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Recipes

BY
Celebrated Cooks,

The Hamilton Coffee and Spice Co. Limited,
MANUFACTURERS OF
McLAREN'S INVINCIBLE EXTRACTS,
JELLY POWDER, BAKING POWDER, COFFEE, &c.
HAMILTON, ONTARIO.

MCLAREN'S INVINCIBLE

EXTRACTS,

JELLY POWDER,

CREAM TARTAR BAKING POWDER,

COFFEE, SPICES,

OCEAN WAVE BAKING POWDER.



The Hamilton Coffee and Spice Co.

LIMITED,

HAMILTON, CANADA.

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Introduction.



THE HAMILTON COFFEE AND SPICE CO., LIMITED, was established in 1885 with premises in the lane near the Hamilton Post Office. They engaged in the manufacture of Baking Powder, Coffees and Spices. From small beginnings the business steadily increased, until the premises were found much too small for the amount of business done. Another warehouse was rented, but that was also found insufficient, and in 1898 the company decided to build a modern factory on one of the best business streets. The handsome brick building now occupied was shortly afterwards constructed, being 25 and 27 McNab Street South. Every improvement that could be devised was adopted in the machinery and plant in this building, and the superior quality of all the different goods turned out goes to show the excellence of the machinery used. Several years ago the manufacture of jelly powder and flavoring extracts was started, and from the very first the sale of these articles was several times greater than the company anticipated it would be, and the provision made for the manufacture of those articles was found to be entirely inadequate, and it has been with the greatest difficulty that the company has been able to keep up with the demand for those articles. A great deal of time was spent experimenting with the jelly powder, as the company was determined that it would be better in every way than any other manufacture, English, American or Canadian. After about a years' work they succeeded in putting upon the market, McLaren's Invincible Jelly Powder, and the enormous sale of this article has shown that the great care in its production was entirely warranted. The same amount of care is given to every article manufactured, and the result is that the name, McLaren's Invincible, has become a household word all over Canada for superior quality in BAKING POWDER, SPICES, COFFEES, JELLY POWDER and EXTRACTS.

JELLY POWDER.

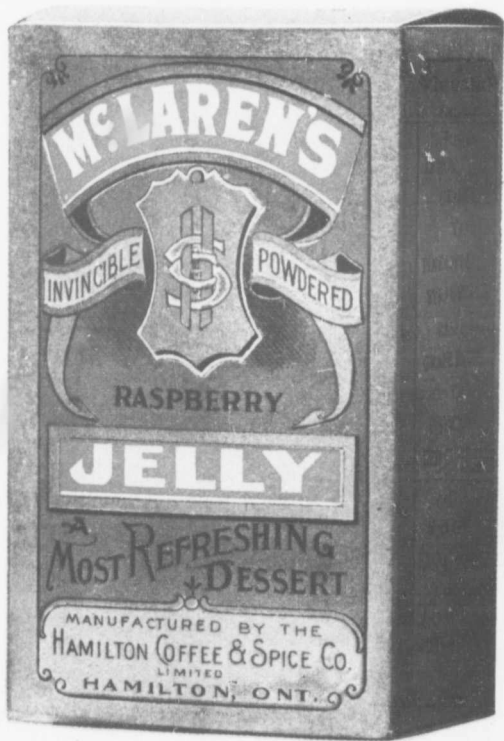
Powdered jelly has now almost entirely displaced the former paste jellies, as it has numerous advantages in the powdered form over the old-fashioned paste jellies. The superiority of McLaren's Manufacture is four-fold, in its color, flavoring power, jelling qualities, and in the quality of gelatine used. A very interesting story might be written about the extensive tours that Miss Goff our principal demonstrator has made. She has visited every large city in Canada, and every place she visited she found a ready demand for the goods, and this demand has ever since been steadily increased.

Hardly a place of any size but has been visited by demonstrators, from Halifax on the Atlantic, to Vancouver and Victoria on the Pacific.

The following are the Flavors .

LEMON	PINEAPPLE	GRAPE-FRUIT
ORANGE	STRAWBERRY	PISTACHIO
VANILLA	RASPBERRY	RED CURRANT
	CHERRY	(nice with meats)

CALFSFOOT, with which use McLaren's Extracts if you wish to flavor your own.



PACKAGE OF McLAREN'S INVINCIBLE JELLY POWDER.

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McLaren's Jelly Powder is very tempting when made simply according to directions on the package, but a few recipes are given here for those who wish a little variety.

JELLY SPONGE.

Mix a package of McLaren's Invincible Jelly Powder, according to directions. When commencing to thicken beat the whites of three eggs to a stiff froth and sweeten to taste. Beat altogether for five minutes and put in a mould to set.

JELLIED FRUITS.

Place part of the liquid jelly in a mould. Put your fruit in it, orange, bananas, prune or any kind. When set, pour balance of cool liquid jelly on. When well set, serve with whipped cream.

CHARLOTTE RUSSE.

Mix a package of lemon, orange or pineapple jelly, according to directions. When partly set, whip up half a pint of cream very stiff and flavor with McLaren's extracts and sugar to taste. When jelly is partly set, put it into the cream and whip up both together for five minutes. Line your dish with macaroons or ladies' fingers and turn jelly and cream into it. When well set, turn out.

FLOATING ISLAND.

Mix a package of any light flavor of McLaren's jelly powder, according to directions, and when cool take the whites of three eggs beaten to a stiff froth. Add half a cup of sugar and flavor with Vanilla. When jelly is cool but not set, put it into the eggs and whip them up for ten minutes together. Put three tablespoonfuls in a glass or cup. This makes twelve.

THIN BOILED CUSTARD.

Take the yolks of three eggs, and flavor and sweeten to taste, and one pint of milk. Put on in a double boiler. When the jelly and eggs are set turn into the custard.

WINE JELLY.

Take a package of any flavor of McLaren's jelly and add a half a pint of boiling water, and when cool, add a half pint of sherry, or any other wine, making a very delicious jelly.

McLaren's extracts have much to recommend them. They are used by the very best grocers in every city and town in Canada. In competition with all other manufactures, after being tested and analyzed thoroughly, they have been chosen twice in succession by a prominent Chicago house for shipment to their branch in Dawson City. Good housekeepers have proved that a judicious blending from finest extracts gives most satisfactory results, and the following blending of McLaren's extract will be found very delicious.

- 1st. Vanilla, 1 teaspoonful, 3 drops rose.
- 2nd. Vanilla and Orange, equal parts.
- 3rd. Lemon and Strawberry, equal parts.
- 4th. Almond, 10 drops, Rose, 10 drops, fill balance of teaspoonful with orange.
- 5th. Pineapple, 10 drops, Rose, 3 drops and Almond, 3 drops.
- 6th. Vanilla, 3 parts, Pistachio, one part.
- 7th. Vanilla, 3 parts, Almond, one part.



BOTTLE OF MCLAREN'S INVINCIBLE EXTRACT.

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8th. Lemon, 1 part, Vanilla, 2 parts, and Pineapple, one part.

9th. Strawberry and Vanilla, each $\frac{1}{2}$ teaspoonful and Rose, 3 drops.

SUMMER DRINK.

2 pounds white sugar, 1 ounce tartaric acid, 1 qt. water. When warm add the whites of 2 eggs well beaten. When cool strain and add a teaspoon of McLaren's lemon.

McLaren's Invincible Pure Cream Tartar Baking Powder.

For a long time there has been a call for a Pure Cream Tartar Baking Powder of first-class quality, and at the same time at a price more moderate than that charged usually for this class of Baking Powder.

We resolved to manufacture a Baking Powder which would be equal in every respect to the high-priced article of the United States makers, and the result of this was McLAREN'S INVINCIBLE PURE CREAM TARTAR BAKING POWDER.

This article has now been on the market about a year, and has proved decidedly successful, having been recommended very highly by celebrated cooks, who now use it regularly.

A number of recipes are here given, in which this Baking Powder should be used, and it will be found that your baking will keep fresh and moist, and free from that bitter taste so much complained of when inferior Baking Powder is used.

A trial will convince you of the merits of McLaren's Invincible Pure Cream Tartar Baking Powder,



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CAN OF McLAREN'S INVINCIBLE PURE CREAM OF TARTAR
BAKING POWDER.

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Tables of Weights and Measures :

4 saltspoonfuls of liquid.....	1 teaspoonful.
4 teaspoonfuls of liquid.....	1 tablespoonful.
3 teaspoonfuls of dry material.....	1 tablespoonful.
4 tablespoonfuls of liquid.....	1 wineglass or $\frac{1}{2}$ gill or $\frac{1}{4}$ cup.
2 gills.....	1 cup or $\frac{1}{2}$ pint.
16 tablespoonfuls of liquid.....	1 cup.
12 tablespoonfuls of dry material ..	1 cup.
8 heaping tablespoonfuls of dry material.	1 cup.
4 cups of liquid.....	1 quart.
4 cups of flour	1 pound or 1 qt.
2 cups of solid butter.....	1 pound.
$\frac{1}{2}$ cup of butter.....	$\frac{1}{4}$ pound.
2 cups of granulated sugar.....	1 pound.
$2\frac{1}{2}$ cups of powdered sugar.....	1 pound.
3 cups of meal.....	1 pound.
1 pint of milk or water.....	1 pound.
1 pint of chopped meat packed solidly.....	1 pound.
9 large eggs, 10 medium eggs.....	1 pound.
1 round tablespoonful of butter.....	1 ounce.
1 heaping tablespoonful of butter.....	2 ozs. or $\frac{1}{4}$ cup.
Butter the size of an egg.....	2 ozs. or $\frac{1}{4}$ cup.
1 heaping tablespoonful of sugar.....	1 ounce.
2 round tablespoonfuls of flour.....	1 ounce.
2 round tablespoonfuls of coffee.....	1 ounce.
2 round tablespoonfuls of powd. sugar.....	1 ounce.
1 tablespoonful of liquid.....	$\frac{1}{2}$ ounce.
1 bottle S. M. wine.....	3 cups or 48 tab- lespoonfuls.
1 bottle brandy.....	$1\frac{1}{2}$ cups or 24 tablespoonfuls.
1 flask of olive oil.....	$1\frac{1}{3}$ cups or 20 tablespoonfuls.

ANGEL CAKE.

An ordinary sized tumbler full of whites of eggs. Put on a platter, add a pinch of salt, beat $1\frac{1}{2}$ glasses of granulated sugar sifted before measuring and then sifted into the eggs. Add McLaren's Almond and Rose, 1 glass flour measured after sifting, fill the glass and settle in, and fill up. Take 1 even teaspoonful of Cream Tartar, sift into the cake, stirring as little as possible, cool oven, and bake nearly 1 hour in a cake tin with funnel, cover with paper.

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LEMON CAKE.

10 eggs, 2 cups sugar, $1\frac{1}{2}$ cups flour, 2 lemons. Beat whites and yolks separately, add to all the yolks and the whites of 7 eggs, the sugar, the rind of 2 lemons and the juice of one.

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POPOVERS.

2 eggs, 1 cup milk, 1 cup flour, pinch of salt. Beat eggs just a little, add milk. Have flour in another basin. Add milk and eggs to flour. Strain through a wire strainer. Have pan and oven hot and bake 15 or 20 minutes.

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ALMOND ICING.

The whites of 4 eggs, 1 lb. icing sugar, 1 lb. sweet almonds, a little McLaren's rose extract. Blanch the almonds and when dry pound them to a paste a few at a time, and moisten with rose water as you go on. When beaten fine and smooth, beat gradually into icing prepared according to the foregoing recipe. Put on very thick and when nearly dry cover with plain icing.

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MARMALADE.

2 bitter oranges, 5 sweet oranges, 2 lemons. Slice all very fine, add 3 quarts cold water. Let it stand 24 hours. In the morning boil for 3 hours and add 5 lbs. granulated sugar half an hour before taking from the fire.

CREAM PUFFS

1 cup water, $\frac{3}{4}$ cup butter. Boil together, and when boiling sift in a cup of flour. Beat to a smooth paste. When cool, stir in 3 eggs not beaten. Bake in a quick oven for 25 minutes. This makes 12 puffs.

SPANISH BUN.

1 cup brown sugar, $\frac{1}{2}$ cup butter, yokes of 3 eggs, 2 teaspoonfuls cinnamon, 1 teaspoonful cloves, 1 teaspoonful soda, $\frac{1}{2}$ cup hot water poured on the soda. Flavor with McLaren's extracts, any flavor that you wish. Flour enough to make stiff. When done add the whites of the eggs and 3 tablespoons of sugar beaten stiff. Return to the oven to brown.

FILLING FOR CARAMEL CAKE

2 cups brown sugar, 1 cup cream, 1 tablespoon butter. Let it boil $\frac{3}{4}$ hour. When nearly cold, add 2 teaspoons vanilla. If you have not cream, milk will do, but add more butter.

CREAM CAKE.

3 eggs, 1 cup sugar; beat these together. 1 cup flour, 3 teaspoons McLaren's Invincible Cream Tartar Baking Powder, a little salt and a little cold water.

CREAM FILLING.

2 eggs, 2 dessert spoons corn starch, 1 pint milk, $\frac{1}{2}$ cup sugar. Boil milk and sugar together and when it comes to a boil, add eggs and milk, also small piece of butter.

MARBLE CAKE.

LIGHT PART.

1 cup of white sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, whites

of 3 eggs, $1\frac{1}{2}$ teaspoons McLaren's Baking Powder (Invincible), 2 cups flour.

DARK PART.

$\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ nutmeg, $1\frac{1}{2}$ teaspoon mixed spice and the yokes of eggs. $1\frac{1}{2}$ teaspoon McLaren's Invincible Baking Powder and 2 cups flour.

WHITE CAKE.

Whites of 3 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 1 cup cocoanut, 1 cup flour, $1\frac{1}{2}$ teaspoon McLaren's Invincible Baking Powder and add McLaren's Vanilla.

COOKIES.

2 eggs, $1\frac{1}{2}$ cups white sugar, 1 cup butter, $\frac{1}{2}$ cup milk, 2 teaspoons McLaren's Invincible Baking Powder, 1 nutmeg, flour enough to roll thin.

STRAWBERRY SHORTCAKE.

2 cups flour, 2 teaspoons McLaren's Invincible Baking Powder, a little sugar and salt, 2 tablespoons butter. Mix together with milk.

GINGER SNAPS.

$\frac{1}{2}$ pound molasses, $\frac{1}{4}$ lb. brown sugar, 1 lb. flour, 1 tablespoon ground ginger. Work $\frac{1}{4}$ of a lb. of butter into a lb. of sifted flour, then mix it with the molasses, brown sugar and ginger, and work it well together, and form into cakes not larger than a crown piece. Place in baking tin in a moderate oven when they will be dry and crisp.

SHORT BREAD.

1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. sugar, pinch of soda.

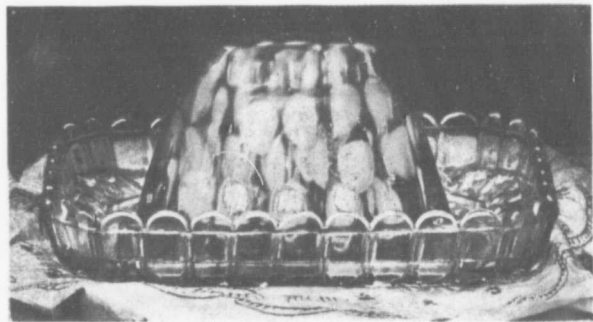
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GINGER BREAD.

2 tablespoons butter, 1 egg, $\frac{3}{4}$ cup brown sugar, ginger, pinch of salt, $\frac{3}{4}$ cup molasses, 1 cup milk, 1 teaspoon soda, flour.

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MOUNTAIN CAKE.

1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, or water and milk, 2 eggs, 2 cups flour, 2 teaspoons McLaren's Invincible Baking Powder, currants and McLaren's flavoring.

WHITE CAKE.

1 cup white sugar, nearly $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 1 teaspoon McLaren's Invincible Baking Powder, whites of 3 eggs well beaten and 1 teaspoon of McLaren's Extract Lemon.

OATMEAL COOKIES.

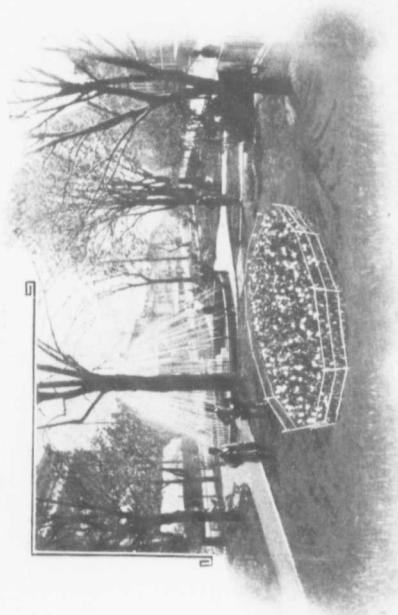
$1\frac{1}{2}$ cups of flour, 1 cup oatmeal, $\frac{1}{2}$ cup sugar, a little salt, not quite a teaspoon of baking soda and a little molasses, $\frac{3}{4}$ cup butter and lard mixed.

WALNUT CAKE.

Cream 4 ounces butter and add 6 ounces of sugar. Cream again. Put in the beaten yokes of 3 eggs, and when well mixed, sift in 7 ounces of flour and a good teaspoon of McLaren's Invincible Baking Powder, and stir the whites beaten stiff. If more moisture is needed, add a little milk and add to this $\frac{1}{2}$ lb. of walnuts roughly chopped. Bake for about 1 hour.

COCOANUT PUFF.

Whites of 3 eggs beaten stiff, 1 cup icing sugar. Beat over steam, 2 cups cocoanut, 1 tablespoon of corn starch, and flavor with McLaren's Vanilla and bake in a cool oven.



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LEMON CAKE.

Cream together $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup of soft butter, add them to the well beaten yolks of 3 eggs, stir them for 5 minutes, then add $\frac{1}{2}$ cup of milk and stir 3 minutes. Gradually stir in $2\frac{1}{2}$ cups flour and $\frac{1}{4}$ teaspoon of Baking Soda, grated rind and juice of $\frac{1}{2}$ a lemon, and lastly the stiffly beaten whites. Bake for over an hour in a slow oven. Plain Lemon Icing.

SUNSHINE CAKE.

Whites of 7 eggs, yolks of 5, $\frac{1}{8}$ teaspoon of Cream of Tartar, $\frac{2}{3}$ cups flour and 1 cup sugar. Put a little salt in whites before beating, beat whites, add Cream Tartar to whites of eggs, when half beaten, mix in sugar, then yolks well beaten, last the flour. A cool oven.

BOILED ICING.

1 cup granulated sugar, $\frac{1}{4}$ cup water, boil till it hairs when it drops from a spoon. Have the whites of eggs beaten and pour syrup slowly upon it, stirring constantly. Flavor to suit taste. Spread on cake.

XMAS FRUIT CAKE.

1 lb. powdered sugar, 1 lb. butter, 1 lb. flour, 12 eggs, 2 lb. currants, 2 lb. raisins, 1 lb. citron peel, $\frac{1}{2}$ lb. almonds, blanched and chopped, $\frac{1}{4}$ ounce ground mace, 1 tablespoon cinnamon, 2 tablespoons nutmeg, 1 teaspoon cloves, 1 bottle McLaren's Extract Lemon and 1 bottle McLaren's Vanilla. Cream the butter and sugar, add the beaten yolks of the eggs, stir well together, add half the flour, spices come next, then the whipped whites of the eggs, stir in alternately with the rest of the flour, then the flavoring, and lastly the fruit. Bake in a moderate oven about 3 hours. Will keep well a year.

ICE CREAM CAKE.

1½ cups sugar, ½ cup butter, a scant half cup milk, whites of 4 eggs, 1 teaspoon McLaren's Vanilla, 2½ cups flour, 2 teaspoons McLaren's Baking powder. Cream butter and sugar, add milk, then eggs, extract, flour and baking powder. Bake in layer cake tins.

FROSTING.

Yokes of 4 eggs and 1 cup icing sugar, 1 teaspoon McLaren's Vanilla Extract. Stir nearly half an hour without heating. Put on while the cake is slightly warm.

LAYER CAKE.

1 cup sugar, yokes of 3 eggs, 3 tablespoons milk, 1 cup flour, 2 teaspoons McLaren's Invincible Baking Powder, 1 teaspoon McLaren's Extract Lemon or Vanilla, whites of eggs, mix in order given. Bake in a quick oven.

DATE CAKE.

1 cup brown sugar, half cup butter, 1 egg, 1 cup sour milk, ½ teaspoon soda and 1 teaspoon McLaren's Invincible Baking Powder, 2 cups flour, 1 teaspoon McLaren's Vanilla, 1 teaspoon mixed spice, 1½ cups dates. This is a very good spice cake, leaving out fruit, or any other fruit besides dates can be used for variety.

WHITE FRUIT CAKE.

¾ cup butter, 1½ cups granulated sugar, 3 eggs, ½ cup milk, 2 cups flour, good measure, 2 teaspoons McLaren's Invincible Baking Powder, ½ lb. blanched almonds, ½ lb. citron peel, ½ cup fresh cocoanut, ½ teaspoon McLaren's Almond extract. Bake 1½ hours in a slow oven.



COCOANUT CAKE, MADE WITH McLAREN'S INVINCIBLE
PURE CREAM OF TARTAR BAKING POWDER.

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COCOANUT CAKE.

$\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, white of 3 eggs, $1\frac{1}{2}$ cups of flour well sifted, $1\frac{1}{2}$ teaspoon McLaren's Invincible Baking Powder, 1 cup granulated cocoanut.

GINGER BREAD.

1 cup butter, 1 cup molasses, 1 cup sugar, 1 cup sour milk or buttermilk, 1 teaspoon soda dissolved in boiling water, 2 eggs, 1 tablespoon ginger, 1 teaspoon cinnamon, about 5 cups flour, enough to make a stiff batter, work in 4 cups flour first and add more if needed, very cautious. Stir butter and spices, molasses and sugar together to a light cream, set them on the range till slightly warm, beat the eggs light, add the milk to the warm mixture, then the eggs and soda, and lastly the flour, beat very hard for 10 minutes and bake in a loaf or small tins. Half lb. raisins seeded and chopped fine will improve this cake, add them last.

MOTHER'S CAKE.

A foundation for countless varieties of cake. Scant cup of butter, $1\frac{1}{2}$ cups sugar, 3 eggs, beaten separately, 1 teaspoon McLaren's lemon or vanilla, 1 salt spoon of mace, $\frac{1}{2}$ cup milk, $2\frac{3}{4}$ cups flour, 2 teaspoons McLaren's Invincible Baking Powder. Cream the butter and sugar gradually, then the yokes of the eggs, then the flavoring. Put the baking powder in the flour, add the milk and flour alternately a little at a time, and lastly the whites of the eggs beaten stiff and dry. Bake from 40 to 50 minutes in a moderate oven. For the fruit cake part, add 1 cup currants and raisins. For date cake or fig cake, half a cup of dates or figs. For chocolate cake, color a cup of the batter with spices or grated chocolate put it in a pan in spots and you will have a marble or leopard cake. Add nuts for nut cake, etc.

CHRISTMAS DOUGHNUTS.

1 cup white sugar, 3 tablespoons butter, 2 eggs, 1 cup milk, 2 heaping teaspoons McLaren's Invincible Baking Powder, $\frac{1}{2}$ teaspoon grated nutmeg, $\frac{1}{2}$ teaspoon salt, flour to roll. Cream the butter and sugar, add the eggs and beat well, stir in the milk and mix with the flour in which the baking powder has been sifted. Cut in rings and fry in hot lard.

COOKIES, (Very Good.)

$\frac{1}{2}$ cup butter, 1 cup granulated sugar, 1 tablespoon milk, 2 eggs, 1 heaping teaspoon McLaren's Invincible Baking Powder, flour to roll. Cream the butter, add the sugar, the milk, eggs beaten light and then the baking powder. Mix with 2 cups flour, then enough flour to roll out. Roll a little at a time. Flavor strongly with McLaren's extract lemon and you have lemon cookies. If you would like to have cocoanut cookies, add 1 cup grated cocoanut. For jumbles, roll the mixture and thicken and cut with a cruller or doughnut cutter. Sprinkle sugar over the top, and for hermits add $\frac{1}{2}$ cup chopped raisins and $\frac{1}{2}$ teaspoon cloves, cinnamon or nutmegs. Cut $\frac{1}{4}$ -inch thick and sprinkle with sugar before baking.

COCOANUT MACAROONS.

Whites of 2 eggs beaten to a stiff froth, 1 cup sugar, $1\frac{1}{2}$ cups cocoanut. Mix well together. Heat in a pot of boiling water for 5 minutes, then add $1\frac{1}{2}$ teaspoons corn starch. Mix well and drop in teaspoons on buttered paper, and bake in a slow oven for 15 minutes.

JELLY ROLL.

1 cup sugar, 1 cup flour, 4 eggs beaten separately, 2 teaspoons McLaren's Invincible Baking Powder. Bake in a quick oven. When baked, spread with jelly and roll at once in sugar.



PLATE OF FRIED CAKES MADE WITH McLAREN'S INVINCIBLE
PURE CREAM OF TARTAR BAKING POWDER.

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GRAHAM GEMS.

$\frac{1}{2}$ cup sugar, 1 cup cream, 2 cups sour or buttermilk, 2 teaspoons soda, $\frac{1}{2}$ teaspoon salt, 2 eggs, graham flour to thicken. If cream cannot be obtained, use half a cup of lard.

TEA BISCUITS.

1 quart sifted flour, 1 even teaspoon salt, 3 teaspoons McLaren's Invincible Baking Powder, 1 large tablespoon butter, milk to make a very soft dough and bake in gem tin in a very quick oven, or mix quickly and not knead, just stiff enough to be handled. Turn out on a well floured board, roll with rolling pin about $\frac{1}{2}$ inch thick, cut and bake at once. When ready for the oven, take a brush or feather and smooth over the top with milk.

CHRISTMAS PUDDING.

1 dozen eggs, 12 ounces sugar, $1\frac{1}{2}$ pounds suet chopped fine, $\frac{3}{4}$ pound bread crumbs, $\frac{3}{4}$ pounds flour, 2 large apples, 2 lemons, the rind and the juice; 1 orange rind only, $1\frac{1}{2}$ lb. raisins when stoned, $1\frac{1}{2}$ lb. currants, $\frac{3}{4}$ lb. citron peel, 1 teaspoon nutmeg, 1 teaspoon cinnamon, and $\frac{1}{2}$ pint milk. Mix all the dry ingredients together and add the eggs and milk and boil from 12 to 14 hours.

FOAMY SAUCE.

$\frac{1}{2}$ cup butter, 1 cup powdered sugar, 1 teaspoon McLaren's Invincible Vanilla and $\frac{1}{4}$ cup boiling water, white of 1 egg and 2 tablespoons fruit juice. Cream butter and sugar, add vanilla and fruit juice. Just before serving add boiling water, stir well, then add the white of egg and beat all well together.

LEMON SAUCE.

2 cups hot water, 1 cup sugar, 3 teaspoons corn starch,



GEO. E. TUCKETT'S RESIDENCE, HAMILTON.



PLATE OF BISCUITS MADE WITH McLAREN'S INVINCIBLE
PURE CREAM OF TARTAR BAKING POWDER.

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1 tablespoon butter, grated rind and juice of one lemon. Boil the water and sugar 5 minutes, add corn starch, wet in a little cold water, cook 8 or 10 minutes, add lemon and butter, stir until butter is melted. If too thick add more hot water.

DELICATE PUDDING.

1 pint boiling water into which stir 3 tablespoons corn starch, wet in a little water, whites of 3 eggs beaten stiff.

SAUCE FOR ABOVE.

Yokes of 3 eggs beaten and 1 cup sugar, 1 cup milk, piece of butter, the size of an egg. Boil to a thick cream, flavor with McLaren's Invincible Vanilla when cold.

LEMON JELLY CAKE.

3 eggs, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 3 scant cups flour, 2 heaping teaspoons McLaren's Invincible Baking Powder. Beat your eggs, sugar and butter together to a nice smooth cream, sift the flour and McLaren's Invincible Baking Powder and bake in sheets or jelly tins.

JELLY PART.

Grate the rind of 1 lemon and use the juice of same, beat together 1 egg.

LEMON PART.

1 cup sugar, 1 tablespoon water, 1 teaspoon flour and mix with lemon juice. Place the dish containing mixture in boiling water until it thickens. When cool, spread between the layers. Powder with sugar and serve.

LEMON PIE.

$\frac{3}{4}$ cup sugar, 1 teaspoon flour, yokes of 3 eggs, whites of 1, well beaten juice and rind of 1 lemon, $\frac{1}{2}$ cup of ice water.

Bake in a moderate oven and cover the pie with the whites and $\frac{1}{2}$ cup powdered sugar, and brown.

Make shell out of rich paste and bake. Yokes of 2 eggs, 1 cup sugar, the rind and juice of one large lemon, tablespoon of butter and 1 tablespoon of corn starch, 1 large cup water. Boil in a double boiler till it thickens. Turn into shell. Whip up whites of the two eggs and put on top and brown in quick oven.

CABBAGE SALAD.

2 large raw eggs beaten well, 6 tablespoons cream, $\frac{1}{2}$ teaspoon salt, 6 teaspoons vinegar, small piece of butter. Put on flour and cook, stirring constantly until quite thick. Have $\frac{1}{2}$ head cabbage chopped fine, sprinkle with salt. Add to the dressing when cold, 2 tablespoons cream and pour over the cabbage.

EGG SALAD.

12 hard boiled eggs, $\frac{1}{2}$ pint cream, butter size of an egg, a little parsley chopped fine, 1 tablespoon flour. Take cream, butter, parsley and flour, mix and cook until thick. Slice the eggs and after each layer of eggs add one of bread crumbs, over which pour the cream to cover. When the dish is full, bake till brown and garnish with parsley and serve hot.

LOBSTER SALAD.

Take 1 tin lobster and cut into small pieces. Then season with salt and pepper and pour over enough dressing to moisten well. Put in the middle of a platter and garnish with lettuce leaves. Pour over the remainder of the dressing and put slices of boiled eggs and olives over the top.

POTATO SALAD.

1 quart potatoes, boil with skins on, 1 small white onion, two teaspoons olive oil, pepper and salt, and a little

parsley, $\frac{1}{2}$ cup vinegar. After potatoes are cold, cut up in small pieces. Chop the onion and parsley fine, and mix all together and serve with dressing.

FRENCH SALAD.

1 tablespoon vinegar, 3 tablespoons olive oil or cream, one salt spoon salt, one of pepper and a little scrap of onion if desired.

LETTUCE DRESSING, without the Oil.

$\frac{1}{2}$ pint cream or rich milk, $\frac{1}{2}$ pint good vinegar, 1 small onion, teacup sugar, 3 eggs well beaten, lump of butter size of an egg, 1 teaspoon ground mustard, pepper and salt. Mix all together cold, and cook until it thickens as custard.

TOMATO SALAD.

Take the skin, juice and sides from nice fresh tomatoes, chop what remains with celery, and add a good salad dressing.

COLD SLAW.

Chop or shred a small white cabbage, prepare a dressing in proportion of 1 tablespoon of cream to four of vinegar, a teaspoon of mustard, same quantity of salt, sugar and half as much pepper. Pour over the salad, add if you choose 3 teaspoons minced celery, toss all well and put into a glass bowl.

POOR MAN'S PUDDING.

1 cup sweet or sour milk, 1 cup molasses, $\frac{1}{2}$ cup butter, 1 lb. raisins, 2 eggs, 1 teaspoon soda, a little nutmeg and cinnamon, flour sufficient to make as thin as cake. Boil 4 hours without setting, in a floured bag or mould, allowing room to swell. Serve with sauce.

QUEEN PUDDING.

1 pint fine bread crumbs, 1 quart milk, a cup sugar, yokes of 4 eggs beaten, grated rind of a lemon, butter the size of an egg, bake until done. Whip the whites of eggs stiff and beat in a cup full of sugar in which has been stirred the juice of a lemon, spread on pudding, a layer of jelly or jam. Pour the whites of the eggs over this and replace in the oven until slightly brown.

EVERTON TAFFY.

1 pound powdered sugar, 1 teacup water, $\frac{1}{4}$ lb. butter, 6 drops McLaren's Invincible Lemon. Put the water and sugar in the pan, and beat the butter to a cream. When the sugar is dissolved add the butter and keep stirring mixture over the fire until it sets, when a little is poured into a buttered dish, and just before taffy is done add the extract of lemon. Butter a dish or tin, pour on it the mixture, and when cool it will easily separate from the dish. Butter Scotch, an excellent thing for coughs, is made with brown instead of white sugar, omitting the water and flavor with $\frac{1}{2}$ oz. ginger. It is made in the same manner as taffy.

CREAM CANDY.

2 cups sugar, $\frac{3}{8}$ cup milk, 1 tablespoon butter, 2 squares chocolate, 1 teaspoon McLaren's Extract of Vanilla. Put butter into a granite saucepan when melted, and add sugar and milk. Heat to boiling point, then add chocolate and stir constantly until chocolate is melted. Boil 15 minutes, remove from fire, add vanilla and beat until cream and mixture begins to sugar slightly around edge of saucepan. Pour at once into buttered pan. Cool slightly and mark in squares.

BUTTER SCOTCH.

3 lb. coffee sugar, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ teaspoon Cream Tartar, 8 drops McLaren's Invincible Extract Lemon. Dissolve



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the sugar in cold water and boil without stirring till it breaks when dropped in cold water, then take from the fire and add lemon, and then pour into buttered pans $\frac{1}{4}$ inch thick, and when nearly cold cut off in squares.

MOLASSES CANDY.

$\frac{1}{4}$ cup good molasses, $\frac{1}{2}$ cup vinegar, 1 cup sugar, butter size of an egg, 1 teaspoon baking soda. Boil molasses, sugar and vinegar until it hardens when dropped in cold water, then add butter and soda dissolved in hot water. Flavor to taste. Pour into buttered dishes and pull when cool.

CHOCOLATE CARAMELS.

1 cup molasses, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ pound chocolate, cut fine, $\frac{1}{2}$ cup milk, 1 heaping tablespoon butter. Boil all together stirring all the time. When it hardens, in cold water pour it into shallow pans, and as it cools cut in small squares.

MAPLE CREAM.

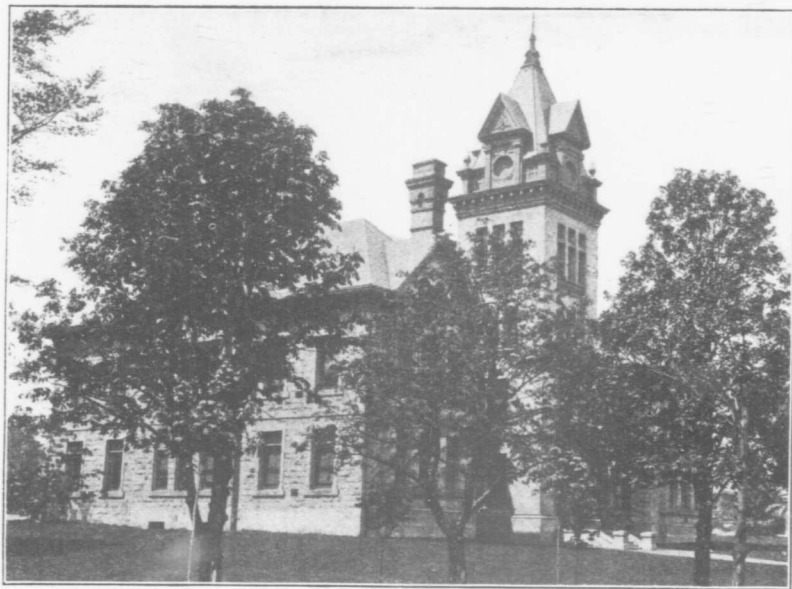
4 cups coffee sugar, 1 cup milk, piece of butter size of a walnut. Boil until it commences to thicken, try in cold water. Then take from the fire and beat until it hardens around the edge of pan. Turn into buttered pans. Cut in squares when cool.

DROP CAKE.

2 eggs, 1 cup milk, $\frac{1}{2}$ cup butter, 1 cup sugar, 2 small cups flour, 2 teaspoons McLaren's Baking Powder, a little salt, flavor with McLaren's Extract.

ROCKS.

1 cup sugar, $\frac{2}{3}$ cup butter, 2 eggs, $1\frac{1}{2}$ cups flour, 1 lb. each chopped English walnuts and dates or raisins, 1 teaspoon cinnamon, 1 of cloves and 1 of soda, dissolve in hot



CENTRAL SCHOOL, HAMILTON.



MOULD OF JELLY MADE FROM McLAREN'S INVINCIBLE
JELLY POWDER.

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water. Drop by teaspoons as they run easily on buttered pans and bake. They are almost as rich as fruit cake and improve with age.

CREAM POTATOES.

Whites of 2 eggs, 4 tablespoons water (eggs not beaten) 2 cups fine cocoanut, enough icing sugar to handle. Mould into a shape and roll in cinnamon. For eyes of potatoes use a bone crochet hook.

TURKISH DELIGHT.

Take 1 oz. of gelatine soaked in $\frac{1}{2}$ cup water, 2 cups granulated sugar, put on in $\frac{1}{2}$ cup water. When boiling, add the soaked gelatine. Boil 20 minutes. Before taking from the fire, add the rind and juice of 1 orange and 1 lemon. Let it boil up once and put it in pans to set. When set, cut in squares and roll in fruit sugar.



COFFEE.

Coffee was first found growing wild in Arabia, so the legend runs, in 1285, by a dervish. He ate some, but they were bitter, he roasted some, and they were better.

He steeped the roasted berries in water, held in the hollow of his hand, and they were as good as solid food.

Thus was discovered the little brown berry which has become famous all the world over.

It was not used in Europe until about 1615, and soon after that it became popular in France and England.

The properties of Coffee are well-known, and the use of it continues steadily to increase.

In the words of one writer, "Coffee makes a sad man cheerful; a languorous man, active; a warm man, glowing; a debilitated man, strong.

"It intoxicates, without inviting the police; it excites a flow of spirits, and awakens mental powers thought to be dead."

Sailors are great Coffee drinkers, and where is there a healthier class? In fact Coffee is associated with the sea and the saddle, the mess room, the end of the long march, the camp in the woods, and wherever there is daring and adventure.

Coffee is grown in Arabia, and in the East and West Indies, and South and Central America.

Our Coffees are imported direct from all these Countries.

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The statement is sometimes made by those interested in the sale of certain insipid modern substitutes, that coffee is injurious to the human system, and that it should be avoided by all who wish to retain a sound body and a sound mind. People are warned, forsooth, that the coffee-drinking habit is an insidious, ravaging disease, breaking down the tissue of the body and bringing upon it a gradual but sure destruction. By such apostles coffee is said to be an unnatural stimulant, raising the vitality for the time-being and then letting it collapse to a point lower than that at which it previously stood, and so on, till the vitality dies out altogether, and there is one more tenant of the coffee-drinker's grave, side by side with the d unkind.

Such alarming statements, however, are not to be taken seriously by intelligent people. Those who have enjoyed a cup of coffee for a lifetime may keep on drinking their favorite beverage with a good conscience, knowing that it is a nourishing and sustaining food, that it refreshes the body, quenches the thirst, pleases the taste, and withal that when taken in due proportions, it is absolutely harmless.

From observation and correspondence we have been able to accumulate sufficient evidence of these facts to convince all but the most bigotted enemy of the aromatic beverage. In the British Army while engaged in South Africa, nothing was found to be appreciated so much by the soldiers as the rations of coffee, while their courageous enemies of the Transvaal and the Orange River, were equally fond of this nourishing drink. The authorities of the British Navy have recently given orders for an increase in the rations of coffee, and the news has been received with great delight by the tars. In the Army of the United States coffee is the principal article in the commissariat. In some recent public works in a western city (Winnipeg), where the workmen spent many hours in an underground chamber, to which air was pumped by artificial means, hot coffee was given to them when they came up, no other beverage having the same restorative effects after the time spent in distressing and unnatural conditions. A strong cup of coffee moreover is known to be a good protection



BANK OF HAMILTON, HAMILTON,

from malaria, fortifying the system against the enervating influence of this disease. Coffee does not retard the action of the bowels, as strong infusions of tea are apt to do, partly because there is less of the astringent principle in it, also because of the aromatic oil which tends to move the bowels. The offices which coffee fulfils are to allay the sensations of hunger, to produce an exhilarating and refreshing effect, and to diminish the amount of wear and tear or waste of the animal frame, which proceeds more or less at every moment. Young and old may drink their cup of coffee, especially in the morning, without the slightest fear of injury, and with much more satisfaction than can be derived from the insipid imitations and substitutes one hears so much of in these days.

The proper roasting and blending of Coffee has become quite an art, as it requires very careful handling to bring out the full rich flavor of the berry.

Our plant is of the very best, and our workmen most expert and experienced, and the popular blends which we turn out, Parisian Blend, Java and Mocha Blend, Ideal, Harmony, Java Blend, Royalty Blend, etc., have become "Household Words" in Canada wherever Coffee is used.

There is no difficulty in making good Coffee. A few directions are given here how to make Coffee.

It must never be allowed to stand on the boil, as that boils the flavor off. Cold, not warm cream is the companion of good Coffee,

There is No Difficulty About Making Good Coffee.

Take five dessert spoonfuls of Pure Coffee (any of McLaren's Blends) to a quart of *Cold Water*. Bring to the boil, *but no more*.

Then let it stand in a warm place (on back of stove) for ten or fifteen minutes before using.

Add cold cream or milk to taste.

If made this way and the grounds poured off the Coffee will remain sweet for hours, but must not be boiled again, only warmed.

