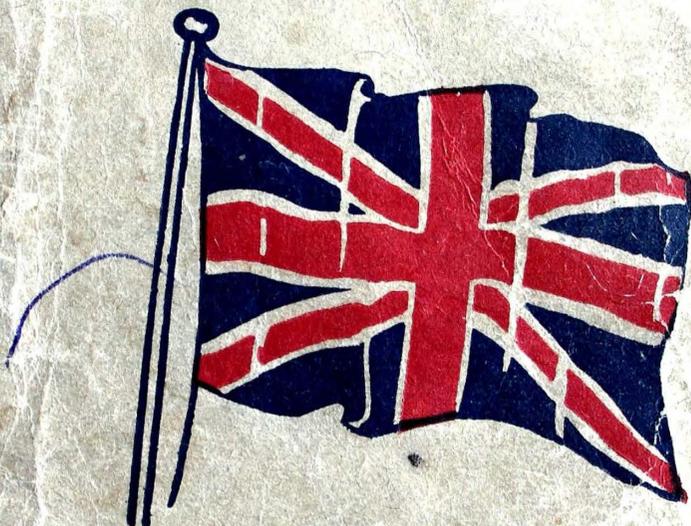


**I. O. D. E.**  
**RECIPE BOOK**

**1941**

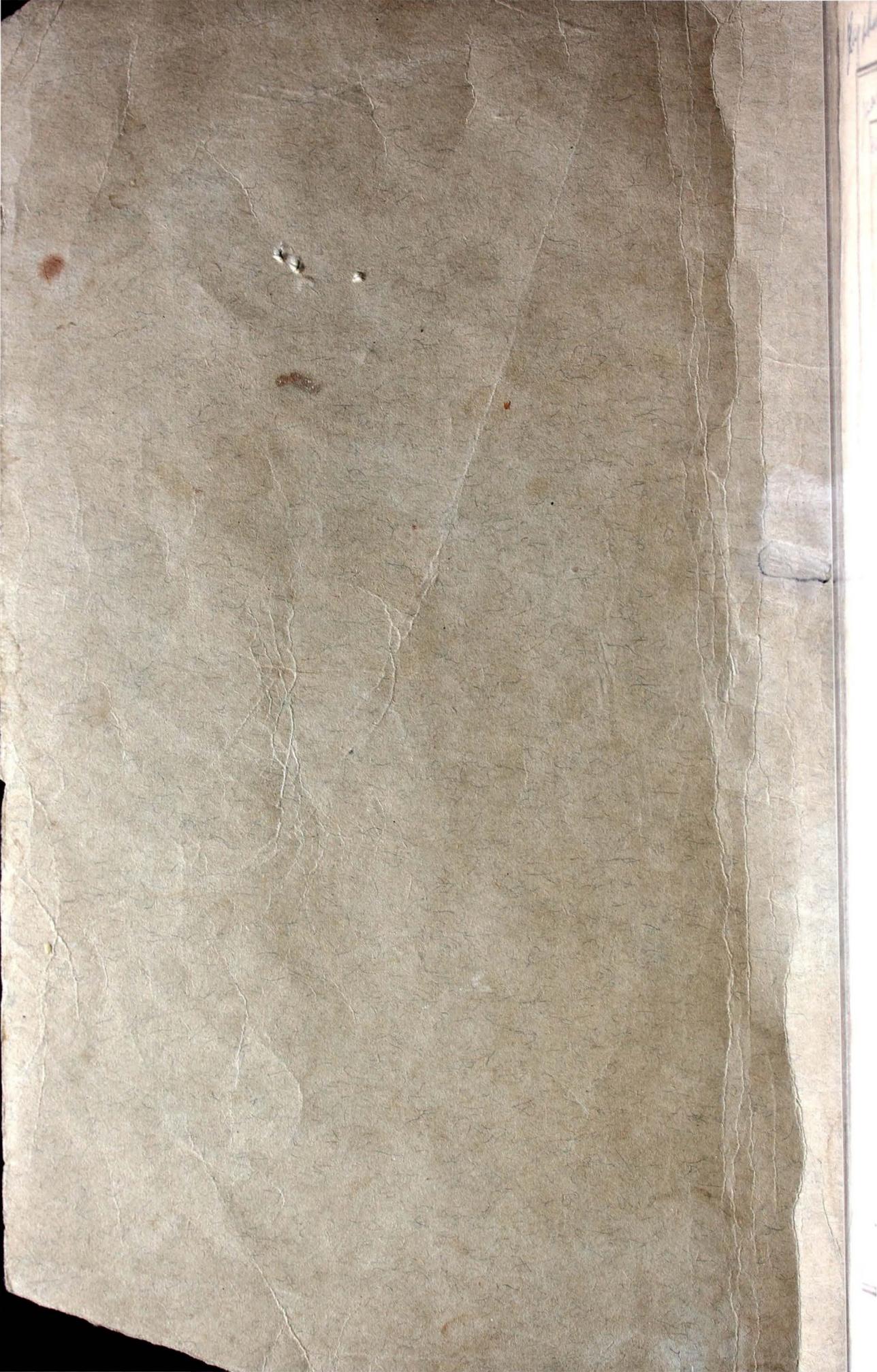


**COMPILED BY**

**THE**

**Fort Monckton Chapter**

**Moncton, New Brunswick**



*1/2 cup powder  
Rug shampoo soap flakes 2 cups boiling water*

*pour B. water over soap flakes & pour & let  
cool, take out some heat with egg beater*

**I. O. D. E.**

*then 25 mg &  
furniture*

# RECIPE BOOK

**1941**

*Chocolate Sauce*

*1/2 c fig's or cocoa*

*3/4 c sugar*

*little salt*



*then slowly add 1 cup*

*boiling water stir well*

*& bring to the boil*

Compiled by

**Fort Monckton Chapter**

Moncton, New Brunswick

*Also delicious with orange  
lime, pineapple, raspberry, strawberry  
or wild cherry*

### **AIMS AND OBJECTS OF THE ORDER**

---

(a) To stimulate and give expression to the sentiment of patriotism which binds the women and children of the Empire around the throne and person of their Gracious and Beloved Sovereign.

(b) To supply and foster a bond of union amongst the daughters and children of the Empire.

(c) To provide an efficient organization by which prompt and united action may be taken by the women and children of the Empire when such action may be desired.

(d) To promote in the motherland and in the colonies the study of the history of the Empire and of current Imperial questions; to celebrate patriotic anniversaries; to cherish the memory of brave and heroic deeds and the last resting places of our heroes and heroines, especially such as are in distant and solitary places; to erect memorial stones on spots that have become sacred to the nation, either through great struggles for freedom, battles against ignorance or events of heroic and patriotic self-sacrifice.

(e) To care for the widows, orphans and dependents of British soldiers and sailors during war, in time of peace or under sickness, accident or reverses of fortune.

(f) To promote unity between the motherland, the sister colonies and themselves; to promote loyalty to King and country; to forward every good work for the betterment of their country and people; to assist in the progress of art and literature; to draw women's influence to the bettering of all things connected with the Empire and to instill into the youth of their country patriotism in its fullest sense.

The Fort Monckton Chapter of the Imperial Order of the Daughters of the Empire was formed on the 24th day of March, 1936, with a membership of thirty which has now been increased to fifty members. This is the youngest Chapter in Moncton.

Coffee Coconut Lushes <sup>free</sup> Whip  
Dissolve 1 pkg of lemon lushes in  
1/2 cup boiling water add 1 cup  
average strength coffee chill until it  
begins to set then whip until light  
& frothy stir in 1/2 cup coconut should  
pour into moulds chill until firm  
unmould & spread with coconut

We may live without poetry, music and art,  
We may live without conscience, and live without heart,  
We may live without friends,  
We may live without books,  
But civilized man cannot live without cooks.

He may live without books—what is knowledge but grieving ?  
He may live without hope—what is hope, but deceiving ?  
He may live without love—what is passion, but pining ?  
But where is the man who can live without dining ?

---

We wish especially to call your attention to the advertising in  
the pages of this book. It was largely through the generosity of  
these patriotic individuals and firms that this book and the money it  
will raise for war purposes was made possible. We would therefore  
urge you to patronize them whenever you can.

Juice of 1 orange 1 lemon 1 cup  
sugar yokes of 2 eggs corn  
double boiler <sup>when cold</sup> then 1 cup whipped  
cream & whip together

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# COCKTAILS

## COCKTAIL SAUCE FOR SEA FOODS

Combine thoroughly :

3 tb. catsup	1 tsp. Worcestershire sauce
2 tb. chili sauce	3 drops tobasco sauce
1 to 2 tb. grated horseradish	Mince very finely and add :
¼ tsp. salt	1 tb. green pepper
	1 ½ tb. celery

Chill sauce and serve on sea-food which has been suitably prepared, chilled and arranged in tiny stemmed glasses.—Mrs. Paul Colpitts.

## LIMEJUICE COCKTAIL

2 tbs. Lime Juice	¾ cups Ginger Ale
2 tbs. Orange Juice	Crushed ice
2 tbs. Sugar Syrup	

Mix ingredients in cocktail shaker, pour over crushed ice in 4 cocktail glasses, serve at once.—Josephine Condon.

## MELON MINT COCKTAIL

Boil ½ Cup of water with ½ Cup of sugar for five minutes. Add 3 tbs. of chopped mint leaves and boil 1 minute more. Cool and strain this syrup and add juice of one orange and one lemon. Chill.

Cut melon balls with a scoop. Pile the balls in cocktail glasses. Pour syrup over and garnish with mint sprigs.—Ruth Sumner.

## OYSTER COCKTAIL

12 oysters	3 drops Tabasco sauce
2 tbs. catsup	½ tsp. grated horseradish
1 tb. lemon juice	salt
¾ tsp. Worcestershire sauce	2 tsps. celery finely chopped

1. Select small or medium-sized oysters; clean, add strained oyster juice.
2. Add other ingredients, except celery.
3. Chill thoroughly.
4. Serve in cocktail glasses; sprinkle with celery; garnish with small pieces of green and red peppers or finely chopped parsley.

—Mrs. R. B. Mullin

## PEACH COCKTAIL

Peel and cut five ripe peaches in small pieces. Make a strong lemonade by mixing lemon juice with water, which has dissolved the sweetening. Lay a heaping tb. of the cut peaches in a glass, cover with the strong lemonade, lay a tb. of shaved ice over this and serve.

—Gwen MacFarlane

## ORANGE MINT CUP

4 large oranges	1 tb. lemon juice
2 tbs. powdered sugar	1 tb. sherry
3 tbs. finely chopped mint	

Cut oranges in halves, remove pulp with spoon, add other ingredients and chill. Pour off some of the juice if oranges were very juicy. Serve in glasses garnished with fresh mint.—Elizabeth Condon.

**PINEAPPLE GINGERALE COCKTAIL**

2 cups pineapple juice  
1 tb. lemon juice

1 cup gingerale  
Maraschino Cherries

Have the pineapple juice in the refrigerator, also the bottled gingerale which must be opened at the last moment, and combine with the fruit juices. Add a few maraschino cherries.—Margaret Fryers.

**STRAWBERRY COCKTAIL**

Strawberries  
Cubed pineapple

Powdered sugar  
Lemon juice

Wash berries and cut in halves, reserving a few to use as a garnish. Mix with pineapple, sprinkle with sugar and lemon juice. Chill and serve in cocktail glasses.—Mrs. A. Bourque.

**PINEAPPLE MINT CUP**

1 14 oz. can pineapple tidbits, grapes  
drained 1 cup ( $\frac{1}{2}$  pint) ginger ale

1 cup halved and seeded tokay  $\frac{1}{2}$  cup mild, white candy mints  
Mix fruits, add gingerale and mints, chill. Serves 6.—Eleanor Storey.

**HAWAIIAN COCKTAIL**

Sliced pineapple  
Oranges

Powdered Sugar  
Grapes

On a small plate lay a slice of pineapple. On top of this lay sections of oranges, placing them so that they resemble petals of a flower. Fill centres with seeded grapes. Sprinkle with powdered sugar and chill thoroughly.—Mrs. J. W. Devitt.

**TOMATO PINEAPPLE COCKTAIL**

2 cups Tomato Juice

2 cups unsweetened pineapple juice  
 $\frac{1}{2}$  tsp. salt

Combine ingredients. Chill. Pour over ice cubes. Serves 6 or 8.

—Mrs. William Kirby.

**FRUIT COCKTAIL**

1 package Lemon Jello  
1 cup boiling water  
1 cup orange juice  
2 tbs. sugar

$\frac{1}{2}$  cup canned pineapple, diced  
 $\frac{1}{2}$  cup grapes, halved, seeded  
 $\frac{1}{2}$  cup cherries, cut in slices

Dissolve Jello in boiling water. Add orange juice and sugar. Chill. When slightly thickened, fold in fruits. Chill until firm. Serve in cocktail glasses. Serves 8.—Nan Belliveau.

**FRUIT JUICE COCKTAIL**

Combine in any desired proportions orange, grapefruit and pineapple juices. Chill very thoroughly. Dilute at serving time with ice cold gingerale or pour juices over ice cubes of gingerale or fruit juice. Garnish with halved maraschino cherries and fresh mint leaves.

—Mrs. J. Vanstone.

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**CRANBERRY COCKTAIL**

1 cup orange juice	2 cups cranberries
½ cup lemon juice	4 cups water
2 cups water	2 cups sugar

Cook cranberries until soft in 4 cups of water and strain through cheesecloth. Add sugar to juice and cook about five minutes. Strain and chill. Add orange and lemon juice and 2 cups of water. Pour into glasses containing cracked ice.—Margaret Fryers.

**GRAPEFRUIT AND ORANGE COCKTAIL**

Pare fruit as you would an apple, cutting through the white inner skin. With a sharp knife cut around each section and remove the whole sections free from any skin. Sprinkle with powdered sugar and chill. Serve in cocktail glasses.—Mrs. Avard Gorbell.

**CHERRY AND PINEAPPLE COCKTAIL**

2 cups large sweet cherries, fresh or canned	½ cup pineapple juice
1 cup pineapple, cut in wedge shape pieces	Juice ½ lemon or lime

Pit cherries and combine with the pineapple. Pour over these the pineapple and lemon juice and chill thoroughly. Sprinkle with minted sugar and serve. (To make minted sugar, mash finely chopped mint leaves with granulated sugar.)—Phyllis Maddison.

**FRUIT COCKTAIL**

1 cup pineapple	1 cup peaches
1 cup pears	Candied cherries to garnish

Cut up the fruits into dice. Mix some cherry juice with fruit. Put diced fruit into cups, pour some of the juice over the fruit and place cherry on top as a decoration. Chill and keep cold until ready to serve.—Mrs. Donald Smith.

**TOMATO JUICE COCKTAIL**

1 tin tomatoes	1 small onion or onion salt
1 tsp. chopped parsley	½ tsp. salt
1 grated celery stalk	1 sprig of bay leaf (if available)
1 tsp. granulated sugar	1 tb. lemon juice

Mix together all the ingredients and bring the mixture to a boil. Allow to cool for 15 or 20 minutes, then strain. Serve ice cold.

—Mrs. Donald Smith.

**RHUBARB COCKTAIL**

Cut into inch pieces enough Rhubarb to make 2 cups. Place in double boiler with 1 cup water and 2 cups sugar. Steam until tender. Strain syrup, chill and serve over crushed ice, filling glass half full of gingerale. Orange or lemon juice may be added as desired.

—Mrs. Robert McNaughton.

**MELON BALLS IN GRAPEFRUIT JUICE**

½ Watermelon or 2 honeydew melons
2 cans chilled grapefruit juice or
2 cups fresh chilled grapefruit juice

If using honeydew cut in half and remove seeds. Then scoop out the balls from the edible portion, using a special tool for this purpose, or the ¼ tsp. in your measuring set. Arrange about 5 balls in

each sherbet glass and cover each with about  $\frac{1}{4}$  c grapefruit juice. Chill thoroughly before serving, garnishing with mint if desired. Fresh grapefruit juice may need to be slightly sweetened. Serves 8.

—Mrs. K. Everett.

### FRUIT COCKTAIL

Remove pulp from grapefruit and mix with : Shredded pineapple, bananas cut in slices and slices cut in quarters, and strawberries cut in halves. Use half as much pineapple and banana as grapefruit and allow four strawberries to each serving. There should be 2 cups fruit. Pour over this a dressing made of  $\frac{1}{3}$  c sherry wine, 3 tb. apricot brandy,  $\frac{1}{2}$  c sugar and a few grains of salt. Chill thoroughly before serving.—Miss Doris Crichton.

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# SOUPS

## PUREE MONGOL

Blend together one can of Campbell's tomato soup and one can of Campbell's green pea soup. Mix thoroughly, then add one and a half cans of milk; that is, fresh milk measured in one of the empty cans. Heat to boiling point but do not allow to boil. Stir frequently to prevent sticking to saucepan.—Mrs. A. L. Gorbell.

## CLAM CHOWDER WITH MILK

(makes 2 quarts)

1 can clams or 2 to 3 doz. clams	2 qts. milk
½ cup boiling water	4 tb. flour
½ lb. salt pork (minced)	2 tb. fat
6 medium potatoes (cubed)	1 tsp. salt
4 medium onions (sliced)	½ tsp. pepper

Pan fry pork 5 minutes, add potatoes, onions and clam liquor. Cook slowly 15 minutes. Add clams and seasonings, boil 20 minutes longer. Make white sauce, stir in well and serve at once.

—Mrs. P. S. Colpitts.

## QUICK ONION SOUP

1 large Spanish onion	2 tb. butter
1 can bouillon	2 cans consomme
French bread, sliced and toast- ed or rusks	Grated Parmesan cheese or other good cheese

Cut the Spanish onion into slices, a little less than ¼ inch thick, and cross cut the slices. Put the butter in a frying pan or pot and when sizzling hot put in the sliced onion. Lower flame and let onion cook slowly for ten minutes, turning it over once or twice. The onion should not be browned, but cooked soft; then add the canned soups and allow to cook for five minutes. Season to taste but do not add any seasoning without first tasting.

To serve: If served from a tureen at the table, then place in the tureen the toasted slices of French bread or the rusks and pour the soup over them. If served directly into plates, then place the pieces of toast into hot plates and pour in the soup. Serve with grated cheese.—Mrs. K. Everett.

## CORN CHOWDER

2 or 3 strips of bacon (cut up)	1 onion (optional)
4 potatoes (cut in cubes)	1 can corn
1 quart milk	6 crackers
Salt	pepper

Fry bacon over slow fire. Add the sliced onion and cook about five minutes. Strain fat into a saucepan, add potatoes and two cups boiling water and cook until potatoes are soft. Then add the milk and corn. Heat to boiling point. Season with salt and pepper. Roll the crackers fine and serve on top of chowder.—Phyllis Maddison.

## CREAM OF CELERY SOUP

3 cups celery	2 cups boiling water
2 tb. flour	2 tb. butter
2 cups milk	1 tsp. salt
½ tsp. white pepper	

Wash and scrape celery; cut into 1 inch pieces and cook in boiling

water until soft, rub through sieve. Blend flour with butter, add milk gradually and cook until thick, stirring constantly. Add seasonings, celery pulp and liquid. Reheat and serve immediately.

—Mrs. H. B. Reid.

### LOBSTER BISQUE

1 3 oz. can lobster (diced)                      Salt and paprika  
1 tb. butter    1 pint milk and juice from lobster  
1 tb. flour

Heat milk. Melt butter, stir in flour, add milk and stir until mixture thickens. Add lobster meat and seasonings, adding extra lump of butter just before serving. (Do not allow to boil.)

—Mrs. H. A. Charbonneau.

### SPLIT PEA SOUP

Soak split peas overnight. Drain, cover with fresh water, add an onion and cook until soft enough to rub through a sieve. Bind the mixture with equal parts of butter and flour. Boil well after thickening is added and season. If desired, the soup may be diluted with milk when it is finished. Bean soup is made the same as above.

—Mrs. Donald Smith.

### VEGETABLE SOUP

1 knuckle soup bone (split).

Put on in cold water and bring to boiling point. Simmer for four hours. An hour before serving, add carrots (diced), peas, beans, a potato or two (diced) or any other preferred vegetables. Add seasoning and one-half hour later add  $\frac{1}{2}$  can tomatoes, after removing bone and meat.—Mrs. Donald Smith.

### OYSTER STEW

1 qt. oysters    1 pt. milk  
2 tb. butter    salt and pepper

Scald the milk. Drain off the oyster liquor, put in saucepan, scald and skim; then add the oysters, cooking until they are plump and edges ruffled. Add the boiling milk and butter and season. Serve immediately.—Mrs. Donald Smith.

### CLAM BISQUE

1 pt. clams    1 tsp. minced onion  
 $\frac{1}{3}$  cup cold water                                      2 cups foundation white sauce  
 $\frac{1}{4}$  tsp. paprika    1 tsp. Worcestershire sauce

Drain liquid from clams, reserving liquid. Pick over clams. Remove any particle of shell. Cut clams in several pieces. Place liquid, chopped clams, water and seasoning in sauce pan. Bring to boiling point and cook 20 minutes on LOW. Strain. Add to foundation white sauce, and add 1 egg yolk, beaten slightly. Serve hot with toasted croutons.—Mrs. J. W. Devitt.

# KINDERGARTEN

MISS RACHAEL McANN

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**TOMATO PUREE**

2 stalks celery	2 cups water or meat stock
1 qt. fresh tomatoes (or canned)	1 lb. sugar
½ bay leaf	¼ tsp. pepper
1 sprig parsley	1 lb. crisco
1 slice onion	2 lb. flour
½ tsp. salt	

Wash and cut tomatoes in quarters, add water or stock, bay leaf, celery, parsley, onion, salt, pepper and sugar and cook slowly until tomatoes are soft. In another saucepan, melt crisco, add flour and mix well. Add tomato mixture and stir until thick. Press soup through a fine sieve. Reheat over boiling water. Season more if necessary and serve with crisp croutons.—Gwendolyn MacFarlane.

**CELERY SOUP**

3 cups celery (cut in small pcs.)	1 slice of onion
1 pt. boiling water	3 lb. butter
2 ½ cups milk	¼ cup flour
salt	pepper

Cook celery in boiling water until soft and rub through sieve. Scald milk with onion, remove onion and add milk to celery. Bind, that is, melt butter and add flour; when well mixed, add to soup, stirring constantly until boiling point is reached. Season with salt and pepper.—Mrs. A. Bourque.

**POTATO CHEESE SOUP**

3 medium sized potatoes	3 lb. butter
2 cups boiling water	Salt and pepper to taste
3 cups milk	1 cup grated cheese

Cook potatoes, mash half, and add to potato water. Scald the milk and add. Cut the remaining potato into squares and add to mixture. Add butter and seasoning; last of all add the cheese. Serve hot. A little flour may be added if not thick enough. It may also be strained before serving.—Mrs. R. M. Jones.

**CHICKEN SOUP**

Take chicken rack and cover with cold water. Simmer for two hours. Strain. Add one large tin of tomato juice, 1 tsp. salt, or more according to taste, ½ tsp. onion salt, ½ cup celery, chopped fine, 1 cup diced potatoes and 1 cup diced carrots. Cook until vegetables are done—Mrs. R. M. Jones.

**CREAM SOUP**

2 tsp. butter	vegetable
1 tsp. finely chopped onion	3 c. milk
1 tsp. flour	1 tsp. salt
1 can any kind of baby strained	Dash of nutmeg and pepper

Melt butter in the top of double boiler and add chopped onion. Cook over water for 15 minutes, then add flour, milk, salt, nutmeg and pepper, and the strained vegetable last.—Mrs. R. B. Mullin.

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**SPLIT PEA SOUP**

- |                            |               |
|----------------------------|---------------|
| 1 cup dried split peas     | 3 tb. butter  |
| 2½ qts. cold water         | 2 tb. flour   |
| 1 pint milk                | 1½ tsp. salt  |
| ½ onion                    | ⅛ tsp. pepper |
| 2 inch cubes fat salt pork |               |

Pick over peas and soak overnight. Drain, add cold water, pork and onion. Simmer three or four hours, or until soft; rub through a sieve. Add butter and flour cooked together, salt and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.—Doris Crichton.

**CREAM OF CORN SOUP**

- |                               |                      |
|-------------------------------|----------------------|
| 1 No. 2 can cream style corn  | 2 cups cold water    |
| 2 tb. chopped onion           | 3 tb. butter         |
| 3 tb. flour                   | ½ tsp. salt          |
| Dash of celery salt & cayenne | 1 cup whipping cream |
| 2 cups scalded milk           |                      |

Cook corn, water and onion in saucepan 20 minutes. Press through a sieve. Make white sauce of butter, flour, seasonings and milk. Add the strained corn and heat thoroughly. Shortly before serving, add the whipped cream. A small amount of cream may be reserved to garnish each cup of soup.—Eleanor Storey.

**OYSTER STEW**

- |                     |                  |
|---------------------|------------------|
| 1 qt. oysters       | ¾ cup cold water |
| 4 cups scalded milk | ¼ cup butter     |
| ½ tb. salt          | ⅛ tsp. pepper    |

Carefully pick over oysters, removing bits of shell. Add water, cook until oysters are plump and edges begin to curl. Remove oysters with skimmer and add to milk. Add strained oyster juice, butter, salt and pepper. If desired, add finely minced tips of 2 green onions and a little minced parsley.—Elizabeth Condon.

**VEGETABLE SOUP**

- |                          |                            |
|--------------------------|----------------------------|
| 1 qt. beef stock         | 4 onions sliced            |
| Salt and pepper to taste | 1 stalk celery with leaves |
| 1 qt. boiling water      | 1½ cups canned tomatoes    |
| 4 carrots, sliced        | 4 medium potatoes cubed    |

Simmer until vegetables are tender, about one hour. Remove the celery. (To make stock, cook beef, remove meat from bones and cut in small pieces.)—Mrs. L. McKee.

**GRATINE PEA SOUP**

Pour hot, canned pea soup (with a dash of sherry flavoring) into ovenware cups. Top with a spoonful of whipped cream and a generous sprinkle of grated cheese. Run the cups under the broiler to brown the topping.—Mrs. F. Tracey.

**CORN SOUP**

- |                    |                    |
|--------------------|--------------------|
| 1 can corn         | 1 tsp. celery salt |
| 2½ cups cold water | 3 tb. butter       |
| 2 cups milk        | 3 tb. flour        |
| 1 tsp. salt        |                    |

Melt butter, add flour and milk stirring constantly. Let boil and add seasoning, corn and water.—Miss Grace Condon.

## FISH AND SAUCES

### SALMON CAKES

- |                     |                        |
|---------------------|------------------------|
| 1 lb. can of salmon | 1 pint mashed potatoes |
| 1 beaten egg        | 1 lb. melted butter    |
| Milk                | Salt and pepper        |

To the salmon add the mashed potatoes, which have been prepared as for the table; then add the beaten egg, melted butter and salt and pepper to taste. If the mixture is too dry add a little milk. Shape into flat cakes, place in buttered pan and brown in hot oven.

—Mrs. Donald Smith

### HALIBUT CREOLE

- |  |                                   |
|--|-----------------------------------|
| 6 slices halibut, $\frac{1}{2}$ inch thick | 2 lb. butter                      |
| 1 small onion                              | 1 bay leaf                        |
| 2 cups strained tomatoes (can.)            | $\frac{1}{8}$ tsp. cayenne pepper |
| $\frac{1}{2}$ clove garlic                 |                                   |

Wash halibut, sprinkle it slightly with salt, melt the butter in a frying pan, then brown the onion and finely mixed garlic in it. Add the tomato juice, bay leaf and pepper. Let the mixture come to a boil, then pour it over the halibut, which should be placed in a baking pan. Temperature 350-375 degrees; baking time 20 minutes to the lb.

—Mrs. R. B. Mullin.

### BAKED SHAD

Cut head off a good sized shad. Clean well and make a dressing as for goose. Place dressing inside and sew fish together. Sprinkle fish with flour, salt and pepper. Bake in hot oven.—Mrs. Jack Smith.

### FRIED FILLET OF HALIBUT

Cut fillet of halibut into serving pieces. Roll corn flakes fine with a rolling pin. Season fish and dip first in crumbs, then in beaten egg, then in crumbs again. Fry in deep hot fat. Serve with Tartare Sauce.—Mrs. J. W. Devitt.

### FRIED SCALLOPS

Dip the scallops first in flour or cracker crumbs, then in beaten egg, then coat completely with mixed flour and crumbs. Fry in deep hot fat 365°. Drain on paper and serve very hot.—Mrs. J. Vanstone.

### SALMON LOAF

- |                     |                    |
|---------------------|--------------------|
| 1 cup cooked salmon | 1 cup hot milk     |
| 1 lb. butter        | 2 eggs well beaten |
| 1 cup bread crumbs  | Salt and pepper    |

Combine ingredients in order given. Press into buttered bread pan. Bake in moderate oven 30 minutes.—Miss Elizabeth Condon.

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 Smith's Maraschino Cherries  
 Goderich Table Salt

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**BAKED SALMON**

6 lb. Salmon	½ cup chopped celery
3 cups stale bread crumbs	3 tb. minced parsley
¼ cup melted butter	Hot water
Salt and pepper	Milk or water
1 lemon (quartered)	Parsley

Clean and wash the salmon carefully. Rub salt over and inside the fish. Combine the bread crumbs, butter, 1 tsp. of salt, the pepper, onion, parsley and celery. Add hot water to moisten stuffing well. (About one cup). Stuff the salmon, place in a baking pan, the bottom of which has been covered with milk or water. Bake in a 425° oven. Renew liquor in pan frequently. Garnish with lemon and parsley.

—Miss Eleanor Storey.

**SALMON SOUFFLE**

1 can salmon	1 cup soft bread crumbs
¼ tsp. salt	½ cup milk
⅛ tsp. paprika	Yolks of three eggs
2 tsp. lemon juice	Whites of three eggs

Cook bread crumbs in milk five minutes, add salmon and egg yolks beaten thick, then cut in egg whites. Place in a pan of hot water and bake in moderate oven.—Mrs. Harold Reid.

**POACHED FILLETS OF SOLE**

1 to 2 lbs. fish fillets	1 tb. finely minced parsley
4 to 6 tb. butter	Salt and pepper
2 tb. lemon juice	

Place fillets in oiled dish and sprinkle with salt, pepper, lemon juice and place dots of butter on top. Put in oven of 350° and allow to poach gently 15 or 20 minutes, according to thickness.

Serve with the gravy in the pan or use gravy in making any preferred fish sauce.—Mrs. H. A. Charbonneau.

**CREAMED FINNAN HADDIE**

Put Finnan haddie in baking pan, cover with cold water. Bring water to a boil. Cook over low fire ½ hour. Drain and rinse, separate fish in flakes. Make white sauce, add fish and 2 hard boiled eggs. (chopped).—Miss Nan Belliveau.

**SCALLOPED FLAKED COD**

1 lb. cod	1 ½ cups white sauce
	¼ cup bread crumbs

Arrange fish and sauce in layers in a well greased baking dish. Cover with bread crumbs. Bake until heated throughout and crumbs are brown. Layers of boiled onion or green peas may be used in this recipe.—Miss Phyllis Maddison.

**SHRIMP AND RICE, BAKED**

2 cups cooked shrimp, cut in pieces	⅛ tsp. pepper
	F. G. cayenne
2 cups cooked rice	2 cups medium white sauce
2 tb. chopped parsley	½ cup dried bread crumbs

Mix shrimps, rice, parsley, pepper, cayenne and white sauce. Pour in a greased baking dish and sprinkle with crumbs. Bake in a hot oven (400°) for 20 or 25 minutes, or until crumbs are brown.

—Miss Gwendolyn MacFarlane

**BAKED HALIBUT**

2 lbs. halibut	1 tsp. salt
2 tb. flour	½ tsp. pepper
2 tb. butter	1 can tomatoes

Clean the fish and place in buttered baking dish. Season with salt and pepper and dot with butter. Mix flour into tomatoes using little less than 1 can and pour over fish. Sprinkle with bread crumbs and bake in moderate oven for half an hour.—Ruth Sumner.

**CREAMED CODFISH WITH EGGS**

1 cup flaked salted codfish	2 hard-boiled eggs
2 cups unseasoned white sauce	1 tsp. minced onion

Cover codfish with cold water, add onion. Bring to a boil and drain. Add to white sauce with hard-boiled eggs.—Miss Grace Condon.

**BAKED FINNAN HADDIE**

Put two or three pounds of fish in cold water and bring to the simmering point, drain, remove skin and trim. Place in a shallow baking pan, pour a cup and a half of milk over it, dot with butter and bake in a moderately hot oven, 370°, basting occasionally with the milk. Thicken the liquid remaining with flour and serve as a sauce.—Mrs. V. Doucet.

**SAUCE-BISQUE FOR LOBSTER**

2 tb. butter	1 cup cream
½ tsp. salt	2 egg yolks
2 tb. sherry	Red pepper

Cream butter well and add sherry. Heat well then add cream, seasoning and heat. Stir until thick. Pour over eggs and stir well.

—Ruth Sumner.

**EGG SAUCE**

3 tb. shortening	¼ tsp. pepper
3 tb. flour	½ tsp. Worcestershire sauce.
1 ½ cup milk	2 hard boiled eggs
½ tsp. salt	

Melt shortening in a saucepan and add flour. Stir until blended. Add milk and seasonings and cook until thickened, stirring constantly. Add chopped eggs and serve hot.—Mrs. F. Tracey.

**TARTARE SAUCE**

Chop finely 1 tb. each parsley, stuffed olives, gherkins and capers. Add to one cup mayonnaise. Season to taste with onion juice, salt and pepper.—Mrs. J. Vanstone.

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**WHITE SAUCE**

¾ cup butter	1 quart of milk (heated)
1 cup flour	1 tsp. salt

In large sauce pan heat the butter, sift in the flour and stir and beat it well together. Add the milk and beat well until smooth. This sauce is a foundation from which the following sauces can be made :

Egg Sauce—with chopped hard boiled eggs added.

Celery Cream Sauce—with the pulp of boiled celery strained through a sieve and added.

Sauce Soubise—with cooked onions (strained) and a little butter.

—Mrs. Donald Smith.

**BROWN SAUCE**

2 tb. butter	1 cup brown stock
½ slice onion	¼ tsp. salt
4 tb. flour	¼ tsp. pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour, mixed with seasonings and brown the butter and flour; then add stock gradually; bring to the boiling point and let boil 2 minutes.—Miss Doris Crichton.

**EGG SAUCE**

3 tb. butter	½ tsp. salt
⅓ tsp. pepper	1 ½ cup hot water
⅓ cup butter	

Melt one half of the butter, add flour with seasonings and pour on gradually the hot water. Boil 5 minutes and add remaining butter in small pieces. Add 2 hard boiled eggs cut in ¼ inch slices.

—Miss Eleanor Storey.

**DRAWN BUTTER SAUCE**

3 tb. butter	pepper
2 tb. flour	1 cup boiling water
¼ tsp. salt	

Prepare in the same way as white sauce. ½ tsp. lemon juice and ½ tsp. parsley may be added to the sauce. Also a hard boiled egg may be chopped and added.—Mrs. Gordon Fudge.

**LEMON BUTTER FOR BOILED FISH**

Melt butter (as much as needed). Add juice of one lemon, 3 or 4 sprigs parsley (chopped), pepper, salt, dash of Worcestershire sauce. serve hot.—Mrs. R. Macnaughton.

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MAIN STREET

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**CHEESE SAUCE**

Make a white sauce, add hard boiled eggs (1 or 2, chopped), 1 sprig parsley cut fine, 4 tb. finely grated cheese, pepper, salt and paprika.

—Mrs. R. Macnaughton

**SUNSET SCALLOP**

Slice 2 medium-sized onions (or 1 large) and cook in as little water as possible, or sauté. Place them in the bottom of a greased baking-dish. Wipe 2 pounds of fillets or slices of any white-fleshed fish, using a damp cloth. (Cod, haddock, halibut, or whitefish are suggested.) Cut the fish in servings and place them on the onions. Pour over this one can of tomato soup and bake 10 minutes, or until the fish is cooked, in a 500° F. oven. If the fish has been placed in two layers, the cooking time will be longer. The following sauce may be used in place of the soup :

2 tb. butter or fat, melted                      2 tb. flour added and blended  
and used to thicken the following mixture which has been cooked together and strained :

1 cup tomatoes	1 tb. sugar
½ cup water	1 tsp. salt
4 whole cloves	

Cook until thick. Serves 6.—Stella Melanson.

**PIGS-IN-BLANKETS (OYSTERS OR SCALLOPS)**

Salt the fish very lightly. Roll each oyster or scallop in a strip of bacon and skewer in place with a toothpick. Grill or bake till the scallop is snowy white, or the oyster curls around the edges, and the bacon is crisp. The oven should be hot, but scallops should not be too close to the strong heat. They may be sautéed instead, turning each so that the bacon is resting on the hot pan. Baste the "pigs" frequently, when broiling, with fat from bacon.—Stella Melanson.

**HOLLANDAISE SAUCE**

½ cup butter	¼ tsp. salt
2 eggs beaten	Few grains cayenne
1 tb. lemon juice	

Wash butter. Divide in 3 pieces. Put one piece in pan with egg yolks and lemon juice. Cook over boiling water, stirring constantly until butter is melted. Add second piece of butter and as mixture thickens, third piece. Remove from fire, as soon as thickened. If sauce separates because cooked too long, add small quantity of milk or water drop by drop.—Mrs. A. Bourque.

**LEMON BUTTER**

1 tb. lemon juice	1 tb. parsley
2 tb. butter	

Cream butter and add lemon juice. Form into balls and serve with fish.—Miss Grace Condon.

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## MEATS

### JELLIED HAM

1 cup cooked ham	1 $\frac{3}{4}$ cups boiling water
1 tb. minced onion	$\frac{1}{4}$ cup vinegar
2 sweet pickles (chopped)	$\frac{1}{2}$ tsp. salt
1 pkg. lemon Jello	

Method: Dissolve jello in boiling water, add vinegar and salt and chill. When slightly thickened fold in ham, celery and pickles. Chill in moulds.—Mrs. J. D'Orsay.

### BAKED CHOPS WITH DRESSING

4 pork chops	1 $\frac{1}{2}$ lbs. summer savory
2 cups bread crumbs	$\frac{1}{2}$ tsp. onion salt
$\frac{1}{2}$ cup melted butter	salt and pepper

Method: Melt butter, add to bread crumbs, then summer savory, onion salt, and salt and pepper to taste. Mix well. Put pork chops in baking pan and cover with the bread mixture. Bake in a 450 deg. F. oven for 15 minutes, then reduce heat to 350 deg. F. for 40 minutes.—Mrs. R. M. Jones.

### CHICKEN PIE

Boil fowl. Separate from bones, and arrange in small pieces in buttered baking dish. Make a gravy of 3 tbs. butter, 3 tbs. flour, add 1 cup milk, 3 cups hot chicken stock. Cook until thick and pour over chicken.

#### CRUST FOR CHICKEN PIE

2 cups flour	1 slightly beaten egg
2 tsp. baking powder (scant)	1 c. milk
1 tb. shortening	

Method: Mix well. Spread with spoon over chicken and gravy. Bake in hot oven about half an hour.—Mrs. J. Smith.

### FANCY BAKED HAM

1 $\frac{1}{2}$ inch slice of ham	$\frac{1}{2}$ cup brown sugar
2 tsp. mustard	

Method: Place ham in casserole. Spread with sugar and mustard mixture. Cover with scalded milk and bake in fairly hot oven for 1 hr. or until ham is tender.

PEANUT BUTTER may be substituted for the above mixture and is delicious.—Mrs. M. G. Musgrave.

### BAKED HAM AND PINEAPPLE

Buy a slice of ham cut about one inch thick. Put in pan and sprinkle with mustard, ground cloves, cinnamon and brown sugar. Lay slices of pineapple over this, then pour juice from can over all and bake in a hot oven about one hour, adding a small amount of water if the juice boils away.—Mrs. A. L. Gorbell.

### VEAL CUTLETS

2 $\frac{1}{2}$ lbs. veal	1 egg
4 tbs. butter	Fine bread crumbs
1 tb. water	Salt and pepper

Method: Wipe meat and cut into pieces removing skin, bone and tough membranes. Beat egg and water, so that white is well broken



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**DINNER IN A ROLL**

- |                      |   |
|----------------------|---|
| 2 cups flour         | 1 lb. lamb                              |
| 3 tsp. baking powder | 5 small raw carrots (1 cup when ground) |
| ½ tsp. salt          | 1 small onion                           |
| ½ cup crisco         | 1 egg                                   |
| ⅔ cup milk or water  | ⅛ tsp. pepper                           |
| 1 tsp. salt          |   |

Method : Put lamb, carrots and onion through food grinder, using medium knife, (or use 1 ¾ cups cooked ground lamb and combine with ground carrots and onions). Add egg and seasonings. Mix well. Prepare biscuit dough as follows : Sift flour, baking powder, salt. Measure out shortening, cut in until texture is mealy. Add liquid, stir rapidly ½ minute. Roll out ¼ inch thick into a rectangle, put meat filling down centre. Roll up like a jelly roll, fasten ends, gash top to let steam escape. Place in shallow greased pan; bake in quick oven (425°F.) 35 or 40 minutes. Serve with mushroom, tomato or white sauce.—G. MacFarlane.

**JELLIED VEAL AND PORK**

- |                     |                 |
|---------------------|-----------------|
| 1 knuckle of veal   | 1 lb. pork      |
| 1 small can of peas | salt and pepper |

Method : Boil meat until tender. Reduce stock to one cup. Shred or mince meat, then add it to stock with peas, salt and pepper. Slice one egg boiled hard, and arrange in bottom of mould; then pour in meat, let set in cold place.—Mrs. Gordon Fudge.

**BARBECUED HAM**

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 slice ham (2 lbs. 1 in. thick) | 1 small can tomato soup |
| ½ large onion                    | ⅓ cup cider vinegar     |
| ½ clove garlic                   | ½ tb. sugar             |
| ¼ cup catsup                     | ½ tb. butter            |
| ½ cup Worcestershire sauce       | ⅛ tsp. pepper           |

Simmer ham ½ hour before baking. Chop onions and garlic very fine. Add remaining ingredients, pour over ham, then bake uncovered. Temperature 350-375 degrees; baking time 1 ½ hours.

—Mrs. R. B. Mullin.

**POT ROAST**

- |                           |                   |
|---------------------------|-------------------|
| 4 or 5 lbs. round of beef | 6 medium potatoes |
| 2 c canned tomatoes       | 6 medium onions   |
| salt and pepper           | 6 medium carrots  |

Wipe roast. Sear on both sides in a little fat. Rub with salt and pepper. Place vegetables around roast, cover with tomatoes. Cover. Simmer about 3 hours. Remove roast to hot platter, arrange vegetables around meat and serve.—Mrs. L. McKee.

**CORNED BEEF RING**

- |   |                             |
|---|-----------------------------|
| 2 cups boiling water                    | bunch watercress            |
| 1 package gelatine                      | 6 tb. mayonnaise            |
| 3 cups cooked corn beef (may be canned) | ½ tsp. Worcestershire sauce |
|   | 4 hard cooked eggs chopped  |

Add boiling water to gelatine and stir until dissolved. Cool in refrigerator. Put corned beef and watercress through food chopper. Add mayonnaise, sauce and eggs. Combine with gelatine. Pour into oiled ring. Mold and chill. Unmold and fill centre with cabbage salad and raw carrots.—Mrs. Frank Tracey.

**BAKED HAM**

Allow "Boiled" Ham to cool partially in water in which it was cooked. Take from water, remove outside skin, sprinkle with sugar and cracker crumbs, stick with cloves  $\frac{1}{2}$  inch apart. Bake 1 hour in slow oven (300° F.). Serve cold.—Mrs. A. Bourque.

**JELLIED TONGUE**

4 small calves' or 1 large beef tongue	1 tb. gelatine
1 small onion, sliced	1 bayleaf
$\frac{1}{2}$ cup celery diced	$\frac{1}{4}$ tsp. pepper
1 slice lemon	1 tsp. salt
12 pepper corns	$\frac{1}{4}$ tsp. Worcestershire sauce
	$\frac{1}{4}$ cup cold water

Method : Simmer combined ingredients for 1 hour. Pack into greased mould. Soak the gelatin in the cold water dissolving in boiling stock. Pour over tongue. Chill until set.—Mrs. J. Vanstone.

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# SALADS AND DRESSINGS

## EASTER SALAD

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Make slices of toast and butter them. Cut into circles (top of coffee tin may be used). On top of the round pieces of toast place a preserved peach, round side up. On the outside of the peach spread whipped cream. The cream represents the white of egg and the peach the yolk.—Elizabeth Condon.

## FRUIT SALAD

3 oranges  
lettuce  
3 bananas

3 tbs. lemon juice  
 $\frac{1}{4}$  cup finely chopped nuts

Method : Peel oranges and cut into  $\frac{1}{4}$  inch slices. On lettuce covered salad plate, place 2 orange slices. Cover with 2 lengthwise quarters of bananas, sprinkled with lemon juice and rolled in nuts. Top with slice of orange. Garnish with mayonnaise or cherry.

—Mrs. Donald Smith.

## TUNA TANGS

1 envelope Knox gelatine  
 $\frac{1}{4}$  cup cold water  
 $\frac{3}{4}$  cup hot water  
1 tb. lemon juice or mild vinegar  
 $\frac{1}{2}$  tsp. paprika

$\frac{3}{4}$  cup tuna fish flaked  
 $\frac{1}{4}$  cup celery cut small  
 $\frac{1}{4}$  cup cucumber or cucumber pickle  
1 tsp. salt

Soften gelatine in cold water. Add hot water. Stir until dissolved. Add salt, lemon and paprika. Cool. When mixture begins to congeal, add other ingredients. Mix thoroughly. Pour into moulds.

—Mrs. Clyde Watt.

## CRABMEAT SALAD

4 cups crabmeat  
1 cup cucumber cut in cubes

$\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. paprika

Pick crabmeat over carefully to remove particles of shell. Add cucumbers, salt and paprika. Marinate in French dressing. Chill thoroughly. Arrange on bed of crisp lettuce leaves in salad bowl and serve with mayonnaise.—Stella Melanson.

## APPLE TUNA FISH SALAD

1  $\frac{1}{2}$  cup flaked tuna fish, 7 oz. tin  
 $\frac{3}{4}$  cup diced peeled tart apple  
 $\frac{3}{4}$  cup shredded raw carrot  
 $\frac{3}{4}$  cup diced celery

$\frac{3}{4}$  tsp. salt  
2 tsps. lemon juice  
 $\frac{1}{2}$  cup salad dressing

Combine ingredients. Serve in lettuce cups. Garnish with sections of lemon and radish roses. Serves 6.—Mrs. William Kirby.

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**SALMON SALAD**

1 tin red clover salmon                      1 tb. lemon juice  
 ½ cup chopped celery                        salt and pepper to taste  
 5 strips crisply fried bacon                3 tbs. mayonnaise

Mix all ingredients in order given and serve on crisp lettuce leaves. Garnish with olives.—Mrs. Ralph Jones.

**MACARONI AND TUNA FISH SALAD**

Mix 1 can tuna fish (flaked) with 1 c. cooked macaroni. Chop medium onion, green pepper and pimento. Season to taste and add mayonnaise.—Mrs. J. W. Devitt.

**MOLDED SALMON SALAD**

1 can salmon                                      ¼ tsp. paprika  
 ½ cup chopped celery                        2 tsp. lemon juice  
 ½ green pepper chopped fine                f. g. cayenne pepper  
 ½ tsp. salt                                        salad dressing

Method: Remove skin and bones from salmon. Mix all the ingredients together using enough salad dressing to moisten. Pack into wet moulds and chill. Serve on lettuce leaves.—Phyllis Maddison.

**PINEAPPLE AND STRAWBERRY SALAD**

Chill 1 small fresh pineapple or 1 small can dices, 1 ½ cups fresh or canned strawberries, 1 tb. chopped mint leaves. Arrange on lettuce, sprinkle with cut marshmallows and 2 tb. fruit salad dressing.

—Mrs. H. Cretney

**HAM SALAD**

¾ cup peas, 3 tb. chopped pickle, 2 cups cooked diced ham. Mix, arrange on lettuce, garnish with hard boiled eggs and serve with salad dressing.—Mrs. H. Cretney.

**MOCK CHICKEN SALAD**

3 cups diced cold pork, ½ tsp. salt, ½ tsp. pepper, 1 ½ cups diced celery, ½ cup chopped olives, 1 ¼ cup salad dressing.

—Mrs. H. Cretney.

**SHRIMP AND PINEAPPLE SALAD**

1 ½ c canned or fresh cooked shrimp      2 sprigs olives chopped  
 1 c canned or fresh diced pineapple      6 tb. dressing  
 ⅛ tsp. paprika                                    ½ tsp. salt

Combine the shrimp, pineapple, salt, paprika and olives. Chill thoroughly and just before serving pour over the dressing. After well mixed arrange on lettuce leaf.—Mrs. L. McKee.

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**CUCUMBER JELLY SALAD**

- |                  |                            |
|------------------|----------------------------|
| ½ c. pineapple   | 1 large cucumber           |
| ¼ c. lemon juice | ½ envelope Knox's Gelatine |
| 2 tb. sugar      |                            |

Soak gelatine in ¼ cup cold water. Cut pineapple into dice. Pare cucumber and cut in cubes. Put into saucepan half the juice of can of pineapple, lemon juice, sugar and boil 5 minutes. Add gelatine. Let stand till it begins to stiffen, then add pineapple and cucumber. Color a delicate green. Serve with lettuce and mayonnaise.

—Ruth Sumner.

**JELLIED VEGETABLE AND CHICKEN LOAF (serves 6)**

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 cup cooked chicken chopped     | 1¾ cups boiling chicken stock or |
| 1 cup asparagus cooked and diced | canned chicken soup              |
| or                               | 3 tb. vinegar                    |
| 1 cup peas cooked                | ¼ tsp. salt                      |
| 1 cup celery or cabbage chopped  | ½ tsp. mustard                   |
| 1 pimento finely chopped         | 1 package lemon jelly powder     |

Dissolve jelly powder in boiling stock. Add vinegar, salt and mustard. When slightly thickened, fold in remaining ingredients. Turn into loaf mould. Chill until firm. Unmould.—Stella Melanson.

**STUFFED TOMATO SALAD (serves 6)**

- |                               |                         |
|-------------------------------|-------------------------|
| 6 medium sized tomatoes       | ¼ cup of diced cucumber |
| ½ cup of peas (green, cooked) | Salad dressing          |
| ¼ cup of chopped celery       |                         |

Scald and peel the tomatoes. Cut a slice from the top and hollow out with a spoon. Mix the tomato pulp and salad dressing with the peas, chopped celery and cucumber and fill the tomatoes with this mixture. Lay the slice of tomato on top and garnish with hard-cooked egg yolk forced through a coarse sieve.—Stella Melanson.

**WALDORF SALAD**

- |                   |                           |
|-------------------|---------------------------|
| 1 cup cubed apple | 1 cup nut meats           |
| 1 cup celery      | salad dressing to moisten |

Cut slice from tops of green or red apples; scoop out the inside pulp, leaving just enough to hold skin in place. Fill the shells with salad mixture and serve on lettuce leaves.—Nan Belliveau.

**TOMATO JELLY SALAD**

Ingredients : Dissolve 2 tbs. Knox gelatine in ¼ cup cold water. Cook closely covered for 15 minutes :

- |                      |                         |
|----------------------|-------------------------|
| 1 tin tomatoes       | ½ cup celery finely cut |
| 1 tin tomato juice   | ¾ tsp. salt             |
| 1 small onion sliced | ¼ tsp. white pepper     |

Press through sieve and you should get about 3 cups of liquid. Method : Add the dissolved gelatine with 1 tb. of sugar to hot mixture. Cool. When it starts to jell fold in ¾ c of chicken and olives or celery chopped very fine. Put in moulds dipped in cold water.

—Mrs. Ralph Jones.

**CABBAGE SALAD OR COLE SLAW**

Shred cabbage and add raw carrot or if preferred may be mixed with raw apple or celery. Mix well and add salad dressing. Put on lettuce and garnish with stuffed olives and tomato slices.

—Mrs. Donald Smith.

**FRUIT RING SALAD**

2 small cantaloupes  
2 grapefruit  
4 oranges

1 cup black raspberries  
lettuce

Method: Peel cantaloupes, cut each in four 1 inch rings. Place each on lettuce leaf. Arrange sections of grapefruit and oranges in centre and garnish with a few black raspberries. Pass Sweet Clear Dressings. Serves eight.—Eleanor Storey.

**BLUSHING PEAR SALAD**

12 marshmallows (cut fine)  
 $\frac{1}{2}$  cup nuts (chopped)  
 $\frac{1}{2}$  cup raisins (chopped)  
few grains salt

2 tbs. lemon juice  
3 drops vegetable coloring  
6-8 halves canned pears

Method: Combine marshmallows, nuts and raisins. Add salt to lemon juice. Combine these ingredients and chill. Add a few drops of coloring to a can of pears and let pears stand in juice just long enough to color them delicately. Then place a mound of the first mixture on each chilled salad plate and top with one tinted pear half. Serves 6 to 8.—Mrs. George Cunningham.

**SPANISH SALAD**

Chop 1 lb. cooked shrimps and combine with 1 cup cold cooked rice, 1 small can pimentos (drained and shredded), 2 boned anchovies finely chopped, 4 tbs. french dressing. (Use very little salt in the dressing). Mix the salad well, arrange it on a flat platter. Surround with black olives and little bundles of cold cooked asparagus crossed by narrow ribbons of pimento.—Gwen MacFarlane.

**KENTUCKY SALAD**

$\frac{1}{4}$  cup boiling water  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  cup diluted vinegar  
f. g. salt

1  $\frac{1}{2}$  tbs. gelatine  
 $\frac{1}{4}$  cup cold water

1 tb. lemon juice  
1 tb. tarragon vinegar  
 $\frac{3}{8}$  cup pineapple syrup  
 $\frac{1}{2}$  cup chopped cucumber  
 $\frac{1}{2}$  cup cooked pineapple (2 slices)

Mix boiling water, sugar, vinegar and salt; heat to boiling point. Soften gelatine in cold water, dissolve in hot liquid, stirring constantly. Add lemon juice, tarragon vinegar and pineapple syrup. Strain, cool, stirring occasionally. When mixture begins to thicken, add cucumber and pineapple. Pour into moistened moulds; chill.

—Mrs. R. B. Mullin.

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**EGG AND POTATO SALAD AND DRESSING**

5 cold potatoes  
6 or 8 hard boiled eggs

Slice eggs and potatoes.

**DRESSING**

1 cup sweet or sour cream  
1 tsp. salt

$\frac{1}{2}$  tsp. mustard  
3 tbs. vinegar

Steam in double boiler. When it has come to a boil add 1 egg beaten light and stir constantly. Remove from fire shortly after egg has been added. Pour over sliced eggs and potatoes and mix well. Garnish with parsley or lettuce and serve.—Elizabeth Condon.

**CHICKEN SALAD AND DRESSING**

To 1 pint of chicken and  $\frac{2}{3}$  pint of celery add 1  $\frac{1}{2}$  cups of the following salad dressing :

**SALAD DRESSING**

1 cup fresh cream  
1 tb. flour  
2 egg whites stiffly beaten  
3 tbs. vinegar  
2 tbs. melted butter

1  $\frac{1}{2}$  tbs. pulverized sugar

1 tsp. salt

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

$\frac{1}{2}$  tsp. or more of mustard

Method: Heat the cream almost to boiling, stir in flour, previously wet with milk. Boil two minutes, stirring constantly. Add sugar, and take from fire. When quite cold beat in whites of eggs and set aside to cool. Add butter, pepper, mustard and salt. When salad is ready, add vinegar to dressing and pour over salad.

—Doris Crichton.

**FRENCH FRUIT DRESSING**

3 tbs. lemon juice  
3 tbs. orange juice  
4 tbs. olive oil

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

Mix all ingredients thoroughly.—Mrs. Donald Smith.

**SWEET CLEAR DRESSING**

$\frac{1}{2}$  cup sugar  
 $\frac{1}{8}$  tsp. mustard  
 $\frac{1}{4}$  cup vinegar

1 cup salad oil  
 $\frac{1}{8}$  tsp. salt

Bring sugar, mustard, vinegar and salt to boiling point, cool and add oil slowly, beating constantly. (makes 1  $\frac{1}{2}$  cups).—Eleanor Storey.

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**FRUIT SALAD DRESSING**

juice of 1 can pineapple	2 eggs
$\frac{3}{4}$ cup white sugar	2 tbs. butter
1 tb. flour	

Method : Blend sugar, flour and butter. Add beaten egg yolks, then the egg whites, stiffly beaten. Pour in heated pineapple juice. Cook in double boiler until thick. Cool. Just before serving, add 1 cup whipped cream. Pour dressing over salad of oranges, bananas, grapes, pineapple, etc.—Mrs. Clyde Watt.

**CREAM DRESSING FOR FRUIT SALAD**

Stir into 1 beaten egg :	
2 tbs. melted butter	1 tb. grated orange rind
1 tb. powdered sugar	$\frac{1}{2}$ cup cream

—Mrs. R. Macnaughton.

**THOUSAND ISLAND DRESSING**

1 cup mayonnaise dressing	small pieces
2 tbs. chili sauce	2 tbs. chopped gherkins or
2 tbs. catsup	olives
2 tbs. finely chopped pimento	$\frac{1}{2}$ cup cream, whipped
2 eggs, hard-cooked and cut in	

Combine all ingredients except cream. Chill thoroughly and just before serving fold in whipped cream.—Mrs. R. B. Mullin.

**JIFFY MAYONNAISE (Similar to Miracle Whip)**

Mix the following in order :

1 egg	2 tbs. sugar
2 tsps. mustard	$\frac{1}{4}$ cup vinegar
$1\frac{1}{2}$ tsps. salt	$\frac{3}{4}$ cup Mazola Oil

Then mix :

4 tbs. corn starch	4 tbs. cold water
--------------------	-------------------

Add  $\frac{3}{4}$  cup boiling water. Cook in double boiler for 5 minutes. Turn hot mixture into cold mixture and beat with beater slowly at first, then increase speed.—Mrs. J. W. Devitt.

**VEGETABLE SALAD DRESSING**

1 cup boiled or mayonnaise dressing	$\frac{1}{2}$ sweet green pepper finely chopped
1 small carrot grated	2 tbs. chopped celery
3 tbs. cooked small peas	$\frac{1}{2}$ tsp. chopped onion or onion juice
$\frac{1}{2}$ pimento finely chopped or	

Mix well and serve with plain lettuce or on tomato jelly salad.  
—Stella Melanson.

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## DESSERTS

### MAPLE MOUSSE

Heat one cup maple syrup in double boiler. Beat yolks of four eggs lightly and add gradually to syrup, stirring with egg beater, and cook until thick. Add one tb. of gelatine to one-half cup cold milk. Pour into egg mixture and stir until dissolved. Let cool until mixture begins to thicken, then fold in beaten whites of four eggs. Lastly add one-half pint of cream whipped with a pinch of salt. Let chill in refrigerator until set. Serves about ten persons.—Mrs. Alex. Tait.

### LEMON SHERBET

1 pt. milk	juice of two lemons
1 cup white sugar	½ pt. cream
grated rind of one lemon	

Method : Add sugar to milk and allow to dissolve. When thoroughly dissolved add lemon rind and juice, stirring while adding lemon juice so as to prevent curdling. Turn into freezer tray of automatic refrigerator and freeze one hour with control set at coldest point. Whip the cream to a thick custard consistency. Add frozen mixture and stir until blended. Return to freezing unit and freeze three hours. (Requires no stirring).—Mrs. Avard Gorbell.

### COFFEE-ALMOND ICE CREAM

This is a rich, smooth, inexpensive ice cream for refrigerator freezing. Combine  $\frac{3}{4}$  cup sweetened condensed milk with  $\frac{1}{2}$  cup strong coffee infusion and add a few grains of salt. Chill mixture well. Fold in 1 cup heavy cream, whipped to a soft custard consistency and add a few drops vanilla. Pour into freezing pan of refrigerator and freeze to a stiff mush. Remove and beat for two minutes. Fold in  $\frac{3}{4}$  cup blanched, slivered and browned almonds. Return to freezing tray and complete freezing until very firm. Readjust cold control and hold for serving.—Mrs. Paul S. Colpitts.

### COFFEE CREAM

½ lb. marshmallows	½ pt. cream, whipped
½ cup hot coffee	

Melt marshmallows in hot coffee over low heat. Cool to almost jelly, then add whipped cream. Beat well. Chill in refrigerator.

—Miss Doris Crichton.

### VELVET CREAM

1 ½ tb. plain gelatine	$\frac{2}{3}$ c. sugar
½ c. cold water	$\frac{2}{3}$ tb. vanilla
½ qt. milk	$\frac{2}{3}$ c. chopped pineapple
$\frac{2}{3}$ c. cream, whipped	$\frac{1}{3}$ c. chop'd maraschino cherries

Soften gelatine in cold water. Heat milk in double boiler, add sugar and gelatine and stir until dissolved. Chill. When partly set fold in fruit and whipped cream. Mould.—Mrs. K. MacKenzie.

**MARSHMALLOW ICE CREAM**

16 marshmallows  
 1 c. hot milk  
 ½ pt. whipping cream  
 ½ tsp. flavoring (preferably  
 vanilla)

Add marshmallows to hot milk and stir until dissolved. When cool, place in refrigerator to chill. Whip cream and add to mixture, beating with egg beater until very light and smooth. Add flavoring and pour into freezing trays. Set refrigerator unit at freezing for about 4 hours. Serve with chocolate sauce.—Mrs. M. G. Musgrave.

**ORANGE PUDDING**

Pare and cut fine 3 oranges, sprinkle with ⅔ cup sugar and let stand. Make thick custard by stirring 1 tsp. of cornstarch, mixed with a little cold milk, into 1 cup of boiling milk. When cooked a few minutes, stir in yolks of two eggs beaten with 2 tb. sugar. When cold pour mixture over oranges and make a meringue with the egg whites, browning in oven. Or pudding may be served with whipped cream instead of meringue.—Mrs. Donald Smith.

**CHOCOLATE PUDDING**

1 pt. milk  
 ½ c. sugar  
 Pinch of salt.  
 3 egg yolks  
 1 tb. cornstarch

Method : Scald milk in double boiler. Beat egg yolks, add sugar, salt and cornstarch, which has been dissolved in a little cold milk. Add to hot milk and cook until of custard consistency (not too long). Remove from fire and stir in 1 tsp. vanilla.

Second Part : Beat egg whites stiffly and add ½ cup confectioner's sugar and one square chocolate, melted. When cold and ready to serve, alternate the mixtures and top with whipped cream.

—Miss Margaret Fryers.

**MERINGUE DESSERT**

½ c. butter  
 4 egg yolks  
 ½ c. white sugar  
 ½ c. Swansdown cake flour  
 1 tsp. baking powder  
 2 tb. plain flour  
 4 tb. milk  
 ¼ tsp. salt

Cream butter and sugar and add egg yolks. Beat well. Add milk and flour which has been sifted with baking powder and salt, alternately, heating after each addition. Pour into two layer cake tins. Cover with meringue made by beating the 4 egg whites and adding ¾ cup white sugar and 1 tsp. vanilla. Sprinkle with chopped nuts. Cook in a moderate oven for 25 minutes. Put in layer cake form, spreading whipped cream and any seasonable fruit between layers.

—Mrs. J. W. Devitt.

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**BUSY MORNING PUDDING**

$\frac{1}{8}$  c. brown sugar  
 1 c. flour sifted with 2 tsps. bak-  
 ing powder and pinch of salt

1 c. chopped dates or raisins  
 $\frac{1}{2}$  c. sweet milk

Mix together well and pour into a greased baking dish. Cover with a sauce made as follows :

2 c. boiling water  
 $\frac{3}{4}$  c. brown sugar

1 tb. butter  
 $\frac{1}{4}$  tsp. nutmeg

Beat sauce until butter is melted. Bake in a moderate oven 30 minutes.—Mrs. Gordon Fudge.

**ST. JAMES PUDDING**

$\frac{1}{2}$  c. molasses  
 $\frac{1}{2}$  c. milk  
 3 tbs. butter  
 $1\frac{1}{2}$  c. flour  
 $\frac{1}{2}$  tsp. soda  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. cloves, ground  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{2}$  tsp. allspice  
 1 scant cup chopped nuts  
 1 scant cup raisins or dates

Mix ingredients well and steam for three hours. Serve hot with a brown sugar sauce.—Mrs. D. H. MacDonald.

**STEAMED APPLESAUCE PUDDING**

$1\frac{3}{4}$  c. flour  
 $\frac{1}{4}$  tsp. salt  
 1 tsp. soda  
 1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. cloves  
 $\frac{1}{2}$  tsp. nutmeg  
 $\frac{1}{2}$  c. shortening

1 c. sugar  
 1 egg  
 1 c. chopped raisins, currants,  
 dates or cooked prunes  
 1 c. broken nut meats  
 1 c. thick unsweetened apple-  
 sauce

Sift flour, salt, soda and spices together. Cream shortening and sugar thoroughly. Add egg and beat well. Mix fruit and nut meats with one-quarter cup of the dry ingredients. Add to the creamed mixture. Then add remaining dry ingredients alternately with applesauce, beating smooth after each addition. Fill large greased pudding mould two-thirds full, cover tightly and steam about three hours. Serve warm with hard sauce or sweetened whipped cream flavored with nutmeg. Serves 8.—Miss Eleanor Storey.

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**CHRISTMAS PLUM PUDDING**

1 c. molasses plus 1 tsp. soda.  
 3 c. flour, sifted with 1 tsp. each of salt, cinnamon and nutmeg and one-half tsp. cloves. 1 c. suet OR  $\frac{1}{2}$  c. butter  
 1 large cup of raisins, stoned, cut in pieces and slightly floured.  
 Blend in order given and steam for three hours. Serve with hard sauce, flavored with brandy or cherry.—Miss Ruth Adair.

**BLUEBERRY PUDDING**

1 c. white sugar  
 $\frac{1}{2}$  c. milk  
 2 c. flour  
 1 tsp. soda—in milk  
 1 egg  
 butter size of an egg  
 2 tsps. cream of tartar in flour

Mix together and beat well. Lastly fold in one cup of blueberries. Bake in a moderate oven. Serve with whipped cream.

—Mrs. George Cunningham.

**PINEAPPLE UPSIDE DOWN CAKE**

3 tb. brown sugar  
 3 tb. butter  
 1 can sliced pineapple

Cream butter and sugar and spread in bottom of pan. Cover with sliced pineapple. Then pour on following batter :

$\frac{1}{4}$  c. butter  
 $\frac{2}{3}$  c. sugar  
 1 egg well beaten  
 1 c. milk  
 $2\frac{1}{4}$  c. flour  
 4 tsps. baking powder  
 $\frac{1}{2}$  tsp. salt

Cream butter, add sugar and continue creaming until well blended. add egg and mix well. Then add flour, sifted with salt and baking powder, alternately with milk. Cook in moderate oven.

—Mrs. R. H. Allen.

**PEACH BASKET TURNOVER**

2 egg yolks  
 1 c. sugar  
 $\frac{1}{3}$  c. hot water  
 2 egg whites  
 1 c. flour  
 $\frac{1}{4}$  tsp. salt  
 1 tsp. baking powder  
 1 tsp. vanilla  
 1 c. brown sugar  
 2 tb. butter  
 1 can sliced peaches, drained  
 $\frac{1}{4}$  tsp. salt

Beat egg yolks and  $\frac{1}{2}$  c. sugar together until light. Add hot water and remaining sugar and beat for five minutes. Fold in stiffly beaten egg whites. Mix and sift flour, baking powder and salt. Add to first mixture. Then add vanilla. Mix brown sugar, butter and salt together and put in bottom of pan. Arrange peaches on top and then pour the batter over all. Bake in a moderate oven.

—Miss Gwendolyn MacFarlane.

**PEACH CRISP**

1c. flour  
 1 c. sugar  
 $\frac{1}{2}$  c. butter  
 6 peaches

Peel and slice peaches in wedges. Cover bottom of baking dish with them, add a little water and sprinkle with  $\frac{1}{2}$  cup sugar.

Mix remaining sugar with flour and rub in the butter. Cover peaches with this mixture. Bake one-half hour in moderate oven. Serve with whipped cream.—Mrs. Clyde Watt.

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**APPLE CRISP**

- 6 medium apples
- $\frac{3}{4}$  c. brown sugar
- $\frac{1}{4}$  c. white sugar
- $\frac{1}{4}$  c. butter
- $\frac{1}{2}$  c. flour

Peel apples and slice into buttered baking dish. Sprinkle with white sugar. Combine butter, brown sugar and flour and spread on top of apples. Bake about 30 minutes in moderate oven and serve with whipped cream.—Miss Ruth Adair.

**BAKED APPLES STUFFED WITH MINCEMEAT**

Wash 6 medium sized red apples. Remove cores to within one-half inch of bottom of apples. Slit skin one inch from top. Stuff each apple with mincemeat. Arrange apples in a greased baking dish and pour over them sauce made as follows : One-half cup brown sugar and one-half cup boiling water. Bake in a moderate oven until apples are tender, basting frequently.—Mrs. Paul S. Colpitts.

**PEANUT BRITTLE FLUFF**

- $\frac{1}{2}$  lb. peanut brittle
  - $\frac{1}{2}$  pt. cream, whipped
- Crush peanut brittle fine with rolling pin and add to cream. Mix thoroughly and chill.—Mrs. K. Everett.

**CARAMEL PUDDING**

- $\frac{1}{2}$  c. brown sugar
  - 1 c. flour
  - 1 c. raisins
  - 2 tsp. baking powder
  - $\frac{1}{2}$  c. sweet milk
- Mix and put in greased pan, then mix :
- 1 c. brown sugar
  - 2 c. boiling water
  - 1 tb. butter
  - $\frac{1}{4}$  tsp. nutmeg

When sugar is melted, pour over batter. Bake 25 minutes. —Miss Grace Condon.

**VANILLA CREAM PIE FILLING**

- 1 pt. milk
- 1 c. sugar
- 2 eggs
- 1 tsp. butter
- 1 tsp. vanilla
- $\frac{1}{4}$  tsp. salt
- 4 tb. flour

Put milk in double boiler. Mix flour, sugar and eggs. Beat well and add to milk. Cook until thick, and add butter and vanilla. —Miss Grace Condon.

**SPANISH CREAM**

- 1  $\frac{1}{4}$  c. Bordens milk diluted in
- 1  $\frac{3}{4}$  c. water
- $\frac{1}{8}$  tsp salt
- 3 eggs
- 1 tsp. vanilla
- $\frac{1}{2}$  c. sugar
- 1  $\frac{1}{2}$  tb. gelatine

Let gelatine stand in milk five minutes, then scald mixture. Combine with egg yolks, sugar and salt. Cook in double boiler till thick, then stir mixture into egg whites, add vanilla and set in moulds. —Mrs. Vincent Doucet.

**COFFEE JELLY**

- 1 tb. gelatine
- $\frac{1}{4}$  c. cold water
- 1  $\frac{1}{2}$  c. strong coffee
- $\frac{1}{3}$  c. sugar
- juice of  $\frac{1}{2}$  lemon
- pinch of salt
- 1 c. cream, whipped

Soak gelatine in cold water, dissolve in hot coffee, add sugar and flavoring and cool. When partly set, fold in whipped cream. Chill. —Mrs. Rand Matheson.

**LEMON PIE**

Juice and grated rind of 1 lemon    1 ¼ tb. cornstarch  
 1 c. sugar                                1 ½ c. boiling water  
 2 egg yolks                                small piece of butter

Combine the above, mixing the cornstarch in a little cold water, and cook in a double boiler until thick, stirring constantly. Cool and pour into a baked pie shell. Cover with meringue.

Meringue: 2 egg whites beaten stiff with ½ tsp. of salt. Add two tb. of sugar and a pinch of cream of tartar and continue beating until the mixture will stand in peaks. Pile lightly on pie and brown in a slow oven.—Mrs. J. E. Smith.

**PECAN PIE**

1 unbaked pastry shell                2 c. light corn syrup  
 1 beaten egg white                    1 tsp. vanilla  
 3 eggs                                      ¼ tsp. salt  
 1 tb. sugar                                1 c. whole pecan nut meats  
 2 tb. flour

Brush unbaked shell with egg white and put in hot oven (450°) from three to five minutes to set crust. Beat eggs until light. Mix sugar and flour and add to eggs, beating in well. Add syrup, vanilla and salt. Sprinkle nut meats in pastry shell and add filling. Bake in a moderate oven (375°) about 45 minutes. This makes one 9 inch pie.  
 —Miss Eleanor Storey.

**BUTTERSCOTCH PIE**

1 c. brown sugar                        2 tb. flour  
 1 c. cold water                         1 tsp. vanilla  
 2 eggs, separated                      2 heaping tb. butter.

Mix sugar, flour and egg yolks to smooth paste and add gradually the water and butter. Cook until thick, stirring constantly. Pour into a baked pie shell and cover with meringue made with the egg whites. Brown in a slow oven.—Miss Doris Crichton.

**MOCK CHERRY PIE**

1 c. raisins, chopped                    1 tb. flour  
 1 c. cranberries, halved                ½ c. hot water  
 ¾ c. sugar                                 1 tsp. vanilla

Make a thickening sauce of the sugar, flour, hot water and vanilla and combine with the fruit. This makes a very good filling for a two crust pie.—Mrs. Randolph Parker.

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**BUTTERSCOTCH CHIFFON PIE**

- 1 nine inch baked pie shell
- 1 envelope plain unflavored gelatine
- ¼ c. cold water
- 3 eggs, separated
- 1 c. brown sugar, firmly packed
- 1 c. scalded milk
- 2 tb. butter
- ¼ tsp. salt
- ½ tsp. vanilla
- ¼ c. white sugar

Soak gelatine in cold water for 5 minutes. Beat egg yolks and gradually add brown sugar, then milk, beating as these are added. Put butter and salt into this mixture and cook in double boiler until custard-like, stirring constantly. Stir in gelatine. Cool and add vanilla. Lastly fold in stiffly beaten egg whites which have been beaten with the white sugar. Pour into shell and chill. Any extra filling may be chilled and served as a separate dessert.

—Mrs. Ralph Jones.

**RHUBARB CANDY PIE**

- 1 lb. rhubarb
- 2 apples
- ¼ c. brown sugar
- Crust Mixture : ¾ c. flour
- 1 c. brown sugar
- ½ c. butter
- ½ tsp. salt

Put finely cut rhubarb and apples in a greased baking dish and sprinkle with brown sugar. Mix flour, brown sugar, butter and salt together and cover the fruit mixture. Bake in a moderate oven about 45 minutes.—Mrs. R. H. Allen.

**CHOCOLATE PIE**

- 1 c. white sugar
- 2 tb. cocoa
- ¼ c. butter

Put in mixing bowl and add ¼ c. boiling water and stir until smooth. Then add :

- 1 ½ c. flour
- 1 beaten egg
- 1 tsp. salt
- 1 tsp. soda in ½ c. sour milk
- 1 tsp. vanilla

Mix well and bake in moderate oven in two layer cake pans. Use following for filling and top :

- ⅔ c. sugar
- 1 tb. cocoa
- 1 large tb. cornstarch
- 1 tb. butter
- 1 c. boiling water

Mix all together and cook in double boiler until thick.

—Miss Margaret Fryers.

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--	--

**PUMPKIN PIE**

This makes two pies.

- |                      |               |
|----------------------|---------------|
| 1 can Aylmer pumpkin | 1 tsp. ginger |
| 2 c. sugar           | 1 tsp. salt   |
| 2 eggs, beaten       |               |

Mix above ingredients well then add one large tin Carnation milk and  $\frac{1}{2}$  c. milk. Pour into uncooked pastry shells and bake for one hour. Serve cold.—Mrs. D. H. MacDonald.

**BANANA PIE**

- |                  |                    |
|------------------|--------------------|
| 2 tb. cornstarch | 2 c. milk          |
| 1 c. sugar       | flavoring and salt |

Mix together and cook in double boiler until thick. Then add two sliced bananas and butter size of a walnut. Continue to cook until butter is well blended. Pour into a baked pie shell. Decorate with whipped cream, bananas and cherries.—Mrs. Gordon Fudge.

**PINEAPPLE PIE**

Heat  $1\frac{1}{2}$  c. milk. Mix  $\frac{1}{2}$  c. sugar,  $\frac{1}{8}$  tsp. salt and 2 tb. cornstarch and add slowly to the hot milk. Cook in a double boiler until cornstarch is well cooked and mixture is thick. This takes about 40 minutes. Pour this over 2 beaten egg yolks. Return to double boiler and cook about 3 minutes. Add 1 c. well drained crushed pineapple and  $\frac{1}{2}$  tsp. vanilla. Pour into a baked pie shell and cover with a meringue made of the stifflybeaten whites of 2 eggs and 2 tb. powdered sugar. Brown in oven.—Mrs. V. F. Hudson.

**MINCE MEAT**

- |   |                                 |
|---|---------------------------------|
| 2 lbs. lean beef, cooked and<br>chopped | 1 tsp. nutmeg                   |
| 1 lb. suet                              | 1 tsp. cloves                   |
| 7 lbs. apples                           | 1 tsp. allspice                 |
| 1 lb. sultana raisins                   | 1 tsp. salt                     |
| 2 lbs. seeded raisins                   | $2\frac{1}{2}$ lbs. brown sugar |
| 2 lbs. currants                         | 1 qt. cider                     |
| $\frac{3}{4}$ lb. citron                | chopped rind of 3 oranges       |

Purchase lean meat and boil until tender, cool in the liquor, then put through chopper. Mix materials together in order named. Simmer slowly for about 1 hr., bottle hot and seal.—Miss Nedra McBeath.

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**PASTRY**

1. Sift together  $1\frac{1}{2}$  cups pastry flour,  $\frac{1}{2}$  tsp. baking powder and  $\frac{1}{8}$  tsp. salt.
2. Cut into the flour  $\frac{1}{2}$  cup shortening. Use 2 knives or a pastry blender and work until the whole resembles a coarse meal.
3. Gradually add cold water to make stiff dough. Chill pastry for 1 hour if possible.
4. Turn on to a slightly floured molding surface and pat the pastry into a long narrow sheet  $\frac{1}{4}$  inch thick.
5. Roll up like a jelly roll and cut off as needed.—Reta LeBlanc.

**HOT WATER PASTRY**

$\frac{3}{4}$ c. shortening	1	tsp. baking powder
$\frac{1}{2}$ c. boiling water	1	tsp. salt
$2\frac{1}{2}$ c. pastry flour		

Pour the boiling water over the shortening and beat until it creams. Add flour, which has been sifted with baking powder and salt. Mix well. Put in refrigerator over night before using. This can be kept in refrigerator for some weeks and is always available at a moments notice for pies, tarts, etc.—Mrs. Avard Gorbell.

**Dessert Sauces and Fillings****CHOCOLATE SAUCE**

$1\frac{1}{2}$ c. brown sugar	3	tb. cocoa
$\frac{1}{2}$ c. corn syrup	1	c. boiling water

Stir well and let cook to desired thickness.—Mrs. Albert Parker.

**BUTTERSCOTCH SAUCE**

2 c. brown sugar	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. corn syrup	

Stir well and let cook slowly to desired thickness. A richer sauce may be obtained by adding  $\frac{1}{2}$  c. cream and beating well.

—Mrs. Albert Parker.

**CURRENT MINT SAUCE**

1 glass currant jelly	2	tb. orange rind shavings
2	tb.	minced mint leaves

Mix above together.—Miss Grace Condon.

**BROWN SUGAR SAUCE**

1 c. brown sugar	1	tb. flour
1 c. boiling water	1	tsp. flavoring
2	tb. butter	$\frac{1}{4}$ tsp. salt

Melt butter, stir in flour, add boiling water, sugar and salt. Cook until clear. When cool add flavoring.—Miss Grace Condon.

**HARD SAUCE**

1 egg	$\frac{1}{2}$ c. butter	
1 c. sugar	6	tb. hot water

Cream butter and sugar. Add egg yolk, then water a little at a time. Beat all together. Fold in egg white.—Miss Grace Condon.

**MARSHMALLOW SAUCE**

Melt  $\frac{1}{4}$  lb. marshmallows with  $\frac{1}{2}$  c. water. Add  $1\frac{1}{2}$  c. confectioners sugar and beat until smooth. Add 1 tsp. vanilla extract and whip in the stiffly beaten whites of two eggs. Serve over chocolate ice cream.  
—Mrs. L. McKee.

**ORANGE FILLING**

5 tb. flour	3 tb. lemon juice
1 c. sugar	$\frac{1}{4}$ c water
grated rind of 1 orange	1 egg or two yolks
$\frac{1}{2}$ c. orange juice	2 tsp. butter

Combine in order given, cook in double boiler for ten minutes, stir constantly.—Mrs. V. Doucet.

**UNCOOKED LEMON FILLING**

Beat together 2 egg yolks, 2 heaping tb. cornstarch and enough water to dissolve the cornstarch. Add very quickly 2 c. boiling water. Add juice and grated rind of 1 lemon and 1 c. white sugar. Beat well and cool.—Mrs. Randolph Parker.

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## CAKES

### CHERRY CAKE

- |                      |                     |
|----------------------|---------------------|
| ½ c. butter          | ½ c. milk           |
| 1 ½ c. sugar         | ½ tsp. vanilla      |
| 2 ½ c. sifted flour  | 16 chopped cherries |
| 3 tsp. baking powder | ½ c. walnuts        |
| ¼ tsp. salt          | 4 egg whites        |
| ¼ c. cherry fluid    |                     |

Cream shortening; add sugar gradually while creaming. Sift flour with baking powder and salt. Add alternately with cherry liquid, milk, and vanilla to sugar mixture. Fold in cherries, walnuts then stiffly beaten egg whites. Bake in greased pan in oven 375° for thirty to thirty-five minutes.—Mrs. Gordon Fudge.

### TOMATO SOUP CAKE

- |                           |                      |
|---------------------------|----------------------|
| ½ c. butter               | 1 tsp. cinnamon      |
| 1 c. sugar                | 1 tsp. cloves        |
| 1 can tomato soup         | 1 tsp. nutmeg        |
| 1 tsp. soda (put in soup) | 1 c. raisins, cut    |
| 2 c. flour (sifted)       | 1 c. chopped walnuts |
| 2 tsp. baking powder      |                      |

Cream butter and sugar. Add tomato soup to which soda has been added. Add sifted flour and baking powder, then cinnamon, cloves, nutmeg, raisins and walnuts. Bake in sheet for about half an hour in moderate oven. Frost with a boiled brown sugar icing.

—Mrs. D. H. MacDonald.

### COFFEE CAKE

- |                      |                          |
|----------------------|--------------------------|
| ½ c. butter          | ¼ tsp. salt              |
| 1 c. white sugar     | ¾ c. chopped walnuts     |
| 2 eggs, well beaten  | ½ tsp. vanilla           |
| 2 c. flour           | ¾ c. strong black coffee |
| 2 tsp. baking powder |                          |

Cream butter, add sugar, then add beaten eggs. Sift flour, baking powder and salt together, add alternately with black coffee. Add walnuts and vanilla. Bake in one sheet in moderate oven for about thirty minutes.—Mrs. D. H. MacDonald.

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**POUND CAKE**

1 $\frac{3}{4}$ c. butter	1 tsp. baking powder
4 c. cake flour	1 tsp. vanilla extract
8 eggs	1 tsp. lemon extract
2 c. sugar	1 tb. cooking sherry
$\frac{1}{8}$ tsp. salt	

Cream butter and work in flour until mixture is of fine, mealy texture. Beat eggs until lemon colored, combine with sugar, and add to flour mixture. Add salt, baking powder, extracts and sherry. Beat 15 minutes or 5 minutes at high speed if electric beater is used. Bake in greased tube pan in a slow oven (250°) 40 minutes, then increase temperature to moderate (325°) and bake 40 minutes. The crust formed makes frosting unnecessary.—Miss Eleanor Storey.

**WHIPPED CREAM CAKE**

$\frac{1}{2}$ pt. cream (whipped)	2 tsp. baking powder
2 eggs	salt
1 c. sugar	vanilla
1 $\frac{1}{2}$ c. flour	

Whip cream, beat eggs, add sugar, then add to cream. Sift flour, baking powder and salt and add to whipped cream mixture. Add vanilla. Bake in a moderate oven.—Miss Margaret Fryers.

**NUT CAKE**

1 c. white sugar	$\frac{3}{4}$ c. milk
$\frac{1}{2}$ c. butter	$\frac{1}{4}$ tsp. salt
1 egg	1 c. chopped walnuts
2 c. sifted flour	1 tsp. vanilla
2 tsp. baking powder	

Cream butter and sugar, add unbeaten egg. After sifting flour, salt and baking powder together, add to the mixture alternately with the milk. Add nuts and vanilla. Bake in 350° oven for about 45 minutes.—Mrs. Clyde Watt.

**GINGER BREAD CAKE**

$\frac{1}{2}$ c. sugar	1 tsp. ginger
$\frac{1}{2}$ c. butter and lard mixed	$\frac{1}{2}$ tsp. cloves
1 egg	1 tsp. cinnamon
1 c. molasses	$\frac{1}{2}$ tsp. salt
2 $\frac{1}{2}$ c. sifted flour	1 c. hot water
1 $\frac{1}{2}$ tsp. soda	

Cream shortening and sugar, add beaten egg, molasses, then dry ingredients, which have been sifted together. Add hot water last and beat until smooth. The batter is soft but it makes a fine cake. Bake in greased shallow pan 35 minutes in moderate oven.

— Miss Phyllis Maddison.

**BROWN SUGAR SPICE CAKE**

$\frac{1}{2}$ c. butter	1 c. brown sugar
	1 whole egg and 1 egg yolk

Cream together. Sift together 1  $\frac{1}{2}$  c. sifted flour,  $\frac{1}{2}$  tsp. soda,  $\frac{1}{2}$  tsp. baking powder,  $\frac{1}{2}$  tsp. cloves,  $\frac{1}{2}$  tsp. cinnamon, and add to above, alternating with  $\frac{1}{2}$  c. sour milk.

Frosting : Spread on before baking in slow oven.

1 egg white beaten stiff	$\frac{1}{4}$ c. walnuts chopped
$\frac{1}{2}$ c. brown sugar	1 $\frac{1}{2}$ tsp. vanilla

Bake slowly.

—Miss Ruth Adair.

**FRUIT NUT CAKE**

- |                       |                         |
|-----------------------|-------------------------|
| ½ c. butter           | 2¼ c. flour             |
| yolks of 2 eggs       | 1¼ c. brown sugar       |
| ⅔ c. milk             | 3½ tsp. baking powder   |
| 1 tsp. orange extract | ½ c. walnuts            |
| 2 tsp. cherry juice   | ½ c. mixed peel         |
| 1 tsp. vanilla        | Egg whites beaten stiff |
| pinch salt            |                         |

Cream butter and sugar. Add well beaten egg yolks. Sift flour, baking powder, salt together and add alternately with milk. Add extracts, nuts and peel. Mix thoroughly, then fold in whites of eggs. May have frosting or be served as loaf cake.—Mrs. Donald Smith.

**POUND CAKE**

- |              |              |
|--------------|--------------|
| 1 lb. butter | 1 lb. flour  |
| 1 lb. sugar  | ½ tsp. mace  |
| 10 eggs      | 2 tb. brandy |

Cream butter, add sugar gradually, and continue beating; then add egg yolks beaten until thick and lemon color, egg whites beaten until stiff, flour, mace and brandy. Beat vigorously 5 minutes. Bake in deep pan 1¼ hours in slow oven (300°F.), or if to be used for fancy ornamented cakes, bake 30 to 35 minutes in shallow pan.

—Miss Josephine Condon

**CHOCOLATE CAKE**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 c. Swansdown flour            | 2 squares Baker's Chocolate |
| ½ tsp. soda                     | (melted)                    |
| ¼ c. butter or other shortening | ½ c. milk                   |
| ¾ c. brown sugar, firmly packed | ½ tsp. vanilla              |
| 2 eggs                          |                             |

Sift flour once, measure, add soda and sift together three times. Cream butter thoroughly, add sugar gradually, cream together until light and fluffy. Add eggs, one at a time, beating well after each addition, then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased 8 x 8 pan in 350 degree oven 25 to 30 minutes. Spread 7 minute icing.—Mrs. Wm. Kirby.

**CHOCOLATE REFRIGERATOR CAKE**

- |                             |                     |
|-----------------------------|---------------------|
| 4 squares chocolate         | 1 c. cream, whipped |
| 1 tsp. vanilla extract      | ¼ c. hot water      |
| ½ c. sugar                  | 2 doz. lady-fingers |
| 4 stiffly beaten egg whites | 4 egg yolks         |
| ⅓ tsp. salt                 |                     |

Melt chocolate in top of double boiler, add sugar, salt and water. Stir until sugar is dissolved. Remove from boiling water and add egg yolks, one at a time, beating after each addition. Place over boiling water and cook 2 minutes or until thickened, stirring constantly. Add vanilla and fold in egg whites. Chill thoroughly and fold in whipped cream. Line bottom and sides of spring mould with lady-fingers. Turn mixture into mould and place remaining ladyfingers on top. Chill in refrigerator 12-24 hours. Serves 8.—Miss Eleanor Storey.



## Graham Wafer Balls

10¢ Package Marshmallows (cut fine) ½ Cup Whipped Cream.

Mix above and let stand in cool place four hours.

Cut one half cup dates and nuts and mix with the above mixture. Let stand for two or three hours in cool place. Roll into crumbs 10¢ worth of BROWN - HOLDER GRAHAM WAFERS.

Take one teaspoon of the above mixture and form into balls, by rolling in the above Brown-Holder Graham Wafer Crumbs.

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**LARGE NUT CAKE**

2 c. sugar	1 c. walnuts
$\frac{1}{4}$ c. butter	3 c. flour
1 c. milk	4 egg whites
1 tsp. vanilla	2 tsp. cream of tartar
1 tsp. soda	

Cream butter and sugar well, add dry ingredients which have been well sifted, alternately with milk and vanilla. Add walnuts and stiffly beaten egg whites last. Bake at 350 degrees.—Mrs. R. Parker.

**CHOCOLATE CAKE WITH OATMEAL**

$\frac{1}{2}$ c. oatmeal	$\frac{1}{2}$ tsp. salt
1 c. boiling water	1 tsp. soda dissolved in a little hot water
1 $\frac{1}{8}$ c. brown sugar	1 tsp. baking powder
$\frac{1}{2}$ c. butter	1 c. flour
2 eggs	1 tsp. vanilla
6 tb. cocoa	

Pour boiling water over oatmeal and set aside to cool. Cream butter and sugar and add well beaten eggs and dissolved soda. Add creamed oatmeal mixture. Mix and sift dry ingredients and add gradually. Beat well. Bake at 350 degrees.—Mrs. H. A. Charbonneau.

**WHITE CAKE**

$\frac{1}{2}$ c. butter	2 $\frac{1}{4}$ c. flour
$\frac{2}{3}$ c. sugar	4 tsp. baking powder
2 eggs	$\frac{1}{2}$ tsp. salt
1 c. milk	

Mix and sift flour and salt. Cream butter, add sugar gradually and cream very thoroughly. Add yolks of eggs, beaten until thick and light. Add milk and sifted flour alternately. Fold in whites beaten stiff while adding the last amount of flour. Sift baking powder over mixture, beat it in lightly. Pour into buttered and floured pan and bake in a moderate oven.—Mrs. R. B. Mullin.

**BLACK CHOCOLATE LAYER CAKE**

4 squares bitter chocolate	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. butter	1 $\frac{1}{2}$ tsp. soda
1 c. boiling water	$\frac{1}{2}$ c. thick sour milk or butter-milk
2 c. sugar	2 eggs beaten
2 c. cake flour (sifted before measuring)	1 tsp. vanilla

Grease thoroughly and dust with flour, two 9 inch layer cake pans. Melt the chocolate and butter in the boiling water, beating until thoroughly mixed. Add sugar, flour, salt and soda, sifted together. Add the sour milk and beat well. Stir in the beaten eggs. (Batter is very thin). Divide evenly into pans. Temperature 400 degrees; baking time approximately 35 minutes.—Mrs. R. B. Mullin.

**DOVER CAKE**

1 c. butter	$\frac{1}{4}$ c. or little more of milk
2 c. sugar	5 egg yolks and whites divided
3 c. flour	Lemon, rose and almond
2 level tsp. baking powder	flavoring

Sift flour, baking powder three times. Cream butter, add sugar and egg yolks. Add dry ingredients alternately with milk. Fold in beaten egg whites, flavoring. Bake 1  $\frac{1}{2}$  hours.—Ruth Sumner.

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**VALENTINE ANGEL CAKE**

- |                               |   |
|-------------------------------|---|
| ½ c. shortening or butter     | ½ c. milk                                 |
| 1 ½ c. sugar                  | ½ tsp. almond extract                     |
| 2 c. all-purpose flour        | 14 cherries cut fine (more if<br>desired) |
| 3 tsp. baking powder          | 4 egg whites                              |
| ¼ tsp. salt                   |   |
| ¼ c. maraschino cherry liquid |   |

Cream butter and sugar. Add sifted flour, baking powder and salt alternately with milk. Fold in cherries, then stiffly beaten egg whites and almond flavoring. Bake at 375 degrees for 40 minutes.

—Marion Sherren.

**WHITE FRUIT CAKE**

- |                               |                              |
|-------------------------------|------------------------------|
| ¾ lb. butter                  | 1 small tsp. soda            |
| 2 c. sugar                    | ¼ lb. candied red cherries   |
| 6 eggs beaten separately      | ¼ lb. candied green cherries |
| pinch of salt                 | ¼ lb. citron                 |
| 4 c. flour                    | 1 lb. white sultana raisins  |
| ¾ (extra) c. flour over fruit | Lemon flavoring              |
| 2 small tsp. cream of tartar  |                              |

Cream butter, add sugar gradually. Add eggs beaten separately. Sift flour, cream of tartar and soda, and salt three times and add to first mixture. Add fruit which has been floured. Add lemon flavoring. Bake in a slow oven for one and one-half hours.

—Mrs. Paul Colpitts.

**HOT WATER CAKE**

- |                    |                               |
|--------------------|-------------------------------|
| 2 c. white sugar   | ¼ tsp. salt                   |
| 1 c. butter        | 2 generous tsp. baking powder |
| ½ c. boiling water | ½ c. milk                     |
| 3 c. flour         | vanilla                       |
| 3 eggs             |                               |

Mix sugar and butter. Add boiling water to melt the butter. Sift flour and salt together and add alternately with unbeaten eggs. To last cup of flour add the baking powder. Beat well and add the milk and flavoring. Bake in moderate oven.

Use one-half of this mixture for Washington Pie, if desired.

—Mrs. Clyde Watt.

**DARK WEDDING CAKE**

- |                              |                       |
|------------------------------|-----------------------|
| 1 lb. flour (more if needed) | ¼ lb. orange paste or |
| 1 lb. sugar                  | 1 grated orange       |
| 1 lb. butter                 | 1 glass grape jelly   |
| 12 eggs                      | 1 tsp. cassia         |
| 5 lbs. raisins               | 1 tsp. nutmeg         |
| ½ citron peel                | ½ tsp. allspice       |
| 1 lb. candied cherries       | 1 c. grape juice      |
| 1 lb. candied pineapple      | ½ tsp. soda           |
| 1 lb. blanched almonds       | ½ tsp. salt           |
| 1 lb. pecan nuts             | 2 tsp. rose water     |

Mix butter, sugar, eggs, dry ingredients, orange, grape juice and flavoring as for plain cake. Add grape jelly and then the fruit and nuts which have been chopped and floured. Bake in a slow oven for 2 ½ hours. One half of this recipe makes two good sized cakes.

—Mrs. M. G. Musgrave.

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**CHOCOLATE CAKE**

$\frac{1}{2}$ c. butter (scant)	1 c. flour
1 c. white sugar	1 tsp. baking powder
$\frac{1}{4}$ c. buttermilk	1 tsp. vanilla
1 tsp. soda (level)	$\frac{1}{2}$ c. boiling water
1 egg and 1 egg yolk	$\frac{1}{2}$ c. cocoa

Cream butter and add sugar. Add beaten eggs and beat well together; mix soda in buttermilk and add to mixture, then add flour and baking powder. Add boiling water gradually and mix thoroughly and lastly, add cocoa. Bake about 1 hour in a moderate oven.

—Reta LeBlanc.

**WHITE FRUIT CAKE**

1 lb. butter	1 glass brandy, orange or lemon juice
1 lb. white sugar	1 lb. cherries
1 lb. flour	$\frac{1}{2}$ c. chopped citron
2 tsp. baking powder	$\frac{3}{4}$ c. almonds
$\frac{1}{2}$ tsp. salt	3 lbs. sultana raisins
11 eggs	

Mix first seven ingredients as for plain cake. Add fruit and nuts which have been chopped and floured. Bake in a very slow oven for 5 hours.—Mrs. M. G. Musgrave.

**TWO EGG CAKE**

$\frac{1}{3}$ c. butter	1 $\frac{3}{4}$ c. flour
1 c. sugar	$\frac{1}{2}$ tsp. salt
2 eggs, well beaten	1 tsp. vanilla
$\frac{1}{2}$ c. milk	2 tsp. baking powder

Cream butter, add half the sugar gradually, and beat until light. Add remaining sugar to well beaten eggs. Combine mixtures. Mix and sift flour, baking powder, and salt and add alternately with milk to first mixture. Beat thoroughly and add vanilla. Bake in loaf tin or buttered layer cake pans 20 to 30 minutes in moderately hot oven (375°F).—Josephine Condon.

**ANGEL CAKE**

1 c. flour	1 $\frac{1}{4}$ c. sifted flour
1 c. egg whites (8 or 10)	$\frac{3}{4}$ tsp. vanilla
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. almond extract
1 tsp. cream of tartar	

Sift flour once, measure, and sift 4 more times. Beat egg whites and salt in a large bowl with a wire whisk. When foamy add cream of tartar. Continue beating until eggs hold in peaks but are not dry. Fold in sugar, 2 tb. at a time, until all is used. Fold in flavoring. Sift small amount of flour over mixture and fold in carefully. Continue until all is used. Bake in ungreased angel food pan for 1 hour.

Begin with a slow heat, 275 degrees for the first half and then increase heat 325 degrees for 30 minutes. Remove from oven and invert pan until cold.—Mrs. F. Tracey.

**WIND BLOWN CAKE**

3 egg yolks	$\frac{3}{4}$ c. water
Beat until large bubbles disappear and add :	
1 $\frac{1}{4}$ c. sugar, beat 1 minute	$\frac{1}{2}$ tsp. vanilla
1 $\frac{1}{2}$ c. Swandown cake flour	salt
1 tsp. baking powder	

Fold in egg whites. Bake in a slow oven 40 minutes.—Mrs. L. McKee.

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**SPICE CAKE**

1 c. brown sugar	1 tsp. baking powder
$\frac{1}{4}$ c. butter	1 tsp. soda
1 egg and 2 yolks	$\frac{1}{4}$ tsp. salt
2 c. flour	1 c. dates
$\frac{1}{2}$ tsp. ginger, cloves, allspice and cinnamon	$\frac{1}{2}$ c. walnuts
	$\frac{1}{4}$ c. milk

Cream butter and sugar, add egg yolks, which have been well beaten. Sift flour, spices, baking powder, soda and salt together three times and add alternately with milk. Then add the dates and walnuts which have been dredged lightly with flour. Beat well and fold in beaten egg white. Bake in moderate oven 30 minutes.

—Miss Grace Condon.

**DARK FRUIT CAKE**

1 lb. flour	1 c. molasses
1 lb. brown sugar	1 c. strawberry preserves
1 lb. butter	1 tsp. each kind of spice
2 lbs. currants	$\frac{1}{2}$ tsp. soda dissolved in wine- glass of coffee
3 lbs. raisins	10 eggs
1 lb. figs	Rose or lemon flavoring
$\frac{1}{2}$ lb. almonds	
1 lb. cut peel	

Warm butter, sugar and molasses. Chop fruit and put it through flour, then add butter, sugar and molasses. Next add egg yolks, well beaten, then flavoring and almonds. Lastly fold in the whites of the eggs.—Miss Nedra McBeath.

**LIGHTNING CAKE**

Break two eggs in bowl. Add 1 c. sugar. Melt  $\frac{1}{2}$  c. butter and 2 squares chocolate and add to eggs and sugar. Take  $\frac{1}{2}$  c. milk with  $\frac{1}{2}$  tsp. soda, 1 rounded cup flour sifted with 1 tsp. cream tartar and pinch salt. Put all together and beat with egg beater until it looks like whipped cream. Bake 25 minutes in moderate oven.

—Mrs. A. Bourque.

**ORANGE CAKE**

1 c. sugar	$\frac{1}{2}$ tsp. salt
1 egg	$\frac{1}{2}$ c. butter
2 c. flour	$\frac{3}{4}$ c. sour milk
1 tsp. baking powder	1 tsp. soda
1 c. raisins cut fine	

(Pour hot water over juice and rind of one orange and drain)  
Cream butter and add sugar and well beaten egg. Add flour, which has been sifted 3 times with baking powder and salt, alternately with liquids which have been mixed together. When liquids are half used, add soda and continue to mix. Bake in a moderate oven 40 minutes in a pan about 10 inches by 13 inches. Make a frosting of 1 tb. of butter (heaping), orange juice and powdered sugar. Grated rind is for top of frosting.—Mrs. V. F. Hudson.

**POUND CAKE**

1 c. shortening	4 eggs
2 c. cake or pastry flour	1 ½ c. confectioners sugar
2 tsp. baking powder	2 tb. milk

Cream shortening and add flour with which baking powder has been sifted. If unsalted shortening is used, add one-quarter teaspoon salt. Beat egg yolks until light and add sugar gradually, beating constantly. Add milk. Combine the two mixtures and beat thoroughly. Fold in stiffly beaten egg whites and beat until they are well incorporated. Flavor with vanilla and nutmeg. Spread batter in a greased shallow pan and bake in a moderate oven 40 minutes.

—Mrs. V. Doucet.

**WALNUT MOCHA CAKE**

Cream ½ c. butter and 1 c. sugar. Add ½ c. strained coffee infusion. 1 ¾ c. flour, 2 ½ tsp. baking powder, beaten whites of 3 eggs, ¾ c. walnuts. Bake 40 to 45 minutes.—Mrs. V. Doucet.

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**CHOCOLATE ICING**

Combine :

2 egg whites	5 tb. water
1 ½ c. brown sugar	1 tb Corn syrup

in double boiler.

Cook and beat with egg beater seven minutes, add 1 tsp. vanilla, beat until glossy and will stand in peaks. Spread on cake. Gently stir in 2 ½ oz. melted chocolate.—Mrs. Paul Colpitts.

**WHIPPED CREAM CAKE FROSTING**

3 tb. butter	2 c. sifted icing sugar
3 tb. milk	1 tsp. vanilla

Cream butter until light and fluffy, add sifted icing sugar and milk alternately, beating well until the icing is light. Cover cake with frosting and cover with chopped walnuts or cocoanut.

—Miss Margaret Fryers.

**HUNGARIAN CHOCOLATE FROSTING AND FILLING**

4 squares unsweetened chocolate	2 eggs
1 c. confectioners' sugar	6 tb. butter
2 tb. hot water	

Melt chocolate in double boiler. Remove from boiling water, add sugar, water and blend. Add eggs, one at a time, beating well after each addition. Add butter, one-third at a time, beating thoroughly after each amount. Makes enough frosting and filling to cover tops of two 9 inch layers or top and sides of 8 x 8 x 2 inch cake, or about 2 dozen cup cakes.—Mrs. R. B. Mullin.

**CREAM FILLING**

2 tb. flour	1 c. milk, scalded
1 tb. corn starch	2 egg yolks
¼ c. sugar	½ tsp. vanilla
½ tsp. salt	

Mix flour, corn starch and salt, add milk and cook over boiling water, stirring well until it is thick and the taste of the corn starch is gone. Beat egg yolks, add cooked mixture to them, continue cooking until thick, stirring constantly. Remove from the fire and add vanilla.

—Mrs. K. Everett.

**CHOCOLATE BUTTER ICING**

6 marshmallows	1 square chocolate
6 tb. milk	¼ tsp. salt
3 tb. butter	2 ¼ c. icing sugar

Put marshmallows, chocolate, milk and salt into top of double boiler and heat over hot water until marshmallows are melted. Add butter, remove from fire and cool. Stir until a smooth paste is formed, then gradually work in the sugar until the mixture is smooth and thick enough to spread.—Mrs. George Cunningham.

**FUDGE FROSTING**

2 c. sugar	½ c. milk or cream
1 tb. butter (heaping)	¾ c. grated chocolate
1 tsp. vanilla	

Put all ingredients in saucepan, let come to a boil and boil slowly without stirring for 8 minutes. Beat till creamy.—Ruth Sumner.

## SMALL CAKES

### BUTTERSCOTCH COOKIES

½ c. butter	½ c. water
2 c. brown sugar	½ tsp. soda
2 eggs	salt
3 c. flour	1 tsp. vanilla

Cream butter and sugar. Add well beaten eggs. Add dry ingredients which have been sifted three times. Add vanilla. Pack into loaf and put in refrigerator until hard. Roll out spread with date filling. Roll up as a jelly roll. Let harden again. Slice and bake in 375° oven.

Date filling: 1 c. dates  
½ c. brown sugar  
pinch salt. —Mrs. Clyde Watt.

### PEANUT BUTTER COOKIES

½ c. butter	1 egg (beaten)
½ c. peanut butter	1 ½ c. flour
½ c. brown sugar	1 tsp. baking soda
½ c. white sugar	1 tsp. vanilla

Mix in order given. Roll and place in ice box. Cut thin and cook.  
—Miss Margaret Fryers.

### ICE-BOX GINGER SNAPS

1 c. shortening	2 tsp. ginger
⅓ c. brown sugar	½ tsp. cinnamon
⅔ c. molasses	½ tsp. cloves
3 c. flour	½ tsp. salt
2 tsp. soda (in the flour)	

Mix in order given, knead well and form in long rolls. Put on ice until firm.—Mrs. A. Wallace.

### SCOTCH CAKES

1 c. butter	2 c all purpose flour
¼ c. white sugar	vanilla and salt
¼ c. icing sugar	

Cream butter, add sugar, then flour and flavoring. Cook in slow oven.  
Mrs. Alex. Tait.

### SCOTCH DROPS

1 c. butter	½ tsp. soda
½ c. brown sugar (packed)	2 c. flour
1 egg	¾ c. raisins and dates
½ tsp. salt	1 tsp. vanilla
1 tsp. cream of tratar	1 tsp. lemon

Combine in order given, sifting dry ingredients together. Drop by spoonfuls on cookie sheet and press centre slightly before cooking. Bake at 350° about 20 minutes.—Mrs. R. Parker.

### PINEAPPLE CUBE MACAROONS

2 egg whites beaten stiff	1 can well drained pineapple
½ c. white sugar	cubes
pinch salt	

Beat egg whites stiff, and add sugar, salt and vanilla. Take cube of pineapple and cover well with mixture. Bake in slow oven 300° for ½ hr. or until set and brown.—Miss Marion Sherren.

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**ALMOND COOKIES**

1 c. sugar	$\frac{1}{2}$ tsp. cream tartar
1 c. butter	$\frac{1}{2}$ tsp. soda
2 c. flour	$\frac{1}{2}$ c. almonds
1 egg	

Cream butter, add sugar gradually. Beat egg, add to first. Sift dry ingredients, add gradually. Drop in small amounts on a buttered pan, and press down with finger. In middle put half a blanched almond. Bake in moderate oven.—Mrs. A. Wallace.

**FRUIT DROP COOKIES**

$\frac{1}{2}$ lb. blanched almonds	1 tb. cornstarch
$\frac{1}{2}$ lb. shelled brazil nuts	1 tsp. salt
$\frac{1}{4}$ lb. candied pineapple (1 red & 1 green ring)	$\frac{3}{4}$ c. fruit sugar (take rolling pin to granulated sugar
$\frac{1}{4}$ lb. candied cherries	whites of 2 eggs

Beat egg whites until stiff. Drop in chopped fruits and nuts. Add combined dry ingredients last. Let stand 20 minutes. Bake in slow oven around 300°.—Mrs. Clyde Watt.

**DATE DROPS**

2 whites of eggs	$\frac{1}{2}$ c. chopped nuts
$\frac{1}{2}$ c. sugar, granulated or fruit	$\frac{1}{2}$ c. chopped dates
2 c. cornflakes	$\frac{1}{2}$ tsp. vanilla

Beat whites until stiff, add sugar gradually. Add other ingredients. Drop from a teaspoon on buttered baking sheet. Bake in moderate oven 10 to 15 minutes. Temperature 300°.—Mrs. R. B. Mullin.

**DATE SQUARES**

3 eggs	1 tsp. baking powder
1 (scant) tb. melted butter	1 lb. of dates cut in pieces
1 c. sugar	salt and vanilla
1 c. flour	

Beat eggs, add sugar and mix well. Then add butter, then flour sifted with baking powder and salt. Add dates and vanilla and cook in a fairly large pan in a moderate oven about one-half hour.

—Mrs. Avard Gorbell.

**COCOANUT SQUARES**

2 tb. butter	$\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. white sugar	2 tsp. baking powder
1 egg	vanilla
$\frac{1}{2}$ c. milk	salt

Mix in given order. Put in cake pan and bake. When cake is baked cool a bit and spread with the following mixture on top.

3 tb. melted butter	2 tb. cream
$\frac{3}{4}$ c. brown sugar	1 c. cocoanut

Brown under broiler.

—Mrs. Gordon Fudge.

**PEACH PATTIES**

Line patty pans with uncooked pie pastry. Drain juice from can of peaches and bring to a boil. Thicken with cornstarch. Flavor to taste with vanilla, nutmeg, lemon juice and butter. Cool. In each patty pan put 1 tsp. juice, 1 peach half, topped with 2 tsp. juice. Cook

—Mrs. F. Tracey.

**WALNUT FINGERS**

1st mixture :

$\frac{1}{2}$ c. butter	$1\frac{3}{4}$ c. flour
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. baking powder
2 egg yolks	

Cream butter, add sugar, add beaten egg yolks, sifted flour and baking powder. Spread in pan and press down with spoon.

2nd mixture :

Beat 2 egg whites, add	1 tsp. vanilla
$\frac{1}{6}$ tsp. salt	$\frac{1}{2}$ to 1 c. walnuts
2 c. brown sugar	

Spread over first mixture and bake in  $350^{\circ}$  oven. Cut in fingers while warm.—Mrs. H. A. Charbonneau.

**CHINESE CHEWS**

2 eggs (well beaten)	1 c. chopped nuts
1 c. white sugar	$\frac{3}{4}$ c. flour
1 c. chopped dates	

Mix eggs and sugar, then nuts, dates and flour last. Cut while hot and roll in icing sugar. Bake on cookie sheet. Slow oven  $325^{\circ}$ .

—Mrs. Wm. Kirby.

**BUTTER TARTS**

1 c. sugar	1 c. currants or seedless raisins
$\frac{1}{2}$ c. butter	2 tb. lemon juice or $\frac{1}{2}$ tsp.
2 eggs	vanilla

Cream the butter; add sugar and mix thoroughly. Add eggs well beaten, fruit and flavoring. Line patty tins with pastry, fill with the mixture, and bake in a moderate oven.—Mrs. R. B. Mullin.

**CHOCOLATE OATMEAL COOKIES**

$\frac{1}{2}$ c. brown sugar	2 handfuls oatmeal
$\frac{1}{2}$ c. white sugar	1 c. flour
$\frac{1}{2}$ c. butter	1 tsp. baking powder
1 egg	2 squares chocolate (melted)
2 tb. coffee	

Drop by spoonfuls. Cook quickly.—Miss Margaret Fryers.

**BROWNIES**

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. baking powder
1 c. sugar	2 squares chocolate
2 eggs	salt and vanilla
$\frac{3}{4}$ c. flour	$\frac{1}{2}$ c. chopped walnuts

Melt butter and chocolate, let cool then add beaten eggs and add flour and baking powder, vanilla and nuts. Bake in moderate oven about  $350^{\circ}$ .—Mrs. Roscoe Allen.

**STRAWBERRY CAKES**

Mix together  $\frac{1}{4}$  lb. each of butter, sugar and flour, add 2 tb. strawberry jam, 2 eggs well beaten,  $\frac{1}{2}$  tsp. baking soda dissolved in a small quantity of boiling water. Bake in small gem pans. Before serving put a spoonful of whipped cream on top, also a small piece of candied cherry.—Miss Elizabeth Condon.

**OATMEAL COOKIES**

- |                     |                      |
|---------------------|----------------------|
| 1 ½ c. white sugar  | 2 c. oatmeal         |
| 1 c. butter         | ½ tsp. salt          |
| 1 ½ c. pastry flour | 2 tsp. baking powder |
| ½ tsp. soda         | 1 tsp. vanilla       |
| 1 egg               |                      |

Cream butter, add sugar gradually then the unbeaten egg, sift flour with soda, salt and baking powder 3 times, add to first mixture gradually with oatmeal, then vanilla. Drop on cookie sheet by spoonful and bake in a 350° oven 15 minutes.—Mrs. Ralph Jones.

**CRISP MALLOW SQUARES**

- |                              |              |
|------------------------------|--------------|
| 1 small package marshmallows | 2 tb. butter |
| 2 ½ c. rice crispies         |              |

Melt marshmallows and butter together over hot water. Add rice crispies. Pack into buttered cake tin and place in refrigerator for three hours. Cut in squares to serve.—Mrs. K. MacKenzie.

**MARSHMALLOW DELIGHTS**

- |                        |               |
|------------------------|---------------|
| 1 package marshmallows | ¼ lb. almonds |
| Shredded cocoanut      |               |

Blanch the almonds and dry off, but do not brown, in the oven. Cut marshmallows in half. Insert a nut in the half marshmallows and arrange on wax paper which has been placed on cookie sheet. Put in slow oven and leave until marshmallows start to melt. Remove from oven. Roll each one in slightly browned and finely cut cocoanut.—Mrs. Clyde Watt.

**DANISH NUT FANCIES**

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 8 tb. shortening                  | 1 tsp. baking powder        |
| ¼ c. brown sugar                  | ½ tsp. salt                 |
| 1 egg yolk                        | ¼ lb. chopped almonds       |
| ½ tsp. vanilla                    | jelly                       |
| 1 ½ tb. finely chopped lemon peel | 1 slightly beaten egg white |
| 1 ¼ c. sifted pastry flour        |                             |

Cream shortening slightly and gradually blend in brown sugar, then egg yolk, vanilla and candied peel. Mix in flour, sifted with baking powder and salt. Combine well. Roll small pieces of dough into balls. Dip in slightly beaten egg white and coat with chopped almonds. Place on buttered baking sheet. Make deep depressions in centre of each with finger tip. Bake at 325 degrees 20 to 25 minutes. Fill depressions with jelly.—Mrs. K. MacKenzie.

**CHOCOLATE ROLL**

- |                              |                           |
|------------------------------|---------------------------|
| 3 tb. sugar                  | 2 tb. confectioners sugar |
| ⅛ tsp. salt                  | vanilla                   |
| 6 egg whites, stiffly beaten | 1 c. cream whipped        |
| 1 square chocolate, melted   |                           |

Combine sugar and salt, add gradually to egg whites and continue beating until mixture holds shape. Fold in chocolate, spread ¼ inch thick on baking sheet. Bake in moderate oven 20 minutes. Cover with cloth and cool. Fold confectioner's sugar and vanilla into whipped cream. Spread on cake, roll as for jelly roll. Chill.

—Miss Nan Belliveau.

**RAISIN AND NUT COOKIES**

- |                        |                  |
|------------------------|------------------|
| 1 scant c. butter      | 2 tsp. soda      |
| 2 c. brown sugar       | 1 tsp. vanilla   |
| 2 eggs                 | raisins and nuts |
| 3 c. flour             | pinch of salt    |
| 2 tsp. cream of tartar |                  |

Cream butter, add sugar gradually. Add beaten eggs. Sift flour, cream of tartar, soda and salt and add to butter mixture. Add vanilla and raisins and nuts. Drop by teaspoon on greased cookie sheet and bake in moderate oven.—Mrs. Paul Colpitts.

**MERINGUE FRUIT DROPS**

- |               |                    |
|---------------|--------------------|
| ¼ lb. almonds | ½ c. sugar         |
| 1 lb. dates   | ½ tsp. vanilla     |
| 2 egg whites  | ½ tsp. lemon juice |

Put dates and blanched almonds through food chopper. Add vanilla and lemon juice and shape mixture into small balls. Beat egg whites until stiff but not dry and gradually beat in sugar. Cover well with meringue by placing fruit balls on teaspoon and lowering in meringue and coating well. Bake in slow oven of 275° for 12 minutes or until meringue coating is dry.—Mrs. Rand Matheson.

**LEMON CRUMBLES**

- |  |               |
|--|---------------|
| 1 ¾ c. cracker crumbs rolled very fine | ½ c. cocoanut |
| ¾ c. flour                             | ¾ c. butter   |
| 1 tsp. baking powder                   | ½ c. sugar    |
|  | 1 tb. milk    |

Place half the mixture in the pan, spread with lemon filling and on top of filling place the other half of mixture.

Lemon Filling :

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 c. sugar                       | 1 heaping tsp. of cornstarch |
| juice and grated rind of 1 lemon | 1 c. boiling water           |
| 1 egg                            |                              |

—Miss Elizabeth Condon.

**CHEESE DREAMS**

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 ¾ c. sifted all-purpose flour | ½ lb. grated Canadian cheese |
| ¼ tsp. baking powder            | ¼ lb. chilled butter         |
| ½ tsp. salt                     | jelly or jam                 |
| 1 tb. brown sugar               |                              |

Sift flour, baking powder and salt. Add brown sugar and cheese. Cut butter in finely with two knives. Spread ½ mixture on bottom of pan, 8 by 8. Spread jam on top and cover with rest of mixture. Bake in moderate oven 350° 30 minutes. Cut in squares.

—Miss Marion Sherren.

**DOUGHNUTS**

- |                       |                      |
|-----------------------|----------------------|
| 4 c. flour            | 3 tsp. baking powder |
| 2 tb. butter, creamed | ½ tsp. ginger        |
| 1 c. sugar            | dash of nutmeg       |
| 2 eggs                | pinch of salt        |
| 1 c. milk             |                      |

Cream butter and sugar. Add eggs (well beaten); sift dry ingredients, add milk. Cut and drop in deep fat. Fry until brown.

—Miss Ruth Adair.

**CHOCOLATE HALFWAY COOKIES**

- |                                   |                                |
|-----------------------------------|--------------------------------|
| ½ c. shortening                   | ¼ tsp. salt                    |
| 1 c. brown sugar, (tightly p'ked) | ½ tsp. baking powder           |
| 1 egg (separated)                 | ⅛ tsp. baking soda             |
| 1 tb. cold water                  | ½ bar Nestles semi-sweet choc. |
| ½ tsp. vanilla                    | cut in small pieces            |
| 1 c. sifted flour                 |                                |

Cream shortening until light. Gradually add ½ cup brown sugar, still beating. Add slightly beaten egg yolk, water and vanilla, blend thoroughly. Sift dry ingredients together 3 times and add to first mixture. Combine thoroughly. Spread in greased pan 8 by 12 inches. Smooth out dough with a spatula. Sprinkle dough with small cubes of chocolate.

Beat egg white stiff, and gradually add remaining brown sugar and ¼ tsp. vanilla and continue to beat. Spread over chocolate and dough and bake in moderate oven 350-375 degrees for 25 minutes. Let cool and cut into 2 inch squares.

Leave exposed to air 24 hrs. before serving.—Miss Marian Sherren.

**MARSHMALLOW DELIGHTS**

- |                             |                       |
|-----------------------------|-----------------------|
| ½ lb. marshmallows          | 1 c. dates            |
| 2 tb. cherry juice          | ½ c. cocoanut         |
| 1 small bottle red cherries | ½ tsp. almond extract |
| ½ c. walnuts                |                       |

Put marshmallows in top of double boiler with cherry juice and melt. Add walnuts, dates and cherries cut in small pieces. Add cocoanut and flavoring. Drop by tsp. in cocoanut and roll

—Mrs. Rand Matheson.

**VANILLA CRESCENTS**

- |                  |                      |
|------------------|----------------------|
| 2¾ c. cake flour | ¼ c. sugar           |
| 1 c. butter      | ⅔ c. chopped almonds |
| 1 tsp. vanilla   |                      |

Combine all ingredients and mix lightly together into a light pastry dough. Let stand one hour in refrigerator. Cut off pieces about size of walnut and form into little crescents. Bake on ungreased cookie sheet in 350° oven 10 to 15 minutes. While warm roll in vanilla sugar.—Mrs. K. MacKenzie.

**LACE COOKIES**

- |                     |                      |
|---------------------|----------------------|
| 2 eggs              | 3 c. rolled oats     |
| 1 c. sugar          | 2 tsp. baking powder |
| 2 tb. melted butter |                      |

Drop on hot greased tins and bake in quick oven.—Ruth Sumner.

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**CHOCOLATE CUBE MACAROONS**

2 egg whites beaten stiff	1 cake semi-sweet chocolate
½ c. sugar	½ tsp. vanilla
pinch salt	2 c. shredded cocoanut

Beat egg whites until stiff. Add sugar gradually still beating and vanilla and cocoanut. Cut chocolate in small pieces. Dip pieces in cocoanut mixture and coat all over. Bake on cornstarch pan in slow oven 300 degrees about ½ hour.—Miss Marion Sherren.

**OATMEAL CRINKLES**

1 c. butter	1 tsp. soda
1 c. brown sugar	¼ c. warm water
2 c. flour	vanilla
2 c. oatmeal (uncooked)	

Cream butter and sugar. Sift flour and mix well with a fork. Add oatmeal. Dissolve soda in water and add to mixture, add vanilla. Drop in small bits on baking sheet and press with a fork to wafer thinness. Cook in a slow oven.—Mrs. F. Tracey.

**MARSITANS**

½ lb. candied cherries	1 c. cocoanut
½ lb. marshmallows	1 egg beaten
½ lb. almonds (do not blanch)	

Put all except marshmallows through chopper (not too fine). Cut marshmallows with scissors. Knead on board and form in small balls. Roll in granulated sugar.—Doris Crichton.

**RICE CHEESE CAKES**

½ lb. butter	⅔ c. ground rice flour
2 eggs	grated rind of 1 lemon
⅔ c. sugar	

Cream butter and sugar. Add eggs beaten then flour and grated rind. Line small pastry tins with rich pastry. Drop ½ tsp. jam in each, also spoonful of above mixture. Bake in moderate oven.

—Mrs. L. McKee.

**HERMITS**

¾ c. shortening	½ tb. cinnamon
1 ½ c. brown sugar	½ tb. nutmeg
3 eggs (well beaten)	½ tsp. salt
¾ tsp. soda	1 c. raisins
2 ½ c. flour	1 c. walnuts

Cream shortening (butter) and brown sugar, add eggs. Sift flour, soda, salt, nutmeg, cinnamon and add. Then add raisins, walnuts and drop by spoonfuls on buttered cookie sheet.—Mrs. J. D'Orsay.

**DELICIOUS BROWNIES**

1 c. sugar	½ c. melted butter
2 eggs unbeaten	2 squares melted chocolate
1 tsp. vanilla	1 c. chopped nuts

½ to ¾ c. bread flour with 1 tsp. baking powder, ½ tsp. salt mixed and sifted together.

Mix sugar, melted butter and melted chocolate together. Add eggs unbeaten and mix well. Add flour, baking powder and salt. Bake in oven 30 to 35 minutes.—Mrs. Donald Smith.

**TOLL HOUSE COOKIES**

- |   |   |
|---|---|
| ½ c. butter                               | 1 ¼ c. bread flour                          |
| ¾ c. brown sugar                          | 1 package Bakers "Dot" Semi-sweet chocolate |
| ¾ c. white sugar                          | ½ c. chopped walnuts                        |
| 1 egg beaten                              | ½ tsp. vanilla                              |
| ½ tsp. soda dissolved in ½ tsp. hot water | ½ tsp. salt                                 |

Cream butter, add sugar, beaten egg, dissolved soda, then flour, mix well. Add vanilla, nut meats and salt. Lastly the package of chocolate cut in pieces about the size of a pea. Drop about one tsp. on buttered cookie sheet and cook until a golden color.—Mrs. Alex. Tait.

**GINGER SNAPS**

- |  |                 |
|--|-----------------|
| 1 c. drippings (bacon or sausage best) | ¼ tsp. mace     |
| 1 c. molasses                          | ¼ c. warm water |
| 1 c. brown sugar                       | 1 tsp. soda     |
| 1 tsp. salt                            | 1 tsp. ginger   |
| 1 tsp. cinnamon                        | ¼ tsp. cloves   |

Melt drippings and sugar, allow to become real hot. Add molasses, salt and soda dissolved in warm water. Add spices sifted with a little flour and then enough flour to make a stiff dough. Chill, roll and bake in hot oven.—Mrs. Alex. Tait.

**JELLY DROPS**

- |                         |                               |
|-------------------------|-------------------------------|
| ½ c. butter, cream well | ¾ c. corn starch & ¾ c. flour |
| ½ c. sugar              | 1 tsp. vanilla                |
| 1 beaten egg            | 1 tsp. baking powder          |

Mix in order given. Drop a small portion on a pan, make a hollow and fill with a dot of jelly and cook.—Mrs. V. Doucet.

**CORNFLAKE COOKIES**

- |                      |                  |
|----------------------|------------------|
| ½ c. butter          | 1 c. brown sugar |
| 1 ½ c. flour         | 2 eggs           |
| 2 tsp. baking powder |                  |

Cream butter, add sugar gradually and blend thoroughly. Add beaten eggs and flour and baking powder. Mix well. Add four cups toasted cornflakes. Mould with a spoon and drop on baking sheet about an inch apart. Bake in a moderate oven about 30 minutes.

—Reta LeBlanc.

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**PINEAPPLE SQUARES**

1 c. flour  
1 tb. butter  
¼ c. milk

1 tb. white sugar  
1 tsp. baking powder

First mixture :

Method : Cream butter and sugar, add beaten egg and milk; sift baking powder with flour, mix well and spread mixture in well greased pan. Cover well with layer of crushed pineapple (omitting juice) but do not squeeze pulp.

Second mixture for top :

2 c. cocoanut  
1 c. white sugar

1 egg (beaten well)  
4 tb. melted butter

Mix well together and spread mixture over top of pineapple. Bake in a moderate oven until brown.—Reta LeBlanc.

**KISSES**

2 egg whites beaten stiff  
1 c. white sugar, added gradually  
salt, vanilla  
2 c. dates cut in pieces added last

Bake in very slow oven about three-quarters of an hour.

—Mrs. R. E. Parker.

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**TEA TIME TREATS**

- |                   |                   |
|-------------------|-------------------|
| 2 c. brown sugar  | 12 dates cut fine |
| ½ c. butter       | 1 egg, beaten     |
| ½ c. mixed peel   | ¼ tsp. salt       |
| 1 c. cocoanut     | 5 c. cornflakes   |
| ½ c. chopped nuts |                   |

Put butter and sugar in sauce pan and melt over low heat. Keep stirring so they won't burn. Remove from fire and add mixed peel, cocoanut, nuts, dates and salt. Stir in well beaten egg and cornflakes, 1 c. at a time. Drop on greased cookie sheet and bake 5 minutes in hot oven 400°. Do not try to brown them. Just long enough to set. Cool slightly before removing from pan.

—Mrs. Albert Parker.

**RAISIN PUFFS**

- |                  |                                |
|------------------|--------------------------------|
| 1 c. rolled oats | ½ c. shortening                |
| 2 ½ c. flour     | ½ c. sour milk                 |
| 1 c. brown sugar | ½ tsp. soda, dissolved in milk |
| ½ c. butter      |                                |

Roll out on board, and put half mixture in bottom of well greased pan.

**RAISIN FILLING**

- |                  |                          |
|------------------|--------------------------|
| 1 c. white sugar | Mix thoroughly and add : |
| 2 tb. flour      | 1 c. seedless raisins    |
| 1 c. cold water  |                          |

Cook in double boiler until raisins are soft and pour over bottom layer. Add top and cook in moderate oven until well browned.

—Miss Grace Condon.

**SUNBEAMS**

- |                              |                           |
|------------------------------|---------------------------|
| 2 egg whites, stiffly beaten | 1 c. walnuts              |
| ½ tsp. baking powder         | 1 c. granulated sugar     |
| 1 c. cocoanut                | ½ lb. dates, chopped fine |

To stiffly beaten egg whites, fold in sugar and baking powder which have been sifted together. Then in a separate bowl, mix cocoanut, nuts and dates. Combine with first mixture and roll in Rice Krispies. Bake at 375° for 10 to 12 minutes or until golden brown. This makes 90 cookies.—Mrs. Albert Parker.

**DATE FLUFFS**

- |                      |                    |
|----------------------|--------------------|
| 3 egg whites         | 1 tb. corn starch  |
| 1 lb. dates, chopped | ½ c. nuts, chopped |
| ½ tsp. vanilla       | salt               |
| 1 c. sugar           |                    |

Beat egg whites and add sugar and cornstarch and salt which have been mixed together. Beat well and cook in double boiler for eight minutes. Add dates, nuts and vanilla. Drop from spoon on greased pan. Bake in a very slow oven.—Mrs. V. F. Hudson.

**GOLF BALLS**

- |            |                                   |
|------------|-----------------------------------|
| 1 c. cream | 2 ten cent packages marshmallows. |
|------------|-----------------------------------|

Whip cream and add marshmallows which have been cut in pieces. Let stand in a cool place 4 or 5 hours. Then add 1 c. chopped dates and 1 c. broken walnuts. Let stand in cool place until stiff enough to handle. Form in balls and roll in crushed cream graham wafers. Will keep for 2 days.—Mrs. V. F. Hudson.

## BREAD AND ROLLS

### BANANA FRUIT LOAF

¼ c. butter	2 c. flour
1 c. sugar	1 tsp. soda
2 beaten eggs	1 c. mince meat
3 mashed bananas	

Cream butter and sugar, add beaten eggs, mashed bananas, mince meat and sifted flour and soda. Bake in moderate oven.

—Mrs. Rand Matheson

### SWEET MILK MUFFINS

2¼ c. pastry flour or 2 c. family flour	1 egg
4 tsp. baking powder	1 c. milk
2 tb. sugar	3 tb. butter (melted)

Measure flour, baking powder, sugar and salt. Mix together and sift. Beat egg until it is foamy. Measure milk and turn it into egg. Measure fat and turn into egg-milk mixture. Combine the wet and dry ingredients. Bake at 425 degrees F, about 20 minutes. Serve at once.—Mrs. Paul Colpitts.

### TEA BISCUITS

1 c. sugar	½ c. milk
½ c. butter	2 c. flour
1 egg	salt
2 tsp. baking powder	

Beat the butter and sugar to a cream, add the well beaten egg, salt and milk, and sift in the flour and baking powder together. It should make a very light dough, but if too soft a little more flour may be added. Roll out on well floured board and cut out with a biscuit cutter. Place close together in a shallow biscuit pan. Bake about 10 minutes and serve hot.—Elizabeth Condon.

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**APPLE OR BLUEBERRY MUFFINS**

3 tb. of fat	$\frac{1}{2}$ tsp. salt
$\frac{1}{3}$ c. sugar	4 tsp. baking powder
1 egg	1 c fresh blueberries or 2 or 3
1 c. milk	apples
$2\frac{1}{4}$ c. flour	

Cream the fat, and add the sugar gradually. Then stir in the beaten egg and milk. Keep  $\frac{1}{4}$  c. of flour, and mix the rest with the salt and baking powder. Stir the dry ingredients into the first mixture. Next mix the  $\frac{1}{4}$  c. of flour with the apples or blueberries and fold them into the batter. Fill well greased muffin pans about two-thirds full of the batter and bake in a hot oven for about 20 minutes.—Reta LeBlanc.

**BUTTERSCOTCH CURLS**

2 c. flour	$\frac{2}{3}$ c. milk
4 tsp. magic baking powder	3 tb. butter
$\frac{2}{3}$ tsp. salt	$\frac{1}{2}$ c. brown sugar
4 tb. shortening	

Sift dry ingredients; add shortening, mixing in with a fork. Add milk to make a soft dough. Knead slightly. Roll out  $\frac{1}{4}$  inch thick. Spread with creamed butter. Sprinkle with brown sugar. Roll up as for jelly roll. Cut one-inch pieces. Stand rolls on end in a well buttered pan, small muffin tins. Bake in moderate oven at 375 degrees for 30 minutes.—Margaret Fryers.

**PARKER HOUSE ROLLS**

3 c. scalded milk	3 tb. sugar
1 cake compressed yeast dissolved in lukewarm water	4 tb. shortening ( $\frac{1}{2}$ butter and $\frac{1}{2}$ lard)
pinch of salt	

Let your milk cool until it is lukewarm, add shortening, sugar, salt and dissolved yeast. Beat in four cups of flour and cover. Let rise where it is warm. When light, add enough flour to knead (about five cups). Let rise until double in bulk, then roll out with rolling pin to  $\frac{1}{4}$  inch thickness. Cut with cookie cutter, brush with butter, fold over and press edges together. Let rise until very light. Bake 15 minutes in hot oven.—Elizabeth Condon.

**HOT CROSS BUNS**

1 c. scalded milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. sugar	$\frac{3}{4}$ tsp. cinnamon
2 tb. butter	3 c. flour
$\frac{1}{2}$ yeast cake dissolved in $\frac{1}{4}$ c lukewarm water	1 egg
	$\frac{1}{4}$ c. raisins, quartered

Add butter, sugar and salt to milk. When lukewarm add dissolved yeast cake, cinnamon, flour and egg well beaten. When thoroughly mixed, add raisins, cover and let rise overnight. In morning shape in forms of large biscuits, place in pan one-inch apart, let rise, brush over with beaten egg and bake twenty minutes. Cool and with ornamental frosting make a cross on top of each.—Mrs. Geo. Cunningham

**CHEESE ROLLS**

Spread strips of bread with butter. Cover with grated cheese. (Bread must be thin in order to roll). Roll. Keep in hot oven 5 - 7 minutes. —Mrs. Robert Macnaughton.



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**BACON BREAKFAST WHEELS**

1 ½ c. flour	½ c. milk (approximately)
2 tsp. baking powder	½ c. chopped crisp bacon
½ tsp. salt	4 tb. butter or margarine
3 tb. shortening	

Mix and sift flour, baking powder and salt. Cut in shortening, add milk to make soft dough. Roll out thin in oblong on lightly floured board. Cream butter, add bacon, spread on dough. Roll like jelly roll. Cut in one inch slices; place in greased muffin tins. Bake in 425 degrees oven (hot) for fifteen minutes. Serve immediately. Makes 10 or 12.—Mrs. Robert Macnaughton.

**DINNER ROLLS**

½ c. scalded milk	water
2 tb. white sugar	2 c. flour
½ tsp. salt	2 tb. melted butter
½ compressed yeast cake dissolved in 2 tb. lukewarm	1 egg grated rind of lemon

Add sugar and salt to milk; cool to lukewarm, then add dissolved yeast and ¾ cup Purity Flour. Cover and let rise until three times original bulk, then add butter, well beaten egg, grated rind of lemon and 1 ¼ cups Purity Flour. Let rise again until three times its bulk. Roll to one-half inch thickness. Shape with biscuit cutter and place on buttered pans close together. Let rise again until double bulk, then bake in a moderate oven of 375 degrees for twenty minutes to twenty-five minutes. These rolls may be ready for use in three hours if 1 ½ yeast cakes are used.—Mrs. Harold Reid.

**MILK ROLLS**

1 yeast cake	1 ¼ c. hot milk (not too hot)
1 tb. sugar	4 c. flour
2 tb. butter	¾ tsp. salt

Put yeast cake and sugar in hot milk, add butter and flour gradually. Mix and let rise until very light. Put in pan and let rise again. Cook in a quick oven about twenty minutes.—Mrs. Ralph Jones.

**THREE HOUR ROLLS**

2 cakes compressed yeast	¼ c. sugar
¼ c. warm water	¼ c. melted shortening
¾ c. scalded milk	1 well beaten egg
¾ tsp. salt	3 c. flour

Dissolve yeast in water and combine with cooled milk, salt and sugar. Gradually beat in 1 ¼ cups flour; set bowl in a pan of warm water one-half hour or until batter starts to bubble. Add remaining ingredients, using enough flour to make a fairly stiff dough. Knead on lightly floured surface until smooth and elastic. Place in a lightly greased bowl; set bowl in shallow pan of warm water. Cover and let rise until double in bulk. Knead again two minutes on lightly floured surface. Shape as desired, place in greased baking pan, cover and set in a warm place until double in bulk. Bake in a moderately hot oven (400 degrees) 20 - 25 minutes. (Makes 2 dozen rolls).

—Eleanor Storey.

**REFRIGERATOR ROLLS**

2 c. boiling water	2 yeast cakes
8 c. bread flour (sifted)	1 tb. salt
2 tb. shortening	2 beaten eggs
½ c. sugar	¼ c. warm water

Mix boiling water, sugar, salt and shortening, then cool until lukewarm. Soften yeast cakes in warm water, add 1 tsp. sugar, and stir into first mixture. Add eggs, and 4 cups flour, then beat. Stir in rest of flour. Mix thoroughly. Cover and store in refrigerator. Shape and put in warm place until twice the size. Bake 15 - 20 minutes in hot oven.—Mrs. Jack Smith.

**CHERRY BREAD**

butter size of an egg	salt
1 c. brown sugar	½ c. walnuts
1 egg	2 c. flour
juice of cherries and fill cup with milk	2 tsp. baking powder
	1 small bottle cherries

Cream butter and sugar. Add the egg and beat. Combine dry ingredients and add alternately with milk and cherry juice mixture. Then add chopped walnuts and cherries cut in pieces. Bake one hour in moderate oven.—Mrs. Clyde Watt.

**CRANBERRY ORANGE BREAD**

Sift together twice, 2 cups flour, ½ tsp. salt, 1 ½ tsp. baking powder, ½ tsp. soda and 1 cup sugar. To juice and rind of one orange, add 2 tb. shortening and boiling water to make ¾ cupful. Add with one beaten egg to dry ingredients. Add one cup chopped nuts and one cup raw firm cranberries cut in pieces. Mix. Pour into greased bread pan. Bake in moderately slow oven 325 degrees one hour. Store twenty-four hours.

Delicious tea sandwiches can be made from this bread when sliced thin and spread with butter and cream cheese.—Mrs. Gordon Fudge.

**STEAMED BROWN BREAD**

1 ½ c. corn meal	1 c. sour milk
1 ½ c. flour	1 tsp. baking soda
½ c. molasses	1 tsp. salt

Mix well and steam for 1 ½ hours. Serve hot with lots of butter.

—Mrs. R. B. Mullin.

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**RAISIN BREAD**

- |  |                                   |
|--|-----------------------------------|
| 1 c. white sugar                                 | 1 tsp. nutmeg                     |
| ½ c. butter                                      | 1 tsp. salt                       |
| 1 c. buttermilk or sour milk with<br>1 tsp. soda | ½ c. seeded raisins<br>3 c. flour |

Cream sugar and butter, add milk and soda. Sift dry ingredients. Then add raisins.—Mrs. J. D'Orsay.

**BANANA BRAN BREAD**

- |   |                               |
|---|-------------------------------|
| ½ c. shortening                               | ½ c. walnuts                  |
| ½ c. sugar                                    | 1 ½ c. flour                  |
| 1 egg   | 2 tsp. baking powder          |
| 1 c. all bran                                 | ½ tsp. salt                   |
| 1 ½ c. mashed bananas (about 3<br>large ones) | ¼ tsp. soda<br>1 tsp. vanilla |

Cream sugar and shortening. Add egg, bananas and vanilla and beat well. Add all bran and flour sifted with baking powder, salt and soda. Beat until all flour disappears. Add nuts. Cook one hour at 350 - 375 degrees F.—Marion Sherren.

**WHITE BREAD**

- |                  |             |
|------------------|-------------|
| ¾ dry yeast cake | 4 tsp. salt |
| 3 pints water    | 3 tb. lard  |
| 8 tb. sugar      | flour       |

Break up yeast into 1 cup lukewarm water. Beat in enough flour to make a stiff batter. Cover and let stand in warm place for an hour. Add sugar, salt and lard to 5 cups lukewarm water. Beat in enough flour to make a stiff batter. Add yeast and enough flour to knead. Knead until light and elastic. Put in covered pan. Let rise 10 hours, in a temperature of not less than 65 degrees F. In the morning, shape into loaves, put in greased tins, having tins one-half full. Let rise to double its bulk. Bake from 45 minutes to an hour in a moderate oven. This recipe will make four loaves.

—Elizabeth Condon.

**DATE BREAD**

- |                     |              |
|---------------------|--------------|
| 1 pkg. dates        | 1 beaten egg |
| 1 dessertspoon soda | 1 ½ c. flour |
| 1 c. boiling water  | ½ tsp. salt  |
| 1 c. brown sugar    | vanilla      |
| 1 tb. shortening    |              |

Stone dates. Sprinkle the soda and pour over them the boiling water. When cool add to the mixture of shortening, sugar, egg, flour, etc. Bake in moderate oven 50 or 60 minutes.—Ruth Adair.

**NUT BREAD**

- |             |                       |
|-------------|-----------------------|
| 1 egg       | 2 ½ c. flour          |
| ¾ c. sugar  | 2 tsp. baking powder  |
| 1 c. milk   | 1 tb. butter          |
| 1 tsp. salt | ¼ lb. chopped walnuts |

Beat egg, add sugar, then sifted flour with baking powder and salt. Add milk gradually, then butter and walnuts. Bake in oven 350 degrees F. three-quarters of an hour to one hour.—Mrs. Ralph Jones.

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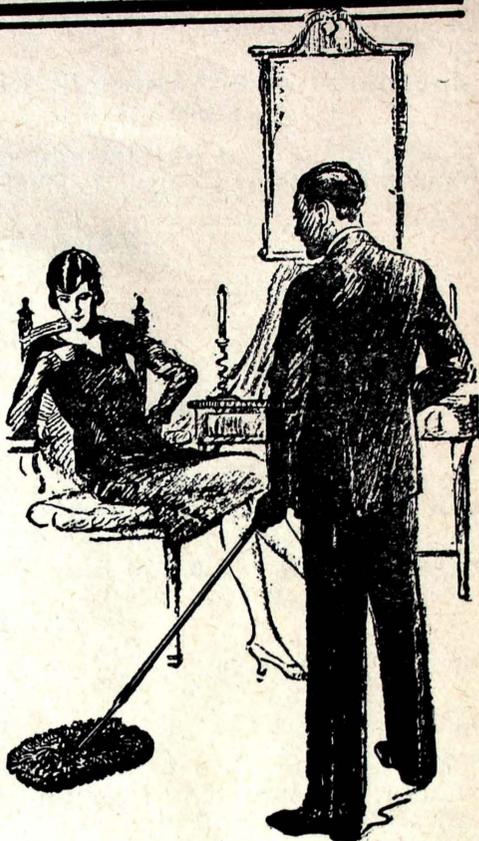
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**BRAN CORN BREAD**

Thoroughly cream  $\frac{1}{2}$  cup shortening and  $\frac{1}{2}$  cup sugar, add 2 beaten eggs and beat. Add  $1\frac{1}{2}$  cups all bran and 1 cup milk, mix well and allow to stand a few minutes. Add 1 cup flour, sifted with  $\frac{1}{2}$  cup yellow cornmeal,  $\frac{1}{2}$  tsp. salt and 3 tsp. baking powder, beat thoroughly. Bake in greased  $7\frac{1}{2}$  inch square pan in hot oven (400 degrees F) 25 - 30 minutes.—Eleanor Storey.

**SCOTCH SCONES**

2 c. flour	4 tb. shortening
$4\frac{1}{2}$ tsp. baking powder	2 eggs, beaten
2 tsp. sugar	$\frac{1}{4}$ c. milk
$\frac{1}{2}$ tsp. salt	

Sift the dry ingredients into a bowl. Cut in the shortening. Add the beaten eggs and milk. Drop by spoonfuls on a greased pan and bake in a hot oven.—Mrs. A. H. Wallace.

**RAISIN SCONES**

$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. brown sugar
1 tsp. baking powder	

Rub into the above a little less than  $\frac{1}{4}$  lb. butter. Add enough milk to make a soft dough. Beat in white of one egg well beaten,  $\frac{1}{2}$  cup raisins and pinch of salt. Roll out about  $\frac{1}{2}$  inch thick and cut into squares and spread with the beaten yolk of egg. Cook for 20 minutes in not too hot oven to allow for rising.—Mrs. Donald Smith.

**ORANGE BREAD**

$\frac{1}{4}$ c. sugar	1 c. milk
1 tb. grated orange rind	$\frac{1}{2}$ c. walnuts
$\frac{1}{2}$ c. orange marmalade	1 egg, beaten

Add 3 cups pastry flour, 3 tsp. baking powder,  $\frac{1}{2}$  tsp. salt. Let stand 10 minutes and bake 1 hour in moderate oven.—Mrs. L. McKee.

**MAPLE, DATE AND NUT BREAD**

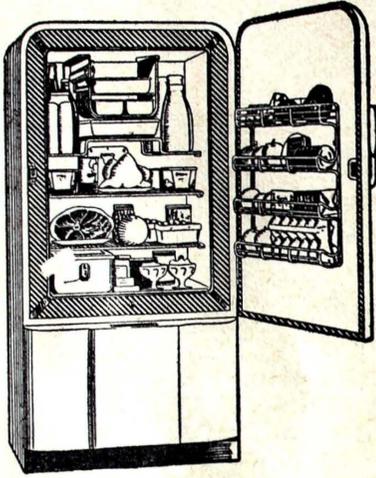
Shred 1 c. dates, add  $\frac{3}{4}$  tsp. soda and pour 1 c. boiling water over all. Mix together 1 beaten egg,  $\frac{1}{2}$  c. maple syrup, 1 tsp. salt, add date mixture and fold in 1 c. pastry flour sifted with 1 c. whole wheat flour and 1 tsp. baking powder. Add  $\frac{1}{2}$  c. chopped nuts and 1 tb. melted shortening. Bake in slow oven 60 to 75 minutes. While hot brush slightly with maple syrup to glaze.—Ruth Sumner.

**TEA SCONES**

1 lb. flour	3 tsp. sugar
2 tsp. baking powder	1 egg
1 tsp. salt	

Piece butter the size of a small egg, sufficient fresh milk to make medium stiff. Bake in hot oven.—Ruth Sumner.

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$\frac{1}{2}$  pt. whipping cream  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{4}$  cup fine sugar

Whip the cream to a half whipped stage. Fold in the vanilla, salt and sugar. Pour into Westinghouse freezing tray. Set control and store in Westinghouse Refrigerator for faster freezing.

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## LUNCHEON and SUPPER DISHES

### COTTAGE PIE

Slice one onion and fry till tender. Cut any cold meat into small pieces, season with salt and pepper, onion, 1 tsp. yorkshire relish. Put in pie dish, add a little water, cover smoothly with mashed potatoes. Put a few bits of butter on top and brown in moderate oven for half an hour.—Doris Crichton.

### HAM SANDWICH

Place chopped ham between slices of bread, dip in eggs and milk, fry and garnish.—Doris Crichton.

### SUPPER DISH

Make dressing as for chicken, with chopped onions. Put layer of dressing in casserole, then a layer of hamburger steak, repeating until the dish is full, with dressing on top. Pour over this a can of tomato soup, and cut through to allow the soup to get to bottom of dish. Bake one hour.—Ruth Sumner.

### SCRAMBLED EGGS AND TOMATO

Scramble 3 eggs in a cup of highly seasoned stewed tomatoes. Serve on toast.—Doris Crichton.

### FOAMY OMELET

4 eggs  
 ½ tsp. salt, pepper

4 tsp. milk  
 4 tsp. butter

Beat egg yolks until foamy, add seasoning and milk. Beat egg whites stiff. Fold in yolk mixture. Pour into greased frying pan and cook slowly. Fold.—Mrs. L. McKee.

### OYSTERS AND BACON

Clean oysters, wrap a thin slice of bacon around each, and fasten with small wooden skewers. Put in broiler, place broiler over dripping pan, and bake in hot oven until bacon is crisp and brown, turning once during cooking. Drain on brown paper.—Mrs. A. Bourque.

### BEEFSTEAK PIE

2 c. diced cold roast beef  
 ½ c. boiling water  
 1 onion, chopped fine  
 ¼ c. tomato ketchup

1 tsp. Worcestershire sauce  
 2 tb. flour  
 6 cold diced potatoes  
 Biscuit dough pie crust

Mix all ingredients and cook on top of stove for 30 min. Then put in baking dish, cover with pie crust and bake in 400° F. oven for 20 minutes.—Mrs. H. Cretney.

### TOMATO RAREBIT

2 tb. quick cooking tapioca  
 1 c. milk, scalded  
 1 c. canned tomato soup

¼ tsp. salt, dash of paprika  
 1 c. grated cheese

Add tapioca, salt and paprika to milk and cook in double boiler 5 minutes or until tapioca is clear, stir frequently. Add tomato soup and cheese. Cook until cheese is melted. Serve on toast or crackers. Serves 4.—Mrs. K. MacKenzie.

**CASSEROLE OF CHICKEN AND RICE**

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 c. rice                       | 1 tsp. onion, chopped fine |
| ½ lb. chicken                   | 1 egg, beaten              |
| ½ tsp. salt                     | 2 tb. fine cracker crumbs  |
| a little pepper and celery salt |                            |

Boil rice till tender. Mince chicken very fine and moisten with enough stock or water to make it pack easily. Butter small mold, line bottom and sides with rice ½ inch thick, pack chicken in centre, cover closely with rice and steam 45 minutes. Turn on platter and serve with white or tomato sauce.—Ruth Sumner.

**MOCK CHICKEN PIE**

- |                     |                         |
|---------------------|-------------------------|
| 1 lb. can tuna fish | 2 c. canned peas        |
| 4 carrots, cooked   | 3 c. medium cream sauce |
| 4 potatoes, cooked  | pastry or biscuit dough |

Cut tuna fish into large pieces. Peel carrots and slice potatoes, add peas mixed with cream sauce. Pour into buttered baking dish and cover with pastry or biscuit dough.—Miss Margaret Fryers.

**TUNA CASSEROLE**

- |                                |                      |
|--------------------------------|----------------------|
| 1 tin tuna fish                | 1 c. mashed potatoes |
| 1 tin carrots and peas (mixed) | 1 c. white sauce     |

In casserole (small size) put layer of tuna fish, layer carrots and peas, layer mashed potatoes, and layer of white sauce. Repeat these layers and cover top with bread crumbs. Bake in moderate oven for 30 minutes.—Mrs. R. B. Mullin.

**SALMON POTATO SCHOONERS**

- |  |                     |
|--|---------------------|
| 6 or 7 medium sized potatoes,<br>baked | 2 tb. butter        |
| ⅓ c. milk                              | 1 tsp. salt         |
| 1 egg                                  | ¼ tsp. paprika      |
| ⅓ c. finely chopped onion              | dash cayenne pepper |
| 1 ½ c. flaked salmon                   | 1 tb. lemon juice   |

Scoop out potatoes, mash and beat in milk (which has been heated) egg, onion (cooked until tender in the butter), salt, paprika, cayenne, salmon and lemon juice. Stuff into potatoes, sprinkle with buttered bread crumbs, bake in moderate oven for 20 minutes.

—Mrs. George Cunningham

**CREAMED LOBSTER**

1 can lobster. Place contents in a frying pan. Add butter the size of an egg. Season with pepper and turn occasionally till butter is well taken up. Beat up two eggs and add ½ cup cream. Pour over lobster in pan and leave on stove to cook, turning or stirring till done.

—Mrs. V. F. Hudson.

**OMELETTE SOUFFLE**

- |                      |              |
|----------------------|--------------|
| 2 tb. minute tapioca | 1 tb. butter |
| ¾ c. milk            | 4 eggs       |
| ½ tsp. salt          |              |

Cook tapioca and milk in double boiler until tender, or five minutes. Add salt and butter and let cool. Beat four egg yolks and add. Beat whites of eggs last and fold in. Cook on top of stove for about five minutes, then in hot oven to finish off for fifteen minutes, at three hundred and fifty degrees.—Mrs. D. H. MacDonald.

**FINNAN HADDIE SCALLOP**

Butter a scallop dish, put in layer of sliced potatoes. Season with pepper, then layer of Finnan Haddie. Repeat until pan is filled. Pour over white sauce, add a little butter. Cover with bread crumbs. Bake until potatoes are done in moderate oven.—Mrs. R. Macnaughton.

**TUNA FISH DISH**

1 can tuna fish  
potato chips

mushrooms (fresh or canned)  
thin cream sauce

Arrange in casserole in layers. Top with saute crumbs and bake till heated through.—Mrs. K. MacKenzie.

**BREADCRUMB GRIDDLE CAKES**

Soak one cupful fine breadcrumbs in one cup sweet milk and beat to a paste. Add one egg, half a lb. melted butter, half cup flour, one tsp. baking powder, half tsp. salt. Mix well and fry on very hot griddle and serve with maple syrup.—Miss Margaret Fryers.

**CHEESE FONDUE**

1 c. scalded milk  
1 c. soft bread crumbs  
1 c. grated cheese

1 lb. butter  
 $\frac{1}{2}$  tsp. salt  
2 eggs

Mix first five ingredients. Add yolks of eggs beaten and fold in stiffly beaten whites. Pour into buttered baking dish and bake twenty minutes in moderate oven.—Miss Phyllis Maddison.

**LEFT OVER HAM**

1  $\frac{1}{2}$  c. cooked ham  
3 hard boiled eggs

1 small can asparagus  
salt and pepper

Cut ham in small pieces and place half in bottom of greased baking dish, add a layer of hard boiled eggs, then ham and egg, add asparagus, and cover with a white sauce and put in oven.—Mrs. J. E. Smith

**CABBAGE GRATINEÉ**

2 c. cooked cabbage (finely cut)  
1 small can tomatoes  
1 c. grated cheese

1 tsp. salt  
dash pepper  
bread crumbs

Butter baking dish and line with crumbs, arrange cabbage, tomatoes and cheese in alternate layers, cover top with crumbs, dot with butter and bake 20 minutes.—Mrs. J. E. Smith.

**MACARONI**

Macaroni  
1 can tomatoes  
Cheese

Cook macaroni until tender, and while doing so simmer tomatoes with very little sugar until juice is slightly reduced. Place macaroni, tomatoes and cheese in casserole with cheese on very top, and bake until cheese is melted. Cheese may be thinly sliced or grated.

—Mrs. Clyde Watt.

**MUSHROOM ROLLS**

1 can Campbell's Mushroom Soup  
1 loaf fresh bread

Cut fresh bread in slices, using very sharp knife. Remove crusts and spread mushroom mixture (undiluted) on buttered slices and roll up. Let stand at least one-half hour. Delicious when put under broiler and toasted.—Mrs. Rand Matheson.

**TOMATO MEAT BALLS IN RICE NESTS**

1 lb. ground beef	$\frac{1}{2}$ tsp. onion salt
$\frac{1}{4}$ lb. ground pork	1 tb. prepared mustard
$\frac{1}{4}$ c. cooked rice	1 can tomato puree
dash black pepper	1 c. rice (cooked)
$\frac{1}{2}$ tsp. celery seed	

Mix ground meat with rice and seasoning. Shape into small balls. Dilute tomato puree with an equal quantity of water and heat in a saucepan. Drop meat balls in the tomato puree and simmer gently until done. Place spoonfulls of hot cooked rice on a hot serving platter, and place one meat ball in the centre of each rice mould. Garnish with parsley.—Mrs. Gordon Fudge.

**SWEET POTATOES — SOUTHERN STYLE**

3 pounds sweet potatoes. Boil soft and skin and mash. Salt and pepper to taste. Add :

$\frac{1}{4}$ c. butter	1 egg, beaten
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{4}$ c. milk
$\frac{1}{2}$ tsp. nutmeg	

Mix and put in baking dish. Dot with marshmallows. Bake  $\frac{3}{4}$  hour. —Mrs. J. Vanstone.

**LOBSTER NEWBURG**

1 tin lobster	1 tb. sherry
3 tb. butter	yolk of one egg
4 tb. cream	

Break the lobster up fairly fine. Melt butter, add lobster. Cook in butter until hot, add seasoning, then sherry, cream and last the well beaten egg yolk. Cook, stirring all the time until it thickens, which it will do almost at once. Serve immediately on hot buttered toast. (This dish cannot be made without sherry).—Mrs. Ralph Jones

**MUSHROOM A LA CASSEROLE**

Peel and slice one half lb. of mushrooms. Line the bottom of a casserole with small squares of buttered toast. Cover with one half the mushrooms and sprinkle with pepper and salt. Repeat the layer of toast and add the remaining mushrooms. Pour over all, one cup of cream. Cover and bake in a moderate oven forty-five minutes.

—Mrs. V. F. Hudson.

**PINWHEEL MEAT ROLL**

salt & pepper, cayenne, nutmeg	1 $\frac{1}{2}$ tsp. salt
1 egg	1 small onion
6 tb. bread crumbs	$\frac{3}{4}$ lb. chopped beef
2 tb. milk	$\frac{1}{4}$ lb. chopped pork
$\frac{1}{4}$ tsp. sage	

Beat egg, add crumbs. Add remaining ingredients in order given, mix well. Flatten mixture in oblong shape on bread board covered with waxed paper. Roll to  $\frac{1}{4}$  inch thickness with rolling pin. Remove top paper. Spread with carrot filling. Roll like jelly roll, starting with narrow edge. Bake in uncovered pan in moderate oven 350° one hr. Serves 4.—Miss Gwendolyn MacFarlane.

**OYSTER PIE**

Line a fairly deep pie plate with pastry and sift flour over the bottom and sides. Cover with drained oysters and season with salt, pepper and dots of butter. Cover with a thin white sauce and place top crust over all. Prick with fork. Bake in a quick oven until brown.

—Mrs. H. A. Charbonneau.

**VEGETABLE SOUP SOUFFLE**

3 tb. butter	½ c. boiling water
3 tb. flour	1 tin vegetable soup
1 tsp. salt	seasoning to taste
2 eggs	

Melt butter, add flour, water and soup. Cook 3 minutes. Cool, add beaten yolks and salt, fold in beaten whites of eggs. Bake 30 minutes in a moderate oven.—Mrs. Ralph Jones.

**BAKED OYSTERS**

⅓ c. melted butter	1 tb. prepared mustard
¼ tsp. Worcestershire sauce	1 ½ c. bread crumbs

Mix all together and sprinkle over oysters in the half shell. Bake in a moderate oven 375° fifteen minutes. This recipe serves six.

—Mrs. Ralph Jones.

**CREAMED OYSTERS**

1 pt. oysters	few grains cayenne
3 tb. butter	1 egg yolk
2 tb. flour	1 c. thin cream or milk
¼ tsp. salt	

Clean oysters, heat to boiling point and drain. Cook butter, flour and cream five minutes. Add oysters and egg, stir until thoroughly hot. Serve on buttered toast or crackers. Two tb. of chopped mushrooms will greatly improve the dish.—Miss Eleanor Storey.

**FRIED OYSTERS**

Drain oysters. Beat an egg. Dip oysters in beaten egg then roll in bread or cracker crumbs, fry in butter or bacon fat. Serve with Tartare Sauce. Tartare Sauce :

1 egg yolk	salt and pepper
1 c. mazola or olive oil	chopped dill pickles

Beat egg yolk, add mazola slowly, using egg beater. When thick enough put in chopped dill pickles. Serve with fried oysters.

—Mrs. Roscoe Allen.

**SCALLOPED OYSTERS**

½ c. fine bread crumbs	⅓ tsp. pepper
½ c. fine cracker crumbs	dash nutmeg
1 pt. oysters, drained	1 ½ tsp. finely chopped parsley
1 tb. butter	½ c. oyster liquid
¼ tsp. salt	1 c. milk

Mix crumbs and cover bottom of greased dish, then layer of oysters. Dot with bits of butter and seasoning. Moisten with a little oyster liquid. Repeat until dish is ¾ full but not having more than two layers of oysters. Pour milk over mixture and bake in moderate oven about 45 minutes. Brown crumbs under broiler if necessary.

—Mrs. Rand Matheson.

**BAKED SARDINES**

Place mound of well mashed potatoes in cone shape on baking dish. Stand sardines (in mustard) against the potatoes and pour mustard from cans over sardines. Put in moderate oven until warm and serve. Centre of potatoes may be filled with peas if desired.

—Miss Marion Sherren.

**SPAGHETTI**

Boil spaghetti in salted water for 25 minutes. Strain and add to the sauce.

Sauce :—Chop 1 large onion,  $\frac{1}{2}$  green pepper. Fry until the onion is clear in 1 tb. olive or salad oil (you may need more oil). Add one 20 oz. can tomato juice and let simmer awhile, that is until your spaghetti is almost ready. Strain out the onion and pepper. Season to taste with salt, pepper, paprika, chili powder. Just before serving add  $\frac{1}{4}$  lb. grated cheese, preferably a cheese that is not too mild. Ordinary Canadian cheese is usually satisfactory. Fresh ripe tomatoes instead of tomato juice makes the sauce even better.

—Mrs. A. Wallace.

**CHEESE STRATA**

12 slices day-old bread (crusts removed)	1 tb. minced onion
$\frac{1}{2}$ lb. Canadian cheese	$\frac{1}{2}$ tsp. dry or prepared mustard
4 eggs	1 tsp. salt
$2\frac{1}{2}$ c. milk	$\frac{1}{8}$ tsp. pepper
	dash cayenne

Arrange half slices in bottom of baking pan. Cover the bread with the cheese in thin slices (or grated if you wish) then cover with remaining bread. Beat eggs, add milk and remaining ingredients. Blend. Pour over bread. Let stand 1 hour. Bake in moderate oven  $325^{\circ}$  for 50 minutes, or until puffed and browned. Serve at once. Serves 6. To serve 2 or 3 make  $\frac{1}{2}$  this recipe.

— Mrs. H. A. Charbonneau.

**MOCK TURKEY LOAF**

1 c. walnuts	2 or 3 tsp. tomato catsup
1 c. peanuts	1 tb. minced onion
2 c. boiled rice	1 tsp. sage
2 c. bread crumbs	salt
2 eggs	

Mix all together and bake in a loaf for about one hour in a moderate oven.—Miss Elizabeth Condon.

**EGGS IN BACON CUPS**

Place two slices of bacon crosswise in greased muffin pans. Cook slightly in a  $375$  degree oven. Then break an egg into each. Add a dash of pepper and return to oven and cook until eggs are firm. Serve on squares of toast.—Miss Nedra McBeath.

**BAKED STEAK AND SPAGHETTI**

Brown  $\frac{1}{2}$  lb. ground steak and 1 small onion, chopped fine. Season. Arrange meat and cooked spaghetti in layers and sprinkle with grated cheese. Bake in a hot oven 30 minutes—Miss Grace Condon.

**CODFISH A LA MODE**

2 c. mashed potato (cold)	2 tb. butter
2 c. milk	2 eggs, beaten
1 c. cooked codfish	salt and pepper

Mix potato with butter, milk and eggs. Add pepper and salt to taste. Add the codfish which has been picked fine. Put in a buttered baking dish and bake 30 minutes in a moderate oven.—Mrs. V. F. Hudson.

**SUPPER DISH**

1 can spaghetti	1 lb. ground steak (cooked)
	2 onions (sliced)

Combine ingredients and bake for 15 minutes in medium oven. Serve on hot buttered toast.—Mrs. H. Cretney.

# CANDY

## WHITE MONKEYS

Cut marshmallows into quarters and press them firmly into pitted dates with the soft sides up. Dip into shredded cocoanut.

—Mrs. Gordon Fudge.

## SMITH COLLEGE FUDGE

3 c. brown sugar	$\frac{3}{4}$ c. molasses
$\frac{3}{4}$ c. butter	6 squares Baker's chocolate
$1\frac{1}{2}$ c. milk	$1\frac{1}{2}$ tsp. vanilla
3 c. white sugar	

Mix sugar, butter, milk, molasses and chocolate together and cook until it forms a heavy thread or 245 degrees on candy thermometer. Take from fire, add vanilla and beat until it thickens. Pour in buttered pans. Makes about eighty large squares.—Mrs. Avard Gorbell.

## PECAN ROLL

2 c. white sugar	$\frac{1}{4}$ c. corn syrup
1 c. brown sugar	nuts
2 tb. butter	1 c. evaporated milk

Cook all ingredients together, except butter and nuts, until mixture forms soft balls dropped in water. Take from fire, add butter and cool. Beat until creamy, turn out on a board and roll. Dip roll into corn syrup and roll in nuts. —Mrs. George Cunningham.

## CHOCOLATE FUDGE

2 sq. unsweetened chocolate	2 tb. butter
$\frac{2}{3}$ c. cold milk	salt, vanilla
2 c. sugar	

Add chocolate to milk and place over low flame. Cook until smooth, stir constantly. Add sugar and salt and stir until mixture boils. Cook without stirring until mixture forms soft balls in cold water. Remove from fire, add butter and vanilla. Cool, then beat until mixture thickens. When cold, cut in squares.—Nan Belliveau.

## CHOCOLATE FUDGE

2 c. white sugar	$\frac{3}{4}$ c. milk
2 tb. corn syrup	pinch salt

2 bars unsweetened chocolate melted over kettle. Add to sugar and milk. Stir until well dissolved. Boil until it forms a soft ball in water. Let stand till cool, add lump of butter size walnut and vanilla. When cool, beat and add nuts. Drop in soft balls on waxed paper.

Phyllis Maddison.

## CANDY

3 c. white sugar	1 c. crushed pineapple
2 heaping tsp. corn syrup	pinch of salt

Boil to soft ball stage. Add 1 c. chopped walnuts (optional), add 1 tsp. vanilla, 1 tb. butter. Let stand 5 minutes. Cream and pour in buttered dish.—Mrs. H. A. Charbonneau.

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**CHOCOLATE BUTTER FUDGE**

3 tb. cocoa	1 tin condensed milk
$\frac{1}{8}$ c. butter	$\frac{1}{16}$ tsp. salt
2 c. brown sugar	$\frac{1}{2}$ c. nuts
3 tb. corn syrup	

Melt butter over low fire, add sugar and cocoa, and stir until liquid. Add corn syrup and milk and cook over low fire stirring constantly for about twenty minutes, or until syrup forms hard ball in cold water. Add salt and nuts. Pour into buttered pan. Mark in squares. (Will burn easily if not watched.)—Mrs. Jack Smith.

**PENOCHÉ**

2 c. brown sugar	1 tsp. vanilla
$\frac{3}{4}$ c. milk	1 c. chopped walnuts
2 tb. butter	

Put sugar, milk, butter on to boil slowly. Boil until a soft ball can be made in cold water. Take off stove, add vanilla and nuts and beat until creamy.—Margaret Fryers.

**CHOCOLATE CARAMELS**

2 tsp. butter	1 c. molasses
$\frac{1}{2}$ c. milk	4 squares chocolate
$\frac{1}{2}$ c. sugar	1 c. walnut meats

Place butter in porcelain saucepan and when melted, add milk, sugar and molasses. When at boiling point add chocolate, finely grated, and cook until brittle. Stir often to prevent mixture from sticking to pan. Remove from fire, beat slightly, and add nuts, also 2 tsp. vanilla. Turn into buttered pans, and when cold cut into squares and wrap in paraffin paper.—Ruth Adair.

**BROWN SUGAR FUDGE**

4 c. light brown sugar	$\frac{3}{8}$ c. milk
4 tb. butter	1 tsp. vanilla
1 c. chopped nuts	

Boil sugar and milk to 238 degrees F. or until it forms a soft ball in cold water. Take from fire, add butter and vanilla. Add nuts, beat until thick. Pour into greased pan.—Doris Crichton.

**DIVINITY FUDGE**

2 $\frac{1}{2}$ c. white sugar	$\frac{1}{2}$ c. corn syrup	$\frac{1}{2}$ c. hot water
--------------------------------	-----------------------------	----------------------------

Cook until it forms a soft ball, remove from fire and pour half of boiling syrup onto two beaten egg whites. Pour slowly so as not to cook the whites, return other half to stove and cook till it spins a thread and pour over first mixture, beat till right to spread, add vanilla and nuts or cherries.—Mrs. V. Doucet.

**BUTTERSCOTCH CANDY**

1 $\frac{1}{2}$ c. brown sugar	$\frac{3}{8}$ c. water
2 tsp. vinegar	$\frac{1}{2}$ tb. vanilla
$\frac{3}{8}$ c. butter	

Mix sugar, vinegar, butter and water in pan. Boil without stirring to 290° F. or until candy is very brittle when tried in cold water. Add vanilla, pour into buttered pan, cool slightly, and mark in squares.

—Mrs. A. Bourque.

# BEVERAGES

## DANDELION WINE

Three quarts of dandelion bloom. Pour a gallon of boiling water over them, let stand over night. Strain, add juice of 3 lemons and 1 orange. Add 3 lbs. sugar, boil  $\frac{1}{2}$  hour. When cool add half cake yeast, spread on slice of toast. Let stand until fermentation ceases. Bottle and CORK WELL.—Mrs. R. Macnaughton.

## CRANBERRY CORDIAL

4 c. cranberries  
4 c. water  
Boil, strain, and boil again, adding :  
1 c. orange juice  
2 c. sugar  
 $\frac{1}{2}$  c. lemon juice  
Take off, add : 2 c. boiling water.

Bottle. Dilute with water or ginger ale.—Mrs. A. L. Wallace.

## PLAZA PUNCH

1  $\frac{1}{2}$  cups orange juice  
1 cup white grape juice or grapefruit juice  
1 pint ginger ale  
Mix together. Makes 12 punch glasses.—Ruth Adair.

## LEMON BEER

Slice 2 good sized lemons. Put with them 1 lb. sugar; over this pour 1 gal. boiling water. When about luke warm, add 1 yeast cake. Bottle and cork well, and set in warm place for 2 or 3 days. Then move to cool place.—Doris Crichton.

## GRAPE PUNCH

1 c. grape juice  
6 tb. syrup  
 $\frac{1}{2}$  c. orange juice  
1 c. water or charged water  
6 tb. lemon juice

Combine ingredients, add ice, chill and serve. This recipe makes 4  $\frac{1}{2}$  cups. For syrup allow 1 cup sugar to  $\frac{1}{2}$  cup water and boil 5 min. —Mrs. L. McKee.

## FRUIT PUNCH

1 c. orange juice  
 $\frac{1}{2}$  c. lemon juice  
 $\frac{1}{2}$  tb. grated lemon rind  
 $\frac{1}{2}$  tb. grated orange rind  
 $\frac{3}{4}$  to 1 c. sugar  
1 quart boiling water

Boil sugar, water and fruit rind 5 minutes. Cool, add fruit juices, strain and chill. Dilute with chopped ice and ice water or carbonated water.—Mrs. R. B. Mullin.

## ORANGE CREAM SHAKE

1 c. orange juice  
 $\frac{3}{4}$  c. whipped cream  
1 c. milk  
1 c. water  
 $\frac{1}{2}$  c. chopped ice  
4 tsp. vanilla

Shake liquid vigorously, add ice when served.—Mrs. Gordon Fudge.

**ORANGEADE**

8 oranges  
3 lemons

4 c. cold water  
white sugar to taste

Place large piece of ice in bowl. Sprinkle a little sugar over it and add a few lumps of sugar, against which the yellow rind of an orange has been grated. Add orange and lemon juices and let stand 4 hours, tightly covered. Add water and more sugar, if desired. Strain orangeade into tall glasses containing cracked ice. Add half a thin slice of orange. This beverage may be improved by adding to each glass half a thin slice of pineapple and two or three strawberries, raspberries or Maraschino cherries.—Mrs. Harold Reid.

**FRUIT PUNCH**

4 c. hot water  
2 c. sugar  
1 small can pineapple

juice of 3 lemons  
juice of 4 oranges  
1 bottle carbonated water

Prepare syrup of water and sugar and boil 15 minutes. Cool, add fruit and carbonated water. Serve cold.—Nan Belliveau.

**LEMON DRINK**

2 oranges (juice, rind and pulp)  
1 lemon (juice, rind and pulp)  
1 oz. Tartaric acid

3 lbs. white sugar  
3 pt. boiling water

Stir and let stand thirty-six hours before using.—Reta LeBlanc.

**ICED COFFEE**

4 c. strong black coffee—fill glasses that have been chilled—add 1 tb. whipped cream and 2 lumps of sugar—do not stir, let sugar dissolve—cut an orange in thin rounds and place on top of glass.

—Mrs. H. Cretney.

**ICED TEA**

Strain hot tea into glasses  $\frac{1}{2}$  full of cracked ice or over block of ice in pitcher. Add sugar or lemon juice to taste. Garnish with slices of lemon, allowing one slice to each glass.—Mrs. A. Bourque.

**ICED TEA**

Proceed as in making hot tea, drain, pour into ice cube trays, and put in refrigerator. When to be used, fill glass with cream or milk (hot) and add tea cube, sugar to taste.—Mrs. Donald Smith.

**EGG ORANGEADE**

$\frac{1}{2}$  cup orange juice

1 egg

Pour well beaten egg into glass, add orange juice, sugar to taste, and ice. Stir well.—Mrs. Donald Smith.

**HOT COCOA**

3 tb. cocoa  
 $\frac{1}{4}$  c. sugar  
4 c. scalded milk

$\frac{3}{4}$  c. boiling water  
few grains salt

Mix cocoa, sugar and salt with enough boiling water to make a smooth paste. Add remaining water and boil 5 minutes. Pour into the scalded milk. Beat two minutes with an egg beater which will prevent scum from forming on top.—Mrs. Avard Gorbell.

# JAMS, JELLIES and MARMALADE

## MIXED FRUIT MARMALADE

2 oranges  
8 peaches

6 pears  
6 apples

Chop fine. Add equal quantity sugar. Let stand overnight. In morning boil 35 to 45 minutes.—Mrs. Gordon Fudge.

## FRUIT MARMALADE

1 grapefruit  
1 lemon  
1 orange

1 qt. boiling water  
7 c. sugar

Peel fruit and put peel through food chopper, using medium size grinder. Cut pulp in small pieces with a sharp knife, removing all seeds. Mix with chopped peel and add boiling water. Let set overnight. Next day, bring to a boil and let boil rapidly for one-half hour. Add sugar, mixing thoroughly, and boil gently until it jells when cooled in a saucer. This should take nearly one hour after sugar is added.—Mrs. Avard Gorbell.

## GRAPE MARMALADE

Pick over, wash and remove from stems. Press pulp from skins, reserving skins. Heat pulp gradually and cook until it will separate from seeds. Press through strainer to remove seeds. Add skins and sugar, allowing  $\frac{3}{4}$  c. sugar to 1 c. fruit. Cook over moderate heat until thick, about 15 minutes. Pour into jars and seal.

—Margaret Fryers.

## GRAPE CONSERVE

1 basket blue grapes  
5 lb. white sugar

$\frac{3}{4}$  lb. seeded raisins  
 $\frac{3}{4}$  lb. chopped walnuts

Separate the skins from the pulp. Boil pulp until seeds are separated, then strain out seeds. Add skins, walnuts and raisins and boil until thick.—Miss Nedra McBeath.

## PEACH JAM

18 peaches  
1 bottle cherries (small)

1 large orange  
sugar

Peel peaches and orange, removing white from orange. Put peaches, orange and rind through chopper. Use 1 cup sugar to 1 cup pulp. Add cherry juice. Place stones of peaches in cotton bag and cook in jam. Simmer one hour or longer. Put cherries through chopper and add to cooked jam.—Mrs. G. H. Cunningham

## APRICOT JAM

Soak overnight, 1 lb. dried apricots. In the morning, put them through the food-chopper; then add 1 c. hot water, whatever liquid is left from the soaking, 1 can crushed pineapple, 6 c. granulated sugar, boil all together for 15 minutes, watching closely to prevent sticking.

This makes 6 medium sized bottles.—Reta LeBlanc.

**PRESERVED PEACH WITH ORANGE**

1 doz. medium sized ripe peaches      ½ doz. medium sized oranges  
sugar

Peel and stone the peaches and cut into small pieces. Peel the oranges and also cut into small pieces. Measure the combined fruits and add an equal amount of sugar. Allow to stand overnight. Boil gently for ten minutes. Turn into hot sterilized glasses. Seal, cool and label.—Mrs. A. H. Wallace.

**PLUM JAM**

6 lb. prune plums      6 lb. sugar  
4 oranges (juice and rind of 1)    1 lb. raisins  
1 lb. walnuts

Halve plums and remove pits. Put plums, sugar, oranges and raisins on stove and cook until thick. Add walnuts ten minutes before removing from stove. Put in sterilized jars.—Mrs. D. H. MacDonald.

**PEAR CONSERVE**

Pare and core 8 lb. pears and put through food chopper, together with ½ lb. preserved ginger, 2 lemons and 1 orange. To chopped fruit, add 8 lb. of sugar. Heat slowly until juice flows, and cook slowly about 2 hours, stirring frequently.—Mrs. John Smith.

**PEACH CONSERVE**

3 oranges      1 c. seeded raisins, chopped  
5 lb. sugar (white)      1 c. walnuts, chopped  
6 lb. peaches

Wash oranges (do not peel) and slice thinly. Blanch peaches, peel and cut into pieces. Place fruit in preserving kettle, add sugar and raisins and bring slowly to boiling point. Cook until thick, stirring frequently, then add nuts. Cool. Pour into sterilized glasses and seal with paraffin.—Mrs. H. B. Reid.

**GRAPE JELLY**

Select grapes not fully ripe. Wash, drain, put in kettle and mash well. Heat until all skins are broken and juice flows freely. Strain and put through a flannel bag. Measure. Bring to boiling point and boil 5 minutes. Add heated sugar (pint for pint) to juice and boil 3 minutes. Skim and pour in glasses. Place in sun; let stand 24 hours and cover with paraffin.—Elizabeth Condon.

**PEACH CONSERVE**

4 lb. peaches      1 can crushed pineapple  
1 orange      1 lemon  
½ lb. almonds      small bottle cherries  
sugar

Peel and slice the peaches thin. Add pineapple, juice of orange and lemon, and ground rind of same. Boil until mixture is soft, then add sugar, cup for cup. Boil 15 to 20 minutes, then add the almonds, blanched and chopped, and the cherries, diced. Boil about 10 min. longer. Remove from stove and bottle.—Mrs. J. M. Vanstone.

**PEACH AND PINEAPPLE JAM**

½ basket peaches      2 large, ripe pineapples  
granulated sugar

Peel, cut up peaches and pineapple, removing pits from peaches. Weigh, and to each pound of fruit add ¾ pound sugar. Boil slowly for 2 hours.—Ruth Sumner.

**MINT JELLY**

Add mint sauce to any clear jelly powder or gelatine base. Serve with lamb.—Eleanor Storey.

**SPICED APPLE AND CRANBERRY JELLY**

Cut apples in pieces. Add about half their amount of cranberries and boil. Put in cheesecloth bag and drain overnight. Measure juice and boil 15 minutes. Add cup for cup of sugar and boil 7 minutes. While boiling insert spice bag into mixture.

—Mrs. Donald Smith.

**SPICED PINEAPPLE JAM**

2 c. chopped pineapple pulp	1 c. water
¼ c. lemon juice	6 inch piece stick cinnamon
12 cloves	2 c. sugar
½ c. liquid pectin	

Simmer the pineapple, water, lemon juice and spices for ten minutes. Remove the spices, add the sugar, and boil for a few minutes. Add the pectin, pour into hot sterilized glasses and when cold cover with hot paraffin.—Mrs. V. Doucet.

**GRAPE JELLY**

Pick over, wash and remove stems from 1 small basket purple grapes. Cut 8 green apples in quarters and put in preserving kettle with grapes. Add just enough water to prevent burning. Boil until fruit in soft. Hang overnight in a jelly bag. Measure juice and boil 5 min. Add ⅔ as much sugar as juice and stir until sugar is dissolved. Boil rapidly until jelly stage is reached. Skim, fill glasses, cool and seal.

—Doris Crichton.

**MARMALADE**

4 oranges	½ c. water
4 c. sugar	1 can crushed pineapple

Put oranges through chopper. Add sugar and water. Boil 20 minutes then add pineapple and boil 10 minutes.—Miss Grace Condon.

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**PICCALILLI**

- |                               |                      |
|-------------------------------|----------------------|
| 2 qts. green peppers          | 2 onions             |
| 1 medium sized cabbage        | 2 tb. mustard seed   |
| 1 peck green tomatoes         | 2 oz. cinnamon stick |
| 1 head celery                 | 2 tb. whole cloves   |
| $\frac{3}{4}$ c. salt         | 2 tb. whole allspice |
| $1\frac{1}{2}$ c. brown sugar | vinegar              |
| $1\frac{1}{2}$ c. white sugar |                      |

Wash vegetables, remove seeds and tongues from peppers; peel onions; quarter cabbage and remove heart. Put vegetables through food chopper, using large plate. Sprinkle alternately layers of vegetables with salt, cover and let stand overnight. Drain, then add sugar, mustard seed and remaining spices tied in cheesecloth; cover vegetables with vinegar and boil 30 minutes. Remove spices and seal in sterilized jars.—Mrs. H. B. Reid.

**CUCUMBER RELISH**

- |                   |               |                |
|-------------------|---------------|----------------|
| 7 large cucumbers | 1 head celery | 4 large onions |
|-------------------|---------------|----------------|
- Slice cucumbers, onions and celery and let stand overnight (drain).  
Dressing :
- |                           |                            |
|---------------------------|----------------------------|
| $2\frac{1}{2}$ c. vinegar | $1\frac{3}{4}$ c. water    |
| 3 c. white sugar          | $\frac{1}{2}$ c. flour     |
| 2 tb. mustard             | $\frac{3}{4}$ tb. turmeric |
| 1 tsp. ginger             |                            |

Boil dressing five minutes. Add cucumber, onions and celery and boil ten minutes.—Margaret Fryers.



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**RHUBARB RELISH**

2 qts. rhubarb (cut fine)	2 lb. brown sugar
1 ½ pts. vinegar	1 tsp. cinnamon
1 tsp. salt	1 tsp. cloves
1 tsp. pepper	1 tsp. allspice
1 ½ pts. onions (cut fine)	

Boil rhubarb, onions and vinegar 20 minutes. Add other ingredients and boil one hour.—Mrs. Donald Smith.

**SILVER ONION APPETIZER**

2 qts. silver skin onions	3 or 4 tb. salt
2 tb. mustard	2 tb. flour
1 tb. curry powder	1 c. granulated sugar
2 ½ pts. vinegar	

Peel onions and cover with the salt and let stand overnight. Mix dry ingredients with a little of the vinegar. Heat to boiling point the remainder of the vinegar, then add the first mixture. Stirring all the time, let boil for a minute. Drain onions and add to hot sauce. Bottle and seal while hot. Will keep crisp and maintain flavor indefinitely.—Mrs. Donald Smith.

**WHITE ONIONS**

1 gallon onions	2 qts. vinegar
1 c. salt	1 c. sugar
1 pkg. spices	

Soak overnight (onions and salt). Strain next morning. Bring vinegar, sugar and spices to a boil, add onions and let simmer.

—Gwendolyn MacFarlane.

**INDIAN RELISH**

12 ripe tomatoes	12 tart apples
9 medium onions	1 tsp. ground ginger
1 qt. vinegar	1 tsp. mustard
4 c. brown sugar	1 tsp. ground cloves
¼ c. salt	1 tsp. pepper

Wash, scald and peel tomatoes; cut into pieces. Wipe, quarter, core and pare apples; cut in eighths. Wash, peel and cut onions into small pieces. Put into kettle, add remaining ingredients, heat to boiling then simmer 3 to 4 hours, stirring frequently. Bottle and seal.—Mrs. R. B. Mullin.

**SPICED TOMATOES**

24 ripe tomatoes	1 tb. whole allspice
2 c. vinegar	1 tb. stick cinnamon
1 tb. salt	½ tsp. cayenne
3 lbs. brown sugar	2 c. vinegar
1 tb. whole cloves	

Wash and peel tomatoes, add 2 c. vinegar and let stand overnight. In morning drain, reserve liquid. Make syrup of brown sugar, vinegar and liquid from tomatoes. Add salt, spices (tied in cheese-cloth) and tomatoes. Cook slowly until thick, 2 ½ to 3 hours.

—Mrs. R. B. Mullin.

**SWEET CUCUMBER PICKLE**

Cover small cucumbers with brine made of 1 qt. water and  $\frac{1}{2}$  c salt. Let stand overnight, drain. To 1 qt. vinegar add  $1\frac{1}{2}$  c. brown sugar, 1 tb. pickling spice. Scald and pour over cucumbers.—Eleanor Storey

**PEPPER RELISH**

1 doz. green peppers  
2 small red peppers

1 head celery  
1 doz. onions

Put peppers and onion through chopper. Cut celery in very small pieces. Cover all with boiling water and let stand five minutes. Drain and add  $2\frac{1}{2}$  tb. salt, 1 good qt. vinegar, 3 c. brown sugar and cook for 2 hours.—Eleanor Storey.

**CUCUMBER RELISH**

7 c. chopped cucumbers  
6 medium chopped onions  
4 c. cider vinegar  
3 c. brown sugar  
1 tb. mustard seed

1 tb. curry powder  
 $\frac{1}{2}$  tsp. red pepper  
1 hot red pepper (chopped)  
1 sweet red pepper (chopped)  
 $\frac{1}{2}$  c. coarse salt for brine

Remove large seeds from cucumbers before putting through chopper. Put salt over cucumbers, onions and peppers and let stand overnight. Drain well, add vinegar, sugar and spices, and cook about 20 min.

—Mrs. R. E. Parker.

**RHUBARB AND ONION PICKLE**

1 qt. rhubarb (cut fine)  
1 full pint vinegar

1 qt. onions (sliced)

Cook slowly about 20 minutes and add :

2 lbs. brown sugar  
1 tsp. salt  
1 tsp. pepper

1 tsp. cloves  
1 tsp. cinnamon  
1 tsp. allspice

Cook slowly one hour and bottle.—Mrs. R. E. Parker.

**TOMATO AND APPLE CHUTNEY**

6 apples  
6 large tomatoes  
4 small onions  
1 green pepper  
1 c. seeded raisins

$\frac{1}{4}$  c. mixed spice  
3 tsp. salt  
3 c. brown sugar  
1 qt. vinegar

Chop tomatoes, apples, onions, raisins and pepper fine. Add the remaining ingredients, having the spice tied in a cheesecloth bag, and boil one and one half hour. Remove the spice bag, turn the pickle into sterilized jars and seal.—Mrs. A. Doucet.

**PICKLED ONIONS**

$\frac{1}{2}$  peck small silver skinned onions.  
 $\frac{1}{4}$  tsp. cayenne pepper

4 tsp. cinnamon stick  
2 tsp. chopped horseradish  
2 tsp. cloves

Peel the onions. Place in a cold brine allowing  $\frac{1}{4}$  c. salt to every quart of water and let stand 24 hours. Drain and pack into clean, hot sterilized jars with thin layers of the seasonings which have been combined. Fill the jars with boiling syrup made by cooking vinegar and brown sugar together until thoroughly dissolved in the proportion of 1 gal. of vinegar to 1 qt. of brown sugar. Adjust the rubbers and seal.—Mrs. L. McKee.

**RHUBARB CONSERVE**

3 c. chopped rhubarb	1 large pineapple
1 orange	1 lemon
$\frac{1}{4}$ lb. blanched almonds	5 c. sugar

To the chopped rhubarb add the pineapple and also chopped almonds, the juice and rind of the lemon and orange, the sugar and almonds. Place in a kettle and simmer gently for 1 hour, then pour into clean hot sterilized glasses and seal. The almonds may be omitted if desired.—Mrs. L. McKee.

**CELERY SAUCE**

1 doz. large cucumbers	2 heads celery
2 lbs. onions	3 red peppers
2 cauliflower	

Dissolve  $\frac{3}{4}$  cup coarse salt in enough water to pour over vegetables, which have been chopped fine.

1 tb. turmeric	1 $\frac{1}{2}$ tb. celery seed
1 $\frac{1}{2}$ tb. mustard	6 c. sugar
2 tb. mustard seed	1 c. flour

Put 1 quart and 1 cup of vinegar in pan and when hot, spoon in mixture, until it comes to a boil. Then squeeze brine off vegetables and add to mixture. Cook for a while but do not boil. Stir 15 minutes.—Mrs. Jack D'Orsay.

**RELISH**

$\frac{1}{2}$ peck to 1 peck green tomatoes	$\frac{1}{2}$ peck cucumbers
3 lbs. onions	(6 good size cukes)

Slice and cover with coarse salt. Let stand overnight. Put through food chopper, after draining. Add pickling spice (2 or 3 bags), 3 lbs. brown sugar and vinegar to cover (1 quart, anyway). Cook nearly one hour. If too thick add a little vinegar before taking off stove.—Mrs. Paul Colpitts.

**MUSTARD BEANS**

4 qts. string beans—Cut into small pieces and cook until tender.

3 lbs. white sugar	1 tb. turmeric
$\frac{1}{4}$ c. mustard	1 tb. celery seed
$\frac{1}{2}$ c. flour	3 pts. vinegar

Make sauce and pour over cooked beans and bring to boil.

—Mrs. K. Everett.

**RIPE TOMATO RELISH**

12 medium size ripe tomatoes	2 tsp. cloves
1 pepper, chopped fine	2 tsp. cinnamon
1 onion, chopped fine	2 tsp. allspice
2 c. vinegar	2 tsp. nutmeg
1 tb. salt	

Peel and slice tomatoes. Put in preserving kettle and add other ingredients. Heat gradually to boiling point and cook slowly 2  $\frac{1}{2}$  hours.—Miss Grace Condon.

**CHILI SAUCE**

25 red tomatoes	6 green peppers
6 red peppers	12 onions
1 tb. celery seed	1 tb. mustard seed
1 tb. whole cloves	7 c. vinegar
1 c. sugar	

Peel the tomatoes and slice them. Add peppers, seeded, and the peeled onions all chopped fine. Then cold vinegar, sugar, salt, mustard seed, celery seed and the cloves, the latter tied in a muslin bag. Cook altogether 1½ hrs. Remove cloves. Bottle in hot sterilized jars and seal.—Mrs. L. McKee.

**MUSTARD PICKLES**

4 red peppers	1 qt. onions
1 qt. green tomatoes	1 small cabbage
1 qt. cucumbers	1 small cauliflower

Dressing :

2 qts. vinegar	10 tb. mustard
2 tb. celery seed	1 tb. curry powder
1 tb. turmeric	1 c. flour
3 c. brown sugar	

Chop vegetables, mix together and place in hot brine (½ c. coarse salt, 2½ qts. water). Boil for 10 minutes. Pour off brine and cover with dressing. Bottle while hot.—Mrs. M. G. Musgrave.

**SANDWICHES****CLUB SANDWICH**

Lettuce, bacon, toast, mayonnaise, chicken, tomatoes and butter. Butter toast allowing three slices for each person to be served. On first slice of toast place lettuce leaf and layer of sliced chicken. Spread second slice of toast with mayonnaise and place over chicken with mayonnaise side down. On this place sliced tomato and crisp bacon slices. Spread remaining slice of toast with mayonnaise and turn over tomato and bacon. Garnish with sliced olives. A thin slice of cold roast pork may be substituted for the chicken.

—Mrs. Avard Gorbell.

**LOBSTER AND OLIVE SANDWICH**

½ c. lobster meat	8 stuffed olives
mayonnaise	bread, butter

Either canned or fresh lobster meat may be used. Combine the lobster and stuffed olives and chop fine. Moisten with mayonnaise or thick cooked salad dressing and spread between slices of buttered bread. Makes six sandwiches.—Mrs. Kenneth Everett.

**SANDWICH**

¼ lb. of cooked ham, few sticks of celery and pickle all cut up fine with mayonnaise added makes a nice sandwich spread.

—Margaret Fryers.

**QUICK CHEESE SNACKS**

12 slices white bread,  $\frac{1}{4}$  in. thick     $\frac{1}{2}$  tsp. mustard  
 $\frac{1}{4}$  lb. cream cheese                      8 slices bacon

Remove crusts and cut slices of bread in halves. Mix the mustard and cheese thoroughly and spread on bread. Lay a small strip of bacon on top and place in hot oven 10 minutes. Serve at once.

—Mrs. Donald Smith.

**PINWHEEL SANDWICH**

Spread slice of pale pink buttered bread (made with coloring) with sandwich spread. Spread slice of white buttered bread with salmon, which has been flaked, salted and peppered. Roll first spread and then second spread around first and allow to set for two hours. Slice.

—Mrs. Donald Smith.

**HAM AND NUT SANDWICH**

Put ham and nuts through food chopper. Mix with salad dressing and spread on thinly cut buttered bread.—Mrs. Harold Reid.

**BROILED LUNCHEON SANDWICH**

Cut white bread in  $\frac{1}{4}$  inch slices and trim off crusts. Spread lightly with butter, cover with thin slices of American cheese. Then put slices of tomato on the cheese and sprinkle with salt and pepper. Lay two strips of bacon over the top and broil.—Gwen MacFarlane.

**SHRIMP BUTTER SANDWICH**

Combine 1 cup butter and 1 cup cooked shrimps pounded soft. Season with salt and cayenne. Moisten with  $\frac{1}{4}$  cup lemon juice.

—Mrs. Robert Macnaughton.

**PEANUT BUTTER AND BANANA**

Mash a ripe banana with a silver fork and mix with peanut butter.

—Mrs. Jack Smith.

**HOT CHEESE SQUARES**

Cut white bread (a day old) in  $1\frac{1}{2}$  inch cubes. Cream cheese with a little mayonnaise. Spread bread cubes with mixture. Put 1 inch bacon strips on top and a slice of olive. Brown in oven.

—Reta LeBlanc.

**SARDINE CANAPE**

Spread fingers of buttered bread with cream cheese. Place a sardine on each finger and toast till the cheese is melted. Serve with a slice of stuffed olive, a piece of dill pickle, or a strip of pimento placed on top of each sardine.—Stella Melanson.

**SARDINE SANDWICH**

Place a small sardine on thin, buttered bread, roll. Coat with grated Canadian cheese, and toast in oven or on toaster.—Stella Melanson.

**SANDWICH FILLING**

$\frac{1}{2}$ c. butter	3 tsp. mustard
$\frac{3}{4}$ c. sugar	3 eggs, well beaten
1 tsp. salt	

Cook in double boiler until thick stirring well. Then add 1 scant cup of vinegar, 1 brick cream cheese,  $\frac{1}{2}$  pt. whipping cream, 1 small tin of pimento cut fine, 2 green peppers, stuffed olives cut fine. Heat to boiling point and store in sealers.—Ruth Sumner.

**CREAM CHEESE AND CHERRY**

Mix a package of white cream cheese with a small jar of maraschino cherries. Make into small rolled sandwiches like asparagus rolls.

—Doris Crichton.

**SANDWICH FILLING**

Olives, cucumber, walnut, chopped and mixed with salad dressing.

—Doris Crichton.

**BANANA PINWHEEL SANDWICH**

Cut bread lengthwise in strips. Spread with butter and peanut butter. Roll up with a banana cut the width of the bread. Roll and wrap in a damp cloth or wax paper until ready to serve, then cut in slices about  $\frac{1}{4}$  inch thick.—Mrs. L. McKee.

**SANDWICH FILLINGS**

No. 1.—2 hard boiled eggs,  $\frac{1}{2}$  c. celery, 1 green pepper chopped,  $\frac{1}{2}$  large apple finely diced, 4 tb. salad dressing.

No. 2.— $\frac{1}{2}$  c. canned lobster, 1 tb. lemon juice,  $\frac{1}{2}$  c. finely chopped peanuts, salad dressing to taste.

No. 3.—1 c. celery,  $\frac{1}{2}$  c. cream cheese,  $\frac{1}{4}$  c. pimento (chopped) 6 large olives sliced, dressing to taste.—Mrs. Harry Cretney.

**SANDWICH FILLING**

1.—Equal parts of chicken and ham finely mixed, seasoned with curry powder and mayonnaise.

2.—1 c. cold chicken, 3 olives, 1 pickle mixed with mayonnaise.

3.—Cold roast turkey, beef, ham, tongue and pickles chopped and mixed with mayonnaise.—Mrs. V. Doucet.

**SANDWICHES**

Make in two layers. In bottom layer spread nut crunch and in top layer spread raspberry jam.—Mrs. K. MacKenzie.

**SAVORY PINWHEEL**

Roll rich biscuit dough  $\frac{1}{8}$  inch, spread with cream cheese to which has been added some prepared mustard, salt and pepper. Roll like a jelly roll. Cut in one inch lengths. Bake, cut side up in a hot oven 475 degrees till golden. OR

Spread dough with devilled ham and proceed as above.

—Mrs. H. A. Charbonneau.

**SAVORY PINWHEELS**

Between slices of buttered bread, spread cream cheese, well-drained pineapple and chopped walnuts.—Ruth Adair.

**SANDWICH FILLING**

1 small tin pimento	$\frac{1}{2}$ tsp. salt
3 hard boiled eggs, grated	1 tsp. mustard
15¢ package cream cheese	$\frac{1}{2}$ c. milk
1 tb. sugar	$\frac{1}{2}$ c. vinegar
1 tb. flour	

Cook in double boiler for twenty minutes.—Mrs. Roscoe Allen.

### PINEAPPLE-MARSHMALLOW TASTIES

Ingredients : Christie's Cheese Ritz, marshmallows, sliced pineapple (cut in very small pieces).

On each Ritz, place  $\frac{1}{2}$  tsp. pineapple, and  $\frac{1}{2}$  marshmallow (cut side up). Put into fairly hot oven till marshmallow is golden colored (1 to 2 minutes).—Mrs. M. G. Musgrave.

### LOBSTER AND EGG SANDWICH FILLING

Mix an equal quantity of finely chopped lobster meat and the yolks of hard boiled eggs forced through a sieve. Moisten with melted butter and season with prepared mustard, beef extract diluted with a very small quantity of boiling water, and salt.—Mrs. A. Bourque.

### SANDWICH FILLINGS

- 1.—Mix 1 c. ground walnuts with  $\frac{1}{2}$  glass strawberry jam.
- 2.—Lobster or crab meat, celery, hard cooked eggs, dressing.
- 3.—Cream cheese, sliced tomato, dressing.
- 4.—Mix 1 c. chopped dates and  $\frac{1}{2}$  c. roasted peanuts.

—Mrs. Wm. Kirby.

### LAYER SANDWICH

2 slices white bread, buttered. 2 slices of brown bread, one buttered. Spread buttered white bread with pimento cheese and lay over this slice of brown bread. Spread this with minced ham, mixed with mayonnaise. Lay slice of white bread on top and cover with chopped nuts, celery, lettuce and mayonnaise. Then lay the unbuttered slice of brown bread on top. Press together and place in refrigerator. When filling has become firm, cut in desired slices.

—Mrs. V. F. Hudson.

## HOUSEHOLD HINTS

### TO REMOVE STAINS

**TEA** :—Soak in boiling water, immediately. If this is not successful, soak in a solution of borax and water made of one tb. of borax to a gallon of water.

**FRUIT** :—Pour boiling water through the stain and rub lightly with salts of lemon. Wash in boiling water.

**BLOOD** :—Soak in cold water for 12 hours and rinse in cold water. Wash in usual way. If still discolored, soak in borax solution.

**INK** :—Pour milk through stains, and wash in soapy water. Blue-Black Ink—Use chlorinated water, washing off immediately.

Nail Polish Remover will remove all stickiness left on the skin after adhesive tape is taken off.

An electric refrigerator can be defrosted in half the time it ordinarily takes if the ice cube trays are filled with hot water.

If milk is scalded and cooled before making a custard, the custard will be much improved.

To prevent clothes from freezing to the line, wipe the line with a cloth dipped in salt and water.

Broken glass may be picked up safely if a large wad of moistened newspaper is used.

Demi-tasse coffee is delicious if served with an after dinner mint in place of sugar. Put the mint in the cup and pour the hot coffee over it.

Hot dish marks may be removed from polished furniture by using a solution made as follows: Simmer one pint of linseed oil for ten minutes and add one-quarter pint turpentine. Apply frequently and rub off with a dry soft cloth.

Colors may be restored to rugs if they are wiped with a cloth wrung nearly dry in a solution of one part hot vinegar and three parts boiling water. They should be thoroughly cleaned of dust before this is done.

Lard or shortening may be substituted for butter in a recipe by using  $2\frac{1}{2}$  tablespoons less than the recipe calls for and adding a dash of salt.

Economical Silver Polish :—1 c. granulated soap, 1 c. whiting, 1 c. water. Boil together for two minutes and seal in jars.

If a few spoonfuls of batter are saved from a cake and a cup of shredded cocoanut or chopped dates and nuts is added you can make a few macaroons. Drop from a teaspoon on a greased pan and bake eight minutes at 375 degrees.

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### TABLE OF WEIGHTS AND MEASURES

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- 4 teaspoons of liquid equal 1 tablespoon.
- 4 tablespoons of liquid equal  $\frac{1}{4}$  cup.
- 2 cups equal 1 pint.
- 2 pints (4 cups) equal 1 quart.
- 4 cups of flour equal 1 pound or 1 quart.
- 2 cups of butter, solid, equals  $\frac{1}{4}$  pound, 4 ounces.
- 2 cups of granulated sugar equal 1 pound.
- $2\frac{1}{2}$  cups powdered sugar equal 1 pound.
- 1 pint of milk or water equals 1 pound.
- 2 tablespoons of butter equal 1 ounce.
- 2 tablespoons of granulated sugar equal 1 ounce.
- 4 tablespoons of flour equal 1 ounce.
- 4 tablespoons of coffee equal 1 ounce.
- 4 tablespoons of butter equal 2 ounces or  $\frac{1}{4}$  cup.

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### ABBREVIATIONS

c.	—	cup	lb.	—	pound
tsp.	—	teaspoon	pt.	—	pint
tb.	—	tablespoon	qt.	—	quart
oz.	—	ounce	f. g.	—	few grains