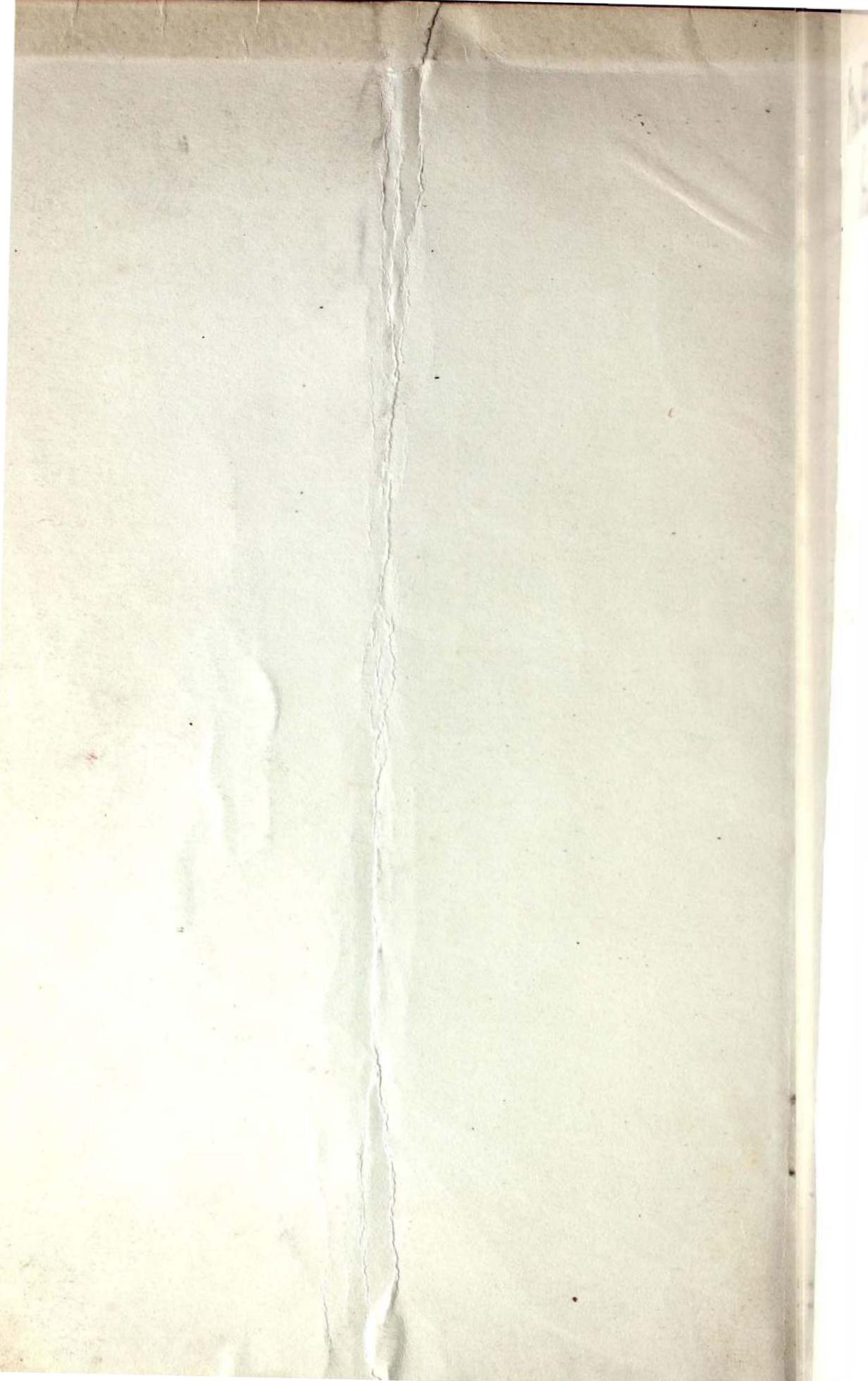




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Mrs Percy Saunders

With the Compliments of
The Author

Victoria B C

July 16th 1908

Mrs J. Mann

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NASCO is a liquid Soap, manufactured from the purest ingredients, and contains no ammonia, soda, free acid or other injurious chemicals. NASCO mixes instantly with warm water, and without rubbing washes blankets, woollens, flannels, silks, curtains, laces and all fabrics of the most delicate nature. It brightens the colours and adds lustre. It improves the texture of woollens and flannels, leaving them beautifully soft without shrinking. Linens and cotton goods can be washed in warm water without boiling. NASCO removes grease, paint, verdigris, pitch and tar, blood, fruit or other stains. It also washes painted or unpainted woodwork, cleans cutlery, silver plate, dairy and kitchen utensils. NASCO requires no soda, borax or other mixture with it, and as rubbing is not necessary, clothes washed in it will last much longer. NASCO contains a newly discovered disinfectant fluid, which at a strength of one in twenty will destroy the germs of cholera, typhoid and other microbes. It is, therefore, an ideal sanitary washer and cleanser. It will cleanse carpets and leather, and will brighten the colours. It is a delicious toilet requisite, and forms a delightful addition to the bath. It is unrivalled as a shampoo, and gives a soft and glossy appearance to the hair. It is as effective for all purposes in cold or hot water, and is as cheap as common soap. In short, NASCO is a household necessity, and when once tried will be always used.

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North America Soap Co.,
LIMITED

VICTORIA, B. C.

Each recipe is plain and tried,
And some good housewife's honest pride ;
Some home's delight.
And should your effort bring no prize,
I'll say not where the trouble lies—
t'were impolite.



The King's Daughters Cookery Book

• • Compiled by • •

Mrs. R. B. McMicking.

We may live without friends, we may live without books,
But civilized man cannot live without cooks !
He can 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 that can live without dining ?

—OWEN MEREDITH.

VICTORIA, B. C.

CHAS. F. BANFIELD, PRINTER.

1904



To
MRS. GEORGE C. SHAW
PROVINCIAL SECRETARY FOR BRITISH COLUMBIA
THIS BOOK
Is Affectionately Dedicated.

PREFACE

“Men may come and men may go, — *but* —
~~the~~ Good cooking is a permanent necessity.

The peoples of the earth have been slow to recognize the value of the art, and yet it is closely allied to the well-spring of health—the first requisite of long life, so much to be desired, and, of temperament, which is so large a factor in making or marring of character. In recognition of these facts, the ladies of British Columbia present to the public this volume of selected and tried recipes, in the firm conviction that they will meet the expectation of all who carefully follow directions, and express the hope that it may find a place in every household.

There has not been any attempt at display or effect, the compilers being content to rest their claim for success upon the excellence of the several recipes, representing, as they do, the ripe experience of the best chefs in home and hostelry. The ladies express a hope that the publication of this volume may stimulate that just pride for cooking, without which the work is drudgery, and great excellence impossible.

Our indebtedness to all who have so kindly contributed to this volume is hereby acknowledged. We would be glad to express our thanks to each individually. This, however, is accomplished in part by the publication of the donor's name with each recipe.

To our advertising patrons we are indebted for the material aid thus furnished, and we bespeak for them a liberal recognition by the public who desire to be well served with good goods in satisfying measure.

PREFACE

"To be a good cook means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and meet in fields and grove, savory in meat. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. It means the economy of your great-grandmother and the science of modern chemists ; it means much tasting and no wasting ; it means English thoroughness, French art and Arabian hospitality ; it means in fine that you are to be perfectly and always ladies, and you are to see that everybody has something nice to eat."—
Ruskin.

INTRODUCTION

Food in its Relation to Life.

(By Miss McKeand.)

Teacher of Domestic Science Victoria Public Schools

The human body lives, moves, works, and so wears out and needs repair. The body has been compared to a steam engine, in that as through the oxidation of fuel, heat and mechanic power are produced, so, in the body, through the oxidation of food, heat and force are produced. It is a machine, then, but it is more ; it is a living, working machine which must do its own repairing while its activities are still going on. As fast as tissues of the body wear out they are renewed by the food taken into the body.

Food is classified as follows :

Nitrogenous—Protied or tissue-building foods.

Non-nitrogenous—Fats and oils ; carbohydrates, (starch, sugar), mineral matter, water.

These foodstuffs are made up of certain elements, the most important of which are carbon, hydrogen, oxygen and nitrogen.

These elements also make up the body, and are constantly wearing out, they must constantly be replaced. This is done by the food.

Good food does not mean elaborately prepared or high-priced food ; but good food must supply, no matter in how simple a form, these foodstuffs, and through them these elements, which are necessary for the proper maintenance of the body.

The chief office of the proteids, or tissue-building foods is to build up and repair tissue. They include all animal and some vegetable foods.

Examples : Meat, eggs, cheese, milk, peas, beans, etc.

The proteids contain all the elements necessary for the support of the body, but their highly concentrated nutritive value renders it necessary to combine them with other foods rich in starch. A certain amount of bulk must be furnished that the stomach may have enough to act upon.

The carbohydrates consist of starches and sugars. They supply energy and maintain heat. They are made up of carbon, hydrogen and oxygen.

Examples : Potatoes, grains, fruits and sugars.

All starchy foods should be subjected to boiling water and thoroughly cooked ; otherwise they are indigestible and do more harm to the system than good. The digestion of starch begins in the mouth, where it is partly changed to sugar by a substance in the saliva called ptyalin. In infants this substance is not found for several months after birth, so that infants should in no case get starchy foods, such as arrowroot or cornstarch, until they are at least eight months old, since in them neither the saliva nor any other digestive juice can accomplish the necessary change of starch into sugar.

Fats and oils are composed of carbon, hydrogen and oxygen. Fats and oil store up heat and energy in the body for future use, in the form of adipose tissue.

Examples : Butter, cream, olive oil and fat of meat, etc.

Butter is the most easily digested and wholesome of fats. Fat is digested in the intestines. For this reason it should not be closely incorporated with other food, as in buttered toast. In this case the butter, since it is not affected until it reaches the intestines, acts as a seal, preventing the juices of the mouth and stomach from reaching the starch and other foodstuffs in the bread, which, therefore, remain undigested until the fat is removed from them in

the intestines. Thus the intestines are given more than their share in the digestion of the starches, and much is left unabsorbed. For this reason pastry and food that has soaked up fat in frying are very indigestible, and should be avoided.

Mineral matter exists in all tissues of the body. They serve various functions ; to help in the formation of bone, muscle, etc., and to preserve the alkalinites of the blood. Vegetable foods and common salt supply most of the mineral matter for the body. Fruit is eaten not so much for any nourishment it contains, as for its water and salts. Water occurs in all tissues, constituting two-thirds of the body. It also occurs in all foods to the extent of one-half or more.

Water of itself does not nourish the body, that is, it neither builds tissue nor supplies energy, but since the body is about 75 per cent. water, and this amount is to be maintained in spite of evaporation and excretion, if the normal processes are to go on smoothly, it is evident that water, and plenty of it, is necessary for life.

As to the proper proportions in which food should be taken, no rule can be given. Age, climate, sex and occupation must determine the diet of a healthy person.

A healthy diet (1) must include both nitrogenous and non-nitrogenous foods ; (2) the foodstuffs must be supplied in the proper proportions ; (3) the food must be well cooked and digestible ; (4) it must be palatable ; (5) and there must be a certain amount of variety. If the composition of common foods is understood, suitable combinations can be readily thought out, so that each day's food includes all classes of foodstuffs, and there is enough variety to tempt the appetite.

Patronize our Advertisers.

TABLE OF
WEIGHTS AND MEASURES

2 teaspoonfuls of dry ingredients.....	1 tablespoonful
4 teaspoonfuls of liquid.....	1 tablespoonful
4 tablespoonfuls of liquid.....	$\frac{1}{2}$ gill, $\frac{1}{4}$ cup or 1 wineglassful
1 tablespoonful of liquid.....	$\frac{1}{2}$ ounce
1 pint of liquid.....	1 pound
2 gills of liquids.....	1 cup or $\frac{1}{2}$ pint
1 kitchen cup.....	$\frac{1}{2}$ pint
1 heaping quart of sifted flour.....	1 pound
4 cups of flour.....	1 quart or 1 pound
1 rounded tablespoonful of flour.....	$\frac{1}{2}$ ounce
3 cups of cornmeal.....	1 pound
1 $\frac{1}{2}$ pints of cornmeal.....	1 pound
1 cup of butter.....	$\frac{1}{2}$ pound
1 pint of butter.....	1 pound
1 tablespoonful of butter.....	1 ounce
Butter the size of an egg.....	2 ounces
Butter the size of a walnut.....	1 ounce
1 solid pint of chopped meat.....	1 pound
10 eggs.....	1 pound
A dash of pepper.....	$\frac{1}{8}$ teaspoonful, or 3 good shakes
2 cups of granulated sugar.....	1 pound
1 pint of granulated sugar.....	1 pound
1 pint of brown sugar.....	13 ounces
2 $\frac{1}{2}$ cups of powdered sugar.....	1 pound
An ordinary tumbler.....	$\frac{1}{2}$ pint
2 tablespoonfuls.....	1 fluid ounce

Patronize our Advertisers.

SOUPS

The onion is a homely plant,
And rank as most that grows,
And yet it beats, to mix with soup,
The lily or the rose.

“For soup is but the first of those delights which
go to make the coming bill of fare.”

The meat should be cut small, from the bones, take out the marrow, lay bones in bottom of stock pot, and put the meat on top, cover with cold water and let it stand one hour. Put on stove and simmer for four or five hours on the back of the stove. When vegetables are used they should be added only in time to become thoroughly done; if in too long they absorb a portion of the richness of the soup. All vegetables should be fried before adding.

Turkish Soup.

Miss McKeand,

Teacher of Domestic Science Victoria Public Schools

- 5 cups brown soup stock (made with beef.)
- 1-4 cup rice.
- 1 1-2 cup stewed and strained tomatoes
- Piece of bay leaf.
- 2 slices onion.
- 10 peppers (whole.)
- 1-4 teaspoon celery salt.
- 2 tablespoons butter.
- 1 1-2 tablespoons flour.

Cook rice in stock until soft. Cook bay leaf, onion, whole pepper and celery salt with tomatoes thirty minutes. Combine mixture, rub through a sieve and bind with butter and flour cooked together. Season with salt and pepper if needed.

Mutton Broth.

Mrs. Trenchard, Metchosin.

1 cup barley. 4 lbs. shoulder mutton.
1 gallon water. 1 onion.

Put all in together ; after it comes to a boil simmer slowly for four hours. Salt while boiling. A little tomato ketchup often adds flavor. Serve without straining.

Beef Soup with Vegetables.

Mrs. Trenchard, Metchosin.

1 shank of beef.
2 carrots, 1 grated.
2 turnips, white.
1 cup cabbage chopped fine.
1-2 head celery.
3 onions.
1 parsnip.
A little parsley chopped fine.
1 1-2 gallons water.
1-2 cup barley or rice.

Put beef in water on to boil, then prepare vegetables ; chop all vegetables together except onions and parsley. Slice onions and add later. Add parsley half an hour before taking from stove. Cook slowly all day. Serve without straining.

Boullion.

Mrs. R. B. McMicking.

1 shank beef. 2 lbs. shin of veal.
Small slice of ham. Small turnip.
Small carrot. 3 peppercorns.

3 cloves.	4 quarts water.
1 onion.	Bunch of herbs.
Stalk celery.	1-2 bay leaf.
Blade mace.	Salt.

Cook four hours ; if cooked too long it will not be clear ; strain when cold, take off fat, and cut off pieces of the jelly (rejecting the settlings, or adding that to the stock pot), reheat, strain. This second straining generally prevents the necessity of clarifying ; add carmel, till the color desired ; serve in bouillon cups.

An East Indian Soup.

Mrs. Colquhoun.

Put one tablespoonful of butter into a kettle, add two onions sliced, a small carrot chopped very fine, and half a cupful of chopped celery. Push on the back part of the stove ; cook for fifteen minutes, being careful that the butter does not become discolored. Add a quart of water, a bay leaf, a dash of cayenne, a salt spoonful of white pepper, a teaspoonful of salt, a tablespoonful of chopped parsley and thyme ; moisten a teaspoonful of curry and add it last, simmer gently for ten minutes and strain. This soup should be perfectly clear, and of a yellowish shade when it is finished. Add to it, just as it is ready to serve, five tablepoonsfuls of rice that has been carefully boiled.

Ox Tail Soup.

Mrs. (Dr.) I. W. Powell.

Notch an ox tail at all the joints, let it boil slowly all the afternoon the day before it is required, then stand all night. Skim every atom of grease, add an equal quantity of stock ; boil all together an hour before using. Thicken with half a cup of brown flour blended with cold water ; stir in slowly salt and pepper to taste. Serve with joint in each plate.

Soupe Julienne.

Madam Charles Murrestt.

Chop two carrots, two turnips, two heads of celery, few leaves of curly cabbage, two heads of lettuce, two onions, one tomato. Put into a saucepan one tablespoonful of butter, put in the onion and let brown, add celery and let dry, then add two quarts fresh bouillon, add cabbage, lettuce, sweet pea, cook till tender. Season with pepper and salt, and a little cerfeuil. Poach as many fresh eggs as you have guests at table, keep them in cold water till time to serve, put them in a deep dish, cover with hot bouillon, send them with the soup tureen and serve one in each plate.

Cream of Pea Soup.

Mrs. Justin Gilbert.

Turn off the liquor from a can of peas. Place peas in a kettle with one quart of new milk, and cook slowly one hour. Strain twice and add seasoning to taste—salt, celery salt, white pepper, butter and the liquor. When serving add one tablespoonful of whipped cream to each bowl.

Pea Soup.

Mrs. James Hutcheson.

1 pint of water.	1 pint of milk.
1 pint of peas.	2 tablespoons flour.
1 tablespoon butter.	

Wash pods thoroughly and shell. Boil pods till tender, using the same water to boil the peas. When cooked strain peas through a vegetable strainer and add to the water, milk and butter. Thicken with flour and salt and pepper to taste. If a little cream is used omit butter. Celery, potatoes (two to a pint.) Tomato or any other vegetable soup may be made the same way.

Split Pea Soup.

Mrs. Becker.

Put to soak over night one-half pint of peas. Add in the morning to two and one-half quarts of vegetable stock previously prepared, one pound of salt pork or a ham bone. Let it come slowly to a boil, stirring frequently. When thoroughly cooked strain through a wire sieve, passing the sediment with a wooden spoon ; add pepper and salt to taste. Cut stale bread in small squares and fry in butter until brown, to be put in the soup just before serving.

Mock Bisque Soup.

Miss Smith, Menzies Street.

Cook one cupful of tomato until soft enough to strain. Scald one pint milk in a double boiler, blend together one tablespoon of butter and level tablespoon flour ; stir gradually into the boiling milk and let simmer ten minutes. Add one-half teaspoonful of salt, a little white pepper, a pinch of soda and the strained tomato. Serve very hot with croutons or saltines.

Tomato Soup.

Mrs. A. Rocke Robertson.

1 can tomatoes. 1 good-sized onion.
8 whole cloves. 3 cups water.

Let all boil together for half an hour, then strain through a wire sieve and return to the kettle with a dessert spoonful of sugar, a teaspoonful of butter, and pepper and salt to taste. When boiling add two tablespoonfuls of corn starch which has been moistened with water, and stir and boil until smooth.

Tomato Soup.

Mrs. D. A. McTavish.

It is made the same way, only the sauce wants to be made a little thicker and the tomatoes are strained

in the first place through a fine strainer and then boiled well. Before adding them to the sauce put about one-quarter of a teaspoonful of soda in them to kill the acid but not enough to make them sweet. Three-quarters of a can of tomatoes is enough for a quart of milk. It is well to let the sauce boil for about an hour in the double boiler, as that takes off any floury taste.

Wine Soup.

Mrs. Stadthagen.

Two cups white wine, one cup of water, two eggs, two dessert spoons of flour, four of sugar, two slices of lemon. Put eggs, flour, sugar and lemon in a saucepan, pour the wine and water on it, take egg-beater and beat over slow heat just to the boil. Serve immediately with small marroons.

Spinach Soup.

Mrs. D. A. McTavish.

Is the same, only the sauce needs to be a little thinner and takes more milk, as the spinach has not much juice. A quart of nice little spinach leaves boiled for about six or seven minutes in just enough water to keep them from burning, and then strained from the water. The spinach is then rubbed through a fine sieve and added to the sauce; if not enough of the spinach flavors, add some of the water the spinach was boiled in. It would do just as well to make the sauce as thick as for the other soups, and add the water the spinach was boiled in, or at any rate part of it. This makes a very pretty soup, and is nice for company, with fried toast. Add a cup or a half cup of cream to each soup.

Mullagatawny Soup.

M. L. McM.

Cut up a chicken; put into soup kettle with a

knuckle of veal, a sliced onion, small carrot, celery, parsley, three cloves. Cover with four quarts water. When the chicken is nearly done take out, trim some piece neatly to serve with the soup, return all bones and skin to the stock. Simmer three hours. Now fry an onion, small carrot, stick of celery, sliced in a little butter. When light brown throw in tablespoonful flour. Stir one or two minutes, add one dessert-spoonful of curry powder, then mix with a little of the stock; turn this all back into the stock kettle, simmer one hour. Half an hour before dinner, strain, remove all fat, return it to the stove with the pieces of chicken, and two or three tablespoonfuls of boiled rice. This will give time enough to cook chicken thoroughly.

Cream Soup or Corn Soup.

Mrs. D. A. McTavish.

Take a can of corn and rub it through the collander with the potato-masher, using about a cup of water to get all the good out of the skins. Make a sauce with one quart of milk, one and one-half tablespoonfuls of flour, two tablespoonfuls of butter rubbed together. Season to taste with a little onion, salt, pepper and Worcester sauce. Let the corn boil about half an hour slowly, then add it to the sauce and strain all through a fine sieve and squeeze all but the coarsest part through with a spoon. It can then stand for a few minutes on the fire before sending to table, but not too long, or it may curdle. Just before taking from the fire add one-half to a cup of cream.

Ochra Gumbo.

Mrs. D. A. McTavish.

A New Orleans Recipe.

Three or four dozen ochra, one and one-half or two lbs. of the breast or neck of veal, one large tablespoonful of lard, one tablespoonful of flour, one slice of ham, one-half large green pepper, two large to-

matoes, one teaspoonful salt, a little parsley chopped fine. Chicken will do instead of veal. Cut the meat into small pieces about the size of an egg, and rub the flour and salt on the meat. Cut the ochra into very thin slices crossways ; cut the tomatoes into thin slices, put the saucepan on the fire ; when hot put the lard in ; as soon as melted put in the meat ; stir it as soon as it changes colors and is thoroughly heated without being cooked, add the ochra. Stir the whole, and as soon as the ochra is a very green color, pour into the saucepan containing all the ingredients one pint boiling water, lastly the ham and parsley. A wooden spoon is always used in stirring to prevent the ochra looking black. Simmer gently four or five hours. Gumbo is always eaten with boiled rice, the same as curry is.

Puree of Clams.

Mrs. (Dr.) Watt, William Head.

- 1 quart of clams.
- 1-2 bay leaf.
- 2 tablespoons minced onion.
- 1 pint milk.
- 1 teaspoon salt.
- 1-2 saltspoon pepper.
- 1 cup cream.
- 2 tablespoons butter.
- 2 tablespoons cornstarch.

Cook hard parts of clams chopped fine, with bay leaves and onion, and water to cover, for half an hour. Strain and put the water on to boil again with the milk. Cook the soft parts in the clam liquor or water for five minutes, then rub them through a strainer into the milk. Add salt, pepper and cream, and when boiling thicken it with the corn starch stirred smoothly into the hot butter.

Clam Soup.

Mrs. D. A. McTavish.

Boil twenty-five large clams (cut up in small

pieces), in two quarts water. Thicken with a tablespoonful of butter and one of flour, rubbed well together ; salt and pepper. When ready to dish beat the yolks of four eggs with one pint of milk and a little mace. Stir it in the soup but do not let it boil or it will curdle.

Oyster Soup.

M. L. McM.

100 oysters (Olympian.)

1 small cup water.

2 ounces butter.

1 tablespoon flour.

1-2 pint thick cream.

Put the oysters with the water on the stove to plump. Don't boil them ; pour through the collander ; let the oysters remain in the collander. Put the butter into a saucepan, stir in the flour, let it cook few minutes, stirring well with the egg-whisk, add gradually the oyster juice and half a pint of cream (which has been brought to boil in another vessel) ; season carefully with cayenne and salt, skim well, then add oysters. Don't let it boil, but serve immediately. Serve with oyster crackers.

Cream of Fish Soup.

Mrs. Dr. Watt, William Head.

1 tablespoon butter. 2 tablespoons flour.

1 1-2 pints fish stock. 1 pint milk.

Yolk of one egg.

Water in which halibut or other white fish was boiled, together with an onion, six pepper corns and as many allspice, is saved for this stock. Cook butter and flour together. Heat stock and milk. Add gradually stock and milk to butter and flour. When it boils put in double boiler. Before serving add the yolk, previously stirred in a cup with a little of the soup. Care must be taken that butter and flour be not cooked so much as to turn yellow, and that the

stock and milk be slowly stirred in warmed lumps. The same recipe, using vegetable stock instead of fish stock, makes delicious cream of asparagus, onion, potato and cauliflower soups. The same recipe with half the quantity of stock and milk makes good fish or vegetable sauce.

Brown Flour.

Mrs. (Dr.) I. W. Powell.

Fill a baking pan with flour, have a moderate fire ; let the flour brown for three hours. Stir occasionally to prevent burning. When sufficiently brown put into a covered jar or can, and use for thickening stews, soups, gravies, and when a rich, dark color is desired. Flour done in this way will agree with the most delicate digestion, while hastily cooked flour will frequently produce an opposite effect.

Caramel.

(Burned Sugar to Color Soups, Gravy, etc.)

Mrs. G. A. McTavish.

Put about one-half lb. brown sugar in a pan in the oven. When nearly black pour in enough boiling water to melt it. When cold, bottle it for use.

Another Burned Sugar to Color.

One saucer of sugar, (brown is best) ; one-half tumbler of cold water ; let it boil till it smells strong and is dark ; add one-half pint more cold water ; let it cool and bottle for use.

To Flavor with Lemon Zest.

Never use the white part of the peel of a lemon for flavoring. The little globules of oil in the surface of the rind contain all the pleasant flavor of the peel. Rub loaf sugar over the surface. The friction breaks the oil ducts, and the sugar absorbs the oil. This is called zest. The sugar is afterwards pounded fine for certain dishes, such as creams, meringues,

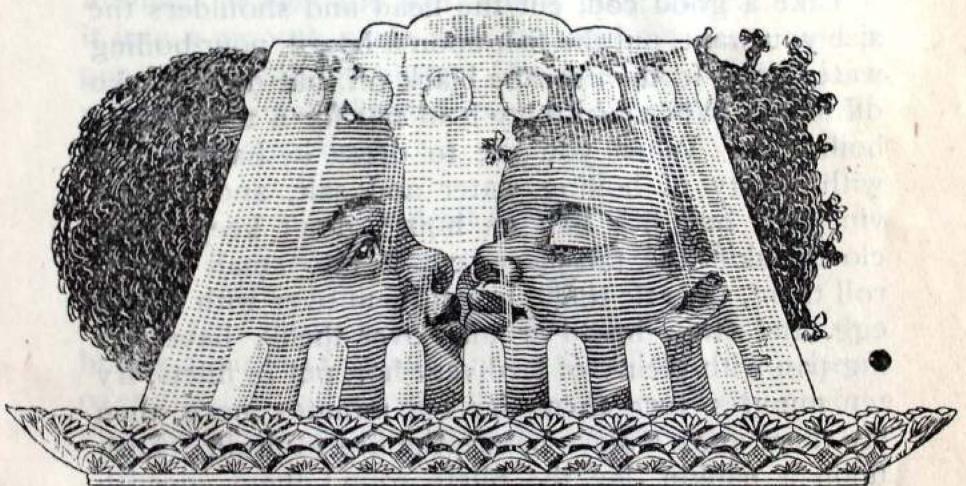
etc., or can be simply melted in custards and beverages.

To make Roux.

A "Roux" is a mixture of butter and flour cooked. If the roux is intended for a white sauce it is not allowed to color; if for brown sauce it may color a little or browned flour may be used.

Croutons for Soup.

Cut slices of bread, and butter them; cut into small squares, put into a pan, buttered side up, and brown in a quick oven.



KNOX, Knocks, NO-OX
 Yet strange the parad-OX
 His CALF'SFOOT jelly's orthod-OX

—WHOLESALE FROM—

R. P. RITHET & CO., Limited.

FISH

'Twas merry when you wagered on your angling,
When your diver did hang a salt-fish on his hook.
Which he with fervency drew up.

—Anthony and Cleopatra.

To Dress Cod's Head and Shoulders.

Mrs. John Brown, "Cherrybank."

Take a good cod, cut the head and shoulders the size you want, put the fish upon a board, pour boiling water upon it, then scrape black off, but do not take off skin. When white lay it in salt for a time before boiling it. When you are to dress it, have a pan with plenty of boiling water and salt, and a little vinegar; boil fish half an hour; don't keep cover close; skin the tail-piece, cut it into small pieces, roll them, then tie them, brush them over with a beat egg, and strew bread crumbs over them; have frying pan with plenty of lard very hot, put in fillets, fry ten minutes, turn them, fry ten minutes more, then lay them upon a sieve before the fire to drain. Dish upon a napkin, lay the fillets round them, garnish with parsley.

Salmon Souffle.

Mrs. R. B. McMicking.

2 tablespoonfuls butter. 1 teaspoon salt.
2 tablespoonfuls flour. Pepper to taste.
1 teaspoon anchovy sauce.
1 pint milk.

- 1 cup bread crumbs.
- 1 tablespoon onion juice.
- 1 tablespoonful chopped parsley.
- 3 eggs beaten separately.

Take one can of salmon, freed from skin and bones, beat very fine, make a white sauce, mix with the salmon, add the yolks beaten; lastly, fold in the white beaten stiffly. Turn in to buttered dish, stand in pan of hot water, bake in moderate oven three-quarters of an hour; serve with or without sauce.

Potted Salmon.

Miss Annie J. Fawcett.

This recipe is a great favorite and makes delicious sandwiches, and its success lies in not being afraid of using plenty of seasoning. To each cup of fish allow one-half teaspoonful of the spices (mixed spice, nutmeg, pepper and salt, and a little mace.) Work it into a smooth paste with the anchovy sauce and a generous lump of butter. Pressed down into jars with a little melted butter poured over the top, it will keep for some time.

To Broil Salmon.

Mrs. John Brown, "Cherrybank."

Cut the slices from the thick part of the fish, butter a piece of paper, put in the slices, broil them over the fire for fifteen minutes, take off the paper, dish them on a napkin, garnish with parsley.

Fricasseed Salmon.

Miss Annie J. Fawcett.

Pick the fish clear from bones and skin and break lightly into flakes. Make a nice white sauce with milk thickened with flour, add butter, pepper and salt, and a good tablespoonful of anchovy sauce. Stir the fish lightly into the sauce and let it get heated through, but not boil.

Fried Salmon Cakes or Balls.

Miss Annie J. Fawcett.

Mix the fish, freed from all skin and bone, with equal quantities of cold mashed potatoes. As in the first recipe, flavor with pepper, salt, spice, nutmeg, and anchovy sauce. Add one or two eggs and a little milk if needed. Form into cakes or balls, roll in flour and fry in lard a nice brown.

Salmon Cutlets.

Mrs. Hasell, Old "M.S."

Take cold salmon, pass through mincing machine, mix with little cream, anchovy, pepper and salt, make them into small cutlets, flour them, fry with butter over a slow fire, garnish with stewed cucumber a thick brown sauce, flavored with Worcester, Harvey and tomato sauces and tarragon vinegar.

To Stew Eels.Mrs. Hardie, Sr.
(1800 or Earlier.)

Skin and gut your eels, wash them in six or eight waters to take out the sand, cut them in pieces as long as your finger, put them into the stewpan with water enough for same; add a small onion stuck with cloves, a little bundle of sweet herbs, a blade of mace and some whole peppers tied into a thin muslin, cover them close and let them stew gently. Put in a small piece of butter rolled in flour and chopped parsley. When they are tender take out the onion and herbs, put in salt enough to season them and send them up with sauce.

Halibut a la Creole.

Miss A. Macrea.

Layers of halibut seasoned, and tomato sauce.

Bake until tender ; do not let boil ; stand dish in a pan of water.

Tomato Sauce.

Miss. A. Macrea.

To each can of tomatoes take two slices onion, one-half dozen cloves, pinch of soda size of a pea, put in saucepan and cook for ten minutes. Strain.

2 cups strained tomato.

3 tablespoons butter.

3 tablespoons flour.

1-2 teaspoon salt.

1-4 teaspoon pepper.

Melt butter, add flour, then strain tomato.

Halibut Finbals.

Mrs. R. B. McMicking.

1 cup halibut.

1-3 cup cream.

Whites of two eggs. 1 teaspoon lemon juice.

1 sheet gelatine.

Mix all together, steam in timbal cups. Serve with sauce.

Baked Whitefish.

Mrs. Wood.

Fill the fish with a stuffing of fine bread crumbs and a little butter, sew up the fish, sprinkle with butter, pepper and salt, dredge with flour and bake one hour, basting often ; serve with parsley or egg sauce.

Baked Codfish.

Mrs. Wood.

Soak the fish over night, cook in water enough to cover ; when tender pick very fine. To each pint of fish add a teaspoonful of butter, two beaten eggs, one-half teaspoonful of pepper and one and one-half

pints of potatoes ; mix well together, bake in a pudding dish to a brown. Make a sauce of drawn butter in which cut up a hard-boiled egg.

Lemon Stew Fish.

Miss Francis Mayers.

Halibut cut in pieces, put on to boil, cover with water, a little salt, onion, pepper ; boil until cooked. Yolkes of four eggs for a small family, a piece of two lemons with well-beaten yolks. After the fish is boiled take off nearly all the water, then put lemons and eggs over the fish.

Creamed Oysters.

Mrs. Charles Rhodes.

Strain oysters enough for use. Take one-half cup of clear soup and put into it a very little ham or bacon chopped very fine, also four or five stones of olives ; boil fifteen minutes. Take another saucepan and put into it a small piece of butter, into which when hot stir one tablespoon of flour. When well mixed add soup, juice and two or three spoons of milk to make white, and the meat of olives (stuffed, if you have them), chopped fine, and lastly oysters. Season with red pepper and salt ; if too thick add a little juice or milk until the right consistency.

Creamed Crab.

One pint of very thick cream, one dessert spoon flour, two crabs, one teaspoon salt, one salt spoon mustard, one-half salt spoon cayenne pepper. Heat cream in double boiler, mix flour, salt, mustard and pepper in a little cold cream and pour in the heated cream. Cook ten minutes and put in picked crab. Serve hot.

Sweet and Sour Fish.

Miss Francis Mayers.

No halibut ; put fish on with half water and vine-

gar, pepper and salt, onion, raisins ; sugar to taste, thicken with a little ginger snap.

Escalloped Oysters.

Mrs. Wood.

Prepare bread crumbs or rolled crackers in bulk in the bottom of a pudding dish, then a layer of oysters, season with salt, pepper and butter, put in more layers of crumbs and oysters until the dish is full, finishing with crumbs. Pour over the oyster liquor and fill the dish with milk, put in hot oven, covered for ten minutes, remove cover to bake brown.

Creamed Oysters.

Mrs. Wood.

Take equal amount of oysters and cream for a pint of each, and a small but a piece of onion very fine, and a small blade of mace ; place the onion and mace in the cream ; scald and then skin them out, thicken with a tablespoonful of flour made smooth in cold milk ; season to taste with salt and pepper, scald the oysters in their own liquor until their beards begin to curl. Then skin them out and add to prepared cream ; stir gently and serve at once.

Creamed Clams.

Mrs. R. B. McMicking.

Cook two tablespoonfuls butter and one small onion, two dozen chopped clams ; add to butter and onion, cook five minutes with the cover on ; pepper, four drops Tabasco. Beat two eggs (yolkes), add half cup cream, pour over the clams, stirring over the side of the fire until slightly thickened.

Salmon Loaf.

To two cups of cold boiled, or one can of tinned, salmon, add one and a half cups of cracker crumbs, one-half a nutmeg, grated, one-half teaspoon mixed

spice, pepper and salt to taste, and work well together with a lump of butter about as big as an egg, one tablespoonful of anchovy sauce and two or three eggs. Add a little milk if it seems dry. Press into a buttered mould, sprinkle crumbs and some bits of butter on the top, and bake for twenty or twenty-five minutes. Best hot, but can be eaten cold.



MEATS

What say you to a piece of beef and mustard ?
—Taming of the Shrew.

O ! The roast beef of Old England.
—Fielding.

Roast Ribs of Beef.

Madam Charles Murrissett.

Procure prime beef, as many pounds as desired. With a sharp, slender knife cut several slits on both sides, and put half a pod of garlic in each opening. Sprinkle with flour, season with salt and pepper, then pour over the meat a teacupful of best olive oil. Chop some parsley, celery and onions fine, add two tablespoonfuls canned tomatoes, and put into the baking pan with the meat. Have the oven very hot at first, and brown well on each side, basting every few minutes. Let remain until rare or well done, according to taste.

To Stew a Brisket of Beef.

Mrs. John Brown, Cherry Bank.

Take from ten to twelve pounds of the nine-holes of beef, bone neatly before rolling up and cording, sprinkle some pepper and salt on the inside, put on a

very slow fire, in stewpan that will hold it easily, turning it occasionally till nice light brown ; cover up and let it simmer slowly for two or three hours ; add one quart of good stoke and let it simmer two hours longer. Take a small stewpan and brown two ounces of butter and a little flour ; before dinner take out the beef on dish, keep it hot, pour the gravy out of large stewpan into the small one, put on the fire and stir till it boils. Skim all fat off, add one tablespoonful of ketchup, one of India soy, one of Chili vinegar, and one dozen of minced truffle. Take off cord, dish the beef, pour sauce over it and garnish with parsley.

Pheasant Pate, Driard Style.

(With Compliments of Miss A. Hartnagle, from Driard Chef).

Procure 2 plump pheasants.

6 lbs. fat pork from the ribs.

12 chicken livers.

12 truffles.

Bone the pheasants, remove the skin from the pork, slice off four pieces 3x4 inches long, the thickness of a knife blade from the lard. Chop the remainder into force meat with one tin of mushrooms, season all with salt, white pepper and white sage, a glass of sherry.

Line a saucepan with cold water. First place on the bottom one slice of the lard, then a layer of force meat, spread pheasants over a slice of lard each on the table, add a layer of force meat and five truffles on top of each pheasant ; roll into a round form and place into the same pan as the force meat. Fill in all around with force meat, place the chicken livers around the edge and cover the remainder of the force meat ; place the other slice of lard on top and put the lid on sauce pan. Bake in a moderate oven for five hours, then withdraw, remove the lid, let cool over night ; next day turn the pate out, wash the saucepan, cover its bottom with aspic jelly one-

quarter inch thick ; next let cool, then decorate an artistic design with truffle and the white of hard-boiled eggs ; drop some melted aspic with a spoon to secure the decorations. When all is hard, put some aspic on and return the pate into the saucepan, fill in with jelly, place in jell to harden. When wanted place the saucepan into warm water for a second and turn it out.

Partridge a la Reforme.

Mrs. Stuart Robertson.

Cut some cold partridge in half and put them breast side downwards in a stewpan, with some butter that has been previously melted ; allow two ounces of butter to each bird ; they will take from ten to fifteen minutes to brown, and should then be turned out with the gravy, to which a little stock and flour has been added. This is very nice when carefully done.

Stewed Grouse.

Mrs. Henry Helgeson, Metchosin.

After the grouse has been cleaned and thoroughly wiped out with a damp cloth, cut in pieces and flour. In a frying-pan cut up a few slices of salt pork. Fry the grouse in the fat. Remove all to a saucepan and add two cups water, one sliced carrot, a little thyme and sage, salt and pepper to taste. Stew slowly about two hours.

Nice way to Cook Veal Cutlets.

Mrs. W. W. Clark.

Cut the veal in small pieces three or four inches square, season to taste, have ready a beaten egg with cracker ; dip each piece of the cutlet in the egg and then in the cracker. Have enough lard or butter to nearly cover them, and serve with good gravy.

Stewed Ox Tail.

Mrs. Leonard Solly.

Before you stew the ox tail fry it in dripping till it is brown. One ox tail, enough water to cover it, a small onion stuck with six cloves, add a bunch of sweet herbs tied up in a muslin, a little bit of lemon peel. Salt and pepper to taste. Stew for two and one-half hours and make thickening with flour and butter to add to the gravy ; boil it up and strain the gravy through a sieve. Half a wine glass of claret added to the gravy is a great improvement. Enough for two people.

Cold Meat Cookery.

Little Dinner or Supper Dish.

Cut thick slices of bread, without crust, into squares. Scoop out carefully the inside, leaving the bottom unbroken and the sides looking like a thick crust. Mince up some cold meat with a little of the gravy or butter to wet it, a boiled onion chopped up with it, pepper and salt. Have hot to put in the pie. Beat up one egg (this will make three) with a little milk, dip in your bread, fry in a hot pan with butter, turning them about to get a light brown color ; fill the pies with meat and serve with bits of lemon and parsley. A little chutney is an addition to the meat.

Cold Meat Rolle.

Mrs. H. Page.

1-2 lb. cooked meat.	8 cooked potatoes.
1 onion cooked.	Butter.
Flour.	Pepper and salt.

Chop up the cooked meat and onion very finely, and season with pepper and salt. Mash the potatoes smoothly, and add to them a teaspoonful of butter or dripping melted, then whisk them over the fire to dry. Turn the whole out on the table and add as much flour as the potatoes will take up, and roll the po-

tato paste out about a quarter inch thick, cut it into pieces about six inches square. Place on each piece a spoonful of the meat ; wet the edges and double the paste over one side above the others and press the ends down. Place those oblong rolls on a greased tin and bake till they become a light brown color.

Stewed Rabbit.

Mrs. Leonard Solly.

Cut it up, wash and wipe it. Flour it a little, put a little dripping in the pan and fry the pieces of rabbit a light brown. Then put it into a stewpan with a little gravy if you have it, (if not, water will do.) Cut up two onions and put in also. Stew gently for two hours or two hours and a half. Half an hour before the rabbit is done mix a little flour and Harvey sauce together and pour into the stewpan to thicken the gravy. Force meat balls to be made as usual with suet and herbs—to be fried a few minutes in the fat the rabbit has been fried in. Half an hour before the rabbit is done stew the force meat balls with the rabbit.

Boiled Fowl—Poulet au Blanc.

Mrs. Leonard Solly.

Put in a saucepan one and one-half pints of milk and the same quantity of nice stock. Put in your fowl and when it comes to the boil, let it simmer for one hour. Now take one pint of the stock it has boiled in, thicken with one and one-quarter ounces of flour and make it very smooth. Add one ounce of butter and a little lemon juice, and just before using the sauce, stir in it one or two yolkes of eggs very quickly so as not to curdle the egg. Dish the fowl and pour the sauce over and round it. This sauce must have the appearance of custard. The remainder of the stock the fowl was boiled in makes excellent white soup thickened with a little corn flour.

Chicken Cutlets.

Mrs. R. B. McMicking.

2 cups chicken, minced.	Teaspoon salt.
4 drops Tabasco sauce.	Pepper.
Juice of half a lemon.	1 cup thick white sauce.
1 egg.	2 sheets gelatine.

Mix this and roll out to the thickness of an inch, cut into cutlet shapes, fry in boiling lard, pile a dish of potatoes, mashed and seasoned, and stand cutlets around, put the rest of the potatoes through forcing bag, and ornament ; garnish with French peas.

Excellent Savory.

Mrs. Raymur.

Cut one pound fillet of veal into neat joints, put them in a stewpan ; four carrots scraped and cut into quarters, one onion, sliced ; one small rasher of bacon, some herbs and a bit of thin lemon rind, tied together in a piece of muslin. Pepper and salt. Cover the meat with equal quantities of milk and water. Closely cover the stewpan and let the contents simmer for one hour. Remove the herbs. Add yolks of two well beaten eggs, and stir until the gravy thickens.

Fribot of Fowl.

Mrs. Stuart Robertson.

Cut into joints and skin some cold fowls, lay them in a deep dish and strew over a little fine salt and cayenne, add the juice of one lemon and let remain for one hour, moving them occasionally, then dip them one by one in French batter, and fry a pale brown over a gentle fire. Serve them garnished with crisp parsley. Send a tureen of tomato sauce or gravy to the table with the fowl.

French Batter.

Mrs. Stuart Robertson.

Cut two ounces of butter into small bits, add less than three-quarters of a pint of boiling water, and when dissolved add three quarters of a pint of cold water. Mix with it slowly sufficient flour to make a smooth batter, add a little salt. Just before using add the whites of two eggs beaten to a strong froth.

Beef Loaf.

Miss J. Scott.

4 pounds round of beef chopped fine.

4 soda crackers, rolled.

6 eggs well beaten.

1-2 cup butter, melted.

Salt and pepper to taste.

Make in loaf and bake one hour.

Jellied Chicken or Veal.

Mrs. R. B. McMicking.

Joint a chicken, boil in as little water as possible, add one blade mace, one onion, stalk celery ; cook until tender. When cool cut in small pieces. Have soaked one sheet gelatine, add this to the liquid, strain, pour a small quantity in the bottom of a square mould, stand on ice to harden, cut a marguerite out of a sliced hard-boiled egg and put in the bottom, arrange a row of French peas around the edge and leaves of watercress, in any fanciful design, then put a layer of the white pieces of chicken in the bottom, taking care not to disarrange the ornaments, then a layer of hard-boiled eggs and minced mushrooms ; dip slices of lemon in the chicken juice, and alternate them with slices of eggs around the sides of the mould, sprinkle cut olives and peas, and fill the dish up in this way, pour on the chicken juice cold, stand on ice or over night, turn out carefully, ornament corners (working upward) with mayonnaise or mashed potatoes, put through the pastry

bag, lay lettuce leaves on the platter, dot with mayonnaise stars, olives, hard-boiled eggs, French peas, and tomato jelly, moulded in liqueur glasses.

Beef Loaf.

Miss McKeand,
Teacher of Domestic Science Victoria Public Schools

1 lb. Hamburg steak. 1 egg.
1 cracker rolled fine.

Mix ingredients and season lightly with salt, pepper, onion juice and poultry seasoning if desired. Put in bread pan, dot over with pieces of butter and bake thirty minutes.

Nice way to Cook Real Tough Beef.

Mrs. W. W. Clark.

Cut the beef in slices, lay two or three pieces of butter at the bottom of a deep basin, chop one onion fine, sprinkle each piece with the onion and any kind of spices you like, pepper and salt ; put half cup of water, cover over quite tight and let it cook three or four hours slowly in the oven. Thicken the gravy and serve hot. Good.

Wild Duck.

Mrs. Stadthagen.

After the duck has been cleaned and hung for a day or two, cut into a saucepan a piece of butter with a small onion finely chopped ; let it get gold brown, put in it the duck, which has been well covered with flour. When the bird has a nice color add a cup of water, two slices of lemon, a small bay leaf, pepper, salt to taste. Just before being done add a glass of claret.

Scotch Mince Collops.

Mrs. D. A. McTavish.

Take a lean piece of beef, mince it very fine. If you wish them rich add a little suet. Put them on

the fire in a saucepan, keep constantly stirring with a wooden spoon, breaking all lumps till half cooled. Dredge with flour, then add a little water, salt and pepper. Put them on the fire again and stew slowly till perfectly ready. A teaspoonful of vinegar or catsup is a great improvement. Always serve with mashed potatoes.

Good way to use Meat from Soup Bones.

Mrs. W. W. Clark.

Before thickening the soup or putting in vegetables, take out a bowl of the liquor, take meat from bones, chop fine, season good with catsup and spices, pour over the liquor which should be good enough to jelly when cold, put into moulds and serve cold in slices.

Pressed Tongue.

M. L. McM.

Boil a fresh tongue until tender, with a bunch of sweet herbs, four cloves, blade of mace, teaspoon peppercorns, salt, one carrot, onion, parsnip. When cooked take up and remove the skin, put it into a round dish, straight sides, not too large, cover it with a small plate, close to the tongue, and stand a weight on, set it in a cool place to firm, loosen it with a knife. When ready to serve decorate with watercress, hard-boiled eggs, lemons quartered, and blocks of tomato jelly. To be thinly sliced horizontally. Four or five tablespoons of liquor put on the tongue will jell around.

Potted Beef.

Mrs. D. A. McTavish.

Take a piece of lean, tender beef, say two or three pounds; stew it in as little water as possible for five hours, leave it until next day, then cut it in small pieces and pound it in a mortar until it is quite fine. Season with pepper, salt, mace and nutmeg. It re-

quires all the gravy to be used in pounding it. Put it in small jars or bowls, press tight and pour melted butter over it. Very nice for sandwiches or lunch and picnics.

Veal Loaf.

Mrs. A. E. Webster.

One and one-half pounds veal well chopped, one-half pound fat bacon well chopped, teacup strong gravy, one-half pound bread crumbs, three-quarters teaspoon salt, pepper, and one-quarter teaspoon grated thyme, yolks of two eggs. Mix well and press into well-greased mould. Bake one hour in a moderate oven.



MEAT AND FISH SAUCES AND SAVORY JELLIES

Epicurean cooks sharpen with coyless sauce his appetite. —Antony and Cleopatra.

“Sauce to meet is ceremony,
Meeting were bare without it.”
—Macbeth.

Horseradish Sauce.

Mrs. Percival R. Brown.

Horseradish, two heaped tablespoonfuls, one moderate teaspoonful rich cream, four tablespoonfuls good vinegar, three dessert spoonsful ; mix smoothly and add the vinegar last.

Currant Jelly Sauce (for Venison).

Take one small cup sherry, put into double boiler, bruise a stick cinnamon, six cloves, the peel of a lemon pared thin, freed from the pulp ; let get very hot for one hour. Then turn into this half a glass currant jelly. Let the jelly melt. Strain.

Mushroom Sauce.

Mrs. A. Rocke Robertson.

2 tablespoons of butter.
2 tablespoons flour rubbed together with batter.
1 cup cream.
1 cup liquor of mushrooms.
1 can mushrooms.
Salt and pepper to taste.

Rub together butter and flour, add liquor of mushrooms, then add cream, put on fire, stirring until it begins to thicken, when, add the mushrooms (which have been previously cut in half with a silver knife), and let all boil for a couple of minutes, or until the flour is cooked.

Hollandaise Sauce (for Fish).

Mrs. R. B. McM.

- 1 tablespoon butter.
- 1 tablespoon flour.
- 1 cup milk.
- Yolk of egg.
- 1 tablespoon parsley, chopped.
- 1 teaspoonful onion juice.
- Juice of half a lemon.

Melt butter, stir in flour, add milk, boil, remove from fire, stir in the beaten yolk, mix onion juice and parsley.

Mushroom Sauce.

M. L. McM.

- 2 tablespoons butter.
- 2 tablespoons flour.
- 1-2 can mushrooms.
- 1 tablespoon onion juice.
- 1 cup cream.

Make white sauce, pour in liquor off mushrooms, add cream, cut mushrooms in two, pepper and salt. When very hot add a few drops of lemon juice. Serve very hot.

Mint Sauce.

M. L. McM.

- 4 tablespoonfuls mint, chopped.
- 2 tablespoonfuls sugar.
- 1-2 cup vinegar.
- 4 tablespoonfuls water.
- 1 dessert spoon salt.

Make the day before wanted that the vinegar may become impregnated with the mint.

Caper Sauce.

M. L. McM.

- 2 tablespoonfuls butter.
- 1 tablespoonful flour.
- 1 yoke of egg.
- 3 tablespoonfuls French capers.
- 1-2 lemon.

Make drawn butter sauce and add enough of the stock in which the mutton was boiled to make it the right consistency, boil up once or twice, add capers, remove pan from fire, stir into the sauce the beaten yolk, with the juice of half a lemon.

Tomato Sauce.

Mrs. Percival R. Brown.

- Tomatoes, 1 gal.
- Salt, 4 tablespoons.
- Black pepper, 4 tablespoons.
- Mustard, 3 tablespoons.
- Allspice, 1-2 tablespoon.
- Cloves, 1-2 tablespoon.
- Red peppers, 6 tablespoons.

Simmer the whole with a pint of vinegar four hours and strain.

Bread Sauce (for Game).

Mrs. D. A. McTavish.

One pint milk, one-quarter lb. crumbs of stale bread, one onion, if liked, nutmeg, pepper and salt. Boil the onion in the milk, then strain it on the bread ; let it soak for an hour. Beat it with a fork till quite smooth, add the seasoning and one ounce butter, give the whole one boil. A little cream added will improve it.

Bread Sauce (for Game).

Mrs. Percival R. Brown.

Bread crumbs, nearly one pint ; white part of a large mild onion ; new milk, three-quarters of a pint ;

cool forty to sixty minutes. Seasoning of salt and grated nutmeg ; butter, one ounce ; cream, four tablespoonsful, to be boiled to a proper consistence.

Mayonnaise (for Fish).

Mrs. McTavish, Sr.

1 tablespoonful mustard.
2 tablespoonsful salad oil mixed well together.
2 eggs well beaten, added.

1 large cup of milk boiled in a milk boiler with one teaspoonful cornstarch. Add all together and boil till thick, then add one teaspoonful sugar and salt and vinegar to taste. If too thick, add more milk.

Fish Sauce.

Mrs. G. A. McTavish.

Yolks of 2 eggs.
1 tablespoonful flour.
1 teaspoonful mustard.
1 teaspoonful pepper.
A little red pepper.
1 tablespoonful sugar.
1 1-2 cup milk.
1-2 cup vinegar.
1 large spoonful of butter.
1 teaspoonful lemon juice.
Boil and serve cold.

Cream Sauce.

Mrs. Hanington.

One cup milk, heat in double boiler, heat one heaping tablespoon butter in another saucepan, add a tablespoon flour and add hot milk, stirring all the time until it thickens. Try one cup of sauce with one cup prepared chicken or fish for croquettes. Spread on platter to cool and harden, then shape, crumb and fry in deep fat.

If creamed fish or chicken in shells is desired, use less of the salad and more sauce in proportion. Season the minced chicken with salt, onion juice and celery, salt, pepper and parsley. For fish with the celery salt and onion juice, with lobster or crab, use teaspoonful of dry mustard.

Tartare Sauce.

Mrs. James Sargison.

Yolk of 2 eggs.

1 gill salad oil.

1 tablespoon chopped onion.

1 saltspoon salt.

1 tablespoon vinegar.

1-2 teaspoon each mustard, sugar and black pepper, little cayenne, and 1 tablespoon each chopped gherkins and capers. One tablespoon chopped parsley.

Beat together in small bowl the vinegar and yolks, add drop by drop the salad oil, then add pepper, salt, mustard and sugar. Put the bowl over hot water until the mixture thickens, stirring constantly. Remove from fire and beat until cold, then add the other ingredients. Serve with fried fish.

Tomato Jelly.

Mrs. F. B. Pemberton.

1 can tomatoes.

1 dessert spoonful brown sugar.

A pinch of soda.

Salt and pepper to taste.

A little cayenne.

Quarter of one onion cut fine.

Heat the tomatoes to boiling point, having added flavoring and shredded onion. Steam through a fine sieve and add to one-half box of Cox's gelatine, which has been previously soaked. Turn into a mould. When dished garnish with small heart lettuce leaves with a little heap of grated cheese on each leaf. If lettuce is not in season, small sticks of celery may be used instead.

Meat Jelly.

Mrs. D. A. McTavish.

Boil a shin of beef in water till it jellies, let it stand till next day. Take off all the fat. Put in a preserving pan with a little salt, the white and shell of one egg well beaten, to each quart of jelly. Boil twenty minutes or until it bursts clear in the middle, then strain it through a jelly bag.

Very good for shapes of cold fowl or game and hard-boiled egg cut in rounds.

Aspic Jelly.

Mrs. McMicking.

2 lbs. knuckle veal.	2 lbs. shin of beef.
Onion.	2 cloves.
2 carrots.	1 bunch savory herbs.
1 bay leaf.	2 slices ham.
3 quarts water.	Pepper and salt.
Sherry.	

Simmer gently five hours, then strain and cool, turn into a clean dish, leave all sediment behind, add a glass of sherry and the whites of three eggs, beaten. Boil up two or three times ; move off of stove, add two tablespoonsful cold water, let it stand twenty minutes, strain through a flannel bag. Pour into a dish to get cold. It should be perfectly clear. Use as a garnish cut into blocks or dice.

Aspic Jelly.

Mrs. A. E. Webster.

1 quart brown stock.
 1 tablespoon Tarragon vinegar.
 Pepper and salt to taste.
 2 tablespoons sherry.
 1 oz. gelatine.
 Whites and shells of two eggs.

Have the gelatine cooking in a little stock for one-half hour. Place in a saucepan with all the ingredi-

ents, except eggs. Stir until the gelatine is melted. Then put in the eggs and shells and whisk until boiling. Allow to remain covered beside the fire for ten minutes. Strain and use as glaze.

Aspic Jelly.

Compliments of Miss Hartnagle, Driard Chef.

Cut up five pounds knuckle of veal, four calve's feet ; place in a saucepan with two gallons of water ; boil slowly, add a bouquet of parsley, bay leaf, thyme, sage, and cook five hours ; strain and cool, remove all fat, return to fire, add white of four eggs in salt water. Boil until perfectly clear ; strain through a cloth. Add one glass white wine and a little vinegar.

Tomato Jelly with Chicken.

M. L. McL.

Pour a tomato jelly into a crown mould. When cold and firm turn out on the platter and fill the centre with chicken salad piled high. Put mayonnaise dressing through the pastry bag over the top, and along the edge of the jelly, alternate mayonnaise roses and olives with the stones removed. Surround the jelly with lettuce leaves, quartered lemons, rings of hard-boiled eggs and olives, and potato roses made with pastry bag.

Veal Pates.

Mrs. W. W. Clark.

Chop some cold veal fine, moisten with cream and egg well beaten, season with salt, pepper, marjoram or any flavoring you like ; beat well together, roll in crumbs, fry in butter. Good, and excellent for cold lunch or picnic.

ENTREES

A genial savour
Of certain stews and roast meats and pilaus, things
which in hungry mortal's eyes find favor.

—Byron.

When art and nature join, th' effect will be
Some nice ragout of charming fricassee.

Creamed Chicken or Creamed Sweetbreads.

Mrs. E. Crowe-Baker.

Chicken of sweetbreads. 1 can mushrooms.
1 pint cream sauce.

Parboil the sweetbreads and pick them apart. To each piece allow one can of mushrooms, washed and chopped fine. Stew these in a pint of cream sauce. When chicken is used, to each three pounds of chicken that has been carefully boiled and cut into dice, allow a can of mushrooms and a pint of cream sauce. You may mix the sweetbreads, the mushrooms and the chicken. Have mixed peas with the chicken and then use a pint and a half of cream sauce. Serve in bouche moulds or paper cases.

Cream Sauce.

Rub together a rounding tablespoonful of butter and one of flour ; add half a pint of cold milk ; stir carefully over the fire until it reaches the boiling point and is smooth and thick. Add half a teaspoonful of salt, a dash of pepper. Three times this quan-

tity of sauce will be enough for one chicken, a can of peas and a can of mushrooms.

Cream of Chicken.

M. L. McM.

1 cup mixed chicken, meat or fish.

1 cup aspic jelly.

1 cup whipped cream.

Salt, pepper, red pepper, mace.

Lemon, 2 teaspoons bechamel sauce.

Use a sheet of jelly, or the cup of aspic. Melt it in a double boiler, grate the lemon rind into the chicken, line a mould or timbles with red jelly, stand on ice to harden, set peas around bottom, fill the jellied timbels with the chicken, set on ice to cool, turn out carefully, decorate with watercress, lemons, olives.

Cream de Volaille.

Mrs. Hasell, Old "M. S."

Cut up a well-cooked chicken, put through mincing machine, add three tablespoonsful cream, three eggs well beaten, cayenne, pepper, salt. There must not be more than three spoonsful of stock mixed with the chicken; steam in small cups twenty minutes. Turn them out and serve with a sauce round them, made with a little cream, chicken stock, flour and butter.

Chicken Souffle.

Madam Charles Murrissett.

1 cold chopped chicken. 1 tablespoonful butter.

1 tablespoonful parsley 1 pint milk.

1-2 cup stale bread crumbs.

1 tablespoonful flour. 3 eggs, pepper.

1-2 teaspoon salt.

Put butter into small pan; when melted add flour; mix until smooth, then add milk; stir continually

until it boils ; add the crumbs ; cook one minute. Remove from fire, add the salt, pepper, parsley, chicken and the yolk of the eggs, well beaten. Beat white to a stiff froth and stir in carefully. Pour into greased dish. Bake in a quick oven twenty minutes, and serve immediately.

Chicken or Veal Souffle.

Mrs. A. E. Webster.

To every pint of chopped chicken or veal allow one tablespoon butter, one-half cup cream, whites of three eggs, tablespoon chopped parsley, salt and pepper to taste. Melt the butter and pour over the meat, add cream, etc., and beat well ; lastly add the beaten whites. Fill cups two-thirds full and stand in a baking pan one-half filled with warm water, and bake in a moderate oven twenty minutes.

Chicken Souffle.

Mrs. R. B. McMicking.

2 cups milk or stock.
2 tablespoonsful butter.
2 tablespoonsful flour.
Teaspoonful salt.
Mace and pepper.
1-2 cup stale bread crumbs.
2 cups chicken minced.
3 eggs.
1 tablespoon parsley.
1 tablespoon lemon juice

Make a drawn butter sauce, add crumbs, remove from stove, add the yolks of eggs, fold in the beaten whites, mix all ingredients, butter a flat mould, set green peas around the bottom of the mould, pour the mixture in and steam half an hour. Serve with mushroom (French) sauce ; decorate with water-cress.

Fowl or Chicken in Aspic Jelly.

Mrs. John Brown, "Cherrybank."

Clean and bone a young fowl or chicken, in the usual way, stuff it with forcemeat, boil it for thirty-five minutes, let it stand till cold. Have a large mould, pour into it two or three tablespoonfuls of aspic jelly; let it set. Then ornament in various designs with pickled beet-root, hard-boiled whites of eggs, cucumbers and parsley; add more jelly and allow it to set. Then place in the fowl and fill up to the top with jelly and ornament. When wanted turn out on a sheet and garnish with aspic jelly in various colors. A turkey may be done in the same way.

Jellied Tongue.

Mrs. Hardress Clarke.

Boil till tender one dozen sheeps' tongues, (three hours at least), remove the skins and chop fine; take the water in which they were boiled, and set till quite cold, remove all fat which forms on top. In half a pint of water dissolve a two-ounce box of gelatine, heat three cups of the liquor and pour over the dissolved gelatine, then add pepper, salt and half a tablespoon of brown sugar, five tablespoons of vinegar. Strain the whole over the chopped tongues and pour in a mould and set away to jell.

Bay Olives.

Mrs. John Brown, "Cherrybank."

Cut steak thin, and longer than they are broad, beat with a roller. Prepare a forcemeat of bread crumbs, mince suet, a little chopped parsley and one egg, mix well, put a little bit of the forcemeat over the steak. Roll and tie, make them to stand on their ends. When you are to dish them take a stewpan that will just hold them, brown a piece of butter with flour, brown the olives well, add a little boiling stock, a few small onions, whole, add a little cayenne and

ketchup, pick out the onions and cut off the tops. Place the olives on their ends round the dish, pour the sauce in the middle, garnish with sliced cucumbers.

Pate of Veal.

Mrs. W. W. Clark.

Three and one-half pounds leg of veal ; chop fine six crackers rolled in two eggs, nice piece of butter, salt and pepper to taste ; one nutmeg, one good slice of pork, chopped. Put pieces of butter over the top with crumbs. Bake two hours. Not to be cut until cold.

Scotch Collops.

Mrs. John Brown, "Cherrybank."

Have some pieces of tender beef about three inches square ; take a little beef drippings, brown it, shake in flour until it becomes a light brown, put in the collops, brown them on both sides, put on the cover close, draw to side of fire. Have one dozen onions stewed amongst rich stock, pour onions into stew-pan with the collops, let them stew for half an hour slowly, add pepper and salt to taste, one tablespoon of ketchup, take cover off stewpan, put on the fire and reduce the stock dish very hot.

Fricaseed Chicken.

Mrs. Erb.

Dress, cut up and well wash two chickens, trimming off all the fat. Put them in water enough to cover them with a little salt and pepper. Boil slowly till tender and remove the gravy, into which stir the beaten yolk of four eggs, one-quarter pound of butter, a little nutmeg, two teaspoonfuls of flour and one cup of cream. Let it come to a boil and pour over the chicken. This will be found a most delicious dish.

Fricassee of Chicken.

M. L. McM.

Saute a chicken (cut into pieces), with butter size of an egg, and half a minced onion. Cover closely and cook slowly for half an hour, turning the pieces often. Dredge in one tablespoon flour, pour over one and a half pints of boiling water, salt, blade of mace. Cook until tender. Take out chicken, keep hot, strain the gravy, take off the fat, add one tablespoon lemon juice, one teaspoon Worcestershire, one tablespoonful sherry pepper, mix with the yolk of two beaten eggs, with half cup of cream, half can mushrooms, cut in two. Arrange the chicken on the platter, pour over the gravy very hot, (do not let it boil after the eggs are added), and garnish with tufts of parsley or tender inside leaves of lettuce.

Lamb's Tongue in Aspic Jelly.

Mrs. R. B. McMicking.

Arrange hard-boiled eggs cut in rings, sprigs of parsley and olives (in fancy designs), on a layer of aspic jelly, chilled in a mould. On the sides of the chilled mould dispose slices of lemons and slices of tongue, dipped in aspic. Fill the mould with slices of tongue and egg; cover with aspic, stand some hours. Garnish with cress and quarters of eggs and lemons.

Jellied Tongue.

Mrs. Errie B. McKay.

Salt tongue one night, next morning put in saucepan with two cups veal stock, one onion, carrot, parsley, one-half dozen cloves and two slices of bacon; simmer four hours; keep stirring. When done add one glass sherry, skim, put in deep dish or bowl, strain gravy over it; next day turn out and garnish with pastry.

A Fricandelle.

Mrs. D. A. McTavish.

Remains of cold veal or any other meat ; bread crumbs, one egg, a little butter, one pint gravy, pepper and salt to taste. Chop the meat, grate the bread, about one-half cupful, mix all together and press firmly into a well-buttered basin. Boil or steam half an hour. Serve with brown gravy.

Beefsteak Pudding.

Mrs. John Brown, "Cherrybank."

Take one pound of flour, half pound of beef suet, mince it very fine, put them in a basin with a little salt ; mix with hot water, make into a dough and roll it out half inch thick ; butter a basin and line it with the paste. Have steaks cut of rump of beef, beat with rolling-pin, season with pepper and salt, mince two onions small, mix them with the pepper and salt, roll up the steaks and pack them neatly in the basin, add a little gravy and a tablespoonful of ketchup, egg the edge of the paste and fold it over closely. Butter the middle of a pudding cloth, shake some flour on it, tie it over the mouth of the basin, put into a pan of boiling water, boil it three hours. A quarter of an hour before you dish it, take it out of water, take off the cloth, and turn it on the dish you are to send to table. When wanted draw off the basin and the pudding will drop out.

Calves' Feet with Almond Sauce.

Mrs. Becker.

Boil well and then take out the bones. Make a thick batter of flour, eggs, and a little milk ; dip the meat in and fry in butter in small cakes.

Sauce.

Place in a saucepan one-half teacupful of water, one-half teacupful of white wine, small piece of butter ;

thicken with flour which has been first moistened with water. Chop fine one-quarter cupful of almonds, one-quarter cupful of raisins, sugar and salt to taste.

Meat Croquettes.

Mrs. W. G. Stevenson.

1 pint cooked meat.
Tablespoonful flour.
Tablespoonful salt.
3 tablespoonsful butter.
1 teaspoonful pepper.
1-2 pint water.

Croquettes furnish an attractive form in which to utilize leftover meats. For six persons have about a pint of finely-chopped cooked meat. Add a tablespoonful each of flour and salt, three of butter, a teaspoon of pepper and one-half pint of water. Make a thickening of the flour, water and butter, and heat to a boil, then add the meat to which the seasoning has been added. Cook a few minutes, then remove from the fire. When cool shape with the hands into cylinders or balls. Dip each into beaten egg. Then roll in fine bread crumbs. Be careful to see that every part is coated. Fry in half lard and half butter.

Sheeps' Kidneys.

Butter, size of an egg.
1 onion.
1 cup stock or water.
Salt and pepper.
3 drops Tabasco.
1 dozen kidneys.
1 cup mushrooms (French.)
1 dessert spoon Worcestershire.
Wineglass sherry.
1 blade mace.

Stand kidneys in water one hour, having previously split and removed all tough pieces. Put the butter

in a pan, and fry onions ; add kidneys, cook until tender, brown on both sides ; take out kidneys, keep warm, dredge tablespoonful of flour into the pan ; add the cup of stock, and simmer twenty minutes ; strain, and add kidneys, mushrooms ; remove the mace, make very hot, but do not boil ; add sherry. Serve on hot platter with croutons, sprigs of parsley and quarters of lemons.

Veal Rissoles.

A few slices of cold roast veal, a few slices of ham or bacon, one tablespoonful of minced parsley, one tablespoonful of minced savoury herbs, one blade of pounded mace, a very little grated nutmeg, cayenne and salt to taste, two eggs well beaten, bread crumbs. Mince the veal very finely with a little ham or bacon ; add the parsley, herbs, spices and seasoning ; mix into a pestle with an egg, form into balls or cones, brush and lace over with egg, sprinkle with bread crumbs and fry a rich brown. Serve with brown gravy and garnish the dish with fried parsley.

Stuffed Crab.

Madam Charles Murrissett.

Put into a saucepan one tablespoon of butter and cook in it a large slice of onion, finely chopped. Add one tablespoon of flour when the onion is transparent, rub smooth and add slowly a cup of milk or cream. Season with salt, paprika and lemon juice ; then add the mashed yolks of four hard-boiled eggs, the meat of six large boiled crabs and an equal quantity of chopped canned mushrooms. Cook till smooth and well heated, fill crabs' shells with the mixture, cover with buttered crumbs and bake until brown.

Deviled Crab.

Mrs. McNaughton-Jones

1 pint crab meat.

1-2 pint of white stock or cream.

1 1-2 pint bread crumbs. 1 of flour.
 4 tablespoons butter. 2 of salt.
 1-4 cayenne. 1 teaspoon mustard.
 1 tablespoon of lemon juice.

Pick the crabs, put stock into saucepan, mix flour, mustard and two spoons of butter, stir into the boiling stock, boil two minutes, take off, add meat and seasoning and put in shells, sprinkle with bread crumbs and dots of butter. Cook in hot oven till done.

Deviled Crab.

Mrs. (Capt.) John Irving.

To the finely chopped meat of six crabs, add two tablespoons butter, two tablespoons olive oil, small cup Worcestershire sauce, one teaspoonful cayenne pepper, four drops Tabasco sauce, four tablespoons French mustard, a teaspoon vinegar, six tablespoons soda cracker crumbs, three tablespoons onion (chopped fine), a pinch of sugar and a pinch of nutmeg. When all is well mixed, fill the cleaned crab shells and bake about three-quarters of an hour.

Sweetbread Saute.

Mrs. (Capt.) John Irving.

Carefully pull off all the tough or fibrous skin from the sweetbreads, put them in a dish of cold water for ten minutes or more. Then boil for twenty minutes. After being boiled, split and sprinkle with pepper and salt, fry in butter, turning constantly till a light brown color (about eight minutes.) Serve with cream sauce, made by thickening some boiling cream with flour, and seasoning with salt and pepper.

Crab Pies.

Mrs. John Brown, "Cherrybank."

Boil three or four crabs ; when cold break the claws, pick out all meat, the breast and the greater

part of the inside. Mince the meat, and season with white pepper, salt, teacup of pounded biscuit and two ounces of butter. Put into a saucepan, stir till thoroughly heated, add a tablespoonful of hot vinegar and a little cayenne. Have the crab shells washed, fill with the mince and brown them in the oven.

Lobster Curry.

E. Puller Joyville, Bridge of Weir, Scotland.

- 1 heaping tablespoon flour.
- 2 large tablespoons butter.
- 2 teaspoons curry powder.

Put ingredients into a saucepan and add salt. Mix with a little cold water and put on stove, stirring till it boils. It should be a thick white sauce. Add contents of a tin of lobster. Cover closely and let stand for fifteen minutes, keeping hot but not boiling. If too thick add a little boiling water. An improvement is to put in a tablespoon of butter or cream just before serving.

Lobster Cream.

Miss Florence H. Walbran.

- 1 lobster.
- 3 eggs.
- 2 teaspoonfuls anchovy sauce.
- A cupful bread crumbs.
- 1-2 pint milk.
- 1-4 pint cream.
- A little cayenne.

Boil the milk and pour it over the bread crumbs. Chop up the lobster very fine, and beat the eggs, and when the breadcrumbs are nearly cold, mix with them the lobster, the sauce, the seasoning of cayenne and a little salt, and lastly the cream. Butter a mould and fill it with the mixture, put a buttered paper over the top, and steam for one hour. Any good fish sauce can be served with this, or it can be eaten without.

To Prepare Oysters for Patties.

Mrs. John Brown, "Cherrybank."

Take oysters, put them upon fire in their own liquor; when they come to boil strain them; put back the liquor into the stewpan, add a little white pepper, a little cayenne, little nutmeg, grated, teacup of cream, a little salt, a teacupful of bread crumbs. Let it boil for a minute or two, stirring all the time. If large oysters, cut them in four, and add them to the liquor. Make them hot, but do not let them boil.

Oyster Patties.

Mrs. John Brown, "Cherrybank."

Scald and beard a quarter of a hundred oysters. Keep the liquor in which they have been scalded. Knead an ounce of butter into flour, put into stewpan with the liquor one teacupful of cream, the same of finely-pounded bread crumbs; add salt and cayenne to taste, put it on the fire, and stir till it boils, then cut the oysters in two and add them. Keep hot; do not boil. Have a small piece of puff paste ready. Roll it out about a quarter of an inch thick. For each pattie cut two cakes, then egg the whole cake and put the ore with the hole in it above. Bake both cases and lids in a quick oven, put in the meat, cover with the lids. Serve on table napkin; garnish with parsley.

Anchovy Canapes.

M. L. McM.

Cut some stale bread, about inch thick, into small rounds, about size of half dollar. Fry brown in butter. Two hard-boiled eggs chopped fine, bone and fillet three anchovies. (This will be sufficient for twelve rounds.) Curl a fillet on each round, fill centre with chopped egg, season with pinch of cayenne, arrange neatly on dish, garnishing with watercress.

Timbal of Macaroni.

Mrs. Hasell, Old "M.S."

Cook macaroni, cut into one-half inch lengths, butter a small pudding mould, or timbal, and stick it closely all over with macaroni. Put butter, size of egg, into pan, stir in little flour, add cream, stir until quite thick, then put in little pieces of chicken, remains of sweetbread, or anything you may have, flavor it nicely with little onion and chopped parsley, mushrooms or truffles, one or two eggs, pepper and salt; mix well, put into the basin with macaroni. When it is cool steam an hour, turn out carefully, pour white sauce round and sieve. This is a pretty entree if it is well made. It takes time to stick the macaroni. You can make it in timbal cups.

Macaroni and Cheese.

Mrs. D. A. McTavish.

Boil two ounces macaroni in about one pint milk till soft. Then stir in one teaspoonful of made mustard, some salt and a little butter and a few spoonfuls grated cheese, according to taste. Put in a pie plate and cover with grated cheese and dried bread crumbs and a few pieces of butter. Bake a light brown. Serve hot.

Curry Excellent.

Miss Stuart.

1 tablespoon butter.	1-2 onion.
1-2 apple.	1 teaspoon currant jelly.
2 tablespoons butter.	2 cups stock.
Cold meat.	Lemon.

For six people. One tablespoonful of butter or good beef dripping, into which put one-half onion and one-half apple, cut into small pieces. Fry in butter but do not brown. Put two tablespoons of flour, dry, into butter, and cook, but do not burn. Into butter add two cups of stock, let simmer, then strain,

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and add cold meat. If fresh meat is used, simmer for two hours in little water, and instead of using stock, use water in which meat has been cooked. Add salt to taste and one teaspoon currant or any kind of jelly. Garnish with lemon.

To make a Dish of Curry after the Indian mode.

Mrs. Hardie.

(Date, 1800 or Earlier.)

Cut two ducks or chickens as for a fricassee, wash them clean, and put them into a stewpan with as much water as will cover them. Sprinkle them with a large spoonful of salt and let them boil till tender, covered close all the time, and steam them well. When boiled enough take them up and put the liquor of them into a pan, then put half a pound of fresh butter in the pan and brown it a little. Then add two cloves of garlic and a large onion, sliced, and let all these fry till brown, often shaking the pan. Then put in the ducks and sprinkle over them two or three tablespoons of curry powder, then cover the pan close and let the ducks fry till brown, often shaking the pan, then put in the liquor that the ducks were boiled in and let all stew together. If acid be agreeable, squeeze a lemon in it.

East India Curry.

Mrs. Herbert Laundry.

Cut up two pounds of fresh meat, stew one hour, then add a large well-fried onion, a small handful of raisins, one or two fresh apples cut up, a little sugar, cloves, pepper and salt to taste, one or two tablespoons Crosse & Blackwell's curry powder. Stew all until tender. Put away until the next day (which serves to season it), then stew half an hour before required. Thicken with a tablespoon of browned flour. Serve with well-dried rice.

A Dry Curry.

Mrs. John Brown, "Cherrybank."

Take some sweetbreads, chicken or veal, and fry them with a piece of batter; mince four onions and fry them; shake two tablespoons of curry powder over them and put in a small stewpan. Wash out the frying pan with a teacupful of boiling water, pouring contents into the stewpan amongst the curry. Add a little cayenne and salt, cover closely and let it stew till tender. Have the sauce reduced, add a tablespoonful of lemon pickle and two of cream, stir and let it boil for five minutes. Served with boiled rice round the dish, the curry in the centre.

Curry of Veal.

Mrs. Thomas Earle.

Lean veal cut in small pieces and fried with one large onion cut fine, and two tart apples, till lightly browned in saucepan; add enough stock to cover; mix a tablespoon of curry powder and same of flour, with water, salt to taste, and let all stew gently till done. Dish with plain boiled rice piled round.

Curry.

Mrs. Hasell, "Old M.S."

Cut the meat in small pieces, mutton, veal or rabbit, four large onions, five cloves of garlic, if you have it, four pieces of streaky bacon, tablespoon curry powder, an ounce butter. Mix it well together, put it over the fire and stir it well with a fork till boiling hot, then cover it close, and leave it at very gentle heat, occasionally stirring it till the gravy has nearly dried up, then gradually put in a teacupful of milk, or sour cream does better; stir it over the fire till it boils up again, then leave it to cook slowly till done. It takes two hours altogether to cook it. If breast of veal or meat, give it nearly three hours. When ready to serve, if there should be any grease

take it off; if too thick, add little more milk. Serve it hot with rice on a separate dish.

To Boil the Rice.

The best way to get the rice dry, wash it in many waters, put it on the fire with cold water, let it come to a boil slowly, then pour off the water and well wash it in hot water, put on again with cold water; when you find the grains soft strain it, let some hot water run through it, cover it with cloth, leave it in the screen to dry till served. Move it with a fork. Pile it lightly on a dish. Serve hot.

Bobotee.

Mrs. D. A. McTavish.

1 onion.	1 cup milk.
1 ounce butter.	1 slice bread.
1-2 lb. minced cold meat.	
1 tablespoonful curry powder.	

Slice the onion and fry in butter, soak the bread in milk, heat two eggs and mix all together. Salt. Rub a pie dish with butter and the juice of a lemon. Bake in not too hot an oven. Serve with boiled rice.

Bobotel.

Mrs. (Capt.) John Irving.

(A Delicate Kind of Indian Curry.)

1 onion.	1 oz. butter.
1 cup milk.	1 slice bread.
6 or 8 sweet almonds.	2 eggs.
1-2 lb. minced cold or undressed meat.	
1 tablespoon curry powder.	

Slice the onion and fry it in part of the butter. Soak in half of the milk the bread, and grate the almonds, beat the eggs with the remainder of the milk, and mix the whole well together with the minced meat, rest of butter and curry powder. Rub a deep pie dish with butter and juice of a lemon, and bake

the curry thus made in not too hot an oven for about one-half an hour. Serve with boiled rice on a separate dish.

Curry.

Mrs. George Shaw.

Cut up two onions and stew in a quarter of a pound of butter till quite soft; then add three dessert spoons of curry powder and a little salt. Let it stew till the butter is nearly all dried up, then mix in a small cup of very strong gravy and a large cup of cream flavored with almond. When boiling, throw in the juice of a lemon to curdle it, and let it boil. Then add the meat which must be cut in pieces about an inch square and let it stew gently for two hours and a half. Add a little tamarind, a small piece of root ginger and some broken walnuts can be added if desired

Stewed Mushrooms.

Mrs. John Brown, "Cherrybank."

Peel off the skin and cut away the stalks, brown a piece of butter with flour in a stewpan, add half pint of good gravy, then put in the mushrooms, season with pepper and salt, put on the cover and stew them for one hour. If you require to do them with white sauce, peel and cut off stalks as before, put them on a dish and sprinkle a little salt and vinegar over them, melt a piece of butter, add two tablespoons of white stock and a little white pepper. Put in the mushrooms, put on cover close and let them stew slowly for one hour. Mix a tablespoon of flour with a teaspoon of cream, add it to the mushrooms. Shake; do not stir it. Dish them with slices of toasted bread.

Sardine Toast.

Mrs. Thomas Earle.

One tin of sardines, boned and mashed; spread on triangles of toast lightly buttered, and keep warm.

Make a sauce of equal parts milk and water, about a large teacupful, thicken with cornstarch, flavor with anchovies, small bit of butter, pepper and salt. Garnish with slices of lemon.



VEGETABLES

“Nor lacked our table small parades of garden fruits.”

Creamed Potatoes au Gratin.

Miss Smith, Menzies Street

Cream, two tablespoons flour and one of butter. Add one pint milk and stir until it boils. Stir in a teaspoon of salt, pepper and parsley. Add one well-beaten egg and four tablespoons of grated cheese. Put alternate layers of cold boiled potatoes, cut into dice, into a dish, with the sauce. Sprinkle the top with bread crumbs, and bake brown in the oven.

Potato Puff.

Mrs. Gill.

For one pint of mashed potatoes take two tablespoons of melted butter, and beat with a fork until the whole is creamy. Add yolks of two eggs to three-quarter cup milk and whites of two eggs last. Beat each ingredient in before adding the next, sprinkle in a little salt, put in a buttered dish and bake until brown.

Scolloped Potatoes.

M. L. McM.

Slice raw potatoes fine, butter a dish, put in a layer, dust with flour and finely-minced onion and parsley, pepper, salt, celery salt, cream (or little milk). Fill

the dish in this way, cover top with cracker crumbs, small pieces of butter, bake one hour in a moderate oven.

Corn Oysters.

Miss Ethel Earle.

Grate enough fresh corn to nearly fill a pint measure. If canned corn is used, press it through a fine colander or sieve. Add the yolk of an egg, beaten light, and salt and pepper to taste. Add the beaten white of the egg to the mixture and drop by small spoonfuls in hot butter, and fry a golden brown.

Parsnip Fritters.

M. L. McM.

1 egg, 2 tablespoons flour. 3 parsnips.

Cook well in salted water; mash, add the well-beaten egg; pepper. Form into cylinder shape, dip in egg and crumbs, fry in deep hot lard a delicate brown. Serve hot; garnish with parsley.

Potato Croquettes.

Mrs. A. E. Webster.

Some mashed potatoes, chopped ham, parsley, nutmeg, salt and pepper. Work in the yolk of an egg or more, according to the quantity of potatoes. Shape the rolls. Roll up in egg and bread crumbs and fry in boiling fat.

Bread Crumbs and Onions (good).

Mrs. Edgson, Duncans.

Butter well a deep dish, cut a layer of onions, pepper and salt them, then put a layer of bread crumbs an inch thick, three layers of each. The last one put little dices of butter, add two cups of milk. Let the whole soak for two hours, then put in moder-

ate oven. Covered until the last few minutes for browning very nice, with roast shoulder of mutton or other meats, especially pork, with the addition of a little sage sprinkled on the onions.

Creamed Celery.

Mrs. R. B. McMicking.

Cut up celery, boil until nearly tender, butter a baking dish and put alternate layers of bread crumbs and white sauce, sprinkle bread crumbs on top with bits of butter. Bake in hot oven twenty-five minutes.

Red Cabbage.

M. L. McM.

1 cabbage.	2 tablespoons butter.
1-2 cup vinegar.	1 tablespoon flour.
Pepper and salt.	1 onion.

Shred cabbage, cook until tender with onion, salt and pepper, and one slice bacon. Pour off part of the water and add the vinegar, butter and flour. Serve hot.

Beets and Drawn Butter Sauce.

Mrs. Clarence Carter, William Head.

1 cup boiling water.	1 tablespoon flour.
1 tablespoon vinegar.	1 tablespoon butter.

Mix flour and butter together and serve over beets.

Escalloped Tomatoes.

Mrs. R. B. McMicking.

Pour boiling water over tomatoes, remove skins, cut them in slices, spread a layer in a buttered dish with alternate layers of fine bread crumbs, butter, pepper and salt and minced onions. Put butter on top with crumbs, and bake until nicely browned.

To dress a Vegetable Marrow.

Mrs. John Brown, "Cherrybank."

Have an ordinary sized vegetable marrow, skin and cut a small piece out of the side of it; with a tea-spoon take out the seeds gently, fill the space with forcemeat made of veal or fowl, and fit in the piece again which you cut out. It may either be stewed in a rich sauce or baked from an hour to an hour and a half. Serve with white sauce and plenty of lemon pickle in it.



SALADS

"My salad days when I was green in judgment."

—Antony and Cleopatra.

"It is an accomplishment to know how to dress a salad well."

Potato Salad.

Mrs. W. G. Stevenson.

Cut into dice four cups cold boiled potatoes, and season with salt and pepper. Mix six tablespoons olive oil, three tablespoons vinegar and a few drops onion juice, and pour on the potatoes. Chop one onion fine and add. When the dressing of olive oil, vinegar, etc., has been thoroughly creamed, pour over them. Garnish with hard-boiled eggs sliced thin.

Potato Salad.

Mrs. R. B. McMicking.

12 potatoes.

1 large onion.

3 cups celery.

Boil potatoes in their jackets. When done peel and slice into an earthenware dish minced onion, marinate with a French dressing; do not get it too dry, or the reverse; stand away in a porcelain dish, cover tightly, but not with a tin cover. To be made the day before wanted. To thoroughly marinate take out and arrange in pyramid form in one or more platters, cover with mayonnaise, sprinkle the yolks

of finely chopped eggs over and dot with French peas. Have ready two smoothly mashed and seasoned potatoes, fill the forcing bag, begin at the bottom of the salad and work up, making four rows (if in a small dish), garnish with lettuce leaves, rings of the white of the eggs, teaspoonfuls of alternate piles of chopped beet, yolk of egg, French peas, potato roses, olives; finish the top with a potato rose on a tuft of celery. Use a silver knife to do the work, as steel or tin darkens the potatoes.

A delicious way to cook an old Chicken.

Mrs. R. C. Davies, Hotel Davies and Poodle Dog Restaurant.

Disjoint, wash dry, roll each piece in flour and fry a nice brown. Then put in one-half dozen mushrooms, or a little onion, or, if you like it, a clove of garlic. Cover with water and put in oven. Let cook until tender.

Chicken Salad.

Mrs. James Sargison.

Boil two chickens until tender. When cold, cut in half-inch pieces, rejecting all bone, fat and gristle; two heads of celery cut small, one can of French peas, two cups of thinly sliced walnut kernal, three tablespoons capers. Mix all together and serve on lettuce leaves with mayonnaise dressing, using any garnish preferred.

Shrimp Salad.

Mrs. James Sargison.

2 tablespoons capers. 1 can of shrimps.
1 bunch of celery. 1 dozen walnuts, shelled.

Remove shrimps from can and pick to pieces with fork. Cut celery very small, slice walnuts very thin. Mix the ingredients and serve with mayonnaise dressing garnished with olives.

Tarragon Crab Salad for four People.

Pick one large crab and do not break the meat.

Dressing.

One-half teaspoonful of mustard, one gill of tarragon vinegar. Proportion of pepper and salt to taste. Two tablespoons salad oil, paprika pepper, one-half clove of garlic, five sticks of celery chopped fine, one head of lettuce chopped fine. Mix well together. Decorate with leaves of lettuce and sprinkle paprika on top.

Recipe from Poodle Dog Restaurant.

Vegetable Salad.

Mrs. R. B. McMicking.

Take turnips, carrots, beets and peas or any other vegetable. When cold, chop fine, marinate each separately with French dressing. Spread lettuce leaves on a dish, begin by arranging the beets drained from the juice, for the first layer, then the turnips, then the peas and carrots; shape in the form of a pyramid, spread over a coating of mayonnaise, then the yolk of egg chopped fine, sprinkled over. Dot peas here and there. Mayonnaise may be put on through the forcing bag, to decorate with also. Olives and peas arranged in clusters.

Beets.

M. L. McM.

Take nice young beets, boil until tender, rub the skins, slice into a dish, take a knife and fork and chop them into small pieces. Add a finely minced onion, season with salt and pepper, and salad oil. Mix well and add vinegar to taste. Cover with a plate, closely. Stand to get cold or can be eaten warm.

Tomato Baskets.

M. L. McM.

Select tomatoes as near the same size as possible, remove the pulp, moisten the inside with French dressing. Chill thoroughly, fill with chicken salad, garnish top with mayonnaise and capers. Serve on lettuce leaves. Sweetbreads make a very nice filling.

Milk Salad Dressing.

(No Name.)

3 eggs.	1 tablespoonful of sugar.
1 tablespoonful of salt.	1 cupful of vinegar.
1 cupful of milk.	1 tablespoonful of oil.
3-4 tablespoonful of mustard.	

This recipe makes nearly three cupfuls of dressing and one-third of it is ample for a salad for six persons. If the entire quantity is made, bottle tightly and set away in a cold place. It will keep for two weeks.

Place the oil, salt, mustard and sugar in a bowl and stir until perfectly smooth. Beat the eggs well and add them, stirring thoroughly, then gradually add the vinegar and lastly milk. Place the bowl in a basin of boiling water and cook the dressing until it is like thick cream, stirring all the time. The cooking usually takes ten minutes, but if the bowl is thick, from twelve to fifteen minutes will be requisite. Use when cold.

Salad Dressing.

Miss A. Macrae.

	(1)	
2 tablespoons butter.		2 tablespoons flour.
1-2 cup vinegar.		
	(2)	
2 yolks eggs.		1 cup milk.
	(3)	
2 teaspoons salt.		2 teaspoons sugar.
1-2 teaspoon mixed pepper.		1 teaspoon mustard.

Pour heated milk over beaten yolks of eggs, make sauce of butter, flour and vinegar. (Lemon juice may be used instead of so much vinegar.) Stir eggs and milk over hot water till custard coats the spoon. Remove from hot pan at once. Add (3) to (2), then (1), and strain. If bottled and kept in a cool place will keep for weeks.

Cold Slauch Salad Dressing.

Mrs. Clarence Carter, William Head.

1 cup vinegar, heated. 1 egg.
1 tablespoon sugar.
1-2 teaspoon salt and mustard.

Apple, Celery and Nut Salad.

Mrs. J. L. White.

1 cup chopped apples. 1 cup chopped celery.
1-4 cup of chopped nuts.

Dressing.

Two tablespoons each of lemon juice and vinegar, yolks of four eggs, two tablespoons butter, one cup cream, two teaspoons sugar and salt. Scald vinegar and lemon juice, pour over beaten yolks, add butter and cool until thick in a double boiler. Add seasoning and cream.

Mayonnaise Dressing.

Mrs. James Sargison.

Juice of three lemons. 1 saltspoon salt.
1 pint bottle of salad oil. Yolks of 6 eggs.
Little cayenne pepper.

Break eggs in a bowl, add the salad oil drop by drop, stirring constantly one way. Add the lemon juice, one teaspoon at a time, until all is used. Then add salt and cayenne. Keep in a cool place.

Oysters on Grape-fruit Salad.

Miss McKeand.

Parboil one pint oysters, drain, cool and remove tough muscles. Remove the pulp from three grape-fruits and drain. Mix pulp with oysters, serve in sections of grape-fruit with a dressing made as follows: Mix six tablespoons tomato catsup, four tablespoons grape-fruit juice, one tablespoon Worcester sauce, a few drops tabasco sauce, and salt to taste.

Salad Dressing.

Mrs. A. E. Smith.

Beat the yolks of three eggs, add one tablespoonful of cornstarch, one teaspoonful of salt, one teaspoonful of mustard, mixed dry. Then add one cup of vinegar and cook until quite thick. Set away to cool, covered with a wet cloth to prevent "crusting." When cool add one-half cup of oil or melted butter, then one cup of condensed cream; beat all until light and then add the whites of the eggs well beaten.

Boiled Dressing.

Miss Wilson, Quebec Street.

1 tablespoon mustard. 1 tablespoon salt.
2 tablespoons sugar.

Mix with two tablespoons milk, two eggs well beaten, one-half cup vinegar, a pinch of soda, last, one-half cup of milk. Boil after mixing.

Cooked Mayonnaise Dressing.

Mrs. Hanington.

2 tablespoons lemon juice.
2 tablespoons white wine vinegar.
4 yolks or two whole eggs.

2 tablespoons butter. 1 teaspoon seasoning.
 Seasoning to be mixed as follows:
 1-2 teaspoon pepper. 1 teaspoon sugar.
 2 teaspoons salt. 1 teaspoon mustard (dry.)
 (This dressing can be bottled as there is enough
 for several times.)

Heat the vinegar and lemon juice, add beaten egg,
 butter and seasoning. Cook till it thickens. Cool
 and add 1-2 cup cream.

Mayonnaise.

"Rocklands," Conneken.

3 eggs. 1 cup of milk.
 1-2 cup of vinegar. 1 of salt.
 1 of sugar. Saltspoon of cayenne.
 1 of mustard. 1 of flour.
 4 tablespoonfuls of butter.

Put butter in granite saucepan; when melted add
 flour, stir until smooth (be careful not to let it
 brown), add the milk and let it boil up, stand back
 in pan of boiling water, beat all the other ingredi-
 ents together until well blended, adding vinegar last
 and gradually, then stir gently the whole to the boil-
 ing flour. Continue stirring until it thickens like
 soft boiled custard. Don't be discouraged if it takes
 as long as fifteen minutes. Do not put into sealers
 until cold. Keep in a cool place. Will keep for
 weeks. If made properly is very nice with chicken,
 lobster, etc.

Salad Dressing.

Mrs. W. H. Bone.

4 eggs. 2 teaspoons of sugar.
 1 teaspoon of salt. 7 teaspoons of vinegar.
 2 teaspoons of butter or oil.
 1 teaspoon of mixed mustard.

Cook in a double boiler, stir until it thickens. Beat
 whites of eggs separately and add last. When cool

add cream to make it thin as custard. Pour dressing on salad just before using.

Salad Dressing.

Miss Duncan, Duncan, B. C.

1 teaspoonful salt. 3 raw eggs.
1 cup milk. 1 cup vinegar.
1 tablespoonful sugar.
1 tablespoonful dry mustard.
1 tablespoonful melted butter.

Cheese Savories.

Stir butter, salt, mustard and sugar smooth, add eggs well beaten, vinegar, and lastly milk. Place in a double boiler and stir until thick. This will keep for weeks if well covered.



CHEESE DISHES

“What, and how great the virtue and the art,
To live on little with a cheerful heart.”

Swiss Eggs.

Mrs. Erie B. McKay.

Grease a dish, cut or grate about four ounces of cheese, arrange some of the cheese at the bottom of the dish, sprinkle over a little pepper. Then break in from four to six eggs, taking care not to break the yolks; sprinkle over them little pepper and salt, also a layer of grated cheese, a few small bits of butter on top. Bake not more than ten minutes in a hot oven.

Macaroni and Cheese.

M. L. McM.

Boil until tender, butter well a pudding dish, put alternate layers of macaroni, grated cheese, bread crumbs, slight sprinkling mustard, tabasco sauce, few drops red pepper, one dash butter in small bits, salt. Beat one or two eggs with enough milk to just come up to the top. Cover top with crumbs and butter. Cook twenty minutes, or little more. Serve at once.

Deviled Toast.

Mrs. Hanington.

Two slices of toast, spread with one tablespoon of butter rubbed with one-quarter teaspoon dry mus-

tard, ten drops of onion juice, pepper and little cayenne. Grate cheese over the top and place in oven until the cheese is melted.

Cheese Egg.

To the hard-boiled yolks add mustard, pepper, salt, butter and cheese to taste. Rub curvotte and fill the whites and stand in baking dish. Make a curvotte cream sauce with a liberal allowance of cheese, pour over the eggs, sift fine bread crumbs on the top and dish them with tiny bits of butter and bake ten minutes. Serve hot.

Bloater Toast.

1 teaspoon bloater paste. 1 tablespoon cream.
1 tablespoon butter. Little cayenne.
1 teaspoon anchovy sauce.

Stir in double saucepan till thick. Spread on four rounds of toast. Serve very hot.

Sardine Toast.

Season sardine paste with Worcester sauce and cayenne, and add one tablespoon butter. Spread on with buttered toast.

Cheese Straws.

Mrs. R. B. McMicking.

Use chopped paste recipe (or remains of puff paste), chill, roll out, cover thickly with grated cheese, a little red pepper or tabasco sauce, sprinkle with little nutmeg, fold over the paste into a small square, roll out, and cut with a past jagger into narrow strips eight inches long. Bake in a quick oven light brown. Pile in log-cabin style, on lace paper d'oilly, or tie them in pairs with baby ribbon. Serve at salad course.

Cheese Pyramids.

2 ounces of flour. 2 ounces of cheese.
2 ounces of butter.

METHOD:

Mix the above ingredients into a stiff paste with a little water, roll out about an inch thick, cut out into small round cakes or biscuits and bake in a quick oven for a few minutes. Whip some cream, add a little cheese and cayenne and pile it on top of the biscuits when cold.

Cheese Savories.

Mrs. R. B. McMicking.

1 cup aspec jelly. Salt and cayenne.
1 cup grated cheese. 1 teaspoonful mustard.
1-2 cup whipped cream.

Put mixture into mould or yeast powder can. Serve with watercress at cheese course.

Or tablespoon butter. 1 cup milk.
1 tablespoon flour.

Make a white sauce. When cooked add yolks of two eggs, one-quarter oz. gelatine, one cup grated cheese. Stand into hot water and stir until cheese is melted. Remove from fire and when cold add one cup whipped cream, pinch cayenne and mustard. Put in well-buttered mould, freeze, turn out, ornament with aspec jelly and watercress, or serve on round toast.

Cheese Omelette.

Mrs. Leonard Solly.

4 ounces grated cheese. A little pepper.
2 eggs. 1 teacupful of milk.

Whip well together. Butter a pie dish. Bake in a quick oven for half an hour, turn out on a flat dish and serve hot. Enough for three people.

Cheese Pyramids.

Mrs. Prevost.

Mix together 2 ounces flour.

2 ounces cheese. 2 ounces butter

into a paste with the yolk of an egg and a very little cold water. Season with the grated rind of a lemon, cayenne pepper and a pinch of salt. Roll out and cut into rounds with a wine glass, and bake about five minutes in a hot oven. When cold, whip some cream until quite stiff, and add to it a little cheese and cayenne and pile on top of the cakes. The cheese must all be grated.

Welsh Rarebit.

Mrs. Justin Gilbert.

1 lb. cream cheese cut into small pieces.

1 tablespoon of Worcestershire sauce.

1-4 teaspoon dry mustard. 1-2 saltspoon salt.

3 tabelspoons beer or milk.

1-2 saltspoon cayenne.

Place cheese and condiments in chafing dish over the hot water pan. When cheese is melted, add beer or milk and place directly over the blaze, stirring constantly until the mixture is stringy. Pour on toasted soda crackers, and serve with olives.

Cheese Souffle.

Mrs. R. B. McMicking.

Butter size of an egg. 1 tablespoon flour.

1-2 cup milk. 1 cup grated cheese.

Salt, spec cayenne. 3 eggs.

2 tablespoonfuls bread crumbs.

Make white sauce, remove from fire, add the yolks well beaten, the crumbs, then cheese. When cold fold in the whites beaten stiffly. Bake in well-buttered dish twenty or twenty-five minutes. Serve at once.

Cheese Souffle.

Mrs. A. E. Webster.

Melt one ounce butter in a pan, add one ounce flour, quarter pint milk, three ounces grated cheese, salt and cayenne, and boil well. Then stir in the yolks of three eggs. Beat well. Whip the whites to the stiffest froth and stir very lightly to the mixture. Bake in pie dish or souffle cups twenty minutes and serve at once.



BREAKFAST, LUNCHEON AND TEA DISHES

“Cheerful looks make every dish a feast.”

Fish Balls or Cakes.

Mrs. E. B. McKay.

Take the remains of any cold boiled fish, take out the bones, mince fine, add some mashed potatoes, milk, butter, sauce that may be left over, some fine bread crumbs, also a raw egg well beaten. Mix, dip in beatened eggs, then bread crumbs, and fry.

Salmon in Mould.

Mrs. Justin Gilbert.

1 can salmon.	1 cup of cracker crumbs.
1 cup milk.	4 eggs beaten light.
4 tablespoons melted butter.	
Salt, cayenne, parsley.	

Remove skin and bones and mince fine. Mix and place in buttered mould. Steam one hour. Turn out on hot platter and pour around it the following sauce: One cup boiling milk, half tablespoon cornstarch, tablespoon butter, and the liquor from the can. Season with salt and cayenne, and lastly add one tablespoon catsup and one well-beaten egg.

Anchovy Eggs.

Mrs. Leonard Solly.

Cayenne and salt to taste. For six persons.
 6 rounds of fried bread. 3 eggs.
 3 teaspoonfuls of anchovy cause.
 1 ounce butter.

Boil the eggs hard. When cold, shell them and cut in half, length way. Take out the yolks and pass them through a sieve, and to every egg add one teaspoonful of anchovy sauce, cayenne pepper and a small piece of butter. Beat all together and replace the whites. These eggs can be eaten either hot or cold, and should be served on fried rounds of bread.

Lemon Toast.

3 lemons. 6 eggs.

Take the yolks of three eggs and about a cup of milk, beat both together. Put a piece of butter in the pan to brown the bread. Take the juice of the lemon and one-half cup of sugar, and fill the cup with boiling water, pour the whole over the toast, beat the whites with the sugar and pour over.

Sausages.

Mrs. D. A. McTavish.

4 ounces salt. 1 ounce ground pepper.
 A tablespoonful of allspice.
 Some ground herbs, if liked.

To twelve pounds sausage meat. After it is chopped make in small cakes and fry.

A nice Breakfast or Lunch Dish.

Mrs. M. Edgson, Shoplands, B. C.

Procure from butcher a bullock head and half a pig's head. Simmer gently until the meat is tender. have a warm tin on plate warmer and put the meat in, cutting into pieces to every six pounds of meat, add the following seasoning:

- 3 tablespoonfuls of salt.
- 1 tablespoonful of ground black pepper.
- 1 1-2 teaspoonfuls of ground cayenne.
- 1 saltspoonful of cloves.
- 3 tablespoonfuls allspice.

Then add as much of the liquor as you fancy. It forms a nice jelly. Put into moulds for turning out. Very acceptable at Xmas time, and will keep for weeks if kept in a cool, dry pantry.

Spanish Omelette.

Mrs. Mainguy, Duncans.

Cut a large onion in three slices and fry in butter until nicely brown, add four or five ripe tomatoes (canned will do), and four or five hot red chillies. Salt to taste, let simmer a few minutes and set on one side.

Prepare an ordinary savory omelette three eggs to one tablespoonful of milk, and when cooked lay some of the prepared mixture in the centre, fold the ends over and serve very hot. It should be eaten immediately. Cut the chillies in thin rings and put in the seeds.

Eggs for Tea or Lunch.

Rocklands, Conneken.

Select four dozen fresh eggs, boil until hard, throw into cold water, then place on the stove half a gallon of brown vinegar, add one ounce of peppercorns, half ounce of whole allspice, the same of mace and ginger, also salt, three cloves of garlic, one tablespoonful of mustard. Allow all to simmer one hour and a half. Take the shells from the eggs and lay eggs whole in a jar. When the vinegar and above ingredients are cold, pour over the eggs; bury closely. Fit for use in three or four weeks.

Prussian Pancake.

Mrs. H. Fry, Chemainus.

Beat 1-2 ounces of butter to a cream and add slowly.

2 ounces of crushed sugar. 2 ounces flour.
2 eggs and 1-2 pint of milk.

Beat white and yolks separately, put into six saucers well greased, and bake twenty minutes. Fold over with jam between.

French Pancakes.

Mrs. F. B. Kitto.

Cream 2 ounces butter, then add 2 eggs, well beaten.

2 ounces flour. 1-4 pint milk.
2 ounces castor sugar.

Beat all well together, then pour into buttered saucers, and bake about ten to twenty minutes. When done cover half with jam, and turn cover over.

French Pancakes.

Mrs. M. Edgson, Shoplands, B. C.

2 tablespoonfuls of flour. 2 eggs.
2 tablespoonfuls of sugar. 2 ounces butter.
1-2 pint of milk, (cream if you like them richer.)

METHOD:

Beat the eggs thoroughly, add them to the butter, which should be beaten to a cream, then the sugar, then the flour. When well mixed add the milk, beat the mixture well for a few minutes. Put in buttered saucers and bake twenty minutes.

Sponge Fritters.

Edith L. Higgins.

1 cup flour. 2 or 3 eggs.
1 cup water or milk. 1 teaspoon butter.
A little salt.

Boil the water, butter and salt. When boiling put

in the flour, take off and stir well. When cold beat in the eggs, yolks first, drop in boiling fat, a tablespoonful at a time. Powder with sugar. Very good.

Corn Fritters.

Mrs. Clarence Carter.

1-2 can corn.	Fry in hot lard.
5 tablespoons milk.	A little salt and pepper.
4 crackers rolled fine.	
2 eggs, yolks and whites beaten separately and added last.	

Pork and Beans.

Miss Lawson.

Soak one quart beans over night. In the morning put them on to boil in cold water, until when you blow on them the skins crack easily. Put a slice of corned pork, clear fat in bottom of bean-pot, then put in beans, place one-third of a pound pork, clear fat, leave rind on pork, and sink pork in beans so that only the rind will show. Mix in a cup one heaping tablespoonful dry mustard, one-half teaspoonful salt, one-quarter teaspoonful black pepper, one dessert spoonful molasses. Fill the cup with boiling water, and stir until the ingredients are mixed. Pour over the beans in the pot. Fill pot with boiling water until it covers the beans. Bake from ten to twelve hours. Add boiling water as the water in the pot boils away. Towards the end of the baking the water need not cover the beans.

Italian Baskets.

Mrs. A. E. Webster.

Six or eight small moulds lined with dough, then pastry and baked. One-quarter pint white sauce, yolks of two eggs, pinch of salt, pepper, nutmeg, sugar and one chopped onion, juice of half a lemon. Mix ingredients all together, then add two ounces

cold roast game, cut into dice two ounces boiled macaroni, small piece of chopped ham and a little chopped mushroom. Fill cases and serve hot.

Some Special Lenten Dishes.

After the hearty and often rather rich food which we eat in winter, a Lenten table is not only an agreeable change but a hygienic necessity. It also furnishes an opportunity for the housekeeper to experiment with unusual dishes.

Creams of vegetables are, of course, suitable Lenten soups. Into a quart of boiling milk stir a cupful of vegetable puree—that is, the vegetable boiled and pressed through a sieve; rub a tablespoonful each of butter and flour together in another saucepan over the fire and dilute slowly with the first mixture. Now, if this is a cream of cauliflower, add also a cupful of the flowers broken very small; if of celery, a few spoonfuls of the inner stalks boiled soft and diced; if of carrot, some tiny, long shreds of boiled carrot.

A delicious addition to any of the above soups is a gill of hot cream to the above quantity. Season to taste with white pepper and salt; underseasoning gives insipidity which it is difficult to correct at the table.

Delicious Soup.

Cook until tender two cupfuls of shelled and blanched peanuts with a slice of onion and a stalk of celery; press through a sieve, reheat with one pint of white stock and stir into a white sauce, made of one-fourth of a cupful of butter and of flour and a pint of milk. Season to taste with salt and pepper.

Almond Soup.

Cut four pounds of knuckle of veal into small pieces. Break or saw the bones into small pieces, add three quarts of cold water, and let cook just below boiling point for about four hours; then add one

onion, sliced, two stalks of celery, chopped, a sprig of parsley, a tablespoonful of salt and six pepper corns. Let simmer an hour longer; strain and when cold remove the fat and heat again. Cream together one tablespoonful of butter and two tablespoonfuls of cornstarch; thin with a little of the hot soup, then turn into the soup and boil for ten minutes. Add half a pint of cream and season with salt and pepper to taste; then add one-fourth of a cupful of blanched almonds pounded to a paste.

Oyster Souffle.

Scald in their liquor two dozen oysters, remove them and chop very fine. Blend smoothly together two heaping tablespoonfuls of butter and the same amount of flour, add three-quarters of a cupful of hot cream and the oyster liquor and stir over the fire until thick and smooth. Now add three tablespoonfuls of soft breadcrumbs and half a teaspoonful of salt and cook for three minutes. Remove from stove, add the beaten yolks of three eggs and set aside until slightly cooled; mix in the chopped oysters a teaspoonful of lemon juice and the whites of the eggs beaten to a stiff froth. Turn into a scuffle dish and bake in a moderate oven for twenty minutes. Serve immediately.

Bread Omelette.

For this excellent hot supper dish, soak two cupfuls of stale bread crumbs in two of hot milk; add a cupful of grated cheese, three beaten eggs and seasoning; cook like an omelette, or rather like two, for this quantity makes two, each of which is a liberal helping for three persons. Put butter the size of half an egg in the pan for each omelette and cook rather more slowly than for a plain omelette, fold over when the mixture becomes set. It will be two inches thick and as light as a souffle.

Nut Loaf.

Mrs. Stadthagen.

Mix one cup of bread crumbs with one cup of mixed ground nuts, wet with a cup of sweet milk and one beaten egg. Season with salt, pepper and sage, grate into it just a tinge of onion. Mix well and let stand a few minutes. Pour into buttered baking dish and bake twenty-five minutes.

Baked potatoes are nice to eat with the nut loaf.

Beans baked in Milk.

Mrs. Stadthagen.

Parboil one quart of small white beans. Throw water off. Slice one large onion, place in bottom pan or jar, add beans with salt and pepper, a tablespoon of sugar or molasses and a generous piece of butter. Cover with good rich milk. Bake four or five hours longer. Keep covered for half the time. If they get too dry replenish with milk. Never let them get dry.



SANDWICHES.

“Small cheer and great welcome makes a merry feast.”

—The Comedy of Errors.

Melbourne Sandwiches.

Mrs. A. E. Webster.

- 5 tablespoons cooked chicken cut into dice.
- 2 ounces butter. 2 tablespoons ham.
- 3 tablespoons brown stock.
- 1-2 tablespoon curry powder.
- 4 tablespoons grated cheese.

Cut twelve thin rounds of stale bread and fry in clarified dripping until golden brown. Mix sauce with curry powder, add chicken and ham, thicken until stiff. Make into sandwiches with the croutons of fried bread. Knead the cheese and butter, place in balls on top of each sandwich and place in oven for five minutes.

Sandwiches.

Mrs. W. H. Bone.

Take one can of tongue, two or three heads of celery, two or three spoonfuls of chopped pickle, two teaspoons of mustard, run all through the meat chopper and spread between thin slices of bread and butter.

Cheese Sandwiches.

Mrs. T. Cusack.

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|----------------------------------|----------------------|
| 1 tablespoon vinegar. | 1-2 teaspoon salt. |
| One hard-boiled egg. | 1-2 teaspoon pepper. |
| 1-2 teaspoon mustard. | |
| 1-2 tablespoon melted butter. | |
| 1-4 pound common cheese, grated. | |

Take the yolk, put in small bowl, crumble it down, put into butter, mix smooth, add salt, pepper, mustard and cheese. Mix each well, then vinegar, which will make it a proper thickness.

Nut Sandwiches.

Scald and peel some pistachio nuts and some sweet almonds; pound them in a mortar together, add three drops of essence of almonds, icing or powdered sugar to taste, and mix to a paste with thick cream. Spread between slices of nicely buttered bread or on thick slices of sponge-cake, putting two slices together to form a sandwich.

Walnut Sandwiches.

There is a large variety of sandwiches with which walnuts may be combined. A plain bread and butter sandwich, with finely chopped walnuts between and just a suspicion of salt sprinkled over, is good. The same with the addition of a crisp lettuce leaf and a teaspoonful of mayonnaise dressing is better. A chicken sandwich sprinkled with chopped walnuts has a pleasant flavor. Peanuts may be substituted for the walnuts.

Mock Pate de Lore Gras.

Mrs. R. B. McMicking.

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|----------------------|----------------------|
| 1 lb. calves' liver. | 1 onion. |
| 1-2 cup aspec jelly. | Sprig parsley. |
| 1-2 bay leaf. | 1-2 lb. bacon. |
| Teaspoon salt. | 3 cloves, 6 peppers. |
| 1-2 cup brown stock. | |

Cut up small, fry liver, bacon, onion. When cool put through mincing machine. Add stock or water, and aspec jelly. Steam one hour. When cold you have a liver paste for sandwiches. Cut rounds of bread and spread paste on.



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PASTRY

“Who'll dare deny the truth, there's poetry in pie.” —Longfellow.

In making a fruit pie, if the crust, after being placed in the tin, is rubbed over with the white of an egg, it will keep it from absorbing the juices of the fruit, and prevent it from becoming soggy. To prevent the juice from running out of a pie, wet a narrow strip of cloth and tie around the edge of the pie before putting in the oven.

Puff Paste.

Mrs. John Brown, “Cherrybank.”

Four ounces butter. Rub the butter and one pound of flour together freely; mix it with as much cold water as will make it nice soft dough, roll it out, give it five or six folds, roll it out again to a large sheet, on one side spread twelve ounces of butter; cut into small pieces, fold the other side over it and press it round the edge, then roll out again and fold it six times, put it in a cool place to firm for half an hour, roll it out again and give it four folds, when it will be finished.

French Chopped Paste.

1 cup butter.
Yolk 1 egg.
Juice of small lemon.
1-2 cup butter (small.)

1 pint flour.
1 teaspoon sugar.
Pinch salt.

water

Put butter, sugar, flour, salt, thoroughly chilled, into bowl and chop very fine; beat the egg, add cold water, and lastly the lemon; it should be a half cup altogether; add gradually to the flour, but not to make it the least thin or sticky. Roll on a well-floured board, (do not handle it more than necessary); fold up and put on ice or stand outside to thoroughly chill.

Mincemeat.

Mrs. Herbert Kent.

Boil beef tongue (3 lbs.), skin tongue and chop fine, add two and one-half beef suet chopped fine, two and one-half raisins, one and one-half currants, three-quarters citron, two lbs. brown sugar, one-half pint molasses, one pint brandy, one pint white wine, one-half cup each (scant) salt, cinnamon, allspice, cloves, one nutmeg and teaspoonful mace. Put all together in a large pan, mix well and let stand over night. When ready for use add half as much chopped apples as mince meat.

Mincemeat.

Mrs. A. G. Clark, Happy Valley, B. C.

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|------------------------------|-----------------|
| 1 lb. raisins. | 1-2 lb. citron. |
| 1 lb. currants. | 1 1-2 sugar. |
| 1 lb. suet, chopped fine. | |
| Salt, spices to suit taste. | |
| 4 lbs. apples, chopped fine. | |

Mincemeat (English.)

Mrs. Edward Gordon.

- | | |
|-------------------------------|-------------------------|
| 2 lbs. raisins. | 2 lbs. sugar. |
| 1 lb. almonds. | 3 lbs. currants. |
| 1 lb. apples. | 1 lb. ratafia biscuits. |
| A little spice. | Juice of three lemons. |
| 1 lb. citron and orange peel. | |

Chop all finely except currants, mix well and add one-half pint brandy.

Mincemeat.

Mrs. Leonard Solly.

Take six good-sized lemons and grate the outside rind entirely from them and squeeze the juice out. Boil the white part in fine soft water until they are tender, then wipe them in a soft cloth and chop them very fine. Six fine large apples pared and chopped, one and one-half lbs. raisins, stoned and chopped, two and one-half lbs. currants washed, picked and dried, two and one-half lbs. moist sugar, two lbs. beef suet chopped very small. Mix all these ingredients well together with the pieces and grated peel of the lemons and a teacupful of French brandy.

This will keep some time if well tied down.

Mincemeat.

Mrs. Longfield.

4 lbs. apples.	3 lbs. currants.
2 lbs. sugar.	2 lbs. Valencia raisins.
3-4 lb. mixed peel:	1 lb. sultana.
2 lbs. suet.	1 nutmeg.
A little salt.	
1-4 oz. ground cinnamon.	

The grated rind and juice of two oranges and two lemons. Brandy to taste.

Mincemeat.

Mrs. H. A. S. Morley.

1 lb. currants.	1 lb. raisins.
1 lb. sultana raisins.	1 1-2 lbs. lean beef.
3 lbs. beef suet.	3 lbs. moist sugar.
2 lbs. apples.	2 oz. citron.
2 oz. candied peel.	1 nutmeg.
Rind of 2 lemons.	Juice of 1 lemon.
1-2 pint of brandy.	

Simmer slowly, stirring all the time, until the sugar dissolves and begins to thicken, then put into a jar, air-tight. Will keep well for a month or two if wished.

Orange Pie.

Madam Charles Murrissett.

Put in a saucepan one teacupful milk, one tablespoon sugar. When boiling pour in slowly and stir four well-beaten eggs, one tablespoon cornstarch dissolved first in little cold milk; let boil till thick. Remove from fire, mix in one cup of orange juice, make an ordinary pie crust, pour over the mixture and bake.

Orange Pie.

Mrs. Gill.

Grate rind of one orange, and take juice of two and one-half oranges, one cup of sugar and one and one-half tablespoon flour, yolks of three eggs, well beaten, two tablespoons mulled butter. Turn this into a pie pan, bind with pie crust and bake in a quick oven. When done spread on the top the beaten whites of three eggs, sweeten with two tablespoons sugar and brown in oven.

Orange Cheese Cakes.

Mrs. W. Wilson, Cadboro Bay Road.

2 tablespoons of marmalade. 2 eggs.
2 oz. butter and short pastry.

Melt the butter, beat the eggs and add to the marmalade. Bake in small patty pans.

Lemon Pie.

Mrs. Wood.

The grated rind and juice of two lemons, two cups of sugar, three eggs, a piece of butter the size of an egg. Rub smooth in cold water two tablespoons of

cornstarch. Stir it into two cups of boiling water. Add sugar and butter. When nearly cold add yolks of three eggs and one of the whites beaten together, the grated rind and juice of two lemons. Bake in two pie plates lined with crust. Beat up the two whites with two tablespoonfuls of sugar, spread over pies. After they are baked sprinkle with sugar and brown.

Yorkshire Pasty.

Mrs. W. Wilson, Cadboro Bay Road.

Roll out some short crust, oval shape. Mix together four ounces of currants with a little sugar, chopped peel, and a piece of butter the size of a walnut, mixed spice to taste, to which add two table-spoons of water. Stew all together for about ten minutes, then place on the pastry and bake.

Apple Cheesecakes.

Mrs. James Gaudin.

Peel some apples and grate them to the core, take equal weights of apple, sugar and butter, and flavor with a little grated lemon-rind. Melt the butter, add the other ingredients and mix together, then add one egg for each one-quarter pound of pulp. Bake in small patty tins with a puff paste.

Lemon Pie.

Mrs. James Sargison.

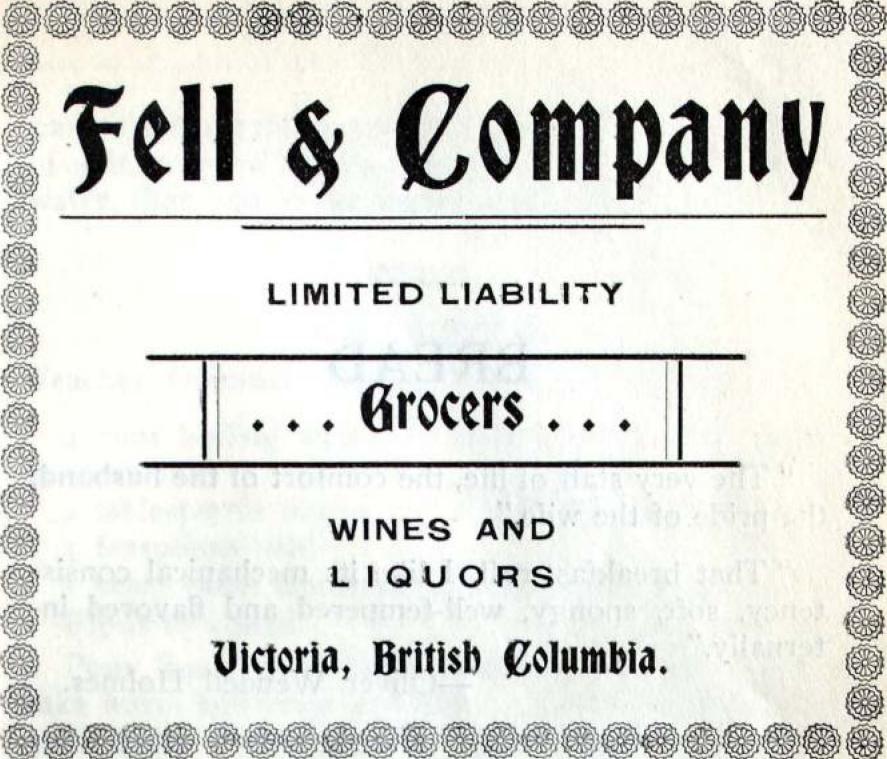
The grated rind and juice of one lemon. Pour one cup of boiling water on lemon and let cool. Then add one cup sugar, four eggs, well beaten (saving the whites of two for top of pie), one tablespoon of flour mixed smooth in little water. Line deep pie tin with good rich paste and pour in the mixture. Bake in rather hot oven until set like custard. Beat whites of eggs to stiff froth, add one tablespoon sugar, put on top of pie and return to oven to brown.

Mock Mincemeat.

Mrs. J. B. McKilligan.

- 6 soda crackers, rolled fine.
6 large tart apples (chopped.)
1 1-2 cups melted butter.
1 cup raisins, seeded and chopped.
1 teaspoonful black pepper.
2 cups cold water. 1 cup brown sugar.
1 cup molasses. 1 teaspoonful nutmeg.
1 cup sour cider. 1 teaspoonful cloves.
1 wine-glass brandy. 1 cup currants.
3 eggs, beaten light. 1 teaspoonful allspice.
1 tablespoonful cinnamon. 1 teaspoonful salt.





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BREAD

“The very staff of life, the comfort of the husband, the pride of the wife.”

“That breakfast-roll, I like its mechanical consistency, soft, spongy, well-tempered and flavored internally.”

—Oliver Wendell Holmes.

Yeast.

Mrs. D. A. McTavish.

2 quarts boiling water.

Two quarts boiling water, a large handful or one-quarter ounce hops tied in a cloth, one and one-half pounds potatoes, peeled; boil twenty minutes or until the potatoes are soft; one and one-half pounds flour. Take out the hops and mash the potatoes and pour all into the flour, stirring till smooth. Add one tablespoonful salt and one of sugar. When cool add one pint yeast and set by the fire to rise. Next day strain and put in Mason jars and keep in a cool place.

One cup to three cups of water for bread.

Yeast that will keep for weeks.

Mrs. F. Page.

One good sized grated potato, pour over a pint of boiling water, a dessert spoonful of hops, boil in a little water and let it steep for a while, pour that on the potatoes and stir. Put both back into the sauce-

pan with two tablespoons of sugar, one dessert spoon of salt, a good tablespoon flour, wet with a little water, then add to the ingredients and let all boil up.

Bread.

Miss McKeand.

Teacher Domestic Science Victoria Public Schools.

4 cups boiling water, or milk and water in equal proportions.

2 tablespoons butter. 2 tablespoons sugar.

3 teaspoons salt.

1 yeast cake, dissolved in lukewarm water.

Flour to knead.

Pour liquid over butter, salt and sugar. When luke warm add yeast and flour. Knead until smooth on slightly floured board. Cover and let rise to double its original size. Knead again, shape into loaves, place in greased pans, let rise to double its size and bake in hot oven.

Bread.

Miss Lena J. Evans, William Head.

Ingredients for four loaves:—

1 Royal yeast cake. 2 small boiled potatoes.

3 1-2 pints warm water. 1 tablespoonful sugar.

5 quarts flour. 2 tablespoonfuls salt.

Beat together thoroughly one pint warm water, one quart flour, two mashed potatoes, one Royal yeast cake (dissolved in a little warm water), one tablespoonful sugar, set in warm place for six hours, or until very light..

Sift four quarts flour, two tablespoonfuls salt. Add sponge and mix all together with two and one-half pints warm water. Knead till very smooth. Keep in a warm place over night. In the morning divide into four loaves. Mould into pans and raise till twice the former quantity, and bake one hour in a moderate hot oven.

Rolls.

Mrs. Rome.

1 quart of sifted flour. Pinch salt.
 3 tablespoons butter. Milk to mix very soft.
 2 teaspoons baking powder.
 Bake ten minutes in hot oven.

Biscuits.

"Rocklands," Comiaken.

(Very nice for 4 o'clock teas.)

One tablespoonful of sugar. Take three eggs.
 Teaspoonful of caraway seeds.

Beat the above for five minutes, then use sufficient flour to form a dough; roll as thin as a wafer, cut with a wine-glass, prod with a fork. Have ready one pound of butter at boiling point, let them boil until a light brown, the butter to be kept boiling all through.

Graham flour Bread.

Mrs. A. E. Webster.

To one part risen white bread sponge add two quarts Graham flour, teacup Indian meal, salt. Wet up, add one-half cup molasses. Have dough very soft. Knead well and set to rise. Make up into loaves and raise again. Bake in a steady oven.

Boston brown Bread.

Mrs. W. S. Gore.

1 level teaspoon soda. 1 cup molasses.
 1 level teaspoon salt. 3 cups rye flour.
 1 cup Indian meal. 1 pint sour milk.

Steam three and one-half hours. Bake half an hour.

Boston brown Bread.

Miss Lawson.

1 quart milk or water. 2 cups cornmeal.
 3 cups Graham flour. 1 teaspoonful soda.
 1 cup molasses. A little salt.
 Steam in yeast powder tins for five hours.

Graham brown Bread.

Mrs. Hardress Clarke.

Make a sponge of two cups of flour, butter size of an egg, one-half cup of yeast. Water enough to make a stiff batter. In the morning add one-half cup of molasses in which a piece of B. soda (the size of a bean), has been dissolved, one and one-half cups of Graham flour. Bake one hour in a slow oven.

Graham Muffins.

Mrs. Rome.

One pint Graham flour, mixed with milk to a stiff batter, two teaspoonfuls of baking powder, one-half teaspoon salt, one-half teacup brown sugar, same of syrup, one egg, piece butter size of an egg. Bake in muffin tins.

Plain Buns.

Mrs. F. Page.

1 1-2 cups flour. Little salt.
 2 teaspoons baking powder.

Mix a dessert spoonful of butter, rub in well, wet with milk till soft. Bake in hot oven. This cuts eight buns.

Corn flour Buns.

Mrs. Longfield.

1-4 lb. flour. 2 eggs.
 1-4 lb. of butter. 1-4 lb. of corn flour.
 1-2 lb. of sifted sugar.
 1 teaspoonful of baking powder.

Beat the butter to a cream, then add sugar, eggs and flour by degrees, and a little milk to make it a proper thickness, and a pinch of salt.

Maryland Biscuit.

Mrs. Tilton.

1 lb. flour. 1 oz. butter.

Salt to taste.

Just enough water to wet the flour.

Just enough milk to make into a very stiff dough.

Rub flour and butter together, add salt, and the water to wet the flour. Add enough milk to make the dough stiff. Knead the dough, then pound with a rolling-pin. Break into bits and begin kneading again. Pound and knead for an hour, and sometimes two. The dough will be very smooth and light. When sufficiently kneaded make into small biscuits and bake in a moderate oven. This is perhaps a discouraging recipe, but it is well worth the trouble. The biscuits, if properly made, are simply unparalleled.

Southern Corn-bread.

Mrs. Tilton.

Two cups of rice boiled dry, so that the grains are separate, one quart milk scalded with the rice, two-thirds cup of white cornmeal, one ounce of butter, two eggs, one tablespoon (level) of salt.

Cut the butter into small pieces, and mix, or toss through the cornmeal. Pour the scalded milk and rice over and mix well, then add the eggs and salt. If the batter is not very thin, add a little more scalded milk. Pour into buttered pudding dish and bake in a quick oven for at least three-quarters of an hour. Be sure your oven is quick.

Southern Pone.

Mrs. Tilton.

- 1 teaspoon of salt. 2 eggs, well beaten.
 1 cup white or yellow cornmeal.
 1 cup milk, 1 cup water, scalded together.
 2 tablespoon of melted butter.
 1 teaspoon of baking powder.

Scald the meal in the milk, add salt; when cool stir in the eggs and butter, and lastly the baking powder. Butter a pudding dish, pour in the mixture and cook for nearly half an hour in a rather quick oven. This should have a brown crust, and be about the consistency of pudding. Eaten hot with butter, jelly, or maple syrup, it makes a wholesome and delicious dish.

Southern Pone, No. 2.

Mrs. Tilton.

- 2 eggs, well beaten. 1 pint white cornmeal.
 Boil 1-2 lb. rice, well salted. 1-4 lb. lard.

Enough milk to thin sufficiently for muffin rings. When the rice is cooled and the meal scalded (use hot milk and water for scalding), beat in the lard, stir the eggs and beat thoroughly, and pour into greased muffin rings. If you find the mixture too thick thin with warm milk to the proper consistency. Bake quickly.

Corn Bread.

Mrs. L. G. McQuade.

- 1 pint of cornmeal. 2 of baking powder.
 1 pint flour. 1 egg.
 1 teaspoonful salt. 1 pint milk.
 1 teaspoonful of sugar.

Butter size of egg, melted.

Bake twenty minutes in quick oven.

Rice Fritters.

One or more cups of cold boiled rice, half pint of milk, two or three eggs, flour to make a stiff batter, with a heaping teaspoon baking powder. Fry in lard. Eat with butter, syrup or jam.

Steamed brown Bread.

Mrs. Hardress Clarke.

1 1-4 cups of flour. 1-2 cup of yeast.

1-2 cup of molasses. 1 egg.

1 1-2 cups of cornmeal.

1 teaspoonful of B. soda.

Enough warm water to make a stiff batter.

Add the yeast last and steam three hours.

Corn Bread.

Miss Eberts.

One cup cornmeal. Scald meal with one cup boiling water and stir until cool. Put one teaspoonful of butter and some salt, then add three-quarter cup of sweet milk with a little cream in it. Then beat three eggs separately and add to above mixture. Before you add the whites put in large teaspoonful of baking powder. This makes a thin batter. Bake about half an hour.

Spanish Bun.

Miss C. E. Lang.

1-2 cup molasses. 1-4 cup lard.

1 cup brown sugar. 1-4 cup butter.

One teaspoon soda dissolved in one-half cup boiling water, cinnamon, cloves, ginger, nutmeg, one-half teaspoon baking powder, flour to mix the same as layer cake. Bake in moderate oven.

Cocoanut or Almond Biscuit.

Mrs. C. Price.

Rub two ounces of butter into five ounces of flour, five ounces of white sugar, one ounce finely chopped

almonds or cocoanut, a little almond flavoring. Beat one egg with half the sugar, then put it to the other ingredients, roll in the hand about the size of a walnut, press a nut in the centre and bake them light.

Buttermilk Loaf.

Mrs. Longfield.

1 lb. of flour. 5 oz. of butter.
 5 oz. of sugar.
 3-4 lb. fruit or carraway seeds.
 A teaspoonful carbonate of soda.
 3 eggs and a gill of buttermilk.
 Essence or spice to taste.

Your Cakes will never be heavy if your materials are fresh, therefore go to the nicest place in town for them—MOWAT'S GROCERY, corner of Yates and Douglas Streets.

Old Tea-wafer. (Southern) 1795.

Mrs. Tilton.

1 lb. flour. 2 eggs.
 1-2 lb. butter. 1-2 spoon nutmeg.
 1-2 lb. sugar. 1-2 spoon cinnamon.

Mix and roll them, curling into cylinder-shaped wafers, and bake quickly. Serve fresh with tea or coffee.

These are delicious.

Light Corn-cake. (Good)

Mrs. N. Clark.

A pinch of salt. 1 cup of sweet milk.
 1 cup of cornmeal. 1 egg.
 1 cup of flour. 1 tablespoon of sugar.
 2 teaspoons of B. powder.

Biscuits

Mrs. L. G. McQuade.

1 quart flour. 1 teaspoonful of salt.
2 teaspoonfuls baking powder.

Sift well and mix, butter size of egg, milk or water, or half of each. Bake then for fifteen minutes.

Gems or Crumpets.

Mrs. L. G. McQuade.

1 1-2 pints of flour. 2 of baking powder.
1 teaspoonful salt. 1 egg.
1 of sugar. 1 pint of milk.
Butter size of egg.

Beat well. Bake twenty minutes in hot gem pan. well buttered.

Soda Scones.

Mrs. Eric B. McKay.

Three cups flour, salt, a teaspoonful white sugar, small teacupful cream-a-tartar, same of carbonate of soda. Mix all well together, then rub in the flour, a good tablespoonful of lard. Then mix with butter, milk, or sour milk, into a soft dough, roll out to half an inch thickness, cut in shapes, and bake in a quick oven.

Plain Scones.

Mrs. Eric B. McKay.

Three cups flour, salt and a teaspoonful of white sugar, one small teaspoonful cream-a-tartar, same carbonate soda; sift all well together, then rub in a good tablespoonful lard, mix to a soft dough with butter milk or sour milk, roll out, cut into shapes, put in baking pan, bake in a gentle oven. Just before they are quite done brush over with a little melted lard. Put in oven again one minute.



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DESSERT

—"to take the pudding up and bring it in, suppose it should not be done enough! Suppose it should break in turning out."

—(Dickens) Christmas Carol.

"Custards for supper, and an endless host of other such ladylike luxuries." —Shelley.

The best Plum pudding I have ever tasted.

Mrs. (Dr.) I. W. Powell.

(The Recipe was given by Mrs. Mason, mother of Mrs. Thomas Earle.)

Let all the ingredients be of equal proportion, whether by the pound, bowl or cup.

The two-pound bowl of everything makes about a fifteen-pound pudding. I have found it best to divide the mixture into three moulds, steaming them eight hours each, and warming up by the same method when required, for one hour and thirty minutes.

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| A bowl of currants. | One dozen eggs. |
| A bowl of flour. | A bowl of candied peel. |
| A bowl of brown sugar. | |
| A bowl of finely chopped suet. | |
| A bowl or cup of raisins (stoned.) | |
| A bowl of bread crumbs. | |
| Half a tumbler of brandy. | |
| A whole tumbler of sherry. | |
| Two teaspoonfuls of nutmeg. | |
| Four teaspoonfuls allspice. | |
| Directions for steaming above. | |

Rich Plum Pudding.

Mrs. (Dr.) Watt, William Head.

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|-------------------------------------------|------------------------|
| 8 eggs. | 1 teaspoonful salt. |
| 1 3-4 lbs. seeded raisins. | 1 teaspoon cloves. |
| 1-4 lb. currants. | 1 grated nutmeg. |
| 1 lb. shredded beef suet. | 1 wine-glass madeira. |
| 1 lb. granulated sugar. | 1 wine-glass rum. |
| 1-4 lb. sliced citron. | 1 tablespoon cinnamon. |
| 1-2 cup cream. | |
| 2 wine-glasses of brandy. | |
| 1 oz. candied orange peel. | |
| 1 oz. candied lemon peel. | |
| 1-4 lb. blanched almonds cut in strips. | |
| 1-4 lb. walnut meats chopped fine. | |
| 3-4 lb. fine stale bread crumbs. | |
| 1 orange, grated rind and strained juice. | |
| 1 lemon, grated rind and strained juice. | |

Chop half the raisins, add half the brandy, cover and let stand for several hours. Mix together in order the prepared suet, currants, whole raisins, chopped peels and citron and grated rind. Add sugar, nuts, fruit juice, bread crumbs, chopped raisins, spices, salt and liquors. Cover closely and let stand for two days. Add cream and beaten eggs, mix well together, pack in small, well-buttered moulds or cups, cover tightly and steam for eight hours. Keep in a cold, dry place. When used, steam for four hours longer. This pudding will keep for at least a year in a good condition.

Mother's English Plum Pudding.

Mrs. D. A. McTavish.

Take three-quarter pound baker's bread, without the crust, and pour one quart boiling milk on it. Let it stand till well soaked. Mix it quite smooth, add one pound brown sugar, ten eggs, well beaten, one pound seeded raisins, two pounds currants washed and dried, one-half pound citron cut fine, three-quarter pound suet chopped fine, three-quarter pint brandy. If too thin add a little flour.

Rub the fruit well in the flour before you put it in. It is better to make it the night before and add the brandy in the morning. Salt and spice to taste. Boil it five or six hours.

Plum Pudding. (English)

1 1-2 lbs. crumbs.	1 pint brandy.
1 lb. citron peel.	1 lb. raisins.
1-4 teaspoon mace.	1 lb. currants.
1 lb. suet.	1 teaspoon soda.
1-4 lb. flour.	1-2 nutmeg.
1 tablespoon cinnamon.	1-4 teaspoon allspice.
1-4 teaspoon cloves.	
10 eggs beaten separately.	
1 1-4 lbs. sugar (granulated.)	

1 lb. blanched and chopped almonds.

Beat eggs and sugar to a cream, pound almonds, add to the other fruits and spices, then mix thoroughly with the flour, add fruits to the beaten eggs and sugar, dissolve soda in a wine-glass of brandy, add the beaten whites, steam five hours. (Can be made into small puddings.) Decorate with blanched almonds stuck over and holly. Pour half a cup of brandy over and set on fire. Serve with hard sauce. Better if made a month before wanted, then steam two hours when wanted.

Xmas Pudding.

Mrs. H. Page.

1 lb. beef suet.	1 teaspoonful salt.
1-2 lb. currants.	1 large nutmeg.
2 lbs. flour.	1-4 lb. lemon peel.
1 1-2 lbs. stoned raisins.	6 eggs.
1-2 lb. moist sugar (best brown.)	

As much milk as required to make stiff.

Beat well together. Boil twelve hours.

Carrot Pudding.

Mrs. Charles Rhodes.

One cup of sugar and one-half cup butter creamed together, one cup grated carrots, one cup grated

potatoes, into which put one teaspoonful of soda dissolved in hot water. One cup of raisins, one cup of currants floured from one cup of flour, one teaspoonful each of cloves, allspice and cinnamon, two table-spoons molasses, four tablespoons of brandy.

Steam three hours. Serve with hard sauce.

Carrot Pudding.

Mrs. John Brown "Cherrybank."

6 carrots. 5 eggs.

1-4 lb. sugar.

2 tablespoonfuls marmalade.

Boil carrots in little salted water, then lay them in cold water for a few minutes, grate one dessert plateful of the outsides, beat in eggs and sugar, add marmalade, mix together, put into buttered shape, and steam for two hours. Serve with brandy sauce.

English Plum Pudding.

Mrs. Raymur.

5 eggs. 1-4 lb. flour.

1-2 pint brandy. 1 lb. suet, chopped fine.

1 lb. raisins. 1-2 nutmeg (grated.)

1 lb. currants. 1-4 lb. brown sugar.

3-4 lb. stale bread crumbs.

1-2 lb. minced candied orange peel.

Grated rind of one lemon.

Xmas Pudding.

Mrs. George Powell.

1 lb. raisins. 1-4 lb. flour.

1 lb. currants. 3-4 lb. bread crumbs.

1 lb. suet. 1-4 lb. brown sugar.

1-2 lb. mixed peel.

1-4 lb. chopped almonds.

Half nutmeg (grated.)

1 gill of brandy and 8 eggs.

Plum Pudding.

Mrs. Rome.

2 apples (peeled.) 3-4 lb. currants.
 3-4 lb. chopped suet. 1-4 lb. citron.
 3-4 lb. raisins. 1 lb. bread crumbs.
 3-4 lb. brown sugar.

Cut into small dice grated peel of a lemon, mix the whole in a basin with three pounded cloves, pinch salt, six eggs, one-half gill brandy, a dusting of flour. Boil five hours.

Wine Jelly.

Mrs. F. B. Pemberton.

5 eggs. A few whole cloves.
 1 box Cox's gelatine. Juice of 8 lemons.
 28 lumps white sugar. 1 large tumbler sherry.
 1 port glass good brandy.
 1 short stick of cinnamon.
 Grated rind of three lemons.

Put into an earthenware bowl or preserving kettle the sherry brandy, sugar, lemon juice and rind and flavorings. Wash the eggs and put in the whites and shells. Add the gelatine, previously soaked. Boil all together twenty minutes. Strain through a jelly bag and put in a mould which has been dipped in cold water.

Claret may be used instead of sherry.

Pine Apple Jelly.

Miss Francis Mayers.

One pint of cream, chop up about eight pieces of pineapple, half a box of gelatine, put in with juice of the pineapple to get hot, and put in the chopped pineapple and gelatine in the cream and let it stand about half an hour. Pour and put in a mould.

Lemon Cream.

Mrs. Charles Rhodes.

Three-eighth package of gelatine dissolved in one teacup of boiling water, three-quarters cup of sugar, three-quarter cup made up of one orange, one-half lemon and sherry wine. When nearly cold add one full cup of cream whipped stiff. Set in moulds.

Hamburg Cream.

Mrs. Fullers.

1 cup sugar. Yolks of 4 eggs.
Juice of 2 and grated rind of one lemon.

Beat all together and boil in double boiler until rather thick. When cool all the whites beaten stiff. Serve in custard cups. It will keep for two or three days.

Hamburg Cream.

Mrs. G. A. McTavish.

1 cup of sugar. Juice of two lemons.
Rind of 1 lemon.
Yolks of 4 eggs, keeping out the whites.

Beat all together and boil in double boiler until rather thick. When cool add the whites beaten stiff. Serve in custard cups.

Spanish Cream.

Mrs. W. H. Bone.

One quart of milk, one-half box of Knox's gelatine dissolved in cold milk about twenty minutes, three eggs, the yolks beaten up with a cup of sugar, then stir into cold milk and cook in double boiler; then when it thickens (curdles) take off the fire and pour on to the beaten whites of the eggs; flavor with vanilla, add a small pinch of salt. When cold turn out of mould and serve with whipped cream.

Pineapple Bavaria.

Miss Francis Mayers.

1 can pineapple. 1-2 cup of cold water.
 1 cup sugar. 1 pint of cream.
 1-2 cup of boiling water 1-2 box gelatine.

Stew pineapple and sugar ten minutes, soak gelatine in cold water till soft, then dissolve in boiling water. Strain into pineapple, add whipped cream and put in cool place to harden.

Serve with cream.

Fruit Salad.

Mrs. T. N. Henderson.

6 oranges. 3 bananas.
 1 can pineapple.
 1 package Knox's gelatine.

Cut fruit into small pieces and mix; draw off the juice, add water sufficient to dissolve the gelatine. Sweeten to taste, and pour over the fruit. When set turn out and serve with whipped cream.

Fruit Salad.

Mrs. Erb.

1 cup grated pineapple. 4 bananas thinly sliced.
 4 oranges cut in small pieces.
 1-3 box of gelatine.
 1 pint each of water and sugar.

Soak the gelatine in cold water for half a day, then heat slightly in a double boiler until thoroughly dissolved. Strain and add sugar. When cool, add fruit. Harden on ice in warm weather, or let it stand over night in cold weather. After adding fruit stir occasionally until gelatine begins to set, to prevent fruit from settling. Then sprinkle candied cherries over top. Serve with whipped cream.

Fruit Salad.

Mrs. R. B. McMicking, (By Request.)

- 1-2 dozen oranges. 1-2 dozen bananas.
- 1 small pineapple.
- 1-2 dozen apricots (if in season.)
- 6 pieces candied ginger cut fine.
- 1-2 cup blanched and chopped almonds.

Begin by cutting up and making alternate layers, the bananas to be cut lengthwise into small pieces, sprinkle fine granulated sugar over each layer, squeeze the juice of one lemon over all, add one teaspoon essence almonds, one teaspoon essence vanilla. Let it stand one hour, pour off the juice into a bowl, and turn it carefully over the salad again. Do this five or six times before you begin to ornament it. Then lastly put it into the dish, in which it is to be served. Have ready a pint of whipped cream flavored and sweetened, (reserving one cupful to color pistachio or light pink.) Fill the forcing bag with the cream, begin at the bottom and work upwards, then use the pink cream in any fancy way, decorate with strawberries (if in season); if not, crystalized fruit, or put into individual glasses or paper cases, and ornament with whipped cream.

Stuffed Bananas.

Mrs. R. E. Brett.

Place a banana on a plate to see in which position it sets the firmest. Cut a strip from the upper side about one and one-half inches from each end. Take out the inside with a teaspoon, cover it well with water and bake for twenty minutes. After taking from the oven mash it well and flavor with lemon juice and sugar. When quite cold add whipped cream and almonds blanched and chopped. Put the mixture back in the skins. Garnish with whipped cream and bits of red currant jelly or cherries. Serve each on a doily-covered plate.

Banana Cream.

Miss McKeand.

Peel bananas and rub through a sieve. To one cup pulp add one cup thick cream, or the cream and white of one egg beaten stiff, and a pinch of salt, and beat mixture until light, then add one-fourth cup powdered sugar and continue beating until very light and stiff enough to hold its shape. Decorate with chopped nuts and candied fruit cut in small pieces.

This dessert must be served soon after it is prepared.

Italian Cream. (English)

Mrs. Edward Gordon, Otter Point, B. C.

Grated rind and juice of 1 lemon.

1 pint of good cream well sweetened.

2 glasses (wine) brandy.

One-quarter ounce isinglass dissolved in a little water and while hot added to the above ingredients; let all stand an hour then whisk till it is very thick, put into a shape that has been set in water. Next day turn it out.

Marmalade Pudding.

Miss Eberts.

1-2 cup flour.

1-2 cup milk.

1-2 cup sugar.

1-4 teaspoon salt.

1-2 cup butter.

1-4 teaspoon soda.

2 tablespoonfuls marmalade.

Steam one and one-half hours in a mould.

Apple Grulze.

Mrs. Gould, William Head.

Cut three large tart apples in pieces without peeling or coring. Cook to a pulp in four cups water. When soft mash through a colander till all the pulp is extracted. Then return to fire, adding two table-

spoons white sago, a little salt, sugar to taste and a small piece of cinnamon bark or a little ground cinnamon. If the apples are not tart, half a lemon squeezed is necessary. When the sago is boiled clear add a tablespoon cornstarch dissolved in water. Boil again till clear. Pour into mould and cool. Eat with whipped cream. Other fruit may be used as well as apples.

Apple Scallop.

Mrs. R. B. McMicking.

Pare and core four good-sized apples, butter a pudding dish, sprinkle a layer of bread crumbs in the bottom, then a layer of apples cut into thin slices, then a layer of walnuts chopped, a little cinnamon, sugar, and then crumbs again. Continue until dish is full, reserving crumbs for the top. Add milk, one cup, cook three-quarters or an hour. Do not let it stand to cool. Serve with a foam sauce.

Half Pay Pudding.

Mrs. Leonard Solly.

4 ounces suet.	4 ounces raisins.
1-2 pint milk.	4 ounces flour.
4 ounces currants.	4 ounces bread crumbs.
2 tablespoonfuls treacle.	

Mix all together. Boil in a mould. Serve with wine sauce. Boil (without stopping) for three hours.

Steamed Suet Pudding.

Miss Stuart.

Take one cup each suet chopped fine, raisins, molasses and milk. One teaspoon each of soda and salt, flour sufficient to make a stiff batter. Steam three hours and serve with foam sauce.

Boiled Bread Pudding.

Miss Goodall.

Crumb a small loaf of bread very fine without any crust, pour over it one-quart boiling milk, cover and

let it steam three-quarters of an hour. Have ready four eggs, two tablespoons sugar and one and one-half of flour, well beaten together. Stir into the steamed bread and milk, and boil one and one-half hours, in a mould large enough for it to swell. Eat hot with the following:

Stir together one cup sugar, and butter the size of a hen's egg, then add one or two tablespoons sweet cream. Into this stir a cup ripe strawberries. Other fresh fruits will do.

Good Wife Pudding.

Mrs. Leonard Solly.

Two eggs, one pint milk and a little lemon beaten well together.

Cut some rounds of crumbs of bread the size of the top of a wine-glass, butter them; put the batter in a dish and the pieces of bread on the top. Bake for one hour.

Paradise Pudding.

Mrs. Mainguy, Duncans.

1-2 lb. currants. 3 eggs..

1-2 lb. bread crumbs.

1-2 lb. apple chopped fine.

A little nutmeg or cinnamon.

Beat the eggs well and mix with the other ingredients and steam in buttered basin two and one-half hours. Serve with hard sause.

Cornmeal Pudding.

Miss Eberts.

One quart sweet milk, boiled, stir in four tablespoonfuls cornmeal, stand till cool, sweeten to taste. Put in four beaten eggs and two tablespoons butter. Bake.

Castile Pudding.

Mrs. F. B. Kitto.

Two eggs and their weight in flour, butter and sugar, a few lemon drops. Mix well, bake half an hour in teacups and serve with sauce.

Soft Gingerbread.

Mrs. (Capt.) John Irving.

2 cups butter.	1 cup milk.
2 cups sugar.	5 cups flour.
2 cups molasses.	4 eggs.
1 teaspoon baking powder.	
2 tablespoons ground pepper.	
2 tablespoons each allspice and cinnamon.	

Lemon Cheesecake that will keep.

Mrs. Rome.

1 lb. of lump sugar.	6 eggs.
6 ounces of butter.	6 lemons.

Mode: Grate four lemons, add the juice of six, the yolks of six eggs and whites of two. Mix thoroughly and put all in a jug. Place jug in a saucepan of boiling water, stir one way until mixture is a nice thick paste. When cold cover closely. Will keep good for fortnight.

Can be used for filling jelly cakes, or a substitute for jam in tarts.

Ginger Pudding.

Mrs. W. West-Wilson.

Take one quart of flour, two heaping tablespoons of ground ginger, three teaspoons Royal baking powder. Sift together. Then add one large breakfast cup of sugar, one of sultana raisins, cleaned and dry. Mix thoroughly, then add three well-beaten eggs, one-half teacup of milk, one-half teacup of cold water, one-half teacup molasses, two tablespoons

melted butter. Mix thoroughly, put into buttered tin moulds. Steam three hours. Serve with sweet sauce, flavored with lemon and vanilla.

The above recipe baked in the oven makes an excellent gingerbread.

Ginger Bread Pudding.

1-2 cup molasses.	1-2 cup butter.
1 tablespoonful ginger.	1 or two eggs.
1 teaspoonful soda.	2 tablespoonfuls water.

Flour enough to make stiff. Add a few raisins if wished. Steam two hours.

Marmalade Pudding.

Mrs. W. E. Blythe, Quamichan Lake.

3 dessert spoonfuls marmalade.	
6 ounces of bread crumbs.	
2 ounces of butter.	2 ounces of sugar.
Quarter of a pint of milk.	One egg.

Method: Well-butter and mix with crumbs, add the sugar, marmalade, beat the egg in the milk and add the other ingredients. Butter well a mould, cover with buttered paper. Steam for two hours. Turn out and serve with a good custard or cream.

Marmalade Pudding.

Mrs. Longfield.

A little milk.	2 tablespoonfuls suet.
1-4 lb. of flour.	2 tablespoonfuls treacle.
1-4 lb. of pieces of bread.	
2 tablespoonfuls marmalade.	
1 tablespoonful carbonate of soda.	

Soak the bread in milk until quite soft, then squeeze quite dry and break up. Mix in the flour, suet, treacle and marmalade, then add the soda dissolved in a little of the milk which was pressed out of the bread. Dip a pudding cloth in hot water, flour it, then put the pudding in it. Steam two hours.

A Trifle.

Mrs. John Brown, "Cherrybank."

Cut twelve small sponge cakes in pieces, put them in a large glass dish, add a quarter of a pound of ratafias biscuits, and pour a half bottle of cherry wine over them. Then spread a small pot of strawberry or raspberry jam over the cake. In a large basin put a pint of cream, two or three tablespoonfuls of sugar, a small teacupful of wine, beat it to a froth. Take off the froth as it rises, lay on a sieve. Keep beating and taking off froth till all the cream is frothed. When it has drained sufficiently put the froth into the dish, heaping it as high as possible, put a little pinch sugar over the froth, have some ratafias biscuits and place them on their edge. For a small party half the size.

Snowflake Pudding.

Mrs. W. S. Gore.

1 cup raisins. 2 eggs.
 1 pint flour. 1 cup milk.
 1 tablespoon sugar.
 1 tablespoon butter (large.)
 2 teaspoons baking powder.
 Steam one and one-half hours.

Golden Pudding.

Mrs. F. B. Kitto.

4 eggs. 1-4 lb. sugar.
 1-4 lb. of suet. 1-4 lb. marmalade.
 1-4 lb. of bread crumbs.

A mixture for Layer Cake instead of Chocolate.

Take the juice of two lemons and the grated rind of one, three-quarters cup of white sugar, one whole egg. Beat well together in a saucepan with one teaspoonful of butter, and boil until thick. Spread the mixture between the layers of cake.

Snow Pudding.

Mrs. Gill.

Two tablespoons cornstarch dissolved in one-quarter pint of cold water, then add one-half pint hot water and juice of one lemon; let stand at boiling point for ten minutes, sweeten to taste. Beat whites of two eggs to a stiff froth and stir into the mixture, beating until quite smooth. Serve with custard sauce made from yolks of eggs.

Prune Mould.

Mrs. W. West-Wilson.

Take one quart of prunes, stew until tender. Then put through a colander. Put the pulp into a double boiler. Add one pound of sugar, soak one package Cox's gelatine in enough water to cover it. When the prune pulp comes to a boiling point stir in the gelatine, boil twenty minutes, stirring frequently, beat the whites of six eggs to stiff froth, remove the boiler (top one) from the fire, beat in the whites, beat for ten minutes. Pour into moulds previously filled with cold water. When cold serve with whipped cream, or boiled custard.

Sponge Pudding.

Mrs. A. E. Webster.

1 cup milk.	1-2 teacup sugar.
2 eggs, well beaten.	Pinch salt.
2 ounces butter.	Teaspoon powder.
Essence lemon or vanilla.	
Sufficient flour to make a stiff batter.	
Pour into buttered moulds and steam one hour.	

Apple and Cake Pudding.

Mrs. Henry Helgesen, Metchosin, (Sherwood Farm.)

Cook apples first as for apple sauce, stewing with a little sugar and water and cinnamon, until tender. Meantime mix a cake batter as follows:

Steam Chocolate Pudding.

4 eggs. 2 cups of chocolate.
2 cups of bread crumbs.
2 tablespoonfuls of butter and sugar.

Roly Poly Pudding.

Mrs. W. H. Bone.

1 egg. 1 pint of flour.
1 tablespoon of butter. 1 level teaspoon of salt.
1 rounded teaspoon baking powder.

Milk enough to make a soft dough. Sift baking powder and salt with flour, and rub in butter; beat egg until creamy. Add milk, mix with a knife, roll dough half an inch thick, add fruit or jam and roll. Steam an hour.

Baked Jam Roll.

Mrs. W. Wilson, Cadboro Bay Road.

1 lb. flour.
1-2 lb. dripping (or butter and lard.)
1 teaspoonful of baking powder.
Water and some stiff jam.

Rub the fat into the flour, add the baking powder, a pinch of salt, and water to make the dough. Roll out the pastry, spread it with a stiff jam, form it into a roly poly, join the edges at the ends, and put on a baking tin with the joined edges turned down. Bake in a good oven. Serve with a sweet sauce, or sugar sprinkled over it.

Tapioca Blanc Mange.

Mrs. W. G. Stevenson.

Half pound tapioca soaked one hour in one pint of milk and boiled till tender. Add a pinch of salt, sweeten to taste and put into mould. When cold turn it out and serve with strawberry or raspberry jam around it, and a little cream flavored with lemon or vanilla.

Diplomatic Pudding.

Mrs. A. E. Webster.

Yolks of 4 eggs. Little fine sugar.
Whites of 2. 3 sponge cakes.
1 ounce of gelatine.
1 dozen preserved cherries.

Decorate a mould with colored jellies and fruit, and lay in sponge cakes cut in slices. Beat up eggs, add milk and make into custard. Dissolve gelatine in one-half gill of water and strain into custard, and when nearly cold pour over cakes in mould. Set to cool and serve with whipped cream.

Honeycomb Pudding.

Mrs. Eric B. McKay.

Three cups milk and one-half package Cox's gelatine. Put to soak two hours, then put in double saucepan, with sugar and flavoring to taste, add the beaten yolks of four eggs, stir till like custard. Have four whites beaten stiff, then gradually add the custard, beating all the time, turn into mould. A tablespoonful of sherry is an improvement.

Summer Pudding for Children.

Mrs. E. Fisher.

Stew some raspberries with a little sugar; strain. Fill a mould with thinly cut bread (stale), and butter, and pour the juice over it. Put a weight on and let it stand twelve hours. Turn out and serve with white cream.

Baroness Pudding, very good.

Mrs. Mainguy, Duncans.

3-4 lbs. flour. 3-4 lb. finely chopped suet.
3-4 lb. raisins, weighed without seeds.
1-2 pint milk and a little salt.
Boil or steam in cloth or butter basin four and one-half hours.
Serve with sifted sugar only.

Baroness Pudding

Miss A. Macrea.

3-4 lb. of suet. 3-4 lb. of flour.
 1-2 pint of milk. 1-4 saltspoon of salt.
 3-4 lb. raisins (weighed after being stoned.)

Mode: Prepare the suet by carefully freeing it from skin, and chop it finely. Stone the raisins and cut them in halves and mix both these ingredients with the salt and flour. Moisten the whole with the above proportion of milk, stir the mixture well and tie the pudding in a floured cloth, which has been previously wrung out in boiling water. Put the pudding into a saucepan of boiling water and let it boil without ceasing for four and one-half hours. Serve with plain sifted sugar.

Lemon Pudding.

Mrs. H. Fry, Chemainus.

1 1-2 pints of water. 1 tablespoon butter.
 4 eggs. 1 cup sugar.
 2 tablespoons of cornstarch.
 2 lemons, juice of both, rind of one.

Method: Heat water to boiling point, stir in cornstarch, boil five minutes, stirring constantly while hot, mix in butter and set away to cool, beat the yolks separately. Add the sugar, mix all very thoroughly before putting in the juice and rind. Stir all smooth, put it in a dish and bake. Beat whites stiff, put on top. Brown slightly.

Cold Lemon Pudding.

Mrs. Percival R. Brown.

3 yolks of eggs. 1 pint of water.
 1 cup of sugar. 8 leaves of gelatine.

Beat the white of eggs good and mix it together, juice and grated rind of one lemon.

Snow Custard.

Mrs. T. R. Cusack.

One-half box of gelatine, pour over it a pint of boiling water, stir until all is dissolved, add two cups of sugar, juice of two lemons. When nearly cold add the whites of three eggs. Beat all thirty minutes. Pour into a dish to harden.

Snow Pudding

Mrs. H. Fry, Chemainus.

2 cups of water. 1-2 cup of sugar.
2 eggs (whites only.)
2 tablespoons cornstarch.

Boil water and sugar together, stir in cornstarch; when it thickens whip whites of eggs and add them, stirring thoroughly. Put in moulds. When prepared for table turn out. Put boiled custard round it.

Carrot Pudding.

Mrs. W. A. Gleason.

1 cup of currants. 1 cup of carrots.
1 cup of raisins. 1 teaspoonful salt.
1 cup of suet. 3 cups flour.
1 cup of brown sugar. 1 teaspoonful soda.
And 1 cup of potato grated.

Steam or boil from two and one-half to three hours. Very nice.

Lemon Pudding.

Mrs. F. Page.

2 1-2 ounces bread crumbs.
1-2 ounce butter.
1 ounce white sugar.
Grated lemon rind.
1-2 pint boiling milk.

To stand for an hour, then add one beaten egg and mix. Bake.

Amber Pudding.

Mrs. Hardie, Sr.

(1800 or Earlier.)

To half a pound of melted butter stir in half a pound of powdered sugar, then add the yolks of twelve eggs well beaten, one tablespoonful of fine flour, half a wine-glass of brandy, with cinnamon and nutmeg to your taste. One hour in a slow oven is sufficient to bake it.

Mysterious Pudding.

Mrs. F. B. Kitto.

Two eggs and their weight in flour, butter and castor sugar, a tablespoonful of marmalade, a teaspoonful of baking powder.

Beat the butter to a cream, and add it to the sugar, then the flour, which should have been well mixed with the baking powder, then the marmalade. Beat the eggs well, yolks and whites separately, adding the whites last. When well mixed pour into a well-buttered basin and steam for an hour and a half. (Better three hours.)

Olney Pudding.

Miss A. Macrea.

2 ounces sugar.	1-4 lb. butter.
2 eggs.	1-4 lb. flour.
2 tablespoons of jam.	
1-2 teaspoon soda mixed in a teaspoon of milk and water.	

Steam for two hours.

Fig Pudding, No. 1

Mrs. W. E. Blythe, Quamichan Lake.

1-2 lb. of bread crumbs.	2 ounces of butter.
1-4 lb. of figs.	1 gill of milk.
1 egg.	A little candied peel.

Put in buttered mould and bake one and one-half hours.

Fig Pudding No. 2

Mrs. W. E. Blythe, Quamichan Lake.

1-2 lb. of figs. 6 ounces of sugar.
 1-2 lb. of suet (beef.) 3 eggs.
 1-2 lb. of bread crumbs. A wine-glass of milk.
 Boil or steam three hours.
 The rind of two and juice of one lemon.

No. 2 is a delicious pudding. We put everything through the mincer, for the finer the ingredients are the better.

Steamed Fig Pudding.

Mrs. Hinton.

1 cup of sugar. 1-2 cup peel.
 1-2 cup milk. 1-2 cup butter.
 3 eggs. 1 teaspoon vanilla.
 1 cup chopped figs. 1-2 nutmeg.
 1 cup raisins. Two cups of flour.
 1 teaspoon cinnamon.
 Heaping teaspoon baking powder.
 Steam one hour. Serve with hard sauce.

Fig Pudding.

Mrs. James Sargison.

1-2 lb. suet. 1-2 teaspoon soda.
 1 lb. figs, chopped. 1 lb. bread crumbs.
 1 egg. 1-2 lb. brown sugar.
 1 nutmeg, grated. Milk to moisten.
 Boil three hours and serve with brandy or vanilla sauce.

Fig Pudding.

Mrs. Longfield.

4 ounces of suet. 2 eggs.
 3 ounces of flour. 1-4 cup of milk.
 1-4 of a nutmeg. 2 ounces of sugar.
 6 ounces of bread crumbs.
 5 ounces of chopped figs.
 Mix together and steam for two hours.

Date Pudding.

Mrs. Stannard.

2 eggs. 1 cup of flour.
 1 lb. of dates. Enough milk to mix.
 1 cup of brown sugar. 1 cup of bread crumbs.
 Steam or boil three hours.
 1 cup of beef suet chopped fine.
 1-2 teaspoonful baking soda.

Date Pudding.

Mrs. Arden, Metchosin.

Stone a pound of dates and chop them up with a quarter of a pound of suet, and sift a quarter of a pound of flour with a quarter of a pound of sugar. Mix the dates and suet with this; also half a nutmeg, grated, and a wine-glassful of sherry.

Boil for two hours in a cloth and serve with a hard sauce of sugar and butter.

This pudding is almost as nice without the wine. I find these two recipes very satisfactory, and can recommend them very highly.

Christmas Pudding with Eggs.

Mrs. F. B. Kitto.

1-4 lb. sugar. A little salt.
 1-4 lb. currants. 1-4 lb. plums.
 6 ounces flour. 6 ounces grated carrot.
 6 ounces beef suet, chopped fine.
 A little nutmeg or ginger and candied peel.

To be all well mixed. This requires nothing to wet it. A little brandy and sherry are an improvement. To be boiled five hours.

Plum Pudding.

Mrs. H. A. S. Morley.

1-2 lb. flour.	1-2 lb. currants.
3-4 lb. bread crumbs.	1-2 lb. suet.
1-2 lb. raisins.	1-2 lb. brown sugar.

Candied peel, nutmeg and spice according to taste, a little treacle or syrup.

3 eggs.	2 tablespoonfuls brandy.
Rind and juice of two lemons.	
1-2 lb. sultana raisins.	

Some Sweet Sauces.

The ability to make a good sweet sauce of the proper consistency, having the ingredients which enter into its composition so proportioned and incorporated that the presence of no particular one is perceptible, of a flavor pleasing yet not pronounced, is an accomplishment of which any housewife may well be proud; for the sweet sauce is to the pudding and similar dessert what the sauce piquante is to meats—it not only adds the finishing touch to the latter, but accentuates the savoriness of the dish it accompanies.

The sauce-maker who is successful must pay strict attention to details, for upon them rests the delicate flavor so desirable. Nothing but the choicest materials must be used. The taste of stale and inferior ones cannot be disguised by profuse seasoning, as some cooks imagine. Only a wooden spoon or spatula should be used for mixing and stirring. Metal ones will impart a disagreeable taste very noticeable to the sensitive palate. The mixing bowl, saucepan and other vessels used must be scrupulously clean.

Cooked sauces should never boil hard, or be violently stirred while cooking.

Snowy Pudding Sauce.

Miss A. Macrea.

Boil one cup of milk and thicken it with a good dessert spoonful of flour worked smooth in a little water. Cook five minutes. Add one saltspoon of salt and let it cool. Cream one tablespoon of butter with half a cup of sugar, add one teaspoon of essence of vanilla, and beat it all into the cool thickened milk. Beat the white of one egg stiff and beat it gradually into the sauce. Jam may be substituted for vanilla.

To be eaten on hot puddings.

Foam Sauce.

Mrs. R. B. McMicking.

2 eggs.

1 1-2 cup sugar.

2 tablespoonfuls butter (melted.)

Beat eggs very light. Add by degrees the sugar, beat till white, add butter, vanilla and sherry to taste

Hard Sauce.

Mrs. R. B. McMicking.

1-2 cup butter.

1 cup pulverized sugar.

2 eggs (whites.)

Dessert spoon vanilla.

3 tablespoons brandy.

Wash butter in cold water to free from salt, warm slightly, beat in the sugar and vanilla, and cream it fifteen minutes; add the egg and beat until white, then the other, and continue until light and creamy. Grate on a little nutmeg and lastly the brandy. Pour it into the glass in which you wish to serve it from, smooth the top, ornament with roses (from part of the cream), put through the funnel, either pink or pistachio, or decorate with crystalized fruit. Stand in cool place until wanted. Will keep a long time, and improves.

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FROZEN DAINTIES

“ Now a bit of sugar,
Now a bit of spice ;
Stir it briskly,
And 'twill prove
Very, very nice.”

“ Good sooth, she is
The queen of curds and creams.”

Ice Cream.

Mrs. Raymur.

Make a good custard of six eggs, one quart milk. When cold add one quart whipped cream. Sugar and flavoring to taste. Freeze.

Vanilla Ice Cream.

Miss N. Richdale.

1-2 pint cream. 1 quart milk.
1-2 cup white sugar. 4 eggs.
3 tablespoonfuls vanilla.

Beat yolks separate from white. This makes a gallon of cream. Put ingredients in cold. Mix rock salt with chopped ice. Let it stand two hours. All the better.

Strawberry Ice Cream.

Mrs. Hinton.

Make a custard with a pint of milk, two eggs and a pinch of salt. When cold add a pint of preserved strawberry, a pint of whipped cream, a teaspoonful of strawberry extract and sugar to taste.

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Lemon Sherbets.

Mrs. N. Richdale.

Make a rich lemonade. Add one beaten white of egg and freeze.

Frozen Pudding.

Mrs. E. Crow Baker.

Quart of cream.	1 pint water.
1 pound sugar.	Yolks of 6 eggs.
Orange juice	Teaspoon vanilla.
Half pint chopped fruit.	

Beat the yolks of six eggs until very light. Boil together a pint of water and a pound of sugar for five minutes, add the yolks of the eggs, beat over the fire for just a moment. Take from the fire and beat continuously until the mixture is cold. It should be thick like sponge cake batter. Add a quart of cream and a teaspoonful of vanilla. Turn into a freezer and freeze until it is the consistency of soft snow. Have ready half a pint of chopped fruit which has been soaking for one or two hours in orange juice, add this fruit and turn until the mixture is well frozen. This pudding may be served with or without sauce.

Spanish Cream.

Mrs. James Gaudin.

1 quart of milk.
 1 quart package gelatine or isinglass.
 6 tablespoonfuls powdered sugar.
 4 eggs.
 Flavor with essence of lemon and vanilla.

Moisten gelatine in one-half cup water. Take half the milk and make warm, then add the gelatine and stir till dissolved, beat the four yolks with half of the sugar, and add the other half of the milk, then pour it into the warm milk and gelatine, and cook as for custard. Remove from the fire, add the lemon (a few

drops) in the whites (which have been beaten to a froth with the other half of the sugar, and flavored with a few drops of vanilla. Stir well together and pour into moulds.

Peach Russe.

Madam Charles Murrissette.

Cover one-half a package of gelatine with one-half cup water, soak ten minutes, then dissolve over hot fire. Reserve a teaspoonful and set where it will keep warm; strain remainder over one pint of peach pulp. Add one cup powdered sugar, grated rind of lemon, a little extract of almond and beat well; then fold in one pint of whipped cream a little rich strawberry syrup added, will give a delicate peachblow tint. Dip a fancy mould into hot water, wipe dry, pour into it the tablespoonful of warm gelatine, turn the mould round and round until the gelatine thinly coats all parts. Pour in the mixture, cover, pack in cracked ice and coarse salt and let stand for several hours. Serve on a dish garnished with delicate fern leaves and a few small pink rosebuds.

Russian Cream.

Miss Fawcett.

Soak one packet of gelatine in cold water, enough to cover, for one hour. Put one quart of milk on in a double boiler, and when it boils stir in the gelatine and the yolks of four eggs beaten up with one cup of sugar. Flavor with vanilla and cook for three or four minutes. Take it off the stove and when it has cooled a little lightly, stir in the whites of the four eggs beaten to a stiff froth. Pour into the mould wet with cold water. It should turn out next day clear jelly on top, merging into thick yellow, frothy cream below. It does not matter if it curdles a little in the process of cooking.

Ginger Cream.

Mrs. R. B. McMicking.

1 cup milk.	1-2 cup sugar.
2 eggs (yolks.)	1-4 cup ginger.
1-4 ounce gelatine.	2 cups whipped cream.
2 tablespoons ginger syrup.	
2 tablespoonfuls brandy.	

Make a boiled custard, add gelatine, and when cool, fold in cream. Freeze one hour, turn out. Serve with whipped cream or boiled custard. The candied ginger much preferred.

Neapolitan Mousse.

Mrs. Justin Gilbert.

Soak one-quarter box or gelatine in one-quarter cup of cold water. Cut one-quarter pound candied cherries and one-quarter pound blanched almonds into small pieces. Whip one pint of cream; add gelatine, two-thirds cup of powdered sugar, pinch of salt, one tablespoon each of sherry and vanilla, fruit and nuts. Stir carefully from the bottom until it begins to stiffen. Place in a covered mould, and pack in ice and salt. Allow to stand from four to six hours. Serve with whipped cream.

This will serve twelve persons.

Maple Parfit or Moose.

Mrs. R. B. McMicking.

1 pint cream.	4 eggs (yolks.)
1 cup maple syrup.	

Scald syrup and pour over the beaten yolks, let it cool and fold in the cream, whipped; put in a mould or yeast powder cans. Cover tightly. Stand on ice three hours. Moose may be made of any kind of fruit juice.

A new Frozen Dessert.

Among the new frozen desserts Sultana roll is perhaps the most attractive. It certainly is palatable

and does not contain injurious materials. Plain round moulds are not to be found in the market, but almost every housewife uses baking powder, and the pound baking-powder tins make excellent Sultana roll moulds. Test each can to make sure that it does not leak. A hole the size of a pin point will allow sufficient salt water to enter to spoil the whole pudding.

Cover half a cupful of Sultanas with the juice of three oranges. Put a pint of cream over the fire in a double boiler; add one cupful (eight ounces) of sugar; stir until the sugar is dissolved; take from the fire and cool. When perfectly cold add another pint of uncooked cream, a teaspoonful of bitter almond extract, and about three drops of "apple green" coloring. Freeze the mixture in an ordinary freezing-can. When frozen stir in two ounces of pistachionuts that have been blanched and ground. If you are without a grinder pound them to a paste. Drain the sultanas perfectly dry. Whip one pint of cream to a stiff froth; add the drained Sultanas, four tablespoonfuls of powdered sugar, and three drops of cochineal; mix carefully. Have the freezing-tub ready and the moulds dipped in cold water and arranged over the ice. Line the moulds, bottom and sides, to the depth of one inch with the pistachio ice cream; fill the centre with the whipped cream; put a layer of ice cream over the top, then a piece of waxed paper, and put on the lid. Pack the moulds quickly; cover with ice and salt and stand aside for two hours until thoroughly frozen. If the lids are not close-fitting bind them with strips of muslin dipped in melted paraffine. The paraffine will harden the moment it touches the can, making the seams sufficiently tight to prevent the entrance of salt water.

For the sauce, wash and strain a pint of strawberries. Put one cupful of sugar with half a cupful of water over the fire; stir until the sugar is dissolved. Boil until the syrup spins a heavy thread. Take from the fire, add the strained juice of two lemons and the strawberry juice; mix and stand on

1-2 cup raisins, chopped fine.
1-2 cup candied fruit, chopped fine.
1-2 cup almonds, blanched and pounded.
Pint of cream, whipped.
Juice of lemon and orange.
1-2 cup dates, chopped fine.

Make custard, add ingredients. When cool line a dish with lady fingers, pour in the mixture, pack in ice for two hours. Turn out and serve with whipped cream.

Almond Parfait.

Shell a quarter of a pound of almonds and cut them in very narrow strips. Melt half a cupful of sugar in half a cupful of water; cook, without stirring, until a little dropped in cold water will form a ball when rolled between the fingers. Whip two eggs until frothy, but not stiff; then pour the syrup in a fine stream over them, beating all the time. Beat until cold. Add the almonds, a tablespoonful of lemon juice and half a pint of cream whipped to a solid froth. Pour into a mould, pack in ice and salt, and let stand for four hours. Unmould and serve.

Orange Cream.

Mrs. R. B. McMicking.

Cut oranges nearly in half. Take out the pulp, taking care not to break the skin of the orange. Ornament the outside of each with icing, put the piping cone in any design fancy may dictate. Put one tablespoonful of orange marmalade in the bottom of each, mix up some of the pulp freed from fibre, fill the oranges then with whipped cream flavored and sweetened. Put through forcing bag. Over the top thread white silk baby ribbon through for handles. Put on a glass dish and surround with holly and berries, or in summer with delicate ferns and La France roses.

CAKES

With weights and measure just and true,
Oven of even heat,
Well-buttered tins and quiet nerves,
Success will be complete.

Cakes should not stand before being baked. The richer the cake the more slowly and longer it must bake. Streaks in cake are caused by too rapid or unequal baking, unskillful mixing, or a sudden decrease in heat before the cake is quite done.

Wedding. (Very Old)

Mrs. Tilton.

- 1 1-2 lbs. flour. 1 lb. fine sugar.
- 1 1-2 lbs. butter (very best.)
- 1 lb. dried cherries (slightly chopped.)
- 1 1-2 lbs. dried currants (well cleaned.)
- 1 1-2 lbs. candied peel (equal quantities of each cut into small shreds.
- 8 ounces ground and pounded almonds.
- 8 whole eggs.
- 4 orange rinds scraped on lump sugar, and afterwards scraped off.
- 1-2 lb. ground spices, viz: cloves, cinnamon and nutmeg.
- 1-2 pint cognac (brandy.) 1 teaspoonful salt.

Directions: Place the butter in a large earthenware bowl and work to a cream with a wooden spoon. Next gradually add the flour, sugar and

eggs, beating all the time. Now add the cherries, candied peel, ground almonds, currants, spices, salt and brandy. When all smoothly blended pour the mixture into a large tin with straight sides, doubly lined with buttered paper to prevent scorching. The oven should be moderately hot, taking care to bake evenly and to add no more fuel for fear of suddenly increasing the heat.

Fruit.

(Two Big Cakes.)

Mrs. Charles Rhodes.

1 lb. butter (liberal.) 10 eggs.
 2 lbs. flour. 1 glass currant jelly.
 1 lb. black sugar (very liberal.)
 2 cups of stoned cooked prunes, without juice.
 2 wine-glasses of brandy.
 1 large cup black molasses, into which put 1 teaspoonful of cream-a-tartar.
 3-4 lb. citron. 1 wine-glass of sherry.
 1-4 lb. orange peel. 3 lbs. stoned raisins.
 3 lbs. Brazil nuts. 1 lb. currants.
 1 lb. blanched almonds.
 1 teaspoonful each of ginger, allspice, cinnamon and cloves.
 1-2 teaspoonful of ground mace.

Brown the flour and flour the fruit well from the above quantity. Two heaping teaspoonfuls baking powder mixed with a little of the flour. First beat up butter and sugar together, then add brandy and wine and molasses, also spices, then well-beaten eggs. Mix well and add the flour left from fruit, then fruit and nuts, a few at a time.

Christmas.

Mrs. Herbert Kent.

3-4 lb. figs. 1-2 lb. citron.
 1 lb. each of butter, sugar and flour.

2 1-2 lbs. currants.	1-2 orange.
2 lbs. raisins.	1-2 teacup brandy.
Teaspoon cinnamon.	8 eggs.
1-2 lemon.	1 lb. blanched almonds.
1-2 teacup best port wine.	
1-2 teaspoonful soda, cloves and mace.	

Raisins stoned, chopped and rolled in flour, squeeze juice from lemon and orange, removing seeds, chopping rind and pulp fine, with as much sugar (extra) as can be stirred in, until thick batter is formed.

Slice almonds, chop figs, beat butter to a cream with soda and sugar. Add spices, wine, brandy, orange, lemon, butter and figs. Beat together till well mixed, then add beaten yolks of eggs, then flour, raisins, almonds and citron.

Or mix old way, butter, sugar, eggs, wine, a little at a time, etc. Mix fruit well together with spices and add in handfuls.

Fruit. (Without Eggs).

Mrs. M. Edgson, Rocklands, Shoplands, B. C.

1 lb. of flour.	1-2 lb. of sugar.
1-2 lb. of butter or lard.	
4 wine-glasses of sweet milk.	
1 tablespoonful of treacle (warmed.)	
1-4 lb. sultanas.	1-2 lb. of raisins.
A little nutmeg.	1-4 lb. of currants.
1 teaspoonful of soda.	
1-4 lb. candied mixed peel.	

Method: Cream sugar and fat together, then the flour, in which the soda and a salt spoon of salt have been thoroughly mixed, then add other ingredients. Bake in moderately quick oven for an hour and fifteen minutes.

Christmas.

M. L. McM.

12 eggs.	1 lb. flour.
1 lb. citron.	1 lb. butter.

3 lbs. currants. 2 lbs. raisins.
 1 teaspoon soda. 1 lb. granulated sugar.
 1-2 teaspoonful nutmeg.
 1-4 teaspoonful allspice and cloves each.
 1 tablespoonful cinnamon.
 2 large tumblersful brandy.
 1 cup thick strawberry jam.
 1-2 lb. blanched and pounded almonds.
 1 cup dates, stoned and minced.
 2 tablespoonfuls caramel.
 Bake four hours in a slow oven.

Good Plum (English).

Mrs. Edward Gordon, Otter Point.

One-half pound butter creamed with one-half pound sugar. Add yolks of four eggs and beat well. Then add the four whites beaten to a strong froth, then one-half pound warm, dry flour, three-quarter pound currants, one pound sultanas, six ounces almonds cut in strips, and one-quarter pound citron cut fine. Mix quickly and put into lined tin and bake in moderate oven about three hours.

Xmas Plum.

Miss B. Duncan, Duncans, B. C.

1 lb. butter. 1-2 lb. mixed peel.
 3 lbs. currants. 12 eggs.
 1 lb. raisins. 1 quart flour.
 1 lb. sugar. 1-2 oz. mixed spice.

Method: Beat the butter to a cream and stir into it the yolks of the twelve eggs beaten well with the sugar, then add the spice, flour, fruit and peel gradually.

This cake will appear very stiff, but it comes out right in the baking, which must be done very slowly.

Fruit.

Mrs. Wood.

1 pint of molasses. 1 cup strawberries.
 Yolks of 13 eggs. 1 of citron.

1 lb. of flour. 1 lb. of figs.
 2 lbs. raisins. 3-4 lb. butter.
 2 lbs. currants. 1 lb. of sugar.
 2 teaspoonfuls of baking powder.
 1 teaspoonful each cloves, nutmeg, allspice, cinnamon.

Rich Fruit.

Mrs. H. A. S. Morley.

1 nutmeg. 1-2 lb. sultanas
 1 lb. dark brown sugar. 1 1-2 lbs. currants.
 1 lb. mixed peel. 2 lbs. butter.
 1-2 lb. almonds. 3 lbs. flour.
 1 dozen eggs. 2 1-2 lbs. raisins.
 Mace and cloves to taste.
 1 gill of wine or brandy.
 Makes fifteen pounds of cake, or three good-sized ones.

Fruit.

Mrs. Tumilty, William Head.

1-2 lb. figs and dates. 4 cups flour.
 1 teaspoon soda. 1 lb. sugar.
 3-4 cups molasses. 1 lb. butter.
 1-2 cup brandy. 2 lbs. raisins.
 10 eggs. 2 lbs. currants.
 1 tablespoon mace, cloves, allspice, cinnamon.
 2 oz. each citron, lemon and orange peel.

Fruit.

Mrs. Anderson, William Head.

1 wine-glass brandy. 2 lbs. currants.
 1-2 cup molasses. 1-4 lb. peanuts.
 1 teaspoon mace. 1 1-4 lbs. flour.
 1-2 lb. mixed peel. 3-4 lb. butter.
 1 wine-glass wine. 1-2 lb. almond meat.
 1 nutmeg. 10 eggs.
 3 lbs. raisins. 1 lb. sugar.
 1 teaspoonful soda.
 1 tablespoonful each of cloves and cinnamon.

Mix butter and sugar well. Then add eggs. Next flour. Have raisins and currants flavored. Have peel soaked in brandy. Add soda dissolved in hot water. To brown the flour is an improvement.

Bake four hours.

Wedding.

Mrs. N. Richdale.

1-2 cup of brandy.	2 lbs. brown sugar.
3 lbs. of currants.	1 lb. candied peel.
3 lbs. of raisins.	14 eggs.
1 lb. of butter.	1 lb. of almonds.
1 1-4 lbs. snowflake flour.	
1 teaspoonful B. powder.	
2 teaspoonfuls mixed spices.	

This makes a big cake for Christmas.

Bake in three cakes. When making all bake four hours in a slow oven.

Fruit.

Mrs. A. G. Clark, Happy Valley, B. C.

1 cup butter.	4 eggs.
1 nutmeg, grated.	1-2 lb. citron.
3 cups flour.	1 lb. raisins.
2 cups sugar.	1 lb. currants.
3 large spoonfuls molasses.	
1 teaspoonful cream-a-tartar.	
1 small teaspoonful soda.	
2 teaspoonfuls each ground cloves and cassia.	

Fruit.

Mrs. Percival R. Brown.

1 gill brandy.	1 lb. sultana raisins.
1 lb. of butter.	1 lb. muscatel raisins.
1 lb. of mixed peel.	1 1-2 lb jante currants.
12 eggs, beaten together.	
3-4 lb. of sugar (Demerara.)	
The grated rind and juice of two oranges.	
1 lb. almonds, blanched and shredded.	

Mix thoroughly and bake in steady oven five hours.

Christmas.

Mrs. Longfield.

2 lbs. of flour.	A little milk.
1 lb. sugar.	6 eggs.
1 lb. butter.	A pinch of salt.
1-2 lb. almonds.	1-4 lb. mixed peel.
1 lb. currants and sultanas.	
2 teaspoonfuls of baking powder.	

Wedding.

Mrs. R. B. McMicking.

Dry some fine white flour. Brown it slowly, stirring it all the time in a shallow pan on top of the stove. Let it cool and sift for use. It should be of an even tint, fawn colored. Take of this flour one and one-half pounds, and mix with it one tablespoon finely pulverized charcoal, and sift it twice. Take also six pounds stoned raisins, five pounds washed, picked and dried currants, six bitter almonds pounded in a mortar, two pounds blanched and chopped sweet almonds, one and one-half pounds brown sugar, sifted, one and one-half pounds butter, two pounds citron peel, eight ounces each of candied orange and lemon peel, two ounces powdered cinnamon, one large nutmeg, grated, one-half ounce powdered cloves, one-half ounce powdered mace, 2 gills brandy, one pint black molasses, one teaspoon salt, one-half teaspoon carbonate soda, juice and peel of two oranges, juice and peel of two lemons, nineteen eggs, four ounces best chocolate, grated.

Cream the butter and sugar. Add the yolks of eggs, well beaten, also the spices, brandy, salt, juice and grated lemon and orange peel. Mix the chocolate with the flour and stir it in. (Of this, however, reserve one gill.) Add to the batter now the whites of the eggs, which must previously have been beaten stiff. When these have been well beaten

in add the soda dissolved in a little hot water. Lastly, add the fruit and almonds dredged thoroughly with the gill of flour. Mix all smoothly and thoroughly, and then beat long and hard. When beaten smooth and light, put into a large pan or graduated sizes, well papered, and bake four or five hours at least.

White Fruit.

Mrs. Rykert.

1 lb. seeded raisins. 1 cup milk.
 1-4 lb. citron, fine. 2 1-2 cups flour.
 Figs. 2 even teaspoons B. P.
 Blanched almonds. Lemon extract.
 17 eggs, beaten separately.
 1 cup butter, 2 cups sugar, cream together.
 Mix all thoroughly before mixing fruit.
 Bake slowly two hours.

Malvern Rice.

Mrs. Longfield.

1-2 lb. of sugar. 2 eggs.
 1-2 lb. of flour. 1-2 a gill of milk.
 1 1-2 lbs. of ground rice.
 2 ounces butter or lard.
 1 teaspoonful of baking powder, flavoring if liked.
 Bake in a shallow tin about ten minutes in a quick oven.

Velvet. (Good)

Miss Alexa Russell.

1 lb. sugar. 5 eggs.
 1 lb. flour. Nearly a cup of water.
 Fruit and spice if desire 1-2 lb. butter.
 1 teaspoon cream of tartar.
 1-2 teaspoon soda. (Baking powder is not so good.)

Scripture.

Mrs. George Shaw.

- 1 cup butter. (Judges v., 25.)
- 3 1-2 cups flour. (I Kings iv., 22.)
- 3 cups sugar. (Jer. vi., 20.)
- 2 cups raisins. (I. Sam., xxx., 12.)
- 2 cups figs. (I. Sam., xxx., 12.)
- 1 cup water. ~~XXXXXXXXXX~~
- 1 cup almonds. (Gen. xl., 11.)
- 6 eggs. (Isaiah x., 14.)
- 1 tablespoon honey. (Ex. xvi., 31.)
- A pinch of salt. (Lev. ii., 13)
- Spices to taste. (I. Kings, x., 10.)
- 2 teaspoons baking powder. (I. Cor., v., 6.)

Proceed as is ordinary rules for cake, putting in the fruits and nuts last of all. The raisins should be seeded, the figs chopped, and almonds blanched and sliced. All of these well floured to prevent sinking to the bottom.

Bake in a square loaf pan.

Lemon.

Mrs. Hardie, Sr.

(1800 or Earlier.)

Beat the whites of ten eggs with a whisk for one hour, with three spoonfuls of rose water, then add one pound of sugar, beat and sifted with the rind of a lemon grated into it. When this is well mixed put in the juice of half a lemon and the yolks of ten eggs. Beat smooth, and before you put it into the oven stir in three-quarters of a pound of flour. Butter your pan and one hour will bake it.

Seed.

Miss Florence H. Walbran.

Take one-half pound of butter, beat to a cream, add one-quarter pound fine sugar, break in four eggs, beat all well together. Stir in one-half pound flour

sifted with a teaspoonful baking powder, add two teaspoonfuls caraway seeds, beat for a few minutes, put into a greased tin, and bake for one hour.

Victoria.

Miss Stuart.

1 cup butter.	4 eggs.
2 cups sugar.	1 cup molasses.
4 cups flour.	2 cups raisins.
1 cup sour milk.	2 cups currants.
1 teaspoon saleratus.	
1-4 lb. citron and spice to taste.	

Feather.

Mrs. (Dr.) Hasell.

5 eggs.	2 small cups flour.
2 small cups sugar.	1-2 cup butter.
1-2 cup milk (slightly warm.)	
1 teaspoon baking powder.	
1 teaspoon lemon flavor.	

Beat butter and sugar together, add yolks of eggs, then whites, then milk. Add flour last. Stir well. Bake in moderate oven one hour.

Feather Filling.

Mrs. S. Moody.

1-2 cup butter.	3 eggs.
2-3 cup milk.	1 cup sugar.
2 scant cups of flour.	
2 teaspoonfuls baking powder.	

Cream, sugar and butter, add yolks well beaten, then milk and lastly whites beaten stiff. Bake in three layers.

Filling.

1-2 cup water (cold.)	1-2 cup butter.
1-2 cup chopped raisins.	4 tablespoons flour.
1-2 cup chopped walnuts.	
1 cup of powdered sugar.	

Mix flour and water to make a thin batter. Put on stove and stir until a thick paste. Put aside to cool and cream sugar and butter, and add the paste a little at a time. Beat well. Add raisins and nuts and flour, with vanilla.

Ice Cream.

Mrs. (Dr.) Hanington.

Whites of four eggs.	Half cup butter.
Half teaspoon soda.	Half cup milk.
Two cups flour.	One cup sugar.
One teaspoon cream of tartar.	

Dissolve soda in milk, sift cream of tartar through flour, beat eggs till stiff. Bake in two thin cakes.

Icing: One coffee cup sugar, half cup boiling water. Boil till stringy. Add white of one egg well beaten and beat until cool. Flavor with vanilla, and color (if desired) with a few drops of cocheneal. Spread between and on top of cake.

Cornflour.

Miss Florence H. Walbran.

Take two ounces butter, beat to a cream, add one-quarter pound fine sugar, break in two eggs. Beat all well together. Stir in lightly one-quarter pound cornflour and one tablespoonful common flour, one teaspoonful baking powder. Beat for five minutes. Put into a greased tin, and bake in a brisk oven for half an hour.

Muskoka.

Mrs. W. Broderick.

1-3 cup of butter.	1-4 cup of molasses.
1-2 cup of sugar.	1 cup of raisins.
1-4 cup of milk.	1 1-2 cups flour.
1-2 cup of walnuts.	
2 teaspoons baking powder.	
A little nutmeg and cinnamon.	

Lincoln.

Mrs. Watson.

1 lb. butter. 1 lb. flour.
 1 lb. sugar. 6 eggs.
 1 tablespoon rose water 1 nutmeg:
 2 cups sour cream or milk.

1 teaspoon soda dissolved in hot water and stirred into cream. Just before adding cream, butter and sugar, add yolks well beaten, then spice, flour, rose-water and a cupful each of mixed peel and blanched almonds, chopped fine; lastly the whites of the eggs well beaten.

Nut.

Mrs. W. Gere,

1 cup sugar. 10 eggs.
 1 1-2 lbs. walnuts.

The juice of half and rind of whole lemon.

Beat the yolks to stiff froth with one cup sugar, then add the nuts (crushed in a mortar), then the lemon juice and grated rind. Beat the whites to a stiff froth. Mix all together, bake thirty to forty minutes.

The nuts should be weighed with shell on and cracked over night.

English Tea.

Mrs. George Powell.

1-2 lb. brown sugar. Pinch of salt.
 1 lb. currants. 1 lb. flour.
 1-4 lb. candied peel. 1-2 lb. butter.
 1-2 nutmeg, grated.

Few drops lemon essence.

Rub well together with the hands:

Three eggs, well beaten.

1 cup of sweet milk slightly warmed.

1 teaspoon baking soda dissolved in a little of the milk.

Beat well together with a wooden spoon. Will take two hours to bake.

Layer.

Mrs. T. N. Henderson.

Essence. 1 1-2 cups of flour.
 Make two layers. 2 teaspoons B. powder.
 1 large tablespoon butter.
 3-4 cup of white sugar.
 2 eggs (beaten separately.)

Dolly Varden.

Mrs. Fields, Metchosin.

2 cups flour. 1-2 cup of milk.
 The white of three eggs.
 1 cup of powdered sugar.
 1-2 cup of butter.
 1 teaspoon of baking powder.
 Cream the butter and sugar. Make frosting of the yokes. Flavor to taste.

Currant.

Mrs. Fields, Metchosin.

2 cups of flour. 1 1-2 cups of butter.
 2 eggs. 1 cup of sugar.
 Bake quickly. 1-2 cup of milk.
 1-2 cup of currants.
 2 teaspoons of baking powder.

Christmas Nut.

Miss Smith, Menzies Street.

Cream together two cups sifted sugar and half a cupful butter. Add the yolks of three eggs, one cup sweet milk, three cups sifted flour and three teaspoons baking powder. Fold in the beaten whites of three eggs, one cup blanched and chopped almonds, flavoring to taste. Bake in small tins.

Plain Currant.

Mrs. A. Weir, Metchosin, B. C.

Beat together three eggs and one cupful of milk with one cupful of sugar, and half a cupful of melted butter. Then sift in three cupfuls of flour containing two teaspoonfuls of baking powder. Mix all together and then add two cupfuls of currants. Bake in moderate oven.

For frosting: Boil together one cupful of granulated sugar and six teaspoonfuls of hot water until it "hairs" when dropped from spoon. Beat white of one egg to stiff froth, and mix with sugar. Then beat together until nearly cold, and spread on cake with knife.

Raisin.

Miss Flo Lawson.

2-3 cups of butter.	3 eggs.
1-2 cup of sugar.	1 lb. of raisins.
2-3 cup of milk.	Pinch of salt.
Flavor to taste.	

3 cups of flour, 3 tablespoonfuls of baking powder sifted together.

Mode: Cream butter and sugar together, add eggs and milk, then flour, baking powder, salt and flavoring lastly. Add the raisins mixed with one and one-half tablespoonfuls of flour. Bake in a moderate oven for three-quarters of an hour.

Plain Marble.

Mrs. A. Weir, Metchosin, B. C.

Beat together two eggs, half a cupful of butter, one cupful of sugar, and one cupful of milk. Add two cupfuls of flour and two teaspoonfuls of baking powder, and mix well.

Divide batter into three parts. Mix with one part two teaspoonfuls of ground chocolate or cocoa, and half a teaspoonful of pudding spice. With another mix a half teaspoonful of cochineal. Put into buttered pan; yellow first, then chocolate and pink. Then bake in moderate oven.

Very Good Seed.

Mrs. H. A. S. Morley.

3-4 lb. sugar. 1 lb. butter.

1 lb. flour. 6 eggs.

3-4 ounces caraway seeds.

Pounded mace and grated nutmeg to taste.

1 wine-glass brandy.

Equally nice with sultana raisins or currants.

Bake from one and one-half hours to two hours.

Washington.

Mrs. H. A. S. Morley.

4 eggs. 1 cup butter.

3 cups flour. 1 cup sweet milk.

2 cupfuls of sugar.

Method: Beat the whites and yolks separately, one-half teaspoonful of soda and a teaspoonful of cream of tartar. Bake in round tins.

Peel and grate two large apples, add the rind and juice of a lemon, one cup of sugar and one egg. Let it boil up in a stewpan, pour it out and when cool spread over cakes.

Very Delicate Box.

Mrs. George Powell.

Cream thoroughly quarter cup of butter and one-half cup sugar. Add well-beaten yolks of two eggs. Beat again; one-half teaspoon rose water, one teaspoon vanilla and one drop almond, one cup flour, one teaspoon B. P., three tablespoons sweet milk; stir in whites and pinch of salt.

Raisin Filling.

Mrs. Reed.

One cup of sugar and a little water boiled together till brittle when dropped in cold water. Take off the stove and add the white of an egg well beaten, and one cup of raisins chopped very fine, and beat the whole till thick.

Plain. (Good)

Mrs. P.'s, "The Lowlands."

- 1 cup milk.
- 1 lb. sugar.
- 1 1-2 lbs. flour.
- 2 heaping teaspoons of baking powder.
- 4 eggs.
- 1-2 lb. of butter.

Method: Sift the baking powder well in the flour, cream the butter and sugar together, then add the well-beaten yolks of the eggs, then a little flour and milk alternately, lastly the well-beaten whites.

This makes a splendid foundation for all cakes.

Queen.

Mrs. Longfield.

- 8 ounces of flour.
- 6 ounces of sugar.
- 8 ounces of butter.

Beat all together; take two eggs, beat them well. Mix all together. Add a little lemon peel and a few currants.

Cream.

Mrs. N. Richdale.

- 2 cups white sugar.
- 1 cup butter.
- 2 teaspoonfuls B. powder.
- 2 cups, or a little more, of flour.
- 1 cup milk.
- 1 tablespoon vanilla.

Beat butter and sugar to a cream. Cut in half when done and put whipped cream.

Makes a delicious cake.

Cup.

Mrs. L. G. McQuade.

- 2 eggs.
- 2 cups of flour.
- 1-2 cup of milk.
- 1-2 tablespoon of yeast.
- 1 cup of sugar.
- 1-2 cup of currants.
- 1 tablespoon of butter.

Cornish.

Mrs. E. Price, Somenos, B. C.

3-4 lb. flour. 1-2 lb. butter.
Pinch of salt. 1-2 lb. currants.
2 tablespoons brown sugar.

Mix with milk or buttermilk, roll out and cook in large baking tins twenty minutes in a hot oven. Cut in squares or diamonds.

Vienna.

Mrs. T. Geiger.

Wash out and stalk one-half pound of raisins. Put them with one-quarter pound of granulated sugar in a saucepan, with one and one-twelfth pint of wine, (sherry or any other white wine); let them cook till quite swoolen; take them off the fire and let them get cold. Make a paste as follows: Mix well one-half pound of butter with five eggs, two spoons of good yeast, one pound of best flour, a pinch of salt and sugar, enough milk to bring it to the right consistency. Beat up until the mixture detaches itself from the spoon. Then butter a tin and spread the mixture on it. Let the paste rise before the fire, then lay in the cooked raisins, cut up almonds, candied peel, sugar and cinnamon. Have a little extra paste made for putting round the tin, beat up an egg and spread it over mixture. Then bake in a moderate oven.

English Soda.

Mrs. H. Fry, Chemainus.

1 lb. of brown sugar. 1 lb. of currants.
1-2 lb. of butter. 1 1-4 lbs. of flour.
3 eggs, well beaten. Spice and peel to taste.
1-2 pint of sweet milk (scant.)
1 teaspoon of soda dissolved in a little of the milk.

Beat the butter and sugar together, then add the eggs, milk, currants, sift the flour and mix all together with a spoon.

Jelly.

Mrs. D. A. McTavish.

1-2 lb. butter. 1 lb. sugar.
1 cup milk. 1 lb. flour.
6 eggs, whites beaten stiff.
1 teaspoonful baking powder.

Bake in jelly tins and put jelly between or bake in patty pans on a loaf.

Rolled Jelly.

"Rocklands," Comiaken.

1 cup sugar. 4 eggs.
1 of flour. Pinch of salt.
1 dessert spoon of milk.

Beat the yolks with the sugar, add flour (previously well sifted), then the whites well beaten to a stiff froth, add the milk last, if required. Mix as quickly as possible. Have a long baking pan ready well-buttered, turn out on a damp cloth, fill with jelly, jam, lemon paste, according to taste, and roll as quickly as possible.

Roll Jelly.

Mrs. T. N. Henderson.

1 teaspoon B. powder. 1 cup sugar.
Essence. 1 cup flour.
3 eggs (beaten separately.)

Turn out on a damp cloth, spread with jelly and roll.

Roll Jelly.

Mrs. Tumilty, William Head.

Three eggs, beaten well, with one cup of sugar; when light add one cup of flour, teaspoonful of

cream of tartar, one-half teaspoonful of soda dissolved in water. Baking powder can be used instead of cream of tartar and soda.

Rolled Jelly.

Mrs. Stannard.

4 ounces of flour. 4 eggs, well beaten.
2 tablespoonfuls milk. 6 ounces of sugar.
Two teaspoonfuls of baking powder.

Lemon Jelly.

Mrs. Wood.

3 eggs. 1-2 of milk.
1-2 of butter. 2 1-2 of flour.
1 1-2 cups of sugar.
2 teaspoonfuls of baking powder.
Bake in layers.

Filling: One cup of sugar, one egg, grated rind and juice of one lemon, one tablespoonful of water and teaspoonful of flour. Boil until thick, cool and spread between layers.

Lemon Jelly.

Mrs. Arden, Metchosin.

Cream half a cupful of butter and one and a half cupfuls of sugar together, add three cupfuls of sifted flour, two teaspoonfuls of baking powder, half a cupful of milk and six eggs. Bake in jelly tins.

For Filling: Take sugar, a cupful, two eggs, the juice and grated rind of two lemons. Mix, set on stove, stir until sugar is dissolved, and let cool until thick. When cold spread between layers of cake.

Infalible Sponge.

Miss Ethel M. Earle.

Allow the weight of five eggs in sugar, half this weight in flour, the grated rind and juice of half one lemon, and one-half tablespoonful of rosewater.

Beat the whites until perfectly stiff. Drop in the unbeaten yolks, and beat once more and then add the sugar. Beat until very light. Add flour, lemon, rose water. Stir carefully and bake in a steady oven.

Sponge.

Miss Annie Davey.

1-2 lb. sugar. 1-2 lb. flour.
1-2 lb. eggs (generally five.)

Beat the sugar and eggs half an hour and then just stir in the flour. Bake in a moderate oven about fifty minutes, not opening the oven for the first twenty minutes.

Sponge No. 1.

Mrs. R. B. McMicking.

4 eggs. 1 cup sugar.
1 cup flour.
Rind and juice of one lemon.

Separate yolks and whites and beat till a lemon color; add one-half cup sugar and lemon juice and grated rind. Beat again very light, add the remaining sugar, beat in lightly the flour, add beaten whites, cut and fold in carefully and lightly. Bake thirty minutes.

Sponge No. 2.

1 cup flour. 3 eggs.
1-2 cup water (boiling.) 1 cup sugar.
1 teaspoon yeast powder.

Beat eggs separately, place together and beat again, add sugar, sift flour and baking powder together, stir in, after which add the boiling water. Bake three-quarters of an hour.

Sponge.

Mrs. Longfield.

4 eggs. 6 ounces of sugar.
4 ounces flour.

Peel of a lemon to stand over night in two table-spoonfuls of water, the water to be strained and boiled with the sugar, beat the eggs partly and pour the boiling sugar over them. Beat twenty minutes two of the whites of the eggs to be taken out.

A pinch of salt.

Sponge.

Mrs. Wood.

Beat 4 eggs.

2 cups sugar, 2 cups flour with 2 heaping teaspoonfuls B. P. sifted in. Then add a little lemon and two-thirds cup of boiling water.

Sponge.

Mrs. L. G. McQuade.

Six eggs, two teacups pulverized sugar, beat yolks and sugar to a cream, add one and one-half cups of flour with two small teaspoons baking powder in it; then add the whites beaten to stiff froth, and stir all slowly till top is covered with bubbles. Bake in moderately quick oven.

Sponge.

Mrs. L. G. McQuade.

1 1-2 powdered sugar.

Grated rind.

2 of sifted flour.

1-2 cup of cold water.

3 eggs.

Teaspoon soda.

Bake in dripping pan.

Half the juice of 1 lemon.

2 teaspoons cream of tartar.

Sponge.

Mrs. Stannard.

1 dozen eggs.

1 lb. of flour.

1 1-4 lbs. of sugar.

Beat the yolks first, then add the sugar, then the whites flavored with essence of lemon or rose. Beat it well, then stir in the flour without beating. Lastly

add a wine-glass and a half of cold water. Put in the pan and bake immediately. When done turn out of the pan and let cool.

Sponge.

Mrs. Tumilty, William Head.

Beat four eggs, two cups of sugar, two cups of flour with two heaping teaspoonfuls baking powder sifted in. Add a little lemon and two-thirds cup of boiling water. Beat well and bake.

Rice.

Mrs. G. F. Corfield, Corfield, B. C.

1 lb. ground rice. 1 lb. butter.
1 lb. white sugar. 8 good-sized eggs.
A few drops of flavoring.

Mode: Mix the butter well into the rice and sugar, beat the eggs continuously, using the froth only to mix with. Bake in rather a slow oven.

Ground Rice.

Mrs. W. S. Gore.

3-4 cup of white sugar. 1 cup rice flour.
Small half teaspoon baking powder.
4 eggs, to be broken into the rice flour and sugar.
Beat thoroughly all together.

Rice Cheesecakes.

1-4 lb. sugar. 2 eggs.
1-4 lb. ground rice. 1-4 lb. butter.
Few drops of essence of lemon.

Well whisk the eggs and add to them all the other ingredients. Line some patty pans with pastry, fill with the mixture and bake for about a quarter of an hour.

Ginger.

Mrs. Fields, Metchosin.

1 cup molasses.	1-2 cup sugar.
2 cups flour.	2 teaspoon ginger.
1 cup sour cream.	1 teaspoon cinnamon.
1 teaspoon soda.	2 eggs.

For Icing: One cup brown sugar, two tablespoons sweet cream. Let boil till it bubbles; take off and stir occasionally.

Hard Sugar Gingerbread.

Mrs. A. J. Morley.

1 cup butter.	1 cup brown sugar.
2 eggs.	1-2 cup white sugar.
2 tablespoons milk.	
2 teaspoons baking powder.	

A large teaspoon ginger, and sufficient flour to knead and roll out without its sticking to board.

Roll about a half inch thick, and cut into narrow strips, or squares. Bake in flat tins.

Soft Gingerbread.

Mrs. W. Roderick.

1 tablespoon of butter.	1 teaspoon of soda.
1 cup of molasses.	1 teaspoon ginger.

Stir this together and then pour on one cup of boiling water. Stir in one pint of flour and bake in flat tins.

Ginger Snaps.

Mrs. Gould.

1 teaspoon ginger.	1 cup molasses.
1 large teaspoon soda.	1-2 cup sugar.
1-2 cup butter and dripping or lard.	
Other spices to suit taste.	

Boil sugar, butter and molasses together for three minutes, add salt, spices and soda. Dissolve soda in

three tablespoons of boiling water. Stir in flour till stiff enough to roll very thin.

Bake in hot oven. Excellent.

Ginger Snaps.

Mrs. Wood.

4 tablespoonfuls of ginger.

1 of butter. 2 of cinnamon.

2 of cloves. 1 pound of sugar.

1 quart of molasses.

Roll out thin.

Sponge Gingerbread.

Mrs. Wood.

Mix the piece of butter the size of an egg in a pint of molasses. Stir in a quart of flour one tablespoonful of ginger, one heaping spoonful of soda. Dissolve in a tumbler of buttermilk.

Gingerbread.

Mrs. D. A. McTavish.

3-4 lb. flour.

1-4 lb. butter.

Salt.

1 cup brown sugar.

1 tablespoonful ginger.

1 cup black molasses.

2 eggs.

1 cup milk.

1 teaspoonful soda dissolved in warm water.

Stir well by fire till lukewarm one-half cup preserved ginger chopped fine.

Beat well for 10 minutes. Bake in a moderate oven, as it burns easily.

Sponge Gingerbread.

Mrs. L. G. McQuade.

1 cup sour milk.

2 eggs.

1 of Orleans molasses.

1 teaspoonful soda.

1-2 cup butter.

1 tablespoonful ginger.

Flour to make as thick as pound cake.

Cocoanut Cones.

M. L. McM.

1 teaspoon vanilla. Whites of 2 eggs.
2 cups cocoanut. 1 cup sugar.

Beat whites stiff, gradually add sugar, then cocoanut.

Will make sixteen cones. Bake in moderate oven a delicate brown. Butter the pan.

Macaroons.

Mrs. James Gaudin.

To one pound of almonds allow the whites of four eggs, one-half pound sugar, one tablespoonful of vanilla or rose water, one tablespoonful of corn flour. Chop the almonds, mix the sugar and essence, then add the eggs, beaten to a froth. Bake in a slow oven.

Cocoanut Cake.

Mrs. L. G. McQuade.

To the well-beaten yolks of six eggs add two cups powdered white sugar, three-fourths cup butter, one of sweet milk, three and one-half of flour, one level teaspoon of soda, and two of cream of tartar, whites of four eggs well beaten. Bake in jelly pans.

For Icing: Grate one cocoanut, beat whites of two eggs and add one cup powdered sugar. Mix thoroughly with the grated cocoanut, and spread evenly on the layers of cake when they are cold.

Walnut. Cake.

Mrs. Percival R. Brown.

Two cups of fine white sugar creamed with a half cup of butter, three eggs, two-thirds of a cup of sweet milk, three cups of sifted flour, one teaspoon of powdered mace, one coffee cup chopped walnuts.

Walnut Caise.

Mrs. W. S. Gore.

1 cup brown sugar. 2 eggs.
2 heaping tablespoons flour.
1 cup chopped walnuts.

Beat eggs thoroughly, add sugar, then flour and nuts. Drop half teaspoonful in pan far apart.

Walnut.

Mrs. W. S. Gore.

1 cup milk. 6 eggs.
2 cups sugar. 1 cup butter.
4 cups flour.
2 teaspoons baking powder (heaping.)
Bake in layers.

Walnut Filling.

2 cups brown sugar. 1 cup cream.
Butter size of egg.

Cook twenty minutes, stirring constantly. When ready remove from stove, put in one cup of walnut meats. After it has cooked a few minutes longer, spread between layers while both are hot.

Peanut Wafers.

Mrs. G. A. McTavish.

Cream together one-half cup butter, one cup sugar, add to it one-half cup milk, in which a scant one-half teaspoonful of soda is dissolved. Stir in well two cups of flour. Butter the bottom of a pan and spread the mixture on it quite thin. Shell and roll peanuts fine and sprinkle thickly on the batter and bake in a moderate oven. Cut into squares while hot and lay on a board to cool. Almonds may be substituted if desired.

Walnut.

Mrs. Fields, Metchosin.

3 eggs.	4 cups of flour.
1 cup butter.	1 cup of water.
2 cups of sugar.	1 cup of nuts.
2 teaspoons baking powder.	
Make a white icing.	

Devil Cake.

Miss Alexa Russell.

First Part.

1-2 cup milk.	3-4 cup sugar.
1 egg.	1 cup grated chocolate.

Mix together and boil. When cool add one teaspoon vanilla.

Second Part.

1-2 cup butter.	1-2 cup milk.
1 cup sugar.	2 cups flour.
2 eggs.	1 teaspoon soda.

Mix first and second parts together, and bake in layers. Put white icing between and on top.

Newport.

Miss McKeand.

Cream one cup butter, add one and one-half cups flour, the yolks of five eggs beaten until lemon colored and thick, and one and one-half cups powdered sugar. Beat well, add the whites of five eggs beaten until stiff, one teaspoon baking powder and one tablespoon brandy. Turn into buttered cake-pan and bake one hour in moderate oven.

Devil's Food.

Mrs. Tilton.

First Part.

1 cup brown sugar.	2 or 3 cups flour.
1-2 cup butter.	2 eggs.
1-2 cup sweet milk.	1 level teaspoon soda.

Second Part.

1-2 cup sweet milk. 1 cup brown sugar.
1-2 cup grated chocolate.

Put the above in a dish and stand in pan of hot water until dissolved. When cold add two teaspoons vanilla, and mix with first part, which has been well mixed. Bake in square jelly tins, or in small drop-cake tins, and when cold fill with the following:

Filling.

1-2 cup sweet cream. 1 teaspoon vanilla.
1 lb. powdered sugar.
Stir well.

Devil's Food.

Miss Francis Mayers.

2 eggs. 1 teaspoon soda.
2 cups brown sugar. 2-3 cup chocolate.
1-2 cup butter. 2 cups flour.
1-2 cup sour milk. 1-2 cup hot water.

Cream butter and sugar, add the beaten eggs, milk and half of the flour. Then pour the hot water over the grated chocolate, add the soda, stir until it foams, then add to the mixture with the remainder of the flour. If not stiff enough add more flour.

Devil Cake.

Miss J. Scott.

1 cup brown sugar. 1-2 cup milk.
1 cup granulated chocolate.

Put together in small saucepan, set over the teakettle and stir until perfectly dissolved, then set aside to cool. When cool stir into the cake.

Cake.

Yolks of 3 eggs. 1 cup brown sugar.
Teaspoonful soda. 1-2 cup milk.
Vanilla. 2 cups flour.
1-2 cup butter (small.)

Sifted with flour, cream, butter and sugar. Add yolks of eggs whole, and beat until very light and creamy. Add the milk gradually, and the flour. Beat thoroughly and quickly, add the chocolate and flavoring, and bake in layers or sheet. Frost with chocolate frosting.

Difficult but very good.

Scotch Shortbread.

Mrs. Hayward, Glengarry Farm, Metchosin.

1-2 lb. butter. 1 lb. flour.

1-4 lb. sugar.

Mix butter and sugar together well, spread flour on baking board, work flour in with butter and sugar, kneading well till all flour is in. Prick before baking.

Baked Roly Poly.

Mrs. Hayward, Glengarry Farm, Metchosin.

Cut a tablespoon each of good beef dripping, lard and butter into a cup of flour with a teaspoon baking powder sifted in. Roll out. Spread with jam. Press top and bottom together to keep jam in. Bake one-half hour in medium oven.

Scotch.

Rub three-quarters of a pound of butter into one pound of sifted flour. Mix into it one pound of granulated sugar and one large tablespoonful of powdered cinnamon. Mix into a dough with three well-beaten eggs, roll out into sheets, cut into round cakes and bake in a quick oven.

Scotch.

Miss A. M. Clark.

2 cups flour.

Pinch of salt.

1-2 cup brown sugar.

1 cup butter.

Mix the ingredients till they are like a ball of putty. Then roll half an inch thick and cut in two-inch squares.

Bake a light brown.

Plain Shortbread.

Mrs. John Brown, "Cherrybank."

1 lb. butter. 4 ounces rice flour.
1 3-4 lbs. flour. 1-2 lb. sugar.

Work all together into a smooth dough, divide into the number of cakes required, pinch round the edge with forefinger and thumb and prickle on top. Paper a tin, put the cake on it, bake in a moderate oven.

Scotch Shortbread.

Mrs. W. S. Gore.

1 lb. flour. 1-2 lb. butter.
1-4 lb. sugar.

Either white or brown sugar may be used. Put all together and rub between the hands until the mixture becomes a dough. Roll out and cut in squares.

Scotch Shortbread.

Miss Flo Lawson.

2 lbs. flour, well-sifted. 1 lb. butter.
Flavor with vanilla. 1-2 lb. brown sugar.

Mode: Cream butter, then butter and sugar together until very light, then slowly add flour. Mould into flat cake first with hands, then with rolling pin until about one-half inch in thickness. Cut in oblong pieces and pinch round the edges, then sprinkle some caraway comfits on top. Cook in moderate oven.

Good Plain Shortbread.

Mrs. E. Fisher.

For one pound of sifted flour allow three-quarters pound of butter, one-quarter pound of sugar. Melt the butter and when cool pour it clear from the sediment into the flour, at the same time mixing quickly.

With the hands form into a round an inch thick, using a little flour to make up. Cut it into four, and

with the finger and thumb pinch each bit neatly round the edge, prick with a fork, then put comfits and slices of citron on the top. Put the pieces on white paper dusted with flour, and bake in a moderate oven about one hour.

Short.

Mrs. A. Wilson.

1-4 sugar. 3-4 flour.
1-2 lb. butter.

If prepared a little less flour and some ground rice, mix flour and sugar together and knead in the butter till all is used up.

Scotch Bread (Scotch).

Mrs. Edward Gordon, Otter Point.

1 lb. flour. 1-4 lb. sugar.
1-2 lb. butter.

Heat the butter, add the sugar, then knead in the flour. Knead it out about one-half inch thick, pass the roller over to make smooth, cut into any shape desired, pinch the edges, lay on baking tin and bake a delicate brown.

Scotch Bread (English).

Mrs. Edward Gordon, Otter Point.

1-4 lb. almonds. 1 lb. flour.
3-4 lb. sugar. 1-2 lb. butter.
2 yolks of eggs.

Melt the butter, add yolks, sugar, some of the almonds chopped in rather large pieces, and flour. Knead, roll out about one-half inch thick, put almonds, comfits and peel on each, and bake a delicate brown in moderate oven.

Chocolate.

Mrs. Wood.

2 cups of sugar.	3 cups of flour.
1 cup butter.	3 eggs.
1-2 cup of milk.	Vanilla.
1 teaspoon baking powder.	

Filling: Boil two ounces of chocolate, one cup of sugar, one-half cup milk, one teaspoonful vanilla. Boil until thick. Let cool and spread.

Chocolate (Excellent).

Mrs. W. S. Gore.

2 pieces chocolate.	1 1-2 cup flour.
1-2 cup sugar.	1 tablespoon brandy.
1-2 cup chopped almonds.	
1 teaspoon baking powder.	
Whites of two eggs beaten to stiff froth.	
Stir half an hour.	
Drop from spoon on pan lined with buttered paper.	

Chocolate.

Mrs. W. S. Gore.

4 eggs.	3 cups flour.
3 tablespoons water.	1 cup chocolate.
1 cup butter.	1 1-2 cup sugar.
2 teaspoons baking powder.	

Oatmeal Cookies.

Mrs. Gould.

3-4 cup milk.	1 cup sugar.
1 teaspoon salt.	1 egg.
1 teaspoon soda.	
1 large half cup butter and lard.	
2 teaspoons cream of tartar.	
Or 2 large teaspoons baking powder.	

Melt butter and lard and stir with sugar and eggs. Add milk. Sift cream of tartar and soda twice with the flour. Use one-third flour and two-thirds fine oatmeal. Roll thin and bake quickly.

Cookies.

Mrs. Wood.

1 teaspoon soda. 1 cup of butter.
 1 1-2 cups sugar. 3 eggs.
 1 cup chopped raisins.
 3 tablespoons of sour milk.
 1 teaspoon each cinnamon and nutmeg.
 Flour to roll out.

Cookies.

Mrs. L. G. McQuade.

1 egg. 1 cup butter.
 1-2 cup milk. 2 cups sugar.
 2 teaspoonfuls baking powder.
 Enough flour to roll.

B. and K. Rolled Oats Cookies.

Mrs. Charles Rhodes.

2 eggs. 1 cup white sugar.
 1-2 teaspoonful salt. 1 tablespoon of butter.
 1 teaspoonful baking powder.
 1 teaspoonful essence of almond.
 2 large breakfast cups rolled oats.

Rolled Oats Cookies.

1 egg. 1-4 cup butter.
 1-2 cup flour. 1-2 cup brown sugar.
 1 1-4 cups of B. & K. rolled oats.
 1 teaspoonful baking powder.

Flavor with spices, cocoanut, nuts or raisins to taste. Drop onto pan from a teaspoon. (Nice and crisp.)

Chess Cakes.

Mrs. Gould, William Head.

Filling: One cup sugar, one-half cup butter, yolks of two eggs, one whole egg, one cup raisins chopped fine. Bake twenty minutes. Make pie crust pastry and put filling in, then put whites over top of each.

Cookies.

Mrs. A. E. Webster.

1-4 lb. butter. 1 lb. flour.
Teacup sugar. Pinch salt.
Teaspoon carbonate of soda.
3 eggs, whites and yolks beaten separately.

Rub the butter into the flour. Add sugar, etc., and make up into a stiff paste. Roll out thin, cut with biscuit cutter and bake in a quick oven.

Ginger Cookies.

Mrs. W. Wilson, Cadboro Bay Road.

1 tablespoon of butter. 1 cup of molasses.
1 tablespoon of lard. 1 cup of brown sugar.
2 tablespoons of ginger.
1 teaspoonful of soda.

Put all in a pan and heat on the stove, then add sufficient flour to roll, then bake in a hot oven.

Oatmeal Cookies.

Mrs. W. A. Gleason.

1 cup of water (cold.) 1-3 cup lard.
1-2 teaspoon of soda. 1-2 cup brown sugar.
1-2 teaspoon salt. 1-3 cup of butter.
3 cups standard oatmeal.

Sufficient flour to make thin. Roll out stiff. Cut into squares and bake in quick oven.

White House Cookies.

Miss Lawson.

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| 3 eggs (yolks.) | 1 cupful butter. |
| 2 teaspoons vanilla. | 1 cupful sugar. |
| 2 teaspoons baking powder. | |
| 2 tablespoons sweet cream. | |

Flour enough to have the dough roll well. Reserve the whites until the mixture is ready to be rolled, then beat them stiff, and brush over the dough, sifting powdered sugar over afterwards. Cut out, and bake in a fairly hot oven.

Cookies, without Eggs.

Mrs. Hutchins.

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|--------------------------------------|------------------------|
| 1 1-2 teaspoon of soda. | 1-2 lb. of shortening. |
| 1 teacup of sour milk or buttermilk. | |
| 3 teacups of brown sugar. | |

Flour sufficient to roll out, or make thick enough for drop buns.

Nice to keep in crock for little ones.

Oatmeal Biscuits.

Mrs. Milner Watson.

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|------------------------------|-----------------------|
| 6 ounces sugar. | 1-2 pound of oatmeal. |
| 1 lb. flour. | 6 ounces butter. |
| 1-2 teaspoonful of soda. | |
| 2 eggs if large, 3 if small. | |

Sift the oatmeal to have it as coarse as possible, leaving a good half pound of the coarse.

Note: Just moisten soda with milk, melt butter and mix all with it, then beat eggs and soda. Roll out thin and cut in rounds with biscuit cutter.

Cake, without Eggs

Mrs. E. Fisher.

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|-------------------------------|-----------------|
| 1-4 lb. butter. | 1 lb. flour. |
| 1-2 lb. sugar. | 2 cups of milk. |
| 1-4 lb. raisins and currants. | |
| 1 teaspoonful car. soda. | |

Mix the flour and soda together well, then add the butter and rub well into the flour and soda. Add the raisins, currants and sugar. Warm the milk and mix thoroughly, then put in a buttered tin and bake one hour.

A Good Cake.

Chemainus.

1 1-2 lbs. flour. 1 lb. butter.
6 eggs. 1 lb. sugar.
1 tablespoonful of water.
1 teaspoonful of yeast powder.

Beat (with the hand) the butter and sugar together for twenty minutes, add the eggs, which must be previously well beaten, then the cold water. Put the yeast powder dry into the flour, stir lightly into the above.

Bake in a slow oven for quite an hour.

A little vanilla, sultanas and mixed peel may be added if liked, or if wanted for a richer cake. Do not jar or shake the floor while baking.

Lemon Filling.

A. M. Clark.

1 cup of sugar. 1 egg.
1 lemon. 1 teaspoon of flour.
Butter size of walnut.

Add the flour to the sugar, then add the lemons, lastly the egg well beaten. Steam over the kettle till it thickens.

Yorkshire Teacakes.

Mrs. F. B. Kitto.

1 ounce butter. 3-4 lb. flour.
1 egg. 1 1-2 gill milk.
1-2 ounce German yeast.

Put the flour into a basin and rub the butter into it. Make the milk tepid and blend it with the yeast. Strain it into the flour, add the egg, and beat all well

together for a few minutes. Knead lightly, then divide the dough into two. Make each part into a ball and put into floured cake-tins. Put cakes in a warm place to rise for one hour, then bake for about twenty minutes. Brush them over with a syrup of sugar and water to glaze them.

Lemon Cakes.

Mrs. A. J. Morley.

1-2 cup butter.	3 eggs.
1 cup white sugar.	1 teaspoon soda.
2 cups molasses.	1 quart flour.
1 cup sour milk.	Bake in little tins.

The grated peel of a lemon.

Parkin.

Mrs. Longfield.

4 lbs. of oatmeal.	18 ounces of butter.
1 lb. of flour.	2 ounces of ginger.
1 1-2 lbs. sugar.	1 cup of cream.
3 to 3 1-2 lbs. of treacle.	
4 teaspoonfuls of baking powder.	

Golden.

Mrs. Fields, Metchosin.

3-4 of a cup of butter.	Yokes of 8 eggs.
1-2 cups of flour.	1 cup of sugar.
1-2 cup of sweet milk.	
2 heaping teaspoonfuls of baking powder.	

Creole Kisses.

Mrs. Maitland-Dougall.

Whites of 6 eggs.	1 teaspoon vanilla.
1 lb. powdered sugar.	

Beat eggs and sugar from one half to three-quarters of an hour, till very stiff, add the meats of one

pound of pecan nuts and only stir enough to mix. Drop in ungreased paper and bake in slow oven till a delicate brown.

Merangues.

Mrs. D. A. McTavish.

Two ounces granulated sugar to the white of one egg. Beat the white of egg to a stiff froth, then stir in carefully the sugar. Have some strips of paper on an iron pan or shelf is best. Drop a spoonful of egg for each merangue. Put at once in the oven, not too hot. As soon as light and slightly brown, open the oven door. When hard enough to handle take off the paper and turn bottom up to dry in the oven.

Kisses.

Miss Francis Mayers.

Beat together the whites of four eggs, two cups of granulated sugar, two scant tablespoonfuls vinegar. Flavor with Vanilla.

Lady Fingers.

Mrs. R. C. Davies, Hotel Davies and Poodle Dog Restaurant.

1 lb. bar sugar.

1 lb. flour.

1 teaspoon vanilla.

1 dozen eggs.

Beat eggs and sugar together twenty minutes, add flour, drop on paper, and sprinkle freely with powdered sugar. Then raise paper and shake slightly so that sugar is shaken off of paper, but remains on cake.

Bake in hot oven four minutes. When cool, moisten each half slightly with boiling water and press gently together. This amount makes about two hundred ladyfingers.

Orange Custard.

Mrs. Wood.

5 eggs. 1 1-2 cups sugar.
 4 teaspoons sweet milk. 1 cup of butter.
 Bake in layers. 2 1-2 cups of flour.
 2 teaspoons baking powder.

Filling: Two whole oranges grated with peel of one, one cup of sugar, two tablespoons butter, two eggs, beaten well. Boil until it thickens. Stir to keep from burning.

Strawberry Cream.

Mrs. Wood.

1-2 cup sweet milk. 2 eggs.
 1 1-2 cups of flour. 1 cup of sugar.
 3 tablespoons melted butter.
 1 1-2 teaspoons baking powder.

Cream: One-half cup thick sweet cream. Beat till stiff, add two tablespoons sugar, one cup of berries, well sweetened. Add to cream and spread between layers.

Pineapple.

Mrs. Wood.

Whites of 6 eggs. 1 cup of milk.
 1 1-2 cups of sugar. 2 1-2 of flour.
 1-2 cup of butter.
 2 teaspoonfuls of baking powder.

Filling: Whites of three eggs, one cup of powdered sugar, one can of grated pineapple. (Spread.)

Apple.

Mrs. Wood.

3 cups of flour. 1 cup of butter.
 4 eggs. 2 cups sugar.
 1-2 cup of milk.
 3 teaspoons baking powder.
 Bake in jelly tin.

Filling: Stir together one grated lemon, a large grated apple, one egg, one cup of sugar.

Boil four minutes.

Banana.

Mrs. Henry Helgeson, Metchosin.

1 cup sugar. 2 cups flour.
 1-2 cup butter. 4 eggs.
 1-2 cup milk.
 2 teaspoons baking powder.

Rub butter and sugar together, add beaten eggs, mix and then beat in flour with baking powder sifted in gradually.

This makes large cake of three layers.

Put whipped cream and sliced bananas between layers and on top of cake.

Plain Sponge, without Eggs.

Mrs. F. Page.

1 cup flour. 1 1-2 cups sugar.
 1 tablespoon butter.
 2 teaspoons of baking powder.
 Mix with milk to a batter.
 Quick oven.

Good General.

Mrs. F. Page.

1 1-4 lb. flour. 2 eggs well beaten.
 1-4 lb. dripping. 1 pint milk.
 1-4 lb. butter. 1 lb. currants.
 1-2 lb. granulated sugar.
 1-4 teaspoonful nutmeg and ginger.

Mix well, then add small teaspoonful carbonate soda.

Moderate oven.

2 heaping teaspoons yeast powder.
Stir a long time and bake slowly.

Pound.

Mrs. H. Fry, Chemainus.

1 1-4 lbs flour. 1 lb. of butter.
6 eggs. 1 lb. of sugar.

Method: Beat butter and sugar to a cream, then add eggs, mix **with flour one teaspoon of yeast powder** and last a teaspoon of water. A few currants and peel are an improvement.

Time to bake, one hour.

Pound.

Mrs. Wood.

1 lb. of flour. 3-4 lb. of butter.
Whites of 13 eggs. 1 lb. sugar.
2 teaspoonfuls baking powder.

Doughnuts.

Mrs. W. S. Gore.

1 teaspoon salt. 2 eggs.
1 teaspoon nutmeg. 1 cup sugar.
1 cup sour milk. 1 teaspoon soda.
Grated rind lemon.
1 tablespoon melted lard.
Let stand fifteen minutes before rolling out.

Doughnuts.

Mrs. H. A. S. Morley.

1 cup of sugar. 1 cup of milk.
Butter the size of a walnut.
2 eggs.
2 teaspoonfuls of baking powder.

Flour enough to roll out, cut with biscuit cutter and fry in boiling lard.

Doughnuts.

Mrs. Percival R. Brown.

1 1-2 pints of flour. 1-2 cupful of butter.
 1 cup of sugar. 1-2 cupful milk.
 2 teaspoons of baking powder.

Cookies.

Mrs. C. E. Lang.

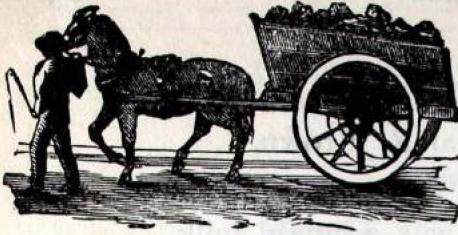
2 eggs. 2 tablespoons lard.
 1 cup white sugar. 2 tablespoons milk.
 2 tablespoons butter. 3 cups flour.
 1 teaspoon baking powder.
 Flavor with lemon.



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ICINGS

Icing.

Mrs. D. A. McTavish.

One-quarter pound sugar to the white of one egg. Confectioners sugar is best, but granulated will do. Put the sugar at one end of the dish, beat in gradually with a flat whisk until thick; if too thick to spread smoothly add a little cold water, about a teaspoonful to an egg.

Almond.

Mrs. Brady.

1 lb. powdered sugar. Whites of 4 eggs.
A little rose water. 1 lb. sweet almonds.

Blanch the almonds by pouring boiling water over them and taking off the skins. When dry pound them in a wedgewood mortar, moistening it with rose water as you go on. When beaten fine and smooth, beat gradually into icing. Put on very thick and when dry cover with plain icing.

Almond.

Mrs. R. B. McMicking.

1 lb. almond, pounded to a paste.
1 teaspoonful orange flower water.
1 teaspoonful essence almonds.
1 teaspoonful essence vanilla.
Whites of 2 eggs. 1 lb. icing sugar.

Blanch and dry almonds, pound or put through mincing machine, mix smooth and add whites of egg. When spreading on cake, have a cup of hot water near, in which to dip the knife often. Cover over with "Fondant," if for a flat cake and use pipings of Royal icing.

Royal.

- 2 1-2 cups pulverized sugar.
- 2 whites of egg.
- 2 teaspoonfuls lemon juice.

Beat the whites slightly, add sugar by degrees, beat one hour to make smooth.

Almond.

Mrs. Anderson, William Head.

- 1 lb. blanched almonds pounded to a paste.
- Yolks of 5 eggs. Juice of 1 lemon.

Flavor with rose water. Make very stiff with fruit sugar and spread on cake.

Almond.

Mrs. Charles Rhodes.

- 2 lbs. almonds.
- 3 lbs. white powdered sugar.
- The juice of 1 lemon. White of 1 egg.

Blanch almonds and soak in cold water over night. Run through a mincer, then pound and mix gradually with the sugar, lemon and egg, two teaspoonfuls almond and one lemon essence. Let stand on cake three days before icing.



FRUITS, PRESERVES, JELLIES, PICKLES, ETC.

"Wilt please your honor, taste of these con-
serves."
—Shakespeare.

Canned Pears.

Mrs. D. A. McTavish.

One-half pound sugar to one quart water. Boil ten minutes, add lemon juice if liked. Peel the pears, cut in quarters if small, large ones in more pieces, take out the cores. Put in Mason jars and cover with the syrup. Put on the covers without the rubber rings. Then put them into a kettle with enough water to come nearly to the top of the jars. Boil twenty minutes. If pears not quite ripe boil longer. Take out the jars, put on the rubbers and seal tight.

Chipped Pears.

Mrs. Herbert Kent.

8 lbs. pears. 1-2 lb. candied ginger.
8 lbs. granulated sugar. 4 lemons.

Slice pears thin, slice ginger root and let them boil together with sugar for an hour slowly.

Boil the lemons whole in clear water till tender, then cut in small bits, removing seeds, add to the pears and boil one hour longer.

Pear Jam (Excellent).

Mrs. W. S. Gore.

Put the pearings and cores into a preserving kettle, cover well with water, and let boil till quite tender and the liquor assumes a dark color. Strain through a colander, add to the liquor the sugar already weighed, allowing three-quarters of a pound to a pound of the fruit. Boil until it becomes a syrup, then drop in the pears which are cut in quarters. Cook till tender, add one lemon to six pounds of fruit. Take out the pears, allowing the syrup to boil longer, until it is a rich red color, and stiffens a little when cool. Pour over the fruit and seal.

Pineapple-Apricot Preserve.

Mrs. Erb.

12 lbs. apricots. 5 lbs. pineapple.
9 lbs. sugar.

Cut pineapple and apricots very fine. Boil apricots and pineapple for one hour, and then add sugar. Boil fifteen minutes longer.

Should be kept in tight jars.

Apricot and Orange Jam.

Mrs. Erb.

1 lb. oranges. 4 lbs. apricots.
1 lb. sugar to each lb. of fruit.
Cook three-quarters of an hour.

Rhubarb Jam.

Mrs. L. G. McQuade.

To seven pounds of rhubarb add five pounds of sugar, the juice and peel of three oranges. Boil one hour and a half.

Vegetable Marrow Jam.

Mrs. Edgson, Rocklands, Duncans.

3-4 of a pound of sugar. 1 lb. of marrow.

1 ounce of ginger.

One lemon, juice and peel.

Method: Peel and cut marrow into four inch pieces (six pounds is a nice quantity to do at once). Add sugar and juice of lemons. Boil the skins of lemon until tender. Use preserved ginger, or the dried shreds, procured from the Chinese. Let the whole remain all night, then simmer until the marrow is clear. Half a pint of water to every four pounds of marrow I find an improvement.

Very young red carrots done the same way is very good, and makes a nice addition to the store-room shelves.

Brown's Marmalade.

Mrs. John Brown "Cherrybank."

12 oranges.

6 lemons.

Divide them lengthwise into quarters, remove seeds, put a board across the basin, then cut them into very thin slices. Weigh the fruit and put it into a basin with cold water, allowing three pints to each pound. Let it stand twenty-four hours. Put it in a pan, let boil till tender; let it stand again in basin for twenty-four hours, weigh again, and put it on, allowing one pound and a half of sugar to the pound of fruit. If oranges are sweet a little less sugar will do. Let it boil briskly for a little, or till it jellies. (Two breakfast cups to one pint.)

Orange Marmalade.

Mrs. D. A. McTavish.

Equal weights grape fruit and navel oranges, three pints cold water to every pound. Cut the fruit in quarters and take out all the seeds. Then cut the fruit in very thin chips. Put them in the water and

leave for twenty-four hours. Add the juice of a lemon to every two pounds. Then boil until quite tender and clear. Measure, and to every pint put one pound of sugar and boil until it jellies.

Marmalade.

Mrs. T. W. Powell.

This will be found a very simple and satisfactory recipe:

Take one dozen navel oranges, half a dozen lemons, cut in halves, take out thick white centre. Slice as thin as possible with very sharp knife. Put into preserving kettle with eight quarts of cold water. Leave all night. Next morning boil five hours, skimming when necessary. Half an hour before taking off fire put in nineteen pounds of sugar (the white granulated.) Stir in a little at a time so that the mixture is not put off the boiling process.

Marmalade.

Mrs. Macnaughton-Jones.

6 grape fruit.

6 oranges.

4 lemons.

Cut very fine; to every cup of fruit add two cups of water, let it stand for twenty-four hours, boil three hours, stand again over night. Next day, to every pound of fruit add one pound of sugar. Boil very quickly for nearly one hour.

Marmalade.

Mrs. Percival R. Brown.

Take a dozen oranges, two or four lemons, cut them into thin slices, removing the pips. Weigh the fruit; to each pound add a pint of water; let this stand twenty-four hours. If much syrup is liked a little more water may be added. Boil the water and fruit together gently until tender. Let it stand again twenty-four hours. Third day weigh the water and

fruit together, and to each pound add a pound of white sugar. Boil together for twenty minutes or half an hour. A little salt when you cut the oranges and soak them.

Marmalade.

Mrs. Hutchins.

Oranges or lemons may be used. Take six oranges or lemons and boil until quite tender; take out pips and slice the peel; stew six apples (cut in quarters not peeled or cored), until they will pass through a sieve, then mix the whole together, weigh and add the same weight of sugar, then boil the whole for three-quarters of an hour.

Children, especially the boys, "revel" in it. We like the lemons best.

Quince Marmalade.

Mrs. F. B. Kitto.

Peel the quince and take out all the hard parts. Stand over the fire with enough water to float them. Simmer till soft, then take out and weigh, and to each pound of pulp allow three-quarter pound of loaf sugar. Stand them over the fire again and boil for three-quarters of an hour.

Another rather nice way is to boil apple rinds in water and then put in the quince. This gives a nice flavor.

Quince Marmalade.

Mrs. Kitto.

Pare, core and cut into small pieces the quinces. Put on fire with enough water to well cover the fruit and simmer until soft. Add one pound of sugar to a pound of fruit, and boil for a long time, until the fruit is tender. The quinces should be a deep red color, and when cold the syrup should be almost a jelly.

Orange Marmalade.

Mrs. Hanington.

3 lemons.

6 oranges.

Slice the peel very thin, remove the thick white rind and pips, soak pulp and peel for twenty-four hours in four quarts of cold water, then simmer gently in uncovered kettle for four hours. Add six pounds sugar and boil for one and one-quarter hours, or until it thickens when cooled. After removing from the fire add the juice of one lemon.

This quantity should make ten pounds.

Quince Jelly.

Mrs. F. B. Kitto.

Boil quinces in water till quite soft. Take out and strain, then allow three-quarters pound loaf sugar to each pint of juice, and boil three-quarters of an hour.

Crab Apple Jelly.

Mrs. D. A. McTavish.

One pint water to one pound apples; boil until soft but not to mash them. Strain through a cloth, then a jelly bag. One pound sugar to one pint strained juice.

Boil ten minutes, heat the sugar in the oven and add to the juice and boil five or ten minutes, until it jellies.

Blackberry Jelly.

Mrs. D. A. McTavish.

One pound cultivated blackberries, one-half pint water. Boil till soft, strain through a cloth, squeezing them well. One pound sugar to one pint juice; boil the juice about ten minutes; have the sugar hot in the oven, then stir it in and boil till it jellies, about ten minutes.

Try some on a saucer.

Currant Jelly.

M. L. M.

This is a staple article, and a great deal of worry and much disappointment has been the lot of certain very careful housekeepers who have tried to make it. But all this may be obviated by observing the following rule. Jelly made by it never fails, is not so unpleasantly sweet as the old-fashioned jellies, and requires less than quarter the time for its preparation: First, have the currants picked while they are a little less than ripe, and a few green ones will be an advantage to the jelly. Indeed, green currant jelly is a delicious preparation by itself. Do not gather the fruit directly after a rain. Do not wash the berries or remove them from their stems, but pick away the leaves and any substance that may cling to them. Weigh them, and to each pound of the uncooked fruit and stems allow one pound of granulated or loaf sugar. Place the sugar in pans, and set it in an open oven to dry and become hot but not brown. To secure a little liquid as a commencement, place a few currants in a porcelain-lined or enamelled kettle and crush them with a potato masher. Then add the other currants, cover them and permit them to boil. After the boiling has fully commenced continue the cooking uninterruptedly twenty minutes, stirring occasionally with a wooden spoon. Remove from the fire, and pour the liquid through a jelly-bag (made either of a three-cornered piece of flannel or thick cotton) into an earthenware dish. Do not use a tin dish, as it will change the color of the liquid. Turn the juice back into the washed kettle, and after it has boiled up a minute and been skimmed, add the hot sugar; the moment this is completely dissolved pour from the kettle into the glasses and the process is completed. The following day cover the jelly with bits of paper that have been cut to fit the glasses and dipped in brandy or alcohol. Unless the glass has a fitted metal cover, paste a thick paper over it.

Gooseberry Jelly.

M. L. M.

To every quart of berries allow one pint of water, and to every pint of juice allow one pound of sugar: stew the gooseberries in the above proportion of water till the fruit is quite broken, and while hot strain through a sieve, but do not press the fruit, or the jelly will not be clear. Boil the strained juice with the sugar for twenty minutes, or till it will jelly on a plate; it should be a pretty pink color. The gooseberries left will make a good jam for common use with the addition of one pound of sugar to every pound of fruit.

Cranberry Jelly.

Mrs. W. H. Bone.

Wash and pick one quart of cranberries; put them into a kettle with a pint of water, cover the kettle, bring the cranberries to boiling point, then put through a colander, pressing out as much of the flesh as possible. Add to the cranberries one pound of sugar. Stir over the fire until the sugar is dissolved and the mixture reaches the boiling point. Turn at once into moulds and stand away to harden.

Peach Jam.

M. L. M.

Pour boiling water over to remove skins. Add equal quantities of sugar and fruit, stand over night in an earthen pan. In the morning pour off syrup, boil a few minutes, set to one side, skim, boil again, put in the fruit, boil gently three-quarters of an hour, bottle one by one. Boil syrup fifteen minutes more. Pour over hot and seal.

Strawberry Jam.

M. L. McM.

Stem berries and measure as they are finished, so as to make but one handling necessary. Keep record on piece of paper by tearing one off at each

count. Allow to a pound of sugar two tumberfuls of berries (half pint tumblers.) Slide the berries out on a large platter, cover with the sugar, let them stand in a warm room until the juice begins to stain through the sugar. Then carefully slide all into a porcelain-lined kettle. Set in a mild heat, boil thirty minutes from the time the pink foam covers the top of the mixture. Skim lightly but frequently. Put into tumblers, as they are more serviceable than larger jars. Cover each with papers already prepared at the stationers.

To Preserve Citron Melons.

Miss Russell.

Take two fresh lemons to one pound melon. Let the sugar be equal in weight to the lemon and melon. Take out the pulp of the melon, cut in thin slices and boil till tender. Take it out and boil the lemon in the same water about twenty minutes. Take out the lemon, add the sugar, and, if necessary, a little more water, and boil. When clear add the melon and boil a few minutes.

Preserved Citron.

Mrs. J. N. Evans, Somenos.

Pare ripe citrons and cut into half-moon shaped pieces, about half an inch in thickness. Make a syrup of sugar and water, allowing a pound of sugar to a pound of fruit, and a pint of cold water to every pound of sugar. Let this boil until clear, put it in the citron and let it boil until tender. Slice three or four lemons to seven pounds of fruit. Flavor to taste with ginger. Some use extract of ginger or ginger root tied up in muslin and thrown in for a while, will answer as well. It takes a long time to boil citron enough; that is the reason so much water must be put to the sugar.

Preserved melons may be done the same way as citron.

Chillie Sauce.

Mrs. R. B. McMicking.

- | | |
|----------------------------------------------|-----------------|
| 8 lbs. tomatoes. | 3 cups vinegar. |
| 5 large red peppers. | 3 cups sugar. |
| 3 large onions. | 1-2 cup salt. |
| Teaspoon celery seed. | |
| Tablespoon cloves, allspice, mace, cinnamon. | |

Peel tomatoes, chop onions and red peppers.
Boil three hours.

Chutney.

Miss Harvey, "Stonyhurst."

- | | |
|-----------------------------|--------------------|
| 1-2 lb. onions. | 1-4 lb. chillies. |
| 3-4 lb. apples. | 1-4 lb. garlic. |
| 1 lb. stoned raisias. | 1 lb. moist sugar. |
| 3-4 lb. mustard seed. | 1-4 lb. salt. |
| 1-4 lb. ginger (ground.) | |
| 3 quart bottles of vinegar. | |

Wash the mustard seed, pound the whole together until quite fine and boil it all in half the vinegar, until quite cooked, then pour it into a large basin. Add remainder of vinegar, stir well and bottle.

Chutney.

Mrs. Tilton.

- 1-2 lb. of sour apples, sliced.
Dried apricots, soaked in one quart vinegar until soft.
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|-------------------------------------|---------------|
| 5 large onions. | 1 garlic. |
| 5 or 6 old or green peppers. | |
| 1 large cup stoned raisins. | |
| 1-2 lb. brown sugar. | 1-3 lb. salt. |
| 1 tablespoon ground carlander seed. | |
| 1 tablespoon mustard seed. | |
| 1-4 lb. ground ginger. | |

Mix dry ingredients, thoroughly bruising them.
Boil all in two quarts vinegar until it cooks clear.

Add more sugar or vinegar if too dry. Cool and seal in stone jar for thirty days before using.

This is very good indeed.

Candied Peel.

Mrs. F. Page.

Skins of six oranges or lemons, one pound crystallized sugar. Put the skins in salt and water to soak for a few days. Then put them on in a saucepan with fresh cold water to boil till they are quite soft, which is known by the head of a pin being easily put in. Remove them, drain, and put them in a basin. Boil a pound of sugar and a breakfast cupful of water for a few minutes, and pour it over the peel in the basin. Allow it to stand for a week. Pour the syrup into the saucepan and allow it to boil up. Put the peel in and let it boil gently till it cooks clear (about one-quarter of an hour); take it out and spread on a dish, put a little syrup in the hollows and dust some fine sugar over, and put in the sun or a warm place to dry. When dry put it in jars.

Pickles.

Mrs. George Shaw.

To Cover 300.

2 gals. vinegar.	1-2 ounce turmeric.
1-4 lb. mustard seed.	2 ounces root ginger.
1-2 lb. ground mustard.	
1-4 lb. ground black pepper.	
1 teaspoon cayenne pepper.	
1 coffee cup brown sugar.	

Scald the spice in a little vinegar and pour in with the rest of the vinegar. Put the cucumbers in a strong brine over night, drain them next day and put in the vinegar. Add a piece of alum as large as a walnut.

To Prepare Beets.

Mrs. G. F. Corfield.

Boil beets till tender, being careful not to break the skin in any way. When done peel off the skin, then slice. Mix two teaspoonfuls of moist sugar, one teaspoonful mustard, a little cayenne, salt and pepper, rather more than one-quarter pint of fresh milk, then stir in slowly same quantity of vinegar.

Blue Plum Chutney.

Mrs. G. A. McTavish.

3 lbs. of blue plums.	1 ounce green ginger.
1 lb. apple.	1 teaspoon cloves.
1 lb. brown sugar.	Salt to taste.
1 pint vinegar.	Some cayenne.
2 ounces garlic.	1 large onion.
Boil slowly three hours.	Awfully good.

Gooseberry Chutney (Good).

Mrs. Reece, Fring, Eng.

1 lb. of salt.	1 lb. of mustard seed.
8 ounces of garlic.	1 lb. of brown sugar.
1 lb. of raisins, stoned.	
4 ounces of cayenne pepper.	
2 quarts of green gooseberries.	
2 quarts of good vinegar.	

Method: Boil sugar and vinegar together, add the gooseberries, previously stewed, then the garlic chopped fine, then the raisins, also chopped fine. Mix all the ingredients gradually to the simmering whole. Simmer for an hour and a half. It should be quite thick. Put in jars for use. If kept in cool dry place will keep for years. Have known it to do so for ten.

This recipe has been used by us for forty years. The above cayenne makes it very hot, so I divide in half, making a milder chutney for the females of the family.

Chutney.

Mrs. F. Page.

- 3 lbs. plums, large. 1 pint vinegar.
 1 lb. apples. 1 lb. brown sugar.
 3 ounces green ginger, chopped fine.
 3 ounces garlic, finely chopped.
 1 teaspoonful cayenne pepper.
 1 ounce cloves tied in muslin.
 1 teaspoonful salt. 2 good sized onions.
 Chop all very fine and boil two hours.

Chutney.

Mrs. George Shaw.

- 3 lbs. plums (stoned), or tomatoes.
 1 lb. apples. (Chop very fine.)
 1 pint vinegar. 1 lb. sugar.
 3 ounces green ginger. (Chop very fine.)
 1 teaspoon salt. 1 ounce cloves.
 1-2 ounce mace. 1 ounce garlic.
 1 teaspoon cayenne pepper.
 2 good sized onions cut up.
 Boil two hours.

Chutney.

Mrs. Macnaughton-Jones.

- 1 lb. raisins, stoned. 1-4 lb. salt.
 1-4 lb. chillies. 1-2 lb. onions.
 1 lb. moist sugar. 3-4 lb. apples.
 1-4 lb. garlic. 1-4 lb. mustard seed.
 1-4 lb. ginger.
 3 bottles of strong vinegar.

Wash the mustard seed, pound the whole together until quite fine, and boil it all in half the vinegar until quite done. Then pour it into a large basin, add the rest of the vinegar. **Bottle.**

Mustard Pickles.

Mrs. Lucas.

- 1 ounce tumeric. 1 lb. mustard.
 3 quarts vinegar.
 2 ounces bruised ginger.
 1 ounce whole allspice.
 2 ounces chillie pepper or less.

Boil for fifteen minutes. The mustard tumeric should be mixed with a little cold vinegar. When done pour over cucumber, onions, beans or any other vegetable.

A Good Chutney.

Mrs. E. Fisher.

- 3 lbs. of tart apples.
 1 lb. of raisins boiled for an hour in 1 pint of good vinegar.
 6 onions. 1-4 lb. of salt.
 2 teaspoons cayenne.

Put the apples, onions, salt and cayenne on to boil in one quart of water, and when quite soft add the raisins and vinegar and boil for one hour.

Chowder.

Mrs. W. S. Gore.

Cut into slices one peck of green tomatoes. Sprinkle with salt and let stand over night, then strain off the liquor. Put the tomatoes down to boil with six large onions, cut small, one dessert spoon of ground cloves, one dessert spoon cinnamon, one dessert spoon allspice, one-half teaspoon cayenne pepper, one cup of grated horseradish. Enough vinegar to half cover it, add one pint brown sugar. Boil all together until soft.

Plum Chutney.

Mrs. F. B. Kitto.

- 3 lbs. ripe plums, stoned.
 1 lb. apples, peeled and cored.

1 quart vinegar. 1 teaspoon cayenne.
 1 lb. brown sugar. 1 ounce garlic.
 2 ounces green ginger. 1 onion.
 Salt and cloves to taste.
 Boil one hour and bottle.

Mustard Pickles.

Mrs. T. Cusack.

3 quarts small onions.
 3 small cauliflowers.

Make a brine of four quarts water and one pint salt; pour it over the mixture of vegetables and let stand twenty-four hours. Heat just enough to scald it, and turn into a colander to drain.

Mix one cup of flour, six tablespoons of ground mustard, six tablespoons turmeric with enough cold vinegar to make a smooth paste. Then add one cup brown sugar to enough vinegar to make two quarts in all. Boil this mixture until it thickens and is smooth, stirring all the time. Add the vegetables and work until well heated through.

Green Tomatoes Pickle.

Mrs. F. Page.

Slice a peck of tomatoes into a jar, sprinkle a little salt over each layer, let stand twenty-four hours, drain, put into kettle the tomatoes with a teaspoonful of each following spices: Ginger, allspice, cloves, mace, cinnamon, scraped horseradish, twelve small or three large red peppers, three onions cut up, one cupful of brown sugar. Cover all with vinegar. Boil slowly for three hours. Neither add nor take from any of the ingredients. Perfect.

French Pickle.

Mrs. T. Geiger.

1 colander of sliced green tomatoes.
 1 colander medium size cucumbers, peeled and sliced.
 1 quart of onions, sliced.
 2 good handfuls of salt.

Let all stand twenty-four hours, then strain through a sieve, add one-half ounce of celery seed, one-half ounce of allspice, one small teacup of white mustard seed, one-half cup of black pepper, a scanty tablespoonful of turmeric, one pound of brown sugar, two tablespoonfuls of made mustard, three quarts of vinegar.

Boil all till tender, which will take about an hour and a quarter.

Tomato Sauce.

Mrs. Hutchins, Applesland, Hauts, Eng.

1 bushel of tomatoes (green.)
 1 1-2 pints of salt.
 1-2 gallon of vinegar.
 1-4 of a lb. of allspice, ground.
 2 ounces of cloves (ground.)
 3 ounces of cayenne (ground.)
 3 ounces of white or black pepper (ground.)
 5 heads of garlic, skinned, separated and chopped fine.

The juice of 6 lemons.

1 pint of alcohol.

Method: Boil the tomatoes until quite tender, then squeeze them through a sieve, then return to preserving kettle, adding vinegar, and all the other ingredients (excepting lemon juice and alcohol); the two last-named add when sauce is reduced by simmering one-half, then bottle without straining.

The above should make twelve pints. Will keep any length of time. Good with all meats, fish and soup, etc. In fact, a sauce fit for the gods. So my men bodies say.

Green Tomato Soy.

Mrs. Cooley.

2 gallons tomatoes, green, and sliced without peeling.

12 large onions, also sliced.

2 quarts vinegar.

1 quart sugar.
2 tablespoons of salt.
2 tablespoons of ground mustard.
2 tablespoons of black pepper.
1 tablespoon allspice.
1 tablespoon cloves.

Mix together, stew until tender. Let the sliced tomatoes stand over night with salt, and pour off in morning.

Tomato Catsup.

Mrs. T. Geiger.

Scald and peel eight pounds of ripe tomatoes, add one quart of strong vinegar, add six teaspoonfuls of fine salt, four tablespoonfuls of sugar, 2 tablespoonfuls of black pepper, three tablespoonfuls of red pepper, two tablespoonfuls ground cloves, two tablespoonfuls of allspice, two tablespoonfuls of cinnamon. Let all boil together about two hours, stirring it often. Strain through a sieve and when cool, bottle and cork it tightly.

Ripe Tomato Catsup.

Mrs. F. Page.

Boil your tomatoes well, stir them and to every quart add one tablespoonful mustard, one tablespoon pepper, one tablespoon salt, and to every four quarts add one pint of sugar. Boil all one-half hour. Bottle and seal up while hot.

Tomato Catsup.

Mrs. Erb.

Boil and strain the tomatoes. To every quart of tomato one-half pint of vinegar, one tablespoon mustard, one tablespoon salt. Add black and red pepper. Boil twenty minutes.

Green Tomato Pickle .

Mrs. Edgson, Duncans.

Slice two gallons of green tomatoes. Slice one gallon of onions. Put in a granite pan in layers, using quarter of a pound of salt. Strain from liquor in the morning and add to the tomato and onions half a gallon of vinegar, one pound brown sugar, two tablespoonfuls of pepper and mustard, one table-spoonful each of ground cloves and allspice. Simmer until quite tender. Put in crock for use.

Spiced Beef.

Mrs. Edgson, Duncans.

Rub fourteen or sixteen pounds of beef with seven ounces of brown sugar, one dessert spoon of mixed spice, one dessert spoon of pepper, one dessert spoon of nutmeg, one dessert spoon of cloves, one dessert spoon of cayenne, one teaspoon of saltpetre, half pound of salt.

Put joint in deep pan, turn every day for three weeks. Boil very slowly for five hours. Eat cold.

Green Tomato Pickle.

Mrs. McB. Smith.

Slice twelve pounds of green tomatoes and cover with salt and water, let stand over night, strain and chop, cover with vinegar and boil ten minutes, then strain, and with one pound of green peppers, nine good sized onions, chopped, one-quarter pound mustard seed, two teaspoonfuls celery seed, one table-spoonful allspice, one of cloves, two tablespoonfuls black pepper, one teacup brown sugar. Cover with vinegar and stew gently till tender.

Green Tomato Pickles.

Mrs. E. B. Marvin.

Twelve pounds of tomatoes cut in slices, also add six good sized onions, both to be placed in a jar of cold water, adding a tablespoon of salt, to be left in

this water over night, one gallon cider vinegar, one tablespoon cloves, one tablespoon cinnamon, one-half nutmeg. Tie in a cloth.

Make a syrup of the vinegar with four pounds of brown sugar. Add spices. Let all boil thirty minutes. Remove the tomatoes and onions from the water and let drain. Add them to the boiling syrup. Cook slowly until tender. Fill your jars and pour the syrup on scalding hot.

Green Tomato Pickles.

Mrs. W. H. Bone.

Slice fifteen pounds green tomatoes into a jar Sprinkle a little salt over each layer, let them stand twenty four hours, drain off the liquor, put the tomatoes into a kettle with a teaspoon of each of the following spices: Ground ginger, allspice, cloves, mace, cinnamon, a teacupful of grated horseradish, twelve small or three large red peppers, six onions, two cupfuls of brown sugar. Cover all with good vinegar and boil slowly for three hours.

Pickled Walnuts.

Miss Harvey, "Stonyhurst."

Lay them in strong salted water a fortnight. Change the water three times. Take them out and let them remain till quite dry and black. (Perhaps they may lie a week.) Then boil vinegar and cloves, whole pepper and bruised ginger. When cold pour on the walnuts which have been previously put in a jar.

Pickled Plums.

Mrs. M. Edgson.

Purple gages are best. A fleshy plum should be used. For ten pounds use five pounds sugar, one quart vinegar, two sticks cinnamon, one dozen

cloves. Put in a piece of cheese cloth, if the look of the spices loose is not liked. Prick each plum with a fork so that they will not burst.

Heat sugar and vinegar, skim before putting in spices and plums. Cook until tender. Do not allow them to break. Can quickly while hot.

Tomato Chutney Sauce (Excellent).

Mrs. Prevost.

Bake ripe red tomatoes in a pan until the liquor runs from them. Pour that away and then put the pulp through a fine sieve. To every pound of tomato add one and one-half pounds of chopped apples, one-half pounds of chopped raisins, one-half pound coarse brown sugar, one-half ounce chopped shallot, one-half ounce chopped garlic, one-quarter ounce white pepper, one-half pint good vinegar, one-half ounce salt, a small spoonful of cayenne. Mix all well and boil slowly for three-quarters of an hour, stirring constantly, then add the juice of one lemon to every pound of tomato pulp, and boil another one-quarter of an hour.

Bottle immediately or the color will be spoilt.

Perrin's Sauce.

Mrs. Lucas.

2 pints vinegar.	4 blades of mace.
2 pints water.	4 tablespoons salt.
Juice of 4 lemons.	4 sprays of mint.
1 lb. of Indian or China soy.	
1-2 lb. of golden syrup.	
4 ounces crushed garlic.	
2 teaspoonfuls cayenne.	
1 handful bruised shallots.	

Boil for twenty minutes. Strain and when cool bottle.

Hamburg Pickle.

Mrs. D. A. McTavish.

Boil together for twenty minutes two gallons water, three-pound bag salt, two pounds coarse sugar, two ounces saltpetre, two ounces whole black peppers (bruised and tied in a piece of muslin.) Clear off the scum as it rises. It must be perfectly cold before the meat is put in, which must be entirely covered with the pickle. If the pickle be boiled up in a month's time it will remain good for a year.

For beef, hams, tongues or pork.

Small Cucumber Pickles.

Mrs. E. B. Marvin.

Not exceeding three inches in length and picked with stem half an inch long. Place them in cold water over night, wash well in the morning and place to dry. Then place them in quart jars smoothly around at the sides, filling it completely. Add two teaspoonfuls of granulated sugar, two teaspoonfuls of cooking salt, fill with cold cider vinegar. Make jars air tight. Leave standing for three weeks before using.

Hot Pickle.

Mrs. W. S. Gore.

1 ounce pepper.	2 quarts vinegar.
2 ounces allspice.	1-4 lb. salt.
1 ounce yellow mustard seed.	
1-4 ounce cayenne pepper.	

Put into a pan which will hold four quarts and pour the hot pickle over it when cold. You can put into it any fresh gathered fruit or vegetables. Small green cucumbers are very nice and crisp.

Chillie Sauce.

Mrs. T. R. Cusack.

1 teaspoon allspice.	1 teacup vinegar.
1 teaspoon cloves.	1 onion (chopped fine.)

1 teaspoon ginger. 1 red pepper.
 1 tablespoon salt. 9 ripe tomatoes.
 2 tablespoons brown sugar.
 1 chopping bowl apples to box tomatoes.
 Vinegar in last.
 Cook until apples and onions are well cooked.

Chillie Sauce.

Mrs. Lucas.

36 ripe tomatoes.
 3 peppers, 1 red, 2 green.
 4 large onions chopped small.
 1 tablespoon cinnamon.
 1 tablespoon cloves. 2 cups brown sugar.
 2 tablespoons salt. 3 cups vinegar.
 Boil until thick. Bottle and seal.

Chow Chow

Mrs. F. Page.

Peck of green tomatoes, six large onions, both sliced up, and throw over one teacup of salt. Let remain over night. Drain well in the morning. Take two quarts vinegar, one quart sugar, two tablespoons of mustard, two each of cloves and allspice, one tablespoonful of ginger.

Cook until thick enough.



BEVERAGES

"We will drink the table round."

—Shakespeare.

Drink to me only with thine eyes,
And I will pledge with mine;
Or leave a kiss but in the cup,
And I'll not look for wine.

—Ben Jonson.

Ginger Beer, English.

Mrs. Edward Gordon, Otter Point, B. C.

Three quarts boiling water poured on three pounds sugar, one and one-half ounce citron and two ounces of whole ginger, bruised. Add nine quarts of cold water, juice and peel of three lemons and cupful of good yeast. Let the cask stand near the stove till the yeast rises in bubbles (about twenty-four hours.) Then bottle and cork and tie down.

Ginger Beer.

Mrs. Becker.

To two gallons of water add two pounds of white sugar and two ounces powdered ginger. Stir until dissolved and allow to come to a boil. Then place in an earthen crock, add two sliced lemons, one-half ounce of cream of tartar. While still warm put in one tablespoonful of brewer's yeast. Allow it to stand two or three days. Then strain through a fine cloth. Place in well-corked bottles, only filling three-quarters full, and fasten with wire.

Ginger Beer.

Mrs. F. B. Kitto.

- 1 lemon.
- 1 1-2 ounces whole ginger.
- 1 ounce cream of tartar.
- 1 1-2 lbs. white sugar.
- 1 gallon boiling water.
- 1-2 gallon warm or cold water.
- 3 good tablespoonfuls of yeast.

Peel the lemon thinly and squeeze out the juice. Bruise the ginger in a mortar and put the lemon peel, juice, cream of tartar, ginger, and sugar into a large basin or pan, and pour on the boiling water. Then add the cold water, so that the mixture is luke warm, and stir it. Put the yeast in on pieces of bread and let it stand for twenty-four hours. Then strain through a fine sieve and bottle it.

N. B.—Do not stir it after putting in the yeast.

Ginger Cordial.

Mrs. Edward Johnston.

Two quarts of water with three pounds of white sugar. Boil together twenty minutes. When nearly cold add six drachms of lb. of ginger, 6 drachms of lb. of cayenne, one-half ounce tartaric acid.

When cold bottle for use. Good in hot or cold water, about a tablespoonful to a tumbler.

Gingerette.

Mrs. Longfiled.

- 1 ounce essence of ginger.
- 1-2 ounce essence cayenne.
- 1 ounce burnt sugar. 3 lbs. lemons.
- 3 lbs. of loaf sugar. 4 quarts boiling water.
- 1 ounce citric acid.

Mint Syrup.

Mrs. Luis Russell.

Boil six pounds of refined sugar and three quarts of water down to three pints. Add eight ounces of

small green mint. While syrup is hot seal down and digest of one fortnight in warm place. Strain at the end of this time and it is ready for use.

Raspberry Vinegar.

To every quart of raspberries, add one pint of the best vinegar. Stir them twice a day for three days, then strain off the liquor. To each pint put one pound of loaf sugar. Boil half an hour, skim it well. Bottle and cork it well.

Black Currant Cordial.

Mrs. W. S. Gore.

To each gallon of the best whiskey put five quarts of black currants, one ounce of cloves (whole), a handful of white ginger (bruised), a large lemon sliced. Let stand in a stone jar about two months, then strain. Make a syrup, allowing to every quart of liquor one pound of sugar, and to every gallon of liquor one quart of water. Pour the syrup boiling hot into the liquor. When cold bottle and cork tightly. (Excellent.)

Blackberry Syrup.

Mrs. Luis Russell.

To each quart of juice allow one pound of sugar, a fourth of an ounce each of cinnamon, nutmeg and cloves. Bring to the boil and strain. Place spices in a muslin bag. By this means the syrup is kept clear.

Note: The writer always allows one wine-glassful of brandy or good rye whiskey to each quart of syrup. It will then keep for years.

Ginger Cordial.

Mrs. Hassell. "M.S.S." Very Old.

1 lb. picked and bruised white currants.
1-4 ounce grated ginger.
The thin rind of a lemon.

Steep in a quart of whiskey one or two nights. Next day strain through a muslin. Add one pound sugar, let it stand two days, then bottle for use.

Lemon Syrup made Cold.

Mrs. Luis Russell.

1-4 lb. of tartaric acid. 6 lbs. of sugar.
3 quarts of water.

Place sugar, water and acid in large bowl and stir often. When all is dissolved bottle and cork firmly.

A small quantity of this with a little carbonate of soda will make a most refreshing drink.

Currant Cordial.

Miss Francis Mayers.

2 ounces butter. 4 lbs. currants.
Almonds, blanched. 3 lemons.
1-2 lb. green ginger root, bruised.

Put this all in a large jar, bruise all well and add one gallon of whiskey. Let it all stand ten days. Then strain and add five pounds white sugar. Stir until sugar is well dissolved, then bottle.

Boston Cream.

Mrs. C. F. Todd.

Make a syrup of four pounds of sugar with four quarts of water. Boil; when cold add four ounces of tartaric acid, one and one-half ounces essence of lemon, whites of six eggs beaten to a stiff froth. Bottle.

About a wine-glass of cream to a tumbler of water with carbonate soda sufficient to cover a ten cent piece.

Boston Cream.

Miss Wilson, Quebec Street.

1 lb. tartaric acid. 3 quarts water.
4 lbs. granulated sugar.

Small bottle essence of lemon.

Whites of two eggs beaten to a froth.

Boil sugar and water together. When cool add acid, essence of lemon and egg well together.

Boston Cream.

Mrs. Becker.

9 cups of sugar. 5 cups of water.

2 1-2 ounces tartaric acid.

1-2 ounce of lemon extract, also juice of 1 lemon.

Stir until dissolved and allow it to come to a boil. When cool, stir in the beaten whites of two eggs, then pour into bottle and cork.

1 tablespoonful to a tumbler of water with a pinch of soda makes a refreshing drink.

The mixture of the soda must be stirred to the consistency of cream before adding to the water.

Raspberry Acid.

Mrs. W. S. Gore.

To twelve pounds of fruit add eight pints of water, six pounds sugar, 25 cents worth citric acid. Squeeze the juice of fruit, then add water and sugar and acid dissolved in a little hot water. Boil all together twenty minutes. Bottle.

Roumiss.

Mrs. Luis Russell.

3 pints of hot water. 1-2 teacupful of yeast.

3 pints of fresh rich milk.

1-4 lb. of refined sugar.

Mix the milk and hot water together, add sugar, and when thoroughly dissolved and the mixture is tepid, stir in the yeast and put in a warm place to rise. Stir frequently and in about six or seven hours the mixture will be covered with small bubbles. At this stage put into strong bottles, screw down, shake twice daily, and in forty-eight hours it is ready for use. This will keep one week in a cool place.

Claret Cup.

Mrs. Luis Russell.

1 bottle of claret. 1-2 pint of brandy.
 3 half pints of water.
 1-2 pint of lemon syrup.

Mix lemon syrup, water, claret and brandy together, add large lump of ice and serve in claret glasses.

Holland Cup.

Mrs. Luis Russell.

1 quart of orangeade.
 1-2 pint of Holland gin.

Mix the above with large lump of ice or put in freezer. Then pour into very thin glasses.

Mint Cup.

Mrs. Luis Russell.

1 quart of mint syrup.
 1-4 pint of old English gin.

Mix mint syrup and gin together, freeze lightly and pour into thin green glasses.

Rhubarb Wine.

Mrs. Luis Russell.

50 lbs. of rhubarb. 30 lbs. of sugar.
 56 quarts of water.

Take the rhubarb and crush it well, then add hot water. Allow to stand seven days stirring at least once daily. Strain and add sugar, and when dissolved put in clean cask. When fermentation ceases add one pound of isinglass that has been dissolved in some of the wine, and one quart of brandy. Bung closely. This wine is ready for use in six months.

Dandelion Wine.

Mrs. Luis Russell.

To every quart of flower heads allow one quart of water and one pound of sugar.

Place the flowers in a clean vessel and add quart for quart of boiling water. Allow to stand seven days. Strain, add sugar and pour into a clean barrel. Add isinglass in the quantity of one ounce to every gallon of liquid, and bung securely. This wine should be kept twelve months.

Grape Wine.

Mrs. Luis Russell.

Five gallons of ripe grapes crushed into four and one-half gallons of hot water. Allow to stand five days, stirring occasionally. Strain and add eighteen pounds of refined sugar. When dissolved put into clean cask. Add isinglass and brandy and cork firmly. This wine is ready in about three to six months.

Currant Shrub.

Mrs. Luis Russell.

Take of ripe currant juice three quarts, three pounds of refined sugar, one-half pint of brandy.

Mix sugar and juice together thoroughly while cold. Boil for fifteen minutes, skim and when cold add brandy, and bottle. Seal corks securely. Will keep for years.

Orangeade.

Mrs. Luis Russell.

3 lbs. of refined sugar.

1 ounce of ground ginger.

12 oranges.

4 lemons.

Dissolve the sugar and ginger in the water, place over fire in enamelled pan and bring to boiling point.

When cold add oranges and lemons, one-half cup of yeast and four ounces of isinglass, added while warm.

Milk Punch.

Mrs. Hardie.

Take eighteen lemons, pare off the rinds and steep them twenty-four hours in one gallon of brandy. Boil three pounds loaf sugar in four quarts of water. Skim it well, add it to the brandy, take out the rinds of the lemons, cut the lemons in half and scoop out the insides with a spoon. Put the whole into a large earthen pan and add two quarts of milk, scalding hot, but not boiling. Stir it well, which will make it curdle. Cover it over, let it stand one hour, then strain through a flannel bag until fine.

Date, 1800 or earlier.

Tea Punch.

Mrs. Maitland-Dougal.

2 quarts tea (made from green tea.)

Juice and rinds of 18 lemons.

Sugar to taste.

2 bottles of brandy.

1 bottle of rum.

Lemonade.

Mrs. F. B. Kitto.

1 lb. sugar.

1 pint water.

1 1-2 ounce of tartaric acid.

40 drops essence of lemon.

Put sugar and water together into a saucepan. When boiling add the tartaric acid, simmer for ten minutes. Put into a jug, and when cold add the essence of lemon. To make the lemonade effervesce add carbonate of soda at the time of using.

MENU

Gentlemen's Dinner.

Mrs. Stuart Robertson, "Struen."

Oysters on the Half Shell. Mullagatawny Soup.
Boiled Salmon, Hollandaise.
Sliced Cucumbers. Horseradish.
Radishes.
Roast Lamb, Mint Sauce.
Asparagus. Mashed Potatoes.
Roman Punch.
Roast Duck. Olives. Pears.
Lettuce Salad.
Gipsy Cake. Mince Pie.
Toasted Crapars. Cheese. Fruit.
Black Coffee.

Emergency Dinner.

Mrs. Stuart Robertson, "Struen."

Tomato Bisque.
Salmon Puffs. Cream Sauce.
Minced Chicken with Mushrooms.
Creamed Potatoes. String Beans.
Fruit Salad.
Lemon Pudding, Foam Sauce.
Wafers and Cheese. Nuts and Fruit.
Coffee.

MISCELLANEOUS.

Pickle for Beef, Pork, Tongue, Etc.

Mrs. Mainguy, Duncans.

To four gallons of water add a pound and a half of brown sugar, two ounces of saltpetre and six pounds of salt, if it is to last a month or two. If to keep all summer use nine pounds of salt. Boil all together a few minutes, skim and let it get cold before pouring over the meat. Have sufficient brine to cover the meat well and keep for family use.

Cold Water Paste.

Compliments Miss Hartnagle, from Driard Chef.

Prepare a pound of flour with a hollow in the centre, add one-half ounce of salt, four ounces of butter and one-half pint of water. Mix the whole into a firm paste.

To Cook Dahl.

(An Egyptian Name for Lentils.)

Miss Harvey, "Stonyhurst."

Take a dessert spoonful of curry powder, soften it with water and mix with two ounces of butter. Cook till nicely brown, stirring all the time. Then add four ounces of well-washed lentils. Stir them till well mixed with the curry. Add a pint of cold water and bring it to the boil. Simmer gently about one hour till the water is much reduced. Add a little salt before serving with rice. The rice to be boiled separately and put round.

Hunting Beef.

Miss Harvey, "Stonyhurst."

For a round of beef put one pound of common salt, three ounces of saltpetre, two ounces of white pepper, and one-quarter pound of allspice, one-half pound of coarse sugar or treacle, and a little old beer is an improvement. Rub the beef with this mixture and let it lay in pickle three weeks. Have ready one and one-half pounds of chopped beef suet. Put it at the bottom of the pan in which your beef is to be baked, and place the same quantity of chopped suet on the top of the meat. Cover completely over with crust an inch thick, made either with meal and water or flour and water. Bake three hours in a slow oven.

This recipe is for a twenty-pound round, the crust and suet to be removed before seasoning. This joint is eaten cold.

Brine for Salting Beef.

Miss Harvey, "Stonyhurst."

Four quarts of water, two pounds of salt, one-half teaspoonful of saltpetre. If liked, a handful of brown sugar.

One pound of salt to be rubbed on the meat with the saltpetre before putting the meat in the pickle. Turn every day. The brine will keep better in hot weather if it is boiled before using. Ten days or two weeks are long enough for a large joint of beef. If the meat is served hot it is better to return the joint afterwards to the water it is boiled in to cool, taking it out next morning. This prevents it getting hard.

Spiced Beef.

Mrs. D. A. McTavish.

Rub a round of beef with three ounces powdered saltpetre, one and one-half pounds brown sugar, twelve ounces salt. First the bone must be taken out and a piece of lap fat the same size put in instead. Two days afterwards have two ounces ground

pepper, three ounces allspice, one-half ounce of cloves, two nutmegs, ground, one-half ounce mace, a large teaspoonful cayenne pepper, mixed together, well rubbed on the beef. Allow it to lie in the tub or pan three or four weeks. Every second day have it well rubbed with the pickle it makes. After that tie it tightly and bind so close round that it may be well shaped. Then put it down to stew with a tin or plate between it and the pot, some fat slices of bacon, about two pounds in all. Cover it well and put it in the oven or covered with coals on the hot hearth.

Keep turning the pan round to prevent burning. A thirty-pound round should stew twelve hours. You should occasionally put some of the gravy and fat over it to soak. Do not untie it for twelve hours after it is done. The gravy should be bottled for flavoring soups, etc.

Baking Powder.

Mrs. D. A. McTavish

1-2 lb. carbonate soda. 1-2 lb. rice flour.
1 lb. cream of tartar.

To be thoroughly mixed and put through a flour sieve six times.

Four teaspoonfuls equal to one of cream of tartar and one-half a teaspoonful soda.

French Mustard.

Mrs. L. G. McQuade.

4 tablespoons pure mustard.
1 tablespoon of sugar.
1 teaspoon cinnamon.
1-2 teaspoon cloves, black pepper and flour.
Vinegar sufficient to cover.

Let it come to a boil, and when cold add from one to two tablespoons of salad oil, stirring it up well.

Best Method of Keeping Beef.

Mrs. E. Fisher.

Cut up the meat in pieces as large as desired. Pack it tightly in a barrel or cask. Then make a brine as follows: One and one-half pounds of salt to one gallon of water, one ounce of saltpetre to 100 pounds of beef, one ounce of black pepper, one pound of sugar to one hundred pounds of beef. Put all these into the brine and heat to boiling. Pour over the meat boiling hot. Cover very closely. The meat will keep fresh any time if kept in a cool place.

For Saddlery or Boots.

Mrs. Leonard Solly.

1 pint Neatfoot's oil. 2 ounces yellow wax.
2 ounces turpentine.
1 ounce Burgundy pitch.

Melt carefully over a slow fire. Rub well into leather in the sun or before a fire, and repeat whenever leather gets dry and hard.

Warm leather before rubbing in.

Restorative Jelly for a Decline.

Mrs. Hardie. (1800 or Earlier.)

3-4 lb. of Hartshorn shavings.
1 ounce of candied mingo root.
1 ounce isinglass. 1 1-2 pint of snails.

Boil the above in five quarts of water to a strong jelly, then add the juice of a Seville orange, one-quarter pound of white sugar candy, pounded, and one-half pint of the best Lisbon wine.

Take one-half pint warm three times a day.

To Preserve Eggs.

Mrs. Mainguy, Duncans.

Pour a gallon of boiling water over two quarts of quicklime and one-half pound salt. When cold add

one ounce cream of tartar. After the lime has been well stirred into the boiling water a large portion of it will settle at the bottom of the vessel. The eggs must be quite fresh when put in. It is better to have them the day they are laid.

Keep them covered with the liquor and they can be preserved two years.

For a Cancer.

Mrs. Hardie, Sr. (Date 1800 or Earlier.)

Take the corns and parings from the foot of a horse; let them be well dried in an oven, then beat to a fine powder, the patient to take as much as will lay upon a sixpence, night and morning in a glass of white wine.

N. B. The corns and parings may be procured at the farriers.

Scotch Kipped Salmon.

Mrs. D. A. McTavish.

Cut the fish up the back as close to the bone as possible, lay it on a flat dish and rub a handful of salt (two if the fish is large), a tablespoonful of allspice, one of pepper and one of sugar, mixed with the salt. Turn it every other day for eight or ten days, then it is ready to hang up to dry. In doing this fix two pieces of wood (like skewers) across to keep it open that it may dry equally.

It is very nice used out of the pickle.

Baking Powder.

Mrs. W. H. Bone.

4 tablespoons of cream of tartar.

2 tablespoons of soda.

1 tablespoon of cornstarch.

Mix ingredients well together, sift five or six times. Keep tightly covered in a dry place.

Baking Powder.

Mrs. F. B. Kitto.

1-4 lb. tartaric acid.
6 ounces carbonate of soda.
10 ounces ground rice.

Thoroughly mix the soda with the rice first. Then mix the tartaric acid with the other ingredients. Keep it in an air-tight tin in a cool place.

Spiced Beef.

Mrs. E. Fisher.

Rub well into a round of fat beef weighing forty pounds, two ounces saltpetre. Let it stand five or six hours. Then rub well with three ounces ground allspice, one ounce of black pepper, two pounds of salt and two pounds of sugar. Let it remain fourteen days, and every other day turn and rub with the pickle. Before cooking wash off all spice and pepper and boil six hours slowly in a cloth. Put it on in boiling water, letting it remain in the water till cold.

Christmas Beef.

Mrs. Mess.

To a round of beef weighing twenty-five pounds take three ounces saltpetre, three ounces coarsest brown sugar, one-half ounce of allspice, one ounce cloves, a nutmeg and about six handfuls of coarse salt all to be powdered. The beef should be hung for a day or two, then rub above well into it and turn it in the pickle every day for three weeks. The bone must be taken out. When to be dressed dip the beef in cold water to take off the loose spice, and put it into a mug large enough to hold it in depth, with a little water at the bottom. Cover the top of the meat with shred suet, and the mug with a coarse paste. Bake five or six hours. When cold take off paste and tape. Gravy very good. Will keep some time.

CONFECTIONERY.

"Sweets to the sweet."—Hamlet.

"Trifles light as air."—Othello.

Turkish Delight.

Mrs. R. Jones.

1 lb. sugar.

1 cup water.

8 sheets gelatine (cut up and soaked in half a cup of water.)

Boil sugar for twenty minutes and add gelatine, juice and rind of one orange and juice of one lemon. Add tablespoonful of rum if wished. Strain and pour into baking pan. Stand twenty-four hours. Cut in blocks, roll in sugar.

Turkish Delight.

Mrs. James Gaudin.

13 sheets of gelatine.

2 lbs granulated sugar.

1 cup of water.

The juice of one lemon and rose water to taste.

Soak gelatine for one hour in enough water to cover them, pour off water and boil all up for ten minutes, then pour into flat dishes. Next day cut into small squares and roll in pulverized sugar. If two kinds are prepared take half of the mixture. after it is boiled, and color with cochineal, and flavor with rose water, and the rest can be flavored with lemon essence.

Maple Cream Candy.

Mrs. N. Richdale.

2 cups of brown sugar.

1 cup of white sugar.

1 cup milk.

1-2 teaspoonful cream.

2 tablespoons vanilla.

Boil twenty minutes steady. Beat in cold water till hard. Put out on a buttered dish. Drop walnuts in.

Chocolate Caramel.

Miss A. Macrea.

Cream together one teacupful of sugar with half the quantity of butter. Add one-quarter of a pound of grated chocolate and one teacupful each of molasses and milk. Beat well together and boil until a portion of it dropped in cold water sets and cracks. Pour into well-buttered tin pans to the thickness of half an inch. When nearly cold mark into squares with a buttered knife. Roll the squares in paraffin paper.

Dates for Afternoon Tea, Etc.

Mrs. E. B. Mackay.

Take out the stone and insert a blanched almond. Close and roll in pulverized sugar.

Cocoanut Ice.

Mrs. F. B. Kitto.

Dissolve one pound of loaf sugar in the milk of a cocoanut over the fire. Grate the cocoanut. Add it to the melted sugar and let it boil for ten minutes. If there is not sufficient cocoanut milk, add a little of the ordinary kind, but as small a quantity as possible, for it detracts the richness.

Wintergreen Drops.

Mrs. N. Ricshdale.

3 cups white sugar.
3 tablespoonfuls glucose.
1-2 cup boiling water.

Put on in a saucepan. Boil till it drops from spoon. Put two drops of wintergreen or peppermint, beat quickly in a bowl, put into a buttered dish. When it turns white it is ready. Roll nuts, figs or dates.

Maple Cream Candy.

Mrs. A. Weir, Metchosin, B. C.

To four cupfuls of brown sugar add one cupful of rich milk or half quantity of cream, and stir in pan over fire until boiling. Then boil rapidly for twenty or thirty minutes. Add half cupful of chopped nuts or ground cocoanut. Take off stove and beat until nearly cold. Pour into buttered dish, and cut into squares.



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