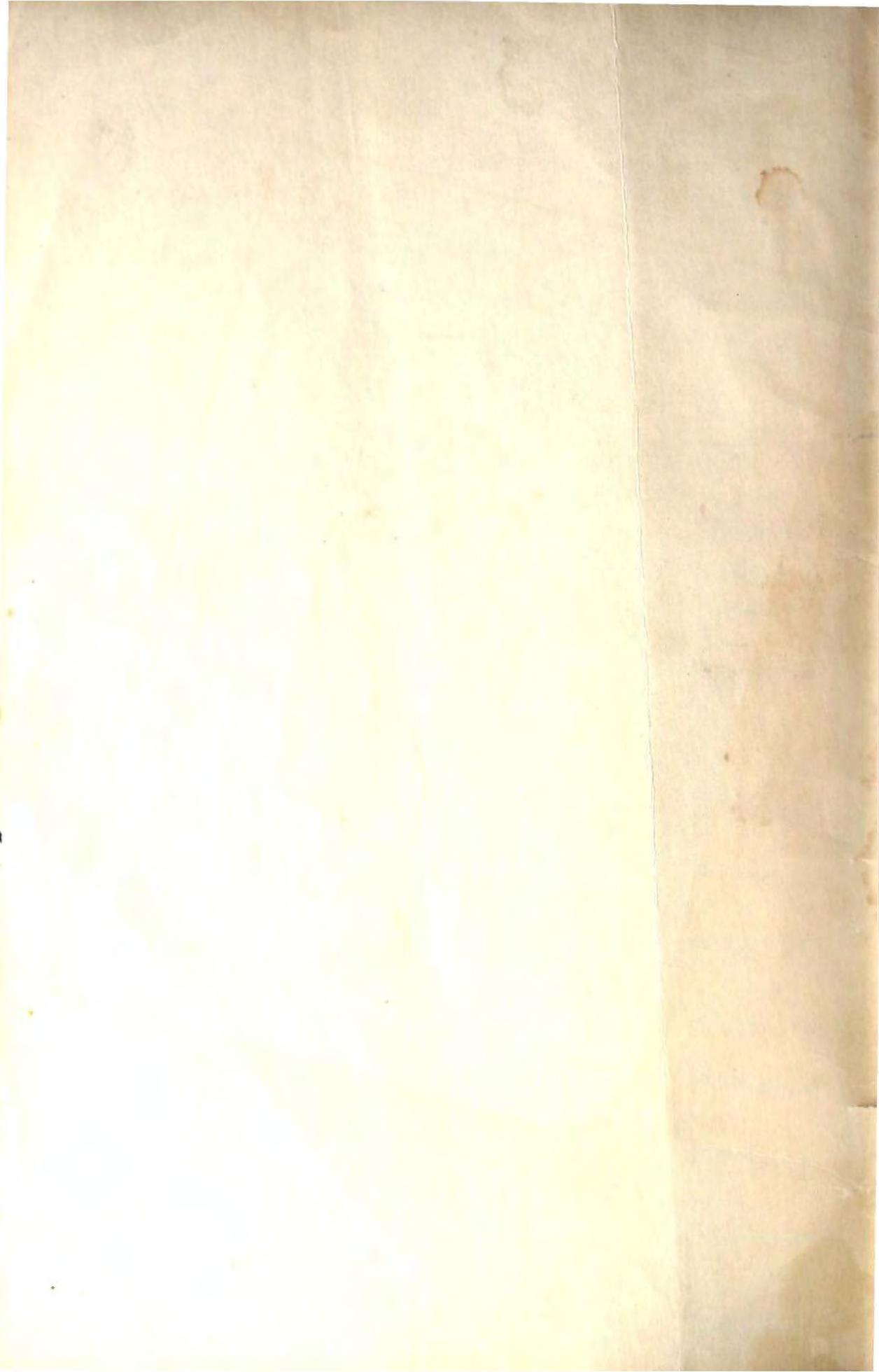


CANADIAN COOK BOOK

For British Brides







A WORD OF WELCOME

The women of Canada have always been keenly interested in the activities of the women of the British Isles.

Now that thousands of you, as wives of our sons and brothers, are coming from the old land to make your home in Canada we are anxious to extend a welcome - a welcome that will express itself in many tangible forms.

From the time you land on Canadian soil until you are settled in your new home, Canadian women will be ready to help you. You will find that every community has its volunteer committee to welcome you, and when you are settled organizations, clubs, church groups, etc. will in turn anticipate receiving help from you, realizing that you have had experiences which will enrich whatever group you join.

A practical form of welcome to the Canadian way of life is this little book which has been prepared in collaboration with the Consumer Sections of the Wartime Information Board and the Department of Agriculture. It is hoped you will find it a real help.

Signed

WOMEN'S VOLUNTARY SERVICES DIVISION,
DEPARTMENT OF NATIONAL WAR SERVICES.

NEW LANDS **NEW WAYS**

It is true of many things that they are "different here" and equally true that the differences are what the newcomer notices first.

Your Canadian kitchen will be different. For one thing, it won't have a scullery. You'll have to learn how to manage your new stove which may be a wood or coal range, a gas, electric or coal oil (paraffin) stove. If you have an ice, electric or gas refrigerator you will have to become familiar with its workings but you will find it a joy to use.

When you go shopping you will find many things different. The plentiful supply and attractive display of foods will delight you. The season for home-grown fruits and vegetables is short but while it lasts it is abundant and peaches, melons, apricots and grapes are not looked upon as luxuries in those parts of the country where they are grown. Other fruits, though, which you might expect to be plentiful, like gooseberries, currants and blackberries are relatively scarce in most parts of Canada.

Many familiar foods are known here by different names. Treacle is molasses, scrag end of lamb is neck of lamb. Particularly with meats, you may find this confusing at first. Your butcher can help you here and in his shop you will see charts which picture and name the various cuts of meat.

There are differences, many of them, in ways of cooking and serving, in recipes and in the foods themselves. For instance you may find that a cake recipe you used at home turns out quite differently here. That is because of the difference in flour. You won't find any margarine in Canada. Normally there is plenty of butter and it is used in cooking where you would use margarine at home. You may wonder just what is meant by the word shortening in recipes. It is a general term for cooking fats and includes butter, lard and the various blended shortenings.

Yes, a lot of things *are* different here but you will find a lot of things that are very like they were at home. In the pages that follow you will find little mention of them for the purpose of this book is rather to provide a guide to the things that are different and to give you recipes for dishes that are likely to be among your husband's favourite things to eat.



CANADIAN MEAL PATTERN

What sort of meals do they eat in Canada?

Well, that is not an easy question to answer because each family is a little different from every other family.

These are the things that will probably strike you first:—

Afternoon Tea is a treat—not a daily routine—probably because the **Evening Meal** is served so early, usually around 6 o'clock.

Canadian babies are given three meals a day with supplementary feedings at a very young age. They thrive on it too but it isn't wise to introduce your British-born baby too quickly to a lot of foods he has never had before. Go slowly at first and you'll avoid upsets—and that is good advice for you too, as many of the brides who have preceded you would tell you.

The "snack" habit—"Raiding the ice-box" might almost be called a national sport—usually played at night. If you are used to a bedtime cup of tea you'll probably find your husband or in-laws glad to join you.

The following paragraphs will give you a general idea of the pattern of meals in the average Canadian home.

BREAKFAST

It seems that many Canadians would rather sleep ten minutes longer in the morning than take time to eat a proper breakfast. You may rightly take a dim view of this misguided habit—so do we! Lots of Canadians do eat good breakfasts though and these are the ones we are interested in.

Fruit or Fruit Juice usually begins the meal. Oranges, grapefruit, tomato juice, apple juice, stewed dried fruit are popular all the year round; in winter applesauce or baked apple is often served; in summer fresh fruits like berries, peaches or melon make a pleasant beginning to the day.

Cereal . . . A cooked hot cereal or one of the many kinds of ready-to-eat cereal follows the fruit, though sometimes the two are combined—dried fruit being added to cooked cereal and berries, peaches, or bananas served with ready-to-eat cereal.

Bread or Toast . . . A lot of Canadians like hot buttered toast made from rather thick bread. Sometimes muffins, rolls, doughnuts or hot biscuits are served instead. Usually there is marmalade, jam or honey on the table.

Coffee served with cream, not hot milk, is the usual breakfast drink, though a number of people prefer tea. Children have milk or cocoa.

To this breakfast may be added bacon or eggs or both. The streaky breakfast bacon quite thinly sliced is most popular, with thin slices of back bacon or ham running a close second. Don't be surprised to see

marmalade being eaten with bacon. It is one of those odd combinations of foods which taste so much better than they sound.

Sausages, fish and other meats may be found on restaurant breakfast menus but are not often served at home. Griddle cakes are another story. They are a popular breakfast dish with men who work out of doors. They may take the place of either cereal or toast and are served with butter and syrup.

DINNER

Dinner is served either in the middle of the day or in the evening, more often at mid-day between 11:30 and 1:30.

The average dinner is a simple two course meal; a meat dish with vegetables, a dessert and tea, coffee or milk. The answer to "What's for dessert?" might be any kind of pudding, pie, ice cream, fruit or even cheese and crackers or bread and jam. As you see the word "dessert" is used in a very general way for the last course at either dinner or supper.

Meat . . . You will find more pork and less lamb used in Canada while mutton is very seldom even obtainable. Except near the sea less fish is used here. Poultry, specially chicken and turkey, is popular for special occasions.

Vegetables . . . Potatoes and one or, very often, two vegetables are served with meat. The second vegetable may be served as a salad and in summer it is frequently a dish of sliced tomato or cucumber. In winter canned vegetables are used a great deal.

Pickles . . . Canadians are very fond of all sorts of pickles and relishes with hot as well as cold meats and many people don't consider dinner or supper complete without them.

Bread and Butter is very often on the table.

Dessert . . . Pie must be mentioned first, for it is undoubtedly Canada's favourite dessert. Double crust pies with a generous filling of fruit, open pies with a meringue-topped filling, deep dish fruit pies are all popular. If you ask your husband what he'd like for dessert, his answer will probably be "Anything, as long as it's pie!"

Feathery light steamed and baked puddings are liked in cold weather but suet pudding you would be wise to avoid unless your man has acquired a taste for it overseas.

Milk puddings, custards and gelatine desserts are used the year round as are fresh, cooked and canned fruits. Custard sauce is hardly ever served with fruit. Ice cream is always popular and when served with a fruit or sweet sauce is called a "sundae." With a light dessert, cake or cookies are usually served.

In the estimation of most Canadians almost any dessert is improved with a topping of whipped cream and it will be a happy day for a lot of people when they can once more get whipping cream.

Dinner Extras . . . Soup, tomato juice, fruit juice or a fruit cocktail is often added to the two course dinner. Salad may be served as a separate course and a salad made of fruits is occasionally served instead of dessert.

SUPPER OR LUNCH

Whether the third of the day's meals is supper or lunch, the meal itself is similar in pattern. In winter some hot dish is generally served. In summer it may be an all-cold meal. Supper like dinner is usually a two course meal, though soup, tomato or fruit juice is often served as an extra. Scalloped dishes like macaroni and cheese and combinations of meat or fish with vegetables; baked beans, egg dishes, cold meat with hot potatoes or with potato or fresh vegetable salad are typical main dishes. Another popular combination is cream soup followed by a substantial salad and dessert.

The dessert is usually a light one, most often fresh, cooked or canned fruit with cake, cookies, hot biscuits or muffins. Tea or milk is the usual beverage.

APPOINTMENTS *FOR YOUR TABLE*

You will find differences in dishes and silver but don't let that worry you, and for goodness sake don't think you have to have things like sherbet glasses or salad forks before you can entertain! Canadians are informal people, and will never criticize you for what you haven't got. For your information, and because sooner or later you will meet most of these, here are some of the table appointments you may find different.



Sherbet Glasses are used for many kinds of cold desserts, like jellies and creams, also for fruit cocktails. The sherbet glass is set on a dessert or bread and butter plate and the dessert would be placed in the glasses before bringing to the table. Canadians serve many dishes "individually." Sherbets are nice to have but not essential.



Fruit or Sauce Dishes . . . Most fruits are served in these dishes, which are also usually set on a plate. They are used for some hot desserts too, and frequently for serving stewed tomatoes or creamed corn. Fruit dishes may replace sherbet glasses for anything except fruit cocktail.



Cream Soup Dishes . . . These are a cross between a bouillon cup and a soup plate and may be used for any type of soup. Most modern sets of dishes include matching cream soups, but they too are in the "nice but not necessary" class.

The Cereal Dish is used for all kinds of breakfast cereal and does satisfactory service for soup.



Fruit Juice Glasses . . . These are almost essential. They are small glasses holding about five ounces, used also for tomato juice.



Butter Spreader . . . This small flat knife is placed across the top of the bread and butter plate. A tea knife may be used instead and would be placed to the right of the dinner knife.



Salad Fork . . . This fork has broad, flat tines and a rather sharp edge. Knives are not generally used when salad forks are provided. If the salad is the main course this fork may be placed to the right of the plate, otherwise it goes on the left. A dessert fork may be used instead.



Bouillon Spoon . . . A small round spoon used for soup served in cups or cream soup dishes. Instead use a dessert spoon.

TABLE LINEN

Table cloths or place mats are equally correct but more people are using the latter because they are so easily laundered. Attractive, durable and inexpensive place mats that can be wiped off with a damp cloth are obtainable and are most practical. If you also use paper napkins for every day, as many Canadians are doing, you have laundry reduced to a minimum.

WHAT YOU'LL NEED *IN THE KITCHEN*

You will see in the shops, in advertisements and in use, a large variety of cooking utensils and labour saving devices which may be new to you. You won't regret it if you go slowly in collecting these important tools of your trade. Many articles are still on the hard-to-get list and many will soon re-appear in improved form. For the present, buy only those things that are really essential and plan to add to these necessities later. Buy utensils with several uses, leaving the more specialized items for later on.

The following list could be lengthened considerably but it contains items which you will use frequently. Of these, the ones starred are a bare minimum of "must haves."

★ Double boiler with extra lid.

Two or more saucepans with close fitting lids.

★ Frying pan with lid to fit; cast iron is good.

Tea kettle.

Coffee pot; glass, enamel or aluminum.

★ Pie plate.

★ Covered casserole dish; glass is good.

Roasting tin.

Rack for roasting tin.

★ Loaf or bread tin (several if you are going to bake your own bread).

★ Baking or cookie sheet.

Square cake tin.

Set of muffin tins.

Set of glass "custard cups."

★ Set of three or four mixing bowls.

★ Sieve—medium size.

Sieve—small size.

★ "Dover" or rotary egg beater.

Grater—three or four-way.

Lemon squeezer.

Rolling pin.

Pastry blender.

★★ Set of standard measuring spoons.

★★ Standard measuring cup.

★ Wooden spoon—at least one, for mixing and stirring.

★ Three knives—a saw-toothed breadknife, a paring knife and a larger good quality knife.

★ Can opener.

Long handled metal spoon.

Potato masher.

Bread board.

Kitchen scissors.

Pair of food tongs.

Vegetable peeler.



Rubber scraper—gets the last atom of food from bowls and saucepans and is a big help in dish washing.

Egg lifter.

Cookie or doughnut cutter.

A set of transparent bowl covers for use in storing left-overs.

Oven Thermometer—hard to get now but get one if at all possible, even if there is already a thermometer on the oven door. Improved baking results justify the expenditure.

IF YOU HAVE A BABY YOU'LL NEED IN ADDITION:

Graduated measure.

Pan for sterilizing bottles.

Bottle brush.

Funnel.

TO HELP YOU *WHEN YOU SHOP*

It would take a book much larger than this one to tell you all you want to know about buying. You can learn a great deal by reading the labels on tins and packages before you buy. An advantage of the "serve yourself" stores is that you can take as long as you like to make your choice. A possible disadvantage is that you may be tempted to buy more than you really need.

You are not tied by rationing to deal with any one store but usually it is a good idea, once you have found a store you like to do most of your buying there. You will get better service and most storekeepers see that their regular customers get their fair share of scarce items.

A "little black book" in which you keep a record of the brand names of products you have liked, sizes most convenient for your use and other miscellaneous information will soon make you shopping wise. The local newspaper and the radio carry market reports through which you will learn what foods are in season, plentiful and so, reasonable in price.

MEAT—When you see beef marked with a red ribbon-like stamp you will know it is the finest obtainable. A similar mark in blue indicates choice beef. This grading is not compulsory in all parts of the country and beef is the only meat to which it is applied.

Normally there is about the same amount of beef and pork in the shops the year round. The season for fresh veal extends from late spring to early fall. Lamb is most plentiful during the summer and fall months.

The question of a roast for the small family is a bit of a problem . . . more so under rationing when a roast is a real luxury. Small roasts weighing three pounds or less can be obtained from the following cuts:—

BEEF	LAMB	PORK (FRESH)
Prime rib (rolled)	Front (rolled)	Loin
Wing (rolled)	Loin	Shoulder
Porterhouse (rolled)	Rib	Tenderloin
	Shoulder	Spare ribs
	Breast	
VEAL	PORK (SMOKED)	
Shoulder (rolled)	Back bacon	
Loin	Picnic shoulder	
Rib	Ham (rolled)	
Breast		

Club or wing, porterhouse and tenderloin steaks are best buys when a tender steak is required, though their cost puts them in the luxury class.

A great deal of ground beef is sold, labelled "hamburger" or "ground round steak." The latter is dearer. Do not be afraid to buy ready-ground meats; you will find them economical and good.

POULTRY—Not all poultry is graded, but if a bird is marked in red "Grade A, Milkfed" you can be sure it is the highest quality. A blue "Grade B" stamp indicates a good quality bird.

FISH—Such large quantities of fish are being sent to Britain and exported for Allied relief that there is not a great deal left for Canadians who live at a distance from the coast. Haddock, cod, halibut and salmon are the most commonly used sea fish. You will find a little flounder but sole, whiting, turbot, and plaice are almost unknown. From the lakes and rivers come a number of excellent fresh water fish—lake trout, herring, pickerel and white fish. There is little canned fish available at the present time, except pilchards and chicken haddies.

EGGS—All eggs are graded in order of quality, A1, A, B, and C. A1, A, and B eggs are also graded by size. Grade A large and medium are both good buys.

MILK AND CREAM—You will buy milk and cream in bottles; milk by the quart or pint, cream by the pint or half-pint. Unfortunately not all milk is pasteurized but in most cities and towns both pasteurized milk and cream are available. Some milk is homogenized as well which simply means that the fat has been broken up so finely that it cannot rise as cream. The bottle cap will tell you which it is. Cream is usually sold as cereal, table or whipping cream, depending on its richness but whipping cream is off the market at present.

BUTTER AND OTHER FATS—Butter marked "First Grade, Creamery" is the highest quality. Three types of cooking fat are sold:—lard, a combination of vegetable and animal fats and a vegetable fat, the last two being sold under various brand names. Several kinds of cooking and salad oil are sold; those made from corn are most widely used.

CHEESE—In addition to kinds of cheese which you already know, you will find several sorts of packaged cheese. These are either of the cream cheese type or made from cheddar cheese blended with other ingredients to make it spread and melt easily. Packaged cheeses are more perishable than those of the cheddar type and are usually sold in $\frac{1}{4}$ or $\frac{1}{2}$ lb. packages. Cottage cheese is generally sold by the milkman who calls at your door.

FLOUR—All-purpose flour, as the name indicates, is suitable for all uses. It is made from hard wheat and sold in bags of 7, 14, 24, 48 and 98 lbs. Some all-purpose flour is labelled "Canada Approved Vitamin B White Flour." This is milled by a special process to retain more of the vitamins of the wheat.

Pastry flour is made from soft wheat and is specially good for pastry and cakes. It is sold mostly in 7 or 24 lb bags. Special cake flour of very fine texture is also available in packages.

Whole wheat and graham flour are sold in bags or by the pound.

BREAD—Many different kinds of bread are made and sold in the stores and by the baker who delivers to your door. Bread made from Canada Approved Vitamin B flour, brown or white, is recommended because of its vitamin content.

CEREALS—There are a great many cereals to choose from, both of the uncooked and the ready-to-eat variety. Those made from whole grains are preferable from the standpoint of food value. Read the label on the package.

PREPARED MIXES—An increasing variety of pudding mixes, ice cream mixes and so on are appearing in the stores. Some are good, others mediocre. Many mothers like the pudding mixes because small amounts of dessert for the baby can be quickly prepared from them.

CITRUS FRUITS—Smaller sized oranges usually contain more juice. Fruit should be heavy for its size and a smooth skin is a sign of thin skin.

APPLES—From August to May apples are available. Starting with the earliest varieties, these are a few of the good cooking and dessert apples:—*cooking*—Duchess, Wealthy, Gravenstein, Greening, Spy, Jonathan, Yellow Newtown:—*dessert*—Snow, MacIntosh, Russet, Delicious, Cox Orange.

CANNED FRUITS AND VEGETABLES—These foods are graded as “Fancy” “Choice” and “Standard” quality, price varying with the grade. The fluid ounce content of the can is marked on the label. Peas are also graded for size, No. 1 being the smallest.

CANNED BABY FOODS—A great variety of sieved and chopped foods are specially prepared for baby feeding and put up in 5 ounce tins. You will find them most convenient to use but not the most economical way to feed the baby.

JAM, JELLY AND MARMALADE—These are labelled “Pure” if only fruit and sugar are used. If pectin and colour are added they must be so labelled and if made from a mixture of apple and another fruit, both fruits must be marked.

JELLY POWDERS AND GELATINE—Do not confuse these. Jelly powders have sugar and flavouring added. Gelatine is sold in granulated form in small packages.

SALT—Buy iodized salt for general use. Buy the coarser plain salt in bags for pickling.

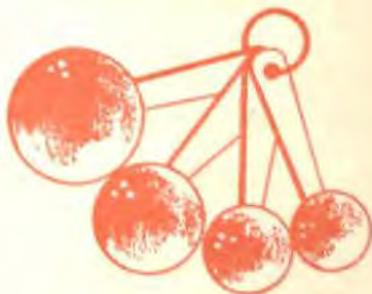
MEASUREMENTS OF A GOOD COOK

Very few people are born good cooks; anyone can become one.

One of the most important steps to becoming a good cook is careful following of reliable recipes, and the first essential is the accurate measurement of ingredients. Canadian recipes use standard measures and all measurements are level.

A standard measuring cup is marked in gradations of $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$, $\frac{3}{4}$ and 1 cup. Two types are sold. In one, convenient for measuring liquids, the cup level is *below* the rim of the cup. In the other the cup level is *at* the rim of the cup. There are also sets of four measuring cups of $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$ and 1 cup capacity. Standard measuring spoons come in sets of $\frac{1}{4}$, $\frac{1}{2}$, and 1 teaspoon and 1 tablespoon.

These measuring utensils are inexpensive and are one of the best investments in kitchen equipment you can make. You won't get accurate measurements from tea cups and table silver as their capacity varies from the standard measurements.

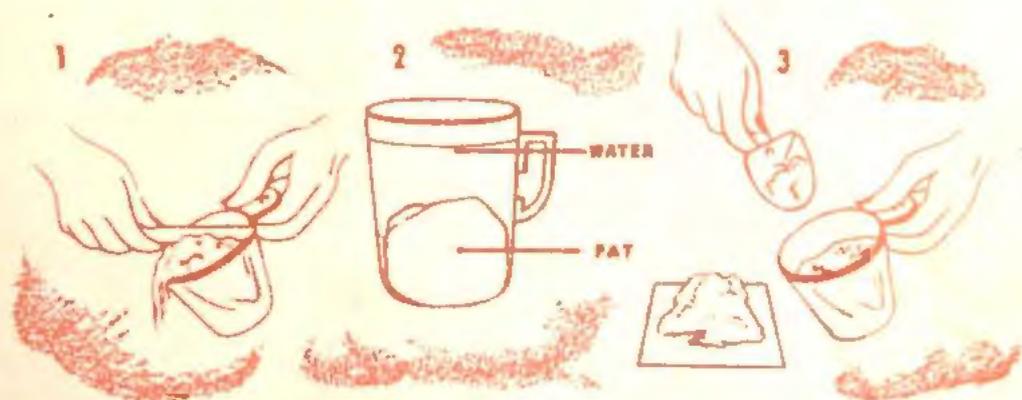


HOW TO MEASURE

The spoon or cup is heaped and levelled with the blade of a knife.

Dry Ingredients . . . Fine-textured ingredients like flour, icing sugar and baking powder tend to pack on standing. White flour is always sifted before measuring and sifted flour is spooned lightly into the cup. One cup of flour measured before sifting may measure $1\frac{1}{2}$ cups afterwards. You can see what a difference that extra flour could make to a cake! Other flours, baking powder and similar dry ingredients should be stirred to lighten them before measuring. Brown sugar is packed lightly into the cup.

Fats . . . The easiest way to measure fats is by the "water displacement" method. This is how it works. To measure $\frac{1}{2}$ cup fat, first measure $\frac{1}{2}$ cup cold water, then add fat to the water in the measuring cup until the water rises to the 1 cup level, being sure that all the fat is underneath the water. Then pour off water. This is easier than packing fat solidly into a cup.



EQUIVALENT MEASURES WITH COMMON ABBREVIATIONS

Speck, dash or few grains (f.g.) = less than $\frac{1}{8}$ teaspoon
3 teaspoons (tsp.) = 1 tablespoon (tbsp.)
16 tablespoons = 1 cup (c) = 8 fluid ounces
 $2\frac{1}{2}$ cups (20 fl. oz.) = 1 pint, Imperial measure
5 cups (40 fl. oz.) = 1 quart, Imperial measure

HOW MUCH DOES IT MEASURE?

SUGAR—granulated.....	1 lb. = 2 cups
—brown.....	1 lb. = 3 cups
FLOUR (sifted)	
—all-purpose.....	1 lb. = 4 cups
—pastry.....	1 lb. = 4½ cups
ROLLED OATS.....	1 lb. = 5½ cups
OATMEAL.....	1 lb. = 3 cups
BUTTER AND LARD.....	1 lb. = 2 cups
CHEESE (grated).....	1 lb. = 4 cups
CORNSTARCH.....	1 oz. = 4 tablespoons
COCOA.....	1 oz. = 5 tablespoons
CHOCOLATE.....	1 oz. = 1 square = 4 tablespoons grated
GELATINE.....	1 oz. = 3½ tablespoons

HOW HOT IS IT?

This rough and ready way of measuring oven temperature should only be used when no thermometer is available.

Sprinkle a little flour on a baking pan, set in the oven and note time flour takes to brown.

7 minutes indicates moderate oven, 350°F.

5 minutes indicates moderately hot oven, 375°F.

4 minutes indicates hot oven, 400°F.

3 minutes indicates hot oven, 425°F.





RECIPES

SCALLOPED DISHES

These are popular for lunch or supper and are excellent for using up small amounts of left-overs. The "character ingredient" may be left-over, diced, cooked meat; flaked fish; left-over vegetables, hard-cooked eggs, cooked spaghetti, macaroni, noodles or almost any combination of these ingredients.

BASIC RECIPE—

2 tablespoons fat
2 tablespoons flour
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt
Dash of pepper

1 cup milk
 $\frac{1}{2}$ cup grated cheese
(may be omitted)
2 cups "character ingredient"

2 tablespoons bread crumbs

Melt fat, blend in flour, salt and pepper and slowly stir in the milk. Stir constantly until the sauce thickens. Remove from heat, add grated cheese and stir until cheese melts. Arrange alternate layers of "character ingredient" and sauce in a greased casserole. Top with crumbs and bake in a moderately hot oven, 375°F, until thoroughly heated and brown on top, 20 to 30 minutes. Two to three servings.

SCALLOPED POTATOES—

3 cups thinly sliced potatoes (4 medium)
1 tablespoonful flour

1 cup milk

Salt and pepper
Fat

Place potatoes in three layers in a greased baking dish, sprinkling each layer with flour, salt and pepper and dotting with fat. Add milk. Cover and bake in a moderate oven, 350°F, 25 minutes. Remove cover and continue baking until potatoes are tender and browned on top, about 20 minutes longer. Three servings.

MEATS

ROASTS—Moderate heat, 350°F, for the entire cooking time is the rule that the up-to-date cook follows in cooking meats. It is impossible to give exact roasting times because they vary with the kind of meat and the size and shape of the roast. As an approximate guide, allow 22 minutes per lb. for medium-done beef; 30 minutes per lb. for well-done lamb or veal and 35 minutes per lb. for pork. If the roast is boneless, add an extra 5 minutes per lb. in each case. Place the meat, fat side up, on a rack in an uncovered pan and baste (spoon the dripping over the roast) occasionally during cooking.

One difference between beef and other meats is that the less tender cuts of lamb, veal and pork may be roasted in the true sense of the word . . . without the addition of liquid . . . while less tender cuts of beef, unless ground, require moist heat. A favourite way of cooking these cuts is by pot-roasting.

POT ROASTS—A 2½ to 3 lb. rolled brisket, chuck or shoulder roast makes a good pot roast for the small family.

Sprinkle meat with flour, salt and pepper. Brown on all sides in a little hot fat in a heavy pan. Place a rack under the meat. Add ½ to 1 cup of water, cover the pan closely and cook slowly on top of the stove or in the oven. Allow 40 minutes to the pound. Vegetables are often added during the last hour of cooking. The liquid is thickened and made into gravy.

BOILED MEATS—The average Canadian dislikes boiled fresh meat almost as much as he dislikes suet pudding, though he usually likes boiled meats that have first been corned, cured or smoked.

MEAT LOAF—

1 lb. ground raw beef (hamburger, chuck, neck)	1 cup soft stale bread crumbs
¼ cup finely chopped onion	1 egg
	1 teaspoon salt
	⅛ teaspoon pepper

Combine ingredients and mix well. Pack in a greased loaf pan and bake in a moderate oven, 350°F, 1½ hours. Six to eight servings. Good hot or cold.

For a Change . . .

- ★ Use part beef and part beef or pork liver, or all liver; (scald liver 5 minutes, drain and grind).
- ★ Add ½ teaspoon poultry seasoning or ¼ cup chopped celery or ½ cup grated raw carrot or 2 tablespoons chopped parsley.
- ★ To stretch loaf further, use 2 cups bread crumbs or cooked cereal. With extra bread crumbs use 2 tablespoons vegetable stock, tomato juice or water.

BAKED HAM SLICE—

1 slice uncooked smoked ham,
½ inch thick (¾ lb.)
1 teaspoon dry mustard
2 tablespoons brown sugar

1 teaspoon vinegar
6 to 8 whole cloves
½ cup milk or
apple juice

Trim rind off ham and place in shallow baking dish. Mix mustard, sugar and vinegar together and spread over ham; stick with cloves. Pour milk or apple juice around meat. Bake uncovered in a moderately slow oven, 325°F, until tender, about 40 minutes. Three to four servings.

VEGETABLES

This is to introduce you to a few members of the vegetable family which you may not have met before. You will encounter several kinds of squash of varying size and shape; egg plant; broccoli; corn; sweet peppers, both green and red. You will become intimately acquainted with tomatoes, while some old friends like Brussels sprouts, winter greens and broad beans, you will meet only occasionally.

The growing season in Canada is comparatively short, but while it lasts there is an abundance and wide variety of vegetables. In the winter and spring months the standbys are those vegetables which can be stored—carrots, beets, turnips, onions, cabbage and parsnips; and, of course, canned vegetables, especially peas, beans, tomatoes and corn. Imported and fresh frozen vegetables are available in most towns and cities for those whose pocketbooks allow for the purchase of these out-of-season foods.

IMPORTANT NOTE!

Boiled vegetables will have better flavour and higher food value if cooked in a closely covered saucepan in the least possible amount of boiling salted water, until *just* tender. Any liquid remaining should be used in soups, sauces or gravies.

BAKED SQUASH—Cut squash, remove stringy portion and seeds and cut into individual servings. Place cut side down on a greased baking pan and bake in a moderately hot oven, 375°F, until tender, about 45 minutes. When nearly baked turn cut side up, sprinkle with brown sugar, salt and pepper. Dot with butter and finish baking.

FRIED EGG PLANT—Peel and cut into half-inch slices. Dip into slightly beaten, seasoned egg, then in dry bread or cracker crumbs and sauté in a small amount of fat until tender and browned, about 8 minutes.

CORN ON THE COB—Corn should be eaten as soon as possible after it is picked. Remove husks and silk, leave a short piece of stalk for a handle—corn is eaten with the fingers. Cook in boiling, salted water, 8 to 10 minutes or until kernels are tender. Serve with butter, salt and pepper.

BROCCOLI—Wash well. Trim lower part of stalk and remove any very coarse leaves. If stalks are thick, cut lengthwise in two or three pieces. Cook covered, blossom end up, in a small amount of boiling salted water until tender, about 20 minutes. Drain, season with salt, pepper and butter.

CANNED VEGETABLES—Heat the amount of vegetable required in its own liquid; drain if necessary and season to taste.

SALADS

In salad making imagination may have free rein, but it should be curbed to this extent:—the best salads contain only a few ingredients, and those ingredients should fit the role that the salad plays in the meal.

If the salad is to be the main course, it should be substantial in a two-fold sense—large in size and including some meat, fish, eggs, or cheese. If it is to be a side dish, a small vegetable or fruit salad fills the bill.

The perfect salad is colourful, fresh, crisp and cool and both the dressing and the garnish contribute to its eye and taste appeal.

Parsley, watercress, sections of tomato, olives, radishes, pepper rings, curled celery or carrots and pickles are much used for garnishing. Salads, even those made from fruits, are almost always served on lettuce.

The rule of accurate measurements may be waived in most salads and the following combinations are suggested as a guide and a stimulant to your own imagination.

VEGETABLE SALADS

Diced cucumber, green onions, chopped green pepper, asparagus tips. Tomatoes, peeled and cut in sections or slices, with sliced cucumbers, green pepper or onion rings.

SHREDDED CABBAGE AND Grated raw carrot, chopped peanuts.
Diced unpeeled red apple, raisins.
Diced cucumber, green pepper, celery.

CHOPPED CELERY AND Grated raw carrot, diced orange.
Diced cooked beets, apple.
Shredded red cabbage, diced crisp bacon, peanut butter, a little onion.

SHREDDED LETTUCE AND Shredded raw spinach, sliced green onions, parsley, watercress with chopped tomatoes, cucumber or radishes.
Sliced raw carrot, asparagus tips, sliced radishes.

MEAT AND FISH SALADS

Combine equal amounts of diced chicken, veal or flaked fish and chopped celery. Good additions:—diced cucumber, green pepper, pimento, olives, nuts, peas, tomatoes, onions.

FRUIT SALADS

Practically any combination of fresh fruits—berries, sweet cherries, cantaloupe, peaches, pears and grapes may be used in season. Other fruits ideal for salads are sectioned oranges and grapefruit which, with bananas and canned fruits, are available the year round. Apples, diced and combined with chopped oranges and dates or with chopped celery and nuts are also good.

To make it more substantial, a fruit salad may be garnished with cheese balls or prunes stuffed with cheese or peanut butter. Nuts and cottage cheese are frequently combined with fruit as well as vegetable salads.

POTATO SALAD—

1 cup cooked potatoes, cubed	$\frac{1}{2}$ teaspoon grated onion
$\frac{1}{2}$ cup chopped celery	Salt and pepper
2 teaspoons chopped parsley	Salad dressing to moisten

Optional additions:— $\frac{1}{4}$ cup chopped cucumber
or 1 tablespoon chopped chives, pickle or green pepper
or 1 hard-cooked egg, chopped

Combine ingredients lightly together. Hot or cold potatoes may be used; in either case the salad should be well chilled after combining. Serve on crisp lettuce leaves. Two to three servings.

TOMATO JELLY SALAD—

$1\frac{1}{2}$ teaspoons gelatine	$1\frac{1}{2}$ teaspoons lemon juice
2 tablespoons cold water	1 cup tomato juice
	$\frac{1}{8}$ teaspoon salt

Soak gelatine in water 5 minutes. Heat half the tomato juice, add soaked gelatine and stir until dissolved. Add remaining tomato juice, lemon juice and salt. Pour into individual moulds, rinsed with cold water or brushed with oil. Chill until firm. Unmould and serve on crisp lettuce. Three to four servings.

STUFFED TOMATOES—Peel medium tomatoes, scoop out part of centre. Sprinkle with salt, turn upside down and chill. Fill with meat, vegetable, cheese or egg salad.

COOKED MAYONNAISE—

1 egg
3 tablespoons sugar
1½ teaspoons salt
2 teaspoons dry mustard
⅛ teaspoon paprika

Few grains cayenne
¼ cup vinegar
¾ cup salad oil
4 tablespoons cornstarch
1 cup water

Put egg, sugar, seasonings, vinegar and oil in a mixing bowl without stirring. Mix the cornstarch and water and stir over low heat until thick. Then cook over hot water until clear, about 15 minutes. Stir the hot cornstarch mixture into the other ingredients and beat briskly with a rotary beater until thoroughly combined. Cool and store in a covered glass jar. Makes about 1 pint.

DESSERTS

IVORY CREAM—

2 teaspoons gelatine
2 tablespoons cold water
¼ cup sugar
⅔ cup boiling water

1 egg yolk
Dash of salt
¼ teaspoon vanilla
⅔ cup top milk or light cream

1 egg white

Soak gelatine in cold water 5 minutes. Dissolve sugar in boiling water, add soaked gelatine and stir until gelatine is completely dissolved. Add beaten egg yolk, salt and vanilla to top milk and combine two mixtures. Cool and, when thick but not set, beat with a rotary beater until light and frothy. Fold in stiffly beaten egg white. Place in individual sherbet glasses and chill until firm. Serve with crushed or sliced fresh fruit. Four to five servings.

WHIPPED JELLY SAUCE—This is an easily made sauce that will dress up many desserts.

½ cup fruit jelly
(crabapple, red currant, etc.)

1 egg white, unbeaten
Dash of salt

Melt jelly in a bowl over hot water. Add egg white and salt, and beat with rotary beater until stiff. Cool. Six servings.

FRUIT CRUMBLE—This is a popular year-round dessert. Rhubarb, berries, apples, cherries, peaches and plums all make a delicious crumble.

2 cups prepared raw fruit
1 to 2 tablespoons sugar
2 tablespoons butter or other shortening

Dash of salt
¼ cup brown sugar
¼ cup all-purpose flour
⅔ cup quick-cooking rolled oats

Arrange fruit in a greased casserole and sprinkle with sugar. Cream fat, brown sugar and salt together; blend in flour and rolled oats. Sprinkle over fruit. Bake in a moderately hot oven, 375°F, until fruit is tender and top golden brown, about 30 minutes. Two to three servings.

PASTRY AND PIES

You know, of course, how fond your husband is of "pie." In that he is like almost every other Canadian. A pie may be made with a single or a double crust and baked in a pie plate, or may be a deep-dish fruit pie. A "tart" means to Canadians, a little individual pie shell which may have a variety of fillings. Here is a good all-round pastry and some favourite pies.

PLAIN PASTRY—

$3\frac{1}{3}$ cups sifted pastry flour
OR 3 cups sifted all-purpose flour
 $\frac{1}{2}$ cup shortening

$1\frac{1}{2}$ teaspoons salt
6 tablespoons cold water

Mix flour and salt. Remove $\frac{1}{2}$ cup of the flour and blend the water into it, making a smooth paste. Cut the shortening into the remaining flour until the pieces are the size of small peas. Add the flour paste; combine until the dough clings together. Wrap dough in waxed paper and chill before rolling. Makes enough pastry for 3 nine-inch pie shells, or 1 double crust pie and 1 nine-inch shell, or 3 dozen two-inch tart shells.

Well-wrapped in waxed paper, dough will keep for a week or longer in a cold place.

SOME TIPS ON PASTRY MAKING

- ★ Pastry dough made the day before is easier to handle and has better texture.
- ★ Have fat and water cold.
- ★ Be a miser with the flour used on pastry board and rolling pin.
- ★ Roll *lightly*, always from centre of dough towards edge, not back and forth; turn dough around but not over.
- ★ Don't stretch the dough to fit the pie plate.
- ★ Allow for the escape of steam; prick pastry shells; cut slits in top crusts before baking.
- ★ Always put pastry into a hot oven, 425°F. If pie has an uncooked filling cool oven to moderate heat, 350°F, after 10 or 15 minutes.



APPLE PIE—

Plain pastry
4 cups peeled, cored, sliced
apples
1 tablespoon lemon juice

$\frac{1}{8}$ to $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon ground cinnamon
or cloves
1 teaspoon butter

Before slicing apples, roll pastry $\frac{1}{8}$ -inch thick and a little larger than pie plate. Fit into pie plate and heap with sliced apples. Sprinkle with lemon juice, sugar and spice mixed; dot with butter. Moisten edge of lower crust with cold water. Roll out dough for top crust, fold in half and with sharp knife, make several small gashes along fold. Place loosely over apples. Trim pastry even with edge of pie plate. Using thumb and forefingers, flute edge. Bake in a hot oven, 425°F, for 10 minutes. Cool oven to 350°F and continue baking until apples are soft and crust is well-browned, about 35 minutes. Makes 1 nine-inch pie.

Some like it hot, some like it cold, many like it with cheese and everyone likes it with ice cream.

PUMPKIN PIE—

Plain pastry
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon nutmeg

$\frac{3}{4}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon cinnamon
Dash of cloves
Dash of allspice

$1\frac{3}{4}$ cups ($\frac{1}{2}$ can) canned
or mashed cooked
pumpkin
2 eggs
 $1\frac{1}{2}$ cups hot milk

Roll pastry $\frac{1}{8}$ -inch thick and a little larger than pie plate. Fit into pie plate, turn the extra pastry underneath to make an edge of double thickness; flute. Combine sugar, salt and spices; add pumpkin and eggs; beat well. Add hot milk. Pour into uncooked pie shell. Bake in a hot oven, 425°F, for 10 minutes. Cool oven to 350°F and continue baking until filling is set, about 30 minutes. Cool before serving. Makes 1 nine-inch pie.

LEMON PIE—

Plain pastry
3 tablespoons cornstarch
2 tablespoons flour
 $\frac{3}{4}$ cup sugar
Dash of salt

$\frac{1}{2}$ cup cold water
1 cup boiling water
2 egg yolks
Rind of 1 lemon (about
1 tablespoon)

Juice of 1 lemon (about
3 tablespoons)
1 tablespoon butter
Dash of salt
2 egg whites
3 tablespoons sugar

Roll pastry $\frac{1}{8}$ -inch thick and a little larger than pie plate. Fit into pie plate, turn the extra pastry underneath to make an edge of double thickness; flute. Prick well all over and bake in a hot oven, 425°F, for 12 to 15 minutes.

Mix cornstarch, flour, sugar and salt and add cold water. Add boiling water and cook over direct heat, stirring constantly until thick; then place over boiling water and cook 10 minutes. Add part of the hot mixture to the beaten egg yolks, stir into remaining mixture and cook, stirring, for 3 minutes. Remove from heat, add lemon rind and juice, butter and pour into baked pie shell.

Add salt to egg whites and beat with rotary beater until mixture peaks. Gradually beat in the sugar. Pile meringue lightly on filling, covering right to edge of crust, and bake in a moderately slow oven, 325°F, until delicately browned, about 15 minutes. Cool before serving. Makes 1 nine-inch pie.

MUFFINS

Muffins, like tea biscuits, are a popular substitute for cake or for bread at breakfast and with a salad meal. Freshly baked muffins are served hot with butter. Stale muffins are good split and toasted.

BASIC RECIPE—

1 $\frac{3}{4}$ cups sifted all-purpose flour
OR 2 cups sifted pastry flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

2 to 3 tablespoons sugar
1 egg
1 cup milk
2 tablespoons shortening, melted

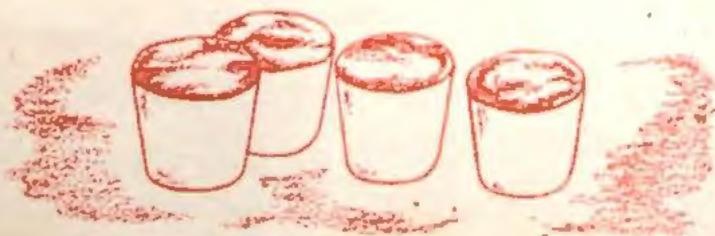
Mix and sift dry ingredients. Beat egg, add milk and melted fat. Make a hollow in the dry ingredients, pour in egg mixture. Stir only enough to combine. Fill greased muffin tins two-thirds full and bake in a hot oven, 400°F, for 20 to 25 minutes. Makes 10 large or 18 small muffins.

WHOLE WHEAT MUFFINS—Substitute brown for white sugar and replace 1 cup of flour with 1 cup whole wheat or graham flour, stirring it into the other dry ingredients after they have been sifted.

BERRY MUFFINS—Add 1 cup fresh blueberries or raspberries to sifted dry ingredients.

DRIED FRUIT MUFFINS—Add $\frac{1}{2}$ cup whole or chopped dried fruit (raisins, dates, prunes, etc.) to sifted dry ingredients in basic recipe or to Whole Wheat muffins.

CHEESE MUFFINS—Add a dash of paprika and $\frac{3}{8}$ cup grated cheese to sifted dry ingredients. Sprinkle a little extra grated cheese over muffins before baking. Tomato juice may replace milk.



BAKING POWDER BISCUITS

A great favourite with Canadians, Tea Biscuits are usually served hot with butter and are specially good with salad meals and fruit desserts. The dry ingredients and fat may be combined and the mixture stored in a covered container in a cool place for a week or longer. With this on hand any of the many variations can be turned out practically quick-as-wink. The basic recipe makes an excellent fruit roly-poly or topping for meat pies, and creamed fish or meat is very good served on split hot biscuits.

BASIC RECIPE—

2 cups sifted all-purpose flour
OR 2¼ cups sifted pastry flour
3 teaspoons baking powder

1 teaspoon salt
3 tablespoons shortening
⅔ cup milk

Mix and sift dry ingredients. Cut in fat until mixture resembles fine bread crumbs. Add milk slowly to make a soft but not sticky dough. Toss on a floured board and roll lightly ½ inch thick; cut, place on a baking sheet and bake in a hot oven, 425°F, for 12 to 15 minutes. Makes 12 medium biscuits.

RAISIN BISCUITS—Add 1 tablespoon sugar and ½ cup raisins to the basic recipe. Increase milk to ¾ cup. Drop dough on baking sheet by spoonfuls instead of rolling and cutting.

CHEESE BISCUITS—Add ½ cup grated cheese to sifted dry ingredients. The fat may be reduced to 1 tablespoon and tomato juice may replace milk.

BUTTERSCOTCH PINWHEELS—Add 1 tablespoon sugar to the basic recipe. Roll dough into a rectangle ¼-inch thick. Brush with 1 tablespoon melted butter, sprinkle with ⅓ cup brown sugar. Roll up like a jelly roll. Cut in ¾-inch slices. Place, cut side down, in greased muffin tins or close together on a greased baking sheet.

FRUIT SHORTCAKE—Add 2 tablespoons sugar to the dry ingredients and heat 1 egg yolk with the milk. Makes 6 three-inch individual shortcake biscuits. Split while hot, butter lightly and put together with sliced or crushed sweetened fruit (strawberries, raspberries, bananas, peaches). Top with more fruit and, when whipping cream is once more obtainable, with whipped cream too.

MAPLE DUMPLING DESSERT—Use basic recipe. Put ¾ cup maple syrup, ¼ cup water, 1 teaspoon butter in square cake tin and bring to a boil. Set uncooked biscuits in the hot syrup and bake at 425°F for 15 minutes. Makes 6 three-inch dumplings.

DUMPLINGS FOR STEWS—Reduce fat to 1 tablespoon, increase milk to $\frac{3}{4}$ cup. Drop by spoonfuls on top of boiling stew, removing some of the gravy if necessary, so that the dumplings will rest on top of the meat and vegetables and not sink into the liquid. Cook closely covered and without removing the lid for 15 minutes.

CAKES AND COOKIES

The type of cake Canadians like best is lighter and richer than most British cakes. And how we do love icing! In normal times this taste can be indulged, but as long as sugar rationing lasts, iced cakes will have to remain something for special occasions. The Whipped Jelly Sauce given on page 20 makes a good icing for immediate use.

One of the secrets of a good cake is thorough beating of the fat, sugar and eggs. If the cake is beaten after the flour is added, it tends to be heavy and tough.

PLAIN CAKE—

$\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ cup sugar
2 eggs
1 teaspoon vanilla

2 cups sifted pastry flour OR
 $1\frac{3}{4}$ cups sifted all-purpose flour
3 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup milk

Cream fat until fluffy; gradually cream in sugar. Add beaten eggs and vanilla and beat thoroughly until light and creamy. Mix and sift dry ingredients and add a third at a time alternately with milk, combining lightly. Bake in a greased cake tin in a moderate oven, 350°F, for 40 to 45 minutes. Turn cake out on a rack to cool. Makes a cake 8 x 8 x 2 inches.

Recipe may be halved and baked in a loaf tin.

CHOCOLATE CAKE—

2 squares unsweetened chocolate
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup shortening
 $1\frac{1}{4}$ cups brown sugar
2 eggs
1 teaspoon vanilla

2 cups sifted pastry flour
OR $1\frac{3}{4}$ cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup sour milk

Melt chocolate in boiling water and cool. Cream fat until fluffy; gradually cream in sugar. Add well-beaten eggs and vanilla and beat thoroughly until light and creamy. Mix and sift dry ingredients and add alternately with the melted chocolate and sour milk. Bake in a greased cake tin in a moderate oven, 350°F, for 40 to 45 minutes. Turn cake out on a rack to cool. Makes a cake 8 x 8 x $2\frac{1}{2}$ inches.

MILK CHOCOLATE ICING—

1 tablespoon butter
1 cup icing sugar
1 egg

$\frac{1}{4}$ cup milk

$\frac{1}{2}$ teaspoon vanilla
2 to 3 squares unsweetened
chocolate

Cream butter, add sugar gradually, blending well. Add egg, milk, vanilla and chocolate, melted over hot water. Place bowl in pan of ice or cold water and beat with rotary beater until thick, about 3 minutes.

ICE-BOX COOKIES—Ice-box cookies are so called because the dough can be kept in a cold place for a week or longer. They are specially convenient for the small family, for the cookies can be baked a few at a time as required.

$\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ teaspoon vanilla
1 egg

$1\frac{1}{2}$ cups sifted all-purpose flour
OR $1\frac{3}{4}$ cups sifted pastry flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt

Cream fat and sugar. Add vanilla and egg, beating well. Mix and sift dry ingredients and combine with first mixture. Shape into a roll about 2 inches in diameter, wrap in waxed paper and chill thoroughly. Cut in $\frac{1}{8}$ inch slices, place on a lightly greased baking sheet and bake in a moderately hot oven, 375°F, for 8 to 10 minutes. Makes $3\frac{1}{2}$ to 4 dozen cookies.

CRINKLES—

$\frac{1}{2}$ cup shortening
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup white sugar
 $\frac{1}{4}$ teaspoon vanilla
1 cup sifted all-purpose flour
 $\frac{1}{2}$ teaspoon baking soda

OR 1 cup plus 2 tablespoons
sifted pastry flour
 $\frac{1}{4}$ teaspoon salt
1 cup rolled oats
 $\frac{1}{4}$ cup warm water

Cream fat and sugars thoroughly; add vanilla. Mix flour, salt and rolled oats and add alternately with water in which the soda has been dissolved. Drop from teaspoon on to a greased baking sheet and flatten with fork. Bake in a moderate oven, 350°F, for 10 to 12 minutes. Makes 2 dozen cookies.

HOT WATER GINGERBREAD—

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{3}{4}$ cup molasses
 $2\frac{1}{2}$ cups sifted pastry flour OR
 $2\frac{1}{4}$ cups sifted all-purpose flour

$1\frac{1}{2}$ teaspoons baking soda
 $\frac{1}{2}$ teaspoon cloves
 $1\frac{1}{2}$ teaspoons cinnamon
2 teaspoons ginger
 $\frac{1}{4}$ teaspoon salt
1 cup hot water

Cream fat until fluffy, gradually cream in sugar. Add beaten egg and molasses and beat well. Mix and sift dry ingredients, and add alternately with the water, combining lightly. Bake in a greased cake tin in a moderately slow oven, 325°F, for 50 to 55 minutes. Makes gingerbread 8 x 8 x $2\frac{1}{2}$ inches.

Serve hot with applesauce, whipped cream or a pudding sauce for dessert or as cake.

PICKLES AND RELISHES

In the fall of the year you will probably find yourself, like other Canadian wives, busy making pickles.

FRUIT TAMALE—

- | | |
|---|---|
| 8 large or 12 medium-sized ripe tomatoes (3 lbs.) | 1 small hot red pepper (2 tablespoons, chopped) |
| 3 peaches (1½ cups, chopped) | OR 6 small dried chili peppers |
| 3 pears (1½ cups, chopped) | 2 tablespoons whole mixed pickling spice |
| 3 apples (2 cups, chopped) | 1½ cups brown sugar |
| 3 medium onions (1½ cups, chopped) | 2 teaspoons salt |
| 1 cup chopped celery | 1 cup cider or blended vinegar |

Blanch, peel and chop tomatoes and peaches. Peel, core and chop pears and apples. Peel and chop onions; chop celery. Remove stem and seeds from pepper and cut very finely, using scissors. Tie spices (including dried chili peppers when used) loosely in a cheese-cloth bag. Add spice bag, sugar and salt to vinegar, bring to boiling point and add other ingredients. Bring slowly to boiling point and simmer until pickle has thickened, about 45 minutes. Remove spice bag; pack Tamale in hot, sterilized jars and seal. Makes about 4 pints.

MUSTARD PICKLES—

- | | |
|--------------------------------------|---|
| 3 pints (7½ cups) pickling cucumbers | ⅓ cup flour |
| 1 small cauliflower | ¼ cup dry mustard |
| 1 pint (2½ cups) pickling onions | 1½ teaspoons turmeric |
| 1 sweet red pepper | 1¼ cups sugar |
| 1 cup bag salt | 2½ pints (6¼ cups) cider or blended vinegar |
| 2 quarts (10 cups) water | |

Peel onions and cut other vegetables into desired sizes. Dissolve salt in water and pour cold brine over vegetables. Let stand overnight.

In the morning, drain. Make a paste of flour, mustard, turmeric, sugar and a little vinegar. Add remaining vinegar, stirring until well blended. Bring to boiling point, stirring constantly until the sauce is slightly thickened. Cook 10 minutes. Add vegetables, bring to boiling point and pack in hot, sterilized jars; seal. Makes about 4½ pints.

PANCAKES AND DOUGHNUTS

Pancakes may appear at any meal and are served with maple or other syrup and butter.

Sausages or bacon are often served with pancakes, but don't forget the syrup even then. The combination *does* sound odd but when you've tried it you'll agree that it's good.

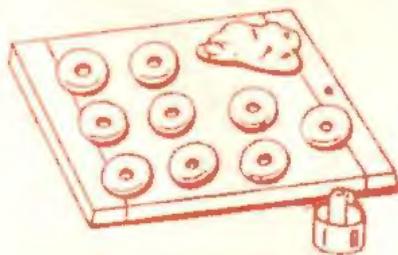
PANCAKES—

1 cup sifted all-purpose flour
OR 1 cup plus 2 tablespoons
sifted pastry flour
1 teaspoon sugar

1½ teaspoons baking powder
¼ teaspoon salt
1 egg
¾ cup milk

1½ teaspoons shortening, melted

Mix and sift dry ingredients. Add milk to beaten egg and stir into dry ingredients; beat until smooth. Add melted fat. Pour from a pitcher (jug) or a quarter-cup measure on to a hot, lightly greased heavy frying pan or griddle. Cook until edges are brown and bubbles begin to break on top. Turn and cook on other side. Serve at once. Makes about 8 cakes.



If you *can* make good doughnuts your husband will think you're wonderful! On the other hand, you can buy them.

A deep, heavy iron frier is ideal for cooking doughnuts but any metal saucepan with straight sides may be used for a small recipe like the one below.

Some people like spiced doughnuts and you may add ¼ teaspoon nutmeg to this recipe. Doughnuts are often sugared before serving. Put a tablespoon or two of sugar in a paper bag, add doughnuts and shake the bag to coat them.

DOUGHNUTS—

2 tablespoons shortening
⅓ cup sugar
1 egg
1½ teaspoons baking powder

1½ cups sifted all-purpose flour
OR 1⅔ cups sifted pastry flour
½ teaspoon salt
⅓ cup milk

About 1 lb. fat for frying

Cream fat and sugar thoroughly; add beaten egg and beat well. Mix and sift dry ingredients and add alternately with milk. Dough should be very soft but not wet. If too soft to handle, add 2 tablespoons extra flour. Roll ½ inch thick on a lightly floured board and cut with doughnut cutter.

Melt enough fat to give a depth of at least two inches and heat until a cube of bread browns in 60 seconds, 370°F. Slide 2 or 3 doughnuts into fat. When risen to surface and browned on lower side turn and brown other side. The total cooking time is about 4 minutes. Remove from fat. Drain on crumpled paper. Makes about 1½ dozen doughnuts. Strain fat into a clean tin, store in a cool place for further use.

A GOOD CUP OF COFFEE

We certainly shan't try to tell you how to make a good cup of tea but you might find some pointers on coffee making useful.

Good coffee is fresh coffee, so it is best to buy it a pound or half pound at a time. It loses flavour if exposed to air, so store it closely covered.

Get the grind best suited for your coffee maker:—fine grind for drip and vacuum pots, medium grind for percolator, coarse grind for boiled coffee.

And that brings us to the four different types of coffee pots. Good or bad coffee can be made in all of them . . . it depends on you, though most people will stoutly maintain that the particular coffee maker *they* use makes the best coffee.

Allow 1 to 1½ tablespoons of coffee for each cup, whatever the method of making. A dash of salt may be added.

With a Drip Pot—Be sure water is vigorously boiling when it is added. Stand pot where coffee will keep hot but not boil as it drips through.

With a Percolator—Percolate slowly 7 to 10 minutes.

With a Vacuum-type Coffee Maker—The boiling water is forced from a lower to an upper compartment which holds the coffee. As long as the coffee in the upper compartment bubbles it will not flow back into the lower compartment, which it must do. Follow manufacturer's instructions which come with the vacuum coffee maker you buy.

Boiled Coffee—Add cold or hot water to coffee; heat just to boiling point. Keep over low heat for 5 minutes. Do not allow coffee to boil. Add a little cold water to settle the grounds.

With all coffee, the sooner it is served the better it tastes. Cream or top milk in preference to hot milk for most of us . . . please!

Coffee pots should be thoroughly washed in hot soapy water, rinsed, dried and aired after each using. A stained or musty coffee pot will not make good coffee and it's a sign of a poor housekeeper.



DRIP POT



VACUUM TYPE



PERCOLATOR



BOILED COFFEE

WHERE CAN I *FIND OUT*

INFORMATION SOURCES AND MATERIAL YOU WILL FIND HELPFUL

The Dominion and Provincial governments have many splendid booklets and folders which you may get free of charge. If you live in the country you can get a great deal of help from the provincial Extension Service. You are now a Canadian and these are *your* services. Don't hesitate to use them.

FOR—Booklets and folders on breadmaking, buying and cooking of meats, poultry, cheese, eggs, cereals, fruits and vegetables, canning fruits and vegetables, making jams, jellies and pickles, write to Department of Agriculture, Ottawa.

FOR—100 Tempting Fish Recipes write to Department of Fisheries, Ottawa.

FOR—The Canadian Mother and Child, Meal Planning for Health, Canada's Food Rules, Healthful Eating, write to Your Provincial Health Department.

FOR—Up-to-date information on price ceilings, rationing and other wartime regulations, write to Consumer Branch, Wartime Prices and Trade Board, Ottawa.

These are government services in your Province who can give you information:—

BRITISH COLUMBIA.....	Women's Institute Branch, Department of Agriculture, Victoria, B.C. Provincial Board of Health, Victoria, B.C.
ALBERTA.....	Agricultural Extension Service, Department of Agriculture, Edmonton, Alta. Provincial Department of Health, Edmonton, Alta.
SASKATCHEWAN.....	Department of Women's Work, University of Saskatchewan, Saskatoon, Sask. Provincial Department of Health, Regina, Sask.
MANITOBA.....	Extension Service, Department of Agriculture, Winnipeg, Man. Department of Health and Welfare, 320 Sherbrooke St., Winnipeg, Man.
ONTARIO.....	Women's Institute Branch, Department of Agriculture, Toronto, Ont. Department of Health, Parliament Buildings, Toronto, Ont.

- QUEBEC**..... Women's Institute Branch, Department of
Agriculture, Quebec, P.Q.
Department of Health, Quebec, P.Q.
- NEW BRUNSWICK**..... Women's Institute Division, Department of
Agriculture, Fredericton, N.B.
Chief Medical Officer, Fredericton, N.B.
- NOVA SCOTIA**..... Department of Agriculture and Marketing,
Truro, N.S.
Chief Health Officer, Department of Health,
Halifax, N.S.
- PRINCE EDWARD ISLAND**.. Women's Institute Branch, Department of
Agriculture, Charlottetown, P.E.I.
Department of Health, Charlottetown, P.E.I.

The Canadian women's magazines and some of the daily and weekly newspapers contain excellent information, and radio talks are also given on all phases of homemaking. In some cities commercial companies have Home Service Departments which can be most helpful. In almost every town and city there are organizations conducting special cookery classes for British brides or regular classes which you may join.

You will want a Canadian cook book so here are some good ones:—

- The Canadian Cook Book**..... The Ryerson Press,
Toronto 2B, Ontario..... Price \$2.00
- Three Meals a Day**..... The Musson Book Co. Ltd.
Toronto, Ontario..... Price \$2.00
- Food from Market to Table**... The MacMillan Co. of Canada Ltd.
Toronto, Ontario..... Price \$2.00
- Food and the Family Income**... J. B. Lippincott Co.,
Montreal, Quebec..... Price .25c



INDEX TO RECIPE SECTION

BAKING POWDER BISCUITS

	Page
Basic Recipe.....	24
Butterscotch Pinwheels.....	24
Cheese Biscuits.....	24
Raisin Biscuits.....	24

CAKES AND COOKIES

Chocolate Cake.....	25
Crinkles.....	26
Hot Water Gingerbread.....	26
Icebox Cookies.....	26
Milk Chocolate Icing.....	26
Plain Cake.....	25

COFFEE.....	29
-------------	----

DESSERTS

Fruit Crumble.....	20
Fruit Shortcake.....	24
Ivory Cream.....	20
Maple Dumpling Dessert.....	24
Whipped Jelly Sauce.....	20

DOUGHNUTS.....	28
----------------	----

DUMPLINGS FOR STEWS.....	26
--------------------------	----

MEATS

Baked Ham Slice.....	17
Meat Loaf.....	16
Pot Roast.....	16
Roasts.....	16

MUFFINS

	Page
Basic Recipe.....	23
Berry Muffins.....	23
Cheese Muffins.....	23
Dried Fruit Muffins.....	23
Whole Wheat Muffins.....	23

PASTRY AND PIES

Apple Pie.....	22
Lemon Pie.....	22
Plain Pastry.....	21
Pumpkin Pie.....	22

PANCAKES.....	28
---------------	----

PICKLES AND RELISHES

Fruit Tamale.....	27
Mustard Pickles.....	27

SALADS

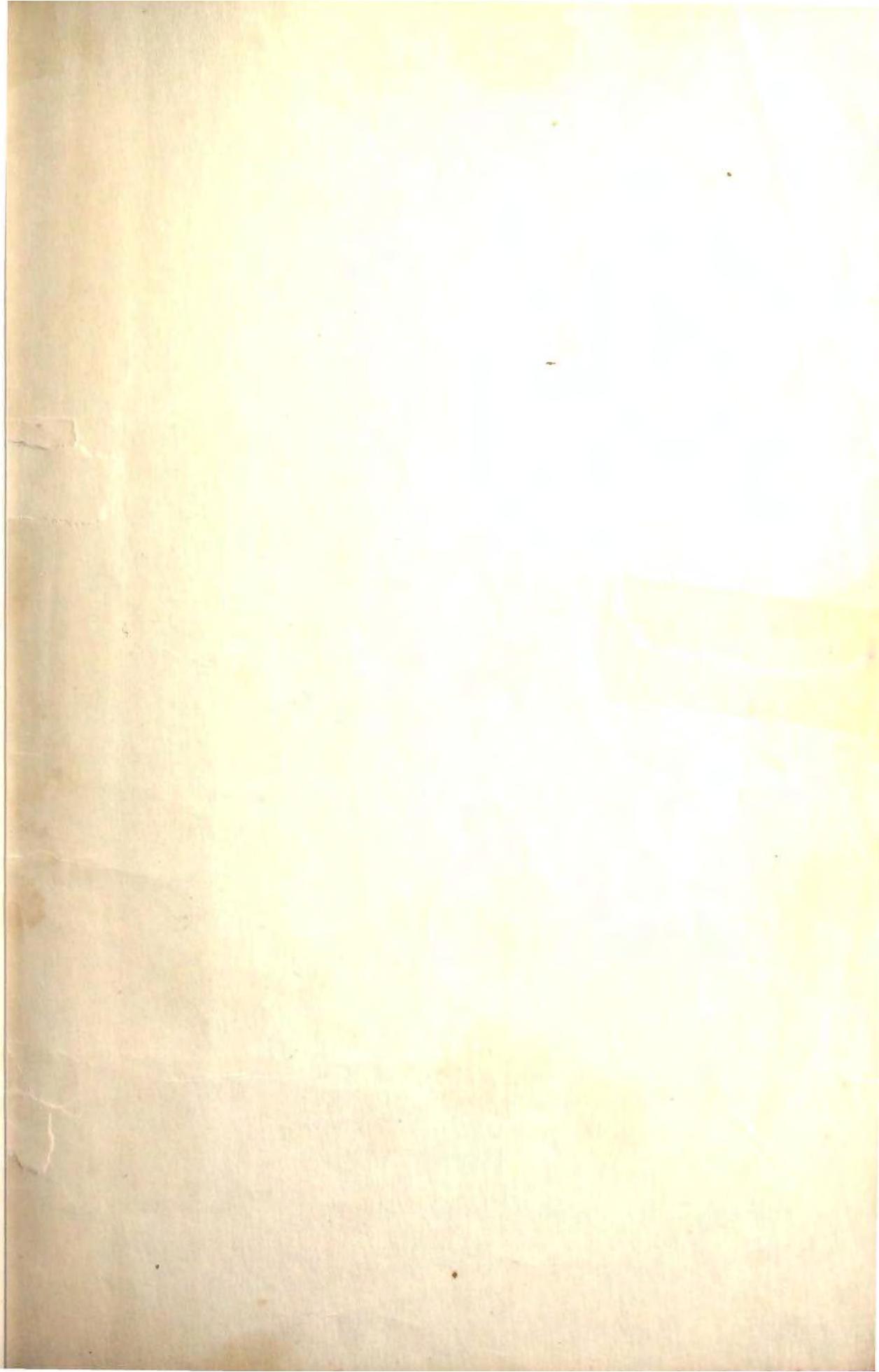
Cooked Mayonnaise.....	20
Fruit Salads.....	19
Meat and Fish Salads.....	19
Potato Salad.....	19
Stuffed Tomatoes.....	19
Tomato Jelly Salad.....	19
Vegetable Salads.....	18

SCALLOPED DISHES

Basic Recipe.....	15
Scalloped Potatoes.....	15

VEGETABLES

Broccoli.....	18
Corn on the Cob.....	17
Fried Egg Plant.....	17
Baked Squash.....	17



Issued by
Division of Women's Voluntary Services
under the authority of
The Hon. J. J. McCann
Minister of National War Services

1945