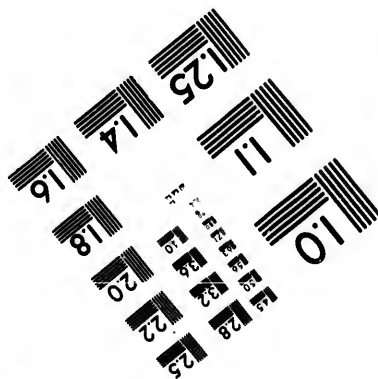
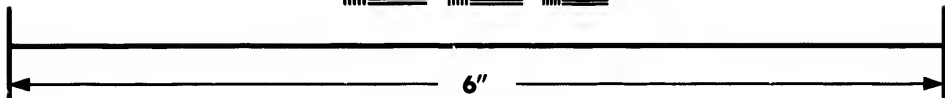
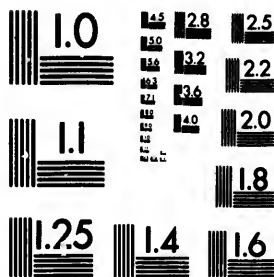


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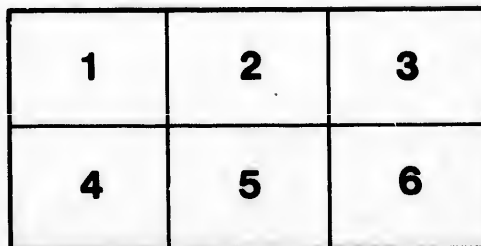
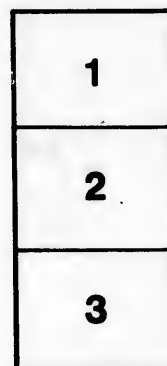
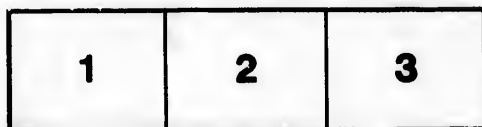
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Boil a shin of veal in 3 quarts of water with a turnip, onion and carrot left whole. Boil 3 hours. Strain and add 1 small cup of vermicelli, salt and pepper; boil $\frac{1}{4}$ of an hour, adding water as it boils away.—Mrs. Harry Cloes.

Potato Soup

Slice 3 large potatoes and 1 large onion, cook until soft in 3 cups of water; mash with a wire masher; add salt, pepper and 3 cups rich milk, and a large tablespoonful of butter. Thicken with 2 tablespoons of flour.—Mrs. Don MacGregor.

Cream of Pea Soup

One can of peas, 1 onion, 2 teaspoons of sugar, 2 cups of milk, 4 tablespoons butter, 2 tablespoons of flour, salt and pepper to taste.—Mrs. Jas. Moore.

Cream of Tomato Soup

Two cups of tomato, 2 cups of milk, 3 tablespoons of flour, one-eighth teaspoon soda, 1 teaspoon salt, 3 slices of onion and some pepper. Let tomato and onion simmer 10 minutes. Put milk on to heat. Mix flour, salt and pepper, with a little cold water and add to the milk. Cook 5 minutes after it thickens. Strain tomato and add soda. When ready to serve put tomato into the milk mixture.—Eva M. Legg.

Tomato Soup (Canned)

One peck ripe tomatoes, 1 dozen small onions, 1 bunch of celery, 5 Bay leaves, 20 whole cloves. Let this cook 2 hours. Strain. Then add $\frac{1}{2}$ cup of salt, 1 cup of sugar, 1 cup of butter, $\frac{1}{2}$ teaspoon cayenne and $\frac{1}{4}$ cup of flour mixed to a paste in cold water. Boil ten minutes and seal. When serving put a little soda in this mixture and add cream or milk.—Mrs. O. Charlton.

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Lobster Soup

One can of lobster, picked fine, scald one quart of milk and 1 pint of water. Work 1 tablespoon of flour into $\frac{1}{4}$ lb. of butter; add to milk; then lobster, salt and red pepper to taste. Boil 10 minutes and serve.—Myrtle B. Charlton.

Noodles

One egg, pinch of salt, $\frac{1}{4}$ cup water, flour to make very stiff, roll thin; let dry and roll like a jelly roll; cut in narrow shreds and cook in chicken soup.

Cream of Celery Soup

One head of celery, wash and scrape, cut in $\frac{1}{4}$ inch pieces in 1 pint of water. Cook until very tender. Mash in same water; add $\frac{1}{2}$ teaspoon each of salt and pepper. Make a white sauce of 1 pint of milk, 1 tablespoon of flour and 1 tablespoon of butter. Add this to celery. Strain. Reheat and serve.—Mrs. Archie Ferguson.

Tomato Soup with Stock

One peck ripe tomatoes, 1 dozen large onions, 1 bunch of celery, 1 bunch parsley, 3 sweet peppers, 6 cloves, 8 bay leaves. Boil together till well cooked, then strain and to the juice add— $\frac{1}{2}$ cup gran. sugar, $\frac{1}{2}$ cup salt, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ teaspoon cayenne, $\frac{1}{2}$ cup flour. Make into paste with a little of the cold juice. Cook till it thickens and seal. Recipe makes about $4\frac{1}{2}$ quarts. To serve add two pints of beef stock to 1 pint of tomato soup, or for cream soup, add 2 pints of well seasoned milk to 1 pint of tomato soup. Heat separately and combine just before serving to prevent curdling.

Bean Soup

One and $\frac{1}{4}$ cups beans, 1 medium onion, 2 stalks celery, $\frac{1}{4}$ cup butter, 2 tablespoons flour, 3 cups milk, salt and pepper. Soak beans over night and drain. Add water and cook till soft, adding onion and celery to beans after they have partly cooked. Stir melted butter and flour together till smooth; add milk and seasoning and cook. To this cream soup add the bean mixture and serve very hot. This recipe makes about 5 servings.

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Fish

Baked White Fish

Clean and bone fish, then add 1 cup of bread crumbs, $\frac{1}{2}$ cup melted fat, $\frac{1}{4}$ teaspoon salt, one-eighth teaspoon celery salt, one-eighth teaspoon pepper, a few drop of onion juice and $\frac{1}{4}$ cup of water.—Myrtle B. Charlton.

Salmon Loaf

One large can salmon, 2 eggs, 1 cup milk, soda biscuits (rolled fine), salt and pepper. Mix together and steam 1 hour.—Mrs. Ed. Holmes.

Baked Creamed Salmon with Spaghetti

One can salmon, $\frac{1}{2}$ lb. spaghetti broken fine, 1 tablespoon of butter, 1 pint of milk, 2 eggs. Boil spaghetti in salted water until tender. Drain and pour cold water through it. Grease baking dish and put layer of spaghetti, layer of salmon, bits of butter, salt and pepper. Continue until all is used. Beat eggs. Add milk and pour over. Bake forty minutes. Serve with or without white sauce.—Mrs. Harry Cloes.

Maitre D'Hotel Butter

Two tablespoons of butter, 1 tablespoon of lemon juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon of pepper, 1 tablespoon of chopped parsley. Cream butter; add gradually, lemon juice, seasoning and parsley. Keep cool until served. This is especially nice with fish.—Mrs. Roy Charlton.

Fried Oysters

Select large oysters; drain, and dry between towels. Dip in beaten egg; then in dry sifted bread crumbs, which have been seasoned with salt and pepper. Fry in a wire basket in deep, hot fat until golden brown. These may be prepared some hours before and the breading process repeated after the first coat is dry.—Mrs. Harry Cloes.

Scalloped Salted Codfish and Rice

One-quarter cup of rice, 2 cups of cold water, 1 cup of salt codfish, soaked over night and drained, 1 tablespoon finely

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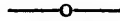
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chopped green pepper, $\frac{1}{2}$ cup buttered bread crumbs, $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup white sauce. Cook rice until tender in the cold water. Drain, mix with the fish, pour milk and sauce over, sprinkle with crumbs and bake until nicely browned.—Myrtle Charlton.

How to Bone a Fish

After fish is cleaned cut head off. Commence at that point and run your thumb close to the backbone, pressing hard against it down the entire length on both sides toward the back. When both sides are thus loosened. You can easily lift the skeleton, as the smaller bones will adhere to the backbone. This method is especially successful in boning whitefish on herring.

Salmon Croquettes

One and a half cups flaked fish, 1 cup thick white sauce; season with salt and pepper, lemon juice and parsley. Shape, roll in bread crumbs, then in egg, then in crumbs again and fry in deep fat. Drain and garnish with parsley.—Myrtle B. Charlton.

Oysters and Macaroni

One pint of oysters, $\frac{3}{4}$ cup macaroni broken in inch pieces, $\frac{1}{2}$ cup buttered crumbs, $\frac{1}{4}$ cup butter, salt, pepper, flour. Cook macaroni in salted water until tender. Rinse in cold water. Put layer in bottom of baking dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, add bits of butter. Repeat. Cover the top with buttered crumbs. Bake 20 minutes in a hot oven.—Mrs. Harry Cloes.

Scalloped Salmon

Flake a can of salmon and season well with salt and pepper. Crush soda biscuits and put the salmon and biscuits in alternate layers in a baking dish having crumbs on top. Cover with milk, dot with butter and bake $\frac{1}{2}$ an hour.

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Meats

Ham Balls

Take $\frac{1}{2}$ cup of bread crumbs and mix with it 2 beaten eggs, 2 cups of cold chopped ham. Shape in balls and fry.—Mrs. Harry Cloes.

Chicken Croquettes

Chop fine any pieces of cold chicken, add half the quantity of bread crumbs, 1 egg, pepper and salt. Shape into balls and fry in a buttered pan. Serve hot.—Myrtle B. Charlton.

Veal Loaf

Three pounds of raw veal or hamburg steak, 3 eggs, 3 tablespoons cream. If milk is used add piece of butter. Mix eggs and cream, add 4 rolled crackers to veal; put altogether adding 1 tablespoon of sage. Mould into a loaf. Bake $2\frac{1}{2}$ hours basting with butter or water. Serve cut in thin slices.—Mrs. Roy Charlton.

Beef Heart Roasted

Wash and stuff a large heart with dressing such as is used in turkey. Roast an hour and a half. Serve hot with gravy which should be thickened with some of the stuffing.—Mrs. Harry Cloes.

Spanish Steak

Take 2 pounds of round steak 1 inch thick, season with salt and pepper, cover with a layer of bacon. Roll and tie. Put in a covered baking dish and pour around it $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ cup of water. Cook for 2 hours, basting occasionally.—Myrtle B. Charlton.

Mock Duck

Trim off the rough edges of a piece of round steak, sprinkle with salt and pepper and spread over with a layer of bread crumb dressing as used for poultry. Roll like a jelly roll and cook in the oven with a little water or tomato juice. Serve hot or cold.—Eva M. Legg.

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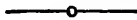
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Rice Casserole with Meat

Line a pint mould $\frac{1}{2}$ inch deep with boiled rice. Chop fine any cold meat. Season with salt and pepper and onion. Beat 1 egg, add 2 tablespoonsful of bread crumbs, then cold meat. Mix well and moisten with a little stock sufficiently to pack in mould. Cover with rice and steam 45 minutes. Loosen from edge, invert on platter and serve with tomato sauce.—Myrtle B. Charlton.

Yorkshire Pudding for Roast Beef

Three eggs, 1 cup of flour, 1 pint of milk, salt to taste. Beat eggs very light, add milk and flour. Pour into roast pan from which you have just removed your roast leaving about $\frac{1}{2}$ cup of hot fat.

Chicken Patties

Line rather large patty pans with pie crust and bake. Fill with the following mixture: 2 cups of milk, 2 tablespoons flour, 2 tablespoons butter, blend into a cream sauce, then add stewed chicken, chopped; a piece of butter, season with salt and pepper. Serve hot.—Mrs. Lorne Munro.

Chicken King

One cup cold boiled fowl cut in cubes, $\frac{1}{2}$ cup of milk; $\frac{1}{4}$ cup cream, $\frac{1}{2}$ cup chicken stock, 1 tablespoon corn starch, $\frac{1}{2}$ cup sauted mushrooms, $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter, $\frac{1}{2}$ cup pimentoes cut in strips. Melt butter, add cornstarch and stir until well mixed. Add gradually stock, milk and cream, stirring constantly. Bring to boiling point and add the other ingredients. Cook until it bubbles. Serve hot on toast.

Dressing for Duck or Goose

Mash 3 cups of potatoes fine, add 3 cups of bread crumbs, season with minced onion, sage, salt and pepper. Never fill the fowl more than three-quarters full.—Mrs. Harry Cloes.

Fried Chicken

Cut up chicken. Roll in flour and fry in hot butter or part nice dripping. Season with salt and pepper. Cover until about half done. Then brown. Pour off most of the fat, add a cup of boiling water and thicken with a tablespoon of flour.—Mrs. Harry Cloes.

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Sausage Pie

One and a half pounds sausage, cover with water, boil for 10 minutes. Take out sausage, let cool. Peel off skin and cut in $\frac{1}{4}$ inch pieces. Slice as many raw potatoes as you have sausage. Cook till nearly done in water in which the sausage was boiled, with one large onion. Add sausage. Put all in baking dish. Cover with crust made of rich biscuit dough and bake until nicely browned.

Baked Ham (Smoked)

Peel and slice very thin 4 potatoes in a buttered baking dish. Chop together a sweet pepper and an onion, season with salt and pepper and put a layer over the potatoes. Dredge well with flour. Cover with a slice of ham $1\frac{1}{2}$ inches thick and add the rest of the onion mixtures. Dredge thickly again with flour, pour on two cups of milk, dot with butter and bake 45 minutes.

Stuffed Spare Ribs

Make a dressing as for fowl, using bread crumbs, salt, pepper, onion, sage or savory and a couple of mashed potatoes. Moisten all with melted shortening. Put in a layer of ribs in the bottom of a bake dish. Cover thickly with the dressing and put a layer of ribs on top. Sprinkle with salt and pepper, put $\frac{1}{2}$ cup water in the dish to prevent burning. Bake till meat is done, covering the dish when it has been cooking $\frac{1}{4}$ of an hour.

Jellied Veal

Cover and boil a veal shank till meat drops from bones. Season with salt, pepper, chopped parsley, chopped celery and a little lemon juice. Wet a mold with cold water. Line bottom and sides with slices of hard boiled eggs. Cut the meat in small pieces and fill the mold. Strain juice and pour over meat. Set aside in a cool place to jelly. To serve turn on a plate and garnish with parsley.

Ham Balls

Chop fine pieces of cold ham (bits around the hock and of the ham bone may be well used for this). Add 2 beaten eggs, $\frac{1}{2}$ cup bread crumbs, pepper and salt. Make into balls and fry golden brown in a pan containing hot fat.

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Irish Stew

Cut lamb in dice, using shoulder meat. Cover with boiling water and cook slowly till tender. When about half-cooked add $\frac{1}{2}$ cup each of carrot, turnip and salsify. Cut in small pieces and 1 onion and 2 sticks of celery sliced. About 15 minutes before it is done add potatoes cut fine. Season with salt and pepper and slightly thicken the gravy.

Pot Roasts

Four to six pounds of shoulder beef. Put a little suet in a kettle and let it get very hot. Put in beef and sear all sides to a rich brown. Add a pint of boiling water and cook, using just enough water to keep it from burning. Cook till meat is tender but do not let it fall apart. Add seasoning after first half hour. Serve with brown gravy.

Swiss Steak

Take a piece of round steak and lay flat on table or board. Sprinkle with salt and pepper and dredge well with flour. Pound until flour is absorbed and then add more flour. Keep pounding till it will take no more flour. Turn and treat the other side similarly. Sear both sides in a pan in which there is hot fat. Then add 1 cup water and simmer till tender. Steak thus treated should be from $\frac{3}{4}$ to 1 inch thick.

Bread

Brown Bread

Two cups bran, 2 cups white flour, $\frac{1}{2}$ half cup brown sugar, 1 teaspoon salt, 1 teaspoonful soda; Mix with buttermilk to about the stiffness of fruit cake. Bake one hour in a slow oven.—Mrs. Arthur Bailey.

Salt Rising Bread

Early in the morning make a batter in a tea-cup consisting of a $\frac{1}{2}$ cup hot water, a pinch of salt and soda and corn meal. Keep warm until light; it should rise to nearly top of cup; set aside until next day. Then put hot water in a larger dish (a 3 lb. lard pail will answer), and make a batter by adding flour, another pinch of salt and soda, and add contents of cup.

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When pail is full have ready some scalded milk and water; add flour and contents of pail. When this is light knead down and when light again mould into loaves. Let rise. Make a small batch at a time. Keep warm and warm dishes and board. Do not let it chill, but never scald the butter.—Mrs. S. L. Parkes.

Four Hour Bread

One large handful flour, $\frac{1}{2}$ cup granulated sugar, 1 teaspoon salt, 1 cup mashed potatoes. Potato water. Mix flour, sugar and salt in a crock. Pour over the hot potato water; add potatoes; let cool and when cool put in an yeast cake which has been dissolved in a little warm water. Set in a warm place. By night it will look foamy. Next morning warm mixture; add more water if desired, a piece of lard and a little salt, and mix quite stiff with flour; keep warm and when light knead and let rise again. Put in pans. Rise till double in size and bake. 2 quarts of yeast mixture makes four large loaves.—Mrs. L. K. Laidlaw.

White Bread

Yeast Part—Scald one cup flour, one-third cup sugar, pinch of salt with potato water at noon. Beat thoroughly and add 3 tablespoons mashed potatoes. Set away to cool. Then break one yeast cake in one-third cup of lukewarm water. When the scalded part is luke-warm, add the dissolved yeast cake. Beat thoroughly. Cover and set in a fairly warm place to raise. In the evening make a sponge by adding as much lukewarm water to the yeast as you think you need. I had $2\frac{1}{2}$ quarts for 7 or 8 loaves. Cover warm; let rise over night. Mix stiff in morning, adding a big handful of salt. Cover warm and mould into loaves.—Mrs. J. A. Evert.

Nut Bread

One cup brown sugar, one egg, one cup sweet milk, 2 teaspoonsful Baking Powder, $\frac{1}{2}$ cup chopped nut meats, $\frac{1}{2}$ cup chopped dates or raisins, 3 cups flour. Let rise in a warm place for 20 minutes and bake in a moderate oven.—Mrs. J. A. Evert.

Bran Loaf

One teaspoon soda, 1 teaspoon salt, 2 cupsful flour, 2 cupsful bran, 1 cupful brown sugar, $1\frac{1}{2}$ cups sour milk, $\frac{1}{2}$ cup chopped walnuts, $\frac{1}{2}$ cup chopped dates.—Mrs. S. Caron.

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Graham Date Loaf

One cup white flour, 2 cups graham flour, 1 cup yellow sugar, salt, butter the size of an egg, 1 cup chopped dates, $\frac{1}{2}$ cup chopped nuts, 1 teaspoon soda, $1\frac{1}{2}$ cupsful sour milk. Bake one hour.—Mrs. S. Curtiss.

Sweet Nut Bread

Four cupsful flour, $\frac{1}{4}$ cup white sugar, 1 cup walnut meats, 1 teaspoon salt, 4 teaspoonsful baking powder, 1 egg, one cup of sweet milk. Mix altogether to form a loaf. Let stand in pan twenty minutes. Bake in moderate oven one-half hour; try with a straw. Raisins may be used in place of nuts.—Mrs. E. Legg.

Date Bread

Two cupsful graham flour, 1 cup white flour, $\frac{1}{2}$ cup brown sugar, 2 cupsful sweet milk, 2 teaspoonsful baking powder, 1 teaspoon salt, $1\frac{1}{2}$ pounds dates. Let rise 20 minutes in a warm place and bake one hour in a moderate oven.—Myrtle B. Charlton.

Warm Biscuits

One quart flour, 2 large teaspoons baking powder, 2 table-
spoons lard, salt; pour sweet milk over flour and stir with
spoon. Mix until just merely stiff enough to hold together and
drop from spoon on hot pans. Bake in a quick oven.—Mrs.
Walter Moore.

Baking Powder Biscuits

Two cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon
salt, 2 tablespoons butter, $\frac{1}{4}$ cup milk and water in equal
parts. Sift dry ingredients three or four times. Add shortening
working it into the flour with the tips of the fingers, gradually
add liquid, mixing it in with a knife. Use as much liquid as is
necessary to make a dough as soft as can be handled on a
board; turn out on a floured board; pat and roll lightly to $\frac{1}{2}$
inch in thickness. Cut with a cake cutter; shape up the edge
a little and immediately put into a hot oven. Brushing the tops
with a little milk before putting into oven makes a nice golden
brown.—Eva M. Legg.

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Grandma's Buns

Three cups lukewarm water, $\frac{1}{2}$ cup lard, 1 cup yellow sugar, 1 cup currants or raisins, 1 tablespoon salt, 1 yeast cake, $1\frac{1}{2}$ or 2 quarts flour. Soak yeast cake in water ten minutes; dissolve lard, add sugar, salt and yeast cake to flour. Let rise. At night add fruit and enough flour to mix, not too stiff. Let rise till morning and mix down again. Let rise till treble in size. Cut out small buns; let rise till double in size and bake in a moderate oven.—Jean Weaver.

Cinnamon Rolls

Take a piece of bread dough, roll out to about an inch thick, spread with butter and then brown sugar; sprinkle with cinnamon; then roll up as for jelly roll and cut slices about one inch thick from end of roll. Let rise and bake twenty minutes. By adding fruit to butter and sugar, or cocoanut and vanilla, you can vary the rolls to fruit rolls or cocoanut rolls.—Mrs. A. Moore.

Parker House Rolls

One cake Fleischman's yeast, 1 pint milk, scalded and cooled, 2 tablespoons sugar, 4 tablespoons melted shortening, 3 pints sifted flour, 1 teaspoon salt. Dissolve yeast and sugar in lukewarm milk; add shortening and $1\frac{1}{2}$ pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place 1 hour or until light. Then add remainder of flour (or enough to make a dough), and salt. Knead well. Place in greased bowl. Cover and let rise in warm place until double in bulk. Roll out one-fourth inch thick. Brush over lightly with melted butter. Cut with 2-inch biscuit cutter; crease through centre heavily with dull edge of knife and fold over in pocket-book shape. Place in well-greased shallow pans 1 inch apart. Cover and let rise till light. Bake ten minutes in hot oven.—Mrs. James Moore.

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Baked Rice and Tomatoes

One cup rice, 2 cups strained tomatoes, 1 small onion, (minced), $\frac{1}{2}$ lb. cheese (grated), 2 tablespoons butter. Pepper and salt. Mix all together. Bake.—Mrs. Skeene Smith.

Spanish Rice

Season 1 pint tomatoes as for serving and add 1 cup of water. To $\frac{1}{2}$ lb. Hamburg steak add 1 chopped onion, salt and pepper. Mix the steak with the tomatoes and add $\frac{1}{2}$ cup dry rice. Turn into a baking dish, dot with butter and bake till rice is tender. Serve hot.—Myrtle Paddon.

Creamed Chicken on Toast

Bits of chicken taken from the frame of the fowl may be chopped and added to a well seasoned white cream sauce. Spread thickly on fresh hot toast and serve on a hot plate.—Myrtle Paddon.

Casserole Chicken

Cut a chicken in pieces, roll in flour. Sprinkle with salt and pepper. Put all in a casserole with a cup of water and a small piece of butter. Cover tightly. Cook until done. Will cook old chicken tender.—Mrs. A. Moore.

Sausage Leaf

Line a baking dish with dressing made of 3 cups bread crumbs, 2 tablespoons butter, 2 tablespoons minced onion, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon pepper, and $\frac{1}{2}$ teaspoon summer savory. Fill centre with sausage and bake 1 hour.—Mrs. James Patterson.

Boston Baked Beans

Soak 2 cups beans in soda water over night. In the morning cook (until the skins burst open) in fresh water. Mix $\frac{1}{2}$ tablespoon mustard, $\frac{1}{2}$ cup yellow sugar, pepper and salt. Place in the bean pot with two or three slices of pork. Bake, adding water occasionally till done and not too dry. Serve hot.—Mrs. E. Holmes.

Cheese Souffle

Two tablespoons butter, 1 tablespoon flour, $\frac{1}{2}$ cup milk, 1 cup grated cheese, 3 eggs, $\frac{1}{2}$ teaspoon of salt and pepper. Put butter in saucepan. When hot add flour. Stir until smooth, add milk and seasoning. Cook 2 minutes. Add yolks of eggs well beaten, and the cheese. When cold add whites of eggs beaten to a stiff froth. Turn into a buttered dish. Place dish in pan of water and bake 20 minutes. Serve at once.—Mrs. Archie Ferguson.

Cauliflower and Cheese

One medium sized cauliflower, 2-3 cup grated cheese. Separate cauliflower into flowerlets and cook in boiling salted water until tender, but still firm. Drain and place in casserole. Prepare a cream sauce of 2 cups milk, 1 tablespoon butter, 2 tablespoons flour, salt and pepper. Into this stir the cheese. Pour this over the cauliflower. Sprinkle with cracker crumbs and dot with bits of butter. Bake until nicely browned.—Mrs. R. McGregor.

Welsh Rarebit

Scald 1 pint of milk, thicken slightly with corn starch. Stir in the following previously mixed together: 1 cup grated cheese, 1 tablespoon mustard, salt and pepper. Let stand until cheese is thoroughly melted. Pour over slices of buttered toast and serve at once.—Mrs. Eugene Sweet.

French Baked Eggs

Butter muffin dishes and in each put 1 tablespoon cracker crumbs and 1 tablespoon milk. Break in an egg and season with salt and pepper. Cover with crumbs, moisten with milk, dot with butter and sprinkle with grated cheese. Bake in a slow oven till golden brown. Serve hot garnished with parsley.—Myrtle M. Paddon.

Italian Spaghetti

Cook $\frac{1}{2}$ package spaghetti in salted boiling water, drain and wash in cold water. Fry 2 large onions in 1 tablespoon of fat until brown, add 1 pound of hamburger and fry until done.

Add 1 pint tomato to the spaghetti and when hot, combine with the meat, salt and pepper to taste. Cook slowly 15 minutes. This may be heaped on a platter and sprinkled with grated cheese.—Mrs. Don McGregor.

Foamy Omelette

Two eggs, 2 tablespoons hot water or milk, $\frac{1}{4}$ teaspoon of salt, $1\frac{1}{2}$ teaspoons butter. Beat yolks until light, add milk or hot water. (water gives a more tender texture). Add salt and fold in stiffly beaten egg whites. Put butter in heated omelette pan. Pour in mixture. Cook over slow heat until set. Then put in a hot oven to dry out. Fold and serve.

Variations—An omelette may be packed before being folded with chopped ham or fowl, jelly, grated cheese or peas and chopped crisp bacon. Cream sauce, cheese or tomato sauce may be poured around it.—Mrs. Eardly Finch.

Hot Beans in Tomato Sauce

Boil beans 2 or 3 hours in soda water. Drain and add to sauce made of the following: 1 tablespoon mustard, $\frac{1}{2}$ cup vinegar, 1 cup sugar, salt and pepper, $\frac{1}{2}$ pint tomatoes, 1 medium sized sliced onion. Bake.—Mrs. Cyril Williams.

Macaroni and Salmon

One cup milk, 4 tablespoons of cream, 2 cups bread crumbs, 2 eggs, 1 cup cooked macaroni, 2 cups salmon, 4 tablespoons melted butter, 1 teaspoon salt, paprika. Heat milk and crumbs together, stir in slightly beaten egg yolks, add macaroni, salmon, cream, butter and salt. Fold in stiffly beaten egg whites and pour in a buttered baking dish. Sprinkle with paprika. Put in a pan of water and bake 40 minutes.—Mrs. R. McGregor.

Potato Puff

Two cups mashed potatoes, $\frac{1}{2}$ cup milk, 2 well beaten egg yolks, 2 tablespoons butter, salt and pepper. Beat well and add stiffly beaten egg whites. Pile lightly in a buttered dish. Bake until puffed and brown.—Miss Alta Holmes.

Stuffed Potatoes

Cut hot baked potatoes in half. Remove the pulp, mash it and add enough milk for the usual consistency of mashed potatoes. Season with butter, salt and pepper. Fill the cases with this mixture. Dot the tops with bits of butter or brush over with milk. Bake 8 or 10 minutes in a hot oven.

Variations—Beaten white of egg, (1 egg to 3 medium sized potatoes), $\frac{1}{2}$ cup grated cheese, $\frac{1}{2}$ cup chopped meat or 1 tablespoon chopped parsley to same amount.—Eva M. Legg.

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Potato Cheese Puffs

Two cups cold mashed potato, $\frac{1}{2}$ cup grated cheese, 1 beaten egg, a little butter, salt and pepper. Beat well. Put in patty pans and bake in a quick oven.—Myrtle B. Charlton.

Cornflake Potato Balls

Shape hot mashed potatoes into round balls. Dip in a slightly beaten egg, then roll in cornflakes. Place on a greased pan and put in a hot oven until potatoes are reheated and cornflakes are crisp. Serve hot.—Edith McGregor.

Escalloped Onions

Boil until tender 6 large onions. Cut. Place a layer of onions in baking dish then a layer of bread crumbs. Repeat finishing top with crumbs dotted with butter, salt and pepper to taste. Moisten with milk. Put in oven to brown.—Myrtle B. Charlton.

Tomato Cups

Hollow out the stem end of medium sized tomatoes until the cavity will hold 1 egg, a bit of butter, pepper and salt. Put in the oven until the egg is cooked. Do not peel tomatoes.

Excellent Baked Hash

Chop any pieces of cold meat. Put in a frying pan. To each pint of meat add 1 cup bread crumbs, 1 tablespoon butter, salt and pepper to taste. Now add enough gravy or hot water to moisten. Mix thoroughly and bake 30 minutes in a hot oven.—Mrs. Evert.

Salmon Patties

Equal parts salmon and mashed potatoes, 1 egg, salt, pepper and minced onion. Mix thoroughly. Shape in patties and fry till both sides are nicely browned.—Mrs. Eugene Sweet.

Salmon Loaf

One can salmon minced, 1 tablespoon butter, 5 soda biscuits rolled, salt and pepper, 2 eggs well beaten, 1 cup sweet milk. Mix altogether. Steam $1\frac{1}{2}$ hours. Serve cold.—Mrs. Clarence Rogers.

Salmon and Peas

One can salmon heated in boiling water. Then cut can on side near the top so the salmon will stay in a roll when emptied from the can. Take liquid from salmon and 1 cup milk. Season with pepper, salt and butter. Thicken as for milk sauce. Place hot salmon on platter, garnish with $1\frac{1}{2}$ cups cooked peas. Then pour over all the salmon sauce and serve.—Mrs. A. Moore.

Sandwiches

Love Sandwiches

Lay slices of buttered bread in frying pan, buttered side down. Cover with slices of cheese, sprinkle with salt and paprika, cover with another slice of bread, butter side up; allow to brown and then turn and brown other side. Cut either in triangles or fingers.—Mrs. Don. MacGregor.

Open Sandwiches

Cut whole wheat or white Canada bread $\frac{1}{4}$ inch thick, remove crust and cut in fancy shapes. Spread with cream cheese, mixed with a little cream or salad dressing, (a fish paste may be used.) Dip in finely chopped nuts, garnish with cress, parsley and pimentos, olives or radishes.

Club Sandwiches

Butter toast made of Canada bread, allowing 3 slices for each person. On first slice place a lettuce leaf and a layer of sliced chicken. Spread a slice of toast with mayonnaise, place over the chicken with the mayonnaise side down. On this place slices of tomato, and crisp bacon. Spread the remaining slice with mayonnaise and turn over tomato and bacon. Cut in triangles and garnish with parsley, ripe or stuffed olives.

Rolled Toasted Cheese Sandwiches

Cream cheese and butter together. Spread on slices of fresh white bread. Roll the bread. Toast and serve.

Ham Pimento Sandwich

Chop ham and pimentos, mix with mayonnaise and spread between thin slices of bread and butter. A crisp lettuce leaf may be added.—Mrs. Archie Ferguson.

Tongue Sandwiches

Beef tongue put on to boil in very little cold water. When tender cool and peel, slice very thin. Cover each slice with mayonnaise to which a little chopped onion has been added.—Mrs. D. O. White.

Olive and Peanut Sandwiches

Put olives and peanuts through the food chopper. Mix thoroughly. Add enough salad dressing to make a paste. Place a crisp lettuce leaf on thin slices of bread and spread with filling.—Mrs. Eugene Sweet.

Tomato Sandwich Spread

Twelve ripe tomatoes not peeled, 3 medium sized onions cooked until tender. Put through sieve. Mix the following and add 1 cup sugar, $\frac{1}{4}$ cup salt, 6 tablespoons of mustard, $\frac{1}{2}$ cup of flour, 1 cup vinegar. Cook all this together. Then add 4 sweet peppers & 1 hot pepper (chopped). Put peppers in. Boil up and seal. Use as a spread between thin slices of bread.—Mrs. S. Herbert.

Domino Sandwiches

Butter slices of white and whole wheat bread. On a slice of white, spread cream cheese. Lay a slice of whole wheat on this, butter side up. Spread this with chopped tongue or chicken mixed with pickle and mayonnaise; then a slice of white bread spread with chopped sweet peppers; another slice of whole wheat. Trim off the crusts evenly. Put under a weight and let stand several hours in a cool place. Cut crosswise in thin slices when ready to serve.—Mrs. Don. McGregor.

Sweet Sandwiches

Equal parts of bananas and nuts (chopped) mixed together with mayonnaise. Dates and nuts or raisins and nuts may be used in the same way with either white or whole wheat bread.—Mrs. D. O. White.

Salmon Sandwich Filling

One can of salmon, 3 hard boiled eggs chopped, juice of 1 lemon, 1 tablespoon of vinegar, 2 tablespoons of chopped pickle, 1 teaspoon of mustard and tablespoon of melted butter. Spread between white bread.—Mrs. D. O. White.

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Rolled Celery Sandwiches

Cut $\frac{1}{4}$ inch slices of white bread from a fresh moist loaf. Remove crusts and spread with butter. Meanwhile cut stalks of cleaned celery into lengths equal to the width of the bread slices. Fill these stalks with cream cheese. Place a stalk at each slice of bread and roll like a jelly roll. Roll all the sandwiches in a damp napkin and place in a cool place for a few hours. The rolls should keep their shape.—Mrs. Wm. Orris.

Bacon and Cheese Sandwiches

Butter white bread. Spread liberally with grated cheese. Add a layer of thin crisp bacon. Top with a second slice of buttered bread and press together. These are delicious toasted. Mrs. Sam Garton.

Salad and Salad Dressings

Salad Combinations

Cabbage, celery and pimento.
Cabbage pineapple and marshmallows.
Peas, carrots and celery.
Bananas, stoned cherries, boiled dressing.
Sliced peaches, yellow plums, nuts.
Orange and Spanish onion.
Chopped hard boiled eggs and carrots.
Celery, creamed cheese and nuts.
Cabbage and chopped peanuts.
Salmon, celery and sweet peppers.
Mrs. Roy McGregor and Mrs. O. Derrough

Chicken Salad

Boil or steam chicken until tender. When cold chop fine and season. Add crisp celery which has been chopped in the proportion of $\frac{1}{2}$ cup celery to 1 cup of chicken. Serve with salad dressing.

Dressing—1 level teaspoon of flour, 1 tablespoon of butter, 1 cup of milk. Bring to a boil and set it where it will keep warm. Mix dry 3 tablespoons of sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon of mustard, add two eggs and beat all together. Add gradually 1 small $\frac{1}{2}$ cup of vinegar. Add this to the cream sauce and boil for a few minutes, stirring constantly.—Mrs. Archie Ferguson.

Manhattan Salad

Chop apples, celery and walnuts. Make lemon or orange jelly. Pour over whole. Let set. Break with a fork. Serve on individual plates on a lettuce leaf. Pour salad dressing over it.—Mrs. Eugene Sweet.

Cranberry Salad

Half envelope of gelatine. 1 pint of cranberries, two-thirds cup celery diced, 1-3 cup chopped nut meats, 1½ cups cold water, 1 cup of sugar and a dash of salt. Cook cranberries in 1 cup water for 20 minutes. Stir in sugar and cook 5 minutes. Add the gelatine which has been softened in ½ cup cold water. Stir in the celery and nuts and turn into mould that has been rinsed in cold water. Chill. Cut in squares and cover with salad dressing.—Mrs. John Smith.

Waldorf Salad

Two cups chopped apples, 2 cups chopped celery, some walnuts broken not too small. A very little cayenne. Mix with salad dressing and serve on lettuce.—Grace Charlton.

Perfection Salad

One package Knox sparkling gelatine, ½ cup cold water; ½ cup vinegar, 1 pint of boiling water, 1 teaspoon of salt, 1 cup shredded cabbage, juice of 1 lemon, ½ cup sugar, 2 cups of celery cut small, 1 can pimento. Soak the gelatine in cold water for 5 minutes and add lemon juice, vinegar, boiling water, salt and sugar. Let cool. When partly stiff add remaining ingredients. Mould and serve on lettuce with slices of stuffed olives.—Mrs. D. O. White.

Banana Salad

Slice bananas lengthwise and dip into dressing. Then in ground nuts and serve on lettuce leaves.

Dressing—2 tablespoons sugar, 2 eggs, (well beaten), 1 large tablespoon of butter, pinch of salt. When cooked and cooled, add 2 tablespoons of sweet cream.—Mrs. H. Peer.

Fruit Salad

One cup of pineapple, 1 cup cherries, a few green grapes, 2 bananas, 1 orange, ¼ pound of marshmallows cut up, 1 cup whipped cream with a little sugar added to it. Mix all together and serve on lettuce.—Mrs. Harry Cloes.

Butterfly Salad

Cut pineapple slices in half. Turn each half over so that the outside of the circles are touching. This forms the pairs of wings. Select lettuce leaves of even size and slip one under each slice of pineapple. Stone a date and use it for the body. Cut feelers from candied peel and place in position. Cut thin slices from stuffed olives and place on wings to make spots. Put a spoonful of fluffy dressing beside each butterfly.—Mrs. Eardly Finch.

Crab Meat Salad

One can crab meat flaked, 1 bunch of celery cut in small pieces, 1 small Spanish onion, minced, 1 can of pimientos cut in narrow strips, salt and papper and enough mayonnaise to hold it together. Serve on a lettuce leaf. Tuna fish may be used the same.

Veal Salad

One head of lettuce, 1 cup celery, 1 cup peanuts (ground), 2 pounds of lean veal (cooked), 6 large apples. Mince the veal. Chop celery and apples. Mix all together. Use lettuce for garnishing. Season with salt, pepper, sugar and paprika. Serve with salad dressing.—Mrs. S. Curtis.

Marguerite Salad

Hard boiled eggs divided into eighths lengthwise. Separate yolks from whites and arrange whites on a bed of lettuce to represent a daisy. Mix yolks well with salad dressing and drop in centre of the whites.—Mrs. H. Peer.

Pear Salad

Drain pears, arrange on lettuce. Mix $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 1 tablespoon of powdered sugar, 2 tablespoons vinegar, 4 tablespoons olive oil or melted butter, $\frac{1}{2}$ cup soft grated cheese. Mix thoroughly by beating and pour over pears.—Mrs. Don McGregor.

Hot Potato Salad

Boil 6 large potatoes, drain and chop. Add $\frac{3}{4}$ cup cream (either sweet or sour), $\frac{1}{4}$ cup vinegar, 1 large onion chopped, salt and pepper and minced parsley if the flavor of parsley is liked. As soon as it is again hot it is ready to serve.—Mrs. Don McGregor.

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Cut stale bread in narrow strips, baste with melted butter. Roll in grated cheese and toasted in a hot oven.—Mrs. Wm. Orris.

Potato Salad

Slice 2 quarts cold boiled potato fine, one large onion chopped, 1 cucumber, 1 bunch of celery and 3 hard boiled eggs, all chopped. Mix with any good dressing and serve with whipped cream.—Mrs. H. Peer.

Shrimp Salad

To 1 can of shrimp add 1 cup of chopped celery, 3 hard boiled eggs, and a few walnuts. Pour salad dressing over all just before serving. Rinse shrimps in ice water before using and be sure to have all thoroughly chilled. Serve on lettuce.—Myrtle B. Charlton.

Vegetable Ring

Half envelope Knox gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup boiling water, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup vinegar, 2 tablespoons lemon juice, 1 teaspoon salt, 1 cup chopped celery, $\frac{1}{2}$ cup chopped cabbage, $\frac{1}{2}$ cup chopped carrots (cooked), $\frac{1}{2}$ cup peas. Soak gelatine in cold water five minutes then dissolve in boiling water. Add sugar, vinegar, lemon juice and salt. Strain, cool and when mixture starts to thicken add vegetables. Turn into mould, first dipped in cold water and chill.—Mrs. O. Derrough.

Mayonnaise Dressing

One egg yolk, 1 teaspoon salt, 1 teaspoon mustard, 2 tablespoons vinegar, 1 tablespoon lemon juice, $\frac{1}{2}$ pound tin of salad oil. Beat the egg yolks. Add salt and mustard. Beat in a few drops of vinegar, then about 4 drops of oil. Beat well using a dover beater. Then a few more drop of vinegar and a few more drops of oil. Repeat until you have used a couple of tablespoons of oil. (This is the most important point of the success of the dressing.) You can now begin to add the oil in a thin stream beating constantly. When all the oil and vinegar have been used add the lemon juice. This will keep for a long time in a cool place in an ordinary jar.—Mrs. Don. McGregor.

A small paint brush is excellent for greasing a cake pan.

Salmon and Celery Salad

Use equal parts of salmon, celery and cabbage. Chop the three fine. Mix with dressing, garnish with chopped pickles.—Mrs. D. O. White.

Salad Dressing

Three large tablespoons granulated sugar, 1 small teaspoon mustard, 1 large teaspoon flour, 1 tablespoon butter, $\frac{3}{4}$ cup sweet milk, 1 egg. Mix sugar, flour, mustard together; beat egg in cup; add dry ingredients, also milk and pinch of pepper. Cook until thick. Add $\frac{3}{4}$ cup vinegar. Bring to boil. Stir smooth and last of all add $\frac{1}{2}$ teaspoon salt.—Mrs. J. W. Johnson.

Thousand Island Salad Dressing

One pint mayonnaise dressing, 1 hard boiled egg chopped fine, 1 teaspoon chopped onion, 1 tablespoon chopped nuts, 1 tablespoon chopped parsley, 4 tablespoons chili sauce. Mix well. Add chili sauce last.—Myrtle B. Charlton.

Uncooked Salad Dressing

One can Eagle Brand milk, 3 eggs, 1 cup of vinegar, $\frac{1}{2}$ teaspoon of mustard, 1 teaspoon salt.—Mrs. S. Smith.

Salad Dressing

One tablespoon flour, $\frac{1}{4}$ cup butter, 3 eggs, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ cup sugar, 1 cup sweet milk, $\frac{1}{2}$ cup vinegar, pinch each of cayenne pepper and salt. Mix flour and butter well, add egg yolks, mustard, sugar, salt, pepper, vinegar, and lastly milk. Cook until thick, stirring constantly. After it is cooked add egg whites which have been beaten until stiff.—Mrs. H. Peer.

Salad Dressing Without Cooking

One large can condensed milk, 1 egg, 1 teaspoon each of salt and mustard, $1\frac{1}{2}$ cups white wine vinegar, sugar to taste. Beat all together and keep in covered jar.—Mrs. Don McGregor.

Salad Dressing

Two eggs, 1 cup sugar, 1 cup vinegar, 1 cup sweet milk. Cook till hot and add lump of butter, 1 teaspoon mustard and 3 teaspoons cornstarch.—Mr. John Chute.

Pickles and Relishes

Mustard Pickles

Five quarts cucumbers, 2 quarts small onions, and 1 large cauliflower. Soak over night in salt and water. To 1 gal. vinegar add 1 oz. tumeric, 1 oz. celery seed and 6 cups yellow sugar. Put on stove and when scalding hot add onions and let boil $\frac{1}{2}$ an hour. Then add $\frac{1}{2}$ lb. mustard and 2 cups flour each mixed with a little vinegar to form thin paste. Add these to former ingredients and when it has thickened put in cucumbers and cauliflower, and cook very gently till they are heated through.—Mrs. Walter Moore.

Queen of Pickles

Two quarts of cucumbers, onions and green tomatoes chopped fine. Soak over night in salt and water. Drain and add the following dressing—2 quarts vinegar, 3 lbs. gran. sugar, $\frac{1}{2}$ oz. tumeric, 1 cup mustard, 1 cup flour. Bring to a boil and pour over pickles.—Mrs. Jas. G. Campbell.

Sweet Mustard Pickles

Three quarts cucumbers, 3 quarts onions, 2 small cauliflowers, 6 green sweet peppers, 1 hot red pepper, 2 heads of celery. Cut fine, cover with hot brine, let stand over night, drain and add 2 quarts vinegar, 8 cups sugar, 4 ozs. white mustard seed, 4 oz. celery seed. Let this come to a boil with the first ingredients. Make a paste of: $\frac{3}{4}$ cup flour, $\frac{1}{4}$ lb. mustard and $\frac{1}{2}$ oz. tumeric with vinegar. Add this paste slowly to the boiling pickles and boil three minutes or till the vinegar thickens.—Myrtle Paddon.

Chopped Pickles

One quart each of large cucumbers, onions and apples and 3 red peppers. Chop fine, salt and do not drain. One quart small onions and one large cauliflower broken in small pieces. Put these in different dishes, sprinkle with salt, let stand over night and drain. $1\frac{1}{2}$ quarts vinegar, 8 cups brown sugar, $\frac{1}{4}$ lb. white mustard seed. Let come to a boil. Make paste of $\frac{3}{4}$ cup flour, $\frac{1}{4}$ lb. mustard, $\frac{1}{2}$ oz. tumeric. Add slowly, stir quickly and add pickles. Let simmer 10 or 15 minutes and stir continually to keep from scorching.—Mrs. W. H. Legg.

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Yellow Pickle

One dozen large onions, 2 large cauliflowers, 1 quart large cucumbers peeled and chopped and 2 bunches celery. Chop all fine. Sprinkle with salt, let stand over night and then drain thoroughly. Make a dressing of 2 lbs. brown sugar, 3 pts. vinegar, 1 tablespoon tumeric, 6 tablespoons mustard, 2 ozs. mustard seed. Pinch of cayenne and 1 cup flour. Cook till thick, add pickles and cook 15 minutes.—Mrs. Skene Smith.

Pepper Relish

12 sweet red peppers, 12 sweet green peppers, 8 large onions, 2 heads of celery. Cover with boiling water and let stand ten minutes. Drain and cover again with water. Let it come to a boil and drain dry. Add 1 quart vinegar, 1 tablespoon salt and 2 cups gran. sugar. Boil 15 minutes and seal.—Myrtle M. Paddon.

Meat Relish

Two quarts cucumbers peeled and seeds removed 5 qts. cabbage, 1 doz. onions, 2 qts. cauliflower, 1 qt. small cucumbers, 2 qts. green tomatoes, 1 qt. celery. Chop all fine and then add 1 cup salt. Let stand over night and drain. Combine the following to make a dressing—1 gal. vinegar, 7 cups white sugar, $\frac{1}{2}$ cup mustard, 1 cup flour, $\frac{1}{2}$ oz. tumeric. Cook dressing, add vegetables and cook until tender.—Mrs. O. Charlton.

Sweet Pepper Jelly

Twelve sweet peppers ground. Cover with 1 tablespoon salt and let stand 3 or 4 hours. Drain and add 1 pt. vinegar and 3 cups gran. sugar. Boil gently 1 hour.—Mrs. John Smith.

Pepper Relish

One large cabbage, 2 doz. onions, 1 doz. green peppers. Put through grinder. Add $\frac{1}{2}$ cup salt and let stand 12 hours. Drain. Add $\frac{1}{2}$ cup mustard seed, 1 tablespoon celery seed, 1 lb. gran. sugar. Cover with vinegar, seal or leave open.—Maud Bray.

Old Mission Relish

Eight quarts tomatoes, 1 cup ground horseradish root, 1 cup chopped celery, 1 cup chopped onions, 1 cup sugar, 4 tablespoons white mustard seed, $\frac{1}{2}$ cup salt, 4 peppers, 4 cups vinegar, 1 tablespoon celery salt. Peel the tomatoes, chop and

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mix with all other ingredients. Pour into sterilized fruit jars.—Mrs. Jas. Legg.

India Relish

One peck green tomatoes, 6 onions, 1 small cabbage, 3 green sweet peppers, 3 red sweet peppers, 2 hot peppers, 8 cups sugar, 3 qts. vinegar, 1 cup salt, 2 tablespoons each of celery, coriander seed, mustard seed, cloves and stick cinnamon. Put spices in a bag. Chop tomatoes, salt and let stand over night. Drain, add cabbage and peppers, chopped fine. Cook 30 minutes, add onions, spices and sugar and cook until onions are tender.—Mrs. John Bray.

Uncooked Pickles

Boil $\frac{1}{2}$ gal. vinegar, 5 cups brown sugar, 1 package mixed spice. When cool stir in 4 tablespoons mustard and 1 teaspoon tumeric. Put cucumbers in brine over night. Drain dry and put in the mixture. Put in a crock and stir every day for 3 weeks.—Ethel McIntyre.

Cold Pickles

Half gal. Heinz or XXX vinegar (cold), $\frac{1}{2}$ cup mustard, 10c saccharine, 2 cups brown sugar, $\frac{1}{2}$ cup salt. Add pickles as gathered and stir well often.—Mrs. A. Moore.

Cold Pickles

Wash and then wipe dry 300 gherkins. Place in large crock and sprinkle $\frac{3}{4}$ cup of salt through them. Cover with boiling water and let stand till next day. Take from brine and wipe dry. Put them back in dry crock and add $\frac{1}{2}$ gal. cold vinegar, 4 tablespoons each of mustard, salt and granulated sugar and $\frac{1}{2}$ cup mixed pickling spice and root ginger. Weigh out 3 lbs. sugar and each morning add a handful of it to the pickles and stir well. Do this as long as the sugar lasts and then pickles are ready for use. Keep in a cool place.—Mrs. Angus Miller.

Stingy Pickles

Seven qts. cucumbers, 2 qts. small onions, 3 pts. vinegar, 1 tablespoon tumeric, 1 tablespoon celery seed, 3 cups gran. sugar. Put cucumbers in salt water over night. Add onions next day. Put all in kettle together. Let come to a boil and put in cans.—Mrs. W. Kunz.

To prevent old potatoes from discolouring when cooked; add a slice of lemon.

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Dill Pickles

Soak whole large cucumbers in a brine of 1 cup of salt and 1 gal. water for 5 days. Rinse in cold water and pour over with boiling water. Let stand over night. Cut in $\frac{1}{2}$ slices and lay in layers alternately with horseradish leaves and pour over with boiling alum water (1 tablespoon alum to a gal. water). Let stand over night. Drain and then cover with clear boiling water. Let stand 2 hours and then cover after draining, with the following syrup—12 cups white sugar, 5c celery seed, 10c stick cinnamon, 1 gal. vinegar. Put this on the pickles boiling hot for two successive mornings and the third morning seal.—Mrs. Ed. Holmes.

Tomato Butter

Seven lbs. ripe tomatoes, 12 large onions, 3 sour apples, 2 lbs. brown sugar, 4 teaspoons salt, 1 teaspoon cayenne and 1 qt. vinegar. Boil till quite thick, two hours or longer.—Mrs. Harry Cloes.

Nine Day Pickles

Four quarts cucumbers cut up and put in strong brine for 3 days. Then freshen for 3 days, putting fresh water on each day. Then cover with weak vinegar and cook slowly or simmer for an hour with a piece of alum the size of a walnut. Drain. Make a syrup of 3 lbs. white sugar, 3 pts. vinegar, 1 oz. allspice buds, 1 oz. cinnamon buds. Put pickles in crock and pour hot syrup over them for 3 days in succession, (drain and reheat each day.) If desired some chiles may be added or some red peppers.—Mrs. Clarence Rogers.

Spiced Tomatoes

Five lbs. ripe tomatoes, peeled and halved, 3 lbs. brown sugar, 1 pint cider vinegar, 1 stick cinnamon, $\frac{1}{2}$ doz. cloves. Boil sugar until like taffy. Add tomatoes and boil till thick.—Mrs. Roy McGregor.

Corn Relish

Cut the corn from 18 ears, 4 onions, 2 green peppers, 1 small head of cabbage, $\frac{1}{2}$ cup salt. Boil in 2 qts. vinegar for 20 minutes. Make a paste of $\frac{1}{4}$ lb. ground mustard, 3 large cups sugar, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ teaspoon turmeric. Mix together and cook a few minutes.—Mrs. Clarence Rogers.

Corn and Tomato Relish

Twelve ears corn cut fine, 2 qts. ripe tomatoes measured after they are chopped, 1 qt. large cucumbers peeled and chopped, 6 medium onions chopped fine, 3 red peppers, chop-

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ped, 1 qt. vinegar, 1 qt. sugar, 1 tablespoon mustard, 1 tablespoon celery seed, 1 tablespoon tumeric, $\frac{1}{4}$ cup salt. Boil 2 hours and stir often. Recipe makes 5 qts.

Gooseberry Sauce

Take 9 lbs. gooseberries nearly ripe. Remove the stems and put into a preserving kettle with $4\frac{1}{2}$ lbs. sugar and 3 cups of hot vinegar and spice to taste. Boil until thick.—Mrs. Harry Cloes.

Fruit Sauce

Thirty ripe tomatoes, 6 large onions, 6 large pears, 6 large peaches, 6 teaspoons salt, 3 cups vinegar, 2 red peppers, 5 cups white sugar, 5c package pickling spices. Boil 3 hours.—Mrs. Eugene Sweet.

Worcester Sauce

Twenty-four ripe tomatoes, 6 onions, 5 red peppers, 3 garlics, 1 bunch celery, 1 tablespoon cloves, 1 tablespoon allspice, 1 tablespoon cinnamon, $\frac{1}{4}$ cup salt. Boil together until soft. Put through sieve and add 2 cups brown sugar, $\frac{1}{4}$ cup mustard, 1 qt. vinegar. Cook $\frac{1}{2}$ of an hour. Put onions, peppers, celery and garlic through food grinder.—Mrs. Clarence Garton.

Tomato Cream Sauce

Twelve ripe tomatoes, 12 onions, 12 apples, 3 peppers, 3 cups brown sugar, 2 cups vinegar, 1 teaspoon cinnamon, 1 teaspoon ground cloves. Cut tomatoes up fine, put onions, apples and peppers through grinder. Simmer for 4 hours.—Mrs. Sam Garton.

Pickled Pears or Peaches

Remove skins from fruit and cut in halves. Stick 2 whole cloves in each piece of fruit and cook in a syrup made by boiling together for 20 minutes 2 lbs. brown sugar, 1 qt. vinegar and 1 oz. stick cinnamon. This amount of syrup will cook about a peck of fruit. Cook only a small quantity at a time.—Mrs. H. Peer.

Tomato Catsup

One bus. ripe tomatoes, 8 large onions, 1 cup salt, 1 qt. vinegar. Cook tomatoes and onions till tender and press through a sieve. Place on stove and add vinegar, sugar to taste and cook for 2 hours. Moisten $\frac{1}{4}$ cup cornstarch with water and add to the juice. When thick remove from fire and add Parke's catsup flavour. This will keep indefinitely and keep its natural colour.—Mrs. Skene Smith.

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Chili Sauce

One peck ripe tomatoes, $\frac{1}{4}$ peck onions, 4 hot green peppers, 4 sweet green peppers 4 cups sugar, 1 qt. vinegar, 2 tablespoons whole cloves, 2 sticks cinnamon, 1 tablespoon celery seed. (Put spices in a bag.) 1 teaspoon tumeric, 3 tablespoons flour, salt to taste. Put onions and peppers through chopper. Chop tomatoes, add vinegar and spices and cook until onions are cooked. Add flour mixed with a little vinegar about 15 minutes before sauce is done.—Mrs. A. Moore.

Green Tomato Chili Sauce

Nineteen green tomatoes and 10 onions. Cut up. Salt and let stand over night 4 large apples and 3 red peppers chopped fine, 3 cups gran. sugar, 7 cups vinegar, 1 teaspoon cinnamon, 1 teaspoon cloves. Cook 4 hours and stir often to prevent burning.—Mrs. O. Charlton.

Bordeaux Sauce

Eighteen green tomatoes, 1 cabbage, 10 onions, 1 cup salt. Let stand 1 hr. and drain. Put in kettle with $\frac{1}{4}$ oz. tumeric, $\frac{1}{4}$ oz. curry powder, $\frac{1}{4}$ oz. mustard seed, $\frac{1}{4}$ oz. celery seed, 2 lbs. brown sugar, 2 qts. vinegar. Boil until thick.—Mrs. H. Peer.

Crabapple Catsup

Peel and quarter 2 qts. crabapples and 3 large onions chopped fine. Stew tender in as little water as possible and then press through a sieve. To 1 qt. of apples add 2 cups of sugar, 2 teaspoons each of pepper, cloves and cinnamon, 2 tablespoons salt, vinegar enough to cover. Boil 1 hour slowly.—Mrs. J. Drake.

Grape Catsup

Five lbs. grapes boiled in a very little water. Put through colander. Add 3 lbs. brown sugar, 1 pt. vinegar, 1 tablespoon cinnamon, $\frac{1}{2}$ tablespoon salt. Boil until thick and seal.—Mrs. J. A. Evert.

Pickled Sweet Apples or Pears

Seven lbs. fruit, 2 lbs. brown sugar, 1 qt. vinegar, 2 ozs. cassia buds. Cook fruit in syrup till tender.—Mrs. J. A. Evert.

Mock Olives

Take green plums before they start to ripen and cover them with boiling solution of vinegar, salt and mustard seed. Let stand over night, drain. Boil the vinegar again and add to the plums.—Myrtle Charlton.

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Pickled Peaches

To a lb. of fruit take $\frac{1}{2}$ cup of vinegar and 1 cup sugar. Boil. Add layer of fruit and cook till tender. Remove fruit and add another layer, till all the fruit is used. If desired, cloves may be stuck in the fruit before cooking and cinnamon sticks added to the syrup.—Mrs. Clarence Rogers.

Spiced Grapes

Pulp grapes, boil pulp 5 minutes, strain to take out seeds. Put skins and pulp together and to 7 lbs. of grapes, add 5 lbs. sugar, 1 teaspoon ground cloves, 1 teaspoon cinnamon, 1 pt. vinegar and 1 tablespoon whole cloves and 2 sticks cinnamon. (Put spices in a bag.) Cook till it jellies which will be about an hour.—Mrs. A. Moore.

Spiced Currants

Nine lbs. red currants, $4\frac{1}{2}$ lbs. raisins, $4\frac{1}{2}$ lbs. sugar, 3 cups vinegar, 2 teaspoons allspice, 3 tablespoons cinnamon and $1\frac{1}{2}$ teaspoons cloves. Boil until thick.—Myrtle Charlton.

Tomato Relish

Nineteen green tomatoes, 10 onions, 4 large apples, 4 cups sugar, 4 cups vinegar, 3 red peppers, 3 green peppers. Ground cloves and cinnamon to taste. Cook slowly two hours.—Edith Lowther.

Green Cucumber Pickles

Six quarts cucumbers covered over night with cold water and 1 cup of salt. Drain and wash with clear water. Heat 1 qt. strong vinegar, $1\frac{1}{2}$ qts. water, 3 cups brown sugar, 2 heaping teaspoons of spice. When this boils add cucumbers and when heated well bottle tightly.—Mrs. D. R. McTaggart.

Maryland Relish

One quart green tomatoes, 2 quarts cabbage, 5 onions, 2 teaspoons tumeric, 3 red peppers, 1 qt. vinegar, 2 cups sugar, $\frac{3}{4}$ tablespoon mustard seed, 2 tablespoons salt, $\frac{1}{2}$ tablespoon allspice. Slice tomatoes thin and let stand over night in salted water. In morning drain and add thinly cut cabbage and peppers and onions. Put vinegar in preserving kettle; add sugar, spices, tumeric and then vegetables. Scald thoroughly and seal.—Mrs. D. R. McTaggart.

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Banana Cream

Dissolve a package of lemon Jell-O in 1 pt. of boiling water. When cold beat to consistency of whipped cream. Then add $\frac{1}{4}$ cup sugar, 1 cup whipped cream, 3 bananas chopped, $\frac{1}{4}$ cup maraschino cherries chopped, $\frac{1}{2}$ doz. macaroons broken fine. Add fruit last and turn into a mould to harden.—Mrs. Arch. Ferguson.

Pineapple Pudding

Half a lb. marshmallows either plain or toasted, 1 small can pineapple, $\frac{1}{2}$ teaspoon vanilla, 1 cup whipping cream and maraschino cherries. Dice the pineapple and marshmallows. Pour pineapple juice over them and let them stand one hour. Just before serving stir in the whipped cream. Serve in sherbet glasses garnished with a cherry.—Edith McGregor.

Pineapple Bavarian Cream

Two tablespoons gelatine, 1 tablespoon lemon juice, 3 cups whipped cream, 1 can sliced pineapple (cut), $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup sugar. Soak gelatine in cold water for five minutes. Heat pineapple and juice, then add sugar, lemon juice and gelatine. Stir well, chill, stirring often. Add cream when mixture begins to thicken. If desired garnish with maraschino cherries.—Mrs. S. Curtis.

Prune Whip

One pound prunes soaked and cooked till stones may be removed. Return juice and prunes to stove and cook till very soft, sweetening to taste. Take from stove and cool. Prepare a lemon jelly powder in the usual way. When jelly begins to set, add to the prunes and whip together. Place in individual dishes and set in a cool place till ready to serve. Serve with whipped cream. Any other fruit may be substituted for prunes.—Mrs. Ed. Legg.

Prune Pudding

One lb. stewed prunes with pits removed. Chop fine and add 1 cup sugar. Put back in juice and cook a little, Beat well the whites of 4 eggs, add to the prunes and bake in a greased dish until a light brown. Serve with whipped cream.—Mrs. John Smith.

Marshmallow Dessert

Half pound plain fresh marshmallows cut in small cubes, 1 cup broken walnut meats, 1 cup of cream whipped. Mix together. Serve very cold in sherbet dishes and garnish with a cherry.—Myrtle Paddon.

Paradise Pudding

One package of Jello, any flavour. Prepare jelly in usual way and when it begins to set beat with a wire egg beater until foamy. Fold in two-thirds of a cup of sweetened, thick whipped cream and maraschino cherries or nuts may be added. Pour into a mould and let stand until firm. Serve garnished with whipped cream.—Edith McGregor.

Almond Pudding

One quart of milk heated and thickened with cornstarch, and sweetened to taste with gran. sugar. Add almond extract and 10c worth of almonds blanched and ground.—Mrs. G. E. Simpson.

Boiled Custard

Two cups milk, yolks of 3 eggs beat into $\frac{1}{4}$ cup of sugar. When milk boils add eggs and sugar, $\frac{1}{2}$ teaspoon vanilla and a pinch of salt. Beat well while cooking. Serve with fresh or canned fruit.—Mrs. O. Derrough.

Tapioca Pudding

One cup tapioca soaked in a qt. of milk over night. In the morning heat up another cup of milk and add the other to it. Add yolks of 4 eggs, $\frac{1}{2}$ cup sugar, vanilla and salt. Beat whites and brown in an oven.—Mrs. S. Parkes.

Steamed Fruit Pudding

Put 2 cups fruit or apples in a basin and cover with a batter as follows: $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons baking powder, 1 tablespoon sugar, sweet milk to make a stiff batter. Cover basin tightly and cook slowly on top of stove about 20 minutes or until apples are tender. Apples need water and fruit plenty of juice. Serve with cream and sugar.—Maud Bray.

Old Fashioned Rice Pudding

Pick over and wash $\frac{1}{2}$ cup rice, turn into a pudding dish with 2 cups of water and set over fire. Add $\frac{1}{2}$ cup of raisins. Cook until water has been well absorbed by the rice, then add $\frac{1}{2}$ cup gran. sugar, $\frac{1}{2}$ teaspoon salt and add about 4 cups of good whole milk. Set in the oven and bake.—Mrs. Jas. Legg.

Pineapple Fluff

Soak 1 cup tapioca over night. Boil till clear. Stir in one cup canned pineapple, add more sugar if necessary. Fold in the well beaten whites of 2 eggs. Serve very cold with whipped cream.—Mrs. Eugene Sweet.

Graham Pudding

Half cup molasses, $\frac{1}{4}$ cup butter, 1 egg, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, two-thirds cup fruit, spices to taste and $1\frac{1}{2}$ cups graham flour. Steam 2 hours.—Mrs. Clarence Rogers.

Baked Cottage Pudding

One pint flour, 1 cup milk, 2 teaspoons baking powder, 1 small cup sugar, 1 tablespoon butter. Bake $\frac{1}{2}$ hour and serve with hot sauce.—Maud Bray.

Bread Pudding

Fill a 2 quart basin half full of bread crumbs. Cover with milk. Then add 2 well beaten eggs. Sweeten to taste and add vanilla, salt and nutmeg. Bake until well browned. Raisins or currants may be added if desired.—Mrs. W. H. Legg.

Caramel Pudding

Half cup brown sugar browned well on stove (do not burn.) Add 3 cups hot sweet milk, 3 tablespoons cornstarch, tablespoon gran. sugar. Stir in 1 well beaten egg after pudding is removed from stove and a little butter and vanilla. Dates, nuts or cocoanut may also be added if desired.—Mrs. W. H. Legg.

Grapenut Pudding

Half cup grapenuts, 2 cups milk, yolks of 2 eggs, $\frac{1}{2}$ cup white sugar, $\frac{1}{2}$ cup chopped raisins or dates. Scald milk and pour over grapenuts. Beat yolks of eggs and add to the milk, then add sugar and 1 teaspoon vanilla and fruit. Beat whites of eggs stiff and fold into mixture. Bake in a pan of water in a slow oven half an hour.—Mrs. Arch. Ferguson.

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Steamed Pudding

Three eggs, $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups sour cream, $1\frac{1}{2}$ cups suet, 1 teaspoon soda, 2 cups raisins, 2 cups currants, 3 pieces lemon peel, 1 teaspoon each of cinnamon, cloves and nutmeg, 3 cups flour, $\frac{1}{4}$ cup cherry juice, $\frac{1}{2}$ teaspoon mace, $\frac{1}{4}$ cup blackstrap. Steam 4 hours.—Mrs. Walter Moore.

Carrot Pudding

One cup butter, lard or suet, 1 cup grated potatoes, 1 cup grated carrots, 1 cup raisins, 1 cup currants, 1 teaspoon each of soda and cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ cup yellow sugar, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ lb. lemon peel. Steam or boil 3 or 4 hours.—Alta Holmes.

English Plum Pudding

Three-quarter lb. flour, $\frac{1}{2}$ lb. bread crumbs, 1 lb. currants, 1 lb. raisins, $\frac{1}{2}$ lb. mixed peel, 4 eggs, 1 lb. yellow sugar, 1 lb. suet, $\frac{1}{4}$ nutmeg, 2 oz. blanched almonds, 1 tablespoon salt, juice and rind of a lemon. Boil 3 or 4 hours.—Mrs. L. Laidlaw.

Date Pudding

Two cups bread crumbs, 1 cup flour, $1\frac{1}{2}$ cups chopped suet, $1\frac{1}{2}$ cups gran. sugar, 2 teaspoons baking powder, salt, 1 beaten egg, $\frac{1}{2}$ cup sweet milk. Put in a buttered bowl and steam 3 or 4 hours.—Maud Bray.

Date Pudding

One package dates, 1 cup chopped walnuts, 2 eggs, $\frac{1}{2}$ cup sugar, 3 tablespoons flour, 1 teaspoon baking powder. Spread dates in a pan, cover with the nuts, then beat the eggs, flour, sugar and baking powder to a batter and pour over the dates and nuts and bake. Serve with whipped cream.—Mrs. Skene Smith.

Cream Dip for Carrot Pudding

Take 1 qt. cream, put on the stove and when it boils stir in $1\frac{1}{2}$ tablespoons cornstarch which has been mixed in 2 tablespoons cold cream. Let thicken and then stir in a cup gran. sugar and $\frac{1}{2}$ grated nutmeg.—Alta Holmes.

Jelly Sauce to be Served with Baked Custard

Half a cup gran. sugar, $\frac{1}{4}$ cup water, 2 egg whites, 3 tablespoons currant or grape jelly. Boil sugar and water until it threads. Pour slowly over stiffly beaten whites of eggs and beat well. Then beat in the jelly and strained juice of 1 lemon.

Lemon Sauce

One cup water, 1 cup white sugar, juice of 1 lemon. Boil sugar and water add juice of lemon and 1 tablespoon butter.

Sauce for Carrot Pudding

Two cups brown sugar, 2 cups water, 3 tablespoons cornstarch, 2 tablespoons vinegar or lemon and a little vanilla.—Mrs. G. E. Simpson.

Caramel Sauce for Christmas Pudding

One and a half cups brown sugar caramelized by putting in a dish on the stove and allowing it to melt and brown without burning. To this add 2 cups hot water, 1 tablespoon butter, a little salt and enough cornstarch mixed with water to make the desired thickness. Flavour with a teaspoon each of vanilla, lemon and almond.—Myrtle Paddon.

Strawberry Shortcake

Two cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons gran. sugar, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup milk. Mix dry ingredients, cut in butter and add milk gradually. Toss on floured board and divide in two parts. Pat, roll and bake in hot oven. Spread with butter and place sweetened berries between layers and on top. Garnish with a few large, whole berries.—Myrtle Paddon.

Apples

Our Own Canadian Fruit

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Fried Apples

Cut apples in $\frac{1}{2}$ inch slices across core. Remove core. Dip in flour and fry until tender and well browned on both sides. Serve with hot pork or pork chops. Sliced pineapple may be prepared the same way and served with roast chicken.—Edith McGregor.

Cider Apple Sauce

Boil 3 gals. sweet cider to one. Take good, solid, sweet apples that will stay whole when cooked. To every gallon apples after they are peeled and quartered add a third of cider. A little sugar may be added and makes it richer. Cook on the back of the stove a long time. The slower they are cooked the better they look.

Baked Applesauce

Peel, core and quarter 6 or 8 large sour apples, place in a tightly covered dish with 2 cups white sugar (gran.), a very few pieces stick cinnamon and a cup cold water. Bake slowly about 3 hours when the apples should be transparent and look like jelly. Serve with whipped cream.—Mrs. Don. MacGregor.

Baked Apples

Take half dozen apples that will stay whole when cooked. Half them and remove core. Mix $\frac{1}{4}$ cup white sugar with 2 teaspoons cinnamon and fill centres. Add a few raisins and nut meats on top of sugar and a little bit of butter. Put a little water in the pan and bake.—Mrs. Ed. Legg.

Apple Dumplings

Two cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup shortening, $\frac{3}{4}$ cup sweet milk, 6 apples, cinnamon and sugar. Sift flour, baking powder and salt. Work in shortening and make dough with milk. Roll in oblong sheet and cut in 6 squares. Lay a cored and pared apple on each square of dough. Fill the centre of the apple with sugar and spice. Draw the paste to cover the apple and bake in a buttered pan. When nearly baked brush over with milk, and sprinkle with gran. sugar and finish baking. Serve hot.—Myrtle Paddon.

Coddled Apples

Make a syrup of 2 cups water and 1 cup gran. sugar. Peel and core 6 apples. Fill cavities with raisins and nuts and put whole cloves in syrup. Put apples in syrup and cook slowly till tender. Remove apples and boil syrup till quite thick. Pour over apples and garnish with jelly.—Alta Holmes.

Stuffed Baked Apples

Ten apples, wipe and core. Fill cavities with brown sugar, walnuts, raisins and cinnamon. Place in a bake dish, add a little water and bake.—Mrs. O. Derrough.

Apple Snow

Grate 1 large sour apple after peeling. Add sugar as you grate to keep white. 1 cup fruit sugar, 1 teaspoon lemon juice, white of 2 eggs not beaten. Beat altogether till white and fluffy. Serve with cream.

Tough meat may be improved by letting it lie in vinegar a half hour before cooking.

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Apple Roll

Four medium sized apples or other fruit, $1\frac{1}{2}$ cups sugar, 2 cups water. Peel, core and chop apples fine. Cook sugar and water in baking pan over slow fire. While cooking make a rich biscuit dough. Roll about $\frac{1}{2}$ inch thick, spread with apples and roll into a long roll. Cut into pieces about $1\frac{1}{2}$ or 2 inches long. Place with cut side down in hot syrup. Sprinkle with cinnamon and sugar and put a small piece of butter on top of each. Bake in a hot oven until apples are done and crust golden brown. Turn out on platter. Serve with plain or whipped cream. Peaches, rhubarb, berries or other fruit may be used instead of apples.—Mrs. Jas. Legg,

Apple Crisp

Eight apples (sliced), $\frac{1}{2}$ cup cold water, 1 teaspoon cinnamon, 1 cup sugar, $\frac{3}{4}$ cup flour, 7 tablespoons shortening. Butter a baking dish and put in apples, water and cinnamon. Work together the other ingredients with finger tips till crumbly spread over the apple mixture and bake uncovered in a hot oven. Serve with cream or maple syrup.

Apple Injun

Three cups milk, $\frac{1}{2}$ cup cornmeal, 1 teaspoon each of cinnamon and salt, $1\frac{1}{2}$ cups brown sugar, 1 pt. cold milk, 2 tablespoons butter and 1 qt. apples. Scald 3 cups milk, sift in cornmeal, stir rapidly and cook 5 minutes. Remove from fire and add other ingredients and apples pared and cut in eights. Bake in a covered dish in a moderate oven for 3 hours.

Invalid Pie

Four tablespoons oatmeal and 1 pint water. Let stand till oatmeal swells. Add 2 large apples pared and sliced, a little salt, 1 cup white sugar, 1 tablespoon flour. Mix altogether and bake in a buttered pan till apples are done.

Always lay jars on their side after filling with fruit until they are cold and then the fruit will not jam in one end.

To prevent glass from cracking when hot liquid is poured in it, either put a metal spoon or fork in it or set it on a folded towel wrung out of cold water.

To launder delicate shades of blue and pink add a tablespoon of turpentine to a half gallon of water and soak material before washing.

Canning, Marmalades, Preserves And Wines

Canned Tomatoes

Scald a few tomatoes at a time in boiling water for from $\frac{1}{2}$ minute to 2 minutes. Dip in cold water and remove quickly. Remove the skin, pack the scalded tomatoes firmly into sterilized jars. Fill jars to within $\frac{1}{4}$ inch of top with either boiling tomato juice or boiling water. Add 1 teaspoon of salt for each quart. Boil jars in hot water bath for 30 minutes.—Mrs. Jas. Legg.

Canned Corn

Cut corn from cob and to a large pan of corn add 1 cup of sugar. Knead with the hands, pack tightly in jars until milk runs over the top. Screw rings nearly down. Place in boiler which has board or rack to keep jars off bottom. Fill with cold water half way up jars. Boil 3 hours. Let cool in water but screw tops before cold.

Canned Corn

Twenty cups corn, 2 cups sugar, 1 small cup salt, 6 cups water, boil 40 minutes. Have jars well sterilized and seal while hot.—Mrs. Roy McGregor.

Canned Corn

Can the same day as picked. Remove husks and silk. Drop ears in boiling water 10 minutes and then plunge quickly in cold water. Cut corn from cob, pack solidly in sterilized jars. Add 1 teaspoon of salt to each quart and enough hot water to fill the jar. Place rubber and top in position and screw down part way. Put jars in hot water and cook 4 hours. Tighten cover, invert and cool. Next day test seal by taking off the ring carefully and see if glass cover is tight.—Myrtle Paddon.

Canned String Beans or Peas

Can the same day as picked. Shell peas or cut beans in pieces as for table. Put in boiling water from 2 to 5 minutes and then plunge in cold water. Pack in jars, fill crevices with boiling water, add a teaspoon salt to each quart. Put on rubbers, cover and partly screw down rings. Cook in hot water bath for 3 hours. Remove jars, tighten rings and invert to cool. Test next morning to see if they have sealed by carefully taking off the ring and seeing if cover is tight.

Canned Pineapple

Three-quarter cup sugar to 1 lb. fruit (3 cups fruit equals 1 lb.), $1\frac{1}{2}$ cups water. Cook fruit and water 10 minutes. Add sugar and boil 2 or 3 minutes.—Mrs. Bruce Brown.

Canned Pineapple

Peel and cut pineapple in small pieces. Add $\frac{3}{4}$ cup sugar to 1 lb. fruit and let stand over night. Drain juice off and bring to a boil, skimming off all scum that rises. Drop in the fruit and when it starts to boil again remove from fire and can.

"Raw Canned" Raspberries

Select large firm raspberries. Pack fruit into sterilized jars. Make a syrup and while it is boiling pour over the fruit and seal tightly. Put the jars in a pail away from the stove. Fill the pail to the top of the jars with boiling water. Cover with a blanket and let stand till the water is cold. Remove the jars and tighten the tops again.—Myrtle M. Paddon.

Canned Pumpkin

Take two-thirds pumpkin and one third squash and put through grinder. To 1 heaping cup of mixture add two-thirds cup sugar. Stir. Let stand over night. In morning boil until it becomes thick, 2 or 3 hours. Seal. This keeps splendidly and do not add any sugar when making pies.—Mrs. N. Curtis.

Canned Pumpkin

Peel and cut pumpkin in cubes. To 3 qts. pumpkin add 1 of sugar. Let stand over night and in the morning cook till clear in its own juice and seal.—Mrs. D. D. Taylor.

Carrot Marmalade

Eight large carrots, 4 lemons, 6 cups white sugar, 1 teaspoon salt. Put lemons and carrots through chopper. Put in kettle and just cover with water. Cook until tender, add sugar and cook until thick. This resembles orange marmalade.—Mrs. James Drake.

Pumpkin Marmalade

Cut an ordinary sized pumpkin into small pieces, then to 2 bowls of pumpkin allow 1 bowl of gran. sugar. Cut up 10c worth of preserved ginger and 2 or 3 lemons into fine pieces. Mix altogether and let stand over night. Boil down thick in the morning.—Mrs. M. L. Pettit.

Rhubarb Marmalade

Six cups rhubarb cut in small pieces, 5 cups sugar, 1 cup water, 1 orange put through chopper. Pour boiling water over rhubarb and let stand until cool. Then drain, add sugar, orange and cup of water. Let stand over night and boil until thick.—Mrs. Bruce Brown.

Orange, Lemon and Grapefruit Marmalade

One orange, 1 lemon and 1 grapefruit cut very thin. To one bowl of fruit add $2\frac{1}{2}$ bowls of cold water and let stand over night. In the morning boil 45 minutes. Let stand until next morning, weigh and then put on to cook. Measure out 1 $\frac{1}{2}$ lbs. sugar to each 1 lb. marmalade. After the juice has boiled add sugar and cook till it jellies.—Mrs. Roy McGregor.

Peach and Orange Marmalade

To 3 lbs. peaches prepared as for table add $2\frac{1}{2}$ lbs. sugar, 1 orange well shredded and $\frac{1}{2}$ orange rind cut fine. Place on back of stove and cook till thick as desired. Seal while hot.—Mrs. D. R. McTaggart.

Peach Marmalade

To 7 lbs. peaches cut fine add 6 lbs. sugar, juice of 2 lemons and 2 oranges. Then put rind of lemons and oranges through chopper and cook until tender in water. Then add to peaches and cook $1\frac{1}{2}$ hours or until thick.—Mrs. A. Moore.

Pear Marmalade

Twelve lbs. pears, 9 lbs. gran. sugar, 2 lemons, 1 orange. Peel pears, cut fine. Add other ingredients and cook until clear and thick.—Mrs. J. Evert.

Pear Marmalade

Eight lbs. pears, $\frac{1}{2}$ pint cold water, 6 lbs. gran. sugar, 4 lemons, $\frac{1}{2}$ lb. preserved ginger. Slice pears very thin, also slice preserved ginger, and add to pears sugar and cold water. Boil 1 hour stirring often. Cook the lemons in cold water until tender, then cut in small pieces and add to pears and boil an hour longer. Put into glass jars.—Mrs. Sam Garton.

Gingered Pears

Ten lbs. pears chopped, $\frac{3}{4}$ lb. sugar to each lb. fruit; add the juice of 6 oranges and 3 lemons. Before pressing out the juice, cut off yellow part of rind and cut again in little strips. Cook these until tender, add rind and water to the fruit. Wash 4 ozs. ginger root cut in very thin slices, cook until tender and add to

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the fruit. Cook altogether slowly for several hours until it thickens. Then put into jelly glasses.—Mrs. Clarence Rogers.

Quince Honey

Put 5 lbs. gran. sugar with 2 cups water in a preserving kettle. Place on stove and allow to melt slowly. Grate 5 quinces from which the peeling has been removed, add to the hot syrup and boil 15 minutes. Seal in glasses.—Mrs. Jas. Drake.

Pinecot Preserves

One pint grated pineapple, 1 cup light brown sugar, 1 lb. dried apricots, $\frac{1}{2}$ cup pecans. Soak apricots over night in water to cover. Cook and rub through sieve. Add pineapple and sugar. Cook 5 minutes. Add nuts and cook 5 minutes.—Mrs. N. Curtis.

Black Currant Preserves

Four quarts black currants, 3 quarts cold water, 7 quarts sugar. Cook the currants in the water till soft, then add the sugar which has been dissolved in some of the juice and cook 5 minutes. Seal.

Grape Conserve

Five pts. grapes, 8 cups sugar, 2 oranges, $\frac{1}{2}$ lb. raisins, 1 cup nut meats. Separate pulp of grapes from skins and stew pulp 20 minutes. Put through sieve. Put orange and raisins through food chopper. Boil together, except nut meats until skins are tender. Add nut meats ten minutes before removing from fire. Bottle and seal.—Mrs. O. Charlton.

Cherry Conserve

7 lbs. stoned red cherries, 5 oranges, 5 lbs. sugar, 1 lemon, $\frac{1}{2}$ lb. seeded or seedless raisins. Cook till thick as marmalade. Excellent to serve with fowl.—Myrtle Paddon.

Elderberry Wine

Put berries with enough water to just cover fruit on stove. Boil $\frac{3}{4}$ of an hour. Then strain. To 1 gal. juice add $\frac{1}{2}$ gal. water. To 1 gal. mixture add 3 $\frac{1}{2}$ lbs. sugar. Spread slice of toasted bread with a cake of Fleischman's yeast and place on top of mixture in crock. Let stand in warm place for about 10 days to ferment. Bottle as soon as it has quit fermenting.—Mrs. N. Curtis.

Grape Wine (Sweet)

Four quarts grapes, 2 cups water. Boil and let drain over night. Use 1 cup. gran. sugar to 1 qt. of juice. Bring to a boil and bottle.—Mrs. Jas. Moore.

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Ice Cream, Frozen Desserts And Sauces

Maple Mousse

One cup maple syrup, 1 pt. whipped cream, 2 eggs beaten stiff, pinch of salt. Boil the syrup and pour over the well beaten eggs. Let cool, then add the whipped cream. Put in a freezer packed with ice and salt or set on ice for 3 or 4 hours. A few chopped nut meats may be added when serving if desired.—Mrs. Roy McGregor.

Angel Parfait

One cup gran. sugar, whites 3 eggs, $\frac{3}{4}$ cups water, 1 pt. heavy cream, and 1 tablespoon vanilla. Boil sugar and water until syrup will thread when dropped from the tip of a spoon. Pour slowly on the stiffly beaten whites of eggs and continue beating until mixture is cool. Add cream beaten stiff and vanilla. Pack in a mould, well covered. Place in a pan of ice or snow and let stand for several hours.—Edith McGregor.

Marshmallow Parfait

2 cups whipped cream, $\frac{1}{2}$ lb. marshmallows cut in pieces. Mix together. Let stand 1 hour, stirring occasionally. Pack in a covered mould in ice or snow for several hours. Maraschino cherries may be added.—Edith McGregor.

Pineapple Ice

One pint sugar dissolved in 1 qt. hot water. Cool. Add 1 can pineapple chopped fine, the juice of 2 lemons and lastly the beaten whites of 2 eggs. Freeze.—Maud Hayes.

Philadelphia Ice Cream

Half envelope Knox's sparkling gelatine, $\frac{1}{2}$ cup cold milk, 1 qt. milk, 1 qt. cream, 2 cups gran. sugar, 2 tablespoons vanilla. Soften gelatine in $\frac{1}{2}$ cup cold milk for 5 minutes. Put in 1 qt. scalded milk and cool. When cool strain into cream, add vanilla and free. Cream may be whipped is desired.—Mrs. Jas. Moore.

Butterscotch Sauce for Vanilla Ice Cream

One and a quarter cups brown sugar, 4 tablespoons butter, two-thirds cup cornsyrup, three-eighths cup heavy cream, three-eighths cup milk. Put sugar, corn syrup and butter in a saucepan, and boil until a soft ball forms in cold water. Then add cream and milk.



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Butterscotch Sauce for Ice Cream

Three cups brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ pt. heavy cream. Put in top of double boiler and place over hot water with a slow heat and cook 1 hour stirring occasionally. Pour over vanilla ice-cream.—Mrs. Arch. Ferguson.

Frozen Raspberries

One quart raspberries, mashed fine. 1 lb. sugar and juice of 2 lemons. Let stand 1 hr. stirring occasionally. Add 1 qt. water and freeze.—Maud Hayes.

Vanilla Ice-Cream

Two eggs, 1 cup sugar, 2 cups cream, 1 cup milk, 1 tablespoon vanilla. Beat eggs and sugar together until sugar is entirely dissolved. Whip cream stiff and add to eggs and sugar. Then add milk and flavouring. Freeze.

Vanilla Ice-Cream

Two cups milk, 1 cup sugar, 2 tablespoons flour, pinch salt, 2 eggs, 2 cups cream, $\frac{1}{2}$ tablespoon vanilla. Scald milk. Mix sugar, flour, salt; add whole eggs and beat together. Add hot milk and well mixed turn into double boiler and cook 20 minutes, stirring constantly until smooth and then occasionally. Cool, add cream and flavouring and freeze. Serves 10.

Orange Ice

Four cups water, 2 cups sugar, 2 cups orange juice, $\frac{1}{4}$ cup lemon juice, grated rind of 2 oranges. Make a syrup of the sugar and water by boiling 20 min. Then add fruit juice and grated rind. Cool, strain and freeze.

Candy



Butterscotch (1)

Two lbs. brown sugar, $1\frac{1}{2}$ cups water, 1 tablespoon vinegar, 2 tablespoons butter. Boil till brittle when dropped in cold water. Pour into a buttered pan and when partly cool mark into squares.—Mrs. Clarence Garton.

Butter Scotch (2)

Two cups light brown sugar, 2 tablespoons water, 2 tablespoons vinegar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup syrup (corn or maple). Boil till it forms a hard ball when dropped in cold water, then

add $\frac{1}{4}$ cup butter and 1 teaspoon vanilla. Pour into a buttered dish to cool but do not stir.—Mrs. W. Kunz.

Fudge

Two ozs. unsweetened chocolate or two tablespoons cocoa, 1 cup brown sugar, 1 cup granulated sugar, 1 tablespoon butter, $\frac{3}{4}$ cup milk, 1 teaspoon vanilla. Boil all but butter and vanilla. till it forms a firm ball when dropped in cold water. Remove from stove and stir fast till it thickens. Pour into a buttered dish and mark in squares.—Eva Legg.

Chocolate Caramel Candy

One and a half lbs. sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 5 oz. chocolate. Cook slowly without stirring, and cut in squares while hot.—Mrs. Dow Rankin.

Maple Cream Candy (1)

Two cups brown sugar, one-third cup cream or milk, 1 teaspoon butter, 2 teaspoons vanilla. Cook without stirring or jarring pan till it forms a soft ball when dropped in cold water. Add flavoring when taken from stove and whip till thick. Turn out on a buttered platter.—Hazel Garton.

Maple Cream (2)

One lb. brown sugar, 1 can Silver Cow condensed milk, $\frac{1}{2}$ cup milk, butter size of walnut. Cook till it forms a firm ball when dropped in cold water and then beat. Have ready a cup of chopped nuts and add before pouring into a buttered mould.—Mrs. Skene Smith.

Marshmallow Candy

One envelope Knox sparkling gelatine, $1\frac{1}{4}$ cups water, 2 cups white sugar, a pinch of salt and a teaspoon vanilla. Soak gelatine in half the water five minutes. Boil remainder of water with sugar till it hairs. Add gelatine and let it partly cool. Whip till it is thick and white. Put into greased pans, chill, turn out on powdered sugar, cut in squares and roll in sugar. A variation may be made by rolling in ground nuts, ground cocoanut or any fruit may be added before it is chilled.—Mrs. Jas. Moore.

Divinity Fudge

Two and a half cups white sugar, $\frac{1}{2}$ cup corn syrup, $\frac{1}{2}$ cup water, pinch of salt, whites of 2 eggs. Boil sugar, syrup and water until it forms a soft ball in cold water. Pour slowly over beaten whites of 2 eggs. Continue to beat the mixture until

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creamy. Add 1 cup chopped nuts or cherries and 1 teaspoon vanilla. Pour into a buttered dish and when cool cut in squares.—Mrs. Archie Ferguson.

Everton Toffee

Two cups corn syrup, 2 cups yellow sugar, $\frac{1}{2}$ lb. butter. Boil until it forms a soft ball in water, add flavouring if desired. Pour in a pan, let cool and then cut in squares.—Mrs. O. Charlton.

Patience Candy

Put 2 cups gran. sugar and 1 cup milk or cream in a saucepan and boil. Put 1 cup gran. sugar in another dish and let melt to form caramel. Combine the two, boil till it forms a soft ball when dropped into cold water. Then stir till cool and turn out on a buttered pan.—Mrs. Kunz.

Cocoanut Ice

Four cups gran. sugar, 4 tablespoons shredded cocoanut chopped fine, $1\frac{1}{2}$ cups sweet milk. Put sugar, cocoanut and milk into a saucepan and boil to the soft ball stage. Take from the fire and stir until sugary. (May be coloured if desired). Pour into a greased tin to cool. Cut in squares.—Eva Legg.

Penelope

Three cups brown sugar, 1 cup milk, small piece butter, $\frac{1}{2}$ lb. chopped walnuts and vanilla. Boil 15 minutes. It should almost sugar before removing from fire. After removing from fire beat hard 1 minute, then pour into greased pans. When cool mark into squares.—Miss LaRue.

Fondant

Two cups gran. sugar and two-thirds cup water. Put in a saucepan and stir until it boils. Then boil without stirring until it forms a soft ball when dropped in cold water. Set aside to cool where it will not be jarred till cool enough to put your finger in it. Flavour and stir until it turns pure white, and then knead on a bread board. Fondant thus made has many uses. Before stirring it, it may be divided into two or three dishes and add different flavouring to each and it may be coloured differently but there must be someone ready to stir each when it is ready. It may be used to stuff dates, it may be moulded in any shape and dipped in melted chocolate or roll the different colours with a rolling pin into half-inch sheets. Wet the top of the first sheet and place another on it. When the sheets have thus been put together cut in squares.

Another much liked method is to put two sheets together and then roll in a tight roll and cut down in slices with a sharp knife. If fondant gets a little too stiff, work easily moisten the finger tips with cold water and knead again.—Mrs. Don McGregor.

Popcorn Balls

One cup corn syrup, 1 cup white sugar, 1 teaspoon vinegar. Boil without stirring till it hardens in cold water. Pour on popcorn, stir and shape in balls.

Dry Peppermints

Half oz. or 1 tablespoon Knox's Gelatine dissolved in $\frac{1}{2}$ cup boiling water. Let stand till lukewarm. Mix and knead in 2 lbs. or less of icing sugar on a hard flat surface. Add oil of peppermint, a drop or two at a time, until the desired flavour. Vegetable colouring may be added. Roll with the palm of the hand into a long stick. Cut off in $\frac{1}{4}$ inch slices. Let stand on wax paper for several hours.—Edith McGregor.

White Taffy

Four cups gran. sugar, 1 cup water and 3 teaspoons cream tartar. Boil without stirring till brittle when dropped in cold water. Then add lump of butter and 2 teaspoons of pineapple or any desired flavour. Turn on a buttered platter until cool enough to handle. Pull until white, the longer you pull it the better the taffy. Cut in small pieces.—Mrs. Clarence Rogers.

Turkish Delight

Two tablespoons gelatine, $\frac{1}{2}$ cup cold water, two and one-third cups sugar, $\frac{3}{4}$ cup cold water. Soak gelatine in $\frac{1}{2}$ cup cold water for 10 minutes. Put sugar and $\frac{3}{4}$ cup water in saucepan and bring to boiling point, add gelatine and boil for 20 minutes. Stir frequently as it burns readily. Color half with green colouring and flavour with wintergreen, the other half red and flavour with peppermint. Pour red mixture in a pan that has been rinsed with cold water, let harden slightly and keep the green part warm. Then pour in the green. Let stand until firm. Remove to a board sprinkle with powdered sugar. Cut in cubes with a hot knife.

Salted Almonds

Blanch and dry 1 pound almonds. Put $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup lard in a small saucepan and heat very hot. Drop in the dry almonds a few at a time, keep them stirred and remove from fat when they are well browned. Put on brown paper to drain and sprinkle thickly with salt. Keep in a dry place until used.—Myrtle Paddon.

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Biscuits, Johnny Cake, Fritters, Gems and Cheese Straws

Pan Cakes

Two cups sour milk, 1 teaspoon gran. sugar, 1 teaspoon melted butter, a little salt. Stir in flour enough to make a batter. Add one heaping teaspoon soda dissolved in a little boiling water. Fry on a hot griddle.—Mrs. W. H. Legg.

Johnny Cake

Two eggs, $\frac{1}{2}$ cup butter, 1 teaspoon soda, 1 cup sugar, 2 cups butter milk, 2 tablespoons molasses. Put half flour and half cornmeal to make a medium batter.—Hazel Bailey.

Johnny Cake

One cup sour cream, 1 egg, 1 teaspoon soda, $\frac{1}{2}$ cup sugar, two-thirds cup white flour, 1 cup cornmeal, a little salt. Use all level measurements and sift flour before measuring.—Mrs. O. Derrough.

Bran Muffins

One cup flour, 2 cups table bran, 1 cup raisins, $\frac{3}{4}$ cup brown sugar, 1 egg, 2 tablespoons shortening, pinch of salt, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon soda added to 1 cup sour milk. Mix soda well in the milk and add to the other ingredients which have been thoroughly mixed together. This recipe makes 1 dozen muffins.—Mrs. A. Moore.

Bran Muffins

One cup bran, $\frac{1}{2}$ cup graham flour, 2 tablespoons sugar, $1\frac{1}{2}$ teaspoons baking powder. Mix together. Add 1 tablespoon shortening, 1 egg and 1 cup milk. Bake in muffin tins in a hot oven for 25 minutes. This will make 12 muffins.—Mrs. Roy Charlton.

Bran Nut Muffins

Two cups bran, 1 cup white flour, $\frac{1}{2}$ cup molasses, 1 cup milk, 1 teaspoon baking powder, 1 teaspoon salt, $\frac{1}{2}$ cup raisins washed in cold water and cut in small pieces, $\frac{1}{2}$ cup nutmeats chopped. Mix thoroughly and bake in greased muffin tins in a hot oven.—Mrs. E. Legg.

Sweet Muffins (Served warm)

One tablespoon butter, $\frac{1}{4}$ cup sugar, 1 cup milk, 2 cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 egg. Bake in muffin tins in a hot oven.—Mrs. C. Rogers.

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Tea Biscuits

Two cups flour, 1 teaspoon salt, 4 teaspoons baking powder, 4 tablespoons shortening, $\frac{3}{4}$ cup sweet milk. Sift flour, salt and baking powder together. Cut in shortening. Add milk to make a soft dough. Bake 15 minutes in a hot oven.—Mrs. Neil Curtis.

Graham Gems

Half cup brown sugar, 1 tablespoon butter, 1 teaspoon salt, 1 egg, 1 cup milk, 1 cup flour, 1 cup graham flour or bran, 2 teaspoons baking powder. Bake in gem pans.—Mrs. Eugene Sweet.

Gems

One cup brown sugar, 2 tablespoons shortening, 2 eggs, 2 cups sour milk, 2 teaspoons soda dissolved in milk, $\frac{1}{2}$ cup oatmeal, 2 cups bran, 2 teaspoons baking powder, salt, flour to thicken. Bake in a hot oven.—Mrs. Harvey Fishbach.

Cornmeal Gems

Two eggs, butter the size of a small egg, 1 scant cup yellow sugar, 1 cup sour milk, 1 level cup flour, 1 heaping cup cornmeal, 1 teaspoon soda dissolved in a little sour milk, 1 teaspoon baking powder mixed with flour. Sift flour and cornmeal together. Add soda last thing. Bake either in gem tins or a long pan.—Mrs. W. H. Legg.

Cheese Biscuits

Two cups bread flour, 5 teaspoons baking powder, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, 1 cup grated cheese, two-thirds cup milk. Sift dry ingredients together. Rub in the butter, add the grated cheese. Cut in the milk with a knife to make a soft dough. Roll $\frac{3}{4}$ of an inch thick, cut, sprinkle with grated cheese and bake in a hot oven about 15 minutes.—Edith McGregor.

Date Muffins

Two tablespoons shortening, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, 1 egg, 1 cup milk, 2 cups swansdown flour, 3 teaspoons baking powder, two-thirds cup dates cut in small pieces. Melt shortening, add sugar and well beaten egg. Sift baking powder, salt and flour, add dates. Add this to first mixture, alternating with milk. Bake in well greased muffin tins 25 minutes in moderate oven.—Mrs. Jas. Patterson.

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Cheese Straws

$\frac{3}{4}$ cup grated cheese, $\frac{1}{2}$ cup butter, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, 1 egg, 1 teaspoon nutmeg, 2 tablespoons sweet cream and $1\frac{1}{2}$ cups flour. Mix all other ingredients, then add flour. Roll out and cut in strips six inches long and $\frac{1}{4}$ inch wide. Bake in a moderate oven.—Myrtle Charlton.

Banana Fritters

One cup flour, 2 teaspoons baking powder, 1 tablespoon powdered sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup milk, 1 egg, 1 tablespoon lemon juice, 3 bananas. Mix and sift dry ingredients. Add others in order. Force bananas through sieve before adding. Beat thoroughly. Drop by spoonfuls into hot fat. Drain and sprinkle with powdered sugar.—Marion Charlton.

Apple or Orange Fritters

One and a half cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 egg, 1 tablespoon butter, $\frac{1}{4}$ cup milk, 3 tablespoons sugar, 3 cubed apples or oranges. Sugar the fruit. Make a batter of above ingredients and stir in the fruit. Drop into hot, deep fat and cook four or five minutes. Drain on brown paper.—Myrtle M. Paddon.

Cakes

Cheap Fruit Cake

Four eggs, 2 cups sugar, 2-3 cup butter, 2 cups rich sour cream, 2 teaspoons soda, 4 cups raisins, 1 cup dates, 20c almond nuts, 20c lemon and citron peel mixed, 1 teaspoon vanilla, one-eighth teaspoon salt, 1 nutmeg, 2 teaspoons cinnamon, 1 teaspoon cloves, about 5 cups flour. Bake slowly $1\frac{1}{2}$ hours.—Mrs. Claude Hoover.

Wedding Cake

Ten eggs, 1 lb. brown sugar, 1 lb. butter, 2 cups currants, 2 cups raisins, 2 lbs. flour, 10c walnut meats, 10c mixed peel, $\frac{1}{4}$ teaspoon cloves, nutmeg, 1 teaspoon cinnamon, juice of 2 oranges, 1 cup fruit juice, 1 teaspoon soda.—Mrs. John Chute.

Christmas Cake

Eight eggs, $3\frac{1}{2}$ cups sugar, 1 lb. butter, 2 lbs. seedless raisins, 2 lbs. currants, 1 pound dates (cut fine), $\frac{1}{2}$ lb. chopped walnuts, $\frac{1}{4}$ lb. each citron and lemon peel, $\frac{1}{2}$ teaspoon each of

cloves, cinnamon, nutmeg and mace, 1 cup canned strawberries, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour cream, 1 teaspoon soda, 5 cups flour.

Almond Paste—Yolks of 3 eggs, 1 lb. blanched and chopped almonds, 1 cup bread crumbs, 1 cup icing sugar, 1 teaspoon almond extract. Mix thoroughly, apply to top of cake. Cover with boiled icing.—Mrs. S. Curtis.

Fruit Cake (a Real Good One)

One and $\frac{1}{2}$ lbs. butter, 2 lbs. brown sugar, 4 eggs, teaspoon soda, 1 cup sour milk, 4 lbs. raisins, 3 lbs. currants, 1 lb. peel, 1 lb. nuts, 3 lbs. sifted flour, 1 teaspoon cinnamon, allspice and $\frac{1}{2}$ teaspoon nutmeg. Stir butter to a cream, then add sugar and work until white. Add the yolks of eggs, well beaten. Beat the whites to a froth, then add the flour and fruit and spice all together. Stir well and bake well.—Mrs. J. Blumenstein.

Fruit Cake

Two cups sugar, 2 cups butter, 5 eggs, 1 cup molasses, 1 cup sweet milk, 1 teaspoon soda, 1 tablespoon each of the following: cloves, mace, cinnamon, allspice, nutmeg, $1\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. raisins, 1 lb. dates, $\frac{1}{2}$ lb. citron or lemon peel, 5 cups flour.—Mrs. Arthur Bailey.

Eggless Christmas Cake

Two cups brown sugar, 2 cups sour milk, 1 tablespoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon nutmeg, 1 grated orange, 1 lb. dates, $\frac{1}{4}$ lb. nuts, $1\frac{1}{2}$ lbs. currants, 1 lb. raisins, 1 lb. chopped figs, 1 cup chopped peel, 3 cups flour. Bake one hour in slow oven.—Mrs. J. C. Simpson.

Fruit Cake

One pound butter, 1 lb. brown sugar, 2 lbs. currants, 2 lb. raisins, 12 eggs, $\frac{1}{2}$ lb. citron peel, $\frac{1}{2}$ lb. almonds, $\frac{1}{2}$ lb. candied cherries, 1 teaspoon mixed spices, 1 nutmeg, 1 lb. flour or more, 1 teaspoon soda sifted with flour. Salt, juice and grated rind of lemon.—Mrs. R. McGregor.

Scotch Cake

One egg, $\frac{1}{2}$ cup butter, 1 cup brown sugar, 1 cup sour milk, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ cups oatmeal, 1 teaspoon soda, 1 teaspoon baking powder. Vanilla, nutmeg, salt and fruit.—Mrs. A. Moore.

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Light Fruit Cake

One and a half cups granulated sugar, $\frac{1}{2}$ cup butter, 1 small cup sweet cream, 2 cups flour, 2 teaspoons baking powder, whites of 3 eggs (beaten), 1 teaspoon each of almond, rose, vanilla and $\frac{1}{2}$ teaspoon wintergreen extract, $1\frac{1}{2}$ lbs. white raisins, $\frac{1}{2}$ lb. citron, 1 cup candied cherries cut, $\frac{1}{2}$ lb. blanched almonds. Cream the butter and sugar, add cream, then fruit with part of flour and baking powder. Add extracts and lastly add beaten egg whites.—Mrs. Jas. Moore.

Maple Syrup Cake

One cup yellow sugar, 2 tablespoons shortening, 2 eggs, $\frac{1}{2}$ cup sour cream. Fill the cup with maple syrup, 2 cups of flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon Baking Powder, vanilla flavoring. This may be made as a layer or loaf cake, and iced with maple icing.

Maple Icing— $1\frac{1}{2}$ cups yellow sugar, maple syrup. Boil until it forms a soft ball in water. Add a piece of butter, and let stand until partly cold and beat. If too hard, add a little cream and beat.—Mrs. Skene Smith.

Cocoanut Feather Cake

One and a half cups flour, $\frac{1}{4}$ cup gran. sugar, 2 teaspoons baking powder, $\frac{1}{4}$ cup grated cocoanut, 4 tablespoons melted butter, 1 egg, $\frac{1}{2}$ cup sweet milk, 1 teaspoon lemon flavoring. Sift first three ingredients together twice. Mix the last four together and combine the two mixtures. Add the cocoanut and bake in moderate oven.—Myrtle M. Paddon.

Cocoanut Snowball Cake

One and a half tablespoons butter, 1 cup granulated sugar, 2 egg yolks, 1 teaspoon vanilla, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup cocoanut milk, $1\frac{1}{4}$ cups flour, 2 teaspoons baking powder. Bake in layer tins. If not enough cocoanut milk, add water.

Frosting and Filling— $1\frac{1}{2}$ tablespoons butter, 1 cup granulated sugar, $\frac{1}{4}$ cup water. Boil until it strings. Then add to stiffly beaten egg whites. Sprinkle grated cocoanut on top and centre.—Mrs. J. Durdle.

Layer Cake

One-quarter cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 eggs, one and two-third cups flour, 2 level teaspoons baking powder. Cream butter and sugar. Add eggs well beaten. Add milk with flour and baking powder well sifted.—Mrs. J. Bray.

White Layer Cake

One scant cup granulated sugar, 1 heaping tablespoon butter or domestic shortening. Whites of 3 eggs. Cream together thoroughly, $\frac{1}{2}$ cup sweet milk, $1\frac{3}{4}$ cups pastry flour, 2 teaspoons baking powder. Salt and vanilla. Bake in two layers in moderate oven.—Mrs. Wm. H. Legg.

Spanish Bun

Two-thirds cup brown sugar, $\frac{1}{2}$ cup syrup, $\frac{1}{2}$ teaspoon allspice, cloves and cinnamon, 1 tablespoon butter, 1 cup sour cream, 1 teaspoon soda. Yolks of 2 eggs (whites for icing), 2 cups flour.—Mrs. R. J. Ferguson.

Spanish Bun

Four eggs, whites of 2 for icing, 2 cups yellow sugar, 2 cups flour, 1 cup sweet milk, 1 cup butter, 2 teaspoons cream tartar, $1\frac{1}{2}$ teaspoons soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves.

Icing—Beat whites of 2 eggs stiff, with $\frac{1}{2}$ cup granulated sugar and 1 teaspoon cinnamon.—Mrs. J. W. Johnson.

Spice Cake

One and a half cups brown sugar, 2 eggs, $\frac{1}{4}$ cup butter, 1 cup sour milk, 1 teaspoon soda, 2 cups flour, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon allspice, $\frac{1}{2}$ teaspoon nutmeg, $1\frac{1}{2}$ cups currants.—Mrs. Myron Ashford.

Lace Cake

Two eggs, 1 cup sugar, 1 tablespoon butter, 2 teaspoons baking powder, 1 teaspoon vanilla, $2\frac{1}{2}$ cups Quaker oats. Bake in a hot oven.—Mrs. J. Blumenstein.

White Shrine Cake

One cup sugar, 1 cup flour, 2 eggs, 1 teaspoon vanilla, 1 teaspoon baking powder, $\frac{1}{2}$ cup scalded milk.

Filling—1 egg, $\frac{3}{4}$ cup sugar, 1 tablespoon cornstarch, juice and rind of lemon, $\frac{1}{2}$ cup water.—Mrs. L. Laidlaw.

Apple Sauce Cake

Two and a half cups cold apple sauce, unsweetened, made fine. 4 level teaspoons soda, 2 cups yellow sugar, 1 cup butter, 1 cup currants, 1 cup raisins, 5c lemon peel, $\frac{1}{2}$ nutmeg, two teaspoons cinnamon, $4\frac{1}{2}$ cups flour. Mix sauce and soda in one pan. Mix other ingredients in another pan. Then combine and bake.—Grace Charlton.

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Banana Loaf Cake

One and a half bananas chopped fine, 1 cup brown sugar, 1 large tablespoon butter, 1 egg broken in a cup then fill up with sour cream. 1 large teaspoon baking powder, 1½ cups flour.—Mrs. Archibald.

Butter Milk Cake

One cup brown sugar, 1 cup butter milk, ½ cup shortening, 2 tablespoons molasses, 2 cups flour, 1 teaspoon soda, 1 cup raisins, ½ teaspoon cinnamon, cloves, nutmeg.—Mrs. William Perry.

Apple Sauce Cake

One and a ¼ cups cold apple sauce, 2 scant teaspoons soda, dissolved in sauce. Scant ½ cup shortening, 1 cup sugar, 1 cup raisins. Salt, spice to taste. 2 cups flour.—Maud Bray.

Tutti Fruitti Cake

Two cups sugar, 1 cup butter, 1 cup milk, 4 cups flour. Whites of 5 eggs, 2 teaspoons baking powder. Divide into 4 parts, leaving one part plain. To one part add half cup chopped walnuts, to another ½ cup chopped raisins and citron. To the third part ½ cup fresh grated cocoanut and the grated rind of a lemon or part of an orange. Bake in layers and put together with white icing. Place the plain layer at the bottom, next the raisin and citron layer, next the nut layer and the cocoanut layer on top.—Mrs. E. Holmes.

Dark Layer Cake

Yolks of 2 eggs, ½ cup white sugar, ½ cup molasses, 1 tablespoon butter, 1 cup buttermilk or sour cream, 1 teaspoon soda, about 2 cups flour.—Mrs. Neil Ferguson.

Dark Layer Cake

Two eggs, 1 cup sugar, 2 cups flour, 1 tablespoon shortening, scant ¾ cup molasses, 1 teaspoon soda, 1 cup hot water, added last thing. Bake in slow oven.—Mrs. E. Legg.

Coffee Cake

One cup sugar, 2 eggs, 1 cup molasses, 2 cups shortening, 2 cups raisins, 1 cup cold coffee, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, about 3 cups flour.—Maud Bray.

Jelly Roll

Two eggs, 1 cup granulated sugar, 5 tablespoons boiling water, 1 cup flour, 1 teaspoon vanilla, 2 teaspoons baking powder. Pinch salt.—Mrs. S. Herbert.

Banana Cake

Two eggs, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup milk, 1 cup finely chopped bananas, 10c chopped nuts, 2 cups flour, a small teaspoon soda, 1 teaspoon baking powder, vanilla and salt. Dates may be added if desired.—Mrs. Skene Smith.

Ribbon Cake

Two scant cups granulated sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 2 teaspoons baking powder, 2 eggs, $2\frac{1}{2}$ cups flour. Add chocolate to 1-3 of batter, and fruit coloring to other third. Bake in 3 layers.—Mrs. Walter Moore.

Jelly Roll

Three eggs well beaten, 1 cup yellow sugar, 1 cup flour, 1 large teaspoon baking powder. Salt. Beat to a cream and then add two teaspoons hot water and a little vanilla.—Mrs. W. H. Legg.

Pork Cake

One pound salt pork, $\frac{1}{2}$ pint boiling water, 1 lb. raisins, seeded and chopped, $\frac{1}{4}$ lb. citron peel, shaved into shreds, 2 cups sugar, 1 cup molasses, 1 teaspoon soda rubbed fine, and add to molasses. Stir in flour as for any fruit cake. Then stir in 1 ounce each of nutmeg, cloves and cinnamon, ground. Pork must be entirely free of lean or rind chopped so fine as to be almost like lard. Then pour boiling water over it and add other ingredients.—Mrs. Arthur Ferris.

War Cake (Eggless)

Two cups brown sugar, 2 cups boiling water, 2 tablespoons lard, 1 teaspoon salt, $\frac{1}{2}$ package raisins, spices to taste. Boil all together five minutes and let cool. Add 1 teaspoon soda dissolved in a little hot water. 3 cups flour. Bake 30 minutes.—Miss Edith Lowther.

Pink and White Marble Cake

White Part—Whites of 2 eggs, 1 cup sugar, 1-3 cup butter, 1 cup sweet milk, 2 teaspoons baking powder, 1 teaspoon pineapple. Flour to thicken so as to drop in chunks.

Pink Part—Yolks of 2 eggs, 1 cup sugar, 1-3 cup butter, 1 cup sweet milk, 1 teaspoon vanilla, 2 teaspoons baking powder, 1 teaspoon fruit color. Same amount flour used for white part. Put into dish alternately, first white, then pink.—Mrs. Ed. Moroughan.

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Boiled Raisin Cake

Three-quarter cup raisins boiled for 15 minutes so that there is 1 cup raisins and water combined. Let cool. Add 1 beaten egg, $\frac{1}{4}$ cup butter, $\frac{3}{4}$ cups brown sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon soda, dissolved in the raisins. 1 teaspoon cinnamon, 1 teaspoon vanilla.—Mrs. D. C. McTaggart.

Prince Albert Cake

One cup brown sugar, 2 eggs, 2 cups flour, cup chopped raisins, $\frac{1}{2}$ cup butter, 1 cup sour milk, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon soda, 1 teaspoon baking powder. Bake in 2 layers.—Mrs. John Smith.

Imperial Sunshine Sponge

One and a half cups granulated sugar, $\frac{1}{2}$ cup water, 6 eggs beaten separately, $\frac{1}{4}$ teaspoon salt, 1 cup flour, $\frac{3}{4}$ teaspoon cream of tartar, 1 teaspoon orange extract. Method—Boil sugar and water until it threads when dropped from tip of spoon. Pour the hot syrup in a fine stream on the beaten egg whites to which salt has been added, beating mixture until cool. Then add the well beaten yolks. Sift flour once, measure, add cream of tartar and sift again three times. Fold very carefully into egg mixture. Add extract: Pour into an ungreased angel cake tin and bake 50 or 60 minutes in moderate oven. When done invert to cool.—Alta Holmes.

Marble Cake

White part— $\frac{1}{4}$ cup butter, $\frac{3}{4}$ cup white sugar, $\frac{1}{4}$ cup sweet milk, 1 cup flour, 1 teaspoon baking powder, 2 egg whites.

Dark part— $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup sweet milk, $\frac{1}{4}$ cup molasses, $1\frac{1}{4}$ cups flour, 1 teaspoon baking powder, 2 egg yolks, $\frac{1}{4}$ teaspoon each cloves, cinnamon, nutmeg and mace. Mix the two parts separately until very light. Put into pan taking care to arrange the light and dark alternately.—Mrs. Sam. Legg.

Chocolate Marble Cake

Light— $\frac{1}{4}$ cup granulated sugar, $\frac{1}{4}$ cup butter, whites of 2 eggs, $\frac{1}{2}$ cup sweet milk, 1 cup flour, 1 teaspoon baking powder, flavour with vanilla.

Dark— $\frac{3}{4}$ cup brown sugar, $\frac{1}{4}$ cup butter, yolks two eggs, $\frac{1}{2}$ cup sweet milk, 1 cup flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup cocoa.—Mrs. Clayton Franklip.

Cream Cake

One cup sugar, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder. Beat 2 eggs very light, put in cup and fill up with cream.—Mrs. Bruce Brown.

White Mountain Cake

Two cups sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, $3\frac{1}{2}$ cups flour, 2 eggs beaten lightly, 3 teaspoons baking powder. Salt. Flavor to taste. Bake in two layers.—Mrs. E. Durdle.

White Cake

Take whites of 2 eggs in a cup. put in enough butter to fill cup half full, then fill it with sweet milk. Mix 1 cup white sugar, 1 and two-third cups pastry flour, 2 teaspoons baking powder. Combine mixtures and beat seven minutes.—E. McIntyre.

Plain Cake

One-quarter cup shortening, 1 cup sugar, 1 egg, 1 teaspoon vanilla extract, 1 cup milk, 2 cups flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt. Cream shortening, add sugar slowly, add well beaten egg and flavoring. Sift together flour, baking powder and salt and add to mixture a little at a time, alternately with milk. Bake in greased loaf, layer or patty, in moderate oven. Have used this recipe many times without egg, adding a little more baking powder, and was delicious.—Mrs. Roy Charlton.

Jersey Lilly Cake

Half cup butter, 1 cup sugar, 1 cup sweet milk, 2 eggs, $2\frac{1}{2}$ cups flour, three small teaspoons Baking Powder. Beat whites of eggs separately, add them last. Put in half of batter, then put a layer of raisins and nuts, then rest of batter.—Mrs. S. Herbert.

Mapleine Cake

One cup stoned and chopped dates, 1 cup sugar, $\frac{1}{2}$ teaspoon soda, 1 cup nutmeats, 3 teaspoons baking powder, 3 tablespoons butter, 1 egg, 1 cup boiling water, pinch salt, $1\frac{1}{2}$ cups flour, 1 teaspoon Mapleine. Sprinkle the $\frac{1}{2}$ teaspoon soda over chopped dates and add boiling water. Let stand to cool. Cream butter and sugar and Mapleine. Mix with dates. Beat egg and add salt and stir into mixture. Then add flour and baking powder, which should be sifted three times. Mix all and bake in a moderate oven about 25 minutes.—Mrs. Jas. G. Campbell.

Angel Cake

Eleven egg whites whipped stiff, $1\frac{1}{2}$ cups fine granulated sugar, 1 cup flour sifted four times, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon cream tartar, 1 teaspoon flavouring, pinch of salt in eggs. Mix as named.—Mrs. Jas. Moore.

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Mock Angel Cake

One cup sugar, 1 cup flour, 1 heaping teaspoon baking powder, pinch salt, sifted together three times. Then add 1 cup hot milk and lastly fold in the stiffly beaten whites of 2 eggs.—Mrs. G. E. Simpson.

Crumb Cake

Two cups flour, 1 cup white sugar, $\frac{1}{4}$ cup butter. Put into bowl and rub together. Take out a cupful. With the rest put in a cup of sour milk, 1 teaspoon soda, 1 teaspoon cloves and cinnamon, 1 egg, cup of raisins, 1 cup currants. Beat all together. Put into a dish to bake and sprinkle crumbs on top.—Mrs. Frank Weaver.

Cherry Cake

Two eggs, 1 cup granulated sugar, $\frac{1}{4}$ cup butter, $1\frac{1}{2}$ cups flour, 2 tablespoons cream either sweet or sour, 1 teaspoon soda, 1 teaspoon baking powder, 1 cup canned cherries with no juice, 1 teaspoon vanilla. For icing, use cherry juice with icing sugar.—Mrs. Cyril M. Williams.

Burnt Sugar Cake

One cup white sugar. Put into pan and let melt down and brown. Then add 1 cup boiling water. Let cool. 1 cup white sugar, 2 tablespoons butter. Cream this and add 2 eggs well beaten, salt, $\frac{1}{2}$ burnt sugar mixture, reserving the other half for icing. Then add $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder.

Icing—Mix icing sugar, butter and the remainder of the burnt sugar together.—Mrs. Arch. Ferguson.

Nut Cake

One cup sugar, 2 eggs, 2 teaspoons baking powder, 1 large cup chopped raisins, if desired, 1 cup chopped nut meats, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour. When baked and frosted mark the top in squares and place a nut meat in each square.—Mrs. S. Herbert.

Nut Cake (Dark)

One cup yellow sugar, butter size of walnut, 2 eggs, $\frac{3}{4}$ cup sour cream, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon soda dissolved in a little of the sour cream, 2 cups flour, 1 cup seeded raisins, nut meats as desired, or they may be omitted. Instead of using sour cream, one may use $\frac{3}{4}$ cup sour milk and a heaping tablespoon butter or domestic shortening. Salt and vanilla.—Mrs. Wm. D. Legg.

Cornstarch Cake

Two-thirds cup butter, whites of 7 eggs, beaten to a froth, or 3 yolks and 4 whites, 1 cup milk, 1 cup corn starch, 2 cups flour, 3 cups pulverized sugar, 2 teaspoons baking powder. Beat butter and sugar to a cream before adding other ingredients.—Mrs. Clayton Franklin.

Orange Cake

Cream together $\frac{1}{2}$ cup butter or shortening, 1 cup white sugar, 1 egg, $\frac{3}{4}$ cup sour milk, 1 teaspoon soda in milk, 2 cups flour, 1 cup raisins, grated peel of one orange.

Icing—Juice of one orange and add icing sugar and butter.—Mrs. Walter Moore.

Orange Cake

One cup brown sugar, $\frac{1}{2}$ cup butter. Cream butter and sugar together, 2 eggs, 1 cup sour milk with 1 teaspoon soda in milk. 1 whole orange and 1 cup raisins chopped together, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder.—Mrs. Mac McIntyre.

Soft Ginger Cake

Two eggs, $1\frac{1}{2}$ cups molasses, 3 tablespoons butter, 1 teacup milk, 2 teaspoons baking powder, 2 cups flour.—Mrs. H. Peer.

Date Cake

One cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon soda, 1 cup sour milk, $\frac{1}{2}$ cup walnut meats, $1\frac{1}{2}$ cup dates, cut fine, 1 cup oatmeal, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla.—Mrs. A. G. Campbell.

Walnut Date Cake

One cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup sour milk, $\frac{1}{4}$ teaspoon cloves, $1\frac{1}{2}$ cups flour, 1 cup raisins, 1 cup dates, $\frac{1}{2}$ cup walnuts chopped together, $\frac{1}{2}$ teaspoon soda.—Mrs. J. Bray.

Date Cake

One cup dates stoned and cut into pieces, 1 cup hot water poured over the dates, 1 teaspoon soda dissolved in the water when warm, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups flour, 1 egg, 1 cup sugar.—Mrs. D. Ferguson.

To remove grass stain from cotton goods wash the spot in alcohol.

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Raspberry Cake

Two eggs, 1 cup granulated sugar, $\frac{1}{2}$ cup butter, 1 cup raspberries, $1\frac{1}{2}$ cups flour, 1 teaspoon soda sifted with flour.—Mrs. Cyril M. Williams.

Devil's Food

First part—1 cup brown sugar, 1 cup grated chocolate, $\frac{1}{2}$ cup sweet milk. Cook these ingredients together but do not boil.

Second Part—1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, yolks 3 eggs, 1 teaspoon soda. Bake in two or three parts before adding two cups flour. Bake in two or three parts.—Mrs. Edw. Holmes.

Cocoa Fudge Cake

One cup granulated sugar, 1 egg, $\frac{1}{4}$ cup butter, or $\frac{1}{2}$ cup sour cream, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup sour milk, 2 tablespoons cocoa dissolved in $\frac{1}{2}$ cup boiling water, 1 teaspoon soda. Bake in a medium oven.—Mrs. Angus Miller.

Chocolate Roll

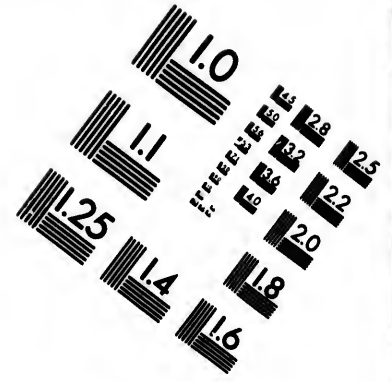
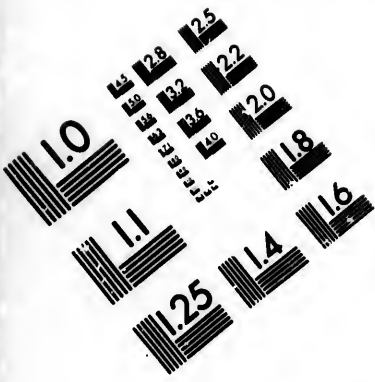
Beat 5 egg yolks slightly, then add $\frac{1}{2}$ cup sugar and beat well again, then add $\frac{1}{4}$ cup cocoa, and 1 teaspoon of vanilla, and lastly the stiffly beaten egg whites and $\frac{1}{2}$ cup sugar, first beaten together. Grease a shallow pan, line with a piece of greased paper, and let paper hang over short ends. Spread the batter in pan and bake 20 to 25 minutes in moderate oven. When done, turn out on a large stiff piece of paper, sprinkle with powdered sugar, then cover with a damp cloth. Have ready 1 cup whipping cream, whip until stiff, flavor with vanilla and sweeten with powdered sugar to taste. Spread over the cake and roll. Cover with chocolate fudge icing, and when ready to serve, cut in slices. (Serves 10).—Mrs. James Patterson.

Chocolate Cake

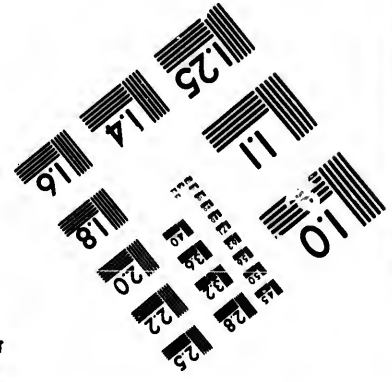
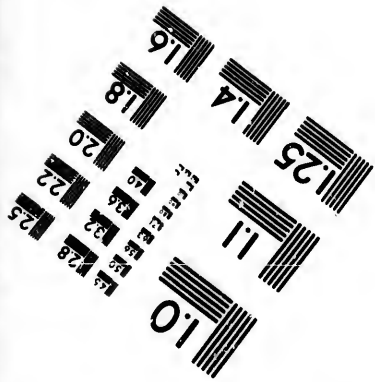
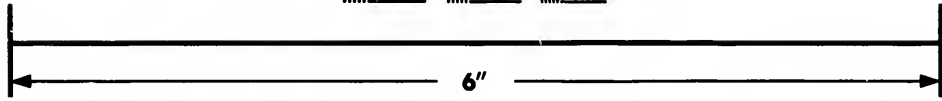
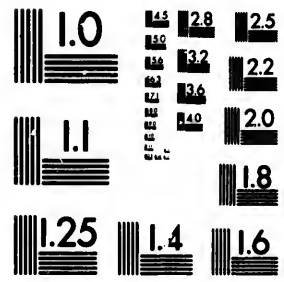
Three heaping tablespoons cocoa, $\frac{1}{2}$ cup sweet milk. Bring to boil and cook until thick. Remove from stove and add unbeaten yolks of 2 eggs. Let cool, then add 2 tablespoons butter, 1 cup white sugar, 1 teaspoon vanilla, $\frac{1}{4}$ cup milk, salt, $1\frac{1}{2}$ cups flour, 1 small teaspoon soda. Bake in moderate oven.—Mrs. Arch. Ferguson.

If food is burnt on a cooking dish do not scrape but put some wood ashes in it, half fill with water and let stand on the back of the stove for a few hours.



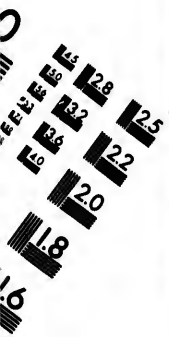


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Devil Cake

One and $\frac{1}{2}$ cups yellow sugar, $\frac{1}{2}$ cup butter, yolks 2 eggs, 1 teaspoon cinnamon, 1 cup sour milk, 1 cup chopped raisins, 1 teaspoon soda, $1\frac{1}{2}$ cups flour. Mix sugar and butter. Add yolks of eggs, put soda into milk, and add to other ingredients. Add cinnamon, flour and raisins.—Mrs. Walter Moore.

Icings and Fillings

Seven Minute Icing

Seven-eighths of a cup of gran. sugar, 1 egg white, 3 tablespoons water. Put all in a double boiler over boiling water and beat seven minutes with a dover beater.—Mrs. Don. McGregor.

Brown Sugar Icing

One cup brown sugar, 3 tablespoons milk and small lump of butter. Let this come to a boil. Remove from the stove and cool. Stir in icing sugar to the right consistency. Flavour with vanilla.—Mrs. John Smith.

Boiled Icing

Melt 1 teaspoon butter and add $\frac{3}{4}$ cup gran. sugar and $\frac{1}{4}$ cup milk. Boil till it begins to hair. Add 1 teaspoon vanilla and beat till creamy.—Eva Legg.

Lady Baltimore Filling and Icing

One-quarter lb. figs, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. pecans or walnuts, 2 cups gran. sugar, $\frac{3}{4}$ cup water, 2 eggs whites beaten stiff, 1 teaspoon vanilla. Grind fruit and nuts together. Cook sugar and water to form soft ball when dropped in water. Pour syrup slowly on egg whites. Beat until it will stand alone. Add vanilla. Stir fruit and nuts into two-thirds of icing. Spread between layers and on top of cake. Cover entire cake with remaining icing.—Alta Holmes.

French Frosting

Boil without stirring 1 cup gran. sugar, one-third cup of water, one-eighth teaspoon cream tartar and flavouring. It is done when it forms a soft disk when dropped in cold water. Let stand without stirring until lukewarm and then beat till it is smooth and creamy. If it becomes grainy it has been cooked too long or has been stirred too long. This can be put in covered jars and used at any time.—Mrs. John Smith.

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Mocha Icing

Blanch and roast to a golden brown 1 cup almonds, pound quite fine and spread over cake on a soft butter and sugar icing.—Mrs. Archie Ferguson.

Raisin Frosting

One and $\frac{1}{2}$ cup raisins chopped fine, $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup water cooked until it threads from spoon. Pour over stiffly beaten whites of two eggs, beat till thick, add raisins and spread on cake.—Mrs. R. J. Ferguson.

Almond Paste

One cup gran. sugar, 1 egg, butter size of walnut, 2 tablespoons milk. Beat together to a cream. Bring to a boil, stirring continuously. Boil 3 minutes. Remove from stove and stir in $1\frac{1}{2}$ cups of almonds which have been blanched, dried and finely ground. Flavour with vanilla and almond extract. Stir till thick enough to spread on cake.—Myrtle Paddon.

Mocha Icing

Sift together $1\frac{1}{2}$ cups icing sugar, $1\frac{1}{2}$ tablespoons grated chocolate $\frac{1}{2}$ teaspoon salt. Melt 2 tablespoons of butter in 3 tablespoons of hot strong coffee. Mix dry ingredients with the wet, stir till smooth and spread on cool cake.—Myrtle Paddon.

Cookies, Drop Cakes, Etc.

—o—

Cocoanut Macaroons

Whites of 3 eggs, beaten stiff, add 1 cup granulated sugar, and 1 teaspoon vanilla to whites and put on stove and cook until it starts to stick to the sides of pan, remove, let cool and stir in 2 cups cocoanut and 2 tablespoons cornstarch. Bake in quick oven.—Mrs. Clayton Franklin.

Cornflake Macaroons

One small cup white sugar, 2 eggs, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla, $1\frac{1}{2}$ teaspoons baking powder, 2 tablespoons sweet milk, $1\frac{1}{2}$ cups flour, 4 cups cornflakes. Drop on buttered pans.—Miss Edith Lowther.

Raisin Turnovers

One cup Sultana raisins, $1\frac{1}{2}$ soda biscuits put through the food chopper. Mix with one slightly beaten egg and 3 tablespoons sugar. Cut pastry with a large round cutter. Place a spoonful of mixture on half of it. Wet edges of pastry with cold water. Fold and press edges together with a fork.—Miss Edith McGregor.

Lemon Biscuits

Two and $\frac{1}{2}$ cups granulated sugar, 2 cups lard, 2 eggs beaten separately, 2 cups sweet milk, 10c oil of lemon, 10c baking ammonia, 1 teaspoon soda dissolved in the milk. Mix stiff, roll, brush top with milk and sprinkle with granulated sugar. Bake in hot oven.—Mrs. John Elgie.

Maple Sugar Cakes

Two cups sour milk, 1 cup shortening. Bowl full of shaved sugar (maple), 1 teaspoon soda. Flour enough to roll.—Mrs. R. J. Ferguson.

Fried Cakes or Doughnuts

Two cups granulated sugar, 2 cups sour milk, $\frac{1}{2}$ cup shortening, 3 eggs, 2 teaspoons soda, 1 teaspoon baking powder. Beat sugar, shortening and eggs to a cream. Mix soft with flour.—Mrs. W. H. Legg.

Fried Cakes

One egg, $\frac{3}{4}$ cup white sugar, 2 tablespoons melted lard (small), 3 teaspoons baking powder, $\frac{1}{2}$ cup sweet milk. Vanilla a little salt, and flour enough to make dough.—Mrs. Sam Garton.

Snowdrops or Sweet Milk Doughnuts

Cream together 1 cup granulated sugar, 2 eggs. Butter size of an egg, and $\frac{1}{2}$ teaspoon salt. Add 2 teaspoons lemon extract and beat. Then 1 cup sweet milk and beat again. Then add 2 teaspoons baking powder and flour to make as stiff as pound cake. Drop from spoon into hot lard and roll in pulverized sugar.—Mrs. J. Smith.

Oatmeal Jam Jams

Two cups flour, 2 cups rolled oats, 1 cup shortening, 1 cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon, 1 teaspoon soda in sour milk. Rub all ingredients together with the exception of the soda which should be dissolved in enough sour milk to hold. Mix two together. Roll thin, then fill with 1 lb. of figs or dates, well cooked with 1 cup sugar and a little water.—Mrs. A. Archibald.

Jam Jam Cookies

Two eggs, 1 cup granulated sugar, 1 cup butter, 1 small teaspoon soda, pinch salt, 3 cups flour, 2 teaspoons baking powder. Add more flour if necessary. Roll out as soft as possible, use fried cake cutter for top and any cutter for bottom. Teaspoon jam between.—Mrs. E. Legg.

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Apple Cookies

Two cups brown sugar, 2 eggs, 5 tablespoons sour milk, 1 cup shortening (butter or lard), 2 teaspoons soda, 2 teaspoons cream tartar. Flour to make soft dough.

Filling—Grate 4 apples. Rind and juice of 1 lemon, 1 cup granulated sugar. Cook 10 minutes.—Mrs. Arthur Ferris.

Fruit Drop Cakes

One cup sugar, 2 eggs, 2-3 cups butter, 1 teaspoon cinnamon and cloves, 1 teaspoon soda dissolved in a little warm water, $1\frac{1}{2}$ cups flour, 1 cup chopped dates, raisins, nuts and peel. Drop on buttered pan and bake in a moderate oven.—Mr. John Elgie.

Jumbles (Drop Cookies)

One pound dates chopped fine, $\frac{1}{4}$ lb. nut meats, 3 eggs, 1 cup granulated sugar, $\frac{1}{2}$ cup butter, 1 teaspoon vanilla, 3 tablespoons water, 2 cups flour, 1 teaspoon soda.—Mrs. Clayton Franklin.

Banana Drop Cookies

Two eggs, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup white sugar, $\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup sweet milk, 1 banana chopped, 10c nut meat, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon soda. Flavor with vanilla and pinch salt. Bake in muffin pans.—Mrs. A. Moore.

Scotch Short Bread

One cup butter, $\frac{1}{2}$ cup brown sugar, 2 cups flour. Mix like pie crust, but use no water. Roll thick. Above recipe makes about two dozen cakes.—Mrs. Margaret Ferguson.

Bran Cookies

Half cup sugar, $\frac{1}{2}$ cup shortening, one egg, $\frac{1}{2}$ cup water, half cup raisins, half cup chopped nuts, $2\frac{1}{2}$ cups bran. Mix following—1 cup flour, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon cinnamon, $1\frac{1}{2}$ teaspoons baking powder, $\frac{1}{4}$ teaspoon salt. Add to bran mixture. Drop from teaspoon on greased baking pan.—Mrs. Eardly Finch.

Baker's Ginger Snaps

One cup coffee sugar, 1 cup molasses, 1 cup butter and lard mixed, 1 teaspoon soda, 1 tablespoon ginger, nearly $\frac{1}{2}$ teaspoon black pepper. Mix ingredients, dissolve soda in a little hot water. Add as much flour as can be stirred in, not kneaded. Cut off pieces size of marbles, slightly flatten and bake on greased tins.—Mrs. R. J. Ferguson.

Nut Bars.

Half-cup shortening, $1\frac{1}{2}$ cups sugar, 2 eggs, 4 tablespoons milk, 4 cups flour, 1-8 teaspoon salt. Method—Cream shortening and sugar. Add 1 beaten yolk and beaten whites of two eggs. Add milk, mix well. Sift together flour, salt and baking powder. Mix all together. Roll out half at a time $\frac{1}{4}$ inch thick, cut in bars 1" x 3," brush with egg yolk mixed with one tablespoon water. Sprinkle with chopped nuts. Bake in moderate oven 15 minutes.—Mrs. E. Legg.

Date Crumbles

One and $\frac{1}{2}$ cups oatmeal, $1\frac{1}{2}$ cups flour, 1 teaspoon soda (dry), $\frac{1}{2}$ teaspoon salt, 1 cup sugar, $\frac{1}{2}$ cup butter. Crumb together. Put half in long cake tin, spread filling, then add the remainder of crumbs.

Filling—Half lb. dates, $\frac{3}{4}$ cup yellow sugar, $\frac{3}{4}$ cup water, vanilla. Cook until thick. Bake in a moderate oven. Leave in tin until cool. Cut into squares.—Mrs. J. C. Simpson.

Ginger Drop Cookies

One cup brown sugar, 1 cup molasses, $\frac{1}{2}$ cup shortening, 1 egg, 1 teaspoon salt, 1 teaspoon soda, 1 cup sour milk, 4 cups flour (or sufficient flour to make the batter stiff enough for drop cookies). Cream the shortening, sugar and salt together. Add molasses. When mixed add the beaten egg. Dissolve the soda in the sour milk. Add, and mix thoroughly. Last, add the flour. Drop teaspoonful of the batter on greased baking pan and bake in a hot oven.—Eva M. Legg.

Oatmeal Drop Cookies

One cup brown sugar, 1 cup shortening, pinch salt, 2 tablespoons black strap, 1 cup boiling water, 1 teaspoon vanilla, 2 small teaspoons soda, 3 cups flour, 3 cups oatmeal. Drop by spoonful.—Mrs. J. A. Evert.

Sour Cream Cookies

Two eggs, $1\frac{1}{2}$ cups granulated sugar, 1 cup shortening, 1 cup thick sour cream. 1 teaspoon soda. Lemon or nutmeg. Mix very soft and bake in quick oven.—Mrs. John Smith.

Rock Cookies

Three eggs, $1\frac{1}{2}$ cups yellow sugar, 1 cup melted butter. Beat these together. Add 1 teaspoon soda, 1 cup flour, 1 lb. dates stoned and cut in halves. 10c chopped walnuts. Add enough flour to make rather stiff, and drop on pans the size of a walnut.—Mrs. Walter Moore.

Cookies

One and $\frac{3}{4}$ cups granulated sugar, 1 cup sour milk, $1\frac{1}{2}$ cups shortening, 1 egg, little nutmeg, 2 teaspoons soda, little salt. Flour to roll.—Mrs. Clarence Rogers.

Date Cookies

Two cups light brown sugar, 3 eggs, 1 cup butter, or butter and lard mixed, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, any flavoring desired, flour to make dough stiff enough to roll. Cut with cookie cutter and on each, place a piece of date. Bake in a quick oven.—Mrs. R. McGregor.

Butter Scotch Cookies

Two cups brown sugar, 1 small cup butter, 2 eggs well beaten, 1 teaspoon soda, 1 teaspoon cream tartar, 1 teaspoon vanilla, 2 cups flour, 1 cup raisins or dates chopped fine. Mix all together, and form in a long roll. Let stand in a cool place over night, then slice in the morning and bake.—Mrs. Albert Archibald.

Pastry, Pies, Tarts and Cream Puffs

Pie Crust

One heaping cup lard, 1 cup flour, 1 large teaspoon baking powder, $\frac{3}{4}$ cup water. Salt. Beat thoroughly with a fork. Then add flour enough to roll.—Mrs. W. H. Legg.

Hot Water Pastry for One Pie

Half cup lard, $\frac{1}{2}$ cup boiling water, $\frac{1}{4}$ teaspoon salt. Put lard in a bowl, add the boiling water and salt. When dissolved and lukewarm, stir in the flour to make a dough that can be rolled. It is better chilled before using.—Miss Edith McGregor.

Grapenut Raisin Pie

Three-quarters cup grape nuts, $\frac{3}{4}$ cup raisins (seeded and chopped), $1\frac{1}{2}$ cups brown sugar, $2\frac{1}{2}$ cups hot water in which put $\frac{1}{4}$ cup vinegar, 3 tablespoons butter. Mix in the order given and cook ten minutes. Cool. Put in paste lined plate and cover with $\frac{1}{2}$ " wide strips $\frac{1}{2}$ " apart to form lattice top. Trim. Now moisten the edge and finish with $\frac{1}{2}$ " strip around the edge. Brush the strips with brush dipped in milk. Bake 40 minutes in a not too hot oven.—Mrs. D. O. White.

Maple Syrup Pie

One and $\frac{1}{4}$ cups Maple Syrup, 2 tablespoons flour, yolks 2 eggs, lump butter, vanilla. Bring syrup to a boil and add butter and vanilla. Mix flour in water to a smooth paste, and add yolks of eggs. Then stir into boiling syrup.—Mrs. Cyril M. Williams.

Raisin Pie

One cup raisins, $\frac{3}{4}$ cup white sugar, 1 cup water, 1 tablespoon flour, 1 teaspoon butter, 1 teaspoon vinegar, and a little nutmeg. Boil 20 minutes. Bake between two crusts.—Grace Chariton.

Raisin Caramel Pie

One cup brown sugar, 2 cups milk, 1 cup seeded raisins, 2 egg yolks, 2 tablespoons cornstarch, 1 tablespoon butter, 1 teaspoon vanilla, salt. Cook and fill baked pie shell. Ice top with egg whites.—Mrs. Don. McGregor.

Date Pie

Cook 2 cups pitted dates with $\frac{3}{4}$ cup sugar, and scant $\frac{1}{2}$ cup water, until dates are tender. Put between two crusts and bake.—Mrs. Ed. Holmes.

Banana Pie

Bake lower crust. Fill with sliced bananas and powdered sugar. Cover top with whipped cream, and serve at once.—Mrs. G. E. Simpson.

Rhubarb Pie

Two cups cut rhubarb (scald by pouring on boiling water and let stand), 1 cup sugar, yolk of 1 egg, 1 tablespoon flour, butter. Put in crust and bake. Use white for frosting and brown.—Mrs. W. H. Legg.

Custard Pie

Two eggs, 3 tablespoons sugar, $1\frac{1}{2}$ cups milk, 1-8 teaspoon salt, nutmeg.—Mrs. H. Peer.

Squash or Pumpkin Pie

One and $\frac{1}{4}$ cups strained or mashed squash or pumpkin, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ teaspoon nutmeg, 7-8 cup milk.—Mrs. H. Peer.

Smoked ceilings, when darkened by kerosene lamps or coal-oil stoves may be cleaned by washing with soda water.

Sour Cream Pie

One cup granulated sugar, 1 cup thick sour cream, 1 tablespoon flour. (Mix sugar and flour together), $\frac{1}{4}$ teaspoon cinnamon and a little nutmeg, 1 cup raisins or dates, yolks 2 eggs, $\frac{1}{4}$ teaspoon salt. Beat the two whites very stiff with about $\frac{1}{4}$ cup sugar for the top.—Mrs. S. Parkes.

Pineapple Pie

One and $\frac{1}{2}$ cups grated pineapple, 1 cup sugar, 1 tablespoon butter, 2 eggs, 1 teaspoon flour and 1 teaspoon cornstarch. Cream sugar, butter, egg yolks and flour, and add pineapple, and bake in crust. Beat whites, put on top and brown.—Mrs. S. Curtis.

Cranberry Pie

One cup cranberries split in halves, 1 cup granulated sugar, 1 heaping tablespoon flour, $\frac{1}{2}$ cup cold water. Mix above ingredients together. Pour into an uncooked crust. Cover with another crust and bake.—Miss Edith McGregor.

Lemon Sponge Pie

One cup granulated sugar, butter size of an egg, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, yolks 2 eggs. Cream together and add the juice and grated rind of a large lemon and 1 cup milk. Fold in the stiffly beaten whites of two eggs. Put into an unbaked pie shell and bake in a slow oven about 30 minutes.—Myrtle M. Paddon.

Dainty Lemon Pie

Slice of bread 1" thick. Take off crust, place bread in a bowl, add a little salt, 1 dessertspoon butter, and 1 cup boiling water. Beat until smooth. Add 1 cup sugar, juice of one lemon, yolks two eggs, well beaten. Bake in rich crust. When cool, add meringue and return to oven to brown.—Mrs. James Patterson.

Cocoa Pie

Two tablespoons cocoa, 2 tablespoons flour, 1 cup sugar, 1 or 2 yolks of eggs, 1 teaspoon butter, cup hot water. Little salt. This fills one pie crust. Beat whites of eggs stiff. Add a little sugar and spread on top. Then brown.—Mrs. W. H. Legg.

To prevent clothes from freezing to the wire line, wipe the line with a cloth wrung out of strong salt and water.

Butter Scotch Pie

One cup very dark brown sugar, $1\frac{1}{2}$ tablespoons flour, 1 tablespoon butter, yolks 2 eggs (whites for frosting), 1 cup sweet milk. Cook in double boiler and put in baked crust.—Mrs. C. A. Rogers.

Butter Scotch Pie

One cup brown sugar, $\frac{3}{4}$ cup hot water, $\frac{3}{4}$ cup milk, 2 tablespoons flour, (mixed with sugar), yolks of 2 eggs, pinch salt, 1 tablespoon butter. Cook until thick, then add 1 tablespoon vanilla. Beat whites of eggs for meringue. Put in oven and brown.—Mrs. Arch. Ferguson.

Mincemeat

Four lbs. lean meat, boiled and chopped fine, $1\frac{1}{2}$ lbs. suet, 9 lbs. apples, 3 lbs. raisins, 2 lbs. currants, $\frac{1}{2}$ lb. citron, 5 lbs. sugar, 3 teaspoons cloves, 10 teaspoons cinnamon, 5 teaspoons mace, 1 teaspoon black pepper, 6 tablespoons salt, 1 quart canned grape juice and vinegar mixed with 1 quart maple syrup. Mix together and add juice and rind of 2 lemons.—Alta Holmes.

Green Tomato Mincemeat

Chop fine 1 peck green tomatoes. Wash in weak brine in collander, to remove all juice boil a little. Add to this 5 lbs. brown sugar, 2 lbs. raisins, 2 lbs. currants, cloves, cinnamon, allspice, to taste, also plenty of candied peel. Seal in glass jars, or keep in open jar, with a weight on top of a plate to keep mincemeat under the juice.—Mrs. D. O. White.

Cocoanut Pie

One soda biscuit (rolled fine), 1 cup sweet milk, yolks of 2 eggs, 3 tablespoons granulated sugar, 1 tablespoon cocoanut. Cook until it thickens. Bake the crust first, then add custard, and use whites of eggs for frosting.—Mrs. W. H. Legg.

Taffy Tarts

One egg, 1 cup brown sugar, 1 tablespoon corn syrup. Fill tart shells half full and bake in a quick oven. Cocoanut may be added.—Mrs. R. J. Ferguson.

Lemon Curd for Tarts or Cake Filling

Two eggs, 2 cups granulated sugar, juice and grated rind of 2 lemons. Cook in double boiler. Put in unbaked tarts and bake in rather quick oven. Will keep for a month in an ordinary jar.—Mrs. Don. McGregor.

Tart Filling

One cup nut meats chopped, $1\frac{1}{2}$ cups raisins, yolks 2 eggs, little salt and sugar to taste. Mix, put in tart shells and bake. Cover with whipped cream.—Mrs. Sam. W. Legg.

Tart Filling

One cup currants, 1 cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, a little lemon peel, or lemon juice. Beat all together. Fill tart crusts and bake.—Mrs. Bruce Brown.

Orange Pie

Two eggs (reserving whites for top), 2 cups water, 1 cup sugar, juice and half grated rind of one orange, 2 tablespoons cornstarch, 2 tablespoons butter, 1 teaspoon vanilla. Cook and put in cooked pie crust. Ice with egg whites.

Butter Tarts

One egg, 1 cup brown sugar, 1 cup raisins, 1 tablespoon butter, 1 teaspoon vanilla, pinch of salt. Put on back of the stove and let melt. Put in shells and bake.—Mrs. R. J. Ferguson.

Pineapple Tarts

One tablespoon butter blended with 1-3 cup sugar. Add 1 egg yolk and beat together. To $\frac{1}{2}$ cup milk, add 1 large teaspoon cornstarch. Add 1 scant cup grated pineapple. Beat all together, and add white of eggs, beaten stiff. Fill tart shells and bake in moderate oven. Serve with whipped cream.—Mrs. D. A. Ferguson.

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Maple Syrup Tarts

One egg (beaten), 1 large cup maple syrup. Bake in shells with a walnut meat in centre of each, or a spoonful of cocoanut.—Mrs. Don. McGregor.

Fruit Baskets (Tarts)

Bake plain paste over inverted patty tins. Roll paste 1-8" thick and cut in strips $\frac{1}{4}$ " wide. Twist strips in pairs and bake over $\frac{1}{4}$ lb. baking powder box, thus making handles. Fill cases with sliced peaches, sprinkled generously with sugar. Insert handles and garnish with whip cream. Strawberries, raspberries or any fruit may be used.—Mrs. Walter Moore.

Hickory Nut Tarts

Mix 1 cup of hickory nutmeats with 1 cup sugar, $\frac{1}{2}$ cup Sultana raisins, 2 tablespoons cream, yolks 2 eggs, and a pinch of salt. Line tartlet tins with good pie crust and divide the mixture into them. Bake in hot oven for 15 minutes. Cover with whipped cream and serve.—Miss Alta Holmes.

Date Tarts

One large cup white sugar, 4 tablespoons water, 1 cup chopped dates, whites 2 eggs. Boil water and sugar until it threads, then gradually beat syrup into the stiffly beaten whites. Add dates and beat. Line patty pans with puff paste and fill. Bake in moderate oven.—Mrs. Arch. Ferguson.

Cream Puffs

Half cup butter melted in 1 large cup boiling water. Stir in 1 cup flour, let cool. Add 3 eggs, beating them in one at a time. Drop batter from teaspoon and bake 20 minutes in oven suitable for bread. When cool, cut open and fill with whipped cream.—Maud Bray.

The most obstinate tea stains may be removed by applying equal parts of glycerine and egg yolk to the stain. Let it dry and then wash out with cold water.

To prevent doors from creaking, pour a little oil on the hinges or even a little soap will sometimes stop it.

A good way to clean leather chairs is to rub with the stiffly beaten whites of eggs and then polish with a soft cloth.

Salt applied dry will remove egg stains on silver spoons.

Preserving and Canning Meats and the Day after Butchering

Canned Beef or Venison

Cut pieces large enough to put in jars. Fill jars full of beef and season with pepper and salt. If beef is lean put in a piece of suet. Screw on top, place jar in boiler of lukewarm water and boil $2\frac{1}{2}$ to 3 hours according to how tender beef is. When cool enough, remove from boiler and tighten the tops. Use new rubbers.—Mrs. A. Moore.

To Can Sausage or Liver

Fry almost done and put in jars. Put 2 or 3 tablespoons of hot fat in each, invert jars until cool. This seals the meat and is much easier to remove than when the jar is filled with fat.—Mrs. Don. McGregor.

Brine for Pork

100 lbs. pork, 9 lbs. salt, 6 gal. water, 2 lbs. yellow sugar, $\frac{1}{4}$ lb. whole black pepper (steeped to get strength), $\frac{1}{4}$ oz. saltpetre. Make into brine and pour over pork.—Mrs. W. Kunz.

Brine Made with Old Hickory Smoked Salt

Nine lbs. Old Hickory Smoked salt, $2\frac{1}{2}$ lbs. sugar, 4 oz. saltpetre, $4\frac{1}{2}$ gals. water. Old Hickory is a commercially prepared salt, dark in colour and having a decided smoke flavour so meat cured with it needs no further smoking. Boil water used for this brine and dissolve ingredients in it but do not boil. This should be prepared the day before used, chill, strain and pour over 100 lbs. pork packed in container.

Homemade Pork Sausage

Scraps and odd bits and trimmings are usually made into sausage. There should be at least twice as much lean as fat. A good rule to follow for seasoning is 20 lbs. pork, 8 ozs. salt, 2 oz. pepper, 1 oz. sage or savoury. Grind the meat once, then sprinkle with seasonings and grind again. Pack in a crock and cover with a coat of melted fat which acts as seal.

Pork Sealed in Dripping

Fresh pork may be fried almost enough to serve at once, the slices laid in a crock and then completely covered with the fat which fried out. This will keep for months.

Canned Chicken

Cut the fowl into convenient pieces, pack into jars, add 1 teaspoon salt in top of jar. Adjust top and cook in hot water bath for 4 hours, seal and invert.

Canned Chicken

Cut fowl into convenient pieces and boil till the meat can be taken from bones. Take the meat from the bones and pack into jars. Fill the jar with liquid in which chicken was boiled (this should be boiled ten minutes after chicken is removed.) Add teaspoon salt adjust top and cook in the usual way in hot water bath for 3 hours.

Miscellaneous

Beverages, Home Remedies, First Aid Hints, Etc.

Sterilized Sweet Cider

Take the cider the day after it is made, bring to the boiling point and seal. This will remain as sweet as when made, and chilled makes an excellent summer drink.

Cough Mixture

Five cents worth each of, oil of annice, oil of peppermint, and oil of laudanum. Add this to 1 pint of syrup.

Washing Fluid

Five cents salts of tartar, 5c cooking ammonia and 1 can Gillett's Lye. Put altogether, adding 1 qt. rain water. Stir until dissolved. Add 3 qts. water. Use 1 cup of this fluid for an ordinary washing.

Excellent Hand Lotion

Equal parts of glycerine, alcohol and witch hazel shaken together.—Mrs. N. Curtis.

Royal Cream for Chapped Hands

Put in glass fruit jar 1 pint tepid rain water, $\frac{1}{4}$ oz. gum tragacanth. Let stand 3 days and add 1 oz. alcohol, 2 ozs. glycerine, $\frac{1}{4}$ oz. rose water and 2 ozs. cologne.—Mrs. J. Drake.

If lemons are heated before squeezing a lot more juice can be obtained.

Remedy for Burns

Equal quantities raw linseed-oil and lime water.—Mrs. Cyril Williams.

Health Salts

Ten ozs. icing sugar, 2 oz. Epsom salts, 2 oz. baking soda, 2 oz. cream tartar, 2 oz. tartaric acid, 2 oz. citrate of magnesia. Roll and mix altogether thoroughly and keep in a tight jar. Put one teaspoon in a glass of water and drink while still foaming. Once you have used this recipe you will never be without it in the house.—Mrs. Roy McGregor.

What to Do in Case of Emergencies

Fainting

When a person faints stretch them flat on the floor or on a couch with the head lower than the feet. Loosen clothing and give the patient fresh air. This is sufficient treatment for an ordinary faint. The face may be wiped with a handkerchief wet with cold water but no not dash water in the face as is so often done.

Poison

If poison is swallowed, send for a doctor but do not wait for his arrival as seconds count. Stir about a teaspoon of salt and the same quantity of mustard in a half glass of water. Hold the patients nose so tightly that he must open the mouth for breath. When the mouth opens put in the solution. If the patient does not vomit make him swallow a raw egg white. Follow with a cup of strong coffee as a stimulant.

Bleeding

In case of severe bleeding determine whether it is an artery or vein which has been severed. If an artery the blood will come in spurts as the heart beats, if a vein, it will flow evenly. In either case tie a handkerchief or bandage loosely near the wound. If it is an artery put it between the wound and the heart and if it is a vein put it on the other side of the incision. Put a stick in the slack of the bandage and turn it round and round till it is pulled up very tight and causes decided pressure.

Choking

Hold up the left arm above the head, strike the patient a smart blow between the shoulders.

Nose Bleed

Hold the head back and apply ice cold cloths or snow to the top of the nose and back of the neck. Plug the nostrils with batting.

Sunstroke or Heatstroke

Place the patient in a cold bath and pack the head in ice if possible and if not use cold water packs which must be changed every few minutes. Continue this treatment till the doctor arrives unless however the temperature drops to normal.

Burns and Scalds

If a child's clothing catches fire force her to lie down so the flames will not reach the head. If cold water is at hand dash it on, otherwise roll tightly in something woollen, a mat, blanket, shawl or overcoat. Do not try to beat out flames as this only fans them. Smother them instead. Treat burns and scalds much the same. Remove clothing by cutting, cover the spot with a soft linen cloth wet with boric acid solution or cover with boric acid ointment. Cover this with oiled cotton or silk to exclude the air as much as possible. Surround the body with hot water bottles and if possible give hot strong coffee.

Frostbites

Keep away from heat. Apply snow or cold water to the frozen part and gently rub with fur or a woollen muffler. Be sure to draw out frost without heat.

Handy Weights and Measures

- 4 cups flour equal 1 pound or 1 quart.
 - 2 tablespoons flour equals 1 ounce.
 - 1 tablespoon butter equals 1 ounce.
 - 1 cup butter equals $\frac{1}{2}$ pound.
 - 1 pint butter equals one pound.
 - 10 eggs equals one pound.
 - 2 cups granulated sugar weighs one pound.
 - 2 teaspoons liquid equals one tablespoon.
 - 16 tablespoons equals a cup.
 - 2 cups equal a pint.
 - 1 pint of liquid weighs about a pound.
 - 3 teaspoons dry material make one tablespoon.
 - 4 teaspoons liquid make one tablespoon.
- Butter the size of an egg weighs an ounce.

