

# NEW TESTED RECIPES



Evangeline Chapter  
HALIFAX, N. S.























# NEW COOK BOOK

of

## *Tested Recipes*

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EVANGELINE CHAPTER I. O. D. E.

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HALIFAX, N. S.



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# USEFUL INFORMATION

## ABBREVIATIONS

tsp.	stands for	teaspoon
tblsp.	"	tablespoon
pt.	"	pint
qt.	"	quart
lb.	"	pound
oz.	"	ounce

## WEIGHTS AND MEASURES

4 gills	make	1 pint
2 pints	make	1 quart
4 quarts	make	1 gallon
1 measuring cup	makes	2 gills
2 measuring cups	make	1 pint
4 measuring cups	make	1 quart.

## DRY TABLE OF MEASURES

3 teaspoons	equal	1 tablespoon
4 tablespoons	equal	$\frac{1}{4}$ cup
2 tablespoons butter	equal	1 oz.
16 ozs.	equal	1 pound
1 pint sugar	equals	1 lb.
2 $\frac{2}{3}$ cups brown sugar	equal	1 lb.
9 large eggs	equal	1 lb.
4 cups flour	equal	1 lb.
1 cup solid butter	equals	$\frac{1}{2}$ lb.
1 cup solid lard	equals	$\frac{1}{2}$ lb.
2 cups raisins (packed)	equal	1 lb.
2 $\frac{1}{4}$ cups currants (packed)	equal	1 lb.
2 cups stale breadcrumbs	equal	1 lb.
2 cups shopped meat	equal	1 lb.

## LIQUID TABLE OF PROPORTIONS

1 cup of liquid	to	3 cups flour	for bread
1 cup of liquid	to	2 cups flour	for muffins
1 cup of liquid	to	1 cup of flour	for batter
1 teaspoon of soda	to	1 pint	sour milk
1 teaspoon of soda	to	1 cup	molasses
2 teaspoons of salt	to	4 cups	of water
$\frac{1}{4}$ teaspoon salt	to	4 cups	of custard
$\frac{1}{4}$ teaspoon salt	to	1 cup	of white sauce
$\frac{1}{8}$ teaspoon pepper	to	1 cup	of white sauce
4 liquid teaspoons	equal	1	tablespoon
1 liquid pint	equals	1 lb.	or 16 ozs.

## THE HOUSEKEEPER'S OUNCE

1 oz.	granulated sugar	equals	2 level	tablespoons	or 6 lumps
1 "	flour	"	4 "	"	"
1 "	butter	"	2 "	"	or 6 teaspoons
1 "	ground coffee	"	5 "	"	"
1 "	thyme	"	8 "	"	"
1 "	pepper	"	4 "	"	"
1 "	salt	"	2 "	"	"
1 "	mustard	"	4 "	"	"
1 "	chopped suet	"	$\frac{1}{2}$	cup	"
1 "	olive oil	"	2 level	tablespoons	"
1 "	syrup	"	1 "	"	"
1 "	fat	"		lump size of an egg	"
$\frac{1}{2}$ "	baking powder	"	6 level	tablespoons	"
1 "	liquid	"	2 "	"	"



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# Bread, Rolls and Muffins

## PEANUT BUTTER BREAD

*Mrs. J. V. Graham*

2 cups flour	$\frac{1}{2}$ cup brown sugar
1 teaspoon salt	$\frac{1}{3}$ cup peanut butter
4 teaspoons baking powder	

Mix flour, baking powder, salt and sugar. Add peanut butter to milk and mix well, then add to dry ingredients. Beat well, bake in slow oven 40 or 50 minutes. This is better a day old. Nice for sandwiches with cream cheese.

## WHITE BREAD

*(F. M. Campbell)*

1 Royal or Fleischman's yeast cake	1 tsp. sugar
$\frac{1}{2}$ cup luke warm water.	

### SPONGE

1 sifter flour	1 qt. warm water.
----------------	-------------------

Stir flour up with water and yeast mixture. Put in a warm place and let rise until light.

### BREAD

3 sifters flour	2 handsfull coarse salt
-----------------	-------------------------

Put flour in the bread mixer. Warm slightly in winter. Pour in sponge, add 1 qt. warm water. Mix, then cover warmly and let rise overnight. Put in pans and bake.

## BROWN BREAD

*(Frances M. Campbell)*

$1\frac{1}{2}$ pts. scalded milk	$\frac{1}{3}$ cup molasses
$1\frac{1}{2}$ tsps. butter	3 tsps. salt
$\frac{1}{2}$ cup sugar	$2\frac{1}{4}$ cups Whole Wheat or
1 yeast cake dissolved in $\frac{1}{4}$ cup	Graham flour
lukewarm water	

White flour to mix

Add butter, sugar and molasses to hot milk, and cool. Add yeast cake and flour. Knead, and let rise over night. Put in pans, let rise again, then bake.

## BROWN BREAD

*(Hilda Scott)*

2 cups of milk sour or sweet	2 cups graham flour
1 large teaspoon of soda	2 cups of white flour
$\frac{1}{2}$ cup of molasses	Mix soda in the molasses until
1 teaspoon of salt	it foams
Bake 1 hour	



**BROWN BREAD***(B. Donkin)*

2 cups Graham Flour	1 tsp. salt
2 cups White Flour	1 tsp. soda
1 cup Molasses	$\frac{1}{2}$ pkg. Raisins
2 cups Sour milk	1 tsp. Baking Powder

Mix graham and white flour together with salt, soda, and baking powder, add milk and molasses, Bake in quite a fast oven.

**STEAMED BROWN BREAD***(Mrs. E. J. Rutledge)*

2 cups sour milk		$\frac{3}{4}$ cup molasses
2 tsp. soda		
1 cup rye flour	Sift together	1 cup graham flour
1 cup cornmeal		$1\frac{1}{2}$ tsp. salt
Mix real well. Steam $3\frac{1}{2}$ hours.		

**DATE BREAD***(Mrs. Harvey Crowell)*

1 cup of Dates	
1 tsp. of soda in 1 cup of boiling water poured over dates and let stand for 15 minutes.	
$\frac{3}{4}$ cup of sugar (scant)	$1\frac{1}{2}$ cups of flour
1 tbsps. of butter	$\frac{1}{2}$ tsp. of salt
$\frac{1}{2}$ cup of walnuts	1 egg
Bake $\frac{3}{4}$ hr. at 360 F.	

**DATE BROWN BREAD***(Mrs. M. B. Archibald)*

1 cup brown sugar	1 tsp. salt
2 tbsps. butter	1 lb. dates
1 cup sour milk	1 egg
1 tsp. soda (in milk)	2 cups graham flour
2 cups white flour	

Cream the butter with the sugar, add the beaten egg, then the flour and salt alternately with the sour milk and soda. Stone the dates, flour them with a little of the measured white flour and add them last.



**SALLY LUNNS***(Miss Jessie Brown)*

- |                                  |                   |
|----------------------------------|-------------------|
| $\frac{1}{2}$ cup lukewarm water | 1 tbsp. sugar     |
| $\frac{1}{2}$ cake of yeast      | 1 egg well beaten |
| 1 cup milk scalded, melt in that | 7 cups flour      |
| 1 large piece of butter          |                   |

Put in yeast, luke warm, milk, then egg, add flour to make stiff batter. Let rise until very light. Fill muffin pans half full, let rise again, bake in hot oven about 15 minutes.

**CHEESE DELIGHTS***(Mrs. Melville Cumming)*

- |                        |                              |
|------------------------|------------------------------|
| 1 cup flour            | 8 tblsps. grated cheese      |
| 1 tblsp. butter        | $\frac{1}{2}$ cup cold water |
| 3 tblsp. baking powder |                              |

Mix and drop from spoon on buttered pan. Serve buttered for afternoon tea.

**RHUBARB PUFFS***(Eva O'Brien)*

- |                              |                        |
|------------------------------|------------------------|
| 1 cup finely chopped rhubarb | 3 tsp. baking powder   |
| 1 cup sugar                  | $\frac{1}{2}$ cup milk |
| 2 tblsp. butter              | 2 cups flour           |

Cream butter and sugar, add flour and baking powder and rhubarb and milk last of all. Bake in muffin tins, well greased.

**SCONES***(Mrs. H. Y. Haines)*

- |                            |                  |
|----------------------------|------------------|
| 3 cups flour               | 1 small cup milk |
| 2 teaspoons baking powder  | 1 cup raisins    |
| 1 tablespoon melted butter | salt             |
| 2 eggs                     |                  |

Sift flour and baking powder. Mix egg and milk. Pour in centre of dry mixture. Add raisins and melted butter. Cook in quick oven.

**POP OVERS***(Mrs. W. K. Mac Kean)*

- |                     |               |
|---------------------|---------------|
| 2 eggs, well beaten | 2 cups flour  |
| 1 pt. milk          | pinch of salt |
| pinch sugar         |               |

Have muffin tins hot with butter melted in them. Cook in fast oven.



**MUFFINS***(Edith Pyke)*

1 tablespoon sugar  
pinch of salt  
1 egg

1 small cup milk.

1½ cups flour  
2 tsps. baking powder  
1 tblsp. melted butter

Mix and drop in muffin tins, and bake about 10 minutes in a quick oven.

**CHEESE MUFFINS***(L. M. Scott)*

2 cups flour  
2 tablespoons butter  
2 teaspoons Baking Powder

1 teaspoon salt  
1 cup grated cheese  
1 cup milk

Mix cheese in the flour before adding to other ingredients mix and bake in muffin pans.

**DATE AND BACON MUFFINS***(R. Forster)*

¼ cup butter  
2 tblsp. sugar  
½ tsp. salt  
1 egg

1 cup milk  
2 cups bread flour  
5 tsp. baking powder  
¾ cup chopped dates

4 long strips crisp bacon, chopped

Cream butter, add sugar and egg and beat thoroughly. Sift dry ingredients and add to first mixture, alternately with milk. Fold in bacon and dates. Bake in buttered tins in a moderate oven 25 min.

**HAM MUFFINS***(L. Donovan)*

1½ cups flour  
2 tsp. baking powder  
2 tsp. sugar  
¼ tsp. salt

½ cup whole wheat flour  
¾ cup cooked ham  
2 eggs 1 cup milk  
3 tblsp. shortening

Sift flour, baking powder, sugar and salt together. Add whole wheat flour and ham. Beat eggs, add milk and shortening. Bake in muffin tins.

**HOT CROSS BUNS***(Edith Pyke)*

½ yeast cake.

Scald 1 quart milk, put in a lump of butter, a little sugar and salt, then cool. Put in yeast cake, stir in the flour, and let rise over night. In the morning stir it down, mix in currants, spices and flour enough to roll out. Cut round, brush over with white of egg, and bake.



**DINNER ROLLS***(Mrs. Geo. E. Ingraham)*

1 yeast cake	2 tblsp. lard or butter
1 cup scalded milk (cooled)	1 egg-white beaten stiff
1 tblsp. sugar	3 cups sifted flour
	$\frac{1}{2}$ tsp. salt

Place in a greased bowl, cover and set in a warm place until it doubles in bulk. Mould into rolls, let rise  $\frac{1}{2}$  hour or until light. Bake 10 min. in a hot oven.

**DELICIOUS ROLLS***(L. Donovan)*

Beat well: 1 cup flour	$\frac{3}{4}$ cup lard
1 cup mashed potatoes	$\frac{1}{2}$ cup sugar
1 cup lukewarm water in which potatoes were boiled.	Salt.

Add 2 eggs, beaten lightly, 1 yeast cake dissolved in  $\frac{1}{2}$  cup warm water and 6 cups flour, let rise 2 hours. Roll out and cut like biscuits, brush with melted butter, fold over, put in pan, let rise 1 hour, bake in a quick oven.

**BAKING POWDER ORANGE ROLLS***(Flavilla Hiltz)*

2 cups flour	$\frac{3}{4}$ cup milk or water
6 tsp. baking powder	Loaf sugar
$\frac{3}{4}$ tsp. salt	Powdered sugar
2 tbsp. shortening	Juice of 2 sunkist oranges.
Grated orange rind	

Sift flour, baking powder and salt. Work in shortening. Add 1 tbsp. grated orange rind and milk or water. Roll and cut out. Moisten half as many cubes of loaf sugar as there are biscuits with orange juice. Put between biscuits, spread tops with powdered sugar, moistened with orange juice, sprinkle with orange rind. Bake in a hot oven (450°), 15 minutes.

**ORANGE BISCUIT***(Eva O'Brien)*

On regular baking-powder biscuit mixture, spread the following mixture, make into a roll and cut in slices. Place slices upright in pan which has been lined with greased paper.

**Filling Mixture**

$\frac{3}{4}$ cup icing sugar	grated rind of $\frac{1}{2}$ orange,
$\frac{1}{4}$ cup raisins	enough juice to spread.
$\frac{1}{2}$ cup shredded cocoanut	



**COFFEE RING***(Mrs. P. M. Kuhn)*

1½ cup scalded milk  
¾ cup white sugar

½ cup butter

Cool and add 2 beaten eggs, 1 cup raisins and 2 yeast cakes (Fleishman's), a little vanilla, a little cinnamon, and 6 cups of flour. Put to rise for about 2 hours, knead down and let rise again. Divide in 3 parts, stretch out, twist, shape in rings and let rise again. Ice with icing sugar, hot water, and butter after baking and while hot.

**DATE BREAD***(Eva O'Brien)*

1 cup chopped dates  
¾ cup boiling water  
¾ cup brown sugar  
1½ cups flour  
¾ cup nuts (optional)

¼ cup melted shortening  
1 tsp. soda  
1 tsp. salt  
1 tsp. vanilla  
1 tsp. Baking Powder  
1 egg

Place dates in bowl, add soda, pour boiling water over mixture. Mix well and let cool. Beat egg, add sugar, salt, and vanilla. Combine with date mixture. Add sifted ingredients and nuts and melted shortening which has been cooled. Bake 1-1½ hours at 300-325 degrees.

**DATE LOAF**

1 cup chopped dates  
1 tsp. soda  
½ cup boiling water  
1 egg  
½ cup brown sugar  
¼ cup corn syrup

1 tsp. salt  
1 tsp. vanilla  
1½ cup bread flour  
1 tsp. baking powder  
¼ cup melted butter or  
shortening

Add soda to chopped dates and pour over boiling water. Add corn syrup, mix and let stand until cool. Beat egg, add sugar, salt and vanilla. Combine with date mixture. Add sifted dry ingredients. Lastly melted butter. Bake in slow oven 1 hour. If crust of bread is brushed over with butter 10 minutes before removing from oven it makes it much softer and easier to cut.

**PEANUT BUTTER BREAD***(Phyllis Ryder)*

2 cups flour  
4 tsp. baking powder  
2/3 cup peanut butter

½ cup sugar  
1 cup milk  
¼ tsp. salt

Method: Sift flour, baking powder, salt, sugar. Add milk to peanut butter blend well and add to dry ingredients. Beat together. Bake in slow oven 45 minutes. This can be baked in a loaf or in small long round tin.



**GRAPENUT BREAD***(Miss E. M.)*

- |                           |                             |
|---------------------------|-----------------------------|
| 1 cup Milk                | $\frac{3}{4}$ cup Sugar     |
| 1 Egg                     | $\frac{1}{4}$ teaspoon Salt |
| 2 cups Flour,             | 1 cup Grapenuts             |
| 2 teaspoons Baking Powder |                             |

Beat egg and add milk. Mix dry ingredients and add to liquid. Add Grapenuts last. Pour into buttered pan and set in warm place to rise. Bake in moderate oven about one hour.

**ORANGE BREAD***(Mrs. H. Y. Haines)*

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 cup sugar                       | 3 teaspoons baking powder           |
| 1 egg                             | butter size of a walnut             |
| 3 cups flour                      | pinch salt                          |
| juice, rind and pulp of 1 orange, | put in a cup and fill up with milk. |

**CORN WAFFLES**

- |                       |                               |
|-----------------------|-------------------------------|
| 2 cups flour          | 2 eggs                        |
| 2 tsps. baking powder | $1\frac{1}{2}$ cup evap. milk |
| 2 tbs. shortening     | $\frac{3}{4}$ cup corn and    |
| 2 tsps. salt          | 6 strips of minced bacon.     |

Beat egg yolks add corn and milk, and sifted dry ingredients. Fold in bacon and stiffly beaten egg whites. Bake on waffle iron.

**BROWN NUT LOAF***(M. M.)*

- |                               |                         |
|-------------------------------|-------------------------|
| 2 eggs                        | 1 cup raisins           |
| $\frac{3}{4}$ cup brown sugar | 1 cup walnuts (chopped) |
| 1 cup molasses                | $1\frac{1}{2}$ cup milk |
| 2 cups white flour            | 1 tsp. soda             |
| 2 cups graham flour           | 1 tsp. salt             |

Mix sugar and eggs, add molasses and milk and graham flour. Now add white flour in which has been sifted the soda and salt. Add fruit. Let rise  $\frac{1}{2}$  hour and bake in very slow oven  $1\frac{1}{2}$  hours.

**BANANA BRAN NUT BREAD***(Mrs. J. L. Barnhill)*

- |                              |                                     |
|------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup shortening | $\frac{1}{2}$ tsp. salt             |
| $\frac{1}{2}$ cup sugar      | $\frac{1}{2}$ tsp. soda             |
| 1 egg (well beaten)          | $\frac{1}{2}$ cup shopped nut meats |
| 1 cup bran                   | $1\frac{1}{2}$ cups mashed bananas  |
| $1\frac{1}{2}$ cups flour    | 2 tbsps. water                      |
| 2 tsps. baking powder        | 1 tsp. vanilla                      |

Cream shortening and sugar well. Add egg and bran. Sift flour with baking powder, salt and soda. Mix nuts with flour and add alternately with mashed bananas to which the water has been added. Stir in vanilla. Pour into greased loaf tin. Let stand 30 minutes and bake in a moderate oven one hour. Let cool before cutting.



**ICE BOX ROLLS***(Mrs. A. Fraser Steeves)**New Glasgow*

1 Fleischman's Yeast Cake

 $\frac{1}{2}$  cup warm water $\frac{2}{3}$  cup shortening $\frac{2}{3}$  cup sugar

1 cup scalded milk

1 tsp. salt

1 cup mashed potatoes

Flour to make stiff dough like bread.

Mix all together and put in ice box over night. In morning shape in rolls and put in pan. Let rise  $1\frac{1}{2}$  or 2 hours. Bake in a hot oven 15 to 20 minutes.

**WAFFLE BATTER***(Eva O'Brien)* $1\frac{3}{4}$  cups flour

3 tsp. Baking Powder

 $\frac{1}{2}$  tsp. salt

1 cup milk

2 egg yolks

2 egg whites

1 tbs. melted butter

Mix and sift dry ingredients, add milk gradually and yolks, well beaten. Add butter and whites beaten stiff, add a little milk if too thick.

**ROLLED OATS BREAD**

2 cups rolled oats

4 cups boiling water

1 cup molasses

1 tbs. salt

1 yeast cake soaked in

 $\frac{1}{2}$  cup lukewarm water

1 heaping sieve and

2 large cups flour

Pour boiling water on rolled oats, let stand until blood warm; add molasses, salt, and yeast cake and flour; mix well. Let stand in warm place overnight. Work down, put in pans and allow it to rise again. Bake in slow oven  $1\frac{1}{4}$  hrs., this makes 4 small loaves.

**TWIN MOUNTAIN MUFFINS** $\frac{1}{2}$  cup butter $\frac{1}{4}$  cup sugar

1 egg

 $\frac{3}{4}$  cup milk $1\frac{1}{2}$  cups flour

4 tsp. baking powder

Cream butter and sugar, add well-beaten egg. Sift baking powder and  $\frac{1}{2}$  tsp. salt with flour, add flour and milk alternately. Bake in a quick oven until a golden brown.

**BROWN BREAD**

2 cups graham flour

2 cups white flour

1 cup molasses

2 cups sour milk

1 tsp. soda

1 tsp. baking powder

1 tsp. salt

 $\frac{1}{2}$  pkg. raisins

Mix together, and bake in a quick oven.



**BACON MUFFINS**

Omit shortening of any muffin recipe, and add 2 tbsps. bacon fat and 2 tbsps. chopped crisp bacon.

**PARKER HOUSE ROLLS**

(Miss O'Bryan)

3 cups Flour  
1 Yeast Cake  
 $\frac{1}{2}$  cup Sugar  
1 cup Milk

1 teaspoon Salt  
1 tablespoon Butter  
1 Egg

Sift flour and set it to warm. Soak yeast cake in  $\frac{1}{2}$  cup warm water. Warm the cup of milk. Mix all together. Let rise two hours. Roll out and cut in squares. Put in pan and raise another hour. Bake in hot oven.

**SALLY LUNN**

(Mrs. A. McD. Morton)

$\frac{1}{2}$  cup shortening  
3 eggs (well beaten)  
3 tsps. baking powder  
1 cup milk

$\frac{1}{2}$  cup sugar  
2 cups bread flour  
or  $2\frac{1}{2}$  cups pastry flour  
 $\frac{3}{4}$  tsp. salt.

Cream the shortening and sugar together and add the well beaten eggs. Sift the flour with the salt and baking powder, and add, alternately with the milk, to the first mixture.

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# Fish

**AMOUNT OF FISH TO BUY**

If the fish is solid flesh, one third of a pound should be allowed for each person. If fish is bought in the round (with bones, head tail etc.) at least one half pound must be bought for each person.

**BOILED FISH**

For boiling a large fish whole, a fish kettle with strainer, a large kettle with a frying basket or a steamer is needed. A plate in a piece of coarse muslin or cheese cloth kept for this purpose may be used for fish in small pieces. Clean the fish, rub a little salt over it and wrap it in a cloth and place it in the container in which it is to be boiled or steamed.



The fish must not be put in cold water as that extracts the flavour, nor into boiling water, as that breaks the skin but should be put into hot water, which then may be quickly brought to the boiling point. After the water boils, decrease the heat so it will simmer.

Use enough water to cover the fish, add one teaspoon of salt and one tablespoon of vinegar or lemon juice to every two quarts of water. This whitens the flesh and makes it firm as well as season it.

After the water begins to simmer allow five to ten minutes to the pound for small thin pieces and ten to fifteen minutes to the pound for large thick pieces.

### SALMON LOAF

2 cups Salmon, fresh or canned

2 eggs

$\frac{1}{2}$  cup fine bread crumbs

4 tablespoons butter

salt and pepper

minced parsley

Flake the fish, add the eggs beaten lightly, the melted butter, the bread crumbs, salt, pepper and minced parsley. Put it in a greased mold, and steam for an hour. When cold arrange on a platter and garnish with slices of lemon, cucumber and parsley.

### BROILED FINNAN HADDIE

1 Finnan Haddie

Oil

Lemon Juice

Soak the fish in cold water for three quarters of an hour then lay in boiling water for five minutes. Wipe very dry, rub oil and lemon juice into the fish and broil over a clear fire for fifteen minutes. Serve with hot butter sauce.

### BROILED LIVE LOBSTERS

1 Lobster

Salt and Pepper

Melted Butter

Kill the lobster by inserting a knife in its back between the body and tail shells, severing the spinal cord. Split lengthwise, remove the stomach and intestinal canal, crack the large claws and lay the fish as flat as possible. Brush the meat with fat; season with salt and pepper, place in a broiler with the shell side down and broil slowly until of a delicate brown. Twenty minutes is usually long enough. Turn the broiler and broil for ten minutes longer. Serve hot with melted butter.

### BAKED LIVE LOBSTER

Prepare as for broiling. Lay the lobster in a baking pan, shell side down, season with salt, pepper and butter. Bake about 40 minutes in a hot oven (400°F.), basting it twice with melted butter.



**SCALLOPED OYSTERS**

1 pint Oysters  
2 cups soft bread crumbs  
 $\frac{1}{4}$  cup milk

6 tblsp. butter or other fat,  
Salt, and Pepper.

Oil a baking dish; put in a layer of crumbs, then a layer of oysters, butter or other fat, in little pieces, salt and pepper. Repeat, ending with a layer of crumbs with small pieces of fat dotted over them. Do not have more than two layers of oysters. Moisten with milk and oyster liquor mixed together. Bake in a moderate oven (350 to 400° F.) until brown, about half an hour, and serve in same dish.

**CREAMED SCALLOPS**

1 pint Scallops, fresh or canned

1 pint thin, white sauce

Wash and drain the scallops, add them to the sauce and cook about fifteen minutes in a double boiler.

**CODFISH BALLS**

1 cup Salt Codfish  
4 cups Sliced raw potatoes,  
2 tablespoons Milk or Cream

2 tblsp. butter or other fat,  
1 egg  
Pepper.

If the fish is not already shredded, pick out all the bones and shred the flesh. Simmer the fish and sliced potatoes together in plenty of water until the potatoes are soft. Drain, mash and beat until fine and light; then add the pepper, fat and milk and the egg, well beaten. Mix all thoroughly with a spoon. Shape into balls. Fry in a frying basket in deep fat (375-390° F.) for two to five minutes.

**LOBSTER COCKTAILS**

(M. M.)

Allow one-fourth cup lobster meat cut in pieces, for each cocktail, and season with 2 tbsp. each tomato catsup and sherry wine, 1 tbsp. lemon juice, few drops Tobasco Sauce, one-eighth tsp. finely chopped chives, salt to taste, chill thoroughly. Serve in cocktail glasses.

**CREAMED LOBSTER**

2 tablespoons of butter  
2 tablespoons of flour  
1 cup of milk

1 teaspoon of salt  
1 teaspoon of pepper  
2 cups of boiled or canned lobster

Make a white sauce with butter, flour and milk; add lobster cut in small pieces, salt and pepper.



**FISH CHOWDER**

$\frac{1}{4}$ lb. of fat, salt pork, sliced,	3 cups boiling water
6 small potatoes, sliced,	3 pilot biscuits
2 onions chopped fine	1 pint milk

Fry salt pork in deep kettle. When crisp remove pieces of pork and put fish, potatoes and onion in kettle, cover with boiling water. Simmer one-half hour or until potato is tender. Add milk and cook five minutes longer. Just before serving add pilot biscuit.

**DEILED CLAMS**

25 clams, fresh or canned	2 tablespoons bread crumbs,
1 tablespoon butter	2 egg yolks
2 tablespoons flour	1 tablespoon chopped parsley
1 cup milk or cream	Salt and pepper

Drain clams and rinse them in cold water. Make a white sauce with butter, flour and milk or cream, and put in the crumbs, the raw egg-yolks and the parsley. Remove from the fire. Add the chopped clams, pepper to taste and salt, if needed. Fill scallop or clam shells or small ramekins with the mixture. Brush them over with beaten yolk of egg; sprinkle with bread crumbs and brown in hot oven.

**SCALLOPED SCALLOPS**

1 pint scallops; 6 tablespoons of crumbs; salt, pepper and butter

Scrub six half scallop shells. Place the scallops in shells, add pepper and salt, also a tablespoon of crumbs to each half shell. Dot well with butter. Bake in a hot oven about fifteen minutes.

**CODFISH OMELET**

(Mrs. A. S. MacMillan)

Melt one tbsp. butter, add two tbsps. flour and stir until smooth, then add gradually one quarter cup hot milk and one cup "Pick-up" codfish. Cook two minutes. Beat the yolks of two eggs until thick and lemon tinted, add fish mixture and mix well, then fold in the whites of two eggs beaten until stiff. Melt one and one half tbsps. butter in an iron spider, turn in mixture, spread evenly and let cook on top of range until well puffed, then set in a moderate oven to finish cooking. Fold and turn on a warm serving platter and pour one cup thin white sauce around.

**COLD HALIBUT, SAUCE TYROLIENNE**

(M.M.)

Steam 2 or 3 lbs. halibut, remove outside skin and bones. Chill and serve with

**Sauce Tyrolienne:** To  $\frac{3}{4}$  cup oil mayonnaise, add  $\frac{1}{2}$  tablespoon each finely chopped capers and parsley, one finely chopped gherkin, and 2 table-spoons tomato puree.



**CREAMED HALIBUT IN SCALLOP SHELLS**

(M.M.)

Melt 3 tablespoons butter, add 3 tablespoons flour, add 1 cup milk which has been scalded with 1 slice onion, sprig of parsley and bit of bay leaf.

Bring to boiling point, add  $1\frac{1}{4}$  cup flakes cold cooked halibut and season with salt and pepper. Fill buttered scallop shells with mixture, cover with buttered cracker crumbs and bake until crumbs are brown.

**SEA STEAK AND OYSTERS**

(M.M.)

Sprinkle fillets with salt, and brush over with lemon juice. Lay a fillet in pan, cover with oysters which have been cleaned, dipped in buttered crumbs, seasoned with salt and pepper. Cover oysters with another fillet, brush with egg, cover with buttered crumbs.

Bake in a very hot oven about 20 minutes. Serve with Hollandaise Sauce.

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## Soups

**JELLIED BOUILLON**

2 tbsps. gelatine	1 tsp. salt
$\frac{1}{2}$ tsp. pepper	2 small pieces bay leaf
4 tbsps. cold water	1 tsp. Worcestershire Sauce
2 tbsps. parsley	2 tbsps. vinegar
1 qt. beef bouillon or 4 cubes to 4 cups hot water.	

Soak gelatine in cold water 5 minutes. Cook remaining ingredients together 10 minutes. Strain and while hot add gelatine. Chill in mold in refrigerator until firm. Cut in small cubes and serve in bouillon cups. Serves 6-8.

**VEGETABLE SOUP**

4 tbsps. beef dripping	$1\frac{1}{2}$ cups potatoes
$\frac{1}{3}$ cup carrot	1 qt. boiling water
$\frac{1}{3}$ cup turnip	1 tsp. salt
$\frac{1}{3}$ cup celery	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ onion	

Prepare vegetables and cut in small cubes. Cook carrot, celery, turnip and onion in dripping until light brown. Add potatoes, cook 2 minutes longer and add water. Cover and simmer 1 hour. Add water as needed to keep amount of liquid about one quart. Add butter and seasonings, also chopped parsley if desired. Meat stock could be used instead of water.



**BEEF BROTH**

1 lb. lean beef

1 pt. cold water

Chop meat very fine and soak in cold water one hour or longer. Place over lukewarm water and heat to 155° F. Keep at this temperature one hour, stirring occasionally, then strain through a coarse strainer and season. Reheat cold broth over hot water.

**CLAM BISQUE***(Mrs. T. M. Sieniewicz).*

3 tablespoons butter

3 cups milk

3 tablespoons flour

1 pint clams and juice

Melt butter, and add flour. When well mixed, add milk. Add clams and cook in double boiler for one hour. Press through sieve and place back in double boiler. Serves 8.

**CLAM SOUP***(Mrs. H. V. Haines)*

1 quart milk scalded with a piece of butter. Add to hot milk about 3 tablespoons flour mixed with cold milk. When thickened, add 1 pint of clams. Let cook half an hour. Strain, stirring well through strainer. Add more butter before serving.

**MUSHROOM SOUP** $\frac{1}{4}$  lb. fresh mushrooms

2 tbsp. flour

3 tbsp. butter or margarine

2 cups bottled milk or 1 cup

 $1\frac{1}{4}$ " slice of medium peeled

evaporated milk and 1 cup

onion minced

water

1 stick celery, chopped fine

1 tsp. salt

2 cups chicken broth, canned

 $\frac{1}{8}$  tsp. pepper

or homemade

Wash but do not peel the mushrooms. Chop fine and simmer for 5 minutes with 1 tbsp. of the butter, the onion, and celery. Add the chicken broth and simmer 10 min. Meanwhile melt 2 tbsp. of the butter in the top of a double boiler over the direct heat. Add the flour, stir until smooth; then add the milk, salt, and pepper. Cook over hot water, stirring constantly until smooth and thickened. Add the mushroom mixture, heat, and serve. Serves 6. Strain if you do not like the bits of mushroom and vegetable in your soup, but these add character to its rather delicate flavor.

**DANISH SOUP***(M.M.)*

Add 1 egg yolk to each cup very hot Beefex or Oxo bouillon. Do not boil. Serve immediately.



**PEA SOUP***(Mrs. Sieniewicz)*

1½ cups dried split peas	2 slices lemon
A ham bone	3-4 celery tops
1 onion, sliced	1 tsp. salt
10 cups cold water	¼ tsp. pepper

Soak dried peas in 2 cups cold water for at least 4 hours or over night. Drain. Add to ham bone, water, celery tops, lemon slices, seasoning of salt and pepper. Cover, bring to a boil and simmer 3 hours. Put through a coarse sieve and skim off fat. Garnish with lemon slices.

**TOMATO SOUP***(M.M)*

Cook 2 cups canned tomato pulp in pan with slice onion and bit of celery for 10 minutes. In another pan melt 2 tbsps. butter with 2 tbsps. flour. Add slowly 4 cups rich milk. Cook. Add the strained tomato to cream sauce slowly. Flavor with 1 tsp. salt, 2 tsp. sugar, white pepper. Keep hot in double boiler.

**CLEAR TOMATO SOUP***(Mrs. R. McColl)*

1 qt. brown soup stock	4 tbsps. butter
1 can tomatoes	2 sprigs parsley
½ tsp. peppercorns	¼ cup each onion, carrot, celery.
3 cloves	raw ham, cut in dice.
3 sprigs thyme	Salt, pepper
1 small bay leaf	

Cook onion, carrot, celery and ham in butter five minutes. Add tomatoes peppercorns, bay leaf, cloves, thyme and parsley. Cover and cook slowly one hour. Strain carefully, add hot stock and season with salt and pepper.

**GOOD FOUNDATION FOR ANY CREAM SOUP***(Edith Pyke)*

1 quart milk	1 teaspoon salt
1 tablespoon butter	½ saltspoon white pepper
1 teaspoon chopped onion	speck cayenne pepper
1 tablespoon flour	

Scald the milk with the onion in a double boiler. Melt butter, add flour and cook until frothy, but be careful not to let the butter brown. Add 1 cup hot milk slowly and cook until thickened. Return to double boiler, add seasoning. It is now ready for cooked celery or any other ingredient desired.



# Meats

## ROASTING TEMPERATURES

KIND OF FOOD	TEMPERATURE	TIME
Rolled Beef	500°F. for 15 min.	
Uncovered Roaster	350°F. for remaining time	
Rare .....		25 min. to lb.
Medium .....		30 min. to lb.
Standing Rib Roast	500°F. for 15 min.	
	350°F. for remaining time	
Rare .....		20 min. to lb.
Medium .....		25 min. to lb.
Ham (fresh)	500°F. for 30 min.	30 min. to lb.
Covered Roaster	350°F. for remaining time	
Ham (fresh)		
Uncovered Roaster	350°F. entire time	20 min. to lb.
Lamb Leg		
Covered Roaster	500°F. for 30 min.	
	350°F. for remaining time	20 min. to lb.
Lamb Leg		
Uncovered Roaster	500°F. for 15 min.	
	350°F. for remaining time	20 min. to lb.
Pork		
Covered Roaster	500°F. for 30 min.	
	350°F. for remaining time	30 min. to lb.
Pork		
Uncovered Roaster	500°F. for 15 min.	
	350°F. for remaining time	30 min. to lb.
Veal		
Covered Roaster	500°F. for 30 min.	
	350°F. for remaining time	20 min. to lb.
Veal		
Uncovered Roaster	500°F. for 15 min.	
	350°F. for remaining time	20 min. to lb.

## COLLARED HEAD

Strew over Pig's Face and tongue, little salt and saltpetre or make a weak pickle. Let it stand 4 or 5 days, then boil until sufficiently tender to admit bones being removed, lay in mould put one cheek in bottom then tongue then the other cheek, add seasons, black pepper, cloves, and a little salt to the liquor also teaspoon gelatine to pint of liquor.

(Taken from Mrs. Dalgairn's Practice of Cookery, 1845).



**NEW ENGLAND BOILED DINNER***(E. H. S.)*

4 lbs. corned beef brisket  
6 medium carrots  
1 yellow turnip

1 small cabbage  
6 medium potatoes

Cover meat with cold water, bring to a boil, then lower heat and allow to simmer gently 3 hours or until tender. About one hour before meat is done skim free of fat, add carrots peeled, and halved turnip, cabbage and potatoes quartered. Continue boiling until all are tender.

**VEGETABLE MEAT LOAF***(E. H. S.)*

2 lbs. ground beef  
1 egg  
1 shredded wheat biscuit  
4 crackers  
1 tsp. salt  
1 cup ground carrots

1 cup chopped celery  
2 slices onion  
2 slices green pepper  
1 cup peas  
2 tbsps. H. P. Sauce  
Dash Summer Savory and Thyme

Form in meat loaf, dredge with flour and put two slices of bacon on top before baking. This is a good recipe to disguise vegetables for children.

**DUTCH STEW***H. Cresswell*

1½ lbs. stew beef  
1 can peas  
2 carrots sliced  
2 onions

1 can tomato soup  
Salt and pepper  
Bread crumbs

Place in casserole, cover with water and bake in a covered dish. Serve with mashed potatoes.

**HAM LOAF***(Mrs. H. V. Haines)*

2 lbs. lean fresh pork  
1 lb. ham  
1 cup cracker crumbs

2 well beaten eggs  
1 cup milk

Grind meat and crackers. Mix all together. Bake 1½ hours.

**CHICKEN AND MUSHROOM CURRY**

4 tbsps. butter  
1 lb. mushrooms  
1 cup curry sauce

2 cups cooked chicken  
2 bananas

Slice mushrooms and saute in fat five minutes. Stir in curry sauce. Add chicken cut in cubes and mix thoroughly. When well heated place in a serving dish and surround with ripe bananas cut in lengthwise pieces.



**CURRY SAUCE**

2 tbsps. butter	2 tbsps. flour
1 medium onion	1 tbsp. curry powder
$\frac{1}{2}$ tbsp. lemon juice	
1 cup milk	

Melt fat, add onion and cook two minutes but not till brown. Add curry, flour. Stir until smooth. Add milk and keep stirring until smooth and thick. Add lemon juice. Place in a boiler and stir five minutes longer.

**VEAL CUTLETS WITH TOMATO***(Mrs. Forster)*

Bread and saute veal cutlets. Cook in a sauce made of tomato juice, onion sliced, stock and water for one hour. A teaspoon of Worcester Sauce helps to give a nicer flavour.

**BEEFSTEAK AND KIDNEY PIE***(Mrs. Ralph P. Smith)*

Cut two sheep's kidneys, or one half pound of ox kidney, into thin slices across and dip in seasoned flour. Cut one pound of buttock steak into thin slices and place a slice of kidney on each side of meat, roll up tightly and put the rolls on end in the pie-dish. Season with salt, pepper, and moisten with one quarter gill of water or gravy. Line the edges of the dish and then cover with rough puff paste. Brush over with beaten egg and bake in a fairly hot oven from one and a half to two hours.

**SAVOURY PIE***(Mrs. Ralph P. Smith)*

Cover the bottom of a buttered pie-dish with bread crumbs. Over these place a layer of any cold roast meat, chopped fine, and a layer of chopped tomatoes. Then add another layer of bread crumbs, another layer of meat and another layer of tomatoes. Cover them with bread crumbs and bake until brown.

Each of the layers should be seasoned with pepper and small pieces of butter should also be added. To be served in the pie-dish very hot.

**RABBIT STEW**

$\frac{1}{2}$ lb. rabbit	2 cups diced carrots
6 small onions (chopped)	3 potatoes
1 bay leaf	3 tbsps. flour
$\frac{1}{2}$ cup chopped celery	1 tbsp. finely chopped parsley
2 tsps. salt	

Dress and clean rabbit. Disjoint in pieces for serving. Place in kettle with onions, bay leaf, celery and salt. Cover with cold water and cook two hours until almost tender. Add diced carrots and potatoes. Continue cooking until the vegetables are tender. Moisten flour with a little cold water and add to stew. When slightly thickened add chopped parsley and serve at once.



**BAKED HAM WITH MUSTARD***(Miss E. Courser)*

Slice of ham, 1 inch thick, from which rind has been removed.

Mix  $\frac{1}{2}$  tsp. flour

3 tsps. sugar

2 tsps. mustard

with a little milk and spread over the ham. Pour milk over whole and bake slowly in covered dish.

**DELICATE CHICKEN LOAF***(E. H. S.)*

Simmer until tender, a 3 or 4-pound chicken with

2 stalks celery

2 teaspoons salt

1 split carrot

Pepper

1 small cut onion

Cool the chicken in its own liquid, then remove all flesh from bones and chop finely. Add

1 cup soft breadcrumbs

1 cup milk

3 egg yolks, beaten

Season, if necessary, with Salt, pepper.

Whip until stiff, but not dry, 3 egg whites.

Fold egg whites lightly into chicken mixture. Turn into a well-greased mould, place in a pan of hot water and bake until firm in a moderate oven, 350°F. Test the loaf by inserting a stainless knife into the centre. It should come out clean. The loaf might be steamed over gently boiling water, rather than baked. In either case, serve the loaf as soon as cooked. It is especially delicious when accompanied by a brown mushroom sauce.

**BAKED HAM***(Mrs. T. M. Sieniewicz)*

Place a whole or half ham in a roasting pan. Add two cups of water and cover the roaster.

Bake in a slow oven (325°), allowing twenty-one minutes a pound for a large whole ham, twenty-five minutes a pound for smaller hams.

When ham is done, remove from oven. Lift off rind, score surface and dot with cloves; rub with mixture of  $\frac{1}{2}$  cup of brown sugar and 1 tsp. flour. Brown, uncovered, for twenty minutes in a moderate oven (400°).

**SAVORY SPINACH AND HAM***(Mrs. Forster)*

Crisp cold boiled ham in a hot frying pan and remove to the centre of a hot platter. Pour into pan 1 cup of thick rich tomato sauce and stir until boiling scraping off all the brown in the pan. Meanwhile mix two cups of finely chopped cooked spinach with 1 tsp. of salt, pepper, 1 tbsp. of melted butter,  $\frac{1}{4}$  tsp. sugar and 1 beaten egg. Form into balls, place in a greased pan and sprinkle with grated cheese. Brown lightly in a very hot oven. Arrange around ham as a border. Pour tomato sauce around ham and serve all very hot.



**BAKED SPICED HAM***(A. B. F.)*

Soak ten pound ham over night. Boil for three hours in water containing 1 bay leaf, three tbsps. sugar,  $\frac{1}{2}$  tsp. cinnamon, one onion and grated rind of 1 lemon. Allow ham to cool very slowly in liquor and rub surface with brown sugar and dot with cloves. Bake for one hour, basting with a syrup made by boiling 1 cup sugar,  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup water and one tsp. mustard.

**COTTAGE PIE***(Mrs. A. S. MacMillan)*

Put one cup chopped left-over meat into a buttered Casserole, sprinkle with salt and pepper and pour over one cup hot gravy. Mix two cups hot mashed potato with one half tsp. salt, one half cup hot milk, one tbsp. butter, one eighth tsp. celery salt and one eighth tsp. pepper, heat thoroughly and pour over meat. Brush top with slightly beaten egg and bake in a hot oven until heated through and potato is brown.

**SAVORY SCALLOP***(Mrs. R. McColl)*

Cut cold, lean meat into dice (about two cupfuls), add 2 cups boiled rice. Into a saucepan put three tablespoons of butter; when melted put in meat and rice, season with salt and pepper. When hot, stir in two slightly beaten eggs; stir and cook for two minutes. Serve hot on toast.

**MOCK SAUSAGE***(Mrs. R. McColl)*

Chop two cups of cold beef fine. Add 4 tablespoons of mashed potatoes, 1 egg, 1 tablespoon of flour, 1 slice of moistened bread. Stir all together; add salt, pepper and a little sage. Make into small cakes, roll in fine crumbs and fry. Serve hot.

**BOBOTEE***(Mrs. R. MacInnis)*

2 cups cold meat  
 $\frac{1}{2}$  cup bread  
 8 almonds  
 3 eggs

1 cup milk  
 3 tablespoons butter  
 $\frac{1}{2}$  small onion  
 1 teaspoon celery salt

Put butter in frying pan, slice into it the onion, and fry until a nice brown. Add bread and milk to this, and let stand while preparing the rest.

Chop almonds very fine, and add them and the other ingredients to the mixture in the frying pan. Put into a buttered dish and bake in a moderate oven about twenty minutes.



**MEAT LOAF***(Mrs. R. Forster)*

- |                                |                                 |
|--------------------------------|---------------------------------|
| $\frac{1}{2}$ lb. sausage meat | $\frac{1}{4}$ cup water         |
| 2 lbs. round steak (ground)    | $1\frac{1}{2}$ teaspoons salt   |
| 1 egg slightly beaten          | Pepper                          |
| 1 cup condensed tomato soup    | 2 tablespoons poultry seasoning |
| 2 cups soft bread crumbs       | $\frac{1}{2}$ cup minced onion  |

Turn into greased loaf pan, and bake in a pan of warm water in a hot oven for one hour.

**MEAT ROLL***(Mrs. F. G. Mack)*

- |                           |                                   |
|---------------------------|-----------------------------------|
| 2 cups flour              | 4 teaspoons shortening            |
| $\frac{2}{3}$ cup water   | 1 teaspoon salt                   |
| 4 teaspoons baking powder | $1\frac{1}{2}$ cup left-over meat |
|                           | Left-over gravy                   |

Mix first five ingredients into baking powder biscuit dough, roll to  $\frac{1}{4}$  in. thickness. Spread with ground meat (beef, lamb, pork), which has been highly seasoned and moistened with the gravy. Roll like a jelly roll and cut with sharp knife. Brush with melted butter and bake about twenty minutes, or until brown. Serve with a Tomato Sauce.

This may be made in the morning and stand in ice-chest till the evening meal. Remove and allow to come to room temperature, while oven is heating.

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## Supper Dishes

**MEAT SUBSTITUTE***(Mrs. C. MacG. Crooks)*

Put into a casserole alternate layers of boiled rice, grated cheese, slightly thinned tomato soup and chopped pimento or green peppers. Cover top with buttered crumbs and bake in a moderate oven until browned—about  $\frac{1}{2}$  an hour.

**EGG WITH BREAD SAUCE***(Mrs. R. McColl)*

Put a big cup of bread crumbs into a saucepan with  $1\frac{3}{4}$  cups of milk. a dash of pepper,  $\frac{1}{2}$  teaspoon of onion juice. Simmer until thick and smooth. Pour sauce into a shallow baking dish. Break over the top six eggs. Bake until eggs are set.



**CREAMED SCALLOPS AND SWEETBREADS***(M. E. W.)*

1 pt. scallops  
 1 pan sweet breads  
 4 tbsp. butter  
 3 tbsp. flour  
 2 cups milk

1 tsp. salt  
 $\frac{1}{2}$  tsp. paprika  
 4 good sized mushrooms  
 1 tsp. lemon juice  
 1 cup dried bread crumbs

Wash scallops, cover with cold water and bring to a boil. Simmer gently 15 minutes. Soak sweetbread for ten minutes in cold water to which has been added lemon juice. Drain, cover with cold water and bring to boil. Simmer for 15 minutes. Drain, plunge in cold water. Cut sweetbreads in cubes. Melt 2 tbsp. butter and saute mushrooms until golden brown. Combine with sweetbreads and scallops. Make white sauce of remaining ingredients and pour over scallop mixture. Put in buttered casserole, sprinkle with bread crumbs and bake for ten minutes or until brown.

**SOUTHERN SUPPER DISH***(Miss E. Courser)*

1 cup Baked Ham, diced

1 cup Raw apples cut in thin  
 sliced

1 cup Cooked Sweet Potatoes

Mix together in buttered baking dish, dot with butter, and sprinkle brown sugar over the top. Bake in moderate oven until the apples are thoroughly cooked.

**TOMATO RAREBIT**

1 pound Canadian Cheese  
 1 tablespoon Butter  
 1 can Tomato Soup

$\frac{1}{2}$  teaspoon dry mustard  
 Pepper

Cut cheese in small pieces, or grate it, mix all ingredients together and cook in double boiler until smooth. Serve on crisp crackers or buttered toast.

**TOMATO AND EGGS***(Mrs. C. H. Gorham)*

Put  $\frac{1}{2}$  can tomatoes in frying pan with  $\frac{1}{2}$  small onion sliced, pinch of sugar, salt and pepper. Cook for 5 minutes. Add small piece of butter and 3 eggs well-beaten. Serve on buttered toast.

**HAM EN CASSEROLE***(L. Donovan)*

Wash and pare potatoes, then cut in slices. Place in casserole in layers, dredging each layer well with flour, and season with pepper. Add just enough milk to cover. Place ham slice (cut about 2 inches thick and with rind removed) on top; and place in a moderate oven. Cook 1 hour **uncovered** and one hour more covered. Serve in casserole.



**CHICKEN PIE***(Mrs. A. C. Wiswell)*

3 cups cooked chicken	4 tblsp. flour
12 small cooked white onions	6 tblsp. water
1 cups well-seasoned chicken broth	
1 cup cooked sliced carrots	
Baking Powder Biscuit Dough	

Arrange chicken, onion and carrots in casserole. Heat chicken broth with flour to thicken. Pour over chicken. Make biscuit dough and cut in rings. Arrange on chicken and bake.

**POTTED CHICKEN***(Mrs. C. H. Gorham)*

Cut up chicken as for fricasse. To each pound allow 2 tblsp. flour,  $\frac{1}{2}$  tsp. salt and a little pepper. Mix thoroughly and roll each piece of meat in the mixture. Place in casserole or covered pan with boiling water to cover. Bake 3 hours, slowly, or until tender.

**FILET MIGNONS***(L. Donovan)*

8 slices bacon	1 onion chopped
1½ lbs. Hamburg Steak	1 egg unbeaten
1 tsp. salt	3 tblsp. boiling water
$\frac{1}{8}$ tsp. pepper	$\frac{1}{2}$ cup breadcrumbs

Mix thoroughly and shape in balls. Wrap each with a slice of bacon, and fasten with a tooth-pick. Bake in the oven 20 minutes. Just before serving, shake over each cake some grated cheese, and let stand in oven one minute.

**HAM LOAF***(Mrs. H. Y. Haines)*

2 lbs. lean fresh pork	2 well-beaten eggs
1 lb. ham	1 cup milk
1 cup cracker crumbs	

Grind meat and crackers together, mix all together. Bake 1½ hours.

**SAVORY SCALLOP***(Mrs. R. McColl)*

Cut cold, lean meat into dice (about 2 cups)      2 cups boiled rice.

Into a saucepan put three tablespoons of butter; when melted put in the meat and rice, season with salt and pepper. When hot, stir in two slightly beaten eggs; stir and cook for two minutes. Serve hot on toast.



**MOCK SAUSAGE***(Mrs. R. McColl)*

Chop 2 cups cold beef fine. Add 4 tblsps. mashed potatoes, 1 egg, 1 tblsp. flour, 1 slice of moistened bread. Stir all together; add salt, pepper and a little sage. Make into small cakes, roll in fine crumbs and fry. Serve hot.

**SUPPER RELISH***(M. Dimock)*

Chop up any cold meat, add 1 onion. Cover with water and cook until onion is done. Pour in a buttered baking dish. Add 1 can corn and top with mashed potatoes. Dot with butter, and bake until brown.

**TOMATO STUFFED WITH LIVER***(Mrs. E. T. Parker)*

Cut slice of tomato from the stem end. Scoop out inside with a spoon. Broil or pan-broil liver. Chop finely, add tomato juice, onion juice, salt and pepper to taste. Fill the tomatoes from which centre has been removed. Cover with buttered crumbs and bake 20 minutes in a moderate oven. One tomato will hold  $1\frac{1}{2}$  to 2 oz. of liver.

**BOBOTEE***(Mrs. R. MacInnes)*

2 cups cold meat	1 cup milk
$\frac{1}{2}$ cup bread	3 tblsp. butter
8 almonds	$\frac{1}{2}$ small onion
3 eggs	1 tsp. celery salt

Put butter in frying pan, slice into it the onion, and fry until a nice brown. Add bread and milk to that, and let stand while preparing the other things. Chop almonds very fine, add them and all the other ingredients to the mixture in the frying pan. Put into, buttered dish, and bake 20 minutes in a moderate oven.

**MEAT LOAF***(Mrs. R. Forster)*

$\frac{1}{2}$ lb. sausage meat	2 cups soft breadcrumbs
2 lbs. round steak ground	$\frac{1}{4}$ cup water
1 egg slightly beaten	$1\frac{1}{2}$ tsp. salt, pepper
1 can condensed tomato soup	2 tblsp. poultry seasoning
$\frac{1}{2}$ cup minced onion	

Turn into a greased loaf pan, and bake in a pan of warm water in a hot oven for 1 hour.



### MEAT ROLL

(Mrs. F. G. Mack)

2 cups flour	4 tsp. shortening
2/3 cup water	1 tsp. salt
4 tsp. baking powder	1½ cups left-over meat
left-over gravy	

Mix the first five ingredients into baking powder biscuit, roll to  $\frac{1}{4}$  inch thickness. Spread with ground left-over roast (beef, lamb, pork, which has been highly seasoned and moistened with the gravy. Roll like a jelly-roll and cut with a sharp knife. Brush with melted butter, and bake about 20 minutes or until brown. Serve with Tomato Sauce. (May be made in the morning, stored in ice-chest till evening. Remove and allow to come to room temperature, while oven is heating.)

### ASPARAGUS TIPS WITH PIMIENTO SAUCE

Open can of asparagus tips at the bottom and turn gently into a strainer. Place over a saucepan of boiling water, cover closely and cook until heated through. Place on individual plates and cover with pimiento sauce.

#### PIMIENTO SAUCE

2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	Few grains pepper
1 cup milk	Few drops onion juice
2 tablespoons pimiento	

Melt butter, add flour and when well mixed add milk a little at a time and stir until the sauce boils. Add pimiento cut in small pieces and seasonings. This can be kept hot for an hour or so.

### STUFFED GREEN PEPPERS

(Mrs. Geo. E. Ingraham)

Cut stem ends off, scoop out seeds, put cups thus cleaned into cold water and when they have boiled 15 minutes take off the stove and drain.

Mix stuffing as follows: Equal parts chopped ham or chicken and bread crumbs; 1 small onion run through the chopper; pepper and salt to taste.

Put piece of butter on top of each one and bake 15 minutes in a moderate oven.

### OMELET

(F. M. Campbell)

1 egg for each person  
 3 dessertspoons milk to each egg  
 1 dessertspoon flour to each egg  
 Salt and grated cheese if desired.

Separate whites and yolks of eggs and beat separately. Add milk and flour to yolks, and lastly fold in the whites. Melt butter in pan, and cook slowly, sprinkling with grated cheese before folding.



**FISH EN CASSEROLE***(Frances M. Campbell)*

2 cups cooked fish	3 tblsps. grated cheese
2 cups cooked macaroni	$\frac{1}{2}$ cup tomato ketchup
1 tsp. chopped onions	salt and cayenne pepper
3 hard-boiled eggs	crust or crumbs to cover
2 tblsps. melted butter	

Flake fish with fork, add cheese, ketchup, butter, onion, salt and pepper. Add macaroni and mix thoroughly. Slice hard-boiled eggs and arrange fish mixture and hard-boiled eggs alternately in deep buttered pan or casserole; cover with pastry or bread crumbs, and bake in a moderate oven until brown.

**GREEN PEPPERS WITH DEVEILED CRAB**

6 green peppers	1 cup canned or fresh-cooked crab meat
3 tbsp. butter or margarine	
2 tbsp. flour	$1\frac{1}{4}$ cup soft bread crumbs
1 tsp. dry mustard or 2 tsp. prepared mustard	2 tsp. Worcestershire or similar sauce
1 cup bottled milk or $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water	$\frac{1}{4}$ tsp. paprika
	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. lemon juice	Spk. pepper

Cut, seed, and boil the peppers for 3 min. Melt 2 tbsp. of the butter in a saucepan over the heat; add the flour, and blend. Add the mustard, then the milk slowly, stirring constantly. When the sauce is smooth, add all the remaining ingredients except  $\frac{1}{4}$  cup of the bread crumbs and 1 tbsp. of butter. Fill the pepper shells with the mixture, and sprinkle with the remaining  $\frac{1}{2}$  cup bread crumbs, mixed with 1 tbsp. melted butter. Arrange the peppers in a shallow baking pan; it is a good idea to have about a quarter-inch of water in the pan. Bake in a moderate oven of 375°F. for 20 min. or until stuffing is well heated and crumbs golden. Serves 6. To serve 2 or 3, make half this recipe.

**DELMONICO POTATOES***(Mrs. Angus L. MacDonald)*

$1\frac{1}{2}$ cups cream sauce	2 chopped hard-boiled eggs
$\frac{1}{2}$ cup grated cheese	2 cups sliced cooked potatoes

Put these ingredients in a baking dish in alternate layers, spreading each layer with a little cream sauce, and sprinkling with salt and pepper. Cover top with buttered crumbs and bake until nicely browned.



**DELMONICO POTATOES***(Mrs. F. G. Mack)*

Melt 2 tblsp. butter

Stir in  $1\frac{1}{2}$  tblsp. flour, 1 tsp. salt,  $\frac{1}{4}$  tsp. white pepper,Add gradually  $1\frac{1}{2}$  cups hot milk, cook until creamy.Have ready  $\frac{1}{2}$  cup grated cheese

3 chopped hard-boiled eggs

1 quart sliced cold cooked potatoes

Place these ingredients in a buttered dish in alternate layers, cover top with buttered crumbs, bake until well browned.

**CREAMED MUSHROOMS ON TOAST***(Mrs. T. H. Johnson)*

2 lbs. mushrooms

1 small onion chopped

8 tblsp. butter

 $1\frac{1}{2}$  cups milk

6 slices of buttered toast

4 tblsp. flour

1 tsp. salt

speck of pepper

speck of paprika

Wash and remove stems from the mushrooms. Cover the stems with 2 cups of water, add the onion and simmer until  $\frac{1}{2}$  cup of the liquor remains. Strain, reserving the mushroom-liquor. Melt 4 tblsp. fat in a saucepan, add the flour, and when smooth add the liquor, milk and seasonings while stirring. Meanwhile melt 4 tblsp. fat in a frying pan and saute the sliced mushroom caps for 4 or 5 minutes. Arrange the mushrooms on buttered toast, pouring sauce over all.

**FAVOURITE BEEF LOAF***(Gladys Barnstead)*

2 lbs. round steak chopped

 $\frac{1}{2}$  lb. lean fresh pork $\frac{3}{4}$  cup cracker crumbs

2 eggs slightly beaten

 $\frac{1}{2}$  teaspoon pepper $\frac{3}{4}$  tablespoon salt

2 tablespoons finely chopped onion

 $\frac{3}{4}$  cup sweet milk or  $\frac{1}{4}$  cup thin tomato puree

Do not pack loaf too hard.

Bake slowly about one hour

To make this loaf attractive when sliced, hard boiled eggs may be added end to end in centre of loaf before baking.

This loaf may be sliced hot or cold.

**SCALLOPED CHEESE***(Mrs. G. E. Ingraham)*

Soak 1 cup of bread crumbs in sweet milk. Beat into this three eggs, 1 tablespoon butter,  $\frac{1}{2}$  lb. grated cheese. Sprinkle the top with bread crumbs and bake until a delicate brown. Season with salt and pepper.



**CHEESE SUPPER DISH***(F. M. Campbell)*

- |                     |                 |
|---------------------|-----------------|
| 4 medium potatoes   | 1 tblsp. butter |
| 1 cup grated cheese | breadcrumbs     |
| 1 cup milk          | salt and pepper |
| 1 tblsp. flour      |                 |

Dice potatoes and boil until soft. Make white sauce. Put layer of potatoes in bottom of casserole, cover with white sauce, sprinkle with seasonings. Repeat until dish is full, then cover with buttered bread crumbs and brown in the oven.

**SCALLOPED TOMATOES AND CHEESE***(Mrs. Angus L. MacDonald)*

- |                      |                                |
|----------------------|--------------------------------|
| 6 ripe tomatoes      | $\frac{1}{2}$ cup bread crumbs |
| 1 large onion        | 1 tblsp. butter                |
| 1 cup chopped cheese | salt and pepper                |

Cut tomatoes and onion in thin slices, first peeling tomatoes. Put half the tomatoes in a baking dish, well-greased, sprinkle with salt and pepper. Cover with half the onion, cheese and crumbs; repeat, dotting the top with butter. Bake 20 minutes in a moderate oven (350°-375°F.).

**MEXICAN RICE***(Miss E. Courser)*

- |                              |                                       |
|------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup Brown rice | $\frac{1}{2}$ cup strained tomato, or |
| 2 tblsp. butter              | tomato soup                           |
| 2 cups soup stock            | 2 tblsp. chopped onion                |
| salt and pepper              | 1 cup cold chicken or veal, diced     |

Cook rice in butter for two minutes. Add tomato and onion and cook two minutes longer. Add stock, meat, salt and pepper, cover closely and let simmer until rice is tender, and liquid has been absorbed.

**SALMON CASSEROLE***(Mrs. Angus L. MacDonald)*

Cook  $\frac{1}{2}$  cup rice in boiling water (salted). When cold, line a greased baking dish with rice. Flake salmon (1 can) add to it 2 well-beaten eggs,  $\frac{1}{2}$  cup milk, 1 tablespoon melted butter, salt and pepper and mix well.

Turn into rice-lined dish and cover lightly with rice, dotted with butter. Bake in a moderate oven 25 minutes. Serve with White Sauce.

**BAKED CRAB MEAT***(Mrs. Geo. E. Ingraham)*

Line dish with sliced bacon. Pick crab meat over (1 large can), removing all small bones. Add 1 cup cracker crumbs, salt, pepper, butter. Arrange in dish in layers; be sure to have bacon on top. Add enough cream and milk to make quite soft. Bake in hot oven 20 minutes.



**BAKED HAM WITH POTATOES***(Hilda Cresswell)*

1 slice ham about an inch thick. Place in casserole and cover with 4 or 5 thinly sliced potatoes. Add 1 can tomato soup and  $\frac{1}{2}$  can milk or water, then add salt and pepper. Bake in a covered dish about 1 hour.

**UXBRIDGE FRIED CHICKEN**

Steam a large fowl until tender. Let cool, overnight. Cut up in meat servings, sprinkle with salt and dredge with flour. Brown quickly in pork fat. Arrange on a hot platter, and surround with a ring of hot baking powder Biscuits. Make gravy, using chicken broth, and pour it around the meat.

**STEWED LAMB KIDNEYS**

Cover kidney with cold water, and let cook 1 hour. Remove fat and string pieces from center, and slice in six pieces. Sprinkle with salt and pepper. Melt 2 tblsp. butter, add kidneys and cook 5 minutes. Sprinkle with 1 tblsp. flour; add gradually  $\frac{3}{4}$  cup chicken broth; cook slowly 10 minutes. Season with salt and pepper and a few drops of onion juice and 1 tsp. Worcestershire Sauce. Serve on buttered toast.

**MINCED MEAT SOUFFLE***(E. Courser)*

1 heaping cup of chopped cold meat	1 tblsp. Chopped Onion
1 cup milk	1 Egg
1 tablespoon Flour	

Thicken the milk with the flour, making a white sauce, add the meat, onion, and beaten yolk of the egg. Whip the white of the egg to a stiff froth, and fold it in and out of the mixture. (Do not stir it hard).

Put in buttered baking dish and bake twenty minutes in a moderate oven.

**GREEN PEAS AND CARROT MOLD**

2 cups Carrot pulp	1 cup Milk
Salt, Pepper	1 cup Green Peas
1 teaspoon chopped Onion	(Cooked or canned)
3 Eggs	2 tablespoons Butter

Cook carrots until tender, press through potato ricer and measure. Add salt, pepper and onion. Beat the eggs slightly, add milk, and blend well with the carrot mixture. Pour in a well-greased ring mold and set in pan of warm water. Bake until the custard is set.

Saute the drained peas in butter until thoroughly heated. Turn carrot mold on serving dish, and place the peas in the centre. Serves 6.



**GREEN PEAS AND ASPARAGUS**

- 2 cups canned Green Peas, (drained)  
 2 cups canned Asparagus cut in inch pieces  
 2 tablespoons melted Butter      2 cups white sauce  
 1 hard boiled Egg

Cook the peas and asparagus in butter until well heated, arrange on buttered toast, and pour over all the white sauce to which has been added the hard boiled egg cut in small pieces.

**BAKED CARROTS**

(*Mrs. Paul McLeod*)

- 1 bunch carrots      1 tblsp. flour  
 1 tsp. sugar       $\frac{1}{8}$  tsp. dry mustard  
 1 tsp. salt       $1\frac{1}{2}$  cups milk  
 2 tblsp. butter

Method: Scrape carrots, cut in thin slices. Put a layer in a buttered casserole or baking dish.

Mix and sift flour, sugar, salt and mustard. Sprinkle lightly over carrots and dot with butter. Add another layer of carrots and seasoning until all is used, then pour the milk over the ingredients. Cover and bake in a moderate oven 40 minutes.

**BACON DELIGHTS**

(*Mrs. E. S. Mac Kenzie*)

Put slices of cheese over 6 slices of bread, then a tblsp. of tomato mixture over that and on top of all a bit of bacon. Cook in oven till brown.

Tomato Mixture:

- $1\frac{1}{2}$  cups canned tomatoes (strain)       $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{2}$  tsp. salt      3 tblsp. minute tapioca  
 $\frac{1}{2}$  tsp. mustard

Cook till thick.

# Salads and Salad Dressings

**MAZOLA OIL DRESSING**

(*Miss M. Dimock*)

- 1 egg yolk      Some pepper  
 2 tblsp. sugar       $\frac{1}{4}$  cup vinegar  
 $1\frac{1}{2}$  tsp. salt       $\frac{3}{4}$  cup mazola oil  
 2 tsps. mustard

1 cup water and 2 tblsp. cornstarch mixed and cooked until thick. Add to other ingredients, which have been mixed in a bowl. Beat all with egg beater.



**CHIFFONADE DRESSING***(C. Stewart)*

- |                       |                           |
|-----------------------|---------------------------|
| 2 tsps. parsley       | 1 hard boiled egg (diced) |
| 2 tsps. chopped onion | 2 tsps. green pepper      |
| 2 tsps. pimento       |                           |

Add the above to French Dressing recipe.

**SALAD DRESSING***(H. Cresswell)*

- |   |                                   |
|---|-----------------------------------|
| 2 tbsps. butter                           | $\frac{3}{4}$ cup vinegar (scant) |
| 2 tsps. salt                              | 1 tsp. cornstarch                 |
| 2 tsps. mustard                           | 2-3 eggs                          |
| $\frac{1}{8}$ to $\frac{1}{2}$ cups sugar | Dash of cayenne                   |
| 1 cup milk                                |                                   |

Mix together dry ingredients. Add eggs and milk, then vinegar very slowly. Cook in a double boiler until thick.

**SOUR CREAM SALAD DRESSING**

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ teaspoonful of mustard            | 1 cupful of sour cream          |
| $\frac{1}{2}$ teaspoonful of salt               | $\frac{1}{4}$ cupful of vinegar |
| 2 tablespoonfuls of sugar                       |                                 |
| 1 whole egg and one yolk, or<br>three egg yolks |                                 |

Mix the mustard, salt and sugar and add the slightly beaten eggs. Stir in the sour cream and the vinegar and cook over hot water until the mixture coats a spoon. Serve well chilled with vegetable or meat salads.

**GRAPE JUICE SALAD**(6 Servings—uses only  $\frac{1}{4}$  package)

- |                                       |                                |
|---------------------------------------|--------------------------------|
| $\frac{1}{4}$ cup cold water          | 2 tbsps. lemon juice           |
| $\frac{1}{4}$ cup sugar               | 1 cup cold grape juice         |
| $\frac{1}{2}$ cup chopped celery      | $\frac{1}{4}$ teaspoonful salt |
| 1 envelope Knox Sparkling<br>Gelatine | 1 cup fresh apples, diced      |
| $\frac{1}{2}$ cup hot water           |                                |

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar and hot water and stir until dissolved. Add grape juice, lemon juice and salt. Cool and when mixture begins to congeal, stir in celery and apples. Pour into molds that have been rinsed in cold water and chill. Unmold on crisp lettuce and garnish with mayonnaise and nut meats.



**JELLIED CHICKEN AND VEGETABLE SALAD**

$\frac{1}{2}$ cup cold water	1 cup mixed cooked or canned vegetables
1 tbsp. granulated gelatin	1 cup cooked or canned chicken sliced
$\frac{1}{2}$ tsp. salt	Lettuce
$1\frac{1}{2}$ cup boiling chicken broth	
1 canned pimiento	
Mayonnaise	

Pour the cold water into a bowl and sprinkle the gelatin on top. Add the salt and boiling chicken broth, and stir until the gelatin is dissolved. Pour a thin layer of this mixture into a loaf pan, 10"x6"x2"; chill slightly; then arrange on it the pimiento cut in strips and a few of the 1 cup of vegetables, which may be peas, string beans, carrots, celery, asparagus, etc. Chill until almost firm, then arrange on it the remaining vegetables, chicken, and gelatin mixture. Chill until firm, then unmold on lettuce and serve with mayonnaise. Serves 6. To serve 2 or 3, make half this recipe.

**MOULDED SALMON WITH CUCUMBER SAUCE***(Mrs. Geo. E. Ingraham)*

1 can salmon	Yolks of 2 eggs
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ tablespoons melted butter
$1\frac{1}{2}$ tablespoons sugar	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ tablespoon flour	$\frac{1}{4}$ cup vinegar
1 teaspoon mustard	$\frac{3}{4}$ tblsp. granulated gelatine
Few grains cayenne	2 tblsp. cold water

Remove salmon from can, rinse thoroughly with hot water, and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook over boiling water. Stir constantly until mixture thickens. Add gelatine soaked in cold water. Strain, and add to salmon. Fill individual mould. Chill and serve with Cucumber Sauce, made as follows:

Beat  $\frac{1}{2}$  cup heavy cream until stiff, add  $\frac{1}{4}$  tsp. salt, few grains pepper and gradually two tablespoons vinegar. Then add 1 cucumber, pared, chopped and drained.

**SALAD***(Miss M. Dimock)*

1 package lemon jelly	$\frac{1}{2}$ tsp. salt
1 cup boiling water	1 cup crushed pineapple
1 cup pineapple juice	1 cup grated raw carrots
1 tablespoon vinegar	$\frac{1}{2}$ cup pecans or walnuts

Dissolve jelly in boiling water with vinegar and salt. When slightly thick, add other ingredients.



**ANCHOVY SALAD***(Mrs. R. MacInnis)*

Yolks of 4 hard boiled eggs	Small piece of onion cut fine
4 large potatoes boiled and mashed	6 tablespoons salad oil
$\frac{1}{2}$ tsp. salt	2 tablespoons vinegar
1 tsp. mustard	2 teaspoons anchovy sauce

**JELLIED SALAD***(Mrs. A. R. Rettie)*

1 package Lemon Jell-O	$\frac{1}{4}$ cup peas
$\frac{1}{2}$ cup shredded cabbage	$1\frac{1}{2}$ tablespoons vinegar
$\frac{1}{2}$ cup grated carrots	

**CUCUMBER JELLY**

2 Cucumbers	Dash of mace
1 Slice of onion	1 tablespoonful of lemon juice
1 teaspoonful of celery seed	$\frac{1}{4}$ teaspoonful of paprika
1 teaspoonful of minced green pepper	Gelatine
1 small bay leaf	Cold Water
	Green Coloring

Peel the cucumbers, slice and place in a saucepan. Add the onion, celery seed, green pepper, bay leaf and mace and enough cold water to cover. Simmer until tender and season to taste with salt. Press through a sieve, add lemon juice and paprika and for each cupful of the hot mixture, add three-quarters of a tablespoonful of gelatine softened in three tablespoonfuls of cold water. Stir until the gelatine is dissolved, add green coloring to color a delicate green and mold as desired. In small individual molds, it makes a delicious accompaniment to chilled fish. In large individual molds, with a slice of cucumber placed in the bottom before adding the jelly mixture it makes a cool salad to be served on watercress with a well-seasoned French dressing. Turned out of a ring mold, the centre filled with flaked fish and garnished with mayonnaise, it makes a novel luncheon or supper dish.

Tuna fish, salmon or shrimps may be molded in this jelly and are most attractive when molded in layers with sliced hard-cooked eggs, sliced olives and small sprigs of fresh parsley. Serve with mayonnaise to which additional lemon juice has been added.

**SALMON SUMMER SALAD**

One can salmon, 1 cup scraped corn, 1 apple or stalk celery, 1 green pepper, mayonnaise. Cut fine the pepper and apple or celery, add fish and corn, moisten with mayonnaise and serve on shredded lettuce or stuff in tomatoes.



**STUFFED PEPPER SALAD***(M. J.)*

$\frac{3}{4}$ cup mayonnaise	Dash cayenne
2 cupfuls cooked Halibut, flaked	$\frac{1}{2}$ cupful celery, diced
2 teaspoonfuls onion, grated	6 green peppers
1 teaspoonful salt	

To the mayonnaise, add the halibut, onion, salt, cayenne and celery. Cut a 2 in. slice from each green pepper, and remove the seeds and pits. Chop the remainder of the pepper, and add to the first mixture. Fill the pepper slices with the fish and pepper mixture. Garnish with additional mayonnaise and a dash of paprika. Serve on crisp lettuce. Serves 6.

**POTATO SALAD**

Boil potatoes with an onion, cut in squares. Add bacon fat tried out from 4 slices of bacon. Mix well while potatoes and fat are hot. Add 1 chopped onion and 2 hard-boiled eggs, chopped. Moisten well with salad dressing and mould. Chill and garnish.

**SALAD DRESSING**

6 level tablespoons sugar	1 heaping tablespoon mustard
1 level tablespoon salt	3 eggs well beaten
1 level tablespoon flour	1 cup vinegar

Pre-heat vinegar with piece of butter. Beat eggs lightly and add to dry ingredients. Add 3 cups milk and mix well. Add hot vinegar slowly. Return all to top of double boiler, and cook until smooth. If it curdles, beat with dover beater. Put in bottle or jar, and keep in a cool place.

**JELLIED CHICKEN SALADS***(Mrs. O. S. Cox)*

Dissolve 2 tbsp. gelatine in  $1\frac{1}{2}$  cup boiling, seasoned chicken stock. Add  $\frac{1}{4}$  cup chopped celery, 1 cup diced chicken, 1 tsp. minced onion. Cool. Add  $\frac{1}{2}$  cup salad dressing. Pour into mould. When firm turn out on lettuce leaves. Garnish.

**VARIATIONS FOR FOUNDATION DRESSINGS**

With mayonnaise, cooked dressing or short-cut dressing, combine a small amount of each or any of the following: chopped canned pimiento, green pepper, fresh red sweet pepper, onion, sweet pickles or olives, finely cut, chili sauce or other relish to taste, minced parsley or paprika for colour.

Whipped cream is often added to any thick dressing. Beat until stiff, fold lightly into dressing just before serving. Use any proportion from a minor amount of to equal quantities cream and dressing. Particularly liked for fruit salads.



**TOMATO MOLD WITH VEGETABLES***(M. J.)*

- |                            |                               |
|----------------------------|-------------------------------|
| 4 tsps. gelatine           | 1 tsp. Worcestershire Sauce   |
| 2 tblsps. cold water       | 1½ tsps. cooked Green Peas or |
| 2 cupfuls cooked or canned | Lima Beans                    |
| Tomatoes                   | 1 tsp. Onion finely chopped   |
| 1 tsp. scraped Onion       | ¼ teaspoonful Salt            |
| ½ tsp. salt                | French Dressing               |
| 2 tsps. sugar              | Mayonnaise                    |

Soak gelatine in cold water. Cook Tomatoes and seasonings for 10 min. and strain off the liquid. Dissolve gelatine in the hot liquid. Pour into a ring mold and chill until firm. Toss the peas, chopped onion, ½ tsp. salt and French Dressing together lightly and chill for 30 min. Drain thoroughly. When jelly is firm, unmold the ring on crisp lettuce. Pile vegetable mixture in the centre. Serve with mayonnaise. Serves 6.

**JELLIED SPRING SALAD***(C. Stewart)*

- |                     |                              |
|---------------------|------------------------------|
| 1 pkg. lemon jelly  | 1 tsp. salt                  |
| 1 cup boiling water | 1 cup diced cucumber         |
| 1 cup ice water     | 1 cup thinly sliced radishes |
| ½ pkg. gelatine     | 1 cup diced onions           |
| 1 tsp. vinegar      |                              |

Dissolve gelatine in cold water. Dissolve jelly in boiling water. Add gelatine to jelly mixture. Add salt and vinegar and when slightly set put ½ inch in moulds. Add chopped ingredients, then fill moulds with liquid. Chill. Serve with cress.

**PERFECTION SALAD***(C. Stewart)*

- |                      |                         |
|----------------------|-------------------------|
| 3 tsps. gelatine     | 1 cup shredded cabbage  |
| ¾ cup cold water     | Juice 1 lemon           |
| ¼ cup vinegar        | ½ cup white sugar       |
| 1 pint boiling water | 2 cups chopped celery   |
| 1 tsp. salt          | 2 red or green peppers, |
|                      | Chopped (sweet)         |

Dissolve gelatine in cold water, add hot water, then vinegar, salt, sugar and lemon juice. Put chopped vegetables in jelly moulds, then add liquid and set to cool. Dip moulds in hot water quickly when removing salads to serve.

**FRENCH DRESSING***(C. Stewart)*

- |                   |              |
|-------------------|--------------|
| ¾ cup vinegar     | 1 tsp. salt  |
| 1½ cup oil        | 1 tsp. sugar |
| ¼ cup lemon juice |              |

Mix all together and shake well in bottle.



**FRUIT SALAD PLATE WITH FROZEN PISTACHIO CHEESE**

1 large orange	6 peach halves
Frozen Pistachio Cheese (see recipe below)	6 pear halves
Lettuce	Fresh eating cherries
6 pineapple wedges	Mayonnaise
	Cream

Pare and cut the orange into thin crosswise slices. Chill all fruits. For each serving place a square of the Frozen Pistachio Cheese in the center of a dinner plate. Arrange 4 pieces of lettuce around it, and place a pineapple wedge, a peach half, a pear half, and 2 orange slices on them. Garnish with a few cherries and a tablespoonful of mayonnaise mixed with cream. This recipe makes 6 salad plates.

**FROZEN PISTACHIO CHEESE**

3, 3-oz. pkg. cream cheese	$\frac{1}{2}$ tsp. salt
2 oz. Roquefort cheese	Green coloring
1 tblsp. lemon juice	$\frac{1}{2}$ cup shelled pistachio nuts
$\frac{1}{2}$ cup heavy cream, whipped	

Mix the cream and Roquefort cheeses. Add the lemon juice and salt and sufficient green coloring to tint a delicate green. Add the nutmeats, and fold in the whipped cream. Turn into the freezing tray of an automatic refrigerator, and freeze until firm. Cut into squares. Serves 6.

**FRUIT SALAD DE LUXE***(M. E. W.)*

1 can pineapple drained and slices cut in segments	1 pt. bottle maraschino cherries halved
2 grape fruit	3 celery hearts
3 oranges	1 green pepper shredded wafer thin
$\frac{1}{2}$ lb. white grapes seeded and halved lengthwise	6 Brazil nuts.

Mix and chill. When ready to serve add following dressing. Cook together for five minutes;  $\frac{3}{4}$  cup pineapple juice and  $\frac{1}{2}$  cup sugar.

Pour over beaten yolks of 4 eggs and cook over hot water for one minute or until it thickens. Beat until cold and thick and add

$\frac{1}{4}$ tsp. salt	2 tblsp. lemon juice
$\frac{1}{8}$ tsp. paprika	

Just before serving fold in one cup of whipped cream. Garnish with cheese balls and cherries.



**TOMATO CHEESE SALAD***(Mrs. B. E. Fanjoy)**New Glasgow*

1 level tblsp. Knox gelatine  
 $\frac{1}{2}$  cup cold water  
 1 can tomato soup  
 1 pkg. cream cheese  
 $\frac{1}{2}$  cup mayonnaise

Few grains salt  
 $\frac{1}{2}$  cup cream (whipped)  
 1 tblsp. onion juice  
 1 tblsp. butter  
 $\frac{1}{2}$  cup chopped olives (stuffed)

Soak gelatine in cold water for 5 minutes. Heat soup in a double boiler and add cheese, onion juice and butter. Heat until cheese is softened, then add gelatine and stir until dissolved. Cool, add mayonnaise, cream and olives. Turn into moulds and chill. When firm remove to bed of lettuce. This may be thoroughly chilled or frozen in tray of automatic refrigerator.

# Hors D'Oevres and Sandwiches

**CHEESE AND PRUNE APPETIZER**

Remove pit from cooked prunes and stuff with creamed cheese. Put on rounds of bread and toast.

**HAM AND ASPARAGUS ROLLS**

Can of drained asparagus tips  
 Salad dressing  
 Thin slices of cooked ham

Trim ham slice so that it is slightly narrower than asparagus tips are long. Space one tip on each slice of ham and roll up tightly like a jelly-roll. Some of tip should protrude on either side of ham. Secure each roll with a tooth-pick and serve.

**ANCHOVY AND CREAM CHEESE BALLS**

1 pkg. of cream cheese  
 1 tblsp. anchovy paste

1 tsp. minced onion  
 crisp unsweetened crackers

Mash cream cheese, anchovy paste and onion. Form into ball and arrange in centre of each cracker.

**LIVER AND HARD COOKED EGG SPREAD**

$\frac{1}{2}$  cup chopped cooked calves liver  
 1 shelled hard cooked egg chopped  
 1 tsp. minced onion  
 $\frac{1}{4}$  tsp. salt

speck pepper  
 2 tblsp. mayonnaise  
 Spread on crackers



1 can crabmeat                      2 tblsp. mayonnaise  
1 tblsp. lemon juice                1 tblsp. French dressing  
crisp celery stalks 2½ to 3 inches long.

Spread thin slices of orange bread with a mixture of cream cheese, current jelly and chopped almonds. Put slices together and cut in small fancy shapes.



### PINWHEEL SANDWICHES

Cut thin slices of fresh steamed bread lengthwise of loaf. Spread with a thin layer of creamed butter. On one slice spread pimiento cheese mixed with salad dressing. Roll and cut. Another slice spread with chicken paste mixed with chopped parsley and green pepper. Another slice spread with creamy mixture of hard cooked egg yolk and butter.

### EGG SANDWICHES

Chop finely 4 hard boiled eggs. Add  $\frac{1}{2}$  cup minced ham or one tblsp. of crisped bacon. Moisten with boiled dressing. Spread between slices of white, graham, or rye bread.

### SWEETBREAD SANDWICHES

Chop finely well seasoned sweetbreads. There should be about one cup. Add  $\frac{1}{2}$  cup deviled ham and  $\frac{1}{2}$  cup chopped cucumber. Moisten with salad dressing. Spread between slices of bread and cut in fancy shapes.

### PICADILLY SANDWICHES

Slice white bread and spread with softened butter. Chop very fine enough cold chicken to make one cup. Add to it one cup of finely chopped cold boiled ham and 6 chopped olives. Moisten with 3 tblsp. of salad dressing and one teaspoon of lemon juice. Spread between bread slices and cut. Serve garnished with cress or tiny sweet gherkins.

### CHICKEN SUPREME SANDWICHES

Put  $\frac{1}{2}$  cup chicken, 2 olives,  $\frac{1}{4}$  green pepper and 1 hard boiled egg through food chopper. Add  $1\frac{1}{2}$  tsp. Chili sauce and 2 tblsp. salad dressing. Mix well and use as a filling for toasted sandwiches.

### SAUTED SARDINES

Have ready some thinly sliced bacon and the sardines, drained. Fry the bacon, put in the sardines and cook until thoroughly heated. Season with pepper or paprika and serve very hot, on toast or heated crackers.

### EGG SANDWICHES

Chop finely 2 hard boiled eggs. Add 1 tblsp. chopped Bermuda onion, 1 tblsp. chopped cucumber pickle and 4 stuffed olives cut in small pieces. Moisten with salad dressing.

### SANDWICH FILLING

Chopped onion. Beaumere cheese. Green pepper.



**BACONIZED CAMEMBERT SPREAD**

4 slices of bacon                      crisp crackers  
 4 tblsp. Camembert cheese

Cook bacon until crisp. Drain and chop fine. Blend with cheese and spread on crisp crackers.

**TOASTED RAISIN SANDWICHES**

(Mrs. L. Donovan)

$\frac{1}{2}$  cup chopped cheese                      6 drops tabasco sauce  
 $\frac{1}{2}$  cup raisins                      Bread

Plump raisins, drain and chop using a coarse cutter. Blend raisins with cheese and spread on buttered slices of bread. Put slices together as a sandwich and toast on both sides. Serve hot.

**TOASTED MUSHROOM SANDWICHES**

(E. H. S.)

1 lb. fresh mushrooms (or 1 can)                       $\frac{1}{4}$  tsp. salt  
 4 tsp. onion                      dash paprika  
 8 tblsp. butter                      12 slices of bread  
 2 tblsp. cream

Wash mushrooms if fresh. Chop very fine. Add onion and saute with 2 tblsp. of the butter in pan until brown. Add cream, salt and paprika, and use as filling. Butter the outside of the bread with the remaining butter and toast on both sides in broiler or oven.

**HAM WHIMSIES**

Combine a small can deviled ham with twice its quantity of minced cucumber. Spread on tiny crackers and top with a pickled onion or India relish.

**CHEESE DREAMS**

Butter slices of white bread cut fairly thin, and make into sandwiches with slices of cheese between, seasoned with paprika, and salt. Dip each sandwich into beaten egg and milk, (half cup milk to one egg, which is sufficient for three full-sized sandwiches), and fry in melted butter in the chafing-dish.

**SANDWICH SPREAD OR FILLING**

(Mrs. B. E. Fanjoy)

New Glasgow

$\frac{1}{2}$  cup butter                      3 tsps. salt  
 1 cup granulated sugar                      3 tsps. flour  
 $\frac{1}{4}$  cup sweet cream                       $\frac{1}{4}$  lb. cheese  
 1 cup vinegar                      (McLaren preferred)  
 3 eggs                      1 can Pimento  
 3 tsps. mustard                      1 bottle olives (small)

Cook in a double boiler until thick. This makes 1 qt. and keeps indefinitely.



# Sauces for Meats, Fish and Puddings

## BREAD SAUCE

- |                                      |                         |
|--------------------------------------|-------------------------|
| $\frac{1}{2}$ cup Stale Bread Crumbs | $\frac{1}{2}$ tsp. salt |
| $1\frac{1}{2}$ cup Milk              | Few grains cayenne      |
| 1 tblsp. Onion, chopped              | 2 tblsp. butter         |
| 4 to 6 Cloves                        |                         |

## HOLLANDAISE SAUCE

- |                         |                                 |
|-------------------------|---------------------------------|
| 3 tblsp. butter         | Few grains cayenne              |
| 2 yolks of Eggs         | $\frac{1}{2}$ cup boiling water |
| $\frac{1}{4}$ tsp. Salt | 1 tblsp. Lemon Juice            |

Cream the butter; add the beaten yolks of eggs. Add seasonings and water. Cook over water boiling very gently, until thick; stir constantly.

Remove from heat; add lemon juice.

Serve at once with fish steaks, baked fish or cutlets.

## HARD SAUCE

(*B. Donkin*)

- |                                |                 |
|--------------------------------|-----------------|
| 1 cup butter                   | 1 tsp. Vanilla  |
| 1 cup powdered Sugar           | 1 tblsp. brandy |
| $\frac{1}{2}$ cup cream beaten |                 |

Cream butter, add sugar and cream alternately. Flavour and serve very cold.

## FRESH MINT FOAMY SAUCE

- |                            |                                    |
|----------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter   | 1 egg (well beaten)                |
| 1 cup powdered sugar       | $\frac{1}{2}$ cup strawberry juice |
| 2 tblsp. minced fresh mint |                                    |

Cream butter thoroughly. Add sugar gradually, then beaten egg. Add strawberry juice and beat until fluffy. Just before serving add mint. Serve on individual strawberry short cakes.

## MINT SAUCE

- |  |                           |
|--|---------------------------|
| $\frac{1}{2}$ cup Mint Leaves finely chopped | $\frac{1}{2}$ cup Vinegar |
| $\frac{1}{2}$ cup Water                      | 2 tblsp. Sugar            |

Mix water, vinegar and sugar; stir until sugar is dissolved. Pour over mint; let stand at back of range 30 minutes.



**SAUCE TARTARE**

1 cup Mayonnaise Dressing	$\frac{1}{2}$ tblsp. Capers
$\frac{1}{2}$ tblsp. Chopped Olives	$\frac{1}{2}$ tblsp. Parsley (finely chopped)
$\frac{1}{2}$ tblsp. Chopped Pickles	Few drops onion juice

To mayonnaise add remaining ingredients. Serve with fish or fish cutlets.

**BROWN SUGAR SAUCE**

$\frac{1}{2}$ cup Brown Sugar	1 cup boiling water
$\frac{2}{3}$ tblsp. Cornstarch	1 tblsp. butter
Few grains salt	$\frac{1}{2}$ tsp. vanilla

Mix sugar, cornstarch and salt. Add boiling water, stir and cook. Add butter and vanilla.

**CHOCOLATE SAUCE**

$\frac{1}{2}$ cup Gran. Sugar	$1\frac{1}{2}$ to 2 oz. Chocolate
$\frac{1}{2}$ cup Water	$\frac{1}{4}$ tsp. Vanilla

Melt chocolate over hot water. Add one-half the sugar gradually. Add boiling water slowly, then the remainder of the sugar. Cook until sugar is dissolved and sauce is thick. Flavor.

**RAISIN SAUCE**

(Miss E. Courser)

$\frac{3}{4}$ cup seedless raisins	1 tablespoon butter
1 cup water	1 tablespoon vinegar
4 or 5 cloves	1 teaspoon lemon juice
$\frac{3}{4}$ cup sugar	A few drops Worcestershire
1 teaspoon cornstarch	sauce

Cover raisins with water, add cloves and cook until raisins are tender. Add remaining ingredients in order given. Serve hot with ham.

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## Hot Puddings

**LEMON PUDDING No. 1**

(Mrs. C. MacG. Crooks)

2 eggs	1 cup sugar
1 thick slice of bread	1 lemon
$1\frac{1}{2}$ cups milk	

Crumb bread into backing dish, add milk, beaten yolks of eggs, half the sugar, and the grated rind of the lemon.

Bake in moderate oven in a pan of water as for baked custard. When custard is set remove from the oven and cover with a meringue made with the whites of the eggs beaten to which is added the remaining half of the sugar. After piling meringue on pudding pour over the top the juice of the lemon and return to the oven to brown.



**LEMON PUDDING NO. 2***(Mrs. C. MacG. Crooks)*

Part 1. 1 lemon  
1 tsp. butter

1 cup sugar  
2 cups water

Slice lemon thin, remove seeds and boil with other ingredients until lemon is tender (1 hour or longer).

Part 2.  $\frac{1}{2}$  cup sugar  
1 tblsp. butter  
 $\frac{1}{2}$  cup flour

1 egg  
 $\frac{1}{2}$  cup milk  
2 tsp. baking powder

Cream butter and sugar in dish in which it is to be baked, drop in egg and beat thoroughly, add milk, and flour sifted with baking powder. Pour Part 1 (which should be boiling or nearly so) into the centre of the cake mixture and bake in a moderate oven for thirty minutes.

Serve hot—no sauce required.

**CHOCOLATE SOUFFLE**

1 tablespoon butter  
1 cup milk  
2 squares chocolate

3 tablespoons flour  
 $\frac{1}{2}$  cup sugar  
3 eggs

Melt the butter, add the flour and mix thoroughly. Add the scalded milk and the sugar and cook, stirring constantly, until mixture thickens. Add the melted chocolate and the beaten egg yolks. Fold in the stiffly beaten egg whites and pour into a buttered baking dish. Place the dish in a pan of warm water and bake in a moderate oven until set. Serve with custard sauce.

**PLUM PUDDING***(Mrs. Forster)*

$\frac{1}{2}$  lb. suet  
2 cups bread crumbs  
2 cups flour  
2 tsps. baking powder  
2 cups brown sugar  
4 eggs  
 $1\frac{1}{2}$  lbs. raisins  
 $\frac{1}{2}$  lb. citron  
 $\frac{1}{2}$  lb. figs  
 $\frac{1}{2}$  lb. dated  
 $\frac{1}{4}$  lb. cherries

1 tsp. cinnamon  
1 tsp. cocoa  
 $\frac{1}{4}$  tsp. mace  
 $\frac{1}{4}$  tsp. cloves  
 $\frac{1}{2}$  tsp. ginger  
1 tsp. salt  
 $\frac{1}{4}$  tsp. grated nutmeg  
1 cup milk  
 $\frac{1}{4}$  cup molasses  
 $\frac{1}{2}$  tsp. almond flavoring

Put suet through grinder, first removing membrane. Add to fruit and flour with 1 cup of flour. Mix bread crumbs with milk. Add sugar and eggs. Sift remaining cup of flour with baking powder and spices. Add to bread crumbs. Add molasses and then fruit and flavoring. Steam 4 hours.



**BANCROFT PUDDING***(Miss Hilda Scott)*

- |                            |                             |
|----------------------------|-----------------------------|
| 1 tablespoon melted butter | 1 egg, well beaten          |
| 1 cup sugar                | 2 teaspoons cream of tartar |
| 1 pt. flour                | 1 teaspoon soda             |
| 1 cup milk                 |                             |

Mix well and bake 20 minutes. Serve with sauce.

**FRITTER BATTER***(B. Donkin)*

- |                   |                      |
|-------------------|----------------------|
| 1½ cups flour     | 2 tsp. baking powder |
| ½ tsp. salt       | 2/3 cup milk         |
| 1 well beaten egg |                      |

Sift flour with salt and baking powder, add milk gradually, then egg. Dip small pieces of fruit, such as small pieces of banana or peach. Fry in deep fat. Serve with maple syrup.

**COTTAGE APPLE PUDDING***(Flavilla Hiltz)*

- |               |                               |
|---------------|-------------------------------|
| ¼ cup butter  | 1 cup sugar                   |
| 1 egg         | ½ cup milk                    |
| 1¾ cups flour | 3 tsp. baking powder          |
| ½ tsp. salt   | Sliced Canadian grown apples. |

Mix a plain cake. Butter pudding dish. Place sliced apples in the bottom of the dish, pour the batter over them and bake in a moderate oven 35 minutes. Serve with lemon sauce.

**SUET PUDDING***(Mrs. H. Y. Haines)*

- |  |                          |
|--|--------------------------|
| <sup>3/4 cups</sup><br><del>3 oz.</del> beef suet    | 1 egg                    |
| <sup>1 3/4 cups</sup><br><del>1 1/2 cups</del> flour | 1 teaspoon baking powder |
| <sup>1/3 cup</sup><br><del>1/2 cup</del> sugar       | pinch salt.              |

Chop suet finely. Add flour, baking powder and salt. Add beaten egg. Cover with buttered paper and steam 1 hour. Serve with golden syrup.

**DATE PUDDING***(Miss M. Dimock)*

Sift together 1 cup pastry flour, 1 cup granulated sugar, and 2 tsps. baking powder.

Add 1 cup chopped dates, ½ cup sweet milk. Mix well and put in buttered baking dish.

Mix 1 cup brown sugar, 2 cups boiling water, 1 tblsp. butter. Stir well, then pour this sauce over the batter. Bake in moderate oven 30-40 minutes. Whipped cream may be served on this.



**LEMON PUDDING***(Mrs. H. E. Crowell)*

1 tablespoon melted butter

2 tablespoons flour mixed to a smooth paste.

Drop in 2 egg yolks, add grated rind and juice of one lemon,  $\frac{3}{4}$  cup of sugar and 1 cup of milk. Fold in 2 stiffly beaten egg whites, and pour in greased dish. Set in pan of water and bake 40 minutes in a moderate oven.

**BACHELOR'S PUDDING***(Mrs. E. H. Blois)*

Pare, core and chop sufficient apples to make 1 pint, and add to them half a package of seedless raisins, 2 cups of stale (not dry) bread crumbs, 2 tablespoons of sugar. Mix well and work in 3 well beaten eggs and a quarter of nutmeg grated.

Boil in a buttered mold  $1\frac{1}{2}$  hours. Serve with orange sauce.

**RICE CREAM***(Mrs. R. McColl)***Ingredients:** $\frac{1}{2}$  cup of rice $\frac{1}{2}$  cup of cold water

1 cup of milk

2 eggs

 $\frac{1}{4}$  teaspoonful of salt $\frac{1}{4}$  cup of sugar $\frac{1}{4}$  teaspoonful of flavoring  
extract (almond)**Directions:**

Place rice in double boiler, add water and  $\frac{1}{4}$  teaspoonful of salt. Cook for ten minutes. Then add milk, cook for thirty minutes more. Separate eggs, beat yolks slightly, add sugar. Pour hot mixture slowly on egg and sugar mixture, stir and return to double boiler and cook eight minutes. Fold hot mixture into stiffly beaten egg whites. Add flavoring. Chill and serve.

**DEPRESSION PUDDING***(Mrs. E. J. Rutledge)*

2 cups chopped apples

 $\frac{1}{2}$  cup raisins

1 cup flour

Spread in baking-dish, cover with

2 cups boiling water

1 cup brown sugar

 $1\frac{1}{2}$  tsp. baking powder $\frac{1}{2}$  tsp. salt

About 2 tbsps. milk

2 or 3 tbsps. butter

**MACARON RICE PUDDING***(Mrs. T. M. Sieniewicz)*

4 cups milk

 $\frac{1}{2}$  cup sugar

4 tbsps. uncooked rice

 $\frac{1}{2}$  tsp. salt

2 tbsps. butter

9 macaroons

1 egg beaten

Combine all ingredients, but eggs and macaroons. Turn into greased baking dish. Bake in a slow oven for 2 hours, stirring occasionally. Remove from oven, place macaroons around side of dish, and pour egg over top. Return to oven and bake one-half hour longer.



**STEAMED FIG PUDDING***(Miss B. Donkin)*

- |                    |                    |
|--------------------|--------------------|
| 2 cups breadcrumbs | 3 well beaten eggs |
| 1½ cups sugar      | 1 lb. chopped figs |
| 1 cup chopped suet | spices and salt    |
| ½ cup milk         |                    |

Mix crumbs, sugar, suet, figs, and spices, then add eggs and milk. Steam 3½ hours.

**HALF-HOUR PUDDING***(Mrs. G. Donovan)*

Put in your mixing bowl, ½ cup brown sugar, 1 cup flour with which has been sifted 2 teaspoons baking powder and a pinch of salt, 1 cup raisins and ½ cup sweet milk. Mix and put in greased pudding dish.

1 1/2 cups Then take 1 1/2 cups boiling water, 1 cup brown sugar, 1 tablespoon butter, ¼ teaspoon nutmeg. Mix until sugar is melted and pour over the batter in the pudding dish. Bake for 25 minutes in moderate oven. You will find pudding complete with sauce and quite ready to serve.

**LEMON CRUMB PUDDING***(Mrs. F. J. Hiltz)*

- |                     |                        |
|---------------------|------------------------|
| 2 cups milk         | 1 egg                  |
| 2 cups bread crumbs | Grated rind of 1 lemon |
| ¼ tsp. salt         | 3 tblsps. lemon juice  |
| ¼ cup sugar         | 1 tblsp. melted butter |

Pour the milk over fine, dry bread crumbs, add salt and sugar, well-beaten egg, grated lemon rind, lemon juice and melted butter. Pour into buttered baking dish and bake in a slow oven (300°) 40 minutes. Serve with Creamy Pudding Sauce.

**GINGER PUDDING***(Mrs. R. MacInnes)*

- |                      |                        |
|----------------------|------------------------|
| ½ cup butter         | 2¼ cups flour          |
| ½ cup sugar          | 3½ tsps. baking powder |
| 1 beaten egg         | ¼ tsp. salt            |
| ½ cup chopped ginger | 2 tsps. ground ginger  |

Steam two hours

**A NICE PUDDING***(Mrs. Ralph P. Smith)*

Cover the bottom of a pie dish with half an inch of fine bread crumbs, add the grated rind of a whole lemon, a tablespoonful of white sugar, and a pinch of salt. Cover with three eggs (lightly beaten) and a pint and a half of milk. Bake in a medium oven and when cool cover with raspberry or strawberry jam and pile up with whipped cream. White of egg (stiffly beaten) may be substituted for the whipped cream.



**SCALLOPED APPLES**

2 cups bread crumbs	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup butter (melted)	$\frac{1}{8}$ tsp. nutmeg
6 cups sliced, pared, cored apples	2 tbsps. lemon juice
$\frac{1}{2}$ cup water	Rind of $\frac{1}{2}$ lemon

Combine crumbs and butter. Arrange  $\frac{1}{3}$  of this mixture in pudding dish. Put in half the apples. Sprinkle with  $\frac{1}{2}$  the sugar, nutmeg, lemon juice and rind, which have been combined. Bake for  $1\frac{1}{2}$  hours at 350.

**FIG PUDDING***(Mrs. M. B. Ardhibald)*

Moisten 2 cups grated graham or oatmeal bread with  $\frac{1}{2}$  cup of sweet cream. Mix into this 1 cup of chopped figs,  $\frac{1}{2}$  cup of sugar and 1 cup of milk. Pour into a buttered mould and steam  $2\frac{1}{2}$  hours. Serve with cream.

**BAKED BANANAS***(Mrs. J. V. Graham)*

6 bananas cut in halves lengthwise, and put in buttered baking dish. Mix 6 tablespoons hot water, juice  $\frac{1}{2}$  lemon, 2 tablespoons brown sugar, 1 tablespoon butter. Pour liquid over bananas, and bake in moderate oven about 40 minutes.

**BLUEBERRY PUDDING***(Mrs. V. H. T. Parker)*

Make a rich biscuit batter and roll out a little bigger than a pie plate. On one half put  $2\frac{1}{2}$  cups blueberries, 1 scant cup sugar, 2 drops almond flavoring. Fold over pressing edges closely together.

Put in a deep baking pan and pour over the following mixture:

1 cup white sugar	butter size of egg
2 cups boiling water	

Bake 45 minutes in moderate oven and serve with thick cream.

**PRUNE PUDDING***(Mrs. E. W. Spurr)**New Glasgow*

1 cup cooked prunes (seeded and chopped)	
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ tsp. lemon
$\frac{1}{4}$ cup walnuts (chopped)	$\frac{1}{2}$ cup cracker crumbs
$\frac{1}{2}$ cup milk	1 tsp. baking powder
1 tsp. vanilla	$\frac{1}{8}$ tsp. salt

Mix all together. Put in a buttered baking dish and place dish in a pan of water. Bake in a moderate oven for 25 minutes. Serve warm with cream.



# Electric Refrigerator Desserts

## ORANGE MILK SHERBET

(Miss E. Courser)

- |                                |                         |
|--------------------------------|-------------------------|
| 1 cup evaporated milk          | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ cup orange juice | Pinch of salt           |
| 2 tablespoons lemon juice      |                         |

Scald and chill evaporated milk, and whip until thick. Add orange juice, lemon juice, sugar and salt. Turn into freezing tray and let stand until frozen. Stir occasionally during first part of freezing period. Serves 6.

## FROZEN PRUNE WHIP

(Miss E. Courser)

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 egg white                    | 1 tablespoon lemon juice      |
| $\frac{1}{2}$ cup sugar        | 1 teaspoon grated orange rind |
| $\frac{1}{2}$ cup prune pulp   | 1 cup whipping cream          |
| $\frac{1}{2}$ cup orange juice |                               |

Beat egg white until stiff, add sugar, and then prune pulp. Whip cream until stiff, add orange juice, lemon juice, and orange rind. Combine the two mixtures, turn into freezing tray and let stand until firm. 6 servings.

## MAPLE PARFAIT

(Miss E. Courser)

- |                     |                       |
|---------------------|-----------------------|
| 1 cup maple syrup   | 1 pint whipping cream |
| 3 eggs              | Salt                  |
| 2 teaspoons vanilla |                       |

Heat maple syrup and pour over well beaten eggs, and cook over hot water for a few minutes. Let cool. Add salt, vanilla and whipped cream. Turn into freezing tray and freeze without stirring.

## MARSHMALLOW ICE CREAM

(Miss E. Courser)

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 cup marshmallows cut in pieces | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ cup hot milk       | 2 egg whites                   |
| $\frac{1}{4}$ cup sugar          | 1 cup whipping cream           |
| Pinch of salt                    | $\frac{1}{2}$ cup grapenuts    |

Melt marshmallows and sugar in hot milk, add salt, and allow to cool. Then add vanilla, beaten egg whites, whipped cream and Grapenuts. Turn into freezing tray and freeze slowly, stirring two or three times during first part of freezing process.



### ICE BOX CAKE

(Mrs. H. Y. Haines)

Melt  $\frac{1}{2}$  cup sugar, 2 squares unsweetened chocolate in  $\frac{1}{4}$  cup water on stove. Add 4 beaten egg yolks and set away to cool,  $\frac{1}{2}$  lb. unsalted butter, 1 cup powdered sugar creamed together and 4 egg whites well beaten. Combine mixtures and add 1 teaspoon vanilla. Place in refrigerator pan layer of lady fingers, macaroons, cherries and nuts; then layer of mixture, alternately, until all is used. Put in ice box for at least 24 hours. Serve with whipped cream.

### ICE CREAM

(Mrs. T. M. Sieniewicz)

1 can condensed milk, add enough water to make  $2\frac{1}{2}$  cups. Put in double boiler, and scald. Pour over 2 egg yolks and return to double boiler. Cook until thickened. Add pinch of salt. Chill and add 1 pint whipped cream, 1 tablespoon vanilla. Takes 3 hours to freeze.

### ICE BOX ROLLS

(Miss E. Courser)

$\frac{1}{2}$ cup sugar	1 yeast cake soaked in
1 cup boiling water	$\frac{1}{2}$ cup warm water
1 tablespoon butter	$3\frac{1}{2}$ cups flour
1 egg, well beaten	

Mix sugar, butter and boiling water together, and let cool. Add beaten egg, yeast and flour. Let stand in the refrigerator over night. Make into small rolls, let rise, and bake in muffin pans.

### FROZEN GINGER CREAM

(L. M. Scott)

1 cup of thick cream	$\frac{1}{2}$ cup of preserved ginger
$\frac{1}{2}$ cup of powdered sugar	4 drops of lemon

Beat mold and bury in equal parts of ice and salt for two hours.

### MAPLE PARFAIT

(B. Donkin)

4 egg yolks	$\frac{3}{4}$ cup maple syrup
1 pint whipping cream	

Beat yolks of eggs until light. Heat syrup and add drop by drop to yolks. Stir over hot water until it thickens, stirring constantly. Remove from fire and whip until cool, when it will be very light. When cool add the beaten cream, place in mould, pack in salt and ice and freeze 4 hours.



**FROZEN EGG NOG**

(M. M.)

Beat yolks 2 eggs until thick, beating constantly, while adding 4 tblsp. sugar, few grains salt,  $3\frac{1}{2}$  tblsp. brandy, one cup rich milk. Beat whites eggs stiff, add to first mixture. Freeze, stirring at first.

**(Fruit milk-sherbet)**

2 cups milk  
2 cups sugar  
juice 3 large oranges  
juice 3 lemons

1 medium size tin drained  
crushed pineapple  
1 small bottle minced  
Maraschino cherries

Place in trays of freezing compartment and stir occasionally.

**LEMON SHERBET**

3 cups milk  
1 cup sugar  
Freeze in refrigerator tray.

Rind and juice of  $1\frac{1}{2}$  lemons

**FRIGIDAIRE ROLLS**

(Mrs. Melville Cumming)

1 yeast cake  
 $\frac{1}{4}$  cup sugar  
2 cups luke warm water  
1 egg

7 cups flour  
1 tsp. salt  
3 tblsp. shortening

Crumble yeast into a bowl and add sugar, salt, water and egg, well beaten. Sift flour before measuring. Add  $\frac{1}{2}$  of flour to the first mixture, beat well, add melted butter and mix in rest of flour. Let rise to double in bulk. Punch down, cover tightly and put in ice-box. An hour or two before serving remove desired amount of dough and shape into rolls. Let rise to double their size, slowly, on a greased pan. Bake in a hot oven 20-25 minutes.

**ICE BOX MACARON PUDDING**

$\frac{1}{2}$  cup butter  
1 cup powdered sugar

$\frac{1}{4}$  lb. lady fingers  
 $\frac{1}{2}$  lb. macaroons.

Line glass dish with lady fingers. Spread with the following mixture. Cream  $\frac{1}{2}$  cup butter and 1 cup powdered sugar together, 3 egg yolks beaten and put into butter and sugar, then add 3 whites beaten very stiff. Add 1 cup chopped almonds,  $\frac{1}{2}$  tsp. almond extract. Over the layer of this mixture put a layer of macaroons, then another layer of the mixture and so on until the dish is filled. Set in ice box for 24 hours. Whip  $\frac{1}{2}$  pint of cream and put on top before serving.



**PINEAPPLE ICE BOX CAKE***(Mrs. C. Higgins)* $\frac{1}{2}$  cup water $\frac{1}{2}$  cup sugar

Boil in upper part of double boiler. Cool, then add four beaten egg yolks. Cook until thick, let cool and add one half lb. butter and one cup confectioner's sugar, which have been creamed. Fold in stiffly beaten egg whites.

Line bottom and sides of dish with lady fingers, add layer of above mixture, sprinkle with shredded pineapple and a layer of crushed macaroons. Add layer of the first mixture and pineapple. Top with lady fingers and macaroons.

This makes two loaves or cakes and serves fourteen. It requires three quarters lb. lady fingers and one quarter lb. macaroons and, if covered with whipped cream,  $\frac{1}{2}$  pt. whipping cream.

**STRAWBERRY REFRIGERATOR CAKE**

1 qt. strawberries

1 cup cream

1 cup powdered sugar

1 tsp. vanilla

12 graham crackers

10 marshmallows

Wash and hull berries. Chop and add powdered sugar. Let stand fifteen minutes. Roll crackers until crumbs are fine. Mix with fruit. Combine cream with cut marshmallows and vanilla. Fold into fruit mixture and let stand in refrigerator three or four hours. Serve plain or with whipped cream.

**PINEAPPLE SHERBET***H. Lindsay*

1 cup granulated sugar

1 cup water

2 tsp. gelatine dissolved in 2 tblsp. cold water, juice of two lemons and water to make 1 cup. 1 small can crushed pineapple, 2 egg whites.

Boil sugar and water together for five minutes, add dissolved gelatine. When gelatine is thoroughly dissolved add lemon juice and water and pineapple, lastly the well beaten egg whites.

Pour into freezing pan, set temperature selector to lowest temperature and freeze until mixture is stiff one inch in from sides of pan. Stir thoroughly, return to refrigerator, reset to medium, until ready to serve.



# Cold Desserts

## COLD DESSERTS (NOT FROZEN)

### Charlotte

Line the bottom and sides of a mold with ladyfingers, separated, rounded side toward the mold, or use sponge cake if preferred. Spread a layer of filling over the cake or ladyfingers. Repeat until ingredients are used up. Place in refrigerator for 24 hours. The filling will soak through the cake and solidify. When serving cover with sweetened, flavored whipped cream. Decorate with nuts and candied fruits. An inexpensive sponge cake will do as a foundation.

### Filling No. 1. Chocolate.

- |                            |                           |
|----------------------------|---------------------------|
| 2 Squares bitter chocolate | 4 eggs                    |
| (2 ounces)                 | 1 cup confectioners sugar |
| $\frac{1}{2}$ cup sugar    | 1 cup butter              |
| $\frac{1}{2}$ cup water    |                           |

Melt the chocolate in double boiler and add sugar, water and beaten egg yolks. Cook until thick. Cool. Cream together the confectioners sugar and butter. Add chocolate mixture and fold into stiffly beaten egg whites. Spread over the ladyfinger lined mold.

### Filling No. 2. Mocha

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 cup hot milk                    | $\frac{1}{2}$ cup sugar            |
| $\frac{1}{2}$ cup coffee (ground) | 3 eggs, pinch salt, 1 tsp. vanilla |
| 2 tblsp. corn starch              | $\frac{1}{2}$ pt. whipping cream   |

Pour hot milk over coffee grounds and keep hot ten minutes. Strain, mix together in the double boiler the corn starch, sugar and salt. Add the coffee infusion and beaten egg yolks. Cook. Add vanilla. While warm fold into the stiffly beaten egg whites and proceed as before.

### Filling No. 3. Lemon

- |                         |               |
|-------------------------|---------------|
| 1 tsp. corn starch      | 1 cup milk    |
| 1 tblsp. butter         | 3 egg yolks   |
| $\frac{1}{2}$ cup sugar | juice 1 lemon |

Place corn starch, sugar, butter, milk and egg yolks in double boiler and cook until thick and smooth. Add lemon juice and stiffly beaten egg whites while still warm. Proceed as before. The juice and rind of one orange and rind of one lemon may be used instead of one lemon.

### Filling No. 4. Lemon

- |                                    |  |
|------------------------------------|--|
| $\frac{1}{2}$ cup butter           | 1 tblsp. cornstarch                        |
| 1 cup powdered sugar               | 3 eggs separated                           |
| $\frac{1}{2}$ cup milk             | Juice 1 lemon and rind $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ cup granulated sugar | $\frac{1}{2}$ pint whipping cream          |

Cook until smooth in double boiler the milk, cornstarch, sugar, egg yolks and add lemon juice and rind before removing from fire. Add powdered sugar and butter which have been creamed together and fold into the beaten egg whites. Proceeds as in other recipes.



**COFFEE MARSHMALLOW CREAM**

Put 30 to 35 marshmallows in top of double boiler. Add cup of hot coffee. Stir until marshmallows melt. Then set aside to cool until it jells. Add  $\frac{1}{2}$  pt. cream, whipped. Put in mould and chill.

**ORANGE CHARLOTTE**

- |   |                                 |
|---|---------------------------------|
| 1 $\frac{1}{2}$ tablespoons granulated gelatine | $\frac{1}{2}$ cup cold water    |
| 1 cup sugar                                     | $\frac{1}{2}$ cup boiling water |
| 3 tablespoons lemon juice                       | 1 cup orange juice              |
| Whites of 3 eggs                                | Orange sections                 |
|   | 1 cup heavy cream               |

Soak the gelatine in the cold water and dissolve in the boiling water; strain. Add the sugar and the fruit juices. Chill in a pan of ice water. When the mixture begins to thicken, beat with wire whisk until frothy. Fold in the stiffly-beaten egg whites, then the whipped cream. Line a mould with the orange sections, turn in mixture, smooth evenly and chill. When ready to serve, turn out on serving dish and garnish with whipped cream.

**MARSHMALLOW AND CHERRY CREAM**

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ cup Maraschino cherries        | 1 cup heavy cream              |
| 1 tablespoon cherry syrup                    | 2 tablespoons powdered sugar   |
| $\frac{1}{2}$ cup chopped walnuts or almonds | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ pound marshmallows             |                                |

Cut the cherries in small pieces and add the syrup. Cut nuts and marshmallows in small pieces and mix with the cherries. Whip the cream until very stiff, add the sugar and vanilla to it gradually, then fold in the cherries, nuts, etc. Turn into a mould and let stand until nicely set. Other combinations of fruits and nuts may be used to carry out a definite colour scheme if desired.

**MAPLE NUT MOLD**

Mix together one-half cupful of brown sugar and three tablespoonfuls of cornstarch and add enough cold water to make a smooth paste—about four tablespoonfuls. Stir into one and one-half cupfuls of boiling water and cook in a double boiler fifteen minutes, stirring until thickened. Add one-quarter of a teaspoonful of salt, one-half teaspoonful of vanilla, fold into the beaten white of one egg, and add one-quarter cupful of chopped walnut meats. Pour into individual molds and chill.

**RICE BUTTERSCOTCH**

Wash one-third of a cupful of rice and cook in a double boiler with two cupfuls of scalded milk. Meanwhile cook together, until sirupy, one cupful of brown sugar, one-quarter of a teaspoonful of salt and two tablespoonfuls of butter, stirring constantly. When the rice is nearly tender, stir the butterscotch mixture into it and continue the cooking until the rice is entirely done. Mold in individual cups and serve cold.



**FRESH STRAWBERRY BAVARIAN**

1 tblsp. gelatine  
 $\frac{1}{4}$  cup cold water  
 $1\frac{1}{2}$  cups cream, whipped

1 cup mashed berries and juice  
 $\frac{1}{2}$  cup sugar

Soak gelatine in cold water five minutes. Dissolve over hot water. Add to fruit mixture with sugar and stir until sugar is dissolved. When mixture begins to thicken fold in whipped cream and mold.

**CHOCOLATE MACAROON PUDDING**

Soak one tablespoonful of granulated gelatin in two tablespoonfuls of cold water until the water is absorbed, then add one-quarter of a cupful of boiling water and stir until dissolved. Chill and, when starting to set, fold in one pint of cream, whipped. Add six well-crushed macaroons to half of the mixture. Pour into a mold and cover with the remaining part, into which has been folded one-quarter of a pound of melted sweet chocolate. This will stiffen very attractively in distinct layers.

**FRESH PEACH MARSHMALLOW CREAM**

A speedily prepared dessert for any day or for company day; try it when you have a few sliced peaches left over.

1 cupful of crushed fresh peaches  
 3 tablespoonfuls of fruit sugar  
 20 marshmallows

$\frac{1}{4}$  cupful of water  
 1 cupful of whipping cream

Peel and crush the peaches, sprinkle with the sugar and let stand in a cool place. Cut the marshmallows into small pieces, add the water and heat in a double boiler until the marshmallows are completely melted and the mixture smooth. Add the sweetened peaches and allow the mixture to cool. Chill and when slightly stiffened fold in the cream which has been whipped only until it will hold its shape. Chill thoroughly and serve piled in sherbet glasses with a garnish of sliced peaches.

**ORANGE PUDDING**

(Gladys Barnstead)

1 cup cake crumbs soaked in one cup of milk. Beat and add one-quarter cup white sugar.

One egg beaten. Rind and juice of one orange. Salt. Bake until set. This can be served hot or cold.

**MAPLE WALNUT TAPIOCA**

(Mrs. T. H. Johnson)

1 pint hot milk  
 1 cup maple syrup  
 $\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  cup Minute tapioca  
 1 egg separated  
 $\frac{2}{3}$  cup chopped walnuts

Cook milk, maple syrup and tapioca for 15 minutes, stirring frequently. Add well beaten egg yolk, and stir for one minute. Add nuts and stiffly beaten egg white. Garnish with whole nut meats and serve with cream.



**FIG TAPIOCA***(Miss C. Courser)*

- |                                  |                                 |
|----------------------------------|---------------------------------|
| $\frac{1}{2}$ cup Minute Tapioca | $1\frac{1}{2}$ cups hot water   |
| $\frac{3}{4}$ cup brown sugar    | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{4}$ lb. chopped figs   |                                 |

Cook in double boiler until tapioca is clear. Serve with either plain or whipped cream.

**SNOW PUDDING***(Mrs. T. H. Johnson)*

- |                                 |   |
|---------------------------------|---|
| 1 tablespoon gelatine           | Thin shavings of $\frac{1}{4}$ lemon rind |
| $\frac{1}{4}$ cup cold water    | 3 tablespoons lemon juice                 |
| $\frac{2}{3}$ cup boiling water | 2 whites of eggs                          |
| $\frac{2}{3}$ cup sugar         |   |

Soften gelatine in cold water. Make a syrup of boiling water, sugar and lemon rind. Boil 5 minutes. Pour over softened gelatine. Stir and add lemon juice. Strain. Chill, stirring frequently. When partly set, beat until foamy. Add whites of eggs beaten stiff, and beat until mixture begins to stiffen. Serve with Custard Sauce, or whipped cream.

**HONEYCOMB MOULD***(Mrs. Ralph P. Smith)*

- |                            |                               |
|----------------------------|-------------------------------|
| 1 pt. milk                 | Sugar and flavorings to taste |
| 2 eggs                     | Preserved cherries            |
| $\frac{1}{2}$ oz. gelatine |                               |

Soak gelatine in cold milk. When dissolved put in sauce-pan to heat with sugar and flavoring. Add the yolks of eggs well beaten and stir until it begins to thicken. When cool add the whites of eggs (which should be beaten stiff), stir once around and pour into a mould in which cherries have been previously arranged.

**GRAPE SUPREME**

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 tbsp. gelatine                | $\frac{3}{4}$ cup grape juice    |
| $\frac{1}{4}$ cup cold water    | 2 tbsp. lemon juice              |
| $\frac{3}{4}$ cup boiling water | $\frac{1}{4}$ tsp. salt          |
| $\frac{1}{4}$ cup sugar         | 1 cup grapes (halved and seeded) |

Soak gelatine in cold water, then add boiling water and sugar. Stir until the mixture is clear. Next add grape juice, lemon and salt. Cool until it begins to set then fold in grapes. Serve in sherbet glasses with cream.



**PRUNE PUDDING**

(R. B. F.)

$\frac{1}{2}$  lb. prunes  
 2 cups cold water  
 1 cup sugar  
 $\frac{1}{8}$  tsp. salt

1 inch piece stick cinnamon  
 $1\frac{1}{2}$  cup boiling water  
 $\frac{1}{2}$  cup cornstarch  
 1 tblsp. lemon juice

Pick over and wash prunes. Then soak one hour in cold water and boil until soft in the same water. Obtain meat from stones and add to prunes and water; then add sugar, salt and cinnamon and boiling water, and simmer ten minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture and stir constantly while cooking five minutes. Remove cinnamon, add lemon juice, mould, then chill and serve with cream.

White of two eggs beaten stiff and half a cup of walnut meats broken in pieces can be added.

**FRUIT JELLY**

(R. B. F.)

1 tblsp. gelatine  
 $\frac{1}{2}$  cup cold water  
 1 cup boiling water  
 $\frac{2}{3}$  cup sugar

$\frac{1}{2}$  cup logan-berry juice  
 (or any fruit juice)  
 $1\frac{1}{2}$  tblsp. lemon juice  
 $\frac{1}{4}$  cup orange juice

Soak gelatine in cold water and dissolve in boiling water. Add sugar and fruit juices. Turn into mould and chill. Serve with boiled custard made with the yolk of two eggs and one cup of milk, 2 tblsp. sugar and pinch of salt. Cook in double boiler until coating is formed in spoon. Chill. Garnish with whipped cream.

**CREME AUX FRUITS**

(R. B. F.)

1 tblsp. gelatine  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{4}$  cup scalded milk  
 $\frac{1}{2}$  cup sugar

Whites two eggs  
 $\frac{1}{2}$  pint cream  
 $\frac{1}{2}$  cup cooked prunes cut in pieces  
 $\frac{1}{2}$  cup chopped figs

Soak gelatine in cold water, dissolve in scalded milk and add sugar. Cool. When mixture begins to thicken, add whites of eggs beaten stiff, cream beaten stiff, prunes and figs. Mould and chill.

**WINE JELLY**

(M. M.)

Soak 2 tblsp. granulated gelatine in  $\frac{1}{2}$  cup cold water and dissolve in  $1\frac{2}{3}$  cups boiling water. Add 1 cup sugar, 1 cup sherry wine,  $\frac{1}{2}$  cup orange juice and 3 tblsp. lemon juice. Strain, mould and chill.



**APRICOT TAPIOCA**

(E. H. S.)

$\frac{3}{4}$  lb. dried apricots  
 3 cups water  
 $\frac{1}{2}$  cup sugar

3 tblsps. Minute Tapioca  
 $\frac{1}{8}$  tsp. salt

Wash and soak apricots in 3 cups water 1 hour, then cook until tender. Drain. To juice add enough water to make 2 cups liquid. Add Minute Tapioca and salt and cook in a double boiler 15 minutes, stirring frequently. Add sugar and fold in pulp of apricots which have been forced through a sieve. Serve with whipped cream.

**CHARLOTTE RUSSE**

(E. H. S.)

$\frac{1}{2}$  pt. whipping cream  
 $\frac{1}{2}$  cup sherry

1 tblsp. gelatine  
 2 tblsps. sugar

Soak gelatine in 2 tblsps. water and add enough boiling water to make  $\frac{1}{2}$  cup. Whip cream until firm, add sugar and gelatine gradually until well beaten, also sherry. Line dish with lady fingers and mould cream. This can be varied by adding  $\frac{1}{2}$  cup prunes, chopped, instead of the sherry or 2 drops of peppermint oil, coloring with green coloring matter.

**PEACH PUDDING**

6 Peach halves  
 6 marshmallows  
 6 rounds of sponge cake  
 3" in diameter

Peach syrup  
 $\frac{1}{2}$  cup heavy cream  
 (whipped)

Drain peaches from syrup and place marshmallow in centre of each. Place under broiler until marshmallows are melted. Serve in rounds of sponge cake or angel cake. Top with peach syrup and whipped cream if desired.

**BURNT ALMOND CHARLOTTE**

(Gladys Barnstead)

1 tablespoon gelatine  
 2 tablespoons cold water  
 1 cup sugar  
 $\frac{1}{2}$  cup boiling water

Salt  
 $\frac{1}{2}$  cup blanched almonds  
 2 cups evaporated milk  
 Ladies fingers

Soak gelatine in cold water.

Caramelize sugar and add boiling water and stir until syrup is smooth, add salt and gelatine and allow to cool.

Whip evaporated milk and when caramelized mixture has begun to thicken, add almonds that have been chopped very fine.

Fold in whipped milk and vanilla.

Line mould with fingers and add mixture.



**ORANGE TAPIOCA***(Mrs. M. B. Archibald)*

Add 4 tblsps. Minute Tapioca and  $\frac{1}{4}$  tsp. salt to  $1\frac{1}{2}$  cups boiling water. Cook in top of double boiler for 15 minutes. Add  $1\frac{1}{2}$  cups of sugar and 1 cup of orange juice also the grated rind of half an orange. Chill and fold in  $\frac{1}{2}$  cup of whipped cream. Serve cold with cream.

**MANCHESTER PUDDING***(Mrs. D. J. MacDonald)*

2 cups milk	1 teaspoon vanilla
1 large cup soft bread crumbs	Pastry
2 tablespoons sugar	Raspberry Jam
2 or 3 eggs	

Scald the milk, pour over bread crumbs, add sugar, eggs, slightly beaten, and vanilla. Line a deep pie dish with pastry and spread with raspberry jam. Add the custard. Bake in a quick oven for 20 minutes, then slowly until the custard is set. Serve cold with whipped cream on top.

**MILAN SOUFFLE***(Mrs. D. J. MacDonald)*

3 eggs	2 lemons
$\frac{1}{4}$ oz. Gelatine, dissolved in little water	$\frac{1}{2}$ lb. sugar
	$\frac{1}{2}$ pint whipping cream

Grate the rind of the lemons, add yolks of eggs, sugar and strained lemon juice. Put in double boiler, stir until thick. Cool. Whip cream stiff, beat egg whites, then mix the lemon mixture with cream and egg whites. Lastly stir in the gelatine. Mould. Sprinkle with grated macaroons before serving.

**RICH CHARLOTTE RICE***(Mrs. D. J. MacDonald)*

1 cup milk	2 egg yolks
$\frac{1}{4}$ cup Rice	1 tablespoon Gelatine
1 teaspoon salt	$\frac{1}{4}$ cup hot milk
$\frac{1}{2}$ cup sugar	1 pint whipping cream

Scald cup of milk in double boiler, add rice and salt. Cook until soft. Cool. Add the sugar, well beaten egg yolks, and gelatine which has been mixed with a tablespoon of water and dissolved in the hot milk. Stir in the cream, stiffly beaten. Mould. Serve with fresh fruit.



**SQUASH PUDDING**

(M. M.)

Mix  $\frac{1}{2}$  cup sugar,  $1\frac{1}{4}$  tsp. salt, 1 tsp. cinnamon,  $2\frac{1}{4}$  cups steamed and strained squash, yolks 2 eggs slightly beaten and  $2\frac{1}{4}$  cups hot milk. Then add whites 2 eggs beaten stiff. Turn into a buttered pudding dish and bake in a moderate oven until firm. Cool before serving. Serve with cream, plain or whipped, if desired.

**PRUNE SOUFFLE**

(Mrs. D. J. MacDonald)

25 prunes	$\frac{1}{2}$ cup corn starch
1 cup sugar	1 tablespoon Lemon juice
1 stick cinnamon	2 egg whites
$1\frac{1}{2}$ cups boiling water	$\frac{1}{2}$ cup nuts

Soak prunes, cook in the same water. Remove the pits. Add to the prunes, the sugar, cinnamon and boiling water. Cook ten minutes. Add the Cornstarch mixed with a little water. Cook five minutes. Remove the cinnamon. Add the Lemon Juice, the egg whites, well beaten, and nuts. Mould and chill. Serve with cream.

**MAPLE CHARLOTTE**

(Mrs. D. J. MacDonald)

2 cups milk	$\frac{1}{8}$ teaspoon salt
2 eggs	1 cup maple syrup
2 tablespoons gelatine	$\frac{1}{2}$ cup chopped almonds
2 tablespoons cold milk	$\frac{1}{2}$ teaspoon almond extract

Scald milk in double boiler and pour slowly over well beaten egg yolks. Cook five minutes. Add dissolved gelatine and salt. Remove from the fire, add maple syrup. Cool. When beginning to set, add almonds flavoring, and stiffly beaten egg whites. Mould. Serve with cream.

**DATE DELIGHT PUDDING**

1 quart milk	2 tblsps. rice
$\frac{1}{2}$ lb. dates cut small	

Mix and bake slowly for 2 hrs. Stir occasionally while baking until it becomes set.

**LEMON PUDDING**

2 tblsp. flour	1 tblsp. butter
Cream over heat, add	
1 cup sugar	yolks 2 eggs unbeaten
juice and rind 1 lemon	

Beat altogether. Add 1 cup milk, a little salt, last of all fold in the whites of 2 eggs well beaten. Bake in a pan set in hot water about  $\frac{1}{2}$  hr.



**GINGER CREAM**

Make a custard with 1 pint milk, 3 eggs,  $\frac{1}{2}$  cup sugar, salt and vanilla. Add 3 tbsps. ginger juice and ginger; 1 tbslp. gelatine soaked in a little milk. When nearly set, add  $\frac{1}{2}$  pint whipped cream.

**PINEAPPLE FLUFF**

(Mrs. H. A. MacQuarrie)

Margaret Fraser Chapter, I.O.D.E.

1 small can of pineapple  
diced or crushed

15 marshmallows  
 $\frac{1}{2}$  pint of whipping cream

Cut marshmallows in small pieces and soak in pineapple juice while whipping the cream. Drain marshmallows and mix cream, pineapple, and marshmallows together. Put in mould and place on ice until cold. A quick delicious dessert.

**COLD LEMON PUDDING**

(Mrs. Strachan)

1 cup boiling water  
3 tablespoons cornstarch  
2 egg yolks  
4 tablespoons lemon juice

$\frac{1}{2}$  lemon grated  
1 cup sugar  
1 tablespoon butter

Mix dry ingredients, add boiling water, stirring well. Cook until well thickened, add yolks, lemon juice, rind and butter. Cook until it coats the spoon.

Meringue:

2 egg whites  
2 tablespoons powdered sugar

$\frac{1}{2}$  tablespoon lemon juice

# Pastry and Pie Fillings

- |          |   |   |   |            |   |   |   |   |                              |
|----------|---|---|---|------------|---|---|---|---|------------------------------|
| 1. Plain | - | - | - | 1 lb flour | - | - | - | - | $\frac{1}{2}$ lb. shortening |
| 2. Flaky | - | - | - | 1 lb flour | - | - | - | - | $\frac{3}{4}$ lb. shortening |
| 3. Puff  | - | - | - | 1 lb flour | - | - | - | - | 1 lb. shortening             |

Rules for making pastry:

- Use pastry flour and keep cold
- Handle quickly and lightly in order to keep ingredients as cool as possible.
- Add ice water gradually, using only enough to keep ingredients together.

In plain pastry the shortening is all added before the liquid. In flaky and puff, the shortening is added by rolling and folding. If using two fats cut the softer into the flour. Keep shortening and dough at same degree of

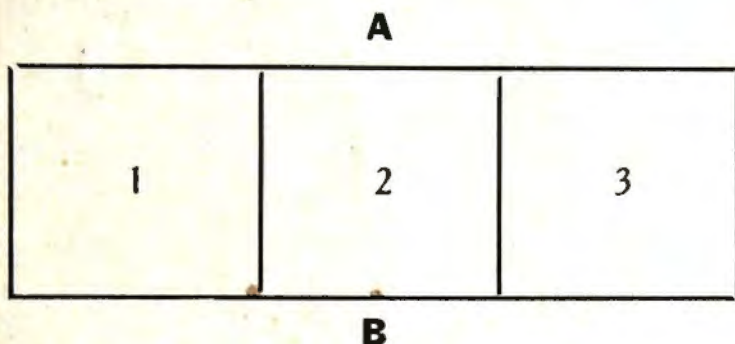


hardness or the paste is apt to be heavy. In folding pastry keep as even a shape as possible. Each time pastry is folded gently press edges to hold in air.

Keeping over night or some days in the refrigerator improves pastry. Exclude air by wrapping in wax paper in order that no crust may be formed on it.

Puff pastry is given 6 or 8 turns while flaky is only given 3 or 4 turns.

Diagram for folding pastry:



Fold 1 over 2 and 3 over 1 and 2, then fold B to meet A. When rolling try not to roll too hard over edges of pastry in order to keep in the air incorporated. Bake at 450 for 10 minutes, reduce heat to 325 for 30 minutes.

### LEMON FILLING

(Gladys Barnstead)

- |                             |                            |
|-----------------------------|----------------------------|
| 1 cup sugar                 | 2 eggs (yolks)             |
| 2 heaping tablespoons flour | 2 scant cups boiling water |
| 2 lemons                    | 1 tablespoon butter        |

Mix flour and sugar, grate lemons and squeeze and mix well, add egg yolks slightly beaten, then add boiling water and cook in enamel saucepan over boiling water.

### JOSIE'S PASTRY

(Mrs. M. Cumming)

Sift 4 cups pastry flour on the breadboard. Take 3 prints butter and cut in with a knife. Then use chopping knife. Roll out twice, cut in  $\frac{1}{4}$  lb. lard. Make into a mound. Put hole in centre and add ice water—(about 1 cup) a little at a time, stirring in with a knife. Cut in four pieces. Put one on top of other and roll. Repeat three times. Make into jelly roll and put away in cold place.

### HOT WATER PASTRY

(Mrs. Hiltz)

- |                                      |                          |
|--------------------------------------|--------------------------|
| $\frac{3}{4}$ cup shortening (scant) | 1 teaspoon salt          |
| $\frac{1}{2}$ cup boiling water      | 1 teaspoon baking powder |
| 3 cups flour                         |                          |

Pour boiling water over shortening. Add flour, etc. Sprinkle board generously with flour. Roll.



**PUFF PASTE***(Mrs. Errol Mitchell)*

$\frac{1}{4}$ lb. butter	1 cup flour
Half as much lard as butter	$\frac{1}{2}$ teaspoon salt
Cold water	

Chop lard, butter and flour together with a knife, until well blended. Add enough cold water to make dough; roll out on floured board as thin as possible; turn all edges to middle and roll again; repeat this two or three times. Roll in waxed paper and put in a cool place for 24 hours. Roll in the same way before using.

**GREEN TOMATO MINCE MEAT***(Mrs. A. McD. Morton)*

1 pk. chopped tomatoes (chopped fine). Cover with water. Simmer a little while, drain, repeat three times.

Add  $\frac{1}{2}$  pk. apples, 1 cup suet,  $\frac{1}{2}$  lb. citron, 2 oranges, 1 nutmeg, 1 tblsp. each of cinnamon, cloves and allspice, 1 lb. raisins. The fruits should be put through a coarse meat chopper.

Add 1 cup vinegar, 1 tblsp. salt and 5 lbs. of brown sugar.

Pack in bottles and cook by cold pack method or cook in the oven at 270°-300° for 35 minutes.

**DAD'S APPLE PIE***(Plain Crust)*

1 $\frac{1}{2}$  cups of flour, 1 teaspoonful baking powder, 1 teaspoonful salt,  $\frac{1}{2}$  cup shortening, water to mix.

Method: Sift together dry ingredients. Cut in shortening and lastly add water, a little at a time, until all ingredients cling together.

Filling: 4 large apples,  $\frac{1}{2}$  cup sugar, nutmeg (few sprinkles), piece of butter size of walnut,  $\frac{1}{2}$  cup grated cheese.

Method: Pare apples and cut fine. Sprinkle sugar, nutmeg and a piece of butter on top of apples. Turn into pie pan lined with pastry. Spread over with grated cheese. Put on top crust, pressing off edges. Take 1 teaspoon of milk and 1 teaspoon sugar brush over top of pie crust. Bake in hot oven 450 degrees F. for 10 minutes and reduce to 350 degrees F. and continue baking for about 40 minutes.

**CHOCOLATE PIE FILLING***(F. M. C.)*

1 $\frac{1}{2}$ cups hot water	Butter size of walnut
$\frac{3}{4}$ cups sugar	1 egg
1 $\frac{1}{4}$ teaspoons cocoa,	2 dessertspoons corn starch
Pinch of salt	

Mix dry ingredients, add well beaten egg, water and butter. Before serving, cover with whipped cream.



**RHUBARB PIE***(Mrs. Rod McColl)*

1½ cups rhubarb  
7/8 cup Sugar

1 egg  
2 tablespoons flour

Skin and cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour and egg. Add to rhubarb, and bake between crusts. (Many people prefer to scald rhubarb before using. If so prepared, some of its acidity is lost and less sugar is required).

**LEMON PIE FILLING***(F. M. C.)*

1 cup sugar  
2 dessertspoons corn starch  
Juice of ½ lemon  
Grated rind of ½ lemon

Yolks of 2 eggs  
¼ teaspoon salt  
1 cup boiling water  
Small piece of butter

Mix dry ingredients. Add beaten egg yolks, lemon juice and rind, then hot water and butter. Cook in double boiler until thick: Use egg whites for meringue. This is for one pie.

**PINEAPPLE PIE***(J. I. Rettie)*

1 can crushed pineapple  
1 cup sugar  
Yolks of 3 eggs  
1 tablespoon Cornstarch

1 tablespoon butter  
Grated rind and juice of one  
Lemon  
Salt

Cook until thick, put in cooked pie shell, using white of eggs for meringue.

**BANANA CREAM PIE***(Mrs. T. M. Sieniewicz)*

Plain Pastry  
1 cup and 2 tablespoons sugar  
6 tablespoons flour  
½ teaspoon salt

2 cups scalded milk  
3 eggs, separated  
1 teaspoon vanilla  
2 medium sized Bananas, peeled  
and sliced.

Cook pastry shell and cool. Mix ¾ cup sugar with flour and salt. Add milk and cook in double boiler 10 minutes, until thick. Beat egg-yolks and gradually add hot mixture to eggs, cook five minutes longer. Cool and add vanilla. Arrange half the bananas in shell, pour in filling and remaining bananas, and cover with meringue made of the egg-whites and 6 tablespoons of sugar. Bake 30 minutes in oven 300°.



**CHEESE STRAWS***(Mrs. H. Y. Haines)*

1 cup flour  
2 cups grated cheese  
1 tablespoon butter

1 teaspoon baking powder  
Pinch of salt

Mix with water and roll out like pie-crust. Cut in strips and bake light brown.

**RAISIN FILLING FOR PIE***(J. I. Rettie)*

2 cups milk  
2 eggs  
1 cup sugar

2 tblsps. cornstarch (scant)  
1 cup raisins, which have been  
cooked in small amount of  
water and drain.

Sprinkle chopped nuts over filling, add top pie crust and bake.

**RHUBARB CUSTARD PIE***(Mrs. Harvey Crowell)*

2½ cups Rhubarb, cut small, cover with boiling water and let  
stand five minutes.

1 egg yolk  
1 cup sugar

3 tablespoons cold water  
1 dessertspoon flour

Butter size of a walnut.

Line a pie plate with pastry, drain rhubarb and put in. Pour custard over, and bake. Put beaten white of egg on top, or, if desired, a top crust can be used.

**DELICIOUS PIE***(Mrs. J. L. Barnhill)*

17 graham crackers, rolled fine. Add ¼ cup sugar. Take out 1 tblsp. crumbs for the meringue. Add ½ cup of butter and mix into a pie paste. Put away over night in a cool place.

Filling:

1½ cups scalded milk  
¼ cup sugar  
3 egg yolks

3 tblsps. flour  
Pinch salt

Cook in a double boiler until thick, then add vanilla flavoring and pour into the pie crust. Make meringue of 3 egg whites, icing sugar and flavoring and spread on top of pie. Sprinkle crumbs on top and bake.

**LEMON FILLING***(H. Cresswell)*

2 Lemons  
1 cup sugar

3 eggs

Cook together in double boiler until thick.



**MILLIONAIRE PIE***(M. Dimock)*

20 Graham Crackers

 $\frac{1}{2}$  cup sugar, (scant) $\frac{1}{2}$  teaspoon cinnamon $\frac{1}{2}$  cup melted butter

Roll crackers very fine, add cinnamon and sugar, mix well, add melted butter and mix. Set aside  $\frac{1}{2}$  cup of this. Pat the rest into a fairly deep pie plate, and force well up around the sides. Pour over this a custard made of:

2 cups milk

2 tablespoons cornstarch

 $\frac{1}{2}$  cup sugar (scant) $\frac{1}{2}$  teaspoon vanilla

Cook well in double boiler until thick, and add 2 slightly beaten egg-yolks. Pour in shell while hot. Beat whites of 2 eggs stiff; add  $\frac{1}{2}$  cup of sugar (scant). Place on top of pie, then sprinkle your  $\frac{1}{2}$  cup of crumbs on top. Bake in slow oven 25 minutes.

**CHOCOLATE PIE***(Mrs. R. McColt)*

3 square unsweetened chocolate

 $2\frac{1}{2}$  cups milk

1 cup sugar

6 tablespoons flour

 $\frac{1}{2}$  teaspoon salt

2 egg yolks, slightly beaten

 $2\frac{1}{2}$  tablespoons butter $\frac{3}{4}$  cup sugar $\frac{1}{2}$  teaspoon vanilla

1 baked pie shell

2 egg whites

4 tablespoons granulated sugar

Put butter, chocolate and milk in double boiler; when chocolate is melted stir and beat until well mixed. Combine sugar, flour and salt; add to chocolate mixture and cook, stirring constantly until thickened. Continue to cook for eight minutes. Pour mixture over egg yolks, stirring and beating well. Return to double boiler and cook for three minutes longer. Remove from boiling water, add vanilla and cool. Turn into pie shell.

Beat egg whites until stiff, add sugar—a spoonful at a time—until sugar is well mixed, then beat until mixture will stand up in peaks. Pile on filling. Bake in moderate oven fifteen minutes, or until brown.

**SOUR CREAM RAISIN PIE***(Mrs. A. J. Campbell)*

1 cup sour cream

1 cup sugar

 $\frac{3}{4}$  eggs

1 cup chopped raisins

1 tsp. cinnamon

 $\frac{1}{2}$  tsp. cloves

Beat the yolks of three eggs and the white of one. Add sugar and sour cream, raisins, cinnamon and cloves to beaten eggs and pour into a previously prepared pie shell. Beat remaining whites of eggs and use as a meringue. After pie is cooked pile beaten whites of eggs on top and lightly brown in oven.

**RAISIN AND CRANBERRY PIE FILLING***(H. Cresswell)*

1 cup raisins

2 cups cranberries

1 cup sugar

1 cup hot water

1 tblsp. flour (large)

Butter

Salt

Vanilla



# Cakes

Cakes are divided into two classes:

1. Those made without butter—Sponge Cakes.
2. Those made with butter.

## Cakes Made Without Butter

As well as containing no shortening Sponge Cakes should also contain no leavening material outside the eggs. However a very good substitute is made by decreasing the number of eggs and adding baking powder. The recipes for true Sponge Cakes or Angel Cakes all call for cream of tartar or vinegar. These form an acid to stiffen the albumen of the egg white and help to make the mixture firm. In baking Sponge Cakes have a slow oven, 320°. If the oven is too hot the cake will not rise sufficiently and the eggs toughen. After baking invert in the pan on a cake rack and allow to cool in the pan. If removed while still warm the cake is apt to shrink. Sift flour four or five times and fold in at the last.

## Cakes Made With Butter

1. Grease pan. Dust surface with slight dusting of flour or line with wax paper—several layers of heavy paper are necessary if the cake is rich and requires long, slow cooking.

2. Cream the butter. Allow it to soften beforehand but do not melt to a liquid. Gradually work in the sugar and cream until the sugar is partially dissolved. This is most important if you want a fine textured cake.

3. Add the eggs. (a) The whole egg may be dropped into the butter and sugar one at a time and thoroughly beaten. (b) The whole egg may be beaten until light and fluffy and then gradually beaten into the butter and sugar. If added too quickly the mixture will have a curdly appearance. (c) Eggs may be separated—the yolk beaten until thick and lemon coloured then added to the butter and sugar and the whites beaten until the bowl may be inverted and the whites remain in the bowl. The whites are folded in last. A little lighter cake will result from using the latter method.

4. Sift the flour—then measure and place in sifter again. When bread flour is used take two tablespoons out of every cup. To the flour add baking powder and spices when used. Gradually add liquid alternately with flour—to make an even consistency. Flavoring—when not volatile—may be added before the flour.

The cake should be well beaten and blended before adding flour or liquid.

The stiffly beaten egg whites are added last. When adding fruit to a cake, flour it with part of the flour measured for the cake. This is to keep the fruit from sinking.

When sour milk is used, use one half teaspoon soda to each cup of sour milk instead of baking powder. Mix the soda in the milk.



**For Two Egg Cakes**

Layer cakes should be baked at 375° for 20 minutes.

Sheet or cup cakes 375° for 30 minutes.

Loaf cakes 350° to 400° for 45 minutes.

Oven test browns flour in 6 minutes.

The door should not be opened for 10 minutes after the cake has been put in the oven. If not sure of temperature open gently. If cake is not fully risen in 10 minutes increase temperature. If cake rises in the middle the oven is too hot. Reduce the temperature by turning down the gas—open dampter.

**Tests to Tell if Cake is Done.**

Shrinks from side of pan

Baking straw comes out dry after being placed in centre of cake.

**SPONGE CAKE**

(M. M.)

Beat yolks of 2 eggs until thick. Add gradually 1 cup sugar, then add 1 tablespoon vinegar and 5 tablespoons cold water. Mix and sift together 1½ cups Pastry flour, 2 teaspoons baking powder, and add to yolk mixture. Add the whites of 2 eggs, stiffly beaten, folding in carefully. Bake very slowly.

**ORANGE SPONGE CAKE**

(Mrs. A. J. Campbell)

1 cup Swansdown flour  
½ teaspoon baking powder  
3 large, or 4 small fresh eggs,  
separated

1 cup sugar  
Juice of 1 large orange  
Rind of ½ Orange

Put juice and rind of orange together in a cup, and fill to ½ mark with water. The flour should be sifted once before measuring, and twice after. The whites and yolks of eggs should be thoroughly beaten separately, and ½ cup of sugar added to each before combining. Add flour and baking powder next, then orange juice. Bake one hour and five minutes in angel cake pan at a temperature of 350°.

**ORANGE SPONGE CAKE**

(Eva O'Brien)

1½ cups sifted flour, Swansdown  
1 teaspoon baking powder  
¼ teaspoon salt  
1 cup sugar

2 eggs and 1 yolk  
½ cup orange juice  
1 tablespoon grated Rind  
¼ cup cold water

Add ½ cup sugar to the eggs beaten well, then add remaining sugar, orange juice, rind, and water. then add flour, etc. Beat until smooth. Bake in moderate oven half an hour.



**MEXICAN SPONGE CAKE***(Eva O'Brien)*

3 eggs	Pinch of salt
1 scant cup powdered sugar	Juice of half an orange
1 cup flour	1 lemon rind

Sift flour and sugar into a bowl, add well-beaten egg yolks, orange juice, lemon rind. Stir into a stiff, smooth paste, then add stiffly beaten egg whites, fold in carefully and put in fairly hot oven for 20 minutes. Do not open the door for 15 minutes.

**CREAM SPONGE CAKE***(E. Courser)*

Yolks of 4 eggs	1½ teaspoons Baking powder
1 cup sugar	Whites of 4 eggs
2 tablespoons cold water	½ teaspoon lemon extract
1½ tablespoons cornstarch	½ teaspoon vanilla
Flour	

Beat yolks of eggs and water until thick and lemon colored, add sugar gradually and beat two minutes. Put cornstarch in cup and fill with flour. Mix and sift cornstarch, flour, baking powder and salt, and add to first mixture. Add flavouring and whites of eggs beaten until stiff. Bake in moderate oven.

**JELLY ROLL***(C. Stewart)*

3 eggs (separated)	1 tsp. baking powder
1 cup sugar (scant)	½ tsp. salt
3 tbsps. milk	½ tsp. vanilla
1 cup flour	

Separate eggs. Beat yolks until light. Add sugar to yolks. Add flour and milk. Fold in stiffly beaten egg whites. Bake in large sheet in hot oven for 12 minutes. Turn out on a damp cloth which has been sprinkled with sugar. Spread with jelly or filling and roll. Leave rolled in damp cloth 20 minutes.

**CHOCOLATE SPONGE CAKE***(Mrs. Rod McColl)*

½ cup butter	¼ teaspoon cloves
¼ cup prepared powdered cocoa	½ cup cold water
3 eggs	1 cup flour
1 cup sugar	3 teaspoons baking powder
1 teaspoon cinnamon	

Cream the butter; add cocoa, yolks of eggs well beaten, sugar mixed with cinnamon and cloves, and water. Beat the whites of the eggs and add to the first mixture alternately with flour mixed and sifted with the baking powder. Bake in small tins from 15 to 20 minutes.



**CHOCOLATE CAKE***(Mrs. T. H. Johnson)*

3 tablespoons cocoa ½ cup milk  
 Mix and let boil until thick. Take from stove, and add one egg, un-  
 beaten. Mix well and let cool.

1 cup sugar	1 teaspoon soda
½ cup butter	½ cup milk
1 egg yolk	1 teaspoon vanilla
1½ cups flour	

Cream butter and sugar. Add egg yolk, reserving the white for icing. Add cocoa mixture, which has been cooled, sifted flour and soda, and vanilla. Bake in moderate oven (350°) for 30 minutes.

**FUDGE CAKE***(Mrs. A. C. Wiswell)*

1 cup butter	2½ teaspoons baking powder
1 cup sugar	Whites 3 eggs
Yolks 3 eggs	2 oz. unsweetened chocolate
½ cup milk	½ teaspoon vanilla
2 cups flour	

Cream butter, add sugar, then well-beaten egg yolks. Mix and sift baking powder and flour, and add alternately with milk to the first mixture. Add egg-whites beaten until stiff, chocolate melted over hot water, and the vanilla. Bake in a moderate oven and cover with Fudge Frosting.

**FUDGE FROSTING**

2 cups brown sugar	Piece of Butter the size of an
2 heaping teaspoons cornstarch	egg
½ cup milk	Salt and Vanilla
2 teaspoons cocoa	

Stir together and let dissolve slowly. Boil hard 2 minutes, remove from stove, add flavoring and beat until thick.

**CHOCOLATE CAKE***(Phyllis Ryder)*

1 tablespoon butter	½ cup milk
1 cup sugar	1 cup flour
1 egg yolk	1 teaspoon baking soda
½ cup cocoa	1 teaspoon vanilla
½ cup hot water	Salt

Cream butter, add sugar gradually, then egg-yolk. Dissolve cocoa in hot water and add milk. Add this to first mixture, then add flour, baking soda and salt which have been sifted twice, and lastly add vanilla. Bake in moderate oven 20 to 30 minutes. The batter is very thin. Ice with 7 minute frosting which can be made with the egg-white saved from cake.



**CHOCOLATE CAKE***(Mrs. Harvey Crowell)*

2 squares Chocolate	3 tablespoons hot water
$\frac{1}{4}$ cup sugar	
Boil together a few minutes, then cool.	
$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	1 teaspoon soda.
1 egg yolk	Salt
Sour milk	Vanilla

Cream butter and sugar. Put egg yolk in a cup and fill the cup with sour milk, and add to butter and sugar. Stir in chocolate mixture, then add flour which has been sifted with soda and salt. Add flavoring. Bake in moderate oven 50-60 minutes.

**CHOCOLATE MOCHA CAKE***(Mrs. A. C. Wiswell)*

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{4}$ teaspoon baking soda
2 eggs	$\frac{1}{4}$ cup strong coffee
1 teaspoon vanilla	2 squares unsweetened chocolate
$1\frac{3}{4}$ cups pastry flour	

Cook the chocolate,  $\frac{1}{2}$  cup of the measured sugar, and coffee until it makes a thick syrup. Cool. Cream butter and sugar, add unbeaten eggs one at a time, beating well after each addition. Add flavoring. Add flour sifted with baking powder and soda alternately with coffee mixture. Bake in moderate oven.

**CHOCOLATE CAKE***(Mrs. E. T. Parker)*

$\frac{1}{2}$ cup butter	1 tsp. soda
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ tsp. salt
2 eggs	$\frac{1}{2}$ tsp. vanilla
1 cup milk	3 oz. chocolate
$2\frac{1}{2}$ cups flour	

Cream butter. Add sugar and unbeaten eggs. Add melted chocolate, then sifted dry ingredients alternately with milk. Add vanilla.

Bake in 9" pan, 30 to 35 minutes, temperature 350°.

**SPICE CAKE***(Mrs. J. E. Rutledge)*

$\frac{1}{2}$ lb. butter (scant)	$\frac{1}{2}$ cup sour milk
1 cup brown sugar, (packed)	$\frac{1}{2}$ teaspoon salt
2 eggs, save one white for frosting	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups flour sifted before measuring	$\frac{1}{2}$ teaspoon baking powder
	$\frac{1}{2}$ teaspoon cinnamon
	$\frac{1}{2}$ teaspoon ground cloves

Cream butter and sugar, add eggs well-beaten. Add dry ingredients alternately with sour milk. Beat white of one egg and add  $\frac{1}{2}$  cup brown sugar (packed). Spread over cake. Sprinkle with cocoanut. Bake 35 minutes in moderate oven.



**WHITE FRUIT CAKE***(Mrs. J. E. Rutledge)*

- |                          |                         |
|--------------------------|-------------------------|
| 1 lb. butter             | 1 teaspoon vanilla      |
| 1 lb. sugar              | 1 lb. Sultana raisins   |
| 8 eggs, not separated    | 1 slice Red Pineapple   |
| 2 tablespoons milk       | 1 slice Green Pineapple |
| 4½ cups flour            | ¼ lb. citron            |
| 1 teaspoon baking powder | 1 small bottle cherries |
| 1 teaspoon lemon extract |                         |

Cream butter, add sugar gradually. Beat the eggs, 3 at a time, and add to butter and sugar. Add milk, flour in which baking powder has been sifted, flavorings and fruit. Spread ½ lb. of blanched almonds on top of the batter. Bake in moderate oven about 1½ hours. Half recipe makes a loaf.

**WHITE FRUIT CAKE***(Mrs. R. Forster)*

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 cup butter                  | ½ teaspoon salt                  |
| 1½ cups sugar                 | ¼ lb. each of Orange Peel, Lemon |
| 1 tablespoon Lemon Juice      | Peel, Pineapple, Red             |
| 10 egg-whites, stiffly beaten | Cherries, finely cut             |
| 4 cups sifted flour           | ¼ lb. shelled almonds, blanched  |
| 1 teaspoon baking powder      | ½ lb. citron, cut fine           |
| ½ teaspoon soda               | 1 lb. sultana Raisins            |

Cream butter, add sugar and beat until light and fluffy. Add 3 cups flour mixed and sifted with baking powder, soda and salt. Put remaining flour over fruit. Add lemon juice and fruit. Fold in egg whites. Pour in paper-lined pan and bake in a very slow oven (250°F.) for 2½ hours.

**INEXPENSIVE FRUIT CAKE**

- |                                  |                                  |
|----------------------------------|----------------------------------|
| ½ cupful of butter               | ½ teaspoonful of nutmeg          |
| 1 cupful of brown sugar          | 1 teaspoonful of allspice        |
| 2 eggs                           | ¾ cupful of sour milk            |
| 2 cupfuls of sifted pastry flour | ½ cupful of diced citron peel    |
| ½ teaspoonful of soda            | 1 cupful of raisins              |
| ¼ teaspoonful of salt            | 1 cupful of nutmeats             |
| 2 teaspoonfuls of baking powder  | 1 teaspoonful of vanilla extract |
| 1 teaspoonful of cinnamon        |                                  |

Cream the butter, add the sifted sugar gradually and continue creaming. Add the well beaten eggs. Mix and sift together the dry ingredients, reserving one-quarter cupful of flour to dredge the fruit. Add these dry ingredients alternately with the sour milk to the first mixture, then stir in the citron, raisins and nuts which have been mixed with the quarter cupful of reserved flour. Add the vanilla and turn into a greased loaf pan. Bake in a moderate oven—350 degrees Fahr.—for thirty-five to forty minutes.



**AUNT MARY'S CAKE***(B. Donkin)*

2 eggs

1 cup sugar

1 large cup flour

1 large teaspoon baking powder

2 tablespoons butter

 $\frac{1}{2}$  cup milk

Heat the milk, melt the butter in it, and add it last. Beat well. Bake in moderate oven.

**BOSTON TEA CAKE***(Hilda Scott)*

1 egg, well beaten

2 tablespoons sugar

1 cup sweet milk

1 teaspoon baking soda

2 teaspoons cream of tartar

2 cups flour

2 tablespoons melted butter

Mix well and bake.

**CHERRY POUND CAKE***(Hilda Scott)*

2 cups sugar

1 cup butter

3 eggs

Pinch of soda

1 cup cold water

3 cups flour

2 teaspoons baking powder

1 teaspoon each vanilla, lemon,  
almond $\frac{1}{2}$  lb. candied cherries

Cream sugar and butter, add egg yolks in which soda has been stirred; add cold water, and then flour in which baking powder has been sifted. Fold in stiffly beaten egg-whites, add flavoring and cherries last.

**FAMILY SPICE CAKE***(M. M.)*

1 package seeded raisins

 $\frac{1}{2}$  cup butter1 $\frac{1}{2}$  cups sugar

2 beaten eggs

3 cups flour

2 teaspoons soda

2 teaspoons nutmeg

2 teaspoons cinnamon

Cover raisins with boiling water. Simmer 15 minutes. Pour  $\frac{3}{4}$  cup of this water over butter and sugar. Cool, then add remaining ingredients. Bake in moderate oven.

**WHITE CAKE***(Mrs. T. M. Sieniewicz)*

1 cup butter

Cream together, add 1 tablespoon flour

Beat yolks of 4 eggs

1 cup milk

2 cups flour

1 $\frac{1}{2}$  cups sugar $\frac{1}{2}$  teaspoon baking powder

1 teaspoon flavouring

Add whites of 4 eggs last

Mix in order given, and cook in moderate oven one hour.



### WHITE CAKE

(Mrs. G. W. Hazen)

$\frac{1}{4}$  cup sugar  
1 cup butter  
1 egg  
 $\frac{1}{2}$  cup milk

$1\frac{1}{2}$  cups flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
Flavouring

Beat egg, then add butter very soft but not melted. Beat well, then add sugar. Sift flour, baking powder and salt four times and add to first mixture. Then add milk and flavouring. Beat until mixture is white. This is splendid if beaten enough.

### COCOANUT WHITE CAKE

(Mrs. R. Forster)

2- $\frac{2}{3}$  cups sifted Swansdown  
flour  
2 $\frac{1}{4}$  teaspoons baking powder  
1 teaspoon salt  
1 cup butter

$1\frac{1}{4}$  cups sugar  
1 teaspoon vanilla  
4 egg-whites, unbeaten  
 $\frac{2}{3}$  cup fresh cocoanut milk  
and water

Sift flour, measure. Sift again with baking powder and salt. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add vanilla. Add egg-whites, one at a time, beating until each one is thoroughly mixed before adding the other. Add flour alternately with water and cocoanut milk. Turn into 2 greased 9 inch cake tins. Bake in moderate oven, 325° for 10 minutes, then increase heat slightly to 375°, and bake 20 minutes longer. Put layers together and frost with fresh cocoanut frosting.

### COFFEE CAKE

(M. M.)

1 cup butter  
1 cup brown sugar  
1 cup molasses  
1 cup coffee infusion  
4 eggs

2 teaspoons baking powder  
3 cups flour  
1 lb. raisins  
1 lb. currants  
nutmeg, cinnamon cloves

Bake slowly.

### COFFEE CAKE

(Mrs. G. M. Logan)

1 cup sugar  
1 tablespoon butter  
1 tablespoon lard  
2 eggs

1 cup milk  
2 cups flour  
1 teaspoon baking powder  
Pinch of salt

Sprinkle quite thickly on top with brown sugar and cinnamon. Beat batter well and bake 20 minutes. You can use 1 cup sour milk and 1 teaspoon soda if preferred.



**BUTTERSCOTCH CAKE***(Phyllis Ryder)*

$\frac{1}{2}$  cup shortening  
 $1\frac{1}{2}$  cups brown sugar  
 2 eggs  
 1 teaspoon vanilla

$1\frac{1}{2}$  cups Pastry flour,  
 or  $1\frac{1}{2}$  cups bread flour  
 $2\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{2}$  cup cold coffee

Cream shortening, add sugar slowly. Add unbeaten eggs one at a time, beating well after each addition. Add flavoring. Add flour, sifted with baking powder and soda, alternately with coffee. Bake in greased baking pan in moderate oven at 350°F. about 50 minutes. When cool cover with icing.

**ECONOMY CAKE***(Mrs. G. W. Hazen)*

2 cups brown sugar  
 2 cups hot water  
 2 tablespoons lard  
 1 package seedless raisins

1 teaspoon salt  
 1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon cloves

Boil all these together 5 minutes after they begin to bubble. When cold, add 3 cups of flour, and 1 teaspoon soda dissolved in 1 teaspoon hot water. Bake one hour in a slow oven.

**APPLE SAUCE CAKE***(Mrs. H. Y. Haines)*

1 cup sugar  
 $\frac{1}{2}$  cup melted butter  
 $1\frac{1}{2}$  cups unsweetened apple sauce  
 $2\frac{1}{4}$  cups flour  
 2 tsps. soda mixed with flour

2 tblsps. melted chocolate  
 1 cup raisins  
 1 cup walnuts  
 Spices

**BANANA CAKE***(Mrs. T. H. Johnston)*

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 2 eggs (Keep one white for icing)  
 $\frac{1}{4}$  cup sour milk

2 cups flour  
 1 very small teaspoon soda  
 2 teaspoons baking powder  
 3 bananas, mashed

Add bananas before flour, and beat well. Bake in very slow oven for one hour.

**QUICK CAKE***(Mrs. Rod McColl)*

$\frac{1}{2}$  cup soft butter  
 $1\frac{1}{2}$  cups brown sugar  
 2 eggs  
 $\frac{1}{2}$  cup milk  
 $1\frac{3}{4}$  cups flour

3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon grated nutmeg  
 $\frac{1}{2}$  lb. dates, stoned and cut in pieces.

Put all ingredients in bowl and beat all together for three minutes, using a wooden cake spoon. Bake in buttered and floured cake pan 35 to 40 minutes.



**MAPLE SYRUP CAKE***(Mrs. G. M. Logan)*

- |                               |  |
|-------------------------------|--|
| $\frac{1}{2}$ cup butter      | $\frac{1}{2}$ cup milk                 |
| $\frac{3}{4}$ cup sugar       | $2\frac{1}{2}$ cups Swansdown pastry   |
| 2 eggs                        | flour                                  |
| $\frac{3}{4}$ cup Maple Syrup | $2\frac{1}{2}$ teaspoons baking powder |
| $\frac{1}{2}$ teaspoon ginger | $2\frac{2}{3}$ teaspoons soda.         |

Cream butter and add sugar slowly, then the eggs well beaten; add syrup, milk, and the flour sifted with baking powder, soda and ginger.

**ORANGE CAKE***(A. H. per R. F.)*

- |                           |                             |
|---------------------------|-----------------------------|
| $\frac{3}{4}$ cup sugar   | $\frac{3}{4}$ cup sour milk |
| $\frac{1}{2}$ cup butter  | 1 teaspoon soda             |
| 2 eggs                    | Peel from one large orange  |
| $1\frac{1}{2}$ cups flour | 1 cup raisins               |

Cream butter, add sugar and eggs well-beaten; add flour alternately with sour milk and soda. Put orange peel and raisins through food chopper and add to the batter. Use the juice of the orange for frosting.

**HARD SUGAR GINGERBREAD***(Mrs. R. Forster)*

- |                                  |   |
|----------------------------------|---|
| $\frac{1}{2}$ cup shortening     | $\frac{1}{4}$ teaspoon Ginger             |
| 1 cup powdered sugar             | $\frac{1}{2}$ teaspoon salt               |
| 1 egg, well beaten               | 2 tablespoons cream                       |
| $2\frac{1}{2}$ cups flour        | $1\frac{1}{2}$ teaspoons Rose Water       |
| 1 teaspoon nutmeg                | $\frac{1}{4}$ teaspoon soda, dissolved in |
| $1\frac{1}{2}$ teaspoon cinnamon | 1 teaspoon water                          |

Cream shortening, add powdered sugar gradually, add egg. Sift dry ingredients, add to sugar mixture alternately with cream and rose water. Add dissolved soda. Turn on lightly floured board and roll  $\frac{1}{4}$  inch thick, Cut into oblongs and sprinkle with 2 tablespoons granulated sugar. Bake in hot oven (450°) 15 minutes.

**GINGERBREAD***(Mrs. H. Y. Haines)*

- |                     |                                  |
|---------------------|----------------------------------|
| 1 cup dripping      | 1 cup milk, sweet or sour        |
| 2 cups molasses     | 3 or 4 cups flour                |
| 1 tablespoon soda   | 1 teaspoon salt                  |
| 1 tablespoon ginger | $\frac{1}{2}$ cup seeded raisins |

Melt the dripping, adding soda, molasses and ginger. Remove from the stove and add milk, salt, flour and raisins. Bake in moderate oven.



**GINGERBREAD***(E. H. Sieniewicz)*

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ cup shortening and butter | $1\frac{1}{2}$ cups flour       |
| $\frac{1}{2}$ cup sugar                 | 1 teaspoon ginger               |
| 1 egg                                   | $\frac{1}{2}$ teaspoon cinnamon |
| 1 cup molasses                          | $\frac{1}{2}$ teaspoon cloves   |
| 1 teaspoon soda                         | 1 cup hot water                 |

Cream sugar and shortening, add egg and molasses, then spices, flour and soda. When mixed, add hot water last. Bake in moderate oven.

**SPONGE GINGERBREAD***(E. Courser)*

- |                             |                                 |
|-----------------------------|---------------------------------|
| $\frac{1}{2}$ cup sugar     | 1 teaspoon ginger               |
| 1 tablespoon shortening     | 2 cups flour                    |
| 1 egg, well beaten          | 1 cup boiling water, in which   |
| 1 cup molasses              | 1 tsp. soda has been dissolved. |
| $\frac{1}{2}$ teaspoon salt |                                 |

Mix in order given, but do not add more flour. Bake in moderate oven.

**SOFT MOLASSES GINGERBREAD***(Mrs. R. McColl)*

- |                              |                             |
|------------------------------|-----------------------------|
| $\frac{1}{4}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| 1 cup molasses               | 1 tablespoon ginger         |
| 1 tablespoon vinegar         | 1 cup sour milk             |
| 1 egg                        | 2 cups flour                |
| 1 teaspoon soda              |                             |

Melt the shortening, add molasses, vinegar and beaten egg. Mix and sift the dry ingredients, and add alternately with the milk. Pour into a greased pan and bake in a moderate oven 30 to 40 minutes. (350° to 375° F). The batter should be just thin enough so the track left by the spoon in stirring disappears at once.

**ORANGE FRUIT CAKE***(Mrs. D. J. MacDonald)*

- |                                       |            |
|---------------------------------------|------------|
| $\frac{1}{2}$ lb. candied pineapple   | } shredded |
| $\frac{1}{2}$ lb. candied cherries    |            |
| $\frac{1}{2}$ lb. blanched almonds    |            |
| $\frac{1}{4}$ lb. citron, sliced thin |            |

Mix together, cover with  $\frac{1}{2}$  cup Orange Juice and let stand over night.

- |                                     |  |
|-------------------------------------|--|
| 1 cup butter                        | 2 tablespoons Rose Water                     |
| $1\frac{1}{2}$ cups sugar           | $\frac{1}{4}$ cup orange juice               |
| 6 eggs                              | 3 cups sifted flour                          |
| $\frac{1}{2}$ lb. shredded cocoanut | 1 cup chopped raisins, dredged<br>with flour |

Wash the butter and cream with sugar, add the well-beaten yolks of the eggs, and the cocoanut which has been soaked in Rose Water one-half hour. Add orange juice and flour. Fold in stiffly beaten egg whites, then add the mixed fruit and nuts, and the raisins. Bake slowly in deep pans 3-4 hours.



**CHOCOLATE CAKE***(Mrs. D. J. MacDonald)*

- |                          |                           |
|--------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup cocoa   |
| 2 cups brown sugar       | $1\frac{3}{4}$ cups flour |
| 2 eggs                   | salt                      |
| 1 cup milk               | vanilla                   |
| 1 teaspoon soda          |                           |

Cream butter and sugar, add eggs, unbeaten, add the milk in which soda has been dissolved, then the cocoa, flour, salt and flavouring. Bake about 45 minutes.

**DATE CAKE***(Mrs. M. B. Archibald)*

- |                                 |                         |
|---------------------------------|-------------------------|
| $\frac{3}{4}$ cup soft butter   | 3 tsps. baking powder   |
| $1\frac{1}{2}$ cups brown sugar | 1 tsp. cinnamon         |
| 3 eggs                          | 1 tsp. nutmeg           |
| $\frac{1}{2}$ cup milk          | $\frac{1}{2}$ lb. dates |
| 2 cups flour                    | salt                    |

Bake 30 minutes in a moderate oven.

**PLAIN AND DARK FRUIT CAKE***(Mrs. D. J. MacDonald)***Dark Part**

- |                                 |                               |
|---------------------------------|-------------------------------|
| $\frac{1}{2}$ lb. butter        | $\frac{1}{2}$ teaspoon cloves |
| $\frac{1}{2}$ lb. brown sugar   | $\frac{3}{4}$ teaspoon nutmeg |
| 3 egg yolks, well beaten        | 1 cup cut blanched almonds    |
| 3 tablespoons molasses          | $\frac{1}{2}$ cup cut citron  |
| $\frac{1}{2}$ lb. flour         | 1 lb. raisins                 |
| $\frac{1}{2}$ teaspoon soda     | 1 lb. currants                |
| $\frac{1}{2}$ teaspoon cinnamon | 3 egg whites, beaten stiffly. |

Mix in the order given, and spread in bottom part of pan.

**Light Part**

- |                               |                                      |
|-------------------------------|--------------------------------------|
| $\frac{1}{2}$ lb. butter      | 1 teaspoon baking powder             |
| $\frac{1}{2}$ lb. white sugar | 5 eggs, beaten separately            |
| $\frac{1}{2}$ lb. flour       | $\frac{1}{2}$ teaspoon lemon extract |

Mix and beat well, spread on top of dark part in the same pan, and bake slowly 2 hours.

**DATE CAKE***(Mrs. D. J. MacDonald)*

- |                              |                           |
|------------------------------|---------------------------|
| $\frac{1}{2}$ lb. butter     | 1 package dates           |
| 1 cup brown sugar            | 1 cup chopped walnuts     |
| 3 eggs                       | 2 teaspoons vanilla       |
| 2 cups flour                 | 2 teaspoons lemon extract |
| 1 teaspoon soda dissolved in |                           |
| 1 tablespoon warm water      |                           |

Bake slowly and ice with Chocolate Icing.



**CHERRY CAKE***(Mrs. D. J. MacDonald)*

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup cherry juice
$1\frac{1}{4}$ cup sugar	2 cups and 6 tablespoons flour
4 egg whites	3 teaspoons baking powder
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon salt
16 Maraschino Cherries	

Mix in order given, and bake in 8 inch pan for 50 minutes.

**TOMATO SOUP CAKE***(From Ottawa)*

$\frac{1}{2}$ cup butter (scant)	$\frac{1}{2}$ tsp. allspice
1 cup sugar	$\frac{1}{2}$ tsp. nutmeg
1 can tomato soup with	$\frac{1}{4}$ tsp. cloves
1 tsp. soda	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ tsp. cinnamon	2 tsps. baking powder
1 cup chopped nuts and raisins	Salt

Cream butter and sugar. Mix and sift dry ingredients. Combine the two mixtures. Batter should be very stiff. Bake 1 hour in a moderate oven.

**WHITE FRUIT CAKE***(Mrs. Allan Morton)*

$\frac{2}{3}$ cup butter	$1\frac{2}{3}$ cups flour
$\frac{1}{4}$ tsp. soda	$\frac{1}{2}$ tblsp. lemon juice
Whites of 7 eggs	$1\frac{1}{4}$ cups pulv. sugar
$\frac{2}{3}$ cup wet, candied cherries	$\frac{1}{2}$ cup whole almonds
$\frac{1}{2}$ cup ground citron	1 tsp. almond extract

Cream butter and flour which has been sifted with soda. Add lemon juice and almond flavoring. Beat egg whites stiff and add sugar. Mix into first mixture and add citron. Place  $\frac{1}{3}$  in pan and arrange a row of cherries and nuts. Put another layer on top and place another third of cherries and nuts. Put last third of cake mixture and top with remaining cherries and nuts. No frosting is needed.

**POUND CAKE***(K. D.)*

$\frac{1}{2}$ lb. butter	4 eggs
$1\frac{1}{2}$ cups flour	Pinch of baking powder
1 cup sugar	

Cream butter, flour and pinch of baking powder. Add beaten yolks of 4 eggs and 1 cup sugar gradually. Fold in beaten whites of eggs. Flavor as desired.

Bake  $1\frac{1}{4}$  hours in moderate oven, 375.



**DATE LOAF CAKE**

$\frac{1}{2}$ cup shortening	2 tsps. baking powder
1 cup brown sugar	$\frac{1}{4}$ tsp. soda
Grated rind of 1 orange	$\frac{1}{2}$ cup milk
3 cups pastry flour	1 cup nut meats (chopped)
1 lb. dates, (pitted and chopped)	

Cream shortening and sugar, beating well. Add orange rind. Sift together other dry ingredients. Add alternately with milk to first mixture. Add nuts and dates and pour in a greased loaf pan. Bake in a moderate oven, 325, for  $1\frac{1}{2}$  hours.

**QUICK CHOCOLATE CAKE***(Mrs. H. J. Adamson)*

To 1 cup brown sugar, 1 cup sour milk, add 2 squares melted chocolate and melted butter (size of an egg).

Sift $1\frac{3}{4}$ cups flour	2 tsp. baking powder
1 tsp. soda	$\frac{1}{2}$ tsp. salt

Add gradually, beating well. Flavor with 2 tsps. vanilla. Add 3 eggs, unbeaten, one at a time. Bake in a moderate oven.

**CHOCOLATE MARSHMALLOW ICING**

Melt 2 sqs. chocolate and 2 tbsps. butter to this add icing sugar and hot water to make desired quantity. When ready to spread add chopped marshmallows. Flavor with vanilla.

**ORANGE CAKE***(Miss O'Brien)*

2 egg whites	Juice of one orange
4 egg yolks	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	2 cups Swansdown Cake Flour
$\frac{1}{2}$ cup cold water	(sifted 3 times)
	2 teaspoons baking powder

Put whites of two eggs in one dish and two in another. Beat yolks of eggs a little, then add sugar, water, juice of orange, salt. Beat with egg beater. Add whites of two eggs beaten stiff, flour (sifted three times) and baking powder. Fold flour in mixture and do not beat very much.

Bake in oven at Angel Cake temperature for  $\frac{3}{4}$  hr.

**Frosting**

2 egg whites	6 tablespoons cold water
2 cups of Icing Sugar	Little grated orange rind

Cook in double boiler seven minutes.



**DELICIOUS CAKE***(Gladys Barnstead)*

1½ cups sugar  
 ½ cup butter  
 2/3 cup milk  
 2 cups pastry flour

2 tsps. baking powder (level)  
 1 teaspoon vanilla  
 Pinch salt  
 3 eggs unbeaten

Cream butter and sugar, add milk and beat well. Add flour sifted with baking powder and salt. Add flavoring. Add eggs one at a time, beat each one thoroughly this is essential. Bake at 360°.

**CHOCOLATE CAKE***(Gladys Barnstead)*

1 tablespoon butter  
 1 cup white sugar  
 ½ cup cocoa  
 ½ cup sour milk or cream

1 teaspoon soda  
 1 cup flour  
 1 teaspoon baking powder  
 Vanilla and salt

Lastly add one-half cup boiling water.

This is very economical and worth while trying.

**SPICE CAKE***(Gladys Barnstead)*

½ cup butter  
 1 cup brown sugar  
 1 cup sour milk  
 ½ cup molasses  
 2 eggs  
 2½ cups flour

1 cup raisins  
 1 teaspoon soda  
 salt  
 ½ teaspoon cinnamon, cloves  
 and nutmeg—½ tsp. each

**OLD FASHIONED RIBBON CAKE**

2 cups sugar  
 1 cup butter  
 1 cup milk  
 4 cups flour

4 eggs  
 ½ tsp. baking soda  
 1 tsp. cream of tartar  
 nutmeg, vanilla

Beat butter to a cream, add sugar gradually, beating all the while; add eggs beaten very light, add milk and flour which has had the soda, cream of tartar and salt sifted with it; beat vigorously until thoroughly mixed. Take 3 sheet pans the same size, and in each of two put in one-third of the mixture and bake. To the other third add 2 tsp. cinnamon, 1 cup currants, ½ lb. citron cut fine. Bake this in the remaining pan. When done, take out of pans. Spread light cake with a thin layer of jelly while warm. Place dark cake on that, then spread jelly over dark cake, and place other sheet of light cake on top. Lay a paper over all, then put one of the pans with two irons in it over this. Cake will press in about an hour, then frost with a Fruit Cake Frosting.



**COCOA CAKE***(Miss O'Brien)*

$\frac{1}{2}$ cup butter	1 cup sour milk
7 teaspoons cocoa	1 teaspoon soda
$1\frac{1}{4}$ cup sugar	2 cups flour
3 teaspoons boiling water	vanilla
1 egg	

Mix cocoa and sugar together first; then add butter, boiling water, egg, sour milk with baking soda in it, flour, salt and vanilla. Bake in moderate oven.

**NEVER FAIL CHOCOLATE CAKE***(Gladys Barnstead)*

Melt 2 squares chocolate and  $\frac{1}{2}$  square butter. Place in bowl and add one cup sugar, one-half cup milk, one cup flour with two teaspoons baking powder, break two eggs into mixture.

Do not stir until all ingredients are in, then beat well and bake in medium pan (360°).

**MACARON CAKE***(Mrs. H. L. Scammell)*

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup white sugar
3 egg yolks	3 tbsps. milk
1 cup flour	1 tsp. baking powder
$\frac{1}{2}$ tsp. salt	

Method: Cream butter. Add sugar, creaming thoroughly. Add beaten egg yolks, flour, baking powder and salt alternately with milk. Spread in a pan which has been papered so that the paper will come well over the sides of the cake. Cover cake mixture with:

3 beaten egg whites	1 cup cocoanut
$\frac{1}{2}$ cup sugar	

Bake 20-30 minutes in a moderate oven.

**LIGHT FRUIT CAKE***(H. Lindsay)*

$\frac{3}{4}$ lb. butter	1 small bottle grape juice
$1\frac{1}{4}$ cup gran. sugar	1 lb. sultana raisins
4 cups flour	$\frac{1}{4}$ lb. almonds
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ lb. citron
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ cup cocoanut
5 eggs	2 tsp. vanilla
1 small bottle marachino cherries	1 tsp. almond extract

Wash and scald raisins. Cut cherries in two, slice citron, blanch and split almonds. Put all into a bowl, add cocoanut, cherry and grape juice and essence. Let stand over night.

Mix batter in regular way. Add floured fruit, using some of the four cups. Add the  $\frac{1}{2}$  tsp. baking powder to the flour on the fruit.

Bake in a tin lined with three thicknesses of brown paper  $2\frac{1}{2}$  hours in a very slow oven. It should stand at least one week before serving.



**CHRISTMAS FRUIT CAKE**

1 lb. butter  
 1 lb. light brown sugar  
 9 eggs  
 1 lb. flour  
 1 teaspoon mace  
 2 teaspoons cinnamon  
 1 teaspoon soda  
 2 tablespoons milk

3 lbs. currants  
 2 lbs. seeded raisins  
 $\frac{1}{2}$  lb. almonds (blanched and chopped)  
 1 lb. citron, cut fine  
 Candied pineapple and cherries may be added

Cream butter, add sugar, and beat until creamy. Separate yolks from whites of eggs. Beat yolks until thick and lemon colored, whites until stiff and dry. Flour mixed and sifted with soda and spices.

Put this in cake tin lined with buttered paper, also cover the top with waxed paper and cheese cloth, and tie down. Steam 3 or 4 hours. Put in very slow oven for half an hour to steam off.

**ORANGE CREAM LAYER CAKE**

(Mrs. H. A. MacQuarrie)

4 egg yolks beaten well  
 1 cup white sugar added gradually

3 tablespoons orange juice

Beat well, then add  $1\frac{1}{2}$  tablespoons cornstarch, plus pastry flour to make 1 cupful,  $1\frac{1}{4}$  teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, all sifted together. Add:

2 tablespoons lemon juice or  
 Fold in at last 4 egg whites well beaten.  
 Bake in two layers-350° F, 25 minutes.

1 tablespoon lemon extract

Filling:

$\frac{1}{2}$  cup white sugar  
 2 tablespoons cornstarch  
 $\frac{1}{4}$  teaspoon salt

1 teaspoon lemon juice  
 $\frac{1}{2}$  cup orange juice  
 1 tablespoon butter

Cook until clear and thick. Cool. Then fold in 1 cup whipped cream.

**COFFEE SPICE CAKE**

(Mrs. W. Strachan)

$2\frac{1}{2}$  cup Swansdown Flour  
 (sifted three times)  
 1 teaspoon soda  
 1 teaspoon ginger  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{2}$  teaspoon allspice

1 teaspoon salt  
 1 cup butter  
 $1\frac{1}{2}$  cup brown sugar (full)  
 2 eggs well beaten  
 $\frac{2}{3}$  cup cold strong coffee

Cream butter and sugar. Mix dry ingredients. Then mix alternately with coffee to first mixture. Bake in moderate oven 30 minutes.



**TOMATO SOUP CAKE***(Mrs. W. Strachan)*

1 cup sugar	}	Blend together
$\frac{1}{2}$ cup melted butter		
1 can Tomato Soup	}	Mix together
1 scant teaspoon baking powder		
2 cups flour		2 teaspoons nutmeg
2 teaspoons baking powder		$\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon		1 cup nuts
1 teaspoon cloves		1 cup dates

Mix dry ingredients, add to first mixtures, then add nuts and dates. Bake 45 minutes in moderate oven.

Icing:

$\frac{1}{4}$ lb. Cream Cheese	1 teaspoon vanilla
$1\frac{1}{2}$ cup pulverized sugar	

Cream cheese and sugar well and add flavoring.

**MARBLE CAKE***(Mrs. Howard Ross)*

$\frac{3}{4}$ cup butter	3 tsps. baking powder
2 cups sugar	$1\frac{1}{2}$ cups milk
4 egg whites (unbeaten)	2 tsps. vanilla
$\frac{1}{2}$ tsp. salt	2 sqs. chocolate
$3\frac{1}{4}$ cups Swansdowne flour	$\frac{1}{4}$ tsp. soda

Cream shortening and add the sugar. Beat well and add the unbeaten egg whites one at a time. Beat well. Sift flour once before measuring. Mix and sift flour, baking powder and salt three times after measuring. Add to first mixture alternately with milk. Add vanilla then melted chocolate with which  $\frac{1}{4}$  tsp. soda has been mixed. Drop by spoonful into greased pan. Moderate oven.

**GUM DROP CAKE***(M. M.)*

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
1 cup white sugar	1 level tsp. baking powder
2 eggs	1 lb. gum drops
2 cups pastry flour	1 cup raisins

Cream butter, add sugar. Then well beaten eggs. Mix baking powder with flour and add to first mixture. Cut gum drops in small pieces and flour well, add to batter with cup of raisins, also well flavoured. Bake in a loaf about one hour.



**INEXPENSIVE FRUIT CAKE**

(M. M.)

- |  |   |
|--|---|
| 1 heaping cup butter                                     | $\frac{1}{2}$ lb. figs.                 |
| 2 cups brown sugar                                       | $1\frac{1}{2}$ tsp. soda                |
| 3 eggs   | 4 cups bread flour                      |
| 1 cup sour cream   | 1 cup thick strawberry preserves        |
| $\frac{1}{4}$ lb. mixed citron and orange and lemon peel | 2 lbs. seeded raisins                   |
| $\frac{1}{4}$ lb. chopped walnuts                        | Spices (cloves, mace, cinnamon, nutmeg) |
| 2 lbs. dates   |   |

Cream butter, add brown sugar and eggs and strawberry preserves. Sift flour three times with soda, salt and spices and 1 tblsp. cocoa, and rub one cupful into the washed and dried raisins and other fruit. Steam 3 hours. Bake 1 hour.

**MOCHA CAKE**

(M. M.)

- |                            |                                   |
|----------------------------|-----------------------------------|
| $\frac{3}{4}$ cup butter   | $3\frac{3}{4}$ cup flour (pastry) |
| $1\frac{1}{2}$ cup sugar   | $3\frac{3}{4}$ tsp. baking powder |
| $\frac{1}{2}$ cup molasses | $1\frac{1}{2}$ tsp. cinnamon      |
| 3 eggs                     | $\frac{3}{4}$ tsp. mace           |
| $1\frac{1}{8}$ cup milk    | $\frac{3}{8}$ tsp. cloves         |
|                            | $\frac{1}{2}$ tsp. salt           |

Cream butter and sugar. Add molasses, milk and beaten eggs. Sift together three times the flour, baking powder, spices and salt. Combine with cake mixture, and cook in a slow oven, and cover with mocha frosting.

# Small Cakes and Cookies

**DATE SQUARES**

(Mrs. C. L. Cooley)

- |                      |                           |
|----------------------|---------------------------|
| 2 tablespoons butter | 1 cup flour               |
| 3 tablespoons sugar  | 2 teaspoons baking powder |
| yolks of 2 eggs      | (Schwartz)                |
|                      | pinch salt                |

Mix and press down in pan.

Stone dates, cut fine and sprinkle over mixture. Beat whites of 2 eggs stiff, add 1 cup pulverized sugar. Spread over dates. Blanch  $\frac{1}{4}$  lb. almonds and spread over egg whites. Bake 25 minutes in moderate oven.



**ORANGE COOKIES**

(K. D.)

$\frac{1}{2}$  cup butter or shortening  
1 cup sugar  
1 egg

Grated rind and juice of  
1 orange  
 $2\frac{1}{2}$  cups flour  
3 tsps. baking powder

Roll very thin and sprinkle with sugar. Bake in an oven 425° until a delicate brown.

**ORANGE STICKS**

(Mrs. H. L. Scammell)

$1\frac{1}{2}$  cups flour  
 $1\frac{1}{2}$  tsps. baking powder  
 $1\frac{1}{2}$  tsps. baking powder  
4 tbsps. butter  
1 cup white sugar

1 egg yolk  
Grated rind of 1 orange  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{4}$  cup milk

Meringue for top:

4 tbsps. sugar  
1 egg white

Cocoanut to thicken

Method: Sift flour, measure, add baking powder, sift 3 times. Cream butter, add sugar gradually, creaming thoroughly. Add egg, beat until light. Add orange rind, then flour, milk and orange juice alternately. Beat until smooth after each addition. Pour into greased pan  $14\frac{1}{2}'' \times 9\frac{1}{2}''$ . Bake. 20 minutes in moderate oven. Spread meringue on top and bake 5 minutes longer. Cut in strips.

**ICE-BOX DATE PINWHEELS**

(Mrs. C. L. Cooley)

$\frac{1}{2}$  cup butter  
1 cup brown sugar  
1 egg  
1 teaspoon vanilla

$\frac{1}{4}$  teas. soda  
 $\frac{1}{2}$  teas. salt  
2 cups flour, scant

Mix and put in refrigerator to chill thoroughly.

**Date Filling**

1 cup dates  
 $\frac{3}{4}$  cup water

1 cup brown sugar  
vanilla, salt

Cook till thick, let cool. Roll out mixture, spread filling, and roll up in long roll. Cut off in half inch slices and bake in quick oven.

**FEATHER CUP CAKES**

1 egg  
1 cup sugar  
1 tsp. vanilla  
2 tsps. baking powder

1 cup sour milk  
 $\frac{1}{2}$  cup butter  
2 cups bread flour

Cream butter and sugar. Add beaten egg and, alternately, milk and flour. Makes 1 dozen cup cakes or a good sized loaf.



**RECEPTION DAINTIES***(Gladys Barnstead)*

2 cups bread flour	2 tablespoons granulated sugar
$\frac{1}{4}$ teaspoon salt	
$\frac{3}{4}$ cup butter	1 egg—1 teaspoon vanilla
1 teaspoon baking powder	2 tablespoons milk

Mix as you would pastry then add egg, vanilla and milk.

Roll out about the thickness of pie crust cut in two inch squares. Place half teaspoon jam on each square, fold corners over and bake in moderate oven (375°).

**ALMOND STRIPS***(Mrs. Melville Cumming)*

$\frac{1}{2}$ lb. almonds (not blanched)	Whites of 2 eggs
$\frac{1}{2}$ lb. pulverized sugar	

Beat sugar and egg together. Take out 2 tblsps. for icing and add to it one more tblsp. sugar. Put almonds through a fine chopper and add to first mixture.

Roll flat, cut in strips about  $\frac{1}{4}$  inch thick. Ice and bake in a good oven until icing is brown.

**LITTLE CHEESE CAKES***(Mrs. D. J. MacDonald)*

$\frac{1}{4}$ lb. butter	$\frac{1}{4}$ lb. white cream cheese
$\frac{1}{4}$ lb. flour	

Mix thoroughly, roll out the pastry and cut in rounds. Put two rounds together with raspberry jam between, and bake.

**COCOANUT COOKIES***(Miss O'Brien)*

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cup flour
1 egg	3 tsps. Royal baking powder
$\frac{1}{2}$ tsp. Lemon Juice or Extract	$\frac{1}{8}$ teaspoon salt
	2 cups fresh grated cocoanut

Cream shortening; add sugar, beaten egg and lemon; mix in milk slowly; add flour, baking powder and salt which have been sifted together; add cocoanut. The batter should be quite stiff. Drop by small spoonfuls on greased pan. Do not smooth over, but allow space for spreading. Bake in moderate oven 15 to 20 minutes.



**WALNUT FINGERS***(Gladys Barnstead)*

$\frac{1}{2}$  cup butter  
 1 cup brown sugar  
 2 tablespoons milk  
 1 egg

1 teaspoon baking powder  
 $\frac{1}{2}$  cup flour *more flour*  
 1 cup walnuts

Mix in order given then add 1 cup flour. Spread in pan and spread on top a handful of brown sugar and nuts. Bake in moderate oven 375° and cut in fingers.

**SCOTCH DROP CAKES No. 1***(Gladys Barnstead)*

1 cup brown sugar  
 $\frac{1}{2}$  cup butter  
 2 eggs well beaten  
 1 cup cocoanut

1 cup flour  
 1 cup rolled oats  
 2 teaspoons baking powder  
 Pinch salt.

**SCOTCH DROP CAKES No. 2***(Gladys Barnstead)*

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 1 egg well beaten

$\frac{3}{4}$  cup flour  
 $\frac{1}{2}$  teaspoon vanilla, salt

Mix in order given and drop in pan and spread with knife 2 inches apart.

**SCOTCH CAKES**

Cream  $\frac{3}{4}$  lb. butter  
 1 cup icing sugar

4 cups flour  
 1 egg yolk

**CHOCOLATE ROLLS***(Mrs. M. B. Archibald)*

5 eggs  
 2 tblsps. cocoa

$\frac{1}{2}$  cup icing sugar

Beat whites and yolks of eggs separately. Add cocoa and icing sugar to beaten yolks, then add the stiffly beaten whites of the eggs. Bake in a hot oven. When cool spread with cream flavored with sugar and vanilla and roll like jelly roll.

**DROP CAKES***(Mrs. M. B. Archibald)*

$\frac{1}{2}$  cup butter  
 1 cup brown sugar  
 1 egg (well beaten)  
 $\frac{1}{4}$  tsp. salt

1 heaping cup flour  
 $\frac{1}{4}$  tsp. soda  
 1 tsp. vanilla  
 Raisins or dates and nuts



**GINGER SNAPS***(Mrs. M. B. Archibald)*

- |                              |               |
|------------------------------|---------------|
| 1 cup molasses               | 1 tsp. salt   |
| $\frac{1}{2}$ cup shortening | 1 tsp. soda   |
| $3\frac{1}{2}$ cups flour    | 1 tsp. ginger |

Bring the molasses to a boil and pour it over the shortening. Sift the flour with the salt, soda and ginger and add to the molasses mixture. Put this away for several hours in a cool place (not in the refrigerator) and then roll very thin and bake.

**DATE AND ALMOND CAKES***(Mrs. M. B. Archibald)*

- |                 |                       |
|-----------------|-----------------------|
| 2 tbsps. butter | 1 cup flour           |
| 3 tbsps. sugar  | 2 tsps. baking powder |
| Yolks of 2 eggs | Salt                  |

Roll and press in a pan. Pour over it a little over a cup of dates. Beat whites of eggs and add a cup of icing sugar. Spread this over the dates and over all put 1 cup of almonds, finely cut. Bake in a moderate oven.

**DOUGHNUTS***(Mrs. M. B. Archibald)*

- |                        |                           |
|------------------------|---------------------------|
| 1 cup sugar            | 3 tsps. baking powder     |
| 3 eggs (well beaten)   | $\frac{1}{2}$ tsp. ginger |
| 2 tbsps. melted butter | $\frac{1}{2}$ tsp. nutmeg |
| 1 cup milk             | Vanilla                   |
| About 4 cups flour     |                           |

Fry small spoonful of this dropped in deep fat.

**PEANUT COOKIES**

- |                                 |  |
|---------------------------------|--|
| $\frac{3}{4}$ cup shortening    | 2 cups pastry flour                      |
| $1\frac{1}{2}$ cups brown sugar | $\frac{1}{8}$ tsp. soda                  |
| 1 egg                           | $\frac{1}{2}$ cup peanut meats (chopped) |
| $\frac{1}{2}$ tsp. salt         | $\frac{1}{2}$ cup half peanuts           |

Cream shortening. Add sugar and blend well. Add whole egg and mix thoroughly. Sift flour with soda and salt and add to the shortening mixture. Add chopped nuts. Let stand in refrigerator over night. Form into rolls and press half nuts on top. Bake 8-10 minutes in a moderate oven.

**SOFT VANILLA JUMBLES**

- |                              |   |
|------------------------------|---|
| $\frac{1}{2}$ cup shortening | 1 cup ginger (crystallized)             |
| 2 eggs                       | 1 tbsps. milk                           |
| 1 tsp. vanilla               | $2\frac{1}{2}$ cups sifted pastry flour |
| $\frac{1}{2}$ tsp. salt      | 2 tsp. baking powder                    |

Cream shortening and add sugar. Blend well, then add eggs well beaten, milk and vanilla. Sift together the remaining ingredients and add to the shortening mixture. Chill and drop by tsps. on a baking sheet. Bake in an oven 375° from 12 to 15 minutes.



**DATE TART***(Mrs. A. McD. Morton)*

Whites of 4 eggs  
 $\frac{1}{2}$  cup shelled almonds  
 1 tsp. vanilla

$\frac{1}{2}$  cup sugar (scant)  
 $\frac{1}{2}$  lb. dates

Prepare fruit and put through a coarse chopper. Beat eggs well and add sugar a little at a time. Cut in fruit. Turn into a shallow pan and bake 1 hour. Cut in bars while warm. Do not stir one moment after cutting in fruit.

**FRUIT BALLS***(Mrs. Melville Cumming)*

3 egg whites  
 $\frac{3}{4}$  cup white sugar

salt

Mix well and add 1 cup walnuts, 1 cup dates, 1 cup cocoanut and flavoring. Let cook in a slow oven until mixture is light brown. Take out—cool—take spoonful, roll in ball and then in granulated sugar.

**EGG TARTS***(Mrs. Henry Potter)*

Form tarts as usual with pastry

Filling

1 egg (beaten)  
 1 cup brown sugar

1 tsp. vinegar  
 1 tsp. vanilla

Bake in an oven about 400°. If too hot it toughens and if too slow it shrinks mixture. Serve with whipped cream.

**LEMON CRUMBLES**

$\frac{3}{4}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 $1\frac{1}{2}$  cup cracker crumbs  
 $\frac{1}{4}$  cup flour

$\frac{1}{2}$  cup cocoanut  
 1 tblsp. milk  
 1 tsp. baking powder

Method: Mix dry ingredients and work in butter with fingers, add milk (sometimes a little more). Press down firmly about  $\frac{3}{4}$  of mixture in pan, cover with lemon filling and crumble rest of mixture on top.

**LEMON FILLING**

1 cup sugar  
 1 egg  
 Juice and rind of lemon

1 cup hot water  
 2 tblsp. flour

Mix sugar and flour and stir in water, also egg slightly beaten, remove from stove when thick, add lemon.



**PEANUT BUTTER COOKIES***(Mrs. O. S. Cox)*

$\frac{1}{2}$  cup lard  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup white sugar  
 $\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  cup peanut butter  
 $\frac{1}{2}$  tsp. soda, dissolved in  
 1 tsp. boiling water  
 2 cups flour

Cream lard, butter and peanut butter, add sugar gradually, add soda and flour, roll as for ice box cookies and bake in moderate oven.

**RICH COOKIES**

$4\frac{1}{2}$  cups flour  
 1 cup shortening  
 $1\frac{1}{2}$  cups sugar  
 2 eggs

$\frac{1}{4}$  tsp. salt  
 3 tsps. baking powder  
 $\frac{1}{2}$  cup water  
 1 tsp. vanilla

Cream butter and sugar. Add slightly beaten eggs and flavoring. Sift flour with baking powder and salt and add alternately with water. Chill. Cut or roll. Bake at 400° for 10 minutes.

**PEANUT BUTTER COOKIES***(Mrs. J. E. Rutledge)*

1 square butter  
 Same amount of peanut butter  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup white sugar

1 egg, beaten  
 $1\frac{1}{2}$  cups flour  
 1 teaspoon baking soda

Mix in order given, roll about as thick as Scotch cakes and bake. If the mixture is found too soft to roll, it can be placed in the refrigerator until it hardens.

**JUMBOS***(R. F.)*

1 cup brown sugar  
 2 eggs  
 $\frac{3}{4}$  cup flour  
 1 teaspoon baking powder

1 teaspoon vanilla  
 $\frac{1}{2}$  cup walnuts, chopped  
 $\frac{1}{2}$  cup dates  
 1 tablespoon melted shortening

Mix and bake in moderate oven. Cut in squares or strips.

**GRAHAM CAKES***(R. F.)*

25 Graham Crackers, crumbled  
 (1 small box)

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup butter

Mix and spread half the mixture in pan, then bake 7 or 8 minutes.

Mix together:

Juice and rind 1 large lemon  
 3 egg-yolks, beaten  
 3 egg-whites, beaten

$\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup flour  
 3 tablespoons cold water

Pour on top of baked crumbs, sprinkle with remaining crumbs, and bake in moderate oven. When cool cut in strips.



**CHOCOLATE DROP CAKES***(Mrs. G. M. Logan)*

- |                              |                                    |
|------------------------------|------------------------------------|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon baking soda |
| 1 cup light brown sugar      | 2 squares melted chocolate         |
| 1 beaten egg                 | 1 cup chopped nuts                 |
| $\frac{1}{2}$ cup milk       | 1 teaspoon vanilla                 |
| $1\frac{1}{2}$ cups flour,   |                                    |
| (May be part buckwheat)      |                                    |

Cream shortening, add sugar gradually, then the egg, milk, and flour mixed and sifted with soda. Stir in the melted chocolate, chopped nuts and vanilla. Drop by teaspoons on well-buttered pan.

**DATE MARGUERITES**

- |                               |   |
|-------------------------------|---|
| 1 egg                         | $\frac{1}{4}$ teaspoon baking powder    |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ cup dates, stoned and cut |
| $\frac{1}{4}$ cup flour       | in pieces                               |
| $\frac{1}{4}$ teaspoon salt   |   |

Beat egg slightly, sift in dry ingredients and mix thoroughly. Fill small greased tins  $\frac{2}{3}$  full of mixture and put pieces of date in the center of each. Bake in a moderate oven or at 350 degrees F. for 10 to 12 minutes. Remove while hot and sprinkle with powdered sugar.

**TEA CAKES***(Mrs. E. T. Parker)*

- |                          |                            |
|--------------------------|----------------------------|
| $\frac{1}{4}$ cup butter | 2 squares melted chocolate |
| 1 cup sugar              | 1 cup pastry flour         |
| $\frac{1}{2}$ cup milk   | 1 teaspoon baking powder   |
| 2 eggs                   | 1 teaspoon vanilla         |

Cream butter, add sugar gradually, then egg-yolks beaten. Add flour and baking powder sifted together, alternating with milk. Add vanilla and stiffly beaten egg whites. Bake in muffin tins. Remove top of each cake fill with Hip-o-lite Marshmallow Cream, and cover with chocolate frosting.

**PEANUT BUTTER COOKIES***(Mrs. G. W. Hazen)*

- |                     |                             |
|---------------------|-----------------------------|
| 1 cup shortening    | 2 eggs                      |
| 1 cup white sugar   | 1 teaspoon vanilla          |
| 1 cup brown sugar   | $\frac{1}{4}$ teaspoon salt |
| 1 cup peanut butter | 2 teaspoon baking soda      |

Mix shortening, sugar, peanut butter, eggs and vanilla, add flour sifted with soda and salt. Shape in small balls, flatten with a fork and bake 10 minutes in moderate oven.



**CORNFLAKE DATE COOKIES***(Mrs. G. M. Logan)* $\frac{1}{2}$  lb. dates $\frac{1}{2}$  cup water

1 cup sugar

Remove stones from dates, boil with sugar and water until soft.

1 cup butter

 $3\frac{1}{2}$  cups flour

1 cup sugar

2 teaspoons baking powder

3 cups cornflakes

 $\frac{1}{4}$  teaspoon salt $\frac{1}{2}$  cup water

Cream butter and sugar and add other ingredients. Divide in equal parts and roll thin. Spread one half with the date mixture, cover with the other half. Cut in squares and bake in moderate oven.

**CHERRY NUT BALLS***(R. F.)* $\frac{1}{2}$  lb. butter

1 teaspoon baking powder

1 cup sugar

salt

2 egg-yolks and 1 egg-white  
beaten together

flavoring

Shredded Almonds and Cherries

 $2\frac{1}{4}$  cups bread flour, or 3 cups  
pastry flour

Cream butter and sugar, add eggs, flour sifted with baking powder and salt, and flavoring. Mixture should be stiff enough to mould into balls. Dip each ball in unbeaten egg-white and roll in shredded almonds. Put half-cherry in centre of ball and bake 15 to 20 minutes in moderate oven.

**ALMOND COOKIES** $\frac{3}{4}$  cup shortening

1 small teaspoon soda

 $\frac{1}{4}$  cup butter

1 teaspoon cream of tartar

 $\frac{1}{2}$  cup brown sugar $\frac{1}{2}$  teaspoon salt $\frac{1}{2}$  cup white sugar

1 teaspoon almond extract

1 egg

 $\frac{1}{4}$  cup chopped almonds

2 cups flour

Mix in order given. Drop on a buttered tin and place a blanched almond on top of each.

**DROP DOUGHNUTS***(R. Forsier)*

1 egg

 $\frac{1}{2}$  teaspoon lemon extract

1 egg-yolk

2 cups flour

 $\frac{1}{2}$  cup sugar $\frac{1}{2}$  teaspoon salt

2 tablespoons heavy cream

3 teaspoon baking powder

 $\frac{1}{4}$  cup milk

Nutmeg

Beat eggs, add sugar gradually, then cream, milk, lemon extract, then flour sifted with salt and baking powder, and nutmeg. Drop by spoonfuls in hot fat.



**KISLIFFS***(E. H. Siemewicz)*

1 cup butter

2 cups flour

2 tblsps. granulated sugar

1 cup almonds, ground

Cream butter and flour. Add sugar and almonds. Form into bolsters by rolling in the hands. Bake in a slow oven. Roll in pulverized sugar on removing from oven.

**FRUIT BALLS***(Mrs. George E. Ingraham)*

1 cup shelled walnuts

1 cup dates

1 cup cocoanut

 $\frac{3}{4}$  cup granulated sugar

2 egg-whites, beaten stiff

Pinch of salt

1 teaspoon vanilla

1 teaspoon almond extract

Put walnuts and dates through chopper. Add other ingredients, and bake a light brown. When cool, cut in squares and roll in granulated sugar.

**OATMEAL COOKIES***(E. Courser)*

4 cups oatmeal

2 cups flour

1 cup butter or shortening

1 cup sugar

1 teaspoon soda

2 teaspoons cream of tartar

 $1\frac{1}{2}$  tablespoons cold water

Mix all together, roll thin, and bake in moderate oven. These are very good put together in pairs with date filling between.

**CREAM PUFFS***(Phyllis Ryder)*

1 cup boiling water

1 cup flour

 $\frac{1}{2}$  cup butter

3 eggs

Put water and butter in pot, heat to boiling point, then add flour all at once and stir until smooth. Cook until mixture leaves side of pot. When cool, add unbeaten eggs, one at a time, stirring until perfectly smooth after each egg is added. The mixture should be stiff enough to hold its shape. Drop by teaspoon on greased pan, and bake in hot oven 25-30 minutes. When cooked, make an opening in the side and fill with whipped cream.

**DREAMS***(Phyllis Ryder)*

2 egg-whites

1 tablespoon cornstarch

1 cup sugar

 $\frac{1}{2}$  cup cocoanut $\frac{1}{2}$  cup chopped dates $\frac{1}{2}$  cup walnuts

salt

Beat egg-whites stiff, add sugar and cornstarch, place in double boiler and cook until thick, beating constantly with egg beater. This takes about five minutes. Remove from fire, add dates, nuts and cocoanut, and drop by teaspoon on greased pan. Bake in hot oven 5-10 minutes, or until slightly browned.



**WALNUT STRIPS***(Mrs. A. G. Forster)*

Mix  $\frac{1}{2}$  cup butter      1 cup flour       $\frac{1}{2}$  cup brown sugar  
and bake in sheet in moderate oven. Set aside to cool, then cover with the following mixture:

Beat 1 egg	
add $\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ cup shredded cocoanut
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{8}$ teaspoon baking powder	$\frac{1}{2}$ teaspoon vanilla

Bake from 15-20 minutes. When cool frost with the following:

1 tablespoon butter, worked	1 tablespoon orange juice
until creamy	$\frac{1}{2}$ teaspoon lemon juice

$\frac{3}{4}$  cup icing sugar

Sprinkle with chopped walnuts, and cut in strips.

**CHOCOLATE LEMON SQUARES***(L. Donovan)*

2 eggs	10 tablespoons cocoa
$1\frac{1}{4}$ cups brown sugar	Grated rind of 1 lemon
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup walnuts

Beat eggs slightly, add other ingredients in order given. Bake 20 minutes in oven 275° F. Cut in squares.

**GINGER SNAPS***(Mrs. Harvey Crowell)*

$\frac{3}{4}$ cup shortening	4 cup flour
$\frac{3}{4}$ cup sugar	1 teaspoon salt
1 egg	2 teaspoon ginger
1 cup molasses	1 teaspoon soda

Put shortening, sugar, egg and molasses in bowl. Beat until light. Add sifted dry ingredients a little at a time. When well mixed, roll thin on lightly floured board. Cut into any desired shape, and bake in moderate oven.

**FRUIT COOKIES***(Mrs. J. E. Rutledge)*

$1\frac{1}{2}$ cups brown sugar	1 teaspoon salt, nutmeg and
1 cup butter	cinnamon
1 egg, well beaten	1 cup raisins, cut fine and
4 tablespoons milk	floured
	About 4 cups flour

Mix in order given, roll thin, and bake in hot oven.



**MARBLE COOKIES***(Mrs. A. R. Rettie)*

- |                          |  |
|--------------------------|--|
| $\frac{1}{2}$ cup butter | $1\frac{1}{2}$ teaspoons baking powder |
| 1 cup brown sugar        | $1\frac{3}{4}$ cups flour              |
| 1 egg                    | 1 teaspoon vanilla                     |
| $\frac{1}{2}$ cup milk   |  |

Mix all together. Divide mixture, to one half adding:

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 teaspoon cinnamon             | $\frac{1}{2}$ teaspoon mace |
| $\frac{1}{2}$ teaspoon allspice |                             |

Drop small teaspoon of light and dark mixture together on well-buttered pan, and bake in fairly hot oven 10-15 minutes.

**RAISIN ICE-BOX COOKIES***(Mrs. F. G. Mack)*

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| $1\frac{1}{2}$ cups light brown sugar | $\frac{1}{2}$ teaspoon soda          |
| $\frac{3}{4}$ cups shortening         | $\frac{1}{2}$ teaspoon salt          |
| 1 egg                                 | $\frac{1}{2}$ teaspoon baking powder |
| 1 cup seedless raisins                | $\frac{1}{2}$ teaspoon nutmeg        |
| 3 cups pastry flour                   |                                      |

Wash raisins and cut in small pieces with scissors. Cream sugar and shortening, add beaten egg and raisins. Sift flour, measure and sift with salt, soda, baking powder and nutmeg. Mix thoroughly and chill in ice-box. When stiff enough to handle form into rolls 2 inches in diameter. Store in refrigerator. Slice and bake 10 minutes at 400°F.

**BUTTERSCOTCH PEANUT COOKIES***(Mrs. F. G. Mack)*

- |  |                                 |
|--|---------------------------------|
| $1\frac{1}{2}$ cups brown sugar        | $\frac{1}{2}$ teaspoon salt     |
| $\frac{1}{2}$ lb. butter               | $\frac{1}{2}$ teaspoon cinnamon |
| 2 eggs                                 | 3 cups flour                    |
| $\frac{1}{2}$ teaspoon soda            | 1 cup chopped peanuts           |
| $\frac{1}{2}$ teaspoon cream of tartar |                                 |

Cream butter, add sugar, then slightly beaten egg-yolks. Sift cinnamon, salt, soda, and cream of tartar with the flour. Mix all together. Chill slightly and form into long rolls. Slice about one-eighth of an inch thick, and bake in hot oven 10-12 minutes.

**CHEESE CAKES***(Mrs. T. H. Johnson)*

- |                              |                          |
|------------------------------|--------------------------|
| 1 square butter              | 1 cup, or more, of flour |
| 1 small package cream cheese |                          |

Mix and spread half of mixture on bottom of cake pan. Cover with apple jelly, and spread the rest of the mixture in large crumbs on top of jelly. Bake in moderate oven.



**FRUIT COOKIES***(E. Courser)*

- |                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{1}{2}$ cup shortening    | 1 cup chopped raisins       |
| 1 cup sugar                     | 2 cups sifted flour         |
| 1 tablespoon grated orange rind | 2 teaspoons baking powder   |
| 2 tablespoons orange juice      | $\frac{1}{4}$ teaspoon salt |
| 2 eggs, well beaten             |                             |

Cream sugar and shortening, add orange juice and rind, then the raisins and flour to which baking powder and salt has been added. Bake as drop cookies in moderate oven.

**SHORTBREAD***(Mrs. T. H. Johnson)*

- |                         |                       |
|-------------------------|-----------------------|
| 1 cup butter            | 2 cups flour, or more |
| $\frac{1}{2}$ cup sugar |                       |

Cream butter; add sugar gradually and cream together thoroughly. Add flour slowly. Roll out  $\frac{1}{4}$  inch in thickness; cut in fancy shapes and bake in slow oven until lightly browned. Temperature 325°F.

**MINCEMEAT COOKIES***(Mrs. F. G. Mack)*

- |                          |                               |
|--------------------------|-------------------------------|
| $\frac{3}{4}$ cup butter | 2 $\frac{1}{2}$ -3 cups flour |
| 2 cups brown sugar       | 1 teaspoon cream of tartar    |
| 2 eggs                   | 1 teaspoon soda               |
| 1 lb. mincemeat          | $\frac{1}{2}$ teaspoon salt   |
| 1 cup nuts               | 1 teaspoon lemon extract      |

Cream butter and sugar. Add well-beaten eggs, mincemeat and nuts. Sift 2 $\frac{1}{2}$  cups of flour with cream of tartar, soda and salt; add to first mixture. Add last  $\frac{1}{2}$  cup of flour if necessary. Shape in roll, wrap in waxed paper and let stand in cold place over night. Slice and bake in moderate oven.

**RASPBERRY BARS**

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 cup flour              | $\frac{1}{2}$ cup butter        |
| 1 teaspoon baking powder | 1 egg beaten with 1 tblsp. milk |

Mix together and spread on bottom of cake pan. Spread with raspberry jam, and cover with mixture made of:

- |                                    |                           |
|------------------------------------|---------------------------|
| 1 egg                              | Butter the size of an egg |
| 1 cup sugar                        | 1 teaspoon vanilla        |
| 1 $\frac{1}{2}$ or 2 cups cocoanut |                           |



**CHOCOLATE CAKES***(E. H. Sieniewicz)*

1 cup brown sugar	2 square chocolate, melted
$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
1 egg	1 cup nuts
$\frac{1}{2}$ cup sour milk	Salt
$\frac{1}{4}$ teaspoon soda	Vanilla
$\frac{1}{4}$ teaspoon baking powder	

Cream sugar and butter, add egg, melted chocolate, milk and flour, to which has been added salt, baking powder and soda, add nuts and drop on greased pan.

**OAT CAKES***(Mrs. J. Cooke)*

2 cups oatmeal	$\frac{1}{2}$ teaspoon salt
1 cup flour	1 teaspoon soda
1 cup butter and lard, mixed	2 tablespoons milk
1 cup brown sugar	

Have mixture like pie-crust. Roll  $\frac{1}{4}$  inch in thickness and cut in squares. Bake in moderate oven.

**MOLASSES COOKIES***(Mrs. R. McColl)*

1 cup molasses	2 dessertspoons soda
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup shortening	Flour to stiffen
3 tablespoons vinegar	

Put in a roll and let stand over night in the ice chest. Cut in slices and bake.

**ROLLED OATS COOKIES***(E. Courser)*

2 cups brown sugar	1 teaspoon soda
3 cups rolled oats	1 cup melted shortening
1 cup coconut	1 egg, well-beaten
1 cup flour	1 teaspoon nutmeg

Mix dry ingredients, add egg and shortening. Bake in a sheet and cut in oblongs while warm.

**GRAHAM CRACKER ROLLS***(M. Dimock)*

1 cup walnuts, broken up	16 marshmallows
1 cup dates, chopped	Enough Cream to moisten
6 Graham Crackers	

Roll crackers, add other ingredients. Take enough in hand to make desired size cake, and when pressed into shape, roll in graham cracker crumbs.



**MARSHMALLOW CHOCOLATE ROLLS***(M. Dimock)*

3 squares Chocolate, melted. Add one tin Eagle Brand Condensed Milk, and cook 5 minutes in double boiler. Add pinch of salt and vanilla flavouring. Cut a Marshmallow in half spread with mixture and roll in chopped Walnuts.

**LITTLE LEMON CAKES***(Flavilla Hiltz)*

$\frac{1}{2}$ cup shortening	2 eggs
$\frac{2}{3}$ cup sugar	$1\frac{1}{4}$ cups flour
$\frac{1}{4}$ tsp. grated lemon rind	$\frac{1}{4}$ tsp. salt
3 tsp. lemon juice	$2\frac{1}{2}$ tsp. baking powder

Cream shortening, work in sugar and add lemon juice, rind and beaten egg yolks. Add flour sifted with baking powder and salt. Fold in stiffly beaten egg whites. Bake in greased and floured muffin tins in a moderate oven (350°) 25 minutes. Cool and cut into two layers and dredge each cake with powdered sugar.

**CINNAMON CAKE***(Flavilla Hiltz)*

$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	1 tblsp. cinnamon
2 eggs	$\frac{1}{2}$ cup milk
4 tsp. baking powder	

Cream butter and sugar. Add beaten eggs. Sift baking powder, flour and cinnamon together and add alternately with milk. Moderate oven.

**WALNUT SQUARES***(Eva O'Brien)*

1 cup flour	1 tblsp. icing sugar
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt

Sift together and press into square pan and bake 10 minutes and cover with the following:

2 eggs	1 cup dates, cut fine
1 cup sugar, brown or icing	$\frac{1}{2}$ cup walnuts or almonds
4 tsp. flour	$\frac{1}{4}$ cup cocoanut
1 tsp. baking powder	Vanilla
$\frac{1}{4}$ tsp. salt	

Beat eggs and add ingredients, spread on first mixture and bake 20 minutes.



**COCOANUT BUNS***(Eva O'Brien)*

2 cups flour  
4 tsp. baking powder  
Pinch of salt  
1 egg

$\frac{1}{2}$  cup sugar  
1 print butter  
1 cup milk  
 $\frac{1}{2}$  lb. cocoanut

Sift flour, salt, and baking powder into bowl, cut in shortening until flaking is like fine crumbs. Add cocoanut and sugar. Add well beaten egg and half the milk. Toss dry ingredients over liquid, mixing with knife. Add extra liquid to dry part and mix all together. Drop by spoonfuls on greased tins. Bake hot oven 15 minutes.

**GINGER SNAPS***(L. M. Scott)*

1 cup brown sugar  
1 cup shortening  
1 cup molasses

1 teaspoon soda dissolved in  
warm water  
cayenne pepper and ginger,  
flour sufficient to roll.

**SCOTCH CAKES***(Hilda Scott)*

2 cups of flour  
 $\frac{1}{2}$  lb. of butter

$\frac{3}{4}$  cup (scant) brown sugar

More flour may be necessary. Bake in a quick oven.

**SHORT CAKE***(L. M. Scott)*

1 sq. of butter  
 $\frac{1}{2}$  cup pulverized sugar

1 cup flour  
Mix and bake

**GERMAN COOKIES***(Hilda Scott)*

1 lb. flour  
 $\frac{3}{4}$  lb. butter

10 tablespoons cream

Roll thin dip in egg and sugar bake quickly. (These are good like pastry)

**GINGER SNAPS***(B. Donkin)*

1 cup molasses  
1 cup butter  
1 tsp. salt  
 $\frac{1}{2}$  cup cold coffee or water

1 cup brown sugar  
 $1\frac{1}{2}$  tsp. soda  
1 tsp. ginger

Boil molasses, sugar and butter together, then let it cool. Add other ingredients and flour to roll out.



**GOOD COOKIES***(Eva O'Brien)*

- |                          |                           |
|--------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | 1 tsp. vanilla            |
| $\frac{1}{2}$ cup sugar  | $2\frac{1}{2}$ cups flour |
| 2 eggs beaten well       |                           |

Cook in unbuttered pan and stick with fork.

**SCOTTISH FANCIES***(Eva O'Brien)*

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 egg                              | 1 cup rolled oats          |
| $\frac{1}{2}$ cup sugar            | $\frac{1}{2}$ tsp. salt    |
| $\frac{2}{3}$ tblsp. melted butter | $\frac{1}{2}$ tsp. vanilla |

Beat egg well and add ingredients.

**PEANUT BUTTER COOKIES***(Mrs. J. A. Milne)*

- |                                 |                           |
|---------------------------------|---------------------------|
| $\frac{1}{2}$ cup peanut butter | $1\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ cup butter        | 1 tsp. soda               |
| $\frac{1}{2}$ cup brown sugar   | 1 egg                     |
| $\frac{1}{2}$ cup white sugar   | 1 tsp. vanilla            |

Form into small balls pressing gently with a fork to flatten.

**ORANGE CAKES***(Mrs. J. A. Milne)*

- |                          |                                |
|--------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter | 1 tsp. salt                    |
| 1 cup sugar              | $\frac{1}{2}$ cup orange juice |
| 2 eggs                   | $\frac{1}{2}$ cup sour milk    |
| 2 cups flour             | 1 cup chopped raisins          |
| 1 tsp. soda              | rind of 1 orange               |

Spread in a large pan and bake in a moderate oven.

When cool ice with orange icing, cutting in small squares.

**MAIDS OF HONOR***(Mrs. Howard Cantley)*

- |                               |                         |
|-------------------------------|-------------------------|
| $\frac{1}{2}$ cup butter      | 2 cups flour            |
| $\frac{3}{4}$ cup white sugar | 2 tsps. baking powder   |
| 2 eggs                        | $\frac{1}{2}$ tsp. salt |

Method: Cream butter and sugar. Drop in unbeaten eggs, one at a time beating after each addition. Sift flour before measuring, add baking powder and salt sifting twice. Drop in small patty pans and bake in a moderate oven. Put  $\frac{1}{2}$  tsp. thick raspberry jam in each and top with the following mixture:

 $\frac{1}{2}$  lb. cocoanut $\frac{1}{4}$  tin Eagle Brand Condensed Milk

Brown in oven.



**COCOANUT SQUARES***(Mrs. Ronald McIsaac)*

- |                   |                      |
|-------------------|----------------------|
| 1 cup sugar       | 1 cup rolled oats    |
| 1 cup dates       | 1 tsp. baking powder |
| 1 cup walnuts     | 1 tsp. vanilla       |
| 2 cups cocoanut   | Pinch of salt        |
| 2 eggs (unbeaten) |                      |

Add butter size of an egg last, rubbed in as for pastry. Bake half an hour or more in a slow oven. Cut in squares.

**WHITE ALMOND CAKES***(Mrs. J. L. Barnhill)*

- |                          |                                     |
|--------------------------|-------------------------------------|
| $\frac{1}{2}$ cup butter | 1 tsp. baking powder                |
| $\frac{1}{2}$ cup sugar  | $\frac{1}{2}$ tsp. salt             |
| $\frac{1}{2}$ cup milk   | 2 stiffly beaten egg whites         |
| $\frac{1}{2}$ cup flour  | $\frac{1}{2}$ tsp. almond flavoring |

Cream butter and sugar. Add sifted dry ingredients alternately with milk. Fold in egg whites and flavoring. Fill small muffin pans two thirds full. Bake in a moderate oven 25 minutes until lightly browned.

**CHEESE DREAMS***(Mrs. B. E. Fanjoy)*

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 sq. butter               | $\frac{1}{2}$ tsp. baking powder  |
| 1 $\frac{1}{2}$ cups flour | $\frac{1}{2}$ lb. cream cheese or |
| 1 tblsp. brown sugar       | 1 cup grated cheese               |

Crumble this mixture and divide in two. Put jelly between layers and frost if desired.

**PEANUT BUTTER CAKES***(Mrs. B. E. Fanjoy)*

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup butter        | $\frac{1}{2}$ tsp. soda           |
| $\frac{1}{2}$ cup peanut butter | 1 egg                             |
| $\frac{1}{2}$ cup white sugar   | Salt                              |
| $\frac{1}{2}$ cup brown sugar   | 1 $\frac{1}{2}$ cups sifted flour |

Pat on hand. Shape round. Bake in a moderate oven.

**GINGER COOKIES**

- |                        |                               |
|------------------------|-------------------------------|
| 1 cup white sugar      | 1 cup molasses                |
| 1 egg                  | 2 tsp. soda                   |
| $\frac{1}{2}$ cup milk | Salt                          |
| 1 cup butter, melted   | 4 cups flour, and keep adding |
| 3 tsp. ginger          | flour until you can roll      |
|                        | out and cut not too thin.     |

Melt butter, add sugar and beaten egg, molasses, milk and flour, in which has been sifted soda, ginger and salt. Roll out and cut with cookie cutter.

This recipe can be used for drop cakes by substituting cloves and cinnamon instead of ginger and adding raisins and nuts and cooking as drop cakes.



**SWEDISH COOKIES**

(M. M.)

$\frac{1}{2}$  cup butter  
 1 cup sugar  
 grated rind 1 orange  
 1 tblsp. orange juice

yolks 3 eggs  
 pastry flour  
 candied fruit

Beat the butter and sugar until very light and creamy. Add the orange rind and juice, then the egg yolks, and gradually work in enough flour to make a mixture firm enough to knead. Chill overnight. Then roll thin, brush each with slightly beaten egg and decorate with citron or candied violets, finely chopped nuts, pressing lightly into dough. Bake in a moderate oven ten or fifteen minutes.

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## Icings

**GENERAL RULES FOR ICING CAKES**

1. A cake should be cold before icing.
2. A fruit cake should be brushed over with white of egg, which should be dry before putting on icing. This is to prevent the icing being darkened.
3. To ice the top of a cake only, fasten a strip of glazed paper around the cake, having it extend  $\frac{1}{4}$  inch above the top of the cake. Pour on the frosting. When it is set remove the paper, using a knife dipped in boiling water. This is particularly useful when almond icing is used.
4. Substitutes for frosting on cakes.
  - (a) Blanched almonds cut in pieces and sprinkled over the batter before baking. Also cocoanut and cherries.
  - (b)  $\frac{1}{4}$  cup granulated sugar mixed with  $\frac{1}{4}$  tsp. cinnamon sprinkled over the batter.

**FRUIT FROSTING**

Melt 4 tblsps. butter until hot but do not burn. Add 2 cups Confectioner's sugar to hot butter. Add crystallized cherries, or pineapple, and chopped walnuts, or crystallized ginger.

**CHOCOLATE ICING**

Melt 2 squares Baker's chocolate with 1 tblsp. water. Add  $\frac{1}{2}$  large tin of Eagle Brand condensed milk. Beat hard.

**ICING**

(M. M.)

3 cups brown sugar  
 2 tblsps. corn syrup

1 cup water  
 1 egg white

Mix brown sugar, corn syrup and water. Boil until it threads. Pour on stiffly beaten white.



**NUT FROSTING**

$\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup white sugar

1 egg white  
 2 tbsps. cold water

Put all in double boiler and beat with egg beater for seven minutes. Remove from heat, add flavoring, pinch salt and  $\frac{1}{2}$  cup walnuts chopped fine.

**WHITE FROSTING**

(M.M.)

1 cup sugar  
 $\frac{1}{2}$  cup hot water

1 egg white (well beaten)  
 $\frac{1}{2}$  tsp. baking powder

Boil sugar and water until it forms a soft ball in cold water. Pour over egg white and keep beating with egg beater. Add baking powder. If too soft put bowl over hot water for a few minutes.

**BUTTER FROSTING**

4 tbsps. butter  
 2 cups sifted powdered sugar

1 tsp. vanilla  
 3 tbsps. cream or milk

Cream butter until soft. Add sugar gradually, and thin with cream a drop at a time until right consistency. Covers sides and top of cake 8"x8". This may be varied by adding  $\frac{1}{2}$  sq. chocolate or use 2 tbsps. strong coffee in place of cream.

**SEA FOAM SEVEN MINUTE FROSTING**

(E. H. S.)

2 egg whites  
 $1\frac{1}{2}$  cups brown sugar

5 tbsps. water  
 1 tsp. vanilla

Put egg whites, sugar and water in upper part of double boiler. Place over rapidly boiling water and beat constantly for seven minutes. Remove from fire and continue beating until thick enough to spread.

**SEVEN MINUTE FROSTING**

(E. H. S.)

2 egg whites  
 $1\frac{1}{2}$  cups sugar  
 5 tbsps. cold water

$1\frac{1}{2}$  tssps. corn syrup  
 1 tsp. vanilla

Put egg whites, sugar, water and corn syrup in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water and beat constantly with beater seven minutes or until frosting stands in peaks. Remove from fire and beat until thick enough to spread. To this may be added cocoanut or 1 cup of marshmallows quartered.



**CONFECTIONER'S FROSTING**

2 tsps. hot water

2½ cups pulverized sugar

1 egg white

Beat egg white until stiff. Add water to egg white, then add sugar until right consistency. Makes frosting for two dozen little cakes.

**CHOCOLATE FROSTING***(E. H. S.)*

1 cup brown sugar

3 tbsps. cream

1 sq. chocolate

1 piece butter

Boil for 2½ minutes exactly. Beat. For a large cake double the recipe.

**BROWN SUGAR FUDGE**

1½ cups brown sugar

4 tbsps. cream

1 tsp. butter

Boil 3½ minutes. Beat and place on cake

**ORNAMENTAL FROSTING**

2 egg whites

½ tsp. vanilla

1½ cups sifted pulverized sugar

½ tsp. lemon juice

Beat eggs with two tbsps. sugar 3 or 4 minutes—then continue to add the same quantity of sugar beating the same length of time, until half the sugar has been used. Add juice gradually as mixture thickens. Continue adding sugar a tbsps. at a time beating several minutes with each additional amount until a knife makes a clean cut which does not close again.

**CHOCOLATE FROSTING***(Mrs. Forster)**(Refrigerator)*

4 squares chocolate

½ cup butter

3 tablespoons hot water

2 eggs well beaten

1 cup confectioner's sugar

Melt chocolate over hot water. Add hot water and blend. Add eggs and sugar, and remove from fire, but allow mixture to stand over hot water, stirring until slightly thickened, usually about 3 minutes. Add melted butter a little at a time. This frosting may be kept for some time.

**BROILED ICING***(Mrs. Forster)*

3 tablespoons melted butter

2 tablespoons cream or top milk

5 tablespoons brown sugar

½ cup shredded cocoanut

Mix together and spread on top of cake, while it is still warm. Place very low under broiler with flame turn down 275°. Broil until icing turns brown and bubbles all over the surface.



**UNCOOKED CHOCOLATE FROSTING***(Mrs. Melville Cumming)*

1 tblsp. butter (heaping)  
1 cup powdered sugar  
2 sqs. chocolate  
Salt

2 tblsps. milk  
Vanilla  
1 egg (beaten)

Cream butter and sugar and add remaining ingredients. Place in a bowl of cracked ice or cold water and beat for 3 minutes.

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## Canning, Preserving and Pickling

Syrups are made thin, heavy or medium, to suit the fruit on which used. For a thin syrup, use 1 cup sugar to 2 cups water; for a medium syrup, use equal parts sugar and water; for a heavy syrup, use 2 cups sugar to 1 cup water. The thin or light syrup is useful for fruits that are naturally very sweet; the medium syrup suits medium-sweet fruits and the heavy syrup is necessary when the fruits are decidedly sour.

**RHUBARB MARMALADE***(Edith Pyke)*

Put 2 oranges and 1 lemon through the chopper. Cut 4 lbs. rhubarb into small pieces. Mix with 1 lb. seedless raisins and 5 lbs. sugar, and let stand  $\frac{1}{2}$  hour, then bring to boil and simmer from  $\frac{3}{4}$  to 1 hour, stirring almost constantly then bottle.

**BOTTLED GRAPE JUICE**

Measure your grapes—and for each quart of fruit, allow  $\frac{1}{2}$  cup sugar.

Wash grapes, remove them from their stems and put not more than 4 quarts at a time into a large kettle. Heat slowly until the skins of the grapes burst—then cook, stirring constantly, until very soft.

Pour the fruit into a jelly bag and let it drip the juice into a bowl. Do not squeeze the bag for a first run of juice—that may be done on a second and inferior run for immediate use.

Add the sugar, the amount of which has already been determined, to the juice. Stir until the sugar has dissolved, then bring to the boil, pour into thoroughly sterilized bottles, and seal.

To sterilize bottles, wash them well, place in a large enough pan of cold water, bring to the boil and boil 15 minutes.



# TIME TABLE FOR WATER BATH and OVEN CANNING

(Time given for Pint or Quart-Sized Sealer. Increase by 5 minutes for Half-Gallon)

FRUITS			
Fruit	Preparation	Time in boiling water bath	Time in oven. (Temp. 275°F.)
Apples	Wash, pare, core, slice or quarter and pack in container, cover with boiling thin syrup. Or boil whole in syrup, or pack hot as apple-sauce.	20 minutes 8 minutes	40 minutes
Apricots	Blanch 3 minutes in scalding water. Cold-rinse, peel, halve and remove stone. Cover with boiling syrup	20 minutes	35 minutes
Berries (except Strawberries) and Currants	Clean and pack into containers. Pour in boiling hot medium syrup. Or cook in syrup, 7 to 8 minutes. Pack hot.	20 minutes 5 minutes	35 minutes 30 minutes
Cherries	Pit or leave stone in. Pack. Cover with thick to medium syrup.	20 minutes	30 minutes
Fruit Juices	Crush fruit, heat to extract juice, strain. Sweeten if desired.	25 minutes	45 minutes
Gooseberries	Wash, pack. Cover with boiling heavy syrup.	20 minutes	30 minutes
Peaches	Scald in boiling water 3 minutes. Cold-rinse. Slip off skins. Cut in half and remove stones if desired. Pack, pour in thin, medium or thick syrup, boiling hot.	20 minutes for ripe, 30 minutes for firm fruit	35 minutes
Pears	Pare, halve or leave whole. Pack, and pour in boiling thin syrup.	20 minutes	35 minutes
Pineapple	Peel, core and remove eyes. Cut into sections. Pack into containers; pour in boiling syrup medium thick.	30 minutes	40 minutes
Plums	Wash, prick skin. Pack and pour in boiling medium syrup. Or bring to boil, in syrup. Then pack.	20 minutes 10 minutes	45 minutes 30 minutes
Strawberries	Wash, stem. To each pint, add $\frac{1}{2}$ cup sugar and 1 tablespoon water. Heat to boiling and simmer 15 minutes. Let stand overnight in kettle. Reheat to boiling. Fill into hot containers.	5 minutes	35 minutes
VEGETABLES			
Vegetable	Preparation	Time in boiling water bath	Time in oven. (Temp. 275°F.)
Beets (Pickled)	Cook until tender. Peel, slice into jars. Pour over, boiling hot, equal parts vinegar and sugar, adding $\frac{1}{2}$ teaspoon salt per pint jar, if desired.	30 minutes	
Tomatoes	Scald, cold rinse and peel. Pack whole, or cut in slices. Cover with hot tomato juice. Add 1 teaspoon salt per quart.	40 to 45 minutes	40 to 45 minutes
Tomato Juice	Cook tomatoes until soft. Strain. Salt juice to taste, bring to boil. Fill into sterile hot jars	5 to 8 minutes	40 minutes



**MARMALADE**  
(*Gladys Barnstead*)1 grape fruit  
1 lemon

2 oranges

Put through chopper and add 12 cups cold water and boil one hour then add 12 cups heated granulated sugar and boil one hour until it starts to jell.

**CINNAMON PRUNES**  
(*Gladys Barnstead*)1 pound prunes  
3-inch stick cinnamon

2 slices lemon or orange

Wash prunes, cover with cold water and soak over night.

Add the cinnamon and slices of lemon or orange.

Cook slowly in a covered utensil until tender.

If cooked very slowly no sugar will be required.

**PLUM CONSERVE**5 lbs. plums  
5 lbs. sugar  
6 oranges1½ lbs. raisins  
½ lb. walnuts

Take pits out of plums and cut into halves. Cut oranges and rind in small pieces and let all boil until it is cooked. Put in walnuts 10 minutes before taking from stove.

**STRAWBERRY PRESERVES**  
(*F. M. C.*)

Wash, hull and measure strawberries. Add 1 measure of sugar to two measures of berries. Set pot on back of stove and bring to a boil. Boil fruit for exactly three minutes from the time a free boil begins. Heating should be started slowly and should proceed more rapidly as enough juice forms to prevent fruit and sugar from burning. The short boil retains a great deal of the flavor of the fresh fruit. Store in sterilized sealers.

**STRAWBERRY JAM**  
(*B. Donkin*)

6 bowls of strawberries

5 bowls of sugar

Wash and hull berries, put sugar in oven to warm, then put over berries in the pot and simmer gently for ½ hour.

**PINEAPPLE MARMALADE**  
(*B. Donkin*)

4 or 5 pineapples shredded

Cup of fruit for a cup of sugar.

Let this stand over night, boil ½ hour or until it is thick.



**PUMPKIN JAM***(Mrs. J. Cooke)*

5 lbs. pumpkin  
1½ lbs. apple  
5 lbs. sugar

1 lemon  
1 oz. root ginger

Cut pumpkin into strips 1 in. square and ½ in. thick, add sugar and allow to stand over night. Then add apple and root ginger, and boil about one and one-half hours, or until fruit is transparent.

Remove peel and seeds from lemon and add about half an hour before removing from stove.

**APRICOT MARMALADE***(M. Dimock)*

1 lb. dried apricots and 3 cups of water, one cup pineapple juice. Simmer one hour, then add 1 cup diced pineapple and 8 cups of heated sugar. Boil 30 minutes or until jellied.

**HEAVENLY JAM**

1 basket blue grapes  
4 oranges

1 lb. seeded raisins  
4 lbs. sugar

Separate skins of grapes from pulp, add a little water to pulp and boil, then strain. Squeeze juice from oranges, put skins of three through the chopper, add chopped skins and juice to raisins and sugar. Boil half an hour then add grape pulp and boil until thick.

**CRAB-APPLE GRAPE JELLY**

6 lbs. Concord grapes, 3 lbs. crab-apples, 6½ lbs. sugar, 1 bottle fruit pectin. Crush the stemmed grapes, add ½ cup water, bring to boil, cover and simmer 10 minutes. Cut unpeeled apples, cover with 4 cups water, bring to boil, crush and simmer 10 minutes. Strain apples and grape juice through a cloth. Bring sugar and 9 cups fruit juice to boil, add pectin, stir constantly, cook at full rolling boil ½ minute. Remove, skim, pour in glasses.

**MINT JELLY**

Stand overnight 1 cup minced mint, ½ cup water, and 2 tbs. sugar. Strain. Simmer 3 lbs. unpeeled apples in 4 cups water till tender. Drain. Bring 5 cups apple juice to rolling boil. Add water if needed. Stir in 1 pkg. powdered fruit pectin, then add 7 cups sugar, boil at rolling boil 3 minutes. Remove from fire, add mint juice and green color. Skim, pour and seal.



**MINT JELLY**

- |   |  |
|---|--|
| $\frac{3}{4}$ cup (3 oz.) spearmint leaves<br>and stems, packed | $\frac{1}{2}$ cup apple vinegar          |
| $3\frac{1}{2}$ cup (1 lb. 7 oz.) granulated<br>sugar            | $\frac{1}{2}$ cup water                  |
|   | Green coloring                           |
|   | $\frac{1}{2}$ bottle liquid fruit pectin |

Wash spearmint. Do not remove leaves from stems. Place in 3-qt. saucepan and press with wooden potato masher or bottom of a glass. Measure sugar, vinegar, and water into saucepan and mix with mint. Bring to a boil over hottest heat. While mixture is coming to a boil, add coloring to give desired shade. Use coloring which fruit acids do not fade. As soon as mixture boils, add liquid fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard  $\frac{1}{2}$  min. Remove from heat; remove mint leaves and stems. Skim; pour quickly into clean hot jelly glasses.

**APPLE BUTTER***(Mrs. F. J. Hiltz)*

- |   |                         |
|---|-------------------------|
| 1 lb. apple pulp                                | $\frac{3}{4}$ lb. sugar |
| Juice and grated rind of<br>1 orange or 1 lemon | 1 quince                |

Cover fruit parings with water. Cook for half an hour, drain and add juice to apple and quince. Cook until apples and quince are soft, and press through sieve. Add sugar, grated lemon rind and juice (or orange), and cook until thick and clear.

**SPANISH RELISH***(Mrs. F. J. Hiltz)*

- |                        |                                       |
|------------------------|---------------------------------------|
| 12 green sweet peppers | $\frac{1}{2}$ teaspoon black pepper   |
| 12 red sweet peppers   | $\frac{1}{4}$ teaspoon cayenne pepper |
| 12 medium sized onions | 1 tblsp. mustard seed                 |
| 2 medium sized cabbage | 1 tsp. celery                         |
| 1 teaspoon salt        | $1\frac{1}{2}$ qt. vinegar            |
| 1 lb. brown sugar      |                                       |

Wash vegetables and chop in coarse pieces. Cover with salt water made by adding 1 cup of salt to a gallon of water, and allow to stand in this brine 6 to 8 hours. Drain and wash well with clear water. Add salt, sugar and spices to vinegar. Bring to boiling point. Pour over mixture of vegetables. Pack in sterilized jars.

**PICKLED WATER-MELON RIND***(Mrs. F. J. Hiltz)*

- |   |                 |
|---|-----------------|
| 4 qts. water-melon rind cut<br>into strips or cubes | 1 cup water     |
| 1 oz. stick cinnamon                                | 3 lbs. sugar    |
| 1 tblsp. cloves                                     | 1 quart vinegar |

Prepare rind by cutting off green skin and pink flesh. Cut into strips 1 in. thick (or cubes). Add spices, water and sugar to vinegar, and boil until a bit syrupy. Add to this syrup the cooked water-melon rind, and bring to boiling point. Then pack into sterilized jars.



**SPICED CRAB JELLY***(Mrs. W. B. Rankin)*

- |                       |                          |
|-----------------------|--------------------------|
| 1 pk. crabapples      | 1 oz. whole cloves       |
| 5½ cups white vinegar | 1 oz. cinnamon bark      |
| 3 cups water          | 1 tblsp. ground allspice |

Put spices in a small cheese-cloth bag and boil with crabapples and vinegar until soft. Drain through bag. To 1 cup of juice add 1 cup of white sugar. Bring juice to a boil before adding sugar. Warm sugar, add to boiling juice and boil together until a cooled sample jells.

**CELERY AND TOMATO PICKLE***(Mrs. W. B. Rankin)*

- |                     |                         |
|---------------------|-------------------------|
| 15 ripe tomatoes    | 1 small cup white sugar |
| 5 large firm onions | 3 cups vinegar          |
| 3 heads celery      | 2½ level tblsp. salt    |
| 2 green peppers     |                         |

Peel tomatoes. Cut celery in small pieces, also onions and peppers. Put all ingredients together and boil gently one hour and a half. Bottle while hot.

**PEPPER RELISH***(Mrs. W. B. Rankin)*

- |                        |           |
|------------------------|-----------|
| 12 red peppers (hot)   | 12 onions |
| 12 green peppers (hot) |           |

Put these through a meat chopper, cover with boiling water and let stand five minutes. Drain and add

- |                            |  |
|----------------------------|--|
| 1 qt. vinegar              | 2 or 3 cups sugar (according to taste) |
| 4 level dessertspoons salt |  |

Cook 20 minutes. Bottle hot. Good with baked beans, and makes a nice sandwich filling.

**SWEET CHOW CHOW***(Mrs. W. B. Rankin)*

- |                        |                                     |
|------------------------|-------------------------------------|
| 4½ lbs. pears          | ¼ lb. pickling spices (or to taste) |
| 1 bunch celery (large) |                                     |
| 4½ lbs. green tomatoes | 2½ lbs. white sugar                 |
| 1 qt. vinegar          | ½ cup salt                          |

Cut up tomatoes and sprinkle with the salt. Let stand over night. In the morning drain, put vinegar, sugar and spice on and bring to boil. Add tomatoes, pears and celery and cook slowly until tomatoes are done. More sugar may be added if desired.



**GRAPE CATSUP***(Mrs. J. W. Smith)*

Boil grapes (blue) until soft. To every 9 lbs. of fruit, add 6 lbs. sugar. Put fruit through sieve and add sugar. Boil slowly until thick, and then add

1 teaspoon cloves	1 teaspoon allspice
1 teaspoon cinnamon	1 qt. cider vinegar
1 teaspoon pepper	

If too thin after adding vinegar, boil slowly. Stir constantly until desired thickness.

**SWEET PICKLE***(Miss E. Courser)*

4 qts. chopped cabbage	1 oz. celery seed
2 qts. chopped green tomatoes	2½ lbs. brown sugar
(drain off juice)	½ cup salt
6 large onions, chopped	2 qts. vinegar
2 ozs. whole mustard seed	

Mix and boil 50 to 60 minutes.

**PICKLED BEANS***(Mrs. F. J. Hiltz)*

Put 1 peck of butter beans in salted water. Let come to a boil, 3 pints of vinegar and 2½ pounds sugar. Have mixed smooth with a little cold winegar, 1 cup of flour, 1 cup of mustard, 1 dessertspoon tumeric. Pour this mixture into the hot vinegar. Boil 5 minutes. Add beans and boil gently for 3 minutes.

**CRAB APPLE RELISH***(Mrs. F. J. Hiltz)*

4 qts. crab apples	2 lbs. sultana raisins
3 cups vinegar	1 tblsp. powdered cinnamon
4 oranges	1 tsp. cloves
4 lbs. brown sugar	1 tsp. allspice

Remove cores and cut apples into pieces. Put into kettle, add vinegar, oranges peeled and sliced, sugar, raisins and spices. Cook slowly until apples are soft. Pour into sterilized jars. Cool and store.

**APPLE CHUTNEY***(Mrs. F. J. Hiltz)*

12 sour Canadian-grown apples	1 mild onion
3 peppers—1 red	1 cup seeded and chopped
1 pint cider vinegar	raisins
½ cup currant jelly	2 cups sugar
Juice 4 lemons	1 tablespoon ground ginger
¼ teaspoon cayenne	1 tablespoon salt

Chop the apples, onion and peppers very fine, add the vinegar and jelly, and let simmer 1 hour, stirring often. Add the other ingredients and cook another hour, stirring often. Store as canned fruit. (Butter bottom of preserving kettle before putting in mixture).



**CELERY RELISH**

- |                      |                   |
|----------------------|-------------------|
| 1 qt. celery         | 1 qt. cauliflower |
| 1 qt. green tomatoes | 1 qt. cabbage     |
| 1 qt. ripe cucumbers | 2 red peppers     |
| 1 qt. onions         |                   |

Put all through chopper. Place in kettle with 3 pints of vinegar, 3 lbs. brown sugar and a little salt. Boil until tender.

Make a dressing of  $\frac{3}{4}$  cup flour, 3 tbsps. mustard, 1 tbsps. tumeric. Mix with a little cold vinegar and add to the above. Boil for a few minutes.

**RUSSIAN PEAR**

(Mrs. J. W. Smith)

- |                               |                        |
|-------------------------------|------------------------|
| 6 lbs. ripe cucumbers seeded, | 1 pt. vinegar          |
| peeled and cut lengthwise     | 1 tbsps. whole spice   |
| 1 lb. brown sugar             | 1 tsp. ground cinnamon |

Put cucumbers in weak solution of salt and water over night. Drain in morning. Add vinegar and spice, and cook until tender. Bottle.

**RUSSIAN CHUTNEY**

(Mrs. J. W. Smith)

- |  |                                |
|--|--------------------------------|
| 1 basket of ripe tomatoes                  | 8 large onions                 |
| (medium)                                   | 1 bunch of celery              |
| 8 large sour apples                        | 1 red pepper                   |
| Put through meat chopper.                  |                                |
| Add 3 lbs. sugar                           | 1 tablespoon tumeric           |
| $\frac{1}{2}$ lb. seedless raisins         | $1\frac{1}{2}$ pt. vinegar     |
| 2 large tablespoons salt                   | $1\frac{1}{2}$ tbsps. allspice |
| Mix together and boil 4 hours. Stir often. |                                |

**CHOW CHOW**

(per F. M. C.)

- |                                 |                              |
|---------------------------------|------------------------------|
| 2 gallons sliced green tomatoes | 2 tbsps. ground mustard seed |
| 12 sliced onions                | 1 tablespoon allspice        |
| Vinegar                         | 1 tablespoon cloves          |
| 2 cups sugar                    | 2 tablespoon cinnamon        |
| 3 tbsps. salt                   | 4 or 5 peppercorns           |

Slice tomatoes and onions and put in a pot with a layer of salt between each layer of vegetables. Let stand over night. Pour off pickle and add vinegar enough to be seen. Add spices and sugar and boil until tender. Remove peppercorns. Cool and tie down.

Be sure vinegar is strong, pickling vinegar. If a light green pickle is desired, tie up a small bag of pickling spice, size of two eggs, in a piece of cotton and substitute for the spices in this recipe.



**GOOSEBERRY JELLY WITH MINT***(Mrs. A. R. Rettie)*

Wash and stem gooseberries. Cover with water and boil slowly until soft. Strain. Add few springs of mint, and boil juice 20 minutes. Heat sugar, and to each cup of juice add one of sugar. Boil 5 minutes longer. Mint may be omitted if desired.

**CHILI SAUCE***(per B. D.)*

- |   |  |
|---|--|
| 3 cans tomatoes or 24 ripe ones           | 1 tblsp. cloves, cinnamon, all-<br>and mace            |
| 4 cups malt vinegar                       | 6 onions cut fine                                      |
| 2 cups brown sugar                        | 5c worth small, dry, red peppers,<br>also put in a bag |
| 2 tblsps. salt                            |  |
| 2 tblsps. celery seed put in<br>gauze bag |  |

Boil 3 hours

**CABBAGE RELISH***(Mrs. J. M. Whaeton)*

- |                 |                        |
|-----------------|------------------------|
| 1 large cabbage | 6 large onions         |
| 6 red peppers   | $\frac{1}{2}$ cup salt |
| 6 green peppers |                        |

Chop fine and let stand overnight, drain off juice and add 1 quart of sugar,  $\frac{1}{2}$  cup of mustard seed, 2 tablespoon of celery seed. Cover with vinegar. Let stand two days without cover, then bottle. Put the cabbage, onion, and peppers through the food cutter, using the fine knife.

**SPICED GOOSEBERRIES***(M. S. Scott)*

- |                            |                          |
|----------------------------|--------------------------|
| 2 qts. gooseberries        | 1 tablespoon of allspice |
| 3 $\frac{1}{2}$ lbs. sugar | 1 nutmeg                 |
| 1 pint vinegar             |                          |

Boil one hour, then bottle.

**MUSTARD PICKLE***(Mrs. W. B. Rankin)*

- |                             |  |
|-----------------------------|--|
| 1 qt. tiny cucumbers        | 1 large cauliflower (divided)            |
| 1 qt. button onions         | 1 or 2 red sweet peppers cut<br>in bits. |
| 1 qt. green tomatoes (cut)  |  |
| 1 qt. large cucumbers (cut) |  |

Make a weak brine with 1 gallon water and 1 cup salt. Soak pickles for 24 hours, then scald in same brine and drain. Make a paste of:

- |                       |  |
|-----------------------|--|
| 6 tablespoons mustard | 2 small teaspoons tumeric, or<br>less if preferred |
| 1 cup flour           | $\frac{1}{2}$ teaspoon white pepper                |
| 2 cups white sugar    |  |
| 3 qts. vinegar        |  |

Cook mixture until smooth, then add pickles and simmer for 15 minutes. Bottle warm.



**MUSTARD BEANS**

1 peck beans cut small. Cook one-half hour in weak salted water and drain. Bring to the boil 3 pts. vinegar. Mix 3 pounds of brown sugar, 1 cup mustard, 1 cup flour, 1 tsp. celery salt, 2 tbsps. tumeric, to a batter with cold vinegar. Add slowly to boiling vinegar, stirring all the time. Cook 5 minutes.

**PICKLED PEARS**

6 lbs. pears  
3 lbs. brown sugar

1 pt. vinegar

Whole cloves

Wipe and pare fruit, stick 2 or 3 cloves in each half. Bring sugar and vinegar to a boil. Put fruit in and boil until tender.

**PEPPER SAUCE**

(Mrs. Leon Graham)

12 red peppers

2 cups sugar

12 green peppers

2 cups Heinz pickling vinegar

12 medium sized onions

2 tsps. salt

Clean peppers, peel onions and put through the chopper. Cover with boiling water, let stand 5 minutes then strain. Add sugar, vinegar and salt, boil 10 minutes and bottle.

**SACO PICKLES**

Small fresh cucumbers

7/8 cup mustard

1 cup salt

1 gal. cold vinegar

1 cup sugar

Wash cucumbers. Mix salt, sugar and mustard, and add vinegar. Place cucumbers in crock, and pour on mixture until cucumbers are covered. These pickles keep well.

**SPICED PLUMS**

(Mrs. R. McColl)

4 quarts plums

1 pint vinegar

3 lbs. sugar

1 tablespoon cloves

1 tablespoon ground cinnamon

1 tablespoon allspice

Make a syrup from the vinegar, sugar and spices. Boil for five minutes. Prick each plum with a fork and pour the boiling syrup over the fruit. Let the whole stand three days, then skim out the plums. Boil down the syrup until quite thick. Add the plums and heat to boiling. Seal in clean hot jars.

**PEPPER HASH**

1 large cabbage

6 green peppers

6 onions

6 red peppers

Chop fine, stir in half a cup of salt, and let stand over night. Drain well and add  $\frac{3}{4}$  cup white mustard seed. 1 quart white sugar, 2 tablespoons celery seed. Cover with white vinegar. Allow it to simmer about one hour. Do not boil.



**PICKLED CUCUMBERS***(Edith Pyke)*

100 or more small cucumbers	$\frac{1}{4}$ lb. mustard
with their stems on	$\frac{1}{4}$ lb. salt
1 gal. vinegar	handful whole mixed spice

Put vinegar, mustard, salt and spices in a stone crock, and mix well. Wash and wipe the cucumbers which must have their stems on. Drop them into the vinegar and cover. Stir every day with a wooden spoon. Ready in 3 weeks.

**CUCUMBER RELISH***(Gladys Barnstead)*

12 large cucumbers	2 red peppers
6 onions	1 green pepper

Put above through chopper then add the following:

2 quarts vinegar	6 level tablespoons mustard
2 level tablespoons celery seed	1 cup flour
1 tblsp. tumeric	salt
3 cups brown sugar	

Let simmer slowly for fifteen minutes.

**RIPE CUCUMBER PICKLE**

Six large ripe cucumbers. Peel and scrape out seedy part and cut the remains small. Put them in salt and water with a lump of alum and let stand over night. ( $\frac{1}{2}$  cup salt to 2 qts. of water and alum size of bean). Drain and boil until tender and clear in qt. of vinegar with 2 cups sugar and 2 oz. pickling spice in muslin bag.

**SWEET MUSTARD PICKLES**

1 qt. small green cucumbers	1 qt. celery
1 qt. white onions	3 hot red peppers with seeds removed.

Put all through chopper.

Scald one quart cider vinegar, add above and simmer 15 minutes. Mix to paste with a little of the warm vinegar:

1 cup flour	3 tsp. salt
3 cup brown sugar	1 tsp. tumeric powder
3 tsp. mustard	

Add to simmering pickle and cook for additional 15 minutes.

**TOMATO BUTTER**

Ten pounds of ripe tomatoes peeled and cut. Make a syrup of one quart of vinegar, 3 lbs. of white sugar,  $\frac{1}{2}$  tsp. tiny dried red peppers and one tblsp. each of cinnamon, allspice and salt. When this is hot put in tomatoes and simmer 3 hours or until thick, stirring frequently.



**RED PEPPER RELISH***(Miss E. B. Penton)*

18 large red peppers, (sweet)      2 lbs. white sugar  
 2 lemons      Vinegar

Cut peppers in pieces, remove all seeds and put through chopper. Cover with cold water, let stand five minutes and drain. Cover with boiling water let stand five minutes and drain. Cover with Vinegar, add the lemons cut in quarters and boil half an hour. Add the sugar and boil until it is thick. Take out the pieces of lemon before putting in glasses. This makes 7 half-pint glasses.

**CRABAPPLE RELISH**

7 lbs. crabapples      1 pint cider vinegar  
 6 lbs. sugar      1 lb. seedless raisins  
 1 teaspoon cloves      2 large oranges  
 1 teaspoon cinnamon

Core and chop the crabapples, add sugar, spices, raisins and vinegar and cook until thick. Add the juice and grated rind of the orange, and cook five minutes longer. Pour in sterilized glasses and seal hot. This makes 24 glasses.

**CRISP PICKLE***(Mrs. Fred Barnstead)*

1 quart medium sized cucumbers,       $\frac{1}{2}$  cup salt  
     sliced in rings       $\frac{1}{2}$  teaspoon tumeric  
 1 large onion, sliced in rings       $\frac{1}{2}$  teaspoon mustard seed  
 1 large pepper, finely sliced      1 pint vinegar  
 2 qts. water      1 cup brown sugar

Cut ends away from green cucumbers, well scrubbed. Slice finely, but do not peel. Dissolve salt in water. Pour this over sliced vegetables. Let stand 3 hours, then drain. Heat vinegar with mustard seed and sugar to boiling point, and add vegetables. Bring to boiling point again and add tumeric. Let cool and seal in sterilized bottles. This is a delicious crisp pickle.

# Candy

**CHOCOLATE MARSHMALLOW***(Miss Donkin)*

1 can sweetened Eagle brand milk      1 lb. Moir's Camp Chocolate

Put in double boiler when melted put in milk. Dip marshmallows, nuts or dates in milk and place on waxed paper. Candy should stand over night and any flavouring may be added.



**CHOCOLATE FUDGE***(R. Forster)*

Lump of butter, size of egg

1 cup white sugar

1 cup brown sugar

2/3 cup milk

2 squares of chocolate

1/2 cup shelled walnuts

Pinch of salt

Vanilla

Melt butter, add other ingredients. Boil until mixture forms a soft ball in cold water. Cool until luke-warm, add walnuts and vanilla and beat.

**CREAMY COCOA FUDGE***(E. H. S.)*

1/2 cup cocoa

1 cup brown sugar

1 cup granulated sugar

dash of salt

1 cup nut meats

1/2 cup evaporated milk

1/2 cup water

2 tblsp. butter

1 tsp. vanilla

Combine cocoa, sugars and salt—Add milk and water and stir until sugar is dissolved. Continue to cook without stirring until soft ball can be formed in cold water. Add butter and vanilla. Cool before stirring. Knead until smooth.

**TUTTI FRUTTI FUDGE**

3 lbs. white sugar

1 cup milk

4 tblsp. pineapple

4 tblsp. each of figs and raisins

1 tblsp. butter

4 tblsp. candied cherries

4 tblsp. Pistachio nuts

Cook all until soft ball test. Cool before stirring to keep from becoming sugary.

**POP CORN BALLS**

1 1/2 cups sugar

2/3 cup water

1/2 cup corn syrup

4 qts. pop corn warmed and salted

1/2 cup molasses

3 tblsp. butter

1 tsp. vanilla

Combine sugar, water and corn syrup. Cover and boil after sugar has dissolved 3-4 minutes. Uncover and cook until hard ball stage. Add molasses and butter and continue boiling until brittle. Remove from fire. Pour over pop corn and mix well. Roll lightly in buttered hands in 2" balls.

**FRUITS FOR GARNISHING***(Mrs. J. W. Smith)*

Whites of 2 eggs beaten with a fork until stiff. Add 1/4 pt. of cold water. Dip fruit (previously prepared—be sure all membrane has been removed) into mixture and then roll 3 times in loaf sugar which has been powdered very fine. Place on oiled paper and let stand 3 or 4 hours to crystallize.



### PEANUT BRITTLE

One cup sugar, one-quarter cup water, one cup roasted peanuts. Cook sugar and water to 300 degrees or until a little dropped in cold water is brittle. Pour over peanuts which have been sprinkled on oiled tins, spreading thinly. As it cools mark in squares.

### PUFFED RICE CANDY

One package puffed rice, one cup sugar, one-half cup brown sugar, six tablespoons corn syrup, one-half cup water, one tablespoon butter. Pour rice into a pan and place in a slow oven to crisp. Stir sugars, corn syrup and water together and cook to 242 degrees or a little beyond the soft ball stage. Remove from fire and add butter in small bits, stir until butter is melted. Pour on to warm rice and mix well. Turn into buttered layer cake tin, packing it down and smoothing top. Turn out of pan while still warm and cut in squares.

### MOLASSES CANDY

(Mrs. McColl)

1 cup molasses	3 tablespoons vinegar
3 cups sugar	$\frac{1}{2}$ teaspoon cream tartar
1 cup boiling water	$\frac{1}{2}$ cup melted butter
$\frac{1}{4}$ teaspoon soda	

Put first four ingredients in kettle placed over front of range. As soon as boiling point is reached, add cream of tartar. Boil until when tried in cold water mixture will become brittle. Stir constantly during last part of cooking, when nearly done, add butter and soda. Pour into a buttered pan. When cool enough to handle, pull until porous and light coloured, allowing candy to come into contact with tips of fingers and thumbs, not to be squeezed in the hand. While pulling add one teaspoon of vanilla, one half teaspoon lemon extract, few drops oil of peppermint or few drops of oil of wintergreen.

### VINEGAR CANDY

(Mrs. McColl)

2 cups sugar	$\frac{1}{2}$ cup vinegar
2 tablespoons butter	

Put butter into kettle; when melted, add sugar and vinegar. Stir until sugar is dissolved, afterwards occasionally. Boil until when tried in cold water mixture will be come brittle. Turn on a buttered platter to cool. Pull same as molasses candy.



**CHOCOLATE FUDGE**

- |                          |                            |
|--------------------------|----------------------------|
| 2 cups granulated sugar  | 3 squares unsweetened      |
| 1 cup water              | chocolate                  |
| 1 cup Eagle Brand        | 1 cup nut meats (optional) |
| Sweetened Condensed Milk |                            |

Mix sugar and water in large saucepan and bring to boil. Add Eagle Brand Sweetened Condensed Milk and boil over low flame until mixture will form firm ball when tested in cold water (235°F.-240°F.) Stir mixture constantly to prevent burning. Remove from fire, add chocolate cut in small pieces. Chop nut meats and add. Beat until thick and creamy. Pour into buttered pan. When cool, cut in squares. Serve a fudge that is Fudge.

**SOUR CREAM PECAN PENUCHE**

- |                         |                                       |
|-------------------------|---------------------------------------|
| 1 cupful of brown sugar | 1 teaspoonful of vanilla              |
| 1 cupful of white sugar | $\frac{3}{4}$ cupful of broken pecans |
| 1 cupful of sour cream  |                                       |

Mix the sugar and sour cream and heat, stirring constantly until the sugar has dissolved. Boil without stirring until a few drops will form a soft ball when dropped into cold water. Add the vanilla and cool. When the mixture is quite cool add the nuts and beat until creamy. Pour into a buttered pan and mark in squares.

**CANDIED APPLES ON STICKS**

Six medium size bright red apples, six wooden skewers, one cup brown sugar, two tablespoons dark corn syrup, one-half cup water, one teaspoon vinegar (or a pinch of cream of tartar). Wash the apples well, remove their stems and blossoms, and wipe dry. Put a skewer in each apple and set them in a cold place. Put the sugar, water, corn syrup and acid (either vinegar or cream of tartar) in a saucepan and cook, stirring, until the mixture boils. Continue to cook slowly, without stirring, until a few drops off the tip of the spoon will immediately become brittle in cold water. (If you have a thermometer, simply cook the syrup until the thermometer shows 207 degrees F.) Set the pan over another containing hot water and dip your chilled apples in the hot syrup, using a spoon to help you coat them quickly. Stand the apples upright in a heavy container, if possible, until they are set—or lay them on wax paper, but this does not give them so fine an appearance.

**MOLASSES KISSES**

One-third cup molasses, one cup granulated sugar, one-third cup water, two teaspoons vinegar, one-eighth teaspoon salt, one-quarter teaspoon cream of tartar, one and one-half tablespoons butter, speck of soda, two-thirds teaspoon vanilla. Cook the molasses, sugar, water and salt together, stirring gently until the mixture boils. Add the cream of tartar dissolved in a teaspoon of water and cook to 250 degrees or hard ball stage. Add the butter and soda and cook, stirring constantly until brittle when dropped in cold water. Turn out on a buttered plate and when cool enough to handle pull until fluffy and light in colour. Stretch into one long strip and cut with buttered scissors into small pieces.



## CARAMELS

Two cups sugar, one and one-third cups corn syrup, one-eighth teaspoon salt, two cups cream, three-quarters cup evaporated milk, one-quarter cup butter, two teaspoons vanilla. Place in a heavy saucepan the sugar, syrup, salt and one-half of the cream. Bring to the boiling point, stirring occasionally. Add very gradually the remaining cream and the evaporated milk, the mixture should not stop boiling during this addition. Cook to soft ball stage, then add butter and continue cooking until hard ball stage is reached, stirring gently but constantly. Remove from fire, add flavouring and pour into a buttered square sided pan. Cool, cut into squares and wrap in oiled paper.

## VELVET FUDGE

(*Mrs. Melville Cumming*)

3 tbsps. butter  
3 sqs. chocolate  
3 cups sugar

1 cup milk  
1 cup chopped walnuts

Melt butter and add chocolate, sugar and milk. Mix well and cook to soft ball stage. Do not stir. Remove from fire—set aside until cold. Add walnuts—pick up and work in hands 15 to 20 minutes. Shape in long rolls when soft enough to manage.

# Beverages

## CLOVER WINE

1 qt. red clover tops

3 qts. water (boiling)

Let stand 24 hours. Strain. Add 2 oranges, 2 lemons and 1 or 2 prunes, 3 pounds sugar, 1 yeast cake. Place piece of toast on top. Let stand one week. Strain and bottle.

## CLARET LEMONADE

1 bottle claret  
Juice 3 lemons  
12 ice cubes

$\frac{1}{2}$  orange (sliced)  
Sugar syrup to taste

Combine in a glass pitcher. Stand in refrigerator 30 minutes to blend and ripen.

## INVALID'S SPECIAL

$\frac{1}{2}$  cup evaporated milk  
1 egg

$\frac{1}{2}$  cup orange juice  
Sugar syrup to taste

Shake the yolk, orange juice, milk and syrup with 2 ice cubes. Beat egg white stiff and combine.



**MINT PUNCH**

- |                             |                                 |
|-----------------------------|---------------------------------|
| $\frac{3}{4}$ 1½ cups sugar | $\frac{1}{2}$ 1 pt. grape juice |
| $\frac{1}{2}$ 1 pt. water   | 2 4 sprigs fresh mint (crushed) |
| 2 lemons                    | 1 lemon, sliced thin            |
| 2 or 1½ 3 oranges           | $\frac{1}{2}$ 1 qt. ginger ale  |

Boil the sugar and water for 2 minutes and allow the syrup to become cool. Strain the juice from lemons and oranges and add this with the grape juice, crushed mint and sliced lemon to the syrup. Just before using add the ginger ale and serve over cracked ice.

Quantity for 20 to 25 persons if punch glasses are used.

**WHITE LADY COCKTAIL**

- |                    |                              |
|--------------------|------------------------------|
| 2 parts gin        | 1 part juice from fresh lime |
| 1 part sugar syrup | 2 or 3 egg whites            |

Shake well with lots of broken ice. Grate a little nutmeg on top of each glass.

**SHERRY COBBLER**

(Mrs. J. W. Smith)

- |                           |                              |
|---------------------------|------------------------------|
| $\frac{1}{2}$ pint sherry | A small amount of fresh mint |
| 1 tablespoon sugar        | 1 bottle soda water          |
| 2 slices lemon            |                              |

**ORANGEADE**

(Mrs. H. Y. Haines)

- |                      |                   |
|----------------------|-------------------|
| 6 oranges            | 7 cups sugar      |
| 6 cups boiling water | 2 oz. citric acid |

Dissolve acid in hot water, mix all together and bottle.

**LEMON DRINK**

(H. Cresswell)

- |                               |                       |
|-------------------------------|-----------------------|
| $\frac{1}{2}$ oz. Epsom Salts | 4 lemon rinds         |
| 2 oz. Citric Acid             | 5 lbs. white sugar    |
| 1 oz. tartaric acid           | 3 pints boiling water |
| 6 lemons                      |                       |

Stir until dissolved, then bottle. To be used like Lime Juice.

**COUNTRY CLUB PUNCH**

(Mrs. F. G. Mack)

- |                         |                   |
|-------------------------|-------------------|
| 3 cups sugar            | 3 qts. water      |
| 12 lemons               | 1 qt. grape juice |
| 12 oranges              | 2 qts. ginger ale |
| 1 can crushed pineapple | 1 cup strong tea  |

Boil sugar and water together ten minutes, add tea and chill. Add oranges, lemons, grape juice and pineapple. Place in refrigerator about two hours. Before serving add ginger ale and ice cubes. This may be divided into thirds. If serving in a punch bowl, add quarter slices of orange and lemon and one bottle of Maraschino cherries. Serves about 50.



**GIN SOUR COCKTAIL***(B. Donkin)*

Take equal parts lemon juice, gin and cream. Sweeten and shake quickly. Serve with cherry. This may also be made with an egg-white shaken with the above.

**SOUTHERN MINT JULEP***(B. Donkin)*

Into a large glass filled with shaved ice, put

1 tablespoon of sugar

$\frac{1}{2}$  wine glass of water

3 or 4 sprigs of fresh Mint cut up  
and crushed with the ice.

$1\frac{1}{2}$  wine glasses of whiskey

Stir well, add a dash of Jamaica Rum. Decorate with a sprig of Mint.

**MINT PUNCH***(Flavilla Hiltz)*

1 cup sugar

2 qts. water

3 lemons

1 bunch fresh mint

4 drops peppermint oil

Green coloring

Cook sugar and water until a thin syrup is formed. Cool and add juice of lemons. Wash and chop leaves of mint and add. Add Peppermint oil and sufficient coloring to make a pale green. Chill and serve. Chopped leaves may be omitted, and a sprig of Mint put in each tumbler when serving.

**LEMON WHEY (For Invalids)***(Flavilla Hiltz)*

1 cup milk

2 tablespoons lemon juice

Heat the milk in double boiler and add the lemon juice. Cook without stirring until the whey separates. Strain through a double thickness of cheese cloth, add sugar to taste and serve at once, or chill and serve cold.

**TOMATO FLIP**

Juice of 2 lemons

$\frac{1}{2}$  cup Orange Juice, or

Pineapple Juice

1 quart Tomato Juice

Season to taste with Salt and Sugar, mix well, and serve in tall glasses half-filled with cracked ice. For a garnish add wafer-thin lemon slices sprinkled with chopped water-cress leaves.

This makes a refreshing drink for a hot summer noontide. Serve it with finger sandwiches of whole-wheat bread and butter, and no more satisfactory luncheon could be desired.



**CHERRY SANGAREE**

- |  |                          |
|--|--------------------------|
| 2 cups juice from canned or<br>stewed red cherries | 1 cup pineapple juice    |
| Juice of 3 oranges                                 | 1 cup powdered sugar, or |
| Juice of 2 lemons                                  | 1-1½ cups simple Syrup   |

Mix well, dilute with 3 bottles Ginger Ale, pour over ice, and garnish with pitted red cherries.

**TOMATO JUICE COCKTAIL**

(*Mrs. A. McInnis*)

- |                             |                          |
|-----------------------------|--------------------------|
| 1 can tomatoes              | ½ tblsp. chopped onion   |
| 1 tblsp. chopped celery     | 1 tblsp. chopped parsley |
| ¼ lemon juice               | ½ tsp. salt              |
| 1 tsp. Worcestershire sauce | few grains cayenne       |

Mix the celery, onion and parsley with the tomatoes. Leave for two hours or over night. Add remaining ingredients, strain, chill thoroughly and serve in cocktail glasses.

**OYSTER COCKTAIL**

(*M. M.*)

Put salt, pepper, a little Worcester sauce, a drop or two of tabasco sauce, a dessertspoon-full of catsup and 1 tsp. lemon juice in each glass with 6 oysters and chill.

**What The Menu Means**

**Believe it or not!!**

(*G. L. Faulkner*)

- A la broche—cooked on a skewer
- Aspic—meat jelly
- Au gratin—Covered with sauce and baked (Not always with cheese)
- Au jus—with natural gravy
- Au maigre—with vegetables
- Bechamel—rich cream sauce
- Beignet—fritter
- Beurre noir—browned butter
- Bisque—shell-fish soups
- Blanquette—stew with cream sauce
- Bombe—round mould used for ices
- Bouillabaisse—fish stew
- Bouillon—broth of meat and vegetables, or vegetables
- Braise—Meat or poultry stewed in covered pan.
- Brochette—meats boiled on skewers
- Canape—Food served on toast or biscuits



- Charlotte—mould lined with bread or cake and filled with cream  
Chaud-froid—prepared hot, but eaten cold  
Chiffonade—vegetables shredded  
Compote—a stew of fruit  
Consomme—a strong clear soup  
Cotes—ribs, as ribs of beef  
Creole—a soup, sauce or garnish  
Crepe—pancake  
Croustade—hollow fried shapes of bread  
Croute—crust  
Crouton—fried bread cut for garnishing  
Demi glace—a rich gravy; frosting  
Doucette—corn salad  
Entremets—dressed vegetables, large salads, sweets of all kinds  
Espagnole—a stock sauce from which are made special sauces  
Forcie—stuffing, force meat  
Fermiere—farmer's wife style  
Filet—Fillet  
Fines herbes—sweet herbs  
Flageolet—young haricot bean  
Foie gras—liver (of geese)  
Fond—stock (meat, vegetables, etc.)  
Fondue—cheese and eggs  
Frappe—partly frozen  
Fricassee—chicken or meat in a rich yellow sauce  
Galatine—decorated boneless meat or poultry  
Gratin—browned in the oven.  
Hors d'oeuvres—appetizers, side dish for first course  
Jardiniere—mixed vegetables  
Julienne—vegetables cut like matches; a soup  
Macedoine—mixture of different vegetables or fruits  
Maigre—without meat  
Marinade—to soak in lemon or oil or to pickle  
Marron—French chestnut  
Mignon—a delicate bit  
Mousse—a kind of iced cream  
Noix de veau—knuckle of veal  
Nouilles—noodles of egg paste  
Parmentiere—pertaining to potatoes  
Pate—paste or dough  
Paysanne—in peasant style  
Perigueux—served with truffles  
Printaniere—spring vegetables cut in small squares; asparagus points  
Puree—rubbed through a sieve; a thick soup  
Quenelles—oval shapes of forcemeat made of chicken, veal or rabbit.  
Ragout—a stew of meat and vegetables  
Ris—sweetbread  
Roux—brown sauce  
St. Germaine—green pea soup  
Saute—to cook quickly over a hot fire with a little dripping



## Miscellaneous

(Mrs. Gorham)

3 gallons water

(Mrs. M. Cumming)

1 tsp. black pepper  
 ½ tsp. saltpetre

(Mrs. M. Cumming)

Saltpetre size of hazel nut

## CLEANING MARBLE

1. oz. chalk

Pound together then put through a sieve. Take some of the powder mix with cold water, rub over stained surface and allow to stand. Then wash off with soap and water.



**CLEANING FOR CHINTZ***(B. Donkin)*

1 cake Laundry Soap  
 1 qt. boiling water      Dissolve  
 Add 1 bottle ammonia  
 1 small pkg. of borax

Put small portion in hot water, rub with a cloth over chintz, then rinse in blood warm water.

**CLEANING WALLS***(F. Laurence)*

2 cups flour  
 1½ cups cold water  
 1 tblsp. kerosene  
 1 cup salt  
 1 tblsp. ammonia

Cook in a saucepan stirring constantly until thick.

**CLEANING PAINT**

Wring out cloth and dip it in baking soda. Rub on woodwork then rinse off with water.

**CLEANING SILVER**

To each quart of boiling water add 1 tsp. baking soda, 1 tsp. salt.

Put in an aluminum pot, dip silver in while solution is boiling, rinse silver in warm water and polish.

**CLEANING BRASS**

Juice of 1 lemon  
 2 tsp. salt  
 Rub on then wash off and polish.

When fruit cake is in the oven some hours, take out about ½ an hour before it is done and brush over with melted butter. Bread can be done the same way. Then put back in oven.

If boiled frosting is runny put bowl over hot water, when it feels rough on sides of bowl take the frosting from the hot water and beat a few minutes. If this is done frosting will not run off a cake.

**BAKING POWDER***(Mrs. A. M. Scott)*

½ lb. cream of tartar  
 ¼ lb. soda  
 2 oz. corn starch

Mix well together sift four or five times.

**FURNITURE POLISH**

1 cup Linseed Oil  
 ½ cup Turpentine  
 1 tblsp. Vinegar  
 Shake well























