RECIPES
Proved and Approved

Compiled by
THE LADIES OF ST. GEORGE'S GUILD
OWEN SOUND
1913
ST. GEORGE’S CHURCH, OWEN SOUND
Ladies of St. George’s Guild

ALL RECOMMEND

Wyllie’s
Famous Sausages

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DRINK

Taylor & Pringle Company’s

Belfast Ginger Ale, Dry Ginger Ale
Lemon Sour, Birch Beer
Strawberry Soda, Mineral Waters

Use QUEEN QUALITY PICKLES
Sweet, Mixed and Chow
Tomato Catsup, Worcestershire Sauce
Refined Cider, Vinegar, Universal Sauce
PREFACE

Its pages are stained and written o’er,
With careless pencil and pen.
Its leaves are ragged, its back is bent,
It will never look neat again;
But oh! the dainties it helped to make,
In the busy summer morning,
Or the Christmas pudding or wedding cake
All unknown rules a-scorning.
Many a festal day it crowned—
Many a Sunday dinner—
Many a washday meal it found—
Food for saint or sinner.
So I think no matter how choice my books
Well bound or clearly printed,
(Set on shelves for the sake of looks
As I have heard it hinted.)
Or comforting friends for a lonely hour
In a cosy ingle nook,
I still must value and own the power
Of this useful little book.
SOUPS

“One morning in the garden bed
The onions and the carrots said
Unto the parsley group:
Oh when shall we three meet again,
In thunder, lightning, hail or rain?
“Alas,” replied in tones of pain
The parsley, “In the soup.”

GENERAL SUGGESTIONS.

Housekeepers do not realize how many dishes may be made of the left overs in the ice chest. There is hardly anything that cannot be utilized in a soup or salad. A meat pie can be made by mincing the scraps of beef or veal (a bit of ham or mutton improves the flavor), using the gravy and baking under a nice brown crust. Croquettes, or enough salad for a small family, may be made of the scraps of chicken or a little mashed potato. If one has not time for these dishes there is the soup kettle. Once a week in winter, twice in summer, all the bones and cold cooked vegetables (use also some celery roots or leaves) should be placed in a closely covered kettle with sufficient water to cover and cook slowly for four or five hours; strain through a coarse cloth, remove the fat when cold, keep in a cool place. Use as a stock for a variety of soups.

HOW TO CLEAR THE SOUP

Allow the white and shell of one egg for two quarts of strained stock. Beat the white, add crushed shell

—5—
and the cold stock, pour into kettle, set over the fire, and stir constantly until the boiling point is reached; boil three minutes without stirring, then simmer for ten minutes, strain through sieve, then through a cheese-cloth; reheat and serve. If these directions are followed, an absolutely clear soup will be the result.

**TOMATO SOUP**

Put six ripe tomatoes, or one can, on to stew with one small onion and a small stalk of celery. When cooked rub through a sieve and season to taste. Heat in a double boiler three cups of milk, thicken with two teaspoons of cornstarch blended in a little cold milk. Add one tablespoon of butter. Add to the tomato a pinch of soda (if canned tomatoes use a little more soda) stir well and put tomatoes and milk together and serve at once.

*MRS. W. T. LEE.*

**CREAM CELERY SOUP**

One head celery and one union cut fine, boil one hour in one quart of water, then add one quart of chicken or veal stock; heat in another vessel one quart of milk, two tablespoons of flour and one tablespoon of butter. When this is scalding hot strain the first part into the milk and serve. It should be of the consistency of cream.

*Miss Robertson, Bayview.*

**OX-TAIL SOUP**

Take two or three ox-tails and cut into pieces at joints; roll in flour and fry in butter or dripping. Slice three onions and two carrots, these also fry a light
brown. Put tails and vegetables with the addition of a little celery into a soup pot and cover with cold water. Boil slowly for four hours or more, add salt and pepper. Strain, and if not thick enough, thicken with a little brown flour. Also add a dash of Worcestershire sauce if desired. A spoonful or so of sugar is also an improvement.

Miss Robertson, Bayview

CORN SOUP

One pint grated corn, three pints boiling water or veal stock, one pint hot milk, three tablespoons butter, two tablespoons flour, yolks of two eggs, salt and pepper to taste. Put the corn cobs from which you have grated the corn in the boiling water or stock and boil slowly ½ hour. Remove the cobs and put in corn and boil until soft (about twenty minutes) press through a sieve, season and let simmer while you rub the butter and flour together. Add this, stir it constantly until it thickens; add the boiling milk, cook one minute, add the beaten yolks and serve at once.

Mrs. Wainwright.

VELVET SOUP

To one quart of veal or chicken broth add ½ cup of tapioca, yolks of three eggs, salt and pepper to taste. Soak tapioca over night or use minute tapioca. Simmer it in the stock. Beat yolks lightly with a little water. Put eggs in hot tureen pouring hot soup over and stirring all the time. Flavor with a little onion, carrot and two or three cloves if use beef extract.

Mrs. Briden, Ingersoll.
OYSTER SOUP

One pint of solid oysters, 1 quart of milk, 4 soda biscuits rolled fine. Let the milk come to a boil, add biscuits, pepper and two tablespoons of butter. Add oysters and let it boil up, then salt and serve. Have tureen and plates hot.

MRS. WIDDIFIELD.

WHITE SOUP

Four onions, four potatoes; boil, mash and pass through colander. One quart of hot milk, a little salt, pepper and 1 tablespoon of butter. Beat an egg in the tureen and pour hot soup on it before serving.

ANON.

CREAM OF SPINACH

Cook ¼ peck of spinach for 20 minutes and rub through a fine strainer. Boil one quart of milk, thicken with 2 tablespoons of flour and butter, rub together, season with pepper and salt. Add spinach and let come to a boil. (Wash the spinach and cook in its own moisture).

TOMATO SOUP

1 can of tomatoes, 1 quart of water, 1 onion and a little celery. Boil tomatoes and water one hour with celery and onion in, and strain. Add a little butter, salt and pepper and thicken with a little cornstarch. Put sippets of toasted bread in soup tureen and pour soup over.

MRS. TATE ROBERTSON.

NOODLES FOR SOUP

To 3 eggs slightly beaten mixed with 2 tablespoons of water and a little salt, add enough flour to make a stiff dough. Work it well for 15 minutes, adding flour
when necessary. When smooth and elastic cut off a small piece at a time and roll very thin. Sprinkle lightly with flour and roll in a tight roll. With a sharp knife cut from the ends into threads for soup. Let them dry an hour or more. They will keep the same as macaroni.

**DAHL SOUP**

Half pint of dahl, three pints of cold water, two stalks of celery or one teaspoonful of celery seed tied in a muslin bag, three sprigs of parsley, one blade of mace, half dozen whole peppers, one onion, two tablespoons of flour, two tablespoons of butter, half pint of milk, four tablespoons of cream (this may be omitted.) Wash dahl thoroughly, then put in saucepan with cold water, celery, parsley, mace, peppers and onion. Boil 1 hour, then drain liquid through a wire sieve into a basin with a wooden spoon and force through the sieve as much of the dahl as possible. Put into the empty saucepan the flour and butter and rub them together over the fire till smooth, then add the milk, stirring one way till it thickens. Next add the soup from the basin a little at a time. Season with pepper and salt and allow to boil up once. If cream is used put it in just before serving. The soup must on no account boil after the cream is added.

MRS. JNO. PARKER.

**SCOTCH BROTH**

Take one cup of barley, four quarts cold water, bring this to a boil and skim, now put in a neck of mutton and boil again for half hour, skim. Have ready two carrots, one large onion, one bunch of parsley, one sprig of celery; chop all these fine, add your chopped vegetables, pepper and salt to taste. This soup takes two hours to cook.
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FISH AND OYSTERS

Should you lure
From his dark haunt beneath the tangled roots
Of pendent trees, the monarch of the brook,
Behooves you then to ply your finest art.
—Thomson.

FRIED OYSTERS

One quart of oysters, wash and drain. Lay them on a coarse towel till the moisture is absorbed. Have ready beaten egg and rolled crackers. Dip the oysters in the egg and then into the crumbs and fry in deep fat in basket. Lay on a hot platter and garnish with parsley and slices of lemon.

DELICIOUS DISH OF OYSTERS

Blanch (that is, cook till they puff up) one dozen of oysters in their own liquor. Remove them and add a tablespoon of butter, the juice of half a lemon, a gill of cream and a tablespoon of flour. Beat the yoke of one egg lightly, while the sauce is simmering add the egg and simmer the whole till it thickens. Place the oysters in a hot dish, pour the sauce over them and sprinkle a little chopped parsley over the top and serve.

Mrs. H. G. Tucker.

STEAMED SALMON

One can salmon, three eggs beaten lightly, three tablespoons of melted butter, $\frac{1}{2}$ cup sifted bread crumbs. Season with pepper and salt. Chop the salmon fine, remove all pieces of skin and bone, then rub into a smooth paste, adding the butter as you rub it.
Beat the crumbs into the eggs and season before working all together. Steam in a large mould one hour. Serve with egg sauce.

E. M. W.

LOBSTER CROQUETTES

A lobster weighing 2½ lbs. will make about nine crouquettes. Two tablespoons butter, one tablespoon flour, salt and a speck of cayenne. Heat together and have ready one egg well beaten separately and ½ cup of rich cream or soup stock. Mix and cook smoothly, not letting it boil much. Add a few sprigs of parsley. Pour over the lobster, picked fine on a platter, and set away to cool. Roll in croquettes and dip in egg and bread crumbs. Fry in deep fat.

MISS McFARLAND, Buffalo.

WHITE SAUCE

Two level tablespoons of flour, two level tablespoons of butter, one cup of hot milk, ¼ teaspoon of salt, pinch of pepper. Melt butter in saucepan until it bubbles, add the flour, salt and pepper, mix until smooth, then pour the hot milk in gradually, stirring constantly. Cook until it thickens.

MRS. E. LEMON.

HOLLANDAISE SAUCE

Rub to a cream ½ cup butter, add yolks of five eggs and beat well together, add the juice of ½ a lemon, ½ teaspoon of salt, a dash of cayenne pepper. Add slowly one cup of hot water. Mix well, put in a double boiler, stir constantly till like thick cream. Do not let it boil. Remove from fire and stir a few minutes.

MRS. E. LEMON.
OYSTER CROQUETTES

One pint of oysters, one tablespoon of butter, two tablespoons of flour, one cup of milk or cream, one egg, one teaspoon of salt, \( \frac{1}{4} \) teaspoon of pepper, a dash of cayenne and a pinch of mace. Put the cream or milk in a double boiler and scald it. Rub the butter and flour together and stir in the scalding milk until it is thickened. Add the seasoning, remove from the fire and stir in the beaten yolk of the egg. Place again on the fire for a minute to cook egg. Stir in the oysters which have been chopped and enough rolled crackers or sifted bread crumbs to make it quite thick. Set away until cold, then mould into croquettes, dip in white of egg to which has been added a tablespoon of cold water. Roll in sifted crumbs and fry in deep fat.

Mrs. Widdifield.

OYSTER COCKTAIL

Six small raw oysters, tabasco sauce, lemon juice, salt, grape-fruit. Cut grape-fruit in halves crosswise, remove tough portions and add oysters seasoned with the tabasco sauce, lemon juice and salt. Serve in half grape-fruit shell.

Mrs. Rolston.

FISH BALLS

Two cups of salt cod fish; three cups of mashed potatoes; one egg; one tablespoon of butter; two tablespoons of flour; \( \frac{1}{2} \) cup of sweet milk. Wash the fish and pick in small pieces and soak until sufficiently freshened. Cook the fish. Make a sauce of the milk, yolk of egg, flour and butter. Add this to the fish and potatoes. Mould in balls and dip in the white of the egg to which has been added a tablespoon of cold water. Roll in sifted bread crumbs and fry.

E. M. W.
FISH CROQUETTES.

Break up two cups of cooked fish—remove bones and season well. Make white sauce of four level tablespoons of butter, four level tablespoons of flour and one cup of milk. Combine this with the fish, spreading the mixture on a platter to cool. Mould into shape of cutlets, dip in slightly beaten egg, to which a tablespoon of water has been added, and then in sifted bread crumbs. Fry in a deep fat in a frying basket which has been dipped in fat. Serve very hot.

Miss Jean Armstrong.

FISH CUSTARD

Two eggs; two cups of milk (may use part water); three rolled soda biscuits; one teaspoon of butter; salt and pepper to taste. One can of salmon, or the same amount of any sort of fish. After taking all bones out of the fish, mince, beat eggs, add milk, biscuit, salt and pepper. Mix with fish, bake in a dish ready to serve. Before placing in oven put butter in small pieces over the top. Cook ½ hour in hot oven and serve at once.

Mrs. Lee.

LOBSTER A LA NEWBURG

One lobster or one can. Cut in small pieces. Place in a pan with a lump of butter, pepper and salt. Take one tablespoon of melted butter in another pan, mix with two tablespoons of flour, thin down with hot cream. When thickened add one beaten yolk of egg and two tablespoons of sherry wine. Add hot lobster to this and serve at once.

Mrs. Niles, Wellington.
PICKLED FISH

Cut fish (salmon or pike) into pieces 1 1/2 inches thick, sprinkle salt over and keep in a covered dish, in a cool place, for 24 hours. Wash off the salt and boil in a granite kettle for half an hour. Add salt and pepper to taste and let it cool. Take out each slice as whole as possible and place in an earthen dish. Add to the liquid one pint vinegar, one handful of pickling spices and two sliced lemons. Let this come to a boil, and when lukewarm strain it over the fish. Let it stand until it becomes a thick jelly. It is now ready to serve. Do not bone the fish.

MRS. BURNSTEIN.

BAKED HADDOCK—WITH OYSTER STUFFING

2 cups oysters, 1 tablespoon parsley, 1/4 cup of butter, 1 cup of cracker crumbs, salt and pepper. Drain oyster; mix crumbs, melted butter and chopped parsley. Season highly with salt and pepper, and mix with crumbs. Remove head, tail and bone from haddock. Season with salt, pepper and lemon juice. Stuff with oyster stuffing and sew. Place on fish sheet or strips of cheese cloth in baking pan, hot with butter, and sprinkle with salt and pepper. Bake, allowing twelve minutes to the pound, basting with melted butter, or after fish is stuffed, place in pan; cover with butter, cracker crumbs and baste. Serve with tomato hollandaise or egg sauce.
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MEATS

Nearer as they came a genial savour
Of certain-stews and roast meats, and pilaus,
Things which in hungry mortal’s eyes find a favour.
—Byron.

STEWED CHICKEN

Take chicken and skin it, then cut into pieces. Wash, dry with cloth, season with pepper and salt, then roll in flour and fry in butter a light brown. Make gravy; put in saucepan; put gravy over, then let simmer for $\frac{3}{4}$ hour. Add a blade of mace and cayenne pepper.

MRS. HENRY STEPHENS.

PICNIC VEAL

Slices of cold veal and ham; two hard boiled eggs, two tablespoons of parsley, salt, pepper and stock. Lay veal, ham, parsley and eggs with pepper and salt in layers until mould is full; fill up with stock and bake 2½ hours and turn out when cold.

MRS. TATE ROBERTSON.

TONGUE IN JELLY

Boil the tongue until tender, skin and press in a round mould or bowl. To the liquor add two medium sized onions, a few stalks of celery, two cloves, one bay leaf, salt and pepper, pinch of mace and juice of $\frac{1}{2}$ lemon. Let simmer for two hours. Add one box Cox’s gelatine which has been soaked in one glass of water. Strain liquor and pour half of it in a mould; let congeal; lay in the tongue and pour the rest of jelly over it.
PICKLED TONGUE

Put two tongues in a brine made of 1 1/4 lbs. of salt, one gal. water, one teacup brown sugar. Let the tongues lie in this for ten days. Simmer for four or five hours, then skin and press into mould. One teaspoon of salt-petre added to this will make the tongue pink.

MRS. LEPAN, SR.

SCRAPPLER

Boil a hog’s head in enough water to cover until the meat is ready to fall from the bones. Remove the head from the liquor, strain the liquor and set it aside to cool. Pick the meat from the bones adding some of the fat and chop fine. Remove the fat from the liquor, add the meat, thicken with cornmeal and season to taste. When cold cut in slices and fry.

MISS JENNIE WIDDIFIELD.

IRISH STEW

Cut neck of mutton or stewing beef in small pieces and put in frying pan with one tablespoon of butter or dripping and let brown. Add enough hot water to cover well, and two or three onions cut in pieces. Cover closely and let simmer two hours. Add more water if necessary, some potatoes cut in two, a few slices carrot, salt and pepper to taste. Cover and cook one hour or more. A teaspoon of Worcestershire sauce or tomato catsup improves it. Thicken the gravy before serving.

E. M. W.

SPICED ROUND OF BEEF

Sixteen to twenty lbs. round beef. Mix one pint of treacle (or two cups of brown sugar) 3/4 lb. salt, two tablespoons of ground allspice, one tablespoon of ground
cloves, one tablespoon saltpetre, one dessertspoon cayenne pepper. Rub the beef daily and turn for three weeks. Then cover with dough made of water and flour and bake for four hours. Very good steamed. Same pickle does for tongues.

Mrs. William Robinson.

VEAL LOAF

One lb. raw veal chopped fine, one lb. steak chopped fine, one lb. ham chopped fine, butter the size of an egg, three eggs, three tablespoons of cream or milk. Mix eggs and cream together. Mix with the veal eight rolled crackers, one tablespoon of black pepper, a little grated nutmeg. Mix well together and form into a loaf. Bake two hours, basting with butter and water while baking.

Mrs. J. B. Hunt.

JELLIED VEAL

Take a knuckle of veal and two lbs. of flank. Cover with cold water. Let boil until tender. Remove the meat from the bone and return bones to liquid. To the liquid add one small onion, two slices of carrot, two bay leaves, celery salt, salt and pepper to taste. Remove all strings and gristle from the meat. Line a mould with sliced hard boiled eggs and add meat. When the liquor is sufficiently reduced add juice of ½ lemon, strain through a coarse cloth and pour over meat.

Mrs. Widdifield.

BAKED HAM

Take a medium sized ham and let it soak for ten hours. Then cut away the brown part from the under side, wipe dry, cover with a paste of flour and water.
Put in a roasting pan and bake in a moderate oven four or five hours. When done take off the crust and skin, bread over and brown. Garnish with parsley.

Mrs. Russell.

Veal Curry

Take one pint of stock or gravy, cut up large onion, cook until tender. Take one teaspoon curry powder, two level tablespoons of flour blended in a little cold water, add to stock and cook until it thickens. Add a little salt and cold cooked meat. Place on back of range for about ½ hour. Serve on platter bordered with boiled rice.

Mrs. J. B. Hunt.

Beef Loaf

Two lbs. beef minced fine, one lb. of pork tenderloin (or lean pork) minced fine, one cup bread crumbs, one cup cracker crumbs, one tablespoon butter, two eggs. Mix well together and add salt and pepper to taste. Bake one hour, basting often.

Mrs. Widdifield.

Fricassee Chicken

Cut up and remove skin from one chicken, cover with water (hot if young fowl) and boil until tender. Remove chicken, strain the liquor through a coarse cloth and return to pot. Add about one and a half cups milk (reserving a little to blend four tablespoons of flour in) ½ cup of butter, a little grated nutmeg, a pinch of mace, salt and pepper to taste. Stir in the flour, when thickened lay in chicken, remove to back of range and let stand for ¾ of an hour. The skins can be boiled with the chicken for straining.

Mrs. Widdifield.
VEAL CUTLETS

Take sifted bread crumbs and rub in a little grated onion. Dip the cutlets into an egg stirred up with a tablespoon of water, then roll in the crumbs. Put a little butter or fat in dripping pan, lay in cutlets and bake in a quick oven half an hour. Pork chops are fine done in the same way.

MOCK DUCK

1½ lbs. steak cut from the round, rather thin and all in one piece. Make a dressing of one cup bread crumbs, one teaspoon salt, ¼ teaspoon pepper, one teaspoon onion juice, two tablespoons chopped parsley, enough hot stock or boiling water to moisten the crumbs. If water is used add a dessertspoon of butter. Wipe the steak with a damp cloth and spread the dressing on it. Then roll up the steak and tie securely with cord, being careful to have it a good shape. Cut into small pieces an onion, two carrots and a small turnip, add a sprig of parsley and a bay leaf. Place vegetables in a pot then lay the meat on top. Add boiling water to the depth of two inches. Cover closely and cook slowly for two or three hours. A little more water may be added if necessary. Remove meat to platter, thicken stock with two tablespoons flour mixed with cold water, stir till smooth and thick and serve with the meat (poured around the meat.)

MRS. A. J. FROST.

CAPER SAUCE (FOR BOILED MUTTON)

Put two tablespoons of butter in a saucepan, when melted add a tablespoon of flour, cook for a few minutes but not brown, then add one cup of water in which the mutton was boiled, season with salt and pepper, strain and add a heaping tablespoon of capers.
CORN BEEF PICKLE

Five lbs. of salt, 1½ lbs. sugar, two ounces ginger, ½ ounce salt petre, ½ ounce cayanne, 4½ gallons water. Boil and let cool and pour over the meat.

Mrs. Baker, Picton.

SAUCE FOR CROQUETTE MIXTURE

One tablespoon of butter, two tablespoons of flour, one cup of milk or cream, one egg, one teaspoon onion juice, one teaspoon of salt, ½ teaspoon pepper and dash of cayenne and nutmeg. Cook until this thickens, add meat and let stand until cool, then mould into shape, roll in cracker or bread crumbs, dip in an egg beaten up with a tablespoon of water, roll again in crumbs and fry in deep fat.

BATTER CRUST FOR MEAT PIES

One egg (beat light), one tablespoon of lard, ½ tablespoon of butter, ½ cup sweet milk, ½ teaspoon of salt, one cup of flour, two teaspoons baking powder. Make in a batter and pour over hot chicken or meat.

Mrs. Marshall.

MINT SAUCE

One bunch mint, one tablespoon sugar, ¾ cup vinegar. Rinse the mint in cold water and chop fine. Dissolve the sugar in the vinegar, add the mint and let stand an hour to infuse before using. To be served with spring lamb.

Mrs. Lemon.
TENDERLOIN

Cut and open two tenderloins and fill with a dressing made of breadcrumbs, sage and onions. Skewer or tie together and bake about \( \frac{3}{4} \) of an hour. Nice cold or hot.

SWEET-BREADS

Put sweet-breads in cold water and remove pipes and membranes. Simmer in boiling salted water with one tablespoon of lemon juice twenty minutes. Separate in pieces. These may be fried like oysters dipped in egg and crumbs, or made in croquettes like chicken or veal. Served with green peas and mushrooms makes an attractive luncheon dish.

Mrs. Widdifield.

FLANK STEAK

Take a flank steak and spread with butter, season with salt and pepper. Chop an onion very fine and spread on steak. Cover with tomato and bake one hour. You may need to add a little water in the pan.

Mrs. W. T. Lee.

FLANK STEAK ROAST

Take a nice flank steak, salt to taste and spread with a dressing with stale bread, seasoned with onion and a beaten egg. Reserve a little of the dressing. Now begin at one end, roll up and pin with skewers, then put remainder of dressing on top. Put in roasting pan with one and a half pints of water and some pieces of salt pork. Cook \( 1\frac{1}{2} \) hours and you have a delicious roast.
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POT ROAST

Heat an iron pot and rub it with a little butter or suet. Bind the roast to keep it in shape and flour the ends and brown them well. Add one cup boiling water, cover closely, turn often and add water when necessary. Cook from three to four hours very slowly. About an hour before cooked add one onion chopped fine and one cup of tomato. Season with salt and pepper.

BROWN STEW OF BEEF

Remove all fat, bone, skin, and gristle from 1 lb. of round steak or stewing meat and cut the latter into 1-inch squares. Try out the fat and in it brown half an onion chopped fine. Sprinkle 3 tablespoonsfuls of flour over the meat and add to the fat and onion. When the meat is well browned add 1 pint of boiling water. Lower the heat and simmer 1 hour. Add the dumplings 15 minutes before the stew is done.

DUMPLINGS

Sift 2 cupfuls of flour with 4 teaspoonfuls of baking powder and ½ teaspoonful of salt into a mixing bowl. Add about ¾ cupful milk, or enough to make a soft dough. Drop by spoonfuls over the top of the stew; cover closely and cook for 15 minutes.

IRISH STEW

Take 5 pounds of mutton from the neck, 4 cupfuls of potatoes cut into small pieces, ¾ cupful each of turnip and carrot cut into half-inch cubes, ½ onion chopped, ¼ cupful flour, salt and pepper. Cut the meat into small pieces, removing the fat. Try out the fat and brown the meat in it. When well browned, cover
with boiling water, boil for 5 minutes and then cook at a lower temperature until the meat is done. Add carrots, onions, turnips, pepper and salt during the last hour of cooking, and the potatoes 15 minutes before serving. Thicken with flour diluted with cold water. Serve with dumplings.

TO USE UP COLD MUTTON

Remove skin and fat from thin slices of roast and sprinkle with salt and pepper. Cover bottom of buttered baking dish with buttered cracker crumbs. Cover meat with boiled macaroni and add another layer of meat and macaroni. Pour over tomato sauce and cover with crumbs and pieces of butter. Bake in hot oven about \( \frac{1}{2} \) hour. Cold rice may be used instead of macaroni.

MRS. CHAS. McCONNELL, Rochester.

LITTLE PORK PIES

To make pastry:—Put \( \frac{1}{4} \) lb. of chopped beef suet in about \( \frac{3}{4} \) of a cup of hot water and let it boil for a few minutes. Have \( 1\frac{1}{2} \) lbs. of flour and a little salt in a mixing bowl and pour hot mixture in and stir with a spoon. If more moisture is needed add hot water. Knead well and take a small portion off at a time, keeping remainder on shelf of range. Roll out and mold over a wooden potato masher. Let them dry a little after molding so as to retain shape. Have veal and lean pork minced and seasoned with salt and pepper and sage. Fill pies half full and put on a top crust. Bake in a quick oven. After the pies are baked pour some seasoned beef stock in each pie. These can be reheated and are handy for lunches.

E. M. W.
BEEF STEAK PIE

Get enough round steak, cut fairly thin. Use a dish with a flare. Cut the steak in pieces about three inches long and one wide, dip in flour, salt and pepper, roll the pieces of steak, fill dish and cover with cold water. Cover the flare of the dish with ordinary pastry and cover pie with the same. Brush the top with milk and bake in the oven until the pastry is done, then remove from the stove and cook for at least two hours on the back of the stove. Add a little salted hot water when needed.

MRS. WIDDIFIELD.

YORKSHIRE PUDDING

One cup of flour smoothed in one cup of milk, a pinch of salt, two eggs beaten separately. Pour a little of the fat from the roast into a smaller pan and pour in the batter and pour a little of the fat over the batter. Bake \( \frac{1}{2} \) hour and serve at once.

OLD ENGLISH RECIPE.

BREAD SAUCE

Put one pint of milk, one small onion sliced and two cloves in a saucepan, let simmer awhile, and skim out onion and cloves. Then rub one tablespoon butter and one dessertspoon flour together and add to the milk. Add salt and pepper to taste. Stir in white bread crumbs until thick. To be served with game or poultry.

TURKEY DRESSING

Dry bread in oven then roll it with rolling pin very fine. To one pint of bread crumbs add butter the size of an egg melted in half a cup of water, or more if required. One tablespoon powdered parsley, two well beaten eggs, pepper and salt to taste.

MRS. HENRY STEPHENS.
BALTIMORE CHICKEN

Cut chicken in pieces for serving; sprinkle with salt and pepper, dip in egg and crumbs taken from the centre of the loaf; arrange in baking dish, baste with melted butter, and cook in hot oven 30 to 40 minutes. Arrange on a hot platter; garnish with thin slices of crisp bacon, parsley and cream sauce.

CORNED BEEF

Wash beef, place in kettle; cover with cold water; bring to the boiling point, then simmer until tender; allow thirty-five minutes for each pound. Cool partially in water in which it is cooked; place in a square pan; apply pressure and serve cold.

CORNED BEEF HASH

Chop beef; add an equal amount of cold boiled potatoes chopped; season with salt, pepper and a few drops of onion juice. Melt one tablespoon butter in a frying pan; add beef and potatoes and sufficient milk or hot water to make the mixture soft. Cover frying pan and cook slowly until a brown crust is formed. Turn like an omelet on to a hot platter. Garnish with parsley.

BEEF LOAF

2 lbs. round steak (chopped fine), 4 biscuits rolled fine, 2 small onions (can be omitted), 1 raw egg, ½ cup milk, salt and pepper to taste. Mix thoroughly, shape into a loaf, add a few dots of butter and bake in moderate oven 1 hour.
BEEF STEAK PUDDING

Boil six medium sized potatoes, mash till free from lumps and add a piece of butter the size of an egg. Knead in enough flour to make a dough that can be rolled out. Roll in a circle, having the dough one-half inch thick. Line a greased bowl with this, fill the centre with beef steak, about 1 1/2 lbs. of the round, cut in inch pieces, season and add a small piece of butter, pepper and salt. Gather the edges of paste together and pinch firmly. Steam three hours.

SMOTHERED CHICKEN

Dress a chicken, cutting open at the back, as for boiling; lay in a baking pan, the breast upwards; sprinkle with salt and pepper, and a lump of butter here and there; plenty of water for basting; then cover tightly with another pan; baste often, bake one hour. Make gravy in the ordinary manner. This way of cooking gives them a flavor not obtained in any other way.

SAUSAGE ROLLS

Fry 1 lb. of sausage. Make a good biscuit dough: roll each sausage in a small piece of the dough rolled thin. Bake until a nice brown. Nice for tea.

SWISS STEAK

Rub seasonings into a slice of round steak. Pound flour into it with the edge of a saucer, using as much flour as the meat will take up. Place in a saucepan with a small amount of hot fat. Brown slightly and cover with water. Cover closely and simmer until tender.
CROWN ROAST

A rack of mutton. Prepare the loin as for French chops and arrange like a crown, rolling the loin backward. Tie securely. Cover each bone with thin strip of salt pork to prevent burning. Place on rack in dripping pan with a bowl in centre of the crown to preserve its shape. Dredge with flour, sprinkle with salt and pepper, basting frequently and allowing nine minutes to the pound for roasting. Serve on hot platter with potato balls, green peas, French fried potatoes, or puree of chestnuts in centre of crown. Paper frills on chop bones and parsley around the base.

SAUTED CALF’S LIVER

Wipe liver and cut in one-inch cubes, sprinkle with salt and paprika, and cover with thin slices of onion and two or three sprigs of parsley. Let stand one half hour, remove vegetables and saute liver in butter. Remove to hot serving dish and garnish with slices of lemon and sprigs of parsley.

SHEPHERD PIE

Mince fine, cold meat of any kind and two small onions, season with pepper and salt. Place in an ordinary pudding dish, pour over all some gravy. Boil six large potatoes, mash, and add one beaten egg, a little salt and a tablespoon of butter, beat well, then spread over top of meat and place in hot oven to brown.

Mrs. W. Lee.
The Dominion Life Assurance Co.

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Women considering Endowment Insurance would do well to consult a representative of this Company before placing their Insurance. *Average rate of interest earned in 1912, eight per cent. *Excellent results on matured policies.

G. F. ZAPFE
DIST. MGR. COUNTY OF GREY

908 2nd AVE. E.

OWEN SOUND
VEGETABLES

"Herbs, and other country messes,
Which the neat-handed Phyllis dresses."
—Milton.

CARE OF VEGETABLES

Summer vegetables should be cooked as soon as possible after gathering. In case they must be kept, spread them on the bottom of a cool, dry, well ventilated cellar, or place in ice-box. Lettuce may be best kept by sprinkling with cold water and placing in a tin pail closely covered.

Winter vegetables keep best covered with soil. A small scrubbing brush (2 for 5 cents) is useful in preparing vegetables. If the vegetables are withered soak in cold water from fifteen minutes to one hour.

Put all fresh vegetables on to cook in boiling water. Put all dried vegetables on to cook in cold water.

Strong smelling vegetables must cook at simmering point, others may boil gently.

Salt the water for vegetables that grow above ground, including onions, one teaspoonful to one pint. Do not salt the water for vegetables that grow below the ground.

BOILED POTATOES

Peel, cover with boiling water, cook quickly. After draining thoroughly return to the stove and steam without a cover for a moment. Shake gently at an open door or window. Return to the stove, sprinkle with salt, shake again. In serving cover lightly with serviette.
SCALLOPED VEGETABLES

Take any quantity of cold cooked vegetables—potatoes, onions, parsnips, carrots, peas, celery, cauliflower, cabbage, or a combination of any two vegetables. Put in a baking dish and pour over a white sauce made of ½ cup milk, ½ cup vegetable water, two tablespoons flour, ½ tablespoon butter, pepper and salt. Cover the top with dried bread crumbs and dot the top with butter. Bake till golden brown.

Note—Cold chopped meat, well seasoned, fish, flaked and seasoned, may be combined with potatoes.

MISS F. P. PRITCHARD.

STUFFED SPANISH ONION

Peel the onions and scoop out from the top a portion of the centre. Parboil them for five minutes and turn them upside down to drain. Fill them with a stuffing made of equal parts of minced chicken or meat and soft bread crumbs. Chop fine the onion taken from the centre and add it to the mixture. Season it with salt and pepper and moisten it with melted butter. Fill the onion heaping full and sprinkle the top with crumbs. Place in a pan with an inch of water, cover and let cook in the oven for an hour or until tender, but not so long as to lose shape. Take off the cover the last five minutes so they will brown slightly.

BOSTON BAKED BEANS

Pick over and wash two lbs. of white beans and put them to soak over night in about two quarts of warm water. In the morning put them to cook and when about to the boiling point add ¼ teaspoon of soda. Drain through the colander, allowing the cold water to run through. Put in kettle again, cover with boiling water and cook until the skins begin to crack.
Parboil $\frac{3}{4}$ of a lb. of pickled pork and cut into small pieces. Season the beans with salt, pepper, one teaspoon of mustard mixed in one tablespoon of molasses, one teaspoon of Worcestershire sauce and one can of strained tomatoes. Put in bean pot with the pieces of pork through it. Bake over night and before leaving see that the beans are moist enough.

Mrs. Widdifield.

**POTATO BOATS**

Wash, scrub and bake six potatoes of uniform size in a hot oven. Cut in halves lengthwise, scoop out the potato, mash, add one good tablespoon of better, two of hot milk, salt and pepper to taste. A small quantity of minced ham, grated cheese or a well beaten egg may be added. Fill the skins with the mixture, heaping lightly on top, place in oven to brown.

Miss Pritchard.

**POTATOES BAKED WITH MEAT**

Pare and parboil potatoes ten minutes. Drain and place around the roast in the pan. Bake until tender, basting and turning occasionally. Allow a full hour for the potatoes to bake.

Household Science.

**STUFFED PEPPERS**

Cut a slice from the stem end of each pepper and remove the seeds and parboil peppers fifteen minutes. Fill with equal parts of finely chopped cold chicken or veal and softened bread crumbs seasoned with onion juice, salt and pepper. Bake one half hour with a little water in the pan. Macaroni and cheese are nice baked in peppers.
CAULIFLOWER BAKED WITH CHEESE

Sprinkle a whole cooked cauliflower with grated cheese. Cover with buttered crumbs and place in the oven to brown. Remove to the serving dish and pour one cup of white sauce around it.

SPINACH

Pick over the leaves and drop into cold water. Shake well and drop into another cold water. Shake out of this water and place in a saucepan. Cover closely and cook in its own juice about twenty minutes. Stir occasionally to prevent burning. Drain thoroughly, add pepper, salt and butter, and pack closely in a hot vegetable dish. Nice garnished with hard boiled eggs.

HOUSEHOLD SCIENCE.

CORN PUDDING

One pint of grated corn, $\frac{1}{2}$ pint of milk, three eggs, a small piece of butter, pepper and salt to taste. Bake about one half hour.

FRIED EGG PLANT

Pare and cut in slices $\frac{1}{2}$ inch thick. Sprinkle a little salt on each piece, slice and press down for an hour, then rinse in clear cold water and dry well in a towel. Dip in egg and roll in sifted bread crumbs. Fry a nice brown in hot butter.
BOILED CUCUMBERS

Peel the cucumbers and cut them lengthwise into quarters. Boil them in salted water until tender. Make a white sauce, using cream instead of milk if convenient. Place the well drained cucumbers in the sauce to be heated through, then sprinkle with chopped parsley and serve.

LYONNAISE POTATOES

Put one and a half tablespoons of butter in a frying pan. When melted add a scant tablespoon of onion. Let it slightly color, then add two cupfulls of cold boiled potatoes cut into dice. Stir until the potato has absorbed all the butter and become slightly browned. Then sprinkle with salt, pepper and a tablespoon of chopped parsley. Mix well and serve very hot.

MARY R.

BOILED ASPARAGUS

Wash the asparagus in cold water. Cook in boiling water in small bundles tied together. Add a tablespoon of salt, boil twenty minutes. When done drain, cut the strings, place on toast, heads all one way. Melt one tablespoon of butter with one tablespoon of flour and mix until smooth. Add one cup of the asparagus water and stir until cooked. Season with \(\frac{1}{2}\) teaspoon of salt and a dash of pepper. Pour over the asparagus and serve.
SARATOGA POTATOES

Peel, slice thin and throw in cold water. Drain well and dry on a towel. Fry a few at a time in boiling fat. Take out, place on a coarse brown paper and sprinkle lightly with fine salt.

ESCALLOPED POTATOES

Peel raw potatoes and slice thin and put a layer of potatoes in bake dish, season with salt and pepper, dredge a little flour over them and add bits of butter, repeat until the dish is full. Put bread crumbs on top and cover with sweet milk. Bake an hour or more.

E. M. W.

ESCALLOPED TOMATOES

Season a can of tomatoes with one teaspoon of salt and one quarter teaspoon of pepper. Spread a shallow baking dish with a thin layer of bread crumbs, pour in the tomatoes, sprinkle over them a teaspoon of sugar and a few drops of onion juice. Cover the top with a cup of breadcrumbs which have been moistened with a teaspoon of melted butter. Bake in hot oven for 30 minutes. Serve in same dish.

STUFFED TOMATOES

Wipe, and cut thin slices from the stem end of six medium sized tomatoes and take out seeds and pulp. Sprinkle the insides of tomatoes with salt, invert and let stand ½ hour. Cook five minutes two tablespoons of butter with ½ tablespoon finely chopped onion. Add ½ cup finely chopped cold cooked chicken or veal, ½ cup stale bread crumbs, tomato pulp and salt and pepper to

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taste. Cook five minutes then add one egg slightly beaten. Cook one minute then refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered cracker crumbs and bake twenty minutes in a hot oven. Nice served on buttered toast.

**SWEET POTATO GLACE**

Cut boiled potatoes in slices \( \frac{1}{4} \) inch thick. Sprinkle them with salt and pepper, spread with butter and sprinkle with sugar. Place in a hot oven to brown.

**LADIES CABBAGE**

Shred cabbage nice and fine and boil in hot salted water until tender. Drain off the water and add one cup of milk. When hot stir in a tablespoon of flour with two tablespoons of butter. Serve at once.

**FRIED TOMATOES**

Take under-ripe tomatoes and cut in thick slices. Dip in white of egg and roll in sifted breadcrumbs, season with salt and pepper and fry in hot butter. Serve on buttered toast. A sauce may be made by adding a little milk thickened with flour and cooked in the butter left in the pan.

**POTATO PUFF**

Two cups of cold mashed potatoes, stir in two tablespoons of butter beaten to a cream. Add two well beaten eggs and a cup of milk, salting to taste. Beat all well together. Pour in a deep dish and bake till a nice brown.

Lizzie Bartly.

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McLauchlan's

Soda Biscuits

—are—

CLEAN, CRISP and FRESH

AT ALL GROCERS

—ASK YOUR GROCER FOR—

Caravan Tea

THE BEST FIVE-O'CLOCK TEA ON THE MARKET

In Sealed Packages

30c, 40c and 50c per lb.
"Epicurean cooks
Sharpen with cloyless sauce his appetite."
—Shakespeare.

The Spanish proverb says that “To make a perfect salad there should be a miser for oil, a spendthrift for vinegar, a wise man for salt and a madcap to stir the ingredients up and mix them well together.”

Nearly all meats, vegetables and fruits may be served as salads. The essential thing is to have the salad fresh and cold; and if green the leaves must be crisp and dry. The dressing is added only at the moment of serving. Meats used for salads should be cut into dice, but not smaller than half inch or it will seem like hash.

**SALAD DRESSING**

Two eggs, one teaspoon mustard, one saltspoon of salt, one tablespoon white sugar, three tablespoons vinegar. Cook over steam in bowl till thick. A little celery salt may be added. Thin with cream.

_Miss Ottie Rixon._

**SALAD DRESSING WITH OIL**

Have all the ingredients very cold, in fact put the bowl you mix it in on the ice until thoroughly chilled. Take the yolk of one egg and beat until very light, add gradually three tablespoons of oil, one saltspoon of salt ½ saltspoon of pepper, a dash of paprika, stirring constantly. Then thin until creamy with two tablespoons of vinegar or lemon juice.
SALAD DRESSING (Chinese Cook’s Recipe)

Six eggs, twelve knives of mustard (what one would take up on the end of a knife), pinch of salt and cayenne pepper, butter size of walnut, three cups vinegar, three cups sugar. Beat eggs separately, mix mustard with vinegar, add to eggs, sugar, etc. Cook in double boiler until thick like custard, then add butter. Fine for summer salads.

Mrs. A. B. Hay.

PRACTICAL SALAD DRESSING

One tablespoon of mustard, two tablespoons brown sugar, two tablespoons butter or oil, one small teaspoon of salt, three eggs, one cup of milk, one cup of vinegar and pinch of cayenne. **Mode:**—Beat the butter, mustard, sugar and salt together, add yolks then the beaten whites of eggs, milk and vinegar. Put in double boiler and let cook until it looks like honey. Thin with cream if necessary.

Mrs. J. R. Wainwright.

FRENCH DRESSING

One half teaspoon salt, \( \frac{1}{4} \) teaspoon pepper, two tablespoons vinegar, four tablespoons olive oil. Mix ingredients and stir well until blended. A few drops of onion juice may be added.

TOMATO ASPIC

For twelve people. One can of tomatoes put in a saucepan with one slice of onion, two bay leaves, a few celery tops (celery salt will do as a substitute) one teaspoon of salt and dash of cayenne. Bring to the boiling point and add \( \frac{3}{4} \) of a box of Cox’s gelatine which has been soaked in \( \frac{1}{2} \) cup of cold water for half an hour.
Stir until dissolved and add juice of ½ lemon. Strain and put in small molds. Set on ice or in a cold place to harden. Serve on a lettuce leaf with a spoonful of mayonnaise dressing.

Mrs. Widdifield.

POTATO SALAD

Take one quart of firmly boiled potatoes cut in dice, ½ cup raw onions cut in dice. In winter use two cups celery cut into small pieces. In summer use lettuce and parsley.

DRESSING FOR ABOVE

Two eggs well beaten, six tablespoons milk or cream, two teaspoons prepared mustard, ten tablespoons (or less) of vinegar, one tablespoon of butter, a little salt, sugar and pepper. Stir over fire in double boiler until it thickens. Use the cream whipped when putting on potato.

Mrs. Freeman.

POTATO SALAD

One tablespoon mustard, one tablespoon sugar, one tablespoon butter. Mix in a paste. Then add two well beaten eggs, scant teaspoon salt, one cup vinegar, and cook until creamy. When done add one cup sweet milk and pour over sliced potatoes and onions.

Miss M. Carr.

SALMON SALAD

One can salmon, one cup chopped celery, two hard boiled eggs, one cup salad dressing, pitted olives and lettuce leaves. Pour the oil off the salmon, remove the bones and skin and mix lightly with a fork. Add the celery and eggs chopped fine, then the salad dressing. Garnish with olives and lettuce leaves.
COMBINATION SALAD

Peel and slice one cucumber and three tomatoes. Slice thin one medium sized onion. Cut one green pepper in small pieces, being careful to remove all the seeds. Wash and drain two heads of lettuce. Toss this up with any good French dressing. Have everything cold and the lettuce crisp.

EGG SALAD

Take six hard boiled eggs; cut in half crosswise, mix some grated or cream cheese with salad dressing using cayenne generously. Fill the whites with this and lay on lettuce leaves. Put the yolks through a wire strainer and scatter on the eggs and lettuce.

WALDORF SALAD

Take equal quantities of celery and chopped raw sour apples and one half as many chopped walnuts. Dress with a mayonnaise dressing. This is served with game.

ASPIC JELLY

One small carrot sliced, one small onion, some celery tops (or one teaspoon celery seed) one bay leaf, two or three cloves, one pint water. Bring slowly to a boil. Simmer gently twenty minutes, strain, and add three teaspoons gelatine (which has been dissolved in cold or warm water) one teaspoon beef extract, ½ teaspoon salt, a dash of cayenne and juice of ½ lemon. Strain again. Have ready, in small molds, lobster or shrimps. Pour mixture over and set to cool. Serve with parsley or lettuce leaves and mayonnaise.

MRS. J. R. WAINWRIGHT.
GRAPE-FRUIT SALAD

Allow half of a grape-fruit for each person. Use half as much celery as fruit. Shell and break up in small pieces about three walnuts for each person. Mix altogether with mayonnaise dressing and serve on lettuce.

STUFFED TOMATOES

Select round tomatoes of equal size. Peel and scoop from the stem end a part of the centre. Place them on ice until ready to serve. Then fill with celery cut fine and mixed with mayonnaise—let it rise above the top of the tomato. Put a little mayonnaise on small lettuce leaves and place tomato on each leaf. Tomatoes may be stuffed the same way with chopped veal, celery and veal, or chicken, celery and sweet-breads, or chopped hard boiled eggs and shredded lettuce.

CHICKEN SALAD

Cut boiled fowl or remnants of cold chicken into \(\frac{1}{2}\) inch cubes. Add an equal quantity of celery cut in small pieces drained and dried on a towel. Just before using moisten with salad dressing. Garnish with yolks of hard boiled eggs forced through a wire sieve, capers and celery tips.

Mrs. E. Lemon.

SWISS SALAD

Mix one cup cold cooked sweet-breads cut in cubes, one cucumber pared and cut in cubes, one cup chopped English walnuts and one cup of French peas. Cover with salad dressing and serve in half an orange skin arranged on a lettuce leaf.

Mrs. Widdifield.
BANANA SALAD

Chill the fruit, peel and cut lengthwise. Serve on lettuce leaves with chopped nuts and celery sprinkled over the bananas. Pour over all salad dressing.

LEMON CREAM SALAD

Beat yolks of three eggs very light. Add gradually one small cup of sugar, two teaspoons of flour and the juice of two lemons. Melt a teaspoon of butter in \( \frac{1}{4} \) cups of boiling water, add the beaten egg mixture and boil until thick. Remove from the fire and let cool and whip in a cup of whipped cream. Peel and cut in small pieces one large tart apple, slice four bananas, six thick slices of canned pineapple, mix and chill thoroughly. When ready to serve mix with dressing and put on lettuce leaves in fancy fruit glasses.

CABBAGE AND BEETROOT SALAD.

Shred finely nice crisp cabbage, mix with salad dressing, place around flat salad dish and arrange in centre some small beets cut in cubes after they have stood in weak vinegar and sugar for a few hours.

MRS. WILL. WRIGHT.

GREEN GRAPE SALAD

One lb. of green grapes cut in half and seeded. Same quantity of Snow apple cut in dice sprinkled with sugar, juice of one lemon over fruit, one cup of chopped nuts, two bananas. Keep in a cool place and serve with whipped cream when ready to use.

MRS. W. MARSHALL.
NUT SALAD

Three cups of blanched walnuts broken into quarters, one cup of white grapes measured after they have been halved and seeded. Mix with the nuts and cover with this salad dressing:—Three whites and two yolks of eggs well beaten together. Add a teaspoon butter, $4\frac{1}{2}$ tablespoons of vinegar. Mix $1\frac{1}{2}$ tablespoons of sugar, one even teaspoon of mustard, a dash of cayenne pepper. Add to vinegar and eggs. Cook slowly in a double boiler stirring all the time until thick. Then remove from fire. When cold add $\frac{1}{2}$ cup of whipped cream.

Miss H. Baker.

CHEESE WAFERS TO SERVE WITH SALADS

Take small salt wafers, spread with butter and cover with grated cheese and a little cayenne pepper. Brown in oven. Put cream cheese through a ricer. Arrange on a pretty flat dish and dot with red currant jelly. Makes a delicious accompaniment to salads.

Mrs. Widdifield.

LOBSTER SALAD

Two tins lobster shredded, $\frac{1}{2}$ head celery chopped fine, season with pepper, salt and vinegar and cover with mayonnaise dressing.

Mrs. Marron.

WALDORF SALAD

Mix one cup each of small pieces of celery, apples cut in pieces and English walnuts broken in small pieces. Add one teaspoon salt, two tablespoons orange juice, and the grated rind of one orange. Moisten with Mayonnaise dressing. Serve in lettuce nests or in apple cups, made by scooping out the pulp. Garnish with Mayonnaise dressing.
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Ladies will find by experience that the best, simplest and most business-like way of paying household and other accounts is by Cheque drawn on the Merchants' Bank of Canada.
CAKES

POTATO CAKE

Two cups of mashed potatoes, one tablespoon of butter, one cup of bread crumbs, one cup of sweet milk, one egg, salt and pepper, \(\frac{1}{3}\) cup of flour, one teaspoon of baking powder. Mix well and bake like a Johnny cake.

Mrs. Rolston.

POTATO SCONES

Take two cups of mashed potatoes, \(\frac{1}{2}\) cup of sifted flour, a pinch of salt, one tablespoon of butter, and sweet milk enough to let the dough be rolled. Rub the butter into the potatoes, add the flour and then mix thoroughly; add enough milk to make a moderately soft dough; press firmly with the palm of the hand into a circle about an inch thick. Cook on a griddle over a moderately hot fire and serve while hot.

CREAM WAFFLES

Three tablespoons corn starch and one cup flour stirred smoothly together. Add one teaspoon of salt. Mix gradually in a pint of sour milk, one well beaten egg and a small teaspoon of soda dissolved in water. Pour into hot waffle irons.

JOHNNY CAKE

One cup of sour milk, \(\frac{1}{2}\) cup of butter, \(\frac{1}{2}\) cups of corn meal, one cup of white flour, two eggs, one teaspoon of soda, \(\frac{1}{2}\) cup of light brown sugar.
Here is bread, which strengthens men's hearts,
And therefore is called the staff of life.
—Matthew Henry.

Who hath not met with home-made bread,
A heavy compound of putty and lead?—Hood.

GENERAL SUGGESTIONS

Flour should be added to dough and sponges gradually and well stirred. When air bubbles gather on the surface and break occasionally sponges are ready.

If sponge is set over night use cold water in summer and luke warm water in winter.

Dough should be kneaded until elastic. Do not stop while kneading. Use only sufficient flour to keep dough from sticking to board and hands.

Dough is ready when impression made by the clinched fist, sunk to the bottom of the pan, remains or closes at the bottom only. Keep the dough free from draft and well covered.

Milk used in baking should be heated to boiling point and allowed to become luke warm.

Do not bake bread in a too hot oven. Remove the loaves immediately from the pan and place where the air can circulate freely around them.

POTATO YEAST

Peel and grate three large potatoes as rapidly as possible so they will not turn dark. Pour on one quart of boiling water and cook half an hour. Add $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup salt shortly before it is done. When luke warm put in any good yeast to raise it; stir well together. A teacup of this yeast will make four or five loaves of bread. Keep in a cool place.
HOP YEAST

One pint hot mashed potatoes, \( \frac{1}{2} \) pint salt, \( \frac{1}{2} \) pint sugar, \( \frac{1}{2} \) pint flour, \( \frac{1}{2} \) pint hops (measured lightly) \( 4\frac{1}{2} \) quarts boiling water, \( \frac{1}{2} \) pint yeast or one cake compressed yeast. Boil the hops twenty minutes in one pint of the boiling water. Mix potatoes, sugar, flour and salt and strain the hop water on them. Beat well and add four quarts of boiling water. Let stand until luke warm then add yeast.

BREAD

Boil twelve medium sized potatoes. When done pour the water off, which should be one quart. Mash the potatoes and pour the water back on them. Take a small cup of flour, two tablespoons sugar, one tablespoon salt, scald these with one pint boiling water. Mix the potatoes and this together, add one quart cold water. Dissolve two yeast cakes in one cup luke warm water. When the mixture is cool add the yeast cakes. Let stand over night. Use \( 1\frac{1}{2} \) cups mixture for one loaf of bread. Knead \( \frac{1}{2} \) hour.

FRENCH ROLLS

One pint of milk scalded; put into it while hot \( \frac{1}{2} \) cup sugar and one tablespoon of butter. When the milk is cool add a little salt and half a cup of yeast, or one compressed yeast cake. Stir in flour to make a stiff sponge and when light mix as for bread. Let stand until light, punch it down with the hands and let it rise again. Repeat two or three times, then turn the dough on the moulding board and pound with the rolling pin until thin enough to cut (about one inch thick). Brush over with butter after cutting and fold over. Let the rolls stand in tins until light. Bake and when warm brush over the surface with melted butter to make the crust tender.
NUT BREAD

4 cups flour, 4 teaspoons baking powder, 1 cup of granulated sugar, 2 eggs and a little salt, 1 lb. dates, 1 cup nuts, chopped. Mix with enough milk to make quite soft, flavor with vanilla. Let rise 20 minutes and bake in a moderate oven.

Mrs. R. Sadler.

TEA BISCUITS

3 cups flour, 1 cup sweet milk, ⅛ cup melted lard, 1 teaspoon salt, 2 teaspoons white sugar, 2 teaspoons cream tartar, 1 teaspoon soda. The cream tartar and soda sifted with flour. Mix with knife and bake in quick oven.

Mrs. J. C. Read.

QUICK WAFFLES

One pint of flour, one teaspoon of baking powder, ½ teaspoon of salt, three eggs beaten separately, ⅛ cups of milk, and one tablespoon of butter. Mix in order given, add beaten yolks with milk, then the melted butter, the whites of the eggs last. Beat well.

PLAIN WAFFLES

Two cups of flour, two cups of milk, ½ cup of melted butter, two teaspoons of sugar, two teaspoons of baking powder, one teaspoon of salt, two eggs with whites and yolks beaten separately. Have waffle iron hot and well greased.

DATE SCONES

Two cups flour, one heaping teaspoon butter, one cup chopped dates, one tablespoon sugar, one egg, one cup sweet milk, two teaspoons baking powder, ½ teaspoon salt, ½ teaspoon vanilla.

Miss Kemp.
SCONES

Three cups sifted flour, three teaspoons baking powder, ½ teaspoon salt, milk to make a soft dough. Mix lightly and then turn on board and knead two or three turns and cut in two. Roll out to about ½ an inch thick and bake on a hot stove in an iron frying pan (hot). Shake quickly two or three times to keep from burning.

MRS. HIBBERT.

GRIDDLE CAKES

Two cups flour, 1¾ cups sour milk, one teaspoon salt, one teaspoon soda, four teaspoons melted fat. Sift the flour, salt and soda together, add one half the milk and beat smooth; stir in the remainder of the milk, add the fat and beat the mixture well.

HOUSEHOLD SCIENCE.

JOHNNY CAKE WITHOUT EGGS.

Two cups corn meal, one cup flour, one teaspoon salt, five tablespoons sugar, shortening the size of an egg, two cups sour milk, one teaspoon soda. Beat until it foams. When using sweet milk add three even teaspoons of cream tartar and 1½ soda.

MRS. CHAS. MERCER, Rochester.

WHEAT MUFFINS

Two cups flour, ½ teaspoon salt, three tablespoons melted butter, one to 1¼ cups milk, two teaspoons Taylor’s baking powder, two tablespoons sugar, one egg. Sift thoroughly together the flour, salt and baking powder. Then add, well beaten together, egg, sugar, melted butter, and milk. Stir well and bake quickly twenty minutes.

MRS. CHAS. McCONNELL, Rochester.

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FRUIT BUNS

Two potatoes, 1 1/2 pints flour, one pint water strained from the potatoes, one yeast cake. Mash the potatoes with the flour and mix the hot potato water in. When cool enough stir in the yeast and let stand in a warm place for four or five hours, then add the following:—1/2 teacup of lard worked into one lb. of flour. Then mix in the sponge and work for a little time. Add one teacup sugar, one teacup currants or Sultanas, a little citron peel and flour until right thickness. Let rise until next morning.

SCONES

One egg, 1/2 cup white sugar, 3/4 cup buttermilk, butter the size of an egg, 1/2 cup raisins chopped, or currants, one teaspoon Taylor’s baking powder, small 1/2 teaspoon of soda, two cups of flour. Cut around saucer and mark in four. Add as little flour as possible when mixing on board.

MRS. RUSSELL

HOME MADE BREAD

Save one quart of potato water at noon hour. Into this mash two potatoes; when luke warm add half cake of Royal yeast. Let dissolve, then add enough flour to make a batter. Beat about ten minutes till light. Set in a warm place till bed-time. Put three sieves of flour in mixing pan, two handfuls of salt, one of white sugar and a tablespoon of lard. Mix well. Into this put the yeast and as much warm water (about one quart) to work up stiff. Knead well on the board till light. Put back in pan, cover and leave in a warm place over night. In the morning knead lightly into loaves. Let rise till twice their size. Bake in a moderate oven about fifty minutes. In cold weather have the flour warm. The above will make six loaves.

MISS MAY SCULLY.
POP-OVERS

One cup flour, one cup sweet milk, a little salt, one egg. Smooth the flour and milk together and add egg well beaten. Turn into hot buttered iron or tin gem pans and bake in hot oven.

MRS. WM. ROBINSON.

SOUR MILK GRIDDLE CAKES

2 1/2 cups flour, 1/2 teaspoon salt, two cups sour milk, 1 1/4 teaspoons soda, one egg.

BREAD PAN-CAKES

Soak stale bread in hot water until moistened and press out the water. To two cups of softened bread add two beaten eggs, one teaspoon salt, 1/2 cup flour and enough milk to make a thin smooth batter. Add, the last thing, one teaspoon Taylor's baking powder, or use soda if sour milk has been used in the batter.

NUT BREAD

Three eggs, 1 1/2 cups white sugar, one cup sweet milk, four teaspoons Taylor's baking powder, four cups pastry flour, one cup nut meats chopped fine. Let stand twenty minutes and bake in a slow oven about forty-five minutes. To be cut and spread with butter.

MRS. W. A. BISHOP.

DATE BREAD

One lb. of chopped dates, two cups of sour milk, one cup of brown sugar, one teaspoon of soda, three cups of Graham flour. Bake one hour.

MRS. TATE ROBERTSON.
DATE LOAF

Two cups whole wheat flour, ½ cup brown sugar, two teaspoons baking-powder, two cups sweet milk. Make stiff batter and bake in loaf tin one hour.

MRS. D. J. BARKER, Picton.

GRAHAM GEMS.

Two eggs, three tablespoons sugar, four tablespoons shortening, ½ teaspoon salt, one cup sour milk, ½ teaspoon soda, about two cups Graham flour. Whole wheat flour, rye meal, or corn meal may be used instead of Graham flour.

HOUSEHOLD SCIENCE.

PSYCHE BUN

2 eggs, 1 small cup white sugar, 1/2 cup of milk, butter size of an egg, ¾ of a cup of currants, 3 teaspoons of Taylor’s baking powder, 3 cups of flour. Bake in two jelly cake tins and add any kind of cooked fruit between layers.

MRS. MAITLAND.

BAKING-POWDER BISCUITS

Two cups flour, one teaspoon salt, two teaspoons Taylor’s baking powder, ¼ cup lard and butter. Add enough milk to hold together; handle as little as possible. Bake in a very hot oven.

COFFEE CAKE

1 cupful sponge or brewer’s yeast, 1 pint sweet milk, 1/2 cup butter, 1 teaspoonful salt, 1 tablespoonful granulated sugar (grate nutmeg in mixture). Mix
the same as you would bread. Let it rise after it is well mixed, when ready put in the pans and let it rise again.

MRS. SCHWAN.

CHELSEA BUNS

One cup flour, one teaspoon baking-powder, one tablespoon shortening (half lard), two teaspoons cinnamon, salt. Mix with milk, roll out about \( \frac{1}{4} \) of an inch thick and spread over with one tablespoon of granulated sugar, the cinnamon and one tablespoon of butter beaten to a cream. Roll up and cut off in lengths for buns, then set them on end in pan and sprinkle the pan with flour to prevent them from sticking.

OVEN SCONES

Rub 2 tablespoonfuls of butter finely into 1 lb. of sifted flour, add 1 tablespoon of sugar, \( \frac{1}{4} \) teaspoon of salt, 1 teaspoonful of soda and 2 teaspoonfuls of cream-tartar. Beat up 1 egg, put half of it into a cup, then with \( \frac{1}{2} \) of it and some sweet milk make the other ingredients into a soft dough. Knead it a little on a floured board, divide it into 5 pieces, roll out not too thin and make each into 4 cakes. Brush with the remainder of the egg and bake in hot oven for ten minutes. Sultana raisins or currants may be added. Handle dough lightly.

MRS. D. RUTHERFORD.

PLAIN BAKING POWDER BISCUIT

Two cups flour, two teaspoons of Taylor’s baking powder, half a teaspoon of salt; sift this together two or three times; two tablespoons butter, mix butter well
with flour, have everything very cold, three fourths cup of milk, (if water is used add more butter,) mix milk into flour with a knife a little at a time. Make a soft dough, mix as little as possible. Bake in a quick oven.

MRS. BARTLY.

POTATO YEAST

Take six good sized raw potatoes and grate them. Pour on boiling water until they thicken like starch, then add one small half cup salt, one cup white sugar, and boil ten minutes. Set aside to cool, then add one cup of old yeast, or dissolve one yeast cake and use instead. Put in a jug and leave in a warm place to rise. Then cork the jug and put in a cool place to keep. Use one cup yeast for every five loaves of bread.

MRS. BARTLY.

NUT BREAD

1 cup sugar, 4 cups flour, 1 teaspoon salt, 4 teaspoons baking powder, 1 cup walnuts (cut), 2 cups milk, 1 egg. Put together and let rise half an hour in a warm place. Bake in a moderate oven 1 hour.

E. STEPHENS.

DATE LOAF

3 cups Graham flour, 1 cup white flour, 1/2 cup brown sugar, 1 tablespoon molasses, 2 1/2 teaspoonfuls baking powder, 1/2 teaspoon salt, 1 lb. dates chopped, 1 cup milk, 1 cup water. Let stand 20 minutes and bake one hour in a slow oven.

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PIES

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What calls back the past like the rich pumpkin pie?

—WHITTIER.

Paste for pies should be kept cold, rolled quite thin
and a little larger than the tin to allow for shrinkage.
Allow more paste for the upper than the undercrust,
and be sure to perforate the former. Always brush
around the edge of the undercrust with cold water and
press the upper one down on it. When baking a juicy
fruit pie make an incision in the centre and place a
small funnel shaped piece of paper into it. This will
keep the juice from escaping at the edge of the pie.
Never grease a pie tin.

PUFF PASTRY

$\frac{1}{2}$ pound of butter and $\frac{1}{2}$ pound of flour. Sift
part of the flour on the board. Have the butter very
cold and cut down in thin slices. Roll the pieces of
butter in the flour on the board one at a time. Take
up, shake off some of the flour, lay aside and repeat
until all the butter is used. Moisten the flour that re-
 mains with as little ice water as will hold it together.
Roll thin and square. Lay some of the butter on half
the paste, fold over twice, pound with the rolling pin
and repeat until all the butter is rolled in. Roll out
again, keeping the edges square, fold over and put out
to freeze or get very cold.

MRS. WIDDIFIELD.

PLAIN PASTRY

One generous cup of half butter and half lard and
three cups of King’s Taste flour, a little salt and as lit-
tle cold water as will hold it together. Chop the short-
ening in the flour with a knife or chopping knife, using
the hands as little as possible.

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APPLE LEMON PIE
Grate the yellow rind of one lemon, add the juice, one egg, one cup sugar. Beat well together, then stir in two medium sized apples grated. Bake between two crusts.

MRS. W. B. RUSSELL.

CUSTARD PIE
Make a custard of the yolks of three eggs and the white of one, \( \frac{1}{2} \) cup sugar, two cups of rich milk, a pinch of salt and flavoring to suit the taste. Bake it in ordinary crust. Beat the two whites with two tablespoons of sugar, and spread over the top and return to the oven to brown. A teaspoon of flour or corn-starch in the custard is an improvement.

MRS. PERCY VICK.

SQUASH PIE
One pint milk, one pint stewed squash, one level teaspoon butter, one teaspoon salt, one good half cup sugar, \( \frac{1}{2} \) teaspoon ginger, \( \frac{4}{4} \) of a nutmeg, two eggs, a piece of stick cinnamon about two inches long, \( \frac{4}{4} \) teaspoon cloves. Put the milk and the stick cinnamon on the fire and simmer twenty minutes. Rub the squash through a fine strainer and add the salt, sugar, butter, and spices to it. Pour the boiling milk on the mixture. When cool add the beaten eggs. Line a pie dish with pastry and pour the mixture in it. Bake forty-five minutes.

FILLING FOR TWO LEMON PIES
Two cups of sugar, three lemons juice and rinds, butter the size of an egg, five tablespoons corn starch mixed with cold water and two cups of boiling water added to it, four eggs, the yolk for the filling, the whites beaten stiff for the tops which should be browned
in the oven when the pies are finished. Two spoons powdered sugar flavored with vanilla for the whites. Grate the rinds of the lemons, add pulp and juice to the but’er and sugar. Put on the fire in a double boiler, add the cornstarch and when ready to take off the fire add the yolks of the eggs. For the pastry take two cups of flour, teasp. of salt, and two tablespoons of lard. Prick it with a fork before putting in oven and when baked add the filling with the beaten whites on top. Brown a nice golden color.

MISS L. M. CLEGG, Buffalo.

CREAM RAISIN PIE

Take one cup of raisins picked and washed, cover with half cup of water and boil until raisins are soft. Mix in a bowl one egg beaten with one tablespoon of flour, one cup of sugar, the grated rind and juice of one lemon. Thicken the boiling raisins with the batter and add a small piece of butter, then cool. This will be filling for two pies. Make top crust.

MRS. JAMES GRIER.

MINCE MEAT

2 lbs. raisins, 3 lbs. currants, 1½ lbs. lean beef, 3 lbs. beef suet, 2 lbs. moist sugar, (light brown) 2 oz. citron, 2 oz. lemon, 2 oz. orange, 1 small nutmeg, 4 pts. apples, rind and juice of 2 lemons, ½ pint of brandy.

MISS A. PARKER.

MOCK CHERRY PIE.

1½ cups cranberries (split), ½ cup stoned raisins chopped, one cup boiling water, one cup granulated sugar, one tablespoon flour, one teasp. vanilla. Bake with two crusts.

MRS. J. S. JOHNS.
CREAM PIE

One pint of milk, two egg yolks, \( \frac{1}{2} \) cup flour, one cup sugar, pinch of salt, flavoring to taste. Heat milk in double boiler, reserving a little to blend the flour. Beat yolks and sugar together, adding them to the blended flour and milk. When the milk comes to boiling point add the flour, sugar and eggs. Use the whites of the two eggs for meringue for top.

MINCE MEAT

Two pounds beef suet, six pound currants, five pounds Sultana raisins, four pounds chopped apples, two pounds brown sugar, two pounds lemon peel, one and a half pounds orange peel, one pound citron peel, \( \frac{1}{2} \) oz. nutmeg, \( \frac{1}{4} \) oz. ginger, one oz. sweet spice, the rinds of two lemons chopped or grated, the juice of one lemon, one pint of rum.

MRS. R. Y. LESLIE, Detroit.

MINCE MEAT

Six pounds raisins, six pounds currants, five pounds beef (leave out if you wish), one half pound suet, two pounds brown sugar; apples same weight as all the rest together, one quart of brandy or whiskey, two quarts cider boiled down to one quart. Less liquor will do if preferred.

MRS. JOHN CREASOR.

CREAM CAKE OR PIE

Crust—Three eggs, one cup sugar, one cup flour, \( \frac{1}{2} \) teaspoon soda and one teaspoon cream of tartar. Beat the whites and yolks well, separately. Stir all together as quickly as possible and bake in two pans (if large use only one) the batter \( \frac{3}{4} \) inch thick.

Cream—2 \( \frac{1}{2} \) cups sweet milk, four even tablespoons flour and one egg. Boil this a few moments until it has thickened and flavor with vanilla or lemon.

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When the crust is cold split it and put the custard between. This cake is much improved with a boiled icing.

**CHOCOLATE PIE**

Yolks of two eggs beaten light, one cup sugar, one tablespoon butter, one tablespoon flour. Mix well two tablespoons melted chocolate with hot water. Pour on gradually one cup sweet milk. Flavor with vanilla. Beat whites and use on top when done.

**APPLE PIE**

Four or five sour apples, ¾ cup sugar, ¼ teaspoon grated nutmeg, pinch of salt, one teaspoon butter, one teaspoon lemon juice, a little of the gratings of the lemon rind.

**PUMPKIN PIE**

Three eggs beaten separately, one cup brown sugar, four large tablespoons pumpkin stewed dry and mashed fine (or canned pumpkin can be used), one pint cream or very rich unskimmed milk, a pinch of salt, nutmeg, cinnamon and ginger, seasoning to taste. Beat the yolks smooth and light, add sugar, spices and salt, then cream and pumpkin. Stir well together, then fold in the whites of the eggs, line pie pans with light pastry, fill with the custard and bake in a steady oven. This will make two pies.

**RHUBARB PIE**

Two cups rhubarb, pour boiling water on it and let stand five minutes. Drain off and add ¾ cup sugar, yolks of two eggs, piece of butter, one tablespoon of flour blended in three tablespoons water. Bake with lower crust only. Whites of eggs for meringue for top.
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LEMON PUDDING

1 1/2 lemons, one cup sugar, six eggs. Line a dish with lady fingers or sponge cake; take grated rind and lemon juice, yolks of eggs and sugar, beat together and put on stove until it begins to thicken. Beat four whites to stiff froth and stir in. Take other two whites, beat stiff, add three tablespoons sugar and spread over top, then set in oven to brown. To be eaten cold.

Mrs. E. Lemon.

DUTCH APPLE PUDDING

One pint pastry flour, half teaspoonful salt, half teaspoonful soda, one teaspoon pure cream of tartar, butter the size of an egg; mix well, beat one egg light and two-thirds of a cup of milk. Pour it into the dry mixture, stir and spread half an inch thick on a buttered bake pan. Pare and cut into eights four apples; stick them in the dough in rows. Sprinkle over them two teaspoonfuls of sugar. Bake twenty minutes in a hot oven.

Anon.

CHOCOLATE PUDDING

One quart of milk (scald), add a pinch of salt and lump of butter, three tablespoons corn starch, 1/2 cup grated chocolate dissolved in warm water. Cook in double boiler. Cool in mold.

Cream—One cup rich cream whipped, one white of egg beaten. Add to cream and beat again, then add a little sugar and vanilla.

Mrs. W. T. Lee.
GRAHAM PUDDING

One cup graham flour, ½ cup melted butter, one cup sweet milk, one cup raisins, ½ nutmeg, a little salt, one even teaspoon soda dissolved in a tablespoon of hot water. Steam three hours. Serve with lemon sauce.

CHARLOTTE RUSSE

Three tablespoons gelatine soaked in cold water, two coffee cups of rich cream, one teacup milk, ½ cup sugar. Boil milk with ½ cup sugar and when neither hot nor cold stir in gelatine. Strain and set away to thicken. When beginning to set, beat in the whipped cream. Line the dish with lady-fingers and pour in the mixture which has been flavored with sherry wine or vanilla.

MISS JENNIE WIDDIFIELD.

MARMALADE PUDDING

One cup suet, 1½ cups flour, 1½ teaspoons baking powder, one small teaspoon salt, ½ cup sugar, three eggs beaten light, one half cup marmalade, 1 ½ cups milk or enough to make a thick batter. Mix the dry ingredients, then marmalade, eggs and milk thoroughly. Turn into well greased mold, cover and steam three hours.

FRUIT FRITTERS.

Make a batter in the proportion of one cup sweet milk to two of flour, one teaspoon Taylor’s baking powder, two eggs well beaten, one tablespoon sugar and salt-spoon of salt. Warm the milk, add slices of sour apple or other fruit. Drop in spoonfuls in boiling lard and fry to a light brown. Serve with hot maple syrup.
PINEAPPLE OR PEACH CREAM

Whites of four eggs whipped stiff, one quart (or less) of cream whipped, one package of gelatine dissolved in one-half pint of milk, one pint sealer of pineapple or peaches. Sugar, flavoring if you prefer.

Miss Sara Scott.

BANANA CREAM

Peel five large bananas, rub smooth with five teaspoons of sugar, add a teacup of sweet cream beaten to froth, and one package of lemon jello dissolved in one and a half teacups boiling water. Pour into a mold and when cold garnish with cherries and serve with whipped cream.

Mrs. H. G. Tucker.

PRUNE PUFF

Cook one pound of prunes until soft and rub through a colander. Beat in lightly one cup sugar, whites of six eggs which have been whipped until light. Bake half an hour in a moderate oven. Serve with whipped cream or custard made from the yolks of the eggs.

Miss Prinyer

SUE T ROLLY-POLLY

One cup suet, three cups flour, or 2 1/2 cups flour and one half cup of sifted bread crumbs, one half teaspoon salt, one heaping teaspoon Taylor’s baking powder. Moisten with sweet milk. Roll out quite thin and spread with black currant or any other jam. Steam 3/4 of an hour and serve with caramel sauce.
POOR MAN’S PUDDING

1 1/2 cups flour, one cup raisins, 1/2 cup suet, 1/2 cup treacle, 1/2 cup milk, 1/2 teaspoon soda. Steam two hours. Mix flour and suet, add milk and treacle, then raisins; mix well and add soda.

MISS PARKER.

BAKED APPLE DUMPLING

Four cups flour, 1/2 cup butter, 1 1/2 cups milk, 3 teaspoons Taylor’s baking powder, apples and nutmeg. Pare, quarter and core the apples; sift flour and baking powder together twice, mix in the butter and add sufficient milk to make quite a stiff paste. This may require more or less than one and a half cups of milk. Roll out about 1/4 of an inch thick and cut in large round pieces. Put several pieces of apple in each and form into a ball and bake in the following syrup:—four cups water, one cup sugar, one large teaspoon butter. Put all together in a baking tin, set on the stove and let come to a boil, then drop in the dumplings and bake in a hot oven. Serve warm with sugar and cream.

ENGLISH PLUM PUDDING

One pound beef suet, one pound moist sugar, one pound currants, one pound raisins, one pound Sultanas, one pound mixed peel, 1/2 pound bread crumbs, 1/2 pound flour, one teaspoon salt, one oz. mixed spices, eight eggs, 1/4 pint brandy. Chop the suet finely, stone the raisins, and remove stems from Sultanas. Thoroughly wash and dry the currants, slice the peel, and sift the bread crumbs. Mix as follows:—flour, salt, spice, sugar, fruit, bread crumbs. Beat the eggs and add brandy. Stir for twenty-five minutes. Butter the molds and steam or boil for five hours.

MRS. LESLIE, DETROIT.
MARSHMALLOW DAINTY

Whip half a pint of cream stiff flavor with vanilla or lemon, pour it over 10 cents’ worth of marshmallows which have been cut in small pieces. Sprinkle chopped nuts and grated chocolate over. Serve very cold. Pineapple or cherries may be added to marshmallows before pouring cream over.

Mrs. Baker, Picton.

RAISIN PUDDING

Half cup seeded raisins, one cup sweet milk, two eggs, three tablespoons melted butter, one tablespoon sugar, two cups sifted flour, three teaspoons Taylor’s baking powder, one teaspoon salt. Put into well buttered mold and steam one hour. Serve with sweet sauce.

HONEY-COMB PUDDING

\[ \frac{3}{4} \text{ cups flour measured after sifting, one cup brown sugar, mixed with the flour. Add one cup molasses, } \frac{1}{2} \text{ cup butter warmed in } \frac{1}{2} \text{ cup milk, three eggs, and lastly, one scant teaspoon soda dissolved in warm water. Bake } \frac{1}{2} \text{ hour. Serve with the following hard sauce. Sauce—Whites of two eggs, } \frac{1}{2} \text{ cup fruit sugar, one teaspoon vanilla, two tablespoons melted butter. Beat until light.} \]

Mrs. Niles, Wellington.

FIG PUDDING

One pound figs, \( \frac{1}{2} \) box Cox’s gelatine, one cup sugar. Boil figs until tender. Add gelatine and sugar.

Mrs. A. J. Frost.
CARAMEL PUDDING

Two cups milk, one egg, \(\frac{1}{4}\) teaspoon vanilla, two tablespoons cornstarch, \(3\frac{1}{2}\) tablespoons brown sugar. Burn sugar to a rich brown in frying pan. Moisten cornstarch and add to beaten eggs, also a pinch of salt. When milk is at boiling point add corn starch and eggs then the melted sugar. Turn into individual molds.

MRS. WM. ROBINSON.

CHOCOLATE SPONGE

Four egg yolks, one cup sugar, beaten lightly together. Add three tablespoons milk, three tablespoons grated chocolate or cocoa, two tablespoons baking powder sifted with one cup of flour. Add egg whites stiffly beaten. Butter a border mould and fill \(\frac{3}{4}\) full. Steam \(\frac{3}{4}\) of an hour. Turn out and fill centre with whipped cream and chopped almonds. Eat with whipped cream. Half of this recipe will do five or six people.

MRS. WM. BRIDEN, INGERSOLL.

DATE SHAPE

Take one pound of dates, cover with water and boil three minutes. Pour into colander and let cold water run over, then skin and stone. Make a syrup of one small cup sugar and two cups water, into which put \(\frac{1}{4}\) box gelatine previously soaked in a little water, enough cochineal to give it a nice color. Add dates and boil at once and add \(\frac{1}{2}\) cup sherry. Line shape with blanched almonds, pour in dates and syrup. When cold turn out and serve with whipped cream.

MRS. WM. BROWN.
GINGER PUDDING.

One cup suet, three cups flour, one cup sweet milk, one cup molasses, pinch of salt, one teaspoon soda, one teaspoon ginger. Steam two hours and serve with caramel sauce.

Mrs. Will Wright.

BAKED INDIAN PUDDING

One quart scalded milk with pinch of salt, ¾ cup yellow corn meal, one teaspoon ginger. Mix. Let this stand twenty minutes on top of the stove, then add two tablespoons black molasses, one beaten egg, and a small piece of butter. Bake slowly for one and a half hours in a slow oven. To be eaten cold with cream.

Mrs. Ardill.

SUET PUDDING

Two cups flour, ¾ cup of suet chopped very fine, one teaspoon salt, two teaspoons baking powder, enough milk to make a nice batter. Steam for an hour and a half. Serve with maple syrup.

Mrs. Rixon.

QUEEN OF PUDDINGS

One pint fine bread crumbs, one quart milk, one cup sugar, the yolks of four eggs beaten, the grated rind of a lemon, a piece of butter the size of an egg. Bake until done but not watery. Whip the whites of eggs stiff beat in a teacup of sugar in which has been strained the juice of a lemon. Spread over the pudding when cold a layer of jelly, pour the whites of the eggs over this, brown slightly in oven. To be eaten cold with cream.

Mrs. Ardill.
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COTTAGE PUDDING

One tablespoon butter, one cup sugar, one cup sweet milk, one egg, one teaspoon soda, two teaspoons cream tartar, flour to thicken. Mix butter and sugar, add egg, put soda and cream tartar in milk, mix well and add flour to make a light batter. Bake about forty-five minutes and serve with lemon sauce.

Miss Parker.

SUET PUDDING

One cup suet chopped, one cup bread crumbs, 1 3/4 cups flour, one cup fruit, two eggs, 1/4 cup milk, 1/4 cup sugar, three tablespoons molasses, one teaspoon cinnamon, allspice and cloves (mixed), a little nutmeg and one teaspoon soda. Steam 1 1/2 hours.

Mrs. N. Chisholm.

SPONGE PUDDING

Four tablespoons sugar, three tablespoons flour, one pint sweet milk. Heat the milk in a double boiler, reserving enough to blend flour and sugar in. When milk boils stir in the flour and sugar, remove from the fire and add 1 1/2 tablespoons butter. Put in a well buttered pudding dish and when cool add the beaten yolks of five eggs and lastly the whites beaten stiffly. Bake 1/2 hour in the oven in a pan of boiling water. Serve with lemon sauce.

CARROT PUDDING

One cup each of suet, sugar, raisins, currants, grated potatoes, grated carrots, 1 1/2 cups flour, one teaspoon soda. Steam or boil three hours. Serve with wine sauce.

Miss Baker.
SWISS CREAM

One pint fresh cream, 6 oz. sugar, grated rinds of two lemons. Boil ten minutes, then take the juice of the two lemons and stir smooth with one tablespoon flour. Pour the cream when boiled over this and stir until nearly cold and pour into dish in which you wish to serve it. Put in dish eight or ten macaroons.

Mrs. A. B. Hay.

STEAMED BANANA AND RAISIN PUDDING

Five or six bananas, 1 1/2 cup stale bread crumbs, two eggs beaten light, 1/2 cup Sultana raisins, juice and rind of 1/2 lemon, 3/4 cup sugar. Peel the bananas, remove the coarse threads and pass the pulps through a ricer or sieve and add the other ingredients. The bread should be grated or passed through a colander. When thoroughly mixed turn into a buttered mold. Steam 2 1/2 hours. Serve with any hot sauce or hard sauce. The hard sauce may be piped with pastry bag and tube upon slices of lemon and thus ornament the dish. Candied cherries add a touch of color to the dish.

MACAROON PUDDING

Half a pound macaroons, two eggs, 1/4 teaspoon salt, 1 cup cream, 1/4 teaspoon almond extract, sherry wine, five tablespoons sugar, one cup milk, two tablespoons almonds blanched and chopped. Preparation—Soak a dozen macaroons ten minutes in sherry wine and then remove them. Beat two eggs slightly, add the sugar, salt, milk and cream, then the chopped almonds, the almond extract and four finely powdered macaroons. Turn this mixture into a pudding dish, arrange soaked macaroons on top, cover and bake thirty minutes in a hot oven.

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DELIGHT

One pint whipped cream, 1/2 pound marshmallows, 1/2 pound green grapes, 1/2 cup berry sugar, 1/2 cup chopped walnuts, one dessert-spoon brandy. Serve in Sherbet glasses.

MRS. A. B. HAY.

TRIFLE

Soak stale sponge cake in sherry wine, place in bottom of dish, add almond nuts chopped not too fine, add rich preserves, also a few seeded raisins. Pour over all a thin boiled custard flavored with vanilla. Cover with whipped cream.

MRS. COWPER.

LEMON RICE PUDDING

Boil 2/3 cup of rice in a quart of milk until very soft. Add to it while hot the yolks of three eggs, three large tablespoons of sugar, the grated rind of two lemons and a little salt. If too thick add a little cold milk. It should be a little thicker than a boiled custard. Turn it into a pudding dish. Beat the whites of the eggs very stiff with eight tablespoons of sugar and the juice of two lemons and brown the top delicately in the oven. Set on ice and eat very cold.

FIG PUDDING

Chop 1/2 lb. of suet and work with hands until creamy, add half a lb. of figs finely chopped and worked until thoroughly blended. Soak 2 1/3 cupfuls of stale bread crumbs in half a cup of milk for half an hour. Then add 2 eggs well beaten, 1 cupful of sugar and 1 teaspoon of salt. Combine the mixtures and turn into small buttered individual molds filling them 2/3 full. Steam one and a half hours. Turn from molds and serve with caramel sauce.

MRS. J. C. RYAN.
GRAHAM PUDDING

1 1/2 cups Graham flour, one cup sweet milk, one-half cup molasses, one cup raisins, 1/2 teaspoon salt, 1 teaspoon soda. Dissolve the soda in one tablespoon milk, then add the remainder of the milk, salt and molasses. Pour this on the Graham flour and add fruit last. Flavor and steam three or four hours.

Lemon Sauce—One large cup sugar and nearly 1/2 cup butter, one egg, one lemon, 1/2 the juice and half the grated peel, one teaspoon nutmeg, three tablespoons boiling water. Cream the butter and sugar and beat in the egg whipped lightly, then the lemon and nutmeg. Beat hard ten minutes and add the boiling water a little at a time. Heat over boiling water.

Mrs. LEPAN.

PRUNE JELLY WITH ALMONDS

One pound of prunes, 1/2 box gelatine. Soak the prunes over night and stew until tender in water in which they have soaked. Remove the stones and sweeten to taste. Dissolve the gelatine in a little hot water and add to the prunes while hot. Lastly add the juice of a lemon and two tablespoons of blanched almonds. Pour the jelly into molds and set it on ice to harden. Eat with cream. Mrs. RusseL McDougal.

FIG PUDDING

3/4 pound grated bread, 1/2 pound figs, cut small or chopped, six oz. suet, six oz. brown sugar, one egg (two eggs best), one teacupful of milk and a little nutmeg. Boil three hours. Miss Jane Cameron.

PARADISE PUDDING

Six oz. bread crumbs, four oz. currants, six oz. brown sugar, two tablespoons brandy, a little nutmeg, four eggs well beaten. Boil 1 1/2 hours.

Miss Jane Cameron.
CURRANT JELLY SAUCE
Melt ½ cup of currant jelly in a scant cup of boiling water, add ½ cup sugar and let cook five minutes, then stir in a teaspoon of cornstarch blended in a little cold water. Let it cook five or six minutes and add a tablespoon of butter and a teaspoon of lemon juice.

CREAM SAUCE
½ cup butter, ½ cup powdered sugar, ¼ cup cream, four tablespoons wine, one tablespoon vanilla. Beat butter to a cream and add sugar gradually, beating all the while. When light and creamy add the wine and cream. Beat well again and stand in a basin of hot water and stir until smooth and creamy but no longer.

STRAWBERRY SAUCE
One quart fresh strawberries washed, mashed and mixed with one cup sugar. Add well beaten white of one egg. Serve with bread pudding, plain boiled rice, etc.

MISS AMY KENNEDY.

BANANA SAUCE
Put two bananas through the ricer and add to a plain pudding sauce made as follows: Two tablespoons butter, ½ cup sugar, one tablespoon cornstarch, ¾ cup boiling water, juice and rind of ½ lemon. Nice served with cottage pudding.

MRS. WIDDIFIELD.

CARAMEL SAUCE
Put ½ cup sugar in omelet pan and stir over fire until melted and a light brown color. Add ½ cup boiling water, tablespoon of butter and heaping teaspoon cornstarch.

—77—
HARD SAUCE

\[ \frac{1}{4} \text{ cup butter, } \frac{1}{2} \text{ cup light brown sugar, } \frac{1}{2} \text{ teaspoon vanilla, lemon or a little nutmeg.} \]
Rub butter to a cream in a warm bowl and add sugar gradually and then the flavoring. Serve with boiled rice or any other hot pudding.

FOAMY SAUCE

\[ \frac{1}{2} \text{ cup butter, one cup powdered sugar, teaspoon vanilla, two tablespoons wine or fruit juice, } \frac{1}{4} \text{ cup boiling water, whites of two eggs beaten to a foam.} \]
Cream the butter and add the sugar, vanilla and wine. Just before serving add the boiling water, stir well, then add the egg and beat until foamy.

CREAM PUFFS

1 cup boiling water. half cup butter. When water and butter boil add one cup sifted flour. Remove from fire. When cool add three unbeaten eggs, one at a time. Stir rapidly until smooth. Drop on buttered tins and bake twenty-five or thirty minutes in a quick oven.

CREAM FOR FILLING

One pint milk, \( \frac{1}{2} \) cup sugar, one tablespoon flour, one egg, vanilla. Cook as a boiled custard. Or use sweetened sweet cream.

EGELBERT SAUCE

Beat the yolks of two eggs until thick and lemon colored and add gradually while beating constantly, one half cup of powdered sugar. Beat the whites of two eggs until stiff and add gradually while beating constantly, one half cupful of powdered sugar. Combine mixtures and add a few grains of salt and one teaspoonful of vanilla.
R. P. Butchart & Bro.

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The Best Cooking Range on the market.
CAKES

GENERAL RULES FOR CAKE MAKING

In selecting the material be sure to get winter wheat flour, known to the trade as pastry flour, for while spring wheat flour is the best for bread it is impossible to have perfect success with cakes when it is used. For Angel and Sunshine cakes, sift flour three or four times before measuring, in order to lighten it. Granulated sugar is the best, although some have failed by using it because they have used too much. Being heavier than soft sugars it requires one-fifth less to give the same result. Sugar should be sifted once to take out lumps or foreign matter. The eggs should be fresh and cold, and the whites must be beaten with a whip-beater or fork. The rotary beater will not fill the mass with air cells, but toughens the egg, and therefore the cake will not rise to the desired lightness and will be tough.

When butter and sugar is partly creamed, add two tablespoons of boiling water. Makes a softer cake; use less milk (2 tablespoons less).

When butter and sugar is creamed and eggs beaten in, add two tablespoons of flour. Makes a finer grain-ed cake.

The last important part is baking, which, with little care can easily be mastered. The rule is to allow the cake to rise to the desired lightness before browning over, then increase the heat and bake as fast as possible without burning; therefore the lighter the batter when put into the oven, the hotter the oven can be.
Cucumber Pickle

1 pt. vinegar
12 cucumbers
2 onions
1 tablespoon turmeric
3 tablespoons allspice
1 tablespoon mustard
1 tablespoon salt
1 tablespoon flour
1/2 cup white wine
Skin cucumbers and onions fine. Sprinkle with salt. Let stand 3 hrs. Drain and add remaining salt. Boil 15 minutes.

Pepi Tomatoes

2 gal. green tomatoes, peeled, sliced
8 onions, sliced thin, 1 cup salt
Let stand over night, drain
Add 1 pt. vinegar, slice ginger
Peel, close, allspice, bay leaves, pepper, boil 2 1/2 hrs. when nearly don
Add with Hermes sugar if not insipid
Sweet Tomato Pickle

2 lbs. ripe tomato, 2 1/2 lbs. white sugar. Tablespoon each of cumin, cinnamon, allspice, ginger, pinch of salt. Put spices in bag also small 1/2 teaspoon cayenne pepper. Boil together until like a syrup.

Sweet Tomato Pickle

Put a whole 1 1/2 quarts tomatoes, put in colander stand over paper with salt. Place colander on top of a kettle. Boil vinegar and sugar solution. Add apple cider vinegar. Cooking in bag. Cut off ends remove bottoms. 2 1/2 cups brown sugar.
Each Composite of the peach (flesh only) out of small
y 1/2 lbs sugar
Tangibread about 2
full quantities
And 10 minutes add the other ingredients or baked in 10 minutes longer
Peach Marmalade

- Inside stone & slices & add slowly. As they add the
  go sugar, juice of 2 lemons
  to taste. Use the essence of one, one whole cinnamon
  stick & cover the base, until thick & jellified amber.

Orange Conserve

- 8 lbs. oranges
  4 lbs. sugar

Peel oranges past
seed in cold water & boil for
5 hrs. chop pulp & add to
meticulous cloth. This or base
in thick enough & add sliced
almonds or Walnuts.
Plantains to be Pierce

In each lot of fruit allow
A lb. sugar or thinly
Sliced lemon, put sugar
with just enough water
& dissolve. Then preserve
bottle and add toms & lemons
& simmer gently until
vegetables are tender.
Small toms can be used
whole & large ones should
be halved & quartered.
Uncooked Randall Pickle
1 gal water, 1 onion
1/2 lb vinegar, 1/2 lb mustard, 1/2 lb tumeric
1/2 lb sugar, 1/2 small tablespoon
Red pepper 1/2 tablespoon
2 cups sugar. Mix this dressing, Pickle all together
do not book. Make dressing put on face and cover with a
nest of cucumbers and onions
sandwiched in.
ANGEL CAKE.

Whites of eight large eggs or nine small ones, 1 1/4 cups of granulated sugar, 1 cup flour scant, 1/2 teaspoon cream tartar, a pinch of salt added to the eggs before whipping, and flavor to taste. Sift, measure and set aside flour and sugar. Whip eggs to a foam, add cream tartar, and whip until very stiff; add sugar and beat in (always using a spoon to mix cakes with), then flavor; then flour and fold lightly through. Put in a modern oven at once, will bake in 20 to 40 minutes.

SUNSHINE CAKE

Whites of 7 eggs, yolks of 5; 1 1/4 cups granulated sugar, 1 cup flour, scant one-third teaspoon cream tartar, a pinch of salt added to the whites of the eggs before whipping, and flavor to taste. Sift, measure and set aside flour and sugar. Separate the eggs, putting the whites in the mixing bowl and the yolks in a small bowl; beat yolks to a very stiff froth. Whip whites to a foam, add cream tartar, and whip until very stiff; add sugar to the whites and beat in, then yolks and beat in, then flavor and beat in, then flour and fold lightly through. Put in moderate oven at once. Will bake in from 20 to 40 minutes. Orange extract is the best flavoring.

FAIRY LOAF

4 eggs beaten separately, 1 1/2 cups granulated sugar, 3/4 cup butter, 1/2 cup sweet milk, 2 1/2 cups flour, 1 teaspoon cream tartar, scant 1/2 teaspoon soda and flavor to taste. Sift flour once, then measure, add soda and sift three times; cream butter and sugar thoroughly. Beat yolks to a very stiff froth and stir in; whip whites to a foam, add cream tartar, and whip until very stiff; add milk, then whites of eggs, then flavor, and stir very hard. Put in slow oven at once. Will bake in 30 to 50 minutes.
BROWN ANGEL CAKE

Half a cup of unsweetened chocolate grated, one cup sweet milk. Take half a cup of the milk and mix with the chocolate and heat until it thickens. Two tablespoonfuls butter, one cup white or brown sugar, the yolks of two eggs, add chocolate and another half cup of milk, one teaspoon vanilla, one teaspoon soda, two teaspoons cream tartar, two level cups flour and the whites of two eggs beaten stiff. Bake one half to three quarters of an hour. Icing:—Half cake sweet chocolate, half cup of milk, half cup sugar, small teaspoon cornstarch. After it boils a pinch of salt, butter size of small egg, chopped walnuts on top.

MISS RUBY DUNCAN.

SHORT BREAD

1 lb. butter, $\frac{1}{2}$ lb. brown sugar, 2 lbs. flour. Cream butter and sugar together, add flour gradually, then knead 20 minutes. Divide this in three and bake in layer-cake tins in a moderate oven for 35 minutes.

MRS. JAS. A. FROST.

WHITE CAKE

Whites four eggs, one cup sugar, $\frac{1}{2}$ cup butter, two teaspoons Taylor's baking powder, two cups flour (after sifting), $\frac{1}{2}$ cup milk, vanilla. Bake in two layers.

MRS. D. J. BARKER, Picton.

BACHELOR BUTTONS

One cup butter, one cup sugar, creamed; two eggs, two large cups flour, one teaspoon of baking powder. Roll into balls the size of a walnut, dip in sugar, put almond or walnut on top. Bake in moderate oven.

MRS. C. EATON.
SHORT BREAD

7 ounces flour, 1 oz. rice flour, \( \frac{3}{4} \) lb. butter, 2 oz. sugar. Knead butter and sugar together, then gradually draw in the flour, kneading well and keeping the lump well in the hands. When all is worked into a stiff paste cut in 2 pieces, make each piece round or oval and about half an inch thick, pinch the edges, prick well with a fork, dust sugar over and bake in a slow oven.

MRS. R. Y. LESLIE, Detroit.

DATE AND ALMOND MACAROONS

\( \frac{1}{2} \) lb. dates, six oz. almonds, whites of two eggs, one cup of sugar, one teaspoon of vanilla. Beat whites until stiff, beat sugar in thoroughly, add dates stoned and cut in small pieces and almonds (not blanched) cut rather small, lastly vanilla. Flour your pans and drop in teaspoonfuls. Bake in a rather slow oven.

MISS LILY RIXON.

CORNSTARCH PATTIES

\( \frac{1}{2} \) lb. butter, \( \frac{1}{2} \) lb. cornstarch, five eggs beaten separately, one scant teaspoon soda, two teaspoons of cream tartar, one-half pound sugar. Use while fresh.

MRS. ZAPFE.

ORANGE COOKIES

1\( \frac{1}{2} \) cups white sugar, one cup of lard and butter mixed, two eggs, one orange rind and juice, \( \frac{1}{2} \) cup of sweet milk, one even teaspoon of soda dissolved in hot water, one heaping teaspoon of baking powder, flour enough to roll out. Have them soft as possible. Add a little salt.

MRS. FREEMAN.
FILBERT NUTS

One cup chopped filberts, four soda biscuits rolled, one cup fine white sugar, three eggs (whites only). Drop on buttered pan and bake in moderate oven twenty minutes.

MRS. C. EATON.

PEEL CAKE

One lb. flour, one lb. white sugar, ¼ lb. each of lemon, citron and orange peel, eight eggs, ten oz. butter, ½ lb. of almonds, ½ lb. of cocoanut, six drops oil of cinnamon, twenty drops oil of lemon, one teaspoon of baking powder.

MRS. BONHAM.

SOFT GINGER BREAD

One-half cup of butter, one cup each of sugar, black strap molasses and cold water, two eggs, one-half tablespoon soda, one tablespoon of ginger, one-half tablespoon of cinnamon, 1/2 nutmeg, three scant cups of flour.

MRS. SAWYER.

SULTANA CAKE

One lb. flour, one-half lb. butter, one-half lb. fruit sugar, 5 eggs, one-half lb. Sultanas, one gill milk, the rind of one lemon, one teaspoon of baking powder, four ozs. of peel, salt. Cream the butter and sugar well together, the salt and the baking powder, add the eggs one at a time and the milk. Beat all together well with your hands, stir in the Sultanas, the peel chopped, the grated lemon rind. Mix well. Bake in a moderate oven one and a half hours.

MISS COLLINS, ENGLAND.
BOSTON COOKIES

One cup of butter, one and a half cups of sugar, three eggs, one teaspoon of soda, one and a half tablespoons of hot water, 3/4 cup of flour, 1/2 teaspoon of salt, one teaspoon of cinnamon, one cup of chopped hickory or walnut meat, one-half cup currants, one-half cup raisins, seeded and chopped. Cream the butter, add sugar gradually and eggs well beaten. Add soda dissolved in hot water and one half the flour mixed and sifted with the salt and cinnamon, then add the nut meat, fruit and remaining flour. Drop by spoonfuls one inch apart on a buttered sheet and bake in a moderate oven.

MRS. FARMER.

SNOW FLAKE CAKE

1 1/2 cups sugar, 1/2 cup butter, 1/2 cup milk, two cups flour, 1 1/2 teaspoons of baking powder, juice of half a lemon, whites of five eggs. Beat butter and sugar to a cream, add lemon, then milk, the whites of eggs beaten thoroughly, then flour and baking powder. Bake in layers in a moderate oven.

Frosting—Whites of two eggs, two cups of icing sugar, 1/2 cup grated cocoanut, juice of half a lemon. Beat eggs and add sugar, lemon and cocoanut; ice between and on top.

MRS. NOBLE CHISHOLM.

LEMON BISCUITS

5c. worth of oil of lemon, 5c. worth of carbonate of ammonia, two eggs, 1 1/2 cups butter, two cups of white sugar, two cups of sweet milk. Dissolve the ammonia in the milk and add flour to make a stiff dough. Cut with a square cutter.

MRS. BONHAM.
MACAROONS

One tablespoon of butter, one cup of white sugar, two cups of rolled oats, $1\frac{1}{2}$ teaspoons of salt, one teaspoon of baking powder, two eggs, yolks and whites beaten separately, one teaspoon of bitter almonds. Drop in greased pans about two inches apart and bake quickly. Let stand a few seconds before taking out of pan.

MISS PARKER.

DOUGHNUTS

One cupful of granulated sugar (scant), one cupful of sweet milk, two eggs, two teaspoonfuls of baking powder, piece of butter size of walnut (melted). Beat eggs and sugar together quarter of an hour before putting in flour. This beating will make them very white. Add flour to make them of the same consistency of cookies. Fry in smoking hot lard until a golden brown, turning often.

MRS. JOHN KEENAN.

ICE CREAM CAKE

$1\frac{3}{4}$ cups of flour, $\frac{1}{2}$ cup of butter, $\frac{3}{4}$ cup of sugar, one cup of milk, two teaspoons of baking powder, one teaspoon of vanilla, whites of two eggs. Icing—Yolks of two eggs, one teaspoon of vanilla. Thicken with icing sugar.

MRS. CUNNEYWORTH.

DROP CAKES

Cream $\frac{1}{2}$ cup butter and then add successively 1 cup of sugar, 1 egg, $\frac{1}{2}$ teaspoon of soda dissolved in $\frac{1}{2}$ cup of sour cream, $1\frac{1}{2}$ cup of raisins seeded and chopped, $1\frac{1}{2}$ cup nut meats, $1\frac{1}{2}$ teaspoon of vanilla, 1 tablespoon of cocoa, 2 $1\frac{1}{2}$ cups flour (scant). Drop on greased tins and bake.

MISS PARKER.
CHEESE CAKES

Line about fourteen patty shells with pastry and fill with the following: 1 cup brown sugar, 1/2 cup butter, 1 cup currants, 1 tablespoon of cornstarch, 1 cup milk. Put the corn starch in the milk, add currants and sugar, boil until currants are cooked. Take from the stove and add two well beaten eggs. Put a tablespoon of filling in each shell and cook until brown.

MRS. W. LEE.

DREAM CAKE

One large cup of sugar, 1/2 cup of butter, one cup of milk, 1 1/2 large cups of flour, three teaspoons of baking powder, three eggs. Measure out enough for two layers, then add for one dark layer one tablespoon molasses, 1/2 teaspoon each of cinnamon, cloves and nutmeg. Bake white layer first. Filling—One cup of raisins chopped fine, one orange grated, 1/2 rind and squeeze juice, one small cup of sugar, and enough water to moisten. Cook twenty minutes, cool and put between layers.

MRS. N. CHISHOLM.

GRAHAM CAKE

One cup of butter, two small cups of brown sugar, one cup of buttermilk or sour cream, three eggs, one teaspoon soda dissolved in warm water and add to milk. Beat all well. One cup of chopped raisins, two cups of currants, a little peel, spices to taste, pinch of salt, one cup of Graham flour, 2 small cups of white flour, 1/2 wine glass of brandy and two tablespoons of rose water.

MRS. J. R. WAINWRIGHT.
ARROWROOT CAKE

1/2 lb. of butter, whites of six eggs, one lb. of arrowroot, 1/2 lb. of sugar, one teaspoon of vanilla. Roll arrowroot and sugar together, beat butter to a cream and mix with sugar and arrowroot, then add whites of eggs beaten stiff. Beat all together twenty minutes. Bake in a slow oven for nearly an hour in a deep pan.

MRS. G. ZAPFE.

DATE CAKE

One lb. of dates chopped fine, four oz. of citron peel, 1/2 cup chopped walnuts, three eggs, 1 1/2 cups of berry sugar, two teaspoons of vanilla, 1/2 lb. of butter, 2 1/2 cups of flour, one small teaspoon of baking soda dissolved in 1/2 cup of warm water. Bake in moderate oven.

MRS. A. B. HAY.

SCOTCH SHORTBREAD

Ingredients—Two pounds of flour, one pound of butter, 1/2 lb. of granulated sugar, 1/2 oz. caraway seed, one oz. sweet almonds, a few strips candied orange peel. Mode—Beat the butter to a cream, gradually dredge in the flour and add sugar, caraway seeds, and sweet almonds which should be blanched and cut into small pieces. Work the paste until quite smooth, and divide into six pieces. Put each cake on a separate piece of paper; roll the paste out square to the thickness of about an inch and pinch it in on all sides, prick it well and ornament with one or two strips of candied orange peel. Put the cakes in a good oven and bake from twenty-five to thirty minutes. When the flavour of caraway seeds is disliked omit them and add a larger portion of candied peel.

MRS. (DR.) LANG.
GINGER LAYER CAKE

1/2 cup brown sugar, 1/2 cup of molasses, one egg, two tablespoons of butter, 1 1/2 cups sifted flour, 1/2 cup of sour milk, one teaspoon of soda, juice of a lemon. Cream the butter and sugar, stir in the molasses and lemon juice, then the egg and flour, lastly the soda dissolved in the milk. Bake in two layers. Filling—1/2 cup of brown sugar and butter the size of a walnut in one cup of boiling water. Add a teaspoon ginger and a little nutmeg; mix a tablespoon of flour in cold water and add to the mixture; let it boil five minutes then stir in a well beaten egg just before removing from the fire.

MRS. COBOURN.

POUND CAKE

One cup of butter, one cup of sugar, four eggs, two cups of flour, one teaspoon of baking powder, one cup of sliced peel and almonds or two cups of raisins. Beat butter and sugar to a cream, then drop in a whole egg and beat thoroughly until you have the four eggs beaten in; then add two cups of flour with baking powder sifted in it, then the peel and almonds, blanched and sliced. Bake one hour in a moderate oven.

MISS V. SCOTT.

SPONGE CAKE

Separate four eggs and beat yolks of eggs thick. Add one cup of sugar and continue beating. Beat whites stiff and stir into first mixture. Add one teaspoon of baking powder to 1/2 cup of potato flour and sift into the first mixture. Bake in a moderate oven.

MRS. JOHN PARKER.

Potato flour can be obtained at D. R. Duncan's either in bulk or package.
SCOTCH CHERRY CAKE

One lb. of flour, ½ lb. of butter, ¾ lb. of sifted sugar, six eggs, two tablespoons of Taylor’s baking powder, the grated rind of a fresh lemon, ½ lb. of dried cherries cut in quarters, one teacup of milk. Cream the butter and sugar, add the beaten eggs, beat all together until light and creamy, add part of the flour and grated lemon, then the milk and the remainder of the flour in which the baking powder has been mixed. Stir the cherries thoroughly, line a tin with buttered paper, pour in the mixture. Bake in a moderate oven for two hours.

MRS. D. WALKER.

SCOTCH COOKIES

One cup of sugar, one cup of creamed butter, two cups of oatmeal, one cup of flour, five tablespoons of milk, two eggs, 1/2 teaspoon of soda, 1/2 teaspoon of salt, one teaspoon of cinnamon, one cup of chopped raisins, one cup of chopped walnuts. Drop by teaspoon about an inch apart and bake in a moderate oven. Currants can be used in place of nuts.

MRS. STOUTENBURG, Hollis, N. Y.

SPANISH BUN

Four eggs, whites of two for top, two cups of brown sugar, ¾ cup of butter, one cup of sweet milk, one teaspoon of soda, two teaspoons of cream tartar, two teaspoons of cinnamon, one teaspoon of cloves, one teaspoon of nutmeg. For top—Whites of two eggs stirred thick with brown sugar, two teaspoons of cinnamon, one teaspoon of cloves.

MRS. J. S. JOHNS.
SEED CAKE

Ten eggs, ten oz. of butter, one lb. of blanched almonds, 1/2 lb. of citron peel, 1/2 lb. orange peel, 1/2 lb. of lemon peel, one lb. of coffee sugar, one lb. of flour, eight drops of oil of cinnamon, forty drops of oil of lemon.

Mrs. J. S. Johns.

COFFEE CAKE

One half cup of sugar, one half cup of molasses, one half cup of butter, one half cup of coffee, one teaspoon of soda, one cup of raisins, two cups of flour, white of one, and yolks of two eggs (the remaining white for icing) 1/3 teaspoon of spices. Bake in moderate oven, then ice.

Mrs. A. B. Hay.

FRUIT COOKIES

Three eggs, 1 1/2 cups of white sugar, one cup of butter, one cup of chopped raisins, one level teaspoon of soda, one piece of lemon or orange peel. Cream butter and sugar, add well beaten eggs, then fruit and peel. Dissolve soda in warm water and add to mixture. Flour enough to roll.

Miss Allen.

CORN STARCH COOKIES

Three eggs, one cup of white sugar, one cup of butter, one cup of corn starch, two cups of flour. Beat first three ingredients together well, add corn starch and beat, add flour, one teaspoon of soda and two teaspoons of cream tartar (or three teaspoons of Taylor's baking powder) add enough flour to make a dough easy to roll. Flavor with vanilla.

Mrs. W. T. Lee.
SWEDISH COOKIES

1 1/2 cups of brown sugar, one cup of butter, three eggs, one teaspoon of cinnamon, one cup of chopped walnuts, one cup of chopped raisins, three tablespoons of boiling water, one level teaspoon of soda, flour to thicken. Stir sugar and butter to a cream, add well beaten eggs and cinnamon; mix walnuts and raisins with a little flour and add, stirring well; add flour enough to thicken. Mix soda in one tablespoon boiling water, put two tablespoons boiling water with the above ingredients and lastly add the soda and water. Drop in buttered pans and cook in moderate oven.

MRS. D. RUTHERFORD.

SOFT GINGER COOKIES

One cup of butter, one cup of brown sugar, one cup of molasses, three eggs, two small teaspoons of soda dissolved in a little hot water, three teaspoons of ginger. Make in a soft dough, roll thick and cut with a small cake cutter.

JAM CAKES

1/2 cup of butter creamed with one cup of sugar, one cup of raspberry or strawberry jam; one teaspoon of cinnamon, a little nutmeg, one teaspoon of soda dissolved in a little hot water, 1/2 cup of sour milk, three eggs, two cups of flour. Bake in layers and put boiled icing between.

DOUGHNUTS

One cup of sweet cream, one cup of sugar, two eggs, one teaspoon of soda, two teaspoons of cream tartar, a little ginger and nutmeg, flour enough to make a soft dough.

MRS. WIDDIFIELD.
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MOCHA CAKES

Beat two eggs and one cup of sugar together with a little salt, one cup of flour, one teaspoon of Taylor's baking powder, one-half cup of boiling milk, one dessert-spoon of butter dissolved in the warm milk. Bake in a flat pan.

Filling—One cup of confectioner's sugar, \(\frac{1}{4}\) cup of butter, one teaspoon of vanilla, one teaspoon of cocoa; wet with strong coffee until it will spread smoothly on the cakes. When the cake is cold cut in small pieces, cover with mocha icing and roll in chopped peanuts.

Mrs. Widdifield.

MOCHA CARAMEL

Put one cup of granulated sugar in a sauce pan and cook until it begins to melt over a hot fire, then reduce the heat and continue cooking until it is melted and of a rich brown color. Stir to prevent burning and then add slowly, as it will boil furiously, half a cup of very strong hot coffee. Stir for a moment, remove from fire and stir until nearly cool. Then turn into a glass jar. This will keep for weeks.

Miss V. Scott.

MOCHA CARAMEL SAUCE

Add to one cup of hot milk three tablespoons of the mocha caramel, three tablespoons of sugar, two teaspoons of cornstarch and a little salt. Cook fifteen minutes.

Miss V. Scott.

MOCHA CARAMEL FROSTING

Mix icing sugar with cream until quite stiff, then add enough of the caramel to color well, and a little salt.

Miss V. Scott.
ONE EGG CAKE

One egg, one cup of sugar, ⁷⁄₈ cup of butter, ⁷⁄₈ cup of water, ¹⁷⁄₈ cups of flour, two teaspoons of baking powder.

Mrs. J W. Wright, Picton.

COCOANUT PUFFS

Whites of three eggs, one cup of sugar. Beat eggs lightly, add sugar gradually and cook in double boiler until some adheres to side. Remove from fire and add one tablespoon of cornstarch, one teaspoon of vanilla, half a lb. of cocoanut. Drop on buttered paper and bake forty-five minutes in a moderate oven.

Mrs. W. A. Bishop.

DOUGHNUTS

Beat one egg, add one cup of fine granulated sugar and beat until very light and white. Add one cup of sweet milk without stirring. Then sift in one pint of pastry flour to which has been added three level teaspoons of Taylor's baking powder, one level teaspoon of salt and a ⁴⁄₈ of a grated nutmeg. Beat this thoroughly, then add quickly enough flour to make a firm but soft dough. Roll out half an inch thick and cut into rings or narrow strips and twist them into shape. Fry in hot lard or half beef dripping.

Mrs. W. T. Lee.

WHITE FRUIT CAKE

One cup of butter, two cups of white sugar, one cup of sweet milk, 2 ¹⁄₂ cups of flour, whites of seven eggs, one lb. of Sultana raisins, one lb. of almonds, one lb. of dates, one lb. of citron peel, two teaspoons of baking powder.

Mrs. John Parker.
LADY BALTIMORE CAKE

One cup of butter, two cups of sugar, \(3\frac{1}{2}\) cups of flour, one cup of sweet milk, whites of six eggs, two teaspoons of baking powder, one teaspoon of rose water. Cream butter and sugar, add flavoring, milk, flour and baking powder, lastly the beaten whites. Bake in three layers. Measure the flour after sifting.

Filling—Dissolve two cups of white sugar in \(\frac{2}{3}\) cup of boiling water, boil until it threads, then pour on the beaten whites of two eggs and to this mixture add one cup of chopped raisins, one cup of nuts (Pecan preferred) and five figs cut into strips.

Mrs. T. G. Gillespie, Picton.

LUNCHEON CAKE

One lb. of butter, one lb. of sugar, 1 1/2 lbs. Sultana raisins, 1/2 lb. mixed peel, 1 1/4 lbs. flour, ten eggs. Bake two hours in a moderate oven. Cream the butter and sugar with the hand and add one egg, unbeaten, at a time. Beat each egg five minutes then add the flour and lastly the fruit. Line a flat pan with paper, do not butter it, and bake slowly two hours.

Mrs. R. Y. Leslie, Detroit.

PEANUT COOKIES.

Cream together two tablespoons of butter and one cup of sugar in three tablespoons of milk, three well beaten eggs, two cups of chopped peanuts, a saltspoon of salt and flour enough to roll. Cut into small cakes and bake in a moderate oven.

Miss V. Scott.
SEED CAKE

One lb. six oz. sugar, same of butter, ten eggs, 1 1/4 lbs. of flour, a handful of caraway seeds. Mix like luncheon cake.

MRS. LESLIE.

NUT CAKE

One cup of sugar, 1/2 cup of butter, 1/2 cup of sweet milk, two eggs, two cups of flour, two teaspoons of baking powder, one cup of chopped butternuts or walnuts, one cup raisins. Bake in a moderate oven twenty-five to thirty minutes. Cover with boiled icing.

MISS M. CARR.

COCOANUT MACAROONS

1/2 cup of butter, one cup of sugar, two cups of flour, two eggs, 1/2 teaspoon of soda, one teaspoon of cream tartar, 1/2 lb. of cocoanut.

MRS. J. R. BROWN.

GINGER SNAPS

One cup of molasses, one cup of sugar, one small cup of butter, one teaspoon of soda, 1/2 cup of water, one tablespoon of ginger, one teaspoon of cinnamon, 1/2 teaspoon of cloves, flour to roll.

MRS. WILL WRIGHT.

DROP CAKES

One pint of flour, 1/2 lb. of butter, 1/4 lb. of sifted sugar, 1/2 grated nutmeg, two eggs, one teaspoon of baking powder, a handful of currants, little vanilla. Drop with small teaspoon. Bake thirty or forty minutes in a slack oven.

MRS. A. D. CREASOR.
WHITE CAKE

Whites of two eggs, break in a cup, fill half full of melted butter, then fill up with sweet milk, sift together twice in mixing bowl 1 cup of sugar, 1 1/2 cups of flour, 2 teaspoons of baking powder. Pour liquid over and beat five minutes. Add flavoring to taste.

Mrs. J. C. Read.

DEVIL CAKE

2 cups of brown sugar, 1 1/2 cups of butter, 3/4 cup of unsweetened chocolate, 3/4 cup of sour milk, 2 eggs, 1/2 teaspoon of salt, small, 1/2 cup of hot water, 1 teaspoon of soda. Take half the water for the soda and the other half for the chocolate and add about 2 1/2 cups of flour.

Mrs. Adams.

COCOA CAKE

This is a very cheap and very good Cake. 1 scant cup of sugar, 1/4 cup of butter, 1 egg, 1/4 cup of sour milk, 1 teaspoon of vanilla, 2 teaspoons of cocoa dissolved in 1/2 a cup of boiling water; put in and add flour, a little at a time, until you think enough.

Icing—1 tablespoon of butter, 1 cup of icing sugar, creamed together, 2 teaspoons of cocoa.

FRUIT GINGERBREAD

One cup of sugar, one cup of butter, (half white dripping if preferred) one cup of molasses, one cup of sour milk, three cups of flour, one cup each of raisins, currants, and a little peel or nuts, one teaspoon of soda dissolved in the cream, one teaspoon of cinnamon, one tablespoon of ginger, four eggs beaten separately, the whites added lastly. Moderate oven.

Mrs. A. D. Creasor.
SOUR MILK CAKE

½ cup of butter, 1½ cups of brown sugar, 1 ½ cups of sour milk or buttermilk, one cup of raisins, one cup of currants, a little lemon peel, one teaspoon of cinnamon, one teaspoon of cloves, one teaspoon of nutmeg, two teaspoons of soda stirred in milk, three cups of flour.

Miss Amy Kennedy.

GOLD LOAF

Yolks of eight eggs, one cup of granulated sugar, scant 1/2 cup of butter, 1/2 cup of sweet milk, 1 1/2 cups of flour, two teaspoons of baking powder. Cream butter and sugar thoroughly, beat yolks to stiff froth and add, put in milk, then flour and baking powder. Stir well. Bake in tube pan in moderate oven.

Miss Amy Kennedy.

PLAIN FRUIT CAKE

¾ cupful of butter, 2 cupfuls of granulated sugar, cream these together well; 3 eggs, 1 teaspoonful of allspice, 1/2 teaspoonful of grated nutmeg, ½ teaspoonful of ground cloves, ¼ teaspoonful of ground mace, 1 cupful of milk with ¾ teaspoonful of soda dissolved in it, 3 cupfuls of sifted flour with 1 teaspoonful of cream tartar mixed in it, 1 cupful of sliced citron, 2 cupfuls of raisins.
SHREWSBURY CAKE

1 lb. of very fine white sugar, 1 lb. of flour, mix together, rub in ¾ lb. of butter, add a few caraway seeds and whites of 3 eggs well beaten. Roll out two or three times, then roll thin and cut. If not moist enough add a spoonful of wine.

E. Stephens.

GINGER COOKIES

1 cup of butter, ½ cup of milk, 1 egg, ½ cup of molasses, ½ teaspoon cinnamon, 1 teaspoon of ginger, 2 large cups of flour, a little salt, 1 teaspoon of soda. Mix butter and flour with the hands as for tea biscuits, add 1 cup granulated sugar, add other ingredients which make a soft dough. Roll fairly thin, cut out and bake. This makes several dozen cakes.

Maggie D.

OATMEAL COOKIES

1 egg (without beating), 1 cup sugar (half white half brown), 1 cup butter, 4 tablespoonfuls of sweet milk, 2 ½ cups of flour, 1 cup oatmeal, 1 teaspoon of cinnamon, 1 teaspoon of soda dissolved in ¼ cup of hot water. Mix sugar and butter together, add egg, milk, then oatmeal, soda, flavoring and the flour last of all.

Bessie Sadler.
SPONGE CAKE

2 cups white sugar, 2 cups of flour, 6 eggs and 1/2 tea cup of water. Put sugar and water into a pan and bring to a boil. Beat whites and yolks separately, then together. When sugar boils pour slowly over eggs beating all the time. Beat 1/4 hour; have flour sifted, fold in lightly. Pour in tin and sprinkle sugar over the top. Bake 3/4 of an hour in a moderate oven.

Mrs. Bartly.

DEVIL CAKE

Part I—One cup of raw sugar, one-half cup butter, one-half cup of milk, one teaspoon of vanilla, two eggs, two teaspoons of baking powder, 2 1/4 cups of flour.

Part II—One cup of raw sugar, half a cup of milk, one cup of chocolate (grated). Boil together and when cool add to part I.

Icing—One cup of raw sugar, half a cup of milk, half a cup of butter. Boil fifteen minutes and stir until cool enough to put on cake.

Mrs. E. Lemon.

FRUIT CAKE

Beat together 2 1/2 lbs. of butter and three lbs. of sugar to a cream; one doz. eggs beaten separately, six lbs. of currants, five lbs. of raisins, 1/2 lb. of lemon or orange peel, one lb. of blanched almonds chopped, four lbs. of flour, one dessertspoon each of ground cinnamon and cloves, one teaspoon of soda, one good wine glass of brandy. One half of this quantity makes a large cake. Bake in a slow oven about three hours.

Mrs. A. D. Creasor.
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ICINGS AND FILLINGS

BOILED FROSTING

One cup of granulated sugar, three tablespoons of hot water. Boil until a drop hardens in cold water. Pour slowly on to one well beaten white of egg, beating briskly all the time. Beat until stiff enough to spread on cake. Add any desired flavouring.

MAPLE SUGAR

Make as boiled frosting using one cup of maple sugar.

ICE CREAM FILLING

Add to boiled icing enough citric acid (by dissolving a bit of the crystal in half a teaspoon of water) to give it a tart taste.

ORANGE FILLING

Beat the white of one egg with enough confectioner's sugar for soft frosting. Beat yolk well and add one grated orange. Mix with white frosting and spread between layers.

ALMOND FILLING

One coffee cup of whipped cream, one lb. of almonds blanched and chopped, three tablespoons of sugar.

FUDGE ICING

One cup of granulated sugar, ½ cup of milk, one tablespoon of butter, six teaspoons of Baker's cocoa, vanilla. Boil until it hairs, then stir until the proper consistency to spread on the cake.

Mrs. Barker, Picton.
MARSH MALLOWS FILLING

Two ounces of gum arabic, cover with eight tablespoons of warm water. Put into rice boiler and stir until thoroughly dissolved. Run through a sieve and add seven ounces of powdered sugar, stir until dissolved and pour over, while hot, the whites of four eggs beaten stiff. Beat a few minutes, flavor with vanilla and let stand until cold. The cake must also be cold before spreading the filling on.

ALMOND ICING

One lb. of shelled almonds, one teaspoon of rose water, one lb. of icing sugar, $\frac{1}{2}$ teaspoon of bitter almond flavoring, yolks of four eggs. Blanch almonds and put them through the meat chopper, using the nut grinder; work to a paste, add yolks of eggs, flavoring and gradually the sugar. The mixture should be stiff as dough, more sugar may be required. Dredge a pastry board with icing sugar, toss mixture on it and roll or pat out to the desired thickness. Turn cake upside down, moisten it with cold water, press icing on it, the top only, and let stand twenty-four hours before covering with other icing. The icing may be shaped with the hands to fit the cake.

MRS. BAKER, Picton.

RAISIN FILLING

Take one cup of sugar and four tablespoons of water, boil till thick, then quickly stir in the beaten white of an egg, add to this a cup of seeded and chopped raisins. Flavor with juice of $\frac{1}{2}$ a lemon.

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LEMON FILLING

One lemon, grated rind and juice, one cup of white sugar, one egg beaten, $\frac{3}{4}$ cup of boiling water, one tablespoon of butter, large tablespoon of flour. Cook in a double boiler until clear and thick. When cool spread on top and between layers of cake. Cover the top and sides with an icing made of one cup of icing sugar melted over a kettle of hot water with enough sweet milk to barely moisten, add a small piece of butter. When hot let it run over top and sides of cake as spreading pulls the jelly.

Mrs. Forfar, Toronto.

MAPLE SUGAR ICING

Stir icing sugar in maple syrup until thick enough to spread on cake.

Mrs. Will Wright.

FIG FILLING

1 generous cup of figs put through a meat chopper, add $\frac{1}{2}$ cup of water, $\frac{1}{2}$ cup of sugar, rind of 1 lemon and juice of $\frac{1}{2}$ lemon. Cook ten minutes, let cool and spread between cake.

APPLE AND LEMON FILLING

One grated lemon, a large grated tart apple, one egg, and one cup of sugar. Boil four minutes.
ICES

MAPLE MOUSSE

Whip one pint of cream stiff. Have the yolks of four eggs well beaten. Put in a double boiler one large cup of maple syrup, stir in the yolks and cook until thickened, take from the fire, place in a dish of cold water or on ice and beat until light and cold. Stir in the whipped cream and turn into a mould and freeze.

MRS. C. EATON.

MAPLE MOUSSE

Put one cup of maple syrup in a double boiler. When hot pour it over three well beaten eggs. Return to double boiler and cook slowly until thick. Remove from fire. and beat until cold. Add one pint of whipped cream. Pour in mould and pack in snow, using more salt than you would for freezing ice-cream. It takes about two hours to freeze.

MISS OTTIE RIXON.

FROZEN BANANAS

½ doz. bananas, one lb. sugar, one pint water, juice of two oranges, one pint of cream. Peel bananas, cut in half with a silver knife and then mash. Boil water and sugar five minutes and strain. When cold add orange juice and bananas. Partly freeze, then add the cream which has been whipped.

MRS. NILES, Wellington.
RASPBERRY ICE

One quart raspberries, one lb. sugar, juice of two lemons, one quart of water. Add sugar and lemon juice to berries, mash and stand aside one hour and then add the water. Turn into freezer and freeze slowly.

LEMON ICE CREAM

One quart cream, three lemons, two oranges, eleven oz. sugar. Scald cream and sugar together until the latter is dissolved. When cold put in freezer and when everything is ready to freeze add lemons and orange juice.

Miss Ottie Rixon.

PLAIN ICE CREAM

One pint milk scalded, thicken with two tablespoons flour blended in a little cold milk. Cook carefully and strain. Add ½ lb. of sugar and when cool add one quart of cream. Flavour to taste.

ORANGE SHERBET

Pour one pint of boiling water over the grated rind of three oranges, let stand ten minutes; strain it over one pint of sugar and stir until dissolved. Then add the juice and a little of the pulp of six oranges. Scald three cups of cream. Let them both cool. Put the orange mixture in the freezer and just when ready to freeze add the cream. If the oranges are very sweet add the juice of one or two lemons.

Mrs. Widdifield.
ANGEL ICE CREAM

Whip off four cups thick cream, add $1\frac{1}{3}$ cups powdered sugar, whites of ten eggs beaten stiff. Flavour with one teaspoon of almond extract.

LEMON SHERBET

One lb. sugar and one quart of water boiled for five minutes. Juice of five lemons and the rind of one, two tablespoons gelatine dissolved in $\frac{1}{2}$ cup of cold water. Add the gelatine to the water and sugar after boiling and the lemon juice last. Strain and when partly frozen add the whites of five eggs well beaten.

SULTANA ROLL

Make a custard of one pint of milk, one cup of sugar, one tablespoon of flour and a little salt. Cook twenty minutes, stirring frequently, then strain and cool. Add one quart of ordinary cream. Flavor with vanilla and color if desired. Freeze, then line a mould about one inch deep. Fill the hollow with sweetened whipped cream to which has been added sultana raisins which have been soaked in brandy four hours. Pack in ice and salt and let stand four hours before serving.

COFFEE MOUSSE

One pint cream whipped stiff, $\frac{1}{2}$ cup very strong coffee, one scant cup of sugar dissolved in coffee, four beaten egg yolks. Mix coffee, sugar and eggs, stir in whipped cream. Pour in mould, seal mould with lard before packing in ice and salt.
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MILK SHERBET

Remove juice from six lemons, strain and add one teaspoon of lemon extract and sufficient granulated sugar to make it the consistency of a batter. Pour three pints of milk, which has been scalded, into the freezer, add the lemon batter and freeze, turning the freezer steadily but slowly.

CARAMEL CREAM

Two quarts milk. Let it come to a boil, then add two tablespoons of flour blended in a little cold milk, three eggs beaten together with two cups of sugar. Stir these in and cool until thickened. Caramel one good cup of sugar and add to the custard, a little at a time. Let cool and just before freezing add one quart of cream. If sufficient cream can be obtained sweeten it and scald. While hot add the carameled sugar to it.

Miss Sarah Scott.

PINE APPLE ICE CREAM

One quart of cream, ½ lb. sugar, one lemon, juice and rind, small ½ pint bottle of canned pineapple, one tablespoon Jamaica rum. Mix cream and sugar together and partly freeze, then add the grated rind and juice of lemon and rum to the pine-apple which has been cut in small pieces, and stir into the frozen cream and freeze again.

Mrs. Wm. Masson.
PRESERVES AND MARMALADES

Preserving fruit is cooking it in from three-fourths to its whole weight in sugar.

Canning fruit is preserving sterilized fruit in sterilized air-tight jars, the sugar being added to give sweetness. For canning fruit add one-third its weight in sugar and 2 1/2 to 3 cups of water to each pound of sugar.

To sterilize jars—Wash jars and fill with cold water. Set in a kettle and surround with cold water. Heat gradually to a boiling point. Remove from water, empty and fill while hot. Put covers in hot water and let stand for five minutes. Dip rubber bands in hot water, but do not allow them to stand.

CITRON PRESERVE

Cook the citron whole and when tender remove the skin and seeds and cut into dice, which is much quicker done after cooking than before. Weigh the fruit, and to each pound of citron put 3/4 pound of sugar, 1/2 a lemon, a few pieces of candied ginger, or preserved ginger. Make a syrup and when boiling add the citron.

MRS. HERBERT JARVIS, Ottawa.

CANNED PINE-APPLE

For six lbs. of fruit when shredded and ready for use make a syrup with 2 1/2 lbs. sugar and three pints water. Boil the syrup five minutes, skim if necessary, then add the fruit. Let it boil up for about five minutes (no longer) and seal at once.

MRS. Lee.
FRUIT JELLY

Fruit for jelly must not be too ripe. To each pint of juice allow one lb. of granulated sugar. Wash fruit, mash and stew gently, stirring often. When juice is extracted put in a jelly bag and let it drip over night. In the morning measure juice and return to the fire and let boil twenty minutes. Skim well, have sugar heated, add to the juice, let boil up and remove at once. Fill glasses at once and when firm cover with paraffine. Raspberries and currants together in proportion of ¾ currants and ¼ raspberries make a nice flavored jelly.

CANNED STRAWBERRIES

To each box of berries allow one small cup of granulated sugar. Put the berries in a colander and run water through them and put them in a preserving kettle over slow heat. Let them cook for a few minutes only or until the juice is fairly well extracted. Skim strawberries out into the colander, and as the juice drains off add to the juice in the kettle. Boil hard until boiled down at least one-third. Add the sugar and when boiling put the berries in again until heated, then bottle.

E. M. W.

GRAPE JAM

Take your grapes and separate the skin from the pulp, keeping them in separate dishes. Put the pulp in your kettle with a teacup of water. When thoroughly heated run them through a colander to separate the seeds, then put the skins with them and weigh. To each pound of fruit put ¾ lb. of sugar. Cook very slowly ¾ of an hour.
CANNING GREEN PEAS AND BEANS

Select peas as young as possible, press them firmly in the jars until filled, put in as much cold water as the jars will hold, put on the rubber and top, screwing down just enough to prevent the water from boiling in. Place in a boiler with cold water until it touches the rings of jars. When the boiler is covered keep the water boiling for four hours. When taking the jars from the boiler be careful about screwing the tops on, never removing them. This is the secret of successfully canning peas or beans.

PICKLED PEARs OR PEACHES

One peck of pears, one quart of vinegar, five lbs. of granulated sugar, one oz. cassia buds, one clove for each piece of fruit. Cook slowly until they turn pink.

E. M. W.

LEMON PRESERVE FOR TARTS

One lb. sugar, four oz. butter, six eggs, leaving out the whites of two, the juice and grated rind of three lemons. Put in a saucepan and stir over a slow fire until it becomes as thick as honey. Can be kept in a sealer and used for tarts.

ORANGE MARMALADE

To every bitter orange allow a pint of water and a pound of sugar. Quarter the oranges and cut very finely through inside and skin. Put into the water and leave twenty-four hours. Put pips in a pint of water and after leaving them the same time strain off the jelly and put it with the oranges and water. Put on the stove and boil until tender, about three hours. Put in above amount of sugar and boil until it becomes a jelly. Heat the sugar first. Ten bitter oranges, fifteen sweet oranges, make 27 jelly glasses.

Miss Bessie Scully.

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ORANGE MARMALADE

Twelve bitter oranges. Peel the fruit and slice very fine, removing the seeds. To each pound of peel and fruit add three pints of cold water. Let this stand twenty-four hours, then boil until tender. Allow this to stand again until the next day, then weigh again and to each pound of fruit and juice, add 1 1/4 lbs. of granulated sugar. Boil until the syrup jellies. Boil the seeds and strain into the sliced fruit and water. Use wine measure.

E M. W.

RHUBARB MARMALADE

Two oranges, four cups rhubarb, four cups white sugar. Prepare oranges as for marmalade, add rhubarb and sugar and leave standing for several hours, until covered with juice. Then boil until thick.

Mrs. Rolston.

PEAR MARMALADE

Eight lbs. pears, eight lbs. sugar, one pint water, four lemons, one jar preserved ginger (25c. size). Pare the lemon rinds very thin and steep for about ten minutes in the pint of boiling water. Strain out the parings and add the liquid to the sugar. Pare and quarter the fruit, add to the syrup and boil one hour. Add ginger cut fine and lemon juice. Cook one hour.

Miss Prichard.

GRAPE FRUIT MARMALADE

Two lbs. grape fruit, slice as thin as possible, rejecting the seeds; allow one quart of water to each pound of fruit; let stand for thirty-six hours, put on to boil one hour, add sugar. One pint of fruit to 1 1/2 pints of sugar, boil one hour or until thick enough.

Mrs. Wm. Brown.
AMBER MARMALADE

Shave one orange, one lemon, one grape fruit very thin rejecting nothing but seeds and cores. Measure the fruit and add to it three times the quantity of water. Let it stand in an earthen dish over night and next morning boil ten minutes only. Let it stand another night and next morning add pint for pint of sugar and boil steadily until it jellies.

MRS. BAKER, Picton.

PINE-APPLE AND RHUBARB MARMALADE

Add one grated pine-apple and five lbs. sugar to five lbs. rhubarb. Put in preserving kettle on back of range until sugar is dissolved, then allow it to cook moderately for one hour or until thick enough. Pour into jars and seal.

ORANGE MARMALADE

Use eight bitter oranges, four sweet oranges and three lemons. Slice very thin and add 7 1/2 quarts of water. Let stand over night, boil steadily next day for two hours or until tender. Add fifteen lbs. of white sugar and boil about forty minutes. Save pips and seeds and boil in water and strain into the larger amount. Do not let marmalade stop boiling if you wish it to jelly. It forms a taffy if allowed to boil too long.

BLACK CURRANT AND RHUBARB JAM

3/4 lb. currants and 1/4 lb. rhubarb and one lb. sugar for each lb. of fruit. Cut up the rhubarb and put on the stove until the juice comes out, then add the currants mashed. Boil until currants are tender, then add the sugar and let boil up once. Bottle at once.
CANDIES

BROWN WALNUT CANDY

½ cup white sugar browned, two cups white sugar, ¾ cup milk, one teaspoon butter, one teaspoon vanilla, one cup chopped walnuts, two cups sugar and the milk put into a saucepan, stir it and put it back of stove. When ½ cup sugar is melted put into sugar and milk and boil together until it forms a soft ball when tried in cold water. Take off stove, add butter, vanilla, walnuts, beat until it will set. Cut into squares.

MISS McWILLIAMS.

TURKISH DELIGHT

Soak one oz. of gelatine in ½ cup of water for two hours. Take pound granulated sugar, put in granite pan with ½ cup water, stand the pan over the fire and when the sugar comes to the boiling point add the soaked gelatine and boil steadily for twenty minutes. Flavour with juice and rind of one lemon and one orange and a tablespoon of rum. Turn the mixture into a wet tin to stiffen. When it is jellied cut in squares and roll in confectioner's sugar. A few chopped nuts may be added. Put grated rind in sugar same time as gelatine. Should be kept a day or two before using.

MRS. MILNE.

CHOCOLATE FUDGE

Two cups brown sugar, ½ cake T. & M. chocolate, one teaspoon vanilla, ½ cup cream or milk and a small piece of butter and a pinch of salt. Let boil eight minutes, remove from fire and beat until quite thick. Pour into buttered dish and cut into squares while still hot.

MISS OTTIE RIXON.
SEA FOAM CANDY

Put three cups light brown sugar, a cup water and a tablespoon vinegar in a porcelain kettle. Heat, gradually, stirring only until sugar is dissolved. Boil until it forms a hard ball when tested in cold water. Remove at once from the fire and when the syrup stops bubbling pour gradually into the stiffly beaten whites of two eggs, beating constantly. Continue the beating until the mixture will hold its shape, then add a teaspoon of vanilla or ratifia and a cup of walnut meats cut in pieces. Drop in round shaped piles on paraffin or buttered paper.

Mrs. J. C. Read.

CREAM CANDY

Two pounds sugar and just enough water to dissolve. Boil in a covered kettle briskly without stirring. When it begins to thicken add a little cream of tartar. Try by dipping a small stick into it, then putting quickly into cold water. When it breaks short and crisp it is done. Pour on a large buttered pan and pour over it the flavouring. When cool enough to handle work until white. Cut into flat sticks and place in glass jars for a week before using.

Mrs. Milne.

OLD FASHIONED MOLASSES CANDY

Two cups brown sugar, one cup molasses, one tablespoon butter, two tablespoons vinegar. Cook until it hardens in cold water, then add one teaspoon of soda. Run on a greased platter and when cool enough pull. If sponge taffy is desired put ½ teaspoon and do not pull.
STUFFED DATES

Take fine large dates, carefully remove the seed by splitting on one side only and fill with chopped nuts prepared with a little powdered sugar and lemon juice to form a paste.

Miss H. Baker.

FONDANT

Two cups granulated sugar, one cup boiling water, pinch of cream tartar, one teaspoon vanilla. Stir until it boils. Try in cold water and when it balls nicely in the fingers pour on a buttered platter. When cool stir with a buttered wooden spoon until white and creamy. You may add any kind of nuts, raisins, dates, or color with cochineal, pistachio, chocolate may be used. I like T. & M. chocolate best.

Miss Ottie Rixon.

MAPLE CREAM

1½ cups maple syrup, ½ cup brown sugar. Let syrup come to a boil, add sugar and boil until it strings. Beat until cool.

Miss Ottie Rixon.

COCOA FUDGE

½ cup milk, three level tablespoons butter, 2¼ cups sugar, six level tablespoons Baker's cocoa, pinch salt, teaspoon vanilla. Mix all ingredients together except vanilla. Cook, stirring constantly until it begins to boil, then cook slowly, stirring occasionally until it makes a firm ball when dropped in cold water. When cooked add vanilla and beat until like molasses in cold weather. Pour into a buttered pan and when firm cut in squares.
PEANUT CRISP

Two cups white sugar, one cup broken peanuts. Put sugar in pan over a fire and stir until melted. Pour liquid over peanuts which have been placed in a buttered pan.

MRS. J A. FROST.

ALMOND CREAM

2 cups of brown sugar, 1/2 cup of water, a pinch of cream tartar. Boil until it forms a soft ball in water. Have nuts cut on pan, pour taffy over them, let stand until cool, then stir until it creams, then form into a loaf. Flavor with vanilla.

MRS. J. C. RYAN.

TURKISH DELIGHT

1 lb. sugar, 1/2 cup cold water. After the sugar and water boils add 1 package of gelatine dissolved in 1/2 cup of water. Boil twenty minutes, add juice and grated rind of 1 orange and juice of 1 lemon. For flavoring 1 teaspoon of rum or wine. For coloring use small pink package (which comes in Knox's gelatine.) Pour in buttered pans and roll in confectioner's sugar when cold.

MARY PATTERSON.

DIVINITY

5 cups white sugar, 1 cup light table syrup (corn syrup) 1 cup boiling water, 4 eggs, whites only, beaten stiff. Directions—Let sugar, syrup and water boil until when dropped into cold water it will form into a soft ball. Take out one cupful and beat into the whites of eggs. Let the remaining syrup boil until it hairs, then add to the syrup and eggs and beat till stiff. Flavor and add nuts broken up. Pour into a square pan.
SANDWICHES AND EGGS

EGGS COOKED IN THE SHELL

Allow one cup of boiling water for each egg, and one extra for the pot. Bring the water to boiling point. Put in the eggs, cover closely and stand on a part of the stove which may be touched with the hand. In ten minutes the eggs will be cooked soft, in fifteen medium and in twenty firm.

HOUSEHOLD SCIENCE.

PLAIN OMELET

Six eggs beaten separately, one cup of milk or water, one tablespoon cornstarch, salt and pepper. Beat the yolks until creamy, then add the milk, reserving a little to blend the cornstarch, season this. Whip the whites to a stiff froth and fold in just before putting in frying pan. Have the pan hot, put in a tablespoon of butter and pour the mixture in. Cook until about done and then put in the oven a few minutes to brown.

SCRAMBLED EGGS

Five eggs, \( \frac{1}{2} \) cup of milk, \( \frac{1}{2} \) teaspoon of salt, \( \frac{1}{8} \) teaspoon of pepper, two tablespoons of butter. Beat eggs slightly; add salt, pepper and milk. Heat pan, put in butter, and when melted turn in the mixture. Cook until creamy, stirring and scraping from bottom of pan. To add a little finely chopped ham improves it.
A NICE BREAKFAST DISH

Place in a pan squares of toasted bread. Break on each square a raw egg. Cover with grated cheese and bake until eggs are set. Season to taste.

Mrs. E. Lemon.

POACHED EGGS

Drop one egg at a time from a saucer in boiling salted water. Cover lightly and set on the back of a stove for about ten minutes. Nice served on squares of toast.

DEVILED EGGS

Boil eggs hard, and cut in two in the centre, putting the yolks into a dish, then with a spoon mash the yolks fine and put in a little melted butter, salt, pepper and mustard. Fill back into the whites of eggs. For a picnic dish roll the two halves together in a little tissue paper.

TOMATOES STUFFED WITH EGGS

Select round tomatoes of uniform size; remove the skins. Cut a slice off the top and take out the seeds and soft pulp. Drop into each one a raw egg and replace the cover. Set the tomatoes into a buttered pan or a baking dish. Place into the oven for about ten minutes, or until the egg has set. Season with salt, pepper and a little butter in each tomato.

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STEAMED EGGS

Break fresh eggs into ramakin dishes, put into a steamer and steam two and a half or three minutes. Very nice for the sick.

BEAUREGARD EGGS.

Five eggs, one tablespoon cornstarch, five squares of toast, \( \frac{1}{2} \) pint milk, lump of butter size of a walnut, salt and pepper to taste. Boil the eggs twenty minutes. Remove the shells, chop the whites fine and rub the yolks through a sieve and do not mix them. Put the milk on to boil. Rub butter and cornstarch together and add to boiling milk. Add the whites of eggs, salt and pepper. Put the toast on a hot dish. Cover it with a layer of the white sauce and a layer of the yolks and the remainder of the whites and rest of yolks. Sprinkle top with a little salt and pepper. Stand in oven a minute or two, then serve.

MRS. WIDDIFIELD.

SARDINE SANDWICHES.

Remove skin and bones from sardines and mash to a paste. Add to an equal quantity of yolks of hard boiled eggs rubbed through a sieve. Season with salt, cayenne and a few drops of lemon juice; moisten with melted butter.
EGG SANDWICHES.

Chop finely the whites of hard boiled eggs; force the yolks through a strainer or potato ricer. Mix yolks and whites, season with salt and pepper and moisten with mayonnaise or cream salad dressing.

SANDWICHES AND EGGS.

Preparing bread for sandwiches, cut slices thinly as possible and remove crusts. If butter is used, cream the butter and spread bread before cutting from loaf. Sandwiches which are prepared several hours before serving time may be kept fresh and moist by wrapping in a napkin wrung as dry as possible out of hot water and keep in a cool place. Bread for sandwiches cuts better when a day old.

SANDWICH FILLING.

Cheese and olives mixed with mayonnaise.

Chicken and walnuts mixed with mayonnaise or cream.

Chopped ham and gherkins with a little cream or melted butter.

Brown and white bread together make an effective sandwich.

Chopped walnuts or peanuts mixed with a little mayonnaise and spread on lettuce leaf.

Fresh buttered bread with a little garden cress and rolled.

Pimentos and cheese make a good filling.
CREAM CHICKEN SANDWICHES

Take \( \frac{1}{2} \) cup of finely chopped chicken and pound it fine. Dissolve a teaspoon of gelatine in two tablespoons cold water. Whip \( \frac{1}{2} \) cup of cream. Add the liquid gelatine to the chicken. Season with salt, stir until it begins to thicken, add the whipped cream, and when it gets very cold spread on slices of buttered bread.

OLIVE SANDWICHES

Spread thin slices of bread with olives chopped fine and mixed with salad dressing.

GINGER SANDWICHES

Preserved ginger chopped fine and mixed with whipped cream and put between layers of buttered bread.

A NEW SANDWICH FOR TEA

The maple sandwich is a seasonable suggestion for afternoon tea. Shave off one cupful of maple sugar and put it through the meat chopper with a cupful of blanched almonds. Add enough cream to make a paste and use it as a filling for thin slices of either white or brown bread.

BAKED EGGS

Break carefully the number of eggs desired into a baking pan, pour between the eggs half a cup of rich milk. Drop bits of butter on top and season with pepper and salt. Bake about five minutes in a quick oven.
PICKLES

BEET PICKLE

One quart of cooked and chopped beets, one quart of chopped cabbage, one cup of grated horseradish, two cups sugar, one tablespoon salt, one teaspoon black pepper, 1/4 teaspoon cayenne pepper. Cover all with vinegar.

MRS. W. N. CHISHOLM.

PICKLED BEETS

Two cups brown sugar, one cup water, two cups vinegar, a handful of whole black pepper. Let come to a boil and pour hot over the whole beets. Put a little salt among the beets as you put them in the jars. This makes enough liquid for two quart bottles.

MRS. WIDDIFIELD.

PICKLED WALNUTS

Take well grown nuts about the 1st July, and when tender enough to stick a pin through, put in salt water as for cucumber pickle. Let stand three days, changing the brine during that time. Take out nuts, rinse and lay in the sun, turning frequently until black. Bring to the boiling point some good cider vinegar with spices (mace, cloves, cinnamon, ginger, mustard seed, pepper and horseradish) and if you like about a pint of sugar to a gallon of vinegar. Put nuts in a jar and pour the hot vinegar over them. They will be ready for use in a few days. Butternuts may be done in the same way.
MUSTARD PICKLES

One quart of small cucumbers, one quart of small onions, one quart of cauliflower. Put all in brine for thirty-six hours, then drain and scald in vinegar and water, drain again and put in a large crock. Chop six green peppers fine and mix with vegetables. Dressing:—Six tablespoons mustard, one dessertspoon turmeric, $1 \frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup flour. Mix thoroughly and add two quarts best vinegar, heat over a vessel of boiling water, stirring constantly until well done. Pour boiling hot over pickles.

Katie Burns.

MUSTARD PICKLES

Cucumbers, cauliflowers and small onions. Scald the cauliflowers and onions in salted water, then scald all the vegetables in turmeric and water for a very few minutes. The vegetables are cut in rather large pieces, onions left whole. After scalding pour the mixture over them hot. Mixture:—Two quarts malt vinegar, one lb. light brown sugar, four oz. mustard seed, $\frac{1}{2}$ lb. mustard, one tablespoon turmeric, one green or red pepper, one small teaspoon cayenne, $\frac{1}{2}$ teaspoon salt and a little celery seed. Pour over the vegetables boiling hot and bottle.

Miss Rixon.

DUTCH PICKLES

$\frac{1}{2}$ head cabbage, one quart cucumbers, one quart green tomatoes, one quart onions, two cauliflowers, one bunch celery, two green peppers. Slice tomatoes and onions, cut up cucumbers, cauliflowers, celery and cabbage and let stand in salt water over night. In the morning drain and chop fine. Prepare $\frac{1}{2}$ pint vinegar, $\frac{1}{4}$ teaspoon turmeric, $1 \frac{3}{4}$ cups sugar, $1 \frac{1}{2}$ cups flour, and $\frac{1}{2}$ teaspoon mustard. When thoroughly cooked add vegetables and cook for a short time.

Mrs. Russell, Toronto.
MUSTARD PICKLES

Two quarts cucumbers, two quarts small onions, two small cauliflowers. Cut in pieces and let stand in salt and water over night. In the morning let them come to a scald, then take them out and let cool. Dressing:—Two quarts malt vinegar, two large cups brown sugar, one oz. each of curry powder, turmeric, and ground ginger, two oz. mustard, 1/4 teaspoon cayenne, four tablespoons olive oil. Mix all together and let come to a boil. Just before pouring over pickles add one handful each of currants, raisins and mixed peel (chopped fine).

Mrs. Harry Miller.

RIPE TOMATO PICKLES

Seven lbs. tomatoes, 3 1/2 lbs. white sugar, 1/2 teaspoon red pepper, two cups white wine vinegar, salt to taste, one tablespoon each of white cloves, allspice and peppers, a small piece of ginger. Bruise spices and put in a muslin bag and boil to a thick syrup.

Mrs. Bonham.

RIPE CUCUMBER PICKLES

Pare cucumbers and take out seeds. Cut in pieces about one inch thick and cover with weak vinegar, leave twenty-four hours, drain off vinegar and add one lb. of brown sugar to every quart of vinegar, ground mace, stick cinnamon, a little salt and a few pepper corns. Boil vinegar and spices, then add cucumbers and boil until clear. Bottle while hot.

Mrs. W. H. Smith.
WHOLE GREEN TOMATO PICKLE

Scald and peel full grown green tomatoes, drop them into strong ginger tea and scald well. For every two lbs. of tomatoes take one lb. of sugar and a pint of vinegar. Make a syrup of this, drop in the tomatoes and cook until perfectly clear. Add mace, cinnamon and white ginger. Cover the whole well with syrup, and seal.

MRS. A. B. HAY.

SWEET CUCUMBER PICKLE

One basket cucumbers not too large in size. Peel and cut in half inch slices, sprinkle with salt and let lie in collander. Next day slice and add four onions. Add all to hot sauce and simmer for five minutes and bottle. Sauce:—One qt. cider vinegar, 1 1/2 tablespoons mustard, one teaspoon turmeric, 1/2 teaspoon red pepper (can be omitted if desired), six tablespoons flour. Boil until thick.

MRS. A. B. HAY.

GERHETIN PICKLES

Take half bushel small cucumbers, make a brine of one coffee cup of salt to four quarts of water and pour over the pickles boiling hot; then let stand twenty-four hours, drain and wipe. To fresh vinegar, enough to cover them, add 2 1/2 quarts brown sugar, three large green peppers, 1/2 pint white mustard seed, six cents worth of root ginger, six cents worth of root cinnamon, three cents worth of whole cloves, three cents worth of allspice, one heaping tablespoon celery seed and alum the size of a butternut. Scald vinegar and sugar thoroughly and skim before adding the spices, which may all be put in a bag. Cook for a little while and pour boiling hot over the cucumbers. Leave them a couple of days before putting in jars.

MRS. W. H. SMITH.
TOMATO SUEY

One peck of peeled and sliced tomatoes, eight onions sliced thin, one cup salt. Let stand over night. In the morning drain off the liquor and add: one qt. vinegar, one level teaspoon ginger, one level teaspoon cloves, one level teaspoon allspice, ½ level teaspoon cayenne. Cook slowly for two or three hours. When nearly done add two lbs. brown sugar and half pound mustard seed. When cold add a handful of celery seed.

Mrs. Chisholm.

PEPPER HASH

One large cabbage, 1 ½ doz. peppers, ½ doz. large onions, ¾ cup white mustard seed, one tablespoon celery seed, one bowl white sugar. Chop vegetables very fine, put half cup salt on over night, squeeze through a bag to extract all juice, then add the other ingredients and cover with good vinegar.

Mrs. Jas. A. Frost.

MANGO RELISH

Core and seed six green peppers and six red peppers (sweet). Chop a small head of cabbage and six medium sized onions. After the peppers are chopped sprinkle a cup full of salt over them and let them drain over night. Next day chop cabbage and onions and mix all together. Add one teaspoon of celery seed, two tablespoons white mustard seed, one teaspoon black pepper, one cup sugar. Cover with vinegar. Do not cook, but seal to keep.

MINT JELLY

Wash and dry two bunches of mint and steep in one pint of boiling water. Soak half a box of gelatine in half a pint cold water. Add the juice of two lemons and one cup sugar. Pour into this the boiling mint and strain. Set away to cool and serve with lamb.

Mrs. Jas. Rutherford.
TOMATO RELISH

One gallon of ripe tomatoes after boiled and strained. Add one qt. vinegar, one oz. allspice, one oz. whole pepper, ½ oz. whole cloves (put together in a bag), four tablespoons salt, ½ lb. mustard, two or three green peppers, one lb. sugar. Let boil three hours, strain through sieve and bottle cold.

MRS. WM. MASSON.

APPLE MINT JELLY

Select half doz. apples of good tart flavor and cut them in small pieces without coring or paring. Pack mint leaves in a cup until it is full, wash them clean, chop fine and cover with a pint of hot water; steep for ten minutes. Strain the liquid over the apples in a saucepan and let them simmer in the mint water until they are perfectly tender, then strain through a fine sieve and add a cup of sugar and the juice of two lemons. Soak half a box of gelatine in a cup of cold water half an hour and add it to the hot apple pulp. Strain the whole through cheese-cloth in a shallow dish to be 1½ inches thick and cut in cubes to garnish cold meats, sprigs of parsley being used with it.

MRS. ARDILL.

CHILI SAUCE

Five large onions, eight green peppers, thirty ripe tomatoes, five tablespoons sugar, three tablespoons salt, eight cups vinegar. Chop the onions and peppers fine and cut up tomatoes. Boil together 2½ hours and bottle for use.

MRS. MCMILLIAMS.
CHILI SAUCE

½ bushel ripe tomatoes, peel and boil one hour and then add: three pints vinegar, two lbs. white sugar, two oz. each of cloves, cinnamon and allspice (all in a bag), one tablespoon black pepper, one cup salt, one large onion chopped (more if you like), five bunches celery cut up. Boil two hours.

Miss Parker.

CELERY SAUCE

Six heads of celery chopped fine, one quart of green tomatoes chopped fine, one cauliflower chopped fine. Put half a cup of salt on and let stand over night. Drain, then add half a gallon vinegar, three cups sugar, one oz. turmeric, two teaspoons curry powder, one cup grated horseradish, some mustard seed and mixed spices to taste. Mix thoroughly and cook about fifteen minutes.

PLUM CATSUP

Five lbs. plums, two cups water. Boil and strain through a colander and add two lbs. sugar, one pint vinegar, one tablespoon each of cinnamon, allspice and cloves, ½ teaspoon salt and one teaspoon red pepper.

Mrs. A. B. Hay.

SPICED CURRANTS

Four quarts ripe currants, three lbs. brown sugar, one pint cider vinegar, one tablespoon each of allspice and cloves, a little nutmeg and cinnamon. Boil one hour, stirring often.

Mrs. Forster.
GRAPE CATSUP

Five lbs. grapes, one pint vinegar, 2 \( \frac{1}{2} \) lbs. sugar, one tablespoon each of cinnamon, allspice, cloves, pepper and salt (and, if desired, of celery and mustard seed). Boil grapes and press through a sieve, then add vinegar, &c., and boil all together until thick as molasses.

RED SAUCE

Twenty large tomatoes, twelve apples, ten onions, four medium peppers, sixteen tablespoons sugar, two tablespoons salt, one pint vinegar. Peel and cut apples, tomatoes and onions, chop peppers, add sugar, salt and vinegar. Boil 1 \( \frac{1}{2} \) hours.

MRS. WEAGANT.

CELERY SAUCE

Thirty large tomatoes, seven onions, three heads celery, three red peppers, ten tablespoons sugar, two tablespoons salt, two cups vinegar. Peel and cut vegetables, boil in vinegar, sugar and salt. Boil until thick.

MRS. WEAGANT.

SAUCE FOR COLD ROAST

Two teaspoons grated horseradish, \( \frac{1}{2} \) teaspoon sugar, one tablespoon vinegar, two tablespoons cream, a pinch of salt, mustard and pepper.

MISS JANE CAMERON.
PLUM CONSERVE

Four lbs. pitted plums, four lbs. sugar, one lb. chopped walnut meats, four lemons (juice and grated rind) two oranges (juice and grated rind) one lb. seeded raisins. Cook slowly until quite thick.

Miss McFarland, Buffalo.

GRAPE CATSUP

Six lbs. grapes, one pint water. Boil well, strain and add four lbs. sugar, one pint vinegar, ½ tablespoon pepper, one small teaspoon cayenne, two oz. mustard, one oz. ground cinnamon, one oz. ground cloves, ½ teaspoon salt. Boil well and bottle.

Miss Parker.

TOMATO CATSUP

½ bushel tomatoes, one quart malt vinegar, ½ lb. salt, one tablespoon whole allspice, one oz. whole cloves, one tablespoon whole black pepper, three heads garlic, dash of cayenne pepper. Boil three hours or reduce to half.

Miss Bessie Scully.

CORN SALAD

18 large ears of corn, 4 large onions, 1 cabbage, 3 green peppers, 4 cups white sugar, ½ cup salt, ½ lb. mustard, ½ gal. vinegar. With a sharp knife cut the corn off the cobs into small pieces, add all the ingredients except the mustard, and boil 1 hour or until the corn is soft, then add the mustard and boil 10 minutes.

Bessie Sadler, Hamilton.
RELISH.

One quart green cucumbers (medium size) one quart large onions, one quart cauliflower, one large bunch celery. Put through meat grinder. Put a very little salt on cucumbers and onions and let stand over night, keeping separate from cauliflower and celery. Dressing—Two quarts vinegar, three cups brown sugar, two oz. mustard seed, one cup flour, $\frac{1}{2}$ oz. turmeric, $\frac{1}{2}$ cup mustard. In morning add chopped vegetables to above dressing and boil slowly for one hour.

Mrs. John C. Keenan.

TOMATO CHOW CHOW

One half bushel green tomatoes, one dozen onions, chop all finely together, sprinkle over all one pint salt, let it stand over night, then drain off the brine, cover with good vinegar and cook slowly for one hour, then drain and pack in a jar. Take two pounds brown sugar, four ounces our chow chow spice, one half cup ground mustard and vinegar enough to mix thin. When boiling hot pour over the contents of jar and cover tight, and it is ready for use, and will keep for months.

Parker & Co.

FRENCH MUSTARD

Slice one onion in bowl and cover with good vinegar. After two days pour off the vinegar and add $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of sugar, 1 egg and mustard enough to thicken. Set on stove and stir till it boils. When cold it is fit for use. Will keep for some time.
CORTEX AND MANGO MIXTURE

Take four green peppers (sweet) and boil them for twenty minutes in water. Then remove the peppers, take out the seeds and cones and chop the remainder fine. In the same water boil four or five ears of sweet corn for about twenty minutes. When cooked cut the corn from the cobs, mix with the chopped peppers, season well with salt and pepper and add a generous lump of butter. Serve hot.

MRS. C. SCOTT, Columbus, Ohio.

MACARONI AND CHEESE

½ cup of macaroni, ½ cup of grated cheese, ¼ cup dried bread crumbs, ½ tablespoon of butter, one cup of cream sauce. Put three cupfuls water and ¾ teaspoonful of salt on to boil. Break the macaroni into inch pieces and when the water boils hard, drop the macaroni into it. Keep boiling hard thirty or forty minutes. Put butter and crumbs into a saucepan and stir until the butter is mixed thoroughly. Grate the cheese and make the white sauce. When the macaroni is tender drain in a colander and rinse with cold water. Mix the cheese with the sauce, stir in the macaroni and pour into a baking dish. Cover with the crumbs and bake fifteen or twenty minutes. This may be prepared some time before it is to be baked.

HOUSEHOLD SCIENCE.
BRINE FOR EGGS

One pint of salt, one pint of air slacked lime, two gals. of water. Put in a crock and let stand for twenty four hours, stirring often, then drain off liquid and drop into it (the liquid) one egg at a time. Take out all eggs that do not sink.

MRS. WM. MASSON.

HARD SOAP

1 lb. concentrated lye dissolved in 1 quart of cold water, ½ lb. of powdered borax in a pint of cold water; let it stand one hour, stirring occasionally. Mix both together and add 6 lbs. luke warm strained grease, stir until creamy; the longer you stir the finer it will be. Pour into a pan, lined with greased paper and cut before quite hard.

LEMON SYRUP

9 lemons, 4 lbs. sugar, 3 pints boiling water, 1 oz. tartaric acid. Mix sugar and acid and lemon juice together and pour boiling water over all. Bottle when cold. Take ⅛ glass syrup and fill with cold water.

MRS. BENINGER, Picton.

CHEESE RELISH

One tablespoonful butter, one small tablespoonful of flour. Rub well together, put in saucepan until they bubble. Then add one cup milk, stir constantly until it boils. Stand on back of stove and add 2½ tablespoons of grated cheese, a little salt and pepper, and stir in the yolks of two eggs, well beaten, and then the well beaten whites, turn into buttered pudding dish and bake in a moderate oven twenty minutes.

PELLIE S. HAY.
CREAMED FINNAN HADDIE

Pour two eggs well beaten into a cup of milk and stir thoroughly. Have a cupful of picked haddie browned in butter in a saucepan, and turn the milk and egg mixture in. Thicken with a little flour and milk, season and serve hot with baked potatoes.

Mrs. J. R. Brown.

BLUEBERRY BREAD

One tablespoonful of butter, 1/2 cupful granulated sugar, one egg, 3/4 cup sweet milk, a little salt, two cups flour with two teaspoons baking powder, one cup floured berries. Bake in moderate oven about twenty-five minutes.

Mrs. Parmalee, Buffalo.

LEMON ALBUMIN

White of an egg, one tablespoonful lemon juice, two teaspoons sugar or one tablespoon syrup, 3/4 cup cold water. Stir white of an egg with silver fork to free the albumin. Add water gradually, then lemon juice and sugar. Mix well, steam and serve. Nourishing for Invalids. From Lillian Massey School.

MAY DEW (FOR THE HANDS)

One gill alcohol, one gill eau de cologne, 1/2 gill glycerine, 1/2 oz. of gum tragacanth. Dissolve thoroughly the gum in one pint of hot soft water. Add the other ingredients and bottle.
HEALTH SALTS

2 oz. epsom salts, 2 oz. bicarbonate soda, 2 oz. tartaric acid, 2 oz. powdered magnesia, 2 oz. cream of tartar, 4 oz. granulated sugar. To be thoroughly mixed and kept dry in air tight bottles. Dose—One teaspoonful in a glass of water.

MRS. J. R. BROWN.

To Clean and Brighten Brass and Copper.—Wring out a piece of soft flannel in kerosene and with this apply Putz pomade to the tarnished surface. When well coated rub hard with old linen and polish with flannel. The brasses of locomotives are cleaned in this manner.

F. M. ROBINSON.

CHEESE SOUFFLE

One cup bread crumbs, one cup grated cheese, one cup sweet milk, three eggs, one tablespoon melted butter, \( \frac{1}{4} \) teaspoon soda. Soak the bread crumbs in the milk, add the beaten egg, cheese and butter, lastly the soda dissolved in a little warm water. Bake in buttered dish twenty minutes.

MACARONI CHEESE

Break 4 oz. macaroni into pieces and pour over it one pint of water and one teaspoonful of salt. Let boil till tender, drain cold water over it and stand in the water fifteen minutes. Add grated cheese. Strain canned tomatoes, thicken with flour or corn starch, add salt, pepper and butter and pour over macaroni and cheese. Bake one-half hour in a moderate oven. Cover with buttered bread crumbs.
A FEW GENERAL HINTS

An excellent remedy for burns and scalds is a mixture of lime water and sweet or linseed oil in equal parts. Another excellent one is bi-cabonate of soda. The common kind used for cooking purposes may be employed. A thick layer should be spread over the part, and covered with a light wet bandage, keeping it moist and renewing it when necessary.

Bar-soap should be cut into pieces of a convenient size and laid where it will become dry. It is well to keep it several weeks before using.

A narrow strip of white cloth dipped in melted butter and wound around the drum stick of a fowl will keep that part juicy.

A little cold water over an egg yolk after the white has been used will keep it for a day or two.

A little salt put in the water that old potatoes are soaked in after peeling will freshen them. Good in celery too.

An old sheet made very blue, wrapped around linen will keep it from getting yellow.

In using paraffine, to cover jelly or marmalade, melt in an old teapot or coffee pot.
It is a mistake to fill a hot water bag too full, as the weight of it annoys the patient. It should never be more than half full, and the excess of air should be pressed out with the hands before adjusting the cap.

Pastry should be cooled off in a warm room. Taking it suddenly from the oven to a cool larder will make it heavy.

Try inserting a sealer in 1 1/2 inches of boiling water when hard to open.

Use a piece of lemon to remove stains from the hands after paring vegetables or fruit.

Instead of using a knife or chopping when preparing lettuce for a salad, a pair of clean sharp shears may be used to greater advantage, while the lettuce will retain its crispness and flavor.

To keep a child from slipping in a porcelain bath tub spread a heavy Turkish towel on bottom of tub.

To prevent the odor of cabbage or onion, throw red pepper pods into the pan they are cooking in.

Save liquor from pickled peaches or pears for use in mince meat.

A little sweet milk put in old potatoes while they are boiling will make them white.

Clean flatirons with salt, if rusty use kerosene.

Cracker crumbs cannot be compared to bread crumbs for breading, either in crispness or flavor.
Bind the edge of a pie with one inch strip of cotton cloth. Wet in cold water to prevent the juice from leaking out.

If hot grease is spilled on the floor pour turpentine on it and it will soon disappear.

When boiling corn beef put in half a cup of vinegar.

For sprains—Beat up white of an egg and sprinkle over it half a teaspoon powdered alum. Spread on coarse brown paper and bind on.

Curtain and Portiere Poles — Allow the hangings to slip easily if rubbed with hard soap, which is better than greasing. Creaking doors and drawers should be used in the same way.

To remove dust from Rattan furniture, use a painter’s small brush.

To remove tea and coffee stains, wet spots with cold water, cover with glycerine and let stand two or three hours, then wash with cold water and hard soap. Repeat if necessary.

Meats should not be pierced while cooking, as it allows the juice to escape.

Soak salt fish with the skin side up over night.

Chop suet in a cool place and sprinkle it with flour to prevent its sticking together.
# TIME-TABLE

## BOILING

<table>
<thead>
<tr>
<th>Meat</th>
<th>Boiling Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mutton</td>
<td>per pound, 30 minutes.</td>
</tr>
<tr>
<td>Corn-beef</td>
<td>per pound, 30 to 40 minutes.</td>
</tr>
<tr>
<td>Ham</td>
<td>per pound, 18 to 20 minutes.</td>
</tr>
<tr>
<td>Turkey</td>
<td>per lb. 15 minutes.</td>
</tr>
</tbody>
</table>

## FISH

<table>
<thead>
<tr>
<th>Fish</th>
<th>Boiling Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Halibut</td>
<td>per pound, 15 minutes.</td>
</tr>
<tr>
<td>Salmon</td>
<td>per pound, 10 to 15 minutes.</td>
</tr>
<tr>
<td>Small Fish</td>
<td>per pound, 6 minutes.</td>
</tr>
</tbody>
</table>

## VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Boiling Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>20 to 30 minutes.</td>
</tr>
<tr>
<td>Asparagus</td>
<td>20 to 25 minutes.</td>
</tr>
<tr>
<td>Peas</td>
<td>15 to 20 minutes.</td>
</tr>
<tr>
<td>Beans</td>
<td>30 to 40 minutes.</td>
</tr>
<tr>
<td>Spinach</td>
<td>15 to 20 minutes.</td>
</tr>
<tr>
<td>New Beets</td>
<td>25 to 30 minutes.</td>
</tr>
<tr>
<td>Turnips</td>
<td>50 to 60 minutes.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>20 to 30 minutes.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>20 to 30 minutes.</td>
</tr>
<tr>
<td>Onions</td>
<td>30 to 40 minutes.</td>
</tr>
<tr>
<td>Parsnips</td>
<td>30 minutes.</td>
</tr>
<tr>
<td>Green Corn</td>
<td>15 to 20 minutes.</td>
</tr>
<tr>
<td>Macaroni</td>
<td>20 minutes.</td>
</tr>
<tr>
<td>Rice</td>
<td>15 to 20 minutes.</td>
</tr>
</tbody>
</table>
ROASTING

Turkey—8 lbs, 1 3/4 hours.
Chicken—per lb., 15 minutes.
Goose—per lb., 20 minutes.
Tame-Duck—per lb., 15 minutes.
Leg Mutton—per lb., 15 minutes.
Loin—per lb., 10 minutes.
Shoulder (dressed)—per lb., 15 minutes.
Lamb—per lb., 15 minutes.
Veal—per lb., 20 minutes.
Pork—per lb., 20 minutes.
Beef Ribs (rare)—per lb., 10 minutes.
Large Fish—per lb., 60 minutes.

WEIGHTS AND MEASURES

2 cups of lard or butter make 1 lb.
4 cups of pastry or bread flour make 1 lb.
4 1/2 cups of Graham flour make 1 lb.
2 2/3 cups of corn meal make 1 lb.
2 cups of granulated sugar make 1 lb.
2 2/3 cups of powdered sugar make 1 lb.
2 2/3 cups of brown sugar make 1 lb.
2 cups of chopped meat make 1 lb.
2 cups of raisins (packed) make 1 lb.
2 cups stale bread crumbs make 1 lb.
9 large eggs make 1 lb.
2 tablespoons of butter make 1 oz.
4 tablespoons of flour make 1 oz.
3 teaspoons make 1 tablespoon.
4 teaspoons make 1 tablespoon of liquid.
4 tablespoons make 1 wine glass of 1/2 gill.
8 tablespoons make 1 cup of liquid.
1 tablespoon of salt makes 1 oz.
4 coffee cups of sifted flour make 1 lb.
1 quart of unsifted flour make 1 lb.
PROPORTIONS

4 large or 5 small eggs to 1 quart milk — for custards.
1 salt spoon of salt to 1 quart milk — for custards.
1 teaspoon of vanilla to 1 quart milk — for custards.
2 ounces gelatine to 1 3/4 quarts of liquid.
4 heaping tablespoons of corn starch to 1 quart of milk.
3 heaping teaspoonfuls of baking powder to 1 quart of flour.
1 even teaspoon of baking powder to 1 cup of flour.
1 teaspoonful of soda and two of cream-tartar to 1 quart of flour — for sweet milk.
1 teaspoon of soda for 1 quart of sour milk.
1 cake of compressed yeast is equal to 1 cup of liquid yeast.

When molasses is used, omit the cream-tartar and use 1 teaspoon of soda to each cup of molasses.