

Women's Auxiliary
to
Canadian National Institute
for the Blind



Cook Book

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to
Canadian National Institute
for the Blind



COOK BOOK

TORONTO
THE MACOOMB PRESS
16 JOHNSTON STREET
1925

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Foreword

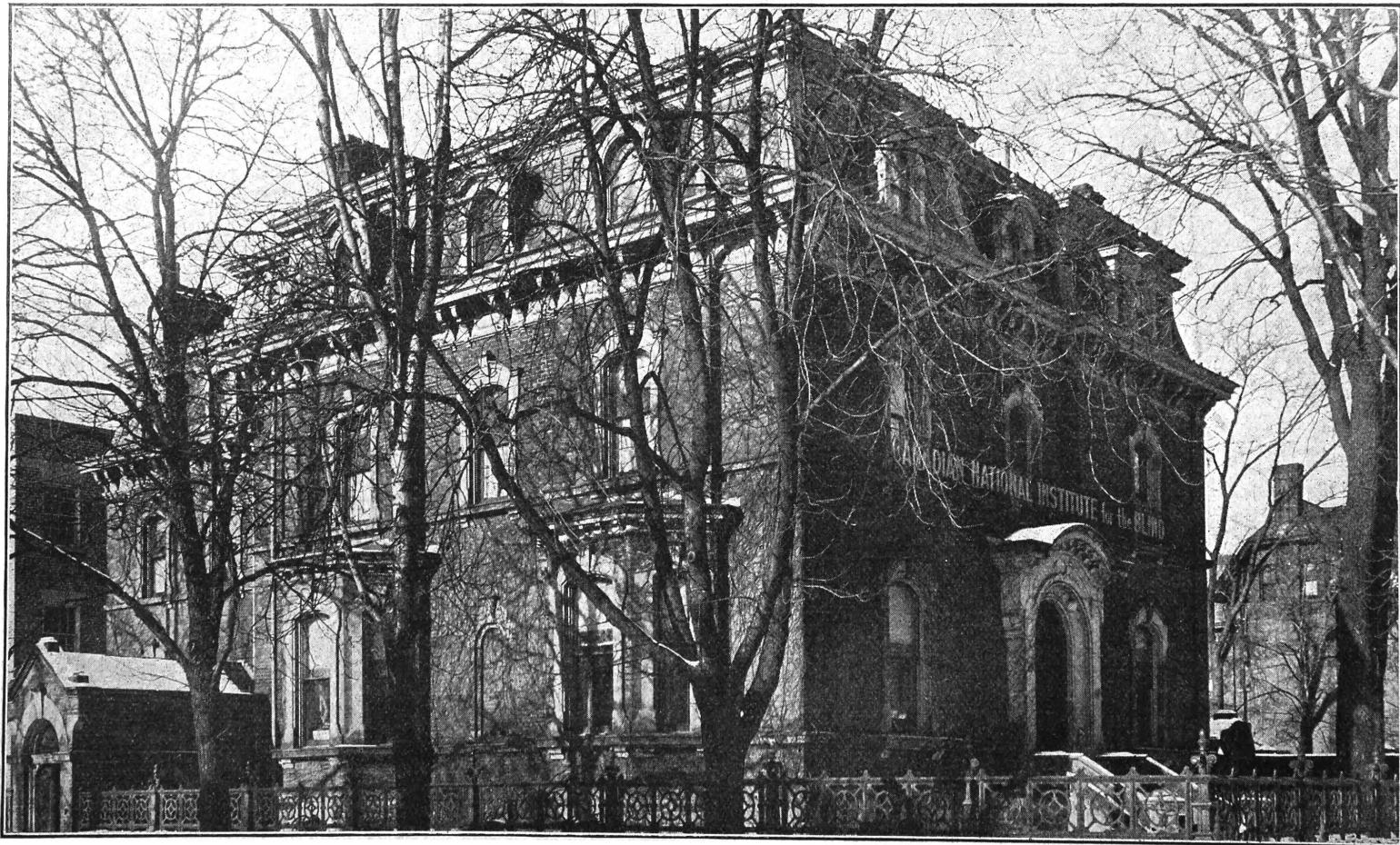
We commend for your every day use this collection of tried and proven recipes.

This Cook Book is published by the Toronto Women's Auxiliary to the Canadian National Institute for the Blind and its contents have been prepared with interested care. Proceeds from sales will be devoted to work for blind people.

Our motto is :

“Help the Blind to Help Themselves”
and help us in our efforts to prevent blindness.

TORONTO WOMEN'S AUXILIARY
TO
THE CANADIAN NATIONAL INSTITUTE for the BLIND



PEARSON HALL

The Head Office of the Canadian National Institute for the Blind, 186 Beverley Street, Toronto, Ontario.

Women's Auxiliary
Canadian National Institute for the Blind

COOK BOOK

SOUPS

BLACK BEAN SOUP	CREAM OF VEGETABLE
CALF'S HEAD SOUP	GREEN PEA POD SOUP
CARROT PUREE	HAM BONE SOUP
CLEAR BEEF SOUP	MOCK TURTLE SOUP
CLEAR SOUP	OLD FASHIONED PEA OR BEAN SOUP
CONSOMME SOUP	OYSTER SOUP
CREAM OF ASPARAGUS	PEA SOUP
CREAM OF POTATO SOUP	SPLIT PEA
CREAM OF LETTUCE SOUP	TURKISH SOUP
CREAM OF TOMATO SOUP	

BLACK BEAN SOUP

Two cups black beans, 8 cups water, 2 table spoons chopped onions, 2 tablespoons flour, $1\frac{1}{2}$ teaspoons salt, 6 cloves, $\frac{1}{2}$ tea-spoon mustard, 2 tablespoons butter, 1 hard boiled egg, 1 lemon, sliced.

Soak beans overnight, drain, add water, cook 4 or 5 hours, press through sieve, add onion, cook 5 minutes, add bean mixture, strain. Garnish with egg cut in slices.

A ham bone cooked with beans is considered to be an improvement.

CALF'S HEAD SOUP

Clean a calf's head thoroughly, cut in pieces, soak an hour in cold water. Drain off water. Add 4 quarts of cold water, tablespoon of salt. Cook slowly until the meat slips from the bones. Remove the meat, let the bones remain. Add 5 cloves, 8 peppercorns, 5 allspice, 2 onions sliced, 2 carrots sliced, cinnamon. Simmer two hours adding 1 turnip sliced and 3 celery roots. Set away until cool. Remove fat.

To every quart of stock brown 1 tablespoon of butter browned with 1 tablespoon of flour. Add gradually to the stock. Season with salt and pepper if required. Cut in small dice $\frac{1}{2}$ cup of the cooked meat to every quart of soup and add with slices of hard boiled eggs the juice of half a lemon and thin slices of the rind.

—MRS. F. N. G. STARR.

CARROT PUREE

Six good carrots, peeled and sliced, one minced onion, two tablespoons bacon dripping; cook slowly in saucepan 1 hour until soft; add six cups weak hot stock; salt and pepper to taste; boil fifteen minutes, put through sieve and serve very hot with croutons.

—MISS FORREST

CLEAR BEEF SOUP

Cover beef shank well with water; add suet. Boil well and skim, then add carrots, turnips, onions, whole peppers, and celery, or celery seeds tied in muslin.

Boil or simmer for 6 or 7 hours; strain through collander. Remove fat when absolutely cold. If not clear put in egg shells and bring to boil and strain through muslin.

SECOND BOILING.—Cover shank with water and boil 2 or 3 hours.

CLEAR SOUP

Two pounds lean beef, $\frac{1}{2}$ pound ham, 1 carrot, 1 turnip, 1 small onion, 1 head of celery, 1 dessertspoon Worcester sauce, 1 large wine glass sherry, white of 1 egg, 3 pints of water; cut the meat into small pieces, removing all fat; wash and pare vegetables (not cutting them), add the water and boil gently till the meat is tender but not ragged; strain and set aside to cool; remove the fat, turn gently into a saucepan so as not to disturb the sediment; when hot add seasoning, clear with white of egg, strain again and add sherry just before serving.

—MRS. WALLACE WATSON

CONSOMME SOUP

4 pounds shin beef, 4 pounds knuckle of veal, 4 quarts cold water.

Put the bones, marrow and part of the meat in the 4 quarts of water and heat slowly.

Take about $2\frac{1}{2}$ oz. ham or bacon and heat, then fry in the dripping 3 onions, 1 carrot, 1 very small turnip and 2 stalks of celery (cut the vegetables up quite fine and if the dripping from the bacon is not sufficient add additional).

When the vegetables are brown add the remainder of the meat and fry a rich brown. Add the vegetables and browned meat to the kettle with the meat and water which has already been heating.

Then add 6 small cloves, 6 peppercorns, some herbs and 1 tablespoon of salt. Simmer the whole till the meat is in rags, which takes about 7 hours.

Strain and when cold remove fat and add the whites and shells of 3 eggs, the rind and juice of 1 lemon, also more salt and pepper if required. When well mixed boil for 10 minutes. Strain again through a fine strainer or cheesecloth and heat again to the boiling point before serving. Serve clear or with wine (Sherry is best). It should be light brown in colour.

This makes about 3 quarts of clear soup.

CREAM OF ASPARAGUS SOUP

Cut the heads from 2 bunches of asparagus; cook the stalks in 1 quart boiling water until very soft; rub through a strainer. Heat 2 tablespoons butter, add 2 tablespoons flour; add slowly 1 quart hot milk, then asparagus pulp. Season with salt and pepper. Then add the heads of the asparagus which have been cooked in boiling water.

CREAM OF LETTUCE

Take some cabbage lettuce, wash them well, and cut up fairly fine. Let them cook in a little butter and some mixed vegetables, carrots and onions, or only onions. When it is all tender pass through a tammy and return to the fire. Add 1 gill of milk and a few shreds of lettuce. Serve with croutons.

CREAM OF POTATO SOUP

Three potatoes, 1 pint milk, 1 teaspoonful chopped onions, 1 teaspoon salt, $\frac{1}{2}$ teaspoon celery salt, $\frac{1}{2}$ teaspoon white pepper, $\frac{1}{4}$ saltspoon cayenne, $\frac{1}{2}$ tablespoon flour, 1 tablespoon butter.

Cook potatoes soft and mash them. Cook onions with milk in double boiler and add to potatoes.

Put butter in saucepan, when melted add flour, then add milk and potatoes which have been put through a strainer. Season.

CREAM OF TOMATO SOUP

FIRST HALF.— $\frac{1}{2}$ tin tomatoes (1 pint), $\frac{1}{2}$ bay leaf, sprig of parsley, $\frac{1}{2}$ blade mace, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{8}$ teaspoon soda.

SECOND HALF.—Two cups milk, 2 talbespoons butter, 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt, 1-16 teaspoon pepper.

Put tomatoes and seasonings in a saucepan and stir for 15 minutes. Melt butter, stir in flour and add milk, making a thin white sauce in another pot. Let this stand over hot water, rub tomatoes through a sieve into a bowl. If ready to use at once add your sugar and soda. Stir slowly into the thickened milk and serve at once.

CREAM OF VEGETABLE SOUP (PUREE)

One cup cooked vegetables, 2 cups vegetable water, 2 cups milk, 4 tablespoons flour, 2 tablespoons butter; salt and pepper to taste and other seasonings.

Press the vegetables through sieve or chop finely and put the vegetable water on to boil. Mix the flour with an equal measure of cold milk and thin down with a little more milk. Stir this into the boiling liquid. Stir constantly till it boils two minutes. Add butter, vegetables, pulp and remaining milk and bring to simmering point. Season to taste.

GREEN PEA POD SOUP

Green pea pods; water to cover them; $\frac{1}{2}$ teaspoon soda, 1 tablespoon flour, salt and cayenne to taste.

Boil the empty pea pods in enough water to cover them, adding a pinch of soda to preserve the color. Cook until soft and rub through a sieve and add milk or water and tablespoonsful of butter. Rub butter, flour, cayenne and salt together and pour upon it the boiling soup. Boil until it thickens and serve hot.

HAM BONE SOUP

Take bone left from a boiled ham, put in soup pot in water enough to cover; add one can of tomatoes, cup of split peas, soaked over night, boil slowly for two hours.

MOCK TURTLE SOUP

$\frac{1}{2}$ lb. butter, brown slightly with one onion, six bay leaves, six cloves, six whole allspice, $\frac{1}{2}$ sliced lemon. Make a thickening with flour and add one pint stewed tomatoes, stock to thin to usual consistency. Boil slowly for $\frac{1}{2}$ hour, strain and add 1 hard boiled egg chopped fine, $\frac{1}{2}$ lemon cut thin, $\frac{1}{2}$ cup diced chicken or veal, before serving 1 cup sherry.

(Preferably beef and chicken stock.)

—MRS. RIDDLE

OLD FASHIONED PEA OR BEAN SOUP

Put to soak over night, 1 pound yellow peas (or beans) in 2 quarts cold water. In the morning add two more quarts of cold water, a piece of pickled pork (about 2 lbs.), two onions cut rather finely and 1 head celery cut in 1 inch length pieces. If you have any chicken or turkey bones they add greatly to the flavor. Let simmer for 3 hours, stirring quite often. Season carefully as

the pickled pork is often salt enough. Thicken with a little flour and water and serve very hot.

Some might prefer this strained before thickening it.

—MRS. J. J. ASHWORTH.

OYSTER SOUP

One pint oysters, 1 cup cold water, $\frac{1}{4}$ teaspoon pepper, salt to taste. Two cups milk, 2 tablespoons flour, 2 tablespoons butter, a blade of mace.

Put a strainer over a bowl and turn oysters into it. Pour the water over the oysters and stir with a spoon until all the liquid has passed through the strainer. Reserve $\frac{1}{2}$ cup of milk, put the rest on to heat with blade of mace. Put oyster liquor in a stew pan and heat slowly. Mix the cold milk with the flour and stir into the boiling milk. Cook over boiling water for about ten minutes. When the oyster liquor boils strain it and add it with the oysters, butter, salt and pepper to the thickened milk. Cook until the oysters curl on edges and are plump. Serve at once.

PEA SOUP

Ham shank bone, 1 lb. split peas. Boil all day. Next day add some good stock, if you have any, and cream to taste.

—MRS. BUNTIN

SPLIT PEA SOUP

Soak peas overnight; put on to boil. Take 1 onion, 1 carrot, sliced, 1 slice thick bacon, 1 slice turnip. Fry in a little butter until brown, add to peas and boil. Strain.

TURKISH SOUP

Five cups strong soup stock, $\frac{1}{4}$ cup rice, $1\frac{1}{2}$ cups tomatoes, 2 slices onion, a bit of bay leaf, 10 peppercorns, $\frac{1}{4}$ teaspoon celery salt, 2 tablespoons butter, $1\frac{1}{2}$ tablespoons flour.

Cook rice in salted water till soft; drain, but reserve the water in which it was boiled to cook onion, bay-leaf, pepper-corns, celery salt and tomatoes for 30 minutes; strain out pepper corns and bay leaf, press onion and tomatoes, also rice, through a sieve. Melt butter and add flour, and let simmer till blended and bubbling, add a little stock, stir over fire a little more still stirring till about the consistency of thick cream, and flour is thoroughly cooked and smooth. Mix altogether thoroughly and serve very hot.

—MRS. DUGGAN

INDIAN CHUTNEY (very good)

2 lbs. sharp apples, pared and cored; 1 lb. ripe tomatoes, $\frac{1}{2}$ lb. muscatel raisins, $\frac{1}{2}$ lb. sultana raisins, 2 oz. red chillies, $\frac{1}{2}$ lb. brown sugar, 1 lb. brown sugar candy, $\frac{1}{2}$ lb. salt, 2 sticks horse radish, $\frac{1}{2}$ lb. bruised ginger root, 4 oz. garlic, 4 oz. shalots, 4 sprigs mint.

Cut apples in slices or small squares, stone raisins and chop coarsely and also red chillies, garlic and shalots and the sprig of mint and horse radish, having previously scraped the latter. Pound the sugar candy, mix all the ingredients together, add 1 quart best vinegar (or lemon juice can be used) and let them simmer gently until clear. If too dry add more vinegar. If too liquid reduce by more boiling. The Chutney should be of a moist syrupy consistency, without being liquid and the ingredients tender but not allowed to boil to a pulp. When cold stir well so all the ingredients may be equally mixed. Put chutney in bottles and seal well. It improves with age.

TOMATO CHUTNEY

15 ripe tomatoes, 3 heads celery, 4 onions, 2 red peppers, 5 tablespoons brown sugar, 2 tablespoons salt, add a little more if needed; $2\frac{1}{2}$ cups cider vinegar.

Chop celery, onions and red peppers fine. Add to the tomatoes which must be peeled and cut in pieces. Add other ingredients and boil slowly for 2 hours.

—MRS. J. J. ASHWORTH.

FISH AND OYSTERS

BACON AND OYSTERS	LOBSTER ESCALLOP
BAKED HALIBUT WITH LOBSTER SAUCE	LOBSTER SUPREME
BAKED HALIBUT STEAK	OYSTERS CREAMED
BOILED SALMON TROUT	OYSTER LOAVES
COLD FISH AU GRATIN	PIGS IN A BLANKET
CRAB MEAT SOUFFLE	POTTED LOBSTER OR SALMON
CREAMED MACKEREL	PREPARED SALMON
CURRIED FISH	SALMON CHEESE
ENGLISH FISH PIE	SCALLOPED CODFISH
EMERGENCY SALMON	SALMON SHAPE
ESCALLOPED SALMON (ANY FISH)	SALMON SHAPE AND SAUCE
FISH PIE	SHRIMP WIGGLE
FISH SOUFFLE	SOLID SALMON MAYONNAISE
GRILLED SEA SALMON	MOULD
LOBSTER AU NATUREL	STEAMED SALMON
	TIME TABLE FOR COOKING FISH

BACON AND OYSTERS

One pint of oysters, 1 pint cream, 1 tablespoonful of flour, 6 thin slices of bacon, pepper and salt. Fry the bacon, remove, fry the oysters in the bacon fat until plump, cook together the butter and flour, add the cream, stirring constantly, pour over the bacon and oysters, and serve on toast.

BAKED HALIBUT STEAK

2 steaks halibut, one inch thick; $\frac{1}{2}$ pint oysters.

Place the steak in a greased pan. Remove mussel from oysters, wash and dry, dip in melted butter, then in cracker crumbs. Place upon steak to cover the surface. Place second steak upon top, season. Lay slices of fresh salt pork on the top of the second steak.

Bake in a moderate oven for 35 or 40 minutes, basting frequently with the juice in the pan and with melted butter.

Remove from the oven 5 minutes before the steak is cooked, cover with buttered crumbs and brown.

Serve with Hollandaise Sauce.

—MRS. F. N. G. STARR

BAKED HALIBUT WITH LOBSTER SAUCE

Score a 3 lb. piece of halibut and insert strips of fat salt pork in gashes. Place in pan, sprinkle with salt and pepper, dredge with flour, and cover bottom of pan with water, adding a sprig of parsley, slice of onion, a few cubes of carrot and a bit of bay leaf. Bake one hour, basting with liquor in pan. Serve with following sauce:

LOBSTER SAUCE.—Put yolks of 2 eggs in a saucepan with a small piece of butter and 1 tablespoon lemon juice and cook over hot water, adding a small $\frac{1}{2}$ cup of butter and stirring until mixture thickens; add 1-3 cup boiling water, $\frac{1}{4}$ teaspoon salt, a few grains cayenne. Cook one minute, add 1-3 cup diced lobster meat and pour over halibut.

BOILED SALMON TROUT

Add 1 teaspoon of salt, 1 tablespoon of vinegar to every quart of water, and use sufficient water to entirely cover the fish. The salt and vinegar serve to whiten and harden the fish, as well as season it. The water should just be warm when the fish is put in. Then simmer, allowing 10 minutes to every pound. Garnish with parsley and slices of lemon. Hollandaise sauce is very good for boiled fish.

COLD FISH AU GRATIN

Carefully pick over the fish, removing all skin and bones; place in a deep dish with alternate layers of good thick white sauce. Cover over with bread crumbs, dot some morsels of butter on top. Brown in a quick oven. A few drops of anchovy sauce and pepper may be added if desired.

CREAMED MACKEREL

Soak the mackerel for 24 hours. Then lay in a shallow stew pan and cover with milk or cream. Simmer for 15 minutes.

Remove the fish carefully and place in a hot dish. Add to the milk or cream in the stew pan. 1 tablespoon each of butter and flour rubbed together. Stir until a little thickened, add a little pepper and chopped parsley. Pour over fish.

CURRIED FISH

Fry tablespoon chopped onion and one of butter for 5 minutes (not brown). Mix 1 tablespoon flour and 1 of curry powder. Stir into butter, add slowly $\frac{1}{2}$ pint cream or milk; stir steadily, add cold fish. Simmer few minutes.

EMERGENCY SALMON

Put a can of salmon in a pot of boiling water and boil for twenty minutes. Turn out on a hot platter and serve with egg or parsley sauce.

ENGLISH FISH PIE

Any kind of boiled fish may be used after it has been skinned and boned.

Butter a pudding dish, then put a layer of fish and a layer of tomatoes well seasoned with pepper and salt. Continue with a layer of fish and tomatoes until the dish is three parts full. Pour in half a pint of melted butter and fill the dish with potatoes which have previously been mashed. Put an ounce of butter on top and bake in a hot oven for half an hour.

—MRS. F. N. G. STARR

ESCALLOPED SALMON (ANY FISH)

In a buttered baking dish put a layer of fish and a layer of bread crumbs or cracker crumbs and a layer of white sauce. Repeat until dish is full and have a layer of buttered crumbs on top. Bake in a hot oven until crumbs are brown. Better to use a shallow dish, especially oysters—two layers.

In Canned Salmon, oil of salmon may be substituted instead of sauce, and a little milk to make more.

FISH PIE

Two lbs. fish, boiled in salted water; white bread crumbs, cream sauce, browned bread crumbs, a little lemon juice, salt and pepper.

Boil fish thoroughly. Remove bone, and break fish in small pieces. Butter a baking dish; put in a layer of fish, squeeze a little lemon juice over fish; salt and pepper and cover with a layer of white bread crumbs and a layer of cream sauce. Repeat till dish is filled and then cover top with browned bread crumbs. Bake $\frac{1}{2}$ hour.

FISH SOUFFLE

Three tablespoons (rounded) butter, 3 tablespoons (level) flour, 3 eggs, $\frac{1}{2}$ teaspoon salt, cayenne to taste, 1 cup cold flaked fish.

Make a white sauce of butter, flour, salt, cayenne and milk. When cooked remove to back of range and add fish and well-beaten yolks of eggs. Set aside to cool, when cold, fold in the whites beaten stiff, turn into a buttered baking dish and bake from 25 to 30 minutes in a moderate oven. Serve at once.

The Souffle can be varied by using instead of fish, a cupful of chopped chicken, grated cheese, or grated sweetened chocolate.

GRILLED SEA SALMON

Marinate the slices for one hour, broil on both sides, baste with butter, so that they will not brown. Place on hot dish and sprinkle with salt, pepper, lemon juice and chopped parsley. Serve with Hollandaise sauce.

To MARINATE.—Make a mixture in proportion of three tablespoons of vinegar to two of oil, one teaspoonful of salt, quarter teaspoon of pepper, one bay leaf, one teaspoon onion juice. Put in a flat dish and lay the steak in it, turning it often.

LOBSTER AU NATUREL

Beat 2 yolks eggs smooth with 2 tablespoons butter; add cream, salt and pepper. Stir in chopped lobster. Simmer only.

LOBSTER ESCALLOP

Two lobsters or one quart can, one pint cream or milk, 3 tablespoons butter, 2 tablespoons corn starch or flour, a little cayenne pepper, salt and black pepper to taste; put the cream to boil; mince the lobster; mix lobster, cornstarch, pepper and salt together with a little cold cream; stir into the boiling milk or cream and boil 1 minute; remove from the stove and put in a buttered dish; sprinkle crackers on the top and bake twenty minutes.

LOBSTER SUPREME

One boiled lobster about $1\frac{1}{2}$ lbs. One small tin button French mushrooms, one cup of cream, 1-8 lb. butter, 1 teaspoonful flour, $\frac{1}{2}$ teaspoonful Keen's mustard, 1-8 teaspoonful cayenne pepper, 5 drops tabasco sauce, salt and pepper small quantity, biscuit crumbs $\frac{1}{2}$ cup.

Take lobster cut in two, careful not to break shell, take out all meat and break into small pieces and with mushrooms cook in the butter five minutes. Add to the cup of cream flour, mustard,

cayenne, tabasco, salt and pepper, blend well together and add to the lobster and mushrooms, when thickened put back into shell, cover with biscuit crumbs and cook in hot oven five minutes, serve immediately.

—MR. F. SIMPSON.

OYSTERS CREAMED

Two tablespoons butter, $\frac{1}{2}$ pint cream, salt, pepper, nutmeg. Let boil, stir in 2 tablespoonsful cracker crumbs, add 25 oysters. Cook 2 minutes. Serve on hot toast.

OYSTER LOAVES

Make a hole in the top of some little round rolls and take out all the crumbs. . . Put some oysters in a stew pan with the oyster liquor and the crumbs that were taken out of the loaves, and a large piece of butter. Stew them together for five or six minutes, then put in a spoonful of good cream and fill your loaves, lay a piece of crust carefully on the top of each and put them into the oven to crisp.

PIGS IN A BLANKET

Fold large oysters in thin slices of bacon, and pin with tiny wooden toothpicks, fry quickly in hot pan, turning out juice from time to time. Serve on strips of toast with a slice of lemon, adding pepper and salt.

—MISS FORREST

POTTED LOBSTER OR SALMON

Mix together in a small frying pan 1 tablespoon butter, 2 tablespoons flour, salt and cayenne to taste; add 2 tablespoons milk, 1 cup cold water. Place on range and stir till it thickens and boils, then add one can lobster or salmon. Put this mixture into entre-pots or shells, sprinkle dried bread crumbs over the top, and two or three little bits of butter. Warm in the oven for 10 or 15 minutes before serving.

PREPARED SALMON

One can salmon, 2 eggs, 1 teaspoon melted butter, 1 cup breadcrumbs, pinch of salt and pepper and mixed green pickles.

Flake fish in small pieces, work in butter, pickles, seasoning, crumbs and eggs. Put into a buttered mould, cover tightly, and set in a pan of boiling water, cook in hot oven for 1 hour, set in pan of cold water 1 minute and turn out. Make a dressing of 1 cup of white sauce, liquor from can, raw beaten egg, pickles, seasoning, and pour over mould, and sprinkle with chopped parsley. Pickles to be chopped fine.

SALMON CHEESE

One can salmon, 8 soda biscuits, 1 egg, 1 cup milk, pepper and salt to taste.

Drain oil from salmon, take out bones and mash fine. Mix with the biscuit crumbs, the slightly beaten egg, milk, pepper and salt. Pack in a buttered bowl and steam for three hours. Turn out as a mould.

SCALLOPED CODFISH

Season one quart of milk with pepper and salt. Mix one tablespoonful each of butter and flour together; when thick, set aside. Put a layer of cold sliced potatoes (cooked) in the bottom of a baking dish; have ready some shredded codfish (cooked); put a sprinkle of this over the potatoes, slice six hard boiled eggs, spread a thin layer of these over the fish with pepper and salt to taste. Then cover with some of the drawn butter sauce; then again with some of the potatoes, and so on until the dish is full. Pour the drawn butter on top and sprinkle lightly with bread crumbs and brown.

SALMON SHAPE

One can salmon, 3 eggs, 4 tablespoons melted butter, $\frac{1}{2}$ cup bread crumbs (or biscuit). Mince the fish, draining off the liquor for sauce; rub in the butter until thoroughly incorporated, put in the crumbs, the seasoning, and last, the beaten eggs. Put in a well buttered pudding dish.

SAUCE—One cup of milk heated to a boil and thickened with a tablespoon of corn starch, the liquor from the salmon, 1 large teaspoon of butter, 1 raw egg beaten light, juice of 1 lemon, mace and cayenne pepper to taste. Put the eggs into the thickened milk when you have stirred in the butter and liquor. Take from the fire, season, and let it stand for five minutes covered. Last, put in the lemon and pour over the fish.

SHRIMP WIGGLE

Butter size of an egg; 1 small onion put through meat chopper. Brown the onion in butter. 2 cans of shrimps, 1 can of French peas, 1 tin or bowl of tomatoes, mostly the pieces; put the rest through a strainer; 1 cup of cream, $\frac{1}{4}$ teaspoon of cayenne pepper; salt to taste; thicken when nearly done with flour and water.

Can be served on soda biscuit or toast. Will serve six people.

—MRS. ANSLEY

SOLID SALMON MAYONNAISE MOULD

Threequarters pint cream and milk mixed, yolk of an egg, pepper, salt, tarragon vinegar to taste. 4 leaves gelatine (if any other kind of gelatine is used, take 1-3 the amount required for wine jelly).

Beat yolk into cream and milk, add gelatine previously dissolved, scald in a double saucepan, add flavoring. Let this cool, but before it begins to set, pour a little into a mould, then add cold cooked salmon and pour in the rest of the sauce. Set in the cool. If put in carefully the salmon should not show when the mould is turned out. Garnish with watercress, lettuce or cucumber, or regular salad. If liked, a salad dressing can be handed as well.

—E. H. LEACH

STEAMED SALMON

One can of salmon, take bones and skin out and mash very fine with a fork, yolks of 3 eggs, 1 teaspoonful of salt, 1 teaspoonfull pepper (scant), dash of red pepper, 1 tablespoon of melted butter, 1 cup of bread crumbs (very fine), 1 teaspoonful chopped parsley, 1 cup of milk. Mix well and put in greased mould and let steam for over an hour. Make white sauce and add 1 tablespoonful of catsup and 1 dessertspoonful of anchovy sauce.

—MRS. CANDEE

TIME TABLE FOR COOKING FISH

STEAMING—Small fish, 10-15 minutes; 3-5 lbs., 30-60 minutes.

BROILING—Whole fish, 10-15 minutes; Steaks, 5-6 minutes.

BAKING—15 minutes to 1 lb.

CHEESE DISHES

HORS D'OEUVRE, SAVOURIES

ANCHOVY EGGS	CHEESE STRAWS
CHEESE AIGRETTE	CHEESE TOAST
CHEESE BALLS	CHEESE WAFERS
CHEESE FONDUE (1)	EGGS AND MUSHROOMS
“ “ (2)	MACARONI AND CHEESE (1)
CHEESE SCALLOP	“ “ “ (2)
CHEESE SOUFFLE (1)	SARDINE SAVORY
“ “ (2)	SCOTCH WOODCOCK
“ “ (3)	

ANCHOVY EGGS

Boil some eggs hard, cut in half, take out the yolks, cut off the rounded end of whites to make them stand. Rub the yolks fine and add anchovy sauce, butter and cayenne. Fill the whites with this mixture, and grate a little of it over them. Serve hot on butter toast, or cold on lettuce leaf.

CHEESE AIGRETTE

Whites of 3 eggs, 1 cup grated cheese, 2 drops Worcester Sauce.

Whip whites stiffly. Add cheese and Sauce. Roll into balls and fry in hot fat.

—MRS. BUNTIN

CHEESE AIGRETTE

$\frac{1}{2}$ pint hot water, 1 oz. butter, 4 oz. flour, 2 oz. grated cheese, 2 eggs, a little cayenne and salt.

Put butter and hot water in pot over fire, and when butter melts stir in flour vigorously until quite smooth and thick, then take from fire and stir in cheese, salt, cayenne and yolks of eggs.

Lastly add whites whipped stiffly, stirring lightly. Have ready a saucepan hot—not quite boiling; into this drop a teaspoon quite full of mixture. This should swell into rough irregular shapes. They should be a very light amber in color. Drain on blotting paper and serve at once in silver dish.

CHEESE BALLS

Pound equal quantities of cheese (Swiss or Roquefort, or McLaren's)—pound in a mortar if possible. Season with Nepaul pepper and a dust of curry powder. Roll into little balls the size of a small walnut with butter pats. Arrange on a leaf of lettuce with celery and some small biscuits.

CHEESE FONDUE (No. 1)

One cup scalded milk, 1 cup stale bread crumbs, $\frac{1}{4}$ lb. cheese grated or cut small, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, 3 eggs.

Soak crumbs in milk, add cheese, melted butter and salt. Beat yolks of eggs till thick and lemon colored. Stir them into mixture. Beat whites of eggs till very stiff, cut and fold them in. Pour mixture into a buttered baking dish and bake twenty minutes in a moderate oven.

CHEESE FONDUE (No. 2)

Mix an ounce of butter and whisk into it a pint of boiled milk. Dissolve 2 tablespoons of flour in a gill of cold milk; add it to the boiled milk and let it cool. Beat the yolks of 4 eggs with a heaping teaspoon salt, half teaspoon pepper, and 5 oz. grated cheese. Whip the white of eggs and add. Then pour mixture into a deep tin lined with buttered paper (or use buttered casserole), and allow for rising, say 4 inches.

Bake 20 minutes and serve the moment it leaves the oven.

CHEESE SCALLOP

Soak 1 cup dried bread crumbs in milk. Beat 3 eggs, 1 tablespoon of butter, $\frac{1}{2}$ lb. grated cheese; throw on top sifted bread crumbs and bake a light brown.

—MRS. A. BLACKBURN

CHEESE SOUFFLE (No. 1)

One cup (heaping) bread crumbs, 1 cup grated cheese, 1 cup milk, three eggs, pepper and salt, and teaspoonful butter.

Heat bread crumbs, butter and milk, add pepper and salt. Beat whites and yolks of eggs separately. Add yolks to bread crumbs, stirring quickly, then grated cheese, and lastly whites. Bake in buttered dish for half an hour in moderate oven.

CHEESE SOUFFLE (No. 2)

Two tablespoons butter, 3 tablespoons flour, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, cayenne, $\frac{1}{4}$ cup grated cheese, 3 eggs.

Melt butter in a saucepan, add flour and when smooth add the milk. Stir until thick, add salt, pepper and grated cheese. Remove from the fire and add slightly beaten yolks of eggs. Put the mixture aside to cool. Beat whites of eggs very stiff, fold into the cooled mixture. Pour into a buttered baking dish and bake twenty minutes in a slow oven. Serve immediately.

CHEESE SOUFFLE (No. 3)

Melt 1 oz. of butter in a saucepan, mix smoothly with it an oz. of flour, a pinch of salt and a pinch of cayenne pepper, $\frac{1}{4}$ pint of milk. Simmer mixture gently over fire, stirring all the time until thick, add melted butter, stir into it about 3 oz. of grated cheese. Turn it into a basin and mix with it yolks of 2 well beaten eggs. Then add whites of 3 eggs well beaten. Pour into a small tin; it should be only half filled. Bake 20 minutes. Serve at once as it falls almost immediately.

—MRS. CANDEE

CHEESE STRAWS

Six oz. flour, 3 oz. butter, 3 oz. grated cheese, a little cayenne and salt, yolk of 1 egg and a little milk.

Rub together flour, butter and cheese, add salt and cayenne, and form into a firm dough with egg and milk; knead on flour board very lightly and roll to $\frac{1}{4}$ inch thick, cut into narrow strips and bake in moderate oven until crisp and a light brown.

CHEESE TOAST

Cut three rounds of toast, cut in six pieces. Beat 1 egg into a cupful of milk and add 1 cup grated cheese and a tablespoon of butter. Put this mixture in a clean saucepan, set in a pan of boiling water, and stir until quite smooth. Place the toast on a hot platter and cover with dressing to which should be added a pinch of cayenne.

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

EGGS AND MUSHROOMS

Peel a few mushrooms, cut in thin slices; place in pan with butter; cook a few minutes.

Season 4 eggs with salt and pepper; beat till quite frothy; add tablespoon cream; melt butter in frying pan, pour eggs in and stir slowly for two minutes; add mushrooms.

MACARONI AND CHEESE (No. 1)

One cup of macaroni broken in one inch pieces, 2 quarts boiling water, 2 teaspoonsful of salt.

Cook the macaroni in boiling salted water until tender (20 minutes). Drain in a strainer and then pour cold water over the macaroni to prevent the pieces from sticking together. Put a layer of the macaroni in bottom of buttered baking dish, sprinkle with grated cheese and one teaspoonful mustard, then repeat with a layer of macaroni and cheese and mustard until all is used. Cover this with milk and then cover the top with buttered bread crumbs and bake in a moderate oven until crumbs are brown (20 minutes).

MACARONI AND CHEESE (No. 2)

Nine sticks of macaroni, 3 tablespoons butter, 3 tablespoons flour, 2 cups of milk, salt and pepper, 1 cup grated cheese, 1 cup butter crumbs. Break macaroni into 2 inch pieces, cook in a large amount of boiling salted water, when tender pour into a colander and run cold water through.

Make white sauce, melt the butter, add flour and then the milk and seasoning. Add the cheese and macaroni, turn into a buttered baking dish, cover with crumbs and bake until brown in hot oven.

SARDINE SAVORY

Wipe and bone some good sardines, and then pound them with a little butter, vinegar, hard-boiled egg, pepper and salt; make them into balls and place them on rounds of hard-boiled eggs; put a few capers or a dust of red pepper on top of each.

SCOTCH WOODCOCK

Two oz. butter, 2 eggs, 1 tablespoon anchovey sauce and pinch of cayenne. Put butter in saucepan, mix the anchovy with it and stir in eggs with a fork until cooked. Serve on small pieces of buttered toast. Excellent.

ENTRÉE—LUNCHEON OR SUPPER

BEEF LOAF	MACARONI AND TOMATO
BEEF RISSOLES	MEAT SOUFFLE
BO BATEE	MEAT ROLL—COLLEGE SUPPER
BROWN STEW OR FRICASSEE OF BEEF	DISH
COLD BEEF AND LAMB	SHEPHERD'S PIE
CASSEROLE OF MACARONI	MOULD OF MEAT WITH TOMATO SAUCE
CASSEROLE	RUSSIAN PILAF
CHICKEN LIVERS DEVILLED	MUTTON—TO USE UP COLD
CURRIED EGGS (1)	TOMATO RICE A LA NAGASAKI
CURRIED EGGS (2)	TOMATO TOAST
CURRY AND COLD MEAT	TURKISH RICE
EGG CUTLET	VEAL BLANKET
HAM RELISH	VEAL CAKE
KIDNEYS IN CASSEROLES	VEAL PIE
LAMB CROQUETTES	

BEEF LOAF

Two lbs. beef chopped fine, $\frac{1}{2}$ lb. salt pork (ground), 1 egg, 1 teaspoon salt, 1 teaspoon pepper, 1 cup of milk, cracker crumbs rolled fine.

Mix and bake two hours. Serve with Campbell's tomato soup.

BEEF RISSOLES

Two cups meat, 1 cup bread crumbs, seasonings. Moisten with beaten egg or gravy.

Mix ingredients in a bowl, press into small moulds, turn out on a baking pan. Put a small piece of dripping on the top of each and bake in a hot oven twenty minutes. Serve with brown gravy or tomato sauce.

BO BATEE

Two cups ground meat, 1 cup bread crumbs, $\frac{1}{2}$ small onion, 2 tablespoons butter, 1 cup milk, 8 sweet almonds, 3 eggs, 1 or 2 teaspoons curry powder.

Slice onion very fine and fry in butter on a pan until brown. Add milk and bread crumbs and soak ten minutes. Beat eggs until very light and stir all the ingredients into it (almonds blanched and cut up very fine). Butter a baking dish, rub over with a slice of lemon, pour the mixture into it and bake twenty minutes in a moderate oven.

BROWN STEW OR FRICASSEE OF BEEF

One lb. beef, 1 cup cold water, 2 tablespoons flour, $\frac{3}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 very small onion, $\frac{1}{4}$ cup carrots cut in cubes $\frac{1}{2}$ inch, $\frac{1}{4}$ cup turnips, other vegetables if desired.

Cut the fat off the meat and put in stew pan to dry out. Cut meat into pieces, roll it in the flour, put it in hot fat and stir it over the fire until nicely brown. Add the water, vegetables, salt and pepper and simmer $2\frac{1}{2}$ hours.

COLD BEEF AND LAMB

Lay slices of meat in casserole; add vegetables, celery, carrots, peas, beans, potatoes sliced very thin, season to taste; add three cups of stock. Bake in slow oven for 1 hour.

CASSEROLE OF MACARONI AND MEAT

Boil 1 cup of rice, or sufficient macaroni to line a kitchen basin. Put $\frac{1}{2}$ lb. of beef, mutton or any cold meat through the meat grinder. Season with salt, pepper, celery salt, 1 teaspoon finely chopped onion (if liked). Add one beaten egg and moisten with stock or water enough to pack easily. Butter a kitchen basin, line the bottom and sides with macaroni or rice, pack in the meat, cover with macaroni or rice and steam 45 minutes.

Turn out on a small platter and pour tomato sauce around it.

CASSEROLE

One cup raw rice, 2 cups minced meat, $\frac{1}{4}$ cup bread or cracker crumbs. Hot water, stock or gravy to moisten; salt, pepper and other seasonings.

Boil the rice in water and salt. Prepare and mix the other ingredients. Line a buttered mold with a half inch layer of rice, well packed down. Pack in the meat mixture and cover with rice. Steam for $\frac{3}{4}$ hour. Turn out of the mold and serve with tomato sauce. Rice cooks in $\frac{1}{2}$ an hour.

CHICKEN LIVERS DEVILLED

4 chicken livers, 4 pieces toast, 4 pieces bacon, 1 finely chopped shalot, $\frac{1}{2}$ teaspoon chopped parsley, cayenne, pepper, salt.

Wash and dry the livers, cut them in halves and roll them in the shalot and parsley, pepper, etc. These ingredients should be previously mixed together. Cut thin slices of bacon and roll in the livers. Fix tightly with a skewer and grill them 7 or 8 minutes. Remove the skewers, dish on toast. Serve hot as possible. Toothpicks are very useful to fasten them with.

—MISS ELLEN MITCHELL

CURRIED EGGS (1)

Boil 4 eggs for 20 minutes, cut in half, and take out the yolks, keeping the whites hot; rub the yolks fine, add 1 teaspoon curry powder, 2 teaspoons cornstarch, and 1 cup of milk; melt 3 teaspoons butter in a small saucepan, pour the mixture into it and stir till it thickens; boil three minutes. Pour round the whites and serve at once.

CURRIED EGGS (2)

Boil 6 eggs 20 minutes, cut into quarters. Fry 1 teaspoon of chopped onion in 1 tablespoon butter. Add 1 heaping tablespoon flour mixed with $\frac{1}{2}$ tablespoon of curry powder, add slowly $1\frac{1}{2}$ cups of milk. Salt and pepper to taste.

Pour the curry sauce over the hard-boiled eggs, and serve in a shallow dish with a border of boiled rice, or on square of nicely buttered toast.

“COLD MEAT” CURRY

Cut the meat into small pieces and fry brown in a little dripping or butter with half an onion (1 carrot, 1 slice of turnip cut small, 1 tomato, 1 apple, or 1 peach may be added if liked); add the gravy saved from the meat, or stock, or water to cover meat; salt, and curry powder to taste; let simmer for some hours. Before serving add 1 teaspoon of vinegar and a little flour to thicken gravy. Boil $\frac{1}{2}$ cup rice and serve around the curry.

EGG CUTLET

Six hard-boiled eggs, chopped fine, 2 soda biscuits rolled fine, $2\frac{1}{2}$ cups of thick white sauce. Mix well together with $\frac{1}{2}$ cup of the white sauce, mould into cutlets, dip into bread crumbs and fry in deep lard. Flavour the remaining cup and half of sauce with tomato or anchovy, and pour around; decorate with parsley.

HAM RELISH

One cup of cold boiled ham chopped fine, $\frac{1}{2}$ cup of cream, 3 hard-boiled eggs, seasoning to taste. Scald the cream, put the yolks of 2 eggs, smooth with a little of the cream, add to the cream in the pan with the ham, press the whites of 2 eggs through a sieve, add to the mixture, and when thoroughly heated serve on toast on a hot dish with the third egg sliced as a garnish on the top of the ham.

KIDNEYS IN CASSEROLE

Slice a small onion, fry in butter until golden brown. Add a generous spoonful of finely chopped parsley and fry kidneys for a few minutes. Add a cup of stock, a little sherry and a teaspoonful of lemon juice, season with salt. Place mixture in casserole, tightly cover and cook in a moderate oven for two hours. Mushrooms may be added if liked and greatly improves the dish.

LAMB CROQUETTES

2 cups minced meat, $\frac{1}{2}$ cup milk, 1 dessert spoon flour, 1 egg, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 teaspoon butter, grated nutmeg, juice of onion.

Proceed as in white sauce, add egg well beaten. Don't cook much. Remove from stove and mix in meat thoroughly. Let stand for two or three hours. Shape. Cook in deep fat. Serve with tomato sauce.

MACARONI AND TOMATOES

Follow the same recipe shown above, but cover the macaroni with tomato juice and pulp instead of milk, or with tomatoes and white sauce in place of milk. The top may be covered with minced ham in place of bread crumbs.

MEAT SOUFFLE

Make 1 cup cream sauce as follows: Heat 1 tablespoon butter, add 1 tablespoon flour, add 1 cup hot milk, season with salt and pepper. Stir one cup of chopped cold meat (chicken, tongue, veal or lamb) into this sauce, add the beaten yolks of 3 eggs, cook one minute, then set away to cool. When cold, fold in the stiffly beaten whites of 2 eggs. Bake about 20 minutes in a buttered dish.

MEAT ROLL—COLLEGE SUPPER DISH

One lb. stewing steak, $\frac{1}{2}$ lb. fat bacon, pass through a mincing machine; $\frac{1}{2}$ lb. bread crumbs, pinch of salt, nutmeg to taste. Mix all well together with one egg. Form into a roll, in a cloth, place in a saucepan of boiling water and boil for 2 hours. Then take out and put into oven for 5 or 10 minutes, cover with glaze or fine bread crumbs.

MADE OVER MEAT—SHEPHERD'S PIE

One cup cold minced meat, 1 cup cold mashed potatoes, small piece of onion, gravy or stock, 2 tablespoons milk, 1 teaspoon butter, salt, pepper and other seasonings.

Chop onion very fine and mix it with meat and gravy and any other seasonings, salt and pepper. Put these in bottom of baking dish. Heat milk and butter and beat potatoes into this until smooth. Cover the meat with the potatoes, like a crust, and bake in a moderate oven until brown.

MOULD OF MEAT WITH TOMATO SAUCE

Mix 2 cups cooked mince meat of any kind with 1 cup bread crumbs, $\frac{1}{2}$ teaspoon salt, 1 teaspoon minced parsley or mixed herbs, one beaten egg, 1 large cup of gravy or white sauce; pack in a well-buttered bowl or mould. Bake until slightly brown; turn out and pour the sauce round it.

RUSSIAN PILAF

Wash $\frac{1}{2}$ cup of rice; mix 1 cup highly-seasoned (with catsup, curry powder, etc.), chicken or meat stock, 1 cup cooked and strained tomatoes, and heat to boiling point. Add rice and steam or cook in double boiler till rice is soft. Add 2 tablespoons butter, stirring lightly with a fork so that kernels are not broken; season with salt. Serve in place of a vegetable, or with curried or fricassee meat.

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 one-half hour. Cold rice may be used instead of macaroni.

—MRS. CHAS. MCCONNELL, ROCHESTER

TOMATO RICE A LA NAGASAKI

Place 6 tablespoons of rice in the juice from 1 can of tomatoes (strained). Add 1 cup of soup broth (or boiling water). Season with $\frac{1}{2}$ teaspoon of salt and a flat teaspoon of pepper (black or white). Mix well and boil for 30 or 35 minutes, stirring frequently. Then add 1 tablespoon of butter and 3 tablespoons of grated cheese. Stir thoroughly and pour into a greased baking dish. Sprinkle bread crumbs and small lumps of butter over top. Bake 12 minutes.

This dish can be made equally nice for a second day by steaming for 20 minutes.

TOMATO TOAST

Take half a can tomatoes, strain, thicken with a teaspoon cornstarch, add a bit of butter, salt, pepper; let boil, then make some squares of toast, pour the tomato over and put a poached egg on each piece. The egg may be fried if preferred.

—MRS. FLETCHER

TURKISH RICE

One quart of stock, 2 tablespoonsful flour, 2 tablespoonsful butter, 1 cup strained tomatoes, $\frac{1}{2}$ cup rice. Salt and pepper to taste. Wash rice, add to hot tomato and stock. Cook until soft. Add butter and flour while boiling. Serve very hot. Pile in moulds on flat dish.

VEAL BLANKET

Cut up lean, raw veal into small square pieces. Put them in boiling water; after five minutes strain the water off through a sieve. Put the meat into some veal broth, add thyme and bay leaves and let it simmer for two hours. Strain off again and serve up with sauce prepared as follows:

Rub flour into butter, then add the broth and a teaspoon lemon juice. Serve very hot, garnish with cut lemon, or prettily cut cooked vegetables.

VEAL CAKE

A few slices of cold roast veal, the same of ham, 2 hard boiled eggs cut in slices, 2 tablespoonsful of minced parsley, some grated lemon rind, remove the brown outside skin from the veal, place the ingredients in layers in a mould, sprinkle with pepper and salt, fill up the spaces with strong well-flavoured stock in which a little gelatine has been dissolved. Bake for half an hour and when quite cold turn out, garnish and serve.

VEAL PIE

Two lbs. neck veal, $\frac{1}{2}$ lb. of pickled pork, 2 eggs hard-boiled and sliced, forcemeat balls, pastry.

Forcemeat balls are made of $\frac{1}{2}$ cup of bread crumbs mixed with 2 dessert spoons of flour; season with pepper, salt, grated lemon rind and thyme; rub in a tablespoonful of butter, and bind with an egg. Make into little balls.

Cut up the veal and stew slowly until tender, when the bones can easily be removed. Season with pepper, salt and mace. Stew the pork in another pan or it will turn the veal red.

Arrange the veal and pork in a pie dish interspersed with the slices of egg and the forcemeat balls, pour the gravy over and cover with good crust, brushing with yolk of egg or milk to give it a rich color. Nice eaten cold.

MEATS

BAKED VEAL CUTLET

MIXED GRILL

BAKED VIRGINIA HAM

MUTTON (LEG)

JUGGED BEEF STEAK

ROAST BEEF

BEEF STEAK WITH CREOLE SAUCE

ROUND OF BEEF

How to Cook VENISON

MEAT TIME TABLE

BAKED VEAL CUTLET

Remove bone and carefully trim the veal cutlets. Place in a buttered baking dish on some thinly sliced onions. Add one cup stewed and strained tomatoes, one tablespoon each of minced green pepper and parsley, pinch of salt, pepper, and a pinch of paprika. Bake half an hour. Serve on a hot platter with the sauce poured over it.

BAKED VIRGINIA HAM

Soak ham over night in cold water. In the morning remove the skin and stick with cloves. Cover the surface with thick layer of brown sugar, place in a pan in oven, mixing $1\frac{1}{2}$ cups water and $\frac{1}{2}$ cup vinegar.

Bake in moderate oven 25 minutes to the pound.

—MRS. WM. INCE

BEEFSTEAK WITH CREOLE SAUCE

Broil a thick, tender steak.

SAUCE.—Two large onions, 1 can tomatoes, $\frac{1}{2}$ small bottle of olives, about 6 pickled gherkins, 1 dessert spoon capers, $\frac{1}{4}$ teaspoon cayenne pepper, salt. Chop the onions fine and fry in butter till done, then add the other ingredients chopped fairly small. Pour in a little of the fat from the steak, mix well and pour over steak on platter or serve in separate dish.

If any of the sauce is left over, let it get cold and thick, and it makes delicious sandwiches.

HOW TO COOK VENISON

Broil as you would a beef steak, rare. Have ready a gravy of butter, pepper and salt, and a very little mace. Heat the gravy without boiling it, score the steak all over, put it in the gravy and cover tightly, keep it hot enough to steam the meat, and send in covered dish to the table.

JUGGED BEEFSTEAK

Take $1\frac{1}{2}$ lbs. round steak, cut into good-sized pieces and fry to a nice brown; as soon as the meat is fried put it into an earthenware jar, salt and pepper and a pinch of cayenne, sufficient water to cover; stick an onion with cloves and put in with the meat; also glass of port wine; tie the jar very securely when the cover is on and cook in a slow oven three hours; serve with forcemeat balls and red currant jelly.

MIXED GRILL

For four people. Cut a thick steak into four nice pieces and broil, roll thin slices of bacon and fry. Fry $\frac{1}{2}$ doz. sausages to a nice brown; serve all on platter with stuffed tomatoes and garnish with watercress. On each piece of steak put a piece of butter and a little chopped parsley.

MUTTON (LEG OF)

A leg of mutton, if carefully managed, will give three or four very nice little dishes. Saw a good-sized leg of mutton into 3 parts; boil or steam the shank end, serving it with turnips and caper sauce; the fillet end can either be boned and stuffed like a fillet of veal and served with clear gravy; or roasted and served with currant jelly. The middle cut, which should be about an inch and a half thick, is broiled like a steak and served with green peas, while the left-over from each meal can be minced and made into croquettes or curried and served with rice. This will be found a delightful change from the ordinary leg of mutton.

ROAST BEEF

Put the beef in a very hot oven, so as to cook the outside rapidly without permitting the juices and flavor to escape. The oven may be gradually permitted to grow cooler. Baste at first with good beef dripping, afterwards with the gravy that forms in the pan. One quarter of an hour may be allowed for each pound of meat.

ROUND OF BEEF

20 lbs. top of leg, 2 oz. saltpetre, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup salt, 1 nutmeg (large), $1\frac{1}{2}$ oz. cloves, 1 oz. allspice.

Rub first with saltpetre twice daily, then with mixture (whole spices crushed) for two weeks. Steam five hours. This is excellent.

MEAT TIME TABLE

ROASTING—	Meat	
Beef, Mutton.....	15-20 minutes (to lb.)	
Lamb, Pork.....	20-25 " (to lb.)	
Veal.....	20-25 " (to lb.)	
BROILING—		
Rare.....		4
Medium.....		6
Well Done.....		8
BRAISING.....		40 to lb.
POT ROASTING		40 to lb.
Fowl		
BROILING.....		20
ROASTING—		
Chicken.....		15-20 to lb.
Turkey, Goose.....		25 to lb.

VEGETABLES

BOILED ASPARAGUS	POTATO CAKES
BOILED RICE	RICE AND TOMATO—Lunch Dish
CANNED BEANS	SCALLOPED POTATOES
CARE OF VEGETABLES	SOUTHERN SWEET POTATOES
CAULIFLOWER BAKED WITH CHEESE	SPINACH
CORN FRITTERS	STEWED CELERY
FRIED TOMATOES	STUFFED TOMATOES
LUNCHEON DISH	STUFFING
MUSHROOMS EN CASSEROLE	WHIPPED POTATOES
	VEGETABLE TIME TABLE

BOILED ASPARAGUS

Wash the asparagus in cold water. Cook in boiling water in small bundles tied together. Add a tablespoon of salt, boil 20 minutes. When done drain, cut the strings, place on buttered 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.

BOILED RICE

Wash thoroughly one cup of rice, then add slowly 2 quarts of boiling salted water. Boil until rice is soft, from 20 to 30 minutes. Test by taking a grain between the forefinger and thumb and if grain is soft, and can be pressed flat, it is done. Drain in strainer, then pour boiling water over the rice to prevent the grains from sticking. Put in colander and place in the oven to dry. Toss with a fork to avoid breaking the grains.

HOW TO CAN STRING BEANS

To every 8 cups of beans add 2 cups water, 1 cup sugar, $\frac{1}{2}$ cup salt. Boil 20 minutes. Put in jars.

Before serving.—Remove from jars, drain well, add cold water and bring to the boil; repeat this till the brine is well out of the beans. Add butter, pepper and salt before dishing.

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 5c.) 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 tablespoonful to one pint. Do not salt the water for vegetables that grow below the ground.

CAULIFLOWER BAKED WITH CHEESE

Sprinkle a whole boiled 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.

CORN FRITTERS

Mix together four tablespoons cold cooked corn, one egg, two tablespoons flour, two tablespoons cream, pepper and salt to taste; fry in deep fat.

FRIED TOMATOES

Take under-ripe tomatoes and cut in thick slices. Dip in white of egg and roll in sifted bread crumbs, season with salt and pepper and fry in hot oven. 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.

LUNCHEON DISH

Boil $\frac{1}{4}$ lb. spaghetti or macaroni in salted water until tender. drain. Turn a large tin of tomatoes into a bowl and season with pepper and salt and a little sugar. Grind cold roast beef with some of its fat in a meat grinder and mix well with a tablespoon of flour, salt and pepper and a little finely chopped onion or chives if desired. Put the beef in the bottom of a large pudding dish then a layer of tomato dotted with butter, then the spaghetti, then the rest of the tomato and cover thickly with fresh bread crumbs or crusts cut in very small dice dotted with butter.

Bake for an hour at least in a moderate oven.

—MRS. LYONS BIGGAR

MUSHROOMS EN CASSEROLE

Peel and stem 1 pound of mushrooms. Simmer peelings and stems in a covered saucepan in water to cover for half an hour or

more. Melt $\frac{1}{4}$ pound of butter in a large frying pan and place in it the mushrooms, smooth side down, seasoning each with salt and pepper. Fry gently for ten minutes then add 2 cups water, cover the pan and simmer for at least fifteen minutes.

Then melt two tablespoons of butter in a fresh saucepan, add two tablespoons flour stirred in smoothly, a pinch of mace, one of cayenne, black pepper and salt to taste. Add the liquid from the peelings (strained) and the liquid from the pan and enough cream to make the consistency of drawn butter. Stir constantly while cooking.

Place the mushrooms in a covered casserole or Pyrex baking dish, pour over them the sauce and bake in a hot oven for half an hour before wanted.

—MRS. LYONS BIGGAR

POTATO CAKES

2 cups mashed potatoes in a bowl and add 2 cups flour and baking powder and salt, scant; 1 teaspoon salt, 4 teaspoons baking powder, 1 egg, 4 tablespoons milk.

Mix to a smooth dough and roll $\frac{1}{2}$ inch thick. Cut in suitable sized pieces, brush top with milk and bake in hot oven 18 minutes.

—MRS. KIRKPATRICK

RICE AND TOMATO—Lunch Dish

Boil 1 cup tomatoes and 1 cup rice and 12 cups water until thick. Take off stove and add 2 tablespoons butter and 5 or 6 tablespoons grated cheese, 1 teaspoon salt and 1 flat teaspoon of pepper.

Stir thoroughly and pour into buttered baking dish. Cover with a thin layer of buttered crumbs and bake for 10 to 15 minutes in hot oven.

—MRS. KIRKPATRICK

SCALLOPED POTATOES

Peel and slice potatoes thin; put a layer on bottom of baking dish; on this put a few pieces of butter, salt and pepper. Continue with layers until dish is $\frac{3}{4}$ full; then cover with milk. Bake in oven for an hour.

SOUTHERN SWEET POTATOES

Six sweet potatoes (boiled), 1 cup of water, cup of sugar, butter size of an egg, 1 pinch of salt.

Slice potatoes lengthwise and put in well-buttered baking dish. Make syrup of sugar, water and butter and pour it over the potatoes. Sprinkle more sugar on potatoes, add small pieces of butter over the top and bake in a slow oven an hour and a half, or until the potatoes have absorbed the syrup.

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

STEWED CELERY

Wash and scrape celery clean, cut in one-inch lengths and soak in cold water 15 minutes. Cook in boiling salted water for 30 minutes, drain, and put in cold water for a few minutes to whiten the celery. Make a cream sauce, adding 3 tablespoonsful of water, in which the celery was cooked, salt and pepper to taste. Add the celery to this sauce. Stir until it is thorough yhot and serve.

STUFFED TOMATOES

Cut a slice from the stem end of each tomato. Remove some of the pulp carefully. Fill the tomatoes with any of the four mixtures given below. Cover the top of the stuffing with bread crumbs moistened with melted butter. Bake about half hour. Have a little water in the bottom of baking pan.

Stuffing

1.—Chop fine $\frac{1}{2}$ cup canned mushrooms; add $\frac{1}{2}$ cup bread crumbs, pulp taken from 6 tomatoes, 1 tablespoon chopped ham or chicken, 1 tablespoon chopped parsley, 6 drops onion juice, 1 tablespoon salt, a dash of pepper, 1 teaspoon melted butter. If the mixture is not sufficiently moistened by the tomato juice add enough stock to make it quite wet.

2.—Equal parts minced chicken or veal and bread crumbs; add yolks of 2 hard-boiled eggs, season with chopped parsley, onion juice, salt and pepper, moisten with tomato pulp or stock or both.

3.—Use boiled rice mixed with chopped green peppers, seasoned with onion juice, salt and pepper, moistened with tomato pulp or stock.

4.—Boil macaroni broken into half-inch lengths. Moisten it with cream sauce; add a little grated cheese, salt, pepper and a dash of paprika.

WHIPPED POTATOES

Boil potatoes; when soft, drain and dry; put in butter, pepper, salt to taste, and mash. Then whip while pouring in cream, or hot milk, over fire until whipped into a nice froth.

WHIPPED POTATOES

Take required amount of mashed potatoes, add butter, pepper and salt to taste. Pour in half a cup of hot, not boiled, cream, and beat with a large fork. If not of creamy consistency continue adding hot cream until potatoes are fluffy and light. They cannot have too much whipping.

—MRS. E. R. ROLPH

VEGETABLE TIME TABLE

Turnips, Cabbage.....	35-60 minutes
Onions, Parsnips.....	30-40 "
Cauliflower.....	20-25 "
Potato, Asparagus.....	20-30 "
Peas, Beans.....	20-60 "
Beets (Young).....	40 "
Green Corn.....	3-12 "

SALADS

ASPARAGUS SALAD	FRUIT SALAD (2)
ASPIC JELLY	GINGER ALE SALAD
BEET SALAD	POTATO SALAD
CHICKEN SALAD (1)	POTATO CHOWDER
CHICKEN SALAD (2)	SALAD
CUCUMBER JELLY	TOMATO JELLY
EGG AND CHEESE SALAD	TOMATO JELLY SALAD
FROZEN NEUFCHATEL CHEESE SALAD	VEGETABLE SALAD (MIXED)
FRUIT SALAD (1)	WALDORF SALAD

ASPARAGUS SALAD

Cook two bunches of fresh green (or canned, white being the nicer) asparagus, drain well and chill; lay on plates three or four pieces according to size and garnish with two thin slices of pimento laid across the asparagus. Serve with cheese straws and good French mayonnaise.

ASPIC JELLY

One small carrot sliced, one small onion, some celery tops (or one teaspoon celery seed), one bay leaf, 2 or 3 cloves, 1 pint water. Bring slowly to a boil. Simmer gently 20 minutes, strain, and

add three teaspoons gelatine (which has been dissolved in cold or warm water), 1 teaspoon beef extract, $\frac{1}{2}$ teaspoon salt, a dash of cayenne and juice of $\frac{1}{2}$ lemon. Strain again. Have ready, in small moulds, lobster or shrimps. Pour mixture over and set to cool. Serve with parsley or lettuce leaves and mayonaise.

—MRS. J. R. WAINWRIGHT

BEET SALAD

One quart of chopped cabbage, 1 quart of chopped beets, 2 cups of white sugar, 1 small tablespoon of salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{8}$ teaspoon red pepper, 1 cupful of grated horseradish (a 10c. bottle). Cover all with malt vinegar and seal down in a jar ready for use.

CHICKEN SALAD (No. 1)

Cut in small pieces a boiled chicken; 2 bunches of celery cut fine; mix with chicken.

DRESSING.—Yolk of 2 eggs, 1 teaspoon salt, dash of cayenne pepper, dash of mustard, juice of one lemon. Drop oil very slowly at first, then a little faster until a cup and a half has been used. Beat the white of one egg stiff and add to dressing.

CHICKEN SALAD (No. 2)

Equal quantities of chicken and celery; 1 cup chicken cubes, 1 cup celery cubes. Seasoned and dressing; garnish with hard-boiled eggs and beet-root.

CUCUMBER JELLY

- (a) Two cucumbers, peel and cut in slices, add 1 slice of onion, $\frac{1}{2}$ teaspoon salt, dash of pepper, 1 pint of cold water.
- (b) 1 tablespoon gelatine dissolved in warm water.
- (c) Fresh cucumber cut in slices.
- (d) French dressing.

METHOD.—Simmer (a) until cucumbers are soft; add (b), strain; line a mould with (c), pour in jelly slowly, when cold and firm serve on bed of lettuce with (d).

EGG AND CHEESE SALAD

One hard-boiled egg for each person and one over, some grated cheese. Salad mixed according to taste, but preferably lettuce, tomatoes, cucumber and beetroot; also mustard and cress if possible; slice the eggs and put a layer in the centre of a large dish; sprinkle with grated cheese; then another layer of egg, and one of cheese and so on. Surround with the salad and sprinkle the whole with grated cheese, and finally pour over a thick mayonnaise salad dressing. A cool, tasty dish for summer.

—MRS. HUGH BAILY

FROZEN NEUFCHATEL CHEESE SALAD

3 cakes of Neufchatel (double cream), 1 cup cream whipped, $\frac{1}{2}$ cup shelled pecans, walnuts, or pimento cut finely.

Put cheese through a potato ricer and season with salt and red pepper very highly. Add nuts finely chopped, and whipped cream folded in, have mould greased well with olive oil, and round sides and bottom stick rings of stuffed olives. Pour in the cheese and pack for three hours in ice and salt. Serve on crisp head lettuce leaves with mayonnaise.

—MRS. E. R. ROLPH.

FRUIT SALAD (No. 1)

One can pineapple (drain for two hours), three oranges, twelve marshmallows (added just before mixing salad), one grapefruit (if desired).

DRESSING.—Two eggs well beaten, 1 tablespoon sugar, 2 tablespoons lemon juice, butter size of a walnut (melted). Cook over hot water until very thick. Before serving add about half a pint of cream whipped. This will serve eight people and can be used as a dessert.

FRUIT SALAD (No. 2)

Four bananas, 2 tablespoons chopped nuts, $\frac{1}{2}$ a cream cheese. Take bananas and peel whole, sprinkle chopped nuts on bananas and cream cheese, put through ricer. Serve in a mound at side of plate. Serve all on lettuce leaf.

GINGER ALE SALAD

Make a jelly with gelatine out of a bottle of ginger ale and pour it into fancy mould.

Serve on lettuce with rich boiled or mayonnaise dressing.

—MRS. HENRY JAY CASE.

POTATO CHOWDER

Peel six medium sized potatoes and cut them into dice. Chop up two tablespoonfuls of fresh parsley and two tablespoonfuls of onion. Fry three or four slices of bacon, cut into dice, add the onion and fry. Place a layer of potato in a saucepan, sprinkle a layer of parsley, onion and bacon, salt and pepper, then another layer of potatoes and another of the seasonings and so on with the seasonings on top. Cover barely with boiling water and cook slowly until potatoes are done, then add a pint of milk and when boiling add a good tablespoonful of butter mixed with one of flour and let boil up for five minutes.

Serve hot with biscuits for a cold day's lunch.

—MRS. HENRY JAY CASE.

POTATO SALAD

Bake 10 good sized potatoes in their jackets or boil without peeling. When cool peel and cut into dice, mix with a teaspoonful of finely chopped onion, two slices of cooked bacon (cold), salt, and pepper to taste and a dessertspoonful of very finely chopped parsley. Mix with a good mayonnaise, garnish top with parsley and beet-root in small stars and moons.

SALAD

1 tin pineapple, 2 cucumbers, 1 cup granulated sugar, green fruit coloring, 1 box gelatine, juice of 6 lemons.

Strain liquid off the pineapple, add lemon and cup of sugar. Pour into granite basin and boil steadily 7 minutes. Dissolve the gelatine, pour into liquid. Allow the syrup to cool. Pour in a few drops of the coloring. Rub inside of the mould with olive oil. Cut the cucumbers and pineapple into cubes and fill the mould. When the liquid is fairly cool pour it over the contents of the mould. When the jelly is firm, serve with French Mayonnaise.

—MRS. F. N. G. STARR.

TOMATO JELLY

One pint tomatoes scalded (a few drops of red coloring). Cook until done with slice of onion and strain through sieve so as to get rid of seeds. Season with 1 teaspoon full of salt, dash of cayenne pepper, add to it $\frac{1}{2}$ packet of gelatine, white of 1 egg or shells of 4 eggs, strain through jelly bag. Put in moulds. Be sure and have it highly seasoned.

TOMATO JELLY SALAD

$\frac{3}{4}$ box (3 tablespoons) granulated gelatine, $\frac{3}{4}$ cup of cold water, 1 tin tomatoes. Well seasoned with onion, celery, bayleaf, mace, cloves, salt and pepper.

Put tomatoes and seasonings on fire and simmer for fifteen minutes. Soak gelatine for some time in cold water. Strain hot tomatoes over it. Stir until gelatine is dissolved. Pour into cold wet mould.

VEGETABLE SALAD (MIXED)

Prepare and cook two cups of green peas, two cups of green beans, a handful of young carrots and a small cauliflower. Drain well and chill. Serve with a good French dressing of oil and vinegar.

WALDORF SALAD

One cup celery, 1 cup apple, $\frac{1}{2}$ cup nuts. Served in an apple shell or on a lettuce leaf.

SALAD DRESSING

CREAM DRESSING	MAYONNAISE DRESSING (NOT COOKED) (No. 2)
DRESSING FOR CHICKEN SALAD	PLAIN COOKED DRESSING
FRENCH DRESSING (1)	RUSSIAN SALAD
FRENCH DRESSING (2)	SALAD DRESSING (No. 1)
MAYONNAISE DRESSING (COOKED) (No. 1)	SALAD DRESSING (No. 2)
	SALAD DRESSING

CREAM SALAD DRESSING

Two tablespoons sugar, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon salt, cayenne, $\frac{1}{4}$ cup vinegar, 2 eggs, 2 tablespoons butter, or oil, $\frac{1}{2}$ cup whipped cream.

Mix dry ingredients, add vinegar and put on fire to heat. Beat eggs in a double boiler with a Dover beater until very light. Place over boiling water and gradually beat in hot vinegar. Continue beating until very thick. Remove from fire and quickly add butter. Stir until butter is melted. When cold add whipped cream, sour cream or milk until of a right consistency.

DRESSING FOR CHICKEN SALAD

Yolk of 2 eggs, 1 teaspoon salt, dash of cayenne pepper, dash of mustard, juice of one lemon. Drop oil very slowly at first, then a little faster until a cup and a half has been mixed. Beat the white of one egg stiff and add to dressing.

FRENCH DRESSING (No. 1)

One tablespoonful of vinegar to 3 of oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon of pepper. Mix the salt and pepper with the oil, then stir in slowly the vinegar and it will become white and a little thickened, like an emulsion. Some like a dash of paprika or red pepper. When intended for lettuce salad it is much improved by using a little tarragon vinegar with the wine vinegar. More oil may be used if preferred, but the mixture should be so blended as to taste of neither the oil nor the vinegar.

FRENCH SALAD DRESSING (No. 2)

Three tablespoons oil, 1 tablespoon vinegar, salt and pepper to taste.

Add salt and pepper to oil and gradually stir in vinegar. Vary with tarragon vinegar and onion juice.

MAYONNAISE DRESSING—COOKED (No. 1)

Yolks of 4 eggs, 1 teaspoonful of salt, $\frac{1}{4}$ teaspoon of mustard, pinch of cayenne pepper, 1 teaspoon sugar, $\frac{1}{2}$ cup of lemon, and vinegar mixed, 1 tablespoonful of melted butter, cook in double boiler until like a thick custard, stirring constantly, and add

$\frac{1}{2}$ cup oil, after removing from fire. This will keep for some time in closed jar. Just before using add a little whipped cream.

—MRS. CANDEE

MAYONNAISE DRESSING (NOT COOKED) (No. 2)

Yolks of 2 eggs, 1 cup salad oil, 1 tablespoon vinegar; season with cayenne, salt, mustard and a little powdered sugar.

Beat yolks, add oil drop by drop; stir one way until all the oil has been used; add vinegar and seasoning, and lastly beat up white of egg to a stiff froth and put in very gently.

PLAIN COOKED SALAD DRESSING

$\frac{1}{2}$ tablespoon salt, 1 teaspoon mustard, $1\frac{1}{2}$ tablespoons sugar, cayenne pepper, 1 tablespoon flour, 1 egg or 2 yolks, 1 tablespoon butter, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup vinegar.

Mix dry ingredients and stir in milk and stir until it thickens and boils. Beat egg very light with a Dover beater. Gradually stir the thickened milk into it. Return to fire and cook a moment longer. Add vinegar gradually and butter.

RUSSIAN SALAD DRESSING

Take 2-3 of French mayonnaise, 1-3 of Chili sauce and mix slowly in a chilled bowl, then flavor to taste with Worcester sauce, Mason's A1 Sauce, chives chopped finely, paprika, and pimentoes cut small. Make mayonnaise with lemon juice instead of vinegar.

SALAD DRESSING (CREAM AND VINEGAR) (No. 1)

This is an excellent dressing, and will use up cream, which is on the turn, but not really sour.

Take say a half cup cream, ditto of vinegar (white or brown as preferred), saltspoon cayenne, and salt, tablespoon dry mustard, two tablespoons of sugar; mix dry ingredients with vinegar thoroughly, then stir in cream; stir for three minutes, put in a bottle or jar in a cool place, shake every day and it will keep for weeks, and if any cream is on hand mix in same proportions and add at the time of serving salad a little tarragon, onion juice, chopped capers, or any suitable adjunct can be put into the dressing being used at that time, but do not put in to what is being kept.

SALAD DRESSING (No. 2)

Six eggs beaten well, 1 teaspoon salt, 2 dessertspoons mustard, 1 cup sugar, 1 cup vinegar (white kind if you have it), 1 tablespoon butter.

Put in double boiler and stir till thick, strain, when ready to use take as much as is wanted and add whipped cream till it is nice and creamy. It will keep for a month without the cream.

SALAD DRESSING

1 teacup sugar, 3 eggs well beaten, 1 teaspoon salt, 1 teaspoon mustard, 1 teaspoon cornstarch, 1 teacup white wine vinegar, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup butter.

Beat up eggs, add sugar and salt. Put vinegar in saucepan, add butter. When hot turn in eggs, sugar and salt. Blend mustard in half of milk. Add to hot mixture and just before taking off fire add cornstarch that has been blended in other half of milk. Cook until it thickens. Before using thin out with cream.

—MRS. W. B. MACLEAN.

PUDDINGS

- | | |
|--|---|
| ALMA PUDDING | MUSCOVITE PUDDING |
| ANGEL PUDDINGS | ORANGE PUDDING |
| BATTER PUDDING (No. 1) | PANCAKES |
| BATTER PUDDING (No. 2) | PANCAKES—FRENCH (No. 1) |
| BREAD PUDDING | PANCAKES—FRENCH (No. 2) |
| BROWN PUDDING | PEACH TAPIOCA PUDDING |
| CARROT PUDDING | PEACH PUDDING |
| CHEESE PUDDING | PLUM PUDDING (No. 1) |
| CHERRY PUDDING | PLUM PUDDING (No. 2) |
| CHOCOLATE PUDDING | PLUM PUDDING WITHOUT EGGS. |
| CHOCOLATE RICE PUDDING | POP-OVER YORKSHIRE PUDDING |
| CHRISTMAS PUDDING | PUDDING |
| COLD LEMON PUDDING | PUFF PUDDING |
| CRACKER PUDDING | QUEEN OF PUDDINGS |
| DATE PUDDING | RAISIN PUDDING |
| DATE SOUFFLE | RICE SNOWBALLS |
| DUMPLINGS | SCOTCH PLUM PUDDING |
| FIG DUMPLING | SPONGE PUDDING |
| FIG PUDDING | STRAWBERRY SHORTCAKE |
| FIG, DATE, PRUNE, OR FRUIT
PUDDINGS | STEAMED CHOCOLATE PUDDING |
| GINGER PUDDING | STEAMED COCONUT PUDDING |
| GINGER SOUFFLE | STEAMED FRUIT AND SUET
PUDDING |
| GROUND RICE PUDDING | SAUCE FOR STEAMED PUDDING |
| HUCKLEBERRY PUDDING | SUET PUDDING (No. 1) |
| "HURRY-UP" PUDDING | SUET PUDDING (No. 2) |
| LEMON PUDDING (No. 1) | TAPIOCA AND PINEAPPLE
PUDDING |
| LEMON PUDDING (No. 2) | WHITE AND GOLD PUDDING |
| LIGHT STEAM PUDDING | YORKSHIRE PUDDING (SERVED
WITH BEEF) |
| MARLBOROUGH PUDDING | |
| MARMALADE PUDDING (Good) | |

ALMA PUDDING

$\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. flour, 2 oz. currants, 2 eggs. Put in the bowl in rotation and beat up all together. Steam 5 hours.

ANGEL PUDDINGS

Two oz. flour, 2 oz. butter, 2 oz. sifted sugar, 2 eggs, $\frac{1}{2}$ pint milk or cream.

Butter to be warmed and mixed with the flour, sugar, eggs and milk; the whole to be well beaten and put into well buttered saucers. Bake in a quick oven for 20 minutes, warm a little jam, turn the puddings out of the saucers, put a spoonful of jam into each and fold double. Serve very hot. This quantity makes six puddings.

BATTER PUDDING (No. 1)

Four heaping tablespoons sifted flour; 4 eggs, $\frac{1}{2}$ teaspoon salt; $1\frac{1}{2}$ pints milk, 1 tablespoon melted butter.

Mix flour with half of the milk, heat other half, add eggs and salt to milk and flour, then hot milk and melted butter. Bake $\frac{3}{4}$ of an hour, serve at once with maple syrup. This is enough for eight people.

BATTER PUDDING, BOILED (No. 2)

Three-quarter pint milk, 6 oz. flour, little salt, 4 eggs. Boil quarter of an hour.

BREAD PUDDING

Six oz. flour, 6 oz. suet chopped small, 6 oz. bread crumbs soaked in cold water for the night and squeezed dry in a colander, 6 oz. raisins cut in half, a little salt and nutmeg, 1 tablespoon of golden syrup; an egg improves it much. Steam 5 hours. It can be mixed the day before; any piece of bread will do. Serve with sweet sauce or castor sugar. The long boiling is the secret.

BROWN PUDDING

Three eggs—their weight in sugar, flour and butter, $\frac{1}{2}$ teaspoon of soda, 4 tablespoons raspberry jam. Steam $1\frac{1}{2}$ hours.

CREAM SAUCE FOR ABOVE.— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup cream or milk, 4 tablespoons wine or flavoring. If vanilla or lemon be used add four tablespoons of cream.

Beat butter to a cream, add the sugar gradually, then the wine, then the cream, a little at a time. When all is beaten smooth, place bowl in a basin of hot water, and stir till the sauce is smooth and creamy—not longer.

CARROT PUDDING

1 cup grated carrot, 1 cup chopped suet, 1 cup currants, 1 cup raisins, 1 cup flour, 1 cup bread crumbs, $\frac{1}{2}$ cup brown sugar, 1 egg, 1 teaspoon baking soda, 1 teaspoon mixed spices, $\frac{1}{4}$ cup milk.
Steam for 2 hours.

—MRS. RIDDELL

CHEESE PUDDING

1 cup bread crumbs, 1 pint (scant) scalded milk, 5 or 6 tablespoons grated cheese, 1 tablespoon melted butter, 2 eggs well beaten, 1 teaspoon salt, dash of pepper.

Add eggs after everything is beaten together and bake about 15 minutes.

—MRS. KIRKPATRICK

CHERRY PUDDING

Two small cups flour, 2 teaspoons baking powder, 2 tablespoons melted butter, $\frac{3}{4}$ cup milk, 1 cup large or two small, cherries with juice strained off. If cherries are not sweet add a tablespoon of sugar, pinch of salt. Mix with flour, baking powder and salt added last. Place in mould and steam $1\frac{1}{2}$ hours.

SAUCE.—Juice from 1 pint cherries, a small piece of butter and cornstarch sufficient to thicken when boiled.

—ANNIE CLARK

CHOCOLATE PUDDINGS

$1\frac{1}{2}$ cups bread crumbs, 3 tablespoons cocoa, 2 eggs, 2 tablespoons melted butter, 1 cup of milk, 1 teaspoon nearly full vanilla essence, 2 heaping tablespoons sugar.

Melt butter, add cocoa and milk. When dissolved pour on bread crumbs; add flavor and sugar and mix thoroughly; then add yolks of eggs and lastly the whites that have been beaten to a stiff froth. Steam.

CHOCOLATE RICE PUDDING

Two cups milk, $\frac{1}{4}$ cup rice, one-third teaspoon salt, 1 tablespoon butter, one-third cup sugar, 1 square of melted chocolate, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ cup seeded raisins, whites of 2 eggs, $\frac{1}{2}$ cup of heavy cream.

Scald milk, add rice and salt, cook slowly till rice is soft, add butter, chocolate, vanilla, raisins and sugar, fold in stiffly beaten whites of eggs. Put into buttered baking dish and bake 15 minutes. Serve with whipped cream sweetened and flavored with vanilla.

CHRISTMAS PUDDING—Good

Half lb. suet, 2 oz. of flour, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. sultanas, $\frac{1}{4}$ lb. currants, $\frac{1}{2}$ lb. bread crumbs, 1 lemon, 1 oz. shredded almonds, $\frac{1}{4}$ oz. mixed spice, $\frac{1}{4}$ lb. mixed peel, 4 eggs, wineglass brandy, $\frac{1}{2}$ pint of beer, boil 10 hours. Sufficient for 12 persons.

COLD LEMON PUDDING

Put 1 pint water, 1 cup sugar, rind of 1 and juice of 2 lemons, butter size of an egg, a pinch of salt, in a double boiler. Thicken with tablespoon of cornstarch. Let this cook well then add yolk of 2 eggs and cook a few minutes more.

Pour into the dish you wish to serve in, set away to get thoroughly cold for several hours. Add white of eggs to top and brown slightly. Serve with cream.

—MRS. WM. INCE

CRACKER PUDDING

Five crackers, 1 quart of milk, 3 eggs, sugar and flavoring.

Roll crackers fine and mix with yolks of eggs and milk. Sweeten and flavor to taste. Bake in oven and when done spread over the whites of the eggs beaten stiffly. Brown in oven.

DATE PUDDING

One cup suet, $\frac{1}{2}$ cup sour milk, 1 cup stoned dates, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, and flour to stiffen, steam $2\frac{1}{2}$ hours. Serve with brandy sauce.

—MRS. BLACKBURN

DATE SOUFFLE

One cup of sugar, 2 eggs, 1 large tablespoonful flour, 1 teaspoon baking powder, 1 cup of walnuts (broken in pieces), 1 cup of dates (stoned and halved).

Beat eggs and sugar together with a spoon; add flour and baking powder sifted together. Then dates and nuts which have been rolled in some of the flour. Bake slowly about thirty minutes in greased pan until golden brown. Serve cold or hot.

DUMPLINGS

One cup flour, one-third cup milk, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt.

Sift dry ingredients quickly, stir in milk to form a batter. Drop by small spoonfuls into the hot stew. Cover at once and boil gently fifteen minutes.

N.B.—Pot must not be uncovered while dumplings are in.

FIG DUMPLING

One cup chopped suet, 1 cup milk, $\frac{1}{2}$ lb. figs chopped, 1 cup brown sugar, 1 cup molasses, 2 eggs, 1 teaspoonful vanilla, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls baking powder. Flour enough to make a batter. Boil or steam three hours. Always a successful pudding.

FIG PUDDING

1 cup beef suet chopped fine, $1\frac{1}{2}$ cups brown sugar, $1\frac{1}{2}$ cups bread crumbs (fine), 1 cup flour, 1 lb. figs chopped not too finely, 1 nutmeg grated, 1 egg, 1 cup sweet milk, $\frac{1}{2}$ teaspoon baking soda dissolved in a little milk.

Grease the bowl with butter and steam 3 or 4 hours.

—F. MCM. R.

FIG, DATE, PRUNE OR FRUIT PUDDING

Two cups stale bread crumbs, 1 cup flour, 1 cup brown sugar, $\frac{1}{2}$ lb. suet, one-third teaspoon soda, juice and rind of 1 lemon, 3 eggs.

1.—Variations: Add 1 cup currants, 1 cup raisins, $\frac{1}{2}$ grated nutmeg, 1 teaspoon cinnamon.

2.—Variations: 1 lb. figs, dates or prunes passed through mincer.

Mix all ingredients, then eggs, and steam from $1\frac{1}{2}$ to 2 hours.

GINGER PUDDING

Two eggs, 1 cup milk, $\frac{1}{2}$ cup molasses, flour enough to stiffen. Make a thin batter. 1 teaspoon of ginger in flour, 1 teaspoon of soda in molasses, a little salt.

Put in a buttered mould and steam $1\frac{1}{2}$ hours. Serve with sauce.

GINGER SOUFFLE

One pint milk, 3 oz. butter, 5 eggs, 1 tablespoon flour, 2 tablespoons sugar, 1 tablespoon preserved ginger chopped.

Warm the milk, fry butter and flour together and add milk by degrees, then sugar and ginger; let cool a little before adding yolks of eggs, one at a time; beat whites stiff and mix together. Pour in buttered souffle dish and bake $\frac{1}{2}$ hour. Batter should be about $1\frac{1}{2}$ inches below top of tin.

GROUND RICE PUDDING

Put in a double saucepan 1 pint milk and thicken with two heaping tablespoons of ground rice; stir gently and leave to simmer 15 minutes. Let it cool a little and add a well beaten egg, sugar (and flavoring if cared for). Bake for half an hour in moderate oven.

HUCKLEBERRY PUDDING

One cup of sugar, one-third cup of butter, 2 cups of flour, $\frac{1}{2}$ cup of milk, 3 eggs, $1\frac{1}{2}$ teaspoon baking powder, 1 pint huckleberries. Bake in earthenware dish $\frac{3}{4}$ of an hour. Serve with hard sauce.

"HURRY UP"

One tablespoon butter, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, 1 egg. Just enough milk to make a nice batter, 1 teaspoon flavoring. Bake 20 minutes.

LEMON PUDDING No. 1

Half a loaf of stale bread, crumbled, 1 cup of granulated sugar, 3 eggs, yolks only, the juice and grated rind of 2 lemons, $\frac{1}{2}$ a cup of cold water poured over the grated rinds of the lemons, $\frac{1}{2}$ cup of butter.

Stir these ingredients all together, bake in a deep pudding-dish until a light brown.

Make a meringue of the whites of the three eggs, and 2 cups of sugar—granulated; return to the oven, and brown lightly.

LEMON PUDDING. No. 2.

One cup water, 1 cup sugar, grated rind and juice of 1 lemon; boil these until the sugar is dissolved, then add 2 tablespoons of cornstarch mixed with a little water and a beaten egg, and boil until thick. Line a dish with sponge fingers or cake, pour in mixture, and put whipped cream on top. (This also makes a good pie filling.)

LIGHT STEAM PUDDING

One tablespoon butter, 1 tablespoon sugar, 1 egg, 2 heaping tablespoons flour, 2 tablespoons hot water poured over 1 teaspoon soda. Mix to a batter and add 1 tablespoon of marmalade or strawberry jam. Put more jam in bottom of mould, pour in batter and steam 1 hour. Serve with sauce or whipped cream.

MARLBOROUGH PUDDING

Strain 2 cupfuls of stewed apples through a sieve; $4\frac{1}{2}$ cups of milk. Beat the yolks of 6 eggs and $1\frac{1}{2}$ cups of sugar together; add apples while hot, and stir in the milk and eggs; turn into a baking dish and bake in a quick oven about half an hour. Make a meringue with the whites of the eggs and a $\frac{1}{2}$ teaspoon pulverized sugar; heap over the top of the pudding and set in the oven to brown. Let stand on the ice until cold. Serve with cream and sugar.

MARMALADE PUDDING (GOOD)

1 cup of suet, 1 cup of bread crumbs, 1 cup of brown sugar, 2 tablespoons marmalade, $\frac{1}{2}$ teaspoon baking soda.

Mix with two eggs. A few raisins laid in bottom of mould is an improvement. Steam three hours and serve with good sauce.

MUSCOVITE PUDDING

One cup sugar (measuring cup), 1 cup milk, $\frac{1}{2}$ cup butter (melted), 2 cups flour, 3 teaspoons baking powder, 1 egg, 1 teaspoon vanilla. Beat the egg, add the sugar, then the melted butter, then flour and milk alternately; add flavoring. Bake in two well buttered tins, in moderate oven. When cooked, put a layer of preserves between, pour over it hot chocolate sauce and serve with whipped cream.

HOT CHOCOLATE SAUCE.—A square (1 oz.) Cowan's unsweetened chocolate; dissolve in $1\frac{1}{2}$ cups boiling water, add $\frac{3}{4}$ cup sugar.

ORANGE PUDDING

Rind of 1 orange, juice of 3, putting the pulp through colander. 1 cup sugar, 1 cup bread crumbs, 1 cup milk, bit of butter melted.

Pour milk and orange mixture over breadcrumbs and let stand while beating 3 eggs. Add the beaten eggs to the mixture, stirring thoroughly. Bake until well set, 20 or 25 minutes.

—MRS. WM. INCE

PANCAKES

Six oz. flour, 1 egg, $\frac{1}{2}$ pint milk, a little salt, 2 large apples chopped fine, and a few currants. Use plenty of fat to fry.

FRENCH PANCAKES

2 oz. butter, 2 oz. flour, 2 oz. sugar, 2 eggs, 1 gill milk warm.

Bake in buttered saucers 20 minutes. Spread with jam, pile one on top of another, cut in four. —MISS ELLEN MITCHELL

PANCAKES, FRENCH (No. 1)

Two eggs, 1 cup flour, 1 cup milk, $\frac{1}{2}$ cup sugar, 1 tablespoon butter; cook in buttered saucers in oven; roll with jam in middle.

To mix: Cream butter and sugar. Beat in the eggs, then add the milk; sift in flour last.

PANCAKES, FRENCH (No. 2)

Two oz. flour, 2 oz. butter, 2 oz. castor sugar, $\frac{1}{2}$ pint milk. This makes 12 small ones. Bake 20 minutes. Mix ingredients in rotation they are given.

—ETTIE

PEACH TAPIOCA

TO BE SERVED COLD

One can peaches, $\frac{1}{4}$ cup powdered sugar, 1 cup tapioca, 3 tablespoons boiling water, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt.

Soak tapioca in cold water to cover, drain peaches.

To peach syrup add enough boiling water to make 3 cupfuls. Add tapioca (drained from cold water); add sugar and salt; cook till transparent; line a mould or pudding dish with the peaches, fill with tapioca, cook in a moderate oven 30 minutes. Serve with whipped or plain cream, or wine sauce.

—MRS. DUGGAN

PEACH PUDDING

Pare, halve and pit four or five ripe peaches.

Make a batter by sifting one heaping teaspoonful of baking powder and a pinch of salt into two cupfuls of flour, and then rubbing one tablespoonful of butter into it. Beat one egg until light, add half cupful of milk and thicken with the prepared flour. Spread the batter in round buttered form, lay on the peaches, cut side upwards, over the top, fill the cavity in with sugar and bake in a quick oven. Serve hot with whipped cream or any sauce preferred.

Sugar may be added to the batter mixed with the beaten egg if so desired.

PLUM PUDDING. No. 1

Eight eggs, 2 lbs. currants, 2 lbs. raisins, 2 oz. candied lemon or citron, 2 lbs. suet, 2 lbs. sugar, 1 quart bread crumbs, soaked in a cup of sweet milk, 1 nutmeg, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder. Flour sufficient to make a stiff batter.

PLUM PUDDING. No. 2

One lb. chopped suet, 1 lb. stoned raisins, 1 lb. currants, 1 lb. brown sugar, $\frac{1}{2}$ lb. blanched almonds (chopped), $\frac{1}{2}$ lb. bread crumbs, $\frac{1}{2}$ lb. sifted flour (browned), $\frac{1}{2}$ lb. molasses, 1 cup brandy, $\frac{1}{2}$ cup milk, 10 eggs, 2 teaspoons vanilla, 1 teaspoon cinnamon, 2 nutmegs, $\frac{1}{2}$ teaspoon salt. Boil six hours.

PLUM PUDDING (Without Eggs)

$3\frac{1}{2}$ lbs. flour, 3 lbs. currants, 3 lbs. raisins, 1 lb. candied peel, 3 lbs. coffee sugar, 1 lb. potatoes (raw, grated), 1 lb. carrots, 1 oz. cinnamon, 1 oz. nutmeg, 3 lbs. suet, $\frac{1}{4}$ lb. cooking almonds, 1 quart of milk. Boil for six hours, then hang up and boil two hours more before placing on the table.

POP-OVER YORKSHIRE PUDDING

One cup flour, 1 cup milk, one-eighth teaspoon salt, 1 egg.

Mix egg, salt, flour, and lastly the milk, a little at a time. Beat for five minutes without stopping. Pour into hissing hot gem pans, with a little melted butter or dripping in each and bake in a hot oven for 20 minutes.

This recipe can be used for Yorkshire Pudding if baked in a square tin. Serve the Pop-Overs with "hard sauce."

PUDDING

One cup finely chopped suet, $1\frac{1}{2}$ cups sifted flour, $\frac{3}{4}$ cup molasses, $\frac{1}{2}$ cup milk (small), 2 teaspoons baking powder.

Mix milk and molasses together. Steam 2 hours.

PUFF PUDDING

Five tablespoons of flour, 5 tablespoons of milk, 4 eggs, stirred smooth, 1 cup of boiling milk. Bake 20 minutes. Serve with hard sauce.

QUEEN OF PUDDINGS

Four eggs, 1 quart of milk, 1 cup of brown sugar, 1½ cups bread crumbs, 1 lemon, 4 tablespoons of white sugar, jam or jelly.

Mix yolks of eggs, brown sugar, grated rind of lemon, bread crumbs and milk. Bake until light brown. When cool spread over a thick layer of jam or jelly, then beat the whites of eggs to a stiff froth; add 4 tablespoons white sugar and the juice of the lemon; spread over jam and brown lightly in oven. Serve cold.

RAISIN PUDDING

One cup seeded raisins, 1 cup sweet milk, 2 eggs, 3 tablespoons melted butter, 1 tablespoon sugar, 2 cups sifted flour, 3 teaspoons Taylor's baking powder, 1 teaspoon salt. Put into well buttered mould and steam one hour. Serve with sweet sauce.

RICE SNOW BALLS

One pint of rice, 1 teaspoonful salt, 2 quarts water.

Boil until soft; put in small cups and when perfectly cold turn out in a dish. Make a custard and when it is cold pour over rice balls, half an hour before serving.

SCOTCH PLUM PUDDING

Two cups rolled oats, 3 tablespoons flour, ½ cup molasses, ½ cup brown sugar, 1 cup milk, 1 cup raisins, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon salt, ½ teaspoon soda. Steam three hours.

SPONGE PUDDING

½ lb. flour, 2 oz. butter, 2 oz. castor sugar, 1 egg, 1 tablespoonful cream. Steam 1 hour.

STRAWBERRY SHORTCAKE

One tablespoonful white sugar, ½ cup butter, 1 egg, 1 scant cup milk, 2 cups flour, 2 heaping teaspoons baking powder, ½ teaspoon salt. Bake in two layers in moderate oven.

STEAMED CHOCOLATE PUDDING

Cream 3 tablespoons butter and add gradually, while beating constantly, two-thirds cupful sugar; then add one egg, well beaten. Mix and sift 2¼ cups of flour with 4½ teaspoonfuls baking powder, and ¼ teaspoon salt and add alternately with 1 cup of milk to

first mixture; then add 2 tablespoons unsweetened chocolate which has been melted in a small saucepan floated in a larger saucepan of boiling water. Turn into a greased mould. In filling a mould for steaming, never allow mixture to fill mould more than two-thirds full, for room must be left for rising.

Steam for two hours. Serve with "hard sauce."

STEAMED COCOANUT PUDDING

2 oz. bread crumbs, 2 oz. cake crumbs, $\frac{3}{4}$ pt. milk, $\frac{1}{4}$ lb. cocoanut, 2 oz. butter, 2 oz. sugar, 4 eggs, 1 teaspoon vanilla.

Butter a mould well, decorate with glazed cherries, cover with a greased paper. Steam $1\frac{1}{2}$ hours.

—MISS ELLEN MITCHELL

STEAMED FRUIT AND SUET PUDDING

2 cups bread crumbs, 1 cup sugar, 1 cup grated carrots, 1 cup currants, 1 cup raisins, 1 cup suet, $\frac{1}{4}$ cup flour, $\frac{1}{4}$ cup milk, 1 teaspoon baking powder, pinch of salt.

Steam 3 hours over good fire.

—MRS. W. B. MACLEAN

SAUCE FOR STEAMED PUDDING

$\frac{1}{2}$ cup sugar (small), 1 cup milk, Butter size of small egg, 1 dessertspoon cornstarch.

Cook all together in saucepan until brown. Flavor with anything desired.

—MRS. W. B. MACLEAN.

SUET PUDDING

One egg, 1 cup molasses, 1 cup suet, 1 cup raisins, 1 teaspoon soda dissolved in hot water, and $3\frac{1}{2}$ cups of flour; steam three hours.

SUET PUDDING

Three cups flour, 2 teaspoons baking powder, pinch salt, 4 tablespoons chopped suet, cold water or milk enough to make a soft dough.

1.—Variations: Add 4 tablespoons molasses, 2 teaspoons ground ginger.

2.—Variations: $\frac{1}{4}$ cup raisins, $\frac{1}{4}$ cup currants, 2 tablespoons peel, $\frac{1}{4}$ cup sugar.

Mix flour, suet, baking powder, all dry ingredients. Gradually add liquid to make a soft dough. Fill a greased mould two-thirds full and steam from $2\frac{1}{2}$ to 3 hours.

TAPIOCA AND PINEAPPLE PUDDING

Soak 1 cup tapioca overnight, then cook slowly until clear, add 1 pint shredded pineapple, juice of two lemons, 1 good cup of sugar. Cook together $\frac{1}{2}$ an hour and let partly cool, then stir in whites of two eggs well beaten. Put in mould to stiffen and serve with whipped cream.

WHITE AND GOLD PUDDING

One lemon, 3 tablespoons cornstarch, 2 eggs, whites only, 2 cups white sugar, 3 cups boiling water.

Put lemon juice and grated rind with sugar and water in saucepan and let simmer a few minutes, then stir in cornstarch dissolved in a little cold water. Boil two or three minutes until clear. Remove from fire and stir in stiffly beaten whites of eggs. Pour into mould, and when cold serve with custard.

CUSTARD FOR ABOVE.—One pint of milk, 2 tablespoons sugar, 2 eggs, yolks only, 1 teaspoonful of cornstarch. Cook in double boiler and use cold.

YORKSHIRE PUDDING

One pint of milk, 4 heaped tablespoonfuls flour, 2 eggs, little salt. Bake one hour.

ODDMENTS

BROWN BREAD SANDWICHES
CHEESE DREAMS
CHESTNUT STUFFING FOR
TURKEY
FUDGE

MINCE-MEAT
MUSHROOM SANDWICHES
ORANGE BRANDY
RAMKINS—6 persons
STUFFING FOR TURKEY
UNFERMENTED GRAPE JUICE

BROWN BREAD SANDWICHES

Make a paste of cream cheese filled with chopped olives, spread over brown bread.

CHEESE DREAMS

Take any trimmings of puff paste. Roll out and add 1 oz. of parmesan cheese and a little old pepper. Roll well into paste. Fold and roll again. Then cut with round cutter, put $\frac{1}{2}$ teaspoonful grated cheese on paste. Wet edge of paste and fold in half. Bake about ten minutes.

—MISS ELLEN MITCHELL.

CHESTNUT STUFFING FOR TURKEY

Three-quarter lb. chestnuts, $\frac{1}{2}$ lb. fine bread crumbs, 2 hard-boiled eggs, $1\frac{1}{2}$ oz. butter, little chopped parsley, pepper and salt. Cook chestnuts and eggs, then rub them through a wire sieve.

FUDGE

Two cups granulated sugar, 1 cup milk, 1 tablespoon butter, $\frac{1}{2}$ cake unsweetened Baker's chocolate.

Put on together and let boil until forming soft ball, when drapped in cold water. Remove from stove and beat in nuts or marshmallows until it will just pour out. Pour on buttered plate; cut into squares.

MINCE-MEAT

French Recipe

One lb. boiled ox-tongue, 1 lb. fresh suet, 2 lbs. best raisins (stoned), 2 lbs. well-cleaned and dried currants, 2 lbs. choice, juicy apples, 2 lbs. granulated sugar, $\frac{1}{2}$ lb. candied citron peel, $\frac{1}{2}$ lb. candied orange peel, and the grated outer rind of 2 raw lemons; 4 lemons boiled (the pips removed). Boil the lemons whole, then cut open, and take out pips; 2 nutmegs (grated), 1 teaspoonful of salt, 1 teaspoonful of ground mace, 1 teaspoonful of ground ginger.

Mince each of the ingredients separately, then mix all carefully together. Then pour over, and stir well in— $\frac{1}{2}$ pint of brandy, and $\frac{1}{2}$ pint of sherry. Press the mince-meat into a stone jar and cover tightly.

The mince-meat is better not to be used immediately, and will keep perfectly for months. More liquor can be added from time to time if necessary.

MUSHROOM SANDWICHES

Peel mushrooms and cook slightly in a little butter seasoned with pepper and salt, then place between buttered bread and lay aside until ready to serve. Before serving toast on both sides.

Delightful for afternoon tea served from hot muffin dish.

—MRS. HUMPHREY GILBERT

ORANGE BRANDY

The rinds peeled thin of 8 large lemons, 8 Seville oranges, 4 Tangerine oranges; 3 lbs. loaf sugar (or 2 lbs. sugar candy), 2 pennyworth saffron, steeped together for 3 days in a gallon of pale brandy stirred two or three times a day. Then strain and bottle. Ready for use in a year, but should be kept three years or longer.

RAMKINS—6 persons

4 eggs, 3 tablespoons flour, 1 glass water, 3 tablespoons butter, $\frac{1}{2}$ lb. cheese.

In a saucepan put glass of water, add butter, while stirring add flour. When thick enough let stand on edge of range to cool a little. Add 4 eggs one by one, while beating continually add 6 oz. grated cheese. Stir well. Put in a pie plate in small cakes about an inch apart and sprinkle over 2 oz. of cheese. Cut in very small dice. Bake in oven until light brown. Serve with salad of lettuce, tomatoes, cucumbers, watercress and green peppers cut thinly to garnish.

—MRS. W. B. MACLEAN.

STUFFING FOR TURKEY

Amount of stuffing must of course depend on size of birds.

To one-fourth of celery (chopped finely and cooked for fifteen minutes in the least amount of water possible, and dried in a muslin cloth) add three-fourths of fresh bread crumbs, salt, pepper, paprika, mix thoroughly. Then pour in as much chicken or turkey fat as desired to make the mixture the usual consistency of fowl stuffing. If onion is desired it may be added, but chopped very very finely, and savory or other seasoning added if desired.

—MRS. E. R. ROLPH.

UNFERMENTED GRAPE JUICE

INGREDIENTS: 10 lbs. grapes, 1 cup water, 3 lbs. sugar.

METHOD: Put grapes and water in granite stew-pan. Heat until stones and pulp separate; then strain through jelly bag; add sugar, heat to boiling point, and bottle. This will make one gallon. When served it should be diluted one-half with water.

DESSERTS, CREAMS, SWEETS AND JELLIES

BANANA WHIP	LEMON SNOW
BAVARIAN CREAM (No. 1)	LEMON SPONGE
BAVARIAN CREAM (No. 2)	MAPLE PARFAIT
CARAMEL ICE CREAM	MARSHMALLOW CREAM
CHARLOTTE RUSSE	MERINGUE
CHARLOTTE RUSSE MOULD WITH AMBROSIA	ORANGE AND BANANA SOUFFLE
CHOCOLATE BLANC MANGE	ORANGE JELLY
CHOCOLATE ECLAIRS	PINEAPPLE CREAM
CHOCOLATE MOUSSE	PINEAPPLE SOUFFLE
COCOANUT AMBER	SNOW PUDDING
COFFEE CREAM	SPANISH CREAM (No. 1)
COFFEE JELLY	SPANISH CREAM (No. 2)
DATE AND COFFEE SHAPE	STRAWBERRY ICE
DELICIOUS DESSERT	TAPIOCA CREAM
FRENCH CARAMEL CREAM	TRIFLE (No. 1)
FROZEN MINT	TRIFLE (No. 1)
GOOSEBERRY FOOL	WALNUT CREAM
HONEYCOMB CREAM	WINE JELLY (No. 1)
LEMON FOAM	WINE JELLY (No. 2)
LEMON JELLY	WINE JELLY (EXTRA SPECIAL)

BANANA WHIP

Two eggs (yolk), one-sixth cup sugar, $1\frac{1}{2}$ cups milk, 3 teaspoons flour. Two eggs (whites), 1 teaspoon sugar, 4 bananas.

Make a thin custard of the yolks of 2 eggs, one-sixth cup sugar, and $1\frac{1}{2}$ cups milk.

Beat whites stiff, add 1 teaspoon sugar and whip into this 4 mashed bananas. Place on top or beside custard.

Level measurement: 1 cup equal to $\frac{1}{2}$ pint.

BAVARIAN CREAM (No. 1)

One pint of cream whipped, 1 pint of milk, $\frac{1}{2}$ cupful sugar, 4 yolks of eggs, $\frac{1}{2}$ teaspoon salt, 1 package of Knox's gelatine.

Whip 1 pint of cream, scald 1 pint of milk, add a little vanilla flavor. Remove from fire and add the yolks previously beaten with sugar and salt to a cream. Return to fire long enough to set the egg. Take off the moment it begins to thicken. Add soaked gelatine and stir till dissolved; pass through sieve. When cold and beginning to set whip a few minutes with a Dover beater. Then mix in lightly the whipped cream and turn into a mould to harden. Avoid using any of the cream which has returned to liquid. The cream should have a spongy texture. This makes one quart.

BAVARIAN CREAM (No. 2)

Half oz. gelatine, $\frac{1}{2}$ cup cold water, yolks of 4 eggs, 1 cup sugar, 2 cups cream, 2 cups milk, 1 teaspoon flavoring.

Stir milk and cream together. Whip and drain off whip. Add to the unwhipped cream enough milk to make 1 pint. Scald it and convert into a soft custard with the egg yolks and sugar. Add gelatine and flavoring and pour into mould. When mixture begins to set fold in the whipped cream.

CARAMEL ICE CREAM

One quart of milk, 1 cupful of sugar (browned), add the milk slowly, and 2 tablespoonfuls of flour made smooth in cold milk. Boil for 20 minutes, add 3 eggs mixed with a little milk and remove from the fire at once, and allow it to cool. When ready to freeze, add 1 quart of cream.

To brown the sugar, put it in a small flat pan on the top of the stove. Stir constantly until it is a dark brown.

CHARLOTTE RUSSE

Line mold with lady fingers. Add dissolved gelatine to the cream. Whip until whole is stiff. Gradually add sugar and flavoring. Pour it into mould.

Use $\frac{1}{2}$ oz. sugar, 1 quart cream and 5 or 6 sheets of isinglass.

CHARLOTTE RUSSE MOULD WITH AMBROSIA

1 pint whipping cream, white of 2 eggs, 1 teaspoon gelatine. Dissolve gelatine in as little boiling water as possible.

Whip cream and add the beaten whites of eggs and $\frac{1}{4}$ cup sugar and a pinch of salt. Flavor with a little lemon and vanilla and about a teaspoon of brandy. Pour into mould with a large hole in the centre.

Take a small piece of candied ginger or citron or orange peel, a few dates and raisins, chopped walnuts and candied cherries. Place in a coffee cup and cover with the following: Juice of small lemon, juice of $\frac{1}{2}$ orange, a little sugar, 1 tablespoon of brandy, half tablespoon of rum. Pour over the fruit and if not sufficient to cover add a little water.

Press the fruit down and allow to stand over night.

Turn out the Charlotte Russe and fill the cavity with the fruit. Should there be too much fruit use it as a garnish around the mould and then add angelica as a finish.

—MRS. W. J. ELLIOTT

CHOCOLATE BLANC MANGE

1½ pint milk, 1 oz. Baker's chocolate, 1 small cup sugar, 3 tablespoons cornstarch, 1 teaspoonful vanilla, yolks of 2 eggs, whites beaten stiff and added last.

Pour milk, chocolate and sugar into double boiler. When hot and chocolate thoroughly melted add cornstarch and yolks. Cook until thick, then add beaten whites (a Dover beater makes it smooth). Put into moulds. Caramel Blanc Mange can be made in the same way with caramel instead of chocolate.

—ANNIE CLARKE

CHOCOLATE ECLAIRS

One cup of flour, boiling water to make a paste, 3 eggs. Bake on greased pan. Fill crusts when cold with whipped cream, and ice the shells with chocolate icing.

CHOCOLATE MOUSSE

One ounce of chocolate grated, 1 cup of sugar, 1 tablespoon of gelatine soaked in a little milk, 3 cups of cream whipped light, 1 teaspoon vanilla. Put the sugar and chocolate in a little water on the stove to melt. When smooth add the gelatine, let it cool, then mix with the whipped cream. Put in a mould, pack in salt and ice and let stand for four hours. Chocolate sauce served with it is an improvement.

COCOANUT AMBER

Line pie dish with puff paste. Take 1 oz. butter, 1 oz. sugar, 1 oz. cake crumbs, 4 oz. cocoanut, 3 eggs, ½ pint milk, vanilla essence.

Beat butter and sugar to a cream. Add cake crumbs, then yolks of eggs and vanilla. Put cocoanut in pan with milk and heat, but do not boil. Then leave till cool and mix with other ingredients. Pour into pie dish and bake for 20 minutes in moderate oven. Whip white of eggs stiff, add tablespoonful sugar, put on top of pudding and brown in oven.

—MISS ELLEN MITCHELL.

COFFEE CREAM

½ ounce gelatine, ¼ cup cold water, ½ cup white sugar, ½ cup coffee liquor, 2 teaspoons vanilla, 1½ cups cream before whipping.

Dissolve gelatine in water, add sugar, coffee, vanilla. When cool mix with cream whipped stiff, put in mould to set. Serve with whipped cream. Coffee liquor made by boiling 4 tablespoons coffee in 1 cup water.

—MRS. RUGGLES GEORGE.

COFFEE JELLY

One oz. gelatine, 1 cup cold water, 6 cups clear strong coffee, (2 tablespoons coffee, 1 cup water—clear with an egg), 1½ cups sugar, ½ cup wine (if desired).

DATE AND COFFEE SHAPE

Soak ½ box gelatine in ½ cup of cold water. When dissolved add 1 pint boiled coffee (clear), and ½ cup sugar. Strain and cool and when beginning to set add ½ lb. finely chopped dates and ¼ lb. chopped walnuts.

A DELICIOUS DESSERT

Into each sherbet glass put a slice of pineapple, cut in four pieces; 4 marshmallows cut with scissors into four pieces; ½ doz. English walnuts, pinch of cocoanut, and several teaspoonsful of pineapple juice. Put on top, tablespoonful of whipped cream, one or two red cherries on top for color.

—MRS. CROMPTON

FRENCH CARAMEL CREAM

(a) Half cup sugar in a saucepan with 2 tablespoonfuls water. Stir until sugar is melted, then allow it to boil over quick fire until it becomes a good brown color.

(b) One dessertspoonful sugar put into 1 pint milk. Allow milk to scald in double boiler.

(c) Three eggs; beat well.

Pour milk into caramel; pour eggs into the milk caramel mixture; pass whole through strainer; return to double boiler and stir constantly until the custard thickens.

This quantity is sufficient to fill 7 ordinary custard glasses. Serve cold. Just before serving, a little thick cream poured over the top of each custard, adds to its taste and to its appearance.

Should the custard show signs of graining, when it is returned to the double boiler, arrest cooking immediately.

Put saucepan, with custard in it, into a bowl holding cold water; add a little cream or milk to the custard and beat vigorously with Dover beater.

FROZEN MINT

Make lemon-ice and when half frozen add ¼ cup chopped fresh mint.

GOOSEBERRY FOOL

Top and tail the fruit, stew very slowly (with as little water as possible), until very soft; sweeten to taste; smash with a spoon and then rub through a very fine sieve and add at once an equal

portion of very rich milk or thin cream; stir for five minutes and set in the refrigerator. When quite cold it is ready to serve either in large bowl or in custard glasses. If wished, a very little whipped cream can be dabbed on top.

This is extremely nice made with black currants instead of gooseberries, or any fruit can be used.

If made with strawberries use very ripe ones and do not cook or put any water; a tablespoonful of milk could be used to help the fruit through the sieve, after smashing it well with a fork.

HONEY COMB CREAM

1½ pints milk, 1 oz. gelatine, 3 eggs, and sugar to taste; flavor with sherry. Put in double boiler, milk, gelatine, and sugar and beaten yolks of the three eggs. Stir until thick as custard, then remove from fire. When cold add well beaten whites and pour in mould. Serve with whipped cream.

LEMON FOAM

Two cupfuls of hot water, 1 small cupful of sugar, 2 rounded tablespoonsful of cornstarch, the juice of 2 lemons, and the whites of 3 eggs. Put the hot water and sugar in a saucepan, let it come to a boil, then add the cornstarch blended with a little cold water, stir constantly, and let it boil for 4 or 5 minutes, then add the lemon juice, and take it from the stove. Set it in a pan of water to cool. Beat the whites of 3 eggs very stiff, add to the mixture, beating for a few minutes until quite cool. Serve with cream or custard.

LEMON JELLY

One oz. gelatine, 1 cup cold water, 3 cups boiling water, 1½ cups sugar, 2 cups lemon juice.

LEMON SNOW

One-third box gelatine, one-third cup cold water, 1 cup boiling water, 1 cup sugar, juice of 3 lemons, whites of 3 eggs.

Make a lemon jelly and when partly set add stiffly-beaten egg whites.

LEMON SPONGE

Wet 3 level tablespoonfuls of corn starch with cold water enough to cream. Add 1 pint boiling water and the juice of 2 lemons; cook for two or three minutes. Take from stove and add two-thirds cup of sugar. Beat the whites of two eggs stiff and fold in. Pour in glass dish or mould. Make a custard with the yolks and 1 cup of milk, and half a level teaspoonful of corn starch.

MAPLE PARFAIT

Yolks 4 eggs, 1 cup maple syrup, 1 pint cream whipped stiff. Heat the syrup with yolks stirred with it until it crusts on the spoon; beat till cold, then add by spoonfuls to the whipped cream. Pack in ice and salt, or snow, leave for 5 hours.

MAPLE PARFAIT

The yolk of 2 eggs well beaten. Add $\frac{1}{2}$ cup maple syrup. Cook like a custard. Remove from fire and beat until cold. Add pint of stiffly beaten cream.

Put in mould and pack in ice and salt for 5 or 6 hours.

—MRS. WM. INCE

MARSHMALLOW CREAM

Quarter lb. marshmallow, $\frac{1}{2}$ pint cream, $\frac{1}{2}$ lb. walnuts, sherry wine. Cut up the marshmallow and soak them overnight in the cream. Mix in the walnuts cut into small pieces. Pour a little sherry into each glass, fill up with the mixture and garnish with angelica or candied cherries.

MERINGUE

Whites of 2 eggs, 4 oz. sugar, beat very stiff. Bake on buttered paper in slow oven, crush in centre and fill with whipped cream and whole ginger.

ORANGE OR BANANA SOUFFLE

To a pint of boiling milk, add yolks of two eggs beaten, 2 dessertspoonfuls of corn starch, 1 scant cup of white sugar, with a pinch of salt. Stir in boiling milk, and just before removing from the stove add a teaspoonful of vanilla. Put aside to cool. Beat whites of eggs to a stiff froth, with a sprinkle of sugar. Lay sliced fruit in bottom of dish, pour over custard with white of egg on top, with sliced fruit over that again.

ORANGE JELLY

One oz. gelatine, 1 cup cold water, 2 cups boiling water, 2 cups sugar, juice of two lemons, 3 cups orange juice.

PINEAPPLE CREAM

$\frac{1}{2}$ pint cream, 1 gill of water, 1-3 pt. pineapple juice, 2 good tablespoons pineapple cut into dice, $1\frac{1}{2}$ oz. castor sugar, $\frac{1}{2}$ oz. leaf gelatine, 1 teaspoon lemon juice.

Whip cream stiffly, strain in the pineapple juice, add the pineapple dice and sugar, dissolve the gelatine in the water, add the lemon juice and when cool stir it into the cream. Pour in a mould and set till firm.

—MISS ELLEN MITCHELL.

PINEAPPLE SOUFFLE

2 oz. butter, 2 oz. flour, 1 gill milk, 3 eggs, 3 oz. pineapple diced, a little juice, 1 tablespoon sugar.

Melt butter, add flour, mix to a paste, add milk. Cook till thick. Cool slightly, add three yolks of eggs, pineapple, sugar. Whip whites of eggs stiff, put in mixture. Bake 30 minutes.

—MISS ELLEN MITCHELL.

SNOW PUDDING

Half package gelatine, pour over it a cup of cold water; add 1 cup of sugar; when soft add 1 cup of boiling water, juice of 2 lemons and the whites of 4 eggs, well beaten. Serve with soft custard, made from yolks of eggs.

SPANISH CREAM (No. 1)

One-third box gelatine, $\frac{3}{4}$ quart of milk, $\frac{3}{4}$ cup of sugar, 3 eggs.

Soak the gelatine in the milk for one hour, then put in double boiler with warm water and when boiling add the yolks of the eggs which have been beaten, with the sugar. When well cooked remove from the fire, and stir in the whites of the eggs well beaten. Flavor with extract to taste and pour into moulds.

SPANISH CREAM (No. 2)

Quarter oz. gelatine, $\frac{1}{4}$ cup cold water, 1 gill milk, 6 eggs, 1 cup sugar, 1 teaspoon flavoring.

Make a soft custard, using the yolks of the eggs, milk and sugar. Pour this over the soaked gelatine, then beat in the stiffly-beaten whites. Flavor the mould.

STRAWBERRY ICE

To each box of berries use 1 lemon, 1 cup of sugar, 1 cup of water. Mash berries very fine, and let sugar stand on them awhile, then add lemon and water. Put all through fine wire sieve and freeze. Raspberry Ice may be made in the same way, only add an extra lemon.

TAPIOCA CREAM

Two tablespoons tapioca, 1 quart of milk, 3 eggs, 4 tablespoons sugar.

Soak tapioca in water over night, drain off water in the morning; beat the yolks of the eggs and mix them and the tapioca with the milk. Put on stove and stir. Boil about ten minutes, until the tapioca is clear, then add sugar and some flavoring. When nearly cold add the stiffly beaten whites of eggs, stir lightly. Serve cold.

TAPIOCA CREAM

$\frac{1}{4}$ cup tapioca or sago, 2 cups milk, 2 eggs, 1-3 cup sugar, $\frac{1}{2}$ teaspoon vanilla, pinch of salt.

Cover tapioca (after washing it) with cold water and soak for at least 1 hour, then drain. Put milk to heat in double boiler, when hot add tapioca and cook until tender (about 30 minutes) Separate eggs, beat yolks and sugar together, stir in a little of the hot mixture, return to double boiler and cook, stirring constantly until it thickens. Remove from fire, add vanilla and salt, when partly cold fold in beaten egg whites and serve cold.

This is delicious and quite like Spanish Cream.

—MRS. J. J. ASHWORTH.

TRIFLE (No. 1)

Lay raspberry jam $\frac{1}{2}$ inch thick in bottom of dish. Then cover with $\frac{1}{2}$ inch thick slices sponge cake. Then layer of another kind of jam, another layer of cake; moisten with juice of a lemon and sherry or marsala and brandy. Proportion for latter, one-third brandy to two-thirds wine.

Whip cream with a little fruit sugar and two teaspoons of rum to a stiff froth, and lay on top. Garnish with split almonds and cherries.

TRIFLE (No. 2)

Fill a glass bowl with alternate layers of slices of sponge cake (soaked with sherry or port wine), macaroons and raspberry jam and a little preserved ginger; sprinkle with almonds, blanched and cut in strips. Make a custard with 5 eggs to a pint of milk, sweetened with vanilla. Allow it to cool, and pour over the cakes. Whip to a stiff froth one pint of cream, heap high over the cake and custard, garnish with angelica and cherries.

WALNUT CREAM

Four eggs (yolks), $1\frac{1}{2}$ cups milk, 8 tablespoons powdered sugar, $\frac{1}{2}$ box gelatine, 1 lb. English walnuts, 1 pint cream (whipped)

In double boiler make a custard of the eggs, milk and sugar. Stir in the gelatine (dissolved in just sufficient water to cover), as soon as custard is taken off the stove. When cold, stir in walnuts and whipped cream. Put in mould and chill. Serve with whipped cream.

WINE JELLY (No. 1)

One package gelatine, soaked in $\frac{1}{2}$ pint cold water. Let stand for about 1 hour or less. Then add $\frac{1}{2}$ pint boiling water, the juice and grated rind of 3 lemons, 1 pint wine, 4 oz. white sugar, the whites and shells of 3 eggs.

Put into a saucepan and stir on the stove until thoroughly heated, then leave until it boils for 3 minutes. Then let it stand on the back of the stove for 3 more. Then strain.

Do not put in wine until the mixture boils, and put in as much of every different kind of spice as will go on a five cent piece.

Whisky may be used instead of wine, only less of it.

WINE JELLY (No. 2)

One oz. gelatine, 1 cup cold water, 4 cups boiling water, 2 cups sugar, 2 cups wine, juice of 2 lemons, a pinch of spice in boiling water if desired.

WINE JELLY (Extra Special)

FOR ONE QUART JELLY.—Two packets McLaren's lemon jelly powders, 6 tablespoons sugar, $1\frac{1}{2}$ teaspoons vanilla, 3 cups of water, 1 cup of sherry, 1 small stick of cinnamon.

Put water in saucepan, add sugar and cinnamon. Remove from the stove and add jelly powders. Stir till dissolved, then add the sherry. Strain and put in mould previously drenched in cold water.

PIES

ALMOND CHEESECAKES
FROSTED Currant PIE
GOOD PIE CRUST

LEMON PIE (No. 1)
LEMON PIE (No. 2)
UP-SIDE-DOWN APPLE PIE

ALMOND CHEESECAKES

Blanch and pound 4 oz. of sweet and 5 or 6 bitter almonds with a few drops of water; add a $\frac{1}{4}$ lb. of sugar, a grating of lemon rind, a tablespoonful of cream, and the well beaten whites of two eggs. Mix and fill small tartlet tins lined with puff paste, and bake for 20 minutes.

FROSTED Currant PIE

One cup ripe currants, 1 cup sugar, 1 cup water, yolks of 2 eggs, 2 tablespoonfuls flour.

Bake with 1 crust, use whites of 2 eggs and 2 tablespoons of sugar for meringue. Brown a little.

GOOD PIE CRUST

$1\frac{1}{2}$ cups of flour, a pinch of salt, one-fifth lb. butter, one-fifth lb. lard, just enough iced water to make a dough.

Sift salt and flour, cut butter and lard into pieces about an inch thick, press these lightly into the flour with a spoon, add

enough iced water to make it possible to roll. Roll very lightly only one way. It is better to let the pastry stand an hour or more in the ice box, if possible, before using.

LEMON PIE (No. 1)

Grate the rind of 2 lemons, mix in $\frac{1}{2}$ cup of sugar, 2 tablespoons of sifted flour, a pinch of salt and then squeeze in the juice of the lemons. Add yolks of three eggs well beaten and two cups of water and a dessertspoon of butter. Cook this until it thickens, keeping it stirred. When thick pour into your pie crust, already baked. Beat up the whites of the eggs and cover pie. Put into oven to brown. If stronger flavoring is required, use three lemons.

LEMON PIE (No. 2)

One grated lemon, 4 tablespoons sugar, 1 of butter, $\frac{1}{2}$ cup of water, yolks of 4 eggs beaten. Put in the oven and bake. When done have ready the whites beaten stiff with three tablespoons of white sugar. Spread over the custard and put back into the oven for a few minutes.

UPSIDE-DOWN APPLE PIE

Put rather thinly-sliced apples in a flat pie pan—not filling too full. Add sugar. Cover with pastry. Bake (about $\frac{1}{2}$ hour) while meal is being served and eaten. Turn the pie upside-down on a plate, so that crust is on the bottom and apples on top. Grate nutmeg on apple and put on a generous amount of butter. Serve very hot with cream. This is quite different from a pie baked with a bottom crust.

CAKES

AFFINITY CAKE	FROSTING AND FILLING FOR CAKE
ALMOND FINGERS	
ANGEL CAKE	FRUIT CAKE
BOILED RAISIN CAKE	FUDGE CAKE
BOSTON COOKIES	GINGER BREAD (No. 1)
BRANDY SNAPS	GINGER BREAD (No. 2)
BUCKWHEAT CAKES	GINGER SNAPS
CARAMEL CAKE	GOOD COOKIES
CARAMEL LAYER CAKE	HERMITS
CHOCOLATE CAKE (No EGGS)	JELLY CAKE DELIGHT
CHOCOLATE CAKE—P.E.I.	KING EDWARD CAKE
CHOCOLATE ECLAIRS	LAYER CAKE (No. 1)
CHOCOLATE LOAF CAKE	LAYER CAKE (No. 2)
CINNAMON BUN	LAYER CAKE (No. 3)
COCOANUT CORNFLAKE MACAROONS	LAYER CAKE (No. 4)
COCOANUT KISSES	LAYER CAKE
COCOANUT MACAROONS	LEMON TARTS
COCOANUT MACAROONS	MACAROONS
COCOANUT PUFFS	MACAROON CHEESE CAKES
CORONATION CAKE	MARGUERITES (No. 1)
CORN FLAKE MACAROONS	MARGUERITES (No. 2)
COOKIES	MERINGUE
CRIPPLINS WITH JAM	OATMEAL COOKIES (No. 1)
CRUMB CAKE	OATMEAL COOKIES (No. 2)
DATE CAKES (No. 1)	OATMEAL MACAROONS (No. 1)
DATE CAKES (No. 2)	OATMEAL MACAROONS (No. 2)
DATE LOAF CAKES	ORANGE CAKE AND FROSTING
DATE COOKIES (No. 1)	ORANGE CAKE
DATE COOKIES (No. 2)	ORANGE JUICE CAKE
DATE LOAF	PLAIN AFTERNOON TEA CAKE
DATE TART	PLAIN CAKE—very good
DEVIL CAKE (No. 1)	POTATO CAKES (No. 1)
DEVIL CAKE (No. 2)	POTATOE CAKES (No. 2)
DOLLY VARDEN (No. 1)	RICE CAKE
DOLLY VARDEN (No. 2)	RICH COOKIES
DOUGHNUT (No. 1)	ROLLED OAT COOKIES
DOUGHNUT (No. 2)	SHREWSBURY CAKE
DROP CAKES	SMALL CAKES
ECKLES CAKES	SPONGE CAKE (No. 1)
EDITH MAY MACAROONS	SPONGE CAKE (No. 2)
EGGLESS, MILKLESS, BUTTER- LESS CAKE	SPONGE CAKE (No. 3)
ENGLISH ROCK CAKES	SPONGE CAKE (No. 4)
FILBERT CAKES	SPONGE POUND CAKE
	SWISS ROLL
	SUPERIOR GINGER BREAD

SPANISH BUN	VENETIAN CAKE
SPICE CAKE	VICTORIA BUN
TEA CAKE, OLD ENGLISH (WITH-OUT EGGS OR BUTTER)	WHITE CAKE
TEA CAKES	WHITE CAKE
	WHITE MOUNTAIN CAKE
	TIME TABLE FOR FLOUR MIXTURES

AFFINITY CAKE

1-3 cup soft butter, $1\frac{1}{2}$ cups light brown sugar, 2 eggs, $\frac{1}{2}$ cup milk, 1 cup nut meats broken in small pieces, 1 teaspoon vanilla, $1\frac{3}{4}$ cups flour, 3 teaspoons baking powder.

Put above ingredients in deep bowl and beat for ten minutes. Bake in layer tins.

—MRS. W. B. MACLEAN

ALMOND FINGERS

4 oz. butter, 4 oz. fruit sugar, 6 oz. flour, 8 oz. Jordon almonds, yolks of 2 eggs.

ANGEL CAKE

Eleven whites of eggs, $1\frac{1}{2}$ cups sifted granulated sugar, 1 cup of flour, 1 teaspoonful cream of tartar, 1 teaspoon rose water.

Beat whites till stiff; add sugar and beat in lightly, then flour and cream of tartar. Bake in tin with tube in centre.

BOILED RAISIN CAKE

1 cup raisins stoned and boiled in a little water 5 minutes, 2 eggs, 1 cup brown sugar, $\frac{1}{2}$ nutmeg, 1 teaspoon cinnamon, a generous $\frac{1}{2}$ cup butter or dripping, 2 tablespoons milk, 1 teaspoon soda dissolved in the liquid of the raisins.

Add soda to the batter then raisins boiling hot. Beat a little and last add 1 cup walnuts broken up and $1\frac{1}{2}$ cups flour.

Bake in slow oven. Good.

—MRS. MCCLUNG.

BOSTON COOKIES

One cup butter, $1\frac{1}{2}$ cups sugar, 2 eggs, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{4}$ cup warm water, 4 cups flour, $\frac{1}{2}$ cup chopped walnuts, 1 cup chopped raisins.

Mix butter, sugar and eggs together; then add the soda, which has been dissolved in the warm water, then the flour, and lastly the nuts and raisins, which have been rolled in a little of the flour. Drop on butter tins and cook in a moderate oven.

BRANDY SNAPS

2 oz. of butter, 2 oz. of castor sugar, 2 oz. flour, 2 oz. Lyall's Golden Syrup, 1 teaspoon ginger.

Melt butter, mix all ingredients together. Drop a spoonful on tin a few inches apart. As they spread roll up cone shape before getting cold. Fill with whipped cream.

—MISS ELLEN MITCHELL.

BUCKWHEAT CAKES

4 cups buckwheat flour, 1 small tablespoon cornmeal, 1 small tablespoon blackstrap, $\frac{1}{2}$ Fleishman yeast cake dissolved in water.

Mix altogether with tepid water to a fairly thick consistency in the evening, covering with blanket and setting away until morning. When ready to use, salt and thin with warm water to the required thickness.

—MRS. WM. INCE

CARAMEL CAKE

INGREDIENTS.— $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 2 eggs, 2 oz. peel, $\frac{1}{4}$ lb. sultanas, caramel as directed below, 1 teaspoon allspice, 1 dessertspoon cinnamon, 1 teaspoon baking powder, $\frac{3}{4}$ teacup milk.

METHOD.—Beat butter to a cream; add sugar and beat; add the eggs beaten separately, then the caramel, milk, flour, spices, fruit and baking powder. Bake in a moderate oven $1\frac{1}{2}$ hours.

To MAKE CARAMEL.—Boil 2 tablespoons sugar and 2 tablespoons water briskly for a few minutes until brown and add immediately to the cake.

CARAMEL LAYER CAKE

1 cup sugar and $\frac{1}{2}$ cup butter (beat to cream), 2 eggs, $\frac{1}{2}$ cup milk, 2 cups flour, 2 teaspoons baking powder.

CHOCOLATE CAKE (No Eggs)

Four tablespoons melted butter, 1 cup brown sugar, $\frac{1}{4}$ cup grated chocolate dissolved over hot water, $1\frac{1}{2}$ cups flour, 1 cup of sour milk, 1 teaspoon soda.

If you haven't any sour milk add 1 tablespoon of vinegar to a cup of sweet milk.

—MRS. POWER

CHOCOLATE CAKE—P.E.I.

2 cups brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup sour milk, $1\frac{1}{2}$ cups flour, 1 teaspoon soda, 2 tablespoons cocoa in a $\frac{1}{2}$ cup boiling water, vanilla, pinch of salt.

CHOCOLATE ECLAIRS

1 gill water, $\frac{1}{4}$ lb. butter, 1 breakfast cup flour, 3 whole eggs, a little vanilla flavoring.

Boil water, add butter then flour, mix into a good stiff paste and cook over fire till it leaves the sides of pan clean. Cool a little, add the eggs one at a time and beat well. Put on a greased pan 4 inches long, 1 inch wide, and bake gently $\frac{1}{2}$ hour. When cool split open and fill with whipped cream or custard, coat over either chocolate or coffee icing.

—MISS ELLEN MITCHELL

CHOCOLATE LOAF CAKE

Dissolve 2 heaping tablespoons of cocoa in enough boiling water to make thin enough to pour. Beat $\frac{1}{2}$ cupful of butter to a cream, add gradually $1\frac{1}{2}$ cups sugar, beating all the while. Add yolks of 4 eggs, beat again, then add $\frac{1}{2}$ cup of milk and the melted cocoa. Beat well. Add $1\frac{3}{4}$ cups of flour, 2 teaspoons baking powder sifted into the flour. Beat the whites of eggs to stiff froth and add to mixture. Flavor with 1 teaspoon vanilla. Bake in square tin. Icing to taste.

—MRS. H. P. TEMPLE

CINNAMON BUN

Put 2 cups of milk in a farina boiler, and when hot add 2 tablespoons butter; let cool, then add 3 beaten eggs, $\frac{1}{2}$ cake yeast, 1 teaspoon salt, and stir in enough flour for a thin batter. Beat for 5 minutes, cover and stand in a warm place until morning. Then add 1 cup flour, and when well beaten, stir in enough flour (more) to make a soft dough. Add the flour a little at a time and work it in with the hands. Knead quickly and lightly for 10 minutes. Cover and stand till very light. Take out half the dough, roll it into thin sheets, spread with currants and cinnamon. Roll lightly in a long roll, cut into pieces about 2 inches long. Place the buns tightly together in a well greased pan, placing cut side up and let rise. Bake in a moderate oven 30 minutes. Use the remaining part of the dough in the same manner.

COCOANUT CORNFLAKE MACAROONS

1 tin Baker's cocoanut (Southern style), 2 cups cornflakes, 1 cup sugar, whites of 2 eggs beaten stiff, pinch of salt.

Mix together thoroughly, drop by spoonful on a well greased pan and bake in moderate oven.

—MRS. J. J. ASHWORTH.

COCOANUT KISSES

Two whites of eggs well beaten, 4 tablespoons sugar. As much featherstrip cocoanut as will make it stiff.

Mix well. Grease a baking tin with lard, place a sheet of notepaper over and well sprinkle with granulated sugar, then drop the cakes, making them cone-shaped, sprinkle a little sugar over them and bake in a slow oven for ten minutes, or until firm.

COCOANUT MACAROONS

Beat white of 3 eggs stiff with 1 cup granulated sugar, add 1 tablespoon cornstarch, beating again. Place over kettle of boiling water and cook 20 minutes, stirring all the time. Take from stove and add 2 cups desiccated cocoanut. Drop on buttered paper and brown in moderate oven. Let cool on paper.

COCOANUT MACAROONS

Whites of three fresh eggs beaten stiff, 1 cup of white sugar, 1 tablespoon corn starch. Put in a double boiler and stir 15 minutes till it forms a crust on the sides of pan, add 2 cups cocoanut and a little vanilla. Put a teaspoonful on a greased baking sheet two inches apart. Put in a fairly hot oven to rise, then turn gas down. Make pink by adding a little cochineal or chocolate square milled.

—MISS ELLEN MITCHELL.

COCOANUT PUFFS

Two cups sugar, 2 cups cocoanut, 3 eggs (whites), 1 tablespoon cornstarch, 1 teaspoon baking powder.

Beat egg whites very stiff, gradually add the sugar and cornstarch. Stir in a granite dish over hot water until a crust is formed on the bottom. Remove from fire, add cocoanut and baking powder and drop on greased pans. Cook in a very moderate oven until brown.

CORONATION CAKE

One cup sugar, $\frac{1}{2}$ cup butter, 2 eggs well beaten, 1 cup sour milk or cream mixed with 1 teaspoon of baking soda, 1 cup raisins, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoonful nutmeg, $\frac{1}{2}$ teaspoonful cinnamon.

Cream the butter and flour together, add the yolks of the eggs. Mix the dry ingredients together and add them and the milk alternately and the whites of eggs last.

Make icing with a small piece of butter, icing sugar, a little cream, and walnuts (minced).

CORNFLAKE MACAROONS

Whites of 4 eggs, beaten very stiff, a pinch of salt; add 2 cups of sugar, 5 cups cornflakes, 2 cups chopped nuts. Flavor with vanilla. Drop from teaspoon. Bake in slow oven.

COOKIES

Three eggs, a little over a cup of milk, 3 cups sugar, $2\frac{1}{2}$ cups butter, flour to thicken into a stiff dough. Roll thin. Cut in cakes and bake 5 or 10 minutes in a quick oven.

CREPPLINS WITH JAM

Two oz. butter, 2 eggs, 4 heaping tablespoons sugar, flour enough to make a stiff dough.

Roll out as for cookies. Put a teaspoon of thick jam in the middle of every second one; put the other one on top, press the edges and bake in a moderate oven.

CRUMB CAKE

1 cup brown sugar, $\frac{3}{4}$ cup butter, 1 cup raisins, 1 cup sour milk (small), 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon ground, $\frac{1}{4}$ teaspoon cloves ground.

Crumb together flour, sugar and butter. Remove one cup of these three ingredients (flour, sugar and butter) and spread on top of the above mixture when in deep pan just before putting in oven.

—MRS. RUGGLES GEORGE.

DATE CAKES (No. 1)

Three-quarters cup butter, $1\frac{1}{2}$ cups brown sugar, 2 eggs, 1 lb. dates, stewed and chopped, $\frac{1}{4}$ lb. walnuts chopped, 2 cups of flour, 1 teaspoonful of soda in $\frac{3}{4}$ cup hot water.

—ETTIE

DATE CAKES (No. 2)

One cup brown sugar, $\frac{3}{4}$ cup shortening (butter and lard), cream thoroughly together. $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoon baking soda (mixed well in 2 cups sifted flour), 1 teaspoon salt, 2 cups rolled oats.

DATE LOAF CAKE

One lb. dates (after stoning), 1 lb. English walnuts, 1 cup flour, $\frac{1}{2}$ teaspoon salt, 2 rounded teaspoons baking powder, 1 cup granulated sugar, 4 eggs beaten separately, 1 teaspoon vanilla. Sift flour, salt and baking powder together 3 times.

Leave dates and nut meats whole. Sift flour, etc., over them. Mix thoroughly; add sugar and mix again.

Beat whites of eggs dry, and yolks till light-colored and thick. Mix yolks evenly through cake mixture. Then stir in the whites and the vanilla.

Bake in brick-loaf bread pans in a moderate oven for one hour.

DATE COOKIES (No. 1)

Two cups flour, 2 cups rolled oats, 1 cup sugar, $\frac{3}{4}$ cup butter, $\frac{1}{2}$ cup milk, 2 teaspoons baking powder, and a little salt. Stone dates, boil in a little water till soft. Spread on half of rolled out mixture, cover with other half, paint top with milk and bake till a light brown. Cut in small squares.

DATE COOKIES (No. 2)

Three cups of flour, 1 cup of butter, $1\frac{1}{2}$ cups white sugar, 2 teaspoons baking powder.

Mix well, then add 2 well beaten eggs and milk enough to roll thin; cut with any cake cutter. Put chopped dates firmly in centre, then cover with another thin layer of paste. Bake in slow oven.

DATE LOAF

1 pkt. dates, 1 teaspoon soda on the dates, 1 cup boiling water, pour over the dates and soda, let stand until cool. 1 egg, 1 cup brown sugar, 1 tablespoon shortening, 1 teaspoon vanilla, salt, $\frac{1}{2}$ cup walnuts broken up, 2 cups flour.

Bake $\frac{3}{4}$ hour slowly. Good.

—MRS. MCCLUNG.

DATE TART

Whites of 4 eggs beaten stiff, $\frac{1}{2}$ lb. chopped almonds or walnuts, $\frac{1}{2}$ lb. dates chopped very fine, $1\frac{1}{2}$ cups fruit sugar, few drops of vanilla.

Beat eggs until stiff, add sugar and vanilla, then add chopped dates and nuts very slowly to keep mixture as light as possible. Bake in a shallow buttered pan in a very slow oven for 1 hour, this enables it to brown slowly. Cut in small squares or oblongs while hot.

This is rather troublesome but is worth while.

—MRS. J. J. ASHWORTH.

DEVIL CAKE (No. 1)

Custard part:—One cup sweet chocolate, $\frac{1}{2}$ cup sweet milk, 1 cup brown sugar, yolk of 1 egg. This altogether in granite saucepan. Cook slowly and set away to cool.

Cake part:—One cup brown sugar, $\frac{1}{2}$ cup butter, 2 cups flour before sifting, $\frac{1}{2}$ cup sweet milk, 2 eggs; cream butter and sugar with yolks of eggs, add into sifted flour.

Two whites of eggs beaten stiff. Beat altogether, and stir in custard. Lastly, put in 1 teaspoon of soda dissolved in warm water.

DEVIL CAKE

CAKE PART.—1 cup granulated sugar, $\frac{1}{2}$ cup butter, 2 cups flour, 2 eggs, 1 teaspoon baking soda, in $\frac{1}{2}$ cup sour milk.

CHOCOLATE PART.— $\frac{1}{2}$ cup Cowan's cocoa, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{2}$ cup water, 1 egg. Cook till thick, stirring constantly.

Mix two parts together and bake in layers in moderate oven.

DOLLY VARDEN CAKE (No. 1)

Two cups sugar, two-thirds cup butter, 3 eggs, 3 cups sifted flour, 1 cup milk, 3 teaspoons baking powder.

Bake half in 2 tins. To the rest add 1 cup raisins, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup chopped walnuts, 1 $\frac{1}{2}$ teaspoons cinnamon, and a little nutmeg. Put in alternate layers, spread with apple jelly.

ICING FOR CAKE.—One cup granulated sugar, $\frac{1}{2}$ cup milk, 1 tablespoon butter, boil until thick. If too thick add a little milk.

—M. E. ASPDEN

DOLLY VARDEN CAKE (No. 2)

Three eggs, 1 $\frac{1}{2}$ cups white or light-brown sugar, $\frac{3}{4}$ cups butter, 1 cup sweet milk, 3 cups flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon essence of lemon.

Use one-half mixture as light cake, bake in jelly cake tins and for dark layer add to the other half 1 cup stoned raisins, $\frac{1}{2}$ cup currants, 1 dessertspoonful molasses, 1 teaspoon mixed spices. Alternate layers, light first, then dark, when baked, with icing or preserves between layers.

—MRS. WATTS

DOUGHNUTS (No. 1)

Two eggs, 1 cup sugar, 2 tablespoons butter, 1 cup milk, a little salt, $\frac{1}{2}$ grated nutmeg, just enough flour to roll out. Cut with pastry cutter, and fry in crisco or lard.

DOUGHNUTS (No. 2)

One cup sugar, 1 cup milk, 3 tablespoons melted butter, 3 teaspoons baking powder, 2 eggs, 4 cups flour, baking powder and flour add last. Test heat of lard, only a teaspoonful of batter taken off by a knife and dropped into boiling lard. The less handling the better.

DROP CAKES (6 Doz.)

1 $\frac{1}{2}$ cups white sugar, 1 $\frac{1}{2}$ cups butter, 5 eggs, 5 cups flour, 1 $\frac{1}{2}$ cups seeded raisins, currants, peel and nuts.

Cream, butter and sugar, add with beaten eggs, then flour and milk.

Drop on greased pans and bake in a moderate oven. This mixture is improved by standing.

ECKLES CAKES

Puff paste cut in squares and lap over the corners and fasten with a tooth pick after filling is put in.

—MRS. MONTGOMERY

EDITH MAY MACAROONS

The whites of 4 eggs beaten stiff, 2 cups of sugar, 2 cups of chopped walnuts, pinch of salt, 5 cups of toasted cornflakes, vanilla. Cook in slow oven.

EGGLESS, MILKLESS, BUTTERLESS CAKE

Put into saucepan: 1 cup brown sugar, 1 cup hot water, one-third cup lard, 2 cups seeded raisins, $\frac{1}{4}$ grated nutmeg, 1 teaspoon cinnamon, 1 teaspoon ground cloves, pinch of salt.

Boil all together for three minutes, then let cool. When cold add 1 teaspoon soda dissolved in about $\frac{3}{4}$ cup hot water, 2 cups flour, into which has been sifted $\frac{1}{2}$ teaspoonful baking powder. Bake in moderate oven about 1 hour.

ENGLISH ROCK CAKES

One lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 1 lemon, or any fruit, 1 teaspoon baking powder, 2 eggs, 1 tablespoonful of milk. Bake quarter of an hour. This will make two dozen.

FILBERT CAKES

Five soda biscuits ground, 3 eggs (whites beaten), 1 cup fine sugar, 1 cup chopped filberts. Bake 20 minutes in a moderate oven.

FROSTING AND FILLING FOR CAKE

2 cups brown sugar, 10 tablespoons boiling water.

Boil until it forms a ball when dropped into cold water.

Beat whites of 2 eggs stiff and pour syrup slowly over them, beating till cold and thick enough to spread on cake. Flavor with vanilla.

—MRS. W. B. MACLEAN.

FRUIT CAKE

First line your pans with brown paper buttered and slightly floured. This cake makes a three-storey cake, tins full.

Three lbs. raisins, $\frac{1}{4}$ lb. candied cherries, 12 eggs, 1 nutmeg, 1 lb. sugar, $\frac{1}{2}$ lb. shelled almonds, $1\frac{1}{2}$ lbs. "Monarch flour," $\frac{3}{4}$ lb. mixed peel, 2 lb. currants, 1 lb. chopped dates, 1 lb. butter, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoon mace, $\frac{1}{4}$ teaspoon ground cloves.

Directions to make: Cream the butter and sugar together. Separate the yolks from the whites of eggs, beat up well, then add first the yolks, then the whites. Add one pound of flour, saving $\frac{1}{2}$ lb. for dredging the fruit, add all the spices. Put raisins, currants, dates and peel on a paper and dredge with the $\frac{1}{2}$ lb. of flour, then add to the mixture. When well mixed put into the pans a layer of the mixture, then a layer of the almonds (that have been blanched and split in half), and cherries until the pan is nearly full. Bake $1\frac{1}{2}$ hours in a moderate oven.

FUDGE CAKE

One cup sugar, 2 tablespoons cocoa, $\frac{1}{4}$ cup butter, 1 egg, 1 teaspoon salt, 1 teaspoon soda in $\frac{1}{2}$ cup sour milk, $1\frac{1}{4}$ cups flour, $\frac{1}{4}$ cup of boiling water, vanilla.

GINGER BREAD (No. 1)

One cup of brown sugar, 1 cup of molasses, 1 cup of milk, $1\frac{1}{2}$ cups butter, 3 cups flour, 4 eggs beaten separately, 1 tablespoonful of preserved ginger (cut fine), 2 tablespoonsful of almonds (cut fine), 1 tablespoonful of soda, dissolved in hot water.

—C. KELSO

GINGER BREAD (No. 2)

Three-quarter cup of butter, 1 cup sour milk, 3 cups flour, $\frac{1}{2}$ teaspoon soda, $1\frac{1}{2}$ cups black molasses, 1 small cup brown sugar, 3 or 4 eggs.

Put butter, sugar and molasses together and dissolve; sift the flour and mix together; add the eggs, and last add the soda dissolved in a little water. Bake $\frac{3}{4}$ hour. If sweet milk is used, use 1 teaspoon baking powder to each cup of flour.

Bake in oven in pan of water.

GINGER SNAPS

One cup sugar, 1 cup molasses, 1 cup shortening. Boil this and add 1 large teaspoonful soda. Ginger to suit taste, a pinch of cayenne pepper, a little cinnamon. Flour enough to make very stiff. Roll thin and cut.

GOOD COOKIES

One small cup sugar, $\frac{1}{2}$ cup butter (or butter and lard). 1 egg. Flavor to taste.

METHOD.—Mix stiff with flour to which has been added 1 teaspoon baking powder. Roll thin and bake in a quick oven. These are nice put together while warm with jelly or jam.

HERMITS

Two cups sugar, 2 eggs, 1 cup butter, 1 cup currants, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves and a little grated nutmeg. Flour with sugar and bake quickly.

JELLY CAKE DELIGHT

Put into permanent dish lemon jelly (not too stiff). When set cover with shredded pineapple (canned). On top of this put a one layer cake (same as sandwich cake mixture). Cover top with whipped cream. Serve cold.

KING EDWARD CAKE

Half cup butter, 1 cup of sugar, 1 cup of chopped raisins, $\frac{1}{2}$ cup of milk, 1 cup and a half of flour, 2 eggs, 1 teaspoon soda, $\frac{1}{2}$ teaspoon cinnamon. Bake in moderate oven.

LAYER CAKE (No. 1)

One cup sugar, 1 cup butter, 2 eggs, 1 scant cup milk, 2 level¹ cups flour, 2 teaspoons baking powder. This makes two layers.

Lemon Filling.—One egg, 1 scant cup sugar, juice of 1 lemon, butter size of large walnut, boil together till thick.

Icing.—One cup granulated sugar, one-third cup water. Boil till thick enough to drop from spoon; pour into beaten white of 1 egg. Whip till thick.

LAYER CAKE (No. 2)

Four eggs (leave out whites of 2 for icing), 1 cup sugar, $\frac{1}{2}$ cup butter, two-thirds cup milk, 2 cups flour (level), 2 teaspoons baking powder. Bake 15 or 20 minutes in two or three layer tins.

PLAIN ICING.—Beat the whites of 2 eggs stiff, then put in pulverized sugar until it is thick enough to spread. Add a very little extract of lemon.

LAYER CAKE (No. 3)

One cupful of brown sugar, $\frac{1}{2}$ cupful of butter, 3 eggs, beaten separately, the whites in last, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons baking powder, 2 cups chopped raisins, a little cinnamon, and $\frac{1}{2}$ nutmeg grated.

Bake in two layers and ice with chocolate icing.

—R. G. BRODRICK

LAYER CAKE (Never Fails) (No. 4)

One cup granulated sugar, butter size of an egg, 2 well beaten eggs, $\frac{3}{4}$ cup sour milk, 1 teaspoon baking soda, 1 teaspoon vanilla, 1 teaspoon ground cloves, 1 cup chopped raisins, $1\frac{1}{2}$ cups flour. Ice as desired.

—FRANCIS HENRY

LAYER CAKE

1 cup butter, 2 cups sugar, 1 cup milk, 4 eggs, about 3 cups flour, about 3 teaspoons baking powder.

Mix butter and sugar to a cream. Add eggs well beaten. Add milk and then flour and baking powder well sifted until the batter drops and runs from the spoon. Flavor with vanilla.

LEMON TARTS

One lemon, 1 cup sugar, 1 egg, small piece of butter size of almond. This will make filling for 8 or 10 tarts.

MACAROONS

Two oz. almonds, 2 oz. fruit sugar, $\frac{1}{2}$ white of egg (scant).

Blanch almonds and put them through the meat chopper, using the nut grinder. Add sugar and mix thoroughly. Then gradually add unbeaten white of egg. The mixture should be stiff enough to hold its shape.

Cover baking sheet with unbuttered paper and drop mixture on it, allowing 1 teaspoonful for each macaroon. Bake in a slow oven 15 minutes, or until a delicate brown. The time should not exceed 20 minutes. When done, remove paper with macaroons and invert on a cake cooler. Wring a cloth out of cold water, place it over the paper and allow it to remain until macaroons may be easily removed.

MACAROON CHEESE CAKES

2 oz. ground almonds, 3 oz. fruit sugar, $\frac{1}{2}$ teaspoon baking powder, 2 whites of eggs, 1 tablespoon rice flour puff paste.

Line patty pans with paste. Mix ingredients all together, put a teaspoon of mixture on each. Bake 10 or 15 minutes.

MARGUERITES (No. 1).

Half 1b. brown sugar, $\frac{1}{2}$ lb. broken up walnuts, 2 eggs, 2 tablespoons flour, 1 teaspoon vanilla, 1 teaspoon baking powder (Pure Gold).

Beat eggs and sugar together, add flour with baking powder already mixed through it the nuts and flavoring. Spread in a pan in thin layer and mark in squares. Bake in slow oven for 25 minutes.

MARGUERITES (No. 2)

To $\frac{1}{2}$ box salted wafers, add 1 egg (white) beaten stiffly, add 1 cup powdered sugar, $\frac{3}{4}$ cup chopped walnuts. Brown in the oven.

MERINGUE

6 oz. sugar, whites of 2 eggs.

Cream the butter and sugar, stir 5 minutes. Add the yolks of eggs and flour by degrees. Take the paste (half at a time) roll very thin, cut in strips about 1 inch wide and four long, spread a thin layer of Meringue on top. Place on a baking sheet not too close together and cover with shredded almonds. Bake a nice golden color in a cool oven.

Sufficient for 5 dozen fingers. Average cost 66c.

—HUNTLEY LODGE.

OATMEAL COOKIES (No. 1)

One cup rolled oats, 1 cup flour, $\frac{1}{2}$ cup sugar, 1 egg, 3 tablespoons shortening, 2 teaspoons cream of tartar and 1 teaspoon soda, and 1 small teaspoon salt. Mix with milk.

OATMEAL COOKIES (No. 2)

Two eggs, 1 cup brown sugar, 1 cup shortening, 1 cup molasses, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 teaspoon baking soda, 2 cups flour.

Drop on butter pan size of a walnut or little larger if desired.

OATMEAL MACAROONS (No. 1)

One cup white sugar, 1 tablespoon butter, 2 large cups rolled oats, 2 eggs beaten separately, 1 teaspoon baking powder, 1 teaspoon ratafia flavoring, $\frac{1}{2}$ teaspoon salt.

Drop on buttered paper, leaving large spaces. Bake in moderate oven.

OATMEAL MACAROONS (No. 2)

Two cups rolled oats, 2 eggs, yolks and whites beaten separately, 2 teaspoonsful baking powder, $\frac{3}{4}$ cup brown sugar, 1 tablespoonful butter, 1 teaspoonful vanilla, 1 saltspoon salt; mix all together and drop in small quantities in well buttered tins.

ORANGE CAKE

One cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup milk, 2 eggs, $1\frac{1}{2}$ cups pastry flour, 1 heaping teaspoon baking powder.

FROSTING.—Beat white of 1 egg, powdered sugar to thicken. Take enough of this for top layer icing and add 1 grated lemon peel. To the rest add 1 whole grated orange.

ORANGE CAKE

Put 1 orange and 1 cup raisins (not seeds) through a chopper, 2 eggs, 1 cup brown sugar, 1 large tablespoon butter, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 2 cups flour.

—MRS. MCCLUNG.

ORANGE JUICE CAKE

1 cup brown sugar, 2 eggs, $\frac{3}{4}$ cup sour milk, $\frac{3}{4}$ cup butter, 1 teaspoon soda, grated rind of 1 orange, 1 cup raisins seeded, flour to thicken, about $2\frac{1}{2}$ cups.

Bake in moderate oven. When done take the juice of orange and $\frac{1}{2}$ cup granulated sugar, beat well and pour over the warm cake.

—MRS. MCCLUNG.

PLAIN AFTERNOON TEACAKE

One large tablespoon butter, 1 cup fruit sugar, 2 eggs, $\frac{1}{2}$ cup water and milk (mixed), $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder.

Cream butter and sugar well. Add eggs previously well beaten. Then flour and baking powder. Bake in slow oven $\frac{3}{4}$ to an hour.

PLAIN CAKE—very good

1 cup sugar (small), 1 cup flour, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ small cup milk, 2 eggs, 1 teaspoon baking powder, pinch of salt, grated rind of lemon—be careful to get no white of lemon in.

—MRS. W. B. MACLEAN.

POTATO CAKES (No. 1)

Two cups flour, 2 cups mashed potatoes, 3 teaspoons baking powder, 1 tablespoon shortening, a little salt, water as if to mix biscuits. Cut in squares and bake in quick oven.

POTATO CAKES (No. 2)

One cup finely mashed potatoes beat well; 1 cup flour sifted 3 times with 2 heaping teaspoonsful baking powder; rub a piece of butter $\frac{1}{2}$ the size of an egg into the flour; add potatoes and rub together till very fine; add enough milk, so as to roll. Do not make too moist. Roll and cut. Bake 15 minutes.

RICE CAKE

Made exactly the same as above, only using three parts rice flour (ground rice), and one part pastry flour.

It is very delicious, especially if baked in large patty pans. Make these cakes entirely with a wire twig whisk.

RICH COOKIES

$\frac{1}{2}$ cup butter, 1-3 cup white sugar, 1 egg well beaten, $\frac{1}{2}$ teaspoon vanilla, $\frac{3}{4}$ cup flour, Raisins, nuts and citron.

Cream butter, add sugar gradually, then egg, flour vanilla and fruit. Drop from tip of spoon and spread out thinly with knife first dipped in cold water.

—MRS. MCCLUNG.

ROLLED OAT COOKIES

Two large cups of rolled oats, 1 cup sugar, 1 tablespoonful butter, 2 teaspoonsful baking powder, 2 eggs, well beaten before adding to mixture.

Put on tins the same as with drop cakes, bits the size of a walnut. Put in a quick oven so that they may set at once, and let cool a little when you take them out of the oven, before lifting from the pan, as they break easily.

SHREWSBURY CAKES

Six oz. butter, $\frac{3}{4}$ lb. sugar, $\frac{3}{4}$ lb. flour, 2 eggs, a few drops of almond flavoring.

Cream the butter, add flour and sugar, leaving out enough flour and sugar to roll out with so as not to add any more flour. Add the eggs well beaten. Roll out very thin and cut any shape desired.

SMALL CAKES

One egg, $\frac{1}{2}$ cup butter, 1 cup brown sugar, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ cup of dates and nuts or raisins and nuts, chopped fine, $1\frac{1}{2}$ cup flour at least.

SPANISH BUN

Two cups brown sugar, $\frac{3}{4}$ cup butter, 1 cup sour milk, 4 eggs (save whites of three), 1 teaspoon soda, 1 tablespoon each of cloves and cinnamon, $2\frac{1}{2}$ cups of flour.

Bake about 40 minutes.

FOR FROSTING.—Beat whites of 3 eggs, add 1 cup of sugar. Spread on cake and return to oven for a few minutes till slightly brown.

SPICE CAKE

Two cups brown sugar, 1 slice butter, 2 eggs, 1 cup sour milk or cream, 1 teaspoon soda, $1\frac{1}{2}$ cups flour, 1 teaspoon allspice, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon, a little nutmeg.

SPONGE CAKE (No. 1)

A Two Century Old Recipe

Take any number of eggs (duck eggs if to be had). For 8 eggs use following proportions:

The weight of 7 in granulated or sifted sugar; weight of 4 in twice sifted pastry flour. Grated peel and strained juice of $\frac{1}{2}$ a large lemon, $\frac{1}{4}$ of a nutmeg grated, 1 pinch salt.

Beat whites very stiff with salt. Beat yolks for ten minutes, then add sugar, grated peel and nutmeg; while beating add juice. Continue beating for 10 minutes; add whites, beat 15 minutes. Fold in flour quickly and turn mixture hastily into two cake moulds previously well buttered or oiled; pop quickly into a moderate oven. Time about half hour. Do not open oven for 15 minutes. If cakes require turning do it quickly. Test with a straw or fine knitting pin before turning out. If as many as eighteen eggs are used increase the time of beating by one-half. If wrapped in a cloth and put in a tin these cakes will keep a month. Almond essence can be used instead of lemon.

SPONGE CAKE (No. 2)

Separate 4 eggs, beat yolks of eggs thick, add 1 cup of sugar, beat whites stiff, and beat into first mixture; add 1 teaspoon baking powder to $\frac{1}{2}$ cup of potato flour and sift into mixture. Bake in a moderate oven about 30 minutes.

SPONGE CAKE (No. 3)

Two cups sugar, 2 cups flour, 4 eggs, $1\frac{1}{2}$ teaspoons Pure Gold baking powder, and lastly, stir in $\frac{1}{2}$ cup boiling water. Flavor with lemon or almond and bake in moderate oven.

SPONGE CAKE (No. 4)

Mix in order given: Three eggs, yolks creamed with 1 cup of granulated sugar, 1 teaspoon flavoring if preferred, 3 tablespoonsful cold water, good measure, 1 cup flour sifted with 1 rounding teaspoonful baking powder, a pinch of salt, 3 eggs, whites beaten very stiff and folded in. Cook slowly.

SPONGE POUND CAKE

1 cup butter, 2 cups milk, 3 cups sugar, 4 eggs, 5 cups flour, 5 teaspoons baking powder.

Rather slow oven.

—MRS. RIDDLE

SUPERIOR GINGER BREAD

Two eggs, 1 cup brown sugar, 1 cup butter, or good drippings, 1 cup sour milk, 1 cup molasses, 4 cups flour, 2 dessertspoons ginger, 2 teaspoons soda dissolved in water, 2 cups raisins, spice to taste. Raisins may be omitted, but soda must be put in when cake is well mixed.

SWISS ROLL

One cup sugar, 1 cup flour, 1 oz. butter, 3 small eggs, 1 teaspoon baking powder. Bake 10 minutes.

—ETTIE

TEA CAKE**Old English Recipe for Cake without Eggs or Butter**

Two lbs. sifted pastry flour, $\frac{3}{4}$ lb. dripping (beef, veal or poultry—goose dripping best of all), $\frac{1}{2}$ lb. moist brown sugar, 2 tablespoons (heaped) cake spice, 1 teaspoon ground ginger, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ lb. stoned raisins, $\frac{3}{4}$ lb. currants (washed and dried), 1 dessertspoon baking powder, 1 teaspoon baking soda, juice and grated peel $\frac{1}{2}$ a lemon, 1 cupful molasses, warm water.

Rub salt, spice and baking powder into flour, then rub in dripping previously warmed enough to be soft; then add fruit

and lemon peel, then molasses and juice and enough water to make a stiff dough. Have a round or square cake tin well buttered or oiled ready. Mix soda in $\frac{1}{2}$ cup boiling water; mix in quickly, turn into tin, pop into oven (moderately hot). When the cake is well risen and set, turn it and then shortly after cool off oven a little. Time $1\frac{1}{2}$ to 2 hours. Test with a sharp knife or knitting pin before turning out.

TEA CAKES

One egg, 1 cup of sugar, 1 cup sweet milk, piece of butter size of an egg, 2 teaspoons baking powder, 1 pint of flour.

VENETIAN CAKES

Quarter lb. butter, $\frac{1}{4}$ lb. sugar, 6 oz. flour, yolks of 2 eggs, 1 teaspoonful essence, and a few almonds.

Mould in small balls, stick an almond in the top of each and bake in a very quick oven. If preferred the almonds may be chopped fine and mixed with the batter.

VICTORIA BUN

Six oz. flour, 4 oz. butter, 4 oz. sugar, 2 teaspoons baking powder, 1 egg.

Mix as if for pastry, put the butter while hard into the flour moistened with a little milk. Roll $\frac{1}{2}$ inch thick and cut by a plate, a size smaller than the one you bake on. Spread with Jam and cover. Bake $\frac{3}{4}$ of an hour.

WHITE CAKE

1 cup butter, $1\frac{1}{2}$ cups sugar, 3 cups flour, $\frac{1}{2}$ cup milk, 1 heaping teaspoon baking powder, 1 teaspoon essence lemon, 4 eggs.

Beat butter and sugar to a cream. Add the eggs well beaten and the milk and mix well. Then add flour mixed with the baking powder and last of all the essence. Bake in moderate oven for $1\frac{1}{2}$ hours.

WHITE CAKE

$1\frac{1}{2}$ cups flour, 2 teaspoons baking powder, 1 cup white sugar.

Take a cup and put the whites of 2 eggs and fill the cup with milk. Put this into the flour and sugar and beat 5 minutes.

—MRS. MCCLUNG.

WHITE MOUNTAIN CAKE

Half lb. sugar, $1\frac{1}{2}$ oz. butter, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ cup sweet milk, 1 teaspoonful baking powder, 2 eggs.

Cream the butter, add the sugar, then the yolks of eggs well beaten. Sift the flour well and add to it the baking powder

Add the flour and milk alternately, then the flavoring, and the whites of eggs last. Bake in layers and ice according to taste.

TIME TABLE FOR FLOUR MIXTURES

Pudding (Steamed).....	30-45 minutes	
Cake—		
Layer.....	15-20	"
Sponge.....	25-45	"
Loaf.....	30-50	"
Bread.....	45-60	"
Rolls, Buns.....	15-30	"
Biscuits.....	12-15	"
Pies.....	30-50	"

BREAD, MUFFINS AND ROLLS

BRAN BISCUITS	MUFFINS (No. 3)
BREAD	MUFFINS (1 EGG) (No. 4)
BOSTON BROWN BREAD	NUT BREAD
BROWN BREAD	ORANGE CRULLERS—N.S.
BUCKWHEAT CAKES	PANCAKES
DATE BREAD	POWER'S BREAD
FRENCH ROLLS	POP-OVERS
HOT BISCUITS (No. 1)	RUSSIAN BREAD
HOT BISCUITS (No. 2)	SCONES
HOT BISCUITS (No. 3)	SCOTCH SHORT BREAD
ISABEL GEMS	SHORT BREAD BISCUITS
JOHNNY CAKE No. 1)	SPICE BUNS
JOHNNY CAKE (No. 2)	TEA BISCUITS
JOHNNY CAKE (No. 3)	TWIN MOUNTAIN MUFFINS
MUFFINS (No. 1)	WAFFLES
MUFFINS (No. 2)	

BRAN BISCUITS

4 cups bran, 2 cups flour, 3 tablespoons shortening, 1 teaspoon baking soda, 2 teaspoons cream of tartar, 1 cup sugar, milk to moisten.

Roll and bake in moderate oven.

—MRS. RIDDLER

BREAD

Two sifters flour (Five Roses or Royal Household), 1 quart water (warm), butter size of a large walnut, 1 tablespoon salt, 1 mixing spoon sugar, good $\frac{1}{2}$ yeast cake (Fleischmann's).

Sift $1\frac{3}{4}$ of flour and salt in a basin making a well in centre. Dissolve yeast cake and sugar in water and pour into well gradu-

ally, stirring in flour from the side until all has been mixed in; then knead in basin remainder of flour until stiff. Let rise over night; in the morning turn out on board, divide in four and knead lightly. Put in pans and let rise to top of pan, then bake one hour. Have oven hot for first ten minutes, then just a moderate oven.

—MRS. POWERS

BOSTON BROWN BREAD

One cup white flour, 1 cup Graham flour, 1 cup cornmeal, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking soda, $\frac{3}{4}$ cup sweet milk $\frac{3}{4}$ cup sour milk $\frac{1}{4}$ cup molasses, 1 large tablespoon brown sugar.

Boil 2 hours in covered tin. Remove cover and bake in oven about 15 minutes.

BROWN BREAD

Four cups Graham flour, 4 cups white flour, 1 quart warm water, with a tablespoon brown sugar, and two teaspoons salt dissolved in it. Pour water on flour and then add 1 Fleischmann yeast cake dissolved in a little warm water. Mix well, cover tightly, and let stand in warm place over night. In the morning, lift with the hands into buttered pans and let stand for $\frac{1}{2}$ hour. Bake in a slow oven for 1 hour. Just before taking out of the oven, brush top with lard or butter, to soften crust. This makes three loaves.

BUCKWHEAT CAKES

Two cups buckwheat, 1 cup milk, 1 cup boiling water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ Fleischmann's yeast dissolved in $\frac{1}{4}$ cup warm water. Add pinch of soda in morning.

—E. F. BOYD

DATE BREAD

One cup dates, 1 teaspoon baking soda, $\frac{3}{4}$ cup boiling water. Sprinkle soda over dates, add boiling water and let stand until cool; 1 tablespoon butter, $\frac{3}{4}$ cup white sugar, yolk of 1 egg, tablespoon vanilla, $1\frac{3}{4}$ cups of flour, $\frac{1}{2}$ cup chopped walnuts.

Mix well and add dates and beaten white of 1 egg. Bake in moderate oven.

FRENCH ROLLS

Two lbs. of flour, 2 ounces of butter, 2 eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ pint of water, 2 oz. of sugar, 1 yeast cake; place flour in a bowl; add to it the sugar and salt; beat the eggs; boil the water; add to the milk; pour over butter; when melted, stir into flour, adding yeast cake, dissolved in a little water, and lastly, the eggs. Beat all well; let rise until light, which takes about 4 or 5 hours, then shape into rolls. Let rise again until about double the size. Bake 20 minutes.

—MRS. HIGGINSON

HOT BISCUITS (No. 1)

Half lb. flour, a pinch of sugar, 1 dessertspoon baking powder, 1 oz. butter, $\frac{1}{2}$ tumbler warm milk, $\frac{1}{2}$ tumbler warm water. Mix with fork, pour gradually (milk and water) into flour. Do not roll; cut out and bake.

HOT BISCUITS (No. 2)

Five cups flour, 5 teaspoons baking powder, 1 large tablespoon shortening, 1 small teaspoon salt, flour enough to roll. Sift flour, baking powder and salt together. Roll out and cut with cake cutter. Bake in hot oven about 20 minutes. N.B.—Moisten enough to make a stiff dough.

HOT BISCUITS (No. 3)

One cup flour, 1 teaspoon baking powder, 1 dessertspoon butter, pinch of salt, milk enough to make a stiff dough. Bake.

ISABEL GEMS

One cup brown sugar, 1 cup shortening (melted after measuring), 2 eggs, $\frac{1}{2}$ teaspoon cinnamon, 1 cup chopped raisins, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ teaspoon soda in 4 tablespoons boiling water, 2 cups H.O. oatmeal, 2 cups flour, $1\frac{1}{2}$ teaspoons baking powder. Drop from spoon on buttered tins.

JOHNNY CAKE (No. 1)

One cup milk, 1 cup of flour, 1 cup cornmeal, 1 egg, $\frac{1}{4}$ cup sugar, $1\frac{1}{2}$ teaspoons baking powder, a little salt, a piece of butter the size of a large egg.

JOHNNY CAKE (With Sour Milk) (No. 2)

Two eggs, 3 cups cornmeal, 2 cups flour (level), $\frac{1}{2}$ cup brown sugar, 1 large spoonful shortening, 5 cups sour milk, 2 teaspoons baking soda.

Dissolve baking soda in a little of the sour milk.

JOHNNY CAKE (No. 3)

One egg, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup cornmeal, 1 cup milk, 2 tablespoons melted butter, $1\frac{3}{4}$ cups flour, 3 teaspoons baking powder. Bake about 20 minutes in quick oven.

MUFFINS (No. 1)

Two eggs, 1 tablespoon butter, 2 tablespoons white sugar, 1 cup sweet milk, 3 teaspoons baking powder mixed with flour enough to make a stiff batter.

MUFFINS (No. 2)

Two cups warm milk, 2 tablespoons butter, $3\frac{1}{2}$ cups flour, 1 yeast cake, a little salt. Set to rise over night and let rise for one hour in the muffin rings or pans, in the morning.

MUFFINS (No. 3)

One tablespoon butter, 2 tablespoons sugar, 2 eggs, 1 tea-cup milk, 3 teaspoons baking powder, $1\frac{1}{2}$ cups flour.

Mix butter and sugar together, and stir in eggs without beating them. Add milk, then flour and baking powder, mixed together. Bake in a very hot oven about 15 minutes.

ONE EGG MUFFINS (No. 4)

$2\frac{1}{2}$ cups flour, $3\frac{1}{2}$ teaspoonsful baking powder, $\frac{1}{2}$ teaspoonful salt, 2 tablespoonsful butter (melted), 2 tablespoonsful sugar, 1 cup milk, 1 egg.

Directions: Mix and sift dry ingredients, add milk and egg, then melted butter. Bake in greased muffin pans 25 minutes.

NUT BREAD

One egg, 1 cup sweet milk, 1 cup sugar, 1 teaspoon soda, 2 teaspoons cream of tartar, 3 cups flour, $\frac{1}{2}$ teaspoon salt, 1 cup chopped walnuts.

Mix all dry ingredients. Beat egg, add sugar, milk, then dry ingredients. Let rise 20 minutes in the pan. Bake 1 hour in a slow oven.

ORANGE CRULLERS—N.S.

2 eggs beaten until light, add $\frac{1}{2}$ cup white sugar, $\frac{1}{4}$ cup cream. Sift together 2 or 3 times. 2 cups flour, scant $\frac{1}{2}$ teaspoon salt, slightly rounded teaspoon cream of tartar, $\frac{3}{4}$ of a level teaspoon soda.

Add the grated rind of an orange and the egg mixture on a floured board. Roll the dough (part at a time) into a sheet $\frac{1}{4}$ inch thick, cut in rounds with a cutter $1\frac{1}{4}$ inches in diameter. Put a small quantity of orange marmalade on a piece and cover with a second round. Press edges together and fry in deep lard as you would other crullers.

—MRS. MONTGOMERY

PANCAKES

Three eggs, beaten separately, 1 cup flour, pinch of salt, and about a cup of milk.

—G. E. COGGS

POWER'S BREAD

Two sifters flour (Five Roses or Royal Household), 1 quart water (warm), butter, size of large walnut, 1 tablespoon salt, 1 mixing spoon sugar, good $\frac{1}{2}$ yeast cake (Fleischman's).

Sift $1\frac{3}{4}$ of flour and salt in a basin, making a well in centre. Dissolve yeast cake and sugar in water and pur into well gradually, stirring in flour from the side until all has been mixed in. Then knead in basin remainder of flour until stiff. Set to rise over night. In the morning turn out on board, divide in four and knead lightly. Put in pans and let rise to the top of pan, then bake one hour. Have oven good and hot for first 10 minutes, then just a moderate heat.

POP-OVERS

Two eggs, 1 cup flour, 1 cup milk, salt, 1 teaspoon sugar. Beat eggs very light, add sugar and beat again. Add milk and beat. Add flour—beat thoroughly.
Bake 20 minutes in a quick, but not too hot oven.

RUSSIAN BREAD

Four cups of flour, 1 cup of milk, 1 cup of raisins, 2 tablespoons of butter, 2 tablespoons of sugar, 1 teaspoon of cinnamon, 1 cake of Fleischmann's yeast, 1 egg.

Put the milk and butter in a saucepan and make just warm. Melt the yeast in a tablespoon of warm water, place the flour in a large basin, with the raisins, cinnamon, sugar and egg. Mix in the yeast, milk and butter and stir together, and well knead it until it leaves the side of the basin; let stand in a warm place to rise about 1 hour. Turn out on a flounce board, and divide into two. Make a long roll and cut in three lengths and twist. Place in a baking tin and let rise again for half an hour. Then bake.

When cool ice with the following: 4 tablespoons of icing sugar, 1 tablespoon of boiling water, 1 teaspoon of vanilla essence. Mix and spread on bread.

SCONES

2 cups flour, 1 egg (beat white and yolk separately), sugar to taste, Milk to make batter, big teaspoon cream of tartar.

SCOTCH SHORT BREAD

$\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ lb. butter, 1 lb. flour.

Mix well sugar and flour, add butter and rub together until entirely mixed. Put in well buttered tin twelve inches square, or tin of equal size, and knead or press down until fairly firm. Bake in moderate oven.

—MISS JEAN WOOD.

SHORT BREAD BISCUITS

$\frac{3}{4}$ lb. flour, $\frac{1}{4}$ lb. rice flour, $\frac{1}{4}$ lb. fruit sugar, $\frac{1}{2}$ lb. butter.
Mix well and knead using 1 egg if necessary. Roll out $\frac{1}{4}$ in. thick. Cut with a fancy or round cutter. Bake 15 or 20 minutes.

—MISS ELLEN MITCHELL.

SPICE BUNS

1 $\frac{3}{4}$ cup flour, pinch of salt, butter one-fifth 1b. roll, 2 teaspoons baking powder, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ teaspoons of mixed spice
 $\frac{3}{4}$ cup milk or enough to make a good paste, $\frac{3}{4}$ cup currants.

TEA BISCUITS

One quart of flour, 2 teaspoonsful of Pure Gold baking powder, $\frac{1}{4}$ teaspoonful of salt; put through sifter. 2 tablespoonsful of butter. Mix with sweet milk. Don't make batter too stiff. Bake quickly.

TWIN MOUNTAIN MUFFINS

Cream one-third cup butter, add gradually $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ teaspoon salt. Add 1 egg beaten light, $\frac{3}{4}$ cup milk, 2 cups sifted flour and 4 level teaspoons baking powder. Bake in hot buttered gem pans about 15 minutes.

WAFFLES

One pint milk, 3 cups flour, 1 teaspoon salt, 2 heaping teaspoons baking powder, 3 eggs, $2\frac{1}{2}$ tablespoons melted butter.

Beat yolks until light, add milk, flour and salt. Give whole a good beating until smooth. Add melted butter and last the whites beaten stiff, and baking powder. Mix thoroughly and bake in waffle irons. Batter must be rather thin.

PRESERVES, PICKLES, ETC

APPLE GINGER	PEACH JAM
CANNED PEACHES	PEACH AND ORANGE MARMA-
CHILI SAUCE (No. 1)	LADE
CHILI SAUCE (No. 2)	PEPPER RELISH
CHILI SAUCE (No. 3)	PICKLED PEARS
CRANBERRY JELLY	PRESERVED PINEAPPLE
DAMSON PLUM CONSERVE	PRESERVED QUINCE
FRENCH RELISH	PRUNE PRESERVE
GRAPE FRUIT MARMALADE (1)	SAUCE FOR COLD BEEF
GRAPE FRUIT MARMALADE (2)	SPICED GOOSEBERRIES
GRAPE FRUIT MARMALADE	STRAWBERRY MARMALADE
GRAPE CONSERVE	STUFFED PEPPERS
GREEN TOMATO PICKLE	SWEET PICKLE
LEMON HONEY	SWEET PICKLE—delicious
MARMALADE	TOMATO SAUCE (No. 1)
MUSTARD PICKLE AND DRESSING	TOMATO SAUCE (No. 2)
ORANGE MARMALADE	TOMATO SAUCE (No. 3)
ORANGE MARMALADE	TOMATO SUEY

APPLE GINGER

14 lbs. apples, 1 lb. root ginger, cut up. Pare, core and quarter 8 lbs. of the apples and put them in a brine of $2\frac{1}{2}$ tablespoons salt with enough water to cover them. Let them stand over night. Take the other 6 lbs. of apples cut in pieces without coring or peeling, put them on in water enough to cover. When boiled to a pulp strain through a sieve (you may press it a little), allow 1 lb. sugar to each pint of juice. Bring this to the boil and simmer 20 minutes; now add the apples that have been in the brine and have been washed off in clear water. Also add 5 lbs. more sugar and the ginger and boil till the apples are clear.

CANNED PEACHES

Immerse peaches in boiling water; cover vessel and let stand for 10 minutes. Peel peaches and fill bottles. Pour on boiling syrup to overflowing. Screw on tops and put away.

CHILI SAUCE (No. 1)

One peck ripe tomatoes, 8 onions—chop fine and add to tomatoes; 4 tablespoons salt, 2 cups sugar. Cook down nearly half and then add 3 cups vinegar, 1 teaspoon cayenne pepper, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon allspice, a little mustard.

CHILI SAUCE (No. 2)

Thirty-six large tomatoes; (18 large onions, 2 large heads celery, 12 red peppers, chopped fine), 8 cups sugar, 6 cups vinegar, 2 cups salt, 2 dessertspoons cinnamon, 4 tablespoons tumeric, 1 lb. mixed spice in cheese cloth bag, 1 teaspoon ground ginger. Boil 8 hours and bottle while hot.

CHILI SAUCE (No. 3)

48 ripe tomatoes, 8 onions, 16 tablespoons brown sugar, 4 cups white vinegar, 4 tablespoons salt, 2 tablespoons allspice, 2 tablespoons cloves, 2 tablespoons cinnamon, 2 tablespoons mustard, 6 red peppers.

Chop all fine and boil until the onions are soft.

CRANBERRY JELLY

Two cups of juice; boil well. 1 cup sugar, after it is strained. If you want jelly thick strain through coarse sieve; boil 20 minutes after sugar is added.

DAMSON PLUM CONSERVE

Five lbs. plums, stoned, 5 lbs. sugar, 2 grated oranges, 1 lb. seeded raisins (chopped). Boil together until thick, then add $\frac{1}{2}$ lb. chopped walnuts.

FRENCH RELISH

One quart cucumber, green, cut fine, 1 quart onions cut fine, 1 quart small onions left whole, 1 small cauliflower cut fine. Put together with hot brine over night, using:

Half cup salt. Cover with plate. Next morning drain and add 4 large sour apples cut fine, 8 cups brown sugar, 2 quarts cider vinegar, $\frac{1}{4}$ lb. white mustard seed. Let come to boil, then make a paste of two-thirds cup of flour, $\frac{1}{4}$ lb. mustard, 2 teaspoons tumeric, a little cayenne.

Stir in slowly, cook 15 minutes. After it boils, flour, mustard, tumeric, stirred to a thin paste in a little warm vinegar.

GRAPEFRUIT MARMALADE (No. 1)

To each grapefruit add juice and rind of 1 lemon. To every pint of cut fruit add $2\frac{1}{2}$ pints of water. Let this stand over night. Next day boil quickly for $\frac{3}{4}$ hour. Take off stove and let stand over night. Next day weight the boiled liquid and to each pound add one and a half pounds of sugar. Boil for 1 hour.

One large grapefruit makes quite a lot. When cutting fruit put the pips in a small bowl of water and use this water.

—R. G. BRODRICK

GRAPEFRUIT MARMALADE (No. 2)

One grape fruit, 1 orange, 1 lemon. Shave very thin, being careful that the seeds and centre case are not in, but use all of the pulp.

Measure fruit, and add three times the amount of water. Let stand over night in an earthern bowl. Next morning "boil ten minutes only." Let stand another night. The second morning add pint for pint of granulated sugar. Boil until it jellies, from $1\frac{1}{2}$ to 2 hours.

—GEORGE COLES LTD.

GRAPE FRUIT MARMALADE

1 orange, 1 lemon, 1 large or 2 small grape fruit.

Slice very thin, rind and all together. To 1 bowl of sliced fruit add 2 bowls of cold water and let stand over night. In morning boil 20 minutes and let stand another night. Then to each bowl of fruit add 1 bowl of sugar and boil about $1\frac{1}{2}$ hours. Do not put covers on jars until Marmalade is cold.

—MISS I. L. GEORGE.

GRAPE CONSERVE

5 lbs. grapes, $1\frac{1}{2}$ lbs. English walnuts, 6 oranges. Squeeze out the juice, and use the rind of three only. $1\frac{1}{2}$ lbs. seeded raisins, 3 lbs. sugar.

Pulp the grapes and boil skins and pulp separate till tender. When pulp is cooked, strain to remove the seeds.

After straining, mix pulp and skin and boil till tender.

In the meantime chop oranges, nuts and raisins together; add sugar, put to boiling grape and boil all for ten minutes.

Put oranges and raisins through meat chopper; nuts break in small pieces.

GREEN TOMATO PICKLE

Two gallons sliced green tomatoes (do not peel), 12 large onions sliced, 2 quarts vinegar, 1 quart brown sugar, 2 tablespoons salt, 2 tablespoons mustard, 2 tablespoons black pepper, 1 tablespoon allspice, 1 tablespoon whole cloves.

Put salt on tomatoes and let drain over night. Mix all together and stew till tender. A little more salt may be needed.

LEMON HONEY

$\frac{1}{4}$ lb. butter, 1 lb. sugar, juice of 3 large lemons, 4 whole eggs beaten up, 1 tablespoon water.

Stir over fire till the consistency of honey.

MARMALADE

Slice the oranges very thin and to every pound fruit add 3 pints water. Let stand for 24 hours. Then boil for 2 hours, weigh and to every pound add $\frac{1}{4}$ lb. sugar. Boil for 1 hour or until it will jelly. Use only bitter marmalade oranges.

MUSTARD PICKLE

Chop fine 4 red peppers (seeded), slice lengthwise, 3 quarts cucumbers, 3 quarts gherkins (whole), 3 quarts small onions 2 heads cauliflower.

Cover freely with salt and let stand 24 hours, then drain all the water off.

DRESSING

6 tablespoonfuls mustard, $1\frac{1}{2}$ tablespoonfuls tumeric powder, $1\frac{1}{2}$ cups coffee sugar, 1 half cup flour, 2 quarts vinegar. Mix with a little cold vinegar, put rest of vinegar on to boil and when boiling stir in paste; stir constantly. Boil a few minutes—throw over pickle.

ORANGE MARMALADE

To 4 lbs. bitter oranges, give 6 lemons; cut them in four, draw out the pulp, remove the seeds, and with the exception of the seeds put all into the jelly pan together. Add about 4 quarts of water, boil the whole until the skins are quite soft, then take them out and pare out all the pulp, leaving the skins quite thin. Run the juice through a jelly bag two or three times to make sure it is quite clear. Cut the skins into very fine chips. If you have a good deal of juice add 8 lbs. of sugar, if not very much, 6 lbs. will do. Boil the whole 20 or 25 minutes.

ORANGE MARMALADE

1 doz. Seville oranges, 3 naval oranges, 3 lemons, slice fine, 1 qt. water to each pound of sliced fruit.

Stand over night. Boil two hours. Measure to each pint of fruit $1\frac{1}{4}$ lbs. sugar. Boil 60 minutes—stir. Bottle—put tops on when cool.

THERESA K. MACDONALD, ST. ANDREW'S COLLEGE

PEACH JAM

1 lb. sugar, 1 lb. peaches. Lay sugar on top of peaches and boil until thick (no water).

PEACH AND ORANGE MARMALADE

Eight cups peach pulp (juice and all), 2 oranges, 5 cups sugar. Method: Put peaches and oranges, skin and all, through meat chopper. Boil one hour or more.

PEPPER RELISH

Six green pepper, 6 red pepper, 6 onions (size of an egg). Put them through mincer, cover with boiling water, let stand five minutes, strain, then add 1 cup white sugar, 2 teaspoonsful salt, $1\frac{1}{2}$ cups malt vinegar. Boil 20 minutes—no longer.

—MRS. MULLEN

PICKLED PEARS

To 9 lbs. of pears add 2 oz. whole cloves, 2 oz. whole cinnamon, 2 oz. bruised ginger, 5 lbs. brown sugar, 1 quart vinegar. Boil till soft.

PRESERVED PINEAPPLE

Four large pineapples (size 18), 3 lbs. sugar, 4 quarts water. Boil syrup 20 minutes; stir pineapples, add and boil together five minutes. Bottle.

PRESERVED QUINCES

Ingredients: Quinces, water, sugar. Pare and quarter the fruit, then boil in enough water to keep the pieces whole. When they are tender take them out, and to every pound of quince add the same of white sugar. Let them stand with the sugar on until the next day, when the syrup should be as clear as amber. Put them in the pot and boil 20 minutes more. They may be colored with a little cochineal. The water in which they were boiled may be made into a jelly with the parings, adding a pound of sugar to each pint of juice, and boiling for half an hour.

PRUNE PRESERVE

Four lbs. prunes; weigh after peeling and stoning; 4 lbs. sugar, 2 lemons, juice, and rind cut thin, 2 cups walnut meats broken up. Pour boiling water over prunes; let stand three minutes when skin will slip off easily, strain. Boil lemon and prunes 20 minutes, then add sugar and nuts; boil 25 minutes; always boil slowly.

SAUCE FOR COLD BEEF

One lb. tomatoes, 1 onion, 1 teaspoon herbs, 1 bay leaf, 1 oz. butter. Boil all together till quite soft. Rub through a sieve, then heat slices of cold beef in it and serve.

SPICED GOOSEBERRIES

4 qts. fruit, $3\frac{1}{2}$ lbs. sugar, 1 pint vinegar, 1 tablespoon cloves, 1 tablespoon allspice, a little nutmeg. Boil 1 hour.

Grapes and currants may be done the same way.

—ETTA.

STRAWBERRY MARMALADE

To five boxes strawberries mashed smoothly, add the strained juice of 1 box of red currants. Add $\frac{3}{4}$ lb. sugar to 1 lb. fruit; boil till thick or about 20 minutes. Put in jelly glasses or sealers.

—MRS. WATTS

STUFFED PEPPERS

$\frac{1}{2}$ pt. sifted bread crumbs, $\frac{1}{2}$ lb. cooked mushrooms, 1 cup cold minced ham, yolk of 1 egg, $\frac{1}{2}$ cup broth from mushrooms, 2 tablespoons butter.

Chop ham and mushrooms very fine, add bread crumbs, yolk of egg, then melted butter, salt and pepper to taste. Cut off tops of peppers, extract seeds. Boil peppers 20 minutes then stuff them with mixture. Cover tops with crumbs and small piece of butter. Bake 15 minutes.

—MRS. W. B. MACLEAN.

SWEET PICKLES

Slice medium sized green tomatoes and cover with cold water and enough ground ginger to remove the green taste. Scald slowly until all turn yellow; drain thoroughly, then weigh, and to every pound of tomato add $\frac{1}{2}$ lb. brown sugar and $\frac{1}{2}$ pint of vinegar, a little whole allspice, cloves and cinnamon. Cook slowly for several hours.

SWEET PICKLE—delicious

12 red peppers, 12 green peppers, 3 onions, 3 heads celery, 4 cups brown sugar, 2 cups malt vinegar, 1 tablespoon flour.

Seed and mince peppers. Sprinkle with salt and let stand over night. Add other ingredients except flour and boil twenty minutes. Mix flour with cold water. Add to boiling mixture and stir constantly for five minutes.

—MISS JEAN WOOD

TOMATO SAUCE (1)

Twelve large tomatoes (ripe), 2 onions, 4 red peppers, 2 teaspoons brown sugar, 2 teaspoons salt, 1 cup vinegar.

Chop onions and peppers fine and boil with tomatoes two hours. Strain and add other ingredients, and boil again until quite thick. This is thicker than catsup.

TOMATO SAUCE (2)

Stew $\frac{1}{2}$ can of tomatoes and $\frac{1}{2}$ a small onion 10 minutes ($\frac{1}{4}$ teaspoon whole spices may be stewed with tomatoes if liked). Heat 1 tablespoon butter, add 1 tablespoon flour, add strained tomatoes gradually. Season with salt and pepper.

TOMATO SAUCE (3)

Two cups tomato, 1 teaspoon chopped onion, 2 whole cloves, a bit of bay leaf, parsley and mace, 4 tablespoons butter, 4 tablespoons flour, salt and pepper.

Put tomato and seasonings on to cook for about ten minutes. Strain and add water to make two cups. Melt butter in sauce pan, stir in flour and when smooth add the strained tomatoes and stir constantly while it boils about two minutes. Season with salt and pepper.

TOMATO SUEY

One peck of peeled and sliced tomatoes, 8 onions sliced thin, 1 cup salt. Let stand over night. In the morning drain off the liquor and add: 1 quart vinegar, 1 level teaspoon ginger, 1 level teaspoon cloves, 1 level teaspoon allspice, $\frac{1}{2}$ level teaspoon cayenne. Cook slowly for 2 or 3 hours. When nearly done add 2 pounds brown sugar and $\frac{1}{2}$ lb. mustard seed. When cold add a handful of celery seed.

—MRS. CHISHOLM

MEAT AND PUDDING SAUCES

BECHAMEL SAUCE	HARD SAUCE (No. 2)
BROWN BUTTER SAUCE (TO SERVE WITH FISH AND EGGS)	HOLLANDAISE SAUCE (No. 1)
CARAMEL SAUCE	HOLLANDAISE SAUCE (No. 2)
CHOCOLATE SAUCE (No. 1)	HORSE RADISH SAUCE
CHOCOLATE SAUCE (No. 2)	LEMON SAUCE
CREAMY SAUCE FOR PUDDINGS	MINT JELLY TO SERVE WITH LAMB
DRESSING	TOMATO MUSTARD
FROTHY SAUCE	THE SOUTHERN WAY OF COOK- ING CRANBERRIES
GOVERNOR SAUCE	
HARD SAUCE (No. 1)	

BECHAMEL SAUCE

Cook $1\frac{1}{2}$ cups of white stock 20 minutes with 1 slice of onions, 1 slice of carrot, a bit of bay leaf, a sprig of parsley and 6 pepper corns; then strain.

Melt 4 tablespoonsful of flour in a saucepan and pour over it the hot sauce and 1 cup of scalded milk (or more if too thick). Season with salt and pepper and 2 teaspoons of lemon juice.

Half a cup of sliced mushrooms may be added if wished.

BROWN BUTTER SAUCE

"SAUCE AU BEURRE NOIR."—To serve with fish, eggs, etc
Required: 2 dessertspoons vinegar, 2 dessertspoons water, 3
tablespoons butter, pinch of salt.

Method: Allow 2 dessertspoons of vinegar and 2 dessert-
spoons of water to be reduced to half quantity in boiling sufficiently
away.

Put 3 tablespoons of butter into a saucepan, melt it over a
quick fire until it is browned. Remove it from the fire, allow it
to cease boiling, then add vinegar and pinch of pepper. Heat
sauceboat and serve.

CARAMEL SAUCE

One cup brown sugar, 1 dessertspoon butter, 1 teaspoon corn-
starch, 1 cup warm water.

Put sugar and butter in a saucepan; dissolve the cornstarch
in a little cold water, then add to it the warm water. Mix the
whole together and cook until it thickens.

—I. B. RATHBUN

CHOCOLATE SAUCE (1)

One square chocolate, 1 cup sugar, 1 tablespoon butter, one-
third cup hot milk or water, $\frac{1}{2}$ teaspoon vanilla.

Melt chocolate, add butter and pour in gradually the hot
milk or water. Bring to boiling point and add sugar. Boil 15
minutes, add vanilla, then cool. Use a double boiler if possible.

—I. B. RATHBUN

CHOCOLATE SAUCE (No. 2)

Two cups milk, $1\frac{1}{2}$ tablespoons cornstarch, 2 oz. unsweetened
chocolate, 4 tablespoons sugar, 2 tablespoons hot water, 2 eggs or
4 yolks, two-thirds cup sugar, 1 teaspoon vanilla.

Mix cornstarch with a little cold milk; add remaining milk,
thicken with cornstarch and cook 8 minutes in a double boiler.
Melt chocolate over hot water; when smooth add 4 tablespoons
sugar and hot water. When smooth add to cooked mixture.

If yolks, beat them with sugar and stir into starch mixture.
If whole eggs, beat whites very stiff, add sugar, then the yolks,
and stir into cooked mixture.

CREAMY SAUCE FOR PUDDINGS

Quarter cup of butter, 2 tablespoons of milk, $\frac{1}{2}$ cup powdered
sugar, 2 tablespoons sherry wine. Cream the butter, add sugar
gradually and milk and sherry drop by drop. If the liquids are
added too fast the sauce will have a curdled appearance; it should
be of a soft, smooth consistency.

DRESSING

$\frac{1}{4}$ lb. mustard, $1\frac{1}{2}$ cups flour, $3\frac{1}{2}$ cups sugar, 1 oz. tumeric.

Take a little cider vinegar and mix the dressing well. Then take 2 quarts vinegar and let it come to a boil. Add the dressing slowly and let it steam until a nice thickness. Put in vegetables and boil 10 minutes. Bottle and seal.

FROTHY SAUCE FOR COTTAGE PUDDING

Yolk 1 egg, $\frac{3}{4}$ cup sugar, juice of 1 lemon, and a little grated rind. Boil and add beaten whites of 2 eggs. Beat very stiffly and add glass or half glass sherry, according to taste.

GOVERNOR'S SAUCE

Slice 1 peck green tomatoes, sprinkle $\frac{3}{4}$ cup of salt through them, stand all night. In the morning pour off all the liquid and put in kettle with enough vinegar to cover them. Add:

Six green pepper, 4 large onions, chopped fine, 1 cup brown sugar, 1 cup scraped horseradish, 1 tablespoon ground cloves, 1 tablespoon allspice, 1 teaspoon cayenne, 1 teaspoon white pepper.

Let simmer till soft. Put in jars and keep air-tight.

HARD SAUCE (No. 1)

Mix together a tablespoonful of butter and $\frac{3}{4}$ cup icing sugar. Add a teaspoonful hot water and beat well. When white and foamy put in a cool place till wanted.

HARD SAUCE (No. 2)

Half cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ teaspoon vanilla, grating of nutmeg, a little brandy.

Cream butter and sugar until light. Beat well and add flavoring. Shape into a cone and set away to cool. Grate nutmeg over it and serve cold.

HOLLANDAISE SAUCE (No. 1)

Rub to a cream $\frac{1}{2}$ cup butter, add yolks of 5 eggs and beat well together; add the juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ teaspoon of salt, a dash of cayenne pepper. Add slowly 1 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

HOLLANDAISE SAUCE (No. 2)

In a saucepan or bowl rub to a cream $\frac{1}{2}$ cupful of butter; add yolks of 4 eggs. Beat well together; add the juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ teaspoonful salt, a dash of cayenne. Add slowly one cupful of hot water. Mix well. Set in a saucepan of hot water. Stir constantly till the sauce becomes like a thick cream. Do not let boil. This may also be used cold.

HORSE-RADISH SAUCE

Take required amount of grated horse-radish root, flavor to taste with salt, pepper, sugar, mustard and vinegar. Finally, just before serving beat in enough whipped cream to give light foaming appearance.

LEMON SAUCE

Half cup sugar, 1 tablespoon cornstarch, 1 cup water, juice and rind of $\frac{1}{2}$ lemon, 1 teaspoon butter.

Pare rind from the lemon thinly. Pour boiling water over it. Cover closely and let steep for 20 minutes.

Or put rind into cold water and bring to a boil. Mix sugar and cornstarch, strain water from lemon rind over it. Return to fire and boil 2 minutes, stirring constantly. Add butter and lemon juice just before serving.

MINT JELLY TO SERVE WITH LAMB

Take any quantity of good sour apples, cover with water, stew well and drain through cheese cloth. To every pint of liquid add 1 lb. sugar. When the jelly is on the point of setting, color with green coloring and add a good bunch of green mint either when stewing the apples or trail it through the jelly till it acquires a good mint flavor.

TOMATO MUSTARD

One peck tomatoes, 6 red peppers, 2 large onions; boil for 1 hour, then strain. Add:

One tablespoon ground black pepper, 1 oz. ground ginger, 1 oz. ground allspice, $\frac{1}{4}$ lb. ground cloves, $\frac{1}{2}$ lb. salt.

Boil another hour, and when cold, mix less than $\frac{1}{4}$ lb. mustard with $\frac{1}{2}$ pint vinegar, and stir into the liquid. Bottle when cold.

THE SOUTHERN WAY OF COOKING CRANBERRIES

Put them into an earthen jar. 2 cups of sugar to a quart of berries and just enough water even with them.

Cover tightly and cook on top of stove for 10 minutes, after you hear them commence to pop.

They have to be kept covered all the time they are cooking, and until they are cold; don't even peep. They come out whole and a clear vivid red, and taste different to any cranberry sauce.

ICINGS AND FILLINGS

CHOCOLATE FILLING

COCOA ICING

FILLING FOR DATE CAKES

FILLING FOR LEMON PIE

FILLING

FILLING FOR CHEESECAKE

(LEMON)

ICING

LEMON FILLING

MINCE MEAT

CHOCOLATE FILLING

Four squares Cowan's unsweetened chocolate, $3\frac{1}{4}$ cups sugar, 3 tablespoons milk, 1 egg, 2 teaspoons butter, 1 teaspoon vanilla, pinch salt.

After chocolate is melted add remaining ingredients except flavoring. The whole should be cooked in double boiler till the substance thickens. Care should be taken to stir constantly. Now cool the mixture and add the flavoring. About 1 cup of nuts or mixed fruits make a splendid addition to this filling.

COCOA ICING

Four teaspoons Cowan's cocoa, $1\frac{3}{4}$ cups icing sugar, 2 tablespoons cold water, 3 tablespoons hot water, $\frac{1}{2}$ teaspoon vanilla.

Place the cocoa in a saucepan and mix with cold water until of a perfectly smooth appearance. The hot water is then added, and the whole is then cooked from 1 to 2 minutes. Add the flavoring and a pinch of salt. Enough sugar should then be added to make the whole mixture sufficiently stiff to spread evenly. To ensure against lumps beat these ingredients until smooth and glossy.

FILLING FOR DATE CAKES

One lb. dates (stoned), 1 cup brown sugar, 1 cup water. Cook to a jam. Roll dough, then cut in little cakes. Spread with jam, put top on and bake in quick oven.

FILLING FOR LEMON PIE

FOR TWO PIES.—Two cups water, boiling, 1 lemon, rind and juice, 1 cup white sugar, 4 eggs, 2 tablespoons cornstarch.

Beat the yolks of the eggs and mix with the juice of the lemon. Put the boiling water and sugar and grated lemon rind on the stove, and add cornstarch, dissolved in a little cold water; cook a few minutes. When done pour over yolks of eggs and lemon juice and stir well. Use stiffly beaten whites of eggs for top of pies.

FILLING

1 cup raisins seeded and cut, 1 cup thick strawberry jam,
 $\frac{1}{2}$ cup shelled walnuts.

Cut up fine and mix together and pour over 1 wine glass of
brandy. Bake in hot oven. Remove tooth picks when cold.

These are lovely for afternoon teas.

—MRS. MONTGOMERY

FILLING FOR CHEESECAKE (LEMON)

Melt 2 oz. butter, add 1 lb. sugar, granulated preferred,
3 eggs beaten, and 3 soda biscuits rolled fine. Cook until stiff.
Add the juice of 2 lemons, and rind, if required.

ICING

2 cups brown sugar, $\frac{1}{2}$ cup milk. Boil 15 minutes. Put
pan in bowl of cold water and beat until cold.

LEMON FILLING

1 cup water, 1 cup sugar, 2 eggs, 2 lemons, the rind of 1,
1 tablespoon cornstarch.

Mix water, sugar, eggs and lemons together and let come
slowly to a boil, stirring constantly, then add the cornstarch and
let boil for a minute.

MINCE MEAT

2 lbs. currants, 2 lbs. raisins, 2 lbs. sultanas, $1\frac{3}{4}$ lbs. suet,
2 lbs. sugar (castor), $\frac{1}{2}$ lb. mixed candied peel, $\frac{1}{2}$ oz. mace, $\frac{1}{2}$ oz.
cinnamon, 2 lemons, 7 lbs. apples (grated); $\frac{1}{4}$ lb. sweet almonds,
1 glass brandy.

—MRS. ROLPH.

FOOD AND BEVERAGES FOR INVALIDS

A LIGHT CAKE	LEMONADE
BARLEY WATER	MEAT JUICE
BARLEY WATER WITH LEMON	MINCED CHICKEN
CELERY SOUP	OMELET
CREAM OF BARLEY	PLAIN BAKED RICE PUDDING
EGG IN A NEST	POTATO CHICKEN
FRUIT PUNCH	SAVOURY CUSTARD
HOT WHITE WINE WHEY	TAPIOCA AND VEAL JELLY
INVALID'S BEEF JELLY	THICK BARLEY WATER
JELLIED PORTER OR STOUT	TOAST AND WATER
LEMON ALBUMEN	VICTORIA PUNCH

A LIGHT CAKE FOR AN INVALID

Half 1b. cornstarch, $\frac{1}{4}$ lb. castor (fruit) sugar, $\frac{1}{4}$ lb. butter, 1 egg, 1 teaspoon baking powder.

Cream sugar and butter together; then add the egg (white and yolk beaten separate). Mix baking powder with cornstarch and beat into mixture. If too stiff use a very little milk. If flavoring is liked, use either 2 or 3 drops of almond or lemon essence, or a little fresh lemon peel grated.

BARLEY WATER

Wash barley well, and to a cupful pour on a quart of boiling water. Let it stand five hours; stir occasionally; strain off, season with salt or sugar.

BARLEY WATER WITH LEMON

To every quart of barley water add the juice strained of one lemon, sugar taste; or if the flavor of the peel is liked, slice the lemon in when the barley is put into the water.

CELERY SOUP FOR AN INVALID

One head of celery, 1 quart chicken or veal stock, or the water either has been boiled in, salt to taste.

Shred the celery very fine, set on to boil in stock for some hours till very soft. Then mash through a fine sieve.

To use: To one cup celery stock add a scant cup of milk, thickened with a teaspoonful of cornstarch or arrowroot, and a dash cayenne pepper. When very hot add tablespoon of cream; serve instantly with little squares of dry toast served on a plate.

Artichoke soup, make same as celery.

If wished thin cream can be substituted for milk.

CREAM OF BARLEY

Half lb. veal cutlet, $\frac{1}{2}$ oz. pearl barley, $\frac{1}{2}$ gill cream, $\frac{1}{2}$ teaspoonful salt.

Cut all fat off $\frac{1}{2}$ lb. veal cutlet; cut into small pieces, and put it in a saucepan with 1 pint of cold water. Add barley (previously well washed and soaked in cold water for an hour, then drained); add salt. Boil gently for 2 hours.

Strain off liquor into a basin, and put meat and barley in a mortar and pound them together to a complete mash. Turn onto a hair sieve, and rub through with a wooden spoon into a basin. Pour the liquor on to sieve to help pulp through. When all is passed through stir in smoothly 2 tablespoons of cream.

If more than will be eaten in 1 day divide and only add enough cream to portion being used. This is best served cold, but may be heated and given warm where the invalid dislikes cold things.

EGG IN A NEST

Whip the white of 1 egg very stiff with a pinch of salt; lay in a saucer; drop the yolk carefully into the middle; slip the saucer into a shallow pan of water and poach. Be careful not to let water in.

FRUIT PUNCH

Squeeze—1 doz. lemons, $\frac{1}{2}$ doz. oranges, $\frac{1}{2}$ doz. bananas, $\frac{1}{2}$ can pineapple, Maraschino cherries, $1\frac{1}{2}$ lbs. sugar, 2 parts water, 1 block ice, $\frac{1}{2}$ cup claret.

Save out from the fruits above mentioned enough to slice into the punch to make it look tempting. Have it ready ahead so that sugar and juices will have mixed and add ice shortly before using.

Should a more potent punch be wanted, add Jamaica Rum five fruits or native wines, as desired. The rum makes it most delicious.

—MRS. ROBERTSON.

HOT WHITE WINE WHEY

Good where a patient does not assimilate milk and can take a little stimulant. Also good for a bad cold.

Take a small wine glass of sherry or marsalla; put in a tumbler —take $\frac{3}{4}$ of a tumbler of milk, heat, remove from the fire just before it boils; pour instantly on top the wine, holding the saucepan while pouring high above the glass. Drink at once.

This can be made with the juice of half a lemon instead of the wine, but does not agree with every one.

INVALID'S BEEF JELLY

Cut 3 lbs. of lean shin of beef into small pieces, with just enough water to cover. Add to flavor it a little lemon or celery or spice and a pinch of salt. Put in a jar; tie thick paper over it, and set in a cool oven for 5 or 6 hours, then strain off into cup, out of which it should turn in a jelly.

JELLIED PORTER OR STOUT

Take $\frac{1}{2}$ pint of good porter or stout, heat gently in a double saucepan and jelly it with the same proportion of isinglass or good gelatine as wine jelly would call for. Strain through muslin. Let the invalid eat a little at a time, accompanied by a dry biscuit, or cut in thin slices and lay between very thin pieces of bread and butter, or lay it on salt wafers, remembering that no sweets or fruit should be given within two hours of taking the jelly. It is worth knowing that porter or stout should never be taken in any form at the same meal as fruit, cooked or uncooked pastry or sweets.

LEMON ALBUMEN

Squeeze lemon into glass; add half glass of soda or water, the white of an egg broken up, but not beaten; sweeten to taste.

Orange albumen makes same as above, substituting orange for lemon.

In making dishes for an invalid with a small appetite, who requires nourishing, very thin cream can be used instead of milk, especially in a city where the milk is poor.

LEMONADE

12 lemons, 8 lbs. white sugar, 1 oz. Epsom Salts, 6 oz. Citric Acid, 6 pints boiling water.

Squeeze lemons and strain them. Then add all the ingredients. Beat the whites of 4 eggs a little (not too much) and stir them in when cold.

—MRS. MCCLUNG.

MEAT JUICE

Scrape meat very fine with a knife, and take away all fat or fibre. Put in a glass with its own weight in cold or lukewarm water. Let stand twenty minutes, then strain.

MINCED CHICKEN FOR AN INVALID

Mince enough chicken to make 3 tablespoonsful. Moisten with 1 tablespoonful of stock and 1 tablespoon of whipped cream. Add a dash of salt and cayenne, and if permitted a teaspoonful finely chopped parsley. Warm in a fireproof china vessel; if not moist enough add a little more stock and cream. Serve on a dainty round of buttered toast, and sprinkle lightly with powdered cinnamon. Garnish with parsley.

OMELET

Beat the yolk of an egg for 5 minutes with a tablespoon of water and a little minced parsley; then add to it the stiffly beaten white of the egg; beat 1 minute.

To Cook.—Fry some fat bacon in a tiny frying pan; when done remove the bacon and slide the beaten egg into the bacon gravy; keep loosening the mixture underneath with a thin knife. As soon as set, fold over and slide on to a very hot plate; serve instantly. The bacon gravy gives a very superior flavor to butter and of course if the patient is allowed to eat it, the bacon can be served round the omelet.

PLAIN BAKED RICE PUDDING

Take 2 heaping tablespoons of best Carolina rice. Wash well. Pour on a pint of milk. Let soak 2 or 3 hours. Place in a baking dish, lightly buttered; add a pinch of salt, and a small teaspoonful brown sugar. Set in a very cool oven and bake for three hours, stirring from time to time. If the oven is right this will make a soft, creamy, digestible pudding.

POTATO CHICKEN

Lay a little finely chopped chicken moistened with a little gravy or stock in the bottom of a dish. Take some well boiled potatoes, season with salt, and while hot mash; then add least bit of butter and some thin cream, and beat for 10 minutes with a fork or twig whisk. Lay on the chicken very lightly by spoonfuls and set in the oven. Remove as it starts to brown.

Raw Hamburg steak can be treated the same way and makes a nourishing dish.

SAVOURY CUSTARD

One gill of beef tea, 2 eggs, $\frac{1}{4}$ saltspoon of salt.

Take the yolks of 2 eggs, white of 1, put in small basin; add 1 gill of beef tea, and salt; whisk up well together. Take a small basin (fireproof), butter well inside, pour in mixture. Butter a thick piece of paper and tie tightly over top of basin. Set a saucepan of hot water on fire; when it boils stand the basin in (the water must not reach the paper). Draw saucepan to part of stove where it will simmer, but not boil; if it boils the custard is ruined. Time— $\frac{1}{4}$ of an hour. Either serve instantly while hot, or else let it get stone cold. In many cases of weak digestion, it is better given hot, and if liked a couple of spoonfuls of hot beef tea can be poured over, and the dish garnished with sippets of dry toast.

TAPIOCA AND VEAL JELLY

Soak a cup of flake tapioca; put it on with a quart of cold water and a knuckle bone of veal; season with salt, and if not

objected to add a tiny bit of onion and one or two strips of lemon peel. Bring to boil; let it boil gently some hours; then let it simmer over night on back of a coal stove or in a fireless cooker. Strain through a very fine sieve or muslin; when cold remove every particle of fat. Heat again and put into little moulds or cups and turn out as needed. It can be colored with a little home made, melted glaze, or a little of the dark jelly or gravy found under beef dripping, or with a few drops of burnt sugar. The beef coloring is most wholesome.

THICK BARLEY WATER

Wash $\frac{1}{2}$ a cupful of barley and boil for some hours with a quart of water. Strain off; season with salt or sugar.

TOAST AND WATER

Take a slice of well browned toast (not burnt) and trim off crust. Pour over $\frac{1}{2}$ pint boiling water. Let stand 15 minutes; strain.

This is excellent for a night drink to place by the bedside of an invalid.

VICTORIA PUNCH

Pour 1 cup hot tea infusion over 2-3 cup granulated sugar. When sugar dissolves add 3-4 cup orange juice, 1-3 cup lemon juice. Strain in punch bowl over large piece of ice and add 1 pint Ginger Ale, 1 pint soda water. Garnish with slices of orange.

—MRS. RIDDELL

HOUSEHOLD HINTS

BREAD POULTICE	REFRIGERATOR
ECONOMY	TO CLEAN SILVER
FOR A CHILL OR CRAMP	TO KEEP OFF MOTHS
FOR A COUGH	TO TREAT BURNS OR SCALDS
HOUSEHOLD HELPS	TO REMOVE STAINS FROM GLASS
LINSEED POULTICE	TO REMOVE TOMATO STAINS ON
MUSTARD POULTICE	KNIVES

BREAD POULTICE

A basin is to be scalded out and some boiling water poured into it. Then coarsely crumbled bread is to be added, the mixture being well stirred. The basin is then to be covered with a plate and left before the fire for about five minutes. The superfluous moisture is to be drained off, and the poultice is ready for spreading. If not hot enough, more boiling water may be added, and almost immediately drained off.

ECONOMY

Scraps of meat bones and shanks can be put into the stock pot, which should be found in every kitchen. Something may be added to the stock pot daily and this prevents, by using up, accumulations that otherwise would be troublesome and offensive. Small quantities of cold vegetables—potatoes, carrots, turnips, cauliflower, spinach, etc., are used for thickening and flavoring plain soups.

Cold cabbage and potatoes can be fried for the kitchen dinner.

Dripping, melted down, and put into jars, keeps well, and is very useful.

The fat skimmed off cold broth is good for adding to vegetables when mashed and for other purposes.

FOR A CHILL OR CRAMP

Mix with cream, 2 tablespoons to a heaping teaspoonful of powdered ginger, or a saltspoon of cayenne. Add a lump of sugar and then $\frac{1}{4}$ pint of boiling water. Drink as hot as possible.

Ginger or cayenne can also be administered in a hot oatmeal gruel made with milk, and will frequently avert an impending attack of gripe. A teaspoonful of honey can be used instead of sugar if given for a cold.

FOR A COUGH

One fresh egg well beaten, 1 tablespoonful honey, 1 tablespoon lemon juice, 1 dessertspoon Jamaica rum. Beat all well

together with a fork; cover and keep cool. Give a teaspoonful whenever the cough is troublesome. This will keep 36 hours. When the cough ceases to be troublesome give about six times in 24 hours for a few days.

HOUSEHOLD HELPS

Cauliflower will be much better and richer if it is boiled in half milk and half water, instead of all water.

Vinegar diluted with water will remove grease from a stove.

After removing all dust wipe screen doors with coal oil. They look like new. As long as the odor remains mosquitoes and moths will keep away.

LINSEED POULTICE

A basin to be scalded out, and sufficient boiling water poured into it (according to size of poultice). The linseed meal is then to be added with left hand, being sifted between the fingers. It is to be well worked, and when it is light and free from stickiness and cuts clean, a little linseed or olive oil is to be stirred into it. It is then to be spread on cottonwool, well pulled out tow, flannel, or a piece of old blanket.

MUSTARD POULTICE

Work equal parts of mustard and linseed meal into a paste with hot, but not boiling water. Mustard poultices should always be covered with muslin. If pure mustard is ordered by doctor mix with cold water, and smear vaseline on the muslin.

To test the heat of poultices applied hot, use the elbow, and remember linseed is apt if applied as a thick poultice to be hotter inside, so great care must be taken in applying a large poultice.

REFRIGERATOR

Dissolve a dessertspoon borax in a little hot water, add about a quart of cold water, and pour over ice and wipe off shelves with this every day, and the refrigerator will always be sweet.

TO CLEAN SILVER

An excellent and easy way to clean silver each week is to take 4 quarts of soft water, soap the size of an egg, 2 tablespoons whiting, and 1 oz. of washing soda. Boil half hour. Wash with dish mop (kept on purpose) in water as hot as possible. Wipe each piece of silver with flannellette cloths as soon as taken out of liquid. This preparation will keep from week to week if tightly sealed in gem jars and reheated. Have used this recipe for over 30 years.

TO KEEP OFF MOTHS

Fill a cheap half pint spray with gasoline, and spray clothes and cupboards now and again.

TO TREAT BURNS AND SCALDS

If caused by dry heat such as fire or a hot iron, apply as a lotion a dessertspoonful of baking soda dissolved in warm water (about a pint). If the burn is to a hand plunge the injured part in. Afterwards apply oil, vaseline, or cream; cover up with cotton-wool or apply a bandage.

For a scald the same treatment may be used, but apply the oil or vaseline on bits of lint or fine cotton, letting, if the scald is large, each strip of cotton just overlap the other. This is readily removed by a physician should the scald prove serious and require medical treatment.

Lime water and linseed oil in equal parts kept ready mixed in the kitchen, is one of the most desirable remedies and can be applied instantly. The great secret with a burn is to exclude the air. Flour is good, but should the burn scald be serious it hampers a physician or skilled nurse, as they cannot get at the injury, and for that reason is an undesirable remedy.

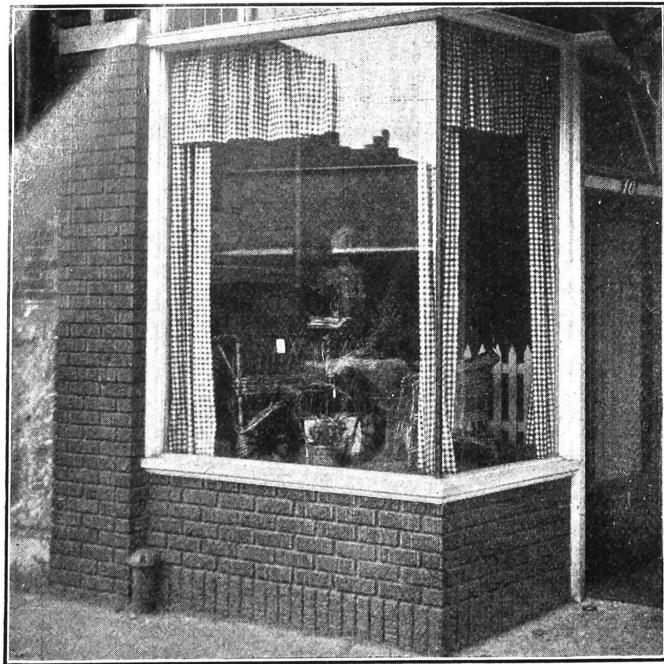
For trifling dry burns, placing the finger or injured part in very hot water, so hot it is painful, often acts as a cure.

TO REMOVE STAINS FROM MIRRORS OR WINDOW GLASS

Dip a cloth in spirits of camphor and rub well.

TO REMOVE TOMATO STAINS ON KNIVES

Rub with raw potato, then wipe with a cloth dipped in hot soapy water, and clean with knife powder.



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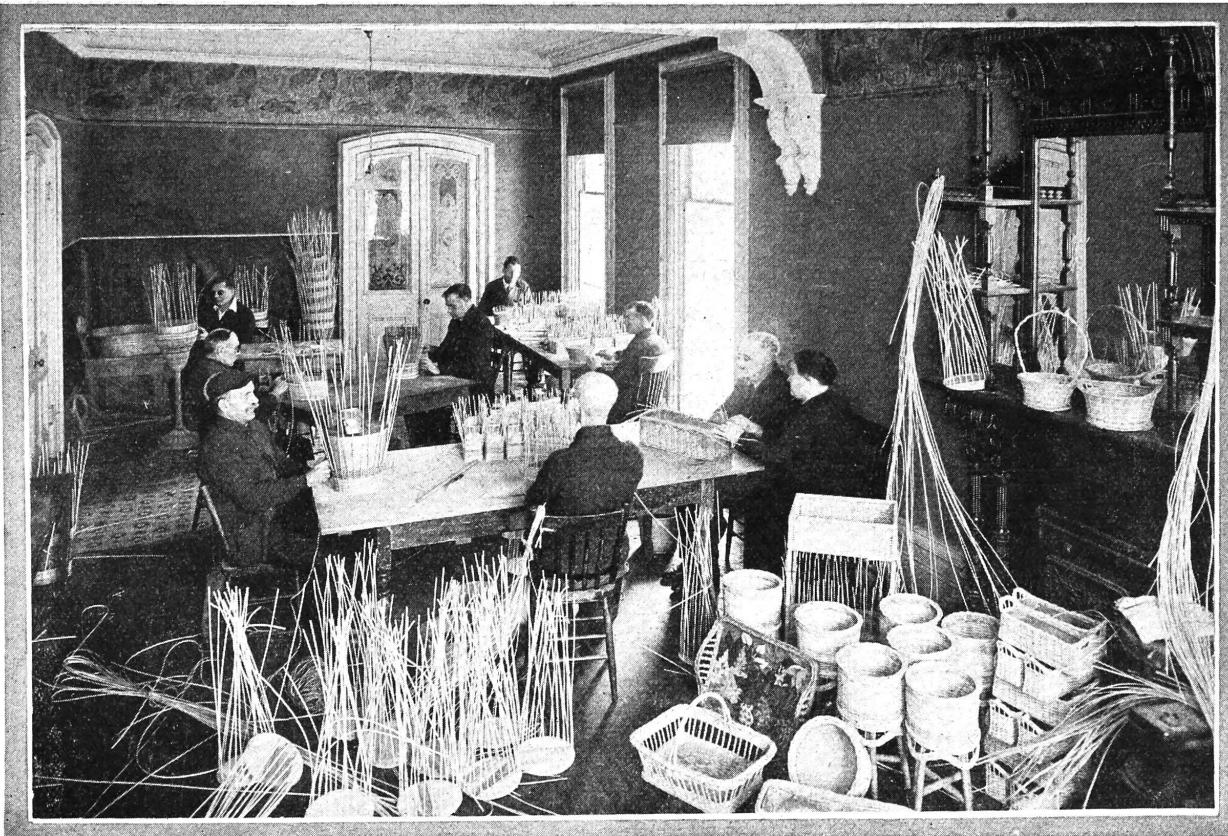
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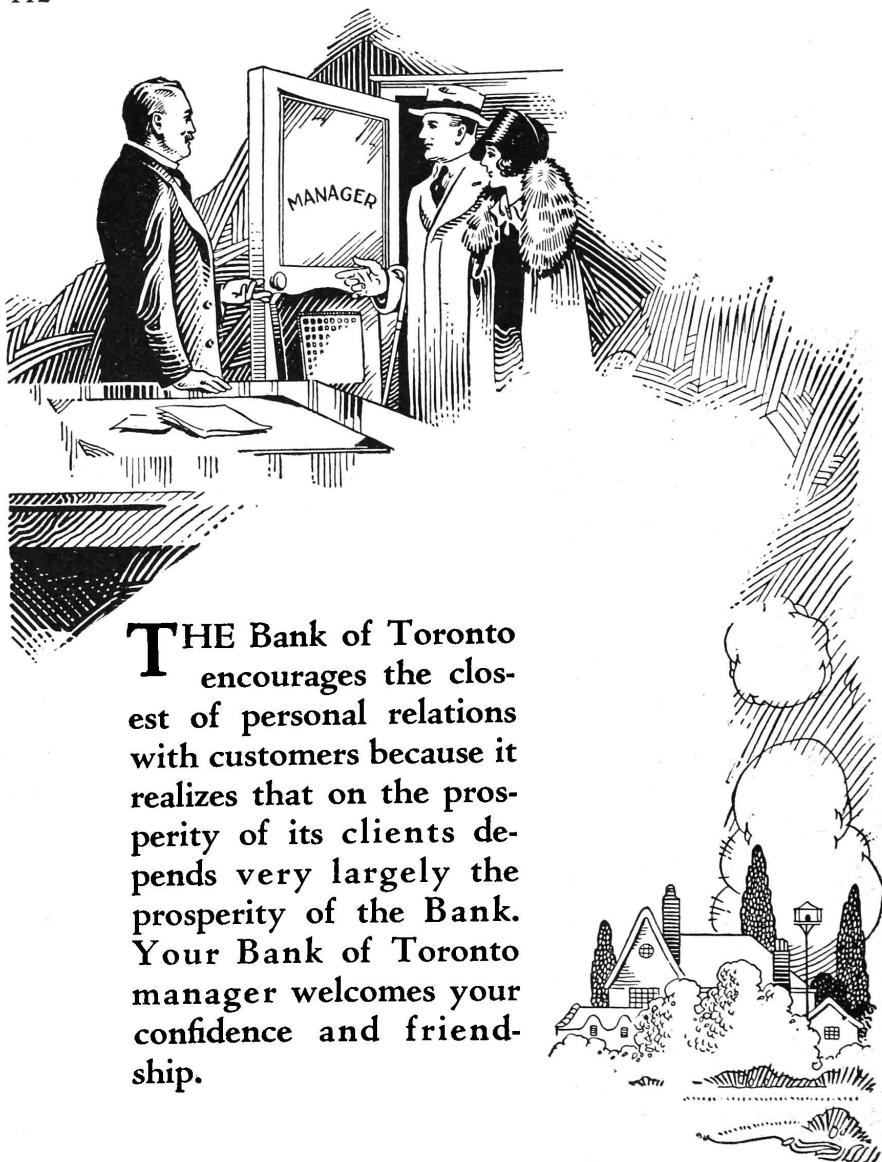
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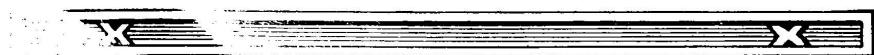


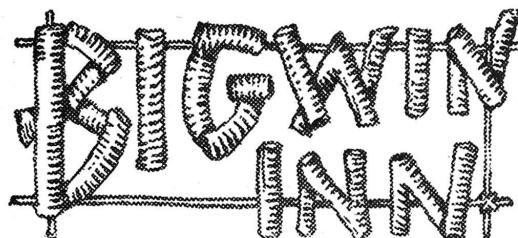
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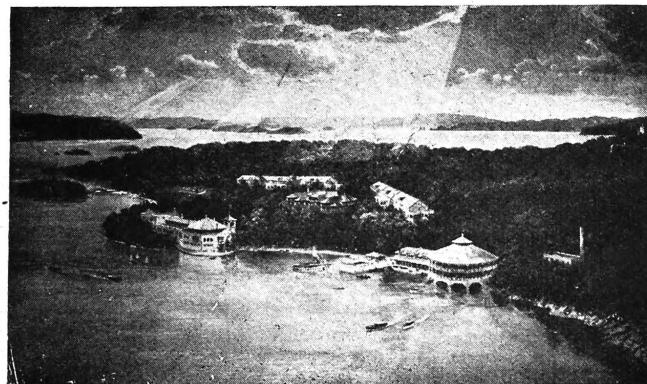
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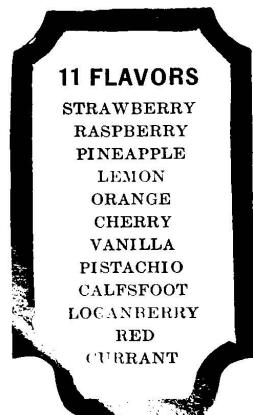
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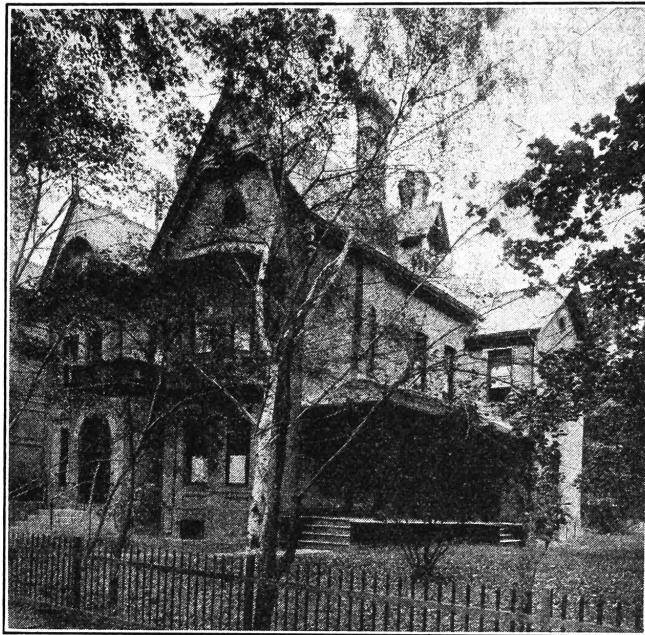
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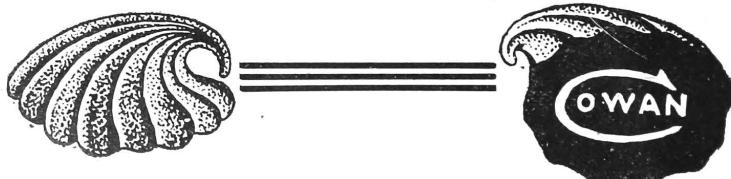
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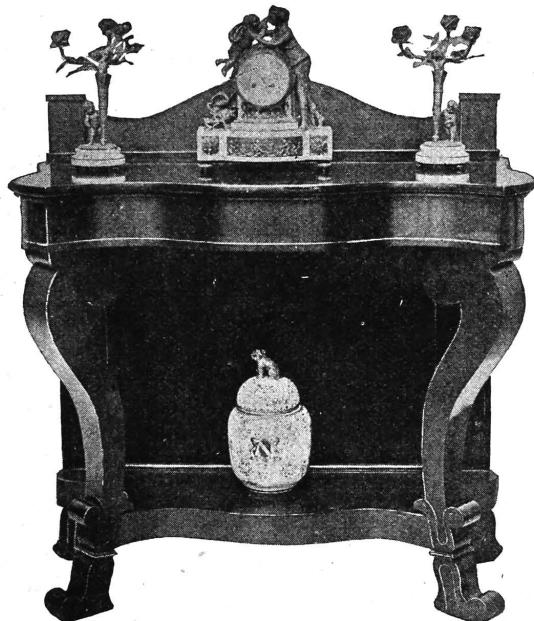
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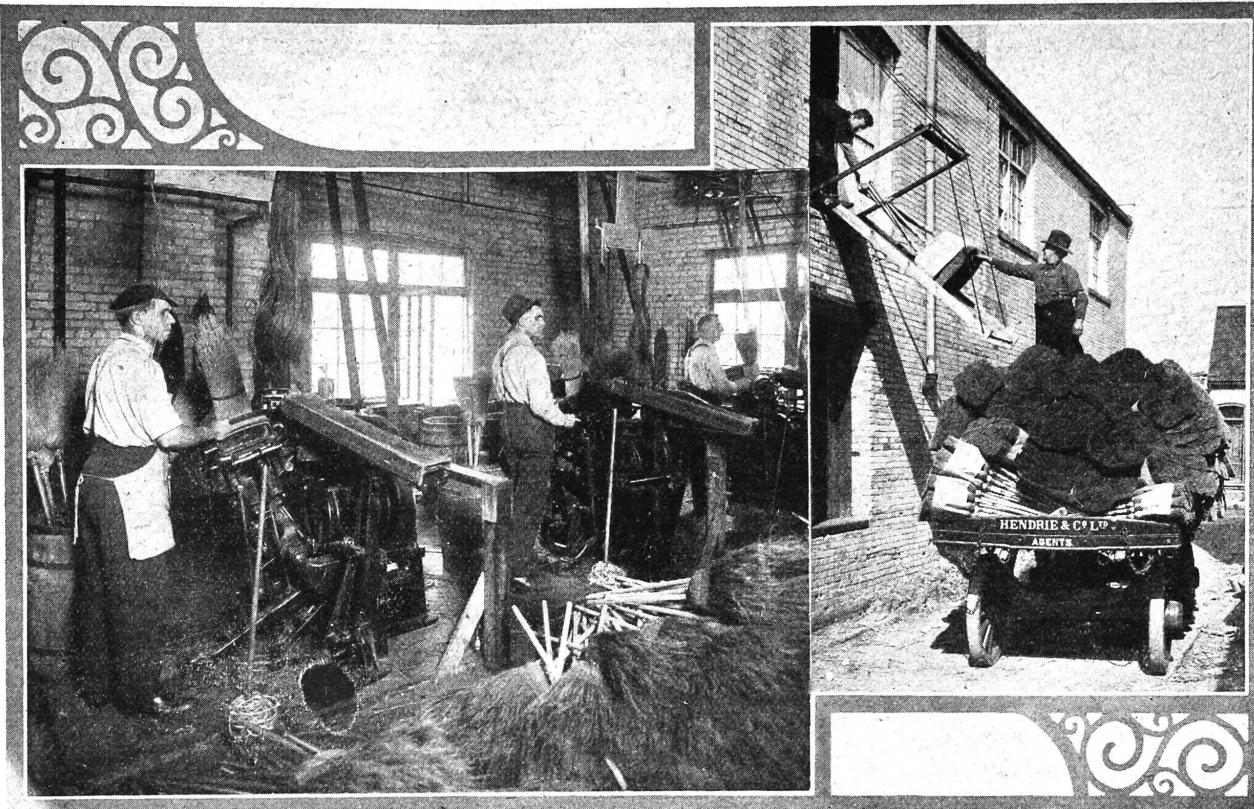
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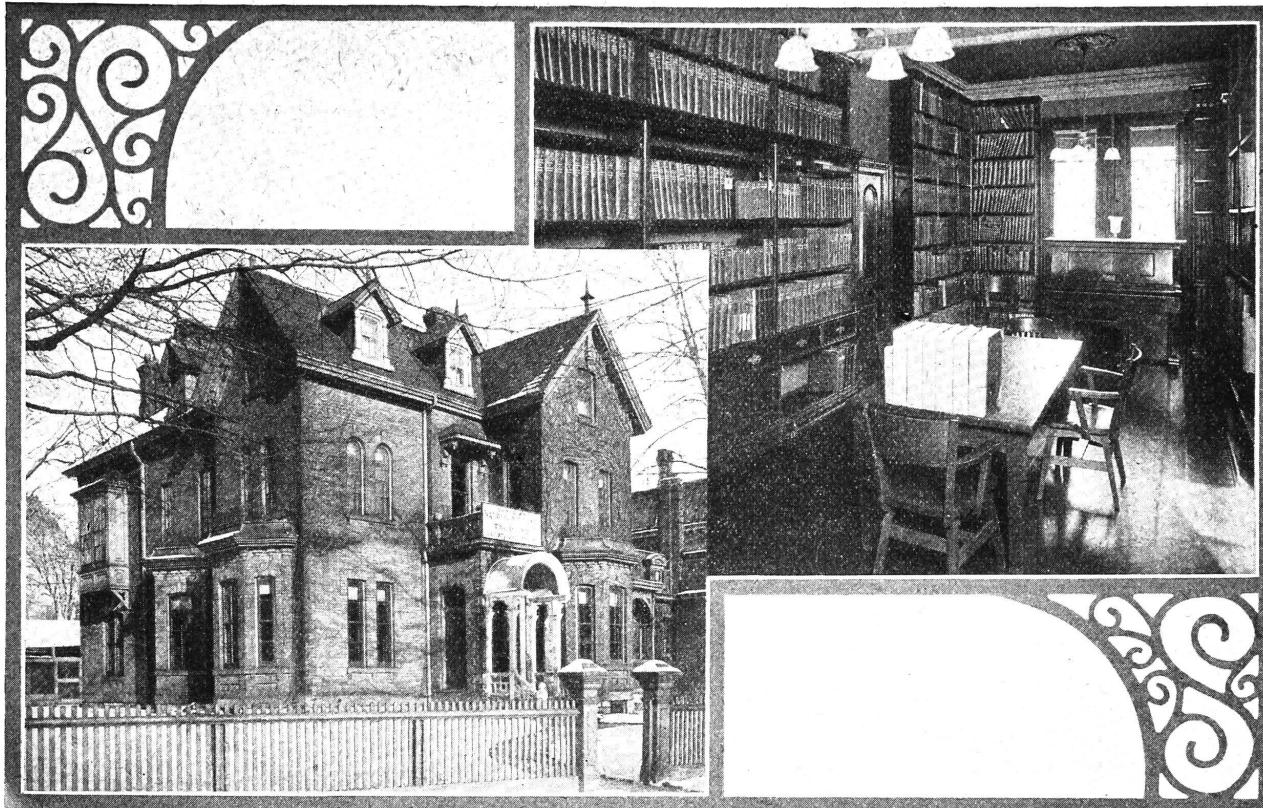
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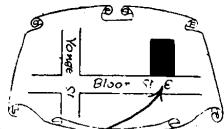
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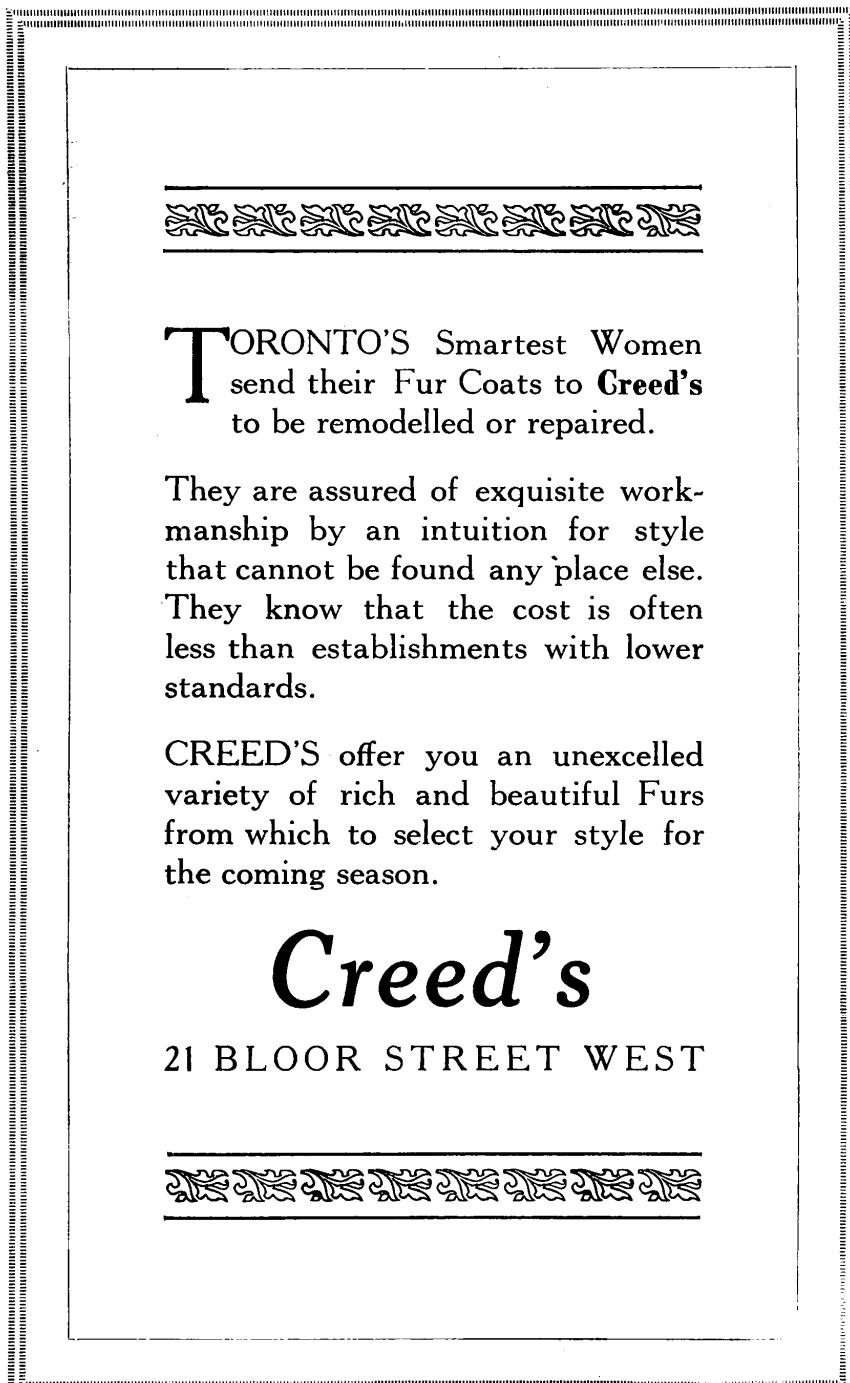
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