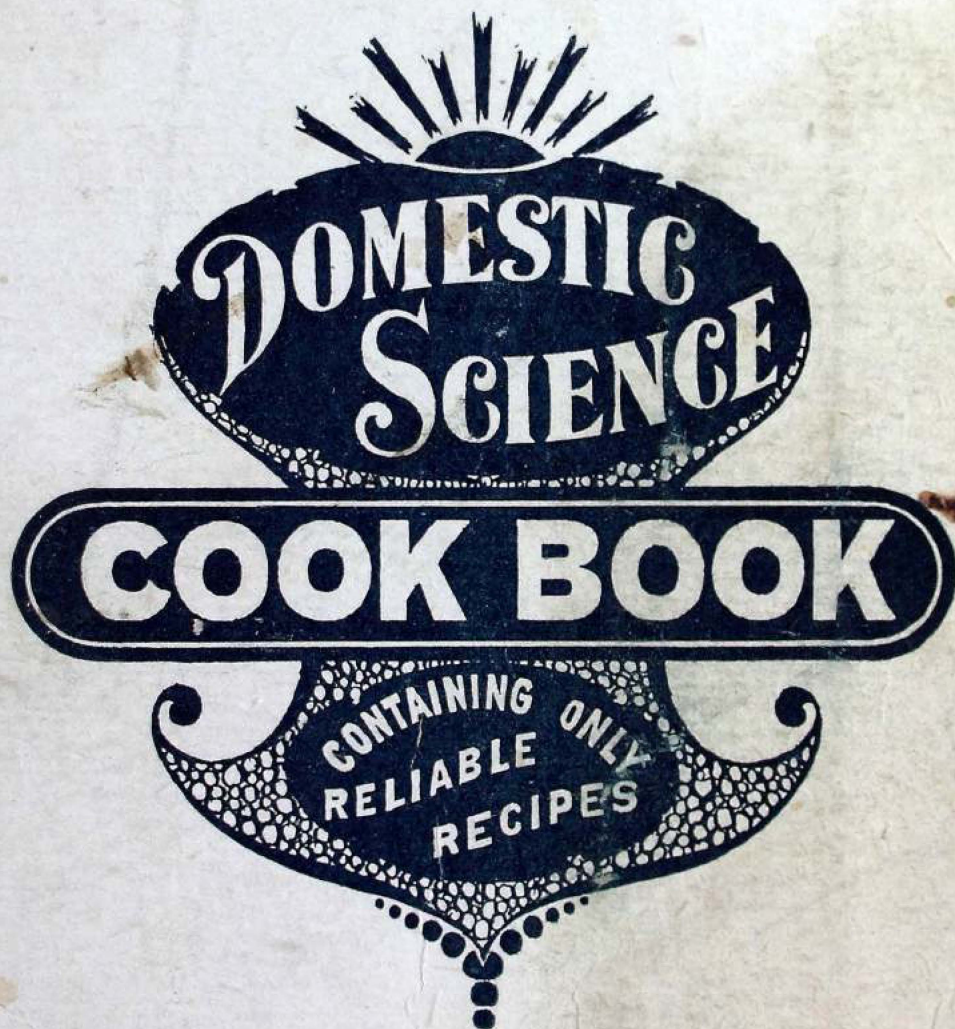


CALGARY'S



PUBLISHED BY

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CALGARY, ALTA.

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It makes no difference what kind of a Prescription you may have or by whom written, we are capable of compounding it exactly as it should be compounded.

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To Our Customers

OUR ANCESTORS of prehistoric times lived on uncooked foods, but there are no savage races to-day, who do not practise in some sort, the art of cooking.

The progress of civilization has been accompanied by progress in cookery so that the most advanced peoples of the present time prepare their foods in the most scientific and hygienic manner. The more people realize the extent of the development of new flavors and more palatable and more digestible elements, that may be incorporated in foods by proper treatment in their cooking, the more attention will be given to Domestic Science. The time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. With this advancement, disease will be less frequent and lives will be made happier.

With a view to encouraging what is choicest and best in the culinary art, we have compiled this little book of tried and tested recipes, and hope that our friends will realize that its value does not depend on its diminutive size but on the choice of the material of which it is composed.

The preparations which are advertised we know to be thoroughly effective for the purpose intended. We do not hesitate about recommending them to you because we know that they are good. We guarantee them to do everything we claim for them or money refunded.

In case of illness it is always better to call in a doctor and have him prescribe the medicine which is needed; but if you want to buy ready-made medicines you cannot get any better Family Remedies and Toilet Preparations than those described in the following pages.

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It pays to buy the best when buying spices and flavoring extracts as well as when buying other drugs.

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You pay no more for our quality of spices than for inferior qualities.

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“ **English Baking Soda**

“ **Pure Olive Oil** (IMPORTED FROM FRANCE)

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SPOON AND CUP MEASURE

Four even teaspoonfuls liquid equal one even tablespoonful.

Three heaping teaspoonfuls dry material equal one even tablespoonful.

Sixteen tablespoonfuls liquid equal one cupful.

Twelve tablespoonfuls dry material equal one cupful.

Two cupfuls equal one pint.

Four cupfuls equal one quart.

Four cupfuls flour equal one quart or one pound.

Two cupfuls solid butter equal one pound.

Two cupfuls granulated sugar equal one pound.

Two and one-half cupfuls powdered sugar equal one pound.

One pint milk or water equals one pound.

One dozen eggs should weigh $1\frac{1}{2}$ pounds.

Skim milk is heavier than whole milk, and cream is lighter than either, while pure milk is 3 per cent. heavier than water.

TABLE OF PROPORTIONS

One teaspoonful soda to one cupful molasses.

One teaspoonful soda to one pint sour milk.

Two teaspoonfuls baking powder to one quart of flour.

One-half cupful of yeast or one-quarter cake of compressed yeast to one pint liquid.

One teaspoonful salt to two quarts flour.

One teaspoonful salt to one quart soup.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One scant cupful of liquid to one full cupful of flour for batters.

One quart water to each pound of meat and bone for soup stock.

Four peppercorns, four cloves, one teaspoonful mixed herbs for each quart of water for soup stock.

TIMETABLES FOR COOKING

Boiling

ARTICLES	TIME	
	Hours	Minutes
Coffee	1	to 3
Eggs, soft cooked	2	to 3
" hard " 	4	to 6
Mutton, leg	2	to 3
Ham, weight 12 to 14 lbs.	4	to 5
Corned Beef or Tongue	3	to 4
Turkey, weight 9 lbs.	2	to 3
Fowl, " 4 to 5 lbs.	2	to 3
Chicken, " 3 lbs.	1	to 1 ¼
Lobster	25	to 30
Cod and Haddock, weight 3 to 5 lbs.	20	to 30
Halibut, thick piece, " 2 to 3 lbs.	30	
Bluefish and Bass, " 4 to 5 lbs.	40	to 45
Salmon, weight 2 to 3 lbs.	30	to 35
Small Fish	6	to 10
Potatoes, white	20	to 30
" sweet	15	to 25
Asparagus	20	to 30
Peas	20	to 60
String Beans	1	to 2 ½
Lima and other Shell Beans	1	to 1 ¼
Beets, young	45	
" old	3	to 4
Cabbage	35	to 60
Oyster Plant	45	to 60
Turnips	30	to 45
Onions	45	to 60
Parsnips	30	to 45
Spinach	25	to 30
Green Corn	12	to 20
Cauliflower	20	to 25
Brussels Sprouts	15	to 20
Tomatoes, stewed	15	to 20
Rice	20	to 30
Macaroni	20	to 25

Broiling

ARTICLES	TIME	
	Hours	Minutes
Steak, one inch thick		4 to 6
“ one and one-half inch thick		8 to 10
Lamb or Mutton Chops		6 to 8
“ “ “ in paper cases		10
Quails or Squabs		8
“ “ in paper cases		10 to 12
Chickens		20
Shad, Bluefish and Whitefish		15 to 20
Slices of Fish, Halibut, Salmon and Swordfish		12 to 15
Small, thin Fish		5 to 8
Liver and Tripe		4 to 5

Baking

Bread (white loaf)	45 to 60
“ (Graham loaf)	35 to 45
“ (sticks)	10 to 15
Biscuits or Rolls (raised)	12 to 20
“ (baking powder)	12 to 15
Gems	25 to 30
Muffins (raised)	30
“ (baking powder)	20 to 25
Corn Cake (thin)	15 to 20
“ (thick)	30 to 35
Gingerbread	20 to 30
Cookies	6 to 10
Sponge Cake	45 to 60
Cake (layer)	20 to 30
“ (loaf)	40 to 60
“ (pound)	1 ¼ to 1 ½
“ (fruit)	1 ¼ to 2
“ (wedding)	3
or steam 2 hours and bake 1 ½	
Baked batter puddings	35 to 45
Bread puddings	1
Taploca or Rice Pudding	1
Rice Pudding (poor man's)	2 to 3
Indian “	2 to 3
Plum “	2 to 3
Custard “	30 to 45
“ (baked in cups)	20 to 25

ARTICLES

TIME

	Hours	Minutes
Pies		30 to 50
Tarts		15 to 20
Patties		20 to 25
Vol-au-vent		50 to 60
Cheese Straws.....		8 to 10
Scalloped Oysters		25 to 30
Scalloped dishes of cooked mixtures		12 to 15
Baked Beans	6	to 8
Braised Beef	3 ½	to 4 ½
Beef, sirloin or rib, rare, weight 5 lbs.	1	5
“ “ “ “ “ 10 “	1	30
“ “ “ well done, weight 5 lbs.	1	20
“ “ “ “ “ 10 “	1	50
Beef, rump, rare, weight 10 lbs.	1	35
“ “ well done, weight 10 lbs.	1	55
“ (fillet)		20 to 30
Mutton (saddle).....	1 ¼	to 1 ½
Lamb (leg).....	1 ¼	to 1 ¾
“ (forequarter).....	1	to 1 ¼
“ (chops) in paper cases.....		15 to 20
Veal (leg).....	3 ½	to 4
“ (loin).....	2	to 3
Pork (chine or sparerib).....	3	to 3 ½
Chicken, weight 3 to 4 lbs.	1	to 1 ½
Turkey, weight 9 lbs.	2 ½	to 3
Goose, weight 9 lbs.	2	
Duck (domestic).....	1	to 1 ¼
“ (wild).....		20 to 30
Grouse		25 to 30
Partridge		45 to 50
Pigeons (potted)	2	
Fish (thick) weight 3 to 4 lbs.		45 to 60
“ (small)		20 to 30

Frying

Muffins, Fritters and Doughnuts	3 to 5
Croquettes and Fishballs	1
Potatoes, raw	4 to 8
Breaded Chops	5 to 8
Fillets of Fish	4 to 6
Smelts, Trout and other Small Fish	3 to 5

SOUPS

BOUILLON

5 lbs. of lean beef from middle of round, 2 lbs. of marrow bone, 3 quarts of cold water, 1 teaspoonful peppercorns, 1 tablespoonful salt, one-third cup each (cut in dice) of carrots, turnips, onions and celery. Wipe and cut meat in inch tubes, put two-thirds of meat in soup kettle and soak in water 30 minutes, brown remainder in hot frying pan with marrow from marrow-bone, put browned meat and bone in kettle, heat to boiling point, skim thoroughly and cook at temperature below boiling point 5 hours, add seasonings and vegetables, cook 1 hour, strain and cool, remove fat, serve in bouillon cups.

CREAM OF PEA SOUP

1 cup cooked vegetables, 2 cups vegetable water, 2 cups milk, 2 tablespoonfuls flour, 2 tablespoonfuls fat, salt and pepper to taste, press the vegetables through a sieve or chop finely and put on the vegetable water to boil, mix the flour smoothly with an equal measure of milk and thin it down with a little more milk, stir it into the boiling liquid and stir constantly until it thickens and boils two minutes, stir in the fat, pulp and remaining milk and bring to simmering point. Season to taste and serve in a hot dish.

TOMATO BUTTER

7 lbs. ripe tomatoes, peeled and cut up, 4 lbs. granulated sugar, 1 handful salt, 1 cup vinegar, boil all together for 3 hours, when nearly done add: 1 teaspoonful cloves, 1 teaspoonful cinnamon, $\frac{1}{4}$ teaspoonful red pepper.

MEATS

BRAISED TONGUE

Put tongue (fresh) in kettle and cover with boiling water and cook for two hours, then remove skin and roots, put in deep pan and surround with one-third cup each of carrots, celery and onions, and a sprig of parsley, and pour over all four cups of sauce, cover closely and bake two hours, turning often the first hour.

BEEF CROQUETTES

Minced cold beef, boiled or roasted, quarter as much mashed potato, gravy enough to moisten them, in which an onion has been boiled and strained out, season with catsup, pepper, salt, and a pinch of marjoram, fine bread crumbs and one egg.

Mash the potatoes, while hot, very smooth, or if cold potatoes be used, see they are free from lumps; mix in the meat, gravy and seasoning, bind all together with the beaten egg and form into the desired shapes; roll them in fine bread crumbs, and fry quickly to a light brown. Drain on soft paper before the fire till free from fat, and serve hot.

FRIED CHICKEN

Cut a tender chicken in pieces; dip the pieces in water; sprinkle them with salt and pepper, and roll them in flour; sauté them in a tablespoonful of lard or butter, browning both sides; then remove and add to the pan a tablespoonful of flour; cook it for a minute without browning, stirring all the time, and add a cupful of milk or cream; stir until it is a little thickened; strain; mix into it a tablespoonful of chopped parsley. Place the sauce on the serving-dish and arrange the pieces of chicken on it.

VEAL SHAPE

One pound and a half of veal, one lemon, one slice of ham, pepper and salt, three hard-boiled eggs.

Stew the meat, with the thin rind of the lemon, in a very little water till quite tender. When done, cut up both veal and ham into small pieces, mince the lemon rind finely, and set these aside to cool. Strain the stock, add the lemon-juice and seasonings, and let this also cool. Cut the eggs into slices, and arrange them in a plain mould or dish, pour in the cool stock and meat, and set aside till quite cold, when it should turn out whole. This makes an excellent breakfast dish.

GRAVY

Add 2 tablespoonfuls flour to the fat in the pan and stir until smooth and frothy, add 1 cup of warm water, stir over the fire until it thickens and boils, season with salt and pepper.

Note—Strained tomatoes may be used in place of part of the water.

PUDDINGS AND DESSERTS

BANANA PUDDING

$\frac{1}{2}$ box of gelatine, 6 small bananas, 1 cup granulated sugar, 1 small cup of preserved ginger, chopped fine, 1 cup walnuts 1 pint milk, $\frac{1}{2}$ pint whipped cream. Soak the gelatine for 15 minutes in cup cold milk. Mash bananas smooth; mix in chopped ginger and walnuts and add sugar, pour the milk (boiling) on gelatine, stirring until dissolved, add bananas, ginger and nuts, set in a bowl in a pan of crushed ice or cold water, stir occasionally until the mixture begins to grow firm, then very gently fold in the whipped cream, pour into a mould which has been rubbed inside with sweet oil, when firm turn out and serve with whipped cream.

CHOCOLATE PUDDING

1 cup sugar, 7 tablespoonfuls grated bread, 3 tablespoonfuls grated chocolate, 3 eggs, 1 pint of milk, 1 teaspoonful vanilla, yolks of 2 and 1 whole egg beaten, add sugar, heat milk and pour while boiling on chocolate and crumbs, then add eggs, sugar and vanilla, pour into buttered pan and bake $\frac{1}{2}$ hour, whip whites of eggs and put on top, brown slightly.

CHERRY PUDDING

Butter pudding dish and put in 1 pint jar of cherries with part of the juice, cover with following crust: $1\frac{1}{2}$ cups flour, 1 large tablespoon butter, 2 teaspoons of Pure Cream Tartar Baking Powder, pinch of salt, add enough water to make soft dough and roll to about an inch thick, steam 1 hour, turn out and serve with following sauce: $\frac{1}{2}$ cup butter, 1 cup soft sugar, creamed, 1 egg, 2 tablespoonfuls sherry.

CHOCOLATE PUDDING

1 pint of milk, boil in double boiler, salt and sugar to taste, 1 square melted chocolate, thicken milk with corn starch and stir in the chocolate, when boiled, remove from fire and stir in the stiffly beaten whites of the eggs (3), let come to a boil again.

CARAMEL PUDDING

2 cups sugar, browned, poured over 1 quart of milk, put on stove and let melt, 2 eggs or 4 small tablespoonfuls cornstarch, cook thoroughly, mould, place on ice and when cold serve with whipped cream.

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TAPIOCA CREAM

Swell $\frac{1}{2}$ cup tapioca over night in water enough to cover it; the following day boil it 1 hour in a quart of milk. When at boiling heat flavor, and sweeten with 4 tablespoonfuls of sugar; add beaten yolks of 4 eggs; beat the whites of the eggs to a stiff froth and stir them gently with the mixture. To be eaten cold.

CORN STARCH FLUFF

3 tablespoonfuls corn starch wet with a little cold water, pour on, as for starch, 1 pint of boiling water, add pinch of salt and beaten whites of 3 eggs, steam 10 minutes and serve when cold with following sauce: 1 cup milk, 1 cup sugar, yolks of three eggs, butter size of walnut, cook in double boiler, flavor with vanilla, cool and serve.

FIG PUDDING

One-half pound figs, one teacup minced apples, one teacup suet, one teacup sugar, one teacup bread crumbs, a little flour, two eggs, one nutmeg. Boil or steam four hours.

PRUNE PUDDING

Stew one pound prunes and sweeten with one teacupful of sugar. Beat to a very stiff froth the whites of four eggs and stir lightly into the prunes when prunes are quite cold. Bake twenty minutes. Serve cold with cream.

CARAMEL PUDDING

Four tablespoonfuls white sugar, one-half cup brown sugar. Put on stove and stir until brown. One pint milk. Put on stove again to simmer, two tablespoonfuls corn starch, vanilla flavoring. When all are ready mix together, and stir until thick. Put in a mould to cool.

SUMMER MINCE PIES

One cup each of raisins, currants, sugar, vinegar, molasses, water and rolled crackers. Add cloves, cinnamon and nutmeg to taste. Scald all together.

COTTAGE PUDDING

Half cup sugar, one tablespoonful butter, one egg, quarter sweet milk, 2 cups of flour, 2 teaspoonfuls of Pure Cream Tartar Baking Powder, 1 teaspoonful vanilla. Bake in square tin.

Put in a round buttered tin and bake in a quick oven. Serve with the egg sauce given under Christmas Pudding.

COCOANUT CREAM

Melt 2 teaspoonfuls butter, add $\frac{1}{2}$ cup milk and $1\frac{1}{2}$ cups sugar, boil 12 minutes, then remove from the fire and add 1 teaspoonful vanilla and one-third cup grated cocoanut and beat till creamy and pour over the chocolate cream.

CHOCOLATE CREAM

Melt 1 tablespoonful butter in a granite saucepan, add $\frac{1}{2}$ cup milk, and $1\frac{1}{2}$ cups sugar and $2\frac{1}{2}$ squares unsweetened chocolate, stir constantly till the chocolate is melted then let boil 12 minutes, stirring only occasionally, remove from fire and beat till creamy, then pour into buttered pan.

CARAMEL PUDDING

1 quart milk (scalded), 3 eggs (yolks and whites beaten separately), 1 tablespoonful flour, 2 tablespoonfuls sugar, beat yolks of eggs, flour and sugar together and stir into milk, add the whites of eggs and beat all together with egg beater. Cook in double boiler or pan of water in oven.

APPLE SNOW

Pare 5 large tart apples, core and quarter them, then stew in a little water and rub through a colander. When cold add the juice and grated rind of a lemon, $\frac{1}{2}$ cup sugar, whites of 3 eggs beaten to a froth and lay in a glass dish. Boil 1 pint of milk and stir in the beaten yolks of the eggs with 3 large tablespoonfuls of sugar. Serve this with the apple mixture.

CHRISTMAS PUDDING

One cup butter, cup molasses, cup milk or water, cup raisins (chopped), teaspoonful soda, three cups flour, quarter teaspoonful each cinnamon, cloves, nutmeg; steam two or three hours

SAUCE

Cream yolk of one egg with half cup of granulated sugar, stir in the white of an egg beaten to a stiff froth, flavor with vanilla or lemon.

OMELETTE

Six eggs (whites and yolks beaten separately), 1 tablespoonful flour, 1 tablespoonful melted butter, $\frac{1}{2}$ cup milk; stir these with the yolks, then beat the whites to a stiff froth and stir in just before cooking.

CAKES

VENETIAN CAKES

$\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup almonds, yolks of 3 eggs, 1 teaspoonful vanilla, $1\frac{3}{4}$ cups flour. Cream butter, add sugar gradually, blanch the almonds and chop half of them very fine, put the other half on top of cakes. Add yolks of eggs mixed well and the flour and vanilla to the butter and sugar, add chopped nuts. Dip top in powdered sugar and press $\frac{1}{2}$ almond in top of each ball. Place in a buttered pan and put in oven 15 or 20 minutes.

FRIED CAKES

One coffee cup sugar, 2 eggs, 1 cup sour milk, 4 tablespoonfuls melted butter, $\frac{1}{2}$ of a nutmeg, 1 teaspoonful soda; mix lightly, roll out and cut in rings or small round cakes; fry in hot lard until a nice brown. Sweet milk and 2 teaspoonfuls of Pure Cream Tartar Baking Powder, make them very nice especially in the summer. Roll in pulverized sugar after frying.

GINGER BREAD

1 cup sour milk, 1 cup molasses, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls soda, 1 tablespoonful ginger, 1 teaspoonful cinnamon, $2\frac{1}{2}$ cups flour, sift flour, cinnamon, salt and ginger together, add 1 teaspoonful soda to molasses and beat till light, add remainder of soda to milk, add molasses and melted butter, and lastly mix in the flour, pour into a buttered pan and bake in a moderate oven for 30 minutes.

ONE EGG CAKE

$\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup milk, 1 egg, $2\frac{1}{2}$ teaspoonfuls Pure Cream Tartar Baking Powder, $1\frac{1}{2}$ cups flour. Cream butter, add sugar gradually, and egg well beaten, mix and sift flour and baking powder, add alternately with milk to first mixture. Bake 30 minutes in a shallow pan, spread with chocolate frosting.

WALNUT MOCHA CAKE

$\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup coffee infusion, $\frac{3}{4}$ cup walnuts broken in pieces, $1\frac{3}{4}$ cups flour, $2\frac{1}{2}$ teaspoons Pure Cream Tartar Baking Powder, whites of 3 eggs, cream butter, add sugar, sift flour and baking powder together, add to mixture, add walnuts, lastly fold in the whites of eggs well beaten.

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CHOCOLATE CAKE

$\frac{1}{2}$ cup grated chocolate, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup milk, yolk of 1 egg, beat yolk, add grated chocolate and sugar, add milk and cook over hot water till smooth and thick. Set away to cool.

1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 3 eggs beaten separately, 2 cups flour, 1 teaspoonful soda (dissolved in water), 1 teaspoonful vanilla. Cream the butter, add sugar and beat, then add yolks of eggs well beaten, add 1 cup flour, add milk, 1 cup flour and soda, then add cooked custard and vanilla, fold in the whites of eggs well beaten. Pour into a square buttered pan and bake in a moderate oven 30 minutes.

SPONGE CAKE

4 eggs, 1 cup sugar, 1 cup flour, rind and juice of one lemon, break the eggs separately, beat yolks until light with half the sugar and all the lemon juice and rind, beat the whites stiff, add the remaining half of sugar and beat, add to the yolks, then stir in flour. Pour into a buttered pan and bake in a slow oven 30 or 40 minutes.

ANGEL CAKE

1 cup whites of eggs, 1 cup sugar, 1 cup flour, $\frac{1}{4}$ teaspoonful cream tartar, 1 teaspoonful vanilla. Beat whites of eggs stiff, add sugar and cream tartar, beat again, add vanilla, sift flour four times and mix it in gradually, pour into an unbuttered tin, bake in a very slow oven 40 or 50 minutes. When taken out invert the pan on 4 cups and allow to stand until cold.

JELLY ROLL

3 eggs, 1 cup sugar, $\frac{1}{2}$ tablespoonful milk, 1 tablespoonful melted butter 1 teaspoon Pure Cream Tartar Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 cup flour. Beat eggs until light, add sugar gradually, milk, flour mixed and sifted with baking powder and salt, then butter. Line bottom of dripping pan with paper, butter paper and sides of pan, cover bottom of pan with mixture and spread evenly, bake 12 minutes in a moderate oven. Take from oven and turn on a paper sprinkled with powdered sugar, quickly remove paper and cut off a thin strip from sides and ends of cake, spread with jelly or jam which has been beaten to consistency to spread easily and roll. After cake has been rolled, roll paper around cake that it may better keep in shape. The work must be done quickly or cake will crack in rolling.

APPLE SHORT CAKE

Apple sauce seasoned with a little butter, and a pinch of salt. Short Cake:—One pint of flour sifted with two teaspoonfuls Pure Cream Tartar Baking Powder, add a little salt. Rub butter half the size of an egg into the flour and mix into soft dough with one coffee-cup sweet milk. Divide dough into two parts, roll out one-half, put in pan; brush surface with melted butter. Roll out the rest and put on top. Bake in very hot oven. Divide, butter and spread with sauce. Serve with cream.

JELLY OR LAYER CAKE

Whites of 4 eggs, 1 cup of white sugar, two tablespoonfuls of butter, two cups of milk, two teaspoons of Pure Cream Tartar Baking Powder, two cups sifted flour. Beat the whites stiff and add last (after the flour); flavor with a few drops lemon or vanilla.

Layer cake, in which the four yolks may be used—One and a quarter cups of sugar, half cup of butter, four yolks of eggs, three-quarters of a cup of milk, two and a half cups of flour, two teaspoonfuls of baking powder. Adding fruit will make a very good fruit cake.

ORANGE SHORT CAKE

Cream together $\frac{1}{2}$ cup butter and a cup of sugar, into them stir a well-beaten egg, $\frac{1}{2}$ cup milk and a pint of flour into which 2 tablespoons Pure Cream Tartar Baking Powder have been sifted, roll and bake in two sheets. For the filling peel 6 oranges, remove seeds, slice and sprinkle with sugar, and place between layers. For a sauce take the grated rind of 2 oranges, the juice of 1, $\frac{1}{2}$ cup sugar, 1 teaspoonful butter and two cups of water, thicken with corn starch, serve hot.

CHOCOLATE CAKE

Take three eggs, beat whites and yolks separately first, and then together; beat into this 1 cup white sugar; and then $\frac{1}{2}$ teacup melted butter. Sift 2 teacups flour into which you have stirred two teaspoonfuls of Pure Cream Tartar Baking Powder and a pinch of salt. Beat it gradually into the eggs, etc., then add enough milk to make a moderately stiff batter. Bake in two layer cake tins in quick oven. Chocolate Filling—Melt one-half cake unsweetened chocolate in teacup boiling water on stove; add icing sugar enough to stiffen it into a thick paste; put this between layers while they are hot and ice top of cake.

LEAP YEAR CAKE

One cup sugar, $\frac{1}{2}$ cup butter (scant), $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups of flour, whites of 3 eggs, beaten, 1 teaspoon of Pure Cream Tartar Baking Powder mixed in flour. Frosting, yolks of 3 eggs with 10 tablespoons of fine sugar, well beaten; flavor with vanilla.

PLAIN CAKE

Two eggs, one cup sugar, half cup milk, one-third cup butter, 2 cups flour and 2 teaspoons Pure Cream Tartar Baking Powder. Beat eggs, add sugar and afterwards softened butter, stir in part of milk, and then half of the flour, through which baking powder has been sifted, then remainder of milk and flour. Bake in square tin; cover with chocolate icing if desired or sifted sugar.

WHITE FRUIT CAKE

One and one-half cups sugar, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup milk, 2 eggs, $1\frac{1}{2}$ cups raisins, 3 cups flour, two teaspoonfuls of Pure Cream Tartar Baking Powder.

COFFEE CAKE

One cup each of butter, strong coffee, currants, and raisins, 2 cups brown sugar, 6 eggs, 2 teaspoonfuls each of cinnamon and cloves, 1 teaspoonful soda, 3 cups flour.

FRUIT CAKE

Two and a half cups sugar, 4 eggs, 1 cup butter, 2 cups flour, 2 cups sour milk, 1 teaspoonful soda, 4 tablespoonfuls cinnamon, 1 tablespoonful cloves, 3 nutmegs, $\frac{1}{2}$ lb. citron, 1 lb. raisins. Bake one hour.

ALMOND CAKE

Two cups sugar, two cups butter, four cups flour, eight eggs, one cup chopped almonds, two teaspoonfuls ratafia, two teaspoons vanilla, 2 teaspoons Pure Cream Tartar Baking Powder, two cups of raisins. This makes two cakes. Add the flour and baking powder, mixed, last of all.

APPLE CAKE

Take 2 dried apples, stew just enough to cut easily, chop as fine as raisins, and boil them in 2 cups of molasses until preserved; drain off the molasses for the cake, add 2 eggs, 1 cup butter, 1 cup sour milk, 2 teaspoonfuls soda and 4 cups flour; spices of all kinds, add the apples last.

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APPLE BETTY

Take one pint of stewed apples, sweetened, a small lump of butter and a teacup of rich milk, or thin cream; put the apples into a pudding dish in layers, with thin shavings from a loaf of bread between the layers; pour the milk over it and bake a half hour. To be eaten with Fairy sauce—that is, butter and sugar stirred to a frothy compound, flavoring with wine and nutmeg.

SANDWICH CAKE

Two teacups fine sugar, $\frac{3}{4}$ cup butter, 1 cup sweet milk, 2 cups flour, 3 teaspoons Pure Cream Tartar Baking Powder and whites of 5 eggs. Take out of the white cake 4 good tablespoons and add to it $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup flour, 1 cup chopped raisins, 1 teaspoonful cloves and cinnamon; a little nutmeg. Bake this in one tin and the white in two. Put the white on a plate and cover with jelly; then lay on black cake and spread jelly on that, then the white on top and cover with frosting.

WHITE CAKE

Two cups sugar, 1 cup butter, rub together to a cream; 1 cup sweet milk, whites of 8 eggs beaten to a stiff froth, $3\frac{1}{2}$ cups of flour in which has been mixed two teaspoonfuls of Pure Cream Tartar Baking Powder, 1 tablespoonful essence of bitter almonds.

SPONGE CAKE

Three eggs, beat one minute; one and one-half cups white sugar, beat five minutes; add one cup flour, beat one minute more; then add one-half cup water, one cup flour, two teaspoonfuls of Pure Cream Tartar Baking Powder flavored to taste with lemon or vanilla. Bake in a moderate oven twenty-five or thirty minutes.

STANDARD CAKE

$\frac{1}{4}$ cup butter, $\frac{3}{4}$ cup sugar, 2 eggs, $1\frac{1}{2}$ cups milk, $1\frac{1}{2}$ cups flour $1\frac{1}{2}$ teaspoons Pure Cream Tartar Baking Powder, $\frac{1}{2}$ teaspoon vanilla. Grease sides of cake tin and cover bottom with a greased paper, cream butter and sugar in a bowl until the sugar is partly dissolved, beat the eggs and add to butter and sugar, add the milk and continue beating until the sugar is dissolved, add the flour and beat thoroughly, sift the baking powder into the batter and beat it in, add the flavoring. Spread the batter evenly in the cake tin and bake. If baked in layers a hot oven is necessary, if in loaves a moderate oven.

SWEET CREAM BISCUITS

4 cupfuls flour, 1 cupful cream, 1 cupful skim milk, 2 teaspoonfuls cream of tartar, 1 teaspoonful soda, 1 teaspoonful salt.

It is important to pay careful attention to the measurement of the materials. The cupfuls of cream and milk should be scant, but the cream should be rich, and the cupfuls of flour (measured before sifting) should be level; the spoonfuls of cream of tartar and soda should be slightly rounded; the salt be measured level. Moreover, the cup used should be the standard half-pint measure rather than a tea-cup or coffee-cup.

Sift the salt, soda and cream of tartar with the flour, and after putting the cream and milk together mix the ingredients just mentioned. Handle as quickly and as little as possible and roll out without using any extra flour except a bare sprinkling on the board. Cut the biscuit half an inch thick, put in warm pans and bake in rather a quick oven with good bottom heat. The biscuits should rise to three times their original thickness before browning and ought to be done in twenty minutes. As different brands of flour vary in the amount of liquid they will absorb, the exact quantity of liquid material cannot be stated; but the dough should be as soft as it is possible to handle—even slightly sticky. Success will depend mainly upon this and proper baking. Properly made, the biscuits will be "as light as a feather."

COOKIES

One cup of butter and lard mixed, one cup brown sugar, two eggs; one and a half teaspoonfuls of Pure Cream Tartar Baking Powder, flour enough to roll. Bake in quick oven.

DROP COOKIES

One cupful of sugar, one-half cupful of butter, one cupful milk, whites of 2 eggs, 2 spoonfuls Pure Cream Tartar Baking Powder, one-half nutmeg, and flour enough to stir very stiff. Drop in small spoonfuls on a buttered pan, sprinkle top with English currants and sugar, and bake quickly. These are very fine.

BUTTERMILK BISCUIT

One pint of rich buttermilk, 1 tablespoonful lard, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful soda, 1 tablespoonful sugar, and as much flour as you can stir in with a spoon. Bake in patty pans, in a

CREAM PUFFS

One pint water, one-third lb. butter, $\frac{3}{4}$ lb. flour, 3 eggs; boil the water and butter together, and stir in the flour while boiling. When cool, add the 3 eggs, well beaten, and a teaspoonful of soda; drop on tin sheets in tablespoonfuls, and bake in a moderate oven 30 minutes.

Cream for the Puffs

One cup flour, or half cup corn starch, 2 cups sugar, 4 eggs, 1 quart milk; heat the flour, sugar and eggs together, then stir with the milk while boiling, till it is of the consistency of thick cream; flavor with vanilla. Make a small ring in each puff and put in a spoonful of the cream.

SPONGE CAKE

Four eggs beaten separately; when whites are very stiff beat into them one-half a cup of white sugar; beat the yolks and add the other half cup of sugar; beat for five minutes by the clock; add to yolks rind and juice of one lemon; now beat yolks and whites together and scant cup of flour stirred in quickly. Sprinkle top of cake with sugar when in cake-tin before putting in the oven. Bake one-half an hour.

ORANGE CAKE

Two cups sugar, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup milk, 4 eggs, 2 teaspoonfuls of Pure Cream Tartar Baking Powder, two cups of flour. Bake in layers.

Filling for Cake

Three grated oranges, white of 1 egg, 4 ounces sugar; beat to a jelly and spread between the layers.

CREAM SPONGE CAKE

Three eggs, 1 cup sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon of Pure Cream Tartar Baking Powder, $2\frac{1}{2}$ teaspoonfuls of cold water. Stir thoroughly with the hand; do not use a spoon; bake in layers in a quick oven.

Cream for Cake

Boil nearly a pint of sweet milk; take 3 even tablespoonfuls corn starch, dissolved in a little milk, to this add 2 eggs, well beaten, and stir slowly into the milk; add a scant cup white sugar; when almost done add $\frac{1}{2}$ cup butter and 2 teaspoonfuls lemon or vanilla.

PUFF CAKE

Two cups sugar, 1 cup milk, $\frac{1}{2}$ cup butter, 3 cups (scant) flour, and 3 teaspoons Pure Cream Tartar Baking Powder, whites of 6 eggs; flavor with lemon or rose. Stir sugar and butter to a cream, add milk and flour, then the whites of the eggs.

LEMON CAKE

One cup sugar, $1\frac{1}{2}$ cups flour, 2 tablespoonfuls butter, $\frac{1}{2}$ cup sweet milk, three eggs, three teaspoonfuls of Pure Cream Tartar Baking Powder. Bake as jelly cake.

COCOANUT PUFFS

Whites of three eggs beaten to a stiff froth, 6 tablespoonfuls sugar, 1 tablespoonful corn starch, $\frac{1}{4}$ lb. cocoanut. Bake on buttered papers in dripping pan, in slow oven.

TEA CAKE

One cup sugar, 1 tablespoonful of butter, 2 eggs, $\frac{1}{2}$ cup sweet milk, 2 cups of flour, 2 teaspoonfuls Pure Cream Tartar Baking Powder, 1 teaspoonful vanilla. Bake in square tin.

SHORTBREAD

One pound butter, two pounds flour, one-half pound sifted damp brown sugar, some sweet almonds, and a few caraway comfits. Put butter into a basin, squeeze till quite soft, squeeze into it flour and sugar and almonds, chopped fine. Mix all well together, cut into cakes one-half an inch thick. Sprinkle caraway comfits on top. Bake in a slow oven.

ANGEL CAKE

Whites of 11 eggs, $1\frac{1}{2}$ tumblers granulated sugar, 1 tumbler sifted flour, teaspoonful cream of tartar, 1 teaspoonful extract vanilla. Sift the flour four times, then add cream of tartar and sift again. Beat eggs to a stiff froth, add sugar lightly, and then flour the same. Beat till ready for oven, and bake 40 minutes.

MEASURE CAKE

One cup butter, 2 cups sugar, $3\frac{1}{2}$ cups flour, 4 eggs, 1 cup sweet milk, two teaspoonfuls of Pure Cream Tartar Baking Powder. Use cocoanut or one pint of raisins.

CARAMEL SAUCE

Melt 1 cup of granulated sugar in pan, add 1 cup of boiling water, 1 teaspoonful butter, 1 teaspoonful vanilla, a little salt and thicken with flour.

DROP CAKES

$\frac{1}{2}$ cup butter, 1 cup coffee sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoonful soda, 1 teaspoonful baking powder, two eggs not beaten, $\frac{1}{2}$ cup currants, flavor with grated nutmeg and bake in gem tins about 20 minutes in slow oven.

NUT FINGERS

1 cup sugar, $\frac{1}{2}$ cup butter, creamed, 2 cups flour, two-third cups milk, $\frac{1}{4}$ teaspoonful salt, $3\frac{1}{2}$ teaspoonfuls baking powder, whites of three stiffly beaten eggs, bake in flat pan, when cold cut into strips $\frac{1}{2}$ inch wide and 2 inches long, and dip into soft icing then roll in the following: Blanch and brown $\frac{1}{2}$ pound almonds, crush with rolling pin until quite fine, use the rest of the cake plain.

SPICE CAKE

$\frac{1}{2}$ cup butter, 1 cup coffee sugar, creamed, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{4}$ cups flour, $1\frac{1}{2}$ teaspoonfuls baking powder, 2 eggs, (keep whites of one for icing), $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful allspice, bake in flat pan in slow oven, ice with boiled frosting made of: 1 cup white sugar boiled until it threads poured slowly on stiffly beaten whites of egg, flavor with extract of lemon.

FILLING FOR CAKE

The juice and grated rind of 1 lemon, 2 teaspoonfuls cold water, 2 eggs, 1 cup sugar. Put on the stove and let it cook; stir till it thickens, but do not let it boil. When cool spread between the layers of cake. Frost the cake if desired.

SOFT GINGERBREAD

One cup butter, two cups sugar, one cup sour milk, one cup molasses, four eggs, three cups flour, pinch salt, one table-spoonful ginger, one teaspoonful soda.

DEWEY ICING

One cup icing sugar, butter the size of a walnut, white of an egg, one teaspoonful of vanilla, one teaspoonful of lemon. Mix butter and sugar, and add the egg; then the other ingredients, and spread on the cake when cold.

FRUIT PUFFS

1 egg, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup milk, 1 tablespoonful butter, 2 teaspoonfuls baking powder, 1 large cup flour. Steam $\frac{1}{2}$ hour in cups, dip them in cold water. Receipt makes five.

GINGER COOKIES

Half cup molasses, $\frac{1}{2}$ cup sugar, 1 cup butter, 1 tablespoonful water, 1 teaspoonful soda, 2 teaspoonfuls ginger.

PIE CRUST

One cup lard, 1 cup ice water, nearly a quart of flour. Rub the lard and flour together as quickly as possible, mix gradually with the water; roll thin. For the upper crust, after rolling out spread butter over it, cut into squares, laying one on top of another, roll out again, repeating this process, then roll out and use to cover the pie. This will make 2 pies.

BROWN BREAD

3 cups graham flour, $\frac{1}{2}$ cup brown sugar, 1 tablespoonful molasses, butter size of an egg, 2 cups sour milk, $\frac{1}{2}$ cup seeded raisins, 1 teaspoonful salt, 1 teaspoonful baking soda, bake one hour in moderate oven.

FRUIT CAKE

1 lb. butter, 1 lb. sugar, 3 lbs. raisins, 2 lbs. currants, 2 lbs. flour, $\frac{1}{2}$ cup molasses 10 eggs, $\frac{1}{4}$ lb. lemon peel, 1 tablespoonful cinnamon, 2 teaspoonfuls cloves, 2 nutmegs, 1 wine glass brandy, 1 teaspoonful baking soda dissolved in a glassful of boiling water, cream butter and sugar, beat in eggs, two by two, add spices, molasses, brandy and soda, sift flour and add fruit to part of flour then add remainder, this makes four medium or 2 large cakes. Keep in a tin box.

LEMON FILLED CHOCOLATE CAKE

Take piece of unsweetened chocolate size of an egg, melt and add $\frac{1}{2}$ cup sweet milk, yolks of two eggs, put on stove and stir until thick, add 1 cup sugar, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 tablespoonful butter, 1 teaspoonful vanilla, 1 scant teaspoonful soda (scalded), bake in layers, when cold split and fill with the following mixture: 1 cup sugar, 1 tablespoonful butter, juice and rind of 1 lemon, 1 egg, cook until like honey, ice top and sides with boiled frosting

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WALNUT WAFERS

One cup brown sugar, one cup walnut meats, one well-beaten eggs, 6 teaspoons of flour, 1 teaspoon Pure Cream Tartar Baking Powder. Drop small drops in well buttered pans and bake in a moderate oven.

CURRENT COOKIES

1 cupful butter, $1\frac{1}{2}$ cupfuls sugar, 3 cupfuls flour, 1 cupful currants, $\frac{1}{2}$ cupful hot water, 1 level teaspoonful soda, $\frac{1}{4}$ teaspoonful nutmeg.

These little cakes are delicious and will keep a long time. Beat the butter to a cream, and then beat in the sugar. Add the eggs, well beaten; then the soda, dissolved in hot water. Now stir in the flour and nutmeg, and finally the currants. Drop the batter by teaspoonfuls in a well-buttered pan, being careful to leave room for the cakes to spread. Bake in a moderate oven until the cookies have a nice brown color. When cold put in tin boxes.

LIGHTNING CAKE

1 cupful sugar, 1 cupful flour, $\frac{1}{4}$ cupful butter, 1 egg, 1 teaspoonful of Pure Cream Tartar Baking Powder, milk.

This cake takes its name from the ease and quickness with which it is made. Although simple, it is very good. Mix in the dry state sugar, flour and Pure Cream Tartar Baking Powder. Put the butter in a tin measuring-cup and let it melt. Break the egg into this butter and beat well. Add enough milk to fill the cup to the top, and pour on the dry ingredients. Beat quickly, and add something to flavor the cake, if you like. Pour into a buttered pan and bake for twenty minutes. The material will be enough for one sheet or two round plates.

COCOANUT COOKIES

One cup of white sugar, one cup of butter, three eggs, three teaspoons of Pure Cream Tartar Baking Powder, one cup of coconut, flour enough to roll nicely. Delicious.

MUFFINS

One and one-half cups flour, little salt, two teaspoonfuls of Pure Cream Tartar Baking Powder, well sifted together. Yolks of 2 eggs, well beaten, 1 cup of milk, butter half size egg. Then stir in flour; beat up whites of eggs and stir in, have tins well buttered. Bake in a quick oven twenty minutes to one-half hour.

FRENCH CAKE

Two cups sugar, 3 cups flour, $\frac{1}{2}$ cup butter, 1 cup milk, 3 eggs, three teaspoonfuls of Pure Cream Tartar Baking Powder; flavor to taste.

RAISIN LAYER CAKE

One cup brown sugar, one-third cup butter, two eggs, one cup sifted flour, one cup chopped raisins, one-half cup sour milk, one-half teaspoonful soda, one-third teaspoonful cinnamon, one-third teaspoonful nutmeg, one-third teaspoonful allspice. Bake in layers in a moderate oven.

RICE GRIDDLE CAKES

Boil one cup of rice. Beat together three eggs, adding three cups of milk with the rice, and sift into this half a cup of flour to which a pinch of salt and Pure Cream Tartar Baking Powder has been added. Fry and serve immediately.

BEAUTIFUL LAYER CAKE

Small cup of sugar. Butter the size of an egg. Beat together into a cream; add three tablespoonfuls milk; three eggs (the yolks and whites beaten separately); two teaspoons of Pure Cream Tartar Baking Powder; full cup of flour; flavoring to taste; medium oven.

OATMEAL MACAROONS

One cup white sugar, one tablespoonful butter, two eggs, two heaping cups rolled oats, one-half teaspoonful salt, two teaspoonfuls of Pure Cream Tartar Baking Powder. Grease pan and drop in half teaspoonfuls of dough in the pan, leaving room to spread. Bake in hot oven fifteen minutes.

CHEESE STRAWS

Two ounces each of butter, flour, bread crumbs, and grated cheese, salt and pepper to taste. Mix these ingredients into a paste, roll it a quarter of an inch thick, cut into narrow strips. Bake until a light brown color. Serve cold.

FRUIT CAKE

One pound each sugar, butter and flour, 8 eggs, 2 lbs. raisins, 1 lb. currants, $\frac{1}{4}$ lb. citron, 1 tablespoonful molasses, 1 cup sour milk, 1 teaspoonful soda, spices of all kind, bake 2 hours in a moderate oven. This will keep a year.

ORANGE LAYER CAKE

1 cup sugar, $\frac{1}{2}$ cup butter, two-thirds cup milk, 2 cups flour, whites of 3 eggs, 4 teaspoons Pure Cream Tartar Baking Powder, $\frac{1}{2}$ teaspoon salt, cream butter, add sugar and cup flour, then add milk and beat well, sift salt and baking powder with the other cup of flour, add this to the cake and beat well, lastly fold in the whites of eggs beaten to a stiff froth. Pour into a buttered pan and bake in a moderate oven. When cold ice with orange icing.

SEED CAKE

One cup of butter, two cups granulated sugar (scant), one cup of milk, 3 cups flour, 3 teaspoons Pure Cream Tartar Baking Powder (heaping), whites of six eggs, a heaping teaspoonful caraway seeds. Cream the butter and sugar, add milk, half the stiffly beaten whites and half the flour and baking powder, then the rest of the whites and flour and the seeds. Beat well and bake in two small loaves or one large one. Ice while warm.

ALMOND CAKE

One cup sugar, $\frac{1}{2}$ cup butter, rub to a cream; $\frac{1}{2}$ cup sweet milk, whites of 4 eggs beaten to a stiff froth, 1 cup flour, 1 cup corn starch, with two teaspoonfuls of Pure Cream Tartar Baking Powder, well beaten. Bake in layers.

Cream for Filling

1 lb. almonds blanched and chopped not very fine, 1 large cup of sour cream whipped and sweeten to taste; beat the whites of 2 eggs to a stiff froth, mix all together and put between the layers. This is sufficient for two cakes.

Boiled Frosting

Two cups sugar, water to moisten, boiled until candied. Beat the whites of two eggs to a stiff froth, stir in gradually, beat until cold.

SCONES

Three cups of sifted flour, add 3 teaspoons Pure Cream Tartar Baking Powder and a $\frac{1}{2}$ teaspoon of salt; then sift again. Mix one teaspoon granulated sugar with three teaspoons cold butter (cut in dice), and one cup milk, add the flour to the mixture, handling as little as possible. Cut into three portions, make with a silver knife a cross and bake twenty minutes. On removing from oven rub over with a little butter.

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CANDY

PEANUT JUMBLES

4 tablespoonfuls butter, 1 teaspoonful lemon juice, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ teaspoons Pure Cream Tartar Baking Powder, yolks of 2 eggs, 1 cup flour, 4 tablespoons milk, 2 cups chopped peanuts. $\frac{1}{2}$ teaspoon salt, cream butter, add sugar, yolks of eggs beaten thoroughly, then milk, salt and lemon, beat well, add flour and baking powder (twice sifted) and milk, drop from spoon on buttered paper, place whole peanut on centre of each, bake 12 minutes in slow oven.

MAPLE MOUSSE

2 eggs, $\frac{1}{2}$ cup maple syrup, 1 pint cream, whip whites and yolks of eggs separately until quite stiff, then add and pour in syrup carefully. Whip cream until stiff, mix all together and freeze.

SEA FOAM FUDGE (NUT)

3 cups of light brown sugar, 1 cup of water and a tablespoonful of vinegar, do not stir after it is once heated, boil until it will harden when dropped into cold water, beat stiff the whites of two eggs and when the syrup has stopped bubbling pour it over these and beat well, flavor with vanilla and add a cup of chopped nuts.

MACAROONS

1 cup sugar, 1 tablespoonful butter, 2 eggs, beaten separately, 2 teaspoonfuls ratafia, 2 cups oatmeal.

FONDANT FOR CREAMS

1 lb. granulated sugar and a cupful of water, boil without stirring until it will spin a thread from the point of a fork, then cook till you can make a soft ball with the fingers from some poured on a dish, beat until it is smooth and hard and can be kneaded like dough in the hands.

FUDGE—NUT

Take two cups brown sugar, butter the size of a walnut, enough milk, or cream, to make the sugar quite wet. Mix these thoroughly and let the mixture boil for ten minutes steadily. Before removing from the fire, add another piece of butter the size of a walnut. Let the mixture stand for three minutes, then beat until it will pour into a buttered dish. Before pouring out, beat in a cupful of nuts. Do not stir the mixture while it is boiling.

BEVERAGES

Any drink is a beverage. Water is essential to life. All beverages contain a large percentage of water. Their uses are :

- (1) To quench thirst.
- (2) To introduce water into the circulatory system.
- (3) To regulate body temperature.
- (4) To assist in carrying off waste.
- (5) To nourish.
- (6) To stimulate the nervous system and various organs.
- (7) For medicinal purposes.

TEA

All tea is grown from a shrub called Thea. The best tea is made from the young, whole leaves of the shrub.

Black Tea—Made from leaves which have been allowed to ferment before curing.

Green Tea—Made from the unfermented leaves artificially colored.

The best black tea comes from India and Ceylon. The best green tea comes from Japan.

Tea contains much proteid, but taken as an infusion acts as a stimulant rather than a nutrient.

HOW TO MAKE TEA

3 teaspoonfuls tea, 2 cups boiling water. Scald an earthen or china teapot, put in tea and pour on boiling water, let stand on back of range or in a warm place five minutes, strain and serve immediately. Do not steep leaves a second time with addition of a few fresh ones. If this is done a large amount of tannin is extracted which is very injurious.

ICED TEA

4 teaspoonfuls tea, 2 cups boiling water. Follow recipe for making tea. Strain into glasses one-third full of cracked ice, sweeten to taste.

Coffee is more stimulating than tea.

COFFEE

The coffee tree grows in all tropical countries. Each berry contains two seeds. These seeds are washed and then dried by steam heat. After the coffee is sent to us it needs to be roasted. In this process the seeds increase in size but decrease greatly in weight.

BOILED COFFEE

1 cup coffee, 1 cup cold water, 1 egg, 6 cups boiling water. Scald a granite -ware coffee pot, wash egg, break and beat slightly, dilute with one-half the cold water, add crushed shell and mix with coffee, turn into coffee pot, pour on boiling water and stir thoroughly. Place on front of range and boil three minutes. If not boiled the coffee is cloudy. If boiled too long too much tannic acid is developed. The spout of pot should be covered or stuffed with soft paper to prevent escape of fragrant aroma. Stir and pour some in a cup to be sure the spout is free from grounds, return to coffee pot and repeat. Add the remaining cold water, which perfects clearing. Place on back of range for ten minutes. Serve at once.

COCOA AND CHOCOLATE

The cocoa-tree is native to Mexico, although it has been cultivated successfully in South America and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. Chocolate contains much more fat than cocoa preparations. The fat obtained from cocoa bean is cocoa butter.

BREAKFAST COCOA

1 ½ tablespoonfuls cocoa, 2 tablespoonfuls sugar, 2 cups boiling water, 2 cups milk, few grains salt. Scald milk, mix cocoa, sugar and salt, dilute with one-half cup boiling water to make smooth paste, and remaining water and boil one minute, turn into scalded milk and beat two minutes using Dover egg beater.

CHOCOLATE

2 ozs. sweetened chocolate, 4 cups milk, few grains salt, whipped cream. Scald milk, add chocolate and stir until smooth, bring to boiling point and serve with whipped cream sweetened and flavored.

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