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# SOUPS

---

## Vegetable Soup

MRS McDERMID

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 lb. beef.                      | 2 tablespoons minced celery.    |
| $\frac{1}{2}$ cup minced carrot. | 2 qts. water.                   |
| $\frac{1}{4}$ cup minced onion.  | $\frac{1}{2}$ cup potato cubes. |
| $\frac{1}{2}$ cup minced turnip. | 2 tablespoons rice.             |
| $1\frac{1}{4}$ teaspoon salt.    | 2 tablespoons Reindeer flour.   |

Put the meat in a stew-pan with cold water, and bring to a boil. Mix the flour with half a cup of cold water, and stir into the boiling stock. Add the rice and simmer one hour, add the onion, celery and carrot, cook for one hour longer, then add the turnips, potatoes, salt and pepper, and simmer for half an hour longer. Serve hot.

## Onion Soup

MRS. E. J. HUNTER

- |  |                                  |
|--|----------------------------------|
| 1 quart stock.                             | 1 pint milk.                     |
| 4 onions, medium size, cut fine or grated. | 3 potatoes, medium size, grated. |

Salt to taste, white pepper, pinch of cayenne. Strain and serve hot.

## Corn Soup

MRS. J. H. CONNAL

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1 pint green grated corn, or | 2 teaspoons butter.               |
| 1 can corn.                  | 1 large tablespoon Reindeer flour |
| 1 quart milk.                |                                   |

Cook corn in water 30 minutes, or if it is canned corn work through colander. Let milk come to a boil. Have flour and milk mixed together; add a few tablespoons boiling milk, and when quite smooth stir into the hot milk and cook 8 minutes. Then add corn and season to taste. Add 1 egg well beaten, mixed with a little milk, just before taking off stove.

## Cream of Artichoke Soup

MISS LEXA DENNE

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 8 medium artichokes            | $\frac{1}{3}$ cup Reindeer flour. |
| $\frac{1}{3}$ cup butter.      | 1 teaspoon salt.                  |
| $\frac{1}{4}$ teaspoon pepper. | 1 quart milk.                     |

Cook artichokes, press through a strainer; make a white sauce and add artichokes. Serve immediately.

BURN HICKS' SCREENED COAL.



## Clear Soup

MISS LEXA DENNE

- |                           |                               |
|---------------------------|-------------------------------|
| 4 lbs. meat and bone.     | 1 teaspoon mixed sweet herbs. |
| 3 quarts cold water.      | 1 bay leaf.                   |
| $\frac{1}{2}$ cup onion.  | 1 sprig parsley.              |
| $\frac{1}{2}$ cup carrot. | 1 piece celery root.          |
| $\frac{1}{2}$ cup turnip. | White and shell of 1 egg to   |
| 6 cloves.                 | each quart for clearing.      |
| 10 pepper berries.        |                               |

Cut meat into pieces and soak with bone in cold water 1 hour. Cook gently 3 hours; then add vegetables finely chopped, and seasonings. Cook 2 hours, strain, cool, remove fat, and clear. Beat eggs slightly; crush shells and add to stock. Heat gradually to boiling point, stirring all the time. Boil 5 minutes, remove to back of range, and add  $\frac{1}{2}$  cup cold water (for 2 qts. stock.) Let stand 5 minutes, then strain through cotton placed over strainer.

## Consomme

MRS. E. J. PEARCE

- |   |                                 |
|---|---------------------------------|
| 2 lbs. of beef, poorer part of round.         | celery cut in very small pieces |
| 2 lbs. knuckle of veal.                       | 2 tablespoons butter.           |
| 1 lb. marrow bone.                            | 1 tablespoon salt.              |
| 2 qts. cold water.                            | 12 pepper corns.                |
| 1 quart chicken stock or can of chicken soup. | 3 cloves.                       |
| $\frac{1}{4}$ cup each carrot, onion and      | 2 sprigs parsley.               |
|   | 1 sprig marjoram.               |
|   | $\frac{1}{2}$ bay leaf.         |

Wipe meat, cut in one-half inch cubes and brown one-half in marrow from marrow bone; put remainder in soup-kettle with water. Add browned meat, veal cut in pieces, and bones. Let stand one-half hour, heat slowly to boiling point and let simmer four hours. Add chicken stock and simmer one hour. Cook vegetables in butter five minutes. Add to soup with seasonings and simmer one and one-half hours. Strain, cool quickly, remove fat and clear. Reheat to serve.

## Tomato Bisque Soup

MRS. W. H. DENHAM

- |                             |                               |
|-----------------------------|-------------------------------|
| $\frac{1}{2}$ can tomatoes. | 1 teaspoon sugar.             |
| $\frac{1}{2}$ onion sliced. | $\frac{1}{2}$ teaspoon soda.  |
| 4 whole cloves              | 1 teaspoon salt.              |
| 6 peppercorns.              | 3 tablespoons Reindeer flour. |
| 1 sprig parsley.            | 3 tablespoons butter.         |
| 1 stalk celery.             | 1 quart milk.                 |
| 1 bay leaf.                 |                               |

Mix first seven ingredients, bring to boiling point; let simmer 20 minutes, then rub through sieve. Add sugar, soda and salt. Melt butter, add flour and pour on gradually, while stirring constantly hot mixture. Add scalded milk and serve immediately.

**BURN HICKS' SCREENED COAL.**

## Potato Soup

MRS. MAGIE

Put in a double boiler one pint milk, 2 large, or 3 smaller onions, sliced, and stalk of celery. Cook until onions are soft enough to push through strainer.

Pare 4 potatoes and let soak in cold water  $\frac{1}{2}$  hour or more. Boil in as little water as possible until very soft. In to a small saucepan put one tablespoon butter and heat until it bubbles, but do not let brown. Add 1 tablespoonful Reindeer flour and rub well together and free from lumps. Blend with this about  $\frac{1}{2}$  cup of milk from boiler. When free from lumps turn into double boiler. Also add the potatoes mashed in the water in which they were boiled. Pass the whole through a strainer. Return to fire for a few minutes to heat and blend it. Season with salt and pepper and a little celery salt if fresh celery is lacking. At serving, sprinkle on soup a tablespoonful chopped parsley.

## Split Pea Soup

MRS. MAGIE

Pick over and wash 1 cup dried split peas. Soak over night in cold water. Put them on to boil in 3 pints of fresh cold water, and let simmer until dissolved. When the water has come to a boil add two or three sliced onions and a stalk or two of celery. When peas are soft, rub through strainer and put on to boil again.

Heat one large tablespoonful butter in saucepan until it bubbles, but does not brown. Add 1 large tablespoon Reindeer flour and blend together until smooth. Add to strained soup. Let soup boil, stirring occasionally so that flour will not settle before boiling. Add teaspoonful of salt and saltspoonful pepper, or more to taste. If celery is lacking, add a little celery salt instead; strain. If too thick add a little boiling milk or water.

BURN HICKS' SCREENED COAL.



## Frying Pan Cookies

2 eggs lightly beaten  
1 cup dates (cut up raw ones)  
 $\frac{3}{4}$  cup of white sugar  
 $\frac{1}{2}$  cup fat (butter or half margarine)

Cook 10 minutes

Stir constantly until thick

Add - (Remove from stove)

2 cups of rice crispies

1 tsp. of vanilla

roll in coconut



# MEATS

## Chicken Croquettes

MRS. BABCOCK

Mix together 1 solid pint of finely chopped cooked chicken. Season with salt and pepper to taste; 1 teaspoonful onion juice, 1 tablespoonful lemon juice.

SAUCE—Melt 2 tablespoons butter in a pan. When hot add 3 tablespoons Reindeer flour; add gradually cup milk or chicken stock. When thoroughly cooked mix with meat and spread on a plate to cool. Shape, crumb, egg, crumb again and fry in hot fat. Drain on brown paper.

## Chicken Chartreuse

MRS. E. J. HUNTER.

|  |                                     |
|--|-------------------------------------|
| 1 cup chicken chopped fine                       | Pinch of cayenne.                   |
| $\frac{1}{2}$ lb. ham.                           | 2 eggs beaten smooth.               |
| 3 tablespoons crumbs (biscuit or bread).         | Salt, pepper.                       |
| $\frac{1}{2}$ tablespoons parsley, chopped fine. | Hot stock or milk to moisten.       |
| 2 tablespoons lemon juice.                       | 2 sausages (if liked) may be added. |

Put chicken, crumbs, lemon juice, parsley, cayenne and ham together; then add eggs. Add stock or milk to moisten. If meats are uncooked steam three hours, if cooked one hour. Turn from mould. If liked, serve in jelly, cold.

## Yorkshire Pudding

MRS. J. HARRIS MCCLELLAN

|                               |                  |
|-------------------------------|------------------|
| 5 tablespoons Reindeer flour. | 1 pint new milk. |
| A little salt.                | 2 eggs.          |

Put flour and salt into a bowl. Add the milk slowly to make a smooth batter, then add eggs. Fat should be put in pan and allowed to come to a boil, then put in batter. Bake 20 minutes in a hot oven, and serve around roast beef.

## Veal Loaf

MRS. A. P. MCLEAN

|   |                                   |
|---|-----------------------------------|
| 1 $\frac{1}{2}$ lbs. raw veal chopped fine. | 2 dessertspoonsful rolled biscuit |
| Add a little bacon.                         | $\frac{1}{4}$ of nutmeg.          |
| 1 dessertspoonful salt.                     | 2 eggs beaten well.               |
| 1 dessertspoonful pepper.                   |                                   |
| 2 dessertspoonsful melted butter.           |                                   |

Mix all together and mould into a loaf. Cover with biscuit crumbs and bake 1 $\frac{1}{2}$  hours.

**BURN HICKS' SCREENED COAL.**



## Cold Beef and Macaroni Shape

MRS. AYLMER

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 lb. cold roast beef.          | 1 teaspoonful salt.               |
| 1 cup bread crumbs.             | $\frac{1}{2}$ teaspoonful pepper. |
| 2 tablespoonfuls stock.         | 1 egg.                            |
| 1 tablespoonful Reindeer flour. | 2 oz. pipe macaroni.              |
| 1 tablespoonful ketchup.        |                                   |

Cut macaroni into inch pieces, boil fast for 10 minutes, then drain and finish boiling in milk. Mince beef fine and add all ingredients together. Put into greased mould and steam for  $1\frac{1}{4}$  hours. If beef is too lean add a small piece of butter.

## Sauce for Cold Meat Shape

MRS. AYLMER

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| $\frac{1}{2}$ pint of stock.      | 1 teaspoon ketchup.             |
| 1 teaspoonful butter.             | A little pepper and salt, and a |
| 1 dessertspoonful Reindeer flour. | little caramel to color.        |
| 1 teaspoonful Harvey sauce.       |                                 |

Boil for about five minutes, then strain and pour around shape on dish.

## Creamed Halibut

MRS. AYLMER

Boil  $\frac{1}{2}$  lb. halibut.

When quite cold pull to pieces and beat with a fork. Add salt, a little cayenne pepper, 1 teaspoonful Worcestershire sauce and juice of one lemon.

Beat one teacupful of cream stiff, then beat up with cold fish. Put in a mould and stand aside to set. When required turn out on a bed of lettuce leaves and garnish with slices of aspic jelly, and, if you choose, slices of raw tomato laid on lettuce leaves around dish. Serve with a mayonnaise sauce.

## Cannelon of Beef

MRS. BUCHANAN

Mix well the following:—

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 lb. chopped beef.            | 1 egg yolk.                         |
| 2 oz. butter.                  | 10 drops onion juice.               |
| $\frac{1}{2}$ teaspoon salt.   | 1 teaspoonful chopped parsley       |
| $\frac{1}{4}$ teaspoon pepper. | Grated rind of $\frac{1}{2}$ lemon. |

Form into loaf and roll in piecrust and serve with tomato sauce.

## To Corn Beef

MRS. W. G. FERGUSON

Rub 12 lbs. of a round of beef with  $\frac{1}{2}$  lb. coarse brown sugar. Let stand for two days, turning it two or three times. Pound together a large teaspoonful of mace, 1 of black pepper, 2 of cloves,  $\frac{1}{2}$  teaspoonful cayenne pepper, 1 oz. saltpetre, 1 small nutmeg. Then rub half a pound of salt into the meat on all sides, and let it stand for two or three days.

**BURN HICKS' SCREENED COAL.**



## Fried Chicken

MRS. DUNSFORD

Wash and cut up a young chicken, wipe dry, season with salt and pepper, dredge with Reindeer flour or dip each piece into beaten egg, and then in cracker crumbs. Have in a frying pan one ounce each of butter and sweet lard made boiling hot. Lay in the chicken and fry brown on both sides. Take up, drain it set aside in a covered dish. Stir into the gravy left, if not too much, a large tablespoonful of flour; make it smooth, add a cupful of cream or milk; season with salt and pepper; boil up and pour over the chicken; add chopped parsley. Serve hot.

## Spiced Beef

MISS N. HALL

15 lbs. beef (from the round).      1 teaspoonful black pepper.  
½ lb. brown sugar rubbed in,      2 teaspoonsful cloves.  
and let stand 2 days and turn.      A small teaspoonful cayenne.  
1 teaspoonful mace.                      A good ½ lb. salt.

Rub well with spices and salt, for three days, turning each day. Rub every second day with juices for 12 days, turning every day. Boil slowly, 15 min. for each lb. Let cool in water in which it was boiled.

## Spiced Beef

MRS. W. G. FERGUSON

(For 15 or 20 lbs. of beef.)

Rub well into the beef:

1½ lbs. brown sugar and 3 tablespoons of saltpetre.

- Make a pickle of:

1 tablespoon cloves, 1 tablespoon allspice, 1 nutmeg grated,  
1½ lbs. salt.

Boil in 2 quarts of water. When cool pour over the beef. Turn beef every other day and leave in pickle 3 weeks. Steam 7½ hours in dry steamer.

## Swiss Steak

MRS. W. H. DENHAM

Take one-half slice of round steak, cut two inches thick. Dredge with Reindeer flour on both sides and press in, with a plate, all that the juices will absorb.

Put bacon dripping in skillet and when smoking hot sear steak well on both sides, then cover with boiling water, and let simmer two hours with dish covered. Add pepper and salt, one small onion, small bay leaf, a sprig of parsley, and let simmer half an hour longer. If necessary, add a little water to flour in skillet for gravy. Strain and put on dish with meat.

BURN HICKS' SCREENED COAL.



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BURN HICKS' SCREENED COAL.

# SALADS AND SALAD DRESSING

## Salad

MRS. W. J. THOMPSON

6 hard boiled eggs, chopped.      2 bunches celery--just the hearts.  
½ lb. walnuts.      1 quart preserved pineapple.

Strain all juice from pineapple, then let cold water run on pineapple for a few minutes. Chop and cover all with mayonnaise dressing.

## Fruit Salad

MRS. J. R. STRATTON

1 lb. candied cherries.      6 bananas.  
1¼ lbs. candied pineapple.      6 large oranges.  
1 can cored pineapple.      ½ cup red raspberry jam.  
1 qt. preserved peaches.      2 lbs. English walnuts.  
1 qt. preserved pears.

Mayonnaise dressing with 1 pint whipped cream.

## Tomato Jelly Salad

MRS. RICHARD HALL

1 tablespoon (level) gelatine.      ⅛ teaspoon dried celery leaves.  
½ cup cold water.      6 cloves.  
1 can tomatoes.      6 pepper berries.  
1 bay leaf.      1 teaspoon sugar.  
1 sliced onion.      2 teaspoons salt.  
cayenne.      1 tablespoon lemon juice.

Soften gelatine in cold water. Cook the first seven ingredients 20 minutes; add salt and lemon juice. Pass through a strainer and pour over gelatine. When dissolved strain through coarse strainer into moistened cups or moulds.

## Potato Salad

MRS. J. H. CONNAL

Six small potatoes, one small onion, one spray of parsley. Boil the potatoes in their skins, peel and chop, but do not mash them. Mince them with the onion, salt and pepper. Mix thoroughly; put a little extra dressing on top, with walnuts or hard boiled eggs sliced.

Garnish with little sprays of parsley.

**BURN HICKS' SCREENED COAL.**



## Pepper and Fruit Salad

MRS. E. J. PEARCE

Select an equal number of red and green peppers. If long cut in halves crosswise; if short cut a slice from each end. Remove seeds. Fill pepper cases with grape fruit pulp, Malaga grapes, skinned and seeded and English walnut meat broken in pieces, allowing twice as much grape fruit as grapes and nut meats. Moisten with a good mayonnaise dressing. Arrange on a bed of water-cress, or finely cut lettuce, having first a red, then a green pepper. Put mayonnaise dressing on top of each, and put chopped green peppers on top of each whole red pepper, and garnish with halves of English walnut meat. Other fruits may be substituted for grape fruit and Malaga grapes when they are not in season.

## Salad Dressing

MRS. ZEPP

|                          |                                 |
|--------------------------|---------------------------------|
| 2 eggs.                  | $\frac{1}{4}$ teaspoon mustard. |
| $\frac{1}{4}$ cup cream. | $\frac{1}{2}$ cup vinegar.      |
| 3 teaspoons sugar.       | 1 teaspoon butter.              |

Butter salt and pepper to taste.

Beat eggs, add sugar and cream; mix mustard smooth with a little vinegar; add slowly to egg and cream beating hard. Add the remainder of vinegar and butter. Cook until thick.

## Salad Dressing

MISS STEINHOFF

|                                |  |
|--------------------------------|--|
| $\frac{1}{2}$ tablespoon salt. | 1 egg.                                   |
| 1 teaspoon mustard.            | $\frac{1}{2}$ tablespoon Reindeer flour. |
| 2 tablespoons sugar.           | $\frac{1}{3}$ cup vinegar.               |
| $\frac{1}{4}$ teaspoon pepper. | $\frac{2}{3}$ cup milk.                  |
| dash of cayenne.               | 1 tablespoon butter.                     |

Mix ingredients dry. Add egg, and stir well. Add milk and vinegar slowly. Cook in double boiler until thick. Stir in butter.

## French Dressing

X Y Z

|                                 |                                |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ teaspoon salt.    | 2 tablespoons oil.             |
| $\frac{1}{4}$ teaspoon pepper.  | 6 tablespoons vinegar or lemon |
| $\frac{1}{4}$ teaspoon mustard. | juice.                         |
| 1 teaspoon sugar (powdered).    |                                |

Mix condiments. Add oil. When well mixed add vinegar very gradually. Beat or shake in a bottle until emulsion is formed. Use at once on prepared materials.

**BURN HICKS' SCREENED COAL.**

*Additional Recipes Revised by Miss Ferguson*

## **Banana Salad**

MISS KEMP

Cut peeled bananas into thirds crosswise. Moisten each piece with a little milk, then roll in chopped walnuts. Serve with pieces of lettuce.

A little grated cheese may be mixed in with the nuts.

## **Stuffed Eggs**

MISS FERGUSON

Simmer the eggs until quite firm ( $\frac{1}{2}$ -hour), then plunge into cold water before removing the shells. When shelled, cut into halves lengthwise and remove the yolks. Mash the yolks with a fork, season well with salt and pepper, and mix with enough melted butter to hold together. Refill the cavities, leaving the yolk mixture rough on top. Serve 2 or 3 halves on lettuce with salad dressing.

## **Waldorf Salad**

MISS KEMP

1 cup chopped celery.

1 cup chopped apples.

$\frac{1}{2}$  cup walnuts.

Salad dressing.

Toss the ingredients together with two forks, then add enough salad dressing to hold them nicely together. Serve on lettuce or in apple shells from which the pulp has been scooped out.

BURN HICKS' SCREENED COAL.



BURN HICKS' SCREENED COAL.

# LUNCHEON AND SUPPER DISHES

## German Cheese

MRS. MATSCHKE

- 1 cup grated cheese.                      Season with pepper.  
 $\frac{3}{4}$  cup bread crumbs, moisten-2 eggs beaten separately, whites  
ed with milk.                                  added last.  
1 tablespoon butter, creamed.

## Chicken Cutlets—An Entree

Time,  $\frac{1}{2}$  an-hour for the gravy; eight or ten minutes to fry. Cold roast fowl; bread crumbs; eggs; peel of half a lemon; a blade of pounded mace; a little pepper and salt, then melted butter; fried bread; half a carrot; a few savoury herbs; a sprig of parsley;  $1\frac{1}{2}$  oz. of butter; 8 or 10 pepper corns; gravy made from the bones.

Fry half a carrot cut into slices, a few savoury herbs, a sprig of parsley, some spices in about  $1\frac{1}{2}$  oz. of butter for a quarter of an hour. Then add rather more than half a pint of the gravy made from the bones. Let it simmer for another fifteen minutes; strain up. When they are ready serve with the cutlets. Cut an equal number of pieces of stale bread into sippets the size of the cutlets, and fry them lightly in butter. Dip the cutlets into the melted butter, mixed with the yolks of one or two well-beaten eggs, then in bread crumbs seasoned with a little pounded mace, minced lemon peel, salt and pepper. Fry them for eight or ten minutes, place a cutlet on a sippet, and pile them neatly on the centre of a dish.

## Macaroni and Cheese

MRS. T. F. MATTHEWS

- 1 cup macaroni.                                   $\frac{1}{2}$  teaspoon mustard.  
1 cup milk (large).                              1 teaspoon butter.  
2 tablespoons grated bread.                  Salt, cayenne pepper.  
4 tablespoons grated cheese.

Break up macaroni into short lengths, put into a saucepan with enough boiling water to cover, salt, cook ten minutes; then drain, and put in with the milk, and boil until tender. Turn into baking dish, add a little salt, cayenne pepper, mustard, and one egg. Sprinkle over the top the remainder of cheese with the bread crumbs. Bake twenty minutes.

**BURN HICKS' SCREENED COAL.**



## Egg Timbales

MRS. R. G. KINGAN

6 eggs. Pepper.  
 1½ cups milk. 1 teaspoon minced parsley.  
 1 teaspoon salt. Few drops onion juice.

Beat the eggs until whites and yolks are well mixed. To this add the milk and seasonings. Stir, and pour into small greased cups. Set in a pan of hot water and bake in moderate oven. Serve with tomato sauce.

## Salmon Pudding

GENEVIEVE SANDERSON

Take the contents of one can of salmon, pound well, and mix in a tablespoonful of butter; two eggs, half a cup of bread crumbs. Beat all together, season with salt and pepper, press tightly into a pudding-mould, and steam for an hour. Serve with the following tomato sauce: Take ½ can of tomatoes, boil and strain. Thicken with two tablespoons of flour, and season with butter, pepper, and salt.

## Entree (Veal or Chicken)

MISS LAURA DAVIDSON

One pound minced raw veal or chicken; 3 yolks and 2 whites of eggs; tablespoon butter; 1 oz. Reindeer flour; ½ cup water or white stock; one tablespoon cream; two teaspoons lemon juice; ½ teaspoon salt; ⅓ teaspoon pepper. Mince and pound meat, make a sauce of butter, flour and stock; add yolks of eggs and seasoning. Whip whites of eggs, and add lightly to mixture. Steam in a buttered mould forty minutes or until firm. Serve in a rice border, and pour over a parsley sauce.

## Scrambled Eggs with French Peas

MISS STEINHOFF

6 eggs. 1 tablespoon butter.  
 Salt and Pepper. 1 can small peas.  
 About ¾ cup milk.

Beat eggs until yolks and whites are mixed. Add salt, pepper and milk. Let butter melt in frying pan. Turn in the egg mixture, and cook until creamy, stirring all the time. Serve on crisp toast-points in centre of platter, and surround by French peas, which have been heated and seasoned with salt, pepper and butter.

## Steamed Salmon

MRS. T. F. MATTHEWS

1 can salmon, picked and shredded.  
 1 cup bread crumbs soaked in 1 cup hot milk.

Beat all well; add salt and pepper to season. Then add the whites of 3 eggs well beaten, and steam one hour. Serve with hot sauce.

BURN HICKS' SCREENED COAL.

## Lobster with Cheese

MISS STEINHOFF

Make a cup of cream sauce, and to it add about  $\frac{1}{2}$  cup of grated cheese, and season, adding a tablespoon of sherry if desired. To this add a small can of lobster. Re-beat, and serve on crisp toast-points.

## Macaroni and Tomatoes

MISS KINGAN

Cook  $\frac{3}{4}$  cup of macaroni broken in small pieces, in two quarts of boiling salted water till soft; drain and pour cold water over it till cool. Cook  $\frac{1}{2}$  can of tomatoes and one slice of onion for 15 minutes, then rub through strainer and add 3 tablespoons butter and  $2\frac{1}{2}$  tablespoons Reindeer flour cooked together, with salt and pepper to taste. Mix macaroni and tomato together, and re-heat in either oven or steamer.

## Cheese Relish

MISS KINGAN

2 large tablespoons butter.      2 small spoons Reindeer flour.  
2 eggs.      1 cup of milk.  
 $2\frac{1}{2}$  tablespoons grated cheese. Pepper and salt.

Put butter and flour in saucepan on stove, stir till it bubbles, lift off and add cheese, milk, and beaten yolks of eggs, boil and add beaten whites of eggs. Bake in buttered dish 20 minutes.

## Baked Corn Pudding

MISS STEINHOFF

1 quart corn.      2 eggs.  
3 tablespoons Reindeer flour.      1 teaspoon salt.  
 $\frac{1}{4}$  teaspoon pepper.      2 tablespoons butter.  
1 pint milk.

Melt the butter in a saucepan. Stir in the flour, and add milk. Boil one minute. Cool the sauce and add the eggs beaten and the corn. Season, turn into a buttered bake dish, and bake in a moderate oven until set in centre.

## Salmon Souffee

MISS ELIZABETH IRWIN

3 teaspoons butter.      Pepper.  
3 teaspoons Reindeer flour.       $\frac{1}{2}$  cup milk.  
 $\frac{1}{2}$  teaspoon salt.      3 eggs.  
1 cup flaked salmon.

Cook first five ingredients as white sauce, cool and add the well-beaten yolks of the eggs and the fish. When cold fold in the whites of the eggs beaten stiff. Turn into a buttered cooking dish and bake in a slow oven 25 or 30 minutes. Serve at once.

BURN HICKS' SCREENED COAL.



## Corn Oysters

MRS. G. SHIRLEY DENISON

To 1 can corn add 2 well beaten eggs. Mix thoroughly. Add  $\frac{1}{3}$  cup Reindeer flour, pinch salt, and a little cayenne pepper. Beat well, and fry in hot butter, dropping into pan in small spoonfuls. Serve very hot.

## Moulded Salmon

MRS. AYLMER

One tin salmon, 3 eggs, a little milk, chopped parsley, pepper, salt, and a little Worcester sauce. Chop salmon fine, first picking out all skin and bone, beat eggs, and mix thoroughly. Steam for 2 hours in a mould. Turn out and serve with the following tomato sauce: 1 quart tomatoes, 2 tablespoons Reindeer flour, 2 tablespoons butter, 2 cloves, slice of onion. Cook tomatoes, onion and cloves for 10 minutes, beat butter, and add flour. When smooth and brown stir in tomatoes and cook 10 minutes. Season to taste and put through strainer.

## Luncheon Dish

MRS. J. H. CONNAL

|                       |                               |
|-----------------------|-------------------------------|
| 1 cup rice.           | 2 tablespoons butter.         |
| 3 cups boiling water. | 2 tablespoons Reindeer flour. |
| 1 teaspoon salt.      | 1 cup milk.                   |
| 6 eggs, hard boiled.  |                               |

Wash rice thoroughly and cook in double boiler one hour, or until tender, not stirring while boiling. Make a sauce by melting the butter in a saucepan, stirring in the flour and adding the milk. Boil one minute. Line a buttered pudding dish and pour cream sauce over; cover with grated cheese. Put in over and brown and serve hot.

## Tasty Supper Dish—Potatoes with Cheese

MISS JESSIE CARMICHAEL

Slice cold boiled potatoes, and put a layer into a baking dish, cover generously with grated cheese, and sprinkle with pepper and salt. Repeat layers until dish is full. Pour over them a cupful of cream or milk, and bake for half an hour. The top layer should be cheese.

## Savoury Rice Entree

MRS. HAZEN RITCHIE

Simmer two tablespoons of rice in one pint of milk until nearly cooked. Then add 1 oz. of finely grated cheese,  $\frac{1}{2}$  oz. butter, 1 tablespoon of made mustard, a pinch of salt, and a dust of cayenne pepper. Mix all together and put into a buttered dish. Sprinkle half an ounce of finely grated cheese on top, and bake in moderate oven half an hour.

BURN HICKS' SCREENED COAL.

## Pea Timbales

MISS KINGAN

1 can of peas, drained and rinsed and rubbed through a sieve. To one cupful of pea pulp add 2 beaten eggs, 2 table-spoons melted butter, salt and pepper to taste, pinch of cayenne, a few drops of onion juice.

Turn into buttered moulds, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with white sauce made as follows: Melt 2 tablespoons Reindeer flour; salt and pepper to taste; stir well, and gradually add one cup of milk.

## Haricot au Fromage

MRS. HAZEN RITCHIE

One cup of Lima beans, soak overnight. Boil well, then add one cup of grated cheese in quarter of a cup of milk, one tablespoon butter, salt, and cayenne pepper. Put in a dish and cover with grated cheese. Bake in moderate oven until brown.

## Cauliflower au Gratin

MRS. MAGIE

Parboil a cauliflower in actively boiling salted water for about thirty minutes. Drain and place in baking dish.

Make a thick white sauce of 1 tablespoon butter, 2 table-spoons Reindeer flour, cup of milk. Season sauce with salt and pepper. Pour sauce over cauliflower. Sprinkle over top  $\frac{1}{2}$  cup grated cheese. Dot the top with bits of butter. Brown in oven. This takes from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour. Serve in baking dish.

## Creamed Potatoes

MISS STEINHOFF

Mashed potatoes.

1 cup of cream sauce.

1 cup of grated cheese.

Biscuit or dried bread crumbs.

Beat mashed potatoes with a little hot milk and butter until very light and fluffy. Place in a buttered bake dish and smooth on top. Make the cream sauce by melting 2 tablespoons butter in a saucepan, stirring in 2 tablespoons Reindeer flour and adding 1 cup of milk. Boil 1 minute and stir in the grated cheese. When cheese is melted pour the sauce over the potatoes in the bake dish. Cover all with biscuit crumbs and brown in oven.

## Curried Eggs

MISS EDWARDS

1 pint milk.

2 teaspoons Reindeer flour.

1 teaspoon curry powder.

Salt.

1 dessert spoon butter.

Fry a very small onion in butter till a light brown. Then stir in flour, curry and salt. Add milk last, and stir until smooth. Boil six eggs hard, cut in half, and set in dish. Pour the curry sauce over it.

BURN HICKS' SCREENED COAL.



## Tongue Mould

MISS EDWARDS

One pound tongue sliced very thin; 1 oz. gelatine. Put between layers of meat in a mould a few canned peas, some very thin slices of lemon, and a little governor's sauce or other relish. Simmer in 1 quart of relish a bay leaf, a piece of onion, 2 or 3 cloves, and a little parsley. Add the gelatine, which has been dissolved in a very little water. Let boil, and strain into the mould of meat. When stiff turn out on a bed of lettuce and tomato.

## Cheese Pie

MISS EDWARDS

One small cup grated cheese. Put in a saucepan with one cup milk, and a small piece of butter. When melted add one cup bread crumbs, 2 eggs beaten well, and a little salt. Pour into a buttered pieplate and bake until brown.

## Cheese Fondue

MRS. T. F. MATTHEWS

|                                  |                                 |
|----------------------------------|---------------------------------|
| 1 cup scalded milk.              | $\frac{1}{2}$ teaspoon salt.    |
| 1 cup soft stale bread crumbs.   | 3 eggs, yolks and whites beaten |
| $\frac{1}{4}$ pound mild cheese. | separately.                     |
| 1 tablespoon butter.             |                                 |

Mix the first five ingredients. Add the yolks beaten until thick. Then fold in the whites of eggs beaten until stiff. Pour into buttered baking dish. Bake 20 minutes.

## Toad in a Hole

MISS LILY DAVIDSON

|                             |                               |
|-----------------------------|-------------------------------|
| 1 pint of cold cooked beef. | $\frac{1}{2}$ teaspoon salt.  |
| 1 egg.                      | 6 tablespoons Reindeer flour. |
| 1 pint of milk.             |                               |

Cut meat in pieces; put them in a greased baking dish; heat egg very lightly; add to the milk, and pour gradually into the flour, beating all the while. Strain through a fine sieve, add salt and pepper, and pour over the meat. Bake in a moderate oven one hour.

## Tomato Custard

MISS LILY DAVIDSON

To each cup of raw tomatoes allow one egg. Simmer the tomatoes with an onion, a big bay leaf, and a sprig of parsley, for 15 minutes. Press through a sieve. Add water if there is not enough liquid to fill two cups. Beat the egg separately, and stir all the ingredients together. Add salt and pepper. Pour into custard cups and bake as ordinary custard.

BURN HICKS' SCREENED COAL.

## Tomato Beef

MISS LILY DAVIDSON

Cut up 1 large onion and brown in frying pan in a little dripping. Remove onion and brown a thick lean beefsteak. Replace onion on steak, and pour over them 1 pint of tomatoes, seasoning well with salt, pepper, and a little sugar. Pour over this 1 pint of hot water, cover closely, and simmer for three or four hours, adding a little water if necessary. Before serving thicken gravy with one small teaspoon flour.

## Boiled Lettuce

MRS. MAGIE

Pick over and wash lettuce. Tip in bunches with white cord. Place on stove an open pan, like a baking tin, in which have salted water actively boiling. Drain bunches of lettuce and place in pan one at a time, so as not to stop water from boiling. Lay bunches side by side. Boil until tender, probably 20 minutes.

Put on stove a little saucepan, in which is a tablespoonful butter. When melted add about a tablespoonful and one-half of vinegar,  $\frac{1}{2}$  teaspoonful salt, and a scant saltspoonful pepper. When lettuce is tender, raise each bunch by placing fork under centre of bunch, thus doubling it. Drain, cut off cords, and place in order on hot dish. Pour over them the vinegar sauce, and serve.

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### *Additional Recipes Revised by Miss Ferguson*

## Cream Sauce

MISS E. FERGUSON

1 cup milk.  $\frac{1}{4}$  tablespoon butter.  
2 tablespoons Reindeer flour. Salt and pepper.

Mix the flour with enough milk to liquefy it, then stir into the rest of the heated milk and continue stirring until the sauce just comes to the boil. Remove from the fire, and add pepper and seasoning to taste.

This sauce is used for vegetables, fish, or scalloped dishes.

*Note.*—Use level measurements.

## Fried Oysters

MISS GRIFFITHS

Season large oysters with salt and pepper. Roll in seasoned crumbs, then in beaten egg, and again in seasoned crumbs. Fry in deep fat (preferably Wesson Oil) till a golden brown. Drain on crumpled manilla paper, and serve at once.

**BURN HICKS' SCREENED COAL.**

## Welsh Rarebit

MISS S. SCOTT

1 tablespoon butter.                      1 tablespoon cornstarch.  
 $\frac{1}{2}$  cup cream.                                 $\frac{1}{2}$  cup grated cheese.  
 Salt and pepper.                            $\frac{1}{4}$  teaspoon mustard.

Melt the butter, and to it add the cornstarch, and when well mixed gradually stir in the cream. Cook for two minutes, stirring constantly, then add cheese, and as soon as it melts season to taste and pour over toast or crackers.

## Cod Fish Balls

A FRIEND.

1 cup cooked codfish.                       $\frac{1}{2}$  egg.  
 1 cup mashed potatoes.

Mix the fish and potatoes and season to taste, then form into small balls  $1\frac{1}{2}$  inches in diameter, by rolling between the palms. Coat with beaten egg, using the other half of the egg mixed with a little water. Then roll in seasoned dried crumbs and fry in deep fat till golden brown. Drain on crumpled manilla paper before serving.

## Creamed Salmon

MISS KEMP

1 can salmon.                                 $1\frac{1}{2}$  cup cream sauce.  
 1 hard-cooked egg.                         Salt and pepper.

Remove the bones and skin from the fish and break it up into a number of pieces. Heat it in the sauce and then add the chopped hard-cooked egg, and salt and pepper to taste. Serve on buttered toast or in ramakin dishes, and cover with buttered crumbs, which have been slightly browned.

## Pigs in Blanket

MISS MITCHELL

Season large oysters with salt and pepper. Roll each one up in a thin slice of bacon and fasten it with skewers. Cook on a hot, dry griddle just till the bacon is nicely crispened. Serve 2 or 3 on a small piece of toast garnished with parsley.

## Salmon Cutlets

MISS FERGUSON

2 cups mashed potatoes.                      Macaroni.  
 1 cup minced salmon.                        Salt and pepper.\*  
 1 egg.

Mix the potatoes and salmon together with the beaten egg, season to taste, then form into small sized cutlet shapes  $\frac{1}{2}$  inch thick. Roll in seasoned dried breadcrumbs, and fry till golden brown in deep fat (preferably Wesson Oil). Just before serving, stick a piece of macaroni in the end of the cutlet to serve as a bone.

**BURN HICKS' SCREENED COAL.**



## Potato Puff

MISS PAYNE

- |                         |                  |
|-------------------------|------------------|
| 2 cups mashed potatoes. | Salt and pepper. |
| 2 tablespoons butter.   | Milk.            |
| 1 egg.                  |                  |

Separate egg and beat white till stiff. Add butter and seasoning to potatoes and enough milk to make mixture when beaten as light as whipped cream. Into this fold egg white, then pile lightly into a buttered baking dish, and over top pour beaten yolk. Bake till nicely browned.

## Salmon Cheese

A FRIEND.

- |                  |                  |
|------------------|------------------|
| 1 can salmon.    | 1 cup mlk.       |
| 1 egg.           | Salt and pepper. |
| 8 soda biscuits. |                  |

Remove all the bones and skin from the salmon and mince finely. Mix with the fish the finely crumbed biscuits, beaten egg and milk, and season to taste. Pack into one large buttered mould or individual moulds and steam  $\frac{3}{4}$  of an hour. Turn out and serve hot with egg or parsley sauce or serve cold as a salad with salad dressing.

## Foamy Omelette

HOUSEHOLD SCIENCE DEPARTMENT

- |                              |                  |
|------------------------------|------------------|
| 3 eggs.                      | Salt and pepper. |
| 3 tablespoons milk or water. |                  |

Separate the eggs, keeping the yolks in a large sized bowl and the whites on a platter. Beat the yolks and add to them the liquid and seasoning. Add one tablespoon of water to the whites. Beat until stiff enough to hold their shape. Put the whites into the yolks and carefully fold them in, so that the incorporated air will not be lost. Heat the griddle pan, and butter well on the bottom and about the sides. When it is quite hot turn in the egg mixture and smooth over the top to make it level. Cook over a very gentle fire until the bottom is quite brown, then set the pan in a moderately hot oven until the egg is just beginning to brown. Remove at once, loosening the omelette carefully about the edges. Slip the lower half on to the warm platter, fold over the upper half. Serve garnished with a little parsley or watercress.

BURN HICKS' SCREENED COAL.

BURN HICKS' SCREENED COAL.

# PICKLES AND RELISHES

## Pickled Beans

FLORENCE CAMERON

- |                        |                            |
|------------------------|----------------------------|
| 1 packet string beans. | 1 cup Reindeer flour.      |
| 3 pints cider vinegar. | 2 tablespoons celery seed. |
| 3 lbs. sugar.          | 1 tablespoon turmeric.     |
| 1 cup mustard.         |                            |

Cut the beans in pieces and boil in 1 tablespoon salt and water to cover, half hour. Drain. Make sauce by mixing sugar, mustard, flour, turmeric, and celery seed with a little of the cold vinegar to a soft paste. Add to boiling vinegar, and when cooked add the beans.

## Celery Sauce

GENEVIEVE SANDERSON

- |                         |                       |
|-------------------------|-----------------------|
| 24 large ripe tomatoes. | 2 teaspoons allspice. |
| 1 red pepper.           | 2 teaspoons cinnamon. |
| 6 good-sized onions.    | 6 heads celery.       |
| 1 quart vinegar.        | 2 cups white sugar.   |
| 3 tablespoons salt.     |                       |

Chop all together and boil two hours.

## Chili Sauce

MRS. HARRY THOMPSON

- |                  |                     |
|------------------|---------------------|
| 1 pint tomatoes. | 4 cups brown sugar. |
| 12 large onions. | 1 pint vinegar.     |
| 4 large peppers. | 4 tablespoons salt. |

Boil three or four hours.

## Spiced Grapes

"H. C. F. C."

Mash and stew five pounds purple grapes over a slow fire till soft. Strain through a sieve, and add 2½ pounds sugar, 1 pint vinegar, 1 tablespoon allspice, 1 tablespoon cloves, 1 tablespoon pepper, 1 tablespoon cinnamon. Boil until a little thick, and bottle. For cold meats.

## Beet Pickles

MRS. BABCOCK

Cook small blood beets until done, then make a syrup of: To 1 cup vinegar add 2 cups water, and ¾ cup brown sugar; put on stove and boil, then chop beets in. When boiling hot, bottle, and pour boiling vinegar over them.

BURN HICKS' SCREENED COAL.



## Tapioca Meringue

"H. C. F. C."

Soak, overnight, 2 ounces tapioca in 1 pint milk, and next morning boil slowly in the milk for half an hour, or till it is soft and thick. Let it cool a little, when stir in beaten yolks of two eggs. Grate rind of a lemon and add it to tapioca. Put a layer of jam in a glass dish, pour tapioca mixture over it, and leave till cold, when cover with meringue made of the whites of eggs, sugar, and vanilla. Sprinkle over all finely chopped nuts, and serve.

## Tomato Butter

MRS. PORTER S. WHITE

|                    |                                |
|--------------------|--------------------------------|
| 10 lbs. tomatoes.  | 1 teaspoon each allspice, cin- |
| 1 quart vinegar.   | namon, and cloves, put in a    |
| 1 tablespoon salt. | bag.                           |
| 1½ cups juice.     | 1 pinch red pepper.            |
| 3 lbs. sugar.      |                                |

Peel and cut up tomatoes, adding 1 pint vinegar, let stand overnight. Then strain and put the tomatoes with 1½ cups of juice and other ingredients, on stove to simmer for two hours.

## Tomato Jelly

MRS. BABCOCK

|                 |                        |
|-----------------|------------------------|
| ¾ box gelatine. | ¾ cup cold water.      |
| 1 can tomatoes. | ½ an onion.            |
| 1 stalk celery. | 2 tablespoons vinegar. |
| 1 bay leaf.     | 2 cloves.              |

Season with cayenne pepper and salt. Soften gelatine five minutes in cold water. Cook together the other ingredients (except the vinegar) ten minutes, then add the vinegar and gelatine, and stir until dissolved. Then pass through a fine sieve and mould.

## Celery Sauce

MRS. BABCOCK

|                               |                            |
|-------------------------------|----------------------------|
| 12 heads celery chopped fine. | 3 onions chopped fine.     |
| ¼ lb. mustard.                | 1 tablespoon dark pepper.  |
| 2 tablespoons salt.           | 1 tablespoon curry powder. |
| 1 tablespoon turmeric.        | 3 cups brown sugar.        |
| 2 quarts cider vinegar.       |                            |

Simmer all for one hour.

## Tomato Sauce

MRS. G. M. BABCOCK

Fry 1 slice onion in 3 tablespoons butter until yellow. Remove the onion and add 1½ tablespoons Reindeer flour, and cook until smooth. Add ½ can stewed or strained tomatoes. Season to taste with pepper and salt, and add any other kind of relish desired.

**BURN HICKS' SCREENED COAL.**

## Tomato Tart

MRS. CONNAL

Seven lbs. ripe tomatoes peeled and cut up; 1 or 2 large onions; 6 or 7 good apples; 3 lbs. brown sugar; salt; as much red pepper as would go on a five cent piece; 1 pint vinegar; 2 oz. mixed spice (whole). Boil 1½ hours.

## Chow-Chow

MISS A. WEIR

|                                  |                                 |
|----------------------------------|---------------------------------|
| 3 sweet peppers, chopped.        | 1 qt. small cucumbers left      |
| 3 strong green peppers, chopped. | whole.                          |
|                                  | 1 large head cauliflower.       |
| 1 qt. small onions left whole.   | 1 qt. large onions, chopped.    |
|                                  | 1 qt. large cucumbers, chopped. |

Put in separate dishes and cover with hot brine. Let stand overnight, then drain and put altogether and add:

|                           |                         |
|---------------------------|-------------------------|
| 3 cups sugar.             | ½ gallon cider vinegar. |
| ¼ lb. white mustard seed. | ¼ oz. celery seed.      |

Let come to a boil, then make a paste of ⅔ cup Reindeer flour, ¼ lb. yellow mustard, ½ oz. tumeric, with a little vinegar. Stir slowly and let boil up.

## Grape Meat Sauce

MRS. A. E. COULTHARD

|                      |                           |
|----------------------|---------------------------|
| 3 pints grape juice. | ½ lb. English walnuts.    |
| 2 lbs. raisins.      | ½ dozen oranges cut fine. |
| ½ lb. filberts.      | 1 whole orange            |
| 3 lbs. sugar.        |                           |

Cook juice as for jelly, then add the other ingredients. Cook until like marmalade.

## Corn Pickle

MRS. F. J. JAMIESON

|                                |                              |
|--------------------------------|------------------------------|
| 18 large ears evergreen corn,  | 4 tablespoons salt.          |
| cooked and cut off cob.        | ½ gallon vinegar.            |
| 1 medium sized cabbage.        | 5 large peppers.             |
| 5 peppers, half red and green, | 1 tablespoon turmeric.       |
| chopped fine.                  | 2 large tablespoons mustard. |
| 5 cups gran. sugar.            |                              |

Boil for 20 minutes and bottle.

## Bordeaux Sauce

MRS. E. J. M'CARTHY

|                               |                        |
|-------------------------------|------------------------|
| 4 qts. chopped cabbage.       | 8 tablespoons salt.    |
| 4 small green and 4 small red | 2 qts. green tomatoes. |
| peppers.                      | 1 doz. onions.         |
| ½ oz. turmeric powder         | ½ oz. celery seed.     |
| ½ oz. whole allspice.         | 2 oz. mustard seed.    |
| 1 lb. brown sugar.            | 2 qts. vinegar.        |

Mix all together and cook 40 minutes.

BURN HICKS' SCREENED COAL.

## The Relish

MRS. STAPLETON

- |                        |                  |
|------------------------|------------------|
| 2 lbs. green tomatoes. | 3 heads celery.  |
| 2 heads cauliflower.   | 6 green peppers. |
| 2 lbs. onions.         |                  |

All cut very fine. Sprinkle salt over the above, and let stand overnight. Drain thoroughly in the morning. Make a paste of:

- |                            |                     |
|----------------------------|---------------------|
| $\frac{1}{4}$ lb. mustard. | 1 oz. turmeric.     |
| 1 oz. celery seed.         | 1 oz. curry powder. |
| 1 cup Reindeer flour.      | 6 cups brown sugar. |

Mix with a little cold vinegar. Then take 1 gallon vinegar and bring it to a boil, gradually stir in the paste, and bring to a boil, constantly stirring to keep from scorching, then add pickles and cook slowly for half an hour.

## Mustard Pickle

MRS. DEAN

- |                        |                              |
|------------------------|------------------------------|
| 2 qts. onions (small). | 1 doz. green peppers (boiled |
| 2 large cucumbers.     | first in water).             |
| 2 large cauliflowers.  | 5 stocks celery.             |
| 2 cups green tomatoes. |                              |

Cut all up and boil in  $\frac{1}{2}$  teacup salt and water till tender.

### DRESSING FOR PICKLE:

- |                                   |                 |
|-----------------------------------|-----------------|
| 2 cups sugar.                     | 1 oz. turmeric. |
| $\frac{3}{4}$ cup Reindeer flour. | 3 qts. vinegar. |
| 1 egg.                            | 1 oz. butter.   |
| $\frac{1}{2}$ cup mustard.        |                 |

Mix and boil till thickened, add vegetables, and let boil up again.

## English Chow-Chow or Mustard Pickle

MRS. MAGIE

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 qt. large cucumbers, chunked.      | 1 qt. small cucumbers, whole.     |
| 1 qt. small onions, whole.           | 1 qt. large green tomatoes,       |
| 1 large head cauliflower, separated. | chunked.                          |
| 4 sweet peppers, sliced.             | 3 strong peppers, sliced.         |
| 1 cup Reindeer flour.                | 3 cups brown sugar.               |
| 2c worth turmeric.                   | $\frac{1}{4}$ lb. yellow mustard. |
| $\frac{1}{2}$ gal. vinegar.          | $\frac{1}{4}$ lb. mustard seed.   |

With the exception of the sliced peppers, soak the vegetables overnight in salt water—each separately. In morning scald in the same waters until each looks cooked. Drain.

With one pint of the vinegar make a paste of the mustard, turmeric and flour. Scald three pints vinegar with the sugar and add paste, stirring briskly. Safest to draw vinegar kettle to one side before adding paste to keep from lumping. Boil until flour is thoroughly cooked. Add drained vegetables. Let come to a boil and seal in bottles. This makes about ten pints pickles.

**BURN HICKS' SCREENED COAL.**



## Ripe Cucumber Pickle

MRS. ALBERT STRATTON

One dozen ripe cucumbers; one dozen large onions sliced and salted overnight, then let drain. Put on stove and cover with vinegar. Then add one tablespoon of white pepper; one tablespoon of mustard; one tablespoon of turmeric; two tablespoons of brown sugar; one teaspoon of corn starch. Boil for half an hour.

## Green Tomato Pickles

MRS. ADAM HALL

Six quarts green tomatoes, peel and boil until tender in salt and water. When done stick three or four cloves in each, and drain on a platter until morning. Make a syrup of 4 lbs. sugar, 1 quart good vinegar, cinnamon stick and whole cloves. When hot, pour over the tomatoes in a crock, and let stand three or four days. Re-heat if necessary.

## Grape Catsup

MRS. ADAM HALL

4 lbs. grapes. 1½ lbs. sugar.  
1 tablespoon ground cinnamon. 1 teaspoon ground cloves.  
1 teaspoon ground pepper. 1 pint vinegar.  
Salt to taste.

Crush the grapes, boil and strain through sieve. Add the vinegar, sugar, and spices. Boil until the desired thickness.

## Ripe Cucumber Pickle

MRS. ALBERT STRATTON

One dozen ripe cucumbers; one dozen large onions sliced and salted overnight. Then let drain, put on the stove, and cover with vinegar. Add 1 tablespoon white pepper, 1 tablespoon turmeric, 1 teaspoon cornstarch, 1 tablespoon mustard, 2 tablespoons brown sugar. Boil for half an hour.

## Mustard Pickles

MRS. ROBERT HALL

2 qts. cucumbers. 2 qts. small onions.  
2 heads celery. 3 heads cauliflower.  
4 green peppers.

Cut and put into brine. Let stand 24 hours, then put on stove and let it come to a boil. Remove at once and drain perfectly dry. Cover with 3 pints vinegar, and put into it:

1½ cups mustard. 1 cup Reindeer flour.  
2 cups brown sugar. ½ oz. turmeric.  
½ oz. curry powder.

Bring to a boil and pour over pickles.

**BURN HICKS' SCREENED COAL.**

## Pepper Relish

MRS. J. R. STRATTON

- |                 |                   |
|-----------------|-------------------|
| 12 red peppers. | 12 green peppers. |
| 14 onions.      | 3 cups vinegar.   |
| 3 cups sugar.   | 3 teaspoons salt. |
- Put all through meat chopper, and boil 15 minutes.

## Green Tomato Pickle

MRS. J. W. FIRTH

- |                             |                            |
|-----------------------------|----------------------------|
| 1 basket green tomatoes.    | 1 teaspoon ginger.         |
| 1 cup brown sugar.          | 1 teaspoon turmeric.       |
| 1 teaspoon pepper.          | 2 teaspoons mustard.       |
| 1 teaspoon chow-chow spice. | 3 teaspoons whole pickling |
| 6 good sized onions.        | spice.                     |

Slice tomatoes and let stand in salt overnight. Drain and cover whole with vinegar, and let boil slowly three or four hours. Add salt if needed.

## Green Tomato Pickle

MRS. R. R. HALL

Six quarts small green tomatoes whole. Peel them and boil till tender in a little salt and water. After boiling place on a large platter and let stand until next morning. Stick three or four cloves in each. Then make a syrup of 4 lbs. sugar, 1 quart vinegar, whole cloves and cinnamon. When hot, pour over tomatoes in a crock and let stand for three days, and then re-heat the whole fruit and syrup, and bottle.

## Mustard Sauce

M. J. BARNARD

- |                           |                       |
|---------------------------|-----------------------|
| 2 pecks tomatoes.         | 2 lbs. brown sugar.   |
| Salt to flavor or taste.  | 2 red peppers.        |
| 1 oz. whole black pepper. | 1 oz. whole allspice. |
| 1/2 oz. whole cloves.     | 2 oz. ginger root.    |
| 1 lb. ground mustard.     | 2 qts. vinegar.       |

Put tomatoes in a kettle and boil. When done put through sieve, add all spices, and boil four hours. Strain again, add vinegar, and boil 20 minutes.

## Pickled Pears

MRS. PORTER S. WHITE

- |                        |                |
|------------------------|----------------|
| 3 lbs. brown sugar.    | 1 qt. vinegar. |
| A few pieces cinnamon. | 1 oz. cloves.  |
| 3 cups water.          |                |

Peel pears and cook in the above until soft. Let stand two days. Drain off syrup and boil half an hour. Pour over pears and seal.

Note.—Judge the amount of liquid needed to cover your fruit well. Pickling pears preferred.

BURN HICKS' SCREENED COAL.

*Additional Recipes Revised by Miss Ferguson***Pickled Beans**

MISS B. BUTCHER

- |                       |                            |
|-----------------------|----------------------------|
| 1 peck butter beans.  | 1 cup mustard.             |
| 3 pts. vinegar.       | 2 tablespoons turmeric.    |
| 1 cup Reindeer flour. | 2 tablespoons celery seed. |
| 3 lbs. brown sugar.   |                            |

Cook beans gently in salted water one-half hour. Mix flour and mustard with enough cold vinegar to liquefy them, then stir them into the rest of the heated vinegar. Add sugar, turmeric, and celery seed, and bring them to the boil, stirring all the time; then mix in the beans, and bottle.

**Sour Pickled Onions**

MISS E. MITCHELL

Peel silver skin onions and soak over night in brine, then rinse off in the morning with clear cold water. Put the onions in the jars and cover with cold water, then drain this off and measure it. Use the same quantity of white wine vinegar as water just measured, and to vinegar add one tablespoon of salt and heat to boiling point. Drop in onions and cook until they begin to look clear (4 or 5 minutes), then skim out and put into heated jars. For each quart of vinegar add one ounce of pepper corns, one bayleaf, and boil for five minutes closely covered, then remove spices and pour the hot vinegar over the onions, and seal.

**Chutney**

MISS E. MITCHELL

- |                        |                       |
|------------------------|-----------------------|
| 1½ lbs. brown sugar.   | ¾ lb. mustard seed.   |
| ¾ lb. salt.            | ½ pt. onions.         |
| 2 qts. vinegar.        | ¾ lb. stoned raisins. |
| ¾ lb. powdered ginger. | 30 sour apples.       |
| ¼ lb. red peppers.     |                       |

Melt sugar to syrup, and to this add chopped onions. Pare, core and slice apples rather thinly, and cook in vinegar with spices tied in a bag. When the apples are quite soft, stir in other mixture and raisins, and continue cooking until onions seem tender, then bottle.

**BURN HICKS' SCREENED COAL.**



BURN HICKS' SCREENED COAL.

# MARMALADES AND JAMS

## Rhubarb Relish

MRS. E. G. PATTERSON

Four lbs. of rhubarb; 4 lbs. of brown sugar. Mix together and allow this to stand overnight. Add 1 tablespoonful of cinnamon, 1 tablespoonful of allspice, 1 tablespoonful of cloves, 1 teaspoonful of salt, 1 cup of vinegar. Boil slowly one hour or longer if a greater thickness is preferred.

## Plum or Currant Conserve

Four quarts of plums or currants; 4 oranges;  $\frac{1}{2}$  lb. of walnuts; 1 lb. of seeded raisins; 4 lbs. of white sugar. When mixed boil 20 minutes.

## Grape Juice

MRS. MAGIE

Wash and pick off stems ten lbs. of grapes. Add 1 quart of water. Boil and strain. When strained, to each quart of juice add  $\frac{1}{2}$  lb. of sugar. Boil up and bottle.

## Rhubarb Marmalade

MRS. P. CAMPBELL

|  |                                    |
|--|------------------------------------|
| 3 bunches or 4 dippers rhubarb, cut in pieces with skins on. | 1 lemon rind and juice.            |
| 2 lbs. figs.   | 5 cts. worth of whole ginger.      |
| 3 dippers sugar.   | 1 cup water.                       |
|  | 10 cts. worth candied orange peel. |

Let stand overnight. Then put on and boil well.

## Marmalade (Very Good)

MISS E. MONROE

Cut bitter oranges very fine, and to every pint of cut fruit add  $2\frac{1}{2}$  pints cold water. Let it stand 24 hours. Then boil for  $\frac{3}{4}$  hour and let stand 24 hours. Then to every pound of this mixture add  $1\frac{1}{4}$  lbs. sugar (a quart jam jar holds 2 lbs. 3 oz.). Boil gently for an hour, then put in dishes.

## Mince Meat

MRS. T. F. MATTHEWS

Six lbs. apples, 2 lbs. suet, 3 lbs. raisins, 4 lbs. currants, 1 lb. peel mixed, 3 lbs. sugar, 1 tablespoon salt, 1 pint brandy, 1 tablespoon each of cinnamon, allspice, cloves.

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## How to Cook Cranberries

MRS. A. E. COULTHARD

To 1 quart of cranberries allow 1 pint of water, 1 pint of white sugar. Make a syrup and add cranberries. Boil briskly five minutes, then remove to back of stove to keep hot for 20 minutes.

## Bitter Orange Marmalade

"H. C. F. C."

Twelve Seville oranges. Slice very fine, removing seeds. To each pound of sliced fruit add 3 pints cold water, and allow to stand overnight. In the morning boil till rind and pulp are clear, about one hour. Set aside till following morning, when weigh and to each lb. of juice and fruit add 1 lb. 3 oz. granulated sugar, and boil till all is clear, about  $\frac{3}{4}$  hour. Bottle.

## Marsh Mallow Cream

MRS. CHRIS GRAHAM

$\frac{1}{2}$  package gelatine; dissolve 1 cup hot water.  
in cold water. 1 cup pineapple.  
1 cup sugar.

Let come to a boil. Let cool but not firm. Beat in  $\frac{1}{2}$  pint whipped cream.

## Fig Pickles—(No Figs)

MISS A. WEIR

7 lbs. green tomatoes, peeled 2 tablespoonfuls ground cin-  
and cut up. namon.  
4 lbs. granulated sugar. 1 pint vinegar.  
Mix all together and cook until fairly thick.

## Rhubarb Marmalade

MRS. ROBT. NEILL

4 pounds rhubarb. 2 lemons, juice and rind.  
 $\frac{1}{4}$  lb. chopped nuts. 6 pounds sugar.  
Boil half an hour, adding walnuts the last 15 minutes.

## Pear Marmalade

MRS. ADAM HALL

8 pounds pears. 8 pounds sugar.  
1 quart water. 1 lb. ginger, shredded thin.  
Four lemons; slice rind very thin, and soak over night;  
squeeze juice and boil  $\frac{3}{4}$  hours until transparent.

## Apple Ginger Marmalade

MRS. V. EASTWOOD

7 pounds chopped apples. 7 pounds sugar.  
4 ounces preserved ginger. 3 lemons, grated rind and juice.  
Boil one hour.

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## Grape Compote

MRS. ADAM HALL

3 pounds grapes.                      4 pounds gran. sugar.  
1 pound raisins.                      1 pound English walnuts.  
3 oranges.                              3 lemons.  
Cut rind fine, take seeds from grapes, break nuts fine and cook  $\frac{3}{4}$  hour.

## Plum Marmalade

MRS. R. S. DAVIDSON

6 pounds plums.                      5 pounds sugar.  
1 pint water.                           $\frac{1}{2}$  pound Sultana raisins.  
4 oranges, peel and all.  
Stone plums, cut oranges up, add raisins and sugar, and let stand all night in preserving kettle. Add water and cook *very slowly*, for a couple of hours, stirring occasionally.

## Grape Fruit Marmalade

MRS. RICHARD HALL

8 grape fruit (large.)                      3 lemons.  
20 cups sugar.                          20 cups water.  
Cut fruit crosswise and take out pulp. Remove the core and cut the rind in thin slices, or run through a fine grinder. Let stand 36 hours covered with the water, reserving 2 cups to cover the seeds. Boil 2 hours, add sugar and boil slowly another hour or until it settles.

## Pear Marmalade

MRS. CHRIS. GRAHAM

4 pounds pears.                          2 pounds sugar.  
3 lemons.                                   $\frac{1}{4}$  pound preserved ginger.  
Slice pears and lemons fine, add sugar and ginger with enough water to moisten. Cook  $1\frac{1}{2}$  hours.

---

*Additional Recipes Revised by Miss Ferguson*

## Chipped Pears

MISS E. KEMP.

4 lbs. sugar.                               $\frac{1}{2}$  lb. preserved ginger.  
5 lbs. sugar.                              1 lemon.

Remove the skins from the pears and chip them off into little pieces. Add sugar, ginger, and cut up lemon (skin included), and boil slowly until whole mixture is pretty thick. Serve as a jam.

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## Grape Conserve

MRS. MIDDLEBRO

5 lbs. grapes.

1 lb. raisins.

3 oranges.

4 lbs. sugar.

$\frac{1}{2}$  lb. walnuts.

Mash the grapes and remove pulps and cook them until the seeds are free. Add the strained pulp to the skins, also the raisins, cut up oranges, and chopped nuts.

Cook down until pretty thick, stirring continually.

If wished, the rind of two of the oranges may be added just before bottling.

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# QUICK BREADS

## Flour Pancakes

- |                                 |                        |
|---------------------------------|------------------------|
| 1 pint milk (sour.)             | 1 level teaspoon soda. |
| 2 eggs.                         | 3 cups Reindeer flour. |
| $\frac{1}{4}$ teaspoonful salt. |                        |

Make a soft batter and drop from spoon on hot buttered pan.

## Cheese Straws

"H. C. F. C."

- |                           |  |
|---------------------------|--|
| 2 oz. butter.             | 2 oz. bread crumbs.                      |
| 2 oz. Reindeer flour.     | $\frac{1}{2}$ small saltspoonful of mix- |
| 2 oz. grated cheese—parm- | ed salt and cayenne.                     |
| esan preferred.           |  |

Mix all. Roll out thin ( $\frac{1}{2}$  inch); cut into narrow strips; lay on sheet of paper, and bake for a few moments till golden brown.

## Graham Bread

MISS MARGARET A. ENGLISH

- |                             |                                |
|-----------------------------|--------------------------------|
| 2 cups sour or butter milk. | $\frac{1}{2}$ cup brown sugar. |
| 2 even teaspoons soda.      | 1 egg well beaten.             |
| $\frac{1}{2}$ cup molasses. |                                |

Graham flour to make a stiff batter. Bake in round tins about  $\frac{3}{4}$  hour.

## Nut Bread

O. W. BREWER.

- |                                 |                  |
|---------------------------------|------------------|
| 4 cups Reindeer flour.          | 1 cup milk.      |
| 4 teaspoons Royal baking powder | 1 teaspoon salt. |
| 1 cup rolled walnuts.           | 2 eggs.          |
| $\frac{1}{2}$ cup sugar.        |                  |

Let rise 20 minutes; bake in a loaf tin for 50 minutes in a moderate oven.

## Oat Meal Bread

B. GARDINER

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 cup rolled oats.             | 1 teaspoon salt.            |
| 1 quart sifted Reindeer flour. | $\frac{1}{2}$ cup molasses. |
| 1 tablespoon Rose Brand lard   |                             |

Pour two cups of boiling water on the rolled oats, lard and salt; let stand till luke warm. Add molasses. Dissolve one yeast cake if set in the morning or  $\frac{1}{2}$  yeast cake if set at night. Lastly add flour. Mix thoroughly and knead. Turn into greased bowl and let rise to double in bulk. Knead again and shape in loaves, put into buttered pans, let rise again. Bake from 45 to 60 minutes.

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## Nut Bread

MRS. AYLMER

- |                      |                                 |
|----------------------|---------------------------------|
| 2 cups Graham flour. | 1 cup chopped walnuts.          |
| 1 cup white sugar.   | 1 egg.                          |
| 1 cup brown sugar.   | 3 teaspoons Royal baking powder |

A little salt and milk to moisten well. After mixing all the ingredients together put in a pan and let rise 20 minutes. Bake 40 minutes in a moderate oven.

## Tea Biscuits

MISS STEINHOFF

- |  |                       |
|--|-----------------------|
| 2 cups Reindeer flour.                 | 1 teaspoon salt.      |
| 4 level teaspoons Royal baking powder. | 2 tablespoons butter. |

Milk enough to make a soft dough (about 1 cup.) Sift the salt, flour and baking powder together into a bowl. Rub in the shortening with the fingers. Add the milk, mixing with a broad bladed knife. Turn out on a lightly floured board; knead just enough to make the surface smooth; roll out about  $\frac{3}{4}$  of an inch thick and cut into small biscuits. Bake in a hot oven. Success depends upon mixing quickly and handling as little as possible.

## Date Cake (Very Good)

MISS EFFIE MUNROE

- |   |                           |
|---|---------------------------|
| 1 lb. dates.  | $\frac{1}{4}$ lb. citron. |
| 1 lb. raisins.                                      | 1 cup butter.             |
| $\frac{1}{4}$ lb. almonds.                          | 2 cups brown sugar.       |
| 4 eggs.   | 4 cups Reindeer flour.    |
| $\frac{1}{4}$ teaspoon soda dissolved in hot water. | Bake in slow oven         |
| $1\frac{1}{2}$ hours.                               |                           |

## Pop Overs

MISS EFFIE MUNROE

- |             |                              |
|-------------|------------------------------|
| 1 egg.      | 1 cup Reindeer flour.        |
| 1 cup milk. | $\frac{1}{2}$ teaspoon salt. |

Beat egg with Dover beater, add to milk, add flour and put in oven quickly. Bake in iron pans (have them hot), and bake in quick oven  $\frac{1}{2}$  hour.

## Boston Brown Bread

MISS EFFIE MUNROE

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 cup sour milk.                  | 2 teaspoons salt.               |
| 1 cup molasses.                   | 2 teaspoons sugar dissolved     |
| 1 cup raisins, dates, or walnuts. | in $\frac{1}{2}$ cup hot water. |
| 4 cups Graham flour.              | 4 tablespoons brown sugar.      |

Bake in large baking powder tins (with lids) over an hour in slow oven.

BURN HICKS' SCREENED COAL.



## White Bread

### TWO LOAVES

B. GARDINER

3 teaspoons Rose Brand lard. 1 cup water.  
1 yeast cake. 1 teaspoon salt.  
3 pints sifted Reindeer flour. 1 teaspoon sugar (or not).  
1 cup milk.

Scald milk, add water boiling, pour over salt, sugar, and lard; allow mixture to cool. When cool dissolve and add yeast cake, and lastly add the sifted flour. Mix it thoroughly, cover, and when well risen, knead; cover again when the dough has doubled, knead again, and form into loaves. Put into buttered pans to rise, cover, and when again double in bulk bake in moderate oven, about 45 minutes. When it comes from the oven brush over quickly with water, or butter. Cool uncovered.

## Raspberry Buns

MRS. BURNETT

$\frac{1}{2}$  cup butter. Pinch salt.  
 $\frac{1}{2}$  cup sugar. 4 tablespoons milk.  
2 eggs. Raspberry jam.  
3 cups Reindeer flour. (Use half recipe.)  
2 teaspoons Royal baking powder

Rub butter well into the flour. Add sugar and eggs well beaten. Stir milk into mixture. If necessary, add a little more milk, but the mixture must be stiff enough to mould into little buns. Make a hole in top of each, and put in a little jam. Bake in moderate oven 10 to 15 minutes. Serve with raspberry jam.

## German Buns

MRS. K. G. LECK

Take 2 cups Reindeer flour, 1 teaspoon cream tartar,  $\frac{1}{2}$  teaspoon, soda,  $\frac{1}{2}$  cup butter, 1 egg, milk enough to roll out. When rolled out spread with butter and brown sugar; roll up like roly-poly, and cut in slices. Bake in a quick oven.

## Coffee Cake

MRS. K. G. LECK

Make a rich biscuit crust and line a large square tin; then mix 2 cups brown sugar, 1 cup Reindeer flour, butter the size of an egg; 1 tablespoon cinnamon. Mix well together, and spread on pastry. Cut in squares.

## Scotch Buns

MRS. PORTER S. WHITE

One egg beaten and put into a cup, filling the cup with milk. Two tablespoons of butter, 2 tablespoons of sugar,  $\frac{1}{2}$  teaspoon of salt, 2 teaspoons Royal baking powder sifted with 2 cups of Reindeer flour. Bake in gem tins.

BURN HICKS' SCREENED COAL.

## Bread Muffins

MISS KINGAN

Two small cups breadcrumbs, 2 eggs, 1 pint Reindeer flour, 2 heaping teaspoons Royal baking powder, salt to taste, 1 tablespoon melted butter, enough milk to make a stiff batter.

## Sally Lunns

MRS. J. HARRIS MCCLELLAND

One tablespoon sugar, 1 tablespoon butter, 2 eggs,  $1\frac{1}{2}$  cups milk, 2 cups Reindeer flour, 2 teaspoons Royal baking powder, little salt. Use as hot muffins. Bake in very hot oven, about 10 minutes.

## Pop Overs

MRS. ROBT. NEILL

One egg,  $\frac{3}{4}$  cup sweet milk, butter size of an egg (melted),  $\frac{1}{2}$  cup sugar, salt, nutmeg, 2 teaspoons Royal baking powder, Reindeer flour to thicken like cake batter.

## Graham Flour Muffins

MRS. ROBT. NEILL

One egg,  $\frac{3}{4}$  cup sour milk, butter size of an egg (melted),  $\frac{1}{2}$  cup sugar, salt, 1 tablespoon molasses, Graham flour to thicken like cake batter.

## Invalid's Muffins

ELSPETH ANDERSON

|                         |                                |
|-------------------------|--------------------------------|
| Whites of two eggs.     | 1 cup Reindeer flour.          |
| 2 tablespoons butter.   | 1 teaspoon Royal baking powder |
| $\frac{1}{2}$ cup milk. | Pinch of salt.                 |

Mix and sift dry ingredients, then add milk (slowly), well-beaten egg, and melted butter. Bake in moderate oven.

## Rice Muffins

MRS. J. HARRIS MCCLELLAN

Two cups Reindeer flour, 2 teaspoons Royal baking powder, 2 cups milk, 2 eggs well beaten, 2 cups cold boiled rice,  $\frac{1}{2}$  teaspoon salt. Stir together until smooth, adding rice last. Bake in gem pans about 10 minutes in hot oven.

## Crullers

MISS N. HALL

|                       |                                 |
|-----------------------|---------------------------------|
| 3 tablespoons butter. | 1 cup milk.                     |
| 1 cup brown sugar.    | 1 quart Reindeer flour.         |
| 2 eggs.               | 3 teaspoons Royal baking powder |

Cream butter, add sugar and cream, then eggs, milk, flour, with baking powder in it, roll, cut in shapes, and fry in deep fat.

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## Pop Overs

One cupful milk, 1 cup Reindeer flour,  $\frac{1}{2}$  teaspoon salt, 1 egg. Bake in gem pans. Let them get hot before putting in batter. Bake quickly.

## Buns

MRS. ALBERT STRATTON

Four cups of Reindeer flour, 1 cup of sugar, 1 cup of raisins, 3 teaspoons of Royal baking powder, salt to taste; lard size of egg, butter size of egg, milk and water, enough to roll out.

## Corn Bread

MRS. G. SHIRLEY DENISON

1 cup corn meal. 1 tablespoon butter.  
2 cups sifted Reindeer flour. 2 teaspoons Royal baking powder  
 $\frac{1}{2}$  teaspoon salt. 1 cup milk.  
1 cup granulated sugar.  
Make into batter like an ordinary cake, and bake for one hour, beginning in a hot oven.

## Corn Cake

MRS. H. W. SPOFFORD

2 tablespoons of butter.  $\frac{3}{4}$  cup of yellow corn meal.  
1 tablespoon of sugar. 1 teaspoon of salt.  
1 well-beaten egg. 2 teaspoons Royal baking powder  
1 cup of milk. sifted with corn meal and flour.  
1 cup Reindeer flour  
Bake 20 minutes.

## Boston Brown Bread

MRS. G. SHIRLEY DENISON

$1\frac{1}{2}$  cup Graham flour.  $\frac{1}{3}$  cup corn meal.  
1 cup Reindeer flour. Pinch salt.  
Stir these. Take  $\frac{1}{2}$  cup sweet milk, water or sour milk, 1 teaspoonful soda,  $\frac{1}{3}$  cup molasses. Stir molasses, soda and liquid together. Add raisins or dates. Butter baking powder tins and bake for 1 hour in a moderate oven.

## Date Muffins

MRS. R. R. HALL

2 cups of whole wheat flour. 1 teaspoon salt.  
1 cup of milk. 4 tablespoons of sugar.  
2 eggs. 4 tablespoons of melted butter.  
4 teaspoons Royal baking powder 1 cup of dates cut in pieces.

Mix dry ingredients together, beat eggs till light, add milk to the eggs, and then the liquid to the dry ingredients. Then add the melted butter, and last add the dates. Put in oiled muffin rings, and bake in a quick oven.

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# CAKE

## Vienna Icing

MISS NAN HALL

$\frac{1}{2}$  cup butter. 1 tablespoon brandy.  
 $1\frac{1}{4}$  cups icing sugar.

Cream butter and add sugar by degrees, then brandy, and stir until very thick. Cut cake in squares, and ice sides, and dip in chopped almonds, which have been browned.

## Walnut Cake

MRS. McDERMID

1 cup butter. 4 whites of eggs.  
 2 cups white sugar.  $\frac{1}{2}$  teaspoon almond flavoring.  
 1 cup sweet milk. 1 cup chopped walnuts and  
 3 cups Reindeer flour, sifted dates.  
 2 teaspoons Royal baking powder

## Cherry Cake

MISS NAN HALL

$\frac{1}{2}$  lb. butter. 2 oz. citron peel.  
 $\frac{1}{2}$  lb. white sugar.  $\frac{1}{2}$  lb. candied cherries.  
 5 eggs. 1 small teaspoon Royal baking  
 $\frac{1}{2}$  lb. Reindeer flour. powder.  
 $\frac{1}{4}$  lb. ground rice.

Mix like ordinary fruit cake and cook about one hour in a moderate oven. Ice with boiled white icing, with candied cherries for decoration.

## Chocolate Cake

MRS. JAMES MONTGOMERY

One and half cups sugar,  $\frac{1}{2}$  cup butter (creamed), 2 eggs well beaten, 4 squares of chocolate dissolved in  $\frac{1}{2}$  cup boiling water;  $\frac{1}{2}$  cup milk, into which is dissolved 1 teaspoon baking soda, 2 cups Reindeer flour, 2 teaspoons cream tartar (sifted well) after the other ingredients.

## Boiled Chocolate Cake

MISS LAURA DAVIDSON

Half a cake of baker's chocolate, or 4 tablespoons,  $\frac{1}{2}$  cup of milk, yolks of 2 eggs. Boil gently until thick, then let it cool. Add  $\frac{1}{2}$  cup of milk, 1 tablespoon butter, 1 cup sugar, 2 cups Reindeer flour, 2 teaspoons cream tartar, 1 teaspoon soda dissolved in a little milk; vanilla flavoring.

BURN HICKS' SCREENED COAL.



## Molasses Cake

One cup molasses, butter the size of an egg, 1 yolk of egg, 1 teaspoon cinnamon, 2 cups Reindeer flour, 1 teaspoon soda dissolved in hot water.

## Fruit Cake

CATHERINE L. MOORE

|                               |   |
|-------------------------------|---|
| 2 cups sugar.                 | $\frac{1}{2}$ lb. cocoanut.             |
| $\frac{1}{2}$ lb. butter.     | 2 cups Reindeer flour (with             |
| 5 eggs creamed to a froth.    | $\frac{1}{3}$ teaspoon soda.)           |
| 2 lbs. raisins.               | $\frac{1}{2}$ teaspoon cloves.          |
| $\frac{1}{2}$ lb. mixed peel. | $\frac{1}{2}$ teaspoon cinnamon.        |
| $\frac{1}{2}$ lb. dates.      | $\frac{1}{2}$ lb. almonds chopped fine. |

Flour all the fruit, add the beaten eggs to the butter and sugar, then add floured fruit and spices to the creamed mixture. Put on buttered tins and bake two hours.

## Christmas Cake

MRS. R. H. TURNER

|                                  |                                  |
|----------------------------------|----------------------------------|
| 1 lb. butter.                    | $\frac{1}{8}$ oz. ground cloves. |
| $1\frac{1}{4}$ lbs. brown sugar. | $\frac{1}{4}$ lb. nutmeg.        |
| 1 lb. Reindeer flour.            | $\frac{1}{4}$ lb. allspice.      |
| 3 lbs. currants.                 | $\frac{1}{4}$ pint of brandy.    |
| 2 lbs. raisins.                  | 9 eggs.                          |
| $\frac{1}{2}$ lb. citron peel.   | 1 teaspoon soda.                 |
| $\frac{1}{2}$ lb. lemon peel.    | 2 teaspoons cream tartar.        |
| $\frac{1}{2}$ lb. almonds.       |                                  |

Cook in slow oven about three hours.

## Mocha Cakes

MRS. R. H. TURNER

|                         |                                     |
|-------------------------|-------------------------------------|
| 2 tablespoons butter.   | $1\frac{1}{2}$ cups Reindeer flour. |
| 1 cup white sugar.      | 2 teaspoons Royal baking powder     |
| 7 teaspoons sweet milk. | Whites of 2 eggs.                   |

Mix in order named, adding beaten whites last. Bake in square shallow tin. When cake is 24 hours old cut in small squares and ice on four sides with following icing: 1 tablespoon sweet milk, 1 tablespoon melted butter, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon almond flavoring. Add enough powdered sugar to spread. Have ready  $\frac{1}{2}$  lb. almond browned and crushed. Roll each piece in nuts.

## Boiled Sponge Cake

MISS LAURA DAVIDSON

Six eggs,  $\frac{3}{4}$  lb. sugar,  $\frac{1}{2}$  lb. Reindeer flour, 1 gill water, lemon flavoring. Separate eggs, beat whites stiff, and add 1 yolk at a time, beating constantly, boil sugar and water until clear, pour boiling hot into beaten eggs. Beat until cold, then add flour and flavoring. Bake 40 minutes in a moderate oven.

BURN HICKS' SCREENED COAL.

## Raspberry Cake

MISS LAURA DAVIDSON

One cup brown sugar,  $\frac{1}{2}$  cup butter, 1 cup raspberries, 2 cups Reindeer flour, 2 eggs, 1 teaspoon soda.

## Cocoa Cake

MRS. ROBERT HALL

Cream  $\frac{1}{2}$  cup butter, and 1 cup sugar, and  $\frac{1}{4}$  cup cocoa; yolks, 3 eggs,  $\frac{1}{2}$  cup water, 1 teaspoon cinnamon. Then mix the beaten whites of the eggs, and  $1\frac{1}{4}$  cups of Reindeer flour, with 3 teaspoons Royal baking powder. Icing of butter and cream, and thickened with pulverized sugar and flavored with vanilla.

## Sponge Cake

MRS. ZEPP

|                        |                              |
|------------------------|------------------------------|
| 6 eggs.                | 2 teaspoons cream of tartar. |
| 3 cups sugar.          | 1 teaspoon soda.             |
| 4 cups Reindeer flour. | Flavor to taste.             |
| 1 cup cold water.      |                              |

Beat eggs until light, add sugar, beat again, sift flour and cream of tartar together three times; dissolve soda in water, add to egg and sugar, mixing in flour at once. Bake in moderate oven for 30 minutes or more. Icing: Use whipped cream with chopped walnuts and candied cherries.

## Date Cake

MRS. J. R. STRATTON

|                                  |                                     |
|----------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups brown sugar. | 1 teaspoon soda.                    |
| 2 eggs.                          | $2\frac{1}{2}$ cups Reindeer flour. |
| 1 cup butter.                    | 1 lb. dates.                        |
| $\frac{1}{2}$ teaspoon salt.     | $\frac{1}{2}$ lb. walnuts.          |

Cook slowly for  $1\frac{1}{4}$  hours. Mix a little flour with dates and nuts.

## Spice Cake

MRS. J. R. STRATTON

|                           |                                     |
|---------------------------|-------------------------------------|
| $\frac{1}{2}$ cup butter. | $1\frac{1}{2}$ cups Reindeer flour. |
| 1 cup sugar.              | 2 teaspoons Royal baking powder     |
| 2 eggs.                   | 1 teaspoon cinnamon.                |
| $\frac{1}{2}$ cup milk.   | 1 teaspoon cloves.                  |

Icing: 1 cup sugar,  $\frac{1}{2}$  cup water. Boil until hairy and flies away from spoon. Then pour over beaten white of eggs. Drop walnuts on top.

## White Fruit Cake

MRS. RICHARD HALL

One cup butter, 2 cups fruit sugar, whites of 7 or 5 eggs, 1 cup milk,  $3\frac{1}{2}$  cups Reindeer flour, 3 teaspoons Royal baking powder, 1 lb. raisins, 1 lb. almonds, 1 lb. citron peel.

BURN HICKS' SCREENED COAL.

## Velvet Cake

MRS. BURNETT

|                                     |                                 |
|-------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter.           | $\frac{1}{2}$ cup corn starch.  |
| $1\frac{1}{2}$ cups sugar.          | 4 teaspoons Royal baking powder |
| Yolks of 4 eggs.                    | (level).                        |
| $\frac{1}{2}$ cup cold water.       | Whites of 4 eggs.               |
| $1\frac{1}{2}$ cups Reindeer flour. | Pinch salt.                     |

Cream butter and sugar. Add yolks, well beaten. Sift flour, corn starch and baking powder. Add flour and water alternately to mixture. Fold and cut in stiffly beaten whites. Bake 45 to 60 minutes in wax paper lined tin, 12 by 8 by 3 inches. Ice with boiled icing and shredded blanched almonds. Use fruit sugar. It makes a finer-grained cake.

## Burnt Leather Cake

MRS. HARRY THOMPSON

|   |                               |
|---|-------------------------------|
| $1\frac{1}{2}$ cups white sugar (sifted). | Yolks of 2 eggs well beaten.  |
| $\frac{1}{2}$ cup butter.                 | Whites of 3 eggs well beaten. |
| 3 teaspoons caramel.                      | 1 cup of warm water.          |
| 2 cups Reindeer flour.                    | 1 teaspoon of vanilla.        |
| 4 teaspoons Royal baking powder.          |                               |

### ICING

|                        |                             |
|------------------------|-----------------------------|
| 1 cup white sugar.     | $\frac{1}{4}$ cup of water. |
| 1 teaspoon of caramel. |                             |

Cook till it threads, and add to beaten white of 1 egg.

## Spanish Bun

MRS. HENRY D. BURNETT

|                                  |   |
|----------------------------------|---|
| $\frac{3}{4}$ cup of butter.     | $\frac{2}{3}$ teaspoon of soda (scant). |
| 1 cup of brown sugar.            | 1 teaspoon of cloves.                   |
| 3 egg yolks.                     | 1 teaspoon of cinnamon.                 |
| $\frac{3}{4}$ cup of sour cream. | $1\frac{1}{4}$ cups Reindeer flour.     |

Cream, butter and sugar. Add yolks, one at a time, beating well. Sift soda, flour and baking powder together. Add spices. Stir flour and sour cream alternately into other ingredients. Bake about 45 minutes in 8 by 6 by  $2\frac{1}{2}$  inch pan. Line pan with wax paper.

## Lily Cake

MRS. H. D. BURNETT

|   |                                       |
|---|---------------------------------------|
| $\frac{1}{2}$ cup of butter.                  | Whites of 3 eggs.                     |
| 1 cup of sugar.                               | $\frac{1}{2}$ teaspoon lemon extract. |
| $\frac{1}{2}$ cup of milk.                    | $\frac{2}{3}$ of teaspoon vanilla.    |
| $1\frac{3}{4}$ cups Reindeer flour.           | Pinch of salt.                        |
| $2\frac{1}{2}$ teaspoons Royal baking powder. |                                       |

Cream, butter and sugar. Sift flour and baking powder two or three times. Add flour and milk alternately. Beat whites of eggs into mixture. Bake 45 to 60 minutes in wax-paper lined pan 12 by 8 by 3 inches. Ice with boiled frosting and blanched almonds.

**BURN HICKS' SCREENED COAL.**

## Devil's Food

MISS E. MORROW

Boil 1 cup of grated bitter chocolate, 1 cup of sour milk, 1 cup of brown sugar together and set aside to cool. Beat to a cream 1 cupful of granulated sugar, 1 scant cupful of butter. Add 3 eggs well beaten, and 1 cupful of sour milk. After this has been beaten add your cold chocolate, 1 teaspoon of vanilla,  $2\frac{1}{2}$  cups Reindeer flour sifted with 1 teaspoon of Baking soda—be sure to use baking soda and not baking powder. Beat all together and bake in hot oven.

## Pound Cake

MRS. J. HARRIS MCCLELLAN

4 oz. butter.

4 oz. Reindeer flour.

4 oz. sugar.

5 eggs.

Grated rind of 1 lemon, cream, butter; add sugar and rind and beat till light. Add eggs one at a time (unbeaten), beat five minutes, after adding eggs. Add flour, little at a time. Add small teaspoon Royal baking powder to flour. Bake slowly.

## Chocolate Cake

MRS. RICHARD HALL

Half cup butter, 1 cup sugar,  $\frac{1}{2}$  cup milk,  $1\frac{1}{3}$  cups Reindeer flour, 2 small eggs,  $2\frac{1}{2}$  teaspoons Royal baking powder, 2 oz. chocolate (baker's), melted and poured in last, beating well; vanilla flavoring.

## Ginger Bread

MISS ANNA HURLEY

One cup shortening, 3 eggs, 2 teaspoons cream tarar, 1 teaspoon soda (wet in hot water), 1 cup brown sugar, 1 teaspoon ginger, cinnamon and allspice, 1 cup milk, 1 cup molasses.

## Sponge Cake

MRS. J. HARRIS MCCLELLAN

Weight of 4 eggs in sugar, weight of 2 eggs in Reindeer flour, 1 teaspoon water, 1 teaspoon lemon juice and a little rind, pinch of salt,  $\frac{1}{2}$  teaspoonful Royal baking powder. Beat yolks and sugar together, add water and lemon juice. Whip whites stiffly, sift flour three times, fold the whites and flour alternately. Bake three-quarters of an hour.

## Apple Sauce Cake

MRS. STAPLETON

1 cup of sugar.

$\frac{1}{2}$  cup currants.

$\frac{1}{2}$  cup of butter.

$\frac{1}{2}$  cup walnuts.

1 cup of apple sauce.

1 teaspoon cinnamon.

1 teaspoon soda.

1 teaspoon cloves.

$\frac{1}{2}$  cup raisins.

$\frac{3}{4}$  cup Reindeer flour.

BURN HICKS' SCREENED COAL.



## Maple Walnut Cake

MRS. RICHARD HALL

- |                           |                                     |
|---------------------------|-------------------------------------|
| $\frac{1}{2}$ cup butter. | $1\frac{3}{4}$ cups Reindeer flour. |
| 1 cup fruit sugar.        | 2 teaspoons Royal baking flour      |
| 2 eggs.                   | 2 tablespoons walnut cut fine.      |
| $\frac{1}{2}$ cup milk.   |                                     |

### ICING

- 1 cup maple syrup.                      3 tablespoons granulated sugar.  
 Boil until it spins a thread, and pour on white of 1 egg  
 beaten dry.

## Eggless Cake

MRS. W. R. ROBERTSON

One cup sugar,  $\frac{1}{2}$  cup butter, 1 cup sour milk, 1 teaspoon  
 soda, 1 cup raisins, 2 cups Reindeer flour,  $\frac{1}{2}$  cup nutmeg, all-  
 spice and cinnamon.

## Nut Layer Cake

MISS J. GARROW

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 cup of granulated sugar.   | 2 cups of Reindeer flour, sifted |
| 1 cup of sweet milk.         | three times, and added al-       |
| $\frac{1}{2}$ cup of butter. | ternately with whites.           |
| Pinch of salt.               | 2 teaspoons of cream tartar.     |
| 1 cup of chopped walnuts.    | 1 teaspoon of baking soda.       |
| 3 eggs well beaten—yolks and | 1 teaspoon of vanilla.           |
| whites separate.             |                                  |

Bake in moderate oven.

## Loaf Fudge Cake

MURIEL GLADMAN

- |                              |                                       |
|------------------------------|---------------------------------------|
| 1 cup of white sugar.        | $2\frac{1}{2}$ cups Reindeer flour.   |
| 3 eggs.                      | $2\frac{1}{2}$ teaspoons Royal baking |
| $\frac{3}{4}$ cup of butter. | powder.                               |
| 1 cup of milk.               | $\frac{1}{2}$ cup of walnuts.         |
|                              | $\frac{1}{2}$ cup of chocolate.       |

Cream the butter and sugar; add milk. Then add flour and  
 baking powder. Then stir in the chocolate, which has been  
 dissolved in hot water. Add nuts, and lastly eggs, beaten  
 separately.

## Lady Cake

MURIEL GLADMAN

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ cup of butter.              | 2 teaspoons of vanilla.         |
| $1\frac{1}{2}$ cups of granulated sugar.  | 2 teaspoons Royal baking powder |
| 1 cup of lukewarm water.                  | Whites of 4 eggs.               |
| $2\frac{1}{2}$ cups sifted Reindeer flour |                                 |

Cream the butter and sugar, then add the water and vanilla.  
 Then the eggs, and lastly flour and baking powder. Bake in  
 a slow oven.

**BURN HICKS' SCREENED COAL.**

## Icing for Loaf Fudge Cake

MURIEL GLADMAN

- |                                    |                            |
|------------------------------------|----------------------------|
| $\frac{1}{2}$ cup of cocoa.        | $\frac{1}{3}$ cup of milk. |
| $1\frac{1}{2}$ tablespoons butter. | A few grains of salt.      |
| $1\frac{1}{3}$ cups of sugar.      | 3 teaspoons of vanilla.    |

Melt the butter, add cocoa, sugar, salt, and milk. Heat to a boiling point, and boil eight minutes. Remove from fire and beat until creamy. Add vanilla.

## Mocha Cake

MRS. W. H. HARSTONE

- |                              |   |
|------------------------------|---|
| $\frac{1}{4}$ cup of butter. | $1\frac{1}{2}$ cups Reindeer flour            |
| $\frac{1}{2}$ cup of milk.   | 2 eggs.                                       |
| $\frac{3}{4}$ cup of sugar.  | $1\frac{1}{2}$ teaspoons Royal baking powder. |

Cream butter and sugar. Beat the eggs and mix into the butter and sugar very thoroughly. Add the milk, and continue beating until sugar is dissolved; add flour, into which baking powder has been sifted, and beat batter well.

### ICING

- |                               |                                 |
|-------------------------------|---------------------------------|
| $\frac{1}{2}$ lb. of butter.  | 1 lb. of icing sugar.           |
| $\frac{1}{2}$ lb. of almonds. | 4 tablespoons of strong coffee. |

Cream butter and stir sugar in gradually, add coffee, blanched almonds, and place on buttered paper in oven. Slightly scorch and chop fine. Cut the cake in small pieces and cover with icing, and roll in the chopped nuts.

## Virginia Fruit Cake

MRS. WEBBER

- |   |  |
|---|--|
| 4 cups Reindeer flour (well sifted).              | $\frac{1}{2}$ lb. of citron.               |
| 3 cups of sugar.                                  | 4 eggs (beat whites and yolks separately). |
| 2 cups of butter.                                 | 1 nutmeg.                                  |
| 2 lbs. of currants.                               | 1 teaspoon of soda.                        |
| 2 lbs. of raisins.                                | 1 small cup of sour milk.                  |
| $\frac{1}{2}$ lb. of nuts (walnuts are the best.) | Bake two hours.                            |

## Crumb Cake

MRS. HARSTONE

- |                                  |                        |
|----------------------------------|------------------------|
| 2 tablespoons of butter.         | 1 cup of sugar.        |
| $\frac{3}{4}$ cup Reindeer flour | 2 cups Reindeer flour. |

Crumb together and reserve three-quarters of a cup of crumbs for the top.

To the remainder add:

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 cup of buttermilk.               | 1 cup of raisins.                 |
| 1 teaspoon of soda in butter-milk. | 1 teaspoon cinnamon.              |
| $\frac{3}{4}$ cup Reindeer flour.  | $\frac{1}{2}$ teaspoonful cloves. |

Sprinkle crumbs on top when in the tin.

**BURN HICKS' SCREENED COAL.**

## Fruit Loaf

MISS C. M. CAHILL

- |   |                                       |
|---|---------------------------------------|
| $\frac{3}{4}$ cup sugar.                            | $\frac{1}{2}$ teaspoon salt.          |
| 1 egg.  | $1\frac{1}{4}$ cups milk.             |
| 4 cups Reindeer flour.                              | $\frac{3}{4}$ cup raisins.            |
| 4 teaspoons Royal baking powder<br>sifted in flour. | $\frac{3}{4}$ cup sliced citron peel. |

Let rise in warm place for half an hour, and bake one hour in slow oven.

## Chocolate Cake

MRS. R. G. KINGAN

- |  |   |
|--|---|
| 2 well-beaten eggs.                              | 1 cup of sour milk.                           |
| $1\frac{1}{4}$ cups of granulated sugar.         | 4 heaping tablespoons of grated<br>chocolate. |
| $\frac{1}{2}$ cup of butter.                     |   |
| 1 teaspoon (level) of soda in<br>Reindeer flour. | 2 cups Reindeer flour.                        |

Bake in layers. It improves the cake to melt the chocolate over a pot of hot water.

## White Icing

MRS. R. G. KINGAN

Boil 1 cup of sugar and  $\frac{1}{2}$  cup of water with a pinch of cream of tartar, until it is sticky when tested between the thumb and first finger. Let cool, and pour over 1 white of egg well beaten. Beat well until smooth and thick. Flavor.

## Cream Sponge Cake

MRS. R. G. KINGAN

Two eggs broken in a coffee cup. Then fill up with good rich sweet cream (or sour cream with a pinch of soda); 1 cup of granulated sugar,  $1\frac{1}{2}$  cups Reindeer flour, well sifted after measuring; a small pinch of salt. Beat all well together until it creams; add 2 teaspoons of Royal baking powder.

## Soft Gingerbread

MRS. ROBERT NEIL

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups of molasses.   | 3 tablespoons of ginger.            |
| $\frac{1}{2}$ cup of butter.       | 1 cup of sour milk.                 |
| $\frac{1}{2}$ cup Rose Brand lard. | $2\frac{1}{2}$ cups Reindeer flour. |
| $\frac{1}{2}$ cup of brown sugar.  | 1 dessertspoon of soda.             |
| 3 eggs.                            |                                     |

Put the molasses in a bowl, add the butter and lard, then the eggs (not beaten). Beat all these together; add milk, then the flour with the soda sifted in it. Bake in a slow oven.

## Maple Cream Icing

MRS. JOHN CRANE

- |                              |                           |
|------------------------------|---------------------------|
| 1 cup of grated maple sugar. | 1 tablespoon maple syrup. |
|------------------------------|---------------------------|
- Boil till it strings, then add to stiffly beaten white of 1 egg.

**BURN HICKS' SCREENED COAL.**

## Reliable Cake

MRS. JOHN CRANE

|                              |                                 |
|------------------------------|---------------------------------|
| $\frac{1}{2}$ cup of butter. | 2 eggs.                         |
| 1 cup of sugar.              | 2 tablespoons corn starch.      |
| 1 cup of milk.               | 2 teaspoons Royal baking powder |
| 2 cups Reindeer flour.       | 1 teaspoon of vanilla.          |

## Marbled Cake

MRS. TRAVERS

This is made in separate batters, a dark one and a light one. For the dark one take:

|                                     |  |
|-------------------------------------|--|
| $\frac{1}{2}$ cup of butter.        | Yolks of 4 eggs.                                       |
| 1 cup of brown sugar.               | $\frac{1}{2}$ cup of milk.                             |
| $2\frac{1}{2}$ cups Reindeer flour. | 1 teaspoon of extract, cinnamon, cloves, and allspice. |
| 1 teaspoon Royal baking powder      |  |

For the light one take:

|                                     |                                 |
|-------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup of butter.        | 1 teaspoon of extract of lemon. |
| 1 cup of white sugar.               | $\frac{1}{2}$ cup of milk.      |
| $2\frac{1}{2}$ cups Reindeer flour. | Whites of 4 eggs.               |
| 1 teaspoon Royal baking powder      |                                 |

Both batters are made by rubbing the butter and sugar to a cream, adding the eggs, beating a few minutes, then adding the flour sifted with the powder, the extracts and milk, and mixing into a smooth batter rather firm. Drop into tin alternately. Bake in a rather quick oven for 35 minutes.

## Marshmallow Fillings

MRS. R. G. KINGAN

Three-quarters of a cup of granulated sugar,  $\frac{1}{4}$  cup of milk in a saucepan. Heat slowly to boiling point without stirring, and boil six minutes. Break  $\frac{1}{4}$  lb. of marshmallows in pieces and melt in double boiler; add 2 tablespoons of hot water, and cook until mixture is smooth; then add hot syrup gradually, stirring constantly. Beat until cool enough to spread, then add  $\frac{1}{2}$  teaspoon of vanilla or orange flower water.

## Chocolate Cream Icing

MISS IRWIN

|                                     |                           |
|-------------------------------------|---------------------------|
| 1 cup of sugar.                     | 1 teaspoonful of vanilla. |
| White of 1 egg.                     | 2 oz. bitter chocolate.   |
| $\frac{1}{3}$ cup of boiling water. |                           |

Boil sugar and water until a soft ball forms in cold water. Pour over the beaten white of the egg, beating all the time. Add the flavoring and beat until thick, then spread over the cake. When cold, pour the melted chocolate over the boiled icing and spread until smooth. Mark into squares before it hardens.

BURN HICKS' SCREENED COAL.



## Rochester Gingerbread

MRS. J. A. AYLMER

- |                              |                                |
|------------------------------|--------------------------------|
| $\frac{1}{2}$ cup of butter. | 3 cups Reindeer flour.         |
| $\frac{1}{2}$ cup of sugar.  | $1\frac{1}{2}$ teaspoons soda. |
| 2 eggs.                      | 1 teaspoon ginger.             |
| 1 cup of thick, sour milk.   | 1 teaspoon cinnamon.           |
| 1 cup of molasses.           |                                |

Bake in two shallow pans, or in one deep pan.

### *Additional Recipes Revised by Miss Ferguson*

## Cocoanut Puffs

MISS KEMP.

- |                          |                             |
|--------------------------|-----------------------------|
| 3 egg whites.            | 1 cup sugar.                |
| 1 tablespoon cornstarch. | $\frac{1}{2}$ lb. cocoanut. |

Beat the egg whites until stiff enough to hold their shape, then gradually beat in the mixture of the sugar and cornstarch. Put in a double boiler and cook for 15 minutes, stirring all the time, then add  $\frac{1}{2}$  lb. cocoa, and form into balls. Drop on buttered paper and bake in warm oven till brown.

## Devil Cake

MRS. RENWICK

- |                                  |   |
|----------------------------------|---|
| 2 eggs.                          | $\frac{2}{3}$ cup sour milk.            |
| 2 cups brown sugar.              | 2 cups Reindeer flour.                  |
| Pinch of salt.                   | $\frac{3}{4}$ cup unsweetened chocolate |
| $\frac{1}{2}$ cup boiling water. | 1 teaspoon soda.                        |
| $\frac{1}{2}$ cup butter.        |   |

Cream butter and sugar, then add well-beaten eggs and sour milk and salt, and stir till sugar is well dissolved.

Add half the boiling water to the soda and the other half to the grated chocolate, then mix these two, and beat well before stirring into the other mixture.

Sift in flour, folding it in gradually. Bake in moderate oven.

## Chocolate Icing

MISS KEMP.

- |                       |                |
|-----------------------|----------------|
| 1 cup icing sugar.    | Pinch of salt. |
| 1 tablespoon cocoa.   | Milk.          |
| 2 tablespoons butter. |                |

Mix cocoa with enough water to liquefy and boil for a moment or two. Work sugar into butter until both are well mixed together, then add salt and cocoa, and just enough milk to make mixture thin enough to spread nicely.

**BURN HICKS' SCREENED COAL.**

## Prince of Wales Cake

MISS M. SCOTT.

- |                              |                          |
|------------------------------|--------------------------|
| $\frac{3}{4}$ cup sour milk. | 4 tablespoons molasses.  |
| 2 eggs.                      | 1 teaspoon soda.         |
| 1 cup raisins.               | 1 teaspoon mixed spices. |
| 2 cups Reindeer flour.       | 1 cup brown sugar.       |

Cream butter and sugar, then add beaten eggs, milk, and molasses. Stir until sugar is dissolved, then sift in flour, soda and spices, and last of all add floured fruit. Bake in moderate oven.

## Chocolate Filling

MRS. RENWICK

- |                          |   |
|--------------------------|---|
| 2 cups granulated sugar. | Pinch of salt.                          |
| 1 cup sweet milk.        | $\frac{3}{4}$ cup unsweetened chocolate |
| Butter size of a walnut. |   |

Melt chocolate over hot water, then add all other ingredients, and boil until mixture forms a very soft ball when dropped into cold water. Spread on the cake.

## Almond Paste for Christmas Cake

MISS PAYNE.

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 lb. sweet almonds.               | $\frac{1}{8}$ lb. bitter almonds. |
| 4 egg yolks.                       | 1 lb. icing sugar.                |
| $\frac{1}{2}$ teaspoon rose water. |                                   |

Blance almonds and either run them through a meat grinder or pound until pasty. Mix in saucepan with sugar, and just heat over a gentle fire, stirring all the time, then stir in egg yolks, and cook a moment or two longer. Turn out on a slightly floured board and knead till perfectly smooth, then shape on the cake.

## Canada War Cake

MRS. W. DICKSON.

- |                               |                             |
|-------------------------------|-----------------------------|
| 2 cups brown sugar.           | 2 cups hot water.           |
| 2 tablespoons Rose Brand lard | 1 package seedless raisins. |
| 1 teaspoon cinnamon.          | 1 teaspoon ground cloves.   |
| 3 cups Reindeer flour.        | 1 teaspoon soda.            |

Boil sugar, water and lard together five minutes, and when cool, add flour, spices, and soda dissolved in hot water. Last of all, stir in floured fruit. Bake in two loaves in a moderate oven for 45 minutes.

BURN HICKS' SCREENED COAL.

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ROSE BRAND LARD  
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# COOKIES AND SMALL CAKES

## • Rocks

MRS. W. R. ROBERTSON

- |  |                            |
|--|----------------------------|
| $\frac{1}{2}$ cup butter.                      | $\frac{1}{2}$ cup walnuts. |
| 4 teaspoonfuls sour milk.                      | $\frac{3}{4}$ cup sugar.   |
| $\frac{1}{2}$ teaspoon soda dissolved in milk. | 2 eggs.                    |
| 1 teaspoon cinnamon.                           | 1 cup Reindeer flour.      |
| 1 cup rolled oats.                             | 1 cup chopped raisins.     |

Mix well and drop into the batter 1 teaspoonful at a time at intervals on buttered tins. Bake in a quick oven.

## Cocoanut Macaroons

ROSE F. HUYCKE

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 cup of rolled granulated sugar. | $1\frac{1}{2}$ cups cocoa nut. |
|                                   | 1 tablespoon corn starch.      |
| 2 eggs (whites only).             |                                |

Take whites of eggs beaten stiff, add sugar—have this on large plate and cook over boiling water, beating all the time until a crust forms on bottom of plate. Take off the stove, add corn starch, 1 dessertspoon vanilla, a little ratafia, and the cocoanut. Have pan ready lined with paper and drop a teaspoonful about an inch apart. Put in oven for a minute to brown.

## Nut Macaroons

MURIEL GLADMAN

- |                       |                                 |
|-----------------------|---------------------------------|
| White of 1 egg.       | 1 cup of walnut meat.           |
| 1 cup of brown sugar. | $\frac{1}{4}$ teaspoon of salt. |

Beat white of egg until very stiff, and add gradually while beating constantly, the sugar. Fold in the nut meat finely chopped and sprinkled with salt. Drop from spoon one inch apart on buttered baking sheet, and bake in a moderate oven.

## Shrewsbury Cakes

MRS. R. G. KINGAN

- |                                |                     |
|--------------------------------|---------------------|
| 1 lb. Reindeer flour.          | 3 eggs.             |
| $\frac{1}{2}$ lb. of butter.   | 1 teaspoon vanilla. |
| $\frac{1}{2}$ lb. white sugar. |                     |

Rub the butter with flour, add the sugar and the well-beaten eggs. If too stiff add a little cream, roll very thin, and bake. Chill before rolling.

BURN HICKS' SCREENED COAL.



## Date Cookies

MISS KINGAN

- |                        |                                  |
|------------------------|----------------------------------|
| 2 cups rolled oats.    | 1 cup Matthews-Blackwell         |
| 3 cups Reindeer flour. | shortening.                      |
| 1 small teaspoon salt. | 1 teaspoon soda dissolved in     |
| 2 cups sugar.          | milk.                            |
| 1 cup sour milk.       | 1 lb. seeded dates pressed flat. |

Cream the sugar and shortening, mix flour, oatmeal and salt, and add alternately with the milk. If the dough is not quite stiff enough, use a little more flour. Roll the dough thin, cut with cookie cutter, then date between two cookies.

## Date Cookies

MRS. W. R. ROBERTSON

Two cups brown sugar, 1 large cup butter, 4 cups Reindeer flour, 3 eggs, 1 teaspoonful soda in large tablespoonful milk, 2 teaspoonfuls cream of tartar in flour, 1 large cup dates cut fine,  $\frac{1}{2}$  cup walnuts.

## Fruit Cookies

MRS. WEBBER

- |                                  |                                    |
|----------------------------------|------------------------------------|
| $\frac{2}{3}$ cup butter.        | 1 teaspoon soda, 2 teaspoons       |
| 1 cup brown sugar.               | cream tartar.                      |
| 2 eggs.                          | $\frac{1}{2}$ teaspoon salt.       |
| 2 cups Reindeer flour.           | $\frac{1}{2}$ cup walnuts.         |
| $\frac{2}{3}$ teaspoon cinnamon. | $\frac{1}{2}$ cup chopped raisins. |

Cream butter and sugar. Add the eggs (well beaten). Add the flour with the soda and cream tartar sifted with it. Then add the nuts and raisins, and drop on a buttered pan, and bake in a moderate oven 10 or 12 minutes.

## Shortbread

MISS NAN HALL

- |                    |                        |
|--------------------|------------------------|
| 1 lb. butter.      | 2 lbs. Reindeer flour. |
| 1 lb. brown sugar. |                        |

Cream butter well, add sugar, and cream again, and add flour gradually. Roll into squares and cut in shapes, and cook in rather slow oven about half an hour.

## Ginger Nuts

MRS. E. G. PATTERSON

- |                              |  |
|------------------------------|--|
| 1 cup of brown sugar.        | $\frac{1}{2}$ teaspoonful black pepper.  |
| 1 cup of molasses.           | $\frac{1}{2}$ teaspoonful of soda in a   |
| 1 cup lard and butter mixed. | little hot water.                        |
| 1 teaspoonful of ginger.     | $1\frac{1}{2}$ teaspoonfuls of cinnamon. |

Flour to make quite stiff. Without kneading break off a piece the size of a walnut and roll lightly. Bake.

BURN HICKS' SCREENED COAL

## Potato Doughnuts

MRS. HOPWOOD

6 large potatoes. 6 cups Reindeer flour.  
3 cups sugar. Butter size of egg.  
3 eggs. 6 teaspoons Royal baking powder  
Boil potatoes, mash and cool, sift flour, baking powder and salt. Rub in butter, add sugar, potatoes and eggs well beaten. Mix and roll an inch thick. Cut and fry in deep fat.

## Ginger Snaps

MISS EFFIE MONROE

One cup butter, 1 cup sugar, 1 cup molasses. Boil together a minute or two. One tablespoon ginger, 1 tablespoon water, 1 teaspoon soda. Flour and roll out.

## Doughnuts

MRS. T. F. MATTHEWS

1 cup granulated sugar.  $\frac{1}{2}$  teaspoon nutmeg.  
2 eggs. 1 cup of milk.  
1 tablespoon Rose Brand lard. 4 cups Reindeer flour.  
1 teaspoon salt. 4 teaspoons Royal baking powder  
Fry in Rose Brand lard.

## Butter Tarts

MRS. P. CAMPBELL

Half cup butter, 1 cup sugar,  $\frac{1}{2}$  cup currants, 1 egg beaten, 2 tablespoons milk, a little vanilla. Bake in tart shells.

## Cookies

Two eggs, 1 cup sugar, 1 cup butter, 1 teaspoon salt, 1 teaspoon cream tartar,  $\frac{1}{2}$  teaspoon soda. Reindeer flour enough to make stiff and roll thin. Make three dozen.

## Cheese Greens

Butter thin slices of bread, cut off crusts, cover with grated cheese and a sprinkle of red pepper. Lay another buttered slice of bread on top, cut into squares or oblongs, and fry until a nice brown in hot butter. Serve while fresh. These are nice for afternoon tea or to serve with salads.

## Sultana Sticks

1 cup granulated sugar.  $\frac{1}{2}$  cup Reindeer flour.  
 $\frac{1}{4}$  cup melted butter. Vanilla.  
1 egg well beaten. Salt.  
2 squares Baker's unsweetened  $\frac{1}{4}$  cup sultana raisins.  
chocolate melted over hot  $\frac{1}{4}$  cup walnuts cut in small  
water. pieces.

Line a square pan (seven inches) with oiled paper, put in the mixture, and spread smoothly. Bake in hot oven. As soon as done turn from pan, remove paper, and cut in oblong pieces.

BURN HICKS' SCREENED COAL.

## Quaker Oats Macaroons

MISS LEXA DENNE

- |                      |                           |
|----------------------|---------------------------|
| 2 teaspoons butter.  | 2½ teaspoons Royal baking |
| 1 cup sugar.         | powder.                   |
| 2 eggs.              | ¼ teaspoon salt.          |
| 2½ cups Quaker Oats. | 1 teaspoon vanilla.       |

Cream the butter, add half the sugar. Beat the yolks, add the remaining sugar, and add to first mixture, then add flavoring and fold in beaten whites. Add Quaker Oats mixed with baking powder and salt, and drop from teaspoon on buttered pan two inches apart. Bake in a slow oven 15 minutes.

## Venetian Cakes

MISS JENKINS

- |  |                                  |
|--|----------------------------------|
| 1 cup butter.                          | 3 cups Reindeer flour.           |
| 1 cup pulverized sugar.                | 2 teaspoons vanilla.             |
| 2 cups blanched almonds cut in strips. | 6 eggs, yolks only, well beaten. |

Cream butter, add sugar, nuts and vanilla and yolks of eggs. Stir in flour gradually, make into small balls, and roll in pulverized sugar. Butter pans and flour them very thinly. Cook the balls in these till they are a very light yellow-brown. If they get more than yellow they will be done too much. Nice for afternoon teas.

## Cream Puffs

MRS. S. P. CONNOR

One cup of hot water, ½ cup of butter boiled together, stirring in cup of dry Reindeer flour while boiling. When cold add 3 eggs (not beaten), one at a time. Beat well, then drop into well-buttered muffin tins. Bake in hot oven for 25 minutes.

### CREAM

One cup of milk, ½ cup of sugar, 1 egg, 3 teaspoons Reindeer flour. Boil as a custard, flavor with vanilla. When cold, make a slit in the top of puffs and fill.

## Peanut Cookies

MISS STEINHOFF

- |                              |                              |
|------------------------------|------------------------------|
| ¼ cup butter.                | ½ teaspoon salt.             |
| ½ cup sugar.                 | 1 cup Reindeer flour.        |
| 2 eggs.                      | 4 tablespoons finely chopped |
| 1 tablespoon lemon juice and | peanuts.                     |
| grated rind.                 |                              |

Cream the butter, add the sugar and the egg well beaten, then the dry ingredients sifted together, with the lemon juice and peanuts. Drop by spoonfuls on a buttered pan, and cook in a moderate oven about 15 minutes.

BURN HICKS' SCREENED COAL.

## Cheese Nuggets

MISS KINGAN

Mix in a basin 3 oz. of grated cheese, 2 heaping tablespoons butter, 2 cups Reindeer flour, 1 tablespoon Royal baking powder, red pepper and salt to taste. Make into a stiff dough with 1 well-beaten egg and  $\frac{1}{2}$  cupful of milk. Take up rough pieces with two forks, place on greased tins, and bake in hot oven 15 minutes.

## Cookies

MRS. J. H. CONNAL

|                             |                                |
|-----------------------------|--------------------------------|
| 1 $\frac{1}{2}$ cups sugar. | 1 small teaspoon soda.         |
| 1 cup butter.               | 2 tablespoons sour milk.       |
| 1 cup chopped raisins.      | Reindeer flour enough to roll. |
| 3 eggs.                     |                                |

Cream the butter, add the sugar and eggs well beaten. Dissolve the soda in sour milk and add with chopped raisins. Add flour enough to roll out.

## Drop Cookies

MRS. ADAM HALL

|   |                                    |
|---|------------------------------------|
| 1 $\frac{1}{2}$ cups brown sugar.         | 1 tablespoon warm water.           |
| 1 cup butter.                             | $\frac{1}{2}$ lb. chopped dates.   |
| 2 eggs.                                   | $\frac{1}{2}$ lb. chopped walnuts. |
| 2 $\frac{1}{2}$ level cups Reindeer flour | 1 teaspoon cloves, cinnamon.       |
| 1 teaspoon soda (small).                  |                                    |

Beat all together, and drop on buttered pan with a teaspoon. Bake.

## Date Cookies

MRS. T. HURLEY

|                                    |   |
|------------------------------------|---|
| 2 cups rolled oats.                | 1 teaspoon Royal baking powder mixture. |
| 2 $\frac{1}{2}$ cups flour.        |   |
| 1 cup brown sugar.                 | 1 lb. dates.                            |
| $\frac{1}{2}$ cup butter.          | 1 cup brown sugar.                      |
| $\frac{1}{2}$ cup Rose Brand lard. | 1 cup hot water.                        |
| $\frac{1}{2}$ cup milk.            |   |

Cook well and put between cookies.

## Rolled Oats Macaroons

MISS KINGAN

|                                     |                                |
|-------------------------------------|--------------------------------|
| 3 tablespoons butter.               | 2 eggs.                        |
| $\frac{3}{4}$ cup granulated sugar. | 1 teaspoon Royal baking powder |
| 3 cups rolled oats or wheat.        | Flavoring.                     |
| 1 cup Reindeer flour.               |                                |

Cream butter and sugar, add eggs just stirred in, then the oats. Slow oven. One teaspoon makes a cake dropped on buttered pan.

**BURN HICKS' SCREENED COAL.**



## Kisses or Meringues

MRS. R. G. KINGAN

Nine whites of eggs beaten to a stiff froth, 15 tablespoons confectioners' sugar, 6 drops lemon flavoring. Drop on wax paper, sprinkle with sugar, and bake in slow oven on a hard-wood board.

## Walnut Macaroons

MRS. G. SHIRLEY DENISON

|                             |                                |
|-----------------------------|--------------------------------|
| 1 cup brown sugar.          | 8 teaspoons Reindeer flour     |
| 1 cup walnuts chopped fine. | 1 teaspoon Royal baking powder |
| 1 well-beaten egg.          | Pinch of salt.                 |

Drop small drops on buttered paper, and bake in a moderate oven.

## Oatmeal Cookies

MRS. J. J. TURNER, JR.

|                        |                               |
|------------------------|-------------------------------|
| 3 cups oatmeal.        | 1 cup Rose Brand lard and     |
| 2 cups Reindeer flour. | butter mixed.                 |
| 1 cup brown sugar.     | 1 teaspoon baking soda in cup |
| 1 teaspoon salt.       | of hot water.                 |

Roll thin and bake quickly.

## Jam-Jam Cookies

MISS BUTCHER.

|                                  |                            |
|----------------------------------|----------------------------|
| 1 cup molasses.                  | 1 cup brown sugar.         |
| 1 cup butter.                    | 2 small tsps. baking soda. |
| $\frac{1}{2}$ cup boiling water. | 1 teaspoon vanilla.        |
| Reindeer flour.                  |                            |

Cream butter and sugar, add molasses and vanilla, and then stir in the soda dissolved in the hot water. Sift in enough flour to make a dough stiff enough to roll. Cut cookies rather small, and when cooked put two together with jam.

Sometimes jam is put in before cookies are baked.

## Hermits

MISS E. KENDRY.

|                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 $\frac{1}{2}$ cups sugar.          | $\frac{1}{2}$ cup butter, melted. |
| 3 eggs.                              | $\frac{1}{2}$ cup sweet milk.     |
| 2 $\frac{1}{2}$ cups Reindeer flour. | 1 teaspoon soda.                  |
| $\frac{3}{4}$ cup raisins.           | $\frac{1}{4}$ cup nuts.           |

Beat eggs and mix with them the sugar, stir in milk until sugar is pretty well dissolved, then sift in the flour. When well mixed, add the butter and soda dissolved in a little hot water. Stir in the floured fruit and nuts. Drop on a buttered tin one inch apart. Bake in a very moderate oven.

**BURN HICKS' SCREENED COAL.**

## Brownies

MISS KENDRY.

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup milk.                    | $\frac{1}{4}$ cup sugar. |
| 1 teaspoon Royal baking powder | 1 tablespoon butter.     |
| 2 tablespoons molasses.        | Graham flour.            |

Mix the molasses with the sugar and milk until the sugar is dissolved, then sift in the baking powder with enough graham flour to make a drop batter, adding the coarser part of the flour after sifting. Stir in the melted butter and bake in gem pans in a moderate oven.

## Lady Fingers

MISS KENDRY

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 egg.                    | $\frac{1}{4}$ cup sweet milk.   |
| $\frac{1}{2}$ cup butter. | 2 teaspoons Royal baking powder |
| 2 cups Reindeer flour.    | 1 teaspoon vanilla.             |
| 1 cup brown sugar.        |                                 |

Cream the butter and sugar, then add beaten egg, vanilla and milk. Stir until sugar is dissolved before sifting in baking powder and flour. Roll out one-eighth inch thick with the hands and cut into strips 2 inches long and  $\frac{1}{2}$  inch wide. Coat these with granulated sugar and bake in rather a quick oven.

## Doughnuts

MRS. SHORTLY.

- |                      |                           |
|----------------------|---------------------------|
| 1 cup brown sugar.   | 2 teaspoons cream tartar. |
| 2 eggs.              | Nutmeg.                   |
| 1 teaspoon soda.     | Reindeer flour.           |
| Pinch salt.          | 1 cup sour milk.          |
| 1 tablespoon butter. |                           |

Beat eggs, with sugar and milk, till sugar is dissolved. Sift in flour, soda, nutmeg, cream of tartar, and salt, adding enough flour to make a soft dough. When well mixed, add melted butter. Cut into doughnuts or make into twists, and fry in deep fat till golden brown.

BURN HICKS' SCREENED COAL.

## Oatmeal Cake

3 cups rolled oats

1 1/2 " flour

1 " Brown Sugar

1 " Shortening.

1/2 tsp. soda dissolved in

1/2 cup water.

Mix and roll out and push half in pan and spread with dates, then cover with the other half of mixture and bake about 15 min in hot oven.

Date Filling.

1 lb dates stoned and cut up  
1 cup sugar, cover with  
water and stew until thick

Mrs Clifford

# DESSERTS

## Filling for Lemon Pie

MISS NAN HALL

3 eggs. 1 tablespoon Reindeer flour  
1 cup sugar. 1 cup milk.  
Rind and juice of 1 lemon.

Separate eggs, keeping the whites for frosting, mix yolks and sugar, add grated rind and juice of lemon, then flour. Mix well, and add milk just before you put the mixture on your crust. Cook until firm

## Coffee Cream

MISS EDWARDS

$\frac{1}{2}$  pint strong coffee (freshly 6 tablespoons pulverized sugar.  
made and kept hot).  $\frac{1}{2}$  oz. gelatine.  
3 eggs.

Dissolve gelatine in very little cold water, then add the coffee and well-beaten eggs and sugar. Strain, and when cold (not set) add  $\frac{1}{2}$  pint of whipped cream.

## Caramel Bavarian Cream

MISS FLORENCE CAMERON

2 tablespoons gelatine dis- 2 eggs.  
solved in hot water. 1 cup sugar.  
 $\frac{1}{2}$  cup cold water. 1 pint cream.  
1 pint milk.  $\frac{3}{4}$  cup walnuts.

Make custard of milk, eggs and sugar. Make caramel by browning  $\frac{1}{2}$  cup white sugar and adding 3 tablespoons butter. Add caramel to custard, then the dissolved gelatine. Strain through fine sieve and cool. When it begins to jelly, beat to a foam and fold in whipped cream. Add chopped walnuts. Mould and set aside to cool.

## Cabinet Pudding

J. C. M.

1 cup of chopped dates, raisins, 1 quart milk.  
and peel. 4 eggs.  
Cinnamon cloves and nutmeg at Salt.  
discretion. 2 tablespoons melted butter.

Take slices of spongecake or lady fingers. Butter a mould. Sprinkle the bottom with fruit, then add slices of cake (and spices, if necessary.) Alternate these layers until the mould is filled. Beat the eggs, add the salt, the milk, and the melted butter, and pour over the ingredients into the mould. Steam one hour. Serve hot with wine or caramel sauce.

BURN HICKS' SCREENED COAL.



## Apple Dumpling (Baked)

MRS. P. CAMPBELL

4 or 5 pared apples sliced into  $1\frac{1}{2}$  teaspoons Royal baking powder into flour.  
 $\frac{1}{4}$  teaspoon salt sprinkled on  $2\frac{1}{2}$  tablespoons butter worked into flour.  
 $1\frac{1}{2}$  cups sifted Reindeer flour

Add enough milk gradually to make a soft dough. Spread over apples. Bake 25 minutes. Turn out upside down, and serve hot, with maple syrup.

## A Nice Dessert

MISS LAURA DAVIDSON

One cup tapioca soaked overnight in cold water. Cook in double boiler until clear with as little water as possible. Add to this when cooked 1 tin of grated pineapple, juice of 2 lemons, 1 cup sugar. When cold add the whites of 3 eggs beaten stiff; whip until nice and clear. Serve with whipped cream or custard.

## Lemon Tapioca

MRS. J. H. EASTWOOD

Soak 2 tablespoons of tapioca in 1 cup of cold water overnight. In the morning peel 1 lemon, put the peel in the tapioca, with 1 cup more of cold water, and boil until clear. Take out the peel, add juice of the lemon and  $\frac{3}{4}$  cup of white sugar and a pinch of salt. Serve cold with a thin custard.

## Lemon Sponge Pudding

MRS. J. H. EASTWOOD

Two cups of hot water, 1 cup of white sugar, 2 heaping tablespoons corn starch, juice and rind of 1 lemon, pinch of salt. When partly cool add whites of 3 eggs beaten stiff. Serve very cold with a custard made with the yolks of 3 eggs.

## Suet Pudding

MISS STEINHOFF

2 cups stale bread crumbs.  $\frac{1}{2}$  teaspoon soda.  
 1 cup Reindeer flour. 3 eggs.  
 1 cup brown sugar. Juice and rind of one lemon.  
 $\frac{1}{3}$  lb. suet.

### VARIATIONS OR ADDITIONS

(a) 1 cup marmalade or strawberry jam.

(b) Or 1 lb. figs, dates or cooked prunes.

Beat eggs, add sugar, lemon juice and rind. Add suet, bread crumbs, flour and soda. Add jam or fruit last of all. If the dry fruit is used it may be necessary to add a little milk. This recipe makes 15 or 16 small cups.

**BURN HICKS' SCREENED COAL.**

## Maple Cream Pudding

GENEVIEVE SANDERSON

From 1 quart milk take enough to mix  $\frac{3}{4}$  cup Reindeer flour, Let the rest of the milk come to a boil and pour over flour, mixing well. Stir back into the saucepan. Put 1 cup of brown sugar into a saucepan and let brown; keep stirring. Then pour milk and flour into sugar, stirring till thick enough. Lastly add 2 teaspoons of pulverized sugar with ratafia and mould. Serve with whipped cream.

## Apple Souffle

MRS. W. G. FERGUSON

|                |                                 |
|----------------|---------------------------------|
| 1 lb. apples.  | 1½ tablespoons gelatine dissolv |
| 1 pint water.  | ed in ½ cup cold water.         |
| 1½ cups sugar. |                                 |

Boil apples and water until apples are cooked. Add sugar and dissolved gelatine. Put through a fine sieve and let cool until it begins to jelly. Beat and when foamy add the beaten whites of 3 eggs. Make a custard with yolks of:

|              |                           |
|--------------|---------------------------|
| 3 eggs.      | 1 tablespoon corn starch. |
| 2 cups milk. | 1 teaspoon vanilla.       |
| ½ cup sugar. |                           |

## Maple Parfait

MISS EFFIE MUNROE

|                        |                     |
|------------------------|---------------------|
| 4 eggs.                | 1 pint thick cream. |
| 1 cup hot maple syrup. |                     |

Beat eggs slightly and pour the maple syrup on them slowly. Cook until the mixture thickens; cool and cream until stiff. Mould, pack in ice and salt and let stand 3 hours.

## Sherbet

MISS EFFIE MUNROE

|               |                 |
|---------------|-----------------|
| 3 pints milk. | 1½ pints sugar. |
| 2 lemons.     | 2 oranges.      |

Add sugar to milk and stir until dissolved. Freeze partly then add fruit juice and finish freezing.

## Strawberry Sherbet

MISS STEINHOFF

|                         |                              |
|-------------------------|------------------------------|
| 2 cups water.           | 1 level tablespoon gelatine. |
| 2 cups sugar.           | Juice of large lemon.        |
| 2 cups strawberry pulp. |                              |

Make a syrup of the water and the sugar by boiling five minutes. To this add the gelatine which has been soaking in cold water for 10 minutes. Allow to cool. Add the strawberry pulp and lemon juice. Freeze.

**BURN HICKS' SCREENED COAL.**

## Strawberry Shortcake

MRS. W. H. SPOFFORD

2½ cups Reindeer flour.      1 teaspoon of sugar.  
1 teaspoon salt.

Two teaspoons Royal baking powder. Sift well, then add 3 tablespoons Matthews-Blackwell shortening. Mix with enough water to make a soft dough. Roll and divide in two parts and bake 20 minutes in hot oven. When done break apart and spread with well-mashed and sweetened strawberries.

## Fig Puding

MRS. HUYCKE

1 cup suet.      1 cup brown sugar.  
2 cups bread crumbs.      1 egg.  
1 cup Reindeer flour.      1 nutmeg.  
2 cups figs.

½ teaspoon soda dissolved in a little boiling water. Last thing—one cup milk. Steam three hours. Put suet, figs and bread through mincing machine. Use any sauce desired.

## Cottage Pudding

MRS. AYLMER

¼ cup butter.      1½ cups Reindeer flour.  
½ cup sugar.      2½ teaspoons Royal baking  
1 egg (well beaten.)      powder.  
½ cup milk.

Mix as a cake and serve with lemon, wine or strawberry sauce.

## Carrot Pudding

LILLIAN HURLEY

1 cup grated carrots.      1 cup suet (chopped fine.)  
1 cup grated potatoes.      1 cup sugar.  
1 cup grated apples.      2 cups Reindeer flour.  
1 cup grated raisins.      1 teaspoon Royal baking powder  
1 cup grated currants.

Steam or boil for three hours, or longer.

## Carrot Pudding

MRS. R. S. DAVIDSON

1½ cups Reindeer flour.      1 cup currants.  
1 cup sugar.      1 cup raw potatoes, grated.  
1 cup suet.      1 cup raw carrots, grated.  
1 cup raisins.      1 teaspoon soda.

Steam or boil three hours.

**BURN HICKS' SCREENED COAL.**

## Fig Pudding

MRS. BABCOCK

|                                |                               |
|--------------------------------|-------------------------------|
| $\frac{1}{2}$ lb. suet.        | 1 egg.                        |
| 1 lb. figs.                    | 1 nutmeg.                     |
| 2 cups bread crumbs.           | $\frac{1}{2}$ teaspoon soda.  |
| $\frac{1}{2}$ lb. brown sugar. | 1 cup Reindeer flour (sifted) |

Chop suet and figs fine, add other ingredients, moisten with sweet milk, mould well and steam three hours.

## Snow Pudding

MRS. BABCOCK

Dissolve three tablespoons corn starch in a little cold water, then pour in enough boiling water to thicken. Beat the whites of three eggs and stir into it a teaspoonful of essence of lemon, one tablespoon sugar, a little salt. Pour all into a mould, and steam 20 minutes—then cool.

### CUSTARD FOR PUDDING

Beat the yolks of three eggs, add a cup of sugar, one cup of milk, a piece of butter half the size of an egg, a pinch of salt. Flavor with vanilla. Cook custard to a cream, and before serving pour around the mould.

## Victoria Pudding

MRS. J. HARRIS MCCLELLAN

One pint milk, 2 tablespoons Reindeer flour blended in a little milk, cook in double boiler. Take off stove and add  $\frac{1}{4}$  cup butter; let stand until cooked, then add yolks of 5 eggs, whites of 2 eggs, juice and rind of 1 lemon, sugar to taste. Line dish with puff paste; put in mixture and bake three quarters of an hour; then add a layer of raspberry jam and the whites of three eggs well beaten; brown in oven; serve with cream. Very nice without puff paste.

## Baked Batter Pudding

MRS. J. HARRIS MCCLELLAN

Beat separately the yolks and whites of three eggs.

3 tablespoons Reindeer flour, one pint milk.

A small piece of butter; a little salt.

Serve hot with boiled sweet sauce, flavored with wine or any flavoring.

## Plain Cherry Pudding

MRS. J. HARRIS MCCLELLAN

Stone 3 pounds cherries.

$1\frac{1}{4}$  lbs. bread crumbs.

Butter pudding dish, cover with a layer of crumbs, then spread cherries, sprinkling well with sugar, then crumbs alternately until dish is filled, the top layer being bread crumbs. Put bits of butter all over top, cover and bake half an hour. Uncover and brown just before serving.

Serve with any nice pudding sauce, hot; or cream.

**BURN HICKS' SCREENED COAL.**



## Prune Pudding

MRS. J. HARRIS MCCLELLAN

Stew 1 pound of prunes, remove stones; add sugar to sweeten. Whites of 3 eggs, well beaten. Spread mixture on puff paste in your pudding dish, and bake half an hour. Serve with good cream.

## Custard Souffle Dessert

MRS. ALBERT STRATTON

Rub two scant tablespoons of butter to a cream, add a scant tablespoon Reindeer flour; pour over gradually 1 cup hot milk and cook for 8 minutes in a double boiler. Beat yolks of four eggs and add two tablespoons of sugar. Stir into milk and set away to cool. Half an hour before serving, beat the whites of four eggs stiff and add to the mixture. Bake in buttered pudding dish in moderate oven for 30 minutes, and serve at once.

## English Plum Pudding

MISS WEIR

|  |  |
|--|--|
| 1 lb. currants.                                    | 1 lb. bread crumbs.                        |
| 1 lb. seeded raisins, dredged with Reindeer flour. | $\frac{1}{4}$ lb. citron.                  |
| $\frac{1}{2}$ lb. suet, chopped fine.              | 8 eggs.                                    |
| 1 teaspoon salt.                                   | $\frac{1}{2}$ pint milk and 1 gill brandy. |
|  | 1 large coffee cup of sugar.               |

Mace and nutmeg to taste. It requires six or seven hours to boil and must be turned several times. Or, divide in two, and boil each half three hours.

## Date Pudding

MRS. J. H. CONNAL

|                       |                                 |
|-----------------------|---------------------------------|
| 1 cup white sugar.    | 3 eggs.                         |
| 1 cup butter.         | 3 teaspoons Royal baking powder |
| 1 lb. dates (stoned.) | Flavoring.                      |
| 1 cup sweet milk.     |                                 |

Flour to make batter as for layer cake—steam 3 hours. Serve with hot sauce.

## Delicious Pudding

MISS JENKINS

|               |                     |
|---------------|---------------------|
| 1 cup rice.   | About 3 cups water. |
| 1 pint cream. |                     |

Boil the rice in the water until each grain stands up. Drain and when partially cool, beat into it one pint whipped cream. put in a jelly mould and cool. Serve with hot maple syrup.

## Fig Pudding

MRS. W. H. DENHAM

|                            |                                 |
|----------------------------|---------------------------------|
| 1 coffee cup chopped figs. | 2 eggs.                         |
| 1 coffee cup raisins.      | $\frac{1}{2}$ cup sugar.        |
| 1 coffee cup suet.         | 2 teaspoons Royal baking powder |
| 1 coffee cup bread crumbs. | Pinch of salt.                  |

Milk to moisten. Steam  $2\frac{1}{2}$  hours.

BURN HICKS' SCREENED COAL.

## Cheap Chocolate Pudding

1 cup sugar.                      2 teaspoons cocoa.  
 2 teaspoons Reindeer flour.    1 pint boiling water.  
 ½ teaspoon salt.                ⅓ teaspoon vanilla.  
 Mix well. Cook until thick, and if desired add one half cup chopped walnuts.

## Chocolate Bread Pudding

ELIZABETH IRWIN

2 cups stale bread crumbs.    ¼ teaspoon salt.  
 2 eggs.                            2 oz. chocolate.  
 2-3 cup sugar.                1 teaspoon vanilla.  
 Soak crumbs in milk until soft, beat eggs, add sugar and salt, and combine the mixtures. Melt chocolate over hot water and gradually add enough of the pudding mixture to make it of consistency to pour. Combine the mixtures and flavor. Turn into a pudding dish and bake in a slow oven one hour.

## Maple Blanc Mange

MRS. W. H. DENHAM •

Dissolve three heaping tablespoons corn starch in a little cold milk, then add one pint of boiling milk. Boil together in double boiler, then add one half cup maple syrup, stir thoroughly, and put in moulds to cool. Serve with cream or syrup sauce.

## Maple Syrup Sauce

MRS. W. H. DENHAM

1 cup maple syrup.                1-3 cup thin cream.  
 1 tablespoon butter.  
 Put all together in sauce pan and let boil without stirring until it forms a soft waxy ball when dropped in cold water. Keep in another pan of hot water until ready to serve.

## Pineapple Sponge

MRS. CARMICHAEL

1 quart cream.                    ⅓ box gelatine.  
 1 can, or one pineapple, drain- ½ cup sugar.  
   ing off juice.  
 Whip the cream and sweeten to taste, add pineapple and dissolved gelatine. Set on the ice for two hours.

## Caramel Pudding

MRS. ADAM HALL

Four teaspoons granulated sugar, put on stove until it boils and smokes, then add one pint milk, hot. Beat, take off the stove, and add one cup cold milk. Beat five eggs well, add half a cup sugar and one teaspoon vanilla, add to milk. Put in buttered mould and steam one hour. Serve cold with whipped cream and maple syrup.

BURN HICKS' SCREENED COAL.

## Pineapple Bavarian Cream

MRS. J. A. AYLMER

1 pint grated pineapple.       $\frac{1}{2}$  box gelatine.  
 $\frac{1}{2}$  pint sugar.                       $\frac{1}{2}$  cup cold water.  
 1 pint cream.

Cover the gelatine with the cold water and let soak for half an hour. Put the pineapple and the sugar in a kettle and let it simmer slowly while the gelatine is soaking. Then add the gelatine to the pineapple and stir until dissolved. Let stand until it begins to thicken, then add the whipped cream. Stir carefully until thoroughly mixed, turn into a mould and stand aside to harden.

## Ginger Cream

MRS. RICHARD HALL

$\frac{1}{2}$  pint rich cream.                      1 tablespoon sifted sugar.  
 $\frac{1}{4}$  oz. gelatine.                          1 teaspoon ground ginger.  
 $\frac{1}{2}$  gill cold water.                      A little preserved ginger cut in  
 3 tablespoons ginger syrup.              small pieces.

Soak gelatine in the cold water, when melted add to the well beaten cream. Then add the ground ginger and sugar mixed in the ginger syrup. When beginning to stiffen, add the cut ginger. Put in mould to cool.

## Creme Brulee

MRS. HAZEN RITCHIE

1 pint milk.                               $\frac{1}{2}$  cup Reindeer flour.  
 2 oz. sugar.

Boil all together; when nearly ready stir in caramel, and add a few drops of vanilla. Pour in mould and put in a cool place. Serve with cream. To make caramel, put a teacup of sugar in saucepan, tilt the saucepan, and let burn.

## Maple Charlotte Russe

MRS. W. H. DENHAM

Soak one tablespoon granulated gelatine in one quarter cup cold water. Add three quarter cup hot maple syrup, stirring until dissolved, then cool, and before it thickens add one pint of well whipped cream, folding in carefully with spoon to prevent lumps forming. Add a few drops of vanilla and pour into moulds. Serve with lady fingers or angel cake. Nuts added are an improvement.

## Orange Custard

MRS. WALTER ROEBUCK

Juice of 2 oranges.                       $\frac{1}{2}$  cup of white sugar.  
 Scrape some of the rind.              Yolks of 3 eggs.  
 Pinch of salt.

Beat these ingredients *well* together, then add two cups of milk. Cook in a double boiler until it thickens. Add, to garnish, beaten whites of eggs to which sugar has been added. Whipped cream makes it still more dainty.

**BURN HICKS' SCREENED COAL.**

## Macaroon Cream

MRS. RICHARD HALL

1 tablespoon granulated gelatine  $\frac{1}{8}$  teaspoon salt.  
 $\frac{1}{4}$  cup cold water.  $\frac{2}{3}$  cup pounded macaroons.  
 2 cups scalded milk. 1 teaspoon vanilla.  
 Yolks 3 eggs. Whites 3 eggs  
 $\frac{1}{3}$  cup sugar.

Soak gelatine in cold water, make custard of milk, yolks of eggs, sugar and salt. Add gelatine and set in water. Add macaroons and flavoring, stirring until it begins to thicken. Add whites of eggs beaten stiff. Mould, chill and serve garnished with macaroons.

## Lemon Foam

MRS. RICHARD HALL

3 cups boiling water. 1 lemon.  
 1 cup sugar. Whites of 4 eggs.  
 8 small tablespoons corn starch.

Boil lemon, water and sugar together, add corn starch. Pour this mixture over the well beaten whites. *Beat well* and form. Make custard of yolks and one pint milk,  $\frac{1}{2}$  cup sugar, 1 dessert spoon corn starch.

## Maple Moussee

MRS. RICHARD HALL

$1\frac{1}{2}$  cups maple syrup. 4 eggs (well beaten.)  
 1 tablespoon gelatine.

Heat syrup and pour hot over eggs. When cool, add a pint of whipped cream, and freeze.

## Cherry Tapioca Pudding

MRS. J. HARRIS MCCLELLAN

Soak 1 cup tapioca over night; in the morning add one pint boiling water and cook in double boiler till clear. Sweeten, and flavor with bitter almond. Add one pint stoned cherries and pour out into a mould to get firm. Serve with cherry sauce.

## Chocolate Sauce

MRS. J. HARRIS MCCLELLAN

Pour over sponge—

2 tablespoons grated chocolate.  $\frac{1}{2}$  teaspoon vanilla.  
 3 tablespoons cream.  $\frac{1}{2}$  teaspoon butter.  
 3 tablespoons sugar.

Melt chocolate and add to these. Make boiled icing  $\frac{1}{2}$  cup sugar, 4 tablespoons water, boil until it threads, then beat it into the stiffly beaten whites until stiff. Add chocolate mixture, pour over pudding. Fill centre with one cup whipped cream sweetened,  $\frac{1}{2}$  cup chopped blanched almonds.

**BURN HICKS' SCREENED COAL.**



## Chocolate Sponge Pudding

MRS. J. HARRIS MCCLELLAN

4 eggs (yolks only).                      3 tablespoons milk.  
1 cup sugar (beaten lightly              3 tablespoons chocolate.  
together.)

To two tablespoons of Royal baking powder sifted in one cup of flour, add the whites very stiffly beaten. Butter border mould well, fill three-quarters full with mixture; steam for three-quarters of an hour. Turn out, and cover with chocolate sauce.

## Cherry Sauce

MRS. J. HARRIS MCCLELLAN

Make the same as boiled custard, substituting cherry juice and water in place of milk. Just before serving, beat the whites of the eggs (left from the custard) to a stiff froth, whisk through the sauce. Serve very cold.

## Sunday Pudding

MRS. J. HARRIS MCCLELLAN

1 pint boiling water.                      3 eggs.  
 $\frac{1}{4}$  teaspoon salt.                              4 tablespoons corn starch.

Moisten the corn starch with cold water, add to the boiling water sugar and salt, and stir and boil ten minutes. Take from fire and add juice of two lemons and rind of one; well beaten whites of eggs. Mix well, and turn into mould to harden. Serve with boiled custard made from the three yolks of eggs.

## Velvet Cream Pudding

MRS. W. J. THOMPSON

$\frac{1}{4}$  box gelatine.                               $\frac{3}{4}$  cup fruit sugar.  
 $\frac{3}{4}$  cups wine.                                   $\frac{3}{4}$  pint whipped cream.  
1 lemon (juice and rind.)

Soak gelatine in wine, add sugar and lemons, then beat all together until gelatine is dissolved, then strain. Before it stiffens add whipped cream. Beat the mixture until stiff enough to drop, then pour into moulds. Sprinkle with nuts and cherries.

## Caramel Pudding

MISS LEXA DENNE

1 cup brown sugar.                               $1\frac{1}{2}$  tablespoons gelatine.  
 $\frac{1}{4}$  cup boiling water.                               $\frac{1}{2}$  cup cold milk.  
 $1\frac{1}{2}$  cups scalded milk.                              1 egg.  
4 tablespoons corn starch.                               $\frac{1}{2}$  teaspoon vanilla.

Melt sugar to caramel and gradually add boiling water. Mix corn starch, salt and cold milk and add to hot milk. Cook in a double boiler stirring until it thickens, then add caramel. Cook 45 minutes, stirring every 10 minutes. Five minutes before removing from the fire add well beaten egg. Flavor, turn into a glass dish and serve with whipped cream or custard sauce.

**BURN HICKS' SCREENED COAL.**

## Nesselrode Pudding

MISS LEXA DENNE

- |                      |                         |
|----------------------|-------------------------|
| 1 pint milk.         | 1½ tablespoon gelatine. |
| 3 eggs.              | 6 macaroons.            |
| 2 tablespoons sugar. | ½ cup blanched almonds. |
| 1 teaspoon vanilla.  | ½ cup raisins.          |

Heat milk, mix yolks and sugar and add to milk. Soften gelatine in ¼ cup of cold water and add to milk. Cook until it thickens a little. Fold in beaten whites, add macaroons, almonds, raisins and vanilla. Pour into mould, and when set serve with whipped cream.

## Cream Froth

MRS. ERNEST MOORE

A very delicious dessert is made by sweetening a pint of cream and whipping very stiff. Beat in two teaspoons of dissolved gelatine, add one cup of macaroons powdered fine, one cup preserved pineapple, one half cup chopped nuts. Set in cool place and garnish with any fruit desired.

## Orange Compote

MRS. ERNEST MOORE

Take medium sized oranges, peel and cut up fine, fill the centre with strawberry preserves, then top all with whipped cream. Serve on separate plates with lady fingers.

## Jellied Prunes

MISS ELIZABETH IRWIN

- |                    |                    |
|--------------------|--------------------|
| ½ lb. prunes.      | ¼ cup lemon juice. |
| 3 cups cold water. | ½ oz. gelatine.    |
| 1 cup sugar.       | ½ cup cold water.  |

Wash prunes and soak in cold water over night, cook slowly until tender, in water in which they are soaked. Remove prunes, stone and cut in quarters. Make a syrup of prune water (there should be 2 cups) and sugar. Soften gelatine, dissolve in hot syrup and lemon juice and strain. When partially set, add prunes, turn into a mould, chill, serve with whipped cream.

## Maple Ice Cream

MISS JENKINS

One tablespoon of gelatine soaked in a little milk or water.

One cup maple syrup, four eggs, one pint cream.

Heat the syrup and add it to the gelatine, and beaten yolks of the eggs. Cook until it thickens a little, stirring to keep perfectly smooth. Let this get cold, then add the well beaten whites of the eggs and the cream. Mix and freeze. When nicely frozen, take out the dasher, smooth down the cream in the freezer, cover and pack well with more ice and salt. Cover up the freezer with a piece of old carpet to keep out the air and let stand for three hours or more. If you want to, this can be turned out in a solid block on a dish to serve.

**BURN HICKS' SCREENED COAL.**

## Pineapple Frappe

MRS. J. HARRIS MCCLELLAN

- |   |                    |
|---|--------------------|
| 2 cups water.   | Juice 3 lemons.    |
| 1 cup sugar.  | 2 cups iced water. |
| 1 can grated pineapple or one fresh pineapple shredded. |                    |

Make syrup by boiling water and sugar together for 15 minutes. Add pineapple, juice of one lemon, cool, strain, add ice water and freeze to mush. If fresh fruit is used, add more sugar. Serve in frappe glasses.

## Maple Frappe

MRS. VINCENT EASTWOOD

Whip four eggs very light; add gradually, constantly beating, one cup of well warmed, but not hot, maple syrup. Put on fire in double boiler and stir until it resembles rich cream. Pack in salted ice for five hours. Do not stir. Serve with chopped walnuts.

## Vanilla Ice Cream

MRS. R. R. HALL

- |                |                        |
|----------------|------------------------|
| 1 quart cream. | 2 tablespoons vanilla. |
| 1 cup sugar.   |                        |

Put the sugar and 2 cups cream in double boiler over fire and stir constantly for ten minutes, take from the fire and when cold, add the remaining cream and freeze.

## Raisin Pie

MRS. R. S. DAVIDSON

- |                                |                   |
|--------------------------------|-------------------|
| 2 tablespoon butter.           | 1 cup water.      |
| 1 cup sugar.                   | Salt.             |
| 1 lemon.                       | 1 spoon cinnamon. |
| 1 dessertspoon Reindeer flour. |                   |

Cook the raisins in water until tender, add sugar and grated rind and juice of lemon, and cinnamon. Mix the flour with a little cold water; stir in mixture until rather thick; then spread in pastry shell and cover with top crust, bake. Very Good.

## Mock Cherry Pie

MISS E. MORROW

1 cup cranberries and 1 cup seeded raisins. Mix through chopper together.

1 cup sugar; 1 cup cold water; 2 tablespoons Reindeer flour. Mix well together and bake with double crust.

## Lemon Pie

MRS. ROBT. HALL

- |  |                          |
|--|--------------------------|
| Grate rind and juice of 1 lemon Yolks of 2 eggs. |                          |
| 1 cup of sugar.                                  | Butter size of a walnut. |
| 1 cup of cold water.                             |                          |

Let come to a boil, thicken with three teaspoons of corn Starch dissolved in cold water.

**BURN HICKS' SCREENED COAL.**

## Boston Cream Pie

MRS. ROBT. NEILL.

**CREAM**—Put on a pint of milk to boil, break two eggs into a dish and add one half cup sugar and one half cup Reindeer flour previously mixed. After beating well together, stir into milk. Just as it begins to boil, add one ounce of butter, and keep stirring one way until it thickens. Flavor with vanilla.

**CRUST**—One cup fruit sugar, one and a half cups Reindeer flour, two teaspoons Royal baking powder, pinch of salt. Sift these in with sugar, melt butter size of an egg in measuring cup, break one egg into the butter, and fill cup with milk. Stir these into the flour and sugar and bake in two pie plates. When cool, split each one in half with a sharp knife and spread half of cream between each. Serve cold.

## Maple Syrup Pie

MRS. J. W. FIRTH

Yolks of 2 eggs.

1 cup boiling water.

$\frac{3}{4}$  cup white sugar.

2 tablespoons corn starch.

1 cup maple syrup.

Cook in a double boiler until thick and pour into a crust which has been previously baked. Beat the whites of the eggs very lightly, add one tablespoonful powdered sugar and one tablespoon maple syrup. Cover top of pie and brown lightly.

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### *Additional Recipes Revised by Miss Ferguson*

## Maple Sauce

HOUSEHOLD SCIENCE DEPARTMENT.

1 cup maple syrup.

1 tablespoon butter.

Boil the syrup and butter until they thread. Serve with vanilla ice-cream, or as a pudding sauce.

## Peach Sorbet

MISS IRENE BOOTH.

1 cup finely chopped peaches.

1 tablespoon lemon juice.

1 cup sugar.

1 pint milk.

Dissolve the sugar in the lemon juice and gradually add the milk. Partly freeze before putting in the fruit.

## Grape Frappe

MISS IRENE BOOTH.

1 quart water.

$1\frac{1}{2}$  cups sugar.

3 cups grape juice.

$\frac{1}{4}$  cup lemon juice.

Make a syrup by boiling the sugar and water for ten minutes. When cold add the fruit juice and strain. Freeze to a mush before packing in the moulds. Just before serving, beat well.

**BURN HICKS' SCREENED COAL.**



## Maple Mousse

A FRIEND.

1 cup maple syrup.                      1 pint cream.  
2 eggs.

Scald syrup and beat the eggs, then gradually beat the syrup into them. Turn all back into the saucepan. Cook over a very gentle fire until the mixture coats the spoon. Turn into a mould and freeze after carefully folding in the whipped cream.

## Frozen Strawberries

MISS FERGUSON.

1 quart strawberries.                      1½ cups sugar.  
Juice of 2 lemons.                      1 quart water.

Mash the strawberries and add to them  $\frac{3}{4}$  cup of sugar and the lemon juice. Cover and let stand for one hour. Boil the water and remainder of the sugar for 5 minutes, then strain and cool. Mix this with the berries at the end of the hour, then turn into a freezer and freeze. Serve when done with whipped cream.

## Fruit Sherbet

MISS FERGUSON.

3 oranges.                      3 cups sugar.  
3 bananas.                      3 cups water.  
3 lemons.

Make a syrup by boiling the sugar and water together for ten minutes, then add the fruit juices and pulped bananas. Freeze.

## Orange Ice

MISS IRENE BOOTH.

1 quart water.                      2 cups sugar.  
2 cups orange juice.                      Grated rind of 2 oranges.

Make a syrup by boiling the water and sugar for fifteen minutes, then remove from the fire and add the rind. Strain in ten minutes, and when cool add the juice, and freeze.

## Fairy Sea Foam

MISS LAURA SALTER.

2 egg whites.                      1 tumbler jelly.

Beat the whites till quite stiff, then gradually beat in the jelly and serve quite cold as a light dessert, with or without cake.

**BURN HICKS' SCREENED COAL.**

## Date Pudding

MISS KEMP.

- |                       |                      |
|-----------------------|----------------------|
| 1½ cups chopped suet. | 1 cup of sugar.      |
| 1½ cups breadcrumbs.  | 1 teaspoon cinnamon. |
| 3 eggs.               | 1 lb. stoned dates.  |
| Pinch of salt.        | ⅓ cup of milk.       |

Mix all dry ingredients together, then add beaten eggs and milk. When well mixed, pack into buttered mould and steam for 1½ hours.

## Date Pie

MISS LAURA SALTER.

- |              |                   |
|--------------|-------------------|
| 1 lb. dates. | 1 quart milk.     |
| 3 eggs.      | Salt and nutmeg.. |

Soak the dates over night in water, then stew them the next morning in the same water until they are soft enough to put through a strainer. Mix with the milk and beaten eggs and add salt and nutmeg to taste. Turn into a crust. Bake in a moderate oven.

## Chocolate Pie

MISS KENDRY.

- |                         |                           |
|-------------------------|---------------------------|
| ½ cup grated chocolate. | 1 tablespoon vanilla.     |
| 1 tablespoon butter.    | 2 egg yolks.              |
| 1 cup sugar.            | 2 tablespoons cornstarch. |
| 1 cup hot water.        |                           |

Melt chocolate over hot water, mix the cornstarch with the sugar, and gradually stir into this the hot water. Return to the saucepan and stir over a gentle fire until the mixture comes to the boil. Turn some of the hot mixture into the egg yolks, then add this to the rest of the mixture and cook a minute longer. Stir in the chocolate and vanilla, and turn into a cooked pie crust. Use egg whites for meringue for the top.

## Jellied Prunes

MISS IRENE BOOTH.

- |                    |                    |
|--------------------|--------------------|
| ½ lb. prunes.      | 1 cup sugar.       |
| 3 cups cold water. | ¼ cup lemon juice. |
| ½ oz. gelatine.    | ½ cup cold water.  |

Wash prunes and soak in cold water over night. Cook slowly in the water in which they were soaked until they are quite tender. Remove stones and cut fruit into pieces. Soak gelatine in the cold water, then dissolve it in the hot prune syrup. Add lemon juice and strain, and when mixture is partially set, add prunes. Turn into mould and chill. Serve with cream or custard sauce.

**BURN HICKS' SCREENED COAL.**

## Baked Custard

2 eggs beaten together  
1 tlb. sugar  
2 cups milk.  
pinch of salt.

Stir and place in 5-  
small oven dishes & bake  
20 minutes or until tried by  
silver knife to come clear.

Set the 5 dishes in a pan  
of water to ~~p~~ bake. Put a  
little nutmeg on top.  
oven 350 degrees

# CANDIES

## Turkish Delight

MISS NAN HALL

4 lbs. granulated sugar.      3 oranges.  
4 oz. white sheet gelatine.      3 lemons.  
4 cups water.

Soak gelatine in half the water for 15 minutes. Melt sugar in saucepan with other half of water and when it comes to the boil add the grated rind and juice of fruit and gelatine, and boil 20 minutes. Strain into pans wet with cold water. Let stand over night and cut in squares and roll in powdered sugar. For variety add a tablespoonful of rum. Color after taking from the stove with fruit coloring.

## Patience

MRS. S. J. KEYES

3 cups white sugar.      2 cups sweet milk.  
1 even teaspoon of butter.      1 teaspoon vanilla.  
1 cup chopped walnuts.

Have an iron pan very hot, put one cup sugar on pan, stirring until all dissolved and brown, add one cup of milk, another cup of sugar, the other cup of milk, and lastly the other cup of sugar. Boil, stirring until it reaches the soft ball stage when tried in cold water. Add butter, flavoring and walnuts. Take off the fire and beat until creamy.

## Marshmallows

MISS A. L. LOGAN

2 cups white sugar.      10 tablespoons of cold water.  
 $\frac{1}{2}$  box Knox's gelatine.      10 tablespoons of water.

Let the first set of ingredients boil till the sugar is thoroughly dissolved, then pour it over the gelatine and water, which have been soaking for 10 minutes. Let the syrup and gelatine cool partially and then beat until light. Let this set for a while after it has been placed in pans, and then cut and roll in powdered sugar.

## Fudge

MISS A. L. LOGAN

$1\frac{1}{2}$  cups of white sugar.       $1\frac{1}{2}$  cups brown sugar.  
 $1\frac{1}{2}$  cups milk.      Butter size of an egg.  
2 squares of chocolate.

When these ingredients come to a boil add a pinch of cream of tartar. When these have boiled until the mixture forms a ball in water, take off the stove and let it cool for a few minutes. Then beat until creamy and flavor with vanilla. Pour in buttered pans.

BURN HICKS' SCREENED COAL.



## Divinity

MRS. W. H. CUNNINGHAM

2 cups granulated sugar.       $\frac{1}{2}$  cup beehive corn syrup.  
 $\frac{1}{2}$  cup boiling water.

Boil all together until it will harden when tried in cold water. Having beaten the white of an egg to a stiff froth pour in the syrup very slowly and keep beating till it hardens.

## Cream Candy

$1\frac{1}{2}$  cups cream.       $3\frac{3}{4}$  cups granulated sugar.  
 10c worth of candied cream.      10c worth of pistachio nuts.

Boil the cream and sugar until it forms a soft ball when dropped in cold water. Grease a platter, turn the mixture on it with the cherries and nuts. When cool beat until creamy and put in a mould.

## Pralines

MISS LEXA DENNE

$1\frac{7}{8}$  cup fruit sugar.      2 cups chopped nuts.  
 1 cup maple syrup.       $\frac{1}{2}$  cup milk or cream.

Boil sugar, syrup and cream till soft ball forms in cold water. Remove from fire and beat till creamy, add nuts and drop from spoon in rounds on a buttered pan or paper.

## Sea Foam

MISS LEXA DENNE

3 cups light brown sugar.      1 cup chopped nuts.  
 1 cup boiling water.      1 teaspoon vanilla.  
 1 white of one egg.

Boil sugar and water till a hard ball forms in cold water, pour slowly into beaten white of egg, and beat till it stiffens. Add nuts and pour on buttered paper in balls from spoon.

## Parisian Sweets

MISS LEXA DENNE

1 lb. figs.      1 lb. mixed nuts.  
 1 lb. dates.      Icing sugar.

Wash, remove stems and stones. Put fruit and nuts through chopper. Work on a board with icing sugar till well blended one-quarter inch thick, shape with cutter dipped in sugar into three-quarter inch squares.

## Divinity

MISS A. L. LOGAN

STIR TOGETHER—2 cups white sugar,  $\frac{1}{2}$  cup corn syrup,  $\frac{1}{2}$  cup cold water until the mixture boils, so that when a little is dropped in water it forms a ball. Pour gradually the boiling syrup over the stiffly beaten white of one egg. To this add vanilla and walnuts.

BURN HICKS' SCREENED COAL.

Caramel Squares

Cream 3 tablespoons butter  
with  $\frac{1}{2}$  cup white sugar.

Add - 2 egg yolks

$\frac{1}{4}$  cup milk

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

$\frac{1}{2}$  " Baking Powder

$\frac{1}{2}$  teaspoon vanilla

$\frac{3}{4}$  cup flour

Topping 2 egg whites beaten stiff

add 2 cups brown sugar

$\frac{1}{2}$  cup chopped nuts

$\frac{1}{2}$  tsp. vanilla

Cut cherries on top

Bake in 350 oven for approximately  
 $\frac{3}{4}$  of an hour

## Dream Cake

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

$\frac{1}{2}$  " shortening

$1\frac{1}{2}$  " flour

1 teaspoon Baking Powder

$\frac{1}{2}$  " salt

Mix into crumbs (a little vanilla)

add 2 egg yolks

Pat down into cake pan

then add

$\frac{1}{2}$  cup Walnuts

$\frac{1}{2}$  " coconut

1 " brown sugar

The stiffly beaten egg whites

Pour over the crumbs

Bake until set - about

$\frac{1}{2}$  hr. or more - oven 350

# VEGETABLES

## Stuffed Tomatoes

MISS KEMP.

Cut a slice from the top of each tomato and remove the centre. Mix the pulp with some breadcrumbs, salt and pepper. Fill the shells and bake for fifteen minutes, fastening on the tops with little wooden skewers.

## Creamed Cabbage

HOUSEHOLD SCIENCE DEPARTMENT.

2 cups cooked chopped cabbage Salt and pepper.  
1 cup cream sauce.

Mix the cabbage in the sauce, season to taste and serve hot.

## Scalloped Corn

A FRIEND.

1 can of corn. 1 cup soda biscuit crumbs.  
1½ cups milk. Salt and pepper.  
1 egg.

Mix the corn with the crumbs, milk and beaten egg. Season to taste, then put into the buttered baking dish. Over the top sprinkle some buttered dried crumbs. Bake in a moderate oven till nicely browned on top.

## Sauted Parsnips

MISS FERGUSON

Cut fairly large parsnips into round slices one-third of an inch thick. Boil gently in salted water till pretty tender. Drain and coat with beaten egg (mixed with a little cold water); then roll in dry seasoned crumbs and saute till nicely browned on both sides.

*Note.*—Sauting is the method of cooking food in a griddle pan with just enough fat to keep it from burning.

Frying is the method of cooking food in enough fat to cover it.

## Onion Juice

HOUSEHOLD SCIENCE DEPARTMENT.

1 cup onion pulp, 1 cup pure alcohol.

Grate enough onion to make cup of pulp, then to this add the alcohol and shake the two well together. Bottle tightly, and let stand for three days.

Filter carefully, bottle, and use only a few drops for seasoning.

**BURN HICKS' SCREENED COAL.**



# Apple Brown Betty

$\frac{1}{2}$  to 1 cup sugar

$\frac{1}{4}$  tsp. cinnamon

$\frac{1}{4}$  " nutmeg

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

$\frac{1}{2}$  cups soft bread crumbs

3 cups sliced or diced apples

$\frac{1}{4}$  " water

Juice & grated rind of a lemon

3 tablespoons. of butter

mix sugar, spice & salt.

If apples are very tart use additional sugar - up to 1 cup.

Grease  $1\frac{1}{2}$  qt Casserole. Put in  $\frac{1}{3}$  of the crumbs, then half the apples. Sprinkle with  $\frac{1}{2}$  the sugar mixture. Repeat. mix water, lemon juice & rind & pour over. Put in remaining crumbs & dot well with butter.

**BURN HICKS' SCREENED COAL.**

Cover & bake in moderate oven (350)

Serves 6.

(Rhubarb, peaches, pineapple, bananas or cherries may be used instead of apples.)

Parfait Pie

1 cup crushed pineapple

$\frac{1}{4}$  " warm water

$\frac{3}{4}$  " sugar

Heat above to boiling.

$\frac{1}{2}$  pkg. <sup>strawberry</sup> Sheriff's Jelly Powder  
dissolved in above mixture  
Set aside to cool & set.

1 cup very cold carnation milk  
Whip until thick.

Fold in cool jello mixture  
Put into pie shell -

# BEVERAGES

## Grape Juice

MISS E. FERGUSON

Wash grapes and remove enough from stems to make 1 quart. Separate pulps from skin. Add 1 quart of water and cook till they are quite soft. Press through a strainer covered with a double thickness of cheesecloth. Measure juice, and to each quart add 1 cup of sugar. Bring to the boil and skim, then bottle immediately. Seal with paraffin.

*Notes.*—For concentrated juice, use only 1 pint of water to 1 quart of grapes, and  $1\frac{1}{2}$  cups sugar to each quart of juice.

2. Use glassware where possible and sterilize all strainer cloths.

3. A little water may be squeezed through the pulp after juice is removed.

## Cocoa

HOUSEHOLD SCIENCE DEPARTMENT.

|                    |  |
|--------------------|--|
| 4 teaspoons cocoa. | $1\frac{1}{2}$ teaspoons sugar, or more. |
| 1 cup milk.        | $\frac{1}{8}$ teaspoon salt.             |
| 1 cup water.       |  |

Mix cocoa with sugar, salt and water. Boil gently closely covered from 5 to 10 minutes, then add milk and bring just to steaming point, but do not boil. Beat with Dover beater just before serving.

*Note.*—1. If other than Fry's Cocoa is used, allow 6 teaspoons.

2. Level measurements should be used.

## Orange Albumen

A FRIEND.

|                       |        |
|-----------------------|--------|
| 1 orange.             | Sugar. |
| 1 or more egg whites. | Water. |

Squeeze juice from orange and strain into glass and drop in the number of egg whites wanted. Fill up glass with cold water and stir with a fork until the egg whites are well mixed, but not frothy.

Sweeten to taste and serve ice cold.

*Note.*—1. This is excellent for invalids.

2. Any fruit juice may be so used, or just plain milk flavored with vanilla.

**BURN HICKS' SCREENED COAL.**



## Fruit Punch

MISS FERGUSON

- |   |  |
|---|--|
| $\frac{1}{2}$ doz. oranges.                     | $\frac{1}{2}$ can pineapple.             |
| $1\frac{1}{4}$ doz. lemons.                     | $1\frac{1}{2}$ pt. grape juice, or more. |
| $\frac{1}{2}$ pt. red currants or cherry juice. | 2 quarts water.                          |
| 4 bottles cream soda water.                     | $2\frac{1}{2}$ lbs. white sugar.         |

Pare rind very thinly from all the oranges and from half the lemons. Put these to steep in a quart of water just brought to the boiling point. Boil the sugar and rest of the water ten minutes. To this add steeped water from rinds and strained fruit juices.

If necessary, add more sugar and more coloring juice.

Just before serving, add cream soda water. Serve ice cold.

*Note.*—This makes 8 quarts.

## Mrs. Jefferson's Cookies

1 cup butter

1 " sugar

1 egg

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

$2\frac{1}{2}$  cups flour

$\frac{1}{4}$  cup corn starch

$\frac{1}{4}$  teaspoon baking soda

$\frac{1}{2}$  teaspoon vanilla essence

Bake for about 10 minutes  
at 375°

BURN HICKS' SCREENED COAL.



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salt. with as little  
water as you can cook  
them in. Boil 15 minutes  
and can.

### Pickled Beans

$\frac{1}{2}$  pk butter beans. boil  $\frac{1}{2}$  hr.  
 $\frac{1}{2}$  tsp Salt  
 $\frac{1}{2}$  pint cider vinegar.  
 $\frac{1}{2}$  lb Brown sugar  
 $\frac{1}{2}$  cup must. d  
 $\frac{1}{2}$  " flour  
1 tblsp celery seed  
 $\frac{1}{2}$  " turmeric.

### Veal Cutlets

Plunge into boiling water & let simmer for  $\frac{1}{2}$  to  $\frac{3}{4}$  hrs.

Take off stove & let cool in its own juice. —

When cold take out of juice & roll in egg & bread crumbs ready for quick frying.

You can prepare them for frying the day before & keep in frig.

## APPLE CRUNCH

- 4 tablespoons butter or margarine
- $\frac{1}{2}$  cup brown sugar
- 6 apples, peeled and cored and cut in eighths
- 1 egg
- 1 cup granulated sugar
- $\frac{1}{4}$  cup boiling water
- 1 teaspoon vanilla
- 1 cup sifted pastry flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt

Preheat oven to moderately hot (375 deg. F.). In an 11 x 7 x  $1\frac{1}{2}$  inch baking pan, melt butter or margarine. Add brown sugar and allow to dissolve, without cooking. Stir apple pieces in butter-sugar mixture until well coated. Beat egg. Add granulated sugar, beating until light and creamy-colored. Add boiling water and vanilla, beating until blended. Sift together flour, baking powder and salt. Blend into egg mixture, stirring just enough to sufficiently blend ingredients. Pour batter over apples. Bake in preheated oven for 45 minutes. Makes 6 servings.



hard when squeezed. Remove from oven at once and with a sharp knife make criss cross cut in each and again gently press for potato to pop upward a little, then with a fork loosen mealy insides a bit and add a nice lump of butter to melt and ooze down through the potato. Serve at once.

### FLUFFY BAKED POTATOES

Bake as directed and when done cut in half lengthwise, scoop out insides carefully being careful not to break the shells. Mash well or best, put through a ricer if you have one. Make a well in centre and add 2 tblsp. hot melted butter,  $\frac{1}{2}$  cup hot milk, salt and pepper to taste. Beat thoroughly until light and pile into the shells roughing up the tops. Sprinkle with grated cheese and bake in hot oven until potatoes are piping hot through and tops lightly browned. The quantities are for 6 potatoes.

Or, refill shells almost to tops, make a nest in each and break an egg into each, sprinkle with salt and pepper and 1-3 cup buttered crumbs mixed with 1 tblsp. grated nippy cheese. Bake long enough to set the eggs and brown the top lightly. About 7-8 minutes.

The scrubbed potatoes may have a hole shoved through the centres with an apple corer then stuffed with franks or seasoned ground meat and minced onions and baked for speedy stuffed potatoes. Wrap the potato with bacon before roasting for extra flavor.



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### BAKED POTATOES

Choose medium size potatoes smooth of surface and even of shape. Scrub well and rub skins with fat or cooking oil. Place on rack or spike on potato rack and bake in hot oven (450) — do not have potatoes touch each other. Time of baking depends upon size. 40 to 45 minutes usually is sufficient time. When potatoes are half done, prick once with fork for steam to escape and prevent soginess. You can tell doneness by covering your hands with a towel or cloth, then pick up the potato and press gently with all fingers. When done there is a "give" to the potato and it does not feel