

Three Meals a Day

Recipe Review

by

JESSIE READ

HOME ECONOMIST OF

THE EVENING TELEGRAM

"TORONTO'S MOST INTERESTING NEWSPAPER"





FOREWORD

TO THE READERS OF THIS BOOK

It is in answer to the constant demands from regular readers of "Three Meals a Day" that this book has been assembled. May I hope that it will become something more than just a cook-book? I should like it to be my daily representative in your home. Let it be your personal kitchen friend and guide.

Indexed and handy for reference you will find new ideas in meal planning and household management together with a review of "Three Meals a Day for 1934."

Next year we shall give you another "Three Meals a Day" review for 1935.

Various advertisers have assisted materially in making this book possible and, when shopping, remember them! Their products I most sincerely and heartily commend to you.

Francis Bacon once said, "Some books are to be tasted, others to be swallowed and some few chewed and digested." I hope you will consider this book among "some few."

Your friend of the kitchen,

Jessie M. Read.

"THREE MEALS A DAY"



JESSIE READ

JESSIE READ'S interesting and instructive articles on culinary problems are a few of the many reasons why The Telegram is referred to as "Toronto's Most Interesting Newspaper".

If you have any problems in connection with your home ask the Woman's Department of The Telegram to help you! They will do it cheerfully.

THE EVENING TELEGRAM

"Toronto's Most Interesting Newspaper"

COCKTAILS, APPETIZERS, HORS D'OEUVRES



Watermelon Fizz Cocktail

- 3 cups watermelon balls or cubes.
- $\frac{1}{4}$ cup fruit sugar.
- 3 tablespoons lemon juice.
- 1 pint dry ginger ale.

Prepare balls by scooping out of watermelon and removing seeds. Sprinkle with fruit sugar and lemon juice. Cover and chill in refrigerator. When ready to serve, arrange in sherbet glasses and place on table. Just before guests arrive, pour ice-cold ginger ale into each glass. Serves six.

Maraschino Honey Dew Cocktail

- 2 cups honey dew melon balls.
- 1 cup banana cubes.
- $\frac{1}{2}$ cup fruit sugar.
- 1 tablespoon lemon juice.
- 1 tablespoon maraschino cherry juice.
- $\frac{1}{2}$ teaspoon salt.

Combine all ingredients. Chill in refrigerator. Pile in sherbet glasses and top with maraschino cherry. If banana is disliked by anyone, substitute pineapple cubes. Serves six.

Cantaloupe Pineapple Cocktail

- 2 cups cantaloupe balls.
- 1 cup diced pineapple.
- $\frac{1}{2}$ cup fruit sugar.
- 1 tablespoon lemon juice.
- $\frac{1}{2}$ cup orange juice.
- $\frac{1}{4}$ teaspoon salt.

Combine all ingredients and chill thoroughly in refrigerator. Pile in sherbet glasses and serve very cold. Garnish with emeraldettes.

Any of these cocktails may be too sweet or too sour to suit your own tastes. If too sour, add more sugar; if too sweet, add lemon juice.

Cranberry Juice Cocktail

- 4 cups cranberries (1 quart).
- 4 cups water.
- $\frac{3}{4}$ cup granulated sugar.

Cook cranberries and water until skins pop open (about 5 minutes). Squeeze through a cheesecloth. Bring juice to boil and add sugar. Boil 2 minutes. Chill well. Serve in punch glasses, filling the glasses half full of cranberry juice and the other half of ginger ale or soda water. Add the ginger ale just before serving.

Mushroom and Ham Canape

- $\frac{1}{2}$ cup fried mushrooms, diced.
- $\frac{1}{2}$ cup minced ham.
- $\frac{1}{2}$ tablespoon butter.
- $\frac{1}{2}$ tablespoon flour.
- $\frac{1}{4}$ cup milk.
- $\frac{1}{4}$ teaspoon Worcestershire sauce.
- Salt and pepper.

Prepare mushrooms and ham. Melt butter in small saucepan. Add flour and stir until smooth. Add milk and seasonings. Stir and cook until thick. Add ham and mushrooms. Spread this mixture on circles of bread which have been toasted on one side and buttered on the other. Serve hot.

Sardine Canapes

Trim crusts from bread cut in $\frac{1}{3}$ -inch slices. Spread with butter, then with pineapple cream cheese spread. Have half the slices covered with this same spread, colored a pale green. Cut these slices in oblongs, lay a sardine on each oblong, and arrange alternating green and white oblongs on the tray.

Potato Chip Appetizer

Spread large potato chips with a mixture of equal parts cream cheese and anchovy paste. Garnish with a dash of paprika. Arrange on plate and garnish with parsley.

Cherry Almond Fizz

1 cup cherry juice (from preserved fruit).
 ½ teaspoon almond extract.
 2 tablespoons lemon juice.
 1 pint dry ginger ale.
 Sugar, if desired.

Combine cherry juice, almond extract, lemon juice and sugar if necessary. Add ginger ale just before serving. Serve in cocktail glasses with cheese wafers, pretzel sticks, potato chips or canapes.

Pear and Lime Fruit Cocktail

2 cups diced canned pears.
 1 tablespoon lemon juice.
 ½ cup pear syrup.
 1 cup lime jelly cubes.
 Maraschino cherries.

Combine pears and lemon juice. Chill well. Color pear syrup red. Just before serving, combine all ingredients and pile in sherbet glasses. Top with maraschino cherries.

To make the lime jelly cubes, we simply prepare a lime jelly in the usual way. Pour it into a shallow pan. Allow it to set, then cut into cubes.

Pineapple Orange Teaser

1 cup pineapple juice.
 ½ cup orange juice.
 2 tablespoons lemon juice.
 2 tablespoons fruit sugar.
 Wee pinch salt.
 1 pint carbonated water.

Combine the first five ingredients. Allow to chill well for 2 hours. Just before serving mix well and add the carbonated water. Serve with a cherry on a tooth pick in the bottom of the cocktail glass. Small canapes of cream cheese and shrimp would be good with this.

Bacon and Peanut Butter Bits

Spread ½-inch slices bread with butter. Remove crusts.

Spread on soft peanut butter.

Cut into fingers and place a small piece of bacon on each finger.

Place fingers on buttered baking sheet.

Bake in hot oven at 400 deg. F. until bacon is crisp.

Apple Crack Cocktail

1 pint sweet apple cider.
 1 pint ginger ale.

Combine two ingredients just before serving. Have them both icy cold. Serve with little broiled sausage on tooth-picks.

Lime and Orange Morning Set-up

Juice of 2 oranges.
 Juice of 1 lime.
 ½ teaspoon fruit sugar.

Combine all ingredients. Chill well. Serve ice cold. Add more sugar if desired. Serves 1 to 2, according to size of glasses.

Prune Teasers

Stuff a cooked pitted prune with a stuffed olive. Roll up in pastry rectangles.

Bake at 425 deg. F. for 12 to 15 minutes. Serve warm with tomato or fruit juice cocktail.

Sardine Crisp Snacks

Spread salted soda wafers with cream cheese. Arrange two or three sardines on each wafer. Sprinkle with bits of cream cheese or grated cheese. Place in hot oven for 2-3 minutes. Serve hot. Delicious with tomato juice as an appetizer.

Canned Tomato Juice Cocktail

11 quarts tomatoes.
 1 bunch celery.
 3 onions.
 1 green pepper (large).
 ¼ cup granulated sugar.
 1½ tablespoons salt.
 ¾ teaspoon pepper.

Simmer together in closely covered container for about 30 minutes. Strain, pressing well through sieve. Reheat to boiling and boil uncovered for 5 minutes. Seal in hot sterilized jars or bottles.

Bacon and Prune Appetizer

6 strips side bacon.
 12 small prunes (cooked).
 12 ½-inch cubes canned pineapple.

Cut bacon strips in half. Pit the prunes and place the piece of pineapple in the prune. Wrap ½ bacon slice around each prune, fasten with a toothpick. Broil in hot oven until bacon is done. Serve hot. These are eaten with the fingers.

SOUPS

Down East Fish Chowder

3 slices side bacon, diced.
1 onion, diced.
1 lb. haddock.
1½ cups raw potatoes, diced.
2 cups boiling water.
1 cup scalded milk.
½ teaspoon salt.
Dash of cayenne.
½ teaspoon minced parsley.
1 sprig thyme.
1 tablespoon flour.
1 tablespoon butter.

Fry bacon and onion for 2-3 minutes. Add fish, potatoes and water. Simmer, covered, for 1 hour. Add milk, slowly, then seasoning. Blend butter and flour together. Add to chowder. Cook until thick. Serves 6.

Jellied Vegetable Soup

2 cups consomme.
1 cup water.
½ cup diced celery.
½ cup grated carrot.
2 tablespoons green pepper.
1 tablespoon diced green onion.
Seasoning to taste.
½ tablespoon lemon juice.
1 tablespoon gelatine.
2 tablespoons cold water.

Combine consomme and water. Heat to boiling, add vegetables and boil 3 minutes. Season. Add lemon juice and then gelatine which has been soaked in cold water. Chill. Serve in bouillon cups garnished with parsley or water cress.

Vegetable Chowder

1 ham bone.
1 cup chopped onion.
1 cup chopped carrots.
½ teaspoon salt.
½ teaspoon pepper.
Cook covered for ½ hour in sufficient water to cover, then add
1 cup green peas.
1 cup diced potatoes.

Add more water if necessary. Simmer for at least 20 minutes. Add 2 cups cream sauce. Combine well and serve with toast strips or crackers.

Spiced Tomato Puree

1 No. 3 can tomato juice.
1 cup water.
1 can consomme.
1 teaspoon stick cinnamon.
¼ teaspoon whole cloves.
1 bay leaf.
Salt and pepper to season.

Combine all ingredients, cover and simmer for 7 minutes. Strain. Serve hot (serves 6).

Jellied Tomato Bouillon

2 cups tomato juice.
1 cup consomme.
1 slice onion.
1 cup water.
1 tablespoon lemon juice.
Seasoning to taste.
1 tablespoon gelatine.
2 tablespoons cold water.

Simmer tomato juice, consomme, onion and water in covered container for 10 minutes. Remove onion. Reheat to boiling. Season. Add lemon juice then gelatine which has been soaked in cold water. Chill. Serve in bouillon cups garnished with parsley.

Corn Chowder

¼ lb. side bacon, chopped.
2 tablespoons flour.
1 onion, sliced.
3 cups diced cooked potatoes.
2 cups water, drained from potatoes.
1 cup canned corn.
3 cups scalded milk.
Salt and pepper to season.
1 cup chopped celery.

Sauté gently bacon and onion. Add flour and other ingredients. Season and heat to boiling. Add celery. Cook 2-3 minutes. Serve with crackers.

Nestle's Evaporated Milk is Good in Soups

MEAT

Creole Hash

- 4 tablespoons butter (or dripping).
- 4 raw potatoes, diced.
- $\frac{3}{4}$ cup green pepper, diced.
- $\frac{3}{4}$ cup diced onion.
- $1\frac{1}{2}$ cups tomatoes.
- 2 cups diced cold beef (or other meat).
- $1\frac{1}{2}$ teaspoons salt.
- $\frac{1}{8}$ teaspoon pepper.
- $\frac{1}{2}$ teaspoon Worcester sauce.

Melt butter, add all vegetables. Cover and cook until tender. Add meat. Cook 5 minutes longer. Serve on platter, garnished with toast points and parsley.

Potted Steak With Peas

- 2 lbs. round steak.
- 6 medium-sized onions.
- 1 cup diced carrot and turnip.
- 1 cup tomato juice.
- 2 cups canned peas.
- 1 teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.

Cut meat into pieces for serving. Pound flour into meat with edge of plate. Brown well in hot frying pan. Place in casserole. Cover with onions cut in half. Add carrots and turnip. Pour tomato juice and water drained from peas into the frying pan. Bring to boil, add seasonings and pour over the meat. Cover and bake at 325 deg. F. for 2 hours. Half an hour before serving, add peas. Serve hot with boiled rice.

Smothered Sausages

Pan-broil sausages until well browned. Place in casserole or baking dish. Cover with thick slices of apple. Sprinkle lightly with brown sugar and cover. Bake at 375 deg. F. until apples are tender — about 25-30 minutes.

Pork chops are quite delightful finished in the same way as the smothered sausage and sometimes as a very nice change crushed pineapple can be poured over the sausage or pork chops.

Sage Brush Turkeys

- 12 slices of bacon.
- $1\frac{1}{2}$ cups soft dressing.

Place a spoonful of dressing on bacon strip. Roll and fasten with toothpick. Broil or bake, turning frequently.

Baked Virginia Ham

Purchase par-cooked boned ham. Wipe off and place on rack in roaster. Add $1\frac{1}{2}$ cups boiling water. Cover closely. Bake in oven at 300 deg. F., allowing 15 minutes for each pound. Half an hour before complete time is up, remove from the oven and peel off rind. Rub dry mustard well into hot, fatty surface. Then using a mixture of $\frac{1}{3}$ fine dry bread crumbs and $\frac{2}{3}$ brown sugar, pack all over fatty surface $\frac{1}{3}$ inch thick. Stick whole cloves into surface about one inch apart. Return to oven having the temperature increased to 425 deg. F. and cook until lightly browned all over. To slice cold, allow to cool in cool room, then place in refrigerator over night.

Savory Baked Ham

- 1 slice ham, 2 inches thick.
- 8 whole cloves.
- $\frac{1}{2}$ teaspoon mustard.
- $\frac{1}{2}$ cup maple syrup.

Trim rind from ham. Stick cloves into fat and place ham in baking dish, rub mustard into ham and pour on syrup. Bake at 350 deg. F. for 1 hour, basting frequently. Serves 4-6. Cover during cooking if it appears to be drying out.

Picnic Loaf

- 1 pound uncooked ham minced.
- 1 pound uncooked veal minced.
- 1 can tomato soup.
- $\frac{1}{2}$ teaspoon dry mustard.
- $\frac{1}{3}$ cup dry bread crumbs.
- $\frac{1}{2}$ cup cooked macaroni.
- $\frac{1}{4}$ cup diced celery.
- $\frac{1}{4}$ teaspoon salt.
- 1 teaspoon condiment sauce.

Combine all ingredients, mixing together with $\frac{1}{2}$ of the soup. Mould into loaf shape. Place in bake pan and put remaining soup over. Bake 60 minutes at 375 deg. F.

Beef Olives

- 1 pound round steak $\frac{1}{2}$ inch thick.
- $1\frac{1}{2}$ cups soft dressing.
- 2 onions sliced.
- $\frac{3}{4}$ cup flour.

Cut meat into strips about $1\frac{1}{2}$ inches by 3 inches. Place a little dressing on each strip. Roll up and tie. Roll meat in $\frac{1}{2}$ cup flour and brown in hot fat. Push to one side of pan and add onions and rest of flour. Brown, add 1 cup boiling water. Season, cover and simmer $1\frac{1}{2}$ hours. To serve, remove strings from beef olives, arrange a bed of boiled noodles and place meat on top, and pour over gravy. Add more water if gravy is too thick.

Beefsteak Pockets

- 2 lbs. round steak ($1\frac{1}{2}$ inch thick).
- 1 lb. sausage meat.
- 1 cup soft bread crumbs.
- 2 tablespoons water.
- 1 tablespoon finely chopped onion.
- $\frac{3}{4}$ teaspoon mace (if desired).
- 2 cups tomato juice.
- 1 teaspoon salt.

Cut steak in 3-inch squares. Slit a pocket in each. Stuff slits with combined sausage meat, crumbs, water, onion and mace. Secure edges with toothpicks. Sear meat well, add tomato juice and salt and cover closely. Bake at 325 deg. F. for $1\frac{1}{2}$ hours. Thicken liquid around meat to serve with meat.

Chile Con Carne

- $\frac{1}{2}$ lb. minced steak.
- 2 tablespoons butter.
- $\frac{3}{4}$ cup diced raw potato.
- $\frac{1}{2}$ cup sliced onion.
- $\frac{1}{4}$ cup diced pimiento.
- 2 cups tomato juice.
- 2 teaspoons salt.
- Few grains cayenne.
- $\frac{1}{8}$ teaspoon curry powder.
- 1 tablespoon Worcester sauce.
- $\frac{1}{2}$ teaspoon paprika.
- 1 cup kidney beans (canned).

Combine meat and butter in frying pan. Sear until brown. Stir in all the other ingredients except beans. Cover and simmer 20-30 minutes or until all ingredients are tender. Add beans. Heat 5 minutes longer uncovered. Thicken with flour if necessary. Serve on cooked rice or noodles.

Roast Veal

Select veal roast of size and cut desired. Wipe off with damp cloth. Sprinkle well with paprika. Place on meat rack in roasting pan and sear in very hot oven at 500 deg. F. until well browned (about $\frac{1}{2}$ hour) using suet or bacon to supply fat. Cover, reduce heat to 375 deg. F. and continue to cook allowing 20 minutes for each pound of meat and 20 minutes extra. Add water or sweet pickle vinegar if desired. Turn the roast several times during the cooking. Serve on platter garnished with parsley and radish roses — or if broiled tomatoes are being used, place them around the meat.

Lamb Sauté with Vegetables

- $2\frac{1}{2}$ lbs. lamb, cut in pieces.
- 2 tablespoons flour.
- Paprika.
- 3 slices side bacon, diced.
- 1 teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- $1\frac{1}{2}$ cups tomato juice.
- $\frac{1}{2}$ cup diced onion.
- $\frac{1}{2}$ cup diced celery.
- 1 cup green beans, shredded.

Roll lamb in flour. Sprinkle heavily with paprika and add to bacon which has been rendered in the pan. Brown lamb well. Add seasonings and tomato juice. Cover and simmer for $\frac{3}{4}$ hour. Add vegetables and simmer again for $\frac{1}{2}$ hour. More vegetables may be added but it is more likely you will want to add more tomato juice. This is delicious served on a mound of boiled rice or noodles. Will serve 6.

Spring Lamb Stew

- $2\frac{1}{2}$ lbs. lamb.
- $1\frac{1}{2}$ quarts water.
- 1 teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- 1 dozen green onions.
- 1 dozen small carrots.

Rub lamb with flour. Have ready stew pan with sizzling hot fat. Sear lamb all over until quite brown. Add boiling water. Bring to boil. Reduce heat and simmer gently for $1\frac{1}{2}$ hours. Add carrots, then ten minutes later add onions. Cook 15 minutes longer. Lift meat on to hot platter. Thicken liquid with flour and water mixed to paste and add more seasoning if desired. Small new potatoes could be added also if pot is large enough to hold them. Will serve 6.

A Pot Roast

The tougher cut from the shoulder, round and sometimes the rump, requires the long, slow moist cooking.

Wipe the meat. Now take a mallet of some kind and pound as much flour as it will absorb into all the open cut surfaces. Sprinkle with paprika and pepper. Now sear it until it is very brown all over. Place on meat rack to prevent sticking to the bottom during the long cooking and add any of the following:

- (1) 1 cup water.
- (2) 1 cup tomato juice.
- (3) ½ cup water; ½ cup vinegar from sweet pickles.
- (4) 1 can vegetable soup diluted slightly.

Diced vegetables of any kind may be added during the last hour of the cooking as well as ¾ teaspoon salt. Simmer very gently on top of stove, covered closely, allowing 30 minutes for each pound. If baked in oven it can be used with the whole meal and done at 250-300 degree Fahrenheit.

The brown gravy of a pot roast is always good and sometimes noodles or spaghetti are cooked and placed around the roast and the gravy poured over them. Pimento strips or green pepper rings make an attractive garnish with parsley for a pot roast.

Meat Pie

- 2 pounds raw beef.
- 1 large onion.
- ½ cup diced turnip.
- 1 cup diced carrots.
- ½ cup diced celery.
- 1½ teaspoons salt.
- ½ teaspoon pepper.
- 1½ cups tomato juice.

Wipe meat, trim off any excess fat. Cut into 1½-inch cubes. Roll meat in flour. Render trimmed fat in frying pan. Add meat and onion. Sprinkle with paprika and cook until brown. Add tomato juice and extra water to cool. Cover and simmer slowly for 1 hour. Add vegetables and more water if necessary. Cook, covered, until tender (about 40 minutes). Add seasonings. Thicken with flour and water. Put in casserole or baking dish and cover with round biscuits (made from tea-biscuit dough). Bake at 425 degrees F. until biscuits are cooked and brown (about 25 mins.). Serves 6-8.

Baked Short Ribs

- 5 lbs. short ribs.
- 2 tablespoons fat.
- 2 cups boiling water.
- 6 medium sized potatoes.
- 2 large onions.
- 4 carrots.
- 2 teaspoons salt.
- ½ teaspoon pepper.

Wipe meat. Spread with fat and sprinkle with salt, pepper and paprika. Sear in oven at 500 degrees F. until very brown. Pour on boiling water. Cover, reduce heat to 325 degrees F. Cook for 1 hour, then add whole potatoes, sliced onions and halved carrots. Bake 1½-2 hours longer. Serve on platter, surrounded with vegetables and garnished with parsley. Serves 6.

Lamb en Casserole

- 3 cups cold cooked lamb, diced.
- 1 tablespoon fat.
- 1 cup cooked carrots, diced.
- 1 cup cooked potato balls.
- 8 small onions, cooked.
- Left-over gravy.

Melt fat, add lamb and brown in fat. Add gravy and cooked vegetables. If too thick, add hot water. A small amount of curry powder will enhance the flavor. Cover and place in casserole and bake at 400 degrees F. for 20-25 minutes.

Bronx Casserole

- ½ cup diced onion.
- 2 tablespoons fat.
- 1 pound Hamburg steak (or left-over meat minced).
- 1 cup tomatoes.
- 1 can (2 cups) Golden Bantam corn.
- 1 egg.
- Seasonings.
- Creamy mashed potatoes.

Cook onion in butter for 2 minutes. Add meat. Sprinkle with paprika. Fry until brown. Arrange ½ of meat in casserole. Sprinkle with salt and pepper, then a layer of corn and tomato. Continue until dish is full, sprinkling each layer lightly with salt and pepper. Cover with mashed potatoes. Dot with butter. Bake at 400 degrees F. until potato has browned. Serves 6.

Bacon Pudding

- 1 pound flour.
- $\frac{3}{4}$ pound chopped suet.
- 1 onion, grated.
- 1 teaspoon sage.
- 1 teaspoon savoury.

Make a dough of flour and suet, roll out to half-inch thickness. Put slices of bacon on dough. Sprinkle with onion, sage and savoury. Roll up like roll, tie in cloth. Boil $1\frac{1}{2}$ hours.

Note—This recipe is an Old Country recipe sent in at the request of a reader by another reader.

Poultry Section

Roast Turkey

Purchase turkey already drawn. Be sure to examine inside well to ascertain if all entrails have been removed. Wash well inside and out. Wipe dry.

Prepare desired stuffing. Fill the cavity at the neck with some stuffing. Draw the skin down smoothly over the back. Now fill the large body cavity—leaving enough room for the expansion of the stuffing. Sew up the opening with coarse thread and a darning needle. (Use a darning needle so there is no danger of it getting lost during the sewing process). Truss the bird.

To Truss

Press the wings in closely to the sides and run a metal skewer through the fleshy part just under the wings.

Next press the thighs in close and run a metal skewer through the fleshy part of the thighs and just under the joint of the leg.

Now take string and stretch it over the breast bone, winding it around the ends of the skewer that is under the wings.

Cross the strings and bring them over the breast-bone and down under and around the ends of the skewers under the thighs. Bring the two ends up and tie snugly. In this way the string never goes under the bird and to remove it all one has to do is pull the skewers and away comes the string also. No hunting around for the scissors!

To Roast the Turkey

Rub the skin of the turkey all over with melted butter or bacon fat. Place breast side up on a rack in a large roaster. Sear in hot oven, 500 deg. F.

until breast is brown. Pour 1 cup hot water to which has been added 2 tablespoons butter. Reduce the heat to 350 deg. F. and if an open roaster is used, baste turkey at 20 minute intervals, and salt and pepper.

If, however, a covered roaster is used, cover the turkey at this stage, sprinkling it with salt and pepper.

Allow 30 minutes per pound and about 30 minutes extra over and above the time allowed for searing.

To Serve

Place on a warm platter and garnish with parsley and a cranberry chain. This cranberry chain is made by stringing cranberries on a coarse thread as you would beads. It looks ever so attractive and is rather unusual.

Roast Goose

Clean the bird, removing all entrails or any parts that have been left in if cleaned at the butchers.

Using a small scrubbing brush, scrub the outside and inside well with salt and water.

Rinse several times in cold water.

Place on a rack in a large roaster. Pour boiling water into roaster to about one inch depth. Place on tight cover of roaster.

Put goose in oven at 350 degrees F. for one hour.

Remove from oven. Pour off water and fat which will have come out of goose.

Dry goose off inside and out with paper serviettes.

Place stuffing in goose.

Sew up incision and truss the bird. (See turkey suggestions).

Place on rack in roaster.

Leave uncovered and sear at 500 deg. F. until browned.

Pour off fat and add one cup boiling water in which there is one tablespoon lemon juice.

Leave pan uncovered. Reduce heat to 350 deg. F. and cook, allowing 25 minutes per pound. Add salt and pepper.

Baste every 20 minutes with liquid in pan, pouring off any excess fat as it forms.

Serve garnished with parsley and pineapple rings which have been placed around the goose in the pan for about 10 minutes.

Boiled Chicken

Clean and cut chicken in half. Plunge into boiling water. Bring to boil again. Lower heat to keep water at a simmer. Allow to simmer gently, allowing 30 minutes for each pound and 30 minutes extra. Add salt when chicken is half cooked.

At the same time add:

- ½ onion, sliced.
- ½ lemon, sliced.
- 2 stalks celery.
- 2 bay leaves.
- 1 clove.

Drain off liquid and allow chicken to cool. Use as desired for chicken pot pie, chicken salad, creamed chicken or "what have you."

Of course, you may serve the chicken hot with dumplings if you so desire, and just a word about these. These packaged tea-biscuit mixtures make the grandest light dumplings — much quicker and much better — in the majority of cases than you could make them yourself.

There is sure to be some soup stock left that you can turn into delicious creamed chicken soup — and after you have picked all the meat from the bones put the skin and bones back into the saucepan. Add more water, cover and allow to simmer for another hour. This gives you a very nice soup stock also for combining with tomato juice to make a tomato bouillon.

Chicken Turnovers

- 3 cups cooked chicken, diced.
- ½ lb. mushrooms, sliced.
- 2 tablespoons butter.
- 1 tablespoon flour.
- ½ teaspoon salt.
- Pastry.

Prepare chicken. Sauté mushrooms in butter for 5 minutes. Sprinkle with flour and mix with chicken. Cool slightly.

Roll pastry out to about ¼ inch thickness and cut into 5-inch squares. Place the chicken on dough and fold over diagonally to make 3-cornered turnovers. Bake at 400 deg. F. for 15-20 minutes and serve with tomato sauce or chicken gravy. Buttered peas, carrots and candied sweet potatoes would be attractive served with this.

Chicken, Tetrazzini

- 5 lbs. stewing chicken.
- 1½ cups uncooked spaghetti.
- 1 onion.
- 2 No. 2 cans tomatoes (4 cups).
- ½ lb. mushrooms.
- 1 cup rich milk.
- 2 cups grated cheese.
- 1½ tablespoons Worcester sauce.
- 1 teaspoon salt.

Cook chicken in boiling salted water until tender. Remove from bones in neat pieces, not too small.

Cook spaghetti in boiling salted water with onion until just tender, but not soft. Drain and blanch the spaghetti, removing and discarding the onion. Add the strained tomatoes and cook until juice is absorbed. Now add the mushrooms, which have been sautéed in butter. Combine chicken and spaghetti mixture. Add Worcester sauce, salt, cream and 1 cup of the grated cheese. Mix lightly and turn into casserole. Cover with remaining cheese and bake at 375 deg. F. until cheese is brown and bubbly on top. Serves 6 delicious servings to 6 delighted people.

Fried Chicken, Southern Style

Purchase two 3-pound young chickens. Have butcher draw, clean and cut up chickens, wash and dry chickens very thoroughly. Prepare a seasoned flour — 1 cup flour, 1 teaspoon salt, ½ teaspoon paprika, ½ teaspoon pepper. Dip the pieces of chicken into the flour, coating them all over very thoroughly.

Melt bacon fat in frying pan. When quite hot (have fat ½ inch deep), add chicken and brown well on both sides. Add about ¼ cup hot water. Cover, reduce heat and allow to cook for 30-40 minutes or until tender. This may be finished in the oven at 375 deg. F. and if your frying pan is small use your large roaster.

To make gravy — Add 2 tablespoons flour to put in pan. Stir in briskly. Blend in 1½ cups milk. Heat to boiling. Cook until thick. Season to taste. Strain into gravy dish and serve hot with chicken. Serves 6.

Baked Chicken in Milk

Have chicken cut into pieces for serving, wash and wipe dry. Roll in seasoned flour (see fried chicken). Sauté in hot fat until well browned. Place in buttered casserole. Combine the following ingredients and pour over chicken:

- 1½ cups milk, scalded.
- ½ teaspoon salt.
- ½ teaspoon Worcester sauce.
- 2 tablespoons butter.

Cover closely. Bake at 350 deg. F. for 1½ hours.

N.B.—Have enough milk to cover the chicken, so you may need more than the 1½ cups.

Baked Virginia Chicken

Have chicken cut in pieces for serving. Wrap each portion in a very thin slice of uncooked smoked ham. Tie well or secure with toothpicks or small skewers. Stick four cloves in each roll and then place in a greased baking dish. Sprinkle lightly with 1 tablespoon flour mixed with 4 tablespoons brown sugar. Add ½ cup hot water to which 2 tablespoons butter have been added. Bake at 400 deg. F. for 45 minutes, basting every 10 minutes. Serve garnished with small glazed carrots and parsley.

Baked Stuffed Squabs with Bacon

Wipe the squabs inside and out with damp cloth. Pack the stuffing into the squab. Brush squab over with bacon fat or butter. Sprinkle with paprika. Place in hot oven at 450 deg. F. Sear uncovered until brown. Reduce heat to 375 deg. F. and bake for 40 to 50 minutes, basting constantly with fat in pan. During last five minutes place bacon strips over squabs and continue to cook until bacon is done. Serve garnished with parsley and bacon strips.

Broiled Squab

Have squabs split down the backbone and laid flat. Wipe off inside and out with a damp cloth. Brush with melted butter or bacon fat and sprinkle with lemon juice and paprika. Place in refrigerator and chill for one hour.

Grease the broiler racks and lay the squabs on rack, skin side down. Run under broiler which has been pre-heated for at least 10 minutes. Sear quickly on one side, turn to other side until brown. Sprinkle with salt and pepper. Reduce the heat and continue to cook until tender, about twenty minutes. Keep basting constantly with butter or bacon fat. Serve at once.



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MOULDED MEATS

Jellied Chicken or Veal

- 1 chicken (about 4 pounds) or
- 4 lbs. shank veal.
- $\frac{1}{2}$ tablespoon salt.
- 2 cups reduced stock.
- $\frac{1}{2}$ tablespoon gelatine.
- 1 tablespoon cold water.
- 2 tablespoons chopped parsley.

Dress and clean chicken well. Break up into pieces and place in saucepan. Cover with boiling water. Simmer slowly until tender. Add salt when half cooked. Cook until very tender. Remove chicken from stock. Cool and pick from bones. Dice chicken, and parsley. Meanwhile, reduce the stock by boiling to 2 cups. Add gelatine which has been soaked in cold water. Pour this over diced meat which has been arranged in mould, either one large mould or from 10-12 individual moulds. Be sure the jelly mixture is cooled before adding it to the chicken if you have arranged a jellied garnish in the bottom.

Moulded Lamb in Mint Jelly

- 2 tablespoons gelatine.
- $\frac{1}{2}$ cup cold water.
- 2 cups boiling water.
- $\frac{1}{2}$ cup vinegar.
- $\frac{1}{2}$ cup sugar.
- 1 teaspoon salt.
- 1 cup chopped mint leaves.
- Green coloring.
- $\frac{1}{4}$ cup diced pimiento.
- 3 cups cold diced lamb.

Soak gelatine in cold water. Combine water, sugar, vinegar, salt and mint leaves in a covered saucepan. Heat to boiling and boil 2-3 minutes. Strain out the mint leaves. Reheat to boiling and add gelatine. Add enough green coloring to make an attractive color. Allow to partially set. Add diced meat and pimiento. Pour into mould. Unmould and serve on a foundation of lettuce. Garnish with sliced tomatoes.

NOTE.—To unmould any jellied mixture it is easiest to hold a wet hot cloth around the outside of the mould in order to loosen it. This is safer than holding it in hot water, as we are apt to leave it there too long.

Jellied Neapolitan Loaf

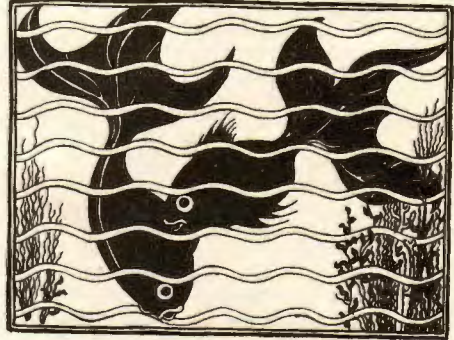
- 2 $\frac{3}{4}$ cups tomato juice.
- 1 teaspoon Worcester sauce.
- 2 teaspoons lemon juice.
- Salt to season.
- 2 tablespoons gelatine.
- $\frac{1}{4}$ cup cold water.
- 2 cups cooked potatoes.
- $\frac{1}{2}$ cup diced celery.
- 1 tablespoon chopped onion.
- 1 tablespoon chopped green pepper.
- Salt and pepper.
- Mayonnaise to moisten.
- 1 $\frac{1}{2}$ cups diced meat or fish.

Combine seasonings with tomato juice, heat to boiling, add lemon juice. Meanwhile, soak gelatine in cold water, then add to boiling tomato juice. Take a deep, narrow loaf tin, rinse in cold water, and place piece of wax paper in bottom, cut to fit exactly. Cover bottom with about $\frac{2}{3}$ of tomato mixture. Allow to set. Arrange on this the potato salad, then the layer of the meat or fish which has been marinated in French dressing. Cover with remaining partially set tomato aspic. Chill thoroughly. Unmould on platter and garnish with cups of lettuce in which are a group of asparagus tips banded with pimiento strips.

Jellied Tongue

Soak pickled beef tongue in cold water for 2-4 hours depending on pickle used in preparing tongue. Place in kettle of cold water and bring slowly to the boil. Remove scum from the top. Reduce to a simmer and cook, allowing 30 minutes per pound from the time it has come to the boil. Remove from the water and peel off the skin. Remove bones and fatty pieces from the large end of the tongue. Meanwhile boil down the stock to about 1 $\frac{1}{2}$ cups. Curl tongue around into circle and press down into a bowl which seems just a little too small. Press down well. Pour on stock. Cover with saucer and place a heavy weight on top of saucer. Chill thoroughly before serving.

FISH



CANNED fish and fresh fish are both available to practically every homemaker, and it is the wise little lady who tries to use fish at least once a week, because fish supplies us with certain necessary food elements we do not find in meat. Iodine is one of these food elements.

Those of us who dwell in the central provinces where we are away from the salt air of the ocean are starved for this very necessary food element. Of course, modern manufacture gives us iodized salt—and we can purchase kelp—the dried sea weed—but since this last suggestion is not very appetizing to eat, I rather think you would prefer fish. We need iodine, you know, as a prevention against enlarged thyroid—or as it is commonly called, goitre.

Boiled Halibut With Cheese and Olive Sauce

- 2 lbs. halibut.
- 3 tablespoons butter.
- 3 tablespoons flour.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon paprika.
- $\frac{1}{4}$ teaspoon mustard.
- $1\frac{1}{4}$ cups milk.
- 1 cup grated cheese.
- 3 tablespoons chopped stuffed olives.

Place halibut in large sheet of cookery parchment. Sprinkle with salt and lemon juice. Tie up loosely. Plunge into boiling water. Allow to cook for 35 minutes. Meanwhile, melt butter and add flour, salt, paprika and mustard. Blend all together, add milk and stir constantly until thick. Add grated cheese, then stuffed olives. Place fish on platter and pour sauce over all. Garnish with hot green peas and strips of pimiento.

The next recipe is a baked fish combination and once more the odour does not go through the house.

Haddock au Gratin

- 2 lbs. haddock fillets.
- 2 tablespoons lemon juice.
- 3 tablespoons butter.
- 3 tablespoons flour.
- $1\frac{1}{2}$ cups milk.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon paprika.
- 1 teaspoon Worcester sauce.
- 1 tablespoon grated onion.
- 1 hard-cooked egg, chopped.
- $\frac{1}{2}$ cup grated cheese.
- $\frac{1}{2}$ cup bread crumbs.

Cut fillets into pieces for serving. Place in casserole, sprinkle with lemon juice. Make a cream sauce from the butter, flour, seasonings, milk and onion juice. Add chopped egg and pour over the fillets. Cover with crumbs and grated cheese mixed together. Cover and bake at 375 deg. F. for 30 minutes. Remove cover and continue to cook until the crumbs are browned.

Fillets Santa Barbara Style

6 fillets of fish.
3 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{4}$ teaspoon salt.
1 cup boiling water.
2 tablespoons vinegar.
1 tablespoon chopped onion.
 $\frac{1}{2}$ cup chopped pimiento.
Buttered crumbs.

Melt butter, add flour and salt. When blended add water, onion and vinegar. Cook until thick. Add pimiento. Pour over fish arranged in well-greased baking dish. Bake at 325 degrees F. for 45 minutes after covering with buttered crumbs.

Baked Salmon and Potatoes au Gratin

2 cups canned salmon.
1 cup mashed potatoes.
3 tablespoons melted butter.
3 tablespoons milk.
1 egg.
Salt and pepper.
Onion juice (if desired).
 $\frac{1}{2}$ cup grated cheese.

Combine salmon, potatoes, butter, milk, salt and pepper. Beat all together thoroughly with a fork. Add the well-beaten egg. Pack lightly into well-buttered casserole. Brush over with melted butter and sprinkle with grated cheese. Bake at 350 degrees F. for 35 minutes.

Mackerel Pie

3 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
 $1\frac{1}{2}$ cups milk.
1 can mackerel fillets.
1 cup green peas.
1 cup diced cooked carrots.
 $1\frac{1}{2}$ cups fluffed mashed potatoes.

Make a cream sauce of first five ingredients. Remove mackerel from can, trim off skin and break up in pieces. Arrange alternate layers of fish, peas, carrots and cream sauce until dish is filled and ingredients all used. Pile the potatoes on top, brush with melted butter and sprinkle with paprika. Bake at 400 degrees F. until browned and heated through. (About 25 minutes.)

Mackerel Scrapple

1 can mackerel fillets.
6 cooked potatoes, diced.
3 tablespoons butter.
Salt and pepper.
Paprika.

Combine diced mackerel and potatoes. Add to melted fat in frying pan. Sprinkle with salt and pepper. Stir in pan until well blended. Cover and allow to brown on bottom. To serve, fold over as an omelet and serve very hot.

Rice Mould with Salmon and Olive Sauce

3 cups cooked rice.
1 cup milk.
2 eggs.
Dash cayenne pepper.
 $\frac{1}{2}$ teaspoon pepper.

Combine rice with milk and well-beaten eggs. Add seasoning. Season. Turn into well-greased ring mold and bake at 350 degrees F. until firm (about 35 minutes). Turn out on to hot platter and fill centre with:

2 cups medium cream sauce.
 $1\frac{1}{2}$ cups flaked canned salmon.
 $\frac{1}{2}$ cup chopped olives.
 $\frac{1}{2}$ teaspoon Worcester sauce.

Combine all ingredients. Heat before serving.

Old-fashioned Oyster Stew

2 cups scalded milk.
2 tablespoons butter.
 $\frac{1}{2}$ teaspoon pepper.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup fine cracker crumbs.
 $\frac{1}{2}$ pint oysters and juice.
Paprika.

Add butter, pepper, salt and cracker crumbs to milk. When quite hot, add the oysters and cook only until the edges curl — about 3 to 5 minutes. Serve at once; sprinkle with paprika. Serves 4.

Always remember that the raw oyster is one of the simplest things to digest. With this in mind, we try to cook the oyster only long enough to heat it through. An over-cooked oyster becomes hard to digest and tough.

Pigs in Blankets

12 thin slices side bacon.
12 oysters.
4 slices toast.

Wrap each oyster in a strip of bacon and secure firmly with a toothpick. Brown quickly in hot frying-pan, or broil under hot flame, and put three pigs on each slice of hot toast. Garnish with parsley.

SAUCES

for Meat, Fish and Vegetables

Cream Sauce

- 2 tablespoons butter.
- 2 tablespoons flour.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- $\frac{1}{8}$ teaspoon paprika.
- 1 cup milk.

Melt butter, blend in flour, salt, pepper and paprika. Let cook together over fairly low heat for about half minute. Add milk all at once and stir until smooth. Cook until thick.

Variation: For Cheese Sauce:

- Add $\frac{1}{2}$ cup grated cheese.
- $\frac{1}{4}$ teaspoon mustard.

Caper Sauce

- 2 tablespoons flour.
- 4 tablespoons butter.
- $\frac{1}{4}$ teaspoon salt.
- Dash cayenne pepper.
- Dash of paprika.
- 1 cup boiling water.
- $\frac{1}{4}$ cup chopped capers.

Melt butter, blend in flour and seasonings, add water and cook until thick. Add capers. Pour over fish.

Maitre d'Hotel Butter

- $\frac{1}{4}$ cup soft butter.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- 1 tablespoon finely chopped parsley.
- 3 tablespoons lemon juice.

Cream butter and other ingredients, and beat in lemon juice. Chill. Form into small balls or cut into squares, and place on hot fish steaks.

Cucumber Sauce

- $\frac{1}{2}$ cup whipping cream.
- $\frac{1}{4}$ teaspoon salt.
- Dash of paprika.
- 2 tablespoons vinegar.
- $\frac{3}{4}$ cup finely diced cucumber.

Whip cream. Add salt and paprika and gradually the vinegar. Add cucumber chopped and well drained. Serve with fish or fish salads.

Sauce for New Potatoes

- $\frac{1}{2}$ cup melted butter.
- Juice of 2 lemons.
- 1 teaspoon grated onion.
- 1 teaspoon chopped capers.
- Salt and pepper.

Pour over fresh-boiled hot potatoes. Reheat and serve at once. Enough for 6-8 large potatoes.

STUFFING

for Meat and Fish

Dressing for Roast Veal

- $2\frac{1}{2}$ cups soft bread crumbs.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- $\frac{1}{2}$ teaspoon poultry dressing.
- $\frac{1}{4}$ cup chopped blanched almonds.
- 2 tablespoons chopped sweet pickle.
- 3 tablespoons soft butter.

Combine all ingredients blending the butter in with a fork. Pack into cavities in veal roast.

Apple and Sage Stuffing

- 6 cups soft stale bread crumbs.
- $1\frac{1}{2}$ cups diced apple.
- $\frac{1}{2}$ cup diced onion.
- 3 tablespoons soft butter.
- $1\frac{1}{2}$ teaspoons salt.
- $\frac{1}{8}$ teaspoon pepper.
- 1 teaspoon sage (more if desired).

Combine all ingredients and add to the goose.

Sausage Force meat Stuffing

- $\frac{1}{2}$ lb. sausage meat.
- $1\frac{1}{2}$ cups dry bread crumbs.
- Salt and pepper.
- 1 teaspoon chopped parsley.
- $\frac{1}{4}$ teaspoon sage.
- 2 teaspoons chopped onion.
- 2 tablespoons beaten egg.

Brown sausage meat slowly in pan. Do not allow to burn or dry out. Remove from heat, add bread crumbs and other ingredients. Mix well. Pack into birds. Will stuff about four squabs.

Celery and Nut Stuffing

(for a 10 lb. Turkey)

- 6 cups soft bread crumbs.
- 1 teaspoon poultry seasoning.
- 1 tablespoon chopped onion.
- 1 cup chopped celery.
- $1\frac{1}{2}$ teaspoons salt.
- $\frac{1}{4}$ teaspoon pepper.
- $\frac{1}{2}$ cup soft butter.
- $\frac{1}{2}$ cup toasted blanched almonds.

Combine all ingredients, blending together with the finger tips. Pack lightly into turkey.

GENERAL RULES FOR COOKING

Green Vegetables

GREEN beans, green peas, asparagus, broccoli, spinach, and cabbage are all among the green vegetables you are using now to some extent. So let's start off right by cooking them so as to serve them as attractively as possible with regard to color and flavor.

Boiling vegetables is the most used method, or, I should have said, the most abused method of cooking them. If vegetables are boiled properly and not "cooked to death," as many people do, we should not lose any great amount of mineral ash or vitamin content.

Green peas are shelled and covered with boiling water. Bring quickly to the boil. Add salt. Boil uncovered 10 to 15 minutes. Drain. Add pepper and butter and shake so that butter covers all the peas. Two or three fresh mint leaves may be boiled with the peas when they are to be served with lamb.

Green beans or butter beans are nipped at each end, then cut into desired shapes. I prefer to cut the bean lengthwise in half, then into two or three pieces or into half-inch pieces rather than just breaking them. Cover with boiling water. Bring to boil. Add salt. Boil uncovered for 20 minutes. Drain. Add pepper and butter and shake so that butter melts over beans.

BEFORE I take the next method, there are two or three questions in your mind right now:

(1) Why do we cook the green vegetables uncovered?

Because it allows the oxygen from the air to circulate through the water and keep them green without adding coloring or baking soda. Baking soda destroys certain vitamins when cooked with vegetables, so we try not to use it.

(2) How much salt should be added?

I suggest one teaspoon to each pint of water, and then it is not necessary to add salt when they are eaten. Raw salt to any great extent on the table should be guarded against.

(3) Do we ever add any sugar?

Yes; some people add it to all vegetables. I find it particularly good added to carrots, turnips and old potatoes (to overcome the earthy taste). Corn syrup is now being used considerably and is also very good.

Asparagus and **broccoli** come in for slightly different treatment. There are regular asparagus pots which can be purchased; but if the budget does not allow for this, use the top part of the double boiler, and allow the asparagus or broccoli to stand upright in the boiling salted water to cook. Leave uncovered, of course, and allow 20 minutes.

To prepare asparagus, cut off the woody ends—I usually snap it off, it will naturally break where the woody part starts. No one will eat this woody part, and you can cook it later in the asparagus water drained from the asparagus, then use the water next day, as part of the liquid for delicious asparagus cream soup.

To prepare broccoli, trim off the large leaves, cut off about one inch of the stem.

Both of these are delicious served just with butter, but are simply scrumptious served with Hollandaise sauce.

Broccoli is one of our newer vegetables, and has a flavor something similar to cauliflower. Do try it if you haven't done so—it is lovely.

Spinach—Without sand, if you please! Really, there is no excuse for sand in spinach! To begin with, it comes from the fruit stores now so clean, and when washed in the sink, not a container, all the sand goes down the drain instead of settling to the bottom of the pot. Shake the spinach as free as possible of water, trim off the roots and press into a large kettle. Add no water. Sprinkle with salt. Cover and place over medium heat to create steam. Remove cover and allow to cook uncovered for 15 to 20 minutes. Drain, chop, add butter and pepper. Serve sprinkled with grated cheese or hard-cooked eggs. A little lemon juice or vinegar improves the flavor.

Cabbage—poor thing—has a most delightful green color, but somehow in many cases when it is cooked, it looks quite anaemic, even acquiring a sallow beige look sometimes.

We prepare cabbage by shredding or cutting it into fine shreds. Cover with boiling water. Add salt and cook uncovered for not more than seven minutes. Drain, add pepper and butter. Serve at once, and if you've never served it before this way, you will again!

Scotch Baked Potatoes*(Serves 4-6)*

- 6 medium potatoes (raw).
- 1 egg (beaten).
- Milk to cover (1½ to 2 cups).
- 1½ tablespoons butter.
- ½ cup grated cheese.

Slice potatoes. Arrange in casserole. Sprinkle well with salt and pepper. Dot with butter. Pour on the combined milk and egg. Sprinkle with cheese. Bake 40-45 minutes at 375 deg. F. covered for first 20 minutes.

Hungarian Potatoes*(Serves 6-8)*

- 10 medium potatoes, peeled and thinly sliced.
- 3 tablespoons butter.
- 1 cup raw tomatoes, sliced.
- ¾ cup raw onions, sliced.
- 1 teaspoon paprika.
- 1 cup meat stock.

Simmer butter and onion together. Do not brown. Add potatoes and tomatoes. Season with salt and pepper. Add the stock. Cook gently until potatoes are tender (35-45 minutes). Serve sprinkled with parsley.

Hashed Brown Potatoes*(Serves 4-6)*

- 6 large potatoes.
- 3 tablespoons butter.
- ½ cup milk.
- Salt and pepper.

Cook potatoes until done in boiling salted water. Chop finely (do not mash). Cool slightly. Melt butter in large frying pan. Mix milk with potatoes and seasonings. Turn into frying pan and pack well around the edges, leaving a smooth surface. Place pan on low flame so that the potatoes heat through and a crust gradually forms on the bottom. Increase heat to brown. Fold as an omelet and turn on to hot platter. Allow 25-30 minutes for best results.

Potatoes Hongroise

- 3 cups diced potatoes.
- ½ cup butter.
- 2 tablespoons flour.
- Salt and pepper.
- 1 cup milk.
- 1 egg yolk.

Melt butter, add potatoes and salt and pepper. Cover and simmer until potatoes are tender, stirring often. Remove cover, push potatoes to one side of pan, blend flour into fat, add milk gradually, and when thick add egg yolk. Stir through the potatoes. Serve at once sprinkled with chopped parsley.

Baked Stuffed Potatoes*(Serves 6)*

- 6 large potatoes.
- 1½ cups minced cooked meat.
- 2 tablespoons chopped green pepper.
- 2 tablespoons chopped onion.
- 1 tablespoon fat.
- 1 tablespoon flour.
- Seasonings.
- ¼ cup water (or gravy).
- 2 tablespoons chili sauce.
- ½ teaspoon baking powder.

Wash and scrub potatoes. Bake at 450 degrees F. until soft (about one hour). Cover during the last 20 minutes of cooking to soften skins. Meanwhile combine meat, green pepper and onion with the butter and flour blended together in the frying pan. Sauté for two minutes. Add chili sauce, seasonings and water. Cook two minutes longer. Remove from fire. When potatoes are done, cut a circle from broad side of potato. Scoop out potato into bowl and mash with a fork. Add extra butter, milk, salt and pepper, beat until creamy. Add baking powder. Pile on top of meat mixture, which has been placed in potato shells. Leave potato surface rough. Brush with melted butter or sprinkle with grated cheese. Place in oven at 400 degrees F. until heated through and browned, about 20 minutes.

N.B.—These may be prepared in the morning and placed in the oven to reheat after being kept in the refrigerator till dinner time. Broiled bacon or tomato sauce may be used as an addition.

The next recipe earned its name because this dish is perfect with cold meat.

Cold Meat Potatoes*(Serves 6)*

- 8 medium potatoes, cooked.
- 1½ cups medium cream sauce.
- 2 bunches spring onions, cooked.
- 1 hard cooked egg, chopped.

Dice potatoes. Arrange in casserole in alternate layers with the sauce to which the onions and egg have been added. Cover with cheese crumbs and brown in hot oven.

Carrot Smash

- 3 cups cooked finely chopped carrots.
- 1½ tablespoons butter.
- 1 tablespoon flour.
- ½ cup rich milk.
- Salt and pepper.

Add butter to hot carrots. Stir in flour and seasonings. Add milk and cook until thick.

Glazed Carrots

- 1 dozen whole small carrots.
- 2 tablespoons butter.
- $\frac{1}{2}$ cup brown sugar.
- $\frac{1}{2}$ cup water in which carrots were cooked.

Cook carrots 15 minutes in boiling salted water. Drain. Heat together butter, brown sugar and water. Pour over carrots in shallow pan. Place in oven at 375 deg. F. and keep turning until syrup is all used up.

Creamed Cabbage, New Style

- 4 tablespoons butter.
- 6 cups finely shredded cabbage.
- $\frac{3}{4}$ teaspoon salt.
- $\frac{1}{4}$ teaspoon mustard.
- $\frac{1}{2}$ tablespoon sugar.
- $\frac{1}{2}$ cup milk.

Melt butter in frying pan (or other heavy saucepan). Add cabbage and salt and sauté slowly for 12 minutes, leaving it covered for 5 minutes. Add other ingredients. Mix well together. Allow to cook 3 to 5 minutes. Serve hot to 6 people.

The recipe above is the "exception which proves the rule." We have suggested leaving the cabbage uncovered and cooking it in a large amount of water for general purposes. In this recipe we cover it for part of the cooking and add no water. Try it and I'm sure you will enjoy it.

Stuffed Cabbage Leaves

- 6 large cabbage leaves.
- 1 cup minced cooked meat.
- 1 cup cooked rice.
- 1 tablespoon minced onion.
- $\frac{1}{2}$ tablespoon catsup.
- 1 egg.
- $\frac{1}{2}$ teaspoon salt.
- 1 teaspoon Worcester sauce.
- $\frac{3}{4}$ cup seasoned tomato juice.

Peel cabbage leaves off the outside of a fairly large head of cabbage. Put on to boil in salted water. Cook ten minutes. Drain and place a mound of the other ingredients except tomato juice, mixed together, on the cabbage leaf. Roll up and hold together with a toothpick. Place in casserole and pour on the tomato juice and dot with butter. Cook for 20 minutes at 375 deg. F. Serve hot on platter with tomato sauce around rolls and garnish with parsley.

Spinach and Eggs au Gratin

- 1 measure spinach.
- 4 hard-cooked eggs, sliced.
- 1 cup celery, diced.
- $1\frac{1}{2}$ cups cheese sauce.
- $1\frac{1}{2}$ cups buttered crumbs.

Wash and cook spinach. Arrange half of spinach in buttered casserole then a layer of hard-cooked eggs and a layer of celery. Cover with half of sauce and repeat until ingredients are used. Cover with buttered crumbs. Sprinkle with paprika. Place in hot oven at 400 deg. F. until lightly browned.

Spinach Balls

- $\frac{1}{2}$ cup raw spinach, finely chopped.
- $\frac{1}{2}$ cup fine dry bread crumbs.
- Salt, pepper and paprika.
- 1 egg white.

Combine all ingredients, mix well. Chill mixture, then roll into small balls. Add to hot soup about 5 minutes before serving, dropping them in lightly.

Savory Spinach

- 1 measure spinach.
- 1 medium onion, chopped.
- 3 strips bacon, chopped.
- Salt and pepper.

Wash and cook spinach. Meanwhile, combine bacon and onion and cook together 2 to 3 minutes. Add to cooked spinach and serve at once. Garnish with sliced lemons if desired.

Spinach With Bacon

- 2 lbs. spinach.
- 1 teaspoon salt.
- $\frac{1}{2}$ teaspoon pepper.
- 2 tablespoons chopped onion.
- $\frac{1}{2}$ cup cooked chopped bacon.
- 1 tablespoon bacon fat.
- 2 tablespoons vinegar.
- $\frac{1}{2}$ cup bread crumbs.
- 2 eggs.

Cook spinach and chop finely. Add all other ingredients to the spinach. Pack into buttered casserole. Cover with buttered crumbs and oven-poach (bake in pan of water) until firm (about 40 minutes), at 375 deg. F.

Brussels Sprouts

Prepare sprouts. Cover with cold water and add teaspoon salt. Leave to stand two hours. Drain. Plunge into large amount of boiling salted water. Cook for 15-20 minutes according to size of sprouts. Drain. Sprinkle with salt and pepper and butter and allow to melt over the vegetable. Serve hot.

The Jerusalem artichoke is the one which resembles a potato. This vegetable has quite a distinctive flavor. These are popular to some extent but are not used as widely as they really deserve because they are not expensive.

Jerusalem Artichokes

Prepare the vegetable by peeling and dropping immediately into acidulated water (1 tablespoon vinegar to 1 quart water). To cook, cover with boiling water. Add salt. Cook until tender, about 30 minutes. Drain. Serve with cream sauce.

Parsnips With Tomato Sauce

- 4 medium parsnips.
- 1½ cups tomato juice.
- ½ cup diced celery.
- 1 bay leaf.
- ½ onion, sliced.
- 2 whole cloves.
- 1 teaspoon salt.
- ½ teaspoon pepper.

Wash, peel and dice the parsnips. Par-cook in boiling salted water for 15 minutes. Drain. Combine other ingredients, simmer covered for 15 minutes. Strain. Add parsnips and simmer covered for 10 minutes. Serve hot.

Stuffed Vegetable Marrow

- 1 vegetable marrow.
- 1 pound minced steak.
- 1 cup cooked rice.
- ½ cup dry bread crumbs.
- ½ cup meat stock or tomato juice.
- 1 egg.
- ½ cup chopped almonds.
- ¼ teaspoon pepper.
- 1 teaspoon salt.
- ½ teaspoon celery salt.

Cut a wide wedge-shaped piece lengthwise from the marrow. Scoop out the seeds. Sprinkle the interior lightly with salt. Invert and allow to stand half an hour. Meanwhile, combine together all the other ingredients and pack into the cavity in the marrow. Place in a buttered baking pan. Bake at 400 deg. F. for 1¼ hours. Serve hot with tomato sauce.

Salsify

Wash and peel, cut into one-inch slices. Plunge into boiling salted water to cover. Cook for 25 minutes. Drain. Serve chopped with salt, pepper and plenty of butter, or serve in large pieces with cream sauce.

As a matter of fact, since we are on the subject of vegetables, a few suggestions for serving the old stand-by, parsnips, might not go amiss. My first suggestion is really a splendid idea for using up some mashed parsnips left from a previous meal.

Parsnip Patties

- 2 cups mashed parsnip.
- 1 tablespoon flour.
- 1 egg or 2 egg-yolks.
- Seasonings to taste.

Combine all ingredients. Form into six round, flat patties. Dip in flour. Sauté in butter. Serve hot.

Beets, Russian Style

- 8 medium-sized cooked beets.
- 2 tablespoons butter.
- 1 tablespoon flour.
- ½ cup cider vinegar.
- ½ cup water.
- 1 teaspoon salt.
- ½ cup sour cream.

Mince or finely chop the beets. Melt butter, blend in flour, then add vinegar, water and salt. Cook until thick. Add beets. Simmer for 10 minutes. Add cream. Reheat. Serves 6-8.

N.B.—If cream is very sour, use only ¼ cup vinegar.

Corn Fritters

- 1 cup canned corn.
- 1 cup flour.
- ¼ teaspoon salt.
- Dash of pepper.
- 1½ teaspoons baking powder.
- ½ tablespoon melted butter.
- 1 egg.

Sift dry ingredients and add to corn. Add butter and beaten egg. Beat all together and fry in spoonfuls on a hot, well-greased griddle, or drop into hot fat 375 deg. F., or hot enough to brown a cube of bread in 60 seconds. Drain on unglazed paper and serve at once. Makes nine fritters.

Corn Sauté

3 cups uncooked corn cut from the cob.
 ½ cup diced green pepper.
 ¼ cup diced pimiento.
 ¼ cup butter.
 ½ teaspoon sugar.
 Salt and pepper.

Combine all ingredients in covered saucepan. Simmer over slow heat for 10 minutes. Uncover. Cook 2 minutes longer. Serve hot.

Corn and Tomato Sauté

1½ cups sliced tomatoes.
 ¼ cup diced onion.
 2 tablespoons butter.
 Salt and pepper.
 2 cups cooked corn cut from cob.

Add tomatoes and onions to butter in a saucepan. Cover and simmer 5 minutes. Remove cover, add corn. Reheat and serve at once.

Corn and Celery au Gratin

2 cups cooked corn cut from cob.
 1 cup diced raw celery.
 2 tablespoons diced green pepper.
 1 cup cheese sauce.
 ¼ cup blanched browned almonds, shredded.

Add corn, celery and green peppers to cheese sauce. Heat to boiling and simmer 2 minutes. Add almonds. Turn into buttered casserole and cover with buttered crumbs. Place under broiler to brown crumbs. Serve at once.

Boiled Squash

Cut squash in pieces. Peel and remove seeds and stringy parts. Place in saucepan. Barely cover with boiling water. Add salt. Cover and cook until tender (about 30 minutes, according to size of pieces). Drain. Set back on heat and allow surplus moisture to dry out. Mash. Add butter and a little brown sugar. Reheat and serve hot.

Baked Squash

Place whole or half squash on pan in oven at 375 degrees F. Bake for 1 hour for half squash and 1½ hours for medium large squash. Remove seeds after baking. Scoop out of shell into saucepan. Add butter, salt and pepper, and brown sugar. Mash together and reheat before serving.

Glazed Squash

Cut squash into 2-inch squares. Peel. Parboil for 15 minutes in boiling salted water. Drain and place in baking dish. Arrange on top of each square.

1 tablespoon brown sugar.
 ½ teaspoon butter.

Around the squash pour ½ cup boiling water in which is dissolved 2 tablespoons brown sugar. Bake at 400 degrees F. basting with syrup every five minutes. Bake until tender about 30 minutes.

Squash Puff

3 cups mashed squash, seasoned.
 1 cup bread crumbs.
 ½ teaspoon baking powder.
 2 egg whites.
 ¼ teaspoon salt.
 Brown sugar.
 Melted butter.

Combine squash, bread crumbs and baking powder. Fold in the egg whites stiffly beaten with the salt. Turn into buttered casserole. Brush over with melted butter and sprinkle with brown sugar. Oven-poach for 40 minutes at 375 degrees F. Serve at once, so puff will not "fall."

For those of you who enjoy frying foods in deep fat, you may drop small amounts of the above mixture in crumbs, then fry in fat. Another suggestion is to parboil squash until almost tender, then cut in strips and dip in flour, eggs and crumbs and fry in deep fat.

Fried Tomatoes with Bacon

Fry required number of slices of bacon. Slice firm, ripe (not too ripe) tomatoes in ½-inch slices. Dip in flour on both sides. Sprinkle with salt and pepper. Fry until brown on both sides in bacon fat. Serve hot with bacon.

Tomato Succotash

¼ cup chopped onion.
 3 cups ripe tomatoes, chopped.
 ½ teaspoon salt.
 ¼ teaspoon pepper.
 2 cups raw string beans.
 2 cups fresh raw corn cut from cob.
 2 tablespoons butter.

Combine all ingredients. Cover and simmer for 10 minutes. Remove cover and simmer another five minutes or until beans are tender. Serves six.

Fried Green Tomatoes No. 1

Wipe tomatoes, do not peel. Cut in 1/3 inch slices. Sprinkle with salt. Allow to stand 1 hour. Dip slices in flour and sauté in hot fat until tender (about 8 minutes). Serve on platter around meat.

Fried Green Tomatoes No. 2

Prepare as in No. 1. Dip slices in flour, then in egg, then in dry bread crumbs. Fry in deep fat at 360 degrees, or when it will brown a cube of bread in 90 seconds. Serve hot on platter around meat or as a luncheon dish with broiled bacon.

Tomatoes au Gratin

- 4 cups sliced tomatoes.
- 1 tablespoon chopped onion.
- 3 tablespoons butter.
- 3 cups soft bread crumbs.
- ½ teaspoon salt.
- 1 teaspoon sugar.
- 1 cup grated cheese.
- Paprika.

Peel and slice tomatoes. Brown onion in butter, add crumbs and fry until brown. Be careful not to burn the crumbs. Make a thin layer on bottom of dish, put in layer tomatoes, sprinkle with sugar and salt, then cheese, then layer of crumbs and so on till dish is filled, having crumbs on top. Bake at 375 degrees F. for 30 minutes. Serves 4-6.

Stuffed Egg Plant

- 1 large egg plant.
- 3 tablespoons butter.
- 1 tablespoon minced onion.
- 1 cup soft stale bread crumbs.
- 1 egg, slightly beaten.
- Salt and pepper.

Cut egg plant in half. Scoop out centre. Cover pulp with boiling salted water and boil 10 minutes. Chop finely. Fry bacon until crisp, add onion and sauté 2 minutes. Chop bacon and add with all the other ingredients to the egg plant pulp. Pile into scooped out shells, sprinkle with buttered crumbs and bake at 400 degrees F. for 10-15 minutes.

Fried Egg Plant No. 1

Prepare egg plant by slicing, peeling and soaking in salt water for ½ hour. Drain. Dip in flour and sauté in hot fat until brown and tender.

Onions Stuffed with Baked Beans

- 6 large onions.
- 1 ¼ cups canned baked beans.
- ¼ teaspoon Worcester sauce.
- Salt and pepper.
- ¼ cup dry bread crumbs.
- ½ cup cheese crumbs.

Parboil onions in boiling salted water for 20 minutes. Remove centres and chop well. Combine with beans, Worcester sauce and seasoning. Pile into onions. Cover with cheese crumbs. Bake in buttered pan at 375 degrees for 15 minutes. Served with sausage these prove quite an attractive luncheon dish.

Harvard Beets

- 6 medium sized beets cooked.
- ¼ cup granulated sugar.
- 1 teaspoon cornstarch.
- ¼ teaspoon salt.
- ¼ cup vinegar (diluted slightly).
- 1 tablespoon butter.

Dice beets. Combine sugar, cornstarch, salt and vinegar. Boil together 5 minutes. Add beets and reheat. Add butter just before serving.

Sautéed Beets

Scour required number of beets with vegetable brush. Grate on medium grater without peeling. For each 6 beets place ¼ cup butter and 2 tablespoons water in heavy saucepan or frying pan. Add grated beets. Sprinkle with salt. Cover closely and allow to simmer for 15-20 minutes.

There is no beet odor with this method and they are utterly delicious.

Fried Egg Plant No. 2

Prepare egg plant by slicing, peeling and soaking in salt water for ½ hour. Cut slices in half. Drain. Dip in flour, beaten egg and fine bread crumbs. Fry in deep fat at 360 degrees F. until golden brown.

Oriental Egg Plant

- 1 large sweet green pepper.
- 1 large egg plant.
- 3 tablespoons butter.
- 4 ripe tomatoes.
- 1 teaspoon salt.
- ½ teaspoon paprika.

Prepare egg plant by peeling and cutting into small cubes. Soak in salt water for ½ hour. Melt butter, add green pepper cut into strips and egg plant rolled in flour. Sauté until brown. Now add the peeled and sliced tomatoes and seasonings. Cook 10 minutes. Serve hot.

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CONFECTIONS

Mexican Cream

- 2 cups brown sugar.
- $\frac{1}{2}$ cup maple syrup.
- $\frac{1}{2}$ cup top milk.
- $\frac{1}{4}$ teaspoon cream of tartar.
- 1 tablespoon butter.
- 1 teaspoon vanilla.
- 1 cup chopped nuts.

Mix together all ingredients except vanilla and nuts. Stir over low heat until sugar is dissolved. Cook until mixture will form a firm ball in cold water or 240 deg. F. Cool to luke-warm. Add vanilla and nuts, and beat until creamy. Drop in small mounds on wax paper or buttered surface or put into pan and cut into squares.

Taffy Apples

- 2 cups granulated sugar.
- 1 cup boiling water.
- 1 tablespoon corn syrup.

Put sugar, water and corn syrup in saucepan. Stir until sugar dissolves. Boil until it forms a hard lump in cold water. Remove from fire and place over hot water. Place whole red apples on wooden skewers (get them at meat store) and dip apples into the syrup. Place on wax paper to cool.

I suggest boiling this mixture in the top of the double boiler for convenience.

Christmas Puffs

- 1 $\frac{1}{2}$ cups granulated sugar.
- 2 tablespoons corn syrup.
- $\frac{1}{2}$ cup water.
- $\frac{1}{8}$ teaspoon salt.
- $\frac{1}{4}$ cup canned cherries, well drained.
- $\frac{1}{4}$ cup shredded coconut.
- $\frac{1}{4}$ cup chopped Brazil nuts.
- $\frac{1}{4}$ teaspoon almond flavoring.
- 1 egg white, stiffly beaten.

Mix sugar, syrup, water and salt. Bring to boiling point, stirring until sugar is dissolved. After about five minutes' boiling add the cherries and cook until it forms a hard ball in cold water (265 degrees F.) Pour slowly over the stiffly beaten egg white, beating it all the time. Add remaining ingredients and beat until mixture will hold its shape. Drop on to waxed paper in spoonfuls and decorate, if you wish, with bits of cherries.

Butterscotch

- 1 cup corn syrup.
- 1 cup white sugar.
- $\frac{1}{2}$ cup butter.

Combine ingredients and stir it until it boils over low heat. Boil until it forms a hard ball (250 deg. F.) in cold water. Pour into buttered pan and when almost cold, mark into squares.

My Own Fudge

- 2 cups granulated sugar.
- 1 tablespoon corn syrup.
- 1 cup rich milk.
- $\frac{1}{4}$ cup cocoa.
- 2 tablespoons butter.
- 10 marshmallows, finely cut.
- $\frac{1}{2}$ teaspoon vanilla.

Mix cocoa, sugar and milk in a saucepan. Bring to boil, stirring constantly until sugar is dissolved. Boil slowly over moderate flame, without stirring, until it forms a firm ball in cold water or to 240 degrees F. Remove from fire, add marshmallows, cool to luke-warm and beat until creamy. Turn into greased dish. Mark in squares and chill.

Popcorn Witches

- $\frac{3}{8}$ cup brown sugar.
- $\frac{3}{8}$ cup granulated sugar.
- $\frac{1}{4}$ cup light corn syrup.
- 1 tablespoon butter.
- $\frac{1}{8}$ cup water.
- $\frac{1}{4}$ teaspoon salt.
- 3 quarts popcorn.

Combine all the ingredients.

Stir over low heat until sugar is dissolved. Cook, without stirring, to 242 deg. F. or until it forms a firm ball in cold water.

Put popcorn through the coarse mincer, add syrup to popcorn, mixing it well through the mixture.

Place over hot water so it does not harden.

Mould popcorn into any shape you wish. Make some short fat witches and some tall, thin ones.

Use small lollypops for the arms.

Use a marshmallow, on which a face has been painted with melted chocolate, for the head, sticking it on with a tooth pick. This recipe will make you about 12 or 15 witches, depending on the size you make them.

SUPPER DISHES

Mushrooms Stuffed With Crabmeat

- 6 large mushrooms.
- 4 tablespoons butter.
- 2½ tablespoons flour.
- 1 cup milk.
- Salt and pepper to taste.
- ½ teaspoon Worcester sauce.
- 1 cup crabmeat, flaked.
- ½ cup cheese crumbs.

Sauté mushroom caps in 2 tablespoons of butter, shred mushroom stems and cook in fat also. Using the other 2 tablespoons of butter, melt and then blend in flour and milk and seasonings and cook until thick. Add crabmeat and mushroom stems. Pile this mixture into the mushroom caps and cover with cheese crumbs. Brown in very hot oven 450 deg. F. Serve as an entrée or as luncheon dish with an accompanying green vegetable. Serves 6.

The cheese crumbs are merely equal quantities of dry bread crumbs and grated cheese.

Mushrooms, Peas and Almonds en Patty

- ½ cup butter.
- 2 cups diced mushrooms.
- 4 tablespoons flour.
- ½ teaspoon paprika.
- ¼ teaspoon salt.
- Pepper to taste.
- 2 cups milk.
- 1 cup fresh green peas, cooked.
- ½ cup shredded almonds, browned.

Melt butter, add mushrooms and sauté for about three minutes. Add flour, paprika, salt and pepper. Blend in milk, cook until thick. Add peas and almonds. Serve in patty shells or tea biscuit rings. Garnish with pimiento strips and parsley. Serves 4-6.

Shrimps and Mushroom

- 1 cup canned mushroom soup.
- 1 cup green peas.
- 1 cup canned shrimps.
- 1 cup grated cheese.

Combine soup, green peas and shrimps. Turn into individual ramekins or a large casserole. Cover with grated cheese. Place in oven at 350 degrees F., and leave until cheese is melted and slightly browned. Serves 4-6 (depending on the appetites). Serve on toast slices.

Vegetable Chop Suey

- 1 cup spaghetti.
- 1 large onion, chopped.
- 2 cups sliced tomatoes.
- ½ cup diced celery.
- ½ cup diced carrots, fresh cooked or left-overs.
- 1 teaspoon salt.
- ¼ teaspoon pepper.
- ¼ cup grated cheese.
- 1 cup buttered bread crumbs.

Cook spaghetti in boiling salted water until tender. Drain and rinse under cold water. Combine the other ingredients, add spaghetti. Place in a buttered baking dish and sprinkle with buttered crumbs and grated cheese. Bake 30 minutes at 350 deg. F. Serve hot. Green pepper may be added if desired. Serves 4-6.

Cabbage and Eggs in Tomato Sauce

- 4 tablespoons butter.
- 1 tablespoon minced onion.
- 4 tablespoons flour.
- 2 cups tomato juice.
- ½ teaspoon sugar.
- ¼ to ½ teaspoon salt.
- ¼ teaspoon pepper.
- ½ teaspoon Worcester sauce.
- 3 cups shredded cabbage.
- ¼ cup finely chopped green pepper.
- 3 hard-cooked eggs, sliced.

Melt butter and sauté onion for 2 to 3 minutes. Blend in flour, then tomato juice and seasoning as for a cream sauce. Meanwhile cook the cabbage in boiling salted water for five minutes. Drain and arrange alternately with sauce and other ingredients in a casserole. Cover with buttered crumbs. Reheat and brown crumbs at 400 deg. F. Serves 6.

Babok Stew

- ¼ pound back bacon, chopped.
- 2 medium-sized onions sliced.
- 1 can golden bantam corn.
- 6 eggs.
- Salt and pepper to taste.

Fry bacon, add onions and cook well. Add corn and reheat. Drop in eggs, stirring them in quickly, add seasonings. Cook until eggs are set, and serve at once. Serves 6.

Green pepper or pimiento may be added to the above.

Cheese Fondue

2 cups stale bread cubes.
1 cup grated Cheddar cheese.
2 eggs.
2 tablespoons butter, melted.
2 cups milk.
1 teaspoon salt.
Few grains cayenne.

Arrange bread and grated cheese in buttered casserole, having bread on top. Beat eggs, add other ingredients. Pour over bread. Let stand 20 minutes. Place dish in pan of hot water and bake at 375 degrees F. for 35-40 minutes.

Macaroni Mousse

3 cups cooked macaroni.
1¼ cups scalded milk.
1 cup soft bread crumbs.
¼ cup melted butter.
1 pimiento, chopped.
1 tablespoon chopped parsley.
1 tablespoon chopped onion.
1½ cups grated cheese.
½ teaspoon salt.
⅓ teaspoon pepper.
1 teaspoon Worcestershire sauce.
2 eggs, lightly beaten.

Place macaroni in casserole. Combine all other ingredients and pour over the macaroni. Oven-poach at 350 deg. F. for about 50 minutes or until set like a custard. Serve with tomato or mushroom sauce.

Chicken in Tomato

4 tablespoons butter.
½ cup chopped green pepper.
1 tablespoon chopped onion.
5 tablespoons flour.
1 cup chicken stock.
1½ cups tomato juice.
1 teaspoon salt.
1 teaspoon Worcester sauce.
2 cups diced chicken.
1 cup diced celery.

Melt butter, add green pepper and onion. Cook together for 2 minutes. Blend in flour. Add liquids and seasonings. Cook until thickened. Add chicken; just before serving add celery. Serve at once in hot patty shells. Garnish with watercress. Serves eight.

Baked Beans en Casserole

1 No. 2 can baked beans (2 cups).
1 tablespoon molasses.
1 tablespoon brown sugar.
½ teaspoon mustard.
4 slices lean bacon, chopped.

Combine all ingredients and place in casserole. Lay strips of bacon over top. Place in oven and bake at 400 deg. F. until bacon is cooked. Serves 4.

Turkey en Casserole

2½ cups cooked rice.
2 tablespoons pimiento.
¼ cup chopped onion.
2 tablespoons chopped pickle.
1 teaspoon salt.
1 can tomato soup.
¼ cup milk.
2 tablespoons butter.
Cold turkey.
Grated cheese.

Combine rice, pimiento, onion and pickle. Add salt. Spread about two-thirds of mixture in bottom of casserole. Cover with slices of turkey or large pieces of turkey. Cover with rest of rice. Combine tomato soup and milk and pour over this. Dot with butter. Bake, covered, for 20 minutes at 400 degrees F. Sprinkle with grated cheese and bake, uncovered, for 15 minutes longer. Serves six.

Chicken and Celery Souffle

1 cup finely chopped celery.
1 cup boiling water.
½ cup milk.
1 teaspoon salt.
1 teaspoon Worcester sauce.
Few grains pepper.
¼ cup minute tapioca.
3 egg yolks, beaten.
1½ cups minced chicken (or turkey).
3 egg whites.

Combine first nine ingredients and cook in double boiler until tapioca is clear and mixture is thickened (about 15 minutes). Cool, add egg yolks and chicken. Fold in stiffly beaten egg whites and pour into a buttered casserole. Oven poach (set in dish of water) at 375 degrees F. for 60 minutes. Serve with cranberry sauce and garnish with parsley.

Escalloped Lamb, Dixie Style

2 cups cold lamb, diced.
1 No. 2 can Golden Bantam corn.
1½ cups medium cream sauce.
¼ cup diced pimiento or green pepper.
½ teaspoon Worcestershire sauce.
1 teaspoon grated onion.

Combine all ingredients and turn into buttered casserole. Cover with ½ cup cracker crumbs, ½ cup grated cheese. Bake at 400 deg. F. until crumbs are browned.

If, however, there are cold slices left and you want to serve hot meat, dip the slices in beaten egg, then in crumbs and fry in hot fat. Serve with hot gravy or tomato sauce.

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EGGS

Baked Eggs With Cheese

- 1 cup cheese, in small cubes.
- 1 cup soft bread crumbs.
- 4 eggs.
- 1 cup milk.
- $\frac{1}{4}$ teaspoon mustard.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- 1 tablespoon butter.

Put cheese and crumbs in buttered casserole. Beat eggs slightly, add milk and seasonings. Pour over cheese and crumbs. Dot with butter. Oven-poach at 375 degrees F. for 30-35 minutes. Serve in casserole sprinkled with paprika and chopped parsley.

Scrambled Eggs, Tomato and Cheese

- 6 eggs.
- $\frac{3}{4}$ cup thick tomato pulp.
- 2 tablespoons butter.
- $\frac{1}{2}$ cup grated cheese.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- 1 teaspoon Worcester sauce.

Beat eggs slightly, add tomato and butter with seasonings. Heat, stirring constantly, and when beginning to thicken, stir in grated cheese. Serve on toast when thick, being careful not to overcook and make mixture watery.

Cheese Bean Roast

- 1 can kidney beans (about 2 cups).
- $\frac{1}{2}$ pound cheese.
- $\frac{1}{2}$ cup chopped onion.
- 1 tablespoon butter.
- 2 eggs, well beaten.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{8}$ teaspoon pepper.
- $\frac{3}{4}$ cup buttered crumbs.

Drain beans and put through a fine mincer with the cheese, sauté onion and butter together. Add with other ingredients to the cheese and beans. Pack into buttered baking dish and cover with buttered crumbs. Bake at 350 deg. F. for 1 hour. Serve with tomato sauce.

Sardine Rarebit

- 2 tablespoons butter.
- 1 tablespoon flour.
- $\frac{1}{4}$ teaspoon salt.
- 1 cup rich milk.
- $1\frac{1}{2}$ teaspoons mustard.
- $\frac{1}{4}$ teaspoon paprika.
- 1 cup grated cheese.
- Sardines.
- Toast.

Make a cream sauce with butter, flour, salt and milk. Add other ingredients. Place sardines on toast, and heat under the broiler. Place on a plate and pour on the cheese sauce. Serve garnished with parsley.

Spinach Mould With Creamed Fish

- 3 tablespoons butter.
- 3 tablespoons flour.
- 1 cup milk.
- Salt, pepper and paprika.
- 2 cups cooked chopped spinach.
- 3 egg yolks.
- 3 egg whites.

Melt butter, blend in flour and seasonings. Add milk. Stir and cook until thick. Add egg yolks and spinach. Cool slightly and fold in the stiffly beaten egg whites. Turn into greased ring mould. Set mould in pan of water and bake 55 minutes at 375 degrees F. Unmould on hot platter and fill centre with creamed salmon, lobster, or shrimp. Garnish with parsley.

Crab Delight in Patty Shells

- 2 tablespoons butter.
- 2 tablespoons green pepper.
- 4 tablespoons flour.
- $\frac{1}{2}$ teaspoon mustard.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{2}$ teaspoon Worcester sauce.
- Dash of cayenne pepper.
- 1 cup thick tomato juice.
- 1 cup grated cheese.
- 1 egg, slightly beaten.
- $\frac{3}{4}$ cup milk.
- 1 can crab meat (about 1 cup).

Sauté green pepper in butter for 5 minutes. Blend in flour. Add seasonings, tomatoes, cheese. Add some of hot mixture to the slightly beaten egg, return to saucepan and cook for a few minutes. Add to heated milk.

Chilaly

- 1 tablespoon butter.
- 2 tablespoons chopped green pepper.
- $1\frac{1}{2}$ tablespoons chopped onion.
- $\frac{1}{2}$ cup tomatoes.
- $1\frac{1}{2}$ cup grated cheese.
- 2 eggs.
- Salt and cayenne.
- 2 tablespoons milk.

Cook onion and pepper in butter for three minutes, stirring constantly, add tomatoes and cook for five minutes. Add grated cheese, salt and cayenne. Cook over hot water until cheese is melted, then add milk and eggs slightly beaten. Serve hot on toast.

Macaroni and Cheese

- 3 cups cooked macaroni.
- 4 tablespoons butter.
- 4 tablespoons flour.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{4}$ teaspoon white pepper.
- Dash of cayenne pepper.
- $\frac{1}{8}$ teaspoon mustard.
- 2 cups milk.
- $1\frac{1}{2}$ cups grated cheese (or more).

Melt butter, blend in flour and seasonings. Stir in milk and cook until thick. Add grated cheese. Arrange macaroni and sauce in alternate layers in the casserole. Cover with dry bread or cracker crumbs.

Macaroni, Ham and Almonds

- 2 cups cooked macaroni.
- $1\frac{1}{2}$ cups cubed cooked ham.
- $\frac{1}{2}$ cup blanched browned almonds.
- 2 tablespoons chopped pimiento.
- 2 cups cream sauce.

Arrange ingredients alternately in layers in casserole having sauce on top. Cover with buttered crumbs. Brown at 400 deg. F. until heated through. Serve with green peas or beans.

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ABOUT BUDGETING!

THE budgeting of the housekeeping expenses is a problem for many many women, and to my way of thinking each individual woman has her own individual problem. There are many set and fast rules for budgeting, but how can a set rule say that a woman must spend only so much on meat every week and so much on milk, when her husband insists on certain cuts of meat all the time and will not touch milk puddings?

So had I the time I should try to deal with each one of your problems individually, but since that is impossible, as you can realize, I am going to handle this little discussion in a way which I rather think will not only help you, but will interest you into checking up on where the "leaks" have been on your planning.

The three divisions in a meal, namely, the meat, the vegetables and the desserts, call for the biggest outlay of expenses. So often I have heard a woman say, "At the first of the week we live well, but toward the end of the week—it's just too bad." Now, this can be balanced by a little careful planning. The above-mentioned situation only happens when the menu is planned from day to day, whereas, if the menu is planned a week ahead, this is not the case.

You see, there are certain meat courses that cost quite a bit. This cost can be balanced by serving an inexpensive dessert and inexpensive vegetables with it. On the other hand other meat courses are quite inexpensive and can be served with the more expensive vegetables and, if desired, a more costly dessert.

Breakfast, as we all know, is pretty much a standard, but this meal also can be watched closely as to balance of expense. Some fruits are more expensive, and these should be served with the less expensive cooked cereal, such as oatmeal, farina, etc. However, the very popular packaged cereal may be used with the less expensive fruits such as strained apple juice, tomato juice, prune juice, stewed figs or prunes.

The luncheon menu in many Toronto homes is nondescript due to the fact that the dinner is served in the evening and, unless there are school children coming in, many women merely have a cup of tea or glass of milk with a sandwich.

Now, first I am going to give a list of the more expensive meat cuts with a contrasting list of the inexpensive ones. Vegetables and desserts we shall also deal with in the same way.

MEATS

Expensive Cuts	More Economical
Beef	Rump roast
Prime rib roasts	Round steak
Porterhouse roasts	Chuck steaks or pot roasts
Fillet (filet mignon)	Brisket
T Bone steaks	Short ribs
Porterhouse steak	Shank—for potted meats
Wing or club steak	Corned beef
Pork	
Loin roast	Rolled boned shoulder
Loin chops	Sausage
Tenderloin	Boned shoulder
Hams	Cottage roll
Whole ham	Pickled pork
Sliced boned ham	
Veal	Rolled shoulder
Veal chops	Breast for stews
Veal cutlet	Shank for potted meats
Filet of veal (leg boned)	Shoulder chops
Lamb	
Loin	Rolled boned shoulder
Loin chops	Shoulder chops
Leg (expensive to buy, but practically solid meat)	Breast for stews

Now this is not an absolutely complete list. There are other cuts such as the crown roast of lamb that are more unusual but the list will serve our purpose.

THE VEGETABLES

Expensive	Inexpensive
Canned vegetables	Parsnip
Brussels sprouts	Turnip
Fresh green peas	Carrots
Green and butter beans (variable)	Cabbage
New beets	Cauliflower (variable)
Celery	Beets (old)
Broccoli	Squash
	Potatoes
	Spinach (variable)
	Onions

Here again is an incomplete list and I feel I must explain why I have listed canned vegetables under "expensive" even though I do think the canners give us remarkable products for very little. It is simply this, that low and all as the cost of canned vegetables is, we still cannot purchase a can of vegetables for 5c that will serve a family of six as we can a cabbage, a turnip or a squash. You see my point? I am strongly in favor of canned goods from a health standpoint, because in most cases the canner preserves more of the natural food elements than does the homemaker when she cooks them.

Now the desserts:

Expensive	Inexpensive
Ice creams	Cornstarch desserts
Sponges	Cereal desserts
Whips	(such as rice, tapioca)
Cakes	Junket
Pastries	Jellies
Canned fruit (factory)	Apple desserts
Custards (variable)	Fresh fruit (variable)
	Canned fruit (home-made)

Once more our list cannot be taken exactly since the recipe governs the cost. Whipped cream on any dessert increases the cost at once.

SALADS

AN APPLE a day keeps the doctor away" was the old version of the modern "a salad a day keeps the doctor away."

Some little time ago there was a craze for a certain diet that was recommended by a certain doctor. Like many other diets that become popular for a time this particular diet had many foolish ideas, but it also had one outstanding fine point. It recommended a salad of raw vegetables every day. The funny part of it is local doctors and dietitians had recommended the same thing for people many times, but it was considered silly. However, because a doctor some hundred miles away, whom the great majority had never seen, recommended a raw salad, it became a fad. Nevertheless, whoever recommended it, the idea is good and we should act on it, winter and summer.

You know, people consider salads a summer food, and because they are so crispy and spicy they are enjoyable in the summer, but we do need them in the winter just as much, particularly in winters such as we have had, when the sun was a minus quantity for days.

The use of the vitalizer or hydrator or vegetable crisper in your refrigerator is what goes to **MAKE** salad. With the advent of the automatic refrigerator came salad popularity in the home because it then became possible to serve salads as crisp as anything you had ever dreamed of. You use your gas or electric stove to make your hot foods hot, and in the same way I do suggest you use your gas or electric refrigerator to make your cold foods cold—and a salad is a cold food and should be served on salad greens crisped in the vitalizer of your refrigerator.

California Fruit Salad

- 1 cup orange sections, drained.
- 1 cup canned pineapple cubes.
- 1 cup Malaga grapes, seeded and halved.
- ½ lb. marshmallows, cut in pieces.
- ¼ lb. broken pecans.
- ¾ cup salad dressing.
- 1 cup 32 per cent cream, whipped.

Prepare all ingredients, having fruit well drained. Combine fruit and marshmallows. Allow to stand ½ hour. Fold in combined whipped cream and salad dressing. Add nuts. Allow to stand 3 hours before serving and if desirable leave overnight. Garnish with watercress and rubettes. Serves 6-8.

Banana and Apple Salad

- 1 cup diced apple.
- 1 cup diced celery.
- 1 cup thickly sliced banana.
- ¼ teaspoon salt.
- 1 teaspoon lemon juice.
- ½ cup chopped walnuts.
- Cooked salad dressing.

Combine apple, celery and banana with the dressing, salt and lemon juice. Just before serving add nuts. Serve on lettuce, garnish with watercress and mint jelly. Serves 4-6.

Carrot and Cabbage Salad

- 2 cups shredded cabbage.
- 2 cups grated carrots.
- ½ cup toasted almonds.
- ½ cup diced apple.
- Salt and pepper.
- Mayonnaise to moisten.

Toss all ingredients together. Pile into salad bowl lined with lettuce. Garnish with ripe olives. Serves 6-8.

Russian Fruit and Cabbage Salad

- 4 cups shredded cabbage.
- 3 halves canned pears, diced.
- 3 slices canned pineapple, diced.
- ¼ cup shredded blanched almonds.
- ¼ teaspoon salt.
- ¾ cup Russian dressing.

Combine all ingredients, tossing together lightly with 2 forks. Serve on crisp lettuce, garnish with watercress. Serves 8.

Italian Salad

- 2 cups cooked macaroni.
- $\frac{1}{2}$ cup cooked peas.
- $\frac{1}{4}$ cup blanched browned almonds.
- $\frac{1}{4}$ cup diced pimiento.
- $\frac{1}{2}$ cup mayonnaise or French dressing.

Combine ingredients, marinate with dressing. Chill. Serve on lettuce. Serves 6.

White Beauty Salad

- 4 cups shredded cabbage.
- 1 cup shredded cocoanut.
- 1 cup crushed drained pineapple.
- $\frac{1}{2}$ cup blanched browned almonds.
- $\frac{3}{4}$ cup whipped cream dressing.

Combine all ingredients, using a fork to mix together. Arrange on lettuce and garnish with green mint jelly. Serves 6-8 generously.

Red and White Salad

- 1 cup diced cooked beets.
- $1\frac{1}{2}$ cups shredded cabbage.
- $\frac{1}{2}$ cup diced apple.
- 1 teaspoon horseradish (if desired).
- Seasonings.
- Cooked salad dressing.

Combine ingredients, season to taste. Chill if possible for at least a few minutes. Place on cupped lettuce leaves and if for luncheon main course, garnish with sliced hard-cooked eggs or devilled eggs. Serves 4-6.

Cabbage Luncheon Salad

- 3 cups shredded cabbage.
- 1 cup diced celery.
- $\frac{1}{2}$ cup diced crisply cooked bacon.
- 2 tablespoons chopped sweet pickle.
- Seasonings (onion juice, Worcester sauce, salt and pepper).
- Mayonnaise to moisten.

Combine ingredients. Chill. Serve garnished with sliced tomatoes or radishes. Serves 4-6.

NOTE: Always cut the cabbage for your salad well ahead of time. Place it in a container of salt and water and any of those little things that should not be there will float right out. Moreover when placed in a cool place this crisps the cabbage, making it more attractive for the salad.

Carrot and Apple Salad

- 2 cups diced apple.
- 2 cups shredded carrot.
- $\frac{1}{2}$ cup salted peanuts.
- Mayonnaise.
- Seasonings.

Combine ingredients lightly with a fork. Pile on lettuce and garnish with cheese balls rolled in nuts. Serves 4. This salad served with a custard or a junket to children would give them quite a substantial luncheon, along with bread, butter and milk or cocoa.

Pyramid Salad

- 1 head lettuce.
- 2 medium tomatoes.
- 6 slices cucumber.
- 6 radishes.

Slice lettuce into 6 slices and arrange on salad plates. Pour French dressing over lettuce. Peel tomatoes and slice into 6 slices, arrange one slice on each slice of lettuce. Next place on cucumber slices and then top with a radish. (Make a radish rose if you can). Instead of the head lettuce you may use leaf lettuce shredded finely. Serves 6.

Frisco Salad

- $\frac{1}{2}$ cup flaked tuna fish.
- 2 cups cooked string beans.
- 2 tablespoons green onion, finely chopped.
- $\frac{1}{2}$ teaspoon salt.
- 2 hard-cooked eggs.
- $\frac{1}{2}$ cup chopped dill pickle.
- 1 cup shredded cabbage.
- Mayonnaise or French dressing.

Combine all ingredients, having the beans cut in neat pieces. Serve on lettuce garnished with pickled black walnuts and watercress. Serves 6.

This last salad is splendid for a porch supper at the cottage or a garden supper when the lilacs or roses are in bloom.

Fish Salad, Australian Style

- 1 cup flaked salmon or tuna fish.
- $\frac{3}{4}$ cup diced celery.
- $\frac{1}{2}$ cup seedless raisins.
- $\frac{1}{4}$ cup diced sweet pickles.
- 2 tablespoons chopped pecans.
- $\frac{1}{2}$ teaspoon condiment sauce.
- Mayonnaise to combine.

Blend together all the ingredients. Chill very thoroughly. Arrange on lettuce leaves. Garnish with watercress and sections of hard-cooked or stuffed egg.

N. B.—It is desirable to "plump" the raisins for a salad.

Philadelphia Relish

- 1¼ cups chopped green pepper.
- 1¼ cups chopped pimiento.
- 3 cups shredded cabbage.
- ½ cup chopped green onion.
- 2½ cups diced celery.
- 1 tablespoon salt.
- 1 teaspoon celery seed.
- ¼ cup brown sugar.
- ¾ cup French dressing.

Combine all ingredients. Chill and serve in bowl lined with lettuce. Garnish with green pepper and pimiento strips.

A Bowl of Sunshine

- 2 cups shredded cabbage.
- 2 cups shredded carrot.
- ¾ cup crushed pineapple.
- ½ cup blanched browned almonds.
- French dressing or mayonnaise.

Combine all ingredients lightly together. Season to taste. Serve in well chilled bowl lined with lettuce.

Chef's Salad

- 1 head lettuce.
- 1 cucumber, peeled and diced.
- 2 tomatoes, peeled and diced.
- 1 bunch radishes, sliced.
- 1 bunch green onions, chopped.
- 1 green pepper, shredded.
- French dressing.

Shred lettuce by cutting the head in half and shredding it across with a large knife. Prepare other ingredients and combine all together with French dressing, well seasoned. Serve well chilled.

N.B.—The tomatoes and cucumbers may be diced then salted slightly to draw out the surplus water. Drain well before adding to the other ingredients.

Devilled Eggs

Hard cook the number of eggs required. Plunge into cold water. Remove shells, cut eggs in half, remove yolks, mash and season and mix with dressing. Add any of the following combinations:

- (1) Minced ham and pickles.
- (2) Chopped bacon and nuts.
- (3) Celery and mashed sardines.
- (4) Finely chopped pimiento and green pepper.
- (5) Finely chopped olives and nuts.

Stuffed Tomato Salad, No. 1

- 6 whole tomatoes.
- 1 cup chicken, tenderloin, veal, crab-meat, shrimp or lobster.
- ½ cup diced celery.
- ¼ cup chopped nuts.
- 2 tablespoons green pepper.
- ¼ cup mayonnaise.
- Seasonings.

Remove skins from tomatoes. From the stem end remove with a spoon half of the centre of tomato. Sprinkle with salt. Invert on a plate and allow to stand. Toss other ingredients lightly together with a fork. Pile into cavity in tomato and arrange on lettuce leaves. Garnish with watercress and sliced cucumbers.

Stuffed Tomato Salad, No. 2

- 6 whole tomatoes.
- ½ cup diced ham.
- ½ cup cooked macaroni, diced.
- ½ cup diced celery.
- ¼ cup shredded carrot.
- ¼ cup mayonnaise.
- Seasonings.

Prepare as in salad No. 1. Toss other ingredients together with a fork. Pile in tomato and arrange on lettuce leaves. Garnish with green pepper strips and watercress.

Tomatoes, in fact, may be stuffed with any attractive vegetable, meat or fish salad combination. An unusual way to serve both tomatoes and eggs is to hard-cook the eggs, shell and prepare them as for devilled or stuffed eggs, then insert a whole egg into the tomato, which has been almost completely hollowed out. Turn upside down on the lettuce and it makes quite a surprise package for the partaker.

Cottage Cheese Salad Mould

- ½ pound cottage cheese.
- ¼ cup chopped chives or green onions.
- 1 teaspoon paprika.
- Cream or mayonnaise.

Combine all ingredients, adding enough cream or mayonnaise to soften. Pack into small mould. Chill for several hours. Serve on lettuce surrounded with vegetables.

Salmagundi Salad

- 1 cup boiled potatoes, diced.
- 2 cups diced cooked ham.
- $\frac{1}{2}$ cup diced pimiento.
- $\frac{3}{4}$ cup green peas.
- $\frac{1}{2}$ cup diced celery.
- $\frac{1}{4}$ cup diced gherkin.
- $\frac{1}{2}$ cup mayonnaise.

Toss all ingredients together with two forks. Arrange on lettuce in a large bowl. Garnish with devilled eggs and parsley.

Crab and Grapefruit Salad

- 1 cup grapefruit sections, diced.
- 1 cup crabmeat.
- $\frac{3}{4}$ cup diced celery.
- $\frac{1}{2}$ cup toasted sliced almonds.
- $\frac{1}{2}$ cup French dressing.

Prepare grapefruit by removing sections from membrane. Combine ingredients by tossing together lightly with two forks. Serve on crisp lettuce garnished with watercress and pickled black walnuts. Shrimps may be substituted for the crabmeat if you wish.

Hamper Salad

- 2 cups diced ham, tongue or veal.
- 1 cup diced celery.
- 2 hard cooked eggs, chopped.
- 1 cup canned lima beans.
- $\frac{1}{4}$ cup gherkins, chopped.
- French dressing, if desired.
- Mayonnaise or cooked salad dressing.

Mix all ingredients. Marinate with French dressing. Moisten well with mayonnaise. Serve with lettuce—or for the lunch box pack into wax cups lined with lettuce.

Cabbage and Grape Salad

- 4 cups shredded cabbage.
- 1 cup Malaga grapes.
- $\frac{1}{4}$ cup shredded blanched almonds.
- Cooked salad dressing, or
- Whipped cream dressing.
- Salt and pepper.

Combine all ingredients. Toss together with a fork. Serve on lettuce, garnished with watercress and a cottage cheese ball rolled in paprika.

Poinsettia Salad

- 6 slices pineapple.
- 6 small cheese balls.
- 3 olives cut in halves.
- Strips of pimiento.
- Head lettuce.

Separate the head lettuce in leaves and place on small salad plate, preferably a glass plate. Now, place the slice of pineapple on this. Fill the centre with the cheese ball and place half an olive on each cheese ball. Cut pimiento into long diamond-shaped strips and place these on top of the pineapple (5 to each serving), having the points touching the olive in the centre. This will give the effect of a poinsettia. 6 servings.

Potato Salad, Christmas Style

- 2 cups cold cooked diced potatoes.
- 1 cup crisp shredded cabbage.
- $\frac{1}{2}$ cup chopped celery.
- $\frac{1}{4}$ cup chopped green pepper.
- $\frac{1}{4}$ cup chopped pimiento.
- $\frac{1}{4}$ cup shredded toasted almonds.
- 2 teaspoons lemon juice.
- Mayonnaise.
- Seasonings (salt, pepper, Worcester sauce, onion juice).

Combine all ingredients. Chill well before serving.

Moulded Celery and Pimiento

- 2 tablespoons gelatine.
- $\frac{1}{2}$ cup cold water.
- 1 $\frac{1}{4}$ cups boiling water.
- $\frac{1}{2}$ cup sugar.
- $\frac{1}{4}$ cup lemon juice.
- 1 tablespoon vinegar.
- 1 tablespoon horseradish.
- 1 $\frac{1}{4}$ cups diced celery.
- $\frac{1}{2}$ cup diced pimiento.
- $\frac{1}{2}$ teaspoon salt.

Soak gelatine in cold water. Add boiling water, sugar, lemon juice and vinegar. Allow to cool. Add horseradish. When partially set add salt, celery and pimiento. Turn in to moistened moulds. Chill. Serve on lettuce, garnished with watercress.

You'll Enjoy the Bridge Problems

By Wm. E. McKenney

EVERY DAY IN
THE EVENING TELEGRAM

SALADS—*Using Leaf Lettuce*

LEAF lettuce cannot take the place of head lettuce, but it does have a very definite place of its own. There are some salads where it is much easier to use the leaf lettuce, and it is those salads we have here.

The flat limpness of leaf lettuce after the curly crispness of head lettuce is what makes the leaf lettuce objectionable to use—and yet we do not have to serve it in the same way as we would head lettuce. The hydrator or vitalizer or vegetable crisper of your refrigerator is ideal to turn the limpness of the lettuce into a real crispness. However, if you have no refrigerator, set the stem parts down in icy-cold water and place it in as cool a place as possible.

The green leaf lettuce can be made attractive, and at the same time we are serving lettuce much more healthful, as far as the vitamin content is concerned, than the pale, almost white, head lettuce we sometimes get. However, I can't resist saying—and due credit to our Ontario agriculturists—that some of the head lettuce we have had recently is a delight. It has such a tender, curly leaf and is all that can be desired for crispness. Now, then, our salads that allow for arrangement on leaf lettuce:

Lettuce Cheese Rolls

1 bar white cream cheese.
 ¼ cup chopped nuts.
 2 tablespoons seedless raisins.
 Mayonnaise to moisten.
 Leaf lettuce.
 Strips of pimiento.

Cream cheese with mayonnaise, add salt if desired; add nuts and raisins. Spread on lettuce leaf. Roll up like jelly roll. Place on salad plate and lay strips of pimiento over each roll. Serve well chilled. Garnish with watercress.

Tomato and Cheese Salad

Mix one package of cream cheese with enough mayonnaise to cream it well. Form into cylinder shape, rolling it in wax paper. Chill well. Peel tomatoes and cut in 1/3-inch slices. Slice cheese into ⅛-inch slices and arrange alternate slices of cheese and tomato on leaf of lettuce.

Bedtime Salad

Arrange leaf of lettuce on salad plate, and a slice of canned pineapple on top. Cut banana in half crosswise and trim down cut end so it rests firmly in hole of pineapple. Place a cherry or bit of pimiento at top to represent flame and you have a salad resembling very much a candle in a holder. A bit of salad dressing trickled down side of banana gives the appearance of the drip of wax and a strip of green pepper curved in at the pineapple circle will give a handle, although this can be omitted.

Water Lily Salad

6 hard cooked eggs.
 2 tablespoons mayonnaise.
 1 tablespoon chopped pimiento.
 Salt and pepper.

Remove shells from eggs. Cut in halves lengthwise. Remove yolks, cut egg whites in half again to make quarters. Mash yolks and other ingredients. Place four quarters of egg white on lettuce leaf with the tips just touching. Place a mound of egg yolk mixture in centre and arrange the egg white to curve up around the centre to form petals as of a water lily.

JELLIED SALADS

Jellied Ham Rolls

6 thin slices cooked ham.
1 small bar white cream cheese.
¼ cup horseradish or other relish
Salt and paprika.

1 package lemon jelly powder.
1¾ cups boiling water.
¼ cup cider vinegar.
½ teaspoon salt.
Dash of cayenne pepper.

Cream together cheese and horseradish. Add salt and paprika. Spread on slices of ham. Roll up tightly. Arrange rolls in long loaf pan. Meanwhile dissolve jelly powder in boiling water to which vinegar, salt and cayenne have been added. Chill and pour over ham rolls. When set, unmould on a large platter with cups of lettuce in which an attractive salad has been arranged. Serves 6.

Jellied Cranberry Ring

2 tablespoons gelatine.
½ cup cold water.
2 cups strained cranberry juice.
1 tablespoon lemon juice.
½ teaspoon salt.
1 cup chopped celery.

Soak gelatine in cold water. Add boiling cranberry juice, then lemon juice and salt. Allow to chill and partially set. Add celery. Turn into a ring mould rinsed out with cold water. Chill. When set turn out on a large platter covered with lettuce. Fill centre with turkey salad. Garnish with watercress. Serves 6 to 8.

Moulded Cole Slaw

2 cups shredded cabbage.
½ cup chopped green pepper.
2 tablespoons chopped pimiento.
1 teaspoon grated onion.
1 tablespoon gelatine.
¼ cup cold water.
½ cup cooked salad dressing.
¾ cup boiling water.
½ teaspoon salt (omit if dressing is salty).

Prepare vegetables. Soak gelatine in cold water. Add boiling water. Cool, add dressing and salt. When partially set, add other ingredients. Turn into moistened moulds. Chill. Unmould and serve on bed of watercress. Makes 6 moulds.

Fruit Ginger Ale Salad

1 package lemon jelly powder.
¾ cup boiling water.
1¼ cups dry ginger ale.
1 tablespoon lemon juice.
½ cup seedless raisins.
¼ cup diced celery.
½ cup diced pineapple.
½ cup preserved ginger, finely chopped.
½ cup diced apple.

Dissolve gelatine in boiling water. Chill slightly. Add lemon juice and ginger ale. When partially set, add fruit. Turn into moistened mould. Serve garnished with stuffed celery on lettuce. Use whipped cream dressing as an accompaniment. Makes 6-8 moulds.

Mint Jelly

¼ cup vinegar.
1 cup boiling water.
½ teaspoon salt.
½ cup granulated sugar.
1 tablespoon gelatine.
¼ cup cold water.
½ teaspoon mint flavoring.
Green coloring.

Combine vinegar, boiling water, salt and sugar. Heat to boiling. Add to gelatine which has been soaked in cold water. Add mint flavoring and coloring. Pour into moistened fancy mould and chill.

Very often, I shred a carrot or chop celery and add it to this. The color effect is very good, particularly with the carrot.

Jellied Beet Mould

1½ tablespoons gelatine.
¼ cup cold water.
1 cup boiling water.
¾ cup cold vinegar (from off the beets).
¼ teaspoon salt.
2 teaspoons sugar.
1 cup diced beets.
½ cup diced celery.

Soak gelatine in cold water. Add boiling water. Stir until gelatine is dissolved. Add vinegar, salt and sugar. Chill and allow to set partially. Add beets and celery. Pour into moistened moulds. Chill. Unmould on lettuce leaves and garnish with watercress. Makes 6 moulds.

SALAD DRESSING

French Dressing

- $\frac{3}{4}$ cup salad oil.
- $\frac{1}{4}$ cup vinegar or lemon juice.
- $\frac{1}{2}$ teaspoon salt.
- 1 teaspoon fruit sugar.
- $\frac{1}{2}$ teaspoon Worcester sauce.
- $\frac{1}{4}$ teaspoon paprika.

Combine all ingredients and place in a gem jar. Cover and shake up vigorously. Shake each time before using. Grated onion juice is an attractive addition and, of course, if you use pickle vinegar you may not need to add the salt and sugar. This will depend on the seasoning in the vinegar.

Variations:

- (1) Add $\frac{1}{4}$ cup tomato catsup
- (2) Add $\frac{1}{2}$ cup grated Roquefort cheese.
- (3) Add 1 egg yolk
 $\frac{1}{8}$ teaspoon mustard
 $\frac{1}{4}$ teaspoon curry powder
- (4) Add 2 tablespoons condiment sauce.

Freak French Dressing

- 1 can tomato soup.
- $\frac{1}{2}$ cup malt vinegar.
- $\frac{1}{2}$ cup salad oil.
- 1 tablespoon condiment sauce.
- $1\frac{1}{2}$ teaspoon grated onion.
- 1 teaspoon salt.
- $\frac{1}{2}$ teaspoon mustard.
- $\frac{1}{8}$ teaspoon paprika.

Combine all together and shake well in covered jar. Chill. Makes one pint of dressing.

Russian Dressing

- $\frac{1}{2}$ cup mayonnaise.
- $\frac{1}{2}$ cup chili sauce.
- 2 tablespoons chopped olives.
- 2 tablespoons chopped celery.
- 2 tablespoons chopped green pepper.
- 2 tablespoons chopped pimiento.

Serve over the head lettuce, 6-8 servings.

Mayonnaise

- 1 egg yolk.
- 1 teaspoon fruit sugar.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{2}$ teaspoon mustard.
- $\frac{1}{8}$ teaspoon paprika.
- $\frac{1}{4}$ teaspoon tabasco sauce or
- $\frac{1}{2}$ teaspoon Worcester sauce.
- $\frac{1}{4}$ cup lemon juice or vinegar.
- 1 cup salad oil.

Mix dry ingredients. Add to egg yolk in a bowl. Beat well. Add a few drops oil. Beat—add few drops vinegar—beat. Once mixture starts to thicken the vinegar and oil can be added in large quantities alternately.

Should the mixture separate, start over by beating the curdled mixture into another egg yolk. Have all ingredients quite cold.

Mayonnaise Variations

- (1) To 1 cup mayonnaise add
 $\frac{1}{2}$ cup diced pickled beets.
 $\frac{1}{2}$ cup diced celery,
 and serve on lettuce, water cress or endive.
- (2) To 1 cup mayonnaise add
 2 tablespoons lemon juice.
 2 hard cooked eggs, diced.
 1 tablespoon chopped green pepper.
 $\frac{3}{4}$ teaspoon curry powder.
 $\frac{1}{2}$ teaspoon grated onion.

Cooked Salad Dressing

- 1 tablespoon cornstarch.
- 2 teaspoons mustard.
- 1 teaspoon salt.
- $\frac{1}{4}$ cup sugar.
- Dash of cayenne.
- 2 eggs.
- $\frac{1}{2}$ cup diluted vinegar.
- $1\frac{1}{4}$ cups milk.
- 1 tablespoon butter.

Blend dry ingredients with some of vinegar. Add beaten eggs. Cook in double boiler, adding slowly vinegar and milk alternately. Stir constantly until mixture thickens. Add butter. Chill.

DESSERTS

Strawberry Fritters

Dip whole strawberries in a sweet fritter batter and drop into deep fat at 360 deg. F., or hot enough to brown a cube of bread in 60 seconds. Serve with lemon sauce, whipped cream or sprinkled with fruit or icing sugar.

Strawberry Crunch

- 1/3 cup butter.
- 1/2 cup brown sugar.
- 1/2 cup flour.
- 1 quart box strawberries.

Combine butter, brown sugar and flour by working together with a spoon or the tips of the fingers. Hull berries and arrange in bottom of 8 x 8 pan. Cover with flour mixture, crumbling it over the surface of berries. Bake at 375 deg. F. for 30 minutes or until brown.

Strawberry Cottage Pudding

- 1/4 cup butter.
- 1/3 cup sugar.
- 1 egg.
- 1/2 cup milk.
- 1 1/2 cups flour.
- 2 1/4 teaspoons baking powder.
- 1/8 teaspoon salt.
- 1 cup strawberries, halved.
- 2 tablespoons sugar.

Cream butter. Add sugar and cream well. Add well-beaten egg. Sift dry ingredients and add to first mixture alternately with the milk. Meanwhile cover bottom of 8 x 8 pan (which has been buttered) with the berries sprinkled with sugar. Pour on the batter. Bake at 375 deg. F. for 30 minutes. Serve with lemon sauce.

Krispie Cream

- 4 cups rice krispies.
- 1/2 cup liquid honey, or maple syrup.
- 1 cup 32% cream, whipped.

Combine all ingredients. Pile in sherbet glasses. Garnish with red cherries and serve as soon as possible. Serves 8.

Lime Pineapple Whip

- 1 package lime jelly powder.
- 1 cup boiling water.
- 1/2 cup pineapple juice.
- 1/2 cup cold water.
- 1 cup crushed pineapple, well drained.
- 2 egg whites, beaten stiffly.
- 1/2 cup broken pecans or filberts.

Dissolve jelly powder in boiling water, add cold water and pineapple juice. When partially set, beat well with egg beater, add egg whites well beaten and beat in well. Fold in pineapple and nuts. Chill. Serve topped with whipped cream. Serves 6-8.

Cocoanut Maple Tapioca

- 1/4 cup minute tapioca.
- 1/2 cup maple syrup.
- 1/4 teaspoon salt.
- 2 cups milk.
- 1 egg yolk.
- 1/4 teaspoon vanilla.
- 1/2 cup shredded cocoanut.
- 1 egg white stiffly beaten.

Combine tapioca, syrup, salt and milk. Cook until tapioca is clear. Add beaten egg yolk. Cook two minutes longer. Add vanilla and cocoanut. Fold in egg white. Pile in sherbet glasses and top with whipped cream.

Tapioca Fluff

- 3 tablespoons minute tapioca.
- 1/2 cup sugar.
- 1/8 teaspoon salt.
- 1 egg yolk.
- 2 cups milk.
- 1 egg white, stiffly beaten.
- 1/2 teaspoon flavoring.

Combine minute tapioca, sugar (I like to use brown sugar), salt, egg yolk and milk. Cook in double boiler for ten to twelve minutes, stirring frequently. Remove from heat and fold gradually into stiffly-beaten egg-white. Add flavoring and chill. Pile into sherbet glasses and garnish with whipped cream and browned cocoanut. Serves 4-6.

Pecan Rice Butterscotch

- 1/2 cup rice.
- 2 cups scalded milk.
- 1/2 teaspoon salt.
- 1 tablespoon caramel syrup.
- 1 cup brown sugar.
- 3 tablespoons butter.
- 1 egg.
- 2 tablespoons chopped pecans.

Cook rice until tender in milk, to which salt has been added. Add caramel syrup. Combine sugar, butter and egg and add to rice. Continue to cook until thick in double boiler. Add nuts. Chill and serve with whipped cream. Serves 6. It may be served warm with plain cream, but is rather rich this way.

Peach Rice Fluff

- 2 cups cooked rice.
- 1 cup diced peaches (canned).
- 1/2 cup blanched browned almonds.
- 2 tablespoons fruit sugar.
- 1/2 cup 32 per cent cream, whipped.

Combine all ingredients, mixing lightly with a fork. Chill. Pile into sherbet glasses. Garnish with slices of peach. N.B.—Fresh peaches may be used when in season, also fresh or canned pineapple. Serves 6.

Of course, when cooking the rice for a dessert such as the Peach Rice Fluff, it is boiled in rapidly boiling salted water in a large uncovered container. Use about 6 times as much water as rice and it will not be necessary to add any water during the cooking. When the rice is cooked, pour it into a strainer and wash off with hot or cold water, depending on whether the rice is to be used hot or cold. This keeps it from sticking together.

Rice Mould With Currant Sauce

- 1/2 cup rice.
- 1 3/4 cups hot milk.
- 1/2 teaspoon salt.
- 1/4 cup granulated sugar.
- 1/2 tablespoon gelatine.
- 2 tablespoons cold water.
- 1/2 teaspoon vanilla.
- 1/8 teaspoon almond flavoring.

Boil rice in large amount of boiling water for ten minutes. Drain. Add to hot milk. Cook in double boiler until rice is tender (about 1 hour). Add salt and sugar. Soak gelatine in cold water and dissolve in hot rice. Add flavoring. Turn into moistened moulds. Chill. Serve unmoulded with currant sauce. Makes 6 moulds.

Currant Sauce

- 1/2 cup black or red currant jelly.
- 1 egg white.
- 1/2 teaspoon salt.

Melt jelly over hot water. Add egg white and salt and beat with Dover beater until stiff. Cool.

Plum Compote With Rice

- 2 cups cooked rice.
- 2 egg whites.
- 4 tablespoons fruit sugar.
- 1/2 cup blanched chopped almonds.
- 1/8 teaspoon almond flavoring.
- 1 can preserved plums.

Beat egg whites until stiff, adding sugar gradually. Fold in rice, almonds and flavoring. Meanwhile, place a spoonful of plums in each sherbet glass, then put in a mound of rice mixture and pour more plums over the top. Serves 6.

Maple Pudding

- 4-6 slices of stale bread, 1/8 inch thick.
- 1 cup maple syrup.
- 2 eggs beaten.
- 1/4 teaspoon salt.
- 1 1/2 cups milk.

Butter bread and cut into strips. Heat syrup. Dip bread into syrup, and arrange in baking dish, placing second layer running in opposite direction. Combine eggs, remaining syrup, salt and milk to make a custard. Pour over bread. Oven-poach at 350 deg. F. for forty minutes — or until set.

Date Crumble Tart

- 2 egg whites.
- 3/4 cup fruit sugar.
- 1 tablespoon flour.
- 1/2 teaspoon baking powder.
- 1/2 teaspoon vanilla.
- 1 tablespoon milk.
- 2 cups dates and nuts chopped.

Beat egg whites, add sugar gradually beating it in at first and folding it in as it becomes stiff. Add sifted dry ingredients, dates, nuts, milk and vanilla. Spread into 2 buttered layer cake pans. Bake at 250 deg. F. for 35 minutes. Cool, removing from pan. Arrange on serving plate with whipped cream between layers and on top.

Blancmange

- 2 cups scalded milk.
- 3 tablespoons cornstarch.
- 2 tablespoons sugar.
- $\frac{1}{8}$ teaspoon salt.
- $\frac{1}{4}$ cup cold milk.
- $\frac{1}{2}$ teaspoon vanilla.

Mix cornstarch, sugar and salt. Add cold milk and stir until smooth.

Add slowly to scalded milk in double boiler.

Stir cornstarch until thick.

Cover and cook 15 minutes.

Add vanilla.

Pour into sherbet glasses. Garnish with preserved fruit and whipped cream.

Variations:**CHOCOLATE CORNSTARCH
PUDDING.**

To main recipe add:

3 tablespoons cocoa.

4 tablespoons sugar to the dry ingredients and

$\frac{1}{4}$ cup milk to the milk already in the recipe.

**COCOANUT CORNSTARCH
SOUFFLE.**

Add:

$\frac{1}{2}$ cup shredded cocoanut and beat in

1 egg white, stiffly beaten.

CARAMEL NUT PUDDING.

Add:

3 tablespoons caramel syrup.

$\frac{1}{2}$ cup chopped nuts.

Come-And-Get-It

- 1 cup flour.
- 1 tablespoon sugar.
- $\frac{1}{4}$ teaspoon salt.
- 2 teaspoons baking powder.
- 2 tablespoons butter.
- 1 egg, well beaten, add enough milk to make $\frac{1}{4}$ cup liquid.

Sift dry ingredients, cut in butter, add liquid and drop mixture in small spoonfuls into boiling apple sauce prepared as follows:

- 2 cups thin apple sauce.
- $\frac{1}{4}$ teaspoon cinnamon.
- $\frac{1}{2}$ cup granulated sugar.

Cover and cook rapidly for 15 minutes, or less, according to size of dumpling. Serve warm with the extra sauce and maple syrup.

Lemon Tapioca Fluff

- $\frac{1}{4}$ cup minute tapioca.
- $\frac{1}{2}$ cup sugar.
- $\frac{1}{4}$ teaspoon salt.
- 3 cups milk.
- 2 teaspoons lemon rind, grated.
- 1 egg yolk, beaten slightly.
- 2 tablespoons lemon juice.
- 1 egg white, stiffly beaten.

Mix tapioca, sugar, salt, milk, lemon rind and egg yolk. Cook over hot water until thick and tapioca is transparent. Add lemon juice. Add gradually, beating it in well, to the egg white. Chill slightly and pile into sherbets or fruit nappies. Garnish with orange sections and whipped cream.

Apple Cheese Cake

- 3 tablespoons butter.
- $\frac{3}{4}$ cup brown sugar.
- 3 apples, sliced.
- $\frac{1}{2}$ cup seedless raisins.
- $\frac{3}{4}$ cup grated cheddar cheese.
- $\frac{1}{4}$ cup butter.
- 2 tablespoons granulated sugar.
- $\frac{3}{4}$ cup brown sugar.
- 2 eggs, well beaten.
- $\frac{1}{2}$ cup milk.
- $1\frac{1}{2}$ cups flour.
- $\frac{1}{2}$ teaspoon salt.
- $2\frac{1}{2}$ teaspoons baking powder.
- $\frac{1}{2}$ teaspoon vanilla.

Melt first amount of butter in frying pan, add sugar, then apples arranged neatly and raisins. Sprinkle with cheese.

Now with second group of ingredients: Cream butter, add sugars gradually and cream well. Add eggs, then sifted dry ingredients alternately, with milk and flavoring. Beat one minute, pour over mixture in frying pan, mounding the mixture up fairly well in the centre. Bake at 375 deg. F. for 35 minutes. Serve warm with whipped cream. Serves 8 people.

Caramel Syrup

- 1 cup granulated sugar.
- 1 cup boiling water.

Put sugar in frying pan. Place on a slow heat on the stove. Stir until sugar is melted.

Allow to bubble and cook until it becomes a golden brown.

Remove from the fire, add the cup of water. This will splutter and splatter, but will soon settle down.

Return to the stove and stir until the melted sugar and water are blended.

Cook for about five minutes or until slightly thickened.

North Pole Cake

- ½ cup butter.
- 1 cup fruit sugar.
- 3 egg yolks.
- 1 teaspoon vanilla.
- 3 egg whites.
- ¾ pound vanilla wafers, rolled into crumbs.

Cream butter, add sugar and egg yolks well beaten, then add vanilla. Fold in stiffly beaten egg whites. Place 1/3 of vanilla wafer crumbs in the bottom of a narrow loaf pan lined with waxed paper. Add half of other mixture, then 1/3 of wafer crumbs, remaining half of mixture and remaining wafer crumbs. Allow to stand 24 hours.

Serve with strawberry sauce made from the frozen strawberries you can obtain from some of the dairies.

Jellied Christmas Pudding

- 1 package cherry jelly powder.
- 1 cup boiling water.
- ¾ cup granulated sugar.
- ½ teaspoon salt.
- 1 cup fruit juice.
- ¾ cup chopped nuts.
- ½ cup candied red and green pineapple.
- ¼ cup halved cherries.
- ½ cup seedless raisins.
- ½ cup chopped figs.
- ½ cup chopped dates.

Combine water and sugar. Bring to a boil and pour over jelly powder. Stir until dissolved. Add salt and fruit juice. Chill and allow to partially set. Stir in the other ingredients. Pour into moistened fancy mould. Serve garnished with whipped cream and cherries.

N.B.—The fruit juices may be orange and lemon juice or the canned pineapple juice would be quite delicious used in this.

Marshmallow Loaf

- ½ cup 16% cream (quarter pint).
- ½ pound marshmallows.
- ½ cup chopped nuts.
- ½ cup graham wafers.
- ½ cup chopped dates.

Cut marshmallows (using moistened scissors). Add cream. Roll out graham crackers and add with the dates and nuts to the cream mixture. Form into a roll or pack into a long, narrow loaf tin, lined with waxed paper. Serve garnished with whipped cream and cherries.

Steamed Suet Fruit Pudding

- 1¼ cups flour.
- 1 teaspoon cinnamon.
- ½ teaspoon nutmeg.
- ½ teaspoon baking soda.
- ½ teaspoon salt.
- ½ cup granulated sugar.
- ½ cup finely chopped suet.
- ¼ cup light molasses or corn syrup.
- ½ cup sour milk.
- ½ cup raisins and nuts.
- 2 tablespoons mixed peel.
- 1 tablespoon candied cherries.

Mix and sift dry ingredients. Add suet, then molasses or syrup and sour milk, lastly add the fruit which has been dredged with a small amount of the flour. Mix well. Turn into individual buttered moulds. Cover, steam 3 hours. Serve with butterscotch or hard sauce. Serves six.

Carrot Pudding

- 1 cup grated raw carrot.
- 1 cup grated raw potato.
- 1 cup soft-bread crumbs.
- 1 cup seedless raisins.
- 1 cup currants.
- 1 cup brown sugar.
- ¾ cup finely chopped suet (not quite ¼ lb.).
- 2 tablespoons sour milk.
- ½ teaspoon baking soda.
- ½ cup flour.
- 1 teaspoon salt.
- 1 teaspoon cinnamon.
- ½ teaspoon nutmeg.
- ½ teaspoon allspice.

Mix ingredients in order given. Turn into well-buttered moulds. Cover with wax or parchment paper or cloth, cover and steam. Individual moulds 1¼ hours, large moulds 3 hours.

This can be made a week to 10 days ahead and stored in a cool place. Steam to re-heat.

The JUNIOR COOK

By Jessie Read

Another Exclusive Feature In

THE EVENING TELEGRAM

Creamy Rice

- ¾ cup uncooked rice.
- ½ teaspoon salt.
- ¾ cup sugar.
- 1 tablespoon butter.
- 3 cups milk.
- ½ teaspoon vanilla.

Boil rice in water for 10 minutes. Drain. Add other ingredients. Pour into buttered baking dish. Bake for 3 hours at 275 degrees F. stirring often during first hour.

Raisins may be added during the last ½ hour if desired. This is a particularly delicious recipe and can be baked along with baked potatoes and a meat, such as a meat loaf, for dinner, giving you a whole meal in the oven.

Blueberry Happy Boys

- 2 cups blueberries.
- ¾ cup granulated sugar.
- ¾ cup water.
- 2 cups flour.
- 1 tablespoon sugar.
- ¼ teaspoon salt.
- 4 teaspoons baking powder.
- 3 tablespoons shortening.
- ¾ cup milk.

Combine blueberries, sugar and water. Bring to the boil and boil 3 minutes. Meanwhile mix and sift dry ingredients. Cut in the shortening, add milk to make a soft dough. Drop by spoonfuls into stewing blueberries as you would dumplings. Cover and cook for 10 minutes. Serve warm with blueberries poured over the top.

Blueberry Sponge

- 1 tablespoon gelatine.
- 2 tablespoons cold water.
- 1½ cups blueberry juice.
- (unsweetened)
- ¾ cup sugar.
- 1 tablespoon orange juice.
- 1 tablespoon lemon juice.
- ½ teaspoon salt.
- 2 egg whites.

Soak gelatine in cold water. Combine sugar and blueberry juice. Heat slowly to boiling. Add gelatine fruit juices and salt. Allow to partially set. Beat egg whites until stiff, then beat into the jelly mixture. Chill until set. Put in sherbet glasses with custard sauce and whipped cream.

Note.—Prepare the blueberry juice by cooking 2 cups blueberries and 1 cup water until berries are soft, then press through the sieve.

South Wind Fluff

- 2 egg whites.
- ¼ teaspoon salt.
- 2 tablespoons fruit sugar.
- ½ cup 32% cream, whipped.
- 1 cup sweetened applesauce.

Beat egg whites with salt until stiff, add sugar and beat in well. Fold this into the apple sauce and cream, which have been blended together, like in sherbet. Serve with custard sauce and garnish with cherries.

Raspberry Roll

- 2 cups flour.
- 3½ teaspoons baking powder.
- ½ tablespoon sugar.
- ¼ teaspoon salt.
- 3 tablespoons butter.
- 1 egg.
- Milk.

Sift dry ingredients, chop butter into them very finely. Beat egg and pour into measuring cup, add enough to make ½ cup. Add to flour mixture, blend into soft dough. Roll out to 1/3 inch thickness. Cover this surface with:

- 1 cup raspberries mixed with 1½ tablespoons fruit sugar.

Roll up like jelly roll, cut into inch slices. Place slices close together on buttered baking sheet. Bake at 400 degrees F. for 18-20 minutes. Serve with lemon or butterscotch sauce.

Raspberry Charlotte

- 1½ cups red raspberries.
- ½ cup fruit sugar.
- Pinch of salt.
- 1 tablespoon gelatine.
- 2 tablespoons cold water.
- 1 cup 32% cream.

Press berries through sieve to remove seeds. Add sugar and salt. Soak gelatine in cold water and dissolve over hot water. Stir into fruit juice and allow mixture to partially set. Fold in whipped cream. Pour into large dessert dish or sherbet glasses lined with lady fingers or strips of sponge cake. Garnish with cream and whole berries.

Jellied Rhubarb and Filberts

- 1 package lemon jelly powder.
- 1 cup boiling water.
- 1½ cups sweetened rhubarb sauce.
- ¼ cup shredded filberts.

Dissolve jelly powder in boiling water. Add cold rhubarb sauce and allow to set partially. Add filberts. Chill in individual moulds. Serve unmoulded, topped with whipped cream.

Plain Junket

- 1 junket tablet.
- 1 tablespoon cold water.
- $\frac{3}{4}$ tablespoon sugar.
- 1 pint of milk.
- 1 teaspoon vanilla.

Crush tablet, dissolve in cold water, add sugar to milk, heat over hot water to lukewarm. Remove from heat, stir in tablet and flavoring. Pour into sherbet glasses. Let stand at room temperature for 20 minutes or until set.

Fruit Junket

Place one tablespoon of crushed pineapple, preserved raspberries, strawberries or cherries in bottom of sherbet glass, then pour on junket mixture, cutting the vanilla quantity in half.

Caramel Junket

Omit $\frac{1}{4}$ cup milk from plain junket. Add $\frac{1}{4}$ cup thick caramel syrup. Continue as in plain junket.

NOTE—Do not "jiggle" the junket while it is setting. Also, the junket will not set if the milk is beyond lukewarm.

Layered Banana Pudding

- 1 cup sugar.
- $2\frac{1}{2}$ tablespoons flour.
- $\frac{1}{4}$ teaspoon salt.
- 2 egg yolks.
- $\frac{1}{2}$ tablespoons grated lemon rind.
- $1\frac{1}{2}$ cups water.
- 24 vanilla wafers.
- 4 bananas, sliced.
- 2 tablespoons lemon juice.

Combine sugar, flour, salt, egg yolks, lemon rind and water. Cook until thick. Cool. Line bowl with vanilla wafers then bananas. Sprinkle with lemon juice. Cover with custard mixture. Repeat layers. Chill 2-3 hours. Garnish with whipped cream and colored almonds.

Banana Butterscotch Pudding

- 4 tablespoons butter.
- $3\frac{1}{2}$ tablespoons cornstarch.
- 1 cup brown sugar.
- $2\frac{1}{4}$ cups milk.
- 1 egg.
- $\frac{1}{2}$ teaspoon salt.
- $1\frac{1}{2}$ tablespoons caramel syrup.
- 1 cup sliced bananas.

Combine butter, cornstarch and sugar. Stir together over medium heat until well blended. Add milk, salt and caramel syrup and cook until thick, about 10 minutes. Add some of hot mixture to egg yolk, return to saucepan. Cook 2-3 minutes. Fold in well-beaten egg white. Add bananas. Serve topped with whipped cream.

Pineapple Snow

- $1\frac{1}{2}$ tablespoons gelatine.
- $\frac{1}{4}$ cup cold water.
- 1 cup shredded fresh pineapple.
- $\frac{1}{2}$ cup granulated sugar.
- $\frac{3}{4}$ cup boiling water.
- 1 tablespoon lemon juice.
- 2 egg whites, stiffly beaten.

Soak gelatine in cold water. Combine pineapple, sugar and boiling water and bring to boil for 2 minutes. Add lemon juice. Cool and allow to partially set. Beat in egg white. Allow to set. Pile in sherbet, alternating "snow" and custard sauce. Garnish with cocoanut faintly tinted green.

NOTE—Please do not ignore the point in the recipe of bringing the pineapple to a full boil. Fresh pineapple contains a destroying enzyme which will kill the jelling powers of gelatine—so don't forget to do it or you'll have soup instead of a jelly.

Raisin Maple Blanc Mange

- $\frac{1}{2}$ cup seedless raisins.
- $1\frac{1}{4}$ cups boiling water.
- 1 cup brown sugar.
- 2 tablespoons corn starch.
- $\frac{1}{2}$ cup cold water.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{2}$ teaspoon maple flavoring.
- $\frac{1}{2}$ cup broken nut meats.
- 1 egg white, stiffly beaten.

Simmer raisins in boiling water for 10 minutes. Combine sugar, corn starch, salt and cold water. Add to boiling mixture and cook until thick and clear, stirring constantly. Continue to cook over hot water for 10 minutes. Add flavoring and nuts, cool slightly. Fold in stiffly beaten egg white; chill. Serve topped with whipped cream and chopped nuts. Serves six.

Orange Charlotte

- 2 tablespoons gelatine.
- $\frac{1}{2}$ cup cold water.
- $\frac{1}{2}$ cup boiling water.
- 1 cup sugar.
- 3 tablespoons lemon juice.
- 1 cup orange juice and pulp.
- 2 egg whites.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{2}$ cup 32% cream, whipped.

Soak gelatine in cold water. Dissolve sugar in boiling water. Add soaked gelatine to boiling liquid. Cool, and add lemon juice, orange juice and pulp. Chill until partially set. Beat until foamy, then beat in the stiffly beaten egg white and salt. Fold in whipped cream. Chill well. Pile in sherbet glasses. Garnish with sections of orange and pale green cocoanut.

Plum Pudding

1¾ cups brown sugar.
 1¾ cups finely chopped beef suet
 (¾ lb.).
 5 eggs.
 2¼ cups stale (but not dry) bread
 crumbs.
 2¼ cups flour.
 ½ lb. currants.
 1 lb. seeded raisins.
 1 cup dates.
 ½ cup chopped citron peel.
 ½ cup chopped candied cherries.
 1 cup blanched almonds.
 ½ nutmeg grated.
 ½ teaspoon salt.
 2 tablespoons wine.

Combine brown sugar and suet. Add unbeaten eggs and beat well. Combine fruit, crumbs and flour with nutmeg and salt. Add to other ingredients. Add wine.

Scald a 30-inch square of heavy factory cotton. Spread out and dredge with heavy coating of flour. Place pudding in centre of well-floured cotton. Tie firmly, but leaving room for expansion inside the cloth.

Have pot half-filled with rapidly boiling water. Place a wire meat rack or pie tin turned upside down in bottom of pot. Plunge pudding into this water, adding more boiling water to cover, if necessary. Cover and allow to boil for five hours, adding more boiling water as is necessary. Keep the water boiling at all times and turn the pudding over once or twice during the cooking process.

To store—Remove pudding from boiling water. Wring out surplus bits of water from ends of cloth. Place pudding on a platter where it will dry. Now, attach a piece of strong cord around where the pudding is tied and hang the pudding in a dry, cool place. Be sure it is dry before putting it away, and also be sure the storage place is dry, so no mildew will take place.

To reheat—Plunge into boiling water and boil for one hour. Remove from cloth. Place in hot oven for about 20 minutes to dry off the surface. Serve hot.

Ice Cream

1 cup milk.
 ½ cup fruit sugar.
 1 tablespoon flour.
 1 egg yolk.
 1 teaspoon gelatine.
 1 tablespoon cold water.
 1½ cups 32 per cent cream.
 1 teaspoon vanilla.
 Pinch of salt.

Scald milk, mix sugar and flour with a little cold milk, add to scalded milk. Cook well. Pour over beaten egg yolk. Return to heat and cook for two minutes. Add gelatine which has been soaked in cold water. Chill. Fold in whipped cream, add salt and vanilla. Pour into trays of refrigerator and freeze, stirring every 30 minutes until nearly firm.

Variations:

(1) Add about half cup chopped preserved fruit. Pineapple is particularly good.

(2) Add half cup chopped walnuts and half teaspoon maple flavoring.

(3) Add half to three-quarters cup crushed peanut brittle.

Coffee Marlow

25 marshmallows (quartered).
 1 cup hot coffee.
 1 cup 32% cream, whipped.
 ½ cup blanched, browned almonds.
 ½ teaspoon salt.

Add marshmallows to hot coffee and keep over hot water until dissolved. Chill until slightly thickened. Add cream, almonds and salt. Pour into freezing tray and freeze 3 to 4 hours.

Strawberry Marlow

25 marshmallows (quartered).
 1 cup hot milk.
 ¾ cup crushed strawberries.
 3 tablespoons fruit sugar.
 1 cup 32% cream.
 ½ teaspoon salt.

Add marshmallows to hot milk and keep over hot water until marshmallows are dissolved. Add berries which have been standing covered with the fruit sugar. Chill and allow to stand until slightly thickened. Add the cream which has been whipped. Turn into freezing tray and freeze 3 to 4 hours. Makes 1¼ pints.

CUSTARDS

Tips on Soft Custards

THE soft custard is used over fruits or jellies and is a bad offender where curdling is concerned. The curdling comes from over-cooking and the way to guard against this best is to cook it only until it coats a silver spoon. I usually break all rules and stir it with a silver spoon so that I can tell the very instant that it is done. When it is done I lift the pan immediately from the heat and set it down into a container of cold water so that I check the cooking as quickly as possible. Should a curdling begin to appear, the Dover beater is brought into quick action and we beat the mixture smooth. Another preventive against the curdling of a soft custard is the addition of a small amount of cornstarch. To me, this seems to give a smoother custard and the possibility of curdling is at a minimum.

Soft Custard

- 1 cup scalded milk.
- 2 egg yolks.
- $\frac{1}{2}$ tablespoon sugar.
- $\frac{1}{8}$ teaspoon salt.
- $\frac{1}{2}$ teaspoon cornstarch.
- $\frac{1}{4}$ cup cold milk.

Heat milk. Beat yolks slightly. Add sugar, salt, cornstarch and milk. Add some of hot milk to this mixture, then return to hot milk and cook slowly until thick. Cool quickly. Use over fruit, or jellies, or over cooked rice to make a rice custard.

Fresh Strawberry Trifle

- $1\frac{1}{2}$ cups cake crumbs.
- $1\frac{1}{2}$ cups chopped fresh strawberries.
- 2 tablespoons fruit sugar.
- $\frac{1}{4}$ cup blanched/browned almonds, chopped.
- 1 cup soft custard.

Arrange cake crumbs in pudding dish. Cover with berries, which have been sprinkled with sugar and allowed to stand 2-3 hours. Sprinkle on almonds and pour on cold custard. Allow to stand in refrigerator for 2-3 hours to chill thoroughly. Serve with whipped cream and garnished with berries.

Tips on Baked Custards

FIRM custard or baked custard is much like its cousin the soft custard in make-up and with this we have to guard against the same tendency to over-cook or to cook too quickly. For this we use a method that is called oven-poaching. To oven-poach you place the dish containing the custard into a pan of hot water before placing it in the oven. The test for a cooked firm custard is really the reverse of a soft custard. Moisten a silver or stainless steel knife, insert it into the middle of the custard and it should come out clean. A watery or bubbly-looking custard is an over-cooked one, so let's guard against it.

Baked Custard

- 3 cups milk, scalded.
- $\frac{1}{2}$ cup granulated sugar.
- $\frac{1}{4}$ teaspoon salt.
- 3 eggs.
- $\frac{1}{2}$ teaspoon vanilla, or
- Few gratings of nutmeg.

Scald milk. Beat eggs slightly and add sugar and salt. Add scalded milk and flavoring. Strain into custard cups. Oven-poach at 350 degrees F. until firm — individuals will take 40 minutes, one large custard 60 minutes.

Baked Custard Variations

FOR CARAMEL CUSTARD

- Add $\frac{1}{4}$ cup caramel syrup.
- $\frac{1}{4}$ teaspoon vanilla.

FOR GRAPENUT CUSTARD

- Add $\frac{1}{2}$ cup grapenuts.

FOR COCOANUT CUSTARD

- Add $\frac{1}{2}$ cup shredded cocoanut.

DESSERT SAUCES

Chocolate Sauce for Ice Cream

- 1 tablespoon cornstarch.
- 1 square chocolate.
- $\frac{1}{2}$ cup granulated sugar.
- $\frac{1}{2}$ cups water.
- $\frac{1}{2}$ teaspoon salt.
- 1 teaspoon vanilla.

Melt chocolate, add cornstarch and sugar, which have been thoroughly mixed. Add water. Heat to boiling and boil five minutes. Remove from heat, add salt and vanilla. Pour into jar and keep cool in refrigerator. A little peppermint flavoring may be added if desired.

Butterscotch Sauce for Ice Cream

- 1 tablespoon butter.
- 1 cup brown sugar.
- 1 tablespoon corn syrup.
- $\frac{1}{2}$ cup boiling water.

Stir the butter, sugar and syrup together in a small frying pan over a slow flame for 3-5 minutes, or until melted and slightly browned. Add the boiling water and stir until smooth. Cook until desired thickness. To serve hot, reheat over hot water.

Brandy Sauce

- $1\frac{1}{2}$ tablespoons butter.
- $1\frac{1}{2}$ tablespoons cornstarch.
- 1 cup brown sugar.
- $\frac{1}{2}$ teaspoon salt.
- 1 cup boiling water.
- $\frac{1}{4}$ cup brandy.

Combine butter, cornstarch, salt and sugar in a saucepan. Put over direct heat to melt butter and sugar. Blend together well and allow to cook together for a couple of minutes. Add boiling water. Cook until thick. Remove from heat. For serving, reheat and add the brandy. Serves 6.

Fig Sauce

- $\frac{1}{4}$ lb. figs, diced.
- 2 cups water.
- 1 tablespoon cornstarch.
- 2 tablespoons sugar.
- $\frac{1}{4}$ teaspoon salt.
- 1 teaspoon grated lemon rind.
- $1\frac{1}{2}$ tablespoons lemon juice.
- 1 tablespoon butter.

Simmer figs in water until swelled. Combine cornstarch, sugar and salt with a very little cold water. Add to fig mixture and simmer for about 10 minutes. Remove from stove, add lemon juice and butter. Serve hot. Will give six servings.

Butterscotch Pudding Sauce

- $1\frac{1}{2}$ tablespoons cornstarch.
- 1 cup brown sugar.
- $1\frac{1}{2}$ tablespoons butter.
- $\frac{1}{2}$ teaspoon salt.
- $1\frac{1}{4}$ cups boiling water.
- $\frac{1}{2}$ teaspoon vanilla.

Combine cornstarch, sugar, salt and butter. Place over direct heat and stir together until sugar and butter melt and blend together. Allow to brown slightly. Add water. Cook until thick. Add vanilla. Serve hot.

Hard Sauce

- $\frac{1}{2}$ cup butter.
- 1 cup icing sugar.
- $\frac{1}{2}$ teaspoon vanilla.
- 1 tablespoon hot water.

Cream butter until very soft. Add sugar and cream well together. Add vanilla slowly, and then the water very gradually, so it will not curdle. Pile tightly in serving dish or form into rosettes on waxed paper and chill before putting around the pudding.

Variation — 1 tablespoon cooking sherry may be substituted for the vanilla and the water.

Lemon Pudding Sauce

- 1 cup sugar.
- 3 tablespoons cornstarch.
- 2 cups boiling water.
- 4 tablespoons lemon juice.
- 4 tablespoons butter.
- A little nutmeg.
- A pinch of salt.

Mix cornstarch, sugar and salt with the boiling water. Cook until thick and clear, then cook gently for ten minutes longer, stirring frequently. Add lemon juice and nutmeg. The grated lemon rind may also be used. Serve hot on puddings. Will give 8-10 servings.

Quick Caramel Sauce

- 1 cup granulated sugar.
- 1 cup evaporated milk.
- $\frac{1}{4}$ teaspoon vanilla.

Measure sugar into frying pan. Melt slowly and allow to caramelize. Add milk. Stir until all lumps are dissolved. Cook until thick (about 5 minutes). Add vanilla. If too thick add more milk. Serve warm.

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A CAKE—and tips for making it!

JUST a plain white butter cake—but from it we can make all sorts of lovely desserts, little cakes and so forth.

First of all, of course, it must be a good cake! Use butter as the shortening—it has so much better flavor. You wouldn't, for instance, spread any other shortening on bread to eat, would you? Of course not! Well, the butter flavor comes through in a cake and marks it as home-made.

Granulated—very fine granulated—sugar is used because it keeps a cake moist longer. The eggs are beaten until very fluffy—not separated. A good standard pastry flour and baking powder are used and the milk and dry ingredients are mixed alternately into the egg, butter, sugar mixture. Do not beat this mixture vigorously, merely enough to make a smooth mixture. Turn it into a buttered pan. Smooth it out well to the edges. Then just before it goes into the oven DROP it on a flat surface to break up any large bubbles you may have incorporated. Yes, the word is "DROP." Raise the pan four or five inches from the table and give it a real honest-to-goodness drop with a bang! Do it a couple of times!

A heat controlled oven, such as we find on both the modern gas and electric ranges, is such an advantage when baking a delicate cake. There is no need to worry then about too hot or too cold an oven. Do not keep "peeking" at your cake. Give it a chance to cook. Test it with a cake-tester, not a broom or whisk straw. Plunge the tester into the centre of the cake and if it comes out clean the cake is done. Now the recipe:

White Butter Cake

- ½ cup butter.
- 1 cup fine granulated sugar.
- 2 eggs.
- 1 teaspoon flavoring.
- ¼ teaspoon salt.
- 2½ teaspoons baking powder.
- 1¾ cups pastry flour.
- ½ cup milk.

Cream butter, add sugar gradually and cream well. Add well beaten eggs and flavoring. Beat well. Add alternately the milk and dry ingredients sifted together. Bake in buttered 8 x 8 pan in a moderate oven 350 degrees Fahrenheit for 40-45 minutes or in two layers at 375 deg. F. for 25 minutes.

N.B. — Sift flour always once before measuring!

with lemon cheese or lemon filling. Sprinkle top with icing sugar.

(5) Bake cake in slightly larger pan. Cool. Cut in rounds or squares of about three inches in diameter. Place a scoop or slice of ice cream on this. Cover with chocolate or butterscotch sauce to make what are called ice cream canapes.

(6) Ice one-half of the cake with chocolate frosting and the other half with orange, mocha, lemon or any other desired frosting and you have a choice to offer without the trouble of two cakes.

(7) When "cooking for two" cut the cake in half and ice it as desired. Use half of the other half to make an attractive shortcake for dessert that night, utilizing canned or fresh fruits in combination. Place the other piece in covered container and it can be used any time within the next few days for trifle or for cutting into small squares, and icing with a butter icing to make little iced cakes or for steaming to serve with a hot sauce as a cottage pudding.

(8) Bake in large muffin tins or large paper cups. Cool. Scoop out the centre and fill with the following mixture:

- ½ cup whipping cream.
- ¼ cup toasted browned almonds.
- ¼ cup strawberry jam.
- 3 marshmallows, cut very finely.

Whip the cream until stiff and add other ingredients. Sprinkle the top of each cake with colored cocoanut or almonds.

DID you ever do anything "just for fun"? Sure you did! So now let's "just for fun" enumerate the various things we can do with this one recipe:

(1) Add grated rind of one orange and ½ cup blanched chopped almonds to make an almond orange cake. Omit other flavoring.

(2) Add ½ cup shredded cocoanut, use lemon extract as flavoring and have a cocoanut cake.

(3) Add 1½ teaspoons cinnamon, ¼ teaspoon cloves, ¼ teaspoon nutmeg, ½ cup seedless raisins, and we have a raisin spice cake.

(4) Split the plain cake in half. Fill

CAKES

Chocolate Sour Cream Cake

- 2 eggs.
- 1 cup fine granulated sugar.
- 1 cup thick, sour cream.
- $\frac{1}{2}$ teaspoon vanilla.
- $\frac{1}{4}$ cup cocoa.
- $1\frac{1}{2}$ cups pastry flour.
- $\frac{1}{4}$ teaspoon salt.
- $1\frac{1}{2}$ teaspoons baking powder.
- $\frac{1}{2}$ teaspoon baking soda.

Beat eggs until very light, add sugar gradually, beating it in very thoroughly. Add cream and vanilla. Beat well. Using a spoon beat in the sifted dry ingredients. Bake in buttered layer cake pan at 375 deg. F. for 18-20 minutes. Fill with lemon filling and ice with chocolate or seven-minute frosting.

NOTE.—Do not attempt to make this cake unless you have rich sour cream, as there is no butter in it.

Chocolate Whipped Cream Cake

Bake any favorite sponge cake in an angel cake pan. Arrange on an attractive serving plate and ice with the following mixture:

- $\frac{3}{4}$ pint 32% cream.
- 2 tablespoons cocoa.
- $\frac{1}{4}$ teaspoon vanilla.
- $\frac{1}{2}$ cup fine sugar.

Combine all ingredients in a bowl. Allow to stand in refrigerator for one hour or more. Now beat until stiff and spread on cake. Sprinkle with browned cocoanut if desired.

Peach Sponge Roll

- 3 eggs.
- 1 cup fruit sugar.
- 1 cup flour.
- 1 teaspoon baking powder.
- $\frac{1}{8}$ teaspoon salt.
- $\frac{1}{4}$ teaspoon almond extract.
- 3 tablespoons hot water.
- 2 cups finely chopped peaches, sweetened.

Beat egg yolks until foamy. Add half of sugar and beat well. Add boiling water, remaining sugar and flavoring. Fold in dry ingredients which have been sifted together. Beat egg whites until stiff and fold into first mixture. Bake in ungreased jelly cake pan (about 10 x 15) at 350 deg. F. for 25 minutes. Turn out onto a damp towel, spread with peaches and roll while hot. Serve in slices topped with whipped cream.

Spice Cake

- $\frac{1}{2}$ cup butter.
- 2 cups brown sugar.
- 2 eggs.
- $\frac{3}{4}$ cup sour milk.
- $2\frac{3}{4}$ cups flour.
- 2 teaspoons baking powder.
- $\frac{1}{2}$ teaspoon baking soda.
- $\frac{1}{4}$ teaspoon ground cloves.
- $\frac{1}{4}$ teaspoon ground cinnamon.
- $\frac{1}{4}$ teaspoon ground nutmeg.
- $\frac{1}{4}$ teaspoon salt.

Cream butter well and add sugar gradually (if lumpy sift out the lumps). Add well-beaten eggs. Beat well. Mix and sift all dry ingredients and add alternately with the milk. Bake in two 9-inch layer pans at 375 deg. F. for 25 minutes or in a loaf pan 9 x 9 for 50 minutes at 350 deg. F. Ice with seven-minute frosting to which you may add chopped candied ginger.

NOTE.—If the sour milk is very thick, 1 cup should be used.

Downy White Cake

- $\frac{1}{2}$ cup butter.
- 1 cup fine granulated sugar.
- 2 cups sifted flour.
- 3 teaspoons baking powder.
- $\frac{1}{8}$ teaspoon salt.
- $\frac{2}{3}$ cup milk.
- $\frac{1}{2}$ teaspoon vanilla.
- 3 egg whites.

Cream butter very well. Add sugar gradually and cream in very thoroughly. Sift flour, baking powder and salt together at least 3 times. Add to creamed mixture alternately with the milk, beating lightly each time until smooth. Add vanilla. Fold in stiffly beaten egg whites. Bake in 8 x 8 pan at 350 degrees F. for 45-50 minutes.

Banana Cake

- $\frac{1}{2}$ cup butter.
- 1 cup fine granulated sugar.
- 2 eggs, well beaten.
- 1 cup mashed bananas.
- $\frac{1}{4}$ cup sour milk.
- 1 teaspoon baking soda.
- 2 cups flour.
- 2 teaspoons baking powder.
- $\frac{1}{4}$ teaspoon salt.
- 1 teaspoon vanilla.

Cream butter. Add sugar gradually. Then eggs. Add bananas and vanilla. Beat well. Add sifted dry ingredients alternately with milk in which soda has been dissolved. Bake at 350 degrees F. for 45 minutes in 8 x 8 pan.

Chocolate Layer Cake

½ cup butter.
 2 cups brown sugar.
 2 eggs.
 2 cups pastry flour.
 ½ cup cocoa.
 1 teaspoon baking soda.
 ½ teaspoon salt.
 1 teaspoon vanilla.
 1 cup milk.

Cream butter very thoroughly, add sugar and cream well. Add well-beaten eggs and vanilla. Sift in dry ingredients (sifted together) alternately with the milk. Turn into 3 buttered round 7-inch layer cake pans. Bake at 350 degrees F. for 25 minutes or bake in 9 x 9 pan at 350 degrees F. for 50 minutes.

California Prune Cake

¼ cup butter.
 1 cup very fine granulated sugar.
 2 eggs.
 1½ cups stewed and chopped prunes.
 2 cups flour.
 1 teaspoon soda.
 ½ teaspoon salt.
 1 teaspoon cinnamon.
 ¼ teaspoon cloves.
 ¼ teaspoon allspice.
 ½ cup sweet milk.

Cream butter and sugar well. Add well beaten eggs. Add prunes. Sift together all the dry ingredients and add alternately with the milk. Beat lightly only until mixture is combined. Bake in 8 x 8 loaf pan at 350 degrees F. (moderate oven) for 45 to 50 minutes. N.B.—Have prunes well drained.

Orange Sunshine Cake

5 egg yolks.
 7 egg whites.
 ½ teaspoon cream of tartar.
 ½ teaspoon salt.
 1¼ cups fruit sugar.
 1 cup flour.
 ¼ teaspoon lemon juice.
 2 teaspoons orange juice.
 Grated rind of one small orange.

Sift flour several times. Sift sugar. Beat whites until foamy, add cream of tartar and salt and beat until stiff but not dry. Beat in sifted sugar then fold in well beaten egg yolks. Cut and fold in flour, fruit juices and rind. Turn into an ungreased cake pan (large size), bake in slow oven, 300 F. for 1 hour. Invert and allow to "hang" in pan until cold. This may be iced or served sprinkled with icing sugar.

Gingerbread Cup Cakes

½ cup butter.
 ⅓ cup brown sugar.
 2 eggs well beaten.
 ½ cup molasses.
 ½ cup milk.
 ¼ teaspoon baking soda.
 2 teaspoons baking powder.
 ½ teaspoon salt.
 1 teaspoon ginger.
 1 teaspoon cinnamon.
 ½ teaspoon cloves.
 1¾ cups flour.

Cream butter, blend in sugar. Add eggs and beat well. Combine molasses and milk, and add alternately with sifted dry ingredients. Fill buttered muffin tins two-thirds full. Bake in oven at 375 degrees F. for 20-25 minutes.

Hot Water Gingerbread

¼ cup butter.
 ½ cup brown sugar.
 1 egg.
 ¾ cup molasses.
 2¼ cups flour.
 2 teaspoons baking powder.
 ½ teaspoon salt.
 1 teaspoon ginger.
 1 teaspoon cinnamon.
 ½ teaspoon nutmeg.
 ½ teaspoon baking soda.
 ½ cup boiling water.

Cream butter, add sugar and cream well together. Add the beaten egg and molasses. Beat well. Mix and sift together the dry ingredients and add to the first mixture. Beat in the boiling water. Pour into buttered pan and bake in a moderate oven at 325 degrees F. for 55 minutes.

Honey Date Cake

1 cup dates.
 1 cup boiling water.
 ½ cup honey.
 ½ cup brown sugar.
 ½ cup butter.
 1 egg.
 3 cups flour.
 3 teaspoons baking powder.
 ¼ teaspoon baking soda.
 1 cup chopped nuts.

Cook dates and water for 3 minutes. Remove from fire. Add honey and brown sugar. Cream butter, add beaten egg, then date mixture. Add sifted dry ingredients and nuts. Bake in a buttered pan at 350 degrees F. for 50 minutes. This cake will keep almost indefinitely.

Christmas Cake

MY FAVORITE

- 2½ lbs. seeded raisins.
- 2½ lbs. currants.
- 1 lb. candied cherries.
- ½ lb. figs.
- ½ lb. candied pineapple.
- ¼ lb. each of orange, lemon and citron peel.
- 1 lb. blanched almonds.
- 1 lb. butter (2 cups).
- 1 lb. fine granulated sugar (2¾ cups).
- 12 eggs.
- ½ cup brandy or ¼ cup cider vinegar and ¼ cup grape or cherry juice.
- ½ teaspoon salt.
- 3½ cups flour.

Prepare fruit by washing and chopping finely the peel, figs and pineapple. Split the blanched almonds in half. Mix ¾ cup of the flour into the fruit to dredge it. Cream the butter and sugar, add one egg at a time, and beat in thoroughly, continuing until all the eggs are added. Sift remaining flour and salt, adding it alternately with the liquid. Now add the fruit and nuts. Have pans lined with heavy paper, well greased with butter. This makes 3 cakes approximately 5" x 5" and 7" x 7" and 9" x 9", the regular Christmas cake pans. Bake at 275 deg. F. 2¼ hrs. for 5" x 5", 2¾ hrs. for 7" x 7", 3¼ hrs. for 9" x 9".

When the cake is done, turn it on to a cake rack. Allow to cool. Remove pan but **do not remove paper**. The paper helps to keep it moist while it is standing. After the cake is cool, place it in a closely covered crock and put an apple or an orange into the crock with it.

Fruit Pound Cake

- 1 cup butter.
- 1 cup fruit sugar.
- 3 eggs.
- 2¼ cups flour.
- ½ teaspoon salt.
- Grated rind of 1 lemon.
- 1 cup Sultana raisins.
- ¾ cup currants.
- ½ cup finely cut mixed peel.

Cream butter, add sugar gradually, then eggs, one at a time. Beat in well. Dredge fruit with some of the flour and add lemon rind, sifted flour and salt, then the fruit. Bake in a 6" x 6" deep, square pan lined with buttered heavy paper. Bake at 300 deg. F. for 1¾ hours approximately.

Light Christmas Cake

- 1½ cups butter.
- 2 cups fruit sugar.
- 6 eggs.
- 1½ cups bleached Sultana raisins.
- 1 cup shredded candied pineapple.
- ¼ cup chopped citron peel.
- 1 cup chopped red cherries.
- 1 cup shredded blanched almonds.
- 4 cups flour.
- ½ teaspoon salt.
- 1 teaspoon baking powder.
- 1 tablespoon orange juice.

Cream butter well, add sugar gradually and cream very thoroughly. Add unbeaten eggs, one at a time. Beat well after each addition. Dredge fruit and nuts with part of the flour. Sift salt and baking powder with remaining flour and add to creamed mixture. Add nuts, fruit and orange juice. Bake in a deep, square, 9" x 9" fruit cake pan, well lined with buttered heavy paper. Bake at 300 deg. F. for two hours, approximately. The time depends greatly on the depth of the cake.

Balmoral Cake

- 1½ cups butter.
- 2 cups fruit sugar.
- 6 eggs.
- 2 cups sultana raisins.
- 2 ounces preserved ginger (chopped).
- 1 cup blanched almonds (shredded).
- 1 teaspoon baking powder.
- ½ teaspoon salt.
- 4 cups flour.

Cream butter well, add sugar gradually and cream well together. Add unbeaten eggs, one at a time and beat in well. Dredge fruit and nuts with part of flour. Sift remaining dry ingredients together and add to creamed mixture. Lastly add fruit and nuts. Bake in large square or round pan (8 x 8 x 4 inches) lined with buttered paper in an oven at 325 deg. F. for 1½-1¾ hours.

NOTE.—*This cake keeps very well and is splendid to have on hand for the "emergency occasion."*

Mix fruit cakes with your hands. Yes, it's quite sanitary, at least it should be. Scrub them up well. The mixture is so much easier with your hands. Moreover, the cake is baked at 275 deg. F. and we sterilize at 212 deg. F. so it should be all right, shouldn't it?

FRUITS

Baked Apples

Wipe and core apples. Place in greased pan. Fill centres with brown sugar, mixed with cinnamon, if desired. Dot with butter. Pour about $\frac{1}{8}$ inch of water into pan and bake at 375 degrees F. until tender.

Variation 1—Pack centre with chopped dates and nuts. Dot with butter. Baste with sugar syrup.

Variation 2—Pack centre with sausage meat. Pare down about 1 inch from top. Partially bake, then pack top with sugar and baste lightly until tender and glazed.

Glazed Apples

- 6 medium-sized apples.
- $1\frac{1}{2}$ cups granulated sugar.
- $2\frac{1}{2}$ cups water.

Wipe and core apples. Pare about one inch down from stem end. Make a syrup of sugar and water in a shallow baking pan. Place apples in syrup, pared surface down. Cook about 5 minutes, simmering gently. Turn other side up and cook until tender but not broken. Place pan under broiler flame and baste apples with syrup in pan until well glazed.

Date Fruit Cup

- 12 dates, chopped.
- 3 oranges, sectioned.
- 1 cup halved grapes, seeded.
- 3 slices pineapple, diced.
- $\frac{1}{4}$ cup grape juice.
- Sugar to taste.
- 1 teaspoon lemon juice.

Combine all ingredients. Chill well in refrigerator and serve in sherbets. The amount of sugar used will depend on the sweetness of the grape juice.

Pears Au Gratin

- 6 halves canned pears (1 No. 2 can).
- 1 cup cornflake crumbs.
- 2 tablespoons butter.

Roll pears in cornflake crumbs. Place in pie plate and dot with butter. Bake in hot oven 400 degrees F. until crumbs are browned. Serve with ginger sauce.

Ginger Sauce

- 2 tablespoons butter.
- 1 tablespoon cornstarch.
- $\frac{1}{8}$ teaspoon salt.
- 2 tablespoons ginger syrup.
- 1 cup syrup from pears.
- $\frac{1}{4}$ cup chopped preserved ginger.
- 1 tablespoon lemon juice.

Melt butter, blend in cornstarch and salt. Add syrups and chopped ginger. Cook until mixture thickens. Add lemon juice.

Grapefruit With Cranberries

- $1\frac{1}{2}$ cups grapefruit sections.
- 2 tablespoons fruit sugar.
- $\frac{1}{2}$ cup chopped fresh cranberries.

Combine all ingredients. Allow to stand and serve cold. This may be made the night before and kept ready for breakfast.

Canned grapefruit may also be used and in this case the sugar is omitted.

Grapefruit in Orange Juice

- 2 cups grapefruit sections.
- 2 tablespoons lemon juice.
- 1 cup orange juice.
- 2 tablespoons fruit sugar.

Combine all ingredients and place in refrigerator to chill.

Cranberry Sauce

- 1 quart (1 pound) cranberries (4 cups).
- 2 cups water.
- 2 cups granulated sugar.

Combine sugar and water and boil together for 5 minutes. Add cranberries and boil without stirring for 5 minutes until all the skins pop open. Remove from fire (after about 5 minutes). Turn into serving dish and leave undisturbed until cool. Should you desire a stiffer mixture, then use only 1 cup of water.

Cake Frostings and Fillings

Maraschino Frosting

3 tablespoons butter.
 1½ cups icing sugar.
 2 tablespoons chopped maraschino cherries.
 Maraschino juice or cream.

Cream butter and sugar well together, add chopped cherries and enough cream or fruit juice to make desired consistency. Beat very thoroughly with a fork. Spread on cake.

Orange Frosting

¼ cup butter.
 2 cups icing sugar.
 1 egg yolk, slightly beaten.
 1 tablespoon lemon juice.
 1 tablespoon orange juice.
 1 teaspoon grated orange rind.
 Orange coloring, if desired.

Cream butter, add sugar and cream in well. Add other ingredients and beat with a fork until very light, spread on cake, attractive sprinkled with chocolate shot.

Lady Baltimore Frosting

1 cup fine granulated sugar.
 1 cup boiling water.
 ½ teaspoon cream of tartar.
 3 egg whites.
 1 cup chopped walnuts.
 1 cup seedless raisins.
 3 figs, chopped.

Boil sugar and water with cream of tartar until it spins a thread or to 252 deg. F. Pour over stiffly beaten egg whites and continue beating until stiff. Then add the chopped nuts and fruit. Pile between and on top of the cake.

N.B.—Candied ginger may be added if desired.

A stand-by frosting for many people who have trouble in making boiled frostings "stand up in peaks" is the seven-minute frosting. It rarely fails.

7-minute Frosting

1 egg white.
 1 cup brown sugar.
 2 tablespoons hot water.
 ½ teaspoon vanilla.

Place egg white, brown sugar and water in upper part of double boiler. Using a Dover beater, beat mixture over hot water for 7 minutes. Cool slightly by allowing icing to stand over cold water for 5 minutes before spreading on cake.

Apple Filling

2 medium apples, pared and grated.
 ¾ cup sugar.
 2 tablespoons lemon juice.
 Grated rind of 1 lemon.
 2 egg yolks or 1 egg.

Combine apple, sugar, lemon juice and rind. Simmer together, uncovered, for 10 minutes. Add beaten egg (adding hot mixture to egg first) and cook 5 minutes longer or until thick. Cool and spread between layers.

Butter Icing

3 tablespoons butter.
 1½ cups icing sugar.
 About 1½ tablespoons milk.
 ¼ teaspoon flavoring.

Have butter soft, and then mix it well to "cream" it with your fork. Sift in icing sugar and mix in gradually. Add cold milk, a little at a time, until it is consistency to spread. Add flavoring. Beat with the fork for a while until fluffy. Spread on cold cake. Sprinkle with cocoanut or chopped nuts.

Date Filling

1 pound pitted dates.
 Water to cover.
 ½ cup brown sugar.
 1½ tablespoons lemon juice.

Place dates in saucepan. Add water to cover and brown sugar. Simmer until soft, stirring often. Add lemon juice. Cool before using.

Lemon Cheese

½ cup butter.
½ cup sugar.
Juice and grated rind of 3 lemons.
Yolks of 3 eggs.

Place butter, sugar and lemon rind in upper part of double boiler. Cook until butter is melted and sugar dissolved. Combine egg yolks and lemon juice. Add quickly to hot mixture, stirring in constantly. Cook until thickened slightly. Chill well before using.

This recipe may seem too thin when you take it from the stove, but on chilling the butter firms up and it becomes thicker.

Ornamental Frosting

1 egg white.
1¼ cups icing sugar.
1 teaspoon lemon juice.

Beat egg slightly, add icing sugar and beat in thoroughly until smooth. Add lemon juice. Beat well. Spread on top of almond paste on Christmas cake.

N.B.—Add the sugar gradually as the amount of sugar is governed greatly by the size of the egg.

To obtain a smooth surface dip the spatula or knife in warm water. Shake off any surplus water and run the flat surface of the knife gently over the icing from one side straight over to the other.

Mock Almond Paste

1 medium sweet potato.
½ lb. icing sugar.
½ teaspoon almond flavoring.
¼ teaspoon rose extract.

Bake the potato until soft. Scrape out of skin. Mash well and cool slightly. Work in the icing sugar (more may be needed). Add extract and work all well together until smooth. Do not have it too firm since as it cools it becomes firmer.

Lemon Frosting

3 tablespoons butter.
1½ cups icing sugar.
Few grains salt.
1 teaspoon lemon juice.
½ teaspoon grated lemon rind.
Milk to make consistency to spread.

Cream butter and sugar together, add other ingredients and beat with a fork until very fluffy. Spread on cake and sprinkle with chopped, blanched almonds.

Almond Paste

1 lb. almonds, blanched.
1 lb. icing sugar, approximately.
2 eggs, beaten.
1 teaspoon almond extract.
1 teaspoon rose water extract.

Put almonds through the very finest mincer at least twice, using freshly blanched almonds. Add eggs and flavorings. Mix well. Add enough icing sugar to make a stiff mixture. Turn on to a board sprinkled with icing sugar and knead until soft and smooth.

To place the paste on the cake, place the paste on a bake board and roll it out to desired thickness — anywhere from 1/3 inch to 1 inch. Cut it into the approximate size of cake. Meanwhile, rub the cake all over the top with egg white. Press the almond paste on to this—the egg white acts as a glue to hold the paste to the cake. Trim off the edges neatly. Cover with a white frosting. Do not put either paste or icing on the sides. Decorate the tops, if desired, with silver holly leaves and red berries.

This recipe is slightly out of place but we did want you to have it and put it here at the last minute. J.M.R.

Custard Pie

3 cups milk.
3 eggs.
½ cup sugar.
¼ teaspoon salt.
1 teaspoon vanilla.
Few gratings nutmeg.

Line pie plate with pastry. Chill for one hour. Beat eggs slightly, add vanilla, sugar, salt and nutmeg. Then milk. Stir well. Pour into chilled pastry. Bake at 450 degrees for 10 minutes, then reduce to 325 degrees for 25 minutes.

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SPONGE CAKES

A SPONGE cake is a very delicate mixture and must be handled as such. Here are a few things to watch:

One, level measurements again!

Two, use a pastry or a cake flour and sift it once before measuring and several times afterwards. A sponge cake depends on the air incorporated into the mixture as the majority of its leavening agent, hence we try to incorporate air in every way possible.

Three, use a spatula—which is a blunt-edged flexible knife—for cutting and folding in the egg white. A spoon will flatten the egg white and have a tendency to make the cake heavy.

Four, be sure to separate the eggs very carefully so that absolutely no egg yolk gets into the egg white. Even the very smallest bit of egg yolk will prevent the egg white from beating to a real stiffness and this is very necessary.

Five, do not overmix the sponge cake—again this gives a heavy cake.

Six, never attempt to remove the sponge cake from the pan until it is cold, and never use a buttered pan.

Seven, use a slow oven—giving the air in the cake a chance to expand slowly and give your cake real height.

Prize Sponge Cake

5 egg yolks.
5 tablespoons cold water.
1 cup fruit sugar.
1 cup pastry flour.
1 teaspoon lemon extract.
1 teaspoon vanilla.
1 teaspoon cream of tartar.
5 egg whites.

Combine egg yolks, water and sugar. Beat with double dover egg beater for ten minutes, or with electric beater at second speed for 5 minutes. Add flour, sifted several times, and flavoring. Beat again well with the beater until well combined. Beat egg whites until foamy, add cream of tartar and beat until stiff and dry. Fold this into first mixture using a spatula. Bake in unbuttered tube pan at 300 deg. F. for 70 minutes. Invert on cake rack and let hang in pan until cold. Use largest size tube pan or bake in individual muffin tins or paper cups at 325 deg. F. 25-30 minutes.

NOTE.—What a sponge cake this is! The method is quite unusual and because it breaks some of the sponge cake rules maybe that is the reason it is so good.

Three-egg Sponge Cake

3 eggs.
½ cup fruit sugar.
½ cup flour.
½ teaspoon cream of tartar.
½ teaspoon salt.
¼ teaspoon almond flavoring.
¼ teaspoon vanilla flavoring.

Separate eggs. Beat yolks until quite thick and creamy. Add sugar and beat very thoroughly. Meanwhile sift together flour, cream of tartar and salt. Add to egg-yolk mixture and beat in again. Fold in egg whites which have been stiffly beaten, add flavorings. Turn into ungreased 8 x 8 pan and bake at 300 deg. F. for 45-50 minutes. Allow to "hang" (upside down) in pan until cold.

NOTE.—This is a delicious small sponge cake to use for shortcakes, ice cream sandwiches and other cake desserts.

SMALL CAKES

Baked Fudge Squares

$\frac{1}{3}$ cup butter.
 $\frac{3}{4}$ cup granulated sugar.
 $\frac{1}{2}$ cup cocoa.
 2 eggs, well beaten.
 $\frac{3}{4}$ cup flour.
 $\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ cup broken nuts.
 1 teaspoon vanilla.

Place butter, sugar and cocoa in double boiler. Stir together until butter is melted. Remove from heat and add eggs. Mix in sifted dry ingredients and nuts, and vanilla. Turn into buttered 8 x 8 pan. Bake at 350 deg. F. for 35 minutes. Remove from oven, cool, and cut into squares. Yields 2½ dozen.

Cornflake Caramel Macaroons

2 egg whites.
 Few grains salt.
 $\frac{1}{2}$ cup brown sugar.
 2 tablespoons caramel syrup.
 $\frac{1}{2}$ teaspoon vanilla.
 2 cups cornflakes.
 $\frac{1}{2}$ cup chopped cherries.
 $\frac{1}{2}$ cup shredded cocoanut.

Beat egg whites with salt. Beat in sugar gradually. Add caramel syrup and vanilla. Add other ingredients. Drop, in spoonfuls, on buttered baking sheet. Bake at 300 degrees F. until brown, about 15-18 minutes. Yields about 3 dozen.

Cherry and Almond Cookies

$\frac{3}{8}$ cup butter.
 1 cup brown sugar.
 1 egg.
 2½ cups sifted flour.
 $\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon almond extract.
 $\frac{1}{2}$ cup candied cherries, chopped.
 $\frac{1}{2}$ cup blanched almonds, chopped.

Cream butter and sugar well together. Add egg and beat well. Add flavoring, then flour, soda, salt, fruit and nuts. Mix thoroughly. Press into ice box cookie moulds or form into a cylindrical roll and wrap in wax paper. Chill for at least two hours or for several days if desired. Cut off in thin slices. Bake at 375 deg. F. for 8-10 minutes. Yields about eight dozen cookies.

Lemon Cocoanut Drops

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup granulated sugar.
 1 egg.
 1 teaspoon grated lemon rind.
 1 teaspoon lemon juice.
 1 cup cocoanut.
 1 cup flour.
 1 teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.

Cream butter, add sugar, and cream well. Add egg and beat together thoroughly. Add lemon juice and rind. Add cocoanut along with sifted dry ingredients. Drop on lightly buttered baking sheet. Bake 8 to 10 minutes at 375 deg. F. Top with cherry or nut if desired, or sprinkle with extra cocoanut before baking.

Magic Fruit Cake

1 can (1½ cups) condensed milk.
 1 cup broken nuts.
 2 cups chopped dates.
 $\frac{1}{2}$ lb. shredded cocoanut.
 $\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{2}$ teaspoon lemon extract.

Combine all ingredients thoroughly. Pack into buttered (8 x 4 x 4) loaf pan. Bake at 375 deg. F. for 25-30 minutes, or until browned nicely. Remove from pan and cool. Cut in fingers when ready for use.

"Use Nestlé's Sweetened Condensed Milk"

Scotch Fancies

1 tablespoon soft butter.
 1 cup sugar.
 2 eggs, well beaten.
 $\frac{1}{2}$ teaspoon vanilla.
 1½ cups quick oats.
 $\frac{3}{4}$ cup shredded cocoanut.
 $\frac{3}{4}$ cup salted peanuts.

Cream butter and sugar together. Add eggs and beat very thoroughly. Add vanilla and all the other ingredients. Mix well. Drop in spoonfuls on buttered baking sheet and bake in moderate oven 375 deg. F. for about 18 minutes.

"Use Quick Quaker Oats"

Honey and Orange Drops

- ½ cup honey.
- ½ cup butter.
- 1 egg.
- 2 cups flour.
- 2 teaspoons baking powder.
- 2 teaspoons grated orange rind.
- ¼ teaspoon salt.

Cream honey and butter together well. Add egg and beat thoroughly. Add other ingredients. Chill in refrigerator. Drop on unbuttered sheet in small spoonfuls. Place an almond half on each cookie. Bake at 350 degrees F. for 7-10 minutes. Makes 3-4 dozen.

Filbert Jumbles

- 2 egg whites.
- ⅛ teaspoon salt.
- ½ cup fruit sugar.
- ¼ teaspoon flavoring.
- ⅔ cup finely ground cracker crumbs.
- ⅔ cup finely chopped filberts.

Beat egg whites and salt until stiff. Beat in fruit sugar and fold in other ingredients. Bake on lightly greased baking sheet at 325 degrees F. for 7-10 minutes. Yields about 2½ dozen.

The choice of flavoring is left to your own taste, almond or lemon extract are very good.

Caramel Filbert Macaroons

- 2 egg whites.
- ⅛ teaspoon salt.
- ½ cup brown sugar.
- 3 tablespoons caramel syrup.
- 1 cup filberts, browned.
- 2 cups shredded cocoanut.
- ½ cup chopped dates.

Add salt to egg whites and beat until stiff. Beat in the sugar gradually. Add caramel syrup and other ingredients. Bake on lightly buttered sheet at 300 degrees F. for 12-15 minutes. Chopped cherries can also be added to these. About 3 dozen macaroons.

Mrs. Gray's Dainties

- ½ cup broken walnuts.
- ½ cup chopped dates.
- 2½ tablespoons flour.
- 1 teaspoon baking powder.
- ½ cup brown sugar.
- 1 egg, unbeaten.

Combine ingredients in order given. Beat up quickly. Turn into buttered tin about 5 x 8 inches. Bake 25 minutes at 350 degrees F. Sprinkle with sugar. Cut into bars. Makes 16-20 bars.

Mary's Wafers

- 1 cup butter.
- ¾ cup granulated sugar.
- 1 egg.
- 1 cup flour.
- 2 cups quick oats.
- 1 teaspoon baking soda.
- ½ teaspoon cream of tartar.

Cream butter and sugar. Add the egg and mix in the other ingredients. Chill in the refrigerator. Roll out thin and cut into desired shapes. Bake at 375 degrees F. for 5-7 minutes. Makes about 8 dozen cookies.

This mixture can be wrapped in wax paper, stored in the refrigerator and rolled out as desired.

"Use Quick Quaker Oats"

Date and Burnt Almond Macaroons

- 2 egg whites.
- ⅛ teaspoon salt.
- ½ cup fruit sugar.
- 1 cup chopped dates.
- ½ cup whole almonds, browned.
- 2 cups cocoanut.
- ½ teaspoon vanilla.

Add salt to egg whites and beat until stiff. Beat in sugar gradually until all is added. Fold in other ingredients. Bake at 300 degrees F. for 12-15 minutes on lightly greased pan. About 36 macaroons.

The almonds in this recipe are left whole and not blanched, just put in a hot oven until they crackle.

Crispie Cookies

- 2 cups brown sugar.
- ½ cup honey or corn syrup.
- ½ cup butter.
- 1 tablespoon lemon juice.
- 1 tablespoon grated lemon rind.
- 1 egg.
- 2 tablespoons milk.
- 4½ cups pastry flour.
- 1 teaspoon cinnamon.
- ¼ teaspoon cloves.
- ¼ teaspoon nutmeg.
- ¼ teaspoon salt.
- 1 teaspoon baking soda.

Mix the sugar and honey or corn syrup. Heat over a low flame until sugar is melted; do not boil. Add butter, lemon juice and rind. Cool. Combine with milk and beaten egg. Add sifted dry ingredients. Chill slightly. Form into cylindrical rolls. Let stand over night in refrigerator. Cut in thin slices. Bake on a lightly buttered baking sheet at 375 deg. F. for 10 minutes. Makes 7-8 dozen cookies.

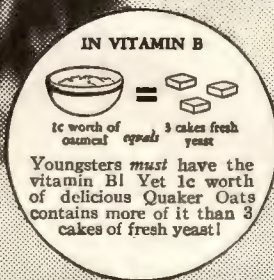
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Name.....

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LOVELY ENGLISH CHINA. If you like beautiful china—and what woman doesn't!—buy the Quaker Oats package marked **CHINAWARE**—every one contains a piece of china in a new blue and white scenic pattern.

Quick
QUAKER OATS

FOR BEST RESULTS use Quick Quaker Oats in the rolled oat recipes recommended by Miss Jessie Read in this book.

1 cup boiling water.
 ½ cup butter.
 1 cup bread flour.
 ⅛ teaspoon salt.
 3 large eggs.

Be sure the oven is hot for the puffs to go into and if they "flop" when they come out it is because they are under-baked. Leave room when you place them on the pan for expansion. They will keep in a covered container for a week or more.

- (1) Filled with whipped cream.
- (2) Filled with cream custard.
- (3) Filled with ice cream and served with a sauce.
- (4) Filled with a chicken or similar salad filling. In this case they are made in minute size and are called "Bouchées" which is the French for "little mouthfuls."
- (5) Filled with creamed chicken or lobster and served hot. Again these are in the tiny size and are eaten from the fingers.

½ cup peanut butter.
 ½ cup shortening.
 ½ cup brown sugar.
 ½ cup white sugar.
 1 egg.
 1½ cups flour.
 1 teaspoon baking soda.

2½ cups flour.
2½ cups quick oats.
1 cup butter.
1 cup brown sugar.
1 teaspoon baking soda.
½ teaspoon salt.

"Use Quick Quaker Oats"

1 cup butter.
1½ cups fine granulated sugar.
2 eggs, well beaten.
2 cups pastry flour.
1 teaspoon baking soda. - 11
¼ teaspoon salt. 112
1 cup quick oats.
½ cup nuts. 114
1½ cup seedless raisins. 214

"Use Quick Quaker Oats"

¼ cup butter.
 ¾ cup brown sugar.
 1 egg.
 1¼ cups flour.
 2 teaspoons baking powder.
 ½ teaspoon salt.
 1 cup chopped peanuts.
 1 teaspoon lemon juice.

Drop from a teaspoon on a very lightly greased baking sheet about one inch apart. Bake at 325 degrees F. for 12-15 minutes.

"Mrs. J. A. McAvity Tells Me My Chocolate Cake[★] is Simply Wonderful

... And Here is How I Make It"



*Mrs. J. A. McAvity
formerly Miss Marjorie Mills, Saint John, N.B.,
and one of the most popular members of the
Maritimes' younger set.*

says the cook at the residence of Mrs. J. A. McAvity, Saint John, N.B., member of one of the Maritimes' first families and grand-daughter of the late Hon. William F. Todd, former lieutenant-governor of New Brunswick.

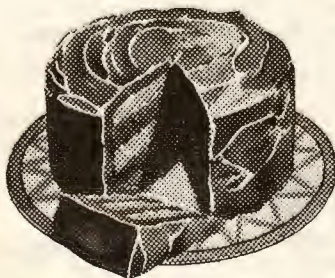
"YOU will notice, of course," adds Kate Barfitt, "that I use Nestlé's Evaporated Milk in both the cake itself and in the icing. I do this because I know that Nestlé's makes them definitely better, smoother, richer. As a matter of fact, I use Nestlé's Evaporated Milk a great deal not only in making cakes but also for many other things such as soups, sauces, cream dishes, puddings, frozen desserts and so forth."

Let Nestlé's help you in the preparation of the many above-mentioned types of dishes. It will give them added flavour, greater smoothness, more richness.

Nestlé's is simply the purest of cow's milk with more than half the water removed, and *with absolutely nothing added!* All grocers have it and it is surprisingly low in price. Decide to try **NESTLÉ'S MILK** it now.

STERILIZED... EVAPORATED

★ Layer Cake with Chocolate Icing



½ cup butter 1½ cups sugar
3 eggs 2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla
¾ cup Nestlé's Evaporated Milk
Serves Eight Persons

Cream the butter and sugar, add the yolks of the eggs and beat until light. Add flour sifted with the baking powder; also the Nestlé's Evaporated Milk, and flavouring; beat until light. Fold in the stiffly beaten whites of the eggs, and bake in three layers. Put together with the icing shown at right:

Icing

4 squares chocolate 1 cup sugar
1 cup Nestlé's Evaporated Milk
1 teaspoon vanilla
Enough for a Three-layer Cake

Cook the Nestlé's Evaporated Milk and chocolate together until smooth, stirring constantly. Add the sugar and cook until the mixture thickens. Take from the fire and when cool add the vanilla and spread between the layers and on top of the cake.

\$1500.00 IN CASH AWARDS

● CONTEST OPEN TO RESIDENTS OF CANADA ONLY

1st prize \$250.00

2nd prize \$150.00

3rd prize \$75.00

4th and 5th prizes \$25.00 each

195 weekly prizes of \$5 each (15 each week for 13 weeks.)

This contest is for recipes containing MILK as one of the ingredients. The milk used may be of any type; ordinary or evaporated. Each entry must be accompanied by a label from a can of Nestlé's Milk and must include your grocer's name and address. Recipes will be judged on the basis of simplicity, palatability and food value.

You may submit as many different recipes as desired and win any number of \$5.00 prizes so long as each recipe is accompanied by a Nestlé's Milk label. Enter each week's contest if you wish! Final contest closes May 11, 1935, and the five major prizes will then be awarded. Judges will be Miss Margaret Currie, Household Editor, Montreal Daily Star; Miss I. K. Pattinson, Director of Domestic Science, Central Technical School, Toronto; and Miss Lottie Duncan, Director of Home Economics, University of Manitoba. Decisions of the judges will be final. Recipes will not be returned. Members of the Nestlé's organization and their families are not eligible. Send entries to CONTEST EDITOR, NESTLÉ'S MILK PRODUCTS (CANADA) LIMITED, METROPOLITAN BLDG., TORONTO.

FREE to every contestant, a copy of "Favourite Recipes of Canadian Women" ... containing original recipes for delicious new dishes.



Cocoanut Chews

- 1 can (one and one-third) condensed milk.
- 2½ cups shredded cocoanut.
- ½ teaspoon vanilla.
- ½ teaspoon salt.

Combine all ingredients together in a bowl. Mix well together. Drop on a buttered baking sheet. Bake at 375 deg. F. for 10 minutes. Remove from the pan while hot.

"Use Nestlé's Sweetened Condensed Milk"

Variations for Cocoanut Chews

(1) Add ½ cup well drained crushed pineapple. Be sure all the juice is drained out.

Or (2) Add 1 teaspoon grated lemon rind and ½ teaspoon lemon juice.

Orange Cornflake Chews

- ½ cup condensed milk.
- 1 teaspoon grated orange rind.
- 1 teaspoon orange juice.
- 1½ cups slightly crushed cornflakes.
- ½ cup cocoanut.
- ½ teaspoon salt.

Combine all ingredients. Let stand three minutes. Drop in spoonfuls on lightly buttered sheet. Top each chew with a pecan or walnut and bake on lightly buttered pan at 350 deg. F. for about 12 minutes. Remove from pan while hot. Cool before putting away.

"Use Nestlé's Sweetened Condensed Milk"

Orange Marmalade Shortbreads

- 1 cup butter.
- ¼ cup fruit sugar.
- 2 tablespoons orange marmalade.
- 2½ cups flour.
- ¼ teaspoon salt.

Work butter and sugar well together. Add marmalade, then flour and salt. Work well together. Chill slightly. Form into roll. Cut into slices ¼ inch thick and bake at 325 degrees F.

Date and Nut Crunchies

- 1½ cups (1 can) condensed milk.
- ½ lb. graham crackers, (rolled into fine crumbs).
- 1½ cups chopped dates.
- 1 cup chopped nuts.
- 1 teaspoon cinnamon.

Blend all ingredients thoroughly. Drop on to buttered baking sheet in small spoonfuls. Bake at 375 degrees F. for 15 minutes. Makes about 3 dozen cookies.

"Use Nestlé's Sweetened Condensed Milk"

Butterscotch Squares

- 3 tablespoons butter.
- ½ cup fine granulated sugar.
- Yolks of 2 eggs.
- 3 tablespoons milk.
- 1 cup flour.
- ½ teaspoon baking powder.
- Pinch of salt.
- 2 egg whites.
- 1½ cups brown sugar.
- 1 cup chopped walnuts.

Cream butter and sugar well together, and beat in egg yolks. Sift dry ingredients. Add alternately with the milk. Spread in 7 x 7 inch buttered pan. Cover with meringue made by beating the egg white until stiff, then beating in the sugar. Fold in nuts. Bake at 350 deg. F. for 35 to 40 minutes. Cool and cut in squares. Make these about 1 to 2 days ahead of time.

Cocoanut Strips

Cut day-old bread in ¾-inch slices. Remove crusts, then cut into strips about 2 inches long. Spread all sides, covering well, with condensed milk. Now roll these in dry shredded cocoanut and toast in a very hot oven, 450 degrees F. Serve almost cold. Resembles angel cake when eaten.

KELLOGG'S CEREALS LEAD THE WORLD TO HEALTH AND HAPPINESS

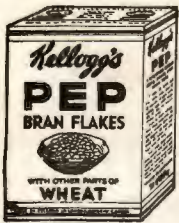


Kellogg's CORN FLAKES

The marvellous flavor of Kellogg's—the original Corn Flakes—has never been successfully copied. Kellogg's Corn Flakes—the world's favorite breakfast—is served to 12,000,000 persons each day. Always crisp and oven-fresh in the heat sealed inner Wax-tite Bag, an exclusive Kellogg feature.

Kellogg's ALL-BRAN

Kellogg's All-Bran protects the health of your family against common constipation. It provides "bulk" and vitamin "B" to aid elimination. It also supplies iron for the blood. Kellogg's All-Bran contains nothing but pure bran and a small percentage of flavoring. It is much more efficient than part bran products.



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Kellogg's PEP Bran Flakes are for active people. For youngsters who are always on the go. For grown-ups who use and need energy. PEP Bran Flakes contain the full nourishment of the wheat. The protein. The Vitamin "B." Mildly laxative. Digests easily. Delicious with milk or cream. Fresh sliced fruit or honey adds wonderful variety.

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Rice Krispies have flavor no other rice cereal has. Nourishing and easy to digest, they are ideal for children's supper or bedtime snack. Children love to hear Rice Krispies crackle in milk or cream. Mother Goose Stories as told by Kellogg's Singing Lady appear on every package of Rice Krispies.



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You get all the wheat nourishment in Kellogg's Whole Wheat Flakes. Never before was whole wheat so tasty and delicious. The big package is outstanding value. It is certainly economical. Almost a meal in a bowlful. Ready to serve with milk or cream.

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Surprise! A new wheat cereal utterly different from any you have ever tasted. Kellogg's Wheat Krispies owe their crackling crispness to a new discovery—BLENDING. Just enough rice blended with the whole wheat to give it a new goodness. Enjoy Wheat Krispies for breakfast—noon lunch—or late supper. They stay crisp and delicious in milk or cream—right down to the last spoonful.



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You can't help liking Kaffee-Hag Coffee. It is coffee without the bitter caffeine. Coffee with all its natural flavor and a new mellowness. Taste it and see! Switch your brand to Kellogg's Kaffee Hag Coffee...the delicious new 97% caffeine-free coffee. Use it for three weeks. Observe your own nerves, digestion, sleep. See how much better you feel!

MADE BY KELLOGG'S IN LONDON, ONTARIO

ALL KELLOGG CEREALS ARE PACKED IN HEAT-SEALED INNER WAX-TITE BAGS.
AN EXCLUSIVE KELLOGG FEATURE.

Cornflake Cookery

CORNFLAKE cookery is one of the modern cookery tricks that is so interesting. You know for years we have gone along serving the same things and not realizing that we were gradually getting into a nice old rut. However, thanks to the very clever home economists with various commercial companies we have been shaken out of our lethargy. The clever suggestions and quick tricks they give us are very much worth while and it is really too bad if you have not tried some of them—and so—we have some suggestions for cornflakes—something that means more than cereal at breakfast.

We are going to have a pastry made with cornflakes and it will call for cornflake crumbs. There are two ways you can make these. First you can measure the cornflakes into a paper bag, fasten it loosely at the top with an elastic, then roll the bag with the rolling pin very thoroughly—result!—crumbs, yes—but in the bag ready to be poured into the cup for measuring rather than all over the place as they are when rolled on a board. Secondly, if a paper bag is not available place the cornflakes in a tea towel, fold it over then into four secure folds then twist the towel several times, unfold the towel and again we behold—crumbs! Easy, isn't it?

Fish cutlets and veal cutlets are delicious when dipped into egg and then into cornflake crumbs. As a change try dipping them into canned tomato soup and then into crumbled cornflakes. This makes an unusual and very attractive meat dish. As a matter of fact wherever you use biscuit crumbs or dry bread crumbs you can quite readily substitute cornflake crumbs. For instance, when making a casserole, if you have no bread crumbs, how easy it is to stir some melted butter into cornflakes and sprinkle them over the top.

Sometimes, just when you have the salad ready to put on the table, son or daughter may bring in an extra friend for lunch, a few cornflakes added just before serving will add bulk and it is quite delicious. It also happens that you may have planned a dinner to include mashed potatoes only to remember that you had them the night before. Very well. Just lift out spoonfuls of the fluffy potato and drop it into a dish of cornflakes, roll it around and then place on a buttered baking sheet. Brown in a hot oven 400 degrees F. for 10 minutes.

Corn Flake Pastry

- ¾ cup melted butter.
- 1 cup cornflake crumbs.
- ¼ cup brown sugar.
- ½ teaspoon cinnamon (if desired).

Add melted butter to cornflake crumbs. Add sugar and cinnamon. Mix well and press firmly into a 9-inch pie tin covering the bottom and sides. Chill well. Fill with any desired filling of fresh fruit or custard cream. Top with a meringue or whipped cream.

Honey Date Bars

- 3 eggs.
- 1 cup honey.
- 1 teaspoon baking powder.
- 1 cup flour, or
- ½ cup flour and ½ cup all bran.
- ½ teaspoon salt.
- 1 lb. chopped dates.
- 1 cup whole walnuts.
- ½ teaspoon vanilla.

Beat eggs well. Mix with honey. Add dry ingredients, dates and nuts. Spread ¼ to ½ inch thick in buttered pan. Bake in moderate oven, 350 deg. F., for 30 minutes in a buttered 8 x 8 pan. Cut in bars and roll in fruit sugar, or this may be left uncut and wrapped in wax paper and put away in the bread box.



Dorothy Dix—the confidante of the world who sits at the confessional window of life.

“MY DESK has become a confessional at which men and women open their hearts and tell me the secrets they would not tell their nearest and dearest.

“I have sat in prison cells and listened to the heart stories of murderesses, and have sat in luxurious drawing rooms while the guest of millionaires’ wives. I have seen women in moments of triumph and in hours of despair; and there is no joy or sorrow that tears the human heart I do not know.

“All of this has given me a knowledge and an understanding of human nature that no young girl or woman who has led just a home life could have.”

DOROTHY DIX.

Dorothy Dix Column is a Daily Feature in

THE EVENING TELEGRAM

“Toronto’s Most Interesting Newspaper”

General Rules for PASTRY

WITH some people pastry is just an every-day occurrence. They follow no particular rules, but turn out excellent results. If you will pardon personal references, I have a mother who does just that! but she knows the "feel" of her pastry from years of making it. On the other hand, there is the other person who follows every rule religiously and it turns out a terrible (or would it be too cruel to say an unbreakable?) product. I think the trouble here is—they are too careful and overwork their pastry.

The crumb method is the general method and, to my way of thinking, is the most practical. The flaky method, of course, gives you a wonderful product, but is certainly more fussy. The hot water pastry breaks just about every pastry rule there is, but is a life-saver for those who have tried for years to make good pastry and have not succeeded. It rarely fails.

There are, however, certain rules that every good pastry maker follows in order to get those requisites of good pastry. Crispness, tenderness, flavor and color are the requisites I speak of. Some of you follow all the rules quite unconsciously—but you wouldn't admit it, would you?

A pastry flour is preferable for pastry, just as bread flour is preferable for bread, cream puffs, popovers and some other recipes. Of course, a bread flour can be used, and, as a matter of fact, is used, in many cases for pastry, but if you use it, I suggest that you use two tablespoons less flour per cup than you would of pastry flour. Sift the flour before measuring and use level measurement.

Now, with regard to the shortening, this is a matter more or less of personal taste, as far as the white shortening is concerned. Lard or vegetable shortening can be used for half of the shortening but in my opinion—the other half must be butter. There is no doubt in my mind that some butter in a pastry gives an infinitely better product from both a flavor and appearance standpoint than does all lard. However, I do not enjoy a pastry, either, that is made from all butter. Half and half are ideal.

To make a "short" pastry, cut the fat into the finest possible crumb. For the "flaky" pastry, a coarse crumb is desirable.

Pastry

Crumb Method

3 cups pastry flour.
 ½ teaspoon salt.
 ½ cup butter.
 ½ cup shortening.
 ½ cup cold water (approximately).

Sift flour and salt. Cut in all the shortening. Make a well in centre. Add water and work in, using a cutting motion with a knife. Lift out dough on to a lightly floured board and press into shape with the fingers. **Do not knead.** Chill. Using enough for one crust at a time, roll from centre outward. Bake in hot oven at 450 degrees F.

Hot Water Pastry

¾ cup shortening.
 ½ cup boiling water.
 1 teaspoon salt.
 3 cups flour.

Cream the shortening slightly. Stir in the boiling water. Cool slightly. Add the flour and salt, mixing it in with a quick cutting motion. Do not stir. Chill and roll out as in recipes for other pastry.

Pastry

Flaky Method

3 cups pastry flour.
 ½ teaspoon salt.
 ½ cup shortening.
 ½ cup butter.
 ½ cup cold water.

Sift flour and salt. Cut in lard. Make a well in the centre, add water and work in, using a cutting motion with a knife. Turn on to lightly floured board and work into shape with fingers. **Do not knead.** Roll out to 1/3 inch thickness. Cover one-half with the butter, cut in thin slices. Fold other half over and press edges together. Fold over, pocket-book fashion. Roll out again. Fold over in same manner. Chill thoroughly. Using enough for one crust at a time roll from centre outward. Bake in hot oven at 450 deg. F.

Note — These recipes make 3 single crusts.

PIES

Blueberry Meringue Pie

3 cups blueberries.
 $\frac{3}{4}$ cup sugar.
 $\frac{3}{4}$ cup hot water.
 $2\frac{1}{2}$ tablespoons cornstarch.
1 tablespoon cold water.
 $\frac{1}{4}$ teaspoon salt.
Yolks of 2 eggs.
1 teaspoon lemon juice.
1 teaspoon orange juice.

Bring blueberries, water and sugar to a boil and boil for 2-3 minutes. Strain out berries, add cornstarch and salt mixed with cold water. Cook until thick and clear. Remove from fire, add the egg yolks, return to the stove and cook for 2 minutes. Add the blueberries which were strained out and the fruit juices. Pour into baked pie shell. Cover with a meringue made from the egg whites and 3 tablespoons fruit sugar. Bake at 300 deg. F. 15-20 minutes to brown meringue.

Deep Apple Pie, Canadian Style

6 large apples.
 $\frac{1}{2}$ cup seedless raisins.
Grated rind of 1 lemon.
1 cup brown sugar.
2 tablespoons butter.
 $\frac{1}{2}$ teaspoon nutmeg.
Pastry.

Peel and core apples. Slice and arrange in baking dish, sprinkle each layer with raisins, lemon rind, brown sugar and nutmeg. Dot with butter. Cover with flaky pastry. Bake at 425 deg. F. for 35-40 minutes. Will serve 6.

Graham Cracker Cherry Pie

2 cups rolled Graham crackers.
 $\frac{1}{2}$ cup melted butter.
 $2\frac{1}{2}$ cups pitted cherries.
 $\frac{3}{4}$ cup granulated sugar.
3 tablespoons flour.

Mix crumbs and butter together well. Press crumbs into pie plate, using about $\frac{3}{4}$ of the mixture. Chill. Combine flour, sugar and cherries and turn into lined pie plate. Cover with remaining crumbs. Bake at 350 deg. F. for 40 minutes. Serve hot or cold.

Praline Peach Pie

$1\frac{1}{2}$ teaspoons gelatine.
 $\frac{1}{4}$ cup cold water.
 $1\frac{1}{2}$ cups scalded milk.
 $\frac{1}{2}$ cup sugar.
2 eggs, separated.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup blanched browned almonds.
 $1\frac{1}{2}$ cups diced sweetened peaches.
 $\frac{1}{4}$ teaspoon almond extract.
Lemon or vanilla wafers.

Soak gelatine in cold water. Combine the scalded milk with the beaten egg yolks, sugar and salt and cook over boiling water until it coats a silver spoon. Add gelatine, stir until dissolved. Chill until partially set. Beat in the stiffly beaten egg whites, add the almonds, flavoring and well-drained peaches. Turn into pie plate lined with wafers. Chill over night in refrigerator. Cover with whipped cream. Garnish with cherries or peach slices. Serves 6-8.

Butterscotch Peach Pie

6 large peaches.
 $\frac{1}{2}$ teaspoon cinnamon (if desired).
 $\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup flour.
 $\frac{1}{2}$ cup brown sugar.
Pastry.

Line pie tin with pastry. Cover with diced peaches. Meanwhile, cream together the butter, flour and sugar. Scatter this mixture over top of peaches. Bake at 425 deg. F. for 35-40 minutes. Serve warm with cream. Serves six.

Pumpkin Pie

2 cups cooked pumpkin.
2 eggs.
 $\frac{3}{4}$ cup granulated sugar.
 $\frac{1}{2}$ teaspoon ginger.
 $\frac{1}{2}$ teaspoon cinnamon.
 $1\frac{1}{4}$ cups milk.
 $\frac{1}{2}$ teaspoon salt.

Be sure pumpkin is well mashed and without lumps. Beat eggs until frothy, add sugar and beat in well using Dover beater. Add pumpkin and seasonings, add milk. Pour into a deep 8-inch pie plate lined with pastry. Bake in hot oven at 450 degrees F. for 10 minutes, to set the crust and prevent pie from soaking. Reduce heat to 375 degrees F. until filling is set. Total time, 45-50 minutes. Serves 6.

Boston Cream Pie**Cake**

- 3 eggs.
- $\frac{1}{8}$ teaspoon salt.
- 1 cup fruit sugar.
- $\frac{1}{2}$ cup boiling water.
- $1\frac{1}{2}$ cups flour.
- 2 teaspoons baking powder.
- $\frac{1}{2}$ teaspoon vanilla or almond extract.

Separate the eggs. Beat the yolks and add $\frac{1}{2}$ of sugar and beat again. Add water, flavoring and then flour and baking powder sifted together. Add salt to the egg whites and beat until stiff. Add remaining sugar and beat in well. Fold into first mixture and bake in square or round 8-inch pan at 325 degrees F. for 50 minutes. Invert on cake rack. Cool. Remove from pan. Split in half and spread with cream filling.

Cream Filling

- $\frac{3}{8}$ cup granulated sugar.
- $2\frac{1}{2}$ tablespoons cornstarch.
- $\frac{1}{4}$ teaspoon salt.
- $1\frac{1}{4}$ cups hot milk.
- 1 egg yolk.
- 1 teaspoon butter.
- $\frac{1}{4}$ teaspoon vanilla or almond.

Mix cornstarch, sugar and salt. Add hot milk and return to stove to cook until thick, about 10 minutes. Add some of mixture to beaten egg yolk, combine and return to stove again for 5 minutes. Add butter and flavoring. Chill slightly before putting in cake.

To Finish Cake

Ice with 1 cup whipped cream or sift icing sugar over the top. Will give 6-8 large servings.

Cherry Cream Pie

- 1 baked pie shell.
- 1 cup 32% cream whipped.
- $1\frac{1}{2}$ tablespoons fruit sugar.
- $1\frac{1}{2}$ cups stewed black cherries.
- 2 tablespoons cornstarch.

Whip cream and add sugar. Heat cherries to which has been added the cornstarch. Boil until thick and clear. Chill. Pour $\frac{1}{2}$ of cherry mixture into pie shell. Cover with whipping cream, then put cherry mixture on top again. Chill well before serving.

Mincemeat, No. 1

- 1 lb. lean minced beef, cooked.
- 1 cup liquid from meat.
- $\frac{3}{4}$ lb. minced beef suet.
- 1 package seeded raisins.
- 3 cups brown sugar.
- 2 cups currants.
- 1 tablespoon ground mace.
- 1 tablespoon ground nutmeg.
- 1 tablespoon ground cinnamon.
- 1 tablespoon ground cloves.
- $2\frac{1}{2}$ pints chopped apple.
- 1 cup chopped citron peel.
- Juice and minced rind 1 lemon.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{4}$ cup cherry juice.
- $\frac{1}{4}$ cup vinegar.

Combine all ingredients. Pack in sterilized jars and seal or pack into a stone crock. Keep closely covered.

Mincemeat, No. 2

- 1 lb. minced beef suet.
- 2 lbs. seeded raisins.
- 2 lbs. currants.
- 6 pints chopped apples.
- 1 tablespoon ground cinnamon.
- 1 tablespoon ground cloves.
- 1 tablespoon ground nutmeg.
- 1 lb. brown sugar.
- 6 ounces mixed chopped peel.
- Minced rind and juice of 1 lemon.
- Minced rind and juice of 1 orange.
- 1 cup finely chopped blanched almonds.
- 1 teaspoon almond flavoring.
- $\frac{3}{4}$ teaspoon salt.
- 2 cups apple cider.

Combine all ingredients. Pack into sterilized jars and seal, or into a stone crock and cover closely. Let stand at least 10 days before using.

Green Tomato Mincemeat

- 1 peck green tomatoes.
- 4 lbs. granulated sugar.
- 2 lbs. seedless raisins.
- 1 lb. currants.
- $1\frac{3}{4}$ cups beef suet.

Chop green tomatoes finely. Scald with boiling water twice and allow the water to become cold each time. Drain well. Combine with other ingredients and cook together for about 1 hour. Allow to cool, then add

- 1 cup cider vinegar.
- $\frac{1}{4}$ cup lemon juice.
- 2 teaspoons ground cinnamon.
- 1 teaspoon ground cloves.
- 1 teaspoon ground allspice.
- $1\frac{1}{2}$ teaspoons ground nutmeg.

Bottle, packing well, into hot sterilized jars. Seal and store in cool place.

Strawberry Chiffon Pie

- 1 baked pie shell.
- 1 cup halved strawberries.
- 2 tablespoons fruit sugar.
- $\frac{1}{2}$ tablespoon gelatine.
- 2 tablespoons cold water.
- 4 egg yolks.
- 2 tablespoons lemon juice.
- $\frac{1}{4}$ cup granulated sugar.
- 4 egg whites.
- 3 tablespoons fruit sugar.

Combine berries with the 2 tablespoons of fruit sugar. Let stand. Soak gelatine in cold water. Cook yolks, lemon juice and sugar in double boiler for 3 minutes. Add gelatine and stir until dissolved. Cool. Make a meringue of egg whites and sugar. Fold cooked mixture and berries into meringue. Pour into baked crust, mounding it up well. Chill. Serve with whipped cream. Garnish with berries.

Double Crust Strawberry Pie

Line pie plate with pastry. Sprinkle lightly with $\frac{1}{2}$ tablespoon flour. Fill with berries using 3-4 cups according to depth of pan. Sprinkle on $\frac{3}{4}$ to 1 cup of fine granulated sugar. Wet around the edge of pie and trim off surplus pastry leaving $\frac{1}{2}$ inch over edge. Place on top crust in which air holes have been cut. Trim even with lower crust then press the two edges together and fold in toward centre of pie. Crinkle the edge in any desired manner. Place in hot oven 450 deg. F. for 10-15 minutes or until beginning to brown, then reduce temperature to 350 deg. F. to complete the cooking. Serve warm or cold with whipped or plain cream.

Magic Lemon Pie

- 1 can condensed milk ($1\frac{1}{2}$ cups).
- 2 egg yolks.
- $\frac{1}{2}$ cup lemon juice.
- Grated rind of 2 lemons.
- Few grains of salt.

Combine all ingredients very thoroughly. Pour into baked pie shell. Cover with meringue. Brown in oven at 300 deg. F. Chill. Sliced strawberries may be added to the filling.

N.B.—Be sure to purchase sweetened condensed milk, not the evaporated.

"Use Nestles Sweetened Condensed Milk"

Deep Cherry and Rhubarb Pie

- 2 cups pitted cherries.
- 2 cups diced rhubarb.
- 1 tablespoon flour.
- 1 cup fine granulated sugar.
- $\frac{1}{2}$ tablespoon butter.
- Pastry.

Combine the two fruits. Mix the flour and sugar. Arrange the two mixtures alternately in the baking dish. Dot with pieces of butter. Place on pastry which has been rolled to fit pan. Trim and decorate as desired. Bake at 500 deg. F. for 10 minutes. Reduce to 350 deg. F. to complete the cooking. Serve warm with cream.

Lemon Meringue Pie

- 3 tablespoons flour.
- 3 tablespoons cornstarch.
- 1 cup sugar.
- Few grains salt.
- $1\frac{1}{2}$ cups boiling water.
- 2 egg yolks.
- 1 tablespoon butter.
- $\frac{1}{4}$ cup lemon juice.
- Grated rind of 1 lemon.

Mix dry ingredients, add boiling water. Stir while cooking until there is no taste of raw starch, about 10 minutes. Add some of hot mixture to egg yolks and return to stove and cook 2 to 3 minutes longer. Remove from heat, add butter, lemon juice and rind as mixture cools. Pour into baked shell, cover with meringue. Bake at 300 deg. F. until meringue is browned.

In the above recipe the flour and cornstarch combination make a smooth filling of a very delicate consistency.

Pineapple Cheese Pie

Dice pineapple finely. Add sugar and allow to stand for an hour or more. Drain and turn into deep pie plate lined with pastry. Sprinkle on an extra $\frac{1}{2}$ cup sugar in which $\frac{1}{2}$ tablespoon flour has been mixed. Roll out top crust, sprinkle with $\frac{1}{2}$ cup grated cheese and place on pie with cheese side next to the pineapple. Seal edges together. Bake at 450 degrees F. for 10 minutes or until brown, then reduce temperature to 350 degrees F. to complete the cooking—about 20 minutes.

Chocolate Almond Fluff Pie

- 3 tablespoons cocoa.
- 3 tablespoons cornstarch.
- 1 cup granulated sugar.
- $\frac{1}{4}$ teaspoon salt.
- $1\frac{1}{2}$ cups boiling water.
- $\frac{1}{2}$ teaspoon butter.
- 1 egg white.
- $\frac{1}{2}$ teaspoon vanilla.
- $\frac{1}{2}$ cup blanched browned almonds, chopped.

Combine dry ingredients. Stir in boiling water gradually. Bring to boil stirring constantly and cook until clear and transparent, about 10 minutes. Add butter and vanilla. Then fold in lightly the stiffly beaten egg white and the almonds. Pour into baked pie shell and chill. Serve mounded with whipped cream and sprinkled with more chopped browned almonds.

Ice Cream Pie

- 1 baked pie shell.
- 1 pint any flavor ice cream.
- 1 cup any well-drained fresh or canned fruit.
- 3 egg whites.
- $\frac{1}{2}$ cup fruit sugar.
- 2 tablespoons cocoanut.

Place pie shell on serving plate. Spread fruit over bottom of crust. Arrange ice cream on top of fruit, working quickly so it will not melt. Meanwhile have a meringue made from egg whites and fruit sugar. Spread this over ice cream, making sure it is all covered. Sprinkle with cocoanut. Run under hot flame in the broiler or top element and brown quickly. Serve at once!

Grape Tart Pie

- 2 quarts blue grapes.
- 1 large apple.
- $\frac{3}{4}$ cup granulated sugar.
- 2 tablespoons flour.
- $1\frac{1}{2}$ tablespoons butter.

Skin grapes. Cook pulp for five minutes. Strain out seeds. Combine pulp and skins, add very finely chopped apple. Sprinkle an unbaked 8-inch pie shell with $1\frac{1}{2}$ teaspoons of the flour. Combine remaining flour with sugar. Pour fruit mixture into shell. Sprinkle with sugar and flour mixture. Dot with butter. Cover with strips of pastry. Bake at 450 degrees F. for 10 minutes. Reduce heat to 375 degrees F. to complete the cooking.

Pineapple Cream Filling

- 2 cups scalded milk.
- 3 tablespoons cornstarch.
- $\frac{3}{4}$ cup granulated sugar.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{4}$ cup cold milk.
- 2 egg yolks, lightly beaten.
- 1 cup fresh pineapple, well drained.

Combine cornstarch, sugar and salt with cold milk. Add to scalded milk and cook until thick and no taste of raw starch (about 10 minutes). Add some of hot mixture to egg yolks and return to double boiler to cook for another 3 minutes. Pour half into graham cracker crust, then the pineapple and then the rest of the filling. Top with meringue, using the 2 egg whites. Chill well before serving.

Note—Use the cornflake Crust with this recipe as a variation.

Butterscotch Pie

- 4 tablespoons butter.
- $\frac{1}{2}$ cup flour.
- $1\frac{1}{2}$ cups brown sugar.
- $\frac{1}{8}$ teaspoon salt.
- $1\frac{1}{2}$ cups milk.
- 2 egg yolks.
- $\frac{1}{4}$ teaspoon vanilla.

Combine butter, flour and sugar together in a saucepan. Stir over heat until blended together and slightly caramelized. Add milk and cook in top of double boiler until thick and there is no trace of raw starch (about 15 minutes). Pour some of hot mixture on beaten egg yolks. Return to double boiler and cook 2 minutes longer. Add vanilla. Pour into baked pie shell. Cover with a meringue made from the 2 egg whites and 3 tablespoons fruit sugar. Brown at 300 degrees F. for 15 minutes. Whipped cream may be used in place of the meringue and then sprinkled with chopped nuts.

Cranberry and Pineapple Tart

- $2\frac{1}{2}$ cups cranberries.
- 1 cup well-drained crushed pineapple.
- $\frac{1}{2}$ cup pineapple juice.
- 1 cup granulated sugar.
- $1\frac{1}{2}$ tablespoons flour.
- $\frac{1}{2}$ teaspoon salt.
- 1 teaspoon lemon juice.

Mix cranberries, pineapple and juice. Bring to boil. Boil two minutes, covered. Mix sugar, flour and salt. Add to fruit mixture. Cook until thick. Cool and add lemon juice. Place in pie plate lined with pastry. Lay on strips of pastry, criss-cross style. Bake in hot oven at 450 degrees F. for 10 minutes. Reduce to 350 degrees F. and bake 20-25 minutes. Serve with cream if desired.

Sour Cream Tarts

- 1½ cups sour cream.
- 1 cup fine granulated sugar.
- 2½ tablespoons flour.
- 2 egg yolks, slightly beaten.
- ½ cup seedless raisins.
- ½ cup chopped nuts.
- ¼ teaspoon vanilla.
- ⅛ teaspoon salt.

Heat cream and sugar together over hot water until sugar is dissolved. Combine flour and egg yolks with ¼ cup sour cream mixture slightly cooled. Add to cream on stove and cook until thick. Add nuts and raisins, vanilla and salt. Pour into baked pie or tart shells. Top with meringue and bake at 300 degrees F. until lightly browned.

Brown Sugar Tart

- 1 egg, well beaten.
- 1 cup brown sugar.
- Few grains salt.
- ½ teaspoon vanilla.

Add brown sugar, salt and vanilla to beaten egg. Beat until fluffy and turn in tart tins lined with pastry. Bake at 425 deg. F. for 12-18 minutes. Add nuts if desired.

Butter Tarts

- ¼ cup butter.
- 1 cup brown sugar.
- 2 eggs.
- 1 cup currants.
- 1 tablespoon lemon juice.

Cream butter and sugar together very thoroughly. Add eggs well beaten, then currants and lemon juice. Line patty tins with paste, fill ¾ full with mixture. Bake at 425 deg. F. for 12-18 minutes. Makes 12-18 tarts according to size.

Date Surprises

- Pitted dates.
- Diced pineapple.
- Grated cheese.
- Pastry.

Stuff dates with pineapple and roll in grated cheese. Meanwhile roll out pastry and divide into rectangles 3 inches by 2 inches. Place a date on each rectangle. Roll up and pinch edge together. Brush over with egg wash if desired. Bake at 425 deg. F. for 12-15 minutes.

Dolly Varden Tarts

- 3 tablespoons butter.
- ½ cup fine granulated sugar.
- 1 egg.
- ½ teaspoon flavoring.
- ⅛ teaspoon salt.
- 1¼ teaspoons baking powder.
- ⅝ cup flour.
- ¼ cup milk.
- Pastry.
- Jam.

Cream butter, add sugar gradually, cream well together. Add well-beaten egg and flavoring. Beat well. Add alternately the milk and dry ingredients, adding the baking powder with the last amount of flour.

Meanwhile line tart tins with pastry and place a layer of your favorite jam in the bottom, then a layer of cake mixture to make the tart tins almost ½ full. Bake at 400 degrees for 25 to 30 minutes, according to size. Will make one dozen large tarts.

Cheese Tarts

- 1 cup cottage cheese.
- ¼ teaspoon salt.
- 2 tablespoons cream.
- ¼ teaspoon nutmeg.
- Grated rind of half lemon.
- 2 eggs.
- ½ cup sugar.
- ¼ cup currants.

Blend together, using a fork, cheese, salt, cream, nutmeg and lemon rind. Beat eggs and sugar. Combine two mixtures and add currants. Fill unbaked tart shells two-thirds full. Bake in oven at 425 degrees F. for 20 minutes or until delicately browned.

This is quite delicious and you can use it as a whole pie filling as well if you want to serve it that way.

Cheese Wheels

Roll pie crust into a thin rectangular sheet. Cover with a layer of grated cheese. Pat in well. Roll up like a jelly roll. Slice roll into ½ inch slices. Place on baking sheet, cut side down. Sprinkle with paprika. Bake at 425 degrees F. for 15 minutes, or until brown. Cool and, sprinkle with salt. Delicious as a garnish for a fruit salad.

BEVERAGES

Choke Cherry Wine

Wash 20 pounds cherries and pack into a large earthenware crock. Add 6 quarts boiling water. When cool enough to handle, crush cherries with the hands, squeezing them well. Allow to stand three days. Strain out juice. Add 12 pounds granulated sugar. Let remain in jar one week longer. Remove scum, strain again. Let stand until done fermenting, then bottle and cork well.

Tie a piece of cheesecloth over the fruit while it is standing to protect from dust and insects.

Elderberry Wine

3 gallons elderberries.
1½ gallons water.

Boil together for 20 minutes and strain through a fine sieve.

Measure this liquid into a boiler and add 1 pound granulated sugar for each quart of liquid. Add the rind of four lemons. Place on the heat and heat to boiling. Turn into a keg. Add one cake yeast and, if desired, ½ tablespoon ginger root. Allow to ferment for six to eight weeks. Strain and bottle.

Beet Wine

Scrub beets thoroughly. Do not peel. Put through food chopper. For each quart add 2 quarts water. Cook these until quite soft and mushy. Strain and cool. For each 6-quart basket of beets add:

5 lbs. granulated sugar, melted.
3 medium oranges, sliced.
1 lemon, sliced.
1 cake yeast.

Leave in crock and allow to ferment. When fermentation is completed strain and bottle.

Ginger Grape Fizz

1 cup sugar.
2 cups water.
1 cup orange juice.
¼ cup lemon juice.
1 pint grape juice.
2 pint bottles ginger ale.

Make syrup of sugar and water. Combine with orange, lemon and grape juices. Chill. When ready to serve add the ginger ale and ice cakes or crushed ice. Serve at once into chilled punch or cocktail glasses.

"400"

1 cup cocoa.
1 cup sugar.
1 cup water.
¼ teaspoon salt.
1 tablespoon butter.
1 teaspoon vanilla.
⅓ teaspoon cinnamon.
2 eggs.

Mix cocoa, sugar, salt and water. Boil 2 minutes, combine with beaten egg yolks and butter. Cool. Add vanilla and fold in stiffly beaten egg whites. Bottle and use 1-2 tablespoons to a glass of cold or hot milk. Store in refrigerator.

Frosted Chocolate

2 tablespoons chocolate syrup.
¼ cup milk.
2 tablespoons ice cream.
¼ cup charged water.

Put syrup, milk and ice cream into cold glass. Add charged water and stir well. Makes one serving.

NOTE.—Ginger ale will do for the charged water in the recipe.

Jiffy Grape Juice

1½ cups blue grapes.
½ cup granulated sugar.

Place grapes and sugar in a sterilized quart jar. Fill up with water. Seal and let stand six weeks before using. Strain when ready to use.

Rhubarb Punch

1 quart diced rhubarb.
1 quart water.
2 cups sugar.
½ cup orange juice.
¼ cup lemon juice.
1 quart soda water.

Combine rhubarb, water and sugar. Stew until tender. Strain through very fine sieve. Chill. Add fruit juice and chill thoroughly. Add soda water and crushed ice just before serving. Yield about 2½ quarts.

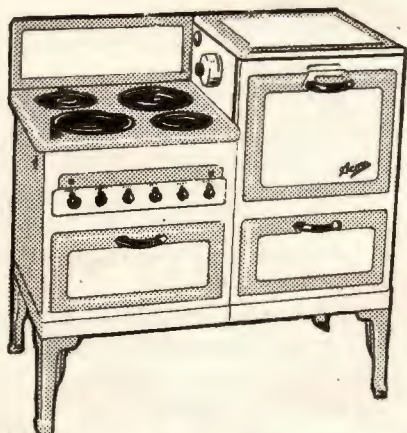
Orange and Lemon Basic Punch

1½ cups sugar.
2 quarts water.
1 cup lemon juice.
2 cups orange juice.

Boil sugar and water for 5 minutes. Cool, add fruit juices. To this you may add ginger ale, grape juice, soda water and then dilute with ice water before serving.

EATON'S

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The T. EATON CO.—Basement



THE T. EATON CO. LIMITED

LIVER

Casserole of Liver

- 2 tablespoons flour.
- $\frac{3}{4}$ lbs. liver, diced.
- $\frac{3}{4}$ cup sliced onion.
- 4 slices side bacon, chopped.
- $1\frac{1}{2}$ cups cooked spaghetti.
- $\frac{1}{2}$ cup chopped green pepper.
- $1\frac{1}{2}$ cups tomato juice.
- 2 teaspoons salt.

Scald liver. Drain. Roll in flour. Add to bacon and onion which have been sautéed together. Sauté for 2 to 3 minutes. Add other ingredients. Turn into casserole. Bake, covered, at 350 degrees F. for 45 to 60 minutes. 6 servings.

Our next recipe calls for cooked liver. This can be left-over liver or liver that has been simmered in boiling water for about 10 minutes. If you have any left-over beef gravy it is ideal in this recipe or an artificial gravy using a meat extract or gravy powder can be used.

Liver Pie

- 2 cups diced cooked liver.
- 2 cups diced cooked carrots.
- 1 cup canned green peas.
- 1 cup diced cooked celery.
- 3 cups left-over gravy.
- 1 teaspoon Worcester sauce.
- Seasonings.
- 2 onions, sliced.
- 2 tablespoons bacon fat.
- Tea biscuit mixture.

Combine liver, carrots, celery and gravy. Add Worcester sauce and seasonings. Heat to boiling. Brown the sliced onion in the fat and add with the peas to the other ingredients. Turn into a casserole and cover with small tea biscuits. Bake in hot oven 425 degrees F. until biscuits are browned—about 25 minutes. Serves 8.

Equipment That Makes Housekeeping Easier

LARGE EQUIPMENT

- 1 roaster
- 1 steamer with pot and lid
- 1 large preserving kettle
- 1 double boiler
- 4 saucepans with covers
- 3 covered baking dishes
- 1 waffle iron
- 1 frying pan
- 1 tea kettle
- 1 dish pan
- 3 pie plates
- 1 pastry board
- 1 rolling pin
- 1 stocking for rolling pin
- 1 dough blender
- 1 flour sifter
- 1 set large muffin tins
- 1 set gem pans
- 1 jelly cake pan
- 1 angel cake pan
- 1 medium loaf pan
- 1 set layer cake pans
- 2 square cake pans
- 1 set fruit cake pans
- 2 cake racks
- 2 baking sheets
- 1 large ring mould
- 6 small ring moulds
- 1 set of fancy moulds
- 1 popcorn basket
- 1 deep frying basket

- 1 large sieve
- 1 small sieve
- 1 sink strainer
- 1 wooden chopping board
- 1 bread board
- 1 bread box
- 1 flour tin
- 2 sugar tins
- 1 coffee tin
- 1 tea tin
- 1 cornstarch tin
- tins for spices
- butter dish
- 1 set glass mixing bowls
- 1 pyrex casserole
- 1 set custard cups
- 1 coffee percolator
- 1 set scales

SMALL EQUIPMENT

- 4 wooden spoons
- 1 pastry brush
- 2 paring knives
- 2 case knives
- 1 bread knife
- 1 fruit knife
- 1 grapefruit knife
- 1 meat slicing knife
- 1 measuring cup
- 2 sets measuring spoons
- 2 kitchen tablespoons
- 2 kitchen teaspoons
- 2 kitchen forks

- 1 set skewers
- 1 daisy dish scraper
- 1 set tongs
- 1 6" spatula
- 1 broad spatula
- 1 pair kitchen scissors
- 1 double dover egg beater
- 1 potato masher
- 1 potato ricer
- 1 set graters
- 1 puree pusher
- 1 cake decorator set
- 1 vegetable brush
- 1 bottle brush
- 1 round cutter
- 1 doughnut cutter
- fancy cutters
- 1 can opener
- 1 bottle opener
- 1 meat chopper
- 1 egg slicer
- 1 deep fat thermometer
- 1 cake tester
- 1 scoop
- 1 melon scoop
- 1 ladle
- 1 small funnel
- 1 egg turner
- 8 tea towels
- 2 dish cloths
- 2 pot holders
- 1 set ice box cookie moulds
- 1 apple corer

HOT BREADS

Cheese-filled Rolls

- 1 tablespoon butter.
- 1 egg.
- $\frac{1}{4}$ cup salt.
- $\frac{1}{4}$ teaspoon paprika.
- 1 teaspoon Worcester sauce.
- $1\frac{1}{2}$ cups grated cheese.

Combine all ingredients. Spread mixture into the opening of Parkerhouse rolls. Bake at 350 deg. F. for about 5-8 minutes. Garnish with parsley to serve.

Bran Muffins

- $1\frac{1}{4}$ cups flour.
- $1\frac{3}{4}$ cups bran.
- 1 teaspoon baking powder.
- 1 teaspoon baking soda.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{2}$ cup brown sugar.
- $\frac{1}{2}$ cup chopped dates or raisins.
- 1 egg.
- $\frac{1}{4}$ cup molasses.
- 1 cup sour milk.
- 2 tablespoons melted butter.

Sift all dry ingredients except bran into bowl; add bran and fruit; add beaten egg to milk and molasses. Mix quickly into dry ingredients; add cool melted butter. Bake in buttered tins at 400 deg. F. for 25 minutes.

Butterscotch Pecan Muffins

- 2 cups flour.
- $3\frac{1}{2}$ teaspoons baking powder.
- $\frac{1}{4}$ teaspoon salt.
- $2\frac{1}{2}$ tablespoons butter.
- 1 egg.
- $\frac{1}{2}$ cup milk (approximately).
- $\frac{1}{2}$ cup brown sugar.
- 3 tablespoons soft butter.
- $\frac{1}{4}$ cup broken pecans.

Mix and sift dry ingredients. Cut in first amount of butter. Add milk and egg to make a soft dough. Knead very slightly. Roll out to $\frac{1}{2}$ inch thickness, spread with soft butter and sprinkle with brown sugar and pecans. Roll up jelly roll fashion. Cut into inch slices. Place each slice in greased muffin tin in bottom of which there is one teaspoon brown sugar and $\frac{1}{4}$ teaspoon butter, also one whole pecan if desired. Bake at 400 deg. F. for 20-25 minutes. Serve hot.

Queen of Muffins

- $\frac{1}{4}$ cup butter.
- $\frac{1}{3}$ cup granulated sugar.
- 1 egg.
- $\frac{1}{2}$ cup milk.
- $1\frac{1}{2}$ cups flour.
- $2\frac{1}{2}$ teaspoons baking powder.
- $\frac{1}{4}$ teaspoon salt.

Cream butter and sugar, add egg and beat well. Combine dry ingredients and add alternately with the milk. Bake in moderately hot oven 400 deg. F. 20-25 minutes. Makes 8-12 muffins.

Cheese Muffins

- 2 cups flour.
- 3 teaspoons baking powder.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{4}$ cup grated cheese.
- 2 tablespoons melted butter.
- 1 egg well beaten.
- 1 cup milk.

Mix and sift flour, salt and baking powder. Add cheese. Combine milk and egg and add dry ingredients, then add melted butter. Bake in buttered muffin tins in a moderately hot oven at 400 deg. F. for 20-25 minutes. Makes 9-12 muffins.

Jam Bran Muffins

- 2 tablespoons butter.
- $\frac{1}{4}$ cup granulated sugar.
- 1 egg, well beaten.
- 1 cup sour milk.
- 1 cup all-bran.
- 1 cup flour.
- 1 teaspoon baking powder.
- $\frac{1}{2}$ teaspoon baking soda.
- $\frac{1}{2}$ teaspoon salt.
- Jam.

Cream butter, add sugar and cream well. Add egg and sour milk, then bran. Allow to stand five minutes. Add sifted dry ingredients. Fill buttered muffin tins $\frac{2}{3}$ full. Put one teaspoon of jam on top of each. Bake at 400 deg. F. for 20-25 minutes. Serve hot.

Honey Bran Muffins

½ cup flour.
 2 cups bran.
 1 cup whole wheat flour.
 ½ teaspoon salt.
 ½ teaspoon baking soda.
 2 teaspoons baking powder.
 1 egg, well beaten.
 ½ cup liquid honey.
 1½ cups sour milk.
 3 tablespoons melted butter.
 ¾ cup raisins, or dates.

Mix and sift dry ingredients. Add honey and sour milk to well-beaten eggs. Add to dry ingredients. Add fruit, which has been mixed with 2 tablespoons of the dry ingredients. Lastly, add the melted butter which has been cooled. Turn into buttered muffin tins and bake at 375 degrees F. for 20-25 minutes. Yields 1-1½ dozen muffins, according to size of tin.

French Ham Sandwich

8 slices stale bread.
 4 slices cooked ham.
 Mixed mustard.
 1 egg.
 ¼ teaspoon salt.
 1 cup milk.
 Butter.

Make a sandwich of ham, bread, butter and mustard. Beat egg slightly, add salt and milk. Grease a hot frying pan well with butter. Dip sandwiches in milk solution on both sides. Place in hot pan and brown. Put a dot of butter on upper side before turning to brown. Serve at once.

Waffles

2 cups flour.
 1 teaspoon sugar.
 3 teaspoons baking powder.
 ½ teaspoon salt.
 1¼ cups milk.
 2 eggs, well beaten.
 2 tablespoons melted butter.

Mix and sift dry ingredients, add milk combined with the eggs. Mix only until smooth. Add melted butter which has been cooled. Bake about 5 minutes or to desired "brownness." Serve with soft butter and maple syrup.

Variation:

½ cup chopped pecans added to the above mixture is delicious.

Gingerbread Waffles

⅓ cup butter.
 ½ cup brown sugar.
 ½ cup molasses.
 1½ teaspoons baking soda.
 ½ cup sour milk.
 1 egg.
 2 cups sifted flour.
 1 teaspoon ginger.
 ½ teaspoon cinnamon.
 ½ teaspoon salt.

Bring butter and molasses to boiling point on stove but do not boil. Add brown sugar, then soda. Combine beaten egg and milk. Combine with first mixture then add to sifted dry ingredients. Beat until smooth. Bake on waffle iron about 5-7 minutes. Serve hot with whipped cream or lemon sauce.

N.B.—Allow about ½ cup batter for a round 4 section waffle—2 tablespoons to each section.

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YEAST BREADS

Refrigerator Rolls

- 2 cakes compressed yeast.
- 1 cup milk—scalded and cooled to lukewarm.
- $\frac{1}{4}$ cup granulated sugar.
- $\frac{1}{4}$ teaspoon baking soda.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{2}$ cup shortening.
- 1 egg.
- 4 cups bread flour.

Crumble yeast into a bowl. Add milk slowly and stir to dissolve yeast. Add sugar, soda, salt, beaten egg and flour. Mix until smooth. Add cooled, melted shortening (or butter) and blend in well. Turn dough out on to floured board, knead quickly into smooth dough and divide into two amounts, each in a greased bowl.

The dough to be reserved for use later on should be greased on top and covered very closely with wax paper. When ready to use in the next few days, remove wax paper and continue as follows: Cover with a towel. Set to rise over a pan of hot water (adding water to it to keep it hot, but not boiling). Let dough double in bulk. Knead down slightly on a floured board. Form into biscuits or rolls and put into greased muffin pans, or onto a buttered baking sheet. Brush over with melted butter. Again place over hot water or in warm place to rise double in bulk. Bake at 400 deg. F. 15-20 minutes, until nicely browned. It will take 15 minutes to mix this recipe and about 2½ hours to produce finished product. Yields 1½ to 2 dozen rolls.

Beauty Hints

By LOIS LEEDS

Appear Daily in

THE
EVENING TELEGRAM

Whole Wheat Bread

- 1 yeast cake.
- $\frac{1}{4}$ cup lukewarm water.
- $\frac{3}{8}$ cup boiling water.
- $\frac{3}{4}$ cup milk.
- 1 teaspoon salt.
- 2 teaspoons honey.
- 1 tablespoon shortening.
- 1½ pounds whole wheat flour.

Dissolve yeast in lukewarm water. Combine boiling water and milk. Add yeast and other ingredients in order given. Mix well, adding the flour last. If dough seems soft, add more flour. Knead well and shape into loaf. Place loaf in one large or two medium greased pans. Grease well over top of dough and set in a warm place and allow to rise until double in size. Bake at 350 deg. F. for 20 minutes then increase temperature to 400 deg. F. to complete the baking. Large loaf takes one hour. Use pan approximately 12 x 3 x 3.

Another recipe slightly out of place but too delicious for you to miss.

Grape Sponge

- 1 tablespoon gelatine.
- 2 tablespoons cold water.
- 1 cup boiling grape juice.
- $\frac{1}{2}$ cup granulated sugar.
- 1 tablespoon lemon juice.
- $\frac{1}{8}$ teaspoon salt.
- 1 egg white.
- $\frac{1}{2}$ cup shredded cocoanut.

Soak gelatine in cold water. Meanwhile prepare grape juice by cooking 4 cups grapes and $\frac{1}{4}$ cup water to a mush and straining. Measure 1 cup of juice. Add sugar to juice and reheat to boiling. Add gelatine. Stir until dissolved. Cool and when partially set, beat in the stiffly beaten egg white and cocoanut. Pile into sherbets or mold in fancy mold. Serve with custard or whipped cream.

For an attractive and easy pie use the above filling in a vanilla wafer crust. Top it with whipped cream and sprinkle with toasted or tinted cocoanut and nothing could be nicer.

MORE SMALL CAKES

Cheese Shortbread

- ¼ cup butter.
- ¼ cup shortening.
- ¼ cup yellow cream cheese (4 oz. bar).
- 2¼ cups flour.
- ½ teaspoon salt.

Cream butter, shortening and cheese together. Blend in the flour and salt. Work well together and form into a compact dough. Form into a roll or place in cookie moulds and chill in the refrigerator. Cut into ¼ inch slices. Bake at 375 degrees F. for 10 minutes.

Variation:

Roll mixture out to ¼ inch thickness. Cut into 2-inch squares. In centre of each square place 1 teaspoon jam. Fold four corners into centre. Bake on baking sheet at 375 degrees F. for 12 minutes.

Shortbread

- 1 cup butter.
- ⅓ cup fruit sugar.
- 3 cups flour.

Cream the butter very well. Add sugar gradually and cream well. Add most of the flour and work into creamed mixture very thoroughly. Place remaining flour on bread board. Add dough and knead remaining flour into dough. Form dough into smooth shape. Roll out to ¼-inch thickness and cut into shapes with fancy cutters or form into a cylindrical roll and chill. Cut into ¼-inch slices. Garnish with bits of cherry, peel or angelica. Bake on un-buttered baking sheet at 350 degrees F. for about 20 minutes or until very lightly browned.

Almond Short Fingers

- 1 cup butter.
- ⅓ cup fruit sugar.
- 2 cups flour.

Cream butter very thoroughly. Add sugar gradually. Add flour and mix in well. Spread into 8" x 8" pan. Cover with sliced blanched almonds or Brazils. Press well into the top. Bake at 350 degrees F. for about 35 minutes or until firm, but not too brown. Cut into fingers.

Cocoanut Shortbread

Prepare same as almond short fingers, but cover with cocoanut instead of nuts. Continue to bake in same way.

Almond Shortbread

- 1 cup butter.
- ⅓ cup fruit sugar.
- 2 cups flour.
- ¼ teaspoon salt.
- 1 cup unblanched almonds, put through the mincer.

Cream butter. Add sugar and cream well. Dredge almonds with flour. Work flour, salt and nuts into butter and sugar. Knead until a compact dough is formed. Shape into a roll and chill for 2 hours at least—or overnight. Slice and bake at 350 degrees F. for 10 minutes.

Orange Shortbread

- 1 cup butter.
- ⅓ cup fruit sugar.
- 2 cups flour.
- ¼ teaspoon salt.
- 2 tablespoons grated orange rind.
- 1 tablespoon grated lemon rind.

Cream butter well. Add sugar and cream well together. Work flour, salt, orange and lemon rinds into creamed mixture. Knead into smooth shape. Form into a roll and chill for 2 hours at least—or overnight. Slice and bake for 10-15 minutes at 350 degrees F.

Note—Any of these shortbread recipes can be made up, formed into a roll, then placed in the refrigerator, wrapped in wax paper and baked up fresh as you want them.

Hermits

- ⅓ cup butter.
- 1 cup brown sugar.
- 2 eggs.
- 1¼ cups flour.
- 1 teaspoon cinnamon.
- ½ teaspoon salt.
- ½ cup rolled oats.
- 1 cup chopped dates.
- ½ cup chopped nuts.
- ½ teaspoon baking soda.
- 1½ tablespoons boiling water.
- ½ teaspoon vanilla.

Cream butter, and sugar, then un-beaten egg. Beat all well together. Mix and sift flour, cinnamon and salt. Add to creamed mixture along with all the other ingredients, having the soda dissolved in boiling water. Drop on lightly buttered baking sheet and bake in a moderate oven at 350 deg. F. for about 10 minutes. Makes about 5 dozen hermits. Make these about a week ahead of time, or the batter may be kept in a covered sealer in the refrigerator and baked as you need it.

"Use Quick Quaker Oats"

QUICK BREADS

BY THE term "quick breads" we usually mean breads made without yeast but using leavening in the form of baking powder or baking soda. Regardless of this definition, however, I want, and I'm sure you do, too, a bread that can be made up quickly, with little effort. Our recipes are going to be of that type.

Date breads and other breads of similar type are served, as a general rule, sliced and buttered. Sandwiches, using the date bread and a spread of cheese and pineapple, or cheese and nuts, are unusual, and do break the monotony of serving just plain sliced date bread.

However, it is splendid to have in the bread box should the much-talked about unexpected guests "drop in." This unexpected guest always rather amuses me—because it always seems to me that people somehow have an uncanny knack of knowing when the larder is empty—and decide to drop in then. So the best thing to do is have the larder—or in other words, the bread box—always filled.

Shillelaghs

- 2 eggs.
- $\frac{3}{4}$ cup milk.
- 2 cups flour.
- 4 teaspoons baking powder.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{3}{4}$ cup coarsely grated old cheese.
- 3 tablespoons butter (melted).
- $\frac{1}{2}$ teaspoon paprika.

Beat eggs and reserve 2 tablespoons. Add milk to eggs. Sift dry ingredients together. Add cheese then eggs and milk. Add melted butter. Turn into buttered pan 9" x 9". Spread reserved egg on top. Sprinkle with paprika. Bake at 400 degrees F. for 20 minutes. Cut in small squares.

This next bread is the most attractive looking bread I have ever seen—and the "looks aren't just skin deep," because it is good to eat.

Danish Coffee Bread

- 2 cups bread flour.
- $3\frac{1}{2}$ teaspoons baking powder.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{4}$ cup milk.
- $\frac{1}{4}$ cup granulated sugar.
- $\frac{1}{2}$ cup butter.
- 2 eggs.
- $\frac{1}{4}$ cup sultana raisins.

Mix and sift flour, baking powder and salt. Blend in butter and raisins. Combine sugar, eggs and milk. Add gradually to dry ingredients. Mix thoroughly. Roll to fit an 8-inch layer cake pan. Brush top with milk or egg-white slightly beaten. Sprinkle over this a mixture of 1 tablespoon granulated sugar, $\frac{1}{4}$ cup chopped blanched almonds, 3 tablespoons chopped citron peel. Bake at 400 degrees Fahrenheit for 20-30 minutes.

Date and Nut Bread

- 1 cup chopped dates.
- $\frac{3}{4}$ cup hot water.
- $\frac{1}{2}$ teaspoon baking soda.
- 1 egg.
- 2 tablespoons butter.
- $\frac{3}{4}$ cup brown sugar.
- $1\frac{1}{2}$ cups flour.
- 1 teaspoon baking powder.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{3}{4}$ cup broken walnuts.

Add soda and boiling water to chopped dates, cool to lukewarm. Add sugar, butter and beaten eggs. Add sifted dry ingredients and nuts. Turn into 1 large loaf pan or 2 small loaf pans. Bake at 325 degrees Fahrenheit for 45 minutes for large loaf and 35 minutes for small loaves.

Bran Bread

- 2 cups flour.
- 1 teaspoon salt.
- 3 teaspoons baking powder.
- $\frac{1}{2}$ cup brown sugar.
- $1\frac{1}{2}$ cups bran or bran flakes.
- 1 cup raisins or dates.
- $\frac{1}{2}$ cup broken nuts.
- 1 egg.
- 2 tablespoons butter, melted.
- $1\frac{1}{4}$ cups sweet milk.

Sift together flour, salt and baking powder. Add bran and brown sugar, then fruit and nuts. Stir in beaten egg and milk. Mix lightly and add melted butter. Turn into greased 8 x 5 loaf pan and bake at 325 degrees Fahrenheit for 1 hour.

Bran Corn Bread With Bacon Top

2 eggs, well beaten.
 1 tablespoon melted butter.
 2 cups sour milk.
 ½ cup all-bran.
 2 cups cornmeal.
 ¼ cup bread flour.
 1 teaspoon salt.
 1 teaspoon baking powder.
 1 teaspoon baking soda.
 1 tablespoon sugar.
 ¼ pound bacon, chopped.

Combine beaten eggs, butter and milk. Add all-bran and cornmeal. Let stand 2 minutes. Meanwhile, sift together remaining dry ingredients and add to first mixture. Pour into buttered pan (9 x 12) and sprinkle bacon over top. Bake in hot oven at 425 deg. F. for about 25 minutes, then slip under broiler to brown crust and crisp bacon.

Bran Coffee Cake

1 cup pastry flour.
 ½ teaspoon salt.
 ¼ teaspoon baking soda.
 2 teaspoons baking powder.
 2 cups bran or bran flakes.
 ¾ cup seeded raisins.
 1 egg.
 ¾ cup sweet milk.
 ⅓ cup light molasses.
 3 tablespoons melted butter.

Sift together flour, salt, soda and baking powder. Add to bran and raisins. Beat egg well, add milk and molasses. Combine two mixtures and add melted butter. Place in buttered pan (8 x 8). Sprinkle top with the following ingredients blended together:

2 tablespoons flour.
 1 tablespoon cinnamon.
 3 tablespoons sugar.
 3 tablespoons soft butter.

Johnny Cake

1 cup cornmeal.
 1 cup flour.
 2 teaspoons baking powder.
 ½ teaspoon baking soda.
 ½ teaspoon salt.
 2½ tablespoons sugar.
 1 egg.
 1½ cups sour milk.
 2½ tablespoons of butter.

Mix and sift dry ingredients. Beat egg, add milk and add to dry ingredients with as little mixing as possible. Add melted butter. Turn into a shallow greased pan. Bake at 350 deg. F. for 35 minutes. Cut into squares and serve with maple syrup.

Yorkshire Pudding

2 cups flour.
 ½ teaspoon salt.
 2 eggs, well beaten.
 1 cup milk.

Combine flour and salt. Add gradually, beating all the time the milk and egg mixed together. Using the Dover beater beat this mixture for about 3-5 minutes. Meanwhile put 1 tablespoon beef dripping from roasting pan into individual muffin tins. Heat to sizzling in oven and pour in mixture. Have pans about half full. Bake at 450 deg. F. until puddings "puff," about ten minutes, then reduce to 350 deg. F. for 20 minutes.

Toad in the Hole

1½ cups flour.
 ½ teaspoon salt.
 ½ teaspoon baking powder.
 1 cup milk.
 2 eggs, well beaten.
 1 lb. sausage.

Combine flour, salt, baking powder and milk. Beat well. Add well-beaten eggs. Again beat mixture well. Have 1 tablespoon hot bacon or beef fat in hot muffin tins or pyrex ramekins. Place 2 sausages, cut in half, in each tin. Pour batter over these and bake in a hot oven at 475 deg. F. for 10 minutes, reduce heat to 350 deg. F. for 20 minutes to complete baking.

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A Daily Feature in

THE
Evening Telegram

TEA BISCUITS—

and Tips for making them

THIS recipe is based on using pastry flour, not bread flour. Some people prefer to use the bread flour, and you can—but in this particular recipe we suggest pastry flour. The shortening can be all butter or all lard or half and half. Butter gives flavor and color and lard gives brightness and tenderness. I, personally, use half of each. The milk is given $\frac{1}{2}$ cup approximately. This is due to the variation of moisture content of flours. As a general rule I find it necessary to add $1\frac{1}{2}$ tablespoons extra. Too much moisture means a sticky mass to which extra flour has to be added, hence a hard biscuit. Too little moisture gives us a crumbly dry biscuit.

Things to watch are the tendency to overwork the dough; handle it gently, working quickly. The best tea biscuit makers boast of how quickly they can prepare them for the oven. Do not add too much moisture. Do not economize on the amount of shortening suggested.

Make a depression in the centre of the flour mixture and add all the liquid at once, then with sure deliberate strokes cut it into the flour. Do not stir. When turned on to the board we mould it into a smooth shape by lightly flopping it over, using the palm of the hand. This is done only enough to give a smooth surface. Then we roll or pat the mixture to a good $\frac{3}{4}$ inch thickness. For a small amount you can often just pat it out with your hand. Cut into desired shapes and place close to each other on baking sheet. A hot oven is necessary.

Tea Biscuits

- 2 cups pastry flour.
- 4 teaspoons baking powder.
- $\frac{1}{4}$ teaspoon salt.
- 3 tablespoons shortening.
- $\frac{1}{2}$ cup milk (approximately).

Sift dry ingredients. Cut in shortening. Add milk. Turn on to lightly floured board. Knead gently into shape. Roll or pat out to desired thickness. Cut into rounds. Place on lightly greased baking sheet, and bake at 425 degrees F. for 12-15 minutes.

Tea Biscuits With Sardine Filling

Make small tea biscuits. Bake to a delicious brown. While still hot, split and fill with the following mixture:—

- $\frac{1}{2}$ cup mashed sardines.
- 1 tablespoon chopped celery.
- 1 teaspoon chopped capers.
- 1 tablespoon cream.
- Salt, pepper.
- Lemon juice.

Serve hot, garnished with parsley.

Now Some Variations:

(1) **Sour Milk Biscuit**—Add $\frac{1}{4}$ teaspoon baking soda to the sour milk and leave out $\frac{1}{2}$ teaspoon baking powder.

(2) **Currant Scones**—Add 1 tablespoon sugar, $\frac{1}{4}$ cup currants, 1 egg, and omit $\frac{1}{2}$ teaspoon baking powder.

Beat the egg and pour into a measuring cup, then add enough milk to make the approximate $\frac{1}{2}$ cup.

(3) **Cheese Biscuits**—Omit 2 tablespoons shortening and add $\frac{1}{2}$ cup grated cheese.

(4) **Cheese Pinwheels**—Roll out to $\frac{1}{2}$ inch thickness. Sprinkle with grated cheese. Roll up like a jelly roll; cut into inch slices, and bake on a baking sheet.

(5) **Marmalade Pinwheels**—Roll out as for cheese pinwheels, only use $\frac{1}{2}$ cup orange marmalade.

ABOUT SANDWICHES

NOW, the very first thing I want to tell you about making fancy sandwiches is, that if you have no patience and no imagination, do not try to make them. You will simply drive yourself almost crazy and everyone near you will feel about the same. However, they are so delicious and so attractive that it is the dream of every home-maker to be able to make them.

For the fancy rolled sandwiches there are a few things to remember:

1. The bread **must** be fresh.
2. The filling must be soft enough to spread smoothly.
3. The bread must be cut quite thin and do not trim the crusts off too closely.
4. They must be chilled well before serving.

Now, our first fancy sandwich will be what I call the "double pinwheel," because it is made with white and brown bread, and is very effective. I shall try to give the method as clearly as possible.

Double Pinwheel Sandwich

1. Have one sandwich loaf of white bread and one of brown bread in corresponding size.
 2. Using a sharp knife, preferably a serrated-edged knife, cut slices of the bread lengthwise off the loaves.
 3. Place these in a dampened towel so they do not dry out.
 4. Trim the crusts evenly off the slices.
 5. Spread a white slice with butter, then with colored cheese spread.
 6. Place a brown slice on top. Butter and spread with cheese.
 7. Now take sweet gherkins and dry them well and place along one end of the bread.
 8. Holding the edges well together, roll bread firmly around the gherkins jelly-roll fashion. Roll quickly, and if it starts to crack, keep on rolling without hesitation, pressing the crack into place.
 9. Wrap in wax paper and chill in the refrigerator.
 10. Cut into one-third-inch slices.
- Now these can be varied by instead of using all white or yellow cream

cheese, use cheese which has been colored green, or use half of the cheese green and half of it pink and put the pink on the white bread and the green on the brown bread, or vice versa. Many variations can be worked out this way to make them work out with the color scheme of your afternoon tea table.

The plain ribbon sandwich is one I think everyone knows how to make. Just the slices of brown and white bread piled alternately like a layer cake with a filling in between each slice. You can make them either three or four deckers and they are quite attractive when the alternating layers are of different colors of cheese. Now, from these ribbon sandwiches we make a most interesting little sandwich, which some call the Mosaic sandwich. However, I like it better by the simpler name of

Checkerboard Sandwiches

1. Prepare ribbon sandwiches using four slices of bread and the colored cheeses or plain yellow cream cheese. Press these well together.
2. Now slice these down into half-inch slices.
3. Take three slices and spread with butter and cheese, and pile up again as if for ribbon sandwiches, making sure to have the brown slice over the white so as to give a checkerboard appearance.
4. Wrap in wax paper and chill well.
5. Cut in half-inch slices to serve.

Result — Exclamations from your guests, "But, my dear, you didn't do these yourself." You tell me if I am wrong.

Date and Peanut Butter Sandwiches

½ cup quartered dates.
½ cup peanut butter.
2 tablespoons cream or milk.
Brown bread.
Butter.

Beat the milk or cream into the peanut butter. Add dates. Mix well and spread between thin slices of bread.

Sandwich Royal

Spanish onion, sliced thin.
Orange, sliced thin.
Bologna, sliced thin.

Cut bread in ¼-inch slices and spread with butter. On one slice place onion, then bologna and then orange. Top with another slice of bread. Cut in half. Trim crust if desired.

Ham and Pepper Relish Sandwich

1 cup minced ham.
2 tablespoons pepper relish.
Mayonnaise or salad dressing.

Combine and use with white bread.

Cabbage and Nut Sandwich

1 cup finely shredded cabbage or carrot.
¼ cup chopped almonds or pecans.
½ teaspoon lemon juice.
Mayonnaise or salad dressing.

Combine ingredients. Delicious with whole wheat bread.

Tomato Sandwich Variations

- (1) Sprinkle lightly with onion juice or chopped olives.
- (2) Spread one side of bread with cream cheese softened with mayonnaise.
- (3) Sprinkle with chopped nut.

Beet and Cheese Filling

½ cup grated raw beets.
½ teaspoon vinegar.
¼ teaspoon salt.
¾ cup cottage cheese.
2 tablespoons chopped nuts.

Mayonnaise to moisten. Combine beets, salt and vinegar. Let stand 10 minutes. Drain. Add cheese and a little mayonnaise. Use for open or double sandwiches.

Orange Toast

2 tablespoons butter.
½ cup icing sugar.
Grated rind of small orange.
½ teaspoon orange juice.

Beat all ingredients well together. Spread on very hot toast. Cut in fingers.

Cinnamon Toast

2 tablespoons butter.
2 tablespoons fruit sugar.
½ to 1 teaspoon cinnamon.
¼ teaspoon lemon juice.

Combine all ingredients and beat well. Spread on hot toast. If desired sprinkle with chopped nuts or cocoa-nut and run under the broiler for a few seconds only.

Toasted Cheese Rolls

1 tablespoon butter.
2 teaspoons cornstarch.
½ cup grated cheese.
½ cup top milk.
¼ teaspoon salt.
¼ teaspoon dry mustard.

Combine all ingredients. Cook in double boiler until thick. Spread on rather thin slices of bread. Remove crusts. Roll up into small rolls. Secure with a toothpick. Brown under broiler.

Cheese Mallows

Spread round salted soda wafers with softened yellow cream cheese. Top each with a half marshmallow and place under broiler until marshmallow browns. Serve hot.

Toasted Pecan Marmalade Rolls

Cut bread in thin slices. Trim off crusts. Spread well with soft butter, then with thick marmalade. Sprinkle with chopped pecans. Roll up either straight or cornerwise and fasten with toothpick. Toast under hot broiler and serve at once.

Cheese Logs

Cut stale bread into long thick strips about 3 inches by ¾ inch by ¾ inch. Beat an egg slightly and add ½ teaspoon salt and ½ teaspoon Worcester sauce. Dip bread into this then roll into grated cheese. Place on buttered baking sheet and sprinkle with paprika. Brown in hot oven at 400 degrees F. until puffy.

Peanut Butter and Bacon Filling

- 1 cup peanut butter.
- 1 tablespoon cream or dressing.
- 3 slices crisply cooked bacon, chopped.

Combine all ingredients. Is particularly good with brown bread.

Sandwich Spread

- 1 cup butter.
- 3 eggs, lightly beaten.
- $\frac{1}{8}$ cup granulated sugar.
- 1 tablespoon mustard.
- 1 teaspoon salt.
- $\frac{3}{8}$ cup vinegar.
- 1 5-ounce package yellow cream cheese.
- $\frac{1}{2}$ cup chopped pimiento.
- $\frac{1}{2}$ cup chopped pickle.
- $\frac{1}{2}$ cup chopped green pepper.

Mix and cook together, butter, eggs, sugar, mustard and salt over hot water for 5 minutes. Stir regularly. Add the other ingredients. Reheat thoroughly and pour into a sterilized jar. Makes about 1 pint. Store in the refrigerator and it will keep indefinitely to spread on bread or crackers.

Banana Sandwiches

- Sliced bananas.
- Lemon juice.
- Mayonnaise.
- Head lettuce.
- Salt.
- Brown bread.

Slice bananas lengthwise. Arrange on buttered bread, sprinkle with lemon juice (and chopped nuts if desired), now some shredded lettuce, salt, mayonnaise and top with slice of bread. Trim crusts and garnish with watercress.

Tongue and Jelly Sandwich

- Sliced tongue.
- Home-made mustard.
- Red currant jelly.

Spread one slice of buttered bread with mustard and another slice with red currant jelly. Place thin slice of tongue between. Trim crusts. Cut in halves.

Cheese Relish Spread

- 1 small bar white cream cheese.
- 1 tablespoon chopped pickle.
- 1 tablespoon chopped green peppers.
- 2 tablespoons chopped celery.
- Salt.
- Mayonnaise to moisten.

Toasted Luncheon Sandwich

- 12 slices bread.
- 1 bar yellow cream cheese.
- 2 tablespoons butter.
- 2 tablespoons pimiento.
- Mayonnaise.
- 12 slices bacon.

Cut bread in $\frac{1}{2}$ -inch slices, combine cheese, butter and pimiento with mayonnaise. Spread on bread and make into 6 sandwiches. On each sandwich lay bacon cut to fit sandwich. Place on buttered baking sheet in hot oven at 400 degrees F. for 15 minutes or until bacon is cooked.

Egg and Almond Spread

- 3 hard-cooked eggs, chopped.
- 2 tablespoons chopped pimiento.
- 2 tablespoons chopped blanched almonds.
- Seasonings.
- Mayonnaise to moisten.

Toasted Open Sandwiches

1. Toast bread on one side. Butter other side, spread with chili sauce. Mound with baked beans, then two slices of bacon, snipped along the edges so it won't curl. Place under broiling flame. Broil until bacon is crisp. Serve hot.

2. Toast bread on one side. Butter other side. Cover untoasted side with sliced tomatoes; sprinkle with grated cheese, and top with 2 slices of bacon. Broil and serve hot.

Minced Ham and Gherkin Spread

- 2 cups minced ham.
- $\frac{1}{2}$ cup chopped gherkins.
- 2 tablespoons chopped green pepper.
- $\frac{1}{4}$ teaspoon dry mustard.
- Mayonnaise to moisten.

Combine all ingredients. Add a little grated onion if desired.

STYLE HINTS

By SALLY STILES

An Exclusive Fashion Feature in

THE EVENING TELEGRAM



WOMEN are leading broader lives, thanks to the improvement in gas appliances. Taking a leading place among these, the gas range offers the home-maker hours of leisure missed by her predecessor of even ten years ago.

AN INSULATED OVEN tells her, in effect, to get out of the kitchen and leave all the worry of cooking to gas, automatically and accurately controlled.

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OVEN CANNING

FOR the preservation of fruit there is no more simple method than that of "Oven Canning." The oven is right in the kitchen waiting to be used and does away, as a result, with that drudgery of filling a boiler full of water and having to empty it again later.

With oven-canning there is no steam in the kitchen, no hot jars to handle from boiling water. The top of the stove is left clear for meal preparation, sterilization of the jars and making of jams from fruit not perfect enough for canning.

Oven Canning possesses added virtues of simplicity, easily obtained cleanliness and controlled temperature. This last is particularly important as sterilization is only possible when a temperature above boiling is maintained for a sufficient length of time.

A heat controlled oven has proved to be one of the most efficient as well as the most practical methods of accomplishing this result for its accurate temperature control insures the killing of all micro-organisms and the destruction of these is the secret of all perfect canning.

The fruit must be perfect, over-ripe fruit being set aside to be used for jams or preserves. The jars must be perfect and the rubbers new. Reserve jars that are chipped for pickles or jams. Old rubbers have lost their elasticity and this makes them unsafe to use again for sealing purposes. Both jars and rubbers must be sterilized before using.

Under no circumstances must the fruit be opened for addition of extra syrup after removing from the oven. This breaks the sterilization and will cause the product to spoil. This last point is very important.

Preparation of Fruits

For raspberries, if the fruit is dusty, use a large kettle of water, dropping one box in at a time, just allowing them to float about, then lift them out carefully with your hands into the sterilized jars, shaking off as much water as possible. Handle carefully as fruit is soft.

Blueberries are merely picked over, washed and packed into sterilized jars.

Cherries may be pitted, or if you prefer merely stemmed, and these are washed before you pit or stem them.

Plums are washed and stemmed then

pricked with a fork to keep the skins from bursting in cooking.

Pears are peeled, cut in half, then cored, and dropped in acidulated water, that is, water to which a little lemon juice or vinegar has been added. This prevents discoloration.

Peaches are prepared by blanching to remove skins and pitted if desired. These also may be dropped into acidulated water.

Gooseberries should be washed and the stems and blossom ends removed.

General Method

Test jars for leakage and wash in hot water.

Sterilize jars, glass and screw tops by placing them in kettle covering with cold water and heating gradually to boiling. Boil 20 minutes.

Select firm fresh fruit as uniform in size as possible. Wash in cold water. Blanch if necessary by placing a small amount of the fruit in a wire basket or cheese cloth bag and immerse in boiling water for the required length of time, then cold dip.

Place fruit in sterilized jars. Fill with boiling syrup to within one-half inch of top. Put on new rubbers which have been dipped in boiling water, then the glass and screw tops. Screw down tightly and then loosen back one turn to allow for expansion.

Place about 1½ inches apart on the rack in an oven at 275°F. for the required length of time. (See time table).

Allow to cool in the oven, remove and screw the tops down tightly. Invert jars.

Store in a clean, well-aired, dry, cool place—50 to 60°F.

Syrups for Oven Canning

Very Thin Syrup—1 cup sugar to 2 cups water, boil 5 mins.

Thin Syrup—1 cup sugar to 1 cup water, boil 5 mins.

Medium Syrup—1½ cups sugar to 1 cup water, boil 5 mins.

Heavy Syrup—2 cups sugar to 1 cup water, boil 5 mins.

Note.—For small fruits allow about 1 cup syrup for each jar. For large fruits allow about ¾ cup syrup for each jar.

Chart for Oven Canning

Fruit	Syrup	Temp.	Pt. Jars	Time	Qt. Jars
Blueberries	very thin syrup	275°F.	25 mins.		45 mins.
{ Strawberries					
{ Blackberries	medium syrup	275°F.	25 "		45 "
{ Raspberries					
{ Gooseberries					
Thimbleberries	medium syrup	275°F.	30 "		55 "
Sweet Cherries	medium syrup	275°F.	30 "		55 "
Sour Cherries	heavy syrup	275°F.	30 "		55 "
Pineapple	thin syrup	275°F.	35 "		60 "
{ Peaches, Pears,					
{ Sweet Plums	medium syrup	275°F.	35 "		60 "
Sour Plums	heavy syrup	275°F.	35 "		60 "

Oven Canned Strawberries

(Special Method)

Wash and hull 3 pint boxes of strawberries. Cook them in a syrup of 3 cups sugar to 2 cups water for 7 minutes. Allow to stand in syrup over night. Pack into hot sterilized jars on which new sterilized rubbers have been adjusted. Fill with syrup to within half inch of top. Adjust glass and screw top loosely. Process in oven at 275°F. for 25 minutes. Allow to cool in oven. Complete the seal on removal. Store in a dark, dry, cool place.

N.B.—This special method keeps the berries from fading and shrivelling.

Oven Canned Carrots

For each quart use:

- 1 lb. carrots.
- 1 teaspoon salt.
- 1½ cups boiling water.

Wash young and tender carrots. Scrape if desired. It is not necessary to scrape the very young carrots although some people prefer to have the outside skin removed before canning. The carrots may be cut lengthwise into quarters, sliced, or packed whole. If desired cut, they should be cut before they are put in the pan of water on the top of the stove to boil for 5 minutes. Pack the carrots loosely in the hot sterilized jars on which new sterilized rubbers have been adjusted. Add the salt and boiling water to within one-half inch of the top. Place in oven at 275 deg. F. for 2½ hours. At the end of this period remove from the oven, complete the seal, invert jars. Cool as rapidly as possible to preserve the colour. Label and store in a dry, cool place.

Oven Canned Beets

For each quart use:

- 10 or 12 whole young beets (small).
- 1 pound to a quart, if sliced.
- 1 teaspoon salt.
- Boiling water.

Wash the beets thoroughly. Put in a pan of boiling water and boil for 15 minutes. Dip in cold water to make the beets easier to handle. Remove the skins. Leave whole, or slice and pack into hot sterilized jars on which sterilized new rubbers have been adjusted. Add the salt and boiling water to fill the jar to within one-half inch of the top. Screw down tightly, then loosen one turn to allow for expansion. Place in oven at 275 deg. F. for 2½ hours. At the end of this period, remove them from the oven and complete the seal. Invert, and cool as rapidly as possible to preserve the colour. Store in a cool dry place.

Oven Canned Tomatoes

Select firm tomatoes of medium or small size. Wash. Using wire basket or cheesecloth bag, immerse in boiling water one to three minutes or until skins will slip off easily. Plunge at once into cold water. Pack carefully in hot sterilized jars. Add 1 teaspoon salt and 1 teaspoon sugar for each quart jar. Fill jars with boiling water or boiling strained tomato juice to within ½ inch of top. Run sterilized spatula or knife down side of jar several times to allow air bubbles to escape. Place new sterilized rubber in position and screw top on tightly, then loosen back one turn. Put on rack in oven having jars about 1½ inches apart. Process at 275 deg. F. for 35 minutes for pint jars and 45 minutes for quart jars. When cool, remove from oven and complete seal. Invert jars.

JAMS, JELLIES, CONSERVES

Ripe Pear Jam

- 4 cups chopped pears.
- 2 tablespoons lemon juice.
- 7½ cups fine granulated sugar.
- 1 bottle liquid pectin.

Prepare fruit by peeling, removing cores and mincing very finely. Measure fruit and sugar into large kettle. Stir well to dissolve sugar. Bring to full rolling boil. Boil hard for one minute. Remove from fire and stir in liquid pectin. Stir and skim alternately for five minutes to prevent floating fruit. Pour at once into hot sterile jars. Cover with wax paper till cool. Cover with hot melted paraffin. Seal and store in fruit cellar.

Ginger Pear Slices

- 4 pounds pears (9 cups).
- 4 pounds sugar (9 cups).
- ¾ cup water.
- Juice and grated rind of 2 lemons.
- 2 ounces preserved ginger.

Select firm pears. Peel, remove cores, cut in quarters and slice thinly. Add water and sugar. Add grated rind and lemon juice. Simmer until pears change color to a pinky shade. Add ginger, very finely chopped. Cook 10 minutes longer. Bottle and seal.

Favorite Conserve

- 1 cup minced pears.
- 1 cup minced peaches.
- 1 cup crushed, well drained pineapple.
- ¼ cup chopped maraschino cherries.
- 1 cup sultana raisins.
- 1 cup shredded blanched almonds.
- 2 tablespoons lemon juice.
- 5 cups fine granulated sugar.
- ½ cup liquid pectin.

Prepare fruits, measure accurately and add sugar. Add nuts. Stir well together. Bring to full rolling boil over hot fire. Stir constantly before and while boiling. Boil hard for one minute. Remove from heat and stir in pectin. Stir and skim alternately for five minutes to prevent floating fruit. Pour into sterilized jars and cool before sealing with hot paraffin. Makes 6 to 7 8-ounce glasses.

Pear Conserve

- 3½ cups minced ripe pears.
- ¼ cup finely minced lemon.
- ¼ cup minced preserved ginger and syrup.
- 7 cups fine granulated sugar.
- 1 bottle liquid pectin.

Measure accurately and combine the fruits and sugar. Stir together until sugar is well mixed and begins to dissolve. Place on fire and bring to full rolling boil. Stir constantly while coming to the boil. Boil hard for one minute. Remove from heat and stir in pectin. Allow to stand for five minutes, stirring and skimming alternately to prevent fruit from floating. Pour quickly into sterilized jars. Cool — cover with hot paraffin. Makes 8 8-ounce glasses.

Harlequin Conserve

- 12 peaches chopped.
- 5 slices canned pineapple, cubed.
- ½ pound white grapes, halved.
- 5 red plums, chopped.
- ½ large orange, thinly sliced.
- ¼ pound blanched almonds, shredded.
- Fine granulated sugar.

Prepare fruits, removing seeds and pits. Combine together and measure. Add ¾ cup sugar for each cup fruit. Boil 20 minutes, stirring constantly. Add nuts. Cook for another 10-15 minutes. Bottle and when cold seal with hot paraffin. Yields 8 8-ounce glasses.

Tomato Marmalade

- 3 pounds firm tomatoes.
- 3 lemons, juice and rind.
- 2¼ pounds fine granulated sugar.
- 1½ cups chopped nuts.

Skin and chop tomatoes. Squeeze lemons and put rinds through mincer. Mix tomatoes, sugar and lemon rind together and allow to simmer gently to desired consistency, (about 35 minutes). Stir frequently so it does not burn. When almost cooked, add chopped nuts and lemon juice. Pour into hot sterilized glasses. When cold, seal with hot paraffin.

Pineapple and Orange Marmalade

- 3 oranges.
- 1 lemon.
- 2 cups pineapple.
- 5 cups water.
- 3 cups sugar.

Slice oranges and lemon in very thin slices. Shred pineapple. Add water and allow to stand over night. Cook for 1½-2 hours slowly. Add sugar. Cook to required consistency very slowly. Pour into sterilized jars.

Plain Peach Jam

- 4 cups crushed peaches.
- 2 tablespoons lemon juice.
- 7½ cups fine granulated sugar.
- 1 bottle liquid pectin.

Peel peaches and cut very finely. Measure into large kettle. Add lemon juice. Measure and add sugar. Stir constantly while bringing to a full rolling boil. Boil hard 1 minute. Remove kettle from fire, add pectin. Stir and skim alternately for 5 minutes. Bottle and seal with hot paraffin when cool.

Gooseberry and Cherry Conserve

- 2 cups ripe gooseberries.
- 2 cups pitted red cherries.
- 7 cups fine granulated sugar.
- ½ bottle (½ cup) liquid pectin.
- 1 cup shredded almonds.

Put fruit through mincer. Measure and combine with sugar. Mix well, bring to a full rolling boil, stirring constantly. Add nuts. Boil hard 1 minute. Remove from fire, stir in pectin. Skim and stir for 1 minute. Bottle quickly. When cold, cover with hot paraffin.

Fresh Pineapple Jam

- 4 cups (2 lbs.) chopped fruit.
- 7 cups (3 lbs.) granulated sugar.
- 1 bottle liquid pectin.

Use only fully ripened fruit. Put pineapple through fine food chopper. Measure fruit and juice into kettle. Add sugar, and stir to dissolve sugar. Bring to boil over hot fire, stirring constantly. Boil hard 1 minute. Remove from fire and stir in liquid pectin. Skim. Stir occasionally for 3 minutes to prevent the fruit from floating. Pour into sterilized jars. Cool and seal with hot paraffin. Requires two medium pineapples. Makes 10-11 eight-ounce glasses.

Peach Conserve

- 3½ cups crushed ripe peaches.
- ½ cup minced orange.
- 2 tablespoons lemon juice.
- 7½ cups fine granulated sugar.
- 1 cup shredded blanched almonds.
- 1 bottle liquid pectin.

Peel peaches, chop very finely and measure carefully. Add minced orange and lemon juice. Measure sugar and stir in well. Bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Add nuts, boil hard for 1 minute. Remove from heat and stir in pectin. Allow to stand for 5 minutes before bottling, stirring and skimming alternately. This will prevent floating fruit. Bottle into hot sterilized jars. Cover with a clean towel or wax paper and allow to cool. Pour on hot paraffin, cover and store.

N.B.—2 tablespoonfuls finely chopped candied ginger may be added.

Plum Conserve

- 3 cups chopped plums.
- ¾ cup seedless raisins.
- ¼ cup minced orange.
- ½ cup water.
- 7½ cups granulated sugar.
- ½ cup chopped nuts.
- ½ bottle (½ cup) liquid pectin.

Prepare plums by pitting, chopping well and pack into measuring cup. Measure all fruit and water into large kettle. Stir until it comes to boil. Cover and simmer slowly for 15 minutes. Add sugar, mix well, bring to full boil uncovered, stirring constantly. Boil hard one minute. Remove from heat, stir in pectin. Skim and pour at once. Cover with wax paper and allow to cool. Then pour hot paraffin on to fruit. Cover and seal. Store in a dry, dark, cool place,

Quince Jelly

(With Pectin)

4½ cups quince juice.
7½ cups granulated sugar.
½ bottle liquid pectin.

Prepare juice by removing cores, blossom and stem ends from quinces. Do not peel. Mince finely and add 4½ cups water. Simmer, covered, for 15 minutes. Place in jelly bag and allow to drip (over night).

Measure juice and sugar into large kettle. Mix together well. Bring to boil over hot fire, add liquid pectin AT ONCE, stirring constantly. Again bring to full rolling boil and boil hard for ½ minute. Remove from heat, skim and pour at once. Cover, when cool, with hot paraffin. Makes about eight 8-ounce glasses.

Crab-Apple Jelly

(Without Pectin)

Wash apples, remove stems and blossoms. Cut into pieces. Add water to cover. Cook until fruit is soft and mushy. Press through a strainer, then pour juice into flannel jelly bag. Allow to drip for several hours (overnight if possible). Measure juice and allow ¾ cup sugar for each cup of juice. Heat juice to boiling and boil gently for 15 minutes. Add sugar. Boil 5 minutes longer or until jelly drops from a cold spoon in a sheet. Pour into hot sterilized glasses. When cool, seal with hot paraffin.

Rhubarb Conserve

4 quarts rhubarb.
6 cups sugar.
1 cup seeded raisins, chopped.
2 oranges.
1 lemon.
1 cup walnuts, chopped.

Cut rhubarb in ½-inch pieces. Squeeze lemon and oranges and cut rind in very fine strips. Place rhubarb, sugar, raisins and fruit rinds in kettle and simmer slowly until thick, about 45 minutes. Add orange and lemon juices and walnuts. Cook 2 minutes longer. Pour into sterilized jars and seal.

Citron Preserve

4 lbs. citron (1 medium-sized).
3 lbs. granulated sugar (7 cups).
2 ounces ginger root.
2 lemons, thinly sliced.
1½ cups hot water.

Peel and remove pithy parts from the citron. Cut into ½-inch cubes. Combine sugar and citron. Leave to stand overnight, stirring occasionally. Simmer, next day, until almost transparent (about 2 hours). Add ginger root which has been bruised and tied in a bag. Add slices of lemon and water and continue to cook until fruit is transparent. Remove ginger root. Bottle and seal while hot into hot, well-sterilized jars.

Crab-Apple Jelly

(With Pectin)

5 cups juice from apples.
7½ cups sugar.
½ bottle liquid pectin.

To obtain juice, wash and remove stem and blossom end from about 5 lbs. crab-apples. Cut apples in pieces. Do not peel or remove cores. Add 4 cups water. Cover and simmer 10 minutes. Mash down well and simmer, covered for 5 minutes longer. Press through coarse sieve, then place in jelly bag and allow to drip (over night).

Measure sugar and juice into large kettle. Mix well. Bring to a full rolling boil and add liquid pectin at once, stirring it in well. Then bring to a full rolling boil again and boil hard for ½ minute. Remove from heat, pour quickly. Seal, when cool, with hot paraffin. Makes about nine 8-ounce glasses.

Heavenly Jam

1 6-quart basket grapes.
1½ cups seedless raisins.
½ cup orange juice.
1 tablespoon grated orange rind.
9 cups granulated sugar.

Remove skins from the grapes. Cook pulp until soft enough to press through a sieve. Add skins and other ingredients to strained pulp. Boil until thick, stirring frequently (about 25 minutes). Pour into sterilized glasses and when cool seal with hot paraffin. Yields 6-7 8-ounce jars.

PICKLES AND RELISHES

Nine-day Pickles

- 4 quarts cucumbers or gherkins,
- 3 pints cider vinegar.
- 1 ounce celery seed.
- 1 ounce stick cinnamon.
- 1 ounce whole allspice.

Wash cucumbers in warm water. Cut if too large. Cover with strong brine ($\frac{3}{4}$ cup salt to 1 quart water). Leave to stand 3 days. Pour off water. Add fresh cold water. Change daily for 3 days. Drain and simmer 1-1½ hours in a very weak vinegar ($\frac{1}{4}$ cup vinegar to $\frac{3}{4}$ cup water), to which has been added 1 teaspoon powdered alum. Drain, put cucumbers into large crock. Prepare a syrup of vinegar and sugar (use $\frac{3}{4}$ cup vinegar to $\frac{1}{4}$ cup water for dilution) and spices. Boil for five minutes, then pour over the gherkins. Drain this syrup from the gherkins each day for three consecutive days. Heat to boiling, and bottle while hot on the third day. These pickles may be kept in crocks if they are in a cool place and covered.

Pickled Beets No. 1

Boil small beets for 45 minutes in salted water. Drain and plunge into cold water. Remove skins. Pack beets into well-sterilized jars. To each pint jar add:

- Small piece stick cinnamon.
- 2 cloves.
- 1 tablespoon sugar.
- $\frac{1}{8}$ teaspoon salt.

Pour on boiling vinegar to cover, diluting it with water if very strong. Seal tightly.

NOTE.—If possible, obtain all small beets and pickle them whole if you can. In any case, if you have to cut them, cut them into halves and quarters, rather than into slices.

Pickled Beets No. 2

Boil beets in salted water until tender (45 mins.). Plunge into cold water. Remove skins. Pack beets into sterilized jars and pour over the following, which has been boiled for five minutes:

- 2 quarts vinegar.
- 1½ cups water.
- 2 cups brown sugar.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{4}$ cup mixed whole spice (tied in bag).

Seal tightly.

Mustard Chow-chow

- 1 large head cabbage.
- 12 green tomatoes.
- 2 green peppers.
- 10 ripe cucumbers.
- 12 onions.

Prepare vegetables. Remove seeds from the cucumbers. Put through food chopper. Add 1 cup salt. Let stand over night. Drain well. Add 1 quart cider vinegar. Boil for 20 minutes. Make a sauce of:

- $\frac{1}{8}$ cup mustard.
- 2 tablespoons curry powder.
- 1 tablespoon tumeric.
- 6 cups brown sugar.
- 2 cups flour.
- 1 quart cold cider vinegar.

Add to other mixture. Bring to boil and boil for 15 minutes. Bottle and seal. Will make 6-8 large jars.

Minced Pineapple Relish

- 2 cups chopped pineapple.
- $\frac{1}{2}$ cup chopped green pepper.
- 1 cup raisins.
- $\frac{1}{2}$ cup water.
- 2 cups brown sugar.
- 1 teaspoon salt.
- 1 teaspoon ground cinnamon.
- 1 teaspoon allspice berries.
- $\frac{1}{2}$ teaspoon whole cloves.

Tie cloves and allspice in bag. Combine liquids, cinnamon, sugar and salt. Add spice bag. Bring all to boil. Boil 2 minutes. Remove spice bag. Add other ingredients. Simmer 5 minutes. Bottle and seal. Will yield 2 pints. Is delicious with cold meat.

Sweet Gherkins

Wash 6 quarts small gherkins in warm water. Place in a crock and cover with a brine of the proportions $\frac{1}{2}$ cup salt to 1 quart water. Leave to stand 24 hours. Drain and cover with syrup of:

- 3 quarts white pickling vinegar.
- 6 cups granulated sugar.
- 5 tablespoons whole mixed spices (tied in bag).

Boil this for five minutes before pouring on the gherkins. Leave stand for 24 hours. Drain off syrup. Add 2 cups more sugar. Bring to boil, pour over gherkins. Leave to stand closely covered for seven days, then bottle in sterilized jars.

N.B.—One teaspoon powdered alum may be added to the brine.

Mustard Beans

- 1 peck butter or green beans.
- 3 pints cider vinegar.
- 2½ pounds brown sugar.
- 1 cup mustard.
- 1 cup flour.
- 2 tablespoons tumeric.
- 2 tablespoons celery seed.
- 1 teaspoon salt.

Wash and string beans and cut into desired pieces. Cook in boiling salted water for 15 minutes. Drain. Combine other ingredients. Bring to boil, stirring constantly. When thickened pour over beans and bring to boil again. Cook 5 minutes. Bottle and seal.

Whole Mustard Pickles

- 1 quart silver onions.
- 3 quarts small gherkins.
- 1 cauliflower.
- ½ teaspoon powdered alum.
- 2½ cups granulated sugar.
- ½ cup flour.
- 2 tablespoons tumeric.
- 2 tablespoons celery seed.
- ½ cup mustard.
- 1 quart cider vinegar.

Prepare vegetables by peeling onions, cutting cauliflower and gherkins in desired sizes. Put in brine (½ cup salt to 1 quart water) to soak overnight and to this add the alum. Next morning prepare a sauce from the other ingredients combined together and cooked until thick. Add vegetables and simmer for 15 minutes. Bottle and seal tightly. Makes 4 quarts.

Mustard Cucumber Slices

- 1 dozen green cucumbers.
- 3 lbs. small onions.

Peel and slice onions and cucumbers as for table use. Place in brine of ½ cup salt to 1 quart water. Allow to stand several hours. Drain and rinse in cold water. Meanwhile, prepare the following:

- 1½ quarts vinegar.
- 1 cup flour.
- 1 teaspoon mustard.
- 2 cups brown sugar.
- 1½ teaspoons celery seed.
- 1 teaspoon white pepper.
- 1 teaspoon turmeric.
- ½ teaspoon salt.

Mix dry ingredients and add vinegar. Bring to a boil and add drained vegetables. Boil all together for 5 minutes. Bottle and seal.

Cherry Olives

Wash large sweet cherries and leave stems and pits intact. Place in pint jars well sterilized. Add 1½ teaspoons salt and fill up with white pickling vinegar. Seal at once.

Watermelon Pickle

- 4 lbs. watermelon rind.
- 2 lbs. light brown sugar.
- 1 pint cider vinegar.
- 2 tablespoons whole cinnamon.
- 1 tablespoon whole cloves.
- 1½ tablespoons whole allspice.
- 1 tablespoon whole ginger.

Pare watermelon rind. Cut in thick strips or cubes. Boil ½ ounce alum in ½ gallon water. Pour over rind and let stand in warm place for about 1½ hours. Drain. Chill in cold water. Make a syrup of vinegar, sugar and spices tied in cheesecloth bag. When boiling, add rind. Cook 40 minutes or until transparent. Place in sterilized jars and seal. Makes about 5 pints.

Tomato Catsup

- ½ bushel ripe tomatoes.
- ½ cup salt.
- 6 large onions.
- 1 large bunch celery.
- 1 small hot red pepper.
- 1 small piece root ginger.
- 1 tablespoon whole cloves.
- 1 tablespoon whole allspice.
- 3 tablespoons stick cinnamon.
- 4 cups brown sugar.
- 2½ cups vinegar.

Wash and cut tomatoes, sprinkle with salt and allow to stand 2-3 hours. Drain off excess water. Add onions, peeled and sliced, chopped celery (use tops) and red pepper. Add spices tied in bag, sugar and vinegar. Bring to boil, reduce heat and simmer slowly for 1 hour. Remove from fire. Strain—pressing well through sieve. Return to heat and simmer 2-2½ hours longer or until desired thickness. Bottle and seal.

N.B. — Remove spice bag when desired spiciness is obtained.

NOTE — To overcome long cooking and a tendency to wateriness both in chili sauce and in catsup, cut up the tomatoes and sprinkle them with the salt allowed in the recipe. Leave them to stand several hours. Drain off the excess water and proceed with your recipe.

Fruit Chili Sauce

- 25 ripe tomatoes.
- 5 peaches.
- 5 pears.
- 5 apples.
- 5 onions.
- 1 sweet red pepper, diced.
- 1 sweet green pepper, diced.
- $\frac{1}{2}$ cup whole spices.
- $1\frac{1}{2}$ tablespoons salt.
- 3 cups granulated sugar.
- $1\frac{1}{2}$ pints cider vinegar.

Peel all the fruits, tomatoes and onions. Cut up tomatoes and chop fruit rather finely. Mix well together. Add other ingredients having the spices tied in a cheesecloth bag. Cook for $1\frac{1}{2}$ -2 hours or until thick. Yields 6-8 pints.

Red Tomato Chili Sauce

- 16 large ripe tomatoes.
- 2 large onions.
- 4 sweet green peppers.
- 2 bunches celery.
- 2 tablespoons salt.
- 2 cups brown sugar.
- 4 tablespoons whole spices.
- 1 cup cider vinegar.

Wash and peel tomatoes. Remove seeds and tongues from peppers. Cut tomatoes. Dice onions, green peppers and celery. Place together in large preserving kettle. Add salt, then sugar and vinegar. Add spices tied in a cheesecloth bag. Cook slowly, uncovered, for 2 hours.

Pickled Green Tomatoes

- 3 dozen small whole green tomatoes.
- 2 pounds brown sugar.
- 2 sticks cinnamon.
- $1\frac{1}{2}$ pints diluted vinegar.
- Whole cloves.

Cook tomatoes for 15 minutes in strong salt brine ($\frac{1}{2}$ cup salt to 1 quart water). Make a syrup of sugar, vinegar and cinnamon. Stick a whole clove in each tomato. Put tomatoes in syrup and bring to a boil. Cook slowly until syrup thickens, about 15 minutes. Bottle and seal.

Note—You will have a much nicer product if you take a little extra time to remove the skins from the tomatoes after cooking in the salt water.

Corn Relish

- 12 ears corn.
- 1 small cabbage.
- 4 medium sized onions.
- 2 tablespoons salt.
- 2 sweet red peppers.
- 2 cups granulated sugar.
- $\frac{1}{4}$ cup flour.
- 1 tablespoon mustard.
- 1 tablespoon tumeric.
- 6 cups cider vinegar.

Chop cabbage, onions and peppers very finely. Sprinkle with salt and let stand over night. Boil corn for 10 minutes. Cut kernels from cob. Combine vegetables and add vinegar. Bring to boiling point, add sugar and flour mixed with a little of the vinegar. Boil until mixture thickens, stirring very thoroughly. Bottle and seal.

Spiced Grapes

- 6 quarts Concord grapes.
- 3 large apples.
- 1 pint cider vinegar.
- 5 cups brown sugar.
- $\frac{1}{2}$ teaspoon salt.
- 1 teaspoon cloves.
- 1 teaspoon allspice.
- 2 teaspoons cinnamon.

Skin grapes. Place pulp in saucepan. Cover and simmer for 5 minutes. Strain, combine with skins and apple which has been peeled and very finely chopped. Add other ingredients. Cook uncovered, stirring frequently, until thick about 35 minutes. Pour into sterilized jars and seal.

Pickled Onions

Peel silver onions with stainless steel knife. Prepare a boiling hot brine in the proportion of $\frac{1}{2}$ cup salt to 1 quart water and pour over the onions. Leave for 24 hours. Do this for two days, reheating the brine each time. After the third day, drain and cover with fresh cold water. Leave to stand 24 hours. Drain, pack into sterilized jars and to each pint jar add

- 2 teaspoons granulated sugar.
- 3 chili peppers.
- 2 to 3 pieces bruised root ginger.
- Cold vinegar to fill jar. Cover and seal.

Dill Pickles

Put 1 tablespoon dill in bottom of jar, wash small cucumbers and fill into quart jars. Add

- 1 tablespoon salt.
- 3 tablespoons granulated sugar.
- Hot vinegar to fill jar.

Now place 1 teaspoon mixed spice on top and seal.

EGGS

Shirred Eggs in Bacon

6 eggs.
6 slices bacon.
Butter.
Salt and pepper.

Line 6 muffin tins with strips of bacon. Drop an egg in centre; sprinkle with salt and pepper. Dot each egg with butter. Bake in oven at 375 degrees F. until the white is firm (for about 20 minutes). Serves six.

Scrambled Eggs, Christmas Style

6 eggs.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon milk.
6 tablespoon milk.
4 slices bacon, chopped.
 $\frac{1}{4}$ cup chopped pimiento.
6 slices toast.

Beat eggs slightly. Add salt, pepper and milk. Cook bacon slightly in saucepan, add pimiento, then the egg mixture. Cook, stirring frequently, until thick. Pile on toast and garnish with parsley.

Birmingham Eggs

6 slices bread.
6 eggs.
Salt and pepper.

Cut bread in $\frac{1}{2}$ -inch slices. From centre cut out circle with $2\frac{1}{2}$ -inch cutter. Place bread slice in hot frying pan in which there is butter. Drop an egg in circle and cook on one side until brown. Place a piece of butter on top of egg. Turn over and cook on other side. Serve garnished with parsley.

Creamy Scrambled Eggs

6 eggs, lightly beaten.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{4}$ cup milk.
2 tablespoons butter.

Combine all ingredients, placing butter at bottom of saucepan. Stir together over very slow heat in double boiler until just coagulated. Serve at once with broiled sausage or bacon. Sliced tomatoes also make a nice garnish. Minced ham, chopped green pepper or pimiento could be added before cooking.

Scrambled Egg and Tomatoes

2 tablespoons butter.
 $\frac{1}{4}$ cup chopped onion.
 $1\frac{1}{2}$ cups tomatoes, chopped in large pieces.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
1 teaspoon sugar.
4 eggs, beaten.

Sauté onion and butter in pan for 2-3 minutes. Add tomatoes and seasonings. Cook for 2-3 minutes, add beaten egg. Stir together over a slow heat until mixture is set. Serve on hot toast. Serves four.

Cuban Eggs

$\frac{1}{2}$ lb. sausage meat.
2 teaspoons chopped onions.
 $\frac{1}{4}$ cup catsup.
6 eggs lightly beaten.
 $\frac{3}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Fry meat and onion for 5 minutes. Add catsup, eggs and seasonings. Cook until eggs are thick and pile on toast. Serves six.

Poached Egg Suggestions

- (1) Serve on toast and pour over tomato or cheese sauce.
- (2) Pour thickened canned green peas over toast and place poached egg on top.
- (3) Serve in nest of spinach with cheese sauce.

Egg and Onion Casserole

3 hard cooked eggs, chopped.
3 medium onions, sliced.
2 tablespoons diced pimiento.
2 cups cream sauce.
1 cup cheese crumbs.

Prepare eggs. Cook onions for 10 minutes in boiling, salted water. Combine onions, pimiento and cream sauce. Arrange eggs and cream sauce mixture alternately in casserole. Cover with cheese crumbs. Place in oven at 375 degrees for 30 minutes. Serves six.

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NOTE: This is not a complete index — merely one to which you can refer for suggestions for special occasions.—J.M.R.

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