

KLA 2009.09.01



KASLO WOMEN'S  
INSTITUTE

COOK  
BOOK

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KASLO, B. C. :: 1916

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## ▪ MEAT DISHES ▪

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### Supper Patties

Chop cold meat and onions; mix with cold mashed potatoes. Add one beaten egg (if desired). Mould in round thick pats, and bake in pans, in hot oven.

—MRS. JNO. D. KEENAN

### Chicken Loaf

Boil a chicken in as little water as possible until the meat can be easily picked from the bones. Cut up fine, then put it back into a saucepan with 2 ozs. of butter and season with salt and pepper to suit taste. Grease a square china mould, cover the bottom with sliced hard boiled eggs and pour in the chicken. Place a weight on the top and let it stand until it can be turned out.

—MRS. OTTO AUGUSTIN

### Aberdeen Sausage

1 lb. lean beef, ½ lb. fat pork, 2 small teacups of grated breadcrumbs, 1 desertspoon of Harmey Sauce, 1 egg, 1 teaspoon salt, ½ teaspoon pepper.

Put beef and pork through the meat grinder, add the other ingredients—last of all the egg. Form into a roll and boil in a floured cloth tied loosely at the ends. When cooked cover while hot with crisp bread crumbs, and serve cold.

—MRS. TUPLIN

### Chicken With Rice

An old chicken is delicious as follows:

Boil one cup of rice till half done, together with one tablespoon butter and a little salt and pepper. Gravy is prepared out of the stock, butter, flour, yokes of three eggs, the rind of a lemon grated, also some juice. The yokes to be put in last. Put a layer of rice first in dish, then one of chicken cut in small pieces and so on till dish is full, with a layer of rice on top, a little gravy to be poured over each layer. Bake till done and surface is nicely browned.

—MRS. N. P. JOHANSON

### Scrapple

Take equal parts of lean and fat pork such as parts of the head, heart, tongue and liver (or leave out liver), thoroughly clean and boil until tender, then remove bones and thicken the broth with cornmeal until the consistency of mush; let cook 15 minutes, then season with salt, pepper, savory, onions or whatever is preferred as seasoning. Chop up meat and cook all together 15 minutes longer, turn into dish and when cold slice and fry until brown as one would hotcakes. This is a splendid breakfast dish for cold weather.

—MRS. M. McANDREWS

### Savory Beef Roll

1½ lbs. lean beef, ½ lb. fat pork or bacon, ¼ lb. bread crumbs, 2 eggs well beaten. Salt, pepper and nutmeg to taste.

Run meat through meat chopper and mix all together and tie in a floured cloth, boil for 2 hours.

*Glaze for Roll*—¼ of an oz. of gelatine dissolved in ½ a teacup of hot water, stir over fire till thick, add salt and pepper to taste. When the roll is cold brush this mixture on hot.

—MRS. TIMMS

### Preserving in Pickle

The following pickle or brine can be used to preserve meats in general, including tongues, etc.:

For 100 lbs. of meat use 9 lbs. of salt, 4 oz. of saltpetre, 2 oz. saleratus, and 2 qts. of molasses. Add enough water to cover the meat. Keep in a cool, dry place.

—MRS. S. COSE

### Another Method of Preserving Meat

To cook it partially and pack it away in jars, covering it with hot lard. It is possible that this process would do for fish also. Pack the slightly cooked meat as closely as possible before adding the lard, and when any meat is removed for use renew the covering of the lard. The meat, when taken out of the jars is ready to be fully cooked. Several small jars are better to use than one of a larger size. They should be kept in a cool, dry place.

—MRS. S. COSE

### Goose Giblets Pie

Cut the giblets and 1 lb. of beef into small pieces, place in a deep pie dish, add salt and pepper and cover with water; put in the oven for an hour or more, after which let stand until cold. In the meantime make a forcemeat of 1 lb. bread crumbs, 4 oz. suet, 2 eggs, pepper, salt and any liked herbs; mix all with a little milk and some of the blood found in the neck and put over the contents in pie dish, which should be cold by now. Make a crust of ½ lb. lard, ¾ lb. flour, a little baking powder and salt. Roll out and put a strip around pie dish, then put a cover over all; cut a hole in centre for steam to evaporate and bake until a golden brown. Serve with plenty of gravy.

—MRS. ABEL

### English Brawn

½ pig's head, 2 pig's feet, tongue.

Take pig's head and take out eyes, brain and all splinters of bone. Put in a basin of tepid water and wash thoroughly, then put all in saucepan of cold water and boil 2 hours or longer, according to size of head. When head and feet are sufficiently cooked take from saucepan and cut off all meat from bones, put bones back in saucepan and let simmer for ½ hour. Take off fire and pour over meat, which should be seasoned with salt and pepper to suit taste. Rinse moulds in cold water, pour in brawn and put in a cool place to set.

—MISS NELLY DOCKAR

### Stuffed Heart

Thoroughly clean a heart, cutting all pipes and skin from the cells and fill with the following mixture: Bread crumbs, suet (finely chopped and powdered), marjoram or any other liked herbs, flavor with salt and pepper and mix with a little milk or an egg. Pack the heart as much as you can, after which roll it into a rich suet crust, have a damp floured cloth ready and tie up as you would a pudding, put into boiling water and keep boiling for 2 or 3 hours or even more does not matter. Should there be any stuffing left after filling the heart serve it with a little gravy.

—MRS. ABEL



### Pot Roast

Take a medium-sized good roast, put 2 tablespoons of beef dripping, or lard, into kettle to become very hot, put in the roast, turning until all sides are seared. Add 2 cups of tomatoes and a little onion, season with salt, pepper, and hot pepper if desired. Let it cook until the tomatoes and onions are well cooked, add hot water, cover and cook slowly, turning occasionally until roast is done, and sauce cooked down sufficiently.

—MRS. E. F. STEPHENSON

### Fresh Meat in Glass Jars

Directions for canning, or putting up fresh meat in glass jars, for Winter use, are as follows, and have the recommendation of having been tried and proved successful.

The meat is put up in early Winter, the bones being boiled down separately and the liquor from them canned boiling hot, and sealed up in the same manner as when canning fruit, this gives a supply of soup ready to use.

To prepare the meat, cut it up in small pieces, sprinkle with salt to taste (and spices if liked) then pack closely in jars; no water is required as the meat makes a jelly itself.

Put a layer of hay in the bottom of a wash boiler with cold water nearly to the top of the jars, packing well with hay between them so as to keep them from breaking; fill up the boiler with cold water nearly to top of jars (having laid covers loosely on top) and put on the lid. When water boils, let it boil four hours longer, when the meat will be thoroughly cooked. If necessary add more boiling water to keep the jars well covered.

When done, take out each jar separately (have rubbers soaking in warm water) sealing at once to exclude the air. The main point in keeping is to have jars sealed air-tight. Before taking out the jars have a thick cloth wrung out of cold water ready to set them on to prevent breaking while tightening on the covers.

—MRS. S. COSE

### Pickle for Meat

2 oz. saltpetre, 1 lb. brown sugar, 6 lbs. common salt, 3 gal. water, 3 tablets Tal. Prunell.

Bring all to a boil, let it cool, put it over the meat till covered; in three weeks pour off brine and bring all to a boil again; skim off. Let it cool and pour over meat.

—MRS. WM. WHITE

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## VEGETABLE DISHES and SOUPS

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### Potato Soup

2 medium-sized potatoes, 1 pint of milk, 1 teaspoon chopped onions, 2 teaspoons of flour, 2 teaspoons of butter, 1 teaspoon of chopped parsley, 1 teaspoon of salt, 1 egg, 1 dash of pepper.

Boil, dry and mash potatoes, melt butter in another tin, mix in the flour, then add slowly boiling milk, parsley, onion, pepper and salt; after boiling add all to the mashed potatoes. Mix and strain hot soup over the beaten egg.

—MISS E. MURPHY

### Cream of Celery Soup

Wash, scrape and thoroughly cleanse the outside stalk of celery, boil until tender. Then put through sieve, saving both water and celery. Melt 2 tablespoonfuls of butter, stir into it a heaping tablespoonful of flour, blend, add gradually 1 pint of milk, stir until smooth and thick, then add prepared celery. Add salt, pepper, and shake of red pepper, to suit taste. A little onion juice can be added if preferred.

Potato soups, and others, can be made on the same base. I think all cream soups are improved by the addition of a cupful of stock in which case use less milk.

—H. W. NEWCOMEN

### Potato Balls Filled With Peas

Boil and mash potatoes and season with salt, a dash of pepper, and use plenty of butter and a little of cream. Form into small balls, shaped somewhat like pears, and make a hollow in the centre. Fill with peas, which have been boiled and prepared with butter and salt. If you wish to add a decorative touch beat the white of an egg and put a little around each potato. Place in oven until they become delicate brown, and serve at once.

—MISS M. McDONALD

### Scalloped Potatoes

Pare and slice thin sufficient potatoes. Place a layer of slices in bottom of suitable pan, sprinkle with flour, salt and pepper, and dot with butter. Repeat the layers and over all pour rich hot milk. Bake in a hot oven.

—MRS. J. D. KEENAN

### Potato Puffs

Season two cupfuls of cold mashed potatoes with salt, pepper, celery salt, and chopped parsley, add the beaten yoke of one egg and sufficient milk to make it of the consistency to roll on a well floured board. It should be one inch thick. Cut in circles four inches in diameter, place one tablespoonful or more of well seasoned chopped cold meat, moistened slightly with gravy or stock, upon one-half of each, moisten edges with cold water, fold, press together and fry in deep fat. Serve hot.

—MISS M. McDONALD

### Celery Relish

1 doz. large celery, 3 large onions,  $\frac{1}{3}$  lb. mustard,  $\frac{1}{4}$  lb. mustard-seed, 4 cups granulated sugar, 2 qts. vinegar, 1 tablespoon Turmeric powder, 1 tablespoon salt,  $\frac{1}{2}$  tablespoon red pepper.

Let simmer for two hours. Then thicken with 3 table-spoons of flour.

—MRS. H. D. HENDERSON

### French Pot Feu

Take about 4 pounds of beef for a boil, add to it 4 quarts of cold water, and a small tablespoonful of salt. Then watch when soup is ready to be skimmed, and do so two or three times, or your bouillion would not be clear. Have your vegetables ready and put them in when the water boils which will consist of 1 dozen carrots, few turnips, a big onion; a branch of celery will give an excellent flavour to your soup. Bay leaf and few cloves and let everything boil for four hours.

An hour and a half before serving you may add a small cabbage. If you are making the soup in Summer, add young peas or beans, or any kind of vegetables, according to your own taste.

—MRS. E. FOURNIER

### Boston Baked Beans

4 cups of beans, soaked over night;  $\frac{1}{4}$  pound salt pork,  $\frac{1}{4}$  cup of molasses, 1 teaspoon of mustard. Bake 6 hours.

—MRS. ARCHIE JARDINE

### Boston Baked Beans

Soak in cold water over night enough beans to fill a 2-quart jar. Cover with cold water and bring to the boil only. Strain in collander, and wash thoroughly in cold water, put in bottom of jar a thick slice of bacon, and 1 small onion, fill in the beans and at the top another small onion and a large square piece of bacon with rind scored. Add 1 teaspoonful of mustard, 1 teaspoonful of salt,  $\frac{1}{4}$  teaspoonful of pepper, 2 tablespoonfuls of molasses, and fill to brim with cold water. Bake in a very slow oven for about 8 hours, leaving jar uncovered, add boiling water from time to time until the last two hours, when beans should be allowed to dry out. The beans should be whole and brown and the bacon jelly like. Serve with tomato ketchup, and steamed brown bread.

—MRS. D. P. KANE

### A Nice Dish of Cabbage

Take a medium-sized cabbage head, take out centre and fill with a mixture of minced beef, a little pork and some boiled rice, pepper and salt. Bake in the oven till a nice brown. Serve with brown gravy.

—MRS. JAMES JOHNSON

### Ginger Marrow

12 lbs. marrow, 10 lbs. sugar, 12 lemons,  $\frac{1}{4}$  lb. ginger.

Cut marrow up into many small squares, peel lemons, chop rind fine, add juice. Place in large bowl and cover all with sugar. Let it stand all night, then boil two hours.

I have used pumpkin and squash and find either of them very good.

### Marrow Cream

1 lb. marrow,  $\frac{1}{4}$  lb. butter, 1 lb. sugar, rind and juice of 1 lemon.

Peel, cure and weigh marrow; steam until it can be mashed up finely with a fork. Add sugar, butter and lemon. Stir all well together. Boil gently till like honey. Put in jars and keep air-tight.

—MRS. A. TAYLORSON



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## ■ PUDDINGS *and* PIES ■

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### Suet Pudding

1 cup molasses, 1 of sweet milk, 1 of suet chopped fine, or  $\frac{1}{2}$  cup of melted butter, 1 cup of raisins,  $\frac{1}{2}$  cup of currants,  $2\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon of soda.

Mix well, spice and salt to taste, and steam two hours.

—M. MACDONALD

### Suet Pudding

3 cups chopped suet, 4 beaten eggs,  $\frac{1}{2}$  cup molasses  $1\frac{1}{2}$  cups brown sugar,  $1\frac{1}{4}$  lbs. raisins,  $\frac{3}{8}$  lb. currants, 1 cup white flour, 2 teaspoons baking powder and spices.

Boil four hours.

—MRS. H. W. POWER

### Very Good Bread Pudding

1 pint bread crumbs, 1 quart of milk, 1 cup sugar, yolks of 4 eggs well beaten, grated rind of 1 lemon, butter size of an egg.

Bake in a slow oven; when cooked cover with a layer of jelly, or jam, then whites of eggs beaten stiff, with 1 cup powdered sugar and juice of lemon added. Put back into oven to brown slightly. Serve cold with cream.

—MRS. HENDRICK

### Black Pudding

1 egg, 1 cup molasses,  $\frac{1}{2}$  cup lukewarm water, 2 cups flour, 1 teaspoon soda.

Mix well and steam one and one-half hours.

*Sauce*—1 egg, 1 cup brown sugar, butter size of an egg, 2 tablespoons boiling water.

Place in double boiler and let dissolve. —A. ALLEN

### Moss Pudding

2 tablespoonfuls of marmalade, 3 eggs, 1 cupful butter, 1 cup sugar,  $1\frac{1}{2}$  cupfuls flour, 1 teaspoonful soda.

Steam  $2\frac{1}{2}$  hours and serve with any nice white sauce.

—MISS S. CARNEY

### Plum Pudding

1 pint raisins, 1 pint currants, 1 pint suet, 1 pint flour,  $\frac{1}{2}$  pint bread crumbs, 1 cup sweet milk, 5 eggs, spices to taste. A little candied orange and lemon peel.

Mix all together and steam four hours. To be eaten with a good sauce. —MRS. ISAAC GOODWIN

### Delicious Dessert

Into a small round granite dish put about an inch of any left over preserves; over this sprinkle cake crumbs. Put the white of 1 egg into a soup plate, into another granite dish put the yolk, 1 tablespoonful sugar, small lump of butter, 1 cup of milk and enough cornstarch wet with water, to thicken—about a tablespoonful.

Now boil this mixture until it thickens, then pour it over the cake crumbs. When it is cool whip the white of an egg until it is stiff; flavour and spread over the top.

—E. MURPHY

### Plain Every-Day Pudding

1 cup flour, pinch of salt,  $\frac{1}{2}$  cup cornmeal or less,  $\frac{1}{2}$  cup chopped suet,  $\frac{3}{4}$  cup brown sugar, a little nutmeg,  $\frac{1}{2}$  cup chopped raisins, or currants.

Mix, not too stiff, with sour milk and pinch of baking soda, or use 1 egg and sweet milk. Place in a well greased basin, nearly full of mixture, and steam, in steamer, two hours, or boil in boiling water, but in that case the pudding must be tied over with a cloth, steaming avoids that and the necessity of afterwards washing the greasy cloth. The above quantities are sufficient for four or five persons. Serve with sweet sauce if preferred.

—M. C. GREENE

### Carrot Pudding

Put through a meat grinder 1 cupful each of carrots, potatoes and suet, the finest knife being used. Add  $\frac{1}{2}$  cupful of brown sugar,  $1\frac{1}{2}$  cups flour, with which has been sifted  $2\frac{1}{2}$  teaspoons of baking powder, and 1 teaspoonful mixed spices, 1 cup each of currants and raisins, a pinch of salt, mixed peel and nuts as desired.

Mix well and boil, or steam, for three hours. Serve with hard sauce.

—MRS. JAS. E. ELLISON

### Carrot Pudding

1 lb. grated carrots,  $\frac{3}{4}$  lb. suet,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. currants, 4 tablespoonfuls yellow sugar, spice to taste. A little nutmeg and lemon juice,  $\frac{1}{2}$  teaspoonful soda, 8 tablespoonfuls flour. Steam four hours.

—MRS. A. T. DAVIS

### Fig Pudding

3 eggs, 2 cupfuls bread crumbs, 1 cupful brown sugar, 1 cupful chopped figs,  $\frac{1}{2}$  teaspoonful grated nutmeg, 1 teaspoonful soda, 1 cupful chopped suet,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup flour. Steam 3 hours.

—MRS. STENSON

### Christmas Pudding

$\frac{1}{2}$  lb. suet,  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. bread crumbs,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  teaspoonful salt, 2 teaspoonfuls mixed spices, 1 nutmeg. Mix well together and then add 2 lbs. raisins, 2 lbs. sultanas, 2 lbs. currants,  $\frac{1}{2}$  lb. mixed peel,  $\frac{1}{4}$  lb. blanched almonds. Mix well together and again add 6 eggs, 1 wine-glass brandy,  $\frac{1}{2}$  pint milk.

Divide quantity and put into well buttered basins, tie firmly down with a cloth, and boil for seven (7) hours.

—MRS. PALMER

### Lemon Pudding

3 large tablespoonfuls of cornflour, 3 eggs, 1 lemon, 1 small cupful of sugar, and 3 tablespoonfuls sugar.

Blend cornflour with a little cold water, when dissolved pour on boiling water till it becomes thick, add the cup of sugar, the yolks of eggs, not beaten, but dropped in, then the lemon juice. Mix up and put into the oven till firm. Beat the whites stiff till they will not fall off the plate, then add the 3 spoons of sugar, and a little grated rind of the lemon. Spread on top of pudding and brown in oven. Delicious eaten cold.

—MILDRED TWISS

### Moss Pudding

3 good-sized eggs, 1 cupful white sugar, 1 cupful butter,  $1\frac{1}{2}$  cupfuls flour, 1 teaspoonful soda (level), 2 tablespoonfuls marmalade.

Cream sugar and butter, break in the eggs unbeaten, add flour, slowly. Steam  $2\frac{1}{2}$  hours.

—MRS. HUNTER

### English Plum Pudding

Awarded two-guinea prize offered by our late beloved Queen Victoria, for which there were five hundred competitors. Pudding to weigh 6 lbs.

1 lb. raisins, 1 lb. suet,  $\frac{3}{4}$  lb. stale bread crumbs,  $\frac{1}{4}$  lb. brown sugar, 1 lemon (rind only),  $\frac{1}{2}$  lb. orange peel (candied),  $\frac{1}{4}$  lb. flour, 1 lb. currants,  $\frac{1}{2}$  nutmeg grated, 5 eggs,  $\frac{1}{2}$  pint brandy. (I use milk  $\frac{1}{2}$  pint). Chop suet fine, mince orange peel, clean, wash and dry the currants, stone the raisins, and mix all the dry ingredients together. Beat the eggs, add to them the brandy, or milk; pour this liquid over the dry mixture, and mix thoroughly.

Pack into well-greased pudding moulds, and boil, or steam, six hours when made, and six hours when wanted for use.

—S. HELENA NASH KEEN

### Date Pudding

Mix, in a suitable bowl, 2 teacupfuls of bread crumbs, and 1 of flour,  $1\frac{1}{2}$  teacupfuls of finely chopped suet, 2 of dates, chopped roughly, and  $\frac{1}{2}$  cup of sugar. Add a liberal pinch of salt and 2 teaspoonfuls baking powder. Moisten with 2 eggs, well beaten, in a little milk.

Put into well buttered bowl, cook by steaming from three to six hours. Serve hot with cream or other sweet sauce.

—MRS. H. W. NEWCOMEN

### Water Banana Custard

Rub 4 tablespoonfuls cornstarch into a little cold water, put into a saucepan 1 quart of boiling water, add  $\frac{1}{3}$  cup of butter, 1 cup sugar, then add the cornstarch, stirring until thickened. Beat the yolks of 2 eggs, add a little of the hot mixture to them, return all and cook one minute. Remove from fire and when cool add two bananas cut into small pieces, turn into a glass dish. Beat the whites of the eggs stiff, add 2 tablespoonfuls of powdered sugar to them, and the juice of a  $\frac{1}{2}$  a lemon. Heap this meringue over the custard.

The advantage of making this custard with water is that fruit can be added without the mixture curdling. Flavour with orange or lemon. It also makes good pie filling. (Half the above makes a good dish).

—S. HELENA NASH KEEN



### Barley Sugar Pudding

½ lb. suet, ½ lb. sugar, ½ lb. bread crumbs, 2 eggs, the grated rind of a lemon, mix all together well, grease a mould and stick small strips of candied peel round, then put in the mixture and steam 1½ hours.

—MRS. A. T. TAYLOR

### Lemon Pie

3 lemons, 3 eggs, 2 cupfuls of sugar, 2 heaping tablespoonfuls cornstarch, 1 teaspoonful butter, pinch of salt.

Grate the lemon and squeeze, add sugar, salt, butter and put into a bowl, pour 2 cups boiling water on starch and put others in, then yolks of eggs.

—MRS. FRED SPEIRS

### Lemon Pie

1½ cups sugar, 1 cup water, 2 tablespoons flour, yolks of 2 eggs, juice and rind of 1 lemon, beaten whites on top.

Beat yolks, then add sugar, lemon, then flour, and water. Stir all together.

—MRS. RIDDELL

### Hard Sauce for Puddings

1 cupful castor sugar, 1 tablespoonful butter, 1 yolk egg, flavouring to taste.

Cream butter and sugar, add egg and flavouring, beat five minutes with spoon, then set in a cool place to harden.

—JESSIE WHELLAMS

### Meatless Mince Pie Filling

1 lb. raisins, chopped not too fine; 1 lb. currants, 1 lb. brown sugar, 1 lb. finely chopped suet, 1 qt. of chopped sour apples, ¼ lb. candied lemon, citron and orange peel cut fine or put through a chopper, 1 teaspoon each of cloves, cinnamon, ginger, nutmeg and 1 pint of good cider.

Mix all thoroughly and put into the pies.

—MRS. KEEN

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## ■ CHOICE RECIPES ■

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### Lobster Croquettes

To the meat of well boiled lobster, chopped fine, add salt, pepper and powdered mace. Mix with this a quarter as much bread crumbs, and rubbed as you have mixed; make into pointed balls with two tablespoonfuls butter melted. Roll this in a beaten egg, then in biscuit powdered fine, and fry in butter or very nice, sweet lard.

Serve dry and hot and garnish with crisped parsley. This is a delicious supper dish or entree.

—MRS. OTTO AUGUSTINE

### Useful Recipe

Soak a cupful of tapioca or sago in water overnight. Next morning put it to cook in a double boiler with, (1) the contents of a can of tomatoes, seasoned with salt and pepper, a dash of vinegar, a few drops of essence of onions or a finely-chopped clove of garlic; or (2) some well-flavored stock and seasoning, also or sliced chopped hard boiled eggs or 3 tablespoonfuls of chopped ham, chicken or veal; to be stirred in as the tapioca or sago jellies; or (3) a pint of fruit syrup or custard nicely flavoured.

Cook slowly for several hours. Then turn into a bowl or mold, dipped previously, in cold water and allow to cool. A sweet or savory nutritious jelly is the result, which sets even at a temperature over 90 degrees without ice.

—ALICE RAVENHILL

### Cucumber Salad

Pare cucumber and put into ice-water until crisp. Slice very fine, sprinkle with salt and set on ice. When cold squeeze out all moisture, taking a little at the time. Wash the salt off and press dry again. Dress as follows: Take equal parts vinegar and water, 2 teaspoons thick cream, yolk of 1 egg, ½ an onion chopped fine, chopped olives, a little olive oil, salt, pepper, sugar to taste. Serve in twenty minutes.

—DILLA M. ZWICKY



### Pancakes

2 eggs, a pinch of salt, 5 ozs. flour, and about  $\frac{1}{2}$  pint milk, frying fat.

Sift flour in basin and mix in the salt. Beat up eggs, then stir into the flour, beating to a smooth batter, adding the milk gradually. Stand on one side until the frying-pan is hot with sufficient fat to fry pancake. Beat up batter again, then pour about a cupful into the pan and fry until nicely colored, then toss and fry the other side a golden brown. Turn into a hot dish and dust with castor sugar, sprinkle with lemon juice or spread with raspberry jam. Roll up and serve hot. Put fresh fat into pan for each pancake.

### Meat Pancakes

Same batter as above and  $\frac{1}{2}$  lb. cooked meat, salt and pepper, chop meat finely. Serve at once in paper doily.

—MRS. ROBERTS

### Cheese Balls

1 cup fine bread crumbs,  $\frac{1}{2}$  cup grated cheese, white of 1 egg well beaten. Fry in hot fat.

—MRS. H. W. POWER

### Cranberry Salad

Cook 1 pint cranberries with 1 cup water and 1 cup sugar until tender, strain. Soften 1 tablespoon granulated gelatine in  $\frac{1}{4}$  cup cold water. Add to cranberries and stir until gelatine is dissolved. Pour some into a dish wet with cold water, add layer sliced celery and walnuts chopped. When jelly is cool enough to hold them add the remainder of cranberries. You can mold this into sherbert cups. Serve on lettuce leaves.

—DILLA M. ZWICKY

### Banana Foam

1 cup sliced banana,  $\frac{1}{2}$  cup white sugar, white of 1 egg. Beat for about thirty minutes. Flavour with lemon juice.

—E. MURPHY

### Raspberry Vinegar

To 3 quarts of raspberries put 1 pint of good vinegar. You use Cross & Blackwell's. Put half water and half vinegar. Cover up for three days. Then drain through a bag over night. To every pint of juice put 1 lb. of sugar and boil fifteen minutes. Bottle when cool. It will keep for years. Tested recipe.

—MISS MILDRED TWISS

### Apple Toast

Pare, quarter and slice apples. Stew in a pan with butter, sugar and a little water. Fry  $\frac{1}{2}$ -inch slices of bread in butter until a golden brown. Place apples between slices and pile up on a plate. Serve hot.

—MRS. JNO. D. KEENAN

### Omelet

4 eggs, 12 tablespoons milk, salt and pepper to taste.

Beat the yolks of eggs, add milk, then seasoning. Fold in the well beaten whites and turn into a well-buttered pan. Put into rather quick oven till a nice brown. Serve at once on a hot platter with thin slices of bacon.

—DILLA M. ZWICKY

### Apple Fritters

Peel, core, and slice apples. Make a batter of 4 oz. of flour, a pinch of salt, add 2 beaten eggs. Dip the rings of apples into batter and fry in boiling fat to a nice golden brown. Serve hot and sprinkle with castor sugar.

—MRS. ROBERTS

### Chili Con Carne

1 qt. Mexican or brown beans, 3 lbs. neck meat, 1 head garlic, 1 large onion, 1 can tomatoes, little salt, 2 or 3 dashes cayenne pepper, chile powder to taste and small piece of suet.

Soak beans over night, next morning boil for a couple of hours, then add 2 teaspoonfuls salt, 1 teaspoon soda, 1 tablespoon lard and let boil until done. Grind or chop meat, onion and garlic, add salt, chile powder and cayenne; let fry in 1 tablespoon lard one-half hour. Then add tomatoes and let simmer ten or fifteen minutes. When beans are done add to above mixture and serve.

—MRS. HENDRICKS

### Excellent Clarified Marrow for Keeping

Take the marrow from the bones while it is as fresh as possible; cut it small, put into a very clean jar, and melt it with a gentle heat, either in a pan of water over the fire, or at the mouth of a cool oven. Strain through a muslin, let it settle for a few moments, pour it clear of sediment into small jars. Tie skins of double folds of thick paper over them as soon as the marrow is cold and store in a cold place. It will remain good for months.

—M. HAMILTON



### Rose Syrup

1 lb. rose leaves, 1 qt. clear water, 4 lbs. granulated sugar.

Put the water in a porcelain-lined kettle, bring to boiling point, add the leaves, take from the fire, cover and stand over night. Then strain through a fine cloth, add the sugar, place in a double boiler, and boil until the sugar is thoroughly dissolved. Stand aside to cool, then bottle.

The above may be used for flavouring cakes, puddings, sauces, ice-creams and water ices.

—MRS. E. NORMAN

### Eggs Venetian

Melt a piece of butter in a pan and slice an onion into it, and cook until it is brown and tender. Into this put about a cupful of canned tomato, and a little baking soda; into this slice some stalks of celery, rather fine, then season with pepper and salt, a little paprika, and, if on hand, some sweet green peppers, and a couple of olives. Into this put about 2 tablespoons of grated Parmesan cheese. When this has cooked up break up two eggs into it, and sort of scramble them. It will become quite thick. This is enough for three people.

—C. M. FAWCETT

### Beet and Celery Salad

Boil 6 beets of uniform size; remove skin, scoop out the centres, leaving the beets cup-shaped. To the removed portion add the tender stalks of a bunch of celery and 6 radishes, chopping all fine. Season with salt and a dash of cayenne pepper and mix well with mayonnaise previously prepared. Fill the cup-shaped beets with the mixture, well rounded, on top of which put a teaspoon of mayonnaise. Garnish with crisp lettuce leaves and a ring of radishes, placing one or two of the very small lettuce leaves upright in each salad. A  $\frac{1}{2}$  cup of horseradish grated fine may be substituted for the radishes with excellent results.

### English Lemon Cheese

$\frac{1}{4}$  lb. butter, 1 lb. sugar, 4 eggs, the grated rind of two lemons and the juice of three.

Put all in a pan together and stir on a slow fire until the sugar is melted.

—MRS. STREIT

### Baked Tomato and Egg

Take as many large tomatoes as are desired; scoop out the inside and add salt, pepper and butter. Break a fresh egg into each tomato and sprinkle with salt, pepper and butter. Bake until cooked as desired. Serve on rounds of buttered toast.

### Lemon Butter

Wash 1 lb. of butter thoroughly and be sure to work all of the water out, then add the juice of two medium sized lemons, working in a few drops at a time. Keep on ice until required for use. This is excellent with fish or as a substitute for salad dressing with dry salads as it gives a very piquant flavour. It is particularly fine to use for fish or greens sandwiches in place of the ordinary butter.

—MRS. LATHAM

### Macaroni Salad

2 cups of macaroni cooked, let cool; 1 onion, 1 cup of cheese—diced. Mix with salad dressing. —MRS. J. J. BINNS

### Macaroni and Cheese

3 oz. macaroni, 3 ozs. grated cheese,  $\frac{1}{2}$  pint milk, 2 ozs. butter, 1 egg, 1 teaspoon dry mustard, 1 saltspoon salt, 1 saltspoon pepper.

Wash the macaroni in cold water, steam in double boiler fifteen minutes, drain off water, add the milk, steam 1 hour, beat egg, a little milk, salt, pepper and mustard, add the macaroni and cheese with butter. Bake in a buttered dish ten to fifteen minutes to brown. —MRS. E. F. STEPHENSON

### Black Currant Lozenges

Currants must be picked on a fine day and the largest chosen. Put 3 pints into a preserving-pan, place over a very gentle heat, stirring and crushing the currants with a wooden spoon. When fruit is quite tender pass it through a sieve, pressing well. Return juice to preserving-pan, add 4 ounces of Demerava sugar to each pint of juice and boil gently for forty-five minutes. Five minutes before removing the pan add  $\frac{1}{4}$  oz. of isinglass, dissolved in a few drops of water. Pour thinly on greased plate and leave for four days in a warm place. Cut up into a tin box with grease-proof paper between each layer. —MRS. ROBERTS



### Fried Oysters

Select largest and finest oysters, drain and wipe them by laying between napkins and pressing very lightly, roll each in beaten eggs, then roll in cracker crumbs in which has been mixed a little pepper and salt. Fry in equal parts of lard and butter in hot skillet.

—MRS. E. F. STEPHENSON

### Lemon Cheese Cake Paste

1 lb. butter, 2 lbs. loaf sugar, 4 lemons, ½ doz. finger biscuits or plain sweet cookies, 4 eggs.

Let the butter simmer over the fire for three minutes, then add the sugar, grate the rind of 2 lemons and add the juice of 4. Powder the biscuits, add all the ingredients together, then stir in the eggs briskly to prevent them from setting, boil all together for a few minutes.

This paste sets firmly and will keep for mnths.

—MRS. HURST

### Plain Sweet Cookies

2 cups sugar, 1 cup butter, ¾ cup sweet milk, 2 eggs, 5 cups flour, 2 teaspoons baking powder.

Roll thin and bake quickly.

—MRS. HURST

### Dandelion Wine

6 qts. dandelion blossoms, 3 lbs. sugar, 3 lemons, 1 yeast cake, 4 qts. boiling water.

Pour boiling water on flowers, let stand over night. Press out and strain, then add sugar, lemons, and yeast cake; let stand six weeks in stone jar, then strain and bottle for use.

—MISS E. MURPHY

### Apple Jam

Pare, core and cut in inch squares the desired quantity of apples. Hang in the air twenty-four hours in cloth sack. To 8 cups of apples add 5 cups sugar, spread on large pan (or dish) layer about and let stand over night. Add 1 oz. root ginger and 1½ lemons cut fine.

Simmer one and one-half hours or until transparent.

—MRS. N. R. CARTER

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## SALAD DRESSINGS and PICKLES

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### Salad Dressing

1 cup vinegar, 1 tablespoon butter, 1 tablespoon cornstarch, 1 tablespoon sugar, ½ teaspoon mustard.

Put vinegar and butter on stove; mix cornstarch, mustard and sugar with a little cold water; add to vinegar; beat 2 eggs and beat in slowly. Let cook until thick, then add two-thirds cup of cream; if you have no cream evaporated milk will answer. I find this a good dressing for potato salad by adding a little celery and salt, but for cabbage and green-stuffs don't use celery.

—MRS. J. W. McNEIL

### Salad Dressing

Mix together dry: 3 tablespoons flour, 1 tablespoon salt, 1 tablespoon mustard, 3 tablespoons sugar, ¼ teaspoon pepper; add carefully, ½ cup vinegar, ⅓ cup hot water.

Boil until smooth, stirring all the time. Then add by degrees 2 well beaten eggs and 1 tablespoon butter. Thin with sweet cream or milk.

—MRS. J. CARTER

### Cream Dressing for Cold Slaw

2 tablespoons whipped sweet cream, 2 tablespoons sugar, 4 tablespoons vinegar.

Beat well and pour over cabbage, previously cut fine and seasoned with salt.

—M. McDONALD

### Crab-Apple Catsup

3 lbs. fruit, 1¾ lbs. brown sugar, 1 qt. vinegar, 1 tablespoon cloves, 1 tablespoon pepper, 1 tablespoon cinnamon, 1 tea spoon salt.

Scald fruit; strain through the colander, then mix all together and boil until it is almost as thick as sauce. A small onion boiled in it improves the flavour.

—E. MURPHY



### Salad Dressing

4 tablespoons vinegar, let come to a boil; stir in 2 well beaten eggs, butter the size of a walnut, 1 teaspoon salt, 1 teaspoon mustard, 1 teaspoon pepper, 1 teaspoon sugar. Let cool, then add cream to thin it.

—MRS. Y. McCLELLAN

### Red Beet Relish

Chop 1 qt. cooked red beets, 1 qt. raw cabbage, 1 cup horseradish, 2 qts. white vinegar, 2 lbs. sugar.

This is very nice with meats.

—MRS. WM. WHITE

### Damson Cheese

Pour the juice from some damsons which have stood for a night in a very cool oven, or been stewed in a jar, placed in a pan of water; drain off the juice, weigh and then boil them over a clear, brisk fire, until they form quite a dry paste. Add 6 oz. of pounded sugar for each pound of the plums. Stir them off the fire until this is dissolved and boil the preserve again without ceasing to stir it until it leaves the pan quite dry and adheres in a mass to the spoon. If it should not stick to the fingers when slightly touched it will be sufficiently done to keep very long. Press quickly into pans and moulds. Lay on it a paper dipped in spirit. When it is perfectly cold tie another fold over it and store in a dry place.

Almost any kind of plum will make an agreeable preserve.

—M. HAMILTON

### Lemon Sauce

½ cup sugar, 1 cup boiling water, 1 tablespoon cornstarch, 2 tablespoons butter, 1½ tablespoon lemon juice, little nutmeg and salt.

Mix sugar and cornstarch, add water gradually, stirring constantly, boil five minutes, remove from fire, add butter, lemon juice and nutmeg.

—MRS. G. READ

### Cranberry Sauce

1 qt. berries, 1 scant cup of water. Stew quickly until soft, often stirring. Strain, then add 1½ cups of sugar. Cook until they begin to thicken. Pour in mould; it takes about twenty minutes cooking. If less firm add more water.

—M. McKENZIE

### Chile Sauce

100 ripe tomatoes, 24 peppers, 18 large white onions, 1 lb. brown sugar, 18 teaspoonfuls ginger, 18 teaspoonfuls cloves, 18 teaspoonfuls allspice, 1 gallon vinegar, 9 tablespoons salt.

Remove skins from tomatoes; chop the peppers and onions very fine, add to other ingredients. Boil gently one hour, stirring often. Strain and boil again, if not of sufficient consistency. Put away in closely corked bottles or in fruit jars tightly closed.

—MRS. BEER

### Plum Chutney

3 lbs. plums (any variety), 1 lb. apples.

Cook apples and plums together first with a little water. Put them through a coarse sieve. Add 1 large onion, chopped fine, 1 lb. sugar, 1 pint vinegar, 1 teaspoonful ground cloves, 1 teaspoonful salt, ¼ teaspoonful cayenne pepper, 2 ozs. ground ginger. Boil slowly for three hours.

—MRS. CROFT

### Celery Sauce

9 heads celery chopped fine, ½ can mustard, 1 cup green tomatoes chopped fine, 3 cups yellow sugar, 1 pt. vinegar, 3 large onions chopped fine, 2 tablespoons salt, 1 tablespoon pepper, 1 tablespoon curry powder. Boil one hour.

—MRS. A. T. DAVIS

### Mixed Mustard Pickles

This recipe for mustard pickle I found very much to my liking. They are not crisp, but rather tender, as I made them.

Slice 1 qt. onions, 1 qt. small green tomatoes, 1 large peeled cucumber. Break 1 head of cauliflower into small pieces; cut 1 qt. of tender beans into inch lengths. Cover each of these with salt and water; 1 qt. of button onions, and 1 qt. of tiny cucumbers, and two red and two green peppers cut. Next morning parboil till tender and drain, then toss them all together.

Boil 1 qt. vinegar, 1 cupful sugar mixed with ⅓ cup flour, ¼ lb. mustard. When this is thick add one teaspoon celery seed, ½ cup butter and one tablespoon turmeric. Add this to prepared pickles and seal in glass jars.

—MRS. CLARK



### Green Tomato Pickle

1 peck green tomatoes sliced, 6 large onions sliced, 1 teacup salt over both.

Mix thoroughly and let it remain over night. Pour off the liquid in the morning and throw away. Mix 2 qts. of water and 1 qt. of vinegar and boil twenty minutes; drain and throw liquid away. Take 3 qts. vinegar, 2 lbs. sugar, 2 tablespoons allspice, 2 tablespoons cloves, the same quantity of cinnamon, ginger, and mustard; also 12 green peppers chopped fine. Boil from one to two hours. Put away in a stone crock.

—MRS. J. L. BOND

### Good Indian Chutney

½ lb. moist sugar, 4 oz. salt, 2 oz. shallots, 2 oz. garlic, 4 oz. ginger, 2 oz. chillies, 4 oz. mustard seed, 6 oz. stoned raisins, 1 bottle vinegar, 15 green apples, 6 oz. tomatoes.

Boil apples, sugar, and half the vinegar for one hour. Chop up garlic, shallots, tomatoes and raisins. Wash the mustard seed and dry, then add all to the apples and sugar. Boil slowly for 1½ hours, then add remainder of vinegar. Let cool and bottle.

—DOROTHY B. STUBBS

### Olive Oil Pickles

Slice 100 small cucumbers and 15c worth small silver onions. Cover or sprinkle with salt and let stand over night to drain. In the morning mix with them 1 oz. white mustard seed, 1 oz. celery seed, 1 pt. olive oil and cover with cold vinegar, after placing in jar or sealer.

—MRS. GERTRUDE STEVENSON

### Beet Salad

6 cooked beets, French dressing, parsley, 4 hard cooked eggs.

Cut beets in cubes, mix with French dressing, let stand one hour, chop the whites of eggs until fine, press yolks through sieve, arrange beets on salad dish in a mound, garnish base of mound with alternating rows of white and yolk of eggs and parsley; if liked mayonnaise dressing may be used with the French dressing.

—MRS. N. R. CARTER

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## BREAD

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### Easily-made Bread

Drainings of 1 quart pared potatoes boiled. When luke-warm add 1 yeast cake (softened in water), 2 tablespoons sugar. Set in warm place to ferment, then set in a cool place for two days. At a convenient time in the morning take sufficient warm water to make 1 quart together with the yeast. Add 3 quarts good quality flour (warmed), 1 heaping tablespoon salt. Mix with a long spoon, then knead in the pan until a smooth lump.

Cover and keep warm. Let stand for six hours, kneading down slightly whenever light. Mould in 6 loaves, place in baking tins and when light bake in moderate oven one and one-half hours.

—MRS. JNO. D. KEENAN

### Russian Bread

4½ cups of flour, 1 yeast cake, 1¼ cups scalded milk, ¼ cup of sugar, 1½ cup of raisins, 2 eggs, ¼ cup of butter, 1 teaspoon of salt, cinnamon to taste.

Dissolve yeast cake in scalded milk, cooled to 80 degrees, add 1½ cups of flour and mix until smooth, let stand till light and puffy. Add sugar, eggs, butter, raisins, salt and remainder of flour and cinnamon. Mix to a stiff dough and knead thoroughly. Let stand over night when it should double in volume. Divide into two equal parts for two loaves; cut each loaf into three equal parts, roll the parts into strips 12 inches long and tapering to a point at each end, press ends together and braid. Place on buttered baking sheet, cover and stand until light. Bake from one-half to three-quarters of an hour. When cool ice with an icing made by mixing a few drops of hot water with powdered sugar, flavoring with vanilla.

—MISS FANNY ELLISON

### Nut Bread

2 eggs, 2 cups milk, 3½ cups flour, 4 teaspoons baking powder, 1 cup sugar, 1½ cups walnuts.

Mix in usual way, put in greased pan and bake 30 minutes in moderate oven.

—MISS LINK

### Graham or Whole Wheat Bread

1 yeast cake, 1 tablespoon salt, 1 cup of molasses, 7 cups good warm water, 6 cups white flour, 12 cups graham or whole wheat flour.

Soak yeast cake fifteen minutes in a little warm water, then stir with a good stiff batter all the ingredients and let rise in a warm place twelve hours or more if necessary.

Stir down with a good strong spoon or in a bread mixer. Turn out into well greased deep pans; let rise and bake one hour. —MRS. S. H. GREEN

### Brown Bread

½ cup sugar, 2 eggs, 1 tablespoon melted butter, ½ molasses, 2 cups sour milk, 2 teaspoons soda, 1 cup white flour, 2 cups graham flour, sprinkle of salt.

Bake in cans, one hour, that have little holes punched in the covers. —MRS. H. W. POWER

### Brown Bread

¼ cup white sugar, ⅔ cup molasses, 2 cups sour milk, 2 graham flour, 1 cup white flour, 2 tablespoons butter, 2 teaspoons soda (in milk), 1 egg, ¼ teaspoon salt.

Bake one hour. —LILLIAN HODDER

### Rolled Oats Bread

3 cups rolled oats; pour 3 of the same sized cups on of boiling water. Set to cool, then add 3 cups warm water, ½ cup molasses, 1 teaspoon salt, 1 yeast cake dissolved in lukewarm water, then add to the mixture and set to get light; stiffen with flour and set to rise in the ordinary way.

Bake in greased pans in not too hot oven.

This quantity makes 3 good-sized loaves. 2 cups of rolled oats and 1 of fine oatmeal make a nice change from the 3 cups of rolled oats. —MRS. P. MCGREGOR

### Bran Bread

2 cups white flour, 2 good handfuls bran, 1 cup fine oatmeal, 1 teaspoon soda (level) 2 teaspoons cream of tartar, 1 teaspoon salt, 3 teaspoons sugar, 1 pint of wetting, ½ sweet milk and ½ water.

Sift soda, cream tartar and salt and sugar with the flour, then add the bran, oatmeal. Mix with the pint of wetting. Put into greased tin and bake one hour in moderate oven.

—MRS. BEER

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## CAKES

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### Fruit Cake

2 scant teacups butter, 3 cups brown sugar, 6 eggs, whites and yolks beaten separately, 1 lb. seeded raisins, 1 lb. currants washed and dried, ½ lb. citron peel cut in thin strips, ½ cup cooking molasses, ½ cup sour milk. Stir the butter, and sugar to a cream, add to that half a grated nutmeg, 1 tablespoon ground cinnamon, 1 teaspoon cloves, 1 teaspoon mace. Add the molasses and sour milk, stir all well, then put in the beaten yolks of eggs, a wine glass of brandy, stir again all thoroughly and then add four cups of sifted flour alternately, with the beaten whites of eggs. Now dissolve a level teaspoonful of soda and stir in thoroughly. Mix the fruit together and stir into it two heaping tablespoons of flour; then stir it in the cake.

Butter two common sized baking tins; carefully line them with letter paper well buttered and bake in a moderate oven two hours. After it is baked let it cool in the pan; afterwards put it in a tight can or let it remain in the pans and cover tightly. —MRS. M. MURPHY

### Plain Fruit Cake

½ lb. raisins, ½ lb. currants, ½ lb. peel, 1 cup butter beaten to cream, 1 cup white sugar, 1 cup milk, 3 cups flour, 3 teaspoons baking powder, 3 eggs, 1 teaspoon each cinnamon, cloves, allspice. Bake one hour.

—MRS. ARCHIE JARDINE

### Jelly Roll

3 eggs, 1 cup sugar, 1 cup flour, 2 teaspoons baking powder, 5 tablespoons hot water. Bake one-quarter hour.

—MRS. ARCHIE JARDINE

### Wedding Cake

5 lbs. seeded raisins, 2 lbs. currants, 12 eggs, 1 lb. citron, 1 lb. butter, 1 lb. sugar (brown), 1 cup molasses, ½ cup brandy, 3 teaspoons mixed spice, 1 lb. flour, 1 teaspoon baking powder. —MRS. E. ALPAUGH



## Fruit Cake

Half this amount may be used.

2 lbs. of eggs which is eighteen, add 1 at a time, 2 lbs. of good fresh butter beaten to a cream, 2 lbs. of sugar add to butter, after it has been creamed, 2 lbs. currants, 2 lbs. of raisins, 2 lbs. of sultanas, 1 lb. of almonds, 2 teaspoonfuls of ground mace, 2 cups of good thick sour cream, 1 cup of milk or water,  $\frac{1}{4}$  lb. of lemon peel, shave very fine, 1 teaspoon salt, 1 teaspoon baking soda, 2 small teaspoons cream tartar. Add enough flour to make a good stiff batter, then add the fruit. Time taken to bake is from seven to eight hours. —ELIZABETH PEARSON

## Christmas Fruit Cake (Superior)

3 lbs. dry flour, 1 lb. sweet butter, 1 lb. sugar, 3 lbs. stoned raisins, 2 lbs. currants,  $\frac{3}{4}$  lb. sweet almonds blanched, 1 lb. citron, 12 eggs, 1 tablespoon allspice, 1 tablespoon cloves, 2 tablespoons cinnamon, 2 nutmegs, 2 wine glasses brandy, 1 coffee cup molasses with the spice in it.

Steep this gently twenty or thirty minutes, not boiling hot; beat the eggs very lightly; put the fruit in last, stirring it gradually, also a teaspoon of soda dissolved in a tablespoon of water; the fruit should be well floured—if necessary add flour after the fruit is in; butter a sheet of paper and lay it in the pan. Lay in some slices of citron, then a layer of the mixture, then of citron again, etc., till the pan is nearly full. Bake three or four hours, according to the thickness of the loaves, in a tolerably hot oven, and with steady heat. Let it cool in the oven gradually. Ice when cold. It improves this cake very much to add three teaspoons of baking powder to the flour.

—MRS. A. LOFSTEDT

## Wedding Cake

Without Powder or Soda

Beat to a cream 2 lbs. of butter and beat into it 2 lbs. of crushed loaf sugar powdered and sifted; add the yolks of 16 eggs beaten to a froth and follow with whites beaten stiff. Mix with 2 lbs. of flour browned, 2 lbs. of raisins, 4 lbs. of currants,  $\frac{2}{3}$  lb. of citron,  $\frac{2}{3}$  oz. of each cinnamon, nutmeg and mace,  $\frac{1}{4}$  oz. of cloves and add last, half a gill of brandy. Beating the whole very thoroughly. Bake about five hours. —MRS. M. J. GIANELLE

## Fruit Cake

2 lbs. raisins, 2 lbs. currants, 1 lb. butter, 1 lb. sugar,  $1\frac{1}{4}$  lbs. flour, 10 eggs, 1 glass brandy, 1 glass wine, 1 tablespoon cloves—ground, 1 tablespoon allspice—ground, 2 tablespoons cinnamon—ground, 1 nutmeg—ground,  $\frac{1}{2}$  lb. almonds, 2 ozs. candied citron peel, 2 ozs. candied lemon peel,  $\frac{1}{2}$  teaspoon baking soda in  $\frac{1}{2}$  cup molasses. Bake slowly three hours. —MRS. M. AUGUSTINE

## Bride's Cake

Cream together: 3 cups sugar, 1 scant cup butter, adding sugar a little at a time; sift 3 cups flour, 3 teaspoons baking powder, 1 cup cornstarch; beat very lightly the whites of 12 eggs, to egg and sugar mixture add the flour, flavor to taste. Bake slowly.

This makes a very large cake, half recipe can be used. —MRS. H. W. POWER

## Nut Cake

2 cups sugar, 1 cup butter, 1 cup cold water,  $3\frac{1}{2}$  cups flour, 4 eggs, 1 teaspoon soda, 2 teaspoons cream tartar, 1 cup walnuts, 1 cup dates.

Mix dates with flour. Bake forty-five minutes.

—C. BARR

## Favorite Cake

$\frac{2}{3}$  cup butter, 1 cup sugar, 4 eggs,  $1\frac{1}{2}$  cups flour, 2 tablespoons milk, 1 tablespoon lemon and 1 of vanilla flavoring. Beat whites separately and beat in with flour.

—MRS. C. F. CALDWELL

## Genoa Cake

$\frac{3}{4}$  lb. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. bar sugar,  $\frac{1}{2}$  lb. cleaned sultanas, 3 ozs. mixed peel finely shredded, 5 eggs, 2 ozs. almonds and the grated rind of one lemon.

Blanch and split the almonds in three or four pieces and lay them aside, cream the butter and add sugar, separate yolks from whites of the eggs, add the former to the butter and sugar, beat well for ten minutes.

Whisk the whites of eggs very stiff, add lemon peel, etc., to the content of the basin, then add the flour alternately with the whites of eggs, turn into a cake tin lined with buttered paper, scatter the almonds on the top; bake in a moderate oven for two hours; cover the top of cake with a greased paper before putting in the oven.

—MRS. FINGLAND

### Nut Cake

½ cup butter, 1½ cup white sugar, ¾ cup sweet milk, 2 cups flour well sifted with 2 teaspoons baking powder, 1 cup walnuts chopped fine, whites of 4 eggs well beaten. Flavour with vanilla and bake in a loaf pan.

—MRS. S. HUNTER

### Jelly Roll

3 eggs, 1 cup sugar beaten together very little, 3 table-  
spoons warm water, 1 cup flour with 2 small teaspoons  
baking powder.

Bake in a flat pan and roll while hot. —MRS. HUNTER

### Afternoon Tea Cake

1 cup sugar, ½ cup butter creamed together, the whites  
of 3 eggs beaten to a stiff froth, ½ cup milk, 2½ cups flour,  
1 teaspoon cream tartar, ½ teaspoon soda; flavour.

### Icing

1 cup sugar and nearly ½ cup milk boiled together five  
minutes; remove from stove and beat until cold. Flavour.  
One square of chocolate beaten into this makes a good  
icing and mixed the same never fails. —MRS. C. BARR

### Birthday Cake

6 eggs, whites only; 1½ cup white sugar, ½ cup sweet  
milk, ½ cup butter, 2½ cups flour, 2 good heaping dessert  
spoons of baking powder; season to taste and bake in an  
even oven. —MRS. L. HANNA

### Nut Loaf

1 egg, ¾ cup sugar, 4 cups flour, 4 teaspoons baking  
powder, 1 cup walnuts cracked fine.

Beat the egg, then add sugar, next flour and baking  
powder, then walnuts; add enough sweet milk to mix up  
stiff. Put in pans and let raise for twenty minutes. Then  
cook until baked. —MRS. S. HAYWARD

### Lemon Cheese

Filling for Cakes and Tarts

1 lb. lump sugar, ¼ lb. butter, 4 eggs, the juice of three  
lemons and the rind of two.

Put all in a pan and stir on a slow fire until the  
ingredients thicken, but not boil. —MRS. J. W. COCKLE

### Walnut Loaf Cake

1 cup butter, 1½ cup sugar, 4 eggs, 1 cup water, 3 cups  
flour, 1 cup walnuts chopped, 2 teaspoons baking powder.

Cream butter and sugar, add beaten yolks, then water,  
flour and beaten whites alternately, last the nuts. Bake in  
a mould with a funnel. —MRS. POYNTZ

### Chocolate Marble Cake

1 cup sugar, ½ cup butter beaten to a cream, 1 cup  
milk, 3 eggs, 2 cups flour, 2 teaspoons baking powder, 3  
tablespoons chocolate dissolved in hot water, add to one  
cup of batter, put the white batter in tin first then the dark  
till all is used. Bake one hour.

For the top: 1 cup brown sugar, 3 tablespoons choco-  
late, small piece of butter, 4 tablespoons warm water. Boil  
until it strings, then pour slowly over the beaten white of  
one egg. —MRS. JENNIE L. PEARSON

### Chocolate Jelly Cake

½ cake of unsweetened chocolate grated, ½ cup white  
sugar, ½ cup sweet milk. Put this on stove and boil 2  
minutes, stirring all the time, then leave to cool.

Into a separate dish put: ¾ cup brown sugar, ½ cup  
butter, 2 eggs, ½ cup sour milk, 1 teaspoon baking powder,  
1½ small cups flour.

Mix these two together and bake fifteen or twenty  
minutes in two tins in a moderate oven. Put jelly between,  
ice with 1 teaspoon milk into 1 cup powdered sugar and  
melt. —MRS. JOHN McLEOD

### Lemon Icing

1 egg, 1 lb. powdered sugar, juice of two lemons, piece  
of butter the size of a walnut; beat sugar with egg, yolk  
and all, with an egg-beater; put in butter and juice of lemon  
and beat well. —MRS. E. J. CODY

### Rice Cake

¼ lb. flour, ¼ lb. rice flour, ¼ lb. sugar, ¼ lb. butter,  
2 eggs, ½ teacup milk, ½ teaspoon lemon, ½ teaspoon  
baking powder.

Beat butter and sugar till white; add yolks of eggs  
one by one, then the milk. Mix well; sift in flours and  
baking powder, add lemon and whites of eggs, stiffly beaten  
up, put into a prepared cake tin. Bake in a hot oven for  
one hour. —MRS. E. S. MILLINGTON



### Maple Cream Icing

2 cups and a half of brown sugar,  $\frac{3}{4}$  cups milk. Boil until it rolls a little bit in cold water; a piece of butter about the size of an almond and stir until cool (not too much stirring). When almost cool add two tablespoons of cream.  
—MRS. E. J. CODY

### Jelly Roll

5 eggs, 1 cup sugar, 2 big spoons water, 1 teaspoon baking powder, 1 cup flour.

Beat eggs separately. Mix well together. Bake in long pan in quick oven; put any jelly and roll.

—MRS. LUMDBERG

### Walnut Loaf Cake

1 cup sugar,  $\frac{1}{2}$  cup butter, 1 cup milk,  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder, 1 cup chopped walnuts, 2 eggs beaten separately, add whites last.  
—MRS. J. CARTER

### Swiss or Jam Roll

2 eggs, 2 ozs. flour, 2 ozs. castor sugar,  $\frac{1}{2}$  teaspoon baking powder, raspberry jam.

Melt a little butter and well grease a sheet of paper to fit an oblong shaped tin, dust over with sugar, beat eggs and sugar together for ten minutes; add flour with baking powder by degrees; pour into pan and place in oven quickly; bake for ten minutes. Turn out on board, sprinkle with sugar. tear off paper, spread with warm jam and roll quickly.

—MRS. A. GOODENOUGH

### Chocolate Cake

$\frac{1}{2}$  cup butter, 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup milk,  $1\frac{1}{4}$  cups flour,  $2\frac{1}{2}$  level teaspoons baking powder, 2 ozs. chocolate melted,  $\frac{1}{2}$  teaspoon vanilla.

Cream the butter, add sugar and yolks of eggs well beaten, then whites beaten until stiff, add flour mixed and sifted with baking powder, then add melted chocolate and vanilla; mix well. Bake forty-five minutes.

—MRS. C. G. JOHANSON

### Jelly Roll

$\frac{3}{4}$  cups sugar, 3 eggs beaten whites separately, 2 teaspoons baking powder, 4 tablespoons milk, 1 cup flour. Add whites of eggs last of all.  
—MRS. WM. READ

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### Lemon Paste

Dissolve, but do not boil,  $\frac{1}{2}$  lb. of fresh butter, mix it with 2 lbs. of sifted sugar, then the juice and grated peel of eight fine lemons, and stir over fire until this has become liquid, then beat in 12 eggs lightly whisked. Place the stewpan over a slow fire and stir the paste rapidly and continuously for half an hour, or until it becomes very thick; put up in small pots and when cold cover closely to exclude the air. The above quantities will make about nine half-pound pots.

If the paste is long over the fire or if the eggs and lemons are small some deduction from this quantity may be expected.  
—MRS. E. S. MILLINGTON

### Potato Cake

2 cups white sugar, 1 cup butter, 1 cup hot mashed potatoes,  $\frac{1}{2}$  cup sweet milk, 1 cup chopped walnuts, 2 cups flour, 4 eggs well beaten, 5 teaspoons of melted chocolate, 1 tablespoon each of cloves, cinnamon, and nutmeg, 2 teaspoons baking powder.

Bake in layers and use marshmallow filling.

—MRS. GAMMELL

### Lemon Loaf Cake

Cream together: 1 cup butter, 2 cups sugar; drop in 4 eggs, one at a time, stirring until well blended each time. but do not beat the eggs; 1 cup milk, 3 cups flour sifted with 4 scant teaspoons baking powder. These are added alternately in the ordinary way. The grated rind of a lemon furnishes the flavouring.

Bake in a moderate oven three-quarters of an hour. This cake is excellent for keeping.  
—MRS. A. GOLDSMITH

### Chocolate Filling

$1\frac{1}{2}$  cups brown sugar, 1 square unsweetened chocolate, grated, 3 tablespoons sweet cream, butter size of an egg.

Boil all together until it forms a soft ball, cool and spread between layers of cake.  
—MRS. T. F. MILLAR

### Hot Water Sponge Cake

$\frac{1}{2}$  cup sugar, 4 eggs beat together for 5 minutes, 2 cups flour, 2 teaspoons baking powder, 1 cup boiling water stirred in the last thing, 1 teaspoon lemon, 1 teaspoon vanilla. Be sure and not grease the pan.  
—MRS. J. CARTER

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### Jelly Cake

Nearly 1 cup sugar, 3 eggs, 2 teaspoons vanilla, 1 cup flour, 1 teaspoon baking powder, 3 teaspoons milk.

—MRS. H. W. POWER

### Pork Cake

1 lb. salt pork (no lean), 1 qt. and 1 pt. boiling water, 2 cups sugar, 1 cup molasses, 1 lb. raisins, 1 lb. currants, 2 oz. each, orange, lemon peel and citron, nuts if desired, 1 teaspoon soda, 1 teaspoon allspice, 2 teaspoons cinnamon, 2 teaspoons cloves, 2 teaspoons baking powder.

Put pork through grinder, flour fruit in flour sifter, put soda in molasses and stir well. Have water boiling hard and pour over pork. Mix, put spices in sugar and mix well; then add to pork and water; then add molasses with soda, then fruit and peel. Stir well. Then add flour sufficient to stiffen. Improves with age, like fruit cake. Don't make too stiff.

—MRS. MARY McLEOD

### Chocolate Cake

1 square unsweetened chocolate melted,  $\frac{3}{4}$  cups butter, 1 cup sugar, 2 eggs,  $1\frac{3}{4}$  cups flour, 1 cup water (cold), 2 level teaspoons baking powder, flavor  $\frac{1}{2}$  teaspoon vanilla.

Cream butter and sugar, then drop in the eggs unbeaten and beat for five minutes. Then add the melted chocolate and water and beat well. Sift the baking powder in flour and add to the batter, pour in greased tin and bake half an hour in moderate oven.

For the Icing, 1 cup sugar, 4 tablespoons water (warm), boil together till it spins off the spoon, have the white of 1 egg beaten, add the boiled sugar to it and beat until ready to spread on cake.

—MRS. GILLIS

### Potato Carmel Cake

$\frac{3}{4}$  cup butter, 2 cups sugar, 2 cups flour, 1 cup hot mashed potatoes,  $\frac{1}{2}$  cup sweet milk, 4 eggs, 2 teaspoons baking powder, 3 small squares chocolate, 1 cup chopped walnuts, 1 teaspoon each, cloves, cinnamon, and nutmeg, 1 teaspoon vanilla.

Cream the butter and sugar, add the yolks of the eggs, spice and baking powder, mix with flour, milk, white of eggs stiffly beaten, chop the nuts, bake and when cold frost.

—MRS. J. McLELLAN

### Surprise Cake

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

Beat sugar and butter together. Whites and yolks of eggs to be beaten separately. Yolks are now put in, then flour and baking powder added together with vanilla. Whites of eggs put in last.

—MRS. F. T. ABEY

### Angel Cake

Whites of 11 eggs,  $1\frac{1}{2}$  cups granulated sugar, 1 cup pastry flour, measured after being sifted 4 times, 1 teaspoon cream of tartar, 1 teaspoon vanilla.

Sift flour and cream of tartar together. Beat whites to a stiff froth. Beat sugar into eggs. Add flavouring, then flour, stirring quickly and lightly. Beat until ready to put into oven. Bake forty minutes in a moderate oven. Do not grease pan.

—MRS. RIDDELL

### Chocolate Cake

1 cup sugar,  $\frac{1}{2}$  cup butter, 1 square chocolate (melted), 2 eggs (beat all together 5 minutes), 2 cups flour, 1 cup milk, 2 small teaspoons baking powder, 2 teaspoons vanilla. Bake one-half hour.

—MRS. D. BRUCE

### Loaf Cake

1 cup sugar,  $\frac{1}{2}$  cup butter, 1 egg, 1 cup sweet milk, 1 pt. flour, 1 cup raisins, 2 teaspoons baking powder, 1 teaspoon vanilla.

—MRS. M. J. McLELLAN

### Tilden Cake

1 cup butter, 2 cups sugar (creamed well),  $1\frac{1}{4}$  cups sweet milk, 3 cups flour,  $\frac{1}{2}$  cup cornstarch, 4 eggs, 2 teaspoons baking powder, 2 teaspoons lemon extract.

Bake in a long pan three-quarters of an hour.

—MRS. D. BRUCE

### Jelly Roll

Sift well 1 cup flour,  $\frac{3}{4}$  cup sugar, 1 heaping teaspoon baking powder; beat separately 3 eggs, add yolks, 2 table-  
spoons milk and 1 tablespoon butter, a pinch of salt; add whites of eggs last. Butter pan and line with paper. Turn on paper sprinkled with sugar, spread with jelly and roll.

—MRS. D. BRUCE



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## COOKIES *and* BISCUITS

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### Bread Nut Loaf

$\frac{3}{4}$  cup brown sugar, 3 tablespoons butter, 2 eggs, 1 cup sour milk ( $\frac{1}{2}$  teaspoon soda in milk), 2 small teaspoons baking powder in flour, 2 cups white flour, 1 cup graham flour,  $\frac{1}{2}$  cup chopped walnuts, 1 cup raisins.

Bake three-quarters of an hour. —MRS. D. BRUCE

### Oatmeal Cookies

3 cups flour, 3 cups rolled oats, 1 cup lard,  $\frac{1}{2}$  cup butter, 2 cups brown sugar,  $\frac{3}{4}$  cup buttermilk or sour milk, 1 teaspoonful soda, pinch of salt. —MRS. JAS. SPEIRS

### Oatmeal Cookies

3 cups fresh oatmeal (granulated), 1 cup flour, 1 cup sugar, 1 cup butter (scant) or dripping, salt,  $\frac{1}{2}$  teaspoonful baking soda in  $\frac{1}{2}$  cup boiling water.

Roll thin, cut in squares and bake in quick oven.

—MRS. J. KEENAN

### Rich Cookies

$\frac{1}{2}$  cup butter,  $\frac{1}{3}$  cup sugar, 1 egg well beaten,  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  teaspoonful vanilla, raisins, nuts.

Cream butter, add sugar gradually, egg, flour, vanilla, drop from tip of spoon in small portions on buttered sheet two inches apart.

—MRS. G. READ

### Aunty's Cookies

2 cups sugar,  $1\frac{1}{2}$  cups butter,  $\frac{2}{3}$  cups sweet milk, 2 eggs, 2 teaspoonfuls baking powder, seasoning and flour.

Mix soft, roll thin, sprinkle with sugar and bake in quick oven.

—MRS. J. KEENAN

### Tea Biscuits

3 cups flour, 3 teaspoons baking powder, 1 cup lard and butter— $\frac{1}{2}$  of each, 3 eggs, enough milk to make a paste.

Mix baking powder with the flour, then rub in butter and lard, then add beaten eggs and milk, not having the mixture too stiff and roll only once. Then cut into biscuits and bake ten or twelve minutes in a very quick oven.

To make a change add: 1 tablespoon of sugar and  $\frac{1}{2}$  cup of raisins or currants.

—MRS. E. A. BROOKES

### Christmas Cookies

12 eggs yolks, 12 tablespoons sugar, 12 tablespoons sweet cream, 1 wine-glass brandy, 1 pinch of ground cinnamon. Add just enough flour to roll out nicely and shape like a diamond with a cut in center, fry in deep lard tin a light brown.

—MRS. A. GROTHE

### Cookies

$1\frac{1}{2}$  cup sugar, 1 cup butter melted, 2 eggs,  $\frac{1}{2}$  cup milk, 1 teaspoon vanilla, 1 teaspoon soda dissolved in milk, 2 teaspoon cream tartar in flour, 1 qt. flour.

Roll thin, cut with cutter.

—MRS. F. E. ARCHER

### Cream Cookies

2 cups sugar, 1 cup butter, 2 eggs well beaten, 1 cup sour cream, 1 level teaspoonful soda, 2 teaspoonfuls cream tartar, mixed in the flour, 1 teaspoonful nutmeg. Flour enough to make a dough just stiff enough to roll out.

—MRS. LEET

### Doughnuts

Beat to a cream, one cup of sugar, two tablespoons melted butter, then add three eggs, one cup of sweet milk, flavouring to suit taste, four cups flour with two teaspoons baking powder sifted together. Fry in hot fat.

—MRS. WM. LINGARD

### Bran Gems

3 cups bran, 1 cup flour, 2 teaspoons baking powder sifted in flour; put flour in last; 3 eggs, 1 pint milk, 1 tablespoon melted butter.

Beat eggs, then pour into the milk, add the bran and butter and a little salt; last add the sifted flour with the baking powder in it. Bake in greased gem pans in a quick oven about twenty-five minutes.

—MISS M. TWISS

### Eccles Cakes

$\frac{1}{4}$  lb. currants, 2 ozs. sugar,  $1\frac{1}{2}$  oz. mixed peel, 1 oz. butter, 1 teaspoon mixed spice.

Clean currants, cut peel in small pieces, put all the ingredients in a pan or jar to warm butter. Make a nice paste, roll out in nice small rounds, place a spoonful of the mixture in the center of paste, put cover of paste on, cut slits on cover, brush over with sugar and water. Place the cakes on a greased baking pan and bake in a hot oven for ten minutes.

—MRS. W. WHITTAKER

### Date Gems

Beat 2 eggs until very light, add  $\frac{1}{2}$  pint of milk,  $1\frac{1}{2}$  cups of whole-wheat flour, 1 tablespoon of melted butter, 1 teaspoon of baking powder,  $\frac{1}{2}$  cup of finely chopped dates and mix thoroughly.

Bake in well greased gem-pans for about twenty minutes.  
—MRS. MOULTON

### Nuggets

1 cup butter,  $1\frac{1}{2}$  cup brown sugar, 3 eggs, 1 cup raisins, 1 cup dates (cut with scissors), 1 cup walnuts (chopped),  $\frac{1}{2}$  cup currants, 1 teaspoon cinnamon, 1 teaspoon cloves,  $\frac{1}{2}$  teaspoon mace,  $\frac{1}{2}$  nutmeg, 1 teaspoon soda, 3 cups flour.  
—MRS. WM. ENGLISH

### Cornflour Cakes

4 ozs. cornflour, 4 ozs. flour, 6 ozs. butter, 6 ozs. sifted sugar, 3 eggs.

Melt the butter, then add the other ingredients; beat for twenty minutes. Lay into patty-pans, bake in warm oven. Time— $\frac{1}{4}$  hour. Sufficient for 2 doz. small cakes.  
—MRS. CHANDLER

### Muffins

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

Beat eggs light, add sugar, salt and milk; sift flour and baking powder and beat well; add melted butter and bake in hot oven.  
—MRS. F. V. HARRISON

### Hermits

1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{2}{3}$  cup sour milk, 2 cups flour, 1 teaspoon of soda (dissolved in milk),  $\frac{1}{4}$  teaspoon cream tartar in the flour,  $\frac{1}{4}$  teaspoon each of cloves, cinnamon and nutmeg,  $\frac{1}{2}$  lb. raisins chopped fine.

Drop in small spoonfuls on buttered tins.  
—MRS. H. W. POWER

### Oatmeal Cookies

$1\frac{1}{2}$  cups oatmeal, 1 cup flour, 1 sugar,  $1\frac{1}{2}$  cups dripping and butter mixed, 1 level teaspoon soda.

Mix dry ingredients together, moisten with water, roll out thin, cut out with cutter. Bake in medium oven.  
—MRS. GILLIS

### Oatmeal Cookies

1 cup flour, 1 cup brown sugar,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon salt, 3 cups oatmeal,  $\frac{1}{2}$  cup butter or lard.

Mix with a little sour milk or hot water.

—M. McDONALD

### Sugar Cookies

3 eggs, 2 cups white sugar, 1 cup butter, 1 cup sweet milk, 2 teaspoons baking powder, 1 teaspoon soda, dissolved in a little boiling water; nutmeg; flour to roll.

Sprinkle with sugar and rollpin over lightly; cut into shape with a cutter; bake in a hot oven. —MRS. MILTON

### English Ginger Biscuits

$\frac{3}{4}$  lb. flour,  $\frac{1}{2}$  oz. ground ginger, 1 pinch salt, 1 teaspoon baking powder,  $\frac{1}{4}$  lb. black syrup (molasses),  $\frac{1}{4}$  lb. brown sugar,  $\frac{1}{4}$  lb. butter.

Put molasses, sugar and butter on stove to melt; one well beaten egg; put the egg into the flour which has the baking powder sifted into it; then pour in the melted mixture hot; when well mixed take small pieces and roll in the hands buttered; press between hands and place on floured pan. Bake in moderate oven. —MRS. TIMMS

### Currant Shingles

$1\frac{1}{4}$  lbs. flour, 1 lb. fresh butter; make into puff paste. Boil 2 lbs. currants for five minutes, put into strainer and wash. Divide paste into two equal parts and roll *very* thin. Press water out of currants by hand and sprinkle over paste. Dust with sugar and then with a little flour. Place on upper crust and roll lightly into currants. Mark in diamonds with a knife. Brush over with milk and then sprinkle with granulated sugar.

Bake in hot oven until brown. —MRS. J. W. COCKLE

### Candy

2 cups white sugar,  $\frac{1}{2}$  cup boiling water, 1 tablespoon vinegar.

Boil without stirring, until brittle (about twenty minutes). Try by dropping a little into a cup of cold water. Pour into well-buttered pie-tin, adding, while pouring, chopped nuts, or raisins, or any desired flavouring. The candy may be different kind each time. —MISS E. MURPHY



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## CANDY

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### Fig Candy

¼ lb. chopped figs, 2 cups granulated sugar, ¼ teaspoon good ginger, 1 cup cold water, a pinch of salt, butter the size of a walnut.

Boil ingredients, stirring often; when quite thick remove and beat until creamy and stiff. Pour into pans and mark into squares. —MRS. H. W. POWER

### Cocoa Fudge

Mix 2 cups granulated sugar and 2 tablespoons cocoa; stir in 1 cup milk and boil very slowly for thirty minutes or until it forms a ball when dropped into cold water. Remove from fire, add teaspoon of vanilla. Beat until stiff. Pour into buttered pan, and when cool cut in squares.

—MISS E. MURPHY

### Golden Sweets

2 cups white sugar, ½ cup corn syrup, ½ cup hot water.

Let boil until it forms a ball in cold water. Do not stir. Then pour into the whites of 2 eggs (which have been beaten up). Pour gradually, beating all the time. If nuts are desired about three-quarters of a cup may be stirred in then. Beat this until fairly stiff, then pour onto a plate, which has had cold water poured over it. Let cool, then cut in squares. —OLIVE ABEY

### Fondant

2 cups white sugar, ½ cup water, pinch of cream of tartar.

Put all into a granite pan and place on stove. Let the syrup boil until it forms a soft ball when placed in cold water. When it reaches this stage remove from fire, cover pan with a wet cloth and leave in a cold place to cool. When the hand can be comfortably borne on the bottom of the pan the syrup is ready to work. Add flavour and stir until of the consistency of putty, then work for a few minutes with the hand and make into shape.

—MRS. F. V. HARRISON

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## PRESERVES

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### Rhubarb Jam

Cut into small pieces and over each pound of rhubarb pour a pound of good rich syrup, let stand until morning, then pour off syrup and boil until it thickens. Add rhubarb, boil from fifteen to twenty-five minutes slowly. Put up in glasses as jelly. —MRS. McANDREWS

### Caramelized Apples

Tart apples are required. Cut in two lengthwise. Have ready a spider in which has been put a teaspoonful of sweet lard or dripping, a half cupful of molasses. When these are hot put in the apples cut-side down. Keep the spider on the back of the stove until the apples are well cooked. Serve by laying the cut-side, which will be beautiful brown, with the molasses almost candied. Caramelized apples are especially good with roast pork. They may surround the roast as it is sent in on a platter to the table.

—MISS M. McDONALD

### Green Tomato Marmalade

6 lbs. smooth green tomatoes, 6 lbs. sugar, juice and rind of 3 lemons, ½ tablespoon ground ginger.

Wash the tomatoes, then cover with boiling water and let stand thirty minutes, wipe and cut into slices. Slice also the lemons and carefully remove seeds. Put tomatoes in a porcelain-lined kettle, add lemons, ginger (or a small piece of ginger root sliced) and a ½ cup of water to prevent burning, cover the kettle, and simmer gently one and a half hours, skimming carefully. Then stand aside to cool. When cold bring again to boiling point and simmer another hour. Then put into jars or tumblers and stand aside to cool. When cold tie up or seal. —MRS. E. NORMAN

### Ripe Tomato Marmalade

6 lbs. tomatoes, 6 lbs. sugar, juice and rind of 3 lemons, small piece of ginger root (or ½ tablespoon ground ginger).

Scald peel and weigh tomatoes and sugar, cut lemons and ginger-root into fine slices. Put all together in a porcelain-lined kettle and simmer gently for three hours, then put into tumblers or jars and stand away to cool. When cold tie up or seal. —MRS. E. NORMAN

### Pickled Fish

Cut the fish up into convenient pieces, rub them well with salt, and let them lie for a few hours. Then put into a pan with water to cover them, and bring them to a boil. When boiling move the kettle back where they will boil slowly for three to five minutes and not longer or the fish will fall to pieces. Lift the pieces out carefully and pack them in a crock, putting in a thin layer of sliced onions between each layer of fish, and while still hot pour cold spiced vinegar over to cover them.

—MRS. S. COSE

### Canning Vegetables

CORN—For corn, strip the husks and pick free from silk. Stand each cob on a cutting board and with a sharp knife slice off the corn, cutting only about two-thirds deep into the kernels; then with the back of the knife scrape or press off that sweet part of nucleus left on the cob. Have jars well scalded or sterilized and fill each jar about one-third full with corn, then with a small masher pack it down, adding more and packing it down, until the can is full to the top. Put on the top and screw rather loosely. Put some hay, straw or a cloth in the bottom of the boiler and place in the filled cans, or jars. Fill up to the top of the jars with cold water and boil for three hours. Ten minutes before they are done unscrew the top of each jar and put on a sterilized tightly fitting rubber ring, screwing this on as tightly as possible. If this cannot be done in the water, take a thick cloth in the hand, lift out the jar and place it on the cloth wrung from hot water, then return to the boiler, filling it up over the jars with a kettleful of boiling water; boil for ten minutes longer and let stand until cold, then screw down the tops more tightly if possible; wrap each jar in paper and set it away in the dark. This is essential. Corn done in this way should keep for any length of time.

PEAS—To can peas shell them and put them into glass jars, filling them to the top; set the cans on a rack covered with a cloth, over cold or lukewarm water, and let cook until the water boils; fill the jars with water to which a teaspoon of salt to a quart of water has been added; adjust the rubbers and covers, but do not fasten them; cover and let cook one hour. Then tighten the covers and remove from the kettle; or let cool in the kettle covered.

By experimenting it is probable that the time of cooking may be cut down somewhat.

—MRS. S. COSE