

COOK BOOK



Compiled by

Adon Chapter, I. O. O. F.



STRATFORD, ONT.

COOK BOOK



Compiled by

Avon Chapter. I. O. D. E.

STRATFORD, ONT.



To the friends who have kindly given their assistance towards the publication of this book the Members of the Chapter extend their cordial thanks.

A. E. TAYLOR & SON, PRINTERS
STRATFORD.
1922

Beforehand we thank you
For buying our book ;
'Twill teach you and guide you
In learning to cook.

If by some trick of mind you think
A similarity you see,
'Twas no one's fault, but just the fact
That great minds can agree.
Yet do not think we taxed our brains,
Concocting dishes rare,
We let the experts do the work,
While we the glory share.

ABBREVIATIONS.

1 Tablespoon	-	1 tbsp.	1 Quart	-	-	1 qt.
1 Teaspoon	-	1 tsp.	1 Pint	-	-	1 pt.
1 Cup	-	1 c.	1 Ounce	-		1 oz.
		1 Pound	-	-	-	1 lb.



TABLE OF WEIGHTS AND MEASURES.

2 cups	1 pt.
4 "	1 qt.
2 "	Butter (packed solidly)	.	.	.	1 lb.
3½ "	Flour (pastry)	.	.	.	1 lb.
2 "	Granulated Sugar	.	.	.	1 lb.
2 "	Fruit	"	.	.	1 lb.
2¾ "	Icing	"	.	.	1 lb.
3¼ "	Brown	"	.	.	1 lb.
5½ "	Rolled Oats	.	.	.	1 lb.
2½ "	Cornmeal	.	.	.	1 lb.
1¾ "	Rice	.	.	.	1 lb.
3½ "	Graham Flour	.	.	.	1 lb.
4 "	Coffee	.	.	.	1 lb.
8	Medium Eggs	.	.	.	1 lb.
1	Square Baker's Chocolate	.	.	.	1 oz.
3	tsp.	.	.	.	1 tbsp.
16	tbsp.	.	.	.	1 cup
2	tbsp. Butter	.	.	.	1 oz.
2	tbsp. Granulated Sugar	.	.	.	1 oz.
3½	tbsp. Flour	.	.	.	1 oz.



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RECIPES

SOUPS

"If you would make a good beginning,
Your guests good-will and praise be winning,
The thing to set the ball a'spinning,
Is good hot soup."

VICTORIA SOUP

1 lb. knuckle veal, 1 onion, 1 blade mace, $\frac{1}{2}$ lb. pearl barley, 1 carrot, 1 qt. milk. Chop meat and onion, put in kettle with 1 qt. water or enough to cover, let simmer an hour; when nearly done add barley, previously soaked in a little water. Boil gently $1\frac{1}{2}$ hrs., adding water as it simmers down, lastly add 1 qt. milk. Boil up and serve at once. Other spices may be used. Thicken a little with 2 tablespoonfuls flour, if liked.

TOMATO SOUP

1 peck tomatoes, 1 bunch celery, 6 large onions, 21 cloves. Boil together with leaves of celery and strain. $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup flour, (or more), $\frac{1}{4}$ cup salt, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoon cayenne pepper. Let come to boil and bottle when hot. When ready to use add pinch of soda and hot milk—or the soup stock without soda.

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TOMATO SOUP

1 can tomatoes, 1 quart milk, $\frac{1}{2}$ teaspoon soda and 6 soda biscuits. Strain tomatoes through a fine strainer till nothing but seeds are left. Boil for a few minutes, then stir in soda till it stops frothing. Heat milk and add to mixture, then add biscuits, rolled and pepper and salt.—S. M. R.

TOMATO SOUP

1 basket ripe tomatoes, (not skinned), 1 head of celery, 4 onions. Cut up and boil together, strain and add 2 tablespoons salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup flour creamed with $\frac{1}{2}$ cup butter. Mix dry ingredients together and let boil until thick then bottle. When wanted to use, simply heat.—Mrs. H. F. Schmidt.

TOMATO SOUP

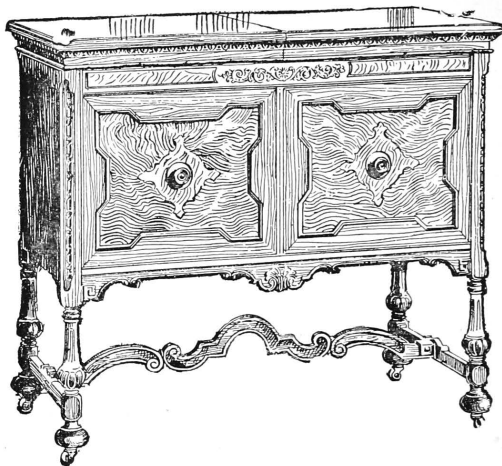
1 peck tomatoes, (unpeeled), 1 bunch celery, 6 onions. Cook together and strain, add $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup salt, $\frac{1}{4}$ teaspoon cayenne. Let come to a good boil.—Mrs. Peters.

ARTICHOKE SOUP

6 artichokes, $1\frac{1}{2}$ cups milk, 1 tablespoon butter, salt, pepper, and parsley. Boil artichokes in sufficient water to cover them nicely. When very soft put all through a fruit press or mash very fine in the water they were boiled in. Add the milk, butter and seasoning, boil up once, and when serving decorate with very fine parsley.—Mrs. Wm. Lawrence.

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"Just some more."



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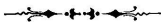
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ASPARAGUS SOUP

1 quart milk, slice of onion, 4 tablespoons flour, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Scald milk with onion, thicken with flour, let come to a boil thin enough to pour. Cook 20 minutes, stirring constantly at first, take asparagus and keep separately, cut tips off. Cook 30 minutes, rub through sieve, add to other with $\frac{1}{4}$ cup butter, let it cook a few minutes. Add tips before serving.—Mrs. N. E. Sayers.

CREAM OF CELERY SOUP

$1\frac{1}{2}$ cups celery, 3 cups water, 2 cups milk, 2 tablespoons butter, 4 tablespoons flour, salt and pepper, onion juice. Cook celery in boiling water until very soft, press through a strainer, (there should be 1 pint stock and pulp). Finish as vegetable sauce. The outer stalks and green leaves of celery or dried celery leaves, (1 tablespoon to 1 cup boiling water) may be used.—L. M. S.

POTATO SOUP

$1\frac{1}{2}$ cups hot riced potatoes, 1 quart milk or (milk and water), 2 slices onion, 2 tablespoons butter, 2 tablespoons flour, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{4}$ teaspoon celery salt, pepper, 1 teaspoon parsley. Scald milk with onion, remove onion, add milk slowly to potatoes. Make white sauce of milk mixture and remaining ingredients, except chopped parsley. Just before serving add parsley. Cold mashed potatoes may be used and heated with milk.—L. M. S.

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PEA SOUP

Half pound pickled pork, two cups dried peas, previously soaked over night in cold water, one stalk celery, half onion, three quarts water. Boil pork one hour, before adding peas, then boil one hour longer before adding other ingredients.—I. E. S.

FISH AND OYSTERS

“From the waters you can lure,
Things to please the epicure.”

SALMON FRITTERS

1 can salmon minced with fork, mix with as many crackers, 2 beaten eggs, 1 onion, salt and pepper, fry in hot lard.

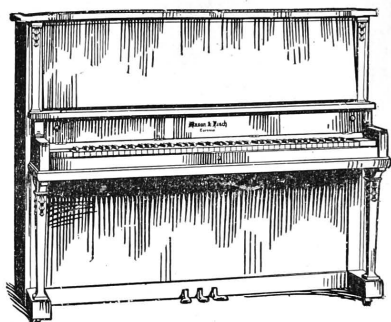
ESCALLOPED HADDIE

Put a layer of canned haddie in a buttered dish and a layer of cracker crumbs, sprinkle with salt, pepper and dash of mustard. Dot over bits of butter and continue this until haddie is done. Over all pour milk to cover and bake 40 minutes.—Carrie Matheson.

SALMON CROQUETTES

1 small can red salmon, $\frac{1}{2}$ cup bread or cracker crumbs, 1 small cup mashed potatoes, pepper and salt. Mix together with 1 egg, make into small balls and fry a nice brown.—Mrs. Boles.

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EGG SAUCE FOR FISH

Make a cream sauce of 1 cup of milk, 1 tablespoon of flour, salt and pepper to taste, add 2 hard boiled eggs chopped up, also 1 tablespoon parsley chopped fine, serve hot.—Mrs. J. F. Pearson.

LITTLE PIGS IN BLANKETS

Take as many large oysters as are wished, wash and dry them thoroughly with a clean towel. Have some fat bacon cut in very thin slices, cover each oyster with them and pin around with wooden toothpicks. Broil or roast them until the bacon is crisp and brown. Do not remove the toothpicks. Serve hot.

MOULDED SALMON

1 can of salmon drained dry, mix $\frac{1}{2}$ teaspoon of sugar, $1\frac{1}{2}$ tablespoons flour and 1 teaspoon mustard. Pour over gradually $\frac{3}{4}$ cup of scalded milk and when well mixed return to double boiler and stir and cook 10 minutes. Then add $1\frac{1}{2}$ tablespoons melted butter, beaten yolks of 2 eggs and $\frac{1}{4}$ cup of hot vinegar. stir while cooking a minute, then add $\frac{3}{4}$ tablespoon granulated gelatine softened in 2 tablespoons of cold water, stir until melted, add salmon, thoroughly mix and put into small moulds. When chilled serve on lettuce with mayonnaise dressing or cucumber sauce.—Mrs. Wm. Lawrence.

SALMON LOAF

1 can salmon (minced), 1 cup milk, 1 cup stale bread crumbs, 2 eggs, melted butter, salt and pepper to taste. Put into mould and steam 2 hours. To be served cold with mayonnaise and lettuce.—Mrs. Wm. Lawrence.

HYDRO SHOP —

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FILLET OF FISH

2 tablespoons melted butter, 1 teaspoon chopped onion, 1 teaspoon chopped parsley, salt and pepper, $\frac{1}{2}$ cup bread crumbs. This is the dressing for fish. Cut fish in small squares after it has been boned, put a little of the dressing between two pieces and secure together with toothpicks. Put melted butter over and bake.—Mrs. J. A. Emery.

SALMON SOUFFLE

2 $\frac{1}{2}$ cupfuls of canned salmon, 1 cupful of hot milk, $\frac{3}{4}$ cupful of bread crumbs, 1 teaspoonful of butter, $\frac{1}{2}$ teaspoonful paprika, 2 egg whites. Melt butter in saucepan, add crumbs, hot milk and seasoning and finally the flaked salmon, fold in the stiffly beaten egg whites and bake in a greased baking dish in a moderate oven for 50 minutes.

SCALLOPED SALMON

2 cups of salmon, 2 cups cream sauce, buttered crumbs. Make cream sauce, flake and remove bones from fish. Put a layer of sauce and a layer of salmon in dish alternate having sauce on top. Sprinkle with buttered crumbs. Bake till brown.

Sauce—2 tablespoons butter, 2 tablespoons flour, 1 cup milk, seasoning.

Crumbs.— $\frac{1}{2}$ cup crumbs, salt, 1 tablespoon melted pepper.—Mrs. Annie Lindley.

BAKED FISH AND RICE

2 cups chopped fish, $\frac{1}{2}$ cup bread crumbs, 1 egg, 2 tablespoons butter, 2 tablespoons milk, 1 teaspoon lemon juice, 4 cups cooked rice. Put layer of about 2 cups rice in dish and layer of fish mixture until filled. Serve with egg or tomato sauce.—M. L. Anderson.

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SALMON CROQUETTES WITH PEAS

2 cups cold salmon, 2 tablespoons of butter, 3 tablespoons of flour, 1 cup of milk, 1 cup of peas, 3 tablespoons of cream, salt and mustard. Free the salmon, (either cold boiled or canned), from bones and break into small pieces, season with a dash of salt and mustard, cook one tablespoon of butter and two tablespoons of flour together and add to the hot milk, boiling this until it is thick and creamy, add to the salmon and set away to cool. If the mixture is not salty enough add more seasoning. Heat one cup of canned peas with one tablespoon of butter, one of flour and the cream, when the salmon is cold and firm, mold it into round flat cakes. Put a spoonful of peas in the centre of the cake, cover with another salmon cake, press into ball, dip in egg and crumbs and fry in deep hot fat.—Mrs. James Malone.

OYSTER PATTIES

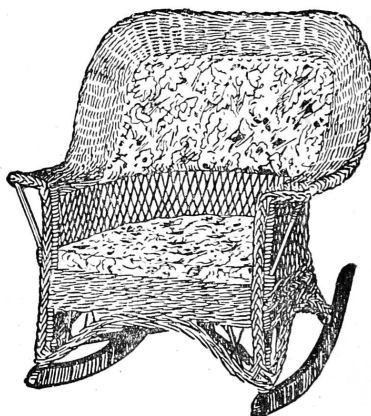
1 pint small oysters, $\frac{1}{2}$ pint sweet cream, 1 tablespoon flour, pepper and salt to taste. Let cream just come to a boil; mix flour in a little cold milk and stir into the hot cream; add salt and pepper. Let oysters come to a boil in their own liquor, skim carefully and drain off all the liquor. Add the oysters to the cream and boil up at once. Fill patties.—Miss Mary Burnham.

FRITTERS

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CORN FRITTERS

2 cups grated corn, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 2 well beaten eggs, 1 teaspoon baking powder, flour enough to make a batter, thicken enough for pan cakes, fry on griddle.—Olive Boles.

PARSNIP FRITTERS

Slice cold parsnips lengthwise, dip in batter, or egg and bread crumbs. Fry in butter till brown.—Mrs. Adair.

POTATO FRITTERS

Boil and mash 4 potatoes, add 4 tablespoons flour, yolks of 2 eggs beaten slightly, enough milk to make a soft dough, ($\frac{1}{4}$ c), fold in beaten whites of eggs and drop from a spoon into deep fat. Cook till golden brown.—C. Welsh.

CORN FRITTERS

1 can corn. use $\frac{1}{2}$ can, add 1 egg well beaten, pepper and salt, 3 soda biscuits rolled, let stand 15 minutes. Put butter in pan, fry in small cakes.—Mrs. Ed. Meyers.

BANANA FRITTERS

Slice bananas lengthwise in desired size, sprinkle with powdered sugar and lemon juice. Let stand 30 minutes.

Batter.—1 $\frac{1}{3}$ cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{2}{3}$ cup milk, 1 egg. Mix and sift dry ingredients, add milk gradually and egg well beaten. Dip the bananas in the batter and fry in deep fat, sprinkle with powdered sugar.

Oranges, pears, apples, peaches, etc., may be similarly fried.—J. C. Gaudy.

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MEATS

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BEEF-STEAK A' LA JARDINIERE

Trim, cleanse and rub well with flour a thick slice of sirloin steak. Heat a large spoonful of butter in a frying-pan. Slice an onion and fry to golden brown in the butter. Place steak in pan and brown very quickly on both sides, after which consign it to the "Roaster", pouring butter and onion over it, also spread with a thick coverlet of minced onion, carrots, herbs, small tomatoes, (if in season), and cook slowly for two hours or over. When served garnish with small cooked tomatoes or tiny onions well browned or sprigs of parsley. Slip carefully from roaster to hot platter that "coverlet" be not disturbed.—Mrs. Klachn.

HAM PATTIES

½ cup of chopped cooked ham, 1 cup of bread crumbs,, (mix together and wet with milk). Put the batter in gem pans, break one egg over each, sprinkle the top with cracker crumbs and bake until browned over.

PORK AND BEANS

1 lb. beans soaked in cold water one night. Boil in salted water until tender, (if too much water drain off). Put in a casserole on bottom of which has been placed a layer of bacon, add 1 cup catsup, ¼ cup brown sugar, a layer of bacon on top. Bake in oven about ¾ hour or until brown.—E. Mott.

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TOAD IN HOLE

Beat up well 1 egg then add $1\frac{1}{2}$ cups milk and $\frac{1}{4}$ cup of water, $\frac{1}{2}$ teaspoon salt and enough flour to make a medium batter. Put in a deep dish and place in it 3 or 4 lamb chops seasoned with salt, pepper and chopped parsley. Bake in a moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ hour.—Mrs. Chas. Bell.

CURRY OF MUTTON

1 qt. cold mutton or veal, $\frac{1}{2}$ large onion chopped, $\frac{1}{4}$ table-spoon curry, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, pepper, 2 cups stock or water. Cut meat in 1 in. squares, fry onion in butter until soft, add flour mixed with seasonings, and stock. Boil 3 minutes. Put in meat, simmer fifteen minutes. Serve on a platter with border of boiled rice.—Mrs. M. McLean.

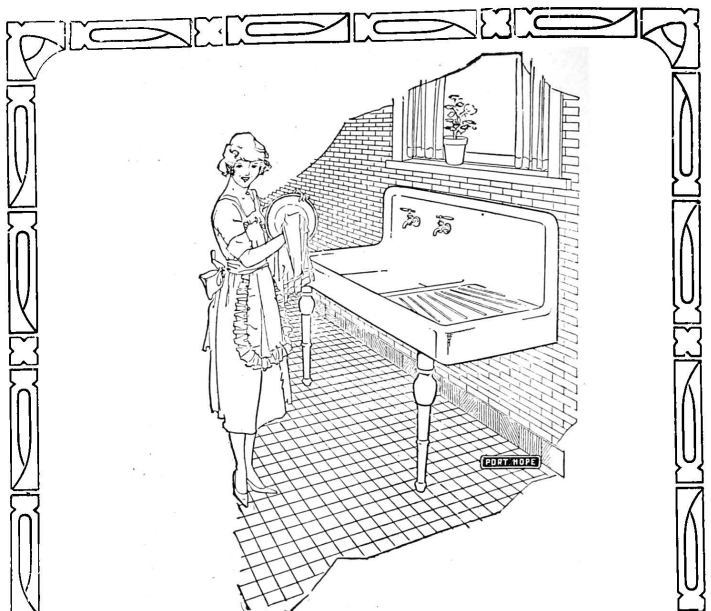
YORKSHIRE PUDDING AND SAUSAGE

Make a batter by putting two cups of flour and one teaspoonful of salt in a mixing bowl and adding three well beaten eggs and two cupsful of milk. Arrange small sausages in a well greased baking pan and pour the batter around them. The pan should be large enough so that when the pudding is cut in squares there will be a sausage to each square. Bake from thirty to forty minutes in a moderate oven, serve with baked or fried apples. This makes a well-balanced ration.

MEAT LOAF

4 lbs. round steak ground, 1 lb. fresh fat pork off the loin, 4 eggs, 2 cups cracker crumbs, 2 cups milk, salt and pepper to taste. Bake one hour.—Marie M. Kastner.

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HUNGARIAN GOULASH

Cut two strips of salt pork in small pieces and brown them in a pan, add one pound of round steak, cut in pieces about two inches square and rolled in flour, braise these, then add two cups of hot water and simmer gently till tender. In another pan put half a can of tomatoes, one sliced onion, a bay-leaf, a stick of cinnamon, six pepper-corns and six whole allspice. Cook for half an hour or till the onion is soft; when the meat is done, strain the second mixture into it, thicken the whole by adding flour mixed smooth with cold water, if desired.

BROWN STEW

1½ lbs. of round steak cut in square pieces and browned on each side in frying pan, cover with water and put in stew pot with a teaspoon of salt and the same of sugar, one carrot cut fine and one large onion. Boil or simmer for a couple of hours, add pepper to taste, if desired, and pour over toasted squares of bread.—Mrs. Young.

ROAST HAM

Take a slice of ham an inch thick, place in iron frying-pan, sprinkle with sufficient brown sugar to cover ham, add ½ teaspoon mustard and 3 tablespoons vinegar, (poured over ham). Bake 40 minutes in hot oven, a little water may be added to prevent ham from burning.

MINT JELLY

Grind mint leaves and steep for 5 minutes in water that has just boiled, strain and add gelatine, sugar and lemon juice, strain and cool.—Mrs. W. S. D.

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BAKED SAUSAGE WITH APPLES

Peel, cut in halves and core six medium, sound apples, cut in very fine slices and place in a slightly greased pan. Lightly prick with a fork twelve, fresh, fat sausages, lay them over the apples, season with one-half teaspoon salt, two saltspoons white pepper, pour two tablespoons of water over the whole and bake in the oven for thirty-five minutes.

BEEFSTEAK, ONIONS AND TOMATOES

Piece of round steak about two inches thick, pound a little flour on both sides, put dripping or butter in frying pan smear on both sides, add a layer of onions, layer of sliced ripe tomatoes, layer of onions, pepper and salt, add a little water and let simmer for two (2) or three (3) hours.—Mrs. Hubert L. Vanstone.

JELLIED TONGUE

Boil one fresh tongue until tender, then put in cold water and skin.

Sauce.—2 large cooking onions, 1 tin pimento, $\frac{1}{2}$ cup brown sugar, 2 cups vinegar, $\frac{1}{2}$ teaspoon salt. Mix one box of Knox's gelatine in cold water and add to above while hot, then pour over tongue. If desired place sliced hard-boiled eggs around tongue.—Mrs. Bruder.

PORK STEAK

2 lbs. pork steak about $\frac{1}{2}$ inch thick, place in pan and cover with sliced raw potatoes, 1 can peas drained, salt and pepper. Enough milk to almost cover above and a little butter. Bake in oven about an hour and a half.—O. Kastner.

BEEF LOAF

2 lbs. Hamburg steak, $\frac{1}{4}$ lb. bacon, 2 cups bread crumbs, 2 tablespoons vinegar, nutmeg, salt and pepper to taste. Steam 2 hours.—Mrs. E. H. Barton.

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PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in half a pint of boiling water and add half a pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into mould and set in a cold place to harden. Turn from mould and garnish with sliced pineapple, cherries or grapes.

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CREAMED CHICKEN

Boil, remove from bones and dice chicken. Make rich sauce of flour, butter and cream, season with salt and pepper. Add chicken and stir in $\frac{1}{2}$ cup peas. (mushrooms are an improvement).—Mrs. L. M. Johnston.

VEAL A LA KING

Melt two tablespoons butter, add half a shredded green pepper, $\frac{1}{4}$ lb. mushrooms, broken in pieces, stir and cook till tender. Cook 3 tablespoons flour in $2\frac{1}{2}$ tablespoons butter. Add 1 cup rich milk and veal stock, stir until smooth, combine the two mixtures and add 2 cups of cooked minced veal, season with salt and pepper. Let simmer ten minutes, melt 2 tablespoons butter, beat in two egg yolks, add to meat and cook until egg is set, add 1 teaspoon lemon juice. Garnish with parsley.—Iida Harding.

RISSOLES WITH TOMATO SAUCE

1 c. minced cooked meat, $\frac{1}{2}$ c. bread crumbs, 1 egg or thickened gravy, seasoning. Press in individual moulds, put a small piece of butter on top of each.

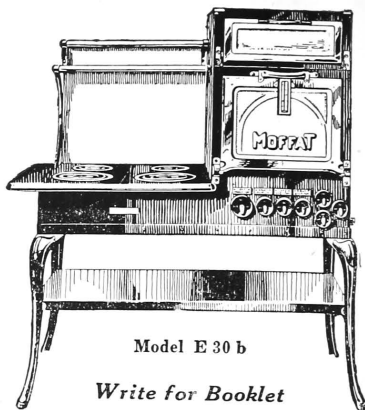
Sauce.—2 tablespoons flour, 2 tablespoons butter, 1 cup stock or boiling water, $\frac{1}{2}$ cup warm strained tomato, 1 teaspoon Worcestershire sauce, 1 teaspoon salt, speck pepper.—Miss Gaudy.

TO USE UP A ROAST OF BEEF—CANADIAN PIE

2 cups minced beef, 1 cup boiled spaghetti, 1 cup tomato, seasoning. Put 1 cup of beef in bottom of buttered bake dish, season with salt and pepper or gravy, next put spaghetti and over it the tomato, and add salt and pepper. then top layer of minced meat, seasoned. Bake $\frac{1}{2}$ hour in moderate oven.—Iva Gregory.

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Get a fresh beef, (or two calves' tongues), cut off all scraps and fat, wash well, tie into a round shape, put on to boil in large kettle of water with one cup salt, small cup brown sugar, 5 or 6 cloves. Boil three or four hours or till you can pierce with a fork, take off and skin at once while hot, then roll up and tie again. Put in a bowl, put cover and weight to press it. Do not cover it too air tight when pressing.—Mrs. H. Kalbfleisch.

VEAL LOAF

3 lbs. veal, $\frac{1}{2}$ lb. ham, 3 eggs, 3 tablespoons cream, $\frac{1}{4}$ cup butter, 1 onion (small), 1 teaspoon pepper, $\frac{1}{2}$ teaspoon allspice, 2 teaspoons salt, 2 teaspoons summer savory, $\frac{1}{2}$ cup bread or cracker crumbs, chop veal and ham very fine, beat egg and melt butter, mix meat, crumbs and seasonings, add eggs, cream and butter. Bake for 2 hours in mold. Baste with butter.—Bessie Jeffery.

CHICKEN A LA KING

3 $\frac{1}{2}$ lbs. boiled chicken, 1 can mushrooms, $\frac{1}{2}$ cup flour, 1 large green pepper, 1 pimento, $\frac{1}{2}$ cup of butter, 1 can peas, 2 cups chicken broth, 1 can asparagus tips, $\frac{1}{2}$ cup cream, 2 yolks of eggs, salt and pepper. Cut the meat from a boiled chicken, not too small pieces, heat the butter and add flour, when bubbling add broth and stir over fire until thick and smooth, add salt and pepper and liquid from the mushrooms and to half of this sauce add the chicken and keep hot. To the rest of the sauce add cream pimento cut fine, pepper cut fine, peas, mushrooms, (cut), and just before serving the 2 egg yolks which have been beaten with a little of the hot sauce. Put chicken mixture in a platter and pour vegetable mixture over it, garnish with asparagus tips, serve hot.—Mrs. Moorehead.

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BEEF LOAF

1 lb. lean beef chopped fine, 1 tablespoon minced parsley, 1 egg yolk or whole egg, $\frac{1}{4}$ lb. minced fresh pork, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon onion juice, 2 or 3 tablespoons dripping. Put everything but egg and dripping in a bowl. Beat the egg enough to mix, mix thoroughly with the meat, form into a compact roll. Put into a baking pan in a hot oven, add the melted dripping and baste every 10 minutes. May be served hot or cold.—Mrs. M. McLean.

BEEF LOAF

2 lbs. round steak, put through chopper, $\frac{1}{2}$ lb. lean pork, 2 slices into bread crumbs, put in seasoning, red pepper and small onion, pour can tomatoes over it.—Mrs. Ed. Meyers.

BEEF LOAF

1 lb. Hamburg steak, 1 teaspoon salt, 1 egg, 1 cup milk or left over gravy, 1 onion chopped fine, pepper to taste, $\frac{1}{2}$ cup tomato pulp. Mix all together well and bake 30 or 40 minutes.—Mrs. Young.

BEEF LOAF

2 lbs. beef steak, 2 eggs, 4 soda crackers, 1 teaspoon salt, 1 teaspoon pepper, 1 tablespoon melted butter. Mix all together and press in a deep dish, pour a $\frac{1}{4}$ of an inch of water on top and bake $1\frac{1}{4}$ hours.—Mary Bennington.

KIBBIE

$1\frac{1}{2}$ lbs. uncooked tough meat, 1 tablespoon grated onion, 1 tablespoon chopped parsley, 1 teaspoon salt, pepper, 1 cup stewed and strain tomatoes, 1 tablespoon butter. Chop meat very fine and add seasonings; form into balls about the size of an egg. Place in a baking pan, add tomatoes and butter. Bake in a moderate oven 30 minutes, basting three or four times.—Mrs. M. McLean.

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SUPPER DISHES

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"CLASSIC CITY SUPPER DISH"

Slice six boiled potatoes, three hard boiled eggs, one grated onion. Make a cream sauce of butter, size of an egg, two tablespoons of flour, $\frac{1}{2}$ teaspoon salt and a dash of pepper, cup and a half of milk. Melt butter, add flour, salt and pepper, stir and add the milk, when thick place a layer of potatoes, eggs and sauce, garnish with chopped parsley and place in oven to heat.—Mrs. J. P. Murray.

STUFFED TOMATOES

Select desired number of ripe tomatoes, remove top carefully and take out about half the pulp, stuff with any mildly seasoned bread dressing which has been moistened with the pulp, replace tops and bake in a moderate oven with strips of back bacon, placed on each tomato.—Mrs. F. G. Killer.

SPANISH OMELET

Press tomatoes through a sieve into a sauce pan and add 1 tablespoon of green peas, 1 tablespoon of chopped onions, $\frac{1}{2}$ teaspoon of capers and 1 teaspoon chopped olives, simmer for 5 minutes. Mix together flour and butter and pour on it about half tomato mixture, stir until smooth, then cook until it thickens, add salt and pepper and pour over and around foamy and French omelet.—Mrs. Wesley Spencer.

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SUPPER DISH

4 medium sized tomatoes, 1 medium sized onion, 1 dessert-
spoon butter, 4 oz. grated cheese, 1½ cups milk or less, salt and
pepper. Peel tomatoes and put in saucepan, add butter and the
the onion sliced fine. Cook slowly 20 minutes with the lid on,
then add cheese and milk and thicken with a little flour, add
salt and pepper and pour over slice of buttered toast.—Mrs.
Wesley Spencer.

STUFFED TOMATOES

Remove tops of tomatoes, scoop out most of pulp, chop and
add left overs of ham or mackeral and cracker crumbs, season
with onion, salt and pepper and green pepper chopped fine.
Add 1 teaspoon butter to each tomato, sprinkle top with butter
crumbs and bake twenty minutes.—Ida Harding.

RISSOLES

Make a white sauce of one cup sweet milk, one teaspoon
butter, salt and pepper and thicken with two scant tablespoons
cornstarch. Add one pint of chopped meat, when cool form into
sausage shaped rolls, dip in beaten egg and roll in seasoned
bread crumbs and fry. Serve with the following sauce.

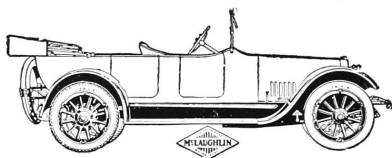
One cup strained tomato juice thickened with 1 tablespoon
flour, one tablespoon butter, salt, pepper and very little sugar.—
Mrs. James McKee.

STUFFED CABBAGE

1 soft savoy cabbage, ½ cup rice, mix 1 lb. chopped raw
meat, one onion chopped fine, 1 tablespoon parsley, add salt and
pepper to taste. Wash cabbage, separate leaves and put in the
mixture in each row of leaves until filled up, either boil or steam.
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with cream sauce.—M. L. Anderson.

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SUPPER DISH

On rounds of hot buttered toast place the following;—1 thin slice of bacon, 1 thin slice of chicken, on each arrange a star of asparagus tips, a small slice of cooked new carrot. Place rounds on hot platter and when serving pour over sauce, made as follows;—Melt two tablespoons butter, 3 tablespoons flour, 1 cup hot thin cream, $\frac{1}{4}$ cup chicken broth, yolk of 1 egg, gradually add 1 tablespoon lemon juice and a little salt.—Mrs. C. A. Moore.

CREAM CANNED CORN

Make a cream sauce, using;—1 cup milk, 1 tablespoon butter, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{4}$ teaspoon pepper, 2 tablespoons corn-starch. Add 1 can corn, yokes of 2 eggs beaten separately, (the whites beaten stiff), turn into a buttered casserole and bake in a moderate oven $\frac{1}{2}$ hour. Must be eaten as soon as taken out of oven as this may fall if allowed to stand. Salmon is nice prepared this way.—Mrs. H. S. Bradshaw.

ASPARAGUS CROUTADES

Small rolls, cooked asparagus tips, cream sauce, hard boiled eggs. Scoop out centre from small rolls and place in oven to toast slightly, then fill with creamed and seasoned asparagus tips and sprinkle with finely minced hard-boiled egg yolks. Serve hot.—Edith Macdonald.

CHEESE OMELET

Butter a baking dish and put in alternate layers of bread and butter, and cheese (sliced), until dish is nearly full. Beat up 2 eggs and mix with a cup of milk and pour over the contents of dish, sprinkle layer of biscuit crumbs over the top, add small pieces of butter and bake in oven till brown. On each layer of cheese sprinkle mustard, salt and pepper.

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CHEESE SAUCE

1 cup milk, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup grated cheese, pepper. Make a white sauce of milk and flour and seasonings, cook about 20 minutes in double boiler, add cheese.
—Mrs. A. B. Manson.

GREEN PEA POT PIE

1 cup peas, 4 potatoes, 2 onions, 3 tablespoons butter. Drain peas and rinse in hot water, cut potatoes and onions in small pieces and boil in one quart of hot water till soft. Scramble one egg and one cup of milk together and stir in with potatoes, onions, salt and pepper to taste, and then add dough made like pot pie dough and add, and boil fifteen minutes longer.

Pot Pie Dough.—1 egg, 1 cup milk, 1 teaspoon baking powder, salt, add flour enough to roll and cut.—Mrs. H. F. Schmidt.

CHEESE SAUFFLE—(ENTREE)

2 tablespoons butter, 3 tablespoons flour, $\frac{1}{2}$ cup scalded milk, $\frac{1}{2}$ teaspoonful salt, 1 cup grated cheese, yolks of 3 eggs, whites of 3 eggs, pepper. Melt butter, add flour and scalded milk, gradually cook 20 minutes in double boiler, add seasoning and cheese, remove from heat, add egg yolks beaten until lemon colored, cut and fold in stiffly beaten whites. Pour into buttered baking dish and bake in moderate oven in pans of boiling water for about 20 minutes. Serve with white or parsley sauce.

N. B.—When sauffle is nicely browned and set it is cooked sufficiently.—Mrs. A. B. Manson.

CREAMED PEAS AND CHEESE ON TOAST

Make a cream using; 2 cups milk, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper. When thickened add 1 cup canned peas and $\frac{1}{2}$ cup grated cheese. Serve on buttered toast.—Mrs. H. S. Bradshaw.

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CREAMED EGGS ON TOAST

Boil 1 egg for each individual (hard) and chop up fine. Make a white sauce of milk, lump of butter, salt and pepper to taste and thicken with flour. Stir in the eggs and serve hot on buttered toast. Canned peas or asparagus tips can be served as above receipt.—O. M. B.

STUFFED EGGS

6 hard boiled eggs, 1 cup finely chopped cooked meat, 1 tablespoon butter, $\frac{1}{4}$ cup cream, seasoning to taste. Cut eggs in halves. Take out yolks and press to paste, add butter, meat and seasoning. Mix with cream gradually, fill the egg halves and press together with raw white of egg. Roll in egg and bread crumbs and fry. Serve with cream sauce.—B. Jeffrey.

VENETIAN EGGS

1 tablespoon butter, 1 tablespoon chopped onion, $1\frac{1}{2}$ c. tomatoes, 1 teaspoon salt, pepper, 3 tablespoons grated cheese, 3 unbeaten eggs, toast. Melt butter in upper part of double boiler, add onion, stir until yellow and softened, add tomatoes and seasoning and stir until boiling thru out. Place dish over boiling water, add egg and stir constantly until eggs are cooked then stir in the cheese and serve on toast.

SPAGHETTI

Boil half a package of spaghetti until soft. Cut up fine $\frac{1}{2}$ lb. bacon and keep stirring in frying pan until fried, then add 2 onions cut fine, keep stirring until cooked, then add 1 can tomatoes. Cook five minutes. Take alternate layers of spaghetti and tomato mixtures and bake from $\frac{1}{2}$ to $\frac{3}{4}$ hour.—Mrs. A. C. McLeod.

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MACARONI CHEESE

Take from 8 to 10 sticks of macaroni, break into two inch lengths, drop into boiling water, add 1 teaspoon salt, boil for 20 minutes, put into colander and let cold water run over it for a few minutes and drain. Have ready 3 to 4 crushed soda biscuits. Put a layer of macaroni, one of cheese (grated), one of soda biscuits, pepper and salt to taste. Beat one egg, add one small teaspoon mixed mustard with one full cup of milk, one pinch of red pepper. Pour over. Shake some biscuit on top and add several pieces of butter. Bake or steam.—Mrs. Catton.

POTATO PEANUT LOAF

One pint mashed potatoes, 1 cup of ground peanuts (or one half cup peanut butter), 2 teaspoons salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ cup milk, 2 teaspoons fat, 2 eggs. Beat the entire mixture together and put it in a greased baking dish. Set in a second pan containing hot water and bake in the oven until firm. Serve with tomato sauce.

SPANISH MACARONI

Cut two slices of bacon into small pieces and fry until crisp, add one minced onion and one chopped pepper and cook these in the bacon fat. Next stir in two cups of tomatoes, either canned or fresh, make thoroughly hot, then place a layer of this sauce in a baking dish, then add a little minced cooked meat, then a layer of cooked macaroni or spaghetti, repeating until all the sauce is used. Moisten with stock or water and bake half an hour. A little grated cheese may be sprinkled over the top before baking, if liked.

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CORN AND NUT LOAF (SUPPER DISH)

Mix 2 cups corn, 1 cup walnut meats, 2 eggs, 1 cup milk, $\frac{1}{2}$ cup bread crumbs. Put 1 cup corn thru meat chopper. mix all together, season with salt, pepper, a little sugar and little dots of butter. Put a few crumbs on top and dot with butter. Bake 45 minutes.—Mrs. E. H. Barton.

GRIDDLE CAKES

$2\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder, $1\frac{1}{2}$ tablespoons sugar, 2 beaten egg yc'ks, 2 cups milk, 1 tablespoon melted lard or butter. Mix the first ingredients, add milk, egg yolks and butter and mix thoroughly. Fold in the stiffly beaten whites and cook as usual.—Mrs. H. Jones.

EGGS TORONTO STYLE

Select large, smooth, round tomatoes. Cut slices from the stem ends, scoop out the seeds and soft part. Arrange tomatoes in a buttered earthen ware baking dish, sprinkle inside of each with salt, pepper and a pinch of cayenne. Break the eggs carefully, (one at a time), and slip one gently into each tomato. Put a tablespoon of white sauce (or cheese sauce), on top of each egg and bake in a slow oven until eggs are set and tomatoes are soft. Arrange each tomato on a circle of hot buttered toast and surround with cheese sauce.

Cheese Sauce:—Melt 4 tablespoons butter in a sauce-pan, add 3 tablespoons flour mixed with $\frac{3}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, stir to a smooth paste and add 2 cups scalded milk gradually, beating constantly. Add $1\frac{1}{2}$ cups grated cheese; continue stirring until cheese is melted.—K. K.

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MACARONI AND TOMATO SAUCE

Boil macaroni in boiling salted water 20 to 30 minutes, drain. Heat about $\frac{1}{2}$ can tomatoes, add a little sliced onion, strain and thicken with flour, season with butter, pepper and salt. Put together and serve.—Mrs. Eidt.

PAN CAKES

2 tablespoons brown sugar, $\frac{1}{2}$ teaspoon salt, 1 egg, 1 cup sweet milk, 2 teaspoons baking powder sifted in enough flour to make a thin batter (about $1\frac{1}{2}$ cups). Fry on a hot griddle.—O. M. B.

VEGETABLES

"The common growth of Mother Earth suffices me."

EGGS

"The lay of the morning lark is sweet,
But give me the lay of the morning hen."

POTATO PUFF (ENTREE)

4 cups hot mixed potatoes, $\frac{3}{4}$ cups scalded milk, $\frac{1}{2}$ teaspoon salt, pepper, 4 tablespoons butter, 2 eggs or more. Cream potatoes, add butter and seasoning and heat well, beat eggs until very light, combine two mixtures, pour into buttered baking dish, bake in pan of boiling water in moderate oven until set and browned. Serve with cheese and parsley sauce.—Mrs. A. B. Manson.

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POTATO TURNOVERS

1 cup flour, 1 teaspoon salt, 2 teaspoons baking powder, 1 cup mashed potatoes, 1 egg. Mix flour, salt, baking powder, potato and egg. Mix a dough and roll $\frac{1}{2}$ in. thick on well floured board. Cut with large cookie cutter, brush with melted butter, fold like pocket book, and bake in hot oven 15 minutes.—E. Mott.

SCALLOPED TOMATOES

Turn off juice from 1 can tomatoes, (save juice for soup), put layer of bread crumbs in buttered casserole, then layer tomatoes, season with salt, pepper, sugar, little cinnamon and cloves, continue until dish is full, top with layer of bread crumbs and plenty of butter, bake $\frac{1}{2}$ hour in a moderate oven.—Mrs. H. S. Bradshaw.

ASPARAGUS WITH EGGS

Cook three bunches of asparagus in salted water till tender, put into well buttered pudding dish, with salt, pepper and butter. Beat four or five eggs well, pour over the asparagus, and bake ten minutes.—Mrs. A. H. Alexander.

CAULIFLOWER AND CHEESE SAUCE

Place a steamed cauliflower on serving dish and over it one cup of white sauce to which has been add $\frac{1}{4}$ cup grated cheese. Cauliflower may be served with buttered crumbs and browned in oven.—H.

MOCK OYSTERS

Three grated parsnips, three eggs, one teaspoon salt, one teaspoon sweet cream, butter half the size of an egg, three table-spoonfuls flour. Fry as pancakes.

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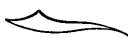
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SCALLOPED PARSNIPS

Cut 3 medium size parsnips in cubes about $\frac{3}{4}$ inch square, boil in salted water until tender, drain and turn into a buttered pyrex dish, pour a thick white sauce over parsnips, sprinkle bread crumbs and a little grated cheese over the top, also dots of butter and little salt and pepper, brown lightly in the oven, garnish with parsley.—Mrs. J. F. Pearen.

EGG SURPRISE

Mould mashed potatoes into nests, break a fresh egg into each nest and cover with a cream sauce. Sprinkle with a little grated cheese and bake in hot oven for ten minutes. Serve with cream sauce.—E. Mott.

POTATO CAKES

2 cups mashed potatoes, $\frac{1}{2}$ teaspoon salt. Mix in enough flour to stiffen well, roll out ($\frac{1}{2}$ inch thick), cut into cakes and fry brown in lard or substitute. Nice for lunch.—Miss M. Coghill.

BAKED POTATOES CREAMED

After potatoes are baked, cut in half and scoop out, put through ricer, add salt, butter and cream. Put back in shells and brown in oven.—Mrs. F. Johnston.

DEVILLED EGGS

Boil 6 eggs about 20 minutes, cut crosswise and remove yolks, make pulp of yolks. Mix with mayonaise dressing to make a nice paste and refill.

BAKED EGGS

Cover a well buttered pie plate with cracker crumbs. Break six eggs carefully onto the crumbs, salt and pepper them well, cover evenly with cracker crumbs, add little pieces of butter and bake about ten minutes.—Mrs. A. H. Alexander.

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SARATOGA CHIPS

Peel potatoes and slice as thin as possible, leave to soak in water two hours changing water about four times, drain and let dry well in a towel. Cook in boiling fat, when golden brown drain on brown paper and salt to taste.—Mrs. H. K. Wood.

BAKED POTATOES IN SHELL

Cut small piece from top of each baked potato and scoop out the inside. Mash $\frac{1}{2}$ tablespoon butter, salt and pepper, 1 tablespoon hot milk. Then add $\frac{1}{2}$ an egg, white beaten stiff, refill shells and bake five minutes in hot oven.—Carrie Matheson.

POTATOES WITH CHEESE

Use cold boiled potatoes, cut in slices and sprinkle with grated cheese, season with salt and a dash of cayenne, repeat two or three layers. Pour into this $\frac{3}{4}$ cup milk and a small piece of butter, cover with buttered bread crumbs and cook in a slow oven $\frac{1}{2}$ hour.—Mrs. L. M. Johnston.

SCALLOPED POTATOES

Boil potatoes with skins on, not to soft, let cool, peel and slice into dish in alternate layers of potatoes and white sauce, putting sauce in bottom of dish. Make sauce by melting one tablespoon butter, stir into it one tablespoon flour, one-half teaspoon white pepper, one teaspoon salt and one cup of sweet milk. Cook in double boiler until thick like cream. Sprinkle one cup buttered bread crumbs over top of potatoes and set in oven to heat through. Potatoes done this way avoid the danger of milk separating.—Mrs. James McKee.

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CANNED CORN

9 cups corn, 1 cup white sugar, $\frac{1}{2}$ cup salt, 1 pint boiling water.
Boil five minutes after it comes to boil.—Mrs. Jas. Easson.

POTATO PUFF

Take two cups mashed potatoes and stir in 2 tablespoons melted butter, beat to a cream and add 2 eggs beaten very light. 1 cup of milk or cream and salt to taste. Bake in a deep dish in quick oven till nicely browned.—Mrs. W. G. Ingles.

FRIED CAULIFLOWER WITH ONION

1 head cauliflower, 1 onion, 2 tablespoons fat. Cook a good sized head of cauliflower in boiling salted water until tender, drain and separate into flowerets, brown the onion in the fat, add the cauliflower and cook ten minutes.—C. Welsh.

SCAMBLED EGGS WITH HAM

Put into a pan 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, $\frac{1}{3}$ cupful milk, when hot drop in 3 eggs and with a knife cut the eggs and scrape them from the bottom, add $\frac{1}{3}$ cup of chopped cooked ham while cooking and when done serve in a hot dish.

EGG SOUFFLE

1 cup milk, piece of butter, enough flour to make a thick cream sauce cooked on stove, take off and add 1 cup grated cheese, salt and pepper and yolks of 5 eggs, beat whites of eggs stiff and fold in to mixtures lightly; put in buttered baking dish and bake about 20 minutes in moderate oven.—Olive Boles.

EGG PLANT CROQUETTES

Cut up egg plant, soak in salt water, boil until tender, mash and add 3 tablespoons butter, a little salt, pepper or nutmeg, 8 ground crackers, 1 egg. Form into croquettes and fry in deep fat.—Pearl Lloyd.

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BREADS

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RECIPE FOR BREAD

2 quarts flour, 1 (medium size) potato, 2 quarts potato water, 1 yeast cake, (dissolved in luke-warm water). Put your flour into a good sized crock and add the potato water and one potato (mashed fine), and beat well until there is no sign of lumps, let stand until the mixture becomes a little more than luke-warm, then add the yeast cake, (and be sure the mixture is not too hot to kill the yeast), wrap up and let rise in a warm place for about (7) hours, or all night if set in the evening. Have a pan of flour good and warm ready for mixing it in the morning. Let rise and mix into loaves. Bake in a moderately hot oven.—Mrs. Adair.

DATE LOAF

4 cups flour, 4 teaspoons baking powder,, 1 teaspoon salt, 1½ cups raisins, ½ cup dates, 2 teaspoons cinnamon, 1 grated nutmeg, 2 cups sweet milk, 1 egg. Mix the dry ingredients, then beat the egg and add the milk to beaten egg, mix dry ingredients with egg and milk and beat this thoroughly, leave on the back of the stove or in a warm place for 20 minutes, then bake one hour in slow oven.—Barbara Gilson.

GRAHAM GEMS

2 eggs, 1 tablespoon sugar, 1½ cups flour, ½ cup milk, butter the size of an egg,, 2 teaspoons baking powder. Bake in hot gem tins.—Mrs J. Sowerby.

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HOME MADE BREAD

3 qts McLeod's "Chief", 1 qt liquid milk and water, 1 tablespoon salt, 2 tablespoons sugar, 1 tablespoon lard, 1 Fleischman's yeast cake. Place liquid sugar and lard on the fire, heat thoroughly, then cool to blood heat, dissolve yeast cake in warm water with a tablespoon of sugar, add to liquid, then add flour gradually, beat well, add the salt, mix stiff, handle lightly, knead well, cover and place in warm spot to rise. When well risen, mold and put in greased pans, keep warm. Makes four loaves.—Mrs. J. P. Murray.

COFFEE CAKE

Soak (1) Fleischman's yeast cakes in a $\frac{1}{4}$ of a cup warm water until foamy, scald 2 cups milk, when luke-warm add 1 teaspoon salt, 2 tablespoons sugar and 4 tablespoons butter, then add yeast slowly. Mix with flour until it does not stick to your hands, let rise until doubled in bulk and then roll out and let rise again and then bake. Spread cream and brown sugar on top before baking.—Mrs. Miver

COFFEE CAKE

1 egg, 1 cup milk, 2 cups flour, 1 cup sugar, 2 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons lard and butter mixed, (crumbs for top). $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup flour, 1 teaspoon cinnamon, 1 tablespoon butter. Mix these well and sprinkle on top before baking.—Miss N. Packart.

RAISIN BREAD

1 cup graham flour, 1 cup white flour, $\frac{1}{2}$ cup grape nuts, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup raisins, 1 teaspoon salt, 1 teaspoon (small) soda, 1 cup sour milk or enough to make the dough quite moist.—Mrs. W. Spencer.

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COFFEE CAKE

2 sifters full of flour sifted, 1 cup granulated sugar. Mix a lump of butter with the flour and add 1 Fleischman's yeast cake dissolved in a little warm water, then put in 1 pint of milk (or more), to which is added 1 egg beaten, and knead into dough at night. In the morning knead again, cut up dough and place in pie tins, let rise up double its size then spread with melted butter and sprinkle with sugar and cinnamon mixed together. Put into oven and bake 20 minutes. —Mrs. J. W. Chowen.

COFFEE CAKE

1 egg, 1 cup milk, 2 cups flour, 1 cup sugar, 1 tablespoon lard, 2 teaspoons baking powder, salt, crumbs for top, small $\frac{1}{2}$ cup sugar, small $\frac{1}{2}$ cup flour, 1 teaspoon cinnamon, 1 tablespoon butter. Sprinkle this on top before baking. This makes 2 cakes in jelly tins.—Mrs. Gifford.

FRUIT BREAD RECIPE

3 cups flour, 4 teaspoonfuls baking powder, 1 cup cut dates, or raisins, or both, $1\frac{1}{2}$ teaspoonfuls salt, $1\frac{1}{4}$ cups milk, $\frac{1}{4}$ cup syrup, (molasses). Mix and sift dry ingredients, add the fruit and mix molasses and milk, pour into one good sized greased pan and let rise 20 minutes. Bake in a moderate oven 40 or 50 minutes.—A. Kelleher.

CORN GEMS

One-third cup butter, one-half cup of brown sugar, one egg, three-quarters cup cornmeal, one and one-half cups flour, one and one-half teaspoons baking powder.

This amount makes one dozen.—E. J. Mott.

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GRAPE NUT BREAD

3 cups flour, $\frac{1}{2}$ teaspoon salt, 1 cup cold milk, $\frac{3}{4}$ cup sugar, 4 teaspoons baking powder, 1 egg, 1 cup grape nuts soaked in 1 cup hot milk for a few minutes, add small piece of butter. Mix and let stand in pan in a warm place for 20 minutes. Bake in a moderate oven.—Mrs. L. J. Salter.

CURRENT BISCUITS

1 egg, 1 cup sugar, 1 cup milk, 2 tablespoons of shortening, currants or small raisins, (about 1 cup), 3 teaspoons baking powder, flour enough to mix stiff and roll.—Mrs. John L. Holmes

SHELLEY BUNS

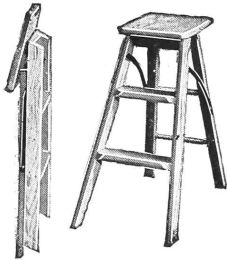
At night make a soft sponge with $1\frac{1}{2}$ cups of milk, half a cake of yeast and flour. In the morning, add half a cup of butter, half a cup of sugar, a tiny pinch of soda and one-half cup of raisins.

Let rise again till very light. Add enough flour to make a soft dough. Knead very lightly and make into good sized buns. Let rise in the tins and bake a light brown, while hot, brush with melted butter.

CARAWAY SEED LOAF

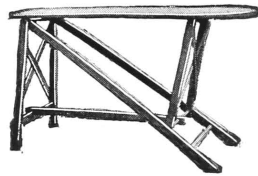
6 cups flour, 2 teaspoons baking powder, 1 teaspoon salt, $1\frac{1}{3}$ cups white sugar, 1 oz. caraway seeds, 4 (level) tablespoons butter, 4 (level) tablespoons lard, 2 eggs and $1\frac{1}{2}$ cups sweet milk. Method sift flour, baking powder and salt, add sugar and caraway seeds, work in butter and lard, beat eggs light, add milk to the eggs and stir into the dry ingredients. This makes two loaves. Bake in a slow oven 1 hour.—Mrs. G. F. Nornabell.

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CINNAMON BUN

$\frac{1}{2}$ cup butter, 1 cup sugar, 3 eggs. Scald 1 pint of milk and let cool, dissolve 1 yeast cake in a little milk, then add three cups of flour, have your mixture a little thicker than for pancakes, let rise overnight then in the morning turn out on the board and put in pans and let rise $\frac{1}{2}$ hour, cover with butter, sugar and cinnamon.—Mrs. Wilson.

ROLLS

1 cup sweet milk, scalded and cooled, 1 cup warm water, 1 tablespoon sugar dissolved in liquid, 1 cake Fleischman's yeast, beat in thoroughly 2 cups flour, cream together $\frac{3}{4}$ cup sugar, 4 tablespoons lard and beat into mixture. Let rise until it bubbles, add 3 or 4 cups flour with 1 teaspoon salt. Let rise till light, then mould into rolls and let rise. Bake about 35 minutes.—Mrs. Runciman.

SODA SCONES

2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter, 1 teaspoon soda, $\frac{1}{2}$ teaspoon cream of tartar; sour milk (enough to make a soft dough). Sift dry ingredients into bowl. Rub in butter, mix soda in milk, add milk. Roll out dough and cut into scones. Bake slowly in iron pan on top of stove till well browned

SCONES

$\frac{1}{2}$ lb. flour, small piece of lard (1 oz.), $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar, $\frac{1}{2}$ cup sour milk. Mix dry ingredients and cut in lard then add sour milk. Bake about 15 minutes in hot oven.—Mary Paton.

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NUT BREAD

3 cups flour, 1 egg, 3 teaspoons baking powder, 1 teaspoon salt, $\frac{1}{2}$ cup white sugar, 1 cup walnut meats, enough milk to make loaf. Mix all together and let rise 20 minutes. Bake in a moderate oven.—Mrs. F. Chapman.

DATE LOAF

1 cup of dates cut up, 1 teaspoon soda dissolved in cup boiling water, put on dates and leave to cool, $\frac{3}{4}$ cup sugar (coffee), 1 egg, 1 tablespoon butter, 2 small cups flour, 10 cts. chopped walnuts, add dates and flour alternately, vanilla. Cook in round tins.—Mrs. Peters.

POTATO SCONES

Two cups flour, one cup mashed potatoes, one tablespoon of lard, one tablespoon of butter, two heaping teaspoons of baking powder, one-half teaspoon salt, one egg. Sift salt, flour and baking powder, rub in lard and butter lightly, add potatoes. Beat egg in a cup and add enough milk to fill the cup, mix to a soft dough divide into flour and bake in a hot oven for 15 minutes, or on a griddle.—Mrs. D. C. Wilcox.

CINNAMON ROLLS

Make a biscuit dough of 2 cups flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 full tablespoons lard. Rub shortening into the flour having first thoroughly mixed in the salt and baking powder. Put 1 egg in a cup, beat well and fill the cup with sweet milk. Mix with dry ingredients making a soft dough. Roll out very thin, spread with melted butter then sprinkle on a cup of yellow sugar and dust with cinnamon. Roll up tightly and cut across in slices, lay upon a biscuit pan and bake quickly. This amount will make 1 dozen rolls.—Mrs. W. F. Finkbeiner.

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POP OVERS

1 cup flour, $\frac{1}{4}$ teaspoon salt, 1 cup milk, 2 eggs. Put flour into a bowl, make a well in the centre, drop in salt then the un-beaten eggs, add milk gradually, stirring in widening circles from the centre. Bake in warm buttered muffin tins in hot oven for twenty minutes. Serve with maple syrup or cream and sugar.—Mrs. H. S. Bradshaw.

BELFAST LOAF

1 egg, 1 cup brown sugar, 1 tablespoon shortening, 1 cup raisins, 1 cup sour milk, 2 tablespoons molasses, a little cinnamon, nutmeg and salt, 1 teaspoon soda, $\frac{1}{4}$ teaspoon cream of tartar, 1 cup whole wheat flour, and enough white flour to make a loaf. Bake in a moderate oven 1 hour.—Mrs. Thos. Holliday.

BROWN BREAD (Without Yeast)

3 cups Graham flour, 1 cup white flour, $\frac{1}{2}$ cup brown sugar, 2 cups sour milk, 1 egg, 1 teaspoon salt, 1 teaspoon soda dissolved in hot water. Bake as bread.—Miss Adelaide Dingman.

BROWN BREAD

2 cups Graham flour, 1 cup white flour, 1 cup sour milk, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup brown sugar, 1 cup raisins, 1 teaspoon salt, 1 cup (or more) almonds. Bake slowly in small tins then when done cover tins until head is cool.—E. Mott.

BROWN BREAD

2 cups sour milk, 1 teaspoon soda, 1 cup brown sugar, 2 tablespoons maple syrup or table syrup, 1 cup white flour, 3 cups graham flour, scant teaspoon salt, 1 cup seedless raisins, $\frac{1}{2}$ cup dates. Bake a little over an hour in fairly slow oven. Half the quantity if small loaf is preferred.—Miss Saunders.

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HEALTH MUFFINS

2 cups of bran, 1 cup of flour, $\frac{1}{2}$ cup of sugar, $\frac{1}{8}$ cup of butter, 1 teaspoon of soda, 1 teaspoon of salt, $1\frac{1}{2}$ cups of sour milk.—Mrs. McGunegal.

DATE LOAF

1 cup butter, 1 cup white sugar, 2 eggs, 1 teaspoon vanilla, 1 cup dates, 1 cup walnuts or almonds, 1 teaspoon soda, $1\frac{1}{2}$ cups flour, (large cups), $\frac{1}{2}$ cup cold water, added at the last. Bake about $\frac{3}{4}$ of an hour in a moderately hot oven.—Mrs. A. J. Roberts.

DATE LOAF

2 cups sour milk, 3 cups graham flour, $1\frac{1}{2}$ cups brown sugar, 1 teaspoon baking soda, 2 cups chopped dates. Bake $1\frac{1}{2}$ hours in a moderate oven.—Mrs. W. Spencer.

WALNUT BREAD

2 cups graham flour, $1\frac{1}{2}$ cups white flour, 2 cups sweet milk, 1 cup brown sugar, $\frac{1}{2}$ cup maple or corn syrup, 1 cup chopped nuts, 1 cup soda, 1 teaspoon baking powder, 1 teaspoon scda, a little salt. Bake 1 hour.

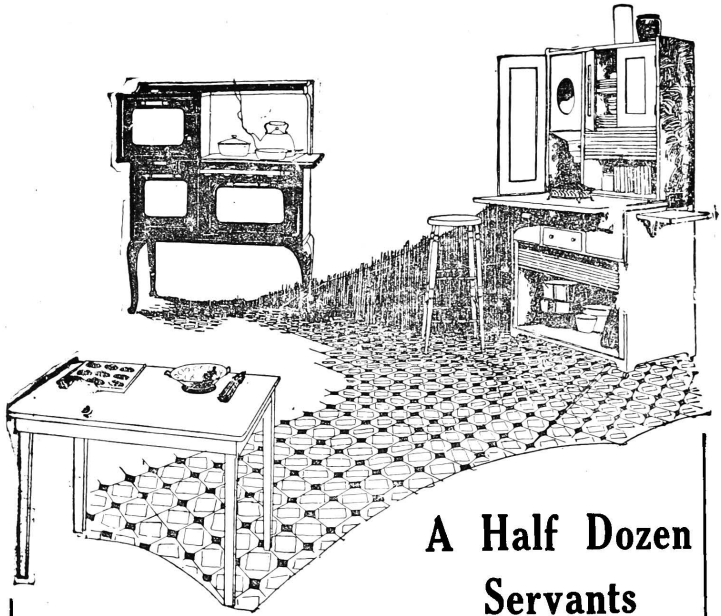
NUT BREAD

1 tablespoon butter, $\frac{1}{2}$ cup sugar, 1 egg, small cup sweet milk, $\frac{1}{2}$ teaspoon salt, 2 cups flour, $\frac{1}{2}$ cup chopped walnuts, $\frac{1}{2}$ cup sultana raisins, 2 teaspoons baking powder. Let stand 20 minutes before baking.—Mrs. Hugh Ferguson.

NUT BREAD

4 cups sifted flour, $\frac{3}{4}$ cup sugar, 1 cup walnuts chopped, $1\frac{1}{2}$ cups milk, 1 teaspoonful salt, 1 teaspoonful baking powder, 1 egg. Beat egg and sugar, add milk then add dry ingredients, stir well, stand in a warm place for about 20 minutes to raise, then bake $\frac{3}{4}$ of an hour.—Miss N. Wright.

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NUT LOAF

4 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 cup granulated sugar, 1 cup chopped almonds, 1 cup chopped walnuts, $1\frac{1}{2}$ cups sweet milk, 1 egg well beaten, stand 20 minutes, then bake in a moderate oven $\frac{3}{4}$ of an hour.—Mrs. Gifford.

NUT BREAD

4 cups flour, 1 cup sugar, 1 cup walnuts, 1 cup raisins, 2 eggs, 4 teaspoons baking powder, 1 teaspoon salt, mix with milk. Let stand 20 minutes, bake in rather slow oven.—Mrs. M. Martin.

NUT BREAD

2 cups of flour, 2 teaspoons of baking powder, 2 tablespoons of b. sugar, pinch of salt, 1 cup of raisins, $\frac{1}{2}$ cup of walnuts, 1 cup of milk beat up with an egg. Bake in a loaf pan.—Mrs. H. Kastner.

NUT BREAD

1 egg, $\frac{1}{2}$ cup brown sugar, $1\frac{1}{2}$ cups sweet milk, 4 cups flour, 1 teaspoon salt, 3 teaspoons baking powder, 1 lb. dates chopped fine, 1 cup walnuts. Let rise for one-half hour and bake 40 to 50 minutes in a slow oven.—Mrs. Robert McIntosh.

NUT BREAD

One cup granulated sugar, one cup of chopped walnuts, four cups flour, two teaspoonsful of cream of tartar, one cup raisins, two cups sweet milk, one egg, pinch of salt, one teaspoonful of soda. Let rise thirty minutes. Bake forty-five minutes.—H. V. Humber.

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TEA BISCUITS

2 tablespoons of brown sugar, 1 tablespoon of butter, 1 egg, 1 cup of sweet milk, 2 teaspoons of cream of tartar, 1 teaspoon of soda, flour enough to make a soft dough, roll a half an inch thick and bake in a hot oven.—Mrs. W. G. Ingles.

TEA BISCUITS

1 cup flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, $1\frac{1}{2}$ tablespoons shortening, $\frac{1}{3}$ cup milk.—Mrs. J. D. Coghill.

TEA BISCUIT

4 cups sifted flour, $\frac{1}{2}$ teaspoon salt, $1\frac{3}{4}$ cups half water and half milk, 4 tablespoons lard, 1 teaspoon soda (level), 2 cream tartar (level). Mix dry ingredients together, work in shortening with finger tips, add liquid and mix as little as possible, roll about three quarter inch thick and bake in quick oven.—Mrs. Kneith.

FRUIT SCONES

1 egg, 1 cup gran. sugar, 1 tablespoon butter, $1\frac{1}{2}$ tablespoons lard, $1\frac{1}{2}$ cups buttermilk, 1 small teaspoon soda, 2 teaspoons baking powder, $\frac{3}{4}$ cup currants, a little salt. Mix baking powder with flour and soda with buttermilk.—Mrs. Gifford.

FRUIT SCONES

4 cups flour, 1 egg, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon nutmeg, 3 tablespoons butter, 4 tablespoons sugar, 1 cup raisins, (about) $1\frac{1}{4}$ cups milk. Sift flour, baking powder, salt and nutmeg, rub in butter, add sugar, mix in raisins, add egg, add milk, gradually until a soft dough is formed. Bake about 20 minutes on greased pie tin. Rub together 1 tablespoon sugar and 1 tablespoon milk and brush over scones. Place in oven for a few seconds.

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BRAN BUNS

1 cup flour, 2 cups bran, $\frac{1}{4}$ cup granulated sugar, 2 table-
spoons butter, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soda, some milk to
thicken, roll about $\frac{1}{2}$ inch thick.—Mrs. Mott.

BRAN BREAD

2 cups bran flour, 2 cups flour, 1 cup brown sugar, 2 cups
buttermilk or sour milk, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup seedless
raisins, 1 teaspoon soda, salt. Let stand twenty-five minutes
and bake in a slow oven.—Mrs. Muir.

BRAN BREAD

Sift 3 cups white flour, 1 teaspoon b. soda, 1 teaspoon salt,
add 1 cup of bran, 2 tablespoons white sugar, 2 cups sour or
buttermilk.—Mrs. G. F. Nornabell.

BROWN BREAD

3 cups flour, 1 cup bran, 1 cup raisins, 2 teaspoons soda, 2
teaspoons salt, 3 tablespoons brown sugar, 2 cups sour butter-
milk. Mix well and bake in a one loaf pan in a slow oven 1
hour. When cooked turn out of pan to cool.—H. Nichol.

DATE BREAD

1 egg, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups sweet milk, 4 cups flour, 1 tea-
spoon salt, 2 teaspoons baking powder, 1 lb. stoned dates cut
up, 1 cup chopped walnuts. Put in buttered loaf pan. Let rise
 $\frac{1}{2}$ hour then bake in moderate oven.—E. Mott.

HEALTH GEMS

To one egg beaten, add one small cup sugar, $\frac{1}{2}$ cup shorten-
ing, 2 teaspoons b. powder, 2 cups bran and 2 cups flour, 1 table-
spoon molasses and about 1 cup water, buttermilk, sour milk
and soda make good gems. Bake about 20 minutes in hot oven,
in gem pans.—R. Newton.

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DESSERTS—HOT

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LEMON PUDDING

3 soda biscuits rolled fine, $\frac{1}{2}$ cup milk, 1 dessert spoon of butter, yolks of two eggs, $\frac{1}{2}$ cup sugar. Mix all together and bake $\frac{1}{2}$ hour.

Dressing for top of pudding—1 lemon, juice and rind, 1 cup sugar, 1 cup water, boil all together, add 2 dessert spoons of corn-starch dissolved in water. Let this boil 1 minute, set out to cool, when cool place on top of pudding, it being already cooked and over all put whites of eggs well beaten and brown slightly in oven.—Ida Neil.

KINGDOM PUDDING

$\frac{1}{2}$ cup brown syrup, 1 tablespoon butter, good $\frac{1}{2}$ cup water, even teaspoon soda dissolved in water, 1 egg, 1 teaspoon cinnamon, pinch cloves, large cup flour, steam 1 hour. Serve with caramel sauce or any good pudding sauce.—Mrs. H. F. Kastner.

CARAMEL PUDDING

1 tablespoon of butter browned in a pan with $1\frac{1}{2}$ cups of brown sugar. Cook 1 pint. milk with 1 tablespoon corn starch then add above to syrup. Set away to cool. Serve with whipped cream.—Miss S. Hutchison.

DATE PUDDING

1 cupful chopped suet, 1 cupful brown sugar, 1 cupful milk, 1 egg, 1 cupful bread crumbs, 1 cupful flour, 1 cupful stoned dates (large cup), 3 teaspoonfuls baking powder. Steam 2 hours in a buttered mold. Serve with sauce.—Mrs. Sidney J. Cook.

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SUET PUDDING

1 cup suet, 1 cup milk, 1 cup sugar, 1 cup raisins, 3 cups flour, 1 teaspoon soda, salt and spice. Steam.—Miss Scott.

CARAMEL PUDDING

1 cup brown sugar, butter size of an egg. Put in sauce pan and caramel, stirring constantly until brown and bubbly, then add $\frac{1}{2}$ cup boiling water and stir over fire until dissolved. Then add $1\frac{1}{2}$ cups of milk and a pinch of salt and yolk of one egg. When hot add $1\frac{1}{2}$ dessert spoons of corn starch moistened with a little water and boil until thick. Remove from fire and fold in the beaten whites of egg. Let cool and serve with whipped cream. Nut meats may be added.—G. P. Young.

MARMALADE PUDDING

6 oz. bread crumbs, 2 tablespoons suet, 2 tablespoons sugar, 3 tablespoons marmalade, 3 eggs well beaten, a little salt. Steam three hours, raspberry jam may be used instead of marmalade. Serve with cream.—Miss E. Nornabell.

FIG PUDDING

$\frac{3}{4}$ lb. figs cut fine, 2 cups bread crumbs, $\frac{1}{2}$ cup flour, 1 cup sugar, 1 small cup milk, $\frac{1}{2}$ small cup suet or tablespoon of lard, 1 egg, saltspoon of salt, cinnamon and nutmeg, $\frac{1}{2}$ teaspoon altogether, 1 small teaspoon soda mixed in a little hot water, put in buttered mould and steam 3 hours. Serve with caramel sauce.—Mrs. J. F. Pearen.

APPLE PUDDING

6 medium sized apples (sliced), 1 cup sugar.

Crust—1 cup flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, 1 heaping tablespoon butter, 1 heaping tablespoon lard, 1 tablespoon vanilla mixed together. Place apples and sugar in bottom of dish, spread crust over top, bake until done.—Mrs. A. Murr.

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RICE DESSERT

Throw 1 cup of rice into hot boiling water, let boil until soft, add pinch of salt while boiling. Then put in a colendar and put through two or three cold waters. Fold in whipped cream and serve with maple syrup.—Mrs. F. Lloyd.

SAUCE FOR CARROT OR PLUM PUDDING

Place a cup of brown sugar and a tablespoon of water in a pan and stir until the resulting syrup is of a clear brown tint, but not so dark as when making caramel; then add a coffee-cup of boiling water and stir until the whole is well blended. Now add one tablespoon of corn starch dissolved in a little cold water, and boil for a full minute, stirring all the time. Next add a tablespoon of butter and when melted the sauce is done. Add one teaspoon of vanilla.—Mrs. P. McIntosh, Toronto.

BELLE VUE PUDDING

Melt 4 tablespoon butter, add one cup milk and one cup molasses alternately with three cups flour which has been mixed and sifted with one teaspoon soda and one teaspoon cloves and cinnamon. Steam two hours and serve with vanilla sauce.

Vanilla Sauce—Cream $\frac{1}{2}$ cup butter, add one cup powdered sugar and one well beaten egg. Beat altogether and before serving add one tablespoon vanilla and two tablespoons hot water.—Evaline Malone.

APPLE DUMPLINGS

Make a dough the same as biscuits, pare and cover each apple with dough. Put in a deep dish. Set in oven until brown. Cover with the following sauce:—1 cup brown sugar, 2 cups boiling water, piece of butter and a little nutmeg. Pour this while boiling hot over dumplings and set back in oven until the apples are thoroughly done.—Mrs. F. Parker.

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CARROT PUDDING

1 cup grated carrots, 1 cup grated potatoes, 1 cup suet, 1½ cups brown sugar, 1 teaspoon salt, 1 cup raisins, 1 cup dates, nuts, cherries or peel, 1 teaspoon baking powder in flour, 1 egg, spice to taste, 1 small teaspoon soda dissolved in little hot water, flour to make stiff batter, steam 3 hours.—Mrs. Boles.

CHOCOLATE BREAD PUDDING

1 cup stale bread crumbs, 2 cups milk, 1 tablespoon (heaping) butter, ½ cup sugar, 1 tablespoon (heaping) grated chocolate, 1 teaspoon vanilla, 3 eggs beaten separately. Heat to boiling point bread and milk, add butter, chocolate, sugar and vanilla. Take from fire and cool, stir in beaten yolks and lastly fold in whites. Serve with cream.—Mrs. W. F. McLarty.

APPLE BROWN BETTY

Rub 2 cups bread crumbs through a sieve, melt ¼ cup butter cover the buttered dish with crumbs. Then place sliced apples, sprinkle sugar and dash of nutmeg and lemon juice. Cover with crumbs and repeat; have layer of crumbs on the top. Bake for ½ hour in a moderate oven. Serve plain or with cream and sugar.—R. Newton.

ORANGE PUDDING

2 cups stale sponge cake crumbs put to soak. 1½ cups milk, ½ cup sugar and 1 tablespoon butter creamed, grated rind and juice of two oranges, yolks of three eggs. Bake twenty minutes to delicate brown—Beaten whites on top.—Miss C. Matherson.

SHAM PIE

4 egg whites beaten stiff, ½ cup white sugar, ½ teaspoon cream tartar. Bake in jelly tins, put canned peaches between layers and top with whipped cream.—Mrs. E. H. Barton.

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MAPLE CUP CUSTARDS

Beat three eggs slightly, add a pinch of salt and three table-
spoonfuls of scraped maple sugar. Pour over all three cupfuls
of hot milk (with one fourth cupful of thick cream, if liked).
Fill the custard into melted custard cups. Place these in a pan
of hot water and bake in a very slow oven until the custard is
suet.

SAILORS' DUFF PUDDING

1 egg, $\frac{1}{2}$ cup light molasses, 2 tablespoons butter, 2 table-
spoons of sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon soda. Beat up and add
 $\frac{1}{2}$ cup boiling water. Steam 1 hour.

Hand Sauce— $\frac{1}{2}$ cup pulverized sugar, yolks of 2 eggs, $\frac{1}{2}$ pint
whipping cream.—Carolyn L. Kastner.

DATE PUDDING

1 cup dates, 1 cup suet, 1 cup sour milk, 1 cup sugar, 1 tea-
spoon soda, pinch of salt, $1\frac{1}{2}$ cups flour. Steam $1\frac{1}{2}$ hours.—
Marie Kastner.

DATE PUDDING

1 lb. dates, 1 cup sugar, 4 eggs. Soak dates after removing
stones, beat eggs separately and add to dates and sugar, (whites
of eggs last,) pour in buttered tin and bake in moderate oven.

FIG PUDDING

One pound cooking figs chopped, one-half pound suet, one
cup white sugar, 1 cup flour, 1 cup bread crumbs and one cup
cracker crumbs and one egg beaten, one-half teaspoon soda,
(dissolved in a little hot water), salt, nutmeg, milk enough to
moisten, put in buttered pan and steam for 5 hours.—Mrs. Joseph
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DATE OR FIG PUDDING

½ lb. bread crumbs, ½ lb. dates or figs, 12 tablespoons brown sugar, 1 cup suet, 2 eggs, 4 cups flour, 2 teaspoons baking powder, salt, nutmeg, cloves and cinnamon to taste. Serve with any hot pudding sauce.—Mrs. MacMillan.

FIG PUDDING

5 oz. suet, 4 oz. bread crumbs, 1 oz. sugar, 18 figs, 1 cup milk, 2 eggs. Chop figs and boil milk, flavor with lemon, add suet, crumbs and sugar, then beaten eggs. Steam 3 hours.—Mary Paton.

DATE PUDDING

1 cup b. sugar, 1 tablespoon butter, 1 lb. dates, 1 cup sour milk, 1 teaspoon soda, spices to suit taste, stir till quite stiff with flour. Steam 2 hours.—Mrs. A. Murr.

DATE PUDDING

One half pound dates stewed with ½ cup sugar and 1 cup water, place stewed dates in bottom of baking dish and drop on top of this about 6 tablespoons of cake batter and bake in oven about 20 minutes. Serve hot with whipped cream.—Eva Boles.

LEMON PUDDING

Have 1 pint bread crumbs, 1 quart milk, 1 cupful sugar, yolks 4 eggs, 1 tablespoon butter, 1 grated rind of lemon. Mix them, bake in porcelain shallow dish, whip whites of eggs stiff with 4 tablespoons of powdered sugar and 1 tablespoon of lemon juice, spread this over the pudding for a Meringue browning in the oven.—A. Kelleher.

STEAMED FRUIT PUDDING

4 eggs well beaten, add 1 cup granulated sugar, beating as added, 1 cup flour, 1 heaping teaspoon baking powder. Put fruit in dish and pour batter over fruit. Steam 1 hour.—Mrs. Theo. Parker.

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ORANGE PUDDING

1 cup sugar, 1 tablespoon butter, 2 oranges—the pulp and a little of the rind (grated), $2\frac{3}{4}$ cups boiling water. Boil 10 minutes, while this boils make the following;— $\frac{3}{4}$ cup sugar, 1 tablespoon butter, $\frac{1}{2}$ cup sweet milk, 1 teaspoon baking powder, flour enough to make a stiff batter. Drop this by spoonful into the hot sauce and bake until a nice brown. Make in a 10 inch pan. Serve 6 nicely.—Mrs. W. F. Finkbeiner.

STEAMED COTTAGE PUDDING

3 tablespoons melted butter, 1 teacup sugar beaten together, 2 teaspoons baking powder, 1 cup milk, 1 egg, 2 cups flour. Steam $\frac{1}{2}$ hour and serve with hot sauce.—Nana Dillon.

SPONGE PUDDING

1 tablespoon of granulated sugar, 2 tablespoons of flour, $\frac{1}{2}$ pint milk, 3 eggs. Rub sugar and flour together then pour on the milk and boil till a thick paste, add a small piece of butter, then yolks of eggs and finally whites beaten separately and very stiff. Bake in a dish set in a pan of hot water—One half hour to bake. Serve with hard sauce.—Mrs. A. Jeffrey.

CASTLE PUDDING

12 tablespoons flour, 3 oz. castor sugar, 2 oz. butter, 2 teaspoons baking powder, 2 eggs, a little milk, flavoring. Cream the butter and sugar, beat in eggs until mixture is light and creamy. Sift flour and baking powder, stir in lightly, add flavoring and enough milk so that the mixture will drop readily from a spoon. Bake about 2 minutes in a moderate oven, using individual moulds, when baked remove from moulds, roll in thick syrup and coat lightly with grated coconut. Place a cherry on the top of each pudding and serve with a thin syrup. (This makes 8 individual puddings.)—Eleanor Strudley.

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LEMON PUDDING

Slice 1 large lemon, 1 cup sugar, 1 tablespoon butter, 2 cups water. Boil until lemon is soft.

Batter— $\frac{1}{2}$ cup sugar, 1 tablespoon butter, 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup flour, 2 teaspoons baking powder. Put batter in baking dish and pour on the boiling syrup and bake about 30 minutes or until batter is done.—Miss Edna Jolliffe.

EGG SAUCE (For Puddings)

1 teaspoon flour (dissolved in cold water) 1 cup boiling water, butter the size of an egg, 1 egg, 1 cup granulated sugar, flavoring. Boil first three ingredients to the consistency of cream, beat egg very light and add to sugar and flavoring, when ready to serve pour hot mixture over the egg and sugar. Beat up and serve at once.—Eleanor Strudley.

STRAWBERRY SHORTCAKE

Put one egg unbeaten in a cup, three dessertspoons butter. Fill cup up with sweet milk, add $1\frac{1}{2}$ cups flour, one cup white sugar and 2 teaspoons baking powder. Beat all together for five minutes and bake in two layers.

Filling and Icing—White of one egg beaten stiff, one cup white sugar, one cup strawberries or raspberries. Put a little between layers of cake and the remainder on top. This is excellent.—Mrs. Walley Hern.

PUFF PUDDING

$\frac{2}{3}$ of a pint of milk, $1\frac{1}{3}$ tablespoons butter, 2 tablespoons sugar, 2 very large tablespoons flour, 2 eggs. Put butter, sugar and milk to scald, then add the flour rubbed smooth with a little of the milk (cold). Take off the stove and add the beaten egg yolks, then add the whites beaten quite stiff, pour into a buttered baking dish and bake $\frac{1}{2}$ hour with the pudding dish standing in a pan of water in the oven. Serve warm with a sweet sauce.

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DESSERT—COLD

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BUTTER SCOTCH SAUCE FOR ICE CREAM

4 tablespoons butter, 1 cup brown sugar, $\frac{1}{2}$ tablespoon vinegar, $\frac{1}{4}$ cup water, 1 teaspoon cornstarch. Place all together in saucepan and stir well. Boil until a very soft ball can be formed in cold water. Serve hot over ice cream.—Mrs. Burton Harris.

FROZEN STRAWBERRIES

1 quart strawberries, 2 tablespoons lemon juice, 1 quart water, 2 cups sugar. Hull, wash, cut and mash strawberries and add the lemon juice to them. Boil water and sugar for 3 minutes and set outside to cool. Mix with crushed berries, turn into packed freezer and freeze until stiff. Remove dasher, repack and set aside a couple of hours.—Eleanor Strudley.

LEMON SNOW PUDDING

2 cups hot water, 1 cup sugar, 2 tablespoons corn starch, juice of two lemons, whites of two eggs beaten stiff and put in when cool.

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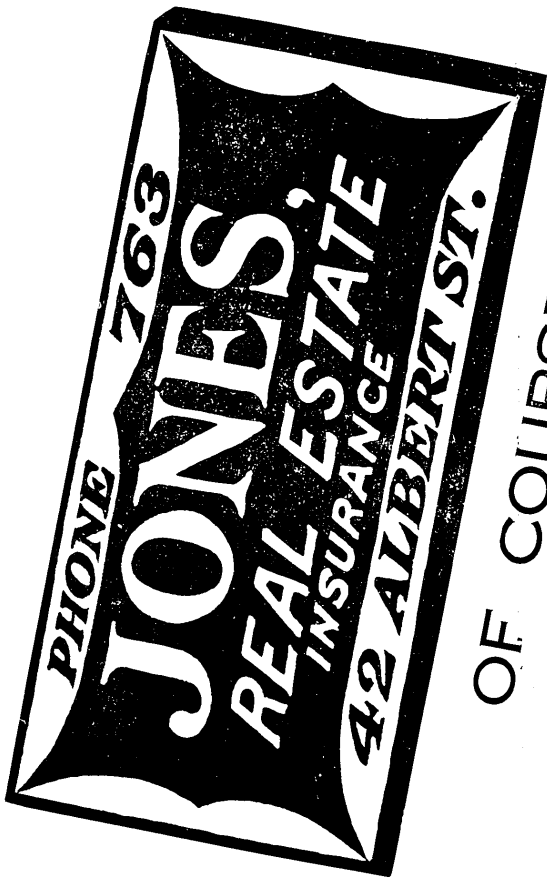
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ORANGE SHERBET

6 sweet oranges, 2 lemons, 2 cups sugar, 1 quart water. Boil the grated orange rind in the water 10 minutes, strain and add the sugar when melted add the orange and lemon juice, stir, one tablespoonful of melted gelatine into the mixture, (the beaten white of an egg also improves the sherbet, added when partly frozen.) Freeze.

GINGER SHERBET

1 quart water, 1 lb. granulated sugar, 3 lemons, $\frac{1}{2}$ cup finely chopped preserved ginger. Boil sugar and water for 3 minutes and set aside to cool. Add lemon juice and ginger; freeze, remove the dasher and repack. Let stand a couple of hours before serving.—Eleanor Strudley

LEMON PUDDING

Slice one or two lemons, put in a pudding dish, add one cup of sugar and two cups of water and put on stove. Make a batter with $\frac{1}{2}$ cup sugar, 1 dessertspoon of butter, 1 egg, $\frac{1}{2}$ cup milk or water, 1 cup of flour, 1 heaping teaspoon baking powder. Have lemon, sugar and water boiling, pour on the batter and bake twenty minutes. This needs no other sauce.—Mrs. A. Morrow.

FAIRY CREAM

1 quart cream, whip cream until stiff and use $\frac{1}{4}$ package gelatine to 1 quart cream. Add preserved ginger cut in squares, candied cherries, chopped nuts, and marshmallows.

ORANGE BAVARIAN CREAM

$\frac{1}{2}$ pint orange juice, juice of 2 lemons, 1 $\frac{2}{3}$ cups gran. sugar. Stir until dissolved. Melt 2 even tablespoons Knox's gelatine in a little boiling water, add this to the first juice when mixture begins to set fold in $\frac{1}{2}$ pint whipped cream and set aside in molds.—Mrs. Fred Killer.

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SPANISH CREAM

$\frac{1}{2}$ box gelatine, (Knox), 1 quart milk, 4 eggs, 1 cup white sugar. Soak gelatine in milk for 1 hour, put on stove and when at boiling heat stir in the beaten yolks and sugar, cook. Remove from fire and stir in beaten whites, flour, flavor $\frac{1}{3}$ of the cream with vanilla and put in mould. When hardened add $\frac{1}{2}$ of remainder which has been colored with pink tablet soaked in hot water. To the remaining $\frac{1}{3}$ of the mixture add $1\frac{1}{2}$ tablespoons chocolate or cocoa, nuts and vanilla. Serve with whipped cream.—Mrs. Sprung.

STUFFED PEARS

Select large pears, peel and core them and stuff centres with a paste composed of—dates, figs, chopped nut meats. Bake until they are tender, keeping just enough water in pan to keep from burning. Serve with sweetened whipped cream.—Mrs. Adair.

PINEAPPLE CREAM

Pour the juice of 1 can fruit into a granite cup—add about $\frac{1}{2}$ cup sugar and boil down a little. Cut the pineapple into small pieces and pour the boiling syrup over it and set away to cool. Dissolve $\frac{1}{3}$ package gelatine in a little cold water. Take about $1\frac{1}{2}$ cups good cream, add a little sugar and whip until stiff, add gelatine and pineapple, pour into a mould which has been wet with cold water.—Mrs. Thos. Holliday.

MAPLE MOUSSE

1 scant dessertspoonful of Knox's gelatine dissolved in $\frac{1}{2}$ cup water. Put 2 eggs in a saucepan, beat well, add 1 cup of maple syrup, set on fire just till it bubbles up well, stirring continually, then add gelatine. Set in a cold place until it is quite thick. Whip $\frac{1}{2}$ pint cream and stir into the gelatine and syrup. Beat until thoroughly mixed. then put into a mould.—Mrs. W. F. Finkbeiner.

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BEST EVER DESSERT

This is a delicious dessert made in three layers and topped with whipped cream. The first layer is a cake layer. The second is an orange cake, filling layer. The third is a chocolate cake, filling layer. Just before serving time sweetened whipped cream is piled generously on top. This dessert is served on a fancy platter and offered to the guests, cut pie shaped. It is often used instead of ice cream. To make the cake layer;—cream together $\frac{1}{4}$ cup butter and $\frac{1}{2}$ cup granulated sugar, add the beaten yolk of 1 egg and $\frac{1}{2}$ cup of sweet milk; now sift together $1\frac{1}{4}$ cups flour and 1 teaspoon of baking powder, add this to the mixing bowl and stir well. Fold in the stiffly whipped white of 1 egg and flavor with $\frac{1}{2}$ teaspoon of vanilla. Pour this batter onto a greased layer cake pan and bake 2 minutes in a hot oven. When it is baked slip it into the fancy dish on which you mean to serve this dessert and let cool, then put on top of this layer the following:—

To make orange layer; mix together $\frac{1}{2}$ cup granulated sugar and $2\frac{1}{2}$ tablespoons flour, add to these the grated rind of $\frac{1}{2}$ orange and $\frac{1}{2}$ cup orange juice, then stir in 1 well beaten egg and add 1 teaspoon of butter. Cook this mixture in the top of a double boiler over gently simmering water for 10 minutes stirring constantly. Let cool before adding it to the cake layer, when it is cool put on top of it the following;—

To make chocolate layer; melt 2 squares of unsweetened chocolate and add to it 1 cup of boiling water, $\frac{3}{4}$ cup of granulated sugar, 1 teaspoon butter, 2 tablespoons of cornstarch which have been dissolved in $\frac{1}{2}$ cup of cold water and 1 teaspoon of vanilla. Heat gradually and let boil for 6 minutes, stirring all the time. Let cool before pouring it over the orange layer of the dessert.—Dora Dempsey.

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STRAWBERRY WHIP

1 box strawberries, whites of two eggs, $1\frac{1}{2}$ cups fruit sugar, add the unbeaten whites of eggs to the strawberries and sugar and beat until stiff enough to hold in shape. Pile lightly in glass dish and chill. Serve with boiled custard or topped with whipped cream.—Edith Macdonald.

ORANGE ICE

6 large oranges, 2 lemons, 5 gills boiling water. Squeeze the juice from the fruit. Pour the boiling water over the broken peel and pulp and let it stand until cool, strain, add the water to the juice. Sweeten and freeze.—Mrs. G. A. McFadgen.

PINEAPPLE BAVARIAN CREAM

Two tablespoons gran. gelatine, $\frac{1}{4}$ cup cold water, 1 can pineapple, $\frac{1}{2}$ cup Lantic sugar, 1 tablespoon lemon juice, $2\frac{1}{2}$ cups whipped cream. Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice and soaked gelatine. Chill in pan of water stirring frequently, when it begins to thicken fold in whipped cream, mould and chill.—Mrs. Copus.

STRAWBERRY SHORTCAKE

2 cups flour, $\frac{3}{4}$ cup milk, 4 teaspoons b. powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup butter. Mix dry ingredients, work in butter with tips of fingers and add milk gradually. Put on board and divide in two parts and bake 12 or 15 minutes in layer cake tins. Crush slightly and sweeten 1 box of strawberries and put between and on top of shortcake. Serve with whipped cream.—Mrs. Moorehead, N. Y.

GRAPE NUT JELLY

1 package jell-o powder, (any flavor), 1 pint boiling water, $\frac{3}{4}$ cup grape nuts, $\frac{3}{4}$ cup shelled walnuts (cut up), $\frac{3}{4}$ cup shredded pineapple, $\frac{3}{4}$ cup seeded raisins. Pour boiling water over jell-o and stir until dissolved, then put in other ingredients and let cool.—Miss E. Quilter.

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SPANISH CREAM

1 quart milk, 4 eggs, (beat yolks and whites separately), $\frac{3}{4}$ cup sugar, flavoring to taste. Soak a little over a half box of gelatine in cold water. When the milk comes to a scalding heat stir in slowly the yolks of the eggs and then the gelatine. Remove from stove and fold in the egg whites. Turn in cold, wet mould.—Mrs. R. Martin.

MILK SHERBET

4 cups milk, $1\frac{1}{2}$ cups sugar, 3 lemons. Mix juice of lemons with sugar, stirring constantly while slowly adding milk, (if mixed too rapidly mixture will have a curdled appearance), which, however, will not affect the quality of the sherbet. Freeze.—Mrs. G. A. McFadgen.

MOULDED SNOW PUDDING

Boil $\frac{1}{2}$ cup rice in water, then pour off and add 1 pint of milk, and boil for an hour, two teaspoons of gelatine and add to the rice when cool. Whip one pint of cream, add $\frac{1}{2}$ cup of sugar and flavor to taste, add this to the rice. Sprinkle chopped walnuts and cherries on top. Keep in a cool place and serve with a custard sauce.—Nettie Tilley.

SNOW PUDDING

Boil 5 minutes 4 cups water and 2 cups gran. sugar and rind of 2 lemons or (orange and lemon) strain and add juice and thicken with $\frac{1}{2}$ cup cornstarch, take off and add beaten whites of 3 eggs, turn in dish or mould to cool.

Sauce—yolks of 3 eggs, 2 tablespoons sugar, $1\frac{1}{2}$ cups milk, a little cornstarch and vanilla.—Olive Boles.

RICE CREAM

1 cup rice, 1 pint cream, 3 cups water. Boil rice in the water until each grain stands up, drain and when partially cool beat into it one pint whipped cream, put in a jelly mould and cool. Serve with hot maple syrup.—Mrs. D. M. Wright.

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STRAWBERRY SNOW PUDDING

Boil for 5 minutes, 4 cups water, 2 cups granulated sugar and rind of 2 lemons and strain, add juice of lemons and thicken with $\frac{1}{2}$ cup cornstarch, add $\frac{1}{2}$ box of mashed and $\frac{1}{2}$ box of whole strawberries and the beaten whites of 3 eggs.

Sauce—Yolks of 3 eggs, 2 tablespoons sugar, vanilla,, milk and thicken with a little cornstarch.—Mrs. H. G. Rankin.

PINEAPPLE CREAM

To 1 jar of pineapple add $\frac{1}{2}$ pound marshmallows cut in quarters, let stand over night in a cool place. When ready to serve add $\frac{1}{2}$ pint whipped cream, garnish with whipped cream and cherries.—(Mrs.) F. Johnston.

MAPLE ICE CREAM

1 cup maple syrup, 2 eggs, 1 pint cream, 1 cup nut meats, (if preferred). Boil syrup and add the beaten egg yolks, whip the cream and add to stiffly beaten egg whites. Whip syrup and yolks until light and mix all together. Add nuts and freeze. Let stand before using.—Eleanor Strudley.

PASTRY

"Oh! flaky and crusty and succulent pie.
They call you dyspeptic, 'tis heresy, lie!"

BUTTERSCOTCH PIE

1 cup brown sugar, 1 cup cold water, 2 eggs, 2 tablespoons butter, 1 teaspoon flour, a little vanilla. Mix together and boil keeping whites of eggs for frosting, add to baked pie crust and brown on top.—Miss M. Hurley.

BUTTER TARTS

1 cup sugar, 2 eggs, 1 cup currants, butter size of egg. Beat all well together and put one teaspoon in each unbaked tart. Bake pastry and filling together. This makes 2 dozen.—Mrs. F. Chapman.

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RICE CHEESE CAKES

1 cup ground rice, 1 cup sugar, 1 cup currants, piece of butter size of an egg, 2 eggs, lemon flavoring or finely minced peel. Mix together rice, sugar, currants. Pour over butter made hot, add well beaten eggs and flavoring. Line patty tins with good pastry; put in $\frac{1}{2}$ teaspoon of jam, cover with rice mixture. Bake in fairly hot oven to a rich brown.—Mrs. Chas. Bell.

CHEESE CAKES

1 cup sweet milk, 1 cup sour milk, 1 cup sugar, yolks 4 eggs, juice and grated rind of lemon, $\frac{1}{4}$ cup almonds chopped, $\frac{1}{4}$ teaspoon salt. Scald sweet and sour milk to form curd, then strain. To curd add other ingredients. Line patty pans with pastry and fill with mixture and sprinkle with the chopped almonds.—Mrs. A. Jeffrey.

COMBINATION TARTS

Filling—2 eggs, 1 cup brown sugar, $1\frac{1}{2}$ cups syrup (corn syrup), butter size of egg, vanilla to flavor. Cream butter and sugar together, add corn syrup and mix, then add two well beaten eggs and vanilla. Beat again for about three minutes.

Line patty tins with a good crust, add filling and bake all together in moderate oven.—Mrs. Wm. Quilter.

CHEESE STRAUS

1 cup grated cheese, 1 cup flour, $\frac{1}{2}$ teaspoon salt, 2 table-spoons butter, pinch of cayenne pepper. Mix well cheese, flour, salt and pepper and butter, add enough cold water so that the paste can be rolled out thin, cut in strips about 7 inches long and $\frac{1}{2}$ inch wide. Bake in quick oven ten minutes.—Mrs. Mott.

RHUBARB PIE

1 cup chopped rhubarb, 1 cup white sugar, 1 egg, 1 biscuit rolled fine, small piece of butter. Bake with top crust.—Mrs. Wm. Birkett.

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CORN SYRUP TARTS

1 cup syrup, 2 eggs, $\frac{3}{4}$ cup sugar, cocoanut to thicken. Bake slowly in tart shells.—Mrs. N. A. Moore.

EGG TARTS

1 cup white sugar, 2 eggs, $\frac{1}{2}$ cup butter, a little nutmeg, 1 teaspoon lemon essence, 1 cup currants, a little milk if desired. Bake in tart shells.—Mrs. L. E. Doherty.

BUTTER TARTS

1 egg, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup melted butter, $1\frac{1}{2}$ cups raisins, 1 cup sweet cream, $\frac{1}{2}$ teaspoon cinnamon, vanilla. Mix together thoroughly and fill patty shells.—Mrs. Pearson.

BUTTER TARTS

Roll out paste in tart tins. Take 1 large cup brown sugar, $\frac{1}{3}$ cup butter, 1 egg, $\frac{3}{4}$ cup chopped raisins, few currants if desired. Mix and put a little in tarts and cook all together.—Mrs. Garden.

CORN SYRUP TARTS

Line pie tins with rich pie-crust.

Filling for tarts;—1 cup corn syrup, $\frac{1}{2}$ cup brown sugar, butter size of walnut. Heat the above, then add 2 well beaten eggs, sprinkle a few raisins in each tart shell, fill with above filling and bake until brown. This makes 1 dozen tarts.—Miss M. Coghill.

CHOCOLATE PIE

1 cup sugar, $1\frac{1}{2}$ cups milk, piece of butter. Mix well, add 2 tablespoons corn starch, 2 tablespoons cocoa, yolks of 2 eggs. Put whites on top.—Mrs. Carter Mitchell.

COCOANUT PIE

2 eggs, 1 cup sugar, $\frac{1}{2}$ cup water, $1\frac{1}{2}$ teaspoons baking powder, $1\frac{1}{2}$ cups flour, small lump of butter. Bake in two tins.—Mrs. Burnham.

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DATE TARTS

Whites of 4 eggs, $1\frac{1}{4}$ fruit sugar, $\frac{1}{2}$ lb shelled almonds, $\frac{1}{2}$ lb. dates, 1 teaspoon vanilla. Blanch almonds and stone dates. Put them through the meat chopper together, beat whites of eggs stiff. Add $\frac{1}{2}$ the sugar gradually beating all the time, flavor, then fold in lightly almonds and dates mixed with remaining sugar. Turn into a shallow buttered pan and bake in a slow oven 1 hour. Remove from oven, cut in bars while hot, then remove from pan. This amount makes from 4 to 5 dozen.
V. E. D.

RAISIN PIE

Place a coffee cup of milk in a double boiler; when it comes to a boil add one tablespoonful flour, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon salt, yolks of 2 eggs beaten together; then add tablespoon of butter and cup of chopped raisins, when thickened take from stove, add teaspoon vanilla and pour into a pie shell already baked. Beat whites of two eggs to a stiff froth with two table-
spoons sugar. Spread on pie and brown in oven.—Mrs. Joseph Orr.

CARAMEL PIE

$1\frac{1}{2}$ cups brown sugar, yolks of 3 eggs, (well beaten), 1 table-
spoon butter, $\frac{1}{2}$ cup of white sugar, $\frac{1}{2}$ cup of flour, 1 cupful of cream or milk, 1 tablespoon vanilla. Mix the sugars and beat into the yolks of the eggs, add flour, butter melted, cream and vanilla. Use whites of eggs for meringue. This quantity makes two pies.—Mrs. A. Morrow.

FRESH CHERRY CUSTARD PIE

Line pie plate with rich pie crust, fill with fresh cherries (pitted), sprinkle over 1 cup of sugar and little pieces of butter, mix 2 tablespoons of flour with a little milk to a smooth paste, add 1 egg beaten and a cup of milk, pour over cherries and cake. (Delicious served with whipped cream.). Any kind of fresh fruit may be used.—J. Ross.

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DATE PIE

Put layer of dates on bottom of uncooked crust, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup boiling water, just a little flour over top, put top crust on.—Mrs. Ed. Meyers.

PUMPKIN PIE

$1\frac{1}{2}$ cups pumpkin, $\frac{1}{2}$ cup sugar, 1 teaspoon cinnamon, 1 cup hot milk, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon salt, 1 egg.—L. W.

LEMON PIE

Juice and rind of 1 lemon, 1 cup boiling water, 1 cup granulated sugar, 2 eggs, 2 large dessertspoons corn starch, vanilla to flavor. Grate rind of lemon, add juice, sugar and boiling water, boil 3 minutes, add blended corn starch, yolks of eggs well beaten. Cook well stirring constantly, remove from heat and beat for 5 minutes or until air cells appear, place in baked crust, cover with stiffly beaten whites of eggs, sweeten to taste and flavor with vanilla.—Mrs. A. B. Manson.

FILLING FOR TWO LEMON PIES

2 cups sugar, 3 lemons, butter size of an egg, 5 tablespoons corn starch, 2 cups boiling water, yolks of 4 eggs, 2 teaspoons sugar flavored with vanilla for the whites for top. Grate rind of lemons, add pulp and juice to butter and sugar. Put on fire in double boiler, add corn starch dissolved in a little water and when ready to take off fire, add beaten yolks of eggs.—Mrs. W. F. McLarty.

LEMON PIE

1 cup sugar, 3 tablespoons flour, 3 tablespoons lemon juice, yolks of 2 eggs, 1 cup milk, 1 tablespoon melted butter, salt, whites two eggs. Mix sugar, flour, add lemon juice, egg yolks slightly beaten, milk, butter, whites of eggs beaten stiff and salt. Bake in one crust and cover with meringue.—Mrs. A. G. Walsh.

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GREEN TOMATO MINCEMEAT

1 peck green tomatoes, 5 lbs. light coffee sugar, 1 lb. raisins (stoned), 1 lb. currants, 2 tablespoons ground cinnamon, $\frac{1}{2}$ table-spoon cloves, 1 (scant) tablespoon salt, 1 teaspoon nutmeg (grated), 1 teaspoon ginger, 1 cup suet, 1 cup vinegar, 1 cup boiled cider. Chop tomatoes fine and drain; cover with cold water, put on the stove, bring to a boil, then drain off all the water, repeat this a second time. Then take tomatoes, raisins, currants, suet, sugar and salt and cook one hour. Add cider, vinegar and spices. Let come to a boil, put in sealers while very hot. This makes about six quarts of mincemeat.—Mrs. Hugh Ferguson.

RHUBARB AND RAISIN PIE

Cut enough rhubarb for one pie into $\frac{1}{2}$ inch pieces cross-wise, pour over boiling water to cover, let stand ten minutes, then drain, add 1 cup seeded raisins, cut in halves, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ teaspoon salt, 1 well beaten egg, the grated rind of $\frac{1}{2}$ an orange. Turn into deep pie plate lined with pastry, dot over with $1\frac{1}{2}$ teaspoons butter, cover with pastry and bake thirty minutes, when done sprinkle with powdered sugar.—E. M. Carman.

ICE CREAM PIE

1 cup granulated sugar, 2 small tablespoons butter, 2 table-spoons flour, cream together, add 2 yolks of egg, 2 cups of milk, vanilla. Lastly stir in well beaten whites of 2 eggs very lightly, so as to flow on top rough.—E. G. W.

CUSTARD PIE

2 eggs, 3 tablespoons sugar, $\frac{1}{8}$ teaspoon salt, $1\frac{1}{2}$ cups milk, nutmeg. Method;—Beat eggs slightly, add sugar, salt and milk. Fill in pie shell and sprinkle top with grated nutmeg. Bake quickly at first, then slow.

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BUTTER SCOTCH PIE

1 cup very dark brown sugar, $1\frac{1}{2}$ tablespoons flour (generous), 1 tablespoon butter, 1 cup milk, yolk 2 eggs. Mix flour, butter and sugar and cream well, beat up egg yolks and add to this, then add milk. Cook in double boiler. Beat whites of eggs, sweeten, place on top and brown in oven.

Crust;—Half as much shortening as flour.—Miss M. Kappele.

MINCE MEAT

1 lb. suet, 1 lb. boiled beef, 1 lb. sultanas, 1 lb. raisins, 1 lb. currants, 1 lb. light brown sugar, 4 lbs. chopped apples, $\frac{1}{2}$ lb. citron peel, $\frac{1}{4}$ lb. lemon, $\frac{1}{8}$ oz. mace, $\frac{1}{8}$ oz. cloves, $\frac{1}{4}$ oz. cinnamon, 1 tablespoon salt,, grated rind and juice of 1 orange and 1 lemon, $1\frac{1}{2}$ pints cider.—Mrs. Tune.

GREEN TOMATO MINCEMEAT

1 peck green tomatoes, chop fine, cover with water and let simmer on stove, then drain off juice, do this 3 times, then add $\frac{1}{2}$ peck chopped apples, 2 lbs. raisins, 1 lb. currants, 5 lbs. brown sugar, 10c. lemon peel, 10c. chopped suet, 1 cup vinegar, 2 tablespoons cloves, 1 tablespoon nutmeg, 1 tablespoon salt, boil all together.—Miss E. Quilter.

BUTTER SCOTCH PIE

Filling;—(For 1 large or 2 small pies), cream 4 tablespoons butter and add gradually 6 tablespoons flour; add $\frac{3}{4}$ cup brown sugar mixed with 2 eggs slightly beaten and $\frac{1}{2}$ teaspoon salt. Scald 2 cups milk, add 3 teaspoons caramel syrup and add gradually to the mixture. Return to double boiler and cook 15 minutes, stirring constantly, until mixture thickens. Caramel syrup is made by caramelizing $\frac{1}{2}$ cup sugar, adding $\frac{1}{2}$ cup boiling water, and letting boil until a thick syrup is formed.

Meringue;—Beat whites of 3 eggs until stiff, add gradually while beating, 3 tablespoons brown sugar and a little salt; cut and fold in 2 tablespoons powdered sugar.—Clare Moir.

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MINCE MEAT

1 peck green tomatoes, peel and cut fine, pour boiling water over them enough to cover, let stand until cool, strain and repeat. After straining the second time, add 5 lbs. white sugar, 2 tablespoons salt, 2 lbs. seeded raisins, 1 cup chopped suet. Cook until tomatoes are tender, when cool add 1 cup cider vinegar, juice of 1 or 2 lemons, 2 teaspoons each of cloves, cinnamon, allspice and 1 grated nutmeg. If desired a few apples may be added.—Mrs. A. Morrow.

CAKES

"Just follow these rules, take pains and go slow,
Or else you may find that your cake is all dough."

CARAMEL ICING

1½ cup brown sugar, 6 tablespoons sweet cream. Don't let it boil too much.—Mrs. Carter Mitchell.

CHOCOLATE ICING

¼ cup cocoa, 1 tablespoon butter, 1 cup boiling water, 1 cup white sugar. Boil 15 minutes, add 1 tablespoon corn starch, boil a little longer.—C. Welsh.

LEMON HONEY

¼ lb. butter, 1 lb. sugar, 6 eggs, grate the rind of 3 lemons, add the juice. Cook in double boiler until this is thick as honey. Good for cake filling.—Miss Scott.

PARLINE POWDER FOR TOPS OF CAKES

Take equal parts of sugar and almonds, caramelize by melting sugar without the addition of water. Stir all the time, when cool, grind very fine. Delicious for cakes, salads and sandwiches.—Mrs. E. H. Barton.

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SPANISH WHIPPED CREAM

$\frac{1}{2}$ cup shortening, 1 cup sugar, 2 eggs, $1\frac{3}{4}$ cups flour, 3 teaspoons royal baking powder, 1 tablespoon cocoa, 1 teaspoon cinnamon, $\frac{3}{4}$ cup milk. Cream shortening, add sugar and yolk of eggs, beat well. Sift together flour, baking powder, cocoa and cinnamon and add alternately with milk, fold in beaten whites of eggs. Bake in two greased layer tins, in a moderate oven 35 to 40 minutes.—Mrs. F. Lloyd.

ORANGE CAKE

$\frac{1}{2}$ cup butter, 1 cup white sugar, 1 egg, $\frac{3}{4}$ cup sour milk, 1 teaspoon soda, 2 cups flour, 1 cup raisins, grated peel of orange, bake in moderate oven. Add $\frac{1}{4}$ cup sugar to juice of 1 orange and pour over cake when taken from oven.—(Mrs.) F. Johnston.

ORANGE CAKE

1 egg, $\frac{3}{4}$ cup white sugar, 1 cup sour milk, 2 teaspoons B. powder, $\frac{1}{2}$ teaspoon soda, butter size of egg, 2 cups sifted flour, 1 cup seeded raisins, chopped; pinch salt, 1 orange, squeeze juice out in cup, use grated orange rind and part of pulp for cake. Then keep part of juice for icing and pour remainder of juice over cake.—Mrs. Jas. H. Easson.

SPONGE CAKE

$\frac{1}{4}$ cup melted butter, add 2 eggs, fill up the cup with milk, pour into your mixing dish, add $\frac{3}{4}$ cup white sugar, 1 full cup flour, 1 teaspoon baking powder, and 1 teaspoon vanilla, beat 5 minutes, use with icing.—A. P. Robertson.

WEDDING CAKE

$1\frac{1}{2}$ lbs. butter, 2 eggs, $1\frac{1}{2}$ lbs. granulated sugar, 5 lbs. raisins, $1\frac{1}{2}$ lb. mixed peel, 1 lb. cherries, 1 lb. pineapple, 1 lb. almonds, 1 lb. pecan nuts, 1 glass grape jelly, 1 tablespoon molasses, 1 tablespoon mixed spice, $\frac{1}{2}$ teaspoon soda, $1\frac{1}{2}$ lbs. flour or more, 1 glass cherry wine, $\frac{1}{2}$ grated nutmeg, 2 teaspoons rose water and almond extract. Soak almonds over night in rose water and almond extract. Soak raisins over night in grape jelly and wine. Soak pecan nuts in scalding water.—Mrs. Jas. Easson.

FOR DESSERT A BRICK OF STILLMAN'S ICE CREAM

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BUTTERMILK CAKE

1 cup butter, $1\frac{1}{2}$ cups white sugar, $1\frac{1}{2}$ cups buttermilk, 1 large cup dates (after cut in small pieces), 3 teaspoons mixed spice, (cinnamon, ginger, and a little cloves), 1 egg, $2\frac{1}{2}$ cups flour (even), 2 teaspoons soda (level), a little salt. Bake in a slow oven for 45 minutes. Much depends on the cooking.—Alice Silcox.

BANANA CAKE

$\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups flour, $2\frac{1}{2}$ level teaspoons baking powder. Bake in two layers.

Filling for above.—1 cup banana (mashed), juice of $\frac{1}{2}$ lemon, 1 tablespoon butter, $\frac{1}{2}$ cup sugar. Boil until thick and when cool put between layers, then take the other half lemon (juice) and add icing sugar with a little hot water and spread on cake.—May Doig.

BANANA CAKE

2 eggs, 1 cup sugar, 1 cup raisins, 1 cup butter, 1 cup sour milk, 4 bananas (mashed), 1 teaspoon soda, 2 cups flour. Mix altogether and bake in moderate oven.—Lillian Rutherford.

BIRTHDAY CAKE

$\frac{1}{2}$ cup butter, 2 cups sugar, $3\frac{1}{2}$ cups flour, 1 cup sweet milk, whites of 4 eggs, 2 teaspoons baking powder, vanilla.—Mrs. Ernest Trethewey.

CRUMB CAKE

2 cups flour, 1 cup white sugar, $\frac{1}{4}$ cup butter. Rub to crumbs. Take out 1 cup of the crumbs. Mix the rest too 1 cup sour milk, 1 teaspoon soda, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 egg, 1 cup raisins, 1 cup currants. Sprinkle the cup of crumbs over top of cake, then put in oven to bake.—Mrs. J. Steele.

APPLE SAUCE CAKE

1 cup raisins, 1 cup brown sugar, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups apple sauce, 2 teaspoons soda, 2 cups flour. Bake in slow oven.

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FEEL CAKE

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 5 eggs, $\frac{3}{4}$ lb. flour, 2 teaspoons baking powder, $\frac{3}{4}$ lb. mixed peel, $\frac{1}{2}$ lb. raisins. Bake about 45 minutes in a moderate oven.—Mrs. Thos. Jolliffe.

PEEL CAKE

$\frac{1}{2}$ lb. butter, 2 cups of white sugar, 4 eggs, $\frac{1}{2}$ cup sweet milk, 2 cups flour, 10 cts. mixed peel, 1 cup chopped raisins, almonds, 2 teaspoons baking powder, flavoring. Beat whites of eggs separately.—Mrs. Grant.

FRUIT CAKE

$1\frac{1}{2}$ cups white sugar, 3 eggs, $\frac{1}{2}$ lb. butter, $1\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. shelled walnuts, $\frac{1}{4}$ lb. shelled almonds, $\frac{1}{2}$ lb. citron peel, $\frac{1}{4}$ lb. candied cherries, 1 cup sweet milk, 1 teaspoon salt, 1 orange (grind rind), $2\frac{1}{2}$ cups flour, 3 teaspoons baking powder.—Mrs. N. F. Babb.

CHOCOLATE CAKE

$\frac{1}{2}$ cup butter, 2 cups sugar, 4 eggs (yolks), 1 cup sweet milk, $\frac{1}{2}$ teaspoon vanilla, 4 dessertspoons cocoa, 2 cups flour, 4 teaspoons baking powder, add whites of eggs last and bake slowly.—Mrs. Geo. Trow.

ONE CAKE

First mix in bowl 1 cup flour, 1 cup granulated sugar, 1 teaspoon baking powder. Melt in a cup piece of butter the size of a walnut, 1 egg (beat), and fill cup with milk, flavor with vanilla. Bake in round pan.—Edna Holliday.

COCOA CAKE

$\frac{1}{2}$ cup sweet milk, 1 egg, 1 cup white sugar, $\frac{1}{2}$ cup butter, 1 teaspoon soda, $\frac{1}{2}$ cup milk, 2 cups flour, vanilla. Boil $\frac{1}{2}$ cup milk and cocoa till thick, when done stir in the egg, when cold add white sugar, butter and other half cup milk, also soda dissolved in warm water, add flour and flavoring.

Icing—Cream butter size of an egg with desired amount of icing sugar, add strong clear coffee till proper thickness.—Mrs. Crowe.

FOR DESSERT A BRICK OF STILLMAN'S ICE CREAM
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SPANISH BUNS

Yolks of 3 eggs, 1 white of egg, 1 cup. butter, $1\frac{1}{2}$ cups sugar, 1 cup milk, spk. salt, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon cinnamon, 2 teaspoons ground cloves.

Icing—Beat whites of 2 eggs, add gradually 1 cup brown sugar. Spread on cake after cooked and brown in oven.—Mrs. Allan Macdonald.

CHOCOLATE CAKE

1 cake chocolate, $\frac{1}{2}$ cup sweet milk, 2 yolks of eggs. Boil together until thick, stirring constantly, then add 1 cup sugar, 1 tablespoon butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 1 teaspoon soda, 2 teaspoons vanilla.

Dressing for cake—1 cup white sugar, $\frac{1}{2}$ cup water, 1 cup dates. Boil till dates are soft, then add the stiffened whites of 2 eggs and $\frac{1}{2}$ cup chopped almonds.—Mrs. W. Grosch.

CHOCOLATE CAKE

1st part—Grate 2 large tablespoons chocolate (unsweetened) yolks of 2 eggs well beaten, then add chocolate, moistened with little hot water, $\frac{1}{2}$ cup sweet milk, put on stove and boil till thick, stirring all the time. Let cool.

2nd part—1 small cup sugar, 2 tablespoons butter, $\frac{1}{2}$ cup sour milk, 1 teaspoon vanilla, pinch if salt. Mix together, then add 1st part, then add $1\frac{3}{4}$ cups flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon baking powder.

Icing— $1\frac{1}{2}$ cups (small) sugar, with enough cream to dissolve, put on stove and boil till thick, spread half on cake, the other part add 2 tablespoons chocolate, heat again and beat till nearly cool then spread on top of cream icing.—Mrs. R. S. Barber.

SPICE CAKE

2 eggs, 1 cup butter, 1 cup white sugar, 1 cup milk, $\frac{1}{2}$ teaspoon of cloves, cinnamon and pastry spice, 4 teaspoons baking powder, 2 cups flour.—Mrs. Gifford.

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SHORT CAKE

1 cup butter, 1 cup lard, 1 cup brown sugar, 3 cups flour. Roll out sugar fine, gradually mix in shortening, keep on mixing and adding flour. Try sample in oven, if greasy mix in a little more flour. Either roll out or mould into small cakes. Always leave in pan until cold.—Mrs. D. McIntosh.

CHERRY CAKE

1½ cups of butter, 1 cup of brown sugar, 1 cup white sugar, ½ cup of milk, 5 cups of flour, 2 cups of raisins, 5 eggs, ½ lb. of candied cherries, 10c citron peel, 1 teaspoon baking powder, 1 teaspoon vanilla. Bake in a steady oven about 2 hours, in a deep dish.—Mrs. J. F. Pearen.

CHERRY CAKE

2 eggs, ¾ cup sugar, ½ cup butter, 2 tablespoons water, 1 cup canned cherries, 1 teaspoon soda, 2 cups flour.—Mrs. Ed. Meyers.

FRENCH CAKE

2 cups sugar, ½ cup butter, 3 cups sifted flour, 2 teaspoons baking powder, 1 cup milk, 3 eggs, beaten separately, flavoring, almonds (chopped and blanched) may be added. Bake in moderate oven.—Mrs. Preston.

FUDGE CAKE

½ cup butter,, 2 eggs separated, 1½ cups sugar, ½ cup milk, 1¾ cups flour, 2 teaspoons baking powder, 2 squares chocolate melted in ½ cup boiling water, 2 teaspoons vanilla, pinch of salt.

Filling—¾ cup white sugar, yolk of 1 egg, ½ cup sweet milk, walnuts rolled, mix altogether and boil until tsick.—Margaret Campbell.

CORNSTARCH CAKE

½ cup butter, 1 cup sugar, 3 whites eggs, ½ cup milk, 1 cup flour, ½ cup cornstarch, a small teaspoon baking powder.—M. A. J.

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LIGHT CHRISTMAS CAKE

$\frac{1}{2}$ lb. butter, 2 cups light brown sugar, 3 eggs, 4 cups flour, 2 lbs. raisins, $\frac{1}{4}$ lb. peel, $\frac{1}{4}$ lb. almonds, 1 pt. sour cream, 1 teaspoon lemon flavoring, 1 teaspoon vanilla, $\frac{1}{2}$ lb. dates, 1 teaspoon soda, $\frac{1}{2}$ nutmeg, 1 teaspoon cinnamon.—H. Nichol.

FRUIT CAKE

3 eggs, 2 cups sugar, 1 cup butter, 1 cup sour milk, 1 teaspoon baking powder, 1 cup molasses, 3 teaspoons ground nutmeg, 1 dessert spoon cloves, 1 dessert spoon mace, 1 lb. raisins, 1 lb. currants, $\frac{1}{4}$ lb. lemon peels or mixed peels, $\frac{1}{2}$ lb. walnuts, $4\frac{1}{2}$ cups flour. Bake in moderate oven $1\frac{1}{2}$ hours.—Mrs. M. Martin

WHITE FRUIT CAKE

$\frac{1}{2}$ cup butter, 1 cup sugar, 3 teaspoons baking powder, $1\frac{1}{2}$ cups pastry flour, $\frac{1}{2}$ cup milk, $\frac{1}{3}$ cup chopped nuts, 3 eggs, $\frac{1}{2}$ teaspoon cloves, cinnamon and nutmeg, $\frac{1}{2}$ cup currants chopped, raisins and peel, $\frac{1}{4}$ cup chopped cherries.

Sift dry ingredients well mix fruits and nuts with them, cream butter, sugar and extracts, beat in egg yolks and to this add dry ingredients and milk. Then fold in egg whites beaten stiff. Bake in a pan lined with oiled paper for an hour in a moderate oven.—Mrs. J. J. Griffins.

ENGLISH WALNUT CAKE

$\frac{1}{2}$ cup butter, 1 cup granulated sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 cup chopped nut meats, $\frac{1}{2}$ cup dates, a little cinnamon, $\frac{1}{4}$ teaspoon almond extract. Cream the butter and sugar, then add the yolk of the eggs well beaten. Add the milk and flour alternately, 1 teaspoon baking powder added with the flour, then the dates and nuts well rubbed with flour and lastly the well beaten whites of the eggs and the extract. Put a few nuts on top and brush with white of egg. Bake for 1 hour in slow oven.—Olga Pauli.

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FRUIT CAKE

3 eggs, 2 cups raisins, 2 cups B. sugar, 1 lb. dates, 1 cup butter, 1 cup currants, $\frac{1}{2}$ cup walnuts, $\frac{1}{2}$ cup sour milk or butter-milk, 1 teaspoon soda, 1 teaspoon cream of tartar, $2\frac{1}{2}$ cups flour.—Mrs. A. Murr.

LIGHT FRUIT CAKE

1 lb. butter, 1 lb. white sugar, add 9 eggs (1 at a time and beat well), 2 lbs. raisins, $1\frac{1}{2}$ lbs. flour, 1 teaspoon baking powder, 1 lb. citron peel sliced, $\frac{1}{2}$ lb. blanched almonds, rind and juice of 1 lemon, candied cherries. Bake 3 hours.—Mrs. R. J. Easson.

WALNUT CAKE

1 cup white sugar, 4 tablespoons butter, 1 tablespoon milk, 1 teaspoon cornstarch, $1\frac{1}{2}$ cups flour, 3 teaspoons baking powder, whites of 2 eggs, 1 cup walnuts. Have nuts well flavored and bake in quick oven.—Mrs. D. Orr.

SPONGE CAKE

Yolks of 2 eggs, 2 small teaspoons baking powder, 1 cup sugar, 1 large cup flour, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk. Cream butter and sugar, add yolks eggs, milk, flour, baking powder, flavoring to taste and last beaten whites of two eggs.—Nilo McIntosh.

CREAM SPONGE CAKE

2 eggs broken into 1 teacup of cream, 1 teacup of white sugar, 2 cups sifted flour, 2 teaspoons baking powder, 1 teaspoon flavoring, a pinch of salt. Beat together or 10 minutes. Bake 15 minutes.—Mrs. Dillon.

NUT CAKE

1 cup sugar, 2 eggs, 4 cups flour, 2 heaping teaspoons cream of tartar, 1 teaspoon soda, 1 cup milk, 1 cup shelled walnuts. Stand to rise twenty minutes. Bake forty minutes.—Mrs. Earl Marshall.

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BROWN LAYER CAKE

1 dessertspoon cocoa, put in double boiler with yolks of 2 eggs, $\frac{1}{2}$ cup sweet milk. Mix and when it thickens take off and add 1 large tablespoon of butter, $\frac{1}{2}$ cup of sweet milk, 1 cup of white sugar, 1 teaspoon of vanilla, 1 scant teaspoon of soda dissolved in tablespoon of boiling water, $1\frac{1}{2}$ cups of flour.

Filling—grated rind and juice of 1 lemon, $\frac{3}{4}$ cup white sugar, 1 egg, a little butter. Boil 3 minutes in double boiler.—Mrs. Donald Kippen.

SURPRISE CAKE

1 egg, 1 cup sugar, 1 cup milk, $\frac{1}{2}$ cup butter, 1 teaspoon soda, 2 teaspoons cream tartar, 2 cups flour, 1 cup each raisins and currants. To make seed cake omit fruit and add heaping teaspoon caraway seeds.—Miss Scott.

KING EDWARD CAKE

1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk, 1 cup chopped raisins, $1\frac{1}{2}$ cups flour, 2 eggs, 1 teaspoon nutmeg, 1 teaspoon soda, 1 teaspoon cinnamon.—Mrs. J. D. Coghill.

EAGLE CAKE (Eggless)

1 cup sugar, $\frac{1}{3}$ cup butter, 1 cup sour milk, 1 teaspoon cinnamon, $\frac{1}{2}$ cup cloves, $\frac{1}{2}$ nutmeg, 1 teaspoon soda, 1 cup raisins, 2 cups flour. Mix as usual, putting raisins in last and flavoring them a little.

Maple Icing—2 cups brown sugar, $\frac{1}{2}$ cup milk, butter the size of walnut. Boil until it forms a soft ball in cold water, then add one teaspoon vanilla and beat to right thickness to spread.—E. Mott.

PRINCE OF WALES CAKE

$\frac{3}{4}$ cup white sugar, 1 cup butter, 2 eggs, $\frac{3}{4}$ cup sour milk, 1 cup raisins, 1 teaspoon cinnamon, 2 cups sifted flour, 1 large tea spoon soda. Bake in loaf tin.—Mrs. J. W. Chowen.

HYDRO SHOP--

**MOFFATT
ELECTRIC RANGES**

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FRUIT SANDWICH CAKE

2 eggs, 1 cup brown sugar, small cup butter, small cup sour milk, 1 teaspoon of soda, 1 teaspoon cinnamon, 1 teaspoon allspice, $1\frac{1}{2}$ cups of flour put soda and spices in flour and sift well, add 1 large cup raisins.

Filling—1 lemon, 1 egg, 1 cup gran. sugar. Boil together until thick.—Miss E. Wilson.

CHOCOLATE CAKE

$\frac{1}{2}$ cup unsweetened chocolate, $\frac{1}{2}$ cup sweet milk. Put on stove together and let it come to a boil, when cold add 1 egg beaten in $\frac{1}{2}$ cup sweet milk, 2 tablespoons butter, 1 cup sugar, 1 teaspoon soda, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon vanilla, $1\frac{1}{2}$ cups flour.—Marie Kastner.

FUDGE CAKE

1 cup sugar, $\frac{1}{2}$ cup butter, beat together, 1 egg (beaten), 1 tablespoon Cowan's cocoa, $\frac{1}{4}$ cup sour milk, 1 teaspoon soda in $\frac{1}{2}$ cup hot water, $1\frac{1}{2}$ cups of flour, salt, vanilla.

Icing—Small piece butter, cocoa to taste, icing sugar, a little hot water, vanilla to taste.—Mrs. Wm. Bickett.

SOUR CREAM CAKE

1 cup white sugar, 1 cup sour cream, 2 eggs, $\frac{1}{2}$ teaspoon soda, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon lemon flavoring, $2\frac{1}{2}$ cups flour. Beat sugar and eggs until very light, add the flavoring, stir soda in sour milk and add alternately to the egg mixture with the flour mixed and sifted with the salt and baking powder, bake in layers or as a loaf cake in a moderate oven about 45 minutes.—Mrs. Wilson.

SOUR CREAM CAKE

Beat 1 egg into a cup, half fill with cream, fill cup with sugar, turn into a mixing bowl and beat all, add 1 cup flour, 1 teaspoon cream of tartar (only if cream is not very sour), $\frac{1}{2}$ teaspoon soda, salt, lemon flavoring.—Miss Adeline Dingman.

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OATMEAL CAKE

2 cups oatmeal, $\frac{3}{4}$ cup B. sugar, 5c shelled walnuts, $\frac{1}{2}$ cup raisins and dates, $\frac{3}{4}$ cup butter, 1 cup sour milk, 1 teaspoon soda, $1\frac{1}{2}$ cups flour. Rolled oats and a little more sour milk can be used instead of oatmeal. Mix soda with milk. Bake in moderate oven $\frac{3}{4}$ hour.—Mrs. A. C. Harris.

OATMEAL CAKE

$1\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ cup butter, 2 eggs (separate whites) 1 cup sour milk, 1 teaspoon soda, $\frac{1}{2}$ cup walnuts (chopped), 1 layer of a package of dates, 1 teaspoon mixed spice, 1 cup flour, $1\frac{1}{4}$ cups oatmeal (put through meat grinder), add beaten whites of eggs just before flour.—Mrs. W. Spencer.

DATE CAKE

2 eggs, $\frac{1}{2}$ cup butter, 1 teaspoon cinnamon, 1 teaspoon cloves, 2 tablespoons black strap, $\frac{3}{4}$ cup sugar (white), $\frac{1}{2}$ cup currants, 1 teaspoon soda, $\frac{1}{2}$ cup sour milk, 2 cups flour. Cream butter and sugar, add well beaten eggs. Then add sour milk. Sift cinnamon, cloves and soda with flour, add black strap to mixture, then dry ingredients and lastly currants. Bake in two layers, use dates for filling.—Mrs. W. F. McLarty.

DELICIOUS DATE CAKE

$\frac{1}{2}$ cup of soft butter, $1\frac{1}{3}$ cups brown sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{3}{4}$ cups flour, 3 teaspoons of cinnamon, cloves and salt milk, $1\frac{3}{4}$ cups flour, 3 teaspoons of cinnamon, cloves and salt, $\frac{1}{2}$ pound of dates cut in pieces. Put all together at once. Beat for three minutes and bake for forty minutes. Mrs. F. Parker

DATE CAKE

1 cup brown sugar, 1 egg, $\frac{1}{2}$ cup butter, $\frac{2}{3}$ sour milk or cream, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon mace or nutmeg, 1 teaspoon of soda dissolved in milk, 1 pound dates cut up, 2 cups flour. Mrs. H. Neiid

HYDRO SHOP — **THE PEOPLE'S STORE**

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DELICIOUS CAKE

$\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 eggs separate, 2 teaspoons of baking powder in $1\frac{1}{2}$ cups of flour well sifted. Mix butter, sugar, yolks of eggs, add milk, flour, last of all the beaten whites of eggs. Bake in a slow oven.—Mrs. N. A. Moore.

ANGEL CAKE

1 tumbler flour, 1 teaspoon cream of tartar, $1\frac{1}{2}$ tumblers sugar. Beat whites of 11 eggs. Stir in sugar, flour and cream of tartar. Flavor to taste and bake in a moderate oven.—Clara Preston.

LIGHT CAKE

$\frac{1}{2}$ cup butter, 2 cups white sugar, 3 cups flour sifted 3 times, 3 teaspoons B. powder, 1 cup sweet milk. Add milk and flour alternately, fold in whites of 3 eggs beaten stic.

White Icing— $\frac{3}{4}$ cup sweet milk, $\frac{1}{2}$ cup white sugar, 1 deserts-
spoon corn starch. Let boil until thick, add almonds, flavoring, cool, beat in $\frac{1}{4}$ lb. butter from which all the salt has been washed out. Beat until stiff.—Mrs. Roy Lloyd, Goderich, Ont.

WHITE CAKE

Put the unbeaten whites of 2 eggs into a measuring cup, add enough soft butter to make up $\frac{1}{2}$ cup, add sweet milk to finish filling cup. 1 cup sugar, $1\frac{1}{2}$ cups flour (measured after sifting), 1 teaspoon baking powder, pinch of salt and flavor to taste. Sift all dry ingredients 4 or 5 times, turn on wet portion and beat for 5 minutes, bake slowly.—Miss Gourlay.

DELICIOUS CAKE

1 cup sugar, $\frac{1}{2}$ cup butter, work to a cream; 1 egg, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder. Bake in a shallow pan.—Mrs. L. Maxwell.

CORN CAKE

1 pt. cornmeal, 1 cup flour, 1 pt. sweet milk, 1 tablespoon soda, 1 tablespoon molasses, 2 eggs, 1 tablespoon molasses, 1 tablespoon cream tartar, sugar to taste. Bake in a square tin.—Mrs. Booth.

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QUICK CAKE

1/3 cup soft butter, 1 1/3 cups brown sugar, 2 eggs dropped in whole, 1/2 cup milk, 1 3/4 cups flour, 2 teaspoonsful baking powder, 1/2 teaspoon cinnamon, 1/2 teaspoon grated nutmeg, 1/2 pound dates. Put everything in a bowl at once and beat for three minutes.—Miss C. Hunter.

MOCHA CAKE

1/2 cup butter, 1 cup granulated sugar, 1 1/2 cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar, 1/2 cup milk, 4 egg whites beaten stiff and add last. Bake in shallow dish.

Icing—Beat 2 1/2 tablespoons butter to a cream then add 2 cups icing sugar, 1 tablespoon vanilla. Cut the cake in small squares and cover with icing and roll in minced nuts.—Mrs. A. G. McLeod.

SUNSHINE CAKE

Whites of 4 eggs, yolks of 3, 3/4 of a cup of sugar, 1/2 cup of flour, 1/3 of a teaspoon of cream of tartar, 1 teaspoon of vanilla, sift flour and sugar 5 times, separate eggs putting whites in mixing bowl, yolks in small bowl, beat yolks till very light, whip whites, (add pinch of salt and cream of tartar,) whip till perfectly stiff, then add sugar and fold in, yolks and fold in, vanilla and fold in, then flour and fold lightly through, put in cake dish with funnel that has never been greased and bake in moderate oven about forty minutes. This can be iced if wished.—J. Rose.

JERSEY LILY CAKE

1/2 cup butter, 1 cup white sugar, 1 cup sweet milk, whites of 2 eggs, 1 teaspoon vanilla, 2 teaspoons baking powder, 2 cups flour, raisins and chopped walnuts. Cream the butter and sugar, add the whites beaten stiff, milk and vanilla, baking powder and sifted flour. Put half the batter in the pan and a layer of seeded raisins and a layer of chopped nuts, then balance of batter. Bake in a moderate oven. Beat the yolks and mix with icing sugar for icing.—Mrs. Anos. Holliday.

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STRAWBERRY CAKE

2 eggs, $\frac{1}{2}$ cup of butter, small cup of sugar, 2 cups of flour, 1 teaspoon of soda, 2 tablespoons of sour milk, 1 cup of preserved strawberries or any other fruit preferred.—Mrs. James Dickson.

MOLASSES LAYER CAKE

Yoke of 1 egg, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{3}{4}$ cup sour milk or cream, 1 teaspoon soda, butter size of an egg. Mix very soft, use about 2 cups of flour. 1 cup of chopped raisins in boiled icing for filling.—Mrs. H. Kastner.

RASPBERRY CAKE

3 eggs and 1 cup granulated sugar beaten 20 minutes, then add, 1 cup canned raspberries (drain off liquid), 1 cup heapingful of flour, 1 level teaspoon soda, 1 level teaspoon cream of tartar, pinch of salt. Bake in two layers. When cool spread with 1 cup of whipped cream sweetened with powdered sugar and flavored with vanilla.—Mrs. N. E. Sayers.

TWO LAYER CAKE

$\frac{1}{2}$ cup butter (creamed), $1\frac{1}{2}$ cups granulated sugar, 3 eggs (whites only), $\frac{3}{4}$ cup milk, $1\frac{3}{4}$ cups flour, 3 level teaspoons baking powder. Cream butter and sugar, beat in eggs and gradually add milk, flour and baking powder.

Chocolate filling—Two squares chocolate dissolved in one cup of hot milk. Two-thirds cup of sugar, 3 eggs (yolks). Beat sugar and eggs together and add gradually to milk and cook until it thickens.—Mrs. D. M. Wright.

ORANGE CAKE

2 cups sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 2 eggs, 3 cups flour, rind and juice of 1 orange, 2 teaspoons cream tartar, 1 teaspoon soda. Mix eggs, sugar and butter, (creamed), 1 cup sweet milk and orange then flour, tartar and soda.—Mrs. Manual.

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ORANGE CAKE

1 cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, juice 1 orange, fill cup with cold water, 2 cups flour, 2 teaspoons baking powder. Bake in layers or loaf, grate rind of orange before taking out juice and use to flavor icing. Two cups icing sugar, butter size of walnut, mix with milk or cream, add grated rind.—Mrs. Brenchley.

DEVIL CAKE

1 cup brown sugar, $\frac{1}{2}$ cup grated chocolate, $\frac{1}{2}$ cup milk, sweet, let come to a boil. 1 cup brown sugar, $\frac{3}{4}$ inch across pound butter, 2 eggs, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 small teaspoon soda, $\frac{1}{2}$ cup milk. Cream sugar and butter, add beaten eggs, sift baking powder, soda and flour, add milk. Then add boiled mixture.

Icing—1 cup white sugar, enough water to wet it. Let boil until it hairs, beat white 1 egg and add above mixture and beat until stiff, add vanilla.—Mrs. J. D. Coghill.

DEVIL CAKE

2 cups brown sugar, $\frac{2}{3}$ cup butter, 1 egg, 1 teaspoon vanilla, 1 teaspoon soda dissolved in 1 cup sour milk, 4 tablespoons cocoa sifted with 2 cups flour.

Icing— $1\frac{1}{2}$ cups icing sugar, 5 teaspoons cocoa, butter size of an egg, cream enough to mix.—Mrs. G. L. McHattie.

DEVIL CAKE

First part—1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 cup sweet milk, 1 teaspoon soda, 2 cups flour, 3 egg yolks.

Second part—1 cup brown sugar, 1 cup unsweetened chocolate, grated, 1 cup sweet milk, flavor with vanilla, bring to a boil. When cold add first part. Bake slowly.

Always put baking powder in first part as well as soda as it makes a lighter cake.—Miss E. Patterson.

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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."

SCOTCH SHORTBREAD

½ lb. fruit sugar; 1 lb. best butter; 2 lbs. (4 cups) flour;
1 cup ground rice. Mix flour and sugar together, then add rice,
rub in butter and make into cakes ½ or ¾ inch thick. Bake in
a slow oven until a light brown in color. —Mrs. Hamilton.

SHORTBREAD

½ lb. butter; ¾ lb. flour; 3 tablespoons (heaping) castor
sugar; 1 tablespoon (heaping) rice flour. Cream butter
thoroughly, add sugar, and cream again, then add rice flour and
lastly pastry flour. Bake in moderate oven.

—Mrs. W. F. McCarty.

BROWNIES

1 cup fine sugar (fruit sugar is best); ½ teaspoon salt;
1-3 cup butter; 2 squares bitter chocolate; 2 eggs; ½ cup flour;
1 cup nut meats. Bake in a slow oven in seven inch pans, and
cut in small squares. —Mrs. W. G. Owens.

GINGER SNAPS

1 cup white sugar; 1 cup butter; 1 cup black strap molasses;
1 teaspoon ginger; 1 teaspoon cinnamon. Mix together. Let
boil about two minutes; add flour and one teaspoon soda. Roll
very thin. —Miss Grace Crerar.

COCOANUT JUMBLES

1 cup butter; 1½ cups sugar pulverized; 5 eggs; 1 cup
flour, heaped; 1 lb. grated cocoanut. Drop on tin with table-
spoon. —Nano Dillon.

FOR DESSERT A BRICK OF STILLMAN'S ICE CREAM

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VANILLA WAFERS

2 eggs; 1 cup granulated sugar; $\frac{1}{2}$ cup butter and lard mixed; 2 teaspoons vanilla; $\frac{1}{2}$ teaspoon salt; 1 teaspoon Magic Baking Powder. Mix sugar and yolks of eggs well. Add stiffly-beaten whites, then shortening creamed, and enough flour to roll thin.

—Mrs. Bruder.

RAGGED ROBINS

Whites of 2 eggs beaten stiff; $\frac{1}{2}$ cup sugar; $1\frac{1}{2}$ cups corn flakes; 1 teaspoon vanilla; $\frac{1}{2}$ cup chopped dates; $\frac{1}{2}$ cup chopped walnuts. Drop from teaspoon on baking pan.

—Mrs. M. Martin.

COCOANUT SQUARES

Butter the inside of a pan.

2 cups sugar; a piece of butter; 1 cup shredded cocoanut. Cook until it forms soft ball. Test in water. Then take from stove and whip till creamy; pour into buttered pan. Mark in squares while warm.

—Mrs. F. L. Thompson.

COCOANUT MACAROONS

Whites of 2 eggs, beaten stiff in small sauce pan to fit in top of kettle (have water boiling in kettle). Add one cup white sugar and stir until shiny and sticky. Then take from top of kettle and add one spoonful of vanilla and about $1\frac{1}{2}$ cups of cocoanut. Drop on buttered pans and cook in medium oven.

—Mrs. J. Sowerby.

CURLY PETERS

$1\frac{1}{2}$ cups sugar; 1 cup butter; $1\frac{1}{4}$ tablespoons molasses; 1 teaspoon baking soda; 2 eggs; pinch salt; 1 cup raisins; 1 cup currants; 1 cup walnuts chopped; 1 teaspoon cinnamon; flour to thicken. Drop into small cakes.

—Mrs. Booth.

OATMEAL HERMITS

$\frac{3}{4}$ cup butter; 1 cup baking soda; 2 cups rolled oats; 1 cup flour; 1 cup raisins; $\frac{1}{2}$ cup walnuts; 2 eggs; 4 tablespoons milk; 1 teaspoon soda (level); spice to taste.—Miss M. L. McPherson.

HYDRO SHOP-- **HOOVER**
ELECTRIC SWEEPER

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CREAM PUFFS

1¼ cups of water let come to a boil. Add butter size of an egg and stir in one cup of flour. Stir until thick then let cool. When cool stir in three eggs one after the other. Drop on tins and bake 25 or 30 minutes. Fill with whipped cream.

—E. Goodwin.

TRILBYS

4 cups oatmeal; 3 cups flour; ½ cup sour milk; ½ teaspoon soda; 2 cups butter. Roll and place together with a date filling.

—Mrs. S. Rust.

GINGER NUTS

1 cup molasses; 2 tablespoons water; ½ cup shortening; 3½ cups flour (sifted); 1 cup brown sugar; 1 teaspoon salt; 1 teaspoon soda; 1½ tablespoons ginger; ½ cup of lemon and orange peel; nuts if desired. Heat molasses and shortening melted in it; add water and then dry ingredients with fruit all chopped fine. Roll thin and bake in quick oven. —Rhea Kneitl.

"BEST EVER" DOUGHNUTS

2 cups hot mashed potatoes; 2 cups of sugar; 1 cup milk; 3 eggs, beaten separately; a little salt; nutmeg; and, lastly, 3 tablespoons of melted butter. Add flour to make a stiff dough into which 5 teaspoons of baking powder have been sifted.

These doughnuts are different and absorb less fat, and keep more moist than the usual kind.

—Mrs. W. P. Tick.

DROP DOUGHNUTS

2 eggs; ½ cup granulated sugar; one-third cup sweet milk; a pinch of salt; a little lemon flavoring; 1 good cup flour; 1 heaping teaspoon baking powder. Drop with a spoon into boiling hot fat.

—Mrs. J. W. Chowen.

FRUIT KISSES

Whites of 2 eggs beaten stiff; 1 cup sugar. Put in double boiler and add ½ lb. dates chopped; ½ lb. nuts chopped. Drop on buttered tins.

—Mary Wolfe.

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COCOANUT KISSES

Whites 3 eggs beaten stiff; 1 cup sugar; 1 teaspoon vanilla. Mix and cook slowly for ten minutes. When done add 2 cups of shredded cocoanut and 2 or 3 rolled soda biscuits. Put on buttered tins in oven and cook for about 10 minutes or until brown.

—Rhea Kneitl.

CORN FLAKE KISSES

2 cup corn flakes; 2 egg whites; 1 cup granulated sugar; 1 teaspoon vanilla; 1 cup cocoanut.

METHOD.—Beat the whites of eggs till stiff and dry; gradually add the sugar and beat continually for two minutes, then add other ingredients stirring only long enough to mix thoroughly. Drop by teaspoonfuls on oiled paper, and bake in a moderate oven. This will make about 2½ dozen kisses.

—C. Welsh.

TRILBYS

2 cups flour; 2 cups oatmeal; 1 teaspoon soda; 1 cup sugar; two-thirds cup butter; ½ cup sour milk. Roll out very thin and cut two cakes the same size (oval or square) and put the filling between. Press down edges and bake.

FILLING.—1 lb. dates or figs cut up and boiled in 1 cup of sugar with small amount of water. When cool spread between the dough and bake.

—M. H. Stewart.

BOSTON COOKIES

2 eggs; 1 cup of butter; 1 cup of brown sugar; 2 cups dates; 1 cup chopped walnuts; ½ teaspoon soda; ½ cup sour milk; 3 cups flour. Drop a spoonful at a time on a pan and cook quickly.

—Mrs. W. F. Finkbeiner.

OATMEAL COOKIES

1 egg; 1 tablespoon butter; ½ cup sugar; 2 cups oatmeal. Bake in a hot oven.

—Mrs. Carter, Mitchell, Ont.

SCOTCH SHORTBREAD

2 lbs. flour; 1 lb. butter; ½ lb. sugar; 1 egg. —Miss Scott.

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BROWN COOKIES

1 heaping cup brown sugar; $\frac{3}{4}$ cup butter and lard; 2 eggs; 1 small teaspoon soda; 2 cups, or more, flour; 1 cupful chopped nuts and raisins.
—Mrs. Garden.

CURRANT DROPS

$\frac{1}{4}$ cup lard; $\frac{1}{2}$ cup sugar; 1 egg; 2 tablespoons milk; $\frac{1}{2}$ cup raisins or currants; 1 teaspoon vanilla; 2 teaspoons baking powder; flour to make a stiff batter. Drop in spoonfuls on buttered pan.
—Mrs. A. Morrow.

PLAIN COOKIES

2 eggs; $1\frac{1}{2}$ cups brown sugar; 1 cup shortening; 2 tablespoons sour milk; 1 tablespoon cream of tartar; $\frac{1}{2}$ teaspoon soda; salt. Beat all together and stir in flour at least 2 cups. Add flavoring. This mixture can be rolled thin and spread with a date filling. Roll like jelly roll and cut in slices.—Mrs. Tune.

LEMON COOKIES

$1\frac{1}{2}$ cups white sugar; $\frac{1}{2}$ cup butter; 3 eggs; 1 cup cream; rind and grated juice of lemon; 1 teaspoon baking powder; flour; teaspoon soda dissolved in warm water. —Mrs. R. J. Easson.

RICH COOKIES

$\frac{1}{2}$ cup butter; one-third cup sugar; 1 egg, well beaten; $\frac{3}{4}$ cup flour; $\frac{1}{2}$ teaspoon vanilla; raisins, nuts or citron. Cream the butter, add sugar gradually, egg and flour and vanilla. Drop from tip of spoon in small portions on buttered sheet two inches apart. Spread thinly with a knife first dipped in cold water. Put four Sultana raisins on each cookie, or almonds blanched and cut in strips, or citron cut in small pieces.

—Mrs.(Dr.) Deacon.

COCOANUT COOKIES

1 cup grated cocoanut; $1\frac{1}{2}$ cups white sugar; 1 cup butter; $\frac{1}{2}$ cup milk; 2 eggs; 1 large teaspoon baking powder; $\frac{1}{2}$ teaspoon vanilla; enough flour to roll.
—E. J. Mott.

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DATE COOKIES

$\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup lard; 2 cups oatmeal; 2 cups flour;
1 cup sugar, brown; 3 teaspoons baking powder; $\frac{1}{2}$ cup milk;
pinch of salt; 1 cup dates; cover with water; $\frac{3}{4}$ cup sugar.

—Mrs. H. Keestner.

OATMEAL COOKIES

3 cups oatmeal; $1\frac{1}{2}$ cups flour; 1 cup brown sugar; $\frac{1}{2}$ cup
butter; $\frac{1}{2}$ cup lard; 1 teaspoon soda dissolved in $\frac{1}{2}$ cup hot
water. Let the water cool before using pinch of salt. Mix dry
ingredients, then add shortening, then soda. Make into date
cakes when cool.

—Mrs. Agnes Orr.

CORN FLAKE COOKIES

1 cup lard and butter mixed; 1 cup granulated sugar;
2 eggs; $1\frac{3}{4}$ cups flour; 4 teaspoons baking powder; 4 cups corn
flakes; 2 teaspoons almond flavor; 1 teaspoon vanilla. Drop
on greased tins.

—Miss Pirie Nasmyth.

CRISP SUGAR COOKIES

$1\frac{1}{2}$ cups granulated sugar; $\frac{3}{4}$ cup shortening; 1 egg; $\frac{1}{2}$ cup
buttermilk; 1 teaspoon soda; flour to roll. Flavor with nutmeg
or vanilla.

—Mrs. H. W. Strudley.

ALMOND COOKIES

Cream 1 cup granulated sugar with scant cup shortening
(3 parts butter to one part lard). Add beaten egg. Sift two
cups flour with 2 teaspoons baking powder. Add 10c chopped
almonds and few drops ratifia. Put $\frac{1}{2}$ almond on top of each
cookie. Do not roll out, but make into small ball and press down
with finger on tin.

—Mrs. C. H. Young.

CHOCOLATE COOKIES

2 eggs; $1\frac{1}{2}$ cup granulated sugar; 1 heaping cup shortening;
1 cup cocoa; 1 teaspoon cinnamon; 1 teaspoon vanilla; $\frac{3}{4}$ cup
buttermilk; 1 teaspoon soda; 1 teaspoon baking powder; enough
flour to roll smooth.

—Mrs. M. Dunn.

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PEANUT COOKIES

2 tablespoons butter; 1 egg; $\frac{1}{4}$ teaspoon salt; 2 tablespoons milk; $1\frac{1}{2}$ cups finely chopped peanuts; 1 teaspoon lemon juice; $\frac{1}{4}$ cup sugar; 1 teaspoon baking powder; $\frac{1}{2}$ cup flour.

Cream butter and sugar; add egg well-beaten. Mix and sift baking powder, salt and flour, and add to first mixture. Add milk, lemon juice and peanuts.

Drop from teaspoon one inch apart. Bake 10 to 12 minutes in a slow oven.

This recipe should make from 24 to 30 cookies.

—Miss Packert.

NUT DROP CAKES

1 cup brown sugar; $\frac{1}{2}$ cup butter; 1 cup chopped dates; 1 cup chopped peanuts; $1\frac{1}{4}$ cup flour; 2 eggs; $\frac{1}{2}$ teaspoon soda. Flavor with vanilla.

Cream butter and sugar, and stir in the beaten eggs. Mix dates, nuts with the flour, and add with the soda dissolved in warm water. Beat thoroughly and drop from a teaspoon on baking pan.

—Mrs. A. G. McLachlin.

COOKIES

2 cups white sugar; 2 cups butter; 4 eggs (well-beaten); 5 cups flour; 2 teaspoons soda; 1 teaspoon cream tartar; 1 teaspoon salt. Flavor to taste with nutmeg or ratarfia. Roll not too thin; sprinkle with white sugar; bake 10 minutes in a quick oven. For a change press a raisin or nut meat in centre of each. A piece of peel would likewise serve. —Mrs. J. Kearney.

OATMEAL ROCKS

2 cups of oatmeal; 2 cups of flour; 1 cup of shortening; $\frac{1}{2}$ cup of sour milk; 1 cup of brown sugar; 1 cup of chopped dates raisins, nuts; 1 teaspoon of soda; 1 egg, and a speck of salt; $\frac{1}{2}$ teaspoon cinnamon, cloves, allspice. Drop on a greased pan and bake in a hot oven.

—M. Salvadge.

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ALMOND FINGERS

1½ cups flour; ¼ lb. butter; 1 tablespoon granulated sugar; 1 egg yolk; 1 teaspoon baking powder. Mix like pie crust with a little milk. Roll out, then beat white of egg very stiff with ½ cup icing sugar. Spread evenly on paste and sprinkle with ¼ lb. almonds (chopped fine). Cut in finger shapes and bake a pale brown in moderate oven. Cocoanut may be used instead of nuts.
—Mrs. J. W. Brown.

DATE AND NUT COOKIES

3 eggs; ½ cup brown sugar; two-thirds cup butter; 1 teaspoon soda; 2 tablespoonfuls of boiling water; 1½ cups flour; ½ lb. dates; ½ cup chopped walnuts; 1 teaspoon vanilla; ½ teaspoon nutmeg.
—Marie Kastner.

BOSTON ROCKS

Two-thirds cup butter; small cup granulated sugar; 2 eggs; 1½ cups flour; 1 lb. dates, stoned and cut up; ¼ lb. walnuts, chopped; 1 teaspoon cinnamon; 1 teaspoon cloves; small teaspoonful soda in about two tablespoonfuls of water. Drop with teaspoon on buttered tins and bake in moderate oven.
—M. L. Golden.

MACAROONS

Whites of 3 eggs (beaten stiff); 1 cup sugar; 1 tablespoon corn starch. Remove lid of kettle. Set bowl in kettle and stir 15 minutes. Add 2 cups cocoanut. Drop on buttered paper and cook in a slow oven until brown.
—S. Fisher.

COCOANUT MACAROONS

Beat a whole egg with a fork or beater until it is light and fluffy. Add ½ cupful of sugar and two-thirds tablespoon of melted butter; add two-thirds cupful of rolled oats; ½ cupful of shredded cocoanut; and a little salt. Flavor with ¼ teaspoon vanilla. Drop on buttered pan and bake in a very slow oven for 20 minutes.
—Mrs. R. L. Oman.

HYDRO SHOP--

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DATE MACAROONS

Whites of 4 eggs; 1 cup fruit sugar; $\frac{1}{2}$ lb. dates; $\frac{1}{2}$ lb. almonds; 1 teaspoon vanilla.

METHOD. Stone dates and blanch almonds. Put through chopper together. Beat eggs till stiff and add sugar. Stir in well and add vanilla. Add dates and almonds and mix. Turn out in long pan. Bake one hour, and after baked cut in squares. This makes four dozen. —Harriotte Innes.

COCOANUT MACAROONS

Whites of 3 eggs, beaten stiff. Add 1 cup of granulated sugar and beat. Place dish in a pan of boiling water, beating it continually until mixture is quite thick. Remove from fire; add 2 cups shredded cocoanut and one heaping tablespoon of cornstarch and flavoring to suit. Drop by spoon on to the baking sheet or pan. Bake about 20 minutes in a moderate oven.

—Rhea Newton.

DROP CAKES

1 lb. dates, chopped; $\frac{1}{4}$ lb. mixed peel, chopped; $1\frac{1}{2}$ cups brown sugar; $\frac{1}{2}$ lb. butter; 2 eggs; $1\frac{1}{2}$ teaspoons soda, dissolved in $\frac{1}{2}$ cup hot water; $2\frac{1}{2}$ to 3 cups flour; 1 nutmeg.

—Miss P. Dunbar.

CORN FLAKE DROPS

1 cup sugar; 2 teaspoons baking powder; $1\frac{3}{4}$ cups flour; pinch of salt; $\frac{1}{2}$ cup butter; 2 eggs; $\frac{1}{2}$ teaspoon vanilla; 1 teaspoon almond. Mix well and add four cups corn flakes. Drop on well-buttered pans. Bake twenty minutes.—Mrs. McMillan.

ALMOND DROP CAKES

2 cups mixed peel (chopped); 2 cups almonds (blanched and chopped); 2 cups granulated sugar; 4 cups flour; 2 eggs; $\frac{3}{4}$ lb. butter; 1 teaspoon soda dissolved in $\frac{1}{2}$ cup hot water and let cool before putting in cake; 1 teaspoon lemon extract; 1 teaspoon almond extract.

—Miss P. Dunbar.

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COCOANUT BALLS

1 Can BAKERS fresh grated cocoanut; 2 cups brown or white sugar; 1 cup cocoanut-milk and water; 2 egg whites; pinch of baking soda.

Put sugar and cocoanut-milk into saucepan; stir until dissolved, and boil until it spins a thread. Remove from fire and stir into beaten egg whites. Beat until stiff adding soda and $\frac{1}{2}$ the thoroughly pressed cocoanut. Make into desired shapes. Frost with balance of cocoanut. Sprinkle with granulated sugar and put in a cool place to harden. Delightful when coated with chocolate.

—Miss M. Kappele.

ROCK COOKIES

1 cup white sugar; 1 cup butter (melt); 1 cup raisins; 2 eggs; 2 teaspoons baking powder; nutmeg; flour to make stiff batter. Roll pieces to about size of marbles; press flat with a fork.

—Mrs. A. Morrow.

CREAM PUFFS

1 cup water; $\frac{1}{2}$ cup butter; 1 cup flour. Boil together. When cool stir in 3 eggs, one at a time, and beat for five minutes. Drop on buttered tins.

Fill with whipped cream or custard. 1 cup milk; 1 egg; $\frac{1}{2}$ cup granulated sugar; 1 tablespoon cornstarch; vanilla.

—Mrs. W. P. Bradshaw.

DATE MACAROONS

1 package dates; $\frac{1}{2}$ lb. shelled almonds; 1 egg (white only); 1 cup granulated sugar.

Beat egg white stiff. Add sugar and beat very stiff, then add dates and almonds cut in halves. Cook in slow oven. Cut in bars while hot and remove when cold.

—Mrs. D. M. Wright.

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SALADS

" I warrant there's vinegar and pepper in it."

CRAB SALAD

1 lb. can of crab meat; 4 hard boiled eggs; salt and paprika; $\frac{1}{2}$ cup almonds; 1 cup mayonnaise; $\frac{1}{2}$ pt. cream (heavy); 1 large pimento, cut fine. Pull out bones and cut crab meat in pieces (not too small). Cut the eggs in cubes. Blanch the almonds and cut in thin lengthwise strips. Whip cream very stiff and add mayonnaise very gently; add salt and paprika. Mix all thoroughly and serve on lettuce. —Mrs. Burton Harris, N. Y.

BUTTERFLY SALAD

Place a crisp lettuce leaf on a plate. Cut a round slice of canned pineapple in half and arrange on the lettuce leaf, putting the two curved sides together to form the wings. Form the body with half of a date moulded into shape. For the long feelers use strips of red pimento. Cut candied cherries in rings to dot the wings. Serve with salad dressing.

—Mrs. Jno. MacMillan, 112 Queen St.

POTATO SALAD

Boil 6 potatoes until very soft; peel and mash. While hot season with salt and pepper and 1 teaspoon butter. Boil 2 eggs and dissolve the yolks in 2 tablespoons of vinegar; pour over the potatoes and mix well. Put in a dish. Slice the egg whites and put over potatoes. —Mrs. W. G. Ingles.

SALAD

$\frac{1}{2}$ pkg. orange jello powder made according to directions; 1 cup chopped celery; 1 cup chopped cabbage; 1 orange cut in small pieces; $\frac{1}{2}$ tin pimentos, cut fine. Pour the jello into moulds and add a little of each of the above ingredients. Let stand till jello hardens. Remove from moulds and pour over top about a dessertspoon salad dressing. —Mrs. Les. Kastner.

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FRUIT SALAD

2 oranges; 3 bananas; $\frac{1}{2}$ lb. malaga grapes; 1 grape fruit; $\frac{1}{2}$ oz. shelled walnuts. Peel and slice fruit, removing tough skin and seeds. Mix well and arrange on lettuce leaves. Cover with whipped cream and dot with maraschino cherries.

—Mrs. W. Pearson.

MARSHMALLOW, PINEAPPLE AND ORANGE SALAD

Cut $\frac{1}{4}$ lb. marshmallows in quarters. Drain sliced pineapple from syrup in can and cut in small triangles. Cut oranges in cubes. There should be one cup each of pineapple and oranges. Mix all lightly together. Arrange on crisp lettuce leaves and top with mayonnaise and chopped pecans.

—Annis Brown.

IMPERIAL SALAD

Take fresh pineapple orange, celery and apples; cut in cubes and mix with some mayonnaise dressing and a tablespoon or two of rich cream. Garnish with finely chopped green peppers and pimento. Sprinkle a few nuts in the centre.

—Mrs. J. J. Griffin.

WINTER SALAD

1 pt. can pineapple; $\frac{1}{2}$ cup chopped gherkins; shredded pimento; 1 tablespoon vinegar; 1 package lemon jello. To juice of pineapple add enough water to make a pint. Bring to boil, add vinegar and lemon jello. Add solid ingredients. Mould in individual moulds and serve on lettuce with mayonnaise. Cabbage may be used in place of pineapple. —Gertrude Rankin.

BEEF SALAD

1 qt. boiled beets; 1 pt. celery; 1 raw cabbage; 1 cup horse-radish; 2 cups white sugar; 1 tablespoon salt; 1 teaspoon pepper; $\frac{1}{4}$ teaspoon red pepper. Cut all fine or put through grinder, and pour cold vinegar over it. Put in air tight jars.

—M. L. Anderson.

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SWEET BREAD AND GREEN PEA SALAD

Cook 1 pair sweet breads 20 minutes in boiling, salted, acidulated water, to which add tiny bit of bay leaf; 1 slice onion; 1 blade mace. Let cool in water in which they were cooked. Drain and cut in small cubes. There should be 1 cup chilled. Mix with $\frac{1}{2}$ cup cold cooked green peas; marinate with French dressing; let stand one hour; drain and moisten with mayonnaise dressing. Serve in border of crisp water cress or lettuce leaf.

—Annis Brown.

LETTUCE SALAD

THOUSAND ISLAND SALAD DRESSING

Wash and separate head lettuce and arrange for individual servings, and pour over thousand island salad dressing.

1 cup salad dressing; 3 pickles, chopped fine; 1 pimento, chopped fine; 1 small onion; 1 tablespoon catsup; $\frac{1}{2}$ cup whipped cream; and 2 hard boiled eggs.

—Bessie Jeffrey.

TOMATO JELLY

Boil one can of tomatoes with a piece of onion; $\frac{1}{2}$ cup of celery; 1 teaspoon salt; and a dash of pepper. Add $\frac{1}{2}$ box of gelatine that has been soaked for 10 minutes in $\frac{1}{2}$ cup cold water. Strain and add juice of one lemon.

—Mrs. C. H. Young.

COFFEE JELLY

1 $\frac{1}{2}$ cups strong coffee; 1 tablespoon Knox's gelatine; 1 cup milk; 2 tablespoons sugar. Put this in a double boiler. When hot add yolks of 3 eggs, beaten stiff, and 3 tablespoons sugar, pinch salt. When cooked add well-beaten whites of 3 eggs. Flavor with vanilla. Put in one large mould or small ones.

—Mrs. H. Booth.

WALDORF SALAD

1 cup chopped apples; 1 cup chopped celery; 1 cup chopped nuts. Mix together with mayonnaise.

—Mrs. Ed. Meyers.

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PERFECTION JELLY

1 envelope Knox plain gelatine; $\frac{1}{2}$ cup cold water; $\frac{1}{2}$ cup vinegar; 1 pt. boiling water; 1 teaspoon salt; juice of 1 lemon; $\frac{1}{2}$ cup sugar; 1 cup finely shredded cabbage; 2 cups celery, chopped fine; $\frac{1}{2}$ can French peas; and $\frac{1}{2}$ can pimentos.

Soak the gelatine in cold water for five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set add remaining ingredients. Turn into a mould and chill. Serve on lettuce with mayonnaise.

—Miss O. Boles.

RUSSIAN SALAD DRESSING

Mix all together $\frac{1}{2}$ cup chili sauce; $\frac{1}{2}$ teaspoon salt; 1 teaspoon sugar; a little paprika; 1 tablespoon vinegar; $\frac{1}{2}$ cup olive oil. $\frac{1}{2}$ cup salad dressing in bowl, add slowly other ingredients. Beat with beater.

—Mrs. W. P. Tick.

LOBSTER SALAD

1 can lobster, 1 can crab (optional); 2 bunches of celery, cut fine, and just before serving add 2 or 3 hard boiled eggs, cut fine. Leave lobster in fairly large pieces. Moisten with salad dressing. Serve on head lettuce.

—Mrs. H. Kalkfleisch.

TOMATO JELLY SALAD

1 can tomatoes; 1 small onion; $\frac{1}{2}$ cup brown sugar; 1 teaspoon vinegar; 2 teaspoons salt; $\frac{1}{2}$ can peas; 2 sticks celery; 1 sprig parsley; 1 stick cinnamon; few cloves; dash Cayenne; 1 envelope Knox gelatine.

Boil tomato with seasoning $\frac{1}{2}$ hour. Strain. Add peas and gelatine which has previously been wet with $\frac{1}{4}$ cup cold water. Mould. Serve on lettuce with mayonnaise.

—E. S. Rankin.

VEGETABLE SALAD

To 4 cups of potatoes (cut in cubes) add 1 cup peas, cooked until tender; $\frac{1}{2}$ cup carrots, cooked and cut in cubes (or very small carrots); and 1 onion, cut very fine. Serve on lettuce and garnished with cucumbers and hard boiled eggs.—Bessie Jeffrey.

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JELLIED VEGETABLE SALAD

2 tablespoons granulated gelatine; $\frac{1}{2}$ cup cold water; $\frac{1}{2}$ cup vinegar; juice one lemon; 2 cups boiling water; $\frac{1}{2}$ cup sugar; 1 cup shredded cabbage; $\frac{1}{2}$ cup pimento; $\frac{1}{2}$ cup celery, finely cut; $\frac{1}{2}$ green pepper, finely chopped; 1 teaspoon salt.

Soak gelatine in cold water. Add boiling water. Add vinegar, lemon juice, sugar, salt. Cool, and when it begins to set add chopped vegetables. Pour into mould and chill. Serve on lettuce leaves with salad dressing. Any desired mixture of vegetables may be used.

—Mrs. W. G. Owens.

FRENCH SALAD

To 1 pint canned peas add 1 pint celery, cut finely; $\frac{1}{2}$ cup walnuts, chopped finely; $\frac{1}{2}$ cup chopped orange. Serve with mayonnaise dressing on shredded lettuce.

—Mary Burnham.

PINEAPPLE FRUIT SALAD

1 pineapple; $\frac{1}{2}$ cup English walnuts; 2 oz. candied cherries; 1 orange.

Shred pineapples. Combine with English walnuts, cherries, and sections of orange from which membrane has been removed. Add California French dressing and arrange on crisp lettuce. (Ordinary mayonnaise dressing is very good with this too.)

—Miss E. W. Mott.

FRUIT DRESSING

A good substitute for whipped cream.

2 bananas, or 1 cupful; $\frac{1}{2}$ cup sugar; white of 1 egg. Beat for 20 minutes. Use it immediately after making. Splendid to serve on diced oranges.

—Mrs. Jno. MacMillan.

SALAD DRESSING

Heat together 1 cup vinegar and 1 lump butter; 3 tablespoons flour; 5 tablespoons white sugar; 1 scant tablespoon mustard; 1 cup milk; yolks of 3 eggs, well beaten. When cooked add the beaten whites of 3 eggs. Stir in well. To thin add milk or cream.

—Mrs. Hubert L. Vanstone.

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SALAD DRESSING

4 tablespoons flour; 1 tablespoon mustard; 4 tablespoons sugar; $\frac{1}{4}$ teaspoon tumeric powder.

Mix ingredients with enough cold water to make a stiff paste; add one beaten egg, then a cup of boiling water in which $\frac{1}{2}$ teaspoon of black pepper has stood for 5 minutes; add one cup vinegar. Mix thoroughly, then add two cups milk. Cook in double boiler until thick and creamy, stirring all the time. Remove from stove; add one tablespoon of salt and butter size of walnut.

—Mrs. Brenchley.

FRUIT SALAD DRESSING

2 eggs; 3 tablespoons melted butter; 3 tablespoons lemon juice; $\frac{1}{2}$ teaspoon salt; 1 cup heavy cream (whipped); $\frac{1}{4}$ cup powdered sugar; $\frac{1}{2}$ teaspoon vanilla.

Beat eggs until very light; add, gradually, while beating constantly, melted butter, lemon juice and salt. Cook over hot water, stirring all the time, until mixture thickens. Cool and add cream, beaten until stiff, and remaining ingredients.

—Miss Lois M. Trow.

SALAD DRESSING

1 tablespoon sugar; 1 teaspoon mustard; $\frac{1}{2}$ teaspoon salt; 1 dessertspoon butter; $\frac{1}{4}$ cup vinegar (if no cream); add $\frac{1}{4}$ cup of water to vinegar. Mix sugar, mustard and salt in small sauce pan; add water and vinegar. Put on to heat; just warm, do not let it get hot. Beat 2 eggs very light in bowl. Stir in other ingredients and put in pan of cold water on heat, stirring constantly till cooked. Add butter after lifting from stove.

—Miss Scott.

SALAD DRESSING

1 tablespoon butter (melted); 1 tablespoon flour; $\frac{1}{2}$ teaspoon salt; $\frac{1}{2}$ teaspoon mustard; 1 egg; $\frac{3}{4}$ cup sugar; 1 cup vinegar; 1 cup milk. Let boil a few minutes.

—Mrs. F. Johnston.

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SALAD DRESSING

1 cup white sugar; 1 teaspoon cornstarch; 1 tablespoon mustard; 3 eggs; 1 cup milk; 1 cup vinegar; butter (size of an egg); Cayenne pepper and salt to taste. Mix all together. Cook in double boiler.

—Ida Harding.

SALAD DRESSING

6 tablespoons granulated sugar; 3 scant tablespoon mustard; 3 teaspoons salt; 3 teaspoons flour; 6 eggs, well beaten; 1½ cups vinegar. Mix dry ingredients first then add beaten eggs and vinegar. Let boil gently till thick, stirring constantly. Take off stove and whip with egg beater till partly cool, then beat in 1½ cups Borden's unsweetened milk. If used for fruit salads add equal quantity of whipped cream. This recipe make 1½ pints.

—Mrs. S. R. McConkey.

SALAD DRESSING

4 tablespoons butter; ¾ cup sugar; 1 heaping tablespoon flour; 1 teaspoon salt; 2 teaspoons mustard; ¾ cup vinegar; ½ cup water; 1 cup milk; 3 eggs; speck of Cayenne. Melt butter in saucepan and add flour. Stir till smooth. Add milk, stir, and let boil up. Stir in other ingredients beaten together (all but eggs) and let that boil. Beat eggs well and while other is boiling stir on to the eggs. Stir till smooth. If too thick thin with cream.

—Mrs. Askin.

SALAD DRESSING

4 tablespoons flour; 4 tablespoons sugar (white); 1 tablespoon mustard; ¼ teaspoon tumeric; 1 egg; 1 cup boiling water; 1 cup vinegar (white wine); 2 cups sweet milk; 1 tablespoon salt; 1 tablespoon butter.

METHOD.—Mix flour, sugar, mustard, tumeric to thick paste with cold water; add beaten egg and boiling water in which ½ teaspoon black pepper has stood five minutes; add 1 cup vinegar; mix thoroughly; add milk. Cook in double boiler till thick, stirring constantly. Add salt and butter last thing.

—Ida Neil.

FOR DESSERT A BRICK OF STILLMAN'S ICE CREAM

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PICKLES

"We eat what we can and what we can't eat, we can."

CELERY CHOWDER

½ pk: green tomatoes; 12 heads celery; 6 green peppers (without seeds); 3 onions, chopped fine. Put into a kettle with 3 pts. fresh vinegar; 3 cups brown sugar; 1 cup mustard seed; 2 tablespoons ground cloves; 2 tablespoons cinnamon; 4 tablespoons salt; 2 tablespoons curry powder. Tie spices in muslin bag and boil all together until tender. —Edith Trow.

CHILI SAUCE

1 peck ripe tomatoes, peeled and sliced; 4 large onions, chopped fine; 2 bunches of celery, chopped; 3 cups of vinegar; 4 cups of sugar; ½ cup salt; 2 oz. whole cinnamon; 2 oz. whole allspice; 1 oz. whole cloves; 1 teaspoon pepper (ground); 1 teaspoon mustard (ground). Tie whole spices in a bag. Boil all together one hour or a little longer, and seal hot.

—Mrs. J. F. Pearen.

FRUIT CHILI SAUCE

30 ripe tomatoes; 6 peaches; 6 pears; 6 onions; 4 apples; 3 green peppers; 3 cups of white sugar; 1 qt. vinegar; 2 tablespoons salt; 5c worth of whole mixed spice. Cut all up in small pieces and boil well.

—Mrs. Hugh Ferguson.

CHUTNEY SAUCE

1 qt. vinegar; 6 peaches; 6 pears; 30 ripe tomatoes; 6 onions; 2 red peppers; 4 cups granulated sugar; 2 teaspoons each of cloves, cinnamon and allspice (ground). Boil together two or three hours as desired.

—Mrs. J. Rutherford.

CHILI SAUCE

30 ripe tomatoes; 10 onions; 7 green peppers; 15 tablespoons sugar; 5 tablespoons salt; 7 cups vinegar. Boil 1½ hours.

—Marie Kastner.

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TOMATO RELISH

Chop 20 tomatoes, 6 onions, 8 pears, 8 peaches, 2 red peppers; 2 tablespoons mixed whole spices tied up in bag; 4 cups white sugar; 1 qt. vinegar; 2 dessertspoons salt. Boil slowly two hours. —Mrs. Peter.

CHUTNEY

30 ripe tomatoes; 6 pears; 6 peaches; 6 onions; 2 red peppers; 4 cups brown sugar; 2 teaspoons ground cloves; 2 teaspoons ground allspice; 2 tablespoons salt; 1 qt. vinegar. Boil two hours. —Mrs. G. F. Nomabell.

TOMATO SAUCE

Cut up 30 large tomatoes, 6 large pears, 6 large peaches, 6 large onions, 3 red peppers, 3 green peppers; 4 cups sugar; 2 teaspoons cinnamon; 2 teaspoons allspice; 1 qt. vinegar; salt to taste. Boil two hours. —Mrs. H. Neild.

FRUIT CHILI SAUCE

Chop fine 30 ripe tomatoes, 6 apples, 6 pears, 6 peaches, 6 onions, 3 green peppers, 3 red peppers; 4 cups granulated sugar; 2 tablespoons salt; 1 pint vinegar; bag mixed spice. Boil three hours. Watch very closely. —Mrs. Roy Harris.

CHILI SAUCE

20 large tomatoes; 5 onions; 1 stock celery; 2 red peppers; 4 cups cider vinegar; 2 cups brown sugar; 4 tablespoons salt; 5 tablespoons whole mixed spices. Put spices in bag and let simmer two hours. —Mrs. C. H. Young.

RIPE TOMATO RELISH

10 lbs. tomatoes. Peel and slice; pour over 1 pint of vinegar and let stand over night. In the morning put in cullender and drain syrup off.

1 qt. vinegar and $1\frac{1}{4}$ tomato juice; 3 lbs. c. sugar; 1 teaspoon salt; $\frac{1}{2}$ teaspoon Cayenne pepper.

Tie in a muslin bag 1 teaspoon whole cloves; 1 teaspoon allspice; 1 stick cinnamon.

Let the syrup get hot. Add tomatoes and boil slowly three hours. —Mrs. W. P. Tick.

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TOMATO SAUCE (Sweet Pickle)

12 ripe tomatoes; 3 cups sugar; 2 cups vinegar; 1 teaspoon ground cinnamon; 1 teaspoon salt; 1 teaspoon cloves.

Boil tomatoes and sugar one hour, then add other ingredients and boil together one hour. —Mrs. F. J. Scarff.

TOMATO BUTTER

10 lbs. ripe tomatoes, peeled; 1 pt. vinegar poured over and let stand over night. In morning drain off all the juice and add 1 qt. vinegar; 3 lbs. white sugar; 2 tablespoons salt; ½ teaspoon Cayenne pepper; 2 tablespoons whole cloves, and 2 sticks cinnamon in a bag, and boil three hours. —Mrs. W. C. Orr.

TOMATO BUTTER

10 lbs. ripe tomatoes (a small basketful); 4 large apples, cooked and mashed; 1 qt. vinegar; 3 cups brown sugar; 1 teaspoon Cayenne pepper; 1 teaspoon ground cinnamon; 1 teaspoon ground cloves (or whole spice tied in a bag); small ½ cup salt. Boil three to four hours, or till thick. Stir often and put the sugar in the last half hour. —Ethel Donaldson.

PICKLED DATES

1 lb. of dates; separate and put in bottle. Take enough vinegar to cover; add a little whole allspice, and bring all to a boil. Pour over dates; let stand for a few days, and they are ready for use. —Miss M. Burnham.

COLD MEAT RELISH

2 qts. cranberries; 3½ lbs. sugar; 1 lb. seeded raisins; rind and juice of 2 oranges, rind chopped fine; 1 cup white wine vinegar; teaspoon each of ground cloves and cinnamon. Cook all together and put in jars. —Mrs. Gifford.

PIMENTO RELISH

1 large can pimentos; 3 large onions; 2 cups vinegar; 1 cup brown sugar; a very little spice. Put onions and pimento through chopper, and boil all 15 minutes. —Mrs. H. G. Rankin.

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CUCUMBER RELISH

20 cucumbers, cut up fine; 2 quarts onions; 2 heads celery; 1 quart vinegar; 4 cups white sugar; salt to taste; 2 tablespoons celery seed. Put on stove. When hot put in 4 tablespoons curry powder, 2 tablespoons tumeric, made into a thin batter. Boil slowly.

—Miss C. Hall.

CUCUMBER AND ONION PICKLES

Slice cucumbers and onions; sprinkle with salt. Let stand over night.

4 qts. cucumbers; 4 qts. onions. Boil 2 qts. vinegar; 5 cups sugar; 6 tablespoons mustard; 4 teaspoons whole mixed spice; 4 teaspoons tumeric, in bag. Boil mixture about 10 minutes.

—Mrs. H. S. Bradshaw.

RED PEPPER JELLY

12 red sweet peppers; 2 lemons; 1½ cups granulated sugar; vinegar to cover. Remove the seeds from the peppers and cut into small pieces. Cut each lemon into four slices. Boil till thick. Remove the lemons and bottle.

—J. P. Scott.

CHOW CHOW

1 qt. chopped cucumbers; 1 qt. chopped onions; 1 qt. small cucumbers; 2 heads cauliflower; 3 red peppers; 3 green peppers. Put in strong brine over night; chopped ingredients in one jar, whole in another. In the morning drain well. Put on to boil one gallon vinegar; 4 cups brown sugar and spice bag. Mix ¼ lb. mustard; ½ oz. tumeric with ½ cup flour. Stir to right consistency with cold vinegar. When boiling add vegetables and boil five minutes.

—Mrs. L. M. Johnston.

MOTHER PICKLES (Raw)

1½ gals. vinegar; 1 lb. brown sugar; 1 lb. salt; 1 package pickle spice; 1 lb. mustard; 1 oz. tumeric;— 2 tablespoons ground ginger. Heat half vinegar; add all ingredients excepting mustard, then add the rest of the vinegar and mustard to the pickles. Stir often.

—Edna Holliday.

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GREEN TOMATO SAUCE

Chop 1 peck green tomatoes and 8 large onions fine; sprinkle with salt and let stand over night. In the morning drain and cover with vinegar. Add 4 red peppers, chopped fine; 5 cups of brown sugar; 1 tablespoon each of ground cloves, allspice, cinnamon; 1 teaspoon Cayenne pepper. Simmer until soft. Keep air tight.

—Mrs. Jack Branston.

MUSTARD PICKLES

Put vegetables in brine over night; drain well in the morning. Cucumbers, cauliflowers, onions. Use cucumbers with small seeds. Cut round leaving the pieces about an inch in length. Break cauliflowers into small pieces. A quart or more of little onions.

In the morning make a dressing of: 1 pint vinegar; 1 tablespoon mustard; 1 cup brown sugar; 1 tablespoon tumeric; 1 teaspoon curry powder; $\frac{1}{4}$ teaspoon Cayenne pepper; $\frac{1}{4}$ cup flour. Boil and pour over the vegetables while the dressing is still very hot. Bottle hot or cold, they keep well either way.

—Mrs. A. J. Roberts.

FRENCH MUSTARD PICKLES

1 qt. small onions; 1 qt. cucumber; 1 head cauliflower.

DIRECTIONS.—Soak over night in salt water in separate dishes. Boil separately with a little vinegar in the water about seven minutes. Make a paste of the following ingredients: 3 cups sugar; $\frac{3}{4}$ cup flour; $\frac{1}{4}$ lb. mustard; $\frac{1}{4}$ oz. celery seed; $\frac{1}{2}$ oz. tumeric; 3 green peppers; 2 qts. vinegar. Add vegetables to, paste well cooked.

—Miss McLennan.

ENGLISH PICKLES

3 quarts small cucumbers; 3 quarts silver onions; 3 quarts cauliflower, cut fine; 6 red peppers, cut fine. Salt over night. Next morning drain and scald in a little vinegar. Throw away that vinegar and add the following dressing: 4 quarts of vinegar; 4 cups brown sugar; 24 tablespoons mustard; 8 tablespoons flour; 2 oz. tumeric powder.

—Mae Bateman.

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PEPPER RELISH

1 dozen green sweet peppers; 1 dozen ripe sweet peppers; 1 dozen onions; 1 dozen green tomatoes; $\frac{1}{2}$ teaspoon cloves. Let stand in hot water for five minutes. Then put through mincer and add 1 pt. vinegar; 2 cups brown sugar; 1 teaspoon salt. Boil one hour.

—E. G. W.

PEPPER HASH

One large head cabbage; 6 medium sized onions; 12 green peppers (sweet); 6 ripe peppers. Chop fine and sprinkle $\frac{1}{2}$ cup salt. Let stand over night, drain, and add 3 cups white sugar; 1 oz. mustard seed; 1 tablespoon celery seed. Cover with vinegar and in sealers. Don't cook.

—Mrs. A. McKay.

PEPPER SAUCE

12 sweet green peppers; 12 red peppers; 8 or 10 small onions. Put all through food chopper, and add $2\frac{1}{2}$ cups sugar; 3 tablespoons salt; 3 pints white wine vinegar. Boil all together for about half an hour or until fairly thick.

—Vera Irwin.

GREEN TOMATO MINCE

8 lbs. green tomatoes, chopped fine or put through mincer; 4 lbs. white sugar; 4 cups seeded raisins; 1 cup vinegar; 1 cup chopped citron peel; 4 teaspoons cinnamon; 2 teaspoons cloves; $\frac{1}{4}$ teaspoon red pepper; 1 tablespoon butter.

METHOD.— Bring tomatoes and sugar to a boil. Cook until clear, about one hour. Add other ingredients. Cook ten minutes. Add butter last. Put in sealers and seal while hot.

—Mrs. P. J. Kelly.

MANGO CHUTNEY

Scald together 1 quart vinegar; 2 tablespoons mustard seed; 2 tablespoons ground mustard; 2 tablespoons salt; 2 cups brown sugar. Stone and chop raisins to make one cup. Seed 2 green peppers and chop with 2 onions. Put all with the vinegar and simmer two hours, then add 15 green sour apples, pared, cored and quartered, and stew until apples are tender. Put in small bottles and seal.

—A. M. R.

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PLUM CONSERVE

1 pk. plums; 5 pts. sugar; 3 oranges; 3 lemons; 2 pounds raisins; nuts if liked instead of raisins. Boil till it thickens.

—Mrs. N. A. Moore.

CORN SALAD

18 large ears of corn (sweet); 1 head of cabbage; 3 green or red peppers; 4 onions; 1 tablespoon tumeric; $\frac{1}{4}$ lb. brown sugar; $\frac{1}{4}$ cup salt; $\frac{1}{4}$ lb. mustard; 2 qts. vinegar (white wine). Chop all fine. Boil all but mustard for one hour, then put in mustard and boil for ten minutes more.

—Mrs. Peter.

TOMATO CATSUP

1 bushel tomatoes; 12 large apples; 12 large onions; 2 handfuls peach leaves; 2 quarts white wine vinegar; 4 lbs. brown sugar; 1 cup of salt; 5 teaspoons pepper; 5 teaspoons cinnamon; 3 teaspoons allspice; 4 teaspoons cloves; 6 oz. mustard. Boil together and cook for three hours.

—H. V. Humber.

CRAB APPLE CATSUP

3 lbs. crab apples (boiled and put through sieve); 1 quart vinegar; $1\frac{1}{2}$ lbs. sugar; 1 tablespoon cinnamon; 1 tablespoon cloves; 2 tablespoons salt; $\frac{1}{4}$ teaspoon Cayenne pepper. Boil slowly one hour.

—Mrs. C. A. Down.

BEAN PICKLES

1 peck beans; cut in pieces and boil with salt until tender, but not soft; drain and slice 3 or 4 large onions. Make mustard dressing of 2 quarts vinegar; 1 cup water; 2 cups sugar; 1 small cup flour; 1 small cup mustard; 1 teaspoon tumeric; salt to taste; 1 egg; and butter size of an egg. When hot drop beans in and let boil up, then bottle.

—Mrs. Wm. Boles.

PICKLED BEANS

1 peck butter beans; string and cut and boil in salted water; drain well. Make a dressing of 6 cups white sugar; 1 small cup mustard; 1 cup flour; 2 teaspoons celery seed; 3 teaspoons curry powder; 3 pts. white wine vinegar.

—Mrs. S. Snow.

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PLUM CATSUP

Cover a small basketful of plums with water, and boil until soft, then strain through a cullender. To every 3 lbs. of plum pulp add 3 lbs. of brown sugar; 1 pt. vinegar; 1 teaspoonful cinnamon; 1 teaspoonful allspice; 1 teaspoonful cloves; 1 teaspoonful black pepper; 1 teaspoonful salt. Put on stove and boil 30 minutes, and bottle. —Mame Boles.

RIPE CUCUMBER PICKLE

Peel 1 dozen large cucumbers; cut in small cubes; soak over night in salt water. In morning scald in fresh water until clear, then drain. Take 3 pints vinegar; 1 lb. brown sugar; 2 teaspoons tumeric; $\frac{1}{4}$ teaspoon Cayenne pepper; 1 or 2 sticks cinnamon. When scalding hot pour over cucumbers, and cook for a few minutes. Cool and bottle. —Mrs. Mark.

GREEN TOMATO PICKLE

1 pk. tomatoes, 6 large onions, sliced in circles; $2\frac{1}{2}$ lbs. brown sugar; 2 teaspoons mustard; 1 teaspoon cloves; 2 teaspoons cinnamon; 1 teaspoon red pepper; $\frac{1}{2}$ oz. mustard seed; $\frac{1}{4}$ oz. celery seed; 1 pt. vinegar. Soak tomatoes over night in salt; drain juice off. Cook until tender. —Mrs. C. E. Nasmyth.

RHUBARB RELISH

9 qts. rhubarb; 2 onions, (before chopping) chop onions rather fine; 2 pts. vinegar; 1 cup brown sugar; 2 tablespoons salt; 1 teaspoon allspice; 2 teaspoons cinnamon; 2 teaspoons ginger; pinch of red pepper; pinch of black pepper. Boil three-quarters of an hour. —W. McLagan.

CELERY SAUCE

1 peck tomatoes; 4 onions; 2 heads of celery. Put through mincer. Boil two hours. Strain and add 2 lbs. brown sugar; 2 tablespoons salt; $\frac{1}{2}$ teaspoon cloves; 1 teaspoon cinnamon; $\frac{1}{2}$ teaspoon Cayenne; 2 cups vinegar. Boil together till thick. —Mrs. Les. Kastner.

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TOMATO MUSTARD

Cut up $\frac{1}{2}$ bushel ripe tomatoes and boil till soft. Strain through a coarse strainer, and boil with four large onions. When quite thick lift out onions and add $\frac{1}{2}$ teaspoon cloves; 1 teaspoon cinnamon; 1 teaspoon ginger; 1 teaspoon black pepper; 1 teaspoon mace. Mix smooth with $\frac{1}{2}$ cup vinegar; 4 tablespoons salt; $2\frac{1}{2}$ cups brown sugar. Let all cook thoroughly then add $\frac{1}{2}$ cup mustard smoothed in vinegar, and boil fifteen minutes longer. —Mrs. M. Dunn.

GREEN CUCUMBER SAUCE (Delicious)

12 large green cucumbers; 12 onions. Chop well in bowl by hand and sprinkle $\frac{1}{2}$ cup salt over this and let stand over night. Drain. 1 quart white wine vinegar; 4 cups white sugar; 4 tablespoons mustard; 4 tablespoons flour; 3 teaspoons celery seed; 2 teaspoons tumeric; 1 teaspoon curry powder; 1 cup water. Heat vinegar. Mix flour and spice with water. Add to hot vinegar. Let boil well. Add chopped vegetable. Let come to boil and bottle. —E. J. Mott.

SWEET PICKLED GHERKINS

Put gherkins in cold water for 12 hours; drain and wipe dry.

Make a strong brine of coarse salt, and pour over all a kettle of boiling water; let stand 12 hours, then wash and dry.

Scald vinegar, add sugar, spices, etc., stirring all the time, and pour into crock where gherkins are placed.

500 gherkins; 5c stick cinnamon; 3 tablespoons allspice, 3 tablespoons pepper, $1\frac{1}{2}$ tablespoons cloves (whole); 6 lbs. brown sugar; $\frac{1}{2}$ gal. cider vinegar; alum size of a five-cent piece. —Amy McPherson.

GRAPE CATSUP

3 lbs. brown sugar; 5 lbs. blue grapes; 1 tablespoon cloves; 1 tablespoon allspice; 1 tablespoon salt; 1 teaspoon black pepper; $\frac{1}{2}$ pint cider vinegar. Boil until quite thick.

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CUCUMBER SWEET PICKLE

Select cucumbers from one to three inches long. Scrub black specks off and put into a stone crock with two or three handfuls of salt. Cover with boiling water and let stand over night. Then strain, rinse and wash out your crock. Return cucumbers to crock and put in the same quantity of salt; cover again with boiling water. The third morning scald the brine. Keep this up for seven mornings. The seventh morning rinse well with cold water, and wash the crock. Cover the cucumbers with equal quantities of cider vinegar and water; let stand one day. Now take the same amount of good cider vinegar as vinegar and water; add two Spanish onions, shredded; a few small red peppers cut in rings; one teaspoonful of alum; two or three sticks of cinnamon; one teaspoon whole cloves; two pounds brown sugar. Heat to boiling point and pour over the gherkins. These keep in a crock and are well worth the trouble.

—Mrs. T. A. G. Watson.

RAW TOMATO SAUCE

1 peck ripe tomatoes, peeled; 6 or 7 onions; 1 scant cup salt; 5 cups vinegar; 2 lbs. sugar; 2 oz. mustard seed; 3 red peppers; 2 cups celery.

Take tomatoes and onions; place on separate dishes and sprinkle salt over them. Let stand over night. In the morning drain off the liquid and press through the cullender until all the juice has been removed. Chop onions, pepper, tomatoes and celery and mix all together.

—Mrs. Edward O'Flaherty.

GREEN TOMATO FIGS

1 peck green tomatoes. Peel and put in weak brine over night. Drain in the morning and cook till soft in a little vinegar and water. Drain well again and add to the drained tomatoes 2½ lbs. brown sugar; 1 lb. raisins; 1 tablespoon stick cinnamon; 1 tablespoon whole cloves; 1 pt. vinegar. Boil all together for about 10 minutes, and bottle. —Mrs. P. J. Kelly.

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MARMALADES AND FRUIT.

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RED PEPPER JELLY.

12 red peppers, 2 lemons, 1½ cups sugar, vinegar to cover. Clean peppers and cut into small pieces, cut each lemon in four pieces, boil till thick, remove lemon and bottle.—Mrs. A. McKay.

PEACH CONSERVE

4 lbs. peaches peeled and sliced, 1 lb. preserved ginger root shredded, ½ lb. chopped walnuts, ½ lb. raisins and 3 oranges, just use rinds of two, 2½ lbs. granulated sugar. Boil half an hour or until clear.—Mrs. F. Parker.

GRAPE JAM.

Pick over, wash and remove from stems, weigh, press pulp from skins, reserving skins, heat the pulp gradually and cook until it will separate from the seeds. Press through a strainer to remove seeds. Add skins and sugar, allowing three-quarters of a pound of sugar to one pound fruit; cook over a moderate heat until thick—about fifteen minutes. Pour into jars and seal.—E. Hazel Johnston.

LEMON MARMALADE

3 lemons, 2 quarts cold water, 3 lbs. granulated sugar. Cut lemons fine, add water and let stand 36 hours. Boil for 1 hour, then add heated sugar and boil 1 hour or until it jellies.—Mrs. Thos. Holliday.

STRAWBERRY JAM.

Boil 5½ lbs. sugar with just enough water to cover until a little of the syrup dropped in water will turn hard. Have 6 lbs. strawberries ready, drained dry, and put at once into the boiling syrup. Add 1 tablespoon of lemon juice, boil fast for 12 or 15 minutes, remove scum and bottle.—Mrs. Lorne Robertson.

GRAPE FRUIT MARMALADE.

1 large grape fruit, 1 large orange, 1 large lemon. Method: Cut small, measure and add 3 times as much cold water as fruit, let stand 24 hours, then measure again and add an equal quantity of sugar, boil thick.—Tosie Steele.

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GRAPE FRUIT MARMALADE

Shave one sweet orange, one grape fruit and one lemon very thin, rejecting nothing but the seeds and core. Measure the fruit and add to it three times the amount of water. Let stand in an earthenware dish over night. Next morning boil for ten minutes, set away for another night and the following morning add pint for pint of sugar and boil until it jells.—Mrs. Wally Hern.

RASPBERRY JAM

Measure 4 cupfuls of berries pressing them into the cup, and crushing them. Add 5 cupfuls of granulated sugar, mix well together before putting them on the stove, then cook 8 minutes after commencing to boil. Sometimes if fruit is in right condition, i.e., dry and clean, 5 minutes cooking is sufficient. Do not rinse berries. Doing this small quantity it jells better.—Miss Clara German, Strathroy.

PEAR MARMALADE

6 lbs. pears (peeled), 4½ lbs. granulated sugar, ½ lb. raisins, 4 oranges and 3 lemons (rind and all) ¼ lb. shelled walnuts. Put all through chopper and cook about three hours.—Mrs. Jas. H. Easson.

PEACH MARMALADE

1 doz. peaches cut fine, grate rind, 6 oranges, add pulp and juice, 3 lbs. granulated sugar, ¾ lb. brown sugar, ¾ cup corn syrup, ½ lb. blanched almonds, cut up fine and beat in well after above mixture has cooked ½ hour.—Mrs. Thomas Ballantyne.

APPLE MARMALADE

1 pk. apples (peeled and cored), 2 oranges, 2 lemons (seeds removed) put all through chopper, add six cups sugar and boil 2 hours.—Vera Davidson.

TOMATO MARMALADE

First scald, peel and slice the tomatoes, allow two lbs. sugar to 1 lb. tomatoes, and boil them down together until well thickened. Then add one tablespoon powdered ginger and juice and peel of two lemons for every three lbs. of tomatoes. Boil about three hours, skimming off the froth that rises. When very thick put in jars.—Nano Dillon.

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PEAR CHIP

1 peck pears peeled and chopped fine add 7 lbs. sugar, $\frac{1}{2}$ lb. preserved ginger, 3 lemons, boil sugar and pears, to which you add 2 cups water, for $\frac{1}{2}$ hour, also boil lemons in cold water until soft, then chop fine, also ginger, then mix altogether and boil for twenty minutes.—Mrs. A. McKay.

APRICOT MARMALADE

1 lb. dried apricots, 3 lbs. granulated sugar, 1 ounce of almonds, 7 cups of water. Wash the apricots, cut up fine and soak in the water over night. In the morning add the almonds which have been blanched and cut up fine, boil together until tender, then add sugar and boil $1\frac{1}{2}$ hours till thick as jelly. $\frac{1}{2}$ teaspoon of ratifia can be added while boiling.—Mrs. J. F. Pearen.

RHUBARB MARMALADE

8 lbs. rhubarb, 8 lbs. sugar, 6 lemons, (juice and rind cut fine), 4 oranges, (juice and rind cut fine) $\frac{1}{2}$ lb. shelled almonds. Put rhubarb and sugar on side of stove till sugar is dissolved, then add oranges and lemons and simmer gently. When nearly finished add nuts.—Mrs. Crowe.

RHUBARB MARMALADE

1 qt. rhubarb cut in pieces, peel of 2 oranges chopped fine, $\frac{1}{2}$ lb. of raisins chopped fine. 1 qt. of sugar, cut orange pulp in small pieces and boil with rhubarb and sugar until thick, add $\frac{1}{4}$ lb. of walnut meats broken in pieces a few minutes before removing from fire. Put in jelly glasses.—Mrs. E. M. Scofield.

SPICED CRANBERRIES

5 lbs. cranberries, $3\frac{1}{2}$ lbs. brown sugar, 2 cups vinegar, 2 tablespoons ground cinnamon and allspice, 1 tablespoon cloves, boil all together for two hours. Serve with hot or cold meats.—Mrs. Burnham.

CARROT MARMALADE

2 cups cooked carrots, 4 cupfuls sugar, 2 lemons. Wash and scrape the carrots and cook in boiling water until tender. Drain and put through food chopper, add juice and grated rind of lemons and the sugar, cook slowly for half an hour or until consistency of marmalade.—Lillian Dempsey.

GINGER PEAR

Take 1 peck pears, peel and quarter, 8 lbs. sugar, 1 lemon cut in thin slices, 1 jar preserved ginger, 2 cups water, cook until clear and dark which takes about two hours.—Mrs. A. McKay.

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PEACH MARMALADE

20 ripe peaches, 3 oranges, 1 lemon. Method: Put oranges and lemon through food chopper, boil until tender in a little water, add peaches peeled and cut up fine, allow 1 cup sugar for each cup of liquid and boil $\frac{1}{2}$ hour.—Mrs. P. J. Kelly.

CANNED PINEAPPLE

Pare and chop very fine the pineapple, put 1 lb. of sugar to each of fruit and stir it thoroughly. Let stand over night. Then stir again next morning and put into jars sealing tight without heating.—Millie Brandenberger.

CANNED PINEAPPLE.

Cut the fruit into small blocks. To every pound of fruit add $\frac{1}{2}$ lb. white sugar and let stand over night. Then add one small cup of water to every pound of fruit. Boil twenty minutes.—K. J. Fraser.

CRANBERRY SAUCE

1 qt. cranberries, 1 pt. boiling water, 1 pt. granulated sugar. Boil the cranberries in the water until tender, strain through colander to remove the skins, return to the fire, add the sugar, boil 5 minutes and turn into moulds.—Mrs. Wm. Lawrence.

SANDWICHES

“Let my heart be still a moment and this mystery explore.”

One part chopped almonds, 2 parts grated celery, pinch of salt, moisten with mayonnaise.—Nellie Neild.

LEMON BUTTER

6 eggs, 3 C. white sugar, 3 lemons (juice), 3 tablespoons butter. Cook until thick in double boiler.—Eleanor Elborn.

DELICIOUS SANDWICHES

1 can pimentos, 1 tablespoon butter, cheese, buttered bread. Fry pimentos quickly in butter and remove from the pan. In the same butter place thin slices of cheese and hold over the fire until the cheese is “pliable,” but not melted. Place between buttered slices of bread a layer of pimento and a layer of cheese. Serve while hot.—C. Welsh.

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PIMENTO FILLING FOR SANDWICHES

1 tin pimentos (four) cut fine, 1 small package cream cheese (McLaren's), 1 teaspoon salt, pinch cayenne pepper, 2 hard boiled eggs (grated.)

Cook following in double boiler and add to above when cool: $\frac{1}{2}$ cup sour or sweet cream. (If use milk add a little butter.) 3 tablespoons vinegar, 1 tablespoon flour.—Mrs. R. T. Orr.

TART OR SANDWICH FILLING

A few suggestions for sandwich fillings:

1. Creamed cheese and chopped peanuts.
2. Sweet pickles chopped and added to cheese and salad dressing.
3. Chopped olives, cream cheese, pimento.
4. Chopped ham, pickles with a little of mustard mixture on them.
5. Dates, figs, walnuts chopped fine and mix with rich cream.
6. Hard boiled eggs, cottage cheese, olives, sardines, lemon juice and paprica.
7. Orange marmalade with cheese.
8. Equal parts apples, nuts and celery with salad dressing.
9. Dates cooked with enough water to form a paste. Lemon juice and peanuts may be added.—A. J. Johnston.

HOT HAM SANDWICHES

Cut 6 slices of bread about one-third of an inch thick. Butter bread and also spread over very lightly some mixed mustard. On half the slices spread chopped ham (any meat may be used), and press another slice over, sandwich-fashion. Cut in half or in smaller pieces. Beat 1 egg until light, and to it add $\frac{1}{2}$ cup milk, $\frac{1}{4}$ tablespoon salt, mixing thoroughly. In the mixture dip the sandwiches, first on one side, then on the other. Heat a frying pan, add dripping and in it cook sandwiches till brown on one side, then turn and brown the other. This makes a good supper or luncheon dish.—E. Everson.

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CANDIES

"Sweets to the sweet."

PULLED TAFFY.

2 cups sugar, 1 cup water, 1 tablespoon vinegar, 1 teaspoon cream of tartar, butter size of walnut, boil 20 minutes or until it hardens in water. Put in a shallow dish and flavor with vanilla or lemon. When cool enough to pull then pull.—M. H. Stewart.

PUFFED RICE BRITTLE

Boil together 1 cup white sugar, 1 cup brown sugar, 2 tablespoons butter, 2 tablespoons milk or water, until it makes stiff balls in water, then stir in as much puffed rice as you can. Turn out on buttered plates.—Merle Tune.

PEANUT PENOCHÉ

2 cups brown, $\frac{1}{2}$ cup milk, 1 tablespoon butter, 2 teaspoons peanut butter, 1 teaspoon vanilla. Put sugar and milk into saucepan over the fire and stir until sugar dissolves. Boil 10 to 12 minutes or until it forms a soft ball in water. Take from fire and stir in the butter, vanilla and peanut butter. Beat until creamy and pour into buttered tin.—M. L. B.

DIVINITY FUDGE

2 cups granulated sugar, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup corn syrup, flavoring, white of one egg beaten stiff. Mix sugar, water and syrup. Boil until it strings or hardens in cold water, whip in the beaten white of egg and add flavoring. Add nuts and candied cherries. Pour in a buttered pan to cool.—Mrs. James Malone.

CHOCOLATE FUDGE

2 c. gran. sugar, $\frac{3}{4}$ c. milk, 1 square of Baker's unsweetened chocolate, small piece of butter, flavor with vanilla. Melt butter and chocolate together, then add sugar and milk. Boil 8 minutes, just stir enough to keep it from sticking. Put vanilla in when you take it off, let stand in a cool place a few minutes before stirring.—Miss M. Green.

CANDY FOAM

3 cups brown sugar, 1 cup water, 1 tablespoon vinegar. Boil until brittle when dropped in water. Add syrup to beaten whites of 2 eggs, vanilla flavoring, continue beating and then let harden. Nuts may be added.—Mrs. George Trow.

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TO CANDY NUTS.

Three cups of sugar, 1 cup of water, boil until it hardens when dropped in water, then flavour with lemon. It must not boil after lemon is put in. Put a nut on the end of a fine knitting needle, dip in the syrup, take out and turn on the needle until it is cold. Malaga grapes and oranges quartered may be candied in the same way. If the candy gets cold while working set on the stove for a few minutes.—G.S.S.

MAPLE CREAM

2 cups brown sugar, 2 cups granulated sugar, 1½ cups of milk, 1 tablespoon of flour, mix and stir well, then put over slow fire to dissolve. Let boil until a little dropped in cold water will form a soft ball. Then add a piece of butter and vanilla and let stand in cold water until partly cool, then beat until thick, and pour on buttered platter. Add one cup of nut meats if desired.—G. P. Young.

NUT CARAMEL FUDGE

3 cups dark brown sugar, 1 tablespoon butter, 1 cup milk, 1 cup crushed nuts, vanilla. Boil sugar, milk and butter until it threads. Remove from fire, add nuts and vanilla and beat. Pour into buttered pan, and when almost cool cut in squares.—Mrs. Charles Culligan.

CHOCOLATE FUDGE

4 squares unsweetened chocolate, 2 c. brown sugar, ½ lb. chopped walnuts, butter size of an egg, ¾ c. milk, pinch of salt, vanilla. Melt chocolate, stir in milk, then add sugar and salt. After this has boiled about 2 minutes, drop in butter. Boil until it forms a soft ball when dropped in cold water. Take from fire, add vanilla, beat with Dover egg-beater, (not too stiff), and stir in nuts just before pouring out of saucepan.—Cora B. Scarff.

CREAM TOFFEE

To 3 cups brown sugar add 1 small can Gold Cow condensed milk (unsweetened), 1 tablespoon corn syrup and butter size of an egg. Boil about 25 minutes, stirring continually while boiling, until it hardens when dropped in cold water. Place in buttered dish immediately.—Eva Boles.

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MARSHMALLOWS

1 envelope gelatine, $1\frac{1}{4}$ cup of water, pinch salt, 2 cups granulated sugar, vanilla, soak gelatine in one-half the water five minutes. Put remaining water and sugar in a saucepan and let boil until it will spin a thread. Do not boil too much. Add gelatine and let stand until partially cooled. Beat mixture until it becomes white and thick and pour in a square pan that has been dusted with powdered sugar. Let stand until thoroughly cold and then turn on a board and cut in squares and roll in browned cocoanut or chopped nut meats.
—Mrs. R. S. Hinchey.

HEAVENLY HASH CANDY

1st mixture: 3 cups granulated sugar, 1 cup water, 1 cup Lily White syrup. Boil together until it forms a soft ball in water. 2nd mixture: 1 cup white sugar, 2-3 cup water. Boil together until it forms a soft ball in water. Then beat into 3 egg whites beaten stiff. Now beat all mixtures together and before turning out on plate add 1 lb. shelled walnuts and $\frac{1}{4}$ lb. maraschino cherries, chopped, and flavor with vanilla.
—Mrs. A. C. McLeod.

BEVERAGES

“One sip of this
Will bathe the drooping spirits in delight
Beyond the bliss of dreams.”

—Milton.

RASPBERRY VINEGAR

To 4 qts. red raspberries, put enough vinegar to cover, let stand 24 hours, then scald and strain, add 1 lb. sugar to 1 pt. juice, boil 20 minutes, when cold it is ready for use. 1 tablespoon to a glass of water makes an excellent drink.—Lillian S. Dempsey.

GINGER WINE

$3\frac{1}{2}$ lbs. granulated sugar, 6 qts. water, 2 or 3 lemons. Boil until clear. Cool, then add: $\frac{1}{2}$ oz. tincture cayenne, 1 oz. ginger, 1 oz. burnt sugar, 1 oz. tartaric acid. Stir well and bottle.—Mrs. F. Scarff.

PHONE 770 FOR STILLMAN'S PASTEURIZED MILK

Use home made flour for home baking.
McLeod's Chief, Special, Classic.

DANDELION WINE

3 qts. dandelion flowers Pour 4 qt. boiling water over them. In 12 hours strain through a cloth. Slice 3 lemons (removing seeds) into it and 3½ lbs. sugar. Put on fire until sugar is dissolved, then pour into crock and cover. Let remain 12 or 14 days Strain and pour into bottles.—C.B.S.

RHUBARB WINE

Cut up stalks, put into crock and cover with boiling water. Let stand for 9 days, stirring it every day, then drain off, and let stand 24 hours, then add 1 lb. of white sugar to each quart, 1 oz. ginger to each gallon, let stand until done fermenting, then add one oz. isinglass to each gallon, ½ cup whiskey, then bottle. Let stand 24 hours without corking.—Mrs. Murr.

EGG LEMONADE

Juice of one lemon, 1 glass of water, white of 1 egg beaten stiff, 1 spoonful sugar.—E E. B.

GRAPE JUICE (Unfermented.)

Cover grapes with water and boil well. Strain while hot through a jelly bag. To every quart of juice add ¾ lb. of white sugar, return to kettle and let come to a boil. Bottle and seal.—Mrs. J. F. Pearen.

LEMON SYRUP

6 lemons, 3 lbs. sugar, 3 pts. boiling water, 1 oz. citric acid, ½ oz. tartaric acid, 1 teaspoon Epsom salts. Grate rind of lemons, pour over this about 1 cup of water, let stand (covered) until cold Put sugar and acids together and pour on these the remainder of water and bring to boil, stirring constantly.—Miss E. Trow.

ORANGE PUNCH

2 doz. oranges, 2 doz. lemons, 8 lbs. brown sugar, 1 cake Fleischmann's yeast, break yeast into sugar, add to juice of oranges and lemons. Then add 8½ quarts water, hot. Let stand until done fermenting. Bottle. Don't put corks in tight.—Mrs. F. J. Thompson.

GRAPE WINE

20 lbs. of fruit, 5 qts. boiling water, 10 lbs. of sugar. Pour water over fruit and when cool squeeze the grapes out and let stand 14 days. Skim the last four days and then add sugar and let stand 14 days more and bottle.—Mrs. Young.

HYDRO SHOP —

**McCLARY
ELECTRIC RANGES**

For general family baking, use
McLeod's Special, (Best is cheapest.)

CLOVER WINE

3 quarts sweet red clover. Boil 3 gallons water and pour over the clover after it has been washed. Keep cover tight to keep in steam, let stand two days. Strain. Add 1 lemon and one orange cut up to each gallon, 1 slice of bread toasted brown and place $\frac{1}{2}$ Royal Yeast cake on top of toast, add sugar, to suit taste. Let stand until fermented about 8 days. Strain and let settle. Bottle.—Mrs. E. Kneitt.

GRAPE JUICE

Ten cups grapes, six cups water, two cups sugar. Crush grapes and cook in three cups water. Strain. Add to the seeds and skins the other three cups of water. Cook and strain. To the strained juice add two cups of sugar, boil ten minutes, skim bottle and seal while hot. This is fine for a drink or to add to punch.—Mrs. C. Farquharson.

LEMON FOAM (Drink.)

Sugar $1\frac{1}{2}$ lbs., water 1 qt., juice of three lemons, tartaric acid 1 oz., 2 eggs. Boil sugar and water to a syrup, let cool and add juice of lemons, tartaric acid, and well-beaten eggs. Strain and bottle. Two tablespoons of syrup to 2-3 glass of water for drink. Add $\frac{1}{4}$ teaspoon of soda, stir and drink.—Mary Bennington.

ELDERBERRY WINE

- 1 gal. berries (after being cleaned), 1 gal. water, 4 lbs. of sugar. Crush berries and put hot water over them. Let stand three or four days. Stir every day. Then strain and add sugar. Boil for about ten minutes. Add $\frac{1}{2}$ Fleischmar's yeast cake and dissolve it in a little warm water and spread on a small piece of toast. Let stand three or four days and skim every day until done fermenting. Strain again and bottle.—Mrs. Young.

DANDELION WINE

4 qts. flowers, 4 qts. water, rind of 2 oranges and 1 lemon. Boil together for 20 minutes. Strain and add 4 lbs. of sugar, the pulp of oranges and lemon. When lukewarm add one Fleischman's yeast cake and let stand four or five days. Then strain and bottle. Put cork in lightly or the bottle will break.—Mrs. Young.

ASK FOR STILLMAN'S BUTTER ITS SWEET WHOLESOME
FLAVOUR LEAVES A LONGING TASTE FOR

"Just some more."

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