

The Wimodausis Club
COOK BOOK



THE
WIMODAUSIS CLUB
COOK BOOK

Compiled by
MEMBERS OF THE WIMODAUSIS CLUB



TORONTO
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FOREWORD

The continued demand for a former Cook Book, published some years ago and now out of print, was incentive to the Wimodausis Club to compile the present volume, containing the recipes used before, and many new ones. The furtherance of the Club's social service work is made possible by the co-operation of many friends, and warmest thanks are extended to those who have contributed to the success of this book.

EDITOR.

THE WIMODAUSIS CLUB COOK BOOK

HORS D'OEUVRES CANAPÉS AND SAVOURIES

'A good digestion may not sound a poetical thing but it steers one clear of a lot of prose.'

ASPIC JELLY

1 quart seasoned beef stock 2 tablespoons tarragon vinegar
1 tablespoon gelatine 1 egg

Heat stock with gelatine and vinegar and before it becomes hot, clear, by adding well beaten egg white and shell. Bring gradually to a boil and boil two or three minutes. Strain through cloth. When cool, this mixture will form an aspic jelly and can be used for garnishing by cutting into small pieces or as an hors d'oeuvre when made into individual jellies. Add whatever ingredients may be desired. Such as paté de foie gras in small cakes, olives, whole anchovies, sardines, chopped tomato, etc.

CAVIAR CROÛTES

Mrs. G. G. Mitchell

Cut thin slices of bread in circles, fry in clarified butter, drain and dry. Spread with caviar mixed with a little lemon juice and seasoning, sprinkle lightly with finely chopped egg and pepper-grass.

CAVIAR CROUSTADES

Mrs. J. C. Fraser.

1 small pot caviar
1 dessert spoon lemon juice
1 finely chopped shallot or mild onion

From slices of stale bread about $\frac{3}{4}$ of an inch thick cut circles or squares, cutting out centre leaving rim $\frac{1}{3}$ of an inch. Fry carefully in butter until lightly browned. Drain off all fat and put in moderate oven to dry, then cool. Add shallot and lemon juice to as much caviar as needed, fill cases. Decorate border with anchovy butter forced through pastry bag.

CAVIAR WITH PRAWNS

Mrs. Harry Love.

Cut small rounds of bread $\frac{1}{4}$ of an inch thick, fry a golden brown; when cold, place on each a few pieces of caviar, a prawn and a few pieces of French gherkin. Serve on a small fancy paper, one to each person.

SALMON GOURMET

Mrs. Harry Love.

Cut smoked salmon in small slices and steep in salad oil with a few drops of lemon juice. Place on a small plate and dust with coraline pepper. Put one oyster on top, dust with the pepper, sprinkle with chopped Tarragon, and put two tiny rolls of brown bread and butter on the side of each plate.

HORS D'OEUVRE

Lady Eaton.

Butter a slice of bread and cover with shredded lobster; on this put another slice, butter side up, spread with caviare, cover with yet another slice, also butter side up and spread this with shredded crab meat. Repeat until a loaf of the required size is formed. Fit this tightly into a glass bakepan or mould and chill. Turn out and cover all over with mayonnaise.

For garnishing, place this loaf on lettuce leaves with parsley at the four corners and in the centre. Stuffed eggs may also be placed around the loaf.

ANCHOVY ÉCLAIRS

Mrs. Andrew Duncanson.

8 to 10 anchovies	Grated Parmesan cheese
Puff paste trimmings	1 egg

Wash, bone and dry anchovies. Roll pastry out thin and cut it into oblong pieces slightly longer than the anchovy. Enclose an anchovy in each piece. Seal the edges, folding them with a little egg. Sprinkle with cheese and bake in a hot oven until nicely browned and crisp. Serve hot.

ANCHOVIES IN TOMATOES

Mrs. Harry Housser.

Cover anchovies with lemon juice and paprika, and in an hour or two place them on tomato slices sprinkled with powdered egg yolk and garnished with the egg white cut in strips.

ANCHOVY HORS D'OEUVRE (Hot)

Mrs. Charles B. Lowndes.

Take anchovies from bottle uncurl and dip them in the following batter and fry in deep fat:

$\frac{1}{3}$ cup flour	$\frac{1}{4}$ teaspoon salt
2 teaspoons baking powder	$\frac{2}{3}$ cup milk
1 egg	

Sift flour and dry ingredients and add milk gradually, then the egg, well beaten.

CHEESE HORS D'OEUVRE (Hot)

Mrs. Charles Michie.

Cut bread medium thin and in small squares. Put on top of bread a slice of Canadian cheese, then a slice of tomato and then a small piece of bacon. Put in broiler for 10 minutes. Serve hot.

CRAB-MEAT GLACÉ

Turn into tiny moulds aspic jelly seasoned with French mustard, put a small spoonful of crab-meat in each, place on ice, and serve on lettuce.

EGGS AND CAVIAR

Cook and shell small eggs, cut a piece from the round end, roll in aspic, then in minced truffles, and serve on lettuce on a mound of caviar.

SHRIMPS OR CAVIAR AND EGGS

Cut hard-boiled eggs in halves, remove yolks, and fill with shredded shrimps mixed with mayonnaise, or caviar mixed with mayonnaise. Garnish with powdered yolks, and serve on lettuce leaves.

TOMATO BOXES

Scoop out small peeled tomatoes, saving tops to replace as covers, fill with caviar mixed with the tomato pulp, celery, and mayonnaise. Compounded butter for trimming.

DEVILLED BUTTER

Mrs. J. C. Fraser.

Sufficient sweet butter, yolk of egg, little curry powder, salt and pepper creamed together and rubbed through fine sieve. Force through pastry bag when decorating Hors D'oeuvres. Must be kept on ice to keep butter firm.

FOR ANCHOVY, SARDINE, SHRIMP OR LOBSTER

Pound fish with little paprika and mix with sufficient sweet butter, force through fine sieve and then through pastry bag for trimming edge of canape.

ASSORTED CANAPÉS

Mrs. H. B. Houser.

Egg,—Cold. Cut 6 cold hard boiled eggs into baskets, mix yolks with mayonnaise, fill baskets, and place on ovals of toast spread with minced ham mixed with chili sauce. Garnish with remaining egg whites and minced gherkins, beets and capers.

Caviar,—Cold. Add 3 tablespoons lemon juice to 6 tablespoons Russian caviar, spread toast and garnish with minced watercress, or with a stoned olive filled with mayonnaise. Or, spread toast with plain butter or mayonnaise, cover with artichoke fronds filled with the caviar mixed with lemon juice, and garnish with eggs.

Anchovy. Spread circular pieces of toasted bread with Anchovy Butter. Chop separately yolks and whites of hard boiled eggs. Trim, alternating yolks and whites.

Ham, Cold and Hot. Spread brown bread toast with mustard cream, cover with minced ham mixed with a little currant jelly, garnish with olives, and serve cold. Or mix ham with a little tomato or chutney, spread toast, dust with cheese, and put in oven until very hot.

Chicken and Ham, or Tongue, Cold. Spread toast with butter, cover with minced chicken and meat, and garnish with olives, pickles, and pearl onions. Or border the edges with minced tongue or ham, fill centre with chicken mixed with mayonnaise, and garnish.

Mushroom—Hot. Cook fresh mushrooms in butter, place on rounds of toast spread with parsley butter, pipe a mound of beaten egg white seasoned with salt and pepper on each mushroom, and place in hot oven until meringue is brown.

PÂTÉ DE FOIE GRAS AND OLIVES—Cold

Spread strips sautéed bread with pâté de foie gras, softened with cream, fill with strips of olives, pipe on edge of olives, savory butter, colored pink with paprika, fill centre with a disk of beet.

SARDINE—Cold

Mash sardines with tarragon vinegar, add paprika, tabasco, and onion salt and spread on buttered toast. Cover with cream cheese pressed through a potato ricer and garnish with water-cress and capers or omit cheese and garnish with cold boiled eggs.

SWEETBREAD—Cold

Spread brown bread toast with creamed butter mixed with pâté de foie gras. Cover with cooked sweetbreads, mixed with minced cucumber, pepper-grass and mayonnaise. Garnish with asparagus tips and slices of tomato.

TOMATO—Hot

Place a slice of tomato on each round of buttered toast, cover with grated cheese, dust with paprika, put in oven until cheese is melted. Garnish with watercress.

Boiled Ham

2 cups vinegar
 $\frac{1}{2}$ Tin molasses
 1 heaping cup Brown sugar
 2 onions sliced
 enough water to cover. Simmer about $3\frac{1}{2}$ hours

French Fritters

1 egg,
 1 pint of milk
 Flour to make an ordinary batter
 Pinch of Baking Powder
 " " Salt
 Dip ~~the~~ iron in ^{hot} fat then in
 batter & hold in fat for a little while
 then knock fritter into fat & leave
 until ~~golden~~ brown take out, drain
 on brown paper sprinkle with sugar

Lemon syrup.

Rind & juice of 12 lemons

2 oz citric acid

1 " tartonic "

1/2 " epsom salts

} mixed at
drug store
for 15¢.

5 lbs sugar

5 pints water Boiling

Put sugar in kettle add rind
& juice & acids. Pour boiling
water over mixture & heat thoroughly
but do not boil strain & bottle

Place Ham in roasting pan add 2 cups of
hot water. cover pan tightly. cook in modern
oven 325 degrees. allowing 12 to 15 minutes to a
pound. remove from pan trim off rind &
cover with brown sugar, mustard & bread crumbs
mixed. place cloves in, & put in oven to brown.

SOUPS

*“Of all appeals—although
I grant the power of pathos, and of gold,
Of beauty, flattery, threats, a shilling—no
Method’s more sure at moments to take hold
Of the best feelings of mankind, which grow
More tender, as we every day behold,
Than that all-softening, overpowering knell,
The tocsin of the soul—the dinner bell.”*

—BYRON.

SOUP STOCK

Miss G. A. Gooderham.

Use beef or veal shank, or a combination of the two. Wash, place in kettle, cover with cold water and simmer until the meat is thoroughly tender and falling from the bones. Skim occasionally during the cooking. Vegetables and seasonings may be added while cooking, or, to gain variety, strain liquid off bones and season as required with vegetables, savory sauces, etc. When the soup has cooled and jellied, the fat may be skimmed from the top and the upper portion of stock seasoned and served as consommé, while the lower portion, containing some sediment, may be used for vegetable soups, purées, etc.

SOUP FROM LEFT-OVERS

Mrs. H. M. Purser.

Never throw away bones, sauces or left-overs from cooked meat or vegetables. These covered with cold water and simmered for hours will make excellent soup. Bacon rind adds to the flavor of almost any stock soup or purée and helps to produce a jelly.

BOUILLON

Mrs. W. E. Rundle.

3 pounds of beef from lower part of round or upper part of shank	
3 quarts cold water,	1 bay leaf
1 onion,	2 cloves
½ carrot,	6 pepper corns
1 sprig parsley,	1 teaspoon salt just before
2 sticks celery.	taking from fire.

Remove all fat from beef and cut fine. Place in saucepan with 3 quarts cold water and let stand an hour then put on fire and let come slowly to boiling point, removing scum as it rises. Let simmer 2 hours, then add vegetables and spices and simmer 3 hours longer. Strain into an earthen bowl and cool without covering. This stock will not jelly. When ready to use remove grease, season if necessary with salt and pepper and put into saucepan with $\frac{3}{4}$ of a pound of minced lean meat and the white of an egg. Stir until it boils. Boil 5 minutes. Lay a fine cloth on a sieve and strain without pressing. It should be quite clear and the color of amber.

STOCK AND TOMATO SOUP

2 tablespoons minced onion	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	$\frac{1}{4}$ teaspoon white pepper
1 quart stewed tomatoes	2 whole cloves
1 teaspoon sugar	1 quart stock cooled and cleared of fat.

Brown the onion in the butter, add tomatoes and seasonings, then stock, and simmer 10 minutes. Thicken with flour, strain and serve with hot croutons.

OX-TAIL SOUP

Miss G. A. Gooderham.

2 ox-tails	1 Small carrot
2 quarts cold water	1 small onion
1 bay leaf	4 cloves
1 small turnip	Salt and pepper
2 tablespoons butter	

Wash ox-tails, cut into small pieces. Put into soup kettle with 2 tablespoons butter and allow to brown. Add other ingredients and let come to a boil. Skim, add $\frac{1}{2}$ cup cold water, let come to boil, skim again and simmer for two hours. Remove from fire, strain, allow to cool. Remove fat. To serve, re-heat and add small pieces of ox-tail.

SCOTCH BROTH

Miss G. A. Gooderham.

Use mutton as the stock foundation for Scotch Broth. The neck or shoulder is best. To this add seasonings, well boiled barley and finely cut carrots, onions, turnips and potatoes.

CLEAR TOMATO SOUP

Mrs. C. A. Withers.

1 can tomatoes	1 saltspoon pepper.
A slice of onion	1 pint water.
1 bay leaf	2 tablespoons butter.
$\frac{1}{2}$ cupful chopped celery	3 tablespoons flour.
1 teaspoon salt (small)	

Rub flour into melted butter: put into the other ingredients after they have boiled ten minutes. Strain and serve.

MILK TOMATO SOUP

Mrs. Frank McEachren

1 can tomatoes	1 $\frac{1}{2}$ pints milk
1 pinch soda	1 dessertspoon corn starch
1 teaspoon sugar	Butter size of egg
Pepper	$\frac{1}{2}$ cup cream or evaporated milk.
Salt	

Simmer tomatoes with soda and sugar. Put through sieve and add pepper and salt. Scald milk, thicken with corn starch, add butter and, just before serving add cream or evaporated milk.

CANNED TOMATO SOUP

Mrs. H. M. Purser.

1 basket tomatoes	Salt
1 dozen onions	Pepper
½ dozen heads celery.	

Cut up the vegetables and boil with the seasonings, to a thick pulp. Strain and put away in sterilized jars. To serve, heat one cup of this mixture with a pinch of soda and seasonings to taste. Scald 2 cups of milk; thicken with 1 tablespoon of butter and 1 tablespoon of flour, blended. Combine this mixture with the tomatoes at the last minute before serving.

VELVET SOUP

Mrs. C. S. F. Mitchell

1 quart beef, chicken, mutton, game or "combination" stock.	Yolks of four eggs. 4 teaspoons cream (cold).
1 large cup rich cream, boiling hot.	

Mix the beaten yolks of eggs with the cold cream, and on to this mixture pour the hot cream, then add to the consommé. As a last touch, in reheating, add a little powdered mace. Boiled chestnuts or blanched almonds, pounded to a paste, may be added if desired.

ALMOND SOUP

Mrs. C. F. S. Mitchell.

6 ounces sweet almonds	1 pint milk
1 ounce bitter almonds	1 cup white stock
A pinch of salt	2½ tablespoons butter
1 small head of celery	6 tablespoons flour
1 small onion	½ cup heated cream

Blanch and chop the almonds, add the salt and pass through a fine meat chopper. Cook in a double boiler with the celery, onion and milk for one hour. Strain, press well and return to the fire. Thicken the stock with the butter and flour, stir until smooth and cook five minutes. Add a pint more of white stock, put with the other mixture, add salt and pepper and let boil up once. Just before serving add the cream. This is also good not strained.

VEGETABLE SOUP

Mrs. Douglas Henderson.

4 tablespoons beef dripping	1½ cups potatoes
⅓ cup carrot	1 quart boiling water
⅓ cup turnip	1 tablespoon butter
⅓ cup celery	½ tablespoon chopped parsley
½ onion	1 teaspoon salt
⅛ teaspoon pepper.	

Prepare vegetables and cut in small cubes, cook carrot, turnip, celery and onion in dripping until delicate brown, add potatoes, cook 2 minutes longer, then add water. Cover and simmer 1 hour. Add water as needed to keep liquid one quart. Add butter, parsley and seasonings.

CREAM SOUP

Mrs. Cecil Moore.

1 quart white stock	1 cup milk
1 large onion, thinly sliced	1 cup cream
3 tablespoons butter	2 tablespoons flour
½ cup stale bread	Salt and pepper

Cook onion fifteen minutes in one tablespoon butter; add to stock, with bread broken in pieces. Simmer one hour, rub through a sieve. Add milk and thicken with remaining butter and flour cooked together. Add cream and season.

CREAM OF GREEN PEAS

Miss Muriel Larkin.

1 pint of fresh peas or 1 can	2 tablespoons butter
1 quart milk	1 teaspoon salt
2 tablespoons flour	½ teaspoon pepper

When using canned peas, drain off liquid, add a little water and allow to cook five minutes or until the peas are tender. Mash the peas through a sieve. Heat the milk in a double boiler. Melt butter in a saucepan; add flour, salt and pepper; then add milk gradually, stirring all the time. Add peas and stir until smooth and thick.

CELERY SOUP

Miss May Denne.

Wash and trim a bunch of celery. Reserve minor stalks for table; cut remainder into small pieces, cover with water and cook until tender (about an hour). Rub through a strainer. There should be about a pint. Combine this with one pint of white sauce; season with salt, pepper and onion juice; strain again and serve.

POTATO AND CELERY SOUP

Miss Olive Scoley.

Three cups chopped celery (cook until tender); one quart sweet milk; season to taste. Thicken with a little flour rubbed smooth in a lump of butter. Add celery and one cup of mashed potatoes and serve very hot.

POTATO SOUP

Mrs. Avern Pardoe, Jr.

4 potatoes boiled and mashed	1 quart of milk
3 slices of onion (cut fine)	2 tablespoons butter
¾ teaspoon salt	2 tablespoons flour
Dash of pepper.	

Scald milk with onion, remove onion and add potatoes slowly to milk, melt butter and add flour and seasoning, stir into scalded milk until smooth and cook one minute.

CHEESE SOUP

Mrs. Douglas Henderson.

1 quart milk	Yolks 2 eggs
1 blade mace	4 tablespoons grated cheese
1 tablespoon butter	Salt
3 tablespoons flour	Pepper.

Heat milk with mace. Remove mace and make sauce of butter, flour, milk and seasonings. When cooked add beaten yolks. Cook one minute. Add cheese and serve.

CREAM OF CARROT SOUP

Mrs. Douglas Henderson.

2 cups water	2 tablespoons butter
2 cups carrot	4 tablespoons flour
4 slices onion	Salt
2 cups milk	Pepper.

Cook carrots (cut in small pieces) and onion in water until tender. Press through strainer (there should be 2 cups). Make sauce of butter, flour, milk and seasonings. Add carrot pulp and serve hot.

MUSHROOM SOUP

Mrs. Cecil Moore.

$\frac{1}{2}$ pound mushrooms	$\frac{1}{4}$ cup pearl sago
1 cup boiling water	Yolks of two eggs
4 cups white stock	Salt and pepper
1 cup of heavy cream.	

Clean and chop mushrooms and add to stock. Cook twenty minutes and put through a sieve. Cook sago in boiling water thirty minutes, add to stock, and as soon as boiling point is reached season with salt and pepper, then add cream and yolks of eggs.

CREAM SOUPS

With a foundation of thin white sauce palatable cream soups can be made from a variety of vegetables, such as potatoes, corn, peas, beans, artichokes, onions, asparagus, carrots, parsnips and vegetable marrow.

CROÛTONS (to serve with soup).

Miss Muriel Larkin.

Cut bread in half-inch slices, trim off crusts and cut in half-inch squares. Brown in oven.

SOUP STICKS

Mrs. Douglas Henderson.

Cut bread into $\frac{1}{3}$ inch slices, remove crusts, butter, cut in strips $\frac{1}{3}$ of an inch wide and 3 to 4 inches long. Brown in the oven.

FISH

*“Weary seems the street parade,
And weary books, and weary trade;
I’m only wishing to go a fishing,
For this the month of May was made.”*

—HENRY VAN DYKE.

OYSTER COCKTAILS FOR SIX

Mrs. C. A. Withers.

Take two dozen small or one dozen large oysters; drain off most of the liquor. Mix 6 tablespoons of catsup with two tablespoons of lemon juice. Use a few drops of tabasco sauce or cayenne pepper and a very little salt. Set away on ice for a few hours if convenient. After filling glasses add a little catsup to give red shade. Serve with salt wafers or brown bread.

OYSTERS A LA P’UMELLES

Mrs. Cecil Moore.

1 pint oysters	1/2 teaspoon salt
2 tablespoons chopped mushrooms	1/2 teaspoon lemon juice
2 tablespoons butter	1 egg yolk
2 tablespoons flour	A few grains of cayenne

Clean oysters, heat to boiling point and drain. Reserve liquor and strain through a double thickness of cheesecloth; there should be $\frac{3}{4}$ cup of liquor. Cook butter and mushrooms five minutes; add flour and oyster liquor gradually, then cook three minutes. Add seasonings, oysters and eggs. Serve on zephyrettes or pieces of toast.

CREAMED OYSTERS FOR PATTIES

Mrs. C. A. Withers.

1 quart oysters	4 tablespoons flour
3 cups cold water	1 pint milk
4 level tablespoons butter.	

Drain the oysters, pour cold water over them, put into a saucepan and shake until they boil and curl up. Drain, saving the liquor. Rub butter and flour together; add oyster liquor, which should measure a pint, and have a pint of milk. Stir until boiling and add the oysters. Serve while hot.

PIGS IN BLANKETS

Mrs. Barrett.

Take as many large oysters as are desired; wash and dry them thoroughly. Cover these with fat bacon cut in slices. Pin together with toothpicks. Fry in a little dripping.

SCALLOPED OYSTERS

Mrs. J. C. Webster.

1 pint of oysters	1 egg
1 pint of bread crumbs	Milk, seasoning, butter

Mix the oysters and bread crumbs thoroughly. Beat the egg in a cup, fill up the cup with milk and add seasoning to taste. Put oysters and bread in a well-buttered deep dish, pour the milk and egg over. Scatter dried bread crumbs on top and dot with pieces of butter. Bake half an hour in a moderate oven, or, if the oysters have been frozen, a little longer.

CRAB POULÉ

Mrs. George Shaw.

2 heaping tablespoons butter	Meat of 1 crab
2 tablespoons flour	$\frac{1}{2}$ cup sherry wine
4 cups milk	6 or 8 tablespoons chopped mushrooms
Pinch baking soda	Salt
A little red pepper	

Blend butter and flour, add milk, baking soda and sherry and stir in the crab meat and other ingredients. Serve on toast or in ramekins.

LOBSTER A LA NEWBERG

Mrs. H. F. Gooderham.

1 tin lobster	1 tablespoon butter
1 pint milk	1 tablespoon thick cream
1 egg	Salt and pepper to taste
1 teaspoon corn starch	

Beat together the egg, corn starch and milk; add salt and pepper. Put in the lobster (cut in pieces) and butter. Cook in a chafing dish until the sauce thickens; then add cream. Serve on crackers or toast.

DEVILLED LOBSTER

Miss G. A. Gooderham.

Meat of 1 lobster	$\frac{1}{8}$ teaspoon cayenne pepper
1 tablespoon melted butter	$\frac{1}{4}$ teaspoon mustard
2 teaspoons lemon juice	2 tablespoons cream
1 small teaspoon salt	$\frac{1}{4}$ cup biscuit crumbs

Cut lobster meat into small pieces, add biscuit crumbs and other ingredients. Cut back shell of lobster into two pieces, fill each half with mixture, sprinkle top with some crumbs, put in a quick oven for 15 minutes. This mixture may be cooked and served in entree dishes.

BAKED HALIBUT

Mrs. J. C. Webster.

Cut fish in steaks. Skin and bone. Roll both sides well in dried bread crumbs mixed with salt and pepper. Put lightly in one layer in well greased pie dish. Dot with dripping and bake 45 minutes.

Salmon or cod fish may be used in the same way.

LOBSTER CUTLETS

Miss G. A. Gooderham.

1 cup milk	1 tablespoon finely chopped parsley
1 tablespoon butter	2 cups lobster
3 tablespoons flour	Salt
2 egg yolks	Cayenne pepper

Scald milk, blend flour and butter, add to boiling milk and cook until thick and smooth. Add slightly beaten egg yolks, stirring constantly remove from fire, add parsley, salt, pepper and finely cut lobster. Spread on a plate to cool. When cool form into cutlets, dip into egg and bread crumbs, fry in deep fat or olive oil.

BAKED FISH

Mrs. J. C. Webster.

Use Trout or White Fish.

Place fish, skin down, in meat pan, which has been well greased. Sprinkle with salt, pepper and a little bit of butter. Bake in hot oven about half an hour.

FILLETS OF SOLE

Mrs. J. C. Fraser.

1 finely chopped onion	$\frac{1}{8}$ teaspoon salt and Sprinkle pepper
1 crushed Bay leaf	Fillets of sole or any preferred fish
2 whole cloves	2 tablespoons orange juice
1 tablespoon chopped parsley	2 teaspoons lemon juice

Place in deep buttered baking dish, first five ingredients. Lay on this, fillets of sole. Spread with a little good butter, pour over a little white stock or water. Add fruit juices. Cover dish with oiled paper and bake 20 minutes. When fish is cooked, remove liquor leaving just enough to keep fish moist. Strain liquor and add two tablespoons flour creamed with 1 tablespoon of butter. Bring sauce to a boil. Remove from fire and add yolk of 1 egg, 1 tablespoon chopped parsley, and two teaspoons chopped chives. Place fillets on hot platter and pour over the sauce. Garnish with lemon slices and parsley.

SALMON CROQUETTES

Miss May Denne.

1 can salmon	Salt and pepper
A little milk	Cracker crumbs, not too fine
2 eggs.	

Pour the oil off the salmon; add milk, eggs, seasoning and sufficient cracker crumbs. Fry in deep fat in a wire basket, or make stiffer and form into cakes to fry in a frying pan.

SALMON CROQUETTES

Mrs. R. D. Hume.

One tin salmon. About the same amount soaked stale bread, squeezed fairly dry. Beat with a fork and add one egg, salt and pepper. Mould into shapes, dip in egg and roll in bread crumbs. Fry a golden brown and serve hot with one can strained tomatoes, thickened and flavored with salt, pepper and a small piece of butter.

SALMON SOUFFLE

Mrs. Percy Grand.

1 cup flaked Salmon ½ cup milk
2 eggs.

Make rich cream sauce of milk well seasoned. Add beaten yoke of eggs and salmon. Beat white of eggs stiff, and fold into mixture. Bake in buttered dish half an hour. Serve immediately.

SALMON MOULD

Mrs. Wallace Barrett.

One can of salmon chopped finely in a bowl using a silver fork, adding four tablespoons of butter until a smooth paste. Beat one cup of fine crumbs with three well-beaten eggs and season with pepper and salt. Work all together, add part of a cup of milk or cream. Put in a buttered mould and steam one hour.

Sauce.—One cup of milk boiled and thickened with two tablespoons of flour, two ounces of butter, and Worcester sauce or other flavoring to taste.

KEDGERIE

Mrs. J. C. Webster.

1 pound of cooked fish 2 eggs
1 cup of rice Pepper, salt
1 tablespoonful of butter

Cut fish into small pieces. Wash rice well. Put in double boiler in boiling salted water and boil for 20 minutes. Drain it dry and let it stand with lid closely shut for ten minutes without stirring. Boil eggs hard, and chop fine. Put eggs, fish, butter and rice in frying pan and season to taste. Stir fish with fork over fire until very hot and serve at once.

FISH SOUFFLE

Miss Mildred Graydon.

½ pound of Haddock or Salt and pepper
White Fish 3 Eggs
Little grated cheese Rich white sauce, cold

Put fish through sieve and beat lightly with yolks of eggs. Add cheese and cream sauce and just before turning into dish, add whites of eggs beaten stiffly. Have dish well buttered and bake about 35 minutes. Must be served in same dish immediately.

FISH CROQUETTES WITH TOMATO SAUCE

Miss Muriel Larkin.

2 tablespoons butter	$\frac{1}{8}$ teaspoon paprika or black pepper
2 tablespoons flour	1 cup of minced salmon
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup of milk

Melt butter, add flour, salt and paprika; add milk very gradually and stir until smooth and thick. Then if desired add one tablespoon of chopped parsley and mix in the fish. Set away to cool. Form into croquettes, dip into egg beaten with one tablespoon of cold water, then into bread or cracker crumbs, and fry in deep fat. Drain on brown paper and serve hot with tomato sauce.

CASSEROLE OF RICE AND FISH

Mrs. R. D. Hume.

2 cups cold flaked fish	1 tablespoon chopped parsley
$\frac{1}{4}$ cup bread crumbs	2 tablespoons butter
1 teaspoon salt	1 egg
$\frac{1}{4}$ teaspoon pepper	1 tablespoon milk
$\frac{1}{4}$ teaspoon onion juice	1 teaspoon lemon juice
3 cups cooked rice	

Mix seasonings with crumbs and add to melted butter; then add fish, egg, milk and lemon juice. Line buttered mould with rice, fill centre with fish mixture, cover with rice and steam 45 minutes. Serve with parsley or egg sauce.

FISH A LA CREME

Mrs. Avern Pardoe.

Remove skin from any portion of cold fish and flake it. Make a cream sauce adding yolks of two eggs. Put a layer of sauce then a layer of fish until dish is full. Sprinkle with parsley, cover with buttered crumbs and bake in the oven until crumbs are brown.

TUNA FISH CUTLETS

Mrs. W. F. Willoughby.

$\frac{1}{4}$ tablespoon finely chopped onion	$\frac{1}{2}$ cup milk
2 tablespoons chopped green pepper	$\frac{1}{2}$ cup cream
3 tablespoons butter	$1\frac{3}{4}$ cup Tuna fish
$\frac{1}{3}$ cup flour	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon paprika	

Cook finely chopped onion and green pepper in 3 tablespoons butter stirring constantly, then add milk and cream and when boiling add Tuna fish, salt and paprika. Spread on platter and when cool shape into cutlets, rolling in crumbs, beaten egg and again in crumbs, and fry in deep fat.

FISH AND MACARONI SOUFFLÉ

Mrs. Gordon Herington.

Flake salmon or any mild cooked fish and mix with a quarter the amount of macaroni. Season to taste with salt and paprika, mix with three quarters of a cup of cream sauce. Heat in double boiler. Add the beaten yolks of two eggs, and two teaspoonfuls of chopped parsley. Cook for a couple of minutes, remove from the fire and partly cool, then fold in the stiffly beaten egg whites. Place in buttered casserole, filling about half full. Bake in moderate oven until light and puffy. Serve at once.

ENTREES, LUNCHEON and SUPPER DISHES

*“A good digestion to you all; and, once more,
I shower a welcome on you; welcome all.”*

—SHAKESPEARE.

WELSH RAREBIT

Mrs. C. A. Withers.

1 pound soft cheese	$\frac{1}{4}$ teaspoon mustard
2 tablespoons butter	$\frac{1}{4}$ cupful milk
$\frac{1}{2}$ teaspoon salt	1 tablespoon Worcester sauce

Cook the cheese in a chafing dish; melt the butter before adding; put in the other ingredients, the milk last. When smooth and creamy serve on hot crackers or toasted bread.

MACARONI AND CHEESE

Mrs. Wellington Parsons.

Boil 12 sticks of macaroni in boiling water and salt, half an hour. Grate one cup cheese and melt three level tablespoons butter. Blend with three medium tablespoons flour. Mix half teaspoon salt, add a dash of cayenne pepper, then add butter and gradually one pint hot milk.

Pour over macaroni after it is boiled and strained and had cold water poured over it. Then add cheese and bake ten minutes in a buttered dish.

MACARONI TIMBALES

Mrs. J. C Fraser.

Line slightly buttered small moulds with boiled macaroni; fill with chicken or salmon force-meat; put in a pan half surrounded with hot water, cover with buttered paper and bake thirty minutes in a moderate oven.

PITTSBURG POTATOES

Mrs. Gordon Herington.

2 cups raw potato cubes	1 pimento
1 small onion	1 cup cream sauce
1 teaspoon salt	1 cup mild cheese

Take cubed potatoes and finely chopped onion and boil for five minutes, add cut pimento and cook seven minutes. Drain. (Save water for soup). Turn potatoes in greased baking dish, cover with grated cheese. Pour white sauce over, and cook until potatoes are soft.

FRIED RAMEQUINS

Mrs. Barrett.

Grate $\frac{1}{2}$ pound of cheese and melt 2 ounces of butter. While butter is cooling mix it with cheese and whites of 3 eggs well beaten. Lay buttered paper on a frying pan; put slices of bread on it, and lay cheese on top. Set on fire for about five minutes.

SCALLOPED CORN

Miss May Denne.

1 can corn	Salt and pepper to taste
2 eggs	

Mix eggs and corn. Put a layer of this mixture, then a layer of cracker crumbs and butter in the dish, then another layer of corn. Fill dish with milk and bake.

BOSTON BAKED BEANS

Mrs. H. F. Gooderham.

2 pounds white pea-beans	2 tablespoons molasses
$\frac{1}{2}$ teaspoon soda	Salt and pepper to taste
$\frac{1}{2}$ pound salt pork	Butter size of an egg.

Soak beans over night; put on stove with soda and cover well with water. Bring to boil and drain. Put in bean crock with pork, molasses, salt, pepper, butter. See that the jar is well filled with water and bake four hours.

BOSTON BAKED BEANS

Mrs. Lincoln,
(Boston, Mass.)

Soak one quart of pea-beans in cold water over night. In the morning put them into fresh cold water and simmer till soft enough to pierce with a pin, being careful not to let them boil enough to break. When soft, turn into collander and pour cold water through them. Place with one onion in bean pot. Pour boiling water over $\frac{1}{4}$ pound salt pork, scrape rind till white. Cut rind in half inch strips, bury pork in beans, leaving rind exposed. Mix one teaspoon salt, 1 teaspoon mustard with $\frac{1}{4}$ cup molasses. Fill cup with hot water and when well mixed, pour over beans, add enough extra water to cover them. Keep them covered with water until the last hour. Then lift the pork to surface and let it crisp. Bake eight hours in moderate oven. The proper bean pot is earthen with narrow mouth and bulging sides.

BAKED BANANAS

Select nice, large bananas. Remove half of the skin, on one side only; sprinkle with cinnamon and a very little sugar. Bake twenty minutes.

SWEETBREAD RAMEQUINS

Mrs. J. C. Fraser.

1 sweetbread cut in cubes 3 tablespoons flour
 2 tablespoons melted butter 1 cup chicken stock

Clean and parboil sweetbreads. Mix butter and pour on stock gradually. Reheat the sweetbread in this sauce. Season with salt, pepper and lemon juice, fill ramequins, cover with buttered crumbs and bake until brown.

SWEETBREADS IN PEPPER CASES

Mrs. G. Cecil Moore.

Parboil the sweetbreads, chill and cut in dice, using sufficient to fill a cup. Prepare a sauce by blending two tablespoons butter with the same quantity of flour and gradually pouring on a half cup of white stock and two tablespoons of thick cream. When thoroughly mixed, stir in the diced sweetbreads and a half cup of button mushrooms, cut into small pieces. Season with salt, Worcestershire sauce and paprika or a little cayenne. Parboil six peppers from which the inner fibre and white seeds have been removed. Cut a slice from the stem end when partially cool, and fill with the prepared sweetbread and mushroom mixture, cover with buttered crumbs and bake until a delicate brown. A mushroom sauce may be served around each pepper.

SWEETBREAD AND MUSHROOM PIE

Mrs. G. G. Mitchell.

Line glass bake dish with rich pastry and bake, leaving some pastry on ice for top. Make rich cream sauce and add parboiled sweetbreads cut in squares. Fill bake dish. Put layer of broiled mushrooms on top and either cover or dot with bits of pastry. Put in oven sufficient time to bake upper crust.

CASSEROLE OF EGGS

Mrs. Wm. Dobie.

Hard boil eggs, split lengthwise, pulverize yolks, add chopped chives and chopped olives and a little cream. Season to taste. Refill whites, heaping well, place in buttered casserole (close together) fill up with rich cream sauce, cover all with a thick coating of grated cheese. Bake until brown.

SCRAMBLED EGGS WITH MUSHROOMS

Mrs. J. C. Fraser.

4 eggs 2 tablespoons cream or milk
 6 (preferably) fresh Mushrooms 2 slices buttered toast
 1 ounce butter Salt and pepper

Prepare mushrooms Sauté them, cut in dice in hot butter. Trim toast and cut each slice into four squares. Beat eggs slightly, season with salt and pepper. Add cream and pour mixture into stew pan. Stir mixture over fire until eggs begin to set, then pile on toast. Serve immediately. This serves four persons.

CURRIED EGGS WITH RICE

Mrs. J. C. Fraser.

4 hard boiled eggs	1 teaspoon flour
$\frac{1}{3}$ pint stock or milk	1 finely chopped small onion
1 ounce butter	lemon juice
1 teaspoon curry powder	Salt
4 ounces cooked rice	

Shell eggs and cut in $\frac{1}{4}$ pieces, fry onion slightly in hot butter. Sprinkle in flour and curry powder and cook slowly five or six minutes. Add stock or milk. Season with salt and lemon juice, and simmer gently for $\frac{1}{2}$ hour. Put in eggs, and let them remain until thoroughly heated, and serve with hot rice arranged as border.

EAST INDIAN CURRY

Mrs. H. F. Evans.

2 pounds round steak	$\frac{1}{2}$ cup canned tomatoes
3 medium sized onions	2 apples
2 tablespoons fat	2 cups canned succotash
3 tablespoons curry powder	2 teaspoons salt

Slice onions and sauté in fat until golden brown. Stir in curry powder and cook for a few minutes. Then add round steak cut in one inch pieces, then tomatoes, diced apples, succotash and salt. Cover with boiling water, and simmer gently for three hours. Replenish water if necessary. Serve with boiled rice.

COOKED HAM AND ORANGE SAUCE

Miss Lucille Howard.

(St. Louis).

Let ham simmer gently, 10 pounds ham, four hours and others according to weight. Take out of water, skim and put back in same water overnight. This makes ham moist and holds flavor. Before putting in oven for browning, stuff one inch apart with cloves and sprinkle with brown sugar. Brown and serve hot with—

ORANGE SAUCE

Slice two oranges thin. Put with syrup of sugar and water and cook until transparent. Serve hot. Peel should be left on oranges.

CHICKEN SOUFFLÉ

Mrs. Bertram Blackwell.

2 cups scalded milk	1 cup stale bread crumbs
4 tablespoons butter	2 cups cold chicken, chopped fine
4 tablespoons flour	3 eggs, yolks and white beaten separately
1 teaspoon salt	
1 teaspoon pepper	

Make sauce of milk, butter, flour; add bread crumbs and chicken. Cook on top of stove for two minutes, then add yolks of eggs. When cold add the beaten whites of eggs, turn into a well buttered mould and bake 25 minutes. This can be prepared in the morning and baked when needed.

CHICKEN OR VEAL SOUFFLÉ

Mrs. F. W. Willoughby.

2 cups milk	½ cup bread crumbs
1 tablespoon butter	2 cups chopped chicken or veal
1 tablespoon flour	1 tablespoon chopped parsley
½ teaspoon salt	6 or 8 drops onion juice
½ saltspoon pepper	3 eggs

Put milk on in double boiler. Melt butter, flour, salt and pepper and cook until frothy, add milk slowly. Then add bread crumbs and cook 2 minutes. Add meat, chopped parsley, onion juice and the beaten yolks of the eggs. Cook slightly and fold in the well beaten whites of eggs. Pour in a buttered dish and set in a pan of hot water and bake in a quick oven for 20 to 30 minutes.

CORN AND CHEESE SOUFFLÉ

Mrs. Wm. Dobie.

¼ cup butter	¼ cup flour
2 cups milk	1 cup corn
½ cup grated cheese	3 eggs
1½ teaspoon salt	1 tablespoon chopped green pepper

Make white sauce of butter, flour and milk, add salt and chopped pepper, beat yolks and add corn and cheese to them, combine two mixtures, carefully fold in well beaten whites and bake half an hour.

POTATO SOUFFLÉ

Mrs. Chas. A. Larkin

1 pound mealy potatoes	3 eggs
1 ounce butter	Salt and pepper
1 gill of cream	Nutmeg

As soon as potatoes are cooked, drain and dry them carefully and rub through a fine wire sieve. Put them into a boiler with salt and pepper, and a grating of nutmeg. Melt butter and stir in one by one the yolks of eggs and the cream, then the whites beaten stiff. Pour mixture in buttered bake dish and bake in hot oven for about 20 minutes.

CHEESE SOUFFLÉ

Mrs. Avern Pardoe.

4 tablespoons butter	1 cup grated cheese
3 tablespoons flour	3 eggs
½ cup milk	½ teaspoon salt

Put the butter into a saucepan and when hot add flour and stir until smooth; add the milk and seasoning. Cook two minutes then add well-beaten yolks and cheese. Set aside to cool and then add the whites of eggs beaten to a stiff froth. Turn into a buttered dish and bake about 25 minutes. Serve the moment it comes from the oven.

CÚRRY OF RICE

Mrs. George Shaw.

1 can tomatoes	1 cup steamed rice
1 teaspoon curry powder	1 tablespoon butter
2 small onions	Pieces of lemon

Boil tomatoes and curry 15 minutes, then add onions sliced very thin and browned in butter. Add the rice and butter. Cook again for 15 minutes. Add lemon and serve at once.

HOT RICE AND MEAT MOULD

Mrs. Alexander Primrose

Fill a mould with layer of boiled rice and mixture of minced meat beaten up with egg and milk, and a little curry powder if desired, add seasoning. Steam until firm. Turn out and pour tomato sauce over all. Garnish with parsley.

CHILALY

Mrs. W. F. Willoughby.

1 tablespoon butter	$\frac{3}{4}$ pound soft mild cheese
2 tablespoons chopped onion	$\frac{1}{2}$ teaspoon salt
2 tablespoons green pepper	$\frac{1}{2}$ teaspoon cayenne
$\frac{1}{2}$ cup canned tomatoes	$\frac{1}{2}$ teaspoon paprika
1 egg	

Cook onion and green pepper in butter 2 minutes and add tomatoes, then add cheese cut in small pieces, salt, cayenne and paprika and when cheese has melted add beaten eggs, cooking until thick and serve on toast.

DEVILLED KIDNEYS

Mrs. Eden

Barbados, B. W. I.

Parboil the kidneys with a little salt. Cut them up in small pieces and fry them with butter and plenty of chopped onion until brown. Put kidneys in a saucepan and add cut up tomatoes, parsley, thyme, green peppers and butter, salt and pepper to taste, allow this to simmer. Add $\frac{1}{2}$ gill rum or Madeira wine. Cover with brown sauce and serve very hot. A little sugar and a few pieces of bacon cut small, or sausages, added to the mixture is very nice. Mushrooms either fresh or canned may also be used.

SPAGHETTI LOAF

Miss Elizabeth Fraser.

1 cup scalded milk or cream	1 cup grated cheese
1 cup bread crumbs	1 tablespoon onion juice
1 cup cooked spaghetti	1 tablespoon chopped parsley
3 eggs	1 tablespoon green pepper

Scald milk, add crumbs, cooked spaghetti, and cheese and eggs slightly beaten, add chopped green pepper. Pour into buttered bread pan. Place in hot water and bake in a slow oven until firm and slightly browned. Turn on platter and surround with tomato sauce.

BROWN SAUCE

Fry together 1½ ounce of butter, 1½ ounce of flour, a sliced onion and a sliced tomato, then add gradually a full half pint of good brown stock, boil all together for about fifteen minutes, pass through a sieve, skim well and boil up till reduced a fourth part.

ASPARAGUS LUNCH DISH

Mrs. J. C. Fraser.

Wipe, wash and strip asparagus. Boil gently until three quarters cooked and drain well. Place in a bake dish, pour over sufficient melted butter. Sprinkle with grated cheese. Season with salt and pepper and cook in a moderately hot oven until browned. Fry eggs in butter and serve on top of asparagus.

ASPARAGUS PUDDING (Danish)

½ teaspoon salt	1 pint milk
¼ pound butter	8 eggs
½ pound flour or a little less	Asparagus

Melt butter, mix in flour, mixing well together. Add milk gradually, then salt, cool, then add the yolks of eggs one at a time, each well beaten. Cut 25 stalks of asparagus in 1 inch pieces, being careful not to use the tough parts. Boil for 12 minutes. Add to the mixture and fold in the well beaten whites of the eggs. Put in buttered covered moulds and boil for 2 hours. If 1 mould is used boil for 2½ hours.

SAUCE

¼ pound butter	Cream or asparagus water
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Cream the butter and add as much cream or asparagus water as the butter takes up. Force through pastry tube on to slices of lemon. This pudding is served as a separate course, sliced, and will serve ten persons.

FISH LUNCHEON DISH

Mrs. Percy Grand.

Mix one cup cold flaked fish with three hardboiled eggs chopped fine, and ½ teaspoon finely chopped parsley. Reheat in 1½ cups white sauce, season to taste. Serve in border of hot riced potatoes or steamed rice.

LOAF SALAD

Mrs. Wm. C. D'Arcy.
St. Louis.

Cut crust from small loaf, cut loaf lengthwise into four slices. Fill between slices with different salad, such as chicken in one, tomato in second, and so on. Serve at table on platter garnished with greens, cutting down through each layer. Serve with mayonnaise.

MEXICAN RICE

Miss Mary Ladd.

1 tablespoon lard	2 onions
1 cup uncooked rice	1 clove of garlic
1 can tomatoes	1 tablespoon sugar
2 chili peppers	Salt to taste

Melt lard in skillet. When hot add rice and cook, stirring until light brown. Add other ingredients, cutting up onions, garlic and peppers. Cook slowly until rice is done, about 1 hour. It is necessary to keep adding water as the rice absorbs the other liquid.

MEATS

*“Ven’son’s Caesar in the fiercest fray;
Turtle! an Alexander in its way;
And then in quarrels of a slighter nature,
Mutton’s a most successful mediator!
So much superior is the stomach’s smart,
To all the vaunted horrors of the heart;
E’en love, who often triumphs in his grief,
Hath ceased to feed on sighs, to pant for beef.”*

BEEF LOAF

Mrs. J. C. Webster.

1½ pounds raw beefsteak minced 8 soda biscuits, rolled
1 pound fresh pork 2 eggs beaten in a cup

Fill up the cup with milk, salt, pepper and sage or summer savory to taste. Mix all well together, shape and bake in a slow oven for 40 minutes. If pork is left out cook with dripping, basting often.

BEEF LOAF

Miss Olive Scoley.

2½ pounds round steak, 1 cup biscuit crumbs
 chopped fine 1 large onion, chopped
2 eggs 1 large cup milk

Mix altogether, adding salt and pepper. Pour out in a square pan and bake an hour and a half. This is improved by a couple of slices of pork put over the top.

BEEF CASSEROLE

Mrs. Avern Pardoe, Jr.

Cut 1 pound beef (round steak) in inch cubes. Sear quickly in a very little butter. Cut into small pieces 3 carrots, 1 small onion, 2 potatoes. Mix these with the beef and add 1 cup canned tomatoes. Season to taste. Blend and add to mixture 2 tablespoons of flour. Place in casserole dish and cover with water. Bake 3 hours in moderate oven.

BEEFSTEAK STEW

Mrs. Parsons.

Take 1½ pounds of round steak, remove all fat and cut in pieces about ¾ of an inch square. Cover with one pint of cold water and cook very slowly for three hours. An hour before the meat is cooked put in three carrots and three potatoes cut in dice. Add salt and pepper before serving. Cook on the lowest flame possible.

SPANISH SHORT RIBS

Mrs. L. E Maddox.

2 pounds short ribs of beef	6 small dried chili peppers
1 can tomatoes	½ cup stoned olives
2 medium sized onions	1½ teaspoons salt
1 tablespoon butter	1 teaspoon paprika
1 cup hot water	⅛ teaspoon nutmeg
⅛ teaspoon cinnamon	

Slice onions and sauté to golden brown in butter. Add short ribs of beef cut in two inch pieces. Add water and simmer slowly ½ hour. Add remaining ingredients and cook altogether 1½ hours. Serve on platter around a mound of boiled rice.

BOILED CORNED BEEF

Mrs. A. B. Fisher.

Wash meat well and put on to boil in cold water. Bring slowly to a simmer, and simmer thirty minutes to every pound. If the meat is to be served cold allow it to cool in the liquor in which it was boiled. If for a hot dinner, you may boil with it, cabbage, turnips, potatoes and carrots if desired.

BEEF OR VEAL LOAF

Mrs. J. C. Webster.

3 pounds minced beef or veal	2 eggs well beaten
4 soda biscuits, rolled	Butter little larger than an egg
Salt and pepper to taste	

Mix beef or veal, seasoning and biscuits thoroughly; then add butter and eggs. Shape into a loaf, put into a meat pan with about a cup of dripping, and roast for an hour and a quarter, basting frequently. Have oven very hot for first half hour then let it cool off.

FRICASSEED VEAL

One pound of veal, part near the thickest part of the neck, cut into one and a half inch squares. Put into a saucepan and half cover with boiling water and boil five minutes; then let simmer gently twenty minutes, till all the water is evaporated. Add one teaspoon of salt, make a sauce of one tablespoon of flour, one of butter, mixed smooth, one cupful of milk, and let it boil; pepper to taste. Pour over the meat and turn on a platter. Sprinkle chopped parsley over it.

BAKED VEAL

Mrs. Trovell.

Have veal steak cut one inch thick. Cut it into small pieces (about the size of a croquette), taking away all gristle, fat and bone. Dip meat into beaten egg, then cracker crumbs; fry it brown in lard and butter. After frying put meat in a pan, cover it with milk, season with salt and pepper, put in a moderate oven to bake 40 minutes. Serve hot. Meat can be warmed up by covering with milk and put in oven.

VEAL CUTLETS WITH CREAM SAUCE

K. F. C.

1½ pounds veal cutlets	1 slice of carrot
2 tablespoons butter	1 small onion

Put the butter and vegetables, cut fine, in a saucepan, season the cutlets with salt and pepper and lay on the vegetables. Cover tightly and cook slowly for half an hour; then take out and dip in egg and bread crumbs and fry in boiling fat until a golden brown. Put a quart of green peas or points of asparagus in the centre of the dish and arrange the cutlets around. Serve with white sauce poured around.

JELLIED VEAL

Miss Grace A. Gooderham.

Take a small veal shank, wash, place in kettle and cover with cold water. Simmer until the meat is tender and falling off the bones. Cut veal into cubes, and place in mould. If desired add some slices of hard boiled egg, pimento or sliced olives in bottom of mould. Boil down liquor to half quantity. Season to taste and pour over meat. Let stand until jellied.

VEAL AND HAM PIE

(Gammon Rasher)

Mrs. E. H. Gunther.

½ to 1 pound of veal steak or cutlet, 1 small Gammon Rasher.

Cut meat up small, add salt and pepper to taste, and about a teaspoonful of sage. Cover with cold water, boil, and let simmer for a good hour, or until meat is tender. Strain off gravy and save to serve with the pie separately. Put meat into pie dish with two hard-boiled eggs cut up. Cover with paste and bake.

Cook meat the same way for steak and kidney pie, omitting sage and eggs. Add onion if desired.

STEWED LEG OF MUTTON

Lady Eaton.

Melt three tablespoonfuls of good dripping in the stewpan and in it fry the leg of mutton, turning it frequently till it is nicely colored all over. Add one pint of water, pepper, salt, two laurel leaves and a sprig of thyme. Under the leg of mutton in the pan lay a big slice of fat bacon or fat salt pork. Cover the pan and stew gently but not too slowly for five hours. At the same time boil a good pan of haricot beans in plain water; salt in the water turns haricot beans hard. Strain your beans. Add a good handful of salt and toss them thoroughly in it. Make a bed of them on a big dish and pour all the mutton gravy over it. Then slice the mutton thinly and arrange it on top. You can make a bed of mashed potatoes if you like, but the haricots are more really French. They must be boiled till they are all broken and coming out of their skins.

PORK TENDERLOIN

(Stuffed and Roasted)

Mrs. H. F. Gooderham.

Take three tenderloins, wash well and make a dressing of one cupful of grated bread crumbs, one tablespoon of melted butter, one-half teaspoon of salt, one-eighth teaspoon of pepper, one teaspoon of summer savory, or sage, one egg beaten with one tablespoon of water. Put tenderloins together, then fill with dressing and tie with string at both ends and in the centre. Put in a roasting pan and cook slowly for 1½ hours.

BROILED PORK TENDERLOIN

Mrs. J. C. Webster.

Tenderloins

Salt and Pepper

Dried bread crumbs

Dripping

Trim fat from tenderloins. Roll in bread crumbs mixed with salt and pepper. Lay on well greased meat pan, dot with dripping and broil under the flame for 35 minutes, turning frequently to brown all over.

PORK CHOPS (Baked)

Mrs. Bertram Blackwell.

Take as many pork chops as required, but have an even number. Make a dressing of bread crumbs, a little sage, celery, salt and pepper, placing dressing between each two chops, and put in a roast pan with a little water and bake one hour. Cover pan if necessary.

LAMB OR MUTTON CHOPS (Breaded)

M. T. H.

Take chops cut from the leg of a lamb or mutton, dip in beaten egg, then in cracker or bread crumbs, and fry in butter or dripping. Make a gravy by putting a cupful of hot water into the frying pan after dishing the chops, adding a cupful of stewed or canned tomatoes and one small onion chopped fine, a lump of butter, pepper and salt; thicken slightly with a little flour; pour over the chops or serve in a gravy dish, as preferred.

BREADED LAMB CHOPS

Mrs. R. S. Coryell.

8 French chops

½ teaspoonful salt

2 tablespoons butter

Cayenne

4 tablespoons flour

1 cup milk

½ cup chopped ham

Make a thick white sauce, when thoroughly cooked, add ham and set aside to cool. Broil chops, season with salt and pepper, cool and spread both sides with a layer of sauce. Let stand on buttered plate till firm, then dip in crumbs, egg and crumbs. Fry in deep fat. Garnish with paper frills and serve with Cuban or tomato sauce.

MEAT CROQUETTES

Mrs. Percy Grand.

Veal, tenderloin or chicken may be used, cooked until tender, or cold meats can be substituted. Put through mincer and mix with a rich cream sauce stiff enough to mould into shape. Dip into egg and then into bread crumbs. Fry in deep fat. May be served with hot tomato sauce.

BROWNEED HASH

Mrs. Hales

1 cup chopped cooked meat	1 tablespoon fat
1 or 1½ cups mashed potatoes	Salt and pepper
2 tablespoons milk	Onion juice
1 teaspoon chopped parsley	Fat for pan

Add potatoes and seasoning to meat, then milk. Mix thoroughly, spread evenly in greased hot frying pan, then place on part of the range where it will brown slowly. Fold as omelet. Turn on hot platter and garnish with parsley.

MEAT SOUFFLE

Miss Hollie McCormick.

2 cups scalded milk	1/8 teaspoon pepper
1/8 cup butter	1/2 cup bread crumbs
1/8 cup flour	2 cups minced meat
1 teaspoon salt	Yolks 3 eggs (well beaten)
Whites 3 eggs (well beaten)	

Make sauce of first five ingredients. Add bread crumbs and cook 2 minutes. Remove from fire. Add meat and egg yolks. Fold in whites. Turn into a buttered baking dish and bake for 35 minutes in slow oven.

RICE HASH

Mrs. Hales.

1 cup of boiled rice	1 small piece of butter
1 or 2 cups chopped cold meat	1 cup milk
Salt and pepper	

Let all come to a boil and then add one beaten egg. Put into a bake dish and bake until it is a nice brown.

FOR BOILING A HAM

Miss G. A. Gooderham.

This receipt is for a 6½ pound ham. Soak ham for six hours in cold water. Put on to boil in cold water. Kettle should be large enough for water to completely cover ham. Boil for 1¾ hours, then add to the water 1½ teaspoons baking soda and boil for another hour. Remove ham from water, peel off rind, sprinkle with browned bread crumbs and brown sugar. Put in oven for few minutes. Serve hot with a tartar sauce.

CALF'S LIVER, WITH FINE HERBS

Mrs. W. H. Baker.

1 calf's liver	3 tablespoons butter
2 mild onions	3 tablespoons flour
6 fresh mushroom caps	1½ cups brown stock
1 tablespoon finely chopped parsley	

Cut a calf's liver into slices of uniform size and shape; roll them in flour mixed with salt and paprika then let cook in hot fat until lightly colored on both sides. Remove liver and keep it hot in the warming oven. Slice finely the onions and mushrooms and let cook in the frying pan, stirring constantly until the moisture is evaporated; then add the butter, and, when it is melted, the three tablespoons of flour, stir and cook. Add stock and stir until boiling. Add the parsley and the liver and reheat without boiling.

SWEETBREADS (creamed)

Mrs. Avern Pardoe, Jr.

Take 1 pair calves sweetbreads. Let stand in salted water for 1 hour. Place in saucepan, cover with cold water and boil for five minutes. Set aside liquor and plunge sweetbreads in cold water, remove membrane, break into small pieces, simmer slowly in liquor not less than twenty minutes. Make a rich thick white sauce, using half a cup of the liquid with milk and pour over sweetbreads.

CALVES BRAINS

Mrs. A. B. Fisher.

Calves brains are very delicious, and are prepared in the same manner as sweetbreads.

GAME and POULTRY

*“How bless’d, how envied were our life,
Could we but ’scape the poulterer’s knife!
But man, curs’d man, on turkey preys
And Christmas shortens all our days:
Sometimes with oysters we combine,
Sometimes assist the savory chine.
From the low peasant to the lord,
The turkey smokes on every board.”*

—GAY.

FRICASSEE CHICKEN

Cut the chicken in pieces, and stew in as much water as will cover it; add a bunch of sweet herbs, white pepper and onions. When cooked add the yolks of six eggs, some chopped parsley, butter and a tablespoon of cream, all beaten together.

CHICKEN PIE

Stew one chicken with half a pound of pickled pork. Cut in small pieces; nearly cover with water; season to taste and cook until tender; then thicken gravy with a little flour wet with water. Put in pie dish. Make a paste as for short baking powder biscuits, cover chicken with biscuit dough and bake half an hour.

BOILED CHICKEN

Take a large, tender chicken; wash in several waters and wipe dry; season inside and out with pepper and salt; fill with oysters and skewer; place in a tin pail and cover tightly; put pail in hot water and boil until done. Put on a platter and keep hot; pour gravy from pail into saucepan; add one tablespoon of butter, three of cream, yolks of three hard-boiled eggs chopped fine, a little minced parsley, one tablespoon of corn starch made smooth in milk. Boil up once and pour over the chicken.

CHICKEN FRICASSEE

Mrs. R. C. Hamilton.

Chickens,—Flour mixed with salt and pepper, milk and dripping. After chickens are cleaned cut off legs, thighs and wings, cut down back and front, cutting each half again in half. Roll each piece well in flour, salt and pepper. Place in well greased roasting pan, dot with dripping and cover the whole with milk or half milk and half water. Cook from 1 hour to 1½ hours slowly. Have oven very hot at first. Use self-basting pan if possible. Make gravy of liquid left in pan mixed with water potatoes have been boiled in and thicken to taste.

TO BONE AND JELLY A TURKEY OR CHICKEN

(Miss Alice L. Hughes)

Take two chickens for one Turkey.

Take one chicken and cut it up and put in pot to boil. When tender shred off the bone and mince, mixing it with any kind of spices or flavoring you wish as it is what you stuff the other chicken with. Save the liquor and take some and mix it with about half a pint of gelatine.

In the meantime cut the skin of other chicken right down the back bone and proceed to gently tear away the flesh from the bones, loosening all the flesh, but keep the fowl whole. Then fill the fowl with the minced chicken, stuffing the legs well and it will be just in shape as before the bones were removed. Now sew up where it has been cut and place in the pot in remainder of liquor to boil for one hour or longer if necessary. Next put sliced hard boiled eggs and parsley in bottom of oval dish about the size of chicken. Put chicken in and pour over it the jellied gelatine, which has been mixed with soup in which the chicken has been boiled. It must cover the chicken. Now set it away to cool, and when cool turn it out on platter and the chicken can be seen encased in jelly with the garnishing shown.

JELLIED CHICKEN

Mrs. W. E. Rundle.

Cover the chicken with boiling water and boil until tender, with three giblets, two peppercorns, two cloves and a little salt. Remove the meat from the bones, and the skin from the meat. Replace the bones, skin and giblets in the stock with two sprigs parsley, three pieces of celery, a slice of onion, three cloves, two pepper corns, one-quarter of a bay leaf. Simmer (without a cover) for two hours. Strain and allow it to cool a little. Remove the grease. Return the stock to the stove and add a dessertspoon of gelatine (which has been soaked in a little cold water), the white and shell of an egg; allow it to come slowly to a boil and to simmer five minutes. Season with salt and pepper. Strain through a cloth. Cut the chicken into small squares; place in individual moulds (or one large one) until three-quarters full. Cover with the clarified stock and chill. The moulds may be garnished with sliced hard-boiled eggs.

PRESSED CHICKEN

Mrs. A. B. Fisher.

Draw and singe chicken, put in kettle and cover with cold water; place over moderate fire and simmer until the meat falls from the bones. Add 1 teaspoonful of salt when about half done, it will be about three hours if fowl is old. When done take meat from bones and cut into small pieces, put the bones and skin back into the kettle and boil until the liquor is reduced to one and a half pints, then strain, season to taste, mix this with the chicken, pour the whole into a mould and stand in a cold place over night, a light weight may be placed on top to press it together. Turn out of mould and serve.

CANNED CHICKEN

Mrs. William Douglass.

Dress and wash chicken and cut in pieces. Pack in sterilized jars, fill up jars with cold water; add a dessertspoon of salt to each quart jar. Put on rubber rings, screw tops lightly, place jars in boiler, cover, with cold water, bring to boil and boil for about two hours. Tighten tops and dip in wax when cold.

ROAST TURKEY

For cooking in any way a hen turkey a year old is best. Clean and stuff with a filling made with a quart of dry bread crumbs, four tablespoons of warm milk, half a cup of butter, a level tablespoon of salt, a teaspoon each of chopped parsley, white pepper, summer savory and thyme and two beaten eggs, mixed well together. Fill the breast and sew the skin of the neck over upon the back or down upon the breast, remembering that these threads must be carefully removed before sending to the table. Fill the body and sew up the opening; bind the wings and legs into place and put in the pan; place bits of butter or strips of bacon over the breast. Have the oven not quite as hot as for beef. Baste frequently.

POTTED PIGEONS

Miss Jessie Goodman.

Clean, stuff and truss six pigeons. Place with breasts up on a stew pan and add one quart of boiling water in which celery has been cooked. Cover and cook slowly three hours or until tender, or cook in oven in a covered earthen dish. Remove from water, cool slightly, sprinkle with salt and pepper, dredge with flour and brown entire surface in pork fat.

Dressing for pigeons:

1 cup hot riced potatoes

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{4}$ teaspoon summer savory

Yolk of 1 egg

A few drops of onion juice

1 tablespoon butter

$\frac{1}{4}$ cup soft stale bread crumbed and soaked in some of the celery water, then wrung in cheese cloth

Mix in order given: Make a sauce with $\frac{1}{4}$ cup each of butter and flour, cooked together, and add to stock. There should be about two cups of the stock. Place each bird on a slice of dry toast and pour gravy over all. Garnish with parsley.

PIGEONS

Mrs. C. H. Gooderham

Split pigeons in two and place in double boiler with a little water, pepper, salt. Cook until tender. Put 1 dessert spoon butter and $\frac{1}{2}$ teaspoon white sugar on frying pan and brown, then add 1 tablespoon flour and brown. Add about $1\frac{1}{2}$ cups water. Grate in $\frac{1}{2}$ onion and $1\frac{1}{2}$ carrot, add 1 teaspoon Worcester sauce, 3 teaspoons tomato catsup and a little salt. Boil and strain. When pigeons are cooked take liquor off them and add it to the sauce.

PIGEON PIE

Mrs. Andrew Duncanson.

2 or 3 pigeons	2 hard boiled eggs
1 pound rump steak	Yolk of 1 egg
$\frac{1}{4}$ pound ham or lean bacon	Puff paste
$\frac{3}{4}$ pint of good stock	Salt and pepper

Cut each pigeon into four or more pieces. Cut beef into small thin slices, ham into strips and eggs into sections. Put these ingredients into pie dish in layers, and season well. Pour in stock to $\frac{3}{4}$ fill dish. Put on cover of pastry. Brown with yolk of egg. Bake in quick oven until paste is risen and set, then cook at a lower temperature for about 1 hour. Have ready a few of the Pigeons' feet scalded and the toes cut off, also the remainder of the stock. Before serving pour in the stock through the hole in the centre of the pie and replace the pastry. Ornament with the feet, fixing them in a nearly upright position. This pie may be served either hot or cold. If cold the stock must form a jelly.

ROAST VENISON

Mrs. J. Charles Webster.

Smear roast well all over with paste made of dripping, a little vinegar, currant jelly, salt and pepper. Cook very slowly for 2 or 3 hours according to size of roast. If very lean add more dripping.

VEGETABLES'

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

LYONNAISE POTATOES

Mrs. Withers.

1 tablespoon butter	Parsley
1 onion chopped fine	Salt and pepper
12 cold potatoes cut in dice	

To the butter and onions add the potatoes and stir quickly over the open flame for five minutes, being careful not to burn. Season with salt and pepper, add chopped parsley and serve.

POTATO PUFF

Mrs. J. C. Webster.

2 cups hot mashed potatoes	2 well-beaten eggs
2 tablespoons butter	1/2 cup milk
Salt and pepper to taste	

Put into deep buttered baking dish and bake about 20 minutes in hot oven.

FRENCH FRIED POTATOES

Peel the potatoes and rub dry with a cloth; cut in about eight pieces, lengthwise. Have ready some boiling lard, drop the potatoes in and fry brown. Lift them out with a skimmer.

POTATO CROQUETTES

Mrs. B. S. Coryell.

2 cups hot riced potatoes	few grains cayenne
2 tablespoons butter	few drops onion juice
1/2 teaspoon salt	yolk 1 egg
1/3 teaspoon pepper	1 teaspoon finely chopped
1/4 teaspoon celery salt	parsley

Mix ingredients in order given, and beat thoroughly. Shape, dip in crumbs, egg and crumbs again. Fry one minute in deep fat and drain on brown paper.

SCALLOPED POTATOES

Mrs. Avern Pardoe, Jr.

Slice thin six good sized potatoes, place in baking dish in layers covering each layer with a sprinkling of flour, a few pieces of butter and salt and pepper to taste, fill the dish with milk, grate a little cheese over the top and bake slowly for one hour.

SWEET POTATOES (Candied)

Parboil peeled potatoes ten minutes, cut in slices lengthwise and place in buttered pan flat side down. Cook three quarters of a cup of sugar with one quarter of a cup of water and 2 tablespoons of butter, brush potatoes with this and bake, basting with syrup until syrup is used well and candied.

GLAZED SWEET POTATOES

Mrs. Wallace Seccombe.

Wash and pare 6 sweet potatoes. Cook in boiling, salted water, five minutes. Drain, cut in halves lengthwise and place in oiled pan. Brush potatoes with syrup made by boiling together $\frac{1}{3}$ cup sugar and $\frac{1}{4}$ cup water for 3 minutes and adding 1 tablespoon butter. Bake in oven 20 minutes, basting several times with syrup.

POTATO PIE

Miss G. A. Gooderham.

Make a pie of not too rich crust, using for filling very thinly sliced raw potatoes. Add pepper, salt, butter and a little milk. Be sure your pie is well filled with potatoes. Bake and serve with meat. This is very good with beefsteak.

BAKED TOMATOES

Select smooth, medium sized tomatoes, make a small aperture at the stalk end, remove the pulp and seeds with a spoon. Chop equal parts of cold chicken and veal and one green pepper; add a well beaten egg, half a cup of grated bread crumbs, one quarter of a cup of grated cheese, piece of butter, pepper, salt, and a little onion juice. Fill the tomatoes. Bake about twenty minutes in a moderate oven. Serve each tomato on a lettuce leaf.

FRIED TOMATOES

Mrs. A. B. Fisher.

Cut solid tomatoes into slices one-eighth of an inch thick, season with salt and pepper. Beat an egg and dip tomatoes first in egg and then in bread crumbs. Put two or three tablespoons of butter in a frying pan and when very hot cover the bottom of the pan with slices of tomatoes, fry until brown.

CARROTS À LA POULETTE

Scrape and wash thoroughly eight medium size carrots. Cut into small round slices, cook in boiling water to which one teaspoon of pepper, one small onion thinly sliced have been added. When tender, drain. Melt 2 tablespoons of butter in a saucepan and add one tablespoon flour stirring constantly. Add carrots and stir carefully. Just before serving add the well beaten yolks of 2 eggs. Stir until the eggs have set and serve.

STEWED CELERY

Cut tender outside stalks of celery into three-inch lengths and boil them for half an hour in salted water. As soon as cooked lift the celery and put in vegetable dish. Pour over cream sauce.

GREEN PEAS

Shell the peas and wash in cold water; put in boiling hot water, just enough to cover them well and keep from burning; boil thirty or forty minutes till tender; drain and season with salt and pepper and quite a large piece of butter.

PARSNIPS

Boil the parsnips until tender, then slice them, and dip the slices in a batter such as you would make for pancakes; fry in hot lard until brown; add pepper and salt to taste.

LIMA BEANS

Soak beans over night; cook one hour in water, leaving very little water when done. Just before serving season with pepper and salt, cream and butter.

CREAMED CABBAGE**M. P.**

Boil cabbage twenty minutes. Drain, and make a cream sauce; mix all together and put in a bake dish. Put in the oven and brown.

EGG PLANT

Pare egg plant (as many as are required), cut in slices about half an inch thick. Soak for one hour in cold water, then fry in deep fat till light brown. Season with salt and pepper.

BAKED BEETS

Beets retain their delicate flavor to perfection if they are baked instead of boiled. Turn them frequently while in the oven, using a knife, as the fork allows the juice to run out. When done remove the skin and serve with butter, salt and a little pepper on the slices.

ASPARAGUS

Tie asparagus in bunches, put in boiling water and cook about twenty-five minutes, being careful not to break tips. Drain and serve with cream sauce or on slices of toast, with drawn butter sauce.

FRESH MUSHROOMS À LA CREME

Take a pound of Fresh mushrooms, the larger the more tender; peel carefully the skin thin from the tops and wash thoroughly; then cut into broad strips, or halves if small, and place in a saucepan with a pint of cream. Let them boil slowly for a half to three-quarters of an hour till tender, then take a little flour and a tablespoon of butter, rub thoroughly together and mix into the cream; do not get it too thick. Add salt and pepper and serve on hot toast. This makes a delicious luncheon dish.

GREEN CORN

Corn should be cooked for from ten to twenty minutes in boiling water. The flavour is improved by adding to the water a few of the tender inside husks.

SAUCES and STUFFINGS for MEATS and FISH

*“Then from the mint walks forth the man of rhyme,
Happy to catch me, just at dinner-time.”*

—POPE

SAUCES FOR MEATS

With roast beef, serve grated horse radish.
With roast veal, tomato or horse radish sauce.
With roast mutton, currant jelly.
With roast pork, hot apple sauce.
With roast turkey, chestnut dressing or cranberry jelly.
With roast venison, black currant jelly or grape jelly.
With roast goose, tart apple sauce.
With roast quail, currant jelly, celery sauce.
With fried chicken, cream gravy, corn fritters.
With roast duck, orange salad.
With roast ptarmigan, bread sauce.
With cold boiled tongue, sauce tartare or olives stuffed with peppers.

MINT SAUCE

Take fresh young mint leaves stripped from the stems. Wash and drain them, chop very fine and to three tablespoons of mint put two of brown sugar. Mix and let stand for a few minutes, then pour over it six tablespoons of good cider or white wine vinegar.

HORSE RADISH SAUCE FOR HOT ROAST BEEF

Mrs. J. K. Pickett.

Equal portions of Horse Radish in vinegar and white bread crumbs, Soak for one half an hour. Season with salt and pepper. Add just enough whipped cream to make it tasty. Sprinkle with paprika.

TOMATO SAUCE

Miss Muriel Larkin.

1 cup strained tomato	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ teaspoon onion juice	1 sprig of parsley
$\frac{1}{2}$ teaspoon salt	1 tablespoon of flour

Put tomato, onion, parsley on together, and allow to simmer about five minutes. Melt butter, add salt, flour and paprika. Remove the parsley and add tomato gradually. Stir until smooth and then allow to come to a boil.

BREAD SAUCE

Mrs. Harold Purser.

Blend together a large tablespoon of butter and three tablespoons flour. Scald a pint of milk and pour gradually into the butter and flour. Put back on the stove to thicken. Season. Cut bread into dice and put into the sauce until heated through, then serve.

BREAD SAUCE

Miss May Denne.

1 pint sweet milk	Butter
Bread crumbs, 1 to 1½ cups	Salt and pepper

Let boil a short time

HOLLANDAISE SAUCE

Mrs. W. E. Rundle.

½ cup butter	¼ teaspoon salt
Yolk of 2 eggs	Pinch of cayenne
Juice of ½ lemon	½ cup boiling water

Cream the butter, add the yolks one at a time, and beat well, then add the lemon juice, salt and pepper. A short time before serving add the boiling water. Cook over boiling water and stir until sauce thickens. Strain if necessary. This is very nice with boiled or steamed fish.

TARTARE SAUCE

Mrs. W. E. Rundle.

1 cup of mayonnaise dressing (as described).
4 olives chopped fine
1 tablespoon chopped pickle

Add olives and pickle to dressing and beat thoroughly, if desired 1 tablespoon of tarragon vinegar may be added. Serve with cold meat or fish

SAUCE FOR FISH

Mrs. R. C. Hamilton.

Take a little of the stock that fish was boiled in and thicken with a little butter and flour mixed together. Take a few shrimp tails and fry lightly in butter with a little onion chopped fine, but do not let them colour. Afterwards take out shrimp tails and pour in the sauce and let cook for a few minutes, adding a little tomato. Strain through fine strainer and add yolk of one or two eggs, according to quantity. If not red enough, add a very little colour. Poach a few oysters and arrange on fish with shrimp tails. Pour sauce over and serve.

OYSTER SAUCE

Is made with a foundation of white sauce to which may be added some liquor from the oysters and lastly chopped oysters.

WHITE SAUCE

Mrs. Avern Pardoe, Jr.

1 pint milk	4 tablespoons butter
2 tablespoons flour	

Melt butter, mix in flour, then gradually pour on milk, stir well, cook until it thickens, season with salt and pepper. A white sauce is improved by adding the beaten white of an egg to this mixture over the fire just before serving.

EGG SAUCE

Chop hard boiled eggs and add to white sauce.

TOMATO SAUCE

Add catsup or canned tomatoes to white sauce.

PARSLEY SAUCE

Add chopped parsley to white sauce.

CAPER SAUCE

Add capers to white sauce.

MUSHROOM SAUCE

Add 1 cup finely chopped cooked mushrooms to white sauce.

MUSHROOM SAUCE

Mrs. C. H. Gooderham.

Wash and remove skin from mushrooms. Chop. Brown in frying pan in a little butter. Cover with water and let simmer until thoroughly cooked. Blend 1 tablespoon flour and add to mushrooms. Season to taste.

MUSTARD MIXTURE

Mrs. V. G. Dyer.

Slice an onion into a bowl and cover with vinegar. Let stand 48 hours, then pour off vinegar into a bowl, add a dash or two of cayenne pepper, $\frac{1}{2}$ teaspoon of salt, sugar to taste and two teaspoons of dry mustard, or enough to thicken to a cream.

MAYONNAISE SAUCE

Mrs. A. B. Fisher

7 Yolks of 4 eggs	$\frac{1}{4}$ teaspoon salt
Dash of cayenne	4 tablespoons hot water
4 tablespoons olive oil	1 tablespoon tarragon vinegar

Beat the yolks of eggs until creamy, add water and oil, cook over double boiler until thick, add vinegar, salt and pepper and stand aside to cool.

LOBSTER SAUCE

Mrs. Avern Pardoe, Jr.

2 tablespoons butter	$\frac{1}{2}$ pint boiling water
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
1 cup boiled lobster chopped fine	

Mix butter and flour to a smooth paste, add boiling water gradually. season and cook until thick, add chopped lobster.

BREAD STUFFING

2 cups stale bread crumbs	1 teaspoon salt
2 tablespoons melted butter	$\frac{1}{4}$ teaspoon pepper

Mix together the above ingredients and moisten with water if necessary.

CHICKEN STUFFING

Add 1 teaspoon thyme and 1 teaspoon summer savory to bread stuffing.

TURKEY STUFFING

Add 2 teaspoons powdered sage to bread stuffing.

DUCK OR GAME STUFFING

Add from 1 to 2 tablespoons of chopped onion, 1 teaspoon sage, 1 teaspoon thyme to bread stuffing.

PORK AND VEAL STUFFING

Sage and onion added to bread stuffing.

PICKLES and RELISHES

*'E'en though my edge be not too nicely set,
Yet I another's appetite may whet.'*

PICKLES

Miss Hollie McCormick.

$\frac{1}{4}$ peck green tomatoes	6 onions
$\frac{1}{4}$ peck ripe tomatoes	1 quart small onions
12 large cucumbers	1 (small) box mustard
1 cabbage	2 pounds brown sugar
1 cauliflower	(sparing measure)
3 red peppers	$\frac{1}{2}$ ounce allspice
3 green peppers	1 teaspoon turmeric
	$\frac{1}{2}$ ounce mustard seed

Chop all vegetables and sprinkle one cup of salt through. Let stand over night, then drain off liquid, cover with vinegar, adding spices. Let boil fifty minutes and bottle.

PICKLED GHERKINS

Mrs. R. D. Hamilton.

Wash gherkins and soak for two or three days in strong salt and water. Drain. Put gherkins in stone crock with muslin bags filled with allspice. Put a piece of alum the size of a walnut in and pour over enough boiling vinegar to cover the gherkins. Cover tightly.

RIPE TOMATO PICKLE

Mrs. J. C. Fraser.

3 pints tomatoes peeled and chopped	2 cups vinegar
1 cup chopped celery	6 tablespoons sugar
4 tablespoons chopped red pepper	6 tablespoons mustard seed
4 tablespoons chopped onion	$\frac{1}{2}$ teaspoon cloves
4 tablespoons salt	$\frac{1}{2}$ teaspoon cinnamon
	1 teaspoon grated nutmeg

Mix ingredients in order given. Put in stone jar and cover. This uncooked mixture must stand one week before using, but may be kept a year.

SPICED RED TOMATO PICKLE

Lady Flavelle.

7 pounds tomatoes (small)	4 pounds of white sugar
$\frac{1}{4}$ pound spices in bag	1 pint of cider vinegar
A little salt	

Make syrup and put whole peeled tomatoes in it. Boil for one hour. Remove tomatoes, taking care not to break them, then allow syrup to boil until it thickens. Put the tomatoes in again and let boil for half an hour. As this should be a rich pickle, the length of time for boiling should be judged accordingly.

SPICED TOMATOES

Basket tomatoes	6 pounds brown sugar
1 quart cider vinegar	1½ ounces stick cinnamon

Boil till soft. Take tomatoes out and put on a platter. Let syrup boil 1½ hours, or till thick. Then put tomatoes back in it and boil 20 minutes. Let stand and cool before boiling.

TOMATO RELISH

Mrs. R. D. Hume.

30 ripe tomatoes	7 green peppers (chopped fine)
10 onions (chopped fine)	2 heads of celery chopped fine
15 tablespoons white sugar	5 tablespoons of salt
1 cup of vinegar	Boil 1½ hours

TOMATO MUSTARD

Ethel Hall

1 peck ripe tomatoes	3 red peppers
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3 large onions

Boil for an hour and strain through a colander. Add:—

¼ pound salt

1 tablespoon black pepper

1 ounce of ginger

½ ounce cloves

½ ounce mace

Boil for an hour. When cold, add ¼ pound mustard and ½ pint of vinegar. The vinegar may be omitted if desired.

TOMATO MUSTARD

Mrs. A. A. Farwell.

1 bushel tomatoes	½ ounce cayenne pepper or less
½ ounce mace	1 pound best mustard
3 ounces white pepper	1 pound salt
3 ounces ground ginger	1 dozen large onions,
3 ounces whole cloves	finely sliced
2 pounds brown sugar	2 quarts vinegar

Cut tomatoes and boil one hour. Let cool and press through colander. Add all ingredients except mustard and cayenne. Boil slowly for three hours. When nearly cold add mustard and cayenne thoroughly mixed in vinegar. Tie spices in a bag. This will keep for any length of time.

TOMATO CATSUP

Mrs. S. R. Parsons.

1 peck tomatoes (quartered)	1 or 2 large green peppers
1 large onion	

Cook for one hour slowly, rub through a sieve and return to kettle. Add one and one-half cups cider vinegar, one cup sugar, salt to taste. two tablespoons white mustard seed, one tablespoon whole cloves and one tablespoon black pepper, two sticks of cinnamon. Cook slowly for three hours, then bottle.

TOMATO CATSUP

Mrs. S. Cleaver.

1 peck tomatoes	1 tablespoon whole allspice
1 cup salt	1 teaspoon whole cloves
1 teaspoon mustard in $\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ teaspoon (scant) cayenne pepper
1 cup white sugar	1 onion about $1\frac{1}{2}$ inches in diameter
1 ounce stick cinnamon	

Wash the tomatoes, cut up, and let stand over night with salt. Put through the colander, put on fire and add the mustard, sugar, the allspice and cloves in a muslin bag, and the other ingredients. Cook without a cover and keep well stirred. It will be sufficiently thick when it has boiled gently for about two hours. Seal with paraffin.

TOMATO CATSUP

Mrs. Todd.

$1\frac{1}{2}$ bushels tomatoes	1 ounce cloves
1 quart vinegar	1 ounce cinnamon
$1\frac{1}{2}$ cups salt	$1\frac{1}{2}$ pounds white sugar
$\frac{1}{4}$ pound whole black pepper	6 onions
$\frac{1}{4}$ pound allspice	2 teaspoons red peppers

Cut tomatoes and onions, boil until soft then strain through a sieve. Tie the spices in a thin cloth. Boil all together three hours.

TOMATO CATSUP

Mrs. E. Weekes.

$\frac{1}{2}$ bushel of tomatoes	6 large onions
1 pint vinegar and salt to taste	$\frac{1}{2}$ ounce white pepper
2 ounces whole allspice	2 ounces of mustard seed
2 pounds of brown sugar	

Let your tomatoes and onions boil for a long while, then strain and season. Put the spices in a bag, put in strained liquor and boil for two hours or till thick. Bottle in air tight jars.

GRAPE CATSUP

Lady Flavelle.

4 pounds grapes	1 teaspoon ground cloves
$1\frac{1}{2}$ pounds sugar	1 teaspoon ground cinnamon
1 teaspoon salt	1 teaspoon black pepper
1 pint vinegar	

Stew grapes and strain. Add ingredients and boil until it thickens.

TOMATO BUTTER

Mrs. Bertram Blackwell.

10 pounds of tomatoes	3 pounds of brown sugar
2 tablespoons of whole cinnamon	1 tablespoon cloves
1 tablespoon allspice	1 pint of vinegar

Peel and cut tomatoes and wrap spices in cloth. Boil about three hours until mixture is quite thick, and stir often to prevent burning.

SPICED GRAPES

Mrs. R. D. Hume.

7 pounds of grapes	3½ pounds of brown sugar
½ pint of cider vinegar	1 ounce of cloves
1 ounce cinnamon	1 ounce of allspice
cloves, cinnamon and allspice (in a bag)	

Pick grapes from stem and separate skins and pulp. Boil all until tender or until it will pass through colander taking out seeds. If not spicy enough add some ground spice.

TOMATO BUTTER

Miss Jessie Goodman.

10 pounds ripe tomatoes. Cut and cover with one pint of vinegar and let stand over night. In the morning drain and add:

½ pint of liquid	1 quart vinegar
3 pounds sugar	

Boil ten minutes then put spice bag in:

1 tablespoon whole cloves	1 tablespoon red pepper
1 tablespoon whole cinnamon	1 tablespoon salt

Boil until thick and dark

CHILI SAUCE

Mrs. C. Corrigan.

15 tomatoes	4 large onions
2 heads celery	1 cup vinegar
2 red peppers	2 tablespoons salt
1 cup sugar	

Chop first four ingredients very fine and boil 3 or 4 hours.

CHILI SAUCE

Mrs. Britton Foster.

1 quart vinegar	3 red peppers
30 tomatoes	3 green peppers, chopped fine
1 tablespoon salt	2 teaspoons mace
2 dozen peaches	2 teaspoons allspice
1 dozen pears	2 teaspoons cloves
9 medium onions or 6 large ones	2 teaspoons cinnamon
4 cups brown sugar	

Boil one and a half or two hours.

CHILI SAUCE

Miss Jessie Goodman.

12 large tomatoes	1 cup vinegar
2 tablespoons salt	4 red peppers
4 onions	

Chop onions and peppers fine. Boil fully one hour. After boiled awhile add four tablespoons sugar.

CHILI SAUCE

Mrs. A. J. Phillip.

1 basket of tomatoes	5 good sized onions (sliced fine)
2 bunches celery	3 green peppers
1 red pepper	6 teacups white wine vinegar
Salt and sugar to taste	1 tablespoon cinnamon
1 tablespoon ground mace	

Boil an hour and a half and bottle hot.

FRUIT CHILI SAUCE

Miss Jessie Goodman.

30 ripe tomatoes	4 cups white sugar
6 peaches	1 quart cider vinegar
6 pears	3 red peppers
$\frac{1}{4}$ pound of whole mixed spice, tied in a bag.	

Boil two hours or longer.

CORN RELISH

Miss Bruce Fraser.

20 cobs corn	2 green peppers
4 cups sugar	1 small cabbage
$\frac{1}{2}$ cup salt	2 ounces mustard
$\frac{1}{2}$ cup flour	1 teaspoon turmeric
40 onions	2 quarts malt vinegar

Cut off corn after it has been boiled 15 minutes chop with cabbage, onion and peppers. Pour over it 1 quart of the vinegar and bring to a boil, mix mustard, flour, salt, sugar and turmeric powder in the other quart of vinegar and pour over all. Let boil about $\frac{1}{2}$ hour. Bottle.

CUCUMBER PICKLE

Miss Alice L. Hughes.

Slice around very fine as many small gherkins as you want and put in brine over night. Drain and add mustard seed and celery seed, one teaspoonful of each to every quart of cucumbers. Then add vinegar and olive oil to cover, $\frac{1}{3}$ oil to $\frac{2}{3}$ vinegar. A little white pepper and finely chopped onion may be added, if desired. Place either in crock or bottle.

CUCUMBER AND ONION PICKLE

Miss. Olive Scoley.

4 dozen medium sized cucumbers, peeled and sliced in round slices.
 $1\frac{1}{2}$ dozen good sized onions.
 Sprinkle with salt and let stand over night. In the morning drain off liquid and prepare a dressing of:—

1 quart of strong vinegar	3 cups of brown sugar
1 pint of water	$3\frac{1}{2}$ teaspoons turmeric with water.

Cook like salad dressing and add cucumber and onion and let get scalding and bottle hot.

CELERY RELISH

Miss May Denne.

1 dozen bunches of celery	1½ pounds sugar
2 quarts vinegar	3 tablespoons flour
1 small tin mustard (¼ pound)	2 red peppers
1 ounce curry powder	Salt to taste

Bring vinegar to the boil and let simmer. Add sugar. Blend mustard, flour, salt, curry powder with water and add to vinegar. Have celery and red peppers finely chopped and boil in liquid for ten minutes.

CELERY RELISH

Miss Ethel Hall.

2 cabbages	12 large cucumbers
½ basket green tomatoes	9 red peppers
5 large onions	

Chop all fine, mix with two cups of salt and let stand over night. In the morning drain and add:—

1 ounce of celery seed	6 heads celery, chopped fine
1 ounce of mustard seed	1 gallon and 1 pint of
1 cup grated horse radish	vinegar
2½ pounds of brown sugar	
Pour over the mixture	Boil half an hour

MUSTARD PICKLE

Mrs. R. B. Rice.

2 quarts small gherkins	2 quarts small onions
1 cauliflower	1 head of celery
2 quarts small cucumbers.	

Cut cauliflower, celery and cucumbers into small sections. Put all in brine for 24 hours. Scald in same and drain.

Paste:—8 tablespoons best mustard	2 cups granulated sugar
2 tablespoons turmeric	1 cup flour
3 quarts cider vinegar	

Mix flour, sugar, mustard and turmeric together with cold vinegar. Put remainder on to boil. When boiling remove from the fire and add the paste. When well mixed return to fire and boil well. Pour over pickles while hot.

MUSTARD PICKLES

Mrs. Wm. Dalton.

2 quarts onions	1 large cauliflower
2 quarts gherkins	6 red peppers

Soak all over night in salt and water, drain, chop fine and add:

6 cups granulated sugar	½ cup mustard
2 cups flour	1 ounce celery seed
3 quarts vinegar	

Cook until creamy, then add to salted pickle. When boiled tender cool and bottle.

MUSTARD PICKLES

Mrs. C. A. Starr.

4 quarts gherkins	4 quarts silver onions
4 quarts cauliflower	6 red peppers (finely chopped,

Salt all but peppers over night ($1\frac{1}{2}$ cups of salt). Next morning, scald a few at a time in a little vinegar (about three cups). Then put into the dressing and cook slowly about half an hour.

Dressing:—

4 quarts cider vinegar	24 full dessertspoons of
4 cups of brown sugar	mustard
3 tablespoons of turmeric	8 full dessertspoons of flour

MUSTARD PICKLES

Mrs. Seccombe.

2 quarts small onions	$\frac{1}{2}$ dozen green peppers
2 quarts green tomatoes	2 large cauliflowers
2 quarts green cucumbers	6 heads of celery

Cut in small pieces and sprinkle with salt; cover with water and let stand over night. In the morning scald in brine and drain well.

Dressing:—

2 cups sugar	1 ounce of turmeric powder
$\frac{3}{4}$ cup flour	1 egg
$\frac{1}{2}$ cup mustard	3 quarts vinegar
1 ounce butter	

Put vinegar, sugar, butter and turmeric powder in kettle. When boiling stir in mustard and flour mixed in cold water. After lifting off the stove, stir in the egg well beaten.

MUSTARD PICKLE

Mrs. Sneath.

4 quarts green tomatoes	6 red peppers
4 quarts small cucumbers	6 heads celery
2 quarts small onions	2 cauliflowers

Cut vegetables, sprinkle with salt, let stand over night. Strain and boil in weak vinegar until tender but not soft, then drain.

Make a dressing of:—

2 cups sugar	2 tablespoons mustard
1 cup flour	1 tablespoon turmeric
2 quarts vinegar	1 egg

Cook dressing and pour over pickle while hot and when cold put in gem jars.

MUSTARD PICKLE

Mrs. J. L. Young.

1 quart of cucumbers (small) 1 or 2 quarts small onions
 2 large cauliflowers (broken in pieces)

Put into a hot brine and let stand 24 hours, then drain.

Dressing:—

6 tablespoons of mustard	$\frac{1}{2}$ tablespoon turmeric
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ cup flour
2 quarts of vinegar	1 teaspoon of curry powder
$\frac{1}{2}$ teaspoon of cayenne pepper	

MUSTARD CHOW-CHOW

Mrs. Tovell.

2 quarts small cucumbers	6 green or 3 green and 3 red
1 quart large cucumbers (cut)	peppers cut in strips
1 quart silver skinned onions	$\frac{1}{2}$ pound of mustard
4 good sized cauliflowers	1 ounce turmeric
4 cups brown sugar	2 cups flour

Mix turmeric, mustard, sugar and flour together (with a little vinegar) to a paste, then add it to a gallon of boiling vinegar. Soak vegetables over night in a weak brine, drain and put in hot mixture and cook slightly.

GREEN TOMATO PICKLE CHOW-CHOW

Miss Olive Scoley.

$\frac{1}{2}$ bushel green tomatoes	1 pint salt
1 dozen onions	

Stand overnight and drain brine.

Add:—2 pounds of brown sugar	$\frac{1}{2}$ tablespoon cloves
2 tablespoons of cinnamon	1 tablespoon of allspice
$\frac{1}{2}$ cup mustard mixed with vinegar	

Cover all with vinegar and boil $\frac{1}{2}$ hour. Use whole spice and put in muslin bag.

GREEN PICKLE SAUCE

Mrs. P. F. Grand

$\frac{1}{2}$ peck tomatoes (green)	10 onions
1 large head celery	1 head cauliflower
3 green peppers	

Chop all fine except peppers, sprinkle salt over and let stand over night covered with a weighted plate. In morning drain and add mustard:—

1 cup mustard	$\frac{1}{2}$ cup flour
3 cups brown sugar	1 teaspoon turmeric powder
2 gallons cider vinegar	

Thoroughly blend dry ingredients, add scalded vinegar and boil until thick. Pour over pickle and green peppers; cut fine, boil slowly $\frac{1}{2}$ hour.

SPICED GREEN TOMATOES

Mrs. Wm. Dobie.

5½ quarts of green tomatoes boiled in a weak solution of salt and water. Drain and put four cloves in each tomato. Leave on a platter slightly tipped until next day. Make a syrup of:—

4 pounds of sugar	1 quart vinegar
Cinnamon and cloves to taste	

Pour over tomatoes and let stand three days, then reboil syrup and pour over again. Seal while hot.

GREEN TOMATO PICKLE

Miss Ethel Hall.

5 pounds green tomatoes (cut fine)	1 pint vinegar
½ ounce cloves	2 pounds brown sugar
	½ ounce of cinnamon

Boil for half an hour.

SPICED CURRANTS

Miss Bruce Fraser.

7 pounds currants	3 tablespoons cinnamon
5 pounds brown sugar	3 tablespoons cloves
1 pint vinegar	

Pick over currants, wash, drain and remove skins. Put in kettle and add vinegar, sugar and spices tied in muslin, heat to boiling point and cook slowly 1½ hours.

PICKLED PEACHES

Lady Flavelle.

4 pounds white sugar	Stick cinnamon and cloves
1 quart vinegar (cider or white wine)	in a bag

Rub the bloom off the peaches and place three or four cloves in each. Have syrup boiling, then put in peaches, cooking them until they are tender.

PICKLED PEARS AND PLUMS

Pears and plums can be pickled in similar manner.

PICKLED PEACHES

Mrs. R. C. Hamilton.

Rub bloom from peaches, then stick one or two cloves in each. For the syrup take 4 pounds sugar and 1 quart vinegar. Boil and skim. Add a few peaches at a time in order not to stop the boiling. Heat until you can run a straw through the fruit. Put in crock and cover with the hot syrup.

PICKLED APPLES

Mrs. J. H. Bowman.

6 pounds sugar	Cloves
2½ pints vinegar	Cinnamon
Apples cut in halves (Tollman sweets)	

Boil a few at a time until tender.

PEPPER RELISH

Miss May Denne.

12 red peppers	12 green peppers
14 onions	

Put all through meat chopper and add:—

3 cups vinegar	3 cups sugar
3 teaspoons salt	

Boil 15 minutes.

PEPPER HASTE

Mrs. Kenneth McLaren.

One large head of cabbage (chopped fine), 1½ dozen sweet green peppers (1 dozen, if large); stir in ½ cup salt and let stand 24 hours. Then drain and add: ¾ cup white mustard seed, 1 tablespoon of celery seed, 1 quart of white sugar. Cover with white vinegar. No cooking needed.

PEPPER SAUCE

Mrs. E. Weekes.

12 red sweet peppers	12 green sweet peppers
14 onions	

Remove seeds and run through food chopper. Pour boiling water over all peppers, and let stand five minutes. Pour off and put on more boiling water and let stand ten minutes, drain and put all together. Add 1 quart of vinegar, 2 cups of brown sugar, two scant tablespoons of salt. Boil for fifteen minutes and bottle.

WATERMELON SWEET PICKLE

Mrs. R. C. Hamilton.

13 pounds rind	1 tablespoonful whole cloves
5 pounds sugar	1 tablespoonful allspice
3 pints cider vinegar	1 tablespoonful stick cinnamon

Peel the rind. Use only the white part; cut into small squares. Cook three hours.

PICKLED BEETS

Miss Olive Scoley.

1 basket small beets—Boil until tender and peel and pack in Gem jars, then bring to a boil:—

3 cups vinegar	3 tablespoons brown sugar
1½ cups water	1 tablespoon salt

Pour this liquid over the beets while boiling hot and seal.

BORDEAU RELISH

Mrs. V. G. Dyer.

4 quarts green tomatoes (chopped) 4 green peppers (cut fine)
 1 cabbage cut coarse 10 onions (chopped)
 ½ tea cup of salt

Mix and let stand half an hour, drain, put into kettle with:—

½ ounce turmeric 2 ounces celery seed
 ½ pound white mustard seed 2 pounds brown sugar
 ½ gallon vinegar

Boil one hour.

GOVERNOR'S SAUCE

Miss Ethel Hall.

1 peck green tomatoes (sliced)

1 cup of salt sprinkled over them and let stand over night. In the morning drain and put in a kettle with vinegar enough to cover them.

Add:— 1 cup of sugar 1 teaspoon cinnamon
 1 cup of grated horseradish 1 teaspoon allspice
 1 teaspoon cloves 6 green peppers cut fine
 6 medium sized onions cut fine

Simmer until soft, about ¾ of an hour.

PICCALILI

Miss Ethel Hall.

1 peck green tomatoes (chopped fine)
 8 large onions (chopped fine)
 1 cup of salt well stirred in.

Let stand over night. In the morning drain off all the liquor and add:— 2 quarts of water 1 quart of vinegar

Boil all together 20 minutes. Drain through sieve or colander and put back into kettle. Add:—

2 quarts of vinegar 1 pound of sugar
 ½ pound white mustard seed 2 tablespoons ginger
 1 tablespoon ground cloves 2 tablespoons pepper
 2 tablespoons ground cinnamon 1 tablespoon allspice
 ½ teaspoon cayenne pepper

Boil all together for 15 minutes or until tender, stirring often to prevent scorching. Seal in glass jars.

SWEET INDIAN CHUTNEY

Mrs. W. F. Willoughby.

3 pounds sugar ½ pound onions
 2 ounces salt ⅛ ounce cayenne
 ½ pound mustard seed 1 quart vinegar
 ½ pound raisins 10 sour apples
 ¼ pound ginger root (in bag) 5 ripe tomatoes (large)

Chop apples, onions, raisins, tomatoes, before putting on to boil with other ingredients. Boil all slowly for 5 hours and seal while hot.

BENGAL CHUTNEY SAUCE

Miss Ethel Hall.

1 pound of brown sugar	$\frac{1}{2}$ pound salt (less is better)
$\frac{1}{2}$ pound mustard seed	$\frac{1}{4}$ pound of onions (chopped fine)
$\frac{1}{2}$ pound raisins (chopped fine)	$\frac{1}{4}$ pound ground ginger
$\frac{1}{4}$ ounce cayenne pepper	3 pints vinegar
13 large sour apples	
13 large ripe tomatoes	

Peel the apples and tomatoes and boil with the vinegar to smooth paste. Then add all the other ingredients and boil for a couple of hours. When cold, bottle and cork tightly.

Sweet mustard Pickles Mrs Allan,

2 cauliflowers medium size.
 2 quart small white onions
 2 " green tomatoes
 1 " small cucumbers.
 4 bunches celery.
 4 green peppers
 2 red "
 $\frac{3}{4}$ gal white wine vinegar
 4 heaping cups B. sugar
 1 oz turmeric powder.
 1 large cup of lard.
 3 tubers mustard. Cut up req. in cubes
 after skin is removed. cover with 2 cups
 salt. let stand over night. Drain. Have sugar
 & vinegar warm add req. & cook slowly until
 cauliflower seems cooked. Mix mustard, lard,
 turmeric powder with a little cold vinegar add
 to mixture stirring well. Simmer one hour out
 do not boil. Put in covered cask or bottles

2 cups of granulated ^{white} sugar is equal to ——— 1 pound
 2²/₃ cups of powder or brown sugar " " ——— 1 pound

PICKLES AND RELISHES

- 30 good size Tomatoes
- 6 onions medium size
- 6 peaches
- 6 pears
- 3 green peppers

Cut fine with machine

- 4 cups white sugar
- 2 tablesp. salt
- 1 qt. vinegar
- 1 teasp. each - cloves, allspice ginger and cinnamon.

Peach conserve Miss Long

- 20 peaches
- 3 oranges juice + put pulp + skin through mincer
- cherries from 19¢ bottle of marocaino cherries

Boil 20 minutes

- 3/4 lb. sugar to 7 cups fruit
- 1 " fruit 15 " sugar

SALADS

*“Let first the onion flourish there,
Rose among roots, the maiden fair,
Wine-scented and poetic soul
Of the capacious salad bowl.”*

—ROBERT LOUIS STEVENSON

CABBAGE SALAD

Lady Flavelle.

1 small white cabbage	2 tablespoons sugar
$\frac{1}{2}$ pint cream	2 tablespoons vinegar

Dissolve sugar in cream, then add vinegar. Cut up cabbage very fine, put in dish and cover with dressing after seasoning with salt and pepper.

CLEAR SALAD

Mrs. Melville P. White.

$\frac{1}{2}$ package gelatine	1 level teaspoon salt
$\frac{1}{2}$ cup cold water	2 cups celery, cut fine (not chopped)
$\frac{1}{2}$ cup vinegar	1 cup shredded cabbage or
Juice of a lemon	2 tomatoes cut in pieces
1 pint boiling water	
$\frac{1}{2}$ cup white sugar	

Soak the gelatine in cold water for a few minutes, add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to jelly add the other ingredients.

WALDORF SALAD

Mrs. Withers.

Cut up equal parts of celery, apples and walnuts. Mix with salad dressing, scoop out red apples and use the apple for a cup and cut the pulp in cubes for the mixture. Serve on lettuce leaves and use a touch of green to garnish the top.

TOMATO SALAD WITH CHICKEN

Mrs. Withers.

Scoop out pulp of tomatoes, cut in cubes, and use an equal quantity of chicken cut in cubes. Canned chicken may be used. Mix with mayonnaise dressing and fill shells of tomato. Serve on lettuce leaves.

TOMATO JELLY

Miss Hughes.

1 can tomatoes	1 teaspoon salt
1 onion	1 dessertspoon mixed spice
1 teaspoon sugar	1 dozen cloves
$\frac{1}{2}$ package of gelatine soaked in	$\frac{1}{2}$ cup cold water.

After the tomatoes and other ingredients have boiled one hour add gelatine and strain through cheese cloth.

TOMATO JELLY

Mrs. Milner.

$\frac{1}{2}$ can or 2 cups of tomatoes	$\frac{1}{2}$ teaspoon of thyme
A few cloves and a bay leaf	1 teaspoon of salt
1 slice onion	1 teaspoon of sugar
$\frac{1}{4}$ teaspoon of pepper	$\frac{1}{4}$ box or $\frac{1}{2}$ ounce of gelatine soaked in $\frac{1}{2}$ cup of water

Boil the tomato, spices and onion until soft, then add the soaked gelatine and stir until dissolved. Strain and pour into mould.

MINT JELLY

Mrs. R. D. Hume.

$\frac{1}{4}$ of 10c. box Knox's gelatine	6 sprigs mint
$\frac{1}{2}$ cup vinegar	$1\frac{1}{2}$ cup water
$\frac{3}{4}$ cup sugar	

Soak gelatine in vinegar for 10 minutes. Boil mint in water for 15 minutes. Add gelatine and vinegar, let simmer a few minutes and add sugar. Strain, add a little extra mint, chopped, pour into moistened moulds and cool. Serve with lamb.

SALAD PUFFS

Mrs. H. Purser.

The shells for salad puffs may be bought or may be made from bouchée recipe in pastry section. For filling, no salad is nicer than one made from chicken, cut with scissors, and tiny cubes of crisp celery. Capers or chopped olives add a piquant flavor. Use plenty of your favorite salad dressing, but mix it with the other ingredients at the last minute and with a light touch, for if you "mush" it the delicate crispness which distinguishes a good salad is lost.

PINEAPPLE SALAD

Mrs. R. D. Hume.

1 cup pineapple	$\frac{1}{3}$ cup blanched almonds
1 cup celery	cut in sticks
Salad dressing	

Serve on lettuce leaves

BEET SALAD

Mrs. V. G. Dyer.

1 quart raw cabbage, red or white, chopped fine	1 head celery, chopped
1 quart boiled beets, chopped	2 cups brown sugar
1 tablespoon salt	1 teaspoon black pepper
$\frac{1}{4}$ teaspoon cayenne	1 cup grated horseradish

Cover with boiling vinegar, and seal while hot.

MANHATTEN SALAD

Mrs. W. E. Ireland.

Dissolve a package of lemon jelly powder in a pint of boiling water and 1 tablespoon of vinegar. While it is cooling, chop one cup of tart apples, one cup walnuts, one cup celery. Mix these ingredients. Season with salt, and pour over them the jelly. Serve with mayonnaise.

CHERRY SALAD

Mrs. W. E. Ireland.

Dissolve one package jelly powder in 1 pint boiling water, or juice from the can of cherries, adding water to make 1 pint. As it begins to jell, add candied ginger, and two cups of white cherries. Serve with fruit salad dressing.

FRUIT SALAD

Mrs. Allan Withers.

Canned cherries, cut dates, cut pineapple, cut bananas. Serve on lettuce heart, with a cream dressing.

FRUIT SALAD

Mrs. Allan Withers.

Maraschino cherries cut in half Marshmallows cut in four
 Few pieces of pineapple
 Serve on lettuce with a cream dressing

FROZEN FRUIT SALAD

Mrs. C. E. Langley.

2 grapefruit	2 oranges
1 or 2 cups of pineapple	2 bananas
1 pound grapes (skinned and seeded)	1 cup mayonnaise 1 cup of whipped cream

Freeze three hours.

PEPPER AND GRAPEFRUIT SALAD

Mrs. G. Cecil Moore.

Cut slices from stem ends of sweet green peppers and remove seeds. Refill with grapefruit pulp, finely cut celery and English walnut meats, broken in pieces, allowing twice as much grapefruit as celery, and two nut meats to each pepper. Arrange on lettuce leaves and serve with Mayonnaise Dressing.

MALAGA SALAD

Mrs. G. Cecil Moore.

Remove skins and seeds from white grapes, add an equal quantity of English walnut meats, blanched and broken in pieces. Marinate with French dressing. Serve on lettuce and garnish with maraschino cherries.

PEAR SALAD

Mrs. J. J. Vaughan.

Peel and core as many pears as needed, serving one half to each person, cut in slices lengthwise, place on crisp lettuce leaves. Garnish with 1 green fig or pickled walnut and a small ball of cream cheese. Serve with mayonnaise.

BUTTERFLY SALAD

Mrs. J. J. Vaughan.

Take slices of pineapple and cut in two, reverse halves to form the wings. Take a piece of cream cheese and roll into a piece about two inches long to form the body, and place between the halved pineapple slices. Put two cloves in for the eyes, bits of celery cut very fine for the feelers, and then place slices of stuffed olives on the pineapple to form spots on the wings, dash some paprika on cheese. Place on lettuce leaves and serve with mayonnaise.

SPINACH AND TONGUE SALAD

Miss Elizabeth Waller.

$\frac{1}{4}$ peck of spinach	A dash of paprika
1 tablespoonful lemon juice	1 tablespoonful oil or butter
$\frac{1}{4}$ teaspoonful salt	Slices of cold tongue
Sauce Tartare	

Cook the spinach in salted boiling water until tender; drain, and chop very fine, and season with salt, pepper, oil and lemon juice. Press into small well buttered moulds or cups. Have ready thin, round slices of cold boiled or braised tongue, the slices a trifle larger than the cups of spinach. When the spinach is cold turn it from the moulds on to the rounds of tongue, and press a star of tartare sauce on the top of each mould. Garnish with parsley and slices of lemon.

TOMATO ASPARAGUS MAYONNAISE

Mrs. J. J. Vaughan.

Wash and skin small tomatoes, scoop out a little of the centre and grate a tiny dash of onion into each tomato. Place three or four cooked cold asparagus tips in each and a little French dressing. Then put a spoonful of mayonnaise on top, dash paprika over all and serve very cold on lettuce leaves.

BANANA SALAD

Miss G. A. Gooderham.

Cut bananas into three inch lengths and dip into a hot thick syrup made from white sugar. Roll immediately in chopped nuts. The syrup will cause a thick coat of nuts to adhere to the banana and forms a thin case so that the banana will not discolor if you wish to prepare the salad some time before it is used. Serve on lettuce with a boiled or oil dressing. A cream cheese ball is a nice addition.

POTATO SALAD

Miss Hollie McCormick.

Cut into small cubes equal quantities of cold boiled potatoes and celery. Add hard boiled egg chopped or grated and flavour with grated onion, salt, pepper and paprika. Mix with boiled salad dressing and serve on lettuce or shredded cabbage.

PRUNE OR DATE SALADS

Miss G. A. Gooderham.

Cooked prunes or dates with pits removed and stuffed with cream cheese and nuts make good salads. These can be used alone or as an addition to any fruit salad.

SALAD DRESSING

SALAD DRESSING

Mrs. Withers.

2 eggs	$\frac{1}{2}$ teaspoon salt (small)
2 tablespoons sugar	$\frac{1}{4}$ teaspoon pepper
2 teaspoons made mustard	1 tablespoon butter

Have two large kitchen spoons of vinegar, boiling hot; pour over mixture then return to saucepan and bring to the boil, or until it thickens, stirring constantly. Remove from fire and stir until cold, then add cream. Whipped cream preferable.

SALAD DRESSING

Mrs. J. C. Webster.

1 egg well beaten	1 teaspoon salt, pepper and mustard mixed
1 tablespoon sugar	
4 tablespoons vinegar	1 teaspoon butter

Mix well together, cook in double boiler until quite thick, stirring constantly. Add sour or sweet milk to thin when too thick. This dressing will keep for some time.

BOILED SALAD DRESSING

Mrs. Allan Withers.

Beat three eggs well, add 6 tablespoons cream or sweet milk.

6 tablespoons vinegar	2 teaspoons mustard
3 tablespoons melted butter	1 teaspoon salt.
Pinch of cayenne	6 teaspoons sugar

Mix mustard with some of the vinegar. Melt butter and stand in hot water, stir all the time it is cooking. Then stir in cold water until cool.

SALAD DRESSING

Miss G. A. Gooderham

1 teaspoon salt	2 eggs
3 teaspoons mustard	1 cup malt vinegar
8 dessert spoons sugar	1 cup water
Paprika	4 heaping teaspoons corn- starch

Blend together first four ingredients. Dissolve cornstarch in the water and add to mixture. Add vinegar, and stir. Then add eggs. Put on stove in double boiler. Stir constantly while cooking. This should make a very thick mixture and if it does not do so, more cornstarch should be added. This dressing should be mixed with equal quantity of whipped cream, as you wish to use it. It will keep an indefinite length of time when not mixed with the cream.

SALAD DRESSING

Mrs. Douglas.

1 teaspoon butter	1 teaspoon mustard
1 teaspoon sugar	$\frac{1}{2}$ cup vinegar
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup sweet milk
2 eggs	

Beat together butter, sugar, salt and mustard to a cream. Add well beaten eggs then vinegar, and lastly the milk.

SALAD DRESSING

Mrs. C. H. Gooderham.

Yolks of 2 eggs	Paprika
1 tablespoon butter	Salt
1 tablespoon brown sugar	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ tablespoon mustard	1 tablespoon cream

Mix together first six ingredients. Add vinegar put on fire and stir until thick. Let boil a few moments before removing from fire. When cold add cream.

FRENCH DRESSING

Mrs. W. E. Rundle.

$\frac{1}{2}$ teaspoon salt	4 tablespoons olive oil
$\frac{1}{4}$ teaspoon pepper	1 teaspoon Worcestershire sauce
4 tablespoons vinegar	$\frac{1}{2}$ teaspoon fruit sugar

If used for a green salad, add 1 teaspoon of catsup and $\frac{1}{2}$ teaspoon of minced onion. Mix ingredients, add a little cracked ice and stir until well blended.

MAYONNAISE

Mrs. W. H. Baker.

1 egg, beaten	1 tablespoon brown sugar
$\frac{1}{4}$ cup water	1 teaspoon corn starch
$\frac{1}{4}$ cup vinegar	1 teaspoon mustard
1 saltspoon salt	

Cook in a double boiler until thick. Any quantity of this may be made and put away in jars, for it will keep. When ready to serve mix with a generous quantity of stiffly whipped cream. Sour cream is better than sweet.

MAYONNAISE DRESSING

Mrs. Kenneth McLaren.

3 teaspoons mustard	3 yolks or 2 whole eggs
2 teaspoons salt	$\frac{1}{2}$ cup milk
7 teaspoons white sugar	4 tablespoons of white wine vinegar

Mix mustard, salt, sugar together, beat yolks of eggs and milk, add vinegar slowly. Put on stove and cook until it becomes thick.

MAYONNAISE DRESSING, BOILED

Mrs. J. K. Pickett.

2 yolks of eggs well beaten	1 dessertspoon sugar
$\frac{1}{2}$ teaspoon salt	1 teaspoon mixed mustard
3 tablespoons white wine vinegar	(mustard and vinegar)
2 tablespoons milk	

Beat well after adding each ingredient. Cook in double boiler, add whipped cream just before using.

CREAM SALAD DRESSING

Mrs. Avern Pardoe.

Yolks of 3 eggs	1 tablespoon butter
2 tablespoons vinegar	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	$\frac{2}{3}$ teaspoon mustard
Cayenne pepper	

Cook over hot water and beat in whipped cream just before serving.

THOUSAND ISLAND DRESSING

Mrs. Bertram Blackwell.

Take half a package of cream cheese and mix into it with a fork, 2 tablespoons of prepared salad dressing, $1\frac{1}{2}$ tablespoons of catsup and 3 tablespoons of plain or whipped cream.

RUSSIAN SALAD DRESSING

Mrs. J. K. Pickett.

2 tablespoons pimento pulp	1 teaspoon minced green
$\frac{1}{2}$ cup chili sauce	pepper

Mix well and add 1 cup boiled mayonnaise and whipped cream.

EGGS and SANDWICHES

"The vulgar boil, the learned roast an egg."—POPE.

INDIVIDUAL BAKED EGGS

Mrs. J. C. Webster.

Butter ramekins, sprinkle bottom with dried bread crumbs, and break one egg into each dish, being careful not to break the yolk. Sprinkle top with salt and crumbs. Bake in hot oven until white of egg is set.

SCOTCH WOODCOCK

Mrs. Cecil Moore.

Melt 3 tablespoons butter, add 1½ tablespoons flour, and pour on gradually 1 cup milk. Add ¼ teaspoon salt and a few grains of cayenne and anchovy essence. Add 4 hard boiled eggs finely chopped and serve on toast.

EGG AND TOMATOES WITH PEPPER SAUCE

Lady Flavelle.

Hard boil six eggs. Peel them, but leave them whole and keep warm. Make a sauce of butter, flour and 1 cup of tomatoes, add 1 green pepper minced very fine, 1 tablespoon of parsley, also finely minced, and add salt to taste. Have ready 6 rounds of toast—whole wheat bread is preferable. Cover the toast with some of the sauce. Place an egg on each round and pour the sauce over.

FRENCH OMELET

Mrs. H. F. Gooderham.

4 eggs	1 tablespoon butter
1 tablespoon milk	A pinch of salt

Beat yolks and whites of eggs separately until both are light, then mix; add milk. Have butter hot in chafing dish or omelet pan, and pour in eggs. Let them cook for a minute, then gently raise edges with a knife, allowing the liquid eggs to run beneath edges until all is firm. Then sprinkle on salt and carefully fold as you turn out the omelet on a platter.

SCRAMBLED EGGS AND HAM

Mrs. H. F. Gooderham.

4 eggs	2 tablespoons milk
Minced ham	Salt and pepper

Beat eggs light, add minced cooked ham and pour into a hot buttered pan and stir till thick. Serve on toast.

SCRAMBLED EGGS AND SWEETBREADS

Mrs. Cecil Moore.

4 eggs	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 sweetbread (parboiled and cut in dice)
$\frac{1}{8}$ teaspoon pepper	
2 tablespoons butter	

Beat eggs slightly, using a silver fork, add salt, pepper, milk and sweetbread. Put butter in a hot frying pan, when melted pour in the mixture. Cook until of creamy consistency, constantly stirring and scraping from bottom of the pan.

EGG SOUFFLÉ

Mrs. Cecil Moore.

Melt 3 tablespoons of butter, add 3 tablespoons flour and 1 cupful of milk. Bring to the boiling point and season with one-half teaspoon salt and a dash of pepper. Remove from the fire, add the yolks of 3 eggs, beaten until thick and smooth, and fold in the stiffly beaten whites of the eggs. Turn into a buttered baking dish and bake in a moderate oven for twenty-five minutes. Serve immediately.

PIMENTO SANDWICHES

Mrs. Withers.

2 slices brown bread	2 slices white bread
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Place alternate slices of white and brown spread thinly with butter, cream cheese and finely chopped pimentos. Cut in thin strips.

SANDWICHES

Mrs. Withers.

1 gherkin	1 tablespoon capers
6 stoned olives	3 tablespoons of mayonnaise
1 tablespoon cream cheese	dressing

Cut slices of bread (two white and two brown), butter and spread alternate slices with this mixture. Cut in thin strips.

OLIVE AND WALNUT SANDWICHES

Put English walnuts through the meat chopper, using a rather coarse blade. Drain thoroughly and chop an equal bulk of olives stuffed with pimentos, using a chopping knife and bowl, as the meat chopper squeezes these too dry. Mix and add enough mayonnaise dressing to make a soft paste. Spread between white or entire wheat bread.

PEANUT BUTTER AND BANANA SANDWICHES

Miss Florence Herington.

2 ripe bananas	$3\frac{1}{2}$ ounce jar of peanut butter
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Thinly buttered bread spread with peanut butter and thinly sliced bananas.

MONTREUX SANDWICHES

Mrs. Withers.

4 eggs	1 tablespoon chopped celery
2 tablespoons butter	Anchovy essence
Pinch of paprika	

Boil eggs very hard. Mash well with two tablespoons butter, one tablespoon finely chopped parsley and sufficient anchovy essence to make all a good pink color. When well mixed add a pinch of paprika and spread between thin slices of buttered bread.

CHEESE TOAST

Mrs. Harold Purser.

Butter bread, cut into rather thin small pieces and place on the grating of the gas boiler. Grate cheese over all the pieces, sprinkle with paprika if desired. Have the gas lighted for some time before sliding the boiler in and then brown the bread evenly on one side only and serve hot.

COMBINATION BANANA SANDWICHES

Miss Florence Herington.

3 ripe bananas	Yolks of 3 hardboiled eggs
3 tablespoons minced bacon (previously cooked crisp)	$\frac{1}{4}$ teaspoon salt and paprika

Mash together bananas and yolks of eggs, then add the minced bacon. This is sufficient for a good sized loaf.

PICKLE AND NUT SANDWICHES

M. Paget.

$\frac{1}{2}$ cup of chopped almonds	1 tablespoon olive oil
Salt	Paprika
2 tablespoons chopped pickle	1 tablespoon chutney
1 large cream cheese	

Blanch almonds and leave in oil in skillet. Chop fine and add salt and paprika, pickles and chutney. Spread bread with cheese softened and sprinkle with almond mixture.

TUNA FISH SANDWICHES

Miss G. A. Gooderham.

Make a paste of Tuna fish and salad dressing, seasoning with salt and pepper and use as sandwich filling.

GREEN PEPPER BISCUITS

Mrs. W. F. Willoughby.

To halves of small buttered baking powder biscuits add chopped sweet green pepper mixed with mayonnaise.

FRUIT

"Behold! his breakfasts shines with reputation."

ORANGE MARMALADE

Miss Johnson.

6 bitter oranges 6 pounds sugar
1 lemon 5 quarts water

Cut oranges in quarters. Remove pulp. Cut rind very fine and put with four quarts water. Let pulp and seeds stand over night in a quart of water. Strain and add to other, then boil for 2½ hours. Add sugar and boil for 15 minutes longer.

ORANGE MARMALADE

Mrs. Percy Grand.

8 bitter oranges 4 sweet oranges
1 lemon

Soak seeds and tops of oranges separately, add 2½ pints water to 1 pint fruit and let stand over night. In the morning add juice from seeds and boil one hour. To every pint of fruit, add 1¼ cups sugar and boil one hour longer.

GRAPE FRUIT MARMALADE

Mrs. S. Cleaver.

1½ grape fruit Rind of ¼ grape fruit
2 lemons Rind of 1 lemon
4 cups sugar

Cut fruit in two across the sections and carefully remove the juicy part, leaving the pulp. Let juice and rind stand over two nights in a pint and a half of water, and the pulp and seeds in another vessel, with the same quantity of water. Boil separately for half an hour, then strain water in which the pulp and seeds have boiled into the fruit and boil one and a half hours more. This time varies. Add sugar and boil 15 minutes more.

GRAPE FRUIT MARMALADE

Mrs. Percy Grand.

3 medium grape fruit 3 lemons
20 cups water 20 cups sugar

Cut fruit in half, remove and save seeds. Slice fruit very fine, add water and let stand over night. To seeds, add 1 to 2 cups of water. In the morning drain and add water to fruit, also add grated rind to juice of lemons. Boil two hours, then add sugar and boil about 1 hour longer.

GRAPE FRUIT AND ORANGE MARMALADE

Mrs. G. Cecil Moore.

1 grape fruit	1 orange
1 lemon	

Wash fruit and cut into quarters, slice with skin into fine slices. To every pint of fruit, add 3 pints of cold water. Let stand over night. Next morning boil ten minutes. Following morning, to every pint, allow one pint of sugar. Boil until it jellies, about one hour and a half.

PEAR MARMALADE

Mrs. Norman Tovell.

8 pounds pears	8 pounds granulated sugar
1 pound seeded raisins	$\frac{1}{4}$ pound crystallized ginger
1 pint cold water	4 lemons, boiled soft and chopped fine

Boil all two hours, until it thickens.

GINGER PEAR

Mrs. Harold Purser

8 pounds green pears cut in dice	$\frac{1}{2}$ pound green ginger,
6 pounds white sugar	washed, scraped and sliced
Juice and grated rind of 6 lemons	very thin

Let the pears and sugar stand over night. Boil for about two hours and add the juice and rind of lemons at the last moment.

FIG AND PEAR MARMALADE

Mrs. Norman Tovell.

6 pounds pears	2 pounds figs cut fine
6 pounds granulated sugar	Juice of 2 lemons

Boil until it thickens.

FRUIT MARMALADE

Miss Muriel Sterling.

1 pound peaches	1 pound plums (blue)
1 pound pears	1 pound apples
$3\frac{1}{4}$ pounds white sugar	

Cut fruit up small and boil all together slowly for one hour.

PEACH MARMALADE

Mrs. J. F. M. Stewart.

48 peaches (cut)	8 oranges (cut)
7 pounds white sugar	

Let stand over night. The following morning boil two hours.

RHUBARB MARMALADE

Mrs. Bertram Blackwell.

2 dippers Rhubarb, cut fine 1 dipper white sugar
 $\frac{1}{4}$ pound chopped walnuts

No water. Boil until thick, being careful that it does not burn.

APPLE GINGER

Miss May Denne.

7 pounds each of apples and 3 lemons, grated rind and
 sugar juice
 4 ounces of ginger (whole) 1 quart water

Boil for one hour.

PLUM CONSERVE

Mrs. Tovell.

6 pounds blue plums (remove 1 pound raisins, seeded
 stones then weigh)
 6 pounds granulated sugar Pulp of 3 oranges
 Rind of 1 orange

Cook all two hours (until it thickens). Before taking from fire add $\frac{1}{2}$ pound walnut meats chopped.

PEACH CONSERVE

Miss May Denne.

5 pounds peaches 1 pound Canadian walnuts
 5 pounds sugar 2 oranges, juice and rind

Cook twenty minutes. Cherry Conserve may be made in the same way, only using chopped raisins instead of nuts. Currant Conserve should be made like cherry, only putting in the orange juice and rind last.

RHUBARB PINEAPPLE PRESERVE

1 large pineapple 5 pounds rhubarb

Peel and cut pineapple in small pieces, then weigh all and use a pound of sugar for each pound. Make syrup of sugar, boil clear, add fruit and boil three-quarters of an hour slowly.

GRAPE CONSERVE

Mrs. G. Cecil Moore.

Put skins in one dish and pulp in another. Boil pulp and strain to remove seeds, then add skins and cook until tender, then strain again. To three pints of juice, add 3 pounds of brown sugar, 2 pounds chopped and seeded raisins. Boil until thick, remove from fire and add 1 pound blanched and chopped almonds. Put in glasses and seal. A 10 pound basket makes 3 pints of juice and this makes 4 glasses.

APRICOT CONSERVE

Mrs. Wm. Dobie.

1 pound dried apricots	3 pounds white sugar
Rind of 1 large orange	4 ounces blanched almonds
Juice of 2 lemons	3½ pints of water

Slice rind of the orange thinly, cut apricots in quarters and pour the 3½ pints of water over, and let stand 24 hours. Then boil for one hour, add blanched almonds (cut in small pieces), sugar and lemon juice, boil for two hours or more.

GOOSEBERRY CONSERVE

Mrs. Wm. Dobie.

5 pounds gooseberries	5 oranges
1½ pounds raisins	5 pounds white sugar

Chop all fine, add a very little water, and boil slowly for nearly an hour.

PEACH JAM

Mrs. W. H. Baker.

Jams are always better when made in small quantities, so if you have prepared two quarts of peaches, crack a dozen of the pits and add the kernels for flavor. After boiling for half an hour add a pound of sugar to a pound of fruit and the juice of two lemons. Boil ten minutes longer, or until clear. Avoid boiling too long, or you will toughen the fruit.

CHERRY JAM

Mrs. W. H. Baker.

Pit the cherries and to each four cups of fruit use five cups of sugar. Cook the cherries alone until nearly all the juice has boiled off, even if this requires two hours. Add the sugar and boil five minutes. Jams are usually best if made in small quantities.

RASPBERRY JAM

Mrs. W. H. Baker.

To one pound of fruit allow a pound and a quarter of sugar. Boil the raspberries from 10 to 20 minutes, according to how juicy they are; then add the sugar and cook for exactly three minutes after boiling commences.

CRANBERRY JELLY

Mrs. S. R. Parsons.

4 cups cranberries	2½ cup boiling water
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Boil 20 minutes, then put through a sieve. Two cups sugar added to the juice and boil 5 minutes.

GRAPE JELLY

Mrs. Norman Tovell.

Remove grapes from stems, mash and boil 20 minutes. Strain through jelly-bag over night. Boil juice 20 minutes. Measure and add a cup of sugar, heated, to one cup of juice and boil 3 minutes.

CURRANT JELLY

Mrs. S. R. Parsons.

Strain juice from currants which have been previously washed and heated. Weigh juice and sugar, pound to pound. Boil juice five minutes alone after it begins to boil, then add sugar and boil one to three minutes. Crab apple made in the same way.

GOOSEBERRY, RED CURRANT AND RASPBERRY JAM

Mrs. Chas. A. Larkin.

2 quarts large gooseberries	2 quarts red currants
2 quarts red raspberries	White sugar

Wash fruit, clip ends from gooseberries, take currants from stems, and add raspberries. Place over slight heat, and as fruit heats, crush slightly. Allow to boil five minutes, then measure fruit and allow 1 cup of heated sugar to 1 cup of fruit. Add gradually as juice boils. Boil all three minutes, or until it jellies.

BLACK CURRANT JAM

Miss Olive Scoley.

3 cups fruit	2 cups water
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Boil a few minutes, then mash gently with a potato masher and add 5 cups of sugar. Boil one minute after it comes to a boil, then bottle.

STEWED RHUBARB

Mrs. S. Cleaver.

Do not let your grocer sell you rhubarb that is not rosy and pretty. Cook a small quantity at a time, for it loses its flavor in standing. For one bunch of rhubarb, washed and cut into pieces of moderate size make a syrup of a cup of white sugar and half a cup of water. These quantities will necessarily vary according to your own taste and the sourness of the rhubarb. A little variety may be achieved by the addition of grated nutmeg or orange peel at this stage. Prepare the syrup in a broad bottomed kettle and when it comes to a boil drop the rhubarb in and watch it carefully, for about ten minutes, when it will be soft enough to remove from the fire. Cool in the same vessel to avoid breaking the pieces.

CANNED PEACHES

Mrs. R. D. Hamilton.

5 pounds fruit	3 pounds sugar
1 quart water	

Peel peaches, cut in half and take out stones. Put sugar and water on stove. When boiling add fruit. Boil 10 or 15 minutes. Bottle immediately. Cherries may be done in the same way.

DOUGHNUTS, FRITTERS, ETC

*“Now good digestion wait on appetite,
And health on both.”*

—SHAKESPEARE.

CHEESE BALLS

Mrs. G. S. Faircloth.

1 cup bread crumbs ½ cup grated cheese
White of 1 egg, stiffly beaten
Make into balls and fry in deep fat.

CHEESE BALLS

Mrs. R. D. Hume.

1 cup grated cheese Whites of 2 eggs well beaten
3 drops Worcester sauce Pinch of salt
Mould into soft balls, roll in bread crumbs and fry a golden brown.
Serve with vegetable salads.

RICE PANCAKES

Miss Olive Scoley

1 cup of milk 2 eggs
½ cup cooked rice 2 teaspoons baking powder
1 teaspoon salt
Flour enough to make a stiff batter.

FRIED HARD TACK

E. A. H.

Soak hard tack over night, in the morning pour off all water and fry in deep bacon fat and butter.

GRIDDLE CAKES

Toronto Technical School.

1 cup flour 2 eggs
½ cup milk ¾ teaspoon baking powder
¼ teaspoon salt
Mix dry materials; add dry to wet. Have pan hot and slightly greased.

WAFFLES

Toronto Technical School.

¾ cup flour 2 eggs
¼ teaspoon salt 1 teaspoon baking powder
½ cup milk 1 tablespoon melted butter
Mix dry materials; mix wet materials; add dry to wet and melted butter last. Cook in slightly greased waffle iron.

SWEDISH TIMBALS

Toronto Technical School.

1 cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon sugar
2 eggs	1 tablespoon melted butter

Beat egg until light, add milk, mix dry ingredients and combine wet and dry. Beat until smooth, add melted butter last. Place timbal iron in hot fat until heated through, remove iron, place in batter, return to fat, cook until brown.

Fillings for timbals may be made by adding to a medium white sauce any finely chopped meats or vegetables, fish or mushrooms.

FRITTERS

Miss Hollie McCormick.

Fritter Batter:—

1 cup flour	1 tablespoon butter
$\frac{1}{2}$ cup milk	1 teaspoon sugar
2 eggs	$\frac{1}{4}$ teaspoon salt

Beat eggs well, add milk, add flour, sugar, salt to milk and egg and melted butter last.

FRITTER FILLINGS

Marmalade—Make small thin marmalade sandwiches, dip in batter, cook in deep fat.

Apple— Pare and core apples, cut in slices $\frac{1}{8}$ of an inch thick. Dip in batter, fry. Slices may be allowed to stand in mixture of orange and lemon juice for ten minutes before putting in batter.

Orange— Divide peeled orange into sections, dip in batter, fry, serve with lemon sauce.

Celery— Cut celery in 2 or 3 lengths, cook in boiling salted water, dip in batter and fry.

Oyster Plant—Cooked, mashed, made into balls, dipped in batter fried.

QUEEN FRITTERS

Mrs. Avern Pardoe, Jr.

$\frac{1}{2}$ pint of milk	1 tablespoon cornstarch
4 eggs	4 tablespoons sugar
1 teaspoon vanilla	

Scald milk, beat eggs, add sugar, then cornstarch, stir into milk, cook until the mixture thickens, stirring constantly, flavor with vanilla and allow to cool.

TOMATO FRITTERS

Miss G. A. Gooderham.

1 can tomatoes	1 teaspoon salt
1 tablespoon butter	Pepper and mace
2 tablespoons flour	1 egg
1 teaspoon sugar	Bread crumbs

Cook tomatoes with seasonings. Blend flour and butter, add to tomato, cook a few minutes and strain. Cut small rounds of bread and lay on plate. Pour tomato mixture over bread. Let stand until well absorbed. Dip tomato-soaked bread rounds in egg and crumbs. Fry in deep fat.

CORN FRITTERS

Mrs. R. D. Hume.

3 eggs	1 teaspoon baking powder
1½ cups milk	1½ cups flour
1 teaspoon sugar	1 cup corn
Pinch of salt	

Cook a golden brown in deep fat.

DROP DOUGHNUTS

Mrs. W. H. Baker.

1 egg	2½ cups flour
½ cup granulated sugar	½ teaspoon salt
½ pint milk	1½ teaspoons baking powder
Grated nutmeg to taste	

This mixture must be dropped from a teaspoon into deep fat (half dripping and half lard is good), and it will take practice to get the doughnuts uniformly small and egg-shaped. For the best results dip your spoon into the fat and then very quickly into the mixture and hurry its contents into the fat. If any fragments cling to the spoon, take a fresh one.

DOUGHNUTS

Mrs. Wallace Barrett.

1 cup sugar	1 cup milk
1 tablespoon butter	2 teaspoons baking powder
2 eggs	1 teaspoon nutmeg
1 teaspoon salt	Flour

Cream butter and sugar, add beaten eggs, salt, milk, spice and baking powder with enough flour to admit rolling out. The softer the dough the lighter the doughnuts. Fry in very hot fat.

DOUGHNUTS

Mrs. C. Hutchinson.

2 eggs	11 tablespoons milk
4 tablespoons sugar	4 teaspoons baking powder
5 tablespoons melted butter	Sufficient flour to roll without sticking.

Drop mixture into boiling lard and fry until brown.

DOUGHNUTS

Mrs. W. M. Evans.

1 cup sugar	1 cup milk
$\frac{1}{2}$ cup butter	3 cups flour
2 eggs	2 teaspoons baking powder

Cream butter and sugar, add eggs well beaten, milk and baking powder sifted with flour. Roll out on floured board $\frac{3}{4}$ of an inch thick and cut in small circles. Drop in lard which has been slowly heated. Add more flour to mixture if not stiff enough to roll out.

YORKSHIRE PUDDING

Miss May Denne.

1 pint sweet milk	2 cups flour or enough to make a
4 eggs well beaten	little thicker than pancake
Salt	batter

About half an hour before your beef is taken from the oven cover a long baking dish with dripping from the roast, then pour in the above batter.

YORKSHIRE PUDDING

Mrs. A. E. Herington.

2 eggs	1 cup milk
1 cup (heaping) flour	salt

Beat the eggs in the milk, then add flour and salt. Have twelve patty pans hot with a little melted beef dripping in each one. Cook 20 minutes in hot oven. These are good with roast beef or beef loaf or filled with minced meat.

RICE PANCAKES

Miss Olive Scoley.

1 cup of milk	2 eggs
$\frac{1}{2}$ cup cooked rice	2 teaspoons baking powder
1 teaspoon salt	

Flour enough to make a stiff batter.

GRIDDLE CAKES

Toronto Technical School.

1 cup flour	2 eggs
$\frac{1}{2}$ cup milk	$\frac{3}{4}$ teaspoon baking powder
$\frac{1}{4}$ teaspoon salt	

Mix dry materials; add dry to wet. Have pan hot and slightly greased.

French Waffles.

1 egg

1 pint milk

Flour, enough to make an ordinary
batter

Pinch of Baking Powder.

" " Salt.

Dip waffle iron in boiling fat, & then into batter, then into fat again & leave for a second or two, then knock against side of pan to let waffle drop into batter, leave until a golden brown drain on brown paper & shake a little powdered sugar over.

BREAD and BISCUITS

“Here is bread, which strengthens man’s heart, and therefore called the staff of life.”—MATTHEW HENRY.

BREAD

Miss Alice L. Hughes

9 cups of liquid (4 of milk and 5 of potato water)	2 tablespoons salt
2 tablespoons of shortening (lard or butter)	2 cakes compressed yeast
1 cup of tepid water	4 tablespoons sugar
	30 cups sifted Five Roses Flour

Dissolve yeast and sugar in one cup tepid water. To nine cups liquid add two tablespoons of shortening and heat slightly. Then add yeast and sugar and turn into bread mixer. Have the bread flour warm and sifted, adding to liquid fifteen cups and when well mixed add two tablespoons salt, then another fifteen cups of flour and mix until dough clings to the kneading rod and is clear of sides of mixer. Cover well with blanket and keep in a warm place over night or if made in day time leave until dough is double in size. Loosen dough round edge of mixer and mix until dough is again around kneading rod, then lift out on board and cut into six or eight loaves, according to size required.

Place in greased pans and set aside in a warm place to rise until double in size. Before putting in oven brush over with milk, baking forty minutes or until bread is golden brown and will slip easily out of pan. Remove from oven and brush over with melted butter. Cover with oil paper and thin cloth and let it cool gradually. Oven should be hot enough to brown loaf in fifteen minutes, then reduce heat and bake more slowly.

BREAD

Mrs. H. Purser.

A small bowlful of riced potatoes	1 tablespoon white sugar
6 teaspoons salt	1 yeast cake
	Five Roses Flour

Dissolve the yeast in half a cup of warm water, not hot. Mix the potatoes, salt and sugar with 3 pints warm water. Add yeast and enough flour to knead. When kneaded until smooth cover with woolen cloth and allow to stand over night in a moderately warm place. In the morning make into loaves, put in pans and allow to stand in a warm place until raised. The length of time will differ according to how warm the dough has kept during night. Bake, if the loaves are of medium size, for an hour in a hot oven.

BROWN BREAD

Mrs. H. Purser.

$\frac{1}{2}$ cake of yeast	1 tablespoon black molasses
2 cups warm water	1 teaspoon salt
1 tablespoon corn syrup	Graham flour

Dissolve the yeast in a little warm water, not hot. Add water, syrup, salt and enough Graham flour to make a thick paste. Stir well and turn into buttered pan. Allow to rise and bake for one hour in a hot oven.

HOT CROSS BUNS

Miss Alice L. Hughes.

1 cake Fleischmann's yeast	1 cup milk scalded and cooled
1 tablespoon sugar	$3\frac{1}{4}$ cups of sifted flour
$\frac{1}{4}$ cup of butter	$\frac{1}{3}$ cup of sugar
1 egg	$\frac{1}{4}$ cup raisins or currants
$\frac{1}{4}$ teaspoonful salt	

Dissolve yeast and 1 tablespoon sugar in lukewarm milk. Add $1\frac{1}{2}$ cups flour and beat until smooth. Cover and let rise until light, in a warm place, free from draft, for about 1 hour. Then add butter and sugar creamed, egg well beaten, raisins and currants, which have been floured, rest of flour and salt. Turn on board, knead lightly and place in greased bowl. Cover and set aside in warm place until double in bulk, which should be in two hours. Turn on to board, shape into medium sized round buns, placing on well greased shallow pans about two inches apart. Cover and let rise again for about one hour. Brush over with egg diluted with water. With sharp knife cut a cross on top of each. Bake 20 minutes and just before removing from the oven brush over with sugar and water. While hot, ice with the following:—

1 cup icing sugar	1 teaspoon butter
1 teaspoon vanilla and enough milk to spread easily.	

This quantity makes two dozen.

HOT CROSS BUNS

Mrs. R. B. Rice.

1 cup sugar	1 pint scalded milk
1 small cup butter	1 cake yeast
3 eggs	$\frac{1}{2}$ cup lukewarm water
Five Roses Flour	

Cream butter and sugar, add well beaten eggs and scalded milk with enough flour to make a very stiff batter, then add yeast which has been dissolved in lukewarm water. Beat mixture until it blisters. Cover and let rise over night. In the morning knead well, but do not add more than $\frac{1}{2}$ cup of flour. Let rise until double in bulk, then form into buns rubbing each with melted butter and with a sharp knife mark each with cross. Let rise in pan $1\frac{1}{2}$ hours, then bake $\frac{1}{2}$ hour in hot oven. Spice and fruit may be added to suit taste.

LUNCH ROLLS

Miss Alice L. Hughes.

1 cake compressed yeast	1 $\frac{1}{4}$ cups milk, scalded and cooled
1 teaspoon sugar	2 tablespoons lard or butter melted
4 cups sifted Five Roses Flour	1 egg
1 teaspoon ful salt	

Dissolve yeast and sugar in lukewarm milk. Add lard or butter and two cups of flour. Beat thoroughly, then add egg well beaten, balance of flour gradually and salt. When all the flour is added or enough to make a dough that can be handled, turn on board and knead lightly and thoroughly using as little flour in the kneading as possible. Place in well greased bowl. Cover and set aside in a warm place, free from draft to rise about two hours. Turn again on to board and form into small biscuits the size of a walnut, placing an inch apart on a well greased shallow pan. Let rise until double in size about half an hour. Brush over with egg and milk and bake ten minutes in hot oven. This quantity will make 3 dozen rolls.

MILK ROLLS

Mrs. Scoley.

1 pint sweet milk	2 tablespoons butter
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ teaspoon salt
4 cups Five Roses Flour	

Combine milk, sugar and butter and bring to a boil. Remove from fire. When tepid, add thoroughly dissolved yeast. Add flour and salt. Mix well. Stand over night. In the morning, knead, form into small rolls, and let stand until light. Bake in quick oven for twenty minutes.

POTATO YEAST

Miss Daisy Robertson.

6 large potatoes	2 tablespoons sugar
1 large tablespoon flour	2 tablespoons salt
1 yeast cake	

Boil the potatoes, whole, in enough water to cover them. Mix the flour, sugar and salt, pour the boiling potato water over and stir quickly. Add the potatoes well mashed and then two quarts of boiling water. When lukewarm add the yeast cake. Four cups of yeast make three loaves of bread.

HOP YEAST

Mrs. Scoley.

1 handful hops and 2 quarts water, boil 15 minutes.
Grate 2 medium sized potatoes 3 heaping tablespoons flour.

Mix to a paste with a little cold water. Strain the hops and pour boiling liquid over potatoes and flour, then add 1 tablespoon salt and 1 tablespoon of sugar. Cool to lukewarm and add 1 yeast cake which has been soaked in warm water. Cover well and stand in a warm place till it rises, then stir down and let rise again. Put away in a jar in a cool place. This will keep a month. Use a cupful to a batch of bread.

CURRANT TEA RING

Miss Alice L. Hughes.

1 cake Fleischmann's yeast	$\frac{1}{2}$ cup milk, scalded and cooled
$\frac{1}{2}$ cup lukewarm water	1 teaspoon sugar
$3\frac{1}{2}$ cups sifted flour	3 tablespoons lard or butter
$\frac{1}{4}$ cup sugar	2 eggs
$\frac{1}{4}$ teaspoon salt	

Dissolve yeast and 1 teaspoon sugar in warm water. Add $1\frac{1}{2}$ cups flour, and beat until smooth. Add lard or butter and sugar, which has been thoroughly creamed, and eggs beaten until light, the remainder of the flour gradually and the salt. If not enough flour add more until you have a soft dough that can be turned on the board and kneaded lightly. Place in greased bowl, cover and set in warm place to rise for about 2 hours or until dough has doubled in size. Turn out on board and roll in long thin pieces about 7 inches in width. Brush over with melted butter and sprinkle thickly with brown sugar, currants, peel and cinnamon. Fold over lengthwise and shape into circle. Place on large shallow, greased pan or baking sheet, covering with paper and keeping warm and out of draft for one hour or until light. Just before putting in oven, brush over with egg diluted with milk and bake 25 minutes in moderate oven. Just before taking from oven brush over with a little sugar and water, and while hot, ice with the following:—

1 cup icing sugar	1 teaspoon of butter
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1 teaspoon of vanilla and enough milk to mix so that it will spread easily.

COFFEE CAKE

Mrs. R. B. Rice.

$\frac{1}{3}$ cup sugar	1 cake Fleischmann's yeast
$\frac{1}{3}$ cup butter	$\frac{1}{4}$ cup tepid water
$\frac{1}{2}$ teaspoon salt	2 eggs
1 cup scalded milk	Bread flour

Mix sugar, butter, and salt, add scalded milk and when mixture is lukewarm add 1 cake yeast which has been dissolved in lukewarm water, eggs well beaten and enough bread flour to make a stiff batter. Cover and let rise until it has doubled in bulk, about 4 hours. Beat thoroughly and spread evenly in two shallow pans, (layer cake tins are suitable). Spread over the top of batter the following:—

1 cup fine bread crumbs	3 tablespoons of chopped almonds
2 tablespoons of butter	3 tablespoons of sugar
$\frac{1}{2}$ teaspoon ground cinnamon	Pinch of salt

Let rise 1 hour then bake $\frac{1}{2}$ hour in moderate oven.

SWEET BROWN BREAD

Miss Olive Scoley.

$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda (in the milk)
2 eggs	$1\frac{1}{2}$ cups Graham flour
1 cup sour milk	1 cup white flour

Bake three quarters of an hour in a slow oven.

BROWN BREAD

Mrs. Tovell.

2 cups white flour	1 teaspoon Magic baking powder
1 cup Graham flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup granulated sugar	2 cups sour milk
$\frac{1}{3}$ cup brown sugar	1 teaspoon soda
$\frac{1}{2}$ cup molasses	1 cup seeded raisins
1 cup walnut meats chopped	

Mix flour, sugar, salt, baking powder and molasses, then add sour milk and soda, raisins and nuts. Steam three hours in baking powder tins with cover on.

BAKING POWDER

Mrs. C. A. Larkin.

Mix two parts each of cream of tartar and corn starch with one part baking soda. Sift several times.

NUT BREAD

Mrs. H. Gooderham.

1 egg (well beaten)	4 teaspoons Magic baking powder
1 small cup sugar	1 small teaspoon salt
4 cups flour	$1\frac{1}{2}$ cups milk
1 cup finely chopped nuts	

Fill 4 baking powder cans (buttered) half full of the mixture and let stand on stove in a warm place 20 minutes. Bake one hour in a moderate oven.

NUT BREAD

Mrs. C. B. Firstbrook.

1 egg	1 cup of brown sugar
1 cup milk	1 cup of walnuts
2 cups flour	1 teaspoon soda
2 teaspoons cream of tartar	

Let rise 20 minutes. Bake half an hour.

NUT BREAD

E. Smith.

1 cup chopped walnuts	1 teaspoon salt
1 cup chopped dates	4 teacups flour
$\frac{1}{2}$ cup white sugar	4 teaspoons Magic baking powder
1 egg	$1\frac{3}{4}$ cups sweet milk

Sugar and egg to be beaten together until light. Sift the flour, baking powder and salt together. Add nuts last thing. Put in a warm place to rise for 35 minutes, and bake in a moderate oven three quarters of an hour.

DATE BREAD

Mrs. Lawren Harris.

4½ cups of flour	4 teaspoons Magic baking powder
1 cup brown sugar	1 cup chopped dates
1¾ cups milk	½ teaspoon salt

Set to rise in pan 30 minutes. Bake ¾ of an hour in slow oven.

DATE BREAD

Mrs. Blackwell

½ cup brown sugar	3 cups Graham flour
2 cups sweet milk	1 cup white flour
½ teaspoon salt	1 cup dates (stone and cut in two)
3 teaspoons Magic baking powder	

Pour milk in mixing bowl, then add sugar, salt, baking powder and white flour sifted together, and lastly the dates rubbed into the Graham flour. Bake 40 minutes in a moderate oven.

DATE LOAF

Mrs. P. Grand.

1 large cup chopped dates	½ teaspoon of vanilla
1 teaspoon of soda	1¾ cup sifted flour
¾ cup boiling water	1 egg
¾ cup of sugar	½ cup chopped nuts
1 tablespoon butter	

Sprinkle soda over chopped dates and pour on boiling water, set aside to cool. Separate and beat egg, cream butter, add sugar, flour, vanilla, egg yolk and chopped nuts. Fold in stiffly beaten white. Bake in oven one hour. If desired part Graham flour may be used.

DATE AND NUT BREAD

Mrs. Harry Gooderham.

1 egg (well beaten)	1 small teaspoon salt
1 small cup sugar	1½ cups milk
4 cups flour	1 cup finely chopped walnuts
4 teaspoons Magic baking powder	1 cup dates cut fine

Fill 4 baking powder pans (buttered) half full of the mixture and let stand on stove in a warm place 20 minutes. Bake one hour in a moderate oven.

DATE AND NUT BREAD

Mrs. G. Cecil Moore.

1 cup chopped dates	1 teaspoon baking soda sprinkled over dates
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Pour ¾ cup of boiling water over this and let it stand until cool.

1 tablespoon butter	1 teaspoon vanilla
¾ cup brown sugar	¾ teaspoon salt
1 egg	1¾ cups of flour

Add dates and 1½ cup walnuts and then white of egg beaten stiff. Bake in a slow oven about one hour and a quarter.

GINGERBREAD

Mrs. Fred Housser.

1 well beaten egg	1 teaspoon powdered ginger
2 heaping teaspoons sugar	1 teaspoon powdered cinnamon
3 tablespoons melted butter	1 cup boiling water
1 cup molasses	2½ cups flour
1 teaspoon baking soda	

Beat up the egg, add the sugar, butter, molasses, the flour sifted with the spices, and the soda dissolved in the boiling water. Bake in a steady oven. This cake may be used as a sweet with whipped cream.

GINGERBREAD

Mrs. Parsons.

1 large half cup butter	1½ teaspoons ginger
2 cups brown sugar	1 nutmeg
1 cup molasses, all beaten well together	3 eggs
2 teaspoons cinnamon	1 cup very sour milk
½ teaspoon cloves	3¼ cups flour

Beat up eggs and add to sugar and butter creamed, add molasses, sifted flour, spices and 1 small teaspoon soda dissolved in 1 tablespoon luke warm water. Bake in a slow oven at first, gradually a little hotter, for 1¼ hours.

MUFFINS

Mrs. Harry Gooderham.

2 eggs	Pinch of salt
2 tablespoons melted butter	1 cup milk

Flour enough to make a batter like cake batter, with two teaspoons Magic baking powder.

MUFFINS

Mrs. Seccombe.

1 tablespoon sugar	2 teaspoons Magic baking powder
Pinch of salt	1 tablespoon melted butter
1 egg	1 small cup milk
1½ cups flour	

Bake about 10 minutes.

BREAKFAST MUFFINS

Mrs. W. H. Baker.

1 egg	2 cups flour
9 teaspoons melted butter	2 heaping teaspoons Magic baking powder
1½ cups milk	

Sugar and salt to taste. Some people prefer these without sugar, but it helps them to brown nicely.

RICE MUFFINS

Miss Elizabeth Fraser.

3 cups flour	1½ cups milk
1 cup cooked rice	1 egg
2 tablespoons Magic baking powder	3 tablespoons melted butter
3 tablespoons sugar	teaspoon salt

Sift flour before measuring. Sift again with baking powder, salt and sugar. Beat eggs slightly. Pour milk over rice and add to beaten eggs. Pour this mixture gradually into the dry ingredients. Add melted butter. Bake in greased muffin tins in moderate oven 20 to 25 minutes.

PORRIDGE MUFFINS

Mrs. S. Cleaver

2 eggs	1 cup flour
1 cup porridge (preferably rolled oats)	1 teaspoon Magic baking powder
	1 cup milk

This will make a dozen small muffins. Bake for about 20 minutes in a very hot oven.

RICE MUFFINS

Mrs. W. H. Baker.

1 cup boiled rice	½ teaspoon salt
1 cup sweet milk	1 tablespoon sugar
2 eggs well beaten	3 teaspoons Magic baking powder
5 tablespoons melted butter	1½ cups flour

Mix into a soft batter which will drop from a spoon. Stir after all the ingredients are in, lightly but thoroughly, and drop the batter into hot buttered muffin rings.

DATE MUFFINS

Mrs. Fred Houser.

¾ cup whole wheat flour	⅛ teaspoon salt
½ cup milk	1 teaspoon Magic baking powder
1 tablespoon melted butter	¼ cup dates (washed, stoned and quartered)
1 egg	

Sift flour, salt and baking powder. Add milk and yolk of eggs, add melted butter and lastly the whites beaten stiff (folded in), add dates and bake for thirty minutes.

MOUNTAIN MUFFINS

Mrs. Percy Grand.

Cream ½ cup butter and gradually add ¼ cup sugar,	
¼ teaspoon salt	¾ cup of milk
1 egg beaten light	2 cups sifted flour

4 level teaspoons Magic baking powder
Drop in gem tins. Bake about thirty minutes.

SWEET MUFFINS

Mrs. Webster.

1 tablespoonful butter	$\frac{1}{2}$ cupful sugar
1 cupful of milk	2 cupfuls flour
2 teaspoons Magic baking powder	1 egg

Rub the butter and sugar together, and after adding the egg, beat well. Next add the milk and sift in the flour, with which should be mixed the baking powder and salt. Beat quickly and put in warm buttered muffin tins. Bake for about 25 minutes in a quick oven, so as to have them well browned.

BRAN MUFFINS

M. Paget.

1 cup household bran	1 cup of white flour
$\frac{1}{2}$ cup brown sugar	1 level teaspoon of soda
1 cup of buttermilk	2 tablespoons butter
Salt	

Mix dry ingredients, add buttermilk, mixed with soda, then melted butter. Bake in a moderate oven. Dates or raisins may be added if desired.

GRAHAM MUFFINS

Mrs. J. C. Webster.

1 cup Graham flour	1 cup white flour
$\frac{1}{4}$ cup sugar	1 teaspoon salt
1 cup milk (sweet or sour)	1 egg
1 tablespoon melted butter	4 teaspoons Magic baking powder

Mix butter, sugar, egg and milk. Combine with dry ingredients, which have been sifted. Bake in greased muffin tins in moderate oven. Use baking powder with sour milk as well as sweet.

GRAHAM MUFFINS

Mrs. Avern Pardoe.

1 egg	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup butter	1 cup sour milk
Pinch of salt	Small teaspoon of soda
1 cup of white flour	1 cup Graham flour

Dissolve soda in sour milk and beat until foamy. Melt butter and add sugar. Stir in flour and egg well beaten. Bake about half an hour in a moderate oven in muffin pans half filled.

BREAKFAST GEMS

Miss G. A. Gooderham.

$1\frac{1}{2}$ cups flour	1 cup milk
2 heaping teaspoons Magic baking powder	1 tablespoon melted butter

Mix dry materials; stir in butter and milk. Cook in moderate oven. Have gem tins very hot before putting mixture into them.

DATE MUFFINS

Mrs. McQuillan.

2 eggs	1/2 cup sugar
Small piece of butter	1 cup of milk
2 cups flour	2 teaspoons Magic baking powder
1/2 cup dates cut up fine	

Mix sugar, butter and eggs, then milk. Then flour sifted with baking powder. Dates last of all. Bake in moderate oven in well greased muffin tins.

SCONES

Mrs. A. J. Phillip.

2 cups of flour	1/2 cup of sugar
1 egg	2 tablespoons butter
1 teaspoon Magic baking powder	1/2 teaspoon soda
2 handfuls sultana raisins	1 cup sour milk
Pinch of salt	

Bake in square tins and mark in scone shape.

RAISIN SCONES

Mrs. James Acton.

3 cups flour	4 teaspoons Magic baking powder
1/2 teaspoon salt	1/4 cup granulated sugar

Rub into these ingredients 3/4 cup of shortening and 1 cup of sultana raisins. Beat whites of two eggs stiff and stir into one cup of milk, and mix into the above very lightly. Roll out on board and spread the unbeaten yolks on top. Cut any desired shape and bake in a hot oven 15 minutes.

SCONES

2 cups flour	3 teaspoons Magic baking powder
1/2 teaspoon salt	2 tablespoons white sugar
2 tablespoons lard	1 egg well beaten
1 small cup of milk	

Sift together, flour, baking powder, and salt, add sugar and lard. Mix in very lightly. Beat egg until light. Save one teaspoon for the top and add the rest to the milk. Then add slowly to the mixture, making a soft dough. Roll on board about one half inch thick. Wipe over with the teaspoon of egg. Cut in three cornered pieces. Bake about 20 minutes in a hot oven.

CURRANT SCONES

Mrs. Allan Withers.

3 cups flour	1 cup of sugar
1/2 cup butter and lard	2 teaspoons Magic baking powder
1/2 cup of currants or peel	

Moisten with one cup of sweet milk. Bake half an hour in pan dusted with flour.

POTATO SCONES

Mrs. J. C. Webster.

$\frac{1}{2}$ cup flour	$\frac{1}{3}$ cup of butter
1 cup of mashed potatoes	2 teaspoons Magic baking powder
1 egg well beaten	$\frac{1}{2}$ cup to $\frac{3}{4}$ cup milk (or water)

Mix potatoes and butter then egg and milk. Sift flour and baking powder. Combine. Roll out and cut like biscuits. Bake in a moderate oven on floured pan.

CORNISH BUNS

Miss Olive Scoley.

3 cups flour	1 cup brown sugar
3 teaspoons Magic baking powder	1 cup raisins
$\frac{1}{2}$ teaspoon cinnamon	1 teaspoon salt
	Butter size of large egg

1 egg put in cup, beaten, then fill cup with milk. Mix as for light biscuits and drop in pan with fork.

HOT BISCUIT

Mrs. James Acton.

3 cups flour	6 tablespoons butter
4 level teaspoons Magic baking powder	1 brimming cup milk
	1 teaspoon salt

Sift flour, baking powder and salt. Mix in the butter, using two knives; add milk and mix very lightly. Place on board but do not knead. Sprinkle with flour. Roll out half an inch thick. Cut in shape and bake in a hot oven until brown.

CURRANT BISCUITS

Miss Olive Scoley.

4 cups flour	4 teaspoons Magic baking powder
2 tablespoons butter	1 cup currants
2 tablespoons sugar	A pinch of salt

Mix flour, butter, baking powder and sugar together, then add a little grated nutmeg and currants, also milk sufficient to make a dough. Bake in a quick oven.

CHEESE BISCUITS

Miss Elizabeth Fraser

2 cups flour	4 teaspoons Magic baking powder
$\frac{1}{2}$ teaspoon salt	1 tablespoon fat
$\frac{3}{4}$ cup of milk	$\frac{1}{2}$ cup grated cheese

Sift flour before measuring. Sift again with baking powder and salt. Cut in fat, add grated cheese, add liquid quickly. Toss and roll lightly on floured board to $\frac{1}{3}$ of an inch in thickness. Cut and moisten tops with milk. Bake 12 to 15 minutes in a hot oven.

ENGLISH TEA BISCUITS

H. Smith.

1 cup pastry flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ teaspoon Magic baking powder	3 tablespoons shortening—(half lard and half butter)
1 teaspoon white sugar	$\frac{1}{4}$ cup small raisins

Mix with milk to a dough, roll out and cut with cake cutter. Bake in a hot oven. (This amount makes 8 tea cakes).

WHOLE WHEAT TEA BISCUITS

H. Smith.

$\frac{3}{4}$ cup whole wheat flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup pastry flour	3 tablespoons shortening—(half lard and half butter)
$\frac{3}{4}$ teaspoon Magic baking powder	1 teaspoon white sugar

Mix with milk to a dough, roll out and cut with cake cutter. Bake in a hot oven. (This amount makes 8 cakes).

RUSKS

H. Smith

$\frac{1}{4}$ cup of butter (melted) (2 ounces)	$1\frac{1}{2}$ teaspoons Magic baking powder
3 dessert spoons sugar	2 scant cups of flour (All white or one white and one whole wheat)
1 egg beaten	
Milk to batter	

Bake in hot oven in individual tins for twenty minutes to half an hour.

POPOVERS

Mrs. J. C. Fraser

1 cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{7}{8}$ cup milk	$\frac{1}{2}$ teaspoon melted butter
2 eggs	

Mix salt and flour; add milk gradually in order to obtain smooth batter. Add egg, beaten until light, and butter. Beat two minutes with Dover egg-beater. Turn into hissing hot buttered iron gem pans and bake 30 to 35 minutes in a hot oven.

POTATO CAKES

Mrs. W. H. Baker

3 cups riced potatoes	$\frac{3}{4}$ cup butter
3 cups flour	1 cup milk
3 heaping teaspoons Magic baking powder	1 teaspoon salt

Mix and roll thin, then cut with cookie cutter, placing two discs together. Bake in an oven which is not too hot.

POTATO CAKES

Mrs. Wm. Heaney,
Belfast, Ireland.

1 pound potatoes (best when hot) $\frac{1}{4}$ pound flour
 $\frac{1}{2}$ teaspoon salt

Mash potatoes, salt. Add flour, knead well. Roll to $\frac{1}{4}$ inch thickness.
Cut into neat pieces and bake on a hot buttered griddle.

PASTRY

*"Not all on books their criticism waste:
The genius of a dish some justly taste,
And eat their way to fame."*

PLAIN PASTRY

Toronto Technical School.

1 cup flour
 $\frac{1}{3}$ cup shortening

$\frac{1}{4}$ cup water
Salt

Cut shortening into flour and stir in water with knife. Put on slightly floured board, pat out, fold in, roll out (rolling one way so as not to expel air), fold several times. Cut in half, using one part for upper and one for lower crust.

PUFF PASTE

1 pound sifted flour
1 pound butter
1 teaspoonful salt

1 teaspoonful sugar
White 1 egg
1 cup or more cold water

Rinse a large bowl with boiling water, fill with cold water and let stand until cold. Pour out water and fill with fresh cold water. Wash hands in cold water, do not wipe. Wash the butter by working it with the hands under the water until it becomes soft and pliable. Pat to free from water. Reserve 2 tablespoons, form remainder into a cake and set on ice to chill. Put flour on a large platter. Make a depression in the centre and in it put reserved butter, salt, sugar and egg. Work to a paste with tips of fingers, add cold water slowly, gradually work in flour. Knead until smooth and elastic. Roll into rectangular sheet, cut chilled butter into small pieces and place on lower half of sheet. Dredge well with flour, fold and roll out six times, chill, shape as desired and chill thoroughly before baking; oven should not be too hot or paste will brown before it has puffed.

CREAM PUFFS OR BOUCHÉES

Mrs. Gordon Herington.

1 cup boiling water
 $\frac{1}{2}$ cup butter

1 cup flour
4 eggs

Bring water to a boil, dissolve the butter, then put in the flour all at once, stir very briskly until mixed. Turn out the gas, add the eggs one at a time. Drop by small spoonfuls on buttered tins and bake in moderate oven thirty minutes. These are delicious filled with any cream filling, lemon, chocolate or banana cream, or with a salad mixture.

LEMON PIE

Mrs. S. R. Parsons.

2 lemons, juice and grated
rind

1 $\frac{1}{2}$ cups boiling water

1 tablespoon (large) cornstarch
Yolks of 4 eggs

2 cups sugar

Boil all together and fill two pie shells. Make a meringue for tops with whites of the eggs beaten and two tablespoons fruit sugar.

LEMON PIE

Miss G. A. Gooderham.

Grated rind and juice of 1 lemon	3 egg yolks
1 cup sugar	1 cup milk
Butter size of an egg	3 tablespoons flour

Whites of 3 eggs beaten stiff, stirred in last. Pour mixture over crust and bake in moderate oven.

FILLING FOR LEMON PIE

Mrs. J. C. Webster.

Yolks of 3 eggs	2 tablespoons cornstarch
White of 1 egg	Juice of 2 lemons
1 cup sugar	1 or 1½ cups of water

Cook in a double boiler until thick.

LEMON FILLING

Mrs. Douglas Henderson.

Rind of 1 lemon (grated)	¾ cup sugar
¾ cup boiling water	2 teaspoons butter
¼ cup cornstarch	Yolk of 1 egg
Juice of 1 lemon	

Add boiling water to lemon rind. Mix cornstarch and sugar, add first mixture and boil two minutes (or until clear). Remove from fire, add butter, beaten yolk and the lemon juice. The mixture should not be very stiff. When slightly cool put in baked crust and cover with meringue made from white of egg, 2 tablespoons sugar, ½ teaspoon vanilla.

MAPLE FILLING FOR PIE

Mrs. Seccombe.

1½ cups maple syrup	2 tablespoons flour
Mix smooth with water	Yolks of 2 eggs

Boil till thick, stirring constantly. Use whites for top.

RAISIN PIE

Mrs. W. H. Baker.

1 cup seeded raisins	1 cup sugar
1 cup boiling water	2 eggs
2 level tablespoons flour	¼ teaspoon salt
Juice of ½ lemon	

Cook raisins in the water until tender. Mix flour with half of the sugar and stir into the raisins; continue to stir until the mixture thickens. Beat the eggs, add rest of sugar, the salt and lemon; add to fruit mixture, let cool a little, then bake between two crusts.

RAISIN PIE

Mrs. George Henderson.

1 cup raisins	1 lemon (juice and rind)
1 cup sugar	1 tablespoon cornstarch
1½ cups water	1 teaspoonful butter

Add water to raisins and boil until tender. Mix cornstarch, sugar and lemon. Add raisins and water. Put in unbaked crust, dot with butter, cover with upper crust and bake.

CALIFORNIA PIE

Mrs. Kennedy.

¾ cup of chopped raisins	1 lemon (grated rind and juice)
1 egg	½ cup cold water
1 cup sugar	1 tablespoon of flour (mixed with water to a paste)

Make with a top crust.

RAISIN PIE

Mrs. Herbert Carveth

1 cup raisins	1 cup soft bread crumbs
1 pint of water	Juice of 1 lemon
¼ cup sugar	1 egg (beaten)

Boil raisins in water for half an hour down to 1 cupful, add bread-crumbs, sugar and beaten egg and lastly lemon juice. Cook until thick, bake between two crusts.

RAISIN AND RHUBARB PIE

1 cup rhubarb	1 cup sugar
1 cup raisins	1 lemon (juice and rind)
1 egg	

Chop rhubarb and raisins, add sugar, lemon and well beaten egg. Bake in two crusts.

CREAM FILLING FOR PIES

Mrs. P. F. Grand.

1 pint milk
 2 tablespoons cornstarch
 Yolks of two eggs beaten with three tablespoons sugar.

Heat milk to boiling point, stir in ingredients and cook in double boiler for twenty minutes, then add 1 teaspoon vanilla.

Frosting—Whites of 2 eggs, 2 tablespoons white sugar, beat stiff and let brown in oven.

CREAM PIES

Mrs. Withers.

1 pint milk	1 cup sugar
2 eggs	½ cup flour
1 tablespoon butter	

Put milk on to boil. Mix sugar and flour together, then add beaten eggs. Stir all into the milk just as it reaches the boiling point. Add butter and stir till the mixture thickens. Flavor with vanilla. This will fill two pie shells.

CREAM PIE

Mrs. R. S. Coryell.

$\frac{1}{2}$ cup sugar
 2 rounded tablespoons cornstarch
 $\frac{1}{8}$ teaspoon salt

Mix these together and moisten with milk to a paste thin enough to beat; beat it and drop in 2 yolks and beat again. Pour this into 2 cups (or a little more) of hot milk. Stir constantly until thick enough. Add butter size of walnut, $\frac{1}{2}$ cup cocoanut and $\frac{1}{2}$ teaspoon vanilla. Make a meringue for the top, of the whites of the eggs (adding 1 tablespoon water to each white) and powdered sugar.

BANANA CREAM PIE

Mrs. Gordon Herington.

Bake a crust and when cool cover bottom with sliced bananas. Then pour this cream mixture over them also when cool.

Beat yolks of two eggs to a cream add 2 cupfuls milk, $\frac{1}{2}$ cup sugar, 2 tablespoons flour, small piece of butter and a pinch of salt. Boil until a good stiff custard. Make a meringue with the two egg whites or use whipped cream.

LEMON CREAM PIE

Mrs. A. J. Philip.

1 cup sugar
 Piece of butter size of an egg
 Pinch of salt

Cream butter and sugar and add yolks of 2 eggs beaten. Grate rind and add to above, also 1 cup milk. Beat whites of eggs stiff and add juice to whites, then fold into above mixture and bake as you would custard pie.

CARMEL PIE

Mrs. Avern Pardoe, Jr.

1 cup brown sugar	2 tablespoons cornstarch
1 cup milk	4 tablespoons milk
2 tablespoons butter	2 eggs
4 tablespoons sugar	

Mix sugar and milk, boil for five minutes. Mix cornstarch and 1 cup milk and add to first mixture and cook until thick. Add yolks of eggs well beaten and cook for about a minute. Put mixture into crust, and beat whites of eggs with two tablespoons of sugar and a few drops of vanilla and put on top. Brown slightly.

CUSTARD PIE

Mrs. Douglas Henderson.

2 eggs	$\frac{1}{4}$ cup sugar
$1\frac{1}{3}$ cups milk	Salt
Vanilla or caramel	

Beat eggs slightly. Add sugar, salt and milk, then flavoring. Strain into uncooked crust and bake in a slow oven.

COCOANUT PIE

Miss Florence Taylor.

2 eggs	$\frac{1}{2}$ cup sugar
$1\frac{1}{3}$ cups milk	Salt
$\frac{1}{2}$ cup shredded cocoanut	Vanilla

Mix as for custard pie. Add cocoanut after straining. More cocoanut may be used.

CHOCOLATE PIE

3 tablespoons cornstarch	1 cup sugar
or $\frac{1}{3}$ cup flour	1 ounce chocolate
$1\frac{1}{2}$ cups hot milk	3 egg yolks
2 egg whites	

Mix sugar, cornstarch, chocolate and hot milk and cook in double boiler 45 minutes. Add yolks of eggs and cook a few minutes longer. Put in baked crust, cover with meringue made with beaten whites and 2 tablespoons icing sugar. Brown in oven.

FRESH FRUIT PIE

Fill baked crust with mixture of sliced bananas, oranges and pineapple. Over this pour a custard made from—

1 pint milk	Yolks 2 eggs
2 tablespoons cornstarch	3 tablespoons sugar
1 teaspoon vanilla	

Beat yolks of eggs, add sugar and cornstarch, then hot milk slowly. Cook in double boiler until thick. Cool, add vanilla.

Cover top of pie with meringue made with whites of eggs beaten stiff and 2 tablespoons sugar or use whipped cream. Decorate with maraschino or candied cherries.

ORANGE PIE

Miss Florence Taylor.

1 large orange (juice and rind)	2 tablespoons cornstarch
1 cup sugar	2 cups milk (or 1 cup milk,
Yolks 3 eggs	1 cup water)

Mix sugar and cornstarch, add milk, yolks of eggs, rind and juice of orange. Put in unbaked crust and bake in slow oven. Cover with meringue made of whites of eggs. This is enough for two pies.

PRUNE PIE

Mrs. Douglas Henderson.

$\frac{1}{2}$ pound prunes	1 tablespoon lemon juice
$\frac{1}{2}$ cup sugar (scant)	$1\frac{1}{2}$ teaspoons butter
1 tablespoon flour	

Wash prunes and soak in cold water to cover. Cook in this water until soft. Remove stones, cut in quarters, and add sugar and lemon juice. Boil down prune water to $1\frac{1}{2}$ tablespoons. Put prunes in unbaked crust, add liquid, dot over with butter and dredge with flour. Put on upper crust and bake.

PUMPKIN PIE

Mrs. Withers.

1 cup strained pumpkin	1½ teaspoons ginger
1 small cup sugar	½ teaspoon cinnamon
1 small cup rich milk	½ teaspoon nutmeg
3 eggs and pinch of salt	

This makes one pie. Serve with whipped cream on top.

CHERRY PIE

Mrs. W. H. Baker.

1¼ cups pastry flour	1 tablespoon butter
½ teaspoon Magic baking powder	1 tablespoon lard
	1 saltspoon salt

Sift baking powder with flour, mix butter and lard in rapidly with a knife, add salt and enough water to make a dry paste. Line a small pie plate with half the crust, and fill with fruit, over which sprinkle a teaspoon of flour. Sweeten with a cup and a quarter sugar. Leave the upper crust an inch larger all around than the pie plate, cutting it with a clean pair of kitchen scissors. Lift up the under crust; fold the upper crust under it, pressing them together with the finger and thumb and then pressing it against the plate. If this plan is followed absolutely no juice will be lost.

MACARON TARTS

Mrs. W. H. Baker

2 eggs	½ dozen dry macaroons
½ cup white sugar	Grated rind and juice of orange
1 tablespoon melted butter	or lemon

Mix the yolks of the eggs with the sugar, and beat until light. Boil the macaroons and flavor with the fruit juice and rind, then mix with the butter. Beat all the ingredients until smooth, then add the whites of eggs, stiffly beaten. Cover inverted patty tins with puff paste, prick and bake in a hot oven. When cool fill with marmalade or jelly, and cover with the macaroon mixture. Place for a moment in the oven until the tops brown.

FRENCH PEACH TARTS

Boston Cooking School.

Bake flaky pastry on the outside of fluted patty pans. Prick all over with a fork before baking. Remove from the tins. Set a choice half peach (canned or preserved) into each shell, pour in a little syrup and cover with meringue, letting the meringue and paste meet smoothly. Brush the edge of the paste with white of egg and roll in chopped almonds before setting the peaches in place. Set in a slow oven, to dry out the meringue without browning it. Soon after the tarts come from the oven spread a teaspoonful of currant jelly over the meringue and sprinkle the top with chopped pistachio nuts.

BANBURY TARTS

Mrs. J. C. Webster.

1 egg	$\frac{1}{2}$ cup currants
1 teaspoonful vanilla	1 cup granulated sugar
Butter size of walnut	

Cream butter and sugar add egg well beaten, vanilla and currants. Fill patty pans which have been lined with a rich paste. Bake until paste is cooked.

BUTTER TARTS

Mrs. C. A. Starr

1 cup sugar	1 cup currants
$\frac{3}{4}$ cup butter	2 eggs

Cream together butter and sugar, add eggs beaten and currants. Line patty tins with paste and fill with mixture. Bake till nicely browned.

FILLING FOR TARTS

Mrs. Allan Withers.

$\frac{1}{2}$ cup butter creamed	1 beaten egg
1 cup brown sugar	$\frac{3}{4}$ cup currants
1 tablespoon flour	

FRUIT TART

Mrs. G. S. Faircloth.

Make pastry, line pie plates and bake. You may make a number at a time, for when there is no filling in them they will keep for days. When you want them for use fill these shells with fresh fruit and cover with whipped cream. Nothing could be more delicious. Dried apricots, stewed and covered with whipped cream, make a good filling, too, and rhubarb may be used in the same way, or any kind of preserved fruit.

CHEESE STRAWS (to serve with salad)

Miss Muriel Larkin.

1 cup flour	1 egg
$\frac{1}{4}$ cup butter	2 tablespoons water
1 cup grated cheese	$\frac{1}{8}$ teaspoon paprika

Sift flour, salt and paprika together, add butter and chop in, then add the cheese and last of all the egg beaten with the water. Mix in stiff dough, roll out $\frac{1}{4}$ inch thick and cut into strips 5 inches long and $\frac{1}{2}$ inch wide. Bake until a light brown, in a moderate oven.

MINCE MEAT

Mrs. Joy.

$\frac{1}{2}$ pound raisins	1 teaspoon cloves
$\frac{1}{2}$ pound brown sugar	1 teaspoon cinnamon
$\frac{3}{4}$ pound currants	1 teaspoon allspice
$\frac{3}{4}$ pound suet	Rind and juice of $\frac{1}{2}$ lemon
$\frac{1}{4}$ pound peel	1 teaspoon salt
1 teaspoon nutmeg	1 pound chopped apples

MINCE MEAT

Miss Florence Taylor

3 pounds raisins	2 pounds sugar
3 pounds currants	2 teaspoons cloves
1 peck apples	2 teaspoons ginger
3 pounds suet	2 teaspoons nutmeg
1/2 pound peel	3 teaspoons cinnamon
1 1/2 pounds minced beef	2 teaspoons allspice
3 lemons (juice and rind)	Salt
1 quart cider (boiled)	

ENGLISH MINCE MEAT

Mrs. S. R. Parsons.

2 pounds lean beef (stewed, then chopped)	2 pounds raisins
1 pound beef suet	1 nutmeg
4 pounds chopped tart apples	1/2 teaspoon ground mace
3 pounds sugar	Grated rind of 2 oranges and 1 lemon
3 pounds currants	1 tablespoon salt
Juice of 6 oranges and 2 lemons	

chocolate pudding (Mrs Morgans)
 make a custard of 2 cups milk
 2 yolks of eggs. $\frac{1}{2}$ cup sugar. add
 2 squares of chocolate melted in a
 little warm water, add not quite
 a dessert spoon of gelatine dissolved in
 $\frac{1}{4}$ cup warm water. when cool
 add whites of eggs well beaten
 and mix well. Serve with
 whipped cream

Steamed Chocolate Fudding
 $\frac{1}{4}$ cup sugar 1 egg $\frac{1}{2}$ cup milk
 1 cup flour. 1 t^{sp} B. Powder.
 1 square chocolate (melted). Steam
 1 hour & serve with brown sugar
 sauce
 $\frac{1}{4}$ cup butter $\frac{1}{4}$ cup milk
 1 cup B. sugar. Put in sauce pan
 & cook until thick, add slowly
 1 t^{sp}. vanilla.

Caramel Custard (Mrs Allan)
 1 pint milk. 2 yolk eggs. beaten.
 1 t^{sp} cornstarch, mixed with a little
 milk
 $\frac{1}{2}$ cups B. sugar melted & added to custard

PUDDINGS and HOT DESSERTS

*"Sir Balaam now, he lives like other folks,
He takes his churping pint, and cracks his jokes.
'Live like yourself,' was soon my lady's word;
And lo! two puddings smoked upon the board."*

PLUM PUDDING

Mrs. S. R. Parsons

1 pound stewed raisins $\frac{1}{2}$ pound citron
1 pound currants 1 pound beef suet

Mix and dredge with flour

1 pint molasses 1 pound flour
1 pint milk 8 eggs
 $\frac{1}{2}$ pound sugar rolled

Sift into a pan 1 pound flour, in another pan beat the eggs very light. Stir the eggs into the milk and molasses, alternately with the flour, then the sugar, then fruit and suet. Boil 6 to 8 hours in a cloth that has been dipped in boiling water and dredged with flour.

PLUM PUDDING

Mrs. R. C. Hamilton

1 pound sugar, a little salt, spices to taste. Mix well together,
 $\frac{1}{2}$ lb. flour mixed well together with $\frac{1}{2}$ lb. dried or stale bread crumbs.
1 pound currants 1 pound raisins, stoned
 $\frac{3}{4}$ pound suet chopped fine $\frac{1}{2}$ pound lemon peel chopped fine
1 pound citron peel chopped Mix these five ingredients well
fine together
1 tumbler brandy 9 or 10 eggs according to size

Mix each group well. Pour sugar and spices over fruit mixture, pour flour and bread over all. Leave standing over night. Then mix well together, using your hands or a large wooden spoon. Beat yolks of eggs well, add brandy gradually. Pour on other mixture. Beat whites solid and add. Put in well buttered bowls and steam for six hours. This quantity makes three or four puddings and will keep a long time.

PLUM PUDDING

Miss G. A. Gooderham.

1 quart flour 1 cup sugar
2 dessertspoons Magic baking 1 cup melted butter
 powder 3 eggs
1 bowl stoned raisins Sweet milk enough to mix

Mix dry material and add raisins, then add the butter, eggs, and lastly the milk. Steam in a mould for four hours or more. In boiling, tie pudding in a buttered cloth. This mixture also makes a delicious cake if baked in a slow oven in a deep cake tin.

BAKED PLUM PUDDING

Miss May Denne

$1\frac{1}{4}$ cups flour
 $\frac{1}{2}$ pound sugar
 $\frac{1}{2}$ pound chopped suet or dripping
 $\frac{3}{4}$ pound raisins mixed with flour
 1 teaspoon Magic baking powder mixed with milk or water.
 Bake in greased tin.

CHRISTMAS PUDDING

Mrs. W. H. Baker

1 pound raisins
 1 pound suet
 $\frac{3}{4}$ pound bread crumbs
 $\frac{1}{4}$ pound brown sugar
 1 pound currants
 $\frac{1}{4}$ pound flour
 5 eggs
 $\frac{1}{2}$ nutmeg
 Grated rind 1 lemon
 $\frac{1}{2}$ pound mixed peel
 $\frac{1}{2}$ pint fruit juice
 $\frac{1}{2}$ cup chopped blanched almonds
 Boil for six hours.

STEAMED FRUIT PUDDING

Mrs. G. Cecil Moore.

3 cups bread crumbs
 $\frac{1}{2}$ cup molasses
 $\frac{3}{4}$ cup milk in which $\frac{3}{4}$ teaspoon of soda has been dissolved.
 $\frac{3}{4}$ teaspoon mixed spices
 $\frac{1}{2}$ cup chopped suet
 $1\frac{1}{2}$ eggs
 1 cup raisins
 Steam $2\frac{1}{2}$ hours in mould, which has been greased. Serve with sauce.

PLAIN STEAMED PUDDING

Mrs. Blackwell

$\frac{1}{2}$ cup white sugar
 Butter size of a butter nut
 1 egg
 $\frac{1}{8}$ teaspoon salt
 2 cups flour
 2 teaspoons Magic baking powder
 1 cup milk
 Mix sugar and butter together, then add milk, beaten yolk of egg, flour and baking powder sifted together, salt and the white of egg, beaten to a stiff froth. Steam $\frac{3}{4}$ of an hour.

STEAMED CHOCOLATE PUDDING

Mrs. Wallace Barrett

3 tablespoons of butter, well creamed
 $\frac{2}{3}$ cup of sugar
 $3\frac{1}{2}$ teaspoons Magic baking powder
 1 egg, well beaten
 $2\frac{1}{4}$ cups of flour
 $\frac{1}{4}$ teaspoon salt
 Mix and add 1 cup milk, half a square of chocolate, grated and melted over hot water. Put in a buttered dish and steam two hours. Serve either with whipped cream or a cream sauce.

MARMALADE PUDDING

Mrs. R. C. Hamilton.

4 eggs beaten separately	$\frac{3}{4}$ cup butter
1 cup flour	$\frac{1}{2}$ cup white sugar
1 teaspoonful Magic baking powder	$\frac{1}{4}$ cup milk
	4 tablespoons of marmalade

Beat butter and sugar to a cream, then add eggs and milk. Stir in the flour mixed and sifted with baking powder, then add the marmalade. Put in buttered dish and steam for two hours.

DATE PUDDING

Mrs. Britton Foster

eggs	1 teaspoon Magic baking powder
$\frac{1}{2}$ pound black dates	1 cup white sugar
$\frac{1}{2}$ pound walnuts	6 tablespoons bread crumbs

Beat yolks and sugar to a cream; add bread crumbs mixed with baking powder; add dates and nuts, then whites of eggs very stiffly beaten. Bake in flat cake tin for 25 minutes in medium oven. To be eaten with whipped cream.

DATE PUDDING

Mrs. A. E. Ames

$\frac{1}{2}$ pound dates	$\frac{1}{2}$ pound bread crumbs
$\frac{1}{4}$ pound suet	Salt
$\frac{1}{2}$ teaspoon soda	Nutmeg
5 ounces brown sugar	2 eggs well beaten

Mix all the ingredients, put in buttered mould and boil 2 or 3 hours. Serve with sauce.

DATE PUDDING

Mrs. R. C. Hamilton

$\frac{1}{2}$ cup suet	2 teaspoons Magic baking powder
1 cup flour	2 eggs
$\frac{1}{2}$ cup sugar	1 cup stoned, chopped dates
Vanilla	

Steam for two hours in a buttered dish.

CHOCOLATE SOUFFLÉ (Hot)

Miss Minnie Starr.

2 squares chocolate	2 tablespoons white sugar
Butter size of an egg	3 eggs
1 tablespoon flour	1 teaspoon vanilla
4 tablespoons milk	

Melt chocolate and butter over water, stir in flour gradually, add milk and sugar, stir over fire and cook until mixture leaves sides of saucepan. Beat well, cooling slightly. Add egg yolks one at a time beating in well, vanilla, stiffly beaten whites. Pour into buttered tin. Steam over water half an hour. Turn out and serve hot with chocolate sauce.

PRUNE PUFF PUDDING

Mrs. Withers.

1 cup prunes
1 cup sugar

Whites of 3 eggs

Soak prunes in cold water over night, then stew. Stir into this $\frac{1}{2}$ cup sugar. Add the whites of eggs to the other half cup of sugar. Mix all together with a little lemon juice. Put in a dish set in hot water and bake in a moderate oven 15 minutes. Serve with cream.

CANARY PUDDING (Hot)

Miss Minnie Starr

3 tablespoons butter
3 tablespoons white sugar
3 large tablespoons flour
1 teaspoon Magic baking powder

3 eggs
Juice of 2 lemons
Rind of 1 lemon

Cream butter and sugar. Add flour and eggs alternately, beating well, lemon rind and juice. Pour in buttered mould, tie with cloth and steam 2 hours.

APPLE PUDDING

Mrs. Withers

2 tablespoons butter
2 tablespoons sugar
1 well beaten egg
Pinch of salt

$\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ teaspoons Magic baking powder

Fill a bake dish half full of sliced apples, sprinkle over with $\frac{1}{2}$ cup sugar and cover with boiling water. Cover with the mixture and bake, not too quickly.

APPLE PUDDING

Mrs. S. Cleaver

4 apples (sliced)
1 egg
Butter size of an egg
 $\frac{1}{2}$ teaspoon salt
Bake 30 minutes or more.

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup sweet milk
 $1\frac{1}{2}$ cups flour
1 teaspoon Magic baking powder

APPLE TAPIOCA PUDDING

Mrs. Withers

6 large, tart apples
Cinnamon
A pinch of salt

$\frac{1}{2}$ cupful tapioca
 $\frac{1}{2}$ cup sugar (scant)

Pare and core apples, fill the centres with sugar and a little cinnamon, place in a baking dish. Boil tapioca in one quart of water, add sugar and salt. Cook until very transparent and soft. Pour tapioca over apples and bake in the oven for 20 minutes or half an hour.

APPLE DUMPLING

Mrs. J. C. Webster

1 cup suet, chopped fine 1 cup flour
A little salt 1 teaspoon Magic baking powder

Cold water to make dough to roll out. Line a well buttered bowl with the dough. Fill with sliced apples and plenty of sugar, brown or white. Cover with dough and steam for two hours. Peaches may be used in place of apples.

SCALLOPED APPLES

Mrs. G. Cecil Moore

2 cups apples (chopped) ½ cup sugar
¼ teaspoon cinnamon ⅛ teaspoon nutmeg
1 tablespoon lemon juice 2 cups crumbs
1 tablespoon butter ¼ cup water

Melt butter, stir into crumbs lightly with fork. Cover bottom of pudding dish with crumbs, then spread over one half the apples, sprinkle with one half sugar, nutmeg, lemon juice mixed together. Repeat, cover with remaining crumbs and bake one hour in moderate oven. Cover for the first forty-five minutes to prevent crumbs browning too quickly.

FIG PUDDING

Mrs. Barrett

½ pound of figs chopped fine 1 cup of sugar
1 cup of suet 2 large cups of bread crumbs
1 cup of milk 2 eggs
Spice to taste

Mix dry ingredients and add dry to wet. Boil 3 hours and serve with vanilla or foam sauce.

FIG PUDDING

Mrs. Wm. Dalton.

1 cup suet 1 cup sugar
1 cup bread crumbs 1 cup milk
1 cup flour 1 teaspoon Magic baking powder
½ pound figs chopped fine

Mix dry ingredients, then add milk. Steam over two hours in buttered mould.

FIG PUDDING

Mrs. Fred Stewart

1 cup chopped suet 1 cup molasses
1 cup sour milk 3 cups flour
1 teaspoon baking soda ½ teaspoon salt
2 teaspoons mixed spice ½ pound chopped figs

Steam three hours. Serve with sauce.

FIG PUDDING

Mrs. A. J. Philip

$\frac{1}{3}$ pound beef suet	$\frac{1}{2}$ pound figs, chopped fine
$\frac{1}{3}$ cups stale bread crumbs	$\frac{1}{2}$ cup milk
2 eggs	1 cup sugar
$\frac{3}{4}$ teaspoon salt	

Chop suet and work with hands until creamy, then add figs, soak crumbs in milk. Add eggs, well beaten, sugar and salt. Combine mixtures turn into buttered mould and steam three hours.

GINGER PUDDING

Mrs. Ross Ritchie

3 cups flour	1 cup suet
1 cup syrup	1 cup sweet milk
1 tablespoon ground ginger	1 teaspoon baking soda
Pinch of Salt	

Add raisins, dates, figs, or peel if desired and steam two hours.

MARY'S JAM PUDDING

Mrs. H. Miller

2 ounces butter	$\frac{3}{8}$ cup sugar
2 eggs	$\frac{7}{8}$ cup flour, (measure, then sift)
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ tablespoon, strawberry, raspberry or jelly

Cream butter and sugar and add beaten eggs, then sifted flour and then the soda. Add jam and beat well. Put in buttered mould and steam $1\frac{1}{2}$ hours. Serve hot with sauce or cream.

BROWN PUDDING

Mrs. Parsons

1 cup sugar	2 eggs
$\frac{1}{4}$ pound butter	$\frac{1}{2}$ teaspoon cinnamon
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon soda
2 dessertspoons jelly	

Steam $1\frac{1}{2}$ hours.

BROWN PUDDING

Mrs. Bertram Blackwell

2 tablespoons granulated sugar	2 tablespoons butter
1 egg	$\frac{1}{2}$ cup molasses
$1\frac{1}{2}$ cups flour	1 teaspoon soda
$\frac{1}{2}$ cup boiling water	

Mix butter and sugar, add beaten yolk, molasses, then flour. Dissolve soda in boiling water, add to mixture, then add beaten white of egg. Steam one hour. Serve with whipped cream sauce.

VICTORIA PUDDING

Mrs. D. K. Elliott

½ cup butter	2 eggs
½ cup sugar	1 teaspoon soda
1 cup flour	2 tablespoons jelly
2 tablespoons milk	A pinch of salt

Steam three hours and serve with Brown Sugar Sauce.

LEMON PUDDING (Hot)

Mrs. D. K. Elliott.

½ pint dry bread crumbs	2 yolks and 1 whole egg
1 quart milk	Rind of 1 lemon
1 tablespoon butter	

Bring the milk to a boil, then pour it over the bread crumbs and butter. When cool add eggs and lemon rind. Bake till stiff.

Top:—Whites of 2 eggs Sugar to sweeten

Juice of ½ lemon

Serve with lemon pudding sauce.

LEMON PUDDING

Mrs. F. G. Morley

Grated rind and juice of 3 medium sized lemons.

3 tablespoons light brown sugar.

Mix the juice and sugar, cover with buttered bread in quarter inch slices and make a custard of:—

2 tablespoons corn starch	1½ pints milk
Yolks of 3 eggs	1 dessertspoon sugar

When boiling hot and of the proper consistency pour this over the other ingredients. Cover with well-beaten whites of eggs and bake to a golden brown. Serve cold.

BROWN SUGAR PUDDING

Mrs. J. C. Webster

2 cups brown sugar	2 heaping tablespoons cornstarch
2 cups boiling water	½ cup walnut meats broken in small pieces

Bring sugar and water to boil; thicken with cornstarch which has been dissolved in a little cold water. Cook in double boiler until it is thick. Just before taking from fire add nut meats. Serve cold with whipped cream.

SNOW BALLS

Mrs. Avern Pardoe

½ cup butter	2¼ cups flour
1 cup sugar	3½ teaspoons Magic baking powder
½ cup milk	

Whites of 4 eggs

Cream the butter, add sugar gradually, the milk and flour mixed and sifted with baking powder, then add whites of eggs beaten stiff. Steam 35 minutes in buttered cups and serve with orange sauce.

SHREDDED WHEAT PUDDING

Mrs. W. S. Milner.

3 shredded wheat biscuits	Juice of 1 lemon
2 oranges (juice and rind)	$\frac{3}{4}$ cup sugar
A little milk	3 eggs

Soak the top of the biscuits in milk and drain off milk until the biscuits are moderately dry. Add $\frac{1}{2}$ cup sugar to the fruit juices and rind and boil for a few minutes. Beat the yolks of eggs lightly with $\frac{1}{4}$ cup of the sugar and add to the hot mixture. Fold in the well-beaten whites of eggs and pour over the biscuits. Serve cold.

COTTAGE PUDDING

Mrs. Avern Pardoe, Jr.

1 tablespoon butter	2 eggs
1 cup sugar	1 teaspoon baking powder
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ cups flour

Cream butter and sugar, add egg yolks. Beat until light. Add milk, then baking powder and flour and lastly the stiffly beaten egg whites. Pour into greased cake pan. Bake in moderate oven $\frac{3}{4}$ of an hour. Serve hot with lemon sauce.

Steamed chocolate pudding

$\frac{1}{2}$ cup sugar. 1 egg. $\frac{1}{2}$ cup milk
 1 teasp. Baking Powder. 1 cup flour.
 1 sq chocolate. Steam 1 hour.

Brown sugar sauce.

$\frac{1}{2}$ cup butter $\frac{1}{4}$ cup milk,
 1 cup brown sugar 1 teasp.
 vanilla one drop at a time, cook
 in double boiler.

Straw berry jam - Mrs Morgan

2 large boxes Straw berries
 7 cups sugar, Soak over night -
 add juice $\frac{1}{2}$ lemon
 cook 5 minutes

Waffles - Mrs Montgomery

2 cups flour - 3
 4 Teasp. B. Powder. - 6
 1/2 " Salt 3/4
 2 eggs - 3
 1 1/2 cup. milk. - 2 1/4
 4 Tablesp. melted butter - 6

Beat eggs yolks. add milk - then
 sifted ingredients, then melted butter
 & last by the stiffly beaten white's of
 eggs fold in until smooth.

Marshmallow pudding

30 marshmallows cut up & soaked
 1 hour. in 3/4 cup hot coffee beat until
 dissolved, let stand 1 or 2 hours then in
 1/2 pint of whipped cream.

COLD DESSERTS

"She tempers dulcet creams: nor these to hold wants her fit vessel pure."

SPANISH CREAM

Mrs. H. F. Gooderham

$\frac{1}{4}$ package of gelatine	5 tablespoons sugar
2 cups milk	2 eggs
1 teaspoon vanilla	

Put the gelatine in one cupful milk to soak. Put the other cupful of milk on the stove, and when hot stir in the sugar, the soaked gelatine and the beaten yolks of eggs. As soon as it becomes thick take off stove and cool in a pan of water, then stir in the whites of the eggs beaten to a stiff froth and a teaspoon of vanilla. Put into a mould and let stand in the ice box for a couple of hours or until needed.

SPANISH CREAM

Mrs. C. Q. Ellis

$\frac{1}{4}$ box of gelatine or 1 tablespoon of granulated gelatine	
3 cups of milk	Whites of 3 eggs
Yolks of 3 eggs	$\frac{1}{2}$ cup sugar (scant)
$\frac{1}{4}$ teaspoon of salt	1 teaspoon of vanilla (or 3 tablespoons of wine)

Scald milk with gelatine. Add sugar. Pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly. Remove from range. Add salt, flavoring and whites of eggs beaten stiff. Turn into individual moulds first dipped in cold water and chilled. Serve with cream. More gelatine will be required if large moulds are used.

COFFEE CREAM

Mrs. H. F. Gooderham

Same as Spanish Cream, with the addition of two tablespoons of strong coffee essence to be put in mixture just before adding whites of eggs.

BANANA SPONGE

Mrs. G. Cecil Moore

1 tablespoon gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup cold water	2 tablespoons lemon juice
$\frac{1}{3}$ cup boiling water	$\frac{2}{3}$ cup banana pulp
Whites of 2 eggs	

Make a syrup by boiling water and sugar five minutes. Soften gelatine in cold water, dissolve in hot syrup and add lemon juice, strain and set aside in a cool place. Stir occasionally. When partially set, add banana pulp and beat until foamy. Then add whites of eggs beaten stiff, and beat until mixture begins to thicken. Pour into a moistened mould. Serve with custard sauce.

SPONGE CREAM BOX

Mrs. G. Cecil Moore

This is made from freshly made sponge cake which should be cold before preparing for dessert. Cut a square 2 inches thick and sufficient in size to serve number required. Hollow out the centre, leaving a shell thick enough to keep its shape. Crumble parts removed and mix it with walnuts broken fine. Add enough whipped cream to make it moist and put back in shell. Cover top and sides with whipped cream.

PINEAPPLE CREAM

Mrs. H. F. Gooderham.

$\frac{1}{2}$ box gelatine	$\frac{1}{2}$ cup boiling water
1 cup cold water	1 can pineapple
1 cup granulated sugar	Juice of 1 lemon

When this mixture begins to set add one pint whipped cream. Mould.

MACARON CREAM

Mrs. J. B. Coyne.

1 tablespoon granulated gelatine	$\frac{1}{3}$ cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{8}$ teaspoon salt
2 cups scalded milk	$\frac{2}{3}$ cup of pounded macaroons
Yolks 3 eggs	1 teaspoon vanilla
	Whites of 3 eggs

Soak gelatine in cold water. Make custard of milk, yolks of eggs, sugar and salt. Add gelatine and strain into pan set in cold water. Add macaroons and flavoring, stirring until it begins to thicken; then add whites of eggs beaten stiff. Mould, chill and serve garnished with macaroons.

VELVET CREAM

Mrs. Blackwell

2 tablespoons strawberry jelly	2 tablespoons pulverized sugar
2 tablespoons currant jelly	Whites of 2 eggs beaten stiff
$\frac{3}{4}$ of glass of cream	

Fill a glass half full of whipped cream, then add a couple of table-spoons of above mixture beaten stiff. Serve in separate glasses.

VELVET CREAM

Mrs. H. F. Gooderham

1 pint well beaten cream	Whites of 3 eggs
$\frac{1}{2}$ package gelatine	1 tablespoon sugar (fruit)
Vanilla	

Whip cream, add gelatine soaked in a little water ($\frac{1}{2}$ cup). Beat whites of the eggs stiff, add sugar and beat into the other mixture, vanilla to taste. Serve with custard made of yolks.

BAVARIAN CREAM

Mrs. J. B. Coyne

$\frac{1}{2}$ lemon (grated rind and juice)	2 eggs
$\frac{1}{2}$ cup orange juice	1 teaspoon granulated gelatine
$\frac{1}{3}$ cup sugar	1 tablespoon cold water

Mix lemon, orange, sugar and yolks of eggs; stir vigorously over fire until mixture thickens. Add gelatine soaked in water, then pour over whites of eggs beaten stiff. Set in a pan of ice water and beat until thick enough to hold its shape. Turn into a mould lined with lady fingers and chill.

WHIPPED TAPIOCA CREAM

Miss Muriel Sterling.

One small cup tapioca soaked over night. Cook in double boiler with one cup milk and two tablespoons sugar. Let cool and stir occasionally. Whip $\frac{1}{2}$ pint cream and stir in tapioca. Flavor.

FRENCH CHOCOLATE CREAM

Mrs. Geo. Dunning

1 pint heavy cream	$\frac{1}{2}$ cup water
2 ounces bitter chocolate	1 cup of powdered sugar
$1\frac{1}{2}$ teaspoons butter	$1\frac{1}{4}$ tablespoons gelatine
$\frac{1}{2}$ teaspoon vanilla	

Combine chocolate, water and butter and melt over hot water. Add gelatine softened in water and stir in powdered sugar. Cool, stirring occasionally so that it will not set and fold slowly into the stiffly beaten cream. Pour into a mould wet with water and chill.

MACAROON CREAM

Mrs. George Dunning

Soak one teaspoon of gelatine in $\frac{1}{4}$ cup of cold water. Make a custard of two cups of scalded milk, yolks of 2 eggs, $\frac{1}{3}$ cup sugar, pinch salt. Add gelatine. When dissolved, strain and cool and add $\frac{2}{3}$ cup stale, crushed macaroons, 1 teaspoon vanilla, stirring until the mixture thickens. Then add beaten whites of two eggs. Pour into mould. Chill and serve with whipped cream.

RICE CREAM MOULD

Mrs. A. E. Ames

$\frac{1}{2}$ cup rice	1 cup sugar
1 quart milk	1 tablespoon gelatine
$\frac{1}{2}$ teaspoon salt	1 cup cream, whipped

Put rice, salt and milk in double boiler and cook until tender; add sugar and when dissolved in cold water, the gelatine, then the cream. Mould and serve with fruit.

MAPLE PUDDING

Miss Muriel Sterling

Yolks of 3 eggs (not beaten) 1 cup syrup (maple)

Cook these together in double boiler (with cold water to start), whipping constantly and until water comes to a boil. Dissolve 8 leaves of gelatine in a little hot water and mix with egg mixture, beating until quite cool. Add all this to one half pint whipped cream, beating until well mixed, and let stand in mould to set. Serve with cream.

MACARON PUDDING

Mrs. B. S. Coryell

$\frac{1}{2}$ pound macaroons	$\frac{1}{2}$ pound lady fingers
6 eggs beaten $\frac{1}{2}$ hour	$\frac{1}{2}$ cup sugar beaten with eggs
2 tablespoons of dissolved gelatine	

Beat yolks of eggs $\frac{1}{2}$ hour, gradually adding one half amount of sugar. Beat whites until stiff and add other half of sugar. Put together and add dissolved gelatine. Dip fingers and macarons in Sherry and line mould with them and then fill with the mixture. Let stand two to three hours.

ORANGE CHARLOTTE

Mrs. J. Banigan

1 cup orange juice and pulp	$\frac{1}{2}$ box Cox's gelatine
2 tablespoons lemon juice	Whites of 2 eggs; well beaten
1 cup granulated sugar	$\frac{1}{2}$ pint cream, whipped
Chopped nuts	

Dissolve the gelatine in a third of a cup of cold water for 15 minutes, then add a third of a cup of boiling water. Strain and add fruit juice. Put into granite dish and allow to stand from 20 to 30 minutes, then whip, beat in the whites of eggs and then fold in the cream. Last of all, add nuts. Line mould with pieces of orange and when the charlotte is ready to serve garnish with candied cherries and whipped cream.

MAPLE BISQUE

Mrs. Jas. Acton

1 cup maple syrup	1 pint whipping cream
1 tablespoon gelatine	Yolks of 4 eggs

Boil syrup two or three minutes. Dissolve gelatine in half a cup of water and add to boiling syrup. Allow this to cool, then add the well beaten yolks and the cream, whipped. Pour into moulds and set in a cool place. This will serve eight people plentifully.

APRICOT CREAM

Miss Minnie Stark

1 large can of apricots	$\frac{1}{2}$ pint whipping cream
1 envelope gelatine	Sugar to taste

Soak gelatine in one third cup water, strain juice from apricots. Sieve fruit, keeping some to line mould. Heat juice and dissolve gelatine in it, beat in pulp and cream well whipped. Mould and chill.

GRAND PUDDING

Mrs. Percy Grand

$\frac{1}{2}$ pint of whipped cream	1 pint of milk
$\frac{1}{2}$ package of gelatine	$\frac{1}{2}$ teaspoon ginger extract
$\frac{1}{2}$ cup sugar	

Soak gelatine in milk, put in stove and stir until dissolved. Add sugar and remove from stove, add ginger extract. Allow to cool. When cold fold in cream and add $\frac{1}{2}$ cup finely cut preserved ginger.

SUNSHINE PUDDING

Mrs. George Dunning

Dissolve five scant teaspoons gelatine in $2\frac{1}{2}$ cups of boiling water, and strain. Beat the whites of four eggs with 2 cups sugar, then beat with the gelatine 15 or 20 minutes. Add 1 teaspoon of cold water, a little vanilla and set away to harden slightly.

COLD FRUIT PUDDING
ALSO USED FOR SALAD

Bessie L. Shaw.

1 pint of ginger ale, 2 level tablespoons granulated gelatine dissolved in 2 tablespoons of cold water and then dissolved in $\frac{1}{3}$ cup of boiling water, juice of 1 lemon, $\frac{1}{2}$ cup sugar. Cut in small pieces $\frac{1}{2}$ pound of white grapes seeded and skinned, maraschino cherries, pineapple, 1 orange, 1 grapefruit, 1 tablespoon preserved ginger, and a pinch of salt. Turn into a mould and serve cold.

PEACH MOUSSE

Mrs. B. Foster.

$\frac{1}{2}$ box gelatine	$\frac{1}{2}$ cup sugar (heaping)
8 peaches (or 12 if very small)	$\frac{1}{2}$ pint cream beaten stiff

Soak the gelatine in a little water, then dissolve in double boiler. Peel and mash the peaches, sweeten, add gelatine and place on ice until it begins to set. Add whipped cream, mix well together and put in mould to set.

CHOCOLATE MOUSSE

Mrs. B. Foster.

1 small tea cup chocolate	$\frac{1}{2}$ pint whipped cream
3 tablespoons powdered sugar	2 teaspoons vanilla
6 sheets of gelatine	1 cup milk
1 dessertspoon custard powder	

Put one cup of milk in double boiler; when milk is scalded add one dessertspoon of Bird's custard powder mixed in a little cold milk. Then add strained gelatine which is dissolved in $\frac{1}{2}$ cup of hot water. Add chocolate and when quite smooth and thick take off stove and pour into large bowl. Then add two teaspoons vanilla and three tablespoons of powdered sugar. Stir until quite cool, then fold in cream, which must be beaten very stiff. Beat until thoroughly mixed and pour into mould.

CHOCOLATE MOUSSE

Mrs. Wm. Dalton.

2 squares chocolate	3 tablespoons boiling water
$\frac{1}{2}$ cup powdered sugar	$\frac{3}{4}$ cup sugar
1 cup cream	1 teaspoon vanilla
$\frac{3}{4}$ tablespoon granulated gelatine	1 quart cream

Melt chocolate, add powdered sugar and gradually one cup cream. Stir over fire until boiling point is reached, then add gelatine dissolved in boiling water, sugar and vanilla. Strain mixture into bowl, set in pan of ice water, stir constantly until mixture thickens, then fold in the whip from remaining cream. Mould, pack in ice and salt and let stand four hours.

MAPLE MOUSSE

Mrs. Melville P. White.

$\frac{1}{2}$ ounce gelatine	1 pint whipped cream
$\frac{1}{2}$ cup cold water	1 cup maple syrup (heated to boiling)

Soak gelatine in cold water and add to the syrup when it boils. Cool, then add whipped cream and mould.

FRENCH CHARLOTTE

Mrs. H. Purser

1 cup milk	1 tablespoon vanilla
1 cup sugar	$\frac{1}{3}$ box gelatine dissolved in cold water
1 egg, well beaten	
1 pint cream (whipped)	

Cook the sugar in the milk until it is dissolved and the mixture comes almost to a boil. Stir into the egg and add vanilla. Stir into the gelatine, stand away to cool and then blend thoroughly into the cream. Put into a mould and set away to cool.

CHARLOTTE RUSSE

Mrs. J. B. Coyne

1 tablespoon gelatine	1 pint cream, whipped
$\frac{1}{4}$ cup cold water	Vanilla
$\frac{1}{2}$ cup hot water	2 tablespoons fine sugar

Combine in usual manner, turn into mould to set.

CHARLOTTE RUSSE

Mrs. Harry Gooderham

$\frac{2}{3}$ package gelatine	2 tablespoons fine sugar
1 cup milk	Flavoring
	1 quart whipped cream

Soak gelatine in milk, set in hot water, and stir till gelatine is dissolved. Add sugar to cream, then flavoring, lastly gelatine. Mould.

MAPLE MOUSSE

Mrs. A. A. Farwell.

4 eggs	1 pint cream, whipped
1 cup maple syrup	$\frac{1}{4}$ box gelatine

Beat yolks of eggs until creamy. Put the maple syrup into double boiler, add yolks and heat, not cook. Cool. Beat whites stiff and add cream. Add to other mixture and beat well to keep syrup from settling. Add gelatine, pour in mould, pack in ice and salt and freeze from three to five hours.

GINGER MOUSSE

Mrs. A. A. Farwell.

1 pint cream, whipped	2 tablespoons preserved ginger,
$\frac{1}{4}$ box gelatine	cut fine
White of 1 egg, whipped	Juice of $\frac{1}{2}$ lemon
	5 tablespoons sugar

Soak gelatine in a little cold water, then add cream and egg and afterwards the sugar, preserved ginger and lemon juice, in order. Pour enough boiling water on gelatine to dissolve it. When not too warm add to mixture. Stir thoroughly and pour in mould, then pack in broken ice and salt and freeze for three to five hours.

PINEAPPLE SHAPE

Miss Jessie Goodman.

1 pint pineapple cut in small squares	$\frac{1}{2}$ pint whipped cream
$1\frac{1}{2}$ tablespoons gelatine	$\frac{1}{2}$ cup water
	Whites of 3 eggs

Soak gelatine in water, put on stove and stir until melted, add pineapple juice and strain. When cold and slightly thick fold in cream and whites of eggs. Add pineapple last.

STRAWBERRY OR RASPBERRY WHIP

Mrs. Blackwell

$1\frac{1}{4}$ cups fresh raspberries	1 cup powdered sugar
White of 1 egg beaten stiff	

Put all together and beat with wire spoon 30 minutes. Pile lightly on dish and surround with lady fingers. Serve with whipped cream.

COFFEE SOUFFLÉ

Mrs. C. Q. Ellis.

$1\frac{1}{2}$ cups of coffee infusion	$\frac{1}{2}$ cup of milk
$\frac{2}{3}$ cups of sugar	3 eggs
$\frac{1}{4}$ teaspoon of salt	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons of granulated gelatine	

Mix coffee infusion, milk, one half of sugar and gelatine and heat in double boiler. Add remaining sugar, salt and yolks of eggs slightly beaten. Cook until mixture thickens. Remove from range, add whites of eggs beaten until stiff. Add vanilla. Mould, chill and serve with cream.

LEMON SOUFFLÉ

Mrs. A. Glines.

1 cup white sugar	Juice and rind of 1 lemon
1 tablespoon butter,	1 cup milk
2 tablespoons flour	2 eggs

Cream butter, sugar and flour together, add juice and rind and yolks of eggs, then milk and well beaten whites of eggs last, bake in a pudding dish in a moderate oven.

BANANA SOUFFLÉ

Mrs. J. J. Vaughan.

Press through a sieve enough banana pulp to fill a cup.

1 cup fruit sugar	Juice of 1 small lemon
1 unbeaten egg white	Pinch of salt

Beat all together with Dover egg beater, until solid. Serve with soft custard and decorate with cherry. Whipped cream may be served instead of custard.

PRUNE JELLY

Miss L. M. Scott.

$\frac{1}{2}$ pound prunes	$\frac{1}{2}$ ounce gelatine
$\frac{1}{4}$ cup lemon juice	1 cup sugar
3 cups cold water	$\frac{1}{2}$ cup cold water (in which to soak gelatine)

Wash prunes and soak in cold water over night. Cook slowly until tender in water in which they were soaked. Remove prunes, stone and cut into quarters. Make a syrup of prune water (there should be two cups, if not, add some boiling water). Add sugar. Soften gelatine and dissolve in hot syrup. Add lemon juice and strain. When jelly is partially set add prunes. Turn into a mould. Chill and serve with sugar and cream or with whipped cream.

RHUBARB FOAM

Mrs. George Dunning

2 cups diced rhubarb	$\frac{3}{4}$ cup sugar
1 tablespoon cornstarch	Whites of 3 eggs
$\frac{1}{4}$ teaspoon vanilla	

Boil rhubarb in water until tender, then add sugar and cornstarch moistened with water and boil several minutes. Beat egg whites very stiff. Add vanilla and fold rhubarb into them. Serve very cold with sliced bananas and custard.

LEMON CUSTARD PUDDING

Mrs. Charles Hutchinson

Yolks of 6 eggs (beaten)	1 tablespoon flour
8 tablespoons sugar	Butter size of an egg
1 quart of milk	

Scald milk. Mix together the above ingredients and pour into scalded milk, when cool, stir in whites of eggs, grated rind and juice of large lemon and bake in a moderate oven half an hour, serve cold.

CHOCOLATE CUSTARD

Mrs. J. Chas. Webster

4 tablespoons grated chocolate (bitter)	4 cups of milk
4 eggs (yolks only)	1 cup of sugar
	2 teaspoons vanilla extract

Heat milk and sugar in double boiler. Pour over well beaten egg yolks. Combine with melted chocolate and cook in double boiler. Serve cold with whipped cream.

KISS PUDDING

Mrs. Avern Pardoe, Jr.

1 quart of milk	1 cup sugar
3 tablespoons cornstarch	Yolks of 3 eggs

Dissolve cornstarch in a little milk, then heat remaining quantity, add cornstarch, eggs and sugar and stir until smooth. Cook slowly for fifteen minutes. Add one teaspoon of vanilla and turn into dish. Beat whites of eggs and add two tablespoons of fruit sugar. Flavor with a few drops of vanilla spread on top, and brown slightly in oven,

APRICOT CREAM PUDDING

Mrs. Wallace Barrett

1 pint of milk	$\frac{1}{2}$ cup of sugar
2 tablespoons of cornstarch	$\frac{1}{2}$ tablespoon of butter
2 eggs	$\frac{1}{2}$ teaspoon salt
Apricots	

Dissolve the cornstarch in $\frac{1}{2}$ cup of the milk. Put the remainder in a double boiler. Add sugar. When boiling stir in the cornstarch. When as thick as cream, add the beaten whites of the eggs. Cook two minutes. Mould and put the fruit around.

SAUCE

Make a sauce of the juice of the apricots. Add $1\frac{1}{4}$ cups of sugar, boil steadily ten minutes. Serve both cold.

ORANGE PUDDING

Mrs. Tovell

3 eggs—separate whites and yolks and beat	1 cup milk
1 tablespoon cornstarch	$\frac{1}{2}$ cup sugar
	3 oranges cut in small pieces

Pour custard over oranges after it cools. Put stiffly beaten whites on top and brown slightly.

COFFEE PUDDING

Mrs. George Dunning

Mix two beaten eggs with $\frac{1}{2}$ cup sugar, a pinch of salt and $\frac{2}{3}$ cup of cold coffee and cook in double boiler until mixture thickens. Chill. Add $\frac{1}{2}$ cup whipped cream. Serve cold.

CHOCOLATE PUDDING

Mrs. Mitchell

1 pint milk	$\frac{1}{4}$ cup grated chocolate
Pinch of salt	3 small dessertspoons cornstarch
1 tablespoon butter	$\frac{1}{2}$ cup sugar

Melt butter and chocolate, then add sugar, cornstarch and salt. Add this mixture to the heated milk and cook until thick.

CHOCOLATE DESSERT

Mrs. J. L. Young

1 pint boiling water	2 dessertspoons cocoa
2 tablespoons flour	Small piece of butter
1 cup white sugar	Salt

Mix flour, sugar, cocoa, butter and salt and mix with a little cold water left from the pint. Stir till it thickens. Take from the stove. Add a few chopped walnuts and $\frac{1}{2}$ teaspoon vanilla after it is cooled. Serve in custard cups.

CARAMEL CUSTARD

Mrs. Coyne

4 cups scalded milk	$\frac{1}{2}$ teaspoon salt
5 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	

Put sugar in a frying pan, stir constantly over hot part of range until melted to a syrup of light brown color, add gradually to milk. As soon as sugar is melted in milk, add mixture to eggs slightly beaten, add salt and flavoring, then strain in buttered mould. Bake as custard. Chill and serve with caramel sauce.

BAKED CUSTARD

Mrs. J. C. Webster

Custard for four:—

3 eggs	2 tablespoons of sugar
3 cups of milk	

Beat the eggs with the milk in an agate dish, add the milk (hot) slowly. Set dish in another containing hot water and bake 15 or 20 minutes. Serve cold with fig sauce.

Custard may be steamed if preferred.

FIG TAPIOCA

Mrs. W. Paget

$\frac{1}{3}$ cup tapioca	$\frac{2}{3}$ cup brown sugar
$1\frac{1}{2}$ cups cold water	$\frac{2}{3}$ cup chopped figs
1 teaspoon vanilla	

Soak tapioca over night in water, then add sugar and figs and cook in double boiler one hour. Turn into mould and when cold serve with cream.

LEMON SNOW

Mrs. Seccombe

2 tablespoons cornstarch 1 cup of sugar
 2 cups water Juice and rind of 2 lemons
 1 tablespoon of butter

Cook 10 minutes. Strain and add whites of two eggs beaten stiff.
 Serve cold with sauce made from:—

1 pint milk Yolks of 2 eggs
 1 dessertspoon of cornstarch

RICE MOULD

Mrs. J. J. Vaughan.

1 cup rice 2 quarts boiling water
 1 heaping tablespoon salt

Put rice and salt in boiling water and boil hard for 20 minutes, drain in colander, pour cold water through rice until water runs clear. Leave rice in colander until perfectly dry, (about 20 minutes). When rice is cold, mix into it a pint of firmly whipped cream, sweetened to taste. Put in a mould and place on ice. When ready to serve, remove from mould and serve with hot maple syrup, that has been boiled until a little thick.

RICE DAINTY

Mrs. W. Paget

$\frac{1}{2}$ cup cooked rice $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup pieces of pineapple $\frac{1}{2}$ cup cream beaten stiff

Mix rice, sugar and pineapple, fold in cream and serve in glasses.

PRUNE DELIGHT

Mrs. Edwin Long.

Soak one pound of large prunes over night. Cook until soft, take out stones and put a marshmallow in each prune, roll in powdered sugar and chopped blanched almonds, serve with whipped cream.

APPLES IN BLOOM

Mrs. W. Paget

8 red apples Grated rind of $\frac{1}{2}$ lemon
 1 cup sugar Juice of 1 orange

Cook the apples in boiling water until tender, turning often. Have the water half surround the apples. Remove skins carefully, that the red color may remain, and arrange in serving dish. To the water add sugar, rind and juice. Simmer until reduced to one cup; cool and pour over apples. Serve with whipped cream if desired.

PORCUPINE APPLES

Mrs. R. D. Hume

Pare and core apples and let stand about an hour. Place in steamer and steam until tender. Cut blanched almonds in sticks and stick apples all over. Fill apples with whipped cream and place cherry on top.

APPLE PRALINE

Mrs. W. Paget

4 apples	1 cup water
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup blanched almonds,
8 level tablespoons sugar	chopped fine

Core and pare apples; dissolve the sugar in the water and cook five minutes. In this syrup cook apples until tender. Remove to a serving dish. Stir constantly while cooking the eight tablespoons of sugar and the almonds over a hot fire until sugar becomes caramelized. Turn nuts and caramel into apples, taking care that none falls on the dish. Have the syrup in which the apples were cooked boiled until thick and pour around apples. When cold serve with cream.

STEAMED APPLES

Mrs. H. F. Gooderham

6 large apples	$\frac{3}{4}$ cup sugar
1 cup water	1 cup cream
Juice of 1 lemon and grated rind	Maraschino cherries

Boil water, lemon and sugar 10 minutes. Pour over apples after they have been pared and cored but left whole. Steam till apples are soft. Take apples out carefully. Let cool, fill centres with whipped cream and Maraschino cherries.

APPLES IN ORANGE JELLY

M. Paget

1 cup of orange juice	1 cup granulated sugar
1 tablespoon of lemon juice	2 drops fruit coloring (red)
4 apples	

Cook orange, lemon juice, sugar and coloring about two minutes. Peel apples and quarter and cook in syrup until tender, care being taken that they do not break. Remove apples to a dish and cook syrup until it begins to jelly. Pour over apples and when cold serve with whipped cream.

HEAVENLY HASH

Mrs. Clifford Sifton, Jr

1 pint whipped cream	candied cherries
25 marshmallows	1 cup chopped nuts

Mix marshmallows broken in small pieces with whipped cream. Let stand on ice several hours, then decorate with candied cherries and serve ice cold. Nuts can be added to the mixture.

GRAPE NUT PUDDING

Mrs. Wm. Dobie

1 package of lemon jelly	1 cup of grape nuts
$\frac{3}{4}$ cup of sugar	1 cup of raisins
$2\frac{1}{2}$ cups of hot water	1 cup chopped nuts
Juice of one lemon	

Let it get real cold and serve with whipped cream.

MARSHMALLOW DESSERT

Mrs. W. E. Ireland.

1 can pineapple cut in cubes 1 pound marshmallows cut in
1 pound walnuts pieces
1 pint whipped cream

Take half of whipped cream and add 3 tablespoons sweet mayonnaise, pour this over the pineapple and mallows and let stand two hours. When ready to serve add nuts and put remainder of cream on top. Decorate with cherries.

PINEAPPLE PUDDING

Mrs. Allan Withers

1 cup sugar 1 tablespoon butter
Yolks of 2 eggs 2 tablespoons cornstarch

Stir all to a cream and add one pint of boiling water. Let cool until it thickens. Place a layer of pineapple in a dish. Pour the mixture over this. Beat whites, add a little sugar, spread over top and brown. Serve cold.

PINEAPPLE PUDDING

Miss Ethelwyn Acton.

$\frac{2}{3}$ cup of quick or minute A little salt
tapioca 1 large can sliced pineapple
1 cup of granulated sugar

Drain off the pineapple juice and add to it enough cold water to make four cups. Put in a double boiler with the tapioca, sugar and salt. Cook until clear, stirring frequently. Put the pineapple through the food chopper and add to the cooked tapioca. Serve cold with whipped cream and garnish with cherries. May be served in a large dish or individual glasses.

STUFFED DATES

Mrs. Bertram Blackwell

1 pound dates $\frac{1}{2}$ cup of brown sugar
 $\frac{1}{2}$ cup chopped walnuts Juice of 1 lemon
 $\frac{1}{2}$ cup boiling water

Take dates, stone and fill vacancy with chopped walnuts. Add hot water, sugar and lemon juice and stew on stove until dates are soft. Cool and serve with whipped cream.

ORANGE ICE

Mrs. Seccombe

Two cups sugar (moistened with water), boil to a syrup. To hot syrup, add juice of 3 lemons and juice of 2 oranges, When cool add 2 cups cold water. Strain into freezer and freeze. Let stand two hours after freezing.

BURNED CREAM

Mrs. G. Cecil Moore

1 quart of milk 3/4 cup of flour
 1 cup brown sugar

From one quart of milk, take enough to blend 3/4 cup of flour thoroughly. Let the remainder of the milk come to a boil and then pour it on the flour, stirring it well. When smooth turn it back into the saucepan and let it boil until it thickens. Meanwhile in another saucepan let one cup of brown sugar melt and brown, letting it burn according to taste. Into this pour the boiling milk and flour and let all boil well together. Strain and pour into a mould. When cold serve with cream.

STRAWBERRY SHORT CAKE

Mrs. G. Cecil Moore

2 cups of flour 4 teaspoons baking powder
 1/2 teaspoon salt 1 tablespoon sugar
 1/4 cup butter 3/4 cup of milk

Mix dry ingredients, sift twice, work in butter with tips of fingers, and add milk gradually. Toss on floured board, divide into two parts. Pat, roll out and bake twelve minutes in a hot oven in buttered round layer cake tins. Spread each part with butter, sweeten strawberries to taste. Place on back of range until warmed, crush slightly and put between and on top of short cake.

TORTONI

Mrs. W. H. Baker

3/4 cup sugar 1 teaspoon vanilla
 3/4 cup water 1 pint cream, (whipped)
 3 eggs, beaten separately 1 dozen stale macaroons

Boil the sugar in the water till it threads. Pour the hot syrup gradually on to the eggs, beating until cool, thick, and creamy. Add flavoring and then the whipped cream. Grate the macaroons, put half the crumbs in the mould, turn in the tortoni, then the rest of the crumbs. Pack the mould in ice and salt and let stand four hours.

BISCUIT TORTONI

Miss Margaret Waller

For two quart freezer. Half quantities for one quart freezer.
 1/2 pound grated macaroons 1 tablespoonful sherry wine
 1 egg 1/2 teaspoonful almond extract
 1/2 cup sugar 2 cups double cream

Mix macaroons with beaten egg, add sugar, cream (stiffly beaten), sherry and extract. Pour into freezer and allow to stand four hours. Use equal quantities ice and salt for packing.

Arrange lady fingers in box shapes on ice cream plates and tie in place with narrow ribbon. Fill with the biscuit tortoni and decorate with small flowers the same color as ribbon.

MAPLE PARFAIT

Mrs. R. S. Coryell

1 cup of maple syrup Yolks of 4 eggs
1 pint whipped cream

Heat syrup to boiling point, pour over yolks of eggs slightly beaten, and cook over hot water as a soft custard. Remove from fire and when cold fold in whipped cream. Turn into mould and pack in ice and salt and let stand four hours.

ICE BOX CAKE

Miss Edith Henderson

2 squares of Bakers' chocolate $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup water

Cook in double boiler, stirring constantly. Add gradually 4 yolks of eggs (beaten). Cook until smooth custard and cool. Then add one cup of sweet butter creamed with one cup of icing sugar. Add to first mixture, and last the stiffly beaten whites of four eggs. Line a mould with two dozen lady fingers and fill with the mixture. Put in the ice box over night and serve with whipped cream, cherries, nuts, etc.

PARADISE PUDDING

For two quart freezer. Half quantities for one quart freezer.

$1\frac{1}{2}$ cups orange juice 2 teaspoons vanilla extract
 $\frac{1}{4}$ cup grape fruit juice $\frac{3}{4}$ cup chopped pecan nut meats
 $\frac{1}{2}$ cup granulated sugar $\frac{1}{2}$ cup powdered sugar
2 cups double cream Few drops red color
Pink roses

Dissolve granulated sugar in orange and grape fruit juices and turn into freezer using usual quantities ice and salt for packing. Beat up cream, add vanilla, nuts, sugar and red color. Mix and pour on top of fruit juices. Let stand three hours. Turn out on to a pretty tray or flat dish and decorate with roses.

MAPLE WALNUT MOUSSE

Mrs. Harry H. Love.

1 pint cream 2 teaspoons gelatine
1 cup maple syrup A few chopped walnuts

Whip cream, bring sugar to a boil. Pour this on the gelatine which has been soaked in cold water. Beat this until it is a froth and cold. Mix with the cream, add the nuts, and pour into a mould. Cover and seal well, pack in ice and salt for 2 hours.

ORANGE MOUSSE

Mrs. F. W. Willoughby.

1 cup sugar Juice of 5 oranges
1 cup water Juice of 1 lemon
1 tablespoon gelatine 1 pint whipping cream

Soak gelatine in a little cold water. Boil sugar and water 3 minutes. Pour over gelatine. Stir well, add fruit juices and cream beaten stiff. Turn into a buttered mould, cover and pack in salt and ice for 4 hours.

VANILLA AND LEMON PARFAIT

For one quart freezer. Double quantities for two quart freezer.

1/2 cup granulated sugar	1 cup whipped cream
1/2 lemon	1 tablespoonful powdered sugar
1/2 cup water	1 teaspoon vanilla extract
3 egg whites	Cigarette wafers

Into small saucepan put sugar, water and strained lemon juice, bringing to boiling point and boiling quickly five minutes. Beat up whites of eggs to a stiff froth, pour syrup on them, beating continually. Cool and fold in cream, powdered sugar and vanilla extract. Pour into freezer packed with equal quantities of ice and salt. Ripen for 40 minutes and serve in parfait glasses with cigarette wafer on top.

STRAWBERRY FRAPPE

Mrs. G. Cecil Moore

Mix one quart (2 boxes) of berries and cover with two cups of granulated sugar dissolved in one pint of cold water. Stir the unbeaten whites of five eggs. Add the sweetened and mashed berries, and more sugar, if not sweet enough. Turn into a freezer and grind until the dasher will not turn.

A WINTER DESSERT

Miss Isobel Ross

Whip cream and flavor to taste, put in a mould and stand outside where it will freeze. When frozen cover with nuts, preserved ginger and candied fruits; add another layer of whipped cream, set outside again, and when this is frozen your dessert is ready to serve.

DESSERT FOR HOT DAYS

Mrs. Wm. Dalton

Add whipped cream to crushed fruit, such as strawberries or raspberries. Use fruit sugar to sweeten and let stand three or four hours packed in ice and salt.

ICE CREAM

Miss Ethelwyn Acton

1 pint milk	1 egg
1 1/2 cups sugar	Salt
1 tablespoon flour	1 quart cream
1 teaspoon vanilla	

Put milk and sugar in double boiler, mix egg, flour and salt well. add hot milk gradually. Cook for 10 minutes in double boiler. When cool add cream and vanilla. Freeze. This will serve 12 people generously.

Chocolate Ice box Pudding

2 oz sweet chocolate

2 tablespoons water

2 powdered sugar

4 eggs.

lady fingers. Put chocolate sugar & water in double boiler when chocolate is melted & mixture smooth add egg yolks slightly beaten, stir cool & fold in egg whites beaten stiff. Split lady fingers place a layer in mold lined with ~~with~~ oil paper. Cover with chocolate mixture. Put more lady fingers & chocolate mixture until all chocolate used. Let stand in ice box 24 hours. Turn out & cover with whipped cream.

SAUCES FOR DESSERTS

VANILLA CREAM SAUCE FOR STEAMED PUDDINGS

Mrs. Avern Pardoe, Jr.

½ cup of butter	8 tablespoons cream
1 cup of fruit sugar—creamed	½ teaspoon vanilla

Put mixture in bowl over hot water and stir constantly until creamy. Serve hot.

PINEAPPLE SAUCE

Mrs. C. E. Langley

⅓ cup pineapple juice	⅓ cup lemon juice
⅓ cup sugar	2 eggs

Mix juice and sugar and add to beaten eggs. Cook in double boiler. Serve hot or cold.

CREAM PINEAPPLE SAUCE

Mrs. Allan Withers

1 egg	1 tablespoon cornstarch, (good measure)
1 cup sugar	Juice of 1 lemon
1 cup pineapple juice	1 cup whipped cream

Mix well, boil until thick, cool, and beat in whipped cream. Serve cold.

HARD SAUCE

Mrs. H. F. Gooderham

½ cup butter	1½ cups powdered sugar
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Cream together and when light add the well beaten white of one egg. Flavor with lemon juice and nutmeg or cinnamon.

HARD SAUCE

Mrs. W. F. Willoughby

¼ pound butter	White of 1 egg
1 cup fruit sugar	1 teaspoon vanilla
4 tablespoons boiling brandy or whiskey	

Cream butter, add sugar and cream well, then brandy (slowly), beating 5 minutes. Then egg and vanilla.

MOLASSES PUDDING SAUCE

A. K. P.

1 large tablespoon butter (melted), 2 tablespoons flour mixed with the butter, to this add 1 cup of boiling water, 1 tablespoon of black strap molasses, ½ teaspoon of vanilla, 1½ cups of sugar, ¼ teaspoon of grated nutmeg, juice of 2 lemons.

CREAM PUDDING SAUCE

Bring two-thirds of a pint of cream slowly to boil; set in a stewpan of boiling water. When the cream reaches boiling point add half a cup of granulated sugar, then pour slowly on the whipped whites of two eggs. Season with vanilla.

WHIPPED CREAM SAUCE

Mrs. Walter Barrett

$\frac{1}{4}$ pound butter well creamed	1 cup powdered sugar
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ pint whipped cream

BROWN SUGAR SAUCE

Mrs. D. K. Elliott.

2 tablespoons butter	1 small teaspoon cornstarch
$\frac{1}{2}$ cup brown sugar	1 cup hot water

Boil all together and serve hot.

LEMON PUDDING SAUCE

Mrs. D. K. Elliott

1 dessertspoon cornstarch	1 cup white sugar
1 dessertspoon butter	1 egg
1 cup boiling water	Juice of $\frac{1}{2}$ lemon

Beat butter and cornstarch till smooth, add water and let boil. Add egg (well beaten,) then sugar and lemon. Boil together.

BRANDY OR SHERRY SAUCE

Mrs. Bertram Blackwell

1 cup icing sugar	1 egg
2 tablespoons sherry or	1 teaspoon vanilla
1 tablespoon brandy	1 teaspoon soda
Salt	

Add sugar gradually to beaten egg yolk, then add stiffly beaten egg white, salt, vanilla and sherry or brandy and just before serving fold in stiffly beaten cream.

FOAM SAUCE

Mrs. A. McCormick

$\frac{1}{4}$ cup butter	1 cup powdered sugar
2 egg whites	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup sherry or 1 teaspoon of vanilla	

Beat butter to cream. Add gradually the sugar and beat until white. Then add one egg white unbeaten. Beat mixture well. Then add the remaining well-beaten egg white. Beat altogether until very light. Just before serving, add the boiling water and the sherry or vanilla and stand in boiling water over fire, stirring until very frothy. Serve immediately or it will lose its lightness.

PUDDING SAUCE (Uncooked)

Mrs. S. Cleaver

Combine fruit juice or maple syrup with whipped cream and stiffly beaten white of egg.

PEACH SAUCE

4 large mellow peaches	1 even tablespoon cornstarch
$\frac{1}{2}$ cup sugar	1 cup cream
$\frac{1}{2}$ cup water	2 egg whites

Pare and stone peaches put in saucepan with sugar and water. Stew until tender. Press through colander. Put cream to boil in double boiler. Moisten cornstarch and stir into the boiling cream. When thick, beat in the peaches and stiffly beaten egg whites. Serve cold.

FIG SAUCE

Mrs. J. C. Webster.

1 pound cooking figs	Juice of half a lemon
Very little sugar	

Cut or chop the figs rather fine. Put in a double boiler and cover with water. Simmer slowly until tender. Add the lemon juice and sugar and let cool.

CARMEL SAUCE

Mrs. Coyne.

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ teaspoon cornstarch	

Melt sugar as for caramel custard, add water, simmer ten minutes, add cornstarch. Cool before serving.

BOILED CUSTARD

Miss Sara McCully.

1 cup milk	Sugar to taste
1 egg	Salt
1 teaspoon cornstarch	Vanilla

Boil milk, add sugar. Dissolve cornstarch and add to milk and sugar. Boil for a minute. Beat egg thoroughly and add boiling mixture to egg, stirring constantly. Serve hot or cold.

CAKES

"A good rule at parties (to keep up a Mercurial air) is to come in at supper."

FOUNDATION CAKE

Mrs. Jas. Acton.

1 cup white sugar	1½ cups flour
½ cup butter	2 teaspoons Magic baking powder
2 eggs	Pinch of salt
½ cup milk	½ cup cornstarch
1 teaspoon vanilla	

Cream butter and sugar, add unbeaten eggs, milk, flour, to which has been added, salt, cornstarch and baking powder and vanilla. This is a good foundation for layer or plain cake with any kind of filling or icing. If baked in two layers 15 minutes in moderate oven, if one layer twice the time.

STANDARD CAKE

Miss Jean Flavelle

1 cup sugar	1½ teaspoons Magic baking powder
½ cup butter	½ teaspoon salt
2 eggs	1 teaspoon vanilla
½ cup milk	
1½ cups flour	

Cream butter and sugar; add unbeaten eggs, milk, sifted flour with baking powder and salt and vanilla. Bake in moderate oven, 15 minutes. This is suitable for layer cake with any kind of filling or icing.

FAVORITE CAKE

Mrs. Avern Pardoe

⅔ cup butter	1 cup milk
2 cups sugar	3½ cups flour
4 eggs	5 teaspoons Magic baking powder

Mix ingredients in order given and bake in large pan in moderate oven.

SPONGE CAKE

Lady Sifton

1 teacup of powdered sugar	3 eggs
½ teaspoon cream of tartar	¼ teaspoon soda
1 teacup fine flour	Juice and grated rind of a lemon

Cream yolks of eggs with sugar until very light, then add lemon juice and rind. Sift cream of tartar and soda with flour. Beat whites of eggs until stiff, and add to mixture, being careful not to stir any more than necessary, then very carefully fold in the flour. Bake 20 minutes in shallow tins.

SPONGE CAKE

Mrs. G. Cecil Moore

4 eggs	$\frac{2}{3}$ cup boiling water
2 cups flour	$\frac{1}{2}$ teaspoonful salt
2 cups fruit sugar	1 teaspoonful vanilla
2 teaspoons Magic baking powder	

Beat yolks and whites separately. Add sugar to yolks, then boiling water and flour which has been sifted with baking powder and salt. Lastly whites and vanilla. Line pan with greased paper, baking in slow oven about thirty minutes.

SPONGE CAKE

Mrs. H. F. Gooderham.

6 eggs	2 cups flour
2 cups sugar	2 teaspoons Magic baking powder
2 tablespoons of milk	

Beat yolks of eggs, add sugar and beat again, add flour and baking powder, alternately with milk. Lastly add beaten whites and flavoring. Bake in moderate oven about 30 minutes.

BOILED SPONGE CAKE

Miss G. A. Gooderham.

4 eggs	$\frac{1}{2}$ cup flour
1 cup sugar	A little salt

Flavoring to taste.

Beat eggs separately, then beat well together. Boil sugar and water until it threads. Add slowly to eggs while hot. Beat for fifteen minutes, then add flour and mix well. Bake in a slow oven for $\frac{3}{4}$ hour. Sprinkle top with sugar.

SPONGE CREAM CAKE

Mrs. H. F. Gooderham.

3 eggs, whites beaten separately	$\frac{1}{2}$ cup flour
1 cup sugar	3 tablespoons boiling water
2 teaspoons Magic baking powder	

To well beaten yolks add sugar, water, flour sifted with baking powder and lastly beaten whites. Bake in two layers and fill with cream filling.

CREAM FOR FILLING

1 cup milk	1 egg
$1\frac{1}{2}$ teaspoons cornstarch	A pinch of salt
1 teaspoon of vanilla	

Bring milk to boil, add cornstarch which has been mixed with a little cold milk, then well beaten yolk to which sugar, salt and vanilla has been added. Cook until thick and when cold spread between cake.

HOT WATER SPONGE CAKE

Mrs. J. C. Webster

Yolks of 2 eggs	1 cup flour
1 cup sugar	1½ teaspoons of Magic baking powder.
¾ cup hot water	¼ teaspoon of salt
¼ teaspoon lemon extract	
Whites of 2 eggs	

Beat the yolks until thick, add half the sugar gradually and continue beating. Then add water, the remaining sugar, lemon extract, the stiffly beaten whites of eggs and the flour mixed and sifted with the baking powder and salt. Bake twenty-five minutes in a moderate oven in a buttered and floured shallow pan.

CREAM SPONGE CAKE

Mrs. Dalton

Yolks of 4 eggs	1½ teaspoons Magic baking powder
1 cup sugar	¼ teaspoon salt
3 tablespoons cold water	Whites of 4 eggs
1½ tablespoons cornstarch	1 teaspoon lemon extract
Flour	

Beat yolks till thick and lemon colored, add sugar gradually, continue beating; using a Dover beater, add water. Put cornstarch in a cup, fill the cup with flour, mix and sift cornstarch, flour, baking powder and salt, and add to first mixture. When thoroughly mixed add whites of eggs beaten till stiff, then add flavoring. Bake in a moderate oven thirty minutes..

ORANGE SPONGE CAKE

Miss Alice Hughes

3 eggs	2 tablespoons of cold water
1 cup sugar	1 cup flour
1 tablespoon orange juice	1 teaspoon Magic baking powder
Rind of 1 orange	

Beat eggs separately then put together and beat again, then add sugar, orange juice, orange rind, water and flour sifted with baking powder. Bake in two layers in moderate oven 15 to 20 minutes.

ORANGE CAKE

Mrs. P. F. Grand

1 cup brown sugar	1 cup raisins
½ cup butter	1 cup sour milk with
2 eggs	1 teaspoon baking soda
1 orange put through meat chopper	2 to 2½ cups flour
	1 teaspoon baking powder

Cream butter and sugar. Add other ingredients in order. Bake in large tin in a slow oven about 40 minutes.

ICING

Three cups icing sugar, piece of butter size of a walnut, rind of one orange and enough juice to make the right stiffness. This is enough for filling and icing.

HUCKLEBERRY SHORT CAKE

Mrs. W. H. Baker

1 egg	1½ cups flour
½ cup sugar	2 teaspoons baking powder
Butter size of an egg	½ teaspoon salt
¾ cup milk	1 cup fresh, dry huckleberries

Mix together thoroughly the egg, sugar and butter, add other ingredients, and lastly the huckleberries. Bake in a moderate oven and eat hot with butter and sugar.

LEMON CAKE

J. E. E. J.

1 cup sugar	1½ cups flour
½ cup butter	2 teaspoons Magic baking powder
½ cup milk	2 lemons grated rind and juice
2 eggs	3 tablespoons currants

Cream butter and sugar, add milk, eggs, flour sifted with baking powder, currants and lemon juice and rind. Bake in moderate oven in single pan.

WALNUT CAKE

Miss Jessie Goodman

2 cups sugar	1 cup milk
1 cup butter	3 cups flour
3 eggs	3 teaspoons Magic baking powder
1 pound walnut meats broken up	

Beat sugar, butter and eggs until light. Add other ingredients and beat until smooth. Bake this in 2 loaves in a moderate oven about 25 minutes.

ALMOND CREAM CAKE

Mrs. H. F. Gooderham.

2 cups fine sugar	3 cups flour
¼ cup butter	2½ teaspoons Magic baking powder
1 cup sweet milk	Whites of 4 eggs, beaten very light
½ teaspoon of vanilla	

Mix in order given and bake in a moderate oven. When cold cover with one cup cream whipped with ½ cup powdered sugar, blanched almonds and a little vanilla.

MOLASSES CAKE

Miss May Denne

1 cup molasses	A little ginger and cinnamon
1 even teaspoon soda dissolved in a little warm water	
½ cup milk	¼ cup butter and a little salt

Enough flour to make a soft batter. Pour the soda into the molasses and stir until it foams, then add the other ingredients. Serve hot with whipped cream.

MOLASSES CAKE

Mrs. K. A. Davenport

$\frac{1}{2}$ cup sugar	1 teaspoon baking soda
2 tablespoons butter	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon cinnamon
$\frac{2}{3}$ cup sour milk	$\frac{1}{2}$ teaspoon ginger
1 egg	2 teacups flour

Dissolve soda in one tablespoon boiling water, add to the molasses. Add creamed butter and sugar, then beaten egg, spices, and lastly milk and flour; beat well and bake in layer tins. Make filling of $\frac{1}{2}$ cup cream thickened with icing sugar until of desired consistency.

WALNUT CAKE

Miss Hughes

$\frac{1}{2}$ cup butter	2 cups flour (pinch of salt)
1 cup sugar	2 teaspoons Magic baking powder
$\frac{1}{2}$ cup milk	Whites of 4 eggs
Vanilla	

Put a layer of the batter in a pan, then a layer of raisins and walnuts, one cup of each chopped fine, then the remainder of batter. Bake in a moderate oven and when cold ice with buttered icing sprinkled with chopped walnuts.

MOLLY CAKE

Mrs. J. L. Young

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup shelled walnuts
$\frac{1}{2}$ cup white sugar	1 cup flour
$\frac{1}{2}$ cup sweet milk	2 teaspoons Magic baking powder
$\frac{1}{2}$ cup shredded cocoanut	Whites of 3 eggs (well beaten)
Vanilla	

Cream butter and sugar, add other ingredients in order. Bake in a moderate oven about 20 or 25 minutes.

WALNUT CAKE

Mrs. P. F. Grand

1 cup sugar	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ cup butter	1 cup chopped walnuts
2 eggs	2 cups flour
$\frac{1}{2}$ cup milk	2 teaspoons Magic baking powder
Vanilla	

Cream sugar and butter add other ingredients in order given. Bake in a moderate oven about 25 or 30 minutes.

ICING

1 cup white sugar	$\frac{2}{3}$ cup water
1 cup brown sugar	1 teaspoon vanilla
Whites of 2 eggs	

Boil sugar and water until it threads then add slowly to the well beaten whites and flavor. Beat until stiff and put between layers and ice cake.

NUT CAKE

Mrs. Jas. Acton.

1 cup butter	2 cups of flour
1 cup sugar	2 teaspoons Magic baking powder
3 eggs	1 cup chopped walnuts
1 cup milk	Salt
Vanilla	

Mix in the order given. Bake in a flat pan about 30 minutes.
When cold ice with—

NUT CREAM ICING

1 cup sour cream	$\frac{1}{2}$ cup chopped nuts
1 cup white sugar	

Boil cream and sugar together until it makes a soft ball when dropped in water. Add nuts and beat until thick enough to spread.

BELFAST CAKE

Mrs. A. J. Philip

1 cup brown sugar	2 cups sifted Graham flour
$\frac{1}{2}$ cup butter	1 cup sifted white flour
1 egg	1 teaspoon soda
1 cup sour milk	$\frac{1}{2}$ teaspoon salt
1 cup chopped raisins or dates	$\frac{1}{2}$ nutmeg (grated)

Cream butter and sugar, add remaining ingredients. Put in a buttered pan and bake in a moderate oven for 20 or 30 minutes.

SPICE CAKE

Mrs. Frank W. Scott.

2 cups brown sugar	2 cups flour
$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ teaspoons Magic baking powder
$\frac{1}{2}$ cup milk	
4 eggs	2 teaspoon cinnamon
1 teaspoon nutmeg	1 teaspoon ground cloves

Cream butter and sugar, add milk and yolks of eggs, then flour, baking powder and spices and when well mixed the whites of 2 eggs, well beaten. Reserve the other 2 whites for the icing. Bake in two layers in moderate oven.

FRUIT LAYER CAKE

Mrs. Seccombe.

$\frac{1}{2}$ cup butter	1 teaspoon soda
1 cup brown sugar	$1\frac{1}{2}$ cups flour
2 eggs	1 teaspoon ground cinnamon
1 cup chopped raisins	1 teaspoon ground cloves
$\frac{3}{4}$ cup sour milk or cream	$\frac{1}{2}$ cup chopped nuts

Mix ingredients in order given, and bake in layer cake pans in a moderate oven about 25 minutes.

GINGER CAKE

Lady Sifton

$\frac{1}{4}$ pound butter	$1\frac{1}{4}$ pound sugar
2 eggs	1 large tablespoon treacle
1 teaspoon ground ginger	1 teaspoon ground cinnamon
$\frac{1}{2}$ teaspoon carbonate soda	$\frac{1}{2}$ pound flour
A little lemon peel	A little hot milk

Beat butter and sugar to cream, add eggs well beaten, ginger, treacle and soda dissolved in a little hot milk. Then add flour and lastly lemon peel. Beat well and bake in moderate oven for one hour or rather more.

If preserved ginger is cut up and added as fruit, and the ginger syrup used instead of treacle, it makes a lovely cake. Almonds may also be sprinkled on the top before baking.

GINGER LAYER CAKE

Mrs. P. F. Grand

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup sugar	2 cups flour
2 eggs	1 teaspoon soda
$\frac{1}{2}$ cup buttermilk or sour milk	1 teaspoon ginger

Cream butter and sugar, add eggs and beat well. Add other ingredients in order given. Bake in layer tins in a moderate oven. Ice with boiled icing to which a teaspoon of ground ginger has been added.

BUTTER CAKE

Lady Sifton.

$\frac{1}{2}$ pound flour	$\frac{1}{2}$ pound brown sugar
$\frac{1}{2}$ pound butter	$\frac{1}{2}$ pound chopped almonds
2 teaspoons ground ginger	2 eggs

Cream butter and sugar, add flour, ginger and eggs. Sift a little Magic baking powder with the flour. Spread mixture on well greased tin with knife, sprinkle with almonds, and bake about $\frac{1}{2}$ hour.

RAISIN CAKE

Mrs. H. F. Gooderham.

2 cups white sugar	$4\frac{1}{2}$ cups flour
1 cup butter	3 teaspoons Magic baking powder
1 cup cold water	2 cups raisins
4 eggs, well beaten	

Cream butter and sugar, add water and beat with a Dover beater. Add eggs and raisins to which 1 cup of flour and 1 teaspoon of baking powder has been added. Then add the remainder of flour and baking powder. Put in a buttered pan and bake 1 hour in a moderate oven.

BOILED RAISIN CAKE

Mrs. R. D. Hume.

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
1 cup brown sugar	1 teaspoon soda
1 egg	$\frac{1}{2}$ teaspoon cloves
1 cup raisins	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup water (poured off raisins)	

Boil raisins in enough water to cover. Pour off liquid after boiled, saving $\frac{1}{2}$ cup. Cream butter and sugar and add remaining ingredients. Bake in a moderate oven.

FRUIT SPICE CAKE

Miss Hughes.

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ pound raisins
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ pound peel
$\frac{1}{2}$ cup sour milk	3 eggs
1 teaspoon soda	3 cups flour
1 teaspoon each of cinnamon and cloves	1 pound currants

Cream butter and sugar, add other ingredients and bake in a moderate oven 30 to 40 minutes.

CRUMB CAKE

Mrs. Charles Hutchinson.

2 cups flour	1 egg
1 cup sugar	1 teaspoon ginger
$\frac{3}{4}$ cup butter	1 teaspoon ground cloves
1 cup raisins	$\frac{1}{2}$ teaspoon nutmeg
1 cup currants	1 teaspoon soda
$\frac{3}{4}$ cup sour milk	

Rub flour, sugar and butter together to crumbs. Reserve 1 cup full for top of cake. Add the other ingredients to the remainder and put in a single pan, sprinkling the cup full of crumbs on top. Bake for 30 to 40 minutes in a moderate oven.

CRUMB CAKE

Mrs. Harold Firstbrook.

$1\frac{1}{2}$ cups white sugar	2 tablespoons butter
2 cups flour	2 eggs
2 teaspoons Magic baking powder	$\frac{1}{2}$ cup milk

Mix dry ingredients with fingers (not too fine.) Reserve $\frac{1}{2}$ cup. Add milk and well beaten eggs to remainder of dry mixture and beat well. Put in cake tin and sprinkle with the $\frac{1}{2}$ cup dry mixture. Bake for 25 minutes in a medium hot oven.

DATE LOAF CAKE

Mrs. Wallace Seccombe.

1 pound stoned dates	1½ teaspoons Magic baking powder
1 pound shelled pecans	
1 cup sugar	¼ teaspoon salt
1 cup flour	4 eggs
1 teaspoon vanilla or brandy	

To well beaten yolks of eggs, add sugar and mix well with chopped dates and nuts. Add flour with baking powder salt and flavoring, then fold in well beaten whites. Bake as a loaf 50 minutes in moderate oven.

DATE CAKE

Mrs. Jas. Acton.

1 cup brown sugar	1 cup sour milk
¾ cup butter	½ teaspoon soda
2 eggs	1½ cups flour
1 pound stoned, chopped dates	

Cream butter and sugar, add eggs well beaten then the remaining ingredients, rolling the dates in a little extra flour before adding. Bake in a buttered pan ½ hour in a slow oven.

DATE CAKE

Mrs. Wm. Dalton.

¾ cup butter	1 teaspoon soda
1 cup brown sugar	1 teaspoon vanilla
2 eggs	2 cups flour
¾ cup sour milk	1 pound dates
¼ pound walnuts	

Cream butter and sugar, add well beaten eggs, sour milk and soda, vanilla, dates, walnuts and sifted flour. Bake in loaf tins in slow oven.

DELICATE FRUIT CAKE

Mrs. F. L. Purkis.

1 cup brown sugar	1 teaspoon soda dissolved in
½ cup butter	½ cup sour milk
Yolks of 4 eggs	1½ cups flour
1 cup of currants and raisins mixed	1 teaspoon cinnamon
1 teaspoon cloves	1 teaspoon nutmeg

Cream butter and sugar and add other ingredients in order and pour the mixture in a deep buttered tin. Make a Delicate Cake with

¾ cup white sugar	Whites of 4 eggs
½ cup butter	2 cups of flour
1 cup milk	2 teaspoons Magic baking powder
Flavoring	

Cream butter and sugar, add milk, flour, baking powder and flavoring. Lastly fold in the well beaten whites of eggs and pour on top of the dark fruit mixture. Bake in a slow oven about 40 or 45 minutes.

FARMER'S FRUIT CAKE

Mrs. Withers.

1½ cups butter	1 cup currants
1 cup brown sugar	1½ cups flour
½ cup golden syrup	1 teaspoon Magic baking powder
4 eggs	1 teaspoon cinnamon
1 cup raisins	1 teaspoon allspice
½ teaspoon ginger	

Cream butter and sugar, beat in eggs, reserving the white of 1 egg for the icing. Mix in other ingredients, dredging an additional 2 tablespoons of flour over the fruit. Bake in a moderate oven about 45 minutes.

POUND CAKE

Mrs. James Acton.

2 scant cups white sugar	3 cups flour
1 cup butter	3 teaspoons Magic baking powder
1 scant cup milk	1 teaspoon vanilla
4 eggs	Pinch of salt

Cream butter and sugar, add well beaten eggs, then milk, flour sifted with baking powder, salt and vanilla. Bake in slow oven 40 to 60 minutes using deep square pan. Candied cherries cut in pieces may be added to the mixture.

SULTANA CAKE

Mrs. W. Hughes.

1 pound butter	1 teaspoon Magic baking powder
1 pound sugar	1 pound sultana raisins
9 eggs	½ pound citron peel
Juice and rind of 1 lemon	¼ pound shelled almonds
1¼ pounds flour	¼ pound candied cherries

Cream butter and sugar, add 1 yolk of egg at a time, then the rind and juice of lemon, then half the flour sifted with baking powder and salt, half the beaten whites of eggs, the rest of the flour and balance of whites of eggs. Dredge the fruit with flour and add last. Cook three hours in slow oven in deep square pan and if gas is used place a pan of water in oven.

SODA FRUIT CAKE

Mrs. W. Dobie.

1½ pounds flour	½ pound sugar
½ pound butter	4 eggs
¾ pound raisins	½ pint milk
3 ounces candied peel	½ ounce soda

Rub flour and butter together, add sugar, raisins and peel. Beat yolks of eggs and add milk which has been warmed to dissolve soda. Add this to dry ingredients and fold in well beaten whites of eggs. Bake in slow oven 2 hours.

DUNDEE CAKE

Mrs. Wm. Heaney,
Belfast, Ireland.

6 ounces butter	6 ounces currants
6 ounces sugar	4 ounces sultanas
10 ounces flour	2 ounces peel
4 eggs	2 ounces almonds
1 teaspoon Magic baking powder	Essence of lemon

Cream butter, sugar and lemon. Beat eggs, and add alternately sifted flour and baking powder. Add fruit and half of the almonds (chopped). Mix lightly and put into tin. Split the rest of the almonds and cover the top of the cake, laying them flat, dust with sugar, stand in a second tin. Bake $1\frac{1}{2}$ hours.

DUNDEE CAKE

Mrs. C. A. Starr.

1 pound butter	1 pound sultana raisins
1 pound white sugar (2 cups)	5 level cups flour
Yolks of twelve eggs, beaten	Whites of twelve eggs, (beaten separately)
1 pound citron peel thinly sliced	

Cream butter and sugar till light then add egg yolks. Mix flour and fruit together and add. Lastly fold in the whites of eggs beaten. Line tin with wax paper and bake in moderately hot oven.

FRUIT CAKE

Mrs. W. H. Baker.

1 pound granulated sugar	1 nutmeg
1 pound butter	1 dessertspoon cloves
$1\frac{1}{4}$ pounds sifted flour	2 pounds raisins
1 dozen eggs beaten separately	2 pounds currants
$\frac{1}{2}$ cup molasses	1 pound peel
1 teaspoon soda	$\frac{1}{2}$ pound blanched almonds
$\frac{1}{2}$ ounce cinnamon	$\frac{1}{2}$ teaspoon salt

Add the butter to the sugar, then one pound of the flour, yolks of eggs, the soda dissolved in the molasses, and the spices. Stir thoroughly with hands then add the fruit, the peel being mixed with the remainder of flour. Add the whites of eggs and the salt, put into greased tins and bake four hours.

SPANISH BUN

Mrs. Cromwell Gurney.

2 cups brown sugar	$\frac{1}{2}$ teaspoon ground cloves
$\frac{3}{4}$ cup butter	1 small teaspoon soda dissolved in
3 eggs	1 cup sour milk
1 teaspoon cinnamon	2 cups flour

Cream butter and sugar, add the yolks of eggs and other ingredients. Lastly fold in the beaten whites of 2 eggs, reserving 1 white for frosting. Bake in a moderate oven about 30 minutes.

SPANISH BUN

Mrs. W. N. McEachren.

$\frac{3}{4}$ cup butter	$2\frac{1}{2}$ cups flour
2 cups brown sugar	2 teaspoons Magic baking powder
3 eggs	1 teaspoon mixed pastry spice
1 cup sweet milk	1 teaspoon cinnamon

Mix ingredients in order given, reserving the whites of 2 eggs for frosting. Bake in a moderate oven about 30 minutes.

CHRISTMAS CAKE

Mrs. Jas. Acton

3 pounds raisins	1 pound brown sugar
3 pounds currants	1 pound flour
$\frac{1}{2}$ pound shelled almonds	1 pound melted butter
$\frac{1}{2}$ pound mixed peel	$\frac{1}{2}$ cup molasses
1 dessertspoon salt	1 cup fruit juice or brandy
2 dessertspoons mixed pastry spice	10 eggs

Chop raisins, currants and peel, blanch and cut almonds, mixing with flour, salt and spice. Add sugar, melted butter, molasses, fruit juice and lastly eggs, two at a time, not beaten, mixing well with the hand or in bread mixer. Cook in lined buttered Christmas cake pans in very slow oven for 6 hours.

CHRISTMAS CAKE

Mrs. S. R. Parsons.

$1\frac{1}{2}$ pounds stoned raisins	$\frac{1}{2}$ pound brown sugar
$1\frac{1}{2}$ pounds currants	1 teaspoon cloves
$\frac{1}{2}$ pound citron	2 teaspoons cinnamon
1 cup blanched almonds	$\frac{1}{2}$ grated nutmeg
1 teaspoon Magic baking powder	Yolks of 6 eggs
1 pound flour	Whole of one more
$\frac{1}{2}$ pound butter	1 small cup milk
	1 small cup molasses

Cut up fruit and nuts, dredge with $\frac{1}{2}$ pound flour which has been mixed with baking powder. Cream butter and sugar, add spice, then eggs, then milk and molasses, mixed together. Add another half pound of flour, then fruit. Bake two hours.

FROSTING

Whites of 2 eggs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup brown sugar	

Beat whites stiff with brown sugar and cinnamon, spread on cake and return to oven and brown slightly. This cake is best when eaten hot.

CHRISTMAS CAKE

Mrs. John McCammon.

1 pound of butter	1 teaspoon cinnamon
1 pound sugar	1 teaspoon ground cloves
9 eggs	1 wine glass brandy or fruit juice
1 pound raisins	1 pound flour
1 pound currants	Pinch salt
1 pound mixed peel	1 teaspoon Magic baking powder
½ pound shelled almonds	½ pound shelled walnuts

Cream butter and sugar, add beaten yolks of eggs, fruit, spice, brandy, baking powder sifted with flour and salt and lastly whites of eggs well beaten. Bake in large pan (lined with well buttered paper) in very slow oven 4 to 5 hours.

SUNSHINE CAKE

Mrs. Coyne.

7 eggs (5 yolks, 7 whites)	½ teaspoon cream of tartar
1 cup sugar sifted	Almond and lemon flavoring
1 small cup flour	

Beat whites on a platter very stiff with the cream of tartar, fold in the sugar gradually, the well beaten yolks and flavoring. Lastly fold in the flour and don't stir. Bake in a tube pan.

SUNSHINE CAKE

Miss Jessie Goodman.

1¼ cups flour	3 teaspoons of Magic baking powder
1 cup white sugar	Whites of 2 eggs beaten stiff
1 cup milk heated to boiling	
Salt and flavoring	

Mix in the order given and bake in a tube pan in a slow oven for 40 minutes.

WHIPPED CREAM COCOANUT CAKE

Mrs. J. Kirkpatrick.

4 ounces butter	3 level teaspoons Magic baking powder
Grated rind of half an orange	1 teaspoon vanilla
1 cup sugar	1 teaspoon rose flavoring
3 eggs	½ cup cornstarch
1 small cup milk	
1 large cup flour	

Cream butter, adding grated rind of orange, then sugar, working well in, well beaten yolks of eggs and milk. Sift together flour, baking powder and cornstarch and stir in gradually; lastly, the well beaten whites with vanilla and rose flavoring. Bake in well buttered jelly tins in quick oven.

FILLING AND ICING

¾ pint whipping cream	½ teaspoon vanilla
3 tablespoons icing sugar	½ teaspoon rose flavoring
1 small fresh cocoanut	

To well whipped cream add sugar and flavoring and cover top and sides of each layer and sprinkle with grated cocoanut.

SOUR CREAM CAKE

Mrs. J. C. Webster.

1 cup thick sour cream	1 cup sugar
1 egg	$\frac{1}{2}$ teaspoon of soda
2 cups flour	

Put cream, egg and sugar all into the mixer at once, being careful not to pour the sugar directly on the egg. Give a few vigorous stirs. Add flour and soda, which should be dissolved in a little of the cream reserved for that purpose. Flavor with vanilla if desired. To be successful this cake must be baked with the greatest care in a slow oven, giving it a chance to rise very evenly at the start.

WHIPPED CREAM CAKE

Miss. E. W. Evans.

2 tablespoons butter	$\frac{1}{2}$ teaspoon Magic baking powder
$1\frac{1}{2}$ cups sugar	
1 egg	1 teaspoon vanilla
$\frac{7}{8}$ cup flour	

Cream butter and sugar; add beaten egg, add flour sifted with baking powder and vanilla. Bake in two layers in moderate oven.

FILLING AND ICING

2 tablespoons chocolate	$\frac{1}{4}$ cup sugar
2 tablespoons boiling water	$\frac{1}{2}$ pint whipped cream
1 teaspoon vanilla	

Melt chocolate in boiling water, add vanilla and sugar and when cold add whipped cream and spread on layers.

ANGEL CAKE

Mrs. H. F. Gooderham.

$\frac{3}{4}$ cup butter	2 teaspoons Magic baking powder
2 cups white sugar	1 cup cornstarch
1 cup milk	Whites of 7 eggs
2 cups flour	1 teaspoon vanilla

Cream butter and sugar, add milk, flour sifted with baking powder, cornstarch, vanilla and lastly fold in whites well beaten. Bake 30 to 40 minutes in slow oven.

MOCK ANGEL FOOD

Mrs. P. F. Grand.

1 cup sweet milk scalded in double boiler	1 cup flour
1 cup sugar	3 teaspoons Magic baking powder

Whites of 2 eggs beaten stiff

Sift flour, sugar and baking powder, add to the milk, then add the whites of eggs and flavor with vanilla.

FRESH COCOANUT CAKE

Mrs. C. A. Starr.

$\frac{3}{4}$ cup white sugar	3 eggs, reserve 1 white for icing
2 large tablespoons butter	$1\frac{1}{2}$ level cups flour
Pinch of salt	2 large teaspoons baking powder
Vanilla	Milk from 1 fresh cocoanut

Cream butter and sugar until smooth, add salt, vanilla and un-beaten eggs. Beat well with spoon and add sifted flour and baking powder and milk cocoanut with enough sweet milk added to make creamy batter. Bake 15 minutes in moderate oven.

FILLING AND ICING

1 cocoanut peeled and grated	1 cup water
2 cups white sugar	White of 1 egg
Few drops vanilla	

Boil sugar and water until it forms soft ball when dropped in cold water. To well beaten white of egg add boiled mixture and continue beating until cool. Add vanilla and cocoanut and spread on cake, reserving a little grated cocoanut to sprinkle on top.

SEED CAKE

Lady Sifton.

$\frac{1}{2}$ pound flour	$\frac{1}{2}$ pound castor sugar
2 eggs	$\frac{1}{2}$ cup of milk
3 ounces butter	Lemon peel
2 teaspoons Magic baking powder	1 teaspoon caraway seeds

Beat butter and sugar together. Sift baking powder with flour. Beat eggs well and add to them the milk. Add milk and eggs to creamed butter and sugar, then add flour, to which the lemon peel and caraway seeds have been added, and bake in moderate oven.

JELLY ROLL

Mrs. Jas. Acton.

1 cup sugar	1 teaspoon Magic baking powder
2 eggs	Rind of $\frac{1}{2}$ lemon, grated
1 cup flour	$\frac{1}{4}$ cup boiling water

Mix sugar, lemon rind and beaten yolks, then half the flour, half the beaten whites, the other half of the flour and the remainder of the beaten whites; lastly the boiling water. Bake in a large shallow pan for 15 minutes. Sprinkle some sugar on a damp cloth, turn cake out and spread with jam or jelly, and roll at once. If edges of cake are crisp, cut off before rolling. This may also be used as a dessert, filling with fresh crushed fruit and served with whipped cream.

POTATO FLOUR CAKE

Mrs. W. H. Baker.

4 eggs	$\frac{1}{2}$ cup potato flour
1 cup granulated sugar	1 teaspoon Magic baking powder

Beat whites of eggs to a stiff froth. Cream the yolks and sugar, then add the whites. Beat well together, then fold in carefully the potato flour with the baking powder stirred in. Use a wire spoon-shaped egg beater. Bake from 25 to 40 minutes in a moderate oven.

EGGLESS CAKE

Mrs. Withers.

1 cup brown sugar and $\frac{1}{2}$ cup butter	
2 cups flour	
1 large cup of sweet milk and 2 teaspoons baking soda, or	
1 cup sour milk and 1 teaspoon baking soda	
$1\frac{1}{2}$ cups of seeded raisins	$\frac{1}{2}$ teaspoon allspice
1 teaspoon ground cinnamon	A pinch of mace
$\frac{1}{2}$ teaspoon cloves	A pinch of salt

Cream butter and sugar; add other ingredients and bake in slow oven 1 hour.

MOCHA CAKE

Mrs. Fudger.

4 eggs	$\frac{3}{4}$ cup boiling water
$\frac{1}{4}$ pound fruit sugar	2 ounces pastry flour, (a little less of bread flour)
2 tablespoons coffee	
2 teaspoons Magic baking powder	2 ounces cornstarch

Beat sugar and yolks of eggs together, put on stove in double boiler, beating all the while, from three to five minutes until sugar is melted. Then remove and continue to beat until thick and stringy. Pour boiling water slowly through coffee and strain with cheesecloth. Then add four tablespoons of coffee essence and one of boiling water to mixture. Fold in flour, cornstarch and baking powder, which should be mixed together. Lastly fold in (gently) whites of eggs stiffly beaten, with a pinch of salt. Place in slow oven and cook from 20 to 30 minutes.

ICING FOR MOCHA CAKE

Mrs. Fudger.

$\frac{1}{4}$ pound butter	1 tablespoon coffee essence
$\frac{1}{2}$ pound icing sugar	$\frac{1}{2}$ cup almonds

Cream butter for fifteen minutes, then add gradually, icing sugar, (which must be sifted,) creaming for fifteen minutes more. Mix in coffee, which must be made very strong by boiling the remainder of essence from cake with coffee grounds, Blanch and brown almonds, chop fine and sprinkle on cake.

FUDGE CAKE

Mrs. P. F. Grand.

1½ cups sugar	1¾ cups flour
½ cup butter	½ cake of chocolate dissolved in
2 eggs	½ cup of hot water
½ cup milk	2 teaspoons Magic baking
Vanilla	powder

Cream butter and sugar, add eggs and milk, then the baking powder with flour. Flavor and add melted chocolate. Bake about 25 minutes in a moderate oven.

FUDGE CAKE

Mrs. G. Cecil Moore.

1½ cups brown sugar	5 level tablespoons cocoa
½ cup butter	5 tablespoons milk
½ cup sweet milk	1 cup flour
½ cup flour	2 level teaspoons Magic baking
2 eggs	powder
Vanilla	

Cream butter and sugar, add eggs, milk and flour then mix with 5 tablespoons of cocoa which have been boiled with 5 tablespoons of milk and cooled. Add to this flour sifted with baking powder and vanilla. Bake in two round cake pans in moderate oven. When cake is cool split each layer and add filling.

FILLING

½ cup white sugar	1 cup hot water
1 rounding tablespoon cocoa	1 dessertspoon butter
1 heaping tablespoon flour	Vanilla

Mix dry ingredients, then add hot water and butter and cook until fairly stiff.

CHOCOLATE CAKE

Miss Alice L. Hughes.

2 cups brown sugar	2 eggs
½ cup butter	2 cups flour
1 cup sour milk	¼ pound unsweetened chocolate
1 teaspoon soda dissolved in milk	1 teaspoon vanilla

Cream butter and sugar, add yolks of eggs, then sour milk in which the soda has just been dissolved, then the flour and when well mixed, the chocolate, which has been melted over the kettle with three tablespoons of water. Next the white of eggs well beaten and the vanilla. Bake in 2 layers in moderate oven.

FILLING

Cut in small pieces, walnuts, dates and preserved ginger and mix with enough chocolate icing to spread between layers.

CHOCOLATE ICING

$\frac{1}{4}$ pound Baker's chocolate	Small tablespoon butter
4 tablespoons water	1 teaspoon vanilla

Add chocolate and butter to water and melt over kettle. When melted remove from kettle and add enough icing sugar to make thick enough to spread on cake.

CHOCOLATE CAKE

Mrs. Avern Pardoe.

1 cup sugar	$\frac{1}{4}$ teaspoon ground cloves
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup cold water
2 eggs	1 cup flour
$\frac{1}{4}$ cup dry cocoa	3 teaspoons Magic baking powder
1 teaspoon cinnamon	Pinch salt

Cream butter and sugar, eggs, cocoa, spice, water, sifted flour, salt and lastly whites well beaten. Bake in single layer in moderate oven.

CHOCOLATE CAKE

Mrs. Harold Firstbrook.

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup butter	$1\frac{3}{4}$ cups flour
4 eggs	1 teaspoon soda
$\frac{1}{4}$ cup cocoa or chocolate	2 teaspoons cream tartar
5 tablespoons boiling water	1 teaspoon vanilla

Cream butter and sugar, add yolks of eggs, cocoa dissolved in boiling water, milk, flour, soda and cream tartar, vanilla and fold in well beaten whites. Bake in two layers in moderate oven.

FILLING

1 cup sugar	White of 1 egg
$\frac{1}{3}$ cup boiling water	$\frac{1}{2}$ cup stewed prunes cut in pieces
$\frac{1}{2}$ cup chopped almonds	

Boil sugar and water until it forms a soft ball in water. Then pour over the beaten white of egg, beating all the time. Add the prunes and nuts and stir a few times and put between layers. Ice with a butter icing.

COCOA LAYER CAKE

Miss Bruce Fraser.

2 cups brown sugar	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup butter	1 cup sour milk
2 eggs	1 teaspoon soda
$\frac{1}{4}$ cup cocoa	1 teaspoon vanilla

Cream butter, sugar and eggs, then add 1 cup flour, cocoa, soda dissolved in sour milk, vanilla and remainder of flour. Bake in two layers in moderate oven.

DEVIL'S FOOD CAKE

Mrs. Amy

1½ cups white sugar	2 cups flour
1½ cups milk	½ cup butter or shortening
½ cake chocolate or	1 teaspoon baking soda
5 tablespoons cocoa	3 tablespoons boiling water
2 teaspoons vanilla	½ teaspoon salt
2 eggs	2 heaping teaspoons baking powder

Boil together for 5 minutes ½ cup sugar, 1 cup of the milk and the cocoa or chocolate. Stir often, remove from fire, add vanilla and set aside to cool. Beat butter and rest of sugar to a light cream, add eggs well beaten and beat for 2 minutes. Add the rest of the milk, the soda dissolved in the boiling water, chocolate mixture, salt, baking powder and flour. Mix carefully and bake in three layers in a moderate oven.

DEVIL CAKE

Mrs. Rush.

1 cup brown sugar	2 cups flour
½ cup butter	1 teaspoon soda (even)
3 eggs (yolks only)	Pinch of salt
½ cup sweet milk	1 teaspoon vanilla

Cream butter and sugar, then add beaten yolks and milk. Then mix soda, salt and flour sifted and vanilla. In another dish mix:—

1 cup brown sugar	½ cup sweet milk
2 squares of melted chocolate	

Add milk to melted chocolate and then put in sugar. Mix both batters together and bake in two or three layers. Ice with boiled white icing.

DEVIL CAKE

Mrs. H. F. Gooderham.

¼ pound grated unsweetened chocolate	1 cup sugar
1 cup cold water	1 egg
	Flavoring

Mix chocolate, water, sugar and well beaten egg. Cook in double boiler until it thickens. Flavor and cool.

½ cup butter	Chocolate mixture
1 cup sugar	2½ cups flour
2 eggs	2 teaspoons Magic baking powder
½ cup sweet milk	

Cream butter and sugar, beat eggs and add. Mix in remaining ingredients and bake in two layers in a moderate oven.

DEVIL CAKE

Mrs. Wm. Dalton.

2 cups brown sugar

 $\frac{1}{2}$ cup butter

2 eggs

 $\frac{1}{2}$ cup sweet milk

2 cups flour

1 teaspoon soda

2 teaspoons cream of tartar

 $\frac{1}{4}$ pound chocolate (put in cup
and fill with (hot water)

Pinch of salt

Cream butter and sugar add other ingredients and bake in a moderate oven for 25 or 30 minutes.

FROSTINGS—FILLINGS

*"I'm quite ashamed—'tis mighty rude
To eat so much—but all's so good!"*

BOILED WHITE ICING

Mrs. Bertram Blackwell

Whites of 2 eggs 2 cups white sugar
 $\frac{1}{2}$ cup water

Dissolve slowly the sugar and water, and boil until it hairs three times. Beat the whites of eggs on a large platter and add syrup slowly, beating all the time. Be sure it is cold before using.

BOILED ICING

Miss Bruce Fraser.

1 large cup icing sugar White of 1 egg beaten stiffly
5 tablespoons of boiling water

Boil sugar and water slowly until it threads. Cool partially and add gradually to the beaten egg. Continue beating until the mixture is of proper consistency to spread. If chocolate icing is desired add melted chocolate to taste after the egg has been beaten in.

BOILED ICING

Mrs. F. L. Purkis.

$\frac{1}{2}$ cup brown sugar 3 tablespoons of boiling water
 $\frac{1}{2}$ cup white sugar Whites of 2 eggs beaten stiffly
Vanilla

Boil sugar and water until it threads. Beat into the whites of eggs and continue beating until it is of consistency to spread. Add vanilla.

MILK FROSTING

Mrs. Avern Pardoe.

$1\frac{1}{2}$ cups sugar 1 teaspoon butter
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ teaspoon vanilla

Melt butter, add sugar and milk, stir, heat to boiling point, and boil without stirring for 13 minutes. Remove from fire and beat until the right consistency to spread, then add flavoring and spread.

BOILED ICING

Mrs. James Acton.

1 cup white sugar Whites of 2 eggs
 $\frac{1}{4}$ cup boiling water $\frac{1}{2}$ teaspoon cream of tartar
1 teaspoon vanilla

Boil sugar and water until it hairs, then pour slowly over stiffly beaten whites to which cream of tartar has been added and vanilla. Beat until creamy.

BOILED ICING

Mrs. Henry F. Gooderham.

1 cup sugar	White of 1 egg
3 tablespoons boiling water	Vanilla

Boil sugar and water until it hairs, add to the well beaten white of egg. Beat until thick, add flavoring.

MARSHMALLOW ICING

Mrs. Allan Withers.

1 cup white sugar	$\frac{1}{3}$ pound marshmallows
$\frac{1}{4}$ cup water	

Boil sugar and water until it hairs, then add marshmallows and beat well.

COCOA MOCHA ICING

Mrs. Bertram Blackwell.

1 cup of icing sugar	1 tablespoon butter
1 tablespoon cocoa	$1\frac{1}{2}$ tablespoons strong coffee
1 teaspoon vanilla	

Cream sugar, butter and cocoa together and add vanilla and hot coffee.

BUTTER ICING

Miss Alice Hughes.

1 cup icing sugar	2 teaspoons vanilla
3 tablespoons butter	

Mix with knife into a cream and spread on cake.

ALMOND ICING

Mrs. Fudger.

1 pound sweet almonds	1 pound powdered sugar
A little rose water	Whites of 4 eggs

Blanch the almonds and moisten with rose water. When dry pound to a paste in a mortar, gradually moistening again with rose water. When fine and smooth beat gradually into other ingredients. Put on the cake very thick, and when nearly dry cover with plain icing.

CARMEL ICING

Mrs. J. L. Young.

2 cups brown sugar	1 tablespoon butter
$\frac{1}{3}$ cup cream or sweet milk	$\frac{1}{2}$ teaspoon vanilla

Boil till it drops slowly, but do not let it string. Stir a little to prevent curdling. Take from stove, add $\frac{1}{2}$ teaspoon vanilla and beat until creamy.

CAMEL FROSTING

Mrs. H. F. Gooderham.

1 cup brown sugar ¼ cup milk

Boil until it threads, add a piece of butter the size of a walnut.
Stir until right thickness to spread.

CAMEL ICING

Mrs. Avern Pardoe.

1 cup brown sugar 1 tablespoon butter
3 tablespoons cream 1 tablespoon vanilla

Boil all ingredients 2½ minutes, take off stove and beat until thick enough to spread.

MAPLE SUGAR FROSTING

1½ cups maple sugar White of one egg well beaten

Boil sugar, in just enough water to keep from burning, until brittle then pour on to the egg.

MAPLE ICING

Mrs. H. F. Gooderham.

Boil 2 cups maple syrup for 10 or 15 minutes, then beat to a consistency to spread on cake.

CHOCOLATE FROSTING

Mrs. J. C. Webster.

2 squares chocolate 3 tablespoons hot water
1 teaspoon butter Confectioner's sugar
¼ teaspoon vanilla

Melt chocolate over boiling water, add butter and hot water. Cool and add sugar to make of right consistency to spread. Flavor with vanilla.

ICING FOR SPANISH BUN

Miss Laura Tyner.

1 cup brown sugar Whites of 2 eggs

Beat egg whites stiffly, add the sugar. Spread on cake and brown in a quick oven.

ORANGE ICING

Miss Violet Hughes.

3 cups icing sugar 1 orange
1 tablespoon butter

Cream sugar and butter, add rind of orange, then juice gradually being sure to only add enough to make the right consistency to spread. This quantity is enough for both filling and icing.

BANANA PEANUT FROSTING

Miss Florence Herington.

1 pound large salted peanuts $\frac{1}{4}$ pound butter
 1 banana Icing sugar sufficient to spread

Cream banana and butter together, then add icing sugar. Put the peanuts through the grinder and add to cake when iced.

For smaller cakes:—Cut a day old cake into inch cubes. Spread all sides with icing and roll in the chopped nuts.

JAM FROSTING

Miss Edith Henderson.

1 cup thick jam White of 1 egg

Beat together with Dover beater for ten or fifteen minutes. Chill before spreading on cake.

FRESH FRUIT FROSTING

Miss Edith Henderson

1 cup fresh berries White of 1 egg
 $\frac{1}{2}$ cup granulated sugar

Beat together with Dover beater for ten or fifteen minutes. Chill before spreading on cake. Peaches cut in small pieces may be used instead of berries.

STRAWBERRY ICING

Mrs. Allan Withers.

$1\frac{1}{2}$ cups icing sugar 8 strawberries
 1 tablespoon butter

Cream butter and sugar, add berries beaten to a pulp, mixing all well together before spreading on cake.

LEMON BUTTER

Miss Alice Hughes.

1 cup white sugar Juice of 1 lemon
 1 egg 2 tablespoon of butter

Mix all together and cook slowly in double boiler for 3 hours. Cool before using. May be used for cake or tart filling.

APPLE CAKE FILLING

Mrs. W. F. Willoughby.

2 tart apples grated 2 eggs
 1 large lemon, grated rind Sugar
 and juice

Boil apple and lemon juice and rind then add yolks and boil again, sweetening to taste. When cool spread between cake.

FRUIT FILLING

Mrs. W. H. Phelps.

$\frac{1}{4}$ pound finely chopped figs	4 tablespoons finely chopped citron
Whites of three eggs, stiffly beaten	4 tablespoons finely chopped raisins
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup blanched almonds, chopped fine

Add sugar to eggs. Mix in other ingredients and put between layers of the cake while it is hot, so that the eggs will cook a little.

LEMON FILLING FOR CAKE

Mrs. H. F. Gooderham.

Grated rind and juice of 2 lemons	2 cups sugar 3 eggs
Butter size of an egg	

Stir over a slow fire until it thickens.

LEMON FILLING FOR TARTS OR CAKE

Miss Alice Hughes.

1 cup sugar	1 egg
1 lemon (juice and rind)	1 cup boiling water

Let boil and thicken with a little cornstarch mixed with cold water.

BUTTER SCOTCH PIE FILLING

Mrs. Bertram Blackwell.

$1\frac{1}{2}$ cups of milk	3 level tablespoons cornstarch
$\frac{1}{4}$ teaspoon of salt	2 tablespoons butter
1 cup of brown sugar	2 yolks of eggs

Scald one cup of milk in a double boiler. Stir cornstarch and salt with $\frac{1}{2}$ cup of cold milk to a smooth consistency. Then stir into the hot milk in double boiler, stirring constantly until smooth and thick. Cook butter with brown sugar until the sugar is soft and bubbly throughout. Do not cook it to a caramel. Stir the sugar and butter into the cornstarch mixture, then add yolks of eggs beaten lightly and diluted with a little of the hot mixture. Use when cooled.

COCOANUT TART FILLING

Mrs. Wallace Seccombe.

$\frac{1}{2}$ cup sugar	1 cup cocoanut
1 egg	1 teaspoon vanilla

Mix together sugar, egg, cocoanut and vanilla. Line small tart tins with pastry and drop small teaspoons of raspberry jam in each then fill up with mixture and bake.

Mrs Grant's walnut drops

$\frac{1}{2}$ cups sugar . 1 cup butter, 3 eggs
 $2\frac{3}{4}$ cups flour 1 Teasp soda dissolved in
 a little warm water
 1 pound chopped nuts
 1 " " walnuts (not too fine)
 $\frac{1}{2}$ Teasp ground cloves.
 $\frac{1}{2}$ " " cinnamon
 $\frac{3}{4}$ " " butter and pin
 Drop 1 Teaspoonful on butter and pin
 and bake for 10 to 15 minutes.

COOKIES—FANCY CAKES

*“With these she treats both commoners and quality,
Who praise, where’ere they go, her hospitality.”*

PECAN CHOCOLATE WAFERS

Mrs. Walter Winter.

2 eggs	$\frac{3}{4}$ cup of sugar
6 tablespoons flour	$\frac{1}{2}$ teaspoon of salt
$\frac{1}{4}$ cup of cocoa	1 cup chopped pecan nuts (or peanuts may be used)

Beat eggs well. Then beat in sugar and cocoa mixed. Fold in flour and salt sifted, tablespoonful at a time. Add nuts. Drop by teaspoonful on buttered tin, placing a half pecan on each. Bake in a moderate oven 15 minutes. Remove from tin immediately after taking from oven.

WALNUT WAFERS

Mrs. Walter Bleasdel.

3 tablespoons butter	1 cup flour
1 cup brown sugar	$\frac{1}{2}$ teaspoon Magic baking powder
1 egg	Salt
1 cup chopped walnuts	

Mix in the order given. Drop from spoon on buttered tins. Bake 5 or 6 minutes.

CHOCOLATE DROP CAKES

Mrs. Harry Bickle.

$\frac{1}{4}$ cup butter	1 cup flour
$\frac{1}{2}$ cup sugar	1 teaspoon Magic baking powder
$\frac{1}{2}$ ounce chocolate(melted)	$\frac{1}{8}$ teaspoon salt
1 tablespoon sugar	$\frac{1}{2}$ cup chopped nuts
1 tablespoon boiling water	$\frac{1}{2}$ cup candied cherries
1 egg	$\frac{1}{2}$ cup raisins, cut in pieces

Cream butter, add the sugar. Add the next three ingredients, mixed until smooth. Add rest of ingredients in order. Drop from spoon on buttered pans and bake 12 to 15 minutes.

SMALL EMERGENCY CAKES

Mrs. Douglas Campbell.

2 tablespoons sugar	2 tablespoons flour
2 small tablespoons butter	1 teaspoon Magic baking powder
1 egg	2 tablespoons chopped dates or raisins

Cream sugar and butter well and add the rest of the ingredients. Use extra small patty pans. This quantity makes one dozen cakes.

ROCKS

Mrs. A. E. Ames.

1½ cups brown sugar	½ pound dates
½ cup butter	2 cups rolled oats
2 eggs	2 cups flour
3 tablespoons milk or hot water	1 level teaspoon soda
	Pinch of salt

Cream butter and sugar, add eggs and milk, dates, rolled oats and flour with soda and salt. Drop on hot pan and bake in quick oven.

DATE ROCKS

Miss Jessie Goodman.

1½ cups sugar	1 cup walnuts
1 cup butter	1 cup cocoanut
3 eggs	½ teaspoon cinnamon
1 tablespoon water	¼ teaspoon allspice
1 pound dates	1 teaspoon soda
2½ cups flour	

Cream butter and sugar, add yolks of eggs and water. Cut walnuts and dates in pieces and add with cocoanut and spice, then flour and soda and lastly whites well beaten. Drop on buttered pan and bake in quick oven.

TEA CAKES

Mrs. J. C. Webster.

1 cup butter	2 tablespoons hot water
1½ cups brown sugar	1 cup chopped walnuts
3 eggs	1 cup chopped raisins
1 teaspoon Magic baking powder	3½ cups flour

Cream butter and sugar, add eggs and beat to a cream, then add soda dissolved in hot water, nuts, raisins and flour. Drop small teaspoon of mixture in buttered pan. If richer cakes are desired add one cup of washed currants.

FRUIT COOKIES

Mrs. Douglas Henderson.

⅓ cup butter	⅛ teaspoon salt
½ cup sugar	⅓ teaspoon cinnamon
1 egg	⅓ cup chopped nuts
1 cup flour	⅓ cup currants
1 teaspoon Magic baking powder	⅓ cup raisins

Cream butter and sugar together, add the other ingredients in order given. Drop from a spoon on buttered pan one inch apart. Bake in a slow oven 12 to 15 minutes.

PEANUT COOKIES

Mrs. Douglas Henderson.

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

Cream butter and sugar together, add other ingredients in order given. Drop from a spoon on an unbuttered pan one inch apart and place half a peanut on top of each. Bake in a slow oven 12 to 15 minutes.

NAVARRO CAKES

Mrs. Harry Bickle

1 cup butter	2 eggs (well beaten)
$\frac{3}{4}$ cup sugar	3 cups flour

Cream butter and sugar and add eggs and flour. Shape with fingers into small balls, put candied cherry or half a walnut on each. Bake until a very light brown in a moderate oven.

CORN FLAKE CAKES

Mrs. Walter Bleasdel.

1 cup shortening($\frac{1}{2}$ butter)	$1\frac{1}{2}$ cups flour
1 cup white sugar	2 teaspoons Magic baking powder
2 eggs	Salt
1 tablespoon water	4 cups cornflakes

Cream butter and sugar, add eggs and water, then flour, baking powder, salt and cornflakes. Drop on buttered tins and bake in quick oven ten minutes.

SMALL OATMEAL CAKES

Miss Olive Scoley.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup walnuts
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup raisins
1 egg	1 cup flour
3 tablespoons milk	$\frac{1}{2}$ teaspoon soda
1 cup rolled oats	

Cream butter and sugar, add egg and milk, walnuts broken in pieces, raisins, flour, soda and rolled oats. Drop from teaspoon on buttered tins and bake in quick oven.

FRUIT JUMBLES

Miss Nellie Pattinson.

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
1 cup white sugar	$\frac{1}{4}$ pound ground walnuts
3 eggs	1 teaspoon vanilla
1 pound dates, stoned and cut up	1 teaspoon soda dissolved in 1 tablespoon hot water

Mix in the order given. Drop on buttered pan and bake 15 minutes in a moderate oven.

DATE BROWNIES

Mrs. Harry Bickle.

$\frac{2}{3}$ cup butter	1 teaspoon cinnamon
1 cup sugar	$\frac{1}{2}$ teaspoon ground cloves
2 eggs	$1\frac{1}{2}$ cups flour
1 teaspoon soda dissolved in	1 pound dates cut up
$\frac{1}{3}$ cup boiling water	1 cup broken walnuts

Cream butter and sugar, add other ingredients in order. Drop on buttered pan and bake in a moderate oven for 15 minutes.

OATMEAL COOKIES

Miss Florence Taylor.

$\frac{3}{4}$ cup butter and lard	4 cups rolled oats
1 cup brown sugar	2 cups flour
1 teaspoon soda dissolved in	$\frac{1}{2}$ cup lukewarm water

Cream shortening, add sugar, soda and water, then oatmeal and flour mixed. Roll out $\frac{1}{8}$ inch thick, cut out and bake in moderate oven until light brown.

OATMEAL COOKIES

Mrs. Ryckman.

$2\frac{1}{2}$ cups Robin Hood oats	$1\frac{1}{2}$ cups sugar
$2\frac{1}{2}$ cups flour	1 cup Crisco or butter

Dissolve 1 teaspoon soda in $\frac{1}{2}$ cup lukewarm water. Mix, flavor with vanilla. Roll to wafer thinness.

BOSTON COOKIES

Mrs. G. Cecil Moore.

1 cup butter	$3\frac{1}{4}$ cups flour
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon salt
3 eggs	1 teaspoon cinnamon
1 teaspoon soda	1 cup chopped nut meats
$1\frac{1}{2}$ tablespoons hot water	$\frac{1}{2}$ cup currants
$\frac{1}{2}$ cup raisins seeded and chopped	

Cream the butter, add sugar gradually and eggs well beaten. Add soda dissolved in hot water, and one-half the flour mixed and sifted with salt and cinnamon, then add nut meats, fruit and remaining flour. Drop by spoonfuls one inch apart on a buttered sheet and bake in a moderate oven.

DATE COOKIES

Mrs. Bertram Blackwell.

$\frac{1}{2}$ cup lard	$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ cup butter	1 egg
1 cup brown sugar	$\frac{1}{4}$ teaspoon salt
1 cup fine oatmeal	3 teaspoons Magic baking powder
$1\frac{1}{2}$ cups flour	

Cream butter, lard and sugar, add beaten yolk of egg, milk, salt, oatmeal, baking powder, flour and beaten white of egg, then add sufficient flour to roll out thin and cut.

SHORT CAKE COOKIES

Miss E. Smith.

2 pounds flour	2 eggs
1 pound butter	$\frac{3}{4}$ pound yellow sugar
Salt	

Rub butter and sugar together, then mix in eggs, then flour. Roll out, cut with cookie cutter, bake in slow oven. The flour should be worked in slowly, the exact amount varies.

SAND TARTS

Mrs. Douglas Henderson.

$\frac{1}{2}$ cup butter	2 teaspoons Magic baking powder
1 cup sugar	White of 1 egg
1 egg	Blanched almonds
$1\frac{3}{4}$ cups flour	1 tablespoon sugar
$\frac{1}{4}$ teaspoon cinnamon	

Mix first 5 ingredients as cookies. Roll $\frac{1}{8}$ inch thick, cut out, brush upper side with white of egg, sprinkle with sugar mixed with the cinnamon. Split almonds and arrange 3 halves on each cookie. Bake on a buttered sheet in a slow oven 8 minutes.

TRILBIES

Mrs. Mitchell.

$2\frac{1}{2}$ cups flour	1 cup butter (or $\frac{2}{3}$ if some lard is used)
$2\frac{1}{2}$ cups oatmeal	Pinch of salt
1 cup brown sugar	1 teaspoon of soda
Sour milk	

Mix dry ingredients, work in shortening, then add enough sour milk to make of right consistency to roll out. Roll very thin, shape and bake in a moderate oven.

FILLING FOR TRILBIES

1 pound dates	1 cup water
$\frac{3}{4}$ cup sugar	

Stone and chop dates and boil with sugar and water until soft.

FRUIT ROLLS

Miss May Denne.

2 cups flour	2 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
4 teaspoons Magic baking powder	$\frac{1}{3}$ cup currants

Make as tea biscuits. Roll a third of an inch thick and spread with:

2 tablespoons softened butter	1 teaspoon cinnamon
$\frac{1}{3}$ cup brown sugar	$\frac{1}{3}$ cup currants
$\frac{1}{3}$ cup raisins, seeded and cut in pieces	

Roll, cut in slices three-quarters of an inch thick, place in greased pans with cut surface up and down and bake 15 minutes in a quick oven.

LADY FINGERS

Mrs. B. Foster.

1 egg	2 tablespoons flour
1 dessertspoon powdered sugar (heaping)	$\frac{1}{2}$ teaspoon Magic baking powder

Beat yolk and white of egg separately, then put together and add sugar; add a little grated lemon rind for flavoring. Put brown paper on a pan and squeeze batter through a paper cornicopia. They cook in a few minutes. When taken out of the oven put brown paper on wet table; this loosens them from ungreased paper. Sprinkle with powdered sugar.

ROLLED ALMOND WAFERS

Mrs. W. H. Baker

Whites of 4 eggs	2 level tablespoons sifted flour
4 ounces blanched almonds, chopped very fine	$\frac{1}{2}$ cup and 2 level tablespoons sugar

Use large eggs; beat the whites about half as much as for a cake; beat in the almonds, flour and sugar. Drop on oiled baking sheets and spread in square or round shapes. Bake to a delicate amber color in a quick oven. At once roll them on the handle of a wooden spoon into cylindrical shape. Serve plain or filled with whipped cream.

DATE CAKES

Mrs. S. Cleaver.

2 cups fine oatmeal	1 cup butter (or half butter and half dripping)
1 cup flour	
$1\frac{1}{2}$ cups light brown sugar	$\frac{1}{2}$ cup sour milk
1 small teaspoon soda	2 pound dates

Mix all but dates and roll thin; cut in strips; spread dates between strips and cut in squares. Bake in a hot oven.

INDIANS

Mrs. A. E. Giles.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup flour
1 cup white sugar	Pinch of salt
2 eggs	$\frac{2}{3}$ cup chopped nuts
$2\frac{1}{2}$ squares melted chocolate	1 teaspoon vanilla

Cream butter and sugar, add other ingredients in order given. Bake 10 minutes in hot oven. Cut in squares while hot.

BELGIAN BISCUITS

Mrs. A. E. Giles.

$\frac{1}{2}$ cup melted butter	1 teaspoon cinnamon
1 cup brown sugar	$\frac{1}{2}$ teaspoon baking soda dissolved in a little warm water
$1\frac{1}{2}$ cups flour	
Shelled almonds	

Work ingredients together well. Then make into a roll and put in a cool place for 24 hours. Cut in thin slices, put several almonds on each slice and bake for 5 or 7 minutes.

ALMOND ROLLS

Mrs. Douglas Henderson.

$\frac{1}{4}$ cup butter	$\frac{7}{8}$ cup bread flour
$\frac{1}{2}$ cup fruit sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup milk	$\frac{1}{3}$ cup chopped almonds

Cream the butter, add sugar gradually and milk very slowly. Add flour and flavoring, mix thoroughly. Spread mixture very thinly on a flat buttered pan, mark in 3 inch squares and sprinkle with almonds. Bake in slow oven until a delicate brown. Draw pan to door of oven, turn squares over quickly and roll at once.

FRUIT BARS

Mrs. Allan Withers.

1 cup sugar	1 package dates
3 eggs	1 cup flour
1 cup walnuts	1 teaspoon Magic baking powder
Pinch of salt	

Beat yolks of eggs and sugar to a cream. Mix in salt, baking powder and sifted flour. Add nuts broken in pieces and dates, stoned and quartered. Fold in stiffly beaten whites of eggs. Bake in a flat pan in a moderate oven. While warm cut in bars and roll in powdered sugar.

DATE TARTS

Mrs. Douglas Henderson.

Whites of 4 eggs	$\frac{1}{2}$ pound shelled almonds
$1\frac{1}{4}$ cups fruit sugar	$\frac{1}{2}$ pound dates
1 teaspoon vanilla	

Blanch almonds and stone dates. Put through meat chopper together. Beat whites of eggs stiff, add half the sugar gradually, beating continuously. Flavor, then fold in lightly almonds and dates mixed with the remaining sugar. Turn into a shallow buttered pan and bake in a slow oven one hour. Cut in bars while hot and remove from pans.

CURLY PETERS

Miss May Denne.

$1\frac{1}{2}$ cups sugar	1 cup chopped raisins
1 cup butter	1 cup chopped walnuts
2 tablespoons molasses heated	1 teaspoon cloves
1 teaspoon soda added to	1 teaspoon cinnamon
molasses	4 scant cups flour
2 eggs	

Cream butter and sugar add soda dissolved in molasses, eggs well beaten, fruit spice and flour. Mix well and drop on greased pan like macaroons. Bake 10 minutes in slow oven.

OATMEAL MACAROONS

Mrs. Henry F. Gooderham.

2 cups rolled oats	2 eggs
1 cup sugar	1 tablespoon melted butter
1 teaspoon Magic baking powder	Pinch of salt
	1 tablespoon flour

Mix together in order given. Drop $\frac{1}{2}$ teaspoon on buttered pan well apart and remove from pan while hot.

COCOANUT MACAROONS

Mrs. Withers.

$\frac{1}{2}$ pound cocoanut	Pinch of salt
Whites of 3 eggs beaten stiff	1 teaspoon vanilla
$\frac{1}{2}$ pound white sugar	1 heaping teaspoon of cornstarch

Mix cocoanut, whites of eggs and sugar, salt and vanilla and cornstarch all together. Steam for twenty minutes in a double boiler. Drop from a teaspoon on buttered paper and brown.

FILBERT MACAROONS

Mrs. Kent Manning.

Whites of 2 eggs	1 cup filberts
1 cup sugar	4 soda biscuits

To the stiffly beaten whites of eggs, add sugar, gradually, then nuts which have been chopped and rolled soda biscuits. Roll into balls and bake 15 minutes in moderate oven.

OATMEAL AND COCOANUT MACAROONS

Mrs J. C. Webster.

2 eggs	1 cup cocoanut
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon melted butter	$\frac{1}{2}$ teaspoon salt
2 cups rolled oats	3 tablespoons cornstarch
1 teaspoon Magic baking powder	

Mix all together in order given. Drop on buttered pans and bake in moderate oven until light brown.

DATE AND ALMOND MACAROONS

Mrs. Walter Bleasdel.

Whites of 2 eggs	Pinch of salt
1 cup white sugar	1 pound dates
$\frac{1}{2}$ pound almonds	

To the stiffly beaten whites of eggs, add salt and sugar, then fold in the dates which have been stoned and torn in six pieces, and almonds blanched and cut in three. Drop from spoon on buttered pans and bake 10 minutes in moderate oven.

COCOANUT MACAROONS

Mrs. Jas. Acton.

1 pound shredded cocoanut	1 teaspoon vanilla
1 cup condensed milk	Pinch of salt

Mix together and drop from teaspoon on well buttered pan. Bake in quick oven until golden brown.

SHORTBREAD

Mrs. Wm. Heaney,
Belfast, Ireland.

6 ounces flour	5 ounces butter
2 ounces rice flour	Pinch of salt
2 ounces castor sugar	Small pinch of soda

Mix dry ingredients. Knead butter in until smooth. Roll into rounds about $\frac{1}{4}$ inch thick. Pinch edges and prick top. Bake in greased tin lined with buttered paper, in a very slow oven until a pale brown color.

SHORT CAKES

Mrs. R. D. Hume.

1 cup butter	1 cup sugar
1 cup lard	6 cups flour

Cream butter, sugar and lard together until very soft. Add 5 cups of flour, leaving the remaining one to use when rolling out mixture. Shape into cakes and bake in slow oven until delicate brown.

FANCY SHORT BREAD

Miss Ethel W. Evans.

$\frac{3}{4}$ pound butter	1 pound flour
$\frac{1}{2}$ cup sugar	Peel of 1 lemon
Yolks of 4 eggs	$\frac{1}{2}$ cup almonds

Cream butter and sugar, add eggs well beaten and flour. Knead until a smooth dough. Turn on board and roll out $\frac{1}{4}$ inch thick and cut into squares. Chop lemon peel and almonds fine and sprinkle on squares with a little sugar, baking in moderate oven until a delicate brown.

TEA DAINTIES

Mrs. J. C. Webster.

$\frac{1}{2}$ cup butter	Whites of 4 eggs
2 cups fruit sugar	1 teaspoon lemon extract
1 cup milk	2 teaspoons Magic baking powder
Flour to make soft batter (about 2 cups)	

Cream butter and sugar, add other ingredients and beat the batter hard for 10 minutes. Put in heated patty pans and bake quickly. Ice when cold.

ROXBURY CAKES

Miss Daisy Robertson.

Yolks of 2 eggs	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
$\frac{1}{4}$ cup butter	A grating of nutmeg
$\frac{1}{2}$ cup molasses	1 teaspoon soda
$\frac{1}{2}$ cup sour cream or milk	$\frac{1}{2}$ cup walnut meats
$1\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup seeded raisins

Cream butter and sugar, add other ingredients, dissolving the soda in the sour cream. Bake in small tins about 20 minutes in a moderate oven. Frost with boiled icing if desired.

SCOTCH BROWNIES

Mrs. J. K. Pickett.

$\frac{3}{4}$ cup butter	1 small teaspoon baking soda
$\frac{1}{2}$ cup sugar	1 cup flour
1 egg	1 cup rolled oats
4 tablespoons sour milk	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ cup chopped raisins	

Cream butter and sugar. Add other ingredients dissolving the soda in the sour milk. Bake in patty tins in a moderate oven.

DATE AND NUT MERINGUES

Mrs. H. H. Fudger.

2 cups white sugar	$\frac{1}{2}$ pound walnuts
Whites of 2 eggs	$\frac{1}{2}$ pound dates
2 teaspoons vanilla	

Beat the eggs, add sugar, place in double boiler over boiling water for 10 to 12 minutes. Remove from water and add walnuts which have been broken into pieces, then dates and vanilla. Mix well and drop from teaspoon on buttered baking sheet and cook in moderate oven until lightly browned.

MERINGUES

Miss Velma Hamill.

Whites of 4 eggs	$1\frac{1}{4}$ cups fruit sugar
$\frac{1}{2}$ teaspoon vanilla	

Beat whites of egg stiff, add $\frac{2}{3}$ cup sugar and continue beating until mixture will hold its shape. Fold in remaining sugar and flavor. Cover a wet board with paper and press meringue mixture on it, using a pastry tube, or shape with a spoon. Bake 45 to 60 minutes in a very slow oven. Take from paper and with a spoon carefully remove the soft part, then return the meringues to the oven to dry. When cold fill with whipped cream, water ice or ice cream.

CHOCOLATE KISSES

1 ounce unsweetened chocolate Fruit sugar
Unbeaten white of 1 egg 1 teaspoon vanilla

Melt chocolate over hot water, add a little sugar, the unbeaten white of egg and vanilla, then enough sugar to roll mixture $\frac{1}{4}$ inch thick on a board which has first been sprinkled with sugar. Cut with small cutter and place on buttered pans 2 inches apart. Bake in moderate oven 15 minutes or until well risen.

NUT KISSES

Mrs. J. C. Webster.

Whites of 4 eggs 1 cup cocoanut
1 cup sugar 3 cups corn flakes
1 cup broken walnuts 1 teaspoon vanilla

To well beaten whites add ingredients in order given. Drop from teaspoon on buttered pans and bake in moderate oven until light brown.

CREAM PUFFS

Mrs. Douglas Henderson.

1 cup boiling water 1 cup flour
 $\frac{1}{2}$ cup butter 3 eggs

Put water and butter in sauce pan. Heat to boiling point. Add flour all at once and stir until smooth. Cook for 1 minute. Cool, add unbeaten eggs one at a time, stirring each time until perfectly smooth. Chill and drop from tablespoon on buttered tin. Bake in a hot oven 25 to 30 minutes. When cold make opening in the side and fill with cream filling or whipped cream.

CREAM FILLING

1 cup milk $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ cup sugar 1 egg
Salt 1 teaspoon butter
 $\frac{1}{2}$ teaspoon vanilla

Scald milk, mix sugar, flour and salt and add hot milk. Cook in double boiler 15 minutes. Add slightly beaten egg, then butter and cook 1 minute. Cool and flavor.

CHEESE CAKES

Miss Ethel W. Evans.

$1\frac{1}{2}$ tablespoons butter Salt
 $1\frac{1}{2}$ tablespoons sugar Pinch of Magic baking powder
1 egg Flavoring
3 tablespoons flour Pastry
Jam

Line a dozen small patty pans with good short pastry. Put in the centre of each $\frac{1}{2}$ teaspoon of jam. Beat butter and sugar to a cream, add beaten egg and flour alternately and lastly baking powder and flavoring. Put a teaspoon of this mixture on top of jam in the patty pans. Bake in a moderate oven 15 minutes.

From F. Morrison

CAKES

2 cups melted butter. 2 cups rolled oats
 1 " Brown sugar. $\frac{1}{4}$ " flour.
 1 Teasp. vanilla 1 Teasp. soda.
 Mix well, put in pan, press out well
 + bake in moderate oven until
 golden brown

Sponge Cake - Mrs Morgan

3 yolks of eggs. beaten add
 1 cup sugar
 6 Tablespoons cold water
 1 cup flour
 2 Teasp B. Powder } sift - 3 times
 add

to first mixture then add
 beaten whites - cook 25 to 30 minutes
 in oven 325 to 350.

CANDIES

*These candies, "they rob the Hybla bees,
And leave them honeyless."*

—SHAKESPEARE.

FONDANT

Miss Muriel Larkin.

3 cups granulated sugar 1 cup water
 $\frac{1}{4}$ teaspoon cream of tartar

Stir the sugar, water and cream of tartar together and set over very slight heat until melted. Then place over full heat, and stir occasionally until it commences to boil. With a wet cloth wipe down the sides of saucepan repeatedly. Boil to 238 degrees F. or the soft ball degree. Remove from the fire and without jarring the syrup, pour on to a platter that has been rinsed with cold water. Do not scrape the saucepan or allow the last of the syrup to drip from it. When almost cold, stir with a wooden spatula until it turns white and creams. Scrape all the cream from the platter and put in a covered bowl, and allow to stand 24 hours to ripen. The fondant will then be ready for moulding, but is in better condition after several days, providing a dampened cloth is kept over the bowl, but which must not touch the fondant. In this manner it can be kept almost indefinitely, simply dampening the cloth every five or six days.

HOW TO DIP CANDIES

Mrs. George Dalton,
Springfield, Mass.

The necessary utensils are wire dipping forks and small double boiler. Cut the chocolate into very small pieces and place in upper part of boiler, set in warm water, and stir occasionally while melting. It is most important not to let a drop of water into the chocolate. When the melted chocolate has cooled to about 90 degrees F. it is ready for use and should be kept at that temperature. Drop whatever is to be coated into the chocolate and with the fork push under, lift out and draw across the edge of pan, then drop on waxed paper.

PEPPERMINT FLATS

Mrs. George Dalton,
Springfield, Mass.

Take desired quantity of fondant, flavor with peppermint, and if desired, color slightly with cochineal. Place in double boiler and allow to melt. Drop with teaspoon on waxed paper. These may be coated with sweet chocolate.

BITTER SWEETS

Miss Muriel Larkin.

Take the desired quantity of fondant, flavor with vanilla, and mix with chopped walnuts. Mould and drop on wax paper. Allow to stand over night and then dip in unsweetened chocolate.

CHOCOLATE FRUITS, NUTS AND MARSHMALLOWS

Use candied cherries and pineapple, blanched almonds, half walnuts, dates stuffed with walnuts, marshmallows that have been wiped free from powder. Cherries may be dipped two together, the pineapple cut in triangular pieces. Dip these in sweet chocolate.

CHERRY CREAMS

Flavor fondant with vanilla, roll a candied cherry in a small piece of fondant, drop on waxed paper and the following day, dip in sweet chocolate.

FRUIT LOAF

Take about $1\frac{1}{2}$ cups of fondant, flavor very slightly with vanilla then work in chopped walnuts, candied cherries, almonds and pineapple. Knead until about $\frac{3}{4}$ of an inch in thickness, and when set, cut into squares.

CHOCOLATE CARAMELS

$2\frac{1}{2}$ cups granulated sugar	$2\frac{1}{2}$ cups whole milk
$\frac{1}{2}$ cup butter	(not skimmed)
$\frac{1}{8}$ teaspoon cream of tartar	1 teaspoon vanilla
$\frac{3}{4}$ cup corn syrup	$\frac{1}{2}$ cup of unsweetened chocolate broken in small pieces

Put the sugar, butter, cream of tartar, 1 cup of milk and corn syrup over the fire. Stir constantly. Allow to boil a few minutes. Then very gradually stir in the remainder of the milk, being very careful that mixture does not stop boiling while the milk is being added. Have ready 2 shallow pans well buttered, and when the syrup has boiled to 248 degrees F. remove from the fire, add the chocolate and vanilla, stir well in, and then turn into the pans. The mixture will require stirring every few moments while cooking. It is most important that the candy cools very quickly, as otherwise it will turn sugary. When nearly cold cut into squares. These squares may be dipped in sweet chocolate, and a pleasing variety may be made by adding chopped nuts to the mixture when stirring in the chocolate. The caramel may be tested by dropping in cold water, and when it forms a hard ball, the syrup is sufficiently cooked.

CREAMED GRAPES OR CHERRIES

Miss Muriel Larkin.

Flavor fondant with vanilla. Cut grapes from bunch, leaving small stem, wipe carefully, leave cherries on stem. Roll a small piece of fondant, flatten on the palm of the hand, place fruit in centre, stem out, and carefully roll the fondant around, place on wax paper, and when the cream has hardened, place in paper cases.

POTATO BALLS

Take desired quantity of fondant, flavor well with vanilla. Mix in chopped nuts. Mould into irregular shapes, roll in cinnamon and make eyes with end of spoon.

CHOCOLATE CREAMS

Miss Olive Scoley.

2 cups granulated sugar $\frac{1}{3}$ cup corn syrup
 $\frac{1}{2}$ cup cold water

Dissolve sugar in water and add corn syrup and boil till it forms a soft ball when dropped in cold water; pour this gradually on the stiffly beaten white of one egg, add a piece of butter size of a large walnut, and flavoring, and beat until set. Drop by teaspoon on oiled paper then roll in hand, working in a little icing sugar, (nuts or dates may be added) let dry and dip in sweet chocolate.

MARSHMALLOW

Miss Olive Scoley.

2 cups granulated sugar 1 package gelatine
 9 tablespoons water 9 tablespoons water

Add sugar to 9 tablespoons water and boil to form a soft ball when dropped in cold water. Gelatine should be soaking in 9 tablespoons water while syrup is boiling. When syrup is ready pour boiling hot on gelatine, let stand until cool enough to bear finger, then beat for half hour, pour into suitable dish and let stand till firm, cut in squares and roll in cocoanut or finely chopped walnuts.

CANDIED GRAPEFRUIT RIND

Miss Molly Masten.

With scissors cut the rind of grapefruit into $\frac{1}{2}$ inch strips, soak two hours in salt and water. Throw into boiling water and cook until tender, change water 3 times while cooking. To every whole grapefruit rind, use 1 cup sugar and $\frac{1}{2}$ cup of water. Make a syrup. When boiling throw in rind, that has been well drained. Turn gas very low, and let the rind absorb all the syrup. Stir occasionally with a fork. Keep in a tin box.

CANDIED GRAPEFRUIT RIND

Mrs. Eden,
 Barbados, B. W. I.

Take rind of two grapefruit, soak in cold water for 12 hours, changing water twice. Put in fresh water and boil until tender enough to pierce with a straw, then squeeze out all water from the rind. Boil a syrup of 3 gills of water and $1\frac{1}{2}$ pounds of sugar (3 pounds sugar to a pint of water for large rinds), put in the rind and simmer until the syrup is all taken up and the rind is clear. Then boil a candy syrup of $\frac{1}{2}$ pint water to $1\frac{1}{2}$ pounds sugar and pour it hot on the rind. Cover closely and leave for a week or ten days, when it ought to be candied, then dry in the sun and it is ready for use. The rind should be cut in strips of desired size before soaking.

GLACÉ FRUITS AND NUTS

Mrs. Robt. Hume.

Use candied cherries, pineapple cut in small pieces, almonds blanched, half walnuts, dates stuffed with walnut, figs cut in triangular pieces. Boil 3 cups granulated sugar, 1 cup water, $\frac{1}{4}$ teaspoon of cream of tartar to the hard crack stage of 310 degrees F., or testing in cold water when it becomes brittle and will snap and break. When the syrup is cooked it will be a light straw color. The saucepan containing the syrup must first be plunged into a basin of cold water, to stop the boiling instantly, and then set in a pan of boiling water to keep the syrup from hardening, which it will do very quickly. It is necessary to have an assistant in making glacé, and the work must be done very quickly. Have your assistant drop the fruits or nuts one at a time into the syrup, and with two forks which have been previously heated, lift out immediately and drop on buttered platters.

TURKISH DELIGHT

Mrs. J. Charles Webster.

1 ounce gelatine (sheet preferred) dissolved in $\frac{1}{2}$ cup cold water.
1 pound (2 cups) sugar dissolved in $\frac{1}{2}$ cup cold water.

Let sugar and water come to boil slowly, add gelatine gradually, and when boiling. Boil for 20 minutes, add juice of one orange and one lemon. Let boil up once and strain into tins which have been wet with cold water. When thoroughly cold cut in small pieces and roll in fruit sugar. 1 tablespoon of sherry wine, and some chopped nuts or grated lemon and orange rind may be added if desired.

TURKISH DELIGHT

Mrs. W. B. T. Amy.

1 ounce gelatine	1 cup cold water
1 pound granulated sugar	1 orange (rind and juice)
1 lemon	1 tablespoon rum

Soak gelatine in $\frac{1}{2}$ cup of cold water for two hours. Put 1 pound sugar and $\frac{1}{2}$ cup of water on to boil. When it comes to the boiling point, add gelatine, and boil steadily for 20 minutes, then add juice and grated rind of orange, juice of lemon and rum. Wet pan with cold water, strain mixture into this. When cold cut into squares and roll in fruit sugar. If you wish to colour it, use cochineal.

RILEY'S TOFFEE

Mrs. J. K. Pickett.

2 cups brown sugar	1 cup butter
5 tablespoons corn syrup	1 can condensed milk

Boil together slowly about $\frac{3}{4}$ hour stirring constantly. Allow mixture to scorch a little, always stirring. Try in cold water, when it hardens, pour into pans and cut in squares.

WALNUT CRISP

Miss Jessie Goodman.

4 cups white sugar 2 cups walnuts chopped fine

Put sugar in frying pan and dissolve gradually, stirring constantly to prevent burning. When entirely dissolved add walnuts and turn out on buttered marble slabs (if possible). It hardens immediately.

DATE FUDGE

Miss Alice Hughes.

2 cups granulated sugar	$\frac{1}{2}$ cup milk
Butter size of walnut	$\frac{1}{4}$ pound unsweetened chocolate
1 teaspoon vanilla	$\frac{1}{4}$ pound dates

Boil four minutes, remove from fire, add vanilla and dates, cut in small pieces. Beat until creamy and turn into buttered pan to cool.

DIVINITY FUDGE

Miss Olive Scoley.

2 cups (heaping) granulated sugar	$\frac{1}{2}$ cup corn syrup
$\frac{1}{2}$ cup hot water	Whites of 2 eggs
Pinch of salt	Flavoring

Boil sugar, syrup and water until they form a firm ball when dropped in cold water, then pour boiling syrup over whites and beat constantly until firm enough to spread. A cup of broken walnuts added just before turning out, improves the flavor.

DIVINITY CANDY

Miss Alice Hughes.

1 cup white sugar	$\frac{1}{2}$ cup corn syrup
1 cup brown sugar	Whites of 2 eggs
Vanilla	1 cup chopped nuts and peel

Boil until it clicks against side of cup when tried in cold water, then add very slowly to the whites of the eggs, well beaten. Add vanilla, peel and chopped nuts and beat until stiff enough to drop on buttered dish.

MAPLE CREAM

Mrs. Hubert Calder.

1 cup milk	4 cups brown sugar
1 cup walnuts	1 teaspoon vanilla
Butter size of an egg	

Put all ingredients (excepting vanilla and nuts) into a saucepan. Boil slowly for about half an hour. It is done when mixture will congeal after being dropped into cold water, but must not be brittle. Take from fire, add vanilla and nuts and beat until creamy, but not too stiff. Pour on buttered plates, and set aside to cool.

MAPLE CREAM

Mrs. James Acton.

2 cups granulated sugar	1 cup brown sugar
1 cake ($\frac{1}{2}$ pound) maple sugar	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup cream

Dissolve all the sugar in the boiling water, add the milk and boil quickly for 25 minutes. Before removing from fire, add the cream and allow the mixture to stand until nearly cool. Beat until creamy and pour into buttered pans to set.

COCOANUT CREAM

Mrs. G. Cecil Moore.

1 cocoanut grated	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cups granulated sugar
$\frac{1}{2}$ teaspoon vanilla	

Pour milk from cocoanut into measuring cup, after straining. Fill up cup with cold water. Stir sugar, water and cocoanut milk over slight heat until dissolved. When nearing boiling point, gradually put in grated cocoanut. Do not stir after boiling has started. Let boil until a soft ball can be formed when put in cold water. Pour on to buttered platter. When nearly cool beat and then knead for a few minutes.

SEA FOAM CANDY

Mrs. G. Cecil Moore.

2 cups brown sugar	$\frac{2}{3}$ cup water
White of egg	$1\frac{1}{2}$ dessertspoon vanilla
Pinch of salt	

Boil sugar and water until a soft ball can be formed in water. Add vanilla and salt. Pour on to white of egg beaten stiff, and beat until fairly firm. Drop from a teaspoon on to buttered platter.

PINOUCHE

Miss Vera Browne.

2 pounds brown sugar	1 cup milk
3 tablespoons butter	1 cup pecan nuts
1 teaspoon vanilla	

Boil the sugar, butter and milk until it forms a soft ball when tested in cold water. Take from stove and add nuts and vanilla. Beat until quite thick. Pour into buttered pans and cut into squares.

MEXICAN CANDY

Miss Lexa Denne.

$2\frac{1}{2}$ cups white sugar	2 egg whites
$\frac{1}{2}$ cup corn syrup	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon vanilla

Boil sugar, syrup and water 3 or 4 minutes. Into stiffly beaten whites of eggs beat half of this syrup. Boil remaining syrup to brittle ball stage. Pour into the beaten egg mixture and beat until foamy. Add flavoring and nuts, pour into buttered pans.

BEVERAGES

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

—MILTON.

ORANGEADE

Lady Flavelle.

Grated rind of 9 oranges 3 ounces citric acid
3½ pounds sugar

Mix together and pour over the mixture five pints of boiling water. Let cool and stand for 24 hours. Bottle without straining. Strain before using and allow one part of syrup to two parts of water.

GRAPE JUICE

Mrs. J. B. Coyne.

10 pounds blue grapes 4 pounds sugar

Put grapes on to boil with enough water to cover them. Boil until seeds separate, put through a colander, then through cheese cloth. Let juice get hot, add sugar and let come to boil. Bottle while hot.

GRAPE JUICE SYRUP

Miss Alice Hughes.

20 pounds of blue grapes 6 pounds sugar
2 quarts water

Wash grapes and put on to cook with water. Boil until seeds separate, put through colander, then drain over night in jelly bag. Boil ten minutes, add sugar and boil another ten minutes. Bottle while boiling in well sterilized bottles filling almost to the top. Cork and seal with wax. When serving add water to taste.

FRUIT PUNCH

Mrs. Seccombe.

6 lemons 6 bottles ginger ale
6 oranges 3 bottles soda water

Juice of any fruit (cherry, peach,) etc.

Do not add ale until all fruit juices are mixed. Sweeten to taste. If too strong add either soda or plain water.

FRUIT PUNCH

Mrs. G. Cecil Moore.

9 oranges 6 lemons
1 cup grated pineapple 1 cup of grape juice
1½ cups of tea infusion 1½ cups sugar
1 cup hot water 1 quart apollinaris

Mix juices, make syrup. Boil 15 minutes and turn over ice.

FRUIT PUNCH

1 grape fruit	2 lemons
1 pint grape juice	2 cups sugar
2 oranges	2 cups water

Make a syrup using boiling water poured on orange and lemon rinds, let stand 10 minutes. Dissolve sugar. When cool, add fruit juices. Pineapple may be used instead of grape fruit.

FRUIT PUNCH

1 cup orange juice	1 cup pineapple juice
1 cup lemon juice	1 cup grape juice
1 cup strong tea	

Sweeten and dilute to taste.

FRUIT PUNCH

1 cup lemon juice or lime juice	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup water	Crushed strawberries or mint

Make syrup of sugar and water, cool, add fruit juice, ice water and strawberries or mint. Let stand a short time before using.

GINGER CORDIAL

Miss F. Herington.

3 drachms essence ginger	$\frac{1}{2}$ ounce essence of lemon
2 drachms essence cayenne	$\frac{1}{2}$ ounce burnt sugar
Get these mixed at the drug store	1 ounce tartaric acid

Put three pounds of sugar in four quarts of boiling water. Stir until the sugar dissolves, then dissolve the acids in a cup of the water and sugar. Pour back and add the other ingredients. Stir well, cool, bottle and cork.

ICED TEA

Miss Ethelwyn Acton.

Pot of freshly made tea	2 lemons
Jug full of ice	1 orange
3 tablespoons fruit sugar	

Slice lemons and orange into jug and add sugar. Pour the hot tea over this, stirring constantly. Serve in glasses to which ice and a slice of lemon may be added.

RASPBERRY VINEGAR

Mrs. Davis.

Cover 4 quarts of red raspberries with vinegar and after standing 24 hours, strain. Measure juice and to each pint add six pounds of sugar after it has come to a boil. Boil 20 minutes and bottle while hot. When using add 1 tablespoon of syrup to 1 glass of ice water.

THE MENU MAKER

*“Always have lobster sauce with salmon,
And put mint sauce your roasted lamb on.
Veal cutlets dip in egg and bread crumbs;
Fry till you see a brownish red come.
Grate Gruyere cheese on macaroni,
Make the top crisp but not too bony.
In dressing salad mind this law,
With two hard yolks use one that’s raw.
Roast veal with rich stock gravy serve,
And pickled mushrooms, too, observe
Roast pork, sans apple sauce, past doubt,
Is “Hamlet” with the “Prince” left out.
Your mutton chops with paper cover,
And make them amber brown all over.
Broil lightly your beefsteak—to fry it
Argues contempt of Christian diet.
To roast spring chickens is to spoil them.
Just split them down the back and broil them.
It gives true epicures the vapors
To see boiled mutton without capers.
Boiled turkey gourmands know, of course,
Is exquisite with celery sauce.
The cook deserves a hearty cuffing
Who serves roast fowls with tasteless stuffing.”*

THE MENU MAKER FOR THE HOUSEWIFE’S KITCHEN

To make use of the following in the arrangement of a complete and properly balanced menu, choose a dish from each section, selecting, in every case, one from under the same number.

SOUPS

- | | |
|--------------------------------|--------------------------------|
| 1. Cream of Celery | 10. Cream of Tomato or Bean |
| 2. Cream of Pea | 11. Cream of Spinach or Peanut |
| 3. Cream of Celery or Potato | 12. Cream of Salsify |
| 4. Cream of Asparagus | 13. Mock Bisque |
| 5. Bouillon | 14. Soupe Crecy |
| 6. Clear Tomato with Macaroni | 15. Soupe a la Reine |
| 7. Puree | 16. Chicken or Consomme |
| 8. Cream of Cauliflower | 17. Clam Bouillon |
| 9. Oyster Consomme a la Royale | |

MEAT COURSES

- | | |
|---|--|
| 1. Prime Roast of Beef | 8. Veal, Roast, Cutlets,
Timbales |
| 2. Fillet of Beef from Sirloin | 9. Turkey |
| 3. Beef a la Mode, or boiled,
braised or pot roast | 10. Chicken, Broiled, Roast,
Panned, Fricasseed |
| 4. Porterhouse Steak, braised,
broiled or panned | 11. Roast Duck |
| Sirloin Steak, braised,
broiled or panned | Goose |
| 5. Hambourg Steak | Game Birds |
| Timbales | 12. Smelts |
| Any of the made dishes from | Brook Trout |
| Beef | 13. Salmon |
| 6. Mutton, Roast, Boiled, | 14. Oysters, Patties, Roast,
Stewed, Fried |
| Cutlets. Lamb, Roast, Boiled, | 15. Shellfish and made dishes
therefrom |
| Cutlets | 16. White Fish |
| 7. Heart, Fricasseed, Braised,
baked | 17. Salt Fish |
| Brains, Fricasseed, Braised,
baked. | |

SAUCES—DRESSINGS

- | | |
|-------------------------------|----------------------------------|
| 1. Cream of Horseradish Sauce | 10. Cream Sauce |
| 2. Tomato Aspic | Brown Sauce |
| Mushroom Sauce | Oyster Sauce |
| 3. Tomato Sauce | Nut and Potato Stuffing |
| Brown Sauce | Dumplings |
| 4. Bearnaise Sauce | Asparagus Tips in White
Sauce |
| Parsley Sauce | 11. Potato Stuffing |
| 5. Tomato Sauce | Shad-Roe Croquettes |
| Brown Sauce | Apple Sauce |
| Onion Sauce | Currant or Grape Jelly |
| Celery Dressing | 12. Sauce Tartare |
| 6. Caper Sauce | Cucumber Sauce |
| Mint Sauce | 13. Sauce Hollandaise |
| Pine Nut Stuffing | 14. Lemon Sauce |
| Tomato Sorrel Sauce | 15. Cucumber Sauce |
| 7. Brown Sauce | Parsley Sauce |
| Tomato Sauce | Sauce Tartare |
| Sage Dressing | 16. Cracker Dressing |
| Bread Stuffing | Bearnaise Sauce |
| 8. White Sauce | Sauce Hollandaise |
| Ceylon Sauce | Maitre d'Hotel |
| 9. Oyster Sauce | Butter |
| Cranberry Jelly | 17. Cream Sauce |
| Chestnut Stuffing | Hollandaise |
| Giblet Sauce | |
| Wild Blackberry Jelly | |

VEGETABLES

1. Spinach
Cauliflower
Cabbage
Carrots
Brussels Sprouts
Parsnips
String Beans
Lima Beans
2. Spaghetti with Cheese
Stock Sauce
Dandelion Greens
Sweet-Potato Croquettes
3. Rice Croquettes
Baked Onions
Baked Potatoes
Carrots
Corn
Peas
4. Stuffed Peppers
Turnips
Creamed Potatoes
New Beets
Corn
Scalloped Tomatoes
Beans
5. Eggplant
Mushrooms
Rice
Creamed Onions
Spinach
Macaroni
String Beans
6. Creamed Potatoes
Rice
Hominy Balls
Spinach
Lima Beans
Beets
Stewed Celery
Spaghetti-Cheese Balls
Artichokes
7. Peas
Cabbage
Parsnip Fritters
Macaroni
String Beans
Spaghetti
Creamed Turnips
8. Baked Sweet Potatoes
Escalloped Onions
Carrots
Salsify
Peas
Vermicelli-Tomato
9. Sweet-Potato Croquettes
Creamed Onions
Carrots
Mushrooms
Glazed Sweet Potatoes
Macaroni-Tomato
Corn Patties
Rice Fritters
Asparagus
Escalloped Tomatoes
10. Potato Puffs
Cauliflower
Rice
Peas
Baked Sweet Potatoes
Broiled Tomatoes
Eggplant
Salsify
Creamed Cabbage
11. Potato Soufflé
Baked Onions
Lima Beans
Escalloped Cauliflower
Stewed Celery
Hominy
12. Artichokes
Escalloped Tomatoes
Rice
Parsnip Fritters
Carrots
Hominy Balls
13. Baked Lima Beans
Creamed Celery
New Beets
Corn
Tomatoes
Peas
Rice
14. Creamed Mushrooms with
Sweetbreads
Corn
Spaghetti-Cheese Balls
Tomatoes
Carrots

- | | |
|--|---|
| 15. Rice Cakes
Parsnip Fritters
White Bean Croquettes
Macaroni with White Sauce
Tomatoes and Cress filling | 17. Creamed Cauliflower
Hominy
Salsify
Rice
Lima Beans
Spinach
Artichokes |
| 16. Timbale of Spinach
Eggplant
Tomatoes
Corn
Asparagus
Carrots
Turnips
Peas | |

SALADS

- | | |
|---|--|
| 1. Endive, French Dressing
Chicory, " "
Walnuts pickled
Onion
Cauliflower | 10. Spinach, Mayonnaise
Chicory
Lettuce Salad with Nuts
Apple-Nut Salad
Shrimp Salad |
| 2. Tomato, Mayonnaise
Lettuce-Apple, Mayonnaise
Potato-Onion | 11. Watercress
Walnut Salad
Spinach
Celery-Apple
Cabbage |
| 3. Egg-Sardine, " "
Lettuce-Tomato, French
Dressing | 12. Olive, Mayonnaise
Chicory
Lettuce and Spiced Jelly |
| 4. Asparagus, Mayonnaise
Endive-Chicory, French
Dressing | 13. Egg Salad
Tomatoes, Stuffed with Nuts |
| 5. Apple-Nut Salad
Eggs in Aspic
Cheese Balls with Apple-
Celery
Salad | 14. Lettuce-Orange Salad
Watercress
Cucumbers |
| 6. Lettuce-Tomatoes,
Mayonnaise
Dandelion, Mayonnaise,
Cheese Straws | 15. Potato, Mayonnaise
Bean " "
Waldorf Salad |
| 7. Mayonnaise of Carrots
Mayonnaise of Asparagus | 16. Lettuce-stuffed peppers
Endive
Cucumber
Watercress |
| 8. Endive, French Dressing
Cucumber, French Dressing
Mayonnaise of Asparagus | 17. Cucumber Salad
Onion Salad
Waldorf Salad |
| 9. Celery
Tomato Aspic
Lettuce-Apple-Nut
Pickled Walnuts
Watercress | |

RELISHES

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Salted Peanuts
Raisins 2. Olives
Salted Almonds 3. Wafers
Cheese 4. Almonds
Rhubarb Tarts 5. Olives
Radishes 6. Cheese Fondu
Currant Jelly 7. Nasturtium Pickles 8. Salted Pecans
Grape Jelly 9. Radishes
Cheese Balls
Wafers
Stuffed Olives
Salted Nuts | <ol style="list-style-type: none"> 10. Concord Grape Jelly
Raisins
Almonds 11. Cheese Straws
Wafers 12. Salted Mixed Nuts
Raisins 13. Olives
Lemon Jelly 14. Curried Eggs
Raisins 15. Grated Apples
Olives 16. Eggs in Aspic 17. Date-Nut Sandwiches |
|---|--|

DESSERTS

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Caramel Custard
Chocolate Souffle 2. Lemon Cream Cornstarch
Rice-Orange Souffle 3. Strawberry Compote
Floating Island
Fig Pudding 4. Banana Shortcake
Pineapple Blancmange 5. Diced Bananas in Grape
Juice 6. Apple Charlotte
Rice-Orange Compote
Lemon Cornstarch 7. Peach Charlotte
Cup Custard
Orange Pudding 8. Date Souffle
Orange Pudding
Rhubarb with Macaroons 9. Rhubarb Tarts
Raisin Pudding
Banana Gelatine
Chocolate Pudding
Plum Pudding | <ol style="list-style-type: none"> 10. Graham Pudding
Hard Sauce
Stewed Figs
Apple Cornstarch
Caramel Custard
Vanilla Souffle 11. Lemon Jelly
Apple Float
Rice-Cherry Pudding 12. Chocolate Cream
Lady Fingers
Sea Moss Farina 13. Angel Pudding
Baked Bananas with
Whipped Cream 14. Pineapple Pudding
Stuffed Dates
Walnut Cake 15. Tutti Frutti
Caramel Custard
Banana Sandwiches
Dates 16. Cream Pie
Strawberry Float 17. Jellied Oranges and
Pineapple with Spiced
Layer Cake |
|--|--|

HELPFUL HINTS FOR THE HOME

When putting new peas on to boil add a small pinch of baking soda. This helps to keep them a nice green color.

A pinch of cream of tartar added to the boiling syrup for icing keeps it from getting sugary.

For thickening the gravy of chicken stew, or clear soup, try sago. It takes about 20 minutes to cook.

Put a piece of stale bread in cabbage when boiling. This will lessen the disagreeable odour which comes from the cabbage.

Make sauce for asparagus with same water with which it has been cooked.

Put a little alum in pickles when making. This will make the pickles crisp.

All old vegetables cook in cold water. All new vegetables cook in boiling water.

All vegetables grown underground salt after they are cooked. All vegetables grown above ground, salt before they are cooked.

Cranberries and snow apples combine well for jelly.

To make tender, put a little soda in vegetables.

In making jelly, boil juice 20 minutes, heat sugar in oven. Then stir into boiling juice. Boil all together five minutes.

In taking out iron rust, sprinkle lemon juice and salt over spots of rust, then hold over steam. Try spout of kettle for quick service.

Try putting a little alum in jelly which refuses to jell.

When in a hurry use a cup or bottle for rolling crackers into crumbs.

A good housekeeper suggests rolling pie crust or dough out on a clean sheet of brown or white paper. Then when baking is finished all can be gathered up and burnt. This saves a lot of cleaning.

When stewing meats put a perforated pie plate at bottom of pot to keep meat from sticking. These plates may be bought, but any tin plate can be used by simply punching holes in it.

TIME ALLOWANCE FOR COOKING—
BOILING

MEATS

Mutton, per pound	15 minutes
Corned beef, per pound	30 minutes
Ham, per pound	18 to 20 minutes
Fowl, per pound	15 minutes
Cod, per pound	15 minutes
Halibut, per pound	30 minutes
Bass, per pound	5 minutes
Small fish, per pound	10 to 15 minutes
Lobster	30 to 40 minutes

VEGETABLES

Potatoes.....	20 to 30 minutes
Asparagus.....	15 to 25 minutes
Peas.....	15 to 20 minutes
Beans.....	30 to 40 minutes
Spinach.....	15 to 20 minutes
Turnips.....	30 to 45 minutes
Beets (new).....	30 to 40 minutes
Beets (old).....	1 to 2 hours
Cabbage (shredded).....	10 minutes
Cauliflower.....	20 to 30 minutes
Onions (new).....	30 minutes
Onions (old).....	1 to 1½ hours
Parsnips.....	30 to 40 minutes
Green Corn.....	10 to 20 minutes
Macaroni.....	30 to 40 minutes
Rice.....	20 to 25 minutes

STEAMING

Takes twice as long as boiling.

ROASTING

MEATS

Beef, sirloin, rare, per pound.....	8 to 10 minutes
Beef, sirloin, well done, per pound.....	12 to 15 minutes
Beef, rolled, rib or rump, per pound.....	12 to 15 minutes
Mutton, well done, per pound.....	15 minutes
Lamb, well done, per pound.....	15 minutes
Veal, well done per pound.....	18 to 20 minutes
Pork, well done, per pound.....	20 minutes
Venison, rare, per pound.....	20 minutes
Chicken, per pound.....	15 to 20 minutes
Goose, per pound.....	20 to 25 minutes
Turkey, per pound.....	15 to 20 minutes
Duck, per pound.....	20 to 25 minutes
Partridge.....	20 to 25 minutes

FISH

per pound.....	15 to 20 minutes
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BREAD AND CAKE

Bread, 18 oz. loaf.....	1 hour
Rolls.....	10 to 15 minutes
Graham Gems.....	20 to 30 minutes
Biscuits.....	15 to 20 minutes
Cake (plain).....	20 to 40 minutes
Cake (sponge).....	45 to 60 minutes
Gingerbread.....	20 to 30 minutes
Cookies.....	10 to 15 minutes
Pie crust.....	15 to 25 minutes

PUDDINGS

Custard	15 to 20 minutes
Bread	30 minutes
Rice, slow oven	1½ to 2 hours

BROILING

Steak, 1½ inches thick	10 to 15 minutes
Chops, 1 inch thick	8 minutes
Spring chicken	20 to 30 minutes
Small fish	5 to 10 minutes

COMPARATIVE MEASUREMENTS

Four even teaspoonfuls liquid make one even tablespoonful.

Three even teaspoonfuls dry material make one even tablespoonful.

Sixteen tablespoonfuls liquid make one cupful.

Twelve tablespoonfuls dry material make one cupful.

Two cupfuls make one pint.

Use—One teaspoonful soda to one cupful molasses.

One teaspoonful soda to one pint sour milk.

Three teaspoonfuls baking powder to one quart of flour.

One-half cupful of yeast or one-quarter cake compressed yeast to one pint liquid.

One teaspoonful extract to one loaf plain cake.

One teaspoonful salt to two quarts of flour.

One teaspoonful salt to one quart of soup.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One scant cupful of liquid to one full cupful of flour for batters.

One quart of water to each pound of meat and bone for soup stock.

Four pepper corns, four cloves, one teaspoonful mixed herbs to each quart of water for soup stock.

One-quarter pound clear salt pork to a pint of beans for "Boston baked beans."

TEMPERATURES

Tea Biscuits	205°—220° C.
Muffins	195°
Bread	180°—for 10 minutes
	235°—for 15 minutes
	265°—for remainder of time
Popovers	240°
Loaf Cake	170°—190
Golden Cake	135°—165°
Meringues	120°—155°
Deep fat	170°—200
Souffles	135°—10 minutes
	165°—remainder

ORDINARY TESTS

Warm oven—hold hand in centre back of oven, count 12-15.

Moderate oven—hold hand in centre back of oven count 10-12.

Hot oven—hold hand in centre back of oven count 8-10.

Very hot oven—hold hand in centre back of oven count 5-8.

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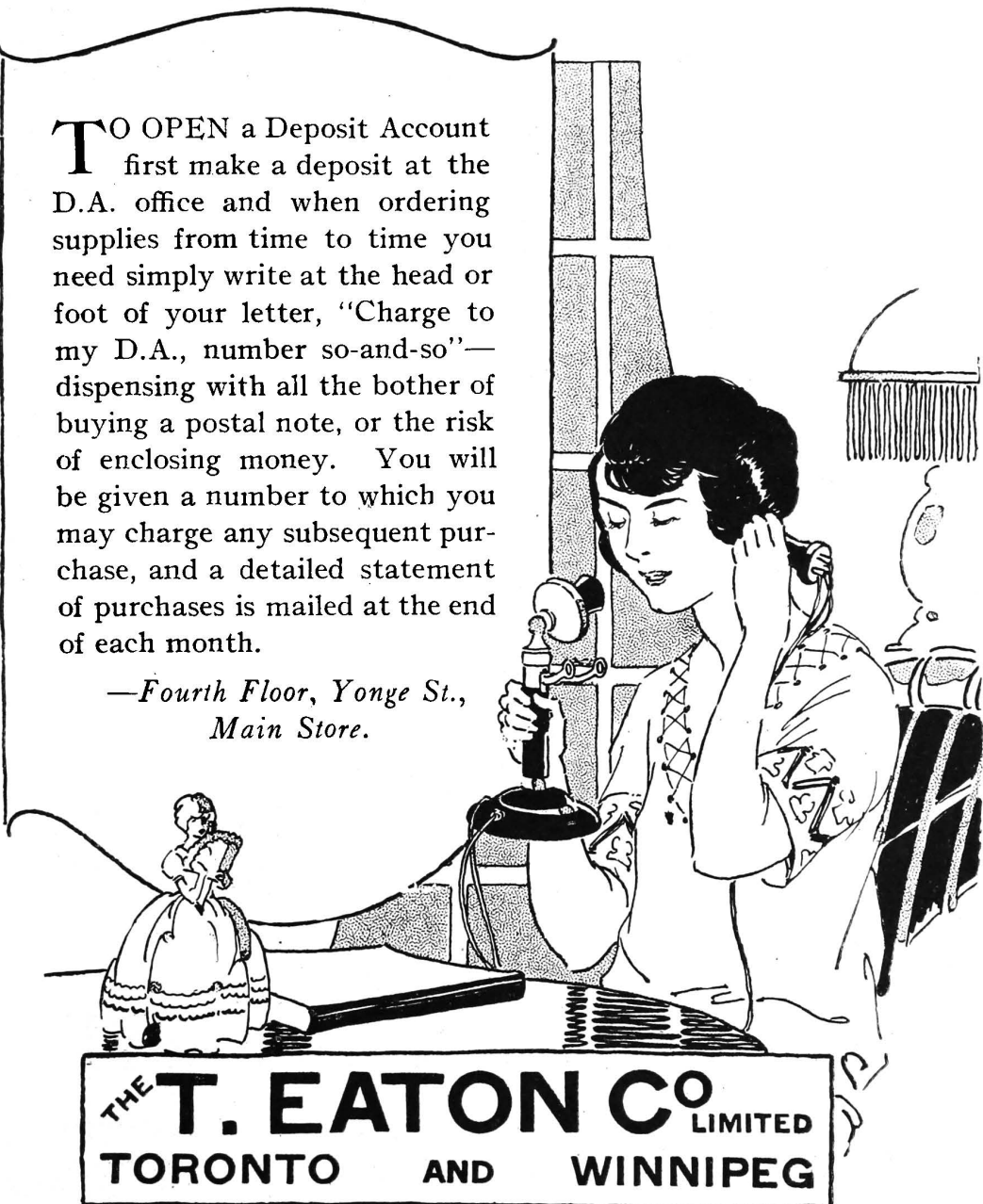
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D.A.

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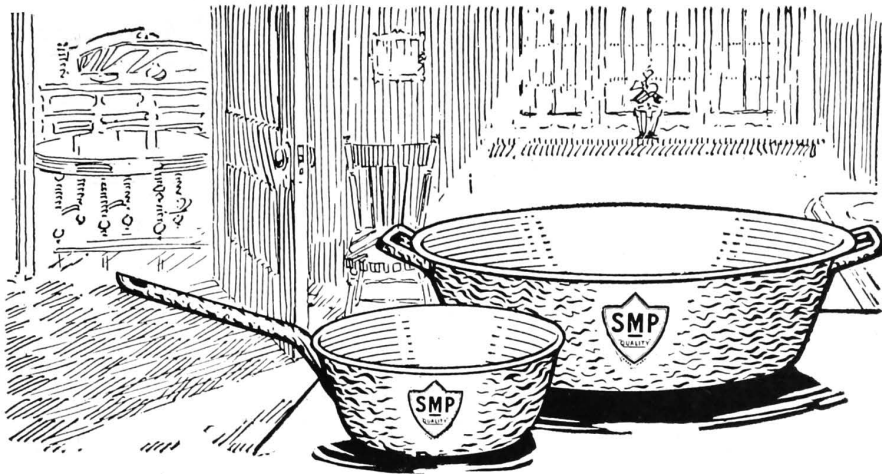
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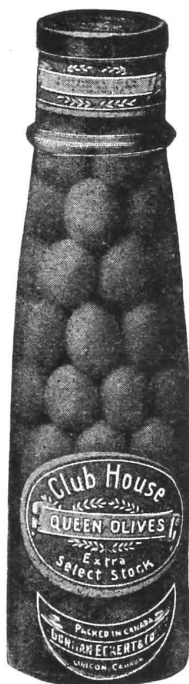
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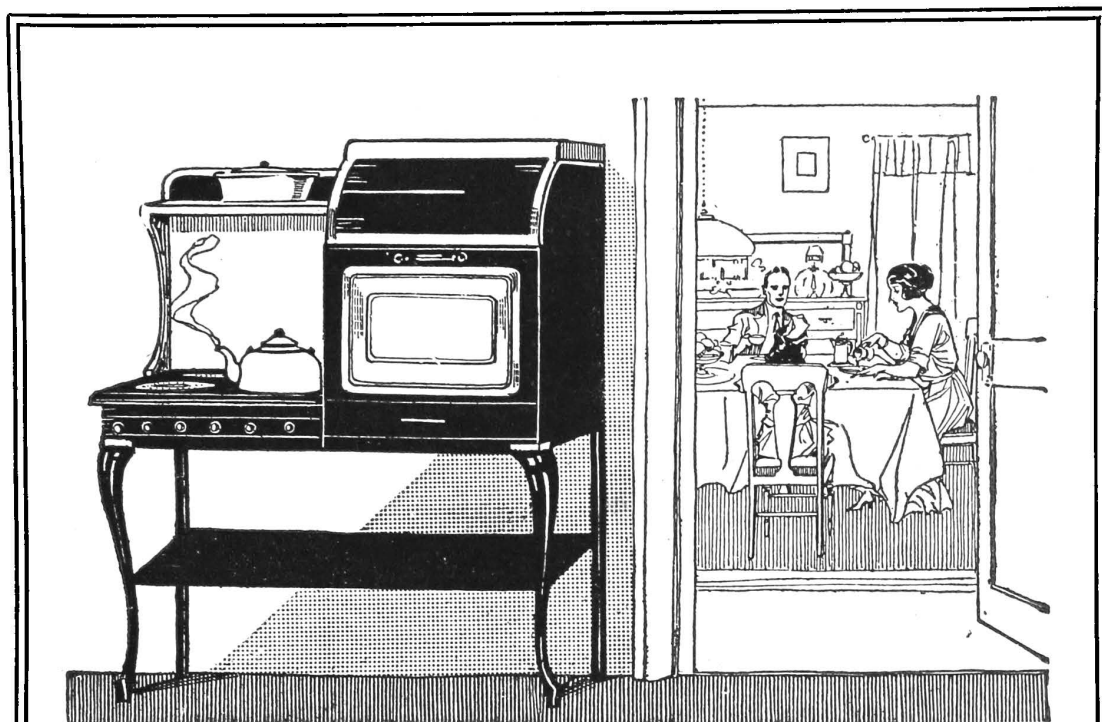
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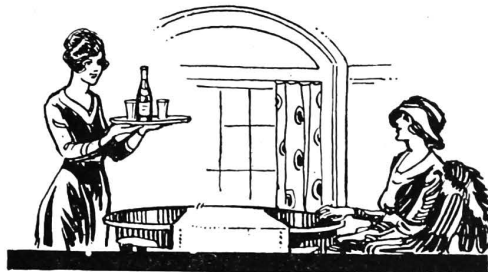
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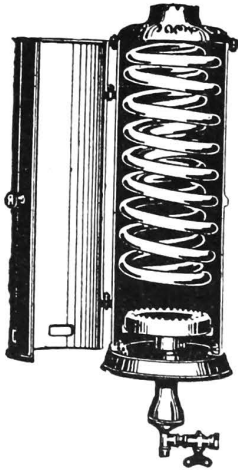
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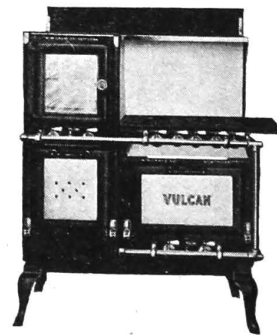
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