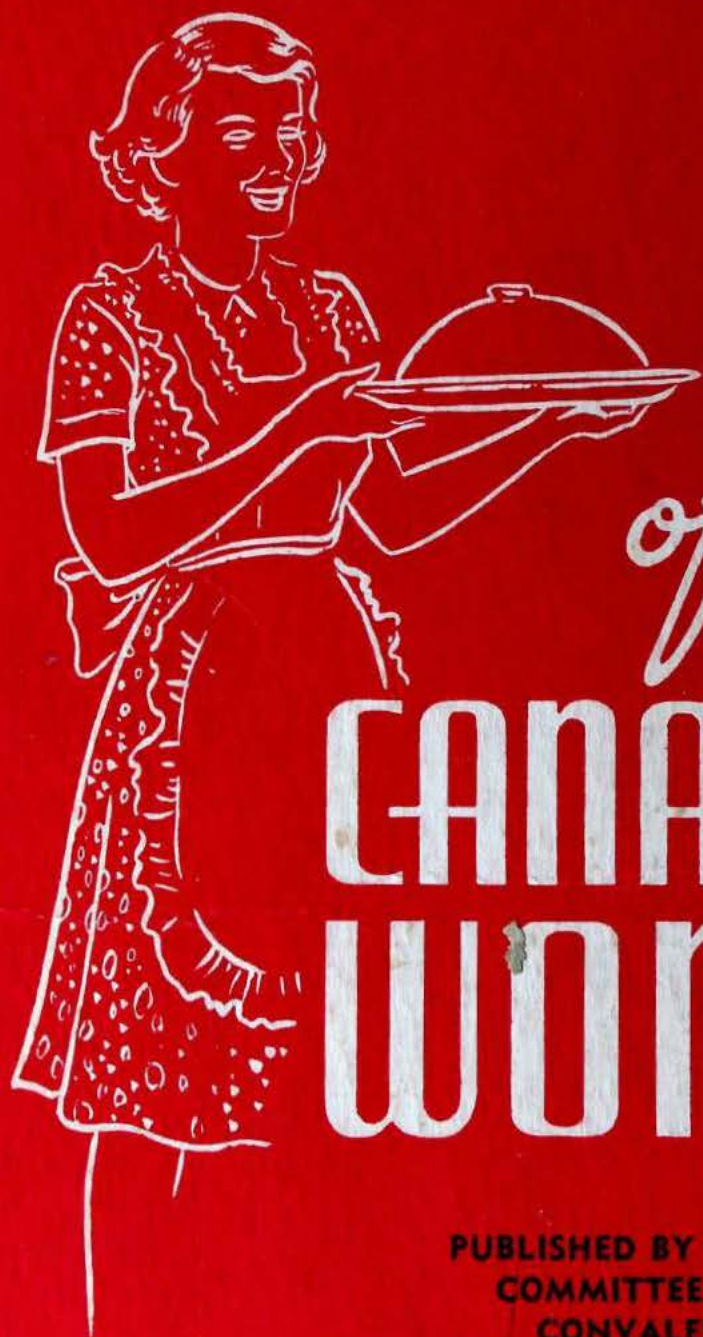


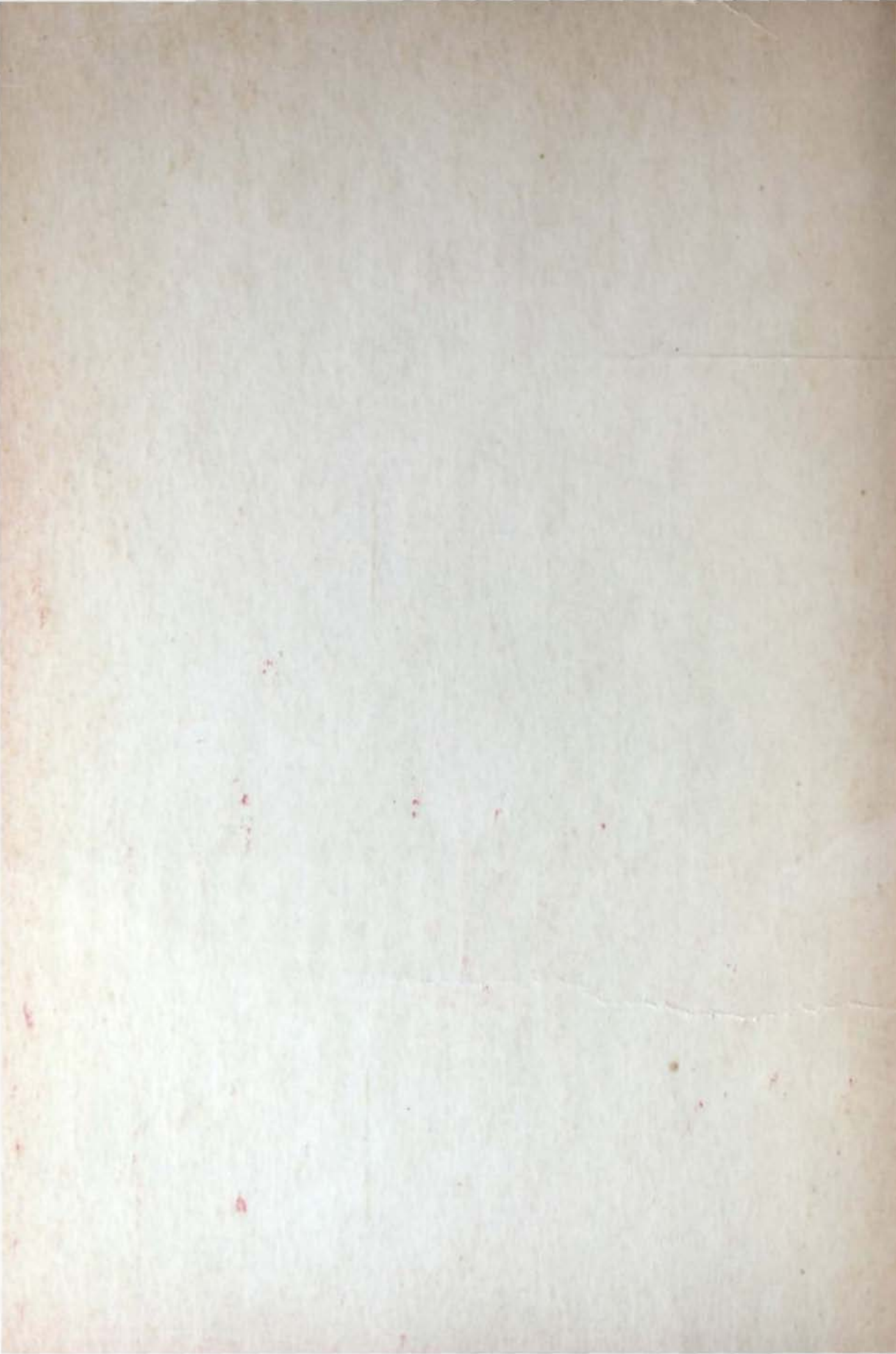
# *Favorite* **RECIPES**



## **CANADIAN women**

PUBLISHED BY FAVORITE RECIPES  
COMMITTEE, BISHOP GRAY  
CONVALESCENT HOME

BESSIE B. WINSPEAR, Convener





FAVORITE  
RECIPES  
of  
CANADIAN  
WOMAN

Published by

Favorite Recipes  
Committee

Bishop Gray  
Convalescent Home

Bessie B. Winspear, Convenor

# FOREWORD

We wish to make grateful acknowledgement to the many women from all across Canada who have so generously contributed their favorite recipes and thus made possible the publication of this Cook Book.

We acknowledge also valued assistance from business firms and individuals whose advertisements appear herein. Your patronage of these firms where possible will be appreciated.

The net proceeds from the sale of this Cook Book will help to swell a fund already established for the building of a convalescent home in memory of the late Bishop Gray. It is our hope that other groups will plan and carry out similar projects in order that this worthy objective will come to an early fruition.

Those interested in helping may obtain information from Mrs. Philip Debney, 10123 Clifton Place, Edmonton.

# DEDICATION

It is common knowledge that women owe to their husbands any skill at cookery which they may possess.

As the result of long hours of patient instruction from competent husbands, scores of women throughout Canada (and no doubt in other countries) have succeeded in relieving their busy men of this extremely simple, but necessary duty.

Therefore, this recipe book is grudgingly dedicated to "Our Husbands," without whose thoughtful and unselfish instruction from the honeymoon forward, this book would not have been possible.

FAVORITE RECIPES PROJECT COMMITTEE.

Bessie B. Winspear, Convenor.



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# BEVERAGES

## FRUIT PUNCH

Juice 6 oranges. 1 can cherries.  
Juice 12 lemons. 1 large bottle marachino  
5 cups sugar. cherries.  
2 cans shredded pineapple. 1 gal. water.

**Method**—Add ice just before serving. Serves 20. Ginger ale may be added at serving time.

—Mrs. F. G. Winspear.

## CAFE AU LAIT

To 2 cups strong black coffee add 3 cups sweet milk and bring to the boil. Serve at once.

—Mrs. F. G. Winspear.

## PEP TEA (Iced)

Tea. 3 lemons.  
4 oranges. Sugar to sweeten.

Make tea double usual strength. While hot add juice of oranges and lemons. Sweeten if desired. Let cool. Pour into tall glasses filled with cracked ice. Garnish with mint.

—Mrs. F. G. Winspear.

## LEMON SYRUP

12 lemons. 2 oz. citric acid.  
1 oz. Epsom salts. 8 lbs. sugar.  
1 oz. tartaric acid. 3 qts. water.

**Method**—Use the juice of 12 lemons and the grated rind of 6. Mix together. Let stand 24 hours. Strain and bottle. (This makes about 6 quarts.) Keep in a cool place.

—Mrs. C. G. Geggie, Edmonton.

## TEA ESSENCE

1 cup tea leaves. 4 cups boiling water.

**Method**—Steep 8 minutes. Strain. To serve: Use 1 cup tea essence to 10 cups boiling water for average strength.

## YOUNGSTOWN COUNTRY CLUB

2 lbs. mixed chese. 5 oz. bottle Lea & Perrins  
13 oz. McLaren's soft cheese. sauce.  
1 tbs. horse radish. 8 oz. port wine.  
1 tbs. dry mustard.

**Method**—Put cheese, horse radish and mustard in a mixer, and add slowly the sauce and wine. When well mixed put in container in ice box to cool. (Keeps 1 month).

—Mrs. Norman Robertson, Toronto.



### NED'S LIQUEUR

Fill decanter half full of choke cherries, add half a decanter of rye and leave for three months.

—Mr E. Hanley, Toronto.

### GINGER CORDIAL

Juice of 6 lemons.

Grated rind of 2 lemons.

1 oz. tartaric acid.

3 drams capsicum.

5 drams essence of ginger.

2 qts. boiling water.

5 lbs. sugar.

**Method**—Pour boiling water over sugar, add tartaric acid, and stir until dissolved. Let cool. Add remaining ingredients and bottle.

—Mrs. C. A. Brine, Edmonton.

### RASPBERRY VINEGAR

**Method**—Cover raspberries with white vinegar. Leave for three or four days. Strain through a cheesecloth bag over night. To each pint of liquid add a pound of sugar. Boil 20 minutes. Let stand until cool. Bottle and cork.

—Mrs. W. A. Campbell, Edmonton.

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# SOUPS

## MUSHROOM SOUP BISQUE

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 2 10-oz. cans cream of mushroom soup. | 1 tbsp. Worcestershire sauce.    |
| 2 5-oz. cans shrimp.                  | 1 tbsp. minced chives or onions. |
| 2 cups milk.                          | 1/4 cup sherry.                  |

**Method**—Combine soup and milk, and add shrimp which has been flaked after removing the black vein down the back. Add sauce and chives and heat over hot water. Just before serving add sherry. (8 to 10 servings).

—Mrs. E. Newland, Edmonton.

## CREAM OF CUCUMBER SOUP

- |                      |  |
|----------------------|--|
| 3 large cucumbers.   | 1/2 tsp. salt.   |
| 3 tbsp. flour.       | 3 cups chicken stock (chicken bouillon cubes may be used). |
| 1/8 teaspoon pepper. |  |
| 1 cup milk.          | 1 tsp. Angostura Bitters.                                  |
| 1/2 cup heavy cream. |  |
| 4 tbsp. butter.      |  |

Pare and slice cucumbers very thin. Melt 2 tablespoons of the butter, add cucumbers and cook for 10 minutes. Melt remaining butter, stir in flour, salt, and pepper, and when well blended, add stock, milk, and cream slowly, stirring constantly over low heat until mixture boils. Add cucumbers and cook over low heat until cucumbers are soft and transparent, about 15 minutes. Force mixture through a sieve. Add bitters, and season with more salt and pepper if desired. 6 servings.

## CREAM OF CUCUMBER SOUP

- |                                |                        |
|--------------------------------|------------------------|
| 1 large or 2 medium cucumbers. | 4 tbsp. butter.        |
| 2 tbsp. flour.                 | 1 qt. whole milk, hot. |
| Salt.                          |                        |

Wash and grate, without peeling, cucumbers on coarse side of grater. Sauté in butter until golden brown, add flour, salt to taste, and whole hot milk, blending until smooth. Strain if preferred. 1/2 tablespoon grated onion may be sautéed with the cucumber, but this interferes with the subtle flavor. Top with 1 teaspoon whipped cream to each serving. Serves 6 to 8.

—Mrs. F. B. Mathews, Edmonton.

## SWEDISH SOUP

Heat 2 tins of consomme or beef stock and add an apple and an onion, chopped. Let simmer until the apple and onion are soft and then strain. Add 1/2 cup of cream and a dash of curry powder.

—Mrs. F. B. Mathews, Edmonton.



## **GLORIFIED CHICKEN SOUP**

Put through the finest blade of meat grinder 1 cup of blanched almonds and the breast of a boiled chicken. Throw all the skins and trimmings into 2 quarts of water in which the chicken was boiled. Add a slice of onion, stalk of celery, sprigs of parsley, and a small bay leaf. Simmer until the soup is reduced to 1 quart. Strain, and set aside to cool, remove all fat, and reheat with 1 pint of rich milk and the ground chicken and nuts. Simmer for 15 minutes. Add seasoning to taste. Remove from fire and pour over the yolk of 2 eggs that have been beaten with  $\frac{1}{2}$  cup cream.

—Mrs. F. B. Mathews, Edmonton.

## **CREAM OF CHICKEN AND CELERY BROTH**

Break up bones from a left-over roasted chicken, cover with 2 quarts of water and bring slowly to a boil. Add one sliced onion, outside stalks of celery, one small bay leaf,  $\frac{1}{4}$  teaspoon black pepper, and one teaspoon salt. Let simmer gently for 2 hours. Strain. Add one cup of finely chopped celery and cook until the celery is tender. Melt together 1 tablespoon of butter with 1 scant tablespoon of flour, add to stock and let boil. Just before serving fold in  $1\frac{1}{2}$  cups of whipped cream. Heat but do not allow to boil. Serve with browned oyster biscuits.

—Mrs. F. B. Mathews, Edmonton.

## **BROWNE OYSTER BISCUITS**

Fry 1 pint of oyster biscuits in  $\frac{1}{4}$  cup of butter until golden brown. Dry a cupful of parsley by placing in warming oven. Crumble until very fine and sprinkle over biscuits while still hot.

—Mrs. F. B. Mathews, Edmonton.

## **EPICUREAN SOUP**

Cook 1 large potato with a soup bouquet in 1 tin of consomme and the same amount of water. To this add the liquor from 2 tins minced clams and  $\frac{1}{2}$  tin of tomatoes. Simmer until vegetables are tender, then rub through a sieve. Add the minced clams and simmer a half hour longer. Whip 1 pint of cream and heat slightly. Just before serving add 2 tablespoons minced parsley, salt, and pepper, and paprika, and fold the hot soup into the whipped cream and serve it once.

—Mrs. F. B. Mathews, Edmonton.

## **CRAB SOUP**

1 tin cream of tomato soup.      1 tin cream of pea soup.

Add cream to dilute to desired consistency, then add tinned or fresh crab meat and a little warmed sherry.

—Mrs. F. B. Mathews, Edmonton.



## ONION SOUP STOCK

Bring to a boil 2 bunches of leeks or 6 Spanish onions covered with cold water. Boil until soft enough to put through a sieve. Cool and keep in tightly covered can in refrigerator. Add by spoonful to taste to any canned soup, or add to stock made from ham bone.

Note: Minced parsley, celery, etc., may be added.

—Mrs. John Macdonald, Edmonton.

## CANNED CONSOMME

Canned consommé is improved if you add 2 tablespoons quick tapioca, 1 fresh tomato, skinned and put through a sieve, and 4 grains garlic salt. Cook 3 minutes.

—M. de la Hitte, Victoria.

## SPINACH SOUP

2 lbs. spinach.	Salt and pepper to taste.
$\frac{1}{2}$ cup stock.	Spk. nutmeg.
$\frac{1}{4}$ cup butter.	1 to 2 eggs.
$2\frac{1}{2}$ tbsp. grated cheese.	Croutons of fried bread.

**Method**—Cook the spinach with a little salt and small amount of water. Drain. Put in a pan the butter and stock. Add beaten eggs, seasoning and cheese. Simmer gently until mixture thickens. Serve with croutons of fried bread.

—M. de la Hitte, Victoria.

## SUNDAY NIGHT SUPPER SOUP

1 can pea soup.	$\frac{1}{4}$ cup cream.
1 can tomato soup.	$\frac{1}{2}$ tsp. curry powder.
2 cans milk.	

Combine the soups, then add milk. Mix the cream into the curry powder and add to soup. Heat but do not boil.

## ONION SOUP

<sup>2tbsp.</sup> 2 <del>lbs.</del> butter.	1 can consommé.
2 cups onion, thinly sliced.	1 can water.

Cook onions in butter till brown. Add consommé and water and heat 20 minutes. A quick and very easy recipe for a really good onion soup. Garnish with cheese croutons.

—Mrs. Wm. Anderson, Vancouver.



# SOUP GARNISHES

## CHEESE CROUTONS

Cut thin slices of French bread, then toast. Sprinkle with grated sharp cheese and brown under broiler, or if soup is put into earthenware bowls, put cheese croutons on top and brown in a hot oven.

—Mrs. Wm. Anderson, Vancouver.

## CUCUMBER SLICES

Cook thin slices of cucumber in butter till soft. Serve with chicken or chicken noodle soup.

## COLONIAL PARSLEY

Mix 3 teaspoons chopped parsley and 1 teaspoon chopped tarragon. Delicious in Scotch broth and jellied consomme.

—Mrs. Wm. Anderson, Vancouver.

## SALTED WHIPPED CREAM

Serve a spoonful on cream soups or on mock turtle soup.

—Mrs. Wm. Anderson, Vancouver.

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# FISH

## SCALLOPED TUNA

- |                                |                             |
|--------------------------------|-----------------------------|
| 4 cups thinly sliced potatoes. | 1 tsp. salt.                |
| 3 tbsps. butter.               | 1/4 tsp. pepper.            |
| 1/4 cup flour.                 | 1 7-oz. can tuna fish.      |
| 2 tbsps. prepared mustard.     | 1 cup thinly sliced onions. |
| 2 cups milk.                   |                             |

**Method**—Boil potatoes in salted water for 10 minutes. Drain. Melt butter in saucepan and blend in flour and seasonings. Add milk gradually, and cook over low heat, stirring until smooth and thickened. Arrange potatoes, tuna and onions in alternate layers in greased 2-qt. casserole. Pour sauce over all, and bake at 375° for 45 minutes.

—Mrs. H. G. Thomson, Edmonton.

## FISH CUSTARD

Grease a small casserole and cover with fresh filleted sole (not frozen). Strew fish thickly with fine oatmeal and minced onion. Beat an egg, and add to it a teacupful of new milk and salt and pepper. Pour this over the fish, and dot liberally with butter. Bake 1/2 hour in sharp oven (475°).

—Mrs. R. W. Hamilton, Edmonton.

## CURRIED SALMON

- |                          |                        |
|--------------------------|------------------------|
| 1 cup thick cream sauce. | 1/8 tsp. curry powder. |
| 1 can salmon.            |                        |

**Method**—Add the salmon and curry powder to the hot cream sauce, and serve on mounds of boiled rice.

—Mrs. W. W. Evans, Edmonton.

## CURRY OF OYSTERS WITH RICE

- |                         |                     |
|-------------------------|---------------------|
| 6 thin slices of bacon. | 1 tsp. flour.       |
| 1 medium onion, sliced. | 1 tsp. lemon juice. |
| 1/2 pt. oysters.        | Speck of mace.      |
| 1/2 cup cream.          | Speck of salt.      |
| 1 tsp. curry.           | Speck of cayenne.   |

**Method**—Boil enough rice to line a mould or if serving on plates, to put a portion on each plate. Cut up bacon in small pieces and fry. Fry onion in bacon fat until brown. Parboil oysters until beards just begin to curl, drain and cut oysters in pieces. To the liquor from oysters add cream, the onions and fat in which they were cooked, the curry, flour, mace, salt and cayenne, cook together until thickened, add lemon juice, drop by drop, and then add oysters and bacon. Put in centre of mould. Serve hot. Excellent if served with boiled onions over which a can of celery soup, heated, has been poured.

—Mrs. S. W. Dyde, Edmonton.



## SHRIMP WIGGLE

- |                 |                        |
|-----------------|------------------------|
| 1 can shrimps.  | 1 tbsp. chopped onion. |
| 1 cup milk.     | 3 tbsps. butter.       |
| ½ cup rice.     | 1 small can mushrooms. |
| 1 cup tomatoes. | Seasonings to taste.   |

**Method**—Simmer onions in butter until golden brown. Add mushrooms chopped. Then add tomatoes and rice which has been cooked 20 minutes in plenty of boiling salted water. When hot add shrimp cut in thirds, milk and seasonings. Serve hot on crackers or toasted bread rounds.

—Mrs. F. G. Winspear, Edmonton.

## FISH WITH SAUCE

(A good way to serve fillet of sole, flounder or whitefish).

Put fish in flat, buttered baking dish. Season with a tsp. of grated onion, salt and pepper, and dot with butter. Bake at 475° for about 7 minutes.

### Sauce:

- |                     |                            |
|---------------------|----------------------------|
| 1 tbsp. cornstarch. | Juice of ½ lemon, or       |
| ¼ tsp. salt .       | 2 oz. white wine.          |
| ⅛ tsp. pepper.      | ½ cup sweet or sour cream. |

**Method**—Pour this mixture over the fish, and continue to cook for 10 more minutes (or until done).

—Mrs. G. Kingsmill, Montreal, Quebec.

## CURRIED SHRIMP

- |                      |                             |
|----------------------|-----------------------------|
| ½ cup chopped onion. | 1 cube Oxo and 1 cup water, |
| 5 tbsp. butter.      | or 1 cup stock.             |
| 5 tbsp. flour.       | 2 cups milk.                |
| 2 tsp. curry powder. | 2 tbsp. tomato catsup.      |
| 1 tsp. dry mustard.  | 2 cups shrimp.              |
| 1 tsp. salt.         | 1 cup peas.                 |
| ½ tsp. pepper.       |                             |

**Method**—Saute the onions in butter. Mix together flour, curry powder, mustard, salt and pepper, and add to onions. Dissolve Oxo in water, and add to this mixture. Add milk and tomato catsup. Cook until thick. Then add shrimp and peas. Keep hot in double boiler, and serve on hot boiled rice.

—Mrs. D. A. Clark, Edmonton.



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### FISH PIE

- |                                |                          |
|--------------------------------|--------------------------|
| 1 lb. can of salmon.           | 2 tbsp. chopped parsley. |
| 1 cup thick white sauce.       | $\frac{1}{2}$ tsp. salt. |
| 3 cups mashed cooked potatoes. | 1-6 tsp. pepper.         |

**Method**—Flake the salmon and mix with the white sauce, and add salt, pepper and parsley. To the mashed potatoes add a little hot milk and a dash of pepper. Line a pie dish with part of this mixture, then pour in the fish mixture. Smooth remainder of potato mixture over top. Cook at  $375^{\circ}$  about 45 minutes. Serve hot.

—Mrs. W. W. Winspear, Clagary.

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# FOWL

## CHICKEN WITH CHERRY SAUCE

2 broilers cut in quarters.	½ tsp. pepper.
2 tsp. paprika.	1 can of Bing cherries.
1 tsp. salt.	2 wine glasses of sherry.

Boil necks, gizzards, hearts and livers in enough water to make 1½ cups of broth.

Dredge birds in flour with spices, saute in butter. When brown put in roast pan, cover, and add 1 cup of boiling water. Cook at 375° for 1¼ hours, baste frequently and remove when tender.

**Sauce**—Fry 1 small mashed garlic clove in pan from which the chicken was removed, add 2 tablespoons of flour and the liquid from boiled necks, etc. Pit cherries and add to gravy with sherry and cherry juice.

Serve on platter with cherries as a garnish and sauce in boat.

—Mrs. Robert Kirkpatrick, Edmonton.

**Hint**—A 5½ lb. to 6 lb. chicken roasted will serve eight, or it will give you four cups diced meat for salad or chicken a la king.

## UNORTHODOX DUCK

Dredge breasts and legs only of ducks in flour, salt and pepper. Fry lightly in fat on top of stove. Arrange in casserole and add: carrots, cut fairly fine; onions, small whole, or cut fine; mushroom soup and small amount of water (½ cup). Bake at 350° about 1½ hours to 2 hours. Better over-cooked than under. (This method saves plucking of ducks and actually wastes very little edible meat remaining).

—Mrs. Andrew Stewart, Edmonton.

## WILD DUCK A L'ORANGE

**Method**—Clean duck and wipe dry. Fill with bread dressing or apple quarters. Truss bird and place uncovered in 325° oven. After it has cooked one hour, pour off excess fat, place orange slices on breast of duck and pour over it ½ cup heated orange juice and continue cooking until done. (Total cooking time 2 hours for average size duck).

**Gravy**—For liquid in making gravy, use ½ cup orange juice and 1 tsp. finely grated rind. Simmer 5 minutes.

—Mrs. Agnes Wynn, Edmonton.



# MEATS

## HAMBURGERS DISGUISED IN A CASSEROLE

- |   |   |
|---|---|
| 2 lbs. hamburger or ground round steak. | 1 can mushroom soup (or tomato if desired). |
| 1 medium sized onion.                   |   |

**Method**—Form hamburger into balls. Dredge with flour, pepper and salt. Heat frying pan, and add small amount of bacon dripping and onion cut fine. Brown the hamburger balls lightly in fat and onion. Arrange browned balls in casserole, and add fat and onion. Pour over all the canned soup, and bake in moderate oven (350°) about 1 hour. (Six servings).

—Mrs. Andrew Stewart, Edmonton.

## HEAVENLY HASH

- |                      |                                   |
|----------------------|-----------------------------------|
| 1 pkg. noodles.      | 2 tins tomato soup.               |
| 1 cup uncooked rice. | 2 tsp. curry powder.              |
| 1 head celery.       | 1 tsp. chili powder.              |
| ¼ lb. bacon.         | 1 tsp. salt.                      |
| 2 onions.            | 1 lb. or 1 tin mushrooms.         |
| ½ lb. beef.          | 1 tin pimento, or stuffed olives. |
| ½ lb. pork.          | 1 green pepper.                   |

**Method**—Cook noodles and rice in plenty of water until tender. Cut up the bacon and celery, and fry together. Mince the beef and pork. Add to the bacon mixture and fry. To this add the noodles and rice, the soup, curry and chili powder, salt, mushrooms, pimento and the green pepper chopped very fine. Mix altogether well, and pour into greased casserole. Bake at 350° for 1 hour. (If mixture seems too dry, add more soup or plain water).

—Mrs. Wanda Kopeck, Edmonton.

## BEEF STEW

- |                     |                               |
|---------------------|-------------------------------|
| 2 lbs. round beef.  | 1 bay leaf.                   |
| 3 ozs. fat bacon.   | ⅛ tsp. cloves.                |
| 4 onions.           | ½ tsp. salt.                  |
| 1 calf's foot.      | ¼ tsp. pepper.                |
| 3 or 4 carrots.     | ¼ cup stock.                  |
| 2 or 3 tomatoes.    | 1 tbsp. salad oil.            |
| 1 clove of garlic.  | 1 tbsp. lard.                 |
| ¼ tsp. parsley.     | 1 pint red wine (if desired). |
| ½ tsp. mixed herbs. |                               |

**Method**—Cut meat in pieces. Put oil and lard in saucepan with bacon. Add vegetables diced, the calf's foot split in half, and finally the meat. When mixture starts to brown add the wine, the stock, the herbs and the seasoning. Bring to boil, cover and simmer for 5 hours. (Can be used either hot or cold. Very good cold when it will set in a firm jelly if kept in a cool place).

—M. de la Hitte, Victoria.



## SPANISH HASH

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1 cup rice.                  | 1½ tsp. salt.                        |
| 8 cups boiling water.        | ⅛ tsp. pepper.                       |
| 1 tsp. salt.                 | 2 cups tomatoes, fresh or<br>canned. |
| 2 tbsp. onion, chopped fine. | ¼ tsp. celery salt.                  |
| 1½ tbsp. fat.                |                                      |
| 1 cup chopped cold meat.     |                                      |

**Method**—Cook the rice in the boiling salted water 20 minutes. Brown the onion in the fat. Drain the rice. Add remaining ingredients. Put in casserole, and bake at 350° for 20 minutes.

—Mrs. F. J. Mitchell, Edmonton.

## MEAT LOAF

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1 lb. minced veal.        | ⅓ tsp. pepper.                      |
| ½ lb. minced pork.        | 1 small onion, chopped.             |
| ¼ lb. minced salt pork.   | Small amount of milk to<br>moisten. |
| 1 egg.                    |                                     |
| 6 soda crackers, crushed. |                                     |

**Method**—Mix together and place half the mixture in the roaster in an oval formation about an inch thick. Place two hard boiled eggs on top of this, and form remainder to meat over it in loaf formation. Bake at 375° for 1½ hours.

—Mrs. J. F. Topping, Edmonton.

## HUNGARIAN GOULASH

1.—

- |  |                           |
|--|---------------------------|
| 1½ lbs. choice round steak.                          | 1 wine glass of claret.   |
| 1 lb. Bermuda onions sliced.                         | 2 tbsp. brandy.           |
| 1 medium sized onion, pierced<br>with 3 or 4 cloves. | 2 oz. tomato paste.       |
|  | 1 tsp. paprika.           |
| ½ bottle ale.  | Salt and pepper to taste. |

**Method**—Cut meat in squares. Brown on all sides in heavy pan in bacon fat. Add all onions and cook for 10 minutes. Add liquids and tomato paste. After 1½ hours of slow cooking, carefully sift in salt, pepper and paprika, being careful not to let the paprika scorch.

2.—

- |                    |                     |
|--------------------|---------------------|
| 1 pkt. of noodles. | ¼ cup bread crumbs. |
|--------------------|---------------------|

Boil noodles in salted water until tender. Brown the bread crumbs in butter, to which ¼ clove of garlic has been added.

**Serve**—Place noodles in centre of platter and dust with bread crumbs. Place cubes of meat on edge of platter and serve gravy in a boat. With a green salad and coffee, this makes a one dish dinner for four.

—Mrs. Robert Kirkpatrick, Edmonton.



## DUMPLINGS

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 cup flour.                    | 1/2 cup of milk.         |
| 1/4 lb. finely ground veal fat. | 1 tbsp. baking powder.   |
| 1 lightly beaten egg.           | 2 tbsp. chopped parsley. |

**Method**—Mix together and pat dough out and cut with cookie cutter. Drop into boiling salted water and steam for 20 minutes. A little onion juice can be added to the dumplings if desired.

—Mrs. R. Kirkpatrick, Edmonton.

## MOCK CHICKEN LEGS

- |                         |                        |
|-------------------------|------------------------|
| 1 1/4 lbs. round steak. | 1 1/4 lbs. pork steak. |
|-------------------------|------------------------|

**Method**—Have steaks cut 1 inch thick. Cut meat in cubes and force on wooden skewers (about 6 pieces). Dip in beaten egg and roll in cracker crumbs. Put in roaster in hot fat and turn until brown. Add a little water and cook about an hour. These are good hot or cold. The beef is dark and the pork white.

—Mrs. Ruth Armstrong, Victoria.

## RAGOUT DE PATTES

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 6 small pigs' feet or 2 to 3 lbs. | 1/2 tsp. cinnamon.          |
| pigs' hock.                       | 4 tbsp. of any fat.         |
| 2 cloves of garlic.               | Boiling water.              |
| 1 tbsp. salt.                     | 1 cup finely chopped onion. |
| 1/2 tsp. pepper.                  | 2 tbsp. fat.                |
| 1/4 tsp. cloves.                  | 3/4 cup browned flour.      |
| 1/4 tsp. nutmeg.                  | Cold water.                 |

**Method**—Stuff each piece of meat with a bit of garlic. Roll in salt, pepper and spices, mixed. Fry till quite brown in 4 tbsps. melted fat. When brown add enough boiling water to cover. Simmer for about 2 hours. Half hour before end of cooking add onions fried in 2 tbsps. fat. The last 10 minutes add browned flour mixed with enough cold water to form a paste.

—Mrs. F. J. Newson, Edmonton.

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## BARBECUED SHORT RIBS

2 lbs. short ribs.	1 cup tomato juicie.
2 tbsp. dripping.	½ cup water.
1 medium onion.	3 tbsp. Worcester sauce.
¼ cup vinegar.	1 tsp, prepared mustard.
2 tbsp. brown sugar.	½ cup diced celery.
¼ cup catsup.	½ tsp. salt.

**Method**—Brown short ribs in hot fat, and place in casserole. Make a sauce of remaining ingredients. Add to casserole, cover and bake at 350° for 1½ to 2 hours.

—Mrs. E. S. Ottley, Edmonton.

## GOOD STEAK

To choose: Porterhouse or T-bone cut no less than 1 inch thick, preferably 1½ inches. Fat must be creamy or white and thick. Meat must have lots of marble effect and cherry red in color.

**Pan Frying:** Have a hot, hot pan, and hot fire. Wipe meat with damp cloth. Rub with a small amount of melted fat. Sear both sides very quickly, turn several times.

Time: Rare—10 to 12 minutes per pound.

Medium—12 to 14 minutes per pound.

Well done—14 to 16 minutes per pound.

**Broiled:** Have a very hot broiler. Prepare meat as for frying. Place rack 3" below flame. The instant it is dark brown, turn just once. Reduce heat.

Time: Rare—15 minutes per pound.

Medium—15 to 18 minutes per pound.

Well done—18 to 20 minutes per pound.

**Economy Tip:** When buying T-bone have the butcher cut off the coarser end away from the T and mince it. Use for meat balls, etc.

Mrs. G. M. Cormie, Edmonton.

## SWEET AND SOUR SPARE RIBS

### Barbecue sauce:

½ cup tomato catsup.	½ tsp. salt.
½ cup vinegar.	½ tsp. butter.
½ cup brown sugar.	½ tsp. celery salt.
1 lemon (juiced).	½ tsp. chili powder.
1 onion (chopped fine).	2 tbsp. Worcester sauce.
¾ cup water.	

**Method**—Brown required number of spare ribs in dripping in a hot pan. Place in a casserole. Pour over them the barbecued sauce. Cover and bake at 350° for 1½ hours.

—Mrs. W. C. Richards, Edmonton.



## PORK CHOPS GERMAINE

Peel and cut lengthwise required number of potatoes. Place in the bottom of roaster. Add salt and enough milk to cover them. Salt and pepper required number of pork chops, and spread thinly with prepared mustard. Place on top of potatoes. (To keep chops from drying, cover each with fine bread crumbs. Bake in moderate oven about  $\frac{1}{2}$  hour. (If chops are too fat, remove surplus).

—Mrs. W. C. Richards, Edmonton.

## IRISH LAMB STEW

Serves 6.

1 lb. lean pork shoulder cut in	1 cup green beans.
1½ inch cubes.	1 cup wax beans.
1¾ lb. lamb cut in similar cubes.	1 clove chopped garlic.
1½ lb. sliced potatoes.	2 tbsp. chopped parsley.
½ lb. sliced onions.	1 qt. water.
14 small whole onions.	1 bay leaf.
1 lb. diced white turnips.	1 pinch thyme.
1½ lb. tender sliced carrots.	Salt and pepper to taste.
1 cup green peas.	

**Method**—Place meat, water, sliced onions, half of the potatoes, chopped garlic and all seasoning except parsley in heavy stew pot, bring to a very gentle boil and simmer for 15 minutes. Add the remainder of the potatoes, small onions, turnips, carrots, peas and beans, season with salt and pepper and cook until meat is tender and vegetables soft but firm.

Serve on a hot plate sprinkled with the chopped parsley and garnish with dumplings. Recipe ~~herewith~~. *Page 13.*

## CALVES SWEETBREADS

Plunge sweetbreads in boiling salted water for 20 minutes. Plunge in cold water. Split crosswise for broiling, and into  $\frac{1}{2}$ " cubes for creaming.

**Creaming:** Reheat in white sauce with mace and onions added to the milk.

**Broiling:** Arrange on broiling rack; brush with melted butter, sprinkle with salt and pepper. Broil 5 minutes, or until delicately browned, turning occasionally. Serve with lemon butter. One pair serves two.

—Mrs. F. J. Mitchell, Edmonton.

## BAKED BREADED VEAL

Cut veal in pieces, the right size for each person. Dip in crumbs, egg, and crumbs again. Brown in drippings in frying pan. Place in large pan, or baking dish, and cover with cream gravy made in the pan in which veal was browned. Just before adding gravy, sprinkle veal with half teaspoon of salt, 1 tbsp. chopped onion, 2 tbsps, grated orange rind. Bake  $1\frac{1}{4}$  hours at 350° covered.

—Mrs. F. G. Winspear, Edmonton.



## GOLUMKI

- |                            |                      |
|----------------------------|----------------------|
| 1 cup rice.                | 1 tsp. salt.         |
| 1 lb. minced beef or veal. | 1/4 tsp. pepper.     |
| 1 medium sized cabbage.    | 1 tbsp. dripping.    |
| 1 large onion.             | 2 cups tomato juice. |
| 4 cups boiling water.      |                      |

**Method**—Cook rice in boiling salted water. Drain and pour boiling water over. Saute the onion in dripping. Add rice, meat and seasoning. Core the cabbage and parboil for 10 or 12 minutes. Be careful not to have it too soft. Put about two tbsps of meat mixture on each cabbage leaf and roll up carefully. Place open side down in a casserole close together. Pour over them the tomato juice and a little sour cream if you have it; if not, dot with butter. Place three or four cabbage leaves over, cover the dish and bake at 350° till tender.

—Mrs. J. L. Irwin, Edmonton.

## TENDER PORK CHOPS

6 pork chops.

**Method**—Sear both sides quickly, and turn fire to lowest possible. Put 1 tbsp. of the following sauce on each chop, and cook covered for 7 minutes. Turn chops and cover with remaining sauce. Cover and cook over lowest flame for 45 minutes longer. (Use heavy iron frying pan).

### Sauce:

- |                          |                         |
|--------------------------|-------------------------|
| 1/2 tin tomato soup.     | 1/4 tsp. pepper.        |
| 3 tbsp. vinegar.         | 1/4 tsp. cinnamon.      |
| 1 tbsp. Worcester sauce. | 1/8 tsp. ground cloves. |
| 1 tsp. salt.             | 1 medium onion, sliced. |
| 1/2 tsp. paprika.        |                         |

—Mrs. G. M. Cormie, Edmonton.

## STEAK AND KIDNEY PUDDING

- |                     |                       |
|---------------------|-----------------------|
| 3 cups flour.       | 1/4 tsp. pepper.      |
| 1 cup chopped suet. | 2 lbs. stewing steak. |
| 1 tsp. salt.        | 1/2 lb. beef kidney.  |

**Method**—Put the flour, finely chopped suet, salt and pepper in a bowl. Mix well together with enough cold water to make a dry light dough. Roll out the dough on a floured board and line a slightly greased pudding dish with it, reserving enough dough for the top. Cut steak and kidney into 1 inch cubes and dip in seasoned flour (2 tbsps. flour, 1 tsp. salt, 1/4 tsp. pepper). Place the meat and kidney in the bowl, add 1/4 cup water and cover with remainder of dough. Join dough neatly at edges, cover with wax paper, and steam for 3 hours. Before serving, make hole in centre of crust, and pour in carefully 1 cup boiling water, which will thin out gravy. Serve piping hot.

—Mrs. W. W. Winspear, Edmonton.



## BARBECUED SAUSAGES

- |                        |                           |
|------------------------|---------------------------|
| 18 small link sausage. | 1 tsp. celery salt.       |
| 2 tbsp. dripping.      | Few grains cayenne.       |
| 1 onion, chopped.      | $\frac{1}{2}$ cup catsup. |
| 1 tbsp. dry mustard.   | $\frac{1}{2}$ cup water.  |
| 2 tbsp. vinegar.       |                           |

**Method**—Use small link sausages, small pork or steamers. Arrange in a buttered casserole dish. Melt drippings and add onion and cook until transparent. Add rest of ingredients and pour over sausages. Cover and bake in a preheated oven.

—Mrs. P. L. Debney, Edmonton.

## TOAD IN THE HOLE

- |                |                          |
|----------------|--------------------------|
| 1 lb. sausage. | 2 tbsp. flour.           |
| 2 eggs.        | $\frac{1}{4}$ tsp. salt. |
| 1 pt. milk.    |                          |

**Method**—Put the sausages in a baking dish with some halved and standing on end. Make a batter with eggs, milk, flour and salt. Pour this over the sausages, taking care that two or three pieces of sausage have their heads above the batter. Bake at 350° for 45 minutes.

—Mrs. R. W. Hamilton, Edmonton.

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## HAM ROLL

- |                           |                          |
|---------------------------|--------------------------|
| 4 cups soft bread crumbs. | 4 tbsp. fat.             |
| 1 tbsp. minced onion.     | 1 cup boiling water.     |
| ½ tsp. salt.              | 1 slice ham (1½" thick). |
| 2 tsp. sage.              |                          |

**Method**—Combine bread, salt and sage. Cook the onion in fat. Add the crumb mixture, and brown. Spread on ham slice. Roll and tie with string. Place in casserole with boiling water. Cover. Bake at 350° for 1½ hours.

—Mrs. C. D. Jacox, Fort Saskatchewan.

## FRENCHED PORK TENDERLOIN EN CASSEROLE

- |                            |                        |
|----------------------------|------------------------|
| 1 cup dry bread crumbs     | ¼ tsp. pepper.         |
| 2 tsp. grated orange rind. | 1 tsp. sage.           |
| 1 tsp. grated onion.       | 2 tbsp. melted butter. |
| ½ tsp. salt.               |                        |

**Method**—In a well buttered casserole put one layer of pork and one layer of stuffing. Repeat, topping with stuffing. Bake 1¼ hours at 350°.

—Mrs. F. J. Newson, Edmonton.

## CORNISH PASTIES

- |                    |                          |
|--------------------|--------------------------|
| 3 cups flour.      | ½ cup shortening.        |
| 1 tsp. salt.       | 6 to 8 tbsp. cold water. |
| 1 cup ground suet. |                          |

### Filling—

- |                                   |  |
|-----------------------------------|--|
| ½ cup finely chopped onion.       | ½ lb. uncooked lean pork cut in cubes. |
| 1 lb. uncooked beef cut in cubes. | 3 medium carrots or turnips.           |
| 3 medium potatoes.                | Seasoning.                             |

**Method**—Divide pastry into 6 balls. Roll each into circle about 6" across. Pile filling on one half of each circle with a dab of butter. Fold over other half turnover style, sealing edges well. Place on baking sheet. Bake for 1 hour at 350°.

—Mrs. D. R. Radford, Edmonton.

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# SAUCES

## CURRY SAUCE

- |                          |                                |
|--------------------------|--------------------------------|
| 1 tsp. curry powder.     | $\frac{1}{8}$ tsp. red pepper. |
| 1 tsp. sugar.            | $\frac{1}{8}$ tsp. cinnamon.   |
| $\frac{1}{4}$ tsp. salt. | 1-16 tsp. cloves.              |
| 1 tsp. flour.            |                                |

**Method**—Mix above ingredients and blend with cream or water. Cut an onion in fine pieces and brown in hot fat. Add curry mixture and cook.

To above you may add chopped leftover meat, or flaked leftover fish, and serve on hot boiled rice. (Real chutney is good with this).

—Mrs. M. M. MacIntyre, Vancouver.

## LEMON BUTTER SAUCE

- |                              |                             |
|------------------------------|-----------------------------|
| 2 egg yolks slightly beaten. | $\frac{1}{2}$ tsp. mustard. |
| $\frac{1}{2}$ cup cream.     | Juice $\frac{1}{2}$ lemon.  |
| $\frac{1}{2}$ tsp. salt.     |                             |

**Method**—Cook until thick. Add 2 tbsps. butter. Excellent on cauliflower, broccoli, spinach, asparagus.

## LEMON BUTTER SAUCE

Cream 2 tbsp. butter, add 1 tbsp. lemon juice, add 1 tbsp. chopped parsley and blend thoroughly. Form into balls and serve. (Good with fish).

## HORSERADISH SAUCE

Fold 3 tbsp. prepared horseradish and  $\frac{1}{4}$  tsp. salt into  $\frac{1}{2}$  cup cream, whipped. (Good with baked ham).

## CURRENT MINT SAUCE

Break up 1 glass currant jelly but do not beat it. Add 2 tbsp. minced mint leaves and 2 tbsp, grated orange rind. (Good with lamb).

## CUCUMBER SAUCE

Make a white sauce by blending 2 tbsp. butter with 2 tbsp. flour and  $\frac{1}{2}$  tsp. salt, and adding gradually 1 cup stock or mushroom juice. Cook until it thickens. Peel 1 cucumber, chop and cook in  $\frac{1}{2}$  cup water. Drain. Add to the sauce. Add 1 tbsp. grated lemon rind, 2 tsp. lemon juice,  $\frac{1}{2}$  tsp. grated onion,  $\frac{1}{4}$  tsp. paprika. (Good with salmon).



## MUSHROOM SAUCE

Make a cream sauce of 2 tbsp. butter, 2 tbsp. flour,  $\frac{1}{4}$  tsp. salt and 1 cup chicken stock (or water from canned mushrooms). Peel, chop finely, and saute gently in a little fat  $\frac{1}{2}$  lb. mushrooms (or use 1 can mushrooms). Add to cream sauce.

## BUTTER AND PARSLEY SAUCE

Melt 2 tbsp. butter, add 2 tbsp. chopped parsley, 2 tbsp. lemon juice,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. pepper. Blend well and serve uncooked.

## TARTARE SAUCE

Mix 1 cup mayonnaise,  $\frac{1}{2}$  tbsp. chopped olives,  $\frac{1}{2}$  tsp. sugar,  $\frac{1}{2}$  tbsp. chopped pickles,  $\frac{1}{2}$  tbsp. chopped capers and  $\frac{1}{2}$  tbsp. chopped parsley. Beat thoroughly.

## WHITE SAUCES

### 1. Thin White Sauce—

2 tbsp. butter, 2 tbsp. flour; 2 cups milk,  $\frac{1}{2}$  tsp salt,  $\frac{1}{4}$  tsp. pepper.

### 2. Medium White Sauce—

4 tbsp. butter, 4 tbsp. flour, 2 cups milk,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. pepper.

### 3. Thick White Sauce—

8 tbsp. butter, 8 tbsp. flour, 2 cups milk,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. pepper.

Melt the fat in a double boiler. Blend in the flour, add salt and pepper and blend well. Add gradually the cold milk. Cook until thick, stirring constantly. (Cook until when tasted there is no taste of uncooked flour).

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# SALADS

## RED CABBAGE SALAD

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 3 cups finely shredded cabbage | $\frac{1}{4}$ cup minced water cress. |
| 1 cup diced celery.            | 3 tbsp. tomato juice.                 |
| 3 tbsp. salad oil.             | $\frac{1}{2}$ tsp. salt.              |
| 4 tbsp. chopped parsley.       | $\frac{1}{4}$ tsp. pepper.            |

**Method**—Shred cabbage finely, cover with cold water and let stand for 1 hour. Drain and add the diced celery. Mix the oil, parsley, water cress, tomato juice, salt and pepper together. Pour over the cabbage and celery. Chill and serve.

—Mrs. W. Duncan, Victoria.

## SPRUCE TREE SALAD

- |                           |                         |
|---------------------------|-------------------------|
| 6 large halves of pears.  | 3 dates.                |
| 6 red marachino cherries. | Finely chopped parsley. |
| 6 lettuce leaves.         | Salad dressing.         |

**Method**—Spread each half of pear with salad dressing. Sprinkle with finely chopped parsley, and place on lettuce leaf. Cut dates in half; place at base of pear for trunk of tree; add chopped cherries for lights. Serve cold.

—Mrs. W. Duncan, Victoria.

## TUNA FISH SALAD

- |                       |                                   |
|-----------------------|-----------------------------------|
| 6 potatoes, diced.    | $\frac{1}{2}$ cup diced cucumber. |
| 1 can tuna fish.      | 3 tbsp. chopped green pepper      |
| 1 cup chopped celery. | or parsley.                       |

**Method**—Mix altogether; moisten with mayonnaise; season to taste; serve on cupped shape leaves of lettuce. Garnish with radish roses.

Note: 2 tbsps. salad herbs may be used instead of green pepper.

—Mrs. F. G. Winspear, Edmonton.

## PHILADELPHIA CHEESE SALAD

- |                                    |  |
|------------------------------------|--|
| 1 can tomato soup.                 | 1 cup mayonnaise.  |
| 2 pkgs. Philadelphia cream cheese. | $1\frac{1}{2}$ tbsp. chopped onion, celery and green pepper. |
| 1 tbsp. Knox gelatine.             | $\frac{1}{2}$ cup almonds, chopped.                          |
| $\frac{1}{2}$ cup cold water.      |  |

**Method**—Heat the tomato soup in the double boiler. Add the cream cheese and stir until melted. Add the gelatine which has been dissolved in cold water. Stir well and remove from the fire. When cool add mayonnaise, nuts and vegetables. Mix well, and turn into moulds, chill and serve.

—Miss May Connelly, Edmonton.



## GINGER ALE ASPIC SALAD

- |                       |                              |
|-----------------------|------------------------------|
| 1 tbsp. gelatine.     | 1½ cups ginger ale.          |
| 2 tbsp. cold water.   | ½ cup green seedless grapes. |
| ¼ cup hot ginger ale. | ¼ cup celery.                |
| ¼ cup lemon juice.    | ½ cup pineapple.             |
| 2 tbsp. sugar.        | ⅛ cup chopped ginger.        |
| Few grains salt.      |                              |

**Method**—Soak gelatine in cold water. When congealed dissolve in the hot ginger ale. Then add lemon juice, sugar, salt and cold ginger ale. Cut the grapes in half. Chop the celery in small pieces. Dice the pineapple and chop the ginger. When the ginger ale mixture begins to set add remaining ingredient. Pour into individual mould, and place in ice box to set. Serve with mayonnaise.

—Northwestern Utilities Ltd.,  
Home Service Department.

## SPRING SALAD BOWL

In salad bowl, place chilled lettuce, tender dandelion greens, cress or raw spinach leaves, and add chopped green onions or chives and sliced radishes. Mix and toss lightly with French dressing, until every morsel glistens. This salad is very attractive when spinach leaves are used with lettuce. Garnish salad with radish roses and slices of hard cooked egg.

—Northwestern Utilities Ltd.,  
Home Service Department.

## PIQUANT TOMATO ASPIC

- |                               |                              |
|-------------------------------|------------------------------|
| 1¼ tbsp. gelatine.            | ½ tsp. salt.                 |
| ¼ cup tomato juice.           | 1 tsp. Worcestershire sauce. |
| 1¾ cups boiling tomato juice. | ½ cup celery.                |
| 2 tsp. lemon uice.            | ½ cup cucumber pickle.       |
| 1 tsp. sugar.                 |                              |

**Method**—Soak gelatine on ¼ cup tomato juice. Dissolve in the boiling tomato juice. Stir well. Season with lemon juice, sugar, salt and Worcestershire sauce. Simmer until slightly thickened. Add the celery chopped and the cucumber pickle chopped. Pour into individual moulds. Put in refrigerator until set.

Northwestern Utilities Ltd.,  
Home Service Department.

## LIME GELATIN SALAD

- |                                    |                      |
|------------------------------------|----------------------|
| 1 can China Lily bean sprouts.     | 1 pkg. lime gelatin. |
| Seedless grapes or chopped apples. | Chopped celery.      |

**Method**—Add chopped celery, China Lily bean sprouts and grapes (or apples) to lime gelatin and pour into mold. Chill and serve with mayonnaise.

—Miss Jo Connelly, Edmonton.



## CREAM CHEESE — CUCUMBER RING

- |                                  |   |
|----------------------------------|---|
| 2 tbsp. gelatine.                | 1 tsp. finely chopped onion.            |
| $\frac{1}{4}$ cup cold water.    | $1\frac{1}{2}$ pkgs. Philadelphia cream |
| $\frac{3}{4}$ cup boiling water. | cheese.                                 |
| 2 tbsp. sugar.                   | Lettuce.                                |
| $\frac{1}{2}$ tsp. salt.         | Cinnamon pears.                         |
| 3 tbsp. lemon juice.             | Mayonnaise.                             |
| 1 cup finely chopped cucumber    |   |

**Method**—Soften gelatine in cold water. Dissolve in boiling water. Add sugar and cool. Use  $\frac{1}{4}$  cup of gelatine mixture to soften the cheese. Chill the remaining gelatine mixture until partially thickened. Then beat until foamy. Add to this cheese, salt, lemon juice, cucumber and onion. Pour into a ring mold and chill until firm. Unmold on lettuce or cress, and garnish with the cinnamon pears. Serve with mayonnaise. (To make cinnamon pears add red cinnamon candies to canned pear juice. Cook until candies are dissolved. Cool, and let pear halves stand in it until red and flavored with syrup. 2 sticks of cinnamon and some red colouring may be used in place of the cinnamon candies.)

—Mrs. Wm. Anderson, Vancouver.

## LIME-PINEAPPLE SALAD

- |  |   |
|--|---|
| 1 pkg. lime Jell-o.                    | $\frac{1}{3}$ cup finely chopped celery |
| 1 can crushed pineapple.               | 2 tbsp. white wine vinegar or           |
| $\frac{1}{2}$ cup grated raw carrot.   | lemon juice.                            |
| $\frac{1}{3}$ cup finely chopped green | $\frac{1}{2}$ tsp. salt.                |
| pepper.                                | Boiling water.                          |

**Method**—Drain juice from pineapple, and add to the juice enough boiling water to make 2 cups. Add Jell-O powder and stir until dissolved. Cool. Add remaining ingredients, and turn into a ring mold or individual molds. Unmold on lettuce or cress, and serve with mayonnaise or French dressing.

Mrs. F. G. Winspear, Edmonton

## CRABMEAT SALAD

- |                       |                            |
|-----------------------|----------------------------|
| 1 cup crabmeat.       | $\frac{1}{2}$ tsp. salt.   |
| 1 cup chopped celery. | $\frac{1}{4}$ tsp. pepper. |
| 1 hard cooked egg.    | Pimento strips.            |
| Mayonnaise.           | Green pepper strips.       |

**Method**—Mix lightly together the crabmeat, celery, egg (chopped), salt and pepper. Marinate with the mayonnaise. Use this mixture to fill tomato halves which have been scooped out. Use pimento strips and green pepper strips to garnish. Serve on lettuce or cress garnished with olives, radish roses and tender green onions.

—Miss Jo Connelly, Edmonton.



# JELLIED SALADS

## SALMON MOUSSE

- |                             |   |
|-----------------------------|---|
| 3 pkges. lemon Jell-O       | 1 cup cucumber, diced, slightly salted and drained. |
| 1 3/4 cups of boiling water | 1/2 cup of mayonnaise                               |
| 2 tbsps. vinegar            | 1/2 cup of cream, whipped.                          |
| 1 tsp. salt                 |   |
| 1 cup of salmon, flaked     |   |

**Method**—Dissolve Jell-O in boiling water. Add vinegar and salt. Chill. When slightly thickened beat with rotary egg beater until of the consistency of whipped cream. Fold in remaining ingredients. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with additional mayonnaise. Serves 8.

—Mrs. C. G. Geggie, Edmonton

## SNOW SALAD

- |                         |  |
|-------------------------|--|
| 1 doz. hard boiled eggs | 2 tbsps. chopped peppers, chives or onions |
| 1 cup mayonnaise        | 2 tbsps. gelatine                          |
| 1 tsp. salt             | 1/2 cup cold water                         |
| 1/2 tsp. pepper         | 1 cup boiling water                        |
| 1 tbsps. lemon juice    |  |

**Method**—Soak the gelatine in the cold water. Add the boiling water, stir thoroughly and cool. Put the hardboiled eggs through a grinder. Add mayonnaise, salt, pepper, lemon juice and chopped peppers. Fold into gelatine mixture. Pour into mold, and put in Frigidaire until set.

—Mrs. Norman Robertson, Toronto.

## PINEAPPLE CUCUMBER SALAD

- |                         |                             |
|-------------------------|-----------------------------|
| 1 can crushed pineapple | 1 pkge. lime Jell-O         |
| 1 large cucumber        | 1 tbsps. white wine vinegar |
| juice of 2 lemons       |                             |

**Method**—Drain juice from canned pineapple, and use as part of liquid to prepare the Jell-O. Dice cucumbers. Mix with pineapple and lemon juice. Add vinegar and add to Jell-O (cooled). Pour into ring mold, and set in Frigidaire. Serve on chopped lettuce, finely shredded cabbage or water cress. Pile mayonnaise in centre.

—Miss Jo. Connelly, Edmonton.

## FRUIT SALAD

Dissolve 1 package plain gelatine in 1/3 cup cold water. Cook until dissolved. Mix with 1 can fruit salad. Mix in 1/2 cup mayonnaise and 1 cup whipping cream whipped. Freeze.

—Mrs. C. A. Brine, Edmonton.



## FRUIT COCKTAIL SALAD MOULD

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 envelope Knox gelatine         | 1/4 cup diced green pepper |
| 1/4 cup lemon juice              | 1/4 cup diced celery       |
| 3/4 cup hot fruit cocktail juice | 1 1/2 cups fruit cocktail, |
| 1/4 tsp. salt                    | drained, (one No. 2 can)   |

**Method**—Softens gelatine in lemon juice. Dissolve in hot fruit cocktail juice. Add salt; chill. When it starts to thicken, fold in green pepper, celery, and drained fruit cocktail. Pour into square pan that has been rinsed in cold water (or into individual molds). Chill until firm. Serve, cut in squares, on salad greens with mayonnaise.

—Mrs. P. L. Debney, Edmonton.

## PINEAPPLE CHEESE SALAD

- |                         |                       |
|-------------------------|-----------------------|
| 1 pkge. lemon Jell-O    | 2 tbsp. sugar         |
| 1 can sliced pineapple  | 1/2 cup cream (table) |
| 1 pkge. Imperial cheese |                       |

**Method**—Use pineapple juice and enough hot water to make 2 cups to dissolve Jell-O. Chop pineapple in small pieces and add to Jell-O. Add crumbled cheese, sugar and cream. Pour into individual molds. When set unmold on lettuce leaf and serve with mayonnaise.

—Mrs. D. A. Clark, Edmonton.

## CRANBERRY MOULD

- |                       |                           |
|-----------------------|---------------------------|
| 1 pkge. cherry Jell-O | 1 cup cranberries         |
| 1/2 cup sugar         | 3 slices canned pineapple |
| 1 cup boiling water   | 1/2 cup pineapple juice   |
| 1/8 tsp. salt         | 1 orange                  |
| 1 tbsp. vinegar       | 3/4 cup diced celery      |

**Method**—Dissolve Jell-O in boiling water. Add salt, sugar and vinegar. Stir until well dissolved and let stand, covered until cool. Put cranberries, orange and pineapple through the meat chopper. Add with remaining ingredients to first mixture. Put in a mold and leave until set.

—Mrs. R. Denman, Greensville, Ont.

## JELLIED FRUIT SALAD

- |                       |                          |
|-----------------------|--------------------------|
| 1 can pears           | 1/4 cup lemon juice      |
| 1 cup Grenadine       | small jar green cherries |
| 1/2 cup orange juice  | 2 tbsps. gelatine        |
| 1/4 cup apricot juice | 1/2 cup cold water       |

**Method**—Drain pears and chill. Prepare aspic of grenadine and fruit juices heated to boiling point. Add gelatine softened in cold water. Place a green cherry in centre of each pear. Pour cooled aspic over. Pour in molds and place in refrigerator to set. (Makes nice individual molds.)

—Mrs. Duncan, Victoria.



# SALAD DRESSINGS

## COOKED SALAD DRESSING

- |   |                |
|---|----------------|
| <del>1</del> <sup>1</sup> / <sub>2</sub> cup margarine. | 1 tsp. mustard |
| <del>1</del> <sup>1</sup> / <sub>4</sub> cup sugar      | 1 cup vinegar  |
| 4 eggs.   |                |

**Method**—Mix margarine and sugar in top part of double boiler. Add the eggs beaten, the mustard and the vinegar. Cook, stirring, until it thickens. (Don't cook it too much as it gets stiffer when cold.)

—Mrs. Jack Edgar, Vancouver

## FRENCH DRESSING

- |                      |   |
|----------------------|---|
| 1/4 tsp. pepper      | 1 tin tomato soup                             |
| 1/4 tsp. salt        | 2 <sup>2</sup> / <sub>3</sub> cups Mazola oil |
| onion juice to taste | 1/4 cup vinegar                               |
| 1 cup white sugar    |   |

**Method**—Mix salt, pepper and sugar. Add onion juice and tomato soup and beat well. (use egg beater.) Beat in gradually oil and vinegar. Chill. Shake before using.

—Mrs. P. L. Debney, Edmonton.

## DRESSING FOR FRUIT SALAD

Mash a ripe banana until creamy (use a silver fork). Then mix with 1 cup mayonnaise.

—Miss Hope Abbott, Vancouver.

## RED SAUCE

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 tsp. salt                     | 1 bottle catsup       |
| 1 tbsp. paprika                 | 1/2 cup vinegar       |
| 1 cup white sugar               | Juice 1 lemon         |
| 1 cup oil (any oil can be used) | garlic clove to taste |

**Method**—Mix all together and SHAKE! SHAKE! SHAKE!

Garlic cloves can be taken out according to taste. It is a good idea to thread them on heavy thread leaving end of thread outside bottle so as to remove easily.

—Mrs. Ruth Armstrong, Victoria.

## SALAD DRESSING

- |                                    |                    |
|------------------------------------|--------------------|
| 1/4 cup vinegar or lemon juice     | 1 egg yolk         |
| 1/4 cup salad oil or melted butter | 1/2 tsp. salt      |
| 2/3 cup Eagle Brand condensed milk | 1 tsp. dry mustard |
|                                    | Few grains cayenne |

**Method**—Put in pint jar in this order and shake vigorously for two minutes.

—Gwyneth Bailey, Edmonton.



## **TOMATO FRENCH DRESSING**

- |                     |                               |
|---------------------|-------------------------------|
| 1 tbsp. dry mustard | 1 tsp. marjoram               |
| 1 tsp. salt         | 1 1/4 cups vinegar            |
| 3 tbsp. sugar       | 2 tsp. minced onion           |
| Dash of pepper      | 1 cup salad oil               |
| 1/2 tsp. paprika    | 1/2 can condensed tomato soup |

**Method**—Combine first 6 ingredients; mix with vinegar. Pour into a bottle or jar. Add onion, salad oil and soup. Cover and shake thoroughly. Store, covered, in refrigerator.

—Mrs. G. H. Gilday, Toronto, Ont.

## **COOKED MAYONNAISE**

- |                 |                 |
|-----------------|-----------------|
| 3/4 cup water   | 1/2 cup sugar   |
| 3/4 cup vinegar | 2 tbsp. flour   |
| 2 tsp. salt     | 2 tsp. mustard  |
| 1 tbsp. butter  | 3 eggs (beaten) |

**Method**—Heat together the vinegar and water. Mix and sift the sugar, flour, mustard, and stir in the beaten eggs. Blend with the first mixture. Cook in a double boiler until thick, stirring constantly. At the last add salt and butter, cool and bottle. Keep in the refrigerator.

—Mrs. Don Morrell, Montreal.

## **FOOLPROOF HONONDAISE SAUCE**

- |                         |                       |
|-------------------------|-----------------------|
| 2 egg yolks             | speck cayenne         |
| 3 tbsp. butter          | 2 tbsp. butter        |
| 1 1/2 tbsp. lemon juice | 2 tbsp. boiling water |
| 3 tbsp. butter          |                       |

**Method**—Beat the egg yolks, add the 3 tbsp. of butter and the lemon juice and cook over warm water until the butter melts, stirring constantly. Add 3 tbsp. butter and stir until thick. Then add remaining 2 tzsp. of butter, and just before serving add 2 tbsp. boiling water.

—Mrs. Chas. Band, Toronto.

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# DESSERTS (COLD)

## RICE FLUFF

1/4 cup rice  
1 pt. hot milk  
1/4 cup sugar

1 envelope Knox gelatine  
1/8 cup cold water  
1/2 pt. cream (whipping)

**Method**—Soak rice over night in cold water. Drain and cook in the hot milk in the top of a double boiler. When nearly done add 1/4 cup sugar. When done add the gelatine mixed with the cold water. Let cool. Just before jelly sets add the cream whipped until stiff. Serve with hot maple syrup.

—Mrs. Leslie Irwin, Edmonton.

## DESSERT SUPREME

1 qt. milk  
8 egg yolks  
1/2 cup sugar  
2 tbsp. gelatine

1 pt. whipping cream  
1 1/2 tsp. vanilla  
6 drops almond flavouring

**Method**—Beat the egg yolks. Add milk and sugar, and cook until of the consistency of a soft custard. Remove from the stove and add the gelatine which has been softened in a small amount of cold water. Cool.

Whip the cream. Add vanilla and almond, and fold into first mixture. Place in layer tins lined with wax paper.

To serve: Whip 1 cup of cream. Add a few drops of vanilla and almond, and serve on top. Decorate as desired.

—Mrs. T. H. Field, Edmonton.

## CHOCOLATE ROLL

5 eggs  
3/4 cup icing sugar

2 tbsp. cocoa  
1 tbsp. flour

**Method**—Beat the egg yolks. Add icing sugar and cocoa and beat well. Add the flour, and lastly the egg whites beaten stiff. Spread thinly on a cookie sheet 10" by 16" which has been lined with wax paper. Bake at 350° for 15 minutes. When cool spread with whipped cream, and roll up. (This may be kept for 1 hour in the icebox in wax paper). Slice and serve.

—Mrs. D. C. Sinclair, Calgary.

## APRICOT JELLO DELIGHT

1 pkge. lemon Jell-O  
1 1/4 cups hot water

1 cup apricots  
2 tbsp. lemon juice

**Method**—Dissolve the jello in the hot water. Add the apricots which have been put through a sieve, and the lemon juice.

To serve: Decorate with whipped cream, apricot halves and green marachino cherries.

—Mrs. W. Duncan, Victoria.



## MARSHMALLOW AND ORANGE

3 oranges.  
½ pkge. marshmallows

½ pt. whipping cream

**Method**—Cut oranges and marshmallow finely. Whip the cream, and add. Let stand for couple of hours. Serve decorated with red cherries.

—Mrs. Ancus Douglas, Edmonton.

## ORANGE CUSTARD IN MERINGUE SHELL

½ cup sugar  
5 tbsp. flour  
⅛ tsp. salt

2 cups milk  
3 egg yolks  
1 tbsp. grated orange rind

**Method**—Mix the sugar, flour and salt together, and stir into the milk until smooth. Cook over boiling water, stirring frequently until the mixture is as thick as mayonnaise. Beat egg yolks slightly and pour milk mixture over egg yolks. Put mixture back over boiling water, and cook stirring constantly for 3 minutes. Remove from the fire, add the orange rind, chill.

Serve in meringue shell.

### Meringue Shell:

3 egg whites  
⅛ tsp. salt

⅔ cup sugar

(Slow baking is the secret of a fine meringue, so set your oven at 300° before you start to beat your egg whites).

Beat egg whites until stiff, but not dry. Beat in the salt, then the sugar, 1 tbsp. at a time. (This makes a very stiff thick mixture). Line the bottom of a greased pie pan with the meringue, and spoon remainder around the sides. Bake 1 hour. Turn off oven. Open oven door, and cool meringue in the oven 10 minutes to prevent sinking. Pour custard into meringue shell ½ hour before serving. Decorate with peeled orange slices.

—Mrs. H. O. Patriquin, Edmonton.

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## SNOW PUDDING

2 cups boiling water	1 lemon
3 tbsp. cornstarch	2 egg whites
1 cup sugar.	1 tbsp. butter

**Method**—Mix the cornstarch and sugar. Blend with boiling water, add peelings of lemon rind and cook in a double boiler until transparent. Remove from the fire, add the butter and lemon juice, and fold in the egg whites beaten stiff. Pour into a mould. When set serve with custard sauce.

### Custard Sauce:

2 egg yolks	2 tbsp. sugar
1 cup milk	1 tsp. vanilla

Beat the egg yolks slightly. Add the sugar and vanilla. Combine with the milk and cook in a double boiler until it thickens. Cool.

—Dr. Dora Newson, Edmonton

## ORANGE CUP

### Cake:

1/3 cup butter	1 1/2 cups flour
1 cup sugar	3 egg whites
1/2 cup milk	1/3 tsp. lemon flavouring
2 1/2 tsp. baking powder	2/3 tsp. vanilla
pinch salt	

**Method**—Cream the butter and sugar. Add milk, and sifted dry ingredients alternately. Fold in egg whites beaten stiff and flavoring. Bake in greased muffin tins at 350° for 20 minutes. When cool split and fill with

### Orange Filling:

3/4 cup sugar	3/4 cup orange juice
3 tbsp. flour	2 tbsp. lemon juice
grated rind of 1 orange	2 tsp. butter
3 egg yolks	

Heat orange and lemon juice and butter in double boiler, then add flour, sugar and rind. Cook for 5 minutes. Add beaten egg yolks and stir until thickened.

Whip 1 cup cream. Mix 3/4 with filling and save 1/4 to put on top.

—Mrs. G. E. Watchorn, Calgary.



# PUDDINGS

## BAKED CARAMEL PUDDING

### First Part:

2½ cups boiling water.	4 tbsp. butter.
1 cup brown sugar.	1 tsp. vanilla.

**Method**—Bring to a boil the water, sugar and butter, and add the vanilla.

### Second Part:

½ cup white sugar.	1 cup flour.
2 tsp. baking powder.	4 tbsp. butter.
½ cup milk.	Speck salt.
½ cup raisins.	

**Method**—Rub the butter into the flour. Mix and sift sugar, salt and baking powder and add to this the raisins. Add this mixture alternately with the milk to the butter and flour mixture. Drop by spoonful into the boiling syrup. Then turn the whole into a baking dish and bake at 350° for 20 to 25 minutes.

—Mrs. A. G. M. Watt, Sidney, B.C.

## BAKED ORANGE CUSTARD PUDDING

¾ cup sugar.	Grated rind and juice ½
1 tbsp. butter.	lemon.
3½ tbsp. flour.	2 eggs.
Grated rind and juice 1	1 cup milk.
orange.	

**Method**—Cream butter and sugar. Blend in the flour. Then add the juice and rind, the egg yolks and the milk. Lastly fold in the egg whites beaten stiff. Pour into Pyrex baking dish and bake at 350° until done (20 to 25 minutes).

—Mrs. A. G. M. Watt, Sidney, B.C.

## MARSHMALLOW-PINEAPPLE

¼ cup water.	1 cup whipping cream
1 large pkg. marshmallows.	(optional).
1 can crushed pineapple.	

**Method**—Melt marshmallows in water over double boiler, and stir until melted and blended. Add crushed pineapple. Cool and serve. (If cream is used, add to first mixture after it cools).

Cherries may be used as decoration.

—Mrs. H. J. Watchorn, Mount Tabor, N.J.



## NORWEGIAN SOUFFLE

3 eggs. ½ cup hot water.  
2 tbsp. sugar. 1 glass sherry.  
1 tbsp. Knox gelatine. Cream and jam.

**Method**—Beat whites and yolks separately, adding 1 tbsp. of sugar to each. Dissolve gelatine in water. Add gelatine and sherry to yolks. Fold in whites and mix well. Pour into a bowl and chill, giving an occasional stir. When set, cover with jam, and top with whipped cream.

—Mrs. Frank Urquhart, Sidney.

## ORANGE ICEBOX DESSERT

1 cup orange juice. ½ cup sugar.  
1 tsp. grated orange rind. 3 eggs.  
Juice ½ lemon.

**Method**—Separate eggs, beat yolks and add sugar and juices. Cook over double boiler until thick. While hot fold in beaten egg whites, spread on two layers of sponge cake split in two (four layers in all). Wrap in wax paper and let stand in icebox at least 6 hours. One hour before serving spread over cake ½ pint of cream whipped.

—Mrs. G. Schwenker, Mt. Tabor, N.J.

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# DESSERTS (HOT)

## AIRY FAIRY PUDDING

- |                            |                              |
|----------------------------|------------------------------|
| 1 tbsp. sugar.             | $\frac{1}{2}$ cup molasses.  |
| 2 tbsp. butter.            | 1 tsp. soda.                 |
| $1\frac{1}{2}$ cups flour. | $\frac{1}{2}$ cup hot water. |
| 1 egg.                     |                              |

**Method**—Cream the sugar and butter. Add the egg beaten, the molasses, soda dissolved in hot water, and the flour. Beat well and steam for 1 hour. Serve hot with following sauce:

### Sauce:

- |                       |                                   |
|-----------------------|-----------------------------------|
| 2 egg yolks.          | 1 tsp. vanilla or brandy.         |
| 1 cup powdered sugar. | $\frac{1}{2}$ pt. whipping cream. |

Blend the egg yolks and sugar. Add the flavoring, and fold in the cream whipped very stiff.

—Mrs. I. J. Hutton, Edmonton.

## RAISIN SOUFFLE

- |                               |                               |
|-------------------------------|-------------------------------|
| $1\frac{1}{2}$ cups hot milk. | $\frac{1}{2}$ cup raisins.    |
| 1 tbsp. cornstarch.           | $\frac{1}{2}$ tsp. vanilla.   |
| 1 egg.                        | $\frac{1}{8}$ cup corn syrup. |

**Method**—Beat the egg yolk slightly, add the cornstarch moistened with a little of the milk. Add the remaining milk, raisins and corn syrup. Cook in a double boiler until the mixture coats a spoon. Remove from the fire. Add the vanilla and the egg whites beaten very stiff. Set in a pan of warm water and bake at  $375^{\circ}$  for 40 minutes, or until set.

—Mrs. W. Duncan, Victoria.

## DATE PUDDING

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup flour.                   | $\frac{1}{4}$ tsp. salt. |
| $\frac{1}{4}$ cup white sugar. | 1 cup dates.             |
| 2 tsp. baking powder.          | $\frac{1}{2}$ cup milk.  |

**Method**—Mix and sift the dry ingredients. Cut the dates finely and mix with the milk. Blend the two mixtures. Spread in a long flat buttered baking dish, and over all pour the following sauce.

### Sauce:

- |                       |                 |
|-----------------------|-----------------|
| 1 cup brown sugar.    | 1 tbsp. butter. |
| 2 cups boiling water. |                 |

Stir thoroughly before pouring over the batter. Bake at  $350^{\circ}$  for 30 to 40 minutes.

—Mrs. H. G. Thomson, Edmonton.



## PEACH COBBLER

- |                              |                      |
|------------------------------|----------------------|
| 2 cups sliced fresh peaches. | 1 tbsp. lemon juice. |
| $\frac{3}{4}$ cup sugar.     | 1 tbsp. butter.      |
| 2 tbsp. flour.               |                      |

Place peaches in greased baking dish. Mix flour and sugar, and sprinkle over the peaches. Add the lemon juice, dot with butter and over all drop the following dough in mounds.

### Dough for the Top:

- |                          |                         |
|--------------------------|-------------------------|
| 2 cups flour.            | 1-3 cup shortening.     |
| $\frac{1}{2}$ tsp. salt. | 1 egg.                  |
| 4 tsp. baking powder.    | $\frac{3}{4}$ cup milk. |
| 1 tbsp. sugar.           |                         |

**Method**—Cream the shortening and sugar, add the well beaten egg. Add the milk alternately with the sifted dry ingredients. Bake at 425° for 30 minutes.

—Mrs. C. E. Garnett, Edmonton.

## STEAMED STRAWBERRY PUDDING

- |                           |                             |
|---------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter. | 2 eggs.                     |
| 1 tsp. soda.              | $1\frac{1}{2}$ cups flour.  |
| 1 tbsp. sugar.            | 1 cup strawberry preserves. |

**Method**—Cream the butter and sugar. Add the eggs well beaten. Mix and sift the flour and soda, and add alternately with the preserves. Pour into a greased mould and steam for 1 hour. Serve hot with the following sauce.

### Sauce:

- |                           |                             |
|---------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter. | 1 egg.                      |
| $\frac{1}{2}$ cup sugar.  | $\frac{1}{2}$ cup preserve. |

Cream the butter and sugar. Blend in the well beaten egg, and the preserve. Cook in a double boiler for 5 minutes and serve hot.

Mrs. M. M. MacIntyre, Vancouver.

## SAGO STEAM PUDDING

- |                          |   |
|--------------------------|---|
| 1 pt. milk.              | $\frac{1}{4}$ cup warm water.           |
| 4 tbsp. minute sago.     | 1 cup bread crumbs.                     |
| $\frac{1}{4}$ tsp. salt. | 1 cup raisins.                          |
| 1 cup sugar.             | $\frac{1}{4}$ tsp. cinnamon, nutmeg and |
| 1 tsp. soda.             | all-spice.                              |

**Method**—Bring the milk to a boil. Add sago and salt, and boil about 5 minutes. Remove from the fire. Add the sugar, the soda dissolved in the warm water, the bread crumbs, raisins and spice. Mix thoroughly. Pour into a greased mould, and steam for three hours. Serve hot with your favorite sauce.

—Mrs. H. O. Patriquin, Edmonton.



## CAKE CRUMB PUDDING

- |  |                        |
|--|------------------------|
| 3 cups cake crumbs (if necessary substitute some breadcrumbs). | 1/2 cup melted butter. |
| 1 cup sweet milk.  | 1 egg.                 |
| 1/2 tsp. soda.   | 1 tsp. nutmeg.         |
| 1/2 cup molasses.  | 1/2 cup raisins.       |
|  | Lemon juice.           |

**Method**—Mix in the order given. Pour into a greased bowl. Steam 2 hours in a steamer. Serve hot with foamy sauce.

### Foamy Sauce:

- |   |            |
|---|------------|
| 1 egg.                                  | Flavoring. |
| 1/2 cup fruit or fine granulated sugar. |            |

Beat yolk of egg very light, add sugar gradually, beating all the time. Add flavoring and fold in white of egg beaten stiff.

—Miss Agnes Christiansen, Edmonton.

## BAKED LEMON PUDDING

- |                      |                           |
|----------------------|---------------------------|
| 2 tbsp. butter.      | 1 tsp. grated lemon rind. |
| 2-3 cup sugar.       | 2 tbsp. flour             |
| 2 eggs, separated.   | 1 cup milk.               |
| 2 tbsp. lemon juice. |                           |

**Method**—Cream butter, add sugar and cream well. Add egg yolks, lemon juice and rind. Mix. Add flour. Add milk. Fold in beaten egg whites. Pour into a buttered baking dish, and place in a pan of hot water. Bake in oven at 370° for 35 to 40 minutes.

—Mrs. Dorothy Smee, Edmonton.

## APPLE STROUDEL

(A German Pudding)

- |                       |                                     |
|-----------------------|-------------------------------------|
| 2 cups Quaker oats.   | 1/2 cup butter or other shortening. |
| 2 cups flour.         | 2 beaten eggs.                      |
| 3 tsp. baking powder. | 1/2 cup milk.                       |
| Salt.                 | Vanilla.                            |
| 3 cups brown sugar.   |                                     |

Finish like pie crust (under and over filling) and fill with apples (and raisins if preferred). Bake in a moderate oven for 30 to 35 minutes.

—Mrs. Gwyneth Bailey, Edmonton.

## PUDDING SAUCE

- |                    |                         |
|--------------------|-------------------------|
| 3 egg yolks.       | 1/2 tsp. rum flavoring. |
| 1 cup icing sugar. | 1 cup cream (whipped).  |
| 1/4 lb. butter.    |                         |

**Method**—Beat the egg yolks over hot water in a double boiler. Add the icing sugar and beat well, then add the butter and beat. Cook until it coats a spoon. Add flavoring and cool. When cool add the cream.

—Mrs. Ann Hanna, Edmonton.



## CHERRY COBBLER

- |                               |                          |
|-------------------------------|--------------------------|
| $\frac{1}{4}$ cup shortening. | 2 tsp. baking powder.    |
| $\frac{1}{2}$ cup sugar.      | $\frac{1}{4}$ tsp. salt. |
| 1 egg.                        | 1 tsp. vanilla.          |
| 1 cup flour.                  | $\frac{1}{2}$ cup milk.  |
| 1 can sour cherries.          | $\frac{3}{4}$ cup sugar. |
| 1 cup boiling water.          |                          |

**Method**—Cream shortening and sugar. Add egg and cream well. Mix and sift flour, baking powder and salt. Add to first mixture alternately with the milk and vanilla. Put into a greased casserole. Heat the sour cherries, including the juice, with the sugar. Pour this over the batter in the casserole. Lastly pour over the boiling water. Cook at 350° for 45 minutes. Serve warm (with whipped cream if desired).

—Mrs. H. J. Watchorn, Mount Tabor, N.J.

## PUDDING SAUCE

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 cup butter.            | $\frac{1}{2}$ cup whipping cream. |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ tsp. vanilla.       |
| 2 egg yolks.             |                                   |

**Method**—Beat egg yolks. Cream butter and sugar. Blend and cook for 1 minute in double boiler. Cool. Add vanilla and the whipped cream.

—Mrs. W. W. Evans, Edmonton.

Note: This sauce is good also when served hot without the whipped cream.

## CHOCOLATE SAUCE

- |                            |                             |
|----------------------------|-----------------------------|
| $1\frac{1}{2}$ cups sugar. | 1 cup boiling water.        |
| $1\frac{1}{4}$ cups cocoa. | $\frac{1}{2}$ tsp. vanilla. |

**Method**—Mix sugar and cocoa, stir in boiling water and stir and cook until it boils. Let boil 10 minutes. Use hot or cold. Do not add flavoring until ready to use.

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## CHOCOLATE ALMOND SAUCE

3 squares chocolate.	$\frac{1}{4}$ tsp. salt.
$1\frac{3}{4}$ cups light cream.	1 tbsp. butter.
1 cup sugar.	1 tsp. vanilla.
$\frac{1}{4}$ cup flour.	$\frac{1}{2}$ cup toasted almonds.

**Method**—Melt chocolate over hot water, add cream and cook until smooth, stirring. Mix flour, sugar and salt, add a little of the chocolate mixture to make a paste, add to hot mixture and cook until it begins to thicken (10 min.) Remove from fire. Add remaining ingredients. Serve hot or cold, over ice cream.

## ORANGE SAUCE

1 cup sugar.	1 cup orange juice.
1 tbsp. flour.	Juice of 1 lemon.
4 egg yolks.	Grated rind of 1 lemon.
1 cup cocoanut.	12 marshmallows.

**Method**—Mix sugar and flour, add juices, place in top of double boiler and cook for 10 minutes, stirring constantly. Beat egg yolks, add a little of the hot mixture to yolks, return all to double boiler and cook for 3 minutes. Add marshmallows and stir until melted. Add rind and cocoanut. Cool. Place in a sealer until ready to use, then add 1 cup cream, whipped.



# DESSERTS (FROZEN)

## FRESH ANGEL HASH

1½ cups fresh strawberries.	¼ cup chopped nuts.
½ cup powdered sugar.	1 cup whipping cream.
½ cup finely diced banana.	1 egg white.
½ cup finely diced pineapple.	⅛ tsp. salt.
1½ tsp. orange juice.	.

**Method**—Wash and hull strawberries. Drain thoroughly. Cut the berries in quarters, sprinkle with sugar and allow to stand ½ hour. Mix pineapple, banana and orange juice. Whip cream, add fruit and nuts gradually. Fold in beaten egg white and salt. Pour into tray of freezer and freeze four hours.

—Mrs. Wanda Kopeck, Edmonton.

## MAPLE PARFAIT

1 cup hot maple syrup.	1 pt. whipping cream.
4 eggs.	

**Method**—Beat eggs slightly. Pour on hot maple syrup. Cook in double boiler until it thickens. Cool. Add whipping cream and freeze.

—Mrs. T. H. Field, Edmonton.

## FROZEN ORANGE DRESSING

1 pt. milk.	1 cup sugar.
½ cup orange juice.	½ cup nuts.
Juice of 1 lemon.	

**Method**—Bring the milk to a boil. Dissolve the sugar in the milk. Remove from fire. Add orange and lemon juice and nuts. Cool. Turn into a freezing tray and freeze to mush. Whip 1 cup cream, fold into mush. Pour back into tray and freeze.

To serve: Unmold on a layer of sliced bananas.

—Mrs. M. M. MacIntyre, Vancouver.

## ORANGE CUSTARD

1 cup coffee cream	1 orange
1 cup milk	1 lemon
1 cup sugar	

**Method**—Pour the juice of the orange and lemon over the sugar and allow it to stand for two hours. Add the grated rind of half of each fruit; add milk and cream. Mix thoroughly and put into refrigerator pans to freeze. Stir once or twice while freezing.

—Mrs. C. A. Brine, Edmonton.



## SIMPLE BAKED ALASKA

- 4 egg whites.
- 10 tbsps. confectioners' sugar or fine granulated sugar.
- 1 tsp. vanilla or other flavoring.
- 1 1" slice of sponge or white cake.
- 1 brick of ice cream.

**Method**—Beat the egg whites stiff. Add sugar and flavoring. Beat slowly until mixture stands in peaks. Set refrigerator at coldest point to cool baking board, meringue and sponge or white cake. Preheat oven to 450°. On the baking board put a layer of waxed paper, then the slice of cake, a brick of ice cream and cover the whole with a thick coating of meringue. Place in oven, and bake till light brown, 4 to 6 minutes. Store in cold place until ready to serve. (Will keep for an hour).

—Mrs. B. G. Aylen, Edmonton.

## ICE CREAM

- 4 egg yolks.
- 4 egg whites.
- 1 cup sugar.
- Pinch salt.
- 6 tbsps. lemon juice.
- Grated rind of 2 lemons.
- 1 pt. whipping cream (or 1 can evaporated milk, unsweetened).

**Method**—Beat the egg whites, beat the egg yolks, add sugar and beat. Add lemon juice and grated rind to egg yolk and sugar mixture. Add cream (whipped), fold in beaten whites. Freeze for four hours or more. (If evaporated milk is used have it very cold and beat in a bowl of cracked ice. Proceed as when cream is used. This makes a very light dessert when canned milk is used).

—The Late Mrs. Fred P. Newson, Edmonton.

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# PIES

## PINEAPPLE PIE

(Baked in Shell)

- |                          |                              |
|--------------------------|------------------------------|
| 2 pie crusts (uncooked). | 1 can crushed pineapple.     |
| 1/2 cup butter.          | 1 tbsp. flour or cornstarch. |
| 1 cup sugar.             | 1 cup sweet cream.           |
| 3 eggs.                  |                              |

**Method**—Cream the butter, sugar and egg yolks, and add the pineapple. Blend the flour or cornstarch with the sweet cream and add to pineapple mixture. Mix thoroughly. Beat whites of eggs until stiff and fold in lightly. Pour into 2 uncooked pie crusts, and bake until set. (Have oven hot at first and then reduce heat).

—Mrs. Dorothy Smee, Edmonton.

## PIE CRUST

- |                        |                       |
|------------------------|-----------------------|
| 1/2 lb. lard.          | 1 tsp. baking powder. |
| 3/4 cup boiling water. | 1 tsp. salt.          |
| 3 1/2 cups flour.      |                       |

**Method**—Pour boiling water over lard. Let stand until soft, then whip. Sift flour, salt and baking powder. Add gradually to first mixture, and leave in refrigerator for 1 hour before rolling.

—Mrs. W. C. Richards, Edmonton.

## BLUEBERRY MERINGUE PIE

- |                                       |                          |
|---------------------------------------|--------------------------|
| 3 cups blueberries (fresh or frozen). | 1 tbsp. lemon juice.     |
| 1 cup sugar.                          | 2 egg yolks.             |
| 2 tbsp. flour.                        | 2 egg whites.            |
| 1/2 tsp. salt.                        | 2 tbsp. powdered sugar.  |
|                                       | 1 baked 9" pastry shell. |

**Method**—Mix berries, sugar, flour, salt, lemon juice and egg yolks together, and cook 10 minutes over boiling water, stirring constantly. Cool slightly and turn into baked shell. Cover with meringue made by gradually beating powdered sugar into stiffly beaten egg whites. Bake at 400° for 15 minutes.

—Mrs. Howard Tye, Edmonton.

## VEGETABLE MARROW LEMON BUTTER

- |                    |                 |
|--------------------|-----------------|
| 4 lbs. marrow.     | 1/2 lb. butter. |
| Juice of 6 lemons. | 2 lbs. sugar.   |
| Rind of 1 lemon.   |                 |

**Method**—Cut the marrow in small pieces, and boil until soft. Drain and mash. Add the lemon juice, the rind cut very thin, butter and sugar, and simmer slowly for 30 minutes. Put in sterilized jars in the refrigerator, and use as desired. (Good in small tart shells).

—Mrs. H. E. Pearson, Edmonton.



## GROUND RICE TARTS

### Base:

- |                       |                   |
|-----------------------|-------------------|
| 1/2 cup butter.       | 1/4 cup sugar.    |
| 1 egg.                | 1 1/2 cups flour. |
| 1 tsp. baking powder. |                   |

Mix and line tart tins. Add 1 tsp. raspberry jam.

### Topping:

- |                 |                            |
|-----------------|----------------------------|
| 3 tbsp. butter. | 4 tbsp. ground rice.       |
| 1 egg.          | 1/4 tsp. almond flavoring. |
| 3 tbsp. sugar.  |                            |

Mix and put over jam. Bake at 375°.

—Mrs. C. H. G. Codner, Edmonton.

## BUTTER TARTS FILLING

- |                          |                  |
|--------------------------|------------------|
| 2 cups brown sugar.      | 1 tsp. vanilla.  |
| 1/2 cup melted butter.   | 1/8 tsp. nutmeg. |
| 1/2 cup raisins.         | 2 eggs.          |
| 3/4 cup chopped walnuts. | 1/4 tsp. salt.   |

**Method**—Mix altogether and fill rich pastry shells. Bake at 450° for 15 minutes on lowest rack in oven. (Makes 2 doz. tarts).

### Rich Pastry:

- |                       |                 |
|-----------------------|-----------------|
| 2 cups flour.         | 3/4 cup lard.   |
| 1 tsp. baking powder. | 1/4 cup butter. |
| 1 tsp. salt.          | Cold water.     |

**Method**—Mix and sift flour, baking powder and salt. Cut in lard and butter. Add enough cold water to make of the right consistency to handle. Place in refrigerator for 1 hour before rolling

—Mrs. Celia Jellison.

## ANGEL PIE

- |                           |                          |
|---------------------------|--------------------------|
| 4 egg whites.             | 1 cup sugar.             |
| 1/8 tsp. cream of tartar. | 1 tsp. vanilla or lemon. |

**Method**—Beat the egg whites until foamy. Add the cream of tartar and beat until stiff but not dry. Add the sugar gradually, beating until the mixture stands in peaks. Add the flavoring. Bake in greased and floured pie tin at 275° for 40 minutes. Cool.

### Filling:

- |                |                            |
|----------------|----------------------------|
| 4 egg yolks.   | 3 tbsp. lemon juice.       |
| 1/2 cup sugar. | 2 tbsp. grated lemon rind. |

Cook until it thickens. Cool.

Whip 1 cup whipping cream. Put half of this in meringue shell. Then spread on the filling. Spread remaining whipped cream on top. Put in refrigerator 24 hours before serving.

—Mrs. G. E. Watchorn, Calgary.



## MINCE MEAT

---

- |                     |                  |
|---------------------|------------------|
| 1 lb. raisins.      | 6 or 7 apples.   |
| 1 lb. currants.     | 1 tsp. nutmeg.   |
| 1/2 lb. mixed peel. | 1 tsp. cinnamon. |
| 1 lb. ground suet.  | 1 tsp. allspice. |
| 1 lb. brown sugar.  |                  |

**Method**—Put all ingredients through the food chopper, and store in a crock in a cool place.

—Mrs. A. E. Shelmerdine, Edmonton.

## SILVER PIE

- |                           |                      |
|---------------------------|----------------------|
| 1/3 cup cold water.       | 1/2 cup white sugar. |
| 1/2 tbsp. gelatine.       | 1/4 tsp. salt.       |
| 4 egg yolks.              | 4 egg whites.        |
| 2 or 3 tbsp. lemon juice. | 1/2 cup sugar.       |

**Method**—Soak gelatine in cold water. Put egg yolks, lemon juice, 1/2 cup sugar and grated lemon rind into double boiler, and cook as for custard, stirring constantly. Add gelatine and cool. Beat egg whites until stiff. Fold in 1/2 cup sugar. Fold yolk mixture into egg white mixture. Pour into large baked pie shell. Serve with whipped cream.

—Mrs. Pat Ryan, Edmonton.

## ORANGE CHIFFON PIE

---

- |   |                          |
|---|--------------------------|
| 1 envelope gelatine.  | Grated rind of 1 orange. |
| 1 tbsp. cold water.   | Speck salt.              |
| 3 eggs.   | 3/4 cup white sugar.     |
| 1/2 cup orange and lemon juice<br>(2 oranges and 1/2 lemon) | 3/4 cup white sugar.     |

**Method**—Dissolve gelatin in cold water, and let stand. Beat together the 3 egg yolks, the fruit juice and the rind, salt and the 3/4 cup of sugar. Cook this mixture in a double boiler until of the consistency of custard. Remove from the heat, add the dissolved gelatin, and let cool. Beat the egg whites with 3/4 cup sugar until fluffy. Fold this into cooling custard. Pour into a prepared pie shell, and put into refrigerator until set. Serve with whipped cream.

—Mrs. J. D. McCallum, Almont, Ont.

## LEMON CAKE PIE

- |                 |                                      |
|-----------------|--------------------------------------|
| 1 cup sugar.    | 2 lemons (large), rind and<br>juice. |
| 1/2 cup flour.  | 2 eggs.                              |
| 1/8 tsp. salt.  | 1 cup milk.                          |
| 3 tbsp. butter. |                                      |

**Method**—Sift together sugar, flour and salt. Add butter melted, grated rind and juice of lemons. Add egg yolks well beaten, milk, and egg whites beaten stiff. Pour into a pie plate which has been lined with pastry, and bake in a slow oven until firm.

—Mrs. W. W. Winspear, Edmonton.



## PENNSYLVANIA DUTCH APPLE PIE

- |  |                              |
|--|------------------------------|
| 1 unbaked pie crust.                         | 1 cup sugar.                 |
| $\frac{3}{4}$ cup heavy sweet or sour cream. | $\frac{1}{4}$ tsp. cloves.   |
| 1 tbsp. flour.                               | $\frac{1}{8}$ tsp. cinnamon. |
| $\frac{1}{8}$ tsp. salt.                     | 6 to 8 apples, sliced.       |

**Method**—Line pie plate with pastry, set in refrigerator until ready to be filled. Combine cream, flour, salt, sugar and spices. Arrange apple slices in crust and pour cream mixture over top. Bake at 450° for 10 minutes, then cover with an inverted light-weight pie plate and bake for 20 minutes. Remove pie plate and bake for 20 minutes longer. Remove from oven and dust lightly with cinnamon. Serves 6

—Mrs. Isabelle Acker, Palm Springs, U.S.A.

## LEMON PIE

- |                     |                            |
|---------------------|----------------------------|
| 1 cup sugar.        | Juice of good sized lemon. |
| 2 tbsp. cornstarch. | 1 cup hot water.           |
| 2 egg yolks.        | 2 egg whites.              |
| 1 tbsp. butter.     | $\frac{1}{4}$ cup sugar.   |

**Method**—Mix ingredients in order given, and cook in double boiler until thick, stirring constantly. Pour into baked pie shell. Top with meringue made of egg whites and sugar, and brown in oven.

—Mrs. H. G. Thomson, Edmonton.

## LEMON CHEESE TART FILLING

- |   |              |
|---|--------------|
| $\frac{1}{4}$ lb. butter.               | 1 cup sugar. |
| $1\frac{1}{2}$ lemons (rind and juice). | 3 eggs.      |

**Method**—Combine ingredients and cook in a double boiler, beating with the egg beater while cooking. Cook until quite thick. (May be stored in refrigerator in covered jar).

This filling may be used in baked tart shells, or as filling for a cake.

—Mrs. Ann Hanna, Edmonton.

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# VEGETABLE DISHES

## CORN PUDDING

- |                       |                           |
|-----------------------|---------------------------|
| 1 large onion.        | 1 cup milk.               |
| ½ cup chopped celery. | 3 cans creamed corn.      |
| 2 green peppers.      | 1 can niblet corn.        |
| 4 tbsp. butter.       | Salt and pepper to taste. |
| 3 eggs.               |                           |

**Method**—Chop onion and celery until fine. Fry in the butter gently until onions are golden brown. Beat the eggs. Add remaining ingredients. Pour into to greased casseroles. Dot with butter and sprinkle with paprika. Bake at 325° in pans of water for 1 hour. (Serves 12).

—Mrs. Wanda Kopeck, Edmonton

## ETHEL'S SPAGHETTI AND MUSHROOM

- |                      |                           |
|----------------------|---------------------------|
| 2 large onions.      | 1 green pepper minced.    |
| 2 tins spaghetti.    | 1 small bag potato chips. |
| 1 tin mushroom soup. |                           |

**Method**—Chop up the onions and fry gently in hot fat. Add spaghetti and mushroom soup and green pepper. Cook until hot, and add potato chips crushed at the very last to thicken. Serve hot.

—Mrs. Norman Robertson, Toronto.

## POTATO CHEESE CAKES

- |                         |                            |
|-------------------------|----------------------------|
| 12 oz. mashed potatoes. | 1 tbsp. milk.              |
| 5 oz. flour.            | 2 egg yolks.               |
| 2 oz. warm butter.      | 2 tsp. baking powder.      |
| 2 oz. grated cheese.    | Salt and cayenne to taste. |

**Method**—Mix potatoes, butter, flour and baking powder, cheese, salt and pepper. Stir well. Then add eggs and milk. Roll 1" thick, and cut into small cakes. Bake at 350° until golden brown.

—Mrs. H. E. Pearson, Edmonton

## POTATO FLUFF

Combine 3 cups seasoned mashed potatoes and 2 well beaten egg yolks. Beat 2 egg whites until stiff, and fold into mixture. Put in a casserole or baking dish, and bake in a moderate oven (375°) 20 minutes, or until light brown. Serve at once.

—Northwestern Utilities Ltd., Edmonton.

## PEAS IN PATTY SHELLS

Use fresh peas, frozen peas or canned peas. Thicken them in the water in which they have been cooked. Serve in hot pastry shells.

—Mrs. G. E. Watchorn, Calgary.



## STUFFED TOMATOES

- |                         |                     |
|-------------------------|---------------------|
| 1 doz. tomatoes.        | 1/2 cup butter.     |
| 1 medium onion.         | 1 tsp. salt.        |
| Garlic; parsley.        | 1/2 tsp pepper.     |
| 1 1/2 lbs. minced meat. | (Tomato's filling). |
| 1/2 cup rice.           |                     |

**Method**—First of all select one dozen firm tomatoes (not too ripe). Cut top of tomato about the size of a silver dollar, then scoop out centres well. Put minced meat in bowl and add your chopped onion, salt and pepper (spice to your liking) add a pinch of cinnamon, a bit of parsley and a very little garlic (just to flavor, then add the tomato's filling and mix together. The mixture is then put into the frying pan and covered, (do not add water), let cook for a while then stir and add your washed rice and cook for fifteen minutes more. When mixture is cooked fill tomatoes and if desired cover with the tops of the tomatoes or a dab of thick cream sauce then bake in oven. The left over tomato filling should be strained and added when needed water is necessary in the oven. Bake in oven 400° from thirty to forty minutes.

—Mrs. G. Spillios, Edmonton.

## STUFFED TOMATOES

Slice the top off medium sized tomatoes. Sprinkle with salt, and invert for ten minutes. Make a dressing of fine bread crumbs, grated onion, melted butter, salt and pepper, parsley, and sage or savory. Fill holes in tomatoes with the dressing, and pile excess on top. Bake at 400° for 1/2 hour, or until dressing is toasted and tomatoes keep their shape.

—Mrs. F. J. Mitchell, Edmonton.

## CREAMED CABBAGE

Shred finely one medium sized head of cabbage. Bring to a boil in a large pan in 1 cup milk. Simmer gently for 5 minutes. Mix 3 tsp. of cornstarch in 1 cup of cream. Add to cabbage, and simmer 5 minutes longer. Add salt and pepper, and serve immediately. (Don't overcook.)

Grated cheese added at the last is optional.

—Mrs. F. J. Mitchell, Edmonton.

## ONION PIE

- |               |                 |
|---------------|-----------------|
| 1 lb. onions. | 2 tsp. vinegar. |
| 3 tbsp. fat.  | 1 egg.          |
| 3/4 cup milk. | 1 tsp. salt.    |

**Method**—Slice the onions and brown in fat. Add the milk, salt, well beaten egg and vinegar. Pour into baking powder biscuit dough, which has been moulded to a pie plate. Bake at 450° for 20 minutes, or until the crust is a golden brown. (Good with cold meat.)

Dr. Dora A. Newson, Edmonton.



## MUSHROOM AND EGGPLANT EN CASSEROLE

1 egg plant

1 can mushrooms

1 can cream of mushroom soup

2 tbsp. butter

Cut eggplant in slices one inch thick. Peel and cut in quarters. Soak one hour in salted water. Cook in butter until soft. Place in casserole add mushrooms. Pour can of soup over all and bake at 350° for 25 min.

## A BLACK MAN'S RECIPE TO DRESS RICE

Wash him well, much wash in cold water, the rice flour make him stick. Water him boil already very fast. Throw him rice in, can't burn, water shake him too much. Boil 20 minutes lid on—don't stir—mustn't peek. Rub one rice in thumb and finger. If all rub away him quite done. Put in colander, hot water run away—pour cold water on him. Rice all ready. Keep him warm near fire.

—Mrs. R. W. Hamilton, Edmonton.

## DRIED LIMA BEANS AU GRATIN

Steep two cups of lima beans over night—next day cook in just enough fresh water to cover. This takes about 15 minutes in the pressure cooker or  $\frac{3}{4}$  hour in a closed pan. Do not strain. Grate half a pound of hard Ontario cheese, and arrange casserole with alternate layers of beans and cheese, sprinkling each layer with garlic salt. Cover top with mixture of grated cheese and dried breadcrumbs. Put in oven about 20 minutes before required.

—Mrs. R. W. Hamilton, Edmonton.

## GREEN BEANS WITH LEMON

1 lb. green beans.

3 tbsp. butter.

1 tsp. lemon juice.

Salt and pepper to taste.

4 tbsp. water.

**Method**—Wash and break the beans. Put in a saucepan in cold water. Bring to a boil, and drain. Mix lemon juice, salt, pepper, water and melted butter. Add to the beans, cover, and simmer slowly about twenty minutes. Serve hot. If the liquid boils off, add a small amount extra.

—Mrs. F. G. Winspear, Edmonton.

## GREEN PEPPERS STUFFED WITH RICE

Green peppers.

Cooked rice.

Salt and pepper to taste.

**Method**—Cut tops off green peppers, and carefully remove seeds and membrane. Season cooked rice. Stuff peppers, and fasten lids with toothpicks. Stand upright in a deep saucepan. Add small amount of boiling water, and cook gently until peppers are soft. Serve hot.

—Mrs. F. G. Winspear, Edmonton.



## WILD RICE WITH ORANGES

Cook wild rice in plenty of boiling water for 1 1/4 hours. Boil oranges in thin syrup for 45 minutes. Drain oranges and cut in small pieces. Add to drained rice and serve hot with fowl. (Very good with wild duck).

## SPINACH LOAF

- |                       |                           |
|-----------------------|---------------------------|
| 1 lb. cooked spinach. | 6 oz. bread crumbs.       |
| 1 lb. cottage cheese. | 1 cup hot milk.           |
| 4 eggs.               | Salt and pepper to taste. |

**Method**—Soak the bread crumbs in hot milk until soft. Fold in remaining ingredients, pour into greased casserole, bake at 350° for 30 minutes. Serve with tomato sauce. (A can of tomato soup with a pinch or two of your favourite seasoning added makes a quick sauce).

—Mrs. F. J. Newson, Edmonton.

## PEAS AND ONIONS

Instead of serving peas and carrots together, try a mixture of peas and tiny boiled onions (a small amount of chopped mint leaves is good with this.)

## RISOTTO

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 cup rice.                    | 1/4 tsp. curry powder.          |
| 2 tsp. grated Parmesan cheese. | 1 pt. vegetable stock or water. |
| 1 small onion finely chopped.  | Salt and pepper to taste.       |
| 1/2 cup raisins.               | 2 oz. butter or margarine.      |

**Method**—Wash and drain rice. Heat fat, fry onion until lightly browned. Add rice and fry until brown. Add stock or water, salt and pepper, raisins and curry powder. Boil rapidly for about 10 minutes. Then simmer until all liquid is absorbed by rice. Stir in cheese. Serve. (A little tomato sauce may be added).

—M. de la Hitte, Victoria.



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## COUNTRY STYLE POTATOES

- |                              |                          |
|------------------------------|--------------------------|
| 2 tbsp. fat.                 | 2 cups boiled potatoes.  |
| 1 tbsp. chopped onion.       | $\frac{1}{4}$ tsp. salt. |
| 1 cup canned or cooked corn. | Few grains pepper.       |
| 1 tsp. chopped parsley.      |                          |

**Method**—Heat fat, add onion; cook until soft. Add corn, parsley and potatoes, cut in medium-sized cubes. Season with salt and pepper, and cook, stirring occasionally until thoroughly heated.

—Northwestern Utilities Ltd., Edmonton.

## POTATO PANCAKES

- |                                |                          |
|--------------------------------|--------------------------|
| 2½ cups of grated raw potatoes | 3 tbsp. dry bread crumbs |
| 2 eggs, separated              | 1 tsp. salt              |
|                                | pinch of baking powder   |

**Method**—Add egg yolks beaten light to potato pulp, crumbs and salt. Fold in egg whites beaten stiff. Fry in 3 tablespoons bacon fat in heavy skillet. Serves 4.

—Mrs. Schwenke, Tabor, N.J., U.S.A.

## RICE WITH BEAN SHOOTS

Melt 2 tbsp. butter or dripping in frying pan, add required quantity rice and simmer very gently until just lightly golden. Cover with boiling water add pinch of salt and boil 25 minutes or until soft, adding more boiling water as required. When fluffy and dry add half the quantity bean shoots (which have been cooked for 7 minutes in boiling salted water). Mix together lightly and serve with chicken or pork.

—Mrs. F. J. Newson, Edmonton.

### Hint

1. Try boiling a sprig of mint in peas or in potatoes whilst cooking. Gives a lift.

2. To improve beets which are not new, peel, put through the food chopper. place in a casserole, add butter and seasonings and bake for an hour or more in oven at 350°.

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# CHEESE DISHES

## CHEESE RELISH

- |                    |                       |
|--------------------|-----------------------|
| 1 cup bread crumbs | 1/2 cup grated cheese |
| 1 cup milk         | 1 tbsp. butter        |
| 1 egg              |                       |

**Method**—Soak bread in milk. Melt butter and add cheese. Mix two together and add salt and egg. Cook until thick. Serve on hot crackers or toast squares.

—Mrs. I. J. Hutton, Edmonton

## CHEESE MUFFIN RING

- |                       |                       |
|-----------------------|-----------------------|
| 2 cups flour          | 3/4 cup grated cheese |
| 1 tbsp. baking powder | 1 egg                 |
| 1/2 tsp. salt         | 1 cup milk            |
| 2 tbsp. sugar         | 2 tbsp. shortening    |

**Method**—Sift together the flour, baking powder, salt and sugar. Add the grated cheese. Blend the egg, melted shortening and the milk together and add to the first mixture. Beat together lightly with a fork. Pour into a greased muffin ring, and bake at 425° for about 25 minutes. Serve hot, filling the centre with Turkey filling:

- |                        |                                     |
|------------------------|-------------------------------------|
| 2 cups cream sauce     | 2 cups cold diced chicken or turkey |
| 1 tsp. onion juice     |                                     |
| 1/2 tsp. salt          | 1/2 cup chopped stuffed olives      |
| 1/2 cup chopped celery |                                     |

Mix altogether and heat.

—Mrs. H. G. Greenwood, Edmonton.

## CHEESE SCALLOP

Custard:

- |                  |                         |
|------------------|-------------------------|
| 2 eggs           | 1/2 tsp. mustard        |
| 1 cup thin cream | 1/4 tsp. paprika        |
| 1 tbsp. butter   | 1/8 tsp. cayenne pepper |
| 1 tsp. salt      |                         |

Line buttered baking dish with fingers of stale bread. Add 1/2 lb. of mild cheese cut up. Pour over this custard ingredients mixed thoroughly, and bake at 350° for 30 minutes.

—Mrs. M. M. MacIntyre, Vancouver.

## CHEESE SOUFFLE

- |  |                          |
|--|--------------------------|
| 1 cup canned tomatoes                  | salt and pepper to taste |
| 1/2 cup grated cheese (Kraft Velveeta) |                          |

**Method**—Cook these together until well blended. Just before serving beat up two eggs, and add to above mixture, cooking only long enough to thicken. Serve on hot buttered toast. (Serves 4).

—Mrs. James Walker, Edmonton.



## COTTAGE CHEESE OMELETTE

1 cup cottage cheese	4 tbsp. milk
1 tbsp. flour	1 tbsp. butter
4 egg yolks	4 stiffly beaten egg whites
½ tsp. salt	¼ tsp. pepper

**Method**—Mix cottage cheese with remaining ingredients except egg whites. Fold in egg whites. Pour into greased hot frying pan. Cook slowly until a silver knife inserted in the centre comes away clean. Quickly brown top under oven flame. Serve immediately.

—Mrs. D. R. Radford, Edmonton.

## CHEESE SOUFFLE

Melt 3 tablespoons butter in a saucepan, add 3 tablespoons flour, and cook slowly until the flour just begins to turn golden. Add 1¼ cups hot milk and cook for 5 to 10 minutes, stirring constantly with a wire whip or slotted spoon until the mixture reduces to 1 scant cup thick sauce. Add ½ teaspoon salt, a little cayenne. Beat 5 egg yolks until light, turn a little of the hot sauce into them to heat them up, then turn this back into the hot sauce and mix all together. Add ¾ cup finely grated cheese, Old Canadian. Cool the mixture. Beat 5 egg whites until stiff but not too dry and fold them carefully into the mixture. Pour it into a buttered deep baking dish and bake in moderately hot oven (375° F.) for about 30 to 35 minutes, or until the souffle is well puffed and delicately browned on top. Serve immediately.

—Mrs. R. Denman, Greenville.

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## ASPARAGUS SOUFFLE SANDWICH

(A Good Lunch Dish)

Toast 4-6 slices bread on one side. On untoasted side, place thin slices of cheese. Broil till part melted. Place three or four pieces of cooked asparagus on each.

Beat three egg yolks till lemon colored. Stir in  $\frac{1}{4}$  cup salad dressing, salt and pepper, and finally stiff egg whites. Pile over the asparagus-cheese mixture, and bake at  $350^{\circ}$  for 13 minutes.

Garnish with parsley and radish roses.

—Gwyneth Bailey, Edmonton.

## HOT DISH FOR PARTIES

- |                       |                                      |
|-----------------------|--------------------------------------|
| 1 pkge. noodles       | $1\frac{1}{2}$ cups thin cream sauce |
| 1 qt. eastern oysters | Salt and pepper to taste             |
| 1 cup grated cheese   |                                      |

**Method**—In a greased casserole place alternately a layer of cooked noodles, and a layer of oysters, until used. Pour over this the sauce into which the cheese and seasonings have been stirred. Place a layer of fine cracker crumbs on top. Bake at  $400^{\circ}$  for  $\frac{3}{4}$  hour.

—Mrs. W. C. Richards, Edmonton.



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# LUNCHEON DISHES

## ITALIAN DELIGHT

- |   |                              |
|---|------------------------------|
| 1½ pkges. egg noodles or spaghetti cooked | 1 green pepper chopped       |
| 1 cup chopped celery                      | 2 tbsp. Worcestershire sauce |
| 2 cans tomato soup                        | 1 tbsp. curry powder         |
| 1 can mushrooms                           | 1 can corn                   |
| 1 small onion chopped fine                | 1 tsp. salt                  |
| ½ cup butter                              | ½ tsp. pepper                |

**Method**—Saute onions in butter. Add remaining ingredients. Bake in buttered casserole  $\frac{3}{4}$  hour. (Serves 15).

—Mrs. W. C. Richards, Edmonton.

## SCRAMBLED EGGS AND TOMATOES

Free from pips and skin a large tomato, mince finely with 2 slices Spanish onion, add butter, pepper and garlic salt to taste. Then fry until onion is cooked, but not colored. Put this mixture with four well switched eggs into top of double boiler, and stir vigorously until set. Serve at once within a circle of fried bread snippets.

—Mrs. R. W. Hamilton, Edmonton.

## CREAMED STUFFED EGGS

- |                           |                           |
|---------------------------|---------------------------|
| 4 to 6 eggs               | 1½ tsp. vinegar           |
| 2 - 3 tbsp. grated cheese | salt and cayenne to taste |
| ¼ tsp. dry mustard        |                           |

**Method**—Hard boil the eggs. Remove yolks after cutting eggs in half lengthwise. Add remaining ingredients to egg yolks, and mix well. Pack into the white shells. Place in greased casserole. Cover with medium white sauce, and bake at 350° for 20 minutes.

—Mrs. Joe Fisher, Toronto.

## GOUP

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 cup diced ham.              | ½ cup old cheese.                  |
| 1 can tomatoes (not drained). | (Optional)                         |
| ½ cup bread crumbs.           | 1 green pepper (sliced).           |
| 1 cup cooked rice.            | ½ cup mushrooms (fresh or canned). |
| 1 medium onion (chopped).     |                                    |

**Method**—Grease deep casserole and fill with ham, rice and onions in layers. Add tomatoes. Season with salt and pepper. Cover with bread crumbs and grated cheese. Cook in moderate oven until brown and sizzly. If you like the idea of mushrooms and green peppers mix them with tomatoes. The longer you cook this the better. Don't hesitate to add more tomato juice.

—Mrs. R. Denman, Greensville, Ont.



### LUNCHEON DISH

Boil macaroni with onion and salt. Drain and put into a greased casserole. Cover with 1 can tuna fish, 1 can Campbell's mushroom soup, top with potato chips. Bake at 350° for 30 minutes.

—Mrs. J. L. Pawley, Edmonton.

### SUNDAY NIGHT SUPPER DISH

Use deep ovenproof dish that can be served from. Slice boiled potatoes in buttered dish, cover with narrow strips cold ham, cover with little cream sauce, salt and pepper and 1 tsp. minced parsley. Another layer of potatoes, then sliced hard boiled eggs with cream sauce, another layer of potatoes, then a layer of cooked cauliflower with cream sauce. Top is layer of potatoes sprinkled with bread crumbs and grated cheese. Bake about ½ hour at 350° till brown.

—Mrs. D. R. Radford, Edmonton.

### CALIFORNIA RICE WITH MUSHROOMS

3 cups cooked rice	¼ tsp. paprika
3 cups milk	½ lb. nippy cheese grated
2 tbsp. flour	⅛ tsp. pepper
2 tbsp. butter	⅛ tsp. cayenne
½ tsp. salt	1 small can mushrooms
1 small onion grated	1 small bottle pimento olives

**Method**—Make white sauce in above proportions, add grated cheese and blend. Add olives (halved), onions, mushrooms and seasoning to sauce. Place rice in buttered casserole and stir in sauce. Place bacon strips on top and lightly sprinkle with paprika. Bake at 350° half hour.

—Mrs. O. M. Gunderson, Edmonton.

### HAM SOUFFLE

Make a thick cream sauce, and stir in the yolks of 3 eggs. Grind left-over ham, and fold into the cream sauce. Beat 3 egg whites stiff, and fold into first mixture. Pour into a greased casserole, and bake at 350° for 40 minutes.

—Mrs. C. D. Jacox, Fort Saskatchewan.



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## MYSTERY SUPPER

- |   |                          |
|---|--------------------------|
| 2 pkges. Kraft dinner                         | 1 cup cooked celery      |
| 1 can corn Niblets                            | 2 cans tomato soup       |
| 1½ lb. hamburger or minced<br>steak (browned) | 2 tbsps. H. P. sauce     |
| 1 chopped onion                               | 2 tbsps. curry powder    |
| 1 can mushroom soup                           | 1 green pepper (chopped) |
|   | 1 red pepper (chopped)   |

**Method**—Mix altogether, and pour into greased casserole. Bake at 350° for 1 hour.

—Mrs. A. E. Shelmerdine, Edmonton.

## SPECIAL SUPPER DISH

- |                     |                       |
|---------------------|-----------------------|
| 2 lbs. pork sausage | 1 tbsp. chopped onion |
| 1 tin tomatoes      | ½ tsp. salt           |
| 4 tbsp. cooked rice | ¼ tsp. pepper         |

**Method**—Cut sausage into three pieces, and brown in hot fat. Drain off excess fat. Place sausages in greased casserole, and pour over remaining ingredients. Bake at 350° for about 2 hours, stirring occasionally.

—Mrs. A. E. Shelmedrine, Edmonton.

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# YEAST BREADS

## AUNT HARRISON'S BROWN BREAD

(About 1850 or earlier)

Scald:

1 cup oatmeal.

1 cup cornmeal.

$\frac{1}{2}$  cup molasses.

Add:

3 tsp. salt.

When cool add

1 cup graham flour.

1 cup yeast (1 pkg. yeast in 1 cup of water).

Water enough to make a thin batter.

**Method**—Set in a warm place to rise (with quick rising yeast this is unnecessary). Add white flour and more warm water until the dough can be moulded into loaves of soft dough (very little of each is needed.)

Set aside in pans until the bread rises, then bake. (We bake for  $1\frac{3}{4}$  hours at  $325^{\circ}$ ). (Makes 2 loaves).

—Dr. Dora A. Newson, Edmonton.

## ROLLED OATS BREAD

2 cups boiling water.

$\frac{1}{2}$  cup molasses.

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

1 tbsp. butter.

$\frac{1}{2}$  yeast cake.

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

1 cup rolled oats.

5 cups flour.

**Method**—Dissolve the yeast cake in lukewarm water. Add boiling water to oats and let stand 1 hour. Add molasses, salt, butter (melted), dissolved yeast cake and flour. Let rise. Beat thoroughly. Turn into greased bread pans. Let rise until double in bulk, and bake at  $350^{\circ}$ , one hour or longer.

—Mrs. D. C. Sinclair, Calgary.

NOTE: The electric mixer is excellent for mixing the dissolved yeast into the sponge batter. This saves one kneading process.

## WILLINGDON BUNS

1 pkg. fast rising dry yeast.

$2\frac{1}{2}$  tbsp. sugar.

$\frac{1}{4}$  tsp. salt.

2 eggs

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

$2\frac{1}{2}$  cups flour.

**Method**—Dissolve yeast per directions on package. Warm the milk. Add sugar, beaten eggs and salt. Blend with the yeast mixture. Beat the flour in thoroughly. (I use the electric mixer). Roll  $\frac{1}{2}$ " thick and spread lightly with melted butter. Fold over 3 times. Let rise 1 hour in warm place. Roll again, and cut into strips. Tie into knots. Let rise for 1 hour. Bake at  $350^{\circ}$  for 12 to 15 minutes.

—Mr. H. Morton, Edmonton.



## FRUIT BUNS

In place of cutting dough into strips and tying into knots, roll dough into small balls and press over mixture of brown sugar, melted butter and any variety of chopped fruit in muffin tins. Let rise 1 hour, and bake at 450° for 15 to 20 minutes.

## PARKER HOUSE ROLLS

Roll dough 1/2" thick. Cut into rounds, brush with melted butter, fold over and press down. Place on greased cookie sheet fairly close together. Let rise until double in bulk. Bake 12 to 15 minutes at 450°.

## CINNAMON BUNS

Roll dough 1/2" thick and oblong in shape. Brush lightly with melted butter, and spread with mixture of brown sugar, cinnamon and melted butter. Roll up tightly. Cut off slices. Place cut side down on greased cookie sheet. Let rise to double in bulk, and bake at 450° for 15 minutes.

## ORANGE ROLLS

Roll the dough 1/2" thick, and spread with the following mixture:

1/2 cup sugar.

Grated rind of 1 orange.

1/3 cup butter.

Roll up like a jelly roll. Cut in 1 1/2" lengths, and place in well greased muffin tins. Let rise until double in bulk, and bake at 350° for 20 to 25 minutes.

## HOT CROSS BUNS

To the bun recipe add 1 tsp. cinnamon, 1/2 tsp. allspice, 1 cup raisins or currants. Let rise until double in bulk. Break off pieces the size of a walnut, and roll into balls. Place on greased baking sheet about 2" apart, and let rise until double in bulk. Bake at 350° for 20 to 25 minutes. A cross of white icing may be placed on each roll when slightly cool.

## SELBY ROLLS

4 cups of flour

1/2 yeast cake dissolved in 1 cup  
potato water.

2 good sized potatoes.

1/2 tbsp. salt.

1/2 tbsp. sugar.

1/4 cup lard.

**Method**—Add sugar to yeast cake in potato water, and let stand for 5 minutes. Sift flour and salt, and mix well with the soft lard. Add the potatoes boiled and mashed. Stir in yeast mixture, and work briskly for 20 minutes. Let rise till double in bulk. Knead for 5 minutes, and cut off into small rolls the size of an egg. Place on a greased pan, and let rise for 2 hours. Bake at 375° until brown.

—Mrs. C. A. Brine, Edmonton.



## SWEDISH TEA RING

1 pt. milk.  
½ cup butter.  
¾ cup sugar.  
1 cup milk.  
1 pkg. yeast.

1 cup flour.  
1 tsp. vanilla, or  
½ tsp. cummin seed.  
1 egg.  
Flour.

**Method**—Mix 1 pt. milk, butter and sugar together and bring to boil. Let cool till lukewarm. Bring 1 cup of milk to lukewarm and add 1 pkg. of yeast and stir until dissolved. To this second mixture add flour, and let rise till double in bulk. Then combine with the first mixture, which should be lukewarm. Add the vanilla or the crushed centers of the cummin seed. Beat in 1 egg, and add enough more flour to make a smooth soft dough (four cups or more). Let rise till double in bulk, knead down and let rise again. Divide dough into three sections. Roll each section lengthwise on a floured board, then braid. Arrange on a greased pan, and bake at 350° for about an hour. Remove from oven, and while still hot spread with icing sugar mixed with a little cream.

—Mrs. S. Swanson, Edmonton.

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# RAISED BREADS

## BERMUDA RECIPE FOR BANANA BREAD

- |                     |                       |
|---------------------|-----------------------|
| ½ cup shortening.   | 2 cups flour.         |
| 1 cup sugar.        | 2 tsp. baking powder. |
| 2 eggs.             | ¼ tsp. salt.          |
| 6 bananas (mashed). |                       |

**Method**—Cream shortening, add sugar and beat until light. Add eggs and beat well. Add mashed bananas and dry ingredients. Bake in a loaf pan 45 minutes at 350°.

—Mrs. P. L. Debney, Edmonton.

## ORANGE BREAD

- |                              |                        |
|------------------------------|------------------------|
| The peel from three oranges. | ¼ tsp. soda.           |
| 1 cup water.                 | 4 tsp. baking powder.  |
| ¼ cup sugar.                 | 3 cups flour.          |
| ¼ cup water.                 | 1 tsp. salt.           |
| 2 eggs.                      | 2 tbsps. shortening.   |
| ¾ cup sugar.                 | ½ cup crushed walnuts. |
| ¾ cup sour milk.             |                        |

**Method**—Put the orange peel through the food chopper, and boil with 1 cup of water until all the water is used up. Then add the sugar and the ¼ cup water. Cook until all is absorbed. Cool.

Cream the shortening and sugar. Add the well beaten eggs. Mix and sift the flour, salt and baking powder, and add to this the crushed walnuts. Dissolve the soda in the sour milk. Add to the sugar, shortening and egg mixture. Then blend in the orange peel mixture. Lastly fold in dry ingredients. Bake at 350° for 1 hour.

—Mrs. I. Bates, Edmonton.

## COFFEE CAKE

- |                       |                      |
|-----------------------|----------------------|
| Bottom:               | 1 egg.               |
| 1 cup flour.          | ⅓ cup milk.          |
| 1 tsp. baking powder. | ¼ cup melted butter. |
| ½ cup sugar.          |                      |

**Method**—Beat egg and milk, and gradually add the dry ingredients. Add the melted butter last.

- |                    |                            |
|--------------------|----------------------------|
| Top:               | ¼ tsp. cinnamon.           |
| ¼ cup brown sugar. | 2 tbsps. melted butter.    |
| ¼ cup flour.       | ¼ cup chopped Brazil nuts. |

**Method**—Mix sugar, flour and cinnamon. Blend in the melted butter. Spread lightly over bottom mixture. Sprinkle with chopped nuts. Bake at 400° for 20 to 25 minutes.

—Mrs. W. C. Richards, Edmonton.



## SOUTHERN SPOON BREAD

- |                    |                       |
|--------------------|-----------------------|
| 2 cups sweet milk. | 2 tsp. baking powder. |
| 1 cup cornmeal.    | 2 tbsp. shortening.   |
| 1 tsp. salt.       | 2 eggs.               |

**Method**—Melt the fat in scalded milk. Pour over the cornmeal and salt, and let cool. When cool, add the egg yolks and mix well. Shake the baking powder over the mixture, and fold in. Lastly fold in egg whites beaten stiff, and bake at 350° for 25 minutes.

Miss Hope Abbott, Vancouver.

## TEABISK

1. Mix Teabisk as directions per box. Line muffin tins with a strip of bacon. Spoon in Teabisk. Cook until brown. (Cheese grated into Teabisk mixture adds to the flavor).

—Mrs. Ancus Douglas, Edmonton.

2. Mix 2 cups Teabisk with 1 can mushroom soup or 1 can tomato soup. Drop by spoonful on greased cookie sheet, and bake at 450° for 12 minutes. (Good to serve with soups or tossed green salads).

—Mrs F. J. Newson, Edmonton.

## TWIN MOUNTAIN MUFFINS

- |                 |                       |
|-----------------|-----------------------|
| 1/4 cup butter. | 1 cup milk.           |
| 1/4 cup sugar.  | 2 cups flour.         |
| 1/2 tsp. salt.  | 5 tsp. baking powder. |
| 1 egg.          |                       |

**Method**—Cream the butter and sugar. Add the well beaten egg. Sift flour and baking powder, and add alternately with the milk. Add salt. Drop from a tablespoon into well greased muffin pans and bake at 450° for 25 minutes.

Mrs. M. M. MacIntyre, Vancouver.

## SCOTCH OAT CAKES

- |                     |                             |
|---------------------|-----------------------------|
| 3/4 cup shortening. | 1 tsp. sugar.               |
| 1 cup flour.        | 1 cup sour milk.            |
| 1 tsp. soda.        | 3 to 4 cups coarse oatmeal. |
| 1 tsp. salt.        |                             |

(If sweet milk is used in place of sour milk, substitute baking powder for soda).

**Method**—Rub fat into flour, soda, salt and sugar. Add milk and beat well. Stir in oatmeal, roll thin and cut. Bake in oven at 450° for 10 minutes. (Good served with cheese).

—Mrs. Jack Morrison, Winnipeg.



## GRIDDLE SCONES

- |                       |                          |
|-----------------------|--------------------------|
| 1 cup flour.          | $\frac{1}{4}$ tsp. salt. |
| 1 tsp. baking powder. | Water.                   |
| 1 tsp. sugar.         |                          |

**Method**—Sift dry ingredients and add enough cold water to make a very stiff dough. Turn out onto floured board, and roll into a round not more than a quarter inch in thickness. Cut across into 8 wedges. Put onto lightly floured heavy iron pan fairly hot, and cook 2 minutes. Turn over and cook on the other side.

—Mrs. A. G. M. Watt, Sidney, B.C.

## TEA PANCAKES

- |   |                          |
|---|--------------------------|
| $\frac{1}{4}$ cup butter or shortening. | 1 cup flour.             |
| $\frac{1}{2}$ cup sugar.                | 2 tsp. baking powder.    |
| 1 egg.                                  | $\frac{1}{4}$ tsp. soda. |
| $\frac{2}{3}$ cup milk.                 | $\frac{1}{2}$ tsp. salt. |

**Method**—Cream together the butter and sugar. Add the egg and beat well. Sift together, flour, baking powder, soda and salt, and add to first mixture, alternately with milk. Have a heavy iron pan hot and slightly greased, and drop the mixture in spoonfuls onto it, leaving a space between each. When bubbles form turn over and cook the other side. Serve warm or cold spread with jam or jelly.

—Mrs. A. G. M. Watt, Sidney, B.C.

## JAM BUNS

- |                          |                         |
|--------------------------|-------------------------|
| 2 cups flour.            | 1 egg.                  |
| 2 tsp. baking powder.    | 1 cup shortening.       |
| $\frac{1}{4}$ tsp. salt. | 1 tsp. vanilla.         |
| 2 tbsps. sugar.          | $\frac{1}{4}$ cup milk. |

**Method**—Mix and sift the flour, baking powder, salt and sugar. Cut the shortening into this mixture as you would for pie crust. Beat egg slightly; add milk and vanilla. Blend lightly into first mixture. Roll on a floured board; cut into squares, and put a small dab of jam on each square. Turn up the corners and pinch. Bake at 325° till light brown.

—Mrs. Rhys, Edmonton.

## POPOVERS

- |                          |                       |
|--------------------------|-----------------------|
| 3 eggs.                  | 1 cup flour.          |
| $\frac{1}{2}$ tsp. salt. | 1 cup milk.           |
| 1 tsp. sugar.            | 2 tsp. melted butter. |

**Method**—Beat eggs until frothy. Add salt, sugar, flour and half of the milk. Mix again until smooth. Add remaining milk and melted butter, and beat until well blended. Pour into well greased muffin tins, filling each tin half full. Bake at 450° for 15 minutes. Reduce the heat to 400° and bake 15 minutes longer. (Do not open the oven while baking). Yield: 12 popovers.

—The Late Mrs. H. H. Parlee, Edmonton.



### CHEESE BISCUIT

½ lb. sharp grated cheese.

Pinch cayenne.

½ lb. butter.

2 cups flour.

**Method**—Cream the cheese and butter together. Blend in with cayenne and flour. Roll as for icebox cookies. Slice thin, and bake at 375° until golden brown. Serve hot.

—Mrs. H. G. Greenwood, Edmonton.

### DATE LOAF

1 lb. chopped dates.

1 cup boiling water.

1 tsp. soda.

2 eggs.

2 tbsp. melted butter.

1¼ cups flour.

1 tsp. vanilla.

1 cup graham flour.

1 tsp. salt.

1 cup nuts (optional).

1 cup brown sugar.

**Method**—Pour soda and boiling water over dates and let cool. Add sugar, butter, vanilla and well beaten eggs. Beat thoroughly. Then add salt and white and graham flour. Mix well, pour into greased bread pan, and bake at 325° for 1½ hours. (Chopped nuts may be added with the flour if desired).

—Mrs. G. E. Watchorn, Calgary.

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# SANDWICH SPREADS

1.—

1 cup finely diced celery.      ½ cup chopped walnuts.  
Moisten with mayonnaise, and spread between thin slices of brown bread.

—Mrs. K. Arnett, Montreal.

2.—

2 large green peppers.      1 tbsp. salt.  
2 large red peppers.      1 cup vinegar.  
1½ lbs. green tomatoes.

Remove seeds from peppers, and put peppers and tomatoes through the food chopper. Add salt; let stand ½ hour. Drain. Add the vinegar and boil 10 minutes.

Second part:

2 egg yolks.      2 tsp. mustard.  
¾ cup sugar.      1 cup canned evaporated milk.  
2 tbsp. flour.      2 tbsp. butter.

Cook altogether 4 minutes. Cool. Add 1 pt. chopped sweet mixed pickles. Seal. Use as desired.

—Mrs. W. A. Fleming, Calgary.

3.—

1 cup white sugar.      1 cup vinegar.  
½ cup butter.      3 eggs.  
½ cup cream.      3 tsp. mustard.  
1 tsp. salt.      3 tbsp. flour.

Mix the above like a salad dressing. Put ½ lb. cheese, 1 small can pimentoes and 1 small bottle of olives through the food chopper. Add to first mixture.

—Mrs. M. M. MacIntyre, Vancouver.

4.—

3 hard boiled eggs, chopped or mashed.      1 fresh tomato sieved (discard most of juice)  
1 tbsp. chopped green onion tops.      Salt and pepper to taste.  
Mix thoroughly.

—Mrs. W. Duncan, Victoria.

5.—

1 cup coarsely ground cooked veal or pork.      2 tbsp. pickle relish.  
½ cup shredded raw carrot.      3 tbsp. mayonnaise.  
½ cup finely cut celery.      Salt and pepper to taste.

Nice for childrens lunches.

—Mrs. W. Duncan, Victoria.

6.—

1 cup fresh cottage cheese.      3 tbsp. mayonnanse.  
1 tsp. minced onion.      Salt, pepper or cayenne.  
3 tbsp. minced green pepper.

—Mrs. W. Duncan, Victoria.

HINT: A large sandwich loaf will cut into 80 thin slices for sandwiches.



## CANAPE COMBINATION SUGGESTIONS

1. Chives and cream cheese combined, and serve on crackers.
2. Pork sausage broiled with salted almond at each end, served as garnish for canape platter.
3. Potato chips spread with anchovy paste.
4. Ground chicken and almond, cream with new onions and moisten with mayonnaise. Spread on melba toast strips.

—Mrs. Don Morrell, Montreal.

## CAKES

### FAVORITE WHITE CAKE

- |                                |                       |
|--------------------------------|-----------------------|
| 1 cup granulated sugar (fine). | 1/2 cup milk.         |
| 1/2 cup butter.                | 3 egg whites.         |
| 2 cups Swansdown flour.        | 2 tsp. baking powder. |
| 1/2 cup cold water.            |                       |

**Method**—Cream sugar and butter until light and fluffy. Add alternately 1 cup flour and 1/2 cup cold water. Beat. Add alternately 1 cup flour, 1/2 cup milk. Beat. Add flavoring. Fold in whites of eggs beaten stiff. Lastly sprinkle baking powder over batter and beat in. Bake in oven at 325° for 1 hour.

—Mrs. A. T. Livingstone, Edmonton.

### BANANA CAKE

- |                    |                             |
|--------------------|-----------------------------|
| 2 eggs.            | 2 tsp. baking powder.       |
| 1 cup sugar.       | 2 cups flour.               |
| 1/2 cup butter.    | 1/8 tsp. salt.              |
| 4 tbsp. sour milk. | 1 tsp. vanilla.             |
| 1 tsp. warm water. | 2 large or 3 small bananas. |

**Method**—Cream the butter and sugar, and beat in the eggs. Add sour milk and water mixed together. Add vanilla. Add flour, baking powder and salt sifted together three times. Beat in bananas well mashed. Bake in two 8" by 8" layer cake pans at 350° for 25 minutes. Put together with your favorite filling. Frost.

—Mrs. M. M. MacIntyre, Vancouver.

### QUICK SPICE CAKE

- |                        |                    |
|------------------------|--------------------|
| 1 cup brown sugar.     | 1/2 nutmeg grated. |
| 1/2 cup butter.        | 1 1/2 tsp. soda.   |
| 1 cup sour milk.       | 2 cups flour.      |
| 1 cup chopped raisins. | 1 egg.             |

**Method**—Put all ingredients in a bowl, and beat vigorously for two minutes. Bake at 350° for 45 minutes.

—Mrs. W. H. Johns, Edmonton.



## CHOCOLATE CAKE

- |                         |   |
|-------------------------|---|
| 1/4 cup butter.         | 1/2 cup milk.                                     |
| 1/4 cup Crisco.         | 1 1/2 cups pastry flour (measure before sifting). |
| 1 cup sugar.            | 1 tsp. baking powder.                             |
| 2 eggs.                 | 1 tsp. vanilla.                                   |
| 2 oz. melted chocolate. |   |

**Method**—Cream together shortening and sugar. Add two eggs unbeaten, and mix well. Add melted chocolate, and beat well for several minutes. Sift flour and baking powder three times, and add alternately with the milk. Add the vanilla. Bake 30 minutes at 325°. (Half cup chopped walnuts may be added to this recipe).

—Miss Hope Abbott, Vancouver.

## WHITE CAKE

- |                           |                    |
|---------------------------|--------------------|
| 1 cup granulated sugar.   | Butter.            |
| 1 1/2 cups flour.         | Milk.              |
| 1 1/2 tsp. baking powder. | 1 tsp. flavoring . |
| 2 egg whites.             |                    |

**Method**—Mix and sift sugar, flour and baking powder. Break the egg whites into a cup, and add enough soft butter to make 1/2 cup. Fill cup with milk. Add to dry ingredients. Add flavoring, and beat until smooth. Bake in layer cake tins in moderate oven (about 350°) 25 to 30 minutes.

—Mrs. I. J. Hutton, Edmonton.

## SOFT MOLASSES CAKE

- |                                  |   |
|----------------------------------|---|
| 1 egg.                           | 2 tsp. soda.  |
| 1 cup molasses.                  | 3 cups flour.   |
| 1/2 cup boiling water or coffee. | 1 tsp. ginger (crystallized ginger grated may be used). |
| 1/2 cup shortening.              |   |

**Method**—Add the boiling water or coffee to the molasses. Mix and sift the dry ingredients, and add the wet mixture to the dry. Then add the melted butter, and beat well. Add beaten egg. Bake in greased pan for 30 to 35 minutes at 350°.

This makes a nice dessert, served warm with whipped cream.

—Miss Hope Abbott, Vancouver.

## TOMATO SOUP CAKE

- |                               |   |
|-------------------------------|---|
| 1/4 cup shortening.           | 1/2 cup chopped nuts.                                   |
| 1 cup white sugar.            | 1 cup raisins (floured).                                |
| 1 egg.                        | 2 tsp. baking soda.                                     |
| 1 can Campbell's tomato soup. | 1/2 tsp. each of cinnamon, cloves, allspice and nutmeg. |
| 1 1/2 cups Swansdown flour.   |   |
| 1/4 tsp. salt.                |   |

**Method**—Cream the butter, sugar and salt. Beat in the egg. Add soup with baking soda dissolved in it. Sift flour and spices three times, and add. Lastly fold in nuts and raisins. Bake at 350° from 50 to 55 minutes. Ice with butter icing (1 tsp. rum may be added to icing).

—Mrs. Marion Miall, Toronto.



### PRINCE ALBERT CAKE

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1/2 cup butter.         | 1/2 tsp. each of cinnamon, cloves |
| 1 1/2 cups brown sugar. | and nutmeg.                       |
| 2 eggs.                 | 1 cup thin sour cream.            |
| 1/4 tsp. salt.          | 1/2 cup chopped walnuts.          |
| 1 tsp. soda.            | 1/2 cup raisins.                  |

**Method**—Sift the dry ingredients three times. Cream the butter. Add the brown sugar and cream well, then add the well beaten eggs. Add the sifted dry ingredients alternately with sour cream. Lastly add raisins and nuts. Bake at 350° for 1 hour.

—Mrs. F. J. Mitchell, Edmonton.

### SPONGE CAKE

- |                     |                         |
|---------------------|-------------------------|
| 5 eggs.             | 5 tbsp. cold water.     |
| 1 cup pastry flour. | 1 tsp. cream of tartar. |
| 1 cup sugar.        | 1 tsp. vanilla.         |
| 1/4 tsp. salt.      |                         |

**Method**—Beat water, sugar and egg yolks 10 minutes with egg beater. Add vanilla and salt. Sift flour with cream of tartar, and fold into first mixture. Fold in stiffly beaten egg whites. Bake at 325° in greased angel food tin for 1 hour. Invert to cool.

—Mrs. M. M. MacIntyre, Vancouver.

### THREE EGG SPONGE CAKE

- |                     |                       |
|---------------------|-----------------------|
| 3 eggs.             | 6 tbsp. hot milk.     |
| 1 cup sugar.        | 1 cup flour.          |
| 2 tsp. lemon juice. | 1 tsp. baking powder. |

**Method**—Beat the egg whites until stiff. Add 1/2 cup of sugar and beat again. In another bowl beat the egg yolks. Add 1/2 cup sugar, lemon juice and hot milk. Sift flour and baking powder, and add slowly to this mixture. Fold in the egg whites and sugar. Pour into an ungreased tube pan. Bake at 350° for 35 minutes. Cool 1 hour before icing.

—Mrs. B. G. Aylen, Edmonton.

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## GOLD AND SILVER ANGEL CAKE

- |                         |                         |
|-------------------------|-------------------------|
| 1 1/4 cups egg whites.  | 4 egg yolks.            |
| 1 tsp. cream of tartar. | 4 tbsp. flour.          |
| 1 1/2 cups sugar.       | 1 tsp. lemon flavoring. |
| 1 cup pastry flour.     | 1/4 tsp. salt.          |
| 1 tsp. vanilla.         |                         |

**Method**—Beat egg whites until frothy, then add cream of tartar and beat until stiff, but not dry. Gradually fold in 1 cup sugar, which has been twice sifted. Sift flour and remaining 1/2 cup sugar three times, and fold in. Divide batter in half. To one-half add well beaten egg yolks, 4 tbsp. flour and lemon flavoring. To the white batter add vanilla. Put in ungreased tube pan by spoonfuls, alternating the colors. Bake 1 hour in slow oven (about 325°).

—Mrs. W. C. Richards, Edmonton.

## GINGERBREAD

- |                          |                    |
|--------------------------|--------------------|
| 1/2 cup shortening.      | 1 1/2 tsp. soda.   |
| 1/2 cup white sugar.     | 1/2 tsp. allspice. |
| 1 egg.                   | 1 tsp. cinnamon.   |
| 1 cup Domolco molasses.  | 1 tsp. ginger.     |
| 2 1/2 cups pastry flour. | 1/2 tsp. salt.     |
| 3/4 cup chopped dates.   | 1 cup hot water.   |

**Method**—Cream the shortening and add the sugar and cream well. Add the beaten egg and molasses. Sift the dry ingredients, using 1/4 cup to dredge the dates. Add flour mixture and hot water alternately to the egg mixture. Mix thoroughly, and fold in the dates. Bake in greased 9" square pan in 350° oven for 45 to 50 minutes. Serve warm, topped with vanilla or fruit ice cream.

—Mrs. G. A. Elliott, Toronto.

## KAY'S CHEESE CAKE

- |                        |                             |
|------------------------|-----------------------------|
| 18 graham crackers.    | 2 tbsp. flour.              |
| 4 tbsp. melted butter. | 1 tsp. salt.                |
| 1/4 tsp. cinnamon.     | 3 eggs.                     |
| 1 cup cream.           | 1 tsp. vanilla.             |
| 1 pkg. cream cheese.   | 3/4 tsp. grated lemon rind. |
| 1 cup sugar.           |                             |

**Method**—Make a crumb crust by mixing the rolled cracker crumbs, melted butter and cinnamon, and covering with it the bottom and sides of a 9" greased pan. Cream the cheese, blend smoothly with the sugar, flour and salt. Add well beaten egg yolks and cream, folding in carefully. Fold in vanilla and lemon rind. Lastly fold in egg whites beaten stiff. Pour into crumb crust, and bake at 325° for about 1 1/2 hours. (If it sizzles, put it back in the oven). Cool in pan before cutting.

—Mrs. Norman Robertson, Toronto.



## CUP CAKES

- |                        |                   |
|------------------------|-------------------|
| 2 cups flour.          | 1 cup sugar.      |
| 3½ tsp. baking powder. | 2 eggs.           |
| ½ tsp. salt.           | 1 cup milk.       |
| ½ cup shortening.      | 1 tsp. flavoring. |

**Method**—Mix as for layer cake, put in patty pans greased, filling two-thirds full. Bake at 375° for 20 to 25 minutes. When cool cut a small circle from the top of each cake, and dig out some of the centre. Fill the hole with a little jam and whipped cream. Cut the circle top to form small wings, and arrange on the cream with a cherry or strawberry.

—Mrs. Frank Urquhart, Sidney, B.C.

## LIGHT FRUIT CAKE

- |                         |                                      |
|-------------------------|--------------------------------------|
| 1 lb. almonds blanched. | 1 lb. granulated sugar.              |
| 1 lb. flour.            | 1 lb. white sultanas.                |
| 9 eggs.                 | 1 lb. glace cherries (whole).        |
| ¼ cup milk.             | ½ lb. citron peel (finely shredded). |
| ½ tsp. vanilla.         |                                      |
| 1 lb. butter.           |                                      |

**Method**—Cream well the butter, sugar and eggs. Sprinkle ¼ cup of the flour over the mixed fruit. Add milk and vanilla to egg mixture, then add flour and beat well. Lastly fold in the fruit. Bake 4 hours at least, at 275°.

—Mrs. F. J. Mitchell, Edmonton.

## FRUIT CAKE

- |                         |                             |
|-------------------------|-----------------------------|
| 1 cup shortening.       | 5 tbsp. of any fruit juice. |
| ½ cup granulated sugar. | ¼ lb. citron.               |
| ½ cup honey.            | ¼ lb. lemon peel.           |
| 5 eggs.                 | ¼ lb. candied cherries.     |
| 2 cups flour.           | ½ lb. candied pineapple.    |
| 1 tsp. allspice.        | ½ lb. dates.                |
| ½ tsp. nutmeg.          | ½ lb. raisins.              |
| ½ tsp. cloves.          | ¼ lb. cocoanut.             |
| 1 tsp. salt.            | ½ lb. nut meats.            |
| 1 tsp. baking powder.   | ¼ lb. orange peel.          |

**Method**—Shred the peel, halve the cherries, nutmeats and dates, cut the pineapple in small pieces,\* chop the cocoanut very fine. Dredge all the fruit with ¼ cup of the flour. Sift the remaining flour and the dry ingredients. Cream the shortening, add the sugar, and cream well, then add the honey. Next add the well beaten eggs. Now add the dry ingredients alternately with the fruit juice. Mix well, and add the floured fruit, and stir until the fruit is well covered with batter. Bake in a slow oven, about 250°, for 4 hours. (Should you want a glaze on the cake, put a cup of water in the oven while baking).

This makes a five pound cake.

—Mrs. P. L. Debney, Edmonton.



## GRAHAM CRACKER CAKE

- |                       |                           |
|-----------------------|---------------------------|
| 1/2 cup shortening.   | 1/4 tsp. salt.            |
| 1/2 tsp. vanilla.     | 1 1/2 tsp. baking powder. |
| 1 cup brown sugar.    | 24 graham crackers        |
| 1/4 cup pastry flour. | 3/4 cup milk.             |
| 3 eggs.               | 1/2 cup chopped walnuts.  |

**Method**—Separate the eggs and beat whites until stiff. Cream shortening, vanilla and sugar. Add egg yolks and beat. Add sifted dry ingredients with cracker crumbs alternately with the milk. Add nuts and fold in beaten whites. Bake in wax paper lined layer cake tins at 350° for 30 to 35 minutes. Fill and frost with ice cream.

—Mrs. C. F. Greenwood, Edmonton.

## DATE CAKE

- |                         |                         |
|-------------------------|-------------------------|
| 1/3 cup soft butter.    | 3 tsp. baking powder.   |
| 1 1/3 cups brown sugar. | 1/2 tsp. cinnamon.      |
| 2 eggs.                 | 1/2 tsp. grated nutmeg. |
| 1/2 cup milk.           | 1/2 lb. dates.          |
| 1 3/4 cups flour.       |                         |

**Method**—Cream the butter and sugar. Add the eggs, and cream well. Mix and sift flour, baking powder and spices, and add to this mixture the dates stoned and cut into small pieces. Add alternately to first mixture with the milk. Beat well for 5 minutes. Place in greased layer cake tins, and bake at 350° for 40 minutes.

—Mrs. H. J. Watchorn, Mount Tabor, N.J.

## ALMOND CAKE

- |                          |                            |
|--------------------------|----------------------------|
| 1/2 lb. shelled almonds. | 5 eggs.                    |
| 1/2 cup sugar.           | 1/2 tsp. almond flavoring. |

**Method**—Wash the almonds and put through the mincer. Separate the yolks from the whites, and beat the whites stiff. Beat the yolks, and to them add the sugar and ground almonds, and beat well. Add the flavoring. Fold in the beaten whites to the above mixture. Bake in a moderate oven (350°) for about 3/4 of an hour in a shallow pan lined with white paper.

—Nora Grainger, Edmonton.

## HOWARD CAKE

- |                            |   |
|----------------------------|---|
| 3/4 cup butter.            | 1/2 tsp. nutmeg.                        |
| 1 1/2 cups sugar.          | 1/4 tsp. lemon extract.                 |
| 3/4 cup sour milk, warmed. | 1/2 cup raisins.                        |
| 1/2 tsp. soda.             | 1/2 cup currants.                       |
| 2 eggs.                    | 1/2 cup candied cherries or pine-apple. |
| 2 1/2 cups flour.          |   |

**Method**—Cream the butter and sugar. Add well beaten eggs, and mix well. Add lemon extract. Sift the flour with the nutmeg, and add the fruit. Add the soda to the sour milk and add alternately with the flour mixture. Pour into loaf pan, greased, and bake at 325° for 45 minutes.

—Mrs. M. M. MacIntyre, Vancouver.



# FILLINGS AND ICINGS

## MOCHA FILLING AND ICING

- |                                 |                          |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ lb. sweet butter. | 2 egg yolks.             |
| 1 cup icing sugar.              | 1 cup cold black coffee. |

**Method**—Cream the butter and sugar. Add the beaten yolks slowly, and beat well. Blend the coffee in, a small amount at a time. Spread on layer cake, and sprinkle each layer with chopped nuts.

—Mrs. C. D. Jacox, Fort Saskatchewan.

Suggestions:

1. To melt chocolate frosting place the square of chocolate on wax paper in the top part of the double boiler. When melted, all you need to do is scrape off the chocolate.

2. To color grated cocoanut, place the cocoanut and a few drops of coloring in a fruit jar. Cover tightly and shake.

## TOASTED ALMOND FILLING

- |   |                                     |
|---|-------------------------------------|
| $\frac{1}{2}$ cup chopped blanched almonds. | $1\frac{1}{2}$ cups powdered sugar. |
| 2 tbsp. butter.                             | 1 tsp. vanilla.                     |
| 3 tbsp. top milk.                           | Pinch of salt.                      |

**Method**—Cook almonds slowly in butter until well toasted, stirring constantly. Remove from the fire and add the milk. Add sugar gradually, beating until smooth. Add salt and vanilla.

—Mrs. Ann Hanna, Edmonton.

## CHOCOLATE FROSTING

- |                         |                               |
|-------------------------|-------------------------------|
| 1 cup icing sugar.      | $\frac{1}{2}$ tsp. vanilla.   |
| 2 egg yolks unbeaten.   | $2\frac{1}{2}$ sq. chocolate. |
| $\frac{1}{4}$ cup milk. | 1 tbsp. butter.               |

**Method**—Combine all ingredients in order given. Beat until well blended. Place bowl in chipped ice or cold water, and beat until thick enough to spread.

—Mrs. D. D. Clark.

## UNCOOKED FROSTING

- |  |                                     |
|--|-------------------------------------|
| 2 egg whites.                                  | $1\frac{1}{2}$ cups powdered sugar. |
| <i>tsp.</i> $\frac{2}{3}$ cup cream of tartar. | $\frac{2}{3}$ tsp. flavoring.       |

**Method**—Add cream of tartar to unbeaten egg whites and 1 cup of the powdered sugar. Beat **very** well until mixture thickens (10 minutes or more). Then gradually add remainder of sugar until thick enough to spread. Add flavoring and spread on cake.

Variation:

1. Chocolate frosting—add 1 square melted chocolate to above.

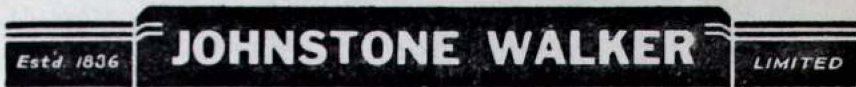
2. Cocoanut—add  $\frac{1}{2}$  cup grated cocoanut to above.

—Mrs. M. R. Pledger, Edmonton.



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### **GRILLED FROSTING**

5 tbsp. melted butter.                      7 tbsp. brown sugar.  
3 tbsp. cream.                                 $\frac{3}{4}$  cup cocoanut.

**Method**—Mix all ingredients together. Pour over hot cake and place in broiler until it bubbles.

—Mrs. D. D. Clark.

### **PRALINE TOPPING**

$\frac{1}{3}$  cup brown sugar.                      1 tbsp. water.  
1 tbsp. Swansdown cake flour.  $\frac{1}{3}$  cup finely chopped nuts.  
3 tbsp. melted butter.

**Method**—Mix all ingredients together and pour over cake when it comes from the oven. Return to oven and cook 5 minutes.

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# COOKIES

## PUDDING POWDER COOKIES

- |                           |                                   |
|---------------------------|-----------------------------------|
| $\frac{3}{4}$ cup butter. | 1 tsp. baking powder.             |
| 2 tbsps. brown sugar.     | $\frac{1}{2}$ tsp. baking soda.   |
| 1 egg.                    | $\frac{1}{2}$ tsp. salt.          |
| 1 cup rolled oats.        | 1 pudding powder (butter-scotch). |
| 1 cup flour.              |                                   |

**Method**—Cream the butter and sugar. Add the egg and cream well. Mix and sift remaining ingredients, and add to first mixture. Roll into small balls. Drop on greased cookie sheet, and flatten each ball with a floured fork. Bake at 400° to 425° until golden brown.

—Mrs. D. C. Sinclair, Calgary.

## PEANUT BUTTER COOKIES

- |                                |   |
|--------------------------------|---|
| $\frac{1}{2}$ cup butter.      | $\frac{1}{2}$ tsp. salt.                |
| $\frac{1}{2}$ cup brown sugar. | $\frac{1}{2}$ tsp. soda.                |
| $\frac{1}{2}$ cup white sugar. | $\frac{1}{2}$ tsp. vanilla.             |
| 1 egg.                         | $1\frac{1}{2}$ cups sifted bread flour. |
| 1 cup peanut butter.           |   |

**Method**—Cream the butter and sugar. Add egg and cream well. Add remaining ingredients and mix thoroughly. Roll into small balls. Drop onto greased cookie sheet, and press flat with floured fork. Bake at 350° for 12 to 15 minutes. Three dozen.

## DROP COOKIES

- |                                    |                                    |
|------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter.          | 1 tsp. soda.                       |
| $1\frac{1}{4}$ cups sugar (brown). | 1 tsp. vanilla.                    |
| 2 eggs.                            | $\frac{1}{4}$ tsp. salt.           |
| 2 cups flour.                      | $1\frac{1}{2}$ cups chopped dates. |

**Method**—Cream butter, sugar and eggs thoroughly. Dredge dates with  $\frac{1}{4}$  cup flour. Sift remaining flour with salt and soda, and add to the egg mixture. Add vanilla and dates. Drop by teaspoonsful on buttered cookie sheet, and bake at 425° until golden brown. Yield: 3 dozen cookies.

—Mrs. M. M. MacIntyre, Vancouver.

## DATE BALLS

- |                        |                             |
|------------------------|-----------------------------|
| 1 cup dates.           | 2 eggs.                     |
| 1 cup cocoanut.        | 1 cup sugar.                |
| 1 cup chopped walnuts. | $\frac{1}{2}$ tsp. vanilla. |

**Method**—Separate the eggs and beat the whites stiff. Add sugar to egg yolks and beat. Add dates, cocoanuts and walnuts, and mix well. Lastly fold in beaten whites and vanilla. Cook in oven at 350° until cooked, but not hard. Cut into small squares while still warm. Roll into balls, and then roll in icing sugar.

—Mrs. W. W. Evans, Edmonton.



## LACE COOKIES

- |                        |                                       |
|------------------------|---------------------------------------|
| 1 cup brown sugar.     | 1 tsp. baking powder.                 |
| 1 cup white sugar.     | 2 cups Quaker Oats.                   |
| 1 scant cup of butter. | 1 cup chopped nuts (pecan or walnut). |
| 2 eggs.                |                                       |
| 1 tsp. vanilla.        |                                       |

**Method**—Cream butter and sugar. Add eggs and beat well. Add remaining ingredients. Drop by teaspoonsful on buttered sheets about 2 inches apart. Cook in a moderate oven (about 375°) till golden brown. Remove from pan when partly cool (if cookies are too hot when removed they will roll up, and if too cold they will break). 5 doz. cookies.

—Mrs. Ruth Armstrong, Victoria.

## EASY VANILLA COOKIES

- |                   |                     |
|-------------------|---------------------|
| ½ cup sugar.      | ¾ cup pastry flour. |
| ½ cup shortening. | ¼ tsp. salt.        |
| 1 egg.            | 1 tsp. vanilla.     |

**Method**—Cream the butter and sugar. Add well beaten egg, and mix thoroughly. Add flour, salt and vanilla. Drop small amount onto greased cookie sheet 3" apart and bake at 375° until the edges brown slightly.

—Mrs. Jack Edgar, Vancouver.

## MELTING MOMENTS

- |                    |                   |
|--------------------|-------------------|
| ½ lb. butter.      | ½ cup cornstarch. |
| ½ cup icing sugar. | 1¼ cups flour.    |

**Method**—Cream the butter. Add sugar and cream well. Add cornstarch and flour and mix thoroughly. Drop by small teaspoonsful on a floured cookie sheet. Bake 10 to 15 minutes at 375°. Two dozen.

—Mrs. Dorothy Smee, Edmonton.

## HEAVENLY BUTTERSCOTCH SQUARES

- |               |                 |
|---------------|-----------------|
| 1 cup flour.  | 1½ tbsp. sugar. |
| ½ cup butter. |                 |

**Method**—Mix well and spread in pan (8" by 8") and bake 15 minutes at 325°, or until light brown.

- |                      |                       |
|----------------------|-----------------------|
| 1½ cups brown sugar. | ½ tsp. baking powder. |
| 2 eggs.              | ¾ cup walnuts.        |
| 1 cup cocoanut.      | 1 tsp. vanilla.       |
| 3 tbsp. flour.       |                       |

**Method**—Beat eggs slightly. Add remaining ingredients spread on top of first mixture, and bake in oven at 325° for about ½ hour. These may be iced when cold if desired.

—Mrs. Whit Matthews, Toronto.



## JIFFY MACAROONS

- |                    |                         |
|--------------------|-------------------------|
| 2 egg whites.      | 1 cup rice crispies.    |
| 1 cup white sugar. | 1 pkg. chocolate chips. |

**Method**—Beat egg whites until stiff. Add gradually the sugar, the rice crispies and the chocolate chips. Drop by teaspoonsful on greased cookie sheet, and bake in moderate oven (350°) until pale brown (and I mean pale—not “lightly”).

—Mrs. Andrew Stewart, Edmonton.

## UNCOOKED PEANUT SQUARES

- |                      |                             |
|----------------------|-----------------------------|
| 1 cup corn syrup.    | 4 cups corn flakes.         |
| ½ cup white sugar.   | 1 tsp. vanilla.             |
| 1 cup rice crispies. | ⅛ tsp. salt.                |
| 1 cup puffed wheat.  | Small jar of peanut butter. |

**Method**—Bring syrup and sugar almost to the boil, but do not let boil. Set aside to cool. Crush the corn flakes and roll fine with the rolling pin and mix with the puffed wheat and crispies. When syrup is cool, add peanut butter and mix well. Add salt, vanilla and dry ingredients. Mix thoroughly, then knead into a large shallow well-buttered cake pan. Put in the refrigerator for 10 minutes, or until firm. Remove and cut in squares or fingers.

—Mrs. Joe Fisher, Toronto.

## CHOCOLATE BROWNIES

- |                              |                     |
|------------------------------|---------------------|
| ¼ cup butter.                | ½ cup flour.        |
| ¾ cup sugar.                 | 1 tsp. vanilla.     |
| 2 sq. unsweetened chocolate. | 1 cup chopped nuts. |
| 2 eggs.                      |                     |

**Method**—Cream the butter and sugar thoroughly. Add the chocolate melted, and mix. Beat the eggs lightly. Add and mix thoroughly. Add the flour, sifted, to the mixture. Add walnuts and vanilla, and mix. Bake in a greased 6" by 9" pan at 350° for 30 to 35 minutes. Ice while hot with chocolate butter icing, and cut into squares.

—Mrs. Dorothy Smee, Edmonton.

## ALMOND SQUARES

- |                     |                       |
|---------------------|-----------------------|
| ¼ cup butter.       | ½ tsp. baking powder. |
| 1 cup brown sugar.  | ½ cup nuts.           |
| 1 egg.              | ½ tsp. vanilla.       |
| 1 cup pastry flour. |                       |

**Method**—Melt the butter. Add the sugar, and stir over the heat until thoroughly blended. Cool until lukewarm. Add 1 egg and beat thoroughly. Sift flour and baking powder, and add to the mixture. Add nuts and vanilla. Spread on a greased cake tin 8" by 8". Cook at 350° until nicely browned. Ice while warm with plain white icing. Cut into squares.

—Mrs. W. H. Johns, Edmonton.



### TEA TASTES

Whip  $\frac{1}{2}$  cup cream. Add 12 marshmallows and leave over night in ice box. Crush 10 graham wafers. Use a toothpick to pick up marshmallows and roll in crumbs. Set for 1 hour in ice box and serve.

—Mrs. Kenneth Madsen, Edmonton.

### PRALINE COOKIES

$\frac{1}{2}$  cup butter.  
 $\frac{2}{3}$  cup brown sugar.  
1 egg.  
 $\frac{3}{4}$  cup flour.  
 $\frac{1}{4}$  tsp. soda.

$\frac{1}{8}$  tsp. maple flavoring.  
 $\frac{1}{2}$  tsp. vanilla.  
2 cups Quaker puffed rice.  
2 tsp. butter.

**Method**—Crisp the puffed rice in the 2 tsp. of butter. Cream the butter and sugar. Add the well beaten egg, the flour sifted with the soda, then the flavoring. At the last fold in 2 cups of the puffed rice which has been gently crisped in the butter. Drop from a teaspoon on buttered baking sheet and bake at  $350^{\circ}$  for 20 minutes.

—Mrs. Wanda Kopeck, Edmonton.

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## SHORTBREAD DROP COOKIES

- |                                |               |
|--------------------------------|---------------|
| 1 cup butter.                  | 1 egg yolk.   |
| $\frac{3}{4}$ cup brown sugar. | 2 cups flour. |

**Method**—Cream the butter. Add brown sugar, egg and flour, and blend well. Roll into small balls and place on a greased cookie sheet. Flatten with a fork (dipped in cold water), and decorate with red or green cherries. Bake at  $350^{\circ}$  for 12 to 15 minutes. Makes 3 dozen.

—Mrs. Andrew Stewart, Edmonton.

## DATE SQUARES

- |                                     |                          |
|-------------------------------------|--------------------------|
| $1\frac{1}{2}$ cups of rolled oats. | $\frac{3}{4}$ tsp. soda. |
| 1 cup brown sugar.                  | 1 cup flour.             |
| $\frac{2}{3}$ cup butter.           | $\frac{1}{8}$ tsp. salt. |

Filling:

- |                            |                               |
|----------------------------|-------------------------------|
| 1 lb. dates.               | $\frac{3}{4}$ cup cold water. |
| Juice and rind of 1 lemon. | 1 cup white sugar.            |
| 2 tbsp. flour.             |                               |

**Method**—Cream the butter and sugar. Add the rolled oats, soda, flour and salt, which have been mixed together. Sprinkle  $\frac{1}{2}$  of this mixture on a buttered baking sheet. Add the filling. Put the remaining  $\frac{1}{2}$  of the mixture on top, and bake at  $450^{\circ}$ .

Filling: Mix the flour and sugar; gradually add the cold water and cook until thick. Then add the rind and juice of the lemon, and the chopped dates.

—Mrs. M. M. MacIntyre, Vancouver.

## COCOANUT CONES

- |                                    |                             |
|------------------------------------|-----------------------------|
| 4 cups icing sugar.                | Pinch salt.                 |
| 4 cups cocoanut.                   | $\frac{1}{2}$ tsp. vanilla. |
| $\frac{3}{4}$ cup mashed potatoes. |                             |

**Method**—Blend thoroughly all the ingredients, form into cones and dip top and bottom in semi-sweet chocolate (melted). Place on waxed paper. (Do not put in ice box.)

—Mrs. J. L. Irwin, Edmonton.

## CHEESE DREAMS

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| $\frac{3}{4}$ cup sifted flour.   | 2 tbsp. brown sugar.               |
| $\frac{1}{4}$ tsp. baking powder. | $\frac{1}{4}$ lb. Canadian cheese. |
| $\frac{1}{8}$ tsp. salt.          | $\frac{1}{4}$ lb. butter.          |

**Method**—Mix all the ingredients together until the mixture is like crumbs. Spread half the mixture on a greased 8" by 8" pan. Spread with a layer of jelly or jam, and sprinkle the remaining crumbs on top. Bake at  $350^{\circ}$  for 30 minutes. (Serve hot or cold.)

—Mrs. I. Bates, Edmonton.



## EASTER LILIES

- |                |                       |
|----------------|-----------------------|
| 3 eggs.        | 2 tsp. baking powder. |
| 1 tbsp. water. | 1 cup flour.          |
| 1 cup sugar.   | 1 tsp. vanilla.       |

**Method**—Beat the eggs thoroughly, add the water and vanilla. Mix and sift the sugar, baking powder and flour; fold into the first mixture. Drop from a teaspoon on a greased cookie sheet, and bake at 325° until golden brown. While warm fold like lilies and secure with a toothpick to hold shape until firm. Use a strip of angelica for the stem, fill with whipped cream. Grate a little orange peel on the cream.

—Mrs. W. C. Richards, Edmonton.

## CHOCOLATE PEAKS

- |                         |                          |
|-------------------------|--------------------------|
| 4 sq. bitter chocolate. | 1 cup icing sugar.       |
| 1 tsp. butter.          | 1 cup nuts.              |
| 2 eggs.                 | ½ cup marshmallows (10). |

**Method**—Melt the chocolate, add butter and keep hot over boiling water. Beat the eggs add sugar, nuts (chopped fine) marshmallows (cut fine). Pour the chocolate mixture over the sugar mixture. Drop by spoonsful on waxed paper and leave until set.

—Mrs. K. Madsen, Edmonton.

## KRIS KRINGLES

- |                           |                     |
|---------------------------|---------------------|
| ½ cup butter.             | 1 tsp. lemon juice. |
| ¼ cup sugar.              | 1 cup flour.        |
| 1 beaten egg yolk.        | ⅛ tsp. salt.        |
| 1 tsp. grated lemon peel. |                     |

- 1 slightly beaten egg white.  
½ cup finely chopped walnuts.  
Candied cherries or jelly.

**Method**—Cream the butter and sugar. Add the egg yolk, peel and juice and beat thoroughly. Stir in flour and salt, and chill until firm. Form small balls about 1" in diameter. Dip in egg white and roll lightly in nuts. Press ½ a candied cherry or drop a small bit of jelly in the centre of each cookie. Bake at 350° about 20 minutes.

—Mrs. D. C. Sinclair, Calgary.

## PEANUT BUTTER MACAROONS

- |                              |               |
|------------------------------|---------------|
| ½ cup fine granulated sugar. | 2 egg whites. |
| 1 scant cup peanut butter.   |               |

**Method**—Cream the peanut butter until light and fluffy. Beat the egg whites stiff, and fold in the sugar. Fold the creamed peanut butter into this mixture. Drop from a teaspoon onto a greased cookie sheet. Bake at 350° until slightly brown on top. Test peaks with finger. If stiff, macaroons are done.

—Mrs. John Macdonald, Edmonton.



## SHORTBREAD

½ lb. butter.

2 cups flour.

¾ cup brown sugar.

**Method**—Mix butter and sugar well, and gradually add flour. Put onto a board, and knead well. Roll to ⅓" thickness, and cut into shape. Sprinkle slightly with sugar, and bake at 375° until golden brown. White, brown or icing sugar may be used, or any mixture of these three.

—Mrs. N. V. Buchanan, Edmonton.

## ALMOND COOKIES

1 cup butter.

1 egg.

½ cup white sugar.

1 tsp. cream of tartar.

½ cup brown sugar.

1 tsp. soda.

2 cups flour.

1 cup almonds.

**Method**—Blanch the almonds, brown slightly, and when cool roll until crushed. Cream the butter and sugar. Add the well beaten egg. Mix and sift flour, soda and cream of tartar, and blend into first mixture. Add the almonds. Mix well. Roll into balls. Drop onto greased cookie sheet, and bake at 400°.

—Mrs. H. E. Pearson, Edmonton.

## DOMESTIC DATE DREAMS

½ cup Crisco.

2 egg yolks.

½ cup white sugar.

1 tsp. vanilla.

1½ cups flour.

1 tsp. baking powder.

2 egg whites.

½ lb. dates.

1 cup brown sugar.

**Method**—Cream the Crisco, sugar and egg yolks. Mix and sift flour and baking powder. Blend into first mixture with vanilla. Pack this into a greased square pan. Put the dates cut lengthwise on top of this mixture. Beat the egg whites and brown sugar, and spread over the top. Cook at 325°.

—Mrs. J. D. McCallum, Almont, Ont.

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### PEANUT CRINKLES

- |                        |                          |
|------------------------|--------------------------|
| 1/4 cup butter.        | 1 egg, well beaten.      |
| 1/4 cup shortening.    | 1 cup all-purpose flour. |
| 1/2 cup peanut butter. | 1 tsp. soda.             |
| 1/2 cup brown sugar.   | 1/8 tsp. salt.           |
| 1/3 cup white sugar.   |                          |

**Method**—Cream butter shortening and peanut butter together. Gradually blend in sugar. Beat egg well and add. Sift flour, soda and salt together and add to first mixture. Mix well. Form into small balls. Place on an oiled cookie sheet. Press down each cookie with a fork. Bake at 350° for 10 to 15 minutes. Yield: 4 dozen.

—Mrs. P. L. Debney, Edmonton.

### CHOCO-NUT BARS

- |                           |                     |
|---------------------------|---------------------|
| 1 cup all-purpose flour.  | 2 tbsp. shortening. |
| 1 cup sugar.              | 1 egg.              |
| 1 1/2 tsp. baking powder. | 3/4 cup milk.       |
| 1/2 tsp. salt.            | 1/2 tsp. vanilla.   |
| 2 sq. chocolate.          | 1 cup chopped nuts. |

**Method**—Sift the flour, measure, then sift again with the sugar, baking powder and salt into a mixing bowl. Melt chocolate and shortening in saucepan. Break egg into measuring cup, and finish filling with the milk. Add to flour mixture and beat well. Stir in vanilla, nut meats, melted chocolate and shortening, and beat again. Pour into greased pan, and bake at 350° for about 30 minutes. Cut into bars when cold.

—Mrs. H. G. Thomson, Edmonton.

### CHEWY BROWNIES

- |                     |                           |
|---------------------|---------------------------|
| 2 sq. chocolate.    | 1/2 cup Gold Medal flour. |
| 1/2 cup shortening. | 1/8 teaspoon salt.        |
| 1 cup sugar.        | 1 tsp. vanilla.           |
| 2 eggs.             | 1 cup chopped nuts.       |

Melt chocolate and shortening together, mix in sugar, then beaten eggs. Then add flour, salt, vanilla and nuts. Spread thinly on well greased pan 11 x 17". Bake 12 or 13 minutes at 350 deg.

—Mrs. R. Denman, Greenville, Ont.

### LEMON MOLASSES WAFERS

- |                                      |                           |
|--------------------------------------|---------------------------|
| 2 1/4 cups sifted all-purpose flour. | 1/2 cup sugar.            |
| 1 1/2 tsp. baking soda.              | 1 tsp. grated lemon rind. |
| 1/2 tsp. ginger.                     | 2 tbsp. lemon juice.      |
| 1/2 tsp. salt.                       | 1/2 cup molasses.         |
| 3/4 cup shortening.                  |                           |

**Method**—Cream shortening and sugar. Add lemon rind, juice, and molasses. Add sifted dry ingredients and stir until smooth. Drop by teaspoonsful on greased baking sheets and spread thinly with spatula dipped in water. Bake at 375° for about 10 minutes.

—Mrs. B. W. Pitfield, Edmonton.



### OATMEAL REFRIGERATOR CRISPS

- |                            |                                  |
|----------------------------|----------------------------------|
| 3 cups quick cooking oats. | 1 tsp. soda.                     |
| 1 cup brown sugar.         | $\frac{1}{4}$ cup boiling water. |
| $\frac{1}{2}$ tsp. salt.   | 1 tsp. vanilla.                  |
| 1 cup melted butter.       | 1 cup flour.                     |

**Method**—Combine oats, sugar, salt and flour. Add melted butter and mix well. Dissolve soda in water and add to first mixture. Add the vanilla. Form the dough into a roll, wrap in wax paper and chill thoroughly. Slice thin, place on greased cookie sheets and bake at 375° for ten minutes.

N.B. Dough may be stored in the refrigerator for several weeks and sliced and baked as needed.

—Mrs. Isabelle Acker, Palm Springs U.S.A.

### CHOCOLATE DELIGHTS

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 lb. milk chocolate.    | 1 cup of nut meats, if desired. |
| 2 sq. bitter chocolate.  | 5 cups cornflakes.              |
| $\frac{1}{4}$ tsp. salt. |                                 |

Melt both kinds of chocolate in a bowl over hot water very slowly. Add salt, nuts and cornflakes. Mix thoroughly and drop by teaspoon on waxed paper and place in cool place until hard and dry. Makes 40 cookies.

—Mrs. G. Schwenke, Mt. Tabor, U.S.A.

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| 6 pears.   | 2 lemons.  |
| 6 peaches. |            |

**Method**—Cut fruit into small pieces. Put orange and lemon rind through food chopper, and add the juices to the fruit. Measure all, and add an equal quantity of sugar. Allow to stand over night. Next day boil for about 45 minutes. Pour into hot sterilized jars and seal.

—Mrs. C. E. Garnett, Edmonton.

## APRICOT CONSERVE

- |  |  |
|--|--|
| 1 pineapple or medium sized<br>can of pineapple. | 2 oranges, pulp only.<br>6 cups sugar. |
|--|--|
- 35 fresh apricots.

**Method**—Cook until thick. (One quarter pound cut almonds may be added if desired. Do not peel apricots, cut in cubes. Remove stones). Cool and bottle.

—Mrs. C. W. Hanna, Edmonton.

## CITRON PRESERVE

- |                |   |
|----------------|---|
| 2 lbs. sugar.  | 2 lemons (finely sliced).                   |
| 2 lbs. citron. | Small piece preserved ginger<br>if desired. |
| 2 cups water.  |   |

**Method**—Pare the citron, cut in small pieces and remove the seeds. Put in a weak brine and leave over night. In the morning drain well, cover with clear cold water and let stand one hour. Drain well. Add remaining ingredients. Boil slowly till citron is clear. Bottle in hot sterile jars.

—Mrs. H. Rhys, Edmonton.

## VEGETABLE MARROW LEMON BUTTER

- |                    |                           |
|--------------------|---------------------------|
| 4 lbs. marrow.     | $\frac{1}{2}$ lb. butter. |
| Juice of 6 lemons. | 2 lbs. sugar.             |
| Rind of 1 lemon.   |                           |

**Method**—Simmer slowly for 20 minutes. Put in sterilized jars in the refrigerator, and use as desired.

—Mrs. H. E. Pearson, Edmonton.

## PEACH CONSERVE

- |                  |                          |
|------------------|--------------------------|
| 1 bskt. peaches. | Juice 1 lemon.           |
| Sugar.           | 1 can crushed pineapple. |

**Method**—Skin and chop up peaches. Add 1 cup of sugar to each cup fruit. Boil till quite thick. Add lemon juice and pineapple. Pour into hot sterilized jars.

—Mrs. D. A. Clark, Edmonton.



## VEGETABLE MARROW JAM

6 lbs. marrow.  
5 lbs. sugar.  
2 lemons.

2 oz. ginger or piece of pre-  
served ginger.

**Method**—Peel the marrow, cut into small pieces and remove the seeds. Add the sugar and let stand overnight. In the morning add the finely sliced lemon and ginger, and cook slowly until the marrow is clear. Bottle while hot in sterile jars.

—Mrs. H. Rhys, Edmonton.

## HEAVENLY MARMALADE

8 medium sized peaches.  
4 medium sized pears.  
2 lemons.  
2 quince.

3 oranges.  
6 medium sized apples.  
Sugar.

**Method**—Cut rinds off lemons and oranges in thin strips. Cut up fruits of lemons and oranges, discarding seeds and pithy parts. Cover with cold water and let stand over night. Next day bring mixture to boil, and let simmer until fruit and rinds are tender. Chop up peaches, pears, apples and quinces; add to first mixture. Add sugar, cup for cup. Let cook until thick, over slow fire, stirring constantly. Pour into hot sterilized jars.

—Mrs. J. W. Connelly, Edmonton.

## PLUM CONSERVE

24 Italian plums.  
1½ cups seedless raisins.  
1 cup walnuts or pecans.

1½ cups thinly sliced oranges,  
including peel chopped.  
3 cups sugar.

**Method**—Boil altogether until it begins to thicken. Pour into hot sterilized jars and seal.

—Miss Fern Abbott, Vancouver.

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# PICKLES AND RELISHES

## DELICIOUS DILL PICKLES

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 25 firm fresh cucumbers (dill size). | 1 qt. of vinegar.                |
| 1 clove of garlic.                   | $\frac{7}{8}$ cup of salt.       |
| $\frac{1}{2}$ tsp. powdered alum.    | 1 hot red pepper.                |
| 3 qts. of water.                     | 2 or 3 good sized heads of dill. |

**Method**—Wash the cucumbers and let stand in clear water over night. Pack in jars, and to each quart add garlic, pepper (finely chopped) and dill, dividing evenly to the number of jars. Combine vinegar, alum, salt and water, and bring to the boiling point. Pour into jars when cool, and at top place a horseradish leaf, or if unobtainable use a cabbage leaf.

—Mrs. D. C. Sinclair, Calgary.

## SWEET MUSTARD PICKLES

- |                      |                                       |
|----------------------|---------------------------------------|
| 1 qt. cucumbers.     | 6 cups brown sugar.                   |
| 2 qts. onions.       | $\frac{2}{3}$ cup flour.              |
| 1 large cauliflower. | 2 tsp. turmeric.                      |
| 4 large apples.      | $\frac{1}{4}$ lb. mustard.            |
| 2 qts. vinegar.      | $\frac{1}{4}$ lb. white mustard seed. |

**Method**—Put cucumbers, onions and cauliflower through the food chopper. Add 1 cup salt and let stand over night. Bring the vinegar and brown sugar to a boil. Add cucumbers, onions and cauliflower and boil 20 minutes. Mix flour, turmeric, mustard and mustard seed, and add to the boiling mixture. Add apples chopped. Cook slowly for 15 minutes, then bottle.

—Mrs. C. E. Garnett, Edmonton.

## CUCUMBER AND ONION PICKLE

(Good with Ham)

- 7 large cucumbers (about 9"). 2 hot red peppers.  
5 large onions.

**Method**—Peel cucumbers and onions. Chop up and put in a kettle. Sprinkle with a heaping tbsp. of salt, and leave over night. Next morning drain off the salty water, and put the cucumber and onion mixture, and the red peppers cut fine into the following sauce, and boil until tender (about 1 hour). (Just before putting into jars, or crock, taste, and if necessary add more salt).

Sauce for this pickle:

- |                                     |                              |
|-------------------------------------|------------------------------|
| 2 $\frac{1}{2}$ cups cider vinegar. | $\frac{3}{4}$ tsp. turmeric. |
| $\frac{3}{4}$ cup water.            | 3 tbsp. mustard.             |
| 3 cups granulated sugar.            | $\frac{1}{2}$ cup flour.     |
| 1 tsp. ginger.                      |                              |

Cook for 5 minutes.

—Mrs. M. Marshall, Edmonton.



## CUCUMBER PICKLES

- |                      |                             |
|----------------------|-----------------------------|
| 2 qts. cucumbers.    | 5 cups white wine vinegar.  |
| 2 qts. onions.       | 6 cups sugar.               |
| 1 large cauliflower. | 1 tbsp. white mustard seed. |
| 3 green peppers.     | 1 tbsp. celery seed.        |
| 3 red peppers.       |                             |

**Method**—Boil  $\frac{1}{2}$  hour. Add:

- |                      |                |
|----------------------|----------------|
| 4 tbsp. dry mustard. | 4 tbsp. flour. |
| 1 tsp. turmeric.     | 1 cup vinegar. |

Mix and add to the vegetables.

—Mrs. D. C. Sinclair, Calgary.

## CHILI SAUCE

- |                         |  |
|-------------------------|--|
| 20 large ripe tomatoes. | 1 tbsp. ground cinnamon.               |
| 8 peaches.              | 2 tbsp. salt.                          |
| 8 pears.                | 5 cups white sugar.                    |
| 5 onions.               | 1 qt. white wine, or cider<br>vinegar. |
| 5 sweet red peppers.    |  |
| 2 tbsp. whole spice.    |  |

**Method**—Peel the tomatoes and cut in large pieces. Peel and chop peaches and pears. Slice the onions and chop fine. Cut the red peppers fine. Put the whole spice in a bag large enough to permit the spice to swell, and still not fill the bag. Put all ingredients in a kettle and boil 2 or 3 hours, or until thick enough.

—Mrs. M. Marshall, Edmonton.

## RED PEPPER JAM

- |                 |                     |
|-----------------|---------------------|
| 12 red apples.  | 3 cups vinegar.     |
| 12 red peppers. | 6 cups white sugar. |
| 2 tbsp. salt.   |                     |

**Method**—Quarter and core the apples (do not peel). Put peppers and apples through the chopper. Add salt and let stand two hours. Add vinegar and sugar, and cook altogether until clear. Bottle in hot sterilized jars.

—Mrs. D. C. Sinclair, Calgary.

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## WATERMELON PICKLES

- |                         |                        |
|-------------------------|------------------------|
| 2 lbs. watermelon rind. | 1 lemon sliced thin.   |
| 4 cups sugar.           | 2 tbsp. cinnamon bark. |
| 2 cups vinegar.         | 1 tbsp whole cloves.   |
| 2 cups water.           |                        |

**Method**—Trim off dark green and pink parts of rind. Cut rind in 1 inch cubes, and soak over night in  $\frac{1}{4}$  cup salt to 1 quart water. In the morning drain and rinse in cold water. Cook until just tender and drain. Combine sugar, vinegar, water, lemon, and spices tied in a bag. Simmer 10 minutes. Remove spice bag. Add watermelon rind and simmer until clear. Fill hot sterilized jars, and seal. Makes 3 pints.

—Mrs. C. E. Garnett, Edmonton.

## FRUIT RELISH

- |                     |                             |
|---------------------|-----------------------------|
| 20 ripe tomatoes.   | 2 tbsp. salt.               |
| 8 pears.            | 6 large onions.             |
| 8 peaches.          | 2 red peppers.              |
| 1 qt. vinegar.      | 2 tbsp. paprika.            |
| 5 cups white sugar. | Whole spice mixture in bag. |

**Method**—Chop fruits and vegetables, not too fine. Add remaining ingredients. Boil 2 hours. Remove spice bag, and bottle in hot sterilized jars.

—Mrs. D. C. Sinclair, Calgary.

## RHUBARB RELISH

- |                     |                        |
|---------------------|------------------------|
| 2 qts. rhubarb.     | 1 tbsp. ginger.        |
| 1 qt. onions.       | 1 tbsp. cloves.        |
| 4 cups white sugar. | 1 tsp. cayenne pepper. |
| 1 cup vinegar.      | Salt to taste.         |
| 1 tbsp. cinnamon.   |                        |

**Method**—Put rhubarb and onions through the food chopper. Add to remaining ingredients, and cook until the onions are done. Put in sterilized jars and seal.

—Miss Hope Abbott, Vancouver.

## PLUM CHUTNEY

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 3 lbs. prune plums.               | 1 oz. garlic (may be omitted).     |
| 1 lb. apples.                     | 1 onion (medium).                  |
| 1 pt. vinegar.                    | 2 tsp. salt.                       |
| 1 lb. brown sugar.                | $\frac{1}{2}$ tsp. cayenne pepper. |
| 3 oz. ginger (green or powdered). | 2 tsp. cloves.                     |

**Method**—Put plums, apples, onions and garlic (if used) through the food chopper. Mix with other ingredients, and boil slowly for 1 hour, or until tender. Put in sterilized jars and seal. (This keeps well).

—Miss Hope Abbott, Vancouver.



### SPICED RAISINS

Good with ham or cold meats.

- |                           |                         |
|---------------------------|-------------------------|
| 1½ cups seedless raisins. | ¼ tsp. ground cinnamon. |
| ⅓ cup sugar.              | ⅛ tsp. cloves.          |
| ⅓ cup cider vinegar.      |                         |

**Method**—Simmer 15 to 20 minutes.

—Miss Hope Abbott, Vancouver.

### SWEET MIXED PICKLES

- |                         |                        |
|-------------------------|------------------------|
| 4 qts. small cucumbers. | 2 qts. cauliflower.    |
| 2 qts. small onions.    | 2 qts. green tomatoes. |

Cover these with a brine made of two quarts of water to one cup of salt, and let stand 24 hours. Drain, and cover with the following:

- |                            |                      |
|----------------------------|----------------------|
| 2 qts. white wine vinegar. | 3 tbsp. whole spice. |
| 2 tsp. alum.               | 2 cups of sugar.     |

Bring all to a boil. Pack in hot sterilized jars and seal.

—Mrs. Idella Bates, Edmonton.

### MANGO CHUTNEY

- |                              |                           |
|------------------------------|---------------------------|
| 4 lbs. green apples (large). | 1 qt. malt vinegar.       |
| 4 lbs. Demerara sugar.       | 2 oz. salt.               |
| ½ lb. seedless raisins.      | 1 oz. small red chillies. |
| 4 oz. green ginger root.     | 1 tsp. cayenne pepper.    |
| 2 oz. garlic.                |                           |

**Method**—Put ginger and garlic through the mincer. Make a syrup of vinegar and sugar, and boil for 20 minutes. Then add the other ingredients. (Apples sliced in fairly thick slices). Cook until the apple is soft, but not broken, stirring gently. Put in sterilized jars and seal.

—Mrs. W. W. Evans, Edmonton.

### SHIRLEY SAUCE

- |                         |                |
|-------------------------|----------------|
| 12 large ripe tomatoes. | ½ cup sugar.   |
| 6 large onions.         | 1 cup vinegar. |
| 2 large red peppers.    | 2 tbsp. salt.  |

**Method**—Cook for 2 hours. Put in sterilized jars and seal.

—Miss Hope Abbott, Vancouver.

### SWEET BEETS

- |                 |              |
|-----------------|--------------|
| 2 cups vinegar. | ¼ tsp. salt. |
| 1 cup water.    | Young beets. |
| 1 cup sugar.    |              |

**Method**—Cook young beets until tender, skin. Make a syrup of vinegar, water, sugar and salt. Add cooked beets and bring to a boil. Bottle in sterilized jars. (If the water in which the beets are cooked is used for the pickle, the beets keep a better color).

—Miss Hope Abbott, Vancouver.



## UNCOOKED RELISH

- |                           |                      |
|---------------------------|----------------------|
| 1 medium head of cabbage. | 1/4 cup salt.        |
| 1 large carrot.           | 3 cups vinegar.      |
| 6 medium onions.          | 3 cups sugar.        |
| 2 red peppers.            | 1 tsp. mustard seed. |
| 2 green peppers.          | 1 tsp. celery seed.  |

**Method**—Grind the vegetables in a chopper using coarse knife. Add salt and let stand for two hours. Drain. Bring vinegar and sugar to boil. Pour over mixed vegetables and spices, stir well, but do not cook. Put in sterilized jars and seal.

—Miss Hope Abbott, Vancouver.

## MUSTARD PICKLES

- |                         |                        |
|-------------------------|------------------------|
| 3 qts. small cucumbers. | 1 qt. pickling onions. |
| 1 medium cauliflower.   | 2 red peppers.         |

Chop up the vegetables, and put to soak in the following brine:

- |               |              |
|---------------|--------------|
| 4 qts. water. | 2 cups salt. |
|---------------|--------------|
- and let stand for 12 hours, then drain.

Dressing:

- |                      |                         |
|----------------------|-------------------------|
| 3/4 cup flour.       | 2 1/2 cups brown sugar. |
| 1/2 cup dry mustard. | 2 1/2 qts. vinegar.     |
| 1 tbsp. turmeric.    |                         |

Heat the vinegar, and add the other ingredients. Bring to a boil. Cook for 10 minutes. Add the vegetables, and let come to the boiling point. Pack in hot sterilized jars and seal.

—Mrs. Idella Bates, Edmonton.

## PEPPER RELISH

- |                          |                           |
|--------------------------|---------------------------|
| 2 cups prepared peppers. | 1 1/2 cups cider vinegar. |
| 7 cups sugar.            | 1 bottle of Certo.        |

To prepare peppers: Cut open about 1 dozen peppers and discard seeds. (For best color, use half green and half sweet red peppers). Put through food chopper twice, using finest blade. Drain. Measure 2 cups into large saucepan.

**Method**—Add sugar and vinegar to peppers in saucepan, and mix well. Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in Certo. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating peppers. Ladle quickly into glasses. Paraffin at once. Yield: about 10 six-ounce glasses.

—Miss Jo Connelly, Edmonton.



## PICKLE DELIGHT

- |                     |                                    |
|---------------------|------------------------------------|
| 8 peaches.          | 3 tbsp. salt.                      |
| 8 pears.            | 1 qt. cider vinegar.               |
| 8 onions (Spanish). | 6 cups white sugar.                |
| 35 ripe tomatoes.   | 3 oz. whole pickling spice in bag. |
| 2 green peppers.    |                                    |
| 2 red peppers.      |                                    |

**Method**—Cut the peaches and pears in quarters, slice the onions, peel the tomatoes and cut in half and cut the peppers in small pieces. Put all ingredients in a kettle and bring to a boil. Simmer for 3 hours. Remove the spice bag. Pack in hot sterilized jars and seal.

—Mrs. G. M. Cormie, Edmonton.

## GINGER RELISH

- |                     |                     |
|---------------------|---------------------|
| 6 lbs. white sugar. | ½ lb. onions.       |
| ¼ lb. garlic.       | 1 lb. raisins.      |
| ½ lb. green ginger. | 1 qt. malt vinegar. |
| ¼ lb. mustard seed. | 30 large apples.    |
| ¼ lb. salt.         | ¼ tsp. red pepper.  |

**Method**—Grate apples (peeled) on coarse grater and cook (covered with water) before adding other ingredients. Grind garlic, onion and ginger in meat chopper. Add remaining ingredients, and cook 1½ hours. Pack in hot sterilized jars and seal.

—Mrs. Harold Honans, Calgary.

## BEEF CHOWDER (UNCOOKED)

- |                                  |   |
|----------------------------------|---|
| 1 qt. raw cabbage chopped fine.  | 1 tbsp. salt.                               |
| 1 qt. cooked beets chopped fine. | 1 tsp. pepper.                              |
| 2 cups brown sugar.              | ¼ cup (or less) Heinz powdered horseradish. |

**Method**—Soak horseradish in a little cold water for 30 minutes. Mix all ingredients together and cover with cold vinegar. Seal in airtight jars.

—Mrs. C. W. Hanna, Edmonton.

## PICKLED CHERRIES

- |                      |                      |
|----------------------|----------------------|
| ½ cup cider vinegar. | 2 tbsp. white sugar. |
| 1 tbsp. salt.        |                      |

**Method**—Mix and stir. Fill pint sealers with cherries. Add ½ cup liquid to 1 pint. Add cold water to overflowing and seal tightly.

—Mrs. C. W. Hanna, Edmonton.



# CANDY

## CARAMELS

- |                          |                                 |
|--------------------------|---------------------------------|
| 2 cups heavy sour cream. | $\frac{1}{2}$ tsp. soda.        |
| 2 cups white sugar.      | $\frac{1}{4}$ cup malt vinegar. |
| 2 cups brown sugar.      |                                 |

**Method**—Boil without stirring until it forms a ball when tried in cold water. Remove from fire, and when perfectly cold beat until it forms a cream. Pour into buttered tins, and cut in squares before it sets. (Nuts may be added).

## SEAFOAM

- |                              |                          |
|------------------------------|--------------------------|
| 3 cups fine white sugar.     | $\frac{1}{2}$ cup water. |
| 1 cup Lily White corn syrup. | 2 egg whites.            |

**Method**—Boil without stirring until it forms long hairs. Pour over egg whites which have been beaten stiff, and beat until it drops from spoon (about  $\frac{1}{2}$  an hour). Stir in 1 cup broken blanched almonds, and either drop from spoon on greased tins, or pour into buttered pans and cut into squares.

## FUDGE

- |                               |                           |
|-------------------------------|---------------------------|
| 1 cup brown sugar.            | $\frac{1}{2}$ cup milk.   |
| 1 cup white sugar.            | $\frac{1}{4}$ cup butter. |
| $\frac{1}{2}$ cup corn syrup. | 2 tbsp. cocoa.            |

**Method**—Boil sugar, syrup, butter and milk for  $2\frac{1}{2}$  minutes. Add cocoa, and boil 10 minutes. Then add flavoring (and nuts if desired), and beat well (lots of beating).

—Mrs. Leslie Irwin, Edmonton.

## CANDIED ORANGE PEEL

Remove the peel from three oranges or four lemons in quarters. Cover with water. Add 1 tsp. salt. Boil 30 minutes, and drain. Cover with fresh water, and simmer slowly until tender (about 30 minutes). Drain. Cut in strips with scissors or sharp knife. Bring 1 cup sugar and  $\frac{1}{2}$  cup water to a boil. Add the strips, and boil until the syrup is nearly absorbed. Drain. Roll peel in sugar. Chill.

—Mrs. F. J. Newson, Edmonton.

## BUTTERSCOTCH

- |                           |                   |
|---------------------------|-------------------|
| 2 cups brown sugar.       | 2 tbsp. vinegar.  |
| $\frac{1}{2}$ cup butter. | 4 tbsp. molasses. |
| 2 tbsp. water.            |                   |

**Method**—Boil until it hardens when dropped into cold water, and then pour into a greased pan to cool, and mark into squares when slightly cool.

—Mrs. Ann Hanna, Edmonton.



### POTATO CANDY

Bake one large potato. Remove from skin and mash until soft. Add enough powdered sugar to form a fondant. Flavor and color as desired, and form into shapes with nuts and fruits.

### MAPLE CREAM FUDGE

3 cups brown sugar.	1 tbsp. butter.
1 tbsp flour.	$\frac{1}{2}$ cup milk.
1 tsp. baking powder.	Flavoring.
Speck salt.	Nuts.

**Method**—Mix together sugar, flour, baking powder and salt; then add butter and milk. Boil till it forms a soft ball in cold water. Add flavoring and nuts. Beat well. Pour into buttered pan, and cut in squares before it hardens.

—Mrs. D. A. Clark, Edmonton.

### SUGARED TANGERINE SECTIONS

Peel tangerines. Break carefully into sections. Remove all white bits of membrane. Roll each section in fine white sugar. Put on greased paper, and leave in the icebox over night.

—Mrs. G. E. Watchorn, Calgary.

### ENGLISH TOFFEE

1 lb. sugar.	$\frac{1}{4}$ cup vinegar.
$\frac{1}{3}$ cup butter.	$\frac{1}{2}$ cup walnuts (halves).

**Method**—Stir ingredients (except walnuts) together over a gentle heat until the sugar is dissolved; let it boil until brittle. Pour over the nuts, placed evenly on a buttered pan. When cool, mark in squares.

—Mrs. D. A. Clark, Edmonton.

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## SPICE AND HERB SUGGESTIONS

Use herbs lightly and to taste.

1. To give tomato, turtle or spinach soup "life," add  $\frac{1}{4}$  tsp. "sweet basil" for every cup of soup. For chicken or pea, use "rosemary." For any cream soup use "sage." For mushroom or consomme, tarragon, and for vegetable "thyme."

2. For crackers to go with that soup: toast them in the oven after sprinkling with grated cheese, paprika and sesame seed.

3. Try this when you boil a ham: to the water add 1 bay leaf and 5 leaves of tarragon.

4. Marjoram or oregano are both good in poultry or game dressings.

5. Boil until tender your usual amount of carrots. Then drop into hot butter seasoned with mixed herbs—I like rosemary, parsley, thyme and just a wee bit of sage.

6. Did you ever garnish a vegetable salad with butter-toasted sesame seed? Try it.

7. Hot ripe olives. Heat olives in their own juice until they begin to boil. Add  $\frac{1}{2}$  tsp. garlic powder and 2 tbsp. Worcester sauce. Take off heat at once.

8. Try a pinch of curry in your French dressing. Very good on tossed green salad as an accompaniment to lamb dishes.

9. Garlic Butter— $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  tsp. garlic powder. Let butter soften at room temperature. Add garlic powder, blend. For a most relishing treat, cut lengthwise the long loaf of French bread, toast and apply the garlic butter with a basting brush.

10. Baked Ham Sauce—Blend 1 cup brown sugar,  $\frac{1}{8}$  tsp. mustard,  $\frac{1}{4}$  tsp. allspice; mix  $\frac{1}{2}$  cup tarragon vinegar,  $\frac{1}{2}$  tsp. salt, 2 cups water, 1 cup seedless raisins, 2 tbsp. butter,  $\frac{1}{4}$  cup salad oil  $2\frac{1}{2}$  tbsp. cornstarch,  $\frac{1}{8}$  tsp. ground cloves,  $\frac{1}{4}$  tsp. cinnamon. Cook all together in double boiler till raisins are plump. This can be made and kept in refrigerator. Reheat as much at a time as you wish. Excellent on a slice of fried ham.

11. Spiced Beets—1 cup tarragon vinegar,  $\frac{1}{2}$  cup juice from can of beets, ~~1-3~~ 3 cup sugar,  $\frac{1}{2}$  tsp. salt.  $\frac{1}{2}$  tsp. ground cloves,  $\frac{1}{8}$  tsp. allspice,  $\frac{1}{8}$  tsp. cinnamon. Mix all ingredients, bring to a boil, and pour over a can of red beets. When beets have been used, cook a few carrots until about half done, slice lengthwise and drop in the vinegar. After standing several hours they will be nice to serve as a garnish for salad or cold meat.



## HOUSEHOLD HINTS

To discourage rings in your bathtub, clean your tub as usual and then apply a strong soapy suds which you let dry.

Use Bon Ami to clean sinks or tubs if you prize the porcelain finish. Bon Ami will not scratch.

To clean rugs, dissolve 1 tbsp. ammonia to 1 qt. warm water. Dip a scrubbing brush in the mixture, shake out most of the moisture, scrub until spots are removed, dry very thoroughly. Clean only a small surface at a time and be sure it is practically dry before proceeding to the next bit. (This is simple and more efficacious than most patent offerings).

To remove stubborn rings in bathtub or sink, try a little Perfex.

When cooking eggs, wet the shells well with cold water before putting them in boiling water, and they will not crack.

## FAIRY LOGS FOR AN OPEN FIRE

1 lb. bluestone.  
10¢ borax.

1 lb. sulphate of iron.  
6 cups rock salt.

Put in a crock and add warm water to dissolve—2 gallons. Roll magazines very tightly, tie in centre and soak for 1 month. Dry well. When finished set in bed of coals and enjoy charming lights.

—Mrs. T. H. Field, Edmonton.

## FIREPLACE CHEER

2 lbs. coarse salt.  
2 lbs. bluestone crystals.

Odds and ends of candles.

Shake the salt and bluestone crystals together in a cardboard box. Fill small paper cups with the mixture, and pour melted candle wax over the top. (A good use for partly used candles).

—Miss Fern Abbott, Vancouver.



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