

**MOORE PARK  
BIG SISTER CIRCLE**

**COOK  
BOOK**



**TORONTO, CANADA**

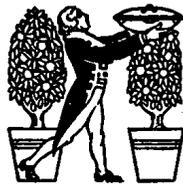
**1925**



MOORE PARK  
BIG SISTER CIRCLE

# COOK BOOK

*(WELL-PROVEN RECIPES)*



*“In commencement, we thank you  
For buying our book,  
And hope it will help you,  
And guide you to cook.”*

TORONTO, CANADA  
1925



### *SWEET DISPOSITION*

*3 grains common sense  
1 large heart  
1 good liver  
Plenty of fresh air and sunlight  
1 bushel of contentment.  
1 good husband  
Keep warm and do not bring to a boil.*

## **Preface**

THE object of publishing this little book, under the auspices of the Moore Park Circle of the Big Sister Association, is to produce funds to further extend their preventive, protective and educational work among the less fortunate girls who come under the care of the Association.

*"The Kitchen! It governs the life of a man;  
'Twill lengthen or shorten the stretch of its span;  
'Twill light it with gladness, or load it with woe;  
'Twill make it a heaven, or hades below.*

# Index

---

	Page
BEVERAGES .....	70
BREADS .....	54
CAKES .....	39
CAKES (Small).....	46
CANDIES .....	67
CANNING .....	61
COCKTAILS .....	5
DESSERTS .....	28
DRESSINGS .....	18
FISH .....	9
HOUSEHOLD HINTS .....	74
ICINGS .....	36
LUNCHEON DISHES .....	12
MEATS .....	14
MISCELLANEOUS .....	73
PASTRY .....	24
PICKLING .....	61
PRESERVING .....	61
PUDDINGS .....	28
PUDDING SAUCES .....	36
SALADS .....	18
SANDWICHES .....	59
SOUPS .....	5
TABLE OF WEIGHTS AND MEASURES.....	76
TIME TABLE FOR COOKING .....	75
VEGETABLES .....	22

# Cocktails

## OYSTER COCKTAIL

Place in bowl oysters from 4 doz. blue-points. Add  $\frac{3}{4}$  cup tomato catsup, 1 teaspoon Worcestershire sauce, 1 saltspoon tobasco sauce, 1 teaspoon chopped parsley, 1 teaspoon grated horseradish, 1 teaspoon finely grated onion, 1 teaspoon olive oil.

## PINEAPPLE COCKTAIL.

1 pineapple	$\frac{1}{2}$ cup orange juice
1 cup sugar	$\frac{1}{3}$ cup grapefruit juice
$\frac{1}{3}$ cup water	

Boil sugar and water 3 minutes; cool, add fruit juices. Cut fresh pineapple cylinders, using an apple corer, and cut cylinders into  $\frac{1}{2}$ -inch lengths. Put in glasses and cover with syrup.

Mrs. G. E. Petry.

---

# Soups

*"Some like it hot,  
Some like it cold,  
Some like it in the pot  
Nine days old."*

## MOCK OYSTER SOUP.

4 cups canned corn	Pinch soda
2 teaspoons sugar	Dash paprika
Dash black pepper	2 cups milk
4 milk lunch crackers	

Drain corn. Put kernels through the fine disk of the food chopper. Add ground corn to the liquid previously drained. Add soda and stir thoroughly. Add seasonings and cook fifteen minutes. Roll the crackers fine and soak them in the milk while the corn is cooking. Combine mixtures and cook again for fifteen minutes.

## RICE SOUP.

$\frac{1}{4}$ cup rice	1 teaspoon flour
1 pint boiling water	1 teaspoon butter
2 cups milk	Salt and pepper

Cook rice in boiling water until tender. Make a cream sauce of milk, flour, butter, pepper and salt. Combine mixtures just before serving, and add  $\frac{1}{2}$  teaspoon curry powder. Onion juice, if desired.

Mrs. Lloyd L. Matchett.

**JELLIED TOMATO SOUP.**

½ pound beef	2 tablespoons chopped carrot
1 veal bone	2 tablespoons chopped turnip
1 quart cold water	1 tablespoon chopped onion
1½ teaspoons salt	2 cups stewed tomatoes
2 peppercorns	2 tablespoons gelatin
2 tablespoons chopped celery	4 tablespoons cold water

Soak beef and bone in cold water ½ hour. Add salt, peppercorns, celery, carrot, turnip, onion and tomatoes. Bring to boiling point. Cover and cook gently 1 hour. Let stand until cold and remove fat. Strain liquid through double cheesecloth. Soak gelatin in cold water 10 minutes. Dissolve over hot water. Add dissolved gelatin to 3½ cups cold stock and mix well. Pour into shallow pan. Chill until firm. Cut in small cubes and serve in cold bouillon-cups. Garnish with sprig of parsley.

**CHICKEN SOUP.**

1 to 3 pounds fowl	2 teaspoons salt
2 quarts cold water	⅛ teaspoon pepper
3 tablespoons cooked rice	1 teaspoon minced parsley

Cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones and put them, with the meat and salt water, into the kettle. Place the breast on top of the other meat. Cook 4 hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasoning and parsley.

**PLAIN BROWN SOUP STOCK**

6 pounds shin of beef	6 peppercorns
4 quarts cold water	4 cloves
Carrot, onion, turnip, celery, ½ cup each, cut in cubes	2 sprigs parsley
½ bay leaf	1 tablespoon salt

Wipe beef with wet cloth and cut in inch cubes. Brown ⅓ of this in marrow from the marrow-bone. Put this with remaining ⅔ of meat, with bone and fat, into kettle. Add salt and cold water. Let stand at least 1 hour. Then heat very slowly to boiling point. Reduce temperature, cover and let simmer for 6 or 7 hours. Add vegetables and seasonings the last hour of cooking. Strain and cool quickly.

**PUREE OF LIMA BEANS.**

1 pint Lima beans	1 tablespoon flour
6 pints cold water	2 teaspoons salt
3 small tomatoes	¼ teaspoon pepper
1 tablespoon butter	A few grains Cayenne pepper

Soak beans overnight, if dry; in the morning drain and add cold water. Simmer these in the 6 pints of cold water until soft, rub through a sieve and season. Reheat soup, melt butter, add flour, cook together until perfectly smooth, add 1 cup of soup, stirring constantly, then the remainder of soup. Slice tomatoes very thin, add to soup, and cook 3 minutes.

Mrs. Gordon Herington.

**PEA SOUP.**

1 Can of peas put through strainer. Add 1 pint of heated milk. Butter size of egg; salt and pepper. Thicken with  $\frac{1}{4}$  teaspoon cornstarch.

Mrs. R. J. Dunlop.

**CREAM OF PEA SOUP (Four Portions).**

1 cup peas	2 tablespoons butter
1 cup water	2 cups milk
$\frac{1}{4}$ teaspoon sugar	1 teaspoon salt
2 tablespoons flour	$\frac{1}{4}$ teaspoon paprika

Cook the peas, water and sugar slowly for fifteen minutes. Strain, and rub all the pulp through the strainer. Melt the butter, add the flour, salt and paprika. Mix thoroughly and gradually add the milk. Boil one minute, and add the pulp and liquid from the peas. Cook one minute. Serve in hot soup plates or bouillon-cups.

Mrs. W. W. Southam.

**LOBSTER BISQUE.**

1 pound lobster meat	$\frac{1}{4}$ cup flour
2 cups cold water	$1\frac{1}{2}$ teaspoons salt
4 cups milk	Paprika
$\frac{1}{4}$ cup butter	

Put lobster in cold water; bring slowly to boiling point and boil fifteen minutes. Drain, reserving liquor. Finish as a cream soup and add lobster cut in dice.

Mrs. Lyman Howe.

**CREOLE SOUP.**

1 quart brown soup stock	Salt
1 pint tomatoes (stewed)	Pepper
3 lbs. chopped green peppers	Paprika
2 lbs. chopped onions	2 teaspoons grated horse-radish
$\frac{1}{4}$ cup butter	1 teaspoon vinegar
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ cup macaroni rings

Cook pepper and onion in butter for five minutes. Add flour, stock and tomatoes. Simmer fifteen minutes and strain. Season highly. Just before serving add horse-radish, vinegar and cooked macaroni.

Mrs. Lyman Howe.

**CANNED TOMATO SOUP.**

1 peck tomatoes	$\frac{1}{4}$ cup salt
6 large onions	$\frac{1}{2}$ cup butter
5 bay leaves	1 cup flour
$\frac{1}{4}$ cup sugar	

Put onions through chopper. Cook tomatoes and onions for  $\frac{3}{4}$  of an hour, put through strainer. Add the bay leaves in bag. Boil for ten minutes. Take out bay leaves. Add sugar, salt, butter, boil up well. Add flour wet with water to be sure all lumps are out. Boil up well, and bottle in jars. May be used plain or creamed.

Violet M. Horner.

3

# Additional Recipes

# Fish

*"From the waters you can lure  
Things to please the epicure."*

## CREAMED SHRIMP.

2 tins shrimp	1 tablespoon butter
1 pint milk	$\frac{1}{2}$ cup flour
4 hard-boiled eggs	Pepper and salt

Method: Remove shrimp from tins and wash well. Bring the milk to a scald, and add shrimp. Thicken with the flour, which has been mixed with cold milk, and add pepper and salt to taste, and the butter. Cut up the hard-boiled eggs and add to the mixture, and stir in some finely chopped parsley. Serve on rounds of buttered toast, and garnish with parsley.

Florence H. Hogg.

## TUNA FISH AU GRATIN

4 tablespoons butter	2 cups milk
6 tablespoons flour	2 $\frac{1}{2}$ cups tuna fish, flaked in pieces
1 teaspoon salt	1 cup grated cheese.
$\frac{1}{8}$ teaspoon pepper	

Melt butter, add flour, salt and pepper and mix well. Add milk and bring slowly to boiling point, stirring constantly. Put a layer of sauce in baking-dish, then a layer of fish. Sprinkle with cheese and add more sauce and more fish. Continue until all is used, finishing top with a layer of cheese. Bake in moderate oven (325 deg. F.)  $\frac{1}{2}$  hour. Makes 6 servings.

## STEAMED SALMON PIE.

1 tin salmon	$\frac{1}{4}$ teaspoon salt
2 eggs	Pinch of pepper
1 tablespoon butter	$\frac{1}{2}$ cup milk
7 soda biscuits rolled fine	

Flake the salmon. Add the eggs, well beaten, salt, pepper and rolled biscuits. Add milk enough to moisten the mixture and put in buttered baking dish. Steam for two hours.

Mrs. G. E. Petry.

## MOULDED SALMON SALAD.

1 can salmon	Yolks 2 eggs
$\frac{1}{2}$ tablespoon salt	1 $\frac{1}{2}$ tablespoon melted butter
1 $\frac{1}{2}$ tablespoon sugar	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ tablespoon flour	$\frac{1}{4}$ cup vinegar
1 teaspoon mustard	$\frac{3}{4}$ tablespoon granulated gelatine
Few grains Cayenne	2 tablespoons cold water

Remove salmon from can, rinse thoroughly with hot water, and flake. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook in double boiler, stirring constantly until mixture thickens. Add gelatine soaked in cold water. Strain, and add to salmon. Fill individual moulds, chill, and serve on lettuce with dressing and garnish.

Mrs. G. E. Petry.

## STUFFED HADDOCK.

2 cups bread crumbs	2 teaspoons chopped parsley
2 or 3 haddocks filleted and halved lengthwise	Pepper
	Salt

Method: Put bread crumbs, parsley and seasoning into basin and moisten with milk. Lay haddocks on table with side from which skin was removed uppermost. Put some stuffing on the middle of each fish, and double the ends over it, and put small piece of butter on each. Bake in brisk oven for 10 to 15 minutes.

Mrs. Fred. L. Tate.

## ESCALLOPED SALMON WITH PEAS.

1 pound can of salmon	1 can peas
Salt	Pepper
$\frac{1}{2}$ lemon	Buttered crumbs
1 cup medium white sauce	Butter

Method.—Remove bones and skin from fish and separate into flakes. Season and sprinkle plentifully with lemon juice. Prepare white sauce. In the bottom of baking dish put a layer of salmon, a layer of peas and then buttered crumbs. Repeat, pour on white sauce. Finish with a layer of crumbs. Dot with butter, and bake in a hot oven until crumbs are brown.

Zelma L. Boynton.

### *Baked Fish with Dressing on Top.*

*Purchase 3 or more pounds of fish in a solid piece or in slices  $\frac{3}{4}$  of an inch in thickness.*

*If in one piece, remove the skin, cut down at the back bone, remove it and cut the fish into serving pieces.*

*If in slices, trim off the skin and remove the bone.*

*Arrange on oiled or greased baking pan, pieces enough to cover the bottom solidly, sprinkle fish with salt and pepper. Then cover with savory dressing from one to two inches thick. Place in hot oven and bake for 15 minutes, longer if thicker slices have*

## Additional Recipes

used. For the first ten minutes invert another baking pan over the fish to keep the dressing from browning too rapidly.

Remove the cover for the last five minutes. Dressing should be a fine golden brown.

Serve, if possible, from the same dish in which it has been baked, or cut into square serving pieces and remove to a platter, with the aid of a pancake turner. Serve with soft

### Savory Dressing

1 quart stale bread crumbs.  
 1 tsp. mixed poultry dressing, or thyme, marjoram or summer savory,  
 salt and pepper.  
 $\frac{1}{2}$  cup colorlessly fried onions,  
 oil or butter to mix with crumbs if not enough grease with the fried onion.  
 Mix the ingredients together and cover the top of the fish.

## Luncheon Dishes

*"When art and nature join, the effect will be  
Some nice ragout or charming fricasee."*

### CHEESE AND PEPPER CROQUETTES.

Wash and dry small bell peppers, rub slightly with salad oil, put in hot oven and turn occasionally until skins blister. Remove from oven, rub off skins, make a lengthwise opening in each and remove seeds. Fill with cheese filling, dip in crumbs, egg and crumbs, fry in deep fat and drain on brown paper.

### SPAGHETTI—ITALIAN STYLE.

1 pkg. spaghetti	1 can tomatoes
8 cups soup stock, with grease	1 pepper
4 onions and little garlic	$\frac{3}{4}$ lb. mushrooms
1 tablespoon butter	

Cook spaghetti in salt water until tender; brown onions, mushrooms, garlic in butter; add strained tomatoes, pepper and soup stock. Season. Bake together in covered pan one to two hours.

Mrs. T. G. Ryan.

### SCALLOPED CHEESE

4 slices bread ( $\frac{3}{4}$ inch thick).	2 cups milk
2 eggs, salt and pepper to taste.	1 cup grated cheese

Butter bread. Place 2 slices in buttered casserole, sprinkle these with half cup grated cheese, then place the other two slices of bread on top and cover with the other half cup of cheese. Beat eggs, milk, salt and pepper together, pour over bread. Bake in moderate oven 25 minutes.

Mrs. Stafford Rice.

### BIRD'S NEST SAUSAGES.

$\frac{1}{2}$ lb. vermicelli
Sausages
Eggs

Method: Cook vermicelli in frying basket in boiling fat. Have ready some hard-boiled eggs, one for every sausage. Skin sausages and press around eggs. Roll in bread crumbs and fry. Arrange in dish with vermicelli here and there, and garnish with parsley.

Mrs. Fred. L. Tate.

## Additional Recipes

### Salmon and Rice au Gratin

$\frac{2}{3}$ c. Rice	$\frac{1}{4}$ tsp. Salt
1 tbsp. Butter	$\frac{1}{2}$ c. grated Cheese
2 tbsp. Flour	1 c. or 1 small can salmon
1 c. milk	Buttered Crumbs.

Cook rice in boiling water until soft. Cheese sauce - melt butter, add flour, blend well, add milk gradually, stirring constantly until thick. Cook about 10 min. Add grated cheese.

Place cooked rice in bottom of greased casserole. Pour over it  $\frac{1}{2}$  of cooked sauce, add the flaked salmon, then remainder of sauce.

Sprinkle buttered crumbs on top. Bake 15-20 min. in a moderate oven.

(Mashed potatoes may be substituted for the rice.)

## Meats

*"Some hae meat, an' canna eat,  
And some wad eat that want it,  
But we hae meat, an' we can eat,  
Sae let the Lord be thanket."*—Burns.

### MEAT LOAF

Knuckle of veal. Small pork tenderloin. Season and boil together (just enough water to cover) for 1½ to 2 hours. Remove and cut in small pieces. Boil down juice and add juice of ½ lemon, about 2 teaspoons gelatine and some green pepper chopped and pour over meat to set.

Mrs. Gordon Ralston.

### CREAMED CHICKEN

1 cup cooked chicken  
¼ cup almonds  
1 cup standard white sauce  
Yolk of egg

Blanch and chop almonds and add with the chicken cut in small pieces to the sauce; heat, and just before serving add yolk of egg; cook a moment and serve in timbale cases.

Mrs. G. E. Petry.

### SPICED HAM

Soak a pickled shoulder of pork overnight. Put on to boil in cold water. Cover ham all over. Add ½ cup brown sugar and 1 tablespoon allspice. Boil for 2 hours, then add 1 teaspoon baking soda and boil 1 hour. Remove ham from water, peel off rind. Cover with brown sugar and allspice, put in oven to brown.

Mrs. C. Frank Moore.

### BOILED TURKEY.

Soak it in salt and water an hour and a half to make it white. Make a stuffing of bread crumbs, suet, parsley and lemon peel chopped fine. Tie lightly in a cloth and boil. A young turkey boils in two hours.

### VEAL LOAF

3 lbs. raw veal (chopped)	4 tablespoons milk
¼ lb. salt pork (chopped)	½ teaspoon pepper
Butter the size of an egg	1 teaspoon salt
3 eggs	1 tablespoon sage

Mix with meat four pounded crackers. Add butter, eggs, milk and seasonings. Mix all well together and form loaf. Bake from 2 to 2½ hours, basting with water and butter.

Mrs. W. A. Charlton.

**KIDNEY ROLLS.**

½ cup stale bread crumbs	Small pieces of lamb's kidney
½ small onion, if desired	Salt
½ lb. finely chopped parsley	Pepper
Slices of side bacon without rind	1 beaten egg

Mix crumbs, onion, parsley, salt, pepper and moisten with beaten egg. Spread on thin slices of bacon and roll around pieces of kidney. Fasten with toothpicks. Bake in hot oven 20 minutes.

Mrs. Lyman Howe.

**CHICKEN PIE.**

Stew chicken till tender, season with little butter, salt and pepper. Line sides of pie dish with rich crust, pour in chicken, cover with crust, first cutting hole in centre, and bake.

Mrs. William Wallace, Jr.

**BEEF LOAF.**

2 lbs. minced beef	½ cup milk
Crumbs of 6 soda crackers	Salt and pepper
2 eggs	

Bake 1 hour in medium oven.

Mrs. C. G. Porter.

**JELLIED CHICKEN.**

1½ cups chicken stock
2 cups diced chicken
1 tablespoon granulated gelatine
¼ cup cold water

Method: Soak gelatine for ten minutes in cold water. Bring stock to boiling point, add gelatine and stir till dissolved. Add diced chicken, pour into mould. When cool, set on ice to harden.

Mrs. William Wallace, Jr.

**MEAT LOAF.**

1½ lbs. minced steak	1 tip of savory
1 cup bread crumbs	1 egg in cup, filled with milk
1 onion chopped fine	Salt and pepper

Mix meat, onion, bread crumbs and seasoning all together, add egg, and put in greased loaf pan with bread crumbs and a little butter on top. Cook about ¾ hour in moderate oven.

Mrs. Jack Ecclestone.

**MEAT LOAF.**

1½ lbs. round steak	1 onion ground
4 pork chops cut thick	1 egg
1 cup bread crumbs ground	1 cup milk

Grind meat, and season. Add onion. Add bread crumbs and egg well beaten to milk. If stiff, add milk. Shape into loaf. Sprinkle flour on top. Roast 1 hour.

Mrs. G. H. Stedman.

**METHOD FOR USING COLD ROAST BEEF**

1lb. cold roast beef (put through the mincer)	$\frac{1}{4}$ teaspoon pepper
3 tablespoons melted butter	$\frac{1}{2}$ teaspoon salt
1 teaspoon minced onion	2 tablespoons horse-radish
2 eggs	1 cup bread crumbs

Method: Mix the ingredients in order given. Pour into buttered moulds or loaf tin. Bake in a moderate oven for 20 minutes./ Turn out and serve with one can of tomato soup heated without water. Veal may also be done this way.

Mrs. Roy McKay.

**FRIED CHICKEN.**

Wash pieces in cold water, roll in bread crumbs, take  $\frac{1}{2}$  pint of milk, chop parsley fine, add to pepper, a little salt, 1 teaspoon flour. Fry chicken in butter. When done, lay on hot platter and pour over prepared cream which has been cooked in frying pan.

Mrs. William Wallace, Jr.

# Additional Recipes

## Salads and Dressings

*"Salads are like women—either very good, or very bad."/*

### RADISH AND BERMUDA ONION SALAD.

Wash crisp lettuce and place on ice until ready to serve. Peel 3 Bermuda onions and slice them very thin. Slice 1 bunch radishes very thin. Marinate the onions and radishes separately with French dressing for 30 minutes. Arrange the lettuce on a serving dish, sprinkle with French dressing and arrange the onions and radishes in the centre. Garnish with radish roses.

### JELLIED VEGETABLE SALAD

1 tablespoon gelatine	1 teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup celery (diced)
1 cup boiling water	$\frac{1}{2}$ cup cooked peas
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup shredded cabbage
6 tablespoons lemon juice	1 can pimentos

Soak gelatine in cold water, and dissolve in boiling water; then add sugar, lemon juice, and salt. Strain, cool, and when beginning to stiffen add diced celery, finely shredded cabbage, peas and pimentos (cut in small pieces and drained). Put in mould and chill. Serve on lettuce with French dressing. Other combinations of vegetables may be used in place of the ones given.

Mrs. G. E. Petry.

### PINEAPPLE SALAD.

1 can pineapple
$\frac{1}{2}$ pint whipping cream
1 head lettuce

Method: On crisp lettuce leaves place a ring of pineapple, top with cream whipped stiff.

Mrs. William Wallace, Jr.

### INDIVIDUAL APPLE CINNAMON SALAD.

1 apple	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup nuts	1 tablespoon sugar
$\frac{1}{2}$ cup celery	$\frac{1}{2}$ cup cinnamon candy

Peel and core apple. Cover with water, add sugar candy. Cook until tender. Fill with chopped nuts, celery and raisins, and serve on lettuce with dressing.

Mrs. T. A. Ryan.

### PIQUANT SALAD.

Mould of cottage cheese. Nuts, olives and green peppers. Serve with mayonnaise, garnish with pimento strips.

Mrs. Frederick F. Tisdall.

**ELITE SALAD.**

Halves of apricots, heaped with seeded grapes and chopped nuts. Served with whipped cream dressing on lettuce leaves.

Mrs. Frederick F. Tisdall.

**VENETIAN CUPS SALAD.**

6 beets, medium sized	¼ cup chopped walnuts
6 celery stalks	Cream cheese
2 tomatoes	Paprika
1 cucumber	

Method: Scoop out centres of cold cooked beets. Fill with above ingredients mixed with salad dressing. Top each with small ball of cream cheese, sprinkled with paprika, and serve on cold nest of lettuce leaves, garnish with mayonnaise.

Mrs. William Wallace, Jr.

**CABBAGE SALAD.**

1 head finely chopped cabbage  
1 small onion, chopped

Mix with salad dressing. Serve on lettuce. Garnish with olives.

Mrs. C. G. Porter.

**HEARTS OF LETTUCE AND RUSSIAN DRESSING.**

Take pint of salad dressing, add enough chili sauce to make light red in color, add chopped green pepper, 2 hard-boiled eggs chopped fine, and little green onions cut fine. Quarter the head lettuce and pour dressing over it.

Mrs. Jack Ecclestone.

**PEACH SALAD.**

Place two halves of peaches on lettuce leaves. Fill centre with cream cheese and chopped nuts mixed with mayonnaise. Garnish with a sprig of parsley and place a teaspoon of mayonnaise on side of salad plate.

Mrs. William Wallace, Jr.

**MAYONNAISE.**

1 small dessertspoon flour	1 egg slightly beaten
2 tablespoons sugar	3 tablespoons butter
¼ tablespoon salt	¾ cup milk
½ tablespoon mustard	¼ cup vinegar
Mix thoroughly, and add	

Put in saucepan and cook till it thickens, then beat with Dover egg beater and bottle.

Violet M. Horner.

**ITALIAN MERINGUE.**

A dressing for fruit salad.

1 cup sugar  
 ½ cup water  
 Juice of 2 lemons  
 3 eggs

Cook sugar and water to soft ball stage; pour on lemon juice. Beat whites and yolks of eggs separately, then together, and pour on lemon syrup gradually, beating continually. Cook over hot water two or three minutes to set egg.

Mrs. Lyman Howe.

**SALAD DRESSING.**

2 eggs, well beaten	1 teaspoon mustard (blended in
1 teaspoon salt	vinegar)
	1 cup vinegar

Beat these all well together, then add slowly, beating constantly, the contents of one tin of Eagle Brand milk. Use ordinary teacup to measure vinegar. Requires no cooking.

Mrs. Jack Ecclestone.

**OIL SALAD DRESSING.**

1 teaspoon salt  
 1 teaspoon mustard  
 1 cup Mazola or Wesson Oil  
 Unbroken yolk of 1 egg

Mix 1 cup cold water with ½ cup flour, and boil until it thickens. Then add while hot to cold ingredients, and beat well with Dover beater. Lastly, beat in one dessertspoon lemon juice.

Mrs. S. R. D. Hewitt.

**SALAD DRESSING.**

2 eggs	1 cup water
1 cup sugar	1 tablespoon cornstarch
1 cup vinegar	1 tablespoon mustard
1 tablespoon butter	1 teaspoon salt

Cook slowly and stir while cooking.

Mrs. C. Frank Moore.

**DRESSING (Oil)**

1 egg	1 cup Mazola Oil poured in very
¼ teaspoon mustard	slowly
¼ teaspoon white pepper	1 dessertspoon vinegar
½ teaspoon salt	1 tablespoon lemon juice
1 teaspoon sugar	Juice from ½ grated onion.

Beat well.

Mrs. Stafford Rice.

**PLAIN DRESSING.**

½ cup hot vinegar	2 teaspoons salt
½ cup hot water	1 tablespoon flour
4 teaspoons mustard	4 yolks of eggs
2 tablespoons sugar	2 cups of milk

Mrs. Stafford Rice.

# Additional Recipes

# Vegetables

*"Tables should be like pictures to the sight,  
Some dishes cast in shades, some spread in light."*

## FRIED SWEET POTATOES.

Parboil large potatoes, cut into slices lengthwise, and fry in boiling lard.

## STEWED CELERY.

Clean celery, take off coarse outer leaves, cut in small pieces and stew in little broth. When tender, add some rich cream, flour and butter to thicken. Season with salt and pepper.

## TOMATO RAREBIT.

2 tablespoons butter	1 teaspoon mustard
2 tablespoons flour	Pinch of soda
$\frac{1}{3}$ cup cream	1 cup grated cheese
$\frac{1}{3}$ cup tomatoes (stewed and strained)	1 egg
	Salt

Melt butter in double boiler, add flour, then cream gradually. When mixture thickens add tomatoes with the soda to it. Then add cheese, egg and seasonings. Serve on toast as soon as cheese has melted.

Mrs. Lyman Howe.

## POTATO FRITTERS

2 cups mashed potato	3 eggs well beaten and creamed
1 cup flour	with potato
2 level teaspoons baking powder	

Drop by teaspoons into deep hot Crisco or fat, and drain on brown paper.

Mrs. S. R. D. Hewitt.

## STUFFED VEGETABLE MARROW

1 large vegetable marrow	1 oz. butter
2 large onions	1 egg
1 teaspoon sage	Pepper and salt
1 cup soaked bread	

Method.—Trim marrow, cut in half lengthwise, take out the seeds. Parboil the onion and chop fine, mix it with bread, sage, butter, pepper and salt. Fill marrow with mixture, put halves together, brush butter over it and bake half an hour.

Mrs. Fred L. Tate.

---

# Additional Recipes

# Pastry

*"Society is like a pie, because there is the upper crust, and the lower crust, but the real substance lies between."*

## PINEAPPLE PIE

1 can grated pineapple	1 heaping tablespoon cornstarch
$\frac{1}{2}$ cup water	Yolks of two eggs
$\frac{1}{2}$ cup sugar	

Cook above all together as for lemon pie and fill a baked crust. Cover with meringue made with the whites of the two eggs and 2 tablespoons of sugar.

Mrs. Gordon Herington.

## IRISH PIE

3 cups rhubarb	1 cup flour
1 cup brown sugar	1 tablespoon butter

Cut the rhubarb in inch lengths. Place in unbuttered pie tin. Mix remaining ingredients and sprinkle over the rhubarb. Cook half an hour in a moderate oven (350 degrees). Serve hot.

Mrs. A. W. J. Stewart.

## BANANA CREAM PIE

2 eggs	2 tablespoons flour
2 cups milk	Small piece butter
$\frac{1}{2}$ cup sugar	Pinch of salt

Have a pie shell ready, line bottom with sliced bananas, pour over above custard when cool. Beat yolks of eggs to a cream, add milk and other ingredients, boil until a good stiff custard. Make a meringue with the two whites, although a whipped cream topping is delicious.

Mrs. Gordon Herington.

## LEMON MERINGUE FILLING

1 tablespoon cornstarch	1 lemon
1 small cup sugar	2 eggs
Pinch salt	1 tablespoon butter
1 cup warm water	

Method.—Mix thoroughly dry ingredients, add warm water and cook till clear. Add juice 1 lemon and grated rind, yolk of eggs slightly beaten, and cook till eggs are cooked. Remove from stove, beat in butter. Use egg whites for meringue.

**PIE CRUST**

1½ cups flour.	Pinch salt
1 teaspoon sugar	½ cup shortening
1 teaspoon baking powder	Water

Method.—Sift flour, add dry ingredients, rub in shortening. Add very little cold water to hold together. Roll out.

Mrs. William Wallace, Jr.

**LEMON PIE**

Filling for crust	3 eggs
1½ cups white sugar	½ teaspoon salt
2¼ cups boiling water	1 lemon
4 tablespoons flour	

Mix sugar, flour and salt. Pour over it 2¼ cups boiling water. Cook in a double boiler 15 minutes. Beat egg yolks and pour into mixture. Cook two minutes. Remove from fire and add grated rind of 1 lemon and ½ cup lemon juice. Beat three egg whites with 6 tablespoons sugar, one at a time. Heap on cold filling. Brown in oven.

Mrs. C. Frank Moore.

**WELSH CHEESE CAKES.**

1 egg, its weight in butter, sugar and flour
¼ teaspoon baking powder
¼ teaspoon vanilla essence

Cream butter and sugar, add egg and flour by degrees; lastly, baking powder. Line ten or twelve patty tins with thin pastry. Put into each one a small half teaspoon raspberry jam and then one teaspoon of the mixture. Cut tiny narrow strips of pastry and put on top in shape of a knot. Bake in moderate oven from ten to fifteen minutes.

Mrs. J. M. Vaughan.

**RAISIN TARTS.**

2 eggs	1 teaspoon lemon juice
1 cup brown sugar beaten together	Few raisins or currants
1 teaspoon vanilla	

Line the tart pans with pastry and put in large tablespoon of mixture.

Mrs. R. J. Dunlop.

**EGG TART.**

½ cup butter	1 cup raisins
1½ cups white sugar	½ nutmeg
2 eggs	½ lemon peel
½ cup currants	

Line medium sized pan with rich pie crust. Put in above mixture, top crust. Bake until brown.

Betty MacTavish.

**CHEESE STRAWS.**

3 ozs. cheese	1 egg yolk
2 ozs. butter	Cayenne pepper
1 oz. creamery cheese	Mace

Mix 3 ounces grated cheese, 2 ounces butter, 1 ounce creamery cheese, and the yolk of 1 egg into a stiff paste. Sprinkle with Cayenne, salt and a little mace. Roll out thin, cut into fingers 4 inches long and  $\frac{1}{2}$  inch wide. Bake for a few minutes in a quick oven.

Mrs. Tim Rogers.

**CHEESE STRAWS.**

1 cup of grated cheese	2 tablespoons of lard
1 cup of flour	$\frac{1}{4}$ teaspoon of Cayenne pepper
1 teaspoon of salt	

Sift the flour, salt, pepper together, then rub in the lard, and next grated cheese. Mix into a paste with very cold water and let stand for one hour, if convenient (this makes the paste more fluffy). Roll out fairly thick, cut into strips seven inches long, three-quarters of an inch in width. Bake in a quick oven.

# Additional Recipes

# Puddings and Desserts

*"The proof of the pudding lieth in the eating."*

## BANANA WHIP

6 bananas	2 tablespoons lemon juice
½ cup walnut meats	2 tablespoons sugar

Press 6 bananas through a sieve; add 2 tablespoons lemon juice, ½ cup walnut meats chopped fine and 2 tablespoons sugar. Chill thoroughly and serve in sherbet glasses; top with whipped cream. A little finely chopped mint added to the bananas before chilling lends a delicious flavor.

Mrs. Tim Rogers.

## COFFEE CREAM

1 cup strong coffee	4 tablespoons sugar
½ package gelatine equal to 1 level tablespoon	Little lemon if desired

Let boil about two minutes; cool until it begins to thicken round edges of pan and add ½ pint of cream whipped. Chill and garnish with chopped walnuts.

## DATE SHAPE

1 lb dates	½ cup granulated sugar
1 cup corn syrup	1 tablespoon granulated gelatine
2 cups water	

Cover dates with water and let boil a few minutes. Pour in a colander and let cold water run on them, then skin and stone. Mix corn syrup, water and sugar and gelatine soaked in part of the water, then add dates and bring to a boil. Mould and chill. Serve with whipped cream.

Mrs. Wallace Waller.

## CALIFORNIA PUDDING

2 cups bread crumbs (fine)	1 egg
1 cup raisins chopped	1 teaspoon cinnamon
¼ cup butter	1 teaspoon nutmeg
⅓ cup brown sugar	½ teaspoon baking soda
½ cup milk	1 teaspoon baking powder

Steam one hour. Mix dry ingredients, raisins, melted butter, egg and milk.

### Sauce

1 egg yolk	1 teaspoon flour
½ cup sugar	1 cup hot water
1 tablespoon butter	1 egg white

Cream butter and sugar, add egg yolk, flour and hot water, bring to a boil and when cool add beaten white of egg and vanilla.

Mrs. Wallace Waller.

## ICE BOX

2 squares sweet chocolate  
1 tablespoon water  
4 yolks

Dissolve 2 squares of sweet chocolate and 1 tablespoon water in the double boiler. Then add 4 yolks one at a time, stirring rapidly. Stir this into 4 beaten whites. Pour into a mould lined with lady fingers. Set on ice for a day. Turn out and serve with whipped cream.

Mrs. H. S. Quigley.

## SPANISH CREAM

1 pint milk	1 tablespoon gelatine
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	

Soften gelatine in a little cold milk and then add to warmed milk. Stir until dissolved. Mix sugar, yolks of eggs and salt together and then add to milk. Bring to near boil. Remove from stove and add to beaten whites of eggs, flavored with vanilla.

Mrs. M. P. Gilmore.

## LEMON PUDDING

1 cup sugar	2 egg yolks
3 tablespoons butter	2 egg whites
2 tablespoons flour	Juice and rind of two lemons
1 cup milk	

Mix sugar and butter, add flour, milk and egg yolks. Beat. Add juice and rind of lemons and egg whites. Bake three quarters of an hour.

Mrs. W. W. Parry

## SPANISH CREAM

1 tablespoon granulated gelatine	$\frac{1}{2}$ cup sugar
3 cups milk	$\frac{1}{4}$ teaspoon salt
3 egg whites	1 teaspoon vanilla
3 egg yolks	

Method.—Scald milk with gelatine, add sugar and pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly. Remove from stove, add salt, flavoring and whites of eggs beaten stiff. Chill and serve with cream.

Marjorie Black.

## PINEAPPLE PUDDING

2 ozs. flour	2 eggs
2 ozs. sugar	$\frac{1}{2}$ pint milk
2 ozs. butter	1 tin sliced or diced pineapple.

Melt butter in pan, add flour, sugar, milk and juice of pineapple, slowly blending all together. Lastly add beaten yolks of eggs and bring to boiling point. Put pineapple in bottom of dish and pour mixture over. Beat whites of eggs stiffly, add a teaspoon of fruit sugar. Put on top and brown slightly.

Mrs. J. M. Vaughan.

**CARROT PUDDING**

1 cup grated carrot	1 cup grated potato
1 cup bread crumbs	1 cup brown sugar
1 cup raisins	1 cup currants
$\frac{3}{4}$ cup suet.	$\frac{1}{2}$ cup flour
2 tablespoons sour milk	$\frac{1}{2}$ teaspoon soda
1 teaspoon cinnamon	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon nutmeg

Mix and sift dry ingredients. Add suet and fruit dredged in part of flour and mix well. Add vegetables and stir until well blended. Add soda mixed with milk. Turn into greased mould, cover tightly and steam three hours. Individual moulds  $1\frac{1}{4}$  hours. This quantity is sufficient for eight to ten individual moulds.

Zelma L. Boynton.

**XMAS PLUM PUDDING**

$2\frac{1}{2}$ lbs. raisins	$1\frac{1}{2}$ lbs. flour
2 lbs. currants	8 eggs
$1\frac{1}{4}$ lbs. mixed peel	6 ozs. bitter almonds.
$1\frac{1}{2}$ lbs. Sultana raisins	1 oz. mixed spice
$1\frac{1}{4}$ lbs. dark brown sugar	$\frac{1}{2}$ grated nutmeg
$\frac{1}{2}$ lb. bread crumbs	$\frac{1}{2}$ pint ale or brandy and a little milk
$1\frac{3}{4}$ lbs. beef suet	

Wrap in pudding cloths and immerse in boiling water and boil for ten hours.

Mrs. S. R. D. Hewitt

**DATE PUDDING**

$\frac{1}{4}$ lb. suet chopped	1 cup flour
1 cup chopped dates	$\frac{3}{4}$ cup sugar
1 cup bread crumbs	1 teaspoon soda
1 cup sweet milk	Pinch of salt

Mix. Steam two and a half hours and serve with lemon sauce.

Violet M. Horner.

**ORANGE TRIFLE**

3 egg yolks	3 oranges (juice)
1 pint of milk	1 cup cream
2 teaspoons cornstarch	3 tablespoons sugar
1 sponge cake	Vanilla

Beat yolks of eggs. Add one tablespoon sugar. Take milk almost boiling and pour on to eggs and stir. Return it to the pot, add the cornstarch dissolved in a little milk and cook till it thickens. Soak sponge cake cut in slices with orange juice and rest of sugar, to which add dessertspoon of sherry. When the custard is cold pour over cake; put whipped cream to which vanilla has been added over all and decorate with cherries or angelique.

Violet M. Horner.

**WALNUT MAPLE CREAM PUDDING**

2 cups milk	$\frac{1}{4}$ teaspoon salt
1 cup maple syrup	2 eggs
2 tablespoons cornstarch	1 cup chopped walnuts

Heat  $1\frac{1}{4}$  cups milk with maple syrup (1 cup) in top of double boiler. Combine the remaining milk with the cornstarch, salt, and add gradually, stirring constantly, to the hot mixture. Cook 25 minutes, then add this mixture to the eggs which have to be slightly beaten. Cook 5 minutes longer. Pour into individual serving dishes and sprinkle with chopped nuts while still hot. Cool and serve with whipped cream.

Mrs. W. W. Southam.

**FREE KIRK PUDDING.**

4 tablespoons sugar	4 tablespoons butter or suet
4 tablespoons currants	$\frac{1}{2}$ teaspoon baking soda
4 tablespoons Sultana raisins	1 egg
8 tablespoons flour	$\frac{1}{3}$ cup milk

Cream the butter, add flour, sugar, egg, baking soda and fruit. Stir well and add the milk. Pour into a "grim wade" quick cooker well buttered, and steam one hour.

N.B.—Steaming in the ordinary way takes about three hours.

Mrs. H. W. Tate.

**SHORTBREAD APPLE PUDDING.**

Fill pudding dish with sliced apples. Cover with 1 cup white sugar, dash of salt, and sprinkle of cinnamon, and paste of 1 cup flour,  $\frac{1}{2}$  cup butter, 1 cup brown sugar. Rub well together till it is possible to spread over apples. Serve hot with cream.

Mrs. S. R. D. Hewitt

**APPLE PUDDING**

$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup brown sugar
1 cup flour
Bake dish of apples, sliced thinly

Make a paste of above by creaming the butter and sugar. Beat in the flour. Spread over the bake dish of apples. Bake in moderate oven till fruit is cooked. Serve hot with cream.

N.B.—Use a pie funnel in bake dish. Rhubarb may be used instead of apples.

Mrs. H. W. Tate.

**COFFEE CREAM.**

1 pint cream	1 tablespoon essence of coffee
$\frac{1}{2}$ box of gelatine	Sugar to taste
1 cup cold water	

Method: Heat cream in double boiler, but do not bring to boil. Dissolve gelatine in cold water and add to cream. Add coffee and sugar. When mixture begins to cool, stir or heat thoroughly, and turn in mould.

Mrs. Frederick F. Tisdall.

**GINGER CREAM.**

1 tablespoon of Knox gelatine	Pinch of salt
soaked in 2 tablespoons of cold water	1 tablespoon of orange or other fruit juice
1 cup milk	2 tablespoons ginger syrup
2 egg yolks	$\frac{1}{4}$ cup of ginger cut in small dice
$\frac{1}{4}$ cup white sugar	$2\frac{1}{2}$ cups of whipped cream.

Method: Soak the gelatine and add to a custard made of milk, egg yolks, sugar and salt. Strain, cool and add flavoring and ginger. When this thickens, stir in the whipped cream and pour into a mould lined with ladyfingers. Chill.

Mrs. Gordon Herington.

**COMPOTE OF APPLES.**

(With Cream Marshmallows.)

Core 6 apples and score 8 times through the skin from top three-quarters of the way to the bottom, and cut top of each section in points. Put in saucepan, sprinkle with  $\frac{3}{8}$  cup sugar. Add 1 cup boiling water and cook until tender, turning frequently so as not to lose their shape. Remove from syrup and loosen skins from apples, but do not remove skins. Chill. Fill with creamed marshmallows. Cut 12 marshmallows in bits and soak several hours in 1 cup cream or  $\frac{1}{2}$  cup cream and  $\frac{1}{2}$  cup top milk. Beat until thick and fold in meats of 6 walnuts, cut in pieces. Add few grains of salt.

Mrs. W. A. Charlton.

**FLOATING PEACHES.**

1 cup milk	$3\frac{1}{2}$ tablespoons cornstarch
1 cup peach juice (canned)	1 egg
1 teaspoon grated lemon rind	18 marshmallows
2 tablespoons sugar	$\frac{1}{4}$ teaspoon almond extract
$\frac{1}{8}$ teaspoon salt	6 canned peach halves

Combine milk,  $\frac{3}{4}$  cup canned peach juice, lemon rind, sugar and salt, and place in top of double boiler. When hot, add cornstarch mixed with the remaining peach juice, and stir well until thick. Cook 20 minutes. Add very slowly to the egg slightly beaten. Return to the double boiler, add 12 marshmallows and cook 5 minutes longer. Remove from fire and add flavoring. Pour into individual dishes, reserving a small amount of the custard. Arrange a peach half on top of each custard and place 1 teaspoon of the custard in the cavity of each peach, and in this cement a marshmallow. Serve very cold with cream.

Mrs. W. W. Southam.

**MAPLE MOUSSE.**

2 eggs (well beaten)  
1 cup maple syrup

Beat together and boil till it thickens. Let cool. Whip 1 pint cream and add to the syrup mixture. Place in mould and freeze.

Mrs. S. R. D. Hewitt.

**MAPLE CHARLOTTE.**

1 tablespoon granulated gelatine	1 cup maple syrup
2 tablespoons cold water	$\frac{1}{2}$ pint whipping cream
$\frac{1}{4}$ cup boiling water	$\frac{1}{4}$ lb. ladyfingers

Method: Soak gelatine in cold water, dissolve it in boiling water, add maple syrup. Set aside to chill. Beat cream to a stiff froth. When gelatine mixture begins to thicken, add cream slowly. Pour into mould lined with ladyfingers. Chill. This will serve six.

Mrs. Roy McKay.

**FAIRY LAND SPONGE.**

1 tablespoon gelatine	Juice of one lemon
$\frac{1}{4}$ cup cold water	3 egg whites
1 cup grape juice	12 marshmallows
$\frac{2}{3}$ cup sugar	

Method: Soften gelatine in cold water and dissolve it in the cup of grape juice heated for this purpose. Stir in sugar and lemon juice, and continue stirring till the sugar is dissolved. Set away to cool. When mixture begins to thicken, add stiffly beaten egg whites. Pour into small dishes in which marshmallows, cut in quarters, have been arranged. Chill and serve.

Mrs. Roy McKay.

**APRICOT WHIP.**

Whites of 2 eggs	$\frac{1}{2}$ cup bananas
$\frac{1}{4}$ cup fruit sugar	Chopped nuts.
1 cup of cooked apricots (no juice)	

Put into cold bowl unbeaten whites, sugar and fruit. Beat all until stiff. Chill. Serve in glass dishes with a few chopped almonds on top.

Mrs. Armand Whitehead.

**FROZEN PINEAPPLE DESSERT.**

7 slices canned pineapple
$\frac{1}{4}$ lb. marshmallows (cut in pieces)
1 pint cream

Drain pineapple, cut in small pieces. Cut marshmallows in quarters. Whip cream and mix all together. Pack in a mould and chill. Will serve twelve people.

Mrs. W. A. Charlton.

**COFFEE CREAM.**

$\frac{1}{2}$ box gelatine	$\frac{1}{2}$ cup sugar
1 cup strong coffee	1 tablespoon cornstarch
1 pint milk	3 eggs

Soak gelatine in the strong coffee. Boil milk in a double boiler and pour over the beaten egg yolks mixed with the cornstarch and sugar. Return to double boiler and let thicken. Remove from stove and mix in the coffee and gelatine. Let cool, and then add the stiffly beaten egg whites. Pour into sherbet glasses and serve with whipped cream.

Mrs. H. W. Tate.

**SNOW PUFFS.**

$\frac{1}{4}$  cup Crisco  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup milk  
 1 cup flour

$1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 Whites 2 eggs (beaten stiff)

Mix in order given, alternating milk with dry ingredients. Steam 20 minutes.

Mrs. W. A. Charlton.

**PINEAPPLE PARFAIT.**

$\frac{1}{2}$  package gelatine  
 2 cups hot boiled rice  
 $1\frac{1}{2}$  cups milk  
 1 cup cream

1 cup chopped nuts.  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  tablespoon salt  
 1 tablespoon vanilla

Soak gelatine in milk 10 minutes. Dissolve in hot rice. Add sugar and salt. When partially set, beat mixture well, then fold in stiffly beaten cream. Add nuts and vanilla. Turn into moistened mould and set on ice. Cut slices of canned pineapple in half. Place around dessert and put cherry in centre of each half.

Mrs. Lyman Howe.

**ORANGE MARMALADE PUDDING.**

3 ozs. butter  
 3 ozs. sugar  
 2 ozs. flour

2 ozs. bread crumbs  
 2 eggs  
 2 tablespoons orange marmalade

Beat butter and sugar to a cream, add milk and eggs, then marmalade bread crumbs, flour and baking powder. Steam  $1\frac{1}{2}$  hours.

**Sauce.**

Beat 2 whites of eggs stiff, add gradually  $\frac{1}{2}$  cup (fruit) sugar, beating all the time; then 3 tablespoons orange juice and 1 tablespoon lemon juice.

Mrs. J. M. Vaughan.

# Recipe for BETTER LAWNS

## Use a "SMART" Mower

ESTABLISHED 1844

*Canada Foundries & Forgings, Limited*  
 BROCKVILLE and WELLAND

TIM W. ROGERS, Toronto Manager, 394 BAY STREET

# Additional Recipes

# Pudding Sauces and Icings

*"A perpetual feast, of nectar'd sweets."*

## COCOA SAUCE

2 cups brown sugar  
1 cup water

Boil 5 minutes. Add paste of 1 cup cocoa and 1 cup water. Add pinch of salt and simmer ten minutes. This makes one pint, and is convenient when kept on ice.

Mrs. S. R. D. Hewitt.

## HOT CHOCOLATE SAUCE.

1½ cups water	½ cup cold water
½ cup sugar	Salt
6 tablespoons cocoa	Vanilla
1 tablespoon cornstarch	

Method: Boil water and sugar five minutes. Mix chocolate with cornstarch, to which water has been added. Combine mixture, add salt. Boil three minutes, add flavoring. Serve hot.

Mrs. W. W. Parry.

## CHOCOLATE SAUCE.

2 tablespoons Cowan's cocoa  
4 tablespoons sugar  
1½ cups water

Let come to a boil and thicken with about 1 tablespoon cornstarch.

Mrs. Stafford Rice.

## MAPLE CREAM FROSTING.

1 cup brown sugar	White of 1 egg
1 tablespoon water	Vanilla

Place all ingredients in top of double boiler. Let dissolve, then beat with Dover beater until thick.

Mrs. A. W. J. Stewart.

## NUT CARAMEL FROSTING.

1¼ cups brown sugar	Whites of 2 eggs
½ cup water	1 teaspoon vanilla
¼ cup white sugar	¼ cup chopped walnuts

Method: Boil sugar and water until it threads from a fork. Pour gradually, while beating constantly, on beaten egg whites, and continue beating until mixture is nearly cool. Set pan containing mixture in pan of boiling water, and cool until mixture becomes granular around the edge of the pan. Remove from the stove and beat until mixture will hold its shape. Add vanilla. Pour on cake and spread with nuts.

Mrs. Roy McKay.

**CHOCOLATE MOCHA ICING.**

1 lb. icing sugar	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup dry Cowan's cocoa	Vanilla
1 small cup coffee	

Method: Mix cocoa and sugar, add butter melted, and blend in cold coffee to proper consistency; add flavoring.

Mrs. William Wallace, Jr.

**LEMON FILLING.**

2 egg yolks	Juice of 2 lemons
1 cup sugar	$1\frac{1}{2}$ cups water
2 tablespoons cornstarch	

Mix all ingredients together and cook in a double boiler until thick, stirring constantly. This filling may be used for either pie or cake filling.

Mrs. H. W. Tate.

**CHOCOLATE ICING.**

4 cups white sugar	1 cup milk
2 tablespoons butter	4 squares unsweetened chocolate
$\frac{3}{4}$ cup corn syrup	

Let heat slowly, then when it boils, let boil five minutes, then beat for twenty minutes. Use the half of this quantity for icing. (This is a nice candy recipe.)

Mrs. H. S. Quigley.

**SOUFFLE ICING.**

1 cup white sugar	$\frac{1}{2}$ cup cold water
1 egg white	Flavoring

Put all together in double boiler, not beaten. Then beat with Dover egg beater ten to twelve minutes, until it is like marshmallow frosting.

Mrs. H. S. Quigley.

# Additional Recipes

## Cakes

*"Life is short, so writes the sage,  
And scribbles it on every page;  
Then let us try the fact to meet,  
If life so short—let's make it sweet."*

### CHOCOLATE CAKE

2 eggs	$\frac{3}{4}$ cup sour milk
2 cups sugar	1 teaspoon soda
$\frac{1}{2}$ cup butter	2 cups flour
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup boiling water
3 small tablespoons cocoa	

Method: Cream butter and sugar together in bowl, and add beaten eggs and the cocoa. Dissolve a teaspoon of soda in the sour milk, and add to mixture. Sift in the flour and salt, and, lastly, add the half cup of boiling water. Bake in moderate oven for 20 minutes.

Florence H. Hogg.

### SPICE CAKE WITH BROWN SUGAR ICING.

1 cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup butter	1 egg
$\frac{3}{4}$ cup milk	2 cups flour
3 teaspoons baking powder	1 cup chopped raisins
1 teaspoon cinnamon	1 cup chopped walnuts
$\frac{1}{2}$ teaspoon cloves	

Cream the butter and add sugar gradually, add egg and beat. Sift flour with baking powder and spices, add raisins and nuts, and add to first mixture, alternating with the milk. Bake in moderate oven.

#### Icing.

2 cups brown sugar	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{1}{2}$ cup cold water	2 whites of eggs

Boil sugar, water and cream of tartar until it threads, add to stiffly beaten whites of eggs and beat thoroughly.

Mrs. Wallace Waller.

### CHOCOLATE PLAIN CAKE.

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups Swansdown cake flour
$1\frac{1}{2}$ cups fruit sugar	3 ozs. Baker's chocolate
$\frac{3}{4}$ cup milk	$2\frac{1}{2}$ teaspoons Royal baking powder
3 eggs (yolks and whites beaten separately)	2 teaspoons vanilla
	$\frac{1}{4}$ teaspoon salt

Cream butter and gradually add sugar, creaming until very thoroughly mixed. Melt the chocolate and add, then the yolks, and mix thoroughly. Sift flour and baking powder together, and add with the milk, then the flavoring and lastly the stiffly beaten egg whites, to which the salt has been added. Pour into a buttered and paper-lined pan, paper also buttered, and bake in moderate oven. Frost with chocolate icing.

Mrs. Wallace Waller.

**RED CAKE (Layer).**

1 cup white sugar	Salt and vanilla
2 tablespoons cocoa	2 teaspoons baking soda
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ cup boiling water	$1\frac{1}{2}$ cups flour
1 egg	

**Filling.**

1 cup hot water	$\frac{3}{4}$ cup sugar
1 tablespoon cocoa	1 tablespoon butter

Mix 1 tablespoon cornstarch with  $\frac{1}{4}$  cup cold water. Flavor. Boil till thick.

Mrs. Stafford Rice.

**CHOCOLATE POTATO CAKE.**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup Cowan's chocolate
1 cup sugar	2 teaspoons baking powder
2 eggs	$1\frac{3}{4}$ teaspoons cloves, cinnamon and nutmeg mixed together
$1\frac{1}{2}$ cups flour	1 cup nuts and raisins and
$\frac{3}{4}$ cup warm mashed potato	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup milk	

Beat whites last, and bake in moderate oven.

**Butter Icing.**

1 tablespoon butter  
 $1\frac{1}{2}$  cups powdered Sugar  
 Cream or milk to moisten

Mrs. T. A. Ryan.

**SANDWICH CAKE.**

4 ozs. sugar	4 ozs. flour (scant)
3 eggs	1 teaspoon vanilla essence
1 tablespoon water	1 teaspoon baking powder

Beat egg yolks, sugar and water well, sift in flour, baking powder; lastly, add flavoring and stiffly beaten whites of eggs.

**Filling.**

Cream 4 tablespoons icing sugar and 1 tablespoon butter, add 1 teaspoon vanilla and 1 teaspoon coffee essence. If too stiff, add a little cream. Spread. (Chopped walnuts may be added.)

Mrs. J. M. Vaughan.

**CHRISTMAS CAKE.**

1 lb. butter	$\frac{1}{4}$ cup each preserved plums, apricots
1 lb. brown sugar	$\frac{1}{4}$ cup pineapple
8 eggs	2 lbs. raisins
1 lb. flour	1 lb. dates
1 teaspoon cassia	$\frac{1}{2}$ lb. mixed peel
1 teaspoon cloves	$\frac{1}{4}$ lb. candied cherries
1 teaspoon soda	

Grape juice or fermented fruit juice adds to flavor. Steam 3 hours. Bake  $1\frac{1}{2}$  hours, or bake 4 hours in very slow oven.

Betty MacTavish.

**HEAVENLY FOOD.**

2 eggs (beat separately); to yolks add:	Salt
$\frac{3}{4}$ cup granulated sugar	$\frac{1}{2}$ teaspoon vanilla
3 tablespoons flour (heaping)	1 cup chopped walnuts
1 teaspoon baking powder (level)	1 cup chopped dates

Fold in white of eggs beaten stiff. Bake in square pan. Have oven hot at first, then moderate. Bake slowly. When cold, cut in squares.

Mrs. Lloyd L. Matchett.

**ORANGE CAKE.**

1 cup brown sugar	2 cups flour
$\frac{1}{4}$ cup shortening	Salt
1 egg	Juice of 1 orange
Dissolve 1 teaspoon soda in	Rind of 1 orange and 1 cup raisins
1 cup sour milk	through food chopper.
(Orange Icing.)	

Mrs. R. J. Dunlop.

**CHOCOLATE CAKE.**

1 cup brown sugar	$1\frac{1}{8}$ cups flour
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon baking powder
1 egg yolk	$\frac{1}{4}$ cup sour milk
$\frac{1}{4}$ cup coffee infusion	$\frac{1}{2}$ teaspoon soda
1 square Baker's chocolate	White of 1 egg

Cream sugar and butter; add egg yolks. Cook chocolate in coffee until thick and then add to above. Sift flour and baking powder into mixture. Add sour milk with soda in it. Then add white of egg, well beaten, last.

**Icing.**

2 whites of eggs  
1 cup brown sugar  
Vanilla

Beat egg whites, add sugar and vanilla. Mix and then spread on cake.

Mrs. M. P. Gilmore.

**CHOCOLATE FUDGE CAKE.**

1 cup white sugar	$\frac{1}{2}$ cup milk
2 tablespoons Fry's cocoa	1 teaspoon baking powder
$\frac{1}{4}$ cup melted butter	$\frac{1}{4}$ cup boiling water with 1 tea-
1 egg	spoon soda dissolved in same
1 teaspoon salt	Flavor with vanilla
$1\frac{1}{2}$ cups flour	

Cream butter and sugar, add egg well beaten; then balance of ingredients.

**Filling.**

1 cup hot water	1 tablespoon cornstarch,
1 teaspoon cocoa	Vanilla
$\frac{2}{3}$ cup white sugar	Salt
1 tablespoon butter	

Mrs. Gordon Herington.

**DEVIL'S CAKE.**

$\frac{1}{2}$  cup butter  
 2 cups brown sugar  
 2 eggs  
 2 cups flour  
 $\frac{1}{2}$  cup sour milk

Add:  
 $\frac{1}{2}$  cup grated chocolate  
 $\frac{1}{2}$  cup boiling water  
 1 teaspoon baking soda

Beat well and bake in slow oven.

Mrs. C. G. Porter.

**GINGERBREAD.**

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  cup milk  
 2 eggs

2 cups flour  
 1 teaspoon soda  
 1 teaspoon ginger  
 1 small teaspoon cinnamon

Method: Cream butter and sugar, add molasses and beaten eggs, then flour, soda, ginger and cinnamon sifted together, add milk and bake in moderate oven.

Mrs. Fred. L. Tate.

**SPONGE CAKE.**

Whites of 3 eggs  
 1 cup white sugar  
 5 tablespoons boiling water

1 cup Swansdown flour  
 1 teaspoon baking powder  
 Flavoring

Add the boiling water to egg yolks, bake in flat cake dish, slowly.

Mrs. H. S. Quigley.

**SOUR CREAM CAKE.**

1 cup white or brown sugar  
 1 cup sour cream  
 $1\frac{1}{2}$  cups flour  
 2 eggs  
 1 teaspoon soda  
 $\frac{1}{2}$  cup raisins

1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon cloves  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon cream tartar  
 Salt

Beat all together for 5 minutes, bake in shallow pan in slow oven.

Mrs. H. S. Quigley.

**CHOCOLATE CAKE.**

(Economical and keeps well.)

2 squares Baker's chocolate melted  
     with butter the size of walnut  
 1 egg  
 1 cup sour milk  
 1 cup sugar

1 teaspoon cream of tartar  
 1 teaspoon soda  
 $1\frac{1}{4}$  cups flour (measured after  
     sifting)

Do not substitute cocoa. Bake in rather a slow oven about 40 minutes.

Mrs. S. R. D. Hewitt.

## MAPLE CAKE.

1 cup brown sugar	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup milk	2 teaspoons baking powder
2 eggs	1 teaspoon vanilla
$1\frac{1}{2}$ cups of flour	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{2}$ cup chopped nuts

Method: Cream butter, add slowly sugar, yolks of eggs and milk. Beat well. Sift flour, baking powder and salt, and add to first mixture. Fold in beaten whites of eggs. Add flavoring and bake in moderate oven.

Marjorie Black.

## CHOCOLATE SPONGE CAKE.

5 tablespoons butter	$\frac{1}{4}$ teaspoon cloves
4 tablespoons Cowan's cocoa	1 cup flour
1 egg	3 teaspoons baking powder
$\frac{1}{8}$ cup sugar	$\frac{1}{2}$ cup cold water
1 teaspoon cinnamon	$\frac{1}{2}$ teaspoon vanilla

Cream the butter, add the sugar. Stir in the egg and beat well. Add the cinnamon, cloves, baking powder, cocoa, flour, vanilla and water. Beat vigorously for two minutes. Bake in well-buttered cake pans for 18 minutes. Serve warm, if desired.

Mrs. W. W. Southam.



**POTATO FLOUR CAKE.**

4 eggs	1 teaspoon baking powder
1 cup of fruit sugar	1 teaspoon vanilla
½ cup potato flour	

Beat yolks of eggs, add sugar gradually. Beat whites of eggs very stiff and add to yolks and sugar. Put baking powder into potato flour, then fold into other ingredients. Add vanilla. Bake in angel cake or other deep tin in moderate oven, about 250-290 degrees, for 30 minutes.

Violet M. Horner.

**SPICE FRUIT CAKE.**

1 cup raisins	½ nutmeg
1 cup sugar	1 teaspoon cinnamon
1 cup walnuts, broken, not chopped	½ cup butter
1½ cups flour	2 tablespoons milk
1 teaspoon soda	½ cup water
2 eggs	

Boil raisins in water 5 minutes. Make batter of butter, sugar, eggs, milk, soda dissolved in hot raisin water, spices, flour. Add raisins boiling hot. Beat a little and add nuts. Bake in a slow oven, 290 degrees, for three-quarters of an hour in shallow tin.

Violet M. Horner.

**SUNSHINE CAKE.**

6 eggs	7 tablespoons water
Salt	1 cup flour
1 cup sugar	1 teaspoon cream of tartar

Beat whites of eggs stiff. Add pinch of salt. Boil sugar until it threads and add to whites. Use wire whisk. Beat yolks until lemon color, and add to whites. Sift flour and cream of tartar 3 times and fold into egg mixture. Flour should be Swansdown. Pour into ungreased tubular pan and bake 45 minutes in slow oven.

Mrs. G. H. Stedman.

# Additional Recipes

## Small Cakes

*"Oh weary mother mixing dough,  
Don't you wish that food would grow?  
Your lips would smile I know, to see  
A cooky bush, or a doughnut tree."*

### SPICED BROWNIES OR DROP CAKES.

1 cup brown sugar	2½ cups flour
1 cup butter	1 teaspoon vanilla
3 eggs	1 rounded teaspoon cinnamon
1 lb. dates	½ teaspoon cloves
1 cup chopped walnuts	½ teaspoon nutmeg
1 heaping teaspoon soda	

Cream butter and add sugar, mixing well. Add eggs and beat thoroughly. Sift flour and baking soda together. Add spices and dates and nuts. Add to first mixture, then vanilla. Drop off fork on buttered pans. Bake in moderate oven.

Mrs. Wallace Waller.

### MACAROONS.

Whites of 2 eggs	1 cup chopped walnuts
1 cup granulated sugar	½ teaspoon salt
1 cup corn flakes	Vanilla
1 cup shredded cocoanut	

Mix all dry ingredients and then add to stiffly beaten egg whites, flavored with vanilla. Put in drops on buttered pan. Cook in slow oven about 15 minutes.

Mrs. M. P. Gilmore.

### CORNFLAKE MACAROONS.

Whites of 2 eggs	¾ cup fruit sugar
2 cups cornflakes	1 teaspoon vanilla
1 cup chopped peanuts	

Beat the whites of eggs stiff, then stir in crushed cornflakes and chopped peanuts, then the fruit sugar and vanilla. Drop from a teaspoon on a buttered baking sheet about one inch apart. Bake in slow oven about 20 minutes, or till delicate brown.

Mrs. Armand Whitehead.

### DROP CAKES.

3 eggs	1 cup walnuts
¾ cup brown sugar	½ cup cocoanut
¾ cup white sugar	1 teaspoon soda
1 cup butter	1 lb. raisins or dates
2½ cups flour	1 teaspoon cinnamon

Bake in a quick oven.

Mrs. W. W. Parry.

**NUT OR COCOANUT MACAROONS.**

3 egg whites	2 tablespoons cornstarch
2 cups cocoanut or	1 cup sugar
1 cup chopped nuts	1 teaspoon water

Beat two egg whites until stiff. Add gradually the cup of sugar, and beat until it dissolves. Now place the mixture in a double boiler and steam until a heavy coating forms on the sides and bottom of pan. Stir constantly. Dissolve cornstarch in the teaspoon of water and beaten white of third egg. Add to the steamed whites and either cocoanut or nuts. Mix well and drop from a small spoon onto a greased pan. Bake in a moderate oven until a light brown.

Zelma L. Boynton.

**OATMEAL COOKIES.**

4 cups rolled oats	1 teaspoon salt
2 cups flour	1 teaspoon soda
1½ cups brown sugar	½ cup cold water
1½ cups butter and lard mixed	

Mix butter and lard with rolled oats, flour; add sugar, salt and soda mixed in water. Roll very thin.

Betty MacTavish.

**FORK CAKES.**

1½ cups of brown sugar	½ teaspoon baking soda
1¼ cups butter	1 teaspoon cream tartar
2 eggs	3 tablespoons cream
3 cups flour	1 cup currants

Cream butter and sugar. Add eggs. Cream, then flour with baking soda and cream tartar sifted in, then currants. Drop these from a spoon onto a buttered baking sheet, and bake in a moderate oven about 20 minutes. All this is mixed with a fork.

Mrs. Armand Whitehead.

**DATE AND OATMEAL SQUARES.**

¾ cup shortening (butter and lard)	2 cups flour mixed with 1 teaspoon soda
1 cup brown sugar	3 cups oatmeal

Cream shortening, add sugar, then flour, sifted with soda in it, then add oatmeal. This is easily mixed together by using the hands, for it is difficult to mix with a spoon. Divide the mixture in two, pack half of it in well-greased pan, add filling of dates, then add other half mixture. Bake in moderate oven for about 20 minutes.

**Date Filling.**

1 lb. dates
1 cup brown sugar
1 cup water

Boil these till thick, then cool.

Mrs. Armand Whitehead.



## Do you know the advantages of *Electric Cooking?*

**A**N Electric Range is ready for use with just a turn of a switch—no fuel, no matches, no bother. Its heat is perfectly clean for there's no open flame to cause soot, smoke or fumes. Therefore pots and pans remain bright and shiny.

The heat, whether in the cooking rings or in the oven, is always under perfect control. The convenient switches regulate the amount of current that flows to the elements so that

“low”, “medium” or “high” heat may be secured easily. And when the current is turned “off” the foods keep on cooking on the slowly receding heat.

The heating element at the top of the oven makes it easy to brown the tops of pies and bread, and together with the element at the bottom of the oven thoroughly cooks all kinds of food.

There is economy all along the line in cooking with electricity.

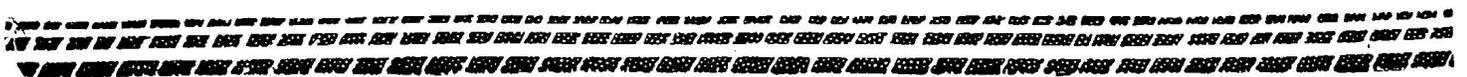
# Toronto Hydro-Electric Shops

12 ADELAIDE STREET EAST

Yonge Street at Shuter

Gerrard Street at Carlaw

Phone MAIN 8021



**DATE DROPS.**

1 egg white only  
 ½ cup confectioner's sugar  
 ½ cup dates  
 ½ cup walnuts

Method: Beat egg until stiff, then add sugar, dates (stoned and cut in pieces) and nuts. Drop on buttered baking sheet and cook in moderate oven. This makes about 18.

Marjorie Black.

**WALNUT WAFERS.**

1 egg	1½ cups chopped nuts
2 tablespoons butter	4 tablespoons flour
1½ cups brown sugar	2 tablespoons water

Cream butter and sugar, add egg gradually, then nuts well floured. Drop on baking sheet 2 inches apart. Bake in slow oven, 7 to 10 minutes.

Mrs. S. R. D. Hewitt.

**ROLLED OATS COOKIES.**

3 cups rolled oats	1 teaspoon salt
2 cups flour	½ teaspoon soda
1 cup brown sugar	½ cup hot water
1 cup butter (melted)	

Dissolve soda in the hot water. Mix flour, rolled oats, brown sugar together. Add melted butter and soda water. Roll out on a well-floured board, cut out and bake in moderate oven for 15 minutes.

Mrs. H. W. Tate.

**NUT COOKIES.**

1 cup butter (or half lard)	3 or 3½ cups flour
2 cups brown sugar	1 cup nuts (chopped)
2 eggs	1 teaspoon soda
½ teaspoon salt	1 teaspoon vanilla

Method: Melt the butter, add the sugar, eggs, flour mixed and sifted with the salt and soda, nuts and vanilla. Mix and roll out like a sausage. Let stand overnight in a cool place. Next day slice thinly and cook on greased bake sheet about 15 minutes in a moderate oven.

Mrs. Roy McKay.

**BRANDY SNAPS.**

2 cups molasses  
 1½ cups brown sugar  
 1 cup butter  
 2 cups flour

Bake very slowly.

Mrs. S. R. D. Hewitt.

**OATMEAL COOKIES.**

2 cups fine oatmeal  
1 cup flour  
1 cup brown sugar  
½ cup shortening

1 small teaspoon salt  
1 small teaspoon soda  
About 2 or 3 tablespoons sweet  
milk

Roll thin. May also be used with dates, as date turnover.

Mrs. S. R. D. Hewitt.

**CHOCOLATE JUMBLES.**

1½ cups brown sugar  
1 cup shortening  
½ cake chocolate  
4 tablespoons buttermilk

1 teaspoon soda  
Vanilla  
Sufficient flour to roll.

Mrs. E. G. Hodgson.

**SHREWSBURY BISCUITS.**

2 ozs. butter  
½ an egg  
2 ozs. sugar

4 ozs. flour  
Flavoring

Rub butter into flour, add sugar and flavoring. Mix to firm paste with egg. Roll out about ⅛ of an inch thick. Cut with cutter and bake in slow oven about 10 minutes.

Mrs. J. M. Vaughan.

**DOUGHNUTS.**

2 eggs  
1 cup granulated sugar  
½ teaspoon salt  
½ teaspoon soda

1 cup sour milk  
1 teaspoon baking power  
Nutmeg

Mix ingredients in order given; add flour to make a stiff batter. Last add 1 tablespoon melted butter. Drop small spoonfuls in not too hot lard. Fry slowly. Dip in powdered sugar.

Mrs. A. W. J. Stewart.

**GINGER COOKIES (That Keep Soft).**

1 cup brown sugar  
1 cup shortening  
1 egg  
2 cups molasses  
1 teaspoon salt  
1 teaspoon cinnamon

2 teaspoons ginger  
2 tablespoons vinegar  
2 level dessertspoons soda dis-  
solved in one cup boiling  
water.  
6 cups flour.

Mix well, and stand in refrigerator overnight. Next morning break off pieces of dough the size of a walnut and flatten into cakes with hands. Sprinkle with sugar before baking.

Mrs. E. G. Hodgson.

**OATMEAL DATE CAKES.**

1 lb. chopped dates  
 ½ cup brown sugar

Cook with enough water to make a thick paste.

1 cup flour	¾ cup melted fat
2 cups oatmeal	Salt
1 cup brown sugar	1 teaspoon soda dissolved in 2 tablespoons warm water

Mix above ingredients to crumbs, Grease square pan. Put a layer of crumbs, layer of dates, layer of crumbs. Bake in a slow oven 20 minutes. When cool cut in bars.

Mrs. Lloyd Matchett.

**DATE NUT BARS.**

1 cup dates	1 cup walnuts
2 eggs	1 cup sugar
½ cup flour	Small pinch salt
Large pinch baking powder	

Method: Beat eggs well, add sugar, mix. Stir in sifted flour, salt and baking powder. Add dates and nuts, which have been put through fine food chopper. Put into buttered cake pan and bake half hour. When cold cut in strips.

Zelma L. Boynton.

**CHINAMEN'S CHEW.**

1 cup white sugar	2 eggs
1 cup chopped nuts	1 tablespoon milk
1 cup chopped dates	1 teaspoon vanilla
¾ cup flour	Pinch salt
1 teaspoon baking powder	

Mix all dry ingredients first, then add wet ingredients well beaten. Cook in shallow flat pan, leave in pan till cool, then sprinkle with fruit sugar on the top. Cook in moderate oven ½ hour.

Mrs. Jack Ecclestone.

**DATE COOKIES.**

2 eggs	1 teaspoon of cinnamon
2 cups brown sugar	1 cup butter
2 teaspoons of sour milk	2 cups of Graham flour
1 teaspoon of milk	2 cups white flour

Mix ingredients as above, but if sweet milk is used, use 2 teaspoons of sweet milk and 2 teaspoons of baking powder in place of soda.

**Date Filling for Cookies.**

One pound of dates cooked about 15 minutes in a cup of water. When cool, roll out batter and cut as for cookies. Put date on half fold over.

Mrs. Tim Rogers.

### NUT BARS.

1 cup white sugar	1 teaspoon vanilla
2 eggs	$\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter	1 cup dates
1 cup flour	$\frac{1}{2}$ cup walnuts
1 scant teaspoon of baking powder	

Mix ingredients in order as given above. Don't put dates in flour. Use hot water to make thin batter, about  $\frac{3}{4}$  of a cup. Cook 25 minutes in slow oven. When still hot cut in long bars and roll in icing sugar.

Mrs. Tim Rogers.

### DATE KISSES.

1 lb. dates	2 egg whites
1 cup nuts	1 cup icing sugar

Beat egg whites, and add ingredients in order given.

Mrs. W. W. Parry.

### COCOANUT MACAROONS.

3 egg whites	2 cups cocoanut
1 soda biscuit	1 teaspoon vanilla
1 cup granulated sugar	

Beat whites of eggs very stiff, add sugar, and biscuit rolled fine. Place in double boiler over fire for 15 minutes, stirring frequently. Add vanilla and cocoanut and beat well. Drop by teaspoon in pyramids, on buttered inverted pan. Cook at 240 degrees for 12 or 15 minutes.

Violet M. Horner.

# Additional Recipes

## Breads

*"Bread is the staff of life, but bread and butter is a gold-headed cane."*

### DATE BREAD.

1 lb. dates	1 egg
1 teaspoon baking soda	1½ cups flour
1 cup boiling water	1 teaspoon vanilla
1½ tablespoons butter	Pinch of salt
1 cup brown sugar	1 cup chopped walnuts

Chop dates and sprinkle baking soda over them. Add boiling water, set to cool, giving occasional stir. Then mix butter, brown sugar and egg. Add date mixture and chopped walnuts. Then add flour, vanilla and salt. Bake about 1 hour in slow oven.

Mrs. M. P. Gilmore.

### DATE LOAF.

	1 cup brown sugar
	1 egg
	1 heaping tablespoon shortening
Beat together. Add:	
	1¾ cups Graham flour
	2 teaspoons white flour
	¼ teaspoon baking powder

Dissolve 1 teaspoon baking soda in 1 cup boiling water and pour it over 1 lb. dates and ¼ lb. walnuts. Add to the above mixture.

Mrs. R. J. Dunlop.

### BOSTON BROWN BREAD.

1 egg	1½ cups flour
1 cup white sugar	½ cup chopped walnuts
2 tablespoons melted butter	½ teaspoon vanilla
1 cup chopped dates	Pinch salt
1 cup boiling water	1 teaspoon soda

Pour boiling water over the chopped dates, let stand while mixing other ingredients. Mix all together, then add flour with soda sifted in. Bake in buttered baking powder tins about ¾ hour, in moderate oven.

Mrs. Jack Ecclestone.

### POTATO BISCUITS

2 cups flour	1 tablespoon lard
2 cups mashed potatoes	Pinch of salt
2 teaspoons baking powder	Water, enough to make dough

Method: Sift flour and baking powder together, add rest of ingredients, roll and bake in moderate oven about 20 minutes.

Mrs. Frederick F. Tisdall.

**DATE LOAF CAKE.**

1 cup flour	2 eggs
2 teaspoons baking powder	1 teaspoon vanilla
½ teaspoon salt	1 cup dates (cut fine)
1 cup sugar	½ cup nut meats (cut fine)

Mix the flour, baking powder, salt and sugar thoroughly. Add the dates, nut meats and vanilla. Mix thoroughly, add the egg yolks and mix well. Beat the egg whites until very stiff. Cut and fold these into the mixture. Pour into a loaf cake pan prepared with waxed paper. Bake in a slow oven for 50 minutes.

Mrs. W. W. Southam.

**DATE LOAF.**

½ cup butter	½ teaspoon baking soda
1 cup sugar	1 lb. dates chopped
2 eggs beaten together	¼ lb. chopped walnuts
¼ cup milk	2 cups flour sifted

Cook 1½ hours in slow oven.

**DATE BREAD.**

3 cups flour	1 lb. dates (2 pkgs.)
4 teaspoons baking powder	1 cup chopped walnuts
¾ teaspoon salt	2 eggs
Sift these 4 times, then add:	½ cup milk
1 cup brown sugar	

Method: Beat eggs, add to milk, add other ingredients. Bake in oven 1 hour. More milk may be added, if needed.

Mrs. Frederick F. Tisdall.

**HEALTH BREAD.**

1 egg, well beaten	2 cups bran
1 cup sweet milk	2 cups white flour
¼ teaspoon salt	2 teaspoons baking powder
1 tablespoon brown sugar	½ cup broken walnuts
1 dessertspoon molasses	

Mrs. S. R. D. Hewitt.

**DATE BREAD.**

1 scant cup butter	2 cups dates (chopped)
1 cup brown sugar	2 cups flour
2 eggs	1 teaspoon baking soda
1½ cups warm water	1 teaspoon salt
1 cup walnuts (chopped)	

Method: Cream the butter, add sugar, eggs, warm water, dates and nuts, flour sifted with salt and soda. Bake 1 hour in a very slow oven.

Mrs. Roy McKay.

**BRAN MUFFINS.**

3 cups flour	2 eggs
2 $\frac{3}{4}$ cups bran	2 cups sour milk
2 teaspoons salt	(or 2 cups sweet milk instead, with
1 cup brown sugar	4 teaspoons baking powder in
2 teaspoons baking soda	place of soda)
Dates, if desired	

Mix dry ingredients, then add mixed wet ingredients. Put in greased muffin tins and bake in moderate oven.

Mrs. Lyman Howe.

**DATE LOAF.**

1 lb. dates	Pinch salt
$\frac{3}{4}$ cup white sugar	1 teaspoon baking soda
1 tablespoon butter	

Add to the above 1 cup boiling water, then add 1 beaten egg, 1 $\frac{1}{2}$  cups flour, 1 cup walnuts, vanilla. Bake 45 minutes in slow oven. You may use Blanched almonds instead of walnuts.

Mrs. H. S. Quigley.

**NUT BREAD.**

2 cups flour	2 tablespoons lard
$\frac{1}{2}$ cup sugar	1 egg
4 teaspoons baking powder	1 cup milk
1 teaspoon salt	$\frac{1}{2}$ cup walnut meats (chopped)
3 tablespoons butter	

Mix and sift dry ingredients; work in shortening; add egg, well beaten; milk and walnut meats. Beat thoroughly, and let stand 20 minutes. Bake in moderate oven.

Mrs. W. A. Charlton.

**DATE AND NUT BREAD.**

3 cups flour	1 cup milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup walnuts
3 teaspoons baking powder	1 cup dates
1 egg	

Method: Crush walnuts with rolling pin, stone and chop dates, mix all together and set for 20 minutes, then bake in slow oven for  $\frac{1}{2}$  an hour.

Mrs. Fred. L. Tate.

**DATE AND NUT LOAF.**

1 cup dates, chopped	2 cups flour
1 $\frac{1}{2}$ cups brown sugar	1 cup walnuts, chopped
1 tablespoon butter	2 eggs
1 cup sweet milk	2 teaspoons baking powder

Place in buttered tin, and let stand 20 minutes, then cook in a slow oven about 45 minutes.

Mrs. C. G. Porter.

**BRAN BREAD.**

3 cups bran	2 teaspoons baking powder
1½ cups Graham flour	¾ cup corn syrup
1 cup white flour	2 cups sweet milk

Method: Mix dry ingredients, add syrup and sweet milk, let stand in pan ½ hour, bake in slow oven 1½ hours.

Mrs. William Wallace, Jr.

**BRAN MUFFINS.**

2 cups bran	2 eggs
½ cup white flour	1 cup milk
1 teaspoon baking powder	1 teaspoon melted butter
1 teaspoon sugar	

Method: Mix dry ingredients, stir in melted butter, add eggs, mix thoroughly, add milk. Bake in buttered tins.

Mrs. William Wallace, Jr.

**GRAPE NUT BREAD.**

1 cup grape nuts	1 egg well beaten
1 cup hot milk	3 cups flour
1 cup cold milk	3 teaspoons baking powder
1 cup brown sugar	Salt

Pour hot milk over grape nuts. When cold add cold milk. Add other ingredients in order given. Raise 1 hour. Bake 1 hour.

Mrs. W. W. Parry.

# Additional Recipes

# Sandwiches

*"Let my heart be still a moment, and this mystery explore."*

## RAISIN AND NUT SANDWICHES.

1 cup raisins  
1 cup shelled walnuts

Chop fine, or put through mincer, and moisten with orange juice to make the right consistency to spread. Put between slices of buttered whole wheat bread.

Mrs. E. G. Hodgson.

## CLUB SANDWICHES.

Arrange on slices of toast thin slices of cooked bacon, cover with slices of cold roast chicken, some lettuce, cover with mayonnaise, cover with slice of toast.

Mrs. W. W. Parry.

## EGG SANDWICHES.

Chop hard-boiled eggs finely, mix with mayonnaise and a little onion. Spread mixture between thin slices of buttered bread.

## HAM, PEANUT AND GREEN PEPPER SANDWICHES.

Put half pound of ham, half pound of peanuts and two green peppers through the chopper. Mix with mayonnaise, and spread between thin slices of buttered bread.

Mrs. W. W. Parry.

## LOBSTER SANDWICHES.

Chop lobster, moisten with mayonnaise. Spread mixture on crisp lettuce leaf, and put between slices of buttered bread.

# Additional Recipes

# Canning—Preserving—Pickling

*"Preserve an even temper and avoid family jars."*

## FOR CANNING CORN, PEAS OR BEANS

9 cups corn cut from cob.	½ cup salt
1 cup granulated sugar	2 cups hot water.

Boil 5 minutes and seal in sterilized jars at once. To use drain off liquid and rinse until fresh enough and boil until done.

## RELISH.

Finely chop 1 pint of hard cabbage and 2 sweet green peppers, freed from seeds. Mix ½ teaspoon salt, 2 tablespoons brown sugar, ¼ cup mild vinegar, ½ teaspoon prepared mustard and a few celery seeds. Beat well and pour over the cabbage and peppers. Serve immediately.

## RED PEPPER JELLY.

(Suitable for Meats.)

Twelve red peppers, remove seeds and chop up. Add 1 tablespoon salt and let stand 3 or 4 hours. Put in strainer under cold tap and let drain, then put in kettle. Add 1 pint white wine vinegar, 1½ pints granulated sugar. Boil 30 minutes, stirring constantly, then put in jars.

Mrs. Gordon Ralston.

## PEPPER HASH.

12 red peppers	3 cups sugar
12 green peppers	3 cups vinegar
14 onions	3 teaspoons salt

Put peppers and onions through mincer. Boil slowly 3 hours.

## SWEET PICKLED GHERKINS.

3 quarts cucumbers	4 lbs. brown sugar
3 quarts cider vinegar	4 tablespoons whole spice
1 tablespoon alum	

Wash the cucumbers. Put in stone jar, and add 1 cup salt dissolved in 2 quarts boiling water. Let stand a week. Drain, scald in boiling water. Drain again, then pour over 1 gallon boiling water in which the alum has been dissolved. Let stand 1 hour, then drain. Cook cucumbers 15 minutes with the vinegar and spices. Store in a stone jar.

Mrs. A. W. J. Stewart.

**PEACH CHUTNEY.**

20 large ripe tomatoes	12 large pears
12 large peaches	6 large onions
4 green peppers	1 quart vinegar
4 cups brown sugar	2 teaspoons cloves
2 teaspoons cinnamon	2 teaspoons allspice
3 teaspoons salt	

Method: Skin peaches, pears and onions. Chop all fruit. Add other ingredients and cook about 2 hours.

Zelma L. Boynton.

**CORN RELISH.**

12 cobs corn  
1 head celery

**Dressing.**

3 tablespoons mustard	3 cups sugar
1 tablespoon turmeric	$\frac{3}{4}$ cup flour
1 quart vinegar	

Mix above with a little vinegar. Cook 10 minutes. Boil corn 10 minutes. Cut from cob, add to above dressing, and bring to boiling point.

Betty MacTavish.

**MUSTARD PICKLES.**

1 quart small cucumbers	1 quart green tomatoes
2 quarts large cucumbers	1 large cauliflower
1 quart small onions	6 green peppers
	1 red pepper

Peel large cucumbers and cut in small pieces. Cut tomatoes in small pieces. Chop peppers fine. Put all in weak salt water separately, and let stand overnight, then scald all except green tomatoes and cucumbers in same water, and drain.

**Dressing for Mustard Pickles.**

1 gallon vinegar	3 cups brown sugar
$\frac{1}{2}$ lb. mustard	2 cups flour
1 oz. turmeric powder	

Make a paste, heating thoroughly, and add to pickles while hot.

Mrs. G. H. Stedman.

**INDIAN RELISH.**

12 ripe tomatoes	2 teaspoons mustard
12 apples	2 teaspoons clover
9 onions	2 teaspoons ginger
1 quart cider vinegar	$\frac{1}{2}$ teaspoon black pepper
3 cups brown sugar	$\frac{1}{2}$ teaspoon Cayenne pepper
$\frac{1}{2}$ cup salt	

Mix ingredients all together, after chopping the apples and onions. Boil until thick.

Mrs. Jack Ecclestone.

**MARMALADE.**

1 orange	12 cups sugar
1 lemon	12 cups water
1 grapefruit	

Squeeze juice out of fruit (save seeds). Cut up rind in small pieces, add 12 cups of water and seeds tied in a bag. Boil 1½ hours, add 12 cups sugar and boil ½ hour till it jellies.

Mrs. C. Frank Moore.

**CHILI SAUCE.**

36 large tomatoes	5 cups vinegar
12 onions	6 cups white sugar
4 heads of celery	5 tablespoons salt
	4 green (hot) peppers

Method: Chop all fine and cook for 2 hours.

Mrs. Fred. L. Tate.

**MUSTARD PICKLES.**

1 cauliflower	1 head celery
1 quart small onions	6 green peppers cut fine
2 quarts cucumbers	

Put in weak brine for 24 hours.

**Dressing.**

3 tablespoons mustard	4 cups brown sugar
1 tablespoon turmeric	1 cup flour
1 quart vinegar	

Mix above with a little vinegar, let it cook for 5 minutes. While hot pour over pickles. Cook all for about 10 minutes. Stir to keep from burning.

Betty MacTavish

**TOMATO BUTTER PICKLE.**

30 ripe tomatoes	1 teaspoon ground cinnamon
4 large apples	1 teaspoon ground cloves
1 quart vinegar	½ cup salt
2 lbs. brown sugar	2 or 3 onions
2 teaspoons Cayenne pepper	

Peel and cut up. Boil slowly for 3½ hours.

Mrs. R. J. Dunlop.

**NINE DAY SWEET GHERKINS.**

Four quarts gherkins in cold strong brine. Let stand three days, drain and stew slowly in weak vinegar, and a piece of alum the size of a marble. Simmer for 1½ hours. Make syrup of 3 pints vinegar, 3 lbs. granulated sugar, 1 oz. whole mixed spice, 1 oz. celery seed. Pour over pickles. Heat syrup for 3 days. Cauliflower and onions may be used also, only don't boil them longer than 15 minutes.

Mrs. S. R. D. Hewitt.

**TOMATO RELISH**

6 green peppers, chopped	2 cups sugar
4 large onions	1 pint vinegar
18 tomatoes	½ cup salt

Method: Cook tomatoes until soft, then drain. Add other ingredients to the pulp of tomatoes. Boil slowly 2 hours. This makes about four pints.

Marjorie Black.

**MUSTARD PICKLES.**

3 quarts silver-skinned onions	4 green peppers (put through the mincer)
6 large cucumbers (cut thin)	1 gallon malt vinegar
2 quarts small gherkins	6 cups brown sugar
8 or 10 green onions (put through the mincer)	½ oz. celery seed
4 red peppers (put through the mincer)	1½ cups flour
2 large cauliflowers (broken fine)	½ lb. mustard
	1 oz. turmeric powder

Method: For each kind of vegetable add a good handful of salt and leave overnight. Drain. Heat vinegar on stove, taking out one bowlful. Add brown sugar and celery seed, and then the vegetables. Boil well 3 minutes, stir in paste made of flour, mustard and turmeric powder mixed with the bowlful of cold vinegar. Watch and stir thoroughly to prevent sticking. Take off and bottle.

Mrs. Roy McKay.

**FRUIT SAUCE.**

30 large ripe tomatoes	4 cups white sugar
6 large peaches	2 tablespoons salt
6 large pears	1 quart cider vinegar
3 green peppers	½ cup mixed whole spice (in bag)
6 onions	

Peel and cut up the fruit. Peel onions and with peppers put through chopper, place all in a preserving kettle. Add sugar, salt, vinegar and spices. Boil for 2½ hours and bottle.

Violet M. Horner.

**FRENCH MUSTARD PICKLE.**

2 quarts small onions	1 head cauliflower
2 quarts small cucumbers	6 green sweet peppers
2 quarts green tomatoes	1 cup salt
1 head celery	2 quarts water

Cut into small pieces and soak overnight in brine made from salt and water.

Paste for above:

4 cups white sugar	
1½ cups flour	½ pound mustard
½ ounce turmeric powder	1 gallon cider vinegar

Mix all together. Let it come to the boiling point, then add the pickles, which have been drained from brine. Let stand on stove for 5 minutes, then they are ready to seal.

**SALTED CHERRIES.**

Fill jar with choice cherries. To each quart of fruit add 1 tablespoon salt, and 1 small cup cold vinegar. Fill with cold water and seal.

Mrs. S. R. D. Hewitt.

**GRAPEFRUIT MARMALADE.**

6 grape fruit  
6 lemons

Remove fruit with spoon. Put seeds in basin and cover with boiling water, and let stand till next day. Slice finely half the peel from the grapefruit. Add 2½ pints of water to each pint of cut peel and fruit. Now add the uncut peel and 1 pint of water. Stand overnight, and next day boil quickly for 1½ hours. Lift out uncut peel and scrape out pith and put through food chopper. Throw skins away. Next day weigh fruit, and to each pound add 1¼ pounds sugar. Boil 1 hour. Add water from seeds to fruit in first boiling.

Mrs. S. R. D. Hewitt.

**MARMALADE.**

3 dozen bitter oranges  
30 cups water  
16 pounds sugar

Slice oranges fine. Put in kettle and cover with the water boiling. Put 2 cups of water over seeds in bowl. Let stand 24 hours, then boil 1 hour after it comes to a boil. Let stand another 24 hours, then boil for 1 hour. Add the sugar heated and boil 15 to 30 minutes after it comes to the boil. Seal at once in sterilized jars.

Violet M. Horner.

**PICKLED BEETS.**

Cook the beets. Place them in jars, 15-18 beets per quart. If large, cut them. For every 2 quarts take 1 quart vinegar, ½ cup water, 2 heaping cups sugar, 2 inches or more bark cinnamon, 2 dozen cloves. Stir this well and boil 5 minutes, no longer. Pour over beets in jars.

Mrs. G. H. Stedman.

# Additional Recipes

# Candies

*"Sweets to the sweet."*

## RICH MAPLE CREAM.

2 cups brown sugar	1 small tin evaporated milk
2 tablespoons corn syrup	1 cup chopped walnuts
2 tablespoons butter	

Mix together and boil until it threads, then beat well, add nuts and pour on buttered plate.

Mrs. Wallace Waller.

## CHOCOLATES.

2 cups white sugar	2 egg whites
$\frac{1}{2}$ cup corn syrup	Vanilla
1 cup boiling water	

Boil until stiff ball when tried in water. Beat into stiffly beaten egg whites, flavored with vanilla. Beat until stiff enough to make drops on buttered plate.

### Coating.

Melt 1 whole cake of Baker's unsweetened chocolate in double boiler. Rub off with your hands rough edges of filling drops. With aid of 2 forks, dip fillings into chocolate mixture. Then place each one on board covered with wax paper.

Mrs. M. P. Gilmore.

## MAPLE CREAM.

3 cups brown sugar	Salt
1 tablespoon flour	Chopped nuts or desiccated
1 teaspoon baking powder	cocoanut
1 tablespoon butter	Vanilla
1 cup sweet milk or cream	

Boil all, except flavoring and nuts, until it forms a soft ball in cold water. Take off the stove, beat well, add flavoring and nuts. Cool, cut in squares.

Mrs. Lloyd L. Matchett.

## DIVINITY FUDGE.

### Part I.

$\frac{1}{2}$  cup white sugar  
 $\frac{1}{4}$  cup water

### Part II.

$1\frac{1}{2}$  cups white sugar  
 $\frac{1}{2}$  cup of water  
 $\frac{1}{2}$  cup Lily White corn syrup

Boil Part I. until it threads. Boil Part II. until it is very hard in water. Beat the whites of 2 eggs until stiff, stir in Part I., then beat all together until dry. Drop from spoon to buttered tin.

Mrs. Gordon Herington.

**PATIENCE CANDY.**

3 cups brown sugar or white  
 1 cup of milk  
 1 tablespoon butter  
 1 cup walnuts cut in small pieces

Take 2 cups of sugar and make it into caramel. Pour caramel into first mixture. Let boil until when tried in cold water it forms a soft ball. Remove from fire, add nuts and beat until creamy. Pour into buttered pans and cut in squares

**CARAMELS.**

$\frac{1}{2}$ cup molasses	2 squares Cowan's chocolate
$\frac{1}{2}$ cup milk	2 tablespoons butter
2 cups sugar	1 teaspoon vanilla

Boil molasses; milk and sugar, chocolate and butter 10 to 15 minutes. When taken from fire add vanilla.

Mrs. T. A. Ryan.

**CREAM DATES.**

$1\frac{1}{2}$ cups sugar	1 teaspoon lemon juice
$\frac{3}{4}$ cup sweet milk	1 package dates
$\frac{1}{2}$ teaspoon butter	

Boil sugar, milk and butter about 10 minutes. When lukewarm, beat and add lemon juice. When it becomes a soft creamy substance use as a filling for the dates. Dip in powdered sugar before serving.

Mrs. T. A. Ryan.

**COUGH CANDY.**

3 cups sugar	1 tablespoon butter
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup vinegar	

Stir sugar, water and vinegar before putting on stove (not after). When partly done, add butter. Just before removing from stove, stir in soda dissolved in a few drops warm water. When cool enough to handle, pull white.

Mrs. T. A. Ryan.

**CREAMY FUDGE.**

2 cups brown sugar	$\frac{1}{2}$ cup chopped walnuts
1 cup milk	$1\frac{1}{2}$ squares unsweetened chocolate
1 tablespoon butter	$\frac{1}{4}$ teaspoon baking soda
	1 teaspoon vanilla

Method: Mix brown sugar, milk, chocolate melted with the butter, and boil until a soft ball is formed in cold water. Add soda. Take from the fire and add walnuts and vanilla. Set in a pan of cold water for 5 minutes. Beat and turn out into a buttered pan.

Mrs. Roy McKay.

**DIVINITY FUDGE.**

2 cups white sugar  
½ cup corn syrup  
½ cup water

1 egg (white only)  
1 cup chopped nuts

Method: Cook together until a fairly hard ball forms in cold water. Remove from fire. Stir very slowly into stiffly beaten white of 1 egg. Beat until stiff. Add nuts. When mixture loses shine it is stirred sufficiently.

## Beverages

*"One sip of this  
Will bathe the drooping spirits in delight  
Beyond the bliss of dreams."—Milton.*

### GINGER ALE PUNCH.

1 cup strong hot tea	$\frac{1}{4}$ cup lemon juice
$\frac{1}{2}$ cup sugar	2 cups ginger ale
3 cups orange juice	2 cups charged water

Dissolve sugar in tea, add fruit juices, strain into a bowl of ice and just before serving add water and ginger ale. Garnish with half slices of orange.

### PEPPERMINT CHOCOLATE MILK SHAKE.

4 cups milk	4 eggs
4 tablespoons cream	4 drops of oil of peppermint
1 cup chocolate syrup	

Combine milk, cream, syrup and well-beaten eggs. Add flavoring and shake thoroughly, or pour from glass to glass until foamy. Serve over crushed ice in tall glasses.

### GRAPE JUICE PUNCH.

1 cup sugar syrup	Juice 1 orange
1 pint water	1 pint grape juice
Juice 3 lemons	

Mix all ingredients and serve over crushed ice in tall glasses.

### PARADISE ISLAND PUNCH.

$\frac{1}{2}$ cup syrup	Juice of 1 lemon
1 quart pineapple juice and grated pulp (fresh, if possible)	1 cup loganberry juice
Juice of 2 oranges	1 cup crushed and sweetened strawberries

Mix all ingredients as given; serve over crushed ice in tall glasses and garnish with sprig of mint.

### GRAPE JUICE.

$\frac{1}{2}$ gallon ripe grapes
1 quart water
1 cup of sugar to each quart of juice

Stew grapes in water, strain and add sugar. Boil 20 minutes. Skim and seal up.

Mrs. T. A. Ryan.

**GINGER LEMONADE.**

½ cup currant jelly  
 ½ cup of sugar  
 2 teaspoons ginger

Stir all together. Put in quart pitcher and fill with ice water.

Mrs. T. A. Ryan.

**FRUIT PUNCH.**

1 pineapple or 1 can grated pineapple	Juice of 10 oranges
3 cups boiling water	1 quart of strawberry, currant or grape juice
1 cup tea	1 quart sugar
Juice of 6 lemons	4 quarts water

Make a syrup of sugar and water, add juices; cool. The above amount makes about 8 quarts.

Mrs. Lloyd L. Matchett.

**CHERRY NECTAR.**

6 quarts sweet juicy cherries  
 9 cups cider vinegar  
 Sugar

Stem and stone the cherries and pour the vinegar over them, adding a few of the pits cracked. Let stand for 3 or 4 days, stirring occasionally. Strain through a bag, squeezing hard. To every pint of juice add 1 pint of sugar. Boil 20 minutes and put up in bottles previously heated. Two table-spoons will flavor a glass of ice water deliciously.

Violet M. Horner.

**GRAPE JUICE.**

10 pounds grapes  
 6 pints water  
 2 pounds sugar

Pick from the stems and wash. To grapes add water. Cook until grapes are quite soft. Rub through a sieve, and then drain through a flannel bag. Return the strained juice to the fire and add the sugar. Boil 5 minutes, pour into hot jars and seal immediately.

Violet M. Horner.

# Additional Recipes

## Miscellaneous

### HAND LOTION

1 oz. cologne	2 ozs. glycerine
1 pint rain water	$\frac{1}{4}$ oz. gum tragacanth
2 ozs. alcohol	

Heat pint rain water and pour over the gum and let it stand a day or two until gum is dissolved, then add other ingredients, putting cologne in lastly. A pinch of borax is an improvement.

### FRENCH CLEANER

Grain alcohol $\frac{1}{2}$ gal.	Commercial ether $\frac{1}{2}$ oz.
Spirits ammonia $\frac{1}{8}$ oz.	Borax $\frac{1}{8}$ dr.

Add the above to  $\frac{1}{2}$  gal. gasoline.

### BATH SALTS.

12 ounces borax	30 minims (drops) oil of rosemary
14 ounces baking soda	1 dram oil of orange
2 ounces washing soda	2 drams oil of lavender flower

Stir all together. One tablespoon to bath.

## Household Hints

A little ginger sprinkled on top of canned fruit is an excellent plan to insure keeping.—Mrs. A. T. Whitehead.

When brown sugar becomes hard, place the containing bag in the bread box for a day or so, when it becomes soft.

Head lettuce may be separated without difficulty if the core of the head is removed and the head inverted under the gently running tap.

To peel asparagus before cooking makes it possible to utilize more of the stalk.—Mrs. S. R. D. Hewitt.

A damp cloth dipped in salt will remove egg stains from silver or tea stains from china dishes.

Tainted meat should be washed in a little vinegar before cooking.

To clean brass, use muriatic acid diluted with water, wash off and polish with whiting.

To prevent linens from fading, put a little borax in water and let stand one hour.

Cleaning Copper.—Mix  $\frac{1}{2}$  a cup of flour,  $\frac{1}{2}$  cup of vinegar and 2 tablespoons of salt. Rub lightly if you would have the best results. Be sure to dip the article into cold water quickly, and dry thoroughly, otherwise it will become green.—Mrs. W. W. Parry.

To keep sink drain from becoming choked, pour down once a week at night  $\frac{1}{2}$  can of Lux dissolved in 1 quart of hot water.

Never put cogs of an egg beater in water.

If dusters are saturated with coal oil and allowed to stand a day before using, they will remove dust more thoroughly and easily.

To clean graniteware where mixtures have been cooked or burned on, half fill with cold water, add washing soda, heat water gradually to boiling point, then empty, when dish may be easily washed.

Never put a pudding that is to be steamed into anything but a dry mould.

Never wash raisins that are to be used in sweet dishes. It will make a pudding heavy. Wipe clean in a dry towel.

To brown sugar for sauces, put in dry saucepan. If it is the least bit wet it will burn.

## Time Table for Cooking

### ROASTING MEATS.

Beef—15 minutes to each pound and 15 minutes over.  
Veal—25 minutes to each pound and 15 minutes over.  
Lamb—20 minutes to each pound and 15 minutes over.  
Mutton—25 minutes to each pound and 15 minutes over.  
Pork—25 minutes to 30 minutes.  
Steak—Broiled—8 to 10 minutes according to thickness.  
Chop—1 inch thick, will broil in 7 minutes.

### POULTRY.

Turkey—15 minutes per pound for a young one, longer for old one.  
Chicken—Ordinary size,  $1\frac{3}{4}$  to 2 hours.  
Duck—2 hours.  
Goose— $2\frac{1}{2}$  hours.

### FISH.

To boil—Allow  $\frac{1}{2}$  hour for 4 lbs. salmon or whitefish.  
To steam—Fish of same size, allow  $\frac{3}{4}$  to 1 hour.  
To bake Stuffed fish—From 25 to 30 minutes in moderate oven.

### VEGETABLES.

Potatoes—To boil—(New ones) 20 minutes; (old ones)  $\frac{1}{2}$  hour.  
To bake— $\frac{3}{4}$  to 1 hour.  
Turnips—Boiled— $\frac{3}{4}$  to 1 hour (if old).  
Onions—Boiled— $\frac{1}{2}$  to 1 hour (if old).  
Cabbage—Boiled— $\frac{3}{4}$  to 1 hour (if old).  
Carrots—Boiled— $\frac{3}{4}$  to 1 hour (if old).  
Cauliflower—Boiled— $\frac{3}{4}$  to 1 hour (if old).  
Tomatoes—Stewed—20 minutes. Baked slowly— $\frac{3}{4}$  to 1 hour.  
Green Corn—To boil—10 to 15 minutes.  
Green Peas—To boil—20 minutes.  
Green Beans—To boil— $\frac{1}{2}$  hour.  
Asparagus—To boil—20 minutes.  
Spinach—To boil—30 minutes.  
Vegetable Marrow—To boil— $\frac{3}{4}$  hour.  
Squash—To steam— $\frac{3}{4}$  hour. To bake—About 1 hour.

### TABLE OF WEIGHTS AND MEASURES.

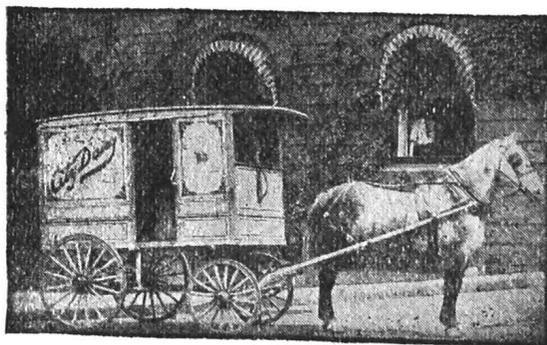
1 quart sifted flour equals.....	1 lb.
1 pint granulated sugar equals.....	1 lb.
2 cups butter, packed, equal.....	1 lb.
10 eggs equal .....	1 lb.
5 cups flour equal .....	1 lb.
1 generous pint liquid equals .....	1 lb.
2 cups granulated sugar equal.....	1 lb.
2 heaping cups powdered sugar equal.....	1 lb.
1 pint finely chopped meat, packed, equals .....	1 lb.

The cup used is the common kitchen cup, holding  $\frac{1}{2}$  pint.

To 1 quart flour use 1 teaspoon of soda and 2 teaspoons cream of tartar.

To 1 quart flour use  $2\frac{1}{2}$  teaspoons baking powder.

# PURE - CLEAN - RICH ALWAYS



*We have a Yellow Wagon on every street—  
every morning.*

PHONE TRINITY 2040

# Menus

# Menus

# Menus

# Menus

# Menus

# Menus

---

# Menus

# Menus

# Menus

# Menus

# Menus

PHONE HUDSON 4015

# Deer Park Fruit Market

*High-Class Goods  
Moderate Prices  
Always Fresh*

**GEO. RECCHIA**  
PROPRIETOR  
1433 Yonge Street

## BINNIES' Limited

CHILDREN'S WEAR  
FANCY DRY GOODS

12 St. Clair Avenue West

*"They're So Inexpensive!"*

Although our Dresses for Children are so well made and beautifully smocked we are often told that *"they're so inexpensive!"*

We have made a specialty of things for children, and you will find here many new and lovely things for the little ones. Specially Fine Hand-knitted Suits, Sweaters, Bootees and many other Hand-knitted Novelties.

Maids' Aprons, Collars, Cuffs and Caps.

**BINNIES' Limited**  
12 St. Clair Avenue West



THE SIGN OF GOOD BREAD

We commend the Big Sister Association for what it means  
to the community

WE RECOMMEND TO ALL

# CANADA BREAD

—The best bread baked—for what good bread means in the  
health and happiness of all the people.

Try "BUTTER-NUT" BREAD  
Rich as Butter - Sweet as a nut

Try "BAMBY BREAD"  
The New Butter Bread

*At all good grocers or direct from*

**CANADA BREAD COMPANY, Limited**

---

**WHEN** in need of anything for the  
**KITCHEN,**

For the protection of the woodwork of your  
**HOME,** and Tools for your  
**GARDEN** and **LAWN**

In fact anything in **HARDWARE**  
*Consult the DEER PARK HARDWARE*

---

We carry a full line of all the necessary Utensils, Tools and  
*WOOD FINISHES OF QUALITY*

---

17 years supplying the needs of the residents  
of this district at

1429  
YONGE ST.

**JOSEPH HARDING**

HUDSON  
0 8 0 0

---

**JAS. D. TRIMBLE**  
*Butcher*

---

---

Phone Hud. 0700

For the Best of Fresh  
and Cured Meats  
and Poultry

You will be sure to  
be satisfied

**1497 YONGE ST.**

Just above St. Clair

**The "1900" Cataract  
Electric Washer**

*Has the Largest Capacity  
and yet is the Easiest  
on the Clothes*

---

**EXAMINE THE CATARACT**

---

*25 Years in Toronto  
Thousands in Use*

**"1900" Washer Store**

357 YONGE ST., TORONTO

---



BY APPOINTMENT  
TO H.R.H. THE PRINCE OF WALES

# Telfer *famous* Biscuits

## CREME TEA SAND- WICH

A daintily shaped sandwich of crisp Telfer biscuit, with generous cream filling. Assorted flavours.

A favourite for luncheons, afternoon teas and picnics. Your grocer sells Creme Tea Sandwich.

TELFER BISCUIT CO.,  
LIMITED, TORONTO 12



*"You will appreciate the good taste"*

A.O.A.  
Sub-Station

Alemite  
Service Station

*Your Local Garage for all  
kinds of Repair and  
Ignition Service*

EMPIRE GARAGE  
1503 YONGE ST.

PHONE  
HUDSON 0877w

Opposite Delisle Ave.

## Flowers for Every Occasion

Supplied direct from the Conservatories of

### E. GRAINGER & CO.

1360 Yonge Street

Cut Flowers                      Plants, Etc.  
Randolph 0870                  Randolph 0310

Our Delivery Service covers the entire City

## E. S. LEWARS

Practical Shoe Maker

For a Better Class of Shoe  
Repairing, see us at  
1538 YONGE ST.  
or PHONE HUDSON 4642

## Alice et Nora

Exclusive Millinery

1458 YONGE ST.                  Telephone  
(5 doors South of St. Clair)      Hudson 4392

## The Muffin Shop

HOME COOKING

MOTOR LUNCHES

1425 Yonge St.                  Telephone  
7 doors South of St. Clair      Hudson 3051

*Fine Stationery and Gift Shoppe*  
*Lending Library*

RICHARD G. FRY

1448 Yonge St.                  Telephone  
Just below St. Clair              Hudson 5596

*Shampooing, Scalp Treatment,*  
*Marcel Waving & Manicuring*

Mrs. McPherson  
HARPER METHOD

2 St. Clair Ave. W.      Hud. 2943

Telephones Hudson 3144 and 5677

**MARTIN'S** ON THE HILL **MARKET**  
ST. CLAIR and YONGE

*Finest Quality Fresh Meats*  
*and Provisions*

SERVICE AND QUALITY                  "WE DELIVER"

**A. MARTIN, LIMITED**

FOR HIGH-CLASS  
GROCERIES AT A  
SAVING

BUY AT THE  
**DOMINION STORES**  
LIMITED

*The Pioneers of Economy*  
NEARLY 400 STORES



## North End Motors Limited

*Ford Cars, Trucks & Tractors*  
*Sales and Service*

Phones                      1391 Yonge St.  
Hud. 4201-2-3              At St. Clair

Repair Shop Entrance on Pleasant Blvd.

## AUTO ACCESSORIES

HUDSON 2642



TRY  
*Leakes*  
*Bakery*

For Home-made Cakes  
and Pastries

Quality and Service insure a  
Successful **Tea, Luncheon,**  
**Wedding or Reception**  
with our Fancies

*All goods made on the premises*

1444 YONGE ST.  
HUDSON 5798  
(SPECIALS MADE TO ORDER)

For Quality and Service

**G. KNIGHT**  
*Family Butcher*

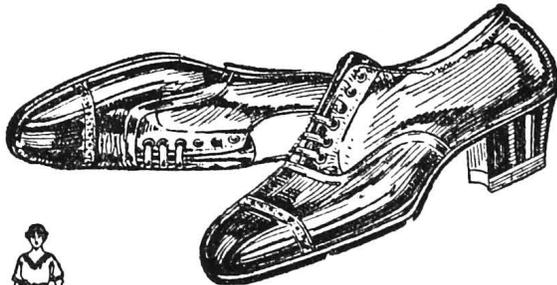
1536 Yonge Street  
Hudson 0083, 0084

**Walk-Over**

*A Recipe for Comfort*

Walk-Over Oxfords for morning  
wear, Walk-Over Slippers for after-  
noon and evening wear.

The simplest rule in this book,  
which all may follow successfully.



**WALK-OVER**

BOOT SHOP

290 YONGE STREET



BRUCE'S  
OLD-FASHIONED  
CHOCOLATES

**50c. lb.**

**Bruce's**  
" Limited "

---

# Convenience *and* Comfort

¶ Perhaps the best way to reduce your work and increase your leisure hours is to have a convenient place for everything. Built-in furniture makes this possible for it utilizes all available space.

¶ Some of the most useful pieces of built-in furniture are kitchen and china cabinets, breakfast nooks, broom cupboards and ironing boards. We can build these to your order.

*Let us supply you with whatever you need  
in lumber, millwork, oak, beech or  
maple flooring and doors.*

**R. Laidlaw Lumber Company**

**LIMITED**

**TORONTO**

*Established 1871*

**CANADA**

---

"We may live without poetry, music and art,  
We may live without conscience and live without heart,  
We may live without friends, we may live without books,  
But civilized man can not live without cooks."

*And you can't intelligently live in Toronto without  
Reading and Digesting every day*

# THE TORONTO STAR

A Newspaper for Every Member of the Family—  
Youth and Adult

CLEAN — INFORMATIVE — ENTERTAINING

*Largest English Newspaper Circulation in Canada*

---

Its Classified Advertisements Quickly Solve All Household  
Help Problems

---

ACCURACY

PURITY

W. M. PARISH, Phm.B.

Prescription Druggist

1512 YONGE ST. (Corner Delisle Ave.)

HUDSON 0016

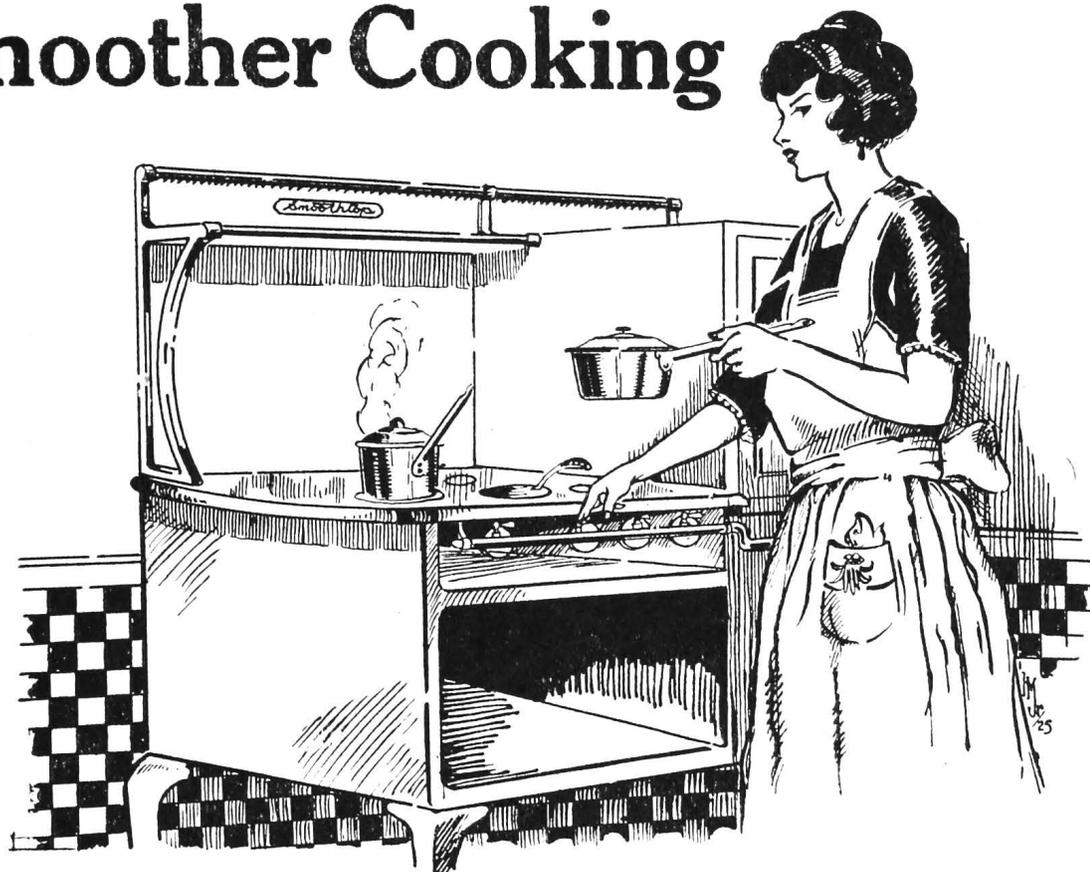
SERVICE

RELIABILITY

---

---

# Smother Cooking



The proper gas appliance puts the stamp of perfection on the recipe.

*To the lady at home the following facts are most important:—*

The SMOOTHTOP with its larger cooking top allows any degree of heat—boiling, simmering and warming—all at the same time over one burner.

The SMOOTHTOP can be wiped clean after cooking as you would a table top.

The SMOOTHTOP can be had with oven heat control allowing the heat specified in the recipe to be accurately followed.

The SMOOTHTOP can be seen at  
55 ADELAIDE ST. E.

See it demonstrated or phone MAIN 8371 for full particulars.

The **CONSUMERS' GAS COMPANY**  
**OF TORONTO**

---

## M. R. TORRANCE

*Fancy Dry Goods  
Ladies' and Children's  
Wear*

*Dressmaking Hemstitching*

1534 YONGE ST.

## The Grill

1492 YONGE ST. TEA ROOM  
Miss Johnston, Prop. Hudson 4370

*Breakfast - Lunch - Dinner  
Private Parties Catered for*

Open 7.30 a.m. to 8 p.m.

Afternoon Teas

Sundays: 12 noon to 8 p.m.

YOUR PATRONAGE SOLICITED

## McIntyre Says:

Why not have you hair cut to a type.?

You wear clothes that look well and your hat must become you. This also applies to your hair cutting. Start them young at

### McIntyre's Basement Barber Shop

ST. CLAIR and YONGE

## Curtis' HOME COOKING Delicatessen

A full line of Schneider's of Kitchener Smoked Meats, Jellied Meats and Bolognas

1446 YONGE ST.

Phone HUDSON 4382

*Have you tried  
Our Coffee?*

**J. L. CASEY**  
*High-class Groceries*

YONGE ST.  
Above St. Clair

HUDSON  
1973

## "OLIPHANTS"

*High-class Men's and  
Boys' Wear*

DRY CLEANING, PRESSING  
AND REPAIRING

1482 Yonge St. Hudson 0096

## Exclusive Ladies' Wear

**MARJORIE COX**

Specialty Shop

1440 Yonge St.  
(At St. Clair)

Hud. 3251

Phones Hudson 1198  
3531 w **J. Sercombe** Phones Hudson 1198  
3531 w CARTAGE

New Address 1409 A Yonge St.

**MOTOR TRUCKS**  
FOR EVERY NEED

SODDING and GRADING DONE

*Mary Stuart*

251 AVENUE RD.  
Randolph 9017 w

IN my Candy Shops you will find a clean, quiet atmosphere where all that is superior in Candy, Egg Drinks, Sodas and Ice Cream will be served.

1466 YONGE ST.  
Hudson 5155 w

