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Announcement.

THE Daughters of the Allies' Cook Book of War Recipes, is offered to the public as an aid in the conservation of Beef, Bacon, Sugar, and animal fats, which are needed by our soldiers and may be shipped to them with the least difficulty.

These Recipes have been contributed after having been tested by the thrifty housewives of Calgary and their friends in other localities. They are offered with the earnest wish that they may be of real assistance in winning the world's greatest war.

THE FRIDAY UNIT OF THE
DAUGHTERS OF THE ALLIES



REGULAR EATING

Irregular eating and overburdening of the stomach lead to many ills that become serious. When everything is being done to save and preserve food, heed should be taken of the many warnings and, with a two-fold object in mind, we should correct our ways and try to treat our stomachs properly and at the same time help the soldiers abroad.

Regulate the time you eat and the quantity and quality of your food. Excesses of food, tobacco and alcohol will break down the strongest digestive system. It cannot stand this overburden and overwork. This damage may begin and continue without any evident ill feeling until serious illness results, which it is often too late to remedy. The accumulation of toxic elements in the system becomes apparent and finally makes itself evident.

There appears by reliable statistics to be a constant increase in the death rate from constitutional diseases. Each year deaths from Bright's disease, hardening of the arteries, heart disease and other similar diseases indirectly due to improper hygiene of the individual, continue on the upward trend. It is time to call a halt and consider these things. We should begin to reckon with ourselves. We are shortening our lives by this irregular mode of living.

IS IT WORTH WHILE?


C. S. MAHOOD, M.D., M.O.H.

Dept. of Public Health

Calgary, Alberta


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Breads

—o—

OLD FASHIONED BROWN BREAD (Without fat or sugar; Without wheat flour)

1 cup cornmeal, 1 cup graham flour, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon soda, 1 cup sour milk, $\frac{1}{4}$ cup molasses, $\frac{1}{2}$ cup nuts or raisins if desired. Combine the dry ingredients. Mix the soda, the sour milk and the molasses and add this mixture to the dry ingredients. Add the nuts or raisins or a mixture of both. Fill greased tins half full. Steam the bread for three hours or longer and then set in the oven to dry for fifteen minutes. This quantity will fill two half pound tins.

—Mrs. F. G. Carpenter.

BUCKWHEAT AND NUT OR RAISIN BREAD

2 cups graham flour, 2 cups buckwheat flour, 2 tablespoons baking powder, $1\frac{1}{2}$ teaspoons salt, 1-3 cup corn syrup or molasses, 1 egg, $2\frac{1}{4}$ cups milk, 1 cup nuts or raisins. Mix and sift the dry ingredients and add the liquids. Pour the mixture into greased pans, and let it stand for twenty minutes in a warm place. Bake it for one hour in a very slow oven.

—Mrs. F. G. Carpenter.

STEAMED BROWN BREAD

(Without fat or sugar; Without wheat flour)

1 cup cornmeal, $\frac{1}{2}$ cup rolled oats, $\frac{1}{2}$ cup dry bread crumbs, $1\frac{1}{2}$ teaspoons salt, 1 cup sour milk, $\frac{1}{4}$ cup molasses, 1 teaspoon soda, $\frac{1}{2}$ cup nuts or raisins if desired. Combine the first four ingredients, mix the soda, the sour milk and the molasses, and combine the mixture with the dry ingredients. Add the nuts or raisins last. Fill greased cans one-half full. Steam the bread for three hours or longer and then set in the oven to dry for fifteen minutes.—(From New York's State Cook Book.)

—Mrs. Chloe Goodwich Carpenter.

RAISIN BREAD

1 egg, 1 cup brown sugar, 2 cups buttermilk, 1 cup raisins, 1 teaspoon baking soda, $\frac{1}{2}$ teaspoon salt, 3 cups graham flour. Beat the egg, add the sugar, buttermilk and soda, dissolved in a little water, add salt, flour and raisins, pour in a well greased pan, bake for forty minutes.

—Mrs. F. L. Woodman.

BROWN BREAD

$\frac{1}{2}$ cup molasses, 1 cup sour milk, 1 teaspoon salt, 1 egg, 1 teaspoon soda. Stir thick with graham flour, let raise for twenty minutes and bake slowly.

—Mrs. R. A. Hard.

WHOLE WHEAT BREAD

3 quarts whole wheat flour, or half white flour if desired, 1 Fleischmann's yeast cake, 4 teaspoons sugar (may be omitted) 1 tablespoon lard (may be omitted), 3 pints warm water, 2 teaspoons salt. Dissolve yeast and sugar in part of warm water. Sift flour and salt in bowl and work lard in until smooth. Add yeast and water. Knead until smooth dough. Set in warm place to raise, when double in bulk make into loaves and bake in moderate oven one hour.

—Mrs. A. Van R. Schermerhorn.

DATE BREAD

2 cups graham flour, 1 cup white flour, $1\frac{1}{2}$ cups sour cream or milk, $1\frac{1}{2}$ lbs. dates, pinch salt, 1 cup brown sugar, butter size of an egg. If you use sour cream, use $\frac{1}{2}$ teaspoon of soda and 1 teaspoon of baking powder. If you use sweet milk use 2 teaspoons of baking powder. Put cut dates in last thing. Bake in medium oven a good hour.

—Mrs. Jack Stokes.

ROLLED OAT BREAD

4 cups rolled oats, 4 cups scalding water, 2 cakes Fleischmann's yeast, 1 cup lukewarm water, 3 tablespoons brown sugar, 3 tablespoons shortening, 1 tablespoon salt, flour, about 8 cups. Pour boiling water over rolled oats and let stand until lukewarm. Dissolve yeast in cupful lukewarm water in which part of sugar has been dissolved. Add shortening and sugar to rolled oats, also yeast and 2 cups flour. Beat well, set aside and let raise about one hour, then add remaining flour and salt and knead, let raise until double in bulk, then put in pans and let raise. Bake 45 or 50 minutes.

—Mrs. G. W. Monroe.

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BOSTON BAKED BROWN BREAD

1 cup rye flour, 1 cup graham flour, 1 cup cornmeal, $\frac{3}{4}$ table-spoon soda, $\frac{3}{4}$ cup molasses, 2 cups sour milk or $1\frac{3}{4}$ cups sweet milk or water. Butter inside of two 1-pound coffee tins, also inside of covers and half fill. Set in boiling water half the depth and boil three and one-half hours.

—Mrs. Cy. B. Munro.

NUT BREAD

1 cup brown sugar, 1 cup milk, $2\frac{1}{2}$ cups graham flour, 1 egg, 1 teaspoon bicarbonate soda, 2 teaspoons cream of tartar, 1 cup walnut meats. Method:—Beat together egg and sugar, add milk in which soda has been dissolved, sift flour with cream of tartar and salt into mixture, beat well, adding walnut meats crushed, and set aside to raise for twenty minutes. Bake in a rather slow oven. NOTE:—Some flours being heavier than others, batter should be about the consistency of cake.

—Mrs. George Hardie.

BROWN BREAD

$3\frac{1}{2}$ cups graham flour, $\frac{1}{2}$ cup brown sugar, - teaspoon salt, Nuts or raisins, 2 tablespoons melted crisco, $\frac{1}{2}$ cup molasses, 1 egg, 3 teaspoons soda. Bake one hour in slow oven.

—Mrs. F. G. Field.

GRAHAM AND OATMEAL BREAD

1 pint thick rolled oats porridge, (thick as you can make it) 2-3 cup molasses, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda 1, teaspoon salt, 1 cup cornmeal, 1 cup graham flour. Add just enough white flour to thicken and 2-3 royal yeast cake, dissolved in 2 tablespoons luke warm water. Knead all together. Keep in a warm place to raise. Put in 1-loaf pans to raise again and bake about one hour, as for flhte bread.

—Mrs. Jos. Garden.

HEALTH BREAD

2 cups bran, $1\frac{1}{2}$ cups graham flour, 1 cup white flour, $\frac{3}{4}$ cup molasses, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon baking powder, 2 cups milk. Sift together the dry ingredients. Beat in the milk and molasses, pour into greased pans and let stand 20 minutes before baking. Bake in a slow oven. Chopped dates or raisins may be added.

—McLean's Magazine.

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BARLEY BREAD

2 cups barley meal, 1 cup graham flour, 1 cup white flour, 2 tablespoons sugar, 1 teaspoon salt, 6 teaspoons baking powder, 2 cups milk. Sift dry ingredients together, mix well with the milk, turn into greased pan, let stand 15 minutes and bake in a moderate oven for about 50 minutes. Raisins, dates or nuts may be added.

—McLean's Magazine.

OATMEAL BREAD

1 quart of cooked oatmeal, 3 tablespoons butter substitute, 4 cups potato water, 3 teaspoons salt, $\frac{1}{4}$ cup sugar, 1 yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water, wheat flour. Put some of wheat flour in pan; add cooked oatmeal, potato water, shortening, salt, sugar and yeast cake—dissolved; mix thoroughly and add wheat flour until stiff enough to knead. Make into loaves after it has once risen—allow to rise to twice its size. Bake in moderate oven, a little longer for white bread.

—Mrs. Preston P. Gray, El Dorado, Calif.

RYE BREAD

1 cup scalded milk, 1 cup boiling water, 2 tablespoons butter substitute, 1-3 cup brown sugar, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{4}$ yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water. 3 cups white flour. Rye flour or meal to stiffen. Dissolve butter substitute, sugar and salt in hot milk and water. When lukewarm add yeast cake thoroughly dissolved and the flour. Beat thoroughly, cover and let rise over night. In the morning add rye flour until the dough is stiff enough to knead. Knead thoroughly, let rise, shape into loaves. When light bake as other bread—baking a little longer.

—Mrs. Preston P. Gray, El Dorado, Calif.

CORN MEAL AND WHEAT BREAD

$1\frac{1}{2}$ cups milk water or a mixture, $\frac{1}{2}$ cake compressed yeast, 1 teaspoon salt, 1 tablespoon sugar, or 1 tablespoon butter, 1 cup cornmeal, $1\frac{1}{4}$ cups milk water or a mixture, $\frac{1}{4}$ cup liquid yeast, 2 cups wheat flour. Put milk and cornmeal, salt, sugar and butter into a double boiler and cook 20 minutes. Allow to cool to room temperature and add yeast mixed with the rest of the water. Add flour and mould thoroughly. Let rise and bake for 45 or 50 minutes.

—General Federation Magazine, Feb. 1918.

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BOSTON BROWN BREAD

1 cup cornmeal, 1 cup rye meal, 1 cup graham flour, $2\frac{1}{2}$ teaspoons soda, 1 teaspoon salt, $\frac{3}{4}$ cup molasses, 2 cups sour milk or $1\frac{3}{4}$ cups sweet milk. Mix and sift ingredients and add the molasses and milk. Beat thoroughly and steam $3\frac{1}{2}$ hours in well-buttered covered moulds. Remove the covers and bake the bread long enough to dry the top. This may be made also with $1\frac{1}{2}$ cups cornmeal and graham meal and no rye flour.

—General Federation Magazine, Feb. 1918.

BROWN BREAD (Steamed)

$2\frac{1}{2}$ cups graham flour, $\frac{1}{2}$ cup molasses, pinch salt, 1 cup sour milk, 1 teaspoon soda, $\frac{1}{2}$ cup sweet milk. Mix and beat well. Steam three hours in one tall mould or baking powder tins, well greased.

Mrs. Walter Mewing.

STEAMED BROWN BREAD

1 cup corn meal, 1 cup graham flour, 1 cup wheat, $\frac{3}{4}$ cup molasses, 2 cups sour milk, 1 teaspoon soda in sour milk, 1 teaspoon salt, 1 teaspoon baking powder, $\frac{1}{2}$ cup raisins. Steam about 3 hours. This is best done in tins with covers on such as 1-lb. baking powder or coffee tins filled two-thirds full of batter.

—Mrs. Allen Haszard.

BOSTON BROWN BREAD (Steamed)

$1\frac{1}{4}$ cups of corn meal, the same of rye and graham. Sift the three kinds together as closely as possible, then 2 cups of Orleans molasses beat in, 2 cups of sweet milk and 1 cup sour milk, and $1\frac{1}{2}$ teaspoonfuls of soda put into the sour milk, 1 teaspoon salt. Beat well, until the ingredients are thoroughly blended. Put into moulds and do not have them more than half full, so there will be plenty of room for them to swell. Steam four hours. Then it should be dried in the oven a few minutes before it is used. It can be used as a pudding and served with various sauces.

—Elizabeth Gist.

BOSTON BROWN BREAD

2 cups graham flour, 1 cup flour, 2 cups sour milk, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup molasses, 1 level teaspoon soda sifted with the flour. Floured raisins are very nice if you feel inclined to add them. Bake in a slow oven one hour.

—Mrs. D. E. Black.

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BOSTON CORN BREAD (steamed)

Steam three hours, and brown in the oven. One cup sweet milk, 2 cups sour milk, 2-3 cup molasses, 1 cup flour, 4 cups corn meal, 2 teaspoons soda.

—Elizabeth Gist.

VIRGINIA BATTER BREAD

1 cup cornmeal, 1 cup cooked rice, $\frac{1}{2}$ cup sugar, 3 eggs, 2 table-
spoons drippings, 4 cups milk, 1 teaspoon salt. Combine ingred-
ients, omitting eggs and drippings, and cook in double boiler for
20 minutes. Cool and add the well beaten yolks and fold in the
stiffly beaten whites. Melt drippings in the baking pan, pour in the
mixture and bake for 45 minutes. The rice may be omitted and a
 $\frac{1}{2}$ cupful of corn meal substituted.

—General Federation Magazine, Feb. 1918.

CORN BREAD

1 cup cornmeal, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon soda, 1
teaspoon salt, 1 cup sour milk, 1 egg, 2 tablespoons fat. Mix and
sift the dry ingredients. Add the sour milk, the egg and the fat.
Bake the bread in a shallow pan for 25 minutes in a moderate oven.

—Mrs. Carpenter.

RICE AND CORN BREAD

1 cup cornmeal, 2 teaspoons baking powder, 1 teaspoon salt,
1 cup boiled rice (cold), 1 cup milk, 1 egg, 1 or 2 tablespoons melted
fat. Mix the ingredients in the order in which they are given, sift-
ing the dry ingredients together. Bake the bread in a shallow pan
in a moderate oven for 25 to 30 minutes.

—Mrs. Carpenter.

SODA BREAD

2 cupfuls graham flour, 1 cupful of white flour, 1 teaspoon
cream of tartar (heaped), 1 teaspoonful of soda, 1 heaped teaspoon-
ful of sugar, 1 small teaspoonful of salt, piece of lard the size of an
egg, milk. Put the flour into a basin with the soda, cream of tartar,
salt and sugar. Rub the lard well into the flours, etc. Mix into a
soft paste with the milk; sprinkle plenty of flour on the bake board
and turn the paste out on it, knead slightly then cut in two, place on
floured tins and bake for 20 minutes in good oven. If liked a cupful
of seedless raisins may be added.

—Mrs. Gilchrist.

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FRUIT GEMS

1 cup cornmeal, 1 cup milk, $\frac{1}{2}$ cup cream, 1 teaspoon salt, 1 teaspoon baking powder, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup currants. Cook meal and salt in milk for 20 minutes. Cool. Add baking powder and beat thoroughly. Add the fruit and cream and bake in well buttered muffin tins.

—General Federation Magazine, Feb. 1918.

BRAN GEMS

1 cup bran, 1 cup white flour, $\frac{1}{4}$ cup sugar, 1 teaspoon salt, 4 teaspoons baking powder, 1 cup milk, 1 egg, 1 tablespoon melted shortening. Mix and sift flour, baking powder and salt. Add sugar, milk, egg well beaten and melted shortening. Bake in greased gem pans in a hot oven.

—Maclean's Magazine.

CORNMEAL MUFFINS

1 cup cornmeal, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon baking powder, 1 teaspoon salt, 1 egg beaten, 1 cup sour milk, 1 tablespoon syrup, 2 tablespoons melted fat. Mix the dry ingredients, and add them to the milk and beaten egg. Add the fat last, and bake the muffins in greased tins in a moderate oven for 25 minutes.

—New York State Food Board.

CORN MUFFINS

1 cup cornmeal, 1 cup flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 1 cup milk or milk and water mixed, 1 beaten egg, 4 tablespoons melted shortening. Mix ingredients in the order given, beat well, pour into hot greased gem pans and bake in a hot oven for about 20 minutes.

—Maclean's Magazine.

EGGLESS CORN MUFFINS

1 cup cornmeal, $\frac{1}{2}$ cup flour, 1 teaspoon salt, 1 cup milk, 3 teaspoons baking powder, 2 tablespoons syrup, 1 or 2 tablespoons fat, melted. Mix the ingredients in the order given. Pour the mixture into muffin tins and bake it for 30 minutes in a moderate oven.

—New York State Food Board.

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BUCKWHEAT MUFFINS

1 cup buckwheat flour, $\frac{1}{4}$ cup white flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon baking powder, 1 egg, 1 cup sour milk, 1 tablespoon molasses, 2 tablespoons melted fat, $\frac{3}{4}$ teaspoon salt. Mix together the dry ingredients. Beat the egg, add the milk, the molasses and the melted fat and add this mixture to the dry ingredients. Beat the mixture thoroughly, pour it into greased muffin tins and bake it in a moderate oven.

— New York State Food Board.

ROLLED OATS MUFFINS

$\frac{1}{2}$ cup rolled oats, 1 cup sour milk, 1 teaspoon salt, $\frac{1}{2}$ teaspoon soda, 1 teaspoon baking powder, 1 cup flour, 2 tablespoons fat. Soak the rolled oats overnight in the sour milk. In the morning add the dry ingredients sifted together then add the melted fat. Pour the mixture into greased muffin pans and bake it in a moderate oven.

—New York State Food Board.

BUCKWHEAT MUFFINS

1 cup buckwheat flour, 4 tablespoons cornstarch, 1 teaspoon salt, 2 teaspoons baking powder, 1 cup sour milk, $\frac{1}{2}$ teaspoon soda, 1 tablespoon molasses, 2 tablespoons melted fat. Mix and sift the dry ingredients. Add the liquids and pour the mixture into greased muffin tins. Bake it in a moderate oven.

—New York State Food Board.

CORNMEAL MUFFINS WITH DATES

1 cup cornmeal, 2 tablespoons sugar, 1 teaspoon salt, $1\frac{1}{4}$ cups milk, $\frac{1}{2}$ cup dates cut, 2 tablespoons butter, 1 cup wheat flour, 4 teaspoons baking powder, 1 egg. Cook together the first six ingredients in a double boiler. When cool add the flour sifted with the baking powder and the beaten egg. Beat thoroughly and bake in muffin tins in a quick oven. Sour milk and one teaspoon of soda may be used in place of sweet milk and baking powder. Dates may be omitted.

—General Federation Magazine, Feb. 1918.

RICE AND CORNMEAL MUFFINS

1 cup cooked rice, 1 cup flour, 1 teaspoon salt, 1 cup cornmeal, 5 teaspoons baking powder, $1\frac{1}{4}$ cups liquid, 3 tablespoons melted drippings. Mix and sift dry ingredients, add rice to liquid and combine the two mixtures. Beat and put quickly into hot greased muffin pans. Bake about 20 minutes in a moderately hot oven.

—General Federation Magazine, Feb. 1918.

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OATMEAL BISCUITS

1 teacupful oatmeal, 1 teacupful flour, 1 tablespoon dripping or lard, $\frac{1}{2}$ teaspoonful baking soda, 1 egg, a little cold water. Mix in a basin the flour, meal, sugar and soda. Melt the lard or dripping and beat up the egg with a little water. Pour the hot lard among the dry ingredients and mix well, then the beaten egg and just enough water to wet all well. Knead it a little and roll out quite thinly; cut into small rounds and bake in the oven for 10 minutes, or till the biscuits are a pale yellow color.

—Mrs. Gilchrist.

WAFFLES

1 pint milk, $\frac{1}{2}$ teaspoon salt, 3 eggs, $\frac{1}{2}$ cup melted butter, 1 tablespoon sugar, 2 teaspoons baking powder. Make soft batter of milk, butter, salt and flour. Add the well-beaten yolks, then the whites and baking powder last. Waffle iron must be hot and well greased.

—Mrs. A. M. Moline.

QUAKER OAT PANCAKES

2 cups Quaker Oats (uncooked), $1\frac{1}{2}$ cups flour, 1 teaspoon salt, 1 teaspoon soda, dissolved in 2 tablespoons hot water, 1 teaspoon baking powder (mix in the flour), $2\frac{1}{2}$ cups sour milk or buttermilk, 2 eggs beaten lightly, 1 tablespoon sugar, 1 or 2 tablespoons melted butter (according to richness of milk). Process: Soak Quaker Oats over night in milk. In the morning mix and sift flour, soda, sugar and salt—add this to Quaker Oats mixture—add melted butter, add eggs beaten lightly—beat thoroughly and cook as griddle cakes.

PAN CAKES

2 cups flour, 1 teaspoon soda, 2 teaspoons cream tartar, small piece butter, $\frac{1}{2}$ cup white sugar, pinch salt, $1\frac{1}{2}$ cups sweet milk, 1 egg. Beat well together, adding flour last. Drop from a spoon on a hot pan.

—Miss Isaacs.

FRENCH POTATO CAKES

Mash three boiled potatoes, with two ounces of butter, some grated cheese, about a heaping tablespoonful, salt and pepper and five beaten eggs. Form this into flat cakes and fry in boiling fat. Potato cakes can also be made of the mashed potato from the day before by adding a little milk and forming cakes and frying until a delicate brown.

—Elizabeth Gist.

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BUCKWHEAT CAKES

Pour 1 pint of boiling water onto $\frac{1}{2}$ cup of fine meal. Add $\frac{1}{2}$ teaspoonful of salt, and when lukewarm add $\frac{1}{2}$ cup of white flour, 1 cup buckwheat flour, and $\frac{1}{4}$ cup of yeast. Beat vigorously. In the morning stir down vigorously, add $\frac{1}{2}$ pint of lukewarm water, and $\frac{1}{2}$ pint more of buckwheat. And it is always better to add $\frac{1}{2}$ teaspoonful of soda in the morning, as it helps to sweeten them. Remember that buckwheat lacks in the muscle and nerve builders, and it should be eaten only in the very coldest weather. Cheese should always be served with buckwheat, in order to give an equal balance.

—Elizabeth Gist.

QUAKER OATS MUFFINS

2-3 cup Quaker Oats, $1\frac{1}{2}$ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 3 tablespoons sugar. Turn scalded milk on Quaker Oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder; mix thoroughly and add egg well beaten. Bake in buttered gem pans.

BRAN MUFFINS

$1\frac{1}{2}$ cups sweet milk, $1\frac{1}{2}$ cups bran, 1 teaspoon soda, $\frac{1}{2}$ cup molasses, $1\frac{1}{2}$ cups flour, salt, 1 egg. Mix in the usual way.

—Public School Board's War-time Recipe.

GRAHAM MUFFINS

1 cup Graham flour, 1 cup white flour, 4 tablespoonsful sugar, $\frac{1}{2}$ teaspoonful salt, 4 teaspoonsful baking powder, 2 tablespoonsful butter (melted), 1 cup milk. Mix and sift dry ingredients, add gradually the milk and then the melted butter. Beat well and bake 25 minutes. One egg may be added if desired.

Public School Board's War-time Recipe.

WAR BISCUITS

1 cup white flour, 1 cup barley flour, 1 cup rye flour, 1 cup bran, 1 teaspoon salt, 2 heaping teaspoons baking powder. Mix well together. Add snowdrift or other lard substitutes. Rub this well into the whole, about the size of an egg (large one). Add sweet milk to make a dough as soft as can be rilled. So soft that it is sticky to handle. Roll, cut, and bake in a quick oven until brown.

—Mrs. G. S. Fuller.

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GRAHAM AND POTATO MUFFINS

1 cup graham flour, 1 cup mashed potatoes, 3 teaspoons sugar, $\frac{1}{2}$ teaspoon salt, $3\frac{1}{2}$ teaspoons baking powder, 1 cup milk, 2 tablespoons fat (melted). Dates if desired. Make as ordinary muffins.

GRAHAM MUFFINS

2 cups graham flour, $\frac{1}{4}$ cup butter, 1 cup milk, 1 egg, $\frac{1}{2}$ cup white flour, $\frac{1}{2}$ cup sugar, 1 teaspoon soda dissolved in hot water. Fill muffin tins and bake.

—Mrs. H. C. Penhale.

POTATO RUSK

1 cup liquid yeast, $\frac{1}{2}$ cup sugar, 2 eggs, 1 cup mashed potatoes, $\frac{1}{2}$ cup lard. Flour enough to knead soft, let rise till light and make into biscuits. Bake in moderate oven about 20 minutes.

—Mrs. F. A. McAllister.

RICE GEMS

1 pint boiled rice, 1 tablespoon butter, 2 well beaten eggs, 1 tea-cup flour, pinch salt, milk enough to form batter. Pour into well greased gem pans or bake on a griddle.

—I. N. Campbell.

CURRANT LOAF

3 cups white flour, $\frac{1}{2}$ teaspoon salt, 2 cups currants, 2 cups nuts, 2 cups sour milk, 2 cups graham flour, 2 teaspoons soda (dry), 2 cups raisins, 2 tablespoons white sugar, butter, the size of a lemon. Add sour milk last, bake in a moderate oven.

—Mrs. B. A. Dumper.

JOHNNY CAKE

$1\frac{1}{2}$ cupfuls flour, $\frac{1}{2}$ cupful cornmeal, $\frac{1}{2}$ teaspoonful salt, 4 teaspoonfuls baking powder, 2 tablespoonfuls sugar, 1 tablespoonful melted Crisco, 1 egg, 1 cupful milk. Mix and sift dry ingredients; add melted Crisco, then egg and milk. Mix well and bake in a well Criscoed pan in a hot oven. Time depends upon thickness of loaf.

CRACKLING BREAD

2 cups cornmeal, 1 cup cracklings, $2\frac{1}{2}$ teaspoons salt, boiling water. Combine the ingredients, adding sufficient boiling water to make a dough that can be shaped into small pones; or spread the mixture one inch thick in a pan, and bake it in a moderate oven.

—Mrs. Carpenter.

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MOLASSES CORN CAKE

1 cup cornmeal, $\frac{3}{4}$ cup flour, $3\frac{1}{2}$ teaspoons baking powder, 1 teaspoon salt, $\frac{1}{4}$ cup molasses or syrup, 1 cup milk, 1 egg, 1 tablespoon melted fat. Mix and sift the dry ingredients. Add the milk, the well beaten egg and the fat. Bake in a shallow pan in a hot oven for 25 minutes. One cup sour milk may be substituted for the sweet milk in which case use $\frac{1}{2}$ teaspoon soda and $1\frac{1}{2}$ teaspoons baking powder.

—Mrs. Carpenter.

SPIDER CORN CAKE

$\frac{3}{4}$ cup corn meal, $\frac{1}{4}$ cup flour, 1 tablespoon sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda, 2 eggs, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ cup sour milk. Mix in the order given. As you put it in the oven pour over the top another $\frac{1}{2}$ cup sweet milk. Bake in a shallow tin or skillet. Serve hot.

—Mrs. Ronald P. Gleason.

CINNAMON TOAST

Toast medium thick slices of bread and when just brown enough, butter them lavishly. Have ready a mixture of two parts of granulated sugar to one of cinnamon. Shake or sprinkle as evenly as possible. Put in a warming oven for a minute or so and serve covered with a napkin to keep from cooling.

—Mrs. Jack Stokes.

HOE CAKE

1 cup white corn meal, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful sugar, boiling water to scald it. Make it thick enough to spread when put on the griddle with salt pork, and drop the mixture on to it with a large spoon. Pat the cake out until about one-half inch thick. Cook them slowly, and when brown put a bit of butter on the top of each cake and turn over. They cannot cook too long, provided they do not burn. Sometimes the dough is put on in one large cake, and as soon as brown beneath it is turned and put on another greased plate and the crisp part cut off, the crust buttered, and so on till the cake is all browned. The crisp buttered crusts are served piled together and cut in sections.

—Elizabeth Gist.

SOUTHERN CORN DODGERS

Put a quart of Southern corn meal into a bowl, pour over it sufficient boiling water to just moisten it—it must not be wet. Then add a rounding tablespoonful of butter. Throw a towel over the bowl, and allow it to stand for fifteen or twenty minutes. When ready to bake have the oven moderately hot. Beat 1 egg, without separating it, until light. Add to this 2 tablespoonfuls of milk, add this to the mixture. Drop in spoonfuls on greased pans. Bake 30 minutes.

—Elizabeth Gist.

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BRAN BREAD

4 cups bran, 2 cups flour, salt, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, 2 cups sweet milk, $\frac{1}{2}$ pkg. raisins or dates (if desired). Mix and sift bran, flour and salt together. Mix molasses and soda and add a little milk until thoroughly mixed. Bake in a long narrow pan for 1 hour or longer in a slow oven. This makes one small loaf and should not be eaten till next day.

ROLLED OAT BREAD

5 cups water, 1 cup rolled oats, 4 cups flour, 1 yeast cake, 2 teaspoons salt. To four cups boiling water add one cup rolled oats and boil for five minutes. Set to cool. Then add and stir in one yeast cake previously dissolved in one cup of lukewarm water. Add salt and four cups flour. Stir well. Fill half full well greased bake tins. Set in warm place to rise. When very near the top bake in moderately hot oven. One cup sugar may be added if desired.

—Mrs. L. A. Jackson.

BROWN BREAD

$1\frac{1}{2}$ cups cornmeal, $1\frac{1}{2}$ cups rye flour, $1\frac{1}{2}$ teaspoons soda, 1 teaspoon salt, 1 teaspoon baking powder, 2 cups sour milk, $\frac{3}{4}$ cup molasses. Mix and sift dry ingredients. Combine milk and molasses and add to dry ingredients. Steam $2\frac{1}{2}$ hours in covered molds. Remove covers and bake in oven till dry on top.

—Mrs. McNeil.

OATMEAL BREAD

1 cup compressed yeast, $\frac{1}{2}$ cup lukewarm water, 2 cups boiling water, 2 cups rolled oats, 2 tablespoons lard or butter (melted), $\frac{3}{4}$ cup brown sugar, 4 cups sifted flour, 1 teaspoon salt. 1.—Pour the 2 cups of boiling water over the rolled oats and let stand until lukewarm. 2.—Dissolve the yeast and sugar in the $\frac{1}{2}$ cup of lukewarm water. 3.—Add shortening and add this to the rolled oats. 4.—Add 1 cup flour to make an ordinary sponge, beat well, cover and let rise in a warm place until light about 1 hour. 5.—Add enough flour to make a dough—about 3 cups and the salt. 6.—Knead well, place in a greased bowl, cover and let rise again in a warm place until double in bulk—about $1\frac{1}{2}$ hours. 7.—Mould into loaves, fill well greased pans half full. Cover and let rise again about 1 hour. 8.—Bake forty-five minutes in a moderately hot oven.

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CORN BREAD

$\frac{3}{4}$ cup cornmeal, $\frac{3}{4}$ cup flour, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ teaspoon soda, $1\frac{1}{2}$ cups buttermilk or sour milk. Mix and sift dry ingredients, add buttermilk gradually, and beat well. Pour into a greased shallow pan and bake in a hot oven for about 20 minutes.

—McLean's Magazine.

CORN BREAD OR JOHNNY CAKE

1 tablespoon lard or butter, 1 cup white sugar, 2 eggs, 1 cup sour milk, 1 teaspoon soda, 1 cup white flour or standard to corn meal enough to make a stiff batter. Bake in a moderate oven.

—Mrs. Kennedy.

CORN BREAD

$\frac{1}{4}$ cupful oleomargarine, 1 cupful sweet milk, 1 cup cornmeal, $\frac{1}{4}$ cupful sugar, 1 cupful flour, 2 teaspoons baking powder, 2 eggs. Sift together meal, flour, baking powder and sugar. To this add in order the milk, the egg yolks well beaten, the oleomargarine melted, and lastly the well beaten whites of the eggs. Bake in a hot oven for 30 to 35 minutes. This is particularly delicious if just before it is done half a cupful of cream is poured over the top.

—The Kitchen Encyclopedia.

PARCHED CORNMEAL BISCUITS

1 cup yellow cornmeal, 2 teaspoons salt, 2 cups peanut cream. Put meal into a shallow pan and heat in the oven until it is a delicate brown, stirring frequently. Make the nut-cream by mixing peanut butter with hot water till of the consistency of thin cream. Stir in to this the cornmeal. Beat thoroughly. This mixture should be of such consistency that it can be dropped from a spoon. Bake in cake on greased pan; cream or butter may take the place of peanut cream and one cup of chopped raisins may be added.

—General Federation Magazine, Feb. 1918.

RAISIN BREAD

3 cups graham flour, 5 teaspoons baking powder, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups milk and water, 2 tablespoons fat, 1 cup raisins. Mix and sift dry ingredients. Add melted fat, raisins and milk to form a soft dough. Put in a greased bread tin, let rise 20 minutes. Bake in a moderate oven 30 minutes.

—Public School Board's War-time Recipe.

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RAISIN LOAF

1 cup lukewarm water, 1 cake yeast, 6 cups flour, $1\frac{1}{2}$ cups of raisins, 1 egg, 2 tablespoons butter, spice, $\frac{3}{4}$ cup sugar, 1 cup boiled milk, $\frac{1}{2}$ cup mixed peel, 1 teaspoon salt. Mix hard and bake as other bread.

MUSH BISCUITS

1 cup warm mush, 1 tablespoon sugar, 1 teaspoon salt, 3 tablespoons lard, 2 cups flour, $\frac{1}{2}$ cake yeast. Mix salt, sugar and lard with warm mush. When luke warm add dissolved yeast cake and flour. These may be moulded into biscuits and kept in the cold for several days and baked as desired.

—General Federation Magazine, Feb. 1918.

CORN MEAL ITALIAN STYLE (Matufoli)

Make a stiff mush of coarse yellow corn meal. Take by spoonful and make layer of it in baking dish. Sprinkle with grated cheese. Pour over this some canned tomato soup (just enough to cover nicely) then repeat a layer of mush by spoonfuls covering with grated cheese and tomato sauce as above until all ingredients are used. On top put a few lumps of butter and bake in oven until top is nicely browned.

—Mrs. H. H. Rogers.

CORN BREAD

1 pint of buttermilk, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ cups corn meal, 1 teaspoon of soda, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ cup hot lard, 1 egg, 1-3 cup sugar.

—Mrs. J. M. Streib.

WHEAT AND RICE FLOUR SPICE CAKE

$1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter substitute, 1 egg, 1 cup sweet milk, $1\frac{1}{4}$ cups white flour, $\frac{3}{4}$ cup rice flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon allspice, 1 teaspoon cinnamon, 1 cup raisins, vanilla to taste.

—Mrs. Preston P. Gray, El Dorado, Calif.

GRAHAM GEMS

Beat 2 eggs until light and add 1 tablespoon sugar and $\frac{1}{2}$ teaspoon salt, 2-3 cup sour milk, $\frac{1}{2}$ teaspoon soda (dissolved) 1 cup graham flour, 2 tablespoons shortening, enough bran to make it the right consistency to drop into muffin tins. Bake in a moderate oven.

—Mrs. D. E. Black.



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OATMEAL GEMS

The oatmeal that is left from breakfast can be utilized. Put 1 pint of oatmeal into a bowl, and add 1 teaspoonful of salt and the yolk of an egg, and $\frac{1}{2}$ cupful of milk. Add a cupful of flour, and a rounding teaspoonful of baking powder, beat thoroughly for about 2 minutes and then add the white of an egg. Have them very small, and bake for 30 minutes. If they are not thoroughly baked they will seem moist on the inside.

—Elizabeth Gist

MUFFINS

1 cup rye flour, $\frac{1}{2}$ cup corn meal, 2 teaspoons baking powder, 1 egg, $\frac{3}{4}$ cups milk, $\frac{1}{2}$ cup maple syrup, 1 teaspoon salt, 2 teaspoons Crisco. Make twelve medium sized muffins.

—Mrs. E. P. Withrow.

OATMEAL MUFFINS

1 cup hot milk, 3 tablespoonsful sugar, 2 tablespoonsful butter, $\frac{1}{2}$ cup lukewarm water, 1 teaspoon salt, 1 cake Fleischman's Yeast, 1 cup rolled oats, $\frac{1}{2}$ cup whole wheat flour, $\frac{1}{2}$ cup white flour. Boil oats and butter in milk for 2 minutes. Let stand until lukewarm. Dissolve sugar and yeast in warm water and mixtures. Add flour and salt and heat well. The batter should be thick when put to rise for about one hour in a warm place. Then fill greased muffin pans 2-3 full. Let rise 40 minutes and bake in a moderate oven 25 to 30 minutes.

—Mrs. D. E. Black.

MUSH ROLLS

One quart warm corn meal mush (white meal preferred) mixed with one half cup of shortening and one half cup of sugar. When tepid add one yeast cake dissolved in one half cup of milk. Beat well and when risen well stiffen with white flour and set to rise. Knead down twice and make into Parker House Rolls.

—Mrs. E. R. Birnie.

BISCUITS

2 cups of flour, 2 teaspoons baking powder, 2 tablespoons lard or butter, 1 teaspoon salt. Add milk gradually until it becomes a soft dough. Do not use a rolling pin but flatten out with hand and cut out.

—Mrs. J. M. Streib.

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OAT CAKES

$\frac{1}{2}$ lb. rolled oats, $\frac{1}{4}$ lb. flour, 2 ozs. butter, 1 dessertspoon of baking powder. Mix with hot water and roll thin.

—Mrs. G. A. Spink.

EGGLESS CORNMEAL MUFFINS

1 cup cornmeal, $\frac{1}{2}$ cup flour, 1 teaspoon salt, 1 cup milk, 3 teaspoons baking powder, 2 tablespoons syrup, 1 or 2 tablespoons fat, melted. Mix the ingredients in the order in which they are given. Pour the mixture into muffin tins and bake for thirty minutes in a moderate oven.

—Mrs. F. G. Carpenter.

POTATO BISCUITS

1 cup flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 cup mashed potatoes, 2 tablespoons fat, $\frac{1}{2}$ cup milk. Sift the dry ingredients. Add them to the potato mixing it with a knife. Work the fat into the mixture lightly. Add gradually enough milk to make a soft dough. Roll the dough to $\frac{1}{2}$ inch thickness, cut the biscuits and bake them from 12 to 15 minutes in a hot oven.

—Mrs. F. G. Carpenter.

RYE AND CORNMEAL MUFFINS

$1\frac{1}{2}$ cups rye flour, $\frac{1}{2}$ cup cornmeal, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder, 1 tablespoon sugar, 1 tablespoon shortening, $\frac{3}{4}$ cup milk and water. Mix dry ingredients. Add liquid and melted shortening, beat well and bake 30 minutes in a hot oven.

—Mrs. Earl Crosman.

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MOCK BISQUE SOUP

½ can of tomatoes strained and boiled alone, 3 cups of milk cooked in double boiler, 1 heaping tablespoon of butter, salt and pepper to taste, add dash of cayenne. When milk has been cooked and thickened, add tomatoes to which has been added ½ teaspoon of soda.

—Mrs. Higgins.

SPLIT PEA SOUP

One pint wee-washed split peas, two quarts water, place over the fire, add ½ tablespoonful of salt; let it come to a boil; add ½ cupful finely chopped celery and the same of chopped carrots, and a small bit of onion. Cover and cook three hours. Rub through a colander into another kettle and return to the fire. Melt one tablespoonful of butter or substitute, add a tablespoon of flour, rub until smooth, and pour into the soup. Add one pint of milk and a small amount of cream, and boil for five minutes. The peas will cook better in soft water.

—Mrs. H. A. Morgan.

TOMATO BOUILLON

Cut 12 ripe tomatoes in small pieces, add a pint of water, a slice of onion, small piece of bay leaf, celery seed, and boil rapidly for ten minutes. Strain through a colander. Add the well beaten whites of 2 eggs, boil 5 minutes and strain through a cheesecloth. Reheat the bouillon, add a cup or more of whipped cream and serve at once with croutons.

—Mrs. George Baggaly.

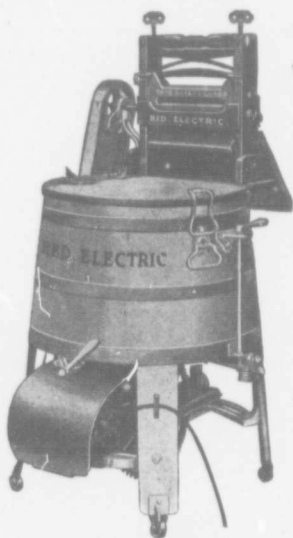
TOMATO BISQUE

1 quart of tomatoes, ½ teaspoon soda, ½ cup cracker crumbs, ¼ cup butter or butter substitute, salt and pepper, 1 quart boiling milk. Stew the tomatoes, add the soda, stir well and strain. Heat again and add the cracker, seasoning, butter and the boiling milk.

POTATO SOUP

Simmer a small onion finely chopped in a tablespoon of butter until brown, add half a spoonful of flour, 1 pint of milk, stirring to a creamy consistency, then add four mashed potatoes, strain and heat again after seasoning with salt and pepper and stir well.

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PALESTINE SOUP

1 lb. Jerusalem artichokes, 2 quarts milk, 1 oz. butter, the yolks of 2 eggs, 5 tablespoonfuls of cream or milk. Pare the artichokes and boil them in water till quite soft, rub them through a sieve, put the pulp into a pan with the milk and butter, season with white pepper and salt, stir it on the fire until it boils and then let it stew gently till the consistency of common pea soup, beat the yolks now with the cream, put them into the tureen, pour in the hot soup and stir till well mixed. Serve immediately.

—Mrs. Almond.

POTATO SOUP

Wash, peel and slice one pound of potatoes, lay them in cold water, peel and slice one onion, melt one ounce of butter in a sauce pan. When it is hot put in the onion and potatoes, stir over the fire for a few minutes but do not let them brown in the slightest. Next pour in one pint of milk and water mixed in equal quantities, add about $\frac{1}{2}$ teaspoonful of celery salt, put on the lid and boil gently till the potatoes are quite soft. When done rub through a sieve, pour back the soup, add $\frac{1}{2}$ pint of milk and pepper and salt. Before serving add one ounce of cooked macaroni cut in inch lengths.

—Mrs. Atwood.

CREAM OF CELERY SOUP

Three roots celery, 1 quart milk, 1 tablespoon butter, 2 table-spoons flour, pint water, piece onion size of silver quarter. Wash the celery and cut into small pieces. Cover it with water and boil in a farina boiler, add to it the water and celery that was pressed through the colander, also the onion. Rub the butter and flour together and stir into the boiling soup and stir constantly till it thickens. Add salt and peper and serve at once.

MINUTE SOUP (Old English Recipe)

Crumb light bread or crackers into a deep bowl until $\frac{1}{2}$ full, add a lump of butter the size of a walnut, $\frac{1}{2}$ to 2-3 cup of rich milk or cream, plenty of pepper and salt; if fond of onions, cut a few slices and lay over the top and pour over plenty of boiling water, and you will be surprised to see how good it is. If for an invalid, add sugar and a few slices of lemon, omitting the former ingredients. This is an old, old Cornish recipe used by an ancestor, when returning from a day's outing "almost starved to death"; before the regular meal could be prepared. Try it for the children returning from school. Add an egg well beaten if more nourishment is required.

—Mrs. Florence R. Wade.

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OYSTER SOUP

Empty one quart of oysters into a colander. Pour one pint of water over them. Drain and bring the liquor to a boil. Skim and add the oysters warmed by standing on the back of the stove and one quart of milk heated in a double boiler with butter and pepper. Let boil up once, add salt and serve at once.

—Mrs. Rowe.

OX-TAIL SOUP

Cut two ox-tails into joints and fry brown in good dripping. Slice 3 carrots and 2 onions in the same dripping, after the ox-tails have been taken out. Put all into a soup-pot containing five quarts water and boil 3 hours. Grate over this 1 carrot and add a sprig of thyme and salt and pepper to taste and boil gently 2 hours longer. Strain and thicken with flour moistened with 2 tablespoons tomato catsup and boil 15 minutes longer.

—Mrs. Albert E. Harrison.

ONION SOUP

Take 1-8 lb. of butter, put into a large saucepan and melt slowly, but not brown, cut up very finely 2 good sized onions, put them into the melted butter, dredge with flour and let them stew slowly for 15 or 20 minutes, stir occasionally, pour in 1 quart of boiling water, dredge in a little more flour and add a teacup of milk, boil 15 minutes, stirring often, take soup from stove and stir in 2 well beaten eggs, season with pepper and salt, and serve with bits of toast in tureen.

—Mrs. Barlee.

CELERY SOUP

One head of celery, butter the size of an egg, 2 pints of water, a little salt and white pepper, yolk of egg, a gill of milk or cream. Put the celery cut in pieces into a pan with the butter melted before hand and stir until very piece of celery is covered with butter. Pour on water, add salt and pepper and boil (with a lid on the pan) till celery is quite soft, skim well from time to time as the froth rises, when celery is quite soft rub all through a sieve, return soup to pan, stir till boiling, have ready the egg and cream mixed and pour the boiling soup on this.

—Mrs. Almond.

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POTATO SOUP

3 potatoes, 1 quart of milk, 2 slices onion, 3 tablespoons butter substitute, 2 tablespoons flour, $1\frac{1}{2}$ tablespoons salt, $\frac{1}{4}$ teaspoon celery salt, 1-8 teaspoon pepper, few grains cayenne and 1 teaspoon chopped parsley. Cook potatoes in boiled salted water. When soft run through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt the fat, add dry ingredients, stir until well mixed then stir into boiling soup. Cook 1 minute, strain and sprinkle with parsley.

VEGETABLE CREAM SOUP

Boil $\frac{1}{2}$ cup rice until tender with 1 large onion (minced) in 2 quarts of salted water. Add $\frac{1}{2}$ cup each of tomatoes and carrots and celery. When fully cooked add a large spoonful of butter and a large cup of cream.



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Fish



FINNAN HADDIE DELMONICO

1 pound fillets finnan haddie, $\frac{1}{2}$ dozen new potatoes, 1 cup green peas, 2 hard boiled eggs. Cook finnan haddie well, cook potatoes and peas separately. Cream the fish. Lay peas in middle of the platter and the potatoes around it. Pour the fish over the whole. Cut the eggs in rings and garnish the edge of the platter, dash a little red pepper over and lay on a few small bits of pimento.

—Mrs. Homer B. Wright.

FISH BAKED IN MILK

Select a fresh fish. Salt well and let stand for several hours. Wipe dry. Lay a bay leaf inside the fish, place in a baking dish, cover with sweet milk, salt and pepper and bake in a medium quick oven.

—Mrs. H. E. Gibson.

SAUCE

1 tablespoon butter mixed smooth with 1 tablespoon flour; add boiling water till it thickens; add $\frac{1}{4}$ cup grated cheese. Serve hot.

SALMON LOAF

1 can salmon, $\frac{1}{2}$ cup bread crumbs, 1 cup milk, 1 egg. Mix bread crumbs. Let cool. Put in egg and salmon. Bake $\frac{1}{2}$ an hour in a moderate oven. Put in mould.

SCALLOPED OYSTERS

1 pint of solid oysters washed and drained, $\frac{1}{2}$ cup of melted butter. 1 cup cracker crumbs, moistened in th emelted butter. Butter a shallow dish; put in a layer of crumbs (moistened with some of the liquor which has been previously drained from the oysters and strained—there should be three gills), then a layer of oysters seasoned with salt, pepper and butter; alternate until dish in full, having a thick layer of cracker on top. Many prefer to heat the oyster liquor and the butter, with an equal quantity of milk or cream, and use more cracker. Moisten each layer of cracker with the hot liquid. Reserve the larger part of butter for the top layer of crumbs. In this way a larger dish may be prepared with the same quantity of oysters.

—Diamond Cook Book.

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SALMON LOAF

1 can salmon, $\frac{1}{2}$ cup biscuit crumbs, $\frac{1}{2}$ cup sweet milk, a very tiny piece of butter, salt and pepper to season. Steam about one hour.

—Mrs. Kennedy.

CODFISH BALLS

1 pint fish, 1 even tablespoon butter, pepper, 1 beaten egg, not separated, 1 quart raw potato slices. Cook the fish and pick fine. Cook potatoes until soft. Drain well, mash smooth, and butter, egg and pepper. Beat well and form into balls. Fry in deep fat and serve very hot.

—Mrs. M. T. Chamberlain.

CREAMED COD

2 cups cooked cod. Cream Sauce: $1\frac{1}{2}$ cups skim milk, $1\frac{1}{2}$ tablespoons butter, $1\frac{1}{2}$ tablespoons flour, 1 teaspoon salt, cayenne, chopped parsley, onion juice. Arrange alternate layers of flaked fish and sauce in baking dish. Cover with butter crumbs and brown in oven.

—Mrs. M. N. Deming.

STEAMED HALIBUT OR WHITE FISH

Steam until tender, then remove to a platter. Garnish and serve with potato balls, slice of cucumber and lemon and a few sprigs of parsley if in season. Steam the fish on a granite plate which fits the steamer. It can be lifted out and the fish removed without breaking up.

—Helena M. Soley.

BAKED FISH

Prepare slices of fish and season with salt and pepper and onion juice and dredge with flour. Take a baking dish, put 1 bay leaf and a little white sauce in the bottom, then the fish and pour over remainder of sauce, sprinkle top with buttered crumbs and bake in oven for one hour.

—Mrs. D. E. Black.

ESCALLOPED SALMON

Butter a pudding dish, put a layer of crackers, not very finely rolled; then a layer of canned salmon, butter, salt and pepper. Proceed as before, the last layer to be crackers. Put lumps of butter thickly on top, salt and pepper and moisten thoroughly with milk. Bake one hour.

—Mrs. Seibert.

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SALMON LOAF

$\frac{1}{2}$ to 1 can salmon, 2 eggs, $\frac{1}{2}$ cup milk, 1 cup stale bread crumbs, 1 teaspoon salt, 1-8 teaspoon pepper, 1 teaspoon lemon juice, 1 teaspoon or more of chopped parsley. Remove skin and bone of salmon, mince fish with silver fork and add eggs well beaten. Add crumbs, buttered if desired and seasoning. Mix well. Put in a greased mould, cover and steam or bake one hour. Hard cooked slices of egg or pickle or olives may be inbedded in fish mould. Serve hot with white sauce.

—Mrs. D. E. Black.

SALMON LOAF WITH SAUCE

One can salmon drained from oil and freed from bones. Rub smooth with two tablespoons soft butter, three-fourths cup cracker crumbs, and one-half cup sweet milk. Season with pepper, salt and a little mustard. Beat four eggs separately and add last. Steam two hours in buttered dish.

—Mrs. A. B. Carney.

ESCALLOPED CODFISH

One pint of well picked codfish freshened in warm water, one large onion well chopped cooked in a little water until soft. Add to this one cup of sweet milk, one large spoon of butter, dissolve two tablespoons of flour, a little salt and pepper, let boil and stir in one beaten egg. Grease baking dish and put in layer of fish, and then a layer of above dressing. Alternate layers of fish and dressing with rolled crackers for a top layer. Bake about 20 minutes.

—Mrs. C. R. Ryther.

BAKED FISH WITH TOMATOES

Take a white fish, pike or trout, that will weigh three pounds, clean thoroughly, run with salt and pepper, if not too fat lay in a piece of salt pork, put in a covered baking dish and turn over it 1 pint of nice stewed tomatoes, cold tomatoes left over are nice; bake until well done. Serve with the following sauce: A piece of butter the size of a walnut, 1 tablespoon of flour; put butter in frying pan, stir in flour, add 1 pint of hot milk; let cook until well done, stirring all the time; season. Have some tomatoes stewed and passed through a sieve to remove seeds; add 13 teaspoonfuls to the sauce and serve with the fish.

—Mrs. W. E. Parsons.

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BROOK TROUT, INDIAN STYLE

Clean trout, rub well with salt, wrap in clean leaves, cover with mud and bury in hot ashes. These are delicious.

—Deadwood Hunter.

SHRIMP WIGGLE

One tablespoon flour, one tablespoon butter, mix well, add pepper and salt to taste, also one quart milk and cook. Add one can of shrimps and one-half can of peas. Serve on buttered toast or crackers.

—Mrs. Geo. Bagglely.

SCALLOPED FISH

Two teacupfuls of mashed potatoes, $1\frac{1}{2}$ cupfuls of cold boiled fish (any kind of cooked fish can be used) $2\frac{1}{2}$ cupfuls of milk, 1 egg. (If codfish is used omit the salt.) Mix together, put into a buttered baking dish and bake for half an hour, until it is light brown.

BAKED FISH

Carefully wash and dry, put in stuffing, and sew up opening. Cut three gashes each side of fish and lay piece of salt pork on each cut. Dredge with salt, pepper and flour and lay in a baking dish, placing slices of the salt pork under, around and over the fish. Serve with brown sauce. Garnish with slices of lemon and sprigs of parsley.

ESCALLOPED OYSTERS

One quart oysters, drain juice, put on stove, let come to a boil and skim. To this add one pint of milk. Grease dish with butter, add layer of oysters, cover lightly with bread crumbs and butter and salt and so on until dish is full. Pour the oyster liquor over all. Put in hot oven for 20 minutes.

—Mrs. T. E. Marshall.



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OYSTERS ON TOAST

Strain the oyster liquor, rinse the bits of shell from the oysters, pour the liquor on them again, put into a stew pan and set them where they will boil up. Salt, pepper and butter to your taste. Have ready nicely browned toast, previously moistened in boiling water and well buttered. Arrange this in a deep dish and pour over the oysters, serve very hot.

—Mrs. Anna B. Hunt.

OYSTER FILLING FOR PATE

Wash 25 oysters, throw into a sauce pan and shake until the gills are curled. Drain saving the liquor, to this add sufficient milk to make half a pint. Rub together a rounding tablespoonful of butter and one of flour, add the liquor and milk, stir until boiling, add the oysters, season with salt, peper and parsley. Fill pate and serve.

—Josephine P. Neil.

STEAMED OYSTERS

Put whole oysters into a pan with a generous bit of butter, add some salt and pepper; cover tightly and shake the pan occasionally. Have ready some dry toasted bread, and when the oysters are steamed plump, turn on the toast and serve immediately.



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RICE CROQUETTES

$\frac{1}{2}$ cup rice, 1 cup scalded milk, $\frac{1}{2}$ teaspoon salt, yolks of 2 eggs, $\frac{1}{2}$ cup boiling water, 1 tablespoon butter, 1 tablespoon sugar. Wash rice, add sugar, salt, and boiling water, cook in double boiler until water is absorbed, then add milk and cook until rice is soft. Remove from fire, add yolks and butter. Cool mixture. Shape in balls or small cylinders, fry and drain.

—Mrs. Thomas W. Lingle.

TO PREPARE SAVORY POTATOES

6 potatoes, 2 small onions, 1 tablespoon fat, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 tablespoon chopped parsley, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup grated cheese. Put the fat in the bottom of a saucepan, pare the potatoes, chop onions and parsley. Mix salt and pepper together on a saucer. Cut the potatoes into thin slices and put a layer in the saucepan. Sprinkle in a little seasoning, then onions and parsley. Repeat until all are used. Then pour in water, covering tightly and cook gently for twenty minutes. Now pour in the milk and cook for another 15 minutes. Lift the potatoes carefully to a flat dish and stew the grated cheese over the top. (Cheese and parsley may be omitted.)

—Mrs. F. G. Carpenter.

BAKED ONIONS

Parboil in water, then drain, and cook ten minutes in milk. Lay the onions closely together in serving dish, thicken the milk with tablespoonful of butter and tablespoonful of flour, and season with salt and pepper. Pour this thickened milk over onions till covered, sprinkle cracker crumbs over top, and bake for 15 minutes covered, then uncover and bake until crumbs are browned.

—Mrs. Henry A. Wing.

POT PIE

Stew a piece of shoulder of mutton in nice small pieces, then lay in pie dish with the gravy, sprinkle over finely shredded onion, pepper and salt, then lay over pared whole potatoes and bake quite an hour.

—Mrs. E. R. Birnie.

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BEEF LOAF

1½ lbs. ground beef, 1 large cup bread crumbs, 1 egg, 1 cup milk, sage, salt and pepper to taste. Bake in loaf tin.

SPANISH BEANS

1 lb. pink (or kidney) beans, 2 large onions, ½ can tomatoes, ½ cup brown sugar, ½ cup vinegar, dash cayenne pepper, 1 level teaspoon curry powder, small piece of bacon (not necessary). Cook all together till broth thickens, if bacon is omitted add salt and a small piece butter.

—Louise Stoft.

MEAT SOUFFLE

Make a cream sauce. Melt 1 heaping teaspoon butter, 1 heaping tablespoon flour, ½ teaspoon salt, ½ salt spoon pepper, 1 cup of milk in which a slice of onion has been boiling. Remove onion and stir into the milk flour and butter. When the sauce is smooth as cream add 1 cup of chopped meat, beef, mutton or veal. When all is well heated draw it aside and add yolks of 2 eggs. When cold stir in the whites of the 2 eggs and place in a buttered mould and bake 20 minutes.

—Mrs. D. E. Black.

SCALLOPED CHEESE

Line the bottom of a ^{Worcestershire?} casserole with a layer of stale bread, then a layer of cheese. Salt and pepper each layer of cheese. Alternate the bread and cheese till the right amount is desired having the cheese the last layer. ~~Then beat an egg, and add enough milk to egg to almost cover the bread and cheese.~~ Sprinkle bread crumbs and a little paprika over top. Bake slow till a nice brown.

—Mrs. M. G. Brown.

CHICKEN LOAF

1 chicken, 1½ cupfuls cracker crumbs, 3 eggs, oleomargarine, size of egg, 1 teaspoon Worcestershire sauce. Boil a chicken in as little water as you can to cook it thoroughly. When done remove the bones and pass the meat through a meat chopper. Mix with this one and one-half cupfuls cracker crumbs, 3 eggs, and a lump of oleomargarine the size of an egg. Shape into a loaf 2 or 3 inches thick and put into a baking-pan and bake in a moderate oven. Put a tablespoonful of oleomargarine and a teaspoonful of Worcestershire sauce in a teacup and fill with hot water, with which baste the loaf frequently. When perfectly cold slice and serve.

—Mother's Magazine.



CANADIAN RED CROSS SOCIETY

Information Department

Probably very few of our Red Cross members or workers know of the existence of our Information Department in connection with our Canadian Red Cross Office in London.

The Red Cross Society follows the soldier into Hospital, and the Information Department is intended to stand behind the wounded man, representing for him, his home town, his family, mother, sisters or sweetheart, giving him the personal attention which he would have if he were cared for in his own home.

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The Canadian Red Cross Society has been made the responsible Agent for the care of all Canadian Prisoners of War, and from the Funds of the Society, every Prisoner of War in Germany whose name is reported to the War Office, receives three 10s. parcels of food every fortnight, and twice a year a complete outfit of clothing. Friends and relatives can, through the channels of the Red Cross Society, contribute to the maintenance of a Prisoner if they wish, but this great work goes on independent of such contributions. Persons wishing to adopt Prisoners should apply to the

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1 tablespoon oleomargarine, 1 onion (chopped fine), 6 sweet peppers cut in strips, 4 tomatoes peeled, cut in halves and seeds squeezed out, $\frac{1}{2}$ teaspoon salt. Make the filling first. Put the oleomargarine in upper half of an oatmeal kettle, add onion and peppers, and simmer gently for twenty minutes. Then add the tomato halves cut into three or four pieces each and cook twenty minutes longer. Then add salt and pepper and set over hot water in lower half of kettle to keep hot till wanted. Now make the Meat Box: 2 lbs. uncooked beef chopped fine, 1 teaspoon salt, 1 egg unbeaten, $\frac{1}{4}$ teaspoon pepper. Work all well together. Form into a box whose sides are about an inch thick. Place this box on a piece of oiled paper in the bottom of a baking pan and bake in a quick oven for 30 minutes, basting twice with melted oleomargarine.

ENGLISH HOT POT

1 large onion, 2 tablespoons drippings or butter, 2-3 to 4-5 lb. of beef (round or flank), flour (to dredge meat), catsup (1 tablespoon), vinegar (1 tablespoon), potatoes (three), celery (one stalk or dried leaves crumbled), carrot (one), Turnip if desired, poultry seasoning or kitchen bouquet (one level teaspoon). Salt, pepper and water or soup stock. Fry the chopped onion in a skillet or broad shallow iron pan or kettle, in the hot drippings. Dredge meat (cut into inch cubes) with flour and cook it in the hot fat until seared well on all sides. Now pour in gradually a pint of hot water or stock, the catsup and vinegar. Stew gently one hour, stirring occasionally. Then add potatoes, celery, carrot and turnip, all diced and kitchen bouquet of sweet herbs. Salt and pepper to taste. Stew one hour more and serve like soup in a tureen. More liquid may be added as it cooks away. This quantity will serve six persons liberally.

—Mrs. G. S. Fuller.

HAMBURG TAMALE

Work sufficient cream into Hamburg Steak to make it into an easily pliable consistency. Season with salt and Grandma's Spanish Pepper. Roll in bread crumbs and fry. Should Grandma's Spanish Pepper be unobtainable take equal amounts of cumin, coreander seed organo, grind very fine and add a fourth amount of cayenne pepper with small quantity of garlic chopped fine. This mixture gives the tamale flavor. It should be kept air tight in a tin box. The quantity to be used should first be moistened with water as it does not readily dissolve.

—Annie F. Merrick.

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RICE TAMALE

Cut into small pieces, chicken or veal that has been previously cooked, place in a saucepan with equal amount of mushrooms; cover with water and stew. When done, thicken slightly with flour and season with salt and Grandma's Spanish pepper. Pour into nests of boiled rice, garnish with olives stuffed with pimientos and serve steaming hot.

—Annie F. Merrick.

SAUSAGE PUDDING

Beat 2 eggs with a pinch of salt, add a pint of milk or water, and 1½ cups of flour, put a thin layer of batter into a buttered pudding dish, then a layer of split sausages or hamburger steak, repeat until dish is three-quarters full having sausages on top over which a little mixed mustard, bake three-quarters of an hour, serve immediately.

—Mrs. E. R. Birnie.

RICE AND NUT LOAF

(Meat Substitute)

1 cupful of rice, 1 cupful of peanut butter, 1 cupful of cream sauce, 2 teaspoons of salt, 1 tablespoon finely chopped parsley, 2 teaspoons of grated nutmeg, 1 cupful of bread crumbs, 2 eggs. Cook rice as usual, but do not blanch; put through meat chopper; add peanut butter, thick cream sauce, salt, parsley, nutmeg, ¾ of a cup of bread crumbs and one well beaten egg; Mix all together. Shape oblong. Beat 1 egg with one tablespoon of milk and cover the loaf; dust with the bread crumbs. Place loaf in centre of buttered pan and bake in moderate oven for 35 minutes. Serve with cream or tomato sauce.

—Mrs. Preston Gray, El Dorado, Calif.

BAKED BEANS

1 quart white beans, 1 onion, 1 carrot, 1 level tablespoon salt, 1 teaspoon dry mustard, ¼ teaspoon soda, ¼ cup sugar, 4 tablespoons butter or dripping. Soak beans over night in cold water to which a teaspoon of baking soda has been added. Drain, rinse, cover with cold water, heat to boiling and simmer until beans are tender but not broken. Place in an earthen bean-pot, pour on boiling water, cover closely and bake slowly for about 8 hours. Uncover for the last hour. Replenish with water as needed. If you do not use a coal range, and find gas too expensive for the long cooking required for baked beans, set the bean pot on the edge of the furnace, protecting it from the direct heat from the coals by a piece of asbestos, and turn about every hour.

—Maclean's Magazine.

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EGG CUTLETS

Four eggs, hard boiled, chopped not too fine. 1 tablespoon butter, 1 teaspoon chopped parsley, 2 tablespoons flour, 1 level teaspoon salt, 1 cup milk. Pakrika and white pepper to taste. Melt the butter, add the flour, rubbing until smooth, add milk and season it. Add same to chopped eggs and parsley. Spread on platter until cool, then form into cutlets, dip same in egg, then in bread crumbs, fry in deep lard. Serve with cream sauce.

—Mrs. W. A. Sparling.

MACARONI WITH TOMATO SAUCE

Break $\frac{3}{4}$ lb. macaroni into small pieces and drop into salted boiling water and let boil hard for 30 minutes. Drain in a colander and rinse with cold water. Fry 2 tablespoons chopped onion in $1\frac{1}{2}$ tablespoons flour when mixed add gradually $1\frac{1}{2}$ tablespoons butter, add 1 large tablespoon flour when mixed, $1\frac{1}{2}$ cups drained tomato, salt and pepper to taste. Let boil. Place macaroni in buttered baking dish, add the tomato sauce. Cover with bread crumbs and bake till brown.

—Mrs. D.E.Black.

CRUST FOR TAMALES PIE

2-3 cup shortening, 1 teaspoon salt, 1 pint water, 1 large teacup cornmeal (white). Put lard and water in saucepan and when boiling add salt, stir in cornmeal slowly, when cool enough to handle spread on bottom and sides of a shallow 2 quart basin, pour in meat and spread crust over top, bake in hot oven $\frac{1}{2}$ of an hour.

—Mrs. J. M. Streib.

TAMALES PIE

1 lb. beef shoulder (a little fat), $1\frac{1}{2}$ dozen olives, 3 cloves of garlic, $\frac{1}{2}$ cup pulp of dried chilis (red peppers), 1 dozen raisins, salt. Boil meat keeping well covered with water, prepare chilis by scraping out seeds and veins, and boiling skins in water until soft, then scrape inside off with a knife, when meat is done add pulp and other ingredients, thicken with 2 tablespoons of corn meal, boiling about 5 minutes, then pour into crust.

—Mrs. J. M. Streib.

TOMATO OMELET

1 can tomatoes, 1 tablespoon butter, 2 eggs, 1 can peas, 1 slice of pimento. Put together and thicken with butter and flour. Serve on toast.

—Mrs. Homer B. Wright.

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for every baking purpose

MACARONI AND CHEESE

1 large cup macaroni, $\frac{1}{2}$ lb. cheese, pepper, dry mustard, butter, milk, 1 teaspoon salt, 3 soda biscuits. Break macaroni into inch pieces, throw into boiling salted water. Cook 10 minutes then drain off water. Cut cheese very fine; roll crackers. Into a buttered baking dish put alternately the macaroni, cheese, cracker crumbs, a little salt, pepper and dry mustard, finishing with the cheese on top. A little milk may be poured in before baking. Bake $\frac{1}{2}$ hour.

—Mrs. F. H. Mitchell.

CREAM OMELET

1 egg to each person served, salt to taste, 2 tablespoons thick cream. Separate eggs carefully and beat yolks and whites until very light, add cream to yolks and pour over whites. Turn into hot buttered pan at once and stir continuously until set. Take out by spoonfuls and serve on hot buttered toast.

—Mrs. M. T. Chamberlain.

CORNMEAL BALLS

$\frac{1}{4}$ cup cornmeal, 1 cup milk, $\frac{1}{4}$ teaspoon salt, 1-8 teaspoon pepper, $\frac{1}{2}$ teaspoon onion juice, 1 egg yolk. Cook cornmeal in milk in double boiler, add seasoning and egg yolk well beaten. Shape into balls and fry in deep fat. These may be coated with egg and crumbs before frying if desired.

—General Federation Magazine, Feb. 1918.

MACARONI AND CHEESE

Break the macaroni in small pieces; pour warm water over it and let stand half an hour on the back of the stove; then pour off the water and cover with milk and let it come to a boil. Put a layer of macaroni in a greased pudding-dish, sprinkle with salt and put on a few small pieces of butter; then cover with a very generous layer of grated cheese. Alternate the layers of macaroni and cheese, having cheese on top; then pour on milk enough to thoroughly moisten, and bake half an hour.

—Mrs. W. A. Gordon.

SCRAMBLED EGGS

6 eggs, 2 tablespoons water, $\frac{1}{2}$ teaspoon salt, 2 tablespoons milk, 2 tablespoons butter, $\frac{1}{4}$ teaspoon white pepper. Beat the eggs and other ingredients, and mix thoroughly, melt the butter and pour in the mixture, stir constantly while cooking until soft and creamy, then serve immediately.

—I. N. Campbell.

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1½ lbs. of round steak (chopped fine), 4 chill peppers, 10 cents worth of comena seed, a part of a bottle of chili powder, 1 can of tomatoes, 2 cups of chili beans, 4 tips of garlic or 1 large onion, 1 tablespoon of lard, salt. Soak the red chili beans over night. In the morning cook until tender in plenty of water. Add the meat and cook slowly for 1 hour longer, then add tomatoes, garlic, peppers cut fine, and all other ingredients except the chili powder, and after cooking for a few minutes stir in from 1 to 5 tablespoons of the powder, according to taste. Cook 1 hour longer, closely covered.

POTATO STUFFING FOR ROAST GOOSE

2 cups hot mashed potatoes, 1 cup stale bread crumbs, 1 finely chopped onion, 1 teaspoon sage, 1½ teaspoons salt. Mix lightly and be careful not to pack solidly when stuffing the goose.

—Maclean's Magazine.

ROAST STUFFED HEART

Wash a calf's heart, remove veins, arteries and clotted blood. Stuff with 1 cup stale bread crumbs mixed with 2 tablespoons melted dripping, ¼ teaspoon salt, a dash of pepper, 1 tablespoon chopped onion, ½ teaspoon sage. Sew up the opening, sprinkle the heart with salt and pepper, roll in flour, and brown in hot fat in a frying pan over the fire. Place in a small, deep baking pan, half cover with boiling water, cover closely and bake slowly for 2 hours basting every 15 minutes. Remove the heart from the pan, thicken the liquor with flour, season with salt and pepper and pour around the heart before serving.

—Maclean's Magazine.

CORN TIMBALES

1 cup corn, 3 rolled crackers, 2 eggs (beaten), ½ cup milk. A little parsley and onion put in timable moulds and bake until firm. Serve with cream sauce. A nice luncheon dish.

—I. N. Campbell.

SCRAPPLE

Chop cold boiled pork until fine, season with salt and pepper and return to liquid in which it was cooked. When boiling add enough cornmeal to make a thick mush and cook slowly one hour. Turn out in an oblong mould. When cold slice thin and fry brown. This will keep several days.

—Mrs. Flora B. Vroman.

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SCRAMBLED MUTTON

Two cups cold mutton, ground; three tablespoons hot water; small piece of butter. Set all on the stove, when the meat is well warmed through break in three eggs and constantly stir until the eggs and constantly stir until the eggs begin to stiffen, season with pepper and salt.

—Mrs. Ed. Vreeland.

MEAT LOAF

1 lb. round steak and $\frac{1}{4}$ lb. pork, chopped, 2 eggs, 4 crackers rolled, $\frac{3}{4}$ cup milk, a little onion, salt and pepper to taste. Bake three-quarters of an hour.

—Mrs. D. L. McLean.

CREAMED CHICKEN

Measure one pint of bread crumbs, add to it one-half pint of water, cook over fire and stir to avoid scorching. Add one quart of chopped chicken, mix well and season with two teaspoonful of salt, one-half teaspoon pepper. Beat yolks of four eggs, then fold in lightly the whites. Butter a good sized mould, turn in the mixture and steam one hour. Serve on a platter garnished with cream gravy with mushrooms or peas if preferred and more convenient. Set mould in pan of hot water and bake.

—Mrs. W. McLaughlin.

CREAMED CHICKEN

Prepare your chicken as for frying. Season well with salt and pepper and lay in dripping pan in which has been melted two table-spoons butter and one of lard. Sprinkle flour over all and add enough water to cook. Baste often and when nearly done add one pint cream. This makes a delicious gravy and should when the chicken is done be of just the proper consistency.

—Mrs. Chas. McLean.

JELLY CHICKEN

Stew a chicken until the meat will fall off the bones. Season with onion, bay leaf, celery, salt and pepper. Remove chicken from the kettle and let the broth boil down to about one pint then add to it a tablespoonful of gelatine which has been dissolved in one-half cup of cold water, also the juice of one-half lemon. Pick the chicken from the bones, cut in small pieces and half fill tea cup with chicken, then pour over the strained liquor. Set on ice to harden. When ready to use turn out of cups.

—J. U. Davenport.

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CHICKEN PIE

Use the remnants of cold roast fowl. Make stock by covering bones and left-over gravy with cold water and simmer for an hour or more. To 3 cups of stock add $\frac{1}{2}$ onion chopped, 2 potatoes cut in $\frac{1}{2}$ inch cubes, 1 teaspoon salt and a little pepper. Boil 15 minutes. Thicken with cup flour mixed to a paste with cold water. Put chicken in a baking dish, add stock and potato, and cover with small baking powder biscuits or with a crust of biscuit dough or with plain pastry crust. Bake in a hot oven until crust is done. Remnants of any roast poultry or meat may be made into a meat pie in this way.

—Maclean's Magazine.

LIVER FRIED AS CUTLETS

One egg to one pound of liver; have the liver cut fine, scald, wipe dry with a towel, beat up the egg, dip the liver in the egg then into powdered crackers, fry brown. This is very nice served with tomatoes if preferred.

—Mrs. U. S. Allison.

SPANISH RICE

1 cupful rice, 1 can tomatoes, 1 lb. ground beef (flank or round) 2 medium sized onions, salt and pepper. Cook rice in salted water, add ingredients. Mix well and place in greased baking dish. Bake for three-quarters of an hour.

—Mrs. F. C. Field.

BEANS A LA CENTRO-AMERICA

Put 2 cups of white beans to soak over night. Boil and par boil the beans in salted water till tender (any kind of ham or pork bones boiled with the beans adds to the flavor). Fry in a moderate quantity of bacon or pork drippings, two large slices of onion, 2 slices of bacon and a tomato (if no fresh tomatoes are on hand Campbell's tomato soup paste or catsup can be added later. Add the beans drained dry. Put in salt and red pepper to taste. Let all simmer until the mixture is thoroughly cooked, mashing a part of the beans while cooking. Finally allow the mixture to brown slightly. Serve hot with catsup or a tomato sauce. This is a good dish for a meatless day.

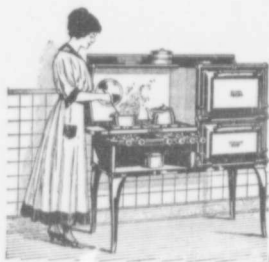
—Florence Brewster Clum.

CHEESE AND RICE OMELET

1 cup boiled rice, 2 eggs, 1 pinch salt, 2 tablespoons water. Take rice, water and salt and fold in first the yolks and then the whites well beaten. Cook in omelet pan and serve with cheese sauce very hot.

Cheese Sauce: 1 tablespoon butter, 1 tablespoon flour, 1 cup of rich milk, $\frac{3}{4}$ cups of cheese grated. Make white sauce and add cheese and cook until creamy. Add a little salt.

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CHEESE CROQUETTES

To one cup of thick boiling cream sauce, made with two table-spoons butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup cream and two teaspoons flour, add one pound of good cheese cut in very small squares or cubes, the yolks of two eggs, salt and cayenne pepper. Stir together on the fire for a minute or two and then put away to cool off, quickly. When cool enough to handle shape into croquettes, bread them twice in beaten egg and crumbs and fry in very hot deep fat. Serve on a napkin. Cheese has its best food value when in a melted state. One whole cup of milk may be used instead of the cream.

—Mrs. E. P. Newhall.

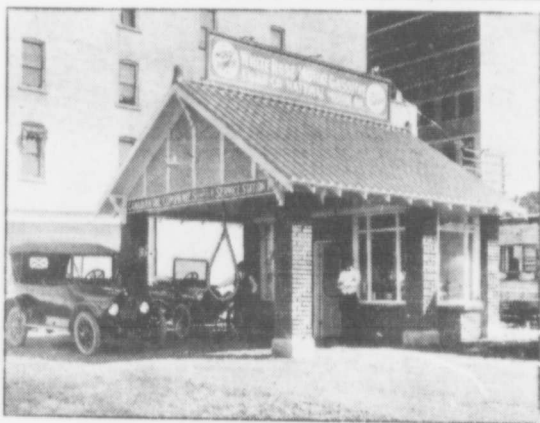
RICE AND MEAT LOAF

Boil one cup rice, line a greased bowl with it while hot. When cold fill the center with chopped left over mutton well seasoned. Set in a pan of water and bake three-quarters of an hour. Turn out on a platter and serve with tomato sauce.

—Mrs. E. R. Birnie.



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Salads and Salad Dressings



SALAD DRESSING

4 tablespoons butter, 1 tablespoon flour, 1 level tablespoon salt, 1 heaping tablespoon sugar, 1 level teaspoon mustard, a speck of cayenne, 1 cup of milk, $\frac{1}{2}$ cup of vinegar, 3 eggs. Let butter get hot in saucepan, add the flour being careful not to brown, add the milk and boil up. Place pan in another of hot water. Beat eggs, salt, pepper, sugar and mustard together and add the vinegar, stir this into boiling mixture and stir until it thickens like soft custard which will be in about 5 minutes, set aside to cool, when cool, bottle and put in ice box. Will keep 2 weeks. Cream may be added when using.

—Mrs. J. M. Streib.

SALAD DRESSING

1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons mustard, 1-8 teaspoon cayenne pepper, $\frac{1}{4}$ cup vinegar, 2 eggs, 2 tablespoons butter (or olive oil), $\frac{1}{4}$ cup water added to vinegar. Mix dry ingredients in saucepan, add vinegar and water and heat to boiling point. Beat eggs very light and add slowly the hot vinegar, etc., beating all the time. Stand the bowl in hot water over fire and beat until it thickens, then remove from fire and add butter or oil. Thin with cream before serving.

—Mrs. Allan Haszard.

SALAD DRESSING

1 teaspoon mustard, 1 teaspoon salt, 1 teaspoon sugar (powdered), few grains cayenne, whites of 2 eggs, $\frac{1}{4}$ cup lemon juice or white vinegar and lemon juice, $1\frac{1}{2}$ cups olive oil or Wesson's Snow Drift Oil. Mix dry ingredients and then pour oil very slowly at first—drop by drop. As mixture thickens, thin with vinegar and lemon juice.

—Mrs. Solon Shredd.

VEGETABLE SALAD

The quantities must be judged by the housekeeper. Boil eggs till hard, cool them, cut in two crosswise and remove yolks. Break yolks into small pieces and mix with cold boiled peas and mayonnaise dressing. Serve with pepper and salt and fill the whites with the mixture. Add a little paprika. Serve on a small lettuce leaf.

—Mrs. H. Clum.

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SUMMER SALAD

Cut in small pieces one cucumber, two firm tomatoes, one spanish onion, one bunch of celery, two green peppers and the inside of two heads of lettuce. Pick to pieces with a fork one half pound can of lobster and mix with the vegetables when ready to serve adding one cupful of mayonnaise dressing. Serve on a white lettuce leaf and garnish with rings of green pepper. Hard boiled eggs may be substituted for lobster and green onions for the Spanish onion.

—Mrs. E. R. Birnie.

STUFFED TOMATO SALAD

Peel tomatoes, chill, remove seeds and pulp, put 1 teaspoon French dressing in each and stand in ice box until ready to serve, then fill with equal parts of finely chopped celery and nuts and pulp. Serve on lettuce with mayonnaise.

—Mrs. H. Clum.

EVER READY SALAD DRESSING

Let one pint of strong vinegar come to a boiling point. Then add the following mixture: 4 well beaten eggs, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon salt, 1 cup sugar, 1 tablespoon cornstarch, paprika as desired. When cooked, can or seal while hot. This dressing will not spoil and may be used as the base of all kinds of quick dressings by adding whipped cream, oil, or even plain cream to get the desired taste and consistency.

—Mrs. Walter R. Garretson.

CABBAGE AND COCOANUT SALAD

To vary the common cabbage salad the addition of cocoanut is a new and pleasant change. Shave the cabbage very fine and add one-fourth as much shredded cocoanut as cabbage, moisten well with a cooked cream dressing and fill green peppers with the mixture; garnish with cream dressing and a bit of green pepper or pimentoes cut in some fancy shape. Place the peppers in lettuce nests and serve with green pepper sandwiches, if the salad is made a separate course in the serving.

—Mrs. George Zimmerman.

FISH SALAD

Take equal quantities fish, celery and cabbage. Pick the fish in small pieces, dice the celery and chop the cabbage. Add salt to taste, mix and serve with a salad dressing.

—Miss Isaacs.

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FRUIT SALAD

6 bananas and 6 oranges, cut fine, put in alternate layers in a mould, soak $\frac{1}{2}$ box of gelatine to which add the juice of 3 lemons and 3 oranges. Sugar to taste and let come to a boil. When hot pour over the fruit. When thoroughly cold, remove from the mould and serve with whipped cream. Strawberries and pineapples may be used in the same way.

—Mrs. O. M. Hopkins.

COOKED SALAD DRESSING

2 cups water, $\frac{1}{2}$ cup vinegar. Put in double boiler when hot, add 2 tablespoons flour, 2 tablespoons oil mixed together. Cook ten minutes. When cool add 1 tablespoon salt, 1 teaspoon mustard, speck of cayenne pepper, the yolk of an egg and a cup of the best olive oil. The oil to be added slowly. It will keep a long time if kept on ice.

—Mrs. James R. Bolton.

BOILED SALAD DRESSING

Beat the yolks of 4 eggs, add to them $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ tablespoonful each of salt and mustard, $\frac{1}{4}$ tablespoonful of pepper, and $\frac{1}{2}$ cup of cream. Bring to a boil. To 1 1-3 cups of vinegar add $\frac{1}{2}$ cup of butter, pour this on mixture, stir and bottle. When wanted for use a little cream may be added.

—Mrs. O. E. Nash.

COOKED SALAD DRESSING

Stir together 3 eggs, well beaten, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ teaspoonful each of salt and pepper and 1 scant teaspoonful of mustard. Heat $\frac{1}{2}$ cupful vinegar, and when a piece of butter the size of a butter-nut. Stir constantly until it thickens, and when cool, just before using, add $\frac{1}{2}$ cup of whipped cream.

—Mrs. W. A. Gordon.

SALMON JELLY SALAD

Soak one half box of gelatine in a little cold water. Beat the yolks of two eggs. Add 1 teaspoon salt, $\frac{1}{2}$ teaspoon of mustard, a few grains of cayenne, $\frac{1}{2}$ tablespoon of melted butter, $\frac{3}{4}$ cup of milk, 2 tablespoons of vinegar. Cook in the double boiler stirring constantly until the mixture thickens. Add one small can of salmon to the soaked gelatine, mix with above and pour all into a mould. When cold serve on lettuce.

—Mrs. J. H. Price.

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CELERY AND CRANBERRY SALAD

1½ cups shredded celery, 1 cup cranberries, ½ cup walnut meats, 3 tablespoons olive oil, 1 tablespoon vinegar, salt, lettuce. Prick the cranberries with a darning needle to keep them from bursting, and cook in a little syrup made of equal parts of sugar and water. Shred the celery in 2 inch lengths and let the pieces "curl" in cold water for 2 hours. Make a French dressing of the oil, vinegar and salt. Mix with the celery. Arrange nests of lettuce leaves, pile the celery on each, sprinkle the nuts chopped coarse, over the top. A boiled dressing may be substituted for the oil dressing but it should not be too thick.

—Maclean's Magazine.

CHICKEN SALAD

Boil fowl until very tender and loosen from the bone. Remove skin and take all meat from the carcass. Save skin and bone for soup stock. Dice the meat and mix one cup of celery, cut in small bits one hard boiled egg and 6 large olives. Moisten this mixture with mayonnaise dressing. Take the liquid in which the fowl simmered, add to it 1 cup of tomato liquid and one diced giblet from the fowl. Season to taste. Stir into it some powdered gelatine dissolved in a little cold water, ½ envelope of gelatine to 2 cups of liquid. Pour this into small moulds and set away to harden. Arrange this salad on a platter with lettuce heart leaves. Garnish with a tomato gelatine moulds and mayonnaise dressing and celery hearts.

—Mrs. H. Clum.

CHICKEN SALAD

Boil chicken until tender and chop in small pieces and add chopped cabbage and celery in equal quantities, add salt and pepper to taste. Dressing: Beat three eggs, 1 teaspoon of mustard, 3 tablespoons of sugar, ½ cup of vinegar, ½ cup of milk, ¼ teaspoon of salt. Boil until it becomes thick. After it becomes cold mix well in salad.

—Mrs. Fred Clark.

STUFFED GREEN PEPPERS

Select peppers of uniform size and shape. Cut the stem end off and remove seeds. Boil in salted water for ten minutes. Prepare a mixture of one cup of chopped chicken, lamb or other cooked meat, one cup of cold boiled potatoes, one small onion, salt and pepper to taste. Fill the peppers, add soup stock to moisten and bake one hour in medium oven.

—Mrs. E. R. Birnie.

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CREAM SALAD DRESSING

Beat three eggs well, add 6 tablespoons of cream or milk, juice of two lemons (or six tablespoons of vinegar), three of melted butter, $\frac{1}{4}$ spoonful of dry mustard, 2 teaspoons of sugar, one of salt, dash of cayenne. Cook in double boiler, let come to a boil, remove at once. Keep in a cool place.

—Mrs. Court F. Wood.

TOMATO SAUCE

1 tablespoon oleomargarine, 1 cupful strained tomatoes, 1 teaspoonful onion juice, 1 tablespoon flour, $\frac{3}{4}$ teaspoonful white pepper, 1 bay leaf. Add onion, bay leaf (salt and pepper to tomatoes. Rub the oleomargarine and flour together and place in inner kettle of oatmeal cooker, set over the fire, add the tomato, and stir until it boils. Then place the kettle over hot water in the lower half of the oatmeal cooker, and cook so for ten minutes, when it is ready to serve.

CREOLE SAUCE

2 tablespoons butter, 2 tablespoons chopped onion, 2 tablespoons flour, $\frac{3}{4}$ cup sherry, or stock, 4 sliced mushrooms, 2 chopped green peppers, 1 cup tomato pulp. Melt butter and fry 5 minutes with mushrooms, onions and peppers. Remove vegetables and brown flour in butter. Add tomato pulp and sherry. Beat until smooth, season with salt and pepper. Let simmer 10 minutes. Serve with meat or fish.

—Mrs. C. L. Greer.

CELERY AND GRAPEFRUIT SALAD

Cut grapefruit into thirds lengthwise, dice pulp, add equal quantities of celery. Use mayonnaise dressing, refill grapefruit shells and serve.

—Miss Isaacs.

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Vegetables

CREAMED ONIONS

Pare and quarter onions. Put them into boiling salted water. When they have cooked five minutes change to fresh boiling water, and if they are very strong change again after ten minutes. Boil until tender but not until broken. Drain off the water; add milk enough to cover, and when it has boiled up once remove the onions. Thicken the milk with 1 teaspoonful of corn starch cooked in 1 tablespoonful of butter. Season with salt and pepper and when smooth turn it over the onions.

—Mrs. Tagley.

BAKED RICE

Wash one teacupful of rice in several waters, put in buttered pudding-dish; pour over it 2 teacupfuls of cold milk; add 3 table-spoons of sugar, 1 tablespoon of butter, a little salt and a little grated nutmeg. Bake one hour. Stir often with a fork and serve as a vegetable.

—Mrs. Vosburgh.

SCALLOPED CABBAGE

Wash and chop coarsely $\frac{1}{2}$ head of cabbage; throw into a kettle of boiling salted water and boil twenty minutes; drain in a colander. Put 2 tablespoonfuls of butter in a saucepan; when melted add 2 level tablespoonfuls of flour, 1 pint of milk, 1 teaspoonful of salt and a dash of pepper. Stir continually until it boils. Put the cabbage in a baking dish, pour over the sauce, sprinkle with bread crumbs and bake in a quick oven fifteen minutes.

—Mrs. J. Walker Smith.

SCALLOPED POTATOES

For 1 quart of potatoes, cut very small, allow a large cupful of milk. Use cream if you have it. Make a cream dressing of the milk, 1 teaspoonful of flour and 1 tablespoonful of butter; cook on the stove until it thickens. Put a layer of potatoes in a baking-dish, season with salt and pepper and pour on a little of the cream dressing. Continue until all is used. Cover the top with rolled cracker crumbs and bits of butter. Bake twenty minutes.

—Mrs. W. A. Currie.

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Repairs of Any Kind

HASHED BROWN POTATOES

Cold boiled potatoes, chopped up fine (not too fine). Put a good deal of butter substitute in a spider; have it hot and put in potatoes with a little salt. Stir until brown and then pour into an oblong mould and let brown on under side. Have another spider with a little hot butter substitute and turn in potatoes without breaking the form of potatoes and brown on the other side.

—Mrs. C. B. Clifford.

POTATO PUFFS

2 cups mashed potato, 1 cup grated cheese, 2 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon salt. Add the milk to the potato and beat until thoroughly blended. Add the beaten egg and salt, gradually adding the grated cheese. Bake in greased tins or ramekins in a slow oven.

PITTSBURGH POTATOES

1 quart potato cut cubes, $\frac{1}{2}$ lb. milk cheese, $\frac{1}{2}$ can pimentos, 1 onion, 2 cups white sauce (use barley flour for thickening). Cook potato cubes and onion finely chopped in boiling water 5 minutes. Add pimentos cut in small pieces and cook 7 minutes; then drain. Turn into baking dish and pour over white sauce mixed with cheese and salt. Bake in moderate oven until potatoes are soft.

POTATO SOUFFLE

4 cups hot mashed potato, 1 tablespoon melted fat, 2 tablespoons milk, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, yolks of 2 eggs beaten stiff. Mix all but the whites of the eggs in order given; beat thoroughly, fold in the stiffly beaten whites, pile in a baking dish and cook until the mixture puffs and is brown on top.

SWEET POTATOES SOUTHERN STYLE

Wash and scrape. Split or slice lengthwise, steam or boil until nearly done. Drain and put them in a baking dish, placing over them lumps of butter, salt and pepper. Pour over all quite liberally maple syrup and bake in oven to a nice brown. There should be sufficient of the syrup to use as a dressing in serving.

POTATO PIE

Soak one quart and a half of thinly sliced raw potatoes for 30 minutes. Cut $\frac{1}{2}$ lb. of salt pork in small pieces and put a layer in the bottom of a deep baking dish. Add a layer of potatoes and sprinkle with a little canned corn and a few stewed lima beans or sour beans, season and repeat until the dish is filled, finishing with salt pork. Moisten slightly with the water in which the beans were boiled, then cover and bake for an hour in a moderate oven. Remove the cover last 15 minutes so that the pork may brown and any excess liquid evaporate.

—Miss I. N. Campbell.

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DEVILED CORN

4 tablespoons butter, $1\frac{1}{2}$ cups sweet milk, $\frac{3}{4}$ teaspoon mustard, 1 can corn, 3 teaspoons Worcestershire sauce, 5 tablespoons flour, $1\frac{1}{2}$ teaspoons salt, pinch paprika, 1 egg. Melt butter, rub in flour, add milk, salt, mustard and paprika. Cook til thickened, add corn, egg and Worcestershire sauce. Cover with butter and cracker crumbs, and bake 20 minutes in slow oven.

—Mrs. F. A. McAllister.

CREAMED HOMINY

Soak hominy in tepid water for 24 hours. Cook until tender. For $1\frac{1}{2}$ cups hominy, 1 cup milk, 1 teaspoon flour, 1 tablespoon butter, 1 teaspoon salt. Melt butter, add flour, salt and milk. Cook for 20 minutes in double boiler. Add hominy and serve.

General Federation Magazine, Feb. 1918.

FRIED HOMINY

Cut cold hominy in desired shapes. Dip in egg, roll lightly in flour and fry a golden brown. Serve with broiled bacon, ham or other meat.

General Federation Magazine, Feb. 1918.

RICE CROQUETTES

1 cup rice, $\frac{1}{2}$ cup milk, 1 tablespoon sugar, grating of nutmeg, bread crumbs, 4 cups boiling water, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, 1 egg. Boil the rice in the boiling water for $\frac{1}{2}$ hour, drain and add milk, butter, sugar, salt and nutmeg. When this mixture boils, stir in rapidly 1 egg and set away to cool. When cold shape, dip in beaten egg and bread crumbs and fry in deep fat.

—Mrs. J. A. Kinsey.

BAKED CORN

Corn cut from $\frac{1}{2}$ dozen ears, or one can of corn with liquor drained off; chop and add a beaten egg, three tablespoonfuls of butter and 2 cupfuls of milk. If canned corn is used, add a tablespoonful of sugar. Season well and pour into a buttered pudding dish and bake for three-quarters of an hour.

—Mrs. W. A. Gordon.

TOMATO JELLY

1 box of gelatine soaked in $\frac{1}{2}$ cup of cold water, stew one can of tomatoes seasoned with a few cloves, a slice of onion, salt and a dash of cayenne, 8 tablespoons of cream, 4 tablespoons of vinegar. Beat all well together except the vinegar, and cook until thick, stirring all the time. When cold add the vinegar (condensed cream is quite as good.)

—Mrs. Fred Clark.

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CORNFLAKE MACAROONS

Whites of 3 eggs beaten lightly, 3 cups of cornflakes, 1 cup chopped walnuts, $\frac{1}{2}$ cup cocoanut, 1 cup icing sugar. Drop in drops and cook until a nice golden brown.

—Mrs. Jos. Garden.

SMALL DROP CAKES

1 tablespoon butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup currants, $\frac{1}{4}$ cup cocoanut, 2 eggs, 1 large cup of milk or water, $1\frac{1}{2}$ teaspoons baking powder, flour to mix very stiff, flavor. Drop the mixture in teaspoonfuls 2 inches apart (greased pan).

—Mrs. E. Beaupre.

NUT AND OATMEAL COOKIES

$\frac{1}{2}$ cup shortening, 1 egg, $1\frac{3}{4}$ cups rolled oats, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon allspice, 1 cup brown sugar, 5 tablespoons milk, $\frac{1}{2}$ cup raisins, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon cloves. Cream, shortening, add gradually the sugar, then egg well beaten, milk, rolled oats and nuts. Mix and sift flour, spices and soda; add to first mixture. Drop from a teaspoon on a buttered baking sheet one inch apart and bake in a moderate oven 15 minutes.

—The Public School Board's War-time Recipe.

ROCKS

$1\frac{1}{2}$ cups sugar, 1 cup Crisco, 2 eggs, 1 cup sour milk, 2 cupfuls rolled oats, 3 cupfuls flour, 1 teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped nuts. Beat butter, lard and sugar together until creamy, add eggs well beaten, then sour milk, soda, rolled oats, flour, raisins and walnuts, mix and drop on buttered pan (with paper to keep from burning) and bake in moderate oven.

—Mrs. D. E. Black.

TRENCH COOKIES

1 cup sugar, 1 cup lard and butter, 1 egg, $\frac{1}{2}$ cup milk, 1 teaspoon soda, flour enough to roll soft, flavor with lemon.

Filling for Cookies:—1 cup of figs, dates or raisins and nuts chopped fine together. 1 lemon juice and grated rinds, $\frac{3}{4}$ cup sugar, 1 teaspoon flour (heaping), $\frac{1}{2}$ cup water. Cook until it thickens. Divide dough into two parts; roll and spread filling on one half, place other on top and cut in squares. Bake in a moderate oven. These cookies keep well and are nice to send to the boys in the trenches.

—Mrs. D. C. McKenzie.

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OATMEAL MACAROONS

1 egg, $\frac{1}{2}$ cup sugar, 1 tablespoon melted butter, 1 cup rolled oats, 1-3 cup shredded cocoanut, $\frac{1}{2}$ teaspoon salt. Beat egg until light, add other ingredients in order given, beat well and drop from spoon on greased pan. Bake about fifteen minutes in a moderate oven.

OATMEAL MACAROONS

$2\frac{1}{2}$ cups oatmeal, 2 eggs, 1 tablespoon butter, 1 cup sugar, vanilla, pinch of salt. Melt butter and mix with oatmeal. Beat eggs very light, add sugar, vanilla and salt. Then stir into oatmeal. Drop on buttered pan from teaspoon. Bake about five minutes.

—Mrs. W. W. Rutledge.

THE OAT MACARON

1 cup brown sugar, 2 eggs, 2 teaspoons baking powder, 1 tablespoon butter, 1 teaspoon vanilla, $2\frac{1}{2}$ cups Quaker Oats (uncooked). Cream, butter and sugar. Add yolks of eggs. Add Quaker Oats, to which baking powder has been added, then add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with a teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 6 cookies.

COCOANUT MACAROONS

Two eggs, whites beaten stiff, one half cup sugar (white) into which stir one dessert spoon cornstarch. Cook over boiling water water about 20 minutes. Take off and stir in as much shredded cocoanut as it will hold. Flavor vanilla. Drop on buttered tin. Bake in a rather quick oven.

—Mrs. W. A. Sparling.

MACAROONS

2 cups rolled oats, 1 tablespoon butter, $\frac{3}{4}$ cup brown sugar, 2 eggs separated and beaten, 2 teaspoons baking powder, 1 teaspoon vanilla and a little salt. Drop on buttered paper far apart.

—Mrs. C. A. Powell.

DROP COOKIES

$\frac{1}{4}$ cup shortening, 1 cup brown sugar, $\frac{1}{2}$ cup syrup, 3 eggs, 1 teaspoon soda dissolved in warm water, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg, $1\frac{1}{2}$ cups flour, 1 cup cornmeal or corn flour, 1 lb. dates or raisins, $\frac{1}{2}$ lb. walnuts.

—Mrs. Deming.

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DROP COOKIES

1 cup golden syrup, 2 teaspoons Crisco, 1 egg, 1 cup milk, 3 teaspoons baking powder, salt and spices to taste, 3 cups whole wheat, graham flour or oatmeal. Fruit or nuts may be added.

—Mrs. E. P. Withrow.

GINGER COOKIES

1 cup cooking molasses, 1 cup shortening, $\frac{1}{2}$ cup brown sugar, 1 tablespoon soda dissolves in 2-3 cup hot coffee, 1 tablespoon ginger, salt, graham or barley flour to roll quite stiff.

—Mrs. C. W. Thompson.

GINGER COOKIES

1 cup molasses, $\frac{1}{2}$ cup vegetable oil, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon cinnamon, $2\frac{3}{4}$ cups flour, $\frac{1}{4}$ cup sour milk. Let stand two hours after mixing then roll out and bake in a moderate oven.

—Mrs. McNeil.

CORN MEAL COOKIES

$\frac{1}{4}$ cup fat, $\frac{1}{2}$ cup syrup, $\frac{1}{2}$ cup molasses, 1 egg, 1 teaspoon salt, 6 tablespoons sour milk, 2 cups cornmeal (white), $\frac{1}{2}$ teaspoon soda, 1 cup flour, 1 teaspoon cinnamon. Combine the melted fat, syrup, molasses, beaten egg, and sour milk. Sift together the cornmeal, soda and flour. Add the liquid ingredients to the dry ingredients. Drop from a teaspoon into a greased pan and bake 15 minutes in a moderate oven. $\frac{1}{2}$ cup chopped raisins or nuts improves these cakes. This recipe makes 55 or 60 cookies 2 inches in diameter.

—General Federation Magazine, Feb. 1918.

CORN MEAL COOKIES

$\frac{3}{4}$ cup melted fat, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup corn syrup, 1 egg, 6 tablespoons sour milk, $\frac{1}{2}$ teaspoon soda, 2 cups cornmeal, 1 cup wheat flour. Combine the fat and molasses, syrup, eggs and milk. Add the dry ingredients. Drop from teaspoon on to a greased pan and bake in a moderate oven 15 minutes. This makes 55 or 60 cookies.

—Mrs. McNeil.

OATMEAL CRACKERS

$\frac{3}{4}$ cupful oleomargarine, 2 cups rolled oats, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon soda, $1\frac{1}{2}$ cups raisins chopped fine, 2 cups flour, 1 cup sugar, 1 teaspoon cinnamon, 3 eggs, a pinch of salt. Cream oleomargarine and sugar. Add the egg yolks well beaten. Dissolve soda in milk and add next. Mix oats, flour, salt and cinnamon together well and add. Add the raisins last. Beat well and drop with spoon on to buttered tins and bake in moderate oven.

—The Kitchen Encyclopedia.

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GINGER SNAPS

1 cup molasses, $\frac{1}{2}$ cup shortening, $\frac{3}{4}$ cup flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon ginger, 1 teaspoon salt, $2\frac{1}{2}$ cups rye flour. 1.—Heat molasses to boiling point and pour over the shortening. 2.—Sift together the dry ingredients and add the molasses mixture. 3.—Chill thoroughly, roll thin and cut with cookie cutter. 4.—Place on a greased baking sheet and bake in a moderate oven.

—Mrs. Carpenter.

GINGER SNAPS

1 cup brown sugar, 1 cup molasses, 7 large spoons melted shortening, 6 large spoons cold water, 1 large spoon level soda, 1 teaspoon ginger, 1 teaspoon cloves, 1 teaspoon cinnamon, 4 cups barley or rye flour.

—Mrs. C. F. Fraser.

DATE COOKIES

2 cups of oatmeal, 2 cups of flour, 1 cup Crisco, 2 teaspoons baking powder, enough milk to roll or $\frac{1}{2}$ cup.

Filling:—1 lb. dates, 2-3 cup of sugar, enough water to cover, cook until mushy. Put between baked cookies when cool.

—Mrs. J. McKie.

OATMEAL COOKIES

3 cups fine oatmeal, 1 cup brown sugar, 2 cups flour, $\frac{3}{4}$ cup lard or substitute, 2-3 cup hot water with 1 level teaspoon soda, 1 teaspoon salt. Have board well floured when rolling and cutting.

—LouiseStoft.

OATMEAL COOKIES

$2\frac{1}{2}$ cups flour, $2\frac{1}{2}$ cups oatmeal, 2-3 cups sugar, 2-3 cups shortening, 1 cup hot water, 1 teaspoon soda dissolved in hot water.

—Mrs. C. F. Fraser.

OATMEAL COOKIES

Beat 1 cup of brown sugar to a cream, with $\frac{3}{4}$ cup of shortening. Add 2 eggs well beaten, $\frac{1}{2}$ cup of hot water in which has been dissolved $\frac{1}{2}$ teaspoon soda. Then add 2 cupfuls sifted standard flour, 2 cupfuls oatmeal, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ pkg. of seeded raisins (chopped). Drop on greased bottoms of inverted pans. Bake in a moderately hot oven.

—Mrs. Albert Harrison.

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$\frac{1}{4}$ cup dripping, 1 cup brown sugar, 1 egg, 1 teaspoon soda, 2 teaspoons milk, oatmeal and about $\frac{1}{2}$ cup flour. Method:—Cream dripping and sugar, add egg, then milk, in which has been dissolved the soda and a little salt. Mix flour and oatmeal until mixture will roll out thin. Bake in quick oven.

—Mrs. George Hardie.

ROLLED OATS CAKES

2 eggs beaten, $\frac{1}{2}$ cup sour milk, 1 cup of sugar, 2 cups of flour, 2-3 cup currants, 2-3 cup raisins, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ teaspoon soda. Add 2 cups rolled oats last, drop on hot, buttered pans and bake in slow oven.

—Mrs. J. M. Streib.

NUT OATMEAL DROP COOKIES

$\frac{1}{2}$ cup shortening, 1 cup brown sugar, 1 egg, 5 tablespoons milk, $1\frac{3}{4}$ cups rolled oats, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda, $\frac{3}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon allspice.

—J. E. Campbell.

SCOTCH OAT CRACKERS

$2\frac{1}{2}$ cups rolled oats, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup molasses, $1\frac{1}{2}$ tablespoons fat, $\frac{1}{4}$ teaspoon soda, 1 teaspoon salt. Grind or crush the oats and mix with the other materials. Roll out in thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. Makes three dozen crackers.

—General Federation Magazine, Feb. 1918.

BROWNIES

1 cup white flour, 3 cups graham flour, 2 cups brown sugar, 1 cup shortening, 1 cup sour milk, 2 eggs, 1 teaspoon soda. Mix sugar and shortening until creamy; add eggs and sour milk and stir soda into the flour. Mix all together and roll very thin. Put 2 together with filling between.

Filling:—2 cups dates, $1\frac{1}{2}$ cups water, 1 cup brown sugar. Stir over the fire until thick, cool before using.

—Mrs. Kennedy.

COOKIES

$1\frac{1}{2}$ cups brown sugar, $\frac{3}{4}$ cup oleomargarine, 1 cup sour cream, 3 eggs, $\frac{1}{2}$ teaspoon soda, 1 teaspoon nutmeg, 1 teaspoon vanilla, 1 teaspoon almond. Mix with flour enough to roll thin and bake in quick oven.

—The Kitchen Encyclopedia.

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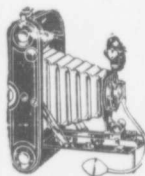
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Pickles

WATERMELON PICKLE

Pare and cut into small oblong pieces the rind of a medium sized watermelon, being careful not to leave any of the red or green on it. Put in a kettle, cover with cold water, add one rounded tablespoon of powdered alum, let come to a boil, pour off water through a colander, put rind back in kettle, add fresh water, let come to a boil again, pour off second water, add one quart of vinegar, a pinch of brown sugar, whole cloves, cinnamon, ginger root, mace and two sliced lemons. Cook a few minutes and put in glass jars.

—Mrs. Haines.

CHILE SAUCE

Eight quarts of tomatoes, 3 cups of peppers, 2 cups of onions, 2 cups brown sugar, 1 cup salt, 1½ quarts of vinegar, 3 teaspoonfuls of cloves, same quantity of cinnamon, 2 teaspoons each of ginger and nutmeg. Boil three hours; chop tomatoes, peppers and onion very fine. Bottle up and seal.

—Mrs. E. J. Williams.

SWEET PICKLED PEACHES, PEARS AND APPLES

For 6 pounds of fruit use 3 pints of corn syrup, about five dozen cloves and a pint of vinegar. Into each apple, pear or peach stick two cloves. Have the syrup hot and cook until tender.

—Mrs. Chas. Haas.

MUSTARD PICKLES

Two quarts of small cucumbers, one quart of small onions, six green peppers, quartered. Put into brine for twenty-four hours, then scald in the same water and drain. Part for same; six table-spoons mustard; one tablespoon tumeric; one and one-half cups of brown sugar; one cup flour. Mix thoroughly and then add 1 quart of vinegar. Scald a few minutes, then pour over pickles.

—Wanda McCain.

SPICED APPLES

8 lbs. of apples pared, cored and quartered, 4 pints corn syrup, 1 ounce of stick cinnamon, ½ ounce of cloves and 1 quart of vinegar. Have the syrup and vinegar boiling well before adding the apples. Cook them till you can easily pierce them with a fork.

—Mrs. D. P. McLaurin.

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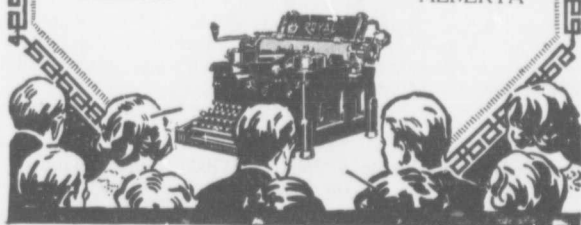
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ARISTOCRAT PICKLES

Twelve good sized cucumbers; one quart of vinegar; one-half cup salad or olive oil; one-half cup white mustard seed; one-half cup black mustard seed; six onions. Slice onions and cucumbers up fine and let lay in salt wated over night. Mix all and put away for use. No cooking.

—Mrs. A. M. Lanphere.

STUFFED CUCUMBER PICKLE

Select two dozen large cucumbers, scrape pulp from inside, let cucumbers lay in weak brine for twenty hours. Chop fine one head of cabbage, two bunches of celery, six green peppers, add one-half pound of seedless raisins and spices to taste, cook for twenty minutes in sweetened vinegar. Take cucumbers from brine and stuff with chopped pickle fastening end of cucumber with a tooth pick. Make a syrup by boiling two quarts of vinegar with six pints of brown sugar and spices to taste. Pour hot syrup over cucumbers, continue this for several days.

—Mrs. Edward Galvin.

PEACH PICKLES

Pare freestone peaches, place in a stone jar and pour over them boiling hot syrup made in the proportion of 1 quart best cider vinegar to 3 pints of brown sugar; boil and skim and pour over the fruit boiling hot, repeating each day until the fruit is the same color to the center and the syrup like thin molasses. A few days before they are finished, stick 4 or 5 whole cloves into each peach and sprinkle cinnamon bark through the fruit as you place it in the jar. Scald the vinegar three or four mornings after doing this.

—Mrs. A. I. Hunter.

MUSTARD PICKLE

2 quarts of onions, 2 quarts of cucumber pickles, 2 quarts of cauliflower, 2 quarts of green tomatoes, large and small peppers (green and red). Chop and let stand in brine over night, then scald in vinegar, with a lump of alum, till tender. When cold pour off the vinegar and if desired add 2 or 3 heads of celery. For the dressing use 1 pound of ground mustard, ½ ounce of turmeric, 1 cup of flour, ½ ounce of celery seed and 1½ cups of brown sugar. Stir 1 gallon of boiling vinegar. Mix together.

—Mrs. J. B. Wineman.

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CHOPPED PICKLES

½ bushel of green tomatoes, 12 onions, 8 green peppers, all chopped fine. Sprinkle over the peppers a pint of salt and let them stand over night, then drain them, cover with strong vinegar and cook half an hour, then drain again. 2 pints corn syrup, 1 quart of vinegar, ½ pint of grated horseradish, 2 tablespoons of ground mustard, 2 tablespoons of cinnamon, 2 tablespoons of cloves; let this boil, putting in the peppers, and mix all while hot.

—Mrs. L. F. Dow.

CAULIFLOWER PICKLES

Cut cauliflower into small pieces and soak for two days in brine that will float an egg; drain, put into bottles with whole black pepper, allspice and stick cinnamon, boil vinegar and with it mix mustard (that bought by the pound) smoothly, a little at a time until about the consistency of thick cream, pour over the cold cauliflower and seal while hot.

—Mrs. W. H. Higham.

MUSTARD PICKLES

One quart of small cucumbers, 1 quart of large cucumbers sliced, 1 quart of butter beans broken in halves, 1 quart of green tomatoes sliced thick, 1 quart of button onions left whole, two heads of cauliflower divided in flowerettes and three green peppers. Make a brine of four quarts of water and 1 pint of salt and pour over the mixture of vegetables. Let soak twelve hours, then heat just enough to scald them. Then drain. Mix the following and boil till it is smooth, stirring all the time, then add the above vegetables till all comes to a boil: 1 cup of flour, 6 tablespoons of ground mustard, 1 teaspoon of tumeric, enough cold vinegar to make smooth, 1 cup of brown sugar, sufficient vinegar to make two quarts in all.

—Mrs. Peter Nieson.

GREEN TOMATO PICKLES

Take about four quarts of green tomatoes and slice; peel one quart of white onions and slice fine half a dozen green peppers. Place all in a jar, putting a layer of salt and a layer of vegetables, till all are in and let stand over night. Then drain off all liquor and pour over them 3 pints vinegar, ½ cup brown sugar, 1 teaspoon cloves and a few sticks of cinnamon. Place on stove till they come to a boil and let cook slowly for 15 minutes. When cooked add an ounce of mustard seed. Put away in a jar in cool place for a month, then boil up well again and add about ½ cup of sugar. Put into jars and seal tightly.

—Mrs. M. J. Dougherty.

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Desserts



GRAHAM PUDDING

2 cups graham flour, 1 cup sweet milk, 1 cup molasses, 1 teaspoonful of sugar, 1 teaspoonful of salt, 1 teaspoonful of soda. Beat soda with molasses until light and foamy, add to the mixture and beat thoroughly. Steam three hours. Serve with any liquid sauce.

—Mrs. Robert Everett Smith.

CORN PUDDING

1 can corn, 1 cupful milk, 1 level teaspoonful salt, 1 teaspoonful baking powder, $\frac{1}{4}$ teaspoonful white pepper, 3 eggs, $1\frac{1}{4}$ cupfuls flour. Mix corn with milk, salt and pepper. Add the yolks, well beaten. Sift the flour with the baking powder and add it gradually. Lastly, fold in the well-beaten whites of the eggs. Bake in a quick oven for 30 minutes.

—The Kitchen Encyclopedia.

CORN MEAL PUDDING

Crumble left over corn bread and to each cup of crumbs add:— 1 egg, $\frac{1}{2}$ cup sugar or tablespoon molasses, pinch salt, 1 pint milk, 1 teaspoon nutmeg and cinnamon mixed.

—Mrs. A. Van R. Schermerhorn.

BOILED SAUCE FOR PUDDING

Cream together 1 tablespoon flour and 1 tablespoon butter, to which 1 tablespoon wet jelly can be added to flour, 2 tablespoons sugar. When thoroughly heated add boiling water until clear. Flavor with nutmeg and cook to consistency of cream.

—Mrs. E. F. Corfman.

EGGLESS PLUM PUDDING

1 cup suet, chopped fine, 1 cup bread crumbs, 1 cup milk, 1 cup molasses, 2 cups flour, 1 cup raisins seeded and floured, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon salt, $\frac{1}{2}$ teaspoon cloves.

—Mrs. Tyler B. Thompson.

DATE PUDDING

1 cup dates, 1 cup English walnuts, 1 cup brown sugar, 1 tablespoon of baking powder, 2 eggs, 1 cup milk. Bake $\frac{1}{2}$ hour in moderate oven, not too hot.

—Mrs. R. T. Brighty.

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CHEESE PUDDING

1 cup crackers rolled, $\frac{3}{4}$ cup grated cheese, 2 cups milk, $\frac{3}{4}$ teaspoon mustard, 2 eggs. Salt and pepper to taste.

—Mrs. D. L. McLean.

PINEAPPLE TAPIOCA

Mix $\frac{1}{4}$ cup of instant tapioca with $\frac{1}{2}$ cup sugar and a pinch of salt in a saucepan, then add a pint of boiling water and stir and cook until tapioca is clear. Peel a fresh pineapple and shred with a sliver fork. Sweeten and pour into a glass dish into the tapioca. Serve very cold with whipped cream.

—Mrs. H. Clum.

MOLASSES PUDDING

1 teacup of molasses, $\frac{1}{2}$ cup of buttermilk, 1 heaping teaspoon of soda stirred in milk and then mixed in molasses, beat one egg in $\frac{1}{2}$ cup melted butter, 5 kitchen spoons of flour. Mix and bake. Sauce for Pudding: $\frac{1}{2}$ cup molasses, lump of butter size of an egg, 3 tablespoons of sugar, 1 teaspoon of vanilla, $\frac{1}{2}$ cup of boiling water. Cook just enough to thicken a little.

—Mrs. Geo. W. Denney.

OLD FASHIONED SOUTHERN DATE PUDDING

1 cup dates, 1 cup nuts (pecans), 2 eggs beaten separately, 1 cup sugar, 1 teaspoon baking powder. Dredge nuts and dates with flour, add baking powder to whites of eggs. Mix all together. Bake. Serve with whipped cream.

—Mrs. Morris Bartlett.

BAKED CORN PUDDING WITHOUT EGGS

1 cup syrup, 1 large cup of corn meal, 3 pints milk, 1 large tablespoon of ground ginger, 1 cup of finely chopped suet, 2 pinches of salt. Put cornmeal and syrup in a baking bowl, and beat them well together. Then add a quart of milk boiling hot, the salt and ginger next, then the suet; beat well for a few minutes until all is thoroughly mixed. Butter an earthen pudding dish and turn the pudding in. Let it stand until it thickens and just as you are putting it into the oven take the remaining pint of milk (cold) pour it over the pudding gently, but do not stir, as this makes a jelly. Bake three hours. Serve warm with hard sauce. Butter, size of an egg can replace suet.

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PAN DOWDY

1 cup of syrup, 10 tart apples (sliced and peeled), 2 teaspoons of butter, nutmeg or any preferred spice, pie paste. Line a biscuit pan 4 inches deep and 9 inches square with a pie paste. Fill it up with the apples. Spice to taste. Drop bits of butter over the apples, and pour the syrup over them. Cover with puff paste first making an incision in the centre. Bake for 2 hours in a moderate oven. To be eaten hot with rich cream.

NUT PUDDING

1 cup of chopped nuts, 2 eggs, 1 cup of syrup, $\frac{1}{2}$ cup butter, 2 cups flour, 4 teaspoons of baking powder (level), $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons cinnamon, 1 teaspoon of cloves, $\frac{1}{2}$ cup water. Cream together the butter and syrup. Add the water. Sift together flour, baking powder, cinnamon, salt and cloves, and mix well with the butter and syrup. To this batter add the nuts and eggs beaten lightly. Pour into individual buttered moulds, and cover with buttered papers. Place them in a shallow pan of hot water and cook one half hour or until a broom straw run in the middle comes out clean and smooth. Serve with hot liquid sauce.

SUET PUDDING

1 cup sweet milk, 1 cup suet ground fine, $\frac{1}{2}$ cup molasses, 1 cup raisins, 1 teaspoon soda, $\frac{1}{4}$ teaspoon salt, flour to make a little stiffer than cake, steam $2\frac{1}{2}$ hours. Serve with any kind of sauce.

—Mrs. C. W. Thompson.

SUET PUDDING (Very Good)

$\frac{1}{2}$ cup sugar (brown), 2 eggs, 1 cup raisins, 1 cup suet chopped fine, 1 teaspoon cinnamon, $\frac{1}{2}$ nutmeg or 1 teaspoonful, 2-3 cup molasses, 1 teaspoonful soda (dissolved in 1 tablespoon of water), $1\frac{1}{2}$ cups of milk or water, flour to mix stiff. Tie in cloth and steam 3 hours. Boil 3 hours.

—Mrs. E. Beupre.

SAUCE FOR SUET PUDDING

2 tablespoons of cornstarch, $\frac{1}{2}$ teaspoon of butter, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ cup sugar (brown). Mix with a little cold water. Add boiling water until thick enough, add piece of lemon. Boil 1 minute. Leave your sauce quite thick as the juice of the lemon will thin considerably.

—Mrs. E. Beupre.

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CARROT PUDDING

1 cup grated carrots, 1 cup grated potatoes, 1 cup suet, 1½ cups graham flour, 1 cup raisins, ½ cup of sugar, ½ teaspoon salt and use spices to taste. ½ teaspoon soda sifted with the flour. Steam 3 hours. Serve hot with white or lemon sauce.

—Mrs. D. E. Black.

CARROT PUDDING

1 cup grated carrot, 1 cup grated potato, 1 cup sugar, 1 cup chopped suet, 1 cup Sultana raisins, 1 cup currants, 1½ cups flour, ¼ teaspoon cloves, ½ teaspoon nutmeg, ½ teaspoon mace, ½ teaspoon salt, 1 teaspoon baking powder. Sift the soda and spices into the flour, add to the grated vegetables and suet and if necessary moisten with canned fruit juice, milk or water. Add the lemon juice last. Mix well and steam four hours.

—Mrs. H. Clum.

CARROT PUDDING

1 cup grated carrot, 1 cup grated potato, 1 cup sugar, 1 cup chopped suet, 1 cup sultana raisins, 1 cup currants, 1½ cups flour, 1 teaspoon cinnamon, ¼ teaspoon cloves, ½ teaspoon nutmeg, ½ teaspoon mace, ½ teaspoon salt, 1 teaspoon baking soda, juice of ½ lemon. Sift the soda and spices with the flour, add to the grated vegetables and suet and if necessary moisten with canned fruit juice, milk or water. Add the lemon juice last. Mix well and steam four hours.

—Maclean's Magazine.

CARROT PUDDING

1 cup grated carrots, 1 cup grated potatoes, 1 cup brown sugar, 1 cup currants, 1 cup raisins, 1 cup flour, 1 cup suet or ½ cup butter, 1 teaspoon soda, 1 teaspoon mixed spices. Steam three hours.

Mrs. J. B. McLeod.

OATMEAL PUDDING

½ lb. oatmeal, ¼ lb. beef suet put through chopper, 1 cup cooked meat put through chopper, 1 teaspoonful black pepper, 1 teaspoonful salt, 1 large onion finely chopped. Mix all the ingredients together—no water is used in mixing this pudding. Dip a pudding cloth in boiling water, sprinkle well with flour, place the pudding into it and tie and boil for 3 hours, put a plate in the bottom of the pan to prevent the pudding from sticking.

—Mrs. Gilchrist

A TALK ABOUT HATS !

When a woman begins to think of the hat she is going to have, she must not think of it merely as something to wear on her head or something that will look nice with certain gowns but as the final touch which is going to make or mar her whole appearance, for that is what a hat really does. Her hat must be the right framing for her particular face in order to bring out her greatest charm.

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BAKED PUDDING

1 quart milk, $\frac{1}{2}$ tablespoon ginger, 1 egg, $\frac{3}{4}$ cup cornmeal, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup molasses, 1 tablespoon butter. Scald the milk and add the molasses and butter. Mix the cornmeal, ginger and salt and pour the liquid over the dry ingredients. Beat in the egg and pour the mixture into a buttered baking dish. Bake 2 hours in a moderate oven.

—General Federation Magazine, Feb. 1918.

COCOANUT SPONGE PUDDING

3 cups stale cake, 2 cups milk, 1 cup grated cocoanut, 1 cup brown sugar, 2 eggs, little nutmeg, 1 teaspoon flavoring. Boil milk, crumb cake and add cocoanut and sugar. When the milk boils pour over and let soak few minutes. Separate yolks from whites of eggs, beat yolks and add to the other. Beat whites stiff and add flavoring. Mix and bake three-quarters of an hour.

—Mrs. Geo. Ruffell.

CORNMEAL AND FIG PUDDING

1 cup cornmeal, 1 cup molasses, 6 cups milk, 1 cup finely chopped figs, 2 eggs, 1 teaspoon salt. Cook the cornmeal with 4 cups of the milk, add the figs and salt. Pour into buttered pans and bake in moderate oven for 3 hours or more. When partly cooked add remainder of milk without stirring.

—General Federation Magazine, Feb. 1918.

ENGLISH WALNUT PUDDING

$\frac{1}{2}$ cup oleomargarine, 1 egg, 1 cup boiling water, 1 teaspoon cinnamon, $\frac{1}{2}$ cupful walnuts, 1 cup molasses, 1 teaspoon soda, 3 cups flour, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ cup raisins. Beat the egg white and yolk together and add it to the molasses. Dissolve the soda in the boiling water and add that next. Mix flour, cinnamon, and cloves together and add gradually. Add the butterine melted. Lastly add the raisins. Steam two and a half hours. Serve warm with sauce made of one cupful of oleomargarine stirred until smooth with 1 cup powdered sugar. Add 1 egg, flavor to taste, and beat until smooth.

—The Kitchen Encyclopedia.

LITTLE CHRISTMAS PUDDINGS

4 tablespoons molasses, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon ginger, $\frac{1}{4}$ teaspoon nutmeg, 2 tablespoons orange peel, 4 tablespoons butter, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ cup chopped dates, $\frac{1}{4}$ cup raisins, $1\frac{3}{4}$ cups pastry flour. Mix and sift 1 cup of flour with the soda and spices. Add the remaining flour to the fruit. Melt the butter, add to the milk, stir this with the sugar and molasses, and gradually sift in the flour, soda and spices. Add the floured fruit, pour into individual moulds and steam one and a half hours.

Maclean's Magazine.

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FRENCH FRUIT PUDDING

1 cup suet, chopped, 1 cup molasses, 1 cup sour milk, $1\frac{1}{2}$ teaspoons soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon mace, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{4}$ cups raisins seeded and cut in pieces, $\frac{3}{4}$ cup currants, $2\frac{3}{4}$ cups flour. Add molasses and sour milk to suet, add 2 cups of flour mixed and sifted with soda, salt and spices; add fruit mixed with remaining flour. Turn into greased mould, cover and steam four hours. By adding enough flour to make a dough as stiff as fruit cake this may be boiled as a plum pudding.

—Maclean's Magazine.

PUDDING SAUCE

$\frac{1}{2}$ cup syrup, $\frac{1}{2}$ cup of water, 1 tablespoon cornstarch, 1 tablespoon lemon extract or vanilla. Put water and syrup over fire, and when boiling add the cornstarch mixture in a little cold water. Cook until it has the thickness of cream. When done, add extract. Serve cold. Very nice for Blanc Mange or Farina Pudding.

MOCK MINCE PIE

1 cup of rolled crackers, 1 cup of molasses, 1 cup of sugar, butter the size of an egg, melted, 2 cups of boiling water, $\frac{1}{2}$ cup of vinegar, 1 cup of chopped apples, 1 cup of raisins, stoned and chopped, 1 teaspoonful of cloves and 2 teaspoonfuls of cinnamon.

—Mrs. H. B. Woodworth.

GREEN TOMATO PIE

For one pie slice green tomatoes very thin, add 4 tablespoons of vinegar, 1 tablespoonful of butter and 5 tablespoonfuls of sugar. Flavor with nutmeg and the juice and rind of 1 small lemon. Bake with two crusts, very slowly.

—Mrs. W. S. Russell.

MINCE MEAT WITHOUT MEAT

2 lbs. raisins, 2 lbs. currants, 1 lb. Sultanas, 1 lb. brown sugar, 2 lbs. suet, 1 lb. mixed peel, juice and rinds of 4 lemons, 2 lbs. apples, chopped, $\frac{1}{4}$ ounce of spice.

—Mrs. Geo. Ruffell.

MINCE PIE WITHOUT MEAT

$1\frac{1}{2}$ cups chopped apples, $1\frac{1}{4}$ cup raisins seeded and chopped, $\frac{1}{4}$ cup cranberries, chopped, $\frac{1}{4}$ cup curants, 1 tablespoon shredded citron peel, $\frac{1}{4}$ cup suet, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon cloves, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup juice from canned fruit, or $\frac{1}{2}$ cup water and $\frac{1}{4}$ cup vinegar from sweet pickles. Mix in order given, and boil for about 15 minutes. This quantity fills one very large or two small pies.

—Maclean's Magazine.

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MAPLE CUSTARD

3 cups milk, 4 eggs, 1 teaspoon salt, $\frac{1}{2}$ cup maple sugar. Pour in a greased pudding mould and bake till firm. Serve cold.

—Evelyn McNeil.

TENNESSEE CREAM PIE

$1\frac{1}{2}$ cups of syrup, 1 cup of water, 2 tablespoons cornstarch, 2 ozs. of butter, 1 lemon, whites of 2 eggs or half a cup of whipped cream. Boil syrup and water 5 minutes. Then add corn starch mixed with a little cold water first. Also the grated rind of half a lemon, and the juice of a whole one. Boil 10 minutes. Pour the mixture into a deep pie tin lined with good puff paste, and bake. Cool 5 minutes and cover with a meringue or whipped cream. Meringue:—Whites of 2 eggs (chilled beaten very stiff and 2 scant tablespoons of powdered sugar). Spread over the top of the pie, and set back in oven and brown slightly. Cook in a double boiler.

CARROT PIE

1 cup boiled and sifted carrots, $\frac{1}{2}$ cup brown sugar, 2 scant tablespoons molasses, 1 tablespoon butter, 1 egg, 1 teaspoon ginger, 1 teaspoon cinnamon, 1-8 teaspoon salt, 1 cup milk.

—Mrs. Eddington.

LEMON PIE

1 cup sugar, 2 tablespoons flour, yolks of 3 eggs, 1 cup water, juice and grated rind of 1 lemon. A lump of oleomargarine the size of an egg. Put all together in an oatmeal cooker and cook over hot water until thick. Take from the fire and cool a little. Line a deep pie plate with crust, pour in the lemon mixture and bake in a moderate oven until the crust is done. Remove from the oven and have ready the whites of the 3 eggs, beaten up stiff, with 3 tablespoons of powdered sugar spread this meringue smoothly over the pie, return to the oven and bake a light brown.

—The Kitchen Encyclopedia.

SEA PIE

1 lb. meat cut in small pieces, 1 carrot sliced, 1 turnip sliced, 1 small onion chopped, seasoning. Cover with water and bring to a boil. Have a paste ready, $\frac{1}{2}$ lb. minced suet, $\frac{1}{2}$ teaspoon baking powder, salt. Make size of stew pan and lay over meat, etc. Stew gently and steadily $1\frac{1}{2}$ hours.

HONEY CUSTARD SAUCE

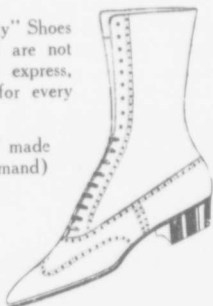
1-3 cup honey, 3 eggs, pinch of salt, 2 cups milk. Cook in a double boiler until thick. This is a nice substitute for cream.

—Mrs. McNeil.

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BROWN BETTY PUDDING

Take for this pudding, 1 cup of grated bread crumbs, 2 cups of finely chopped tart apples, $\frac{1}{2}$ cup of brown sugar, 1 teaspoonful of butter, cut into bits. Butter a deep pudding-dish and put a layer of apples on the bottom, then sprinkle with sugar, cinnamon and butter and cover with bread crumbs. Put in another layer of apples and proceed as before, until all the ingredients have been used having a layer of crumbs last. Cover the dish and bake for three-fourths of an hour in a moderate oven then remove the cover and brown the top. Put a napkin around the dish. Serve with sugar and cream.

—Mrs. V. M. Kenney.

COCOANUT DESSERT

2 tablespoons cornstarch mixed with $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups milk, cook in double boiler, 2 eggs beaten thick, 1 tablespoon honey add to starch mixture, 1 cup dry cocoanut. Pour in milk and serve with honey sauce.

—Evelyn McNeil.

SEA FOAM DESSERT

2 tablespoons gelatine dissolved in $\frac{1}{4}$ cup cold water, 1 pint boiling water (cool when it begins to thicken) add $1\frac{1}{2}$ cups maple syrup, 2 egg whites beaten stiff, 1 cup broken walnuts. Pour in ingredients and serve with cream.

—Evelyn McNeil.

POTATO PASTRY

2 cups mashed potatoes, 1 cup flour, 4 teaspoons fat, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder, milk to moisten. Sift baking powder and salt with the flour, cut in the fat, mix in the potatoes, adding enough milk to make stiff paste. Roll out $\frac{1}{4}$ inch thick and bake in hot oven. Use for covering stews, to make meat pies or fruit, to make a fruit pudding.

—Mrs. F. G. Carpenter.

APPLES AND RICE

Pare and core apples, place in a baking dish and fill the holes with chopped raisins and sugar. Fill the spaces between the apples with rice that has been boiled for 15 minutes. Cover and bake for fifteen minutes longer. Serve hot with cream.

—Mrs. Frederick Sara.

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ICE CREAM

3 pints of new milk, 3 cups corn syrup, the yolks of 2 eggs, 2 quarts of cream, the whites of 3 eggs, vanilla bean (five or 6 pieces 1 inch). Put the new milk containing the pieces of vanilla bean on the stove and let it come to a boil, then add the yolks of 2 eggs and 3 cups of corn syrup which have been beaten well together. Strain this custard. The custard will still contain the tiny seeds of the bean, but that does not matter; the bean is much better than the extract. After the custard has cooled add the cream, and just before freezing add the beaten whites of 3 eggs.

—Mrs. Ashbrooke, Larimore.

HOT CHOCOLATE SAUCE

The sauce must be made just before serving time; as the ice cream is served the hot sauce is poured over, which forms a sort of icing. Put 4 ounces of chocolate with $\frac{1}{2}$ cup of maple syrup and $\frac{1}{2}$ cupful of milk in a saucepan, cook slowly until the chocolate is melted, and then boil until it slightly hardens when dropped in cold water. Turn at once in a sauce boat and send it to the table.

COFFEE ICE CREAM

$\frac{1}{2}$ pound of corn syrup, yolks of 6 eggs, 1 pint of boiling milk, 1 pint of cream, 2 ounces ground Mocha coffee. Scald the milk. Beat the yolks of eggs and sugar together then add the scalded milk. Stir and cook for ten minutes, then take from the fire and add the cream. Stir constantly for two minutes, then add the coffee, and return to the stove until thoroughly heated. Stand aside for one half hour. Strain and freeze.

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Add sufficient boiling water to one can of condensed milk to make it the proper consistency. Moisten three tablespoonfuls of corn starch with a little cold milk, add it to the mixture, stir and cook for 5 minutes until smooth. Take it from the fire and when cold add vanilla extract to flavor. Freeze as directed.

ICE CREAM WITH MILK

1 quart of milk, 2 eggs, 2 tablespoonfuls of corn starch, $\frac{1}{2}$ pound of sugar. Scald the milk. When scalded add the corn starch mixed smooth in a little cold water. Cook for two minutes, take from the fire and add the eggs and sugar beaten together and flavor as desired. When cold, freeze. Fruit may be added to any of these creams. Ice creams may be formed into fancy shapes by the use of moulds.

CUSTARD ICE CREAM

1 pint fresh milk, 2 eggs, 6 ounces granulated sugar, 1 tablespoonful corn starch. Mix and scald but do not boil. Mix the whites of two eggs in a pint of fresh cream, whip well, flavor with one teaspoonful of Mapleine, add to the above and freeze.

CARMEL ICE CREAM

1 quart fresh cream, 1 egg, 2 cups sweet milk, 1 tablespoonful corn starch, 1 pint of corn syrup, 1 pinch of salt, $\frac{1}{2}$ teaspoonful Mapleine. Put syrup in saucepan, stir constantly until hot, and of light brown color, scald milk and thicken with corn starch, add the salt and the egg slightly beaten, stirring gradually. Cook over hot water fifteen minutes and strain, if necessary. When cool add cream and Mapleine and freeze.

TO CAN RHUBARB

Take good firm rhubarb, peel and cut in half lengths. Sterilize jars, pack rhubarb in tightly, then fill jars under cold running water, seal tightly and leave until morning, then empty jars of water and fill again. Put away in cool dark place.

—Miss I. N. Campbell.

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AMERICA'S WAR CAKE

2 cups molasses, 2 teaspoons each of cloves, mace and salt, 2 tablespoons of lard or any shortening, 2 cups of sour apple sauce. Dissolve 2 level spoons of soda in the apple sauce and add to the rest of the ingredients 2 cups of flour. Bake in loaf tins about 45 minutes in a medium oven. You can add raisins if you like and can use brown sugar in place of molasses if you have it. Dried apples can be used, only soak them out and make apple sauce of them.

—Ellen A. Harding.

CANADIAN WAR CAKE

1 cup brown sugar, 1 cup water, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ pkg. raisins, $\frac{1}{2}$ pkg. dates, 1 teaspoon each cloves, cinnamon and soda. Put on stove and let come to a boil, set off and let get cool, then stir in flour to make a thin batter. Bake in a loaf one hour in slow oven.

—Mrs. W. W. Routledge.

BELGIAN CAKE

(Eggless, Milkless and Butterless Cake)

1 cup brown sugar, 2 cups seeded raisins, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful cloves, 1 cup cold water, 1-3 cup lard or Crisco, $\frac{1}{4}$ teaspoonful nutmeg, pinch of salt. Put all into a saucepan and boil together 3 minutes. Then let it cool. When cold add 1 teaspoon soda (dissolved in a little hot water), $\frac{1}{2}$ teaspoonful baking powder sifted in 2 cups of flour. Bake in a moderate oven.

—Mrs. D. E. Black.

HOT WATER SPICE CAKE

3 tablespoons melted butter or substitute, 5 tablespoons of brown sugar, 1 egg, 2 tablespoons of dark molasses or $\frac{1}{2}$ cup of light molasses, 1 teaspoon each of cloves, cinnamon, nutmeg, and vanilla, 2 cups of whole wheat or rye flour, 1 cup chopped raisins, 1 tablespoon minced orange peel, 1 teaspoon soda, 1 cup boiling water. Mix in order given, sifting the flour and spices together. Add the soda dissolved in the boiling water the last thing. Bake in a moderate oven. Sift powdered sugar on top when baked while still hot.

—Florence Brewster Clum.

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WAR TIME FRUIT CAKE

Have $\frac{1}{2}$ cup of butter quite soft. Do not cream but mix with other ingredients. 1 cup of brown sugar, $1\frac{1}{2}$ cups of apple sauce, $1\frac{1}{2}$ cups flour, 1 cup raisins, 1 cup walnut meats, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon allspice, $\frac{1}{2}$ teaspoon cloves, and a little nutmeg, $\frac{1}{4}$ teaspoon baking powder, 1 teaspoon soda mixed with a very little boiling water, 1 teaspoon vanilla. Mix nuts and raisins with a little flour, stir altogether and bake in moderate oven.

—Mrs. Geo. C. Hall.

GINGER CAKE

$\frac{1}{2}$ cup brown sugar, 1 cup molasses, 2 cups fine oatmeal, 2 cups flour, 1 cup buttermilk or sour milk, 1 teaspoon salt and ginger, $\frac{1}{2}$ teaspoon cloves and cinnamon, 1 teaspoon soda (level). An egg may be added but not necessary.

—Louise Stoft.

SPONGE CAKE

4 eggs, 1 cup sugar, 1 teaspoon vanilla, 1 teaspoon baking powder, $\frac{1}{2}$ cup potato flour. Separate and beat eggs very light. Add sugar and flavoring, then whites of eggs, flour and baking powder. Bake in moderate oven 30 minutes.

—Mrs. A. Van R. Schermerhorn.

POTATO FLOUR CAKE

4 eggs, 1 cup sugar, $\frac{1}{2}$ cup potato flour, 1 teaspoon baking powder. Beat whites and yolks of eggs separately. Put sugar in yolks. Add flour and baking powder. Beat whites of eggs in slowly at last. Bake in moderate oven.

—Mrs. Wm. Knightt.

CHRISTMAS CAKE

Mix 4 eggs into $\frac{1}{2}$ cup molasses, cream $\frac{3}{4}$ cup butter or substitute with 1 cup of brown sugar, $\frac{1}{2}$ teaspoon soda, 1 teaspoon salt, 1 teaspoon each of different spices. (In another bowl put): $\frac{1}{2}$ lb. raisins, 1 lb. currants, $\frac{1}{2}$ lb. peel, cover with flour. Add above mixtures and then add 3 cups of flour. Bake $2\frac{1}{2}$ or 3 hours in moderate oven.

—Mrs. W. M. Knight.

GINGERBREAD

2 cups molasses, 1 cup sour milk or water, 4 tablespoons of butter, 2 teaspoons soda, 4 teaspoons ginger, 3 large cups flour.

—Miss I. N. Campbell.



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GINGER BREAD

1 egg, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup shortening, 1 teaspoon ginger, 1 teaspoon cinnamon. 2 teaspoons soda in 1 cup boiling water, pinch of salt, 2-3 cups flour.

—Mrs. Allen Haszard.

GINGER BREAD

$\frac{1}{2}$ cup oleomargarine, 1 cup molasses, 1 teaspoonful ginger, 1 teaspoon cloves, 1 teaspoon cinnamon, 1-8 teaspoon nutmeg, 1 egg beaten light, $\frac{1}{2}$ cup sugar, 1 cup sour milk, 1 teaspoon baking soda, 2 cups flour. Mix into a light dough and bake in a flat pan. Quick oven.

—The Kitchen Encyclopedia.

RYE FLOUR GINGERBREAD

$\frac{1}{4}$ cup shortening, 2 eggs, $\frac{3}{4}$ teaspoon soda, $\frac{3}{4}$ cup white flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup molasses, 1-8 teaspoon salt, $\frac{3}{4}$ cup rye flour or $\frac{1}{2}$ cup white flour and 1 cup rye flour, $\frac{1}{2}$ cup boiling water. Cream shortening, add sugar, beaten eggs and molasses. Add mixed and sifted flours, soda, salt and ginger and the boiling water. Pour into greased pan and bake in a slow oven 25 to 30 minutes.

—Mrs. Carpenter, Victoria Prevocational School.

DATE CAKE

1 cup fine oatmeal, $\frac{1}{2}$ cup shortening mixed, 1 cup sugar, 1 cup sweet milk, 1 teaspoon soda, 2 teaspoons cream tartar, pinch of salt, flour to stiffen. Roll and line a square baking tin, then add filling and put remainder on top.

Filling:—1 lb. dates, $1\frac{1}{2}$ cups sugar, 1 cup water. Boil until the dates are soft.

—Miss Isaacs.

CRUMB CAKE

$1\frac{3}{4}$ cups flour, 1 cup brown sugar, 4 tablespoons butter. Crumble as for pie and take out $\frac{1}{2}$ cup. To the remaining add 1 cup sour milk with 1 teaspoon soda in it, 1 cup raisins, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves. Put crumbs on top and bake in moderate oven.

CRUMB CAKE

$1\frac{3}{4}$ cups flour, 1 cup brown sugar, 4 tablespoons butter, crumb as for pie and take out $\frac{1}{2}$ cup. To remaining add 1 cup sour milk with 1 teaspoon soda in it, 1 cup raisins, 1 teaspoon cinnamon, $1\frac{1}{2}$ teaspoons cloves. Put crumbs on top and bake in moderate oven.

—Mrs. R. B. Burland.

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CRUMB CAKE

Boil together for 3 minutes. ~~3/4 cups boiled coffee~~, 3/4 cups corn syrup, 1/4 cup vegetable oil, 1-3 cup cocoa. Pour over 1 cup of bread crumbs, then cool, 1 1/2 cups flour, 3 tea spoons baking powder, 1 teaspoon salt. Bake in a moderate oven 35 minutes.

—Mrs. McNeil.

SPICE CAKE

(Will keep for a week or longer.)

1 cup brown sugar, 1/2 cup butter, 1 egg, 1 cup sour milk, 1 teaspoon soda (dissolved in milk), 2 cups flour, 3/4 cup raisins, 3/4 cup English walnuts, 1 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 teaspoon nutmeg. Cream, butter and sugar, add other ingredients as stated and bake in moderate oven 45 minutes.

Maple Cream Frosting for Cake: 3/4 cup milk, butter size of a soft ball in cold water, then beat until thick enough to spread nicely. walnut, 1 teaspoon vanilla, 2 cups brown sugar. Boil till it forms Stir while boiling.

—Mrs. Rhodes.

ORANGE CAKE

1 small cup sugar, butter the size of an egg, 2 eggs, 1 1/2 cups flour. Cream butter and sugar together, add one of the eggs, then add milk and the flour with 2 teaspoons baking powder sifted together and lastly add the beaten white of the other egg, reserving yolk for filling.

Filling:—One half orange grated, yolk of one egg, 1/2 cup sugar, 1 tablespoon butter. Cook until it thickens.

Icing:—1 cup icing sugar, juice and part pulp of the other half of the orange.

—Miss Isaacs.

APPLE SAUCE CAKE

1 1/2 cups apple sauce not sweetened, 1 cup brown sugar, 1 cup raisins, 1 cup currants, 1/2 cup butter, 1 1/2 teaspoon soda, a cup of graham flour, 1 cup white flour, 1 teaspoon salt. Season with nutmeg, cloves and cinnamon. Bake in a moderate oven.

—Mrs. D. E. Black.

BUTTERLESS MILKLESS CAKE

Beat 2 large eggs ver'y light without separating. Next beat in 2 cups sugar, then 1 cup sifted flour, then another cup of flour with 2 large teaspoons of baking powder, lastly a small cup of hot water. Add a little salt with your flavoring. Makes a thin batter, enough for 3 medium tins. Use a cream filling. Bake 25 minutes.

—Mrs. F. R. Stoft, Glendale, California.

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FIG CAKE

1 cup figs or dates, 1 cup raisins, 1 cup boiling water, 1 cup brown sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon soda, 1 teaspoon vanilla. Cut figs and raisins rather fine. Put soda over them and add boiling water. Let cool while mixing other ingredients. Bake in moderate oven. Nice for loaf or layer cake.

—Mrs. M. J. Walker.

DUTCH APPLE CAKE

2 cups flour, 2-3 cup milk, 3 tablespoons fat, 3 tablespoons sugar, 3 teaspoons baking powder, 1 teaspoon salt, 1 egg, 5 apples. Sift dry ingredients together, cut in the fat with a knife and add gradually the egg, well beaten with the milk, mixing with a knife. Put on a floured board, roll out as thick as for biscuits and put in a greased, floured shallow pan. Pare, core and quarter the apples, cut the quarters into three or four slices, lengthwise and press the sharp edges of the apples into the dough arranging them in parallel rows. Sprinkle the apples with sugar, and bake until the cake is done and the apples soft. Serve hot with lemon sauce.

—E. A. Harding.

LIGHTENING CAKE

$1\frac{1}{4}$ cup flour, 1 cup sugar, 2 level teaspoons baking powder. Sift above together. Break one egg into a cup, fill up cup with milk, add to above mixtures. Beat thoroughly. Add 1 tablespoon butter melted lastly and beat again.

—Mrs. N. I. McDermid.

LIGHTENING CAKES

$\frac{1}{4}$ cup vegetable oil, 1 egg, $\frac{3}{4}$ cup of milk, 1 teaspoon lemon extract, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup corn syrup, $1\frac{1}{4}$ cups flour, 1 teaspoon baking powder. This makes ten little cakes.

—Mrs. McNeil.

BOILED RAISIN CAKE

$\frac{1}{2}$ lb. raisins stewed in 1 cup water for 15 minutes, add $\frac{1}{4}$ cup butter or Crisco, 1 cup brown sugar, $\frac{1}{2}$ cup cold water, 1 teaspoon each cinnamon and nutmeg, $\frac{1}{2}$ teaspoon each cloves and salt, $\frac{1}{2}$ teaspoon soda (dissolved in a little water); 2 cups flour. Bake 45 minutes in a slow oven.

—Mrs. Rupert F. Asplund.

EGGLESS, MILKLESS CAKE

1 cup brown sugar or part sugar and molasses, 1 cup hot water, 2 tablespoonsful of shortening, $\frac{1}{2}$ pkg. raisins, salt, spices to taste. Boil ingredients five minutes after they bubble. When cold add $\frac{1}{2}$ teaspoonful soda in little hot water and $1\frac{1}{2}$ cups flour. Bake 45 minutes in slow oven.

—Mrs. McDill.

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POTATO CAKE

2 cups sugar (brown), $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 1 cup cold mashed potatoes, 2 teaspoons baking powder, 4 egg yolks, $\frac{1}{2}$ cup chocolate, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon cinnamon, 1 teaspoon cloves, $\frac{1}{2}$ grated nutmeg, 1 cup walnuts broken, beaten whites of 4 eggs. Bake for 1 hour in a moderate oven.

—Mrs. McNeil.

CINNAMON CAKE

1 cake Fleischman's yeast, $\frac{1}{2}$ cup of milk scalded and cooled. 1 tablespoon sugar, 1 egg, $\frac{1}{2}$ cup light brown sugar, 2 tablespoons butter, 2 cups standard flour, $\frac{1}{4}$ teaspoon salt. Method:—Dissolve yeast and 1 tablespoon sugar in lukewarm milk, add $\frac{3}{4}$ cup flour to make sponge. Beat well; cover and let rise 45 minutes in a moderately warm place. Add butter and sugar creamed, egg well beaten, about one and one-fourth cups flour, to make soft dough, and salt. Knead lightly. Place in greased bowl to rise about 2 hours. Roll $\frac{1}{2}$ inch thick. Place in a well greased pan and let rise until light. Cut across top with knife. Brush with water or egg. Sprinkle liberally with sugar and cinnamon. Bake 20 minutes in a moderate oven.

—Helen M. Soley.

PLAIN SEED CAKE

$\frac{1}{2}$ pound dripping, $1\frac{1}{2}$ lbs. flour, $\frac{3}{4}$ lb. sugar, 1 to 2 ozs. caraway seeds, 1 egg, pinch of salt, a little peel, 2 level teaspoons baking powder. Mix with milk, sour if possible. Beat 5 minutes after mixing. Makes two good sized cakes. Bake in loaf pans in moderate oven.

—Mrs. Frederick Williams.

CHOCOLATE CAKE

Piece of butter the size of an egg, 1 cup of sugar, 1 egg, beat all together. Sift together $\frac{3}{4}$ cup of standard flour, 2 tablespoons of cocoa, 1 level teaspoon of soda, add $\frac{3}{4}$ cup of sour milk, 1 teaspoon of vanilla, enough boiling water to thin the batter, about $\frac{1}{2}$ cup.

—Mrs. Albert E. Harrison.

SAND CAKE

Take 1 cup sugar, $\frac{1}{4}$ cup of boiling water and boil until it hairs (heavy), pour over the beaten whites of four eggs. Beat about 10 minutes, then add the 4 yolks. Stir in gently $1\frac{3}{4}$ cups of sifted flour, add one teaspoon of vanilla and bake in a sponge cake pan about 40 minutes.

—Mrs. Albert E. Harrison.

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ONE EGG CAKE

1 cup sugar, $\frac{1}{4}$ cup shortening, 1 cup water, 1 egg, 3 cups flour, 1 teaspoon salt (level), 1 teaspoon baking powder, flavor.

—Louise Stoft.

LOAF FIG CAKE

Light Part:— $\frac{1}{2}$ cup oleomargarine, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ teaspoons baking powder, 1 cup sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon vanilla, whites of 4 eggs. Cream the oleomargarine and sugar. Add the milk, with which the vanilla has been mixed. Sift the baking powder with the flour and add gradually.

Dark Part:— $\frac{1}{2}$ cup oleomargarine, $\frac{3}{4}$ cupful milk, $1\frac{1}{2}$ teaspoon baking powder, yolks of 4 eggs, $\frac{1}{2}$ lb. of raisins, $1\frac{1}{2}$ cupfuls sugar, 3 cups flour, 1 dessertspoonful each of cinnamon, cloves, allspice and nutmeg, 1 lb. figs. Cream the oleomargarine and sugar. Add the egg yolks, well beaten, then the milk. Sift the baking powder and spices with the flour and add gradually. The raisins should be seeded and dredged with flour, and the figs should be cut in small pieces and dredged with flour and added to the batter the last thing. Put in the pan alternate layers of each part and bake loaf.

—The Kitchen Encyclopedia.

SPIDER CAKE

$\frac{3}{4}$ cup cornmeal, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, 1 egg, $\frac{1}{2}$ teaspoon soda, 1 cup sweet milk, $\frac{1}{2}$ cup sour milk, 1 tablespoon butter. Mix dry ingredients. Add beaten egg, sour milk and $\frac{1}{2}$ cup sweet milk. Melt butter in hot spider, add whole mixture. Pour on top the rest of the sweet milk. Do not stir. Bake 20 minutes in hot oven.

—General Federation Magazine, Feb. 1918.

BUCKWHEAT SPICE CAKE

$\frac{3}{4}$ cup sugar, 3 tablespoons fat, 1 egg, 1 cup milk (sweet), 1 cup buckwheat flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, 1 teaspoon vanilla. Mix like an ordinary cake. Bake in a moderate oven in a loaf or in muffin tins.

—General Federation Magazine, Feb. 1918.

WHITE FRUIT CAKE

1 cup butter, $2\frac{1}{2}$ cups sugar, 3 eggs, $1\frac{1}{2}$ cups milk, $4\frac{1}{2}$ cups flour (measure before sifting), 1 pkg. raisins, 1 pkg. dates, $\frac{1}{2}$ lb. citron, 3 teaspoons baking powder sifted in flour four times. This makes three nice loaves and should be used for sending overseas only.

—Mrs. D. C. McKenzie.

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Hems with raw edges should be turned twice as prepared for machine stitching, except on Chiffon and similar thin fabrics, when one turn is sufficient.

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QUICK COFFEE CAKE

$\frac{1}{2}$ cup shortening, $\frac{1}{4}$ cup sugar, 1 egg, 1 cup milk and water mixed, $\frac{1}{2}$ cup seeded raisins, $2\frac{1}{2}$ cups flour, 5 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar (to sprinkle over the top), 1 teaspoon cinnamon. Cream the shortening and sugar. Add egg well beaten, milk, raisins, flour, baking powder and salt. Spread in a greased shallow pan, brush with melted butter and sprinkle with cinnamon and sugar.

—Maclean's Magazine.

MAPLE SUGAR FROSTING

1 cup of maple sugar and 2 tablespoonfuls of water boiled together until it hairs; beat the white of 1 egg stiff, then gradually pour in the syrup, beating constantly until stiff and cool enough to frost. This is enough to frost two layers.

—Mrs. L. F. Dow.

LEMON CAKE FILLING

1 cup of syrup, 2-3 of a cup of water, $1\frac{1}{2}$ tablespoons corn starch, 1 lemon, juice and rind. Put water and syrup into a double boiler, grate the outer part of the rind of the lemon and squeeze out the juice. Add this to the syrup and water, and boil 5 minutes. Stir the corn starch smooth in a little cold water, and add slowly to the boiling syrup. Cook until it thickens. Spread between layers of cake when almost cold.

CHOCOLATE CORNSTARCH FROSTING AND FILLING

Heat 1 cup of milk in a double boiler. Mix 1 tablespoon of sugar with $1\frac{1}{2}$ tablespoon corn starch in $\frac{1}{2}$ cup milk. Melt 4 tablespoons grated chocolate and mix into the heated milk. Add the sugar and corn starch and stir until thick enough to spread on the cake. Flavor with vanilla before spreading.

—Mrs. H. Clum.

FROSTING

$\frac{1}{2}$ cup granulated sugar, $\frac{3}{4}$ cup corn syrup, $\frac{1}{2}$ cup milk. Piece of butter size of walnut. Put sugar and milk in a saucepan and let boil till sugar threads then add butter and syrup till it threads again.

—Miss I. N. Campbell.

HONEY ICING

Boil together until it threads. $\frac{1}{2}$ cup honey, $\frac{1}{4}$ cup water, 1 egg beaten stiff. Pour over the beaten egg and beat until the right consistency to spread.

—Evelyn McNeil.

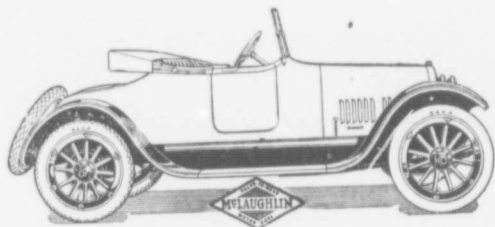
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EGG-PINEAPPLE

Half a cup of pineapple syrup, one cup of sweet cream, two eggs, one glass of chipped ice, three tablespoonfuls and a half of powdered sugar. Shake and serve in soda glasses with straws.

—Mrs. Kent.

CREOLE WATERMELON

Remove a small cube from a ripe watermelon and pour into this hole one cupful of orange and lemon juice sweetened; replace the plug of rind and set melon on ice for three days; then cut in two, scoop the pink meat into glasses; dust with fine sugar and serve.

—Mrs. J. F. Meagher.

BARLEY GRUEL

One ounce pearl barley, 1 quart cold water, a little lemon (rind and juice), 1 ounce sugar. Boil barley a few minutes to thoroughly cleanse it and strain and add 1 quart of water. Boil 1 hour and add lemon and sugar. Very nice for fever patients.

OATMEAL DRINK

To one pint of thin oatmeal gruel add the beaten yolk of an egg, four teaspoonfuls of sugar and the grated rind of a lemon. Heat and stir on the fire and add a little nutmeg. Serve hot.

—Mrs. J. E. Mullowney.

HOT EGG ORANGEADE

Beat one fresh egg; add the juice of one large juicy orange and two tablespoons of powdered sugar; shake well in a shaker, strain and add one cupful of hot water; stir and serve with nutmeg.

—Mrs. J. C. Straw.

HOT ORANGE LEMONADE

In a wine glass squeeze the juice of a lime and the juice of one large juicy orange, add one large spoonful of sugar; dissolve this well; mix well; while you stir with one hand fill your glass with boiling milk slowly; serve hot.

—Mrs. C. Sexton.

DELMONICO'S EGG LEMONADE

Two fresh eggs, two tablespoons lemon juice, one and a half tablespoons powdered sugar, one glass of finely chipped ice. Shake well in shaker, strain and serve.

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COFFEE

Mix two tablespoons of ground coffee with a teaspoonful of raw egg and two tablespoons of cold water. Pour on this two cupfuls of boiling water, cover closely and let it boil up; then remove from the fire. Let it stand a few minutes to settle, then strain into a hot coffee pot through a damp cheese cloth laid on a wire strainer. This makes enough coffee for two people.

A DELIGHTFUL BEVERAGE FOR A HOT SUMMER DAY

Make an infusion of very strong coffee, put it in an earthen bowl, sweeten it agreeably to your taste, and add to it an equal quantity of boiled milk, or a third of rich cream. Surround the bowl with broken ice and let it stand till icy cold.

COLD TEA

Three tablespoonfuls of tea, six tablespoons of sugar, one pint of water, juice of one lemon and a half. Let the tea stand in water over night. In the morning strain and add the lemon juice and sugar. After it has again stood an hour, strain again and the tea is ready for the cracked ice. Serve in small soda glasses.

MILK PUNCH FOR INVALIDS

One-half pint of milk made very sweet, half a wine glass of rum, stir well together. Grate a little nutmeg over the top of the glasses. Serve with straws in each glass.

WINE WHEY FOR INVALIDS

Sweeten to taste half a pint of milk, put in a double boiler and let come to a boil, throw in one glass of cherry wine. When the curd forms, strain the whey through a clean muslin bag into small soda glasses.

ORANGEADE

Juice of two oranges, two tablespoons of powdered sugar, four teaspoons of lemon juice, one glass of finely chopped ice, two glasses of water. Shake well in a large shaker. Serve in soda glasses and dress with fruit.

EGG-PINEAPPLE

Half a cup of pineapple syrup, one cup of sweet cream, two eggs, one glass of chipped ice, three tablespoons and a half of powdered sugar. Shake and serve in soda glasses with straws.

GINGER BEER

Ten gallons water, six pounds sugar, six ounces crushed ginger, two ounces cream of tartar, one ounce tartaric or citric acid, one yeast cake. Boil ginger for two hours, dissolve sugar when hot, put yeast and acids in lukewarm water to stand over night. Bottle next day.

—Mrs. James Scrimiger.

DANDELION WINE

To one quart flowers take two quarts boiling water and pour over the flowers, let stand over night, strain next day and add three pounds of sugar to one gallon of the juice and two lemons. Bring the whole to a boil, then put into a barrel or keg and add bread yeast to work. Keep enough juice to fill up as required. When through working it must be tightly corked.

—Mrs. Roos.

DANDELION WINE

Five quarts of dandelion flowers, two gallons boiling water; let them stand over night; in the morning strain, then add four pounds white sugar, six lemons; boil one hour, take off and strain into a stone jar and let stand two or three weeks, and strain into bottles. Good for spring medicine.

—Mrs. Howie.

DANDELION WINE

Gather three quarts of dandelion buds. At night pour over them four quarts of boiling water and allow it to stand until morning and then strain through a cloth. Squeeze into this three lemons from which the seeds have been removed. Slice the rinds of these lemons rather thick and drop them in also. Add three and one-half pounds of sugar and put on the fire till sugar is dissolved. Then pour into a covered jar and let it remain for twelve or fourteen days, skimming whenever a scum appears. Strain again and pour into bottles. Cork when the fermentation is complete.

—Mrs. Peter Niesen.

RHUBARB WINE

To each gallon of soft water take five pounds of rhubarb cut fine but not peeled, let this stand ten days and then strain through a muslin cloth and add four pounds granulated sugar to each gallon of juice, and the rind and juice of one lemon. As soon as the sugar is dissolved, bottle; put corks in loose.

—Mrs. Goodwin.

GRAPE JUICE

Grapes must be pretty ripe, then mash and clean, pick from stems, remove all dry or bad imperfect ones. Put grapes in large crock, wash, pound and jam them to reduce into a complete juice. Strain through a thin cheese cloth after getting out all the juice possible, mash and jam the pulp again, put in a little water and strain. Now put all the juice together in whatever will hold it, add one pound of sugar to a gallon of juice, stir it often until it all dissolves; let it stand three or four days to ferment, keep it skimmed, then draw it off into bottles or jugs to keep.

—Mrs. Elithorpe.



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Confectionery

—o—

PUFFED RICE BALLS

2 cups of puffed rice, 1 cup of syrup, 1 cup of light brown sugar, 1 tablespoon of vinegar. Boil all but the puffed rice until it will harden when dropped in cold water. Put in rice and stir until thoroughly mixed; then mould it into balls with the hands. No flavor is needed, as the excellence of this commodity depends entirely on the united flavor of the syrup, vinegar and sugar.

CHOCOLATE CARAMELS

1 cup of grated chocolate, 2 cups of brown sugar, 1 cup of syrup, 1 cup of cream or milk, 2 ounces of butter. Boil all together until thick or almost brittle, stirring constantly. Turn it out in buttered tins and when it begins to stiffen, mark it in small squares so that it will break easily when cold. Some like it flavored with a teaspoonful of vanilla.

MAPLE PINOCHE

3 cups maple sugar, 1 cup milk, 1 tablespoonful butter. Boil together, stirring constantly, until it will make a soft ball when dropped in cold water. Take from fire and beat. When ready to pour on buttered plate, add ten drops of Mapleine and one cup of broken nuts.

NOUGAT CANDY

3 cups of syrup, 2 cups brown sugar, $\frac{1}{2}$ teaspoon cream of tartar, 2 ounces of butter, 1 tablespoon of vinegar, $\frac{1}{2}$ lb. of mixed nuts (chopped). Melt the butter in a granite saucepan, add the syrup, sugar and vinegar. Boil it about 10 minutes then add the cream of tartar and boil again until it is brittle when tested in cold water. Spread the nuts in thin layers on buttered pans and then pour the hot candy over them about 1 inch thick. When nearly cold, cut in bars.

FRUIT FUDGE

1 cup dates, 1 cup raisins, 1 cup walnut meats, confectioner's sugar. Put fruit and nuts through chopper, turn on board dusted with confectioner's sugar, knead until well mixed, roll with a rolling pin to about one inch in thickness, cut in squares and roll in confectioner's sugar.

—Maclean's Magazine.

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DIVINITY

1 cup of syrup, 4 cups of brown sugar, two-thirds of a cup of water, 1 cup of chopped nuts, 1 teaspoonful vanilla extract, pinch of salt. Put syrup, sugar and water in a saucepan and boil until it forms a soft ball when tested in cold water. Remove from the fire. Have the salt and eggs beaten dry, and add to the mixture beating continually until quite thick. Add the nuts and vanilla; then turn into buttered pans. Mark in cubes when cold. Chocolate may be added, and should be melted in the water in the beginning. One ounce is sufficient.

PEANUT CANDY

2 pounds of syrup (1 small can), $\frac{1}{2}$ lb. of peanuts (fresh roasted), butter the size of an egg, $\frac{1}{2}$ teaspoon of baking soda (powdered). Boil the syrup and butter over a slow fire until it begins to look thick, stirring it often to prevent burning. Add the baking soda, and continue boiling until very brittle when tested in cold water. Toss the peanuts on a sieve to free them from the inner skins and throw them into the boiled candy. Pour it into buttered shallow pans. Cut a lemon in halves and press the candy flat. The peanuts can be chopped if so desired. Mark in squares, or it can

QUICK MINTS

1 cup sugar, $\frac{1}{2}$ cup boiling water, 1-8 teaspoon cream of tartar, 3 drops oil of peppermint. Dissolve sugar and water, add cream of tartar and boil about 5 minutes or until mixture forms a soft ball when dropped in cold water. Beat until creamy and drop from a teaspoon on a greased plate.

—Maclean's Magazine.

BUTTER SCOTCH

$\frac{3}{4}$ cup oleomargarine, 1 cup molasses, 1 cup sugar, 1-3 cup vinegar. Put all together and cook, stirring all the time. Cook until brittle when dropped in cold water. Pour into buttered tins and mark for breaking before it is cold.

SALTED PEANUTS

Shell peanuts, pour on boiling water to blanch them, drain and let stand several hours to dry. Fry in olive oil or butter until a light brown. Turn on crumpled paper to dry, and sprinkle with salt.

—Maclean's Magazine.

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SALTED ALMONDS

1 cup almonds, shelled, 1 tablespoon butter, 1 teaspoon salt. Cover almonds with boiling water and let stand on back of range for 2 minutes. Slip off the skins and allow them to get perfectly dry. Melt butter, add almonds and salt, spread in a dripping pan and bake in a slow oven for 15 or 20 minutes, stirring occasionally. When prepared in this way nuts will keep crisp.

—Maclean's Magazine.

CANDIED ORANGE PEEL. *Easy*

Remove peel from four thick skinned oranges having it cut into quarters. Cover with cold water, bring to boiling point and cook slowly until soft. Drain, remove white part, and cut the yellow rind in strips, using scissors. Boil $\frac{1}{2}$ cup water with one cup sugar until the syrup forms a thread when dropped from a spoon. Cook strips in syrup for 5 minutes, drain and coat with granulated sugar.

—Maclean's Magazine.

KRYSTALL STICKS

3 eggs beaten light, pinch of salt, 1 cup of brown sugar, beat. 1 teaspoon of vanilla, 1 cup nut meats, 1 cup dates, 1 teaspoon baking powder, 1 cup of war flour. Cut and roll in pulverized sugar while warm.

—Mrs. R. T. Brighty.

PENOCHE

$\frac{1}{4}$ cup oleomargarine, $1\frac{1}{2}$ cupfuls rich milk, 3 cupfuls light-brown sugar, 1 cup chopped walnuts. Stir together the oleomargarine, milk and sugar and cook until it can be picked up when dropped in cold water. Beat until it thickens and add the walnuts slightly salted. Pour in buttered tins and cut in squares.

—The Kitchen Encyclopaedia.

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