda to keep from curdling. Add cheese and butter. Beat up whites of two eggs, stiff, and add to soup, cheese, and butter. Stir well. Serve hot on crackers. Will serve eight people.—ANNIE BIXBY.

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## FISH

### CANAPE DEMIDOFF

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

—P. CLINCH.

### WONDERS

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

—S. G. BURNS.

### SALMON LOAF

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

—MRS. R. F. NIXON.

### SALMON CHARTREUSE

Boiled salmon, two tablespoons gelatine, one-half cup cold water, two tablespoons chopped celery, juice one lemon, one-half teaspoon salt, pepper, two cups water. Soak gelatine in one-half cup cold water, put celery in two cups of water, bring to boiling point, boil four minutes. Add dissolved gelatine, strain; add lemon juice, salt and pepper. Put a layer of this in the bottom of a mold. When firm, cover with pieces of cold boiled salmon and pour over the remaining portion of the gelatine. When stiffened place on bed of lettuce leaves and serve with mayonnaise dressing.

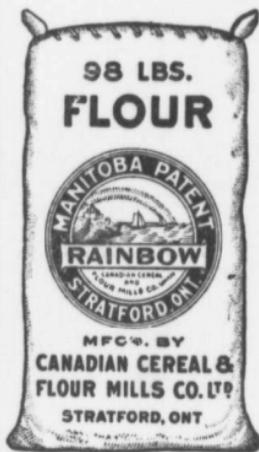
—ELLA L. MCGAFFIGAN.

### FISH PIE

Take one cup of any left-over fish. Flake up fine, and add enough mashed potatoes to almost fill your scallop dish. Salt and pepper to taste, mix together well. Line your scallop dish with dots of butter and bread or cracker crumbs, put in your fish mixture, and pour white sauce over the top. Sprinkle with crumbs, dot with butter. Bake one-half hour.

—N. N. T., Bathurst.

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## CREAMED CODFISH

Pick apart half a pound of salt codfish, wash it thoroughly in two waters, soak it overnight in cold water. Next morning drain, cover with boiling water, and cook below the boiling point for five minutes. Drain and press. Rub one tablespoon of butter and one of flour together; add half a pint of milk, stir until boiling; add a dash of pepper and the codfish; cover and stand over hot water for ten minutes. Add the beaten yolk of an egg, a quarter of a teaspoon of pepper, and serve with plain boiled potatoes.

—L. S., Woodstock.

## SCALLOPED FISH

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

—EDITH L. DOHERTY.

## SALT MACKEREL

Wash the fish, soak it overnight, skin side up. Next morning dry, put it in a wire broiler and broil, flesh side down until a golden brown. Turn and broil the skin side quickly. Put on a heated platter, spread with butter that has been rubbed with an equal quantity of lemon juice, and serve.

—T. S., St. John.

## PLANKED FISH

A fish plank should be made of hardwood, sixteen inches long and twelve inches wide. Heat it very hot, place the fish skin side down, dust with salt and pepper, baste with melted butter, and put it in the under oven of the gas-stove, or before a wood fire, or on the shelf in a coal oven. Cook quickly for fifteen minutes; baste again, decorate with potatoes a la Duchesse, pressed through a star tube; put it back in the oven and cook until the potatoes are brown. Garnish with parsley and lemon and send to the table.

—S. M. A., Moncton.

## FISH CHOWDER

Wash and cut in squares one pound of any kind of white fish; pare, cut in dice three medium sized potatoes; chop fine one large onion; put in the bottom of a kettle a layer of the potatoes; then a layer of fish, then tomatoes; add a tablespoon of onion, half a teaspoon of powdered thyme, a saltspoon of salt, a dash of pepper, half a teaspoon of celery seed, and so continue until the materials are all used. Have the last layer potatoes. Pour over a pint of boiling water, cover the kettle and cook over a moderate fire, without stirring, for twenty minutes. Meantime heat a pint of milk in a double boiler; take the chowder from the fire, and cover the top with crushed water-crackers. Pour over the milk, add a teaspoon of butter cut in bits, and serve.

—T. S. A., Fredericton.

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## OYSTER STEW

Drain, wash and drain again fifty good fat oysters; shake over the fire until the gills curl. Heat a quart of milk in a double boiler add it hastily to the oysters; take from the fire, add a rounding teaspoon of salt, twelve whole peppercorns, crushed, two level tablespoons of butter, and, if you like, a dash of cayenne. Serve with oyster crackers. If thickening is liked rub a tablespoon of butter with one of flour and add to the milk before adding it to the oysters.

—MRS. JOHN DOYLE.

## OYSTER GUMBO

Singe, clean and cut as for a fricassee one fowl; put it in a baking-pan; add one onion sliced, half a pint of water, and bake until tender. Wash and cut in thin slices a quart of young okra, put it in a sauce-pan; add a pint of water and cook slowly for half an hour. Lift the chicken to a soup kettle; add a quart of chicken stock or boiling water, and simmer gently for twenty minutes. Add a rounding teaspoon of salt, a level saltspoon of cayenne, and, if you have it, a teaspoon of paprika. Add the okra and fifty oysters; cover the saucepan, cook for five minutes and send at once to the table.

—MRS. F. LEBLANC.

## POTATO AND FISH TIMBALE

Cut large potatoes in halves lengthwise. Scoop out the centres, leaving a wall a quarter of an inch in thickness. Stand the potatoes in a baking pan, baste the sides with melted butter, and bake for twenty minutes. Pick apart a pound of cold cooked fresh codfish. Dust it with a level teaspoon of salt and a saltspoon of white pepper. Pour over a tablespoon of carefully melted butter and a few drops of onion juice. Mix lightly with a fork. Fill potatoes with this, dust the tops with bread crumbs, place in the centre of each a bit of butter, and bake in a quick oven for twenty minutes. Serve cream sauce.

—M. A. S., Newcastle.

## PICKLED FISH

Purchase four pounds of salmon or halibut. Wash, put in a kettle and cover with boiling water; add a tablespoon of salt and boil gently for thirty minutes. When done drain and stand aside to cool. Take off the skin, cut the fish into convenient pieces. Put one quart of good vinegar in a porcelain-lined kettle, add two blades of mace, six whole cloves, two bay leaves, a small onion chopped, a dash of red pepper, two tablespoons of sugar; bring to boiling point; drop in the pieces of fish, and let them boil up once. Have ready four or five quart glass jars; see that they are scalded and made clean. Lift each piece of fish, arrange them in the jars, cover with the boiling vinegar, adjust the rubbers; take the tops from a kettle of boiling water, screw on quickly, and stand in a cool, dry place. This will keep for months. Any fish may be used, though white-fleshed fish is best.

—S. M. T., Sussex.

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**HUNGARIAN FISH**

Chop a pound of raw halibut very fine; add twenty-four almonds that have been blanched and chopped, a small onion grated, a level teaspoon of salt, a saltspoon of black pepper and the juice of two lemons. Pack this in small pots or molds, cover, stand in a pan of water, and cook slowly in the oven for an hour. Stand aside to cool. When ready to serve turn it from the mold onto lettuce leaves and cover with sauce tartar or mayonnaise dressing. This is a very nice dish for Sunday night supper. —M. A. P., St. Stephen.

**POTTED FISH**

Boil four pounds of halibut or any white fish; when cold pick it apart in large blocks; add two teaspoons of salt, two saltspoons of pepper and one blade of mace. Pound the fish to a paste, adding gradually a quarter of a pound of butter. Pack this in small jars or glasses, cover with melted paraffine wax, then with paper, and keep in a cold place. —C. L. M., Woodstock.

**LOBSTER A LA NEWBERG**

Two tablespoons butter, two tablespoons water, one tablespoon flour, one medium sized lobster (or one can of lobster), one pint of boiled milk, three eggs (yolks only), one-half cupful sherry. Place the butter in a dish (on the fire) and stir as it foams. Rub the flour smooth with the water. Add this and the salt and pepper, then one-half of the milk, stirring all the time and being careful that the fire is not too hot. Beat yolks of eggs until frothy, add remainder of the milk and stir well. When consistency of cream add the sherry, then the lobster cut up coarsely. Heat and serve.

—MISS GREGG.

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## MEATS, GAME AND POULTRY

### WINDSOR SANDWICH

TAKE four tablespoons of chopped chicken, the same quantity of chopped ham and two chopped olives. Mix together with two tablespoons of mayonnaise dressing. Spread this preparation on four slices of toast and cover with four slices of toast.

—P. CLINCH.

### CLUB SANDWICH

Toast two slices of bread and cover them thickly with mayonnaise dressing. Place two slices of chicken on one slice of toast, then a leaf of lettuce sprinkled with salt, then a thin slice of bacon or tomato, covering it with the other slice of toast. Press well together and trim.

—P. CLINCH.

### HAM PATTIES

One cup finely chopped ham, one-quarter cup finely chopped bread crumbs, one-half cup milk, one teaspoon melted butter, one teaspoon salt, one-quarter teaspoon pepper. Mix ham with crumbs, and seasoning. Add butter with milk. Fill patty cups half full. Break an egg on top of each, sprinkle with salt and pepper, cover with fine crumbs. Bake eight or ten minutes in hot oven.

—MRS. DUSTON.

### SMOTHERED HAM

Rub both sides of a one-inch slice of ham in dry mustard. Put under ham in baking pan small slices of bacon. Cover slice one inch deep with brown sugar and put more bacon on top. Pour on water half depth of ham. Cover and bake thirty-five minutes.

—MAUDE B. BONNESS.

### BEEF LOAF

Two pounds round steak, chopped fine, five soda crackers rolled, two eggs well beaten, two tablespoons melted butter, summer savory, salt and pepper to taste. Bake one hour. —B. A. ROBINSON.

### A BRINE FOR CURING PORK

Eight pails water, four pails of salt. Heat water to boiling point, then put in all the salt it will absorb, so it will float a potato. Stir well for twenty minutes. Skim off top after it gets cold, then pour on pork. This will preserve the pork indefinitely.

—MRS. F. V. LIBBEY.

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ST. JOHN, N. B.

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## MEAT LOAF

Four soda crackers, one onion, one and one-half pounds lean beef, one-half pound pork (mostly fat). Grind the above ingredients in order named with a fine knife. Add two eggs, un-beaten, two-thirds cup of cream or milk, salt and pepper. Mix well, shape in loaf, and bake from one and one-half to two hours. Baste frequently while baking. —MRS. R. D. S., St. John.

## CHICKEN WITH RICE

Joint a medium-sized chicken as for stewing and put into a kettle holding three or four quarts. Then add one cup rice, a small piece salt pork, about one-eighth pound or less, and pepper and salt, and one quart boiling water. Bring to a boil on top of stove and then cover and set in oven for an hour and a half. Perhaps more water may be needed. —ALICE M. MOORE.

## MOCK CRABS

One-quarter cup butter, one-half cup flour, three-quarters teaspoon mustard, one and one-half teaspoons salt, three teaspoons Worcestershire Sauce, one-quarter teaspoon paprika, one and one-half cups milk, one can corn, one egg. Melt butter, add flour, mustard, salt and paprika and gradually mix. Turn in corn, add egg, slightly beaten, and Worcestershire Sauce. Pour into buttered dish, cover with one cup cracker crumbs, mixed with two tablespoons melted butter, and bake till browned. —MRS. F. DUSTON.

## BEEF OR VEAL LOAF

Two pounds beef or veal, raw, about one pound salt pork, two eggs, two crackers. Season with salt, sage, pepper. Put in pan, bake one hour. —MRS. WALTER ROBINSON.

## ABERDEEN SAUSAGE

One pound beefsteak, one-half pound bacon. Put both through the chopper. Add two cups bread crumbs, one egg. Season with pepper, salt, and plenty of Worcester or Harvey Sauce. Wrap in a floured cloth and boil two hours. Glace with good stock, thickened with cornstarch. —M. S. N., Woodstock.

## JELLIED VEAL OR CHICKEN

Soak one tablespoon of granulated gelatine in one-quarter cup cold water five minutes. Dissolve in one cup boiling water, add one-quarter cup sugar, one-quarter cup vinegar, and two tablespoons lemon juice, and one teaspoon salt. Strain and cool, and when mixture begins to thicken add one and one-half cups cold cooked veal or chicken cut small, and one and one-half pimentos (canned), also cut small. Turn into a square pan first dipped in cold water, and chill. A little celery may be added if liked. Serve with salad dressing. —MRS. JAMES A. GIBSON.



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## SCALLOPED TONGUE

One pint chopped tongue, one teaspoon onion juice, one teaspoon chopped parsley, one teaspoon salt, one teaspoon capers, one cup bread crumbs, one-half cup stock, three tablespoons butter. Butter the scallop dish, cover the bottom with bread crumbs. Mix meat, salt, capers and pepper. Distribute this over bread crumbs. Add some of the butter between layers, pour over the stock and onion juice and add remaining crumbs and butter for top layer. Bake twenty minutes.

—MRS. FRANK L. THOMPSON.

## STEAMED CHICKEN

Wipe very dry after cleaning. Rub salt, pepper and plenty of butter in the cavity of the body. Fill it with large oysters well seasoned with salt, pepper and celery salt. Tie the legs and wings close to the body and lay in as small a dish as will hold it and set in a steamer to cook four hours. Meantime cook a pint of chopped celery till it will rub through a puree sieve. Make a pint of white sauce with the liquor of the oysters. Add the celery to it and pour it over the fowl on the platter. Garnish with parsley and serve with baked sweet potatoes and boiled rice. This is a nice way to cook a small turkey.

—MRS. FRANK L. THOMPSON.

## JELLIED CHICKEN

Boil chicken until meat will slip readily from the bones. Remove from the liquid and while still warm remove meat from the bones. Cover with slices of lemon the bottom of a flat dish which has been previously buttered. Put a layer of white meat and then a layer of dark alternately until the dish is full. Take one pint of stock, strain it and add half a box of gelatine (previously soaked) and pepper and salt to taste. Put this over the chicken and cool.

—MRS. H. J. GILLIN.

## BROWN STEW

Take rather a thick piece of beef, cut away the bone. Have some dripping or fat pork in stew kettle, when hot and slightly brown put in the beef, add a little pepper and keep turning until all parts are nicely browned; then add a little water and cover; bring quickly to boil, then move to the back of range, let simmer four hours or until meat is tender, turning it occasionally to prevent scorching. An hour before dishing the meat season with salt and onion. If you wish gravy thicken the drippings.—MRS. J. WATT.

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## BRINE FOR CURING HAM, TONGUE, BEEF, ETC.

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

—A. M. COMBEN.

## VEAL LOAF

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

—MRS. FRED M. BOYD.

## BAKED SWEETBREADS

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

—C. L. M., Bathurst.

## CHOPPED STEAK

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

—T. M. L., Moncton.

## STEAK A LA BORDELAISE

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

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## BEEF OLIVES

Cut a very thin slice of round of beef in strips four inches long and two inches wide. Mix half a cup of soft bread crumbs, a teaspoon of salt, a tablespoon of chopped parsley, a dash of pepper and a tablespoon of melted butter. Put a thin layer of this over each little piece of beef; roll and tie lightly. Heat four ounces of suet in a frying-pan, dust the rolls with flour, and brown them in the pan; then put them in the stewing-pan. Add two tablespoons of flour to the fat in the frying-pan, mix, add a pint of stock or water; when boiling add a teaspoon of kitchen bouquet, a level teaspoon of salt, and strain it over the rolls. Cover and stew gently for an hour and a half. Wash and soak in boiling water a dozen stoned olives. Cut a piece of stale bread in a four-inch cube; dip in milk or beaten egg, and plunge it in deep, hot fat, or you may toast it in the oven. Stand this in the middle of the platter. After removing the strings heap the beef "olives" around the croutons and strain the sauce over them. Arrange the "olives" in little piles at the ends of the dish.

—S. A. S., St. John.

## MOCK DUCK

Remove the large bone from a shoulder of mutton, fill the space with toasted pine nuts or seasoned bread crumbs and tie in the shape of a duck. Make the leg and knuckle bone form the neck and bill, and fasten in the blade to represent the tail. Cover with oiled paper, brown in a quick oven for fifteen minutes, and then bake at a moderate temperature for an hour. Dish on a bed of cress. Serve with brown sauce and sweet potatoes, croquettes or with rice.

—M. A. S., Sussex.

## DUCK A LA BORDELAISE

Roast a duck and cut it in blocks; to one pint of these blocks use a tablespoon of butter and one of flour, and half a pint of stock. Put the butter and flour in the chafing-dish, and the stock, stir until boiling. Add the duck and a teaspoon of mushroom ketchup, half a can of mushrooms, a teaspoon of salt, a teaspoon of kitchen bouquet and a teaspoon of onion juice. When hot add a teaspoon of chopped parsley and serve. Turkey or chicken may be substituted for the duck.

—MRS. A. LEBLANC.

## A SIMPLE GAME PIE

Boil one cup rice in plenty of water for half an hour. Drain, add half a cup of milk, a teaspoon of salt, a teaspoon of pepper and a tablespoon of butter. Beat and mix well. Cut the birds in halves or quarters according to the size; put them in a baking-dish, season with salt, pepper, chopped onion and chopped parsley. Rub together two tablespoons of butter and two of flour, add a pint of water or stock, stir until boiling; add a teaspoon of Worcestershire Sauce and one of salt. Pour this hot over the game; cover with a crust of rice, brush with milk, and bake in a moderate oven for one hour.

—P. S. W., Bathurst.

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## MARBLED CHICKEN

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

—T. M. K., St. John.

## JELLIED CHICKEN

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

## FRICASSEE OF DRIED BEEF

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

—R. M. L., Fredericton.

## BAKED TURKEY

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

—T. A. M., Woodstock.



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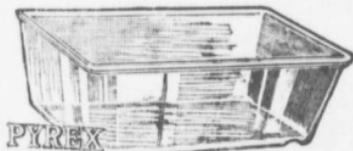
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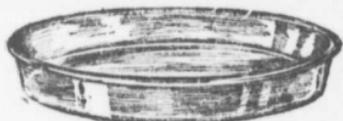
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## VEGETABLES

### POTATO CAKES

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

—MRS. CHAS. HUESTIS.

### STUFFED POTATOES

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

—T. S. U., St. John.

### LUNCHEON DISH

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

—MRS. DUSTON.

### DAINTY SIDE DISH

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

—MRS. FRANK A. DUSTON.

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## CORN PUDDING

Score down the centre of each row of grains of twelve ears of corn, and with a dull knife press out all the pulp. Separate four eggs, beat the yolks; add half a pint of milk; pour this slowly into half a pint of flour; when perfectly smooth strain the mixture into the corn; add a level teaspoon of salt, a saltspoon of pepper, and fold in carefully the well-beaten whites. Pour the mixture into a shallow, greased baking-pan, and bake in a moderate oven for thirty minutes. Serve at once. This is a nice accompaniment to roasted beef.

—E. L. W., St. John.

## TOMATO RAREBIT

Two tablespoons butter, two tablespoons flour, three-quarters cup thin cream, three-quarters cup stewed and strained tomatoes, one-eighth teaspoon soda, two cups cheese finely cut, two eggs slightly beaten, salt, mustard, cayenne. Put butter in chafing dish; when melted add flour. Pour on gradually cream and as soon as mixture thickens add tomatoes mixed with soda; then add cheese, eggs, and seasonings to taste. Serve as soon as cheese has melted on toast or crackers.

—B. L. CAMPBELL.

## POTATO CROQUETTES

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

## SCALLOPED TOMATOES

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

—T. S. A., Woodstock.

## TOMATOES, FRENCH FASHION

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

—T. M. A., St. Stephen.

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## STEWED TURNIPS

Pare and cut the turnips into dice. Put them in boiling, unsalted water, and cook below the boiling point, about 180 degrees Fahrenheit, until transparent and white. New turnips require about twenty minutes, old ones forty-five minutes. Drain, turn in a heated dish, and cover with cream sauce.—S. E. D., St. John.

## SUMMER SQUASH

Cut the squash in eighths; take off the rind and cut each piece into cubes of about one inch. Throw them into boiling, salted water, and cook slowly for thirty minutes until transparent. Drain carefully in a colander, dish, and cover with cream or Hollandaise sauce.—A. M. L., Bathurst.

## CARROTS EN CASSEROLE

Take three cupfuls of carrots, cut in small cubes, two small onions, three tablespoons of butter, one teaspoon salt, pepper, nutmeg, one teaspoon sugar, three tablespoons flour, two cloves, two cups of strained tomato juice, one cup and a half of water and one cup of minced ham, corned beef or dried beef. Let the carrots stand in cold, salted water for at least ten minutes. Chop and fry the onions and carrots in butter for five minutes, add flour and seasonings, stirring well, then tomato, ham and water. When boiling pour into a casserole and bake two hours.

To make a simple supper dish of carrots prepare three cupfuls of diced carrots; add water barely to cover, two tablespoons of butter, three drops of onion flavor, a little salt and a half teaspoon of sugar. Simmer until tender; then add a sprinkling of mint, a cupful of rich milk, two well-beaten eggs, a cup of cooked brown rice, salt, pepper and nutmeg to taste. Reheat but do not boil.

—M. M., Moncton.

## EGG PLANT

Wipe the egg plant; cut in one-fourth slices, soak in salted water one hour. Dip each slice in beaten egg and fry in butter till inside is soft and outside is brown.

—L. S. S., St. John.

## ASPARAGUS ON TOAST

Cleanse the stalks and tie in small bunches with string. Cook about twenty minutes. Have ready six or more slices dry toast, arrange on hot platter, place asparagus on them and pour over drawn butter sauce.

—A. C. T., St. John.

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## SALADS, SAUCES AND RELISHES

### MAITRE D'HOTEL BUTTER

**D**UT one ounce of good butter in a bowl with a teaspoon of very finely chopped parsley, adding the juice of half a sound lemon and the grated rind, a little grated nutmeg and a little red pepper. Mix well, keep in a cool place and serve on broiled wild fowl, such as teal, or on fried chicken or lamb chops.—P. CLINCH.

### TOMATO BUTTER

Ten pounds ripe tomatoes peeled, one quart vinegar, three pounds brown sugar, one tablespoon salt, cloves, cinnamon, allspice, one-quarter teaspoon red pepper. Boil three hours, stir constantly.—MRS. STEWART.

### CREAM DRESSING FOR FRUIT SALAD

One-half cup sugar, four tablespoons butter, one-half teaspoon salt, one-half teaspoon paprika, two eggs, three tablespoons vinegar. Mix sugar, salt, eggs, add vinegar slowly and cook until thick stirring constantly, add butter; just before serving stir in one-half cup cream, whipped.—MRS. JOHN W. SCOVIL.

### SALAD DRESSING

One can condensed milk, two beaten eggs, one-third cup vinegar, one-half cup melted butter, two teaspoons mustard, one teaspoon salt (milk is sweet so no need of sugar). No cooking is necessary.—ELIZA BOARDMAN.

### SALAD DRESSING

Yolks of three eggs, well beaten, one teaspoon salt, one teaspoon mustard, one-quarter teaspoon cayenne pepper, three tablespoons sugar, two scant tablespoons flour. Mix all this thoroughly. Add one-quarter cup of olive oil and three-quarters cup milk very slowly. Put in double boiler and stir constantly. When finished add one-half cup of hot vinegar. Take off stove and beat until cold. Then add the whites of eggs beaten very stiff and mix well together.—ALICE D. ISAACS.

### SARDINE SALAD

Cut lemons in halves, scoop out lemon and fill shell with sardines and finely chopped celery, also a little lemon. Mix with plenty of salad dressing. Serve on lettuce leaf and garnish with stuffed olives.—ALICE D. ISAACS.

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## TOMATO JELLY SALAD

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

—MARJORIE HALEY.

## CELERY AND PINEAPPLE SALAD

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

—MARJORIE HALEY.

## FROZEN FRUIT SALAD

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

—MRS. IRVING McALLISTER.

## QUART OF SALAD DRESSING

Four tablespoons flour, four tablespoons sugar, one teaspoon mustard, one-quarter teaspoon turmeric powder. Mix all together with enough cold water to make a paste. Add one cup of boiling water in which an even teaspoon of pepper has stood for five minutes. Add one egg and a cup of vinegar. Mix all and add two cups of milk. Cook in double boiler until thick. Remove from stove and add one and one-half teaspoons salt and butter size of an egg. If too thick add milk or cream. —PEARL MURCHIE GATCOMB.

## SAUCE FOR ASPARAGUS

One egg beaten separately, one-half cup milk, about one tablespoon vinegar, two tablespoons white sugar, butter size of an egg, salt and pepper to taste. Thicken if desired. Cook in double boiler.

—ALICE D. ISAACS.

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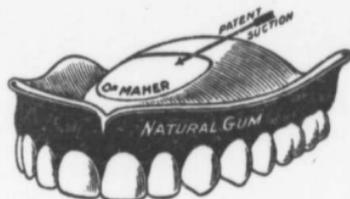


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## CELERY SAUCE

Four pounds ripe red tomatoes, two and one-half pounds celery, one-quarter ounce white pepper, one-quarter ounce ground cinnamon, three-quarters ounce mustard, one-half pound white onions, two cups, or two pounds if desired very sweet, of white sugar, one-quarter teaspoon cayenne pepper and one quart vinegar and two teaspoons salt. Wipe tomatoes and boil until tender and then strain. Chop onions and celery fine, add the other ingredients, boil together until thick, then bottle and seal. Keeps indefinitely.

—MAUD BONNESS.

## CHETNA SAUCE

Four ounces of salt, one of mustard seed, one-half ounce red pepper, two ounces of garlic, peeled, eight ounces brown sugar, eight ounces of stoned raisins, one-half ounce ginger, and twelve sour apples, peeled and cored. Chop these very fine and add to one quart of vinegar. Boil two hours or till it becomes like jam.

—MADAM CHIPMAN.

## CHILLI SAUCE

Thirty ripe tomatoes, peeled and cut, ten small onions, chopped, six green peppers, chopped, twenty tablespoons white sugar, five teacups malt vinegar. Salt to taste, boil slowly for two hours.

—MRS. H. E. CLEMENTS.

## CHEESE SAUCE

Use on plain boiled macaroni. Melt two tablespoons butter, in it cook two tablespoons flour, salt and pepper. Add one cup rich milk and stir until boiling. Add one-half cup of grated cheese and stir without boiling until cheese is melted.

—MRS. FRANK A. DUSTON.

## WHITE SAUCE

Two cups milk, one teaspoon salt, four tablespoons flour, a little pepper, two heaping tablespoons butter. Scald milk. Blend flour and butter, and turn hot milk on slowly stirring all the time, add salt and pepper and cook five minutes slowly.—ALMA DOUGLAS.

## BEET RELISH (FINE)

One pint (two cups) chopped cooked beets, two cups shaved uncooked cabbage, one cup horseradish, one cup vinegar, one-half cup sugar. Boil fifteen minutes.

—ALICE RISING.

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## TOMATO RELISH

Eight green tomatoes (large), six very large onions, one head cabbage, two heads celery, two red peppers, without seeds. Put onions and tomatoes through chopper. Let drain while putting cabbage, celery and peppers through. Put all in kettle and nearly cover with white wine vinegar. Boil fifteen minutes, then add two pounds brown sugar, two tablespoons salt, one tablespoon turmeric. Then mix two tablespoons mustard and one of flour with water. Boil all few minutes and bottle.

—MRS. M. A. BUCHANAN.

## MUSTARD RELISH

One quart of chopped green tomatoes, one quart of chopped onions, one quart of chopped pickling cucumbers, two red peppers (not all the seeds), four small cauliflower, cut fine, two heads of celery cut small, one cup salt. Stand over night and pour off liquid in the morning. Cover with fresh water and scald ten minutes. Strain through a sieve. Scald five pints of cider vinegar, then add dressing, bring to a boil, and then add the chopped stuff.

DRESSING: Two tablespoons celery seed, one tablespoon mustard seed, two tablespoons turmeric, five cups sugar, one good cup flour, one-quarter pound mustard. Mix flour, sugar, mustard, with two cups vinegar, add seeds.

—MRS. F. E. WILLIAMS.

## RHUBARB RELISH

One and one-half pounds rhubarb, one and one-half pounds onions, three cups brown sugar, two teaspoons salt, one-half teaspoon white pepper, one and one-half pints vinegar, one-quarter teaspoon red pepper, one teaspoon cinnamon, one teaspoon allspice, one tablespoon turmeric. Cut up rhubarb and onions. Boil all together forty-five minutes.

—MRS. SUNDER.

## CHUTNEY SAUCE

Six green tomatoes, four onions, two green peppers, one cup raisins, two tablespoons mustard seed, two tablespoons salt, two cups brown sugar, one cup white sugar. Seed raisins and peppers, add tomatoes and onions and chop fine. Boil one quart vinegar with sugar and spice, add mixture and simmer one hour; then add twelve sour apples, chopped, and cook until soft.

—MRS. J. C. HARTLEY.

## CHUTNEY

Take equal quantities of tomatoes, cucumbers, onions, beans, cauliflower, celery, some red or green peppers. Put all through the meat chopper. Cover with water, cook a little, then drain off the water. Cover with vinegar. Put in mixed whole spices and sugar to taste. Cook until quite soft. I prefer cooking each vegetable separately as some need longer cooking than others. Horseradish is an improvement.

—MISS MAUDE ST. J. ALLEN.



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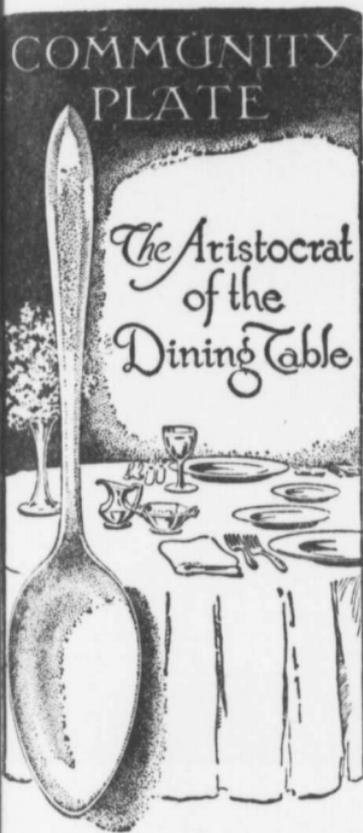


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## PREPARED MUSTARD

Stir together one-half cup each flour and sugar, five tablespoons mustard, one scant tablespoon turmeric powder, one teaspoon salt, one tablespoon melted butter. Add vinegar to make smooth paste then stir in a cup of scalding vinegar to thicken. Then add more vinegar to thin as required.

—A. S. ATWOOD.

## CRABAPPLE KETCHUP

Wash carefully four quarts of crabapples, slice them, cook in a little water until they are soft. Press them through a sieve. Add to the pulp three pints of sugar, two quarts vinegar, two teaspoons cinnamon, one of cloves, one tablespoon of pepper, two teaspoons of salt. Cook the ketchup until it is thick and smooth stirring it constantly to prevent scorching. Seal in glass jars. This makes quite a lot.

—MISS MAUDE ST. J. ALLEN.

## CELERY RELISH

One quart ripe cucumbers, one quart celery, one quart onions, one green pepper, two red peppers, cut fine. Put in kettle with three pints vinegar, three pounds brown sugar, a little salt. Boil till soft and tender.

DRESSING: Take one teaspoon turmeric, three teaspoons mustard, three-quarters cup flour. Blend with cold vinegar and add to boiling mixture. Cook until it thickens.

—THE COUNTESS OF ASHBURNHAM.

## ENGLISH DRAWN BUTTER

Rub together a tablespoon of butter and one of flour. Add slowly half a pint of boiling water, beating all the while. Boil for a moment, take from the fire; add half a teaspoon of salt, a saltspoon of pepper, and then stir in another tablespoon of butter. Serve with summer squash, stewed cucumbers or other green vegetables. By adding the juice of half a lemon this sauce will answer nicely for fish.

—T. S. S., Sussex.

## MINT SAUCE

One bunch mint leaves and stems chopped fine and steeped in one cup boiling water one hour, covered tight, add a sprinkle of paprika, also vinegar, salt and pepper to taste. Remove nearly all the mint before serving. Very nice with roast lamb.

—MRS. F. V. LIBBY.

## CELERY SAUCE

Thirty large, ripe tomatoes, peeled and cut fine, twelve large onions chopped fine, six heads celery chopped fine, two red peppers chopped fine, six cups vinegar, five tablespoons salt, twenty-one tablespoons granulated sugar. Boil all together till thick as wanted. Stir often to keep from burning.

—MRS. F. E. WILLIAMS.

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## CREAMED TOMATO SAUCE FOR FRIED CHICKEN

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

—P. C. C., St. John.

## SAUCE HOLLANDAISE

Heat in a saucepan a slice of onion, a bay leaf, a little chopped celery or a saltspoon of celery seed, a clove or garlic mashed, and four tablespoons of tarragon vinegar. When reduced one-half, strain and cool. Rub together one tablespoon of butter and one of flour; add half a pint of boiling water and stir until boiling. Take from the fire; add the yolks of two eggs, beaten; reheat, add a tablespoon of butter cut in blocks, half a teaspoon of salt, a dash of pepper and the vinegar. Press through a fine sieve. This is one of the best of the fish sauces. A plain sauce Hollandaise may be made by adding the yolks of two eggs slightly beaten and two tablespoons of tarragon vinegar to English drawn butter.

—L. M. M., St. John.

## CUCUMBER SAUCE FOR FISH

Pare and grate on a sieve four large crisp, fresh cucumbers; when the pulp is thoroughly drained turn it in a bowl, add a teaspoon of pepper, one medium-sized onion grated, a level teaspoon of salt and two tablespoons of tarragon vinegar. Mix and stir in just at serving time six tablespoons of cream whipped to a stiff froth.

—L. M. O., Fredericton.

## TOMATO SAUCE

Put half a can of tomatoes, a slice of onion, a bay leaf and a blade of mace over the fire and cook gently for ten minutes. Rub a tablespoon of butter and one of flour together and add them to the stewed tomatoes. Stir and cook a moment longer; add a half teaspoon of salt and a dash of pepper. Strain and use.

—C. L. K., Woodstock.

## SALAD DRESSING

Two teaspoons mustard, one teaspoon salt, two teaspoons flour, four tablespoons sugar, two eggs well beaten, one cup milk, one cup vinegar. Mix dry ingredients together, add to liquids.

—MARY E. McLEAN.

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## MAYONNAISE DRESSING

Two tablespoons butter, one teaspoon mustard, one and one-half tablespoons sugar, one-half tablespoon flour, one egg, three-quarters cup sour cream, one-quarter cup vinegar, salt, cayenne.

—MRS. F. E. WILLIAMS.

## FRENCH DRESSING

Put half a teaspoon of salt and a saltspoon of pepper in a bowl; add slowly, mixing all the while, four tablespoons of olive oil. When the salt is dissolved add one tablespoon of tarragon vinegar or lemon juice. Mix and use at once.

—R. D. M., St. John.

## LETTUCE SALAD

Cut the lettuce in four quarters, beginning at the bottom. Remove the leaves carefully without mashing or pressing them. Carefully wash each leaf and put it on a clean, soft napkin; dry and arrange them loosely in the salad bowl. Sprinkle over chopped chives, parsley or onion, as you like. At serving time have this brought to the table, also the oil and vinegar. Dust the salad with the salt and pepper. Rub the spoon with garlic, measure the oil, pour it over the lettuce, mix and toss with a salad fork and spoon until the oil is evenly distributed. Then pour over the vinegar, toss again, and serve.

—MRS. JOHN DOHERTY.

## ASPARAGUS SALAD

Trim neatly one bunch of asparagus, stand in a kettle of boiling, salted water, cover, and cook for forty-five minutes. Drain and cool. Arrange neatly upon a flat dish and serve very cold, with French dressing.

—MRS. T. S. SMITH.

## STRING BEAN SALAD

Select young, tender beans; string and cut each one in three pieces lengthwise. Cover with boiling, salted water; boil for twenty minutes, and drain. Throw them in cold water for ten minutes; then put them in boiling, unsalted water, and cook for fifteen minutes longer. Drain and cool. Arrange them neatly on a small platter, cover with French dressing, sprinkle with chopped parsley, and serve at once.

—M. A. B., Bathurst.

## CAULIFLOWER SALAD

Soak a head of cauliflower in cold water; break it in flowerets and cook in salted, boiling water for thirty minutes. Keep it perfectly white; if it boils too long it will lose its color. When done lift it carefully and stand aside to cool. At serving time arrange it in a salad bowl, sprinkle with chopped parsley and a tablespoon of onion juice, then pour Italian dressing over all, and serve.

—T. A. D., Moncton.

## CELERY AND OYSTER SALAD

Mix equal quantities of coarsely chopped celery and oysters poached in their own liquid. Moisten with any preferred salad dressing, either cream or mayonnaise. Serve on lettuce leaf, garnish with olive rings.

—MRS. C. E. MCLEAN.

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## PICKLES AND PRESERVES

### CUCUMBER PICKLES

**T**WO hundred cucumbers, pour over them one pint salt and a gallon water. Let stand over night, drain them, put one gallon vinegar, one teaspoon powdered alum, two ounces black pepper, two ounces mustard seed, six and one-half cups brown sugar. Let vinegar, alum and pickles come to a scald (not a boil), then remove pickles. Then add to the vinegar the mustard, pepper and sugar. Let it boil well and pour hot over pickle.

—S. P. B., Woodstock.

### TOMATO CHOW CHOW

One peck green tomatoes, one and one-half pounds onions, two pounds brown sugar, one-quarter pound whole mixed spices. Put spices in bag. Three green peppers, three quarts cider vinegar. Slice tomatoes and onions, add salt, layer upon layer, let stand over night, strain; add one quart vinegar and two quarts of water. Let boil twenty minutes. Strain again, add two quarts of vinegar, sugar, peppers cut in two. Boil about an hour or until soft.

—MINNIE B. FRASER.

### MUSTARD PICKLES

Part I.—One quart green tomatoes, one dozen small cucumbers, two heads cauliflower, two heads celery, one dozen medium onions, Cut all up (not too fine), add one cup salt, stand all night. In morning drain off all water, and add one quart vinegar, boil until tender.

Part II.—Two tablespoons celery seed, one tablespoon wild mountain seed, one-quarter teaspoon turmeric, one-quarter pound mustard (less if wished), two pounds sugar, one and one-half cups flour. Mix all together with one and one-half cups cold vinegar, then add it to two quarts boiling vinegar, stirring all the time. Then add all to first mixture and let all boil up two or three times or until well mixed.

—ALICE G. RISING.

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## CHOPPED MUSTARD PICKLES

One quart cucumbers cut fine, one quart tomatoes cut fine, one quart small onions, two heads celery, two red peppers, one cauliflower. Cover with one cup of salt and let stand twenty-four hours, drain off water and cover with fresh and scald until tender.

—MRS. WM. BALMAIN.

## CELERY AND MUSTARD PICKLE

One dozen small heads of celery, two quarts cider vinegar, one-quarter pound mustard, one ounce curry powder, one and three-quarters pounds sugar, three tablespoons of flour, salt to taste. Mix mustard and flour well together with cold water, add to the vinegar, then add salt and sugar. Chop celery well, boil all together for ten minutes. Mixed with olives or cheese makes a good filling for sandwiches.

—MRS. ALLISON B. CONNELL.

## SWEET MUSTARD PICKLES

Two quarts small cucumbers, two quarts small onions, two quarts cauliflowers, one quart green beans (if desired), two green peppers sliced. Put in brine, let stand twenty-four hours, then scald in brine. Just scald, not boil, and drain. To three quarts of vinegar add six tablespoons mustard, three tablespoons (heaping) flour, one tablespoon curry powder, one-half tablespoon turmeric powder, two cups brown sugar or sweeten to taste. Mix all the ingredients with cold vinegar to a smooth paste, stir gradually into boiling vinegar and boil until it thickens and pour over the vegetables. For the brine use one cup coarse salt to four quarts water.

—LYDIE DAWSON.

## MUSTARD PICKLES

Two quarts cucumbers, two quarts cauliflower, two quarts onions. Separate cauliflower and cut cucumbers, peel onions, two green peppers sliced. Put all ingredients in brine, let stand twenty-four hours. Then scald in the brine, just scald, not boil, then strain. To three quarts of vinegar add a tablespoon of mustard (heaping), three tablespoons flour (heaping), one tablespoon curry powder, one-half tablespoon turmeric powder, four cups brown sugar (or sweeten to taste). Mix all ingredients with cold vinegar to a smooth paste. Stir gradually into boiling vinegar and cook until it thickens and pour over vegetables. Bottle when cold. For brine use one cup of coarse salt to four quarts cold water.—ALICE D. ISAACS.

## ORANGE DELIGHT

Slice three large oranges, one lemon very thin. Add eleven tumblers water. Let stand twenty-four hours, then boil one hour. Remove from stove; add four pounds of sugar; stir until dissolved. Let stand twenty-four hours, then boil one hour and twenty-five minutes, counting from time when it begins to boil. Let simmer. Be careful not to let burn.

—ADA MAXWELL.

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## CURRANT AND PINEAPPLE MARMALADE

Cook currants and press through sieve to remove seeds. One pint currants to one pineapple and one pound sugar to each pound of mixed fruit. Cook slowly till rich conserve is formed. Seal.

—MRS. DUSTON.

## PINEAPPLE MARMALADE

Three oranges, one lemon, one pineapple, through food chopper. Five cups of water. Let stand twenty-four hours. Boil and add one cup of sugar to one cup of fruit. Boil short time.

—MRS. W. B. BUCHANAN.

## MARMALADE

One grapefruit, one orange, one lemon. Put all through chopper. Then add eight cups cold water. Put seeds of grapefruit in a cup, fill with boiling water. Let all stand till next day, strain the water off the seeds and add it to the fruit. Boil fifteen minutes and put away till next day. Put on and when boiling hot add five pounds of sugar. Boil fifty-five minutes. Be sure to keep it boiling.

—MRS. NIXON.

## RHUBARB MARMALADE

Four pounds rhubarb, four pounds brown sugar, three oranges, one lemon. Peel oranges and lemons, removing inner peel. Let stand until juice forms. Cook slowly until thick.

—S. A., St. Stephen.

## GRAPEFRUIT AND ORANGE MARMALADE

Cut up with scissors six oranges, six grapefruit, taking out all the seeds. Cut the skins as thin as possible, add one cup of fruit to three of water, let boil for two hours or until skins are soft. Boil hard so you will reduce the amount, let stand over night. In the morning measure equal parts sugar and fruit, cook until it jellies. Put in glasses while hot. Excellent.—MRS. JAMES MCCARTHY.

## GRAPE CONSERVE

Cook slowly one basket (two and one-half pounds) of Concord grapes with just enough water to cover, till skins are tender, strain through wire strainer and cheese cloth, add the juice of two oranges, also pulp and rind ground, add one pound of raisins ground, five cups of sugar. Boil mixture five minutes then add one pound of walnuts chopped fine. Seal.

—MRS. A. E. VESEY.

## PEACH CONSERVE

Thirty peaches (about five pounds), blanch and remove skins. Three oranges, remove seeds but not the skins; one-quarter pound of almonds, blanched. Chop very fine, then add five pounds of white sugar, boil for one hour or until it becomes transparent. Place in sterilized jars.

—MRS. F. W. ADDY.

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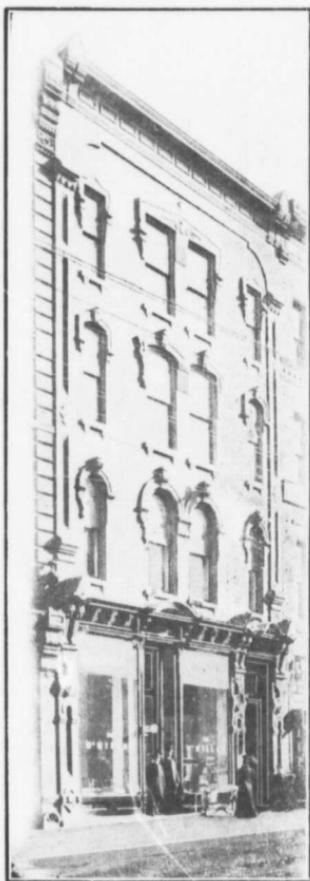
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## TOMATO JAM

Six pounds green tomatoes, six pounds white sugar, two ounces ginger root, one lemon, two oranges. Cut rind off lemon as thin as possible, cut in pieces and take white part off, which is bitter, put into the sliced oranges and tomatoes; then put sugar on and let stand over night. Boil until thick, two or two and a half hours.

—MRS. M. C. BUCHANAN.

## FOR CANNED RASPBERRIES

Four cups water, one and one-half cups sugar, three pints of berries. Fill the glass with the berries and set in a baking pan in which I have put about an inch of water, warm enough not to break the jars, and place in a moderately hot oven for ten minutes with door closed tightly. Have on the stove the juice made in the above proportions. When the ten minutes are up, fill jars with the juice and seal. I find this the nicest way I ever tried for canning. The fruit will remain whole and be a beautiful color. I used pint jars. Perhaps it might be as well to leave larger jars two or three minutes longer in the oven.

—MRS. F. V. LIBBEY.

## GRAPEFRUIT MARMALADE

To each pound of grapefruit allow two and one-half pounds of sugar and one quart water. Cut up fruit and soak in water over night. In the morning boil about two and one-half hours, or until tender. Add the sugar and boil about half an hour or until a little cooled in a saucer will wrinkle. If bitterness is not liked peel the fruit finely and remove the white rind.—S. A. M., St. John.

## CARROT MARMALADE

Grate four large carrots. Add three lemons cut fine. Put into kettle with three quarts water. Let stand over night. Place on stove, add four pounds sugar. Boil till thick one to two hours.

—MRS. FRED ALLEN.

## ORANGE MARMALADE

Two oranges, two lemons. Cut thin in small pieces, removing the seeds. Then add three times the quantity of water and let stand twenty-four hours. Then boil ten minutes and let stand until the next morning. Then put on and boil and add the same quantity of sugar and boil two hours or until thick enough to jelly, then put in the glasses.

—MRS. SAM SCOTT.

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### RIPE TOMATO CONSERVE

Remove skins from six ripe tomatoes and cut into small pieces. Add three-quarters pound sugar for each pound of prepared vegetable, add juice of two lemons and one orange, two boxes sticks of cinnamon, one-half nutmeg and one teaspoon whole cloves tied in a bag. Let all stand in a graniteware preserving kettle for two or three hours, then simmer until like marmalade. When nearly done add three-quarters cup seeded raisins and one-quarter pound each of chopped nut meats, candied orange peel and candied ginger. When cold put in jars and cover with paraffine wax.

—MAUD BONNESS.

### GRAPE PRESERVES

Take pound for pound of grapes and white sugar. Stem, wash and put in preserving kettle in alternate layers with sugar. Cook over slow fire stirring constantly, as seeds rise to top skim off. Stew about one hour, put in small jars, cover closely.

—MRS. R. E. HOLYOKE.

### GINGER PEARS

Eight pounds sliced pears, six pounds sugar, six lemons. Pare the thin yellow rind and put through chopper with fine cutter. One-half pound preserved ginger. Put pears, lemons (chopped rinds and juice), sugar and ginger in a preserving kettle and let stand over night. Cook slowly five hours or until clear.

—B. M. COMBEN.

### PRESERVED STRAWBERRIES

Wash the strawberries before they are stemmed by putting them in a colander and plunging them up and down in cold water; remove the stems carefully and quickly. Weigh the berries, allow four pounds of sugar to four pounds of berries. Put a layer of sugar in the bottom of a large preserving kettle, then a layer of berries, another layer of sugar, and a second layer of berries, with the remaining sugar on top. Stand away in a cool place for about two hours, then put over the fire and bring slowly to a boiling point. Lift the berries with a fork, place them in tumblers or jars. Boil the liquor rapidly until it is reduced one-half, and then pour it, while hot, over the berries. When cold cover the jars with paraffine wax and paper. Strawberries preserved in this way will keep for an indefinite length of time.

—A. S. F., East St. John.

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### RASPBERRY VINEGAR

Put two quarts of raspberries in a stone jar or granite kettle, pour over one quart of pure cider vinegar; cover and stand aside for two days; drain off the liquor without mashing the berries, and pour it over another quart of fresh fruit, placed in the same jar or kettle, and stand aside as before. At the end of two days strain this carefully and pour it over another quart of fresh fruit, and let it stand one day. This time turn the fruit in a jelly-bag or two thicknesses of cheesecloth, and press it until dry. Wash the kettle, return the syrup, add one pound of sugar to each pint of liquid, stir until the sugar is dissolved, boil for five minutes, skim, bottle, cork with new corks and seal the bottle. Raspberry vinegar diluted with cold water makes a very refreshing drink in hot weather.

—T. F. H., Fairville, N. B.

### CRABAPPLE JELLY

Wash and core sufficient crabapples to make four pounds; put them in a porcelain-lined kettle with two quarts of cold water; bring to boiling point, cook for twenty minutes; drain in the jelly-bag for two or three hours. Measure the liquid; to each pint allow half a pound of sugar. Put the syrup in a porcelain-lined kettle, put the sugar in a pan in the oven; boil the syrup for ten minutes, add the sugar, boil for about two minutes, and it then will be ready to put in jelly tumblers. Quince and apple jelly may be made in precisely the same way.

—S. A. M. S., Woodstock.

### RHUBARB PICKLES

Seven pounds rhubarb, four pounds sugar (white and scant), one teaspoon cinnamon, one teaspoon cloves, one cup vinegar. Cut rhubarb with sugar over night. When cooking add one chopped onion, and cook slowly until quite thick and dark in color.

—MRS. J. S. CREIGHTON.

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## BREAD, ROLLS, BISCUITS, MUFFINS

### PARKINS

**O**NE-HALF cup butter, one-half cup molasses, one-half cup sugar, one egg not beaten, one cup rolled oatmeal, one and one-half cups flour, one teaspoon soda, put dry in flour, one teaspoon ginger, one teaspoon cinnamon, one-half teaspoon cloves, a little nutmeg. Drop on buttered pan, and bake in moderate oven.

—MRS. J. S. MACLAREN.

### PARKINS

One-half cup butter, one cup sugar, two-thirds cup molasses, one egg, one cup rolled oats, one and three-quarter cups flour, one-half teaspoon soda, cloves, cinnamon, allspice and nutmeg. Cream butter and sugar, add dry ingredients, then molasses and egg. Nuts are an improvement. Drop from spoon and bake in hot oven.

—ALICE G. RISING.

### STEAMED BROWN BREAD

Two cups corn meal, one cup white flour, one cup molasses, two cups sour milk or buttermilk, one teaspoon soda in one-quarter cup boiling water, one cup raisins sprinkled on top. Steam three hours.

—L. C. KENT.

### BROWN BREAD

One-half cup chopped walnuts, three-quarters cup raisins (chopped) rubbed into two cups flour, two cups graham flour, one cup buttermilk with one teaspoon soda, three-quarters cup molasses, one cup buttermilk with one teaspoon soda dissolved in milk. Mix as recipe reads. Bake one hour in moderate oven.

—MRS. W. E. M., St. John.

### BROWN BREAD

One cup molasses, one and one-half cups cold water, one teaspoon soda dissolved in a teaspoon hot water, two cups graham flour, one cup cornmeal, one teaspoon salt, one cup raisins. Steam for three hours. Set in oven for awhile.

—MRS. MARIA BURTON.

### BROWN BREAD

Two cups graham flour, two cups white flour, two cups sour milk, two teaspoons soda, three-quarters cup molasses, one spoon salt, one pound dates (pitted). This makes four one-pound baking powder tins.

—MRS. F. E. WILLIAMS.

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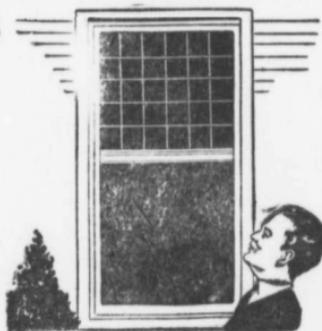
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## BROWN BREAD

Two cups graham flour, two cups white flour, three-quarters cup molasses, two cups milk or water, one heaping spoon of soda or baking powder. Put the soda if used in the molasses. Small spoon of salt. Put the mixture in a buttered bread pan, allow to stand one hour in a warm place, then bake one hour.

—MINNIE B. FRASER.

## STEAMED BROWN BREAD

Two cups buttermilk, two teaspoons baking soda, two cups graham flour, one and one-half cups cornmeal, salt, one cup molasses.

—MRS. MALCOLM.

## OATMEAL BROWN BREAD

One cup milk, one teaspoon salt, one tablespoon fat, two tablespoons sugar or molasses, one cup rolled oats, two and one-half cups flour, one-half yeast cake, one-quarter cup warm water. Scald milk and pour over rolled oats, sugar, salt and fat, let stand until lukewarm, add yeast, soften in warm water, add flour and knead. Let rise until double its bulk and knead again; place in pan. When light bake in moderate oven one hour.—MRS. GEO. ALLISTON.

## NUT BREAD

One egg beaten, one cup white sugar, one and one-half cups milk, one teaspoon salt, four cups pastry flour, two teaspoons cream tartar, one teaspoon soda, sift soda and cream tartar in flour, one cup walnuts chopped and mixed in flour. Put in pan, raise twenty minutes and bake one good hour.

—MRS. JOHN SCOVIL.

## NUT BREAD

Two cups flour, two heaping teaspoons baking powder, one-half teaspoon salt, one-half cup granulated sugar or one cup brown sugar, one-half cup walnuts (cut in small pieces), one cup sweet milk, one egg beaten, one tablespoon molasses. Sift the flour, baking powder, salt and sugar together. Stir egg and milk together and add to above, add the walnuts. Let rise twenty minutes. Grease pan well and don't have dough too stiff. Bake in fairly hot oven one hour.

—MISS LINDSAY.

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## WHITE NUT BREAD

One egg, one cup sugar, one tablespoon butter, one cup milk, one teaspoon salt, four teaspoons baking powder, three and one-half cups flour, three quarters cup nuts. Raise twenty minutes, bake one hour.

MILDRED McCURDY.

## OATMEAL BREAD

One cup oatmeal porridge, one cup milk, one-half cup molasses, butter or lard size of a walnut, one yeast cake, salt. Scald the milk and molasses with the hot porridge, add butter and salt, add dissolved yeast cake when mixture is cool. Knead by hand or bread mixer till bread is smooth and velvety, the longer the better. Let rise over night, add one cup raisins, make in loaves, bake in medium oven.

—MRS. SUNDER.

## DARK WHEAT BREAD

Three cups whole wheat flour, three cups white flour, three teaspoons soda, three cups sour milk, one cup molasses, one cup raisins. Mix like cake and bake in moderate oven. This amount will make two loaves.

—CORA M. DUDLEY, Calais.

## GRAHAM BREAD

Scald a pint of milk, add half a pint of water; when lukewarm add one yeast cake dissolved in half a cup of water; add a tablespoon of molasses, a level teaspoon of salt, and sufficient graham flour to make a batter that will drop from the spoon; beat for five minutes, cover and stand in a warm place, seventy-five degrees Fahrenheit, for three hours. Add one pint of graham flour, heat again, pour in three greased square pans, cover and stand aside for one hour. Bake in a moderate oven for three-quarters of an hour.

—S. M. L., Woodstock.

## GLUTEN BREAD

Scald a pint of milk; when lukewarm add half a compressed yeast cake dissolved in a quarter of a cup of cold water; add half a teaspoon of salt and the whites of two eggs well beaten, stir in slowly two cups of gluten flour; beat thoroughly and stand aside in a warm place, seventy-five degrees Fahrenheit, for three hours; then add slowly as much flour as the dough will hold and enable you to stir it easily. Pour the batter in two square greased pans; cover and stand in the same warm place for one hour and a half, but bake in a moderate oven for three-quarters of an hour.

—G. A. L., St. John.

## RAISIN BREAD

¶Sift four cups of flour in a basin with four teaspoons Baking Powder, one cup of raisins, one teaspoon salt, one-half cup sugar, one teaspoon grated nutmeg, one well beaten egg and two cups of sweet milk. Put in well greased pan, stand five minutes; bake one hour.

—MRS. WM. SPIERS.

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## DATE BREAD

Two cups graham flour, one cup white flour, one-third cup sugar, one-half cup molasses, one large teaspoon soda, one large teaspoon salt, two cups sweet milk, one cup dates cut up.

—MRS. J. W. ROBINSON.

## DATE BREAD

Four cups flour, four teaspoons baking powder, one-half teaspoon salt, one-half cup sugar. Sift together and add one beaten egg, one and three-quarter cups milk, one cup dates. Let raise twenty minutes and bake one hour in moderate oven. Raisins or walnuts may be used instead of dates.

—MRS. F. O. CREIGHTON.

## GINGER BREAD (WITHOUT EGGS)

Good one-half cup butter, cup brown sugar, cup molasses, cup milk, two and one-half cups flour, one teaspoon soda, two teaspoons ginger, one teaspoon cinnamon, one-half teaspoon cloves. Melt butter, add sugar and molasses, put soda in milk, then add flour and spices. Will bake in fifteen minutes if oven is quick.

—MRS. MACLAREN.

## TEA BISCUITS

Three cups flour, one-half scant teaspoon baking powder, one-half teaspoon soda, 1 teaspoon cream tartar, one-half teaspoon salt. Butter and lard the size of an egg, add cold water to mix.

—MRS. L. VENIOT.

## GRAHAM TEA BISCUITS

Three cups white flour, two cups graham flour, one heaping teaspoon soda, two heaping teaspoons cream tartar, one teaspoon salt, two-thirds cup butter and lard mixed, one and one-quarter cups milk. Sift the dry ingredients together three times, rub the shortening into the mixture with the fingers, add the milk gradually, mixing with a spoon until the whole is a light, spongy mass. Turn on a well floured board, knead lightly, then roll to one inch thickness. Cut with a biscuit cutter and bake in a very hot oven from fifteen to twenty minutes.

—MRS. R. C. MACDONALD.



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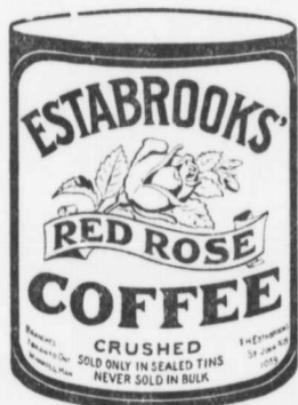
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## DROP BISCUITS

Two cups flour, two teaspoons baking powder, one-half teaspoon salt, one-quarter cup melted butter, one-half cup milk. Sift powder and salt with flour, add melted butter and milk, then drop from a spoon on a well buttered pan.

—W. S. WALKER.

## MARY ANNS

Two eggs, one cup brown sugar, or one teaspoon molasses with one cup white sugar, a small cup chopped walnuts, one-half teaspoon baking powder, three-quarters cup flour, one pinch salt. Beat eggs and sugar well together, add flour and baking powder, still beating add nuts and spread batter on buttered tins, very thinly spread. Bake in slow oven. Can be all in one and cut in squares afterwards.

—ALICE G. RISING.

## THREE HOUR ROLLS (MILK ROLLS)

One cup compressed yeast, two cups sweet milk, a pinch of salt, one egg, one tablespoon sugar. Flour to stiffen. Dissolve yeast in one cup warm milk, stir in enough flour to make sponge. Let stand one hour in a warm place, then add another cup warm milk, and one tablespoon sugar, one egg, salt, and stir in enough flour to make it come clear from the dish. Let stand one hour. Flour breadboard well and turn out dough, flour rolling pin well, as dough will be very soft. Roll out to about one-half inch thickness. Butter pans well with melted butter. Cut out and lay in pans, a little distance apart (butter one biscuit well, then cut out another biscuit and place on top of the first and brush with butter again). Let rise in pan one hour. Bake in quick oven from seven to ten minutes. Takes just three hours from time to starting until ready to bake. Watch time closely. Use spoon in mixing, dough soft.—A. G. R.

## PARKER HOUSE ROLLS

Sift together one and one-quarter cups white flour, three-quarters cup cornmeal, four level teaspoons baking powder, one teaspoon salt, two tablespoons sugar, chop in two tablespoons butter, add one beaten egg to one-half cup sweet milk, mix to a stiff dough, cut with cookie cutter and turn half over.

—MISS BESSIE BUDD, St. Stephen.

## CHEESE ROLLS

Make a dough as for baking powder biscuits, lightly roll with a pin until a little thicker than for pie crust, spread plentifully with grated cheese and roll over and over as you would jelly roll. Cut the pieces about one inch thick, place the cubes upright and bake until light brown. These are delicious to serve with salad or with afternoon tea.

—MAUD E. BONNESS, St. Stephen.

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## RAISED MUFFINS

One pint of milk, one-half cup butter, one-half cup lard (or all butter), small one-half cup sugar, three eggs, one-half cup yeast. Stir in flour to make stiff enough for spoon to stand alone. When light drop in rings. Let them get light before going in the oven.

—MRS. HERBERT DIBBLEE.

## APPLE MUFFINS

Two cups sugar, two tablespoons melted butter, one egg, two cups flour, one and one-quarter cups milk, one teaspoon salt, three teaspoons baking powder, one cup finely chopped apples. Mix as for any muffins.

—FAYE V. CAMBER.

## ROLLED OAT MUFFINS.

Soak over night one cup rolled oats in one cup sour milk. In the morning add one egg, one teaspoon soda, three tablespoons molasses, one cup flour, one-half teaspoon salt. Bake in a quick oven.

—MRS. T. TOAL, St. Stephen.

## FEATHER MUFFINS

Four tablespoons butter, four tablespoons sugar, one egg, three-quarters cup milk, three teaspoons baking powder, two cups flour.

—JESSIE MURCHIE.

## BRAN MUFFINS

One cup bran, one and one-half cups flour, one-quarter cup sugar, one-quarter cup molasses, one teaspoon soda in one cup sour milk, one teaspoon salt, one tablespoon melted butter. Add one tablespoon very last thing.

—ADA MAXWELL, St. Stephen.

## CORN FRITTERS

Make a batter of one cup flour and one-half teaspoon baking powder, little salt, one beaten egg, and one cup milk, add one cup of corn and fry in hot lard.

—ALICE G. RISING

## CORN CAKE

One cup flour, cup cornmeal, cup milk, one teaspoon soda in milk, two teaspoons cream tartar in flour, one egg well beaten, one-half cup sugar, pinch salt.

—MRS. PERCY LORD, Calais.

## OATMEAL DROPS

Three cups oatmeal, three cups flour, two cups brown sugar, one cup raisins, one cup butter and lard mixed, two eggs, two teaspoons mixed spices, one teaspoon soda dissolved in one-half cup of sour milk. Mix dry ingredients together, then add other materials. Drop by spoonful on well greased pans.

—MRS. WM. SPIERS.

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#### OATMEAL COOKIES

One and one-third cups shortening, one and one-third cups brown sugar, three cups oatmeal, two cups flour, one cup water, two teaspoons baking soda, some salt. Roll or drop from spoon and bake.

—ALICE G. RISING.

#### SCOTCH COOKIES No. 1

One cup brown sugar, one cup butter, well creamed or mixed, salt, one egg beaten, flour to roll without sticking, quite thin. Cut in fancy cakes and bake in medium oven. Any good shortening may be used with a little salt.

#### SCOTCH COOKIES No. 2

The same as No. 1, using two cups shortening and a small one-quarter teaspoon baking soda dissolved in one-half teaspoon milk. Roll not too thin, about one-eighth inch. Cut in squares, marking two corner sides with little fingernail and knife.

—A. G. RISING.

#### RAISIN BUNS

One cup milk scalded and cooled, two tablespoons sugar, one-quarter cup butter or lard, one-quarter cup raisins cut up finely, one beaten egg, one-quarter teaspoon salt, one dissolved yeast cake. Melt shortening in hot milk and when lukewarm add to three and one-quarter cups flour with other ingredients and yeast cake dissolved in a little warm water. Mix to a smooth batter, not too stiff. Let rise about two hours. Then knead lightly on bread-board and let rise again until double in bulk. Then shape into small buns, place in well greased pans about an inch apart and let rise until light, usually about two hours. Bake twenty minutes in a moderately hot oven. If wished, frost with plain frosting while hot.

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**T**WO tablespoons of cornstarch, mix with a little cold water and stir into one and one-half cups of boiling water. Cook five minutes. Add juice of one large lemon, yolks of two eggs, one cup of sugar, and a pinch of salt. Cook until thick. When quite cool stir in the beaten whites of eggs. Chill, and serve in punch cups.

—THEO. STEVENS.

### LEMON SOUFFLE PUDDING

Cream cup sugar with a tablespoon butter, add two tablespoons of flour, the juice and grated rind of one lemon, a cup of milk and the beaten yolks of two eggs. Just before pouring in baking dish fold in the stiffly beaten whites. Set the dish in one filled with hot water and bake slowly till custard is set. It should have a light, fluffy souffle on top and a creamy custard underneath and is delicious.

—MRS. SUNDER.

### CHOCOLATE PUDDING

One-half cup sugar, two tablespoons flour, one tablespoon cocoa, large. Stir up cold milk till thin enough to pour. Put two cups of milk in a double boiler and stir in the mixture. Cook until quite thick, stirring constantly.

### STEAMED CHOCOLATE PUDDING

Sift together two cups flour and three teaspoons baking powder, add three-quarters cup sugar, then two eggs and one cup milk, beaten together, lastly two tablespoons butter and two squares chocolate melted together. Beat well; pour into greased mold; Steam two hours.

—MRS. ALLISON B. CONNELL.

### PLUM PUDDING

One-half pound chopped suet, three-quarters pound stoned raisins, three-quarters pound currants, one-quarter pound citron, three-quarters pound sugar, three-quarters pound fine bread crumbs, two apples cut in small dice, the grated peel of one lemon. Mix the whole in a basin with three pounded cloves, six eggs, one-half gill brandy and a little salt. Butter a mold and fill it and tie a cloth over it. Boil four hours.

—MRS. E. MCSWEENEY.

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## A PLAIN CHRISTMAS PUDDING

Shred and chop half a pound of suet, pick over and stone half a pound of raisins. Put the suet in a bowl, add one cup of New Orleans molasses, one cup of milk, half a teaspoon of soda dissolved in a tablespoon of water, seven drops of Veterans' Creamy Flavors cinnamon, and then stir in three cups of flour that have been sifted with two teaspoons of baking powder. Beat vigorously, then add the raisins that have been slightly dusted with a little extra flour, pour into a greased pudding-mold, or pudding bag; boil continuously for three hours. Serve this pudding hot with either liquid or hard sauce.

—M. S. D., Moncton.

## CHRISTMAS FRUIT PUDDING

Put a quart of milk in a double boiler; beat the yolks of four eggs with one cup of sugar until very light, add a little hot milk, return the mixture to the boiler and cook until you have a thick, soft custard. Take from the fire and add six drops of Veterans' Creamy Flavor vanilla. When cold turn the mixture into a freezing-can, pack, and turn until it is slightly frozen. Add a quarter of a pound of chopped, candied cherries, a cup of sultanas, a quarter of a pound of candied pineapple, chopped rather fine, and, if you have them, three or four grated macaroons. Fold on this one pint of cream whipped to a stiff froth, cover the can, repack, stand it aside for an hour, and the pudding will be ready to serve.

—S. A. L., St. John.

## PLUM PUDDING WITHOUT OR WITH EGGS

Two and one-half cups of flour, one cup of molasses, one cup of powdered crackers, two cups of suet, one-half cup of brown sugar, one large teaspoon of soda dissolved in a cup of hot water, one teaspoon of salt, one teaspoon of cinnamon, one teaspoon of cloves, one and one-half cups of raisins, one cup of currants and one cup of hopped apples. Steam three hours.

—MRS. J. R. BROWN.

## SCOTCH FIG PUDDING

Two ounces of suet, rubbed into a teacup of grated bread crumbs. Add a slice of orange peel cut very fine, one cup of milk, one tablespoon sugar, one teaspoon ginger, one teaspoon cinnamon, one-half pound of figs chopped fine, and a pinch of salt, two eggs. Butter the pudding mold and steam for three and one-half hours. Sauce.

—MRS. STEWART.

## COTTAGE PUDDING

One egg, one cup sugar, one and one-half cups flour, one-half cup milk, one tablespoon melted butter, one teaspoon cream tartar, one-half teaspoon soda, salt. Flavor with nutmeg. Serve hot.

SAUCE: Two eggs beaten well with salt, two-thirds cup sugar beaten into egg. Flavor with vanilla.

—MRS. E. H. COOK.

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## YULETIDE PUDDING

One pint bread crumbs are moistened in cold water and then squeezed free from all moisture. One egg is then added to bind the crumbs together as well as one cup molasses, one level teaspoon soda, one-quarter teaspoon salt, one cup seeded raisins well floured, one teaspoon each of cinnamon, nutmeg and one-half teaspoon cloves. When this is well blended it goes into a buttered pudding mold and is steamed for one and one-half hours.

SAUCE: Beat to a cream one-third cup of butter and add gradually one cup of confectioner's sugar. Add the beaten white of one egg and a few drops of rose flavoring. —MAUD BONNESS.

## XMAS PUDDING

Two cups suet, two cups flour, one cup pounded cracker, one cup molasses, one cup chopped apples, three cups fruit, spice, salt, one large teaspoon soda in one cup water, lemon and vanilla. Steam three hours. —ANNIE BIXBY.

## QUEEN PUDDING

One large cup bread crumbs, one pint milk, two eggs. Save whites for meringue, one-half cup sugar, salt or a lump of butter, nutmeg. Bake as custard. —MRS. G. W. GANONG.

## BAKED APPLE PUDDING

Cut and core three apples as for pies, put in a pudding dish. Beat one cup sugar, one-quarter cup butter, one-half cup sweet milk, one egg, one cup flour, flavor with vanilla, pour over apple. Bake in moderate oven three-quarters hour. Serve with egg sauce.

SAUCE: One-half cup sugar, one egg, one teaspoon flour, salt, one cup hot milk. Boil until thick, flavor. —MRS. LITTLEFIELD.

## DATE PUDDING

One and one-half cups flour, one-half teaspoon soda, one-quarter teaspoon cinnamon, cloves and nutmeg, one-half pound dates, stoned and cut in halves, one-half cup milk, one-half cup molasses, three tablespoons butter. Mix all together and put in greased pan or individual molds and steam one and one-half hours.

SAUCE: Melt one tablespoon butter; add two tablespoons flour and one and one-half cups hot water. Cook and add one and one-half cups brown sugar. Add juice of a lemon and a little nutmeg. —PEARLE MURCHIE GATCOMB.

## LEMON RICE PUDDING

One cup rice boiled soft. While hot stir in yolks of three eggs, two tablespoons sugar and one tablespoon melted butter. Grate in rind of one lemon, add juice and pulp. Beat whites of eggs to stiff froth, add one cup sugar and essence of lemon. Put on top of pudding and brown in oven. —E. L. PURVES.

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## STEAMED PUDDING

One egg, three-quarters cup sugar, two tablespoons butter, one cup flour, one-half cup milk, two heaping teaspoons of baking powder in flour, one-half cup raisins, salt. Steam one hour.

—MARY MCWHIRTY.

## LEMON PUDDING

Cream one-quarter cup butter with scant cup of sugar. Add beaten yolks of two eggs, and two level tablespoons of flour, grated rind and juice of one lemon, one cup milk, fold in whites of eggs beaten until stiff, and one-half cup dates or raisins cut in small pieces. Bake as custard in slow oven. Serve cold with cream or whipped cream.

—GRACE C. MACCALLUM.

## GRAPENUT PUDDING

One-half cup grapenuts, one cup boiling water, one-half cup milk poured over grapenuts and set aside to cool. Mix one-half cup sugar, two eggs, one teaspoon melted butter and pour over grapenuts; add pinch of cinnamon, cloves, nutmegs and pinch of salt, and lastly one-half cup raisins. Bake in moderate oven twenty minutes. Serve with whipped cream or butter sauce.

—LILLIAN C. KENT.

## FAIRY BANQUET PUDDING

One-half pint whipped cream, one-half cup milk, yolk one egg, one-half cup sugar, one tablespoon gelatine, six marshmallows, one-quarter cup walnuts, vanilla. Make as custard. When cool add marshmallows and cream. Serve with chocolate sauce.

CHOCOLATE SAUCE: One cup brown sugar, one-half cup milk, butter size of an egg, two tablespoons cocoa. Mix sugar and cocoa. Stir in milk, butter. Boil until thick.

—BESSIE DINSMORE.

## MACARON PUDDING

Six large macarons, three eggs, one cup of milk. Mix macarons in milk, let it heat in double boiler, then add yolks of eggs beaten with two tablespoons of sugar, stir into mixture and cook to a custard. Pour in whites of eggs beaten stiff, put in a baking dish, set in a pan of water, cook twenty minutes. When serving cover with whipped cream.

—HELEN FURLONG.

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## SUET PUDDING

One cup suet (chopped), three cups flour, one cup molasses, one cup milk, one teaspoon soda, one cup or more raisins, all kinds of spices; salt. Mix and steam three hours.

SAUCE: One-half cup butter, one cup pulverized sugar, one egg, one tablespoon vinegar, two tablespoons cranberry jelly, vanilla. Cream together butter and sugar, add unbeaten egg and vinegar. Beat until it foams. Add jelly and vanilla—MRS. E. R. TEED.

## STEAMED ROSE PUDDING

Two ounces of butter, one breakfast cup of flour, three tablespoons of sugar, one egg, rind of lemon, one teaspoon of baking powder, one tablespoon of milk. Line a basin with strawberry jam or any other. Steam one hour. —MRS. E. K. CONNELL.

## MARSHMALLOW PUDDING

One pint of cream whipped stiff, sugar to taste, one-half pound marshmallows cut small, one-half cup chopped walnuts, one teaspoon vanilla, one teaspoon gelatine. Mix all together, set aside till it stiffens. —MISS ELLA GALLAGHER.

## MINCE MEAT

Four pounds lean beef, two cups suet, Baldwin apples, three quinces, three pounds sugar, two cups molasses, two quarts cider, four pounds raisins, seeded, cut in pieces, three pounds currants, one-half pound finely cut citron, one quart cooking brandy, one tablespoon cinnamon and mace, one tablespoon powdered cloves, two grated nutmegs, one teaspoon pepper, salt to taste. Cover meat and suet with boiling water. Cook until tender, cool in water in which they were cooked. The suet will rise to the top, forming a cake of fat which may be easily removed. Finely chop meat, add twenty-five finely chopped apples. The apples should be quartered and pared previous to chopping; add quince finely chopped, sugar, molasses, cider, raisins, currants, citron, also suet and stock in which meat and suet were cooked, reduced to one and one-half cups. Heat gradually, stir often, cook slowly three hours, then brandy. I use one quart of white wine vinegar instead of the cider.

—MRS. JAS. MCCARTHY.

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## RICE PUDDING

Wash one-half cup rice. Add water to cover. Cook on top of stove in inner part of double boiler, until water is absorbed, then add one quart milk. Cook until rice is done. Add one-half cup sugar, one beaten egg. Remove from stove at once. Pour into serving dish. Take two tablespoons sugar, two tablespoons butter, one-half teaspoon cinnamon. Mix together, drop over pudding. Serve warm.

## BAKED APPLE PUDDING

One cup bread crumbs, one cup chopped apples, one cup milk, one and one-half tablespoons melted butter, one-half cup sugar, one-half lemon, or teaspoon of lemon flavoring, pinch of salt. Bake three-quarters hour.

## FIG PUDDING

One-half pound suet finely chopped, one-half pound figs, finely chopped, two heaping cups bread crumbs soaked in one-half cup of milk, three-quarters cup sugar, two eggs, last well beaten. Mix thoroughly. Steam four hours. —MRS. FRANK GATCOMB.

## BELLEVUE PUDDING

One cup molasses, one-quarter cup shortening, two cups bread flour, one cup sweet milk, one teaspoon cassia, one-half teaspoon cloves, nutmeg, salt, one teaspoon soda in milk, raisins. Steam two hours and serve warm with whipped cream or sauce.

—MRS. HENRY PETERSON.

## BREAD CRUMB PUDDING

One egg, one cup molasses, butter the size of walnut, one cup bread crumb, soak and squeeze dry, one cup flour, one teaspoon soda dissolved in a little water, scant teaspoon of different spice. Steam one hour. Serve with sauce. —MRS. T. TOAL.

## RAISIN PIE

One-half cup raisins, chopped, one cup of water, one cup of sugar, one small tablespoon cornstarch, yolks of two eggs well beaten, grated rind of one lemon. Boil and afterwards add the juice of the lemon. Bake the crust first and fill, then put the whites of the eggs on top, after being well beaten with a little sugar. Brown nicely. —MRS. B. HARRY SMITH.

## RHUBARB PIE

Two cups rhubarb (chopped), one cup sugar, one cup raisins, one egg, one tablespoon flour, one teaspoon lemon.

—MRS. R. W. HEWITT.

## SQUASH PIES

Two teacups boiled squash, three-quarters teacup of brown sugar, three eggs, two tablespoons molasses, one tablespoon melted butter, one tablespoon ginger, one teaspoon cinnamon, two teacups milk, a little salt. Makes two pies. —MRS. F. E. WILLIAMS.

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## COCOANUT PIE

To a pint of scalded milk add half a teacup of sugar, the yolks of two eggs and a dessertspoon of cornstarch dissolved in milk. Beat all together, cook in the boiling milk and add a teacup of grated cocoanut which has been soaked in milk over night. Bake with lower crust only. Beat the whites of the eggs to a froth, mix with two teaspoons of sugar and spread over the pie when baked, return to the oven until nicely browned. —MAUD W. MARKS.

## SQUASH PIE

Two cups squash, one tablespoon butter, one teaspoon ginger, two tablespoons flour, two-thirds cup molasses and sugar, one pint milk, salt.  
—MRS. LESLIE CROCKER.

## RHUBARB PIE

One cup fine chopped rhubarb, one cup sugar, one egg, one cracker pounded fine, one teaspoon lemon, small piece butter, one cup dates.  
—MRS. C. W. GRIMMER.

## RHUBARB PIE

One cup chopped rhubarb, one egg without beating, one cup sugar, one soda cracker rolled fine, one teaspoon lemon essence. Bake with under crust only. Use only yolk of egg for filling and white for meringue.

## LEMON SPONGE PIE

One cup sugar, one-quarter cup butter, two heaping teaspoons flour, one heaping teaspoon salt, juice and grated rind of one lemon, two well beaten egg yolks, one cup sweet milk, whites of two eggs beaten stiff and added lastly. Bake in a pastry crust in a moderate oven until a dark brown.  
—MRS. C. DONALD MCCORMACK.

## RAISIN PIE

One pound raisins, three cups sugar, three lemons, one-half cup butter, one cup grated bread crumbs, four eggs, four cups boiling water. Mix together, add water and boil until thick. Cook between crusts. This will make four or five pies and keep a week or more.

## LEMON PIE

Yolks of three eggs, juice of two lemons, one cup sugar, two-third cup boiling water, butter size of egg, one tablespoon of flour, whites of three eggs beaten to a stiff froth and stir in last.

—MRS. I. B. MERRIMAN.

## PINEAPPLE PIE

One cup sliced pineapple chopped fine, one and one-half cups water. Let come to boil, then add one and one-half tablespoons flour or two tablespoons cornstarch, one cup sugar, one small teaspoon salt, yolks of two eggs, small piece butter. Turn in the above and cook thick like lemon pie.  
—MRS. R. F. NIXON.

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## LEMON SPONGE PIE

One cup sugar, two big tablespoons flour, one tablespoon melted butter, juice and grated peel of one lemon, two well beaten egg yolks, one cup sweet milk and last stir in whites of eggs beaten stiff. Bake in one crust as custard pie.—MRS. RODNEY YOUNG.

## PIE PASTE

Take two cups pastry flour, one cup of shortening, mix gently with tips of fingers, add iced or real cold water sufficient to make the dough quite moist. Leave it on ice over night. Roll out in morning, but not too thin. —ALICE GREEN.

## CHOCOLATE PIE FILLING

Beat two eggs, add two-thirds cup sugar, small piece of butter, pinch salt, one square Baker's chocolate cut up small, two level tablespoons cornstarch moistened with cold water, add one and one-half cups boiling water, stirring well. Cook in double boiler until thickens. Have pastry on pie plate. Put in filling, bake till pastry is cooked. Beat the whites of the eggs stiff with one tablespoon sugar. Put on top. Brown in oven.—ANNIE HOLYOKE.

## COFFEE CREAM

Have scalding hot one cup coffee. Beat well two eggs, one-half cup sugar, add very slowly to hot coffee. Cook stirring all the time, till thick. When cool add above mixture to one-half pint of whipped cream. Pack in snow four or five hours.

—MRS. ARTHUR PRICE.

## GINGER CREAM

Soak one-half box gelatine in one-half cup water. Then add it to one pint cream heated, one-half cup of sugar, the yolks of four eggs strained into the mixture. Heat in double boiler until gelatine is dissolved and smooth. Put one pint cream on ice to cool. When well chilled, whip until very stiff. Let the other mixture get quite cold. Combine the mixtures, whipping together as quickly as possible. This makes two molds. The ginger is chopped fine and added with the whipped cream, also ginger juice for flavoring, about one-half can.

—MRS. A. B. CONNELL.

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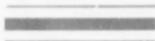
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## TOMATO MINCE MEAT

Two quarts green tomatoes, through meat chopper. Let stand over night. Cover with cold water and let come to a boil, draw. Repeat. Two quarts apples, chopped, one quart raisins, half chopped, one pound currants, five cups brown sugar, two cups molasses, one cup vinegar, one even tablespoon salt, one teaspoon ground cloves, one teaspoon cinnamon, one teaspoon allspice, one teaspoon nutmeg, one pound peel, assorted, one-half pound chopped suet. Cook for two or three hours. —MRS. MALCOLM.

## APPLE CUSTARD

Three eggs, one cup sugar, one cup strained sour apple sauce, one-half cup butter, vanilla. Pastry in muffin tins. Fill with the mixture, bake until pastry is baked.—MRS. WALTER ROBINSON.

## APPLE SNOW

Stew some sour apples until soft, sweeten to taste and strain through a wire sieve. To each pint of apples add the white of one egg, whisk very briskly until it is white and stiff, then heap it up in a preserve dish and pour around it some whipped cream (or boiled custard). This makes a delicious dessert.

—MRS. DONALD HYSLOP.

## TRIFLE

Line a pudding dish with stale sponge or white cake, then put a layer of sliced orange, banana and grated pineapple. Sprinkle lightly with sugar, next add a layer of macaroons and a few blanched almonds, another layer of fruit and sugar. Then pour over this a boiled custard, now add another layer of macaroons and nuts. Heap on top of this whipped cream dotted with cherries.

**BOILED CUSTARD:** Two cups of milk. When hot add two beaten eggs and sugar to sweeten, a little salt, and flavor with vanilla.

—MRS. DOUGLAS.

## CUSTARD SOUFFLE

Two scant tablespoons butter, two tablespoons flour blended, one cup hot milk stirred in above mixture and cook in a double boiler eight minutes. Add yolks of four eggs and two tablespoons sugar beaten until light, add to the above mixture and set away to cool. Then add beaten whites of eggs and bake twenty minutes in a moderate oven. Serve with hard sauce.

—MRS. G. T. BASKIN.

## PRUNE DESSERT

One tablespoon gelatine, one cup hot prune juice, three-quarters cup sugar, juice of one lemon, salt to taste. When partly set, add one cup of cream whipped. Then add chopped prunes, and whipped cream on top. Decorate with prunes.

—MRS. G. BASKIN.

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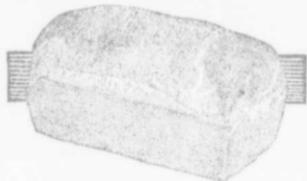
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## PRUNE WHIP

Whites four eggs, one cup stewed prunes chopped, sweetened to taste. Beat whites of eggs stiff. Add prunes and sugar. Bake in moderate oven till brown on top. Serve with whipped cream.

## PINEAPPLE JELLY

Dissolve one box gelatine in cold water for one-half hour. Then put one pint of boiling water on it, add one cup of sugar, juice of two lemons and then grated pineapples. Let partly thicken, add pint of cream, stiffly beaten. Mix altogether and let stand till stiff.

—MARGARET McWHIA.

## LEMON JELLY

One-half box gelatine dissolved in one-half pint cold water. Juice four lemons and three oranges, one cup sugar, one pint boiling water. Makes two small molds.

—MRS. HENRY EATON.

## ORANGE JELLY

Four large oranges, pulp and juice, one-half lemon, one cup sugar, one package gelatine, one-half cup cold water, one and one-half cups hot water.

—MRS. M. C. BUCHANAN.

## COFFEE TAPIOCA

Three cups coffee, one-half cup minute tapioca, one-half cup sugar, salt, vanilla. Cook fifteen minutes, in the coffee, the tapioca, sugar, salt. Flavor with vanilla. Serve cold with cream and sugar. One more cup of coffee may be used unless it is desired to mold the dish.

—S. E. M., Fredericton.

## PINEAPPLE TAPIOCA

One-half cup minute tapioca, one cup sugar, four cups water, pinch salt, one cup canned pineapple. Boil tapioca, one-half cup in the water till clear. Remove from fire and add pineapple, grated or chopped, one-half cup sugar. Serve with sweetened cream. Any canned or fresh fruit may be used.

—I. E. B., St. John.

## LEMON SAUCE

One egg, one lemon (all the juice, half the grated peel), one large cup sugar, nearly one-half cup butter, one-half teaspoon nutmeg, three tablespoons boiling water. Cream butter and sugar, add egg, whipped light, lemon and nutmeg, and beat hard for ten minutes, then add one tablespoon at a time of boiling water. Cook in a double boiler until sauce is very hot, but do not boil. Stir constantly.

—MRS. J. F. DOUGLAS.

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**PINEAPPLE CREAM**

One-half box gelatine, one-half cup white sugar, one-half cup water, one tablespoon lemon juice, one can grated pineapple, three cups cream. Soak gelatine in water. Heat pineapple, add sugar, lemon juice and soaked gelatine, chill, stirring constantly. When it begins to thicken fold in whipped cream. Put in a mold.

—MRS. H. A. MELANSON.

**MRS. CHIPMAN'S BANANA CREAM**

Two bananas put through potato ricer. Juice one lemon, one-half cup sugar. Beat together. Then partly beat white of one egg. Add to first mixture. Beat all constantly for twenty minutes.

—MRS. G. W. GANONG.

**LEMON SHERBET**

Juice of two lemons, three cups of sugar, one quart of milk, one orange juice. Freeze.

—MRS. CLAUDE AUGBERTON.

**MAPLE WALNUT DESSERT**

One and one-half cups brown sugar, two cups boiling water. Boil five minutes. Add one-third cup cornstarch dissolved in a little water. Cook in double boiler until cornstarch is thoroughly cooked. Add whites of three well beaten eggs, one cup walnuts. Let cool, serve with cream.

—MARIE THOMPSON.

**WELSH RAREBIT**

Butter size of an egg melted, one teaspoon corn flour, one-half cup milk or cream. Cook till it thickens, draw one side, grate as much cheese and put to melt, salt and flavor. Pour on hot crackers or biscuits.

—E. L. P.

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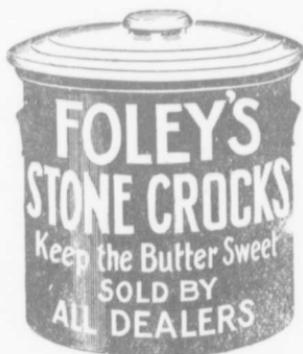
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## CAKE

## CHOCOLATE CAKE WITHOUT EGGS

ONE cup brown sugar, one-half cup cocoa (blended together), one-half cup butter, one cup sour cream or buttermilk, two cups flour, flavor with one teaspoon vanilla, one scant teaspoon soda dissolved in hot water. Bake forty-five minutes.

—MRS. W. E. M., St. John.

## CHOCOLATE CAKE

Two cups sugar, one-half cup of butter, two eggs, four tablespoons cocoa, one cup sour milk or buttermilk, three cups flour, one teaspoon salt, two teaspoons soda, one-half cup boiling water and two teaspoons vanilla. Method: Cream the butter, add sugar gradually, eggs well beaten, cocoa, milk and flour (to which the salt has been added) alternately, soda dissolved in the boiling water and vanilla. Then bake in a moderate oven for from forty-five minutes to one hour.

—MRS. R. D. S., St. John.

## CHOCOLATE CAKE

Three-quarters cup butter, two cups sugar, one cup milk, do not stir. Add half of two and one-half cups flour, beat well, then add remainder to following: one-half cake chocolate melted in boiling water, three eggs well beaten, four teaspoons baking powder, vanilla.

—M. S. P., Newcastle.

## CHOCOLATE CAKE

Put into a bowl two squares of chocolate, one teaspoon baking soda, one-half cup hot water. Let this stand. Two cups sifted flour, two cups brown sugar, one-half cup butter melted, two eggs, one-half cup sour milk. Vanilla to taste. Mix in the chocolate mixture and bake one hour in slow oven. —M. E. A., St. John.

## CHOCOLATE CAKE

Three small tablespoons cocoa, yolk of one egg and one-half cup cold water, cooked until thick. One cup brown or white sugar, three tablespoons melted butter creamed while dark part is cooling. One-half cup cold water, one small teaspoon soda, and lastly one and one-half cups flour, one teaspoon vanilla.—IDA M. BELYEA.

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## POUND CAKE

Four eggs, one cup sugar, one cup butter, one and one-half cups flour. Mix butter and sugar together until creamed, put in yolks beaten light, add flour and whites of eggs last, cream of tartar and soda size of pea dissolved in tablespoon sweet milk. Flavor to taste.

—MRS. FRED M. BOYD.

## POUND CAKE

One-half pound sugar, one-half pound flour, five eggs, one-half pound butter. Cream butter by hand until light and creamy, add sugar gradually, beating well, then add eggs one by one, beating well after adding each egg. Then add flour. Bake in angel cake pan about one hour in slow oven.—THE COUNTESS OF ASHBURNHAM.

## DELICIOUS WHITE POUND CAKE

One cup of butter, salt, one cup of sugar, flavoring, four eggs, beaten separately, one and one-half cups sifted flour. Mix butter and sugar to a cream, then put in yolks beaten light, flour and whites last. Tested and proved.

—HELEN R. STORER.

## POUND CAKE

One cup butter (one-half pound), one cup sugar (one-half pound), cream. Five eggs, yolks and whites beaten separately, one-quarter teaspoon soda dissolved in one tablespoon sweet milk, one-half teaspoon cream tartar sifted into flour, two cups flour, two teaspoons lemon, or one teaspoon almond or vanilla. Whites of eggs to be added last.

—H. MULHURIN.

## SMALL POUND CAKE

Four eggs, yolks and whites beaten separately, one cup butter, one cup sugar creamed together. Add yolks well beaten. One and one-half cups flour, one-quarter teaspoon baking powder, add whites lastly. Flavor with lemon and rose.—MRS. JAMES K. AUGBERTON.

## APPLE CAKE

One cup sugar, one-half cup butter, one cup apple sauce, unsweetened, two cups flour (level), one teaspoon cinnamon, one teaspoon cloves, one teaspoon soda, one cup raisins, salt.

—MRS. W. R. HEWITT.

## DUTCH APPLE CAKE

Mix together two cups flour, one-half teaspoon salt, two teaspoons baking powder, one-quarter cup butter, one egg, one cup milk, two tablespoons sugar (more if desired), one-half teaspoon cinnamon. Spread this soft dough one-half inch thick on bottom of shallow pan. Pare four apples and cut in small sections. Lay in parallel rows on top of dough. Put brown sugar and cinnamon on top of apples. Bake twenty-five minutes in a moderate oven. Serve as a pudding with the following sauce: Two cups hot water, one cup sugar, two teaspoons cornstarch, rind and juice of one lemon or orange, one tablespoon butter.—MRS. W. N. MINER.

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## SNOWBALL CAKE

One-half cup of butter, four eggs (whites), one cup of sugar, one-half cup milk, one-half teaspoon soda, one teaspoon of cream of tartar, two cups of flour. Cream the butter and sugar thoroughly, add the stiffly beaten whites of the eggs, then the milk. Sift the flour, cream of tartar and soda together three times, add to the above, mixing thoroughly. Bake in a moderate oven thirty minutes or more.

—MRS. ALBERT HUGHES.

## SPICED RAISIN CAKE (EGGLESS)

Use level measurements. Cream together one cup of brown sugar with one-half cup of butter or margarine. Sift two cups of flour, one-half teaspoon of baking powder, one-quarter teaspoon salt, one teaspoon of cinnamon or other spices. Mix a quantity of this flour to the creamed butter, etc. Dissolve one teaspoon of soda into one cup of sour milk. Add alternately milk and flour, one cup of raisins (nuts and fruit peels may be added), mix with one-quarter cup of flour. Blend together then bake in a moderate oven for forty-five minutes.

—MRS. F. W. ADDY.

## TEA CAKES

Three-quarters cup sugar, two-thirds cup butter creamed together, one egg well beaten, two cups flour with two teaspoons baking powder, one-third cup milk, flavor with one-half teaspoon lemon or rose. Mix as recipe reads. Drop teaspoonful on buttered pans, sprinkle with cocoanut. Cook ten minutes in quick oven.

—W. E. M., St. John.

## BOSTON COOKIES

One cup of butter, one cup of sugar, both creamed together. Then add two eggs beaten and two tablespoons of cream, half a teaspoon of baking powder, put in one and a half cups of flour; flavor with vanilla. Drop a small teaspoonful on a cookie pan about an inch apart. Moderate oven.

—HELEN FURLONG.

## MARRIED WOMAN'S CAKE

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—MRS. DUSTON.

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## APPLE SAUCE CAKE

One cup brown sugar, three-quarters cup butter, one cup raisins, one and one-half cups hot apple sauce, one-quarter pound peel, three tablespoons molasses, one teaspoon cinnamon, one-half teaspoon nutmeg, one-half cloves, two level teaspoons soda dissolved in the apple sauce, two and one-half cups bread flour. Bake in a loaf, in a slow oven about two hours.

—MRS. W. J. MCWHIA.

## CRUMB CAKE

Two cups flour, one cup white or brown sugar, three-quarters cup of butter or butter and lard mixed; rub above to crumbs. Take out one cup of crumbs for top of cake, mix rest with one cup of sour milk, one teaspoon soda, one teaspoon mixed spices, one egg, one cup of raisins, one cup of chopped walnuts. Sprinkle crumbs on top, bake one hour in moderate oven.

—MRS. WM. SPIERS.

## GINGERBREAD

One cup shortening, one cup sugar, one cup molasses, one cup strong coffee, three cups flour, two eggs, three level teaspoons baking powder, one level teaspoon soda, two teaspoons ginger, two teaspoons cinnamon, one-half teaspoon each of cloves, allspice and nutmeg.

—MISS MAUDE ST. J. ALLEN.

## LEMON CAKE

Three-fourths cup butter, two cups sugar, six eggs, one and one-half pints flour, one teaspoon baking powder, six drops Veterans' Creamy Flavor of lemon, rub to a light cream the butter and sugar, add the eggs two at a time, beating five minutes after each addition; add the flour sifted with the powder and the extract; mix into a smooth batter and bake in buttered and floured tin about forty minutes.

—S. L. A., Sussex.

## SWEET CREAM CAKE

Two eggs broken into a teacup, fill the cup with sweet cream and beat till light, one cup sugar, one and one-half cups flour, two teaspoons baking powder, flavor, pinch salt.

—MRS. DONALD HYSLOP.

## DEVIL CAKE

Four squares chocolate, one-half cup sugar, one-half cup sweet milk, yolk of one egg, one-quarter cup butter, one-half cup sugar, one-quarter cup sour milk, one egg, one-half teaspoon soda, one-half teaspoon vanilla. Melt chocolate, add one-half cup sugar, and gradually sweet milk, then add yolk of egg and cook until mixture thickens, cool. Cream butter, add one-half cup sugar, egg well beaten, sour milk and flour with soda. Combine mixtures and add vanilla. Bake in shallow pans and put between and on top boiled frosting.

—GRACE C. MACCALLUM.

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## SPONGE CAKE

Three eggs beaten separately, then together, one and one-half cups sugar and beat until sugar is dissolved, one-half cup cold water, two cups of flour, one level teaspoon cream of tartar, one-half teaspoon soda sifted together. Then fold into the mixture and lastly one small tablespoon vinegar. Bake in a flat pan about thirty-five minutes.

—MISS MAUDE ST. J. ALLEN.

## HOT WATER SPONGE CAKE

Yolks of two eggs, one cup sugar, three-eighths cup hot water, one-fourth teaspoon lemon extract, whites two eggs, one cup flour, one and one-half teaspoons baking powder, one-quarter teaspoon salt. Beat yolks of eggs until thick, add one-half the sugar gradually, continue beating, then add water, remaining sugar, lemon extract, whites of eggs, beaten stiff, and flour mixed and sifted with baking powder and salt. Butter and flour shallow pan. Bake twenty-five minutes, moderate oven.

—M. B. FRASER.

## SPONGE CAKE

Four eggs, beaten separately, one and one-half cups white sugar, two cups sifted flour, one-half cup boiling water into which put a pinch of salt, two teaspoons baking powder. Flavor with lemon.

—MRS. E. J. BYRNE.

## CREAM CAKE

Two eggs in a cup and fill it up with cream, one cup of sugar, one teaspoon of baking powder in a cup of flour, and flavor with lemon.

—MRS. E. K. CONNELL.

## HOT MILK CAKE

Two eggs beaten well and mixed with one cup sugar, level cup flour with one teaspoon baking powder sifted twice and mixed with sugar and eggs. While mixing this have one-half cup milk and one teaspoon butter heating on stove. When hot mix with flour, sugar and eggs, add flavoring. This will be quite thin but all right.

—LILLIAN C. KENT.

## LEMON PATTIES

Line patty pans with pastry rolled quite thin, fill about half full of mixture, made by beating yolk of one egg, one cup brown sugar and the juice of one lemon together. This makes about eight patties. Bake in moderate oven until pastry is cooked.

—GRACE C. MACCALLUM.

## CORN FLAKE COOKIES

One-half cup butter creamed, one cup sugar, two eggs, one and one-half cups flour, two teaspoons baking powder, four cups corn flakes, salt and flavoring. Add the corn flakes last. Drop on a buttered pan.

—M. B. FRASER.

## EGGLESS CAKE

One-half cup butter, one cup sour milk, one cup sugar, two cups flour. Put a teaspoon soda in the sour milk, one teaspoon cinnamon, one teaspoon cloves, one teaspoon all spices in the flour, one and one-half cups raisins. Mix butter and sugar together, then the milk, and one-half the flour, the other half with the raisins.

—MAUD MARKS.

## FRUIT CAKE

Three-quarters pound butter, one pound raisins, two pounds dates, one pound citron, eight eggs, one nutmeg, one tablespoon cinnamon, few drops rose water, two teaspoons lemon, few drops Veterans' Creamy Flavor of almond, one cup strawberry juice. Steam three hours, bake one, this makes three loaves. Keep three months before cutting.

—RUTH C. CLARK.

## BOILED FROSTING

One cup white sugar, one-third cup water, one egg white. Place ingredients in upper part double boiler over boiling water and beat constantly for seven minutes. Remove from heat and beat until proper consistency to spread. Add vanilla. If soft reheat over hot water, stirring constantly. Beat until cool.—R. M. INCH.

## FILLED COOKIES

One-half cup sugar, one cup butter, one well beaten egg, one teaspoon cream of tartar, one-half teaspoon soda, flour. Roll thin.

FILLING: One cup sugar, one-half cup shredded coconut, rind and juice of one lemon. Boil up. Add well beaten egg. Cook until thickened.

—R. M. INCH.

## COOKIES

One cup butter, two eggs, one cup sugar, the grated rind and juice of a lemon, small teaspoon of soda dissolved in two tablespoons of milk, flour to roll. Add one teaspoon of cream of tartar if no lemon.

—MRS. STEWART.

## VILLAGE CAKE

One and one-half cups sugar, two and one-half cups flour, one-half cup butter, one cup milk, whites of three eggs, one-half teaspoon soda, one teaspoon cream of tartar. Flavoring.

—MRS. GODFREY NEWNHAM.

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Sift together two cups pastry flour or (if bread flour two tablespoons less to cup), one cup sugar, one teaspoon soda, two cream tartar (level), salt. Drop egg in cup filled with sour milk, add one-eighth pound nut butter. Beat well. Lemon flavoring.

—ADA MAXWELL.

## DATE CAKE

One cup sugar, one-half cup butter, one egg (beaten), one teaspoon cream tartar, one-half teaspoon soda in two cups flour, one teaspoon cloves, one cup chopped dates, one cup sweet or sour milk.

—HARRIET VANSTONE.

## FRUIT CAKE

One full cup butter, one and one-half cups sugar, one-half cup molasses, one cup sweet milk, three cups flour, one teaspoon soda, two eggs, fruit to taste, one teaspoon spices of all kinds. This cake will keep as long as one wants it to, even for a year.

—MRS. SAM SCOTT.

## FRUIT CAKE

One-half pound butter, four eggs, one large cup sugar, two cups flour, one teaspoon soda in tablespoon sweet cream, two pounds raisins, one-quarter pound citron, one-quarter pound walnuts, one teaspoon cinnamon, one-half teaspoon cloves, one-half allspice. Steam three and one-half hours. Bake one hour.

—MRS. GODFREY NEWNHAM.

## HERMITS

One-half cup butter, one and one-half cups sugar, three eggs, one-half cup milk, two teaspoons cream of tartar, one teaspoon soda, one-half cup currants, one cup (chopped) raisins, one small teaspoon nutmeg, cloves, cinnamon, three cups flour.

—MRS. GODFREY NEWNHAM.

## DATE COOKIES

Three-quarters cup butter, one cup brown sugar, well creamed, two cups oatmeal, one-half cup water, one teaspoon soda, flour to thicken. Filling for above: One package dates cut up fine, three-quarters cup boiling water, one cup sugar (white). Let this mixture boil till it thickens, then spread between cookies.

—MRS. H. A. MELANSON.

## OATMEAL COOKIES

Two cups oatmeal, two cups flour, three-quarters cup butter, one tablespoon lard, three-quarters cup brown sugar, one level teaspoon soda in half cup milk. Mix butter, sugar, meal and flour together first.

—MRS. GODFREY NEWNHAM.

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## ORANGE CAKE

One-half cup milk, two eggs, well beaten together, one-half cup butter, one cup sugar, rind and juice of one orange, two teaspoons baking powder, one teaspoon soda, one and one-half cups flour. Bake in layers.

FILLING: Rind and juice of one orange, rind and juice of a lemon one and one-half cups sugar, cornstarch to thicken, one cup boiling water.  
—MRS. E. H. COOK.

## HARRISON CAKE

One cup butter, one cup sugar, one cup molasses, one cup milk, two eggs, three cups flour, one pound raisins, one teaspoon each of cloves, nutmeg and cinnamon, one teaspoon soda.

—MRS. D. G. JUSTASON

## MOCHA CAKE

Two eggs, one cup sugar, one teaspoon butter rounded in one-half cup hot milk, one cup flour, two teaspoons baking powder, beat yolks of eggs, add sugar, milk, flour, etc. Beat whites of eggs and add last. Bake in sheet.

FROSTING: One-third cup butter, creamed, two cups powdered sugar, four tablespoons liquid coffee, or eight drops Veterans' Creamy Flavor of coffee, one teaspoon vanilla. If too stiff, add more coffee. Cut cake in small squares, frost all over and dip in chopped peanuts, walnuts or almonds.  
—S. E., Rothesay.

## DARK FRUIT CAKE

One-half cup butter, three-quarters cup brown sugar, two eggs, one-half cup milk, two cups flour, one-half cup molasses, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon allspice, one-quarter teaspoon cloves, three-quarters cup raisins, three-quarters cup currants, one-half cup citron. Mix in order given, flour the raisins, currants, citron. Bake in deep pan one and one-half hours with a slow fire.

—M. E. A., St. John.

## VELVET CAKE

One pound flour, one pound sugar, one-half pound butter, three eggs, one cup cold water, three teaspoons cream tartar. Cream butter well, add sugar, then yolks of eggs (well beaten), sift cream tartar and flour together, add alternately with water, lastly the well beaten whites.  
—MRS. JOHN WATT.

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## DATE CAKES

Three cups flour, two eggs, one cup sugar, one-half pound butter, one tablespoon milk, one-half teaspoon soda, one teaspoon cream tartar. Mix and roll out thin, cut in rounds and fold in one seeded date in each.

—MRS. W. D. CAMBER.

## DEVIL'S FOOD

One cup sugar, one-quarter cup shortening, one-half cup sour milk, one teaspoon soda, one teaspoon baking powder, two squares bitter chocolate, two cups flour, one egg, one teaspoon vanilla, salt. Dissolve chocolate in one-quarter cup hot water. Cream butter, add sugar, egg well beaten, milk, flour, one-half chocolate, flour and remainder of chocolate.

—RHETA INCH.

## WHITE FRUIT CAKE

One pound butter, one pound white sugar, one pound flour, one and one-half pounds raisins, one-quarter pound citron, one cup candied cherries, one-half pound almonds, eight eggs beaten separately, one-half nutmeg, one-quarter teaspoon soda in three tablespoons milk. Steam two and one-half hours.

—MRS. S. SHIRLEY.

## DROP CAKES WITHOUT EGGS

One-half cup butter, melted, one and one-half cups sugar, beat together, put three small cups flour in sieve with two teaspoons cocoa, one teaspoon cinnamon, little nutmeg, two teaspoons cream tartar, one soda, one-half salt, add to butter and sugar, with one-half cup raisins or nuts or both, then milk enough to drop stiff from spoon, about three-quarters cup, vanilla. Drop in teaspoonfuls on buttered tins. Bake.

—ANNIE HOLYOKE.

## HOT MILK CAKE

Two eggs, one cup granulated sugar, one cup flour, one teaspoon butter, three-quarters teaspoon lemon, one teaspoon baking powder, one-half cup boiling milk. Method: Beat eggs well, add sugar, then add flour mixed and sifted with baking powder twice; add hot milk with butter melted in it and flavoring, pinch of salt.

—MRS. C. E. MCLEAN.

## FRUIT COOKIES

One-half cup of butter, one cup of sugar, two eggs, two cups flour, salt, two teaspoons baking powder, one-half teaspoon cinnamon, one-half cup chopped nuts, one-half cup currants, one-half cup raisins, seeded and cut in pieces. Cream butter and sugar and beaten eggs, then add sifted and dry ingredients, nuts and fruit, drop from a teaspoon on a buttered baking sheet one inch apart and bake in slow oven ten to fifteen minutes.—DORIS L. BISHOP.

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## BURN'T SUGAR CAKE

One-half cup butter creamed, add gradually one and one-half cups sugar, yolks of two eggs, one cup cold water, two cups sifted flour. Beat five minutes, add two teaspoons burnt sugar syrup, one teaspoon vanilla, another one-half cup flour, one-half teaspoon salt, stir in carefully two teaspoons cream tartar, one soda. Beat well then add well beaten whites of two eggs. Bake in layers<sup>2</sup> in moderate oven.

FILLING: One and one-half cups sugar, one-half cup water. Stir till dissolved, boil till threads, pour over beaten whites of two eggs, one teaspoon vanilla, two teaspoons burnt sugar syrup. Beat well. Place between and on top of layers. —MRS. A. W. HAY.

## BURN'T SUGAR SYRUP

One-half cup sugar, boil till melted, add one-half cup boiling water. Stir rapidly, boil again until syrup is formed.

—MRS. A. W. HAY.

## GINGERBREAD

One-half cup shortening, one-half cup brown sugar, one cup scalded milk, one cup molasses, two teaspoons soda, one teaspoon each cinnamon, cloves, ginger and nutmeg, salt. Two and one-half cups bread or three cups pastry flour. Lastly two eggs beaten lightly.

—MRS. RAYMOND GABEL.

## MACAROONS

Whites of two eggs, one-half cup granulated sugar, heaping dessert spoon cornstarch, a little salt, put on top of boiling teakettle and cook twenty minutes, stirring all the time. Then add one and one-half cups cocoanut, vanilla. Drop from spoon and bake.

—ADA B. POOLE.

## CITRON AND CHERRY CAKE

Two level cups unsifted flour, two teaspoons baking powder, one cup sugar, one-half cup butter, two eggs broken in cup, fill up with milk, three-quarters cup thinly sliced citron, one-half cup candied cherries cut. Mix dry ingredients, sift flour four times, work in butter with tips of fingers same as for biscuits, add eggs and milk, beat all thoroughly for twenty minutes. Citron and cherries put in layers between cake mixture. Add flavoring, vanilla or lemon.

—MRS. J. N. W. WINSLOW.

## ANGEL CAKE

Whites eleven eggs, one and one-half cups sugar, one cup flour (sifted four times), with one teaspoon cream tartar, small teaspoon vanilla. Beat eggs stiff, add sugar, flour and vanilla. Bake in unbuttered pan from thirty-five to forty minutes in slow oven.

—MRS. W. D. CAMBER.

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## TEA CAKE

One cup sugar, one and three-quarter cups flour, one-half cup butter, one-half cup milk, two eggs, one heaping teaspoon baking powder. Sift baking powder and flour together, beat yolks well, add to sugar and beat again, then add milk and flour alternately. Cream butter and add then beat hard and fast. Lastly fold in well beaten whites and place in a rather quick oven. Flavor to taste.

—M. E. WATT.

## MOLASSES COOKIES

One cup molasses, one-half cup brown sugar, one-half cup lard and butter mixed, one heaping teaspoon ginger, little salt, one teaspoon soda in one-quarter cup boiling water. Cook five minutes, cool, add soda, water and flour. Better to stand over night.

## DOUGHNUTS

One heaping cup brown sugar, two eggs, three tablespoons melted butter, one cup milk, one teaspoon soda, two teaspoons cream tartar sifted in flour, one-quarter teaspoon ginger, one teaspoon nutmeg. Flour to make stiff enough to handle.

—MRS. I. B. MERRIMAN.

## CHEESE CAKES

Pastry: Three-quarters pound butter, one-quarter pound lard, one pound pastry flour, one or one and one-quarter cups of ice water.

Filling: Grated rind and juice of two lemons, two cups sugar, two eggs, eight tablespoons boiling water, butter size of two walnuts.

—MRS. WM. BALMAIN.

## CHEESE SAUCE

One pint milk hot, one teaspoon flour, wet in cold milk. Stir in hot milk, one-half cup grated cheese. Serve on toast.

—MRS. GODFREY NEWNHAM.

## DOVER CAKE

One pound sugar, one pound flour, one-half pound butter, one teacup of milk, six eggs, one teaspoon baking powder, lemon flavoring. Cream the butter and sugar, add beaten yolks of eggs, milk, flour and then the whites of eggs.

—MRS. B. HARRY SMITH.

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## MARBLE CAKE

Beat yolks two eggs, add one cup brown sugar, one-half cup butter, one-half cup molasses, one-half cup sour milk, two cups flour with three-quarters teaspoon soda, one teaspoon cloves, nutmeg. White: Beat whites two eggs, add one cup white sugar, then one-half cup butter and lard, one half cup sweet milk, lemon, two cups (scant) flour with one teaspoon cream of tartar.

—MRS. HERB. McADAM.

## BLUEBERRY CAKE

Two eggs, one-half cup butter, five cups flour, one cup sugar, two cups milk, two cups blueberries, one teaspoon salt, four teaspoons baking powder. Mix and sift dry ingredients, add milk slowly, melted butter and eggs well beaten; beat all thoroughly, add four cups flour, one cup with blueberries. —MRS. HENRY REGAN.

## CURRANT LOAF

Two level cups flour, four teaspoons baking powder, one-half teaspoon salt, two tablespoons molasses, two tablespoons shortening, one-half cup currants, one teaspoon cinnamon, one egg, one cup milk. Makes one loaf. Bake in a moderate oven forty-five minutes.

—EVA DUTCH.

## HOT WATER SPONGE CAKE

Three egg yolks, one cup sugar, cup flour, one tablespoon lemon juice or six drops Veterans' Creamy Flavor of lemon, one teaspoon baking powder, two tablespoons hot water, three whites of eggs, one-quarter teaspoon salt. Beat egg yolks until lemon colored and thick, add sugar and continue beating, add flour mixed and sifted with baking powder and salt, hot water and whites of eggs beaten until stiff with lemon juice or Veterans' Creamy Flavor of lemon, six drops.

—MRS. F. V. LIBBY.

## COLLEGE FUDGE CAKE

One-half cup butter, one cup sugar, two eggs, one-half cup milk, one and one-quarter cup flour, one-quarter cup cocoa, one and one-half teaspoon baking powder, one-half teaspoon vanilla. Cream the butter and sugar then beaten yolks of eggs gradually. Sift dry ingredients three times and add alternately with milk. Fold in well beaten whites and flavor. Bake in shallow pan in moderate oven.

—MRS. CHAS. E. HUESTIS.

## CHEAP POUND CAKE

One cup sugar, one-half cup butter, three eggs, one-half cup milk, one and one-half cups flour, one teaspoon cream tartar, one-half teaspoon soda, flavor with lemon and vanilla. Cream together butter and sugar, then drop in one egg at a time and beat thoroughly, add flour a spoonful at a time and beat, add milk the last thing. Bake forty minutes in a slow oven.

—B. A. ROBINSON.



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## ONE EGG CAKE

One cup sugar, one-third quarter pound square of butter, one egg, two teaspoons cream tartar, one teaspoon soda, one and one-half cups flour, three-quarters cup milk, vanilla. Melt butter, stir into sugar, break egg in this and beat all with egg beater, add cream tartar, milk and flour alternately, the soda in the milk. Bake in a quick oven.

—JESSIE MURCHIE.

## SNOW CAKE

One-half cup butter, one and one-half cups sugar, one-half cup milk, two and one-half cups flour, three teaspoons baking powder, one-quarter teaspoon cream tartar, whites of six eggs, one-half teaspoon almond.

—MRS. C. VAN WART.

## HOT MILK CAKE

Break two eggs and separate. Beat the whites stiff, then add yolks and beat, one cup sugar, one large cup flour, sifted with one large teaspoon baking powder, add one-half cup scalded milk hot, salt and flavor.

—MRS. RODNEY YOUNG.

## WAR CAKE

Two cups brown sugar, two cups hot water, two heaping tablespoons lard, one teaspoon cinnamon, one teaspoon cloves, one package raisins, two teaspoons salt. Boil these together five minutes after it begins to bubble. When cool add three cups flour, one teaspoon soda dissolved in water.

—MRS. FRANK DAVIS.

## QUICK CAKE

One and one-half cups flour, one cup sugar, one cup milk, one egg, four tablespoons melted butter, two teaspoons baking powder, salt and flavoring to taste. Put flour, sugar and baking powder all in sieve together and sift twice, then add milk a little at a time and beat well, then butter, beat a few minutes, break in egg and beat for five minutes, salt and flavoring last.

—MRS. GADDIS.

## SEED CAKE

Two cups flour, one-half cup sugar, one-half cup butter, two eggs, two-thirds cup milk, one teaspoon baking powder, one teaspoon caraway seed. Stir together flour and baking powder, rub in butter lightly, add sugar and seeds, beat the eggs and add with milk.

—MRS. H. E. CLEMENTS.

## LADY BALTIMORE CAKE

Two squares chocolate, yolks two eggs, one-half cup milk. Put on and stir until creamy, then add one tablespoon butter, one cup sugar, one-half cup milk, one level teaspoon soda, one and one-half cups flour. Mix together and put in tins. Filling: Two cups sugar, boiling water, cook until strings, then add to the beaten whites, one cup raisins, flavor.

—MRS. G. R. DAYE.



New

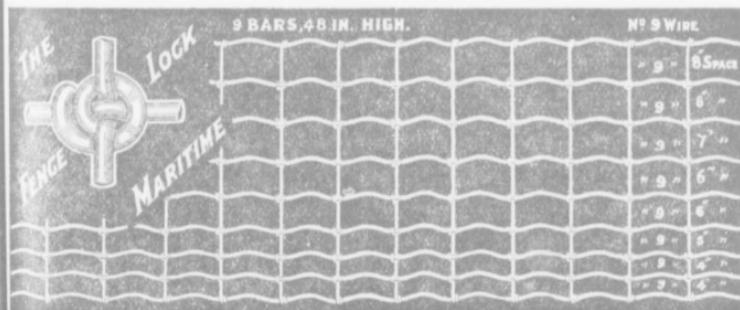
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## NUT CAKE

Two eggs, one cup sugar, one-half cup butter, one-half cup sweet milk, two cups flour, one cup raisins, one cup nuts, one teaspoon cream tartar, one-half teaspoon soda.—MRS. LITTLEFIELD.

## CHOCOLATE FRUIT CAKE

Cream one-half cup butter, with one and one-half cups sugar, two eggs, one and one-half cups sour milk, one teaspoon soda in milk, salt, spices to taste. Melt one-half cup chocolate and pour in. Two cups flour, one cup raisins, one cup currants, one-half cup walnuts.  
—MRS. M. MACMANUS.

## ONE EGG CHOCOLATE CAKE

One cup sugar, two tablespoons shortening, one egg yolk (use white for frosting), one and one-half squares Baker's chocolate, one and one-half cups flour sifted with one teaspoon soda, one teaspoon cream tartar, one teaspoon salt, one cup hot water. Dissolve chocolate in water. One teaspoon vanilla.  
—KATHARINE APPLEBY.

## COCOA CAKE

Yolk of one egg, one-half cup milk, four dessert spoons cocoa. Stir while cooking and when creamy add butter size of two walnuts, white one egg beaten, one cup sugar, one-half cup milk with one teaspoon soda dissolved. One and one-half cups flour, vanilla. Add together and bake in a moderate oven.—MRS. E. H. COOK.

## COCOANUT MACAROONS

Whites of three eggs, beaten stiff, add one cup white sugar, one tablespoon cornstarch. Beat well together and cook in double boiler ten minutes, stirring all the time. Then one-half pound of cocoanut and vanilla. Drop off spoon size of walnut on slightly greased pan. Cook in hot oven till a pretty brown. Takes about ten minutes.  
—T. R. B., Hartland.

## CREAM PUFFS

One cup boiling water, one-half cup butter, one cup flour, three eggs. Put butter and water in saucepan and heat to boiling point; then add flour (all at once) and stir until smooth. Cook until paste leaves sides of pan. When cool add the unbeaten eggs, one at a time, beating thoroughly after each egg is added. Mixture should be stiff enough to hold its shape without spreading. Chill the paste and drop in teaspoonfuls (heaping) on buttered tin. Bake in hot oven for twenty-five or thirty minutes. When cold make opening in side and fill with cream filling or whipped cream.

CREAM FILLING: One cup milk, one-half cup sugar, one-quarter cup flour, one egg, one teaspoon butter, salt, vanilla to taste. Cook in double boiler until thick.  
—FAYE V. CAMBER.

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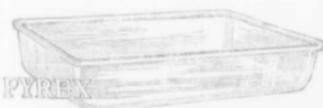
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## POTATO ALMOND PASTE

Bake well one large potato, then cream with piece of butter size of an egg, work in one pound (nearly) pulverized sugar (first by spoon then by hand), almond extract, add one-quarter pound blanched chopped almonds, if wished. Put on cake and pat by hand.

—MRS. T. F. SPRAGUE.

## APPLE FROSTING

One large apple grated, one cup granulated sugar, one white of egg (not beaten). Stir all together with a fork, then beat with egg-beater or spoon ten minutes until white and then put on cake just before serving.

—MRS. T. F. SPRAGUE.

## DOUGHNUTS

Three eggs, two cups sugar, two small cups sour milk, four tablespoons melted butter, two teaspoons cream of tartar, two teaspoons soda. Bread flour to roll out, nutmeg and lemon and salt. You can use sweet milk if you wish, but I think sour milk the best.

—MRS. G. E. BALMAIN.

## LILLIES

One cup sugar, two eggs, one cup flour, one teaspoon cream tartar, one-half teaspoon soda, five tablespoons cold water, vanilla. Cook in saucers, then roll shape of lillies and fill with whipped cream.

—MRS. G. R. DAYE.

## BROWNIES

Melt two squares chocolate with one-half cup butter, one cup sugar, three tablespoons cold water, two-thirds cup flour, one-half cup walnuts, two eggs, vanilla.

—MRS. G. R. DAYE.

## FUDGE CAKE

Two cups brown sugar, two eggs well beaten, one-half cup butter, cream all together. One teaspoon of soda, one-half cup sour milk one-half cup boiling water. Add two cups of flour and two squares chocolate. Cook in a moderate oven.

—MRS. A. RIORDAN.

## BROWN BREAD

One and one-half cups flour, two cups graham flour, four level teaspoons baking powder, two cups sweet milk, three-quarters cup molasses, three-quarters cup chopped raisins, small teaspoon salt. Bake one and one-half hours in moderate oven.

## WHITE FRUIT CAKE

One and one-half cups butter, one and one-half cups sugar, one cup milk, four eggs, three cups flour, two teaspoons baking powder, one pound raisins, one-half pound citron, one pound currants. Flavor with lemon and almond. Cream butter and sugar together. Beat whites of eggs stiff, add one yolk at a time until a foamy mass, then milk and flour last, with baking powder sifted into flour. Beat well and then add fruit and citron. Cook two hours in a moderate oven.

—MRS. T. W. BAKER.

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## SCOTCH CAKE

One-half pound of butter well creamed, three tablespoons of icing sugar, one pound of flour. Work flour in by degrees. Cut in squares. Bake in slow oven.  
—ELEANOR MACKAY.

## APPLE CREAM

Stew tart apples and put through a potato squeezer, sweeten and flavor; to every pint add the well beaten white of an egg. Freeze and serve. May also be eaten with rich cream after being frozen.

## ROLLED OATS DROP CAKES

One cup brown sugar, three-quarters cup shortening, two eggs, one teaspoon cinnamon, one teaspoon soda, one and one-half teaspoons cream of tartar, four tablespoons milk, two cups rolled oats, two cups flour, salt. Drop with a teaspoon and put two or three raisins on top of each cake. One teaspoon water. Bake about an hour in a medium oven.  
—T. S. R., St. John.

## RICH DROP CAKES

One-half pound butter, one-quarter pound sugar, two eggs, one pint flour, one teaspoon baking powder, handful of currants, nutmeg. Drop on pan and bake in a slack oven.

## CHOCOLATE DROP CAKES

One cup sugar, one-half white and one-half brown, one-quarter pound butter, one egg not beaten, two tablespoons strong coffee, two handfuls oatmeal, one scant cup flour, one teaspoon baking powder, two squares chocolate melted, vanilla, salt. Drop from spoon two inches apart. Bake ten minutes in a moderate oven.  
—T. S. R., St. John.

## OATMEAL DROP CAKES

One cup sugar, one cup shortening, two eggs, seven tablespoons milk, three-quarters teaspoon soda, one teaspoon cinnamon, two cups flour, one cup raisins, two cups oatmeal, salt. Drop in pan and let set over night.  
—T. S. R., St. John.

## BRAN DROP CAKES

One-half cup brown sugar, one-quarter cup fat, one egg, one-quarter teaspoon soda, one-half cup molasses, salt, two teaspoons baking powder, one and one-half cups flour, one-quarter cup milk, one cup raisins, one and three-quarters cups bran, one-half teaspoon vanilla. Cream fat and sugar, add soda, beaten egg, molasses, sifted dry ingredients except bran, alternating with the milk. Add raisins, then bran and flavoring. Drop from spoon.—T. S. R., St. John.

## GRAHAM CAKE

One egg, one-quarter cup butter, heaping cup sugar, one cup sour milk, one cup chopped raisins, one-quarter teaspoon cloves, cinnamon, nutmeg, two cups flour. Bake slowly.—MRS. DONALD HYSLOP.

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## ICE CREAM AND CANDIES

### BANANA ICE CREAM

ONE quart thin cream, six bananas, put through sieve. Juice one lemon, one cup sugar, pinch salt. Freeze.

B. L. D., St. Stephen.

### VANILLA ICE CREAM

For two-quart freezer. Two cups milk, one tablespoon flour, one cup sugar, one egg, one-third teaspoon salt, one quart thin cream. Mix flour, sugar, salt, add egg slightly beaten and milk gradually. Cook twenty minutes in double boiler, stirring all the while. When cool add cream—pint milk, pint cream—two tablespoons vanilla.

**HOT CHOCOLATE SAUCE:** One-half cup sugar, one cup boiling water, one square chocolate, pinch salt. Cook until like syrup. Flavor with vanilla. Can be reheated.—MRS. W. B. BUCHANAN.

### STRAWBERRY ICE CREAM

Mash one quart of strawberries, add to them half a cup of sugar, and let stand for half an hour. Scald a pint of cream, add eight ounces of sugar, and when cold add a second pint of cream; turn the mixture in the freezer; when frozen very hard add the quart of mashed strawberries. Turn the crank again until the whole is well frozen. This may be used after it has been standing for one hour. Always repack after the first freezing, using less salt and coarse ice.

—L. C., Sussex.

### CARAMEL ICE CREAM

One quart of cream, one-half pound sugar, one tablespoon of vanilla, one pint of milk. Put four extra ounces of granulated sugar in an iron frying pan, and stir over the fire until the sugar melts, turns brown, boils and smokes. Have ready one pint of boiling milk, turn the burnt sugar into this, stir over fire one minute and stand to cool. When cold add sugar, cream and vanilla. Freeze.

—V. P. G., Woodstock.

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## BROWN SUGAR CANDY

Materials: Two cups brown sugar, one-half cup milk or cream, butter size of an egg, walnuts. Flavoring.

Directions: Boil sugar and milk until it forms a soft lump when dropped into cold water, then remove from fire. Add the flavoring and butter. When cool add one cup chopped walnuts and beat the mass until it turns into cream. —S. B. SUTTON.

## MAPLE CREAM

Four cups brown sugar, one cup milk, butter size of an egg, one-quarter pound chopped walnuts. —L. A. RUSSELL.

## CHOCOLATE CARAMELS

Put half a pound of grated, unsweetened chocolate, four ounces of butter, one pound of brown sugar, half a cupful of molasses, half a cup of cream and a teaspoon of vanilla sugar into a granite saucepan; stir the whole over a slow fire until thoroughly mixed, then boil slowly until the mixture hardens when dropped into ice water. Turn into greased, shallow pans and stand aside to cool. When nearly cold dip a sharp knife in olive oil, mark the caramels in squares. When cold break apart and wrap in waxed paper.

—M. A. J., Fredericton.

## PEPPERMINT DROPS

Boil one pound of sugar and half a pint of water for five minutes; after they begin to boil add six drops Veterans' Creamy Flavor peppermint; take the mixture from the fire, stir rapidly until it begins to have a whitish appearance, then pour it quickly into tiny greased or oiled patty-pan molds. The drops will be ready to serve as soon as they are hard.

—S. P. L., St. John.

## CHOCOLATE FUDGE

Two cups sugar, one tablespoon butter, one cup water, two tablespoons cocoa or one square chocolate, three drops Craig's vanilla. Boil the sugar, water, butter and chocolate till it will form a soft ball when tested in water. Add the vanilla and beat till light and creamy. Pour into a buttered tin and mark in squares. Chopped nuts, figs or dates spread on the plate before pouring makes tasty variations.

—T. A. R., Newcastle.

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## NUT MOLASSES CANDY

When you make this candy use the best molasses and any kind of nuts you may choose. Stir them in after the syrup has thickened and is ready to take from the fire, then pour out in well buttered tin. Make into squares, or work it if you choose. The more you do this the yellower it will be. If you use peanuts see that the red inner skin is removed, or it will give the candy a bitter taste.

—E. W. G., St. John.

## MAPLE CANDY

One cup maple sugar, one cup light brown sugar, one-fourth cup corn syrup, four drops Veterans' Creamy Flavor of vanilla, one-half cup water, one-half cup chopped raisins, one-half cup walnut meats, two eggs, one-fourth teaspoon cream of tartar. Place the sugar, water, syrup and cream of tartar in a saucepan and boil for a few minutes. Add the raisins chopped fine, and the chopped nut meats. Boil until it will ball in water, flavor with vanilla and pour over the stiffly beaten whites of eggs. Beat until light and foamy, then drop from a spoon on to wax paper, and place a raisin on top of each. They are also nice dipped in melted chocolate when cool.

—C. E. S., St. John.

## CHOCOLATE ALMONDS

One pound almonds, six ounces sweet chocolate. Blanch one pound of almonds by pouring boiling water over the almond meats and let them stand on back of stove five minutes, when the skins can be slipped off. Place on pan in the oven till a dark brown. When cool dip each almond in melted sweet chocolate and place on wax paper to cool. These are nicer if dipped twice in the chocolate, but let them cool before dipping the second time.

—M. I. P., Bathurst.

## GOLDEN FONDANT

Two cups confectioner's sugar, one orange, one egg. Beat the egg before adding the sugar. After mixing the two well, pour in the orange juice. Form into balls of bon-bon size with small pieces of orange or half a walnut meat in the centre.

—T. E. M., Moncton.

## FIG SWEETS

One cup sugar, one-third cup water, one-quarter teaspoon cream tartar, do not stir while boiling. Boil to a beautiful yellow tint, then stir in the cream tartar just before you take it from the fire. Wash the figs, open them, lay carefully in a dish, and pour the candy over them, or, if preferred, the figs may be dipped in the candy.

—S. D. C., St. John.

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## BUTTER SCOTCH

One cup sugar, one tablespoon vinegar, one-quarter cup molasses, two tablespoons boiling water, one-half cup butter. Boil all together until when tried in cold water it becomes brittle.

—GRACE BUSHBY.

## ORANGE CANDY

Two cups sugar, one-half cup cream, one-fourth teaspoon cream of tartar, six drops Veterans' Creamy Flavor of orange, one-half cup candied orange peel, one-half teaspoon glycerine. Boil the sugar, cream, glycerine and cream of tartar until it will form a soft ball when tested in cold water. Pour on a large platter and when it is cool, cover with candied orange peel, cut very fine, and add the extract. Work with wooden spoon from the sides of the platter until it is creamy and smooth, then knead thoroughly. Roll out into a sheet, cut in squares and decorate the top with little stars of orange peel.

—L. M. F., Bathurst.

## PEANUT BRITTLE

One pound sugar, one quart peanuts. Chop peanuts and sprinkle with one-quarter teaspoon salt. Put sugar in sauce pan, place on range and stir constantly until melted. Add nuts and pour at once into a warm buttered tin and mark in small squares.

—GRACE BUSHBY.

## CAFE MOUSSE

Beat yolks of eggs well, add one cup hot coffee, boil one minute. When cold add one pint whipped cream, then one cup granulated sugar. Pack in freezer and leave covered with ice and salt for seven or eight hours. Do not stir.

—MRS. B. R. CROCKER.

## MAPLE MARSHMALLOW FOAM

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

—S. A. M., St. John.

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### COCOANUT CANDY

Grate the meat of a coconut, and having ready two pounds of finely sifted sugar (white) and the beaten whites of two eggs, also the milk of the nut, mix all together and make into little cakes. In a short time the candy will be dry enough to eat.

—E. L. W., St. John.

### CARAMELS

With the advent of cold weather there are certain kinds of sweets which are popular, among which are caramels. The following is an excellent and reliable recipe: Three pounds of brown sugar, one-half pound Baker's chocolate, one-half pound of butter, two tablespoons of molasses, same quantity of vinegar, one cup of cream or milk. Boil twenty-five minutes; when off the fire add vanilla. Beat ten minutes to granulate, or if crisp is preferred, do not beat.

—G. L., St. Stephen.

### TO SUGAR OR CRYSTALLIZE POPCORN

Put into an iron kettle one tablespoon of butter, three tablespoons of water and one teacup of white sugar; boil until ready to candy, then throw in three quarts of corn, nicely popped; stir briskly until the candy is evenly distributed over the corn; set the kettle from the fire, and stir until it has cooled a little, and you have each grain separate and crystallized with the sugar; care should be taken not to have too hot a fire lest you scorch the corn when crystallized. Nuts of any kind prepared in this way are delicious.

—S. E. M. D., St. John.

### A DELICIOUS FRUIT CANDY

Is made by adding chopped raisins and figs to a syrup made by stewing two pounds of sugar with the juice of two lemons, or, if lemons are not at hand, with a cup of vinegar flavored with essence of lemon. Dried cherries and any firm preserves may be used instead of raisins and figs.

—E. L. E., Fredericton.

### BUTTER SCOTCH

Two large cups brown sugar, one-half cup butter, one-half cup water; cook until it snaps or strings as poured from the spoon; pour thin upon buttered plates, and when nearly cold score it in squares.

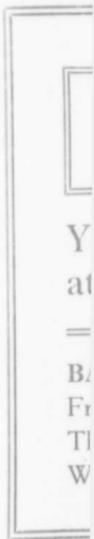
—L. P. S., Moncton.

### COCOANUT BALLS

One-half cup butter, one cup sugar, one-half cup sweet milk, two cups flour, two teaspoons baking powder, salt, three eggs, the whites of two taken out for icing.

FROSTING: Whites of two eggs beaten to a stiff froth with egg-beater; then, a teaspoon at a time, add twenty teaspoons powdered sugar, stirring it in with a knife. Bake cake in jelly-cake tins; spread each cake with icing, and sprinkle each evenly and thickly with desiccated coconut.

—M. M. E., Moncton.



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## BARLEY SUGAR

Soak one quart barley five minutes in hot water; drain; stew the barley in china with four quarts water, until very soft; mash, strain, cool to a jelly, add one cup sugar, one ounce butter; stew ten or fifteen minutes and cool. More sugar may be needed.

—S. S. E., Woodstock.

## MOLASSES CANDY

Boil the molasses slowly, stirring all the time; when nearly done add one teaspoon butter, one spoon brown sugar, one pinch soda. Try it by dropping in water. —T. D. T. L., St. Stephen.

## PEANUT CANDY

Shell the peanuts and rub off the brown skins; almost fill a pan or plate with them; pour on the molasses candy made as above, or sugar candy as in the following recipe. —S. E. E., Bathurst.

## SUGAR CANDY

Three cups dark brown sugar, a little gum arabic or white of egg; stir in one-half cup of cold water, boil slowly, stirring constantly, skim the dark foam off. Test it by a few drops thrown into a cup of cold water; when nearly done, add a pinch of soda, and a teaspoon of butter. Beet sugar will not make good candy.

—F. G., Newcastle.

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## CHAPTER THE ELEVENTH



### DAINTY SANDWICHES

*(This Chapter Selected)*

**S**ANDWICHES are almost perfect food. They are made from bread, which is the great life-sustainer, and the filling supplies in tempting, digestible form the only food essential which bread lacks—fat.

Besides being the picnic standby, sandwiches are deservedly popular in many emergencies, such as informal luncheons, or "muncheons," as a witty woman once called them.

Those whose folks are fond of bread will welcome the following sandwich suggestions.

Bread baked in round tins is preferable to that cut into shape with a biscuit cutter, as the baked edges preserve the shape. Cutting the bread into fancy shapes, while more or less wasteful, will often make an invalid's tray more attractive and the food seem more appetizing. And, of course, the left-over pieces can be used for bread pudding, etc. Cooky cutters will give odd shapes to sandwiches.

#### MOIST FILINGS

Should be laid between fresh lettuce leaves, and by buttering the bread the moisture cannot penetrate it and make it soggy. Melted butter can be used when not soft enough to spread.

As many people cannot eat acids, the wise hostess should make two different kinds of sandwiches—some with the mixtures moistened with vinegar or lemon juice and others without.

#### FOR A CHANGE

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

#### FISH SANDWICHES

Fish used for filling should be pounded to a paste and then mixed with sufficient salad dressing to give it the proper consistency for spreading easily. Fresh or salt fish may be used: roe, salmon, sardines, lobster, shrimp, etc.

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## HOT SARDINE SANDWICHES

Bone a number of sardines and rub a generous piece of butter to a smooth paste. Dust with cayenne pepper or add a dash of Worcestershire sauce. Heat well, spread on buttered toast and serve. Some like a little grated cheese sprinkled over the top. Do not put the pieces of toast together.

## CAVIARE SANDWICHES

Mix half a can caviare, one teaspoon onion juice and lemon juice to taste. Cut thin rounds of bread, butter and spread.

## RUSSIAN SANDWICHES

Chop olives fine and moisten with mayonnaise. Cut bread into thin narrow strips, spread half with chopped olives and the rest with caviare. Press together in pairs.

## TARTAR SANDWICHES

Chop together three large sardines, one cup boiled ham (ground) and three small cucumber pickles. Add one teaspoon French mustard, or omit the cucumber pickles and add some chow-chow with a little mustard. Mix to a paste with a little catsup and vinegar or lemon juice.

## OYSTER SANDWICHES

Cold fried oysters, chopped fine, lettuce leaves and French dressing.

## CHEESE SANDWICHES

## FILLING No. 1

Use either Neufchatel (imported) or Canadian cream cheese. If the former is very hard, you must moisten it a trifle with sweet milk or cream. Add just a dash of paprika to give it a taste and a little salt. Finally, to each cheese add half a cup nut-meats ground in meat chopper. English walnuts are preferable. Almonds are flat in flavor. Spread mixture on thin slices of brown bread brushed with melted butter.

## FILLING No. 2

To two tablespoons melted butter add one tablespoon and a half of flour with half a pint of milk. Cook to a thick paste. Remove from fire and add salt and paprika to taste, also one-quarter teaspoon French mustard. Work into this filling a large cup grated cheese. This will keep for a week.

## COCOANUT SANDWICHES

A cup of freshly-grated cocoanut, half a cup of nuts ground fine, one teaspoon lemon juice, two teaspoons powdered sugar and three tablespoons thick cream worked in. Spread between wafers or between bread and butter.

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## BANANA SANDWICHES

A very ripe banana mashed and put between slices of buttered bread makes a very nutritious and appetizing sandwich.

## SWEET WHOLE WHEAT SANDWICHES

Thin slices of whole wheat bread spread with unsalted butter and filled with a mixture of chopped raisins, almonds, orange juice, a little grated orange rind and enough olive oil to blend well together. Bread made with breakfast food could be used satisfactorily.

## FIG PASTE FOR FILLING

Three-quarters of a pound of figs cut into small pieces, three-quarters pound brown sugar, one-quarter pound seeded raisins, one cup water and the juice of half a lemon. Stew on back of stove until very soft, remove and add a dessertspoon vanilla. Then put all through meat-grinder, and to clear grinder use two or three crackers. If desired, the cracker dust may be stirred into the paste. It is then ready for use and will keep indefinitely. Delicious between thin, delicate crackers or thin slices of brown bread. It may also be put on thin slices of bread buttered in layers and cut down like cake.

## SANDWICHES FROM ROLLS

Unusually good picnic sandwiches can be made by baking a pan of little round rolls, cutting the tops neatly off when they are cold, scooping out some of the crumb, and filling them with chicken chopped and reduced to a stiff paste with cream. They must be seasoned highly with salt and black pepper. Other fillings, of course, may be used.

## PEPPER SANDWICHES

Always a favorite with those who prefer dainties that are rather pungent. Chop a pepper fine, removing all the seeds. Place in a saucepan with a tablespoon of butter and allow it to heat without browning. Stir briskly. Add a little salt and remove from the fire. When quite cold, spread between thin slices of bread, adding a little grated cheese before putting the slices together.

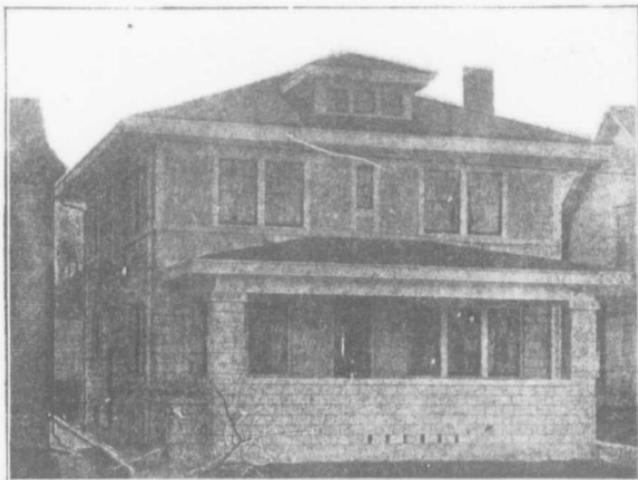
—MRS. THOS. SELI.

## LEFT-OVER SANDWICHES

After a party, luncheon or picnic, one may find oneself with sandwiches left over. An excellent plan to use these is the following: pass them through the mincing machine, mix with a good well-seasoned gravy, put in a pie dish and cover with mashed potato about an inch thick. This, baked in the oven, makes a delicious luncheon dish.

## EGG SANDWICHES

Nice for lunches. Boil hard one egg for each person. Pulverize while hot. Add salt and pepper to taste and a dash of curry powder, one-half teaspoon melted butter to each egg, also one large pickled cucumber to each egg. Chop fine and mix well together. Spread on thin, well-buttered slices of white or graham bread.



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## EGGS, OMELETTES, CHAFING DISHES

## POACHED EGGS

**H**AVE a small slice of bread toasted for each egg. Arrange on hot platter. Have frying pan partly filled with boiling water, salted. Carefully break in one egg at a time. Baste with water until white of egg is firm. Take up with skimmer, trim edge of white and serve on toast.  
—A. C., St. John.

## SCRAMBLED EGG

Break number of eggs required into a bowl, add salt and pepper to taste. Melt small piece of butter in shallow pan, turn in beaten eggs and stir till set. Add chopped boiled ham if liked.

—P. M. R., St. John.

## OMELETTES

Break as many eggs as needed in a bowl; beat till thick and light; add one tablespoon water to each egg, pepper and salt to taste. Turn into very hot buttered pan; shake and stir till eggs begin to set. When nearly done fold, let cook a minute longer then turn out on hot platter and serve immediately.

—H. E. M. C., Bathurst.

## SAVORY EGGS

Butter small stone dishes. Have ready chopped ham, tongue or chicken which has been seasoned with pepper, salt, two drops celery salt and two drops onion juice, throw a little into each mold, shake it well around the sides. Break into each mold one egg, sprinkle with pepper and salt and add a bit of butter to each egg. Steam about five minutes. Serve on rounds of fried toast while very hot.

—T. S. R., Fredericton.

## EGGS WITH TOMATOES

Three tablespoons butter, four even sized tomatoes, eight rounds of buttered toast, three eggs, two tablespoons milk or cream, one tablespoon chopped pimento, salt, pepper. Beat eggs in small saucepan, add cream, pimentos, butter and seasonings and stir over fire till creamy. Select ripe tomatoes, but do not have them too large, remove stems, and cut each in halves crosswise; remove cores and pips and fry lightly in two tablespoons butter. Have rounds of buttered toast a little larger than tomatoes. Place each half of tomato on round of toast, divide egg mixture into tomatoes. Serve very hot.

—A. C., St. Stephen.

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## BAKED EGGS

Butter small stone dishes, break egg very carefully in each, add salt, pepper and bit of butter. Bake till white is set.

—J. M. T., Newcastle.

## EGGS AU GRATIN

Cut some hard-boiled eggs in slices, lay them on a well-buttered dish; next, put a large spoonful of white sauce into a stewpan, with two ounces of Parmesan cheese, a small piece of butter, the yolks of two or three eggs and a little pepper. Stir over the fire till it begins to thicken, pour it over the hard-boiled eggs, sprinkle bread crumbs over all, put the dish in the oven, and serve as soon as the contents begin to color.

—M. S. O., Fredericton.

## SCALLOPED EGGS

Boil five or six eggs hard; chop them up roughly, make a white sauce, and mix all up together. Well butter and bread crumb the scallop shell, put in a layer of chopped egg, then a layer of bread crumbs and butter alternately until the shell is full. Finish with bread crumbs on the top, and bake a light brown.

—E. L. W., St. John.

## CHEESE FONDU

One-half pound cheese, grated, one pint bread crumbs, one pint milk, one egg, salt, mustard and one-half teaspoon soda. Bake for one-half hour in moderate oven.

—T. A. P., Woodstock.

## SAUCE FOR POACHED EGGS

Four tablespoons tomato ketchup, one tablespoon Worcester sauce, one tablespoon Harvey sauce, one tablespoon mushroom sauce, one-half pint of cream. Mix ingredients thoroughly and heat to boiling point.

—L. P., St. John.

## CHEESE OMELETTE

Two yolks, a little pepper and salt stirred together. Add two tablespoons of cream, one ounce grated cheese, and then work in the two whites lightly. Put one ounce butter into an omelette pan; when warm, pour in the mixture, and keep pushing it up to one side with a spoon; when nearly thick put in the oven to brown.

—S. A. S., Moncton.

## CAVIARE ON TOAST

Spread rounds or fingers of crisp toast with caviare, to which a little lemon juice and pepper has been added. Chop onion very fine and put a ring of it around the outer edge of the toast.

—MRS. MURPHY.

## RICE CROQUETTES

One-quarter pound rice cooked in one pint milk with one teaspoon salt. (Remove three-quarters cup rice for muffins the next morning.) To the remainder add two egg yolks well beaten. Mold into croquettes, dip in beaten egg (white) then in fine bread crumbs, and fry in deep fat.

—T. S. M., Bathurst.

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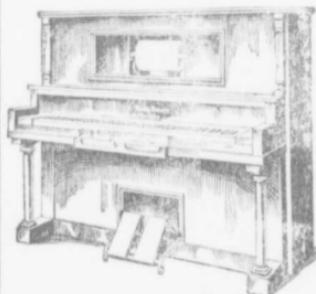
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## MACARONI AND CHEESE

Twelve sticks of macaroni, one and one-half cups of thin white sauce, one-half cup of stale bread crumbs, one cup grated cheese, one tablespoon of butter. Break the macaroni in two-inch pieces and cook in boiling salted water until soft—about twenty minutes. Pour into a colander and run cold water through it. Put in a buttered pudding dish and thoroughly stir in one teaspoon mustard which has been mixed with water. Add the sauce with half the cheese in it. Put crumbs into melted butter. Add remaining cheese to them, and spread this mixture over that in the dish. Brown in a hot oven.

—L. P. H., St. Stephen.

## CHICKEN SOUFFLE

One pint cooked chicken finely chopped, one pint cream sauce, one teaspoon chopped parsley, salt and pepper, four eggs. Add chicken and seasoning to boiling sauce. Cook two minutes. Add yolks of eggs well beaten, and set away to cool. When ready to serve, add whites of eggs beaten stiff and bake for twenty minutes.

—MRS. BORDREAU.

## CREAMED SHRIMP

One can shrimp, one-half cup dried celery, one and one-half cups milk, one-half cup celery liquor, three tablespoons flour, three tablespoons butter, one-quarter teaspoon pepper, one-half teaspoon salt. Cook the celery till tender in water to cover, drain the shrimp, and freshen in cold water. Make a white sauce of the butter, flour, seasonings, milk and celery liquor. Add the celery cubes and shrimp and serve on buttered toast with a garnish of celery hearts.

—E. A. McS., Moncton.

## CREAMED MUSHROOMS

Peel one pound of large mushrooms. Drop them into water to which the juice of a lemon has been added. Into a two quart chafing dish place a large lump of butter. When this is melted, add the mushrooms (after draining off the water) in layers; add one Spanish onion cut in slices. Put on the cover and let them simmer until they draw their own juices. When soft enough for a fork to pierce easily, add one-half cup of cream; salt and paprika to taste and just before serving, add the juice of one-half a lemon. This lemon brings out the flavor of all the seasoning and mushrooms.

—T. M. B., Bathurst.

## CREAMED SWEETBREADS

Let sweetbreads stand in cold water one hour, then put into boiling salted water with a little vinegar or lemon juice and cook slowly for twenty minutes. Drain and again put into cold water that they may be kept firm and white. Prepare a white sauce of one cup milk, three tablespoons flour, two of butter, salt and pepper to taste. Cut sweetbreads into small pieces, removing all membrane and add to the sauce. Let stand on the stove where it is not too hot for ten minutes. May be served on toast.—L. S. P., Fredericton.

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## DISHES FOR INVALIDS

### BEEF TEA

CUT all the fat from a pound of fresh beef; then cut the lean meat into small dice-like pieces; add one pint of cold water to draw out the juices; boil twenty or thirty minutes, skimming it carefully; then strain and salt to taste. Another, better for the very sick, or for weak stomach: put the cut beef, prepared as above, into a wide-mouthed bottle, cork it so no water can enter; place it in a kettle of cold water; prop it so that it will stand firmly, and boil one hour; then set the kettle aside to cool; when cold you can safely remove the bottle, and you have the simple juice or essence of the beef.

—T. L. P., Moncton.

### SOUP FOR AN INVALID

Cut in small pieces one pound of beef or mutton, or a part of both; boil it gently in two quarts of water; take off the scum, and, when reduced to a pint, strain it. Season with a little salt, and take teaspoonful at a time.

—R. T. S., East St. John.

### EGG CREAM

Beat a raw egg to a stiff froth; add a tablespoon of white sugar, and half a glass of home-made blackberry or black cherry wine; beat well, add half a glass of cream; beat thoroughly and use at once. This is a full meal for an invalid, and is especially good where trouble of throat, mouth or stomach prevents solid food being used.

—G. A. P., Renforth.

### SIPPETS

Toast one slice of bread a delicate brown. Cut into narrow strips and arrange on a warm plate. Season warm beef or mutton juice and pour over the strips of toast. Serve at once.

—N. F. J., St. Stephen.

### CHICKEN PANADA

Skin the chicken and cut it up in joints. Take all the meat off the bones, and cut up into small pieces; put it in a jar with a little salt, tie it down, and set it in a saucepan of boiling water. It should boil from four to six hours; then pass it through a sieve with a little of the broth. It could be made in a hurry in two hours, but it is better when longer time is allowed. Do not put the wings in the panada.

—QUEENIE R., Woodstock.

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## GRUEL

Mix a tablespoon of corn meal with a little cold water; add a small pinch of salt, and stir it smoothly into part of a pint of boiling water, and let it boil, being constantly stirred for six or eight minutes. If sugar is desired, put it in with the cold meal and water, but add any flavor, as nutmeg or cinnamon, after removing it from the stove. Gruel should be very smooth, and should not have the faintest suspicion of a scorch about it. Always serve it neatly.

—W. A. S., Fairville.

## RICE CREAM

Grind rice to a very fine flour; stir it with a little cold milk and a pinch of salt. Have a pint of milk boiling slowly, and stir in the rice smoothed in cold milk; add sugar and flavor to taste; stir all the time until it is done; turn it into a white dish. Now take the white of one egg and whip it to a froth; add pulverized sugar to make as for cake frosting; spread it smoothly over your rice, and set in oven for three minutes. This is nice cold with cream, or warm served with currant jelly.

—W. M. LEB., Moncton.

## DRINKS FOR INVALIDS

Mash any kind of fruit, currants, tamarinds, berries, pour boiling water on them. In ten minutes strain it off, sweeten, cool; add a little ice, if possible. Do not allow this drink to stand in the sick chamber, keep it in a cool, airy place.

Boiling water poured over browned flour, or browned wheat or corn, or evenly toasted bread, and treated as above, is also a wholesome, agreeable drink for the sick. Sage, balm, and sorrel mixed and put with half a sliced lemon, and treated as above, is a valuable drink in fevers.

—T. S. R., Sussex.

## ORANGE JUICE

Take the juice of one orange with the same amount of water. Sweeten to taste and add the beaten white of one egg. Any stimulants ordered for the patient may be added also.

—G. F. T., Sussex.

## CREAM OF TARTAR DRINK

Two spoonfuls cream of tartar, the grated rind of a lemon, half a cup of loaf sugar, and one pint of boiling water, is a good summer drink for invalids.

—S. M., St. Stephen.

## BIRD'S-NEST ON TOAST

Dip a slice of nicely toasted bread in boiling water and place on dish. Separate one egg. Beat the white until very light and arrange in nest shape on toast. Drop the yolk carefully into the center, sprinkle lightly with salt and brown in oven. Take from oven as soon as the yolk is heated thoroughly.—R. T. F., Moncton.

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## EGGNOG

One-half cup milk, one egg, one teaspoon sugar, one-fourth teaspoon vanilla (or any preferred flavoring). Separate the egg, beat the yolk well, add the milk slowly, stirring all the time. Add sugar and flavoring and pour into a pretty tumbler. Put the well-beaten white on top and toss into a fanciful shape above the edge of glass. Stand it on a plate and serve at once. —E. B. R., Bathurst.

## BEEF TEA

Cut into small pieces a pound of any good lean beef, rejecting every bit of fat or gristle. Add one level teaspoon salt and put into a glass fruit jar with one pint water. Cover tightly and place in a kettle of cold water. Heat gradually for at least an hour, but do not let the water in the kettle boil, or the albumen will harden. —J. F., Chatham.

## ARROWROOT GUEL

Mix until perfectly smooth a teaspoon Bermuda arrowroot with four of cold milk. Stir slowly into half a pint boiling milk and let simmer five minutes. It must be stirred all the time to prevent lumps and to keep from burning. Add half a teaspoon sugar, a pinch of salt and one of cinnamon if desired. In place of cinnamon a dozen large raisins may be boiled in the milk. If the raisins are preferred they should be seeded and the sugar omitted.

—R. J. R., St. John.

## BEAN SOUP

Take cold baked beans (the kidney beans are best) and stew them until they are soft and mushy. Strain through a coarse sieve until most of the pulp has passed through. Add milk enough to make the desired consistency. Strain again through a finer sieve. Add salt and a little butter. Eat hot with toasted crackers. When well diluted with milk this makes a nice dish for the sick.

—J. F. T., St. John.

## FLOUR GUEL

Pack a cup of flour tightly in a muslin bag or one of thin cloth. Put into boiling water and let it boil continuously for four hours. Remove, take off the cloth and cut away the outside wet portion until you come to a hard, dry center or core. Grate two teaspoons flour from the dry ball, mix with cold water to a smooth paste and stir it into half a pint boiling milk. Simmer three minutes. It may be seasoned with salt, a little grated nutmeg, or sweetened with sugar, to suit the taste. —M. R. T., Moncton.

## OATMEAL GUEL

One quart boiling water, three tablespoons oatmeal, one teaspoon salt. Let this cook in double boiler two and one-half hours. Strain and add three tablespoons cream. Beat to a foam with an egg beater. If milk is used instead of cream one tablespoon milk to six of strained oatmeal is about right. —R. J., Newcastle.

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## BEEF TEA

One pound of lean beef (not one scrap of fat must be admitted), cut in small bits and put in a wide-mouthed bottle without water; cork closely, set in a kettle of cold water, bring to a boil and keep boiling three or four hours, until the meat in the bottle is like white rags. Press out the juice and season with a little salt.

—G. A. F., Newcastle.

## CHICKEN BROTH

Boil a common-sized chicken in two quarts of water (the water must be cold at first), cover and cook until the meat is ready to fall to pieces. Strain, let simmer, adding four or five tablespoons of milk and a little salt and pepper. A tablespoon of well soaked rice or pearl barley may be added also; boil slowly one-half hour if this is done. Serve with dry toast. The meat of the chicken may be made into a paulet a la creme.

—L. R., Woodstock.

## PAULET A LA CREME

Chop the cooked chicken to a powder, rub through a wire sieve, mix with a little cream and two well-beaten eggs, season with salt. Put in a mold, press, strain and serve it hot or cold, cut in slices.

—A. F. R., Bathurst.

## BLUEBERRY WINE

One quart berries, one pint of sugar. Let stand two months, then strain. Bottle and do not fasten down, work for nine days.

—R. C. M., Sussex.

## RICE GRUEL

Add one tablespoon of rice to three cups of boiling water. When it has cooked for three-quarters of an hour, a cup of milk is added with a teaspoon of salt and boil a few minutes longer. Strain through a puree sieve, pressing through all the rice that will go. Let gruel boil up five minutes after it is strained. Add sugar and nutmeg to taste. Serve with little slices of brown toast.

## CHICKEN OATMEAL GRUEL—A CONVALESCENT'S FOOD

Boil a chicken till tender. Remove and lay it aside for the well folk to eat, strain the stock. There should be about a pint. Add one-quarter cup of fine oatmeal and cook one hour. Strain again, add one pint of milk, salt and pepper to taste. Serve with inch cubes of bread browned in oven.

—F. J. J., St. Stephen.

## CRACKER GRUEL

Roll until fine six soda crackers. Put one pint of cold water into a saucepan. When boiling add the rolled crackers. Do not stir, but boil one minute. Add sugar and nutmeg to taste and two tablespoons of thick cream. Serve warm. —J. R. A., St. John.

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## TAPIOCA JELLY

Soak the tapioca five hours, or over night. Simmer in a stew-pan until it becomes quite clear, then add the juice of a lemon or a glass of wine, with sugar to taste. Set in a cool place until ready to serve.

—G. A. K., St. John.

## COFFEE JELLY

Soak one-quarter box gelatine in one-half cup milk on back of stove until dissolved. Soak one-quarter cup coffee, ground fine, in one cup milk for ten minutes. Set on stove until it begins to boil, then strain. Add gelatine, sweeten to taste, flavor with vanilla. When cold add one-half pint cream, thoroughly whipped. Keep on ice until wanted.

—R. F., Woodstock.

## COFFEE JELLY

One envelope "Minute" gelatine, one-half cup sugar, one teaspoon vanilla; on this turn one pint strong boiling coffee. Stir thoroughly and strain into a mold. When cold serve with cream and sugar.

—F. L. P., Newcastle.

## MAPLE PARFAIT

Beat two eggs very light. Pour over them one-half cup boiling hot maple syrup, beating all the time. Cook in double boiler until a thick custard is formed. When cold add gradually one cup cream, well whipped. Put in tin pail or can, paste a strip of larded cloth around the joining of the cover, pack in salt and ice and leave for at least three hours.

—G. M., Bathurst.

## BANANAS AND WHIPPED CREAM

Six bananas, the juice of an orange, half a cup sugar and one pint cream whipped to a froth. Pare and slice the bananas, sprinkle them with the sugar and orange juice. Set in the refrigerator for two hours and serve with the whipped cream.

—R. T. M., Moncton.

## STRAWBERRY ICE CREAM

Sprinkle two cups sugar over two quarts of strawberries. Mash and let them stand until the sugar is dissolved. Strain through coarse cheese cloth as long as any juice or pulp will go through the cloth. Then empty pulp and seeds left into a pan, pour on gradually about a pint of milk and mix well with the pulp until it is separated from the seeds. Squeeze again through cloth until there is nothing left but the seeds. The pulp will thicken the milk and make the cream nicer than if just the juice is used. Add to this as much cream as you wish—from one to three pints—and sugar to make it very sweet. The cream should be scalded and cooled. Freeze as usual.

—G. A. F., Bathurst.

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## STRAWBERRY CREAM

Soak one-fourth box of gelatine in one-half cup cold water one hour, dissolve in one-half cup boiling water and strain. Mash one quart strawberries and add one cup sugar; add also the gelatine water and one-half pint whipped cream. Stir all together, pour in mold and set on ice to harden. If preserved berries are used, take one-half the quantity and leave out the sugar.

—L. F. M., Moncton.

## SPANISH CREAM

Soak one-third box gelatine in three-fourths quart milk for one hour, then put on stove and, when boiling, stir in the yolks of three eggs beaten with three-fourths cup sugar; when it is boiling hot remove from fire and stir in the whites of three eggs, well beaten. Flavor to taste and pour in molds or cups. Cool and serve with plain or whipped cream.

—F. A. O., Sussex.

## ORANGE CREAM

Soak one-half ounce Cox's gelatine in cold water sufficient to cover it for half an hour. Place it over boiling water and when the gelatine is dissolved take from the fire. Stir in one-half cup orange juice and grated rind of one orange (the grated rind should soak in the juice while the gelatine is dissolving), the beaten yolks of two eggs and three-fourths cup sugar. Lastly add one and one-half cups sweet cream, whipped. Strain into a mold wet with cold water, and keep in a cold place until ready to serve.—L. F., Newcastle.

## CAFE PARFAIT

One quart cream, one cup powdered sugar, one tablespoon vanilla, one-half cup strong, clear coffee. Mix all together and whip until thick, then turn into a mold. Pack in ice and salt, the same as for ice cream, and let stand four or five hours.

—R. K., Chatham.

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## CHAPTER THE FOURTEENTH



### MODERN METHODS OF CANNING

(By MISS ADA B. SAUNDERS, *Household Science Demonstrator*)

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

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

It is natural for the thrifty person in prosperous times to give some thought to a possible time of need and thus preparation is made for the future. Winter's diet need no longer be distinguished by lack of fruit and vegetables. Not only has nature been persuaded to prolong her period of production, but also ways have been perfected for the preservation of the perishable crops of summer. Preservation of food in the home, particularly in the farm home, is a very important part of the housekeeper's responsibilities. The thrifty housekeeper will make a greater effort than usual this year to have her shelves well stocked with provisions of many kinds for the coming winter. Prices that soared to a dizzy height last year will again soar; also, now it is a patriotic demand that the garden surplus be canned, thus releasing other foodstuffs for consumption overseas.

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

Our grandmothers believed that air caused foods to spoil, for they learned by experience that when fruit was cooked and put away in sealed jars from which all air was excluded, it seemed to keep fairly well; if food spoiled after such careful treatment it was believed to be owing to some failure to exclude air. We know now that merely removing air will not secure the keeping qualities of foods. When the canned foods of olden times kept, it was not because air had been removed, but because all life processes had been destroyed in the cooking and further entrance of more organisms had been prevented by keeping the food in air-tight jars. The presence of air in a jar will not cause food to spoil, provided the air is sterile, that is, provided it has been freed from all living organisms.



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### WHY FOODS SPOIL

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

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

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

### STERILIZATION

The secret of success in canning depends upon two things: First, complete sterilization, that is the destruction by heat of all germ life on the food and on all parts of the jar that come in contact with the food. Second, care to prevent further entrance of these organisms that cause foods to spoil.

### SOME TERMS EXPLAINED

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

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

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

Scalding and blanching are always followed by cold dip.

### PREPARATION OF JARS

1. Test each jar before using by partly filling it with water with rubber ring adjusted. Seal tightly and invert on a dry surface. If no traces of moisture can be seen, the jar may be used.

2. Sterilize jars and covers by putting them in a vessel of cold water, bring water to boiling point and boil fifteen minutes. Remove jars from water and fill at once with the prepared fruit or vegetables. Do not allow jars to stand any length of time after being sterilized.

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## TEST FOR RUBBERS

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

## EQUIPMENT FOR CANNING

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

## COLD PACK METHOD

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

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

## PRACTICAL POINTS IN CANNING

1. Select firm, well grown, but not over-ripe fruit.
2. Choose vegetables that are young and have made a quick growth.
3. Best results are obtained by grading the fruit or vegetables with reference to size and quality, so that the contents of each jar will be uniform.
4. Can all fruit and vegetables as soon as possible after being picked; very often failure to do this results in spoilage.
5. Avoid very dirty fruit or vegetables.
6. If the fruit or vegetable is a kind that discolors after being pared, cover with slightly salted water until ready to can.
7. Prick skins of plums or cherries to prevent them from bursting.

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8. When packing food in sterile jars, consider the appearance of the finished jar and arrange the food carefully.

9. Never use tin or iron utensils for canning, as the acid in the food acts on them, causing a bad color and taste. Use a silver knife in preference to steel as the steel discolors the food.

10. Do not seal jar tightly until the cooking is complete. Seal as soon as taken from boiler.

11. To make the syrup for canning, use four cups sugar and six cups of water. The western method is six cups sugar and four cups water. It is well to use as thin a syrup as possible, as flavor is lost in some fruits with the increase in the proportion of sugar. Canned fruit, not "preserves," is being made, and only sugar enough to make the fruit palatable is necessary. The amount of syrup from four cups sugar and six cups water is sufficient for about four quart jars of raspberries or other closely packed fruit, or three quart jars of halved pears or peaches, or two quart jars of large whole fruit. With only a few exceptions, the same strength of syrup is used for all fruits. The amount of syrup added to each jar adjusts itself according to whether the fruit packs loosely or closely in the jar. It so happens that the sweeter fruits, such as berries, pack closely and so require less syrup than the large, loosely packed acid fruits.

12. Do not allow jars to come in contact with one another in boiler. Excelsior or folded paper will prevent this.

#### CANNING OF FRUITS AND VEGETABLES

Canning may begin in June, as some of the greens are ready at this season. Rhubarb is the first product of the garden to find its way into cans, and it may be canned without heat. Wash the tender stalks of rhubarb, cut into half-inch pieces, and pack them as closely as possible into sterilized jars. Do not peel rhubarb, it is a waste of time since it does not add to the appearance or affect the flavor. Fill jars with cold water, allow to stand a few minutes drain and fill again, making sure that no air bubbles remain. Then adjust the covers and seal. This rhubarb will lose its color, but it is as delicious for winter sauce and pies as when first cut.

#### CANNED PEACHES

Scald peaches one minute and plunge quickly in cold water. Remove skins. Pack whole, quartered or sliced, as desired. Add hot syrup to fill jars. Place rubbers and tops in position and sterilize length of time given in table.

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## FRUITS

The following method is used for apples, peaches and pears: All varieties of plums can be cooked with the skins on. If it is desired to remove the skins, treat same as other fruits.

In the case of fruits for canning, scald, dip in cold water and when necessary peel. Cut in pieces the desired size. Pack closely into sterile jars, fill jars with hot syrup, put on rubber ring and glass top, adjust clamp, but do not seal tightly. Place jars in boiler, fill with tepid water to top of jar, cover and boil length of time given in table. Remove from boiler and seal.

## BERRIES

The following method is used for berries: Gooseberries may be canned in cold water the same as rhubarb; if cooked they require more sugar than other berries, the proportion being six cups sugar and four cups of water.

Clean berries carefully, put in colander or bowl strainer and wash. Pack in jars, fill with syrup and proceed as with fruit.

## CANNED STRAWBERRIES

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

## VEGETABLES

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

## CANNED BEANS

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

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## CANNING OF SOUPS AND MEATS

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

## CANNED MEAT

Cut meat in small pieces, pack in jars, add salt, adjust rubbers and covers and steam three and one-half hours. Or roast or boil meat for half an hour, then cut in small pieces, removing bone, gristle and excessive fat, and pack directly into jars. Fill with gravy from roasting pan or pot liquid, concentrated to one-half its volume, put rubber and cover in position, and sterilize three hours. Seal.

## CANNED POULTRY

Boil fowl until meat can be removed from bones, remove meat from bones and pack in jars. Fill jars with pot liquid after it has been concentrated one-half, add one teaspoon salt per quart jar of meat, put rubber and cap in position and sterilize three hours. Another way to pack fowl in jars before cooking, adjust covers and sterilize three and one-half hours.

## SOUP STOCK

Secure twenty-five pounds of beef hocks, joints and bones containing marrow. Break bones, place in a thin cloth sack and simmer six or seven hours in five gallons of water, putting bones on in cold water. Do not salt while simmering. Skim off all fat, pack while hot in jars, adjust rubbers and covers and sterilize forty minutes.

## CANNED SALMON

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

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## TIME-TABLE FOR BLANCHING, COOKING, ETC.

The following table shows the necessary time for blanching and scalding and also for sterilizing the various fruits and vegetables:

	Blanch or Scald	Time of Cooking 212 degrees F.
Apples . . . . .	2 minutes	15 to 20 minutes
Blackberries . . . . .		15 "
Blueberries . . . . .		15 "
Cherries . . . . .		15 "
Crisp apples . . . . .	2 "	20 "
Currants . . . . .		15 "
Grapes . . . . .		15 "
Gooseberries . . . . .		15 "
Peaches . . . . .	1-2 "	15 "
Pears . . . . .	1-2 "	15 "
Plums . . . . .		15 "
Raspberries . . . . .		15 "
Rhubarb . . . . .	1-3 "	20 "
Strawberries . . . . .		15 "
Beans, Lima and string . . . . .	5-10 "	90 "
Beets . . . . .	6-10 "	60 "
Beet greens . . . . .	10 "	90 "
Carrots . . . . .	5 "	60 "
Corn . . . . .	5-15 "	40 "
Dandelion greens . . . . .	10-20 "	90 "
Parsnips . . . . .	3-10 "	90 "
Peas . . . . .	5-10 "	90 "
Pumpkin . . . . .	5-10 "	60 "
Spinach . . . . .	10-15 "	60 to 90 minutes
Swiss Chard . . . . .	10 "	90 "
Tomatoes . . . . .	1-2 "	22 "

## TO TEST CANNED FOOD

After several days loosen the clamp and grasp the jar by the edges of the glass top. If sterilization is not complete, if the can leaks, or if decomposition has set in, the top will come off. If the top stays on, tighten the clamp and the food is ready for storage.

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## GENERAL RECIPES

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## BOSTON FISH BALLS

**H**ALF a pound cold fish, three ounces suet, shred fine, a small lump of butter, a teacup of bread crumbs, pepper, salt and nutmeg, and two teaspoons of anchovy sauce. Pound all together in a mortar, mix with an egg, divide into small cakes and fry them a little brown.

—T. M. A., St. John.

## FRIED OYSTERS

Select the largest and finest oysters. Have ready a skillet of boiling lard. Dip your oysters, one at a time, in beaten yolk of egg, then in grated bread crumbs, lastly in sifted meal and then drop into the lard. Turn, and allow them to become only slightly browned. Drain upon a sieve and send to table hot.

—R. L. S., Newcastle.

## STEWED OYSTERS

Drain the liquor from two quarts of firm, plump oysters, mix with it a small teacup of hot water, add a little salt and pepper, and set over the fire in a saucepan. When it boils, add a large cup of rich milk. Let it boil up once, add the oysters, let them boil five minutes. When they ruffle, add two tablespoons butter, and the instant it is melted, and well stirred in, take off the fire.

—W. E. M., Moncton.

## OYSTER MACARONI

Boil macaroni in a cloth to keep it straight. Put a layer in a dish seasoned with butter, salt and pepper, then a layer of oysters; alternate until the dish is full. Mix some grated bread with a beaten egg, spread over the top and bake.

—T. W., Woodstock.

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## CRULLERS

Four tablespoons shortening, one cup sugar, two eggs, three cups flour, one teaspoon cinnamon, one-half teaspoon salt, three teaspoons Royal Baking Powder, five-eighths cup milk. Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about one-half inch thick and cut into strips about four inches long and one-half inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

## DOUGHNUTS

Three tablespoons shortening, two-thirds cup sugar, one egg, two-thirds cup milk, one teaspoon nutmeg, one teaspoon salt, three cups flour, four teaspoons Royal Baking Powder. Cream shortening, add sugar and well-beaten egg; stir in milk, add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about one-half inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in sixty seconds. Drain on unglazed paper and sprinkle with powdered sugar.

## PUMPKIN PIE

Two cups stewed and strained pumpkin, two cups rich milk or cream, three-quarters cup brown or granulated sugar, two eggs, one-quarter teaspoon ginger, one-half teaspoon salt, one teaspoon cinnamon. Mix pumpkin with milk, sugar, well-beaten eggs, ginger, salt, cinnamon, and beat two minutes. Pour into pie tin which has been lined with pastry. Place in hot oven for fifteen minutes, then reduce heat and bake forty-five minutes in moderate oven. To bring out flavor of pumpkin it must be very well baked.

## CUSTARD PIE

One cup pastry flour, one-half teaspoon Royal Baking Powder, one-half teaspoon salt, one-half cup shortening, cold water. Sift flour, baking powder and salt; add one-half shortening and rub in lightly with fingers; add water slowly until of right consistency to roll out. Roll out very thin; put on in small pieces remaining shortening; fold upper and lower edges in to center; fold sides in to center; fold sides in to center again; roll out thin and put on pie plate.

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## OYSTER PATTIES

Make puff paste in this way: To every pound of flour add three-quarters of a pound of butter, the yolk of one egg; use ice-cold water; chop half the butter into the flour, then stir in the egg; work all into a dough; roll out thin; spread on some of the butter, fold closely (butter side in) and roll again; do this until the butter is all used up; keep the paste in a cold place while you prepare the oysters. Set the oysters on the stove in a saucepan, with liquid enough to cover them; as soon as they come to a boil skim them; stir in a little butter and pepper; also, if desired, a little cream. Line your small tins with your paste; put three or four oysters in each, add a little of the liquor, then cover with paste; bake in a quick oven twenty minutes; while hot wash over the top with a beaten egg, using a swab or brush, and set in the oven a minute or two to glaze.

—J. W., Chatham.

Oysters may be more plainly fried, by merely rolling them well in corn meal and laying them in the hot fat. Do not let them lie long in the frying-pan. When clams are fried, the hard portion should be thrown away, as it is indigestible. Fish should be cooked slowly and thoroughly; it is done when it parts readily from the bone. Salt fish should be well washed in one water and put to soak, skin upwards, in a second water. Fish and oysters should always be dressed with parsley and hard-boiled eggs chopped fine. If boiled, serve dry, laid on a folded napkin, the sauce being in a sauce-boat. If fried, take care to have a nice, even brown, with no burned and no white spots.

## CHICKEN A LA BRUNSWICK

One can of chicken or pound cold chicken, two onions, tablespoon of butter, half a cup of cream, one cup of French peas, pepper and salt, tablespoon of flour. Melt butter in chafing dish, slice onions in dish and let cook slowly, add cream, chicken and peas, then season. Thicken with flour. Serve hot on buttered toast.

—MOLLY M., Moncton.

## SALAD DRESSING

Four tablespoons sugar, one tablespoon mustard, one teaspoon flour, a little salt, dash of cayenne, one whole egg or two yolks. Mix with egg beater. Add one-half cup milk and beat again, one-half cup warm vinegar. Cook in double boiler. When you take off fire add butter size of walnut and beat again. Water does as well as milk by using more butter. A little whipped cream stirred in when served improves.

—MRS. W. J. McWHA.

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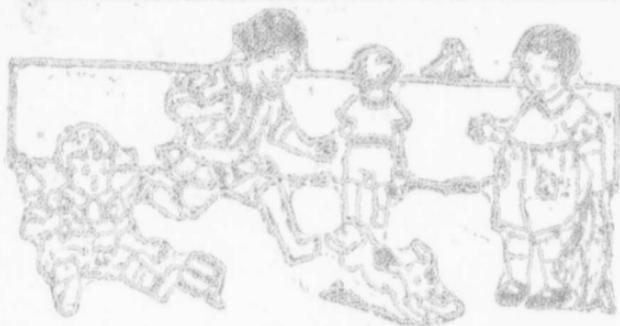
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