

PURITY
FLOUR



COOK
BOOK

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PURITY FLOUR

*Purity Flour
For Biscuits
For Pastry
For Bread
For Cakes
For All Your
Baking*



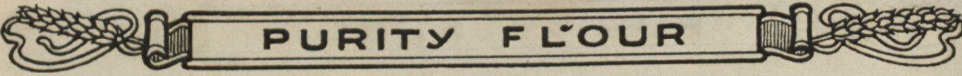
Western Canada Flour Mills Co., Limited

HEAD OFFICE: TORONTO

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BETTER BREAD—DELICIOUS PASTRY



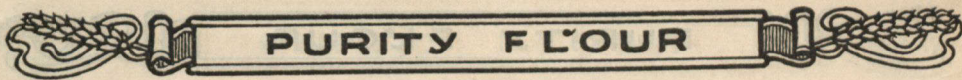
PURITY FLOUR

Ude, the famous Chef of England in the late 18th Century, stated that while Painters, Doctors, Lawyers and Authors might gain fame and reputation in their Twenties, a good cook was born and even then did not reach the height of his efficiency until well into middle age.

With the carefully prepared instruction in the PURITY FLOUR COOK BOOK to work from, the amateur or new cook may safely attempt the preparation of dishes once considered possible only in the kitchen of those employing a famous Chef.

To those of you taking up your culinary responsibilities for the first time—to those who have had experience—we commend this, our Second Book—first as a reliable text book, later as an inspiration in providing variety to the meals you serve.

BETTER BREAD—DELICIOUS PASTRY



THE NEW PURITY FLOUR COOK BOOK

Contains the best recipes of our last book to which have been added the carefully tested and selected recipes of experts adapted to the changes and improvements in culinary methods and apparatus.

A book with valuable information on the preparation of a varied number of dishes and confections for all ordinary meals and special occasions.

Invaluable to the new—and helpful to the experienced housewife.



BETTER BREAD—DELICIOUS PASTRY



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THE NEW
PURITY FLOUR
COOK BOOK

Contains the best recipes of the best bakers in the world...
which has been tested and found to be the most reliable...
and the most economical...
and the most delicious...
and the most healthful...
and the most economical...
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and the most healthful...
and the most economical...
and the most delicious...
and the most healthful...

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NATIONAL ART CO., TORONTO

BETTER BREAD—DELICIOUS PASTRY

FOREWORD



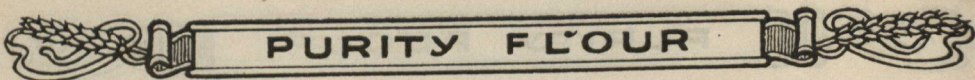
When kindly nature did her part nursing and strengthening our Western prairie soil to its wonderful fertility, when the hardy pioneers of the last century pushed their way in a thin line into the dormant wheat lands and with steady courage scratched the Earth's surface in the fight for life and subsistence—then was the foundation laid—then were the first painful efforts made, which to-day sees the name and fame of Canada spread to the ends of the Earth.

Toiling, struggling—gradually overcoming the hardships of a strange land, slowly adjusting themselves to the uncertain temper of the elements, experimenting, improving, failing but to recover and try again—but great as were the trials of these early pioneers—and tremendous as were their difficulties and disappointments—victory finally crowned their years of arduous endeavor and to-day their early dreams are realized in the waving acres, the rustling miles of golden grain—Canada's world renowned—Western Hard Spring Wheat.

Epochal as has been Canada's rise to prominence as the producer of the world's best wheat—her progress in the milling of this wonderful gift of nature has kept pace, step by step, and of those far seeing business men who laid the foundations of Canada's milling industry, none were quicker to appreciate the health and strength giving qualities of Canada's now famous Hard Spring Wheat, than the founders of the WESTERN CANADA FLOUR MILLS—none so keen to give to the world the best product of this the World's best wheat.

Thus for some twenty years a chain of massive mills of regularly increasing size have been grinding to capacity in their effort to keep pace with the world wide demand for PURITY FLOUR.

BETTER BREAD—DELICIOUS PASTRY



In keeping with our policy of rendering the limit of efficient service in the product of which we are so justly proud—PURITY FLOUR—it was our pleasure and privilege to be able to render another service to Canada's housewives, in the publication and distribution of the first PURITY FLOUR COOK BOOK.

Filling a long felt want, this fine collection of culinary master-pieces has earned a place of honor in the kitchens of Canada's homes, from coast to coast.

But styles change in cookery as in any other human activity, and while many of the old recipes will be popular for years to come, we have felt that there was a need for a new PURITY FLOUR COOK BOOK, and we take a great measure of pleasure in offering for your approval this our latest and best collection of recipes.

In this careful and generous selection of culinary instructions, you will find the best of the recipes from our last book, to which have been added a long list of tried and tested instructions for new dishes and confections and each recipe has been carefully read and checked by experts in their various lines.

The unselfish policy which had so much to do with the warm welcome our previous book received, has been carefully followed in this our latest book, and the housewife will find reliable and tried directions for the preparation of all kinds of food for meals served at any occasion.

It is therefore with great pleasure that we offer for the approval of Canada's housewives the new PURITY FLOUR COOK BOOK, confidently certain that it will provide an appetizing and appropriate solution of the culinary problems of any and every home.

WESTERN CANADA FLOUR MILLS CO., LTD.

BETTER BREAD—DELICIOUS PASTRY

INDEX

APPETIZING DRINKS

Breakfast Cocoa	26
Cider Punch	26
Dandelion Cordial	25
Fruit Punch	26
Grape Juice Syrup	26
Grape Punch	25
Hot Chocolate	26
Iced Tea	26
Orangeade	26
Raspberry Vinegar	25
Reception Cocoa	26
Tea Punch	25

BREAD, SCONES AND FANCY BREAD

Bread	19
Bran Bread	22
Bran Bread	23
Bread Sticks	23
Bran Brown Bread	24
Breakfast Rolls	24
Chelsea Buns	23
Christmas Bread	23
Date and Nut Bread	23
Delicious Tea Rolls	25
Graham Bread	21
Graham or White Wheat Bread	22
Hot Cross Buns	24
Home-Made Yeast	24
Molasses Bread	23
Nut Bread	23
Parker House Rolls	24
Plain Home-Made Bread	22
Quick Bread	20
Scotch Scones	22
White Bread	21
White Bread (Straight Dough)	17
White Bread—(Quick Method)	20
White Bread (Sponge Method)	21
White Bread (Over-night)	22

CAKES

Angel Cake	36
Apple Johnny-Cake	39
Apple Sauce Cake	42
Betty's Cake (Eggless)	30
Boiled Icing for Devil's Cake	37
Butternut Fruit Cake	35
Chocolate Coffee Cake	45
Christmas Cake	27
Cream Almond Cake	45
Coffee Cake	40
Coffee Cake	40

Cornstarch Cake	31
Canada Cake	42
Cream Blueberry Gingerbread	36
Chocolate Cake	39
Cocanut Cake	45
Date Cake	42
Date Cake	42
Devil's Cake	37
Golden Cake	41
Gingerbread	29
Easy Cake	30
Eggless Cake	30
English Christmas Cake	30
Foundaton Cake	31
Filling for Orange Layer Cake	40
Farmer's Fruit Cake	36
Hickory Nut Cake	35
Icing for Mocha Cake	39
Jelly Roll	43
Lemon Cake	29
Fudge Cake	32
Filling for Fudge Cake	32
Light Fruit Cake	41
Mother's Favorite Cake	29
Molasses Cake	35
Martha's Wedding Cake	36
Marble Cake	36
Mocha Cake	39
Moist Gingerbread	41
Mary's Cake	45
Nut Cake	32
Nut Cream Icing	32
Notes on Fruit Cakes	32
One-Egg Cake	29
Orange Cake	30
Old English Christmas Cake	32
Orange Layer Cake	40
Pineapple Cake	30
Pound Cake	35
Plain Cake	36
Palace Cake	42
Prince of Wales Cake	45
Purity Fruit Cake	31
Ribbon Cake	42
Rich Shortcake	40
Sour Milk Cake	42
Spice Cake	29
Soft Ginger Bread	31
Special Fruit Cake	31
Sponge Cake	31
Scotch Shortbread	35
Sponge Cake	40
Sultana Cake	40
Strawberry Shortcake	41

PURITY FLOUR

CAKES—Continued

Thrift Cake	41
White Christmas Cake	29
White Fruit Cake	32
Walnut and Cherry Cake	33
White Sponge Cake (Large)	39

CAKE FILLINGS AND FROSTINGS

Almond Icing	46
Almond Cream Filling	46
Almond Filling, No. 2	46
Apple Frosting	49
Banana Filling	48
Boiled Coffee Frosting	46
Boiled Orange Frosting	49
Butter Icing	50
Boiled White Icing	48
Boiled Frosting	50
Cream Filling	47
Chocolate and Coffee Filling	47
Creamy Filling	47
Chocolate Filling, No. 1	48
Chocolate Filling, No. 2	48
Chocolate Filling, No. 3	48
Confectioner's Frosting	49
Cocoanut Icing	50
Fig Frosting or Filling	48
Five Minute Frosting	50
Frosting	49
Fruit Filling	46
Fluffy Frosting	50
Icing for Mocha Cake	46
Lemon Filling	47
Milk Frosting	49
Marshmallow Icing	49
Maple Icing	49
Marshmallow Frosting	50
Mocha Frosting	50
Orange Filling	46
Orange Date Filling	47
Orange or Lemon Frosting	49
Orange Frosting	50
Plain Frosting	45
Peach Filling	47
Pineapple Filling and Frosting	47
Plain Chocolate Frosting	49
Quality Frosting	48
Substitute for Whipped Cream	46
Sugarless Cake Filling	48
Rich Chocolate Icing	49
Tutti Frutti Filling	48
Walnut Cream Frosting	50

CANDY

After-Dinner Mints	62
Butter Scotch	62
Chocolate Fruits, Nuts and Marshmallows	60
Chocolate Caramels	60
Chocolate Fudge 2	61

Christmas Joys	61
Chocolate Creams	62
Date Kisses	62
Fudge 1	61
How to Dip Candies	60
Molasses Taffy	62
Maple Pop-Corn	62
Maple Cream	60
Peanut Brittle 1	61
Peanut Brittle 2	61
Quick Fondant	60
Stuffed Figs	61
Stuffed Prunes	61
Stuffed Dates	61
Salted Almonds	62

CEREALS

Breakfast Cereal	59
Oatmeal Gruel	59
Purity Rolled Oats Porridge	59
Purity Food Pudding, No. 1	59
Purity Food Pudding, No. 2	59
Purity Food Gems, No. 1	59
Purity Food Gems, No. 2	59
Purity Food Custard	59

COOKIES, SMALL CAKES, WAFERS, ETC.

Brown Sugar Cookies	58
Butter Tarts	57
Cocoanut Puffs	51
Chinese Chews	53
Delicious Drop Cakes	51
Date Cakes	54
Date Drop Cakes	57
Date Cakes	52
Date Kisses	57
Fruit Jumbles	52
Fruit Cookies	58
Filling for Date Cakes	52
Ginger Snaps	58
Honey Drop Cakes	54
Health Bran Cookies	58
Hermites	58
Lady Fingers	51
Lemon Cookies	57
Marguerites	54
Mary's Cookies	55
Marguerites	57
Macaroons	54
Nut Cookies	57
Oatmeal Macaroons	51
Oatmeal Cookies	53
Oatmeal Macaroons	57
Peanut Cookies	52
Pecan Chocolate Wafers	52
Plain Cookies	53
Peanut Macaroons	57
Rocks	53
Scotch Shortbread	52

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

COOKIES, Etc.—Continued

Small Emergency Cakes	52
Shortcake Cookies	53
Soft Jumbles	54
Small Oatmeal Cakes	54
Trilbys	53
Wafers	51
Walnut Wafers	53
Walnut Wafers	54

EGGS

Bacon and Eggs, New Style	72
Concordia Eggs	73
Dandy Stuffed Eggs	74
Egg Croquettes	71
Egg with Spaghetti	73
French Omelet	70
Fried Eggs	71
Foamy Omelet	72
Fricassee of Eggs	74
Hard Boiled Eggs	70
Individual Baked Eggs	71
Potato and Egg Pie	73
Soft Boiled Eggs	70
Scrambled Rice and Bacon	71
Scrambled or Buttered Eggs	71
Sardine Eggs	72
Spinach Omelet	72
Shirred Eggs in Giblet Sauce	73

FISH

Brook Trout	75
Broiled Halibut	75
Baked Halibut	75
Boiled Salt Mackerel	76
Baked Salmon	77
Broiled Oysters	79
Boiled Cod With Oysters	79
Boiled Cod with Oysters	82
Codfish Balls	76
Creamed Codfish	76
Creamed Fish	76
Clams	80
Casserole of Rice and Fish	81
Creamed Salmon	81
Creamed Fish	82
Crabs	81
Dressing for Baked Salmon	77
Fish	74
Fillet of Haddock or Cod	75
Fried Smelts	76
Frogs' Legs	81
Finnan Haddie	75
Filling for Oyster Patties	80
Fish Croquettes	82
Fish Loaf	82
Lobster	80
Fried Oysters	80
Lobster Ramequins	81
Oysters on Half Shell	79

Oyster Stew	79
Oyster Fritters	80
Pigs in Blankets	79
Planked Fish	81
Salmon Mould (Canned or Fresh Salmon)	76
Salmon Mould, No. 2	76
Salmon-Croquettes	79
Shellfish	79
Scalloped Oysters	80
Scallops	80
Salmon Salad	82

FISH SAUCES

Caper Sauce	83
Drawn Butter Sauce	84
Egg Sauce	84
Lobster	83
Oyster Sauce	83
Sauce Hollandaise	83
Stuffing for Fish	84
Tomato Sauce	83
Tartare Sauce	83
White Sauce	84

GELATINE DESSERTS AND ICES

Banana Sponge	65
Chocolate Dessert (Hot)	66
Currant Ice	68
Charlotte Russe	64
Coffee Sponge Cream	67
Coffee Dessert	65
Coffee Parfait	69
Cold Fruit Pudding Also Used for Salad	69
Desserts	63
Fresh Strawberry Bavarian Cream	64
French Chocolate Cream	66
Freezing Creams	67
Ginger Sherbet	69
Ginger Sherbet	68
Jellied Apples	64
Jellied Prunes	64
Lemon Jelly	63
Lemon Sherbet	68
Maple Pudding	64
Macaroon Cream	67
Nesselrode Pudding	69
Orange Jelly	63
Orange and Date Jelly	63
Quick Mint Jelly	63
Orange Charlotte	64
Orange Ice	67
Orange Ice	68
Oatmeal Ice Cream	68
Paradise Cream	69
Rice Cream Mould	65
Strawberry or Raspberry Whip	65
St. Patrick's Pudding	65
Spanish Cream 1	66

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

GELETINE DESSERTS—Continued

Spanish Cream 2	66
Snow Pudding	66
Strawberry Ice Cream	68
Strawberry Frappe	69
Velvet Cream	67
Vanilla Ice Cream 1	68
Vanilla Ice Cream 2	68
Whipped Tapioca Cream	63

INVALID COOKERY

Arrowroot Gruel	85
Albuminized Water	85
Arrowroot Souffle	86
Apple Cake	87
Beef-Tea	84
Bavarian Rice	87
Barley Water	86
Gruels	85
Cornmeal Gruel	85
Egg-Nog	86
Flaxseed Syrup	86
Lime Water	85
Mutton Broth	85
Purity Oatmeal Gruel	85
Rice Water	86
Spanish Cream	86
Snow Pudding	87
Vanilla Ice Cream	86

LENTEN DISHES

Baked Macaroni and Cheese	90
Cheese Omelet	87
Cold Fish Fritters	90
Fried Hominy	89
Fish Pie with Potatoes	90
Fish Souffle	89
Herring Balls	88
Macaroni with Tomatoes	87
Milk Toast	88
Macaroni with Green Peas	88
Macaroni and Cheese Croquettes	89
Nut Souffle	90
Plain Omelet	88
Plain Macaroni	90
Rice Plain Boiled	89

MEAT

Beef	
Beefsteak	92
Beefsteak and Onions	92
Beef Heart	97
Beef a La Mode	95
Beef Loaf 1	96
Beef Loaf 2	96
Beef Omelet	97
Beefsteak Stew	95
Dried Beef	97
Dumplings for Stews	95
Horse-Radish Sauce, (For Roast Beef)	92

Horse Radish Sauce	92
General Rules	91
Gravy	93
Irish Stew	95
Jellied Tongue	97
Mock Duck	92
New England Boiled Dinner	95
Pot Roast	92
Purity Meat Pie	96
Roast Beef	93
Rolled Roast	91
Shepherd's Pie	96
Yorkshire Pudding 1	92
Yorkshire Pudding 2	92

Veal

Breast of Veal Roasted.....	98
Jellied Veal	98
Roast Veal	97
Stuffing for Roast Veal	97
Stuffing for Breast of Veal	98
Veal Cutlets	98
Veal Stew	98
Veal Loaf	98
Veal Cake	98

Lamb and Mutton

Batter for Tripe	100
Boiled Leg of Mutton	100
Braised Leg of Mutton	99
Fried Tripe	100
Lamb Chops	99
Lamb Stew	100
Mint Sauce	99
Mustard	99
Roast Lamb	99
Roast Shoulder of Mutton	99
Saddle of Mutton	100
Spring Stew	100
Stuffing for Braised Leg of Mutton	100
Sweetbreads	101
Sweetbreads in Cases	101
Sweetbread and Mushroom Pie	101
Sweetbread Saute	101
Tripe	100
Tripe in Batter	100

Pork

Apple Sauce for Roast Pork	102
Bacon and Apples	103
Baked Pork Tenderloin	102
Boiled Ham	103
Breakfast Bacon 1	102
Breakfast Bacon 2	102
Buckwheat Cakes	103
Fried Salt Pork	102
Ham Balls	103
Liver and Bacon	103
Pork Chops or Steaks	102
Pork Pie	102
Potted Ham	103
Roast Pork	101
Roast Spareribs	102

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

MEAT—Continued

Rissoles	96
Stuffing for Roast Pork	101
Sausages, Fried or Baked	104
Sausage with Buckwheat Cakes	103

Sauces for Meats	104
Mushroom Sauce 1	104
Mushroom Sauce 2	104

MUFFINS AND GEMS

Apple Dumplings	108
Bran Muffins	107
Bran Gems	107
Buckwheat Gems	111
Cornmeal Gems	108
English Muffins	107
Graham Muffins	107
Graham Gems	105
Gems	108
Hot Biscuit	108
Johnny Cake	108
Muffins	107
Oatmeal Gems	107
Potato Scones	108
Steamed India Pudding with Raisins	108
Scones	111
Tea Biscuits	109

PANCAKES, FRITERS AND GRIDDLE CAKES

Buttermilk Waffles	112
Corn-Meal Oyster Fritters	111
Crumb Pan Cakes	112
Dropped Doughnuts	111
Doughnuts	111
Fritter Batter	112
Fritter Fillings	112
French Pan Cakes	112
Griddle Cakes	113
Waffles	112

PICKLES

Apple Chutney	116
Beetroot Pickle	116
Corn Relish	115
Chili Sauce	117
Cabbage, Red, Pickled	118
Dressing	116
Green Tomato Pickle Chow-Chow	117
Green Tomato Pickle	117
Mustard Pickles	116
Mustard Chow-Chow	116
Pickled Apples	117
Peach Pickles	118
Ripe Cucumber Pickles	115
Sweet Pickled Pears, Peaches or Crab Apples	118
Tomato Chutney	117
Tomato Butter	117
Tomato Catsup	118

PIES

Apple Pie	161
Cream Pies	162
Caramel Pie	162
Cocoanut Custard Pie	162
Creamed Apple Tart	165
Chocolate Pie	165
Custard Pie	165
General Directions for Berry Pies	161
Lemon Meringue Pie	159
Mince Pie, Plain	162
Mince Pie, Richer	162
Orange Pie	161
Pumpkin Pie	165
Plain Rhubarb Pie	165
Prune Pie	166
Pineapple Sponge Pie	166
Raisin and Rhubarb Pie	161
Raisin Pie	163

POTATOES

Browned Potatoes to Roast	167
New Potatoes, to Boil or Steam	168
Potatoes to Boil in the Skin	166
Potato Puff	167
Potato French Fried	167
Potato Croquettes	167
Potato Border	167
Potato Puree	168
Potato Balls	168
Potato Soup	172
Stuffed Potatoes	166
Stuffed Sweet Potatoes	167
Scalloped Potatoes	167

SOUPS

Boullion	169
Beef Puree	170
Barley Soup	171
Bread Soup	173
Baked Bean Soup	174
Consomme	170
Chicken Soup	170
Cream of Tomato Soup	171
Cream of Cauliflower Soup	171
Cream of Carrot Soup	171
Cream of Celery Soup	172
Cream of Cress Soup	172
Delicious Fish Chowder	173
For Coloring Soups	169
Foundation for Cream Soups	171
Fish Bisque	172
Improved Oyster Stew	174
Jellied Chicken Boullion	172
Left Over Soup	170
Ox-Tail Soup	173
Soups with Meat Stock	169
Soups Without Meat Stock	169
Soups Made with Meat Stock	169
Summer Julienne	170
Soups Made Without Meat Stock	171

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

SOUPS—Continued

To Clear Soup	169
Winter Julienne	170
White Bean Soup	173

POULTRY AND GAME

Apple Sauce	124
Browned Apples	124
Boned Turkey	123
Chicken Pie	119
Chicken Curry	119
Chicken Stuffing	121
Cranberry Sauce	123
Cranberry Jelly	123
Canvas-Back, Red-Head and Mallard	126
Chicken Croquettes	126
Fried Chicken	119
Fricassee Chicken	120
Fried Squab	124
Grouse	125
Jellied Chicken	119
Other Game Birds	125
Pigeon Pie	123
Potato Stuffing	124
Quail a La Cendre	125
Roast Turkey	120
Roast Chicken	121
Roast Goose	123
Roast Duck	124
Roast Venison	124
Roast Wild Duck	125
Roast Partridge, Grouse, Pheasant, Quail, Prairie Chicken, etc.	125
Stewed Pigeon	123
Stuffing for Goose	124
Stuffing for Ducks, No. 1	124
Stuffing for Ducks, No. 2	124
Sauce for Chicken Croquette	126
Turkey Stuffing	120
Turkey Dressed with Oysters	120
Turkey Escalloped	123
Venison Steaks	125

PRESERVES

Apple Marmalade	127
Black-Currant Jelly	127
Black-Currant Jam	128
Canned Peaches	126
Cranberry Jelly	127
Currant Jelly	128
Cherry Jam	129
Grape Jelly	127
Gooseberry, Red Currant and Rasp- berry Jam	129
Ginger Pear	129
Lemon Marmalade	127
Orange Marmalade	127
Peach Jam	129
Rhubarb Marmalade	127
Red-Currant Jelly	128

Raspberry Jam	129
Rhubarb Jam	129
Raspberry Jam	129
Strawberries Preserved	126
Spiced Pears	130
Tomatoes Preserved	126

PUDDING AND DESSERTS

Apple Dumplings	130
Apple Tapioca Pudding	130
Apple Pudding	133
Apple Charlotte Russe	139
Bread and Butter Pudding	133
Baked Bananas	134
Baked Caramel Custard	138
Bread Pudding	140
Christmas Pudding	133
Carrot Pudding	134
Coffee Pudding	138
Cornstarch Pudding	140
Date Pudding	136
Date Pudding	137
Fig Pudding	135
Floating Island	135
Fig Pudding	137
Ginger Pudding	136
Ice Box Cake	135
Jackson Junkets	139
Lemon Tapioca	138
Mary's Jam Pudding	136
Marmalade Pudding	136
Moulded Coffee Tapioca	138
Orange Pudding	137
Purity Christmas Plum Pudding	131
Plum Pudding	133
Pineapple Pudding	133
Purity Breakfast Food Pudding	135
Plain Steamed Pudding	137
Plain Custard	140
Rice Pudding	135
Rice Dainty	136
Rice and Chocolate Pudding	136
Rhubarb Foam	137
Raspberry Float	138
Rice Mould	138
Suet Pudding	133
Snow Balls	134
Strawberry Short Cake	134
Steamed Apples	134
Steamed Dates	135
Sago Pudding	137
Steamed Fruit Pudding	137
Soft Cooked Custard	138
Soft Lemon Fruit Pudding	139
Steamed Pudding	140
Suet Pudding	140
Tapioca Cream	138
Whole Wheat Pudding	134
Victoria Pudding	136

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

PUDDING SAUCES

Brown Sugar Sauce	142
Custard Sauce	141
Cream Pudding Sauce	142
Foamy Hot Sauce I.	141
Foam Sauce II.	141
Honey Whipped Cream	141
Lemon Sauce	141
Orange Sauce	142
Pudding Sauce	142
Rich Chocolate Sauce	141
Plain Hard Sauce	141
Vanilla Cream Sauce for Steamed Puddings	142

PUFF PASTRY

Cheese Straws	115
Cream Rolls	115
Plain Pastry I	113
Plain Pastry II.	114
Plain Pastry III.	114
Puff Paste I.	113
Puff Paste II.	113

SALADS

Banana Ball Salad	144
Banana Salad	144
Banana and Celery Salad	144
Black Eyed Susan Salad	144
Beet Salad	147
Bird's Nest Salad	148
Cream Honey Salad Dressing	143
Cranberry Jelly Salad	143
Combination Salad	147
Cabbage Salad	147
Chicken Salad	148
Date Salad	144
Eggless Boiled Salad Dressing	142
Economy Boiled Salad Dressings (1 quart)	143
English Walnut Salad	150
French Dressing	143
French Dressing in Quantity	143
French Fruit Salad Dressing	143
Ham and Lettuce Salad	148
Individual Sardine and Tomato Salad	149
Lettuce	147
Lobster Salad	150
Mayonnaise Dressing	142
Milady's Salad	148
Molded Beet Salad	149
Mixed Vegetable and Egg Salad	149
Oyster Salad	149
Plain Fruit Salad	143
Potato Salad	148
Stuffed Tomatoes	145
Strawberry Salad	147
Shamrock Salad	147

Salad Dressing for Potato Salad	148
Spinach Salad	148
Shrimp Salad	150
Tomato Tapioca Salad	147
Tomato Surprise	150
Tomato Salad	150
Watermelon Salad	144

SANDWICHES

Cheese Sandwiches (hot) I.	151
Chocolate and Apple Sandwiches....	152
Date and Fig Sandwiches	155
Hot Cheese Sandwiches II.	151
Lobster Sandwiches	151
Minced Beef Sandwiches	155
Nasturtium Sandwiches	152
Nut Salad Sandwiches	153
Olive and Walnut Sandwiches	152
Olive Sandwiches	155
Potted Meat Sandwiches	152
Salmon Sandwiches	151
Sponge Cake and Nut Sandwiches	155
Strawberry Sandwiches	155
Walnut and Maple Sugar Sand- wiches	152
Wafer Sandwiches	152

SAVORIES AND SOUFFLES

Baked Crumb Omelet or Souffle	156
Baked Cheese	158
Baked Bananas	161
Chicken Souffle	156
Cheese Rarebit with Milk	158
Cheese Ramequins	158
Egg Souffle	156
Fish and Macaroni Souffle	157
General Directions for Cooking Souffles	156
Mushroom Toast	157
Onion Savory	157
Potato Souffle	158
Salmon Souffle	156
Salt Codfish Souffle	157
Sausage Toast	158
Welsh Rarebit	158

VEGETABLES

Asparagus No. 1.....	176
Asparagus with Eggs	177
Asparagus Omelet, Italian	177
Boston Baked Beans	175
Beets	175
Baked Macaroni with Cheese	175
Boiled Macaroni	176
Brussels Sprouts with Butter	178
Cauliflower	176
Cream Asparagus	176
Cabbage with Butter	179
Egg Plant	178
Green Peas	177

BETTER BREAD—DELICIOUS PASTRY


PURITY FLOUR

VEGETABLES—Continued

Helpful Hints for the Home	180
Lima Beans and Mushrooms	175
Mother's Baked Beans	175
Macaroni with Tomato Sauce	176
Parsnips	177
Sauce for Vegetables	174
Summer Squash	176
Spinach	177
Spring Carrots	177
Stewed Celery	177
Stuffed Peppers	178
Time Table for Cooking Vegetables in Water	174

Turnips	177
Vegetable Marrow, Fried	178
Time Allowance for Cooking:—	
Meats	181
Steaming	181
Vegetables	181
Roasting:—	
Bread and Cake	182
Broiling	182
Fish	182
Meats	182
Ordinary Oven Tests	182
Puddings	182
Weights and Measures	183

BETTER BREAD—DELICIOUS PASTRY



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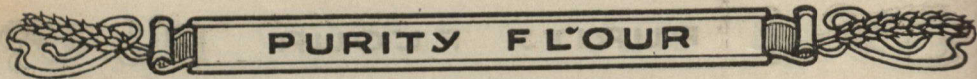
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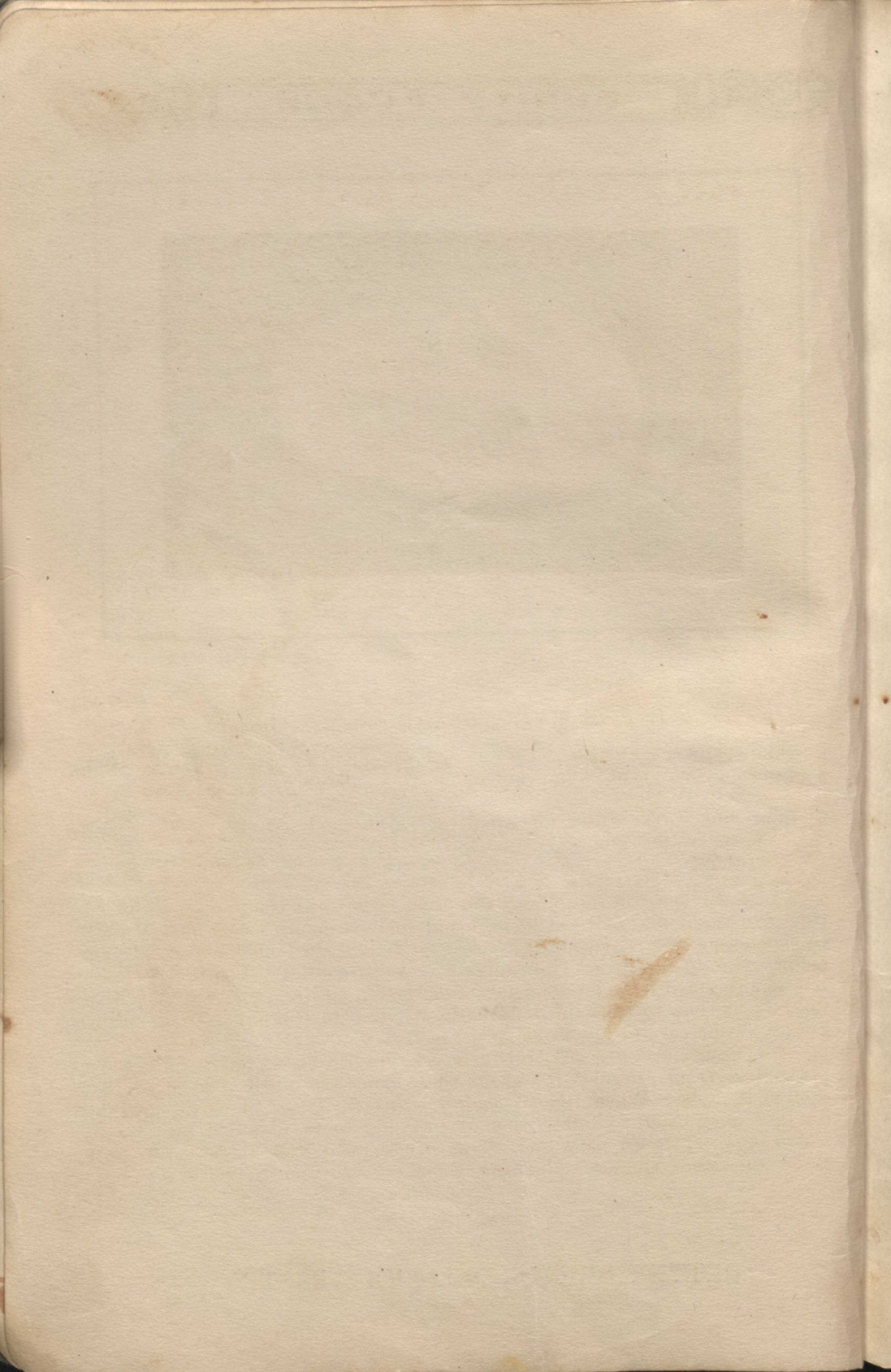
PURITY WHITE BREAD (*Straight Dough*)

- | | |
|---|------------------------------|
| 1 cake compressed yeast | 3 quarts sifted Purity Flour |
| 2 tablespoons lard or butter
(melted) | (about) |
| 1 quart lukewarm water, or equal
parts water and sweet milk
scalded | 2 tablespoons sugar |
| | 1 tablespoon salt |

To the lukewarm liquid add the yeast, stir until completely dissolved, then add sugar and salt. Add sufficient flour to make a soft batter. Stir in shortening and beat well. Now stir in flour until dough is formed sufficiently stiff to be turned from mixing bowl to moulding board in a mass. Knead this until it becomes smooth and elastic, adding if necessary a little flour from time to time until it ceases to stick to the hands or moulding board, but be careful not to make it too stiff.

Put dough in a greased bowl or crock, cover and set to rise in a warm place, free from draught, for about three hours, or until it is more than double in bulk. When light knead it a second time, place in bowl for another hour or until light, when it is ready to be moulded into loaves. Place in well-greased pans and allow to rise until it has doubled in bulk. Bake from 40 to 50 minutes. This will make 4 small loaves or 3 large ones.

BETTER BREAD—DELICIOUS PASTRY



BREAD, SCONES *and* FANCY BREAD

FLOUR is by far the most important ingredient in bread, and IT HAS BEEN PROVEN THAT BREAD MADE FROM PURITY FLOUR IS A MORE PERFECT FOOD AND WILL SUSTAIN THE BODY LONGER THAN ANY OTHER ARTICLE OF FOOD.

Good bread is the great need in every home—rich and poor.

Essentials of successful home breadmaking:

1. Good bread flour (*Purity*).
2. Good yeast.
3. Dough of the proper consistency.
4. Control of temperature at all stages.

FLOUR: Remember that flour always improves with age if stored under proper conditions. Any place which is dry and free from odors is suitable. The odors of tar, kerosene, gasoline, etc., are readily taken on by flour. Always sift flour as required. Keep in a warm place, or warm before using.

YEAST: Yeast is a plant, and in the process of growth it produces a gas which ferments and causes the dough to become light. In order to produce this gas the yeast must have food. Yeast obtains its food from the flour by converting the starch into sugar. Bread is often made without sugar, but with this process the dough should stand over-night. (See recipe, Plain Home-made Bread.) However, it is customary to use some sugar as a starter for the yeast. It is important to remember that salt retards the action of the yeast, and care should be exercised in getting the correct proportion of this ingredient.

Yeast requires a temperature ranging from 82 to 86 degrees Fahrenheit to get the best results. (A dairy thermometer is accurate enough and convenient for this purpose.) Do not let yeast get over-heated or chilled. In dissolving it always use luke-warm water.

Whatever kind of yeast is used it should be as fresh as it is possible to get. Compressed yeast should break clean, be firm, and have a wine-like odor. Dry yeast should not crumble and should have a strong characteristic odor of yeast. It should be purchased from a reliable source where the yeast is bought frequently and stored under proper conditions. If at all doubtful of the yeast, get fresh yeast instead of taking a chance on wasting a whole baking of bread. If you make your own yeast be very exact in measurements and have utensils and ingredients as clean as possible.

One compressed yeast cake is equal to 2 dry yeast cakes or 2 cups of home-made yeast.

CONSISTENCY OF DOUGH: If flour has had considerable age, dough should be made up fairly slack. If flour is fresh, make slightly stiff. The tendency is to make a dough too stiff. Make as soft as can be handled without sticking to hands or moulding board. In cold weather, when tempera-

BETTER BREAD—DELICIOUS PASTRY

ture of dough is apt to be a little below normal, it is wiser to have the dough fairly slack. In warm weather the reverse is the tendency, and the dough should be made a trifle stiffer.

Being able to judge the proper consistency comes with experience.

CONTROL OF TEMPERATURE: The tendency to get doughs too warm is just as great as to have them chilled. On account of the increased temperature in summer, and reverse in winter, it would be wise to set the dough slightly cooler in summer and warmer in winter.

When dough is mixed, place where it will be free from draughts and where temperature can be kept fairly uniform. Avoid placing it too near a stove or radiator—never place dish containing dough on floor. Even if it seems warm there is always more or less draught on the floor. Remember the cooler the dough the slower it will work. If the dough has become cool, to remedy this place the dough in a slightly warmer place. If the dough has become too warm, mould into loaves sooner than usual.

A sponge is ready to take when it is full of bubbles and just begins to drop.

A dough is ready to take when an impression of the finger causes it to begin to sag.

Bread is ready for the oven when the dent made by pressing the finger on the loaf will remain.

BAKING: The black sheet-iron pans are the best for baking bread in. Bread is best when baked in individual loaves, rather than several loaves in a large pan. Bread should be placed in an oven which is not too hot, but one that will cause the bread to begin to brown in about 15 minutes. Then reduce heat and bake slowly about half an hour longer. Remove bread at once from pan and place on a rack, or where all surfaces will be exposed to air, to cool. When cool put in bread tin, which has been cleaned and aired.

WHITE BREAD—(Quick Method)

- 2 cakes compressed yeast
- 2 tablespoons lard or butter, (melted)
- 1 quart lukewarm water
- 3 quarts sifted Purity Flour
- 2 tablespoons sugar
- 1 tablespoon salt

Dissolve yeast and sugar in lukewarm water, add lard or butter, and half the flour. Beat until smooth, then add salt and balance of flour, or enough to make dough that can be handled. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a moderately warm place, free from draught, to rise until double in bulk—about 1½ hours. Punch down and allow to rise again 30 to 45 minutes.

Mould into loaves. Place in well greased bread pans, filling them half full. Cover and let rise about one hour, or until double in bulk. Bake 45 to 60 minutes.

QUICK BREAD

- 4 Yeast cakes
 - 1 quart potato water.
 - ½ tablespoon salt
 - 2 tablespoonfuls sugar
 - 2 tablespoonfuls shortening
- Purity Flour as required

Dissolve yeast and sugar in small quantity of warm water, and allow to stand fifteen minutes, or until frothy.

Have water quite warm—warm enough to dissolve shortening quickly. To the shortening and water add

BETTER BREAD—DELICIOUS PASTRY

the salt. Beat into this sufficient flour to make a thick batter. Beat this batter for about 15 minutes, then add the yeast and sugar and gradually add flour till enough is added so that you can turn it out on the board and knead.

Knead the dough well, then turn it into wooden basin or large pan and allow it to rise till it is double its size. Knead again and set away till it rises again to twice its size.

Mould into loaves and allow each loaf to rise to the top of the pan when it will be ready for the oven. Bake for between 45 and 50 minutes in an oven hot enough to make the crust a light brown in about 15 minutes. This recipe ought to make about four loaves each weighing 1½ lbs.

NOTE.—Do not make your dough tight. PURITY drinks up a large amount of moisture as it rises.

Do not be afraid to beat the batter well and knead the dough well. PURITY FLOUR can stand it.

Be sure the dough is kept warm. Do not let it get chilled.

Be sure your yeast is fresh.

You should be able to complete a batch of bread in from 3 to 4 hours with this recipe.

If you use dry yeast cakes allow them to soak in warm water and a little sugar until they are foamy, before starting to make bread.

WHITE BREAD (*Sponge Method*)

- 1 cake compressed yeast
- 1½ quarts lukewarm water.
- 2 tablespoons lard or butter.
- 1 tablespoon salt
- 4½ quarts sifted Purity Flour
- 2 tablespoons sugar

Dissolve the yeast and sugar in 1 quart of the lukewarm water and

add to it 1½ quarts of sifted Purity Flour, or sufficient to make a soft batter. Set aside to rise for about 1½ hours in a warm place. When well risen add to it the pint of lukewarm water, salt and lard or butter. Mix in the remainder of the flour, or enough to make a moderately firm dough. Knead thoroughly and place in greased bowl. Cover and let rise for from 1½ to 2 hours. When double in bulk mould into loaves and place in well-greased baking pans. Cover and let rise again for about 1 hour. When light, bake from 40 to 50 minutes. This recipe makes 4 large loaves and the whole process takes 5½ to 6 hours.

WHITE BREAD

- 1 pint milk
- 1 pint water
- 1 tablespoon sugar
- 1 tablespoon lard
- 1 scant tablespoon salt

Scald milk, add ¾ cup yeast or ¾ yeast cake, ½ quart Purity Flour, mould down hard and let rise overnight. Shape into loaves, grease top and prick with fork. Let rise twice size. Bake 1 hour.

GRAHAM BREAD

- 1 pint Graham flour
- ½ pint Purity Flour
- ½ cup white sugar
- 1 teaspoon salt
- ¼ cup home-made yeast or ½ yeast cake.

Stir dry ingredients together well, then add yeast in equal parts milk and water to make a batter as stiff as it can be stirred with a spoon. Let rise until morning. Use Purity Flour enough to form into a loaf. Grease the top with lard before putting to rise the last time. Bake 1¼ hours in slow oven.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

PLAIN HOME-MADE BREAD

Pare 6 potatoes. Boil and mash them with the water in which they were boiled. Add 1 pint warm water, pour all on to a quart of Purity Flour and stir until free of lumps. Add 1 yeast cake, dissolved in half cup lukewarm water. Stir well, cover and set in a warm place all night. In the morning add 1 quart of lukewarm water and $1\frac{1}{2}$ table-spoons salt. Stir in Purity Flour to make a soft dough. Knead well, then let rise until light. When light place on the moulding board and knead again. Let rise 1 hour or until light, then mould into loaves and place in pans. Let rise, place in hot oven, bake about 1 hour. This quantity makes 6 or 8 loaves.

GRAHAM OR WHOLE WHEAT BREAD

- 1 pink milk, scalded and cooled.
- 2 teaspoons salt
- 2 cups Purity Flour
- 6 cups Purity Whole Wheat or Graham flour
- 2 teaspoons sugar.
- $\frac{1}{2}$ yeast cake or $\frac{1}{2}$ cup yeast.

Mix as white bread. This flour makes a softer dough and does not require so much kneading. Bake about 15 minutes longer than white bread. If you find the dough too moist, add a little more flour.

BROWN BREAD: When making white bread take out batter enough for 1 loaf (about 2 cups). Add to this 1 tablespoon molasses and 1 of lard. Beat the batter for 5 minutes. Then gradually mix in whole wheat or Graham flour to make a soft dough. Knead well. Let it rise until quite light, put in greased pans, let rise and bake in a moderate oven.

WHITE BREAD (Over-night)

- 1 cup mashed potatoes
- 1 tablespoon lard or butter
- 1 teaspoon sugar
- 1 yeast cake or 1 cup yeast.
- $1\frac{1}{2}$ teaspoons salt.
- 1 pint potato water
- $1\frac{1}{2}$ to 2 quarts Purity Flour

Mix mashed potatoes while hot with the lard, sugar, salt and the pint of lukewarm water in which potatoes were boiled. Add the yeast and enough flour to make a stiff batter. Beat well for 5 minutes, then set it to rise in a warm place, well covered. Set this about three in the afternoon (in winter); in the evening gradually mix in the remainder of the flour. Beat well till too stiff to beat longer, then knead till smooth and elastic. Keep the dough well covered and warm all night. In the morning mould into loaves and put into buttered pans, let rise and bake.

BRAN BREAD

- 1 quart bran (scant)
- 1 pint Purity Flour
- $\frac{1}{2}$ cup molasses
- 1 teaspoon soda
- 1 pint buttermilk
- Salt

Raisins or nuts, if desired

Mix dry ingredients, add molasses and buttermilk in which soda has been dissolved. Chopped raisins or English walnuts or both may be added if desired. Bake slowly $1\frac{1}{2}$ hours. This mixture may be baked in gem pans.

SCOTCH SCONES

Four cups Purity Flour, 1 tea-spoon of soda, $\frac{1}{2}$ teaspoon of cream of tartar, a little salt, 2 tablespoons shortening, sour milk enough to make a soft dough. Roll out $\frac{1}{2}$ inch thick and bake on top of the stove where the heat is not too great, or on a moderately hot griddle.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

MOLASSES BREAD

- 1 cup raisins
- 1 egg
- 1 teaspoon baking soda
- 1 cup molasses
- Pinch of salt
- 1 cup walnuts (broken)
- 3 cups Purity Flour
- 1 cup milk
- 1/2 cup sugar

Beat egg, add milk and sugar, add part of flour. Then add molasses, nuts and raisins and remainder of flour. Last add the soda dissolved in a little hot water. Bake 1 hour in a moderate oven. This makes 2 loaves.

CHRISTMAS BREAD

Dough enough for one loaf

- 1 cup sugar
- 1/2 cup lard
- 1 cup raisins seeded
- 1/2 cup currants
- 1 egg
- 1 teaspoon mixed spices
- 1/4 teaspoon soda

Beat the sugar, spices and soda into the lard. Fold the mixture into the dough, beat again slightly and cut into the dough; fold in the raisins and currants slightly floured. Bake in two loaves in a moderate oven.

CHELSEA BUNS

Make a sponge as for buns; when light add 1 egg and flour to make a stiff dough. Knead and let rise until double in bulk, then roll 1/4 inch thick. Spread with

- 3 tablespoons butter (softened)
- 1/3 cup currants
- 2 teaspoons cinnamon
- 1/2 cup brown sugar

Roll the dough and cut it into slices 1 inch thick. Place in well greased biscuits or muffin pans, with cut surfaces up and down. When very light bake in a moderate oven 30 to 40 minutes.

DATE AND NUT BREAD

- 1 egg (well beaten)
- 1 small cup sugar
- 3 cups Purity Flour
- 4 teaspoons baking powder
- 1 small teaspoonful salt
- 1 1/2 cups milk
- 1 cup finely chopped walnuts
- 1 cup dates cut fine

METHOD.—Fill 4 baking powder pans (buttered) half full of the mixture and let stand on stove in a warm place 20 minutes. Bake one hour in a moderate oven.

NUT BREAD

- 4 cups Purity Flour
- 1/2 cup brown sugar
- 1 1/2 cups milk
- 1 cup chopped dates.
- 1 cup mixed nuts
- 4 teaspoonfuls baking powder
- 1 teaspoonful salt
- 1 egg well beaten
- 4 tablespoonfuls butter

Sift flour, salt and baking powder, add sugar, dates and nuts. Beat egg with milk and add together. Let rise 1/2 an hour and bake in a slow oven.

BRAN BREAD

- 2 cups milk
- 2 cups bran
- 1 teaspoon salt
- 2 eggs
- 4 tablespoons butter
- 2 cups Purity Flour
- 4 teaspoons baking powder

Mix well put in pan and bake 40 minutes this will make one loaf.

BREAD STICKS

Ordinary bread dough can be used, but that for Parker House Rolls is more easily shaped and gives crisper sticks. When the dough is light, cut pieces from the side and roll under the hands to about 4 inches long and the thickness of a lead pencil, let them rise until light, then bake in a hot oven. When nearly done glaze with the white of an egg.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

PARKER HOUSE ROLLS

- 1 yeast cake
- 1 pint milk (scalded and cooled)
- 2 tablespoons sugar
- 4 tablespoons lard or butter (melted)
- 3 pints sifted Purity Flour
- 1 teaspoon salt

Dissolve yeast and sugar in lukewarm milk. Add lard or butter and $1\frac{1}{2}$ pints flour. Beat until perfectly smooth. Cover and let rise in a warm place about 1 hour, or until light. Then add the salt and remainder of flour, or enough to make a soft dough. Knead well, place in greased bowl, cover and let rise in a warm place for about $1\frac{1}{2}$ hours, or until double in bulk. Roll the dough out $\frac{1}{4}$ -inch thick, brush over lightly with butter, cut with biscuit cutter first dipped in flour. Crease through the centre heavily with handle of a knife and fold over in pocket-book shape. Place in well-greased shallow pans, 1 inch apart. Cover and let rise until light—about three-quarters of an hour. Bake 20 minutes in a hot oven.

NOTE.—Be careful not to let these rise too quickly, or they will lose their shape.

HOME-MADE YEAST

- 1 quart potatoes, cut in pieces
- 3 pints boiling water
- 1 cup flour
- 2 tablespoons salt
- $\frac{1}{4}$ cup sugar
- 2 yeast cakes, or
- 1 cup home-made yeast.

Cook potatoes in boiling water. When tender, drain reserving stock. Press potatoes through strainer. Mix dry ingredients, scald with 1 pint potato stock, and beat until smooth. Add remainder of stock and potato. When lukewarm add yeast cakes which have been dis-

solved in 1 cup lukewarm water. Keep warm until light and foamy; then put in a cool place. Stir each time before using. If bread is set in the morning, for liquid use 2 cups lukewarm water and 2 cups home-made yeast.

BREAKFAST ROLLS

Take bread dough when ready to shape into loaves. Cut in pieces according to size of roll desired. Shape with thumb and fingers into round balls. Place close together in a pan if liked without a crust, or 2 inches apart on baking sheet if wanted crusty. Brush with butter, cover closely and let rise slowly at first, and raise temperature at last. Let rise until nearly three times their original size. Bake in a quick oven about 25 minutes.

HOT CROSS BUNS

- 1 cake compressed yeast
- 1 cup milk (scalded and cooled)
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup raisins or currants
- $3\frac{1}{4}$ cups sifted Purity Flour
- $\frac{1}{4}$ cup butter
- $\frac{1}{3}$ cup sugar
- 1 egg

Dissolve yeast and 1 tablespoon of sugar in lukewarm milk. Add $1\frac{1}{2}$ cups flour to make sponge. Beat until smooth. Cover and let rise until light, in warm place free from draught, about 1 hour.

BRAN BROWN BREAD

- 1 cup Purity Flour or whole wheat flour
- 1 teaspoon soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup seeded raisins, floured
- 1 cup bran
- $\frac{1}{2}$ cup honey
- 1 cup sour milk

Sift together the flour, soda and salt, and add the other ingredients.

BETTER BREAD—DELICIOUS PASTRY

Steam 3 hours or bake 40 minutes in a slow oven. If the amount of milk is increased by half, the bread is more delicate.

DELICIOUS TEA-ROLLS

- 1 compressed yeast-cake
 - 1/2 cupful scalded milk
 - 1/2 cupful tepid water
 - 1 tablespoonful sugar
 - 3 cupfuls Purity Flour
 - 2 tablespoonfuls lard or butter
 - 1 teaspoonful salt
- Add shortening to milk, and let

cool till lukewarm. Soften yeast and dissolve sugar in the water, combine mixtures, beat in half of the flour, whipping till very smooth, then add the balance together with the salt. Knead thoroughly; roll one-fourth inch thick, brush lightly with melted butter, shape with a two-inch biscuit-cutter, crease and fold over in a pocket-shape. Set to raise in a warm place for about two hours, and bake fifteen minutes in a moderate oven. This makes two dozen small rolls.



APPETIZING DRINKS

TEA PUNCH

- 4 cupfuls water
 - 2 cupfuls sugar
 - 3/4 cupful lemon juice
- Strong cold tea

Boil sugar and water together for fifteen minutes; cool, add lemon juice and freeze in three parts ice to one part salt. Serve in frappe or tall tea-glasses, pouring two or three tablespoonfuls of the tea over each serving.

RASPBERRY VINEGAR

- Red raspberries
- Moderately strong vinegar
- Sugar
- Ice-water

Place the raspberries in a stone jar, cover with one pint of moderately strong vinegar to each pint of berries, and let stand overnight. Strain off the juice and to each pint add two cupfuls of sugar. Boil ten minutes and bottle while hot. Dilute with ice-water for serving.

DANDELION CORDIAL

- 2 quarts dandelion blossoms
- 4 quarts boiling water
- 3 pounds sugar
- 2 oranges
- 1 lemon

Pour the boiling water over the dandelion blossoms and let stand overnight. Strain, and add to the liquid the sugar dissolved in boiling water, the oranges, and the lemon, sliced thin. Let stand for three days and strain before serving.

GRAPE PUNCH

- 1 pint grape juice
- Juice 2 lemons
- Juice 2 oranges
- 1 cupful cut oranges
- 2 quarts water
- 1 cupful sugar
- 1 cupful halved and seeded Tokay grapes

Boil the sugar and water together for ten minutes. Cool, add the fruit juices and fruit and either serve with cracked ice, or iced in a punch bowl. This amount serves twelve guests.

BETTER BREAD—DELICIOUS PASTRY

GRAPE JUICE SYRUP

- 20 pounds of blue grapes
- 2 quarts water
- 6 pounds sugar

Wash grapes and put on to cook with water. Boil until seeds separate, put through colander, then drain over night in jelly bag. Boil ten minutes, add sugar and boil another ten minutes. Bottle while boiling in well sterilized bottles filling almost to the top. Cork and seal with wax. When serving add water to taste.

BREAKFAST COCOA

- 1½ tablespoons cocoa
- 2 tablespoons sugar
- 2 cups boiling water
- 2 cups milk
- Few grains salt

Scald milk, mix cocoa, sugar and salt dilute with ½ cup boiling water to make smooth paste, add remaining water and boil five minutes. Turn into scalded milk and beat two minutes with egg beater until frothy.

RECEPTION COCOA

- 3 tablespoons cocoa
- ¼ cup sugar
- a few grains salt
- 4 cups milk
- ¾ cup boiling water

Scald milk. Mix cocoa, sugar and salt, adding enough to make a smooth paste, add remaining water and boil five minutes. Pour into scalded milk. Beat two minutes with egg beater. Serve with whipped cream.

ICED TEA

- 4 teaspoons tea
- 2 cups boiling water.

Follow usual method for making tea. Strain in glasses 1/3 full of cracked ice. Sweeten to taste and allow one slice lemon to each glass of tea. The flavor is much finer by chilling the infusion quickly.

CIDER PUNCH

- 1 quart of new or bottled cider
- ¾ cup lemon juice sugar
- 1 quart apollinaris
- Ice

Mix cider and lemon juice and sweeten to taste. Strain into punch bowl over a large piece of ice. Just before serving add apollinaris. (mineral water)

HOT CHOCOLATE

- 2 ozs. sweetened chocolate
- 4 cups milk
- Few grains salt
- Whipped cream

Scald milk, add chocolate, and stir until chocolate is melted. Bring to boiling point, then beat with egg beater until frothy and serve in chocolate cups with whipped cream sweetened and flavored.

ORANGEADE

- Grated rind of 9 oranges
- 3½ pounds sugar
- 3 ounces citric acid

Mix together and pour over the mixture five pints of boiling water. Let cool and stand for 24 hours. Bottle without straining. Strain before using and allow one part of syrup to two parts of water.

FRUIT PUNCH

- 9 oranges 6 lemons
- 1 cup grated pineapple
- 1 cup raspberry syrup
- 1½ cups tea infusion
- 1¼ cups sugar
- 1 cup hot water
- 1 quart apollinaris

Mix juice of oranges and lemons with pineapple, raspberry syrup and tea; then add a syrup made by boiling sugar and water 15 minutes. Turn in punch bowl over a large piece of ice. Chill thoroughly and just before serving add apollinaris.



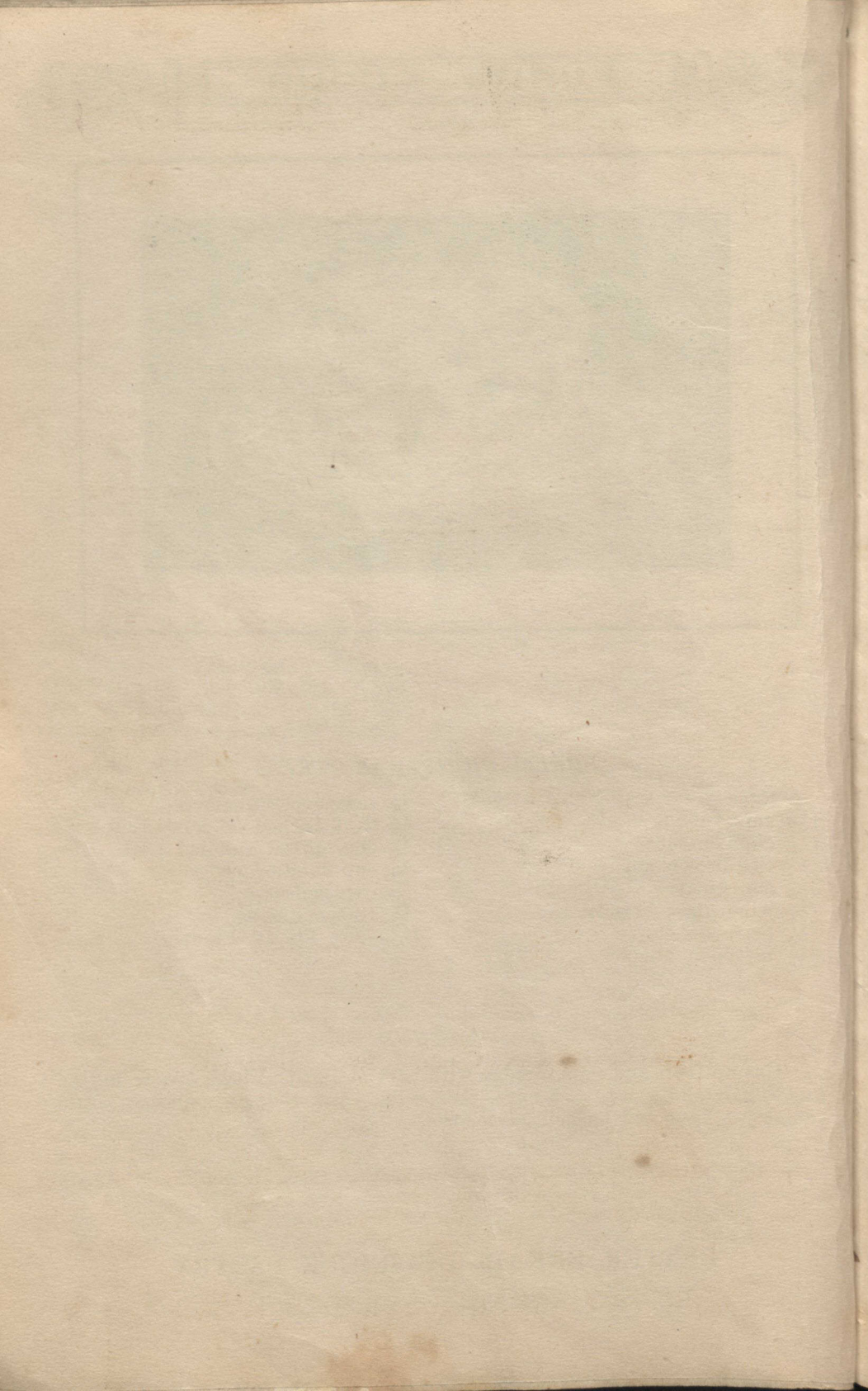
PURITY CHRISTMAS CAKE

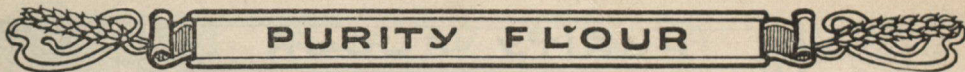
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| 3 Eggs | 1/2 teaspoon cinnamon |
| 1 1/2 cups raisins | 1/4 lb. blanched almonds (cut fine) |
| 1 1/2 cups currants | 1/4 cup mixed candied peel |
| 1 cup brown sugar | 1/4 cup candied cherries |
| 1/2 cup butter | 1/4 cup molasses |
| 1/2 wine glass brandy | 1/4 teaspoon soda |
| 1/2 teaspoon cloves | 1 1/4 cups Purity Flour |
| 1/2 teaspoon allspice | |

METHOD

Cut up fruit and nuts, dredge with part of Purity Flour, cream butter and sugar, add spice, then eggs, then milk. Mix soda in molasses. Add remaining flour and bake in slow oven.

BETTER BREAD—DELICIOUS PASTRY





PURITY FLOUR

CAKES

GINGERBREAD

- 1 well beaten egg
- 2 heaping teaspoons sugar
- 3 tablespoons melted butter
- $\frac{1}{2}$ cup molasses
- 1 teaspoon baking soda
- 1 teaspoon powdered ginger
- 1 teaspoon powdered cinnamon
- 1 cup boiling water
- $2\frac{1}{2}$ cups Purity Flour.

METHOD.—Beat up the egg, add the sugar, butter, molasses, the flour sifted with the spices, and the soda dissolved in the boiling water. Bake in a steady oven. This cake may be used as a sweet with whipped cream.

SPICE CAKE

- 2 Cups sugar
- 1 cup molasses
- $1\frac{1}{2}$ cups butter
- 1 cup sour milk
- 2 tablespoons cinnamon
- 1 tablespoon cloves
- 5 eggs
- 2 nutmegs
- 1 lb. raisins
- 5 cups Purity Flour
- 1 large teaspoon soda
- $\frac{1}{2}$ lb. currants, ($\frac{1}{2}$ lb. citron, if wanted rich)

LEMON CAKE

- 2 cups white sugar
 - 1 cup sweet milk
 - $\frac{1}{2}$ cup butter
 - 2 teaspoons baking powder
 - 3 cups Purity Flour
 - 2 eggs (beaten separately)
- Mix as usual, sifting the baking powder and flour together before adding. Add the eggs last of all, the whites and yolks beaten separately. Bake in layers, and spread with filling preferred.

ONE-EGG CAKE

- $\frac{1}{2}$ cup butter
- 1 cup of sugar
- 1 egg
- 2 cups of Purity Flour
- 1 cup of sweet milk
- 3 teaspoons baking powder.

Mix as directed and bake in a hot oven.

MOTHER'S FAVORITE CAKE

- $\frac{1}{2}$ cup milk
- 1 cup pulverized sugar
- $\frac{1}{2}$ cup butter
- 1 egg (whole) and whites of 2 more
- 2 cups (scant) Purity Flour
- 1 teaspoon (large) baking powder
- 1 teaspoon vanilla
- 1 cup seeded raisins (well-floured)

Bake in square tin. Frost with plain or chocolate icing. Cut in squares.

WHITE CHRISTMAS CAKE

- $\frac{1}{4}$ Cup butter
- 1 cup sugar
- $\frac{1}{2}$ cup milk
- 1 cup Purity Flour
- 3 eggs beaten separately
- 1 lb. Sultanas
- 1 lb. coconut
- $\frac{1}{4}$ lb. chopped citron peel
- $\frac{1}{2}$ lb. glazed cherries
- $\frac{1}{4}$ lb. blanched almonds
- 2 teaspoonfuls baking powder
- 2 teaspoonfuls vanilla
- 1 teaspoonful lemon
- 1 teaspoonful almond

Cream butter and sugar, add beaten eggs and milk. Mix dry ingredients in separate bowl and stir well. Add to creamed butter and eggs, mixing well. Bake two hours in slow oven.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

EASY CAKE

- 1 Egg
 - 1 cup sugar
 - Butter size of egg
 - 1/2 cup sweet milk
 - 2 small teaspoons baking powder
 - Purity Flour to make stiff batter
 - Flavor with vanilla
- Bake in 1 large tin or 2 small ones.
Ice with chocolate.

PINEAPPLE CAKE

Cream 1/2 cup shortening and 1 cup sugar. Add 2 well beaten egg yolks. Mix and sift 2 cups Purity Flour, 1/4 teaspoon salt, 4 teaspoons baking powder. Add alternately with 3/4 cup pineapple syrup. Fold in 2 whites.

ICING.—Stiffly beaten 1 egg white. Add 1 cup sifted powdered sugar and 3/4 cup pineapple. Beat well and add more sugar.

ORANGE CAKE

- 2 Eggs
 - 1 cup of sugar
 - 1 tablespoon melted butter
 - 1/2 cup of milk
 - 1 1/2 cups of Purity Flour,
 - 2 teaspoons baking powder,
 - 1 tablespoon of orange juice
 - 1 teaspoon grated rind
- Mix in order given and bake in square pan, split and fill with orange cream.

Orange Cream:—Put into a cup the rind of 1/2 and the juice of 1 orange, 1 tablespoon of lemon juice, and fill with hot water. Strain and put on to boil, add 1 tablespoon corn starch, wet with cold water and cook ten minutes, being careful not to scorch. Beat yolk of 1 egg with 2 heaping teaspoons sugar, add to the mixture with 1 teaspoon butter, let cook until the butter is dissolved and cool. Fill the cake with cream and frost with orange icing.

EGGLESS CAKE

- 1 cup brown sugar and 1/2 cup butter
 - 2 cups Purity Flour
 - 1 large cup of sweet milk and 2 teaspoons baking soda, or 1 cup sour milk and 1 teaspoon baking soda
 - 1 1/2 cups of seeded raisins
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon cloves
 - 1/2 teaspoon allspice
 - a pinch of mace
 - a pinch of salt
- Cream butter and sugar; add other ingredients and bake in a slow oven 40 minutes.

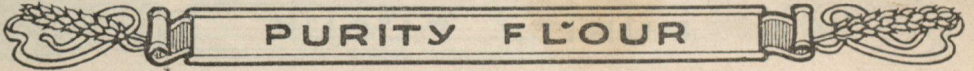
ENGLISH CHRISTMAS CAKE

- 3/4 pound butter
- 1 pound brown sugar
- 2 pounds currants
- 2 pounds raisins
- 1 pound dates
- 10 eggs (8 will do)
- 1/4 pound almonds
- 1/4 pound walnuts
- 1/2 cup molasses (or rose water)
- 1/2 teaspoon cloves
- 1 teaspoon allspice
- 1 teaspoon mace
- 1 teaspoon mixed spice
- Vanilla
- 3/4 teaspoon soda
- 5 cups Purity Flour
- 3/4 or 1 cup brandy

BETTY'S CAKE (Eggless)

- 1 Cup sugar
- 1/3 cup butter
- 1 cup sour milk
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- Nutmeg to taste
- 1 teaspoon soda
- 1 cup raisins
- 2 cups Purity Flour

BETTER BREAD—DELICIOUS PASTRY



CORNSTARCH CAKE

- 1 cup white sugar
- 1/2 cup butter
- 3 eggs
- 3/4 cup milk
- 1 1/2 cups Purity Flour
- 1/2 cup cornstarch
- 1 teaspoon vanilla
- 2 teaspoons baking powder

FOUNDATION CAKE

- 1 Cup white sugar
- 1/2 cup butter
- 2 eggs
- 1/2 cup milk
- 1 teaspoon vanilla
- 1 1/2 cups Purity Flour
- 2 teaspoons baking powder
- Pinch of salt
- 1/2 cup cornstarch

Cream butter and sugar, add unbeaten eggs, milk, flour to which has been added, salt, cornstarch and baking powder. This is a good foundation for layer or plain cake, with any kind of filling or icing. If baked in two layers 15 minutes in moderate oven, if one layer twice the time. Add vanilla last.

SOFT GINGER BREAD

- 3/4 Cup molasses
- 1 cup brown sugar
- 1/2 cup butter
- 1 cup sour milk
- 3 eggs
- 3 cups Purity Flour
- 1 tablespoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon soda

Cream the butter and sugar, and add the molasses. Then add the eggs, one at a time, and beat thoroughly. Melt the soda in the sour milk, mixing well. Sift the flour and spices and add to the other mixture, alternating with the milk. Bake either in gem pans or in a ginger cake tin. This will make twenty-four gems or one large cake.

PURITY FRUIT CAKE

- 3 Eggs
- 1 1/2 cups raisins
- 1 1/2 cups currants
- 1 cup brown sugar
- 1/2 cup butter
- 1/2 wine glass brandy
- 1/2 teaspoon cloves
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon
- 1/4 lb. blanched almonds (cut fine)
- 1/4 cup mixed candied peel
- 1/4 cup candied cherries
- 1/4 cup molasses
- 1/4 teaspoon soda
- 1 1/4 cups Purity Flour

SPECIAL FRUIT CAKE

Two cups dried apples soaked over night, in the morning chop fine and boil one hour in 1 cup of molasses, then add:

- 1 cup sugar
- 1 cup sweet milk
- 1 cup butter
- 1 bowl raisins, or more if wanted rich, also currants, etc.
- 2 eggs
- 4 cups Purity Flour
- 1 heaping teaspoon soda
- 1 teaspoon (each) cinnamon, mace, nutmeg, cloves, ginger and allspice

SPONGE CAKE

- 1 Teacup of powdered sugar
 - 1/2 teaspoon cream of tartar
 - 1 tea cup Purity Flour
 - 3 eggs
 - 1/4 teaspoon soda
- Juice and grated rind of a lemon
- Cream yolks of eggs with sugar until very light, then add lemon juice and rind. Sift cream of tartar and soda with flour. Beat whites of eggs until stiff, and add to mixture, being careful not to stir any more than necessary, then very carefully fold in the flour. Bake 20 minutes in shallow tins.

PURITY FLOUR

OLD ENGLISH CHRISTMAS CAKE

- 1 Cup butter
- 2 cups brown sugar
- 1 cup water
- 4 cups Purity Flour
- 1 dessert spoonful each cloves, cin-
namon, ginger
- 2 nutmegs
- $\frac{1}{2}$ lb. mixed peel (chopped)
- $\frac{1}{2}$ lb. almonds (chopped)
- 3 lbs. seedless raisins
- 2 lbs. seeded raisins (cut in half)
- 1 lb. dates (chopped)
- 1 teaspoon soda

Caramel 1 cup brown sugar
add water

Cream, butter and sugar, add eggs
well beaten and carameled sugar
and water.

Mix in separate pan all dry in-
gredients, put together and mix
thoroughly. Bake in slow oven 4
hours or steam 2 hours and bake 2
hours.

This will make two large or three
medium sized cakes.

NUT CAKE

- 1 cup butter
- 1 cup sugar
- 3 eggs
- 1 cup milk
- Vanilla
- 2 cups Purity Flour
- 2 teaspoons baking powder
- 1 chopped walnuts
- Salt

Mix in the order given. Bake in a
flat pan about 30 minutes. When
cold ice with

NUT CREAM ICING

- 1 Cup sour cream
- 1 cup white sugar
- $\frac{1}{2}$ cup chopped nuts

Boil cream and sugar together un-
til it makes a soft ball when drop-
ped in water. Add nuts and beat
until thick enough to spread.

WHITE FRUIT CAKE

- 1 Cup butter
 - 2 cups sugar
 - 3 cups Purity Flour
 - 1 teaspoon salt
 - 8 egg whites
 - $\frac{3}{4}$ cup dessicated cocoanut
 - 3 level teaspoons baking powder
 - $\frac{1}{2}$ glass white wine
 - $\frac{1}{4}$ pound citron
 - $\frac{1}{2}$ pound almonds
 - 1 cup light Sultana raisins
- This makes two brick loaves.

FUDGE CAKE

- $1\frac{3}{4}$ Cups Purity Flour
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sweet milk
- 2 eggs
- 1 teaspoon vanilla
- 2 ounces grated chocolate
- $1\frac{1}{2}$ teaspoons cream of tartar
- 1 teaspoon soda (dissolved)

Just before adding the soda, add to
ingredients $\frac{3}{4}$ cup boiling water.
Bake in 2 layers.

FILLING FOR FUDGE CAKE

- $\frac{1}{8}$ cup grated chocolate
- 1 cup sugar
- $\frac{1}{2}$ cup sweet milk
- Butter size of $\frac{1}{2}$ egg

Boil until thick enough to spread
on cake without running. Add 1
teaspoon vanilla before spreading on
cake. This is really a fine cake for
cutting and will keep several days.
Walnuts may be added.

NOTES ON FRUIT CAKES

Heavy cakes are often the result
of using damp fruit. After washing,
currants and raisins should be left
in colander in a slightly warmed
place for some time. Should also be
dredged with flour before mixing
with other ingredients.

BETTER BREAD—DELICIOUS PASTRY



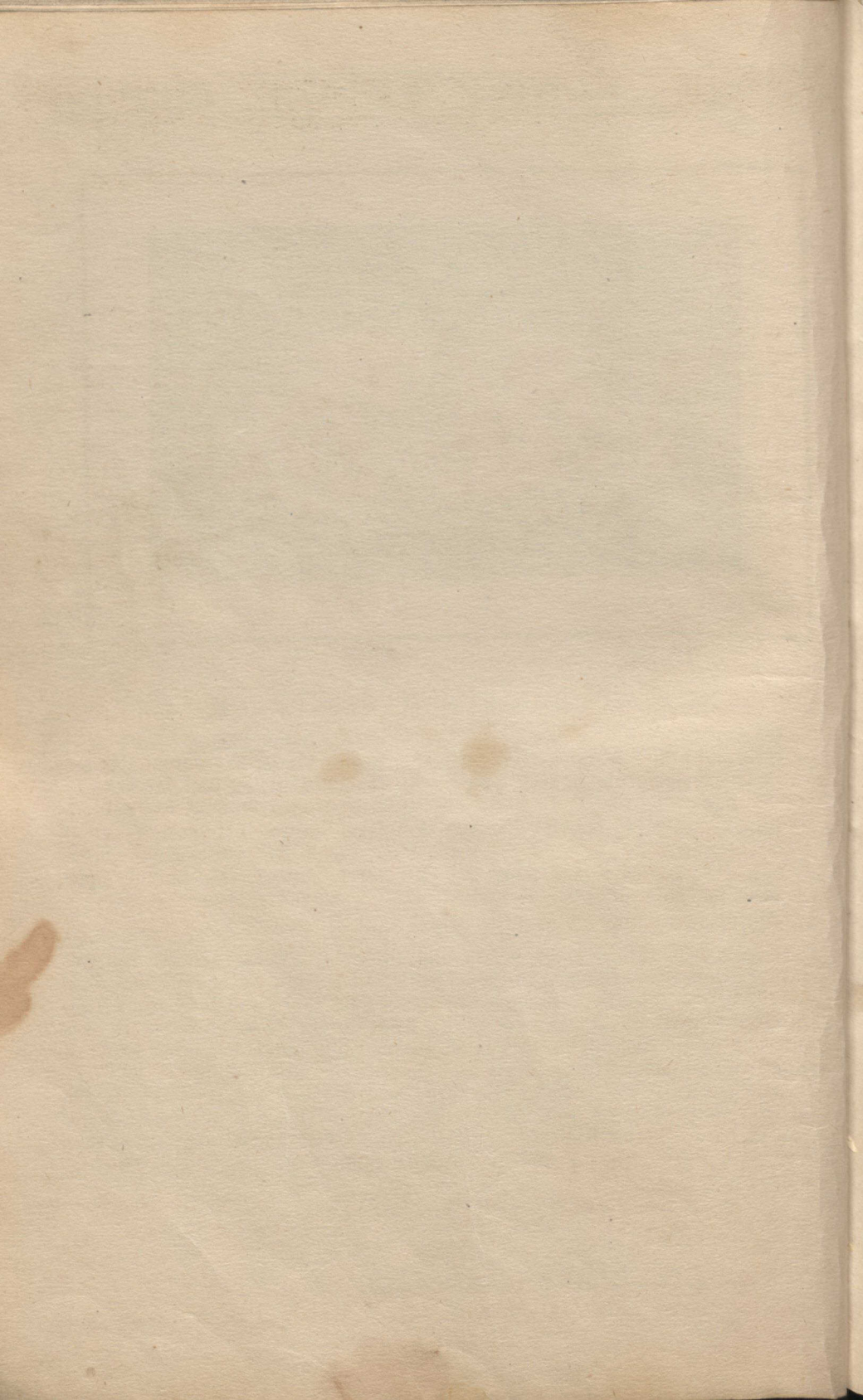
PURITY WALNUT AND CHERRY CAKE

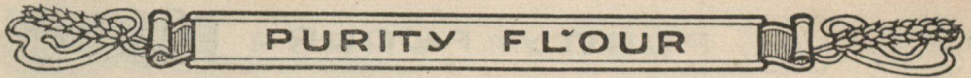
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|----|---|---|---|
| 4 | Eggs | 1 | orange rind, grated |
| 1½ | level cupfuls (10 ounces) sugar | 2 | lemon rinds, grated |
| 2 | level teaspoonfuls baking powder | ½ | teaspoonful vanilla extract |
| 2 | level cupfuls (½ pound) <i>Purity Flour</i> | ½ | teaspoonful almond extract |
| ⅓ | cup (1½ ounces) rice flour | 1 | level cupful (¼ pound) chopped English walnut meats |
| ¼ | level teaspoonful salt | 1 | level cupful (¼ pound) preserved cherries |
| ½ | cupful (¼ pound) butter | | |

Break eggs into a large basin, add sugar, and beat together for five minutes; then place the basin in a large pan of boiling water and beat mixture for fifteen minutes. Remove the basin to a table and beat for fifteen minutes or until the mixture is cold. Add *Purity Flour* sifted with rice flour, baking powder and salt, butter warmed but not hot, grated rinds of orange and lemons, extracts, nuts and cherries cut in quarters.

Mix carefully and turn into a large, well-greased and floured cake tin and bake in a moderate oven for one hour. Allow the cake to stand for five minutes before being turned out of the tin; set it aside until cold, then cover with white frosting and decorate to taste with cherries and walnut meats.

Sufficient for one large cake.





MOLASSES CAKE

- 1/2 Cup sugar
- 2 tablespoons butter
- 1/2 cup molasses
- 2/3 cup sour milk
- 1 egg
- 1 teaspoon baking soda
- 1/2 teaspoon cloves
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 2 cups Purity Flour

Dissolve soda in one tablespoon boiling water, add to the molasses. Add creamed butter and sugar, then beaten egg, spices, and lastly milk and flour; beat well and bake in layer tins. Make filling of 1/2 cup cream thickened with icing sugar until of desired consistency.

BUTTERNUT FRUIT CAKE

- 2 1/2 cups Purity Flour
- 1 cup brown sugar
- 1 cup sour cream
- 1 cup chopped raisins
- 1 cup chopped butternuts
- 1/4 lb. citron, cut very fine
- 2 tablespoons molasses
- 1/4 cup butter
- 2 eggs
- 1 teaspoon soda
- 1 teaspoon (each) cinnamon, cloves and nutmeg

POUND CAKE

- 2 scant cups white sugar
- 1 cup butter
- 1 scant cup milk
- 4 eggs
- 3 cups Purity Flour
- 3 teaspoons baking powder
- 1 teaspoon vanilla
- Pinch of salt

Cream butter and sugar, add well beaten eggs, then milk, flour sifted with baking powder, salt and vanilla. Bake in slow oven 40 to 60 minutes using deep square pan. Candied cherries cut in pieces may be added to the mixture.

SCOTCH SHORTBREAD

- 4 oz. Purity Flour
- 2 oz. rice flour
- 4 oz. butter
- 2 oz. sugar
- A few drops of flavouring

Sieve all the dry ingredients into a basin, and rub in the butter. Add the flavouring, and then knead all into one lump without using any liquid. Turn out on a board sprinkled with rice flour, and form into a smooth round. If a shortbread mould is obtainable, shape the cake in that; if not, pinch it round the edges with the fingers, or mark it with a knife. Then place the shortbread on a greased baking tin, and prick it all over with a fork. A strip of candied peel may be put on the top if wished, or any other decoration that is desired. Bake in a moderate oven until the shortbread is of a uniform brown colour, and feels firm to the touch. Allow it to cool before removing it from the tin.

Note:—If the dough becomes rather soft in the making, it will be well to allow the shortbread to stand until quite cool before baking, otherwise it is apt to lose its form.

Time to bake, 20 to 30 minutes.

HICKORY NUT CAKE

- 1 cup butter
- 2 1/2 cups sugar
- 1 cup milk
- 5 eggs
- 3 1/2 cups Purity Flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 cups hickory nut meats
- 1/2 lb. citron
- 1 lb. raisins
- 1 oz. each candied lemon and orange peel

In mixing, follow the directions as given for butter cakes. Bake in two sheets for one hour.

BETTER BREAD—DELICIOUS PASTRY

MARTHA'S WEDDING CAKE

- 1 lb. Purity Flour
- 1 lb. butter
- 1 lb. citron
- 1 $\frac{1}{4}$ lb. dark brown sugar
- 1 lb. lemon and orange peel ($\frac{1}{2}$ lb. each)
- 2 lbs. currants
- 6 lbs. raisins
- 3 tablespoons cinnamon
- 2 tablespoons mace
- 2 tablespoons nutmeg
- 1 tablespoon ginger
- 1 tablespoon allspice
- 1 dessert spoon of cloves
- 1 cup molasses
- 1 pint brandy 12 eggs

Bake slowly until a straw will come out clean. This is a very delicious cake and will keep indefinitely.

FARMER'S FRUIT CAKE

- 1 $\frac{1}{2}$ cups butter
- 1 cup brown sugar
- $\frac{1}{2}$ cup golden syrup
- 4 eggs
- 1 cup raisins
- $\frac{1}{2}$ teaspoon ginger
- 1 cup currants
- 1 $\frac{1}{2}$ cups Purity Flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon allspice

Cream butter and sugar, beat in eggs, reserving the white of 1 egg for the icing. Mix in other ingredients, dredging an additional 2 tablespoons of flour over the fruit. Bake in a moderate oven about 45 minutes.

PLAIN CAKE

- $\frac{1}{3}$ Cup butter
- 1 cup sugar 2 eggs
- $\frac{1}{2}$ cup milk
- 2 teaspoons baking powder
- 1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ cups Purity Flour
- 1 teaspoon spice or
- $\frac{1}{2}$ teaspoon flavoring

ANGEL CAKE

- $\frac{3}{4}$ Cup butter
- 2 cups white sugar
- 1 cup milk
- 2 cups Purity Flour
- 2 teaspoons baking powder
- 1 cup cornstarch
- Whites of 7 eggs
- 1 teaspoon vanilla

Cream butter and sugar, add milk, flour sifted, with baking powder, corn starch, vanilla, and lastly fold in whites well beaten. Bake 30 to 40 minutes in slow oven.

CREAM BLUEBERRY GINGER-BREAD

- 1 cupful blueberries
- 1 cupful molasses
- 1 cupful sour cream
- 2 cupfuls Purity Flour
- $\frac{1}{2}$ teaspoonful salt
- 1 teaspoonful ginger
- 2 teaspoonfuls soda

Mix together the molasses and cream, but reserve one-fourth cupful of the flour to mix with the blueberries. Add the dry ingredients to the molasses mixture. Fold in the blueberries, and place in the oven as quickly as possible. Bake gently for thirty minutes. The gingerbread should be about one and one-half inches thick.

MARBLE CAKE

White part:—one cup white sugar, half cup of butter, one-half cup sweet milk, two cups of Purity Flour two teaspoons baking powder, white of four eggs, flavor with lemon.

Dark part:—one cup brown sugar, one-half cup molasses, one-half cup butter, one-half cup sour cream, two and a half cups of Purity Flour, one-half teaspoon of soda, one tablespoon cinnamon, one-half teaspoon nutmeg, one tablespoon allspice, yolks of four eggs.



PURITY DEVIL'S CAKE

- | | |
|---------------------|---------------------|
| 1/4 Cup chocolate | 1/2 cup butter |
| 1/2 cup sugar | 1 egg and 1 yolk |
| 1/2 cup milk | 1 cup milk |
| 1 egg | 1 teaspoon soda |
| 2 teaspoons vanilla | 2 cups Purity Flour |
| 1 cup sugar | |

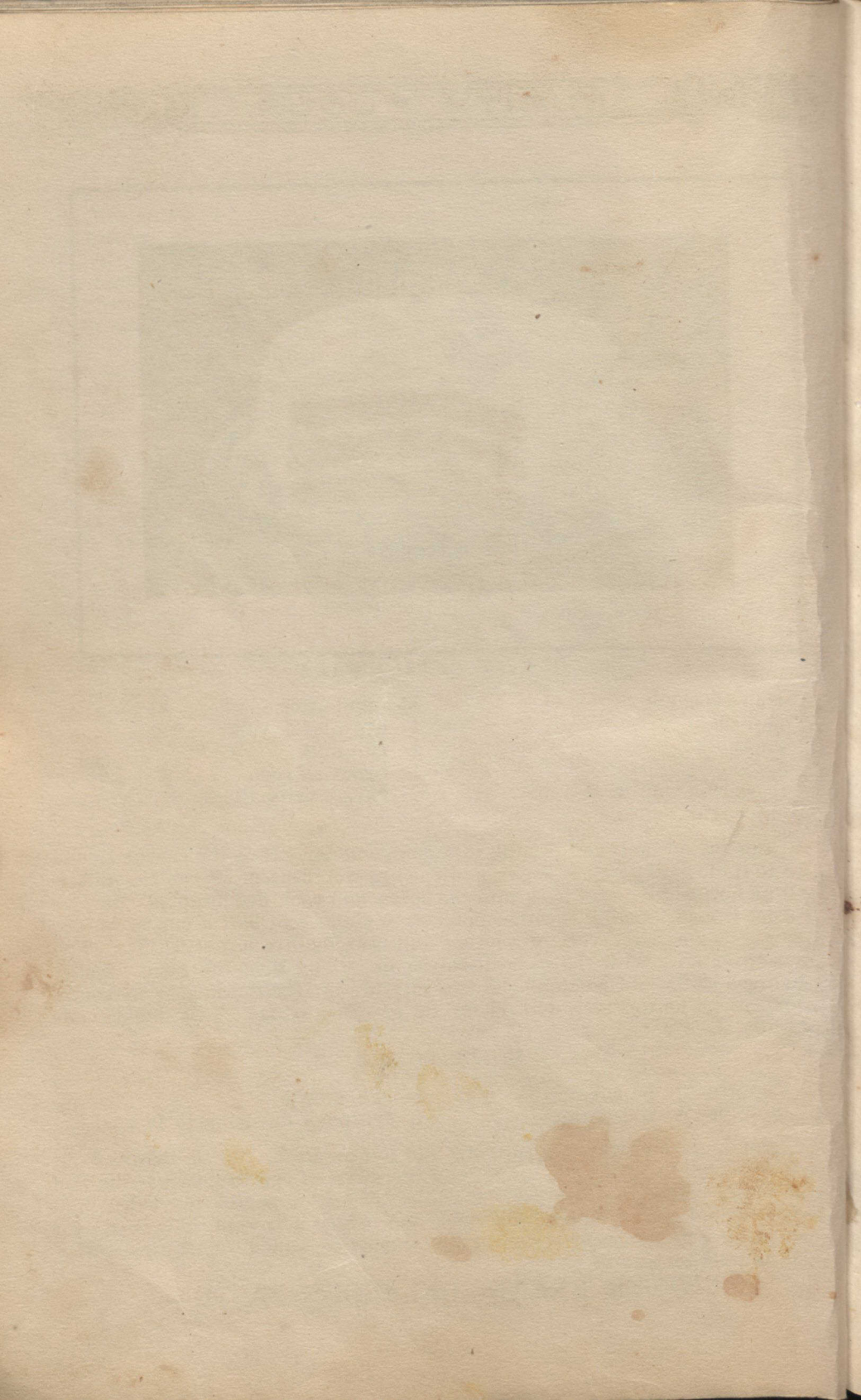
Put the one-half cup of milk in a double boiler. Melt the chocolate and add to it one-half a cup of sugar, and one egg well beaten. When the milk is boiling hot, add it. Put back into the boiler and cook five minutes. Remove and let it cool. Cream together one cup of sugar and half a cup of butter, add one egg and the yolk of another and beat for five minutes. Then add the cup of milk with the soda dissolved in it, and then the flour. Lastly add the vanilla and combine the two mixtures. Mix thoroughly and bake in layers. Put together with chocolate or other icing. This makes one medium sized cake.

BOILED ICING

- | | |
|--------------------------|-------------------------------|
| 1 Cup granulated sugar | 1 egg (white) |
| 3 fablespoons cold water | 1 teaspoon flavoring to taste |

Put sugar and water in pan, stir and put on stove. When dissolved, let boil till it hairs, but do not stir. Beat the white of egg to a stiff froth, and add boiled sugar, beating all the while. When it begins to stiffen, add flavoring and beat. When quite thick and before it is cold, it is ready for use. Half a teaspoon of cream of tartar may be added. Sometimes, also, milk is used instead of water.

BETTER BREAD—DELICIOUS PASTRY



APPLE JOHNNY-CAKE

- 1/2 Cupful yellow corn-meal
- 1/2 cupful white corn-meal
- 1 tablespoonful sugar
- 1/2 teaspoonful salt
- 1 teaspoonful shortening
- About 3/4 cupful boiling water
- 3 tablespoonfuls milk
- 1 cupful chopped apple.

Mix the yellow and white corn-meal, sugar, salt, and shortening together. Scald with the boiling water, until the mixture is a little thicker than will spread; then add the milk and chopped apple. Spread on well-greased tins to a thickness of one-fourth inch, crease in squares with the back of a knife, and bake in a hot oven until light brown. Split, and eat buttered, with coffee. The apple may be omitted, if desired. Either variety makes delicious cream or milk toast.

CHOCOLATE CAKE

- 1/2 cup butter
- 1 cup sugar
- 3 eggs
- 1/2 cup milk
- 1 1/3 cups Purity flour
- 3 teaspoons baking powder
- 2 oz. Baker's chocolate
- 1 teaspoon vanilla

Cream the butter, add the sugar, add the beaten egg yolks; sift flour and baking powder and alternate with the milk; melt the chocolate over the tea kettle and stir into the cake before the whites of eggs, add vanilla and fold in the egg whites beaten very stiff. Bake in shallow, square cake tin and frost with fondant. When the frosting is cold spread with melted unsweetened chocolate, or mix to a stiff paste 3 tablespoons of cream, powdered sugar; add flavoring and a square of melted chocolate and spread.

MOCHA CAKE

- 1/2 Cup butter
- 1 cup sugar
- 1 1/2 cups Purity Flour
- Yolks of 3 eggs
- 1 teaspoon baking powder
- Grated rind of 1 lemon and
- 1 teaspoon of juice
- 1 tablespoon warm water.

Have whites well beaten and add alternately with the flour. Add the warm water last.

ICING

- 1 Cup icing sugar
- 1/2 cup butter
- 3 tablespoons cream
- 1 teaspoon vanilla

Put all in a bowl, and set in hot water until melted. Cut the cake in squares, dip in icing, then in rolled peanuts that have previously been browned. See Coffee Icing.

WHITE SPONGE CAKE (Large)

- Whites 8 eggs
- 1 cup sugar
- 2/3 cup Purity Flour
- 3 tablespoon cornstarch
- 1 teaspoon cream of tartar
- 1/4 teaspoon salt
- 3/4 teaspoon vanilla
- 1/2 teaspoon lemon juice

Sift the sugar five times; mix, and sift the flour, cornstarch, cream of tartar and salt, five times. Beat the whites of eggs to a foam, but not stiff. Sift in the sugar slowly, beating all the time; flavor; add the flour slowly, mixing it with a light folding motion. Turn into an unbuttered tube pan and bake in a very slow oven 1 hour. The oven door should not be opened the first 20 minutes. Remove cake from oven and place it upside down on a cake cooler. The cake should hang in the pan until cold.

SPONGE CAKE

- Yolks 6 eggs
- 1 cup sugar
- 1 tablespoon lemon juice
- Grated rind $\frac{1}{2}$ lemon
- whites 6 eggs
- 1 cup Purity Flour
- $\frac{1}{8}$ teaspoon salt

Beat yolks of eggs until thick and lemon-colored, add sugar gradually, beating all the time. Add lemon juice, rind, and whites of eggs beaten until stiff. When whites are partially mixed with yolks, carefully cut and fold in flour mixed and sifted with salt. Bake in an unbuttered pan in slow oven 1 hour.

SULTANA CAKE

- $\frac{3}{4}$ lb. butter
- 1 lb. sugar
- $2\frac{1}{2}$ lbs. Sultanas
- 1 cup blanched almonds
- 1 cup mixed peel
- 1 cup milk
- 4 cups Purity Flour
- 2 teaspoonfuls baking powder
- 1 teaspoonful ginger
- $\frac{1}{2}$ teaspoonful mixed spice
- $\frac{1}{2}$ teaspoonful nutmeg
- 4 eggs

Cream butter and sugar, add eggs well beaten and milk. Mix dry ingredients together well with chopped nuts and peel and add gradually to creamed butter and eggs. Bake three hours in moderate oven. This makes about a 6 lb. cake.

RICH SHORTCAKE

- 2 Cups Purity Flour
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 3 teaspoon baking powder
- $\frac{1}{3}$ cup butter
- $\frac{3}{4}$ cup milk
- 1 egg

Mix and sift dry ingredients three times. Rub in the butter, add milk

and beaten egg. Bake in a round buttered pan. Bake 15 minutes, Split cake and spread with a sweetened fruit mixture. Add the same mixture to top and garnish with whipped cream.

ORANGE LAYER CAKE

- 1 Cup sugar
- 1 cup milk
- $\frac{1}{2}$ cup butter
- $1\frac{1}{2}$ cups Purity Flour
- 2 teaspoonfuls baking powder
- Grated rind of orange

FILLING

- Juice of orange
- 2 tablespoonfuls sugar
- 2 teaspoonfuls corn starch
- Butter size of walnut and boil

Beat sugar and butter to a cream, add egg well beaten, and milk. Sift Purity Flour and baking powder and add to mixture, together with grated rind of orange. Bake in two pans and put together with filling.

COFFEE CAKE

- 3 Cups Purity Flour
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup butter or lard
- $\frac{1}{2}$ cup seeded raisins
- $1\frac{1}{2}$ cups milk
- 1 egg
- 1 yeast cake
- $\frac{1}{2}$ teaspoon salt

Scald the milk, add the butter and sugar to it, and when it has so far cooled as to only lukewarm, add the yeast cake dissolved with a teaspoon of sugar and egg. Sift and add the flour and salt; also the raisins. Beat well, cover and leave in a warm place to rise till very light. Turn into a greased shallow pan, and let it rise a second time. Brush over with milk, and spread lightly with softened butter and a little sugar. Bake in a moderate oven about half an hour.

BETTER BREAD—DELICIOUS PASTRY

LIGHT FRUIT CAKE

- 2 Cupfuls butter
- 2 cupfuls sugar
- 4 cupfuls Purity Flour
- 8 eggs
- Brandy
- Rosewater
- 1 pound candied pineapple
- 1 pound candied cherries
- 1 pound blanched almonds
- ½ pound citron
- 1 cocoanut, grated

Shred the cherries, cut the pineapple and citron in bits, and chop the almonds. With the fruit mix three tablespoonfuls of brandy, and with the almonds two tablespoonfuls of rosewater, and allow all to stand overnight. Wash the butter in rose water, cream it with the sugar, add the egg-yolks well beaten, then the cocoanut, flour, one cupful of brandy, and egg-whites (whipped stiff), putting them in alternately. Finally, stir in the fruit and nuts. Bake very slowly from four to five hours. One-half pound of desiccated cocoanut, chopped fine and allowed to stand in two tablespoonfuls of rosewater or milk, may be substituted for the fresh cocoanut. The amounts given will make three medium-sized cakes or one large one, which will keep indefinitely. Cider or white grape juice may be used in place of brandy.

STRAWBERRY SHORTCAKE

- 2 Cups Purity Flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 4 tablespoons fat
- 2/3 cup milk
- Strawberries
- Fruit sugar

Mix the first five ingredients as for tea biscuit. Toss on floured board, roll to 1/3 inch thickness, make into two cakes or shape with

cookie cutter. Put two pieces together, place in greased biscuit pan and bake 15 minutes in hot oven. Wash and hull berries, saving the largest and best. Mash remaining berries, sweeten let stand for a short time. When cakes come from oven, place on serving dish, remove upper half, spread strawberries over lower, replace upper, cover with mashed berries or place on whole berries and dust with fruit sugar. Serve with whipped cream. Preserved fruits may be used.

THRIFT CAKE

- 1 Teacup sugar
 - 1 egg
 - 1 tablespoon shortening
 - 2 teaspoons baking powder
- Enough Purity Flour to make it drop easy from the spoon
Beat well. Bake ½ hour.

MOIST GINGERBREAD

- 1 tablespoonful shortening
 - 1 cupful molasses
 - 1¼ teaspoonfuls salt
 - 2 cupfuls Purity Flour
 - 1 teaspoonful soda
 - 1½ teaspoonfuls ginger
 - ½ teaspoonful cloves
- Hot water

Mix and sift the dry ingredients; add the molasses. Put the shortening in a cup and fill with boiling water. When the shortening is melted, add to the mixture. Beat well, pour into a greased cake-pan or muffin-pans. Bake in a moderate oven twenty-five minutes.

GOLDEN CAKE

- ¼ Cup butter
- ½ cup sugar
- yolks 5 eggs
- ¼ cup milk
- ⅞ cup Purity Flour
- 1½ teaspoon baking powder
- 1 teaspoon orange extract

PURITY FLOUR

APPLE SAUCE CAKE

- 1½ Cups stewed apples, unsweetened
- 2 cups sugar 1 cup butter
- 3 cups Purity Flour
- 1 tablespoon soda
- 1 tablespoon vanilla
- 1 tablespoon cinnamon
- 1 pound raisins
- ½ cup nuts

Mix apples and sugar, add the butter and the soda dissolved in a little hot water. Beat; add vanilla, cinnamon and Purity flour, the raisins dredged in flour, and the nuts. Bake in two layers about fifty minutes.

DATE CAKE

- ½ Pound butter ½ cup milk
- 1½ cups brown sugar, 3 eggs
- 1 pound of dates (floured)
- ¼ pound walnuts
- 2½ cups Purity Flour
- 2 teaspoons vanilla

Bake slowly about 2 hours.

SOUR MILK CAKE

- 1 Cup sugar 1 cup sour milk
- 2 cups Purity Flour 3 eggs
- Pinch of salt
- 2 tablespoons butter
- 1 teaspoon soda
- 1 teaspoon vanilla

METHOD—Cream butter and add sugar and mix thoroughly. Add well beaten yolks of eggs and sour milk in which soda has been dissolved. Add Purity flour, salt and vanilla and lastly the stiffly beaten whites of eggs. Bake in a moderate oven in two layers for 35 minutes, or until cake leaves side of cake pan.

DATE CAKE

- 1/3 Cup soft butter
- 1 1/3 cups brown sugar
- 2 eggs ½ cup milk
- 1¾ cups Purity Flour
- 3 teaspoons cinnamon
- Nutmeg to taste.

PALACE CAKE

- 2 Eggs
- 2½ cups brown sugar
- 1 cup (heaping) butter and lard mixed
- 1 cup sour milk
- 1 cup citron
- 1½ cups currants
- 1½ cups raisins
- A little lemon peel
- Pinch of salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon soda
- 4 cups Purity Flour

CANADA CAKE

- 1 Cup sugar ½ cup butter
- 2 eggs
- ½ cup milk
- 1½ cups Purity Flour
- 1½ teaspoons baking powder
- Pinch of salt
- 1 teaspoon vanilla

Cream butter and sugar; add unbeaten eggs, milk, sifted flour with baking powder and salt and vanilla. Bake in moderate oven, 15 minutes. This is suitable for layer cake with any kind of filling or icing.

RIBBON CAKE

- 2 Cups sugar
- 1 cup butter
- 4 eggs
- 1 cup milk
- 3½ cups Purity Flour
- 1 teaspoon cream of tartar
- ½ teaspoon soda
- Flavor with lemon

Bake 2/3 of above mixture in 2 pans. To the remainder, add 1 tablespoon molasses, 1 cup chopped raisins, ½ cup currants, a piece of citron chopped fine, ¼ teaspoon each of cinnamon, cloves and nutmeg. Bake in pan. Then put the sheets alternately with a little jelly between. Ice the top layer.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR



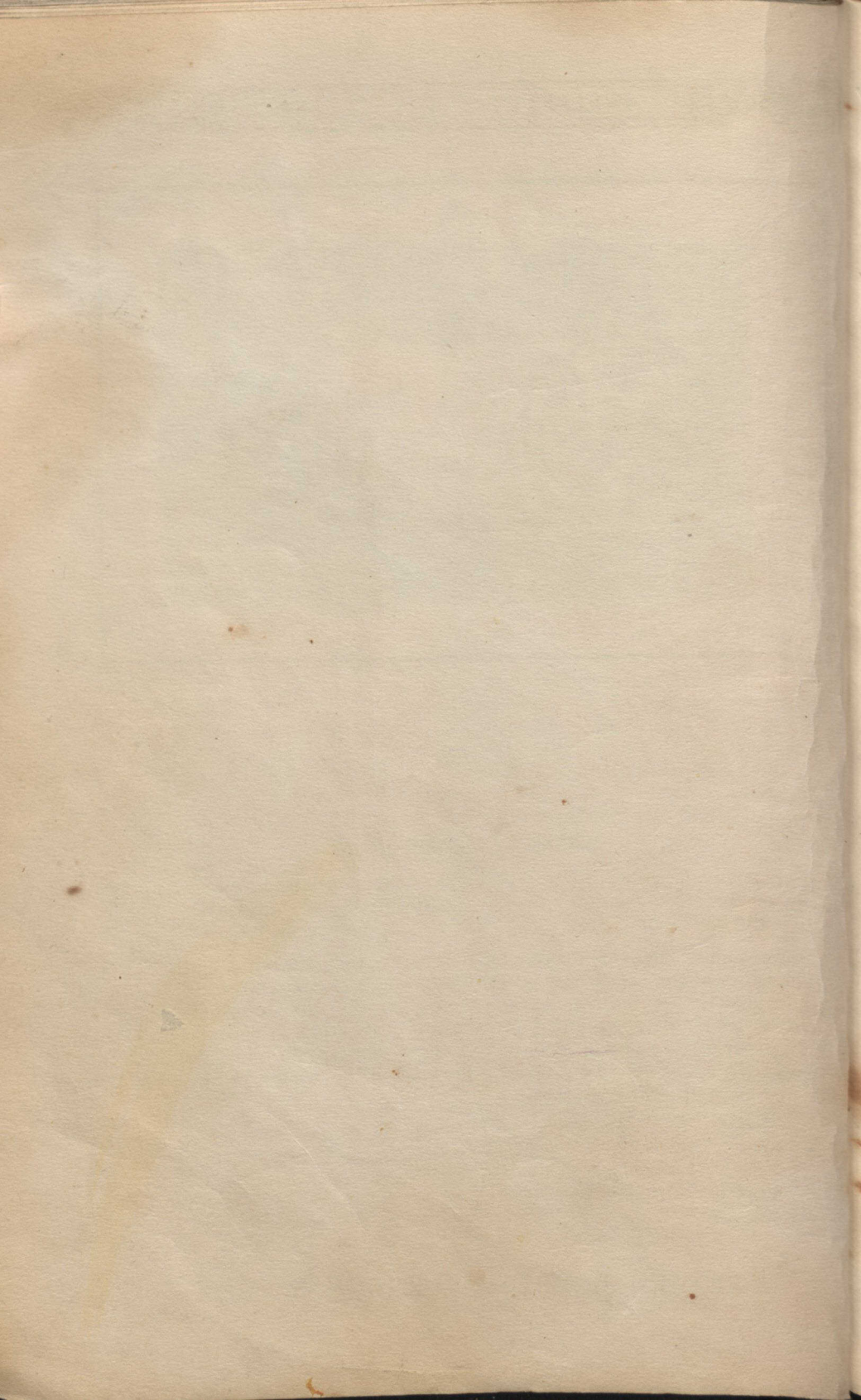
PURITY JELLY ROLL

1 Cup sugar
2 eggs
1 cup Purity Flour

1 teaspoon baking powder
Rind of $\frac{1}{2}$ lemon, grated
 $\frac{1}{4}$ cup boiling water

Mix sugar, lemon rind and beaten yolks, then half the flour, half the beaten whites, the other half of the flour and the remainder of the beaten whites; lastly the boiling water. Bake in a large shallow pan for 15 minutes. Sprinkle some sugar on a damp cloth, turn cake out and spread with jam or jelly, and roll at once. If edges of cake are crisp, cut off before rolling. This may also be used as a dessert, filling with fresh crushed fruit and served with whipped cream.

BETTER BREAD—DELICIOUS PASTRY



COCOANUT CAKE

- 1 Cupful cocoanut
- 1 cupful milk
- $\frac{3}{4}$ cupful butter
- 2 cupfuls sugar
- 3 eggs
- 2 $\frac{1}{2}$ cupfuls Purity Flour
- 1 teaspoonful baking-powder
- $\frac{1}{2}$ teaspoonful vanilla

Soak the cocoanut in milk for ten minutes. In the meantime, cream butter and sugar, add flavoring and egg well beaten, and then add Purity flour mixed with the baking-powder alternately with the milk. Turn into a tube-tin and bake about fifty minutes in a 350 degrees F. oven. Ice with plain boiled frosting containing a half cupful of cocoanut.

MARY'S CAKE

- 2 Teaspoons baking powder
- 1 cup milk
- 2 cups Purity Flour
- 1 teaspoon salt
- 1 egg
- $\frac{1}{2}$ cup sugar

1 tablespoon melted shortening
Put Purity Flour, baking powder, salt, sugar and melted shortening together; add egg and milk. Beat well and put in shallow pan. Sprinkle sugar and cinnamon on top and bake in moderate oven twenty minutes.

CHOCOLATE COFFEE CAKE

- 1 Cup sugar
 - 1 egg
 - 3 tablespoons butter
 - $\frac{1}{4}$ cup milk
 - $\frac{1}{2}$ cup strong liquid coffee
 - $\frac{1}{4}$ cup grated chocolate
 - 2 cups Purity Flour
 - 2 teaspoons baking powder
- Bake in a loaf or flat pan.

CREAM ALMOND CAKE

- $\frac{1}{2}$ Cup butter
- 1 cup sugar
- 2 cup Purity Flour
- 3 teaspoons baking powder
- $\frac{1}{2}$ cup milk
- Whites 4 eggs
- $\frac{1}{2}$ teaspoon almond flavoring

PRINCE OF WALES CAKE

- Yolks of 2 eggs
- 1 cup sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{4}$ cup sweet milk
- $\frac{2}{3}$ cup grated chocolate
- 1 cup walnut meats
- 2 cups Purity Flour
- 1 teaspoon soda
- 2 teaspoons cream of tartar
- 1 teaspoon vanilla

Sift the soda and cream of tartar with the flour. Bake in 2 layers, and ice with white boiled icing. Use orange filling.



CAKE FILLINGS and FROSTINGS

PLAIN FROSTING

- 1 Cup fine powdered or confectioner's sugar
 - 2 tablespoonfuls milk or water
 - $\frac{1}{4}$ teaspoonful vanilla
- Add just enough liquid to the

sugar to make a moderately thick paste. Owing to difference in sugar, the exact amount of moisture necessary cannot be determined. Water will make a more transparent frosting than the milk.

PURITY FLOUR

ALMOND ICING

- 1 lb. shelled almonds
- 1 teaspoon rose water
- Yolks 4 eggs
- 1 lb. icing sugar
- $\frac{1}{2}$ teaspoon bitter almond flavoring

Blanch almonds, and put them through the meat chopper, using the nut grinder; work to a paste. Add unbeaten yolks of eggs, flavoring, and gradually the sugar. The mixture should be as stiff as a dough; more sugar may be required. Dredge a pastry board with icing sugar, toss mixture on it and roll or pat out to the desired thickness; cut in shape. Moisten cake with cold water, press icing upon it and let stand 24 hours before covering with other icing. The icing may be shaped to fit the cake.

ICING FOR MOCHA CAKE

- $\frac{1}{4}$ Pound butter
- $\frac{1}{2}$ pound icing sugar
- 1 tablespoon coffee essence
- $\frac{1}{3}$ cup almonds

Cream butter for fifteen minutes, then add gradually, icing sugar, (which must be sifted,) creaming for fifteen minutes more. Mix in coffee, which must be made very strong by boiling the remainder of essence from cake with coffee grounds. Blanch and brown almonds, chop fine and sprinkle on cake.

BOILED COFFEE FROSTING

- $\frac{1}{2}$ Cupful clear cold coffee
- $\frac{1}{8}$ teaspoonful cream of tartar
- 2 cupfuls granulated sugar
- $\frac{1}{4}$ cupful coffee
- $\frac{1}{4}$ cupful milk

Mix together, stir until dissolved, and boil, without stirring, until a very soft ball is formed in cold water; remove from the heat, cool until tepid, add a few drops of vanilla, if desired, and beat until creamy.

SUBSTITUTE FOR WHIPPED CREAM

- 2 Egg-whites
- $\frac{1}{4}$ cupful condensed milk
- $\frac{1}{4}$ pound marshmallows

Flavoring
Beat the whites of the eggs until very stiff and dry. Add slowly to the condensed milk, beating constantly. Heat the marshmallows in the top of a double-boiler until soft. Then into the above mixture beat the softened marshmallows. Add any flavoring desired and beat all together well.

FRUIT FILLING

- 1 Cup stoned raisins
- $\frac{1}{2}$ lb. blanched almonds
- $\frac{1}{2}$ lb. figs
- $\frac{1}{2}$ lb. citron

All chopped fine; add enough frosting to make a soft paste.

ALMOND CREAM FILLING

The whites of 2 eggs beaten stiff with 2 cups of XXX sugar, 1 teaspoon extract vanilla, 1 pint blanched almonds, chopped fine. Walnuts, pecans, hickory and butternuts are used in the same way.

ALMOND FILLING, NO. 2

- 1 Cup XXX sugar
- 1 cup blanched almonds,
(pounded or grated)
- $\frac{1}{2}$ cup thick sour cream
- 1 tablespoon vanilla

ORANGE FILLING

- 3 Tablespoonfuls Purity Flour
- $\frac{1}{2}$ cupful sugar
- 1 egg, slightly beaten
- Grated rind one orange
- $\frac{3}{4}$ cupful orange juice
- 1 tablespoonful lemon juice
- 1 Tablespoonful butter

Mix the ingredients in the order given and cook ten minutes in a double boiler, stirring constantly. Cool before spreading.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

ORANGE DATE FILLING

Add $\frac{1}{4}$ cupful of chopped dates to Orange Filling just before spreading.

CREAM FILLING

- 1 Cupful milk
- 6 tablespoonfuls sugar
- 4 tablespoonfuls Purity Flour
- $\frac{1}{4}$ teaspoonful vanilla or other flavoring
- Few grains salt

1 egg
Scald three-fourth cupful of the milk and thicken with the flour dissolved in the extra milk. Beat together the sugar, egg and salt and add to the milk and thickening; cook over hot water for fifteen minutes, stirring occasionally. Cook before adding the flavoring. This will put together two layers of cake.

CHOCOLATE AND COFFEE FILLING

- $\frac{1}{4}$ Cup butter
- 1 square chocolate
- 2 cups pulverized sugar
- Cold coffee
- $\frac{1}{2}$ teaspoon vanilla essence
- $\frac{1}{2}$ cup chopped walnuts

Method—Melt butter and stir in the grated chocolate. Add sugar and thin to right consistency with cold coffee. Flavour and add chopped walnuts.

PEACH FILLING

- $\frac{1}{4}$ Cupfuls canned or dried peach juice and chopped pulp
- $\frac{1}{4}$ teaspoonful salt
- 3 tablespoonfuls corn starch
- $\frac{1}{2}$ cupful sugar
- A little lemon rind, or
- $\frac{1}{4}$ teaspoonful lemon extract

Mix the corn starch, sugar and salt. Add the peach juice, boiling hot, and boil for five minutes, stirring often. Cool and flavor. If the lemon rind is used, it should be put in the fruit juice when it is heating.

PINEAPPLE FILLING AND FROSTING

- $\frac{1}{2}$ Cupful shredded canned pineapple
- $\frac{1}{2}$ cupful cocoanut, if desired
- $\frac{2}{3}$ cupful boiling juice from canned pineapple
- 2 cupfuls granulated sugar
- 2 egg whites
- 1 teaspoonful orange extract

Boil the pineapple juice and sugar until it threads. Flavor with the extract. Select two bowls, and have ready for each one a beaten egg white. Pour one-half the syrup onto one of them, add the pineapple (well drained) and the cocoanut and beat till stiff. Spread and set the second layer in position. In the meantime, keep the remaining syrup warm, pour onto a second egg white, beat till it will hold its shape, and ice the top layer.

LEMON FILLING

- The grated rind and juice of 1 large lemon
- 1 cup sugar
 - 2 eggs (or 4 yolks)
 - 1 tablespoon butter

Cook all together over boiling water until thick and use when cool.

CREAMY FILLING

- 3 Tablespoonfuls butter
- $\frac{2}{3}$ cupful powdered sugar
- 1 egg white
- Few drops vanilla
- $\frac{1}{2}$ teaspoonful lemon or orange extract

Cream the butter and sugar together, mixing till very smooth and light. Add beaten egg-white a little at a time, beating constantly, then add vanilla and flavoring slowly till all is stirred in. This should be prepared at least an hour before using and placed in the refrigerator. It will also be found an exceptionally good hard sauce.

BETTER BREAD—DELICIOUS PASTRY

SUGARLESS CAKE FILLING

- 1 tablespoonful marshmallow cream
- 1 cupful jam or fruit conserve
- Shredded cocoanut

Beat the marshmallow cream into the jam or conserve, using any preferred flavor of the latter. Spread on the cake and sprinkle a little shredded cocoanut over the surface.

TUTTI FRUTTI FILLING

- 2 Tablespoonfuls granulated gelatine soaked in
- $\frac{1}{2}$ cupful water
- 2 cupfuls sugar
- $\frac{1}{2}$ cupful cold water
- $\frac{1}{2}$ teaspoonful vanilla extract
- $\frac{1}{3}$ teaspoonful orange extract
- 3 tablespoonfuls mixed candied fruits
- $2\frac{1}{2}$ tablespoonfuls chopped nuts (any kind)

Boil the sugar and cold water until it threads. Dissolve the gelatine over steam, and pour the syrup slowly onto it: add the vanilla. Set in cold water, beat until thick and then stir in the candied fruits and nuts, chopped fine. Spread thickly between two layers of cake.

CHOCOLATE FILLING, NO. 1

- 1 Cup sugar $\frac{3}{4}$ cup milk
- 2 squares chocolate, grated
- 2 tablespoons butter
- 2 tablespoons corn starch in $\frac{1}{4}$ cup milk
- 1 teaspoon vanilla

Boil first four ingredients together for five minutes, add corn starch in milk and boil for three minutes more. Beat until cool and add vanilla.

CHOCOLATE FILLING, NO. 2

- 1 Egg yolk $\frac{1}{2}$ cup sweet milk
 - 1 cup sugar $\frac{1}{4}$ cake chocolate
- Flavor with vanilla and cook like custard.

CHOCOLATE FILLING, NO. 3

Melt $\frac{1}{4}$ pound Baker's chocolate over warm water and stir it into twice the rule for boiled icing. Spread while warm, as it stiffens quickly. If too firm, beat in slowly sweet cream until as thin as desired.

BANANA FILLING

- 4 Bananas
- 2 tablespoonfuls sugar
- 1 tablespoonful lemon juice
- 1 tablespoonful corn starch
- Few grains salt

Put the banana pulp through the potato ricer, and scald it with the sugar, corn starch and salt. Cool, add the lemon juice and use as a cake or sandwich filling.

BOILED WHITE ICING

- Whites of 2 eggs $\frac{1}{2}$ cup water
- 2 cups white sugar

Dissolve slowly the sugar and water, and boil until it hairs three times. Beat the whites of eggs on a large plater and add slowly, beating all the time. Be sure it is cold before using.

QUALITY FROSTING

- $\frac{3}{4}$ cupful granulated sugar
- $\frac{5}{8}$ cupful brown sugar
- $\frac{1}{4}$ cupful boiling water
- 1 egg-white
- $\frac{1}{4}$ teaspoonful vanilla

Mix together the sugar and water and boil till it threads. Beat the egg white stiff and pour in the syrup, beating constantly till it holds its shape. Place over hot water till it becomes slightly granular about the edges, add flavoring, and spread on the cake.

FIG FROSTING OR FILLING

Make according to the recipe for boiled frosting and add $1\frac{1}{4}$ cupfuls of chopped dried figs, just before the frosting is ready to spread. This also makes a delicious cake filling.

PURITY FLOUR

CONFECTIONER'S FROSTING

- 2 Tablespoonfuls cream or boiling water
- 1 teaspoonful flavoring
- Confectioner's sugar, about $1\frac{1}{4}$ cupfuls

PLAIN CHOCOLATE FROSTING

Use the proportions as given in the preceding recipe for confectioner's frosting, and add with the sugar $1\frac{1}{2}$ tablespoonfuls of powdered cocoa.

MILK FROSTING

- $1\frac{1}{2}$ Cups sugar $\frac{1}{2}$ cup milk
- 1 teaspoon butter
- $\frac{1}{2}$ teaspoon vanilla

Melt butter, add sugar and milk, stir, heat to boiling point, and boil without stirring for 13 minutes. Remove from fire and beat until the right consistency to spread, then add flavoring and spread.

BOILED ORANGE FROSTING

Prepare the mixture for plain boiled frosting, and just before beating, add $\frac{1}{4}$ teaspoonful of finely-grated orange rind and 1 teaspoonful of orange juice.

RICH CHOCOLATE ICING

- $1\frac{1}{2}$ Squares (ounces) of chocolate (shaved)
- 2 tablespoonfuls hot cream
- 1 egg yolk Few grains salt
- 1 teaspoonful melted butter
- Confectioner's sugar
- $\frac{1}{2}$ teaspoonful vanilla

Melt the chocolate in the cream. Pour into the salt, egg yolk and butter, beaten together. Stir in confectioner's sugar until of the right consistency to spread, then flavor and beat well.

To the liquid stir in enough sifted sugar to make of the right consistency to spread, and then add the flavoring. Fresh fruit juice may be used in place of the boiling water.

MARSHMALLOW ICING

- 1 Cup white sugar
 - $\frac{1}{4}$ cup water
 - $\frac{1}{3}$ pound marshmallows
- Boil sugar and water until it hairs, then add marshmallows and beat well.

FROSTING

- Whites of 2 eggs
 - $\frac{1}{2}$ cup brown sugar
 - $\frac{1}{2}$ teaspoon cinnamon
- Beat whites stiff with brown sugar and cinnamon, spread on cake and return to oven and brown slightly.

APPLE FROSTING

- 1 Cupful sugar 1 egg white
 - $\frac{1}{3}$ cupful water 1 tart apple
- Boil the sugar and water, until it threads. Beat the egg white stiff and pour the syrup slowly into it. In the meantime, have the apple grated and beat it slowly into the frosting; flavor, if desired, with orange extract, and spread.

ORANGE OR LEMON FROSTING

- 1 Egg yolk
- 2 tablespoonfuls orange or lemon juice

Few grains salt
Confectioner's sugar to spread

Add the fruit juice and salt to the egg yolk. Beat slightly, and, gradually, whip in confectioner's sugar to spread.

MAPLE ICING

- 1 Egg yolk
- 3 tablespoonfuls maple syrup
- Few drops vanilla
- Confectioner's sugar
- Chopped walnuts or hickory nuts

Mix together the egg yolk, syrup and vanilla, and beat in sifted confectioner's sugar till stiff enough to spread. Sprinkle the cake, when iced, with the chopped nuts.

BETTER BREAD—DELICIOUS PASTRY

FLUFFY FROSTING

Put one rounding cup of sugar, one-fourth cup cold water and a pinch of cream of tartar into a sauce pan to cook over moderate fire. Remove from fire when it forms a brittle thread in a cup of cold water and pour it in a very thin stream over the white of one egg beaten stiff and dry; meanwhile continuing the beating of the eggs so that the hot syrup will be evenly combined with the egg-white. After syrup is all added, beat two minutes, add flavoring and let cool. This makes enough frosting to put between the layers of the cake. Repeat this process to make enough for the top and sides. Double quantity is much harder to handle and more liable to grain. Melt over hot water, one-half cake baker's chocolate. When thin, spread over frosting on top and sides of cake, smoothing it to even thickness with a pliable knife dipped frequently into hot water. When cool the chocolate will form a hard thin crust over the frosting.

BOILED FROSTING

1 Cupful sugar 1 egg white
 ¼ cupful water Flavoring
 Boil the sugar and water until it threads. Pour the syrup in a fine stream onto the egg white which has been beaten dry, flavor and beat until thick enough to spread, or return to a double boiler until the edges are dry, and the frosting will hold its shape when dropped from the spoon onto a cold plate, or onto the frosting itself.

WALNUT CREAM FROSTING

Make according to the recipe for boiled frosting, adding a half cupful of coarsely-chopped walnuts or hickory nut meats before beating the mixture.

COCOANUT ICING

- 2 Tablespoonfuls boiling water
- ¼ teaspoonful vanilla
- 1½ cupfuls confectioner's sugar
- ½ cupful shredded cocoanut

Mix the ingredients in the order given. If not sufficiently stiff, add a little more sugar. Spread on the cake as directed, and sprinkle immediately with more cocoanut.

FIVE MINUTE FROSTING

The white of 1 egg
 1 teaspoon lemon juice
 1 scant cup powdered sugar
 Stirred together until the sugar is all wet; then beat with a fork for just five minutes. Spread on the cake while warm.

MARSHMALLOW FROSTING

Make according to the recipe for boiled frosting and add five quartered marshmallows just before beating the mixture.

MOCHA FROSTING

- 1½ cupfuls confectioner's sugar
- 1 teaspoonful vanilla
- 2½ tablespoonfuls strong coffee
- ½ tablespoonful cocoa
- 1½ tablespoonfuls butter

Cream the butter, add the cocoa and powdered sugar, gradually, until it begins to get thick, then add a little of the coffee and sugar, alternately, putting the vanilla in last.

BUTTER ICING

- 1 Cup icing sugar
- 3 tablespoons butter
- 2 teaspoons vanilla

Mix with knife into a cream and spread on cake.

ORANGE FROSTING

Grate the thin rind of an orange and soak it one-half hour in 3 teaspoons lemon juice. Squeeze the juice through a fine muslin and use like the lemon in five-minute frosting.

COOKIES, SMALL CAKES, WAFERS, etc.

DELICIOUS DROP CAKES

- 1/2 Cup butter
- 3/4 cup brown sugar
- 1/2 cup raisins
- 1 cup nuts
- 1 cup Purity Flour
- 1/2 spoonful cinnamon
- 1/4 spoonful cloves
- 1/4 spoonful allspice
- 1/4 spoonful nutmeg
- 1/4 spoonful salt
- 1/2 spoonful soda
- 1/6 cup hot water

Cream butter and sugar, well beaten egg. Sift Purity Flour and spices and add nuts and raisins. Mix all together and add quickly soda dissolved in hot water. Drop from spoon on greased pan and bake about 15 minutes.

OATMEAL MACAROONS

- 2 Teaspoons butter
- 1 cup sugar
- 2 eggs
- 2 1/2 cups Purity rolled oats
- 1 teaspoon vanilla or 1/2 teaspoon bitter almond flavoring
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Cream the butter, add half of the sugar. Beat the yolks of the eggs, add the remaining sugar and combine with first mixture; then add flavoring and fold in whites of eggs beaten stiff. Add rolled oats mixed with baking powder and salt, and drop from a teaspoon on buttered baking sheet two inches apart. Bake in a slow oven 15 minutes. This amount will make about five dozen macaroons.

WAFERS

- 1/2 Cup butter
- 2 cups sugar
- 1 cup sweet milk
- 3 eggs
- 3 heaping teaspoons baking powder
- Nutmeg to taste
- Purity Flour to shape stiff

COCOANUT PUFFS

- 2 Egg whites
- 2 cups granulated sugar (scant)
- 2 1/2 cups cocoanut (shredded)
- 1 tablespoon cornstarch

METHOD:—Beat egg whites until very stiff. Add sugar and cornstarch. Place bowl over steam and cook until a crust forms at the bottom of the dish. Then add cocoanut and drop by spoonfuls onto a buttered baking sheet. Cook in moderate oven till light brown.

LADY FINGERS

- Whites 3 eggs
- 1/3 cup fruit sugar
- Yolks 2 eggs
- 1/4 teaspoon vanilla
- 1/3 cup Purity Flour
- Salt

Beat whites of eggs until stiff and dry, add sugar gradually, beating all the time. Beat thoroughly, then carefully cut and fold in flour, mixed and sifted with salt. Cover a baking sheet with unbuttered paper, and with a pastry tube shape lady fingers 3 inches long and 3/4 inch wide. Sprinkle with fruit sugar and bake in a slow oven 12 to 15 minutes. Remove from paper and put together in pairs, using white of egg.

PURITY FLOUR

PEANUT COOKIES

- 2 Tablespoons butter
- $\frac{1}{4}$ cup sugar
- 1 egg
- $\frac{1}{2}$ cup Purity Flour
- $\frac{1}{2}$ teaspoon lemon juice
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon milk
- $\frac{1}{2}$ cup finely chopped peanuts

Cream the butter, add sugar, beaten egg, and mixed and sifted dry ingredients; then add milk, peanuts and lemon juice. Drop from a teaspoon on an unbuttered baking sheet one inch apart, and place one-half peanut on top of each. Bake in a slow oven 12 to 15 minutes. This amount will make 30 cookies.

SCOTCH SHORTBREAD

- 1 lb. Purity Flour
- $\frac{1}{4}$ lb. light brown sugar
- $\frac{1}{2}$ lb. butter
- 1 tablespoon caraway seed

Mix flour and butter together with hands, then add sugar and seeds mixed, knead the paste smooth, roll out one-half inch thick and cut in oblong cakes. Prick all over and bake in moderate oven one-half hour.

PECAN CHOCOLATE WAFERS

- 2 Eggs
- 6 tablespoons Purity Flour
- $\frac{1}{4}$ cup of cocoa
- $\frac{3}{4}$ cup of sugar
- $\frac{1}{4}$ teaspoon of salt
- 1 cup chopped pecan nuts (or peanuts may be used)

Beat eggs well. Then beat in sugar and cocoa mixed. Fold in flour and salt sifted, tablespoonful at a time. Add nuts. Drop by teaspoonful on buttered tin, placing a half pecan on each. Bake in a moderate oven 15 minutes. Remove from tin immediately after taking from oven.

DATE CAKES

- 2 Cups Purity oatmeal
- 2 cups Purity Flour
- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup lard
- $\frac{1}{2}$ cup milk
- 2 tablespoons baking powder

FILLING

- 1 lb. dates
- $\frac{1}{2}$ cup brown sugar
- 1 cup cold water
- Boil until soft

Cream butter, sugar and lard, add milk, then oatmeal and flour, in which the baking powder has been sifted. Roll our very thin and cut in oblong pieces about one inch by three inches, and bake in moderate oven. When done, put two together with filling.

SMALL EMERGENCY CAKES

- 2 Tablespoons sugar
- 2 small tablespoons butter
- 1 egg
- 2 tablespoons Purity Flour
- 1 teaspoon baking powder
- 2 tablespoons chopped dates or raisins.

Cream sugar and butter well and add the rest of the ingredients. Use extra small patty pans. This quantity makes one dozen cakes.

FRUIT JUMBLES

- $\frac{1}{2}$ Cup butter
- 1 cup white sugar
- 3 eggs
- 1 pound dates, stoned and cut up
- $\frac{1}{2}$ cups Purity Flour
- $\frac{1}{4}$ pound ground walnuts
- 1 teaspoon vanilla
- 1 teaspoon soda dissolved in 1 tablespoon hot water

Mix in the order given. Drop on buttered pan and bake 15 minutes in a moderate oven.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

TRILBYS

- 1 Cup Purity rolled oats
- 1 cup Purity Flour
- 1/2 cup brown sugar
- 1/2 teaspoon soda
- 1/8 teaspoon salt
- 1/4 cup butter
- 1/2 cup thick sour milk

Mix first five ingredients; cut in butter and add milk gradually. Dough should be very soft. Roll out and cut as cookies. Put two cookies together with Date Filling between them. Bake in a moderate oven. This amount will make about fifty cakes.

CHINESE CHEWS

- 1 Cupful dates, chopped
- 1 cupful English walnuts, chopped
- 1 cupful sugar
- 3/4 cupful Purity flour
- 1 teaspoonful baking powder
- 2 eggs
- 1/4 teaspoonful salt

Mix all dry ingredients together, put in the dates and nuts, and stir in the eggs after beating them light. Bake in as thin a sheet as can be spread and when done cut in small squares and roll into balls. Then roll them in granulated sugar.

OATMEAL COOKIES

- 1/2 Cup butter
- 1/2 cup lard
- 1 cup sugar
- 2 eggs
- 1/3 cup milk
- 1/2 cup chopped raisins
- 1 1/2 cups oatmeal (raw)
- 2 cups Purity Flour
- 2 teaspoons baking powder

Cream together the lard, butter and sugar. Add the beaten eggs, raisins, milk and oatmeal. Sift flour and baking powder together and add these last. Drop by spoonfuls on greased baking sheets allowing space between for the cookies to spread.

SHORTCAKE COOKIES

- 1 Pound butter
- 1/2 pound icing sugar
- 1 pound Purity flour
- 1 egg
- 3 teaspoons lemon extract

Cream butter and sugar, add well beaten egg, flour and lemon extract. Turn on board adding enough flour until stiff enough to roll. Cut in shapes and bake in moderate oven until delicate brown.

PLAIN COOKIES

- 1 Cup butter
- 1 cup white sugar
- 3 teaspoons of baking powder
- 2 eggs
- 3 cups Purity Flour

Cream butter and sugar, add eggs, flour and baking powder. Roll very thin and bake until light brown.

ROCKS

- 1 1/2 Cups brown sugar
- 1/2 cup butter
- 2 eggs
- 3 tablespoons milk or hot water
- 1/2 pound dates
- 2 cups Purity rolled oats
- 2 cups Purity Flour
- 1 level teaspoon soda
- Pinch of salt

Cream butter and sugar, add eggs and milk, dates, rolled oats and flour with soda and salt. Drop on hot pan and bake in quick oven.

WALNUT WAFERS

- 1 Cup chopped walnuts
- 4 tablespoons Purity Flour
- 1 cup brown sugar
- 2 eggs
- 1/4 teaspoon salt

METHOD:—Beat eggs well and add sugar and salt. Then add the flour and nuts. Drop by teaspoons onto a buttered baking sheet. Cook in a moderate oven about 10 minutes.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

HONEY DROP CAKES

- 3/4 Cup honey
- 1/4 cup butter
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1 egg
- 1 cup raisins, cut in small pieces
- Purity Flour (about 1 1/2 cups)
- 1/2 teaspoon soda
- 1/2 tablespoon water

Heat the honey and butter until the butter melts. While the mixture is warm add the spices. When it is cold add part of the Purity Flour, the egg well beaten, the soda dissolved in the water, and the raisins. Add enough Purity Flour to make a dough that will hold its shape. Drop by spoonfuls on a buttered tin and bake in a moderate oven.

DATE CAKES

- 2 Cups fine Purity oatmeal
- 1 cup Purity flour
- 1 1/2 cups light brown sugar
- 1 small teaspoon soda
- 1 cup butter (or half butter and half dripping)
- 1/2 cup sour milk
- 2 pounds dates

Mix all but dates and roll thin; cut in strips; spread dates between strips and cut in squares. Bake in a hot oven.

MACAROONS

- 1/2 Package seeded raisins, chopped
- 1/2 cup chopped peanuts
- 1 cup powdered sugar
- 2 tablespoons Purity Flour
- Stiffly beaten whites of 2 eggs

Mix raisins, peanuts, sugar and flour. Fold into the whites of eggs well beaten, and drop mixture by spoonfuls on buttered paper and bake until light brown in a moderate oven.

SOFT JUMBLES

- 1 1/2 Cups sugar
 - 1 cup sour milk or cream
 - 2/3 cup butter
 - 1 teaspoon soda
 - 3 cups Purity Flour
 - 3 eggs
 - Flavor to taste
- Drop by teaspoonfuls on greased tin and bake.

MARGUERITES

Make a paste of a cup of chopped nuts and 1/2 package seeded raisins, mixed with boiled icing. Spread on wafer crackers and put in a hot oven for a minute only to give them a delicate brown. Very nice with chocolate or coffee for light refreshments.

SMALL OATMEAL CAKES

- 1/2 Cup butter
- 1/2 cup sugar
- 1 egg
- 3 tablespoons milk
- 1 cup Purity rolled oats
- 1/2 cup walnuts
- 1/2 cup raisins
- 1 cup Purity Flour
- 1/2 teaspoon soda

Cream butter and sugar, add egg and milk, walnuts broken in pieces, raisins, flour, soda and rolled oats. Drop from teaspoon on buttered tins and bake in quick oven.

WALNUT WAFERS

- 3 Tablespoons butter
- 1 cup brown sugar
- 1 egg
- 1 cup chopped walnuts
- 1 cup Purity flour (scant)
- 1/2 teaspoon baking powder
- Salt

Mix in the order given. Drop from spoon on buttered tins. Bake 5 or 6 minutes.

BETTER BREAD—DELICIOUS PASTRY



MARY'S COOKIES

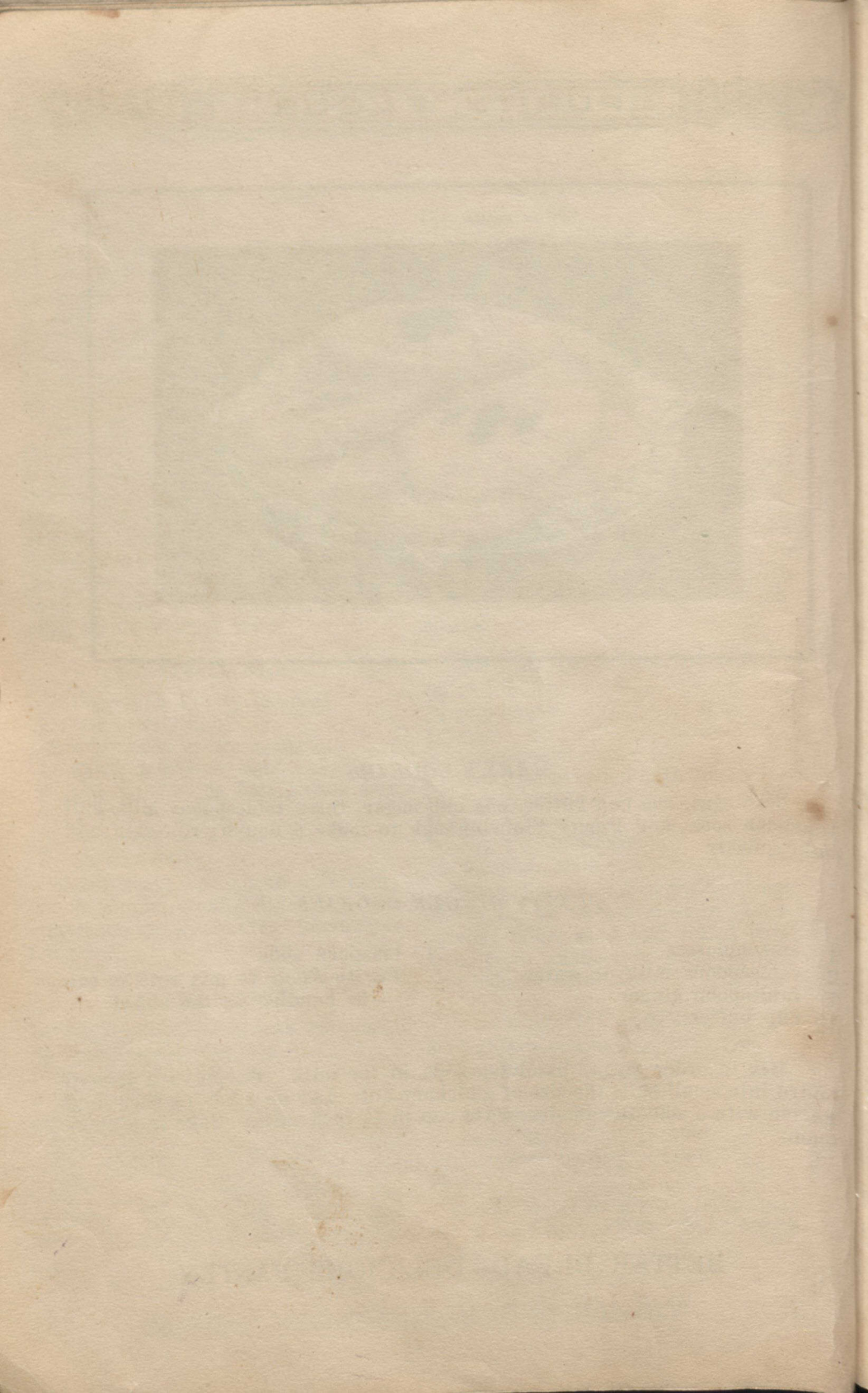
Two eggs, one cup butter, one cup sugar, three tablespoons milk half teaspoon soda, and Purity Flour enough to make a dough; roll thin and bake quickly.

PURITY GINGER COOKIES

- | | |
|-----------------------------|--|
| 1 cup molasses | 1 teaspoon soda |
| 2 tablespoons milk or water | <i>Purity Flour</i> to mix soft as can |
| 1 tablespoon ginger | be handled on the board |
| ½ cup butter | |

Mix in order given, dissolving soda in the milk. Shape on a floured board into small balls the size of a hickory nut. Lay on a baking sheet and flatten with a smooth tumbler or tin cup to ½ inch thick. Bake in a quick oven.

BETTER BREAD—DELICIOUS PASTRY



NUT COOKIES

- 1/3 Cup butter
- 1/2 cup sugar
- 2 eggs
- 3/4 cup Purity Flour
- 1 teaspoon baking powder
- 3/4 cup chopped nuts
- 1 teaspoon lemon juice

Cream the butter and add the sugar and eggs well beaten. Sift the Purity Flour and baking powder together. Add the first mixture. Then add nuts and lemon juice. Drop from a teaspoon on an unbuttered baking sheet, leaving an inch space between them. Sprinkle with chopped nuts and bake in a very slow oven.

This will make two dozen cookies.

OATMEAL MACAROONS

- 2 Cups Purity rolled oats
- 1 cup sugar
- 1 teaspoon baking powder
- 2 eggs
- 1 tablespoon melted butter
- Pinch of salt
- 1 tablespoon Purity Flour

Mix together in order given. Drop by teaspoons on buttered pan well apart, and remove from pan while hot.

LEMON COOKIES

- 1/2 Cup butter
- 1 cup sugar
- 2 eggs
- 2 tablespoons milk
- 2 teaspoons baking powder
- 3 cups Purity Flour
- 1 teaspoon lemon extract

Cream the butter, add the sugar, the eggs well beaten, milk and lemon. Sift the dry ingredients and add them to the mixture. Chill and roll out thin, using half the dough at a time. Cut in fancy shapes and bake in a moderate oven.

This will make five dozen cookies.

DATE KISSES

Beat the whites of 2 eggs very stiff. Add 1 cup of powdered sugar, 1 cup of chopped pecans and 1 cup of chopped dates. Drop from teaspoon on to greased pan and bake in a slow oven until a delicate brown. This makes about 2 1/2 dozen kisses.

PEANUT MACAROONS

Whites of 2 eggs beaten stiff, 1/2 cup of granulated sugar. Fold in 2 cups of corn flakes, and 1 cup of chopped peanuts, pinch salt. Drop on buttered paper. Bake in a moderate oven 15 or 20 minutes.

MARGUERITES

1 small cup of brown sugar, 1 egg, 1/2 cup Purity Flour sifted with 1/4 teaspoon baking powder, 1 cup chopped nuts. Mix in order given. Drop by teaspoons on buttered pans. Bake in a slow oven 10 or 15 minutes

BUTTER TARTS

1 egg, 1 cup brown sugar, 1 cup currants, butter size of a walnut, flavor to taste. Beat all until full of bubbles. Drop from teaspoon into lined patty tin, and bake in quick oven.

DATE DROP CAKES

- 1 Cup brown sugar
- 1/2 cup butter
- 1/2 pound dates
- 1/4 pound walnuts
- 2 eggs
- 1 1/2 cups Purity Flour

METHOD—Cream butter and sugar together, and add the beaten eggs. Sift the Purity flour and baking powder together, leaving enough Purity flour to dust the chopped dates and walnuts. Add the dates and nuts to the mixture, thoroughly sifting in the Purity flour and baking powder. Have the mixture so stiff that it will be very hard to mix. Drop from a teaspoon on to a floured pan. Bake in a moderate oven 15 minutes.

FRUIT COOKIES

- 1 Cup raisins 1/2 cup lard
- 1 1/2 cups brown sugar
- 1/2 cup butter 1 egg (beaten)
- 4 tablespoons sweet milk
- 1 teaspoon baking soda

A little salt

Nutmeg or mixed spice

Purity Flour to roll

METHOD—Seed and chop raisins fine, sprinkle with Purity flour and set aside. Beat together sugar, lard and butter. When creamy add beaten egg, sweet milk, baking soda, salt, and enough Purity flour to make a stiff batter, then add raisins and spice. Purity Flour to make a stiff dough. Roll thin. Bake in a quick oven.

HEALTH BRAN COOKIES

- 3 Cups Purity Bran
- 1 1/2 cups Purity Flour
- 2 level tablespoons baking powder
- Chopped raisins if desired
- 2/3 cup milk 2 eggs
- 1/2 cup sugar
- 1/2 cup butter

Cream the butter and sugar together, add the well beaten eggs, then the milk gradually. Mix baking powder with Purity flour and bran and add gradually to the above. If the dough cannot be handled, add a little more Purity flour. Roll out thin, cut with a cookie cutter and bake in a quick oven from seven to ten minutes.

BROWN SUGAR COOKIES

- 2 Cupfuls brown sugar
- 1 cupful softened margarine
- 3 eggs 1/4 cupful milk
- 1/2 teaspoonful salt
- 1 teaspoonful soda
- 1 teaspoonful vanilla
- About 5 cupfuls Purity Flour

Cream together the margarine and sugar, add the eggs well beaten, the

milk, the vanilla, and half the Purity Flour sifted with the salt and soda. Add more Purity flour, enough to make a dough which may be rolled. Cut in any desired shapes and bake about ten minutes in a 400° F. oven.

HERMITES

- 1/3 Cup butter
- 1 cup brown sugar
- 1 egg
- 2 tablespoons milk
- 1 3/4 cups Purity Flour
- 2 teaspoons baking powder
- 1/3 cup raisins, stoned and cut in small pieces
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon mace
- 1/4 teaspoon nutmeg
- 1/2 cup chopped walnuts

Cream the butter, add sugar gradually, then raisins and nuts, egg well beaten, and milk. Mix and sift dry ingredients and add to first mixture. Drop off spoon on buttered pan.

GINGER SNAPS

- 1 Cupful sugar
- 7/8 cupful shortening
- 2/3 cupful cold, strong tea
- 1 teaspoonful ginger
- 1/2 teaspoonful cinnamon
- 1/2 teaspoonful cloves
- 1 cupful molasses
- 2 teaspoonfuls soda
- Purity Flour to roll thin, 5 to 6 cupfuls

Cream together sugar and shortening; add spices, tea, and the molasses brought to a boil, the soda then being dissolved in it. Beat in Purity Flour to make a very stiff dough, cover and let stand for an hour, or even overnight, so that the Purity Flour may swell and less be used. Too much flour makes tough ginger-snaps. Roll thin, and bake about eight minutes in a moderate oven.

CEREALS

PURITY ROLLED OATS PORRIDGE

- 3 Cups boiling water
- 1 teaspoon salt
- 1 cup Purity Rolled Oats

Have salted water boiling, add gradually the rolled oats, stirring constantly. Boil over direct heat for 5 minutes, then return to double boiler and boil $\frac{1}{2}$ an hour. This may be made in the evening and reheated in the morning. The long standing improves the porridge.

PURITY FOOD PUDDING, NO. 1

- 1 pint milk $\frac{1}{2}$ cup sugar
- 2 cups Purity Food (cooked and warm)

- 2 squares chocolate Vanilla

Mix cereal thoroughly with milk and heat. Add sugar, salt and melted chocolate. Put in a large mould, or individual moulds. Serve cold with cream.

PURITY FOOD PUDDING, NO. 2

Melt $\frac{1}{4}$ cup of butter, mix it with 4 tablespoons Purity Food. Add $1\frac{1}{2}$ pints of boiling milk. Cook this in a double boiler to a thick mush. When cool, mix with it the yolks of 3 eggs, 5 tablespoons sugar, grated rind of a lemon, and the whites of 3 eggs beaten stiff. Butter a pudding dish, pour in the pudding, place it in a pan of boiling water, and bake it in a moderate oven for 1 hour.

PURITY FOOD GEMS, NO. 1

- 1 Cup Purity Flour
- 4 teaspoons baking powder
- 4 teaspoons melted butter
- 2 eggs $\frac{1}{2}$ teaspoon salt
- 1 cup milk $\frac{1}{2}$ cup Purity Food

Mix and sift the flour, salt and baking powder, then add the cereal. Beat the yolks of eggs, add the milk and combine the mixture. Then add

the melted butter and the whites of eggs beaten until stiff. Turn into buttered gem pans and bake in a hot oven 25 minutes. Serve with maple syrup.

PURITY FOOD GEMS, NO. 2

- 2 Cups Purity Food
- 2 tablespoons Purity Flour
- $2\frac{1}{2}$ teaspoons baking powder
- 4 tablespoons cream or fat
- 1 cup sweet milk A little salt

Mix flour, cereal, baking powder and salt. Add melted shortening and last the milk. Beat all thoroughly and bake in greased gem pans in a very hot oven.

PURITY FOOD CUSTARD

- 2 Cups milk $\frac{1}{4}$ cup sugar
- 4 tablespoons Purity Food
- 2 eggs
- Vanilla flavoring

Cook the cereal in the milk for at least 30 minutes. Beat the eggs and sugar until light. Add them to the hot mixture, stir and cook about 3 minutes as you would a soft custard. Serve with cream or cream sauce. This may be put in a large dish or in individual moulds.

OATMEAL GRUEL

- 2 tablespoons Purity Oatmeal
- 1 saltspoon salt 1 cup milk
- 1 tablespoon sugar
- 1 cup boiling water

Cook in saucepan 30 minutes or in double boiler 2 hours. Strain and add milk.

BREAKFAST CEREAL

For a change in breakfast cereal an attractive dish may be made by using half Purity Food and half Purity Rolled Oats. This combination makes a breakfast dish of excellent flavor.

CANDY

HOW TO DIP CANDIES

The necessary utensils are wire dipping forks and small double boiler. Cut the chocolate into very small pieces and place in upper part of boiler, set in warm water, and stir occasionally while melting. It is most important not to let a drop of water into the chocolate. When the melted chocolate has cooled to about 90 degrees F. it is ready for use and should be kept at that temperature. Drop whatever is to be coated into the chocolate and with the fork push under, lift out and draw across the edge of pan then drop on waxed paper.

CHOCOLATE FRUITS, NUTS AND MARSHMALLOWS

Use candied cherries and pineapple, blanched almonds, half walnuts, dates stuffed with walnuts, marshmallows that have been wiped free from powder. Cherries may be dipped two together, the pineapple cut in triangular pieces. Dip these in sweet chocolate.

CHOCOLATE CARAMELS

- 2½ cups granulated sugar
- ½ cup butter
- ⅛ teaspoon cream of tartar
- ¾ cup corn syrup
- 2½ cups whole milk (not skimmed)
- 1 teaspoon vanilla
- ½ cup of unsweetened chocolate broken in small pieces

Put the sugar, butter, cream of tartar, 1 cup of milk and corn syrup over the fire. Stir constantly. Allow to boil a few minutes. Then very gradually stir in the remainder of the milk, being very careful that mixture does not stop boiling while the milk is being added. Have ready

2 shallow pans well buttered, and when the syrup has boiled to 248 degrees F. remove from the fire, add the chocolate and vanilla, stir well in, and then turn into the pans. The mixture will require stirring every few moments while cooking. It is most important that the candy cools very quickly, as otherwise it will turn sugary. When nearly cold cut into squares. These squares may be dipped in sweet chocolate, and a pleasing variety may be made by adding chopped nuts to the mixture when stirring in the chocolate. The caramel may be tested by dropping in cold water, and when it forms a hard ball, the syrup is sufficiently cooked.

QUICK FONDANT

- 2 Egg whites Flavoring
- 2½ cupfuls confectioner's sugar

Beat the whites slightly, and add the sifted sugar, a little at a time, until stiff enough to knead. Work in flavoring as desired. Then cover the hands and dredge the board with sugar, and form the candies in the shapes desired.

MAPLE CREAM

- 1 Cup milk 1 cup walnuts
- Butter size of an egg
- 4 cups brown sugar
- 1 teaspoon vanilla

Put all ingredients (excepting vanilla and nuts) into a saucepan. Boil slowly for about half an hour. It is done when mixture will congeal after being dropped into cold water, but must not be brittle. Take from fire, add vanilla and nuts and beat until creamy, but not too stiff. Put on buttered plates, and set aside to cool.

BETTER BREAD—DELICIOUS PASTRY

STUFFED FIGS

Select moist pulled figs, remove the stem ends, split open lengthwise and fill each with half a marshmallow, pressing in a raisin as a finish, or with a mixture of chopped nuts and raisins and prunes, with orange flavored fondant, or chopped orange peel.

STUFFED PRUNES

Select large prunes, scrub well and let soak for two hours. Remove the stones, drain the prunes well and fill the centres with fondant and nuts, or fondant and preserved ginger. Roll in granulated sugar and let stand over night to ripen.

STUFFED DATES

Remove the stones from the dates and fill with orange-flavored fondant, English walnuts, almonds, or pecan nuts, the mixture for Canoe Club Almonds, or peanut butter. In case the latter is used, roll the dates in finely chopped peanuts; otherwise in granulated sugar.

PEANUT BRITTLE 1

- 2 Cups sugar
- 3 cups unshelled peanuts

Shell peanuts, remove brown skin, and roll fine. Put the sugar into a frying pan and heat, stirring constantly until melted to a syrup. Add peanuts, mix thoroughly and turn at once into an unbuttered shallow pan. Mark in squares before it hardens.

PEANUT BRITTLE 2

- 1 Quart peanuts, shelled and chopped
- 2 cupfuls granulated sugar
- 1½ teaspoonfuls butter
- Few grains soda Few grains salt

Butter a small dripping pan, sprinkle on the peanuts chopped coarsely, caramelize the sugar, stir in the butter, salt and soda and pour over the peanuts heated.

FUDGE 1

- 1½ Cups white sugar
 - 1½ cups milk
 - 1½ cups brown sugar
 - Vanilla
 - Butter size of walnut or more if desired
 - ½ small cake unsweetened chocolate
- Boil until it forms a soft ball in water and beat until it creams.

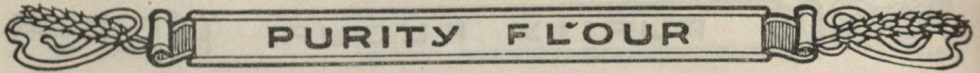
CHOCOLATE FUDGE 2.

- 2 cups sugar
- 2 squares (ounces) chocolate
- 1 tablespoonful butter
- ½ cupful milk
- ½ teaspoonful vanilla
- Few grains salt
- ⅛ teaspoonful cream of tartar

Put all the ingredients, except the vanilla, together in a saucepan and stir until the sugar is dissolved. Cook gently, stirring as little as possible, until the mixture forms a soft ball when a little is tried in cold water. Then cool till it is lukewarm and beat until creamy. Pour into a buttered pan and half cool. Cut in squares as soon as firm.

CHRISTMAS JOYS

- 1 cupful figs
 - 1 cupful English walnut meats
 - 1 cupful stoned dates
 - 1 cupful candied cherries
 - 1 tablespoonful lemon juice
 - ½ cupful candied orange peel
- Put the fruits and nuts through the food chopper, add the lemon juice and knead until thoroughly mixed. Toss on a board well-dusted with powdered sugar, roll out to ¼ inch thickness and cut into rounds with a small cutter. When they have stiffened, frost the tops with a plain orange icing, and decorate with bits of angelica and red cherries to simulate holly.



DATE KISSES

- 2 Egg whites
- 1 cupful powdered sugar
- 1 cupful broken walnut meats
- 1 cupful chopped dates

Beat egg-whites stiff, add other ingredients in the order given, drop from a teaspoon into buttered pans, and bake till delicately brown in a slow oven. This makes two and a half dozen kisses.

CHOCOLATE CREAMS

- 2 Cups granulated sugar
- $\frac{1}{2}$ cup cold water
- $\frac{1}{3}$ cup corn syrup

Dissolve sugar in water and add corn syrup and boil till it forms a soft ball when dropped in cold water; pour this gradually on the stiffly beaten white of one egg, add a piece of butter size of a large walnut, and flavoring and beat until set. Drop by teaspoon on oiled paper and then roll in hand, working in a little icing sugar, (nuts or dates may be added) let dry and dip in sweet chocolate.

AFTER-DINNER MINTS

- 2 cupfuls sugar
- $\frac{1}{8}$ teaspoonful cream of tartar
- 5 tablespoonfuls boiling water
- $\frac{1}{4}$ teaspoonful vinegar
- $\frac{3}{4}$ teaspoonful essence of peppermint

Boil together the sugar, cream of tartar, water and vinegar until brittle when tried in cold water. Pour into a buttered platter and, as soon as the edges cool, fold towards the center. When it can be handled, pull like molasses candy, stretching it into strips a half-inch wide. Snip off half-inch pieces with the scissors, mixing them immediately with powdered sugar. Let stand in a closely covered jar, or box, until firm, about ten days.

SALTED ALMONDS

- 1 cup shelled almonds
 - 2 teaspoon butter or olive oil
- Salt

Blanch and dry the almonds; place in a baking pan and put butter or oil over them. Brown in a moderate oven, stirring frequently. Drain on unglazed paper and sprinkle with salt.

MOLASSES TAFFY

- 1 cupful molasses
 - 1 cupful sugar
 - 1 teaspoonful vinegar
 - 2 tablespoonfuls butter
- Few grains soda
Any desired flavoring
Cocoanut or peanuts

Boil the molasses, sugar and vinegar together until it "rattles against the cup" when tried in cold water. Add the flavoring and soda and pour into buttered pans to about an eighth inch in thickness. The bottom of the pans may be covered with shelled peanuts, or shredded cocoanut, if desired. When nearly cold mark into squares.

MAPLE POP-CORN

- 3 quarts popped corn
- 1 cupful maple syrup
- $\frac{1}{2}$ cupful granulated sugar

Boil the syrup and sugar together until it spins a long thread. Pour onto the corn, stir well and cool.

BUTTER SCOTCH

- $1\frac{1}{2}$ pounds brown sugar
- $\frac{1}{4}$ cup boiling water
- $\frac{1}{2}$ pound butter

Pour boiling water over butter, then add sugar. Stir until dissolved then boil without stirring until it hardens when dropped in cold water (about 20 minutes). Pour into buttered tins.

BETTER BREAD—DELICIOUS PASTRY

GELATINE DESSERTS and ICES.

DESSERTS

In adding fruits to a gelatine, they should be stirred in after the gelatine begins to "set," or to have the consistency of an egg white. However, if the gelatine is to be moulded, and it is desirable to have a particularly attractive result, a thin layer of the gelatine mixture should be poured into the bottom of a mould, and the mould should be set in cracked ice. When this layer has stiffened, a layer of fruit should be set in place in an attractive design, and a little more gelatine should be poured over it. When this has become slightly "set," more fruit, nuts, or whatever is to be used, may be put in position. This process must be continued until the mould is complete.

A plain lemon or orange gelatine offers a splendid medium for using up odds and ends of fresh or cooked fruit. To this may be added as fancy and necessity of balancing the meal may dictate, quartered dates, broken nut meats, marshmallows, etc.

LEMON JELLY

- 2 Tablespoons granulated gelatine
- $\frac{1}{2}$ cup cold water
- $2\frac{1}{2}$ cups boiling water
- 1 cup sugar
- $\frac{1}{2}$ cup lemon juice

Soak the gelatine five minutes in cold water; dissolve in the boiling water, strain and add to the sugar; cook, and add the lemon juice. Turn into moulds and chill. Serve with custard or stewed or sliced and sweetened fruit.

ORANGE JELLY

- 2 Tablespoons granulated gelatine
- $\frac{1}{2}$ cup cold water
- $1\frac{1}{2}$ cups orange juice
- $1\frac{1}{2}$ cups boiling water
- 1 cup granulated sugar
- 3 tablespoons lemon juice

Soak the gelatine five minutes in cold water. Dissolve in the boiling water, and add to the sugar, cool and add the fruit juices; pour into mould and let chill.

ORANGE AND DATE JELLY

Prepare the mixture for orange jelly, add a little nut-meg and, when beginning to congeal, stir in eight stoned and quartered dates, and the sections from two oranges.

QUICK MINT JELLY

- 2 Tablespoons granulated gelatine
- $2\frac{1}{2}$ cups boiling water
- $\frac{1}{2}$ cup cold water
- 1 cup sugar
- $\frac{1}{2}$ cup lemon juice
- 1 bunch fresh mint

Chop the mint and cook rapidly for twenty minutes in the boiling water. Add the sugar and the gelatine dissolved in the cold water; cool and add the lemon juice. Strain and color green, if desired, with vegetable coloring. Let stand in individual moulds until stiff. Serve with lamb.

WHIPPED TAPIOCA CREAM

One small cup tapioca soaked over night. Cook in double boiler with one cup milk and two tablespoons sugar. Let cool and stir occasionally. Whip $\frac{1}{2}$ pint cream and stir into tapioca. Flavor.

PURITY FLOUR

CHARLOTTE RUSSE

- 2/3 Package gelatine
- 1 cup milk
- 2 tablespoons fine sugar
- Flavoring

1 quart whipped cream

Soak gelatine in milk, set in hot water, and stir till gelatine is dissolved. Add sugar to cream, then flavoring, lastly gelatine. Mould.

ORANGE CHARLOTTE

- 1 Cup orange juice and pulp
- 2 tablespoons lemon juice
- 1 cup granulated sugar

Chopped nuts

1/2 box gelatine

Whites of 2 eggs, well beaten

1/2 pint cream, whipped

Dissolve the gelatine in a third of a cup of cold water for 15 minutes, then add a third of a cup of boiling water. Strain and add fruit juice. Put into granite dish and allow to stand from 20 to 30 minutes, then whip, beat in the whites of eggs and then fold in the cream. Last of all, add nuts. Line mould with pieces of orange and when the charlotte is ready to serve garnish with candied cherries and whipped cream.

FRESH STRAWBERRY BAVARIAN CREAM

- 2 Tablespoons granulated gelatine
- 1/2 cup water
- 1/2 cup sugar
- 1 pint heavy cream
- 1/2 box stemmed strawberries

Soak gelatine ten minutes in water to cover; put sugar in saucepan with the half-cupful of water, add berries, and heat to boiling point but do not mash; turn in the gelatine and when consistent like an egg-white add the cream, whipped stiff, folding it in carefully. Let stand to become cool and stiff and serve with additional strawberries, stewed.

MAPLE PUDDING

Yolks of 3 eggs (not beaten) 1 cup maple syrup

Cook these together in double boiler (with cold water to start), whipping constantly and until water comes to a boil. Dissolve 8 leaves of gelatine in a little hot water and mix with egg mixture, beating until quite cool. Add all this to one half pint whipped cream, beating until well mixed, and let stand in mould to set. Serve with cream.

JELLIED APPLES

- 1 1/2 Tablespoons granulated gelatine
- 1/2 cupful cold water
- 6 tart apples
- 2 cups sugar
- Juice 1 lemon
- Juice 1 orange
- 2 cups boiling water

Mix together the sugar and boiling water. Add the apples, quartered, put in a baking dish in the oven, covering closely, and bake until pink. Put the apples in a mould, add the gelatine to the apple juice, cool it and add the fruit juices, color pink, if desired, with vegetable coloring, and set aside to become firm in a mould prepared as directed. Serve with soft custard or whipped cream flavored and sweetened.

JELLIED PRUNES

- 3 Cups cooked, stoned prunes and their juice
- 1 1/2 tablespoons granulated gelatine
- 1/4 cup cold water
- 2 tablespoons lemon juice
- Sugar to taste

Bring the prunes to boiling point, and sweeten to taste. In the meantime, soften the gelatine in the cold water and add it to the prune juice. When cool, stir in the lemon juice and pour into a prepared mould to stiffen. Serve with top milk or light cream.

BETTER BREAD—DELICIOUS PASTRY

*STRAWBERRY OR
RASPBERRY WHIP*

1¼ Cups fresh raspberries
White of 1 egg beaten stiff
1 cup powdered sugar
Put all together and beat with wire spoon 30 minutes. Pile lightly on dish and surround with lady fingers. Cool and serve with whipped cream.

COFFEE DESSERT

1½ Cups of coffee infusion
2/3 cups of sugar
¼ teaspoon of salt
1 tablespoon of granulated gelatine
½ cup of milk
3 eggs
½ teaspoon vanilla

Mix coffee infusion, milk, one half of sugar and gelatine and heat in double boiler. Add remaining sugar, salt and yolks of eggs slightly beaten. Cook until mixture thickens. Remove from range. Add whites of eggs beaten until stiff. Add vanilla. Mould, chill and serve with cream.

BANANA SPONGE

1 Tablespoon gelatine
¼ cup cold water
1/3 cup boiling water
Whites of 2 eggs
½ cup sugar
2 tablespoons lemon juice
2/3 cup banana pulp

Make a syrup by boiling water and sugar five minutes. Soften gelatine in cold water, dissolve in hot syrup and add lemon juice, strain and set aside in a cool place. Stir occasionally. When partially set, add banana pulp and beat until foamy. Then add whites of eggs beaten stiff, and beat until mixture begins to thicken. Pour into a moistened mould. Serve with custard sauce.

ST. PATRICK'S PUDDING

2 Cupfuls rich pineapple syrup
½ cupful orange juice
¼ cupful lemon juice
2¾ tablespoons gelatine soaked in
3 tablespoonfuls cold water
Few grains salt
Green vegetable coloring

Make a gelatine of the above ingredients, coloring the mixture green. Place a mould in a pan of ice water and pour in the mixture ½-inch deep. When firm, set a smaller mould of the same design in place and fill with ice water. Pour gradually the remaining jelly mixture between the moulds, until it reaches within one inch of the top of the smaller mould. When stiff remove the mould and fill the space with a cream made of the following ingredients mixed in the order given:

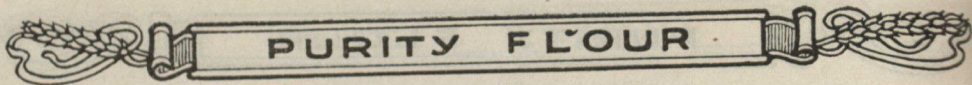
1 Cupful cream, whipped stiff
1 cupful pineapple diced
½ cupful macaroons, diced
8 marshmallows, quartered
3 tablespoonfuls powdered sugar
½ tablespoonful lemon juice
2 tablespoonfuls apricot juice

Pour in the remaining gelatine mixture to fill the mould, let set; unmould, and serve with a garnish of whipped cream and shamrock leaves cut from angelica or citron.

RICE CREAM MOULD

½ Cup rice
1 quart milk
½ teaspoon salt
1 cup sugar
1 tablespoon gelatine
1 cup cream, whipped

Put rice, salt and milk in double boiler and cook until tender; add sugar and when dissolved in cold water, the gelatine, then the cream. Mould and serve with fruit.



SPANISH CREAM 1

- 1/4 Package of gelatine
- 2 cups milk
- 1 teaspoon vanilla
- 5 tablespoons sugar
- 2 eggs

Put the gelatine in one cupful milk to soak. Put the other cupful of milk on the stove, and when hot stir in the sugar, the soaked gelatine and the beaten yolks of eggs. As soon as it becomes thick take off stove and cool in a pan of water, then stir in the whites of the eggs beaten to a stiff froth and a teaspoon of vanilla. Put into a mould and let stand in the ice box for a couple of hours or until needed.

SPANISH CREAM 2

- 1 1/2 Tablespoonfuls granulated gelatine
- 3 cupfuls milk
- 3 eggs
- 1/2 cupful sugar
- Few grains salt
- 1 teaspoonful vanilla

Soak the gelatine in the milk, then scald it; add the sugar, and beat the egg yolks slightly. Pour on this the milk mixture, return to the double boiler and cook like a custard, until slightly thickened. Remove from the heat, add the salt and flavoring and pour onto the egg whites, beaten until stiff. Then pour into individual moulds prepared as for gelatine. If to be moulded in a large receptacle, increase the amount of gelatine to 1 3/4 tablespoonfuls.

CHOCOLATE DESSERT (Hot)

- 2 Squares of chocolate
- Butter size of an egg
- 1 tablespoon Purity Flour
- 4 tablespoons milk
- 2 tablespoons white sugar
- 3 eggs
- 1 teaspoon vanilla

Melt chocolate and butter over water, stir in flour gradually, add milk and sugar, stir over fire and cook until mixture leaves sides of saucepan. Beat well, cooling slightly. Add egg yolks one at a time, beating in well, vanilla, stiffly beaten whites. Pour into buttered tin. Steam over water half an hour. Turn out and serve hot with chocolate sauce.

SNOW PUDDING

- 2 Tablespoons granulated gelatine
- 1/4 cup lemon juice
- 1/4 cupful orange juice (optional)
- 1 1/2 cupfuls boiling water
- 3/4 cup sugar
- 2 egg whites

Soak the gelatine in cold water to cover for five minutes. Add to the boiling water, stir over hot water till dissolved, if necessary, and add the sugar; then cool, turn in the fruit juices, and let "set" until of the consistency of an egg white. Beat the egg whites dry, add to the gelatine mixture and whip till white and frothy. Pour into a mold prepared as directed and let stiffen; serve with a soft custard, made with the egg yolks.

FRENCH CHOCOLATE CREAM

- 1 Pint heavy cream
- 2 ounces bitter chocolate
- 1 1/2 teaspoons butter
- 1/2 teaspoon vanilla
- 1/2 cup water
- 1 cup of powdered sugar
- 1 1/4 tablespoons gelatine

Combine chocolate, water and butter and melt over hot water. Add gelatine softened in water and stir in powdered sugar. Cool, stirring occasionally so that it will not set and fold slowly into the stiffly beaten cream. Pour into a mould wet with water and chill.

BETTER BREAD—DELICIOUS PASTRY

MACARON CREAM

- 1 Tablespoon granulated gelatine
- $\frac{1}{4}$ cup cold water
- 2 cups scalded milk
- Yolks of 3 eggs
- $\frac{1}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{2}{3}$ cup of pounded macaroons
- 1 teaspoon vanilla
- Whites of three eggs

Soak gelatine in cold water. Make custard of milk, yolks of eggs, sugar and salt. Add gelatine and strain into pan set in cold water. Add macaroons and flavoring, stirring until it begins to thicken; then add whites of eggs beaten stiff. Mould, chill and serve garnished with macaroons.

COFFEE SPONGE CREAM

- $1\frac{1}{2}$ Cupfuls cold coffee
- $\frac{3}{4}$ cupful milk
- $1\frac{1}{4}$ tablespoonfuls granulated gelatine
- 2 eggs
- $\frac{2}{3}$ cupful sugar
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{4}$ teaspoonful vanilla

Add the gelatine, one-half the sugar and the milk to the coffee. Heat in a double boiler, then beat together the remaining sugar and the egg yolks; combine and cook, stirring constantly till it coats the spoon. Beat the egg whites stiff, add the vanilla and salt and pour in the custard mixture, beating all the time. Turn into a mould, oiled as directed, and chill. Serve with sliced bananas, or whipped cream.

VELVET CREAM

- 2 Tablespoons strawberry jelly
- 2 tablespoons currant jelly
- $\frac{3}{4}$ of glass of cream
- 2 tablespoons pulverized sugar
- Whites of 2 eggs beaten stiff

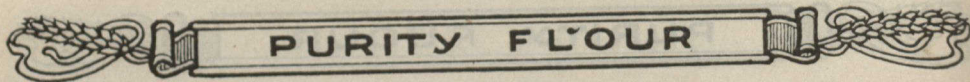
Fill a glass half full of whipped cream, then add a couple of table-spoons of mixture beaten stiff. Serve in separate glasses.

FREEZING CREAMS

Fill the freezer can only three-fourths full, as the ice increases in bulk during the freezing, and, if the can is crowded, the dessert will be coarse grained. Then set the can in place, adjust the dasher and handle, and pack in layers with ice and salt, to the top, if the freezer is to be filled; just cover the mixture line, if a smaller amount is being prepared. Then set the freezer in a dish pan on a table or stool, so that it will be of convenient height, and turn the crank, slowly at first, then more rapidly, when the ice is frozen to a mush. If cream is to be frozen frequently, a stationary box of correct height with screw eyes should be arranged. The freezer should have two links attached, so that it will not be necessary to hold it during the freezing process. The water should never be drawn off, unless it is liable to overflow into the can, for it is extremely cold and is the vehicle which freezes the cream. It should freeze in fifteen to twenty minutes, if a modern freezer is used. When the cream is done, draw off the water, remove and scrape the dasher, cork the top of the can, and re-pack; then cover with sacking or old carpet to retain the cold air, and let stand to become smooth or "ripen."

ORANGE ICE

Two cups sugar (moistened with water), boil to a syrup. To hot syrup, add juice of 3 lemons and juice of 2 oranges. When cool, add 2 cups cold water. Strain into freezer and freeze. Let stand two hours after freezing.



VANILLA ICE CREAM 1

- 1 Pint milk
- 1½ cups sugar
- 2 tablespoonfuls Purity Flour
- 1 teaspoon vanilla
- 1 egg
- Salt
- 1 quart cream

Put milk and sugar in double boiler, mix egg, flour and salt well, add hot milk gradually. Cook for 10 minutes in double boiler. When cool add cream and vanilla. Freeze 3 parts ice 1 part salt. This will serve 12 people generously.

VANILLA ICE CREAM 2

- 1 Quart thin cream
 - ¾ cup sugar
 - 2 teaspoons vanilla
- Mix ingredients and freeze.

ORANGE ICE

- 2 Cupfuls sugar
- 4 cupfuls water
- 3 tablespoonfuls lemon juice
- 2½ cupfuls orange juice
- Grated rind of 1 orange

Boil the sugar and water together for five minutes. Cool, add the fruit juices and orange rind and let stand an hour. Strain, then freeze in three parts ice to one part salt.

STRAWBERRY ICE CREAM

- 1 Quart milk
 - 2 tablespoonfuls Purity Flour
 - 2 eggs
 - 1 cupful heavy cream
 - 2½ cupfuls sugar
 - ⅛ teaspoonful salt
 - 1½ to 2 boxes of strawberries
- Scald the milk. Mix the flour in a little cold milk and add to the hot milk. Cook for ten minutes, then add the eggs and one-half the sugar beaten together, cook four minutes. Add the salt and cool. In the meantime, hull and mash the berries and

mix them with the remaining sugar. When the custard is cool, add the cream and berries, and freeze in three parts ice to one part salt.

OATMEAL ICE CREAM

- 1 Cup Purity rolled oats
 - 1 pint milk
 - ½ cup sugar
 - 1 pint thin cream
 - 1 teaspoon vanilla
- Soak the rolled oats in the milk 1 hour; strain. Cook in a double boiler 45 minutes, stirring frequently. When cool add cream and flavoring; freeze.

CURRANT ICE

- 1 Quart red currants
 - 2 cupfuls sugar
 - 2 cupfuls hot water
- Stem and wash the fruit, then mash, add the water and boil gently till soft. Strain, add the sugar and stir over heat till melted; then cool and freeze in three parts ice to one part salt. Serve garnished with the whole berries strewn over each serving.

GINGER SHERBET

- 4 Cupfuls water
 - 1 cupful sugar
 - ¼ cupful lemon juice
 - ¾ cupful chopped preserved ginger
 - ½ cupful orange juice
- Add the water and sugar to the ginger; boil ten minutes; cool, add the fruit juices, strain and freeze in three parts ice to one part salt. This quantity will serve twelve persons.

LEMON SHERBET

- 1 Quart water
 - 1½ cups sugar
 - ¾ cup lemon juice
 - 1 egg white
- Make a syrup of the boiling water and sugar, add lemon juice; cool, strain and freeze. When half frozen add the white beaten stiff.

BETTER BREAD—DELICIOUS PASTRY

GINGER-ALE SHERBET

- 1 Quart ginger ale
 - Juice of one lemon
 - Juice of 1 orange
 - $\frac{1}{4}$ lb. preserved cherries
 - 1 teaspoonful chopped mint
- Put the ginger ale, fruit juice, and sugar into a freezing pot and half freeze them. Then add the mint and cherries; freeze again for a few minutes and serve in sherbet glasses.

STRAWBERRY FRAPPE

Mix one quart (2 boxes) of berries and cover with two cups of granulated sugar dissolved in one pint of cold water. Stir the unbeaten whites of five eggs. Add the sweetened and mashed berries, and more sugar, if not sweet enough. Turn into a freezer and grind until the dasher will not turn.

NESSELRODE PUDDING

- 1 Cup sugar
- 1 cup boiling water
- Yolks 3 eggs
- 1 cup cream
- 1 teaspoon vanilla
- 2 tablespoons lemon juice
- 1 cup chestnuts
- 1 cup shelled almonds
- $\frac{1}{4}$ lb. candied fruit
- 1 cup pineapple (canned or fresh)

Make syrup by boiling sugar and water 5 minutes; add gradually to yolks of eggs slightly beaten; cook over hot water as a soft custard. Cool, add cream and flavoring. Blanch almonds, and put nuts and fruit together through the meat chopper; add to first mixture. Freeze, pack and let stand 2 to 3 hours before serving.

COLD FRUIT PUDDING ALSO
USED FOR SALAD

1 pint of ginger ale, 2 level tablespoons granulated gelatine dissolved in 2 tablespoons of cold water and then dissolved in $\frac{1}{3}$ cup of boiling water, juice of 1 lemon, $\frac{1}{2}$ cup sugar. Cut in small pieces $\frac{1}{2}$ pound of white grapes seeded and skinned, maraschino cherries, pineapple, 1 orange, 1 grapefruit, 1 tablespoon preserved ginger and a pinch of salt. Turn into a mould and serve cold.

COFFEE PARFAIT

- 4 Yolks of eggs
- $\frac{1}{2}$ pint black coffee
- $\frac{1}{4}$ lb. fruit sugar
- Vanilla
- $\frac{1}{2}$ pint whipped cream

Put the yolks and sugar into a beating bowl with the coffee, which must be clear and good. Whisk over a saucepan of hot water until the mixture thickens; then remove it from the fire and continue to beat until cold and light. Mix the cream, keeping back any liquid which has run from it. Turn into a freezing pot and leave packed in ice and salt for 2 or 3 hours. Serve in glass cups or goblets.

PARADISE CREAM

$\frac{1}{2}$ pint cream, 2 teaspoons gelatine dissolved in $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup sugar, 4 good tablespoons cold boiled rice, $\frac{1}{2}$ lb. dates chopped fine, $\frac{3}{4}$ cup walnuts broken up rather fine.

METHOD—Whip cream and add sugar with fruit, gelatine and nuts, flavor with vanilla and turn into mould. Serve with boiled custard.

EGGS

SOFT BOILED EGGS

Choose the freshest eggs possible. A fresh egg should feel heavy, and when held to a bright light should show no dark specks. Soft-boiled eggs should have the white part set and creamy, but not hard. There are several methods of boiling eggs.

1. Slip the eggs gently, one by one, and with a spoon, into a sauce-pan with enough boiling water to cover them. If only half the egg is immersed in the water, it will not cook equally. Keep the water slowly boiling all the time, and allow three minutes for an egg with a creamy white, or half to one minute more if to be set pretty firm. This depends upon individual taste.

2. Place the eggs in boiling water as above. Put the lid on the pan, and when the water reboils, place the pan by the side of the fire where the water will cease to boil, but at the same time keep its heat. Stand for ten minutes, and then lift out the eggs. The white will be found to have set without being tough, and the yolk will be creamy.

3. Place the eggs in cold water over the fire, and remove them as soon as the water boils.

NOTES.—Soft-boiled eggs can be re-heated by standing them from three or four minutes in hot (not boiling) water, as when once cooked and lifted from the fire no amount of subsequent re-cooking will harden them. If an egg is cracked, rub it over with a cut lemon the moment before it is put in the water, or cover the crack with a piece of gummed paper. The paper will come off, but not before the white of egg is suffi-

ciently coagulated to prevent its escaping into the water.

HARD BOILED EGGS

Put the required number of eggs into a sauce-pan of boiling water, lowering them in carefully with a spoon to avoid breaking the shells. Allow the water to come to the boil again, and then boil the eggs exactly ten minutes. Then lift them out and plunge them at once into plenty of cold water, so that they may shell more easily. To shell them, tap the egg all round with the back of a knife, and the shell can easily be removed without damaging the white.

NOTES.—Eggs for hard boiling should not be put on in cold water, because the yolk would be inclined to fall to one side, which would spoil the appearance of the egg for many purposes. Do not roll the egg on the table to break the shell, as this is apt to loosen the yolk from the white, and do not overcook the eggs or the yolk will have a circle of green around it, which will give it the appearance of being old.

FRENCH OMELET

6 Eggs
6 tablespoons milk
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
3 tablespoons butter

Beat egg slightly, enough to blend the yolks and whites, add milk and seasonings; put butter in hot omelet-pan, when melted turn in the mixture. As it cooks draw the edges toward the centre, until the whole is of a creamy consistency; place on hotter part of range that it may brown quickly underneath, fold and turn on hot platter. Garnish.

FRIED EGGS

Each egg must be cooked separately. Take a small, deep frying pan and put into it a good table-spoonful of butter, lard, or salad oil. When quite hot, break an egg into a teacup and slip it into the hot fat. Tilt the pan slightly so that the fat surrounds the egg, and with a spoon fold the white over the yolk. About two minutes will be sufficient to cook it. When ready, lift out carefully, allowing the fat to drain from it, and place it on a hot dish. Proceed with more eggs in the same way until a sufficient number is cooked, adding more fat to the pan as required.

EGG CROQUETTES

- 2 Hard boiled eggs
- 1 or 2 tablespoonfuls white sauce
- 1 teaspoonful chopped parsley
- A squeeze of lemon juice
- Salt—Pepper
- Some scraps of pastry

Chop the eggs, and add to them enough white, or other suitable sauce, to bind them together. Season with pepper, salt, parsley, and a squeeze of lemon juice. A few chopped mushrooms may be added if available, or a little grated cheese. Use this mixture for making the croquettes.

SCRAMBLED RICE AND BACON

- 3 Cupfuls cooked rice
- 12 slices bacon
- 3 eggs beaten
- Salt and pepper

Fry or bake the bacon till crisp; pour off half the fat and put the bacon aside in a warm place. Mix together the eggs and rice, and add salt and pepper as needed. Pour into the hot bacon-fat left in the frying-pan, and scramble. Heap in a mound on a hot platter, and surround with the bacon.

SCRAMBLED OR BUTTERED EGGS

- 4 Eggs
- 4 tablespoonfuls milk or stock
- 1 oz. butter
- Seasoning
- 2 slices hot buttered toast or croutons of fried bread

Although this is a simple dish it required much care—as much care as an omelet. The aim must be to produce a soft creamy mixture nicely seasoned, and not a tough leathery mass served on spongy toast, as so often appears on our tables. First prepare the toast, cut it into neat fingers, put butter in an enamelled or earthenware saucepan, add the eggs slightly beaten, and the milk or stock. Season carefully with pepper, salt, and a pinch of nutmeg. Now stir the contents of the saucepan very steadily over a moderate fire until the eggs begin to set, and the mixture is of a nice creamy consistency. An extra piece of butter stirred in at this stage will be found an improvement. When ready, remove the pan from the fire at once and pour the mixture neatly over the prepared toast. Garnish with sprigs of parsley, and send to table at once. Buttered eggs must on no account be allowed to stand. If preferred they may be dished on a hot wish without the toast, and garnished with croutons of fried bread.

NOTE.—Cream or a thin white sauce may be used in place of the milk or stock.

INDIVIDUAL BAKED EGGS

Butter ramekins, sprinkle bottom with dried bread crumbs, and break one egg into each dish, being careful not to break the yolk. Sprinkle top with salt and crumbs. Bake in hot oven until white of egg is set.

SARDINE EGGS

- 4 Hard-boiled eggs
- 2 oz. butter
- 2 or 3 drops vinegar
- Cayenne pepper
- 1 dessertspoonful sardine paste
- Small biscuits

Cut the eggs in halves across, remove the yolks, and cut a small piece off the white so that the pieces stand like little cups. Put the yolks into a mortar or strong basin with the butter, sardine paste, and seasoning, pound well, and then rub through a sieve. Spread the biscuits with some of the mixture, and fill up the egg-cups with the remainder, piling it high in the centre. Serve very cold, and garnish with cress or other small salad. Tinned sardines with the bone and skin removed may be used instead of the sardine paste.

NOTES.—This dish will look better if the mixture is put into a forcing bag and forced into the eggs, a little being used to garnish round the sides of the biscuits. There are many varieties of this dish, as any savoury paste may be used instead of sardine flavoring. The decoration may also be varied—small pieces of pickle, ham, beetroot, or truffle cut in fancy shapes will help to give a little colour, while chopped aspic or a little fresh green salad instead of the little biscuits may serve as a bed upon which to dish the eggs.

BACON AND EGGS, NEW STYLE

- 8 Slices bacon, diced
- 6 small slices dry bread, diced
- 4 eggs
- $\frac{1}{4}$ cupful milk
- $\frac{1}{8}$ teaspoonful pepper
- A little salt

Fry the bacon until brown; add the bread and toss with the bacon and fat until well seasoned and

slightly browned, then add the eggs beaten with the seasoning and milk, and scramble as usual. This is a very good way to use up dry bread.

FOAMY OMELET

- 4 Eggs
- $\frac{1}{2}$ teaspoon salt
- Cayenne or pepper
- 4 tablespoons milk
- 2 teaspoons butter

Beat the yolks of the eggs until light and creamy, add the seasoning and milk; beat the whites until stiff, but not dry. Heat an omelet pan, put in butter and turn so as to butter sides and bottom. Cut and fold whites into yolks when pan is very hot, turn in the omelet, spread evenly, then reduce heat. When the omelet is set put it into a hot oven for a few minutes to dry slightly on top, fold, garnish with parsley and serve immediately.

SPINACH OMELET

- 1 Cupful cooked spinach
- $1\frac{1}{2}$ tablespoonfuls Purity Flour
- 2 tablespoonfuls butter
- 4 eggs
- $\frac{1}{2}$ cupful cream
- 1 teaspoonful salt
- Few grains pepper

METHOD.—Chop spinach fine, and make a sauce of the butter, flour, cream, pepper, and half the salt, allowing it to boil thoroughly. Combine this with the spinach, separate the egg-yolks from the whites, beat the yolks till lemon-colored, adding the rest of the salt and a little pepper. Beat the whites till stiff and dry and cut and fold them into the first mixture. Pour the egg-mixture into a hot, well-buttered omelet-pan, put the spinach over the top, and cook very gently for about twelve minutes till the egg is set and the omelet brown. Fold as usual.

BETTER BREAD—DELICIOUS PASTRY

POTATO AND EGG PIE

- 4 Hard boiled eggs
- 1/2 lb. cooked potato
- 1 oz. butter
- 2 or 3 tablespoonfuls milk
- 1 dessertspoon chopped parsley
- Salt. Pepper
- 1 teacupful white sauce

Sift the potatoes and heat them in a saucepan with the butter, parsley and a little milk. Season to taste, and mix until perfectly smooth and light. Cut the hard-boiled eggs in slices, and have ready one teacupful of good white sauce. Grease a pie dish and put into it a layer of the prepared potato. Next put in the eggs and pour the sauce over. Allow this to stand a short time, and then put the remainder of the potato on the top. Smooth over and mark neatly with the point of a knife. Brush over with a little egg or milk, and bake in a moderate oven until nicely browned.

NOTE.—A little grated cheese may be mixed with the potato if liked.

CONCORDIA EGGS

- 6 Eggs
- 4 cupfuls cold cooked hominy
- 1 cupful grated cheese
- 2 tablespoonfuls butter
- Salt and pepper

Butter a shallow baking-dish and fill with the hominy, which should not be too stiff; with the bottom of a cup make as many depressions in the hominy as there are eggs to be used. Sprinkle over half the cheese and set in a hot oven till it is melted and beginning to brown. Remove from oven and drop an egg in each depression. Dot over the butter, sprinkle on the rest of the cheese, and dredge lightly with a little salt and pepper. Place in oven again till eggs are set, about ten minutes.

SHIRRED EGGS IN GIBLET SAUCE

- 3 Cupfuls boiling water
- 3 sets chicken giblets
- 1/2 teaspoonful grated onion
- 1/2 teaspoonful salt
- Dash pepper
- 2 tablespoonfuls butter
- 1 tablespoon Purity Flour
- 1/2 teaspoonful kitchen boquet
- 1/2 teaspoonful Worcestershire sauce
- 2 tablespoonfuls minced parsley
- 6 eggs

Clean giblets thoroughly and discard any green portions adhering to the liver. Fry until brown in the butter, add onion, salt, and pepper, and three cupfuls of boiling water and cook slowly for an hour and a half, until giblets are tender. There should then be two cupfuls of broth. Chop giblets fine, mix flour with a little cold water, and thicken broth, add giblets and the rest of the seasonings and dispose in six ramekins or shirred-egg dishes; Slip an egg, carefully broken, into each, dust with salt, pepper, and minced parsley, place a bit of butter on each, and bake in a moderate oven until the eggs are set.

EGGS WITH SPAGHETTI

- 1/4 lb. spaghetti
- 1 oz. butter
- A pinch of nutmeg
- Seasoning
- 3 hard-boiled eggs
- 2 or 3 tablespoonfuls grated cheese
- 1/4 pint white sauce

Cook the spaghetti in boiling water until tender, drain it well, and toss it in the butter. Season with pepper, salt, and a pinch of nutmeg. Cut the hard-boiled egg in slices, and prepare a 1/4 pint of good white sauce. Then grease a fireproof dish, and arrange the spaghetti and eggs

in it in layers. Sprinkle over half the grated cheese, pour the sauce on the top, and then the remainder of the cheese. Lay on a few small pieces of butter, and brown in a quick oven.

DANDY STUFFED EGGS

- 1/2 Dozen hard-cooked eggs
- 1 pound dandelion greens
- 1 small onion
- 1 slice salt pork or bacon
- 1 teaspoonful salt
- 2 tablespoonfuls vinegar

Cut the eggs in halves and remove the yolks. Cook the greens until tender and divide in two portions. To one portion, chopped, add the salt pork fried crisp and chopped, the onion minced and cooked in the salt pork drippings, the salt, the vinegar, and the egg-yolks mashed. Pile the egg-whites with the mixture. Place in the oven to reheat, and serve on a bed of greens, using for this purpose the other portion of cooked

greens seasoned to taste. Spinach, beet greens, or chard may be used in place of the dandelion.

FRICASSEE OF EGGS

- 4 Hard boiled eggs
- 1/2 pint white sauce
- 1 teaspoonful chopped parsley
- Rolls of bacon
- Croutons of fried bread

Remove the shells from the hard-boiled eggs and cut them in slices, not too thin. Prepare 1/2 pint of good white sauce, put the eggs into it, and let them heat through. Season to taste, and then dish neatly. Sprinkle the chopped parsley over, and garnish with small rolls of bacon and croutons of fried bread.

NOTES.—The bacon may be omitted. Other sauces may be used in place of the white sauce. Eggs are very good fricasseed in brown sauce with the addition of a few chopped mushrooms, or in tomato sauce with a border of potatoes round them.



FISH

A fish is fresh when the gills are red, eyes bright and not far sunken, scales stiff and shining and flesh firm. Fish is an important part of our food supply. It is not so nourishing as meat, but if properly cooked it is more easily digested. Fish is usually served for variety and makes a nice change from meats, and has the advantage of taking less time to cook. There are so many varieties of fish and so many nice ways of preparing it that we should have no trouble in making an attractive dish. Fish should be well seasoned and

attractively garnished. The favorite garnishings are lemon, cut in various shapes, and parsley, watercress or lettuce.

Preparation.—To scale a fish, scrape the scales off in a pan of cold water, using a dull knife. Begin at the tail and work up to the head. Split the fish down the stomach, remove entrails, scrape and wash with salt and water, and wipe dry. To bone a fish, remove head and run a sharp, pointed knife up the back under the flesh, from tail along the backbone to head; turn and remove

PURITY FLOUR

flesh from other side, press the meat away and work the flesh away from the bones with fingers.

Boiled Fish.—Clean fish, wipe carefully and rub with salt. Let lie in salt for a few hours. Wrap in a piece of cheesecloth to hold the fish together and to prevent the scum from adhering to the fish. Place it in a kettle half filled with boiling water. Cook slowly, allowing 15 or 20 minutes to the pound. A long fish kettle with a rack is useful. A wire basket in a kettle may be substituted, the fish coiled about in the basket.

The water in which the fish is cooked should have salt and vinegar or lemon juice added—2 teaspoons salt and 1 of vinegar to a quart of water. The salt gives flavor, the vinegar or lemon juice keeps the flesh white. For a 4-pound fish, let it simmer 40 minutes. For a small fresh-water fish, use cold water. As soon as they boil they are done. Take from the water and remove cheesecloth. Place on platter, garnish with parsley and slices of lemon. May also use mashed potatoes put through pastry tube, or potato croquettes.

Baked Fish.—A fish weighing 4 to 6 pounds is a good size to bake. Clean as above, make a dressing of bread crumbs, butter, salt, pepper, parsley and onion, and some salt pork chopped fine. Mix these with 1 egg, fill the body and sew it up. Lay in dripping-pan with a pint of water. Bake 1½ hours. Thicken gravy and pour over it. Garnish and serve.

FILLET OF HADDOCK OR COD

Dress and clean the fish, remove the skin and backbone, cut flesh in square pieces, season with salt and pepper and roll in fine white cornmeal or Purity Flour. Try out several slices of salt pork, lay

the fish in the hot fat, cook brown on each side, drain on soft paper and serve hot. Serve with butter and garnish with slices of lemon. Any fish having firm white flesh can be prepared in this manner.

FINNAN HADDIE

Take a haddock, put in a baking pan with the skin down, and pour in enough warm water just to cover the skin and not the rest of the fish. Let the fish remain in the oven 15 minutes. By this time the skin should be loosened. Take the fish out of the oven, pull off the skin and pour the water out of the baking dish. Lay the fish back in the pan with milk enough to cover it, and strew bits of butter over it. Bake for 10 or 15 minutes. The milk may then be thickened and served with the fish. If sweet cream is used instead of using butter, take a cup of cream, and before serving thicken with a little Purity Flour. Pour over the fish when it is cooked.

BROOK TROUT

Wash clean and wipe dry. Dip in egg and then in cracker crumbs and season well. Fry brown in hot fat.

BROILED HALIBUT

Wipe with cloth wrung out in cold water, season the slices with salt and pepper. Roll in Purity Flour or cornmeal and broil for 25 minutes. Serve with maitre d'hotel butter.

BAKED HALIBUT

Cut fish in steaks. Skin and bone. Roll both sides well in dried bread crumbs mixed with salt and pepper. Put lightly in one layer in well greased pie dish. Dot with dripping and bake 45 minutes.

Salmon or cod fish may be used in the same way.

BETTER BREAD—DELICIOUS PASTRY

CODFISH BALLS

- 1 Cup cooked codfish
- 1 egg
- Fat
- 1 cup mashed potatoes
- 1 cup cracker crumbs
- Purity Flour
- Fried potatoes
- Parsley

Mash the codfish very smooth, add potatoes and egg well beaten, mix thoroughly, form into small balls, roll in flour, then in egg, then in cracker crumbs, and fry in deep fat. Drain, pile on platter in a nice pyramid. Garnish with fried potatoes and parsley. This may be made into cakes about $\frac{3}{4}$ inch thick and fried until brown in frying-pan.

CREAMED CODFISH

Heat $1\frac{1}{2}$ cups milk in a double boiler, add $1\frac{1}{2}$ cups salt codfish (which has previously been picked into small pieces and soaked overnight in cold water), cook 10 minutes, mix 1 tablespoon butter, 1 tablespoon Purity Flour to a smooth paste, then stir into the milk. When smooth and cream-like, take from the fire and serve.

SALMON MOULD (CANNED OR FRESH SALMON)

- 1 Pint salmon, minced
- $\frac{1}{2}$ cup milk
- 2 tablespoons vinegar or lemon juice
- 1 tablespoon parsley, minced
- 1 teaspoon salt
- Small piece of butter
- 1 cup bread crumbs
- 2 eggs
- $\frac{1}{2}$ teaspoon mustard

Mix all together and steam 45 minutes in large mould, or 20 minutes in small moulds. Serve with tomato sauce or salad.

SALMON MOULD, NO. 2

Take 1 pint of salmon, pour off the oil, remove all bones and stir the fish until smooth; add 2 tablespoons melted butter, $\frac{1}{2}$ cup fine bread crumbs, 2 well-beaten eggs, pepper and salt. Put in a covered dish (well buttered), steam one hour. Turn out on a platter and pour over it a sauce made as follows: 1 cup milk, 3 tablespoons Purity Flour, wet with a little milk, add the oil from the salmon and 1 egg, well beaten. Boil slowly until it thickens. Salmon mould may be served cold, but is much nicer hot with the sauce.

FRIED SMELTS

Clean smelts, removing entrails and gills, leaving heads and tails on. Wash, wipe dry, sprinkle with salt and pepper, dip in Purity Flour, egg and crumbs, and fry 3 or 4 minutes in deep fat. Arrange on a hot platter and garnish with parsley and lemon. Smelts may be baked in the oven or pan broiled.

BOILED SALT MACKEREL

Let the mackerel stand overnight in an earthen dish in cold water, skin side up. In the morning drain and put in pan with cold water enough to cover. Let simmer (not boil) about 20 minutes. Serve on a hot platter with butter and rich white sauce poured over it.

CREAMED FISH

Pick cold cooked fish to pieces and remove all the bones. Make a cream sauce of 2 tablespoons each of butter and Purity Flour, 2 cups milk, a dash of cayenne, and $\frac{1}{2}$ teaspoon salt. Butter pudding dish, put in layer of fish, layer of sauce, and continue until dish is full. Spread buttered crumbs on top and bake 20 minutes in hot oven.



BAKED SALMON

- | | |
|--------------------------------|----------------------------------|
| 4 Pounds fish | 2 tablespoonfuls grated onion |
| 1 tablespoonful salt | $\frac{1}{4}$ teaspoonful pepper |
| 1 pint bread crumbs | $\frac{1}{2}$ teaspoonful salt |
| 4 tablespoonfuls melted butter | 1 cup raw oysters |
| 1 lemon | Slices of fat pork |
| 1 tablespoonful minced parsley | |

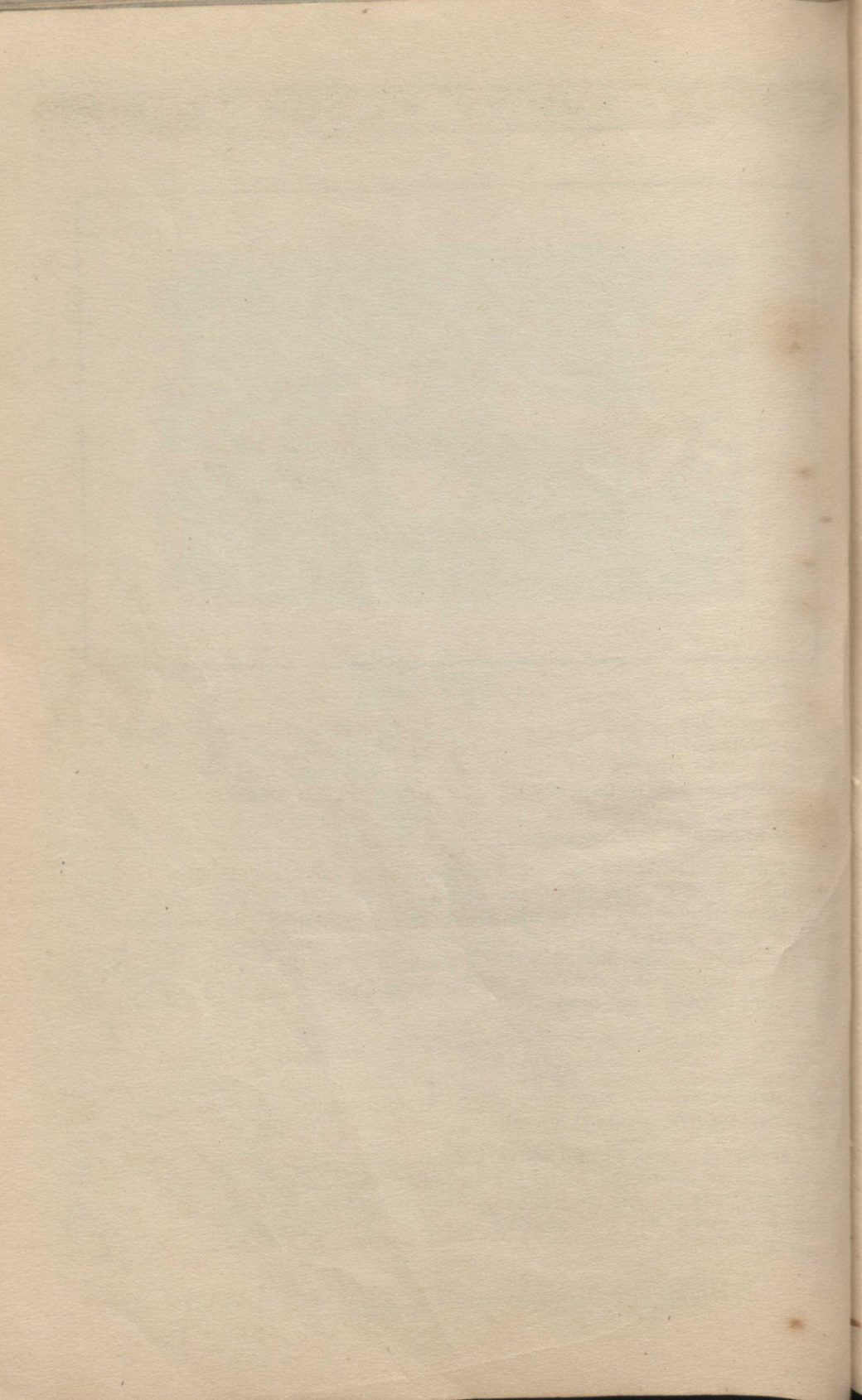
Have a four-pound fish, wash it thoroughly, and sprinkle with one tablespoonful of salt. Put in the ice box and leave it there two hours. Make a stuffing of one cup of crumbs, the parsley, grated onions, melted butter, lemon juice, grated rind of lemon, salt, pepper and raw oysters chopped. Fill the body of the fish with this stuffing, sew up the opening and skewer into any desired shape. Place on a baking sheet, cover with slices of fat pork and bake in a hot oven.

DRESSING

- | | |
|--|--------------------------|
| 1. Egg | 1 tablespoon lemon juice |
| $\frac{1}{2}$ teaspoon salt | 1 cup salad oil |
| $\frac{1}{2}$ teaspoon dry mustard (small) | |

Have mixing bowl and oil very cold. Beat egg, mustard and salt with dover beater till frothy. Add few drops of lemon juice and a few drops of oil alternately beating continuously until it becomes thick and smooth. Add a dash of celery salt and paprika to taste. A few capers may be added if desired.

BETTER BREAD—DELICIOUS PASTRY



SALMON CROQUETTES

One can salmon, 1 cup rolled crackers; make a sauce of the juice of the salmon, $\frac{1}{2}$ cup milk, salt, pepper, 1 heaping tablespoon Purity Flour, mix with salmon and crackers. Shape into balls or rolls (if needed, more crackers may be used), dip in beaten eggs, then roll in cracker crumbs and fry in hot lard.

SHELLFISH

Oysters are in season from September to May. Oysters are very easily digested, especially if eaten raw. To clean oysters, strain them from the liquor, reserving the liquor. Pick over the oysters carefully for bits of broken shell and wash in a little cold water. Be careful not to cook oysters too much or they will become tough. Simmer until the edges begin to curl, no longer.

BROILED OYSTERS

Take the largest oysters, clean, scald, drain, dry on a towel and dip one by one into softened butter till well coated, and then in seasoned Purity Flour. Lay them on a buttered broiler. Cook over clear coals until a light brown. Serve on slices of buttered thin toast. If done by a gas stove, lay the toast under the broiler to catch the drip. Fine cracker crumbs may be used instead of flour. Oysters that have been breaded for frying are good broiled.

OYSTERS ON HALF SHELL

Keep on ice until serving time. Have small soup plates half full of fine ice, and lay the oysters in the deep half of the shell on the plates as fast as opened. Salt, pepper and a cut lemon should be served at the side; a true oyster lover will use no other sauce. Small oysters are preferred; 4 to 6 are enough for each plate.

BOILED COD WITH OYSTERS

Dress and clean fish as directed, place in boiling water slightly salted, add a few cloves and peppers, a bit of lemon peel. Cook slowly, allowing 15 minutes to the pound. When done, arrange neatly on folded napkin, garnish with parsley and serve with oyster sauce made as follows:

- 1 Pint oysters
- $\frac{1}{2}$ cup milk
- 2 tablespoons butter
- 2 tablespoons Purity Flour
- $\frac{1}{2}$ teaspoon salt
- Few grains cayenne pepper
- Few grains mace

Drain the liquor from the oysters into a bowl. Wash and pick over the oysters, then cook in the liquor until the edges begin to curl. Remove the oysters. Melt the butter, add Purity Flour and seasonings, cook together, then add slowly 1 cup of the oyster liquor and milk. Cook together, add the oysters and serve in a sauce-boat.

PIGS IN BLANKETS

Season large oysters with salt and pepper. Cut some fat bacon in thin slices. Wrap an oyster in each slice, fasten with small wooden skewer. Heat a frying-pan very hot, put in the oysters. Cook just long enough to crisp the bacon on all sides—say about 2 minutes—place on a small piece of toast. Remove the skewers. Serve hot, garnish with parsley.

OYSTER STEW

Pick over the oysters, strain the oyster liquor, put 2 quarts oysters in a saucepan with the oyster liquor. Shake them over the fire, and when they begin to curl and get plump, skim them out, add a pint of cream or rich milk to the liquor, add seasoning and butter, then oysters, and serve.

FILLING FOR OYSTER PATTIES

Allow 2 to 3 oysters for each person. Scald in their own liquor until ruffled. Drain off the liquid through a sieve. Cut oysters in 2 or 3 pieces and take out the hard part of the oysters. Cook 2 tablespoons Purity Flour and 2 of butter to a paste, then add $\frac{1}{4}$ pint of the oyster liquor and $\frac{1}{2}$ pint cream, then the oysters, and let come just to the boil. Take off the stove and add the yolks of 2 eggs; pepper and salt and pinch of cayenne pepper improves it. Put into oyster patties and garnish with chopped parsley.

SCALLOPED OYSTERS

Sprinkle a buttered dish with bread crumbs, then put in a layer of oysters, some bits of butter, pepper and salt, celery salt, ground mace, and so on until the dish is filled, leaving the buttered crumbs on the top. It is better to use a shallow dish and have only 2 layers of oysters. Pour over a little milk. Bake until a light brown.

OYSTER FRITTERS

Take 1 pint of milk, 2 well-beaten eggs and Purity Flour to make a smooth but rather thin batter. Season with pepper and salt, stir in 50 large oysters, drop a spoonful of batter into boiling lard, having 1 or 2 oysters in each spoonful. Serve hot in fringed napkins.

LOBSTER

The time of boiling varies with the size of the lobster. The time is 15 or 20 minutes for large lobsters and 10 for small. The usual way is to plunge them into boiling water enough to cover and cook them slowly until they are done. Too much cooking toughens it and destroys the fine, delicate flavor of the meat.

FRIED OYSTERS

- 25 large oysters
- 2 tablespoons Purity Flour
- 4 tablespoons milk
- 4 tablespoons cracker dust.
- 2 eggs
- 4 heaped teaspoons bread crumbs
- 1 saltspoon salt
- 1 saltspoon pepper
- 1 saltspoon grated nutmeg.

Drain the oysters thoroughly and dip them one by one into a batter made of the Purity Flour, milk, pepper and salt, then roll them in the cracker dust and put separately on a platter to dry for $\frac{1}{2}$ an hour. Have ready the hot, clarified fat, and dip the oysters one by one into the well-beaten eggs, then roll them in the bread crumbs and nutmeg, which should be mixed together, and drop them lightly into the hot fat, letting them remain about 3 minutes. Put them for a moment on brown paper to drain, and serve very hot.

CLAMS

Select 1 dozen large Guilford clams, wash thoroughly and plunge them into boiling water for a moment. Drain and open them and use the round, plump part only. Put in the chafing-dish or frying-pan a pat of butter, and when quite hot add a dust of Purity Flour and cayenne to suit the taste; simmer the clams till they are slightly cooked (about 40 minutes), and put in 1 gill of light sherry. Cover and simmer 5 minutes. Serve on hot toast.

SCALLOPS

To fry, dip in egg, roll in bread crumbs, dust with salt and pepper and fry in deep fat. To stew, make a pint of white sauce, add the scallops and cook 10 minutes in a double boiler.

BETTER BREAD—DELICIOUS PASTRY

LOBSTER RAMEQUINS

One small lobster, 1 ounce butter, 2 shallots chopped, 1/2 ounce Purity Flour, 1 glass marsala, 1/2 cup of milk, seasoning, browned bread crumbs, some paper or china ramequin cases. Chop the lobster coarsely, melt the butter in a saucepan, put in the shallots finely chopped and cook them in the butter without browning. Put in the lobster, then add the sherry. Cook for a few seconds, add the milk and stir until it boils. Season well and fill the ramequins with the mixture. Shake some browned bread crumbs over each. Place in the oven for 5 minutes to make very hot, and serve immediately. Canned lobster or other fish might be used.

CRABS

Crabs are in season during the summer months, and crabs, like lobsters, are purchased alive. Put them into boiling water and cook them in precisely the same way as lobsters. Soft-shelled crabs are nothing more than hard-shelled crabs shedding their shells.

PLANKED FISH

Clean the fish and prepare as for broiling. Place skin side down, on hardwood plank. The plank should be at least one inch thick. Rub fish with melted butter and season with salt and pepper. Place on grate in a hot oven and bake 25 minutes or until fish is done. Press hot mashed potatoes through a pastry tube, making border around edge of fish. Brown in a hot oven. Garnish with parsley and lemon. Send to table at once.

To plank fish in a gas stove, plank may be placed under broiler, as far from flame as possible; sear, reduce heat and cook slowly until done. Garnish and serve.

CASSEROLE OF RICE AND FISH

- 2 Cups cold flaked fish
- 1/4 cup bread crumbs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon onion juice
- 1 tablespoon chopped parsley
- 2 tablespoons butter
- 1 egg
- 2 tablespoons milk
- 1 teaspoon lemon juice
- 3 cups cooked rice

Mix seasonings with crumbs and add to melted butter, then add fish. Egg and milk mixed, and lemon juice. Line greased mould with rice, fill centre with fish mixture, cover with the remainder of the rice, cover tightly and steam 45 minutes. Turn on hot platter and serve with parsley or egg sauce.

CREAMED SALMON

1 pint milk, butter, pepper and salt. Let boil and thicken with bread crumbs. After taking from the fire, add a well-beaten egg. Put into individual dishes, a layer of sauce, then flaked salmon, alternately, having breadcrumbs on top with a small piece of butter.

FROGS' LEGS

The green-marsh frogs furnish the best hams, as they are more tender and have less of the strong, muddy flavor. They are generally liked fried. Cut off the feet and truss them by inserting the stump along the shin of the other leg. Wipe well, sprinkle with salt and pepper, roll in Purity Flour, egg and fine bread crumbs, fry to a delicate brown color in deep hot fat. Serve with tartare sauce. They may also be cooked in a frying-pan with butter, allowing 2 tablespoons butter to 1 dozen frogs' legs.

CREAMED FISH

- 2 Cups cold fish
- 1 cup hot milk
- 1 bay leaf
- 1/2 teaspoonful onion juice
- 2 tablespoonful butter
- 2 tablespoonfuls Purity Flour
- 1/2 teaspoonful salt
- 1/2 cup fine crumbs
- 1/4 teaspoonful white pepper

Make a sauce by creaming the Purity Flour and butter, and adding them to the hot milk. Put this in a double boiler and add the salt, pepper, onion juice and bay leaf. Stir until as thick as cream. Now cover the bottom of a baking dish with some of the cold fish, flaked, and pour over it half the sauce. Then put in another layer of fish and on that pour the remainder of the sauce.

Sprinkled all with crumbs, dot with butter and brown in a moderately hot oven.

Any kind of cold fish may be used. This will serve six persons.

SALMON SALAD

- 4 Tablespoonfuls salad oil
- 2 tablespoonfuls vinegar
- 1/2 saltspoonful pepper
- Mayonnaise dressing
- 1/2 teaspoonful salt
- Hard boiled eggs
- 1 can salmon
- Crisp lettuce

Flake the salmon, mix with French dressing made of salad oil, vinegar, salt and pepper. Arrange on lettuce, and add mayonnaise dressing. Garnish with sliced hard boiled eggs.

BOILED COD WITH OYSTERS

Dress and clean fish as directed, place in boiling water slightly salted,

add a few white cloves and peppers, a bit of lemon peel. Cook slowly, allowing fifteen minutes to the pound. When done arrange neatly on a folded napkin, garnish with parsley and serve with oyster sauce.

FISH CROQUETTES

- 2 Cups cold fish
- 1 cup milk
- 1 teaspoonful salt
- 1 cup crumbs
- Parsley
- Fat
- 2 tablespoonfuls Purity Flour
- 2 tablespoonfuls butter
- 1/2 teaspoonful pepper
- Lemons
- 2 eggs

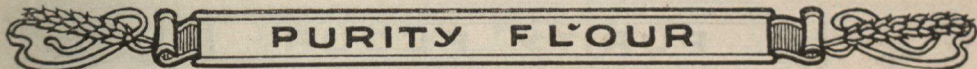
Cream the Purity flour and butter. Put the milk in a double boiler, and when it is at the boiling point add the Purity flour and butter. Stir until it is smooth and thick, and add the salt, pepper and fish, flaked. Spread on a platter and let it cool. Then shape, roll in Purity Flour, egg and crumbs and fry in deep fat. Arrange on a hot dish, and garnish with parsley and sliced lemon.

This will serve six persons.

FISH LOAF

- 2 Cups cold flaked fish
- 2 eggs
- 1 cup fine soft bread crumbs
- Seasonings to taste (salt, pepper, curry, anchovy or Worchester-shire sauce)

Add bread crumbs to fish, stir in eggs slightly beaten and seasonings. Place in greased mould, cover and steam 30 minutes. Serve with egg or hollandaise sauce.



FISH SAUCES

CAPER SAUCE

- 1/3 Cup butter
- 3 tablespoons Purity Flour
- 1/2 cup capers
- 1 1/2 cups mutton broth
- 1/2 teaspoon salt
- Few grains cayenne

Melt butter, add flour mixed with seasonings; cook smooth, add broth (one-third at a time). Cook together, stirring constantly. When done, add the capers well drained from their liquor.

TOMATO SAUCE

- 2 Tablespoons butter
- 2 1/2 tablespoons Purity Flour
- 1/2 cup water
- 1 cup strained tomato juice
- 1 slice onion
- 2 cloves
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Boil together water, tomato and onion; brown the butter, add the flour and brown together; add the hot liquid gradually. Boil three minutes and strain.

OYSTER SAUCE

- 1/2 Pint oysters
- 2 tablespoons butter
- 2 tablespoons Purity Flour
- 1/8 teaspoon salt
- Pepper
- Few gratings nutmeg
- 1/2 cup milk or chicken stock
- 1/2 cup oyster juice

Prepare oysters, and cook in juice until plump, drain and reserve the juice (there should be 1/2 cup). Cut oysters in pieces. Make a white sauce of remaining ingredients, and just before serving add strained oyster juice and oysters.

SAUCE HOLLANDAISE

- 1/2 Cup butter
- Yolks of 2 eggs
- 3/4 tablespoon lemon juice
- 1/3 cup boiling water
- 1/4 teaspoon salt
- Few grains cayenne

Add yolks of eggs, lemon juice and seasonings to one-third of the butter; place in a sauce-pan over boiling water and stir constantly till butter is melted. As it thickens add the rest of the butter, a bit at a time, add the water and cook one minute.

LOBSTER

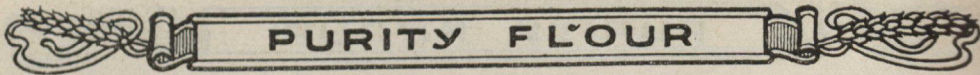
- 1 Small lobster
- 4 tablespoons butter
- 2 tablespoons Purity Flour
- 1/8 teaspoon cayenne
- 2 tablespoons lemon juice
- 1 pint boiling water

Cut the meat into dice, pound the coral with 1 tablespoon of butter; cook together the flour mixed with seasonings and the remainder of the butter, add the water slowly and the pounded coral, and simmer five minutes. Strain over the lobster meat, boil up once and serve.

TARTARE SAUCE

- 2 Egg yolks
- 1/2 cup olive oil
- 2 tablespoons tarragon vinegar
- 1/2 teaspoon mustard
- 1/2 teaspoon salt
- 1 teaspoon powdered sugar
- Few grains cayenne
- 1/2 tablespoon each chopped:
 - capers, pickles, olives, parsley
- 1/2 shallot finely chopped

In making follow the directions as given for Mayonnaise, adding the pickles, capers, etc., before serving.



WHITE SAUCE

- 1 Pint milk
- 2 tablespoons Purity Flour
- 4 tablespoons butter

METHOD.—Melt butter, mix in flour, then gradually pour on milk, stir well, cook until it thickens, season with salt and pepper. A white sauce is improved by adding the beaten white of an egg to this mixture over the fire just before serving.

DRAWN BUTTER SAUCE

- $\frac{1}{4}$ Cup butter
- 2 tablespoons Purity Flour
- 1 cup boiling water
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

For making, follow directions given for White Sauce No. 1.

STUFFING FOR FISH

- 1 Cup bread crumbs
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- Cayenne
- 1 teaspoon onion juice
- 1 teaspoon chopped parsley
- 1 teaspoon capers or chopped pickles
- 2 tablespoons butter

Mix seasonings with crumbs and add to melted butter. Moisten with milk or an egg, if a moister stuffing is desired.

EGG SAUCE

One hard-boiled egg, and mince it up fine, and add to the ordinary White Sauce.



INVALID COOKERY

BEEF-TEA

- $\frac{1}{2}$ lb. beef
- $\frac{1}{2}$ pt. cold water
- A little salt

Choose lean, juicy beef for the purpose. It ought to be freshly killed. A piece from the buttock, rump, or top side, would be suitable, but shin of beef should not be employed, as it contains too much bone and gristle, which require long, slow cooking and produce gelatine, a substance of small value to an invalid. Rub the meat lightly with a damp cloth, and remove from it all fat and skin. Cut it in thin slices, and then shred down finely with a knife, in order to break the fibres of the meat,

and to enable the juice to escape more freely. If a large quantity of beef-tea has to be prepared, as in a hospital, the meat may be put through a mincing machine. Weigh the meat, and put it into a strong jar or basin with the above proportion of water and a little salt (unless this latter is prohibited). Cover with a piece of strong white paper or, better still, with a lid, and, if time permits, allow the beef-tea to stand for $\frac{1}{2}$ an hour, as the cold water will help to draw out the juice. Stir well before putting it on to cook. Then place the jar containing the beef-tea in a saucepan with cold water to reach three-quarters way up the

BETTER BREAD—DELICIOUS PASTRY

sides. Cover with the lid, bring to the boil, and keep the water simmering from 2 to 3 hours. If the water boils down, more must be added. When sufficiently cooked remove the jar from the saucepan, stir the contents with a fork, and strain through a wire sieve or coarse strainer, pressing the meat as dry as possible. (The scraps of meat should be put in the stockpot). When clear beef-tea is ordered the straining should be done through a hair sieve or piece of muslin.

NOTE:—A double cooker may be used instead of a jar for cooking the beef-tea.

Time to cook 2 to 3 hours after soaking.

MUTTON BROTH

This may be made in the same way as beef-tea. A slice of meat from the leg is one of the best pieces to use, as it is less streaked with fat than the other parts. A few small pieces of celery or other flavoring vegetable may be added if allowed. This makes a little variety to the constant use of beef, and it is liked by some invalids.

NOTE:—Veal tea may also be made in the same way, or mixture of mutton and veal, or beef and veal may be used.

LIME WATER

Gradually add 1 pt. boiling water to a piece of unslaked lime the size of a walnut. Stir occasionally; let stand half an hour, then allow lime to settle; pour off water and throw it away. Add 2 qts. distilled or boiled water to the lime; stir thoroughly, let coarse particles settle, and pour into bottles; cork tightly. Shake occasionally to keep solution saturated.

GRUELS

All gruels should be strained before serving.

Milk may be used instead of water. When using milk, it is advisable to add the salt just before straining.

ARROWROOT GRUEL

1/2 Tablespoon arrowroot
1/4 teaspoon salt
1/2 teaspoon sugar
1/2 cup hot water
1/2 cup milk

Mix dry ingredients with 1 tablespoon cold water. Add hot water and cook 15 minutes. Add milk and bring to boiling point. Strain and serve at once.

CORNMEAL GRUEL

1 Tablespoon cornmeal
1/2 tablespoon Purity Flour
1/4 teaspoon salt
2 tablespoons cold water
1 1/2 cups boiling water
Milk or cream

Mix dry ingredients with cold water; stir into boiling water; let boil 5 minutes, then cook in a double boiler or in the Fireless Cooker 1 1/2 to 2 hours. Strain; thin as desired with milk or cream.

PURITY OATMEAL GRUEL

1/4 Cup oatmeal
1/4 teaspoon salt
1 cup cold water

Soak oatmeal in water 1 hour. Strain, add salt to liquid, and cook over hot water 45 minutes. All milk may be used instead of water, or part milk and part water.

ALBUMINIZED WATER

Add water and fruit juice to egg gradually, stirring till well blended. Fruit juice may be omitted.

PURITY FLOUR

FLAXSEED SYRUP

- 4 Oz. whole flaxseed
- 2 oz. licorice root
- 2 oz. raisins
- 2 qts. water
- Juice of 1 lemon

Cook first four ingredients (do not let boil) until reduced to 1 quart. Strain, add lemon juice. Serve hot or cold.

EGG-NOG

- 1 Egg
- 2/3 cup milk
- 1 tablespoon sugar
- 2 tablespoons wine or
- 1 tablespoon brandy

Few grains salt

Beat egg slightly, add salt, sugar and wine. Mix thoroughly, add milk, and strain. Wine may be omitted and a grating of nutmeg or other flavoring used.

ARROWROOT SOUFFLE

- 1 Teaspoon arrowroot
- 1 teaspoon sugar

Salt

- 1 teaspoon cold milk
- 1/3 cup hot milk
- 1/2 white of egg
- 5 drops vanilla

Mix arrowroot, sugar and salt with cold milk; add gradually to hot milk, stirring frequently, then fold in white of egg beaten stiff. Turn into moistened mould; when cold, serve with cream and sugar or custard sauce.

RICE WATER

- 3 Tablespoons rice
- 1 quart cold water

Salt

Pick over and wash rice, add cold water and cook slowly until rice is tender. It may be flavored by cooking in it stick cinnamon or lemon rind; sugar may be added.

BARLEY WATER

- 1/2 Cup pearl barley
- 1 1/2 quarts cold water

Salt

Pick over and wash barley. Put barley and water in double boiler heat slowly and cook gently six hours (there should be 1 quart). Strain and cool. Barley water may be flavored with fruit juice and sugar and served as a beverage, or used in place of milk in cocoa, egg-nog, etc. Barley water may be made from barley flour. For infant feeding it may be necessary to thicken barley water.

VANILLA ICE CREAM

- 2 Cupfuls light cream, scalded
- 1 cupful granulated sugar
- 1 pint light cream, chilled
- 1 tablespoonful vanilla

Scald the first pint of cream and sugar together, chill, add the remaining cream, and vanilla. Freeze in three parts ice to one part salt.

SPANISH CREAM

- 1 1/2 Tablespoons granulated gelatine
- 3 cupfuls milk
- 3 eggs
- 1/2 cupful sugar
- Few grains salt
- 1 teaspoonful vanilla

Soak the gelatine in the milk, then scald it; add the sugar, and beat the egg yolks slightly. Pour on this the milk mixture, return to the double boiler and cook like a custard, until slightly thickened. Remove from the heat, add the salt and flavoring and pour onto the egg whites, beaten until stiff. Then pour into individual moulds prepared as for gelatine. If to be moulded in a large receptacle, increase the amount of gelatine to 1 3/4 tablespoonfuls.

BETTER BREAD—DELICIOUS PASTRY

APPLE CAKE

- 1/4 Cup Purity Flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 tablespoon butter
- 1 teaspoon egg
- 2 tablespoon milk (scant)
- 1/4 apple
- 1 teaspoon fruit sugar
- Cinnamon

Mix and sift dry ingredients, put in the butter, and add the egg and milk mixed. Spread in a buttered pan. Core and pare apple, cut into four sections; lay on top of dough, pressing sharp edge in. Sprinkle mixed cinnamon and sugar over apple. Bake in a moderate oven.

SNOW PUDDING

- 2 Tablespoons granulated gelatine
- 1/4 cupful lemon juice
- 1/4 cupful orange juice (Optional)
- 1 1/2 cupfuls boiling water
- 3/4 cupful sugar
- 2 egg whites

Soak the gelatine in cold water to cover for five minutes. Add to the

boiling water, stir over hot water, till dissolved, if necessary, and add the sugar; then cool, turn in the fruit juices, and let "set" until of the consistency of an egg white. Beat the egg whites dry, add to the gelatine mixture and whip till white and frothy. Pour into a mould as directed and let stiffen; serve with a soft custard, made with egg yolks.

BAVARIAN RICE

- 3/4 Cupful sugar
- 2 egg whites
- 1/2 cupful boiling water
- 1 teaspoonful vanilla
- 1 cupful heavy cream
- 1 tablespoonful gelatine, soaked in
- 2 tablespoonfuls cold water

Boil the sugar and water for five minutes; then add the gelatine and turn onto the egg whites, whipped stiff, beating constantly until cold. Then fold in the vanilla and the cream, whipped stiff, and pour onto a mould prepared as directed. Serve with a caramel or fruit sauce.



LENTEN DISHES

CHEESE OMELET

- 3 Eggs
- 1 oz. butter
- Salt. Pepper
- 1 tablespoon grated parmesan or Gruyere
- A little made mustard

Make in the same way as Plain Omelet, adding the grated cheese and mustard to the yolks of eggs. A little grated cheese may also be sprinkled over the omelet when finished, and browned for a few seconds under the grill of a gas stove.

MACARONI WITH TOMATOES

- 1 Teaspoonful minced onion
- 1 tablespoonful bacon fat
- 1 tablespoonful Purity Flour
- 1 1/2 cupfuls sifted stewed tomatoes
- 1/2 teaspoonful salt
- 1 pint boiled macaroni

Cook the onion in the fat until slightly browned. Add the flour and gradually the tomato and salt, making a sauce. Stir in the macaroni and re-heat before serving. One-half cupful of grated cheese is a pleasant and nutritious addition.

BETTER BREAD—DELICIOUS PASTRY

PLAIN OMELET

- 3 Eggs
- 1 oz. butter
- 1 teaspoon chopped parsley
- Pepper and salt

Separate the yolks from the whites of the eggs. Put the yolks into a medium-sized basin and the whites on to a plate. Add to the yolks the parsley, pepper, and salt, and work these well together with a wooden spoon until of a creamy consistency. Beat up the whites of the eggs with a bread-bladed knife until so stiff that you could turn the plate upside down without the whites falling off. Remove the wooden spoon from the basin, and with an iron one stir the whites lightly into the other mixture. Melt the butter in an omelet pan, and pour the mixture into it, scraping out the basin as quickly as possible. Stir the mixture round with an iron spoon until it begins to set, stirring mostly on the surface, and not scraping the bottom of the pan. Then hold it a little longer over the fire until the omelet is nicely browned on the under side. Slip a knife under it, and double over first from one side and then from the other towards the centre. Then turn it on to a hot dish, and serve as quickly as possible. The inside of the omelet should be soft and creamy.

MILK TOAST

Toast the required amount of stale bread until brown and crisp. Then butter it, cut it in fingers, and arrange it in a hot plate or porridge dish. Have ready some scalded milk, season it with salt, pour over the toast, and serve very hot.

This makes a nice change from porridge and is good for children.

MACARONI WITH GREEN PEAS

- 1 lb. macaroni
- 3 ozs. grated cheese
- 1 oz. butter
- Seasoning
- 1 large cupful green peas
- $\frac{1}{4}$ teaspoon ground ginger
- 1 sprig of mint
- A little butter

Cut the macaroni in short lengths and boil. Then mix it in a saucepan with the grated cheese and butter, and season with pepper, salt, and a little made mustard. Heat slowly until the cheese is melted and the mixture is thoroughly hot. Cook the peas in boiling salted water with a sprig of mint, drain them and then toss them in a saucepan with a small piece of butter, the ground ginger, pepper and salt. Arrange the macaroni in a circle on a hot dish and pile the green peas in the centre.

HERRING BALLS

- $\frac{1}{4}$ lb. cooked herring
- $\frac{1}{4}$ lb. cooked potato
- 1 or 2 tablespoons sour cream or milk
- 1 teaspoon chopped parsley
- 1 teaspoon chopped gherkin
- Pepper, salt
- A little Purity Flour
- Egg and bread-crumbs

Carefully remove all skin and bone from the herring, then weigh it, and chop it finely. Sieve the potatoes and add them to the fish. Season with parsley, the chopped gherkin or other pickle, pepper and salt. Mix well and bind all together with a little sour cream or milk. Form into small balls, using a little flour to prevent the mixture sticking to the hands, egg and bread-crumbs them and fry in boiling fat to a pretty brown colour. Sprinkle a little chopped parsley over them and serve with a few pieces of cut lemon.

*MACARONI AND CHEESE
CROQUETTES*

2 Oz. macaroni
1 oz. butter
1 oz. Purity Flour
 $\frac{1}{4}$ pt. milk or stock
1 yolk of egg
A little made mustard
2 or 3 oz. grated cheese
Seasoning
A little Purity Flour
Egg and bread-crumbs

Boil the macaroni, drain it, and let it dry for a short time. Then chop it finely. Melt the butter in a saucepan, add the flour, and mix together until smooth. Then pour in the milk, and stir over the fire until the mixture thickens and begins to draw away from the sides of the saucepan. Remove the pan from the fire, and add the macaroni, grated cheese, seasoning, and yolk of egg. Mix all together, and turn out on a plate. Smooth the mixture over with a wetted knife, and set aside to cool. Then divide it into 8 or 10 equal-sized pieces, and form each portion into a cutlet shape, using a little flour to prevent the mixture from sticking to the board. Then egg and bread crumb them, and fry in boiling fat to a golden brown. Drain well on kitchen paper, and stick a small piece of uncooked macaroni into the end of each to imitate the bone. Dish in a circle on a hot dish paper under them, and garnish with parsley.

NOTES:—Finely-chopped ham and a little parsley may be used in place of the cheese if preferred. Tomato sauce may be served separately.

FRIED HOMINY

Take any remains of cold hominy porridge and cut them in slices about 1 inch in thickness. Flour them well

on both sides. Make some butter or clarified fat very hot in a frying pan, put in a few slices of hominy at a time and fry them, until nicely browned on both sides. Drain well on paper and serve very hot. Fried hominy may either be served as a separate course or as an accompaniment to fried bacon, kidneys, or fish, etc. The slices may be egged and bread-crumbed if preferred.

FISH SOUFFLE

6 oz. cooked white fish
1 oz. butter
1 oz. Purity Flour
 $\frac{1}{4}$ pt. milk or fish stock
2 yolks and 3 whites of eggs
A pinch of nutmeg or mace
Grated lemon rind
Pepper and salt

RICE PLAIN BOILED

Wash rice in several waters until the last water that is poured off looks quite clean. Have ready on the fire a saucepan, three parts full of freshly boiling water, add salt to it in the proportion of one dessert-spoonful to a quart, and throw the rice into this. Boil quickly with the lid off, stirring it frequently with a fork to prevent its sticking to the pan, and also that it may get well tossed about with the water. Cook from 12 to 15 minutes, or until the grains will rub down easily, when one is tested between the finger and thumb. Then strain through a sieve or strainer, run some boiling water over the rice to separate the grains, and dry it, either by putting it back into the saucepan by the side of the fire, or by leaving it on the sieve, which may be placed on the rack above the fire, or on a plate in a moderate oven. While drying, stir lightly with a fork every now and then, to keep the grains separate.

FISH PIE WITH POTATOES

- 1/2 lb. cooked fish
- 1/4 pt. white sauce
- 1 hard-boiled egg
- Lemon juice Pepper and salt
- 1/2 lb. cooked potato
- 1 oz. butter or dripping
- A little milk

Break the fish into flakes, and put it into a greased pie dish. Sprinkle with white pepper, salt, and a little lemon juice. Then pour over it the white sauce. If there are any remains of fish sauce a fresh supply will not require to be made. Melt the butter or dripping in a saucepan, have the potatoes sieved and add them to it. Season with white pepper and salt, and moisten with a little milk. Put this on the top of the fish in the pie dish, and smooth over with a knife, and brush over with milk or beaten egg. Bake in a moderate oven until nicely browned. Serve hot.

Time to bake about 20 minutes. Sufficient for 3 or 4 persons.

COLD FISH FRITTERS

- 6 oz. cooked fish
- 1 tablespoon salad oil
- 1/2 tablespoon vinegar
- Pepper, salt Frying batter

Break the fish into large flakes or small pieces, and lay them on a plate. Season them with the oil, vinegar, pepper and salt, and let them lie half an hour. Meanwhile prepare some frying batter. When ready, lift the fish out of its seasoning, dip the pieces into the batter, coating them well and then fry them in boiling fat until nicely browned. Drain well and serve very hot, garnished with fried parsley.

NOTE:—If salmon or any other oily fish is used for the fritters the oil in the marinade or seasoning mixture should be omitted.

PLAIN MACARONI

- 3/4 Cupful macaroni, broken in 1/2 inch pieces
- 2 quarts boiling water
- 1 teaspoonful salt
- 1 1/2 cupfuls white sauce

Cook the macaroni in boiling salted water twenty minutes, or until soft, and drain in strainer; cold water may be poured over it to keep the pieces from adhering, but if this is done food value is lost; add to the white sauce. Re-heat and serve.

BAKED MACARONI AND CHEESE

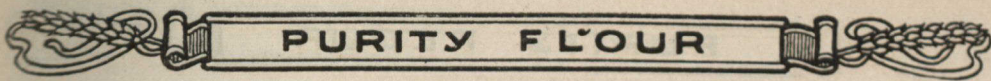
Put a layer of boiled macaroni in a buttered baking dish, sprinkle with grated cheese, add a second layer of macaroni and cheese, and pour over White Sauce, cover with buttered crumbs and bake till the crumbs are browned.

NUT SOUFFLE

- 1/2 Cupful bread-crumbs
- 1 cupful mixed nuts
- 1 cupful milk
- 2 eggs
- A little celery
- 1 teaspoon chopped parsley
- Pepper, salt

Put the bread-crumbs and milk into a saucepan, and cook them over the fire until perfectly smooth. Then remove the pan from the fire and add the nuts, a small piece of celery finely chopped, the parsley and seasoning. Mix well, and stir in the yolks of eggs. Beat up the whites of eggs to a stiff froth, and stir them in lightly at the last. Pour the mixture into a greased souffle dish, sprinkle the top with ground nuts, and bake in a moderate oven until well risen and firm to the touch. Serve as quickly as possible.

Time to bake, 15 to 20 minutes.



MEAT

Beef, Lamb and Mutton, Pork, Veal, Left-over-Meats and Stews

GENERAL RULES

Meat should be removed from paper as soon as it comes from market, weighed, and wiped with a damp cloth. It should be placed in a granite or earthenware dish, covered, and kept in a cool place until time of using.

Only tender cuts of meat should be broiled, pan broiled or roasted. When meat is to be cooked by any of these methods, it is first seared, then cooked at a lower temperature. In searing, the albumin on the outside of the meat is hardened and juices retained.

Tough meat should be cooked in water to be made tender—the heat and water soften the tough connective tissue. Boiling water should be poured over the meat to sear cut surfaces, that the juices may not be reduced and meat cooked until tender just below the boiling point. If the water bubbles, it is too hot. All tough meat may be cooked tender in this way. The Fireless Cooker may be used.

The time for roasting meat, or cooking it in water, varies with the kind, weight and quality.

For roasts weighing less than 8 lbs., allow 12 to 15 minutes to the lb. and 15 minutes extra.

For meat weighing less than 10 lbs. to be cooked in water, allow 20 minutes to the lb. and 20 minutes extra.

Time for broiling meat varies with the thickness of the meat.

For lamb, mutton and pork increase the time of cooking, as these meats should be thoroughly cooked.

Stock is prepared by soaking meat and bone in cold water and cooking with seasonings at a low temperature for several hours. Strain, clear, and cool uncovered. The fat must not be removed until ready to use stock; it excludes the air and prevents decomposition. Before using, it must be entirely removed. Small globules of fat may be removed from cold broth with a cloth which has been dipped in boiling water, then wrung dry, or by straining through a cloth; from hot broth, by using blotting paper or a piece of bread. This fat may be used in place of dripping.

Trimnings of fat from meat should be tried out and used.

Meat which remains from a soup stock may be used in any dish where cooked meat is required, with the addition of seasonings or beef extract to give it flavor.

BEEF

ROLLED ROAST

Remove ribs and roll the meat and tie in shape with cord. Place meat in roast tin in a very hot oven. Put

water, to which salt has been added, around the meat. Baste frequently at first. When well browned, reduce the heat and bake 15 minutes to each pound of meat.

BETTER BREAD—DELICIOUS PASTRY



YORKSHIRE PUDDING I.

Before meat is done make the pudding. Pour some of the dripping from under the meat into another baking-pan, turn the pudding into it and bake 45 minutes.

- 3 Eggs
- 1 pint milk
- 2/3 cup Purity Flour
- 1 teaspoon salt

Beat the eggs very light, add milk; add these gradually to the flour, stirring constantly; add salt, pepper if liked, and bake. Cut in squares and serve on platter around the roast.

YORKSHIRE PUDDING II.

- 2 Eggs
- 1 cup (heaping) Purity Flour
- 1 cup milk
- Salt

Beat the eggs in the milk, then add flour and salt. Have twelve patty pans hot with a little melted beef dripping in each one. Cook 20 minutes in hot oven. These are good with roast beef or beef loaf or filled with minced meat.

HORSE-RADISH SAUCE, (FOR ROAST BEEF)

Grate 3 tablespoons of horse-radish fine, add to it a small teaspoon sugar, 1 of salt and 1 of vinegar. Let them soak an hour, and just before serving add 4 tablespoons cream which has been whipped until thick and foamy.

HORSE RADISH SAUCE

- 1 Tablespoon butter
- 1 tablespoon Purity Flour
- 1/4 teaspoon salt
- Cayenne
- 1/2 cup milk
- 2 tablespoons grated horse radish
- 1 teaspoon vinegar
- 1/4 cup cream (whipped)

Make white sauce of first five ingredients, then slowly add horse-radish and vinegar. Just before serving fold in whipped cream.

POT ROAST

Four to six pounds from shoulder or round of beef. Wipe with a clean damp cloth. Place in a kettle with trimmings of fat from the meat and sear all the surfaces to a rich brown. Then add a pint of boiling water, cover and keep where it will be just below boiling point. Do not let the kettle get dry, but add only enough water to keep the meat from burning. Let cook until tender, but do not let it fall apart. Add seasoning after first 1/2 hour of cooking. Serve with brown gravy made in dish in which meat was cooked.

BEEFSTEAK AND ONIONS

Prepare the steak in the usual way; have ready in a frying-pan a dozen onions, cut in slices and fried brown in a little drippings or butter. Put your steak on platter and lay the onions thickly on top.

BEEFSTEAK

Take a smooth-bottomed frying pan. Set it on the range or stove. When very hot place your steak or chop on the hot surface and turn it immediately. Continue to turn occasionally until it is cooked (about 10 minutes will cook it). Season both sides with salt and pepper and serve on a hot platter. Put very little water with the browning in the pan for gravy. Serve hot.

MOCK DUCK

Take a piece of round steak cut thick. Split like a pouch and stuff with duck dressing; then put in pan, cover the steak with small pieces of bacon; cook 2 hours, basting often.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR



ROAST BEEF

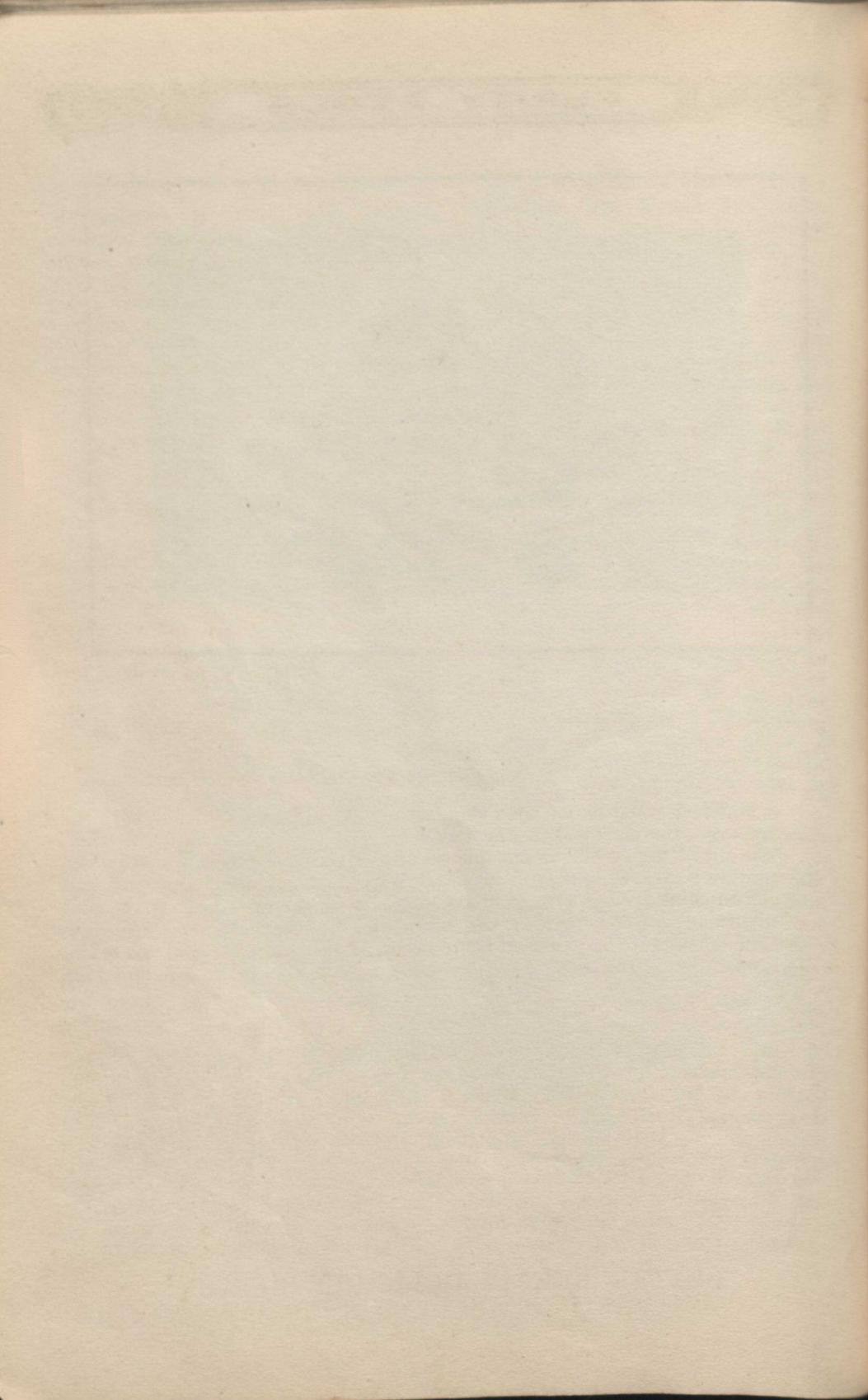
A standing roast is one with ribs left in. A rolled roast is one with the ribs removed, the meat rolled and tied.

The tip of the sirloin is considered one of the best pieces for roasting. The pan and rack should both be hot. Wipe and rub the joint with salt and pepper, and dredge with Purity Flour. Have the oven hot for the first ten or fifteen minutes to sear the surfaces. Reduce heat, add water to cover the bottom of the pan, and baste every fifteen minutes. Let the water cook away toward the last. After the meat is done remove to a hot platter.

GRAVY

Add one pint of hot water to sediment left in the pan after the fat has been poured off, place on the stove and scrape all the glaze from the bottom and sides of the pan. When it boils, add a thickening made of two teaspoons of Purity Flour rubbed smooth with four tablespoons of cold water, pouring it in slowly. Boil well, add salt and pepper to taste, and strain into a hot gravy boat.

BETTER BREAD—DELICIOUS PASTRY



BEEF A LA MODE

Four to six pounds of beef from the underside of the round, cut thick. Wipe and trim off the rough edges. Put in a deep dish and pour over it spiced vinegar made by boiling 5 minutes; 1 cup vinegar, 1 onion chopped fine, 3 teaspoons salt and ½ teaspoon each whole mustard, pepper, cloves and allspice. Let the meat stand several hours, turning it often. Then lard it with several strips of salt pork, 1/3 of an inch wide and as long as the meat is thick. Tie it into good shape with a narrow strip of cotton. Dredge it with Purity Flour and brown all over in hot drippings. Cut 2 onions, ¼ cup each of carrot and turnip, and fry them in the same fat. Lay the vegetables in a deep braising-pan (of earthenware or iron, or double roasting-pan, if possible), the meat on top with some bits of parsley and thyme, pour over the spiced vinegar, adding enough beef broth or water to half cover. Cover closely and simmer 4 hours. Season before the last hour, turning once meantime. Take up carefully, remove the strings and lay on a large platter. Remove fat from the gravy, add more seasoning if needed, thicken with browned flour and strain it over the meat.

IRISH STEW

Cut the lamb in dice, using the meat from forequarter. Cover with boiling water and cook slowly until tender. When about half cooked, add ½ cup each of carrot and turnip cut in small pieces and 1 onion sliced. Fifteen minutes before serving add potatoes cut fine. Thicken with Purity Flour. Season with salt and pepper and chopped celery.

BEEFSTEAK STEW

Take 1½ pounds of round steak, remove all fat and cut in pieces about ¾ of an inch square. Cover with one pint of cold water and cook very slowly for three hours. An hour before the meat is cooked, put in three carrots and three potatoes cut in dice. Add salt and pepper before serving. Cook on the lowest flame possible.

DUMPLINGS FOR STEWS

- 2 Cups sifted Purity Flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 1 cup milk

Mix and sift the dry ingredients; mix with the milk and drop by spoonfuls into the boiling stew. Cover tight, cook for ten minutes. These may be dropped on a buttered plate and cooked in a steamer over fast boiling water.

NEW ENGLAND BOILED DINNER

- 4 to 6 pounds corned beef
- 1 cabbage
- 4 to 6 carrots
- 3 to 4 parsnips
- 1 large turnip
- 8 medium-sized potatoes
- 6 to 8 beets

Onions, if desired

Place a piece of fancy brisket or some other preferred cut of corned beef in a large kettle. Cover with hot water if the meat was left in brine only over night; otherwise use cold. Allow to simmer for three to four hours, depending upon the size of the piece. About one, to one and one-half hours before serving time, add carrots, parsnips and turnips. The exact time allowed will depend upon the size of the vegetables. Carrots and turnips will require a longer time than parsnips. If the

carrots and parsnips are not too large, leave them whole; otherwise split them. Yellow turnips should be cut in thick slices, which in turn should be cut in halves. Cut the cabbage in quarters and place in a kettle three-quarters of an hour before serving. One-half hour before serving add the potatoes. The beets and onions, if desired, should be boiled separately. The cabbage and beets are usually served in separate dishes while the other vegetables are served on the same platter as the meat. Onions, if used, are served separately. The vegetables that are left over are combined with some of the meat in the making of "calico Hash."

BEEF LOAF I

Three pounds lean beef, $\frac{1}{2}$ pound salt pork ground fine, 2 eggs, 1 cup bread crumbs, 1 tablespoon sweet cream, 1 teaspoon summer savory, 2 teaspoons salt, $\frac{1}{2}$ teaspoon pepper. Mix all together well. Mould in an oblong pan and turn out in roast tin. Bake $1\frac{1}{2}$ hours and baste occasionally.

BEEF LOAF II.

2 Pounds chopped fresh beef
 $\frac{1}{4}$ pound fresh pork
 $1\frac{1}{2}$ cupfuls oatmeal put through grinder
 2 Eggs
 1 tablespoonful salt
 $\frac{1}{2}$ teaspoonful pepper
 2 teaspoonfuls poultry seasoning
 2 teaspoonfuls tomato catchup
 2 teaspoonfuls melted butter
 About $\frac{1}{2}$ cupful cold water

Mix together in order given, adding enough cold water to make it stick together, but leave it stiff enough to keep its shape when formed into a roll. Heat two tablespoonfuls of dripping in a frying pan, put in the meat-roll, and brown it slightly all over. Then pour over

it a little boiling water, set it in the oven, and bake gently for an hour and a quarter, basting frequently.

RISsoles

A rissole is a delicate preparation of meat that is almost as easily made as a fritter. Take the trimmings of pastry left from the pie. Roll these out in a thin sheet, considerably less than a $\frac{1}{4}$ of an inch thick. Cut into circles with a cake cutter, about 3 inches in diameter. Put a tablespoon of minced meat, fowl or fish, seasoned and prepared in the same way as for croquettes. Fold $\frac{1}{2}$ of the circles over the other, pinching the edges together so as to completely enclose the mince, brush all parts of the rissole with the yolk of an egg. This should be done as carefully as if for croquettes. Fry the rissole in boiling hot fat for about 6 or 8 minutes. Rissoles may be baked. Serve at once.

PURITY MEAT PIE

Cover bottom of small greased baking dish with hot mashed potatoes, add a thick layer of sliced under-done meat, either beef, mutton, veal or chicken, chopped in small pieces; pour over gravy, more salt and pepper if needed, cover with a thin layer of mashed potatoes and bake in a hot oven long enough to heat through.

SHEPHERD'S PIE

Chop left-over cooked meat finely. Warm up with left-over gravy; season highly. Warm left-over mashed potatoes, beat well, add 1 egg slightly beaten, milk if necessary, season well, beat. Line bottom of buttered baking dish with potato, then a layer of meat and a layer of potato until dish is full. Bake in hot oven until potatoes are brown.

BEEF OMELET

Chop 1 pound of raw beef very fine; roll 3 crackers to a dust and mix with them $\frac{1}{2}$ a teaspoon of baking powder. Add 2 well-beaten eggs and mix all together thoroughly with a seasoning of salt, pepper and powdered herbs. Put a lump of butter in a baking dish, let it melt and then put it in the mixture; let it bake $\frac{1}{2}$ hour. Turn out on a very hot platter, fold over as you would an omelet, and pour any kind of a meat sauce around it.

BEEF HEART

One heart, veal stuffing, 1 cup rich gravy. Soak heart for 3 hours in warm water. Remove the lobes and stuff the inside with veal forcemeat or other stuffing. Sew it securely in. Bake until tender, depending on size and age of heart, basting frequently. Place heart on a hot platter and make a brown gravy in pan. Pour it around the heart. Serve with currant jelly.

DRIED BEEF

Cut dried beef very thin, cover with water to take out the salt; throw this water away and put the beef into a saucepan with boiling water; let it simmer on the stove a few minutes, and add a little butter. Put the beef on slices of toast and pour thin tomato sauce over them.

JELLIED TONGUE

Boil, trim and skin either a fresh or salt tongue. Press while warm into a mould, cool under a weight. Have $1\frac{1}{4}$ quarts of aspic jelly in the liquid state. Cover the bottom of a large mould about an inch deep with it and let it harden. With a fancy vegetable cutter cut out leaves from cooked beets and garnish the bottom of the mould with them. Gently pour in 3 tablespoons of jelly to set the vegetables. When this is hard add jelly enough to cover the vegetables and let the whole get very hard. Then put in the tongue and about $\frac{1}{2}$ cup of jelly, which should be allowed to harden and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. To serve: Dip the mould for a few minutes in a pan of warm water or fold a towel wrung out of hot water around it and then gently turn on to a dish. Garnish with pickles and parsley. Pickled beet is especially nice.

NOTE.—If it is too much trouble to mould in jelly, tongue may be moulded by curling it around in a small bowl, making it as compact as possible.

VEAL

ROAST VEAL

Trim and wipe meat, sprinkle with salt and pepper; rub with butter and sprinkle well with Purity Flour. Place it in hot roasting pan in a very hot oven. Turn until all surfaces are seared. Then pour 1 cup hot water in pan and reduce heat of oven. Cook about 2 hours, basting occasionally. If a bone has been removed fill cavity with stuffing.

STUFFING

- 2 Cups fine cracker or bread crumbs
- 1 teaspoon salt
- 1 tablespoon thyme or summer savory
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon onion juice
- 1 egg
- 2 tablespoons butter, melted in
- 1 cup hot water

BETTER BREAD—DELICIOUS PASTRY

BREAST OF VEAL ROASTED

Bone, trim and wipe 6 pounds of breast of veal, pound to uniform thickness. Rub both sides with salt and pepper; spread evenly with stuffing to within an inch of the edges, roll loosely and sew or tie in shape. Place on rack in roasting pan, lay narrow strips of fat salt pork over top and dredge with Purity Flour. Cook in a hot oven until brown; baste with 2 tablespoons of melted butter and 1 cup of hot water. Reduce oven heat, finish roasting, allowing a full half hour for each pound of meat, with an extra half hour if the roast is large.

STUFFING

- 2 Cups fine cracker crumbs
- 1 teaspoon salt
- 1 tablespoon thyme or summer savory
- 1/2 teaspoon white pepper
- 1/2 teaspoon onion juice
- 1 egg
- 2 tablespoons butter melted in 1 cup hot water

VEAL CUTLETS

Take 1 egg and beat it a little, roll the cutlets in it, then cover with rolled cracker crumbs, seasoned with salt and pepper. Have a lump of butter and lard mixed hot in the skillet, put in the meat and brown nicely on both sides. Cover and cook slowly for 30 minutes. Stir 2 tablespoons of Purity Flour for gravy into the fat in the pan, and 1/2 pint of sweet milk, and let it come to a boil. Season to taste and pour over the meat, or serve separately, as preferred.

JELLIED VEAL

Take a small veal shank, wash, place in kettle and cover with cold water. Simmer until the meat is tender and falling off the bones. Cut veal into cubes, and place in mould. If desired, add some slices of hard boiled egg, pimento or sliced olives in bottom of mould. Boil down liquor to half quantity. Season to taste and pour over meat. Let stand until jellied.

VEAL CAKE

A few slices of cold roast veal, a few slices of cold ham, 2 hard-boiled eggs, 2 tablespoons minced parsley, a little sweet pepper, good gravy. Cut off all the brown outside from the veal and cut the eggs into slices. Procure a pretty mould, lay veal, ham, eggs and parsley in layers with a little pepper between each, and when all is in the mould, fill with strong stock or aspic jelly. Bake for 1/2 hour and when cold turn it out.

VEAL STEW

Follow recipe for Beef Stew

VEAL LOAF

- 3 Pounds lean veal
- 1/2 pound fat salt pork
- 1 egg, 4 rolled crackers
- 4 tablespoons cream
- 1/2 tablespoon lemon juice
- 1 tablespoon salt
- 1 teaspoon pepper
- Few drops onion juice

Wipe veal, remove skin and membranes and chop fine with the salt pork. Mix all ingredients together, pack into a bread pan, brush with white of egg and bake slowly for 2 1/2 hours, basting with melted butter. Remove from pan and cut in thin slices for serving.

LAMB AND MUTTON

ROAST LAMB

A leg of lamb is usually sent from market surrounded by a thin membrane known as the CAUL. If this peels off easily and the fat is hard, white and flaky the meat is in good condition. Remove the caul, wipe meat with wet cloth, sprinkle with salt and pepper, place in hot roasting pan, dredge the meat and pan with Purity Flour, place in a hot oven. Baste with water and drippings as soon as flour in pan browns, and every fifteen minutes afterwards until meat is done. The heat in oven should be reduced after the first thirty minutes of roasting. It will take about one and three-quarters to two hours for roasting. Serve with mint sauce.

The bone may be removed, the meat stuffed and roasted according to the directions given.

GRAVY: Drain off all but 3 tablespoons of fat from the dripping pan, dredge into it 3 tablespoons of Purity flour, and brown well. Add 1 pint of cold water, cook slowly stirring constantly until thick and smooth. If made carefully this will require no straining.

MINT SAUCE

4 Tablespoons green mint leaves, finely minced $\frac{1}{2}$ cup vinegar
1 tablespoon sugar
 $\frac{1}{8}$ teaspoon salt

For lamb only mint sauce is proper.

LAMB CHOPS

Grate plenty of stale bread, season with salt and pepper, have ready some well-beaten eggs, have a pan with hot lard ready. Take the chops one by one, dip into the egg, then into the bread crumbs, repeat it, as it will be found an improvement.

Brown them on both sides in hot lard or dripping. Continue to cook slowly until tender. To be eaten with currant jelly or grape catsup. Purity Cornmeal or Purity Oatmeal may be used instead of bread crumbs.

ROAST SHOULDER OF MUTTON

Remove the bone and fill the space with a moist stuffing made with grated stale bread crumbs, highly seasoned with butter, salt, pepper and thyme. Add the yolk of 1 or 2 eggs and enough warm water to soften the bread thoroughly. Put the bones and scraps of meat in a kettle with barely enough water to cover, lay the stuffed shoulder on them and let the whole simmer gently for an hour. Lift onto the rack in a roasting pan, dredge with salt, pepper and Purity Flour and bake an hour, or till tender. Strain the water in the kettle and use it for basting and for gravy, with a little butter and flour at the last to froth the surface. Garnish with forcemeat balls made from its own trimmings.

MUSTARD

2 Teaspoons mustard.
1 teaspoon Purity Flour
1 teaspoon soft butter
1 teaspoon sugar 1 teaspoon salt
1 tablespoon vinegar
 $\frac{1}{2}$ cup boiling water

Mix in the order given, in a granite sauce-pan, add water and cook till it thickens and is smooth.

BRAISED LEG OF MUTTON

Remove bone, trim, wipe with wet cloth, stuff, sew and tie it up. Put 2 tablespoons of butter in braising pan and when melted add $\frac{1}{2}$ onion. 1 slice carrot, and 1 of turnip, all cut fine. Stir for five minutes and then put in the lamb with a dredging of Purity Flour; cover and cook slowly

PURITY FLOUR

for fifteen minutes; add 1 quart of boiling water or stock and $1\frac{1}{2}$ teaspoons salt, and 12 peppercorns. Cover closely and bake three hours, uncovering for the last half hour. Place meat on hot platter and remove strings. Skim off some of the fat from liquor in braising pan, boil rapidly until reduced to $1\frac{3}{4}$ cup. Strain, thicken with 3 tablespoons butter and 4 tablespoons Purity flour cooked together until well browned.

STUFFING

- 1 Cup bread crumbs
- $\frac{1}{4}$ cup melted butter
- 2 tablespoons boiling water
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon thyme
- Pepper

BOILED LEG OF MUTTON

Wipe meat, place in kettle with boiling water, boil 5 minutes and skim. Reduce heat and let simmer until meat is tender. When half done add 1 tablespoon salt. Serve with caper sauce.

SADDLE OF MUTTON

For a saddle of mutton the loin is removed whole before dividing into sides. Trim the meat, wipe with wet cloth, sprinkle with salt and pepper, place on rack in hot roaster; dredge meat and bottom of pan with Purity Flour, place in hot oven. Baste with water and fat as soon as flour browns and every fifteen minutes afterwards. The meat should cook in one and one-quarter hours. For gravy, follow the direction given above. Serve with mint sauce.

SPRING STEW

- 2 lbs. neck of lamb
 - 1 doz. young carrots
 - $\frac{1}{2}$ doz. young turnips
 - 1 doz. spring onions
 - $\frac{1}{2}$ doz. new potatoes
 - 1 cupful green peas
 - 1 cos lettuce
 - Warm water, salt
- Cut the lamb into chops, wipe and

trim them neatly. Put them into a stewpan or earthenware casserole with warm water to cover them and a little salt. Bring to the boil and skim well. Prepare the vegetables. Cut the lettuce and onions in shreds, and cut the potatoes, turnips and carrots in about equal-sized pieces. When all scum has been removed from the meat, put into the saucepan the lettuce, onion, carrot and turnip, and add a little more salt. Put the lid on the pan and stew slowly for $\frac{1}{2}$ hour. Then add the new potatoes and green peas and stew about $\frac{1}{2}$ hour longer. To serve, place the meat in the centre of a hot dish, with the vegetables and gravy round.

Time to stew, 1 hour. Sufficient for 5 or 6 persons.

LAMB STEW

Follow instructions for Beef Stew, substituting lamb for beef.

TRIPE

Wash it thoroughly, simmer for 5 or 6 hours (in salted water), or until quite tender. It will keep for days, and is now ready to be prepared in different ways. Dry carefully on a cloth before broiling or frying.

FRIED TRIPE

Cut in pieces for serving, roll them in seasoned Purity Flour, then in egg, and last in very fine bread crumbs. Fry a golden brown in deep fat. Drain on paper and serve garnished with small bits of parsley.

TRIPE IN BATTER

Cut in pieces for serving, roll in seasoned Purity Flour, dip in batter and fry in hot butter. Drain on brown paper.

BATTER

- 1 Cup Purity Flour
 - $\frac{1}{2}$ cup cold water
 - 1 egg
 - 1 teaspoon melted butter
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{2}$ tablespoon vinegar
- Mix flour and salt, add the water

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

gradually. When perfectly smooth add the beaten egg, vinegar and butter.

SWEETBREADS

Soak the sweetbreads in cold salted water for $\frac{1}{2}$ hour, simmer them for 20 minutes. Drain and cover with cold water for a minute or two. Remove any membranes, slice lengthwise, sprinkle with salt and pepper, place slices on hot broiler over quick fire and broil 5 minutes, turning once; remove to hot platter, spread with butter and serve with peas and toast. After parboiling and blanching, sweetbreads may be served in many ways: in cream sauce, dipped in egg and then in crumbs and fried in hot fat; in salads.

SWEETBREAD SAUTE

Procure 2 large sweetbreads, prepare them and blanch them; season with salt, dust lightly with Purity Flour, dip in beaten egg and cover with fine sifted bread crumbs. Melt $1\frac{1}{2}$ ounces butter in low saucepan, just large enough to receive them. As soon as the butter is melted, put in the sweetbreads, cover and cook slowly 30 minutes, turning them carefully once during that time. When ready to serve, lay 2 pieces of

buttered toast on a warm dish, place the sweetbreads over them and garnish with watercress.

SWEETBREAD AND MUSHROOM PIE

Line glass bake dish with rich pastry and bake, leaving some pastry on ice for top. Make rich cream sauce and add parboiled sweetbreads cut in squares. Fill bake dish. Put layer of broiled mushrooms on top and either cover or dot with bits of pastry. Put in oven sufficient time to bake upper crust.

SWEETBREADS IN CASES

- 2 Pairs sweetbreads
- 1 can mushrooms
- 1 cup cream $\frac{1}{2}$ cup milk
- 1 tablespoon butter
- $\frac{1}{2}$ tablespoon Purity Flour
- $\frac{1}{4}$ teaspoon salt
- Few grains cayenne

Parboil sweetbreads and remove membranes; separate sweetbreads into small pieces. Trim mushrooms and cut each into four pieces. Melt butter, add flour and seasoning, cook together; add scalded milk and cream slowly, cook together until smooth. To this add the sweetbreads and mushrooms and cook for five minutes. Serve in patty shells or timbales.

PORK

ROAST PORK

Trim and wipe the meat. If used with the skin on, score it in inch squares, taking care to cut only through skin. Make a cut just below the knuckle with a boning knife. Slide the knife up along the bone and turn it outward, making a $\frac{1}{2}$ dozen cuts $\frac{2}{3}$ of the way to the skin, and fill them with stuffing. Sprinkle with salt and pepper, place on rack in roasting pan, dredge with Purity Flour. Half an hour before serving

sprinkle with 1 tablespoon cracker crumbs seasoned with pepper, salt and sage. Serve with apple sauce.

STUFFING

- 1 Cup grated bread crumbs
- 1 sour apple 1 small onion
- 6 sage leaves 2 egg yolks
- 2 tablespoons butter
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Chop apple and onion. Melt the butter, add the crumbs, rubbing them hard to distribute the butter evenly.

BETTER BREAD—DELICIOUS PASTRY



Add the seasoning, apple and onion, and 2 beaten egg yolks.

APPLE SAUCE

Wipe, quarter and core 12 tart cooking apples; steam till tender and sprinkle with 4 tablespoons sugar and a little salt. Do not make it too sweet; if the apples are not very sour, add the juice of a $\frac{1}{2}$ lemon.

PORK CHOPS OR STEAKS

Lay chops or steaks on a hot frying-pan and fry slowly to a rich brown on one side and then on the other. Serve at once. Some like a thickened gravy made in pan in which meat was fried, and poured over chop. If using this, first remove most of the fat which fried out of pork.

BAKED PORK TENDERLOIN

- $\frac{1}{2}$ Pound fat pork
- 4 large pork tenderloins
- 1 cup cracker crumbs
- 1 cup boiling water
- 2 tablespoons butter
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon poultry seasoning

Wipe the tenderloins clean with a damp cloth. With a sharp knife make deep pocket lengthwise in each tenderloin, laying the tenderloin flat on the table and making the incisions along the sides. Cut your pork into long, thin strips and with a larding needle lard each tenderloin. Melt the butter in the water, add the seasoning and the cracker crumbs, combining all thoroughly. Now fill each pocket in the tenderloins with the stuffing, sew the pockets closely with a coarse thread and needle. Place the tenderloins in a baking pan and bake in a brisk oven 45 minutes, basting constantly.

PORK PIE

Make a pie-crust, not very rich, and put around the sides of a deep pie-dish. In the bottom and above

put layers of thin sliced bacon, thin sliced potatoes, onions chopped or sliced very fine, lean fresh pork cut into small pieces. Season with pepper, salt and sage. Fill the dish with any good gravy left from roasts, or with water thickened for the purpose, with some butter added. Cover with crust and bake about $1\frac{1}{2}$ hours. Cover the pie with thick brown paper if it gets too brown.

ROAST SPARERIBS

Choose a long piece of spareribs. Wipe carefully, sprinkle with a little salt and pepper. Place a small piece of sparerib on the bottom of baking pan, form a roll around it, using the large piece of spareribs. Fill the cavity in centre with any dressing desired. Bake in a rather hot oven for about $1\frac{1}{2}$ hours.

FRIED SALT PORK

Remove the rind and cut the pork in quarter inch slices. Freshen, if very salt, and fry slowly and evenly until dry. It is used as a garnish for fish, fishballs, tripe, etc.; may be used as a lunch or breakfast dish with baked potatoes and a white gravy made like white sauce, only the fat from the pork is substituted for butter.

BREAKFAST BACON I

Remove the rind and cut bacon in thin slices, cook in a hot frying pan, turning slices frequently until crisp and brown, drain on a soft paper.

BREAKFAST BACON II.

Remove the rind and cut the bacon in thin slices. Place the slices on a broiler over a dripping pan and bake in a hot oven until bacon is crisp, turn once during baking. Drain on soft paper. Oysters may be wrapped in thin slices of bacon and baked in this way.

BETTER BREAD—DELICIOUS PASTRY

LIVER AND BACON

Heat a frying-pan, lay the slices of bacon of wafer-like thickness in pan. If the pan is very hot they will curl up into rolls, and by turning with a fork will be brown in a few minutes. In the bacon fat, saute the liver cut in slices, make a gravy, season it with celery. Arrange bacon around the liver, pour gravy over liver. Garnish with parsley or lemon rind.

BACON AND APPLES

Core and peel the apples and cut into 1/2-inch slices. Cut the bacon into very thin slices, fry the bacon in a hot pan until crisp and put it on a hot dish. Fry the apple in the bacon fat until a light brown and arrange around the bacon. Serve very hot.

BOILED HAM

Soak in cold water over night or for several hours, scrape, and trim carefully. Put in a kettle and cover with cold water. Bring gradually to the boiling point and cook slowly until tender. Remove kettle from range and set aside that ham may partially cool. Then take from water, peel the skin carefully in two inch strips, make rings or figures with cloves stuck in the crust, brush with beaten egg and dust thickly with fine bread crumbs. Brown in the oven. Add a paper ruffle to the shank before sending to the table. Garnish with cauliflower, cabbage, sauerkraut, spinach or some sort of greens.

To glaze ham, after cooking and peeling, brush with beaten egg and coat with a paste made of 1 cup cracker crumbs, made into a smooth paste with 1 cup milk and a tablespoon of butter. Brown in a moder-

ate oven. Some cooks add a teaspoon of sugar to the bread crumbs. Vinegar may be substituted for wine. When either vinegar or wine is used the cook should not put it in an iron pot. In any method the main point is to heat gradually, cook slowly, and cool in the liquor.

POTTED HAM

Use this for the harder portions and the pieces that do not make presentable slices. Allow 1/3 fat to 2/3 lean. Mince fine enough to make a smooth paste. Season with salt and cayene pepper. Heat thoroughly and cayenne pepper. Heat thoroughly and pack firmly in small pots.

HAM BALLS

Chop fine pieces of cold ham, add 2 eggs beaten, 1/2 cup bread crumbs, pepper and salt; make into balls and fry or bake until a nice brown.

SAUSAGE WITH BUCKWHEAT CAKES

Prick the sausage well and fry in a little bacon fat. Put them on a hot platter in a circle on the outside, leaving space for the cakes in the centre.

BUCKWHEAT CAKES

Mix thoroughly 2 cups of buckwheat flour, 1 of Purity Flour, a little salt and 3 teaspoons of baking powder; then add milk and water of equal parts to make the batter of the right consistency. Add a little molasses, which will give them a better color. Fry on a soapstone or griddle and pile neatly in the centre of the ring of sausage.

PURITY FLOUR

SAUSAGES, FRIED OR BAKED

Sausages
Dripping
Toasted Bread

Prick the sausages with a fork and put them into the frying pan with a little melted dripping. The dripping must not be made too hot before the sausages are put in or the sausages will burst. Keep turning the sausages over and over, and allow them to cook slowly until brown and crisp on all sides. Pork sausages especially require thorough cooking, or they will not be wholesome. Have ready some neat fingers of toast or fried bread, lay them on a hot dish, and place a sausage on the top of each. Brown sauce or gravy may be served separately in a sauce boat.

Sausages may also be baked. Prick them well and place them side by side on a greased tin. Cook in a moderate oven until brown and crisp, turning them occasionally. Serve in the same way. Fried bacon may be served along with the sausages.

NOTE:—Sometimes the sausages are parboiled for 5 minutes before frying; this makes them less rich, but at the same time not quite so tasty.

SAUCES FOR MEATS

With roast beef, serve grated horse radish.

With roast veal, tomato or horse radish sauce

With roast mutton, currant jelly.

With roast pork, hot apple sauce.

With roast turkey, chestnut dressing or cranberry jelly.

With roast vension, black currant jelly or grape jelly.

With roast goose, tart apple sauce.

With roast quail, currant jelly, celery sauce.

With fried chicken, cream gravy, corn fritters.

With roast ptarmigan, bread sauce.

With roast duck, orange salad.

With cold boiled tongue, sauce tartare or olives stuffed with peppers.

MUSHROOM SAUCE 1

$\frac{3}{4}$ of a pint of Brown sauce
 $\frac{1}{4}$ of a pint of button mushrooms
 $\frac{1}{2}$ oz. of butter
Salt and pepper

Peel the mushrooms and remove the stalks. Heat the butter in a stewpan, put in the mushrooms, and toss them over the fire for about 10 minutes. Drain off any butter that remains unabsorbed, add the brown sauce, season to taste, make thoroughly hot, and serve.

Time—About 20 minutes.

MUSHROOM SAUCE 2

2 Tablespoons butter
2 tablespoons Purity Flour
 $\frac{1}{4}$ teaspoon salt
Cayenne

1 cup chicken stock
 $\frac{1}{3}$ cup mushrooms, cut in pieces

Prepare first five ingredients as white sauce, add mushrooms, heat and serve.

If fresh mushrooms are used, clean and peel, but do not soak, and simmer in water until tender.

PURITY FLOUR



PURITY FOOD GEMS

- | | |
|-----------------------------|--------------------------------------|
| 1 cup <i>Purity Flour</i> | 2 eggs |
| 4 teaspoons baking powder | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons melted butter | $\frac{1}{2}$ cup <i>Purity Food</i> |
| | 1 cup milk |

Mix and sift the flour, salt and baking powder, then add the cereal. Beat the yolks of eggs, add the milk and combine the mixture. Then add the melted butter and the whites of eggs beaten until stiff. Turn into buttered gem pans and bake in a hot oven 25 minutes. Serve with maple syrup.

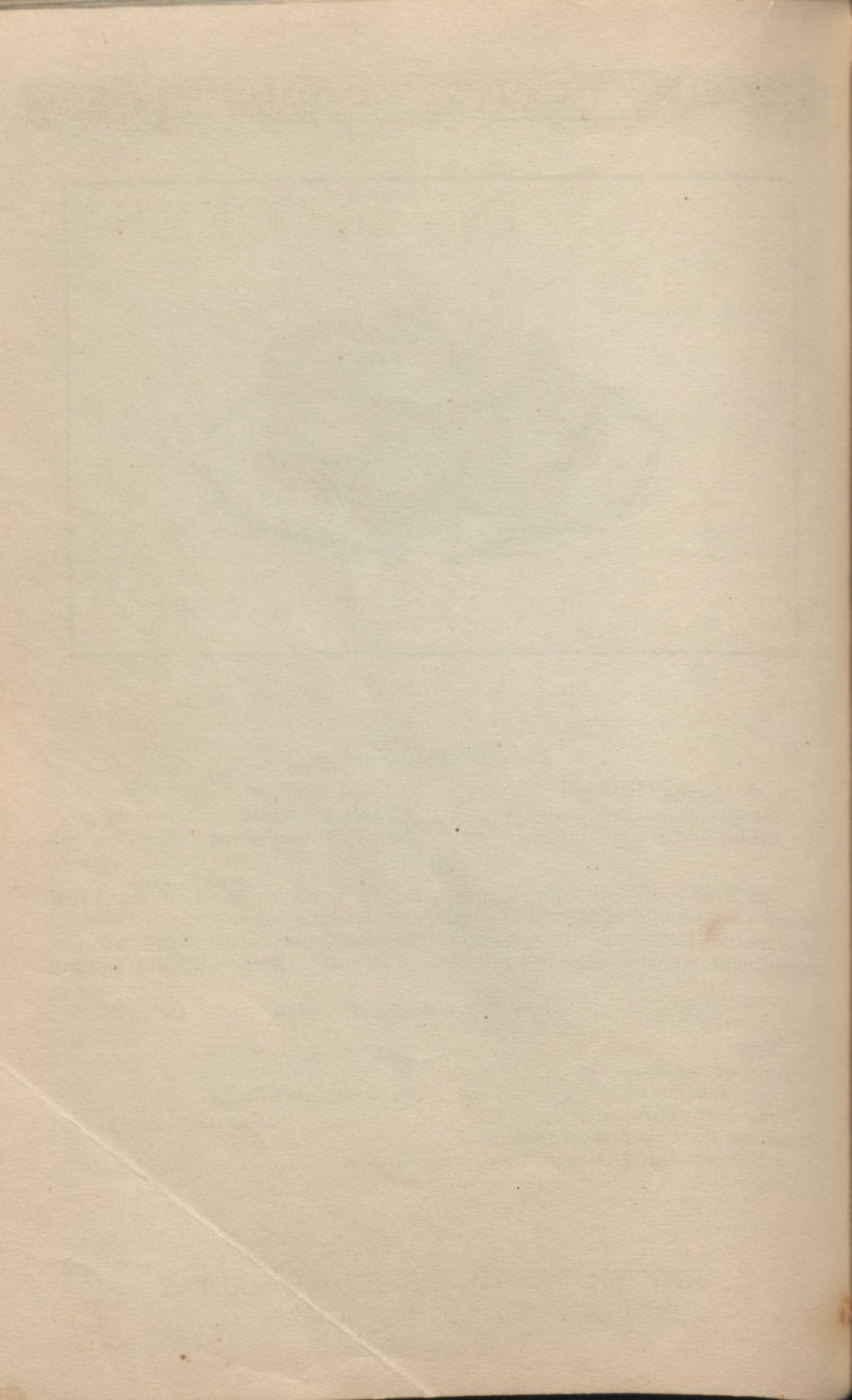
PURITY GRAHAM GEMS

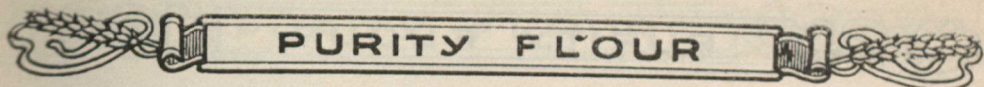
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|------------------------------|---------------------------------------|
| 2 Eggs | $\frac{1}{2}$ cup <i>Purity Flour</i> |
| 1 cup of brown sugar | $\frac{1}{2}$ teaspoon baking soda |
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| 1 cup sour milk | |

Graham flour to make batter stiff

Bake in buttered gem tins in quick oven.

BETTER BREAD—DELICIOUS PASTRY





MUFFINS and GEMS

BRAN MUFFINS

- 1 Cup household bran
- $\frac{1}{2}$ cup brown sugar
- 1 cup of buttermilk
- Salt
- 1 cup of Purity Flour
- 1 level teaspoon of soda
- 2 tablespoons butter.
- 1 Egg well beaten

Mix dry ingredients, add butter-milk, mixed with soda, then melted butter. Bake in a moderate oven. Dates or raisins may be added if desired.

MUFFINS

- 1 Tablespoon sugar
 - Pinch of salt
 - 1 egg
 - $1\frac{1}{2}$ cups Purity Flour
 - 2 teaspoons baking powder
 - 1 tablespoon melted butter
 - 1 small cup milk
- Bake about 10 minutes.

ENGLISH MUFFINS

- $1\frac{1}{2}$ Cupfuls milk
- 1 tablespoonful sugar
- 1 teaspoonful salt
- 3 cupfuls bread Purity Flour
- $\frac{1}{2}$ yeast-cake
- 1 egg
- $\frac{1}{8}$ teaspoonful soda

Heat milk till tepid; add sugar and salt and the yeast-cake softened in a little warm water. Beat in flour to make a soft batter, from two to three cupfuls according to the brand of flour and let rise till light, about three hours. Stir in the egg well beaten and the soda, beat thoroughly, and cook in muffin-rings on a griddle. This must be done slowly, about twelve minutes being the right length of time.

GRAHAM MUFFINS

- 1 Cup Graham flour
- $\frac{1}{4}$ cup sugar
- 1 cup milk (sweet or sour)
- 1 tablespoon melted butter
- 1 cup Purity Flour
- 1 teaspoon salt
- 1 egg
- 4 teaspoons baking powder

METHOD.—Mix butter, sugar, egg and milk. Combine with dry ingredients, which have been sifted. Bake in greased muffin tins in moderate oven. Use baking powder with sour milk as well as sweet.

BRAN GEMS

- 1 Cupful Purity Flour
- 1 cupful bran
- 2 teaspoonfuls baking-powder
- 1 Egg
- 4 tablespoons butter
- 1 teaspoonful salt
- 1 cupful milk

Mix all the dry ingredients together, add shortening, milk. Place in greased gem-pans and bake in a hot oven for twenty minutes.

OATMEAL GEMS

- 1 Cupful cooked, cold oatmeal
- 2 cupfuls bread Purity Flour
- 3 teaspoonfuls baking-powder
- 1 tablespoonful sugar
- 2 tablespoonfuls butter
- 1 cupful milk
- 1 egg
- 1 teaspoonful salt

Mix together dry ingredients and rub in oatmeal with the finger-tips. Beat the egg, add the milk, and turn into first mixture. Add melted butter, beat thoroughly, turn into hot, oiled gem-pans and bake about twenty-five minutes in a hot oven.

BETTER BREAD—DELICIOUS PASTRY

POTATO SCONES

- 1/2 Cup Purity Flour
- 1 cup of mashed potatoes
- 1 egg well beaten
- 1/3 cup of butter
- 2 teaspoons baking powder
- 1/2 cup to 3/4 cup milk (or water)

Mix potatoes and butter, then egg and milk. Sift flour and baking powder. Combine. Roll out and cut like biscuits. Bake in a moderate oven on floured pan.

HOT BISCUIT

- 3 Cups Purity Flour
- 4 level teaspoons baking powder
- 6 tablespoons butter
- 1 brimming cup milk
- 1 teaspoon salt

Sift flour, baking powder and salt. Mix in the butter, using two knives; add milk and mix very lightly. Place on board, but do not knead. Sprinkle with flour. Roll out half an inch thick. Cut in shape and bake in a hot oven until brown.

JOHNNY CAKE

- 1 1/2 Cups Purity Cornmeal
- 1 cup Purity Flour
- 1/2 teaspoon salt
- 1 cup sour milk
- 1 cup sugar
- 2 tablespoons lard or butter
- 1 teaspoon soda dissolved in hot water

Mix as Corn Bread.

GEMS

- 4 Teaspoons sugar
- 2 teaspoons lard
- 1 egg well beaten
- 1 1/2 cups milk
- A little salt
- 2 teaspoons baking powder
- Mixed with sufficient Purity Flour to make a stiff batter
- Bake in greased gem pans.

CORNMEAL GEMS

- 1/2 Cup Purity Cornmeal
- 1 cup Purity Flour
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 1 tablespoon melted butter
- 1/2 teaspoon salt
- 3/4 cup milk
- 1 egg

Mix and sift the dry ingredients. Add milk gradually, egg well beaten and melted butter. Bake in hot oven in buttered gem pans for 25 minutes.

STEAMED INDIA PUDDING
WITH RAISINS

Scald 2 cups Purity Cornmeal with boiling water. Add 1 teaspoon salt, 1/4 cup molasses, 1/2 package seeded raisins. Dissolve 1/2 teaspoon soda in warm water. Add to the meal, adding warm water enough to make batter that will pour. Turn into a well-greased dish. Cover tightly and steam steadily 3 hours.

APPLE DUMPLINGS

- 2 Cups Purity Flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup shortening
- 3/4 cup milk
- 4 apples
- Cinnamon or nutmeg
- Sugar

Sift flour, baking powder and salt; work in the shortening and mix to a dough with milk. Roll into square sheet one-third inch thick and cut into four pieces. Lay a cored and pared apple on each piece, fill the centre with sugar and spice. Then draw the paste to cover the apple, make smooth, bake on a buttered dish. When nearly baked, brush with milk, dredge with granulated sugar, and return to the oven. Serve hot with hard sauce.

PURITY FLOUR

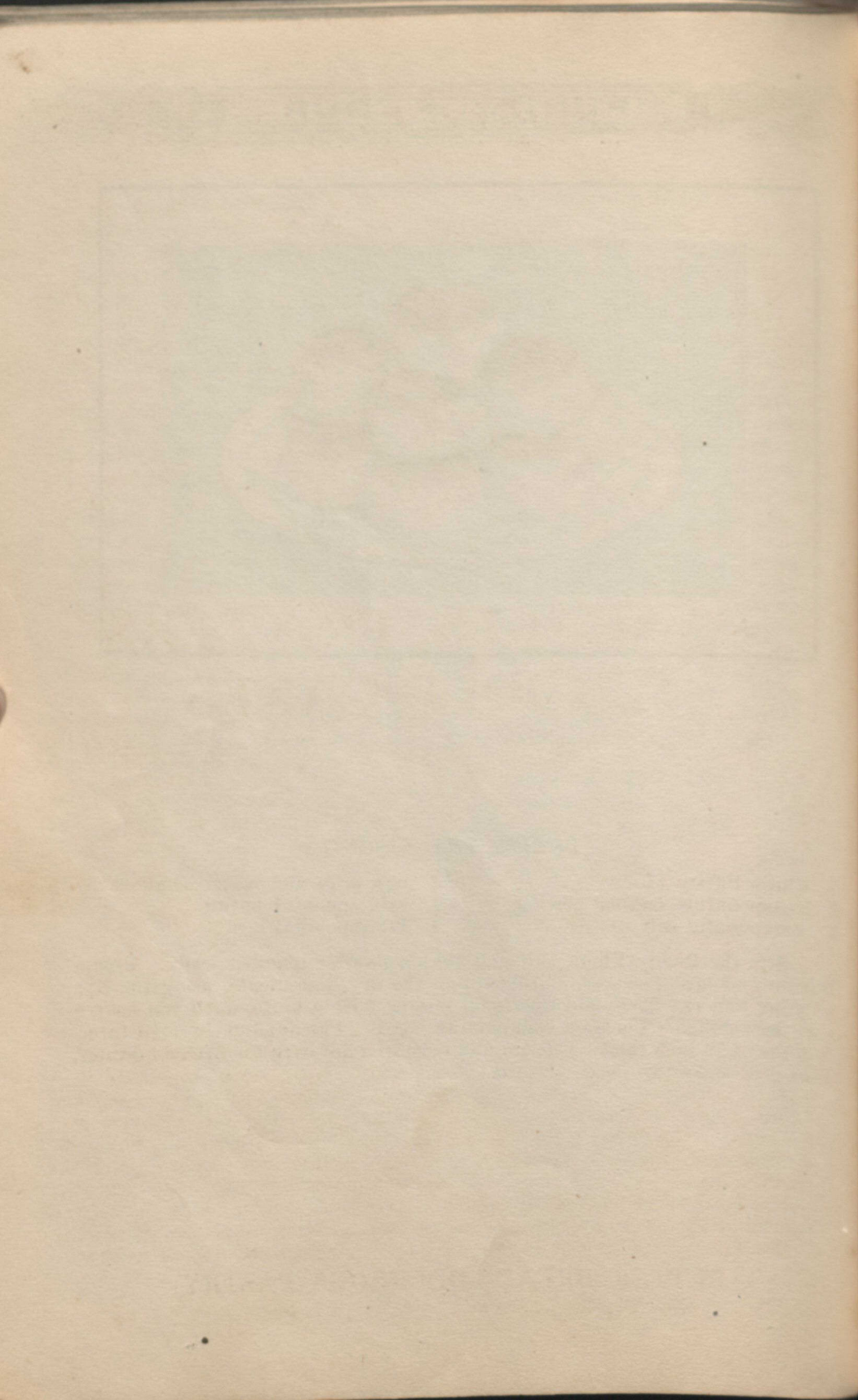


PURITY TEA BISCUITS

- | | | | |
|---|----------------------------|---|--------------------------------|
| 2 | Cups Purity Flour | 1 | cup milk and water (half each) |
| 2 | teaspoonfuls baking powder | 1 | tablespoonful butter |
| 1 | teaspoonful salt | 1 | tablespoonful lard |

Sift the Purity Flour, salt and baking powder together twice. Cream butter and lard together, and add it to the dry ingredients, using the tips of your fingers. Then add the liquid mixing with a knife, until you have a very soft dough. Place on your mixing board. Pat out lightly until three-fourths of an inch thick. Cut out and bake in a hot oven for fifteen minutes. This will make two dozen biscuits.

BETTER BREAD—DELICIOUS PASTRY



PURITY FLOUR

BUCKWHEAT GEMS

- 1/2 Cupful sugar
- 1 egg
- 3 tablespoonfuls butter
- 1 cupful milk
- 1 cupful buckwheat flour
- 1/2 cupful bread Purity Flour
- 1/2 teaspoonful baking-powder
- 1/2 teaspoonful salt

Beat the sugar into the egg, add the melted butter. Add alternately the milk and buckwheat flour; then the wheat flour into which the baking-powder and salt have been sifted.

Bake in gem-pans. These may be split and served with maple-syrup or honey.

SCONES

- 2 Cups of Purity Flour
- 1 egg
- 1 teaspoon baking powder
- 2 handfuls sultana raisins
- 1/2 cup of sugar
- 2 tablespoons butter
- 1/2 teaspoon soda
- 1 cup sour milk

METHOD.—Bake in square tins and mark in scone shape.



PANCAKES, FRITTERS GRIDDLE CAKES

DROPPED DOUGHNUTS

- 1/2 Cup milk
- 1/2 cup sugar
- Grated rind of 1 lemon
- 1 1/2 cups Purity Flour
- 1 egg, beaten separately
- 1/3 teaspoon salt
- 1/3 teaspoon nutmeg
- 1 heaping teaspoon baking-powder

Hold teaspoonful of batter close to fat and the doughnuts will come up in round balls.

DOUGHNUTS

- 2 Eggs beaten light
- 1 cup sugar
- 1 cup milk
- 2 tablespoons melted butter
- 3 cups Purity Flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt

Have board well floured and take on it 1 large spoon of dough, kneading gently till firm enough to roll out

and cut. Mix the trimmings with a fresh spoon and roll again, repeating until all are used. Cook in fat hot enough to make them rise instantly to the top.

CORN-MEAL OYSTER FRITTERS

- 1 Cupful corn-meal
- 1 cupful Purity Flour
- 1 teaspoon salt
- 3/4 cupful milk
- 1 teaspoonful baking powder
- 2 eggs
- 1 dozen medium oysters

METHOD:—Mix together thoroughly the corn-meal, flour, salt and baking-powder. Add the eggs well beaten and the milk. Fold the oysters into the batter. Drop by tablespoonfuls into hot deep fat. Have one oyster in each fritter. Cook on both sides until well done. Drain on paper and serve at once.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

FRITTERS

FRITTER BATTER

- 1 Cup Purity Flour
- $\frac{1}{2}$ cup milk
- 2 eggs
- 1 tablespoon butter
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon salt

Beat eggs well, add milk, add flour, sugar, salt to milk, and egg and melted butter last.

FRITTER FILLINGS

MARMALADE—Make small thin marmalade sandwiches, dip in batter, cook in deep fat.

APPLE—Pare and core apples, cut in slices $\frac{1}{8}$ of an inch thick. Dip in batter, fry. Slices may be allowed to stand in mixture of orange and lemon juice for ten minutes before putting in batter.

ORANGE—Divide peeled orange into sections, dip in batter, fry, serve with lemon sauce.

CELERY—Cut celery in 2 or 2 lengths, cook in boiling salted water, dip in batter and fry.

OYSTER PLANT—Cooked, mashed, make into balls, dipped in batter and fried.

WAFFLES

- $1\frac{3}{4}$ Cupfuls Purity Flour
- 3 teaspoonfuls baking-powder
- $\frac{1}{2}$ teaspoonful salt
- 1 cupful milk
- 1 tablespoonful melted butter
- 2 eggs

Beat the whites and yolks of the eggs separately. Add milk to the yolks, and then the Purity Flour and baking-powder slowly, and stir. Fold in the whites, and add the butter. Cook on well greased waffle-irons.

BUTTERMILK WAFFLES

- 1 Cupful thick buttermilk
- $\frac{1}{2}$ cupful sweet milk
- 1 egg
- $1\frac{1}{2}$ cupfuls Purity Flour
- $\frac{1}{3}$ teaspoonful soda
- $2\frac{1}{4}$ teaspoonfuls baking-powder
- 2 tablespoonfuls melted shortening
- $\frac{1}{2}$ teaspoonful salt

Combine the two milks; add egg yolk, unbeaten, stir in the dry ingredients sifted together and then the fat melted. Beat well, and lastly fold in the egg white whipped stiff and dry. Bake as usual on a waffle iron.

CRUMB PAN CAKES

- $1\frac{1}{2}$ Cups coarse bread crumbs
- 2 cups milk
- 1 tablespoon butter
- 2 eggs
- 1 cup Purity Flour
- 2 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt

Cook the crumbs, milk and butter in double boiler for fifteen minutes, rub through a sieve. When cool add the beaten yolks of 2 eggs and the flour sifted with baking powder and salt. Then fold in the whites beaten very stiff and bake slowly as ordinary griddle cakes.

FRENCH PAN CAKES

- 2 Cups Purity Flour
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt
- 1 cup milk
- 3 eggs

Mix and sift the dry ingredients, add milk slowly and the beaten eggs, beat together for five minutes and fry in hot butter; roll up and fill with any kind of fruit, sprinkle with a little powdered sugar and serve hot.

BETTER BREAD—DELICIOUS PASTRY

GRIDDLE CAKES

- 2 Cups Purity Flour
- 1/2 teaspoon salt
- 1 teaspoon soda
- 2 cups sour milk
- 2 tablespoons melted butter
- 2 eggs

Mix the dry ingredients, add milk slowly, beaten eggs, and beat; add melted butter, beat again, and drop by spoonfuls on hot griddle.

One-half graham and one-third corn meal may be substituted. They should cook more slowly.

Add 1 pint of huckleberries cleaned and rolled in flour, or 1 cup peaches cut fine and laid in sugar for an hour, or cherries stewed sweet and drained. When eggs are scarce reduce the number of eggs, diminish the amount of milk and increase the amount of beating.



PUFF PASTRY

PLAIN PASTRY I.

- 1 Cup Purity Flour
- 1/3 cup shortening
- 1/4 cup water
- Salt

Cut shortening into flour and stir in water with knife. Put on slightly floured board, pat out, fold in, roll out (rolling one way so as not to expel air), fold several times. Cut in half, using one part for upper and one for lower crust.

PUFF PASTE I.

- 1 Pound sifted Purity Flour
- 1 pound butter
- 1 teaspoon salt
- 1 teaspoonful sugar
- White 1 egg
- 1 cup or more cold water

Rinse a large bowl with boiling water, fill with cold water and let stand until cold. Pour out water and fill with fresh cold water. Wash hands in cold water, do not wipe. Wash the butter by working it with the hands under the water until it becomes soft and pliable. Pat to free from water. Reserve 2 table-spoons, form remainder into a cake and set on ice to chill. Put flour on

a large platter. Make a depression in the centre and in it put reserved butter, salt, sugar and egg. Work to a paste with tips of fingers, add cold water slowly, gradually work in flour. Knead until smooth and elastic. Roll into rectangular sheet, cut chilled butter into small pieces and place on lower half of sheet. Dredge well with flour, fold and roll out six times, chill, shape as desired and chill.

PUFF PASTE II.

- 1 lb. Purity Flour
- 1 teaspoon salt
- 1 lb. butter
- Ice water
- 2 teaspoons lemon juice

Keep everything clean and cold; wash the butter in cold water, reserve one-third pound. Divide the remaining two-thirds into four equal parts and pat each into a thin sheet. Set these sheets on ice.

Mix and sift the flour and salt, cut and rub the reserved butter into it and make as stiff as possible with ice water. Dust moulding board slightly with flour, turn the paste onto

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

board and knead for one minute, place on ice and let stand for five minutes. Beat and roll the paste into an oblong sheet one-third inch thick; place one sheet of butter on the middle of the paste, fold the paste, letting the right third fold over and the left third fold under. The paste is now in a rectangular shape and with a little care in rolling can be kept so through all the subsequent foldings and rollings. Roll out to one-quarter inch thick and fold as before, but without butter. The third time of folding enclose the second piece of butter, and continue adding it at every alternate rolling until the butter has all been used; as there were four sheets of butter that will make eight times folding and rolling the paste. Finally give one or two extra turns. Lay on ice until needed for use. It is better to lie for several hours before being baked. If the paste sticks to the board or pin, lay on ice until chilled through, scrape the board clean, again. Use as little flour in rolling as possible but use enough to keep the paste dry. Roll with a light, even, long stroke in every direction, but never work the rolling pin back and forth, as that kneads the paste and toughens it, besides breaking the bubbles of air. The amount of air that is folded in helps it to rise and puff in baking.

PLAIN PASTRY II.

1½ Cups Purity Flour
 ½ cup shortening
 ½ teaspoon salt
 Cold water

The shortening may be all lard or all butter, or ¼ cup lard and ¼ cup butter. Butter makes more flaky crust than lard. Have everything

cold. Mix flour and salt, cut in the shortening until mixture is like fine meal. Make a stiff paste with ice water. All pastry needs a quick oven at first to keep it from melting. Never grease the pie plate. Tin or granite ware plates are the best for use. Cut holes in the upper crust for the escape of steam. The English method of baking fruit pies in deep dishes with no under crust is most wholesome. Their meat and game pies made in this way are excellent.

To make this rule flaky use half lard and half butter. Cut the lard into the flour to a fine meal, add the ice water and roll out to one-third inch thick. Dot on one-half the butter in thin pieces, dust with flour and fold in thirds; pat and roll out again, repeat this till the butter is used and roll up as a jelly roll. Cut from the ends and roll into a sheet.

PLAIN PASTRY III.

1½ Cups Purity Flour
 ½ cup shortening
 ½ teaspoon salt
 Cold water

The shortening may be all lard or butter, or one-quarter cup lard and one-quarter cup butter. Butter makes a more flaky crust than lard. Have everything cold. Mix flour and salt, cut in the shortening until mixture is like fine meal. Make a stiff paste with ice water. All pastry needs a quick oven at first to keep it from melting. Never grease the pie plate. Tin or graniteware plates are the best for use. Cut holes in the upper crust for the escape of steam. The English method of baking fruit pies in deep dishes with no under crust is most wholesome. Their meat and game pies made in this way are excellent.

BETTER BREAD—DELICIOUS PASTRY

To make this rule flaky, use half lard and half butter. Cut the lard into the flour to a fine meal, add the ice water, and roll out to one-third inch thick. Dot one-half the butter on in thin pieces, dust with flour, and fold in thirds; pat and roll out again, repeat this till the butter is used and roll up as a jelly roll. Cut from the ends and roll into a sheet.

CHEESE STRAWS

- 1 Tablespoon butter
 - 1/2 cup Purity Flour
 - 3/4 cup fresh bread crumbs
 - 3/4 cup grated cheese
 - Salt, pepper, cayenne
 - 3 tablespoons milk
- Cream butter; add flour, crumbs, cheese, and seasonings; mix thoroughly, then add milk. Roll 1/4 inch

thick and cut in strips 1/4 inch wide and 5 inches long. Shape one strip into a ring to hold straws in place in serving. Bake until brown in a moderate oven.

CREAM ROLLS

Roll puff paste in long sheets 1/8 inch thick. Cut in strips 1 inch wide and 16 inches long. Roll the strips around the forms, having the edges overlap; chill. Bake in a hot oven until well puffed and slightly browned. Remove from the oven and brush over with white of egg slightly beaten and diluted with 1 teaspoon cold water, sprinkle with fruit sugar. Return to the oven and brown. Slip paste from forms and when cold, fill with whipped cream sweetened and flavored.



PICKLES

CORN RELISH

- 20 Cobs corn
- 4 cups sugar
- 1/2 cup salt
- 1/2 cup Purity Flour
- 40 onions
- 2 green peppers
- 1 small cabbage
- 2 ounces mustard
- 1 teaspoon turmeric
- 2 quarts malt vinegar

Method:—Cut off corn after it has been boiled 15 minutes, chop with cabbage, onion and peppers. Pour over it 1 quart of the vinegar and bring to a boil, mix mustard, flour, salt, sugar and turmeric powder in the other quart of vinegar and pour over all. Let boil about 1/2 hour. Bottle.

RIPE CUCUMBER PICKLES

Pare and seed ripe cucumbers, and put in strong brine in which a small piece of alum has been dissolved; let the pieces lie in this brine over night. For one gallon of pickles when done it will take three gallons before cooking. For one gallon of pickles make a syrup of one quart vinegar and three pints brown sugar. Make a bag of cheesecloth, and put in it half a cup of cloves, allspice and cinnamon, not using the ground spices. Put this bag in the vinegar and cook the slices of cucumbers in this syrup until they can be easily pierced with a fork. The slices of cucumbers should be well drained from the brine before cooking in syrup.

PURITY FLOUR

APPLE CHUTNEY

- 2 $\frac{1}{4}$ lbs. of thickly sliced apples
- 1 lb. of brown sugar
- $\frac{3}{4}$ lb. of sultanas
- 2 oz. salt
- $\frac{1}{2}$ oz. mustard seeds
- $\frac{1}{2}$ oz. of ground ginger
- $\frac{1}{4}$ oz. garlic bruised
- $\frac{1}{8}$ oz. of cayenne
- 1 pint good vinegar

METHOD:—Simmer the vinegar, sugar and apples gently until reduced to a pulp, stir in the remaining ingredients, and when well mixed turn the whole into a basin. Cover, stir 2 or 3 times daily for 1 week, then bottle, cork securely, and store for use.

Time—one week.

BEETROOT PICKLE

- 6 Medium-sized beetroots
 - 1 qt. malt vinegar
 - $\frac{1}{2}$ oz. whole black pepper
 - $\frac{1}{2}$ oz. allspice
 - 1 small horseradish grated
- Salt to taste.

METHOD:—Wash the beetroots well, taking care not to break the skins, and bake them in a moderate oven for about 1 $\frac{1}{2}$ hours. When cool enough to handle remove the skins, cut the beetroots in $\frac{1}{2}$ inch slices, and place them in jars. Meanwhile boil the vinegar, horse-radish, pepper and spice together, let the mixture become quite cold, then pour in over the beetroot. Cover the jars closely with parchment paper coated on both sides with white of egg, and store.

Time from 2 to 3 hours.

MUSTARD PICKLES

- 2 Quarts small onions
- 2 quarts green tomatoes
- 2 quarts green cucumbers, gherkins
- $\frac{1}{2}$ dozen green peppers
- 2 large cauliflowers
- 6 heads of celery

Cut in small pieces and sprinkle with salt; cover with water and let stand over night. In the morning scald in brine and drain well.

DRESSING:—

- 2 Cups sugar
- $\frac{3}{4}$ cup Purity Flour
- $\frac{1}{2}$ cup mustard
- 1 ounce butter
- 1 ounce of turmeric powder
- 1 egg
- 3 quarts vinegar

Put vinegar, sugar, butter and turmeric powder in kettle. When boiling, stir in mustard and flour mixed in cold water. After lifting off the stove, stir in the egg well beaten.

MUSTARD CHOW-CHOW

- 2 Quarts small cucumbers
- 1 quart large cucumbers (cut)
- 1 quart silver skinned onions
- 4 good sized cauliflowers
- 4 cups brown sugar
- 6 greens or 3 green and
- 3 red peppers cut in strips
- $\frac{1}{2}$ pound of mustard
- 1 ounce turmeric
- 2 cups flour

METHOD.—Mix turmeric, mustard, sugar and flour together (with a little vinegar) to paste, then add it to a gallon of boiling vinegar. Soak vegetables over night in a weak brine, drain and put in hot mixture and cook slightly.

BETTER BREAD—DELICIOUS PASTRY

*GREEN TOMATO PICKLE
CHOW-CHOW*

- 1/2 Bushel green tomatoes
- 1 dozen onions
- 1 pint salt
- Stand overnight and drain brine
- Add:—
- 2 pounds of brown sugar
- 2 tablespoons of cinnamon
- 1/2 cup mustard mixed with vinegar
- 1/2 tablespoon cloves
- 1 tablespoon of allspice

Cover all with vinegar and boil 1/2 hour. Use whole spice and put in muslin bag.

PICKLED APPLES

- 6 Pounds sugar
- 2 1/2 pints vinegar
- Cloves
- Cinnamon

Apples cut in halves (Tollman sweets). Boil a few at a time until tender.

TOMATO CHUTNEY

- 6 lb. ripe tomatoes
- 3 lbs. of sour cooking apples
- 4 oz. salt
- 8 oz. brown sugar
- 3 pints vinegar
- 6 cloves
- 6 oz. ground ginger
- 1 oz. mustard-seed

Scald the tomatoes, remove the skin, cut them into slices, and put them into an earthenware cooking-pot with the vinegar, salt and apples previously peeled, cored and chopped finely. When the fruit is soft, rub the whole through a sieve, add the sugar, ginger and mustard-seed also the garlic (chopped finely),

and boil the whole gently from 1/2 to 3/4 of an hour. Pour the contents of the cooking-pot into a jar, cover it, and let it stand in a warm place for about 3 days. Then bottle the chutney for use, cork up tightly, and exclude the air.

Time—3 days.

TOMATO BUTTER

- 10 pounds of tomatoes
- 2 tablespoons of whole cinnamon
- 1 tablespoon allspice
- 3 pounds of brown sugar
- 1 tablespoon cloves
- 1 pint of vinegar

METHOD.—Peel and cut tomatoes and wrap spices in cloth. Boil about three hours until mixture is quite thick, and stir often to prevent burning.

GREEN TOMATO PICKLE

One peck of green tomatoes sliced, sprinkle salt over them and let stand over night. In the morning drain through a sieve, add enough vinegar to cover the tomatoes, twelve onions sliced, four ounces white mustard seed, four of ground mustard, one ounce each of cloves, allspice, ginger, pepper and cinnamon, one tablespoon salt, half pound brown sugar. Boil two hours.

CHILI SAUCE

- 15 Tomatoes
- 2 heads celery
- 2 red peppers
- 1 cup sugar
- 4 large onions
- 1 cup vinegar
- 2 tablespoons salt

Chop first four ingredients very fine and boil 3 or 4 hours.

CABBAGE, RED, PICKLED

- 1 Firm Red Cabbage
- 1 qt. of vinegar
- 1/2 an oz. of whole pepper
- 1/4 oz. of allspice

METHOD:—Remove the outer leaves of the cabbage, quarter it, remove the centre stalk, and cut each section across into very fine strips. Pile the shredded cabbage on a large dish, sprinkle it liberally with salt, and let it remain thus until the following day. Meanwhile boil the vinegar, pepper and spice together, the latter being tied together in a piece of muslin, and allow the preparation to become quite cold. Turn the cabbage into an earthenware or enamelled colander, and when well drained put it into a large jar, and pour in the vinegar. It will be fit for use in 3 or 4 days; if kept for any length of time the cabbage loses the crispness and colour which are its chief recommendations.

Time:—altogether, 2 days.

TOMATO CATSUP

- 1 Peck ripe tomatoes
- 4 cupfuls mild vinegar
- 1 tablespoonful whole allspice
- 2 tablespoonfuls broken cinnamon sticks
- 1 1/2 tablespoonfuls whole cloves
- 1 cupful sugar
- 1 clove garlic
- 3 tablespoonfuls salt
- 1 tablespoonful red pepper

Wash the tomatoes, cut them in small pieces and cook until soft and pulpy, with the garlic chopped. Then sift. Add the spices, tied in a

bit of cheesecloth, and the vinegar, together with the seasonings, and simmer until the pulp is thick—about four hours.

Remove the spice bag. Store boiling hot in sterilized bottles dipping the tops in melted paraffine.

*SWEET PICKLED PEARS,
PEACHES OR CRAB
APPLES*

- 1 Peck peaches, pears or crab apples
- 2 pounds brown sugar
- 1 qt. mild vinegar
- 1 ounce stick cinnamon
- Whole cloves

Make a syrup of the sugar, vinegar and cinnamon, boiling it ten minutes. Blanch the fruit. Remove the skins from the peaches, but leave on the skins of the crab apples or pears. Stick each fruit with four or five cloves, and cook the fruit, a few at a time, in the syrup until soft. Transfer to sterilized jars, and, when the jars are full, pour over boiling syrup, adjust the rubbers and caps and sterilize ten minutes in a hot-water-bath.

PEACH PICKLES

- 8 Pounds peaches
- 4 pounds sugar
- 1 pint vinegar

Stick 2 or 3 cloves in each peach. Add a few sticks of cinnamon. Cook till tender. Take them out on platter to cool. When cool put in jars. Pour the cold syrup over. Let them stand twenty-four hours then seal up. This is a good rule for all kinds of fruit pickles, if wanted rich; if not, use less sugar.

POULTRY and GAME

Poultry includes turkeys, chickens, ducks, etc. The meat is not as nutritious as beef and mutton, but its tenderness and flavor render it most agreeable as a change in the usual bill of fare. Game includes the flesh of wild fowl and wild animals. Game with dark meat should be cooked rare, as venison, canvas-back duck and almost all birds, while the white-fleshed fowl, turkeys, chickens, etc., should be well done.

FRIED CHICKEN

Chickens will do for frying up to 6 months old if they are plump and in good condition. Dress, singe, clean and wipe with a wet cloth. Cut in quarters and season with salt and pepper. Roll in Purity Flour and fry in hot fat from salt pork until brown on both sides. Cover closely and reduce heat to cook slowly for 20 minutes more, or until tender. Dissolve the glaze with 2 or 3 table-spoons water, and pour over the chicken.

CHICKEN PIE

Dress and clean the chicken, following directions. Divide in pieces at the joints, cover with boiling water and cook slowly for 20 minutes, then take out. Fry 2 or 3 slices of fat salt pork. Put them in the bottom of a deep pie dish. Lay the chicken on them. Add 1 cup of hot water, $\frac{1}{4}$ cup butter, 1 teaspoon salt. Cover the top with a light crust, the same as for biscuit. Bake in an oven that is hotter at the top than at the bottom, and when well risen and brown, cover with paper or the crust will burn before the pie is baked through. Remove fat from the water in which the chicken was cooked, thicken with a little Purity Flour, season to taste, add 1 cup good cream, and when pie is done pour the gravy through the holes of the crust.

CHICKEN CURRY

Chicken, veal, lamb, any delicate meat, may re-appear on the table in a curry more delicious than when first served. For chicken curry, fric-assee a pair of tender chickens, remove them from the pot when done and fry them brown in butter in which an onion and a piece of garlic have been fried. When the chicken is brown, remove it to a platter and stir into the butter in which it was fried about 2 tablespoons Purity Flour and a large teaspoon of curry powder. Add the gravy in which the chickens were fricasseed to this and add salt and pepper. Half cup rice boiled and put around the chicken on the platter is a nice addition.

JELLIED CHICKEN

One fowl, 4 pigs' feet or a shank of veal, salt and pepper. Take a fowl, an old one is best. Put on with water enough to cover. Add salt and pepper. Cook until tender, take out the bones and lay the pieces of fowl in a mould. Take the pigs' feet, which have been cleaned and soaked. Boil them to a jelly, strain off and put with the liquor from the chicken, boil it down until only enough remains to cover your chicken well. Salt and pepper to taste. This is nice garnished with hard-boiled eggs sliced. These may be put in the jelly or arranged around it on the platter.

FRICASSEE CHICKEN

- 1 Year-old chicken
- 1 tablespoon butter
- 1 teaspoon lemon juice
- ½ teaspoon celery salt
- 2 tablespoons Purity Flour
- 1 cup cream
- 1 egg
- ¼ teaspoon pepper

Dress, wash and cut up the chicken as directed. Wipe each piece, sprinkle salt and pepper, roll in Purity Flour and brown in butter. Cover with boiling water and simmer for 40 minutes. Remove the meat, reduce the stock to 1 pint to be used for sauce. For the sauce, melt butter, add Purity Flour and seasonings. Stir while cooking together. Add the broth and lemon juice, a little at a time, and cook until smooth. Add the scalded cream, pour this slowly over the egg well beaten, stir well. Arrange the pieces of chicken on a hot platter, garnish with toast points and pour the hot sauce over all.

ROAST TURKEY

Clean, stuff and truss the turkey. Rub entire surface with salt, brush with soft butter and dredge with Purity Flour. Place in hot oven and when well browned reduce the heat. Baste with fat in pan and add 2 cups of boiling water; continue basting every 15 minutes until turkey is cooked, which will require about 4 hours for a 10-pound turkey. For basting use ½ cup butter melted in 1 cup boiling water, and after this is used baste with fat in pan. During cooking turn turkey frequently, that it may brown evenly.

For gravy pour off liquid in pan in which turkey was roasted. From the liquid skim ¼ cup of fat, return the

fat to pan and brown with 5 tablespoons Purity Flour; add slowly 3 cups of stock in which giblets were cooked, or add 2 cups of boiling water to dissolve and glaze in bottom of the pan and substitute for broth. Cook 5 minutes, season with salt and pepper and strain; add the giblets chopped very fine. The giblets may be used for forcement balls or chopped fine and mixed with the stuffing.

TURKEY STUFFING

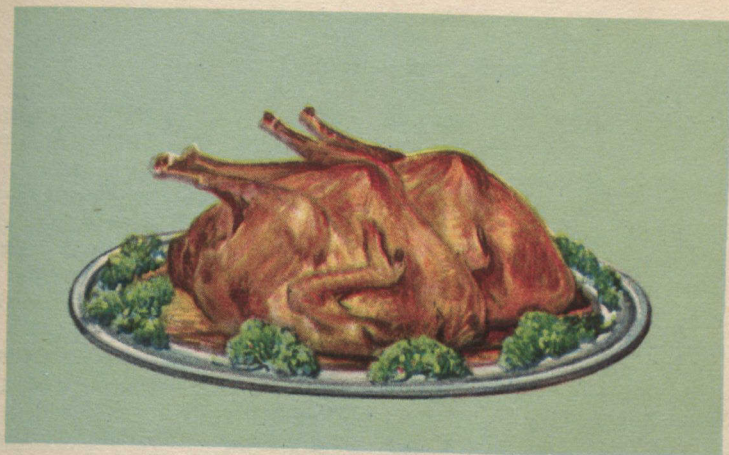
- 3 Cups dry bread crumbs
- ½ cup fine sausage meat
- 1 tablespoon parsley (chopped)
- 1 tablespoon onion (chopped)
- 1 egg
- ¼ cup butter
- 1 teaspoon salt
- ½ teaspoon pepper
- Few grains nutmeg

Soak the bread in cold water until soft; press out all the water, add the sausage meat, seasonings, melted butter and egg well beaten. If the sausage meat is quite fat, the butter may be omitted, or chopped pork may be substituted. If one objects to pork in any form, use a full cup of butter and an extra cup of coarse crumbs.

TURKEY DRESSED WITH OYSTERS

For a 10-pound turkey take 4 cups bread crumbs, ½ a cup of butter cut in bits, 1 teaspoon summer savory, pepper and salt. Mix thoroughly, rub the turkey well inside and out with salt and pepper, then fill with first a spoonful of crumbs, then oysters, using a pint of oysters; cook the giblets, chop fine and put in gravy. A fowl of this size will require 3 hours in a moderate oven.

PURITY FLOUR



ROAST CHICKEN

Dress, clean, stuff and truss a 4-pound chicken. Rub with salt and pepper and place in a roasting-pan. Rub into a paste 3 tablespoons butter and 2 tablespoons Purity Flour, and cover breast and legs with it. Dredge bottom of pan with flour. Place in a hot oven, and when Purity flour is browned baste with $\frac{1}{4}$ cup of butter melted in $\frac{1}{2}$ cup boiling water. Reduce oven heat and baste every 10 minutes until chicken is done. If water dries from the bottom of the pan, add more. A 4-pound chicken requires $1\frac{1}{4}$ hours to roast.

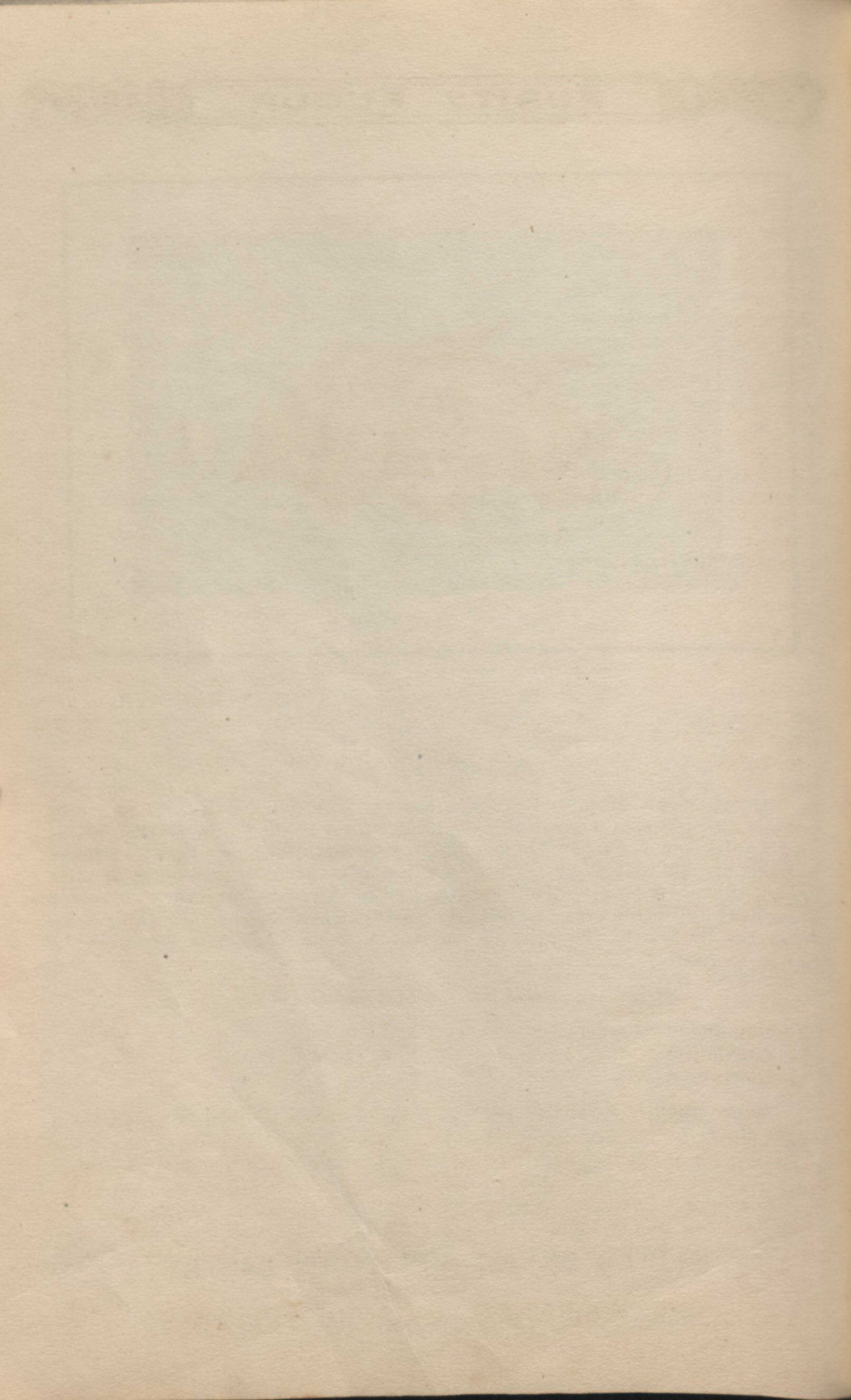
CHICKEN STUFFING

1 Cup bread crumbs
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{3}$ cup milk
Few grains pepper

Sage, summer savory or parsley may be added if liked. Enough for 1 roast chicken.

BETTER BREAD—DELICIOUS PASTRY



TURKEY ESCALLOPED

- 2 Eggs, beaten
- 2 tablespoons milk
- Butter
- Salt
- Pepper
- Rolled cracker crumbs

Butter a deep dish and line it with cracker crumbs. In the bottom put a layer of crumbs, seasoned with butter, pepper and salt, then a layer of cold turkey chopped fine. Continue in this way until the dish is full, adding the stuffing and gravy of the turkey. Beat 2 eggs and add to them 2 tablespoons of milk, butter, salt, pepper and rolled cracker crumbs. Spread this thickly over the top of the turkey and bake for 1/2 an hour. Keep it covered the first 20 minutes, then remove the cover and brown.

CRANBERRY SAUCE

Pick over and wash 3 cups cranberries. Put in a stewpan, add 1 1/4 cups sugar and 1 cup boiling water. Cover and boil 10 minutes. Care must be taken that they do not boil over. Skim and cool.

CRANBERRY JELLY

Pick over and wash 4 cups cranberries, put in a stewpan with 2 cups boiling water and boil 20 minutes. Rub through a sieve, add 2 cups sugar and cook 5 minutes. Turn into mould or glasses to cool.

PIGEON PIE

Dress and wash clean, split down the back, and then proceed as for chicken pie.

STEWED PIGEON

Prepare pigeon in usual way and stew with 2 or 3 slices of salt pork; add 1 or 2 onions if desired; cook until tender. Thicken the gravy with browned Purity Flour, and pour over pigeon when serving.

BONED TURKEY

It requires some patience and skill to prepare a turkey and keep the bird entire after removing all the bones, but it is by no means an impossible task for an inexperienced person, and boned turkey is a very convenient dish to serve at evening parties or at any time when a cold collation is in order. Freezing makes the skin tear easily, so the first essential is a turkey which has not been frozen. Singe and prepare the bird for roasting, but do not draw it. Turn on its back and cut down the breastbone with a small, sharp-pointed boning knife, if you have it. Begin at the neck and run the knife between the flesh and bones, being careful not to pierce the skin, press off the flesh with thumb and finger. Do not remove the small bone at the rump or the bone at the end of the wing. Work first on one side and finally turn the bird inside out by removing the leg bones, leaving the skeleton denuded. Lay the bird with the breast right side down, fill it with the veal or ham forcemeat of chicken, skewer it in shape and steam for 3 hours and roast for 1. When cold, garnish with aspic jelly.

ROAST GOOSE

- 1 Large goose
- 6 strips salt pork
- 1 cup water
- Salt
- Pepper
- Stuffing
- Apple sauce
- Watercress

Draw, singe and scrub the goose with hot water and soap; then wash thoroughly in cold water; wipe dry. Stuff, truss, sprinkle with salt and pepper, and cover the entire breast with the strips of salt pork. Place

BETTER BREAD—DELICIOUS PASTRY

on the rack in dripping pan; pour the water into the latter under the goose. Bake in a hot oven for 2½ hours, basting every 10 minutes. Remove the pork the last ½ hour. Garnish the dish with watercress and serve with apple sauce.

NOTE:—If goose is old, prepare as above directed, then parboil for ½ hour before roasting.

Use potato stuffing as per following recipe.

POTATO STUFFING

- 2 Cups hot mashed potatoes
- 1 cup crumbs
- ¼ cup salt pork, chopped
- 1 teaspoon onion juice
- ¼ cup butter
- 1 teaspoon salt
- ½ teaspoon sage
- 1 egg

Add to the potatoes the butter, egg, salt, onion juice, sage, crumbs and pork; mix thoroughly and use as stuffing.

STUFFING

Chop an onion fine, blanch and drain, fry with a little butter, mix it with 2 cups well seasoned mashed potatoes, 1 cup bread crumbs, adding sage if liked.

BROWNE D APPLES

Pare 6 small sour apples and brown in butter and sugar, 1 tablespoon of each. Stew in broth enough to barely cover. Remove apples as soon as tender; boil the broth to a glaze and roll the apples in it.

APPLE SAUCE

Quarter and core 12 tart cooking apples. Steam till tender and sprinkle with 4 tablespoons sugar and a little salt. Do not make it too sweet. If the apples are not very sour, add the juice of a ½ lemon.

FRIED SQUAB

Split and flatten, roll in Purity Flour and fry in lard to a nice brown. Season. Serve on hot platter or on toast.

ROAST DUCK

Prepare a dressing of bread crumbs, 1 onion, season with 1 teaspoon sage, salt and pepper. Rub duck outside and in with salt and do not stuff too full. Lay a piece of bacon on breast and bake in moderate oven 1 hour, if young. If old, parboil or steam until tender before roasting.

STUFFING FOR DUCKS, NO. 1

- ½ Pound onions
- 3 cups bread crumbs
- 1 teaspoon sage
- 1 duck liver
- 1 teaspoon salt
- ¼ teaspoon pepper

Mince, blanch and drain the onions, parboil the liver and chop very fine, combine with onions, bread crumbs and seasonings. This quantity is sufficient for one medium-sized duck.

STUFFING FOR DUCKS, NO. 2

- 1 Cup bread crumbs
- ¼ cup butter
- 1 teaspoon parsley
- 2 minced sage leaves
- 3 chopped shallots
- ¼ teaspoon salt
- ½ teaspoon pepper

ROAST VENISON

Roast venison is best to be thoroughly larded, using ½ a pound of pork to a leg or saddle weighing 8 to 10 pounds. Cut the flanks from a saddle and trim the haunch to good shape. Roast according to general directions, basting at the end of the first 5 minutes and every 15 minutes after. It is very nice to use

claret instead of dripping in the pan. An hour and a quarter will cook it very rare; for most people an hour and three-quarters will be none too much. Make a good gravy from the drippings in the pan, adding stock made from the bits trimmed away before roasting. Currant jelly is usually served with it, but those who have once tried barberry or wild plum jelly will never be contented with anything else.

VENISON STEAKS

Venison steaks are prepared and served like beefsteak, cutting them only about $\frac{3}{4}$ of an inch thick. Slices of cold rare venison are extremely nice when reheated in a brown or curry sauce.

ROAST WILD DUCK

Wild game may be roasted plain or with stuffing. The best authorities agree that it should not be stuffed. However, if stuffing is liked, use same as for chicken or turkey. If no stuffing is used, a whole onion placed in the body of the duck while cooking will improve the flavor, and should be removed before serving. If strong flavor is undesirable, soak duck in salt water for 24 hours before cooking.

To Roast.—Clean and truss and sprinkle with salt and pepper. Cover the breast with slices of salt pork. Place in dripping-pan and pour 1 cup water in pan. Put in a hot oven and cook $\frac{1}{2}$ an hour, basting every 5 minutes with the drippings from the pan. Remove the bacon and serve with currant jelly.

ROAST PARTRIDGE, GROUSE, PHEASANT, QUAIL, PAIRIE CHICKEN, ETC.

Do not cut off head until game is ready to dress. Scald in boiling

water so the feathers may be plucked easily without the skin being torn. Draw carefully, wiping out with a clean wet cloth. Part of the gamey taste may be removed, if desired, by soaking in salt and water before placing in oven. Strips of salt pork or bacon may be skewered separately, from side to side, across the breast. In baking, baste frequently.

GROUSE

Pluck with care not to tear the skin. Draw and wipe, but do not wash. Cut off the head and truss like fowls. They are much improved by larding, but if that is not convenient fasten thin slices of salt pork all over the breast and thighs. Baste every five minutes. About ten minutes before taking up lay a thick slice of toast under each and serve on this. Fry coarse bread crumbs to a handsome brown in butter and strew them on the platter or over the bird. Serve bread sauce or brown gravy. The Scotch fashion is to put 3 tablespoons of butter into each bird instead of larding it. Parboil the liver and pound it to a paste with butter, salt and cayenne and use this to spread on the toast on which the birds are to be served.

OTHER GAME BIRDS

Partridge, pheasant, quail and prairie chicken may all be prepared according to the several directions for grouse.

QUAIL A LA CENDRE

Dress as many quail as there are to be covers. Dry them and put the livers inside again with a little salt and butter. Wrap each in a thin bairde of salt pork, tucking a leaf of sage under each wing. Wrap again in well-buttered thick white

BETTER BREAD—DELICIOUS PASTRY

paper and toast half an hour in hot wood ashes as you would potatoes. Remove the paper and serve with a sauce bowl of gravy, reduced with sauterne.

CANVAS-BACK, RED-HEAD AND MALLARD

Should be carefully picked, singed, washed, drawn and wiped with a wet cloth, trussed with the neck twisted around to close the opening in the breast, and the rump turned down to close the opening through which it was drawn. Season with salt and roast rare from eighteen to twenty-five minutes. Place them on a hot dish and put a tablespoon of cold water inside to prevent the coagulation of the juice. Serve with currant or plum jelly.

CHICKEN CROQUETTES

- 2 Cups chopped cooked chicken
- Onion juice
- Add seasonings to meat
- 1/2 tablespoon chopped parsley
- 1 teaspoon lemon juice
- 1/4 teaspoon salt

SAUCE

- 2 Tablespoons butter
- 4 tablespoons Purity Flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon celery salt
- Cayenne
- 1 cup milk

Cook as a white sauce and add to seasoned meat. Cool as in making rice croquettes; shape in pyramids or cylinders, roll in crumbs, egg and crumbs, and fry in deep fat. Drain, garnish and serve. Veal may be used instead of chicken.



PRESERVES

STRAWBERRIES PRESERVED

Hull the berries and measure them. Allow an equal quantity of sugar. Place in alternate layers with the sugar in the preserving kettle, let stand a few moments, then bring rapidly to boiling point, stirring all the time, and boil for ten minutes. Pour into sterilized glasses, and, when cool, seal with paraffine.

TOMATOES PRESERVED

- 7 lb. of firm, ripe tomatoes
- 3 1/2 lbs. of sugar
- 1 oz. each of cloves, allspice and cinnamon
- 1 pint of vinegar

Scald, drain and peel the tomatoes. Tie the spices in muslin, boil them for about 5 minutes, with the sugar in the vinegar, then add the tomatoes, and simmer very gently for about 1/2 an hour. Keep closely covered in a dry, cool place.

Time—To cook, about 1/2 an hour.

CANNED PEACHES

- 5 Pounds fruit
- 1 quart water
- 3 pounds sugar

Peel peaches, cut in half and take out stones. Put sugar and water on stove. When boiling add fruit. Boil 10 to 15 minutes. Bottle immediately. Cherries may be done in the same way.

PURITY FLOUR

APPLE MARMALADE

- 2 lbs. of apples
- 4 oz. of sugar
- 1 oz. of butter

Peel, core and quarter the apples, place them in a jar with the sugar and butter, and stand the jar in a saucepan containing boiling water, or, when more convenient, in a cool oven. Cook until soft, pass through a fine sieve, and use for filling turnovers, or other kinds of pastry.

Time—About 1½ hours.

ORANGE MARMALADE

- Seville oranges
- Water
- Sugar

Weigh oranges, wipe and quarter; slice them very thin—rind and pulp—remove seeds. To each pound of fruit add 3 pints of cold water, cover and let stand over night. Cook slowly, uncovered, until tender—about 3 hours. Then weigh, and to each pound of fruit and juice add 1¼ pounds sugar. Cook until the rind is clear and the syrup will jell—about ½ hour. Pour into glasses and when cool, seal.

LEMON MARMALADE

- Lemons
- Loaf Sugar

Place the lemons in a preserving-pan, cover them with cold water, and boil them gently for about 2 hours, during which time the water must be drained off and replaced by fresh boiling water at least three times. Let them cool slightly, slice thinly, remove all the pips, and weight the fruit. To each lb. allow 2 lbs. of sugar and 1 pint of the water the lemons were last boiled in, and boil these together until a thin syrup is obtained. Then add the prepared fruit, and boil until the marmalade jellies when tested on a cold plate.

Cover closely with paper brushed over with white of egg, and store in a cool, dry place.

Time—From 3 to 3½ hours.

RHUBARB MARMALADE

- 2 Dippers rhubarb, cut fine
- ¼ pound chopped walnuts
- 1 dipper white sugar

No water. Boil until thick, being careful that it does not burn.

CRANBERRY JELLY

- 4 Cups cranberries
- 1 cup water
- 2 cups sugar

Pick over and wash the cranberries; cook them with the water until the skins burst; press through a strainer, add the sugar and stir until it is dissolved, stop stirring and cook 5 minutes, or until it jells; pour into moulds or glasses which have been wet with cold water, and set away to cool.

GRAPE JELLY

Remove grapes from stems, mash and boil 20 minutes. Strain through jelly-bag over night. Boil juice 20 minutes. Measure and add a cup of sugar, heated, to one cup of juice and boil 3 minutes.

BLACK-CURRANT JELLY

Black-currants, preserving sugar.

Remove the stalks, put the currants into a jar placed in a saucepan of boiling water, and simmer until their juice is extracted. Strain the juice into a preserving pan, to each pint add ¾ of a lb. of sugar, and boil gently until the jelly stiffens when a little is tested on a cold plate. Pour into small pots, cover with paper brushed over with white of egg, fasten securely so as to exclude the air, and store.

Time—About 1¼ hours.

BETTER BREAD—DELICIOUS PASTRY

RED-CURRANT JELLY

Red currants
Preserving sugar

Strip the currants from the stalks, place the fruit in a saucepan with a little water, and simmer for about $\frac{1}{2}$ an hour until all the juice is extracted. Then strain through a jelly-bag or fine cloth into a preserving-pan. To each pint add 1 lb. of loaf or preserving sugar, and boil slowly for about $\frac{3}{4}$ of an hour, skim well. When the jelly is sufficiently boiled, it will set quickly if a little is set on a cold plate. Pour into small dry pots, tie them down in the usual way.

Time—About $1\frac{1}{2}$ hours.

CURRANT JELLY

Strain juice from currants which have been previously washed and heated. Weigh juice and sugar, pound to pound. Boil juice five minutes alone after it begins to boil, then add sugar and boil one to three minutes. Crab apples made in the same way.

BLACK-CURRANT JAM

To each lb. of fruit allow 1 lb. of loaf sugar or granulated and $\frac{1}{4}$ of a pint of water.

Remove the stalks from fruit, which should be ripe and perfectly dry, from the stalks, put it into a preserving-pan with the water, bring to boiling-point, and simmer gently for about 20 minutes. Add the sugar and boil for about $\frac{1}{2}$ an hour from the time the jam re-boils, or until a little almost immediately sets when tested on a cold plate. Towards the end of the process the jam must be stirred almost continuously to prevent it boiling over or sticking to the bottom of the pan. Pour into pots at once, cover, and store in a dry place.

Time—From 50 to 60 minutes.

GOOSEBERRY AND CURRANT JAM

6 lbs. of red hairy gooseberries
4 lbs. of preserving sugar
 $\frac{1}{2}$ a pint of currant juice

Head and tail the gooseberries, put them into a preserving-pan, and allow them to stand by the side of the fire until some of the juice is extracted. Bring to boiling-point; when the gooseberries have boiled for about 10 minutes add the sugar gradually, put in the red-currant juice, and boil until the jam sets when tested on a cold plate. The scum must be removed as it rises, and the jam should be well stirred towards the end of the boiling process. When ready pour into pots, cover closely, and store in a cool, dry place.

CARROT JAM

Young carrots. To each lb. of the prepared pulp allow 1 lb. of preserving sugar, the strained juice of 2 lemons, and grated rind of 1, 6 chopped bitter almonds, 2 tablespoonfuls of brandy.

Wash and scrape the carrots, cut each one into 3 or 4 pieces, place them in a preserving-pan with barely sufficient water to cover them, and simmer gently till tender. Drain well, pass through a fine sieve, weigh the pulp, and replace it in the preserving-pan with an equal weight of sugar. Bring slowly to boiling-point, boil for about 5 minutes, stirring and skimming frequently. When cool, add the almonds, brandy, lemon-juice and rind, turn into pots, cover closely, and store in a cool, dry place. If the brandy be omitted the jam will not keep.

Time—From 50 to 60 minutes.

BETTER BREAD—DELICIOUS PASTRY

RASPBERRY JAM

To every lb. of raspberries allow 1 lb. of sugar. $\frac{1}{4}$ pint of red-currant juice.

Let the fruit for this preserve be gathered in fine weather, and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for $\frac{1}{4}$ of an hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant-juice is a very great improvement to this preserve as it gives it the piquant taste which the raspberries seem to require.

Time—About 1 hour.

RHUBARB JAM

To each lb. of rhubarb allow:

- 1 lb. of preserving sugar
- $\frac{1}{2}$ a teaspoonful of ground ginger, and the finely-grated rind of $\frac{1}{2}$ a lemon

Remove the outer stringy part of the rhubarb, cut it into short lengths, and weigh it. Put it into a preserving-pan with sugar, ginger, and lemon-rind in the above proportions, place the pan by the side of the fire, and let the contents come very slowly to boiling-point, stirring occasionally meanwhile. Boil until the jam sets quickly when tested on a cold plate. Pour it into pots, cover closely, and store.

Time—About 1 hour.

RASPBERRY JAM

To one pound of fruit allow a pound and a quarter of sugar. Boil the raspberries from 10 to 20 minutes, according to how juicy they are; then add the sugar and cook for exactly three minutes after boiling commences.

GOOSEBERRY, RED CURRANT AND RASPBERRY JAM

- 2 Quarts large gooseberries
- 2 quarts red raspberries
- 2 quarts red currants
- White sugar

Wash fruit, clip ends from gooseberries, take currants from stems. Add raspberries. Place over slight heat, and as fruit heats, crush slightly. Allow to boil five minutes, then measure fruit and allow 1 cup of heated sugar to 1 cup of fruit. Add gradually as juice boils. Boil all three minutes, or until it jellies.

PEACH JAM

Jams are always better when made in small quantities, so if you have prepared two quarts of peaches, crack a dozen of the pits and add the kernels for flavor. After boiling for half an hour add a pound of sugar to a pound of fruit and the juice of two lemons. Boil ten minutes longer, or until clear. Avoid boiling too long, or you will toughen the fruit.

CHERRY JAM

Pit the cherries and to each four cups of fruit use five cups of sugar. Cook the cherries alone until nearly all the juice has boiled off, even if this requires two hours. Add the sugar and boil five minutes. Jams are usually best if made in small quantities.

GINGER PEAR

- 8 Pounds green pears cut in dice
 - 6 pounds white sugar
 - Juice and grated rind of 6 lemons
 - $\frac{1}{2}$ pound green ginger washed, scraped and sliced very thin
- Boil for about two hours

Let pears and sugar stand over night. Boil for about two hours and add the juice and rind of lemons at the last moment.

SPICED PEARS

- 7 lbs. pears
- Whole cloves
- 2/3 oz. stick cinnamon
- 2/3 oz. allspice berries
- 1/2 oz. ginger root
- 3 lbs. brown sugar
- 1 pt. vinegar
- 1/2 cup water
- Thin shavings of rind from 1/2 lemon

Wipe, cut the pears in half, remove seeds and pare. Stick three cloves in each half. Mix remaining spices, divide into two parts and tie in small pieces of cheese cloth. Make a syrup by heating sugar, vinegar, water, spices and lemon rind. When it boils, add pears and heat to boiling

point. Remove from fire and turn carefully into a stone jar; let stand 24 hours. In the morning drain the syrup from the pears, heat it gradually to boiling point, then pour over fruit and let it stand again 24 hours. Repeat this for four consecutive days. The last day cook the syrup down until there is just enough to cover the fruit; add fruit, heat again to boiling point, return to jar and cover.

To finish in one day, cook the pears in the syrup until tender; drain, then cook syrup slowly down to the required amount, add fruit and finish as above.

NOTE:—Vinegar should be diluted if very strong.



PUDDING and DESSERTS

APPLE DUMPLINGS

- 4 Apples
- 2 cupfuls sugar
- Milk
- Butter
- Cinnamon
- Rich biscuit-dough

Make a rich biscuit-dough of two cupfuls of Purity Flour, four teaspoonfuls baking-powder, one teaspoonful salt, and four tablespoonfuls lard, and milk to make a dough as soft as can be handled comfortably (about three-quarters cupful will be needed). Roll out thin like pie-crust and cut into six equal sections. Have ready the apples pared and cut in eights; heap about six pieces of apples on each section of biscuit-dough, add a small piece of butter, cinnamon, and a cupful of sugar divided equally between the six. Gather the dough up around, pinching together at the top. Place

in deep baking-pan; pour over them a pint of boiling water in which a cupful of sugar, a heaping teaspoonful of butter, and one-fourth teaspoonful of cinnamon have been stirred. Bake about forty-five minutes in a hot oven, covering them at the last if they get too brown. To be eaten either cold or hot, and preferably with cream.

APPLE TAPIOCA PUDDING

- Cinnamon
- 6 Large, tart apples
- A pinch of salt
- 1/2 cupful tapioca
- 1/2 cup sugar (scant)

Pare and core apples, fill the centres with sugar and a little cinnamon, place in a baking dish. Boil tapioca in one quart of water, add sugar and salt. Cook until very transparent and soft. Pour tapioca over apples and bake in the oven for 20 minutes to half an hour.

BETTER BREAD—DELICIOUS PASTRY

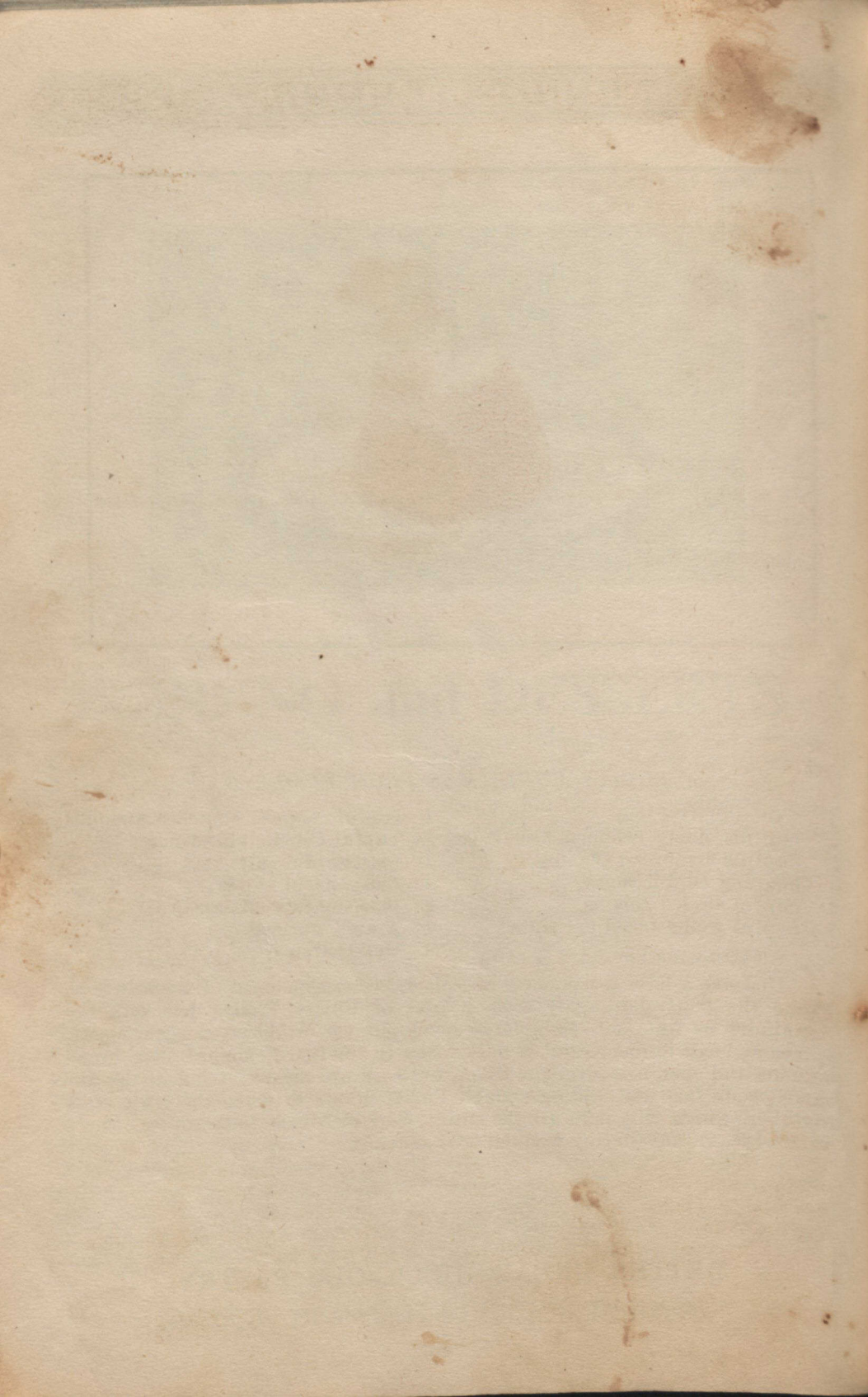


PURITY CHRISTMAS PLUM PUDDING

- | | | | |
|---|----------------------------------|-----|---------------------------------|
| 1 | Pint Purity Flour | 1 | cupful chopped blanched almonds |
| 2 | cupfuls finely chopped beef suet | 1/2 | cupful Citron, sliced fine |
| 2 | cupfuls fine bread crumbs | 1 | teaspoonful salt |
| 1 | heaping cupful sugar | 1 | teaspoonful cloves |
| 1 | cupful seeded raisins | 2 | teaspoonfuls cinnamon |
| 1 | cupful well-washed currants | 1/2 | grated nutmeg |
| | | 4 | well-beaten eggs |

Dissolve a level teaspoonful of soda in a tablespoonful of warm water. Flour the fruit thoroughly from a pint of Purity Flour, then mix the remainder as follows: In a large bowl put the well-beaten eggs, sugar, spices and salt in one cupful of milk. Stir in the fruit, chopped nuts, bread crumbs and suet, one after the other, until all are used, putting in the dissolved soda last and adding enough Purity Flour to make the fruit stick together, which will take all the pint. Boil or steam four hours. Serve with wine, brandy, or any well-flavored sauce.

BETTER BREAD—DELICIOUS PASTRY



PURITY FLOUR

SUET PUDDING

- 1 1/2 Cups Purity Flour
 - 1/2 teaspoon soda
 - 1/4 teaspoon salt
 - 1/2 teaspoon mixed spice
 - 1 cup finely chopped suet
 - 2/3 cup raisins seeded and cut in pieces
 - 1/2 cup thick sour milk
 - 1/3 cup molasses
- Mix and steam as fruit pudding.

PLUM PUDDING

- 1 Pound stewed raisins
 - 1 pound currants
 - 1/2 pound citron
 - 1 pound beef suet
- Mix and dredge with Purity Flour.
- 1 Pint molasses
 - 1 pint milk
 - 1/2 pound sugar, rolled
 - 1 pound Purity flour
 - 8 eggs

Sift into a pan 1 pound flour, in another pan beat the eggs very light. Stir the eggs into the milk and molasses, alternately with the flour, then the sugar, then fruit and suet. Boil 6 to 8 hours in a cloth that has been dipped in boiling water and dredged with flour.

PINEAPPLE PUDDING

- 2/3 Cup of quick or minute tapioca
- 1 cup granulated sugar
- A little salt
- 1 large can sliced pineapple

Drain off the pineapple juice and add to it enough cold water to make four cups. Put in a double boiler with the tapioca, sugar and salt. Cook until clear, stirring frequently. Put the pineapple through the food chopper and add the cooked tapioca. Serve cold with whipped cream and garnish with cherries. May be served in a large dish or individual glasses.

APPLE PUDDING

- 4 Apples (sliced)
- 1 egg
- Butter size of an egg
- 1/2 teaspoon salt
- Bake 30 minutes or more
- 1/2 cup sugar
- 1/2 cup sweet milk
- 1 1/2 cups Purity Flour
- 1 teaspoon baking powder
- Bake 30 minutes or more

BREAD AND BUTTER PUDDING

- 2 or 3 slices bread and butter
- 1 pint milk
- 2 eggs
- 1 tablespoonful sugar
- A little flavoring

Remove the crust from the bread and butter and cut it in small pieces. Lay these pieces in a greased pie dish, making the dish just about half full. Beat up the egg in a basin, and add to it a little flavoring, the sugar and the milk. Mix well together and strain over the bread in the pie dish. Wipe round the edges of the dish, and allow the pudding to stand until the bread is thoroughly saturated. Bake in a moderate oven until nicely browned and firm to the touch. Sprinkle with sugar and serve.

CHRISTMAS PUDDING

- 1 Pound raisins
- 1 pound suet
- 3/4 pound bread crumbs
- 1/4 pound brown sugar
- 1 pound currants
- 1/4 pound Purity Flour
- 5 eggs
- 1/2 nutmeg
- Grated rind 1 lemon
- 1/2 pound mixed peel
- 1/2 pint fruit juice
- 1/2 cup chopped blanched almonds
- Boil for 6 hours.

BETTER BREAD—DELICIOUS PASTRY

SNOW BALLS

- 1/2 Cup butter
- 1 cup sugar
- 1/3 cup milk
- 2 1/4 cups Purity Flour
- 3 1/2 teaspoons baking powder
- Whites of 4 eggs

Cream the butter, add sugar gradually, the milk and flour mixed and sifted with baking powder, then add whites of eggs beaten stiff. Steam 35 minutes in buttered cups and serve with orange sauce.

BAKED BANANAS

- 6 Bananas
- 1 tablespoon butter
- 2 tablespoons lemon juice
- 1/3 cup sugar
- 1/2 cup water

Remove skins from bananas, cut in halves lengthwise and place in a shallow granite pan. Make a syrup of sugar and water, add lemon juice and butter. Pour one-half syrup over bananas. Bake in a slow oven 20 minutes, basting with remaining syrup.

WHOLE WHEAT PUDDING

- 2 Cups whole wheat meal
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 cup milk
- 1/2 cup molasses
- 1 cup stoned dates

Sift soda and salt with the meal, add dates till they are thoroughly floured; add milk and molasses. This will make a soft batter but the dry flour absorbs a great deal of the moisture. Steam three hours in a closed mould. Serve with any plain pudding sauce or whipped cream.

If sour milk is used add one level teaspoon of soda. Raisins, figs, prunes or chopped apples make a pleasant variety.

STRAWBERRY SHORT CAKE

- 2 Cups Purity Flour
- 1/2 teaspoon salt
- 1/4 cup butter
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 3/4 cup of milk

Mix dry ingredients, sift twice, work in butter with tips of fingers, add milk gradually. Toss on floured board, divide into two parts. Pat, roll out and bake twelve minutes in a hot oven in buttered round layer cake tins. Spread each part with butter, sweeten strawberries to taste. Place on back of range until warmed, crush slightly and put between and on top of short cake.

STEAMED APPLES

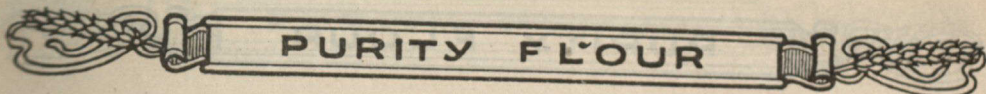
- 6 Large apples
- 1 cup water
- Juice of 1 lemon and grated rind
- 3/4 cup sugar
- 1 cup cream
- Maraschino cherries

Boil water, lemon and sugar 10 minutes. Pour over apples after they have been pared and cored but left whole. Steam till apples are soft. Take apples out carefully. Let cool, fill centres with whipped cream and Maraschino cherries.

CARROT PUDDING

- 1 Cup Purity Flour
- 2/3 teaspoon soda
- 1/4 teaspoon salt
- 2/3 cup sugar
- 1/2 cup finely chopped suet
- 1/2 cup raisins seeded and cut in pieces
- 1/2 cup currants
- 3/4 cup grated potatoes
- 1/2 cup grated carrots

Mix and sift dry ingredients, add suet and fruit; mix well. Add vegetables and stir until well blended. Steam as fruit pudding.



PURITY BREAKFAST FOOD PUDDING

- 1 Cup Purity Food porridge
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup dates
- 1 pint milk
- 2 eggs
- Vanilla
- Nutmeg

Take any left over Purity Breakfast Food add to it the hot milk and sugar, put in a grating of nutmeg, and cook until it is smooth, add the dates and cook for ten minutes, then the yolks of the eggs. Cook for one minute, remove from the fire, and add the stiffly beaten whites of the eggs, and the vanilla. Turn into a mould, and cool, turn out, and dot with jelly and serve with cream, this makes a very attractive dessert for children.

STUFFED DATES

- 1 Pound dates
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup boiling water
- $\frac{1}{2}$ cup of brown sugar
- Juice of 1 lemon

Take dates, stone and fill vacancy with chopped walnuts. Add hot water, sugar and lemon juice and stew on stove until dates are soft. Cool and serve with whipped cream.

FIG PUDDING

- 2 Cups bread crumbs
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 1 cup brown sugar
- $\frac{2}{3}$ cup finely chopped suet
- $\frac{1}{3}$ lb. figs cut fine, not chopped
- $\frac{2}{3}$ cup milk
- 2 eggs

Mix in the order given. Steam as fruit pudding.

ICE BOX CAKE

- 2 Squares of Bakers' chocolate
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup sugar

Cook in double boiler, stirring constantly. Add gradually 4 yolks of eggs (beaten). Cook until smooth custard and cool. Then add one cup of sweet butter creamed with one cup of icing sugar. Add to first mixture, and last the stiffly beaten whites of four eggs. Line a mould with two dozen lady fingers and fill with mixture. Put in the ice box over night and serve with whipped cream, cherries, nuts, etc.

FLOATING ISLAND

- 1 Pint milk
- Yolks of 4 eggs
- $\frac{1}{4}$ cup sugar
- Salt
- $\frac{1}{2}$ teaspoon vanilla

Cook in the same manner as custard sauce. Beat whites of eggs until stiff, add 4 tablespoons icing sugar gradually, beating all the time, then add $\frac{1}{3}$ teaspoon vanilla; drop in large spoonfuls on the custard.

RICE PUDDING

- 1 Cup rice
- $\frac{1}{4}$ cup sugar
- 1 quart milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cinnamon

Pick over and wash the rice; mix all the ingredients and bake very slowly for three or four hours in a well buttered pudding dish. Keep covered until the last fifteen minutes, when the pudding may be browned on top. Stir twice during the first hour of cooking. It should be creamy and not dry when done. Grated orange peel may be substituted for cinnamon.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

RICE DAINTY

- 1/2 Cup cooked rice
 - 1/2 cup pieces of pineapple
 - 1/2 cup sugar
 - 1/2 cup cream beaten stiff
- Mix rice, sugar and pineapple, fold in cream and serve in glasses.

DATE PUDDING

- 1 1/2 Cups Purity Flour
 - 1/2 teaspoon soda
 - 1/4 teaspoon salt
 - 1/4 teaspoon cinnamon
 - 1/8 teaspoon cloves
 - 1/8 teaspoon nutmeg
 - 1/2 lb. dates stoned and cut in pieces
 - 1/2 cup milk
 - 1/3 cup molasses
 - 3 tablespoons butter (melted)
- Mix and steam as Graham Pudding.

MARY'S JAM PUDDING

- 2 Ounces butter
- 2 eggs
- 1/2 teaspoon soda
- 3/8 cup sugar
- 7/8 cup Purity Flour (measure, then sift)
- 1/2 tablespoon, strawberry, raspberry or jelly

Cream butter and sugar and add beaten eggs, then sifted Purity flour and then the soda. Add jam and beat well. Put in buttered mould and steam 1 1/2 hours. Serve hot with sauce or cream.

VICTORIA PUDDING

- 1/2 Cup butter
 - 1/2 cup sugar
 - 1 cup Purity Flour
 - 2 tablespoons milk
 - 2 eggs
 - 1 teaspoon soda
 - 2 tablespoons jelly
 - 1 pinch of salt
- Steam three hours and serve with brown sugar sauce.

RICE AND CHOCOLATE PUDDING

- 2 Tablespoonfuls rice
- 1 pint milk
- 1 dessertspoonful sugar
- A pinch of salt
- 2 oz. chocolate
- 2 tablespoonfuls water
- 2 drops vanilla

Steam the rice with the sugar, milk and salt until it is quite soft. Grate or shred the chocolate and dissolve it in the water until quite smooth. Then add it to the rice along with vanilla, and mix it well in. Serve either hot or cold. A little cream or custard sauce served with it will be an improvement.

Time to cook, at least 1 hour.

GINGER PUDDING

- 3 Cups Purity Flour
- 1 cup syrup
- 1 tablespoon ground ginger
- Pinch of salt
- 1 cup suet
- 1 cup sweet milk
- 1 teaspoon baking soda

Add raisins, dates, figs or peel if desired and steam two hours.

MARMALADE PUDDING

- 4 Eggs beaten separately
- 1 cup Purity Flour
- 1 teaspoon baking powder
- 3/4 cup butter
- 1/2 cup white sugar
- 1/4 cup milk
- 4 tablespoons of marmalade

Beat butter and sugar to a cream, then add eggs and milk. Stir in the Purity flour mixed and sifted with baking powder, then add the marmalade. Put in buttered dish and steam for two hours.

BETTER BREAD—DELICIOUS PASTRY

SAGO PUDDING

- 1½ Tablespoonfuls sago
- 1 pint milk
- 1 oz. butter
- Grated rind ½ lemon
- A pinch of spice
- Sugar to taste

Wash the sago and put it at the bottom of a greased pie dish. Sprinkle it with the sugar, grated lemon rind, and a good pinch of spice, and put in the butter broken in small pieces. Pour the milk over, wipe the rim of the pie dish, and bake the pudding in a slow oven. The sago should be stirred up once or twice towards the beginning of the baking.

NOTE:—If large sago is used it is a good plan to soak it for an hour or two before making the pudding. Time to bake, 2 to 3 hours.

DATE PUDDING

- ½ Cup suet
 - 1 cup Purity Flour
 - ½ cup sugar
 - Vanilla
 - 2 teaspoon baking powder
 - 2 eggs
 - 1 cup stoned, chopped dates
- Steam for two hours in a buttered dish.

PLAIN STEAMED PUDDING

- ½ Cup white sugar
 - Butter size of a butter nut
 - 1 egg
 - ⅛ teaspoon salt
 - 2 cups Purity Flour
 - 2 teaspoon baking powder
 - 1 cup milk
- Mix sugar and butter together, then add milk, beaten yolk of egg, flour and baking powder sifted together, salt and the white of egg, beaten to a stiff froth. Steam ¾ of an hour.

STEAMED FRUIT PUDDING

- 3 Cups bread crumbs
- ½ cup molasses
- ¾ cup milk in which ¾ teaspoon of soda has been dissolved
- ¾ teaspoon mixed spices
- ½ cup chopped suet
- 1½ eggs
- 1 cup raisins

Steam 2½ hours in mould, which has been greased. Serve with sauce.

FIG PUDDING

- 1 Cup suet
- 1 cup bread crumbs
- 1 cup Purity Flour
- ½ pound figs chopped fine
- 1 cup sugar
- 1 cup milk
- 1 teaspoon baking powder

Mix dry ingredients, then add milk. Steam over two hours in buttered mould.

RHUBARB FOAM

- 2 Cups diced rhubarb
 - 1 tablespoon cornstarch
 - ¼ teaspoon vanilla
 - ¾ cup sugar
 - Whites of 3 eggs
- Boil rhubarb in water until tender, then add sugar and cornstarch moistened with water and boil several minutes. Beat egg whites very stiff. Add vanilla and fold rhubarb into them. Serve very cold with sliced bananas and custard.

ORANGE PUDDING

- 3 Eggs—separate whites and yolks and beat
 - 1 tablespoon cornstarch
 - 1 cup milk
 - ½ cup sugar
 - 3 oranges cut in small pieces
- Pour custard over oranges after it cools. Put stiffly beaten whites on top and brown slightly.

PURITY FLOUR

COFFEE PUDDING

Mix two beaten eggs with $\frac{1}{2}$ cup sugar, a pinch of salt and $\frac{2}{3}$ cup of cold coffee and cook in double boiler until mixture thickens. Chill. Add $\frac{1}{2}$ cup whipped cream. Serve cold.

SOFT COOKED CUSTARD

- 2 Egg yolks
- 2 tablespoonfuls corn starch
- $\frac{1}{2}$ cupful sugar
- 3 cupfuls scalded milk
- 1 teaspoonful flavoring
- $\frac{1}{4}$ teaspoonful salt

Scald the milk, mix together the egg yolks, salt, corn starch and sugar and pour the scalded milk into this mixture. Return to a double boiler and cook until it coats the spoon, stirring frequently. Reserve the egg whites to use in a cake or whip. When the custard begins to cool, add the flavoring.

BAKED CARAMEL CUSTARD

- 4 Cupfuls scalded milk
- 5 eggs
- $\frac{3}{4}$ cupful sugar
- $\frac{1}{2}$ teaspoonful salt
- 1 teaspoonful vanilla

Caramelize half the sugar until light brown. Add this gradually to the milk, being careful that the latter does not bubble up and go over. As soon as the sugar is melted in the milk, pour the mixture onto the eggs (and remaining sugar), slightly-beaten together. Add the salt and flavoring, then strain into a buttered mould. Bake in a pan of hot water in a slow oven, until a knife, when inserted, will come out clean. This may be poured into custard cups and set in a steamer top to cook over hot water. Then the custards will be done when firm, in about fifteen minutes.

TAPIOCA CREAM

- $\frac{1}{2}$ Cupful pearl, or
- $\frac{1}{4}$ cupful quick cooking tapioca
- 2 eggs
- $\frac{2}{3}$ cupful sugar
- $\frac{1}{4}$ teaspoonful salt
- 1 teaspoonful vanilla
- $\frac{1}{2}$ cupfuls scalded milk

Soak the tapioca an hour in cold water to cover. Drain and cook in a cupful of boiling water in a double boiler until transparent, stirring frequently. Then add the milk, and pour the mixture gradually onto the egg yolks and sugar, beaten together. Return to the double boiler and cook until it thickens, or coats the spoon. Remove from the heat, and pour onto the egg whites, beaten stiff. Chill, add salt and flavoring. A half cupful of quartered dates may be added if desired. All milk may be used instead of part water.

RASPBERRY FLOAT

Follow the recipe for Floating Island. When beating the egg whites, add $\frac{3}{4}$ cupful of crushed raspberries and $\frac{3}{4}$ cupful of powdered sugar. Heap this float upon the custard.

MOULDED COFFEE TAPIOCA

- 4 Cupfuls boiling coffee
- $\frac{3}{4}$ cupful sugar
- 1 scant cupful quick cooking tapioca
- Few grains salt
- $\frac{1}{2}$ teaspoonful vanilla
- $\frac{1}{2}$ cupful broken English walnuts, hickory nuts or black walnut meats.

Dissolve the sugar and salt in the coffee, add the tapioca, and cook gently until it is translucent. Stir in the nuts. Add the vanilla, chill and serve with light or whipped cream.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

SOFT LEMON FRUIT PUDDING

- 2 Tablespoonfuls corn starch
- 1 tablespoonful butter
- ½ cupful sugar
- Few grains salt
- Juice 1½ lemons
- 2 cupfuls boiling water
- 1 sliced banana
- 1 cupful cooked figs, diced

Mix together the corn starch, butter, sugar and salt. Add the water, boiling rapidly, and stir briskly until the mixture looks clear; then set over hot water to cook thirty minutes longer. Half cool, add the lemon juice, and pour over the fruit in a glass bowl.

JACKSON JUNKETS

- 1 Quart rich milk
- 4 tablespoonfuls sugar
- 1 junket tablet, dissolved in
- 1 tablespoonful water
- A little salt
- Grated nutmeg

Warm the milk with the salt, add the junket tablet and pour the mixture immediately into a serving dish (preferably glass) to solidify. Just before serving dot with stiffly-whipped cream, sweetened and flavored with grated apple or raspberry jam, or serve without cream, using either fresh or canned fruit instead for a sauce.

RICE MOULD

- 1 cup rice
- 1 heaping tablespoon salt
- 2 quarts boiling water

Put rice and salt in boiling water and boil hard for 20 minutes, drain in colander, pour cold water through rice until water runs clear. Leave rice in colander until perfectly dry,

(about 20 minutes). When rice is cold, mix into it a pint of firmly whipped cream, sweetened to taste. Put in a mould and place on ice. When ready to serve, remove from mould and serve with hot maple syrup, that has been boiled until a little thick.

LEMON TAPIOCA

- ½ Cupful pearl or 1/3 cupful quick cooking tapioca
- Cold water to cover
- 3 1/3 cupfuls boiling water
- ½ teaspoonful salt
- 1 cupful sugar
- 1/3 cupful lemon juice
- Grated rind one lemon
- 2 egg whites

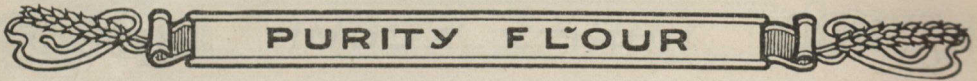
Soak the tapioca an hour. Then add to the boiling water with the salt and lemon rind and cook until clear. Remove the rind, and turn in the sugar and lemon juice. Beat the egg whites stiff, fold them lightly in, chill and serve in sherbet glasses.

APPLE CHARLOTTE RUSSE

- 1 Cupful heavy cream
- 1 egg white
- 18 lady fingers
- 3 tablespoonfuls powdered sugar
- ½ teaspoonful vanilla
- Baked apple sauce

Whip the cream until stiff, then beat the egg whites until dry, gradually whipping in the sugar. Add the extract, then combine with the cream, folding the mixtures together. Line glass cups with lady fingers or strips of sponge or angel cake; place a tablespoonful of the apple sauce in the bottom of each cup and fill with the charlotte mixture. Garnish with shredded Maraschino cherries. Serve very cold.

BETTER BREAD—DELICIOUS PASTRY



PLAIN CUSTARD

- 3 Cups milk
- 3 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon salt

Whip eggs, add salt, sugar, milk and nutmeg. Place in pudding-pan and place pan in container of hot water. Steam one-half hour, remove and serve.

STEAMED PUDDING

- 1 Tablespoon shortening
 - 1 cup hot water
 - 1 teaspoon soda
 - 1 cup molasses
 - 3 cups Purity Flour
 - 1 or 2 cups raisins or currants
- Pinch of salt

Add ingredients in order given, stir well, put in a greased can, cover tightly, and steam three hours. Pudding should not fill can at first more than three-quarters full. Serve with hard sauce.

CORNSTARCH PUDDING

- 2 Cups scalded milk
- 2 rounding tablespoons cornstarch
- Pinch of salt
- 1 egg
- 4 tablespoons sugar

Mix cornstarch with a little cold milk and add to hot milk. Add salt and sugar and cook over slow fire or in a double boiler until thick. Add beaten egg just before removing from fire. Put in individual moulds and serve cold with whipped cream sweetened and flavored, or with stewed fruit.

SUET PUDDING

- $\frac{1}{2}$ Teaspoonful grated nutmeg
- $\frac{1}{2}$ teaspoonful cinnamon
- 1 teaspoonful ginger
- $\frac{1}{2}$ teaspoonful cloves
- 1 teaspoonful soda
- $\frac{1}{2}$ teaspoonful salt
- 1 cup sour milk
- $\frac{1}{2}$ cup sugar
- 3 cups Purity Flour
- 1 cup molasses
- 2 eggs
- 1 cup suet

Beat the eggs and add the sugar, then the suet, chopped very fine, then the molasses, and after it the Purity flour. Dissolve the soda in the sour milk and add it to the mixture, lastly add the spices. Pour into a buttered mould and steam three hours.

This will make one large or two small puddings.

BREAD PUDDING

- 1 Pint bread crumbs
- 3 cups milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup butter
- 3 eggs
- 1 teaspoonful vanilla
- $\frac{1}{2}$ teaspoonful salt
- 1 cup chopped citron

Heat the milk and pour over the crumbs. Cream the butter and sugar and add the eggs, salt and vanilla. When the milk is cold combine the two mixtures and add the chopped citron. Pour into a buttered pudding dish and bake forty minutes. Serve with any desired sauce.

This will serve six persons.

PUDDING SAUCES

SWEET SAUCES

PLAIN HARD SAUCE

- 1/2 Cupful butter
- 2 cupfuls sifted powdered or confectioner's sugar
- 1/2 teaspoonful vanilla
- 1/4 teaspoonful lemon extract

Beat the butter to a cream, and, gradually, work in the sugar and flavoring.

CUSTARD SAUCE

- 1 Cupful milk
- 1 egg or 2 egg yolks
- 2 tablespoonfuls sugar
- 1/4 teaspoonful flavoring
- Few grains salt

Scald the milk, mix together the egg and sugar, pour the milk into this and return to the double boiler, stirring till it coats the spoon. Cool, add salt and flavoring and strain if necessary.

FOAMY HOT SAUCE I.

- 1 1/2 Teaspoonfuls corn starch
- 1/2 cupful sugar
- 1 cupful boiling water
- 1 egg white
- 1 teaspoonful vanilla

Mix the corn starch and sugar thoroughly. Pour over this the boiling water and boil five minutes. Then pour gradually onto the egg white, beaten stiff; add the vanilla and serve hot.

FOAM SAUCE II.

- 1/4 Cup butter
- 2 egg whites
- 1/2 cup sherry or 1 teaspoon vanilla
- 1 cup powdered sugar
- 1/2 cup boiling water

Beat butter to cream. Add gradually the sugar and beat until white.

Then add one egg white unbeaten. Beat mixture well. Then add the remaining well-beaten egg white. Beat altogether until very light. Just before serving, add the boiling water and the sherry or vanilla and stand in boiling water over fire, stirring until very frothy. Serve immediately or it will lose its lightness.

LEMON SAUCE

- 5/8 Cupful sugar
- 1 1/4 cupfuls boiling water
- 1 1/4 tablespoonfuls corn starch
- 1 1/2 tablespoonfuls butter
- 1 1/2 tablespoonfuls lemon juice
- Few grains nutmeg

Mix the sugar and corn starch together; add the water gradually; boil for five minutes, remove from the heat, and add the remaining ingredients.

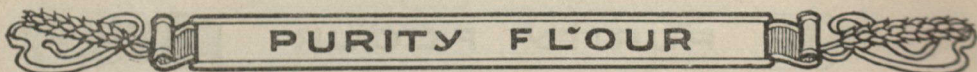
RICH CHOCOLATE SAUCE

- 1 1/2 Cupfuls boiling water
- 1/2 cupful sugar
- 6 tablespoonfuls shaved chocolate or 1/3 cupful cocoa
- 1 1/2 tablespoonfuls corn starch
- 1/2 cupful cold water
- Few grains salt
- 1/2 teaspoonful vanilla

Boil the hot water and sugar five minutes. Mix the chocolate with the corn starch and cold water. Combine the mixture, add the salt and boil three minutes. Flavor with vanilla, and serve hot or cold.

HONEY WHIPPED CREAM

- 1 Cupful heavy cream
 - 3/4 cupful honey
 - 1/2 tablespoonful lemon juice
- Combine the ingredients and whip until stiff.



PURITY FLOUR

BROWN SUGAR SAUCE

- 1/2 Cup brown sugar
- 1 1/2 tablespoons Purity Flour
- 1 cup boiling water
- 1 tablespoon butter
- 1/2 teaspoon vanilla

METHOD:—Mix sugar and flour, add boiling water and cook until there is no taste of raw starch. Remove from fire. Add butter and vanilla. Serve hot.

ORANGE SAUCE

- Whites of three eggs
- 1 cup fruit sugar
- Grated rind of 2 oranges
- 1/2 cup orange juice
- 3 tablespoons lemon juice

METHOD:—Beat whites of eggs until stiff add sugar gradually, beating all the time. Add orange rind and fruit juice.

PUDDING SAUCE

Combine fruit juice or maple syrup with whipped cream and stiffly beaten white of egg.

VANILLA CREAM SAUCE FOR

STEAMED PUDDINGS

- 1/2 Cup of butter
- 1 cup of fruit sugar-creamed
- 8 tablespoons cream
- 1/2 teaspoon vanilla

Put mixture in bowl over hot water and stir constantly until creamy. Serve hot.

CREAM PUDDING SAUCE

Bring two-thirds of a pint of cream slowly to boil; set in a stew-pan of boiling water. When the cream reaches boiling point, add half a cup of granulated sugar, then pour slowly on the whipped whites of two eggs. Flavor with vanilla.



SALADS

Fruit and Vegetable

MAYONNAISE DRESSING

- 1/2 Cup vinegar
- 2 teaspoons sugar
- 1 teaspoon mustard
- 5 tablespoons butter
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup sweet milk
- 2 eggs

Melt the butter, add the salt, sugar, mustard and pepper, then add the vinegar and bring to a boil. Then stir in the milk. Stir constantly until thick. Remove from the fire and fold in the two well-beaten eggs.

EGGLESS BOILED SALAD DRESSING

- 3/4 Teaspoonful mustard
- 1 teaspoonful salt
- 1/8 teaspoonful pepper
- 3 tablespoonfuls vinegar
- 1/4 teaspoonful celery salt
- 1 tablespoonful flour
- 1 scant tablespoonful sugar
- 1 cupful cream

Mix dry ingredients and add cream. When smooth, turn in boiling vinegar and cook till smooth and creamy. If inconvenient to use cream, three-fourths cupful of milk and a fourth cupful of melted butter may be used instead.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

FRENCH DRESSING

- 3 Tablespoonfuls olive oil
 - 1 tablespoonful vinegar
 - 1/3 teaspoonful salt
 - Few grains paprika
 - Few grains pepper
- Beat thoroughly until emulsified.

FRENCH DRESSING IN QUANTITY

- 1 Cupful olive oil
- 1/3 cupful vinegar
- 1 1/2 teaspoonfuls salt
- 1/4 teaspoon pepper

Mix together in a screw-top glass jar and shake until thoroughly emulsified each time before using. It may be kept indefinitely.

FRENCH FRUIT SALAD DRESSING

- 3 Tablespoonfuls olive oil
 - 1 tablespoonful lemon juice
 - 1/3 teaspoonful salt
 - 1/2 tablespoonful powdered sugar
- Combine and beat till emulsified.

ECONOMY BOILED SALAD DRESSINGS (1 quart)

- 6 Tablespoonfuls Purity Flour
 - 1 1/2 tablespoonfuls mustard
 - 1 tablespoonful salt
 - 2 tablespoonfuls sugar
 - 1 tablespoonful onion juice
- Onion may be omitted
- 2 tablespoonfuls butter
 - 2 eggs
 - 2 cupfuls milk
 - 1 1/2 cupfuls weak vinegar

Mix together the flour, mustard, salt, sugar, onion juice, butter and eggs in a double boiled top; add the milk slowly so it will not be lumpy, cook over hot water till thick, stirring constantly, then add the vinegar and stir until thickened again. This may be kept closely covered in a cool place for two weeks.

CREAM HONEY SALAD DRESSING

- 4 Egg yolks
- 1/2 cupful honey
- Juice 1 lemon
- 1 cupful slightly sour or sweet cream
- 1/3 teaspoonful salt
- 1/3 cupful olive oil
- 1/4 teaspoonful paprika

Beat the yolks thoroughly, then pour in the honey, which should be boiling hot. Cook for a moment, beating continuously, then fold in the oil, lemon juice and the cream, beaten stiff. Use only with fruit salads.

PLAIN FRUIT SALAD

Pare oranges and separate into sections. Pare grapefruit and separate into "carpels" and shred pineapple into sections. Dress each one separately with French fruit salad dressing, and arrange them on lettuce leaves—a grapefruit section, an orange section, and a section or two of pineapple for each person. Decorate with shredded Maraschino cherries.

CRANBERRY JELLY SALAD

- 6 Tiny individual moulds of cranberry jelly
- 6 rounds canned pineapple
- Halved and seeded Malaga grapes
- Parsley

Mayonnaise or cream honey dressing

Prepare a French dressing and marinate the pineapple and grapes separately in it for fifteen minutes. Then place a pineapple slice on each individual plate, turn a mould of the jelly onto it, arrange the grapes about the edge and pour over any remaining dressing. Garnish with parsley sprigs and pass the mayonnaise.

BETTER BREAD—DELICIOUS PASTRY



DATE SALAD

- 1 Cupful dates
- 1/3 cupful grated cheese
- 3 tablespoonfuls chopped walnut-meats
- 1 cupful diced celery
- 1 cupful diced apples
- 1 tablespoonful lemon juice
- Boiled salad dressing
- Lettuce

Mix together the cheese and nuts, and stuff the dates, allowing them to stand several hours. Then slice them, sprinkle the apples with lemon juice as soon as cut, add the dates with the celery, and mix all thoroughly with boiled salad dressing to which has been added an equal quantity of sweet or sour whipped cream. Serve in nests of lettuce.

WATERMELON SALAD

Take a ice ripe watermelon, cut it in quarters, and remove all the seeds. Then take all the red fleshy part, and break it in pieces with a silver knife or fork. Put this in a salad bowl, and sprinkle well with fruit sugar. Place the bowl on ice or in a very cold place until the melon is thoroughly chilled, then, just before serving pour over it a glass of claret or port.

BANANA BALL SALAD

- Bananas
- Chopped peanuts
- Mayonnaise
- Lettuce

With a vegetable cutter, cut balls from the peeled bananas, allowing six to a person. Roll these in the mayonnaise, then in the peanuts, and serve on lettuce. Use the remaining banana pulp for a Banana Bavarian Cream, or Custard.

BANANA SALAD

- 3 or 4 bananas
- Seasoning. Lettuce
- Salad dressing
- 1 tablespoonful chopped nuts

Choose firm ripe bananas and slit them open from end to end, keeping the skin in one piece. Take out the fruit and cut it in thin slices with a silver knife. Mix it with some salad dressing and season with pepper, salt, and a few chopped nuts. Fill the banana skins with this mixture, leaving them half open, then arrange some nice crisp lettuce leaves on a salad dish, place the filled bananas on the top and garnish with a little cress, or, if obtainable, a few nasturtium flowers.

BANANA AND CELERY SALAD

- 6 Small bananas
- 6 tablespoonfuls peanut butter
- 6 pieces celery
- Lettuce

$\frac{3}{4}$ cupful mayonnaise

Stuff the celery with the peanut butter and then cut into small pieces. Arrange on beds of lettuce with the bananas either sliced or diced. Serve with mayonnaise dressing. Whipped cream may be added to the dressing, if desired.

BLACK EYED SUSAN SALAD

Separate oranges into sections, allowing half a large fruit to a person. Cut figs into dice, mix with an equal quantity of chopped celery, and moisten slightly with French fruit salad dressing. Marinate the orange carpels with this dressing, then put them on individual plates, arranging them like black-eyed Susan petals.

Form the centers of the fig mixture, and garnish the salad with tips of celery.

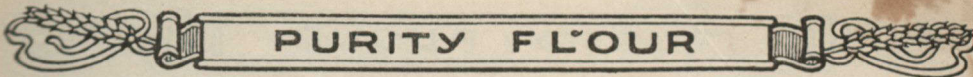
BETTER BREAD—DELICIOUS PASTRY



STUFFED TOMATOES

Wipe and remove thin slices from stem ends of six medium sized tomatoes. Take out seeds and pulp, sprinkle inside of tomatoes with salt, invert, and let stand one half hour. Cook five minutes two tablespoons butter with $\frac{1}{2}$ tablespoon of finely chopped onion. Add $\frac{1}{2}$ cup soft bread crumbs, tomato pulp and salt and pepper to taste. Cook five minutes then add one egg slightly beaten, cook one minute, and refill tomatoes with mixture. Place in buttered pan. Sprinkle with butter cracker crumbs, and bake 20 minutes in a hot oven.

BETTER BREAD—DELICIOUS PASTRY



PURITY FLOUR

STRAWBERRY SALAD

- 1 lb. ripe strawberries
- 1 cupful fine sugar
- 1 small cupful orange or red currant juice
- Whipped cream

Prepare the strawberries, and if large cut them in pieces. Sieve the sugar and sprinkle it over them. Toss the two lightly together, and then let them rest 1/2 hour. Add the fruit juice, and set in a cool place for 1 hour at least. Serve in glass cups or small china dishes placed on a few strawberry leaves, and put a spoonful of whipped and sweetened cream on the top of each. Serve wafer or finger biscuits separately.

COMBINATION SALAD

- 1 Cupful celery, cut fine
- 2 cupfuls apple, cut fine
- 1/3 cupful mayonnaise
- Lettuce
- 1 tablespoonful peanut butter
- Raisins

Mix together the celery, apple, peanut butter, and mayonnaise, arrange on leaves of lettuce. Place on top of each serving five or six large, seeded raisins. Serve with more mayonnaise, if desired.

TOMATO TAPIOCA SALAD

To one quart of boiling tomato bouillon add a scant cupful of quick-cooking tapioca. Boil gently until the tapioca looks clear—about fifteen minutes. Pour into small moulds, which have been rubbed lightly with olive oil and let stiffen. Unmould and serve with a garnish of cress and boiled salad dressing. If desired, ground nut meats and a little diced celery may be added to this salad just before it is poured into the moulds.

CABBAGE SALAD

- 1 Small white cabbage
- 1/2 pint cream
- 2 tablespoons sugar
- 2 tablespoons vinegar

METHOD:—Dissolve sugar in cream, then add vinegar. Cut up cabbage very fine, put in dish and cover with dressing after seasoning with salt and pepper. Serve very cool.

SHAMROCK SALAD

- 2 Large green peppers
- 1 large cream cheese
- 1/4 cupful chopped walnut meats
- French or mayonnaise dressing
- 2 tablespoonfuls stuffed olives
- 2 tablespoonfuls cream
- Salt and pepper
- Lettuce

Remove the stem ends from the peppers and scrape out the seeds and cores. Let the peppers stand in cold salted water for two hours, then drain and pack full of the cheese, nuts and olives creamed together and seasoned to taste, and moistened with the cream. Let stand to become very firm, then slice across in one-quarter inch pieces; pour over a little French dressing and serve two slices to each person on a nest of lettuce hearts. Garnish with radish roses, if convenient, and pass mayonnaise if desired.

BEEF SALAD

- 1 Quart raw cabbage, red or white, chopped fine
- 1 quart boiled beets, chopped
- 1 tablespoon salt
- 1/4 teaspoon cayenne
- 1 head celery, chopped
- 2 cups brown sugar
- 1 teaspoon black pepper
- 1 cup grated horse-radish

Cover with boiling vinegar, and seal while hot.

BETTER BREAD—DELICIOUS PASTRY

MILADY'S SALAD

- 6 Slices tomato
- $\frac{3}{4}$ cupful diced canned pineapple
- $\frac{3}{4}$ cupful diced celery
- Mayonnaise
- Powdered parsley
- Lettuce

Arrange the salads individually as follows, put a slice of tomato on a nest of lettuce leaves, combine the pineapple and celery with a little mayonnaise; put a spoonful of this mixture on each slice of tomato. Top with extra mayonnaise, sprinkle with the parsley, and serve very cold.

POTATO SALAD

Cut into small cubes equal quantities of cold boiled potatoes and celery. Add hard boiled egg chopped or grated and flavour with grated onion, salt, pepper and paprika. Mix with a boiled salad dressing and serve on lettuce or shredded cabbage.

SALAD DRESSING

- 1 Egg well beaten
- 1 tablespoon sugar
- 4 tablespoons vinegar
- 1 teaspoon salt, pepper and mustard mixed
- 1 teaspoon butter

METHOD:—Mix well together, cook in double boiler until quite thick, stirring constantly. Add sour or sweet milk to thin when too thick. This dressing will keep for some time.

SPINACH SALAD

Cook the spinach as usual, season well with salt, pepper, butter and a dash of nutmeg, and pack into cold, wet individual moulds. Chill, turn out on white lettuce leaves, and serve with a garnish of hard-cooked eggs and mayonnaise or boiled dressing.

BIRD'S NEST SALAD

- 3 Large tomatoes
- About 1 cupful cottage cheese
- Salt
- $\frac{1}{2}$ teaspoonful powdered sage
- Lettuce leaves or water-cress
- Mayonnaise dressing

Cut the tomatoes in halves and scoop out slightly. Flavor the cottage cheese with the sage and salt, if needed. Then make into balls the size of large marbles. Put three balls into each tomato half and arrange the tomato on crisp white lettuce leaves, or surround with the delicate leaves of water-cress. Serve mayonnaise with this salad.

CHICKEN SALAD

- $2\frac{1}{2}$ Cupfuls diced cooked chicken
- 1 cupful diced celery
- 2 tablespoonfuls olive oil
- 1 tablespoonful vinegar
- Salt and pepper to taste
- Mayonnaise or boiled oil dressing
- Garnishings
- Lettuce

Toss together the celery, chicken, olive oil, vinegar, salt and pepper, and let stand thirty minutes in a cold place, then add enough mayonnaise to bind the mixture. Arrange on a bed of lettuce, spread a little mayonnaise on the top and decorate with stuffed olives, strips of pimento, bits of capers, radish roses, parsley, or any other desired garnish.

HAM AND LETTUCE SALAD

- 1 Cupful minced ham
 - 3 tablespoonfuls olive oil
 - 1 chopped hard-cooked egg
 - $\frac{3}{4}$ tablespoonful vinegar
 - Few grains each salt, pepper and mustard
 - 1 small head ribboned lettuce
- Toss together till well-blended and serve with hot buttered toast.

PURITY FLOUR

OYSTER SALAD

- 12 Oysters
- 1 head lettuce
- 3 teaspoonfuls lemon juice
- 3 teaspoonfuls chopped parsley
- 1 small bunch celery
- Mayonnaise dressing

Prepare the oysters. Cook in their own juice until the edges curl; drain and chill. Lay two oysters on white lettuce leaves on each plate for individual servings, sprinkle each with one-half teaspoonful of lemon juice and very finely chopped parsley and surround with a ring made of small inch-long julienne strips of white celery. Put a whirl of mayonnaise in the middle of each and serve with thin brown bread sandwiches.

MOLDED BEET SALAD

- 2 Cupfuls tiny beets
- 2 tablespoonfuls vinegar
- 2/3 cupful hot water
- 1 teaspoonful salt
- 1 teaspoonful sugar
- 1 head lettuce
- 2 tablespoonfuls grated horse-radish
- 1 1/2 tablespoonfuls granulated gelatin
- 1/4 cupful cold water
- 3/4 cupful mayonnaise

Scrub the beets thoroughly and boil until tender; rub off the skin. Add the vinegar, salt, sugar, horse-radish and hot water. Let get thoroughly heated through, and then add the gelatin which has been softened in the cold water. Pour into a shallow pan which has been previously wet with cold water. Set away to chill, cut in cubes and serve on lettuce or cress with mayonnaise. This recipe will serve at least eight. Large beets may be used and cut into cubes about an inch in diameter after cooking.

INDIVIDUAL SARDINE AND TOMATO SALAD

- 3 sardines
- 1 medium-sized tomato
- 2 olives
- 1/2 teaspoonful chopped onion
- 2 teaspoonfuls chopped celery or cabbage
- 1 sprig parsley
- 1 teaspoonful chopped green pepper or pimento
- 1/4 teaspoonful sugar
- 2 teaspoonfuls thick mayonnaise
- Shredded lettuce
- Additional mayonnaise

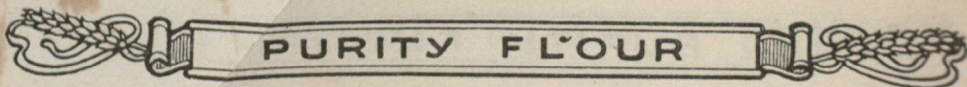
Peel the tomato, cut off the top, scoop out the inside, and mix with one of the olives, chopped, the onion, celery, pepper, sugar, and mayonnaise. Return to tomato, and set it in a nest of shredded lettuce. Place a spoonful of mayonnaise on the top, and sprinkle with the parsley, minced. Surmount with the other olive, and lean three sardines against the tomato to give a tent-like appearance.

MIXED VEGETABLE AND EGG SALAD

- 1 Cupful shredded string-beans
- 1 cupful peas
- 1 cupful shredded cucumber
- 1/2 cupful sliced radishes
- Watercress
- Lettuce-heart
- 6 hard cooked eggs
- Radish-roses
- Parsley

Mix together the peas, beans, cucumber, and sliced radishes and let stand in a cold place for thirty minutes to marinate in French dressing. Halve the hard-cooked eggs lengthwise, cut off the lower ends so that they will stand upright, and dip each one in a little tart lemon jelly, have the salad plate very cold

BETTER BREAD—DELICIOUS PASTRY



and arrange these egg-halves in a circle. They should stick at once if the jelly mixture contains enough gelatin. Fill in with the vegetable mixture, top with a lettuce heart and garnish with parsley and radish-roses. Pass mayonnaise dressing.

LOBSTER SALAD

- 1 Can—3 cupfuls cold boiled lobster, diced
- 1 cupful diced celery
- 2 tablespoonfuls olive oil
- 1 tablespoonful vinegar
- Salt and pepper
- Mayonnaise
- Lettuce

Mix together the lobster, celery, oil and vinegar, and then add mayonnaise to moisten. Chill, arrange on lettuce leaves and garnish with mayonnaise; dust with powdered parsley.

SHRIMP SALAD

- 2 Cans shrimps, or
- 1 pint cooked shrimps
- $\frac{3}{4}$ cupful diced celery
- $\frac{1}{3}$ cupful stuffed olives
- French dressing
- Cress or lettuce
- Boiled oil or mayonnaise dressing

Dice the shrimps and let stand thirty minutes with a little French dressing poured over them. Then add the celery and olives. Bind with the boiled oil or mayonnaise dressing and arrange in a border of the salad greens. Garnish with extra dressing and a few halved stuffed olives.

TOMATO SURPRISE

Scoop the centre well out of the tomatoes. Take equal parts of cabbage, celery, with just a little onion, and the centre of the tomatoes.

Season with a little salt and mix with plenty of mayonnaise. Fill the tomatoes and set on ice until cold.

TOMATO SALAD

- 1 Small head cauliflower
- 2 tomatoes
- 1 green pepper
- Yolk of 1 egg
- $\frac{1}{2}$ cupful vinegar
- 1 teaspoonful mustard
- 1 teaspoonful sugar
- $\frac{1}{2}$ teaspoonful pepper
- 1 teaspoonful oil
- 1 tablespoonful cream
- 2 teaspoonfuls salt

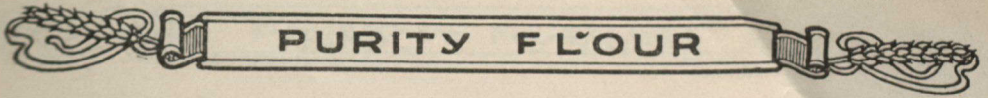
Boil the cauliflower, broken into small pieces until tender. Slice the tomatoes thin and cut the peppers into shreds. Set in the refrigerator to cool. Combine the oil and seasonings and place over fire until heated throughout. Then add the beaten egg-yolk and cook until thick. Allow to cool, and add the cream. Just before serving arrange cauliflower around each slice of tomato, placing the shredded pepper across the tomato in latticework fashion. Allow one tablespoonful of the dressing to each serving.

ENGLISH WALNUT SALAD

- 1 Pint walnuts
- 1 cup minced celery
- Lemon juice
- 1 tablespoonful olive oil
- Mayonnaise
- Lettuce
- 1 cup chopped apple

Soak the walnuts in lemon juice for one hour, drain, break into pieces and mix with the celery and apple. Pour over all the olive oil and place on ice for two hours. When ready to serve, place in a salad bowl lined with lettuce leaves and dress with mayonnaise. Garnish with the white leaves of the celery.

BETTER BREAD—DELICIOUS PASTRY



SANDWICHES

LOBSTER SANDWICHES

- 2 or 3 tablespoons lobster meat
- Mayonnaise or white sauce
- Anchovy or shrimp essence
- Pickled gherkin
- Seasoning
- Small rolls
- Butter

Take some cooked lobster meat and chop it finely, being careful to remove any pieces of shell. Put it into a basin, and moisten it with mayonnaise or some good white sauce. Season with cayenne, salt, and a few drops of anchovy or shrimp essence. Split and butter some small finger-shaped rolls. Put a spoonful of the lobster mixture in the centre of each, sprinkle it with a little chopped or shredded gherkin, and put on the covers. Serve garnished with cress.

SALMON SANDWICHES

- 2 or 3 tablespoons cooked salmon
- 1 dessertspoon mayonnaise or white sauce
- Seasoning
- Cucumber or small cress
- Small rolls, butter

Free the salmon from any skin and bone, and break it up in a basin with a fork. Moisten it with a little mayonnaise or good white sauce and season to taste. If white sauce is used, it will be better to add a few drops of vinegar or lemon juice. Butter some small finger-shaped rolls, put into each some of the salmon mixture, lay some thinly-sliced cucumber or a little cress on the top, and put on the covers. Small cress or parsley may be used for garnishing.

CHEESE SANDWICHES (Hot) I.

- Bread and butter
- Grated cheese
- Seasoning
- 1 egg
- $\frac{1}{2}$ tea-cupful milk
- Clarified fat or butter

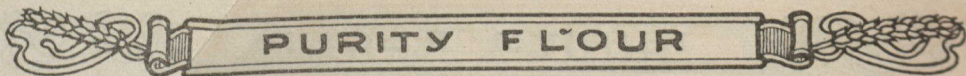
Spread four or six slices of bread with butter, mixing a little mustard or cayenne with the butter before using it. Trim the crusts off the bread, and then sprinkle the slices with as much grated cheese as the butter will take up. Press the cheese well on to the butter, place two slices together, and then cut in convenient-sized pieces. Beat up the egg on a plate, and mix it with the milk and a little salt. Dip the sandwiches into this and let them soak for a minute or two, then fry them in a small quantity of hot clarified fat or butter, browning them on both sides. Serve hot, sprinkled with a little grated cheese.

HOT CHEESE SANDWICHES II.

- 1 Roll snappy cheese
- 1 egg well beaten
- 1 tablespoonful worchestershire sauce
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{4}$ teaspoonful mustard
- Bacon
- Rounds of bread

Cream the cheese; add the egg and seasoning and spread on the bread, which should be cut about a half-inch thick. Place a slice of bacon on each round and bake a few minutes in a quick oven till the bacon is done. Serve with a green salad.

BETTER BREAD—DELICIOUS PASTRY



CHOCOLATE AND APPLE SANDWICHES

White bread and butter.

Apple

Grated chocolate

Cut some thin bread and butter, and sprinkle it with finely grated chocolate. Peel one or two good eating apples and cut them in thin slices between two pieces of the prepared bread, and press well together. Trim and cut into neat sandwiches. Serve on lace-edged paper.

WALNUT AND MAPLE SUGAR SANDWICHES

Walnuts

Maple sugar

Bread and butter

Take equal quantities of toasted and chopped walnuts and grated maple sugar, and mix them well together. Spread this mixture rather liberally between thin slices of bread and butter. Then trim and cut into fancy shapes. Serve on a lace-edged paper, and decorate with a few halves of walnut.

WAFER SANDWICHES

Wafer biscuits

Double cream

Sugar, vanilla

Nuts or fruit

Use wafer biscuits the same as are sold for ices. Whip a small quantity of double cream until thick, sweeten it with (fruit) sugar, flavour with a few drops of vanilla, and stir into it either some chopped nuts or some small pieces of fresh or preserved fruit. Then make sandwiches with this cream mixture and the wafer biscuits. They must be pressed very lightly together and only made a short time before serving. Cut them in two and serve them in a circle, one slightly overlapping the other.

OLIVE AND WALNUT SANDWICHES

Put English walnuts through the meat chopper, using a rather coarse blade. Drain thoroughly and chop an equal bulk of olives stuffed with pimentos, using a chopping knife and bowl, as the meat chopper squeezes these too dry. Mix and add enough mayonnaise dressing to make a soft paste. Spread between white or entire wheat bread.

NASTURTIUM SANDWICHES

Nasturtium flowers

Cream cheese

Brown or white bread

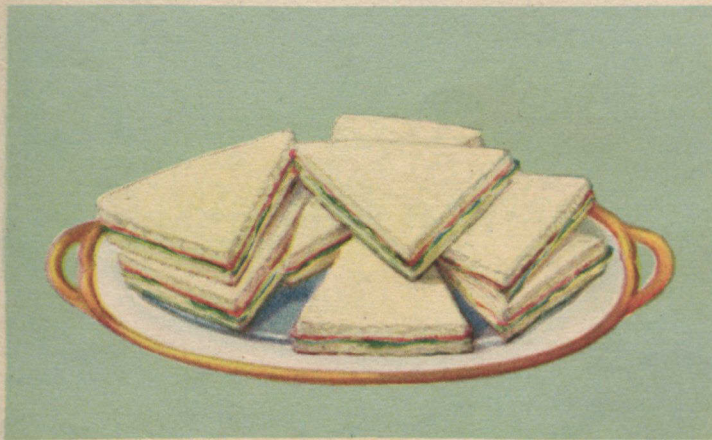
Butter

Make neat little sandwiches of brown or white bread and butter and a layer of cream cheese, and put a few nasturtium flower petals into each. Garnish them with nasturtium leaves and one or two of the flowers. The cheese may be omitted, and simply bread and butter used with the nasturtium petals. These sandwiches are very delicate and delicious, and can either be served as an accompaniment to a salad or at afternoon teas.

POTTED MEAT SANDWICHES

Very tasty and quickly made sandwiches can be made from all the potted meats sold in tins and jars. The paste may be spread on brown or white bread and butter, buttered biscuits, or little rolls, according to fancy, and some thinly-sliced cucumber, tomato, cress or other salad may be added. If the paste is highly seasoned it must be used sparingly, or it may be toned down by being mixed with hard-boiled egg, or a little good thick sauce, or double cream.

BETTER BREAD—DELICIOUS PASTRY



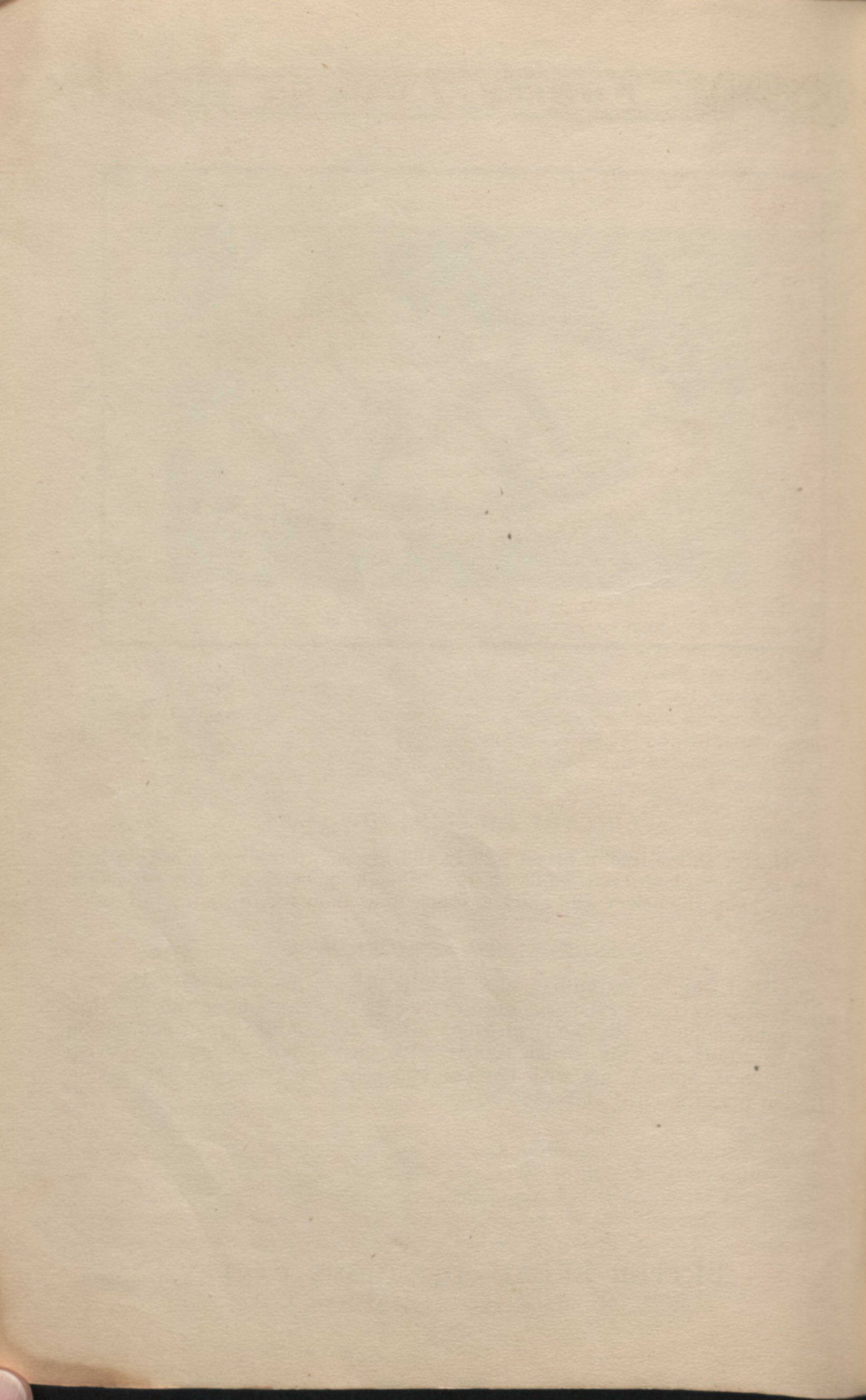
CHICKEN SALAD SANDWICHES

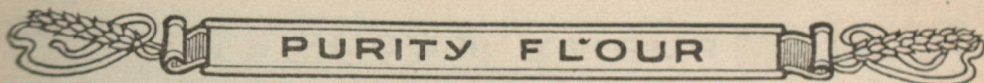
Butter thin slices of bread lightly and lay between slices a lettuce leaf with a layer of chicken salad on it. In making chicken salad for sandwiches chop the celery and chicken much finer than for ordinary purposes.

NUT SALAD SANDWICHES

Grind English walnuts or hickory nuts in your meat grinder, mix with an equal quantity of celery chopped extremely fine and add to this mixture mayonnaise made with plenty of lemon juice. Have white bread made from Purity Flour cut thin, brush lightly with melted butter, lay on a crisp lettuce leaf, spread this with the nut and celery mixture, lay the second slice of bread upon it and serve at once.

BETTER BREAD—DELICIOUS PASTRY





OLIVE SANDWICHES

Olives
Celery
Cream Cheese
Bread and butter

Stone the olives, cut them into thin shreds, and mix them with an equal quantity of finely chopped celery. Cut some thin slices of brown or white bread and butter, spread half the number of pieces with cream cheese and sprinkle with olives and celery. Cover with the other pieces of bread, and press lightly together. Then trim neatly and serve garnished with parsley or some green tops of celery and a few olives.

SPONGE CAKE AND NUT SANDWICHES

Sponge cake
 $\frac{1}{2}$ grill double cream
Sugar
1 tablespoon chopped nuts
A few drops of vanilla

Whip the cream until thick, and mix in the chopped nuts. Sweeten to taste and flavour with a few drops of vanilla. Spread this mixture rather thickly between thin slices of sponge cake, trim neatly, and serve on a lace-edged paper.

MINCED BEEF SANDWICHES

3 or 4 tablespoons cold beef
1 dessertspoon chopped pickles
Salt, pepper
A little made mustard
1 dessertspoon brown or tomato sauce

White bread and butter

Mince the meat finely, add to it the pickles and seasoning, and moisten with a little thick and well-flavoured sauce. Put a layer of this between slices of bread and butter, trim and cut into shapes.

NOTE:—Different kinds of meat may be used in the same way, varying the flavouring according to the kind of meat used. Or, two different kinds of meat may be used together, such as ham and chicken, veal and tongue, etc. Mayonnaise, tomato, brown, curry, or any savoury sauce can be used to moisten the mixture.

DATE AND FIG SANDWICHES

3 or 4 figs
6 or 8 dates
Orange juice
2 tablespoons chopped nuts
Bread and butter

Remove the stones from the dates, and pass them and the figs through a mincing machine. Then moisten with orange or lemon juice, and sprinkle in the chopped nuts. Put this mixture into a cup or small basin, and press it with a weight for an hour or two. Then turn out and cut in thin slices and place these slices between thin bread and butter to make sandwiches.

STRAWBERRY SANDWICHES

Fresh Strawberries
Sugar
Sponge cake
Clotted cream

Slice a few ripe strawberries with a silver knife, and dredge them with fine sugar. Then spread some slices of sponge cake or Madeira cake with clotted cream, and put a layer of strawberries on half the number of pieces. Cover with the remaining pieces, and press them lightly together. Trim if necessary and serve on a lace-edged paper. These sandwiches must be made fresh and kept in a cool place.

NOTE:—Other kinds of fresh fruit may be used in the same way.

BETTER BREAD—DELICIOUS PASTRY

SAVORIES and SOUFFLES

GENERAL DIRECTIONS FOR COOKING SOUFFLES

Whenever possible, souffles should be baked in individual glass or earthenware dishes which are well-oiled, as they are usually made very heavy be the cutting of the spoon when served from a large dish. The dishes should be well rubbed with butter, oleomargarine or bacon fat and should be filled half-full, as the souffle, if properly made, should rise to double its bulk. Individual dishes should be baked in a moderate oven for fifteen minutes, and dishes holding enough to serve six should be baked for thirty minutes. When done the center will feel dry and firm, like sponge or angel cake.

CHICKEN SOUFFLE

- 2 Cups milk
- 1 tablespoon butter
- 1 tablespoon Purity Flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ cup bread crumbs
- 2 cups chopped chicken
- 1 tablespoon chopped parsley
- 6 or 8 drops onion juice
- 3 eggs

METHOD:—Put milk on in double boiler. Melt butter, flour, salt and pepper and cook until frothy, add milk slowly. Then add bread crumbs and cook 2 minutes. Add meat, chopped parsley, onion juice and the beaten yolks of the eggs. Cook slightly and fold in the well beaten whites of eggs. Pour in a buttered dish and set in a pan of hot water and bake in a quick oven for 20 to 30 minutes.

BAKED CRUMB OMELET OR SOUFFLE

- 4 Eggs
- $\frac{1}{2}$ cupful coarse stale bread crumbs
- 1 cupful milk
- $1\frac{1}{4}$ teaspoonfuls salt
- $\frac{1}{8}$ teaspoonful pepper
- 1 tablespoonful hot ham drippings or bacon fat

Let the crumbs stand in the milk until softened. Separate the eggs. Beat the yolks until lemon-colored, and add the seasonings and crumb mixture. Beat the egg whites until stiffened. Fold in the egg whites, and bake in a well-oiled dish according to the general directions for cooking souffles.

EGG SOUFFLE

Melt 3 tablespoons of butter, add 3 tablespoons Purity Flour and 1 cupful of milk. Bring to the boiling point and season with one-half teaspoon salt and a dash of pepper. Remove from the fire, add the yolks of 3 eggs, beaten until thick and smooth, and fold in the stiffly beaten whites of the eggs. Turn into a buttered baking dish and bake in a moderate oven for twenty-five minutes. Serve immediately.

SALMON SOUFFLE

- 1 Cup flaked salmon
- 2 eggs
- $\frac{1}{2}$ cup milk

METHOD:—Make rich cream sauce of milk well seasoned. Add beaten yolk of eggs and salmon. Beat white of eggs stiff, and fold into mixture. Bake in buttered dish half an hour. Serve immediately.

BETTER BREAD—DELICIOUS PASTRY

FISH AND MACARONI SOUFFLE

Flake salmon or any mild cooked fish and mix with a quarter the amount of macaroni. Season to taste with salt and paprika, mix with three quarters of a cup of cream sauce. Heat in double boiler. Add the beaten yolks of two eggs and two teaspoonfuls of chopped parsley. Cook for a couple of minutes, remove from the fire and partly cool, then fold in the stiffly beaten egg whites. Place in buttered casserole, filling about half full. Bake in moderate oven until light and puffy. Serve at once.

ONION SAVORY

- About 1 pound onions
- 3 tablespoonfuls butter
- 2 medium sized tomatoes
- 1/2 teaspoonful salt
- 1/2 teaspoonful sugar
- 1/4 teaspoonful pepper
- About 2/3 cupful water
- About 1/4 cupful grated cheese

Slice tender young onions half an inch thick and saute in the butter until a light brown, turning often to avoid scorching. Add the tomatoes, peeled and cut in small pieces, the salt, sugar and pepper, and water to make moist enough to simmer. Cook, covered, for about forty-five minutes, stirring occasionally; the product when done should be about the consistency of ordinary scalloped tomatoes. Pour into a buttered, shallow dish, cover with cheese, and brown quickly and richly in a hot oven. To make a substantial main course, break four eggs over the top after the cheese is lightly browned, first making hollows to hold the eggs. Add a little more cheese, and return to the oven until the eggs are set and the cheese is melted and browned.

SALT CODFISH SOUFFLE

- 1 Cupful shredded salt codfish
- 2 tablespoonfuls Purity Flour
- 2 tablespoonfuls butter, savory drippings
- 1/4 teaspoonful pepper
- 3 eggs
- 1 teaspoonful minced parsley
- 2 cupfuls milk
- 1 cupful soft bread crumbs
- 1/4 teaspoonful onion juice

Make a white sauce of the butter, flour and milk. Freshen the codfish, rinse well, then add to the sauce with the seasonings and crumbs. Separate the eggs, and beat the yolks light. Stir into the mixture, fold in the whites beaten stiff, and pour into a well-oiled baking dish. Bake according to the general directions for cooking souffles.

MUSHROOM TOAST

- 3 or 4 mushrooms
- 1 oz. butter
- Salt, pepper
- Lemon juice
- 1 tablespoon brown or tomato sauce
- 1 yolk of egg
- 1 tablespoon cream
- 6 or 7 croutes of bread

Any trimmings of mushrooms will do for this. Trim and chop them rather coarsely, put them into a small saucepan with the butter and seasoning, cover over and cook slowly about 10 minutes. Then add the sauce, which must be thick and well-flavoured, and the yolk of egg or cream. Stir over the fire until thoroughly hot, then pile the mixture neatly on small croutes of fried bread or hot buttered toast, decorate with small sprigs of parsley and tiny pieces of cut lemon, and serve very hot.

POTATO SOUFFLE

- 2 Cupfuls well-seasoned fluffy mashed potatoes
- 1 table spoonful butter
- 3 eggs
- 1 teaspoonful powdered parsley (optional)

Melt the butter in the baking dish; beat together the egg yolks, potato, and parsley. Then fold in the egg whites beaten stiff. Brown in a quick oven. One-half cupful of grated cheese may be added to this mixture if desired.

SAUSAGE TOAST

- Cooked sausages
- Brown or tomato sauce
- Toast

Take the remains of any cooked sausages, remove the skin, and cut them in slices. Put into a saucepan or frying pan enough brown, tomato, or other good savoury sauce to moisten the pieces of sausages. When thoroughly hot, put in the sausage, allow it to simmer a few minutes, add more seasoning if necessary, and then serve neatly on well-made toast cut in fingers. A little chopped parsley may be sprinkled on the top.

WELSH RAREBIT

- 1 Pound soft cheese
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1/4 teaspoon mustard
- 1/4 cupful milk
- 1 tablespoon Worchester sauce

METHOD:—Cook the cheese in a chafing dish; melt the butter before adding; put in the other ingredients, the milk last. When smooth and creamy, serve on hot crackers or toasted bread.

CHEESE RAREBIT WITH MILK

- 1 1/2 Cupfuls cheese, cubed or sliced
- 2 eggs
- 2 tablespoonfuls Purity Flour
- 1/2 teaspoonful salt
- 1/8 teaspoonful mustard
- Few grains paprika
- 2 cupfuls scalded milk
- 2 tablespoonfuls butter (omit if desired)
- 1/8 teaspoonful pepper

Mix ingredients in the order given in a double boiler top. Add milk and stir over hot water until thick and smooth. Serve on toast or crisp crackers.

CHEESE RAMEQUINS

- 4 Tablespoons grated cheese
- 2 tablespoons butter
- 1/2 cup milk
- 2 egg yolks, 3 egg whites
- 1/2 cup bread crumbs
- 1/4 teaspoon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Cook the milk and bread together until smooth, stirring often. Add cheese and butter, and remove from the fire. As soon as the butter has melted stir in the beaten yolks of eggs and seasonings. Let cool a little before adding the stiffly beaten whites. Bake in buttered ramequins for twenty minutes in a moderate oven. Serve at once.

BAKED CHEESE

- Buttered bread
- 1 1/2 cupfuls diced cheese
- 1 egg
- 3/4 cupful milk
- Salt, pepper, and paprika to taste

Butter a fire-proof baking-dish and line it with the buttered bread, laying whole slices on the bottom, cut-



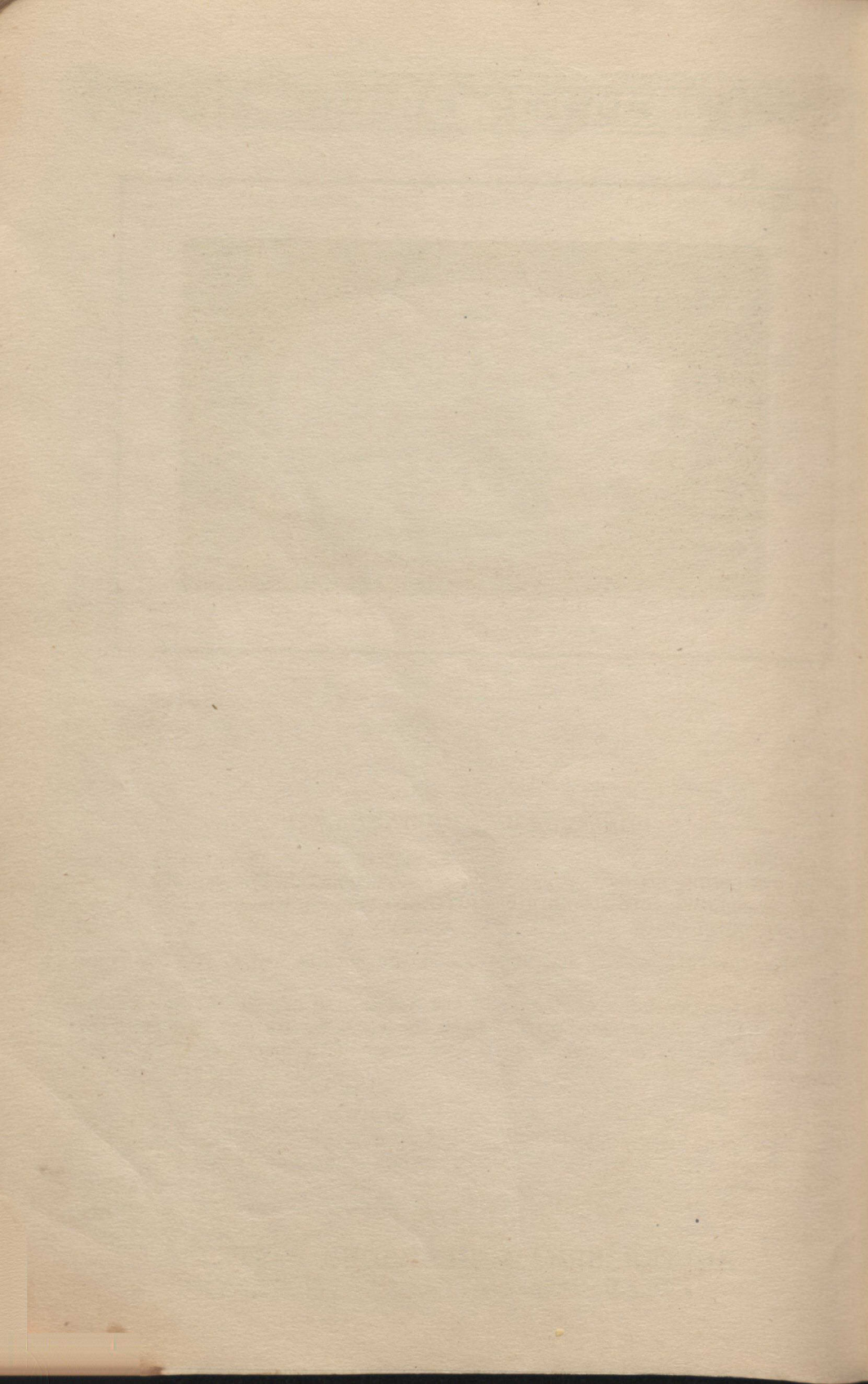
PURITY LEMON MERINGUE PIE

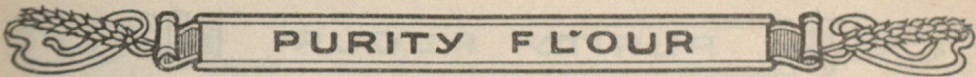
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| 1 Cupful sugar | 2 egg yolks |
| 1 cupful boiling water | 4 tablespoonfuls lemon juice |
| 3 tablespoonfuls corn starch | Grated rind $\frac{1}{4}$ lemon |
| 1 teaspoonful butter | Pastry |

Mix the corn starch and sugar; add the boiling water, stirring constantly.

Cook for two minutes, then add the butter, the egg yolks, and lemon rind and juice. Stir constantly. Bake the crust separately, and pour in the filling which has been cooled, and cover with meringue. Bake as directed.

BETTER BREAD—DELICIOUS PASTRY





ting small pieces to fill in around these, and standing long strips of bread around the sides. Put in the cheese; beat the egg and add to it the milk and the seasoning, the amount of which depends on the strength of the cheese; pour this mixture over the cheese and bake in a moderate oven till the cheese is melted and the dish is brown. As it is better to entirely cover the cheese

with the milk mixture, a bowl or casserole with sloping sides is the best to use. More milk can be added if a very moist dish is desired.

BAKED BANANAS

Select nice, large bananas. Remove half of the skin, on one side only, sprinkle with cinnamon and a very little sugar. Bake twenty minutes.

* * * PIES

GENERAL DIRECTIONS FOR BERRY PIES

3 Cupfuls blackberries, raspberries, huckleberries, blueberries, or loganberries

From $\frac{3}{4}$ to 1 cupful sugar

2 tablespoonfuls butter

$\frac{1}{4}$ teaspoonful desired spices

2 tablespoonfuls dry bread or cracker crumbs

Pastry

Line a pie plate with the pastry, sprinkling over half the crumbs, dot with part of the butter and spread on half the sugar. Then fill the plate with the berries and sprinkle over the remaining butter. Put on the top crust and finish according to general directions. Cinnamon is delicious with raspberries, and nutmeg with blueberries; ginger or nutmeg with huckleberries, blueberries and blackberries.

APPLE PIE

4 or 5 tart apples

$\frac{2}{3}$ cupful sugar

$\frac{1}{4}$ teaspoonful grated nutmeg

$\frac{1}{8}$ teaspoonful salt

1 teaspoonful butter

1 teaspoonful lemon juice

Pastry

Line a pie plate with pastry. Pare, core and cut the apples into eighths, or thin slices, and arrange evenly in the plate. Mix the sugar and flavorings together and sprinkle over the apples. Dot with the butter and finish according to general directions for baking pie.

RAISIN AND RHUBARB PIE

1 Cup rhubarb

1 cup raisins

1 cup sugar

2 tablespoonfuls lemon juice

Rind of 1 lemon

1 egg

Chop finely peeled rhubarb and seeded raisins; add sugar, juice and grated rind of lemon, and well beaten egg. Bake in two crusts.

ORANGE PIE

1 Large orange (juice and rind)

1 cup sugar

Yolks 3 eggs

2 tablespoons cornstarch

2 cups milk (or 1 cup milk, 1 cup water)

Mix sugar and cornstarch, add milk, yolks of eggs, rind and juice of orange. Put in unbaked crust and bake in slow oven. Cover with meringue made of whites of eggs. This is enough for two pies.

BETTER BREAD—DELICIOUS PASTRY

CREAM PIES

- 1 Pint milk
- 2 eggs
- 1 tablespoon butter
- 1 cup sugar
- 1/2 cup Purity Flour

Put milk on to boil. Mix sugar and Purity Flour together, then add beaten eggs, stir all into the milk just as it reaches the boiling point. Add butter and stir till the mixture thickens. Flavor with vanilla. This will fill two pie shells.

CARAMEL PIE

- 1 Cup brown sugar
- 1 cup milk
- 2 tablespoons butter
- 4 tablespoons sugar
- 2 tablespoons cornstarch
- 4 tablespoons milk
- 2 eggs

Mix sugar and milk, boil for five minutes. Mix cornstarch and 1 cup milk and add to first mixture and cook until thick. Add yolks of eggs well beaten and cook for about a minute. Put mixture into crust, and beat whites of eggs with two tablespoons of sugar and a few drops vanilla. Put on top; brown lightly.

COCOANUT CUSTARD PIE

- 2 Cupfuls milk
 - 3 eggs
 - 1/4 cupful sugar
 - 3 tablespoonfuls powdered sugar
 - 1 teaspoonful melted butter
 - 4 tablespoonfuls shredded cocoanut
 - 1/2 teaspoonful vanilla
- Pastry

Separate the eggs; beat the yolks with the sugar, butter and vanilla, and add the milk and cocoanut. Line a deep pie plate with pastry; pour in the mixture and bake as directed.

When almost done, pile on the top a meringue made of the egg whites and powdered sugar, and bake ten minutes longer in a very slow oven.

MINCE PIE, PLAIN

Four pounds lean beef from neck, cook in a little water for 3 1/2 hours. Remove gristle and bone and when cold chop fine. Reduce liquor to 1 pint and add to chopped meat. Combine with it the following: 1 1/2 pounds suet chopped fine, 4 teaspoons salt, 2 pounds sugar, 2 pounds raisins, 1 pound currants, 1/2 pound citron shredded, 3 oranges and 3 lemons, juice and grated rind; 4 teaspoons cinnamon, 2 teaspoons mace, 1 teaspoon clove, 1 quart boiled cider, 5 quarts chopped apple. Cook together thirty minutes, seal in Mason jars and keep in a cool place. This rule makes 8 quarts of mince.

MINCE PIE, PLAIN

Two cups chopped beef, 4 cups sugar, 1 nutmeg, 2 cups boiled cider, 2 lemons, rind and juice, or a sour orange, 4 teaspoons salt, 4 teaspoons cinnamon, 4 cups of chopped fruit (raisins, citron, currants), 1 teaspoon cloves, 1 cup suet, finely chopped. Mix and scald, pack down in jars and pour a little brandy on top. When used add 6 cups chopped apple and stoned raisins, *ad lib.*

MINCE PIE, RICHER

One pound fresh beef, 1 pound tongue, 1/2 pound salt pork (scalded) chopped very fine, 1 pound large raisins, seeded, 1 pound Sultana raisins, 1 pound currants, 3/4 pounds "A" sugar, 3/4 pounds granulated sugar caramel, 1 pint of rich stock, 1 pint of boiled cider, fruit juice or soft jelly, simmer till well blended.

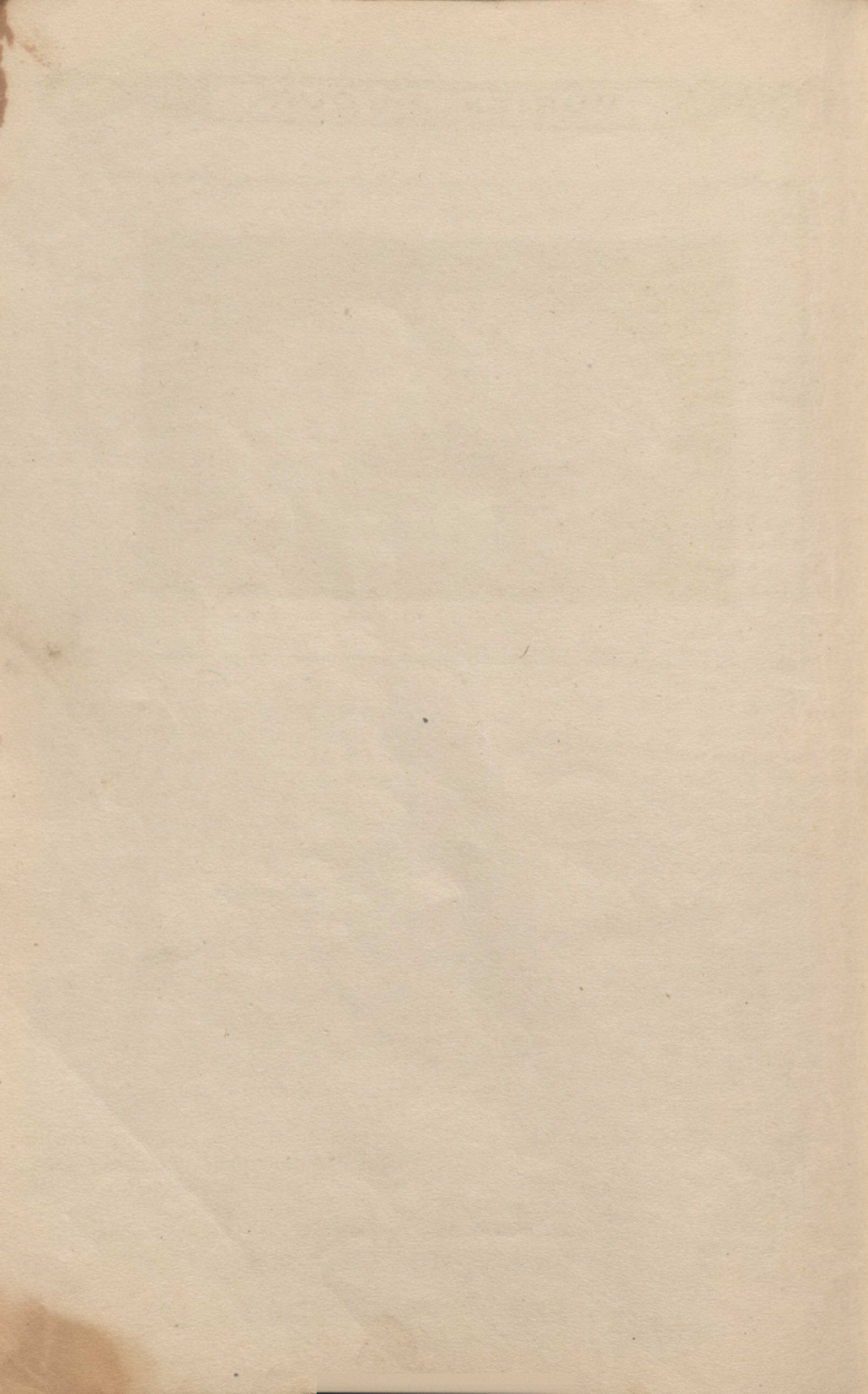


PURITY RAISIN PIE

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| 1 Cup seeded raisins | Juice of $\frac{1}{2}$ lemon |
| 1 cup boiling water | 1 cup sugar |
| 2 level tablespoons Purity Flour | 2 eggs |
| | $\frac{1}{4}$ teaspoon salt |

Cook raisins in the water until tender. Mix Purity Flour with half of the sugar and stir into the raisins; continue to stir until the mixture thickens. Beat the eggs, add rest of sugar, the salt and lemon; add to fruit mixture, let cool a little, then bake between two crusts.

BETTER BREAD—DELICIOUS PASTRY



PURITY FLOUR

Add 1 tablespoon salt, 2 teaspoons cinnamon, 1 teaspoon allspice, 1 teaspoon clove, 1 teaspoon mace, 1 teaspoon nutmeg, $\frac{1}{2}$ pound citron, shredded. Cool and taste; add more seasoning if liked. Pack in glass jars, pouring 2 tablespoons brandy on the top of each. When ready to use, add $2\frac{1}{2}$ cups of chopped raw apples to each cup of the mince; partly cook and put into the pies hot, adding lemon, (grated rind and juice) and rose water, if liked.

CREAMED APPLE TART

3 Cups sliced apples
 $\frac{3}{4}$ cup brown sugar
 Grated rind of half a lemon
 Juice of half a lemon
 2 cups boiled custard
 Once the rule for plain paste

Line a small, deep pudding dish with pastry, add the apples, sugar and lemon, cover with the upper paste and bake for forty minutes. When done lift the crust and pour in the boiled custard. Return the cover and serve ice cold. Whipped cream may be used for filling. In this case heap it high and do not put on the cover again.

PUMPKIN PIE

2 Cupfuls steamed sifted pumpkin
 $\frac{1}{2}$ cupful sugar
 2 eggs slightly beaten
 $\frac{1}{4}$ teaspoonful salt
 $1\frac{1}{4}$ cupfuls milk
 $\frac{1}{4}$ cupful barbadoes molasses
 2 tablespoonfuls melted butter
 $\frac{1}{2}$ teaspoonful ginger
 1 teaspoonful cinnamon
 Pastry

Mix the ingredients in the order given; line a plate with pastry, pour in the mixture, and bake according to the general directions.

CHOCOLATE PIE

1 Cup milk
 2 tablespoons grated chocolate
 $\frac{3}{4}$ cup sugar
 Yolks of 2 eggs
 2 tablespoons cornstarch

METHOD:—Heat chocolate and milk together, mix cornstarch and a little cold milk; add to hot mixture. Add sugar and yolks of eggs beaten to a cream. Flavour with vanilla, put in shell and cover with meringue. Then brown in a moderate oven.

CUSTARD PIE

3 Eggs
 $\frac{1}{2}$ cupful sugar
 $\frac{1}{4}$ teaspoonful salt
 2 cupfuls milk
 Grating nutmeg
 Pastry

Beat the sugar and eggs together, salt and spice, and then pour in the milk, which should not be heated. In the meantime, line a pie plate with pastry, pour in the custard mixture, grate over a little nutmeg and bake according to general directions. A half teaspoonful of vanilla may be substituted for the nutmeg, if desired.

PLAIN RHUBARB PIE

$1\frac{1}{2}$ Cupfuls unpeeled rhubarb cut in dice
 $1\frac{1}{2}$ cupfuls sugar
 1 egg
 Fine cracker or bread-crumbs
 $1\frac{1}{2}$ tablespoonfuls butter
 Pastry

Sprinkle the lower crust, as with crumbs. Beat the egg, add the sugar and rhubarb, and spread over the lower crust. Put on the top crust and finish according to general directions.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

PRUNE PIE

- 1/2 Pound prunes
- 1/2 cup sugar (scant)
- 1 tablespoon Purity Flour
- 1 tablespoon lemon juice
- 1 1/2 teaspoons butter

Wash prunes and soak in cold water to cover. Cook in this water until soft. Remove stones, cut in quarters, and add sugar and lemon juice. Boil down prune water to 1 1/2 tablespoons. Put prunes in unbaked crust, add liquid, dot over with butter and dredge with Purity Flour. Put on upper crust and bake.

PINEAPPLE SPONGE PIE

- 1 1/4 Cupfuls canned shredded pineapple
- 3/4 cupful sugar
- 1 tablespoonful melted butter
- 2 eggs separated

Pastry

Beat the egg yolks and sugar together, and add to the pineapple with a grating of lemon rind, if desired. Fold in the egg whites, beaten stiff; pour into a plate lined with pastry, and bake according to general directions.



POTATOES

POTATOES TO BOIL IN THE SKIN

Choose good sound potatoes of equal size. Wash and brush them in cold water until perfectly clean, then put them into a saucepan with boiling water to cover them and salt in the proportion of one dessertspoonful to a quart of water. Put the lid on the pan and bring the potatoes quickly to the boil, then simmer more slowly until they can be pierced fairly easily with a fork or skewer. They will require from 20 to 30 minutes. Now strain off every drop of water, cover the potatoes with a folded cloth or piece of crumpled paper and let them stand by the side of the fire for a few minutes. Shake the pan occasionally until the potatoes are dry and mealy. Then take them up, peel them quickly and serve in a hot vegetable dish, or if preferred serve them in their jackets, placing them in a hot folded serviette.

NOTE:—The potatoes must be quite sound and free from decay to cook in this way, otherwise it is safer to peel them.

Time to cook, about 1/2 hour.

STUFFED POTATOES

- 6 Medium sized potatoes
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup hot milk

Wash the potatoes but do not cut. Bake from forty to forty-five minutes. When done, lay the potatoes on the sides, with a sharp knife cut a thin slice from each; scrape out the potato pass through a ricer or mash, mix with seasonings and beat until very light of egg and brown in a very light. Pack lightly into the potato shells, brush with a little white of egg and brown in a quick oven. Serve each with a tiny sprig of parsley on top.

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

BROWNE D POTATOES TO ROAST

Potatoes
Dripping

A little Purity Flour Salt

Wash and peel the required number of potatoes. Put them into a saucepan with boiling water to cover them and add a little salt. Allow them to boil for 10 minutes, and then drain. Dredge the potatoes with a little fine Purity Flour and put them in a baking tin with some good melted dripping. Cook them in a moderate oven until they are nicely browned and cooked through. They should be turned over occasionally during the cooking. Drain them from the dripping and sprinkle with a little fine salt before serving.

NOTE:—If a joint of meat is being roasted the potatoes may be cooked in the same tin, putting them in the required time before the meat will be ready.

Time o cook, 30 to 40 minutes.

STUFFED SWEET POTATOES

Sweet potatoes
Sausage meat
Hot water

Pare the potatoes, cut them in halves lengthwise and scoop out the centers. Refill with sausage meat, and place together fastening with a bit of string or a toothpick. Place in a casserole or covered baking-dish with a little hot water and bake from an hour and a half to two hours in a moderate oven.

SCALLOPED POTATOES

Slice thin six good sized potatoes, place in baking dish in layers covering each layer with a sprinkling of Purity Flour, a few pieces of butter and salt and pepper to taste, fill the dish with milk, grate a little cheese over the top and bake slowly for one hour.

POTATO PUFF

2 Cups hot mashed potatoes
2 tablespoons butter
2 well-beaten eggs
 $\frac{1}{2}$ cup milk

Salt and pepper to taste

Put into deep buttered baking dish and bake about 20 minutes in hot oven.

POTATO FRENCH FRIED

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, blocks, strips, balls or any fancy shape, and dry them on a towel. Drop quickly into hot fat, hot enough to brown them by the time they come to the surface. They are done when they float. Drain on soft paper, sprinkle with salt and serve hot.

POTATO CROQUETTES

2 Cups hot diced potatoes
2 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon celery salt
Few grains cayenne
Few drops onion juice
Yolk 1 egg

1 teaspoon finely chopped parsley

METHOD:—Mix ingredients in order given, and beat thoroughly. Shape, dip in crumbs, egg and crumbs again. Fry one minute in deep fat and drain on brown paper.

POTATO BORDER

$\frac{1}{2}$ lb. cooked potatoes
1 oz. butter—a little salt
1 yolk of egg and
1 or 2 tablespoons milk

Melt the butter in a saucepan, add the potato sieved, and the other ingredients. Be careful not to make the mixture too moist, and work all together over the fire until it ceases to stick to the spoon. Then flour a board, turn the potato on to it, and roll into a straight even roll. Ar-

BETTER BREAD—DELICIOUS PASTRY

PURITY FLOUR

range it in a circle on a flat dish, flute or mark the outside by pressing the back of a fork or the handle of a knife against it, and use it for mounting quenelles, cutlets, and other entrees. If preferred, a straight band of potato may be arranged on the dish instead of the circle. Or again, the border may be placed near the rim of the dish, brushed over with beaten egg, browned in the oven and then the centre filled with a ragout, scalloped fish, curry, etc.

POTATO PUREE

1/2 lb. cooked potatoes
 1 oz. butter
 A pinch of nutmeg
 3 or 4 tablespoons of hot milk
 White pepper, salt

The potatoes used must be dry and mealy. Sieve them or put them through vegetable presser. Heat the milk with the butter in a saucepan, add the sieved potato and beat them together until white and light, season to taste with pepper, salt, and a pinch of nutmeg. The puree should be of the consistency of thick cream. Cream or stock may be used instead of milk, or a little whipped cream may be stirred in lightly at the last. Finely chopped parsley may be added if liked. Serve the puree in a hot vegetable dish.

NEW POTATOES, TO BOIL OR STEAM

1 lb. new potatoes
 Boiling water
 Salt
 1 teaspoon chooped parsley
 A spray of mint
 1 oz. butter

New potatoes should be cooked as soon as possible after they are taken from the ground. Wash them well and rub or scrape off the skins. Put them into a saucepan with boiling water to cover them, a little salt and

a spray of mint. Allow them to cook gently from 15 to 20 minutes, or until they are nearly tender. Then drain off every drop of water and lift out the mint. Shake the potatoes over the fire for a few minutes to dry them, then add the butter and let them cook a few minutes longer. Sprinkle the parsley over at the last and serve very hot.

Time to cook, 20 to 25 minutes.

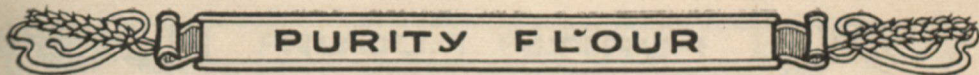
POTATO BALLS

1/2 lb. cooked potatoes
 1 oz. butter or dripping
 Salt, pepper
 1 yolk of egg
 A little Purity Flour
 Egg and bread-crumbs

Rub the potatoes through a wire sieve, or press them through a vegetable presser. Melt the butter or dripping in a saucepan, and put the sieved potato into it. Season with white pepper and salt and add one yolk of egg, or half a whole egg well beaten (the other half may be used for egging and bread-crumbing). Mix all well together, and turn the mixture on to a plate to cool. Then flour the hands slightly and roll the mixture into small balls of equal size and free from cracks. Egg and bread-crumbs these balls, and fry them until nicely browned in boiling fat. Do not put too many into the fat at one time, or they will cool down the fat so much that it will go into them and cause them to burst. After frying, drain well on kitchen paper, and serve on a hot dish with a dish paper under them, and garnish with parsley.

NOTE:—This mixture may be made into different shapes, such as cutlets, cones, small rolls, etc. A little chopped parsley, chopped ham or tongue or grated cheese may be added to the mixture. Sufficient for 3 or 4 persons.

BETTER BREAD—DELICIOUS PASTRY



PURITY FLOUR

SOUPS

Soups should be considered an important dish in every household. If properly made they are easily digested by both old and young. Soups are divided into two classes:

SOUPS WITH MEAT STOCK

Chiefly used as a stimulant and to give variety to a liquid diet.

SOUPS WITHOUT MEAT STOCK

There are most nutritious, as they are usually made with milk, flavored with vegetables.

TO CLEAR SOUP

Allow the white and shell of 1 egg for each quart of stock. Break egg, beat slightly with 1 tablespoon cold water, break shell in small pieces and add to the cold stock. Set over the fire, stir constantly until boiling point is reached. Boil 2 minutes, add 2 tablespoons cold water, set back on stove and simmer 20 minutes, skim, strain through double thickness of white cheesecloth placed between 2 fine sieves. This is now ready to serve as clear soup, simply heating to the boiling point. If you wish to season soup more highly, add seasoning to stock before clearing.

FOR COLORING SOUPS

For brown soup, burnt sugar is used (see Caramel in Sauces). For green soup, leaves of green spinach, parsley or celery with the juice squeezed out and put into the soup for a few minutes before serving. To color soup red, use the juice of tomatoes or red vegetable coloring. To give an amber color use grated carrot, boil it for $\frac{3}{4}$ of an hour in the soup. For white soup, use white vegetables and chicken, veal or lamb. A delicious flavor is obtained by put-

ting into beef soup a whole onion with a dozen white cloves stuck into it. Peel the onion, but do not trim off the top, so the layers will not break apart in boiling. Strain out before serving.

SOUPS MADE WITH MEAT STOCK

PLAIN BROWN SOUP STOCK

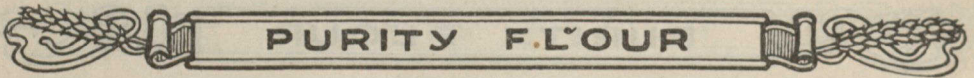
- 6 Pounds shin of beef
- 4 quarts cold water
- $\frac{1}{2}$ cup each, cut in cubes:—Carrot
Onion, Turnip, Celery
- $\frac{1}{2}$ bay leaf
- 6 peppercorns
- 4 cloves
- 2 sprigs parsley
- 1 tablespoon salt

Wipe beef with wet cloth and cut in inch cubes. Brown $\frac{1}{3}$ of this in marrow from the marrow-bone. Put this with remaining $\frac{2}{3}$ of meat, with bone and fat, into kettle. Add salt and cold water. Let stand at least 1 hour. Then heat very slowly to boiling point. Reduce temperature, cover and let simmer for 6 or 7 hours. Add vegetables and seasonings the last hour of cooking. Strain and cool quickly.

BOULLION

For receptions or other large parties. It is simply beef tea on a large scale and should be prepared like a plain soup stock, allowing 1 pound of meat and bone to each pint of water. Season with pepper, salt, celery and onion if liked. It is best made the day before it is served. Set on ice over-night. Remove every atom of grease, strain and clear according to the directions given, and serve hot or iced.

BETTER BREAD—DELICIOUS PASTRY



CONSOMME

- 3 Pounds beef, lower part of round
- 1 pound of marrow bone
- 3 pounds knuckle of veal
- 3 quarts water
- ¼ cup each, cut in dice:—Carrot, turnip, celery, onion
- 1 tablespoon salt
- 6 peppercorns
- 3 cloves
- 2 sprigs thyme
- 2 sprigs parsley
- ½ bay leaf

Cut the beef in 1-inch cubes and brown ½ of this in fat from the marrow-bone. Put remaining ½ in kettle with cold water and salt, add veal cut in pieces, browned meat and bones. Let stand 1 hour. Heat slowly to the boiling point, let simmer 6 hours, removing scum as it forms on surface. Scald the vegetables and add the seasonings the last hour of cooking. Strain, cool quickly, remove fat, and clear.

BEEF PUREE

- 1 Pint beef broth
- 1 tablespoon sago
- 1 egg yolk
- 2 ounces raw beef

Soak sago ½ hour in enough water to cover, stir into hot broth and cook until soft, add egg yolk mixed with a little broth and the beef, free from fat, and reduce to a pulp. Cook 3 minutes.

WINTER JULIENNE

- 1 Quart brown stock
- 1 pint mixed vegetables:—celery, turnip, carrot, onion, cabbage
- ½ teaspoon salt
- ½ saltspoon peppercorns

Cut celery and turnip into dice. Cut carrot into match-shaped pieces, slice onion. Cabbage should be coarsely chopped. Cook the vege-

tables in boiling salted water until tender. Drain them and add to the soup a few minutes before serving. A richer soup may be had by retaining the vegetable stock.

SUMER JULIENNE

To 1 quart Consomme add ½ cup each cooked peas, string beans, asparagus tips, and onion cut in rings, salt and pepper if needed. Heat to boiling point and serve.

LEFT OVER SOUP

- ½ teaspoon celery seed
- 1 tablespoon salt
- 1 clove
- 4 peppercorns

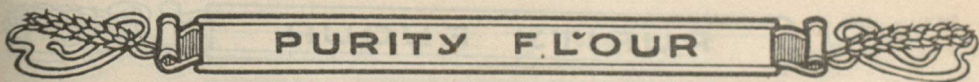
Use bones and trimmings from roast beef, beefsteak bones and trimmings, mutton-chop bones, any cold vegetables except squash, cold cooked eggs, crusts of bread and gravies, if any. For 6 pounds of meat use 4 quarts of cold water, add seasonings and let simmer 6 to 8 hours, until the meat is in rags and the water reduced to half. Strain and set away for stock.

CHICKEN SOUP

- 1 to 3 pounds fowl
- 2 quarts cold water
- 3 tablespoons cooked rice
- 2 teaspoons salt
- ⅓ teaspoon pepper
- 1 teaspoon minced parsley

Cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones and put them, with the meat and salt water, into the kettle. Place the breast on top of the other meat. Cook 4 hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley.

BETTER BREAD—DELICIOUS PASTRY



SOUPS MADE WITHOUT MEAT STOCK

In soups made without meat the foundation is usually milk, and as the milk should be cooked below the boiling point, a double boiler is essential. In the following recipes, where the expression "Scald the milk" is found, it always means cooked in a double boiler.

FOUNDATION FOR CREAM SOUPS

- 1 Quart milk
- 1 tablespoon butter
- 1 teaspoon chopped onion
- 1 tablespoon Purity Flour
- 1 teaspoon salt
- 1/2 saltspoon white pepper
- 1 speck of cayenne.

Scald the milk with the onion. Melt butter, add Purity Flour and cook until frothy, but be careful not to let the butter brown, add 1 cup of the hot milk slowly and cook together until thickened. Return to the double boiler. Add seasonings. It is now ready to finish in any way.

CREAM OF TOMATO SOUP

- 1/2 Can tomatoes
- 1 quart milk
- 1/8 teaspoon soda
- 1 slice onion
- 3 tablespoons butter
- 3 tablespoons Purity Flour
- 1 teaspoon salt
- 1/8 teaspoon white pepper
- Few grains cayenne

Scald milk with onion, remove onion and thicken milk with Purity Flour cooked in melted butter. Cook tomatoes with sugar 15 minutes, add soda. Rub through puree strainer, add seasonings. Combine mixtures immediately before serving.

CREAM OF CAULIFLOWER SOUP

- 1/2 Cauliflower
- 1 pint chicken or veal stock
- 1 pint milk
- 1/2 cup cream
- 1 tablespoon Purity Flour
- 1/2 teaspoon salt
- Few grains cayenne pepper

Soak cauliflower head down in cold, salt water, 1 hour. Cook Cauliflower in boiling salt water, 25 minutes. Heat stock and milk. Cut off and reserve the flowerlets from the cauliflower. Run the rest through a puree strainer and add to the hot soup. Thicken with Purity Flour cooked in butter. Add seasonings and flowerlets and serve with Imperial Sticks.

BARLEY SOUP

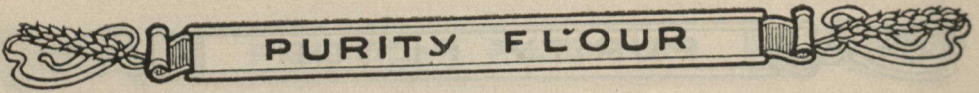
Soak about a pint of barley overnight; next morning boil for about 15 minutes, or until tender, and put the barley into about a quart of chicken broth and heat thoroughly. Serve with little squares of toast or small crackers.

CREAM OF CARROT SOUP

- 2 Cups water
- 2 cups carrot
- 4 slices onion
- 2 cups milk
- 2 tablespoons butter
- 4 tablespoons Purity Flour
- Salt
- Pepper

METHOD:—Cook carrots (cut in small pieces) and onion in water until tender. Press through strainer (there should be 2 cups). Make sauce of butter, Purity Flour, milk and seasonings. Add carrot pulp and serve hot.

BETTER BREAD—DELICIOUS PASTRY



POTATO SOUP

- 1 Quart milk
- 3 potatoes
- 2 slices onion
- 2 tablespoons butter
- 1 tablespoon Purity Flour
- 1/4 teaspoon celery salt or celery stalk
- 1 teaspoon salt
- Few grains pepper
- Few grains cayenne
- 1 teaspoon minced parsley

Cook potatoes in boiling salted water until soft; drain, rub through puree strainer. Scald milk with onion and celery stalk; remove onion and celery and add milk slowly to potatoes, stirring constantly. Melt butter, add dry ingredients, stir until well mixed, then add to hot soup. Add also the minced parsley and cook 1 minute before serving.

CREAM OF CELERY SOUP

Add 1 pint stewed and strained celery to the rule for "Foundation for Cream Soups" (see rule above), and strain slowly the combined mixture over a well-beaten egg, stirring well.

JELLIED CHICKEN BOUILLON

- 5 Cupfuls well-seasoned chicken broth
- 2 tablespoonfuls granulated gelatine
- 1/2 cupful cold water
- Few slices lemon rind

Skim the fat absolutely from the broth and clear it as directed. Add the lemon rind to the broth, and bring grandually to boiling point. Add the gelatine dissolved in the cold water and strain through a cloth wrung out of cold water into a shallow pan rubbed lightly with olive oil. Let stiffen, cut in cubes and serve in bouillon cups.

CREAM OF CRESS SOUP

- 2 Bunches of watercresses, or
- 1 quart chopped cress
- 1/2 tablespoonful minced onion
- 3 tablespoonfuls uncoated rice
- 1 cupful cream or rich milk
- 1/2 teaspoonful salt
- Few grains nutmeg
- 3 tablespoonfuls butter or oleo-margarine
- Few grains pepper
- 1 egg yolk (optional)
- Tips of cress
- 4 cupfuls stock white
- 1/4 teaspoonful Worcestershire sauce
- Whipped cream (optional)

Pick off the tips of the cress for garnishing. Chop the balance, stems and all, fine. Fry the onion in the fat till softened. Add the stock, cress and rice and simmer closely covered until the rice is soft. Rub through a sieve. There should be three cupfuls of soup. Mix together the egg, if used, and the cream, add to the soup, season, reheat and bring slowly to boiling point, stirring constantly. Do not let it boil. Serve at once.

FISH BISQUE

- 2 Cupfuls cooked white fish (any kind) minced fine
- 1 tablespoonful butter or bacon drippings
- 1 tablespoonful Worcestershire sauce
- 1 pint hot milk
- 1/2 teaspoonful salt
- 1 teaspoonful chopped parsley
- 1 quart chicken stock
- 1 tablespoonful Purity Flour
- 1/2 cupful cracker or fine dry bread crumbs

Make a sauce of the butter, Purity Flour, milk and seasonings; add the fish and crumbs; combine with the stock, boil up once and serve.

BETTER BREAD—DELICIOUS PASTRY

DELICIOUS FISH CHOWDER

- 1 Pound haddock, cod or halibut
- 4 medium-sized potatoes
- 3 slices fat salt pork, diced
- 3 medium-sized onions
- 1/4 teaspoonful sugar
- About 3/4 cupful cracker-crumbs
- 1 quart milk
- Salt and pepper to taste
- 1/4 teaspoonful curry powder

Slice the potatoes and put them on to boil in a quart of water. Then mash them and return to the water in which they were boiled. In the meantime try out the salt pork, add the onions, and cook them slowly in the fat till thoroughly done. Add to the potatoes. Turn in the fish cut in dice, add the sugar, curry, and milk. Cook gently for thirty minutes; thicken as desired with the cracker or dry bread-crumbs, the exact amount depending on the fineness of the crumbs. Season with salt and pepper to taste.

WHITE BEAN SOUP

- 1 Cupful white pea beans
- 1 quart any meat stock
- 1 onion diced
- 1/2 carrot diced
- Bit bay leaf
- Salt and pepper
- 4 tablespoonfuls Purity Flour
- 2 tablespoonfuls butter, bacon, ham or sausage fat

Soak the beans over night, then rinse and boil up quickly in water containing a little soda. Rinse again, and stew slowly till soft in 2 quarts of water, adding 1 teaspoonful salt and a bay leaf, the onion and the carrot. Sift through a coarse sieve into the meat stock, re-heat, thicken with the Purity Flour and fat rubbed together, season more highly if necessary, and serve with croutons or hot crackers.

BREAD SOUP

- 2 quarts of stock broth, or pot-liquid
- 1 lb. of breadcrusts
- Salt and pepper

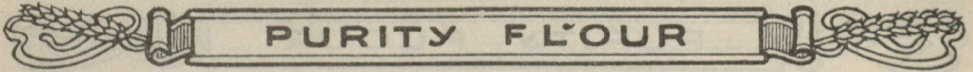
Break the bread into small pieces, and place them in a basin. Boil up the stock, pour sufficient over the bread to cover it, let it remain closely covered until the bread is quite soft, then beat out the lumps with a fork. Add the bread thus prepared to the remainder of the stock, boil up, simmer gently for about 10 or 15 minutes, then season to taste, and serve at once.

Time—About 1 hour.

OX-TAIL SOUP

- 1 Ox-tail,
- 2 quarts of second stock or water
- 2 onions
- 2 carrots
- 1 turnip
- 2 strips of celery
- 2 oz. of butter or good dripping (cut in dice or cubes)
- a bouquet-garni (parsley, thyme, bay-leaf)
- 12 peppercorns
- 2 cloves
- Salt
- 1 glass of sherry (optional)
- 1 tablespoonful of Purity corn-flour

Cut the tail into small joints, put it into a stewpan, cover with cold water, boil up and strain. Dry the pieces of ox-tail, roll them in Purity Flour, put them with the ham and sliced vegetables and butter or dripping into the stewpan, and fry until brown. Then add the stock, herbs, peppercorns, cloves, and salt, boil and skim well. Put on the lid and cook very gently for about 4 hours. Strain, remove the fat, return to the stewpan, and when the soup boils



add the sherry, if used, and Purity corn-flour smoothly mixed together, stir and cook for a few minutes. Serve the smaller pieces of the tail in the soup, and the remainder may be re-heated in a good brown sauce, as an entree.

Time—from 5½ to 6 hours.

IMPROVED OYSTER STEW

- 24 Oysters
- Oyster liquor
- 1½ teaspoonfuls salt
- ⅛ teaspoonful white pepper
- 1 tablespoonful finely chopped green pepper
- 3 cupfuls milk
- 4 tablespoonfuls Purity Flour
- 2 tablespoonfuls butter

Strain liquor carefully and cook oysters in it until the edges begin to curl. Make white sauce by melting

the butter, add Purity Flour and salt. Cook till bubbling and add milk gradually. Then add to oysters and liquor. Add white pepper and chopped green pepper last and serve at once.

BAKED BEAN SOUP

- 2 Cupfuls cold baked beans
- ½ Can tomatoes
- 1 onion, sliced
- 5 cupfuls stock or water
- ½ tablespoonful sugar
- 3 tablespoonfuls Purity Flour
- 2 tablespoonfuls butter or beef drippings

Put the beans, tomato, onion and water together, and simmer until soft. Thicken with the Purity Flour and fat creamed together, rub all through a sieve, add the sugar, season to taste and serve with croutons.



VEGETABLES

Not Including Potatoes

TIME TABLE FOR COOKING VEGETABLES IN WATER

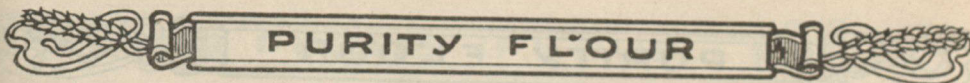
Asparagus	20—30 m.
Beans, Lima	1 h. or more
Beans, String	45 m. to 1 hr.
Beets (old)	3 hrs. to 4 hrs.
Beets (young)	30—45 m.
Cabbage	45—60 m.
Carrots	35—45 m.
Cauliflower	20—30 m.
Celery	30—40 m.
Corn (green)	10—15 m.
Macaroni	30—45 m.
Onions	45—60 m.
Parsnips	30—60 m.
Peas (green)	30—45 m.
Potatoes	25—30 m.

Rice	20—30 m.
Spinach	30—45 m.
Tomatoes	30—60 m.
Turnips	45—60 m.

SAUCE FOR VEGETABLES

- 1 tablespoon butter
 - 2 tablespoons Purity Flour
 - ½ teaspoon salt
 - Pepper
 - ½ cup vegetable stock and
 - ½ cup milk
 - or 1 cup milk
- Combine butter, Purity Flour, seasonings, and vegetable stock as a white sauce. When Purity Flour is cooked, add milk, and re-heat.

BETTER BREAD—DELICIOUS PASTRY



BOSTON BAKED BEANS

- 2 Pounds white pea-beans
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ pound salt pork
- 2 tablespoons molasses
- Salt and pepper to taste
- Butter size of an egg

METHOD.—Soak beans over night; put on stove with soda and cover well with water. Bring to boil and drain. Put in bean crock with pork, molasses, salt, pepper, butter. See that the jar is well filled with water and bake four hours.

MOTHER'S BAKED BEANS

- 1 Quart Navy beans
- $\frac{1}{2}$ lb. salt pork
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon mustard
- 1 tablespoon molasses

Wash and pick the beans over and soak over night. In the morning drain, cover with cold water; bring slowly to the boiling point and par-boil for half an hour. To test, take up a spoonful and blow on them, if the skin curls back they are done. Drain in colander; place in a two-quart earthen bean pot a layer of the beans, then add the salt pork, which has been previously washed, and gashed across the top; fill the pot up with the beans. Dissolve the seasonings and molasses in a cup of hot water, pour over the beans, then fill the pot with hot water, cover and bake from six to eight hours, renewing the water as it cooks away until nearly done, then let the water cook away.

LIMA BEANS AND MUSHROOMS

- 2 Cups cooked Lima beans
- 2 cups fresh mushrooms
- 1 tablespoon butter
- $\frac{1}{4}$ cup cream
- $\frac{1}{4}$ teaspoon salt

Use beans that have been cooked and seasoned with salt, pepper and butter. Put butter in a sauce-pan, add beans and mushrooms and cream; let simmer for about ten minutes and serve hot. Dried Lima beans should be soaked over night before using, drained and cooked in boiling water until soft. Season with cream and butter.

BEETS

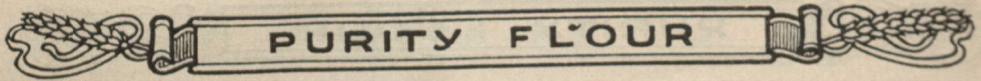
Be sure the beets are young and fresh. Old beets will never cook tender. The time for cooking beets depends on age and freshness. Cut off the tops to within an inch of the tuber; scrub with a vegetable brush, never cut. Cook in boiling water until tender, from one to four hours. When done plunge in cold water to remove the skins. Serve whole or sliced. Season with butter, salt and pepper.

BAKED MACARONI WITH CHEESE

- $\frac{3}{4}$ Cup macaroni, broken in pieces
- 2 qts. boiling water
- 1 tablespoon salt
- 2 tablespoons Purity Flour
- 2 tablespoons butter
- $\frac{1}{2}$ cup grated cheese
- $1\frac{1}{2}$ cups scalded milk
- $\frac{1}{4}$ cup buttered bread crumbs

Cook the macaroni in the boiling water for twenty minutes; drain and blanch with cold water. Make a white sauce of the butter, Purity Flour and milk. Add seasoning to the sauce. Arrange a layer of cooked macaroni in the bottom of a buttered baking dish; sprinkle with the grated cheese, repeat until all the macaroni and cheese are used; pour over the white sauce, cover the top with buttered crumbs and bake for twenty minutes in a hot oven, or long enough to give the top a nice brown.

BETTER BREAD—DELICIOUS PASTRY



MACARONI WITH TOMATO SAUCE

- 3/4 Cup macaroni
- 2 quarts boiling water
- 1 tablespoon salt
- 2 tablespoons butter
- 3 tablespoons Purity Flour
- 1 1/2 cup tomato juice
- 1 slice onion
- 2 slices green pepper

Cook the macaroni in the boiling salted water for twenty minutes, drain and blanch. Brown the butter, add the Purity Flour and seasoning. Cook the tomato juice with slice of onion and green pepper, strain into cooked butter and Purity Flour slowly. Cook until smooth and thick and pour over the macaroni.

BOILED MACARONI

- 3/4 Cup macaroni broken in pieces
- 2 qts. boiling water
- 1 tablespoon salt

Cook the macaroni in water that is boiling hard to prevent the pieces from sticking together. Cook for twenty-five minutes. Drain in strainer and pour over cold water.

SUMMER SQUASH

Wash and pare the squash and cut in thick slices, and boil or steam till tender.

Mashed: Place cheesecloth over colander. Pour the boiled squash into it and press out all the water; remove to stew-pan, stir and beat, seasoning with butter, salt and pepper.

Fried: Wash and pare the squash; slice about a half inch thick, sprinkle with salt and pepper and dredge with Purity Flour, and fry until a nice brown, in half butter and half lard. Cook slowly, with cover over frying pan.

CAULIFLOWER

Trim off outside leaves and lay blossoms in cold salted water. Slugs and other insects will drop out, especially if gently shaken in the water. Tie in a piece of mosquito netting and lay, head up, in boiling salted water and cook gently from twenty to thirty minutes or till very tender. Drain and serve with Hollandaise Sauce or Cream Sauce No. 1. This makes a delicious garnish for fried spring chicken or fried sweet breads.

Cauliflower with Parmesan cheese is made as above, adding a teaspoon of Parmesan cheese to the sauce before it is poured over the cauliflower; sprinkle melted butter over it and bake a few minutes in a hot oven.

ASPARAGUS NO. 1

Wash carefully two bunches green asparagus, cut the ends until the tender part is reached. Arrange in one large bundle and fasten with a broad band of coarse muslin, pinned at each side. Boil gently in salted water until done, about twenty to thirty minutes. Use only enough water to just cover. Let the water cook down toward the last of the cooking. Serve on slices of buttered toast with Hollandaise Sauce.

CREAM ASPARAGUS

- 2 Bunches asparagus
- 1/2 cup cream
- 1/4 teaspoon salt
- Few grains cayenne

Cut the tender parts in bits as long as the stems are thick, and cook in a little water until tender. Toward the last of the cooking let the asparagus cook nearly dry, add the cream and let simmer till reduced to a thick sauce. Add seasonings and serve on toast or in sauce dishes.

BETTER BREAD—DELICIOUS PASTRY

ASPARAGUS WITH EGGS

2 Bunches asparagus
 4 eggs
 2 tablespoons melted butter
 1/4 teaspoon salt
 1/8 teaspoon pepper

Cook the asparagus, cut off the tender tops and lay them on a buttered pie dish, seasoning with salt and pepper and melted butter. Beat the eggs just enough to break the yolks, pour over the asparagus and bake eight minutes in a moderate oven. Serve with slices of boiled ham.

ASPARAGUS OMELET, ITALIAN

1 Cupful cooked asparagus-tips
 4 eggs
 1/2 teaspoonful salt
 1 tablespoonful water
 Few grains pepper
 2 tablespoonfuls grated cheese
 1 tablespoonful butter

Beat the eggs slightly; add the salt, pepper, cheese, and asparagus. Put butter in hot omelet pan; when melted, turn in the mixture. As it slowly cooks, prick and pick up with a fork until the whole is of creamy consistency. Brown quickly underneath; fold and turn on a hot platter.

TURNIPS

Serve turnips plain boiled or mashed and season only with salt and pepper. Serve with boiled bacon, roast pork and mutton. Wash and pare the turnips, cut in slices and cook in boiling salted water for forty-five minutes. When done, drain from water, season with salt, pepper and butter, serve hot; or mash, and to 2 cups of vegetable use 1/2 teaspoon salt, 1/16 teaspoon pepper, 2 table-spoons butter. Turnips may be cut in half inch cubes, boiled and served in White Sauce No. 1.

SPINACH

Pick over carefully while dry, throw a few plants at a time into a large pan of cold water, wash well on both sides to dislodge insects, and pass to another pan. They should have at least three separate waters. Put the spinach into a large kettle without water, set in on the stove where it will cook slowly till the juice is drawn, then cook for thirty minutes, or until tender, drain and chop fine. For half a peck of spinach add 2 tablespoons of butter and one-half teaspoon salt. Re-heat and serve on buttered toast.

SPRING CARROTS

Cut the tops close to the roots. Wash with a brush and scrape; cut in slices lengthwise or crosswise, and cook from thirty-five to forty minutes. Season with salt, pepper and butter, or serve in white sauce.

STEWED CELERY

Cut the coarse pieces of celery and ends of stalks, using the fine leaves also, into inch or less (or less) pieces. Pour over boiling water to nearly cover. Boil until tender, from twenty to thirty minutes. Season to taste with salt and pepper and serve with white sauce.

GREEN PEAS

Shell the peas and wash in cold water; put in boiling hot water, just enough to cover them well and keep from burning; boil thirty or forty minutes till tender; drain and season with salt and pepper and quite a large piece of butter.

PARSNIPS

Boil the parsnips until tender, then slice them and dip the slices in a batter such as you would make for pancakes; fry in hot lard until brown; add pepper and salt to taste.

PURITY FLOUR

EGG PLANT

Pare egg plant (as many as are required), cut in slices about half an inch thick. Soak one hour in cold water, then fry in deep fat till light brown. Season with salt and pepper.

STUFFED PEPPERS

- 6 Medium sized green peppers
- 2 tablespoons butter
- 2 tablespoons Purity Flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon onion juice
- 1 cup rich milk
- $1\frac{1}{2}$ cups cooked veal or chicken (chopped)
- $\frac{1}{2}$ cup buttered crumbs

Cut the tops from the peppers; remove the seeds and tongue. Cut thin slices from the bottom so that they will stand. Make a white sauce of butter, Purity Flour, salt, onion and milk; add the meat and fill the peppers with the mixture cover with buttered crumbs. Place the peppers in a baking pan and cover the bottom with boiling water. Bake in a moderate oven 30 minutes. Onions may be parboiled for 10 min. centres removed and finished as stuffed peppers.

VEGETABLE MARROW, FRIED

- 1 Small vegetable marrow
- Lemon Juice
- Salt
- A little Purity Flour

Choose a young fresh marrow, wash and peel it, keeping it whole. Then cut across in slices about $\frac{1}{2}$ inch in thickness, and with a small cutter stamp out the seeds and soft part from the centres, leaving rings of marrow. But these rings in a plate, sprinkle them with salt and squeeze over a little lemon juice. Cover with another plate and let them stand at least one hour. Then

drain off every drop of water, and lay the pieces of marrow between the folds of a towel to dry. Have ready on the fire a saucepan of boiling fat. Coat a few pieces of marrow at a time with fine Purity Flour, put them into a frying basket and fry in the fat until they are brown and crisp. Drain on paper and proceed with the remainder in the same way. When all are ready, serve them piled up on a hot dish with a dish paper under them and garnish with sliced lemon and a little parsley.

Time to fry, 5 to 7 minutes each lot. Sufficient for 4 or 5 persons.

BRUSSELS SPROUTS WITH BUTTER

- 1 lb. Brussels sprouts
- Salt
- Pepper
- 1 oz. butter

To prepare the sprouts:—First trim them nearly, removing any discoloured leaves and cutting off any unnecessary length of stalk. Make a slit across the stalk of each to allow them to cook more easily, then wash them carefully as they are very apt to harbour insects. Allow them to soak for half an hour in cold water to which a few drops of vinegar have been added, then rinse and drain in a colander.

To cook the sprouts:—Place them in a perforated steamer and steam over boiling water until they can be pierced easily with a fork. They should be tender and delicate without being overcooked. Or, they may be boiled and drained according to directions given for cabbage.

To Finish:—Melt the butter in a saucepan, toss the sprouts in it, sprinkling them with pepper and

BETTER BREAD—DELICIOUS PASTRY

salt, and serve them very hot. Sometimes a little cream is added.

Time to steam, 30 to 40 minutes. Sufficient for 3 or 4 persons.

CABBAGE WITH BUTTER

1 or 2 cabbages
1 or 2 oz. butter
Salt, Pepper

To prepare the cabbage:—Trim them carefully, removing the outside leaves and any discoloured parts. Cut them in halves or quarters according to size and remove the hard piece of stalk from the inside. Then wash in plenty of cold water, soak for ½ hour in cold water, to which a few drops of vinegar have been added to draw out any slugs, and rinse again in fresh cold water.

To cook the Cabbages:—Have ready on the fire a saucepan of boiling water (salted)—1 dessert-spoonful salt to 1 quart of water is the proportion to allow—plunge the cabbage into this and boil quickly with the lid off the pan until the cabbage is tender. Be careful to remove any

scum that may rise. When ready, drain well and press out as much of the water as possible.

If the cabbage is very young it may be steamed. Place the prepared cabbage in a steamer, sprinkle it with a little salt and steam until tender.

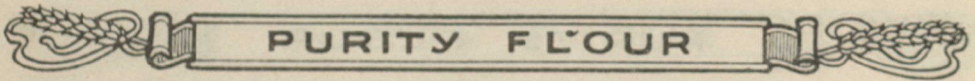
To Finish:—Place the cabbage in a hot vegetable dish and score it across with a knife. Melt the butter in a small saucepan, add a pinch of pepper and more salt if necessary and pour over the hot cabbage. A little grated nutmeg or a squeeze of lemon juice may be sprinkled over the cabbage.

NOTE:—If the strong flavour of a cabbage is objected to, especially in a cabbage that is not young, it should be scalded before cooking. After it is prepared, throw it into a saucepan of boiling water and boil quickly for 10 minutes. Then drain, rinse with cold water, press out the water, and proceed to cook as required.

Time to boil, 20 to 40 minutes. Time to steam, ¾ to 1 hour. Sufficient for 3 or 4 persons.



BETTER BREAD—DELICIOUS PASTRY



Helpful Hints for the Home

When putting new peas on to boil, add a small pinch of baking soda. This helps to keep them a nice green color.

A pinch of cream of tartar added to the boiling syrup for icing keeps it from getting sugary.

For thickening the gravy of chicken stew, or clear soup, try sago. It takes about 20 minutes to cook.

Put a piece of stale bread in cabbage when boiling. This will lessen the disagreeable odour which comes from cabbage.

Make a sauce for asparagus with same water with which it has been cooked.

Put a little alum in pickles when making. This will make the pickles crisp.

All old vegetables cook in cold water. All new vegetables cook in boiling water.

All vegetables grown underground salt after they are cooked. All vegetables grown above ground, salt before they are cooked.

Cranberries and snow apples combine well for jelly.

To make tender, put a little soda in vegetables.

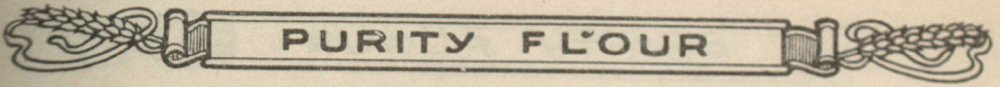
In making jelly, boil juice 20 minutes, heat sugar in oven. Then stir into boiling juice. Boil all together five minutes.

In taking out iron rust, sprinkle lemon juice and salt over spots of rust, then hold over steam. Try spout of kettle for quick service.

Try putting a little alum in jelly which refuses to jell.

When in a hurry use a cup or bottle for rolling crackers into crumbs.

When stewing meats put a perforated pie plate at bottom of pot to keep meat from sticking.



Time Allowance for Cooking

VEGETABLES.

Potates	20 to 30 minutes
Asparagus	15 to 25 "
Peas	15 to 20 "
Beans	30 to 40 "
Spinach	15 to 20 "
Turnips	30 to 45 "
Beets (new)	30 to 40 "
Beets (old)	1 to 2 hours
Cabbage (shredded)	20 minutes
Cauliflower	20 to 30 minutes
Onions (old)	1 to 1½ hours
Onions (new)	30 minutes
Parsnips	30 to 40 minutes
Green Corn	10 to 20 "
Macaroni	30 to 40 "
Rice	20 to 25 "

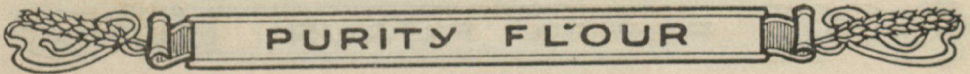
STEAMING

Takes twice as long as boiling.

MEATS

Mutton, per pound	15 minutes
Corned beef, per pound	30 "
Ham, per pound	18 to 20 "
Fowl, per pound	15 "
Cod per pound	15 "
Halibut, per pound	30 "
Bass, per pound	5 "
Small Fish, per pound	10 to 15 "
Lobster	30 to 40 "

BETTER BREAD—DELICIOUS PASTRY



ROASTING

MEATS

Beef, sirloin, rare, per pound	8 to 10	minutes
Beef, sirloin, well done, per pound	12 to 15	"
Beef, rolled, rib or rump, per pound	12 to 15	"
Mutton, well done, per pound	15	"
Lamb, well done, per pound	15	"
Veal, well done per pound	18 to 20	"
Pork, well done, per pound	20	"
Venison, rare, per pound	20	"
Chicken, per pound	15 to 20	"
Goose, per pound	20 to 25	"
Turkey, per pound	15 to 20	"
Duck, per pound	20 to 25	"
Partridge	20 to 25	"

FISH

per pound	15 to 20	minutes
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BREAD AND CAKE

Bread, 18 oz. loaf		1 hour
Rolls	10 to 15	minutes
Graham Gems	20 to 30	"
Biscuits	15 to 20	"
Cake (plain)	20 to 40	"
Cake (sponge)	45 to 60	"
Gingerbread	20 to 30	"
Cookies	10 to 15	"
Pie Crust	15 to 25	"

PUDDINGS

Custard	15 to 20	"
Bread	30	"
Rice, slow oven	1½ to 2	hours

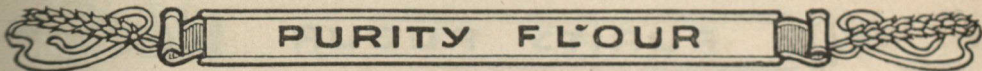
BROILING

Steak, 1½ inches thick	10 to 15	minutes
Chops, 1 inch thick	8	"
Spring chicken	20 to 30	"
Small fish	5 to 10	"

ORDINARY OVEN TESTS

Warm oven—hold hand in centre back of oven count 12—15.
 Moderate oven—hold hand in centre back of oven control 10—12.
 Hot oven—hold hand in centre back of oven count 8—10.
 Very hot oven—hold hand in centre back of oven count 5—8.

BETTER BREAD—DELICIOUS PASTRY



PURITY FLOUR

Weights and Measures.

A system of accurate measurements is recommended to insure uniform results.

The cup in which the liquid is measured, should be used for measuring the flour and other ingredients.

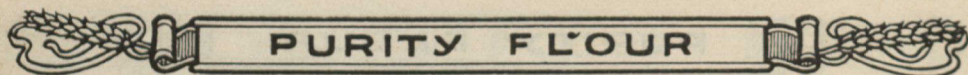
Measure flour after it has been sifted. Not before. All measurements should be level, except where otherwise stated. To measure butter, lard, etc., pack cup or spoon and level with a knife.

Standard tablespoon, teaspoon and half pint measuring cups are used.

TABLE OF MEASURE

A speck	$\frac{1}{4}$ saltspoon.
1 saltspoon	$\frac{1}{3}$ teaspoon.
3 teaspoons	1 tablespoon.
16 tablespoons	1 cup
2 gills	1 cup
1 wineglass	$\frac{1}{3}$ gill.
2 tablespoons butter	1 ounce.
2 tablespoons granulated sugar	1 ounce.
$3\frac{1}{2}$ Cups sifted <i>Purity Flour</i>	1 pound.
2 cups granulated sugar	1 pound.
2 cups butter	1 pound.
2 cups chopped meat (packed)	1 pound.
2 cups rice	1 pound.
1 cup <i>Purity Cornmeal</i>	6 ounces.
1 cup raisins	6 ounces.
1 cup currants	6 ounces.
1 cup stale bread crumbs	2 ounces.
2 cups vinegar	1 pint
$2\frac{3}{4}$ cups of brown sugar	1 pound.
$4\frac{1}{2}$ cups of Graham flour	1 pound.
1 sq. chocolate	1 ounce.
4 tablespoons flour	1 ounce.

BETTER BREAD—DELICIOUS PASTRY



Notes and Your Own Recipes

Honey Buttle

1 cup brown sugar

1 tablespoon water

1 tablespoon honey

put in pan boil without stirring
test in cold water, after its buttle

oatmeal cookies

1 glass oil

1 " sugar

3 " oatmeal

3 eggs

grind oatmeal well.

drop in pan.

PURITY FLOUR

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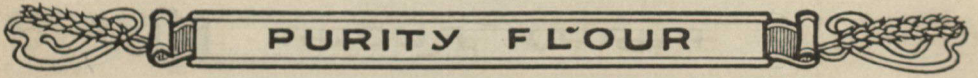
2 Eggs
 1/2 cup Sugar
 1/2 cup oil
 1 cup warm water
 flour is made is it
 we talk

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1000 g...
 walnuts
 cased

1000 g...
 1/2 cup oil
 1000 g...

1 cup sugar
 the rind from lemon
 8 big apples chopped to
 grate the apples on a grater
 to mix apples with jam



BETTER BREAD—DELICIOUS PASTRY