

**THE BLACK
WHALE**

Cook Book



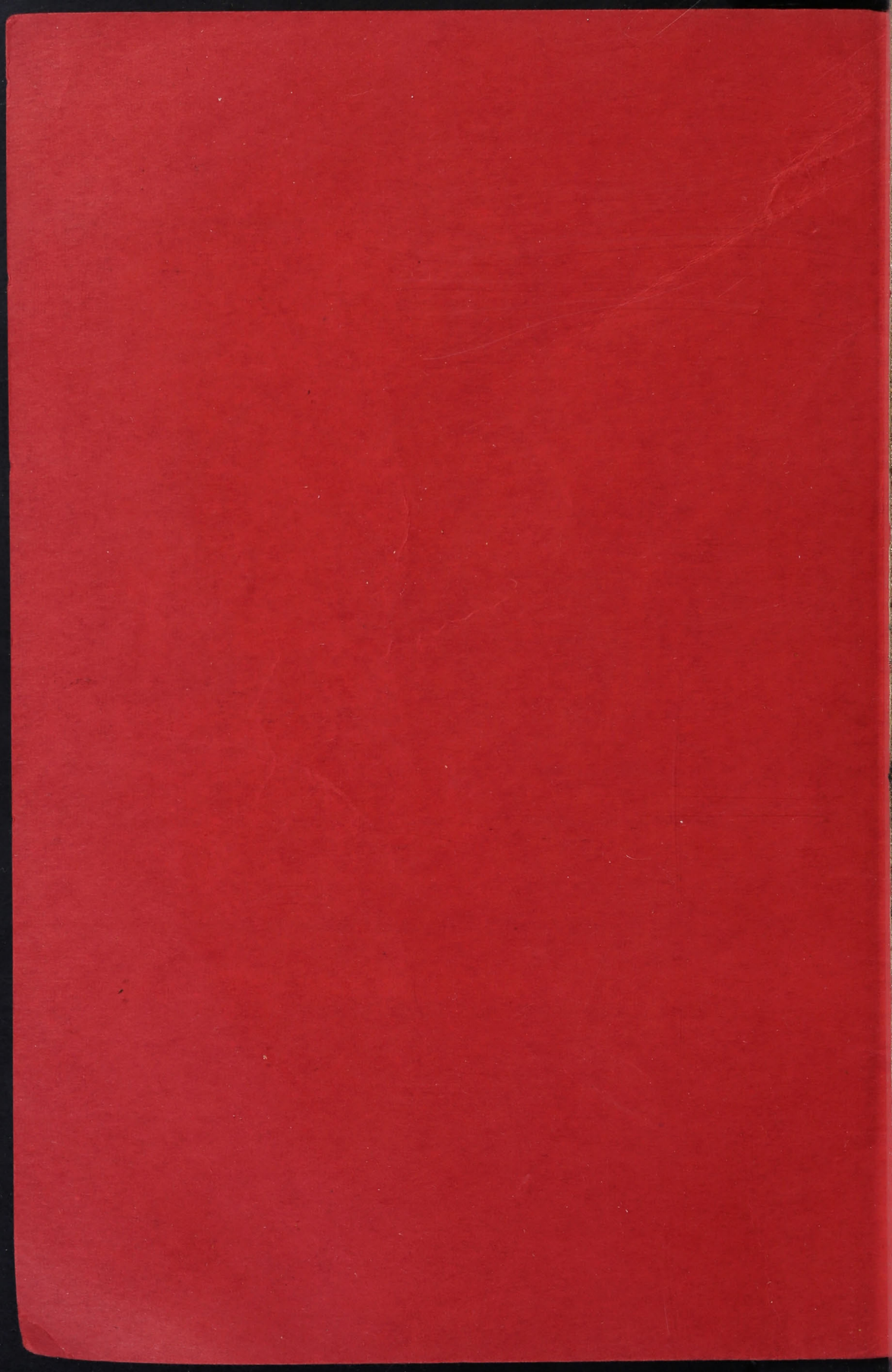
FINE OLD RECIPES

from the

Gaspé Coast

GOING BACK TO PIONEER DAYS

•
Compiled by Mrs. Ethel Renouf - 1948



"THE BLACK WHALE"
COOK BOOK



Famous Old Recipes handed down from Mother to Daughter.

COMPILED BY MRS. ETHEL RENOUF

Wood Cuts By :

V. C. Wynn-Edwards,
André Bieler,
Irene Tuzo

GNAEDINGER PRINTING CO.

MONTREAL

1948

We will be glad to receive any Gaspé recipes that have been omitted from this book, for possible publication in a second edition.

They should be addressed to —

"THE BLACK WHALE"

Percé,

Gaspé County, P. Q.



THE BLACK WHALE COOK BOOK

*Oh, the rare old Whale, mid storm and gale,
In his ocean home will be,
A giant in might, where might is right,
And King of the boundless sea.*

Old Whaling Song.

P R E F A C E

So the Black Whale is getting out a cook-book! — Well, why not?

"But I thought the Black Whale was a handicraft shop" say you who are on tour around the Gaspé.

— That is certainly true. But it is a great deal more than a mere, ordinary shop. It is the centre of a very active revival of local arts, in and around Percé. And, as the inspiration of all good hand-work is pride of home, and the effort to make one's own hearth more attractive, so cookery ranks as, probably, the oldest craft of all.

— And what of the "Black Whale" itself? To understand its place in the life of the Coast, one must go back a number of years. As in many other places, the old arts were dying out. Not so noticeable during the restless speed of the summer months, the loss of these left a dreary blank through the long days of winter. It seemed inevitable that future generations would be the poorer. To prevent this something would have to be done. A local committee was gathered, and the work of rescue begun. An ardent member of the Canadian Handicrafts Guild enlisted their aid. Lectures, competitions, and exhibitions were organized, until the seed, carefully watered, had struck deep enough roots to grow by itself. Looms, spinning-wheels, rug-frames, and carving tools were put into use again, and old skills revived.

As interest increased, and production of rugs, quilts, and ship models multiplied, it became necessary to find an outlet for the surplus, and the "Black Whale" was established. What thought and effort, winter and summer, has gone into its progress, only the hard-working Committee know. From its tentative beginning in the little Percé museum, to its present quarters beside the friendly store of Robin, Jones and Whitman, each day of its existence has been a personal triumph for those devoted organizers.

From the very modest profits of the shop, gathered little by little, a fund was established for a Dental Clinic, much needed by the Community. As one of the founders has described this venture: "Tourists would pause in wonder when they saw the sign "Black Whale Dental Clinic", and wonder if whales ever had toothache that such a place should be necessary. Dr. Roly Lamb, Dr. Frederick Owen, and Dr. Walsh, Dean of Dentistry, all of McGill, gave their services to carry on this work, and many and hair raising were their tales of tooth extraction and prophylactic work in the back concessions, where two days a week they operated in the settlement school house, with dozens of horses and buggies tied to the school fence patiently waiting for the patients to come out holding their jaws. This has now been taken over by the Red Cross, who have established a most needed chain of Dental Caravans in those parts beyond the reach of dentists."

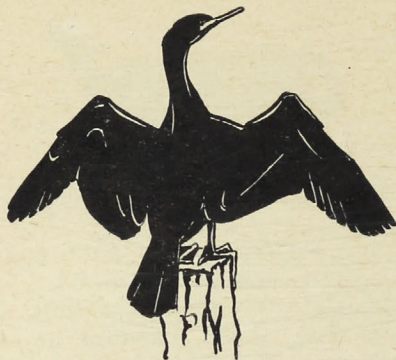
Two years before the late war, the "Black Whale" fathered the book on Percé Birds, by V. C. Wynn Edwards, Professor of McGill University, and one of the foremost authorities on the subject.

In undertaking to present this cook-book, the "Black Whale" is following its policy of gathering and preserving the rich lore of the district; — this time the cherished recipes handed down from mother to daughter, often through many generations.

The work has been a labour of love carried on by the President, Mrs. Ethel Renouf. Of an old Coast family, she is a daughter of Mrs. Lindsay, one of the most gracious hostesses in Gaspé of the last generation. Mrs. Renouf has led her Committee through its years of patient, but highly rewarding labour; and it is to her that the "Black Whale" owes the completion of this latest of its tasks.

May the little shop go on, helping to keep together, through the years, the traditions and skills of its neighbors to feed the rich life of the Gaspé coast!

Alice M. S. Lighthall
President, Quebec Provincial Branch,
Canadian Handicrafts Guild.



EXPEDITIONS

Standing in the doorway of the Black Whale you can see – sunning themselves on the reefs off shore, two or three black cormorants spread-eagling, like heraldic emblems, against the turquoise of the sea. Further out lies Bonaventure Island with its red cliffs and thrilling bird ledges. While between plies “Willie Duval’s” boat, pennant flying, ferrying His Majesty’s Royal Mail, Islanders and Tourists, from shore to shore.

“Willie” – Guardian of the Birds, descends from a long line of sea-faring men. He speaks with authority on winds, tides, and birds. Gannets, Terns, Puffins with their stripped parrot bills, Herring Gulls, and Kittiwakes with many others make Bonaventure their summer home. Nowhere else in the world can their nesting places be seen more easily.

When wind and tide are right, Willie will land you at Lazy Beach to visit the birds. The ledges, where they nest, are reached by scaling a ramshackle ladder that goes straight up the cliff from the beach – not a trip for old ladies or tired hearts. A ten minute walk from the landing will bring you within touching distance of the nests. There, stretched out on the perilous edge of the cliff, one looks down on the ledges with their myriad inhabitants. Every square inch is covered with eggs, young, adults and yearlings, while the air is clamorous with their screams and cries, and a vivid pattern of silver wings revolve around you in the sky. Birds are drifting lazily in the sea three hundred feet below you, gannets dive a long way out, streaking down into the water from the wing like silvery rockets, sending up a flash of spray. The wings whirr and beat about you, the din is terrific, and you will never forget it as long as you live.

A stiff wind blowing up may make re-embarking at Lazy Beach impossible. You’ll have to walk two or three miles through fields of daisies over to Willie’s own dock, unless you corral the only horse and hay cart to bump you along. If the sea has risen you may find the dory poised high on the sloping cedar stage. With passengers aboard the boat toboggans down, sliding into the water with a crash, and sending up a shower of spray.

Lunching on Lazy Beach, inhaling the incense of the driftwood fire, you watch the simmering stew, and the pile of golden pancakes on the warm rocks around the fire. Dipped in heavy brown sugar – rolled and eaten in your fingers they are a fit accompaniment to the Habitant Stew, the steaming coffee, and together make a meal fit for the Gods.

LAZY BEACH STEW

Brown cubes of beef in a little lard in iron pot, add sliced onions, salt, thyme, 1 bay leaf, 6 cloves and cover with canned tomatoes. Cook slowly until almost tender, add 2 cups water and potatoes and carrots cut in small pieces. Simmer twenty minutes. Make this the night before the picnic to mellow. Re-heat over the picnic fire adding a few tbs. browned flour to thicken.

SOUR CREAM PANCAKES

1 tbs. sugar, 1 tsp. soda to every cup sour cream. Add enough flour to make thin batter. Make this at night in large jug and keep in warm place. It will foam up in jug during night. Add salt to taste and stir well and pour into greased frying pan at picnic. Place cakes as they are made to keep warm on flat stones around fire.

This is just the day to go up Mount Ste. Anne. As we climb we see for miles in the clear sparkling air. From the top, Bonaventure Island and Percé Rock look like boats on the turquoise sea. The miles of virgin forest stand behind, and the farms and fields make a vivid patchwork border around the shore.

We'll lunch on a shelf of the mountain, our backs against a pile of logs with the sun beating down on us. A cooling breeze from the sea, filled with the scent of pines, plays over us, and the raspberries hang crimson on their overloaded vines. Sit among the fireweed and golden rod, nodding with their burden of bees, and take out your lunch from the red kerchief knotted at your belt — flaky pork pies, crisp shallots from the kitchen garden, and a piece of mellow Canadian cheese. Tired from the climb, and sleepy after eating, lie back and suck the sun-warmed raspberries which droop about you.

PORK PIES

Fry fresh pork fillets, chop, season with salt and pepper, add fried chopped apples, a little brown sugar. Cut flaky pastry in squares. Place a spoonful of pork and apple mixture on each square. Turn over in triangles. Moisten edges

and press together. Prick on top with fork. Bake brown.

Serve hot with tomato sauce or cold eaten in the fingers on picnics. You'll want to lick your fingers. Don't forget the brown sugar Best Beloved.

PICNIC PATE

1/2 lb. liver — chicken — goose or pork.

3/4 cup chopped onion browned in 2 tbps. fat.

Fry liver until red colour has gone, add 3 slices dry brown bread 1/2 cup milk, 2 eggs, 1 tsp. salt, pepper, thyme, sage. Put in greased mould, cover with wax paper, steam 2 hours. Chill and use for sandwiches.

LEMON BUTTER

6 tbps. butter

3 eggs yolks

1 cup sugar

1 lemon

Cream butter and sugar, add egg yolks, beat over hot water until thickened, add juice and rind of lemon. Pack in sterilized jars and cover with parafin. Spread for bread and butter.

Although summer days on the Coast are usually clear, golden, sunny ones, with a deep blue sky overhead, there comes a day when the storm clouds gather, the wind rises, and low banks of fog roll in from the sea. The roar of breakers on the shore is almost deafening, and the eerie cry of the gulls is caught and flung back from the cliffs.

Then to the brave who venture out, comes the reward of a mystical walk through the fog. Along the highway — out to the Lighthouse — back to the Grotto in the hills, the soft grey blanket pressing against your face. Sounds are muted and far away, the wild flowers along the fences wear a wreath of silvery drops, and ferns bend under the moisture.

The dog at your heels catches a dozen different scents, keen nose quivering. Then at its best is the return home, the comfort of the glowing stove, with the chowder bubbling away, the smell of corn bread crisping and the peaceful light and warmth, of home.

CHOWDER FOR A FOGGY DAY

1/2 lb. salt pork 3 sliced onions

2 green peppers 1 tin tomatoes

8 lbs. fish 2 qts. water or

Salt & pepper soup stock

Season with thyme, celery salt and a little sweet basil. This may be thickened with flour at the last. No potatoes are used as they absorb too much of the flavor.

JOHNIE CAKE

1/2 cup butter or fat 1 egg

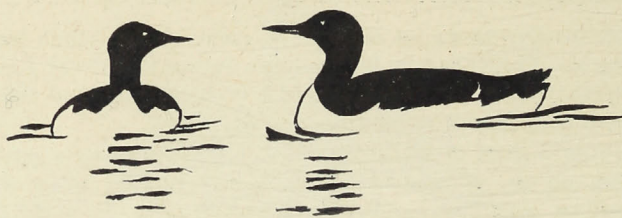
3/4 cup sugar 2 cups corn meal

1 1/2 cups milk Salt to taste.

3 tbps. baking powder

1 1/2 cups flour

This recipe from Gaspé comes from Mrs. J. Davis.



AUTUMN IN THE WOODS

Autumn is a glorious time on the Coast, when trees turn scarlet, and the air is like wine. This is the time for long walks in the woods, treading on carpets of needles starred with the red of the pigeon berries. Flaming ranks of fire weed, tansy and aster spring up in every clearing, and the bracken has turned to gold. Nuts and pine cones lie under the trees for your gathering. The air is heavy with the sound of bees madly working in the late sunshine. Grouse rise from underfoot with a whirr of startled wings. Your dog threshes wildly about in the fern and mint, tail wagging furiously — missing every bird by a hundred feet, but madly in love with it all.

There are visits to friends in the back concessions, where the trout stream is heavily overhung with the translucent berries of the pabino bush, that high bush cranberry the Indians loved. You can almost picture them there on an autumn day paddling gently along the stream in their birch bark canoe, gathering the fruit, and lower down in the wild rice beds knocking the tasseled heads into the bottom of their craft, while the sun beats down and late dragonflies dart by. For these are the days we call the Indian summer.

Camps are opened again in the woods up the streams, and iron pots bubble on open fires. Though the days are warm you are glad to snuggle down in your sleeping bags, cosy and warm in the cool of the nights. The smell of coffee and bacon wake you in the morning. For the keen hunter there are still deer and moose to be seen, and if you can bear to pull a trigger they supply plentiful meat for the larder. Caribou, moose and bear were staples in the fare of the early settlers. Fresh, smoked and pickled they all lent variety to the winter diet. Skins were dried on the sunny side of barns, and the softened leather made into many things about the house. Traces, thongs, and mocassins were made in Indian fashion, and stained with the juice of berries. Bearskins were turned into robes for the winter sleigh rides, and the fat of all the beasts was made into soap and ointments.

BRAISED MOOSE

Have moose meat well hung, tie like pot roast. Stand in marinade two days in cool place. Drain, brown in fat, add several slices fat salt pork, half cover with water to which you add bay leaf, cloves and thyme. Cover and cook in oven for about two hours, or until tender, adding sliced onions and 1 cup cranberry juice or weak vinegar, the last hour. Add cup milk to drippings and serve very hot with moose meat.

MARINADE :

1 cup weak vinegar, 1 tsp. cinnamon
2 bay leaves, allspice, cloves;
Turn meat often.

ROAST WILD DUCK or SEA PIGEONS

After plucking, soak them over-night in salt and water to draw out any fishy taste. In the morning, wash them several times in fresh water before roasting. Stuff as chicken and serve with currant jelly.

Mrs. Laura Leggo.

PERDRIX AU CHOU (partridge with cabbage)

This is a very famous dish on the Coast and several recipes were sent in.

- 3 partridge 1 onion 1 carrot
- 12 sausages ½ tsp. butter
- 1 pt. beef broth or water. 4 cloves
- 1 fine tender cabbage
- ½ lb. salt pork Salt and pepper.
- 1 pt. veal consommé

Place cut up carrot and onion and salt pork in bottom of iron pot. After soaking cabbage in salted water half hour, slice half into pot cover with veal broth and beef or water, & herbs. Wash, clean and wipe partridges. Brown in fat for ten minutes. Put in on top of cabbage and cover with the rest of the head of cabbage. Cover with buttered paper then lid. Simmer slowly in oven for over an hour until tender. Put layer of cabbage on platter, the partridges, surround with sliced sausage and carrots.

Serve gravy in separate bowl.

Mrs. Agnes Fennel.

BREAD SAUCE FOR PARTRIDGE

Pour one cup milk over 1½ cups bread crumbs, add one large onion parboiled, salt, pepper and chopped hard boiled egg. Serve very hot with roast partridge or perdrix au chou.

DRESSING FOR PARTRIDGE

- 2 cups stale bread crumbs
- 1 tsp. thyme or sage
- 1 tbs. dried or fresh parsley
- ¼ cups butter 1 onion chopped

Mix well and cook in frying pan until slightly brown. Walnut meats add to this.

PIGEONS EN CASSEROLE

Strip and clean young pigeons, tie in stripes of bacon or put a piece of salt pork in each cavity. Put in pottery casserole with sliced onions, and a couple of inches of clear broth. Add a pinch of sage, thyme and majoram. Cook slowly in oven or on top of stove if using Dutch oven. Thicken gravy before serving. You may have to add a little water or broth as they cook to keep from drying.

Pilar.

SEASON FOR GAME

- Deer — Sept. 15th.
- Moose — Sept. 15th.
- Partridge — Sept. 15th.

Snipe — There are none in Percé but they have been seen in Corner-of-the-Beach and Douglastown.

The game and fish wardens should be consulted about other seasons and licenses.

The greatest care should be taken in the woods to prevent fire. Cigarettes and pipes should be left behind, and fires only built on foolproof spots, and well saturated with water before leaving.

STEWED VENISON French style

- 2½ lbs. venison (preferably lean)
- ½ glass vinegar 1 bunch parsley
- 1 onion, thyme, 2 bay leaves,
- 12 small onions 1½ glass claret
- salt and pepper 1 oz. salt pork
- 3 tbs. flour. 15 mushrooms
- Fried bread croutons.
- 1 pt. veal consommé

Cut venison into two inch squares. Place in an earthen jar, cover with vinegar and spices and large onion sliced. Let stand 12-24 hours. Drain meat, brown in butter in iron pot. Add flour and stir constantly. Moisten with consommé and claret. Season with salt and pepper. Stir until it comes to a boil. Add onions peeled but not sliced. Cook slowly about 40 minutes until tender. Add pork when adding onions. Add mushrooms five minutes before serving. Turn out on platter and make a border of croutons.

Mrs. Agnes Fennel.

VENISON POT ROAST

Tie roast well with slices of fat salt pork around it if lean. Brown in hot fat. Add 1 cup hot water, juice of half lemon or a little vinegar. Cook covered in oven or on top of stove in iron pot. Let dry out a little and then add more water when needed. Takes about 2-2½ hours to cook 4 pound roast. Serve on hot platter surrounded by small carrots, potatoes balls and baby onions. Or add more water for last half hour of cooking and boil vegetables in pot with roast. Always serve with tart jelly. Pabinoe jelly is ideal. *Philip Banister.*

ROAST PARTRIDGE

Clean and singe birds, cut in pieces, dip in beaten egg and then bread or soda crumbs, place in roasting pan with 3 tbsp. fat, one sliced onion. Brown in very hot oven (475) for $\frac{1}{2}$ hour then reduce to moderate oven (375) and bake $1\frac{1}{2}$ hrs, gradually adding 1 cup water. Salt and pepper to taste.

Rita Thibault of Barachois.

ROAST RABBIT is done in the same way, first skinning rabbit. One and half hours is usually sufficient for the rabbit.

PERDRIX AU CHOU

Prepare partridges as for roasting — tie carefully. Fry out pork in iron pot (Dutch oven) and put in partridges. Turn until brown on all sides. Cover with sliced cabbage, cut in $\frac{1}{2}$ inch slices, until pot is full, adding pepper and salt if pork is not salted. Put in $\frac{1}{2}$ pint water, cover tightly and let simmer about three hours until tender.

Mrs. Ethel Renouf.

STEWED RABBIT WITH DUMPLINGS

Prepare the rabbit as usual, unjoint and cut in pieces. Wash and drain. Put slices of fat pork, drippings, or butter if preferred in pot. Add rabbit, pepper and salt, cover and cook till slightly brown. Add 1 sliced onion, brown slightly, add water enough to cover meat. Sliced carrots or parsnips may be added if desired.

Simmer until tender.

Make a stiff batter of 2 cups flour,
2 tsp. baking powder
2 tbsp. shortening,

About 1 cup sweet milk.

Drop by spoonfuls in the boiling liquid, keep pot tightly closed not to let the steam escape until dumplings are done, about 20 minutes. Don't peek!

Mrs. Geo. Bourget.

FRIED RABBIT

1 young rabbit (paws and ears should be soft) Wash and clean. Dry and cut in pieces for serving. Make batter of beaten egg, milk and flour with salt and pepper. Dip cut pieces in batter, fry until brown. Put at back of stove with one cup sweet or sour cream. Cover closely and simmer until tender — about half an hour. Instead of cream you may use stock and as it evaporates away add a jar of game jelly.

SAVORY RABBIT WITH DRESSING

Wash rabbit, cut in joints. Place in a casserole, sprinkle over & around two good cupfuls of stuffing & lay on top strips of bacon.

Pour over all one half cup milk. Put cover on and bake $2\frac{1}{2}$ hours in a moderate oven.

For stuffing: bread crumbs, onion. Summer savory, salt, pepper.

Mix up with a beaten egg and put over your rabbit to bake (good).

D. E. Patterson.

SALMI OF WILD DUCK

Clean and cut up duck. Brown in savory drippings with one minced onion. Add soup stock to barely cover, with salt pepper and sage. Simmer until tender — about 2 hrs. Thicken sauce with brown flour. Add wineglass red wine. Reheat, serve with wild rice.



Cowper's translation of Virgil's poem "the Salad."

*"There at no cost, on onions rank and red,
Or the curled endive's bitter leaf he fed."*

ONION SALAD FOR HUNTERS

2 large onions sliced paper thin.

1 lemon sliced thin, peel and all.

Mix together and put in bowl with $\frac{1}{2}$ tsp. salt. $\frac{1}{2}$ cup olive oil,

$\frac{1}{4}$ cup vinegar & juice of another lemon.

Allow to stand for 24 hours in cool place. Eat this between slices of home made bread while you're waiting for that duck to cook.

These next recipes sound like the royal dish of "Four and Twenty Black-Birds baked in a Pie." But Willie Duval says Eiderduck is best for Seabird Pie.

SEA BIRD PIE

Skin birds, soak overnight in cold water and salt. Cut in pieces, roll in flour and fry in hot fat until well browned. Cover with water, add a few slices of fat salt pork, 3 medium sized onions, salt and pepper to taste. Stew until tender.

Now, make a baking powder biscuit dough, roll to fit the size of top of stew pot and about one inch thick. Make a cut in middle of dough, large enough to put spoon through to stir. Thicken stew gravy, lay dough on top and cook slowly about 1/2 hour, stirring often to keep from sticking. Before serving, cut dough in pie shaped wedges and arrange around plate.

Mrs. Muriel Le Gros.

SEA BIRD POT PIE

One sea bird cut in small sections, one pound fat pork (salt or fresh) thinly sliced, potatoes, peeled and cut in halves. Salt, pepper, one finely chopped onion, pie paste, 1 cup water.

In cook pot, place a layer of sliced pork, next layer sea bird and then potatoes. Repeat these layers, adding salt, pepper and onion with the sea bird, always leaving centre unfilled. Make pie paste, roll and cut out centre and place over pie top, add about 2 cups water. Requires about 2 hrs. slow cooking.

Mrs. Edith Brochet.

**BAIE DES CHALEURS
CARIBOU ROAST**

Let 6 lbs. thick back roast stand overnight in salt water to which has been added juice and rind of 1 lemon; roll in flour, place in roast pan, pour over 1 cup boiling hot pork drippings to which has been added:

- 1 heaped tbsp. brown sugar,
 - 1 tsp. cloves,
 - 1 tsp. allspice
 - 1 tbsp. Chili or H.P. Sauce;
- Bake in moderate oven 1 1/2 hours.

Gravy:

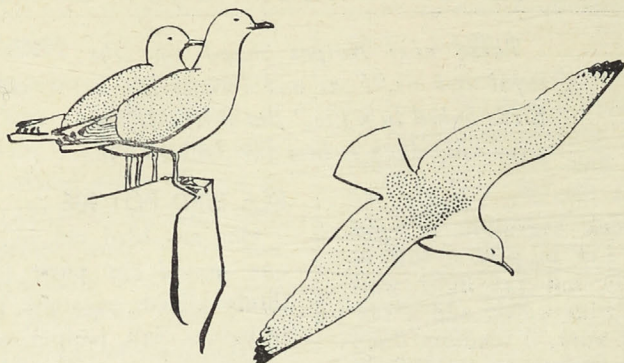
Fry 2 sliced onions in butter, when brown, push to side of pan. Spread out 1 tbsp. flour over bottom of pan. Let scorch slightly, add pepper and salt, 1 cup boiling water. Stir, pour hot over slices of roast.

Mrs. Hildred Maloney.



"Leviathan maketh a path to shine after him, one would think the deep to be hoary."

Book of Job.



DEEP SEA FISHING

A faint glimmer of light in the East, but the rain is still coming down in torrents. A loud rapping on the door of the fisherman's cottage means that the captain is rousing his crew for the day's work. He is a weird figure in his top boots, oilskins and carrying a hurrican lantern in his hand. A grumpy bellow from within responds to his knock, so down the road he proceeds to the next on his list.

Soon a little procession — in the dreary howl of the gale — slosh along in the light from the lantern. Silently it wends its way through the tough salt grass at the edge of the cliff, slipping and slithering down the steep clay path to the ocean's edge. There the waves are tumbling in, in mad profusion on the beach, and dragging the gravel back in their teeth. The dory is high on the bank, and only skilled hands can run it down into the foam, and only a trained eye can guide it through the breakers.

Out in the shelter of the rock the fishing smacks wait, jibbing at their moorings like restless horses, eager to be off. The morning tide is high and waits for no man. Coiled in the buckets, the lines are ready, and the bait is being prepared. Up go the sails, up comes the anchor dragging its load of kelp, and out into the gloom sails the small fleet.

The gulls' cries sound thin and eerie as they dip and circle overhead and the spray is salt where it drenches the men. Hours of patient work in the rain, the lines coming aboard, hand over hand, with cod — like heavy sacks — and here and there the gleam of a mackerel. A silvery pile grows in the depths of the boat. All too soon the tide is turning. The sun tries to break through the sulphurous clouds. Home goes the fleet with its trail of following gulls.

The beach crew, ready at the trestles, unload the precious cargo from the sea, forking out the silvery spoils unto the beach, comparing the catch of the different boats, or holding up a giant for admiration. The men work furiously and well. Great knives gleam and slash — into one pail go the precious livers, from the pile of heads little boys extract the tongues.

The gulls arrive in hundreds for the feast. They settle at the waters edge, turning first this way and then that, in unison, and rising when a small boy throws a stick, to wheel and scream a raucous chorus, before they settle again to the feast. Through it all, a row of elders perch on the fish shed roof, waiting, in dignity, their turn.

FISH HEAD CHOWDER

Fry small fish heads after skinning & drying thoroughly, in salt pork which has been tried out. Add potatoes and onions and 2 cups of water; when cooked add 1 cup rich milk or cream.

Mrs. Eileen Gorman.

FRIED COD TONGUES

Wash fresh tongues, then put them on a cloth to drain.

Roll in seasoned flour and fry in hot fat till brown.

Mrs. Edith Bertram.

BAKED SOUSED HERRING

Clean, split and bone fresh herrings. Sprinkle with salt and pepper, place in deep baking dish. Cover with half water and half vinegar according to taste. Add sliced onion (one or more according to quantity of fish) 1 bay leaf crumpled up, 5 whole cloves. Bake in slow oven about half hour or until tender. Serve cold with salad or fried potatoes.

Sent in by *Miss Betty Tardif,*
and also *Mrs. Ada Ross.*

GASPE COD TONGUE STEW

Fresh cod tongues, butter, pepper and salt and a little water required.

Soak cod tongues half hour in slightly salted water, drain and wash again, put required amount of cod tongues in cooking pot; add salt and pepper to taste; and about two tbsp. butter and one cup of water. Simmer slowly until tender. Potatoes may be added if desired, peeled and cut in halves or cooked separately.

Mrs. Edith Brochet.

STEAMED FISH LOAF

Into 2 cups flaked cooked or canned fish, stir 2 beaten eggs.

1½ cups milk.

Add 1 teasp. each of grated onion, worcheshire sauce and ½ teasp. salt.

Mix in 1 cup cracker crumbs (fine). Put into well greased baking dish.

Cover. Steam over boiling water 1 hour. (Serves 6 to 8).

This makes a very nice supper dish.
Mrs. Laura Trachy.

FRIED SCALLOPS

Wash fish, dry well, lay on plate; beat egg in one dish, have flour in another. Now add to frying pan lard to cover bottom well. Heat. Dip fish first in egg then in flour, then in egg again. Now place in hot frying pan but do not crowd, season to taste, and fry quickly on one side until golden brown. Turn, season again and fry until brown. Keep turning until frying is done quickly or fat will soak in fish and they will not be crisp. Serve with lemon or some like tomato sauce.

Mrs. A. Leggo.

FRIED SMELT

Scrape and clean smelt very carefully. Drain and dry well between towels. Roll in flour seasoned with salt & pepper. Heat frying pan. Put part butter and part shortening in pan and let fat get very hot and very brown. Lay smelts in pan, let get very brown & crispy on both sides.

Sent in *Mrs. Le Grestey,*
by *Mrs. Arthur Oliver.*

FRIED COD FISH

1 medium sized cod fish
3 tbps. butter or substitute
½ cup flour
½ tsp. salt — dash pepper.

Clean and wash fish or remove skin. The skin comes off easily when started. Cut in serving size pieces, dredge in seasoned flour. Fry in hot fat until golden brown.

Mrs. John Mahan.

A similar recipe was sent in by
Mrs. Ed. Paget.

SCALLOPED FISH

Take two cups of cold boiled fish or salmon, pick carefully.

Moisten with one egg and one half cup milk.

Add one teaspoon flour, one teaspoon sauce and salt and pepper to taste.

Place in a deep dish and cover with bread crumbs.

Butter the top and brown in oven, send hot to table.

Mrs. Minnie Cass.

DRY FISH CAKES

1 cup dry cod,
3 cups riced potatoes,
1 egg,
2 tbsp. milk,
1 onion.

Shred the boiled fish, boil and rice potatoes; add the beaten egg and milk. Beat all together. Onion may be added if desired.

Form in small cakes, roll in flour and fry in pork or bacon fat until light brown on both sides.

Mrs. Nora Furlong.

COD FISH BALLS

1½ lbs. cod fish 10 potatoes
 ½ cup butter 6 eggs
 salt and pepper ½ cup cream.

Boil fish and potatoes together. Mash well when cooked. Add other ingredients, drop by tablespoonfuls in boiling lard. Leave in deep fat until well browned, drain on paper. Serve hot with tomato sauce, on rice.

LOBSTER SCALLOP

1 cup cooked lobster
 2 hard cooked egg yolks
 1 tbsp. finely minced parsley
 1 cup thin white sauce
 1 tsp. mustard
 salt, pepper
 1 tbsp. sherry.

Mix all together, fill scallop shells and cover with buttered crumbs.

Set shells in pan and bake until nicely browned, or put back into lobster halves for larger portions.

Captain's Cottage.

LOBSTER IN SHERRY SAUCE

Make sauce with 2 tbs. butter, 1 tbs. flour 1 cup cream or top milk. When thick add 2 beaten egg yolks and remove from heat. Add seasonings and sherry, and lobster meat (about 2 cups diced and cooked in butter 3 minutes). Dash of nutmeg improves any lobster dish. Serve with toast.

Captain's Cottage.

SALT COD FISH CAKES

1 lb. boned fish 2 cups potatoes

Boil together in boiling salted water until tender. Strain and let dry. Mash and add butter, a beaten egg and pepper. Drop by spoonfuls in hot grease and brown on both sides.

Mrs. Clarence Gaul.

A similar recipe was sent in by *Mrs. Finn*, who uses ready cooked mashed potatoes, 2 eggs and ¾ cup of milk.

TOMATO SAUCE FOR FISH CAKES

1 tbs. butter 1 tbs. flour
 1 cup tomato juice 1 tsp. sugar
 Salt & pepper 3 slices onion

Boil tomato juice with seasonings, onion. Combine butter and flour and add slowly to juice. Cook until thick.

BONAVENTURE COD TONGUES

1 tin cod tongues
 1 tbsp. scraped onion
 1 tbsp. butter
 1 tbsp. flour

pepper, salt, mace and chopped parsley.

Place butter in pan and brown, add onion and cook slowly about 15 mins. Add liquid from tongues and bring to boil. Add flour to thicken, then add tongues, heat only till tongues are warmed up. Add seasoning to taste.

Mrs. Amanda Lefoley.

SUPER COD TONGUES

For special occasions add to the above
 1 glass sherry
 little cayenne (1 grain)
 1 tsp. lemon juice

J. N.

BAKED STUFFED FISH FILLETS

2 fillets,
 ⅔ cup bread crumbs,
 ⅔ " milk or cream,
 1½ tablesp. lemon juice,
 Salt and pepper.

Stuff according to taste.

Sprinkle fillets with lemon juice, salt and pepper and put stuffing between the fillets. Place in oven with cream and bake 25 mins. Sprinkle with crumbs (buttered) and brown. Serve very hot with lemon juice.

STUFFING FOR THE FISH

1 pint bread crumbs,
 4 tablesp. suet (melted),
 1 " butter
 2 " onion juice.

A few drops lemon juice.

Salt, pepper and ¼ tsp. savory.

Place all ingredients in bowl and mix well; mixture is ready to stuff fish.

Mrs. Jane Gaul.

BAKED GASPE FILLETS

To 1 pound fillets, (wiped with damp cloth and placed in well-greased baking dish and sprinkled with salt) add 1 cup bread stuffing so as to cover, and then pour ¼ cup melted butter, well over. Bake in very hot oven. (500°-550 F.) for 10 mins. Garnish with slices of lemon and fresh parsley and serve very hot.

Mrs. Annie Gale.

COD — "A LA GASPE" —

- 1 thick, medium size fresh cod,
- 6 large peeled potatoes,
- 2 large or 4 small onions,
- 1 heaped tablesp. Summer Savory,
- Salt, pepper,
- Fat salt pork,
- plate of flour,
- 1 pint hot water

Cover bottom of iron pot with thin slices of salt pork. Fry till most of fat extracted.

Cut onions in slices, lay over pork. Cook until yellow, slice potatoes, lay over onions. Cook 20 minutes. Add cup hot water.

Remove scales and fins from fish, wash, wipe dry, cut in thick pieces (convenient for serving) dredge in flour. Roll tight, place over potatoes, add savory, stew slowly for 1 hour on back of stove, baste with gravy every 15 minutes.

Mrs. Hildred Maloney.

COD AND LIVER

- 4 lbs. cod,
- 2 cod livers,
- $\frac{3}{4}$ cup of water,
- 1 tablesp. butter,
- 1 small onion, chopped fine.
- Salt and pepper to taste.

Place water, butter, onion, salt and pepper into a pan. Cut fish into small pieces and add to water when boiling. Place livers over the fish, cover, and let cook about 15 or 20 minutes. Serve fish with sauce.

Mrs. Appolinia Beck.

SALT CODFISH STEW

Soak the fish in cold water several hours. Pick fine. Put in saucepan with cold water, boil a few minutes. Pour off water, add fresh water and boil again. Drain, then add (sweet milk) to cover fish, butter size of a walnut and thicken with flour or constarch. Stir well and when taken from fire, add yolks of 2 eggs, well beaten, stir cook 1 minute, then pour into hot dish and serve.

Mrs. Laura Leggo.

BOILED COD FISH

Wash fish and cut in pieces ready for serving or leave whole.

Have water boiling, add salt to taste and put the fish in. Keep water boiling for about $\frac{1}{2}$ hour or less if fish is in small pieces. Serve with sauce or melted butter.

SAUCE FOR BOILED FISH

- 2 tablesp. butter, $\frac{1}{2}$ cup water
- 2 tablesp. flour, 1 egg yolk,
- $1\frac{1}{2}$ cups milk Salt and pepper.

Melt butter, add flour and cook till it bubbles, stirring constantly. Add milk slowly and continue to stir till it thickens. Take from heat and add egg yolk beaten.

Mrs. Edith Bertram.

COVERED DISH

- 1 can mushroom soup,
- 1 " milk,
- 1 " tuna fish,
- 1 onion.

Few potatoes, cut up, or potato chips or potato sticks. (or boiled potatoes cut in slices.) Bake.

Good for Church Suppers, etc.

Mrs. Eva Helps.

SEAL LIVER

Have frying pan very hot, fry seal liver 5 minutes on one side and 5 minutes on the other side with a dash of pepper and salt. This tastes the same as calves liver and is good for night blindness and also for tired ailing women.

Mrs. Joan Newbury.

COMPANY PANCAKES

Make thin unsweetened pancakes. Spread with left over fish, lobster, or a tin of sardines. Roll up, cover with cream sauce in baking dish. Sprinkle with grated cheese and brown until bubbly in hot oven.

BAKED FROZEN COD FILLETS

Roll pieces of cod fish in crushed corn flakes. Place in well greased bake dish.

Sprinkle with salt and pepper and pour beaten eggs over top. Bake in moderate oven till well browned.

Miss Muriel Berchervaise.

FISH BARBECUE

Scrape fish & wash thoroughly. Fry fat pork in an iron pot (about 1/2 lb. fat pork for a fish 5 lbs.).

Curl fish round sides of an iron pot, peel potatoes & onions, put in center with pepper. Depends how salt pork is whether salt is needed.

Put peeled potatoes & onions, cut potatoes in quarters, in center. Cover tightly and simmer for 1 to 1 1/2 hours, till potatoes are cooked.

Mrs. Eileen Gorman.

OVEN FRIED FISH

- 1 lb. fish fillets or fresh fish,
- 4 cups of corn flakes,
- 1 " milk,
- 1 teasp. salt,
- 4 " fat.

Cut fish in serving pieces allowing about 1/4 lb. for each serving. Roll corn flakes into fine crumbs. Add salt to milk. Dip fish in milk, then in crumbs and arrange on well greased baking sheet. Sprinkle all over top of fish. Bake in very hot oven 15 to 20 minutes.

Miss Mary Drowdy.

FISH DISH

Grease dish well, cut potatoes up in bottom and then a layer of cod (salt or fresh) or salmon. Then another layer of potatoes.

Continue this way till dish is about half an inch from top. Pour white sauce over, containing onion or hard boiled eggs as desired. Bake in oven till nicely browned on top.

Miss Muriel Bechervaise.

FRESH COD FISH STEW

- 1/4 lb. salt fat pork,
- 2 large onions,
- 1 medium size fish (skinned)
- 6 potatoes,
- Seasoning.

Slice pork and fry in a heavy pot. (Iron if you have it). When brown, add chopped onions, fish and potatoes, barely cover with water, season with salt and pepper. Boil slowly for 3/4 of an hour; thicken gravy before serving.

Mrs. Muriel Le Gros.

LOBSTER MEAT

For 2 lbs. lobster meat, make a quart and a half of thin cream sauce using 2 tablesp. of butter, 2 tablesp. flour and a quart and a half of milk. Season well and add six sliced hard cooked eggs, 2 cans mushrooms and 1 onion, minced and cooked in butter. Add lobster and leave all day in the double boiler. When ready to serve season, add 2 tablesp. of sherry and arrange in casserole, topped with buttered crumbs and heat thoroughly.

Miss J. L. Lindsay.

CREAMED LOBSTER

- 1 tin lobster, minced fine,
- 1/3 cup butter. 1 tsp. flour.

Pour boiling milk over this, until it thickens. Juice of 1/2 lemon, small amount of onion, chopped fine. Mix sauce and lobster, a little salt & pepper. Put in dish and cover with buttered bread crumbs. Put in oven in pan of hot water for 15 minutes.

Mrs. Clara Aubin.

STEAMED FISH

A steamer or colander placed over a kettle of boiling water and tightly covered, sprinkle fish with salt and pepper, place it in a steamer or colander, cover and steam on top of range allowing 10-15 minutes per lb. depending on thickness of the fish.

Steam only until the fish is tender and can be flaked with a fork if a thick piece of fish is being cooked, turn it once during steaming. If the fish is to be served in individual portions, cut it into portions before steaming.

Mrs. Elizabeth Paget.

SALT COD FISH SOUND HASH

Let sounds soak over night well covered with water. Remove black threads, etc., and boil till tender.

Cut in small pieces, a cup full of salt fat pork, fry till well browned, add a medium sized onion, cut fine. Cook till onion is tender then add cooked potatoes. Wax beans and sounds are cut in small pieces.

Let cook slowly at back of stove for 1 hour.

Mrs. Laura Leggo.

GASPE LOBSTER SALAD

Spread lettuce leaves on platter, then spread with freshly shelled or canned Gaspé lobster. Add salt and pepper to taste, and sprinkle with mayonnaise. Garnish with whole or sliced radishes and parsley.

A very dainty dish.

Mrs. Annie Gale.

AN OLD FASHIONED FISH PIE

Use any rather dry cooked fish and flake it from skin and bones, make a good white sauce, seasoned with lemon juice or other seasoning as preferred. Mix fish with the sauce and place in greased baking dish and cover with well mashed potatoes, sprinkle grated cheese on top or cover with rich pie crust instead of potatoes. Bake in a moderate oven until nicely done.

Mrs. Irene Cahill.

OVEN POACHED FISH

1 to 2 lbs. fish fillets,
4 to 6 tablesp. butter,
2 tablesp. lemon juice,
Salt and pepper.

Fillets may be cut or left in strips as desired. Oil an oven dish or casserole and place the fillets in same; sprinkle with salt and pepper and lemon juice, dot with butter on top. Put in a medium oven 350 degrees and allow to poach for 15 or 20 minutes, according to thickness.

Mrs. Nora Furlong.

SMOKED HERRING CANAPES

Bread, smoked herring, cheese. Toast fingers of bread on one side only. Put together in pairs with a strip of smoked herring. Grate cheese over top of each and heat in a hot oven till cheese is creamy.

Mrs. Jessie LeGallais.

STEWED COD FISH

In a deep pan, or pot, put slices of bacon and fry. Remove skin and bones from fresh cod-fish and put in a layer of fish, a layer of sliced potatoes, and sliced onions, pepper and salt to taste.

Top with a layer of soda biscuits, pour milk over and cook until potatoes are well done.

Mrs. Kitty White.

BAKED COD FISH FILLETS

1 lb. fish fillets,
4 tbs. butter, melted,
2 tbs. chopped onion,
1 can tomato soup,
 $\frac{1}{4}$ cup water,
 $\frac{1}{4}$ tsp. pepper,
1 tsp. salt.

Place fillets in greased baking pan. Mix butter, onion, salt, pepper, tomato soup & water. Pour over fish. Bake, basting occasionally, 40 mins. or until fish is tender.

Mrs. Katie Gaul.

BAKED FISH STEAK

1 lb. fresh fish, cod, salmon or halibut,
2 tablesp. butter,
1 egg,
Pepper and salt,
 $\frac{1}{2}$ cup bread crumbs,
1 teasp. flour,
1 cup milk,
Minced parsley.

Make a custard of yolk of egg, milk and flour. Add egg white. Pour over fish & crumbs arranged in baking dish. Dot with butter, salt and pepper and parsley. Bake 30 minutes.

Serve garnished with lemon slices.

Mrs. Jessie Le Gallais.

SMOKED HERRING

The Coast people usually have a small smoke house with a fireplace and no chimney. They make a fire in a large pot under rows of rods strung with the gutted herring. After the fire is burning well they cover it with sawdust and keep it smoking for some hours. The Manger's smoke house burnt down last spring when he had a barrel and a half of herring smoking.

CAPTAIN'S BISCUITS

Sometimes called Sea Biscuits, sometimes Hardtack. They are three inches across and an inch thick and no self respecting dog would eat them. But try them split soaked ten minutes in cold water, buttered and baked until brown. Swiss Family Robinson lived on them with roast agunti, as near as they could get to suckling pig on their island.

BAKED WHOLE COD with DRESSING

Choose a thick, fresh cod. Remove scales and fins, but not the skin. Wipe clean, brush with strong vinegar to make firm. Stuff with the following:

2 thin slices toasted bread,
1 tablesp. savory or sage, celery salt,
3 cooked potatoes, 2 onions,
2 tablesp. drippings or melted butter.

Roll toasted bread, place in dish with all other ingredients; Mash, fry onions in drippings. Pour over first mixture. Mash again. Fill fish, sew up or fasten with skewers; place in roast pan, cover with thin slices salt pork.

1 tbs. H.P. Sauce, 1 cup hot water.

Bake for 20 minutes in hot oven. Baste with gravy, add 1 can cream tomato soup, poured over fish. Let bake for another 20 minutes. Take out, place on platter, pour gravy over fish, garnish with sprigs of parsley or cress.

Mrs. Val Maloney.

Similar recipes were sent in by:

Mrs. John Mahan, Mrs. Jas. Furlong.

BAKED MACKEREL

Take one Mackerel and remove head and tail. Split and remove backbone. Lay $\frac{1}{2}$ Mackerel in greased pan, skin side down and sprinkle lightly with salt.

Dressing:

$\frac{1}{2}$ cup bread crumbs.

Add a little fried onion, salt, pepper and poultry flavouring, place other half fish on top, skin side up.

Close with skewers or thread. Cover and bake 45 minutes in a moderate oven, basting frequently with melted butter and hot water. Remove cover of pan for last 15 minutes to brown.

Serve with crisp bacon or lemon slices.

Mrs. Minnie Cass.

LEFTOVER SALT FISH

1 cup of salt fish, 1 small onion.
3 " boiled potatoes, $\frac{1}{2}$ cup milk.

Put potatoes and fish through meat chopper. Also chop onion fine. Add milk and pepper and salt. Mix well together. Place in pan and dot with butter. Put into oven and let bake until top has nicely browned.

Mrs. Appolinia Beck.

OLD FASHIONED COD FISH PIE

2 cups boiled shredded cod-fish.
1 onion, 2 tablesp. butter,
3 cups boiled diced potatoes,
1 cup milk, seasoning to taste.

Melt butter, chop onion and fry in the butter until brown, add shredded cod-fish and potatoes, lastly add milk and seasoning. Line pie plate with ordinary pie paste and fill with fish and potato mixture. Dot with butter, top with pie paste and bake.

Mrs. Rosanna Lévesque.

BOILED FRESH MACKEREL

Cook fresh Mackerel in water, salted, and a little vinegar added.

Serve with a cream sauce:

Heat milk to scalding point. Stir into it, a teasp. of cornstarch, wet with a little water. When this thickens, add 2 tablesp. butter, pepper and salt and chopped parsley to taste. Beat an egg light, pour the sauce gradually over it. Put the mixture again over the fire and stir one minute, not more. Pour upon the fish and serve with some slices of lemon or a few springs of parsley on the dish as a garnish.

Mrs. Annie Rail.

MOCK FINNAN HADDIE

1 salt dry cod fish or salt dry fillets.

Soak fish in cold water overnight or till fresh, then cut in 2 inch squares. Dredge with flour. Have grease of any kind (butter preferred) heating in iron frying pan.

Brown each piece, then sprinkle thickly with flour and add milk till almost covered; put on cover and let simmer for 20-30 minutes.

Mrs. Laura Valpy.

COD FISH BALLS

2 cups salt codfish soaked overnight and boiled until tender. Flake.

2 cups mashed potatoes — $\frac{1}{2}$ cup cream — 2 beaten eggs — bread crumbs.

Mix all together, adding little chopped onion except one egg and crumbs. Add salt and pepper. Roll into balls. Dip in egg and crumbs and fry in deep fat. Drain well—makes 15 balls.

Mrs. Agnes Fennel.



"THE BLACK WHALE"

A community shop for the craft workers of Percé district run by a group of volunteers — The Percé Handicraft Committee.

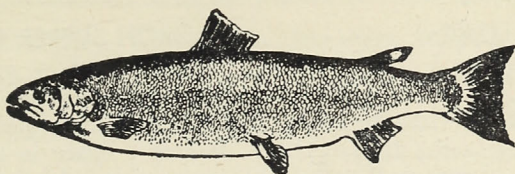


Hand made pottery containers enhance the charm of Gaspé cooking. Here are some very beautiful ones made by Mrs. Nancy Dawes. The covered casseroles, the square pudding dish, the sugar shaker and sturdy mustard pot, the jug and flat dishes with handles are ideal for using with such recipes as appear in the Black Whale Cook Book.

They have the great advantage that they go right on the table from the oven. These are best used with their natural background of homespun linen cloth.



(Photos courtesy of the C.P.R. and the C. H. Guild)



"If you should write a fable for little fishes, you would make them speak like great Whales."

Goldsmith to Johnson.

THE SALMON POOL

Paddle the canoe softly up the little stream from the sea. Half a mile of shallow water riffling over gravel bars, picking out the deeper reaches. Wind through low lying flowery meadows, where the banks are overhung with willow, and the whirr and click of grasshoppers accompany you on your way.

Ahead an old red covered bridge spans the stream, and you must duck your head under the worn beams as you glide beneath. A horse and buggy passing by sends little trickles of dust filtering down into the limpid water. Further along a saw mill lies idle in the morning sun. There's a sweet-sour smell of sawdust and peeled logs lying golden there to dry.

Then curve around a bend, as the stream narrows down, past rapids and rocky ledges where you wade and ease the canoe up with you. The sides are rising steeply now with banks of maidenhair and fern. Narrower and narrower the river twists, where passages are cut through the solid rock by centuries of rushing water. The bottom deepens into basins of clear granite reflecting the overhanging trees. Suddenly — and breath-takingly, around a bend you come upon a natural amphitheatre of stone where salmon lurk and long grey shapes move silently. Through the mirror like water countless lithe bodies glide from pool to pool, deep set in granite cliffs, sheer and smooth as velvet, and roofed far up with a patch of blue.

You have stumbled on one of nature's hiding places, had a glimpse of her wonders that you will treasure forever. Vow that you will keep her secret.

SALMON CROQUETTES

1 lb. cooked salmon,
1 cup. cream, 3 eggs,
2 tablesp. butter, 1 pint crumbs,
1 " flour, Pepper and salt.

Chop salmon fine, mix the flour and butter together; let the cream come to a boil. Stir in the flour and butter, salmon and seasoning, boil one minute. Stir in one well beaten egg and remove from the fire. When cold, make croquettes, dip in beaten egg, roll in crumbs and fry.

Mrs. Nellie Kennedy.

SALMON EN CASSEROLE

Use tin or boiled salmon. Place in heating dish the cooked salmon, peas, in alternate rows. Pour over this an egg sauce and sprinkle with grated cheese on top. Brown in oven.

Mrs. Katie Gaul.

SALMON SOUFFLE

3 tablesp. butter,
3 " flour,
1 cup evaporated milk,
½ cup water,
¼ teasp. salt,
4 eggs separated,
1 can or (1 lb.) cooked salmon,
flaked.

Melt butter & blend with flour. Add milk, water and salt, cook until thickened, stirring constantly. Pour slowly over stiffly beaten egg yolks, & salmon. Fold in stiffly beaten egg whites. Pour into buttered baking dish, place in pan of hot water & bake 45 to 50 minutes. (350 deg F.) (Serves 6). Souffle will rise higher in dry unbuttered baking dish.

Mrs. Flora Mabe.

JELLIED SALMON LOAF

1 envelope gelatin,
 ½ cup cold water,
 2 cups canned salmon (tuna or crab-
 meat),
 1 teasp. salt, 1 egg or 2 yolks,
 1 " mustard, 1 cup milk.
 ¼ " paprika,
 2 tablesp. melted butter,
 2 " vinegar, or lemon juice,

Mix egg, beaten, salt, mustard, and paprika. Then add butter, milk, and vinegar. Cook in double boiler, stirring, until mixture thickens. Soften gelatine in cold water, add to hot mixture, stir until dissolved, add salmon which has been shredded. Turn into mould which has been rinsed in cold water. Chill. When firm, unmold on platter, garnish with greens, lemon and green pepper slices tomatoes or stuffed eggs.

Sent in by *Mrs. Bridget Mahan,*

Mrs. F. A. Aubin.

BOILED SALMON

1 medium sized salmon,
 ½ gallon of water, 1 handful salt,
 ¾ cup of vinegar,

Prepare salmon, ready for cooking. Boil water salt and vinegar, then add salmon and leave boil for 1 hour.

Mrs. Appolinia Beck.

COLD SALMON LOAF

Take about 1 lb. cooked salmon or one can. Take the bones out. Add to it one egg beaten, 3 tbsp. milk, then cracker crumbs to stiffen. 1 tbsp. butter, a little pepper and salt. Mix all together. Form into a loaf baking tin. Cover with buttered crumbs. Bake till golden brown. Serve on lettuce leaves, with mayonnaise dressing.

Mrs. Eileen LeGresley.

SALMON ROLL

Make a biscuit dough and roll out long and narrow. Season a large tin of crushed salmon with desired seasonings. Spread evenly over biscuit dough, roll tightly and bake in a hot oven until biscuit is cooked. Serve with parsley sauce.

Miss Winifred Meade.

SALMON SUPPER DISH

Grease a deep pyrex casserole; put in cold mashed potatoes, pat these well on the bottom and up around sides leaving a space in the center. Fill this space with cold flaked Gaspé salmon. Sprinkle with salt and pepper. Then cover with cold potatoes, put through potato ricer. Mound upon top, sprinkle with finely rolled biscuit crumbs and a wee grating of cheese. Sprinkle with salt and pepper and dots of butter. Place in oven till golden brown. Serve with Gaspé green peas.

Mrs. Cameron Patterson.

SALMON AND POTATO LOAF

Flake 1 can salmon (home canned salmon in 2½ size preferred).

Place salmon in buttered baking dish along with salmon liquid. Add salt & pepper to taste.

Dot over several places with butter. Boil and mash 6 or 8 (hot) potatoes. Cream with a good tablesp. butter (or more) and add milk. Place on top of salmon and bake about 45 minutes.

Mrs. Flora Mabe.

BAKED SALMON STEAKS

1 salmon, ½ cup water.
 8 slices of salted pork, Dressing:

Prepare salmon for cooking, cutting it crosswise into slices ¾ of an inch thick. In a roasting pan, place 4 slices of the pork, then one row of salmon, then spread dressing over salmon. Put the remaining salmon in, the other 4 slices of pork, and add the water. Season with pepper and salt to taste. Place in oven and let bake for one hour and a half.

PICKLING SALMON

Simmer your salmon in the usual way in water with a touch of lemon juice or vinegar. Skin and chill in one piece. When cold pour over it marinade made as follows for every five pounds of salmon. Boil 2 qts. fish water with 2 qts. mild vinegar, 1 oz. peppercorns, mace, nutmeg and allspice, for five minutes. Chill, add 2 tbsp. olive oil. Pour over and cover salmon. Cover closely with weight, store in cool dark place. Will keep several months.

"Cod Cottage."

DRESSING FOR SALMON

- 4 cups of chopped bread,
- 1 egg,
- 1/8 of a pound of butter,
- 1 small onion.

Soak bread in cold water. Add egg, onion and butter. Season with summer savory, pepper and salt to taste.

Mrs. Appolinia Beck.

SALMON BISQUE

- 3 cups thin white sauce,
- 2/3 cups mashed salmon,
- 1/2 small onion fried in butter.

Serve in small earthen crocks — hot with a dab of whipped cream on top for special supper.

SMOKED SALMON

Well known as a fisherman and genial host, Mr. John Molson serves his guests, in his fishing camp on the Godbout, that most delectable of all dishes — smoked salmon. He has been kind enough to supply us with the method used by his Guardian and Guide, in his smoke house, in curing the salmon.

THE SMOKING OF SALMON

1. Open the salmon along the back, from the tail to the head and empty it. The head is usually cut, but it is optional. Wash in clear and very cold water, in order to remove any blood or mud, etc. that might adhere to the fish. Dry the fish very well.
2. Sprinkle on the salmon a mixture of fine salt, rubbing it on. Take the salmon, covered with as much salt as possible, and put it in a case spreading a small quantity of the mixture between each row and leave the salmon in this case for about 48 hours.
3. Soak the salmon in a solution of very cold salt water, about 30 or 40% on the brine-gauge. The mixture is done in this way:—

Fine salt	10 lbs.
Brown sugar	2 lbs.
Pepper	4 ounces
Spices	1 ounce
Laurel leaves	1 ounce

This is for 100 lbs. of salmon — use more or less according to the quantity of salt required and how long you want to preserve it. The 12 to 15 lbs. salmon is recommended.

4. Suspend the salmon by the tail, preferably leaning on a metallic grate, in an inclined plane, so that the salmon will be well stretched — the grate could have two links to an inch. Allow it to dry in a draft with a hard wood fire on, until a thin film appears on the surface. The fire should not be too big and should not warm up the salmon. You can then smoke under a smoke fire for 24 hours. Then make a very thick smoke for 10-12 hours. Put the fires out and let it cool off before packing it up.

The length of the stay of the fish in the salt depends on the size of the fish and is according to everyone's own taste for salt. The salmon should be soaked in the salt water solution about an hour; a barrel or a large vat is used for that purpose.

"... I hope that this recipe for the smoking of salmon is explicit enough to be understood. I believe it is very hard to smoke big salmons so that they will preserve for a long time because the salt and the smoke do not penetrate entirely into the fish, unless we leave it longer in the pickling brine or salt, and this way, certain parts of the salmon would be too salty to be eatable."

Henri Labrie.



FISHING FOR

YOUR BREAKFAST

The mist still clings to the hollow as you stand, in the silence of the early morning, on the banks of the stream. Above the deep black pool a rapid burbles, pushing ripples out into the quiet water. You bend down and look at the flies on their white cellophane card, and now comes the all-important question — which fly to use.

Choose one, slip the leader loop through the eye, then over, and pull taut. Work the line out and cast, yes, that's it, just to the ripple at the foot of the rapid. The fly lights smoothly, sails gently out into the middle of the pool, a perfect cast, your hands shake slightly with excitement — suck — the fly disappears and zing, out tears the line. Keep the tip up high, the fight is on. Down to the bottom, then with a surge the line cuts the water up to the top of the pool. Give him more line then, swoosh, he's off to the bottom again. Reel in gently, the rod bent almost double. Two minutes like this and then, swish, he lies struggling in the bottom of the net. Unhook him and kill him, and then off to join the others for breakfast.

The fire is burning, and the smell of pine smoke mingles with the warm odor of melted butter simmering in the frying pan, making your mouth water. Clean him, then into the pan, wait till he's golden brown then slide him out onto a thick chunk of home made bread. Find a soft spot to sit on, fish in one hand, coffee in the other. Sit back, then a munch of fish and a swill of smoky coffee — this is heaven.

LUNCHEON TROUT AT THE STREAM

Have a small fire burning on a rocky ledge in the stream. On this place an iron pot that may simmer while you fish.

In this put 2 qts. water, 1 cup vinegar, 1 oz. salt, $\frac{1}{2}$ lb. carrots minced, $\frac{1}{2}$ lb. onions minced, thyme, bayleaf, 1 oz. parsley. Simmer gently for 1 hr. Wine may be used to advantage instead of vinegar. Cook fish immediately after catching. Stun with blow on head, and clean quickly. Dropped into boiling liquid the skin will break in all directions so don't be alarmed. A few minutes will cook an average trout of $\frac{1}{3}$ lb. Serve hot with melted butter.

CORN BREAD to serve with Fried Fish

$1\frac{1}{2}$ cups ground corn meal,

1 tsp. baking powder.

Salt,

$\frac{1}{2}$ pt. fresh butter milk.

2 eggs beaten well.

1 large onion minced fine.

Mix well, drop in frying pan in small pats, fry until crisp and brown on both sides in the fat the fish was fried in.

Captains' Cottage.

MUSSELS

Sea mussels in their lovely blue shells are a very common sight as they carpet the rocks when the tide goes down. They are full of iodine and may be eaten when Oysters are out of season. The horny beard should be removed. Steamed open, and then served with a Newburgh Sauce, make them a dish fit for a King.

MUSSELS

Clean off any kelp and sand, put them in a kettle without water, over heat. When they open up they are cooked. Remove from shell, put in bowl, cover them with liquid that has collected in pot during cooking. Let stand until cool. Drain and serve with mayonnaise, or salt pepper and vinegar.

MUSSELS

An old French recipe says you should have at least a quart and a half of mussels for each person. They can be steamed on a bed of chopped onions, a bay leaf, and a cup of cold water, for eight or ten minutes. Then remove from shells, strain liquid, add a cup of cream a little sherry and serve hot in this.

PERI-WINKLES

Same process as mussels, but with a little water in pot. Serve in shells at table and use darning needles to remove hard cap at opening. Can be served hot and dipped individually in a saucer of melted butter.

Mrs. Ethel Renouf.

BROILED or FRIED SCALLOPS

Open scallops as you would oysters. Dry each scallop with a cloth. Season with salt and pepper then dip in melted butter, roll in bread crumbs. Broil or fry and serve on a buttered platter.

SCALLOP CROQUETTES

Scald the scallops, chop fine and add equal weight of mashed potatoes. To one pound of this mixture add 2 oz. butter, $\frac{1}{2}$ gill cream, 1 tsp. salt, $\frac{1}{2}$ tsp. pepper, $\frac{1}{2}$ tsp. mace. Make into small rolls dip in egg and bread crumbs. Fry in deep lard.

Mrs. Irene Tuzo.

BAKED SQUIDS

Take squids as soon as caught. Wash well, and remove the heads and main cartilage. Make rich poultry stuffing with plenty of onion and a little crushed garlic, if you like it. Stuff each squid, and lay in rows in casserole. Dot with butter, and season. Pour in little soup stock or cream, and bake about half hour depending on size. Squid turn white when nearly done. They can also be cooked in tomato soup purée, with added onion.

On the shores along the Mediterranean the natives fry the head and tentacles in olive oil, and eat them all crispy. They do the same with the larger members of the same family—the octopuses, or should it be octopii?

SOUNDS

Cover with water and boil until tender. Fry out a little salt pork, cut up sounds in inch pieces fry in pork fat with some onion. Stew about 20 mins. It depends on taste how much pork you use.

Mrs. Ethel Renouf.

FISH ROE

Large roe should be parboiled in acidulated salted water before being fried. Roe can be broiled, or scalloped by parboiling, break into pieces into buttered baking dish, cover with white sauce to which has been added one beaten egg, chopped parsley, salt to taste. Cover with buttered bread crumbs and bake until browned. Or the roe can be mashed with a little mashed potato, and beaten egg dipped in crumbs and fried.

SEASONS FOR FISHING

Tuna — caught in Gaspé Bay

August — September — October.

Trout — Spring.

Salmon — Spring up to Aug. 15th.

Lobster — May 6th. — July 1st.

Cod — All season.

Herring — All season.

Smelt — October 1st.

HERRING ROLLS

Split herrings and remove fillets with skin on. Roll up, starting with neck end. Tie with string. Simmer in boiling water ten to fifteen minutes. Add salt, pepper and some vinegar to water. If fish had roe use it fried as garnish to herrings when served on buttered toast.

COLD PICKLED HERRING

Make a pickle of $\frac{1}{4}$ pt. vinegar, 1 pt. white wine, 1 onion cut in paper thin slices, 1 carrot sliced, salt, allspice, thyme, peppercorns, celery salt. Boil slowly 20 minutes. Place ten or twelve fresh cleaned herrings in this and simmer for fifteen minutes just below the boiling point. Serve cold with all the ingredients poured over them.

Here's the recipe we have all been looking for, for years — how to "Diminish" the bones in fish. As usual Willie Duval has come up with the answer.

WHEN BOILING SHAD

Boil shad for two hours and one half on slow fire.

You will find the bones have diminished as shad has very many small bones.

William Duval.



THE BUTCHER'S DOG

A rattle of stone against a horse's hoof, the jingle of harness out in the lane, and a shrill whistle announce the arrival of the butcher's cart. Saturday morning meat buying is a ritual for all who can afford it. The wagon, with its white aproned figure on the box, its flapping canvas sides and underneath, in the exact center of the patch of shade, the butcher's dog, seem to set the day apart.

Ti'Jean is a familiar accompaniment to the Saturdays purchases. He descends from a long line of cart dogs used on the Coast for drawing wood in winter and cod heads to the fields in summer. Now too old for use he trots along under the butcher's cart — looking neither to right or left, and collapsing into a loose-jointed heap at every stop. He keeps a sour eyed vigil as the rich red meat is weighed out in the scales at the back of the wagon. A quick snap of steel jaws disposes of any scraps that fall to the ground. Such luck comes rarely though, and usually a bored eye and a lolling tongue are all one sees through the spokes of the red wheel.

The meat that he watches is usually beef, as most of the farmers kill their own sheep and pigs. There isn't any attempt to butcher it to any recognized city pattern of T-Bone, Rib Roast or Porterhouse Steak. Meat is meat, and the housewife standing with her empty platter must become adept at picking out the choicer morsels. Often the liver is thrown in for good measure. If you want a chicken for the week end, it will be laid on your doorstep in the early hours of Sunday morning when the butcher's boy is on his way to mass. If you tire of beef, and ask for a change, it will be "O.K. Missus — maybe I'll meet a calf this week, and then I'll bring you some veal on Saturday". But he rarely "meets" a calf.

The horse stands patiently in the sun, whisking his tail at imaginary flies, and plopping his hoofs up and down in the dust. Myriad gulls circle and cry overhead. The old dog yawns in his patch of shade, ruminating on the luck that keeps him so near and yet so far from that tempting array of chops and steaks. Then philosophically he reaches up a hind paw to scratch his ear, rises to shake the dust off his coat, and trots off again in the exact centre of the swinging patch of shade. Mother balances her platter of raw red meat carefully up the garden path between the poppies and the larkspur. The children toddle after and another excitement of the quiet day is over.

GASPE OX TAILS

2 ox tails — 2 onions — 2 carrots —
1 bayleaf — 1 turnip — 1 cup green
peas (fresh Gaspé) — ½ inch slice ham
or salt pork — Thyme — 1 tbsp. butter —
1 glass sherry — 1 pt. consommé or
water — 1 Clove garlic.

Cut up oxtails and onions. Brown in iron pot with butter. Add carrots and turnip diced. Brown well. Add herbs and sherry. Brown 2 minutes longer, cover with consommé or water. Simmer until ox tails are tender putting peas in last ten minutes and thickening sauce if it needs it.

MARINE BEEF

4 lbs. beef from shoulder — 4 tbsp.
olive oil — 3 Bay leaves — 1 onion — 1
lemon — 1 tbsp. vinegar — salt and
pepper to taste — ½ tsp. each ground
cloves, mace, allspice.

Wash beef, rub well with mixed spices. Cover with chopped onions and oil, vinegar and lemon juice mixed. Let stand in ice box 24 hours. Put in Dutch oven, with juices, add 1 tbsp. flour mixed with 1 tbsp. melted butter. Let brown ten minutes then add boiling water to half cover meat. Simmer slowly 2-3 hrs., closely covered. Turn once or twice. This is a very old fashioned dish.

STEWED STEAK WITH MACARONI

1½ lbs. round steak 1 tablesp. catsup
 2 tablesp. flour ¼ lb. macaroni
 2 " butter Pepper and salt.
 Cut the meat in small pieces. Roll in flour and brown in butter. Cover with hot water. Allow to simmer slowly for 1½ hrs; add the macaroni. Cook for ¾ hr. Season with pepper and salt and catsup. Cook for another 10 mins. Serve.

Mrs. William Grant.

BLOOD PUDDINGS

(This one sounds like a penny thriller)
 Add to your blood, 3 nice size onions chopped fine, salt and pepper to taste. 1 tsp. allspice — 1 tsp. cloves grated — 1 cup sweet milk — 3 cups rendered pork tally (which is taken from the pig's inside) Add 2½ cups flour.
 Put all in a basin, mix well. Put in greased double boiler and steam until done.

To warm up. Fry in pan with enough fat to keep it from sticking.
Mrs. Beatrice Finn.

BUBBLE AND SQUEAK

An old Jersey Dish. Boil tender green beans cut in inch pieces with cubes of new potatoes, and salt pork fried out. Stew about half an hour. Serve with sliced cucumbers in vinegar.
 When your garden is out the kitchen door and you practically run with the new little green beans into the house to pop them into the pot how wonderful it tastes.

Mrs. Ethel Renouf.

STUFFED ROAST LEG OF MUTTON

Take the bone out of a small leg of mutton without spoiling the skin if possible. Fill the hole whence the bone was taken with a stuffing the same as for fowl with a little more onion. Sew the leg up, bind and tie up compactly—put it in a roasting pan, turn in a cup of hot water and place in a moderately hot oven, basting occasionally, season with salt and pepper and when thoroughly done, remove and place leg on warm platter. Thicken gravy and send to table with a dish of currant jelly.

Mrs. Michael Kennedy.

POT ROAST

4 lbs. chuck beef, rolled and tied.
 2 tablesp. fat,
 1½ teasp. salt,
 3 tablesp. flour,
 ¼ teasp. pepper,
 1 medium onion, chopped,
 ½ cup diced carrots,
 2 cups water.

Rub the rolled meat with the mixed flour, salt and pepper, and sear on all sides in the melted fat. Use a heavy cast iron or aluminum kettle for the pot roast. Add the chopped vegetables and about a third of the water. Simmer very slowly and add the rest of the water gradually as needed. When cooked in this way, the pot roast keeps its rich brown crust and you will get a richer flavored gravy. Cook 3 hours or until meat is tender; if you wish, small peeled potatoes may be added during the last hour of cooking.

Similar recipes sent in by:
Mrs. Finn, Mrs. A. Leggo, Mrs. Aubin.

YORKSHIRE PORK PIE

Make a crust according to the rule, for meat pie. Line a buttered dish with part of the crust. Fill it with alternate layers of cold pork, sliced thin and seasoned with sage, pepper and salt, and some apples pared and cut in thin pieces. Pour in a little warm water or gravy. Put on the top crust and bake.
Mrs. Kitty White.

POTTED MEAT

4 pork shanks,
 2 lbs. beef,
 2 medium sized onions,
 Salt and pepper and Summer savory.

Leave pork shanks in salted water overnight. In morning, wash well and put on to boil with beef, cover well with water and let boil 3 or 4 hours or until meat drops from bones. Strain, add chopped onions. Salt and pepper to taste, to liquid. Boil a few minutes to cook onion. Add meat and summer savory to taste. Put in moulds and keep in cool place.

Mrs. Jessie LeGallais.

MOCK VENISON STEW

4 lamb hearts or 3 calves hearts
 1 cup water — 4 onions sliced
 ½ cup chopped celery — Carrots
 1 tbps. tarragon vinegar — 2 bay leaves.

Split open hearts, wash and slice in inch slices after removing veins. Dredge in flour and brown in fat. Add other ingredients and simmer one hour or until tender.

"Cod Cottage".

CRUMB DUMPLINGS

1 cup whole wheat bread crumbs
 ½ tsp. baking powder — 1 tbps. minced onion — 1 egg beaten — 3 tbps. butter — 4 tbps. cream — chopped parsley — salt.

Blend well, roll into marbles, chill and roll in flour before putting in gravy of stew to cook. Cook 20 minutes with lid on.

COLD SPICED MEAT

Take a thin slice of round steak. Remove the bone, all the fat and bits of skinny membrane on the outside. Make a dressing of 1 cup of bread crumbs, ½ cup butter, mustard, pepper, salt, ground celery seed and spices to suit the taste; add enough hot water to make it soft, and spread over the meat. Now roll it up firmly and tie in a thin cloth; place roll in a kettle and cover with boiling water. Boil from 3 to 5 hours according to size of the roll. After it has boiled two hours, put in a teasp. of salt. When it is done remove the cloth, put meat in a mould with a heavy weight on it. When cold will slice nicely, and makes a nice cold meat for lunch or supper.

Mrs. Kitty White.

SWISS STEAK

Cut steaks about 2 ins. Pound into the steak on both sides, as much flour as it will take up, about 1 cup, brown on both sides in salt pork fat. Add 1 onion, pour over this 1 cup canned tomatoes and bake 2 hours. Temperature 350° deg. F.

Mrs. Norah Furlong.

BRAISED BEEF HEARTS

Cut heart in slices one inch thick. In 2 tablespoons lard, or any other fat, brown an onion slightly and add a cup of celery, cut in bits (or celery salt). The slices of beef heart dipped in flour go in same pan for browning, then with a cupful of water, a tablespoon of vinegar, and a teaspoonful of mustard, they are simmered, closely covered for 3 hours. Chili sauce adds to this dish.

Mrs. Doreen LeGrand.

BAKED HAM

Do not soak or cover it with paste, but place it in a baking dish or pan and baste it with vinegar and sugar. 3 tablesp. sugar to 1 tumbler of vinegar. Bake it 15 mins. to the lb. then take off the skin when baked and sprinkle with fine bread crumbs and brown for a few minutes.

Mrs. Etta Miller.

BARBECUED STEAK

To barbecue the steak, salt and pepper it. Turn oven in a pan of flour. Brown it in hot fat. Mix a tablesp. of vinegar.

2 tablesp. Worcestershire sauce,
 ½ cup of ketchup.

Add to this a small onion, minced,
 1 tablesp. sugar and
 1 tablesp. prepared mustard.

The flank steak resting in this sauce is baked in a moderate oven for two hours. Turn often.

Mrs. Doreen LeGrand.

CURRY FROM COLD MEAT

½ lb. meat, ½ oz. flour,
 2 oz. butter, 1 dessert spoon
 1 onion, curry powder,
 1 sour apple, ½ pint stock.

Fry together, butter, onion and apple till brown. Stir then the curry into the pan, add the stock and a pinch of sugar, cook a few minutes, place the meat till very hot. Put your meat on a dish and strain the sauce around. Put a border of rice around or serve separately.

¼ lb. rice to 3 gills of boiling water must boil 20 minutes. Well dried and shaken.

Mrs. Etta Miller.

FRIED HAM WITH PEANUT BUTTER

Cut ham in thin slices. Spread well on both sides with peanut butter. Fry in a covered pan until a nice brown.

Mrs. Curtis Miller.

. . .

All about let there be luxuriant growth of green Cassia and wild Thyme with its spreading perfume and abundance of strongly scented Savory."

(Georgics, Book IV.)

. . .

CRETTES were introduced into Britain by the Romans.

A soup of water cress — in the old days — was considered a cure for head ache. Certainly to-day it is invaluable for its iron content. If eaten, a small bunch a day does more for one than a soup plate full of spinach.

Water Cress was planted in the brook behind the Black Whale about 50 years ago, with seed from Jersey. It was in Mr. de Gruchy's time who was agent for Robin Jones and Whitman.

. . .

SWEET PICKLE FOR MEAT

6 gals. of water, 1/2 lb. sugar,
6 lbs. salt, 1/2 pint molasses.
4 oz. saltpeter.

Boil 10 minutes. Use when cold. Good for pork or meat for about 6 weeks.

Mrs. Etta Miller.

. . .

WHEN the house wife had no refrigeration she turned to herbs and aromatics which would season and preserve her foods.

. . .

HERBS FOR COOKING

Thyme in almost everything.
Sweet basil married to tomatoes.
Sage, majoram, and thyme in home made sausage meat.

Bay leaves or a leaf from the Bayberry bush in every soup pot or stew.

Dill in pickles.

Sage and summer savory in all fowl dressings or the popular thyme.

Mint with lamb.

CURED BEEF HAM

For a ham weighing 20 to 25 lbs.
1 lb. salt, 2 tablesp. cloves,
1 cup brown sugar, 2 tablesp. allspice,
2 tablesp. molasses, 1 tablesp. pepper.

Mix ingredients well together and rub in the beef every day. Let lie for 8 days on this pickle rubbing well.

Tie up all loose bits with heavy cord tightly. Let hang at least 3 weeks. The longer it hangs the better it is.

Mrs. Lizzie McPherson.

DUTCH OVEN STEAK

Cut steak 1/4" thick. Wash well. Put a small quantity of lard or drippings in pot. Heat hot. Lay steak flat in hot fat, season to taste.

Fry until nicely brown and turn, fry again. Now add a small amount of water. Cover and cook, watch carefully so meat won't burn. Add water when needed. When meat is almost cooked, add 2 large onions, covering steak as much as possible, finish cooking. Just before serving, thicken gravy with flour.

Mrs. A Leggo.

HOGSHEAD CHEESE

1 hogshead or 4 pigs feet. — 1 lemon
1 glass sherry wine — 2 onions
1 slice ham — thyme, bay leaf — spices.

Boil until tender with salt and lemon juice. Set to cool, but save liquid. Take meat from bones. Cut into inch cubes. Chop onions very fine. Brown later in lard slightly, add pint of liquid, peel of lemon chopped fine, wine salt and pepper. Add meat and ham in cubes, herbs (3 mashed cloves allspice, thyme and mace). Simmer 1/2 hour longer till it comes to right consistency. Pour into wet bowls, cover closely with dish and weight of 3 or 4 flat irons on top.

I use pigs feet and beef bristle.

Mrs. Agnes Fennel.

MEAT LOAF

1 lb. ground meat, 1/8 teasp. pepper,
1 cup rolled oats, 1 cup milk,
1 medium onion, 1 egg, slightly
1 1/2 teasp. salt, beaten.

Mix all ingredients, place in greased loaf tin and bake in slow oven for 45 minutes. Serve hot or cold.

Mrs. Appolinia Beck.

SUCKLING PIG STUFFED

1 pig — 4-5 weeks old — 3 large onions — 2 cups bread crumbs — salt and pepper — 2 oz. butter — 2 tsp. sage — 3 sprigs parsley — 3 hard boiled eggs — Thyme and majoram.

Wash cleaned pig well, removing any hairs. Salt and pepper inside well, after drying.

Prepare dressing as for poultry, adding chopped eggs. Season very strongly with salt and pepper. Close up opening with thread and needle. Truss front legs forward, and hind legs forward. Place a corn cob in pigs mouth to be replaced after cooking with red apple. Rub pig outside with butter and salt. Bake in moderate oven 2-3 hrs. Baste frequently adding more butter if necessary. Decorate with parsley and serve with apple sauce.

Mrs. Agnes Fennel.

BOUDINS (Blood Sausages)

1 lb. hog or beef blood — 1/2 lb. hog fat — 2 onions — salt, pepper — 1 clove garlic.

Mince onions fine, fry slightly, add garlic. Mix all ingredients with blood adding 1/2 tsp. each allspice, mace, cloves and nutmeg.

Fill casings with this mixture and tie well at intervals of three inches. Wash thoroughly then place in a pot of tepid water. Simmer but never boil as that will curdle the blood. Leave them on a slow fire until when pricked with a needle blood will not exude. Let them dry and cool. To use, fry in boiling lard or broil.

HAMBURGER MEAT LOAF

Shape hamburger mixture with bread crumbs into a loaf. Place in a pan, lay slices of bacon across the top and bake at 400 deg. F. for 45 minutes. Serve with gravy made from the fat in pan by adding flour. Allow to brown and add boiling water.

Mrs. Norah Furlong.

CRETONS

3 lbs. fresh minced pork in the sock
3 lbs fresh pork - minced in the round
1 1/2 lbs. leaf lard minced
2 large onions
4 pork kidneys
2 1/2 tbps. coarse salt — scant
1/2 tsp. pepper scant
1 qt. water
3 level tsp. ground cloves, cinnamon
1 tbps. Worcestershire sauce
2 cups bread crumbs.

Have meat minced by butcher. Melt leaf lard until it looks a little brown. Strain, add to meat. Parboil kidneys, cut and remove white centers. Mince with onion and put all in pot together, except bread crumbs. Cook slowly 2 hrs. or until liquid just covers meat. Add crumbs stir well, put in bowls to cool. For sandwiches. Freeze for Winter use.

Miss Migneault

GRAISSE DE ROTI

Usually made with pork but also can be made from roast beef. When roasting pork add a little water on bottom of pan, keep adding a little at a time as this boils away. When roast is done save juice in pan along with fat that has melted from roast. Add one onion, cut up or crushed clove of garlic. Boil several minutes more, and pour into berry bowls. If necessary gelatine may be added. Turn out of mould as wanted and serve instead of butter on bread. This is a great favourite in Fr. Canadian homes.

SPICED SHANK OF BEEF

1/4 cups vinegar 1 cup tomato juice
1 tbsp. salt 2 tbsp. sugar.
1 tbsp. mixed pickling spices.

Pour this over cheap shank of beef, let stand 6 hours. Cook in this juice slowly adding more tomato juice when needed.

BEEF ROLL

- 1 lb. steak, 6 soda crackers,
- 1/4 lb. pork, 1 egg,
- 1 onion, Salt and pepper.

Put all but egg through meat chopper. Mix in egg. Roll in cloth and steam one hour. Sprinkle with cracker crumbs and bits of butter and brown in oven.

Mrs. Jessie LeGallais.

MEAT CROQUETTES

Put cold cooked meat through meat chopper.

(2 or three cups).

Mix left over gravy or add melted butter or soup stock to moisten.

Salt and pepper.

A little chopped onion.

Worcestershire sauce.

Mix and form in oblong rolls, roll in fine bread crumbs. Roll in beaten egg and again in bread crumbs. Put in ice box and chill. Then fry in hot shortening or lard.

Turn as each part gets brown.

These are excellent, can be served with tomato or mushroom sauce.

Mrs. Laura Aubin.

HOME MADE SANDWICH SPREAD

- 1 calf liver, 1 teasp. ginger,
- 1 calf tongue, 2 teasp. mustard,
- 1 calf heart, 1 onion, salt and
- 2 lbs. fresh pork, pepper,
- 1 cup lard, 1/2 teasp. cloves,
- 1/2 cup butter, 1/2 allspice.

Boil the heart, liver and tongue in a little water for 1/2 hour or more. Boil pork apart. Pass all the meat through chopper, also the onion. Add all the ingredients, also the liquid the pork has been boiled in. Boil all together, stirring often to prevent sticking.

I generally omit the butter and add more pork preferably fat.

Mrs. Geo. Bourget.

LAMB STEW

Cut up the lamb into small pieces, (after removing all fat).

Wash it well and put it over the fire with just enough cold water to cover it well, and let it heat gradually.

It should stew gently until it is partly done, then add a few thin slices of salt pork, one or two onions sliced up fine, pepper and salt if needed and 2 or 3 raw potatoes, cut up in small pieces. Cover closely and stew until meat is tender. Drop in a few dumplings made like short biscuit. Cut out very small. Cook 15 to 20 minutes longer. Thicken the gravy with a little flour, moistened with milk.

Mrs. Annie Rail.

GASPE BOILED DINNER

Take a piece of salt pork, mostly lean. Place in black iron pot. Cover with cold water. Boil one hour. Drain and add fresh water, boil again. Now peel potatoes, leaving them whole. About 25 to 30 minutes, before serving time add potatoes to meat. Keep boiling.

From bread dough, make dumplings the size of a large egg or larger. Place those on top of potatoes but be sure water does not boil over the dumplings or they will be heavy. Boil for 20 minutes longer or until potatoes are cooked. Serve with molasses.

Remembered and always asked for by the family.

Mrs. A. Leggo.

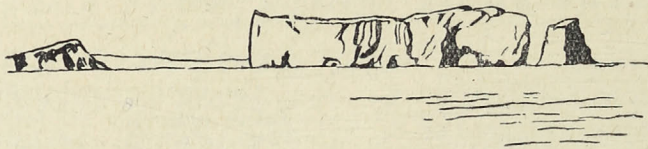
MEAT SOUFFLE

Make a cream sauce thus . . .

Melt 1 heaping teasp. of butter and stir into it 1 heaping tablesp. flour, 1/2 teasp. salt, and a little pepper. Have ready, a coffee-cupful of milk in which is boiling a slice of onion. remove the onion, and stir the milk into the flour and butter; when the sauce is smooth as cream, add to it 1 cupful of finely chopped cold beef, mutton, veal, lamb or ham. When the whole is well heated, draw aside to stop it boiling, add the beaten yolks of 2 eggs and as soon as cool, but not cold, stir in the whipped whites of the eggs.

Put in a buttered baking dish and bake 20 minutes.

Mrs. Kitty White.



SUNDAY ON THE COAST

Sunday morning on the Coast seems to have a special meaning. The air seems richer, the daisies whiter, and the sun shines more brilliantly than during the week. Early in the morning the church bells start pealing their message of Faith, and joyous clamour echoes from the hills.

Neatly dressed families stroll along under the village trees, the church doors stand invitingly open, and lights shine from within. Even the nags tied to the hitching rails seem to sense the day of rest, and quietly nod and sleep at their posts. The mass is over, but the crowds linger on the church steps to visit and chat. Neighbours lean over fences and talk of weather, little faces shine under crisp straw hats and even the cats walk with prim dignity.

The gulls know Sunday too, flying inland for their food, as there will be no feasting to-day on the beaches. Their white forms polka-dot the green fields like patterns on a tapestry.

Little St. Paul's, under Mount Ste. Anne, dreams among its whitened tombstones, while spread at its feet lies one of the loveliest views in the world. Through the open windows the organ resounds to the hill, and the sweet air of flowers drifts to the worshippers within. The sun pours in through the jeweled window over the altar, painting the walls with its rose and amber and green.

The drive home is sedate, no rushing and racing to-day. Mother has left the dinner simmering and the table laid in the shade of the trees. This is the day for the special meal of the week, and mother has done her best. Chicken and pies stand ready under their snowy muslin, cider cools in the cellar, and Grannie is shelling the peas. Sweet green peas, lying in rows in their pods, trickling through Grannie's fingers into the pan on her lap. Gaspé peas on Sunday — the peak of a peerless day.

CHICKEN RELISH

Cut cold cooked chicken in small pieces removing all bones. Place in dish with pepper & salt. Cover with thin sliced potatoes & carrots. Pour over a rich butter sauce and bake slowly in oven until vegetables are cooked.

Mrs. Jessie Bartlett.

CHICKEN STEW WITH SAVORY BALLS

Cut chicken up, roll in flour, fry in hot fat until brown. Add onions (two), salt and pepper to taste. Cover with water & stew until tender. Thicken gravy with flour, drop in savory balls and boil slowly for 30 minutes, stirring often to keep from sticking.

CHICKEN PIE

Take one chicken & boil till tender, cut in serving pieces. Put in pyrex casserole. Add liquid that has been thickened (that chicken was boiled in) & sliced cooked carrots and onions. Cover with baking powder biscuit dough & bake till golden brown.

Miss Florence Palmer.

SAVORY BALLS

Soak bread and squeeze dry (about 3 cups), add 1 small onion, salt & pepper and summer savory, $\frac{1}{4}$ cup ground suet (or small piece of butter). Sprinkle flour over all, enough to make mixture stick together, so as to be able to form same in balls.

Mrs. Muriel Le Gros.

BOILED TURKEY

Wash the bird in lukewarm water. Dry well and tress it neatly; then rub the breast all over with a halved lemon. Wrap in a buttered paper and then in a floured cloth. Now bring some slightly salted water, just, but not quite, to a boil. Lay in the bird, watch the water boil up, then at once draw the pan to the side and keep it simmering slowly until the turkey is cooked. Remember that the slower it is cooked (in reason) the more tender it will be. The time it takes to cook depends on the age and size of the bird. An average sized bird cooked very slowly will generally take from one hour and forty-five mins. to two and a half hours.

Mrs. Beatrice Finn.

CANADIAN RAGOUT

3 pigs feet	1 boiling fowl,
3 onions	1 tbps. thyme
1 tbps. mixed spices	salt,
1 tbps flour browned	sherry.

Simmer pigs feet with onions and salt in iron pot half hour. Add chicken cut up, and spices. Simmer two hours or until tender. Remove all meat from bones. Thicken sauce with flour and serve with steamed rice. This is better made the night before using as it mellows. Add little sherry just before serving.

Mrs. Marjorie Finley.

JELLIED CHICKEN LOAF

Take one chicken and boil in as little water as possible, until the meat will drop from bones.

Cut it up with knife and fork.

Then put it back into the kettle. Flavor with butter, pepper and salt. Heat it thoroughly.

Boil one egg hard and slice it, place slices in bottom of a bowl. Then pour chicken in hot, place a weight upon it and put it away to cool. It will come out in form.

Mrs. Minnie Cass.

Chicken feet, scalded and skinned, and added to soup or stew, give an extra fine flavour to the dish.

CIPAILLE (SEA PIE)

Vider, flamber et couper la volaille (dinde, poulet, perdrix etc.) Faire revenir des barbes de lard dans une casserole, avec oignons et persil hachés. Rouler les morceaux de volaille dans la farine et rôtir; laisser prendre couleur, couvrir la viande d'eau chaude, l'assaisonner au goût, fermer hermétiquement, et laisser mijoter 35 à 45 minutes.

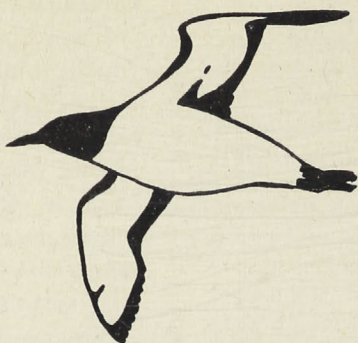
Sur une pâte d'un pouce d'épaisseur et 3 pouces de hauteur, en bordure dans un plat creux, placer un lit de viande hachée (filet de porc ou de jambon, assaisonné de fines herbes) puis la préparation de volaille avec partie du jus jusqu'à la bordure. Alternier chaque rang de chapelure, d'oignons et de fines herbes. Couvrir le tout de viandes hachées ou bardes de lard, et d'une abaisse de pâté ménagement une ouverture au milieu pour jeter du jus au besoin, ce qui empêchera la pâte d'être sèche. Badigeonner avec jaune d'oeuf et cuire au four 2 heures à 350 f.

Mrs. Agnes Fennel.

GALATINE OF TURKEY

1 turkey	1 chicken
1 partridge or	Sage
calves tongue	Salt

Bone fowl leaving whole and being careful not to break skin. Boil tongue until you can remove skin. Have bowl of finely chopped fresh pork, very fat at hand. Clean birds well, line turkey with layer pork bits. Slip in chicken that has been boned. Line chicken with pork bits, and slip in boned partridge or tongue. If partridge fill with pork. Sew up turkey with birds inside. Wrap well in heavy cotton. Simmer slowly with bay leaf, 6 cloves and thyme for 2-3 hrs. until tender. Remove from liquid and cool. To serve slice at one end through the entire bird. Perhaps we should have put a robin in the partridge!



THE IRON POT

A glimpse through the wide open door of the cottage shows the kitchen shining and bright. The sunlight filters through the row of red geraniums in the window onto the spotless floor, and flashes on the bright nickle of the family altar — the great wood stove. This is the center and heart of the home. Over the stove a fine warming oven holds the loaves for the afternoon baking, a pot of "soup au pois" simmers at the back and the tea pot sends out a thin line of steam. Tea stews all day on the range and is served out hot and sweet. There are blueberries cooking in their own rich juice for company tea, and hot biscuits in the oven. Madame is rolling out the flaky crust of a pie on a nearby counter while Bébé grips the edges of the old sea chest into which she has been put for safety, out of mother's way. The soft air surges into the room, and through the door are glimpses of hay fields running golden to the sea.

The iron pot on the stove is as much a part of the life on the Coast as are the waves and the flowers. In it are cooked all manner of soups and stews, chowders and jam. It makes good soap in the fall, and maple syrup in the spring, and at a pinch it can double in camp as an oven. He who has never tasted rolls and cake baked over an open fire in an old Dutch oven has missed a treat that has no equal. Embers underneath, and embers heaped on the cover by a skilled hand bake to a turn the batter or dough. And all the delicious flavour is retained by the tight fitting cover. Next to an ax it was the most jealously prized possession of the early settlers, and, we are told was even used to bath the baby in!

HABITANT PEA SOUP

Soak 1 cup dried peas overnight, in six cups water or beef stock. Add $\frac{1}{2}$ lb. fat salt pork, or ham bone, plus 2 tbps. bacon fat. Add one large onion cut up. Add salt if necessary. Simmer on back of stove for several hours. The more sophisticated towns people add chives and chopped parsley, but this is rather gilding the lily.

SOUR CREAM POTATO SOUP

Cook 2 cups raw diced potatoes, 1 cup water, 1 small sliced onion, 1 tsp. salt, pepper, for a few minutes until tender. Add 2 cups thin sour cream, 1 tbsp. crushed thyme (fresh if possible), 1 tbps. shredded parsley. Bring to boil and serve very hot. Sliced cooked bits of sausage added to this improve it, and make it into a main lunch dish.

BEAN SOUP

2 cups white beans, 1 small onion,
5 cups milk, 1 tablesp. butter.

Put beans to boil in as little water as possible until well cooked. Mash well with a potato masher. Boil milk, onion and butter in a separate pan. Add to beans and stir well. Add seasoning, salt and pepper to taste.

Mrs. Appolinia Beck.

PUMPKIN SOUP

3 pints of milk, 1 lb. of pumpkin,
1 tablesp. butter.

Peel pumpkin and put to boil until cooked. When done, mash well with a fork and put to drain. Boil milk and butter in separate pan. Gradually add pumpkin to milk stirring it continually until it has thickened sufficiently. Also add a little salt.

Mrs. Appolinia Beck.

VEGETABLE SOUP

1/2 cup of rich soup stock,
3/4 cup of barley,
1/2 cup of carrots,
1/2 cup of parsnips,
1/2 cup of turnips,
1 1/2 cups of green peas,
5 cups cabbage.

Cut all vegetables very fine, then add to soup stock and barley and let boil for one hour and a half.

Mrs. Appolinia Beck.

FARM HILL CONSOMME

2 inch square of Salt Pork Fat,
2 onions, 3 potatoes,
Pepper and Salt.

Cut Salt Pork Fat in small cubes and fry until light brown in black iron pot, put in onions and potatoes cut in cubes, pepper and salt to taste and two pints of boiling water, boil for half an hour then simmer for two hours on wood stove.

Joan Newbury.

FISH CHOWDER

3 medium onions, 1/4 lb. salt pork,
4 tps. salt, 5 medium potatoes,
3 cups boiling water, 1/4 tsp. pepper,
Crackers. 1 qt. milk,

1 1/2 lbs. fresh or frozen cod.

Cut salt pork into cubes and brown well in oven or large iron kettle. Add onions and cook until tender. Cut fish into small pieces, and add with potatoes and seasoning. Add water and simmer covered, 25 minutes or until tender. Add milk, reheat, and serve with toasted buttered crackers. Serves six.

*Mrs. Ed. Paget, Mrs. Arthur Oliver,
Mrs. E. Bertram. Mrs. Finn,*

PEA SOUP WITH PORK FEET

2 pork feet, 2 qts. water,
2 cups yellow Salt,
split peas, 3 carrots,
2 onions, 3 whole cloves,
2 bay leaves, 1 tbs. thyme.

Wash and soak peas overnight. Put in iron pot with other ingredients, bring to boil, then simmer on back of range for several hours. Peas should be mush and meat off bones. Remove bones and bay leaves.

Serve with corn bread.

OYSTER SOUP

Melt 3 tshp. butter in bottom of pot, add one pint shelled, washed oysters. Cook gently until oysters are plump and have curly edges. Add liquid from oysters, salt, pepper, pinch thyme. When bubbling pour in three cups rich milk, bring to boil and then remove immediately.

Place large piece of toast made over wood embers, and buttered, in bottom of each soup plate and ladle over it the hot soup.



"and God created Great Whales."

Book of Genesis.

THE KITCHEN GARDEN

Neat squares of gardens laid out with rows and rows of vegetables surround the little houses. White picket fences or old nets keep out the chickens, and form a backdrop for a glowing succession of delphiniums, fox gloves, poppies and immortelles. The peas are staked with birch cuttings against their heavy load. The onions pierce the soil with their slender green spears. Early radishes and lettuce in a sheltered place give promise of salads on the supper table.

The old cherry tree droops its branches over thyme and mint, and the summer savory stands in all its glory. There's lavender for snowy sheets, and dill and fennel for the pickles. Cucumbers and pumpkins spread their vines, and berries fill and ripen on their canes.

The feathery tops of carrots are bound about a nosegay to send to Grannie, with the eggs and butter, in the basket. There's no line between the flowers and the vegetables. There's always room in some corner for parsley and bee balm and catnip, and cuttings of red geraniums in the shade of the peonie bushes. The poppies seed themselves riotously over the fence and up the road, and the orange lilies escape into every ditch.

In the short summer the vegetables seem to grow with twice the speed and flavour of those in more temperate spots. And in the fall the pumpkins ripen on the vines for Thanksgiving in the little churches. Then the chancels are piled high with the best fruits of the land. Corn and wheat and wild grapes twined with spruce and hemlock. Purple eggplants, and plums in their plushy bloom. Rosy apples and baskets of nuts, mixed with the humbler vegetables speak of the gardens wealth, and bring again the thought of sweet toil in the sun, and the blessings of the earth.

SAVORY VEGETABLE PIE

Left-over vegetables?

Hurrah—let's go.

Arrange layers of left-over vegetables in a buttered pottery casserole. Carrots, new peas, onions and cabbage are a good combination. Fry onions lightly in butter first. Save any liquid from vegetables. Make thin sauce of butter flour salt, milk and veg. water, adding 1 tsp. Worcestershire sauce. Pour over vegetables. Top with baking powder biscuit circles to which has been added one cup grated cheese in the mixing. Bake in hot oven for 40 minutes or until biscuits are thoroughly cooked through. These will be lighter if casserole dish is hot before they are put on top.

POTATO OMELETTE

Make usual omelette and when cooked fill with a mixture of thinnest potato slices previously cooked in a little cream and seasoned with salt and pepper and onion juice. This adds a delicious flavour to the omelette, and makes it a more substantial meal for a hungry family.

GLAZED ONIONS

Peel 1½ lbs. white onions, prick each one with a darning needle through center two or three times. Simmer fifteen minutes in salted beef stock. Then put in baking dish in slow oven and cook long and slowly so that most of the juice is evaporated. Sprinkle a little brown sugar over at the last. To peel onions without weeping kneel at table as oil from onion rises and by keeping your eyes below onions you can peel great quantities with out flinching. Kinda hard on the knees but better than red eyes if your beau is coming to supper.

ONION PIE

Make lower crust of pastry. Fill with sliced onions. Season with salt and pepper and dot with butter, or drippings. Bacon dripping is very good. Add 2 tbsp. water. Cover with top pastry. Bake until onions are tender. Serve in wedges hot with a cold meat plate.

DANDELIONS CREAMED WITH HAM

- 1 cup ham diced,
- 1/2 cup light cream or top milk,
- 1 beaten egg,
- 1 tbsp. vinegar,
- 1 tsp. onion juice.

(To get onion juice easily cut onion in half, leaving skin on. Ream out juice on glass orange squeezer.)

2 qts. young dandelions washed and shredded (pick before they flower). Pour over them ham mixture in sauce pan and cook until greens are wilted. Add salt and pepper.

OLD DUTCH POTATO SALAD

- 4 large or 3 tbsp. mayonnaise
- 6 medium boiled 2 hard boiled eggs
- potatoes, 1/2 can peas
- 1/2 onion, 1 tsp. vinegar
- 1/2 lb. bacon cut in 1 tsp. celery salt
- little pieces -fried and paprika.
- 1 head lettuce

Wash lettuce, shred fine and chill. Place in large bowl, cut potatoes in one-half inch cubes, add finely chopped onion, bacon, fat, celery salt, vinegar, and mayonnaise. Stir with fork, add to lettuce and garnish with sliced eggs and peas. Sprinkle with paprika. Serves 6.

Miss Nellie Davis.

POTATO PANCAKES

- 2 cups raw potatoes grated coarsley
- 1/4 cups milk
- 2 tbsp. flour
- 1 egg beaten
- 1 tsp. finely chopped onion

Grate potatoes into milk, add other ingredients, drop by spoonfuls into greased pan. Cook until well browned on both sides.

Or the Irish version

Beat 2 eggs well into 2 cups mashed potatoes, add four strips crisp cooked bacon in small pieces. Season with salt and pepper. Have fat in pan 1/2 inch deep. When fat is hot enough to brown cube of bread in 50 sec. this is right for Irish Puffs.

Irish Town.

POTATO CROQUETTES

Take finely mashed potato and mix through it sufficient salt, pepper & butter to season well, with sweet milk or cream to moisten. Mix thoroughly with this, one beaten egg, then make up into small rolls, being careful to have the surface perfectly smooth. Have ready one plate with a beaten egg upon it, and another with cracker crumbs. Dip each roll into the egg and then into the crumbs, and fry to a rich golden brown in hot lard. Lay the croquettes on brown paper first & serve on a napkin.

Miss Nellie Kennedy.

PUFFY POTATO CAKES

- 1 egg,
- 2 tablesp. flour,
- 1/2 teasp. salt,
- 1 tablesp. grated onion,
- 3 cups drained grated potatoes.

Beat egg, add flour, salt and onion. Stir lightly through potatoes. Drop mixture by spoonfuls onto hot skillet, using enough fat to prevent burning, brown cakes on both sides. Serve immediately.

Mrs. Laura Trachy.

VEGETABLE CASSEROLE

- 1 can tomatoes (slightly drained of juice),
- 1 can nibblets corn (kernel corn),
- 1 onion sliced,
- 1 green pepper, sliced.

Fresh corn cut from cob does wonders for this.

Put alternate layers with onions and peppers between and salt & pepper & sprinkling of flour between.

Cover with cracker crumbs and dot with butter and bake.

Mrs. Gertie Carter.

Built in 1752, the Old Absinthe House located in the Vieux Carre, is a reminder of the history, romance and adventure of old New Orleans.

There are many antiques of great interest in this house which John Marchese, the Proprietor, will be glad to show you. No tourist should fail to visit this interesting place.



Old Absinthe House

John Marchese, Proprietor

240 BOURBON STREET

NEW ORLEANS, LA.

THE OLD ABSINTHE HOUSE has specialized in serving "Old Absinthe House Frappes" for well over a century.

At the time of the Louisiana Purchase, Creole gentlemen would meet daily to discuss problems and business of the day, while sipping these delicious *frappes*. More business was transacted in this manner between lawyers, sugar brokers and rich sugar planters, than in their own offices. It was here that the well-to-do gathered for merriment or business, and the mixture of both was the rule rather than the exception.

Relying less on France as time went on, New Orleans began to manufacture its own beverage known as HERBSAINT (120 proof), which is now served by us. This product does not contain wormwood, which was found to be poisonous and which caused imported Absinthe to fall in ill-repute.

HERBSAINT is made from Absinthe herbs of a non-wormwood variety. Those who had been drinking the imported Absinthe were glad to change to HERBSAINT, because of its exquisite flavor and because it did not have the stigma of the wormwood Absinthe.

Constructed of bricks, the Old Absinthe House has withstood the ravages of time. These bricks were brought over to this country as ballast on sailing vessels that left France to take on cargoes of sugar, cotton, indigo, etc., here in New Orleans. Large wooden beams hand hewn from giant trees from virgin forests which surrounded New Orleans in those days support the roof and upper floor. Large wooden pegs were used instead of nails to hold this framework in place. On the balcony over the sidewalk is a wrought iron railing, the work of Monsieur Felicien Pelletier, who also made all of the decorative latches and hardware found in this house. Monsieur Pelletier is famous for hav-

ing made most of the ornamental wrought-iron grill work found on many balconies in the Vieux Carre.

Here in the Old Absinthe House is a patio, which served as a model for many other beautiful patios that are found in the Vieux Carre. Varied colored stones were laid to embellish the patio. A fountain, yucca plants, palms and other tropical plants adorn this patio, also beautiful large earthenware jars in which olive oil had been imported from Spain centuries ago.

Jean Lafitte—the pirate, liked these *frappes*. When in the city he and his leaders met here daily to talk about their booty and made plans for marauding cargo-laden vessels sailing on the Spanish Main. These meetings were held in an upstairs room specially reserved for Lafitte.

Lafitte and his Pirates offered their services to General Andrew Jackson, and they were immediately accepted. In that upstairs room General Jackson, Lafitte and their aids met and laid plans for the defense of the city and for the battle of New Orleans which was fought at Chalmette. The British under General Pakenham were defeated. The tremendous loss suffered by the British was due to the expert marksmanship of Lafitte's Pirates.

While the building itself is of great interest, John Marchese has many antiques to show visitors.

A small replica of Jean Lafitte's flagship, hand carved by one of Lafitte's pirates.

Old gas jet chandeliers that were in use when gas was first made in New Orleans from oyster shells.

Also many muskets used by Lafitte's men during the battle of New Orleans are on display. We have many other antiques of equal interest which we will be glad to show you when you pay us a visit.

Adjoining our Bar (which is open all day), commencing at 10 p. m., we operate the Old Absinthe House Night Club where excellent meals and service are furnished with entertaining floor shows and music.

John Marchese is there, especially at night to see that your every whim is satisfied and that all guests have an enjoyable evening.



Take this folder home with you as a Souvenir of The Old Absinthe House and tell your friends to be sure to pay us a visit when in New Orleans.

THE GREAT BRITAIN

The first part of the book is devoted to a general description of the country, its position, its climate, its soil, its vegetation, its animals, and its minerals. The second part is devoted to a description of the various parts of the country, and the third part to a description of the various people who inhabit it.

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BROWN BAKED BEANS IN CROCK

Wash 3 cups beans and place in crock,

1 large teasp. dry mustard,
 $\frac{3}{4}$ teasp. pepper,
 1 teasp. salt,

Cube $\frac{1}{2}$ lb. fat salt pork and place in centre of beans,

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

Cover well with cold water and bake 8 hours.

Stir beans several times and add hot water whenever necessary.

Mrs. Flora Mabe.

MONEYSUNK BEANS

6 pork chops

1 large onion 2 cans baked beans
 3 tbps. chili sauce 1 cup maple syrup
 black coffee 1 tbps thyme

Cut fat off chops, wash well. Put 3 chops in bottom of bean crock, cover with half mixture of beans, onion and thyme. Lay 3 more chops on top, and cover with the rest of the beans and onion. Sprinkle chili sauce over the top and lay the fat from the chops on this, pressing them well down. Pour over the maple syrup and enough strong black coffee to almost cover. Put on lid and bake slowly in oven for three hours, adding more black coffee as needed. Depends on your family whether this serves three or six.

LIMA BEAN CASSEROLE

1 cup cooked lima beans (baby limas are good).

Make a cream sauce, add $\frac{1}{2}$ to $\frac{3}{4}$ cup of grated cheese.

Add 1 onion chopped finely, salt, pepper and celery salt.

Mix lima beans and cheese sauce, put into casserole with strips of bacon on top, cover and bake an hour in the oven. Remove cover and brown for a few minutes.

Mrs. Gertie Carter.

SUCCOTASH

This is made of green corn and lima beans or butter beans.

Have $\frac{1}{3}$ more corn than beans when corn has been cut from the cob and beans shelled. Pour into boiling water, enough to cover them, and stew gently until tender; perhaps $\frac{1}{2}$ an hour. Pour off nearly all the water and add a cupful of milk, salt, pepper and butter to suit the taste and stew a few minutes longer.

Mrs. Kitty White.

GASPE STYLE BAKED BEANS

2 cups beans, after washing well, parboil with boiling water & $\frac{1}{2}$ teasp. soda for 15 minutes. Pour off water, rinse with boiling water, strain through colander put in bean jar.

Add $\frac{1}{2}$ pork in slices, put row of slices on bottom of jar, add few beans, by 3 times, add 1 medium onion, 3 tablesp. molasses and 1 teasp. prepared mustard, $\frac{1}{4}$ teasp. pepper.

If pork is salty, add no salt. Cover with water, bake in oven till tender.

See that a couple of slices of pork are over the beans.

Add water if necessary. If boiling water is used, beans will remain firm. If cold, they may break.

Mrs. Eileen Gorman.

HASHED BROWN POTATOES

Chop 6 cold boiled potatoes in cubes with 1 medium onion, 1 tsp. thyme, 1 tsp. parsley, 3 tbps. flour and a little cream. Season with salt and pepper. Have frying pan hot and some bacon fat in bottom. Pack potatoes in firmly. Cook ten or fifteen minutes without stirring. Turn out on plate, add more fat to pan. Replace potato cake, brown side up. Cook another ten minutes, shaking pan occasionally to keep from sticking. Strips of red pimento add to this dish.

"The Great Leviathan that maketh the sea to seethe like boiling pan."

Lord Bacon's Version of the Psalms.



“That sea beast
Leviathan, which God of all his works
Created hugest that swim the ocean stream.”
Milton's Paradise Lost.

THE OUT DOOR OVEN — AND HOME MADE BREAD

Whenever the road dips down to the sea, little villages nestle in the folds of the hills. Petite Madeleine, St. Yvor, Riviere à la Marte and Cloridorme. From the great heights of the wooded capes, where the Gaspé road twists and turns, the church and tiny houses look like jewels set out on green velvet. Rose and lemon and blue in the strong sun, sharpened with touches of red and orange. This famed Gaspé Highway reveals one breath taking glimpse after another of miniature hamlets, isolated coves where gulls circle and turn, and fishing fleets anchored under the shelter of a point. Rounding a corner on one of the steep ascents, you see laid out before you, between the mountains and the sea — a neat little farmhouse overtopped by its russet barns. White palings hold back great clumps of yellow roses and late peonies, while the air is fragrant with the smell of fresh baked bread. The out door oven centers the attention of the family as the weekly bread is lifted out of the oven on the wooden “PEEL”. The farmer's wife, in her voluminous apron watches anxiously as each mammoth loaf appears from the depths. Half a dozen children look on entranced, their long legs and timid eyes suggesting kinship with the colts over the fence. The youngest, finger in a dimpled mouth, toddles everywhere after Maman, her nose on a level with the rich brown loaves cooling in rows along the fence.

The drive in the fresh sea air, after an early start, and now the tantalizing fragrance, have given you an appetite that you had forgotten since childhood. Madame is smiling at your praise of her baking — a loaf changes hands, and with it a pat of butter from the cool depths of the well house. The loaf warm between you on the front seat, long smiling adieus from all the children, and you are off to chose your picnic place beside a tumbling stream. The flaky crust, the soft warm center, the butter melting and dripping down your chin, give new meaning to our common prayer “Give us this day our daily bread”.

When wood is burning it has such different fragrance that we wonder if you had maple bread, or birch bark bread — or loaves with a piney flavour!

From an authority at Prevel comes directions for baking bread in an outdoor oven. We will let her speak in her own words: Mrs George Bourget —

“There is no special preparation necessary in making the dough for outdoor baking, but the firing of the oven is most important. Each individual may use her favourite recipe.

As for the oven, you build a fire of dry wood in it an hour or so before the bread is ready for baking. Let it die down until the coals begin to die out, keeping them evenly distributed over the floor of the oven. Now scrape out the embers, and the oven is ready to receive the loaves. Close up the door after the bread is in, and stop up the back draft with a plug or bundle of old cloth well soaked in water so that it will not burn. If the bread browns too quickly, open the back draft to let some of the heat escape.”

SWEET BREAD "AU CRETONS"

Cut about $\frac{1}{4}$ lb. of fat salt pork into small squares. Fry till a dark golden brown. Drain off fat and let cool. Then take a piece of bread dough a little smaller than for a usual loaf. Knead to about $\frac{1}{2}$ " thickness. Spread with rendered fat, then cover with brown sugar and sprinkle with cloves or cinnamon and the Cretons of Pork. Roll up the dough and knead into shape. Let rise till twice its size and bake as bread.

Mrs. Laura Leggo.

CABBAGE BREAD

When you have made your bread dough, shape it into loaves, place each loaf on a large fresh cabbage leaf. Cover with another leaf, and let rise in a warm place. When risen, place in oven retaining both leaves top and bottom. Bake as usual according to size of loaf. This leaves the imprint of the leaf on the loaf, and gives a delicious flavour.

Mrs. Ethel Renouf.

DATE BRAN MUFFINS

2 cups bran,
 $\frac{1}{2}$ cup molasses,
 $1\frac{1}{2}$ cup milk,
 1 egg,
 1 cup sifted flour,
 1 teasp. soda,
 $\frac{1}{2}$ teasp. salt,
 $\frac{1}{2}$ cup chopped dates.

Add all bran to molasses and milk, and let soak for 15 minutes.

Beat egg and add to first mixture.

Add dry ingredients and fruit. Fill greased muffin tins $\frac{2}{3}$ full and bake in moderate oven about 20 minutes.

Miss Jean Lindsay.

HABITANT SOUR MILK PANCAKES

$1\frac{1}{2}$ cups sour milk,
 $\frac{1}{2}$ tsp. soda,
 1 egg, well beaten,
 Salt.

Add enough flour to make soft batter. Fry on a hot buttered frying pan.

Sent in *Mrs. Laura Leggo.*
 by *Mrs. Ftnn.*

OATMEAL BREAD

Put yeast cake to soak about 4.30 p.m. Scald 5 cups oatmeal with 5 cups boiling water. Then add 1 cup molasses, piece of lard size of an egg, salt. Let cool enough to add yeast cake and sufficient flour to make thick batter. Let rise and about 8 o'clock add flour and knead good and hard. The following morning put in pans to rise.

Miss Nellie Davis.

ORANGE BREAD

1 egg first. Then add :

1 cup sugar,

1 orange peel thoroughly chopped,

1 cup milk,

2 cups flour,

2 tablesp. baking powder,

$\frac{1}{2}$ teasp. salt.

Pour in greased bread pan.

Bake in moderate oven.

Miss Jean Lindsay.

5 HOUR OAT MEAL BREAD

1 cake fresh yeast

2 cups rolled oats

2 cups whole wheat flour

2 tbsps. wheat germ for vitamins

$\frac{1}{2}$ cup luke warm water

2 tbsps. meat fat.

2 cups boiling water

2 cups white flour

Salt

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

Disolve yeast and 1 tbsps. flour in warm water. Pour boiling water over oat meal, add fat and molasses. Set aside until luke warm and combine two mixes. Add one cup flour, beat thoroughly. Cover and set in warm place for 1 hour until light and full of bubbles. Add rest of flour & salt and knead thoroughly. Place in oiled bowl — cover and let stand until double in bulk. (about 2 hours). Divide into two pieces, knead slightly. Put in oiled pans, cover, let rise again until double. Bake at 375 about 1 hour.

Mrs. McDonald.

SCONES

- 1 cup baking oatmeal,
- 1½ cups flour,
- ½ cup lard or other fat.
- ½ cup brown sugar,
- ½ teasp. soda,
- ½ cup sour cream,
- ½ teasp. salt.

Do not roll but press with hands in strips 2 inches wide, 3 inches long.
Bake in hot oven.

Mrs. Lizzie McPherson.

TEA BISCUITS

- 2 cups flour,
- 2 tbsps. shortening,
- ½ tsp. salt,
- 4 level tsp. baking powder,
- ¾ cup sweet milk.

Sift the flour, baking powder, salt, together. Mix in the shortening add milk. Mix to a soft dough. Roll out about one half inch thick. Cut in size as desired. Bake in hot oven about 12 to 15 minutes.

Mrs. William Grant.

MOLASSES BISCUITS

- 2 cups flour,
- 4 tbsps. shortening (use chicken or beef fat),
- ⅔ cup milk,
- ¼ cup water,
- ½ tsp. salt,
- 1 cup molasses,
- 2 tbsps. or more sugar.

Make into soft dough, omitting molasses and water. Roll out on floured board, sprinkle with chopped nuts, roll into jelly roll shape, cut in slices about 1 inch thick. Grease well muffin tins or pan, pour in mixture of water and molasses, lay cut pieces of dough in this. Bake in hot oven (425) for 35 minutes.

CORN MEAL GEMS

- 1 egg
- ¼ cup sugar
- ¼ cup cream
- ½ tsp. soda
- ½ cup sour milk
- ¾ cup Indian meal
- large spoonful flour
- ½ tsp. salt.

Pour into hot pans.

Miss Nellie Davis.

BUNS

Make leaven at night

- 2 cups milk,
- 1 cup water,
- 1 yeast cake,
- enough flour to make thick.

In the morning:

- 1 cup currants,
- or
- 1 cup raisins,
- 1 cup sugar.
- Piece of butter, size of an egg,
- 1 egg, unbeaten,
- 1 teasp. salt.

Enough flour to make a stiff dough. Let rise double its size. Knead it down & let rise another hour.

Makes 24 buns.

Mrs. Eileen Gorman.

ICE BOX ROLLS

Pour ½ cup boiling water over ¼ cup sugar and ½ cup shortening. Add a little salt. Let stand till shortening is melted; then add ½ cup cold water. When luke warm, add 1 egg well beaten.

1 cake Fleischmann's Yeast which has been dissolved in luke warm water for about 5 mins. Add 3 cups flour. Must be soft, but not too stiff. Let stand in ice box over night. Mould into balls using flour to handle. Let rise in pan in a warm place 3 hours. Bake 15 to 20 mins. in a moderate oven. This keeps for about 4 days & may be baked as required.

Makes about 2 doz. or more.

Miss Margaret Rodgers.

POP OVERS

- 2 cups milk,
- 2 cups flour,
- 2 eggs.

Bake ½ hour in iron cups, in a quick oven. These pop overs, eaten with maple syrup, make a nice dessert, or they are nice with butter for breakfast.

Mrs. Kitty White.

HOT POINT TEA CAKES

Place flour sifter in mixing bowl and put into it $1\frac{1}{2}$ cups flour, $\frac{2}{3}$ cup sugar, 3 teaspoons baking powder and pinch of salt. Sift into bowl. Into the measuring cup add $\frac{1}{4}$ cup melted butter, drop in 2 eggs and fill the cup with milk. Combine. Beat thoroughly and add 1 teaspoon lemon extract. Drop into well greased muffin pans. Bake 15 minutes — 450 deg. F.

Miss Nellie Davis.

PLAIN ROLLS

Make sponge at night

1 yeast cake,
 $\frac{1}{2}$ cup lukewarm water,
 $1\frac{1}{2}$ cups flour.

In morning add:

$\frac{1}{2}$ cup scalded milk, $2\frac{1}{2}$ teasp. salt,
 $\frac{1}{2}$ cup butter, 2 eggs,
1 cup sugar, Flour.

Beat the sponge until smooth, then add the melted butter. Blend with the sugar and eggs. Add salt and flour enough to make a dough softer than bread.

Mrs. Bridget Mahan.

DATE ROLLS

1 cup white sugar,
1 tablesp. butter,
cream together.
1 egg, well beaten,
1 teasp. vanilla,
little salt,
1 cup chopped nuts (walnuts)
 $1\frac{1}{2}$ cup dates, cut into small pieces.

Take a spoonful of this and roll with hand into small balls. Then roll in coconut. Bake 15 mins. in a moderate oven. If they lose their shape, form with hands again.

Miss Jean Lindsay.

SWEDISH TEA CAKES

$\frac{1}{2}$ cup butter,
 $\frac{1}{4}$ cup sugar,
1 egg yolk, slightly beaten,
1 cup sifted flour,
1 egg white,
 $\frac{1}{2}$ cup chopped walnuts,
Jelly.

Cream butter and blend in sugar. Add egg yolk, then flour. Roll dough into small balls 1" in diam, dip in egg white, then roll in chopped nuts. Place on greased cookie sheet, and press centers down with finger. Bake 5 minutes in slow oven. Remove and press down centers again. Bake 15 minutes longer. Fill centers with jelly.

Mrs. Ernestine Morris.

HOME MADE YEAST

6 large potatoes handful hops
3 pts. water $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup yeast flour corn meal.

Peel and boil potatoes in the water, with hops tied in muslin bag, boiled with potatoes. When cooked drain water into jug and use it to make batter with sufficient flour to take it all up. Set mixture on stove for a few minutes, until flour is well scalded.

Do not let it boil or even simmer.

Cool and add mashed potatoes, sugar and yeast. Let stand in warm place until thoroughly risen. Add enough corn meal — and knead well until you have a dough thick enough to roll out and that will crumble when dry. Roll out, cut into cakes dry on a clean board in shade and store in dry tin box.

This mixture may also be kept as a liquid in a clean covered crock by stopping at the point where you add the corn meal. After it is well risen store in jar. $\frac{1}{3}$ of a cupful of this yeast will make two loaves of bread.

Mrs. Agnes Fennel.

DESSERTS FOR THE MEN FOLK

*A man is better pleased when he has a good dinner upon the table,
than when his wife talks Greek.*

(Dr. Johnson)

MOLASSES PUDDING

1 egg, 1 level teasp. soda,
2 tablesp. butter dissolved in $\frac{1}{2}$ cup
2 tablesp. sugar, boiling water.
 $\frac{1}{2}$ cup molasses, $1\frac{1}{2}$ cups flour.

Put egg, butter, sugar and molasses in mixing bowl and beat well; then put hot water, soda and flour in and quickly stir together. Put into greased and floured mould and steam $1\frac{1}{2}$ hours.

SAUCE FOR MOLASSES PUDDING

Cook together:

1 cup boiling water,
and $1\frac{1}{2}$ slightly rounded tablesp. flour,
sifted with $\frac{1}{2}$ cup sugar until the
flour is cooked; then add 3 tablesp.
lemon juice. 1 tablesp. butter,
 $\frac{1}{4}$ teasp. cinnamon,
 $\frac{1}{4}$ teasp. cloves,
 $\frac{1}{4}$ teasp. allspice,
1 scant teasp. vanilla.

Miss Mary Drowdy.

STEAMED PUDDING

1 cup suet, $\frac{1}{2}$ cup molasses
1 cup bread crumbs, $\frac{1}{2}$ cup sugar,
1 cup sour milk, (brown)
 $\frac{1}{2}$ teasp. soda, 2 eggs
1 cup currants or 1 cup raisins,
 $\frac{1}{2}$ teasp. salt,
Spices to taste.

1 teasp. ginger — enough flour to
make thick batter — Steam 3 hrs.

Mrs. Eileen Gorman

PEACHES IN MAPLE CREAM

Place peach halves in sherbet glasses flat side up. Top with whipped cream generously sweetened with maple syrup or sugar. Top with two nut halves. Scarlet maple leaves on each plate in autumn make the picture complete.

HALF HOUR PUDDING

$\frac{3}{4}$ cup brown sugar
1 tbsp. butter
1 cup flour
2 tbsps. baking powder
Pinch of salt
 $\frac{1}{2}$ cup milk
1 cup raisins
Mix together and put in greased baking dish.
2 cups boiling water
1 cup brown sugar
1 tablespoon butter
Mix till sugar dissolves and pour over above batter.

Bake one half hour.

Mrs. Jas. Mabe, Mrs. Elias Cass.

MARMALADE PUDDING

1 cup suet, $\frac{1}{4}$ pint milk,
2 " bread crumbs, 1 egg,
1 " flour, $\frac{1}{2}$ teasp. baking
 $\frac{1}{2}$ cup sugar, powder,
Pinch salt.

A quarter of lb. each of flour chopped suet, bread crumbs, sugar & marmalade. $\frac{1}{4}$ pint milk, 1 egg, pinch salt, and $\frac{1}{2}$ teasp. baking powder.

Mix all dry ingredients together, then add beaten egg and marmalade and finally the milk. Stir slightly but thoroughly, put into a greased basin, cover with greased paper. Steam for $2\frac{1}{2}$ hours.

Mrs. Etta Miller.

ORANGE PUDDING

Peel and cut up 3 oranges in pudding dish. Strew over $\frac{2}{3}$ cup sugar. Make a thick boiled custard by stirring 1 teasp. of cornstarch, wet with cold milk, into 1 cup boiling (hot) milk. When it has cooked a few minutes, stir in yolks of 2 egg, beaten with 2 tablesp. sugar. Pour this over oranges. Make a meringue by beating stiffly 2 egg whites with 2 teasp. sugar. Place on top and brown.

Mrs. Flora Mabe

MA'S BREAD PUDDING

- $\frac{1}{2}$ pint bread crumbs,
 $\frac{1}{2}$ pint sweet milk,
 2 egg yolks,
 $\frac{1}{2}$ cup sugar,
 Grated rind of 1 lemon,
 Butter size of an egg.

Mix bread crumbs, milk, egg yolks, sugar and melted butter & lemon rind well together. Then, turn into pudding dish setting it in another pan with water. Bake in moderate oven till thick, about $\frac{1}{2}$ hour. Take out of oven, prick in several places with a fork, squeeze juice of the lemon all over the pudding and cover with beaten egg whites sweetened. Serve hot.

Mrs. Laura Leggo.

SPONGE PUDDING

- 1 cup chopped suet,
 1 cup molasses,
 1 cup milk,
 $3\frac{1}{2}$ cups flour,
 2 eggs,
 1 cup raisins,
 1 cup currants,
 Citron and spice to taste,
 1 Teasp. Soda, (beaten in molasses)

Note: $\frac{1}{2}$ cup butter may be used instead of the suet in above recipe.

Steam 3 hours and serve with wine sauce. If suet is used, a pinch of salt should be added. Many prefer this to a plum pudding because it is not so rich.

Mrs. Katie Kennedy.

MOLASSES PUDDING

- $\frac{1}{4}$ cup butter, creamed with $\frac{1}{2}$ cup sugar. Add 1 egg and beat,
 $\frac{1}{3}$ cup molasses.
 Beat well, and add $1\frac{1}{4}$ cups flour, salt, spices as preferred.

Lastly add $\frac{1}{2}$ cup boiling water to which $1\frac{1}{4}$ teasp. soda has been added. (Batter will be thin)

Serve with a sauce.

Mrs. Jas. Mabe

STEAMED CANARY PUDDING

Weight of 4 eggs in sugar, butter and flour.

Mix well together and steam 2 hours.

Raisins or citron may be arranged in mould before batter is put in.

Miss Betty Tardif

RAISIN PUDDING

- $\frac{1}{3}$ cup shortening, $\frac{1}{2}$ cup milk,
 $\frac{1}{2}$ cup sugar, 2 eggs,
 2 cups flour,
 $\frac{1}{4}$ teasp. salt,
 4 level teasp. baking powder,
 1 cup chopped raisins,

Cream the sugar and shortening. Add the egg yolks and beat well. Sift the flour, salt and baking powder together, and stir the raisins into this. Add the milk to the first mixture; then add the flour mixture and lastly the well-beaten egg whites. Put in well greased pudding dish and steam 45 minutes. Serve with cream.

Miss Mary Drowdy

SUET PUDDING

- $2\frac{1}{2}$ cups sifted flour,
 1 teasp. soda
 2 " baking powder,
 $\frac{1}{2}$ " salt,
 $\frac{1}{2}$ " nutmeg,
 $\frac{1}{2}$ " cinnamon,
 $\frac{1}{4}$ " cloves
 $\frac{3}{4}$ cup finely chopped suet or shortening
 1 cup molasses
 1 cup seeded raisins, floured,
 1 cup sour milk,
 $\frac{1}{2}$ cup currants & $\frac{1}{2}$ cup mixed peel, if desired.

Sift flour together with salt, baking powder and spices. Stir soda in with the milk. Mix together suet, molasses and milk. Combine with dry ingredient. Add fruit. Mix together well & pour into 2 quart grease covered pudding mold or a double boiler. Steam for 3 hours.

Mrs. R. G. Kennedy

PAIN DORE

Beat two eggs with a little milk, & salt. Dip thick pieces of bread in this and fry on both sides until golden brown. Serve hot with maple syrup as dessert, or use as supper dish with filling of chopped cooked meat as in a sandwich. Tomato sauce goes with this.

BLACK KNIGHT PUDDING

- 1 cup coarsely crushed dry toast,
- 1½ teasp. butter,
- 3 cups milk,
- 1½ squares chocolate,
- 3 eggs,
- 1/3 cup sugar,
- 1/4 teasp. salt,
- 3/4 teasp. vanilla.
- 6 tablesp. sugar.
- 1/3 cup chopped nuts, cream.

Sprinkle the toast crumbs in the bottom of a buttered baking dish and dot with the butter. Heat milk and chocolate in a double-boiler until the milk is scalded and the chocolate melted. Beat with egg beater until smooth. Beat one whole egg and 2 egg yolks slightly and add the 1/3 cup of sugar, the 1/4 teasp. salt and vanilla. Stir in the hot chocolate, milk, mixture gradually. Pour over the crumbs. Place in a pan of hot water and bake in a moderate oven (350°) for 30 to 35 minutes or until set. Beat the remaining 2 egg whites until stiff and beat in the 6 tablesp. sugar and few grains of salt. Fold in nuts, spread over the pudding and continue to bake in a moderate oven (325°) for 12 to 15 minutes. Serve warm with cream.

Mrs. Doreen Le Grand

APPLE ROLLY POLLY

Pare, core and slice Canadian apples. Roll a rich baking powder dough half an inch thick. Spread with butter. Fold roll again half an inch thick. Spread with sliced apples and roll for jelly roll. Tuck in the ends and prick deeply with a fork. Roll in floured cloth sew edges with long stitch. Place on a plate in pot with boiling water and steam 45 minutes.

Serve with sugar and cream or a sauce, or spread with preserves is as good as apples.

Miss Hannah LeBreton.

COTTAGE PUDDING

- 1/4 cup shortening,
- 2/3 cup sugar,
- 1 egg, well beaten,
- 1 cup milk,
- 2½ cups flour,
- 4 teasp. baking powder,
- 1 teasp. vanilla
- 1 pinch salt,
- Bake in slow oven.

Mrs. Beatrice Finn

STEAMED CHOCOLATE PUDDING

- 1 cup flour,
- 1 egg,
- 1 cup milk
- 2 tablesp. cocoa,
- 1/2 cup sugar
- 2 teasp. baking powder,
- Small size of butter.

Flour, sugar, cocoa, baking powder mixed together. Egg and butter beat together. Steam in double boiler 2 hours, served with brown sugar sauce.

Mrs. Beatrice Finn.

OLD FASHIONED RICE PUDDING

This can be made with raw rice and baked in slow oven for several hours. But here is a quicker method. 2 cups cooked rice 1/2 cup raisins, 1/2 cup maple sugar scraped — salt — 2 eggs beaten — 2 cup milk — nutmeg. Mix well and bake in moderate oven for one hour. Stir the first half hour and then let brown at the end.

BLUEBERRY PUDDING

- 1/4 cup butter,
- 1/2 cup sugar,
- 1 egg,
- 2¼ cups flour,
- 2 teasp. baking powder,
- 1/2 teasp. salt,
- 1/3 cup milk.
- 1 cup blueberries.

Cream butter, sugar and egg, together. Mix and sift flour, baking powder and salt. Reserve cup to flour blueberries. Add the remainder alternately with milk to the first mixture. Beat thoroughly. Stir in the blueberries. Pour into a greased shallow pan and bake in a moderate oven 40-50 minutes. Cut in squares and serve hot with cream or lemon sauce.

Miss Mary Drowdy.

GINGER PUDDING

1 egg, $\frac{2}{3}$ cup sour milk,
 1 cup sugar, 1 cup raisins,
 1 tablesp. ginger, 1 tablesp. soda,
 2 tablesp. molasses, 3 cups flour.
 Butter size of a walnut,
 Steam one hour.

Mrs. Katie Kennedy

GINGER PUDDING

2 eggs, $\frac{3}{4}$ cup suet,
 1 cup molasses, 1 tablesp. salt,
 1 cup brown sugar, 1 tablesp. ginger,
 $1\frac{1}{2}$ cups raisins,
 1 tablesp. cinnamon,
 $\frac{1}{2}$ tablesp. nutmeg,
 1 tablesp. soda, dissolved in 1 cup
 sour milk.

Flour enough to make a stiff batter.
 Put in tins & steam 3 hours.

Mrs. Lizzie McPherson

LEMON PUDDING

Butter the size of an egg,
 1 cup sugar,
 Juice and grated rind of a lemon,
 2 egg whites and yolks, beaten separately, the whites stiff and the yolks foamy,
 $1\frac{1}{2}$ tbs. flour,
 1 cup milk,
 1 pinch salt.

Cream sugar and butter, add lemon, flour and yolks of eggs. Stir milk in slowly, then the beaten egg whites. Pour all in a pudding dish and place in a pan of water and bake in oven until browned like cake

Mrs. Gertie Carter.

GASPE FROZEN PUDDING

$1\frac{1}{2}$ cups orange juice $\frac{1}{2}$ cup powdered sugar
 $\frac{1}{4}$ cup lemon juice $\frac{2}{3}$ cup walnut meats
 1 cup sugar 1 pint heavy cream
 $\frac{1}{2}$ tbs. vanilla

Mix fruit juice and sweeten to taste, and turn mixture into brick mould. Whip cream, add sugar, vanilla and nut meats. Pour over first mixture and overflow mould. Cover with waxed paper. Fit on cover. Pack in ice and salt for 4 of 5 hours. (Good)

Miss Nellie Davis

PRUNE WHIP

Juice of $\frac{1}{8}$ lemon
 1 lb. prunes White of 1 egg
 Cook prunes until soft and strain through a sieve. Add lemon juice and last of all the white of egg beaten stiff. Serve with whipped cream.

Miss Nellie Davis.

CUP PUDDING

2 eggs, $\frac{3}{4}$ cup sugar,
 $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup flour,
 $\frac{3}{4}$ cup sweet milk,
 $1\frac{1}{2}$ tablesp. baking powder,
 1 tablesp. extract of lemon (fresh or preserved).

Fill cups $\frac{1}{2}$ full of this batter after you have put in a small quantity of preserves. Steam $\frac{1}{2}$ hour. Serve with cream or sauce.

Mrs. Katie Kennedy

BANANA MOULD

2 tablesp. gelatin, $\frac{1}{2}$ cup honey,
 $\frac{1}{2}$ cup cold water, 1 lemon
 $1\frac{1}{2}$ cups scalded milk,
 3 ripe bananas, mashed.
 1 cup whipping cream.

Soak gelatin in water for 5 minutes, then dissolve in hot milk, add honey, mashed bananas, and the juice of a lemon. Chill and when mixture begins to thicken, fold in whipped cream. Pour into moulds and chill until set.

Miss Jean Lindsay

STEAMED BLUEBERRY LOAF

2 cups sifted flour, $\frac{1}{2}$ tablesp. salt,
 $3\frac{1}{2}$ tablesp. baking powder, 1 cup milk,
 3 tablesp. sugar, 2 cups blueberries,
 1 egg, well beaten
 3 tablesp. melted shortening,
 1 tablesp. grated lemon rind.

Sift dry ingredients together and add blueberries. Combine egg, milk and melted shortening and add to the dry ingredients, stirring lightly until mixed. Turn in top of greased double boiler, cover and steam for 2 hours. Turn out on a deep plate and heap with hard sauce, or hot blueberry sauce.

The Hard Sauce is made by combining icing sugar and butter and beating until light and fluffy. The blueberry sauce should not be too sweet but boiled till slightly thickened and rich in flavor and color.

Mrs Doreen LeGrand

DELICIOUS PIE CRUST

- 1/4 cup boiling water,
- 1/2 cup shortening,
- 1 1/2 cups flour, (sift, then measure),
- 1/3 teasp. baking powder,
- 3/4 teasp. salt.

Pour boiling water over shortening. Beat till creamy. Add flour, salt, baking powder all at once.

Mix with a fork.

Put on ice till chilled.

Mrs. Jessie LeGallais.

MAPLE SYRUP PIE

Line a pie plate with rich pastry. Bake until brown. Fill with the following mixture.

2 cups maple syrup — 1 cup top milk — 2 egg yolks — 2 tbsps cornstarch and salt. Heat milk and syrup in double boiler — add cornstarch mixed in cold milk. Cook five minutes, add eggs, cook five minutes more stirring continually. Pour into pie shape. Top with beaten egg whites and sugar, or have ready baked pastry maple leaves to dot over top.

Captains' Cottage

APPLE BUTTER PIE

Slice apples (quantity as desired) 4 or 5 and place in pudding dish. Sprinkle well with white sugar and add 1/4 cup cold water.

Mix

- 6 tablesp. flour,
- 4 tablesp. brown sugar,
- 2 tablesp. butter and a little salt.

Work together with fingers, spread on top of apples. Bake in moderate oven until brown and apples soft.

Serve with cream.

Mrs. Flora Mabe.

MOCK MINCE PIE

- 1 cup fresh rhubarb, cut fine,
- 1 cup sugar (scant),
- 1 cup seeded raisins,
- 2 soda crackers rolled fine,
- 1 heaping teasp. butter,
- 1/5 teasp. each of salt and cinnamon,
- 1/5 teasp. each of cloves and nutmeg.

Mix all together.

Bake with 2 crusts.

Mrs. Jessie LeGallais.

LEMON PIE

- 1 1/2 cups sugar,
- 2 cups boiling water,
- 4 tbsp. cornstarch,
- 4 tbsp. flour,
- 4 egg yolks,
- Grated rind of 2 lemons
- 6 tbsp. lemon juice,
- 2 tsp. butter.

Mix cornstarch, flour, and sugar, and add boiling water, stirring constantly. Stir until mixture boils and cooks 20 minutes in double boiler. Add butter, egg yolks, rind, and juice of lemon. Fill baked pie shell, spread with meringue and bake until delicately brown. For firmer filling use 5 tbsp. flour and 5 tbsp. cornstarch.

Miss Nellie Davis.

RHUBARB PIE

- 1 1/2 cups rhubarb 2 tbsp. butter
- 1 cup sugar 3 tbsp. flour
- 2 eggs

Beat egg yolks and add other ingredients. Mix well and pour in a pie plate lined with pastry. When rhubarb is cooked remove from oven and cover with beaten white of eggs. Sweeten to taste. Brown slightly.

Miss Nellie Davis.

APPLE CRANBERRY SHORT CAKE

- 1 cup cranberries
- 2 tart apples 1 cup sugar
- half orange

Put cranberries and orange (peel and all) through meat mincer. Core apples but leave skin on. Put through mincer, add with sugar to cranberries. Make large rich biscuit of tea biscuit mix. Bake at 450 until golden brown. Split, butter, Fill with Cranberry mixture and serve hot with cream.

CUSTARD MAPLE PIE

After putting pastry in pie pan, pour 1 cup maple syrup in and then add usual custard for custard pie. This makes a very delicious pie.

BUTTER TARTS

1 cup brown sugar 1 egg well beaten
 1/4 lb. or 1/2 cup raisins
 2 to 4 tablespoons melted butter
 1/2 teaspoon vanilla.

Mix in order given. Put in tart shells and bake. *Mrs. Minnie Cass.*

FRUIT SQUARES

1 cup flour 1 cup chopped nuts
 1/3 cup butter 2 tbsps. flour
 2 eggs 1/2 tsp. baking powder
 1/2 cup cocoanut 1/4 tsp. salt.
 Dates if desired 1 1/4 cups brown sugar

Blend flour and butter as for pie crust, press into shallow buttered pan. Bake 10 mins. in moderate oven (325), and then cool.

Blend other ingredients, pour on cooked crust. Bake until light brown. Cut in squares.

Mrs. Chas. de la Haye.

LEMON SQUARES

1 3/4 cups cracker crumbs 1 tbsps. milk
 3/4 cup flour 1 tsp. baking powder
 1/2 cup cocoanut powder
 1/2 cup butter 1/2 cup sugar

Work this together with finger tips. Divide into two parts. Press one part into baking pan. Put in filling and then scatter other half mixture on top.

Filling:

1 cup sugar 1 lemon — juice &
 1 egg grated rind
 1 tbsps. cornstarch 1 cup water.

Bake and serve hot.

Mrs. G.C. Campbell.

JAM TARTS

2 cups flour 3 tsp baking powder
 1 egg salt 1/2 cup milk
 1 tbsps corn syrup 4 tbsps. shortening
 Cinnamon sugar. Raspberry jam

Sift dry ingredients together, cut in shortening. Beat egg, corn syrup and milk together and add to flour mix. Stir to mix lightly, turn on lightly floured board. Knead 1/2 minute. Roll out 1/2 inch thick cut with biscuit cutter. Place on greased cookie sheet, make deep impression in center of each round with thumb. Press firmly. Fill depression with raspberry jam. Brush dough with milk and sprinkle with cinnamon sugar. Bake in a hot oven (425) for 12-15 minutes. Serve hot immediately.

Mrs. Chas. de la Haye.

DATE DAINTIES

5 tablesp. flour, 3/4 cup sugar,
 2 teasp. baking powder, 1/8 teasp. salt,
 1 lb. chopped dates, 1 teasp. vanilla,
 1 cup chopped nuts, 3 unbeaten eggs.

Sift and measure flour: sift again with baking powder.

Add dates, nuts, sugar, salt, vanilla and eggs.

Beat well and bake in a shallow pan at 325 deg. about 45 minutes.

Cut in squares and sprinkle with powdered sugar. *Mrs. Elsie Bisson.*

NUT BARS

1/2 cup shortening, 2 eggs,
 1 1/2 cups sugar, 4 tablesp. milk,
 4 cups flour, 1/8 teasp. salt,
 3 teasp. baking powder,

1/2 cup chopped blanched almonds.

Cream shortening and sugar together. Add beaten yolk of one egg. Add beaten whites of 2 eggs, 3 tablesp. milk and mix well. Sift together flour, baking powder and salt and add, mixing well. Roll half of dough at a time, 1/4" thick on floured board. Cut into bars 1" by 3".

Brush with remaining yolk of egg, mixed with one tablesp. milk and sprinkle with chopped nuts.

Bake in moderate oven about 15 minutes. *Mrs. Elsie Bisson.*

OAT MEAL JAM JAMS

2 cups flour, 1/2 teasp. salt,
 2 cups rolled oats, 1/2 teasp. soda,
 1 cup dripping, 1/2 teasp. cinnamon,
 1 cup sugar, 3/4 cup sour milk.

Rub all ingredients together with the exception of the soda which should be dissolved in the sour milk to hold dry ingredients together. Roll thin and cut with cookie-cutter. Have ready 1 lb. dates cooked soft with one cup sugar and a little water. Let dates cool, then put one teasp. filling on one cookie; then put one over filling press edges firmly together. Bake in a hot oven until golden brown.

I sometimes add 1/2 cup walnuts to filling which gives a delicious taste.

Mrs. Wm. Cahill.

PARKINS

1 cup rolled oats, 1/2 cup butter,
 1 1/2 cups flour, 1 egg - beaten,
 1 teasp. soda, dry in flour,
 1/2 cup sugar,
 2/3 cup molasses,
 Add egg last. Mix well.
 Drop with teasp. on buttered pan.
Mrs. Clara Aubin.

COOKIES

1 cup sugar, 1/2 cup butter, 1/2 cup
 milk, 1 cup currants, 2 teasp. baking
 powder, salt.
 Flour to roll out.
Mrs. Ida Ferguson.

ALMOND COOKIES

1/2 c. butter & lard mixed
 1/2 c. brown sugar
 1/2 c. white sugar
 1 egg 1 tsp. soda (scant)
 2 c. flour 1 tsp. cream of tartar
 salt, 1 tsp. almond flavouring.
Miss Nellie Davis.

IRISH MACAROONS

1 tablesp. flour, 2 egg whites,
 2 cups cornflakes, 1/2 cup sugar,
 2 cups brown sugar,
 1/5 cup walnuts, chopped fine,
 1 cup shredded cocoanut,
 1 teasp. vanilla.
 Beat egg whites until very stiff. Add
 sugar, flour & other ingredients. Mix
 well and drop by teasp. on buttered
 cookie sheet. Bake 20 minutes in mode-
 rate oven.
Mrs. Ernestine Morris.

SOFT MÖLASSES COOKIES

1 cup shortening, 1 tsp. salt,
 2 cups brown sugar, 1 " cinnamon,
 1 cup molasses, 1/2 " ginger,
 1 egg, 2/3 cup hot water,
 5 cups flour, 1 tsp. soda.
 Cream the shortening with sugar and
 molasses. Add the egg, unbeaten.
 Sift the flour with the seasonings, add
 alternately with the hot water in which
 the soda has been dissolved. Drop by
 spoonfuls on a greased baking sheet.
 Bake in moderate oven (325° F.).
Miss Nellie Kennedy.

DATE CRUMB COOKIES

1/4 cup butter 1/2 cup sugar
 7/8 cup flour 1 egg
 1/2 tsp. baking powder
 1/8 tsp. soda 1/4 tsp. salt
 1/4 cups sour milk 1/2 lb. dates
 1/3 cup orange juice
 1 cup crushed corn flakes

Cream butter and sugar, beat in egg.
 Add milk and dry ingredients except
 dates, and corn flakes. Pat down in
 shallow pan that has been greased. Cook
 dates with juice, until thick, cool, spread
 over uncooked mixture. Cover whole
 with crushed cornflakes.
 Bake in hot oven (400) for 20-25
 minutes. *Mrs. Chas. de la Haye.*

OATMEAL COOKIES

1/3 cup shortening,
 1/2 cup brown sugar,
 1/2 cup white sugar,
 1 egg,
 1/2 cup sour milk or cream,
 1 cup flour,
 1 cup rolled oats,
 1/2 teasp. salt,
 1 teasp. vanilla,
 1/2 teasp. soda,
 1/2 teasp. baking powder,
 1 cup raisins.
 Cream shortening, add sugar and
 cream well, add egg and beat, add va-
 nilla. Sift together flour, soda, baking
 powder and salt.
 Add milk, add rolled oats and raisins.
 Mix all together. Drop by spoonfuls on
 greased baking sheet.
 Bake in moderate oven 10 to 12 mins.
Mrs. Geo. Bourget.

OLD FASHIONED SUGAR COOKIES

4 eggs,
 1 cup butter,
 2 cups sugar,
 2 teasp. cream of tartar,
 1 teasp. soda.
 Beat all to a smooth paste; do not
 beat eggs, add flour enough to knead
 lightly.
 Nutmeg to taste.
Mrs. Lizzie MacPherson.

OLD FASHIONED JUMBOES

Half lb. butter, 1 teasp. vanilla,
9 ounces flour, ½ lb. sugar,
2 tablesp. lemon juice, 3 eggs.

Beat the butter to a cream, add the sugar gradually beating until very light. Now beat the eggs all together. Add the butter and sugar, the juice and vanilla, and then the flour sifted. Beat the whole well, drop in spoonfuls on a lightly buttered pan and bake in a moderate oven.
Mrs. Beatrice Finn.

GINGER SNAPS

1 cup molasses 2 tsp. vinegar
1 cup white sugar 1 tsp. salt
1 cup lard 2 tsp. ginger

Heat the above a few minutes (4 or 5). Then add 2 tsp. soda, 2 cups flour and let cool 20 minutes. Add 2 eggs and flour enough to make soft dough. Roll very thin.
Mrs. T. R. Miller.

DOUGHNUTS

2 eggs, 1 cup milk,
¾ cup sugar, 4 cups flour,
¼ cup melted shortening,
4 teasp. baking powder,
¾ teasp. salt, 1 teasp. nutmeg.

Put eggs, sugar, milk and shortening into bowl, mix well. Sift together remaining ingredients, add to first mixture. Mix well. Roll out to ½ inch thickness on floured board.

Cut with doughnut cutter.

Mrs. May Beck.

TUMBLER CAKE

2 tumblers brown sugar,
½ " butter,
1 " molasses,
1 " sweet milk,
5 " flour,
2 small teasp. soda,
1 tablesp. each of cinnamon & nutmeg.

Cream butter and sugar, then mix in order given. This also makes a very nice fruit cake by adding 1 pint of raisins and ½ lb. of finely cut citron.

Will keep a long time.

Sent in *Mrs. Jerome White,*
by *Mrs. Reg. Leggo.*

SCOTCH CAKE

2 lbs. flour,
1 " sugar,
½ " butter,
2 " raisins,
1 " currants,
½ " orange peel,
4 large tea cupfuls buttermilk,
2 teasp. ginger,
4 " cinnamon,
½ " cloves,
½ " allspice,
3 small nutmegs.
4 teasp. soda dissolved in buttermilk.
Enough to make 4 medium cakes.

Miss Jean Lindsay.

HOT MILK CAKE

2 eggs, (well beaten),
¾ cup sugar (I use 1 scant cup of sugar),
1 rounded cup of flour,
1 teasp. baking powder,
Pinch of salt (sift together 3 times),
½ cup hot milk (do not boil),
2 tablesp. butter (melt in milk).
Flavoring if desired.

Beat eggs and sugar well together, then add flour with salt and baking powder.

Lastly add ½ cup hot milk in which 2 tablesp. butter have been melted. Pour in well greased and floured angel cake pan. Bake in slow oven as for sponge cake.

This batter will be thin, so don't be alarmed and I think you will find swansdown flour best for this; though it is nice with pastry flour as well.

Mrs. C. de la Haye.

DOUGHNUTS SPECIAL

½ lb. butter (fresh), 1 cup milk,
6 eggs, 5 teasp. baking
2 cups sugar, powder,
10 to 12 cups flour, ¼ teasp. nutmeg.

Cream butter, add sugar, egg yolks, milk, egg whites beaten very stiff and flour, sifted with nutmeg and baking powder.

Roll dough ¼ inch thick and cut to fry in hot fat.

Mrs. Ernestine Morris.

SPONGE CAKE

First : Grease a sponge-cake tin, size about 12" x 3½" x 2½", sprinkle with flour.

Then : Sift together 1 cup flour, ½ teasp. baking powder and a pinch salt.

In mixing bowl : 4 eggs (unbeaten), ½ teasp. vanilla. 1 cup sugar,

Beat eggs, sugar, and flavoring for 20 minutes *without stopping*. This is very important because if not beaten continuously, the cake will be very heavy.

Fold in very lightly the flour which has been sifted with other dry ingredients. Stir as little as possible.

Bake 20 minutes in a moderate oven.

Mrs. John Levesque.

SPONGE LAYER CAKE

1 cup sugar, 3 eggs,
3 tablesp. cold water (large)
1 cup flour,
2 level teasp. baking powder,
Vanilla, Salt.

Beat yolks of eggs; - add sugar, then water & beat. Add flour. Beat; then add beaten whites and fold in mixture.

Bake 15 minutes.

Mrs. Laura Valpy.

JUNE CAKE

1 cup white sugar, 2 eggs,
⅓ cup butter, 1½ cups flour,
½ cup milk, (sweet)
1½ teasp. baking powder,
1 teasp. vanilla.

Cream butter and sugar, add well beaten eggs. Sift dry ingredients together and add alternately with milk. Add vanilla. Bake in loaf pan in moderate oven about 45 minutes to 1 hour.

Mrs. Ida MacDonald.

SOUR CREAM FRUIT CAKE

1 cup brown sugar, 2 eggs,
¼ cup butter, 1 cup cream (sour),
1 teasp. soda, 1 " cinnamon,
1 " nutmeg, 2 cups flour,
1½ cups raisins.

Mrs. May Beck.

ECONOMICAL WHITE CAKE

½ cup butter or other shortening,
1 cup sugar, 1 egg,
1 cup sweet milk, 1 teasp. vanilla,
Pinch of salt, ½ " soda,
1 teasp. baking powder, 2 cups flour.

Cream butter or shortening, add sugar and beat, add egg and beat, vanilla. Sift flour, soda, salt, baking powder. Add alternately with milk and bake in moderate oven (325° F.)

Miss Nellie Kennedy.

POUND CAKE

1 cup butter 1 cup sugar
4 eggs 1½ cups flour

Beat butter and sugar to a cream - add beaten yolks of eggs, then the flour and whites of eggs that have been beaten stiff.

If egg whites do not beat up stiff and light it is better to add a little baking powder.

Bake at once in a moderate oven.

Mrs. Jerome White.

Hats off to Mrs. White — she not only is an excellent cook but one of our best rug makers on the Coast, and her rugs that came in to be sold at the Black Whale showed wonderful sense of design, and were essentially the right kind of patterns to put on the floor.

POUND CAKE

1 cup butter,
Shortening the size of a walnut,
1¾ cups sugar,
5 eggs, beat in one at a time,
Beat very thoroughly,
2 cups flour,
Pinch of salt,
1 small teasp. baking powder.
Flavor with lemon or almond.
Add ingredients in order given.
Do not beat much after flour is added.
Pour batter in prepared pan and bake in very moderate oven.

Mrs. Thos. Bisson.

OLD ENGLISH POUND CAKE

One lb. butter, " " flour,
" " sugar, " dozen eggs.

Cream butter and sugar, whip eggs, add gradually; then add flour. Bake in slow oven for 3 hours.

Miss H. LeBreton.

MADIERA CAKE

$\frac{1}{4}$ lb. butter - creamed,
 1 cup sugar - add to butter and cream.
 4 eggs. - drop one at a time into mixture and beat well each time.
 $1\frac{1}{4}$ cups flour, $\frac{1}{4}$ teaspoon salt,
 1 teaspoon baking powder.
 Sift once and add gradually to above,
 Mix well, add $\frac{1}{2}$ teaspoon each of
 Lemon and Orange extract.
 Bake one hour.

Mrs. Minnie Cass.

CHOCOLATE CAKE - SOUR MILK

Two squares chocolate and one-fourth cup shortening. Melt and allow to cool. Then beat in 1 whole egg and into this cream one cup sugar. Add one cup thick sour milk with one teaspoon soda dissolved in it, and $1\frac{1}{2}$ cups flour, one-half teaspoon salt and one teaspoon vanilla. Bake in about 300 deg. oven. Cover with . . .

CHOCOLATE FUDGE FROSTING

$1\frac{1}{2}$ tbsp. butter, Pinch of salt,
 $\frac{1}{3}$ cup cocoa, $\frac{1}{4}$ cup milk,
 $1\frac{1}{4}$ cup confectioners sugar, $\frac{1}{2}$ tsp. vanilla.

Boil slowly 8 minutes — Remove from fire and beat until creamy. Add vanilla and spread on cake.

Miss Nellie Davis.

CUP CAKES

1 cup butter, 3 cups flour,
 4 eggs well beaten, 1 cup milk,
 $1\frac{1}{2}$ cups sugar (cream), $\frac{1}{2}$ tsp. soda.
 1 tsp. cream tartar mixed well in flour flavoring to taste. Salt.

Mix and bake in moderate oven.

Mrs. Thos. Rowley.

BUTTER MILK CAKE

$3\frac{1}{2}$ cups flour 1 tsp. soda
 1 tsp. baking powder 1 tsp. salt.
 $1\frac{1}{2}$ tsp. shortening
 1 tsp. cream of tartar

Enough butter milk to mix to stiff dough. Knead lightly and put in a long baking pan in one piece. Cut into squares with knife before baking. Bake in hot oven until a knife inserted will come out clean.

Mrs. C. G. Campbell.

ICING FOR CAKE**MOUNTAIN CREAM**

2 egg whites, 4 tbs. cold water,
 1 cup sugar,
 Vanilla, salt & pinch of nutmeg.
 Put all ingredients in small size double boiler. Beat with rotary beater 5 — 7 mins. or until mixture stands in peaks. Remove from heat. Add flavoring and beat until thick and cool.
 $\frac{1}{2}$ of this recipe is enough for an ordinary layer cake.

This was sent in by the Tardif sisters.

Miss Betty Tardif, Mrs. Laura Valpé.

BEAUTIFUL CAKE

3 cups sugar, - 2 of butter, - 6 of flour, - one of sweet or sour milk and 5 eggs. 2 teasp. cream of tartar. Nutmeg with a little fruit of any kind. 1 teasp. soda.

Makes two loaves.

Miss Hannah LeBreton.

VELVET CAKE

From our Grandmother's cook book.
 1 teacup cold water, 1 lb. sugar,
 1 tsp. almond flavoring, 1 tsp. soda,
 1 lb. flour, $\frac{1}{2}$ lb. butter,
 4 eggs, 1 tsp. cream tartar.

Beat sugar and butter to a white cream. Put the cream of tartar into the flour. Add the sugar and butter. Then beat the eggs separately, and add then with the water and soda. Add flavouring. This makes two loaves.

A nice plain cake.

Mrs. Thos. Rowley.

CHOCOLATE CAKE

$\frac{1}{4}$ cup butter,
 1 cup white sugar,
 1 egg,
 $\frac{1}{2}$ cup sour milk,
 1 teasp. soda, sifted in $1\frac{1}{2}$ cups flour,
 1 teasp. vanilla,
 $\frac{1}{4}$ cup boiling water,
 2 squares of chocolate.

Cream butter, add sugar gradually — Sift soda and flour and add alternately with sour milk. — Add vanilla, melted chocolate. Lastly add the boiling water. Beat briskly, pour into well greased and floured 8" square pan and bake 35 to 40 minutes in moderate oven.

Mrs. Ida MacDonald.



"THE BLACK WHALE"

INTERIOR

Percé's community shop for the sale of hand made articles.



(Photo courtesy of the C.P.R.)

MARBLE CAKE

Light Part: Whites of three eggs,
 1/2 cup butter,
 1/2 cup sugar,
 1/2 cup milk,
 2 cups flour,
 1/2 teasp. soda,
 1 " cream of tartar.

Dark Part: Yellow of three eggs,
 1 cup molasses,
 1/2 cup butter,
 2 cups flour,
 1 teasp. soda,
 1/3 cup milk,
 1 teasp. cloves,
 1 " cinnamon,
 1 " nutmeg.

Put in the pan alternate layers of light and dark parts, having the light part on top.

Mrs. May Beck.

DARK FRUIT CAKE

1 cup sugar,
 1 cup shortening,
 1 cup molasses,
 1/2 cup sour cream,
 3 " flour,
 1 teasp. salt,
 1 " soda,
 3 eggs,
 1 teasp. cinnamon,
 2 cups raisins,
 1/4 teasp. grated nutmeg,
 1/2 " powdered cloves,
 1/2 " powdered allspice.

Cream shortening and sugar thoroughly. Add molasses, cream, flour, soda, eggs. Mix well, turn into greased and papered cake tin and bake in a slow oven 1 1/2 hrs. Sufficient for one large cake.

Miss Mary Drowdy.

YANKEE JAM

Boil 2 cups molasses 2 minutes, add 1 egg, well beaten combined with 1 tbsp. flour, and boil until fairly thick. Add 1 tbsp. butter, pinch cinnamon. (about 10 mins.)

Miss Betty Tardif.

When it comes to gingerbread it must be popular on the Coast as we had almost a dozen recipies sent in. The amounts varied a bit, where molasses was used the water was cut down. I will give two basic recipies.

. . .

SPICY GINGERBREAD

1/2 cup shortening, 1 cup br. sugar,
 1-2 eggs, 1/2 cup molasses,
 1/2 tsp. salt, cinnamon, cloves, ginger & nutmeg,
 1 tsp. baking powder 1 tsp. soda,
 2/3 cups boiling water, 2 cups flour.
 Bake in a moderate oven 40 minutes.

*Miss Mary Drowdy, Mrs. Finn,
 Mrs. Aubin, Mrs. G. C. Campbell,
 Miss Nellie Davis,
 and others.*

ICE BOX GINGERBREAD

1 cup sugar
 1 1/2 cups sour milk
 1/2 cup molasses
 2 level tsp. ginger
 1 cup shortening
 (half butter half crisco)
 1 beaten egg
 3 small level tsp. soda
 3 1/2 cups pastry flour
 1/2 tsp. cloves, cinnamon, nutmeg salt.

Mix well and let stand in icebox several hours. Then bake at 350 until crisp and brown. Makes one shallow pan 6 x 9 x 1 1/2 and one deep bread tin. Serve one loaf hot with molasses sauce and the other will be delicious cold and buttered the following day. Ever try gingerbread with your Sunday coffee? Gorgeous!

Miss Florence McConnell.

A CHANGE IN THE WEATHER

Certain phenomena in the air, and certain peculiarities of birds have long been known to indicate a change in the weather. Many years ago the learned Dr. Jenner embodied these in a verse — sent in reply to a friend with whom he planned an excursion on the following day.

*"The hollow winds begin to blow,
The clouds look black, the glass is low,
The soot falls down, the spaniels sleep,
And spiders from their cobwebs creep.
The boding shepherd heaves a sigh,
For see, a rainbow spans the sky.
Hark how the chairs and tables crack,
Old Betty's joints are on the rack.
Through the clear stream the fishes rise,
And nimbly catch the incautious flies.
And see yon rooks — how odd their flight
They imitate the gliding kite.
'Twill surely rain, I see with sorrow;
Our jaunt must be put off to-morrow."*
Old Almanac.

A Trip To Robin Jones and Whitmans — a hundred years ago.

"Milly — take this jug down to the store, and buy me some molasses. While you are waiting for it to pour — and it will run slowly — as the day is cold — pick me out two reels of black cotton and six pence worth of snuff."

Tightly clutching her shillings and pence, Milly looked eagerly around her in the twilight of the big store. The round pot-bellied stove cast a red glow on the biscuit barrels, the hams hanging from the rafters, and even more alluringly on the painted cannisters of tea and spice.

If she had to make a list next morning at school — on her slate — of the things she had seen, what should she put down? Miss Lamb was a terror for that sort of thing!

Of course she'd start with the most important —
Peppermint bullseyes — pink and white stripped — you could suck for hours —
Tamarinds from the West Indies, that looked like brown peapods —
China headed dolls — with pink cheeks and sawdust bodies —
There was olive oil from Spain, and salt from Italy —
Wooden clothes pegs to hold white sheets in the wind —
Jews harps and penny whistles that Johny would want —
Candle lanterns that didn't smell like the whale oil lamps —
Button boots, and button hooks —
Jemina boots, with elastic sides for Grannie, when she couldn't stoop —
Prunella boots, and carpet slippers of real red carpet with roses on them —
And carpet bags for traveling.
There were loaf sugar cones or pyramids —
Gaufering irons for the frills on old ladies bonnets —
India prints for childrens' dresses that sold by the pound, and not the yard —
Ship's biscuits for the sailing barques at sea, or toasted by your own fireside — and
Black shawls from India (Grannie wore for best).

Above the shelves she saw the models of the ships that sailed from Jersey to Paspébiac in the early days when Charles Robin, and the early Captains, fished and traded up and down the Coast. Next to the Hudson's Bay Company, the present, Robin Jones and Whitman, go back farther than any other company in the New World.

Supplied by Mr. Herbert Renouf.

FAMOUS OLD FRENCH CANADIAN RECIPES in the original French.

Un bon religieux faisait, dans une ancienne communauté, l'office de cuisinier. C'était un parfait modèle de toutes les vertus de son saint état. On le voyait toujours, malgré les tracasseries ordinaires à son office, se conserver dans un parfait recueillement, des larmes abondantes coulaient sans cesse de ses yeux. Et comme on lui en demandait la raison— "Le feu de la cuisine, que j'ai toujours sous les yeux —" répondit-il, "me fait penser aux flammes de l'enfer que j'ai souvent méritées."

(La Révérende Mère Caron)

. . .
*These recipes were supplied by the
kindness of Mlle Marguerite Mignault
and Mrs. Agnes Fennell.*
. . .

SOUPE AUX POIS

1 gal. d'eau
1 lb. de porc grasse
2 lbs. de pois sec
Sel et poivre.

Le lard et les pois se mettent en même temps que l'eau. Lorsqu'elle bout on y met des herbes, oignons, sel à son goût. La soupe maigre se fait comme la soupe grasse excepté qu'au lieu du lard vous mettez du beurre.

Mrs. Robert Keighnan.

CRETONS

Prenez cinq livres de panne, trois de filets, deux de rognons. Faites cuire le filet et les rognons avec poivre et sel. Une fois la viande cuite, hachez-la bien fin, ajoutez les oignons hachés fin, poivre, sel, épices au goût.

GELEE DE CORNE DE CHEVREUIL

Prenez deux onces de corne de chevreuil, cinq gallons d'eau, et faites réduire à une chopine; coulez, sucrez et mettez sur le feu, et ajoutez une demi-once de gélatine ou de mousse d'Irlande. Faites chauffer jusqu'à solution complète, coulez et mettez dans des moules.

CREME JAUNE

Prenez quatre jaunes d'oeufs, battez-les avec du sucre blanc, ajoutez une chopine de lait, brassez le tout: placez le vaisseau au-dessus de l'eau bouillante pour le faire prendre, ajoutez de l'amande amère ou un peu d'essence. Brassez continuellement.

BOULETTES DE PORC FRAIS

Hachez bien fin du porc-frais, avec de l'oignon, poivre sel et persil; roulez cela par boulettes dans la farine. Faire rôtir, les tournant pour faire cuire tous les côtés. Ajoutez de l'eau à la moitié des boulettes, et laissez le tout cuire trois quarts d'heure, à petit feu. Mettez un verre de vin si vous l'aimez.

RAGOUT DE PIEDS DE COCHON

2 pieds de cochon coupés en quatre otez les ergots, mettez dans le chaudron 3 pts. d'eau, 3 oignons, persil, poivre et sel. Laissez bouillir jusqu'à parfaite cuisson: ajoutez un peu de farine grillée, une demi-heure avant de le retirer du feu.

FRICATELLE

Hachez 2 lbs. du lard, et 2 oignons, ajoutez de sel et de poivre, 1 lb. de pain bien trempé, 2 oeufs. Mélangez bien ensemble, faites-en des petits pâtés et faire cuire comme des huîtres. Bon plat pour le déjeuner.

SALADE AUX POMMES

Préparez une douzaine de pommes, otez la pelure et coupez en quatre. Mettez dans une casserole une chopine de vinaigre avec du clou de girofle, de la cannelle non moulue, une livre de cassonade. Quand le tout bout, mettez les pommes, faire cuire jusqu'au tendre. Servez froid.

SAUCE ROBERT

Mettez dans une casserole un morceau de beurre. Joignez une cuillère de farine et faites roussir. Hachez des oignons et mettez-les dans la casserole avec sel et poivre. Mouillez avec deux cuillerées de bouillon. Laissez cuire un quart d'heure, et ajoutez une cuillerée de vinaigre et de moutarde.

GALENTINE DE DINDE

Prenez une dinde, fendez-la sur le dos et retirez-en tous les os; faites la même chose d'un poulet que vous y ajoutez ainsi qu'une langue de boeuf que vous aurez fait cuire et dont vous aurez enlevé la peau. Prenez ensuite la dinde, étendez-la sur un plat, mettez une couche de porc-frais que vous aurez haché bien fin, salé, poivré, et auquel vous aurez ajouté de l'eau pour le rendre un peu liquide. Étendez le poulet sur cette couche de porc-frais, salez, poivrez, puis ajoutez une nouvelle couche de porc-frais l'épaisseur du petit doigt; mettez une langue de boeuf que vous couvrirez avec un peu de porc-frais. Refermez ensuite la dinde et donnez-lui sa forme naturelle en faisant une couture sur le dos, et enveloppez-la dans un linge attaché bien serré. Prenez les os, mettez-les dans le chaudron où vous aurez fait cuire la langue, ajoutez une patte de cochon, un jarret de boeuf, trois clous de girofle, un petit baton de cannelle, deux oignons, une gousse d'ail; mettez-y la dinde avec l'eau à l'égalité, sel, poivre au goût, et laissez cuire le tout jusqu'à ce que la fourchette entre bien dans la dinde. Prenez-la ensuite, mettez-la dans un moule ou plat approprié, coulez le bouillon dans lequel elle a cuit, dans un linge et remplissez-en le plat. Si vous croyez que la gelée n'est pas assez forte, ajoutez un peu de gélatine.

POISSON EN RAGOUT

On l'échaude, on enlève la peau, on le coupe par morceaux, les roulant dans la farine avec sel, poivre, et clou, on les fait rotir dans le beurre, couleur d'or, puis on ajoute de l'eau au moins un pouce au-dessus du poisson, avec thym, persil et oignon. Prêtez-y attention pour retirer les morceaux en bon ordre.

GROSSE TRUITE AU BOUILLON

Coupez-la par morceau, tranchez des oignons, mettez un morceau de beurre des épices, un peu de farine, et faites cuire pendant une heure à petit feu. Au moment de la retirer, ajoutez un verre de vin de Porte.

GELEE AU VIN

Prenez deux onces de gélatine, une chopine de whisky, un pot de vin blanc, gros comme un dé d'acide citrique, trois tasses de sucre blanc, dix-huit blancs d'œufs battus en neige. Vous faites chauffer le tout ensemble, même les écailles d'œufs, jusqu'à ce que ce soit sur le point de bouillir, ensuite vous coulez trente fois ce contenu dans une flanelle et vous mettez dans des moules. Vous aurez alors une gelée bien claire et bien brillante.

SUCRE A LA CREME

Faites bouillir deux tasses de sucre dans un peu d'eau; lorsqu'il est en tire on met une tasse de crème douce. Laissez bouillir jusqu'à ce qu'il soit cuit (en le mettant dans l'eau froide). Retirez-le du feu, en brassant, jusqu'à ce qu'il soit en grains.

LIQUEUR DE CERISE

Prenez huit livres de cerises, écrasées avec leurs noyaux, huit chopines d'esprit-de-vin dilué, ou whisky, faites tremper pendant un mois, coulez en pressant fortement. Ajoutez, par chaque pinte de liqueur, cinq onces et demie de sucre et filtrez après la dissolution. On fait de même pour les autres fruits.

PATE AU PATATES

Pilez des patates bien cuites, en marmalade, avec poivre, sel, beurre ou crème les oignons hachées et persil. Mettez les dans le pâté et faites cuire.

PATES DE NOEL

2 lbs. raisin, 3 lbs de corinthe,
1 langue de boeuf bien cuite,
3 lbs. de suif de boeuf 2 lbs sucre bl.
2 oz. de citron confit, 2 oz. d'écorce de citron confite, 24 pommes Fameuses
2 oz. confite d'orange.
1 muscade rapée, 1 c. canelle moulue,
1 c. de clou moulu, 1 chopine de brandy,

1 chopin de vin blanc. Mêlez le tout parfaitement. Pressez dans un pot et recouvrez avec un papier mouillé de brandy. Tenez au froid. Servez toujours chaude en des pâtes.

CELEBRATIONS

Following the village wedding came the reception in the new log house, with the fiddles playing for the old square dances, and the "Whiskey Blanc" passing from hand to hand. All the Habitant families were there, the babies parked among the coats and shawls, and fast asleep by now. The older children played about under foot, and Grannies nodded peacefully over their thimblefuls of delicate Dandelion wine.

The perspiring bride and groom kept up with the best, making the "Grand Chain," and "In and Out the Windows" at a gallop, while the women folk — "Les Creatures" — took possession of the feast. Mounds of snowy doughnuts, cakes decked out in caraway seeds, jellies and pork pies, and the aroma of the coffee like incense in the air.

DANDELION WINE

To each gallon of Dandelion flowers add one gallon boiling water, 4 lbs. brown sugar, two lemons cut in small pieces. Let ferment three weeks, strain and put in bottles. This ideal Gaspé brew may be tasted on All Souls Day (Nov. 2nd.) to bring you happiness for the rest of the year.

Mrs. Joan Newbury.

CRANBERRY PITCHER

Make tea with $1\frac{1}{2}$ cups water — 2 tsp. tea. Strain, add to this $\frac{1}{2}$ cup orange juice — $\frac{1}{2}$ cup lemon juice — Sugar to taste — 1 tbs. fresh mint leaves chopped — 2 cups gingerale — 2 cups cranberry juice made from boiling fresh cranberries in boiling water; crush and strain. Chill.

RHUBARB JUICE

Cut rhubarb in small pieces. Do not peel. Measure and place in preserving kettle allow 1 cup boiling water for every qt. of fruit. Cover tightly and bring slowly to boiling point. Simmer five minutes. — Strain. Pour into hot sterilized bottles, leaving one inch at top. Partly seal. Bring to simmering temperature in water (180%) for ten minutes. Seal thoroughly.

RASPBERRY VINEGAR

3 quarts vinegar, to 10 lbs. raspberries.

Let it stand 3 or 4 days.

Strain, and to one pint of juice allow 1 lb. sugar.

Boil very slightly.

Miss Betty Tardif.

SPRUCE BEER

In the old days this was always made from the fresh spruce twig stewed over an open fire; now the essence of spruce is obtainable to simplify the proceeding. There is an old shop on Notre Dame street in Montreal that deals in nothing but special yeast, fool proof bottles with metal clamps and directions. But Monsieur will always caution the novice to put the bottles in the basement where a catastrophe of major proportions may not disturb the housewife if bottles start popping like Fire works on the 24th. of May.

Essence of Spruce $\frac{1}{2}$ oz.

Boiling water 1 Gallon

Sugar 1 lb.

Yeast $\frac{1}{2}$ wineglassful.

Mix the Essence with the sugar in boiling water. When tepid, add yeast, and allow to stand 12 hrs. before bottling.

HOME MADE GINGER BEER

$\frac{1}{2}$ tumbler yeast,

$\frac{1}{2}$ oz. cream of tartar,

$1\frac{1}{2}$ lbs. brown sugar,

1 oz bruised ginger root.

Boil sugar and ginger together five minutes, add cream tartar, strain. When tepid add yeast. Stand 24 hours before bottling.

A less yeasty concoction is made by boiling ginger in 2 pts. water for half an hour, add thinly sliced lemons (2 or more) add 1 lb. sugar, or honey or maple syrup to taste. Let stand 24 hrs., strain and bottle. This will not be as evervescing as previous brew.

SPICED CIDER

1 qt. cider — $\frac{1}{3}$ cup brown sugar.
Muslin bag containing 12 cloves.
1 stick cinnamon — 1 lemon sliced.
Bring to boil and simmer 10 mins.
Serve in warmed mugs with a dash
of nutmeg on top.

CARAWAY SEED LIQUOR

One of the joys of the scenery on the Coast is the beauty of the wild flowers and outstanding is the frothy white lace of the caraway flowers on the edges of the cliffs. During the first world war the seeds were gathered and sold for medicinal purposes, and candy making. Our Scotch ancestors, were sometimes given coloured caraway seeds at Christmas time in the old country, and many a towering wedding cake has been decorated with the shinning beads of pink and yellow and white. Gathered in the late days of summer, they should be stored in tightly corked bottles, and care should be taken that enough seed is left on the spot for next years plants.

Through the winter months they furnish many taste thrills in cakes and breads and candy. They add a pleasant touch to baked apples and pears, the German's use them on boiled potatoes.

To make an interesting liquor crush four oz. of dried ripe seed, steep them for one month in 2 pints good brandy. Then strain and add a syrup of 1 pt. water and $1\frac{1}{2}$ lb. sugar. Strain through flannel and bottle. When this is making every care should be taken to keep the mixture cool and well covered so that no aromatic oil may escape.

This should stand six months and improves with age.

HOP BEER

Wonderful after a hot expedition up Mount Ste. Anne's, when a cold thirst quencher is looked for — or can be served warm on a cold winter night. — Boil 3 oz. hops in 2 qts. water on back of stove for three hours, strain, add a few sticks bruised ginger roots, about 2 lbs. sugar, 3 qts. more water. Boil another half hour, strain cool to tepid and add 1 cup yeast. Stand 24 hrs., bottle.

RUM BUTTER

1 cup brown sugar packed down hard. 1 cup butter melted slightly.
 $\frac{1}{2}$ cup rum Pinch cinamon
 $\frac{1}{2}$ grated nutmeg Pinch ground cloves.
Cream all together and beat well.
Pack in small jars. Use on toast or oatcakes.

RUM CREAM

1 pt. cream $\frac{1}{4}$ lb. fruit sugar
Yolk 7 eggs $\frac{1}{2}$ oz. gelatine
1 -or more- wineglass rum
Grated rind 1 lemon.

Put beaten eggs and cream in double boiler. Dissolve gelatine in a little cream add with sugar and lemon rind. Cook until thick, add rum, turn into oiled mould. Chill — and if you want something pretty special serve with wild strawberries, cream and a little wine.

RASPBERRY or STRAWBERRY VINEGAR

2 quarts of fruit to every quart vinegar. Put into a jar or deep vessel, let stand 3 days and nights. Strain through jelly bag. Add one pound of white sugar to every pint of juice. Boil in porcelain kettle for half an hour. Bottle in sterile bottles. Keep in dark place. This will keep on improving with age. Use a teaspoonfull in a glass of sweetened ice water. *Mrs. Agnes Fennel.*

RASPBERRY RUM

This is what we call a "heart warmer" in our home, and it is served on very special occasions in liqueur glasses. Half the joy is seeing the ruby colour against the light when you hold it up, and the bouquet is delicious.

When raspberries are at their best wash lightly, place in enameled vessel, crush first quart, add cup water. Boil as for jelly. Strain overnight in jelly bag. Boil up with sugar — pound for pint — for half hour. Add one part good clear rum for every two parts syrup. Stir and shake well. Bottle in dark glass bottles and store in dark cool place to preserve colour. This is good enough for the christening party of a royal baby. "*Captain's Cottage*"

Do you remember the midnight Christmas Mass with the jeweled lights on the altar, the sparkling ride home in the sleigh, and the wonder of the "Reveillon", with all the visiting relatives? Little Aunt Clara the first one back from the church, her black eyes snapping like jet buttons — Stamping the snow off her feet, unwinding a dozen little scarves and jackets from under her coat, slipping off rubbers, overstockings and long grey pull-overs, chattering all the time — Rushing into the kitchen, putting on her apron as she sped, peeking under steaming covers, and brandishing a large spoon before the others had unwound themselves from the sleigh robes. This was her night — these her special dishes. In the kitchen she reigned supreme, and this was a test of all her powers. Paté à la viande, galatine of turkey, ragout of pork and chicken, were the center of the feast, but there were spicy tourtières, rillettes, and croutons toasted brown, head cheese and doughnuts and a dozen different sweets. It was well that no one has ever been indisposed after a Reveillon, so one could do full justice to Aunt Clara's creations. Recipes handed down from generation to generation and treasured like fine silver and glass.

RILLETTES DE TOURS

- 3 lbs. de palleon
- 2 rognons de cochon
- 2 1/4 lbs. de panne
- 4 c. à soupe de sel
- 3 demiards d'eau
- 3 lbs de soc
- 1 gros filet
- 4 oignons (Moyens)
- poivre au goût
- 1 boîte champignons frais
- Clou et cannelle au goût une heure avant de retirer. Le tout passé dans le moulin à viande, une après l'autre (afin de bien mélanger les ingrédients) laisser bouillir durant quatre heures. Voir à remuer continuellement avant le point d'ébullition afin d'éviter le tout de coller au chaudron de fer.

Mlle Marguerite Mignault.

CROQUETTES AUX HUITRES

1 tasse de beurre fondu avec une demi tasse de farine. Vider tranquillement pour faire une sauce très épaisse. Une chopine d'huîtres, faites les cuire dans leur eau quelques minutes. Puis ajoutez ce jus à votre sauce blanche. Mettez une boîte de champignons hachés dans votre sauce, avec les huitres, aussi coupées en morceaux. Faites refroidir, puis faites en croquettes, roulez-les dans des jaunes d'œufs, et ensuite dans des crackers écrasés. Laissez refroidir plusieurs heures avant de les faire cuire dans de la graisse chaude comme pour les patates frites.

Mlle Marguerite Mignault.

SARDINES AND CUCUMBER TOAST

- 2 cucumbers cut in cubes
- 1 can sardines
- 1 tsp. onion juice
- 1 tsp. chili sauce
- 6 sliced radishes
- 1 tsp. lemon juice
- Minced parsley.

Dressing

Mash sardines, add their oil, onion and lemon juice and chili sauce. Spread toast with sardine paste. Mix radishes and cucumbers, season with a little Fr. dressing. Pile on toast.

RAGOUT CANADIEN

- 4-6 pounds chopped meat (2 slices round steak and four lbs fresh pork chopped together.)
- 2 lbs lean fresh pork or flank
- 2 pigs feet
- 1 four pound chicken or 1 piece lean beef
- 2 large onions — 2 cups flour browned
- 1 pkg. mixed spices.

Chop one onion fine, mix with meat and seasonings, roll in balls, dip in flour and fry in iron frying pan.

Cut chicken in quarters, roll in flour, and fry. Boil pigs feet and pork, with onion and spices in a muslin bag, with 10 qts. water slowly until tender. Salt and pepper. Add browned flour and boil one hour, stirring occasionally. Then add balls of meat and fried chicken and simmer another hour.

Mlle Louise Leduc.

This is a famous dish served at Reveillon after midnight mass Christmas eve.

GALATINE OF TURKEY

12 lb. turkey — 1 beef tongue
 2 lbs. chopped veal breast
 2 lbs. minced fresh pork with fat
 1 lb. salt pork — 1 lb. raw ham
 6 carrots — 6 onions chopped
 1 tbsp. thyme — 1 tbsp. sage
 salt and pepper.

Wash turkey and carefully remove entire skin in one piece. Remove meat from bones and chop coarsely. Put other meats through meat grinder with coarse blade. Keep each separate. Mix one cup picallili with minced veal, Onions with pork, carrots with tongue after it has been boiled skinned and minced. Wash turkey skin carefully — sew up openings, and stuff with alternate layers of different meats, each lot seasoned to taste. Sew up opening, wrap well in cloth and wind in strips of cotton to hold shape of turkey. Simmer slowly for five hours adding spices and bayleaf to water. Cool in liquid overnight. Cover with aspic.

PLUM PUDDING

Pick and stone 1 lb. of the best raisins, which put in a basin with 1 lb. currants, well washed and dried.

1½ lb. beef suet,
 ¾ lb. sugar,
 2 oz. candied lemon peel,
 2 oz. citron peel,
 6 oz. flour,
 ¼ lb. bread crumbs.

A little grated nutmeg.

Mix well together with 8 eggs and a little milk; have ready a plain pudding mould, well buttered. Pour the above mixture into the mould in a cloth, well floured and boil fast 4 hours and a half.

Mrs. Etta Miller.

New Year's at Faldouet, the holiday camp in the pines. The open door throws a drugglet of light on the new snow as the guests climb the hill from the sleigh. The leaping flames on the hearth throw their warm gleam on the balsam and pine festoning the walls. The candles shine on the table laden with good things to eat. Piles of nuts and pine cones, with berries and fruit center the feast. On the hearth the pot is simmering with its fragrant "Perdrix Au Chou" while Grannie's special plumpudding is steaming away beside it. There are bowls of creamy hard sauce and the rich red of cranberry. The pottery dishes warm by the fire, and little Anne's face is rosy as she watches it all. There is laughter and happy reunion, and guests from far and abroad. The tall pines sway in the breeze and a rabbit makes tracks in the snow.

SOUP PLATE XMAS PUDDING

1 soup plate raisins,
 1 " " currants,
 1 " " bread crumbs,
 1 " " chopped suet.

Half quantity of candied peel, brown sugar, flour, spice to suit taste. Little milk, not to be thick. This size requires about 8 hours boiling.

I use cloth, floured after dipping in boiling water and vary the size of the soup plate to the pudding required.

This has been the Xmas pudding recipe for generations.

Mrs. Ethel S. Renouf.

GASPE IN WINTER

Make a sponge cake. Place cold cake whole on pyrex pudding dish or platter if preferred. On top place 1 brick of favorite icecream, and cover well with meringue (4 or 5 egg whites). Brown slightly and serve at once.

Mrs. Annie Gale.

GASPE PEAS

Put 2 cups shelled Gaspé peas in baking dish, add 4 tbsps. finely chopped mild onion, and 2 slices bacon diced. Cover with meat stock or consommé and bake in covered in oven at 350 until peas are very tender. Season well.

SINGING JOHNNY

Fill a large size liquor bottle with black Currants. Shake into it white sugar until full again then fill the cracks with good Gin. Leave stand till Xmas tightly corked. When your friends sample this there will be lots of "Singing Johnnies" around.

PORK FRUIT CAKE

1 lb. solid fat Pork (chopped very fine)

Pour over this 1 pint boiling water. then add:

2 teasp. baking soda,
2 cups sugar, 1 teasp. cloves,
1 cup molasses, 1 " ginger,
1 lb. currants, 2 " cinnamon,
1 " raisins, 1 grated nutmeg,
 $\frac{1}{2}$ " citron peel (cut fine),
1 cup chopped nuts,
 $\frac{1}{2}$ glass brandy,
4 cups flour.

Pour in pan lined with buttered paper and bake for 2 hours in moderate oven.

This is an old time Gaspé recipe, very very good when eggs and butter are scarce. I never had brandy but have put a glass of wine instead on one or two occasions.

Mrs. Lillian Mahan.

RAISIN CAKE

$\frac{1}{2}$ cup butter,
 $\frac{1}{2}$ " molasses,
1 " brown sugar,

$2\frac{1}{2}$ cups flour,
2 eggs,
1 teasp. baking soda,
2 teasp. baking powder,
1 cup sour milk,
 $1\frac{1}{2}$ teasp. cinnamon,
 $\frac{1}{2}$ " cloves,
1 cup raisins.

Cream butter and sugar. Add beaten eggs. Add molasses. Dissolve soda in sour milk. Sift dry ingredients together and add alternately with sour milk. Lastly add raisins which have been previously sprinkled with flour. Bake in 2 layer tins for 25 minutes.

My favorite recipe.

Mrs. Ida MacDonald.

YORKSHIRE SPICE CAKE

$\frac{3}{4}$ cup butter, $\frac{1}{2}$ nutmeg,
 $1\frac{1}{2}$ " brown sugar,
3 eggs, $1\frac{1}{2}$ teasp. salt,
 $3\frac{1}{2}$ cups bread flour,
4 teasp. baking powder,
2 cups currants, 1 cup raisins,
 $\frac{3}{4}$ cup mixed peel,
1 cup milk (scant),
1 teasp. vanilla.
(Cherries if desired, also nuts).

Mix as directed; bake in moderate oven $1\frac{1}{2}$ to 2 hours.

This is an old recipe and I have always found it good.

Mrs. Gertie Carter.

WHITE FRUIT CAKE

$\frac{1}{2}$ lb. butter, 1 cup milk,
1 " sugar,
5 eggs beaten separately,
1 teasp. baking powder,
5 cups flour (sifted),
2 lbs. sultana raisins,
 $\frac{1}{2}$ cup cherries,
 $\frac{1}{2}$ cup mixed peel.

Boil raisins in 1 cup water 10 minutes. Bake in slow oven 1 hour.

Mrs. Lizzie McPherson.

UNCLE WILLIE'S BIRTHDAY CAKE

2 lbs. raisins,
2 lbs. currants,
1 lb 3 ounces butter,
1 lb. 3 ounces brown sugar,
 $6\frac{1}{2}$ ounces mixed candied peel,
 $\frac{1}{2}$ nutmeg,
 $\frac{1}{2}$ tablesp. mixed spice,
1 " molasses,
 $\frac{1}{2}$ wine glass brandy,
8 eggs.

Flour enough to make thick batter.

Mrs. Etta Miller.



"The Whale is a mammiferous animal without hind feet."

Baron Cuvier.



SWAPPING RECIPIES

In the summer hotel at the beach, everything was scrubbed till it shone. Great jars of late blooming lilac and peonies welcomed the children back. Days of pure joy and freedom began for them. Forgotten already was the stifling breath of cities, the thought of school, and the harsh rub of Sunday collars. These were the holidays and the sea was calling.

Up in your room under the eaves you could hardly finish unpacking before the sound of the dinner bell clanging through the halls brought you flying down the stairs. Maids in starched aprons and pompadours were caught in a tide of rushing bodies, struggling to be the first one in to the meal. Long trestle tables stretched across the room to accommodate the family groups. Babies sat in high chairs with porridge dripping down their chins. Jars of nasturtiums mingled with the oil and vinegar cruets, down the center of the table, while home made pickles, great basins of maple sugar, and plates piled high with golden biscuits, took up every available inch.

Half an hour later — bursting with food — there was a rush to the beach to see what the receding tide had left in the pools on the shore. Sea anemones, starfish, and great ribbons of kelp, decorated the rocks, and the sand bar was ribbed with the imprint of waves.

The day flew by with a million things to see, and twilight came with the sun setting over the lighthouse — transfiguring sea and sky. There were games in the long summer evening of "Run-Sheep-Run" and "Still-Waters-No-More-Moving."

Old ladies, in shawls, sat in rows on the front verandah, rocking and knitting. Children, too tired to play, sat at their feet and listened dreamily to their elders talk. This was the great time for swapping recipes, and the talk flowed on and on. — "Aunt Mammie always said she made her strawberry jam the six minute method — it made it rich, and kept the berries whole. She made hers up into lattice pies — perfect pictures they were, with the ripe red berries oozing through the pastry. Her roast goose melted in your mouth and her flaky biscuits would almost crumble at a touch."

"Yes — Mammie was a good cook — but she couldn't touch Big Martha when it came to pickles. Land's Sake!!!! I can remember her stealing all the prizes at the show in Gaspé. Even one of the judges ate half a jar of her pickles there, 'cause he couldn't stop."

"Those new-fangled butter tarts we had to-night don't hold a candle to the ones we used to get at Patton's in the good old days. I've seen Eddy eat a dozen at a sitting and cry for more. And will you ever forget the spiced tomato jam and mince meat that mother used to make. All the spices of Araby went into them, and the house was full of smell of pickles for weeks." On and on and on, went the talk while little stomachs hollowed out, little eyelids drooped and the first few bats swooped silently through the dusk.

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TART BEET RELISH

2 cups cooked chopped young beets.
 $\frac{2}{3}$ cup grated horse radish.
 $\frac{1}{2}$ cup sugar — 1 tsp. salt.
Cider vinegar to cover. Combine in

order given. Let stand several days before using to mellow. When made up in larger quantities it should be put in stone crock, with plenty of vinegar to cover, and be tightly corked.

CINNAMON APPLE JELLY

- 5 lbs. tart apples
- 3 cups boiling water
- 1 tsp. red colouring
- 7 cups sugar
- 10 drops oil cinnamon
- 3 oz. powdered pectin

Wash and quarter apples, add water. Simmer until tender. Mash, and put in jelly bag. There should be six cups. Place juice, pectin, colouring, in large saucepan over high heat. Bring to boil stirring well, add sugar that has been heated, oil of cinnamon, and when at full rolling boil, boil 1/2 minute. Skim and pour into sterilized jelly glasses. Cool and cover with melted paraffin.

QUICK STRAWBERRY JAM

Wash one quart of berries at a time, drain in colander, put over hot fire in sauce pan with two cupfuls sugar. Bring to rolling boil and boil three minutes, add two more cupfuls and boil three minutes more. Six minutes in all. Remove immediately from fire and pour into a large sterilized crock. Cook each quart the same way adding to jam in crock until all are done. Let stand overnight. Put in morning in small sterilized jam jars and seal with wax. Pitted cherries should be heated a few minutes first in boiling water before being cooked.

Raspberries take 4 cups sugar.

HUNDRED YEAR OLD SPICED TOMATO JAM

16 lbs. ripe tomatoes peeled and cut in pieces, eight lbs. sugar, 2 pints vinegar.

Tie loosely in lace bag, 2 tbps. each of whole cloves, peppercorns, and 12 blades of mace.

Let all come to a good boil then set kettle back on stove to simmer for hours, until thickened and rich. Remove bag of spices and bottle in sterilized jars.

Tomatoes can be used unpeeled and cinnamon and allspice may be added as well as other spices.

Use with meat, or on toasted crackers as a dessert. *"Captains' Cottage."*

O, — fruit loved of boyhood! — the old days recalling,
When wood-grapes were purpling, and brown nuts were falling!

J. G. Whittier.

WILD GRAPE CONSERVE

8 quarts wild grapes stemmed and washed. — 3 lbs. sugar — 1 cup water — 2 lbs. seedless raisins — 1 lb. chopped nuts.

Boil mashed grapes in water. Extract juice. There should be about 3 pts. Add raisins and sugar and boil 20 minutes. Add nuts and bottle.

If this doesn't do something for roast duck, nothing can.

BLUEBERRIES

"After all, really, they're ebony skinned;
The blue's but a mist from the breath of the wind,

A tarnish that goes at the touch of a hand."

Robert Frost.

BLUEBERRY AND RHUBARB JAM

2 qts. blueberries 2 cups rhubarb juice
4 cups sugar

To make juice, boil 1 qt. rhubarb in one cup water for 10 minutes. Pass through sieve. Add berries, cook 10 mins. Add sugar cook 10 mins. Makes 2 1/2 pints jam.

"Owing to sentimentality,
Blueberry muffins appeal to me.
It isn't their taste I like at all.
It's only the summers that they recall —
Summers of adolescent ease,
Gingham dresses and scrubby knees.
The muffins repelled me even then,
But holidays and the age of ten
Are very pleasant to munch on now,
So pass me another anyhow.

Margaret Fishback.

STRAWBERRY JAM

1 quart berries, cleaned,
3 1/2 cups sugar.

Cook very slowly until juicy; then turn on heat and when boiling, time 10 minutes. Add a small piece butter and pinch of salt.

Put in shallow dish and cool. I let stand for 1 day, then bottle.

Mrs. Ethel Renouf.

GREEN TOMATO MINCE MEAT

1 gal. green tomatoes, chopped fine.
(Wash with cold water and drain),

Add $\frac{1}{2}$ cup vinegar and $\frac{1}{2}$ cup water. Cook slowly for 1 hour.

Add :

$\frac{1}{2}$ lb. raisins, cut fine,
 $\frac{1}{2}$ lb. currants,
 $1\frac{1}{2}$ lb. white sugar,
 $\frac{1}{2}$ lb. brown sugar,
1 tablesp. cinnamon,
1 " cloves,
 $\frac{1}{2}$ " nutmeg,
1 " salt,
 $\frac{1}{2}$ " allspice.

Cook together for 1 hour, then put in jars. *Mrs. Laura Leggo.*

Talking of green tomatoes, did you ever try green tomato pie? Make it like green apple pie with a dash of cinnamon and extra sugar.

PICKLES

5 lbs. cucumbers,
5 " green tomatoes,
3 " onions,
1 " brown sugar,
 $\frac{1}{2}$ cup salt.

Cover with vinegar after this is passed through mincer or cut up in dice with a knife. Prepare and put in an enameled pot — over-night. In the morning, simmer slowly after adding spices to taste.

Mrs. Eileen Gorman.

CABBAGE SALAD

2 eggs, 5 tablesp. vinegar,
5 " milk,
1 " sugar,
1 teasp. mustard,

Salt and pepper to taste.

Cook until it thickens. When cold, pour over shredded cabbage.

Mrs. Kitty White.

SPICED GRAPES

Pulp and seed 5 lbs. tart grapes. Put them over a fire in a porcelain saucepan. When sufficiently cooked, put through colander, add the skins, 4 lbs. granulated sugar, 2 tablesp. each of cloves and cinnamon and 1 pint vinegar. Cook slowly for half an hour after coming to the boil. Then bottle.

Miss Betty Tardif.

MINCE MEAT

3 lbs. apples, 2 ounces lemon peel,
2 " raisins, 2 " orange peel,
3 " currants, 2 " citrons,
3 " beef suet, 1 small nutmeg,
 $1\frac{1}{2}$ " lean beef, boiled,
2 " moist sugar,
Rind of 2 lemons, juice of 1 lemon.

Mrs. Ethel Renouf.

Rose hips contain enormous quantities of Vitamin C — from 5-30 times as much as orange juice which is our best food for this vitamin. Rose hips, growing in northern latitudes, are richer in Vitamin C than those growing further south.

They should be preserved as soon as they are picked and should be slightly underripe. — a bright red colour.

ROSE HIP AND PABINOE JAM

Wash fresh hips and cook in just enough water to keep from burning, mashing well as they cook. Pass through sieve. Meanwhile, cook pabinoes (high-bush cranberries) or low-bush cranberries in a similar quantity of water until soft. Combine pulp of sieved rose hips and cranberries in equal quantities. Add $\frac{3}{4}$ cups sugar for each cup pulp. Heat for 5 minutes. Bottle.

Apple pulp may be substituted for cranberry.

ROSE HIP JAM

2 lbs. fresh wild rose hips, boiled until tender in $1\frac{1}{4}$ cups water. Force through sieve. Add $\frac{1}{2}$ lb. sugar to each lb. purée. Bring to boil, simmer 10 minutes then bottle. Add layer of sugar to help keep flavour.

"The history of the cranberry is interesting. It is believed that the Pilgrims learned from the Indians how to prepare the fruit for the table. The berries kept so long without decay, and were prized so highly by the colonists that, according to the early history, ten barrels of them were shipped across the ocean to King Charles 11, a long journey in slow moving sailing vessels. The colonists called the vine the cranberry because the blossoms are like the head and neck of a crane."

Oliver Medsger.

SPICED GRAPE JELLY FOR GAME

6 lbs. grapes (concord or other varieties) — 1 cup vinegar — 1 tbsp. whole cloves — 5 one inch pieces cinnamon. Cook until soft. Strain overnight in jelly bag. Add $\frac{3}{4}$ cup sugar for every cup juice. Boil juice 15 mins. before adding sugar which should be warmed. Boil 5 mins. more and test for jelly. Do not use water with grapes as they are very low in pectin. Mash a few in bottom of kettle to start juices.

BET PICKLE

Boil small beets, when tender remove skins and cover with:

- 2 cups vinegar,
- 1 " water,
- $\frac{3}{4}$ " sugar which has been brought to a boil. Will keep for months.

Mrs. Eva Helps.

CUCUMBER RELISH

- 1 celery head, 3 large cucumbers,
- 3 onions, $\frac{1}{2}$ teasp. ground cassia,
- 1 cup cider vinegar,
- 1 cup honey, $\frac{1}{2}$ cup mustard.
- $\frac{1}{2}$ teasp. white pepper,

Put vegetables through the chopper. Add 2 tablesp. salt, and let stand over night. Drain well, add vinegar, honey, spices. Cook 10 minutes. Bottle while hot.

Miss Jean Lindsay.

FRENCH PICKLES

- 2 quarts cucumbers,
- 1 " onions,
- 1 head of cabbage,
- 2 bunches of celery,
- Green peppers to taste.

Cut all in small pieces. Sprinkle with salt, (Coarse). Let stand 2 hours, then drain. Scald in equal parts of vinegar & water. Then remove from this.

Make a paste of:

- 2 cups sugar, 1 cup flour,
- 5 tablesp. mustard, $\frac{1}{2}$ gal. vinegar.

Boil until it comes to a paste then pour over the pickles.

Mrs. Laura Valpy.

CITRON PRESERVES

5 lbs. criton melon cut in small pieces, cover with water — about 9 cups. Boil until tender. Strain. Use 4 cups this liquid with 5 lbs. sugar to make syrup, add parboiled fruit plus 3 lemons sliced thin, and $\frac{1}{4}$ lb. ginger root, bruised, but not broken up. Boil all together slightly. Pour into sterile crock, leave six weeks to mellow. Remove ginger root if you do not like it too strong. Cover with wax.

Mrs. Emily Dixon.

SPICY APPLE BUTTER

- 1 qt. sweet cider, 2 cups sugar,
- 2 cups corn syrup, 5 qts. tart apple peeled and cored and cut in cubes.
- 1 tsp. cinnamon, — 12 cloves, — 1 tsp. allspice.

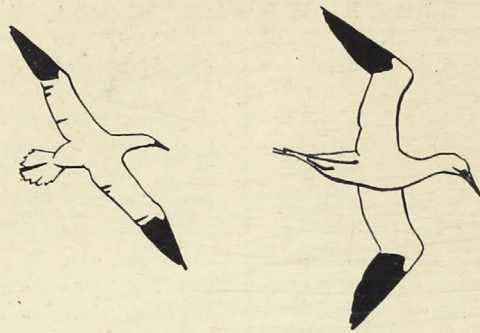
Simmer all gently on back of stove, stirring constantly, until thick. To save time the cider can first be boiled down to half its strength, before adding fruit and other ingredients.

FRENCH DRESSING

- 2 cups olive oil,
- $\frac{1}{2}$ " tarragon vinegar,
- Juice of $1\frac{1}{2}$ lemons,
- Juice of $1\frac{1}{2}$ oranges,
- $\frac{1}{2}$ teasp. worcestershire sauce,
- $\frac{1}{2}$ " mustard, dry,
- $\frac{3}{4}$ " paprika,
- $\frac{3}{4}$ " salt,
- $\frac{1}{2}$ cup sugar,
- $\frac{1}{2}$ clove, garlic, or slice of onion,
- $\frac{1}{2}$ cup tomato catsup.

Place dry ingredients in a deep bowl. Pour in oil and vinegar and beat with egg beater until thick. Add lemon, orange, worcestershire sauce, garlic and catsup. If you do not have or do not like garlic, substitute the slice of onion. The garlic or onion may be removed after a few days.

Sent in by *Mrs. Lulu Hoyt,*
2 sisters *Miss Jean Lindsay.*



GRANDMA'S SPARE TIME

Grandma's life on the Coast in the early days was an active and exciting one. Big families were the rule, hired men had to be fed, and a million chores about the farm left her little time for the gentler arts. Getting up in the early morning, before the sun had risen — to feed the men — gave her an hour to sit in the warmth of the fire place and spin, before the light grew strong enough to commence the household tasks. Her own wool and flax made up into warm garments for the winter months, socks for the newest arrival, dreaming away in the cradle at her feet, or yards of sturdy homespun for the growing sons and daughters.

In times of sickness, when doctors were miles away, and great drifts of snow kept out even the nearest neighbours, there were medicines and home made remedies to prepare. There were sick children to nurse and games to keep them quiet. There were tiny animals to nurse back to life and strength.

In the gentler days of summer, the kitchen garden was her joy. She preserved many of the herbs and blossoms to carry her over the winter months. There were times of great activity, when vines and bushes were bending under their load of fruit. The rich smell of pickles brought glory into the house, and root cellars were filled to bursting with cabbage, pumpkin and beet. Wines were made for special occasions, and cranberries put down in water tubs. Partridge and grouse were partly cooked and put away in crocks with melted fat to preserve them through the winter.

As the frost hardened, and the first silent, snow flakes drifted down, extra bread, pies, and cakes, were baked, and set to freeze, in the outside pantry. Pans of milk were frozen, turned out and stacked against the holidays, while plum puddings and mince-meat filled the kitchen with their spicy smell. The stove glowed and shone with ovens stuffed with good things.

Life was gay and full of laughter, the long winter nights were spent in visiting and gossip, and rides in the frosty moonlight with sleigh bells jingling.

In an old house being torn down the other day, layers and layers of wall paper came away from the old pine boards. You could trace the history and taste of the family back a hundred and fifty years. Can't you picture the young bride of that day standing on planks, laid on two kitchen chairs, holding up over her head that star-dotted ceiling paper, while the young husband — with his walrus moustache dripping paste, followed along behind with the pot and brush.

WALL PAPER PASTE

Mix rye flour to a paste with cold water, then thin to right consistency with boiling water. While still hot add handful of powdered resin, and stir until well mixed. To thin, add more boiling water at any time.

DISGUISE FOR CASTOR OIL

Castor oil 1 part
Maple syrup or molasses 1 part
Now will you be a good boy ?

MINT VINEGAR

Boil many tips of mint in cider vinegar, adding more fresh ones as they boil down. Add sugar and bottle. Use as mint sauce with lamb, or use as base for cold drinks on hot days.

GRAND DADDY'S COUGH SYRUP

One part honey, one part lemon juice, one part whiskey — only Grand Daddy used to sneak in more whiskey. Sip a teaspoonful occasionally.

MOLASSES CANDY

Boil a quart of molasses for half hour, then add 1 teasp. baking soda, and boil until a little dropped in cold water becomes brittle. You may add a few nuts in halves; then pour in greased pan, when cool enough, pull and cut in pieces.

Mrs. Finn.

SHAVING SOAP

Home made potash from wood ash — about a cup—or caustic potash one oz., dissolved in 1/2 cup boiling water. Melt 1 cup lard, 1/2 cup tallow, and 1 1/2 oz. stearic acid, then stir it into first mix. Blend well over heat. Remove from fire and add 1/2 oz. alcohol and any perfume desired when almost cool. Stir well and when creamy pour into cups or a pan. Then cut into cakes when set. Warning — Caustic potash is a poison do not handle with bare hands.

FOR TOOTH ACHES

Heat large table raisins, over candle flame in old kitchen spoon, until just hot enough to hold. Place one raisin at a time between aching tooth and gum. Eat when cold and replace with fresh hot one.

CANDIED MINT LEAVES

Pick only the perfect leaves from fresh mint, wash and dry. Beat one egg white in a saucer. Dip individual leaves in this, coating both sides. Dip in granulated sugar and arrange to dry on wax paper. Will keep in tight box months and still be green and delectable.

Flowers may be treated in the same way. Rose petals, violets, or petals of the clove Pink.

POMADE

Pomades were applied to the hair to keep it in place. Some of the best had oil from the Tropical Island of Macassar. Hence grew up the habit of crocheted anti-macassars on the backs of sofas and chairs to protect Mother's crewel work.

- White beeswax 1 tbps.
- Odorless castor oil 1 oz.
- Purified lard 1 oz.
- Olive oil 1/2 tbps.

A few drops of "stinkum" to perfume it.

STORING CRANBERRIES for WINTER

Wash over berries, put in stone crock, cover with cold water. Cover and keep in cool place. Will keep all winter until March or April. I get mine from Bonaventure Island, and enjoy getting them there from old Mr. Bruch.

Mrs. Ethel Renouf.

CUCUMBER CREAM

Melt 1/4 cup suet with 1/2 cup Benzoinated Lard. Remove from stove and stir in slowly 1 cup cucumber juice. Beat well until creamy and put in jars.

Even freckles are supposed to disappear with this. Oh, by the way, you can add a little oil of rose to give it a sweet perfume.

WINTERGREEN TEA

Wintergreen berries used for pies.

Wintergreen tea made by steeping young leaves in boiling water for a few minutes. It is served with sugar and cream.

LABRADOR TEA

A bush called Labrador Tea — Botanically — *Ledum Graenlandicum* grows about one to three feet high, usually in bogs or damp thickets. The leaves are narrow and oblong, are green above and have the edges rolled back. They are covered underneath with a sort of rusty wool. We gathered the leaves and dried them thoroughly, then used them to make an infusion. I found that it took about a small handful to give a satisfactory taste — which is resinous and aromatic. The colour of the tea is quite pale in colour. We thought that it helped to bring on a good night's sleep — imagination perhaps!

Mrs. Francis Holgate.

HERB VINEGAR

When the growth of herbs is vigorous in early summer — and before blossoming, pick tender tips of as many kinds of herbs as you can find in the garden and growing wild in the fields. Press well down in a dark coloured glass jar. Fill with best vinegar. Let stand in warm sunny window for a week — tightly corked. Serve as salad dressing.

POT POURRI

Take rose petals, lavender flowers, sweet geranium leaves, and the petals from any other fragrant plant in the garden with a few sprigs of mint — but not too many. Spread on paper on floor of attic to dry, put in covered jar when dry, adding cloves cinnamon, mace, carraway seeds and allspice, all finely pondered. Cover tightly and let mellow. Be sure not to let flower material mould while drying.

HERBS

Summer savory and borage are among the quick growing and quick maturing herbs. Make fortnightly sowings of these, and you will have a constant supply of the fresh flowers, leaves and seeds.

Dry and cure some of the leaves for the winter. Gather the leaves just before the blossom breaks.

Chives and parsley will grow in pots in our kitchens all winter and are much more useful than some of the usual indoor plants.

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Charlemagne was greatly renowned for his imperial herb garden. When asked one day by a visiting monk from Ireland — "What is a herb?" the King replied "it is the friend of physicians, and the praise of cooks."

. . .

IRISH MOSS

A flat forked seaweed about 2-12 inches in length growing on the rocky shores of Gaspé peninsula. It is green, or purple reddish brown, but when dried and bleached in the sun becomes creamy white. When fresh it is flexible but hardens and becomes brittle on drying. It may be gathered at any season. It is used in making blancmange, jelly, soups etc. All seaweeds contain iodine, and many could be used for food as in Japan. Dulse is another seaweed that is dried and used as food, and considered a great delicacy.

LAVENDER WATER

Fill a jar with flowers and leaves of Lavender, packing rather loosely. Fill jar with alcohol. Shake occasionally.

HOME MADE ROSE PERFUME

Pull rose blossoms early in the morning, and wilt in a box, adding new ones each day. Take a small jar, put a tablespoon of salt in the bottom, then a layer of petals, a round of cotton flannel soaked in olive oil, then repeat — salt and all — pressing down each layer well until the jar is crammed full. Top with last piece of oil-soaked cotton. Seal top and stand in sunny window for three weeks. Strain and bottle.

COOKING QUAIL

Use grape leaves to wrap around quail after they have been well rubbed with butter, and bake them in these leaves for a very special flavour.

Grape leaves added to crocks of dill pickles add flavour and help keep colour.

Cook field mushrooms (if you know your mushrooms) in a little orange juice and add a pinch of nutmeg. It brings out that wild wood flavour.

BAY BERRY CANDLES

Gather Bay Berries, boil slowly one hour in water to cover. Strain and let cool. Oil rises to the top of the liquid and can be removed in cakes when cold. Reheat and pour into old fashioned candle moulds in which wicks have been tied. If you haven't any old family moulds, tie long pieces of wick to sticks and dip many times into hot wax cooling each time in between. For large quantities — use old wheel suspended from ceiling by rope having lengths of wick tied at two inch intervals. This can be swung around in a circle over tall can of wax and facilitates dipping. The wax should be gray green and very fragrant.

PRESERVING EGGS

Have some stone jars sterilized. Place eggs on end in jar, do not wash them unless absolutely necessary. Pour over them waterglass 1 part to nine parts soft water. Cover top layer of eggs with plate and have liquid half inch or more over this plate. Store in cool cellar. Water glass is Sodium silicate.

"This Whale's liver was two cart-loads."

Stowe's Annuals.



*Journal Editor
Aug 25/94*

**Mary
Wright**

The Kitchen
Gardener

Make your own oils, perfumes

In natural fashion, herbal bath oils add a smooth touch to dry skin and soften the hard water that damages skin. It's also a good way to use up the excess herbs in the garden. Chamomile, thyme, lemon thyme, sage and mint are all bath favorites.

Pot marigold or garden roses also provide excellent sources for fragrances. Perfumes may be made from herbal oils without the chemicals and color agents so dominantly in use today.

To make your own scented oils and perfumes, this method will work with herbs and flowers:

■ Use an odorless base oil of safflower, or corn. You may also want to try almond or apricot kernel oil but bear in mind that these oils are delicate and more costly. For first-time experimentation, corn oil is fine.

■ Place the herb or flower of choice in a clean glass jar, filling herbs up to the neck of the jar.

You may want to experiment with combinations of roses and lavender, lemon thyme and rosemary, chamomile and pot marigold or other combinations of flowers, spices and herbs.

■ Next, add oil to the top of the

jar completely covering the herb or flowers and cover with a clean cloth. Secure the cloth to the top of the jar with a rubber band and set the jar in a warm place or if possible in the sun.

Do not disturb the jar. The cloth allows the moisture in the herb or flower to be driven off, and the oil dissolves and absorbs the resins and oils in the herbs.

■ After a day, pour off the oil and strain out any bits of the herb, or flower, squeezing every drop of oil from the flowers or herbs. Add fresh herbs or flowers each day and pour the previously drained oil over the fresh herb. Repeat the process of draining the oil daily, for two to three weeks or until a highly aromatic oil is achieved.

■ Decant the oil into pretty bottles, capping or corking tightly.

I like to use a beeswax seal over the neck and cork of bottles, and a little ribbon wrap around the neck of the bottle makes it a very presentable gift.

To use the oil in the bath, pour 30 mL (2 tbsp.) into the stream of the hot bath water and enjoy.

To make perfume, simply take the aromatic oil or a combination of oils, and add equal parts of oil and ethyl alcohol. Place in a jar with a tight-fitting lid and shake vigorously to combine the oil and alcohol.

Continue to shake vigorously for a few minutes a day, over a period of about two weeks. The oil will separate from the alcohol.

After two weeks, pour off the oil and reserve for other uses. The fragrance will have been transferred to the alcohol and may be decanted into small bottles with tight-fitting caps.

