

AUNT HANNA'S

# War-Time AND Peace-Time Recipes



PRICE 50 CENTS.



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Compiled by the Ladies of Ward 2 Patriotic Association  
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## Foreword

There are cook books and cook books, just as there are cooks and cooks. This is a cook book all by itself. It does not pretend to deal with every detail in the preparation and serving of food, nor does it attempt to reproduce everything that has been said or written on this prolific topic.

The aim has been to furnish a book for housekeepers and for those of average training and capabilities, consequently we have eliminated much that was merely theoretical. Practically every recipe has been put to the test by the compilers of the book, or by women on whose judgment they could rely, so that in sending out this book they feel they are doing a real service to the thousands of housekeepers to whom they come, and it may be, also, to those who sit at their hospitable tables.

THE COMMITTEE.

---

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## TABLE OF MEASUREMENTS.

4 teaspoonfuls of liquid.....	1	tablespoonful
4 tablespoonfuls of liquid.....	1/2 gill, 1/4 cupful or	1 wineglassful
1 tablespoonful of liquid.....	1/2	ounce
1 pint of liquid.....	1	pound
2 gills of liquid.....	1 cupful or	1/2 pint
1 kitchen cupful.....	1/2	pint
1 quart of sifted pastry flour.....	1	pound
4 cupfuls of flour.....	1 quart, or	1 pound
2 rounded tablespoonfuls of flour.....	1	ounce
1 rounded tablespoonful of granulated sugar.....	1	ounce
2 rounded tablespoonfuls of ground spice.....	1	ounce
1 heaping tablespoonful of powdered sugar.....	1	ounce
3 cupfuls of corn-meal.....	1	pound
1 1/2 pint of corn-meal.....	1	pound
1 cupful of butter.....	1/2	pound
1 pint of butter.....	1	pound
1 tablespoonful of butter.....	1	ounce
Butter the size of an egg.....	2	ounces
Butter the size of a walnut.....	1	ounce
1 solid pint of chopped meat.....	1	pound
10 eggs.....	1	pound
2 cupfuls of granulated sugar.....	1	pound
1 pint of granulated sugar.....	1	pound
1 pint of brown sugar.....	7	ounces
2 1/2 cupfuls of powdered sugar.....	1	pound
1 cupful of rice.....	1/2	pound
1 cupful of stemmed raisins.....	6	ounces
1 cupful of cleaned and dried currants.....	6	ounces
1 cupful of grated bread-crumbs.....	2	ounces
8 rounded tablespoonfuls of flour.....	1	cupful
8 rounded tablespoonfuls of sugar.....	1	cupful
8 rounded tablespoonfuls of butter.....	1	cupful
2 gills.....	1	cupful
1 common tumbler.....	1	cupful
3 tablespoonfuls of grated chocolate.....	1	ounce
1 pint.....	16	ounces
1 pint.....	4	gills
1 ounce.....	8 dr'ms (1/4 gill)	
1 tablespoonful.....	1/4	ounce
16 drachms.....	1	ounce
16 ounces.....	1	pound
4 gills.....	1	pint
2 pints.....	1	quart
4 quarts.....	1	gallon

## BREAD.

One qt. liquid, 4 tsp. salt, 3 qts. flour, 1/2 yeast cake if set at night, 2 yeast cakes if set in morning.

## PASTRY.

One liquid, 4 flour, 1-3 as much shortening.

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## **TEA BISCUITS.**

One liquid, 3 flour, 3 tbsp. fat, 2 tps. baking powder, to 1 cup flour,  $\frac{1}{2}$  tsp. soda to 1 cup sour milk,  $\frac{1}{2}$  tsp. soda and  $1\frac{1}{2}$  tsp. cream tartar to 1 cup flour.

## **CAKE.**

One cup liquid, 2 cups flour.

## **MUFFINS.**

One cup liquid, 2 cups flour.

## **MEASUREMENTS OF SUBSTITUTES EQUAL TO ONE CUP OF WHEAT FLOUR.**

Barley . . . . .	$1\frac{3}{8}$ cups.
Buckwheat . . . . .	$\frac{3}{8}$ "
Corn flour . . . . . (scant)	1 "
Cornmeal (coarse) . . . . .	$\frac{7}{8}$ "
Cornmeal (fine) . . . . . (scant)	1 "
Corn starch . . . . .	$\frac{3}{4}$ "
Rye flour . . . . .	1 "
Potato flour . . . . .	$\frac{3}{4}$ "
Rice flour . . . . .	$\frac{7}{8}$ "
Rolled oats (ground in meat chopper) . . . . .	$1\frac{1}{8}$ "

This table will help you make good griddle cakes, muffins, cakes, cookies, drop biscuits, date and raisin bread, without using any wheat flour.

You will not need any new recipes. Just use the one your family has always liked; but for each cup of flour use the above table.

The only difference is the substitute for wheat flour. Everything else remains the same.

### **Cautions:**

1. The batter often looks too thick, and sometimes too thin, but you will find that if you have measured as given in the table the result will be good after baking.
2. Bake all substitute mixtures more slowly and a little longer.
3. Drop biscuits are better than rolled biscuits when substitutes are used.
4. Pie crusts do not often roll well and have to be patted on the pan. They do not need chilling before baking.

### **GENERAL RULES FOR CAKE MIXTURES.**

1. Use fresh butter, eggs, pastry flour and fine white sugar.
2. Oven must be ready when cake is mixed and pans well greased.
3. Always sift flour before measuring; then mix and sift with baking powder three times.
4. Butter should be creamed, sugar added gradually, then both worked together.
5. Yolks and whites of eggs may be beaten separately and yolks added to butter and sugar.
6. Milk and sifted dry ingredients are added alternately, then flavoring and whites of eggs last.
7. When fruit is added save a little of the flour to cover it and add just before the whites of eggs.
8. If only yolks of eggs are added, cakes are richer; if whites, they are lighter.



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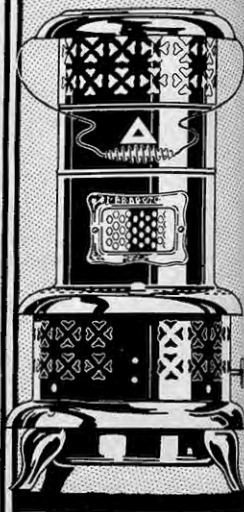
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9. Time for baking varies with size and shape of cake.  
Layer Cakes.....25 to 30 minutes.  
Loaf.....40 to 50 minutes.
10. If peel is used, it is cut very fine and distributed in layer through the cake.
11. Cake will be finer if beaten instead of stirred.

## FOUR TESTS OF GOOD BAKING.

1. Cake golden brown.
2. Shrinks from sides of pan.
3. When touched with finger it rebounds.
4. When tried with knitting needle, knitting needle comes out without any sponge.

## SOME OF THE CAUSES OF FAILURE.

1. Uneven heat causes uneven cake.
2. Too hot oven makes a cake: (a) coarse and sticky; (b) rises and falls over sides.
3. Too much butter, jarring oven or moving cake will make it heavy.
4. Too hot an oven or too stiff a batter will cause it to come up in centre.

## QUALITIES OF A GOOD CAKE.

- (a) Light and tender.
- (b) Rises evenly and does not crack.
- (c) Fine, even texture.

## OVEN TESTS.

Slow oven—Browns paper in 3 to 5 minutes.

Moderate—Browns paper in 2½ to 3½ minutes.

Hot—Crisps paper in 2½ to 3½ minutes.

If dark brown in 5 minutes, it's hot enough for pastry or thin cakes.

If light brown in 5 minutes, hot enough for pound cakes.

If dark yellow in 5 minutes, hot enough for sponge cakes, meringues and puff paste.

## BAKING.

Essentials of successful home breadmaking:

1. Good flour.
2. Good yeast (Royal).
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.

**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 temperature of dough is apt to be a little below normal,



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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 the 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 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 fifteen minutes. Then reduce the 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.

### CHARACTERISTICS OF A GOOD PIECE OF MEAT.

1. Characteristic odour of a fresh piece of meat.
2. Streak of fat through the lean, and other fat should be light and straw-colored.
3. The flesh should be firm.
4. It should be a good rich red color, with no phosphorescence.

### CARE OF MEAT.

1. Keep cold and free from dirt.
2. Remove from paper as soon as it comes in.
3. Wipe with a damp cloth.
4. Remove any bone dust.
5. Never leave meat standing on a tin dish.
6. If it is to be kept for any length of time, hang it up.

### VEGETABLES.

Two classes of vegetables:

1. The strong-smelling vegetables, such as onions, turnips, cabbage.
2. The mild vegetables, such as corn, carrots, etc.

The strong-smelling vegetables require two waters when cooking. It should be allowed to boil about 5 minutes in the first water; then the water should be changed, and if the pan in which the strong vegetable is tightly covered the odour cannot escape as readily.



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## REFERENCE TABLE OF FOOD CONSTITUENTS.

1. **Water**—Beverages (water, milk, tea, coffee, cocoa), fruit and vegetables.
2. **Mineral Matter**—(1) For building—Milk and eggs, lean meat, fish, seeds; (2) For regulating—Fruit, vegetables, mineral waters.
3. **Protein**—Milk (cured), eggs, lean meat or fish, seeds.
4. **Sugar**—Fruit (juice) not starchy, vegetable juice, milk (whey).
5. **Starch**—Parts of plants that serve as storehouses, tubers, roots, stem, seeds.
6. **Fats**—Milk (cream), egg yolk, meat, fruit, oils, nuts.

### EGGS. Composition.

	Yolk.	White.
Water . . . . .	50%	86%
Protein . . . . .	16	13
Fat . . . . .	33	$\frac{1}{2}$
Mineral matter . . . . .	1	$\frac{1}{2}$

### Methods of Preservation.

Cover pores in shell by:

- (a) Packing in salt, bran, sawdust, brine or waterglass;
- (b) Coat shells with fat or wax;
- (c) Wrap eggs in paper.

### Tests.

1. Shake egg, holding near the ear. If contents rattle it is somewhat stale.
2. Drop in cold water. If it sinks it is fresh.
3. Hold egg between your eye and light. If clear it is fresh.
4. Rough appearance of shell denotes freshness.

The unbroken yolk of an egg may be kept from hardening by covering it with cold water. If not used next day change water and keep in cool place.

### MILK.

#### General Composition.

Water, 87%; solids, 13%; fat, 4%; carbohydrate, 5%; mineral matter, 7%.

Carbohydrate Lactose—Turns to lactic acid when milk sours.

Mineral Matter—Phosphates of lime and potash, which go to build up bone. Little iron in milk, so eggs are better for an anemic person.

Fat—Finest emulsion in Nature. Should always be two inches of cream on a quart bottle.

#### Common Adulterations.

Starch, to thicken after water has been added. Coloring matter.

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## TIME-TABLE FOR COOKING VEGETABLES.

Lima Beans.....	1 hour or more, soak over night.
String Beans.....	45 min. to 1 hour.
Beets, New .....	30 to 45 min.
“ Old .....	3 to 4 hours.
Cabbage .....	45 to 60 min.
Carrots .....	30 to 45 min.
Cauliflower .....	20 to 30 min.
Celery .....	30 to 40 min.
Corn .....	10 to 20 min.
Macaroni .....	30 to 45 min.
Onions .....	45 to 60 min.
Parsnips .....	30 to 60 min.
Peas .....	30 to 45 min.
Potatoes .....	25 to 30 min.
Rice .....	20 to 30 min.
Spinach .....	30 to 45 min.
Turnips .....	45 to 60 min.

## APPETIZERS.

Canapes may be served either hot or cold.

The appetizers should always be on the table when the meal is announced. One is served to each person, and should rest on a tiny doily laid on a medium sized plate.

Among the best known appetizers are the following:

### CANAPES.

These are made from stale white bread, cut in quarter-inch slices and then shaped with a cutter into circles about the size of a tea biscuit. Squares, strips, triangles and rings are also suitable forms for canapes. These pieces of bread are then either fried in deep fat and drained on blotting paper, or they may be sauteed in just enough butter to keep them from burning. It is also possible to toast them or set them in the oven until they turn a delicate brown. When finished they should be nicely browned on both sides. They are then ready to be covered with any mixture preferred, either fish, eggs, cheese or game.

### SARDINE CANAPES.

Flake the sardines with a fork and season with lemon juice, salt and a few drops of Worcestershire sauce. Spread the prepared bread with this mixture and decorate by placing in the centre a small circle of pickled beet. Cut a slice from the end of a large olive so that it will stand firmly and place this in the centre of the circle of pickled beet. A narrow border of finely chopped pickled beet may be placed around the entire circumference of the canape with good effect. Garnish the plate with four thin slices of lemon, placed symmetrically.

### WATERMELON COCKTAIL.

With a vegetable cutter prepare small balls of bright pink watermelon, having the balls no larger than marbles. Chill thoroughly. Drain the liquor from a small bottle of Maraschino cherries, chill, and at serving time pour over the watermelon balls. Garnish with mint.



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A pretty fancy is to moisten the edge of each cocktail glass before filling. Invert the glass in finely chopped mint. This will leave a line of green adhering to the edge of the glass.

**ORANGE MINT CUP.**

Separate a rather sour orange into sections and remove the thin skin with a pair of seissors. Chill thoroughly, place in glass, sprinkle with powdered sugar and pour over one teaspoon each of pineapple, lemon juice and sherry. Sprinkle with chopped mint and garnish with an upright sprig of mint in the centre of the glass.

**FRUIT COCKTAIL (Orange and Grapefruit).**

Mix equal quantities of diced orange and grapefruit pulp. Sprinkle with sugar and a little lemon juice, or sherry if liked. Place on ice until thoroughly chilled. Have glasses chilled that the whole, when served, may be ice cold. At the last moment fill the glass with the fruit mixture, sticking little wedges of fresh or preserved pineapple here and there and garnishing with either candied or Maraschino cherries.

**GRAPEFRUIT STRAWBERRY COCKTAIL.**

Cut fruit in half and carefully remove the pulp, leaving the inner white skin as lining. Place these shells in cold water to keep firm. Mix equal quantities of grapefruit pulp and strawberries, sprinkle with sugar and add a little sherry or rum, if flavor of liquor is liked. At serving time, fill the shells with the mixture, placing large, handsome berries on top as decoration.

**STRAWBERRY AND PINEAPPLE COCKTAIL.**

Juice of three oranges and one lemon, sweetened to taste, keeping the mixture rather tart. Place on ice. Hull, wash and drain thoroughly some large, fine strawberries; also cut into dice several slices of pineapple. At serving time cut the berries into halves, mix them with the diced pineapple, place them in glasses and cover with the fruit juice. One large, perfect berry set on a tiny circle of pineapple may decorate the top of each cocktail.

**SOUPS.**

**TOMATO SOUP.**

One peck tomatoes, 6 onions, put through meat chopper, 2 heads celery cut in small pieces.

Boil together thoroughly, then strain and bottle hot. Can be used as a clear tomato soup or by using equal quantity of milk makes a delicious cream of tomato soup.—Lady Hearst.

**PLAIN ECONOMICAL SOUP.**

Take a cold roast-beef bone, pieces of beefsteak, the rack of a cold turkey or chicken. Put them into a pot with 3 or 4 qts. of water, 2 carrots, 3 turnips, 1 onion, a few cloves, pepper and salt. Boil the whole gently four hours; then strain it through a colander, mashing the vegetables so that they will all pass through. Skim off the fat, and return the soup to the pot. Mix one tablespoonful of flour with two of water, stir it into the soup and boil the whole ten minutes. Serve this soup with sippets of toast.

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### NOODLE SOUP.

Boil a shin of beef till tender, take out the bone and strain the liquor through a colander; then season to taste and add the noodles, which are made as follows: Break 1 egg into a basin, add flour enough to make a stiff dough, roll out very thin and sprinkle lightly with flour, then roll up as you would a roll a jelly cake and slice up into thin slips, shake out and put into the soup. Boil about 10 minutes, and it is ready to serve.

### NOODLES.

Stir sufficient flour into a slightly beaten egg to make a very stiff dough. Add salt, knead, and roll as thin as possible. It should be of almost paper-like thinness. Cover the molding board on which it is spread with a towel and let the dough remain untouched for a half hour. Then cut in fancy small shapes using a French vegetable cutter. Dry and, when needed, place in boiling water and let cook rapidly for fifteen minutes. This dough may also be rolled, cut into threads and used like macaroni in soup.

### NOODLES FOR SOUP.

Beat up one egg light, add a pinch of salt and flour enough to make a very stiff dough; roll out very thin, like thin pie crust, dredge with flour to keep from sticking. Let it remain on the bread board to dry for an hour or more; then roll it up into a tight scroll, like a sheet of music. Begin at the end and slice it into slips as thin as straws. After all are cut, mix them lightly together, and to prevent them sticking keep them floured a little until you are ready to drop them into your soup, which should be done shortly before dinner, for if boiled too long they will go to pieces.

### SUET DUMPLINGS FOR SOUP.

Three cups of sifted flour, in which 3 teaspoonfuls of Magic baking powder have been sifted; 1 cup of finely chopped suet, well rubbed into the flour, with a teaspoonful of salt. Wet all with sweet milk to make a dough as stiff as biscuit. Make into small balls as large as peaches, well floured. Drop into the soup three-quarters of an hour before being served. This requires steady boiling, being closely covered, and the cover not to be removed until taken up to serve. A very good form of pot-pie.

### EGG BALLS FOR SOUP.

Pound in a mortar one teaspoonful of ham or tongue; add the yolk of a hard-boiled egg, a little boiled and finely minced parsley, and a seasoning of grated nutmeg and Cayenne pepper. When mixed, add the yolk of a raw egg and form the mass into small balls. Plunge these into a saucepan of boiling milk, poach for two or three minutes, add them to the hot soup, for which they are made, and serve.—“Oscar,” of The Waldorf.

### PEA SOUP.

Put a quart of dried peas into five quarts of water; boil for four hours; then add three or four large onions, two heads of celery, a carrot, two turnips, all cut up rather fine. Season with pepper and salt. Boil two hours longer, and if the soup becomes too thick add more water. Strain through a colander and stir in a tablespoonful of cold butter.

Serve hot, with small pieces of toasted bread placed in the bottom of the tureen.



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### PEA SOUP.

One cup dried split peas, 2 qts. water, 1 pt. milk, 2 tsp. butter or dripping, 2 tsp. flour, 1 onion, pork or ham bone, salt and pepper.

Soak peas overnight, in morning pour off water, put peas in pot with water, bone and onion. Cook for hours (or longer in a fireless cooker), then press through a sieve, return to pot, thicken with butter and flour, add milk and seasoning.

### CELERY SOUP.

One and a half cups celery, 1 pt. stock, 2 cups milk, ¼ cup butter, ¼ cup flour, ½ tsp. onion juice, pepper and salt to taste.

1. Cook celery in boiling water until very soft, press through a strainer (there should be 1 pt. celery stock and pulp).

2. Melt butter, add dry ingredients.

3. Add milk and celery mixture, and cook until there is no taste of starch.

Note.—The outer stocks and green leaves of celery may be used.—Mrs. C. A. B. Jennings.

### MILLINGATAWNY SOUP.

Five cups white stock, 1 cup tomatoes, ¼ lb. onions cut in slices, ¼ lb. carrots cut in cubes, 1 pepper finely chopped, ¼ cup celery cut in cubes, 1 apple (sliced), 1 cup raw chicken (cut in dice), ½ cup butter, 1-3 cup flour, 1 tsp. Curry powder, blade of mace, 2 cloves, sprig of parsley, salt and pepper.

Cook vegetables and chicken in butter until brown; add flour, Curry powder, mace, cloves, parsley, stock and tomato, and simmer one hour. Strain reserve chicken and rub vegetables through sieve. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice.—Prince George.

### SPINACH SOUP.

Four cups stock, 2 qts. spinach, 3 cups boiling water, 2 cups milk, ¼ cup butter, 2-3 cup flour, salt and pepper.

Wash, pick over and cook spinach 30 minutes in boiling water, to which has been added one-fourth teaspoon powdered sugar and one-eighth teaspoon of soda; drain chop, and rub through sieve; add stock, heat to boiling point, and add milk, and season with salt and pepper.—Prince George.

### ROYAL SOUP.

One cup stale bread crumbs, ½ cup milk, yolks of 3 hard-boiled eggs, 1½ cups scalded milk, 3½ cups stock, 2½ tbsp. butter, 2½ tbsp. flour, breast meat from a boiled chicken, salt and pepper.

Soak bread crumbs in milk, add yolks of eggs rubbed through a sieve, and chicken meat, also rubbed through a sieve. Add gradually milk and chicken stock highly seasoned. Bind with butter and flour cooked together, and season with salt and pepper.—Prince George.

### CREAM OF TOMATO SOUP.

One-half can tomatoes, 2 tsp. sugar, ½ tsp. soda, 1 qt. milk, 1 slice onion, 4 tbsp. flour, ⅛ tsp. pepper, 1-3 cup butter.

Scald milk with onion and chicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps. Cook twenty minutes, stirring constantly at first.



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Cook tomatoes with sugar fifteen minutes, add soda and rub through a sieve; combine mixtures and strain into tureen over butter, salt and pepper to taste.—Prince George.

### POTATO SOUP.

One and one-half cup hot rice potatoes, 1 qt. milk, 2 slices of onion, 4 tbsp. butter, 2 tbsp. flour,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. celery salt,  $\frac{1}{8}$  tsp. pepper, few grains of Cayenne, 1 tsp. chopped parsley.

1. Scald milk with onion and add slowly to potatoes, then press through a strainer.

2. Melt butter and add dry ingredients.

3. Add milk and potato mixture and cook until there is no taste of raw starch.

4. Just before serving add chopped parsley.

Note.—Cold potatoes may be used and heated with the milk.—Mrs. C. A. B. Jennings.

### TOMATO SOUP.

One qt. tomatoes, 1 good-sized onion, 24 whole cloves, 2 tsp. sugar, salt and pepper to taste, 1 qt. water.

Boil all together well and strain; then add flour to thicken a little, and a good-sized piece of butter.—Mrs. E. B. Hardy.

### LIMA BEAN SOUP.

One-half lb. Lima beans, 3 cups tomato juice, onion salt, celery salt, parsley.

Boil the beans till a soft mush, then pound to a thick cream; add the tomato and enough onion and celery salt to taste, also parsley. Add salt and pepper. Serve very hot after having strained. Use the water the beans have been cooked in as well as the beans. Rice cooked may be added.—Mrs. Arthur VanKoughnet.

### TOMATO BOUILLION.

One pk. tomatoes, 6 large onions, 2 bunches celery. Chop, boil and strain, return to the fire and add:  $\frac{1}{8}$  cup of sugar,  $\frac{1}{2}$  cup (small) salt,  $\frac{1}{2}$  cup melted butter,  $\frac{1}{2}$  cup flour made to a paste before adding,  $\frac{1}{4}$  tsp. Cayenne, or to taste.

Cook five minutes, then put in sealers or bottles with paraffine on top (air tight).—Mrs. Arthur VanKoughnet.

## FISH.

When fish are fresh the eyes are bright, the gills red and the flesh firm.

**Eels** may be stewed, fried, pickled or made into chowder.

**Flounders**—The small ones fried. The large ones are cut from the bone, skinned, breaded and fried in deep fat.

**Haddock** is especially good for boiling, chowder, deviling and **Hake** is used in the same way as codfish and haddock.

**Halibut** is good for boiling, flying, for a creamed dish and for salads.

**Herring** is best when fried, but may be used in the same way as other small fish.

**Fresh Mackerel** is good boiled, baked or fried.

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**Pike** is used in the same way as perch and pickerel.

**Salmon** is broiled, baked, boiled, deviled, scalloped, or made into a salad.

**Sea Bass** is good for frying, broiling, and the large ones for baking.

**Shad** is good when baked or broiled.

**Shad Roe** is used for salads and croquettes.

**Smelts** are breaded and fried in deep fat, or fried like other small fish.

**Red Snapper** is best when boiled or served with butter, parsley sauce or lemon sauce.

**Spanish Mackerel** is best when broiled.

**Sunfish** is best when fried with a little bacon drippings.

**Striped Bass** is fried or broiled.

**Large Sea Trout**, sometimes called Steak Fish, is good for baking, broiling, boiling, frying, deviling and chowder.

**Small Trout or Brook Trout** is at its best when fried.

**Tullibee** can be cooked in the same manner as white fish, and is best broiled or fried.

### BOILED WHITE FISH.

(Taken from Mrs. A. W. Ferry's Cook Book, Mackinac, 1824).

The most delicate mode of cooking white fish: Prepare the fish as for broiling, laying it open; put it into a dripping-pan with the back down; nearly cover with water; to one fish two tablespoonfuls of salt; cover tightly and simmer (not boil) one-half hour.

Dress with gravy, a little butter and pepper, and garnish with hard-boiled eggs.

### BAKED WHITE FISH.

Wash carefully, dry, and stuff with bread crumbs well seasoned. Sew up with twine and put in a pan, with enough water to keep from scorching.

Baste frequently with butter and water, and serve with egg sauce.

### SALMON LOAF.

One can salmon, 2 tbsp. butter, 3 eggs, ½ cup bread crumbs (good measure), ½ cup milk.

Mix all together and steam in a buttered dish one-half or three-quarters of an hour.

**Sauce.**—One cup sweet milk, heated and thickened with 1 tbsp. corn starch. Add the liquor from fish, a tbsp. butter, 1 egg, 1 tsp. tomato catsup. Serve hot.

### SALMON PUFFS.

Remove the skin and bones from 1 lb. of canned salmon, chop the meat fine, and add 1 tbsp. of melted butter, 1 tsp. of salt, the same of white pepper or paprika, ½ cup of fine soft bread crumbs, 1 tbsp. of lemon juice or vinegar, and 3 well-beaten eggs.

Mix thoroughly, and pack the mass in six or eight cups, filling each cup even full. Set the cups at once in a pan containing hot water that does not reach their tops by nearly an inch, and bake for one-half hour. If the oven is very hot, lay a sheet of thick paper over the cups.



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Turn out upon a hot platter, into the centre of each puff thrust a sprig of parsley or celery or a clove, and pour about them any good fish sauce.

#### **EMERGENCY SALMON.**

Put a can of salmon in a pot of boiling water and boil for twenty minutes. Turn out on a hot platter and serve with egg or parsley sauce.

#### **RELISH FOR RAW OYSTERS.**

Two tbsp. finely-chopped white onions, 1 tsp. of English "made" mustard, 1 doz. drops of Tobasco sauce, 1/2 tsp. of salt, 1 tbsp. of horse-radish, 1 sltsp. of white pepper, 1 gill strong white vinegar.

Mix, let stand a few moments and put a very little on each oyster.—John B. Zirngihl, Hotel Iroquois.

#### **TARTARE SAUCE (for Fish).**

Yolk of 1 egg, 1/8 tsp. dry mustard, generous pinch salt, 1 dessp. vinegar; stir well together. Drop olive oil in slowly until it thickens; then faster until you use 1 1/2 cups. Add the juice of 1 lemon, 1 tsp. chopped pickles, 1 tsp. grated onion, 1 tsp. capers, 1 tsp. parsley. Serve very cold.—Mrs. R. G. Smythe.

#### **PLANKED SHAD.**

Use for this purpose a plank of hardwood. Heat the board very hot, split the fish down the back, lay the skin side next to plank and fasten in place. Brush the fish over with olive oil or melted butter, sprinkle with salt and pepper and squeeze a little lemon juice over the fish. Keep hot mixture of butter, lemon juice and Cayenne pepper to baste the fish frequently until the surface is brown and the fish firm and flaky.

Twenty-five to thirty minutes in a hot oven will be required. When ready to serve, place fish, plank and all, on a large platter and garnish with cress or parsley and lemon.—Mrs. F. R. Brand.

#### **SALMON LOAF.**

One can salmon, pour off the liquor and keep it; put salmon in a bowl after removing bones and beat with a fork, add 1 cup milk, 2 eggs (well beaten), 1 cup bread crumbs, salt and pepper to taste.

Put into a mould and steam 1 1/2 hours. Serve hot with sauce in side dish.

#### **SAUCE FOR SALMON LOAF.**

Add 1 pt. milk to liquor, bring to a boil, then mix 2 small tbsp. corn starch. Pepper and salt to taste, and add before serving a well-beaten egg.—Mrs. Casey.

#### **SALMON CUTLETS.**

Mix 2 well-beaten eggs, 2 tbsp. melted butter, 1/4 cup rich milk, 1/4 tsp. paprika, 1/2 tsp. salt, and dash of nutmeg, with 1 cup soft bread crumbs and 2 cups shredded salmon. Form into cutlets egg and crumbs and fry in deep fat.

Serve with Hollandaise sauce.—Mrs. E. J. Lennox.

#### **JELLIED SALMON SALAD.**

Take a pint of canned salmon; drain and remove the skin and bones. Mince fine; add 1 tbsp. of lemon juice, a dash of red pepper, a tsp. of minced parsley and salt to taste. Mix together and bind with any prepared salad dressing and a tbsp. of powdered gelatine dissolved in 1/4 cup of water.

Fill small moulds and set on ice to chill quickly. Turn out on crisp



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lettuce leaves, garnish with sliced olives and serve with cucumber sauce or Mayonnaise.—Miss Cox.

## OYSTERS.

### OYSTER FRITTERS.

Select plump, good-sized oysters; drain off the juice, and to a cup of this juice add a cup of milk, a little salt, 4 well-beaten eggs, and flour enough to make batter like griddle-cakes. Envelop an oyster in a spoonful of this batter (some cut them in halves or chop them very fine), then fry in butter and lard, mixed in a frying pan the same as we fry eggs, turning to fry brown on both sides.

Send to the table very hot.—Delmonico.

### FRIED OYSTERS.

Take large oysters from their own liquor and place into a thickly folded napkin to dry them; then make hot an ounce of butter and lard in a thick-bottomed frying pan. Season the oysters with pepper and salt, then dip each into egg and cracker crumbs rolled fine until it will take up no more, place them in the hot grease and fry them a delicate brown, turning them on both sides by sliding a broad knife under them.

Serve crisp and hot. Some prefer to roll oysters in corn meal or flour, but they are much more crisp with egg and cracker crumbs.

### OYSTERS FRIED IN BATTER.

Scald the oysters in their own liquor, and drain them thoroughly on a cloth. For  $\frac{1}{2}$  pt. of oysters take  $\frac{1}{2}$  pt. of milk, 2 eggs, and sufficient flour to make the batter, pepper and salt, and a little nutmeg if liked. Mix the batter in the usual way and put the oysters in it. Then drop them, one at a time, in hot lard, fry a light brown, drain and serve.

### DEILED OYSTERS.

Twenty-five nice, fat oysters,  $\frac{1}{2}$  pt. cream or milk, tbsp. butter, 2 tbsp. flour, tbsp. chopped parsley, yolks of 2 eggs, salt and Cayenne to taste.

Drain oysters, then cut them in two and drain again, rub butter and flour and stir into cream when boiling; when it thickens take from fire and add eggs, parsley, seasoning and oysters; put in ramikens, sprinkle with bread crumbs, dot with butter and bake twenty minutes.

## FRITTERS.

### BATTER FOR MAKING ANY FRITTER.

Two cups flour, 1 egg,  $\frac{1}{2}$  tsp. baking powder, pinch of salt, 1 cup milk.

With a good fritter batter many excellent entrées, as well as desserts, are possible, which, if properly fried and drained, may be entirely free from grease. They may be varied almost infinitely by sauces and offer limitless methods of change in shape and ornamentation. All fresh fruits and canned fruits drained from their syrup may be dipped in batter and used for fritters.

### BANANA FRITTERS.

Pare 6 bananas, cut each in two, and split each half. Place the pieces in a bowl with 2 tbsp. of sugar and 3 tbsp. of orange juice or wine, and let this preparation stand for one hour. Then make a batter, and cook the same as apple fritters.

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**APPLE FRITTERS.**

Make a batter of 1 cup of milk, 2 cups of flour,  $1\frac{1}{2}$  heaping tsp. of baking powder, two eggs beaten separately, a pinch of salt and a tbsp. of sugar. Warm the milk, add the yolks, well-beaten, and the sugar, then the flour with the baking powder sifted in, and the beaten whites.

Stir well and add slices of sour apples, being careful to get the batter all over them. Drop by spoonfuls in hot lard and fry.

**SAUCE FOR FRITTERS.**

One cup sugar, yolks of 3 eggs,  $\frac{1}{4}$  cup lemon juice, grated rind of 1 lemon; put yolks into the powdered sugar, beat very light, add lemon juice and rind.

Set it in hot water until it begins to thicken, then add whites, well beaten.

**CHEESE DISHES.**

**PARSLEY BUTTER.**

Beat 3 tbsp. of butter to a cream, and then add 1 tbsp. of lemon juice, 1 of chopped parsley,  $\frac{1}{2}$  tsp. of salt, and  $\frac{1}{8}$  tsp. of pepper.

Beat these ingredients into the butter, and it will be ready for use. It is nice to spread upon fried or boiled fish, and also over potato balls. When intended for the latter, however, one-half tablespoon of lemon juice will be enough.

**CHEESE AIGRETTES.**

One-half pint hot water, 1 oz. butter, 4 oz. flour, 2 oz. grated cheese, 2 eggs, a little cayenne and salt.

Put butter and hot water in pot over fire, and when butter melts stir in flour vigorously until quite smooth and thick, then take from fire and stir in cheese, salt, cayenne and yolks of eggs. Lastly add whites whipped stiffly, stirring lightly. Have ready a saucepan of water not quite boiling; into this drop a teaspoon quite full of mixture. This should swell into rough irregular shapes. They should be a very light amber in color. Drain on blotting paper and serve at once in silver dish.

**MACARONI AND CHEESE (No. 1).**

Nine sticks of macaroni, 3 tbsp. butter, 3 tbsp. flour, 2 cups of milk, salt and pepper, 1 cup grated cheese, 1 cup bread crumbs. Break macaroni into two-inch pieces, cook in a large amount of boiling salted water; when tender pour into a colander and run cold water through.

Make white sauce, melt the butter, add flour and then the milk and seasoning. Add the cheese and macaroni, turn into a buttered baking dish, cover with crumbs and bake until brown in hot oven.

**CHEESE STRAWS.**

Six oz. flour, 3 oz. butter, 3 oz. grated cheese, a little cayenne and salt, yolk of 1 egg and a little milk.

Rub together flour, butter and cheese, add salt and cayenne, and form into a firm dough with egg and milk; knead on flour board very lightly and roll to  $\frac{1}{4}$ -inch thick; cut into narrow strips and bake in moderate oven until crisp and a light brown.





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**WELSH RAREBIT.**

One-quarter lb. cheese (grated),  $\frac{1}{4}$  cup cream,  $\frac{1}{2}$  or 1 tsp. mustard,  $\frac{1}{2}$  tsp. salt, cayenne, 1 egg, 2 tsp. butter, dry toast.

Put the cheese and milk into double boiler, mix the mustard, salt and cayenne; add the egg and beat well. When the cheese is melted, stir in the mixture of dry ingredients and the egg; then the butter, and cook until it thickens. Stir constantly; pour it over toast.

**MACARONI.**

One-quarter lb. macaroni, 1 cup grated cheese, 2 cups white sauce, 2 cups buttered crumbs.

Break macaroni in one-inch pieces, cook in large amount of boiling salted water. When tender pour into a colander and run cold water through it. Make the sauce, add the cheese and macaroni to it, and pour all into a buttered dish. Cover with crumbs and bake until brown.

**White Sauce.**—Three tbsp. butter, 3 tbsp. flour, 1 tsp. salt, white pepper, 1 cup milk, 1 cup stock or water.—Mrs. Hugh Kennedy.

**CHEESE PUDDING.**

One cup grated cheese, 1 cup bread crumbs, 1 cup milk, 1 egg (beaten), 1 tsp. butter,  $\frac{1}{2}$  tsp. salt and mixed mustard, with a dash of cayenne.

Fill a buttered pudding dish with alternate layers of cheese and bread crumbs. Mix the eggs, milk and seasoning together and pour over the top and bake until set like custard. This will require about fifteen minutes.—Mrs. Mary B. Dippold.

**SPANISH MACARONI.**

Two cups macaroni, cooked in salted boiling water until tender, drain, 1 medium-sized onion; fry until a light brown; 1 can tomatoes, or same amount of fresh ones.

Put macaroni, onion and tomatoes together and season with salt, a pinch of cayenne pepper and sugar to taste. Boil up and serve hot.—Mrs. Will Cross, Prenta, Calif.

**CHEESE MUFF.**

Butter 3 or 4 slices of bread and place in baking dish; between slices put salt, pepper and grated cheese. Beat 2 eggs in 1 pt. of milk and pour over the bread.

Grate cheese on top and put in oven for one-half hour.—Mrs. Gutzeit.

**WELSH RAREBIT AU GRATIN.**

Prepare 6 thin slices of toast. Cover each slice with Swiss cheese, cut half an inch thick. Lay them in a dripping pan and dust lightly with pepper or spread made mustard over.

Set in hot oven till well melted (about ten minutes). The addition of a dropped egg to each slice makes what is called a Golden Buck.—Mrs. L. S. Hooper.

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## EGGS.

### CHEESE RELISH.

One-half lb. cream cheese, 1 tbsp. butter, 2 green peppers, 1 large Bermuda onion, 1 stalk celery, a little paprika.

Mash cheese and butter to a smooth paste; chop fine onion, celery and peppers, add to cheese, and flavor to taste with paprika. Put in ice box to harden. Serve with hot toasted crackers.—Mrs. Bradley.

### ALPINE EGGS.

Six eggs,  $\frac{1}{2}$  lb. cheese, 3 ozs. butter, chopped parsley, pepper and salt.

Butter a shallow tin and line it with nearly all the cheese, cut in slices, break over this the eggs without breaking the yolks, and season. Grate what remains of the cheese and mix with the parsley. Lay this over the top, and upon it the remainder of the butter cut in small pieces. Bake in a quick oven over ten minutes. Enough for six persons.

### OMELET (Good).

Five eggs, beaten separately, beat yolks until creamy and whites until dry; add 1 tbsp. milk to each egg,  $\frac{1}{2}$  tsp. salt, dash of paprika.

Have pan good and hot, add a generous piece of butter, make sure sides of pan are well greased. Add stiffly beaten whites. Blend carefully; put into pan, and cook five minutes over slow fire; then put in moderate oven about five minutes to brown.—Mrs. Ferbrache.

### RICE OMELET.

Take a cup of cold boiled rice; turn over it a cup of warm milk, add a tbsp. of melted butter, a level tsp. of salt, a dash of pepper.

Mix well, then add three well-beaten eggs. Put a tablespoon of butter in a flying pan. When it begins to boil put in the omelet. Set in a hot oven; as soon as it is cooked through fold it double. Serve on hot dish.—Mrs. J. Robinson.

### FLUFFY DUFFY OMELETTE.

Four eggs, 1 pt. milk, 1 tbsp. butter (heaping), 1 tbsp. flour (heaping).

Heat milk, melt butter and stir into flour. Add this to heated milk, and stir till thick. Add to this sauce the beaten yolks, and beat briskly. Beat whites stiff and fold into mixture.—Mary Taylor.

### CURRIED EGGS.

Boil 6 eggs 30 minutes, then plunge in cold water, cut in quarters; fry 2 tsp. chopped onion in 1 tbsp. butter until nicely browned; add 1 large tbsp. flour mixed with 2 tsp Curry powder. Add slowly  $1\frac{1}{2}$  cups milk.

Let boil one minute; add pepper and salt to taste. Pour the Curry sauce over the hard-boiled eggs and serve in a low dish with a border of boiled rice.—Mrs. Lorne P. Marshall.

# CROQUETTES

## MEAT AND POTATO CROQUETTES.

Cold rice or hominy may be substituted for potatoes in making these croquettes, and fish may be used in place of meat. Mince a slice of onion fine and put into a stewpan with 1 tbsp. of butter; when it simmers add 1 level tbsp. of sifted flour; stir until smooth and frothy, and then add  $\frac{1}{2}$  cup of milk and salt and pepper; let it boil, stirring all the time. Next add 1 cup of finely chopped cold meat and the same quantity of cold or hot mashed potatoes, and spread on a plate to cool.

When cool enough, form it into little rolls or balls, dip them in beaten egg, roll in crumbs, and fry in hot lard about two minutes—until of a delicate brown. Remove them with a skimmer and drain on brown paper. The mixture must be well seasoned before it is set to cool, as when it becomes firm, in cooling, seasoning cannot be added. The mixture should be quite cold before shaping is undertaken. Divide the mixture evenly that each outlet or croquette may be of the same size.

### MEAT CROQUETTES.

One tbsp. butter, 2 tbsp. flour, 1 cup milk,  $\frac{1}{2}$  pint chopped meat, Onion to taste, parsley, salt and pepper.

Melt the butter, add the flour, stir until smooth, then stir in the milk (which has been heated) slowly, and cook until thick, add meat and seasoning; mix well and let cool. Then form in croquettes; roll in crumbs. When ready to fry roll in egg, then crumbs. Fry in hot fat until brown—Mrs. Josephine L. Hughes.

### PLAIN BEEF CROQUETTES.

Chop fine in a wooden bowl some cold roast or corned beef, and mix in twice the quantity of well-seasoned hot mashed potatoes. Beat one egg and work it in with the mass, and shape the mixture into little cakes. Roll either in flour or egg and cracker crumbs and fry in deep fat.

### CALIFORNIA CROQUETTES.

#### A Good Meat Substitute.

Two heaping cups cold mashed potatoes, 1 tbsp. chopped onion, 2 tsp. chopped walnuts, salt and pepper to taste,  $\frac{1}{2}$  tsp. sage. Blend together with yolk of 1 egg.

Shape into cakes, dip in beaten egg, and roll in bread or cracker crumbs. Fry until brown and serve with peas done in white sauce.—Mrs. Willard Richardson, Berkeley, Calif.

### POTATO CROQUETTES.

Mash potatoes fine, season with salt, pepper and butter. Moisten with sweet milk and 1 egg, well beaten.

Mix thoroughly; make up in small rolls. Roll in egg and cracker crumbs. Fry in hot lard.—Mrs. J. T. Petrie, St. Catharines.

# LUNCHEON OR SUPPER.

## TWO DISHES FROM ONE SLICE OF LEAN HAM TWO INCHES THICK.

### Dish No. 1—

Cover with sweet milk and bake until tender (about an hour and a half). Move to hot dish; thicken milk, with flour, salt and pepper to taste. Put in about 2 cupfuls of cold chopped potatoes and  $\frac{1}{2}$  tsp. chopped parsley.

### Dish No. 2—

Chop left-over ham, and mix with a little white sauce and pour over toast. Nice with vegetables mixed with the ham into hash.—Mrs. Stafford Thomas, Chicago.

### MEAT DISH.

Sear medium-size sirloin steak in tsp. butter, roll in flour; put in roaster and cover with thick slices of potatoes, 3 or 4 large onions (sliced) and 3 sweet green peppers cut in slices. Sprinkle all with flour and dot with butter.

Add pint of water and bake in covered roaster for one hour. Thicken gravy; add salt and pepper.—Mrs. C. Rankin.

### BEEF LOAF.

Two lbs. stewing beef (boiled and chopped),  $\frac{1}{2}$  cup chopped onions, 1 tbsp. dripping,  $\frac{1}{2}$  cup bread crumbs, 3 tbsp. catsup, 1 tsp. salt, dash of paprika, sage to taste.

Mix into loaf and bake about forty minutes.—Margaret M.

### MEAT LOAF.

One egg (well beaten), 2 lbs. minced beef, 1 onion (chopped fine), 1 good cup cooked tomatoes, 1 cup bread crumbs, 1 tbsp. vinegar, salt and pepper to taste.

Mix well; put in greased pan and cover with tomatoes. Do not use the juice. Bake about one hour.—Mrs. G. B. Hunter, London.

### EXCELLENT MEAT LOAF.

One and a-half lbs. round steak or beef cuttings, ground fine; add 1 tsp. salt, a little pepper, 2 cups bread crumbs (not fine), 1 Spanish onion (chopped); wet with milk (not too soft).

Mix thoroughly; have butter browned in frying pan. Make loaf in shape; put pieces of butter on top; add boiling water, and bake about forty minutes in hot oven. If it browns too quickly put cover over it. A very good wartime recipe.—Mrs. A. J. MacKay, Port Rowan.

### WAR PASTRY FOR MEAT PIE.

One-half doz. medium-sized potatoes boiled in salted water. Mash and add 1 tbsp. butter,  $\frac{1}{4}$  cup sweet milk, a little more salt, and beat until light.

Add just enough flour to make a soft dough; dot top of pie with small pieces of butter, a sprinkle of flour and bake.—Lady Hearst.



### MADE-OVER MEAT—SHEPHERD'S PIE.

One cup cold minced meat, 1 cup cold mashed potatoes, small piece of onion, gravy or stock, 2 tbsp. milk, 1 tsp. butter, salt, pepper and other seasonings.

Chop onion very fine and mix it with meat and gravy and any other seasonings, salt and pepper. Put these in bottom of baking dish. Heat milk and butter and beat potatoes into this until smooth. Cover the meat with the potatoes, like a crust, and bake in a moderate oven until brown.

### VEAL STEW.

Cut 4 lbs. veal into strips, peel 12 large potatoes and cut into one-inch slices. Spread layer of veal in bottom of pot. Sprinkle with salt, pepper and a little onion, then layer of potatoes, repeat the same. Over last layer of veal put layer of slices of salt pork, and lastly put a layer of potatoes.

Pour over water until it rises an inch over the contents and cover closely. Let come to a boil, then simmer one hour.

### SECOND CUT OF BRISKET.

Four lbs. brisket, 1 cup boiling water,  $\frac{1}{2}$  small onion, salt, pepper.

Have the butcher remove the bones, roll and tie the meat. Put the bones into a pot with the brisket, for they improve the flavor wonderfully. Pour the boiling water over the meat and cook very slowly over the simmerer for four hours. If necessary, add a little more water as it cooks, but be sure not to use too much water nor to cook too quickly. Some beef may become tender in less than four hours. After the meat has cooked for an hour add the salt and pepper and onions. Served cold and thinly sliced this is delicious.—*Thrift Cook Book.*

### GOULASH.

One lb. chopped steak, 1 tbsp. butter. Brown steak in butter; add 2 cups tomatoes, 1 large onion, 1 green pepper, 2 cups cooked vermicelle, 1 cup of water in which vermicelle was cooked.

Season with salt and pepper; bake one hour. Serve with hot creamed potatoes. (Beef cuttings can be used instead of steak).—*Mrs. Alex. Kay*

### "HOGAN STEW."

Take 2 lbs. of round steak, sear each side in butter and put in the frying pan, then put on a layer of raw potatoes, cut in slices about  $\frac{1}{4}$  inch thick, over that a layer of onions, then a can of tomatoes, and on the top some macaroni previously cooked in salted water. Salt and pepper to taste. Cover and bake in moderate oven for about two hours.

### BROWN STEW WITH DUMPLINGS.

Take round steak, cut in inch pieces and roll in flour. Have drippings and other fat in frying pan; put in the pieces of meat and fry until brown. Pour boiling water on meat and let it boil up well, then put in kettle and stew gently until meat is tender. Season with salt, pepper, onions, two or three cloves and a bay leaf. About twenty minutes before serving add dumplings made as follows: 1 cup flour, 1 tsp. baking powder,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  cup cold water.

Mix well and drop the dough in small spoonfuls on top of stew.

### WALLS OF JERICHO.

Three cups chopped steak, 1 tbsp. butter, 3 cups mashed potatoes, tomato catsup, pepper and salt.

Fry steak to a nice brown; put in a dish and surround with mashed potatoes. Cover potatoes here and there with catsup or any kind of red sauce.—*Mrs. T. B. Macdonald.*

### BANANA STICKS.

Peel the bananas, cut in strips and let them soak in lemon juice one hour; then stick cloves into them. Two bananas are enough for six persons. Add 2 tbsp. butter and 1 or 2 of sugar. Cover them with claret and bake twenty minutes.

Serve with beefsteak or chops.—*Mrs. E. J. Lennox.*

### PORK TENDERLOIN WITH GREEN PEAS.

Wash tenderloin, cut in inch pieces and boil one and a-half hours. When cooked add  $\frac{1}{2}$  cup of milk, pepper and salt to taste, piece of butter the size of an egg. Thicken with flour; boil for two or three minutes. Add one can of green peas which have been washed and drained.

Serve at once. If served with hot biscuits, put biscuits around the platter.—*Mrs. J. K. C.*

### POT ROAST.

Two tbsp. vinegar, 1 tsp. brown sugar,  $\frac{1}{2}$  tsp. soda, 1 qt. boiling water.

Add roast, and boil two or three hours, according to size of roast. Boil very slow; add more water if needed, a little at a time. Very good.—*Mrs. J. K. C.*

### CASSEROLE OF RICE AND MEAT.

Line a mould with rice (cold boiled) having first generously buttered the mould and covered with dry bread crumbs. Have the rice about one-half inch thick. Mix  $1\frac{1}{2}$  cupfuls of cold chopped meat (veal or beef) with 1 tsp. chopped parsley, 1 sltsp. thyme, one sltsp. pepper, 1 sltsp. marjoram, 1 sltsp. powdered celery seed, 1 tsp. salt, 1 tsp. chopped or grated onion, 2 tbsp. cracker crumbs, 1 beaten egg.

Moisten with hot stock or milk till about the consistency of drop batter. Fill the mould, and either bake or steam. Serve with tomato sauce.

### VEAL OR LAMB MOUSSE.

Put cold veal or lamb through mincer. Cut a thick slice of bread, over which pour enough hot milk to soften. Break up with a fork and mix with the minced meat. Season highly with salt, pepper and onion juice. Add one egg, and put in mould.

Bake in oven about twenty minutes. If you have any cold gravy add some tomato catsup; strain and pour around the dish in which you serve the mousse. If not, make a sauce of milk and tomato.—*Mrs. H. T. Jeffery.*

### JELLIED VEAL.

Take knuckle of veal; stew it till the bones separate from the meat. Then pick over carefully, removing all gristle and bone. Chop meat finely, season to taste with pepper and salt; add a little finely-

chopped onion and parsley. Add 1 tsp. gelatine to stock; then heat all together.

Put slices of hard-boiled eggs in bottom of granite dish; put meat, etc., in carefully, and let stand over night. Can be made in small mould.—Mrs. W. J. Marshall.

#### **BEAN LOAF.**

Two cups cooked white beans, 1 cup bread crumbs, 2 tbsp. tomato catsup, 2 chopped onions, 1 beaten egg.

Salt and pepper to taste. Bake one-half hour.—Mrs. C. Rankin.

#### **COLD BEEF AND LAMB.**

Lay slices of meat in casserole; add vegetables, celery, carrots, peas, beans, potatoes sliced very thin; season to taste; add three cups of stock. Bake in slow oven for one hour.

#### **TOMATO RICE.**

Place 6 tbsp. of rice in the juice from 1 can of tomatoes (strained). Add 1 cup of soup broth (or boiling water). Season with  $\frac{1}{2}$  tsp. of salt and a flat tsp. of pepper (black or white). Mix well and boil for 30 or 35 minutes, stirring frequently. Then add 1 tsp. of butter and 3 tbsp. of grated cheese.

Stir thoroughly and pour into a greased baking dish. Sprinkle bread crumbs and small lumps of butter over top. Bake twelve minutes. This dish can be made equally nice for a second day by steaming for twenty minutes.

#### **CASSEROLE.**

One cup raw rice, 2 cups minced meat,  $\frac{1}{4}$  cup bread or cracker crumbs. Hot water, stock or gravy to moisten; salt, pepper and other seasonings.

Boil the rice in water and salt. Prepare and mix the other ingredients. Line a buttered mould with a half-inch layer of rice, well packed down. Pack in the meat mixture and cover with rice. Steam for three-quarters of an hour. Turn out of the mould and serve with tomato sauce. Rice cooks in half an hour.

### **VEGETABLES.**

#### **WINTER SQUASH BAKED.**

Cut in two, take out the seeds, and put in the oven to bake in halves. When done, scrape the squash out of the shell, mash, add butter and seasoning. If the squash is very dry, a little sweet cream improves it.

#### **CREAMED CABBAGE.**

One head cabbage, 1 tbsp. butter.

Cut cabbage up small and boil in three quarts of water for ten minutes, then put it in colander and let the cold water run on it until it is crisp; put back in the kettle and cover with milk; blend one tablespoon flour in a little of the milk, add butter and season with salt, and let it cook slowly for an hour or so. It is like cauliflower.—B. L. Gaston.

#### **CREAMED NEW POTATOES.**

Small new potatoes are delicious when served with a cream sauce. For 2 doz. small potatoes allow  $1\frac{1}{2}$  pt. of milk, 1 tbsp. of butter,  $\frac{1}{2}$  tbsp. of cornstarch, 1 tsp. of salt.

Moisten the cornstarch in one-half cup of the milk, place the rest of the milk on the fire and when scalding hot add the cornstarch

mixture. Cook until again scalding, set on the back of the fire, and add the butter and salt. Have the potatoes peeled perfectly, with no speck of the thin skin to be seen, boiled until tender and drained. Place these in the serving dish, pour over them the sauce, dust with a sprinkling of pepper, and serve at once. This makes a particularly nice dish for luncheon.

#### **STUFFED PEPPERS.**

Cut a slice from each stem end of 6 large green peppers; remove seeds and parboil fifteen minutes. Mix 1 pt. of finely chopped cooked meat (veal or chicken preferably) with  $\frac{1}{2}$  cup of moistened bread crumbs; add salt, pepper and  $\frac{1}{2}$  a grated onion.

Stuff the peppers with this mixture and stand then in a dripping-pan into which has been put one tablespoonful of butter, the remaining half onion sliced and a half-pint of water or stock. Bake fifteen minutes, basting frequently.

#### **POTATO BALLS.**

Mix cold mashed potatoes with beaten egg yolk; make into balls. Place on a buttered pan; make a depression in the top of each ball, put a bit of butter in the depression, and brown in the oven.

#### **FRIED EGG-PLANT.**

Take slices of egg-plant about an inch thick, pare, and let stand in salt and water for two hours. Wipe dry, dip in egg, roll in cracker crumbs, and fry brown in hot butter.

#### **BAKED BEANS—BOSTON WAY.**

One large cup beans, parboiled one-half hour; rinse well in cold water. Put slice of fat pork in bottom of bean pot, put beans in and add the following:  $\frac{1}{2}$  tsp. salt;  $\frac{1}{4}$  tsp. pepper,  $\frac{1}{2}$  tsp. mustard, 1 tsp. brown sugar, 1 tbsp. molasses.

Put slice of pork on top, cover with hot water, and bake slowly seven or eight hours, adding more water whenever the beans become dry.—Mrs. Harold Lloyd.

#### **POTATOES IN CASES.**

Bake potatoes of equal size; when done and still hot cut off a small piece from each potato, scoop out carefully the inside, leaving the skin unbroken, mash the potato well, seasoning it with plenty of butter, pepper, salt and grated cheese. Return it to potato skin with a spoon, allowing it to protrude about an inch above the skin. Leave the tops rough and return to oven to brown.

#### **BAKED BEETS.**

Beets retain their sugary, delicate flavor to perfection if they are baked instead of boiled. Turn them frequently while in the oven, using a knife, as the fork allows the juice to run out. When done, remove the skin and serve with butter, salt and pepper on the slices.

#### **CUCUMBER CUPS.**

This makes a dainty dish for luncheon. The vegetable unpeeled is cut into sections two inches long and cooked until tender in boiling salted water. The centre is then scooped out of each section, leaving one-half inch thickness all round the sides, as well as on the bottom, thus making pretty green cups of the vegetable. These cups are then filled with creamed chicken, sweetbreads, mushrooms or any delicate white filling which has for a foundation white sauce.

### POTATO DROPS.

To one pound of mashed potatoes add two well-beaten eggs. After all is well mixed, the preparation is 'dropped by the spoonful into plenty of boiling fat and fried until a golden brown, then carefully drained on soft paper and served with a garnish of parsley. Each spoonful is made to retain the shape of the spoon by dipping the spoon in boiling water after every using.

### BAKED PARSNIPS.

Peel and wash some large, hollow crowned parsnips; cut them lengthwise into quarters, and steam them for one hour. Take them out and place in a baking dish with a little salt and meat drippings, and bake till nicely browned. Drain, put them on a hot dish, and serve.

### PEA VOL-AU-VENT.

Remove crusts from a small baker's loaf and cut out centre in such a way as to leave a box-shaped case having walls one-half inch in thickness. Spread inside and out with butter. Place in dripping pan and bake in a slow oven until delicately browned. Remove to serving dish and fill with creamed peas.—Mrs. L. S. Hooper.

### POTATO BALLS.

Boil as many potatoes as you require, mash well and add butter, salt, pepper and milk. Make into balls, dip them in well-beaten egg and roll in biscuit crumbs. Place in the oven till brown.—Mrs. Hugh Kennedy.

### TIPPERARY POTATO SCONES.

One and a-half cupfuls flour, 1-3 cup butter, 1 cup mashed potatoes, 2 tsp. baking powder,  $\frac{1}{2}$  tsp. salt, 1 egg.

Sift flour, salt and baking powder together, and after adding mashed potatoes rub in the butter lightly; make a soft dough by adding the egg (well beaten), and if necessary a little milk. If potatoes happen to be moist no milk is required. Divide dough into three parts and roll in rounds one-half inch thick. Cut each across twice. Bake in quick oven or on a griddle, and when done split and butter hot.—Miss Hulda Westman.

### BAKED ONIONS.

Put six large onions into a saucepan of water, or milk and water in equal proportions. Add salt and pepper, and boil until tender, when done so they can be easily mashed, work them up with butter into a paste. Cover with bread crumbs and bake in a moderate oven.

If preferred they may be boiled whole, put into a baking dish, covered with butter and bread crumbs, and then baked.—"Oscar," of The Waldorf.

### POTATO CAKES.

Boil and mash 1 doz. potatoes, add 2 cups of sweet milk, a little salt and a small  $\frac{1}{2}$  cup of melted butter.

When cool enough add half a cake of yeast, then add flour to make stiff enough to roll out, and cut in small squares. If wanted for tea make them in the morning and leave to raise.—Mrs. A. J. MacKay, Port Rowan.

### SURPRISE ROLLS.

Cut tops from lunch or bread rolls; hollow out, put in oven until heated through. Fill with green peas, which have been heated in a rich white sauce, well seasoned. Put on lids and serve at once.—Mrs. J. K. C.

### POTATO PUFF.

One cup mashed potatoes,  $\frac{1}{4}$  cup milk, 1 egg.

Beat the yolk and white separately. Add the yolk to the mashed potatoes and then the milk, and lastly the white of the egg beaten stiff. Put in baking dish and bake in oven until browned.

### POTATO PUFF.

Three cups mashed potatoes, 2 tbsp. butter; beat to a cream. Add 2 eggs (whipped light), 1 cup milk (sweet), salt to taste.

Beat all together, and bake in a hot oven to a light brown.—Mrs. C. D. Lloyd.

### POTATO PUFFS.

Take mashed potatoes and make into a paste, with one or two eggs. Roll it out with a dust of flour, and cut round with a saucer. Have ready some cold roast meat, chopped fine and seasoned; place them on the potatoes, and fold over like a puff. Bake for a few minutes.—Mrs. Casey.

### SOUTHERN SWEET POTATOES.

Boil until tender six or eight sweet potatoes; pare and slice them lengthwise. In a pudding dish put a layer of granulated sugar, then a layer of potatoes, repeating a couple of times. Then pour boiling water on them until the sugar is dissolved. Cook in slow oven until the sugar begins to candy on the potatoes.—Mrs. E. B. Ryekman.

## PIES.

### PIE CRUST.

Two and a-half cups sifted flour, 1 cup shortening, half lard, half butter (cold), pinch of salt, 1 heaping tsp. baking powder, sifted through with the flour.

Rub thoroughly the shortening into the flour. Mix together with half a cup cold water, or just enough to form a rather stiff dough; mix as little as possible, just enough to get it in shape to roll out. It must be handled very lightly. This rule is for two pies.—Mrs. Hugh Kennedy.

### PIE CRUST.

Three cups flour, 1 cup lard, pinch of salt.

Mix with cold water (use a fork). Roll or spread with hand; cool and use.—Mrs. W. R. Jackson.

### PIE CRUST.

Two and a-half cups sifted flour, pinch of salt, 1 tsp. Magic baking powder, 1 cup Crisco or  $\frac{1}{2}$  Crisco and  $\frac{1}{2}$  butter.

Rub shortening in flour and wet with half a cup cold water, or enough for paste.—Miss Jenkins.



### SOUR CREAM PIE.

Yokes of 2 eggs,  $\frac{3}{4}$  cup granulated sugar, 1 cup sour cream,  $\frac{1}{2}$  tsp. of cinnamon or cloves,  $\frac{1}{2}$  tsp. of soda,  $\frac{1}{2}$  cup currants or raisins. Mix all together and boil until froth goes off, stirring all the time. Bake in crust like custard pie. Beat whites of eggs for top.—Mrs. J. F. Russell.

### LEMON PIE.

One cup sugar, 1 cup water, 2 tbsp. flour, rind and juice of 1 lemon, 2 eggs, piece of butter the size of a walnut. Bake pastry in tin; mix flour with cold water; add sugar rind and juice of lemon. Beat yolks, reserving the whites for the meringue. Add the butter after the filing is cooked.—Mrs. W. D. McPherson.

### AUNT GLADYS' LEMON PIE.

Two tbsp. corn starch, 1 cup sugar, yolks of 2 eggs, butter the size of an egg, juice and rind of 1 lemon. Mix corn starch and sugar together; add one and a quarter cups cold water. Cook slowly until real thick and transparent; then add yolks of eggs, well beaten, butter and juice and grated rind of lemon.—Miss Maud Bromley.

### CREAM LEMON PIE.

One cup sugar, 1 tbsp. flour, pinch of salt, mix well. Add juice and little grated rind of 1 lemon, yolks of 2 eggs (well beaten), 1 tbsp. melted butter, 1 cup milk.

Beat whites of two eggs stiff and add last. Bake in one crust in moderate oven.—Mrs. B. B. Moore.

### LEMON PIE.

Juice and grated rind of 1 lemon, 1 cup sugar, yolks of 2 eggs, 1 tbsp. of corn starch in a cupful of boiling water.

Cook in a double boiler. Use the whites of eggs for meringue.—Miss Jenkison.

### LEMON PIE FILLING.

#### (For One Large Pie.)

One cup sugar (white), 1 tbsp. butter, 1 egg (yolk only), 1 lemon (rind and juice), 1 cup boiling water,  $1\frac{1}{2}$  tbsp. corn starch.

Dissolve corn starch in a little cold water; then stir in the cup of boiling water. Mix all together; then cook in a double boiler. Cook pie crust, then spread filling in and beat the white of egg and spread on top. Put back in the oven to brown.—M. A. Ball, 1817 Yonge St.

### RAISIN PIE.

One cup raisins (seeded), 1 cup sugar, 1 cup hot water, 1 tbsp. corn starch, juice of one lemon and rind chopped fine.

Boil until thick, then make as usual.—Mrs. J. V. Moore.

### RAISIN PIE.

One cup seeded raisins, 1 cup cold water, 1 tbsp. sugar, 1 tbsp. corn starch, 1 level tsp. salt.

Put raisins in saucepan with cold water; bring slowly to boil. Add sugar, salt and corn starch, which has been mixed with a little cold water. Boil three minutes; pour into pie tin, lined with crust, while hot; cover and brush with cold milk. Bake in oven with quick bottom heat. Lemon flavor may be added if desired.—Mrs. Arthur P. Reed.

### MOCK RHUBARB PIE.

Two cups chopped rhubarb; add a little boiling water and allow it to steam for five minutes. Pour off water, add yolks of 2 eggs, a piece of butter,  $\frac{1}{2}$  cup brown sugar, 1 tbsp. flour with 2 of water.

Use whites for top and brown in oven.—Mrs. R. H. Cameron.

### APPLE PIE.

Two cups sifted flour,  $1\frac{1}{2}$  tsp. of salt,  $\frac{3}{4}$  cup Easifirst,  $\frac{3}{8}$  cup ice water. Filling: 2 large green apples (sliced thin),  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  tsp. of nutmeg.

Sift flour and salt and cut Easifirst into flour with knife until finely divided. Add water, mixing thoroughly. Roll out pastry about a quarter of an inch thick, and line pie plate. Fill with thinly-sliced apples and sprinkle with sugar and nutmeg. Then cover with pastry and bake in moderate oven until brown.

### MINCE PIE.

Three-quarters cup of flour, 1 tsp. of sugar,  $\frac{1}{2}$  tsp. of salt,  $\frac{1}{2}$  cup of Easifirst,  $\frac{1}{8}$  cup of ice-cold water,  $1\frac{1}{2}$  to 2 cups of Gunn's mince meat.

Sift flour and sugar and salt two or three times in cold bowl; then work the Easifirst in quickly with a knife (silver preferred). Add the ice water gradually: toss on a floured board, roll out several times (do not knead), and let it stand for an hour or two—if possible over night. Flour a tin pie plate, line with pastry, add the mince meat; cover and cook in a good hot oven.

### LEMON RAISIN PIE.

One cup sugar, 1 lemon, 1 cup raisins, 1 cup water.

Chop lemon and raisins fine. Cook in water three-quarters of an hour. Bake with two crusts.—Mrs. Barton.

### MEXICAN DATE PIE.

One-half cup sugar, yolks of 2 eggs, 1 cup sweet milk, 1 small cup dates, chopped fine.

Line pie plate with rich crust; cover with dates. Mix egg yolks, sugar and milk and pour over dates. When baked put stiffly-beaten whites on top and brown. Very good.—Mrs. A. E. Cummer.

### PUMPKIN PIE.

Peel, cut up and steam pumpkin, mash and press out water; leave in enamelled saucepan to dry, one cup to each pie. Add 1 or 2 eggs and sufficient milk to make custard, heaping tsp. of ginger, about  $\frac{1}{2}$  tsp. of cinnamon, and if you have some sweet cream add a couple of tablespoonfuls.

Sweeten to taste. Bake in puff-paste shell, in very hot oven.—Mrs. Cressman, Quebec.

### PUMPKIN PIE.

One pt. squash (strained),  $\frac{3}{4}$  tsp. of ginger,  $\frac{3}{4}$  cup brown sugar. Add gradually 1 pt. of milk and 1 or 2 eggs. Salt to taste.—Mrs. E. B. Ryckman.

### BANANA PIE.

Bake crust, slice four bananas, sprinkle a little sugar over them. Then add the following: Yolks of 2 eggs, 1 tsp. corn starch,  $\frac{1}{2}$  cup white sugar, 1 tsp. butter,  $\frac{1}{4}$  tsp. vanilla,  $\frac{1}{2}$  cup sweet milk.

Boil and cool before pouring over bananas. Beat whites of two

eggs with one teaspoonful of sugar and put on top. Return to oven and brown. Excellent.—Miss Armstrong.

#### **BANANA PIE.**

Two eggs,  $\frac{1}{2}$  cup sugar, 1 tbsp. butter,  $\frac{1}{2}$  cup boiling milk, 3 large bananas, 1 tsp. vanilla, pinch of salt, 1 tsp. corn starch.

Mix sugar and butter together, add yolks of eggs, well beaten; stir in slowly milk and salt. Bring to boiling, and if not thick enough add corn starch to suit. Slice the bananas and stir into mixture after it cools, and add flavoring. Beat whites to a stiff froth with a teaspoon of sugar put on top, and brown.—Mrs. J. S. Lloyd, Newmarket.

#### **POTATO, OR POVERTY PIE.**

This is real good and takes the place of lemon pie: 1 raw potato, size of a teacup (grated), the grated rind and juice of 1 lemon, 1 cup granulated sugar, 1 cup hot water, butter the size of an egg.

Cook in double boiler and bake between two crusts as for apple pie. It is better served cold.—Mrs. Hector McLean.

#### **WASHINGTON PIE.**

One-half cup butter, 1 cup white sugar,  $\frac{1}{2}$  cup milk, 1 cup corn starch, 1 cup flour, whites of 3 eggs, 2 tsp. Magic baking powder.

Bake in two layers; put peaches between, and serve with whipped cream or plain cream.—Mrs. J. G. Coram, 470 Parliament St.

#### **MINCE-MEAT.**

One bowlful of meat, chopped fine,  $\frac{3}{4}$  of a bowlful of suet chopped fine, 2 bowlfuls of apples chopped fine, 1 bowlful of brown sugar 1 teacup of brandy, 2 nutmegs grated, two desp. of cinnamon and cloves, 1 desp. of allspice, 1 lb. of raisins, 1 lb. of currants,  $\frac{1}{2}$  lb. of citron, 1 tsp. of salt, 1 cupful of molasses, lemon enough to make it the right consistency.—Mrs. M. S. Burns, Buffalo.

#### **MINCE-MEAT.**

One-half gal. cider,  $\frac{1}{2}$  gal. molasses, 3 lbs. raisins, 2 lbs. currants, 2 lbs. dates, 5 lbs. meat, 1 lb. suet, 3 oranges, 3 lemons, 1 oz. cinnamon (ground), 2 tsp. ground cloves, 5 lbs. brown sugar, 1 bsk. apples, 1 pt. vinegar,  $\frac{1}{2}$  lb. citron, handful salt, 3 nutmegs.—Mrs. F. B. Stratton.

### **PUDDINGS.**

#### **CARROT PUDDING.**

One cup suet (chopped), 1 cup brown sugar, 1 cup raisins, 1 cup currants, 1 cup grated carrots (raw), 1 cup grated potatoes (raw), 1 egg, a little chopped peel, 1 tsp. Magic baking soda, salt and spice to taste.

Mix all together and steam in a mould for three hours.—Lady Hendrie, Government House.

#### **CARROT PUDDING.**

One cup each of carrots and potatoes (raw, grated),  $1\frac{1}{2}$  cups bread crumbs, 1 cup flour, 1 cup chopped suet, 1 cup raisins, 1 cup currants,  $\frac{1}{2}$  cup mixed peel (cut fine), 1 lemon put through mincer, 1 tsp. mixed spices, 1 tbsp. molasses, 1 cup brown sugar, 1 tsp. soda mixed in a small quantity of warm water.

Steam three hours.—Lady Hearst.

#### **PLUM PUDDING (No Eggs).**

Eight tbsp. flour, mixed with 1 lb. white bread crumbs, 1 lb. chopped suet, 1 lb. granulated sugar, 1 lb. minced candied peel, 1 lb. currants, 2 lbs. raisins, 2 grated nutmegs, 2 tsp. each of ground cloves and cinnamon,  $\frac{1}{2}$  lb. chopped almonds, 1 lb. peeled carrots, 1 lb. raw potatoes put through the mincer, juice and rind of 1 lemon,  $\frac{1}{2}$  tumbler brandy.

Mix all dry ingredients first. This is a rich pudding and will keep a long time.—Mrs. R. A. Pyne.

#### **STEAMED APPLE PUDDING.**

One-half lb. suet, chopped fine, 4 cups flour (measure after sifting), 2 tsp. Magic baking powder sifted with the flour, a pinch of salt.

Mix soft like biscuit dough with milk and roll about three-quarters of an inch thick. Butter deep pudding dish and line it with the paste; slice apples thin and fill dish. Sweeten to taste; grate nutmeg over the top and cover with the paste. Pinch edges together well, and steam two hours. Serve with pudding sauce.—Mrs. Montgomery.

#### **SUET PUDDING.**

One cup suet (chopped fine), 1 cup molasses, 1 cup sweet milk, 1 cup raisins (chopped), 3 cups flour, 2 tsp. cream tartar and 1 of soda, 2 tsp. ground ginger, pinch of salt.

Steam three hours. An excellent cheap pudding.—Mrs. Charles Keddie.

#### **WHOLE WHEAT PUDDING.**

Two cups of whole wheat flour,  $\frac{1}{2}$  tsp. soda,  $\frac{1}{2}$  tsp. salt, 1 cup milk,  $\frac{1}{2}$  cup molasses, 1 cup of stoned dates, 1 cup raisins, and  $\frac{1}{4}$  cup nut meats.

Put the fruit in the flour and mix until thoroughly floured; add soda, salt, spice to taste, milk and molasses. Mix well and steam three hours in closed mould. Serve with any good sauce.—Mrs. Henry Simpson.

#### **GRAPE NUTS PUDDING.**

One pkg. Pure Gold lemon jelly powder,  $\frac{3}{4}$  cup sugar,  $2\frac{1}{2}$  cups hot water, 1 cup grape nuts.

Mix and let stand fifteen minutes. Add one cup of raisins, one cup of chopped nuts, juice of one lemon (add other fruits if desired). Stand till set.—From French Cook.

#### **TAPIOCA PUDDING.**

One cup pearl tapioca, 1 can pineapple.

Put tapioca to soak over night in cold water, drain through the colander; put back in pan and pour boiling water on it and let it boil until it is clear like starch; then add pineapple cut in small pieces, little salt and sugar to taste. To be eaten next day with cream.—Emma Gaston.

#### **APPLE AND TAPIOCA PUDDING.**

One and a-half cups tapioca, 5 cups boiling water, 1 cup sugar, 1 tsp. salt, 12 tart apples.

Soak the tapioca eight hours in cold water (to cover); drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish; fill cavities with

sugar, pour over the tapioca, and bake in a moderate oven till apples are soft. Serve with cream and sugar or cream sauce.—Miss A. Armstrong.

#### BLACK PUDDING.

One and a-half cups molasses,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, 2 cups sour milk, 1 tsp. soda, 3 cups pastry flour, 2 eggs.

Mix butter and sugar, then add eggs and molasses, sour milk and soda. Flavor with nutmeg. Steam one and a-half hours.—Mrs. A. E. Cummer.

#### FIG PUDDING.

One cup finely-chopped beef suet, 1 cup dry bread crumbs, 1 cup figs, 2 tbsp. treacle, 3 eggs, 1 cup brown sugar; add vanilla and nutmeg to taste, 1 small tsp. of soda,  $1\frac{1}{2}$  tsp. Magic baking powder,  $1\frac{1}{2}$  cups flour, or more.

Serve with sauce. Steam three hours.—Mrs. W. Scholey.

#### APPLE DUMPLING.

One cup flour, 1 tsp. baking powder, 1 level tsp. salt, 1 tbsp. Easi-first, 4 tbsp. milk, 4 small apples, 4 tbsp. sugar,  $\frac{1}{2}$  tsp. cinnamon.

Sift the flour, baking powder, salt, and add the Easi-first. Then add the milk, toss on floured board, roll out into a thin sheet. Wipe, core and pare apples, place on dough (enough for each apple), fill centre with sugar and cinnamon. Draw dough up around apples to cover. Steam or bake until apple is tender. Serve with cream and sugar or a sweet sauce.

Easi-first may be used over and over again for deep frying, or after using for frying, if strained and allowed to cool, may be used for shortening in the finest cake. Easi-first does not carry the flavor of articles fried in it.

#### FIG PUDDING.

Take  $1\frac{1}{2}$  cups chopped figs, 2 cups bread crumbs, 1 cup molasses, 1 tsp. soda, 1 cup chopped suet, 1 cup Graham flour.

Milk enough to moisten. (Dates may be used instead of figs.) Steam about three hours.—Mrs. R. Bell.

#### LEMON SAGO PUDDING.

Two and a-half cups water,  $\frac{1}{2}$  cup sago, 3 tbsp. golden syrup.

When thoroughly boiled add the grated rind and juice of one lemon. Eat with cream when cold.—Mrs. R. A. Pyne.

#### BREAD PUDDING.

One cup molasses, 1 cup suet, 1 cup brown sugar, 1 cup currants, 1 cup raisins, nuts and peel to taste, 1 small loaf brown bread soaked in cold water and squeezed out, 1 tsp. cinnamon, 1 tsp. ground cloves.

Steam three hours.—Mrs. C. H. Beavis.

#### YORKSHIRE PUDDING.

Five large tbsp. flour, 1 pint milk, 2 eggs,  $\frac{1}{2}$  tsp. salt.

Put flour into basin with salt, and stir gradually into this enough of the milk to make a smooth batter without lumps. Add the rest of the milk and the eggs, well beaten. Bake in shallow tin or under roast beef if preferred. Pour around roast beef about twenty minutes before it is done.—Mrs. J.

## SAUCES.

#### SAUCE FOR BOILED RICE.

Beat the yolks of 3 eggs with sugar enough to make it quite sweet. Add a teacup of cream or milk and the juice and grated peel of two lemons.

#### SAUCE FOR SUET PUDDING.

Butter size of an egg, 1 cupful powdered sugar, 1 or 2 eggs (whites and yolks beaten separately), 1 tsp. vanilla.—Mrs. M. S. Burns.

#### FOAMY SAUCE.

One cup sugar, 1 cup butter, 1 egg, 6 tbsp. hot water.

Beat the sugar, butter and yolk of egg together. Add the hot water a little at a time. Then have the white of egg beaten stiff and stir in.

#### LEMON SAUCE.

Two lemons, 1 cup sugar, butter size of an egg, 2 eggs, beaten separately.

Put the butter, sugar and lemon in a pan and let it simmer, then add the eggs and let it boil up slowly.—Mrs. William Titus.

#### LEMON BUTTER.

One lemon, 1 egg, 1 cup sugar, 1 tbsp. butter,  $\frac{1}{4}$  cup water.

Cream the butter and sugar together, add the well-beaten egg, mix the water, lemon juice and grated rind together; then stir all together and cook until it thickens.

#### GRANDMOTHER'S SAUCE.

Cream together a cupful of sifted sugar and half a cupful of butter, add a teaspoonful of ground cinnamon and one egg, well beaten.

Boil a teacupful of milk and turn it, boiling hot, over the mixture slowly, stirring all the time; this will cook the egg smoothly. It may be served cold or hot.

#### FRUIT SAUCE.

Two-thirds of a cupful of sugar, 1 pt. of raspberries or strawberries, 1 tbsp. of melted butter and 1 cupful of hot water.

Boil all together slowly, removing the scum as fast as it rises; then strain through a sieve. This is very good served with dumplings or apple puddings.—Mrs. J. K. C.

#### A GOOD PLAIN SAUCE.

A good sauce to go with plain fruit puddings is made by mixing 1 cupful of brown sugar, 1 cupful of best molasses,  $\frac{1}{2}$  cupful of butter, 1 large tsp. of flour; add the juice and grated rind of 1 lemon,  $\frac{1}{2}$  nutmeg (grated),  $\frac{1}{2}$  tsp. of cloves and cinnamon.

When these are all stirred together, add a teacupful of boiling water; stir it constantly, put into a saucepan and let it boil until clear; then strain.

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### EGG SAUCE.

To an ordinary white sauce add the whites of hard-boiled eggs, which have been put through the potato ricer or chopped very fine. Two eggs are sufficient for sauce for one ordinary-sized fish.

### WHITE SAUCE, OR DRAWN BUTTER.

Five tbsp. of flour, mixed with water until smooth,  $\frac{1}{2}$  tsp. of salt, then pour boiling water on it till it thickens to the consistency of cream. Add butter half the size of an egg. Boil five minutes.

### TO MAKE GRAVY.

Take the roast out of the pan, pour all the dripping off but a tablespoonful, put a dessertspoonful or a little more of flour in pan, mix till smooth, then pour boiling water in until it is as thick as cream. You will have no lumps, and will never require to strain.

## SALADS AND DRESSINGS.

### POTATO SALAD.

In 4 tbsp. of vinegar melt a piece of butter the size of an egg. Add to the warm mixture the beaten yolks of 3 eggs, 1 tsp. mustard, sugar and salt, and a little white pepper.

Put into double boiler to thicken. Just before serving add a small teacupful of cream, and pour over salad made of six cold boiled potatoes sliced, one sliced cucumber, one grated small onion. Serve very cold.

### POTATO SALAD.

Six slices of bacon, cut into very small squares. Fry until brown, and then skim out of the fat. To this fat, when a little cold, add two eggs, a little salt and pepper, one-half teaspoonful of corn starch stirred in gradually.

Cook until creamy. A layer of potatoes sliced thin, then dressing and a little of the bacon, and so on until dish is filled.

### POTATO SALAD.

Four cups cold boiled potatoes (diced), 1 cup celery cut in small pieces, 1 cucumber cut small, and 1 onion chopped very fine; add salt to taste.

Mix well with dressing. Serve on lettuce and garnish with strips of pimento or chopped beet.—Mrs. J. K. C.

### BEET SALAD.

Cook beets till very soft; when cold cut in small dice, cut celery in small dice, mix a few shelled walnuts.

Mix all with salad dressing, and serve on shredded lettuce.

### CABBAGE SALAD.

Two eggs, small piece of butter, 1 tsp. salt, 2 tsp. mustard, 3 tbsp. sugar, 6 tbsp. vinegar, small quantity of cayenne pepper.

Choose firm, white cabbage, let it stand in cold water for some time to make it crisp; dry well, chop fine. (It improves it to chop two or three apples with it such as Northern Spies.) After beating eggs and mixing ingredients properly, set in double boiler and stir until it comes to a boil, then take off at once. When cold add a little cream or milk (two or three tablespoons) and mix well. Pour over cabbage.

### WALDORF SALAD.

Cut nice, tender celery into dice shape. Take King or Greening apples, and cut the same. Use half apples and half celery, and place on ice.

Dressing for Salad: Take yolks of three eggs, put into it the oil very slowly, and beat until it clears the plate and forms a ball. Then add to this  $\frac{1}{2}$  tsp. of dry mustard,  $\frac{1}{2}$  tsp. of sugar,  $\frac{1}{2}$  tsp. of salt, a very little cayenne pepper, and the juice of 1 large lemon, and then beat it back till it forms a thick cream.

This salad requires more dressing than any other—Mrs. G. W. Miller.

### SWEET SALAD.

Two oranges, 2 bananas, 2 slices pineapple, 1 tbsp. cocoanut (or more), 12 or 14 grapes,  $\frac{1}{4}$  cup cream (whipped), 2 tbsp. lemon juice.

Oranges peeled, all white taken off, cut (with scissors) into small pieces. Put alternately in dish pieces of orange, banana on top, orange, pineapple (cut in small pieces), grapes (stoned), orange, banana and grapes; lemon juice poured over; add cocoanut. Other fruits and nuts may be added, such as dates, figs and walnuts.

### SWEET SALAD DRESSING.

One-half cup sugar, 2 tbsp. water,  $\frac{1}{2}$  tsp. vanilla.

Water and sugar boiled to string lightly;  $\frac{1}{2}$  teaspoon vanilla added; pour on salad. Whipped cream poured on when serving; red jelly ornamentations on top.—Miss Hulda Westman.

### A DELICIOUS SALAD.

Green pepper, cream cheese, 2 chopped olives, 4 walnuts, lettuce.

Cut off the large end of a fresh, green pepper and remove the seeds. Mash a fresh cream cheese, mix with it the two chopped olives and about four chopped walnut meats. Put this mixture into the pepper tightly and place in the ice box to harden. When ready to serve, cut into thin slices and put on lettuce.—Ollie.

### FRUIT SALAD.

Four bananas, 2 tbsp. chopped nuts,  $\frac{1}{2}$  a cream cheese.

Take bananas and peel whole, sprinkle chopped nuts on bananas and cream cheese; put through ricer. Serve in a mould at side of plate. Serve all on lettuce leaf.

### FRUIT SALAD.

One can pineapple (drain for two hours), 3 oranges, 12 marshmallows (added just before mixing salad), 1 grapefruit (if desired).

Dressing: Two eggs (well beaten), 1 tbsp. sugar, 2 tbsp. lemon juice, butter size of a walnut (melted).

Cook over hot water until very thick. Before serving add about half a pint of whipped cream. This will serve eight people and can be used as a dessert.

### FRUIT SALAD.

Cut and mix together oranges, bananas, cherries, pineapple and Malaga grapes until you have about one pound in all. Add 1 cup chopped nuts, and then mix with the following dressing: Juice of 3 lemons, juice of 2 oranges, 2 eggs,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup cream.

Beat the eggs with juice of oranges and lemon, add sugar and oil. Whip the cream and stir into this mixture and set away to cool.

### SWEET BOILED DRESSING.

One egg, 1 tbsp. corn starch, 3 tbsp. sugar,  $\frac{1}{2}$  tsp. salt, 2 tbsp. butter,  $\frac{1}{2}$  tsp. mustard, 1 cup milk, 1-3 cup vinegar,  $\frac{1}{2}$  cup whipped cream, dash white pepper.

Put beaten egg, corn starch, sugar, salt, pepper and mustard in the double boiler and beat until smooth and light; then add milk and when smooth pour in the vinegar, heated to boiling point, with the butter. Place on the fire and stir constantly until it thickens. Remove and beat, set away to cool. Beat in the whipped cream just before serving. Nice for fruit salads.

### CHEESE WAFERS TO SERVE WITH SALADS.

Take small salt wafers, spread with butter and cover with grated cheese and a little cayenne pepper. Brown in oven. Put cheese through a ricer. Arrange on a pretty flat dish and dot with red currant jelly. Makes a delicious accompaniment to salads.

### TOMATO JELLY.

One pint tomatoes scalded (a few drops of red coloring). Cook until done with slice of onion and strain through sieve so as to get rid of seeds. Season with 1 tsp. of salt, dash of cayenne pepper; add to it  $\frac{1}{2}$  pkt. of gelatine, white of 1 egg or shells of 4 eggs.

Strain through jelly bag. Put in moulds. Be sure and have it highly seasoned.

### TOMATO JELLY.

Soak  $\frac{3}{4}$  oz. of gelatine in  $\frac{1}{2}$  cup cold water. Boil together for twenty minutes 1 can tomatoes 1 bay leaf, 1 slice onion,  $\frac{1}{4}$  tsp. dried celery leaves, 6 cloves, 6 pepper berries; add 1 tsp. salt, 1 tbsp. lemon juice. Press through strainer and add to softened gelatine.

When dissolved strain into moistened moulds and chill. Serve with Mayonnaise dressing.—Mrs. A. H. Birmingham.

### TOMATO JELLY.

One-half can tomatoes, 2 cloves, 1 bay leaf, 1 slice of onion (thick), 1 tsp. salt, 1 tsp. sugar,  $\frac{1}{2}$  tsp. pepper,  $\frac{1}{4}$  box gelatine (soaked),  $\frac{1}{2}$  cupful of water.

Boil together tomatoes, spices and onion. Add soaked gelatine, stir until gelatine is dissolved, and then strain into moulds to set. Fill centre with celery or chicken salad.

### ASPARAGUS SALAD.

Cook two bunches of fresh green (or canned, white being the nicer) asparagus, drain well and chill. Lay on plates three or four pieces, according to size, and garnish with two thin slices of pimento laid across the asparagus.

Serve with cheese straws and good French mayonnaise.

### CHEESE STRAWS.

One cup flour, 1 tsp. salt,  $\frac{1}{2}$  cup grated cheese, 1 tbsp. butter, 1 tsp. baking powder,  $\frac{1}{2}$  tsp. white pepper.

Sift flour, baking powder, salt and pepper together; work butter into the sifted materials, add cheese, mix with water like pie crust, roll out into a thin sheet, cut in narrow strips. Bake in moderate oven.

### DELICIOUS SAUCE FOR COLD MEAT.

One small cup vinegar, 1 tsp. sugar, 2 tsp. mixed mustard, 1 tbsp. catsup, 1 tbsp. Worcestershire sauce, 1 tsp. salt, a little cayenne pepper. Mix well.—Miss Armstrong.

### LUNCH SALAD.

Soak one envelope of gelatine five minutes in a cup of cold water; then dissolve in  $1\frac{1}{2}$  cups boiling water. Add the juice of 3 lemons and  $\frac{1}{2}$  cup sugar. When it begins to set add 3 tart apples (sliced thin), 1 cup celery (cut in small pieces),  $\frac{1}{2}$  cup nut meats (chopped).

Serve on lettuce leaves with mayonnaise.—Mrs. L. P. Marshall

### CELERY AND EGG SALAD.

Beat yolks of 2 eggs until very light and creamy. Add 2 tbsp. vinegar or lemon juice, 1 tbsp. sugar, 1 tsp. mustard, salt and pepper to taste.

Cut celery fine, arrange in salad bowl with alternate layers of celery and hard-boiled eggs. Pour dressing over and garnish with hard-boiled eggs and tender celery leaves.—Mrs. A. Cumber.

### SALAD DRESSING.

Take 4 tbsp. butter, 1 tbsp. flour, 1 tbsp. sugar, 1 tsp. salt, 1 tsp. mustard, a little cayenne pepper, 1 cup milk,  $\frac{1}{2}$  cup vinegar, 3 eggs.

Melt butter; stir flour, salt sugar, etc., together; beat eggs in milk; cook over steam. Beat the vinegar in after removing from stove. Delicious dressing for oysters, potatoes or salmon.

### SAUCE FOR ALL FOODS.

Put into an earthen vessel in a heater for 24 hours 2 gills water, 2 gills of vinegar, 1 gill of verjuice 2 gills of white wine, 1 oz. of ground mustard seed,  $\frac{1}{2}$  oz. of black pepper,  $\frac{1}{2}$  tsp. of ground ginger,  $\frac{1}{2}$  tsp. of mace,  $\frac{1}{4}$  tsp. of cloves, 4 oz. of salt, 4 bay leaves, 2 ozs. of pounded shallots, 1 dry, bitter orange peel, and  $\frac{1}{2}$  gill of lemon juice.

After all these have infused for two days, strain the sauce through a fine sieve, put in bottles, and keep it to use for cold meats.—Barth Bianchi, The Lenox.

### SALAD DRESSING.

One tbsp. mustard, 1 tbsp. sugar, 1 tsp. salt. Stir these ingredients well together with the yolks of 3 eggs; then add very gradually a quarter of a large bottle of oil, afterwards adding, also very gradually, three-quarters of a cupful of good cider vinegar.

Place this mixture in a double boiler, stirring constantly until it thickens. One tablespoonful to two of cream will dress a salad for four persons. Will keep indefinitely.

### SALAD DRESSING MADE AT THE TABLE.

The yolk of a raw egg, 1 tbsp. of mixed mustard,  $\frac{1}{4}$  tsp. of salt, 6 tbsp. of oil.

Stir in the yolk, mustard and salt together with a fork until they begin to thicken. Add the oil gradually, stirring all the while.—Mrs. S.

### SALAD DRESSING.

Two eggs, butter size of an egg, 1 cup sugar, 1 tsp. mustard, 1 cup milk,  $\frac{3}{4}$  cup vinegar,  $\frac{1}{2}$  tsp. salt, pepper to taste, 1 tbsp. flour.

Mix all together except heated vinegar and whites of eggs, which are put in separately at the last.—Mrs. Kitchener.

### PERFECTION MAYONNAISE.

Two tbsp. flour, 1 heaping tbsp. mustard, 2 tbsp. sugar, 1 tsp. salt,  $\frac{1}{2}$  tsp. pepper, piece of butter size of an egg, 1 pt. milk, 3 egg yolks,  $\frac{1}{2}$  cup vinegar.

Mix dry ingredients together, add butter; mix and add milk carefully and the well-beaten egg yolks. Cook until thick; then add vinegar, last very slowly. Will make about two pints. Will keep for weeks.—Mrs. Furbrash.

### CREAM DRESSING.

Mix  $\frac{1}{2}$  tsp. of salt, 2 tsp. mustard, 2 tbsp. brown sugar, 3 tbsp. melted butter, 1 well-beaten egg, 1 tbsp. flour,  $\frac{1}{2}$  cup milk or cream, 1 cup boiling water.

Stir over hot water until creamy. Take off stove; then add one-half cup vinegar, a little at a time.—Mrs. W. J. Marshall.

### SALAD DRESSING FOR NUT SANDWICHES.

Two eggs (well beaten), 2 tbsp. white sugar, butter size of an egg,  $\frac{3}{4}$  cup malt vinegar, 1 tsp. mustard, pinch cayenne, salt to taste.

Cook in double boiler and thin with milk or cream.—Mrs. Hughes.

### SALAD DRESSING.

One cup vinegar, 1 cup brown sugar, piece of butter size of a walnut, 1 tbsp. mustard, 3 tsp. corn starch, 1 tsp. salt, pinch cayenne pepper, 1 egg.

Put vinegar, sugar and butter on to heat. Beat egg well, and add little milk; then mix in mustard, corn starch and pepper and one-half cup milk. Add this mixture to the hot vinegar, and let thicken slowly.—Mrs. F. W. Humphrey.

### SALAD DRESSING.

Take  $\frac{1}{2}$  cup vinegar and  $\frac{1}{4}$  cup water; put on stove and heat. Mix together 1 beaten egg,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  tsp. salt, pinch of red pepper, 1 tsp. mustard, 1 small tsp. corn starch, dissolved in  $\frac{1}{4}$  cup milk.

Add this mixture to the hot vinegar and boil till as thick as good cream, stirring constantly. Remove from stove and add one teaspoonful butter.—Mrs. Henry Kirby.

### SALAD DRESSING.

One egg,  $\frac{1}{2}$  cup of sugar, a pinch of salt, 1 tbsp. of mustard, 1 tbsp. of flour, 1 cup of vinegar, 1 cup of warm water, 1 tbsp. of butter.

Mix egg, flour, mustard and sugar together to a smooth paste; add warm water, vinegar and butter, and cook till thick.—Mrs. Howden.

## BREAD.

One cup mashed potatoes, 1 cup sugar, 2 heaping tsp. salt, 2 heaping tbsp. lard, 1 qt. warm water, 4 qts. sifted Purity flour, 1 Royal yeast cake.

Have flour warm. Mix potato, sugar, salt and lard (melted) until smooth; add water, which should feel only lukewarm to the fingers. Dissolve the yeast cake in one-third cup lukewarm water, add to mixture, stirring all together. Add the flour little by little, beating it smooth. When half the flour, or less, is in, beat it five or ten minutes, lifting the batter high above the board, to stretch it. Add as much

flour as can be stirred in, then turn dough out upon the board and knead thoroughly, working in the rest of the flour. Set in a warm bowl, grease top of dough with lard, cover over very warmly and allow to stand over night. Early in the morning turn dough out on floured board and cut into about five equal parts. With as little handling as possible, pinch these pieces into the shape of loaves and put into greased pans and stand in a warm place to rise one hour. Bake in moderate oven one hour, or longer, or until, when turned out of pan, it will not burn the hand when placed for a moment on the bottom of the loaf. Stack loaves in a windy place when cooling to make crust crisp.—Mrs. Andrew Taylor.

### CORN BREAD.

Two cups of sifted meal,  $\frac{1}{2}$  cup of Purity flour, 2 cups of sour milk, 2 well-beaten eggs,  $\frac{1}{2}$  cup of molasses or sugar, 1 tsp. of salt, 2 tbsp. of melted butter.

Mix the meal and flour smoothly and gradually with the milk, then the butter, molasses and salt, then the beaten eggs, and lastly dissolve a level teaspoonful of baking soda in a little milk and beat thoroughly all together. Bake nearly an hour in well-buttered tins, not very shallow. This recipe can be made with sweet milk by using baking powder in place of soda.—St. Charles Hotel, New Orleans.

### BROWN BREAD.

One cup of Indian meal, 1 cup rye flour, 1 cup sour milk, 1 large cup molasses, 1 tsp. soda, 1 tbsp. salt.

Steam two and one-half hours and bake from twenty minutes to one-half hour, depending upon heat of oven.—J. Carlyle.

### NUT BREAD.

Four cups sifted Purity flour, 4 tsp. baking powder, 1 cup sugar, 1 cup chopped walnuts, salt to taste, 1 egg (well beaten), 2 cups sweet milk.

Mix all dry ingredients, add milk and egg. Put into a well-greased pan. Let stand for twenty minutes. Bake for one and a-half hours in oven same as for bread (slow). This is delicious cut thin and buttered for afternoon tea.—Mrs. T. B. Armstrong.

### NUT BREAD.

Four cups of Purity flour, 1 cup of sugar, 2 eggs,  $\frac{1}{2}$  lb. of walnuts, 2 cups of milk, 4 tsp. of Magic baking powder.

Let rise twenty minutes.—Mrs. W. J. Thomson.

### NUT BREAD.

Two cups Purity flour,  $\frac{1}{2}$  cup broken walnuts,  $\frac{1}{2}$  cup raisins or chopped dates (or both),  $\frac{1}{2}$  cup white sugar,  $\frac{3}{4}$  cup sweet milk, 2 tsp. Magic baking powder,  $\frac{1}{2}$  tsp. salt, 1 egg.

Sift flour, salt, broken walnuts, Magic baking powder and sugar together. Knead into loaf and let rise half an hour. Bake in slow oven for three-quarters of an hour. This makes one loaf.—Mrs. B. B. Moore.

### HEALTH BREAD.

Two cups bran, 2 cups Purity flour, 2 cups sour or buttermilk, 1 cup seeded raisins, 1 tbsp. sugar, 1 tsp. soda, 1 tsp. salt, 1 tbsp. lard or dripping.

Bake in loaf pan.—Mrs. C. E. Manning.



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### SOFT GINGERBREAD.

One cupful sugar, 1 cupful butter (or  $\frac{1}{2}$  cupful butter and  $\frac{1}{2}$  cupful lard), 1 cupful molasses, 1 cupful sour cream or milk, 1 cupful seeded raisins, 1 tsp. mixed mace and cinnamon, 1 tsp. ginger, 1 rounded tsp. of soda, sifted twice with 4 cupfuls of Purity flour, 2 eggs.

Put raisins in last, well dredged in flour.—Mrs. M. S. Burns, Buffalo.

### "AUNT AGGIE'S SOFT GINGERBREAD."

One scant cup butter or substitute,  $\frac{1}{2}$  cup brown sugar (cream these together), salt, 1 scant cup black molasses, 1 tsp. ginger, 1 tsp. cinnamon. Beat all this together thoroughly. Add 1 cup boiling water, 1 tsp. soda, dissolved in lukewarm water. Beat well again, and add 1 well-beaten egg,  $1\frac{1}{2}$  cups Purity flour.

Bake in deep pan in slow oven.—Mrs. Richard Shortill (age 84), Balinfad, Ont.

### MONKEY BREAD.

One cup Graham flour, 1 cup raisins, 1 cup buttermilk or sour milk,  $\frac{3}{4}$  cup brown sugar, 3 tsp. molasses,  $\frac{1}{4}$  cup white flour, 1 tsp. baking soda, salt.

Bake in baking powder tin.—Mrs. W. R. Jackson.

### BROWN LOAF.

One cup white flour, 2 cups Graham flour, 2-3 cups of baking molasses, 2-3 cup brown sugar, 1 tsp. salt, 2 scant tsp. soda, 2-3 cup raisins, 2 cups buttermilk.

Let stand one hour and bake three-quarters of an hour in a slow oven.—Mrs. R. H. Cameron.

### GRAHAM BREAD.

One and a-half cups Purity flour (white),  $1\frac{1}{2}$  cups Graham flour, 4 tsp. sugar,  $\frac{1}{2}$  tsp. salt, 1 tsp. soda,  $1\frac{1}{2}$  tbsp. butter, 1 egg,  $1\frac{1}{2}$  cups sour milk.

Mix and sift dry materials, put in butter. Then add milk and well-beaten egg. Put in a greased pan and bake in a slow oven one hour.

### DATE BREAD.

One-half cup of brown sugar, 2 cups sour or buttermilk, 1 cup chopped dates,  $\frac{1}{2}$  tsp. of salt, 2 tsp. of soda,  $3\frac{1}{2}$  cups of Graham flour.

Bake in moderate oven for one hour.—Mrs. J. Robinson.

### SOFT GINGER BREAD.

One-half cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup molasses, 1 tsp. each of ginger, cinnamon and cloves, 2 tsp. soda dissolved in 1 cup boiling water, 2 $\frac{1}{2}$  cups flour. Add 2 eggs, well beaten, the last thing before baking.

Bake slowly. This may be used for an economical fruit cake by adding fruit as desired.—Miss Jenkisson.

### GINGER BREAD.

One cup brown sugar,  $\frac{1}{2}$  cup chopped raisins,  $\frac{1}{2}$  cup blackstrap,  $\frac{1}{2}$  cup butter, 2 eggs, 1 cup sour milk, 1 tsp. soda, 1 tsp. cinnamon, 2 tsp. ginger, 1 tsp. cloves, flour enough to make a batter.

Bake in a medium oven.—Mrs. Hugh Shaw.

### HOT WATER GINGER BREAD.

One cup molasses, 3 cups Purity flour, 1 tsp. soda,  $\frac{1}{2}$  cup boiling water, 2 tsp. ginger,  $\frac{1}{2}$  tsp. salt, 4 tbsp. melted butter,  $\frac{1}{4}$  cup brown sugar.

Add water to molasses. Mix and sift dry ingredients, then add water and molasses mixture and the melted butter. Pour into a shallow buttered pan and bake twenty-five minutes in a moderate oven.—Margaret.

### GINGER BREAD.

One cup of brown sugar,  $\frac{1}{2}$  cup of butter, 1 egg, 1 cup of molasses, 1 cup of cold water,  $\frac{1}{4}$  cups of Purity flour, 1 dsp. of ginger, 1 dsp. of baking soda,  $\frac{1}{4}$  tsp. of cloves, pinch of salt.

Bake in moderate oven one-half to three-quarters of an hour.—Mrs. Fred Hambly.

### GINGER BREAD.

A good cup of butter and lard mixed,  $\frac{1}{2}$  pkg. sticky raisins,  $\frac{1}{2}$  cup molasses, 1 cup brown sugar, 1 tsp. of soda in as much water as dissolves it,  $\frac{1}{2}$  cup of milk, sweet or sour (add 2 tsp. cream tartar if sweet), 2 cups Purity flour (sifted), 1 tsp. ginger.

Beat sugar and egg, melt butter to liquid on stove and add to sugar and egg, add ginger and other spices if you wish, then flour and raisins, and last thing put in soda dissolved in water. Bake in slow oven.—Mrs. Arthur VanKoughnet.

### DATE BREAD.

Two eggs, 2 cups brown sugar, 1 tsp. soda,  $\frac{3}{4}$  cup of butter,  $\frac{1}{2}$  cup water, 1 lb. chopped dates, 10 cents worth chopped walnuts, 2 good cups Purity flour.

Bake in two layers or a deep pan.

**Icing for Same**—One cup icing sugar, 1 tsp. vanilla, 2 tbsp. cocoa, 2 tbsp. strong coffee, 1 tbsp. melted butter. Take hot coffee and add butter which melts. Thicken to a paste with sugar and cocoa.—Mrs. Arthur VanKoughnet.

### OATMEAL BREAD.

Three cups hot oatmeal mush, 3 tbsp. shortening, 1 tsp. salt,  $\frac{1}{4}$  cup sugar or molasses, 1-3 to whole yeast cake,  $\frac{1}{2}$  cup lukewarm water, 4 cups white Purity flour, about 4 cups entire wheat flour.

Add the shortening, salt and sweetening to the mush, cooked as for breakfast; when cooled to lukewarm add the yeast softened in the half-cup of lukewarm water, and the flour. Mix very stiff with flour, and knead until elastic. Finish as other bread.—Mrs. Corbridge.

### SHORT BREAD.

Six oz. Purity flour, 4 oz. butter, 2 oz. fruit sugar, 1 oz. ground rice (powder).

Knead butter and sugar together, work in sifted flour that has been mixed with the rice until quite firm. Roll out, but not too thin. Notch the edges by pressing with thumb and first finger. Cut into any shape desired. Prick the top with a fork.—Mrs. W. D. McPherson.

### WHEATLESS GINGER BREAD.

One-half cup corn syrup,  $\frac{1}{2}$  lb. fat,  $1\frac{1}{2}$  oz. baking soda, 2 ozs. salt, 1 oz. ginger,  $\frac{1}{2}$  oz. cinnamon,  $\frac{1}{2}$  oz. mace or allspice, 6 eggs, 1 qt. molasses,  $1\frac{1}{2}$  qt. sour milk, 3 lbs. barley flour.—John McGall, bakers' chef, Queen's Hotel.

### SHORTCAKES.

Three hard-boiled eggs, yolks of 4 eggs, 1 cup sugar, 2 cups butter, 5 or 6 cups flour, crushed loaf sugar.

Press yolks of hard-boiled eggs through sieve, beat raw eggs and add hard-boiled eggs to them, add sugar gradually; work in the butter and sift in the flour. When a smooth mass take small pieces and roll up with hands on board until the thickness of little finger, cross ends and press them together. Dip top in egg white, slightly beaten, then in crushed loaf sugar. Place on well-greased tins a little distance apart and bake until a golden color in a moderate oven. Let cool in pan before removing.—Mrs. Corbridge.

## MUFFINS.

### BUCKWHEAT MUFFINS.

One cup buckwheat flour, 1 cup whole wheat flour,  $\frac{1}{2}$  tsp. salt, 4 level tsp. baking powder, 1 well-beaten egg, 1 cup milk,  $\frac{1}{4}$  cup molasses, 2 tsp. melted fat.

Beat molasses into egg, add the melted fat; add alternately milk and buckwheat flour, then add white flour in which salt and baking powder have been sifted. Bake in gem pans.—Lady Hearst.

### WHEATLESS MUFFINS.

One cup barley flour, 1 cup rolled oats, 1 cup milk, a pinch of salt, 1 tbsp. of fat, 2 tbsp. of syrup, 4 tsp. Magic baking powder.—John McGall, bakers' chef, Queen's Hotel.

### DATE MUFFINS.

Cream 2 tbsp. butter or substitute with  $\frac{1}{4}$  cup sugar; add 2 well-beaten eggs, then 1 cup milk; add 2 cups flour and 2 tsp. Magic baking powder, beat thoroughly; add a pinch of salt and 1 cupful of dates cut fine.

Bake in a quick oven.—Mrs. W. Holladay, Newmarket.

### BRAN MUFFINS.

Mix 1 cup bran with 1 cup flour and  $\frac{1}{2}$  tsp. salt; add 1 tbsp. molasses, 1 tbsp. butter and  $\frac{1}{2}$  tsp. soda in  $\frac{3}{4}$  cup sour milk; beat well.

If to be made with sweet milk add 2 tsp. baking powder and omit soda; 1 beaten egg may be added.—Mrs. E. J. Lennox.

### GRAHAM MUFFINS.

One cup Graham flour, 1 cup flour,  $\frac{1}{2}$  tsp. salt,  $3\frac{1}{2}$  tsp. Magic baking powder,  $\frac{1}{4}$  cup sugar, 1 cup milk, 1 egg, 2 tbs. butter melted.

Mix and sift dry ingredients, add milk and egg, then melted butter. Bake in greased muffin pans twenty-five minutes in a moderate oven.—Mrs. C. A. B. Jennings.

### BREAKFAST MUFFINS.

Three eggs, yolks and whites beaten separately; add to yolks  $\frac{1}{2}$  tsp. of salt, 1 cup sweet milk, 1 tbsp. melted butter, 2 cups sifted flour, 2 tsp. Magic baking powder; then add whites of eggs, beaten stiffly.

Bake in muffin tins in a brisk oven. This makes twelve muffins.—Mrs. E. B. Hardy.

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### CORNMEAL MUFFINS.

Three-quarters cup cornmeal,  $1\frac{1}{4}$  cups flour,  $\frac{1}{2}$  tsp. soda,  $\frac{1}{2}$  tsp. salt,  $2\frac{1}{2}$  tsp. sugar, 1 cup milk, 1 egg,  $2\frac{1}{2}$  tbsp. butter (melted).

Mix and sift dry ingredients; add milk and egg, then melted butter. Bake in greased muffin pans twenty-five minutes in a moderate oven.—Mrs. C. A. B. Jennings.

### MUFFINS.

Two cups Purity flour, 2 tsp. Magic baking powder, 1 tbsp. sugar, pinch of salt (sifted together), 1 egg and 1 cup of milk. Now add 1 tbsp. of melted butter.

Put into hot gem pans, well greased with butter. Bake in quick oven.—Ada A. McRae.

### GRAHAM MUFFINS.

Two lbs. Graham flour, 2 ozs. baking powder, 2 ozs. fat, 2 tbsp. corn syrup,  $\frac{3}{4}$  pt. milk, pinch of salt.—John McGall, baker chef, Queen's Hotel, Toronto.

## Breakfast, Tea and Lunch Cakes.

### SCONES (Extra Good).

Two tbsp. granulated sugar, butter size of egg, 1 egg,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{2}$  cup sweet milk, 2 cups flour, 2 tsp. Magic baking powder,  $\frac{1}{2}$  cup currants.—Mrs. Frank Marshall, Toronto.

### AUNT SUSIE'S HOT BISCUITS.

One qt. flour, 1 tsp. soda, 2 tsp. cream of tartar, 1 tsp. salt,  $\frac{1}{2}$  cup lard.

Put soda and cream of tartar in flour. Rub in lard and mix with sweet milk into a soft dough.

### HOT OATMEAL BISCUITS.

Two cups flour, 1 cup oatmeal (put through the grinder), pinch of salt, 2 tbsp. butter, 3 tsp. Magic baking powder.

Mix with sweet milk. If a sweet biscuit is preferred add sugar, raisins and cinnamon. Bake in hot oven.—Mrs. A. J. MacKay, Port Rowan.

### HOT BISCUITS.

Two cups flour, 2 tsp. Magic baking powder, shortening size of an egg, salt.

Beat an egg in cup, fill cup with cold water, and mix. Makes one dozen. (Hot oven).—Mrs. Geuzert.

### HOT BISCUITS.

One qt. of flour, 2 tsp. of baking soda, 4 tsp. of cream of tartar, little salt, butter size of an egg, mixed with sour milk.

Bake in hot oven twenty minutes.—Mrs. Fred Hambly.

### MARY'S HOT BISCUITS.

Four cups flour, 2 tsp. cream tartar, 1 tsp. soda,  $\frac{1}{2}$  tsp. salt, 1 tbsp. butter or lard.

Add one well-beaten egg in enough water to make a soft dough. Put in hot oven; when biscuits are raised reduce heat.

### OAT CAKES.

Two lbs. oatmeal,  $\frac{3}{4}$  lbs. rye flour, 3 ozs. fat, 3 ozs. syrup,  $\frac{3}{4}$  pt. skimmed milk,  $\frac{1}{2}$  tsp. baking soda, pinch of salt.—John McGall, baker's chef, Queen's Hotel.

### JOHNNY CAKE.

One egg, 3 tbsp. brown sugar,  $\frac{3}{4}$  cup sour milk, small tsp. soda,  $\frac{3}{4}$  cup cornmeal,  $1\frac{1}{2}$  cups or so of white flour, 1 tbsp. bacon dripping or shortening, melted and put in last thing.—Mrs. Maude Bromley.

### JOHNNY CAKE.

Six tbsp. of Indian meal, 3 tbsp. flour, 1 egg, 1 cup milk, 3 tbsp. sugar, 2-3 tsp. soda, 1 tsp. cream of tartar, salt.—Mrs. Geuzert.

### CORN CAKE.

One cup of cornmeal, 1 cup of flour, 2 tsp. of Magic baking powder, butter size of an egg; stir together, then add 1 egg,  $\frac{1}{2}$  cup of sugar, 1 cup of sweet milk.

Bake twenty minutes.—Mrs. Fred Hambly.

### JOHNNY CAKE.

Two lbs. cornmeal, 1 lb. barley flour, 1 lb. rice flour,  $\frac{1}{2}$  cup syrup, 4 eggs,  $\frac{1}{2}$  cup fat, 2 qts. milk,  $\frac{1}{2}$  oz. soda or 4 ozs. Magic baking powder.—John McGall, baker's chef, Queen's Hotel.

### RICE PANCAKES.

Two cups cold boiled rice, 1 pt. flour, 2 tsp. Magic baking powder, 1 tsp. sugar,  $1\frac{1}{2}$  tsp. salt, little more than  $\frac{1}{2}$  pt. sweet milk.

Sift together flour, salt, sugar and baking powder; add rice, free from lumps, diluted with beaten egg; add milk; mix well. Bake on hot griddle and serve with maple syrup.—Libbie Mitchell, South Dakota.

### PANCAKES.

One cup of flour, 1 cup bread crumbs, 1 tsp. salt,  $1\frac{3}{4}$  cups of buttermilk, 1 tsp. soda, 4 tsp. melted fat.

Sift flour, salt and soda together; add half the milk and beat till smooth. Stir remainder of milk and add the fat, and beat mixture well. Pour by spoonfuls on buttered hot griddle. You may add one cup of cornmeal or Graham flour in place of bread crumbs.—Mrs. R. Wood.

### LEMON BISCUIT.

Two cups white sugar, 1 cup lard, 5 ets. worth oil lemon, 5 ets. worth carbonate ammonia, 1 pt. sweet milk.

Heat the milk, put the carbonate ammonia in quickly. Mix until rather stiff, roll out thin. Bake in a quick, hot oven.—Mrs. Henry Kirby.

### DOUGHNUTS.

One pt. milk, 1 cup butter, 2 large potatoes,  $1\frac{1}{2}$  cups sugar, 1 yeast cake, enough flour to mix a sponge.

Mix this early in the evening. Keep all night in a very warm place. In the mornig add two eggs, one and one-half cups sugar and enough flour to make stiff dough. When light roll out in balls. Cook in lard.—Mrs. W. S. Everingham.

### DOUGHNUTS.

One egg, 1 cup brown sugar, 1 cup buttermilk or sour milk, 2 tbsp. melted butter,  $\frac{1}{2}$  tsp. baking soda,  $\frac{1}{2}$  tsp. baking powder, vanilla, pinch of salt.

Flour enough to roll out soft; fry in hot lard. If these are cut with small tea biscuit cutter, they will cook as little balls.—Mrs. B. B. Moore.



### RECIPE FOR DOUGHNUTS.

One cup white sugar, 1 heaping tsp. Easifirst, 2 eggs,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. nutmeg, 1 cup sweet milk, 3 level tsp. Magic baking powder, 3 cups flour.

Mix sugar and Easifirst together. Add well-beaten eggs, milk and nutmeg. Sift flour, baking powder and salt twice, mix with above ingredients, roll out, cut with doughnut cutter, and fry in hot Easifirst.

Easifirst may be used over and over again for deep frying, or after using for frying, if strained and allowed to cool, may be used for shortening in the fineset cake. Easifirst does not carry the flavor of articles fried in it.

### BUCKWHEAT CAKES.

One cup corn syrup, 3 eggs, a pinch of salt, 1 pt. skimmed milk, 1 lb. buckwheat flour, 2 ozs. baking powder.—John McGall, baker's chef, Queen, Hotel.

### JOHNNIE CAKE.

One-half cup sugar, butter size of an egg, 2 eggs, 1 cup milk, 1 cup cornmeal,  $1\frac{1}{2}$  cups flour, 2 tsp. baking powder.—Mrs. G. R. Baker.

### OATMEAL DROP CAKES.

Cream together  $\frac{3}{4}$  cup shortening and  $\frac{1}{2}$  cup brown sugar, 2 eggs,  $\frac{3}{4}$  cup milk, 1 cup white flour, 2 tsp. Magic baking powder, 1 tsp. spice, 1 pkg. dates.

Stiffen with oatmeal and drop on to buttered pans.—Mrs. Mark Irish.

### FRIED CAKES.

Two eggs, 1 cup white sugar, 1 cup sweet milk, 2 tsp. baking powder, 1 tbsp. butter, flour to thicken.

Roll out on bake board, form into desired shapes, and fry in hot, deep fat.

### GRAHAM GEMS.

Three and a-half cups Graham flour,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  cup raisins, 2 cups milk (sweet), 2 tbsp. butter substitute, 3 tbsp. Magic baking powder.

Cream butter and sugar, add flour, salt and milk alternately, raisins, lastly the baking powder.—Mrs. Graham.

### CLAN ROLANDS.

One cup flour, 1 tsp. Magic baking powder,  $\frac{1}{4}$  lb. butter, blend together; add  $\frac{3}{4}$  cup corn starch, beat 1 egg and  $\frac{1}{2}$  cup of sugar, 1 tsp. vanilla.

Mix all together; drop in small teaspoons. Place together with raspberry jam. Very good.—Mrs. Graham.

### BRAN GEMS.

Two tbsp. of brown sugar, 2 tbsp. of lard or lard and butter, 1 egg, 1 small tsp. of salt, 1 cup of sour milk, 1 tsp. of soda (dissolved in the milk, or 1 cup of sweet milk and 2 tsp. of Magic baking powder), 1 cup of bran, 1 cup of flour.

Bake ten to twelve minutes. If warmed over, place in a paper bag and pin securely.

When using "Good Health Food" (2 pkg. 25 cts.: T. Eaton Co.), do not use an egg, and use only half a cup of milk. Quite as nice as the above recipe.—Mrs. A. L. Scholfield.

### OATMEAL GEMS.

One cup oatmeal, 2 cups flour, 1 heaping tbsp. shortening, 2 tsp. Magic baking powder, 1 tsp. brown sugar, pinch of salt, enough milk to make stiff batter.

Bake in patty pans.—Mrs. Edmund Bristol.

### GRAHAM LOAF.

One-half cup brown sugar, 2 tbsp. butter, 2 cups Graham flour, 1 cup sour milk, 1 tsp. soda (mix in flour), pinch of salt.

Bake in slow oven about thirty minutes.—Mrs. J. W. Percy.

### GINGER BREAD.

Three-quarters cup brown sugar,  $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup molasses, 1 tsp. ginger, 1 tsp. cinnamon, 1 tsp. cloves, 2 tsp. baking soda, 1 cup boiling water, 2 eggs,  $2\frac{1}{2}$  cups flour.

Bake slow.—Mrs. J. W. Percy.

### DATE LOAF.

One cup of dates, 1 cup of boiling water, 1 small cup of granulated sugar,  $1\frac{1}{2}$  cups of flour, 1 tbsp. of butter, 1 tsp. of baking soda, 1 egg,  $\frac{1}{2}$  cup of walnuts, 1 tsp. of vanilla, and pinch of salt.

Cut dates up fine and add soda and boiling water. Mix well and put out to cool. Cream sugar and butter, add egg, well beaten, and then mix in dates, flour, nuts and vanilla, and bake in a slow oven forty-five minutes.—Mrs. F. W. Humphrey.

### NUT LOAF.

One and a-half cups flour,  $1\frac{1}{2}$  tsp. Magic baking powder, pinch of salt, 1 egg, 1 cup milk, 1 cup sugar, 1 small cup walnuts.—Mrs. William Crawford.

### NUT LOAF.

Four cups flour, 1 cup white sugar, 1 cup chopped nuts,  $1\frac{1}{2}$  cups sweet milk, 2 tsp. cream tartar, 1 tsp. baking soda, 1 tsp. salt, 1 egg.

Mix all dry ingredients; then add well-beaten egg and milk. Let raise twenty minutes in loaf tin. Bake in moderate oven.—Mrs. J. K. C.

### NUT LOAF.

Three-quarters cup white sugar, 1 tbsp. butter, 1 egg,  $1\frac{3}{4}$  cups sweet milk, 3 cups flour, 2 tsp. Magic baking powder; 5 cts. worth walnuts, 2 cups chopped dates.

Mix sugar, butter, egg, milk; sift flour and baking powder; add walnuts and dates, and let rise in pan twenty minutes. Bake for three-quarters of an hour.—Mrs. W. A. Kemp.

### DATE LOAF.

One pkg. dates,  $1\frac{1}{2}$  cups English walnuts (don't chop dates or walnuts), 1 cup granulated sugar, 1 coffee cup flour, 2 tsp. Magic baking powder; sift over fruit, nuts and sugar, and mix well; 3 eggs, yolk and whites beaten separately, 1 tsp. vanilla.

This batter looks dry and lumpy, but is all right so. Bake slowly one hour. Slice thin.—Mrs. R. Marshall, Calgary, Alberta.

### COFFEE LOAF.

Two eggs, 1 pt. sweet milk (warm), piece of butter size of an egg,  $\frac{1}{2}$  cup white sugar, small tsp. salt, flour to make a good stiff batter.

Dissolve half a yeast cake in lukewarm water and mix in batter, add nutmeg to taste; put to raise in the tin it is to be baked in. When

baked put melted butter over the top while still warm, then sprinkle with sugar and walnuts, chopped fine. Have all ingredients warm when mixing.—Aunt Fanny.

#### DATE LOAF.

Two cups sour milk,  $\frac{3}{4}$  cups brown sugar,  $\frac{1}{4}$  tsp. salt, 1 tsp. soda, 3 cups Graham flour, 1 pkg. chopped dates.

Bake in moderate oven about one hour or a little more.—Mrs. James Gairdner.

#### BRAN LOAF.

Two cups bran, 2 cups white flour, 2 cups sour milk, 1 cup brown sugar, 1 cup seeded raisins, 1 tsp. soda,  $\frac{1}{2}$  tsp. salt.

Bake in slow oven.—Mrs. George P. Batson, Ottawa.

#### WALNUT LOAF.

Two cups sifted flour, 2 tsp. Magic baking powder,  $\frac{1}{2}$  tsp. of salt, 1 small cup of white sugar,  $\frac{1}{4}$  lb. chopped walnuts, 1 cup milk, 1 egg, beaten together.

Add to the above dry ingredients. Butter pan; let rise for one-half hour; then bake in a slow oven for one hour.—Ada A. Mcca.

#### OATMEAL CAKES.

One cup sugar,  $\frac{1}{2}$  cup butter, 2 eggs, 4 tbsp. sour cream, 1 level tsp. soda, 1 cup oatmeal, 1 cup flour, 1 tsp. mixed spice, 1 cupful raisins,  $\frac{1}{2}$  cup cropped nuts, dates, etc.

Bake in muffin tins.—Mrs. E. B. Hardy.

#### HARD TACK.

(Good for Overseas.)

One cup sugar, 1 cup flour (sift before measuring), 2 eggs,  $\frac{1}{2}$  tsp. Magic baking powder, 1 cup dates, 1 cup broken walnuts.

Wash dates, drain, add dates and nuts to the mixture. (Be sure and sift the flour before measuring.) Bake in a flat pan. When baked cut in strips and roll in icing sugar while still warm. Bake in moderate oven. Good for overseas.—Mrs. James Gairdner.

#### SPANISH BUN.

Three eggs,  $\frac{1}{2}$  cup butter, 1 heaping cup brown sugar,  $\frac{3}{4}$  cup sweet milk,  $2\frac{1}{4}$  cups flour (1 tsp. soda, 1 tsp. cream tartar sifted with the flour).

Bake in shallow pan in slow oven. Save out white of one egg and beat stiff. Add two tablespoons brown sugar and one teaspoon cinnamon; spread on cake when cool. Put in oven to brown.—Mrs. A. Bell.

#### SPANISH BUN.

Cream together  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup butter, yolks of 2 eggs, 1 cup sour milk, to which add 1 tsp. soda; add whites of eggs, beaten very stiff, 1 tsp. cinnamon, a little nutmeg and 2 cups flour.

Bake in shallow pan. Icing—Beat together one egg one-half cup granulated sugar, one teaspoon cinnamon.—J. Meader.

#### SAND TARTS (Good).

Cream  $\frac{1}{2}$  cup cooking fat and 1 cup sugar, 1 egg,  $1\frac{3}{4}$  cups flour, in which 2 tsp. Magic baking powder has been sifted.

Chill; roll quite thin; cut with diamond-shaped cutter, brush with white of egg and sprinkle with granulated sugar mixed with a small quantity of cinnamon. Place half an almond on each and bake in moderate oven.—Mrs. George Wood.

#### BUTTER TARTS.

One egg, 1 cup brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup currants, a little nutmeg.

Beat together and put in uncooked shells.—Mrs. A. D. McLean.

#### BUTTER TARTS.

One cup of brown sugar, 1 tbsp. butter, 2 eggs, 1 cup currants.

Mix and cook in double boiler until thick. Line tart tins with paste. Drop a small portion of above mixture into each and bake in moderate oven.

#### LEMON BUTTER FOR TARTS.

One cupful of water, 1 egg,  $\frac{1}{2}$  cupful sugar, 3 tbsp. lemon juice, 1 tbsp. of flour, 1 tsp. of grated lemon rind.

Put water on to boil, add the flour, which has been mixed with a little cold water until smooth. Boil for ten minutes, then add egg, which has been beaten with sugar and salt. Bring to a boil, remove from fire and add juice and rind of lemon, and beat two minutes. When cool fill into tart shells or spread on toast.—Miss Hulda Westman.

#### DOLLY CAKES.

Half-cup butter,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  tsp. salt, 1 egg,  $1\frac{1}{2}$  cups cocoanut, 1 heaping cup flour, sifted with 1 tsp. Magic baking powder.

Mix to stiff paste and drop on buttered pan with fork. Bake light brown.—Mrs. R. Wood.

#### WALNUT CAKES (for Overseas, About One Dozen).

One-half lb. sugar, 2 eggs,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. bitter almond, 1 scant cup sifted flour, 1 tsp. Magic baking powder,  $\frac{1}{2}$  lb. walnut meat, broken in quarters.

Drop on larded tin, one-half teaspoonful for each wafer. Bake in hot oven for fifteen minutes.—Mrs. W. D. McPherson.

#### ROCKS.

One cup butter, beaten to a cream,  $1\frac{1}{2}$  cups granulated sugar, gradually beaten in; 3 eggs, yolks and whites beaten separately;  $\frac{1}{2}$  tsp. ground cloves,  $\frac{3}{4}$  tsp. ground cinnamon, 1 lb. dates (chopped), 1 cup walnuts (broken, not too fine), 1 tsp. baking soda dissolved in tsp. hot water,  $2\frac{3}{4}$  cups flour; add whites of 3 eggs, beaten stiff.

Drop in buttered pans. Bake rather quickly.—Mrs. Charles Webster, Aurora, Ont.

#### SCOTCH FANCIES.

Two eggs, 1 small cup sugar, 2 cups rolled oats, 1 tbsp. flour, 1 tsp. baking soda, pinch of salt, few chopped nuts, 1 large tbsp. butter, soft enough to beat in at the last.

Beat eggs and sugar and add dry ingredients. Drop a teaspoon for each cookies far apart on buttered pan.—Lady Hendrie, Government House.

#### FRUIT JUMBLES.

Chop 1 pkg. Dromedary dates,  $\frac{1}{4}$  cup butter,  $\frac{3}{4}$  cup sugar, 2 eggs,  $\frac{1}{4}$  lb. walnuts, 1 tsp. vanilla, 1 small tsp. soda mixed in  $1\frac{1}{2}$  cups flour.

Mix together and drop in buttered tart tins.—Mrs. A. E. Cummer.

### DATE MACCAROONS.

One cup granulated sugar, 1 lb. blanched almonds, whites of 4 eggs, 1 lb. dates.

Beat whites of eggs stiff; add sugar gradually, then add dates and almonds chopped fine. Bake on buttered paper in a moderate oven.—Mrs. Corbridge.

### ALMOND MACCAROONS.

One lb. shelled almonds, 1 lb. dates, 2 scant cups granulated sugar, whites of 5 eggs, 2 tsp. vanilla, little salt.

Mix dry ingredients; add well-beaten whites. Drop on buttered tin and bake.—Mrs. E. B. Ryckman.

### MACAROONS.

One egg, 1 tbsp. melted butter,  $\frac{1}{2}$  cup white sugar, 1 cup rolled oats, 1 teacup shredded cocoanut, short cut,  $\frac{1}{4}$  tsp. of salt.

Bake in hot oven about ten minutes. Drop same on buttered pan in teaspoonfuls.—Mrs. Ida Armstrong.

### DAINTIES.

Three-quarters cup white sugar, 1 cup shortening, 2 eggs,  $\frac{1}{2}$  cup sour milk, 1 tsp. soda, 1 tsp. ground cloves, 1 tsp. cinnamon,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. dates, few shelled walnuts, cut fine.

Add flour until stiff batter. Drop dessertspoonfull in tins. Bake in quick oven.—Mrs. Ida Armstrong.

### DATE JUMBLES.

Two heaping tbsp. butter, 1 cup brown sugar, 3 eggs (well beaten), 1 cup walnuts (chopped), 1 lb. dates, 2 cups flour, 1 tsp. cinnamon,  $\frac{1}{2}$  tsp. cloves, 1 tsp. soda dissolved in hot water,  $\frac{1}{2}$  tsp. salt.

Drop from spoon on pan and bake in a moderate oven.—Mrs. C. Querrie.

### ANISEED JUMBLES.

Cream  $\frac{1}{2}$  cup butter with 1 cupful of granulated sugar; add 1 well-beaten egg and  $\frac{1}{4}$  tsp. salt; sift  $2\frac{1}{2}$  cupfuls of bread flour with  $\frac{1}{2}$  tsp. of soda and  $\frac{1}{2}$  tsp. baking powder. Add to the egg mixture and stir in 1 cupful of milk or sour cream and  $\frac{1}{2}$  oz. of aniseed (or any other flavoring desired).

Drop from a spoon on a buttered baking sheet.—Mrs. G. P. Wood.

### GINGER DROPS.

One egg,  $\frac{3}{4}$  cup brown sugar,  $\frac{3}{4}$  cup molasses,  $\frac{1}{2}$  cup melted butter and lard,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  tsp. ginger,  $\frac{1}{2}$  tsp. cinnamon, dust of nutmeg, 1 tsp. Magic soda, dissolved in scant cup of warm water, 2 cups flour, or more.

Drop on buttered tins.—Mrs. W. A. Kemp.

### PECAN MERINGUES.

To the white of 1 egg add 2 tbsp. powdered sugar; beat the whites stiff, then add the sugar. Put in the nuts, a few at a time, and drop the kiss on paper.

Bake in a moderately warm oven—they must be very light color, almost white, when done. Three eggs will make a good plateful.

### OATMEAL MACAROONS.

One-half tbsp. butter,  $\frac{1}{4}$  cup flour,  $\frac{3}{4}$  cup rolled oats, 1 tsp. Magic baking powder,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{4}$  tsp. vanilla,  $\frac{1}{4}$  cup sugar, 1 egg.

Cream butter and sugar, add egg and dry ingredients; then all together. Add vanilla, drop mixture in balls size of a ten-cent piece, about two inches apart on greased pan. Bake fifteen to twenty minutes.—Mrs. W. Dallimore.

### OATMEAL MACAROONS.

One cup brown sugar,  $\frac{1}{2}$  cup domestic shortening, 2 eggs,  $2\frac{1}{2}$  cups rolled oats, 2 tsp. Magic baking powder, vanilla and salt to taste.

Cream sugar, shortening and eggs together, then add oats and baking powder, etc. Drop far apart on greased tins.—Miss A. B. Read.

### COCOANUT DROPS.

One cup sugar, 2 soda crackers rolled fine,  $2\frac{1}{2}$  cups cocoanut, whites of 3 eggs beaten stiff.—Mrs. C. E. Manning.

### CORNFLAKE KISSES.

Whites of 4 eggs and pinch of salt, 1 cup of granulated sugar, 1 cup of broken walnuts, 1 cup of cocoanut, 3 cups of cornflakes, 1 tsp. vanilla.

Beat the whites to a stiff froth and add sugar, nuts, cocoanut, cornflakes and vanilla. Drop on buttered tins and bake to a delicate brown in a moderate oven.—Mrs. F. W. Humphrey.

### CREOLE KISSES.

Three eggs (whites only), beat until stiff. Put into a basin and beat in one cup of granulated sugar. Beat over steam until a crust forms on the sides and bottom of the basin. Take off the steam and add 1 tbsp. of corn starch, 1 tsp. of vanilla, 3 cups of corn flakes (or as much as you can stir in), raisins, peel and nuts.

Drop with a fork on a buttered baking sheet, in small pieces. Bake a light brown, rather quickly.—Mrs. A. L. Schofield.

### VANILLA WAFERS.

One-third cup shortening, 1 cup sugar, 1 egg,  $\frac{1}{4}$  cup milk,  $2\frac{1}{2}$  cups flour, 2 tsp. Magic baking powder,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{2}$  tsp. vanilla.

Use general rules for cakes. Make into a dough and chill thoroughly; roll out thin, and shape with floured cake-cutter. Place on greased pan and bake in moderately hot oven.—Miss Hulda Westman.

### OATMEAL MACAROONS.

One tbsp. butter,  $\frac{1}{2}$  cup sugar, 1 egg,  $\frac{1}{4}$  cup flour,  $\frac{3}{4}$  cup rolled oats, 1 tsp. Magic baking powder,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{2}$  tsp. vanilla.

Cream butter and add sugar; add egg, beaten very light. Mix flour, oatmeal, salt and baking powder, and add the other mixture; add vanilla. Drop on buttered sheets and bake in moderate oven.—Miss Hulda Westman.

### DATE MACAROONS.

One lb. dates,  $\frac{1}{4}$  lb. almonds,  $\frac{1}{2}$  cup flour,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  tsp. Magic baking powder, 1 tsp. vanilla, salt, whites of 2 eggs.

Drop by spoonfuls in buttered tin. If not soft enough may be steamed after baking.—Miss Hulda Westman.



## COOKIES, ETC.

### OLLIE'S SNAPPY GINGERSNAPS.

Three cups flour,  $1\frac{1}{2}$  cups brown sugar, 1 large cup corn syrup, good  $\frac{1}{2}$  cup butter, 1 heaping tbsp. ground ginger.

Boil sugar, syrup, butter and ginger ten minutes. Then add flour gradually. Put aside to cool. When cold, roll very thin and bake. Watch carefully as they burn quickly.

### ROCHESTER GINGERSNAPS.

One cup of molasses, 1 cup of sugar, 1 heaping cup of butter and dripping mixed, 1 tsp. of cinnamon, 1 tsp. ginger, 1 tsp. of soda.

Boil this slowly together from five to eight minutes; let it cool. Then mix with flour and roll very thin. Cut into strips one inch wide and four inches long. Bake on floured tins in a quick oven. This will never fail if directions are followed with good care.—Mrs. C. A. B. Jennings.

### BROWNIES (Afternoon Tea).

Two eggs, 1 cup sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup butter, 2 squares baker's chocolate,  $\frac{1}{2}$  cup chopped walnuts, vanilla.

Bake in sheets and cut in squares.—Mrs. E. B. Ryckman.

### DATE TURNOVERS.

Paste—Two cups flour, 2 tsp. Magic baking powder,  $\frac{1}{2}$  cup lard,  $\frac{1}{2}$  cup butter.

Cut into flour and make into turnovers.

Filling—One lb. dates (stoned), 1 cup sugar, 1 cup water.

Boil and cool.—Mrs. Montgomery.

### MARGUERITES.

Whites of 2 eggs beaten stiff, 1 cup nuts chopped fine,  $\frac{3}{4}$  cup pulverized sugar. Stir together stiffly-beaten whites, sugar and 2-3 of a cup nuts.

Take forty saltine, or any kind of wafers, and on each of these place one teaspoon of mixture; sprinkle with nuts and place in oven to brown.—Mrs. J. K. C.

### FRUIT COOKIES.

Five tbsp. butter,  $\frac{1}{2}$  cup sugar, 1 egg, 1 cup flour, 1 tsp. baking powder, 1-3 tsp. cinnamon, 3 tbsp. raisins, a few chopped walnuts, a little salt.

Bake in moderate oven.—Mrs. W. Dallimore.

### OATMEAL COOKIES.

Three cups oatmeal, 3 cups flour, 1 cup melted lard or dripping, small tsp. baking soda, 1 cup sugar; mix with boiling water.

Make either thick or thin. Very nice made thick, like tea biscuits.—Mrs. J. K. C.

### PLAIN COOKIES.

One-half cup lard,  $\frac{1}{2}$  cup brown sugar, 2 eggs,  $2\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  tsp. Magic baking powder.

Roll very thin. Dripping is better than lard if you have it. (Good).—Mrs. Charles G. Keddie.

### FRUIT COOKIES.

Two eggs, 1 cup butter,  $1\frac{1}{2}$  cups sugar, 4 cups flour, 1 cup chopped raisins, 1 cup chopped walnuts,  $\frac{1}{4}$  tsp. nutmeg, 1 tsp. soda mixed with the flour.

Add one-half cup hot water to mix.—Miss McKewan.

### HERMIT COOKIES.

One and a-half cups sugar, 1 cup butter, 3 eggs, 1 large cup raisins (chopped), 1 tsp. Magic baking powder, flour to roll out.—Miss M. Thompson.

### HERMIT COOKIES.

One-third cup butter, 2-3 cup sugar, 1 egg, 2 tbsp. milk,  $1\frac{1}{4}$  cups flour, 2 tsp. Magic baking powder, 1-3 cup raisins,  $\frac{1}{2}$  tsp. cinnamon,  $\frac{1}{4}$  tsp. cloves,  $\frac{1}{4}$  tsp. mace,  $\frac{1}{4}$  tsp. nutmeg.

Cream butter, add sugar gradually, then raisins, eggs (well-beaten) and milk. Mix and sift dry ingredients and add to first mixture. Toss mixture on a floured board and roll thinly. Shape with a small round cutter. Place on a buttered sheet and bake in a moderate oven.—Miss A. B. Reid.

### BRAN COOKIES.

One cup brown sugar, butter the size of an egg, 1 egg, 1 cup raisins, 1 cup sour milk, 1 tsp. baking soda, 1 dsp. molasses,  $\frac{1}{2}$  tsp. salt, 3 cups bran, 1 cup flour.

A few chopped nuts may be added.—Mrs. P. R. Lamb.

### COCOANUT COOKIES.

Three eggs,  $\frac{1}{2}$  lb. butter,  $1\frac{1}{2}$  cups granulated sugar, 3 cups flour, 3 tsp. Magic baking powder, 2 cups shredded cocoanut, 2 tsp. essence vanilla, 1 tsp. essence lemon.

Mix with fork, and bake in a quick oven.—Mrs. T. Dallimore.

### OATMEAL COOKIES.

One cup of lard, 1 cup sugar, 2 eggs, 1 cup of milk, 3 tsp. of Magic baking powder, 2 cups of oatmeal (ground), 1 tsp. of salt, a little nutmeg, flour enough to stiffen and roll.

Date Filling—One lb. of dates, 1 cup of sugar, 1 cup of water.

Boil and spread between cookies.—Mrs. George Gilmore.

### OATMEAL COOKIES.

One-half cup butter,  $\frac{1}{2}$  cup lard, 1 cup brown sugar, 2 cups oatmeal, 3 cups flour, 3 tsp. Magic baking powder,  $\frac{1}{2}$  cup milk.

Roll out thin.—M. Bready.

### OLD ENGLISH TEA CAKES.

One lb. flour, 1 lb. white sugar, 6 oz. butter. Rub the butter, sugar and flour together and add 3 tbsp. of cream and the well-beaten yolks of 3 eggs.

Gather the crumbs together into little cakes, and put a thin slice of lemon peel on each. Bake in a moderate oven until nicely browned.—Mrs. T. C. McAree.

## CAKES.

### WAR CAKE.

One cup brown sugar, 1 cup water, 2 cups raisins, 1-3 cup lard or shortening, 1 tbsp. molasses,  $\frac{1}{2}$  tsp. nutmeg, 1 tsp. cinnamon,  $\frac{1}{2}$  tsp. cloves,  $\frac{1}{2}$  tsp. salt.

Mix all together; put in saucepan and boil for five minutes. Let cool; then add two cups flour with one-half teaspoon baking powder, one teaspoon soda sifted with flour. Beat for five minutes, then bake in a moderate oven.—Lady Hearst.

Phosphates are the bone-making material of food and have something to do with the building up of brain and nervous matter.



Alum is a dangerous mineral acid. It not only possesses no food value, but destroys the nutriment of the food containing it.

The use of ordinary kinds of baking powder is not attractive to the woman that regards purity and nutrition as important factors in home baking. Women are coming more and more to realize that Magic Baking Powder is the perfect baking powder, and that foods containing it have increased nutritious value.

## MAGIC BAKING POWDER

CONTAINS NO ALUM

E. W. GILLETT COMPANY, LIMITED  
TORONTO, CANADA

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### CANADIAN WAR CAKE.

Two cups brown sugar, 2 cups hot water, 2 tbsp. lard, 1 pkg. seedless raisins, 1 tsp. salt, 1 tsp. cinnamon, 1 tsp. cloves.

Boil ingredients five minutes after they begin to bubble. When cold add three cups flour, one teaspoon soda dissolved in one teaspoon hot water. Bake in two loaves forty-five minutes in a slow oven. Improves it to be kept a week or longer.—Mrs. Mark Irish.

### WAR CAKE.

One cup hot water, 1 cup milk, 2 cups brown sugar, 2 tbsp. of butter,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  tsp. cinnamon,  $\frac{1}{2}$  tsp. allspice,  $\frac{1}{2}$  tsp. salt, a little nutmeg, 2 tbsp. margarine.

Boil all together for five minutes. When cool add two cups Graham flour, one cup white flour, one egg (beaten), and one teaspoon of soda dissolved in hot water. Bake in a moderate oven.—Mrs. E. B. Ryckman.

### CANADIAN WAR CAKE.

Mix  $\frac{1}{4}$  cup of butter substitute, 1 cup brown sugar, 1 cup boiling water, 2 cups seeded raisins,  $\frac{1}{2}$  tsp. salt, in a saucepan. Bring to a boiling point and boil five minutes. Cool, and add 1 tsp. of ground ginger, 1 tsp. of ground cinnamon,  $\frac{1}{2}$  tsp. of ground cloves, 1 tsp. of soda, 2 cups flour, all sifted together.

Beat well, pour into well-greased and papered bread pans and bake in a slow oven for an hour.—M. A. Ball, 1817 Yonge St.

### WAR RECIPES.

One cup granulated sugar, 1 tbsp. butter (creamed together), 1 egg, stirred in butter and sugar until creamy,  $\frac{3}{4}$  cup sweet milk. Fill cup with hot water (one whole cup in all);  $1\frac{3}{4}$  cups flour, 2 tsp. Magic baking powder sifted three times together.

When mixing, add a little flour to the sugar, butter and egg mixture, then a little milk, more flour and more milk, and so on. It ensures a lighter cake. This foundation can be used in the following ways as a cake:

#### Layer Cake.

As a loaf cake, using caraway seeds, peel and raisins, or as a

#### Ginger Cake.

Use  $\frac{1}{2}$  cup brown sugar, 2 tsp. ground ginger, instead of 1 cup granulated sugar.

#### As Drop Cakes.

Use less milk, and add peel, raisins and a little spice.

#### As Drop Cakes,

By leaving out the milk and using  $\frac{1}{2}$  cup corn syrup and a little ginger.

#### Same Foundation for Desserts.

Bake in two layers, using one as a cake; put the other in a glass dish. Crush 1 pt. of fresh strawberries with  $\frac{1}{2}$  cup sugar, spread on cake. Make a custard  $\frac{1}{2}$  pt. milk, yolk of 1 egg, a little sugar,  $\frac{1}{2}$  tsp. corn starch. When cold pour over the cake; whip the white of the egg stiff; add 1 tbsp. sugar and 6 or 8 crushed berries, heaped on top. Fresh chopped peaches or canned peaches are very good.

#### Lemon Pudding.

Cut 2 lemons in slices, put in the dish in which pudding will be served; add 1 cup sugar, 1 cup water, 1 tsp. butter, stick of cinnamon.

Let them simmer until soft. Make a cake batter. Pour half of it on the lemons, and bake until brown; serve hot. Use the other half as a cake. Baked apples, apricots or canned plums are equally nice.

Use as a plain Cottage Pudding, with clear sauce. Bake in a mould.

#### **Madeira Pudding.**

Bake in gem pans, put a little shredded cocoanut or almond on top of each. Serve with hot chocolate sauce.

#### **As Ginger Pudding.**

Use instead of granulated sugar  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup corn syrup, a little less milk, 2 tsp. ground ginger,  $\frac{1}{4}$  cup chopped preserved ginger. Make a clear sauce of 2 cups water,  $\frac{1}{2}$  cup brown sugar, 1 tsp. butter, 2 tsp. (level) corn starch.—Mrs. A. L. Schofield.

#### **ORANGE CAKE.**

Beat to a cream the yolks of 4 eggs with 1 cup of granulated sugar, to which add the whites of 2 eggs beaten stiff,  $\frac{1}{2}$  cup milk, alternately with  $1\frac{1}{2}$  tsp. of Magic baking powder and  $1\frac{1}{2}$  cups of flour. Bake in three layers.

**Filling**—Whites of 2 eggs (beaten stiff), to which add 1 cup icing sugar; then add grated rind and juice of 1 orange.

This should be like thick cream. Spread between layers while warm. To what is left add enough icing sugar for a stiff icing for top and sides. This is a delicious cake.—Mrs. Hector McLean.

#### **PERFECTION ORANGE CAKE.**

Two eggs, 1 cup sugar, 1 tbsp. melted butter,  $\frac{1}{2}$  cup sweet milk, 1 tbsp. orange juice, 1 tsp. grated rind, 2 tsp. Magic baking powder,  $1\frac{1}{2}$  cups flour.

Add more if batter seems too thin. Bake in square pan in moderate oven. When cold split and fill with the following: Put into a cup the grated rind of one-half an orange and the juice of one whole one, one tablespoonful lemon juice; fill cup with hot water, put on to boil. Add sugar to taste; mix two dessertspoons corn starch, wet with a little cold water, and one tablespoon butter. Cook until thick.

**Icing**—Juice of 1 orange, juice of  $\frac{1}{2}$  a lemon, a little butter, some of the grated rind of the orange; icing sugar to make thick enough to spread.—Mrs. A. J. MacKay, Port Rowan.

#### **PLAIN ORANGE CAKE.**

One cup milk, 1 cup sugar, 2 cups flour, 2 eggs, 2 tsp. Magic baking powder, juice and grated rind of 1 orange, 1 tbsp. butter.

Mix well and bake either in layers or in sheet.

Ice with orange icing, made as follows: Yolk of 1 egg, juice of  $\frac{1}{2}$  an orange, or whole orange if more icing is desired. Add sugar until thick enough to spread. Add a little butter.—Mrs. J. K. C.

#### **GOOD, PLAIN CAKE.**

One cup raisins (chopped), 1 cup sugar, 1 cup sour milk, butter size of an egg, 1 tsp. soda mixed in flour, 10 cts. worth chopped walnuts, flour to make a batter like sponge cake.

Bake in slow oven. Mother's cake.

#### **SPONGE CAKE.**

One cup corn flour, 1 cup sugar, 4 eggs, 2 tbsp. lemon flavor, pinch of salt.—John McGall, baker's chef, Queen's Hotel.

#### **WARTIME LAYER CAKE (Very Good).**

Two eggs, 1 tbsp. butter,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup black molasses, 2 cups flour, with 1 tsp. baking soda added and put through sifter.

Add boiling water to make a thin batter. Bake in three layers in very slow oven. Put butter icing between layers and on top.—Mrs. J. K. C.

#### **KING EDWARD CAKE.**

One cup brown sugar,  $\frac{1}{2}$  cup butter, 1 tsp. cinnamon,  $\frac{1}{2}$  tsp. nutmeg,  $\frac{1}{2}$  tsp. salt, cream all together; 2 eggs (well beaten), 1 tsp. soda,  $\frac{1}{2}$  cup sour milk, 1 cup chopped raisins,  $1\frac{1}{2}$  cups flour.

Bake in two layers in slow oven. But together with

**Butter Icing**—Eight tbsp. icing sugar, 2 tbsp. melted butter; milk to mix.—Mrs. R. Wood.

#### **COONTOWN CAKE.**

Two eggs,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup molasses,  $\frac{3}{4}$  cup currants, 1 tsp. soda, 1 good cup flour, 1 tsp. mixed spices. Bake in two layers.

**Filling**—Chopped dates, cooked in a little water or bake in loaf.—Mrs. J. W. Barton.

#### **WHITE LAYER CAKE.**

One cup sugar,  $1\frac{1}{4}$  cups flour, 2 tsp. Magic baking powder, pinch salt.

Mix dry ingredients together. Let one cup sweet milk come to a boil; then pour over other ingredients slowly and stir until a smooth creamy mass. Add one teaspoon butter and the whites of two well-beaten eggs; fold them in gently. Be sure and do not beat after adding the whites. Bake in layers in moderate oven. Makes a delicious cake for whipped cream.—Mrs. J. K. C.

#### **QUICK LAYER CAKE.**

Two eggs, 1 cup sugar, 1 cup milk (scant), 2 tsp. Magic baking powder, 2 tbsp. melted butter, 2 cups flour.

**Mix**; bake as usual. Put any filling preferred between layers.—Miss Evelyn Crawford.

#### **SUNSHINE CAKE.**

Sift 1 cup fine granulated sugar and  $\frac{3}{4}$  cup flour separately; beat 5 yolks until thick; beat 7 whites of eggs until light, but not dry; add a dash of salt and  $\frac{3}{4}$  tsp. cream of tartar; beat very stiff.

Stir in the sugar lightly, then the yolks, then add a lump of sugar which has been rubbed with a lemon and dissolved in one teaspoon each of lemon juice and orange juice. Add the flour, turn in tube pan and bake in a slow oven fifty minutes.—Lady Hendrie, Government House.

#### **SUNSHINE CAKE.**

Yolks of 4 eggs (beaten light); add 1 cup granulated sugar (beat), 1 cup granulated sugar (beat), 2 cups in all. Add slowly 1 cup boiling water, 2 cups flour, 2 tsp. Magic baking powder; fold in whites of eggs, beaten stiff; flavor.

Makes one large and one small Angel Cake. Bake in a slow oven.—Mrs. Charles Webster, Aurora.



### PERFECTION LOAF CAKE.

One cup fruit sugar,  $1\frac{1}{2}$  cups flour and 2 tsp. Magic baking powder sifted three times; put 2 egg whites in teacup, add 2 tbsp. soda (not melted) butter; fill cup with milk and add to dry ingredients. Beat eight minutes (no less).

Bake in loaf tin in moderate oven. Very nice to serve with ice cream.—Mrs. J. K. C.

### CHEAP WHITE FRUIT CAKE.

Piece of butter size of an egg, 1 cup sugar, 1 cup currants, 1 cup raisins, 1 cup sour cream, 1 egg, 1 tsp. soda mixed in the cream,  $4\frac{1}{2}$  cups flour, nutmeg and cinnamon to taste.

Bake in slow oven.—Ollie.

### SNOWFLAKE CAKE.

One and a-half cups sugar, 1 cup butter, 1 cup sweet milk, 1 cup corn starch, whites of 4 eggs, 2 cups flour, 2 tsp. Magic baking powder.

Cream butter and sugar; add milk slowly; sift flour, corn starch and baking powder three times. Mix in sugar and butter; add the stiffly-beaten whites. Bake in a shallow pan. Bake carefully; no not have oven too hot.—Mrs. Henry Simpson.

### CRUMB CAKE.

One cup granulated sugar, 1 cup butter, 2 cups flour; mix together until they cream. Then take out 1 cup of mixture and lay aside for the top. Into the remainder mix (dry) 1 tsp. cinnamon,  $\frac{1}{2}$  tsp. cloves,  $\frac{1}{2}$  tsp. nutmeg, 1 cup raisins,  $\frac{1}{2}$  cup citron peel. Then add 1 cup sour milk, 1 egg, 1 tsp. soda.

Pour into a bake pan and cover evenly with the cup of mixture. Bake in a moderate oven about three-quarters of an hour.—Mrs. C. J. Gibson.

### LOAF CAKE.

One-half cup sweet milk, 1 cup white sugar,  $1\frac{1}{2}$  tsp. Magic baking powder, 3 eggs (whites only),  $\frac{1}{2}$  cup butter, 1-2-3 cups flour,  $\frac{1}{4}$  lb. lemon peel.—Miss Church.

### CORONATION CAKE.

Two eggs, 1 cup white sugar,  $\frac{1}{2}$  cup butter, 1 cup sour milk,  $\frac{1}{2}$  tsp. soda,  $1\frac{1}{2}$  cups flour, 1 tsp. Magic baking powder,  $\frac{1}{4}$  tsp. cloves,  $\frac{3}{4}$  tsp. cinnamon,  $\frac{1}{4}$  tsp. nutmeg, 1 cup chopped raisins.

Icing—One-quarter lb. sugar, moistened with a little butter and milk.—Mrs. P. R. Lamb.

### CORONATION CAKE.

Three-quarters cup butter, 1 cup brown sugar, 2 eggs, 1 cup raisins,  $\frac{1}{2}$  tsp. cinnamon,  $\frac{1}{4}$  tsp. allspice,  $\frac{1}{2}$  tsp. nutmeg,  $\frac{1}{2}$  tsp. cloves and  $\frac{1}{2}$  tsp. salt; 2 cups flour, 1 tsp. of baking soda, dissolved in 1 cup sour milk.

This makes a very nice plain spice or fruit cake.—M. A. Ball.

### DATE CAKE.

One cup sugar,  $\frac{1}{2}$  cup butter, 2 cups oatmeal, 2 cups flour, 1 cup sour milk, 1 tsp. soda, 1 lb. dates (chopped).

Bake in slow oven.—Mrs. J. G. Coram.

### DUTCH CAKE (Dessert).

Separate 2 eggs; add to yolks  $\frac{1}{2}$  cupful of milk, mix; add 1 tbsp. of butter that has been melted without browning, 1 cupful of pastry flour, sifted with a rounding tsp. of baking powder.

Beat thoroughly and then fold in the well-beaten whites of the

eggs. Pour this into a shallow greased pan. The batter for Dutch Cake should not be over an inch thick in the pan. Cover the top with sliced peaches (or apples); press them down in the dough. Sprinkle over half a cupful of sugar and bake until peaches are tender. Cut into squares and serve warm with cream or a hard sauce.—Margaret Westman.

### COCOA CAKE.

One cup sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, 3 rounded tbsp. cocoa (scalded in hot water), 2 tsp. vanilla, 2 tsp. Magic baking powder.—John B. Zirngihl, Hotel Iroquois.

### CHOCOLATE CAKE.

Two cups of brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk, 2 eggs, scant tsp. soda,  $\frac{1}{4}$  cake of chocolate or 4 tsp. of coco; over which pour  $\frac{1}{2}$  cup of boiling water. Let cool, and add to above. Then sift in 2 cups of flour.

Beat well and add flavoring. Bake slow.—Mrs. G. P. Wood.

### EGGLESS COCOA CAKE.

One cup sugar, 4 tbsp. melted butter, 1 cup sour milk, 1 tsp. soda, dissolved in a little boiling water; mix in sour milk and add  $1\frac{1}{2}$  cups flour (large cups),  $\frac{1}{4}$  tsp. baking powder,  $1\frac{1}{2}$  tbsp. cocoa,  $\frac{1}{2}$  tsp. vanilla.

Bake in two layers.—Mrs. J. R. Beamish.

### BROWN CHOCOLATE CAKE.

Three-quarters cup butter, 2 cups brown sugar, 2 eggs,  $2\frac{1}{2}$  cups flour (scant),  $\frac{1}{2}$  cup sour milk, 1 tsp. soda, a little Magic baking powder,  $\frac{1}{2}$  cake Baker's unsweetened chocolate, softened over a dish with boiling water in it.

Bake in moderate oven.—Mrs. C. J. Gibson.

### CHOCOLATE CAKE.

First Part—One-half cup cocoa, 1 cup brown sugar,  $\frac{1}{2}$  cup milk.

Second Part—One-half cup butter,  $\frac{3}{4}$  cup brown sugar, 2 eggs,  $\frac{1}{2}$  cup sweet milk; 2 cups flour, 1 tsp. soda, 1 tsp. Magic baking powder,  $\frac{1}{2}$  tsp. vanilla.

Add first to second part, and bake in long pan.—Mrs. Harold Lloyd.

### CHOCOLATE CAKE.

One cup sugar, 1 cup flour, 1 cup sour milk, 1 egg, 1 tsp. soda, 2 tbsp. cocoa, butter size of an egg,  $\frac{1}{2}$  tsp. vanilla, pinch of salt.

Melt butter and cocoa together over hot water. Beat egg, and add sugar and melted cocoa. Add milk mixed with soda, and then add flour and bake in a moderate oven forty minutes.—Mrs. F. W. Humphrey.

### SPICE CAKE.

One cup brown sugar, butter size of an egg, 1-3 cup sour milk, 2 eggs, 2 scant cups of flour, 1 tbsp. molasses, 1 tsp. each of cinnamon, cloves and nutmeg, 1 tsp. of soda, dissolved in hot water, and put into the cake last.

Beat and put in pan.—Miss Hulda Westman.

### WASHINGTON CAKE (St. Louis, 1780).

Two cups butter, 3 cups sugar, 4 cups flour, 2 tsp. baking powder, 5 eggs, 1 cup milk, 1 cup stoned raisins,  $\frac{1}{2}$  cup washed and picked currants,  $\frac{1}{4}$  cup chopped citron, 1 tsp. extract nutmeg, 1 tsp. extract cinnamon.

Rub butter and sugar to light white cream; add beaten eggs gradually, the flour sifted with powder, milk, raisins, currants, citron and extracts. Mix into smooth medium batter. Bake in shallow, square cake tin in a rather quick, steady oven, one and a-half hours. When cold, ice with white icing. Allow but one hour in gas oven.—Mrs. Edwin C. Stratton.

### BUTTERMILK CAKE.

One and a-half cups buttermilk,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup butter, 3 cups flour, 1 cup raisins (chopped), 1 cup currants,  $\frac{1}{2}$  tsp. cinnamon and cloves each, 2 even tsp. of soda.

Bake for an hour.—Mrs. Thomas Foster.

### DATE CAKE.

Three eggs, 1 cup sugar, 1 cup flour, 1 cup dates,  $\frac{1}{2}$  cup chopped walnuts, 1 tsp. Magic baking powder, 1 cup raisins.

Bake in long cake tins, and when done cut into squares and roll in powdered sugar.—Miss Church.

### DATE CAKE.

One lb. of dates (cut in two),  $2\frac{1}{2}$  cups of flour,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup butter, 3 eggs, 10 cts. worth walnut meats, 5 cts. worth lemon peel, 1 tsp. lemon flavoring, 1 tsp. vanilla, 1 tsp. of soda.—Mrs. E. B. Ryckman.

### DATE CAKE.

One and a-half cups brown sugar, small cup butter, 3 eggs, 1 tsp. vanilla, 1 tsp. lemon, 1 lb. dates (chopped fine),  $\frac{1}{4}$  lb. walnuts, 5 cts. worth lemon peel, 1 tsp. soda (dissolved in  $\frac{1}{2}$  cup water), 2 cups flour.

Bake in shallow pan in slow oven.—Mrs. Garfield Hunter, London.

### DRIED PEACH CAKE (Overseas).

Two cups dried peaches (soak over night), chop fine and boil in a cup of Orleans molasses and cool before using; 2 cups brown sugar, 1 cup butter, 2 eggs, 1 cup sour milk, 1 large tsp. soda, 2 tsp. each of cloves, nutmeg, cinnamon and lemon extract, 1 lb. currants, 2 lbs. raisins,  $\frac{1}{4}$  lb. candied lemon peel, 3 large cups flour.

Bake in moderate oven two hours.—Mrs. T. C. McAree.

### DROP CAKES.

#### One Recipe for Five Cakes.

One-quarter cup butter,  $\frac{3}{4}$  cup sugar, 1 egg,  $2\frac{1}{4}$  cups flour, 3 tsp. Magic baking powder. Add  $\frac{1}{2}$  cup currants or 1 tsp. spices, or  $\frac{1}{2}$  cup chopped nuts, or  $\frac{1}{2}$  cup cocoanut, or  $\frac{1}{4}$  cup grated chocolate.

Cream butter; all sugar and eggs, well beaten. Mix, sift dry ingredients; add alternately with milk to first mixture. Use any flavoring. Bake in small tins about twenty-five minutes.—Miss Hulda Westman.

Hear the Aeolian-Vocalion Records.

### QUICK COFFEE CAKE.

Sift together 2 cups flour,  $\frac{1}{2}$  cup sugar, 3 tsp. Magic baking powder,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. cinnamon, 3 tbsp. melted butter, 1 well-beaten egg,  $\frac{1}{2}$  cup sweet milk.

Mix in a soft dough. Spread in shallow pan and sprinkle thickly over top brown sugar and cinnamon. Bake in a quick oven and serve hot with butter.—Mrs. W. J. Marshall.

### GOOD PEEL CAKE.

One cup granulated sugar,  $\frac{1}{2}$  cup milk (sweet),  $\frac{1}{4}$  lb. peel, 1 cup small, light-colored raisins, whites of 2 eggs beaten stiff, 2 tsp. Magic baking powder, 2 cups flour.

Bake in moderate oven. A darker cake can be made at the same time by using the egg yolks, dark brown sugar and dark raisins. Never fails to be good.—Mrs. J. K. C.

### MRS. CHRISTIE'S CAKE.

One cup granulated sugar, 1 cup butter, 3 eggs,  $\frac{1}{2}$  cup sweet milk, 1 lb. small raisins,  $\frac{1}{2}$  lb. citron peel, 2 cups of flour, 3 tsp. Magic baking powder.

Bake in a moderate oven. Beat cake batter well. Use equal parts of essence of vanilla, lemon and almonds to flavor. Make butter icing. Very fine. Slow oven.

### BOILED RAISIN CAKE.

Boil 1 cup raisins,  $\frac{3}{4}$  cup raisin water, 1 egg,  $\frac{1}{4}$  cup butter, small cup white sugar, 1 tsp. cocoa, 1 tsp. cinnamon,  $\frac{1}{2}$  tsp. soda, dash nutmeg.

Make batter about as stiff as layer cake.—Mrs. C. W. James.

### CHEAP FRUIT CAKE.

One and a-half cups sugar, 1 cup butter,  $\frac{3}{4}$  cup sour milk, 1 tsp. soda, 3 eggs, 1 lb. raisins, 1 lb. currants, 1 tsp. cinnamon, 1 tsp. cloves, little salt,  $1\frac{1}{2}$  cups flour.

Nuts and peel can be added to taste.—Mrs. C. H. Beavis.

### SALT LAKE CITY CAKE.

One and three-quarter cups fruit sugar, 3 large eggs,  $\frac{3}{4}$  cup butter, 2 cups flour, 1 cup milk, 2 tsp. baking powder, 1 tsp. vanilla.

Cream sugar and eggs; melt butter cool, add to eggs and sugar and beat well. Add vanilla and milk; then flour and baking powder sifted together. Bake in layer tins. This recipe took first prize at Chicago Fair.—Mrs. Maude Bromley.

### FIG LAYER CAKE.

One cup sugar, scant  $\frac{1}{2}$  cup butter, yolks of 2 eggs,  $\frac{3}{4}$  cup milk,  $1\frac{1}{4}$  cups flour, 2 heaping tsp. Magic baking powder, whites of 2 eggs, beaten stiff, added last.

Bake in three layers. Save enough batter for centre layer, and add one-cup chopped figs. Butter icing between layers and on top.—Mrs. C. D. Lloyd.

### WARTIME CHOCOLATE CAKE.

Boil 2 tbsp. cocoa, yolk of 1 egg, well beaten, and  $\frac{1}{2}$  cup water; cool and add 1 cup granulated sugar,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups flour, 1 tsp. baking powder,  $\frac{1}{2}$  tsp. baking soda dissolved in 1 tbsp. boiling water, white of 1 egg beaten stiff, pinch of salt, flavor with vanilla. Bake in two layers.

Filling—One cup chopped dates,  $\frac{3}{4}$  cup sugar,  $\frac{3}{4}$  cup water.

Boil until thick. Spread between layers and top.—Mrs. J. K. C.

### MOCHA LAYER CAKE.

Two eggs, beaten very light, then 1 cupful white sugar beaten gradually into them. Sift a cupful of flour, and sift into it 2 tsp. baking powder and a slt. salt. Put this all together and at the last add ½ cupful boiling milk, into which has been stirred a tsp. of butter. Stir in 1 tsp. vanilla. Bake in three layers.

**Filling**—Cream together ¼ cupful butter with 1 cupful powdered sugar; then stir in 2 tbsp. of very strong coffee and 2 tsp. cocoa.—Mrs. C. D. Lloyd.

### RASPBERRY CAKE.

Cream well 1 cup brown sugar and ¾ cup butter, 2 well-beaten eggs, 1 cup preserved raspberries, ¼ tsp. cinnamon and nutmeg, 1½ tsp. soda in 2 tbsp. sour milk. Add this to former ingredients. Beat a little, and then add 2 cups flour.—Mrs. Hugh Shaw.

### RASPBERRY CAKE (Grand).

One-half cup butter, ¾ cup granulated sugar, 2 eggs, 1 tbsp. of water, 1 cup canned raspberries, 1 tsp. baking soda, 2 small cups of flour, any icing preferred.—M. A. Westman.

### CHRISTMAS CAKE.

One lb. butter, 1 lb. brown sugar, well beaten. Then add 6 eggs, one at a time, after beating butter and sugar well. Add 2 lbs. raisins, 2 lbs. currants, ¼ lb. peel, ¼ lb. shelled almonds, ½ tsp. salt, 2 tsp. mixed spices, 1 nutmeg, 1½ cups flour, 2 small tsp. soda dissolved in ½ cup water (add last).

Bake in moderate oven in three-storey tins; three and a-half hours for large size, two hours for second size and 1 hour for small size. Never fails to be good.—Miss Belle Thompson.

### OLD-FASHIONED CHRISTMAS CAKE.

Two lbs. currants, 2 lbs. raisins, ½ lbs. each of orange, lemon and citron peel, cut fine, 1 lb raw sugar, 1 lb. shelled almonds, 20 drops oil of lemon, 1 grated nutmeg, 1 tsp. cinnamon, 1 tsp. cloves, 1 cup brandy, 6 eggs, 1 lb. butter, 1 cup sweet milk, 3 tsp. Magic baking powder, slts. salt, 5 cups flour.

Bake three of four hours in very slow oven.—Grandmother's Recipe.

This is the Original Recipe for a

### BRIDE'S CAKE (Used at Napoleon's Wedding, 1796).

One lb. of butter, 1½ lbs. sugar, 3 lbs. raisins, 3 lbs. currants, 1 lb. sultana raisins, 1 lb. mixed peel, ½ lb. almonds, ½ lb. walnuts, ½ lb. glace berries, 2 tsp. cinnamon, 2 tsp. mixed spice, 1 tsp. cloves, 1 tsp. almond essence, 1 cup syrup, 1 cup marmalade, 1 cup brandy, 5 eggs, 2 lbs. of flour, 1½ tsp. baking soda, and milk to mix.

Bake slow.—Mrs. Gilmore.

### FRUIT CAKE.

One-half cup of butter, 1 cup of sugar, 3 eggs, ½ cup of sour milk, 1 tsp. of soda, 2 cups of chopped raisins, 1 tsp. each of cloves and cinnamon, 1 large cup of flour.

Cream butter and sugar, add eggs; add soda to milk, mix together; add flour and seasonings, and raisins last. Bake in loaf.—Mrs. Howden.

### FRUIT CAKE.

(Over One Hundred Years Old).

One and one-quarter lbs. butter, 1 lb. brown sugar, 1 lb. flour, ½ lb. citron, 2 lbs. raisins, 2 lbs. currants, 12 eggs, 1 dsp. each of ground mace, cloves and cinnamon, 1 large nutmeg, ½ lb. blanched almonds, cut small, 1 wineglassful of molasses with a pinch of soda in it, ½ pt. dark brandy.

Steam six hours, then bake twenty minutes. This makes two large loaves. Keeps for years.—E. P. B.

### BLACK FRUIT CAKE.

Three cups butter, 4 cups sugar (brown), 4 cups flour, 2 lbs. currants, 3 lbs. raisins (stoned), ½ lb. citron, ½ lb. almonds, 8 eggs, nutmeg and cloves to taste, 2 wineglasses brandy.

Let raisins soak overnight in brandy. Bake four hours with asbestos sheet over and under tins.—Mrs. Meiklejohn, Quebec.

### CHRISTMAS CAKE.

One lb. butter, 1½ lbs. sugar, 2 lbs. raisins, 2 lbs. currants, 9 eggs, ½ cup milk, 1 tsp. soda, ½ lb. mixed peel, 1 tsp. mixed spice, add a little nutmeg, flour enough to stiffen, and nuts or dates, if you wish.

Steam four hours, bake half-hour. If half the quantities are used, add three cups flour, also one-half cup of milk, and steam two hours in single steamer.—Mrs. W. Scholey.

### ALWAYS SURE CAKE (Citron Cake).

Yolks of 3 eggs, 1½ cups sugar, beat thoroughly together; then add ½ cup melted butter. Mix well together and add 1 cup of cold water, 2½ cups sifted flour, 2 tsp. Magic baking powder, 2 ozs. sliced citron peel.

Add whites of eggs, beaten to a stiff froth. Put pieces of sliced citron and sifted sugar on top of cake. Bake exactly forty-five minutes.—Mrs. G. R. Baker.

### WALNUT CAKE.

Four eggs, ¾ cup butter, 2 cups granulated sugar, 3 cups flour, 1 cup cold water, 1 tsp. baking soda, 2 tsp. cream of tartar, 1½ cups walnuts added last.

Bake in large cake tin. Nice with whipped cream.—Mrs. E. B. Hardy.

### APPLE SAUCE CAKE.

One and a-half cups apple sauce, sweetened to taste, 1 tsp. soda, mixed with apple sauce, ½ cup butter, 1 cup raisins, 1 tsp. cinnamon or cloves, 1 cup brown sugar, 2 heaping cups flour.

Bake in medium oven.—Mrs. Hugh Shaw.

### POOR MAN'S CAKE.

One-half cup butter, 1½ cups sugar, 1 cup raisins, 1 cup currants, 1 cup buttermilk, 3 cups flour, 1 tsp. baking soda.

Cream butter and sugar together, and add buttermilk and other ingredients. Bake in moderate oven.—Mrs. J. Armstrong.

### ROLLED JELLY CAKE.

One cup sugar, 3 eggs, 2 tbsp. milk, 1 cup flour, 1 tsp. Magic baking powder, 1½ tsp. lemon extract.

Bake in long tin, and while warm spread with jelly and roll thus: Spread a towel on the table and turn out cake on the towel and roll, keeping towel over it to prevent it cracking. Do not take off towel until cake is cold.



### MARSHMALLOW CAKE.

One egg, 1 cup sugar, 1 tbsp. butter, 1 cup milk, 2 cups flour,  $\frac{1}{4}$  tsp. salt, 2 tsp. Magic baking powder; mix flour, salt and baking powder.

Cream butter; add one-quarter of sugar, and beat. Add beaten egg and remainder of sugar, and beat four minutes. Add alternately flour and milk, beating well; add vanilla, and bake in layers. Cut fine one-half pound marshmallows, spread between cake layers, and stand in open oven till they melt.—Mrs. Graham.

### MOTHER'S STRAWBERRY SHORTCAKE.

Two cups flour, 2 heaping tsp. Magic baking powder, 1 tbsp. sugar, 2 tbsp. butter, a little salt, cold water to mix soft.

Do not roll; just pat with the hand. Bake in two jelly cake tins in good hot oven. Good hot or cold.

### STRAWBERRY SHORT CAKE.

Hull and cut in pieces and sweeten 2 boxes of ripe strawberries; let stand four hours. Arrange between layers and garnish top with whole berries and whipped cream.

For the cake, mix 2 cups flour with 3 tsp. baking powder and  $\frac{1}{4}$  tsp. salt. Then sift it into a bowl, cut or rub in 4 tbsp. of butter and lard (mixed). When well blended add 1 cup of milk. When mixed divide into halves. Put each half in a greased tin and pat with floured hand to fit the tin.

Bake fifteen minutes in a moderate oven. Separate the upper and lower portions of each cake with a fork; spread liberally with butter and strawberries and arrange layers.—Mrs. A. J. MacKay.

### STRAWBERRY SHORTCAKE.

Two cups flour,  $\frac{1}{4}$  cup sugar, 3 tsp. Magic baking powder,  $\frac{1}{2}$  tsp. salt, 1 egg, 1-3 cup butter,  $\frac{1}{2}$  tsp. lard, 1-3 cup milk.

Roll and bake in quick oven.—Mrs. C. J. Gibson.

### STRAWBERRY SHORTCAKE.

One tbsp. sugar, 3 tsp. Magic baking powder, 1 cup sweet milk, 1 qt. flour (pastry), 3 tbsp. butter, 1 egg, 2 qts. strawberries.

To flour add baking powder, sugar, salt and butter; to milk add beaten egg. Mix together with as little handling as possible. Divide in three, and pat out with the hand and put in three jelly tins. Mash and sweeten berries and put between the layers. Cover with whipped cream (sweetened).—Mrs. Charles Keddie.

### DRESSING FOR STRAWBERRY SHORTCAKE.

White of - egg, beaten very little, 1 cup sugar, 1 cup strawberries (mashed).

Beat all together until light and creamy.—Mrs. J. K. C.

## DESSERTS.

### PRUNE SOUFFLE.

Three-quarters lb. prunes, covered with cold water and soaked for two hours. Cook in water until soft; by then the water should be nearly evaporated. Remove stones, and cut prunes into small pieces. Sprinkle with  $\frac{1}{2}$  cup sugar, beat whites of 4 eggs until stiff, and add prunes gradually.

Pour into buttered souffle dish and bake in a moderate oven for about twenty-five minutes. Serve at once with whipped cream or any sweet sauce.—Lady Hendrie, Government House.

### MAPLE MOUSSE WITH GELATINE.

One pt. whipping cream, 1 cup maple syrup (hot), 1 tbsp. Knox gelatine.

Soak gelatine in cold water and add to boiling syrup. Whip cream and add nuts and syrup. Fold gently together and turn in moulds.—Dr. Catherine Woodhouse.

### MOUSSE.

One pt. of cream,  $\frac{3}{4}$  cupful of powdered sugar, 1 tbsp. of gelatine,  $\frac{1}{2}$  lb. candied cherries, citron, nuts, or any kind of candied fruits you may have, chopped fine. Flavor with vanilla, also some other flavor.

Whip cream till very stiff, then add gelatine, and then the fruit. Mix very carefully, put into moulds, and serve cold. It is fine.—Mrs. H. Fox.

### ORANGE BASKETS.

For luncheon, or for a child's party, orange baskets are exceedingly pretty and decorative. They can be served on cake plates with a small doily underneath. To make an orange basket, select an orange with an exceedingly tough skin. Scoop out the inside, after cutting the skin low in basket shape, with a strip across the top for a handle. Place them in a shallow pan with enough cold water to cover. This will keep them from drying out until you want to use them. From the juice of the inside make an orange jelly by adding sugar, gelatine and a few drops of coloring substance. Pour into the orange baskets, and just before the jelly "sets" add a few candied cherries. Heap whipped cream on top. Or the baskets can be filled with salade d'orange. This is made by slicing the pulp of the orange with candied cherries, bananas and powdered cocoanut. Fill the baskets with the mixture, and eat with ice cream forks.—Mrs. J. K. C.

### FRUIT BLANC MANGE.

One qt. of stewed or one can of fruit, cherries, raspberries and strawberries are best; strain off all the juice and sweeten it to taste, and put it in to boil. Moisten 3 even tbsp. corn starch with a little cold water and stir into the boiling juice.

Boil and continue stirring for five minutes; add fruit, and pour into a mould that has been wet with cold water. Stand away to cool. Serve cold with sugar and cream.—Mrs. R. A. Pyne.

### FIG DAINTY.

Cook 3 tbsp. sugar with 2 tbsp. lemon juice and  $\frac{3}{4}$  cup sherry wine, and  $\frac{1}{2}$  lb. figs stuffed with salted and chopped peanuts or almonds.

Cook until tender, and serve on sponge cake.—Mrs. E. J. Lennox.

### PINEAPPLE SNOW.

One cup sugar, 2 cups water, juice of 1 lemon (small); bring to a boil, add 2 heaping tbsp. corn starch mixed with a little cold water.

Boil until clear; all one pint grated pineapple; cool and add stiffly beaten whites of two eggs. Serve with whipped cream or soft eustard.—Mrs. J. K. C.

### PINEAPPLE CREAM.

One-half cup tapioca, cooked until clear, 1 cup pineapple, cut fine, juice of 1 lemon, 1 cup granulated sugar, whites of 3 eggs.

Serve with whipped cream or thin custard.—Miss A. Armstrong.

### MARSHMALLOW PUDDING.

One lb. marshmallows, 1 lb. walnuts,  $\frac{1}{4}$  lb. candied cherries, 1 pt. cream, 1 tsp. vanilla.

Cut marshmallows in quarters; chop nuts in small pieces, leaving a few halves for the top. Add vanilla to cream and whip stiff. Add to this marshmallows and nuts. Stir in, but do not beat. Place nuts and cherries on top. Set in a cool place three or four hours before using.—Mrs. J. Simpson, Philadelphia.

### STRAWBERRY SPONGE.

One qt. berries,  $1\frac{1}{2}$  cups water,  $\frac{1}{2}$  box gelatine (dissolved in cold water), 1 cup white sugar, juice of 1 lemon, whites of 3 eggs.

Mash berries and half of sugar; boil remainder of sugar and water together twenty minutes. Add the gelatine to the boiling syrup (take from stove); add the berries. Beat well; then add the whites beaten stiff, and beat until it begins to thicken. Pour in moulds. Serve with whipped cream.—Mrs. W. J. Marshall.

### TRIPLE SPONGE.

Take stale sponge cake or lady fingers, line bottom of glass dish, cover with fruit juice or wine; make a thin custard and pour over cake and juice; cover all with whipped cream and one banana. Put through fine wire sieve (beat in cream), decorate with small pieces of Turkish delight, strawberries or any desired fruit.—Mrs. Ernest Peterkin.

### CHARLOTTE RUSSE.

One pkg. port jelly, 10 ets. worth ladies' fingers (fresh). Pour a little of the jelly liquid in a quart mould, moistened previously with cold water, and the rest in individual moulds. Line the mould then with ladies' fingers, or home-made sponge cake may be used; 1 pt. cream (whipped), 1 tbs. Knox's gelatine, moistened in  $\frac{1}{4}$  cup cold water.

Let stand a short time and then add one-half cup hot water. Dissolve over tea kettle and add to the whipped cream. Add two table-spoons fine sugar and flavor with vanilla or a little port wine. Mould.—Mrs. A. H. Birmingham.

### GENERAL RULES FOR CUSTARDS.

1. Eggs should be thoroughly mixed, but not beaten light.
2. Sugar and salt are added to the eggs, then the hot milk.
3. Custards must be cooked over a moderate heat: If a custard curdles beat smooth with a Dover beater.
4. Custards should always be strained before cooking.

#### Baked Custard.

One pt. milk,  $\frac{1}{4}$  tsp. salt, 2 eggs, 1-16 tsp. nutmeg or vanilla,  $\frac{1}{4}$  cup sugar.

1. Method. Prepare according to rule.
2. Strain in cups, place in a pan of hot water and bake in a moderate oven until firm.
3. If steamed or baked in a large amount use three eggs to a pint of milk.

One-half ounce of unsweetened chocolate may be melted and mixed with milk.

### Steamed Custard.

Follow rules for baked custard, only steam.

### Soft Custard.

One pt. milk, yolks of 4 eggs,  $\frac{1}{4}$  cup sugar, salt,  $\frac{1}{2}$  tsp. vanilla.

1. Prepare according to rule.
2. Cook in a double boiler, stirring until thick. When done it coats a silver spoon.
3. Strain and flavor.
4. Beat the whites of the eggs till stiff.
5. Add 4 tbsps. icing sugar, gradually beating all the time.
6. Drop in large spoonfuls on the custard.

### STRAWBERRY WHIP.

Crush enough strawberries to make 3 cups; add 1 cup sugar, 1 tbs. lemon juice.

Beat the whites of two eggs stiff and beat in the strawberries. Serve with whipped cream, sweetened and colored pink.—Mrs. A. J. MacKay, Port Rowan.

### RASPBERRY WHIP.

One and a-half cups raspberries, 1 cup brown sugar, white of 1 egg.

Beat for five minutes. Serve with whipped cream.—Mrs. W. Dallimore.

### GATEAU DE POMMES.

Pare and quarter 1 lb. apples, or more if required; to every pound of apples add 1 lb. sugar, the juice of 1 lemon and a few bits of candied peel.

Enough water to moisten sugar; boil until thick. Put in mould; when cool turn out and serve with whipped cream.—Mrs. Edmund Bristol.

### RICE BAVARIAN.

Put in double boiler  $1\frac{1}{2}$  pts. milk, a few slices of lemon peel. When it boils add  $\frac{1}{2}$  cup well-boiled rice and  $\frac{1}{2}$  tsp. salt. Let it boil until rice is tender. Add  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  box of gelatine which has been soaked one hour in cold water and melted by stirring it over boiling water.

When cool add a little sherry or other flavor. When serving mix in one cup double cream, beaten very stiff. Put in mould.—Mrs. E. B. Ryckman.

### SPANISH CREAM.

One qt. milk,  $\frac{1}{2}$  box gelatine, 3 eggs, 1 cup sugar, 1 tsp. vanilla and a pinch of salt.

Put milk in double boiler; add the gelatin. Beat yolks of eggs with the sugar, vanilla and salt, and stir into the boiling milk; let cool. Beat whites of eggs very dry; then add custard. Beat together and then pour into wet moulds.—Miss Hazel Workman.

### PRUNE JELLY.

Cook  $\frac{1}{2}$  lb. prunes until soft, and sweeten a little. Soak together for an hour the following:  $\frac{1}{2}$  box. Cox's gelatine, 1 cup prune juice, 1 cup sherry, juice of 2 oranges, juice of  $\frac{1}{2}$  lemon, 1 cup white sugar.

Add one cup boiling water and cook till all boils, stirring all the time. Pit the prunes, and add. Then pour into mould and let set. Serve with whipped cream.—Mrs. E. B. Hardy.

### LEMON FOAM.

Two cups hot water and 1 cup of sugar in double boiler. When boiling add 2 tsp. corn starch which has been mixed in a little cold water. Let boil five minutes; add juice of 1 lemon, whip whites of 2 eggs, and add when cooling.

Serve with boiled eustard, made from yolks of two eggs, a little milk and sugar. A delicious dessert.—Mrs. Hector McLean.

## ICINGS AND FILLINGS.

### FONDANT ICING.

This icing does not crumble, contains no eggs, and can be made a day or two before needed if desired. Boil  $1\frac{1}{2}$  cups of granulated sugar, a pinch of cream of tartar and  $\frac{1}{2}$  cup water until it is a soft ball when dropped in cold water. Set aside to cool. When lukewarm add 2 squares of scraped chocolate and beat with a wooden spoon until creamy; then add tepid water until it is the desired consistency.

If any other flavoring is desired, leave out chocolate and add any other flavoring or fruit juice. If covered with a damp cloth, it will keep for days. When needed, add a little more tepid water. This frosting is fine, smooth and velvety, dries easily, and yet retains its moisture.—S. W. P.

### SOFT BOILED ICING.

One cup white sugar,  $\frac{1}{2}$  cup boiling water,  $\frac{1}{4}$  tsp. cream of tartar, white of 1 egg.

Boil sugar until it will hair when dropped from the spoon. Beat egg stiff, and add cream of tartar. Then pour in slowly the boiling syrup, beating all the time. Flavor with vanilla.

### MARSHMALLOW ICING.

Heat 2 tbsp. milk, 6 tbsp. sugar, over fire; boil six minutes without stirring in double boiler. Heat 1 lb. marshmallows cut fine; when very soft add 2 tbsp. boiling water and cook until smooth. Beat in hot sugar and milk.

Keep beating until pretty cool. Add one-half teaspoon vanilla, and use at once.

### FUDGE FROSTING.

Two cups sugar,  $\frac{1}{2}$  cup milk, 1 tbsp. butter,  $\frac{3}{4}$  cup grated chocolate, 1 tsp. vanilla, 1 cup chopped nuts.

Put sugar, milk, butter and chocolate into a granite saucepan and stir occasionally till mixture reaches the boiling point, boil without stirring eight minutes; take from fire, beat till creamy. Add nuts, vanilla and pour over cake.—Mrs. C.

### BROWN SUGAR ICING.

Two cups brown sugar,  $\frac{1}{2}$  cup butter.

Boil until a little dropped in water forms a waxy ball.

### CHOCOLATE FUDGE ICING.

One and a-half tbsp. butter, 1-3 cup unsweetened powdered cocoa, 1 cup brown sugar, 1 tsp. gelatine,  $\frac{1}{4}$  cup corn syrup, few grains salt,  $\frac{1}{4}$  cup milk,  $\frac{1}{2}$  tsp. vanilla.

Melt butter, add cocoa, brown sugar, corn syrup, salt, milk and one teaspoon gelatine soaked in one tablespoonful water. Heat to the boiling point and boil about five minutes. Remove from the fire and beat until creamy. Add vanilla and pour over cake.

### MOCHA ICING.

One cup confectioners' sugar, 2 tbsp. cocoa, 1 tbsp. butter, 1 tsp. vanilla.

Mix all together. Add hot coffee to mixture until it is right consistency to spread. Use while warm.

### ORANGE FILLING.

Grate the yellow rind of 1 orange and squeeze out the juice, 1 cup of sugar, yolk and white of one egg, beaten separately.

Mix sugar and yolk, add white and then orange. Pour in one-half cup of boiling water, then stir in one tablespoon of sifted flour rubbed smooth in one-quarter cup water; then add one-half tablespoon butter. Cook all until thick. Put between layers of cake. Juice of orange and pulverized sugar mixed for top of cake. Lemons may be used instead of oranges.—H. T. Wiley.

### FILLING FOR CHEESECAKE (Lemon).

Melt 2 ozs. butter; add 1 lb. sugar, granulated preferred, 3 eggs (beaten), and 3 soda biscuits, rolled fine.

Cook until stiff. Add the juice of two lemons, and rind, if required.

### WARTIME CAKE ICING.

One cup brown sugar, 1 tbsp. water, 1 tbsp. cream.

Boil exactly three minutes (no more). Beat very slightly or until as thick as cream; flavor with vanilla and spread on cake. You cannot spoil this icing, for if it gets too hard just add a little water and boil again about a minute. A few chopped nuts is an improvement.—Mrs. J. K. C.

### LEAVES OF WHITE ICING FOR CHRISTMAS CAKES.

May be made as follows: Cut the foundation leaves from white bobinet—two sizes, if you choose. Smooth them over a greased bottle to give a little curve to the leaves; then squeeze the icing from a confectioner's tube on the leaves, in lines like the fronds of a fern. When the leaves are dry they may easily be slipped off the board or pan and arranged on the icing of the cake while it is still soft. If the fronds are placed close together the cloth foundation will not show. This decoration may be made very beautiful.

### WHITE ROSES FOR CAKE DECORATION

May be quickly made by using marshmallows. First ice the cake, and before the ice has hardened put on the roses this way: Heat the marshmallows in the oven till they are soft, but still in shape. Take one at a time, turn it upside down, and quickly cut it into the form of a rose as you place it on the cake. The work must be done near the stove. Leaves and stems may be cut from citron.—A. R. B.

### GLACE NUTS AND FRUITS.

Two cupfuls of granulated sugar, 1 cupful of boiling water, 1 tsp. of cream of tartar, 3 tbsp. of granulated sugar, blanched nuts of any kind.

Caramelize the three tablespoonfuls of sugar. Add the boiling water and, when dissolved, the remaining sugar and cream of tartar. Boil without stirring until the syrup is absolutely brittle when dropped in cold water. Remove saucepan from the fire and place in a vessel of cold water to stop the boiling instantly. Then place over boiling water while dipping. Halves of walnuts or pecans or whole Brazil



nuts may be used, or peanuts or filberts may be dropped by the teaspoonful on to a marble slab or paraffin paper. Candied fruits, bits of figs, dates stuffed with fondant, Malaga grapes, strawberries and sections of seedless oranges may be dipped. In case juicy fruits are used, they must not be pricked while dripping, as the juice will spoil the glaze.

#### **CANDIED ORANGE AND LEMON PEEL.**

Cut oranges and lemons in two; scoop out pulp, remove thin white skin, and put in heavy syrup and boil until it candies. Drain on waxed paper; dry thoroughly.

For mince meat or puddings, it is not necessary to dry. Just put in bottles and pour syrup over it.—Mrs. C. W. Steele.

#### **CANDIED CITRON PEEL.**

Wash and cut citron in thick slices; remove seeds (but do not peel). Put on to boil; to one large citron put a piece of alum the size of a hazelnut; boil until transparent. Remove citron and pour boiling water over it and drain for about two hours. Make a rich syrup; add citron, and boil one hour, or until fruit is candied. Remove with a fork and place on waxed paper which has been sprinkled with sugar. Roll in sugar and put in the oven to dry, or if the weather is warm, dry outdoors, covered with cheese cloth. Be sure it is perfectly dry before packing it in your jars.—Mrs. C. W. Steele.

## **ICE CREAM AND ICES.**

In freezing cream and ices, good general rules to be observed are: Be lavish with the salt and have the ice pounded quite fine, thereby involving less labor in turning the freezer and securing a smooth, velvety cream. The quickest and best way to pound the ice is to put it in a stout burlap bag, tie up the mouth, and pound it vigorously with a flat-headed hammer or mallet. Snow may be used instead of ice; if this does not freeze steadily, add one cup of water to it. Have the ice and salt already packed around the can before the mixture is put in. Be sure that the latter is quite cold before being placed in the can and do not begin the freezing by turning rapidly and lagging toward the end of the process. Instead, turn slowly at the beginning and increase the speed as the mixture thickens. Be very careful that there is no possible chance of the salt or water getting into the can, but do not pour off the water unless it gets too high; when a little may be turned off.

Allow three measures of ice to one measure of salt; if a larger proportionate quantity of salt be used the freezing will have a granular texture.

Never fill a freezer more than one-fourths full, as the mixture gains in bulk as it freezes.

#### **DIRECTIONS FOR WATER ICES.**

When the sugar and water are boiled the time must be noted exactly, the scum removed and the syrup strained while hot through a fine cloth. The freezer must be packed precisely the same as for ice, but the water ice must not be stirred continually, only occasionally. You can give the crank a few very slow turns, then let it rest, then turn slowly again as before and rest again, and so continue until the

water is frozen pretty hard. It must not be light nor frothy. When the mass is sufficiently frozen, take out the dasher, scrape down the sides of the can, put a cork in the lid, draw the water from the tub and pack the same as ice cream. Fruit jelly may be used in the place of fresh fruit, allowing a half-pint of jelly to each quart of water, sweetened to taste.

#### **PINEAPPLE FRUIT ICE CREAM.**

Make a custard of 2 eggs,  $\frac{1}{2}$  cup of granulated sugar and a pt. of milk.

Put on the fire and stir until it thickens, then set aside to cool. Whip a pint of cream and flavor with half a cup of the syrup of the pineapple preserve. Mix custard and cream together and turn into the freezer. Freeze about twenty minutes, and just before removing the dasher add a half cup of the fruit cut in small pieces; give it a few turns to mix through the cream. Remove the dasher and set aside to harden.—Mrs. J. K. C.

#### **PINEAPPLE WATER ICE.**

Two large yellow pineapples,  $1\frac{1}{2}$  lbs. of sugar, 1 qt. of water, juice of 2 lemons.

Pare the pineapples, grate them and add the juice of the lemons. Boil the sugar and water for five minutes. When cold add the pineapple and strain through a fine sieve. Turn into the freezer and freeze.

#### **VANILLA ICE CREAM.**

Two qts. milk, 1 large can Borden's unsweetened milk, 3 eggs, 2 cups sugar, 3 tbsp. flour, 2 tbsp. vanilla.

Put milk on stove in double boiler, take sugar and flour and mix thoroughly, dissolve with a little cold milk; when milk boils, add sugar and flour; let boil for a few minutes, then add the unsweetened milk and beaten eggs. When cool add vanilla and freeze. This is very good, and also very economical.—Mrs. Richard L. Sutphin.

#### **CONDENSED MILK ICE CREAM.**

When cream is scarce condensed milk is sometimes used as a substitute. This recipe will make two quarts of the frozen cream: One can of condensed milk, 1 tbsp. of vanilla,  $1\frac{1}{2}$  pts. of sweet milk, 2 eggs (yolks), 1 tbsp. of powdered sugar.

Scald all the milk together and turn over the beaten yolks of the eggs. Return to the kettle and cook until creamy. Add the sugar and when cold add the extract and freeze.

#### **PINEAPPLE SHERBET.**

Two cans of pineapple or the same amount of fresh fruit, 2 lbs. of sugar, 2 qts. of water, whites of 6 eggs.

Strain juice from the cans into the freezer, make a boiling syrup of the sugar and one quart water, chop the pineapple small, scald it in the boiling syrup, then rub it through a colander, with the syrup and remaining quart of water, into the freezer. When mixture is frozen to a mush add the beaten whites of the eggs and continue freezing.

#### **MAPLE PARFAIT.**

Pour over the beaten whites of 3 eggs  $\frac{1}{2}$  cup of pure maple syrup. Fold into 1 pt. of cream, beaten stiff.

Mould and pack two hours. Serve in frappe glasses with whipped cream.

### SHERBETS MADE WITH GELATINE.

Soak 1 tbsp. of gelatine in  $\frac{1}{2}$  cup of cold water twenty minutes; add  $\frac{1}{2}$  cup of boiling water, and stir till dissolved; then a cup of cold water and the strained juice of any fruit, and freeze.

For orange, the strained juice of six oranges. Lemons, six lemons. Pineapple, one pint of fresh fruit juice. Raspberry and strawberry a pint of the fruit juice mixed, and the juice of two lemons.

### A GOOD SUBSTITUTE FOR SWEETENING ICE CREAM.

Five lbs. honey,  $2\frac{1}{2}$  lbs. maple syrup,  $2\frac{1}{2}$  lbs. corn syrup.

The above will sweeten twelve gallons of ice cream.—John McGall, baker's chef, Queen's Hotel.

### LEMON SHERBET.

One lb. sugar, juice of 4 lemons, rind of 1 orange, 1 qt. milk.

Put sugar, lemon juice and orange rind in the freezer, and when partly frozen add the milk and freeze until hard.—Mrs. H. J.

### ORANGE WATER ICE.

Four oranges, 1 qt. water, 1 lemon, 1 lb. sugar.

Boil sugar, water and rind of one orange, let cool, squeeze oranges and lemon into syrup. Strain and freeze.

### LEMON ICE.

Make a syrup by boiling 1 qt. of water with 1 pt. of sugar; add  $\frac{3}{4}$  cup of strained lemon juice. Freeze.

### ORANGE ICE.

Make the same simple syrup as for lemon ice; add 2 cups of orange juice, the grated rind of 2 oranges and  $\frac{1}{4}$  cup of lemon juice. Strain and freeze.

## CANDIES.

### GLACE MALAGA GRAPES.

Three lbs. of granulated sugar, 1 pt. of water, 1-5 tsp. of cream of tartar.

Cook to 300 degrees. Cut the stems of grapes a quarter of an inch long. Have the grapes in a warm place one hour before dipping. Take a wire fork and dip one grape at a time. Put on a platter that is cold and well oiled (with butter).

### CREAM CANDY.

Dissolve  $\frac{1}{4}$  oz. white gum arabic in  $1\frac{1}{2}$  pts. water; add  $3\frac{1}{2}$  lbs. white sugar and 1 tsp. cream tartar.

Before it boils brittle test it by dipping a little out with a perforated skimmer. If it looks feathery as it drops through the holes, it is sufficiently cooked. Take off the fire and beat against the dish with a spoon; add flavor desired. For chocolate candy stir in the chocolate grated fine, as the candy is cooling. If you wish to make cocoanut, add the cocoanut in the same way and still till cold.

### MOLASSES CANDY.

Two cupfuls of New Orleans molasses, 1 cupful of granulated sugar, a small piece of butter.

When done, add one-half teaspoonful of soda. Pull until very light.

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### CRYSTALLIZED ORANGE PEEL.

Take the peel of 3 oranges or grapefruit, cut in strips and pour cold water over them and let come to a boil until the peel is tender. Take 2 cups of sugar and 1 cup water and boil to a heavy syrup; put in orange peel and cook until clear. Take peel from syrup and roll in sugar. Place in sun to clarify.—Mrs. J. D. Williamson.

### MAPLE CREAM CANDY.

Four cups light brown sugar,  $\frac{3}{4}$  cup milk, 1 rounded tsp. baking powder, 1 rounded tbsp. flour, butter size of two English walnuts, nuts or vanilla.

Mix all the dry ingredients together. Add the milk and butter. Put on the fire and boil until it forms a soft ball when dropped into a little cold water. Remove from fire and beat till thick. Pour into greased dishes and stand away to cool.—Mary Taylor.

Fudge may be made by using the above ingredients with the addition of two tablespoons of grated chocolate or cocoa.—Mary Taylor.

### CRYSTALLIZED GRAPEFRUIT PEEL.

After removing all the thin white skin which encloses the pulp, cut the rind in strips about half an inch wide, and soak in water one or two days, changing the water several times. Boil in fresh water until tender enough to pierce easily with a fork, draining off the water and adding fresh boiling water every fifteen or twenty minutes while boiling. This changing of water takes out all the bitter taste. I do this while cooking dinner, and it takes no extra fuel and very little time. When the rind is tender and all the bitter taste gone, drain and drop into thick syrup made of granulated sugar and enough water to dissolve. Allow two cupfuls of sugar to the rind of one grapefruit. Thick rinds are better than thin ones.

Cook in the syrup until it is at the jelly stage, and while it simmers on the back of the stove lift out the pieces one by one with a fork and roll them in granulated sugar. Place on a flat dish and let dry a few days so that the outside sugar will not flake off. This makes a good, wholesome confection for children, and if you get it cooked just right, it is so delicious you will not mind the trouble.—Mrs. B. C. L., Leesburg, Fla.

### WARTIME MOLASSES CANDY.

Three-quarter cup corn syrup,  $1\frac{1}{4}$  cups molasses or sorghum, 1 tbsp. vinegar, 1 tsp. fat, pinch of soda.

Boil first three ingredients until it becomes brittle when dropped in cold water ( $132^{\circ}$  C). This is the crack stage. Add fat and soda. Remove from fire, beat well and pour into greased tins. When cool pull until light in color. Cut in one-inch pieces.

### WARTIME MAPLE DROPS.

Two cups maple sugar,  $\frac{3}{4}$  cup water or milk, 1 tbsp. fat, 1 cup chopped nuts.

Cook the water and sugar to the soft ball stage, or until a little dropped into cold water forms a firm, soft ball ( $114\frac{1}{2}^{\circ}$  C). Add butter and nuts. Cool slightly. Beat until mixture begins to thicken, then drop from a tablespoon on a greased plate. The candy may be varied by adding candied cherries or chopped raisins or figs, or six marshmallows to the hot mixture and beaten until candy begins to thicken.

### WARTIME HONEY CARAMELS.

One cup milk,  $\frac{1}{4}$  cup honey,  $\frac{3}{4}$  cup corn syrup, pinch of salt, 1 tsp. fat.

Heat the honey and the corn syrup to the boiling point. Add the milk gradually, stirring constantly. Cook the mixture until it forms a firm, soft ball when dropped into cold water. Turn into a greased pan and cut in squares when cold. Chopped nuts may be added just before taking from the fire.

### MAPLE FONDANT.

Five cups of brown or maple sugar,  $\frac{1}{2}$  cup water.

Place over fire and heat to the soft ball stage ( $113^{\circ}$  C.), or until candy forms a soft ball when dropped in cold water. Pour on a greased platter. Let cool. Stir with a wooden spoon or a wooden butter paddle until mixture becomes creamy; then knead in the hands. Form in balls and put between two halves of walnuts, or dip in melted chocolate and let harden on oiled paper.

Maple Cream Patties may be made by melting fondant over hot water. Drop the melted fondant from a teaspoon on oiled paper.

### GUM DROPS.

Three tbsp. granulated gelatine,  $1\frac{1}{2}$  cups of cold water, 2 tsp. corn starch, 2 cups of light brown sugar, 1 cup of hot water.

To make Gum Drops, soak the gelatine in the cold water for three minutes. Then stir the corn starch thoroughly through the soaked gelatine. Place the brown sugar and cup of hot water on the fire and when the sugar is dissolved add gelatine. Boil slowly for about twenty-five minutes. Remove from the fire, and when partially cool add the desired flavoring and beat for about five minutes, or until the mixture has a cloudy appearance. Pour in a bread pan which has been rinsed out with water. When firm, cut in cubes and roll in powdered sugar. Use for flavoring oil of cinnamon, peppermint, wintergreen, etc.

### HEAVENLY BLISS CANDY.

Three cups white sugar, 1 cup corn starch, 1 cup boiling water, whites of 2 eggs, 1 cup walnuts.

Beat the egg whites until very stiff. Boil the sugar, syrup and water until it hairs firmly; then beat in the egg whites, a spoonful at a time. Then add the walnuts, and keep beating for a long time until it becomes very stiff. Turn on to a greased platter.—Miss Armstrong.

### DIVINITY FUDGE.

Five cups granulated sugar, 1 cup corn syrup, 1 cup water, 4 egg whites, 1 cup chopped nuts, dates or raisins.

Boil sugar, syrup and water for four or five minutes. Beat egg whites stiff in large dish. Remove one cup of boiling syrup and beat into stiff egg whites. Boil remainder of syrup to hard ball stage. Pour into egg mixture, beating all the time. Beat until foamy and thick. Add nuts or fruit. Pour into buttered pan.

Note.—Always have sugar melted well before boiling begins.

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### SUGARLESS SWEETS.

One cup stoned dates, 1 cup seeded raisins, 1 cup nut meats, pinch of salt.

Run all through meat chopper, and form into balls. Dip into melted dipping chocolate, and drop on a greased platter.

### CHOCOLATE CARAMELS.

Mix  $\frac{1}{4}$  lb. of grated chocolate (unsweetened), 1 lb. of brown sugar, 4 tbsp. of butter,  $\frac{1}{2}$  cupful of cream and  $\frac{1}{2}$  cupful of molasses.

Place over a slow fire, stirring until the ingredients are thoroughly melted and mixed. Do not stir again, but boil the mixture until it is brittle when a few drops are placed in ice-water for half a minute. Remove from the fire and add a teaspoonful of vanilla; pour the candy into a thoroughly-greased, shallow pan and allow it to cool. When nearly cold, cut into squares with a greased, sharp knife; then cool further, and when hard wrap each square separately in waxed paper and put it in a dry place. It is best not to try to make caramels in damp or rainy weather.

Should you prefer vanilla caramels, substitute vanilla for the chocolate flavoring.

### CRYSTALLIZED POPCORN.

Take enough kernels to make 3 qts. of popcorn when finished. Put them into a popper and, shaking the popper up and down, hold it under the cold water faucet until all of the kernels are thoroughly saturated. Place it on the back of the range to dry, after which you can pop it in the regular manner over a hot fire, shaking the popper all the time. This method of treatment will prevent the usual hard centres in the kernels.

To crystallize the popcorn, mix 1 cupful of granulated sugar, 1 tbsp. of butter and 3 tbsp. of water; boil until it candies. Then stir in the 3 qts. of popcorn and mix until all of the corn is well covered. Pour on sheets of buttered paper to cool.

### PULLED MOLASSES CANDY.

One-quarter cupful of butter, 2 cupfuls of granulated or coffee sugar,  $1\frac{1}{2}$  cupfuls of boiling water.

Mix all ingredients and boil without stirring until it forms a soft ball in cold water. Turn into a buttered platter and fold toward the centre so it will not harden. When it can be handled, pull until light, working in any desired flavoring. Cut with the scissors and roll in squares of waxed paper.

### SUGARED DATES.

Remove stones from dates; put a nut meat in each one. Have a candy syrup made. Add  $\frac{1}{4}$  tsp. cream tartar to sugar when putting it on to boil.

Boil until it will spin a hair. With a fine knitting needle dip each date in hot syrup and roll in powdered sugar. Nuts, grapes and oranges may be done the same way; but they must be used the day they are made.—Mrs. J. K. C.

### CANDIED FRUITS.

Cook as for preserves; drain, roll in sugar, put on a sieve and dry in the oven. Keep turning every few hours and rolling each time in sugar. Keep in a dry place.—Mrs. J. K. C.



### CANDIED ORANGE PEEL.

Cut orange peel in thin strips; boil about twenty minutes. Make a syrup of 1 cup water and 2 cups sugar; boil and skim; then add orange peel (drain and wipe before putting in syrup).

Boil until well coated with the syrup. Remove carefully and drain on waxed paper. When cool roll in granulated sugar, and let stand over night before using.—Mrs. J. K. C.

### DIVINITY CREAM.

Three cups sugar, 2-3 cup brown corn syrup, 2-3 cup water, 2 whites eggs, walnuts, cherries or mixed nuts, 1 tsp. vanilla.

Boil sugar, syrup and water until it spins a long thread, or a soft ball in water; pour this slowly on the stiffly-beaten whites of the eggs. Beat until it will stand in place without running. Add nuts and flavor.

### DIVINITY CANDY.

Two cups granulated sugar, 2-3 cup of corn syrup, 1-3 cup water, chopped walnuts.

Boil until it hardens when dropped into cold water. Have the white of an egg beaten stiff, and slowly beat the boiled syrup into the egg. When it commences to stiffen stir in the nuts. Drop small pieces into a buttered platter.—Mrs. T. B. MacDonald.

## Canning and Preserving.

In canning fruits, the important points to be observed are: To use only sound, ripe fruit, to have hot syrup and air-tight jars, to fill the jars to overflowing and seal immediately. Jars should be scalded and tested before using. Patent canners greatly simplify the work. To make the syrup for canning, the right proportion is one-half pint boiling water to each pound of sugar. The different kinds of fruit require different quantities of sugar. Cherries, raspberries, pears, grapes and peaches need least of all, taking about four ounces of sugar for every quart can of fruit. Blackberries, plums and apples require six ounces, and strawberries, quinces, pineapples, rhubarb, currants and cranberries require eight.

If fruit is not canned but preserved, each pound of fruit must have a pound, or at least three-quarters of a pound of sugar. For the syrup allow one-half cup water to each cup of sugar. The fruit should be simmered in the syrup till tender, a little at a time; then skimmed out into the jars. When all are done, bring the syrup to the boiling point, fill and seal the jars. Hard fruits, like quinces, should be first steamed or cooked in boiling water till tender.

Jams are usually made with small fruits, or with chopped large fruits. They are cooked with an equal weight of sugar till rich and thick, then put into tumblers or small jars and sealed.

For jellies, use equal parts of sugar and drained fruit juice. Mash and heat the berries until the juice runs readily. Then turn into bags of unbleached muslin or cheesecloth and let drip. Measure juice and a corresponding amount of sugar. Boil the juice for twenty minutes. Add the sugar to the boiling juice; allow it to boil up once, then remove from the fire and pour into tumblers. Fruit, like apples and quinces, should be chopped and covered with water, then simmered till tender, before turning into jelly bags.

In making spiced fruits, or sweet, pickled fruits, for four pounds of the prepared fruit allow one pint vinegar, two pounds brown sugar and one-half cup of whole spices—cloves, allspice, stick cinnamon and cassia-buds. Tie the spices in a thin bag and boil for ten minutes with the vinegar and sugar. Skim, add fruit, and cook till tender. Boil down the syrup, pour the fruit in the jars and seal. Currants, peaches, grapes, pears, and even berries, may be prepared in this way, also ripe cucumbers, muskmelons and watermelon rind.

### HOW TO PRESERVE A HUSBAND.

Be careful in your selection. Do not choose too young, and take only such as have been reared in a good moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire thought to preparation for domestic use. Some insist on keeping them in pickle, while others are constantly getting them in hot water. This only makes them sour, hard, and sometimes bitter. Even poor varieties may be made sweet and tender and good by garnishing them with patience, well sweetened with smiles and flavored with kisses to taste. Then wrap them in a mantle of charity: keep them warm with a steady fire of domestic devotion, and served with peaches and cream. When thus prepared, they will keep for years. Aunt Elizabeth.

### CURRANT JELLY.

Wash the currants, mash in the kettle (not necessary to stem them); boil twenty minutes. Put in a jelly bag and let it drain all night. In the morning measure the juice and allow a pound of sugar to every pint. Boil the juice hard just five (5) minutes (no longer); add the sugar and boil rapidly one (1) minute longer.

Follow this recipe carefully; the result will always be a beautiful, clear, stiff jelly.

### RASPBERRY JAM.

Six lbs. sugar to 8 lbs. fruit, 1 pt. currant juice, with an additional pound of sugar.

Jam all together and boil down until a good rich color. Then can.

### ELDERBERRIES.

Nine lbs. of berries, 1 pt. of vinegar. Put on the stove and cook thoroughly; then add 3 lbs. of sugar and 3 grated nutmegs.

Stir constantly until cooked down like jam. Good for pies in winter.—Mrs. Horace Fox.

### TO CAN FRUIT WITHOUT SUGAR.

Fill jars as full as possible without breaking up the fruit. Put covers on lightly and stand in cold water; let come to boil and boil about twenty or thirty minutes. Have the kettle boiling; fill up jar with boiling water; tighten covers. This is good with raspberries, black or red currants and gooseberries. Very little sugar is needed when making pies or puddings.—Mrs. R. A. Pyne.

### STRAWBERRY JAM.

Boil 5½ lbs. granulated sugar with enough water to cover until when a little is dropped in cold water it turns hard. Add 6 lbs. strawberries and 2 tsp. lemon juice.

Boil fast for five minutes. Remove scum; put in hot jars and seal boiling hot.—Mrs. Lorne P. Marshall.

## FRUIT PRESERVED IN THE SUN.

Sun-preserved fruits are acknowledged to be better than those cooked in the ordinary way. Strawberries and raspberries may be preserved in this way and, where one has access to a hot-bed, the labor is much lessened. Place the berries in a wire basket and plunge into a pan of cold water. Drain thoroughly, pick over, stem, being careful not to bruise the fruit. Weigh the berries, and to each pound allow one pound of granulated sugar. Heat large earthenware plates in the oven, sprinkle with a layer of granulated sugar and over this place the berries. Cover with glass and stand in the sun's hottest rays. Shift the plates as the sun changes its position. About 4 o'clock bring the plates in and stand overnight in a cool place. Bring them out again the next day into the hot sun, as before. By this time they will have a semi-transparent look and be tender, but perfectly preserved in form. With a fork lift each berry separately and place in a tumbler or jar. Boil the syrup for a few moments until it thickens somewhat, then strain, cool and pour over the berries.

### PRESERVED CITRON.

(A Good Substitute for Preserved Ginger).

Cut into small pieces 2 citrons, after having removed the rind and pips. Sprinkle over 2 lbs. of granulated sugar, and let it stand for twenty-four hours. Then add about 3 lbs. more sugar,  $\frac{1}{4}$  lb. white ginger, well bruised, 1 doz. chillies (tied in a muslin bag), the juice and peel of 4 lemons, and boil for four hours, or until set like jelly.—Mrs. Turner.

### QUINCE HONEY.

Three or 4 quinces (grated), 1 qt. water, 3 lbs. sugar.

Let water and sugar come to boil, then add grated quinces and boil half an hour.—Mrs. Edmund Burroughs.

### CRANBERRY JELLY.

One qt. cranberries, 1 lb. sugar.

Boil the cranberries in about one pint of water until soft, then press through a colander and then through a finer sieve to remove all seeds. When this is done measure the strained pulp, and if there is not a quart of cranberries add enough water to make a full quart. Place on fire again, and when scalding hot add one pound of sugar and boil constantly for twenty minutes. Skim off froth as it boils and you will have a firm, clear jelly that will turn out.—Mrs. C. G. Cook.

### RED RASPBERRY AND CURRANT JELLY.

Take an equal amount of each fruit. Wash the fruit. Put it in preserving kettle and mash it. Boil twenty minutes, or until thoroughly cooked. Squeeze, or, better, still, drip through a jelly bag, and for each pint of juice allow one pint of sugar.

Put the juice over the fire and let it boil rapidly for five minutes; then add the sugar and let it boil rapidly one minute longer. Take from the fire, skim, and put in tumblers.—Mrs. Wm. H. Leslie.

### APPLE AND ELDERBERRY JELLY.

One-half pt. apple juice,  $\frac{1}{2}$  pint elderberry juice, 1 lb. sugar.

Boil juices twenty minutes; have sugar hot, turn into the boiling juice, and put in glasses when it jellies. Very fine, unusual flavor.—Mrs. George Tindall.

## PLUM CONSERVE.

Cut 5 lbs. of blue plums in halves, and remove pits; add 5 lbs. of sugar, the grated rind and pulp of 4 large oranges and the juice of 2 lemons.

Boil these ingredients together for ten minutes. Add one pound of coarsely-chopped English walnuts and one pound of seedless raisins, and boil ten minutes longer. Turn into jelly glasses and cover with paraffin when cold.—Mrs. T. B. Armstrong.

### CHERRY CONSERVE.

Four lbs. sour cherries, or plumbs, 4 lbs. granulated sugar, 2 lbs. stoned raisins, 4 juicy oranges (slice rind very thin).

Boil all together until thick like jelly; add no water. Cook slowly. Peaches can be used instead of cherries.—Mrs. C. Rankin.

### CANNED PINEAPPLE.

Slice pineapple, peel and cut in small dice. For a pound of fruit allow  $\frac{1}{4}$  lb. sugar and  $1\frac{1}{2}$  cups water.

Bring sugar and water to a boil; put in fruit, and boil about three minutes (no longer). Have bottles sterilized and seal boiling hot. Will taste like fresh fruit.—Mrs. J. K. C.

### CANNED PEACHES.

Put peaches in boiling water, a few at a time. Allow them to stand just long enough to loosen the skin; skin and cut in half. Put top on bottle each time a peach is put in; that keeps them from turning dark. When bottle is full cover with syrup made as follows: 1 cup sugar, 2 cups water. Boil five minutes.

When jars are all filled put strips of wood in bottom of boiler; put in some newspapers around them. Add water to about one inch from the top of bottles; cover tightly and boil five minutes (no longer). Dip out some of the water; remove jars, tighten tops; stand upside down. A few stones left in the peaches improves the flavor.

### THE SOUTHERN WAY OF COOKING CRANBERRIES.

Put them into an earthen jar, 2 cups of sugar to 1 qt. of berries, and just enough water even with them.

Cover tightly and cook on top of stove for ten minutes, after you hear them commence to pop. They have to be kept covered all the time they are cooking, and until they are cold; don't even peep. They come out whole and a clear, vivid red, and taste different to any cranberry sauce.—M. Wadsworth, Fort Worth, Ky.

### PINEAPPLES.

Pare very carefully with a silver or plated knife, as steel injures all fruit. With the sharp point of the knife dig out as neatly and with as little waste as possible all the "eyes" and black specks; then cut out each of the sections in which the "eyes" were, in solid pieces clear down to the core. By doing this all the real fruit is saved, leaving the core a hard, round woody substance, but it contains considerable juice. Take this core and wring it with the hands as one wrings a cloth till all the juice is extracted, then throw it away. Put the juice thus saved into the syrup; let it boil up five minutes, skim till clear, then add the fruit. Boil as short a time as possible, and have the flesh tender. The pineapple loses flavor by overcooking more readily than any other fruit. Fill into well-heated jars, add all the syrup the jar will hold; cover and screw down as soon as possible.—Mrs. Casey.

### DINNER CHERRIES.

Pit red cherries and weigh; cover with cider vinegar and stand over night. Drain cherries thoroughly. Add one pound of sugar to each pound of fruit.

Put sugar and cherries with the vinegar, stirring them often. Let stand four or five days, or until the cherries have absorbed all the sugar. Put in glass jars and cover with paraffin.—Mrs. J. H. Pierrepont, Trenton, N.J.

### PEAR MARMALADE.

Take pears, not quite ripe, and chop fine. To 8 lbs. of pears add 8 lbs. sugar, the juice and rind of 4 lemons. Cut rind into small pieces. Add  $\frac{1}{4}$  lb. of green ginger root, also chopped fine, first scraping the root on the outside.

Stir the mixture well, and boil one hour, or longer if necessary, until the pears have a clear, transparent look. Stir frequently. This is delicious. Try it.—Lucy B. Lee.

### PEAR MARMALADE.

Peel and quarter 24 pears. Slice and chop fine 3 lemons, 1 lb. preserved ginger; add same amount of sugar as pears and lemons (cup for cup).

Add ginger, and boil slowly until of the consistency of jam.—Mrs. Alex. Kay.

### GRAPEFRUIT MARMALADE.

Always Good.

Six large grapefruits, cut in eights and sliced in very fine strips. Save all pithy white part and seeds; add to them 1 qt. of boiling water. Add to cut fruit 5 qts. cold water; let stand 36 hours, straining off seeds, and boil one and a-half hours, or more if necessary to make fruit tender.

Let stand overnight. Next morning measure, and to each bowl of pulp add one bowl of sugar. (Do not add sugar until fruit is boiling.) Boil until it jellies, about one-half or three-quarters of an hour.—Mrs. J. K. C.

### GRAPEFRUIT MARMALADE.

Two large grapefruit, 2 lemons.

Cut fruit fine, and to every pint add two and a-half pints water. Stand twenty-four hours. Boil rapidly; stand another twenty-four hours. Measure and to each pint add one and a-quarter pounds sugar. Boil about one hour, or until the consistency of jelly. If a bitter marmalade is desired, soak seeds in cold water overnight. Add liquid to the fruit; then tie seeds in muslin bag. Boil for the first hour, removing before sugar is added.—Mrs. W. D. McPherson.

### GRAPEFRUIT MARMALADE.

2 grapefruit, 3 lemons.

Cut up and pour twenty cups of boiling water over, and let it stand overnight. Cover seeds with boiling water also, and let stand overnight; then strain into the pot. Boil an hour and a half, and then add eight pounds white sugar and boil another half-hour, or until it jellies. This recipe makes eight pint jars of marmalade.—Miss Laura Doren.

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### LEMON MARMALADE.

Fourteen lemons, 8 lbs. sugar, 1 gal. water.

Slice lemons very thin, removing seeds. Add water, and let stand thirty-six hours. Boil two hours; let stand overnight. Put on to boil in morning. As soon as hot add sugar and boil about twenty minutes, or until it jellies.—Mrs. J. K. C.

### GRAPEFRUIT MARMALADE.

To 1 pt. cut fruit add  $2\frac{1}{2}$  pts. cold water. Let stand twenty-four hours. Add to seeds, water to cover. Let stand twenty-four hours. Heat to nearly boiling, and add to fruit.

Let all boil one hour; put back in crock. After twenty-four hours put measure for measure of fruit and sugar (after fruit reaches boiling point). Boil about one hour.—Mrs. Herbert Cotty, Stratford, Ont.

### RHUBARB MARMALADE.

Four lbs. rhubarb (chopped fine), add small  $\frac{1}{2}$  cup water and the finely-chopped rind and juice of 5 lemons.

Boil twenty minutes, stirring occasionally; then add six pounds sugar and one pound blanched almonds and two ounces essence of ginger. Boil until clear.—Mrs. W. Holladay, Newmarket.

### RHUBARB MARMALADE.

Five lbs. rhubarb, 6 lbs. sugar, 2 pineapples, 1 lemon.

Cut rhubarb into small pieces, dice pineapple, add juice of lemon. Let stand overnight. Next morning cook until thick.—Mrs. J. K. C.

### STRAWBERRY MARMALADE.

Twelve boxes strawberries, well mashed; add strained juice of 4 boxes red currants. Allow  $\frac{3}{4}$  lb. sugar to each pound fruit.

Boil berries and currants about five minutes before adding the sugar. Very good.—Mrs. Lorne P. Marshall.

### PRESERVED CITRON.

Pare and cut in blocks about  $1\frac{1}{2}$  to 2 inches square; cook in just enough water to cover. (Add 1 small tsp. alum to water to preserve the crispness of the citron).

When tender drain well and weigh; allow equal weight of sugar and fruit, and to each two cups of sugar allow one of water. When boiling add citron and cook fifteen minutes. Add a sliced lemon and a few slices of green ginger to each two pounds of fruit. Bottle hot; if desired thicker let stand overnight, and in the morning put citron in bottles and boil syrup again. When thick pour over citron and seal. A perfect recipe.—Mrs. Evans, Sewell, N.J.

### PICKLED PEACHES.

Seven lbs. peeled peaches; over this pour, after boiling,  $1\frac{1}{2}$  pts. vinegar, 3 lbs. brown sugar, 2 ozs. stick cinnamon, 2 doz. whole cloves.

Let stand three days. Pour off liquor and boil again.—Mrs. E. B. Ryckman.

### CANDIED YELLOW TOMATOES.

Peel and remove seeds from pear-shaped tomatoes (not too ripe). To 3 lbs. fruit add 3 lbs. sugar and juice of 2 lemons.

Let stand four hours; pour off juice and boil until a thick syrup. Add tomatoes and boil until transparent. Lift tomatoes with a fork and spread out to dry. Keep turning so both sides will dry. When perfectly dry roll in fruit sugar and put in boxes in layers, with waxed paper between each layer.—Mrs. A. J. MacKay, Port Rowan.



### QUINCE HONEY.

Six quinces, 4 sour apples. Put through fine blade of meat-grinder.

Make a syrup of five pounds granulated sugar to one quart of water. Add apple and quince, and boil fifteen or twenty minutes. Put in jelly glasses and cover with paraffin.—Mrs. Leslie McChesney, Pontiac, Mich.

## Pickles, Relishes, Etc.

### BENGAL CHUTNEY.

One lb. of sugar,  $\frac{1}{2}$  lb. of salt,  $\frac{1}{2}$  lb. of mustard seed,  $\frac{1}{4}$  lb. garlic,  $\frac{1}{4}$  lb. of onions,  $\frac{1}{4}$  lb. ground ginger,  $\frac{1}{2}$  lb. raisins, 1 oz. of cayenne pepper, 12 large sour apples, 3 pts. of vinegar.

The apples to be peeled, cored and stewed in the vinegar; the raisins stoned and chopped fine; the garlic, onions and mustard seed pounded fine. Boil all together twenty minutes. Put into jars and cork well. It is improved with age. A very old and highly recommended recipe, brought from England fifty years ago.

### TOMATO MUSTARD.

One pk. ripe tomatoes, 1 cup salt; put in preserving kettle and boil one hour. Strain through sieve and return to kettle, adding 1 tsp. cloves, allspice, ginger and cinnamon, 1 tsp. cayenne pepper, a little garlic, chopped fine, 4 large onions, and a few chille peppers.

Boil down well about three hours; strain again through sieve. Add one-half pound Keen's mustard and one tablespoon hest Curry powder. Let simmer a short time. If not thick enough, add mustard and flour until the proper thickness. Bottle. (Use whole spices).—Mrs. J. K. C.

### RAW TOMATO SAUCE.

One pk. ripe tomatoes, 12 large onions, 6 red peppers; chop all fine, let stand overnight; drain, and add 4 bunches celery (chopped fine), 4 tbsp. cinnamon, 2 tbsp. cloves, 2 tbsp. black pepper,  $\frac{1}{2}$  tbsp. cayenne pepper, 2 qts. vinegar, 2 cups sugar, 1 cup salt.

Mix all well together and bottle.—Miss Caven.

### INDIAN SAUCE.

One doz. ripe tomatoes, 1 doz. cooking apples, 3 onions, 6 red peppers  $\frac{1}{4}$  lb. garlic, 1 tbsp. salt. Chop all fine, cover with vinegar and boil one hour, or until a soft pulp; ruh through wire sieve. Add 2 oz. ground ginger,  $\frac{1}{2}$  lb. Keen's mustard, 1 lb. brown sugar, 1 tsp. cayenne pepper, mixed with cold vinegar.

Boil until thick; add more vinegar if necessary. When cold flavor with Lea & Perrin's sauce.—Mrs. J. K. C.

### TOMATO MUSTARD.

One pk. ripe tomatoes; 4 onions (cut up); boil one hour, strain and put on stove with 1 pt. vinegar and  $\frac{1}{4}$  cup salt. Let come to boil and add  $\frac{1}{2}$  lb. mustard,  $\frac{1}{2}$  oz. ground ginger,  $\frac{1}{2}$  oz. ground allspice, 1 oz. black pepper, 1 tsp. ground cloves, 1 tsp. red pepper.

Mix together with pint or more vinegar into a smooth paste. Pour gently into tomato juice and boil gently three-quarters of an hour; then add one pound brown sugar and boil another half-hour.—Mrs. C. Rankin.

### CHILI SAUCE.

Twelve large tomatoes, 4 green sweet peppers, 3 large onions, 1 cup vinegar, 1 large cup brown sugar, 4 tsp. salt.

Boil one hour before putting vinegar in; then boil one-half hour longer.—Mrs. W. Dallimore.

### CHILI SAUCE.

Two doz. tomatoes, 12 medium-sized onions, 8 green peppers, 1 pt. vinegar, 2 tbsp. salt, 2 tsp. cloves and cinnamon, 2 cups sugar.

Remove skin from tomatoes; then take tomatoes, onions and peppers and chop all, not too fine, and add other ingredients and boil two hours.—Mrs. G. H. Whyte.

### TOMATO CELERY SAUCE.

One pk. sliced tomatoes, 4 sliced onions, 2 heads chopped celery, 2 lbs. brown sugar, 4 oz. salt, 2 oz. whole peppers, 2 oz. allspice,  $\frac{1}{2}$  oz. cloves,  $\frac{1}{2}$  tsp. cayenne pepper.

Pour over these ingredients one quart vinegar. Boil two hours. Strain if preferred.—McLean's Sauce.

### MUSTARD RELISH.

Twelve large cucumbers, 12 large onions, 1 large cauliflower,  $\frac{1}{2}$  lb. mustard seed, 1 oz. tumeric, 1 oz. celery seed,  $\frac{1}{2}$  gal. vinegar,  $\frac{3}{4}$  cup flour, 6 cups brown sugar.

Cut vegetables fine; salt overnight. Drain, mix and boil to liking. While boiling add the flour.—Mrs. James Hamilton.

### PEPPER RELISH.

An uncooked relish for cold meats: One large head of cabbage, 6 large onions, 12 peppers (half red and half green), all chopped fine; sprinkle  $\frac{1}{2}$  cup salt through all.

Let stand overnight; next morning strain well. Then add two cups sugar, one-half cup mustard seed, one tablespoon celery seed, and cover with vinegar.—H. M.

### PEPPER SAUCE.

Twelve green peppers, 12 red peppers, 12 large onions. Chop all fine; pour boiling water over all, and let stand fifteen minutes. Drain and add 3 pts. vinegar, 2 cups brown sugar, 4 tsp. salt and 1 oz. mustard.

Boil fifteen minutes. Put in small bottles.—Mrs. W. Dallimore.

### CHILI SAUCE.

One pk. tomatoes, 6 onions, 6 green peppers, 2 tsp. ground allspice, 2 tsp. ground cloves, 2 tsp. ground cinnamon, 2 cups brown sugar, 5 cups vinegar, salt to taste.

Scald and peel tomatoes; chop onions and peppers fine. Boil all together slowly three or four hours. Bottle hot.—Mrs. Hugh Kennedy.

### FRUIT SAUCE.

Thirty tomatoes, 6 pears, 6 peaches, 6 onions, 3 green peppers. Peel and cut peaches, tomatoes, pears and onions; add 4 cups white sugar, 2 tbsp. salt, 1 qt. vinegar, 1 small bag of whole spices.

Boil for two hours or more.—Mrs. C. J. Gibson.

### FOUR DEVILS.

One cup ground cucumbers, 1 cup ground onions, 1 cup ground apples, 1 cup ground red peppers, a little salt and vinegar to taste.

Cover good with cider vinegar. Mix thoroughly and bottle.—Mrs. Lindsay.

### COLD MEAT SAUCE.

Twelve large ripe tomatoes, 12 large cooking apples, 6 onions, 1 gal. cider vinegar, 1 lb. raisins, 2 lbs. brown sugar,  $\frac{1}{2}$  lb. salt, 2 red peppers, chopped fine. Boil one hour, then put through colander, adding  $\frac{1}{2}$  lb. best mustard, 1 oz. ginger, 1 oz. Curry powder, 1 tumeric. Mix spices in a little cold vinegar and stir in. Let boil gently one-half hour.—Mrs. W. Dallimore.

### BETTER THAN H. P. SAUCE.

One bkt. of tomatoes, boil, strain, and add 1 qt. vinegar, 1 cup salt, 1 lb. brown sugar,  $\frac{1}{2}$  oz. ground cloves,  $\frac{1}{2}$  oz. allspice,  $\frac{1}{2}$  oz. black pepper,  $\frac{1}{2}$  lb. mustard.

Boil all one and a-half hours at least, or until thick. This recipe came from England, and is very good.—Mrs. Maude Bromley.

### RAW SAUCE.

One pk. ripe tomatoes, 4 large red peppers (chopped fine), 12 large onions, 4 tbsp. ground cinnamon, 2 tbsp. ground cloves, 2 tbsp. black pepper, 2 tbsp. cayenne pepper, 2 teacups sugar, 2 teacups salt, 2 qts. vinegar.

Put onions, tomatoes and peppers together with the salt overnight. In the morning drain off the water; then add the rest of recipe.—Mrs. C. W. James.

### TOMATO BUTTER.

Ten lbs. ripe tomatoes, peel and cook well; then add 1 pt. cider vinegar, and let stand overnight. In the morning add 2 lbs. brown sugar, 1 tbsp. salt, 1 small tsp. red pepper, 1 tsp. each of cloves, allspice and cinnamon, tied in muslin bag.

Boil slowly three hours.—Mrs. E. B. Hardy.

### TOMATO BUTTER.

One pk. ripe tomatoes, peel and cut. Add 1 cup cider vinegar, and let stand overnight. Drain in the morning; then make a syrup of 1 pt. vinegar,  $2\frac{1}{2}$  lbs. white sugar, 1 tbsp. whole cloves, allspice, cinnamon, mace and salt,  $\frac{1}{4}$  tsp. cayenne.

Put all whole spices in muslin bag and put in vinegar, and when boiling drop in tomatoes and boil two hours. This recipe is excellent.—Mrs. W. Dallimore.

### TOMATO BUTTER.

Five qts. tomatoes, peeled and cut, 1 pt. white wine vinegar. Mix together and let stand overnight. In the morning put in colander and drain. Make a syrup of 1 qt. white wine vinegar, 2 lbs. brown sugar, 1 tbsp. salt,  $\frac{1}{4}$  tsp. red pepper. Tie in bag 1 tsp. cloves, allspice and a few sticks of cinnamon.

Let syrup come to a boil before putting in tomatoes. Boil slowly about three hours until very thick.—Mrs. J. K. C.

### SPICED TOMATOES.

Put 7 lbs. ripe tomatoes in a jar, 1 oz. of whole cinnamon, 1 oz. whole cloves. Make a syrup of 1 qt. of vinegar and 3 lbs. of brown sugar.

Boil the sugar and vinegar; pour it over the tomatoes and spices. Let stand twenty-four hours; then re-boil the syrup and pour again over the tomatoes. On the third day boil all together for a few minutes; put in the jar and cover tightly. Keep one month before using.—Mrs. M. E. Meiklejohn, Quebec.

### TOMATO BUTTER.

Peel 10 lbs. ripe tomatoes, 5 lbs. brown sugar, 1 pt. of good vinegar, 1 tbsp. of allspice, 1 tbsp. of cinnamon, 1 tbsp. of cloves. Boil gently for three or four hours.—Mrs. A. B. Ingram.

### BEEF RELISH.

Six cups of cooked beets (put through chopper), 6 cups of raw cabbage (put through chopper),  $1\frac{1}{2}$  cups grated horse radish, 2 cups brown sugar, 2 cups vinegar, salt to taste and a little pinch of cayenne pepper.—Mrs. T. B. MacDonald.

### CANNED SWEET PEPPERS.

Wash peppers, cut slice from stem end and remove seeds. Take scissors and cut around and around the peppers, making strips about one-eighth of an inch wide. Cover with boiling water, let stand ten minutes, drain and plunge in cold water.

Drain and pack in jars and cover with vinegar that has been boiled with sugar to the consistency of syrup, two cups sugar to one cup vinegar. Seal and keep in cool place. Very nice for salads in the winter.—Mrs. Lorne P. Marshall.

### DEVILLED APPLES.

For this relish use very sour apples. Peel, core and slice in a little cold water, add equal weight of apples and water and light brown sugar. To a peck of apples allow the juice and grated rind of 3 lemons, 2 ozs. ground ginger, 2 tsp. paprika.

Boil all together until the apples look transparent. Seal hot in jars. Very nice with cold meat.—Libbie Mitchell, South Dakota.

### SWEET CUCUMBER PICKLE.

Put cucumbers in scalding brine overnight. Next morning rinse in cold water, put in granite kettle, cover with vinegar. Add spices (1 tsp. whole cloves, whole mustard seed, few sticks cinnamon); 1 cup sugar to each  $\frac{1}{2}$  gal. vinegar.

Put on stove and bring just to boiling point (do not boil). Put in jars and seal while hot.—Mrs. J. K. C.

### CHOPPED PICKLE.

One gal. cabbage, 1 gal. green tomatoes, 3 green pepper pods. Let the tomatoes be covered with a sprinkling of salt and stand an hour or so; then draw off the water and mix with the other ingredients. Add to the whole 4 tbsp. ground mustard, 2 of ginger, 1 of mace, 3 oz. tumeric, 1 oz. celery seed.

Mix well and cover with very strong vinegar, having added before three pounds of brown sugar. Cook slowly until done, and then closely pack away in self-sealing fruit jars.—Governor's Mansion, Atlanta, Ga.

### CHILI VINEGAR.

Fifty fresh red chilies, 1 pt. vinegar.

Cut the chilies in half, steep in the vinegar for a fortnight; it will then be ready for use, and will be found a very nice relish to fish.

### MINT VINEGAR.

Take a wide-mouthed bottle or bottles. Fill them (loosely) with nice fresh mint leaves, then add good vinegar to fill the bottle or bottles; cork well.

Allow to stand for two or three weeks, and at the expiration of this time strain into fresh bottles and cork securely. Useful when mint is not in season.

### MOTHER'S SWEET PICKLE.

Choose very tiny cucumbers, and cover with boiling alum water (2 tsp. to gallon). Let stand twenty-four hours; drain and cover with hot brine. Let stand again twenty-four hours.

Boil whole mixed spices in sweetened cider vinegar; put pickles in vinegar. Let simmer (not boil) two hours. Let cool with cover on kettle. Bottle cold. Very choice.

### MRS. CUMMER'S RELISH.

One pk. green tomatoes, 2 small heads cabbage, 12 large onions, 25 cucumbers (about 5 in. long), 6 green peppers. Chop all very fine; sprinkle 1 cup salt well through. Let stand overnight; drain well. Mustard part:  $\frac{1}{2}$  lb. mustard,  $\frac{1}{2}$  lb. mustard seeds, 1 oz. tumeric powder, 1 oz. ground cinnamon, 1 oz. celery seed, 3 lbs. brown sugar, 3 qts. white wine vinegar.

Mix all together. Boil twenty minutes. Bottle hot.

### CHOW-CHOW.

Two heads celery, 2 large cauliflowers, 2 qts. small onions, 6 cucumbers, 6 green peppers, 6 red peppers. Chop fine and cook in brine until tender.

**Dressing**—Two cups brown sugar,  $\frac{1}{2}$  cup mustard, 1 oz. tumeric, 1 tbsp. mustard seed, 3 qts. vinegar.

Boil vinegar. Add sugar, mustard, tumeric, powder and one cup of flour, mixed with cold vinegar. Cook until smooth and creamy. Add vegetables, and cook three minutes. Bottle hot.—Mrs. Hugh Kennedy.

### CHOW-CHOW.

One pk. green tomatoes, 1 small measure onions; cut up overnight and sprinkle with salt, drain and add: 1 qt. vinegar, 1 lb. sugar, 1 oz. whole pepper, 1 oz. whole cloves, 1 oz. allspice, 1 tbsp. ginger.

Boil well.—Mrs. T. Armstrong.

### FRENCH PICKLE.

Twelve green tomatoes, 12 green cucumbers, 12 onions, 1 head celery, 1 head cabbage, 1 cauliflower, 6 red peppers. Chop in chopping bowl. Add 1 cup salt; cover with boiling water; let stand one hour. Then drain through colander.

**Dressing**—Ten tsp. mustard, 3 tsp. tumeric, 1 cup flour, 2 qts. vinegar, 3 cups brown sugar; mix all with 1 pt. vinegar.

Let come to boil; add chopped vegetables, and simmer (not boil) one hour.—Mrs. J. K. C.

### MUSTARD PICKLES.

One qt. small onions, 1 qt. chopped onions, 1 qt. small cucumbers, 1 qt. chopped cucumbers, 1 qt. cauliflower (pulled apart), 1 qt. chopped celery, 5 green peppers (chopped), 1 qt. vinegar, 3 cups brown sugar,  $\frac{1}{4}$  oz. celery seed, 2 oz. mustard seed, 2-3 cup flour,  $\frac{1}{4}$  lb. mustard, 1 oz. tumeric.

Cover with hot brine overnight; pour off brine. Add vinegar, sugar, celery seed and mustard seed; let boil. Make flour, mustard and tumeric into paste with water. Boil all together and bottle.—Mrs. T. Dallimore.

### MOTHER'S FAVORITE PICKLE.

One qt. cabbage (chopped), 1 qt. beets (chopped), 2 cups brown sugar,  $\frac{1}{2}$  tbsp. salt, 1 tsp. pepper,  $\frac{1}{4}$  tsp. red pepper, 1 teacup horse radish.

Cover with cold vinegar and keep from air.—Mrs. Harold Lloyd.

### MUSTARD PICKLES.

Six green peppers, 6 qts. little onions, 6 qts. cucumbers, 6 small cauliflowers. Brine—One tbsp. salt to 1 qt. water. Make enough brine to cover the pickles, and let stand twenty-four hours.

**Dressing**—To each quart of vinegar add a tbsp. of the best mustard,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  oz. tumeric,  $\frac{1}{2}$  oz. Curry powder.

Boil all together five minutes. Pour dressing over pickles after draining off brine. The dressing should be thick as sour cream.—Mrs. E. B. Hardy.

### TOMATO CATSUP.

One gal. tomatoes (measure after cutting them in quarters, do not peel), 1 pt. cider vinegar, 3 tbsp. salt, 4 tbsp. black whole pepper, 2 tbsp. ground mustard, 1 tbsp. whole allspice, 1 tbsp. whole cloves, 1 tsp. cayenne pepper, 1 lb. brown sugar.

Boil all together four hours. Press through a colander very dry; then strain through wire sieve. Boil again and bottle. Will keep for years and never ferment.—Mrs. J. K. C.

### FRENCH MUSTARD PICKLES.

One qt. small onions, 2 qts. gherkins, 2 heads of cauliflower. Leave one night in salt and water in separate dishes; then scald them separately in vinegar and water, equal parts. Then drain. Make a paste of 6 cups white sugar, 2 cups of flour, 1 oz. tumeric powder,  $\frac{1}{2}$  lb. of bulk mustard, 2 ozs. of celery seed, 1 gal. of vinegar.

Put six large onions and six large green peppers through the mincer, and add to the sauce. Mix everything together and boil. Then add the pickles and boil again for five minutes.—Mrs. Norman Allen.

### MUSTARD PICKLES.

Two qts. small onions, 2 qts. cucumbers, 1 cauliflower, 6 green peppers. Soak overnight in salt water in separate dishes; scald in vinegar. Then drain and add to vinegar 6 cups white sugar, 2 cups flour, 1 oz. of celery seed, 1 oz. of tumeric,  $\frac{1}{2}$  lb. of mustard seed.

Mix together and cook until thick.—Mrs. George H. Coram, 452 Parliament St.

### PICKLED BUTTER BEANS.

One pk. beans,  $2\frac{1}{2}$  lbs. brown sugar, 3 pts. cider vinegar, 2 tbsp. celery seed,  $\frac{1}{2}$  tbsp. tumeric, 1 cup mustard, 1 cup flour.

Put vinegar on to heat. Mix mustard, tumeric and celery seed together in one pint cold vinegar. Then put in hot vinegar. Boil a few minutes; then add the beans, which have been boiled in salt water until tender.—Mrs. Hugh Kennedy.

### PICKLED NASTURTIUMS.

Use the green seed, and in pickling retain a short length of stem on each. Lay them in cold salted water for two days, and then place them in cold water for another day. Drain well and place the seed in a glass jar, cover with vinegar, heated to the boiling point, and close the jar tightly. In a few days the seeds will be ready to use. They are an excellent substitute for capers.

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### MUSTARD PICKLES.

One qt. small cucumbers, 1 qt. small onions, 1 qt. small cauliflower flowers, 6 green peppers (cut fine).

Put all in weak brine for fifty-six hours; then drain and scald in half-and-half vinegar and water.

**Dressing**—Six tbsp. mustard, 1 tbsp. tumeric, 1 cup flour.

Mix thoroughly and add two quarts best white wine vinegar. Heat over vessel of boiling water, stirring constantly. Pour hot dressing over pickles. Add one or two cups sugar if sweet pickle is desired.—Mrs. Mark Irish.

### PICKLED RED CABBAGE.

Select a good firm head of red cabbage, if possible after the frost has touched it. Remove the outer leaves, cut in half and shave like cold slaw. When it is cut into ribbons place it in a colander and cover with salt. Place a deep pan under the colander to catch the red juice that will run off, and place a plate weighted down with a flat-iron or something heavy on top of the cabbage to press out the liquor. Keep adding more salt to the cabbage for three days, each day throwing away the red brine. Scald a quart of cider vinegar and add to it an ounce of cloves, a few blades of mace, an ounce of allspice and one dozen pepper-corns. Put the red cabbage in a stone crock and cover with the hot spiced vinegar. In a week it will be ready to serve with cold meats.

This recipe has been used for years in our family, and will prove very good.—Miss M. A. D., New York City.

### WORLD'S FAIR PICKLES.

One gal. vinegar, 1 oz. tumeric,  $\frac{1}{2}$  oz. garlic, 1 oz. Curry powder, 1 cup flour, 3 lbs. sugar,  $\frac{1}{2}$  lb. mustard.

Blend all together in cold vinegar; then stir into the boiling vinegar and boil ten minutes. Pour boiling hot over your vegetables. Let your onions, cucumbers, cauliflower, etc., stand in brine twenty-four hours. This should stand about five weeks before using. If you wish to use the pickle sooner boil for ten minutes in the hot mustard mixture.—Mrs. R. G. Smythe.

### BEETS, WHOLE.

Boil until tender; put in bottle. Heat 1 pt. vinegar,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  tsp. salt.

Bottle and seal very hot.—C. E. Manning.

### CANNED BEANS.

Eight cups beans, 2 cups water,  $\frac{3}{4}$  cup granulated sugar,  $\frac{1}{2}$  cup salt.

Boil beans twenty minutes after they start. Have bottles very hot. Put beans in and cover with the liquor they are boiled in.—Mrs. C. E. Manning.

### CANNED BEANS.

Eight cups beans, 4 cups water, 1 small cup brown sugar,  $\frac{1}{2}$  cup salt.

Wash and string beans; cut in inch pieces. Boil twenty minutes. Pack beans in jars and fill with water they were boiled in. Have jars sterilized and very hot. Use new rubbers. (Get fresh, tender beans).—Mrs. C. D. Lloyd.

### CANNED CORN.

Nine cups corn (cut off the cob), 5 cups water, 1 cup salt, 1 cup sugar.

Boil ten minutes, and seal boiling hot. Be sure and have jars and tops sterilized and new rubbers.—Mrs. J. K. C.

### CANNED BEETS (for Winter Use).

Have your beets small. Cook in salted water; then plunge in cold water. Cut in fancy shapes as for the table. Put in jars while hot, having vinegar prepared as follows: To each qt. of cider vinegar add 1 qt. water and 2 good-sized cups brown sugar and some whole spices (tied in muslin bag).

Boil well, removing scum. Pour over beets boiling hot. Seal. They are delicious.—Mrs. J. K. C.

### CANNED TOMATOES.

Cover the tomatoes with boiling water. Remove the skins, cut in pieces and put in saucepan. Boil at least forty minutes. Remove the top and then fill jars. Always sterilize bottles before using.

#### To Sterilize Bottles.

Fill with cold water and place in a dish with cold water around them, and heat slowly to a boiling point.

#### To Fill Bottles.

1. Wring out a cloth of hot water, and lap on plate.
2. Empty the bottle, and lay it on a cloth.
3. Put a silver spoon in the bottle.
4. Let all the air bubbles escape.
5. Dip the rubber band in boiling water and put on bottle.
6. Fill the bottle to overflowing.
7. Sterilize glass tops, and put them on.
8. Screw on the ring.
9. Leave upside down overnight.—Cornelia Jennings.

## BEVERAGES.

### GINGER CORDIAL.

One oz. tartaric acid,  $\frac{1}{2}$  oz. tincture of cayenne,  $\frac{1}{2}$  oz. essence ginger, 3 lemons (sliced fine),  $3\frac{1}{2}$  lbs. granulated sugar.

Pour over all eight quarts boiling water. Let stand forty-eight hours; then strain and bottle. If the syrup is preferred, add one quart of water instead of eight; use two or three tablespoons to a glass of water.—Mrs. Maude Bromley.

### WESTMINSTER CORDIAL.

Two qts. boiling water; stir in gradually  $3\frac{1}{2}$  lbs. of good West Indian molasses and  $\frac{1}{4}$  lb. of tartaric acid.

Stir well, and when cool strain and put into large jug or pan. Then mix in one-quarter ounce of essence of sassafras. Put in bottles, cork tightly, and keep in a cool place.

To serve: Put a little into glass and fill with water. Then add a little soda.—Mrs. Arthur P. Reid, Toronto.

### RASPBERRY VINEGAR.

To 4 qts. raspberries put enough vinegar to cover. Let stand twenty-four hours; scald and strain. Add 1 lb. sugar to 1 pt. juice.

Boil twenty minutes and bottle. Use large tablespoon vinegar to glass water.—Lottie.

### RASPBERRY WINE.

Mash berries; let stand four or five hours; drain into crock. To 3 qts. juice add 2 qts. water, sugar to taste, small piece isinglass,  $\frac{1}{2}$  yeast cake.

Let ferment about three weeks. Strain and bottle.—Margaret M.

### DANDELION WINE.

To each quart of flowers and stocks add 2 qts. of water. Boil together and strain. Add to every gallon of the liquid  $\frac{3}{4}$  lbs. of white sugar and 2 lemons.

Boil again all together; then strain, and when about lukewarm put in a slice of toast dipped in yeast, and let stand two days. Skim the scum off as it rises; then bottle, but do not cork down till it is done fermenting, which will be four or five weeks.—Mrs. F. Stephenson.

### ELDERBERRY WINE.

One gal. elderberries, 1 gal. water. Boil half an hour. Add 3 lbs. sugar.

When cool put a slice of toast spread with one-quarter dissolved yeast cake. Let remain four or six hours, or until it starts to ferment. Use any spice preferred; cloves and cinnamon are nice. Do not bottle until fermentation has ceased.—Mrs. J. K. C.

### GRAPE WINE.

Pick grapes off stems; wash and mash with potato masher. Put in large earthen crock and cover with cheesecloth. Let stand ten days or two weeks till it ferments well. Stir frequently so the grapes come to the top. Then strain, using a jelly bag. To every 3 qts. of juice add 1 qt. water, and to each gal. water and juice add 3 lbs. sugar.

Stir well until sugar is dissolved. Cover with cloth; put in warm place, stirring every day. Skim and let it stand until it ceases to ferment. Then bottle, but not too tightly. In a few weeks tighten.—

### RHUBARB WINE.

Cut rhubarb in one-inch pieces; cover with boiling water. Let stand twenty-four hours; drain, and heat juice to boiling point. Pour over rhubarb; let stand another twenty-four hours. Pour off almost all the juice; put remainder and pulp and bring almost to boiling point, strain, and run all through a jelly bag. To 1 gal. of liquid allow 3 lbs. white sugar.

Put in crocks in warm place, and let stand ten or twelve days. Take one quart and warm it occasionally to aid fermentation if it seems too slow. Bottle cold; fill bottles to within two inches from the top. Do not tighten corks for two weeks.—Mrs. Pank, Port Rowan.

### ENGLISH GINGER BEER.

Two and a-quarter lbs. loaf sugar, 1 oz. cream tartar,  $1\frac{1}{2}$  oz. ginger root, 2 lemons, 3 gals. water, 1 yeast cake.

Bruise the ginger and put in a large crock with the sugar and cream of tartar. Peel the lemons and squeeze the juice. Add juice and peel to other ingredients. Pour over the three gallons of water boiling hot. Let stand until lukewarm; then add the yeast cake. Mix well; cover with a cloth. Keep warm for twelve hours. Strain and bottle. It is ready for use in four or five days. Serve very cold.—Mrs. J. K. C.

### EVER-READY ORANGEADE.

Put the juice and grate rind of 12 oranges (5 or 6 lbs. sugar, to suit taste), 4 oz. citric acid, in stone crock; add  $3\frac{1}{2}$  qts. boiling water.

Let stand two days, stirring each day. Strain and bottle. Dilute with water when using. Very nice in hot weather.—Mrs. J. K. C.

### GRAPE JUICE, OR UNFERMENTED WINE.

Take 20 lbs. Concord grapes; pick carefully from the stems, and add 3 qts. of water. Crush the grapes with a masher, and put the whole into a porcelain kettle. When nearly at boiling point strain through a colander, using a little more hot water, and then through a jelly bag. Return the juice to the kettle; add 4 lbs. granulated sugar.

Let sugar melt slowly, then bring mixture nearly to boiling point, removing any scum. Bottle while hot in gem jars. It must be kept dark. When using the wine add a little hot or cold water.—Mrs. Casey.

### GINGER WINE.

Seven qts. of water, 6 lbs. of sugar, 2 oz. of the best ginger (bruised), and the rinds of 3 good-sized lemons, boiled together;  $\frac{1}{4}$  lb. of raisins, 1 tsp. of yeast,  $\frac{1}{2}$  oz. of isinglass,  $\frac{1}{2}$  pint of brandy.

When lukewarm put the whole into a cask, with the juice of the lemons, and the raisins; add the yeast, and stir the wine every day for ten days. When the fermentation has ceased, add the isinglass and brandy; bung close, and in two months it will be fit to bottle.—Mrs. A. J. Gilmore, St. Catharines.

### CHERRY WINE.

Four gals. cherries, mashed to a pulp; crush stones and let stand ten to twelve days. Then strain and add 3 lbs. sugar to every gallon of juice.

Let stand until fermentation ceases; skim every day. Bottle, but not too tightly. (When crushing add four cups sugar to start fermentation.—Mrs. Franklin.

### RHUBARB WINE.

To every gallon of water add 5 lbs. rhubarb, which has been cut in small pieces and bruised. Let stand five days. Stir well every day. Then strain, and to every gallon of the liquid add  $3\frac{1}{2}$  lbs. white sugar. When sugar is dissolved add grated rind of 1 lemon and  $\frac{1}{2}$  oz. of isinglass.

Let remain four or five days, or until fermentation begins to subside. Skim the top off and carefully drain off the liquor, not getting any of the settlings in. Put in bottles, but do not cork tight for two weeks. If it should ferment again strain off. Bottle and cork tight. Better the older it gets.—Mrs. G. P. Wood.

### PLUM NECTAR.

Over 2 qts. ripe plums or berries pour 1 qt. best apple vinegar. Let it stand until it ferments, then strain and to every pint of juice add  $\frac{3}{4}$  lb. white loaf sugar.

Let simmer twenty minutes, strain and bottle. One-half tablespoon to a glass of ice-water makes a cooling summer drink.—Governor's Mansion, Nashville, Tenn.

## TOILET RECEIPTS.

### COLOGNE WATER (Superior).

Oil of lavender, 2 drms.; oil of rosemark,  $1\frac{1}{2}$  drms.; orange, lemon and bergamot, 1 drm. each of the oil; also 2 drms. of the essence of musk, attar of rose, 10 drops, and a pt. of proof spirit.

Shake all together thoroughly three times a day for a week.

### LAVENDER WATER.

Oil of lavender, 2 ozs.; orris root,  $\frac{1}{2}$  oz.; spirits of wine, 1 pt.

Mix and keep two or three weeks. It may then be strained through two thicknesses of blotting-paper and is ready for use.

### FLAXSEED CREAM.

One qt. water, 2 ozs. flaxseed. Boil down to 1 pt. Strain, and add 4 ozs. glycerine, 1 oz. rose water, 2 tsp. carbolic acid.

Will keep the hands soft and white.—Mrs. Lorne Marshall.

### POT POURRI.

For Pot Pourri see that you have the right kind of a jar, with a double lid. Dry the flower petals, which may be roses, lavender, verbenas, rosemary, jassmine, or the leaves of the scented geranium, bergamomnt or other fragrant plants. Dry these thoroughly first; then place in layers in your jar, alternating with salt, until your jar is full. After two weeks add 10 ozs. of lavender flowers, 2 ozs. powdered benzoin, 2 ozs. of tonka bean, 10 grs. of musk and 10 ozs. of powdered orris root.

I think it improves it to put in a few drops of different oils, such as jassmine, lavender and verbenas; in fact, any of them improves it. It improves with age.—Mrs. J. K. C.

### HAND LOTION.

One oz. glycerine, 1 oz. rose water, 1 oz. peroxide hydrogen, 1 oz. alcohol (pure), 2 ozs. witch hazel.

Mix well.—Mrs. L. P. Marshall.

### QUINCE CREAM.

One tsp. carbolic acid, 2 ozs. quince seeds,  $4\frac{1}{2}$  ozs. glycerine, 2 ozs. rose water.

Simmer seeds half an hour in one-half pint cold water; cool and strain through cheesecloth. When cold add glycerine and rose water. Make in the fall, when making quince preserves, as it is much nicer cream if the seeds are fresh.—Miss M. Cummings, Vancouver.

### TINCTURE OF ROSES.

Take leaves of common roses and place without pressing in a glass bottle with a wide top. Pour spirits of wine on them. Close the bottle (tight) and let stand a couple of months. The perfume is delightful at the end of that time, and you will be well repaid for your trouble.—Miss M. Cummings, Vancouver.

### FACTS WORTH KNOWING.

One way of ridding the house of flies is to put into an atomizer some oil of lavender, slightly diluted. Spray it freely into the air. This leaves a delightfully fresh odor in the house.

### FLUID FOR BLEACHING CLOTHES.

One lb. washing soda, 1 small pkg. chloride of lime, 4 qts. water. Boil all for ten minutes; strain and bottle. Be sure the clothes are wet before adding bleaching fluid.

## SAVE GAS.

### Remember Matches Cost Less Than Gas.

Have a sheet iron cover made for the stove and, using one burner only, often a whole meal may be prepared by putting the pot requiring the most heat directly over the flame, and others around on the hot covers where they can simmer.

### CEMENT CRACKS IN FLOOR.

Cracks in floors may be neatly but permanently filled by thoroughly soaking newspapers in paste made of  $\frac{1}{2}$  lb. of flour, 3 qts. of water and  $\frac{1}{2}$  lb. of alum, mixed and boiled.

The mixture will be about as thick as putty, and may be forced into the crevice with a case knife. It will harden like papier-mache.

### WASHING FLUID.

One gal. of water and 4 lbs. of ordinary washing soda, and  $\frac{1}{4}$  lb. of soda.

Heat the water to boiling hot, put in the soda, boil about five minutes; then pour it over two pounds of unslaked lime; let it bubble and foam until it settles, turn it off, and bottle it for use. This is the article that is used in the Chinese laundries for whitening their linen, and is called "Javelle Water." A tablespoonful put into a suds of three gallons, and a little, say, a quarter of a cupful, in the boiler when boiling the clothes, makes them very white and clear. Must be well rinsed afterwards. This preparation will remove tea stains and almost all ordinary stains of fruit, grass, etc. This fluid brightens the colors of colored clothes, does not rot them, but should not be left long in any water; the boiling, sudsing, rinsing and bluing should be done in quick succession, until the clothes are ready to hang on the line.

### TO KEEP OUT MOSQUITOES AND RATS.

If a bottle of the oil of pennyroyal is left uncorked in a room at night, not a mosquito, nor any other blood-sucker, will be found there in the morning.

Mix potash with powdered meal, and throw it into the rat-holes of a cellar, and the rats will depart. If a rat or a mouse gets into your pantry, stuff into its hole a rag saturated with a solution of cayenne pepper, and no rat or mouse will touch the rag for the purpose of opening communication with a depot of supplies.

### TO CLEAN BLACK DRESS SILKS.

One of the things "not generally known," at least in this country, is the Parisian method of cleaning black silks. The modus operandi is very simple, and the result infinitely superior to that achieved in any other manner. The silk must be thoroughly brushed and wiped with a cloth, then laid flat on a board or table, and well sponged with hot coffee, thoroughly freed from sediment by being strained through muslin. The silk is sponged on the side intended to show; it is allowed to become partially dry, and then ironed on the wrong side. The coffee removes every particle of grease and restores the brilliancy of silk without imparting to it either the shiny appearance or crackly and papery stiffness obtained by beer, or, indeed, any other liquid. The silk really appears thickened by the process, and this good effect is permanent. Our readers who will experiment on an apron or cravat will never again try any other method.



## HARD SOAP.

A cheap hard soap can be made by shaving four large bars of yellow soap into thin slices. Pour over it 2 gals. hot water. When nearly dissolved add 3 ozs. borax and 2 lbs. sal. soda.

Stir until all is melted. Pour into a shallow pan. When nearly cold stir in slowly one ounce liquid ammonia, mixing it well. Let stand one or two days; cut into cakes, and dry in a warm place.—Mrs. J. K. C.

## INCOMBUSTIBLE DRESSES.

By putting an ounce of alum or sal. ammonia in the last water in which muslins or cottons are rinsed, or a similar quantity in the starch in which they are stiffened, they will be rendered almost unflammable; or, at least, will with difficulty take the fire, and if they do will burn without flame. It is astonishing that this simple precaution is so rarely adopted. Remember this and save the lives of your children.

## HOW TO FRESHEN UP FURS.

Furs when taken out in the fall are often found to have a mussed, crushed-out appearance. They can be made to look like new by following these simple directions: Wet the fur with a hairbrush, brushing up the wrong way of the fur. Leave it to dry in the air for about half an hour, and then give it a good beating on the right side with a rattan. After beating it, comb it with a coarse comb, combing up the right way of the fur.

## NOVEL DRESS MENDING.

A novel way of mending a woollen or silk dress in which a round hole has been torn, and where only a patch could remedy matters, is the following: The frayed portions around the tear should be carefully smoothed, and a piece of the material, moistened with very thin mucilage, placed under the hole. A heavy weight should be put upon it until it is dry, when it is only possible to discover the mended place by careful observation.

## TO PREVENT MOLD.

A small quantity of carbolic acid added to paste, mucilage and ink, will prevent mold. An ounce of the acid to a gallon of whitewash will keep cellars and dairies from the disagreeable odor which often taints milk and meat kept in such places.

## TO MEND CHINA.

Into a thick solution of gum arabic stir plaster of Paris until the mixture assumes the consistency of cream. Apply with a brush to the broken edges of china and join together. In three days the article cannot be broken in the same place. The whiteness of the cement adds to its value.

## "THE SUN'S" CHOLERA MIXTURE.

More than forty years ago, when it was found that prevention for the Asiatic cholera was easier than cure, the learned doctors of both hemispheres drew up a prescription, which was published (for working people) in The New York Sun, and took the name of "The

Sun Cholera Mixture." It is found to be the best remedy for looseness of the bowels ever yet devised. It is to be commended for several reasons. It is not to be mixed with liquor, and therefore will not be used as an alcoholic beverage. Its ingredients are well-known among all the common people, and it will have no prejudice to combat. Each of the materials is in equal proportions to the others, and it may therefore be compounded without professional skill; and as the dose is very small, it may be carried in a tiny phial in the waistcoat pocket, and be always at hand. It is:

Take equal parts of tincture of cayenne, tincture of opium, tincture of rhubarb, essence of peppermint and spirits of camphor. Mix well. Dose, fifteen to thirty drops in a wineglass of water, according to age and violence of the attack. Repeat every fifteen or twenty minutes until relief is obtained. No one who takes it in time will ever have the cholera. Even when no cholera is anticipated, it is a valuable remedy for ordinary summer complaints, and should always be kept in readiness.

## TO CLEAN SILVER.

In a large dishpan put 1 tbsp. of whiting and 2 tbsp. of household ammonia. Pour over them 1 gal. of hot water.

Stir and put the pieces of silver in. Let them stand for not less than five minutes. Let drain on paper. Do not touch until quite dry. Then brush lightly with soft silver brush. This does away with polishing and leaves no deposit in the chasing. If there is a great amount of silver it is well to add more ammonia. Best to leave it drain overnight.—Mrs. A. L. Scholfield.

## CLEANING FLUID.

One and a-half gals. gasoline, 1 oz. alcohol,  $\frac{1}{8}$  oz. spirits ammonia,  $1\frac{1}{2}$  oz. orlechoform,  $1\frac{1}{2}$  oz. ether,  $\frac{1}{8}$  oz. borax.—Mrs. J. K. C.

## TO KEEP CHESTNUTS FOR WINTER USE.

Dry them after removing them from their green husks; put in a box or barrel mixed with, and covered by, fine and dry sand, three gallons of sand to one gallon of chestnuts. If there be maggots in any of the nuts they will come out and work up through the sand to get the air, and thus you have the chestnuts sweet, sound and fresh.

## TO KEEP PARSLEY FOR WINTER USE.

Take fresh bunches of parsley and plunge into boiling water, slightly salted, boiling for three or four minutes. Remove from the water, and drain dry very quickly before the fire, and put in bottles for use. Soak in tepid water five minutes when required for cooking.

If a pinch of ginger is put into doughnuts, they will not absorb the fat in which they are fried.

Lemon juice added to fruit juices that do not jelly readily, such as cherries, strawberries, etc., will cause them to jelly.

To clean a granite tea or coffee pot, fill with cold water; add one tablespoon borax, and heat gradually until water reaches boiling point. Rinse with hot water.

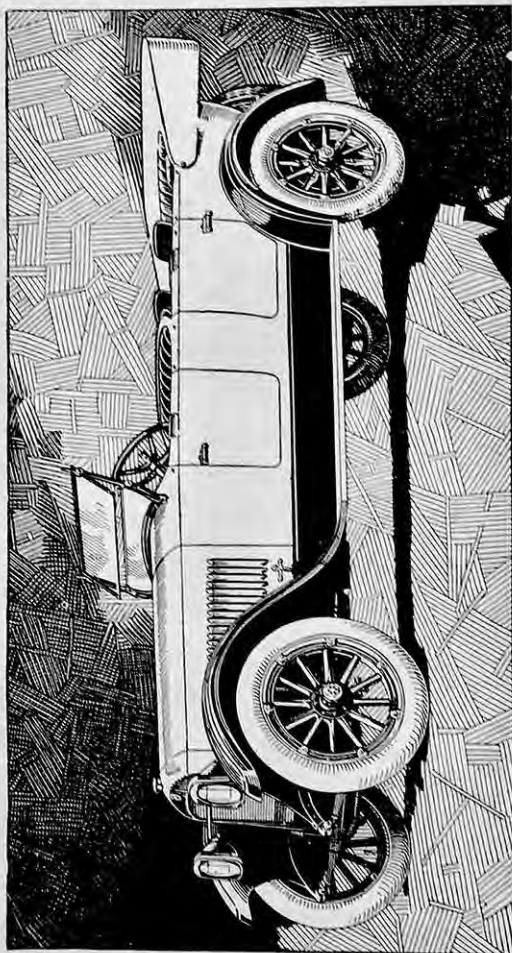
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