

# COOK BOOK

Economical Recipes for the Women  
of Canada During the War



COMPILED BY

THE LONGFELLOW CHAPTER OF THE IMPERIAL  
ORDER OF THE DAUGHTERS OF THE EMPIRE

WATERLOO, QUEBEC

April, 1915



*Proceeds of Sale to be Devoted to  
Work for the Soldiers*

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BROME COUNTY HISTORICAL SOCIETY.  
Knowlton, Quebec

80-7

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## SOUPS

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“The turnpike road to people’s hearts, I find,  
Lies thro’ their mouths, or I mistake mankind.”

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### Brown Soup Stock.

---

3 lbs. shank of beef. Remove marrow from bone. Cut meat in small bits and fry in the marrow until brown. This flavors soup. In a large kettle put 3 qts. of cold water with browned meat in it. Into the fat in which meat was browned fry two slices of minced onion, a teaspoon of minced parsley, and the same of carrot. When brown, scrape grease, onion, etc., into soup kettle. Add sweet herbs to taste, a small bay leaf, sprig of parsley, thyme, savory and peppercorns. Simmer (never allow soup to boil) **all day**. Then strain, and in the morning, when cold, remove the fat, and a good soup stock is the result.—Mrs. Gardner Stevens.

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### Pea Soup.

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Put 1 pint of peas into a kettle of cold water, with a good pinch of soda. When they have boiled for five minutes, drain, rinse thoroughly in cold water until soda is rinsed off.

Put plenty of cold water together with  $\frac{3}{4}$  lb. of fat salt pork on the peas. Allow them to **boil hard** for 2 hours. Then put on top of stove and boil three hours longer. Stir often to keep from scorching, and keep adding a little boiling water, as it boils away. When done add a few fine cracker crumbs and salt if necessary.—Mrs. Stevens.

(4)

### Tomato Soup.

---

Cook  $\frac{1}{2}$  can of tomatoes with 1 small onion, a clove or two, three or four peppercorns and a little salt, in a pint of water for half an hour. Add to this 1 pint of stock, a tablespoon of flour browned in butter. Strain.—Mrs. Symons.

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### Corn Soup.

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Cut corn from cob, and to 1 pint corn allow 1 quart of water, boil 1 hour, and pass through colander. Put in saucepan 1 oz. butter, 1 tablespoon flour. Stir well to prevent being lumpy. Then add corn pulp, pepper, salt, and 1 pint boiling milk and  $\frac{1}{2}$  pint cream. Canned corn may be used.—Mrs. A. F. Robinson, Sr.

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### Cream of Lima Bean Soup.

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Soak over night,  $\frac{1}{2}$  cup dried lima beans. In the morning drain and add  $1\frac{1}{2}$  pints cold water. Cook until soft and rub through a sieve. Cut 1 slice of onion and 2 slices of carrot into small cubes and cook 5 minutes in 1 tablespoon butter; remove vegetables and add to hot butter 1 tablespoon flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and stir into boiling soup. Add  $\frac{1}{2}$  cup hot milk or cream; strain and add 1 tablespoon butter cut in pieces.—Mrs. Nutting.

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### Potato Soups.

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3 potatoes, 1 pint of milk, 1 stalk of celery, 1 teaspoon salt, 1 chopped onion,  $\frac{1}{2}$  teaspoon celery salt,  $\frac{1}{2}$  salt spoon pepper.  $\frac{1}{4}$  teaspoon cayenne,  $\frac{1}{2}$  tablespoon flour, 1 tablespoon butter.

Boil potatoes till soft, cook onion and celery with milk in double x Rub through a small strainer and put on to boil again. Add the

x (boiler. Drain and mash potatoes, add the boiling milk and seasoning.)  
butter and flour, boil about 5 minutes, and use as soon as possible.—  
Mrs. Jeakins.

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### Monday Soup.

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Put 3 cups of cold baked beans, 3 pints of cold water, 2 slices of onion and 2 stalks of celery in saucepan. Bring slowly to boiling point and simmer 20 minutes. Rub through sieve or puree strainer. Melt 2 tablespoons of butter, add  $1\frac{1}{2}$  tablespoons of flour, and pour on gradually while stirring constantly the hot mixture. Add  $1\frac{1}{2}$  cups strained tomatoes. Season and serve with croutons.—Mrs. Corcoran.

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### Tomato Soup.

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1 pint of milk,  $\frac{1}{2}$  can tomatoes, 1 tablespoon butter  $\frac{1}{2}$  teaspoon soda, 1 dessert spoon corn starch. Salt and pepper to taste. Put tomatoes and 1 cup of water to boil. Heat milk separate. Moisten soda in hot water. Add milk, with corn starch mixed in cold milk. Cook all together. Add seasoning and butter.—Mrs. Frs. Simard.



## MEATS, Etc.

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“Bad dinners go hand in hand with total depravity, while a properly fed man is already half saved.”

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### Beef Roll.

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1 lb. steak,  $\frac{1}{2}$  lb. lean ham, 2 eggs,  $\frac{1}{4}$  lb. bread crumbs, a dessert spoon of salt, teaspoon pepper,  $\frac{1}{4}$  teaspoon ground mace.

Cut the beef and ham in small pieces, and put through the mincing machine. Mix salt, pepper, mace and bread crumbs. Then put with the minced meat and blend thoroughly together. Lastly beat the eggs and add to the other ingredients. Form into a firm roll without any cracks in it; it wants well moulding. Dredge the hands with flour to prevent sticking. Flour a cloth as for roly-poly pudding. Sew up firmly, and steam  $2\frac{1}{2}$  hours.

Be careful not to let the water touch the mould. Turn out on a dish and let it get cold and glaze as follows: Cut up two leaves of gelatine and dissolve in 2 tablespoons of hot water. Then put in 2 teaspoons of oxo or bovril. Mix and brush over the roll until used up. The Beef Roll may be used without the glaze.—Mrs. T. B. Jeakins.

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### Sirloin Roast of Beef.

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For a family of five or six, divide a sirloin roast of beef of six or eight pounds, roasting one piece, and placing the other in a brine made as follows:—

To 1 gallon of water, add 1 quart of coarse salt, 1 small teaspoon of saltpetre. Boil, skim and strain. The beef should remain in the brine four days.

The bone can be used with a slice of pork for pea soup. The cold

beef may be chopped and made into a scallop, having alternate layers of meat and canned tomatoes with bread crumbs and small pieces of butter on top, and a little water to moisten.—Mrs. Nutting.

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**Baked Ham.**

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To have ham tender, cut in slices an inch thick. Place in baking dish and cover with milk. Bake in moderate oven three hours. Remove skin from browned milk and serve with fried eggs.—L. M. Nutting.

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**Beef Steak.**

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Pound well with edge of saucer. Butter size of an egg; pan very hot. Dredge the steak in flour and brown in pan, on both sides. Salt and pepper to taste. Add about 1 cup of boiling water and let simmer about an hour, adding more water when necessary. Mrs. Geo. Jones.

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**Leg of Lamb.**

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Can be cut in three parts. Boil or steam the shank end, serving it with caper sauce.

The fillet end can be boned and stuffed. Roast and serve with currant jelly. The middle cut should be about an inch and a half thick. Broil like a steak and serve with green peas. While the left over from each meal can be minced and made into croquettes.—Mrs. Symons.

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**Veal Cutlets.**

---

Dip each one in beaten egg, then in crumbs and fry. Put pan on back of stove, cover tightly and steam for an hour and a half.



Simmer in a saucepan the bones and trimmings of the cutlets, for stock. Make a gravy of some of the stock, to which add two-thirds of a cup of tomato sauce, and strain over the cutlets. Decorate with small slices of lemon, with parsley and a little crisp bacon.—Mrs. Symons.

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#### Creamed Salmon.

---

Drain the oil from a can of salmon and remove skin and bone. Flake the fish with a silver fork. Sprinkle with a little salt and pepper. Cook 2 even tablespoons flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  salt-spoon white pepper, in 2 tablespoons bubbling hot butter. Add slowly 2 small cups hot milk. Put a thin layer of bread crumbs in buttered baking dish, then a layer of fish and cover with half the sauce. Repeat, finishing with crumbs. Bake covered. Remove the cover and brown quickly.—Mrs. Nutting.



## BREAD

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“Here is bread which strengthens man’s heart, and is, therefore, called the staff of life.”

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### Water Bread With Royal Yeast.

---

Save the water from potatoes boiled at noon, adding two medium sized potatoes, mashed fine, and add warm water to make one quart. Add one half-cup sugar, and one table-spoon of salt, one large spoonful of butter or lard and pour into bread-mixer.

About five p.m. take one cup of luke-warm water and dissolve one royal yeast cake in it. When well dissolved, pour into a bowl and stir sifted flour in to make a medium sponge, and set to rise in a warm place. Sift three scant quarts of flour into a pan and set to warm slightly all through.

About eight p.m. add sponge—which should be well risen—to material in the bread mixer, which has been slightly warmed. Pour in flour and stir for ten minutes, turning always one way. Cover, and set in a warm place to rise over night.

About five a.m. I find it a good plan to stir the bread down, turning the handle a few times, and let rise again. By seven a.m. it will be ready to put in the tins, and ready for the oven in an hour or less. Bake an hour, or according to size of loaves.—Mrs. A. J. Corcoran.

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### Rolls—Set at 9 a.m.

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3 cups of scalded milk, 4 tablespoons butter, 3 tablespoons sugar, 1 teaspoon salt, 8 cups of sifted flour, 1 yeast cake dissolved.

Put butter, sugar and salt in pail, and pour scalded milk over them. When luke warm add yeast and 4 cups flour.

Set in warm place until noon. Then add the remaining 4 cups

flour. Set away again until light. About 3 p.m. take out on bread board and roll to half an inch thickness, and cut with small cookie cutter, butter lightly, and fold over and place them in tins to bake about an inch apart. Leave them in a moderately warm place until half an hour before wanted. Bake in a hot oven 15 minutes.—Mrs. A. L. Holden.

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#### **Parker House Rolls.**

1 pint milk, 1 tablespoon butter, pinch salt, 2 tablespoons sugar. Scald milk and butter together and cool, add sugar and 1 compressed yeast cake, dissolved in a little of the milk. Knead to a soft loaf.

Set at eleven if you have tea at six. At three, roll out quite thin and cut; spread each with melted butter, fold over and set to rise.—Mrs. Wallace.

---

#### **Buns Made With Royal Yeast and Water.**

In the morning take 1 pint of bread batter. Add 1 tablespoon sugar, 1 tablespoon butter or lard. Add enough flour to knead. Cover and set in a warm place to rise. Knead again and let rise. Shape into small buns and place in a well greased tin. Let rise, and bake about 20 minutes in a moderate oven.—Mrs. Fred Stone.

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#### **Rolled Oats Bread.**

Pour 2 cups of boiling water over 2 cups rolled oats. Add 2 tablespoonfuls Porto Rico molasses, 1 tablespoonful butter and 1 of salt. Let this mixture stand a few minutes until the oats have swelled a little, and the mixture is luke warm.

Then add half a compressed yeast cake dissolved in half a cup of luke warm water. Stir into this batter 3 cups of entire wheat (Graham) flour; beat well and add enough bread flour to kneading consistency. Set to rise over night. Next morning shape into loaves, place in greased pans, let rise again until nearly double in bulk. Bake in a moderate oven from an hour to an hour and a quarter, depending upon the size of the loaves.—Mrs. J. J. Ryan.

**Graham Bread.**

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Mix 2 cups of Graham with 2 cups of white flour, 1 teaspoon of salt. Add half a cup of molasses, 2 cups of sour milk with 1 teaspoon soda. Bake one hour in a pan 9 x 5 inches. This is also good when baked in gem pans.—Mrs. Robinson.

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**Graham Loaf.**

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1 cup sour milk, 1 teaspoon soda,  $\frac{1}{2}$  cup molasses, 1 teaspoon salt, 1 cup white flour. Enough Graham flour to thicken. Steam one hour.—Mrs. Hulburt.

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**Oatmeal Bread.**

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2 cups of oatmeal. Pour on 2 cups boiling water; add 1 teaspoon salt, less than a tablespoon lard,  $\frac{3}{4}$  cup of maple sugar or 1 cup molasses. Let stand 2 hours. Add  $\frac{1}{2}$  yeast cake. Let rise over night. Knead in the morning and put in tins.—Mrs. Learned.

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**Oatmeal Bread.**

---

1 cup oatmeal, 2 cups boiling water, 1 heaping teaspoon salt 1 tablespoon shortening, scant  $\frac{1}{2}$  cup molasses. Scald together and let cool until lukewarm. Then add  $\frac{1}{2}$  yeast cake dissolved in a little warm water and 1 quart of white bread flour. Knead up at night. In the morning, knead into two loaves. Let rise and bake.—Mrs. Robertson.

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**Graham Bread.**

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$\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  cups sweet milk, 1 cup white flour, 2 cups Graham, 1 egg,  $\frac{1}{2}$  teaspoon salt 2 teaspoons soda, 1 teaspoon cream tartar. Bake half an hour.—Mrs. Ed. Parmelee.

**Indian Bread.**

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1½ cups of Graham flour, 1 cup of Indian meal, ½ tablespoon of soda, 1 teaspoon of salt.

Mix dry ingredients, then add one and two-third cups of sweet milk and ½ cup of molasses.—Mrs. Stevens.

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**Brown Bread.**

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2 cups of sour milk or cream, 1 cup of molasses, 1 heaping teaspoon soda, 1 teaspoon salt, 2 cups corn meal, 1 cup Graham, 1 cup white flour.

Steam three hours; brown in oven.—Mrs. Symons.

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**Graham Bread With Raisins.**

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1 cup molasses, 2 teaspoons soda. Beat together until creamy. 2 cups sweet milk, 4 cups Graham flour, 1 cup floured raisins.—Mrs. Jeakins.

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**Johnny Cake.**

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1 cup milk, 1 cup corn meal, 1 cup white flour, 1 egg, 1 tablespoon sugar, 1½ tablespoons melted butter, 1½ teaspoons baking powder. Mrs. Geo. Codd.

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**Graham Biscuits.**

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Mix 1 1-3 cups flour, 2-3 cups Graham flour, 2 teaspoons baking powder, ½ teaspoon salt.

Sift three times. Rub in 2-3 tablespoonfuls of dripping and add ¾ cup milk, very gradually. Toss on a floured baking board. Pat and roll to half-inch thickness. Cut with biscuit cutter. Bake in hot oven for fifteen minutes.—Mrs. Robert Neill.

## PIES

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“No soil on earth is so dear to our eyes  
As the soil we first stirred in terrestrial pies.”

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### Cocoonut Pie.

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½ cup of cocoonut, 1 cup of milk, 2 eggs, 1 small cup sugar, butter size of an egg.

Scald cocoonut and milk together. Beat eggs till light. Season with vanilla. Bake with one crust.—Mrs. Wallace.

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### Mock Cherry Pie.

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1 cup of cranberries cut in two, 1 cup of sugar, ½ cup of chopped raisins, 1 teaspoon vanilla, 1 teaspoon flour, 1 cup of hot water. Cook until it thickens.—Mrs. Geo. Jones.

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### Custard Pie.

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2½ cups milk, ½ cup sugar, 2 eggs, pinch of salt, nutmeg. Do not cook the crust first. Scald the milk and pour over the beaten eggs; then bake.—Mrs. Geo. Jones.

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### Sour Cream Pie.

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1 cup sour cream, or milk, or mixed; 1 cup chopped raisins, 1 egg, 1 cup (scant) sugar, 1 teaspoon cinnamon, a little nutmeg, ½ teaspoon cloves, a little salt. Stir all together and bake with two crusts.—Mrs. Geo. Martin.

**Lemon Pies.**

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1 cup sugar, yolks of 2 eggs, 3 tablespoons flour mixed in cold water, 2 cups boiling water, the grated rind and juice of 1 lemon.

Boil 3 minutes. Beat the whites stiff, and put on top. Brown a little in the oven.—Mrs. Geo. Jones.

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**Potato Lemon Pie.**

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1 large juicy lemon, 1 medium-sized potato, 1 cup sugar, 1 cup boiling water, butter size of walnut.

Grate the outer rind from lemon. Then grate the raw potato, pouring over them at once the boiling water. Add the sugar and butter. Set on stove to thicken, stirring constantly. Add the juice of lemon and bake with two crusts.—Mrs. J. H. Savage.

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**Raisin Pie.**

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1 cup seeded raisins chopped fine, 1 lemon, 1 egg, 1 cup sugar, salt, 1 cup boiling water, 1 tablespoon corn starch.—Mrs. Gilmour.

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**Mince Meat Without Meat.**

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2 lbs. raisins, 2 lbs. currants, 2 lbs. chopped suet,  $\frac{1}{2}$  lb. mixed peel, 15 large apples, sour if possible, juice of 2 lemons, 1 lb. sugar, 1 cup molasses. All kinds of spices. Salt to taste. Mix well.—Mrs. Armstrong.

## PUDDINGS

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“The proof of the pudding is in the eating.”

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### Caramel Pudding

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1 cup sugar, butter the size of a walnut. Burn these and add  $\frac{1}{2}$  cup boiling water, and lastly 2 cups milk.

Nuts may be added if desired. 2 large tablespoons corn starch; vanilla, mould.—Mrs. Gilmour.

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### “John’s Delight.”

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2 cups bread crumbs,  $\frac{1}{2}$  cup melted butter,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup sweet milk, 1 egg,  $\frac{1}{2}$  teaspoon soda, 2 teaspoons mixed spices, a little salt, 3 tablespoons flour. Steam 2 hours, and serve with sauce.—Mrs. Jeakins.

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### Orange Desert.

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2 oranges sliced. Make a soft custard, flavor with lemon and pour over the oranges. Put a cup of whipped cream on top. — Mrs. Jeakins.

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### Lemon Foam.

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2 cups hot water, 1 cup sugar, 2 large tablespoons corn starch, juice of 1 lemon, whites of 2 eggs.

Custard.—May be used with Lemon Foam:—1 pint milk, 2 table-  
spoons sugar, yolks of 2 eggs.



Boil sugar and water, add corn starch mixed in a little water. Remove from fire and when nearly cold add lemon juice and beaten whites.—Mrs. Jeakins.

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#### Steamed Pudding.

---

2 cups bread crumbs,  $\frac{1}{2}$  cup suet,  $\frac{1}{2}$  cup molasses, 1 cup raisins, 1 egg, 1 cup milk with 1 teaspoon soda,  $\frac{1}{2}$  teaspoon cloves, 1 teaspoon cinnamon, 1 pinch of salt. Steam 2 hours. Serve with sauce: Cream  $\frac{1}{2}$  cup butter, and 1 cup sugar. Pour over this 1 cup boiling water.—Mrs. Hudon.

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#### Carrot Pudding.

---

1 cup each of flour, sugar, grated carrots, and grated potatoes,  $\frac{1}{2}$  cup butter, 2 cups raisins chopped fine, 1 teaspoon sodas,  $\frac{1}{2}$  teaspoon each of cloves, nutmeg and cinnamon. Stir well together and steam 3 hours. Serve with any sauce that is liked.—Mrs. S. Taylor.

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#### Coffee Tapioca Pudding.

---

Soak 3 tablespoons tapioca over night. In the morning drain and add 3 cupfuls of coffee,  $\frac{1}{2}$  cup sugar and a pinch of salt. Cook until soft and thicken with 1 teaspoon of corn starch.—Mrs. J. H. Savage.

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#### Cup Pudding.

---

2 cups flour,  $\frac{1}{2}$  teaspoon salt, 4 level teaspoons baking powder,  $\frac{3}{4}$  cup milk, some jam.

Grease small cups, sift flour, salt and baking powder into a bowl. Stir in the milk, mixing it evenly as quickly as possible. Put a little butter in each cup spreading it up on the sides, to make a well. Put a large spoonful of jam into the well and cover with the batter. Steam 35 minutes. Turn out and serve hot with cream, or any nice pudding sauce.—Mrs. Wm. Dalton.

**Suet Pudding.**

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1 cup suet, 1 cup molasses, 1 cup boiling water, 4 cups flour, 4 table-  
spoons of sour beer, seeded raisins, candied peel of orange and  
lemon. Cook in a chafing dish from three to four hours. Serve with  
maple syrup. Miss M. Lefebvre.

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**Roly-Poly Pudding.**

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2 cups flour, 2 heaping teaspoons baking powder, 2 tablespoons  
shortening, pinch of salt. Milk enough to make soft dough.

Roll out to thickness of about half an inch; spread with marma-  
lade or any fruit. Gather together and put in buttered mould.  
Steam  $2\frac{1}{2}$  hours. Serve with cream.—Mrs. Robert Neill.

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**Caramel Pudding.**

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1 cup brown sugar and a pinch of soda, stirred over fire until  
melted and browned, then add  $\frac{1}{2}$  cup hot milk and little piece but-  
ter. Boil 12 minutes. Add 1 pint milk warmed, then stir in  $2\frac{1}{2}$   
tablespoons corn starch. Flavor with vanilla. Turn into wet mould.  
Serve cold with cream.—Mrs. A. Foster Robinson.

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**Suet Pudding.**

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$\frac{1}{2}$  cup finely chopped suet,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sweet milk,  
 $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$   
teaspoon salt,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon ginger,  $\frac{1}{4}$  teaspoon  
nutmeg,  $\frac{1}{2}$  teaspoon cinnamon.

Mix and sift dry ingredients. Add molasses and milk to suet.  
Combine mixtures. Turn into buttered mould. Cover and steam  
three hours. Serve with sauce.—Mrs. J. E. Thompson.

**Graham Pudding.**

---

1 cup molasses, 1 egg, 1 cup chopped raisins,  $1\frac{1}{2}$  cups Graham flour, 1 cup milk, 1 tablespoon butter or lard, 1 teaspoon soda. Spice to taste. Steam 2 hours.—Mrs. Ed. McKenna.

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**Ginger Pudding.**

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1 cup boiling water,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup butter, 2 cups flour, 1 teaspoonful soda, 1 teaspoonful ginger; spices to taste. Bake 20 minutes.

SAUCE: 1 cup sugar, 1 cup water, 1 dessert spoon vinegar, 1 teaspoon flour. A small piece of butter.—Mrs. Corcoran.

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**Rice Pudding Without Eggs.**

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Put into a well buttered pan  $\frac{1}{2}$  lb. of well washed rice. Pour over it 3 pints of cold milk. Sweeten and flavor to taste. Put a little butter and nutmeg over the top. Bake two and a half hours in a slow oven.—Mrs. Frs. Simard.

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**Suet Pudding.**

---

1 cup suet, 1 cup sour milk, 1 cup molasses, 3 cups flour, 1 cup chopped raisins,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon grated nutmeg, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon each cloves and cinnamon. Steam three hours.—Mrs. Geo. Jones.

### Oatmeal Pudding.

---

To 1 quart of milk add 1 cup of uncooked oatmeal,  $\frac{1}{2}$  cup of sugar,  $\frac{1}{2}$  cup of molasses, pinch of salt.

Place small pieces of butter on top. Bake slowly from  $1\frac{1}{2}$  to 2 hours. Serve with milk or cream.—Mrs. Clement.

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### Apple Pudding.

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1 tablespoon butter, 3 tablespoons sugar,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  teaspoon soda, 2 cups sliced apples, a pinch of cinnamon, 1 cup flour. Bake one half hour in slow oven. Serve with cream.—Mrs. Gardner Stevens.

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### Orange Jelly.

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$\frac{1}{2}$  box of gelatine,  $\frac{1}{2}$  cup of cold water,  $1\frac{1}{2}$  cups of boiling water, 1 cup of sugar,  $1\frac{1}{2}$  cups of orange juice, 3 tablespoons lemon juice.

Soak gelatine 20 minutes in cold water; dissolve in boiling water. Strain and add to sugar and juices. Turn into mould and chill.—Mrs. Stevens.

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### Tapioca Sherbet.

---

Boil  $\frac{1}{2}$  cup of minute tapioca with 1 cup sugar and 1 pint of water, in a double boiler, till clear. Add juice of 2 lemons, or 3 oranges (or any kind of fruit juice) a few minutes before taking from fire. Put on platter to cool. As soon as it begins to jelly, stir into it briskly the well-beaten whites of 2 eggs. Beat until light. Serve in cups with whipped cream.—Mrs. Geo. Codd.

**Gingerbread.**

---

½ cup butter and lard, ½ cup sugar, 1 cup molasses, 1 egg, a little salt, 2½ cups flour, 1 heaping teaspoon ginger, 1 teaspoon cinnamon, 2 teaspoons soda, 1 cup boiling water. Beat mixture well.—Mrs. J. E. Macfarlane.

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**Gingerbread.**

---

2 eggs, 1 cup sugar, two-thirds cup butter, 1 cup sour milk, 1 teaspoon soda, 1 cup molasses, 1 tablespoon ginger, ¼ teaspoon each of cloves and cinnamon.—Mrs. Gilmour.

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*Flour, large cup*

**Gingerbread.**

---

1 cup molasses, ½ cup sugar, 1 cup sour milk, 2½ cups flour, 1 egg, 1 teaspoon ginger, 1 teaspoon soda, 1 teaspoon cinnamon.—Mrs. Robinson, Sr.

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**Ginger Puffs.**

---

Butter size of an egg, 1 egg, ½ cup milk, 1 teaspoon soda, 1 teaspoon salt, ½ cup brown sugar, 1 cup molasses, 2 cup flour, 2 heaping teaspoons ginger. Beat well. Bake in gem pans.—Mrs. Neill.



## COOKIES

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### F Cookies.

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1 cup sugar,  $\frac{1}{2}$  cup butter and lard mixed, 1 egg,  $\frac{1}{2}$  cup milk,  $3\frac{1}{2}$  cups of flour, 2 teaspoons cream of tartar, 1 teaspoon soda, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon salt.

FILLING.—1 cup raisins,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup water, 2 teaspoons flour or corn starch. Cook until thick, spread between 2 cookies and bake.—Mrs. Maguire.

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### Oatmeal Cookies.

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1 cup brown sugar, 1 cup flour, 2 cups oatmeal,  $\frac{1}{2}$  cup lard,  $\frac{1}{2}$  cup boiling water, 1 teaspoon soda dissolved in the water; add oatmeal last, roll very thin; sometimes more oatmeal or flour are needed to make proper thickness for rolling.—Mrs. Raymond.

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### White Cookies.

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1 cup sugar,  $\frac{1}{2}$  cup butter, 4 tablespoons milk, 2 eggs, 2 cups flour, flavoring. May require slightly more or less than 2 cups.—Mrs. Robinson.

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### Gingersnaps.

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1 cup lard, 1 cup sugar,  $1\frac{1}{2}$  cups flour, 1 tablespoon ginger, 1 teaspoon cloves and cinnamon, 1 teaspoon soda in  $\frac{1}{2}$  cup warm water.

**Gingersnaps.**

---

1 egg, 1 cup molasses,  $\frac{1}{2}$  cup sugar, 1 teaspoon soda, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon salt. Heat molasses, flour to make stiff batter.—Mrs. Robinson.

**Chocolate Nut Cookies.**

---

1 tablespoonful grated chocolate, 1 cupful chopped nut meats, 1 cupful seeded and chopped raisins, 1 cupful sugar,  $\frac{1}{2}$  cup milk,  $1\frac{3}{4}$  cups flour, 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon, 2 teaspoons cream of tartar, 1 teaspoon vanilla extract, 3 tablespoons butter.

Cream butter and sugar together, add the egg well beaten. Mix flour, soda, chocolate and cinnamon together, and add them alternately with the milk. Stir in raisins, nuts and vanilla. Drop in teaspoonfuls on buttered tins. Bake in moderate oven.—Mrs. Frs. Simard.

**Doughnuts Without Eggs.**

---

$\frac{3}{4}$  cup of sugar, 1 cup of milk, 2 tablespoons melted butter, 1 teaspoon soda, 2 teaspoons cream of tartar. A little nutmeg and flour enough to roll.—Mrs. J. A. Perras.

**Molasses Cookies.**

---

1 cup butter (or lard and butter), 1 cup sugar, 1 cup molasses,  $\frac{1}{2}$  cup milk, 1 egg, 2 teaspoons soda, 4 teaspoons ginger, 4 cups flour. Make moderately stiff dough. Roll out, not too thin, and bake in moderate oven.—Mrs. Robert Neill.

**Ginger Snaps.**

---

1 cup sugar, 1 cup butter and lard mixed, 1 cup molasses, 1 cup boiling water. Boil together, cool, and add: 1 teaspoon salt, 2 teaspoon soda, 1 teaspoon cream of tartar, 2 teaspoons ginger. Mix thick, roll thin, bake in moderate oven.—Mrs. L. D. Wallace.

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**Oatmeal Cakes.**

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2½ cups of flour, 2½ cups oatmeal or rolled oats run through meat cutter, 1½ cups sugar, 1 cup butter or butter and lard, 1 teaspoon soda dissolved in ½ cup warm water. Roll thin, bake in quick oven.—Mrs. L. D. Wallace.

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**Raisin Cake.**

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1 cup brown sugar, ½ cup butter, 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon, 1 cup sour milk, 1 cup chopped raisins, 2 large cups flour, ½ teaspoon cloves, ½ teaspoon nutmeg.—Mrs. L. D. Wallace.

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**Cake With One Egg.**

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½ cup milk, 1 cup sugar, 1 cup or more of flour, 2 teaspoons of baking powder, 2 teaspoons of butter.—Mrs. Cloutier.

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**Chocolate Cake.**

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1 egg, 2 tablespoons butter, 1 cup sugar, ¾ cup sweet milk, 2 squares chocolate melted in ¼ cup of milk, 1 teaspoon soda, 2 teaspoons cream of tartar, 1½ cups flour, 1 teaspoon vanilla. Bake in slow oven 25 minutes.—Mrs. E. Stone.



**Dark Drop Cake.**

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1 cup currants, 1 cup sugar,  $\frac{1}{2}$  cup pork drippings or butter, 1 cup molasses, pinch salt, 3 cups flour, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, 1 teaspoon soda in 1 cup boiling water. This makes 12 cup cakes.—Mrs. E. Stone.

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**Pork Fruit Cake.**

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1 lb. fat pork chopped fine, 1 pint boiling water poured over it, 1 lb. raisins, 1 lb. currants, 2 cups molasses, 1 cup sugar, 2 tablespoons of cinnamon, 1 teaspoon of cloves and allspice, 1 nutmeg, grated, 1 tablespoon dissolved in a little water, 8 cups of flour. This makes five small loaves.—Mrs. G. H. Martin.

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**Cheap Fruit Cake.**

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1 cup sugar (or  $\frac{3}{4}$ ) 1 cup sour milk,  $\frac{1}{2}$  cup butter or suet, 1 cup raisins, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon all kinds of spice, 2 cups of flour.—Mrs. Charlebois.

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**Feather Cake.**

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1 cup sugar,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups flour, 1 egg, 1 tablespoon butter, 2 teaspoons baking powder.—Mrs. Symons.

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**Apple Cake.**

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1 cup apple sauce (unsweetened), 1 cup sugar, 1 cup raisins,  $\frac{1}{2}$  cup butter, 2 cups flour, 1 teaspoon soda dissolved in apple sauce, 1 teaspoon cloves, 1 teaspoon cinnamon. Beat sugar and butter to a cream, add spice, raisins, apple, then flour. Delicious soft cake.—Mrs. G. Armstrong.

**Chocolate Cake.**

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1 cup sugar, butter size of an egg, yolk of 1 egg,  $\frac{1}{2}$  cup of scraped chocolate in  $\frac{1}{2}$  cup of boiling water,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon soda,  $1\frac{1}{2}$  teaspoons baking powder. Then add  $\frac{1}{2}$  cup boiling water. Use white of egg for frosting.—Mrs. Middleton.

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**Nut Cake.**

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2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sifted flour,  $\frac{1}{2}$  cup sweet milk, 2 teaspoons baking powder, 1 cup walnuts. — Mrs. Gilmour.

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**Sponge Cake.**

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3 eggs beaten separately, 1 cup sugar, a pinch of salt. Beat until very light; add 1 cup flour sifted 4 times, with 1 teaspoon baking powder. Flavor, then add  $\frac{1}{2}$  cup boiling water. Bake in a moderate oven about  $\frac{1}{2}$  hour.—Mrs. Gilmour.

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**Chocolate Cake.**

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$\frac{1}{4}$  cake Baker's unsweetened chocolate,  $\frac{1}{2}$  cup milk, yolk 1 egg. Boil till thick. 1 cup sugar, 1 tablespoon butter,  $\frac{1}{2}$  cup milk, 1 teaspoon vanilla,  $1\frac{1}{2}$  cups flour, 1 teaspoon soda. Sift flour and soda together. Bake in 2 layers or loaf.

**FILLING FOR CHOCOLATE CAKE.**— $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  tablespoon vinegar. Boil till it hairs, add beaten white of 1 egg and 5c worth marsh mallows. Put between layers, and use thin icing on top.—Mrs. L. D. Wallace.

**Dark Chocolate Cake.**

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1 cup sugar,  $\frac{1}{4}$  cup butter, yolk of 1 egg,  $1\frac{1}{2}$  cups flour, 4 table-  
spoons cocoa (dissolved),  $\frac{1}{4}$  cup water,  $\frac{1}{2}$  cup sour milk, 1 teaspoon  
soda, 1 teaspoon vanilla.

FILLING FOR ABOVE.— $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup hot water, 2 table-  
spoons corn starch (dissolved). Add a little vanilla and small piece  
butter when thick enough to remove from stove.

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**Eggless Spice Cake.**

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1 cup sugar, 1 cup butter, 1 cup sour milk, 2 cups flour, 1 cup  
raisins, 1 teaspoon of soda,  $\frac{1}{2}$  teaspoon of cloves, 2 teaspoons cinna-  
mon, dash of nutmeg.—Mrs. De Varennes.

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**Spice Cake.**

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$\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sour milk,  $1\frac{1}{2}$  cups flour,  
yolks of 2 eggs,  $\frac{1}{2}$  teaspoon each of spices, 1 teaspoon soda dissolved  
in a little hot water. Bake in two layers, putting jelly between,  
and using whites for frosting with  $\frac{1}{2}$  cup sugar.—Mrs. J. H. Savage.

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**Marble Cake.**

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White Part.— $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet  
milk, 1 cup flour,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, 1  
teaspoon lemon, little salt, whites of 2 eggs last thing.

Dark Part.— $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk,  
 $\frac{1}{2}$  cup molasses, 1 cup flour,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cloves,  
nutmeg, cinnamon, yolks of 2 eggs, little salt.—Mrs. Corcoran.

**Devil's Food.**

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Cream 1 cup sugar, small  $\frac{1}{2}$  cup butter with 1 cup sour milk. Beat 1 egg into mixture, then add following, which have been well sifted together:  $1\frac{1}{4}$  cups flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon (small) soda, 3 dessert spoons Fry's cocoa. Bake in moderate oven 35 or 40 minutes.—Mrs. J. J. Ryan.

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**Sponge Cake.**

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Whites of 2 eggs, beaten stiff,  $\frac{3}{4}$  cup sugar, yolks of 2 eggs beaten stiff. Beat half of sugar in whites, half in yolks, then beat all together; 1 cup pastry flour, after sifting twice, with 1 tablespoon baking powder and little salt, beat in little flour at a time into eggs, 3 tablespoons of boiling water, 1 spoonful at a time.—Mrs. Geo. Jones.

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**Delicate Layer Cake.**

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2 eggs,  $1\frac{1}{2}$  cups sugar, 1 cup sweet milk, little over  $\frac{1}{2}$  cup butter, 3 teaspoons baking powder. Beat well, using just enough pastry flour to make a light batter. Flavor to taste.—Mrs. J. J. Ryan.

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**Farmer's Fruit Cake.**

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2 cups of dried apples, chopped and soaked over night in cold water. Simmer in 2 cups of molasses for 2 hours. Add 1 egg and 1 cup butter. One teaspoon each of cloves, nutmeg, cinnamon and soda,  $3\frac{1}{2}$  cups flour.—Mrs. F. H. Stone.

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**Mocha Frosting.**

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1 cup frosting sugar, butter size of a walnut; 2 tablespoons cold coffee, 1 teaspoon vanilla, 2 teaspoon cocoa.—Mrs. E. McKenna.

## MISCELLANEOUS

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“Happiness for man—the hungry sinner—  
Since Eve ate apples—depends on dinner.—Byron.

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### Cheese Straws.

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½ cup grated cheese, 1 cup flour, pinch of salt, ½ cup either butter or lard rubbed into flour and cheese. Water enough to mix as for pie crust. Roll thin, cut in strips. Bake in quick oven.—Mrs. L. D. Wallace.

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### Marmalade.

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1 orange, 1 lemon, 1 grapefruit. Cut fine; add 3 cups of water to each cup of pulp. Let stand 24 hours. Cook until tender, then add an equal measure of sugar. Boil.—Mrs Ed. McKenna.

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### Carrot Marmalade.

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1 doz. large carrots grated or put through chopper. As many cups sugar as cups of carrots after grated. Juice of four lemons, and rind of 2. Stand over night, then boil till clear (about 1 hour).—Mrs. Raymond.

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### Prune Dessert.

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2 cups of prune juice, 3 scant tablespoons corn starch, crack stones, remove nuts, and chop. Stir well with mixture. Mould. Serve with whipped cream.—Mrs. G. Armstrong.

**Chutney Sauce.**

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1 doz. green tomatoes (chopped fine), 5 sour apples, 6 small onions, 2 peppers, 1 quart vinegar, 2 lbs. maple sugar, 2 even tablespoons salt, 2 even tablespoons mustard, 2 even tablespoons celery seed.

Boil vinegar and sugar and mustard seed. Chop tomatoes and onions and put in liquid. Add apples last, after the tomatoes are ready cooked.—Mrs. Raymond.

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**Pickled Pears.**

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Pare smoothly 2 lbs. of small winter pears. Cut them in halves, and take out the cores. Boil a pint of vinegar, 12 cloves, 12 oz. sugar, and a stick of cinnamon for ten minutes. Put the pears into the syrup and let them simmer very gently until perfectly tender. Take them out carefully, drain them, and put them in jars. Boil down the syrup and pour over the fruit, which must be covered with it.—Jennie L. Symons.

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**To Pickle Small Young Beets.**

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Cook beets until tender. To 1 pint vinegar add 1 tablespoon sugar and 1 teaspoon salt. Let boil and cover the beets. Seal. These will keep ready for use all winter.—Mrs. W. J. Snodgrass.

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**Another Way to Pickle Beets.**

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To 3 cups vinegar add 2 cups sugar and a little salt. Let boil to dissolve sugar and pour over beets.—A. C. S.

### Grape Catsup.

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5 lbs. grapes, boiled in a little water. Then put through a colander. Add 3 lbs. sugar, 1 pint vinegar, 1 tablespoon ground cloves, 1 tablespoon cinnamon, 1 tablespoon pepper,  $\frac{1}{2}$  teaspoon salt. Boil until thick. Bottle and seal. Nice to serve with cold meat.—Mrs. C. W. Berry.

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### Celery and Cheese au Gratin.

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To 2 cups of cooked celery (cut in small bits) add 2 cups of white sauce, using part celery water and part cream to make. Put a layer of the celery and sauce in a buttered dish, and sprinkle with grated or chopped rich cheese. Add another layer of celery and more cheese until the dish is nearly full. Sprinkle bread crumbs over the top; add bits of butter and a little shaved cheese, and brown in a quick oven.—Mrs. Nutting.

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### Cucumbers (a la creme).

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Peel 2 cucumbers as thinly as possible, and cut in two lengthways. Remove the seeds and cut the pieces into cubes of equal size. Cook them in salted water for twenty minutes. Take up and drain on sieve. Put the cucumbers in a stew pan with 1 oz. butter, half a cup of cream, a teaspoonful of castor sugar, salt, pepper and a tiny grating of nutmeg. Bring to a boil. Sprinkle a little chopped parsley over top.—Jennie L. Symons.

### Salt Fish Balls.

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1 cup raw salt fish, 1 pint potatoes, 1 teaspoon butter, 1 egg well beaten,  $\frac{1}{4}$  salt spoon pepper—more salt if needed.

Wash the fish and pick in half-inch pieces, pare the potatoes and cut in quarters. Boil fish and potatoes together until soft. Drain off all the water and mash and beat until light. Add butter and pepper, when slightly cooled add egg. Shape in a tablespoon. Roll in beaten egg and fine crumbs and fry in smoking hot lard one minute.—Mrs. Geo. Codd.

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### Excellent Hard Soap.

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5 lbs. of strained fat (no poultry fat),  $1\frac{1}{2}$  quarts of cold water, 1 can Babbitts potash,  $\frac{1}{2}$  cup ammonia,  $\frac{1}{2}$  cup kerosene oil, 2 table-spoons borax.

Melt, but not heat fat. Put water into an old pitcher and into this the can of potash, stirring frequently.

When dissolved and cool, put in ammonia, borax and kerosene oil. Pour this mixture slowly into the fat. Stir until about as thick as honey, then pour into a pan lined with well greased brown paper. Cut when cold.—Mrs. Gardner Stevens.

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### How to Cook a Husband.

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“Many a good husband is spoiled in the cooking. Some women keep them constantly in hot water, while others freeze them with conjugal coldness; some smother them with contention, and still



others keep them in pickle all their lives. These women serve them with tongue sauce.

Now it is not to be supposed that husbands will be tender and good if treated in this way, but they are, on the contrary, very delicious when managed as follows: Get a large jar, called the jar of carefulness, place your husband in it, and put him near the fire of conjugal love; let the fire be pretty hot, especially let it be clear; above all, let the heat be constant. Cover him with affections, garnish him with the spices of pleasantry, and if you add kisses and other confections, let them be accompanied with sufficient portion of secrecy, mixed with prudence and moderation."

