The book cover features a dark, marbled pattern with irregular, organic shapes in shades of black, grey, and white. A decorative border, consisting of a double line of small squares, frames the central text area. The text is printed in a bold, serif font.

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1912

"She looketh well to the ways of her household"

PREFACE

IN preparing the St. John's Presbyterian Church Cook Book, our aim has been to make it thoroughly practical. This is no haphazard collection of recipes gathered at random from doubtful sources, but we have spared neither time nor labor in giving the choicest bits of the best experience of those who have long travelled the daily round of household duties. We have felt that the compiling of this book has been a task worthy of our best efforts as the mental, moral and physical well-being of our families depends largely not so much on the quantity but the quality of the food set before them. We gratefully acknowledge the kind assistance of those who have in any way aided us in this undertaking, and we offer this book as the result of our united labors, hoping it will prove a valuable guide to any household fortunate enough to procure a copy.

THE COMMITTEE

Christmas Dinner

Oyster Cocktail
Cream of Tomato Soup
Olives Celery Almonds
 Fried Soles
Roast Turkey Cranberry Sauce
Turnips Mashed Potatoes Brussels Sprouts
 Pineapple, Celery and Nut Salad
 Plum Pudding with Foamy or Hard Sauce
Fruit Cheese Nuts Raisins
 Coffee



Easter Dinner

Cream of Asparagus Soup
 Croutons
Curled Celery Salted Almonds Olives
 Rolls
Fried Fillets of Flounders Cucumber Sauce
 Maryland Chicken and Creamed Peas
 Mashed Potatoes
Apple and Grape Fruit Salad garnished with peppers
Pineapple, Bavarian Cream Cakes
 Assorted Nuts and Raisins Coffee



Thanksgiving Dinner

Oyster Soup, Crisp Crackers
 Celery
Roast Turkey Giblet Stuffing
 Brown Gravy
Mashed Potatoes Turnip Cones
Creamed Onions Spiced Cranberry Jelly
 Fruit Salad
 Thanksgiving Pudding with Sauce
Squash Pie Mince Pie
 Assorted Nuts and Raisins
 Coffee

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COCKTAILS

OYSTER COCKTAIL

Ingredients—1 pint raw oysters, 1½ tablespoons vinegar, 1½ tablespoons catsup, ½ tablespoon Worcestershire sauce, ½ tablespoon salt, 2 or 3 drops tobasco sauce.

Put dressing over oysters half an hour before serving and set in refrigerator.

FRUIT COCKTAIL

Into each glass put three or four strawberries sliced, a few thin slices of banana, a little pineapple, two or three cherries; squeeze over them the juice of one large orange. Set in refrigerator to chill. At serving time add a tablespoonful of powdered sugar and two tablespoonfuls of shaved ice.—F. C. Brown.

GRAPEFRUIT COCKTAIL

Half a fine grapefruit. Remove the core and seeds. Fill the cavity thus formed with very small oysters dressed with tobasco sauce, tomato catsup and a little prepared horseradish. Arrange the grapefruit for individual serving in deep saucers and surround with crushed ice. Garnish with parsley.



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SOUPS

One morning in the garden bed
The onions and the carrots said
Unto the parsley group:
"Oh! when shall we three meet again,
In thunder, lightning, hail or rain?"
"Alas!" replied in tones of pain
The parsley: "In the soup."

SOUPS may be divided into two great classes—soups with stock and soups without stock. Stock soups (among which brown soup stock and consomme stand pre-eminent) are chiefly valuable for their extractives, and act as a stimulant rather than as a nutrient, and the solid foods which follow are much more readily digested. Soups without stock, among which the cream soup purees and bisques stand foremost, are so nutritious that with a liberal supply of bread and butter they furnish a satisfactory meal.

TO CLEAR SOUP STOCK

Remove fat and put quantity to be cleared in stew-pan, allowing the white and shell of one egg to each quart of stock. Beat egg white slightly and add to stock with egg broken in small pieces. Place in front of range and stir constantly until boiling point is reached; then let boil two minutes, set back on range, where it may simmer twenty minutes. Remove scum and strain through a double thickness of cheese-cloth placed over a fine strainer.—Sara J. Gibb.

WHITE SOUP

Ingredients—Take 4 or 5 medium sized potatoes, boil and mash, add pepper, salt, and butter, strain through a collander into 1 quart of hot milk, put two hard-boiled eggs and half a lemon cut up into the tureen, and pour soup over.—Mrs. W. O. Herald.

TAPIOCA CREAM SOUP

Ingredients—1 qt. milk, 2 pts. water, 1 onion, 2 stalks celery, 1-3 cup tapioca, 1½ spoons butter, small piece mace, salt and pepper.

Soak tapioca over night in the water, cook in the milk one hour, add onion and celery chopped fine, boil fifteen minutes and add other ingredients.—E. P. S.

TOMATO SOUP

Ingredients—1 can tomatoes, 1 large onion, 3 pints water.

Boil three-quarters of an hour, then strain. Cream 4 ozs. butter and 2 ozs. flour, and add 2 tablespoons sugar, 1 teaspoon salt, pinch cayenne pepper, and add last, just before serving, $\frac{1}{2}$ pint sweet milk. This makes a large quantity.—Mrs. Moe.

TOMATO SOUP

Ingredients—2 qts. stock, 1 lb. tomatoes or $\frac{1}{2}$ can of tomatoes, put 1 tablespoon butter into pan, 1 onion chopped fine, add tomatoes.

Fry for twenty minutes or till soft. Strain into hot stock and add 2 tablespoons rice flour, salt and pepper to taste. Boil twenty minutes and serve.—K. D.

TOMATO SOUP

Ingredients—1 can tomatoes, $\frac{1}{2}$ teaspoon salt, 1 small can St. Charles unsweetened cream, $\frac{1}{4}$ teaspoon soda, 1 cup boiling water, 2 tablespoons cornstarch, $\frac{1}{2}$ teaspoon sugar.

Boil tomatoes and water fifteen minutes, strain and add salt, soda and sugar. Just before serving add the cream and cornstarch mixed together.—E. J. Mc.

TOMATO SOUP

Ingredients—1 can of tomatoes, pinch of salt, 3 to 4 cups of sweet milk, one heaped tablespoon of butter, 2 tablespoons of flour, one large onion, salt and pepper to taste, 1 tablespoon of a good sauce like Worcester, 1 cup of water, $\frac{1}{4}$ teaspoon baking soda.

Boil well the tomatoes, finely chopped onion, water and salt. When done add soda and remove from heat. Rub through sieve, rejecting seeds and pieces of skin. Return to pan and place on fire to heat. While this is heating melt butter in pan and work in flour smoothly, then gradually add tomato mixture, stirring all the time. Add liquid very slowly and beat well. Heat milk and add tomato mixture. Stir well till it reaches boiling point. Add seasonings.—M. W. P.

VEAL BROTH

Ingredients—A knuckle of veal, cover with 2 qts. cold water, 2 tablespoons sago, a little lemon rind and parsley, salt and pepper to taste.

Boil slowly four hours. When cold skim off all the fat. Serve hot.—E. P. S.

CREAM OF CARROT SOUP

Ingredients—6 medium sized carrots sliced thin, 1 onion, 3 bay leaves, 2 cups water.

Boil until tender, rub through a strainer, add 1½ tablespoons butter, salt and pepper to taste, 2 cups milk, 1 tablespoon rice flour. Boil till creamy.—B. C. B.

CELERY SOUP

Ingredients—3 cups celery (cut in half-inch pieces), 1 slice onion, 1 pint boiling water, 3 tablespoons butter, 2½ cups milk, salt and pepper.

Wash and scrape celery before cutting; cook in boiling water until soft and rub through a sieve. Scald milk with the onion, remove the onion and add milk to celery. Bind with butter and flour cooked together. Season to taste with pepper and salt. Outer and old stalks may be utilized for soups. Serve with croutons or crisp crackers.—Mrs. Douglas Rolison.

STOCK SOUP

Ingredients—2 pts. beef stock, 3 tablespoons pearl barley, 1 large onion, 2 carrots, a little chopped celery, 2 tablespoons tomato ketchup, 1 tablespoon Worcestershire sauce, salt and pepper to taste.

Let simmer one hour or more.—Mrs. L. W. Johnston.

CREAM OF ASPARAGUS SOUP

Ingredients—1 tablespoon butter, 1 tablespoon flour, ½ teaspoon salt, dash of paprika.

Take water in which asparagus has been boiled, pare and cut into small pieces, the tough ends cut off, let boil until tender, rub through strainer, cream butter and flour, add to stock and add milk to make a quart. Season and serve piping hot.—F. C. B.

CREAM OF PEA SOUP

Ingredients—Can of peas, 1 pt. stock, ½ teaspoon salt, a little parsley, ¼ teaspoon sugar, slice of vegetables.

Let the above simmer for ten minutes, then strain and add 1 cup thin cream or milk and yolks of 2 eggs. Put in double boiler to thicken, strain and serve.—Mrs. Hugh McLean.

CREAM OF CELERY SOUP

Ingredients—Chop fine 1 bunch of celery, 1 medium sized potato, 1 medium sized onion.

Boil in 1 pt. of water until tender, mash and strain through a sieve. Add 1 pt. of milk, butter the size of an egg, salt and pepper. When boiling add 1 dessert spoon of cornstarch mixed in milk. Boil ten minutes.—J. F.

BARLEY BROTH

Ingredients—2-lb. knuckle of beef, 2 qts. of water, $\frac{1}{2}$ tea-cup pearl barley, 2 onions, a small bunch of parsley, 2 small potatoes chopped fine, a little thyme, salt and pepper to taste.

Simmer four hours. Stir often so that meat will not burn.—Mrs. M.

OX TAIL SOUP

Ingredients—Cut the tails into joints, wash them and fry in a small piece of butter. Next drain and put in a stewpan with a small ham bone, 1 carrot, 1 onion, a little celery cut fine, also salt and pepper and 2 bay leaves.

Cover with water and boil five hours. Remove all fat and thicken to taste with rice flour.—L. B.

KIDNEY SOUP

Ingredients—1 ox kidney, 1 large onion, salt and pepper to taste, $\frac{3}{4}$ cup of flour, 3 tablespoons of good roast dripping, 3 pints of hot water.

Chop onion fine and fry golden brown in $\frac{1}{2}$ spoonful of dripping and put on a plate. Cut meat of kidney into $\frac{1}{2}$ -inch pieces, discarding the stringy centre. Roll thoroughly in flour and brown well in remainder of dripping. Watch carefully from burning. Add water slowly, stirring well till it boils. Remove from fierce heat. Simmer for two hours, stirring occasionally to keep from burning. A little mushroom ketchup is a pleasant addition.—J. W.

CORN SOUP

Ingredients—1 can corn, 1 qt. milk, 1 small onion.

Mash corn in chopping bowl, place in double boiler, cook one hour, put through fine sieve, thicken with the yolk of 1 egg, 1 tablespoon cornstarch, and serve. — B. G. H.

VEGETABLE SOUP

Ingredients—3 small potatoes, 5 onions, 1 can tomatoes (small), 1 package green peas (Maggi soup), salt to taste.

Boil 2½ hours slowly. Stir occasionally. Celery and parsley add to the flavor. Strain and work the contents through a coarse collander. Will keep for days. Delicious.—Kate Schooley.

TOMATO BOUILLON

Ingredients—12 tomatoes or 1 can tomatoes, 1 pt. water, 1 slice onion, a bay leaf, a little celery seed.

Boil rapidly for ten minutes. Press through a collander as much of the flesh as possible, add the well-beaten whites of 2 eggs, bring quickly to the boiling point, boil five minutes, strain through cheese-cloth. When wanted reheated, add cup of whipped cream and serve with strips of toast.—F. C. B.

SPLIT PEA SOUP

Ingredients—Soak 1½ cups split peas over night. To 2 qts. of stock add the 1½ cups split peas, small piece carrot or turnip, small onion and a piece of celery.

When the peas are thoroughly cooked remove vegetables and strain soup through a sieve. Let boil, then add 1 dessertspoon cornstarch mixed in a little cold water, salt and pepper. Boil until creamy and serve.—Mrs. Hugh McLean.

BEAN SOUP

Ingredients—1 cup beans, 1 cup chopped celery, 1 qt. cold water, several small pieces of pork.

Cook slowly five hours, strain, and add 1 cup milk, salt and pepper. Serve with croutons.—D. M. S.

CLEAR SOUP

Ingredients—Wash shank, then put on stove, well covered with water. When hot skim, then cover, boil six hours, add 2 carrots, onion, 6 cloves, 1 tablespoon salt, 2 bay leaves.

Boil one hour, strain and serve.—B. C. B.

MOCK CHICKEN SOUP

Ingredients—In a saucepan put a piece of butter the size of an egg and 2 tablespoons flour. Stir until smooth. Heat 1½ pts. beef stock, then slowly add butter and flour. Beat together 1 egg and 2 tablespoons cream.

When ready to use add egg and cream, salt and pepper, and serve immediately.—Mrs. Hugh McLean.

POTATO SOUP

Ingredients—1 pt. sliced potatoes, 1 qt. rich milk, 1 or 2 slices of onion, 1 teaspoonful of flour.

To each quart of soup required boil 1 pt. of sliced potatoes and a slice or two of onion in sufficient water to cover them. When tender turn into a collander and rub through with a masher. Return to the fire, add 1 qt. rich milk and a little salt, let the soup come to a boil and add a teaspoon of flour rubbed to a paste with a little cream. Boil a few minutes and serve. Instead of onion a stalk or two of celery or a little parsley may be minced and added for flavoring, making an entirely different soup.
—Mrs. N. McLean.



ENTREES

LOBSTER A LA NEWBURG

Ingredients—2 lbs. lobster, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ teaspoon salt, few grains cayenne, slight grating nutmeg, $1\frac{1}{2}$ teaspoons Worcester sauce, 1-3 cup thin cream, yolks of 2 eggs.

Remove lobster meat from shell and cut in slices (canned lobster does just as well), melt butter, add lobster, cook three minutes, add seasoning and flavoring as desired, cook one minute, then add cream and yolks of eggs slightly beaten. Stir until thickened. Serve with toast or puff paste points.—Mrs. Douglas Rorison.

SALMON CUTLETS

Remove skin, etc., from a can of salmon. Add salt, pepper and Worcester sauce and beat all together. Make into cakes, dip in beaten egg, roll in bread crumbs and fry in butter.—J. T. M.

CHEESE RAMEKINS

Ingredients—2 tablespoons bread crumbs, 1 tablespoon butter, 4 teaspoons mustard, 4 tablespoons milk, 2 tablespoons cheese, $\frac{1}{8}$ teaspoon pepper, yolk of 1 egg.

Boil bread crumbs in milk till soft, add butter, mustard, cheese, and yolk of egg, mix well and add the white of the egg well beaten. Bake in ramekin dishes for five or six minutes and serve immediately.—F. C. B.

FISH TIMBALES

Ingredients—1 small cup cooked fish, 2 tablespoons cream, 3 eggs, $\frac{1}{2}$ pint milk, pepper, salt, and a little grated lemon peel.

Flake fish, beat up eggs, put in milk, cream and seasoning, stir in fish, pour into moulds, stand in steamer and steam for thirty minutes. Turn out on hot plate and pour cream sauce around.—Friend.

APPLE FRITTERS

Beat 2 eggs very light; add to them a half pint of sweet milk, half teaspoon salt and sufficient flour to make a thin batter that will pour from spoon. Add 2 teaspoons of baking powder. Pare and chop good tart apples and mix into batter. Drop by spoonful in smoking hot lard. When brown remove and drain on brown paper. Serve hot.

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MEATS and POULTRY

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

—Robert Burns

Beef, which stands at head of list, as being most generally used and liked, should be a bright red and fat white. It should be well clothed in fat to ensure its being tender and juicy.

In cooking steaks, remember it is better to turn over three or four times in a platter containing a little olive oil than to hammer them to make tender. The object is not to force the juice out, but to soften the fibre.

Pork—Never buy pork that is clammy or has kernels in the fat. Remember, too, when the rind is hard it is old.

Veal—Should be fine in grain, of delicate pink, with plenty of kidney fat.

Mutton—Should be firm and juicy, the flesh close-grained, the fat hard and white.

To Clarify Drippings—Drippings accumulated from different cooked meats (except mutton, which has a strong flavor) can be clarified by putting all into a basin and slicing into it a raw potato, allowing it to boil long enough for the potatoes to brown, which causes all impurities to disappear. Remove from the fire and when cool drain into basin, and set in a cool place.

Pot Roast—Put a very little dripping into an iron kettle, when hot lay the beef in. Add onion chopped and fried till brown in butter. Pour water that has boiled to half the height of the meat. Add salt and pepper and cover as close as possible. Thicken the gravy. Simmer for two or three hours, according to weight. When done, take up, pour gravy over and send to table.

BEEF LOAF

Ingredients—2 lbs. round steak, 1 lb. smoked ham, put through chopper, 1½ cups bread crumbs, 2 eggs (beaten), salt, pepper, nutmeg, and cayenne.

Roll on bake board, tie in cloth and steam 2½ hours. When cooked sprinkle with browned bread crumbs.—E. C.

BREAST OF VEAL STUFFED

Take a breast of veal, cut out all the bones carefully, so as not to tear the meat, then split it lengthwise, put the dressing in and sew up tightly. Place in roasting pan with some vegetables. Roast $1\frac{1}{2}$ hours at least in a moderate oven, basting and turning frequently.

The Dressing—Cut one or two onions, fry until brown, add some parsley, bread crumbs, one or two chopped apples and two eggs well beaten.—Mrs. Edward Stark.

STEWED KIDNEY

Ingredients—1 beef kidney, or a pair of sheep or lamb, 1 pint water, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon lemon juice.

Draw thin skin off and cut in thin slices, removing the hard substance. Wash and soak in salted water half an hour. Place on the fire and when they begin to boil skim carefully, then let simmer slowly for two hours. Put the butter in a small pan, and set over the fire, add the flour and stir till the mixture is smooth and brown. Stir this into the pan with the kidney and add the seasoning and simmer a few minutes longer.—Miss Dallas.

MINT JELLY FOR ROASTS

Wash one cup of fresh mint. Pour over them half a pint of boiling water, cover closely and let stand for half an hour, then strain. Boil together for three minutes 1 cup of water and $\frac{1}{2}$ cup of sugar, add to it one-third of a box of gelatine soaked in 3 tablespoons of cold water. Take from the fire and stir till dissolved. Add the mint water and four tablespoons of lemon juice. Pour into moulds to set.—Mrs. F. C. Taylor.

BAKED HAM

Soak in water over night. Make paste of flour and water, cover ham entirely with same. Roast in oven, allowing twenty minutes for each pound of ham. When cooked remove paste, sprinkle with bread crumbs and a speck of sugar, stick an occasional clove in and return to oven for fifteen minutes.—Jennett Kydd.

SPICED BEEF

Ingredients—24 lbs. beef, $\frac{1}{4}$ lb. saltpetre, $\frac{1}{4}$ lb. brown sugar, 2 lbs. salt, 1 oz. cloves, 1 oz. allspice, $\frac{1}{2}$ oz. mace.

Pulverize these, mix and rub in thoroughly once a day for a fortnight.—Mrs. R. J. Leckie.

MEAT LOAF

Ingredients—1 pint cold meat, 1 gill hot stock, 2 table-
spoons bread crumbs, 2 eggs, 1 tablespoon butter, 1
tablespoon chopped parsley, salt and pepper mixed
together.

Put in mould with a buttered paper in bottom. Set
dish in a pan of hot water, and cook in oven twenty
minutes or till firm.—Mrs. Wm. McQueen.

SPICED BEEF

Ingredients—For 25 lbs. round beef, 3 ozs. saltpetre, 3
ozs. brown sugar, 1 oz. cloves, 1 oz. cinnamon, $\frac{1}{2}$ oz.
allspice, 1 grated nutmeg, 1 $\frac{1}{2}$ lbs. coarse salt.

Mix all together, rub a little on and turn the meat
every day for three weeks. Bake in a paste, allowing
fifteen minutes for each pound of meat.—Mrs. Robert
Heddle.

BEEF TONGUE

Boil three and one-half hours with bay leaf in water.
Then take off the skin. Put in open pan and cover with
can of tomatoes, chopped green pepper, three carrots
(diced), one onion (cut fine), salt, four or five tablepoons
of water in which the tongue is cooked. Baste often.
Bake about forty-five minutes. Thicken after tongue is
put on platter.—Mrs. Edward Stark.

BEEF LOAF

Ingredients—2 lbs. of minced beef, uncooked, one egg,
half a cup of sweet milk, four crackers rolled fine,
one tablespoonful of chopped parsley or a little
savory, 1 teaspoonful of onion juice, 1 teaspoonful of
salt, $\frac{1}{4}$ teaspoonful of black pepper or cayenne to
taste.

Mix together well, and pack in small buttered bread
tin, turn upside down into a buttered pan and bake for
one hour. When done, stand away in pan until cold.
Serve in thin slices.—Mrs. N. McLean.

FRICASSEE OF MUTTON WITH DUMPLINGS

Ingredients—3 lbs. of mutton, boiling water to cover, 1
teaspoon of salt, $\frac{1}{4}$ teaspoon pepper, 3 slices of onion,
 $\frac{1}{2}$ can peas, 1 teaspoon celery salt.

Wipe meat with damp cloth. Saute in fat. Put into
stew pot and cover with boiling water. Simmer until
bones are free. Let cool. Remove fat and bones. Heat
and add salt and pepper. Cook onion and peas. Let
simmer five minutes. Thicken with flour and water. Let
simmer ten minutes, stirring constantly. Serve with
dumplings.

DUMPLINGS

Ingredients—1 cup of flour, 1½ teaspoons baking powder, 2 tablespoons butter, 1 cup milk, ¼ teaspoon salt.

Mix and sift dry ingredients. Rub in butter with tips of fingers. Add milk. Mix and put into buttered pop-over cups. Steam thirty or forty minutes.—Mrs. George Alexander.

DRESSING FOR ONE CHICKEN

Two cups of bread crumbs, two hard-boiled eggs and fresh parsley chopped fine, a little thyme, butter about the size of a walnut, the rind and juice of half a lemon, a quarter of a teaspoon of sugar, pepper and salt to suit the taste, and one raw egg to bind. A little sweet marjoram improves it.—J. O. B.

SAUCE ACCOMPANIMENTS FOR VARIOUS MEATS

Roast beef should be accompanied with tomato sauce, horseradish sauce, mustard, cranberry sauce or pickles.

Roast pork—Apple sauce, mustard, cranberry sauce.

Roast veal—Tomato sauce, onion sauce, mushroom sauce and spinach.

Roast mutton—Mint sauce, currant jelly, caper sauce.

Boiled mutton—Onion or caper sauce.

Boiled fowls—Onion or cranberry sauce, jellies.

Roast lamb—Mint sauce, green peas.

Roast turkey—Cranberry sauce, giblet sauce, creamed onions, currant jelly.

Boiled turkey—Oyster sauce.

Venison or wild ducks—Cranberry sauce, apple sauce, drawn butter and lemon sauce, currant jelly.

Stewed chicken—Curry powder, egg sauce.

Roast goose—Apple sauce, cranberry sauce, grape or currant jelly.



VEGETABLES

FRIED EGG PLANT

Cut into slices and soak in strongly salted water for one hour. Dry and roll in cracker crumbs and egg and fry in butter.

GREEN PEAS AND CARROTS

Scrape and cut in dice two good-sized carrots, then boil in salted water till tender. When almost cooked add one can of peas and cook till thoroughly hot, then drain and add salt and pepper to taste and a generous lump of butter.

BAKED CUCUMBERS

Peel five good-sized cucumbers, cut lengthwise and remove the seeds and soft part. Rub one cupful of soft bread crumbs into butter the size of an egg and add one teaspoon of finely chopped onion. Season with salt and pepper. Sprinkle salt over the cucumbers, fill with the seasoned bread crumbs and bake until soft and the filling a nice brown.

TURNIPS IN CREAM

Cut the turnips into squares, boil in salt water till tender, add one cup of rich milk, thickened with a little flour and butter. Season to taste with salt and pepper.

BROILED MUSHROOMS

In order to test mushrooms, sprinkle salt on the gills—if they turn yellow, they are poisonous; if they turn black they are good. After testing, pare and cut off stems, dip in melted butter, season with salt and pepper, broil on both sides over a clear fire and serve on toast.

CREAMED PARSNIPS

Chop cold boiled parsnips and put on the stove with two tablespoons of butter, and pepper and salt to taste. When it boils, take up the parsnips and add to the butter a little flour and three tablespoons of milk or cream. Let boil up and pour over the parsnips.

Creamed carrots are prepared in same way.

CABBAGE WITH CREAM DRESSING

Remove the outside leaves and quarter the cabbage; boil in salt water till almost tender, then drain in a colander. Put over the stove, add one cup of rich cream, let come to a boil and thicken with butter and flour stirred to a cream. Add pepper, salt and nutmeg if liked.

FRIED GREEN TOMATOES

Cut 6 large green tomatoes in $\frac{1}{8}$ -inch slices. Beat the yolk of 1 egg into a tablespoon of water. Sprinkle salt and pepper over tomatoes. Dip first in egg, then in fine bread crumbs. Fry in butter quite brown on both sides and serve with a gravy made as follows: Rub one tablespoon of flour with two of butter. When well creamed brown in a pan, add one-half pint of boiling milk, stir till it begins to thicken, then add a salt spoon of salt and pour over the tomatoes.

SARATOGA CHIPS

Peel and cut the potatoes into very thin slices and keep in cold water over night; in the morning drain off the water and rub between napkins until thoroughly dry, then throw a handful at a time into a kettle or pan of very hot lard, stirring so that they may not adhere to the kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

FRIED RIPE TOMATOES

Do not pare them, but cut in slices as you would an apple. Dip in cracker crumbs and fry in butter. They are very nice.

STUFFED POTATOES

Select potatoes of even size. Cut a thin slice from one end, that they may stand firm, and put in the oven to bake. When well done remove from the oven and cut a lid from the upper end and scoop out the potatoes into a hot bowl, keeping the skin whole. Beat the potato in the bowl into a little cream, a spoonful of butter and a speck of salt and pepper. Fill the skins with the mixture heaping high on top. Set the potatoes carefully on end and return to the oven for ten minutes to heat. Serve on a platter, with sprigs of parsley and a few tiny specks of butter.

TIME FOR COOKING VEGETABLES

Although no exact time can be given for cooking the various vegetables, as much depends on the age and freshness, yet the following table will help, to some extent, the inexperienced cook. My advice is to test with a fork, or taste, and thus decide.

Potatoes, boiled, twenty-five minutes.
Potatoes, baked, forty-five minutes.
Sweet potatoes, boiled, forty-five minutes.
Sweet potatoes, baked, sixty minutes.
Squash, boiled, twenty-five minutes.
Squash, baked, one hour.
Green peas, twenty to forty minutes.
Shelled beans, sixty minutes.
String beans, one hour.
Green corn, boiled quickly, twenty minutes.
Asparagus, fifteen to thirty minutes.
Spinach, one hour.
Tomatoes, fresh, one-half hour.
Tomatoes, canned, one-quarter hour.
Cabbage, three-quarters of an hour to one hour.
Cauliflower, one hour.
Dandelions, two hours.
Beet greens, one hour.
Onions, one and one-quarter hours.
Beets, two hours.
Turnips, white, forty-five minutes.
Turnips, yellow, one and one-half hours.
Parsnips, one and one-half hours.
Carrots, one hour.



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BREAKFAST DISHES

TOMATO TOAST

Ingredients—2 tomatoes, 2 ozs. chopped bacon (cooked), 2 eggs, a little bit of onion chopped, 1 oz. butter, pepper and salt to taste.

Melt butter in stewpan, add tomatoes finely chopped, then the bacon, onion and seasonings. Cook for about five minutes, stirring all the time. Remove from the fire, add to eggs well beaten, then stir over the fire until it boils or the eggs are cooked. Spread on a good round of buttered toast. Serve very hot. This is one of the best breakfast toasts. The bread is better fried than toasted in front of the fire.—Nan Main.

GRAHAM GEMS

Ingredients— $\frac{1}{2}$ cup butter, 1 cup white flour, 1 cup sour milk, 1 cup sugar, 1 egg, 1 scant teaspoon soda and pinch of salt, $1\frac{1}{2}$ cups graham flour.

Mix butter and sugar, add the beaten egg, then sour milk and salt, and last the graham flour and white flour (sifted), with soda added to it. Bake in hot oven.—Mrs. M. A. McLachlan.

FINNAN HADDIE ON TOAST

Remove bones from cold cooked finnan haddie. Add milk, cornstarch, butter, salt and pepper, and let come to the boil, then spread on hot buttered toast.—W. L. C.



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LUNCHEON DISHES

KIPPERED SALMON

Remove bone from fresh fish and place on platter, skin side down. To 3 lbs. fish use a mixture of half cup white sugar, one-third cup vinegar, two tablespoons salt, one-quarter teaspoon each of pepper, ginger and mustard. Spread over the fish and let stand for twenty-four hours, occasionally spooning the liquid formed up on the fish. Cut in pieces and fry. This is delicious, but will not keep long.—Mrs. M. DesBrisay.

SCALLOPED SALMON

Ingredients—Remove bones, etc., from a can of salmon, then add $\frac{1}{2}$ cup of milk, pepper and salt, and beat well together.

Butter deep earthen dish and put a layer of cracker crumbs on the bottom, then a layer of salmon, pepper and salt, and small pieces of butter, then a layer of cracker crumbs, and so on until dish is full, finishing with a layer of cracker crumbs. Beat 1 egg and add to a cup of milk and pour over all. Bake thirty minutes.—Mrs. Hugh McLean.

SALMON IN MOULD

Ingredients—1 can salmon, 4 eggs beaten lightly, 4 tablespoons melted butter (not hot), $\frac{1}{2}$ cup bread crumbs, salt and pepper.

Chop fish fine, rub in butter until smooth, beat the bread crumbs with the eggs, season before working together. Put in buttered mould and steam one hour.

Sauce for above—1 cup milk heated to a boil, thicken with 1 tablespoon of cornstarch, liquor from salmon, 1 large spoon butter, 1 raw egg, pinch of mace and cayenne. Put egg in last. Boil one minute. When salmon is turned from mould pour sauce over green peas around the dish.—Mrs. G. T. Rogers.

FRENCH TOAST

Take three eggs, beat well, add one-half cup of milk. Dip the slices of bread in the batter, and fry until brown. Serve hot with sugar sprinkled over.—Mrs. W. O. Herald.

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BAKED SALMON

Ingredients—3 lbs. salmon. Sauce: 2 cups tomatoes, 1 cup water, 1 slice onion, 3 cloves, 2 bay leaves, $\frac{1}{2}$ teaspoon sugar, $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper. Boil ten minutes and add three tablespoons butter, three tablespoons flour, blended together.

Pour half over the salmon and bake one hour, and then serve with rest of the sauce.—Mrs. E. J. McGeachie.

SALMON CUTLETS

Ingredients—Half can salmon or equal quantity of cold boiled salmon, 2 eggs, $\frac{1}{2}$ teaspoon lemon juice, bread crumbs, lard for deep frying.

Free fish from skin and bone, pound smooth in basin, add seasonings and lemon juice and one well-beaten egg. Form into small cutlets, dip in other egg, then in crumbs, and fry a golden brown. Drain on blotting paper, serve on napkin or white paper, garnish with parsley and cut lemon.—M. W. P.

EGGS A LA SUISSE

Ingredients—Cover the bottom of well buttered ramekin dishes with grated cheese. Break an egg in each dish without breaking yolks. Season with pepper and salt, pour a little cream over them and cover with grated cheese.

Bake in a moderate oven for fifteen minutes.—Mrs. Hugh McLean.

CREAMED EGGS

Prepare as many squares of buttered toast as may be required. In a pint of boiling milk, which has been slightly thickened with a tablespoon of cornstarch, poach a corresponding number of eggs. Place on the toast and pour over this the milk used for poaching. If desired a little curry may be added.

PICKLED EGGS

Boil eggs hard. Remove shells, and while hot throw them into vinegar in which beets have stood. Let stand twenty-four hours. Slice and serve. Nice with cold meat.—Mrs. Capt. J. J. Logan.

HOLLENDEN EGGS

Melt $3\frac{1}{2}$ tablespoons of butter, add $3\frac{1}{2}$ tablespoons flour and stir until well blended. Then pour on gradually while stirring constantly $1\frac{3}{4}$ cups milk. Bring to boiling point and add 1 cup cooked macaroni (broken in inch pieces), 5 hard boiled eggs cut in eighths lengthwise, and $\frac{1}{2}$ cup grated cheese. Season with salt, paprika and onion juice, and if at hand essence of anchovy.—Mrs. R. Crosby.

GERMAN EGGS

Ingredients—4 tablespoons of grated cheese, 6 eggs, small piece of butter, $\frac{1}{2}$ cup of cream or rich milk, salt and pepper.

Use a deep pie-plate, butter liberally, then sprinkle with part of the cheese. Break the eggs carefully on the cheese, cover with the remainder, pepper and salt to taste. Then pour cream over all. Bake fifteen minutes.—Mrs. G. F. Gibson.

ENGLISH MONKEY

Soak one cupful of stale bread crumbs in a cup of milk fifteen minutes. Melt one tablespoonful of butter. Add one-half cup of soft mild cheese cut into small pieces and stir until cheese melts. Then add soaked crumbs, egg slightly beaten, three-quarters teaspoonful of salt, a few grains of cayenne. Cook three minutes, and pour over hot buttered and toasted crackers.—Miss Dallas.

VEAL LOAF

Ingredients—1 $\frac{1}{2}$ lbs. raw veal chopped fine. Add a little bacon, 1 dessertspoon salt, 1 dessertspoon pepper, 6 dessertspoons rolled biscuit, 2 dessertspoons melted butter, $\frac{1}{4}$ of a nutmeg (grated), 2 eggs beaten well.

Mix all together and mould into a loaf. Sprinkle biscuit crumbs on top and bake one and one-half hours.—Mrs. Colquhoun.

APPLE MUFFINS

Ingredients—2 cups flour, 2 tablespoons butter, $\frac{1}{2}$ cup sugar, 1 cup milk (sweet), 1 cup chopped apples, 2 eggs, 2 teaspoons baking powder.

Sift flour and baking powder. Work in butter and sugar, beat eggs, add to milk. Mix with dry ingredients, add chopped apples and bake in gem tins.—Mrs. A. McLeod.

SWEDISH FISH BALLS

Boil for ten minutes in salted water 1 $\frac{1}{2}$ or 2 lbs. halibut, while warm flake very fine. Add 1 cup milk, 1 cup bread crumbs, 1 egg, season to taste and mould into balls and fry. After cooking a short time, cover, as these should not brown, and the slight moisture formed in the pan should be served with the balls.

DUMPLINGS FOR STEW

Ingredients—1 cupful flour, 1 heaping teaspoon baking powder, butter the size of walnut. Milk to make a soft dough.

Roll into balls, drop into stew and cook ten minutes without removing the cover.—Mrs. McQueen.

WELSH RAREBITS

Ingredients—1 large cupful grated cheese, 2 tablespoons milk, small teaspoon mustard, 2 eggs beaten, small piece butter.

Put the cheese and butter in a double boiler and when dissolved add the milk, eggs and seasoning. Cook until set. Serve on top of fried rounds of bread.—M. Granger.

SALMON LOAF

Ingredients—Half can salmon, 2 cups sweet milk, 2 shredded wheat biscuits, $\frac{1}{2}$ tablespoon butter, 2 yolks of eggs, pepper and salt.

Bring milk to boil, roll shredded wheat biscuits and put in the milk, also pepper, salt and butter. Then add the salmon and the beaten yolks of two eggs. Mix well and bake in baking dish until a nice light brown.—Mrs. J. R. Gray.

CELERY CUSTARD

Ingredients—2 eggs, 1 cupful milk, $\frac{3}{4}$ cup celery cut into half-inch pieces, 2 tablespoons chopped cooked chicken, 1 tablespoonful butter, $\frac{1}{2}$ tablespoon chopped onion, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper.

Cook the celery, onion and butter together for ten minutes over a moderate fire, until the vegetables are a pale brown. Beat the eggs, then stir all the ingredients together; pour into small custard cups and bake until firm in the centre. Serve in cups. A Hollandaise sauce may be passed with them.—Mrs. F. C. Taylor.

STUFFED TOMATO SALAD

Peel medium sized tomatoes, remove slice from top of each, take out seeds and some of pulp, sprinkle inside with salt, and let stand. Fill tomato with cucumber cut in small cubes and mixed with dressing, arrange on lettuce leaves, and garnish top of each with finely chopped parsley.—Mrs. F. C. Taylor.

SCALLOPED OYSTERS

Take a dish, put a layer of oysters as free from liquor as they can be made, and a layer of rolled crackers. Another layer of oysters, another of crackers, until the dish is full. Add a little salt and pepper and piece of butter between each layer, and moisten with cream. Bake about thirty minutes—Jessie Gunn.

RICE GEMS

Ingredients—2 cups flour, 1 cup boiled rice, 2 teaspoons baking powder, salt, 2 eggs beaten, milk to make a fairly thin batter.

Bake in buttered gem pans.—N. Granger.

BEEF STEAK BALL

Ingredients—Raw beef steak, 1 lb. minced; 2 slices of bread crumbed, 1 egg, butter the size of an egg, a small piece of minced onion and $\frac{1}{4}$ cup milk, salt and pepper.

Mould into balls and fry. This will be found acceptable for using up the ends of steak and makes a nice luncheon or breakfast dish.

EGGS AND TOMATOES

Ingredients—Half a can of tomatoes, 2 cups bread or cracker crumbs, 4 eggs well beaten, 4 tablespoons of milk. Pepper and salt to taste.

Mix thoroughly and bake in a buttered pudding dish for half an hour.—N. Granger.

CRAB RABBIT

Prepare this dish in the chafing dish and have the toast ready beforehand. Melt three teaspoons of butter and add to it six teaspoons of flour. Cook this well and add one and one-fourth cupfuls of cream. Cook until thick but do not boil. Season with cayenne pepper, salt and parsley. Add to it one and one-half cupfuls of chopped crab meat. When well heated add three tablespoons of cheese and two teaspoonsful Worcestershire sauce. Arrange squares of toast on a heated platter, pour the mixture over them and serve very hot.—Gladys D. Clark.

MOULD OF SALMON

Ingredients—2 cups of salmon, 1 cup of soft bread crumbs, $\frac{1}{2}$ cup milk, 2 eggs, 1 tablespoon of vinegar, 1 tablespoon lemon juice, 1 tablespoon minced parsley, 1 teaspoon salt, mustard and little pepper, a little onion juice.

Steam for twenty-five minutes.—Mrs. Whiteside.

FISH SAUCE

Ingredients—1 cup of whipping cream, $\frac{1}{2}$ teaspoon salt, dash of pepper, 2 tablespoons vinegar poured in slowly, 1 cucumber cut in dices and allowed to drain.—Mrs. Whiteside.

FISH CUSTARD

Use either cod or halibut, break in small pieces, add $1\frac{1}{2}$ cupfuls of bread crumbs, 1 tea cup milk, 2 eggs, butter, skin and bone the fish (that has been slightly cooked). Put layer of fish with bits of butter and crumbs. Make custard of milk and eggs, yolks and whites beaten separately. Pour over the whole and bake in oven.—Mrs. F. C. Taylor.

FRIED SARDINES

Dry sardines on a blotting paper, dip in lemon juice, roll in bread crumbs and fry in butter a nice brown. Serve on toast and garnish with parsley.—Mrs. J. Bricker.

CREAMED SARDINES

Melt four teaspoons butter, add half cup of soft bread crumbs and one cup cream or milk. Cook until hot. Add two hard cooked eggs, chopped fine, and one box of sardines from which the bones have been removed and the sardines mashed. Season with salt and pepper and a dash of red pepper. Put on slices of hot buttered toast.—Mrs. P. C. Small.

VEAL CROQUETTES

To make paste take 4 tablespoons of flour, wet with a little milk, 1 tablespoon butter, 1 cup milk. Boil with flour till a thick paste. Then mix two large cups of chopped veal with paste. Add salt and pepper. Form croquettes, dip in bread crumbs, then in one egg well beaten, then again in bread crumbs, and fry in hot lard.—Mrs. E. J. McGeachie.

CHEESE STRAWS

Ingredients—1 cupful flour, $\frac{1}{2}$ cupful butter, $\frac{1}{4}$ cupful grated cheese. A dash of cayenne pepper.

Mix into a dough with water. Roll out, not too thin. Cut into strips. Bake in quick oven.—Mrs. W. A. MacLennan.

CHEESE SOUFFLE

Ingredients—2 tablespoons butter, 3 tablespoons flour, $\frac{1}{2}$ cup scalded milk, $\frac{1}{2}$ teaspoon salt, a dash of cayenne, $\frac{1}{4}$ cup of grated cheese, yoke and whites of 3 eggs.

Make a white sauce from the first five ingredients, add cheese and stir till melted. Add the yolks well beaten. Remove from the fire. Stir in whites stiffly beaten. Put in a buttered baking dish. Bake twenty minutes in slow oven.—Mrs. J. Russell Gray.

CHEESE PUFF

Ingredients—6 tablespoons grated cheese, 2 tablespoons butter, 2 tablespoons flour, $\frac{1}{2}$ pint milk, 5 eggs, salt and pepper to taste.

Melt butter in a saucepan. Add flour and rub well together, then milk and stir until thick. Then add grated cheese, salt and pepper, and beaten yolks of eggs. Beat whites of eggs to a stiff froth and lightly fold them into the mixture. Pour all into a buttered dish and bake fifteen minutes in a moderate oven. Serve at once.—Mrs. Capt. J. J. Logan.

CANNED CORN FRITTERS

Ingredients—1 can corn, 2 eggs, well beaten, 1 teaspoon sugar, $\frac{1}{4}$ teaspoon pepper and small $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder sifted with 1 cup flour.

Drop by spoonful into frying pan containing a little hot pork fat. Cook on one side, then turn and cook on the other side.—Mrs. J. F. McGeachie.

GERMAN POTATO CAKES

Put peeled potatoes in cold water for an hour or more till crisp, then grate. For each pint of grated potatoes allow three well-beaten eggs, one-half teaspoon salt and dust of pepper, and two tablespoons of flour. Brown in thin cakes in hot grate. Have the pan well buttered.—Mrs. J. Bricker.

ESCALLOPED POTATOES

A layer of raw sliced potatoes, season with pepper, salt, butter, and sprinkle with little flour. Then another layer potato with seasoning, butter and flour, till you have sufficient quantity. Cover with milk and bake.—Mrs. J. F. McGeachie.

POTATO PUFFS

Cut and slice lengthwise either cold or hot baked potatoes and press through a sieve. To each 6 small potatoes add 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, grating of onion, 4 tablespoons grated cheese and 1 egg yolk. Beat until light, adding just enough milk to make light. Fold in the stiffly beaten white of 1 egg, refill the potato shells, dot with butter and brown in oven.—Mrs. Hugh McLean.

POTATO PUFF

Take mashed potatoes, add chopped parsley or celery and a little salt. Add a well beaten egg yolk and fold in the stiffly beaten egg white. Put in a baking dish. Brush top lightly with beaten yolk and bake in moderate oven until brown.—Mrs. J. R. Gray.

NUT CUTLETS

Ingredients—4 ozs. shelled walnuts, chopped, 2 ozs. bread crumbs (1 cupful), 1 tablespoon tomato chutney or catsup, 1 egg, dash of pepper and pinch of salt.

Mix nuts, bread crumbs, pepper, salt and chutney, then add the beaten egg. Form into cutlets and fry in hot fat for three or four minutes until browned.—Mrs. W. McQueen.

WHITE SAUCE

Ingredients—1 cup milk, 2 tablespoons butter, 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt, cayenne pepper to taste.

MACARONI WITH CHEESE

Put a layer of macaroni in a buttered baking dish, sprinkle with grated cheese, repeat until dish is full. Pour over this a white sauce and put buttered cracker crumbs on top. Bake until crumbs are brown. One cup macaroni broken in small pieces and boiled until soft in two quarts of water to which one teaspoon of salt has been added. Drain well.

BUTTERED CRACKER CRUMBS

Ingredients—To 1 cup of rolled cracker crumbs (sodas) add $\frac{1}{4}$ cup melted butter. Stir with a fork till well mixed.

SCALLOPED HAM

Ingredients—1 cup chopped boiled ham, 3 hard-boiled eggs, 1 oz. butter, 5 soda crackers, 1 teaspoon flour, 1 pt. milk, 1 teaspoon mustard.

Make a cream sauce with the butter, flour and milk, add ham, eggs, crackers, chopped mustard, salt and pepper to taste. Bake one-half hour.—F. C. B.

TOMATO CUSTARD

Ingredients—1 can tomatoes, 4 eggs, 10 drops onion juice.

Stew down tomatoes to measure 1 pint, strain, add eggs well beaten, onion juice, and salt and pepper to taste. Fill buttered custard cups and bake or steam until set in centre, about twenty minutes. Serve with cream sauce. Delicious.—F. C. B.



PUDDINGS

TAPIOCA CREAM

Ingredients— $\frac{1}{4}$ cup tapioca, 1-3 cup sugar, 2 cups scalded milk, $\frac{1}{4}$ teaspoon salt, 2 eggs, 1 teaspoon vanilla.

Pick over tapioca and soak one hour—preferably longer) in cold water to cover. Drain. Add to scalded milk and cook in double boiler until tapioca is transparent (about half an hour). Add half the sugar to milk and remainder to yolks of eggs slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture. Return to double boiler and cook until it thickens. Remove and add whites of eggs beaten stiff. Chill and flavor. Before serving this pudding may be improved by the addition of a little pineapple and a few blanched almonds.—Mrs. Douglas Rorison.

PINEAPPLE CREAM

Ingredients—1 can pineapple, 1 teacup sugar, $\frac{3}{4}$ package gelatine dissolved in half a cup of water.

Mix one cup of the juice of the pineapple with melted gelatine, and let come to a boil. Cut one cup of the pineapple into small pieces and stir into one pint whipped cream, then add cooled juice and gelatine. Mix well and pour into mould to set.—Mrs. E. Leslie Pidgeon.

SHERBET

Ingredients—1 can pineapple, 2 cups sugar, 1 qt. water, 3 lemons, 5 eggs (whites), 1 tablespoon gelatine.

Boil the lemon skins in water; strain; into this put the gelatine, previously soaked, and sugar and lemon juice, then the pineapple chopped fine. Freeze this about half, and add the whites of the eggs well beaten.—Mrs. G. T. Rogers.

SPONGE PUDDING

Ingredients—1 pt. milk, 5 tablespoons sugar, 4 tablespoons flour, 2 tablespoons butter, 5 eggs.

Boil milk, add sugar and thicken with flour moistened in a little milk. Remove from fire and add butter. When cool add the well-beaten yolks of eggs, and lastly the stiffly-beaten whites. Put mixture into a mould, set in a pan of water in a moderate oven, and bake three-quarters of an hour. Serve hot with lemon sauce.—Mrs. Kirk.

FROZEN PUDDING

Ingredients—1 cup milk, 2 teaspoons vanilla, 2 eggs, 1 teaspoon almond, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup chopped candied fruit, $\frac{1}{2}$ cup almonds blanched and pounded, $\frac{1}{2}$ cup grated macaroons, $\frac{1}{2}$ cup chopped raisins, 1 pt. whipped cream, juice of lemon and orange, $\frac{1}{2}$ cup chopped dates.

Make custard, add ingredients when cool, line a dish with lady fingers, pour in the mixture, pack in ice for two hours. Turn out and serve with whipped cream.—Mrs. W. J. Smith.

SNOW PUDDING

Ingredients—1 lemon, $\frac{1}{2}$ cup sugar, 1 cup boiling water, 1 tablespoon cornstarch, whites of 2 eggs.

To the juice and grated rind of lemon add cornstarch dissolved in cold water, then pour over the cup of boiling water, stirring all the time. Let boil five minutes, add sugar, and whites of eggs beaten stiff, and beat all to a foam. Pour into mould wet with cold water.

Sauce—Beat the yolks of 2 eggs with $\frac{1}{2}$ cup sugar, add 1 cup milk, put into custard kettle and stir over fire until the consistency of cream. Serve cold.—J. B. Patterson.

SNOW PUDDING

Ingredients— $\frac{1}{2}$ box gelatine, 1 pt. boiling water, 2 cups sugar, stiffly beaten whites of 4 eggs, juice of $\frac{1}{2}$ lemon.

Cover gelatine with cold water and soak one-half hour, then pour boiling water over it. Add sugar and lemon juice, strain, and let stand until cold, then add eggs. Beat with egg beater until set and white. Pour into moulds and let stand two or three hours.

Custard for Pudding—1 pt. milk, yolks of 4 eggs, $\frac{1}{2}$ saltspoon salt, 3 tablespoons sugar, 1 teaspoon vanilla. Cook in double boiler until thick and serve cold with pudding.—Mrs. Alex. McKelvie.

MANCHESTER PUDDING

Ingredients—Some short or flaky pastry, some lemon rind, $\frac{1}{2}$ pt. milk, 2 ozs. bread crumbs, $\frac{1}{2}$ oz. butter, 1 $\frac{1}{2}$ ozs. castor sugar, 1 egg and 1 yolk, some raspberry jam.

Heat the milk with the lemon rind and pour over the bread crumbs. Add sugar, butter and the beaten yolks of eggs, and allow to stand until cool. Line a pie dish with the pastry, spread a layer of jam on the bottom, then pour the mixture in. Bake in rather a hot oven at first, then make it more moderate until the mixture is set and well risen. It takes about one-half hour. Whisk the remaining white stiff, add a little sugar and pile on top of the pudding. Bake until set and light brown.—Miss MacDougall.

BAVARIAN CREAM

Ingredients— $\frac{1}{4}$ tablespoon Knox gelatine, $\frac{1}{4}$ cup cold water, 1 pt. cream, 1-3 cup sugar, 1 teaspoon vanilla, $\frac{1}{4}$ cup strong coffee or $\frac{1}{4}$ cup wine.

Soak gelatine in water until soft. Chill and whip cream until you have 3 pts. of whip. Boil the remainder of cream, or if all be whipped use 1 cup milk. When hot add gelatine, strain into a pan and add flavoring. Place on ice and when beginning to thicken stir in lightly the whipped cream. Small cherries, peaches or oranges may be added. Pour into moulds.—E. M. H.

ITALIAN CREAM

Ingredients— $\frac{1}{2}$ box Knox gelatine, 1 pt. milk, 3 eggs, 2 tablespoons sugar, 1 teaspoon vanilla.

Soak gelatine in milk ten minutes, then hold over fire until dissolved. Add sugar and beaten yolks of eggs while hot, remove from fire and add whites stiffly beaten. Mould, and serve cold with whipped cream.—Mrs. Kirk.

MARSHMALLOW CREAM

Ingredients— $\frac{1}{2}$ lb. marshmallows, pink and white, 1 pt. whipped cream, $\frac{1}{2}$ cup chopped walnuts, 1 wineglass sherry, or Malaga grapes cut fine.

Cut marshmallows in small pieces with scissors dipped in hot water to prevent sticking, moisten with sherry or grapes, add nuts and cream. Serve in sherbet glasses. Keep cool until wanted.—Mrs. Wm. McQueen.

BAKED APPLE DUMPLINGS

For six dumplings make a biscuit dough of 3 cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ cup butter, 1 tablespoon sugar and $\frac{1}{2}$ teaspoon salt, moistened with sufficient milk or water to form a rather soft dough. Roll out one-half inch thick, and cut in rounds about four inches in diameter. Place $\frac{1}{4}$ of a peeled apple and 1 tablespoon brown sugar in each circle and pinch together. Place all in a granite baking pan, sprinkle with 1 cup brown sugar, 1 tablespoon butter cut in small pieces, and a little cinnamon. Fill pan half full of boiling water, and bake in quick oven for twenty minutes, occasionally basting sauce over dumplings. Jam of any kind, or fresh berries, may be used instead of apples.—Mrs. W. A. Clark.

APPLE PUDDING

Slice apples into a deep pie dish. Make a batter of 1 tablespoon melted lard, $\frac{1}{2}$ teaspoon salt, 1 cup brown sugar, a little mixed spice, a little baking soda dissolved in hot water, then fill up the cup with buttermilk. Add enough flour to make a batter and pile on top of the apples. Bake and serve with cream or sauce.—Nan Main.

SAGO APPLE PUDDING

Place $\frac{1}{2}$ cup sago and a pinch of salt in a pudding dish, and add $1\frac{1}{2}$ cups cold water. Steam 4 sliced apples until very tender, add $\frac{1}{2}$ cup sugar, then mix apples and sago and bake.—Mrs. McQueen.

CHOCOLATE PUDDING

Ingredients— $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, $1\frac{1}{2}$ cups flour, 2 tablespoons milk, 1 teaspoon baking powder, 2 tablespoons either chocolate or raspberry jam.

Beat sugar and butter to cream, add eggs slightly beaten, sift in flour and baking powder together, then add milk, stir well, and lastly add jam. Steam two and one-half hours. Serve with caramel or lemon sauce. — S. S. Dallas.

CREAM BRULEE

Soak 1 oz. gelatine in $\frac{1}{2}$ cup water. Put in saucepan 1 qt. milk. Beat the yolks and whites of 3 eggs separately. When milk is scalding hot stir in gelatine and $\frac{1}{2}$ cup brown sugar with the yolks of eggs. Stir carefully five minutes, do not let boil, then put on back of stove. Have ready a pan, put in 1 cup brown sugar, burn gently to a thick, dark brown, and while boiling hot add to custard, stir briskly, then add whites of eggs and pour into a mould wet with cold water.—Mrs. W. O. Herald.

ROLL FRUIT PUDDING

Ingredients—2 cups flour, 2 teaspoons baking powder, 2-3 cup sugar, $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter, a little cinnamon or nutmeg.

Mix like biscuit, roll out and spread with jam or fresh fruit sliced. Roll up and place in deep granite dish. Take 1 tablespoon flour, some sugar, and 1 tablespoon butter, add 2 cups boiling water, stir together and pour over the roll. Bake three-quarters of an hour. Serve with sauce or cream and sugar.—Mrs. Gibson.

STRAWBERRY CHARLOTTE

Cut large strawberries in two lengthwise, dip them into very thick liquid gelatine and line a plain mold and place the flat sides against the mold. (If the mold is placed in a bowl of cracked ice, the jelly will harden at once and hold the fruit in place.) Meanwhile beat a pint of cream until very stiff, adding the stiffly-beaten whites of two eggs and two tablespoons of powdered sugar. Flavor and color with a little of the berry juice and fill into centre of mold. Place directly on the ice until the serving time. Unmold and garnish the top of the cream with a few large berries.

RASPBERRY PUDDING

Ingredients—2 eggs, their weight in flour and butter, the weight of one in brown sugar.

Beat the eggs well with 2 tablespoons raspberry jam, then mix all together, and lastly add 1 teaspoon carbonate soda. Half fill a buttered basin, tie a folded paper over it, and steam one and one-half hours. Serve with bread sauce.—Mrs. R. J. Taggart.

BREAD PUDDING

Take $\frac{1}{2}$ pint of breadcrumbs and $\frac{1}{2}$ quart of milk, $\frac{1}{2}$ cup sugar, and well-beaten yolks of 2 eggs, grated rind of $\frac{1}{2}$ a lemon, piece of butter the size of an egg. Bake until done. When baked spread top with raspberry jam and put whipped whites on top. Brown in oven.

COFFEE SOUFFLE

Ingredients— $1\frac{1}{2}$ cups coffee infusion, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup milk, 3 eggs, 2-3 cup sugar, $\frac{1}{2}$ teaspoon vanilla, 1 tablespoon granulated gelatine or $\frac{1}{4}$ box Knox's gelatine.

Mix coffee infusion, milk, and half of the sugar and the gelatine and heat in a double boiler. Add remaining sugar, salt, and the yolks of eggs slightly beaten; cook until mixture thickens, remove from fire, add whites of eggs beaten till stiff and vanilla, pour in mould and chill. Serve with cream, whipped preferred; a little dot of jelly on whipped cream is desirable.—Mrs. Douglas Rorison.

FIG PUDDING

Ingredients—1 cup suet, 1 cup flour, 1 cup bread crumbs, 1 cup dates or figs chopped, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup syrup, $\frac{1}{2}$ cup walnuts, $\frac{1}{2}$ teaspoon soda in cup of milk.

Steam three hours.—Mrs. Whiteside.

VEGETABLE PUDDING

Ingredients—1 cup suet, 1 cup sugar, 1 cup each grated potatoes and carrots, 1 cup flour, 1 cup bread crumbs, 1 teaspoon soda, 1 tablespoon molasses, 2 cups raisins or other fruit, 1 teaspoon each cinnamon, nutmeg, cloves.

Steam three hours.—Mrs. L. Gilchrist.

STEAMED PUDDING

Ingredients—1 egg, $\frac{1}{2}$ cup sugar, 1 tablespoon butter, $\frac{1}{4}$ cup sweet milk, 1 teaspoon baking powder, 1 cup flour, $\frac{1}{2}$ cup raisins, pinch of salt.

Steam one-half hour. Serve with lemon sauce. — Mrs. N. McLean.

CORNMEAL PUDDING

Scald 1 pt. milk and add 1½ tablespoons each cornstarch and cornmeal, and cook ten minutes. Yolks and whites of 2 eggs, ¼ cup brown sugar, ¼ teaspoon salt, ¼ teaspoon cinnamon, 1 dessertspoon butter, ½ cup dates. Bake in buttered dish.

PLUM PUDDING

Ingredients—1 lb. flour, 1 lb. bread crumbs, 1 lb. sugar, 1 lb. chopped suet, ½ lb. butter, 1 teaspoon salt, 2 teaspoons baking powder.

Mix all these ingredients well together. Have ready in another dish 3 lbs. stoned raisins and ½ lb. lemon and citron peel, well floured, and add to the mixture, then add 6 well-beaten eggs, a little milk, and a grated nutmeg. Turn into buttered moulds and steam three hours. Will keep for months. Steam one hour when used again.—M. J. Cameron.

PLUM PUDDING

Ingredients—3 lbs. raisins, 2 lbs. currants, ½ lb. each citron and lemon peel, 2 1-3 lbs. brown sugar, 2½ lbs. beef suet, 1½ lbs. flour, 1½ lbs. bread crumbs, 3 teaspoons mixed spice, 1 teaspoon each nutmeg and salt, 10 eggs, 1 pt. brandy, wine or milk.

Put all dry ingredients into a large basin, beat eggs and add, pouring brandy in last. Put in pudding mould, cover well, boil without stopping ten hours. Will make six puddings. (Used one hundred years in family.) —Mrs. Alex. McKelvie.

STEAMED RASPBERRY PUDDING

Ingredients—½ cup butter, ½ cup sugar, 2 eggs, ½ cup flour, ½ teaspoon soda, ½ cup canned raspberry, and 1 teaspoon vinegar.

Pour into buttered mould and steam two hours.

Sauce—1 cup brown sugar and 1 tablespoon butter browned. Add 1 cup boiling water, thicken with 1 tablespoon cornstarch wet in cold water. Flavor with raspberry juice.—Mrs. Harry Burns.

STRAWBERRY SHORTCAKE

Ingredients—1 pt. flour, 2½ teaspoons baking powder, ¼ teaspoon salt, 2 tablespoons sugar, 4 tablespoons butter, 1 egg.

Mix dry ingredients and sift, rub in the butter, add the beaten egg and enough milk to make a batter that will spread easily. Bake in hot oven, cut with sharp knife and spread with butter.

Filling—1 box strawberries mashed, and add ¾ cup sugar. Spread between cake and on top. Serve with cream.—Mrs. Lumsden.

RICE AND CREAM WITH PRESERVES

Put 4 ozs. whole rice in a stone jar with 1 qt. milk, and bake slowly in oven until rice is quite soft, and add sugar to taste. Arrange in a glass dish, leave hollow in centre, fill with fresh fruit or preserves, pour over all some cream, and serve.—Mary Miller.

DATE CREAM

Remove the stones from as many dates as required for a dessert, put in glass dish, pour over a generous amount of whipped cream. A few macaroons crumbled in the dish improve the flavor. Set in cool place until served.—Mrs. McLennan.

ORANGE PUFFS

Ingredients—1-3 cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{3}{4}$ cup flour, 2 teaspoons baking powder.

Cream butter, add sugar gradually, then egg well beaten, then sift flour, baking powder and salt, and add alternately with milk, and bake in individual tins. Serve with orange sauce.—Mrs. J. T. Blowey.

COTTAGE PUDDING

Ingredients—1 cup sugar, $\frac{1}{2}$ cup butter, 1 egg, 1 cup sweet milk, 2 cups flour with 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon extract lemon.

Sprinkle a little sugar over top just before putting in oven. Bake in small bread pan, and when done cut in squares and serve with sauce.

Sauce—2 tablespoons butter, $\frac{1}{2}$ cup sugar, 1 tablespoon flour wet with a little cold water and stirred until like cream. Add $\frac{1}{2}$ pt. boiling water, let boil two or three minutes, stirring all the time. Flavor with lemon.—Mrs. L. G. Pidgeon.

CREAM BRULEE

Make a custard of 1 qt. milk and 4 tablespoons cornstarch. Put $1\frac{1}{2}$ cups brown sugar in a thin tin and stir until melted and dark brown, then pour into the hot custard and stir a few minutes. Add $\frac{1}{2}$ cup chopped walnuts and flavoring to taste. Serve with whipped cream.—Mrs. T. S. Scott.

MAPLE MOUSSE

Ingredients—1 cup maple syrup and 4 eggs beaten separately, 1 pt. whipped cream.

Heat the maple syrup just hot, not boiling, and pour on the beaten yolks. Cook like custard, stirring all the time. Whip the cream and add it and the whites. Put in mould and pack in ice and salt five hours.—Mrs. P. C. Small.

LEMON FOAM

Ingredients—2 cups hot water and 1 small cup sugar, 2 tablespoons cornstarch wet with a little cold water.

Cook five minutes, add lemon juice, and when cool pour over the whites of eggs beaten stiff. Serve with a thin custard made of the yolks of eggs.

Gelatine and Cornstarch Puddings

PINEAPPLE TRIFLE

Soak 1 box gelatine one hour in 1 cup cold water. Put into a deep dish with 2 cups sugar, 1 pineapple peeled and chopped finely, juice and grated rind of 1 lemon. Let stand one hour, then pour over it 3 cups boiling water and strain through a cloth, squeezing well. Set on ice and when it begins to harden stir into it the whites of 3 eggs beaten stiff. Strawberries, raspberries or oranges may be used instead of pineapple.—Mrs. Colquhoun.

PINEAPPLE SPONGE

Ingredients—3 cups milk, 5 tablespoons cornstarch, 4 tablespoons sugar, 1 cup shredded pineapple, 2 teaspoons lemon juice, whites of 4 eggs.

Mix starch and pinch of salt in $\frac{1}{4}$ cup milk, and cook with milk ten minutes. Fold in beaten whites, sugar and fruit, put in mould, and when cold serve with cream.—Mrs. J. T. Blowey.

PINEAPPLE SPONGE

Soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup cold water for two hours. To $1\frac{1}{2}$ pts. chopped pineapple add 1 cup sugar and 1 cup water, and simmer fifteen minutes. Add gelatine and keep on fire until gelatine is melted. Pour into a basin and set on ice. When beginning to thicken add juice of 1 lemon and stiffly beaten whites of 4 eggs. Beat until it will just pour, then turn into mould and set in cool place to harden. Serve with whipped cream sweetened and flavored with vanilla.—M. A. McLachlan.



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CREAMED SWEETBREADS

Ingredients—2 tablespoons butter, 1 tablespoon flour, 2-3 cup of cream or milk, 1 pair of sweetbreads, $\frac{1}{2}$ can of mushrooms, $\frac{1}{2}$ can of French peas.

Put the butter in the blazer. When melted add flour, stir until blended, add cream and sweetbreads and mushrooms, put in hot water pan and let mixture come to the boil, add peas, cover pan and turn out light, let stand a minute and it is ready to serve. The sweetbreads should be par-boiled and picked apart previously, of course.

CHICKEN A LA TERRAPIN

Ingredients—1 pint of finely chopped cooked chicken, 1 tablespoon of butter, 1 tablespoon of flour, 1 tablespoon of chopped parsley, 1 cup of cream, salt and pepper to taste.

Melt butter in the blazer, add the flour and stir until blended, add the chicken and the cream, slip in the hot water pan, and when the mixture is thoroughly heated add yolks of eggs rubbed smooth with a little cream, add the whites chopped fine, and let the mixture come to boiling point. Season and serve.—Florence C. Brown.





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BAKED BEANS

Ingredients—1 qt. white beans, 10 cents' worth salt pork, 2 tablespoons molasses, 2 even teaspoons salt, 1 teaspoon mustard, 1 cupful strained tomatoes or 3 tablespoons catsup.

Soak beans over night, in morning drain off water, cover with cold water, add $\frac{1}{4}$ teaspoon soda, bring to boiling point and boil fifteen or twenty minutes. Remove from fire and drain. Slice pork and put layer in bottom of bake dish, mix beans with other ingredients, put into pan and add enough hot water to cover easily, cover with remainder of pork, put into cooker with two hot radiators and cook for four or six hours.

BOSTON BROWN BREAD

Ingredients—1 cup corn meal, 1 cup graham flour, 1 cup flour, 1 cup sweet milk, 1 cup sour or buttermilk, $\frac{1}{2}$ cup molasses, 1 teaspoon salt, $1\frac{1}{2}$ teaspoons soda.

Mix all thoroughly and put in covered cans, put into large kettle of boiling water, put into cooker with one hot radiator two and a half or three hours.

BRAISED BREAST OF LAMB

Have the bones removed from a breast of lamb weighing three or four pounds, wipe with a damp cloth, sprinkle with salt and pepper, roll up tightly and bind with twine or a strip of muslin.

In the large kettle of the cooker put a tablespoon each of chopped onion and turnip, 2 ozs. chopped carrots, $\frac{1}{2}$ teaspoon of salt and a dash of pepper, 1 tablespoon of butter or dripping. Stand over the fire and stir occasionally till vegetables begin to brown, then lay in meat dredged with flour, add 2-3 cup of boiling water. Remove to cooker, using two hot radiators. Cook three hours or more. Before serving thicken and strain gravy.

SAVORY STEAK

Take $2\frac{1}{2}$ lbs. round steak $1\frac{1}{2}$ inches thick, sprinkle with salt and pepper, put in deep pie pan, cover with a layer of onion shaved very thin, then a layer of carrots cut thin, then a layer of bacon. Put in oven till bacon begins to look clear. Add $\frac{1}{2}$ cup stock or water, put into basket and put into cooker with two hot radiators. Let cook three or four hours or longer, thicken gravy, pour over steak and serve.—F. C. B.

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BREAD AND BISCUITS

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POCKETBOOK ROLLS

Ingredients—1 qt. new milk, 1 tablespoon butter, 1 tablespoon sugar, 1 teaspoon salt.

Let milk come to a scald, pour the hot milk on the butter, sugar and salt. Let stand until lukewarm, then stir in flour to make batter, and one compressed yeast cake or $\frac{1}{2}$ cup yeast. Dissolve yeast cake in 1 cup lukewarm water, beat smooth. Let rise very light, knead down, kneading well but soft. Let rise again, roll out very thin, cut with cookie cutter, butter each one and fold over. Let rise and bake for fifteen minutes. Set early in the morning. Just ready for tea. This amount will make fifty rolls.—Mrs. Harry Burns.

PINWHEEL BISCUITS

Ingredients—2 cups flour, $\frac{1}{4}$ teaspoon salt, 4 teaspoons baking powder, 2 teaspoons butter, $\frac{3}{4}$ cup milk.

Roll $\frac{1}{4}$ inch thick, spread with 2 tablespoons melted butter after rolling, then spread on a mixture of 2 tablespoons sugar, $\frac{1}{2}$ teaspoon cinnamon, 1-3 cup chopped raisins and citron. Roll like jelly roll, cut off in slices, spread with butter and bake. Delicious.—Mrs. Edward R. Smith.

BOSTON BROWN BREAD

Ingredients—1 $\frac{1}{2}$ cups graham flour, 1 cup corn meal, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup molasses, 1 teaspoon salt, 2 level teaspoons baking soda, 1 teaspoon baking powder, 1 $\frac{1}{2}$ cups sour milk.

Dissolve soda in the milk and add to dry ingredients. Put in 1-lb. coffee tins and steam one and one-half hours.—Mrs. R. Crosby.

CORN MEAL GEMS

Sift together 1 cup corn meal, 2 cups flour, 2 teaspoons cream of tartar and 1 of soda, or 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar. Add gradually 1 $\frac{1}{2}$ cups milk, 1 egg well beaten, and 2 tablespoons melted butter. Bake in gem pans.—Mrs. F. C. Taylor.

NUT BREAD

Ingredients—4 cups flour, 1 saltspoon salt, 4 teaspoons baking powder, $\frac{1}{2}$ cup sugar, 1 cup chopped walnuts. Mix dry ingredients together. 1 egg well beaten, $1\frac{1}{4}$ cups milk.

Mix all together and put in a well buttered tin and let rise for twenty minutes in a warm place. Bake one hour in a slow oven.—Mrs. Lindsey.

SPANISH BUN

Ingredients—2-3 cup butter, $1\frac{1}{2}$ cup sugar (brown), $\frac{3}{4}$ cup milk, 2 cups flour, 3 eggs, whites of 2 left out for icing, $2\frac{1}{2}$ teaspoons baking powder, 2 tablespoons mixed spice.

Beat the remaining whites with a little sugar, put on cake when baked, and return to oven and brown slightly.—A Friend.

BROWN BREAD

Ingredients—3 cups graham or whole wheat flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup brown sugar, 2 cups sour milk, 1 level teaspoon baking soda dissolved in milk, 1 tablespoon molasses.

Bake three-quarters of an hour in oven not too hot.—Mrs. Lumsden.

GRAHAM BISCUITS

Ingredients—4 cups graham flour, 1 cup white flour, $\frac{1}{2}$ cup brown sugar, 1 teaspoon salt, $\frac{1}{2}$ cup dripping, 2 teaspoons cream tartar.

Mix all together, then take 3 cups sweet milk with 1 teaspoon baking soda scalded in boiling water, add to the milk, mix in the flour soft enough to roll. Bake in hot oven.—Mrs. L. A. Hatfield.

BREAD

Soak 1 Royal yeast cake in $\frac{1}{2}$ cup warm water at noontime. When dissolved mix it with 1 cup finely mashed potatoes, 1 tablespoon sugar, and 1 teaspoon soft butter or lard. Put in a warm place. About five o'clock sift 2 cups flour into bread-mixer and 2 tablespoons salt. Into this put the above potato yeast and 3 cups warm water. Beat well together and let stand to rise. About nine o'clock sift in 6 cups flour and mix well till dough forms a ball. Cover warmly. In the morning turn out on board and form into loaves. Let rise till dough comes an inch over tops of pans, and bake in moderate oven. When baked turn out of pans and stand end up. Rub top crusts over with a little butter. This makes four loaves.—Mrs. J. A. Mackay.

POTATO SPLITS

Boil 3 or 4 good sized potatoes, mash while hot, stir in 1 tablespoon of butter, 1 of lard, 1 of sugar, and 1 teaspoon of salt. Beat 2 eggs and add when the mixture is cool. Dissolve 1 cake of yeast in 1 cup of lukewarm milk and stir in 1 quart of sifted flour. Put in warm place to rise for four hours, turn out on board (do not knead), roll, cut with biscuit cutter, place one on top of another in pan and let stand about one-half hour. Bake in quick oven. Brush tops with milk and sugar, split, and butter hot.—Mrs. P. C. Small.

RAISED OATMEAL MUFFINS

Ingredients— $\frac{3}{4}$ cup scalded milk, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ yeast cake dissolved in $\frac{1}{4}$ cup lukewarm milk, 1 cup cold cooked oatmeal, $2\frac{1}{2}$ cups flour.

Add sugar and salt to scalded milk. When lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers, and add to first mixture. Beat thoroughly and let rise over night. In morning fill buttered iron gem pans two-thirds full, let rise on back of range that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven twenty-five to thirty minutes.—Mrs. J. K. Henry.

SCONES

Ingredients—2 cups flour, 1 tablespoon sugar, 2 tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{3}{4}$ teaspoon salt, 2 teaspoons baking powder.

Sift flour and baking powder five times, add salt and sugar and sift three times more. Mix as for biscuit, roll out to half-inch in thickness, cut in oblongs, brush over with milk, and cook in quick oven ten minutes.—Mrs. J. D. Cameron.

WHOLE WHEAT BREAD

Ingredients—1 qt. water, 1 Royal yeast cake, $\frac{1}{2}$ cup brown sugar, 2 tablespoons molasses, 1 tablespoon salt, 2 qts. whole wheat flour, 2 cups white flour.

Let yeast soak in 1 cup of lukewarm water, and thicken with the white flour. Let rise over night. In the morning add remaining water warm and other ingredients, and knead with bread-mixer five minutes or by hand fifteen minutes. Put to rise in warm place until it doubles its bulk, then mould into three loaves and rise again until double, and bake in moderate oven one hour.—Mrs. J. D. Cameron.

BISCUIT

Ingredients—2 cups flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder.

Sift all together twice. With a spoon mix 1 pint of cream gently in with the flour. Turn out on board, pat with fingertips into proper thickness, and cut out.—Mrs. (Dr.) Chang.

NUT BREAD

Ingredients—4 cups flour, 4 heaping teaspoons baking powder, 3 tablespoons brown sugar, pinch of salt.

Sift all together, add $1\frac{1}{2}$ cups rolled walnuts, 2 cups milk, 2 eggs, yolks and whites beaten together, butter pan well and let rise twenty minutes in a warm place, covered. Bake three-quarters of an hour in a moderate oven.—Miss Dallas.

DATE BREAD

Ingredients—4 cups flour, $1\frac{1}{2}$ cups sugar (white), 4 teaspoons baking powder, 1 teaspoon salt, 1 lb. dates cut small, $\frac{1}{2}$ lb. shelled walnuts, 2 eggs, yolks and whites, enough milk to make a stiff dough (try 1 cup).

Let rise for twenty minutes in a warm place. Bake an hour in a moderate oven.—Mrs. Edward R. Smith.



PASTRY AND PIES

FILLING FOR LEMON PIE

Ingredients—1 lemon grated and juice, 1 cup granulated sugar, 1 cup water, 1 tablespoonful cornstarch, 2 well beaten eggs, whites reserved for icing.

Mix well, cook in double boiler till thick. Bake crust first, then add filling, whip the whites stiffly and place on top, return to oven for a few minutes to brown.—Mrs. Wm. McQueen.

FOR TWO LEMON PIES

Ingredients—2 cups boiling water, $\frac{1}{2}$ cup sugar, 2 grated rinds, lemons, 2 dessertspoons cornstarch, 3 eggs (yolks), small piece butter.

Let water and sugar boil then mix in cornstarch, then eggs, then juice. Let the crust be ready and cool the mixture before pouring in. Frost quickly.—Mrs. G. T. Rogers.

CREAM PIE

Ingredients—4 eggs (yolks), 1 cup sugar, 2 cups milk, 1 tablespoon cornstarch, 1 teaspoon lemon or vanilla.

Cook in double boiler till thick. Put cream into puff paste shells, beat whites of eggs, put on top, brown in oven.—Mrs. Alex. McKelvie.

BANBURY TARTS

Ingredients— $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup sugar, 2 eggs, 1 cup currants.

Mix all together in a bowl and put in uncooked paste.—Mrs. R. Crosby.

PECAN OR WALNUT PIE

Ingredients— $\frac{3}{4}$ cup white sugar, 1 cup sweet milk, $\frac{1}{2}$ cup finely chopped pecans or walnuts, yolks of 2 eggs, 1 tablespoon flour.

Bring the eggs, milk and sugar to a boil, add nuts, cook until thick, have the crust ready-baked, but still warm, add filling. Beat the whites stiff, cover pie, sprinkle with a few nuts and brown in oven.—H. E. Sutton.

MINCEMEAT

Ingredients—2 lbs. lean beef chopped fine, 2 lbs. beef suet, 4 lbs. apples chopped, 2 lbs. raisins, stoned and chopped, 2 lbs. currants, 2 lbs. sugar, 2 grated nutmegs, $\frac{1}{2}$ oz. cinnamon, $\frac{1}{4}$ oz. cloves, 1 teaspoon salt, $\frac{1}{4}$ oz. mace, $\frac{1}{2}$ lb. citron or mixed peel, 2 large oranges, 1 quart whiskey or brandy.—Mrs. Dallas.

CHOCOLATE PIE

Ingredients— $\frac{3}{4}$ cup sugar, 2 teaspoons butter, $1\frac{1}{2}$ cups milk, 3 tablespoons chocolate, 2 eggs, 4 teaspoons cornstarch.

Line a pie-plate with rich crust and while this is baking prepare the following: Scald together sugar, milk, butter and grated chocolate, then add cornstarch which has been blended with a little milk and the beaten yolks of eggs, stirring till smooth, then a teaspoonful of vanilla. Fill shell with mixture. Make a meringue of the whites of eggs and sweeten.—Sarah Kydd.

MIXTURE FOR BANBURY SANDWICHES

Ingredients— $1\frac{1}{4}$ cups chopped raisins, 1 cup sugar, $\frac{1}{2}$ cup chopped walnuts, 1 teaspoon butter, 1 egg (beaten), 2 soda crackers (rolled).

Mix all together and add enough orange or lemon juice to moisten. Put mixture between two layers of pastry; mark top layer in squares. Bake on back of pan and cool before removing.—Mrs. DesBrisay, Sr.

PUMPKIN PIE

Ingredients—2 eggs well beaten, 1 teaspoon salt, 1 cup brown sugar, 1 tablespoonful ginger, $\frac{1}{2}$ teaspoon mixed spice, $\frac{1}{2}$ pint sweet milk, 1 can pumpkin. Bake with bottom crust.—Mrs. L. A. Hatfield.



CAKES

To insure success in cake, cookey and doughnut making use none but the best ingredients, and have all materials ready before commencing to mix them.

HOW TO PUT A CAKE TOGETHER

Work butter and sugar to a cream, beat whites and yolks of eggs separately, add yolks to the creamed butter and sugar, afterwards add the milk, then the flavoring, next the whites of eggs, and lastly the flour by degrees. If fruit is added dredge flour over it, stirring it in slowly and thoroughly before the flour. When the recipe calls for baking powder and you are out of it, use soda and cream of tartar in the proportions of one level teaspoon of soda to two heaping teaspoons of cream of tartar. Sift cream of tartar with flour, dissolve soda in a teaspoon of boiling water, and add to the cake before adding the whites of eggs. When sour milk is used always use soda, not baking powder. If sour milk and soda are called for sweet milk may be substituted by using two and a half teaspoons baking powder to a quart of flour.

Avoid stirring cake after butter and sugar are creamed, but beat from the bottom up and down.

HOW TO BAKE A CAKE

Cake pans should be filled with buttered writing paper. To test if baked insert a brown straw. If the straw is not sticky when withdrawn the cake is done. Do not open oven door often. A small dish of water in the oven will prevent scorching.

DATE CAKE

Ingredients—1 cup butter, 1 cup brown sugar, 1 cup sour milk, 1 teaspoon soda, 2 eggs, 2½ cups flour, 1 teaspoon each of cloves and cinnamon, 1 lb. dates cut in small pieces.—Mrs. Lindsay.

DATE CAKE

Ingredients—½ lb. butter (use a little less), 1 cup sugar, 2 eggs, ¼ cup warm milk, dissolve ¼ teaspoon soda in milk, 1 cup chopped walnuts, 1 lb. dates cut in four pieces, 2 cups flour.

Bake in slow oven for one and one-quarter hours.

—J. I. Allan.

DATE AND NUT CAKE

Ingredients—1½ cups brown sugar, 1 cup butter, 1 cup walnuts, ¾ cup water, 2 eggs, 1 lb. dates, 1 teaspoon soda, 2½ cups flour.

Bake one hour or longer.—Mrs. Robt. Heddle.

HERMITS

Ingredients—1¼ cups sugar, 2 eggs, 1 cup butter, ½ cup sweet milk, 1½ cups chopped raisins, 1 teaspoon soda, 1 teaspoon nutmeg, ½ teaspoon cloves, 1 teaspoon cinnamon, flour to roll easily.

HERMITS

Ingredients—2 cups brown sugar, 1 cup butter, 3 eggs, 1 teaspoon soda in hot water, 1 cup each chopped walnuts and raisins, 3½ cups flour, pinch salt, 1 teaspoon cinnamon.

Drop into pans by teaspoonfuls far apart.—Mrs. Robt. Heddle.

HERMITS

Ingredients—1 cup butter, 1½ cups sugar, 3 eggs, 1 teaspoon soda dissolved in 1½ teaspoons lukewarm water, 2 cups flour, ½ teaspoon salt, 1 teaspoon cinnamon, 1 cup chopped walnuts, ½ cup each of raisins and dates.

Add flour last and drop from a teaspoon into buttered pans.—Mrs. Forbes Davidson.

HERMITS

Ingredients—1 cup butter, 1½ cups sugar, 3 eggs, 1 large cup chopped raisins, 1 teaspoon each of allspice, cinnamon and nutmeg, 2 teaspoons baking powder and ground peel to flavor. Flour to thicken.—Mrs. McDonald.

HICKORY NUT CAKE

Ingredients—2-3 cup white sugar, ½ cup butter, ½ cup milk, 1½ cups flour, 1 cup nut meats, whites of 4 eggs, 1 dessertspoon baking powder.—Mrs. M. S. Stewart.

ZIEWBACH BISCUIT

Cut buns in thin slices and spread with a mixture made of the whites of two eggs beaten slightly, not stiff. A large ¼ lb. of almonds chopped fine and the same quantity granulated sugar mixed together then put with the beaten whites. Spread on the slices of bun and toast in oven. A mixture of almonds and hazel nuts is delicious.—Mrs. W. O. Herald.

OATMEAL COOKIES

Ingredients—2½ cups oatmeal (fine), 2 cups flour, 1 cup sugar (white), ½ cup lard, ½ cup butter, 1 teaspoon baking powder, ½ teaspoon soda, dissolve soda in ¾ cup of milk.

OATMEAL COOKIES

Ingredients—2½ cups rolled oats, 2½ cups flour, 1½ good cups brown sugar, 1 cup butter, ½ cup water, a little salt, 1 teaspoon baking powder.

Roll very thin and bake till light brown.—Mrs. John Mackay.

OATMEAL COOKIES

Ingredients—2 cups oatmeal, 1 cup flour, 1 cup sugar, ¾ cup butter, ½ cup milk, ½ teaspoon soda.

Put altogether and mix as you would short pie crust. Roll thin and bake in a moderate oven.—Mrs. R. McIntosh.

ROLLED OAT COOKIES

Ingredients—½ cup butter, 1 cup brown sugar, 2 eggs, 2 teaspoons baking powder, 2 cups rolled oats, 1 cup chopped walnuts.

Drop from a spoon and bake in a hot oven.—Mrs. H. Davidson.

DATE COOKIES

Ingredients—2 cups flour, ½ cup rolled oats, ½ cup sour milk, 1 cup butter, ½ cup sugar, ½ teaspoon soda, pinch salt.

Cream butter and sugar, add milk, rolled oats and flour with soda and salt sifted in it. Roll out thin and bake until light brown.

Filling—Stone and chop ½ lb. dates, add ½ cup sugar and a little water, and cook a few minutes.—Mrs. G. Blair.

NUT COOKIES

Ingredients—1 scant cup sugar, 1 cup butter, 2 eggs, ¾ cup chopped walnuts, 1 teaspoon cream tartar, ½ teaspoon soda, 1 teaspoon vanilla, a little nutmeg and salt, and flour enough to roll well.—Mrs. Rockett.

BUTTER COOKIES

Ingredients—3 eggs beaten, 1 cup sugar, 1 cup butter, ½ teaspoon soda, 1 teaspoon cream of tartar, flour to thicken.

Roll thin and bake in a quick oven.—Mrs. Wm. McQueen.

DOUGHNUTS

Ingredients—4 cups flour, 2 eggs well beaten, 1 cup sugar, 3 tablespoons lard melted, 1 cup sweet milk, 1 teaspoon lemon extract, 2 teaspoons baking powder.

Mix soft and fry in lard, then dust with powdered sugar.—Mrs. A. E. Maret.

DOUGHNUTS

Ingredients—2 small tablespoons butter and 1 cup sugar creamed, 2 eggs, 1 cup sweet milk, 2 teaspoons cream of tartar, 1 teaspoon soda, vanilla, 1 qt. flour.

Mix in all the flour possible with a spoon, let mixture stand half an hour, mix in balance of flour, roll and cut, and fry in lard.—Mrs. McDonald.

SULTANA CAKE

Ingredients—3 eggs, well beaten, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup sugar (white), $1\frac{1}{2}$ cups flour, 1 cup Sultana raisins, $\frac{1}{2}$ teaspoon baking powder, vanilla flavoring.—E. M. Maret.

SULTANA CAKE

Ingredients—1 lb. sugar, 1 lb. flour, $\frac{3}{4}$ lb. butter, $\frac{3}{4}$ lb. raisins, 6 eggs, $\frac{1}{4}$ lb. peel, wineglass of water, 1 teaspoon soda mixed with a tablespoon of water.

Separate eggs, put yolks in after sugar and butter are creamed, mix raisins with coffee cup of flour.—Mrs. Whiteside.

POUND CAKE

Ingredients— $\frac{3}{4}$ lb. butter, $\frac{1}{2}$ lb. granulated sugar, $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. Sultana raisins, $\frac{1}{4}$ lb. mixed peel (three kinds, 4 eggs, 1 teaspoon lemon essence, $\frac{1}{2}$ teaspoon baking powder.

Mix as usual and bake two hours.—Mrs. J. Mackay.

POUND CAKE

Ingredients— $\frac{3}{4}$ lb. butter, 1 lb. sugar, 1 lb. flour, 10 eggs, pineapple and lemon flavoring.

If butter is salty wash, then cream it with the sugar, add beaten yolk of eggs, then the stiffly beaten whites, then flavoring and flour. The longer it is beaten the finer grain it has.—L. I. S.

GERMAN POUND CAKE

Ingredients— $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. fine sugar, 4 eggs, $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ teaspoon baking powder, 1 teaspoon lemon, $\frac{1}{4}$ lb. orange peel, $\frac{1}{4}$ lb. Sultana raisins.

Cream butter and sugar, add the beaten yolks, then the stiffly beaten whites of eggs. Beat well and add the flour, baking powder and fruit.—Nan Main.

SPANISH BUN

Ingredients—4 eggs (take the whites of two for icing), 2 cups brown sugar, 2-3 cups butter, 1 cup milk, 3 teaspoonsful baking powder, 3 teaspoonsful cinnamon, 3 cups flour. Use about half cup brown sugar for icing.—B. Bain.

SCOTCH BUN

Ingredients—1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 cup sour cream, yolks of 3 eggs and whites of 2, 1 cup of molasses, $1\frac{3}{4}$ cups of flour, 1 teaspoon soda in cream. Add cloves, allspice, cinnamon and nutmeg to taste.

When baked take white of egg and half cup brown sugar and spread over top of cake. Put back into oven for ten minutes until frosting is white and puffed up.—Mrs. Gordon.

FRUIT CAKE

Ingredients— $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 1 lb. raisins, 1 lb. currants, $\frac{1}{2}$ lb. citron, 6 eggs, 1 teaspoon cinnamon, $\frac{1}{2}$ tumbler each of sherry and brandy, $\frac{1}{2}$ lb. each of walnuts and almonds, 1 teaspoon baking powder, if desired.

Cut citron very fine, chop nuts, mix like pound cake, and cook in very moderate oven about two hours.—Mrs. H. F. Kydd. (This is a very excellent recipe.)

FRUIT CAKE

Ingredients— $1\frac{1}{2}$ lbs. butter, $1\frac{1}{2}$ lbs. sugar, 18 eggs, $1\frac{1}{2}$ lbs. flour, 1 teaspoon soda, 3 lbs. each of raisins and currants, $\frac{3}{4}$ lb. each of walnuts, dates, citron, orange and lemon, $1\frac{1}{2}$ lbs. almonds, 1 tablespoon cinnamon, 2 nutmegs, 1 wineglass each of brandy, wine and rosewater.—Mrs. R. J. Leckie.

DEVIL'S FOOD

To the yolk of 1 egg add $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup grated chocolate. Boil until thick and add 1 tablespoon butter and 1 cup sugar, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla, 1 small teaspoon baking soda and same of baking powder sifted well with $1\frac{1}{2}$ cups flour. Ice with white boiled icing.—Mrs. R. Conkey.

DEVIL'S FOOD CAKE

Ingredients—1 cup sugar, $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup grated chocolate, 1 teaspoon vanilla. Cook to a custard and cool. Mix 1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 2 eggs, $2\frac{1}{2}$ cups flour, 1 teaspoon baking soda.

Beat in the above custard, bake in three or four layers and put together with suitable icing.—Mrs. W. Abel.

SCRIPTURE CAKE

Ingredients—4½ cups I. Kings, IV., 22 (fine flour), 1½ cups Judges V., 25, last clause (butter), 2 cups Jeremiah, VI., 20 (sugar), 1 lb. I. Samuel, XXX., 12 (raisins), 1 lb. Nahum, III., 12 (figs), 1 cup Numbers, XVII., 8 (almonds), 2 tablespoons I. Samuel, XIV., 25 (honey), 6 Jeremiah XVII., 2 (eggs), a pinch of Leviticus II., 13 (salt), ½ cup Judges, IV., 19, last clause (milk), season to taste with II. Chronicles, IX., 9 (spice), 1 teaspoon Amos, IV., 5 (baking powder).

Follow Solomon's prescription for making a good boy (Proverbs, XXIII., 14) and you will have a good cake.—Mrs. Robt. Heddle.

SOUTHERN GINGERBREAD

Cream together 1 cup sugar and 1 cup butter, add 3 eggs well beaten, 1 cup sour cream in which is dissolved 2 teaspoons soda, 4 scant cups flour, 1 tablespoon ginger and the grated rind of 1 lemon.—Mrs. J. W. Macfarlane.

SOFT GINGERBREAD

Ingredients—1 cup brown sugar, ¾ cup shortening, 1 cup molasses, 2 teaspoons ginger, 1 or 2 teaspoons cinnamon, 3 scant cups flour.

Mix well and add last one large teaspoon soda dissolved in one cup boiling water. One cup floured raisins may be added.—Miss Thomson.

GINGERBREAD

Ingredients—1 egg, 1 cup brown sugar, 1 cup molasses, 2 tablespoons beef or bacon dripping, 1 cup boiling water, 2½ cups flour, large tablespoon ginger, 1 teaspoon soda dissolved in some of the water.

Add the boiling water last. Makes a dark soft gingerbread. Chopped candied peel is a nice addition. Bake about thirty-five minutes.—Mrs. McDonald.

CHEESE CAKES

Ingredients—1 cup ground rice, 1 cup sugar, ½ cup currants, 2 ozs. melted butter, 2 well beaten eggs, a little lemon peel and nutmeg.

Line small patty pans with good puff paste and bake until brown.—Mrs. R. D. Rorison.

SOUR MILK CAKE

Ingredients—One-third cup butter, 1 cup sugar, 1 egg, 1 teaspoon each of cinnamon, ginger, cloves, nutmeg, allspice, 1 cup raisins, 2 cups flour, 1 cup sour milk, ½ cup chopped walnuts, 1 teaspoon soda.—M. McLachlan.

MACAROONS

Ingredients—Whites of 2 eggs, 1 cup sugar, 1½ cups cocoanut, 1½ teaspoons cornstarch, ½ teaspoon lemon extract.

Beat the whites stiff and add sugar gradually. Add the cornstarch and set over hot water. Stir until a crust begins to form, remove and add the cocoanut and lemon. Drop on a buttered pan and bake until slightly brown.—E. M. H.

MOCHA CAKES

Ingredients—2 eggs, 1 cup granulated sugar, 2 cups flour, ½ cup butter, ½ cup sweet milk, 2 teaspoons baking powder.

Cream the butter, add sugar, then yolks of eggs well beaten, add flour and baking powder well sifted, then the whites of eggs well beaten. Bake from 15 to 30 minutes.

Icing for Cakes—2 cups frosting sugar, 4 ozs. butter, ¼ lb. chopped almonds (blanched and browned), flavoring to taste. Cream butter and sugar slowly. Cut cake in small squares, cover with frosting and sprinkle with nuts.—Mrs. J. M. K. Letson.

SEED CAKE

Ingredients—2 cups flour, ½ cup sugar, ½ cup butter or nice dripping, 1 egg, 2-3 cup milk, 1 teaspoon caraway seed, pinch of salt.

Stir together the dry ingredients, then add the butter, mixing well with the flour and sugar, beat the egg and add it with the milk. Bake half an hour. An easily made plain cake.—Mrs. G. F. Gibson.

CHOCOLATE CAKE

Ingredients—1 small ½ cup butter creamed, 1 cup sugar, 2 eggs whipped separately, ½ cup sweet milk, 2 cups flour, 2 teaspoons baking powder. Boil together ½ cup grated chocolate, ½ cup milk, ½ cup sugar, yolk of 1 egg, and 1 teaspoon vanilla.

When cool add to the dough and bake in three jelly tins. Put white icing between and on top.—Mrs. R. McIntosh.

CHOCOLATE LAYER CAKE

Ingredients—2 eggs, 2 cups brown sugar, ½ cup unsweetened chocolate (grated), ½ cup boiling water, ½ cup sour milk, ½ cup butter, 1 teaspoon soda, 2 teaspoons vanilla, 2 cups flour.

Bake in three layers and ice with chocolates.—Mrs. Forbes Davidson.

VENETIAN CAKES

Ingredients— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar (powdered), 1 cup pastry flour, 1 cup blanched almonds, 1 teaspoon vanilla, yolks of 3 eggs.

The dough should be rather soft. Make into little balls and roll in powdered sugar, place an almond on top of each, and bake a delicate brown.—Mrs. W. J. Sutton.

WALNUT WAFERS

Ingredients—1 cup brown sugar, 1 cup chopped walnuts, 1 egg well beaten, 6 tablespoons flour, 1 teaspoon baking powder.

Drop small drops into well buttered pans and bake in moderate oven.—J. B. Patterson.

WALNUT WAFERS

Ingredients—1 cup brown sugar, 1 cup walnuts chopped, $3\frac{1}{2}$ heaping tablespoons flour, 1-3 teaspoon baking powder, pinch of salt, 1 teaspoon vanilla, 2 eggs.

Beat yolks and whites together, add sugar and beat again quite light. Sift baking powder and salt with flour, stir in with eggs and sugar, add walnuts and flavor. Drop in half teaspoons on buttered tins about three inches apart in quick oven.—Mrs. Chaug.

SPICED BISCUITS

Ingredients— $3\frac{1}{2}$ cups flour, 1 cup sugar, $\frac{1}{2}$ cup shortening, 1 cup raisins, milk to roll soft, 1 tablespoon cinnamon, $\frac{1}{2}$ teaspoon each ginger and nutmeg, 2 teaspoons baking powder.—Mrs. (Capt.) Newcomb.

SUGAR KISSES

Beat the whites of two eggs stiff, add 1 cup of sugar. Drop in spoonfuls on buttered pan and bake in slow oven to pale straw color.

For cocoanut kisses add half cup cocoanut.

For nut kisses use chopped walnuts, pecans or almonds instead of cocoanut.—Mrs. Alex. McKelvie.

SUNNY SMILES

Ingredients— $\frac{1}{2}$ cup sugar and 1 egg well beaten, $\frac{1}{2}$ teaspoon cinnamon or nutmeg. Have ready $2\frac{1}{2}$ cups sifted flour to which has been added 2 rounded teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. Have also a cup of sweet cream and add cream and flour alternately to the batter, adding flour last.

Fill greased gem pans two-thirds full and bake fifteen or twenty minutes in a moderate oven.—Mrs. DesBrisay, Sr.

ROCKS

Ingredients—Rub $\frac{1}{2}$ cup butter into 1 cup flour and 1 cup rolled oats, and add $\frac{1}{2}$ lb. coarsely chopped walnuts, 1 cup chopped raisins, 1 cup brown sugar and $\frac{1}{2}$ teaspoon cinnamon.

Moisten the dry ingredients with the following: 2 well beaten eggs, 1 tablespoon molasses, 1 tablespoon sour milk in which 1 teaspoon of soda has been dissolved. Drop the batter in teaspoonfuls on buttered pans.—Mrs. W. A. Clark.

POTATO CHOCOLATE CAKE

Ingredients—1 cup butter, 2 cups sugar, 4 eggs, 2-3 cup milk, 2 cups flour, 1 scant cup warm mashed potato, $\frac{1}{2}$ cup chocolate, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon cloves, cinnamon, nutmeg, 1 cup walnuts chopped and well floured.—Mrs. L. Gilchrist.

COFFEE CAKE

Ingredients—1 cup butter, 2 cups brown sugar, 1 cup cold coffee, 2 eggs, 1 teaspoon each cinnamon, cloves, allspice, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ nutmeg and about 2 cups flour.—Mrs. W. Abel.

PLAIN LAYER CAKE

Ingredients—1 tablespoon butter, creamed, 1 scant cup sugar, $\frac{1}{2}$ cup milk, 2 eggs well beaten, $1\frac{1}{2}$ cups flour sifted with 2 teaspoons baking powder. Bake in two layers.—Mrs. McDonald.

SHORTBREAD

Ingredients— $\frac{1}{2}$ lb. butter, $\frac{3}{4}$ cup brown sugar, 2 cups pastry flour and a pinch of baking powder, and $\frac{3}{4}$ cup rice flour.—Mrs. (Capt.) Newcomb.

SHORTBREAD

Ingredients— $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. castor sugar, 2 ozs. ground almonds, 1 egg, 1 tablespoon semolina.

Put all the ingredients together and mix with the egg unbeaten, work it for five minutes, put on cold tin and bake for half an hour. Keep on tin until cold. Before putting it in the oven prick through with a fork.—Mrs. R. J. Taggart.

MOTHER'S CAKE

Ingredients—1 scant cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs beaten separately, 1 teaspoon vanilla, $\frac{1}{2}$ cup milk, 3 cups flour, 3 level teaspoons baking powder.

Cream the butter and sugar, add the yolks of eggs and flavoring, and lastly add whites beaten stiff. Bake fifty minutes in a moderate oven.—E. M. H.

IMPERIAL CAKE

Ingredients—Cream 1 lb. sugar and 1 lb. butter, then add 1 lb. Sultana raisins, $\frac{1}{2}$ lb. candied peel cut small, $\frac{1}{2}$ lb. almonds cut small, 1 grated nutmeg, 1 lb. flour and 6 to 8 eggs well beaten.

Bake slowly for about one hour.—J. McGown.

LADY BALTIMORE CAKE

Ingredients—1 cup butter, 2 cups sugar, $\frac{3}{4}$ cup sweet milk, $2\frac{1}{2}$ cups flour, 2 teaspoons baking powder, whites of 8 eggs beaten stiff.

Cream butter and sugar together, then add milk slowly, and beat all together, stir in flour until smooth, then fold in eggs carefully and add flavoring. Bake in three tins in a moderate oven.

Filling—Boil 3 cups sugar and 1 cup water ten minutes. Beat whites of 2 eggs very stiff, pour in syrup and beat well. Flavor with vanilla. Add 2 cups raisins seeded and torn, not cut, $\frac{1}{2}$ cup chopped walnuts and almonds. If plain icing is desired half the quantity is sufficient.—Mrs. Robt. F. Anderson.



PRESERVES & JELLIES

"Bring me berries or such cooling fruits as the kind, hospitable woods provide."—Cowper.

ORANGE MARMALADE

Ingredients—6 oranges, 2 lemons, 4 lbs. sugar.

Cut in small strips, cover with 3 quarts cold water. Let it stand over a day and a night. Boil two hours, then add sugar and boil one hour.—Mrs. G. T. Rogers.

ORANGE MARMALADE

Cut the oranges in half, take out the pips (into a small basin) and put water over them, cut the peel as fine as possible in the mincing machine and use everything. To every pound of cut up fruit add three pints of cold water. Let this stand all night. Next day boil quickly for three-quarters of an hour, put it back into the basin and the following day weigh the boiled liquid and peel together and also the strained liquid of the pips, and to every lb. add 1¼ lbs. sugar. Boil gently for one and one-quarter hours. This is made with Japanese bitter oranges or one lemon to five sweet oranges.—J. McGowan.

ORANGE MARMALADE

Pare as thin as possible one dozen seville oranges and two lemons, remove the seeds, soak the oranges and lemons over night in six pints of cold water, also soak seeds separately in one pint cold water. In the morning drain the seeds and add the water to the oranges and lemons. Boil all together for two hours, then add seven pounds white sugar. Boil for one hour longer. Stir well to keep from sticking.—Mr. L. A. Hatfield.

RHUBARB MARMALADE

Boil for twenty minutes four pounds of rhubarb cut in small pieces with skin on. Add juice of five lemons, the rind of which has been sliced off thinly and boiled in a little water till soft, then chopped fine. To this add six pounds of granulated sugar, one pound of blanched almonds chopped, and one wine glass Jamaica ginger. Boil all together till thick.—Mrs. R. J. Taggart.

RHUBARB AND FIG PRESERVES

Ingredients—7 lbs. rhubarb, 4 lbs. figs, 10 lbs. sugar.

Wipe the rhubarb and cut it up in pieces. Put some of it in a basin and sprinkle sugar pretty thickly over; repeat rhubarb and sugar till all are used up. Allow it to stand twenty-four hours. There will be a good deal of liquid in basin. Pour all into a preserving pan, add the figs, which have been cut in small pieces. Bring to boil, stir and skim. Boil till figs are tender, and pot.—A Friend.

RHUBARB MARMALADE

Ingredients—4 lbs. rhubarb cut in small pieces, 5 lemon rinds finely cut, 6 lbs. white sugar, wine glass of essence of ginger or a piece of ginger root, 1 lb. blanched almonds.

Put almonds and ginger in last or after the other has boiled clear.—Mrs. Douglas Rorison.

APPLE GINGER

Ingredients—2 apples, 2 lbs. loaf sugar, 1½ pints water, 1 oz. tincture of ginger.

Boil sugar, water and ginger to a syrup, from ten to fifteen minutes, then add the apples (pared, cored and cut in pieces) and boil gently till transparent. Place apples in jars, pour over the syrup and cover tightly. This will keep for some time.—A Friend.

ORANGE JELLY

Ingredients—½ box gelatine, ½ cup cold water, 1½ cups boiling water, 1 cup sugar, 1½ cups orange juice, 3 tablespoons lemon juice.

Soak gelatine twenty minutes in cold water. Dissolve in boiling water, strain and add to sugar and fruit juice. Pour into mould and chill.—Mrs. DesBrisay.

GRAPE JUICE

Wash and pick from the stems twenty pounds Concord grapes. Put them on with one cup of water. When well cooked strain through a wire strainer and then through cheese-cloth. Return juice to pot and add three pounds of white sugar and just bring to the boil. Bottle and seal. Small bottles are best.—Mrs. P. C. Small.

ORANGE MARMALADE

Ingredients—1 pint of sliced pulp and peel of oranges, 2½ pints cold water.

Let stand over night. Boil next morning until fruit is quite tender. Let stand over night, again add 1¼ lbs. of sugar to each pound of fruit. Boil twenty minutes to finish.—Mrs. R. A. Conkey.

SCOTCH MARMALADE

Ingredients—1 dozen oranges, 4 lemons.

Cut all into thin slices, taking out the seeds. Weigh and to each pound add three pints of water. Let stand twenty-four hours, then boil for two hours. Allow it to stand until next day, then weigh again and to each pound add one and one-quarter lbs. of white sugar. Boil again for two hours or until it jellies.—Mrs. Letson.



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PICKLES AND SAUCES

"Peter Piper picked a peck of pickled peppers."

GRAPE CATSUP

Ingredients—5 lbs. Concord grapes boiled with a little water until quite soft; put through collander; to the juice add 2½ lbs. dark brown sugar, 1 tablespoon cloves, 1 tablespoon cinnamon, 1 tablespoon salt, 1 teaspoon black pepper.

Boil until a little thick. Delicious with cold meat.—Mrs. Damer.

CHUTNEY SAUCE

Ingredients—1½ doz. ripe tomatoes, 1½ doz. apples, ½ lb. raisins, ¼ lb. salt, 3 lbs. brown sugar, 6 good sized onions, 3 pts. vinegar, 2 ozs. mustard seed, 2 table-
spoons ginger, ½ oz. Chili pepper.

Put sugar and salt into the vinegar to melt. Chop apples, raisins, tomatoes and onions very fine. Boil the whole till thick like sauce.—Margaret Brydone-Jack.

SPICED CURRANTS

Ingredients—4 qts. currants, 1 pt. vinegar, 3 lbs. sugar, 1 nutmeg, 1 tablespoon cinnamon, 1 tablespoon cloves, 1 tablespoon allspice.

Cook one hour. Keep in cool place tightly covered.—Mrs. J. S. McGachie.

PICKLED PEARS

Ingredients—7 lbs. fruit, 1 pt. vinegar, 4 lbs. sugar, 2 table-
spoons ground cloves, 2 tablespoons cinnamon in bags.

Put vinegar, sugar and spices in a kettle. When boiling drop in the fruit. Cook until clear. Equally good for peaches or sweet apples.—Mrs. R. J. Taggart.

CHILI SAUCE

Ingredients—3 tins tomatoes, 10 onions, 6 red peppers, 9 cups vinegar, 18 tablespoons brown sugar, 4 table-
spoons salt, ½ tablespoon ground cloves, ½ table-
spoon allspice, ½ tablespoon cinnamon and 2 grated nutmegs.

Boil one hour and seal hot.

PLUM CHUTNEY

Ingredients—3 lbs. plums, 1 lb. apples, 1 pt. vinegar, 1 pt. brown sugar, 3 ozs. green ginger, 1 teaspoon cayenne pepper, 1 oz. garlic, 1 oz. cloves, 2 onions, salt.—Mrs. L. F. Anderson.

BORDEAU SAUCE

Ingredients—1 gal. green tomatoes, 1 cabbage, 10 onions, 2 red peppers.

Chop all fine and sprinkle with salt and let stand one hour. Put in a kettle with $\frac{1}{2}$ oz. tumerick, 1 oz. celery seed, $\frac{1}{4}$ lb. mustard seed, $1\frac{1}{2}$ lbs. sugar, 2 qts. vinegar. Then boil all one hour.—Mrs. J. S. Mackay.

MEAT SAUCE

Pulp 8 lbs. grapes, cook the pulp, remove the seeds and skins, add 5 lbs. sugar, 1 lb. chopped raisins, $\frac{1}{2}$ lb. walnut meats. Boil twenty minutes.—Mrs. L. A. Hatfield.

MUSTARD PICKLE

Ingredients—1 cauliflower, 2 qts. green tomatoes, 2 qts. cucumbers, 2 qts. onions, 8 large green peppers, 4 cups sugar, 1 cup flour, 2 ozs. tumerick, $\frac{1}{4}$ lb. mustard, 1 gal. vinegar.

Heat vinegar to boiling and scald vegetables. Then take them out and stir in tumerick and flour and pour over vegetables.—Mrs. J. F. McGachie.

TOMATO PICKLES (GREEN)

Ingredients— $\frac{1}{2}$ peck green tomatoes, 6 ordinary sized onions, 3 green peppers.

Slice and place a layer of each alternately in a deep dish with a layer of salt between. Leave them all night. Next morning strain off the water, then take 1 lb. of white sugar and all sorts of spices, put in a preserving kettle and cover with vinegar. Boil till quite soft.—Mrs. R. Heddle.

SWEET PICKLES

Ingredients—4 lbs. apples, 1 teaspoon ginger, 4 green tomatoes, 1 teaspoon cinnamon, 4 lbs. best brown sugar, 1 tablespoon whole cloves, $\frac{1}{2}$ lb. fine salt, 1 cup vinegar.

Slice tomatoes and salt together layer by layer and let stand over night. In morning drain off, then add $\frac{1}{2}$ pt. vinegar and let it heat—not boil—and drain off. Pare apples and cut in quarters or smaller and put on with a very little water, just enough to keep them from burning. Let steam slightly. Add to tomatoes with vinegar, sugar and spices. Cook gently until tender, being careful not to burn.—A Friend.

TOMATO CATSUP

Ingredients—1 qt. vinegar, 1 lb. brown sugar, $\frac{1}{4}$ lb. salt, 3 red peppers, 1 oz. allspice, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ lb. mustard, 1 gal. tomatoes after being roasted.

When done drain the water off. Boil two hours. All the spice must be whole. After boiling, strain through a sieve and seal.—Mrs. McGachie.

VEGETABLE MARROW PICKLE

Peel and take out seeds, cut small and sprinkle with salt and leave all night. Drain and dry in a cloth. To 2 lbs. of marrow put 6 chillies, 1 oz. ground ginger, $\frac{1}{2}$ oz. tumeric, $\frac{1}{4}$ lb. sugar, 1 qt. vinegar. Stir this into a paste and boil a few minutes, add the marrow and boil twenty minutes.—A Friend.

PLUM CHUTNEY

Ingredients—5 lbs. ripe plums (red ones are best stoned), 3 lbs. sugar, 3 good apples cut fine, 3 large onions, 2 heads garlic, $1\frac{1}{2}$ pts. vinegar, 1 tablespoon salt, 10-cent package mixed spice, 5 cents' worth green ginger.

Boil all together for more than an hour, or simmer for two and one-half hours till all is thoroughly cooked.—Miss Thomson.

CELERY SAUCE

Ingredients—4 heads celery, 4 green tomatoes, 3 large onions, 2 green peppers, 1 teaspoon mustard, 1 tablespoon curry powder, 1 cup brown sugar, $\frac{1}{4}$ teaspoon cayenne pepper, 1 qt. vinegar, $\frac{1}{4}$ teaspoon black pepper, salt to suit taste.

Chop separate and mix. Boil two and one-half hours. Bottle while hot.—Mrs. Damer.

SPICED PEACHES

Ingredients—7 lbs. peaches, peeled; $3\frac{3}{4}$ lbs. brown sugar, 1 qt. vinegar, 2 ozs. whole cloves, 2-oz. stick cinnamon.

Stick three or four cloves into each peach. Boil spice, sugar and vinegar five minutes. Then drop in fruit and cook until tender. Take out fruit and boil syrup until reduced to one-half, pour over fruit, and seal while hot. Plums and pears are also very nice done the same way.—Mrs. W. A. McLennan.

FRENCH PICKLES

Ingredients—3 qts. small cucumbers, 2 qts. small onions, 1 head cauliflower cut small, 1 head celery cut small, 6 green peppers cut small.

Set over night in salt water, then drain.

CHUTNEY

Ingredients—2 lbs. apples, 1 oz. chillies, 1 lb. sugar, 1 oz. garlic, 1 oz. ground ginger, 2 ozs. shalots, 2 ozs. salt, $\frac{1}{4}$ lb. mustard seed, $\frac{1}{4}$ lb. tamarinds, $1\frac{1}{2}$ pts. vinegar, $\frac{1}{4}$ lb. raisins stoned and chopped.

Peel and chop up the apples and boil them to a pulp in the vinegar. Turn it out in a basin. Cut the chillies up very finely, also the garlic and shalots. When the apples are cold add all the other ingredients and put it in bottles, and place them near the fire for several days.—Mrs. M. B. Hood.

COLD RELISH

Chop fine 1 peck ripe tomatoes. Let stand over night, then drain off all surplus liquid and add 4 large green peppers seeded and chopped fine, 5 onions chopped, 2 cups celery chopped, 5 ozs. white mustard seed, $\frac{1}{2}$ cup salt, 4 cups brown sugar, 4 cups cold strong vinegar. Let stand awhile and stir often, then bottle. Be sure the salt and sugar is dissolved before bottling. Not heated at all.—Mrs. Moe.

CELERY SAUCE

Ingredients—15 ripe tomatoes, 2 red peppers, 2 heads celery, 2 large onions, 2 cups vinegar, 8 tablespoons sugar, 2 tablespoons salt.

Chop all fine and boil till thick, about an hour and a half, then bottle.—Mrs. Moe.

PASTE FOR PICKLES

Ingredients—6 cups sugar, 2 cups flour, $\frac{1}{2}$ oz. tumerick powder, $\frac{1}{2}$ lb. mustard, 3 qts. cider vinegar.

Mix sugar, flour, tumerick and mustard in a small portion of the vinegar, heat the balance to boiling, then pour in the mixture slowly and cook till it thickens. Stir constantly so as not to let it burn. Then add the strained pickles. Stir well, then bottle. Do not cook them.—Mrs. Moe.

RIPE TOMATO RELISH

Ingredients—Chop separately 1 peck of ripe tomatoes, 6 onions, 3 ripe peppers, 2 cups of celery.

Mix well, add one-half cup salt, 2 ounces white mustard seed and drain over night. In the morning add 3 pints of cold cider vinegar and 2 pounds of brown sugar. Stir until the sugar is dissolved. Bottle in air-tight bottles without cooking.—Mrs. R. G. Macpherson.

FRUIT SAUCE

Cream equal parts of butter and sugar together, with enough fruit juice to flavor as desired.—R. Davidson.

FOAMY SAUCE FOR STEAMED PUDDINGS

Beat 1 egg light, add scant cup sugar, then 3 table-
spoons boiling milk. Flavor with vanilla and serve
immediately.—R. Davidson.

PLUM PUDDING SAUCE

Cream together 1 cup sugar and $\frac{1}{2}$ cup butter, add
the beaten yolks of 4 eggs, stir into this 1 wineglass wine
or brandy, pinch of salt, and 1 large cup hot cream or
rich milk. Beat the mixture well. Cook in double boiler
until thick like cream, but do not let boil.

TOMATO JELLY

Ingredients—1 can tomatoes, 1 teaspoon mustard (made),
small onion, stick of celery, small piece of butter, 1
tablespoon sugar.

Cook all these together for half an hour (strain).
Have dissolved one-half box of gelatine in cold water (it
takes at least an hour to dissolve), put into strained
tomatoes, boil up for a few minutes. Set in little moulds
to form. Serve on crisp lettuce leaf with mayonnaise
dressing.—Mrs. J. Bricker.

RELISH OR CHOW CHOW

Ingredients—1 qt. large onions chopped, 1 qt. large cucum-
bers chopped, 1 qt. small onions whole, 1 qt. small
cucumbers whole, 1 large cauliflower cut in small
pieces, 3 green peppers chopped, 3 sweet red peppers
chopped.

Put in separate dishes and cover with hot brine. Let
stand over night, then drain well.

Dressing for above—4 cups sugar, $\frac{1}{2}$ gal. best vinegar,
2 ozs. mustard seed, 2 ozs. celery seed. Let come to a
boil, then make a smooth paste of 2-3 cup flour, $\frac{1}{4}$ lb.
mustard, $\frac{1}{2}$ oz. tumeric powder. Pour into boiling
vinegar slowly and boil until it thickens, but be careful
not to let it burn. Then turn the drained pickles into
the hot dressing and stir thoroughly. Bottle at once with-
out boiling.—Mrs. Moe.

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BEVERAGES

COCOA

Allow one spoonful cocoa to each person and mix with a little sugar and thin it with a little boiling water; add to boiled milk and cook from twenty minutes to one-half hour. If liked two or three drops of vanilla may be added.

CHOCOLATE

One-half cup sugar, 6 tablespoons chocolate, pour on 3 cups boiling water and boil from fifteen minutes to one-half hour. Pour in 3 cups milk and let come to a boil and beat with an egg-beater on the stove, making it light and frothy. Serve with teaspoon of whipped cream in each cup.

COFFEE

For a medium sized coffee pot take 5 tablespoons coffee, beat thoroughly with 1 egg and crushed shell of same, add 1 cup of cold water and let come to a boil, then add enough boiling water to fill coffee pot, and let the whole simmer for five minutes.

GINGER CORDIAL

Ingredients—1 oz. tartaric acid, $\frac{1}{2}$ oz. tincture of capsicum, 1 oz. essence of ginger, $\frac{1}{2}$ cup of white sugar, 3 lemons and 2 oranges sliced fine, 3 lbs. white sugar.

Burn the $\frac{1}{2}$ cup sugar in a pan, mix with all the rest in a stone jar, add 6 quarts of boiling water, stir well and let it stand over night, then strain and bottle for use. Will keep for weeks in a cool place.—B. H.

GRAPE WINE

Take 20 lbs. grapes and put in a stone crock and pour over them 2 quarts boiling water. When sufficiently cool squeeze them with the hands, then let stand for three days with a cloth over the crock; then strain out the juice through a piece of cheese cloth. Add 10 lbs. of loaf sugar to the juice, let stand a week longer in the crock; take off the scum and bottle, leaving a week till done fermenting. Strain again and put a glass of brandy in each bottle. When you do not hear a fizzing sound in the bottle cork tightly.

BOSTON CREAM

Four quarts of water, 4 lbs. sugar, boil to a syrup and let it get cold; add 4 oz. of tartaric acid and $\frac{1}{2}$ oz. essence of lemon; add white of 6 eggs and beat to a stiff froth. Bottle and place on ice.—Mrs. Burke.

GINGER CORDIAL

To every quart of currants bruised add 1 quart of the best whiskey, the rind of a fresh lemon pared very thin. Let it stand for two days, then strain or filter. To the above acid add 1 lb. of loaf sugar or granulated, $\frac{1}{4}$ oz. of best ginger and juice of the lemon. Bottle and it will be fit for use in a month, but better if kept longer.—L. D., Brantford.

DANDELION WINE

Ingredients—2 quarts dandelion blossoms, 8 quarts boiling water, 8 lbs. granulated sugar, 6 lemons, 6 oranges, 6 tablespoons baker's yeast.

Pour boiling water over the blossoms and let stand twenty-four hours in a warm place; slice fruit, rejecting seeds, and let stand in the sugar over night. Next day strain blossoms and to this liquid add sugar, fruit and yeast, and let stand from five to eight days in a warm place to ferment. Strain, and after standing a day or two longer bottle. The color will not be clear until it has stood for a time.—A. B. Lewis.

BLACKBERRY WINE

To every 2 quarts of berries add 1 pint of boiling water, let stand 24 hours, then squeeze out the juice and add $3\frac{1}{2}$ lbs. of loaf sugar to each gallon of juice. Put it in a jug and leave it tightly covered until it is done working, then bottle.

ELDERBERRY WINE

One peck of elderberries, 2 gallons water; bring water and berries to a boil, then break up the berries and strain through a jelly bag or sieve. To every gallon of juice add $2\frac{1}{2}$ or 3 lbs. of brown sugar, $\frac{1}{2}$ oz. ginger and 6 cloves. Boil all together for an hour, then cool and add 3 or 4 tablespoons of brewer's yeast to every 9 gallons of wine and allow it to ferment for about two weeks. It should stand for a few months before bottling. For a cold, heat the wine to boiling point and add a little sugar and nutmeg.—E. P. Smart.

GRAPE JUICE

Take grapes off stem, wash, put on in kettle and not quite cover with water; let come to a boil and boil twenty minutes; put in a bag and strain; measure 1 cup sugar to 1 quart of juice; put on the fire and boil for five minutes; strain; bottle while warm.—A. E. Copeland.

SALADS

CHICKEN SALAD

Cut cold boiled fowl or remnants of roast chicken in one-half inch dice. To two cups add one and one-half cups of celery cut in small pieces, and moisten with cream dressing. Mound on a salad dish, cone with dressing, and garnish with capers, thin slices cut from small pickles and curled celery.—Mrs. W. H. Leckie.

CREAM DRESSING

Ingredients—1 teaspoon mustard, 1 teaspoon salt, 2 teaspoons flour, 1½ teaspoons powdered sugar, few grains cayenne, 1 teaspoon melted butter, yolk 1 egg, 1-3 cup hot vinegar, ½ cup thick cream.

Mix dry ingredients, add butter, egg and vinegar slowly. Cook over boiling water, stirring constantly until thick, then add cream beaten till stiff.—Mrs. W. H. Leckie.

NORMANDY SALAD

Stew gently a can of French peas, season with salt and pepper and add a pinch of sugar. Allow them to cool and add half a pound of chopped walnuts. Serve on lettuce leaves with dressing.—Mrs. P. C. Small.

RUSSIAN SALAD

Equal quantities carrots, cut in dice and boiled until tender, green peas (boiled), celery and onion to taste; mix together and add dressing. Serve on lettuce decorated with hard-boiled eggs and celery tops.—Mrs. W. McQueen.

SIMPLE, QUICK, SALAD DRESSING

Ingredients—2 eggs, well beaten, 1 tablespoon butter, 2 tablespoons sugar, 1 teaspoon mustard, salt and pepper, ½ cup vinegar, ½ cup water.

Mix all together and cook until consistency of thick cream. When cool, add oil if desired.—Mrs. T. S. Scott.

SALAD DRESSING

One dessertspoonful of brown sugar, same of salt and mustard. Mix together, add one egg, half a cup of milk and half a cup of vinegar. Stand in boiling water and stir till thick and smooth.—Miss S. Dallas.

SALAD DRESSING

Ingredients—1½ tablespoons flour, 3 tablespoons brown sugar, 1 teaspoon salt, 1½ teaspoon mustard, 1 egg, 1 cup milk, 1 cup vinegar.

Mix flour, sugar, salt and mustard together, beat in the egg, then add milk and vinegar. Cook in double boiler ten minutes. This recipe will keep a long time.—Mrs. H. Davidson.

BANANA SALAD

Put four tablespoonfuls water over fire, add six tablespoonfuls sugar and grated yellow rind of a lemon and half a stick cinnamon broken in small pieces. After boiling ten minutes strain, return to fire, thicken with half teaspoonful cornstarch dissolved in cold water. When smooth remove from fire and set in cool place. When dressing is cold, add teaspoonful vanilla, beat thoroughly and set on ice. Peel six ripe bananas, cut in slices, pour dressing over and place on ice until ready to serve.—Mrs. T. S. Scott.

TOMATO JELLY

One can tomatoes, ½ teaspoon salt, 3 teaspoons sugar, ½ cup vinegar, 2 teaspoons mixed spices. Boil all together, then strain, and bring to a boil again and pour over a package of calf's-foot jelly powder. Serve cold on lettuce leaves with salad dressing.—Mrs. W. McQueen.

POTATO SALAD

Partly boil potatoes and slice thin when cool. Lay in layers alternately with mayonnaise dressing and a little finely chopped onion. Prepare four hours before serving and keep on ice. Garnish with parsley.—Jeannette Kydd.

CHICKEN SALAD

To each chicken allow eight hard boiled eggs, half as much celery as chicken. Mince very fine and add together half teaspoonful each mustard, black pepper, salt and pepper, enough vinegar to make taste, and one tablespoon olive oil.—H. F. Kydd.

FRUIT SALAD

Three oranges, three lemons, half pound of dates. Slice or cut in pieces. Have ready boiled dressing mixed with whipped cream. Condensed cream makes a good substitute. Garnish salad bowl with shredded lettuce, put in fruit and sprinkle with chopped walnuts. Then add dressing and garnish with small pieces of orange peel cut diamond shape.—M. J. Cameron.

PEAR SALAD

Take canned pears and fill the centres with chopped walnuts and maraschino cherries. Serve on lettuce leaves. Use whipped cream in the dressing.—Mrs. P. C. Small.

CARROT SALAD

Chop (not too fine) equal parts of celery, young carrots and lettuce. Serve with mayonnaise dressing on lettuce leaf.—E. J. M.

PINEAPPLE SALAD

Take a round slice of pineapple, lay on a lettuce leaf and cut in small portions, but keep it in perfect shape. Pile chopped celery and walnuts on top and garnish with whipped cream and dressing.—Mrs. P. C. Small.

CHICKEN SALAD

Boil a young chicken tender (or a large can of chicken), when cold separate from the bones, chop fine, add one cup of finely chopped cabbage, two bunches of celery and four hard-boiled eggs. Season with mustard, cayenne pepper, salt and black pepper to taste. Boil half a pint of cider vinegar. Stir in butter the size of a walnut, one tablespoon of white sugar and as soon as melted pour over salad. Mix thoroughly and stir in half a cup of sweet cream.—Mrs. J. G. Gordon.

WALDORF SALAD

Mix one cup minced celery, one cup freshly minced apple and one cup chopped walnuts. Add mayonnaise and serve on crisp lettuce.—Mrs. J. Russell Gray.

ORANGE AND DATE SALAD

Use one part dates and two of oranges. Cut in small pieces and mound on crisp lettuce leaves on individual plates. To each add mayonnaise dressing, then a liberal sprinkling of chopped walnuts. A cherry may be put on top of each.—Mrs. J. Russell Gray.

DELICIOUS SALAD

Take a can of apricots or peaches and drain off all the syrup. Make a salad dressing as follows: Yolks of 4 eggs, 4 tablespoons vinegar, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon dry mustard and a dash of red pepper, 1 teaspoon butter. Put egg yolks into a double boiler, add vinegar, sugar, salt, mustard, pepper and butter, and stir over the fire until cooked for five minutes. Set to cool, then add one cup cream well whipped and half cup chopped pecan nuts, and a few chopped marshmallows. Arrange apricots on lettuce leaves on plates and put a spoonful of this dressing on each plate and sprinkle all with finely chopped walnuts. This is very delicious.—Mrs. (Capt.) J. J. Logan.

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SANDWICHES

MOCK CRAB SANDWICHES

Ingredients— $\frac{1}{4}$ cup grated cheese, $\frac{1}{4}$ teaspoon each of salt, paprika and mustard, teaspoon anchovy paste, tablespoon chopped olives, teaspoon lemon juice and two tablespoons of creamed butter.—Mrs. P. C. Small.

SANDWICHES

Ingredients— $\frac{1}{4}$ lb. butter, 2 teaspoons salad oil, yolk of one egg, white pepper and salt to taste.

Beat into a smooth paste, chop tongue and ham very fine, two parts tongue and one of ham. Spread bread with dressing and then with meat. Place on ice for a short time to chill.—Mrs. A. McLeod.

CHEESE AND HONEY

Mix cheese and honey together and spread between thin buttered bread.

HAM AND CHUTNEY

One cup of finely minced ham and two tablespoons of chutney. Mix and spread on buttered slices of bread.

CHEESE AND PIMENTO

Grated cheese, pimentos and olives, chopped fine, moistened with a good dressing and spread between slices of buttered bread.

LETTUCE AND WALNUTS

Lettuce, chopped walnuts and a good thick dressing. Spread between thin buttered bread.

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CANDIES

ORANGE STRAWS

Cut orange peels into thin strips and put on the stove in cold water. When they come to a boil, let boil twenty minutes. Do this three times, and after the last time pour off the water and put on again with a cup of sugar to an orange, and a little boiling water, and let boil till the syrup hairs. Take out of the syrup and roll in sugar.—Ettie M. Duff.

SEA FOAM

Ingredients—2 cups of sugar, $\frac{1}{2}$ cup of boiling water.

Boil until it hairs. Pour into beaten white of 1 egg and beat until creamy and thick. Drop from teaspoon on buttered plate.—Ettie M. Duff.

DIVINITY FUDGE

Ingredients— $2\frac{1}{2}$ cups granulated sugar, $\frac{3}{4}$ cup boiling water, $\frac{3}{4}$ cup corn syrup, Beehive brand.

Boil till syrup forms soft ball when tried in cold water, then pour half into the well-beaten whites of 2 eggs. Boil other half until brittle, then put all together and beat to a cream. Flavoring or nuts may be added if desired.—Mrs. John MacKay.

DIVINITY FUDGE

Put 2 cups white sugar, $\frac{1}{2}$ cup of Karo corn syrup and $\frac{1}{2}$ cup of cold water into a saucepan and boil until it forms a soft ball when tried in cold water. Beat the white of 1 egg until stiff. Pour the hot syrup into the beaten egg and beat all together until hard. Add walnuts and pour on to buttered platter.—Mayme Patterson.

CREAM CANDY

Three cups of white sugar, a little more than enough water to cover. Let melt on back of the stove. Put in a quarter teaspoon of cream of tartar, but do not stir at any time while cooking. Cook until it strings. Set in cold water till just warm, then beat with silver fork till hard enough to work with fingers without sticking. Mould into any shape desired and place on buttered dish.—Mayme Patterson.

OPERA CREAM CARAMELS

Ingredients—1 $\frac{3}{4}$ lbs. castor sugar, $\frac{1}{2}$ pt. cream, $\frac{1}{4}$ pt. milk, 1 $\frac{1}{2}$ tablespoons glucose, 2 $\frac{1}{2}$ dessertspoons coffee essence or any color and flavor.

Put sugar, milk, cream and glucose into a pan, dissolve carefully and stir till boiling. Put in thermometer and boil to 230 degrees, then add coffee essence and boil to 235 degrees, or in hot weather 236 degrees. If a few drops of flavor are to be used instead of coffee, add at 230 degrees, but do not add coloring till nearly the last. Pour into a basin which has been rinsed out with cold water. When basin is cool on outside stir till it becomes a paste or nearly so. Pour into nougat frame lined with grease-proof paper. Cover with grease paper and place weights on top. When set turn on to slab and mark with caramel cutter and cut into squares.—Miss MacDougall.

CREAM PINEAPPLE

Pare the pineapple and cut into slices half an inch thick. Now cut these slices into blocks and dry on napkin. Divide a pound of fondant into three or four portions, putting each in a cup. Add to one a few drops of rose-water and few drops of cochineal, to another a little vanilla, orange to another, and maraschino to the fourth. Stand these, one at a time, in a basin of boiling water, and stir until the fondant is creamy, then dip the squares of pineapple in each and place on oiled paper to dry and harden.—Dolly Smith.

PRALINES

Into a granite saucepan put 3 cupfuls of light brown sugar, 1 teaspoonful of vinegar, and a cupful of boiling water. Bring to the boiling point, stirring only until the sugar is dissolved, then boil steadily until the syrup forms a soft ball when tried in cold water. Remove at once from the fire, let stand without jarring until lukewarm, then beat until of a creamy consistency. Next add $\frac{1}{4}$ teaspoonful of cinnamon, $\frac{1}{2}$ teaspoonful of vanilla, and 1 cupful of broken walnut meats. Pour on a buttered platter and set in a cool place.—Adelaide McLean.

SEAFOAM CREAM

Ingredients—2 even cups brown sugar, $\frac{1}{2}$ cup water, 1 egg (white only) beaten stiff, vanilla.

Boil sugar and water together until it threads, add vanilla, pour into beaten white of egg, gradually beating it as it is poured in. Add chopped nuts, walnuts. Beat until it gets stiff. Drop on plate not buttered, in pieces about half the size of a walnut.—Eleanor B. Heddle.

BUTTERSCOTCH

Ingredients—2 cups sugar, 2 tablespoons water, 1 oz. butter, vanilla.

Boil without stirring until it hardens on a spoon. Pour into buttered pans to cool.—Gladys D. Clark.

SULTANA SQUARES

Ingredients—3 tablespoons of butter, 3 tablespoons of Golden syrup, 2 tablespoons of Baker's chocolate, 1½ cups granulated sugar, ½ cup of milk, ½ cup of walnuts, ½ cup of sultana raisins.

Boil until it forms a soft ball and then beat to the consistency of fudge.—A. M. Sutton.

ROCKS

Ingredients—1 cup brown sugar, 2-3 cup butter, 1½ cup flour, 2 eggs, 1 cup walnuts, 1 cup raisins or dates, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 level teaspoon soda dissolved in a very little hot water.

Drop from a teaspoon on to a buttered pan. These keep well in an air-tight tin.—Bessie A. Macpherson.

TO COLOR CANDY YELLOW

Put fresh-grated peel of lemon or orange in muslin bag with a speck of water. Squeeze tightly. Mix the juice with sugar. Carrots treated in the same way will give forth excellent coloring matter.

TO COLOR CREAM COLOR

Follow same method as above, using less color in mixture.

TO COLOR CANDY GREEN

Pound vigorously a peck of freshly cut spinach that has been well washed. Place it in a mortar dripping wet and pound till soft. Wring through a strong cloth. Pour juice into a saucepan and stir over fire until it begins to curdle. Pour through a sieve to drain. Mix with juice equal parts of sugar, a pinch of powdered alum. Keep in a well-corked bottle.

TO COLOR RED CANDY

The color red is easily obtained from pure juice of strawberries, raspberries or cranberries.

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INVALID COOKING

"More than half the disease that embitters life is due to avoidable errors in diet."—Sir Henry Thompson, M.D.

SUGGESTIONS FOR THE SICK ROOM

Never keep fruit in a sick room; the sight of it is apt to lessen the appetite for it. An orange delicately prepared, or a bunch of malaga or other nice grapes, brought in on a dessert plate, with a few green leaves, will form a tempting and agreeable surprise to the capricious appetite of an invalid. Sago, prepared like a custard, then baked with apples, is an excellent sick room pudding. Oysters are good for the sick, especially raw (without vinegar, lemon juice may be used), a very few at a time. They are easily digested and agreeable to the palate. Fresh tea should be made as often as the invalid needs it and no food or drinks should remain in the sick room but should be kept in an adjoining room or outside of the window where they will be fresh and cool. The general atmosphere of the sick room passes readily into the composition of food.

ROLL BUTTERED CRUMBS

Ingredients—2 cups of bread crumbs, 1 cup cracker, 1½ cups of butter, seasoning.

Melt butter and when it is boiling add crumbs and stir. Remove from fire unless wanted brown, in which case they must be stirred constantly.

MUTTON BROTH

Save the stock after boiling a leg of mutton; simmer it down at least half, cool and skim; cut into small dice 2 carrots, 2 onions, ½ turnip, 3 potatoes, add these with 3 tablespoons barley, carefully picked over, to the mutton stock. Cook till vegetables are tender.

MUTTON BROTH

To each pound of meat add 1 quart of cold water, bring gently to a boil, skim it well, simmer three hours, a tablespoon or more of rice may be added, and boil until the rice is cooked; salt to taste.

CHICKEN BROTH

A fowl, not too young, cut in pieces, 1 quart water to 1 pound fowl, cook same as mutton broth. Serve with hot toast or crackers.

BEEF TEA (Quick Way)

Put in preserve jar tightly covered 1 lb. of beef cut into inch squares or finer. Put the jar into a kettle of cold water with a saucer in the bottom, let it come slowly to a boil and boil for an hour. Take out the jar and squeeze the beef.

BEEF BROTH AND EGGS

Make a good broth and pour over a well-beaten egg. Season with salt and serve with a slice of delicately browned toast.

BARLEY WATER

One and one-half tablespoons pearl barley, $\frac{1}{2}$ teaspoon sugar, 1 small lemon (juice and yellow rind), 2 cups water; simmer to one-third the quantity.

ROLLED OATS GRUEL

Ingredients—3 tablespoons of rolled oats, $1\frac{1}{2}$ cups water, $1\frac{1}{2}$ cups milk, dessert spoon of sugar, nutmeg to taste, 1 egg if desired.

Mix the oats, milk, sugar and water in stew pan and allow to boil well for fifteen minutes, then strain while hot and add salt and nutmeg and boil for fifteen minutes longer. If egg is desired have it thoroughly well beaten and add to gruel before boiling the second time.—Mrs. W. A. Gilmour.

KOUMISS

Ingredients—Two-thirds of a cake of yeast (Fleishmann's), 1 tablespoon of sugar or less, 1 quart of fresh milk.

Warm milk to blood heat and add the sugar, dissolve the yeast in two tablespoons of warm (not hot) water and add to milk already warmed. Put in bottles with patent stoppers, only fill $\frac{3}{4}$ full and shake each bottle from three to seven minutes, then set for six hours in a warm place, Fahrn. 78 or 80, where you would put bread to raise. Move bottles to a cool place till ready for use.—Mrs. W. A. Gilmour.

JELLIED EGGS

Allow 1 quart water to 1 egg; place egg in a cold vessel on the table, pour boiling water over it, cover with plate and allow to stand seven and one-half minutes. Albumen will be jellied, yolk soft. Easily digested.

CALVES FOOT JELLY

Ingredients—1 quart of calves foot stock, 3 lemons and 2 oranges, the grated rind and juice; 6 sticks of cinnamon, 1 large handful of raisins, 1 doz. cloves, 2 gills of granulated sugar, crushed shells of 2 eggs, 1 package gelatine, whites of 2 eggs.

Place ingredients in a large preserving kettle, first the stock, then sugar, raisins, cloves, cinnamon, juice and rind of fruit, crushed shells of eggs; then spread over it all the whites of eggs beaten to a stiff froth and two tablespoons cold water. Place upon stove and allow to heat for one hour without boiling, then allow to boil for three minutes; add one package of Knox gelatine which has previously been dissolved; move back on stove and allow to stand without boiling half an hour; add one pint sherry and allow to stand twenty minutes longer or until clear. Then strain through a thick flannel jelly bag (which has been rung out of hot water) into a large clean bowl. While the jelly is hot and runs freely it may be strained through the bag several times, pouring from the bowl into the bag. This will make it clearer, but care must be taken not to stir the jelly or squeeze the bag. Jelly should be pale amber and clear enough to see through.—Brockville General Hospital.

MILK AND ALBUMEN

Put into a clean quart bottle one-half pint of milk, white of 1 egg and a pinch of salt. Cork and shake hard for five minutes.

CREAM TOAST

Put 1 quart of milk in a double boiler; when hot add 1 tablespoon of cornstarch, moistened in 3 tablespoons of cold milk; cook and stir until it is the consistency of cream; add 1 teaspoon of salt, 1 tablespoon of butter, and pour it at once over warm toast.—Mrs. Rorer.

SOFT CUSTARD

One pint of milk, yolks of 2 eggs, 1 tablespoon sugar, $\frac{1}{2}$ saltspoon salt. Let milk come to a boil, add eggs, sugar, and salt well beaten together. Stir till it creams, flavor, cool, serve.

FRUIT BLANC MANGE

A cup of any fruit juice, fresh or canned, heated, sweetened to taste, and thickened with a tablespoon of cornstarch. Cook well and serve cold with milk. If a little less cornstarch is used and when nearly cold the stiffly beaten white of an egg is added, a delicious float is the result. All juices should be strained.

FLAKED FISH

Put a fish in a baking dish with milk enough to cover. Cook in a slow oven; remove from oven; flake the fish; use the milk to make a white sauce. In the bottom of entree dishes put a layer of sauce, a layer of fish, a layer of sauce and a layer of buttered crumbs. Place entree dishes in baking pan in which there is a little water. Put into the oven until hot and under the gas flame until brown.

CHICKEN PANADA FOR INVALIDS

Take half the breast of a chicken and after removing the skin and every particle of fat, place in a saucepan with water enough to cover and let it slowly simmer for two hours. Take it from the broth and cut in small pieces, then press through a wire sieve. Use a large spoon to press with and use none of the breast which has not gone through the sieve; add the broth and season with salt. If cared for, four tablespoons of cream may be added; scald all up together. This is delicious, nourishing and harmless.—Mrs. J. M. Gill.

CHARLOTTE RUSSE

Ingredients—1 pint cream whipped stiffly, 1 tablespoon gelatine melted, 4 tablespoons sherry, sugar, 1 teaspoon vanilla.

Line a mould with ladies' fingers and fill with the above, allow to set and serve plain or with whipped cream.—Brockville General Hospital.

LADIES' FINGERS

Ingredients—Whites of 3 eggs, 1-3 cup of flour, 1-3 cup of castor sugar, $\frac{1}{8}$ teaspoon of salt, yolks of 2 eggs, $\frac{1}{4}$ teaspoon vanilla.

Beat whites of eggs until stiff and dry, add sugar gradually and continue beating. Then add the yolks of eggs beaten until thick and lemon colored, then flavoring; cut and fold in flour mixed and sifted with salt. Shape, using a pastry bag and tube, into tins or on buttered paper. Bake 8 minutes in a moderately hot oven. Remove from paper with a knife.—Brockville General Hospital.

HOW TO EAT A RAW EGG

Break the yolk of an egg into a dish with a teaspoon of white sugar and a teaspoon of orange or lemon juice and beat lightly together with a fork. Put the white on a plate and add a pinch of salt. Then with a broad-bladed knife beat it to a stiff froth. Now, as lightly as possible, mix all together in the dish. Transfer it to a tumbler, which it will nearly fill if it is properly prepared. Any fruit juice may be used in place of the lemon or orange.—Mrs. F. H. Clifford.

PRACTICAL HINTS

BAKING POWDER

Mix together 2 ozs. of tartaric acid, 1 lb. of cream of tartar, 10 ozs. of bicarbonate of soda, and 12 ozs. of corn-starch or ordinary white flour. Sift five times or till well mixed. Put away in sealers or tight tins. For daily use place some in a smaller tin, as it is wiser not to expose the bulk to the air. In using this one may be sure it is pure, and need not fear to put in a little more than when baking with manufactured powders.—Mrs. M. DesBrisay.

TO WASH FLANNELS IN COLD WATER, GUARANTEED NOT TO SHRINK

Ingredients—1 tablespoon borax, $\frac{1}{2}$ in. of end of bar of Castile soap.

Shave soap and put with borax in 2 quarts of water and let dissolve on the stove. Let cool and add to 1 pail of cold water. Put garment to soak over night; in morning souse with a paddle and rinse in two tubs of cold water, put through tight wringer, shake and hang on coat-hanger to dry.

CARPET CLEANSER

Dissolve 1 bar of Ivory soap, cut fine, in 1 gal. soft water, add 8 ozs. sal soda and 4 ozs. borax. To this add 4 gals. cold soft water, then $\frac{1}{2}$ pt. pure alcohol and a little ammonia. This forms a jelly. After the carpets have been up, beaten and relaid, scrub with a stiff brush, using a good lather of this mixture. Scrape off with a shingle and wash up with a cloth and clean water. Do this on a bright, sunny day, and open windows to dry quickly, and the carpet will look like new. Half this recipe makes a large quantity.

WASHING BLANKETS

Dissolve 1 bar of laundry soap, cut fine, in $\frac{1}{2}$ gal. of water, add 2 ozs. borax. Retain a small quantity of this, which will form a jelly. While still warm add the remainder to a tub of cold water and soak the blankets in this over night. In the morning put them on the line and turn the hose on them. If any soiled spots are left rub with the jelled mixture kept for this purpose, and hose. If preferred one may rinse in cold water in tubs, but using the hose makes them soft and fluffy like new. This is an easy and excellent method of washing blankets.

CLEANSERS

If in sponging delicate materials a small quantity of fine salt be added to the gasoline used, no ring will be left around the moistened part, as is so often the case.

For slightly soiled lace waists, lace or light garments a block of magnesia is invaluable. Rub the magnesia well in over all soiled parts, roll in soft white cotton and lay away for several days. Shake well and the result will be surprising.—Mrs. M. DesBrisay.

If you sprinkle salt over the bottom of the frying pan, whatever you fry will not stick to the pan.

If you put a little butter on the inside of the double-boiler the oatmeal will not stick.

If you stir flour and water with a fork instead of a spoon it will not be lumpy.

To warm over rolls or biscuits, dip them quickly in hot water, lay in a dry pan, and put in hot oven until heated through.

Soda will remove tea stains from cups.

Chloride of lime will remove dark stains from porcelain sinks.

Oxalic acid will remove iron rust from linen.

Lemon juice and salt will also remove iron rust.

Bees' wax and salt will make rusty flat irons clean and smooth.

Lemonade is much nicer if made with boiling water and cooled with ice.

To remove mildew put a teaspoonful of chloride of lime into a quart of water, steam it twice, and dip the mildewed spot in the solution, lay in the sun. If when dry the spot has not disappeared, repeat the operation.

A little ammonia in the water with which you wash paint or oilcloth will brighten them.

If a little vinegar is kept boiling on the stove while cabbage or onions are cooking it will prevent the disagreeable odor going through the house.

Kerosene oil will quickly clean porcelain tubs or wash basins.



TABLE OF MEASURES

4 saltspoons	1 teaspoon
4 teaspoons	1 tablespoon
2 teaspoons	1 dessertspoon
8 tablespoon liquid	1 gill
6 tablespoons dry material	1 gill
2 gills	1 cupful
2 cupfuls	1 pint
4 cupfuls of liquid	1 quart
4 cupfuls of flour	1 quart
2 cupfuls of solid butter	1 pound
2 cupfuls of granulated sugar	1 pound
2½ cupfuls of powdered sugar	1 pound
2 cupfuls of milk or water	1 pound
1 tablespoon of butter	1 ounce
2 tablespoons of flour	1 ounce
2 tablespoons of coffee	1 ounce
Butter the size of an egg means 2 table- spoons or 2 ounces.		

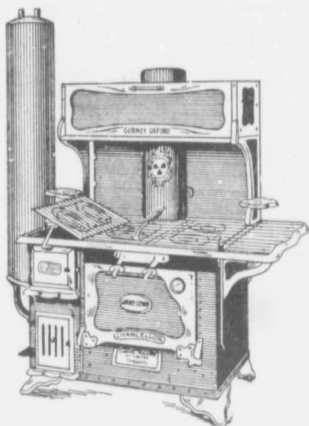
TABLE OF WEIGHTS AND MEASURES

1 qt. sifted flour (well heaped) weighs 1 lb.
3 coffee cups sifted flour (level), weigh 1 lb.
4 tea cups sifted flour (level), weigh 1 lb.
1 qt. sifted cornmeal weighs 1 lb. and 4 oz.
1 pint soft butter (well packed) weighs 1 lb.
1 1-3 pints powdered sugar weighs 1 lb.
2 coffee cups powdered sugar (level) weigh 1 lb.
1 pint granulated sugar (heaped) weighs 14 oz.
1½ coffee cups granulated sugar weigh 1 lb.
1 pint best brown sugar weighs 1 lb.
Soft butter, size of an egg, weighs 2 oz.
7 tablespoons granulated sugar (heaped) equal 1 teacup.
5 tablespoons sifted flour or meal equal 1 teacup.
4 tablespoons soft butter equal 1 teacup.
3 tablespoons sweet chocolate grated weigh 1 oz.
2 teaspoons (heaping) of flour, sugar or meal equal 1 teacup.

SPOON AND CUP MEASURE

4 even teaspoons liquid equal one even tablespoon.
3 heaping teaspoons dry material equal one even tablespoon.
16 tablespoons liquid equal one cupful.
12 tablespoons dry material equal one cupful.
2 cupfuls equal one pint.
4 cupfuls equal one quart.
4 cupfuls flour equal one quart or one pound.
2 cupfuls solid butter equal one pound.
2 cupfuls granulated sugar equal one pound.
2½ cupfuls powdered sugar equal one pound.
1 pint milk or water equals one pound.
1 dozen eggs should weigh 1½ pounds.

—A. Bertha Schofield.



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