

*Maryoni - L. Adams*

*Church of the  
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# RECIPE BOOK



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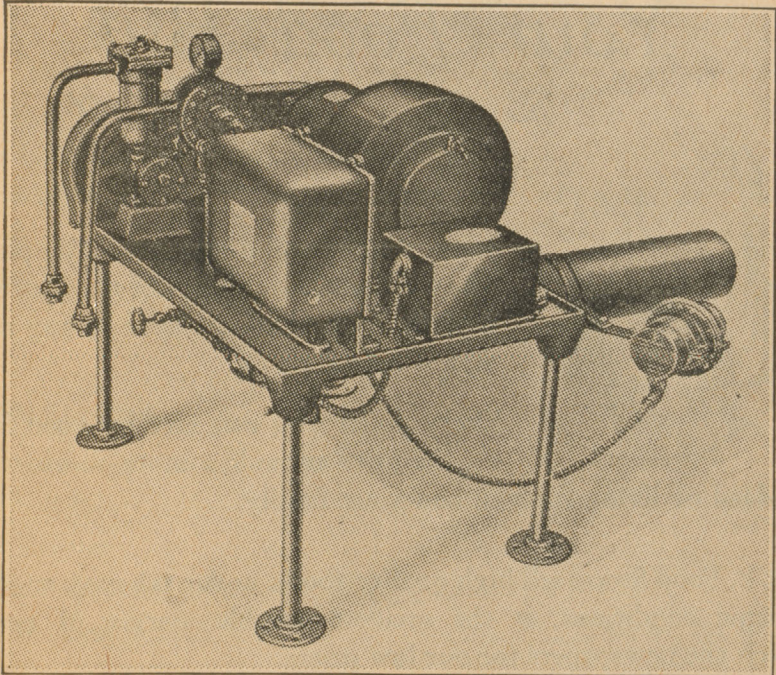
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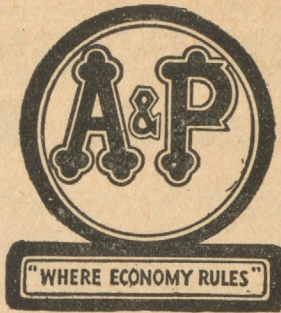


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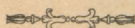
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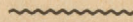
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CHURCH OF THE ASCENSION



— *Foreword* —



**I**N associating the name of the Women's Church Guild with this useful little Publication we do so with the double object of helping along our own good cause and also providing for our readers a cook book full of useful, practical information.

These recipes have been compiled from a number of the latest authorities on Good Housekeeping and will, we have no doubt, be found of more than ordinary interest and usefulness to those who wish to add to their knowledge of the Culinary Art.



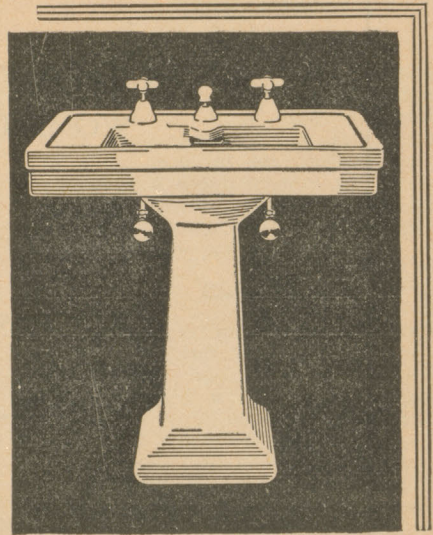
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## SOUPS

*"Too many cooks spoil the broth."*

### Egg Soup

Boil two eggs hard, chop the whites fine and grate the yolks. Blend one tablespoonful each of butter and flour together; add pint and half of milk and half pint hot water, one teaspoonful salt, dash of pepper and a little nutmeg; bring to a boil; finally add the eggs and serve.

### Cream of Tomato Soup

1 pint tomato, 1 quart milk, 1 tbsp. butter, 4 tbsps. corn starch,  $\frac{1}{4}$  teasp. baking soda,  $\frac{1}{2}$  teasp. salt, speck pepper. Heat the milk, then add to it the corn starch mixed smooth with a little cold milk. Cook 10 minutes, stirring constantly. Add butter, salt and pepper. Heat tomatoes, add soda. When gas has passed off, strain tomatoes into the milk. Serve immediately with croutons.

### Croutons

Cut stale bread into  $\frac{1}{2}$ -inch dice. Toast a golden brown in hot oven.

### Cream of Tomato Soup

2 cups of tomatoes (1 pint), 2 slices of onion, 1 quart of milk, 4 tbsps. flour, 4 tbsps. butter,  $\frac{1}{4}$  tsp. soda, 1 tsp. salt, pepper to taste.

Cook tomatoes and onions together for 15 minutes. Melt butter and stir in butter till smooth. Stir this in the milk add seasonings, and cook, stirring constantly until it thickens.

Add soda to tomatoes when cooked and then stir tomatoes slowly into the sauce. Strain if desired.

### Vermicelli Soup

A shin of beef cut in pieces, wash clean and put in soup kettle, using any left over meat (if any). Put a gallon of cold water on it, a head of celery, two onions, a bunch of pot herbs, two turnips, half a can of tomatoes or fresh ones. Bring to a boil, skim well, and set away to cool. Half an hour before dinner put on stove and add a quarter of a pound of vermicelli and boil for 15 minutes.

### Oyster Soup

Scald 1 qt. of oyster liquor in one saucepan and 1 qt. of milk in another. Make a sauce of 2 tbsps. of butter and one tbsp. of flour, and add scalding milk gradually, stirring to a smooth mixture. Add to lot oyster juice and add 3 or 4 dozen oysters and cook until they "ruffle." Season with pepper and salt. A pinch of soda will prevent any possibility of curdling.

### Clear Soup

2 lbs. meat and bone,  $1\frac{1}{2}$  cups of carrots,  $\frac{1}{2}$  cup turnip, 6 pepper berries, 1 bay leaf, 1 piece celery root,  $1\frac{1}{2}$  qts. cold water,  $\frac{1}{2}$  cup onion, 4 cloves, 1 tsp. mixed herbs, 1 sprig parsely, 1 white of egg.

Cut meat into small pieces and soak with bone in cold water one hour. Cook gently 3 hrs; then add vegetables, finely chopped, and seasonings. Cook 2 hrs. longer, strain, cool, remove fat and clear. If part of the meat and vegetables are browned the color and flavour of stock are improved.

### Peanut Soup

2 cups shelled and blanched peanuts,  $\frac{1}{4}$  cup onion,  $\frac{1}{4}$  cup celery, 2 cups white stock, 4 tbsps. butter, 2 tbsps. flour, 2 cups milk; salt, cayenne, paprika.

Chop peanuts in meat chopper, cook chopped nuts, onions and celery in white stock twenty minutes. Melt butter; add flour, milk and seasonings. Cook five minutes; combine mixtures, strain and serve.

### Vegetable Soup

1 cup chopped carrots, 1 cup chopped turnip, 1 cup chopped celery,  $\frac{1}{2}$  cup butter or pork fat, 2 cups chopped tomato, 1 cup chopped onion, 4 cups milk; salt, pepper, cayenne.

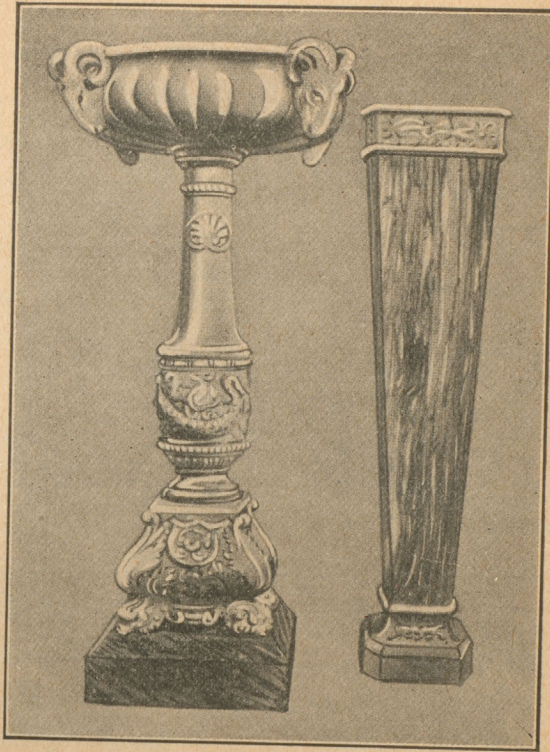
Parboil potatoes ten minutes. Melt butter, add vegetables, cook 10 minutes, stirring constantly. Add milk and cook in double boiler until vegetables are tender. Season, strain, garnish with parsely and serve.

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## MEAT

*Some hae meat and canna' eat  
And some wad eat who want it,  
But we hae meat and can eat,  
So let the Lord be thankit.*

—Burns.

### Veal Patties

Boil shank of veal and about 1 lb. of shoulder for three hours slowly. Then take meat out and shred it. Butter small dishes or cups and put in a slice of hard boiled egg in the bottom, then your meat and small green peas. Add enough juice from the meat to cover all and put away to cool for a day.

### Veal Loaf

3 lb. lean veal,  $\frac{1}{4}$  lb. salt pork, 1 cup cracker crumbs, 2 eggs, well beaten; salt, pepper and sage.

Chop the veal and pork very fine and mix ingredients. Season with salt, pepper and sage. Press in a bread pan and bake two and a half hours ( $2\frac{1}{2}$ ). Melt one tbsp. butter in cup of hot water and every half hour pour spoonful over the meat. Set pan into larger one, partly filled with hot water during the last hour of baking and if it browns too fast on top cover with a paper.

### Dumplings for Stew

Rub into one pt. of prepared flour an even tablespoon of good lard. Add a small spoonful of salt, mix into a rather soft dough with cold water. Flour bakeboard and roll out about a quarter of an inch thickness; cut in long strips, dust with flour so they will not stick together, drop into a stew and cook 10 minutes.

### Dressed Tenderloin

Cut the tenderloin lengthwise, but do not quite separate them, open and flatten them and spread with a good poultry dressing highly seasoned with sage and onion. Put the tenderloin together sandwich fashion, fasten them with string or sew with coarse thread. Rub them with melted butter and dredge lightly with flour. Place in a baking pan and surround with halved sweet potatoes, previously parboiled and peeled, and bright red apples quartered, but not peeled. Drop bits of butter on

the potatoes and apples and sprinkle them with brown sugar, using  $\frac{1}{4}$  cup butter and 3 tablespoons sugar. Bake until the tenderloins are well done and the potatoes a golden brown. Remove the string and serve on hot platter, the meat in the centre with the potatoes and apples placed about it alternately.

### Beef Loaf

Two pounds steak, 1 cup milk, 2 eggs, 1 bowl rolled biscuits, 1 teaspoonful butter, sage, pepper and salt to taste. Put meat through chopper, and steam three hours.

### Meat Timbales

To 2 cups of meat put through the meat grinder, add  $1\frac{1}{2}$  teasp. of salt,  $\frac{1}{4}$  teasp. pepper, one medium sized onion and a large slice of bacon, also put through chopper. Yoke of 2 eggs and  $\frac{1}{2}$  cup of rich milk. Mix together and fold in the whites of the eggs beaten until very stiff. Line a deep pie plate with plain pastry and fill with meat mixture. Put on top crust in which vents have been cut and bake until brown, about 40 minutes. Serve with rice potatoes.

### Breaded Tenderloin

Have tenderloin frenched. Roll each slice in beaten egg and cracker crumbs and fry.

### Chicken Croquettes

1 pint solid chopped chicken (cooked), 1 tablespoon salt,  $\frac{1}{2}$  teaspoon pepper, 1 cup of cream or chicken stock, 1 tablespoon flour, 4 eggs, 1 pint bread crumbs, 1 tablespoon lemon juice, 3 tbsps. butter. Put cream or stock to boil, add butter and flour mixed, then add chicken and seasoning, boil two minutes, add 2 beaten eggs, remove from fire and when cold shape, roll in eggs and crumbs and fry.—Myrtle Kennedy.



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1 Dessertspoonful .....	½ oz.
1 Teaspoonful .....	¼ oz.

By spoonful is meant a spoon which contains as much above as is in the bowl of the spoon.

A hen's egg weighs from 1½ to 2 ozs.

#### EXCEPTIONS.

Molasses and all kinds of fat weigh heavier than flour.

Breadcrumbs and rolled oats weigh lighter than flour.

Sugar and rice weigh a little heavier than flour.



## FISH

### Fish Turbut

Take 1 can of salmon, pour off all the liquid and pick all bones and skin. Have one pint of milk heated in which an onion has been put for a little while, add to this  $\frac{1}{2}$  cup melted butter and four tbsps. of flour blended together; season with pepper and salt. When this mixture is cold, add 2 eggs well beaten, then put a layer of salmon and a layer of sauce, until dish is full; put grated bread crumbs on top and brown in oven.

### Oyster Dressing

Excellent for turkey—1 quart oysters, 1 pint bread crumbs, 1 large teaspoon butter, 1 stalk of celery (chopped), salt and pepper, mix with oyster juice and a little water.—Friend.

### Codfish Balls

1 cup salt codfish, 3 cups potatoes, 1 egg,  $\frac{1}{2}$  teaspoon butter,  $\frac{1}{2}$  teasp. pepper. wash the fish in cold water and break in small pieces. Wash and pare the potatoes and cut in half-inch slices. Cook fish and potatoes together in boiling water until the potatoes are soft. Drain, and shake over the fire until dry, mash

with a wire potato masher, add the beaten egg, butter and pepper, add more salt if needed and beat with a fork until light. Take up the mixture by spoonfuls, mould slightly and slip into the smoking hot fat. Fry until brown. Remove from fat to crumpled brown paper.—A. Friend.

### Fried Halibut

Cut the fish in slices half an inch thick, dip the pieces in the yolk of an egg. Season some cracker dust in a flat dish with pepper and salt. Roll the fish in this and fry in hot lard.

### Salmon Croquettes

1 can salmon, 2 eggs, 4 or 5 soda biscuits (rolled fine), milk sufficient to bind together, salt and pepper to taste. Make in small patties and fry in butter.—Mrs. Guthrie.

### Salmon Loaf

1 can salmon,  $\frac{1}{2}$  cup milk, 1 cup bread or biscuit crumbs, 1 teaspoon salt, 2 tablespoons melted butter,  $\frac{1}{4}$  teaspoon pepper, 2 eggs, mix together and bake one hour.—Mrs. Lee.

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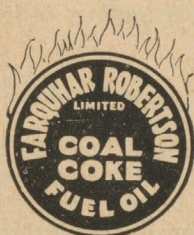


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## VEGETABLES

*"A dish that do love to feed upon."*

### Roasted Tomatoes

Get them as large and firm as possible, cut a round place in top of each, scrape out all the soft parts, mix with stale bread crumbs, corn, onions, parsley, butter, pepper and salt; chop very fine and fill tomatoes; carefully bake in moderate hot oven; put a little butter in pan. See that they do not burn or become dry.

### Scalloped Potatoes

Pare potatoes and cut in thin slices. Dispose of these in a butter baking dish in layers. Sprinkle layers with salt, pepper and flour, and if desired onion juice and chopped parsley may be added. Dot with butter and nearly fill dish with milk. Sprinkle the top with bread crumbs. Bake in a moderate oven 45 minutes to one hour.

### Scalloped Tomatoes

Drain off excess of liquid from tomatoes. Season with salt, pepper, sugar, onion, etc. Prepare bread crumbs (to butter bread crumbs melt the butter and shake crumbs around in it.) Butter baking dish, cover bottom of dish with crumbs, spread over it a layer of tomato and cover with another layer of crumbs. Bake in a hot oven till crumbs are well browned.

### Tomato Toast

Cook down till thick, half a can of tomatoes, with a few olives cut fine,  $\frac{1}{2}$  teaspoonful of salt, dash of cayenne,  $\frac{1}{2}$  onion, minced fine, and 1 teaspoonful minced parsley. Have ready buttered toast without crust and pour this over without straining.

### French Fried Potatoes

Wash and pare small potatoes. Cut in eighths lengthwise and soak  $\frac{1}{2}$  hour in cold water. Take from water, dry between towels and fry in deep fat. Drain on brown paper and sprinkle with salt.

### Potato Puff

Two cups mashed potatoes (hot), 1 egg separated, salt and pepper, 2 tbsp. butter,  $\frac{3}{4}$  cups of milk or cream, beat egg yoke. Add it to potato mixture and beat again, then fold in the egg white stiffly beaten. Bake in buttered dish until nicely browned.

### Virginia Potatoes

Take about 9 potatoes, boil and drain, add milk and  $\frac{1}{4}$  teasp. pepper,  $\frac{1}{4}$  teasp. salt, 1 teasp. butter, 1 teasp. sugar and thicken with cornstarch or flour. Put in the oven and brown.

### Scalloped Potatoes

Wash, pare, soak and cut potatoes into  $\frac{1}{4}$  inch slices, put a layer of slices in a buttered baking dish; sprinkle with salt and pepper and dredge with flour, then dot over with  $\frac{1}{2}$  tsp. butter. Repeat until dish is nearly full. Add hot milk until it may be seen through top layer. Bake  $1\frac{3}{4}$  hours or until soft.

### Parsnip Fritters

Mrs. Ada. M. Totten.

Mash boiled parsnips, season with butter, salt and pepper. Shape in flat cakes, roll in flour, then fry in butter.

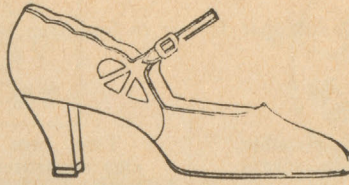
### Fried Tomatoes

Cut tomatoes in slices without skinning, pepper and salt them, then sprinkle a little flour over them and fry in butter until brown. Put them on hot platter and pour milk or cream into the butter and juice. When boiling hot pour over tomatoes.

### Stuffed Potatoes

Remove baked potatoes from oven, cut in halves, scoop out inside mash. Allow 1 teaspoon butter to each potato and one teaspoon scalded milk. Refill skin after beating well and bake 5 to 8 minutes in hot oven.





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## PUDDINGS

*"The proof of the pudding is the eating."*

### Tapioca Anew

½ teaspoon salt, ¼ cup tapioca, ½ cup sugar, 1 lemon, 2 cups boiling water, 2 egg whites, 1 cup dates. Add the salt to the water and stir in the quick cooking tapioca. Cook over water till tapioca is transparent. Stir constantly till thick. Then stir occasionally throughout the cooking process. Pour boiling water over dates and stir to separate them. Drain and dry, remove the stones and cut in narrow strips with scissors. When the tapioca is transparent stir in the dates, juice of the lemon, sugar and stiffly beaten egg whites. Cook three minutes. Serve cold with sugar and cream or custard sauce, made with the yolks left from pudding.

### Delicate Pudding

2 cups boiling water, 2 tablesp. (small) cornstarch, wet with cold water and stir into boiling water. Pinch of salt, 1 teaspoon (or more) of sugar. Beat whites of 2 eggs to froth and stir hard into the boiling mixture.

**Custard**—1 cup milk, 1 tablespoon sugar, yolks of 2 eggs beaten, vanilla. Cook until it thickens, stirring constantly.

### Bread Pudding

2 slices bread, butter and cut in dice, put in bottom of baking dish. In another dish take 2 eggs, beat until light, ½ cup white sugar, little nutmeg, 1 to 1½ cups milk, pour over bread, put dots of butter over it. Bake in a moderate oven ½ hour.

### Baked Rice and Custard

¼ cup rice, ¼ cup sugar, 2 cups milk, ¼ cup raisins, 1 beaten egg, lemon rind or nutmeg.

Cook rice in boiling salted water 10 minutes. Drain. Mix egg, sugar and milk and add to rice; add washed raisins and seasoning. Pour in butter baking dish, and bake in moderate oven till rice is tender and custard is firm.

### Sago and Apple Pudding

Boil a cup of sago in boiling water with a little cinnamon, a cup of sugar, lemon flavoring. Cut apples in thin slices and mix them with the sago. After it is well boiled add a small piece of butter. Pour into a pudding dish and bake half an hour.

### Bread Pudding with Jelly

1 cup bread crumbs, 1 beaten egg, ½ teaspoon flavoring or ¼ teaspoon spice, 2 cups hot milk, 2 tablespoons sugar, 1 tablespoon butter.

Heat milk and add to crumbs. Mix beaten egg and sugar. Combine mixtures. Add butter and flavoring. Pour into buttered baking dish. Stand in pan of hot water. Bake in moderate oven until firm. Remove from oven and spread with jam or jelly. Cover with meringue and brown in oven.

**Meringue.**—White 1 egg, one tablespoon fruit sugar, one teaspoon lemon juice. Beat until stiff, add sugar and beat thoroughly, add flavoring.

### Sago Apple Pudding

1 cup of sago in quart of tepid water with a pinch of salt. Soak for one hour. Six or eight apples pared and cored or quartered and steamed till tender and put in a baking dish. Boil and stir the sago until clear, adding water to make it thin and pour over the apples. Bake one hour. This is good hot with butter and sugar, or cold with cream and sugar.

### Apple Pudding

½ cup butter, 1 cup sugar, 3 eggs, 8 tart apples, rind of 1 orange, a little nutmeg.

Butter a shallow pyrex dish. Cream butter into a ball, add sugar, then egg yolks. Beat well, add apples, pared and chopped, also orange rind and nutmeg. Mix, then fold in stiffly beaten egg whites. Pour into baking dish. Sprinkle top with sugar and nutmeg. Bake in a moderate oven about half an hour. Serve hot or cold with grape jelly.

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PUDDINGS—*Continued***Baked Lemon Pudding**

1 quart milk, 1 cup white sugar, butter size of egg, 2 cups bread crumbs, 4 eggs white and yolks beaten separately, 1 lemon juice and rind.

Heat milk and pour over bread crumbs add butter, cover and let it get soft. When cool, heat sugar and yolks and add to mixture, also grated rind. Bake in buttered dish until firm and brown for  $\frac{3}{4}$  hour. When done cover with meringue made of whites of eggs whipped to a froth with 4 tablespoons of powdered sugar, and lemon juice. Put back in oven and brown lightly. Eat warm with lemon sauce.

**Plum Pudding**

Mrs. M. H. Wright.

1 cup brown sugar, 1 cup currants, 1 cup flour, 2 oz. citron peel,  $\frac{3}{4}$  lb. suet chopped not too fine, 1 cup raisins, 1 cup bread crumbs, 1 teaspoon salt, little nutmeg.

Mix with three or four eggs. Tie in a cloth. Boil or steam three or four hours. Serve hot with browned sugar sauce.

**Rice Meringue**

One cup carefully sorted rice, boiled in water until it is soft. When done drain, so as to remove all water. Let it cool, add one quart of milk, the yolks of three eggs well beaten, three tablespoons white sugar, little nutmeg, lemon or vanilla. Pour into baking dish and bake  $\frac{1}{2}$  hour. Let it get cold, beat whites of eggs with two tablespoons sugar, flavor with lemon or vanilla. Drop or spread over the pudding and slightly brown it in the oven.

**Tapioca Pudding**

$\frac{1}{4}$  cup pearl tapioca, 2 eggs,  $\frac{1}{4}$  teaspoon salt, 2 cups scalded milk, 1-3 cup sugar, 1 teaspoon vanilla.

Pick over tapioca and soak. Add to milk and cook in double boiler until soft and transparent. Mix yolks of eggs, sugar and salt. Add some hot mixture to eggs. Combine. Cook three minutes. Remove from fire, cook and add beaten whites of eggs and flavoring. Cool and chill. Serve with whipped cream and jelly. Note.—Raisins, currants or peel may be used.

**† Glorified Rice**

$\frac{1}{2}$  cup rice,  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  pint whipped cream, pinch salt,  $2\frac{1}{2}$  cups milk.

Cook the rice in milk until tender, then add salt and sugar, and cook a few minutes longer. When cool beat in whipped cream. Garnish with jelly or cherries. Add  $\frac{1}{2}$  teaspoon of vanilla to whipped cream.

**Fruit Pudding**

Mrs. A. McComb.

$\frac{3}{4}$  cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup water.

Pour the batter over fruit and bake or steam  $\frac{1}{2}$  hour. May use either raw or preserved fruit. Plums or black currant preserves are particularly nice.

**Apple Dumplings**

2 cups flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, sugar, cinnamon or nutmeg,  $\frac{3}{4}$  cup milk, 4 apples,  $\frac{1}{4}$  cup shortening.

Sift flour, baking powder and salt. Work in shortening and mix to a dough with milk. Roll into square sheet  $\frac{1}{4}$  inch thick and cut in 4 pieces. Lay a pared and cored apple on each piece, fill the centre with sugar and spice. Then draw the paste to cover the apple, make smooth and bake on a butter dish. When nearly baked brush with milk, dredge with granulate sugar, and return to the oven. Serve hot with hard sauce.

**Carrot Pudding**

1 cup flour, 1 cup seeded raisins,  $\frac{1}{2}$  teaspoon nutmeg, 1 cup grated carrots, 1 orange and lemon grated, rind and juice, 1 tablespoon molasses, 1 cup currants, 1 tablespoon marmalade,  $\frac{1}{2}$  teaspoon ginger, 2 eggs, 1 cup suet,  $\frac{3}{4}$  cup milk, 1 teaspoon cinnamon, 2 oz. citron peels, 1 cup bread crumbs, 1 cup sultana raisins,  $\frac{1}{2}$  teaspoon soda, 1 cup brown sugar.

Steam three hours.

**Date Pudding**

1 cup suet, 1 cup flour,  $\frac{1}{2}$  cup brown sugar, 2 eggs, 1 cup bread crumbs, 1 cup chopped dates,  $\frac{1}{2}$  cup milk, 1 teaspoon soda.

Mix all together, and steam two hours. Figs may be used instead of dates if desired.

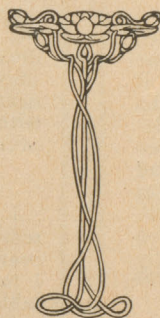


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PUDDINGS—*Continued***Fig Pudding**

1 pound figs, 1 cup sour milk, 1 teaspoon salt (scant),  $\frac{1}{2}$  teaspoon nutmeg, 2 eggs well beaten with molasses,  $\frac{1}{2}$  cup melted butter, 1 teaspoon soda, 1 cup baking molasses, 1 teaspoon cinnamon, 2 small cups flour.

Shake flour first in mixing bowl, then add butter, and then ground figs,  $\frac{1}{4}$  cup English walnuts, or hickory nuts, and balance of ingredients. Nuts need to be floured a little. Steam four hours. Water for steaming must boil constantly. Serve pudding warm, not hot.

**Sauce for Fig Pudding**—To 1 pint boiling water add 1 heaping teacup sugar, tablespoon butter, pinch of salt, tablespoon cornstarch, vanilla flavoring added when sauce is done. Boil  $\frac{1}{2}$  hour.

**Chocolate Rice Pudding**

One-third cup rice washed and boiled in one quart sweet milk, in double boiler, till soft. Take off the fire, add 2 beaten eggs, 1 cup sugar,  $1\frac{1}{2}$  cup cocoa, pinch of salt. Pour in a buttered baking dish and bake  $1\frac{1}{2}$  hours. Serve with cream and sugar.

**Carrot Pudding**

1 cup grated potatoes, 1 cup grated carrots, 1 cup raisins,  $1\frac{1}{2}$  cups flour, pinch of salt, 1 cup chopped suet, 1 cup currants, 1 cup brown sugar, 1 small teaspoon soda, dissolved in warm water.

Steam or boil for three hours.

**Lemon Snow Pudding**

1 1-3 cups water, 2-3 cups sugar, whites of 2 eggs, 3 tablespoons corn starch, mixed with cold water; juice of lemon, also shavings of lemon rind.

Make a syrup of the water, sugar and lemon rind, cook three minutes, then mix corn starch with cold water and add gradually to syrup and cook until there is no taste of raw starch. Remove from stove when cool, add the whites of eggs beaten stiff and stir thoroughly. Make a custard of the yolks and pour over when serving.

**Cup Pudding**

Two cups flour, three-quarters cup milk, one teaspoon salt, two tablespoons butter, two teaspoons baking powder (heaping), some jam, grease eight small cups, sift flour, salt and baking powder into a bowl, stir in milk and mix smoothly. Put a little batter in each cup, and add a teaspoon of jam, cover with batter. Steam thirty minutes. Turn out and serve with vanilla sauce.

**Vanilla Sauce**

One teaspoon flour, one cup water, quarter cup sugar, one speck salt, one tablespoon butter, half teaspoon vanilla, mix flour and butter until smooth and bubbling, pour in the water and boil three minutes, then add sugar and salt, when sugar is dissolved add vanilla.

**Cherry Pudding**

Mix together two cups of flour, two teaspoons of baking powder, and water for soft dough. Butter teacups and drop in a little dough, some stoned cherries, and then dough to half fill the cups. Steam one-half hour. Eat with sweetened cream.

**Raisin Puffs**

Two heaping cups flour, half cup butter (scant), one cup sweet milk, one cup raisins chopped, three teaspoons sugar, two eggs, two teaspoons baking powder. Put into cups and steam one-half hour, or one hour in a whole pudding.

**Caramel Pudding**

One cup brown sugar, quarter cup boiling water, one and half cups scalded milk, flour tablespoons cornstarch, one-eighth teaspoon salt, half cup cold milk, one egg, half teaspoon vanilla. Melt sugar to caramel and gradually add boiling water. Mix corn starch, salt and cold milk and add to hot milk. Cook in a double boiler, stirring until it thickens, then add caramel. Cook forty-five minutes. Five minutes before removing from fire add the egg. Flavor, turn into a glass dish and when cold serve with sugar and cream, or custard sauce.



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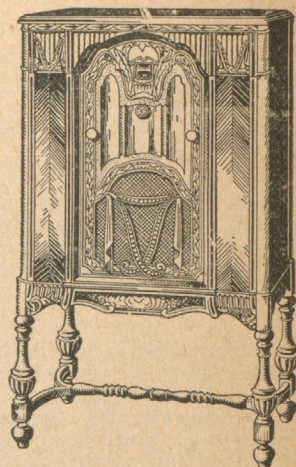
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## PASTRY

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—Carman.

### Cream Pie

1½ cups cream ½ cup milk in double boiler, 1 scant cup sugar, 3 tablespoons cornstarch, 2 eggs, vanilla, whipped cream on top.

### Pineapple Pie

1 cup grated pineapple, 1½ cups water, 3 tablespoons cornstarch, 1 cup sugar, 2 eggs (yolks), whites for top, butter size small walnut.

### Pie Crust

¾ lb. flour ½ lb. lard, 1 heaped teaspoon butter, ½ teaspoon baking powder, a little salt.

Rub shortening in and mix water in with knife until it makes stiff dough. This makes 2 apple pies and 1 crust for lemon.

### Lemon Pie Filling

1 cup sweet milk, ¾ cup sugar (white), 1 tablespoon cornstarch (large), 1 small lemon, ½ tablespoon butter, 2 yolks eggs.

Put milk and butter in saucepan over teakettle, when hot stir in cornstarch and yolks that have been blended in a little cold milk; when cooked thick stir in sugar, lemon juice and a little grated rind, pour into shell and spread on whites of eggs beaten and swettened; brown in oven.

### Raisin Pie

1½ cups raisins, 1½ cups water, boil 15 minutes, then add 1 heaping tbsp. cornstarch wet in cold water, ½ cup sugar, butter size of walnut, pinch salt, a little nutmeg, bake with 2 crusts.

### Lemon Pie

2 egg yolks, keep whites for meringue, 1 cup sugar small piece butter, 2 tbsp. cornstarch, rind and juice 1 lemon, 2 cups boiling water. Cook till thick, stirring, and put into a cooked shell meringue on top.

### Lemon Pie

Juice of 1 lemon, 1 cup of white sugar, yolks of 2 eggs (whites for top), 2 tablespoons of flour, piece of butter. Stir together with a little water. Add 1½ cups of boiling water, and bring to a boil.

### Butterscotch Pie

1½ cups brown sugar, 1 tbsp. butter, let these brown in saucepan. Add 1 tablespoon flour, ¾ cup milk; boil until thick. Beat yolks of 2 eggs in another ¾ cup milk, and add to above ingredients and boil until smooth. Little vanilla — use whites of eggs for meringue.

### Filling for Banana Cream Pie

Yolk of 2 eggs, ¾ cup white sugar, 1 tsp. vanilla, 5 tsp. cornstarch, 1 pint milk, 1 banana.

Pour and stir in milk gradually, boil until thick, then slice banana and pour into pie shell. Beat whites of egg and place on top. Then brown in oven.

### Coffee Cream Pie

One cup milk, 1 cup coffee, ¼ cup sugar, 2 eggs, 2 tbs. cornstarch, one tsp. vanilla, pinch of salt. Bring milk and coffee to boiling point, pour over yolks and sugar, return to fire, add cornstarch, boil till thick, add whites beaten stiff. Cook one minute and when nearly cool put in shell.

### Date Custard Pie

Stir ½ pound of dates in a little water (stoned and cut fine). When soft add two beaten eggs, two tbs. sugar, 2 cups milk. Put crust in oven a few minutes before filling. Bake until brown.

### Lemon Sponge Pie

Cream together 1 cup white sugar, 1 tsp. butter, juice and rind of one lemon yolks of two eggs, pinch of salt, 1 cup milk, and lastly add the beaten whites of two eggs. Cook very slowly.

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## PASTRY—Continued

### Orange Pie

One cup boiling water, three tablespoons cornstarch dissolved in cold water; cook together five minutes; then add one cup sugar, juice of two oranges and grated rind of one; also juice of and beaten whites of two eggs and one half lemon; lastly, fold in beaten yolks and beaten whites of two eggs and one tablespoon butter. When cold pour into freshly baked pie crust and cover top with whipped cream. Sprinkle with fresh cocoanut.

### Lemon Custard Pie

Rind and juice of one lemon, one cup white sugar, two tablespoons flour (small), yolks of two eggs, one cup milk. Beat the white of eggs, stiff and mix in with other and bake in the crust.

### Caramel Pie

One cup brown sugar, one large tablespoon of butter, one and one-quarter cup water. Boil slowly and thicken with a tablespoon of cornstarch add the yolk of one egg and use the white for top.

### Butterscotch Pie

Half pint milk, one cup brown sugar, one tablespoon butter, yolks of two eggs, 1½ tablespoons cornstarch. Mix with cold milk one teaspoon vanilla; put in baked crust and put beaten whites on top.

### Mock Cherry Pie

One cup cranberries (cut in half), half teaspoon almond flavoring, one cup water, half teaspoon vanilla, one cup sugar, tsp. flour. Prepare crust on pie plate, pinching edge up high, fill in with above mixture and lay on upper crust, cut upper crust in centre to give vent to steam. Bake in a hot oven.

### Mince Meat

Three pounds lean beef boiled, when cold chop fine, one pound suet chopped fine, six or seven pounds of juicy apples peeled and chopped, two pounds of raisins seeded, one pound of sultana raisins,

three pounds of currants, quarter pound of citron chopped fine, one tablespoon fine salt, two tablespoons cinnamon, one tablespoon allspice, half tablespoon cloves, one grated nutmeg, two and a half pounds of brown sugar, two cups of the water the beef has been boiled in, mix together and put in crock. When ready to use add water flavored with vinegar or lemon juice.

### Pineapple Pie

One cup of milk, piece of butter, two tablespoons of cornstarch, two and half tablespoons of sugar, yolks of two eggs. Mix these up well and add one cup of pineapple juice; add this to milk and cook till it thickens; add one cup of cooked pineapple, cut small and place in shell. Beat the white of the eggs and place on top. Brown in oven.

### Pumpkin Pie

One can pumpkin, one teaspoon ginger, one teaspoon cinnamon, one teaspoon salt, half teaspoon nutmeg. Mix all together. Two tablespoons flour mixed with a little warm water, two eggs, one and half cups sugar, one pint milk. Add to first mixtures and mix well together. This makes two pies.

### Lemon Sponge Pie

Yolks of two eggs, one cup white sugar, two tablespoons flour, mixed well with sugar, two tablespoons butter, juice and rind of one lemon, one good cup milk; whites beaten in last. Bake in uncooked pastry shell in moderate oven until a golden brown and the pie is set in centre.

### Lemon Pie (Good)

One and quarter cups white sugar, one-third cup of flour, few grains of salt, juice of one lemon and grated rind, three egg yolks, two will do, one good cup boiling water, 1 teas. butter. Method: Put sugar, flour and water on to boil for 15 minutes. Mix lemon rind and juice with egg yolks and butter and add to it. Cook a few minutes longer. Put whites on top.

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## Pastry—Continued

**Rhubarb Pie**

2¼ cups rhubarb, 1½ cups sugar, 3 tablespoons flour, 2 eggs. Beat eggs, add flour and rhubarb. Cook until thick. Do not cook paste first.

**Dutch Apple Pie**

Make pie crust. Do not bake. Quarter apples and lay on pie crust in circle. Sprinkle ½ cup sugar on apples. Mix apples. Dot the top with butter and a tablespoon flour with ½ cup milk or cream, sweet or sour, and pour over little cinnamon. Bake in slow oven.

**Raisin Pie**

1 heaping cup raisins, barely cover with hot water, ½ cup white sugar (scant), boil for a few minutes; 1½ teaspoons cornstarch in water and add 2 tablespoons vinegar and boil all together, then add 1 egg yolk beaten and a small piece of butter and a pinch of salt.

Put filling in baked shell and beaten white on top.

**Pie Crust**

1 lb. flour, ½ lb. butter, ¼ lb. lard. Work lard and half of butter well into flour, then add enough flour to make stiff dough. Roll out and then spread with balance of butter. Fold and roll out three times. If possible set aside to chill before using.

**Cocoanut Pie**

1 cup milk, 1 cocoanut, a teaspoonful of butter, a teaspoon of sugar, 3 eggs. Put in the shell and bake as custard.

**Chocolate Pie**

½ cup brown sugar, 1 tb. grated chocolate, 1 tb. butter, 2 tb. flour, 1 teaspoon vanilla, 1 egg, 1½ cups boiling water, a pinch of salt.

**Cocoanut Pie**

Stir ½ cup sugar and 2 tbs. flour and 1 tb. butter to a cream. Add two well beaten eggs. Keep whites for top, 2 cups milk, 2 or 3 tbs. of cocoanut.

**Pineapple Pie**

Heat 2 cups canned pineapple. Mix ¾ cups sugar, ⅛ tsp. salt, and 2 tbs. flour. Add the hot pineapple and bring to the boiling point, stirring constantly, and add 1 tsp. butter. Cool slightly, add 1 beaten egg and 2 tbs. lemon juice. Pour into pastry lined pie dish and put strips of pastry across top.

**Butter Tarts**

Make ordinary pie crust. Fill with ½ pound of raisins, 1 cup brown sugar Drop of vanilla, ¼ teaspoon cinnamon (if liked), 2 eggs, well beaten. Bake until pastry is done.

**Raisin Pie**

Wash and seed 1 large cup of raisins, cook slowly for 20 minutes in barely enough water to cover, Five minutes before removing from range put in 1 cup of sugar. Make a rich baking powder crust, line deep pie plate, fill with the raisins and juice. Sift in a good dessert spoon of flour, wet edges press top crust in place, trim, press edges and bake a golden brown.

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## Hot Supper Dishes

*"A morsel for a monarch."*

—Shakespeare.

### Egg Souffle

2 tablespoons flour, 2 tablespoons butter, 4 eggs, 2 cups milk,  $\frac{1}{2}$  teaspoon salt, cayenne pepper.

Melt butter, add flour, stir smooth, add milk gradually until a thin white sauce is made. Add well beaten yolks of eggs, then whites beaten very stiff, then salt and pepper. Turn into a buttered baking dish and set dish in pan of hot water. Bake in a slow oven 30 minutes, or until firm. Serve immediately.

### Potato Puff

Beat one cupful of mashed potatoes to a soft creamy mass with a cupful of warm milk and a tablespoon of butter. Have ready two eggs, whipped light, and add to the potatoes. Pepper and salt and 1 teaspoon of onion juice are now added. Turn into a buttered baking dish and bake in oven for half an hour, then uncover and spread over the top half cup of grated cheese. Brown for five minutes and serve at once.

### Boston Baked Beans

1 lb. of beans. Wash carefully and stand in plenty of cold water over night. Next morning parboil them, drain and cook until tender in boiling salted water. Put in bean pot or casserole, 2 tablespoons brown sugar, 1 tablespoon molasses, 1 teaspoon salt, pepper,  $\frac{1}{2}$  sliced onion,  $\frac{1}{2}$  lb. salt pork (fat),  $\frac{1}{4}$  lb. suet (beef.) Pour in the beans—water and all. Bake from 4 to 6 hours, adding a little water from time to time if they dry out.

### Cheese Souffle

Scald 1 cup milk, put in 1 full cup bread crumbs, 3 eggs beaten separately, put in yolks, then fold in whites. Add  $\frac{3}{4}$  cup grated cheese and a little salt. Bake in oven for 20 minutes. Do not have oven too hot.

### Stuffed Tomatoes

Six medium sized tomatoes, 1 cup dry bread crumbs, 3 minced green onions, salt and pepper, 1 teaspoon parsley chopped and minced to a powder, 2 tablespoons butter. Wash and peel carefully the tomatoes and cut off the tops. Scoop out the inside of each tomato. Make a dressing by melting the butter and adding the crumbs, onion, parsley and seasoning. Fill the tomatoes with this. Place in pan with  $\frac{1}{2}$  cup of water. Dot each tomato with butter and bake until tender. Serve at once.

### Pig-in-Blankets

Make a nice biscuit dough, roll it about a quarter of an inch thick, and cut into ovals. Bake in two layers, first brushing the lower one with melted butter, and laying on it a crisp cooked small sausage, pressed slightly into the dough. Put on tops and bake in a quick oven. Brush the tops of the rolls with butter when removed from the oven. Place on a flat serving dish, and cover with a rich cream sauce to which has been added a cupful of liberally buttered canned peas.

### Spinach With Egg

Boil spinach in plenty of hot water salted for 2 minutes. Drain and press out the water. Chop fine, put back over the fire with a large tablespoon of butter, and a teaspoon sugar. Salt and pepper to tastes, also a little nutmeg. Poach eggs and serve on the above.

### Corn Fritters

One pint corn, 2 eggs,  $\frac{1}{2}$  cup milk,  $\frac{3}{4}$  cup flour, 1 teaspoon baking powder. Fry in buttered pan.



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HOT SUPPER DISHES—*Continued***Macaroni and Cheese**

Half cup macaroni (boiled),  $\frac{1}{2}$  cup grated cheese, 1 cup cream sauce. Break macaroni into inch pieces and drop into three cups of rapidly boiling water (to which  $\frac{3}{4}$  teaspoon salt has been added). Cook until tender, drain in a sieve and rinse in cold water. Make a cream sauce of one cup milk, two tablespoons flour, one tablespoon butter, one quarter teaspoon salt, and a little pepper. Melt butter and flour and stir over fire until frothy. Add milk, stirring constantly until it thickens. Add the cheese and macaroni and reheat. Tomatoes may be substituted for cheese and heated in the oven with a layer of bread crumbs.

**Creamed Asparagus**

Remove the heads from two bunches of asparagus and break the stalks into one-inch lengths. Cook in boiling salted water until tender. Add the tips some time afterward, as they require less cooking than the stalks. Drain asparagus, arrange on buttered toast, cover with white sauce and garnish with toast points.

Sauce: One cup milk, 2 tablespoons flour rub smooth in a little cold water, and then added to milk, pepper and salt, and a piece of butter. Boil until it thickens. In making sauce use asparagus liquor and water or milk in equal quantities.

**Escalloped Salmon**

Pick over 1 can of salmon. Butter a baking dish and put on layer of bread crumbs, then salmon with butter, pepper, salt and trifle of tomatoes, fresh or canned. Repeat. Put layer of bread crumbs on top.

**Potatoes in Casserole**

Two cups hotmashed potatoes, 4 eggs, 4 slices bacon. Place the potatoes in a casserole. Make four indentations in the top and into each slip an uncooked egg. Place bacon strips between the eggs. Bake in a moderate oven until eggs are cooked and the bacon is crisp.

**Corn Croquettes**

Grate corn to fill a pint cup (or use canned corn). Mix with a pint of stale bread crumbs, season with salt and pepper, add 1 beaten egg to the mixture with 2 tablespoons of flour, form into small croquettes and roll in grated bread crumbs and fry in boiling fat.

**Salmon or Tuna Fish Rice Loaf**

$\frac{1}{2}$  envelope Knox gelatine,  $\frac{1}{4}$  cup water,  $\frac{1}{2}$  teaspoonful pepper,  $\frac{3}{4}$  cup milk, 1 tin salmon or tuna fish, 1 teaspoon salt, 1 cup cooked rice, 1 tablespoon melted butter. Soften gelatine in cold water and add to hot milk. Add the rest and pour into wet mould.

**Scalloped Oysters**

1 pint oysters,  $\frac{1}{2}$  teasp. salt, cayenne, 2 cups buttered crumbs, 1-3 cup oyster juice. Strain the juice through a cloth. Pick over the oysters, removing pieces of shell, and clean by pouring cold water over them in a colander. Place the oysters in two layers, using one-quarter the amount of crumbs on the bottom of a buttered dish, one-quarter more in the middle and the remaining one-half on top of dish. Add liquid before top layer of crumbs. Bake in moderate oven 30 or 40 minutes. If baked in shells 4 cups buttered crumbs should be used, and the oysters cut in half. Only 15 minutes will be required for baking in shells.



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## CAKES

*"Dost thou think because thou art virtuous,  
there shall be no more cakes?"*

*—Shakespeare.*

### Devils Food Cakes

Four squares unsweetened chocolate or  $\frac{3}{4}$  cup cocoa, 2 tbs. sugar, 1 cup sweet milk, 4 tsp. shortening, 1 cup sugar, 2 eggs, 1 tsp. vanilla, 1-3 cups sour milk, 2 cups flour,  $\frac{1}{4}$  tsp. soda, 2 tsp. Royal Baking Powder,  $\frac{1}{8}$  sp. salt.

Cook slowly until smooth first three ingredients. Cream shortening, add 1 cup sugar, a little at a time, and beat well; add yolks of eggs and beat again; stir in chocolate mixture, vanilla, and then add alternately the sour milk and flour, which has been sifted with the baking powder, soda and salt. Fold in beaten whites of egg. Bake in three greased layer pans in moderate oven (375 deg. F.) about 25 minutes. Spread boiled or fudge icing between layers and on top of cake.

### Plain White Cake

One cup white sugar,  $\frac{1}{2}$  cup butter, 2 teaspoons Cook's Friend baking powder, 1 teaspoon vanilla, 2 eggs well beaten, 2 cups flour, pinch of salt, enough cold water to make medium batter. Bake in hot oven.

### Cocoa Cake

$\frac{1}{2}$  cup butter, 2 well beaten eggs, 2 teaspoons baking powder,  $\frac{1}{2}$  cup white sugar, 2 cups flour, 3 dessertspoons cocoa melted in hot water. When cool add to first mixture pinch of salt, vanilla and enough milk to make medium batter; bake in layers in moderate oven.

**Filling for above.**—2 small bananas,  $\frac{1}{2}$  cup sugar. A few drops of lemon

juice. Mix all together well and put between the layers.

**Icing for above.**—Large piece of butter, 1 cup icing sugar, 3 dessert spoons of cocoa, hot water, and beat well till very smooth.

### Apple Filling for Cakes

Grate three tart apples, 1 egg, 1 cup of powdered sugar, rind of 1 large lemon, juice of lemon. Put all together in a small saucepan and boil 2 minutes.

When cold spread between cake layers.

### Orange Cake

One orange put through chopper, one cup of raisins put through chopper, 1 cup white sugar,  $\frac{1}{2}$  cup of butter, 2 eggs,  $\frac{1}{2}$  cup of sour milk, 1 tsp. soda, 2 cups flour. Bake in layers.

### Nut Cake

One cup sugar (large),  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 2 eggs, 1 cup raisins, 1 cup chopped walnuts, 2 tsp. baking powder.

### English Sponge Cake

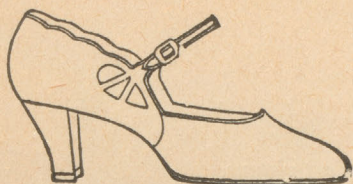
Four eggs, 2 cups sugar, 2 cups flour,  $\frac{1}{2}$  cup cold water, 3 tsp. baking powder. Beat eggs separately.

### Raspberry Cake

Half cup butter, 1 cup brown sugar, 2 tbs. sour milk,  $\frac{1}{2}$  tsp. soda, 2 cups flour. After cake is mixed, stir in cup canned raspberries. Caramel icing.



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1. Rub brass with a piece of lemon, then with a dry, soft cloth.
2. Soak pecan nuts in water over night, then the kernels will come out whole when cracked.
3. Rub the cake knife with a little butter when cutting a rich cake and it will not break. ....
4. A little butter in rice when cooking will prevent it boiling over.
5. A little glycerine added to the rinsing water makes flannels like new.
6. White shoes when cleaned should be dried in the dark.
7. Try graham and whole wheat flour for thickening gravy.
8. If the crust of a custard pie is brushed over with the white of an egg before filling it will not soak.
9. Angel food and ginger bread should be broken, not cut.
10. Whole cloves sprinkled through a trunk will keep out moths.
11. When traveling, a soft silk or any material creased from packing may be quickly restored by hanging in the bathroom and turning on the hot water until the room is full of steam.
12. When pressing pleated garments use the pleats in place thumb tacks to hold
13. To remove scorch wipe with a cloth wet with peroxide of hydrogen.
14. Use rolled cornflakes for frying sweetbreads.

### Excellent Hand Lotion

3 oz. alcohol, 2 oz. cologne, 2 oz. glycerine,  $\frac{1}{4}$  oz. gum of tragacanth. Pour cup cold water on gum. When melted, add one quart boiling water. Bottle.



CAKES—*Continued***Cocoonut Macaroons**

Whites of 2 eggs, 2 tablespoons milk, vanilla to flavor, 2 tablespoons flour, 1 cup of granulated sugar. Beat eggs and add flour, sugar, milk and cocoonut.

Bake in moderate oven.

**Cocoonut Macaroons**

3 egg whites, 1 cup white sugar. Steam 20 minutes over tea kettle and stir occasionally so sugar won't cake; 15 cents worth cocoonut, vanilla to flavor. Drop in spoonfuls and bake 20 minutes in slow oven.

**Rice Muffins**

One cup boiled rice, 2 teaspoons sugar,  $\frac{1}{2}$  teaspoon salt, 1 egg  $1\frac{1}{2}$  cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  cup milk, 2 tablespoons shortening of any kind.

Method: Mix and sift flour, sugar, baking powder and salt. Add egg well beaten and half the milk. Mix the remainder of the milk with the cooked rice, and beat in thoroughly. Then add shortening, and bake in gem tins.

**Bran Muffins**

One egg, 1 piece of shortening size of an egg, 1 tsp. baking soda, 2 cups bran,  $\frac{3}{4}$  cup brown sugar,  $1\frac{1}{8}$  cups sour milk or buttermilk, 2 tsp. baking powder, 1 cup flour.

**Bran Muffins**

Two cups milk, 2 tbsp. shortening, pinch salt, 1-3 cup sugar,  $1\frac{1}{2}$  cups flour, 3 cups of bran. Add 1 cup of dates or raisins.

**Nut Bars**

Two cups flour,  $\frac{1}{2}$  cup sugar, 1 teaspoon baking powder,  $\frac{1}{2}$  cup milk, pinch

of salt, 1 cup of nuts (coarsely chopped), 2 tablespoons butter, 1 egg.

Mix to stiff dough with egg and milk. Turn on to floured board and roll out 2-3 inch thick. Cut into bars, and fry in hot fat until they are a golden brown.

**Short Cake**

Two cups of sifted flour, 3 tablespoons butter of Crisco, 2 teaspoonsfull Cook's Friend Baking powder, 1 tablespoon white sugar.

Mix with milk. Thickness like biscuit dough. Put in layer cake tins. Fill with any kind of filling.

**Date Cookies**

Two cups flour, 1 cup sugar,  $\frac{1}{2}$  cup milk, 3 teaspoons baking powder, 2 cups oatmeal, 1 cup shortening, butter or lard, little salt. Mix above to consistency to roll nicely with the milk. Roll thin and cut with small cutter. Spread with date filling, put another cookie on top and bake in moderate oven.

**Date Filling.**—Stone dates, and boil until tender with a little water and sugar.

**Walnut Macaroons**

One white of an egg beaten stiff. Then add one cup of granulated sugar gradually, beating all the time. Take  $\frac{3}{4}$  cup of finely chopped walnuts,  $\frac{1}{4}$  cup dates cut very small, and add these to the mixture, together with a pinch of salt and a teaspoon of vanilla. Drop on a buttered pan and bake in a moderately warm oven.

**Brown Betties**

One cup sugar, 1 egg, 1 teasp. baking powder, 4 tbsp. milk,  $\frac{1}{2}$  cup chopped raisins, 2 cups flour, 2 tbsp. butter,  $\frac{1}{2}$  teasp. salt,  $\frac{1}{2}$  cup chopped nuts.

Bake in quick oven.

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CAKES—*Continued***Buttermilk Cake**

One and a half cups sour milk or buttermilk, three cups flour, one and a half cups brown sugar, two small teaspoons soda, stir in milk, half cup butter (large), one teaspoon baking powder, one cup raisins (seeded), half teaspoon each cloves, cinnamon and nutmeg, one cup currants, line pan with buttered paper.

**Cream Loaf Cake**

Half cup butter, one cup white sugar, half cup milk, 2 eggs, half cup cornstarch, one cup flour, three level teaspoons baking powder, one teaspoon vanilla.

Method:—Cream butter, add sugar and cream well together then add beaten yolks and milk alternately with sifted flour, baking powder, and cornstarch. Lastly, fold in whites of eggs beaten stiff. Bake in greased loaf tin in moderate oven 35 or 40 minutes.

**White Cake**

Half cup butter, two cups flour, one and a half cup granulated sugar, two teaspoons baking powder, one cup sweet milk, half teaspoon vanilla, whites of two eggs. Beat butter and sugar together and add milk and flour and baking powder (sifted), stir in well beaten whites, line pan with buttered paper and bake in a moderate oven.

**Soft Ginger Bread**

$\frac{3}{4}$  cup brown sugar,  $\frac{3}{4}$  cup molasses and syrup,  $\frac{1}{2}$  cup shortening, 1 teaspoon pastry spice, 2 teaspoons soda in 1 cup boiling water,  $2\frac{1}{2}$  cups flour; add 2 beaten eggs the last thing before baking. Bake in slow oven about half an hour.

**Three Layer Cake**

One cup white sugar, two teaspoons baking powder, three eggs, one cup flour (full), one tablespoon butter, three tablespoons sweet milk.

**Cream Filling for Cake**

One cup milk, one teaspoon butter. Put in saucepan over tea kettle and let come to a boil. Mix one tablespoon cornstarch with a little cold milk, one egg and one tablespoon granulated sugar, stir in the hot milk and keep stirring until thick.

**Navarra Cakes**

Quarter pound butter, three-quarters pound flour, six ounces sugar, two eggs. Work flour and butter thoroughly with nuts or peel on top.

**Angel Cake**

Beat the whites of nine eggs to a stiff froth, when about half beaten add half teaspoon cream tartar and a little salt; when beaten add one and a quarter cups sifted sugar, and one cup flour sifted five times, add flour very lightly and bake.

**Cornstarch Cake**

Two eggs, one small cup sugar, half cup milk, half cup butter (small), one cup flour, half cup cornstarch, two teaspoons baking powder.

**Feather Cake**

One cup white sugar, half cup of butter, two cups flour, three eggs, two teaspoons of Cook's Friend baking powder. Flavor with hand. Add sugar and well beaten egg. Drop by spoonful on buttered pan. Place nutmeg or with what you please.



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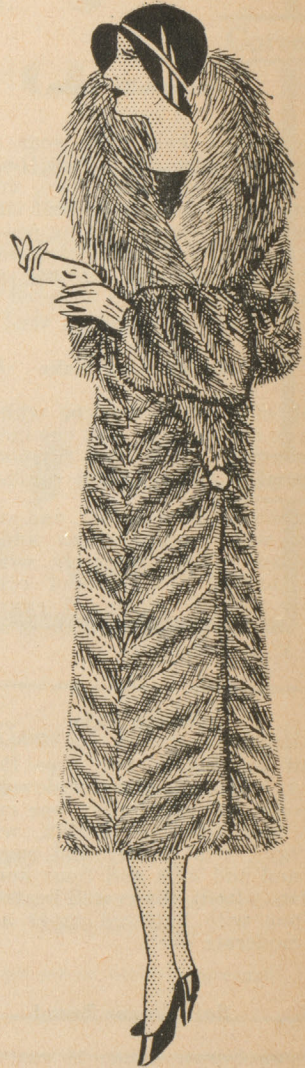
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## CAKES—Continued

**Christmas Cake**

Two lbs. sultana raisins, 1 lb. bleached sultanas, 2 lbs. musketels (seeds removed), 2 lbs. currants,  $\frac{1}{2}$  lb. walnuts,  $\frac{1}{2}$  lb. almonds,  $1\frac{1}{2}$  lbs. flour (sifted),  $\frac{1}{4}$  tsp. baking soda (dissolved in hot water), 1 lb. mixed peel,  $\frac{1}{4}$  lb. Maraschino cherries, 1 oz. ground mace, 1 lb. butter, 1 lb. brown sugar, 11 eggs, pinch of salt, 1 glass grape juice.

**Eggless Chocolate Cake**

One cup brown sugar,  $\frac{1}{4}$  cup cocoa,  $\frac{1}{2}$  cup sour milk,  $1\frac{1}{4}$  cups flour, 1 tablespoon butter,  $\frac{1}{4}$  cup boiling water,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon vanilla. Mix all together and bake in a moderate oven.

**Spice Cake**

Two eggs, 2 tablespoons cooking syrup,  $\frac{1}{2}$  cup sour cream, 1 teaspoon soda, 1 cup brown sugar, butter size of an egg, 1 tsp. cloves, 1 large cup of flour. Bake in layer cake tins.

**Chocolate Cake**

One cup grated chocolate,  $\frac{3}{4}$  cup brown sugar, yolk of 1 egg, 1 teaspoon vanilla,  $\frac{1}{2}$  cup sweet milk. Cook slowly like a cream, cool then add the following:  $\frac{1}{2}$  cup butter, 2 eggs, 2 cups flour, 1 cup brown sugar,  $\frac{1}{2}$  cup milk, in which sift 1 teaspoon soda. Bake in a slow oven.

**Date Loaf Cake**

One cup sugar, 1 egg, 1 cup chopped dates, 1 teaspoon soda, 1 tablespoon vanilla,  $\frac{1}{2}$  cup nut meats. Chop dates and sprinkle soda over, add boiling water, let stand until cool.

**Orange Cake**

One tablespoon butter, 2 cups flour,  $\frac{1}{2}$  cup milk, 2 teaspoons Cook's Friend baking powder, 1 cup sugar (white), 2 eggs, pinch of salt. Grate the rind of 2 oranges, and use the juice of one. The other for icing.

**Prince of Wales Cake**

One cup white sugar, 2 eggs,  $\frac{1}{2}$  lemon peel cut fine,  $\frac{1}{2}$  cinnamon, 1 teaspoon soda dissolved in 2 or 3 tablespoons hot water. Let it foam;  $\frac{1}{2}$  cup butter, 1 cup chopped raisins,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  allspice.

**Filling.**— $\frac{1}{2}$  cup sugar, juice and rind of lemon. Boil and pour on a well beaten egg. Beat well and let cool.

**Prince of Wales Cake**

One cup brown sugar, two eggs (save whites for icing), 1 tablespoon molasses  $\frac{1}{2}$  teaspoon cloves, 1 cup of sweet milk, flour to thicken,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon nutmeg, 2 teaspoons baking powder.

**Icing.**—1 cup white sugar wet with water and boil until soft taffy; beat whites of eggs stiff and fold in.

**Spanish Bun**

$\frac{1}{2}$  cups brown sugar,  $\frac{3}{4}$  cup butter, 2 eggs, 1 cup milk, 2 cups flour, 2 tsp. Magic Baking Powder, 1 tbs. cinnamon,  $\frac{1}{2}$  nutmeg, 1 tsp. ginger, 1 cup chopped raisins (if desired).

**Cocoa Cake**

$\frac{1}{2}$  cup sweet milk, 2 tbs. cocoa, 1 egg, 1 cup of white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 1 tsp. soda, 2 cups flour, vanilla.

Boil  $\frac{1}{2}$  cup milk and cocoa till thick. When done, stir in the egg. When cold add white sugar, butter and other half-cup of milk, also soda dissolved in warm water. All flour and flavoring. Bake in long pan.

**Chocolate Cake**

Two cups brown sugar, 2 eggs, beaten, white and yolk separate,  $\frac{1}{2}$  cup butter, 1 large cup sweet milk, 1 tsp. soda, 2 scant cups flour,  $\frac{1}{2}$  cup cocoa. Beat white of eggs stiff and add last.

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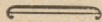
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## CAKES—Continued

**Peanut Cake**

½ cup butter, 1 cup milk, whites of 4 eggs, 1 cup sugar, 2 cups flour, 2 teaspoons baking powder.

Cream butter and sugar add milk, then flour and powder, adding whites of eggs last. Just before putting in oven sprinkle over cake one cup peanuts broken into pieces.

**Caramel Icing**

Two cups brown sugar, 1 teaspoon baking powder, 1 tablespoon flour, 1 cup milk. Boil about 20 minutes or until it will string from fork. Add 1 tablespoon butter, vanilla. Then beat.

**Soft Gingerbread Cake**

Two eggs, 1 cup sugar, 2 cups flour, ½ teaspoon cinnamon, ½ cup melted butter, 1 cup molasses, 2 teaspoons ground ginger, 1 teaspoon soda in a cup of boiling water.

Method: Mix eggs, butter, sugar, molasses together, put spice in flour and sift into batter. Then dissolve soda in the boiling water and put in last.

**Orange Cake**

One cup sugar, one whole orange (including rind), 1 cup raisins, ½ cup butter, 2 cups flour, 2 eggs, ½ cup sour milk, 1 teasp. soda.

Put orange and raisins through food chopper.

**Chocolate Cake**

One cup brown sugar, 1 egg, 1 teaspoon soda, 3 dessertspoons cocoa, 1 tablespoon shortening, 1 cup sour milk, 1½ cups flour, vanilla, salt, etc.

Batter is quite thin.

**One Egg Jelly Cake**

Two cups flour, 1 cup sugar, ¾ cup sweet milk, 1 egg, 2 tbs. butter, 2 tsp. Cook's Friend baking powder.

Cream butter, add sugar, mix together with eggs well beaten, baking powder, flour, then add milk and flour mixture alternately.

**Spanish Bun**

Four eggs, 3 tsp. baking powder, ¾ cup butter, 1 tsp. cinnamon, 1 tsp. cloves, 1 cup sweet milk, 3 cups brown sugar, 2½ cups flour, 1 tsp. allspice.

Bake in a slow oven.

**Rice Cake**

Three eggs beat separate, ¾ butter or lard, 1½ teaspoons baking powder, ¾ cup sugar, 1 tablespoonful sweet milk, ½ lb. rice flour. Bake in a slow oven.

**Hermit Cake**

One lb. dates, 2½ cups flour, 3 eggs, ½ lb. butter, 1½ cups brown sugar, 1 cup walnuts, ½ teaspoon cinnamon, 1 large lemon, 1 teaspoon baking soda dissolved in as little hot water as possible. Bake about three hours in slow oven.

**Ginger Bread**

½ cup butter or a little more, 1 cup granulated sugar, 2 eggs well beaten, 1 teasp. baking soda dissolved in molasses, 1 cup cold water, 1 tbsp. ginger, 1 cup molasses, 3 cups flour.

Bake in a moderate oven.

**Chocolate Cake**

Two eggs, ¾ cup lard, 1 cup sour milk or buttermilk, 1 teaspoon baking soda, 2 cups flour, 2 cups brown sugar, ½ cup cocoa mixed with hot water, ½ teaspoon salt.



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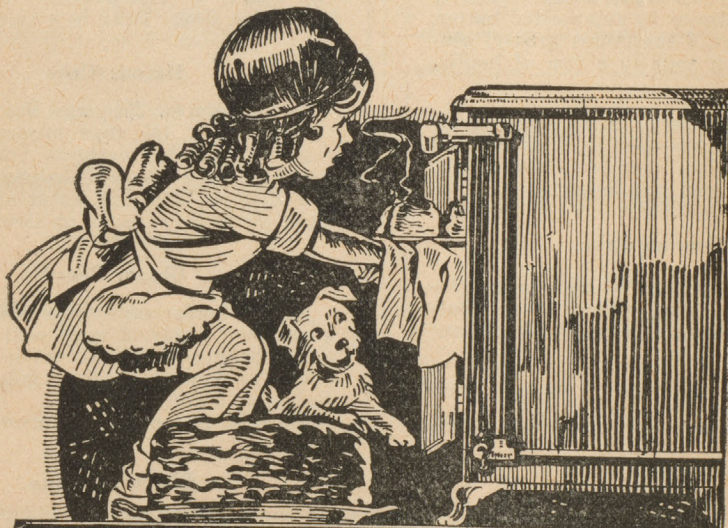
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## DROP TEA CAKES

6 cups Five Roses Flour	1 cup currants
1 cup sugar	1 egg (beaten)
1 cup butter	Pinch of salt
1 cup lard	3 teaspoons Baking Powder

Mix all together with milk enough to make a stiff batter. Drop into buttered pans and bake in a quick oven.



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# FIVE ROSES FLOUR



## CAKES—Continued

**Orange Layer Cake**

One cup white sugar,  $\frac{1}{2}$  cup milk (sweet), pinch of salt, 2 eggs,  $1\frac{3}{4}$  cups flour,  $\frac{1}{2}$  cup butter,  $2\frac{1}{2}$  teaspoons baking powder.

Grate the rind and juice of half an orange and beat well into batter. Bake in hot oven in two layers. Use orange filling and orange icing.

**Scriptural Cake**

$4\frac{1}{2}$  cups first Kings, 4:22.

1 cup Judges, 5:25.

1 cup Jeremiah, 6:20.

2 cups first Samuel, 30:12.

2 cups St. John, 1:50.

2 cups Numbers, 17:18.

$\frac{1}{2}$  cup Judges, 4:19.

3 tablespoons first Samuel, 14:25.

1 pinch Leviticus, 2:13.

2 teaspoons Amos, 4:5.

Season to taste, 2 nd Chronicles, 9:9.

Follow Solomon's prescription for making a good boy, and you will succeed with your cake. Bake in a slow oven.

**Oatmeal Drop Cakes**

$1\frac{1}{4}$  cups sugar, 3 cups rolled oats, 2 eggs, 1 cup shortening,  $\frac{1}{2}$  cup sour milk, 1 teaspoon cinnamon, ginger, soda and salt, 1 cup dates or raisins cut fine, 2 cups flour. Cream shortening and sugar thoroughly. Add eggs well beaten, rolled oats, dates, salt, spices and soda dissolved in milk.

**Doughnuts**

1 cup mashed potatoes, 1 egg,  $2\frac{1}{2}$  cups flour, a pinch of salt, nutmeg to flavor,  $\frac{1}{8}$  cup white sugar,  $\frac{1}{2}$  cup milk, 2 teaspoons Cook's Friend baking powder, 1 small teaspoon of butter. Mix all ingredients together, cut in shape to suit. Drop in boiling lard.

**Fruit Jumbles**

1 package dates,  $\frac{1}{2}$  cup walnuts, rubbed together in 1 cup flour,  $\frac{1}{4}$  cup butter, 2 eggs, 1 teaspoon soda dissolved in

water, 1 teaspoon allspice,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup flour, 1 teaspoon vanilla.

**Rock Cakes**

4 cups flour, 1 egg,  $\frac{1}{2}$  teasp. soda, 1 teaspoon cream tartar, 1 cup melted butter, 1 cup currants,  $1\frac{1}{2}$  cups brown sugar. Beat sugar and butter to cream. Add currants, then flour, sifted with cream tartar and baking soda. Form into balls and flatten with a fork into little cakes.

**Nut Squares**

3 eggs,  $1\frac{1}{2}$  cups chopped walnuts,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  cup flour, add sugar, continuing the beating, add flour, salt and walnuts mixed together. Beat the egg thoroughly, gradually spread one-quarter inch thick on buttered tins and bake in a hot oven until browned. When nearly cold cut in squares.

**Date Jumbles**

1 pound dates chopped fine, 2 eggs, 1 teaspoon baking powder, 1 cup chopped walnuts, 1 cup butter and lard,  $\frac{1}{4}$  teasp. spice, flour to make stiff enough to drop on tins.

**Oatmeal Spice Cookies**

Cream together  $\frac{1}{2}$  cup lard and  $\frac{1}{2}$  cup butter, 3 eggs, 2 cups white sugar, add 10 tablespoons sweet milk and  $3\frac{1}{2}$  cups dry rolled oats, 1 cup chopped raisins,  $\frac{3}{4}$  cups nut meats, sift together 3 cups flour,  $\frac{1}{2}$  teaspoon salt, 1 level teaspoon each of cinnamon, cloves, allspice and soda. Add dry ingredients to other mixture and beat. Drop from a teaspoon upon a greased pan. Leave room for spreading. Bake in a medium oven.

**Brownies**

1 cup of melted butter, 2 eggs, 2 tablespoons of buttermilk,  $2\frac{1}{2}$  cups of brown flour, 2 cups of brown sugar, 2 teaspoons of ginger, 1 teaspoon of soda,  $2\frac{1}{2}$  cups of white flour. Roll thin and put two together with jam in the centre.



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## CAKES—Continued

**Johnny Jump-Ups**

Two-thirds cup butter, 2 eggs,  $\frac{1}{8}$  cup raisins,  $\frac{2}{8}$  cup chopped walnuts, 1 tsp. Cook's Friend baking powder, 1 cup brown sugar, 2 cups flour, 1-3 cup currants,  $\frac{3}{4}$  teasp. cinnamon.

Drop from a teaspoon on buttered pan.

**Drop Cakes**

One cup brown sugar, 2 eggs  $1\frac{1}{2}$  tsp. soda, 1 teasp. cinnamon, 1 cup dates, raisins, nuts mixed (one cup in all),  $1\frac{1}{4}$  cups oatmeal,  $\frac{1}{2}$  cup shortening, 4 teasp. sour milk, little salt, little nutmeg, 1 cup flour.

**Graham Gems**

One egg, 1 cup sour milk, 1 cup white flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup butter and lard, 1 teaspoon soda, 1 cup Graham flour.

**Date Strips**

Two eggs, 2 tablespoons sweet milk, 2 teaspoons baking powder, 1 cup chopped walnuts, 1 cup icing or fruit sugar, 2 tablespoons flour, 1 lb. dates, 1 teasp. vanilla.

Beat eggs and sugar, add milk and flour with baking powder, then fruit, nuts and vanilla. Bake 20 minutes in long pan. Cut in strips and roll in icing sugar.

**Macaroons**

Three cups corn flakes,  $\frac{3}{8}$  cup shredded cocoanut,  $\frac{1}{2}$  tsp. vanilla, 1 cup sugar,  $\frac{1}{2}$  cup chopped walnuts, whites of 3 eggs beaten stiff.

Drop on well-buttered pan and bake to a golden color.

**Graham Gems**

One egg,  $\frac{1}{2}$  cup molasses, 1 tsp. baking soda,  $\frac{3}{4}$  tsp. salt,  $\frac{1}{2}$  cup butter, 2 cups

sour milk,  $\frac{1}{8}$  cup brown sugar, flour  $1\frac{1}{2}$  cups white,  $1\frac{1}{2}$  cups Graham.

If too thick add a little more milk.

**Doughnuts**

Two tablespoons butter, melted;  $1\frac{1}{2}$  cups sugar, 2 eggs, 1 cup milk, 4 level teaspoons baking powder,  $\frac{1}{4}$  teaspoon ginger, 1 teaspoon nutmeg, 1 teaspoon vanilla.

Cream butter, add sugar gradually, then well beaten eggs. Add milk and vanilla, then flour, with baking powder and spices sifted together. If not stiff enough to roll, add more flour, but keep dough as soft as possible. Cut and fry in deep fat. Fat should be smoking hot before doughnuts are placed in it.

**Finger Cakes**

Two eggs, 1 cup brown sugar, salt, 1 teaspoon baking powder,  $\frac{1}{2}$  cup flour, 1 lb. stoned and chopped dates,  $\frac{1}{2}$  cup mixed nuts. Beat eggs until light, add sugar, sift flour with salt and baking powder, put into egg mixture, then add dates and nuts. Spread in a pan as thin as possible. Cut in fingers and bake in moderate oven until brown.

**Cocoanut Macaroons**

$1\frac{1}{2}$  cups cocoanut, 1 tablespoon flour, 2 tablespoons sugar, white of 1 egg and a little spice. Drop from spoon on buttered pan. Bake in a quick oven.

**Apple Fritters**

3 sour apples, fritter batter, powdered sugar.

Quarter, core and pare apples, then cut in eights, and once crosswise; stir into batter. Drop by large spoonfuls into hot fat, drain and dust with powdered sugar.

---

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An easy way to remove wall paper is to brush it over with alum water, using an ordinary kalsomine brush. Let it dry and the paper will come off without any trouble.

Blotting paper on the shelves of the medicine cabinet will lessen the noise of handling bottles.

To keep small rugs lying smooth, sew a small brass ring on each corner of the rug and slip over a tack in the floor.

To remove tar from rugs, place in strong sunlight or near a hot fire. In a few minutes the greater portion of the tar can be removed with a knife, then rub the spot with gasoline.

After using an oiled mop, instead of just shaking the dust out of it, take an old whisk broom and brush the mop thoroughly. It leaves the mop fluffy and it never mats.

### CAKES—Continued

#### Orange Cake

$\frac{1}{2}$  cup butter, 1 cup sugar,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda 2 cups flour, mixed together. Put through mincer one whole orange, rind and pulp, 1 cup raisins,  $\frac{1}{2}$  cup nuts and a few dates. Add to first ingredients and bake in moderate oven for one hour.

#### Silver Cake

One cup gran. sugar,  $\frac{1}{2}$  cup butter, whites of three eggs,  $\frac{1}{2}$  cup milk, 2 tps. baking powder, pinch salt,  $1\frac{3}{4}$  cups flour  $\frac{1}{4}$  teaspoonful each of vanilla and lemon. Cook in moderate oven 30 to 40 minutes.

#### Excellent Fruit Cake

Four eggs,  $\frac{1}{2}$  lb. sugar ( $1\frac{1}{4}$  cups),  $\frac{1}{4}$  lb. peel (mixed),  $\frac{1}{2}$  lb. dates, soda size of a pea,  $\frac{1}{2}$  lb. butter (1 cup),  $\frac{1}{2}$  lb. flour (2 cups), 1 lb. raisins, 1 lb. currants, salt, spices, mace, cassie, nut meg and cloves  $\frac{1}{2}$  teaspoon. Bake in a slow oven.

#### Fruit Cake

Two cups butter, 3 cups sugar, 4 eggs,

$\frac{1}{2}$  cup buttermilk,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sour cream, a little salt, 1 teas. cinnamon, 1 teas. cloves,  $\frac{1}{2}$  teas. mace, a little nutmeg, juice of two lemons, 2 teas. soda, peel to taste, walnuts, 2 lbs. raisins, 2 lbs. currants, 7 or 8 cups flour added from time to time.

#### Spanish Loaf

Two cups brown sugar, 1 cup butter, 2 eggs, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 cup sour milk or buttermilk, 1 teaspoon soda,  $2\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon salt.

Beat together sugar, butter and eggs. Sift flour, spices and soda together and add to the other mixture gradually.

Bake in a moderate oven.

#### Sponge Cakes

$\frac{1}{2}$  cup white sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{4}$  teaspoon soda (scant), dissolved in milk, little salt, 1 egg,  $\frac{1}{3}$  cup sour milk, 1 cup flour,  $\frac{1}{2}$  teaspoon baking powder (heap-ed),  $\frac{1}{4}$  teaspoon vanilla. Cook in gem tins. When cold cut off tops of cakes and fill with whipped cream, place tops on again and sprinkle with icing sugar.



CAKES—*Continued***Sultana Cake**

Three-quarters of a pound of butter, three small teacups of fruit sugar, five eggs, four heaping cups flour, three-quarters of a round of Sultana raisins, one cup milk, one teaspoon baking powder. Beat eggs, butter and sugar together, add flour, baking powder and milk, dry fruit in a little flour before adding to mixture. Bake in moderate oven for two or three hours.

**Strawberry Short Cake**

Two cups of flour, two teaspoons of sugar, four teaspoons of baking powder, three-fourths of a cup of milk, one-half teaspoon of salt, one fourth of a cup of butter. Sift the flour, baking powder and sugar several times, and work in the butter with the tips of the fingers. Then work the milk into the dough with a knife; turn it out on a baking board, cut the mixture in two, and pat it out with the hand. Put half in the pan and butter the top of it; then take the other half and put in on top of the first half. Bake about twelve minutes in moderately hot oven. Take two boxes of berries, reserving the largest for the top of the cake, crush the remainder, adding sugar to taste. Separate the pastry and put the fruit in between the layers. Cover the top of the cake with whipped cream and put the whole berries on top of that.

Raspberries may be substituted for the strawberries.

**Burnt Leather Cake**

Place one cup of brown sugar in granite pan oven fire and stir constantly till it smokes. Remove and add half a cup of boiling water, stir until it becomes the consistency of molasses, cream, half cup butter and add gradually one and a half cups of white sugar, one cup of water, yolks of two eggs, two cups of flour,

beat five minutes, add three tablespoons of syrup, two teaspoons of baking powder, half cup of flour, whites of three eggs beaten stiff and vanilla to taste. Beat all together.

**Date Kisses**

Two egg whites, one cup white sugar, one cup chopped walnuts, one cup chopped dates. Beat egg whites stiff and add the other ingredients in order given and drop from teaspoon on greased baking sheet. Bake in rather quick oven about seven minutes.

**Ginger Nuts**

Three cups flour, one egg, three-quarters cup of granulated sugar, half teaspoon lemon extract, half cup butter, two teaspoons ginger, half cup golden syrup, one teaspoon soda. Sift dry ingredients together, melt butter, add syrup and egg well beaten, mix together, add syrup if too dry. Roll together in small balls and bake in slow oven 25 or 30 minutes.

**Jumbles**

One cup butter, two cups sugar, four cups flour, four eggs, one cup milk, three teaspoons baking powder, flavor to taste.

**Hermit Cakes**

One cup brown sugar, one cup butter, three eggs, one teaspoon soda dissolved in warm water, three-quarters cup warm water, one pound dates (stoned and cut) quarter pound shelled almonds, pinch of salt, flour to stiffen. Put fruit in last.

**Banana Fritters**

Three bananas, one cup flour, two teaspoons baking powder, one teaspoon fine sugar, quarter teaspoon salt, quarter cup milk, one egg one teaspoon lemon. Fry in deep fat.

*Continued on Page 55*

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## Bread and Rolls

*"With bread all griefs are less."*

### Date Bread

One pound dates, chopped;  $\frac{1}{2}$  cup butter, 1 cup brown sugar, 2 eggs, 1 cup sour milk, 1 teasp. soda in milk, a few nuts, 2 cups or more of flour, 1 teasp. baking powder and a pinch of salt put in flour. Bake 45 minutes to 1 hour.

### Nut Loaf

Three cups flour, 4 tsp. Cook's Friend baking powder, 1 cup brown sugar, 1 cup chopped nuts, 2 eggs, 1-3 cups milk, pinch of salt. Let rise about 20 min. Bake in moderate oven.

### German Buns

Four cups flour, 1 teasp. salt, 1 cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, 1 egg well beaten, 1 teasp. soda, 2 teasp. cream of tartar sifted with flour, mix with milk and water. Roll out and spread with filling. Roll up and cut in half-inch pieces. Filling: 1 egg, 1 cup brown sugar,  $\frac{1}{2}$  cup flour.

### Bread

One pint scalded milk cooled, to which has been added lard or butter size of egg, 2 tablespoons sugar. To this add 1 cake Fleishman's yeast soaked in cup of lukewarm water. To the liquid add enough flour to make a thick batter. Set to rise till foamy, covered closely, about one hour.

### Date Bread

One cup chopped dates, 1 tablespoon butter, 1 egg, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  cup boiling water, 1 cup brown sugar, 1-3 cup chopped nuts,  $1\frac{3}{4}$  cups flour, 1 teas. vanilla. Mix together butter, sugar and egg, add dates, walnuts and water. Sift dry ingredients and add. Bake in slow oven  $1\frac{1}{2}$  hours.

### Scotch Scones

Three large cups flour, 2 heaping teas. baking powder, 1 cup gran. sugar, 1 teas. salt. Sift together twice, then add  $\frac{3}{4}$  cup lard and butter mixed. Beat an egg lightly in a cup; fill cup up with milk; mix ingredients with this into a soft dough after putting in 1 cup of large chopped seeded raisins. Roll about 1 inch thick. Cut into triangles and bake in hot oven 12 minutes.

### Waffles

Two cups flour,  $1\frac{1}{2}$  cups milk, 2 eggs,  $\frac{1}{2}$  cup melted butter, 2 teas. sugar, 1 teas. baking powder,  $\frac{1}{2}$  teas. salt. Mix butter and sugar and add milk. Sift flour and scald. Add well beaten yolks, then beaten whites, and lastly the baking powder. Have the waffle iron hot and well greased.

### Nut Loaf

Four cups flour, 1 cup sugar, 1 teas. salt, 1 cup chopped nuts,  $1\frac{3}{4}$  cups milk, 1 egg, 4 teas. baking powder, 2 tablespoons melted butter. Mix and sift dry ingredients; add nuts, then the milk gradually and well beaten egg, lastly the melted butter. Put in greased pan, let rise for 20 min. Bake in slow oven one hour.

### Nut Loaf

Two eggs, 1 cup white sugar, 1 cup milk, 3 cups flour, 3 teas. baking powder, 1 teas. salt, 1 cup nuts,  $\frac{3}{4}$  cup raisins or dates,  $\frac{1}{2}$  teas. vanilla. Let rise and bake in slow oven one hour.

### Scotch Scones

Into 2 cups flour, sift 2 small tsp. baking powder. Rub in with the hands 4 tablespoons butter, adding a little milk to bind paste. Flour bread board and rolling pin. Roll out  $\frac{3}{4}$  inch thick. Cut into small  $\frac{3}{4}$  pieces with sharp knife. Bake in quick oven. Paint top with beaten yolk of egg before putting in oven.

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about it. And what good does all this worrying do? What will he ever get out of it? Certainly not any of the money I owe him, and that's what he's worrying about. And he keeps it up, despite the fact that I try to set a good example for him by refusing to worry one bit about the identical thing.

Some people are hopeless.

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BREAD AND ROLLS—*Continued***Real Irish Potato Cake**

Take mashed potatoes as warm as can be handled, sprinkle with salt, add flour enough to bind potatoes together. knead into large cakes and cut in triangles. Fry in plenty of butter. Put in hot oven to puff up. Open with fingers and put in lump of butter. Serve hot.

**Brown Bread**

Three cups flour, quarter cup brown sugar, one cup bran, a little shortening, two cups shorts, one teaspoon soda, 1 teaspoon salt. Sour milk to make soft dough.

**Graham Bread**

One egg, one cup brown sugar, one teaspoon soda,  $1\frac{1}{2}$  cups sour milk (dissolve soda in milk), two cups Graham flour, 1 cup white flour, 1 pinch of salt. Bake in moderate oven.

**Boston Brown Bread**

Half cup molasses, one pint sour milk or buttermilk, one teaspoon soda, two teaspoons melted butter or lard, a little salt, one quart Graham flour with one heaping teaspoon baking powder sifted into it. Bake one hour in baking powder can which makes nice size for slicing.

**Graham Bread**

One egg, one cup brown sugar, one teaspoon soda, one and one-half cups sour milk (dissolve soda in milk), two cups Graham flour, one cup white flour, one pinch salt. Bake in moderate oven.

**Good Home Made Bread.**

Eight medium sized potatoes, four tablespoons flour, two tablespoons salt, one tablespoon ginger, one cup sugar. Pour boiling potato water over the above.

Mix smooth and add water to make four quarts. Have at 98 degrees. Then add one yeast cake that has been soaked. Let rise over night.

**Muffins**

One and one-half cups flour, two teaspoons baking powder, half teaspoon salt, half cup sugar, one egg, half cup milk, quarter cup butter (melted).

**Cornmeal Muffins**

Quarter cup sugar, half teaspoon salt, half cup cornmeal, two eggs, one and a half cup flour, three tablespoons melted butter, quarter teaspoon soda, sift flour, salt, cornmeal and add sugar, add unbeaten eggs and sour milk. Beat mixture thoroughly add butter and last soda, pour into greased gems. Bake in a hot oven ten to fifteen minutes.

**Baking Powder Biscuits**

One tablespoon butter, one tablespoon lard, one cup milk and water (half of each), one teaspoon salt, four teaspoons Cook's Friend baking powder, two cups flour. Sift flour, salt and baking powder together twice, cream butter and lard, and add dry ingredients. Then add liquid, mixing with a knife until dough is very soft. Roll out lightly three-quarter inch thick, cut and bake in hot oven fifteen minutes.

**Bran Muffins**

Two cups bran, 1 cup flour,  $\frac{1}{2}$  cup brown sugar, 2 tablespoons shortening, 1 egg, 1 cup sour milk, 1 teaspoon soda,  $\frac{1}{2}$  cup raisins make them nice. Cream sugar and shortening together, add egg and milk and soda together, flour and bran.



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### The Flight That Failed

"Thomas Percival Greene," screamed a shrill feminine voice, "come here and clean up these ashes, and don't let me catch you smoking in this house again."

Thomas Percival, watery-eyed and slightly stoop-shouldered, strode up to the sharp-nosed wife of his bosom and in a voice quivering with rage, started his first and only revolution.

"For eleven years," he cried, "I've stood for your bossin'; I've listened to you yap at me from morning till night and never said a word. I have to go outside to smoke my pipe and I have to come inside if you think I'm enjoying it. You're a nagging old she-devil and I'd never a married you if I hadn't been drunk. But now I'm through with you and your darned house and all other darn women. I'm going to the South Sea Islands; I'm going where men are men; I'm going to be free and I ain't goin' to have no darn women a-hollerin' at me. So goodby and bad luck to you," and Thomas Percival Greene passed into the night leaving behind a speechless wife and a faint odor of none too good whisky.

On the long white beach of Pango Dango great white capped combers were rolling in. The island was heavy with the scent of tropical flowers. A gorgeous yellow sun was sinking in the azure sea and from several thatched huts rose the strumming of guitars.

"Tom Greene," screamed a shrill native voice, "come yea an' clean up dese ashes an' doan' lemme catch you smokin' in dis year hut again."

Jack Shuttleworth

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## CAKES—Continued

Continued from Page 48

**Walnut Cake**

$\frac{1}{2}$  cup butter, 2 eggs,  $1\frac{3}{4}$  cups flour,  $\frac{3}{4}$  cup chopped walnuts, 1 cup white sugar,  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  teaspoons Cook's Friend baking powder, flavoring.

Mix ingredients, and bake 45 minutes in very slow oven.

**White Fruit Cake**

$\frac{1}{2}$  lb. butter (creamed), 3 cups white sugar, 5 eggs, beaten separately, 1 large cup sweet milk,  $\frac{1}{2}$  teaspoon soda dissolved in hot water, 5 cups sifted bread flour, 1 teaspoon cream tartar, 1 lb. raisins,  $\frac{1}{2}$  lb. peel. Bake in two bread tins for  $1\frac{1}{2}$  hours in slow oven. Sprinkle top with blanched almonds.

**Recipe for Kiss Cake**

1 armful of pretty girls, 1 lovely face, 2 laughing eyes, 2 rosy cheeks, lips like strawberries. Mix well and press two lips.

**For Frosting**

1 piece of dark piazza, a little moonlight, and press into large and small hand so as not to attract attention. Add one ounce of Romance. Dissolve a dozen glances into several of hesitation. Then two ounces of yielding. Place kisses on blushing cheeks or lips. Flavor with a slight scream, and set aside to cool.

**Almond Paste**

$1\frac{1}{2}$  lbs. blanched almonds, chopped and rolled to a paste, yolk of two eggs,  $1\frac{1}{2}$  teaspoons rose water,  $1\frac{1}{2}$  teaspoons almond essence.

Add icing sugar until it becomes a stiff dough. Moisten top of cake with water; put paste on cake and spread with dry knife.

White icing for top of almond paste.—whites of two eggs beaten stiff, add 1lb. icing sugar and beat well. Pour on almond paste and spread with knife.

**Matrimony Cake**

2 cups rolled oats, 2 cups white flour, 1 cup brown sugar, 1 cup shortening, 1 cup dates,  $\frac{1}{2}$  cup gran. sugar, water to cover dates, boil;  $\frac{1}{2}$  tsp. soda, pinch of salt. Mix ingredients, put half dough in pan, then add dates. Put other half on top; bake cake in moderate oven.

**Orange Cake**

One large tsp. butter,  $1\frac{1}{2}$  cups flour, pinch salt, 1 heaping tsp. baking powder,  $\frac{1}{2}$  cup milk, 1 cup white sugar, 2 eggs.

Cream butter and sugar thoroughly, stir in whipped eggs, which have been beaten separately, add salt, flour and baking powder and milk. Add grating of  $\frac{1}{2}$  orange and bake in a shallow pan.

**Icing.**—Ice with orange icing by mixing the juice of  $\frac{1}{2}$  an orange with icing sugar.

**Chocolate Loaf Cake**

Two eggs (keep out whites for frosting), 1 cup white sugar, 2 tablespoons butter,  $\frac{1}{4}$  cup cocoa, 1 cup sour milk, 1 tsp. soda, 1 tsp. vanilla,  $1\frac{1}{2}$  cups flour.

**Fudge Cake**

One cup of white sugar,  $\frac{1}{4}$  cup butter, 2 eggs, 2 tablespoons cocoa,  $\frac{1}{2}$  cup sour milk, 1 tsp. of soda mixed with  $1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  cup boiling water—to go over cocoa; vanilla. Bake in two shallow cake tins.

**Filling.**—1 tablespoon cocoa, 1 cup hot water, 4 cups white sugar, 1 tablespoon butter, 1 tablespoon cornstarch mixed with  $\frac{1}{2}$  cup cold water, vanilla. Cook until thick and when cool split layers and fill. Butter icing.

**War Cake**

One lb. seeded raisins, 2 cups brown sugar, 3 tablespoons butter, 1 tablespoon each cinnamon and cloves,  $\frac{1}{2}$  tablespoon nutmeg. Mix together and boil five minutes. Cool, then add 1 teaspoon soda in a tablespoon boiling water and 3 cups flour. Bake for one hour in slow oven.



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## Beverages

*"The bubbling and loud-hissing urn  
Throws up a steamy column, and the cups,  
That cheer but not inebriate, wait on each."*

—Cowper, "Winter Evening."

### Tea

Scald the pot and put in tea leaves. When the water boils, pour it on the leaves, cover and let stand 3 minutes before serving. One teaspoon of tea to a pint of water makes a weak tea. Russian tea is made by adding sugar and a slice of lemon to each cup.

### Coffee

Put the ground coffee in the pot, 1 spoon for each cup. Stir into it the slightly beaten white of an egg and the crushed shell. Pour over the boiling water, and boil 3 minutes after it begins to boil. Take from fire and place on back of stove for 5 minutes to settle; then pour off the liquid coffee. A good cup of coffee may be made with cold water instead of boiling.

### Cocoa

For 1 cup, cook 2 teaspoons cocoa, 2 teaspoons sugar and 2 spoons water to a paste, stirring constantly. Add gradually 2-3 cup milk and a dash of salt. Let come to a boil. Remove from fire and beat with a Dover egg beater until top is covered with a light foam.

A teaspoon of whipped cream or a marshmallow may be added if desired.

*Continued on Page 60*



# SANDWICHES

*"A live sandwich — a boy between  
two boards."*

*—Dickens.*

## **Cheese Pimento Sandwich**

1 can sweet pimentos, 1 15c package cream cheese. Mix these two ingredients together well with salad dressing.

## **Ham and Nut Sandwiches**

Put ham and walnuts through chopper, is entirely dissolved strain through a salt, and spread between thin bread and butter.

## **Sandwiches**

Finely chopped almonds mixed with cold boiled chicken, cut in tiny pieces. Season to taste with salt and pepper. Moisten with a little sweet cream until you have a paste that will spread nicely. Use with thin slices of white bread.

## **Sandwiches**

Quarter pound shelled walnuts, half an apple, two slices cooked ham, cheese size of an egg, two pieces celery. Put through mincer, mix with mayonnaise dressing, spread on thin slices of buttered bread.

## **Bacon and Pecan Sandwiches**

Take half dozen slices lean bacon, fry

until crisp. Chop fine, add about ten cents worth of finely chopped pecan nuts. Mix with mayonnaise dressing and spread thinly.

## **Ham Sandwiches**

Chop ham and celery fine and a slice of onion, and mix with salad dressing.

## **Cheese Dreams**

Make a sandwich with a cheese filling. Toast the outsides and serve hot.

## **Pimento Sandwiches**

Butter thinly cut white bread, spread with filling made of half a cup pimento, quarter of a cup chopped olives and two tablespoons salad dressing.

## **Asparagus Rolls**

Drain 1 can of medium sized asparagus tips for 2 hours. Slice bread thin and cut off all crusts. Butter. Spread a thin layer of salad dressing over butter. Roll one asparagus tip in each slice of bread. If they do not stick hold with toothpick until ready to use.



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# CANDY

*"A bit of sweetness makes the world feel gay."*

## Turkish Delight

Dissolve 1 oz. gelatine in  $\frac{1}{2}$  cup of cold water. Let stand  $\frac{1}{2}$  hour (dissolve thoroughly). Put on to cook 1 pound of granulated sugar and  $\frac{1}{2}$  cup of water. When boiling add dissolved gelatine and boil 20 minutes. Flavor with juice of 1 lemon. Pour out in pan and let stand over night. Cut in squares and roll in icing sugar. To color use a little of tablet that comes with gelatine.

## Divinity Fudge

$1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup corn syrup, not quite  $\frac{1}{2}$  cup cold water. Boil until threads, cool a little, then add the beaten whites of two eggs; beat until stiff, add walnuts, and pour on buttered plates.

## Cream Toffee

8 tbsp. brown sugar, 6 tbsp. corn syrup,  $\frac{1}{4}$  lb. (or less) butter, 1 tin condensed milk, few drops vanilla. Put brown sugar, syrup and butter on stove to melt. When melted, add condensed milk and boil, stirring constantly (very easily burnt). When sample will form a crisp piece in water, pour into buttered pan. Before candy becomes too thick in pot, add flavoring.

## Divinity Fudge

$2\frac{1}{2}$  cups gran. sugar,  $\frac{1}{2}$  cup golden syrup,  $\frac{1}{2}$  cup boiling water, whites of 2 eggs, vanilla essence, chopped fruits and nuts. Boil, stirring constantly until it threads. Beat eggs till stiff and add. When nearly stiff, add fruits and nuts.

## Peppermint Drops

1 cup sugar,  $\frac{1}{2}$  teasp. essence of peppermint, cream of tartar, boiling water. Just moisten the sugar with boiling water and boil five minutes, take from fire and add cream of tartar the size of a pea, mix well and add the essence of peppermint. Beat briskly until mixture whitens. Then drop quickly upon white paper. If it sugars before it is all dropped add a little water and boil a minute or two.

## Chocolate Caramels

9 large spoons granulated sugar, 4 large spoons molasses, 2 large spoons butter, 1 large spoon water, 2 squares of chocolate.

Boil until it hardens in cold water. Put into a buttered pan and cut in squares.

## Maple Fudge

One pound sugar, 1 cup nut meats, 1 cup milk. Boil sugar and milk until it hardens, when dropped into cold water. Add nuts of any kind, stir in lightly and pour into greased pans to cool.

## Chocolate Fudge

2 cups brown sugar, 1 scant cup milk, 1 large tablespoon butter, 2 large tablespoons cocoa. Stir well over fire for about five minutes. Remove and add 1 teaspoon vanilla. Stir until it thickens.

## Maple Cream

1 lb. brown sugar,  $1\frac{1}{2}$  tablespoons corn syrup, enough milk to cover, stir well, then add large piece butter, and cook till it threads in cold water. When taken off stove add flavoring, and beat, then pour on buttered pans. Do not stir while cooking.



## BEVERAGES—*Continued*

### Chocolate

Take inside double boiler place over fire with 2 cups water, 1 1-2 squares Baker's chocolate, 2 spoons cocoa, 2 spoons sugar and pinch salt. Boil 1-2 hour.

Set in boiling water, add 1 quart milk and cook 1 to 2 hours. When ready to serve add 1-2 teaspoon vanilla, and 1 spoon whipped cream to each cup.

### Fruit Punch

5 lemons	1 quart Appolinaris water
5 oranges	1 pint grape juice
1 pint strawberry juice	1 pound sugar
1 pint preserved cherries	1 cup water
1 pineapple	1 cup strong tea

Make a syrup of the sugar and water, add fruit juices and strain.

Then add the Apollinaris water, tea, grape juice and cherries.

Add water enough to make 1 1-2 gallons.

### Fruit Punch

Boil together 5 minutes, 3 cups sugar, 3 quarts water and grated rind of 6 oranges. Strain and add juice of 6 lemons, 12 oranges, 1 can pineapple and 3 cups cold water. Set in cool place, strain through cloth 3 or 4 times. This makes 1 gallon.

### Punch

Juice of 4 lemons, 1 pint grape juice from 1 quart canned raspberries, 2 cups sugar and 3 quarts water. One cup cherries or fresh strawberries may be added to the bowl if desired.



## CANDY—Continued

**Creamed Dates**

Stone 1 lb. dates and put in centre a piece of chopped walnut. Mix about a cup of icing sugar and butter to a cream, and add a little vanilla. Make it pretty stiff and fill dates. Then roll in white sugar and let cool.

**Good Taffy**

1 lb. brown sugar, 2 tablespoons vinegar, 1 tablespoon butter (heaped), enough water to cover.

Boil slowly until real brown, then pour over a greased pan of mixed nuts chopped up.

**College Fudge**

1 cup brown sugar, 1 cup white sugar,  $\frac{1}{2}$  cup cream,  $\frac{1}{4}$  cup molasses, 1 tbs. butter,  $1\frac{1}{2}$  tsp. vanilla.

Melt butter. Mix together in a separate bowl, sugar, molasses and cream. Add to melted butter and bring to a boil. Cook 3 minutes, stirring rapidly at first, but decreasing toward the end. Take from the fire, add vanilla and stir constantly till thickened. Pour into butter pan and set in a cold place.

**Peanut Butter Fudge**

2 cups white sugar,  $\frac{1}{2}$  cup sweet milk, 1 15c jar of McLaren's Peanut Butter, vanilla.

Mix ingredients, stir over a very slow fire until well dissolved. Add vanilla and boil for exactly five minutes. Take off fire, beat until it thickens. Put on buttered tin and set in a cool place.

(Maple Butter can be substituted for peanut butter if desired).

**Scotch Butter Candy**

One pound sugar, one pint water. Dissolve and boil, when done add one tablespoon of butter and enough lemon juice or oil of lemon to flavor.

**Nut Taffy**

Two cups brown sugar, six tablespoons water, two tablespoons vinegar, two tablespoons butter, three-quarters cup nuts or cocoanut. Cook sugar, water and vinegar, stirring until sugar is dissolved, when all is boiling, add butter.

Boil until taffy forms into a hard ball when put in water. Pour into greased pan and sprinkle cocoanut or nuts on top.

**Molasses Candy**

Two and a half cups sugar, one cup molasses, one and a half cups water. After it begins to boil add quarter teaspoon cream tartar. Cook in the usual way, but do not stir, add butter half size of an egg. Do not butter hand when pulling.

**Cocoanut Cream Candy**

One and a half cups of sugar, two teaspoons butter, half cup of milk, one-third of shredded cocoanut, half teaspoon of vanilla. Butter tin, melt butter in granite saucepan, add sugar and milk; stir until sugar dissolves, heat to boiling point and boil ten minutes over gentle fire; remove from fire, add cocoanut and vanilla; beat until creamy and mix sugar slightly around edge of pan. Pour into buttered pan, cool slightly, work in squares.





**BEVERAGES—Continued****Tea Punch**

Make 2 quarts of rather weak tea by pouring that quantity of boiling water over 2 heaping teaspoons of tea.

Let steam for 5 minutes. Strain and dissolve with 1 pound loaf sugar.

When cool add juice of 8 lemons, 3 oranges peeled and sliced, 1 small chopped pineapple and strawberries if in season.

Let stand in cool place until well blended.

Ice and serve.

**Ginger Frappe**

Squeeze 4 lemons and 2 oranges and add 8 spoons sugar.

Let this stand 5 minutes, then add 3 pint bottles ginger ale. Serve in glasses, ice cold, with straws.

**Egg Lemonade**

Beat the white of 1 egg to a stiff froth, add yolk, juice of 1-2 lemon and 2 teaspoons sugar, and beat all together.

Pour into a glass, and fill with ice water.

**Raspberry Shrub**

Put berries in a stone jar. Cover them with vinegar and let them stand over night. Strain. Use 1 pint of sugar to 1 quart of juice. Boil 20 minutes and bottle while hot.

**Grape Juice**

Pick over and stem the grapes. Cover with water, heat and strain.

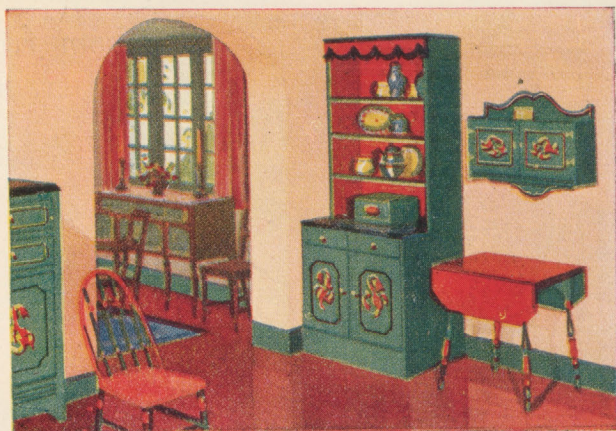
To 1 quart juice add 1 cup sugar and simmer 10 minutes. Skim and bottle while hot.



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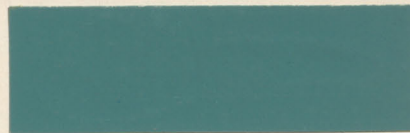
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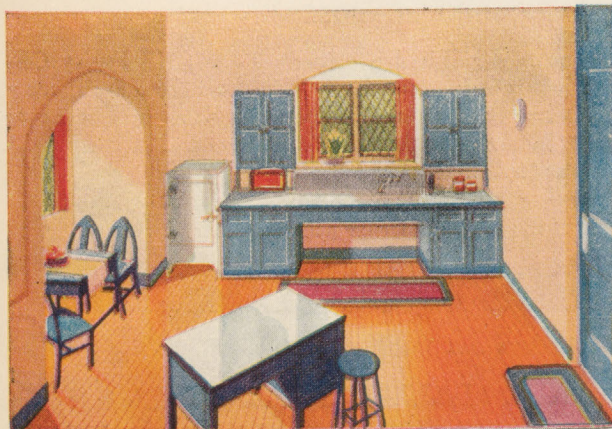
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## SALADS

*'O, herbaceous treat,  
'T'w'd tempt the dying anchorite to eat,  
Back to the world he'd tempt his flitting  
soul,  
And plunge his fingers in the salad  
bowl."*

### Macedoine Salad

This salad is composed of a mixture of vegetables which are boiled separately. The large one are cut into dice of equal size. Peas, string beans, flowerets of cauliflower, beets, celery roots, asparagus points, carrots, turnips, all or many as convenient may be used. Mix them lightly with salad dressing. Be careful not to break the vegetables.

Arrange lettuce leaves like a cup and place the macedoine in the centre.

### Salad Dressing to Serve With Salmon

Cut pulp of 2 oranges into small pieces, 1 tablespoonful sugar, pinch salt, juice of 1 lemon, 2 tablespoons of mint chopped fine, speck of cayenne pepper.

Serves four people.

### Perfection Salad

One tablespoon of gelatine, dissolved in  $\frac{1}{4}$  cup cold water. Then add 1 cup boiling water,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup vinegar, 2 tablespoons lemon juice, 1 small teaspoon salt. Strain and cool; when beginning to thicken, add one cup celery cut fine. Half cup shredded cabbage, two tablespoons pimento cut fine. Pour into moulds and allow to harden.

### Banana Salad

Pare the bananas, cut into halves and dip each half into a rich mayonnaise

dressing. While the first is still moist with the dressing, lay it into a dish of finely chopped nut meat and lay each banana on a clean lettuce leaf, adding as border of nut meats or salted almonds.

### Salmon Salad

One can salmon, 2 eggs (hard boiled) olives (pitted), 1 cup chopped celery, 1 cup salad dressing, lettuce leaves.

Pour off oil from salmon remove bones and skin mix slightly with a fork. Add the celery and egg chopped fine, then the salad dressing. Garnish with olives and lettuce leaves.

### Salad Dressing

Half cup vinegar, 1 egg, 2 teaspoons mustard,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  dessertspoon flour, salt and pepper to taste, butter half size of an egg.

Put all on stove to cook and when cool thin with cream.

### Salad Dressing

Three tablespoons sugar, 1 small tablespoon mustard, 1 small tablespoon cornstarch, 3 tablespoons cold water, 2 eggs well beaten, 1 small cup vinegar, 1 small cup milk, pinch salt, pinch cayenne pepper. Mix all dry ingredients and add other ingredients well beaten. Bring all to a boil but do not let boil.



BEVERAGES—*Continued***Red Clover Wine**

1 quart red clover blossoms  
(pressed measure)  
9 pounds sugar  
3 pounds raisins

1-2 cup lemon juice  
1 yeast cake  
3 gallons water

Boil sugar and water together, skim and pour over blossoms while hot.

When cool add yeast cake and lemon juice. Let stand 6 days; stir 3 times daily. Strain into jugs and add raisins. Let stand 6 months. Strain and bottle.

**Dandelion Wine**

4 quarts hot water

3 1-2 pounds white sugar

When lukewarm pour over 4 quarts blossoms.

Add juice of 3 lemons and 3 oranges, grated rind of 1 orange and 1 lemon, 1 1-2 cakes compressed yeast (Fleischmann's). Cover with woollen cloth; let stand 24 hours, then strain into a jug, do not cork tightly, let stand 2 or 3 weeks, then bottle.

**Dandelion Wine**

3 quarts blossoms

4 quarts boiling water

Let stand 3 hours, strain, add grated rind of 1 lemon and 3 pounds sugar and boil ten minutes. Slice 1 lemon and 1 orange into a jar and pour the juice over it. When cool, add 1 yeast cake (Fleischmann's) and let stand over night. Strain into a jar, cover with fine cheesecloth tied tightly over top; let it stand 2 months. Then strain and filter through druggist paper and bottle tightly.

**Blackberry Wine**

Cover berries with water and mash. Let stand 24 hours. Strain and add 3 pounds brown sugar to every gallon of juice. Let stand in jars for several days. Skim and put in sheets of brown paper. Let stand 3 days. Skim and put in jug. Let stand until March. Strain and bottle.



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# PRINCESS

## SUPER-TALKIES



**BEVERAGES—Continued****Cherry Wine**

Pour 4 gallons boiling water over 4 gallons cherries. Let stand 4 or 5 days, stirring every day. Add 3 1-2 pounds sugar to each gallon liquid, when dissolved pour into a cask. Bottle in 1 year.

**Grape Wine**

Bruise 1 gallon grapes, add 1 gallon water; let stand 8 days. Drain and to each gallon juice add 3 pounds sugar, stirring until dissolved. Let stand 10 or 12 hours, then bottle.

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**For the Chafing Dish**

*"Here are recipes, and all that you can wish,  
To please the owners of a chafing dish,"*

**Welsh Rarebit**

Put butter size of walnut into a chafing dish. When melted add 2 cups cheese broken fine, 1 teaspoon mustard, dash of cayenne, and 1 1-2 cups cream, beer or ale. Stir until well melted then add 2 well-beaten eggs. Cook until smooth. Serve hot on toast or crackers.

**Cheese Fondue**

Put 1 large spoon butter in chafing dish; when melted add 1 cup cheese cut in small pieces. Stir until melted, then add 1 cup milk, 1 teaspoon mustard in little milk, 1 cup bread crumbs, and 1 well-beaten egg.

When ready to serve add 1 spoon Worcestershire Sauce. Serve hot on crackers.



## SALADS—Continued

### Salad Dressing

One can Eagle Brand milk, 2 eggs 1 teaspoon mustard, 1 teaspoon salt,  $\frac{3}{4}$  cup of vinegar.

Beat up eggs, add vinegar, salt and mustard. Then add the milk. Beat all up together and serve.

### Salad Dressing

Two eggs, 1 tsp. dry mustard, 1 can condensed milk, 1 cup strong vinegar, 1 tablespoon salt.

Beat the eggs very lightly, add salt, mustard and milk. Then beat in vinegar. Put into a jar and chill.

### Cabbage Salads

One small sized cabbage, quarter pound mustard, one can corn, one teaspoon pepper, one cup brown sugar, salt to taste, cover with vinegar and boil 20 minutes or half an hour. Mince the cabbage, sprinkle with salt and let stand an hour and drain it. Mix corn with cabbage and add rest.

### Beef Salad

Chop cold cooked beef very fine. To each  $\frac{1}{2}$  pound add a tablespoon of tomato catsup, half a teaspoon salt, two tablespoons olive oil. Mix thoroughly

### Celery, Egg and Nut Salad

Cut up celery into inch pieces and slit each one, rub dry with towel and if possible put on ice, boil four eggs (hard), cut in pieces, prepare one cup English walnuts, make on good cup stiff mayonnaise. Before serving mix lightly all the ingredients; do not let it stand after adding mayonnaise, salt to taste, garnish with celery leaves.

### Easter Salad

Cream cheese and chopped nuts made into egg-shaped ball in bed of shredded lettuce. Salad dressing.

### Cucumber Salad

Scoop cucumber lengthwise. Mix centre with chopped celery, nuts and salad dressing. Put back into shell. Serve on bed of lettuce or parsley.

### Foaming Omelette

Four eggs, four teaspoons hot water, half teaspoon salt, one teaspoon butter, few grains pepper. Beat yolks until thick and lemon colored, add pepper, salt and hot water, beat whites stiff and dry, cutting and folding them into first mixture, butter omelette pan, turn in and cook slowly, fold and turn on hot platter.





FOR THE CHAFING DISH—*Continued***English Monkey**

Soak 1 large cup stale bread crumbs in 1 cup of milk 15 minutes. Put small piece of butter and 1 cup finely cut cheese in chafing dish. Let melt and add bread crumbs, pepper and salt to taste. Cook 3 to 5 minutes. Serve on toast or saltines.

**Creamed Chicken**

1 cup chicken  
2 cups milk  
2 spoons butter

1 heaping spoon flour  
Salt and pepper

Melt butter in chafing dish, add flour, stir until smooth. Add milk gradually, stirring all the time; when smooth add finely minced chicken and salt and pepper to taste.

One-half cup French peas may be added if desired. Serve on hot toast.

**Shrimps and Peas**

Melt 2 spoons butter, add 3 spoons flour, and pour on gradually 1 cup milk or cream, stir until thickened; then add 1 cup shrimps, 1 cup French peas and a little pepper and salt.

**Creamed Lobster**

Melt in chafing dish 1 spoon butter, add 2 spoons flour and when smooth add 1 cup cream, stirring constantly until nearly boiling; then add meat from 1 can of lobster, picked rather fine; let cook thoroughly and season. It is nice seasoned with celery salt.



## SALADS—Continued

**Eggs A La Goldenrod**

Three hard-boiled eggs, half teaspoon salt, one tablespoon butter, one-eighth teaspoon pepper, one tablespoon flour, five slices toast, one cup milk. Make a thin cream sauce with the butter, flour milk and seasoning, separate the yolks from the whites, chop the whites and add to the sauce, cut the toast in halves or strips and pour the sauce over it, force the yolks through a potato ricer or strainer and sprinkle over top.

**Shirred Egg**

One-third cup soft bread crumbs, half tablespoon melted butter, one egg. Mix bread crumbs with butter, stirring lightly with fork. Cover bottom of small buttered baker with crumbs sprinkled with salt. Break eggs, slip on crumbs, cover with crumbs, and bake in a moderate oven until egg is set.

**Egg in a Nest**

Break egg (separate yolk from white), beat white stiff, add a little salt. Put on piece of toast (first dipped in boiling water). Make depression in centre of white and drop in yolk. Bake in moderate oven until delicately browned. Serve with or without sauce.

**Cheese Fondue**

One cup of crackers or bread crumbs, one pound butter, half teaspoon salt, one cup milk, three eggs, quarter pound cheese cut in small pieces, mix first two ingredients, add yolk, fold in white, pour in buttered dish and oven, poach 20 minutes.

**Tomato Toast**

One cup strained tomatoes, two tablespoons butter, two tablespoons flour speck soda, salt and pepper to taste, melt butter in saucepan, add flour, stir until smooth, stir in tomatoes slowly. Boil until mixture thickens, season to taste, put in soda when hot, appearances can be improved by beating mixture. Remove crusts from three slices of toast and pour sauce over it.

**Walnut Croquettes to be Used in Place of Meat**

Quarter pound of walnuts chopped fine quarter pound of dried bread crumbs, (dry bread in oven and run through chopper), one small onion or half a large one browned in butter, salt and pepper to taste, mix ingredients in a bowl, make into a loaf with boiling water or stock, let cool, form into croquettes and fry in melted butter. You should turn them over in melted butter before commencing to cook.



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## DESSERTS

*" 'Tis the dessert that graces all the  
feast,  
For an ill end disparages the rest."*

*—King.*

### Prune Jelly Dessert

Cook prunes until well done and remove stones. Add juice of lemon and orange. Add one small pkg. Knox's Gelatine dissolved in cold water. Set aside to cool. Serve with whipped cream.

### Boston Cream

Put pint milk in double boiler. Two teaspoons gelatine soaked before in little of the milk. Put in boiler when milk is hot and gelatine dissolved. Beat yolks of two eggs with four tablespoons sugar to a cream; mix with hot milk. When it flakes on sides add teaspoon vanilla and remove from stove, beat in whites of eggs and pour in wet mould.

### Prune Whip

Dissolve one package of orange Jello in one pint of boiling water. Prepare  $\frac{2}{3}$  of a cup of prune pulp and beat the white of one egg. Just as the Jell-o begins to thicken, add the prune pulp and beaten egg and two tablespoons of granulated sugar. Serve with whipped cream or cream and sugar.

### Charlotte Russe

$\frac{1}{4}$  oz. gelatine,  $\frac{1}{4}$  cup cold water,  $\frac{1}{2}$  cup hot milk,  $\frac{1}{3}$  cup fruit sugar,  $1\frac{1}{2}$  teaspoons vanilla, 2 cups whipped cream.

Six lady fingers or sponge cake, soften the gelatine in cold water, add to hot milk, add sugar and vanilla. Strain and when set beat in whipped cream. Turn into mould lined with lady fingers or sponge cake.

### Lemon Snow

$1\frac{1}{2}$  cups water, 2-3 cup water, 1-6 cup lemon juice and rind of one lemon, 3 tablespoons cornstarch, whites of two eggs.

Make syrup of water, sugar and lemon rind, cook two or three minutes and strain; mix cornstarch with cold water, add slowly to syrup, add lemon juice and cool, then add white of eggs beaten stiff and serve with custard sauce.

### Pineapple Dessert

Half pint shredded pineapple,  $\frac{1}{2}$  lb. marshmallow, whipped cream.

Cut marshmallows in four and mix with pineapple. Let stand about an hour. Then whip about a three parts of a cup of cream and mix with the first mixture. This serves about eight people.

### Peach Cream

Mash very smooth two cupfuls of canned peaches. Rub through a sieve and cook for three minutes in a syrup made of one cupful of sugar, stirring all the time while boiling. Place pan containing peaches and syrup into another one of boiling water and add  $\frac{1}{2}$  packet of Gelatine dissolved and stir thoroughly; then take it from the fire and place in pan of ice water; beat until nearly cool, then add the whites of six eggs well beaten. Beat this whole mixture until it commences to harden. Pour into mould and place on ice. Serve with cream and sugar.

---

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FOR THE CHAFING DISH—*Continued***Chicken Wiggle**

1 cup chicken  
1 cup milk  
1 cup cream  
3 hard-boiled eggs

1 heaping spoon flour  
1-2 cup French peas  
1-8 pound butter  
Salt and pepper

Melt butter in chafing dish, add flour, milk, minced chicken, peas and the eggs put through a ricer. Salt and pepper to taste.

Serve on toast.

**Salmon Wiggle**

1 heaping spoon butter  
1 heaping spoon flour  
1 1-2 cups milk

1 cup salmon  
1 cup French peas  
Pepper and salt to taste

Melt butter, add flour. Stir until smooth, add milk, minced salmon, peas and salt and pepper to taste.

Serve hot on crackers.

**Chicken Hollandaise**

2 cups chicken  
1-2 cup butter  
1 teaspoon flour  
2 cups cream  
2 eggs (yolks)

1-2 lemon  
1 cup celery (chopped)  
2 teaspoons parsley (chopped)  
2 teaspoons onion (chopped)  
Salt

Mix butter and flour and melt in chafing dish. Add yolks of eggs beaten with lemon juice; then add cream and stir until it thickens. Add remaining ingredients and heat chicken chopped fine, in the sauce.



DESSERTS—*Continued***Orange Jelly**

Orange jelly is a great delicacy and not expensive. To make a large dish get six oranges, two lemons and two oz. pkg. Gelatine. Dissolve Gelatine in a pint of water, squeeze orange juice into a bowl and also lemon juice. Grate one of lemon skins in with it. Put two cupfuls of sugar to the Gelatine, then stir in the orange and lemon juice. Pour over all three pints of boiling water, stirring constantly. When the Gelatine is entirely dissolved strain through a napkin into moulds or bowls wet with cold water. Set aside to harden. In three or four hours it will be ready for use, and will last several days.

**Mellon Mallo**

One pint canteloupe cut in cubes, 12 marshmallows cut in pieces, 2 oranges cubed,  $\frac{1}{3}$  cup chopped walnuts,  $\frac{1}{2}$  cup sugar, 1 cup cream.

Mix fruit and nuts and fold in the cream. Beat till stiff. Sweeten and flavor with vanilla. Serve in canteloupe shells. Garnish with currant or any bright jelly.

**Candle Fruit Salad**

One full slice canned pineapple. In centre place one-third banana tapered at end. Place strip of cherry in top to represent a candle flame. Place canned peaches around edge of pineapple and cover with whipped cream.

**Peach and Jelly Salad**

Take half a peach. Fill centre with chopped nuts and canned cherries. Place

face down in mould or cup and cover with jelly. When set, turn out and cover with whipped cream.

**Lemon Butter Dessert**

(Can be used as Cake Filling)

Three lemons,  $1\frac{1}{4}$  lb. loaf sugar, 2 ounces butter, six eggs. Beat butter, sugar and eggs together, then add juice of lemons and a little rind and one cup of boiling water. Stir until it begins to thicken. Take from fire. Stir till cold and pour into glass dish.

**Pineapple Sherbet**

Grate two pineapples and mix with two quarts of water and a pint of sugar. Add the juice of two lemons and the beaten whites of four eggs. Place in a freezer and freeze.

**Chocolate Ice Cream (Very fine)**

Add four ounces of grated chocolate to a cup of sweet cream. Then mix thoroughly to a quart of thick sweet cream. No flavoring is required but vanilla. Sweeten with a cup of sugar. Beat again and freeze.

**Custard Sauce for Lemon Snow**

$\frac{3}{4}$  cup milk, 1 egg yolk,  $1\frac{1}{2}$  tablespoons sugar, pinch salt, piece lemon rind,  $\frac{1}{2}$  teaspoon vanilla.

Scald milk, mix egg yolk, sugar and salt; add milk to egg mixture, return to double boiler and cook until thickened. Add vanilla and cool.



FOR THE CHAFING DISH—*Continued***Lobster Newburg**

Butter size of egg	Salt
Pint lobster	Cayenne
Yolks 4 eggs	Juice 1-2 lemon or sherry wine
1-2 cup cream	

Melt butter in chafing dish. Put in red of lobster claws to give a rich color. Cut up lobster, add to butter and when boiling hot stir in cream slowly. Add salt, pepper and yolks of eggs, and when this thickens, the lemon juice. Serve on toast or crackers.

**Venetian Eggs**

1 can tomatoes	6 eggs
1 chopped onion	Pepper
1-2 Sup cheese (cut fine)	Pinch of salt

Boil tomatoes and onion, add cheese, pepper and salt and eggs unbeaten. Serve on toast.

**Creamed Oysters**

Take as many oysters as desired and let them come to a boil in their own liquor. Skim and drain off the liquor. Make a rich cream sauce, turn the oysters into it and serve on saltines. A little sherry in the cream sauce adds much to the flavor but this may be omitted if desired.

**Oysters, Fancy Roast**

Put a good-sized piece of butter in the pan. When melted pour in oysters with all their own liquor. When cooked a few minutes add salt and pepper and serve on dry toast.



DESSERTS—*Continued***Fruit Trifle**

Whites of four eggs beaten to a stiff froth, two tablespoons sugar, two of currant jelly and two of raspberry jam. Eaten with sponge cake it is delicious dessert.

**Ice Cream**

One pint of milk, yolk of two eggs, 6 oz. of sugar, and one tablespoon cornstarch.

Scald but do not boil. Then put the whites of two eggs into a pint of cream; whip it. Mix the milk and cream, flavor and freeze. One teaspoon vanilla or lemon added is sufficient. Genuine ice cream is made of pure sweet cream in this proportion: Two quarts of cream, one pound sugar, beat up, flavor and freeze.

**Fruit Salad**

Four oranges, 2 grape fruit, 2 apples chopped fine, 2 bananas,  $\frac{1}{2}$  lb. Malaga grapes quartered and stoned. Mix together with sugar to taste. Cover with whipped cream and garnish with cherries and chopped walnuts.

**Pineapple Charlotte**

Soak  $1\frac{1}{2}$  tablespoons granulated gelatine in cup cold water. When soft add 1 cup boiling water and two cups crushed pineapple, 1 cup sugar. If canned fruit is used add  $\frac{1}{2}$  cup sugar. While mixture is cooling beat constantly. When it shows signs of stiffening, add two stiffly beaten eggs.

**Caramel Apples**

One-quarter cup raisins, 6 apples, 2 tablespoons butter, 1 cup brown sugar,

$\frac{1}{2}$  cup water. Halve and pare apples, arrange in bake dish. Cover with raisins, then sugar, and water. Dot with butter and cook slowly until tender. May be served hot or cold, with or without cream.

**Fruit Salad**

One can crushed pineapple, cut in small pieces, 4 marshmallows and add pulp and juice of 1 grape fruit and 2 oranges. Set in a cool place over night. In the morning add  $\frac{1}{2}$  cup finely chopped walnuts and two bananas, cut in four lengthwise, then across, forming small triangles. Put whipped cream on top with cherry in centre.

**Pineapple Delight**

One cup pineapple (chopped fine), 3 tablespoons rice (boiled), 1 tablespoon Cox gelatine dissolved in 1 cup hot water, also add 1 cup of the juice of pineapple,  $\frac{1}{2}$  cup granulated sugar and a little salt. Let stand over night and in the morning whip up  $\frac{1}{2}$  pint whipping cream and beat up altogether.

**Dessert**

1 large lemon, 1 cup sugar, 1 tablespoon butter, 2 cups water;  $\frac{1}{2}$  cup sugar, 1 tablespoon butter, 1 egg,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup flour, 2 teaspoons baking powder.

Slice lemon and combine the sugar, butter and water as one part; cook until lemon is done. Take out the lemon peel. Cream together butter and sugar of part two, add egg, and then alternately the milk and flour sifted in baking powder. Put this batter in a boiling syrup; the batter will puff up to the top. Bake until eggs whites. Finally add 1 cup whipped cream.



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*"Thanks for the friends who, with their splendid courage, redeem our negative days."*

*"Tis not enough to help the feeble up but to support him after."*

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### **Egg for an Invalid**

Make a nest of the stiffly beaten white of 1 egg on a square of toasted white or graham bread. Drop the whole yolk in the nest, pour over it a spoon of cream, and set for 3 minutes in a quick oven. Salt to taste.

### **Coddled Egg**

Break an egg into a small saucepan of cold water. Set on the back of stove where the water will heat but *not* boil. When the white is set it is ready to serve.

### **Egg Nog**

Beat yolk of 1 egg and 1 teaspoon sugar to a light cream; whip the white of egg to a stiff froth. Mix them together and turn into a glass, add a little vanilla, coffee, or 1 teaspoon brandy, and fill glass with milk.

### **Rice Water**

Boil 1-2 cup rice in 1 quart water until well done. Strain through cheese-cloth and serve cold. Add a little salt.



**INVALID COOKERY—Continued****Barley Water**

Wash 2 ounces pear barley with cold water; then boil it for 5 minutes in fresh water and throw both waters away. Then pour on 2 quarts of boiling water, and boil it down to a quart.

Flavor with thinly cut lemon rind and sugar to taste, but do not strain unless at the patient's request.

**Corn Coffee**

Brown corn thoroughly. Grind in coffee mill. Use 1 heaping spoon to each cup hot water. Boil 5 minutes. Season to taste.

**Crust Coffee**

Toast brown bread thoroughly on both sides without burning or brown wheat bread in oven until dark and hard. Place in coffee pot and pour in boiling water.

After standing a short time it is ready for use. Season to taste.

**Beef Broth**

1 pound lean beef  
1 teaspoon salt

1 quart cold water

Cut the beef in small pieces, being careful to save any juice. Let it stand 1 hour with the cold water and salt; then simmer—never boil—in an open dish for 3 or 4 hours.

**Mutton Broth**

Put 4 pounds mutton (neck piece preferred) in cold water, enough to cover. Simmer—not boil—all day or until the meat is in shreds. Strain through a sieve. Place liquid in ice box over night. Next morning remove the grease which has risen, being careful not to let any particles remain on the jelly. Keep jelly on ice, and when needed, take 1 spoon to 1-2 cup boiling water, add salt to taste.



## Pickles and Relishes

" 'Tis not right to think that only  
toothsome which can bite."

—*Hide.*

### Sweet Tomato Pickle

4 lbs. large ripe tomatoes, 1½ lbs. brown sugar, 1 pint cider vinegar, ½ oz. cloves (whole), ½ oz. cinnamon. Boil about 2½ hours until right consistency. This amount makes four pint jars.

### Pickled Onions

Silver skinned onions peeled and sprinkled with salt. Cover with boiling water and let stand over night. Take enough cider vinegar to cover the onions and to about ½ gallon of vinegar 1 cup whole mixed spice and about 3 lbs. brown sugar.

### Chili Sauce

One peck ripe tomatoes, peeled and sliced, ¼ pk. onions, chopped fine, ¼ pk. apples, chopped fine, 1 head celery, cut in small pieces, 6 red or green peppers, chopped, 1 qt. vinegar, 2 cups sugar (white), ½ cup salt.

Boil 3 hours. Do not allow to burn; stir often.

### French Mustard Pickles

One basket cucumbers (cut up), 1 cauliflower, 1 qt. silver onions. Put in brine over night. Drain and scald in vinegar for five minutes. Then put in jars and add ingredients: 3 pints vinegar, sugar to sweeten, 2 oz. celery seed 2 oz. white mustard seed, 2 tbsp. custard. Boil all together and add ⅓ oz. tumeric, 1 cup flour made into a paste with a lit-

tle vinegar. Boil for a few minutes and pour on the pickles.

### Indian Pickles

2 doz. ripe tomatoes, 9 onions (medium size), 6 large apples, ¼ lb. ground mixed spice, 1 qt. vinegar, 1 lb. raisins, salt to taste. Boil all together for 1½ hours, then strain and add 1 lb. brown sugar, 1 cup dissolved mustard, 1 teasp. cayenne pepper. Boil ½ hour and then bottle.

### Onion Pepper Relish

12 green peppers, 12 red peppers, 15 large onions, chop fine, cover with boiling water, let stand ten minutes, then drain off the water; cover again with boiling water. Let stand five minutes; drain again; add 1½ qts. vinegar, 2 cups sugar, 3 tbsps. common table salt. Boil 15 minutes.

### Cucumber Salad

Take 7 large cucumbers, and take out seeds if large. Peel and take 4 large onions and put through food chopper. Let stand over night; sprinkle with salt; 3 cups white sugar, 2½ cups vinegar, ½ cup flour, 3 tbsp. mustard ¼ teasp. tumeric, 1 tsp. ginger. Mix dry ingredients together with vinegar or water to smooth paste; add vinegar and water and cook five minutes. Drain onions and cucumbers and add two sweet peppers cut fine to mixture (seeds out), and cook altogether ten minutes.

*No family can afford to be  
without it. A few cents a  
week keeps you supplied.*

**Laurentian**  
Spring Water



**INVALID COOKERY—Continued****Beef Tea**

Chop fine two pounds lean beef and put into glass fruit jar. Screw on cover and put jar into kettle of cold water. Boil 3 hours. Pour off and serve hot or cold.

**Beef Juice**

Broil a small piece of beefsteak, cut medium thick, until a rich brown on both sides. Remove from the fire and cut in small pieces.

Put a little at a time into a potato ricer and press out the juice. Salt to taste. To heat set a cup containing the juice into hot water.

**To Prepare Flour for Gruel**

Put 1 pound dry flour into a white cloth or bag and tie. Put into boiling water and boil 5 hours. Remove from fire and let cool; when cool grate or pulverize and use as ordinary flour for making gruel.

**Corn Meal Gruel**

Mix 1 spoon corn meal, 1-2 teaspoon salt and 2 spoons cold water. Add 1 pint boiling water. Simmer 1 hour. In serving bowl put 2 spoons cream. Strain in gruel, stir for a moment and serve.

**Oatmeal Gruel**

To 2 spoons rolled oats stirred in a little cold water, add 1 pint boiling water, pinch of salt, piece of butter, size of filbert. Boil 15 minutes, then add 1 cup milk and strain.

**Flax Seed Tea**

One quart boiling water poured over 1-2 cup of flax seed, boil gently 1-2 hour, let stand 10 minutes, strain. Add juice of 2 lemons and 4 spoons sugar. To be used cold for hoarseness or sore throat.



PICKLES AND RELISHES—*Continued***Chopped Pickles**

Two qts. cucumber, chopped fine, 2 qts. onions, 1 large cauliflower, 3 green peppers. Put in separate dishes and sprinkle a handful of salt on each dish. Pour boiling water on and let stand over night. Drain in morning. Add: 8 cups of sugar,  $\frac{1}{2}$  gal. vinegar,  $\frac{1}{4}$  lb. white mustard seed; let come to a boil. Then make a paste of  $\frac{2}{3}$  cups flour,  $\frac{1}{2}$  cup mustard,  $\frac{1}{2}$  oz. tumeric; stir slowly.

**Beet Relish**

1 qt. beets puts through grinder, 1 qt. cabbage chopped fine, 5 cts. horseradish or 10 ct. jar horseradish, 1 cup sugar, 1 teaspoon salt, 1 teaspoon cayenne pepper. Mix all together, add vinegar to mix nicely. No cooking required. Beets must be boiled before grinding.

**Chutney Sauce**

30 large ripe tomatoes, 12 large sour apples, 6 onions, 16 tbsp. sugar, 3 tbsp. salt, 1 pint vinegar, 2 tsp. red pepper, 1 tsp. Park's catsup extract. Boil 2 hours.

**Fruit Sauce**

20 tomatoes, 8 peaches, 8 pears, 6 onions, 2 tablespoons salt, 1 tsp. ground cinnamon, 2 tbsp. whole spices, 1 quart vinegar, 5 cups sugar, 3 red peppers. Boil 2 hours.

**Pickled Beans**

One peck butter beans, prepare and cook as for table use and drain off water. Dressing: 2 lb. gran. sugar,  $\frac{1}{2}$  cup mustard, 1 cup flour, 1 tbsp. tumeric, 2 tbsp. celery seed, 3 pts. cider vinegar. Cook dressing until quite thick; pour over beans and bottle for use.

**Mustard Bean Pickle**

Boil 10 qts. butter beans in salted water

and drain well. Pour following mixture over them and pack in wide-mouth sealers: 4 qts. white wine vinegar, 1 large cup flour,  $1\frac{1}{2}$  cups mustard,  $1\frac{1}{2}$  oz. tumeric. Blend well together and boil for a few minutes, then add 4 cups brown sugar (or a little less), 2 tbsps. celery seed.

**Grandmother Pickles**

1 qt. cucumbers chopped fine (about 3 large ones), 1 qt. onions chopped fine, 1 bunch celery chopped fine, 3 large apples chopped fine, 3 red peppers chopped fine, 1 large cauliflower chopped fine, 1 qt. silver onions (whole). Cover with hot brine and leave over night. Drain in the morning and add:  $1\frac{1}{2}$  qts. vinegar, 1 qt. water, 8 cups brown sugar, 2 oz. mustard seed, and let all come to a boil. Make a paste of  $\frac{2}{3}$  cups flour,  $1\frac{1}{2}$  oz. celery seed,  $\frac{1}{4}$  lb. mustard,  $\frac{1}{2}$  oz. tumeric powder, and add, letting all come to a boil again before bottling.

**Cucumber Lunch**

Peel and slice 12 cucumbers and 6 onions, salt and leave over night, then drain and add dressing. Dressing: 3 cups sugar, 1 tsp. mustard, 1 tsp. curry powder, 1 tsp. tumeric, 1 tsp. celery seed,  $\frac{1}{2}$  tsp. cayenne, 1 tbsp. flour. Vinegar to cover. Put in cucumbers and onion and boil till clear.

**Canned Tomato Soup**

One basket tomatoes, 2 bunches celery 10 onions, 2 red peppers, 1 tbsp. salt, 1 bunch parsley. Boil 2 hours, then strain through collander, then through sieve. Put juice back on fire and add heaping teasp. of butter and thicken with  $4\frac{1}{2}$  tbsp. flour, wet with a little of the juice cooled, then boil ten minutes. Add 1 teasp. mustard wet with juice, and bottle.



**INVALID COOKERY—*Continued*****Raw Beef Sandwiches**

Scrape the raw beef. Spread it between thin slices of white bread, sprinkle with salt and pepper. Place the sandwiches on a toaster, and hold them over the coals until well heated. Serve hot.

**Red Pepper Sandwiches**

For sleeplessness try a red pepper sandwich. Butter a thin slice of bread, and sprinkle it generously with red pepper or paprika. This tends to stimulate the stomach and draw the blood from the head.





## Canning and Preserving

*"May the sunshine of comfort dispel  
the clouds of despair."*

### Cold-Pack Method

1. Pack the fruit or vegetables in sterilized jars.
2. Fill with hot liquid (syrup or water).
3. Cover with glass screw top, metal ring loosely. If tightly sealed, jars will break.
4. Steam until tender.
5. Lift jars out, remove top, adjust rubber ring.
6. Press food with silver knife to allow air to escape.
7. Fill to overflowing with boiling syrup or water.
8. Seal at once; wipe jar; invert till cold.

Note: Some fruits, as plums, hard pears, may be steamed 15 to 20 mins. before adding syrup. This softens the skins and fruit, which might otherwise be tough.

### Open Kettle Method

1. Have syrup boiling in a broad kettle.
2. Add fruit; cook gently, stirring as little as possible until fruit is tender; remove scum.
3. Fill sterilized jars to overflowing.
4. Seal at once: wipe off and invert till cold.

Note: If too large an amount is cooked at one time the food, especially small fruit, is broken up before it can be uniformly cooked.

Vegetables, except tomatoes, are more successfully canned by the cold pack method than in the open kettle.

### Syrup for Canned Fruits

1. For sweet fruits—1 cup sugar to 2 cups water.
2. For medium fruits—1 cup sugar to 1 cup water.
3. For acid fruits—2 cups sugar to 1 cup water.

Add boiling water to sugar; stir till dissolved. Boil 5 to 10 minutes; remove scum.

Note: In order to calculate the amount of syrup required, weigh the fruit and allow  $\frac{1}{3}$  to  $\frac{1}{2}$  lb. sugar to 1 lb. fruit for sweet and medium fruits, and  $\frac{3}{4}$  lb. sugar to 1 lb. fruit for acid fruits and those desired very rich.

### Amber Marmalade

One small pineapple chopped fine, one orange, one grapefruit, one lemon. All sliced thin or run through the grinder. Use three bowls of cold water to one of mixed fruit and let stand over night. The next morning boil hard for fifteen minutes, let stand twenty-four hours, measure equal parts of sugar and fruit. Boil  $1\frac{1}{2}$  hours or until it jellies.

### Black Currants

3 cups fruits, 2 cups cold water. Boil a few minutes, then mash gently until all are crushed. Add 5 cups white sugar and boil 1 minute. After it comes to a boil put in jars and seal.



# Favorite Recipes.

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## Favorite Recipes.

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*Wise housewives  
always prefer . . .*

**OGILVIE'S FLOUR**

*Always the same  
uniform quality*

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# Favorite Recipes.

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### TABLE OF WEIGHTS AND MEASURES

2	tablespoons flour is equal to .....	1 ounce
3	teaspoons make .....	1 tablespoon
16	tablespoons make .....	1 cup
2	cups made .....	1 pint
4	cups make .....	1 quart
4	cups flour (pastry) is equal to .....	1 pound
2	cups butter (packed solidly) is equal to .....	1 pound
2	cups granulated sugar is equal to .....	1 pound
2 $\frac{2}{3}$	cups powdered sugar is equal to .....	1 pound
3 $\frac{1}{2}$	cups confectioners' sugar is equal to .....	1 pound
2 $\frac{2}{3}$	cups brown sugar is equal to .....	1 pound
4 $\frac{3}{4}$	cups rolled oats is equal to .....	1 pound
2 $\frac{2}{3}$	cups oatmeal is equal to .....	1 pound
2 $\frac{2}{3}$	cups cornmeal is equal to .....	1 pound
4 $\frac{1}{2}$	cups Graham flour is equal to .....	1 pound
3 $\frac{7}{8}$	cups whole wheat flour is equal to .....	1 pound
4 $\frac{1}{8}$	cups coffee is equal to .....	1 pound
2	cups finely chopped meat is equal to .....	1 pound
9	or 10 eggs is equal to .....	1 pound
1	square of chocolate is equal to .....	1 ounce
2	tablespoons of butter is equal to .....	1 ounce
2	tablespoons granulated sugar is equal to .....	1 ounce



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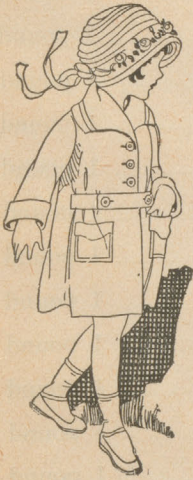
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Phone  
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## Where Exclusiveness is taken for granted!



**M**OST mothers dread the thought of taking children down town to the "big stores"—the endless pushing through crowded aisles—the aftermath of peevish children, frayed nerves and the disappointment of racks and racks of dresses all identical—of the almost hopeless task of finding "something different."

**M**any mothers have learned that here, in their own district, shopping can be a real pleasure—away from crowds and confusion. That here, children and children's needs come first—that exclusiveness is *taken for granted* and original ideas can be carried out very moderately by a courteous, efficient staff who look forward to the pleasure of meeting your children too, at

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## Rules for Feeding Little Children

**D**ON'T let babies or little children come to the table with older people to be fed. Feed them quietly where they will not be distracted, and where they will not see other food.

If after they are fed they are allowed to sit near the table in a high chair during meal time, don't let any one give them a bite of grown-up people's food, a lump of sugar, a sip of tea, a spoonful of jelly, a bit of cake or anything that will cause them to expect to be fed at the table.

Don't urge or coax a child to eat if he is not hungry. Often he feels some slight discomfort that he cannot explain; this may pass away if his stomach has a rest, but may lead to vomiting if more food is taken.

Teach a child to eat whatever is prepared for him. If he shuts his lips and turns his head away from a new dish, but will eat the familiar food, put the new food away until the next meal, and feed it to him first, a few spoonfuls, at least. The next time double the amount, and soon he will like it.

Don't feed a child between meals because he did not eat well at the regular time. Wait until the next meal hour comes.

Don't give a child ice water to drink.

Give him, however, plenty of cooled boiled water, two or three ounces, either from a cup, a bottle, or a spoon, between meals:

Don't think a baby's cry is always from hunger. It is likely to be from thirst in summer time.

Don't hurry a child at his meals.

Don't give a child as much to eat when he is sick as when he is well. On general principles feed him as if he were half his age, diluted milk, soups, Nestle's Food.

## Articles of Diet to Be Avoided for Young Children

Tea	Soda-Water	Grapes	Cabbage
Coffee	Lemonade	Cherries	Plum pudding
Cider	Pie Crust	Pineapple	Raw vegetables
Wine	Candy	Cake	Uncooked cereals
Beer	Nuts	Celery	Over-ripe fruit

## KIDDYGRAPH STUDIO

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## Time Table for Baking

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	HOURS	MINUTES
Bread .....		40 to 60
Biscuit or Rolls (raised) .....		10 to 20
Biscuit (baking powder) .....		10 to 15
Corn Cake .....		20 to 30
Gems .....		20 to 30
Cookies .....		10 to 15
Plain Cake .....		30 to 40
Loaf Cake .....		40 to 60
Fruit Cake .....	1½ to 3	
Rice and Tapioca Puddings .....	1	
Custards .....		15 to 20
Pies .....		30 to 40
Tarts .....		15
Baked Beans .....	6 to 8	
Squash .....		45 to 60
Potatoes .....		40 to 60
Beef, sirloin, rare, per pound .....		8 to 10
"    "    well done, per pound .....		12 to 15
Chicken, 3 to 4 pounds weight .....	1 to 1½	
Duck, tame .....		40 to 60
Lamb, well done, per pound .....		15
Pork, " " " " .....		30
Turkey, 10 pounds.....	3	
Fish per pound .....		15
Scalloped Oysters .....		25 to 30



## Time Table for Boiling

MINUTES	HOURS	MINUTES
		3 to 5
0 to 60		15 to 20
0 to 20		20 to 30
0 to 15		20 to 60
0 to 30	1	
0 to 30	4	
0 to 30	1½ to 2	
0 to 15	1	
0 to 40		30 to 40
0 to 60		30 to 40
		45 to 60
		15 to 20
		15 to 30
		3 to 60
15 to 20	1 to 1½	
30 to 40		45
15	2	
	1 to 2	
		30 to 40
45 to 60		30 to 40
40 to 60	1	
8 to 10	3 to 4	
12 to 15	3 to 4	
	2 to 3	
	1	
		20 to 40
40 to 60		20 to 30
15	3	
30	1 to 3	



# Favorite Recipes.

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## Notes on Cooking

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There are eight methods of cooking food, *viz*:

Baking or roasting  
Stewing  
Broiling  
Sautéing

Boiling  
Frying  
Braising  
Steaming

about each of which we have a few words to say.

IN ROASTING, or cooking by reflected heat, it is necessary to have the heat strongest at first, i.e., in using a gas stove the oven must be lit at least 10 minutes before the roast is put in to insure an even, steady heat, after which the burners should be turned down half way, till half done, when the heat may be reduced still more. When meat is properly roasted the outer layer of its albumen is coagulated, and thus the natural juices are prevented from escaping.

It is a very favorite method of cooking, but is not the most economical or advantageous, and is not recommended for small pieces of meat.

BOILING, though one of the easiest processes in cookery, requires careful management. Boiled meat should be tender, savory, and full of its own juice or natural gravy, but through carelessness it is too often sent to the table hard, tasteless and unnutritious.

To insure a successful result the heat of the fire must be indiciouly regulated. To one who uses a gas stove this is particularly easy, as the pot once boiling, can be moved on to the simmering burner, and kept at an even temperature.

Only sufficient water to cover the meat should be used in boiling, unless the flesh is boiled for the purpose of soap making, and all scum must be carefully removed.

The temperature at which water boils, under usual circumstances is 212° Fahr. Water does not become hotter after it has begun to boil, however long, or with whatever violence the boiling is continued. This fact is of much importance in cookery, and attention to it will save much fuel.



IN STEWING, it is not requisite to have so great a heat as in boiling.

A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices is all that is necessary. The great merit that this process of cooking possesses is that it will render palatable and nutritious parts of meat that could not be eaten if cooked by any other method, and it is one of the most, if not *the* most economical method of cooking.

It has been said of a frying pan and a stewpan that the former is "a poor man's enemy", the latter "his friend."

Too often stewing is confounded with boiling, but they are actually different modes. A stew should never boil, but cook slowly and long.

FRYING—This very favorite method of cooking may be accurately described as boiling in fat or oil.

Substances dressed in this way are generally well received for they introduce an agreeable variety, possessing as they do, an agreeable flavour. The great point to be borne in mind in frying is, that the liquid must be hot enough to act instantaneously.

The heat of the fat may be tested by cutting a piece of bread and dipping it into the frying pan for 5 or 6 seconds. Properly speaking, all articles cooked in this way should be immersed in the fat used for frying them, as very few things can be properly cooked by dry frying.

All articles fried should be drained on paper to remove any superfluous grease.

BROILING is a much neglected way of cooking, though when done correctly, a much tastier and more digestible way of cooking chops, steaks, cutlets, etc., than frying which is the more usual way.

A clear, bright heat is essential for broiling, and it can therefore be done to perfection on a gas stove, as almost all stoves are fitted with a broiler.

The heat should be greatest at first, to retain the juice and flavour in the meat, afterwards reducing to cook through.

Meat must be turned often whilst broiling, but not with a fork.

BRAISING.—This is one of the most delicious ways of cooking meat, etc.

Heat given below by means of stove or gas jet, on which the braising pan is placed, and heat above with hot cinders or charcoal with which the upper part of the vessel is filled, produces the effect that is obtained by first browning then stewing.

Once started it may be left to almost take care of itself.



SAUTEING.—Is a sort of combination of frying and stewing, the article to be cooked being first fried in fat and then when nearly done, the fat is drained off, and finished in sauce or stock.

STEAMING.—Is such an easy simple mode of cooking that it should be a more popular one than it is; besides being an economical way in more senses than one. Not only is a saving of fuel effected by cooking three or four articles over one jet, but the saving in the actual bulk and weight of articles is great.

The rules for steaming are very simple: be sure and keep the pot boiling under the steamer, and see that the lid of steamer fits closely.

### General Rules for Cooking by Various Methods.

BEEF	Boiled	Roasted	Broiled	Stewed
Aitchbone.....	15 min. to lb.			
Brisket.....	20 min. to lb.			
Ribs.....		20 min. to lb.		
“ boned.....		15 “		
Sirloin.....		20 “		
Heart.....		25 “		
Tongue.....	25 min. to lb.			
*Porterhouse Steak.....			20 min. to lb.	
VEAL:	Boiled	Roasted	Broiled	Stewed
Breast.....				25 min. to lb.
Fillet.....		30 min. to lb.		
Knuckle.....		40 “		
Shoulder.....		25 “		30 min. to lb.
Loin.....		20 “		
Sweetbread.....				25 min. to lb.
LAMB:	Boiled	Roasted	Broiled	Stewed
Breast.....				1 hour
Leg.....		30 min. to lb.		
Loin.....		15 “		
Neck.....		15 “		

\*Depends more on thickness than weight.



## GENERAL RULES FOR COOKING BY VARIOUS METHODS.

MUTTON:	Boiled	Roasted	Broiled	Stewed
Breast.....	30 min. to lb.			
Leg.....	20     "     "	20 min. to lb.		
Loin.....		15     "     "		1½ hrs.
Neck.....			10 min.	
Cutlets.....			8 min.	
Kidneys.....				
PORK:	Boiled	Roasted	Broiled	Stewed
Ham.....	25 min. to lb.			
Fore loin.....		35 min. to lb.		
Leg.....	30 min. to lb.	20     "     "		
Bacon.....	45     "     "		8 to 10 min.	
POULTRY AND GAME:	Boiled	Roasted	Broiled	Stewed
Turkey, large.....		2¾ hours		
"     medium.....	1¾ hours	2 hours		
Venison, haunch.....		4½ hours		
Fowl.....	1 hour	40 min.		
Duck.....		1¼ hours		
Goose.....		2¼ hours		
Grouse.....		30 min.		
Pheasants.....		35 min.	20 min.	
Woodstock.....		25 min.		
Wild Duck.....		25 min.		
Hare.....	Jugged— 3½ hours	2 hours		
FISH:	Boiled	Baked	Broiled	Stewed
Halibut Steak.....	15 min. to lb.		25 min.	
Salmon.....	8 lbs. 1 hr.			
Cutlets Medium.....			25 min.	
Trout.....		30 min.		40 min.
Soles.....	10 min.			
Haddock.....		45 min.		
"     Dried.....			5 min.	
Oysters.....			10 min.	10 min.



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## Favorite Recipes.

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*Wise housewives  
always prefer . . .*

**OGILVIE'S FLOUR**

*Always the same  
uniform quality*

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# Favorite Recipes.

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## Miscellaneous

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*"Everything odd, dizzy or queer,  
All that was left tumbled in here!"*

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## To Remove Stains

CHARACTER OF STAIN	METHOD OF REMOVING
<b>Coffee, tea, chocolate and fruit</b>	Place bowl on table, spread stained part over it, pour boiling water on it from a height so as to strike the stain with force.
<b>Obstinate fruit stains</b>	Three ounces oxalic acid 1 pint water, wet stain with solution, place over kettle of hot water and steam. Rinse well instant stain disappears. Wet stain with ammonia to counteract the acid remaining, then rinse.
<b>Old tea and coffee stains</b>	Wet with water; cover with glycerine, let stand 2 or 3 hours. Wash in cold water and soap. Repeat if necessary.



**Ink**

If stain is fresh, place stained portion in milk and allow it to stand. Wet spot, with warm water, rub on Sapolio, lay over several thicknesses of cloth and rub with an old toothbrush, then rinse.

One or two drops oxalic acid on the spots, rinse in several waters and finally in ammonia.

Salts of lemon or Javelle water. Wash thoroughly.

If on linen, dip in melted tallow. After it hardens wash in warm water.

**Mildew**

Rub lemon on and put in direct sunlight.

One teaspoon chloride of lime to 1 quart water. Dip mildewed places in solution and lay in sun. Rinse in clear water.

**Iron rust**

Rub with salts of lemon or Javelle water and wash thoroughly. Lemon juice and salt. Saturate and lay in sun. Repeat several times.

Cover with powdered alum and lay over open top of teakettle of boiling water. Steam 10 minutes.

**Grass**

Soak stained portion in alcohol. Rub. Peroxide.

**Paint**

If wet, rub with benzine; if dry, soften with vaseline or olive oil first.

Saturate spot 2 or 3 times with equal parts ammonia and spirits of turpentine then wash in soapsuds.

**Wax or grease**

Chloroform, ether or alcohol  
Benzine.



- Perspiration** Place in sunshine in soap solution.
- Blood** Clear cold water, then strong soap and water. Peroxide before washing.
- Tar, pitch or wheel grease** Rub well with lard, wash in soap and hot water.
- Scorch** Wet and place in sun.

### Fluid for Cleaning Carpets

- |                              |                   |
|------------------------------|-------------------|
| 1-4 pound white Castile soap | 1 ounce ether     |
| 3 ounces ammonia.            | 1 ounce glycerine |

Cut soap fine. Dissolve in 1 quart rain water and add other ingredients. Keep in glass jar tightly sealed. To use; rub soiled place with mixture, using soft tooth-brush. Rinse by using wet cloth wrung out of clear water and rub dry with dry cloth.

When ink has been spilled on carpet, cover it thickly with salt. When it is colored and damp with ink remove carefully and use cleaning fluid.

### Cleaning Fluid for Woolen Goods

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 ounce ammonia           | 1-4 ounce borax                 |
| 1-2 ounce alcohol         | 1-8 ounce powdered Castile Soap |
| 1-2 ounce sulphuric ether | 1 pint soft water.              |
| 1-8 ounce glycerine       |                                 |

Apply with brush or sponge. It will not injure color or fabric.

*Hair Tonic.* Five ounces bay rum, 1-4 ounce ammonia water, 10 grains quinine, 1-2 ounce tincture cantharides, 2 ounces olive oil and 1-4 ounce borax.

*Lotion for Hands.* Soak 5 cents worth quince seed in 4 cups water, 2 days, Strain forcibly through muslin; then add 2 ounces glycerine, 4 ounces rose water and 1 spoon tincture benzoin.

Beat with egg beater, perfume if desired, then bottle.



# Memo Telephone Nos.

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*Hard Soap.* One can potash, 5 1-2 pounds melted and strained grease, 1-2 ounce salts of tartar, 1-2 ounce dry ammonia and juice of 1 lemon.

*Washing Fluid.* One can potash, 1 ounce salts of tartar, 1-2 ounce powdered ammonia and 4 quarts water. Put potash in jar with 1 quart water. Stir until dissolved, add other ingredients. Use 1-4 bar soap cut fine and 1 cup fluid to 1 boiler of clothes. Use cold water.

*Furniture Polish* is made by using 1-4 lard oil to 3-4 gasoline.

*Furniture Polish.* Mix 3 spoons olive oil with 1 spoon vinegar. Apply with flannel and polish with dry flannel.

*Furniture Polish.* One pint raw linseed oil, 1-2 pint cider vinegar. Shake before using.

*Javelle Water.* Boil 4 pounds sal soda in 1 gallon water 10 minutes. Add 1 pound chloride of lime free from lumps. When cold strain through cheesecloth and keep in tightly corked bottles or jug. To bleach cloth use 1 cup Javelle water to each pail water and boil, stirring often to make bleaching even.

*For Dipping Black That Is Rusty.* Two spoons logwood, 1 spoon soda, 1-2 cup soft soap. Hot water to wet goods. Drain and iron while damp.

*To Clean White Felt* sprinkle thoroughly with white chalk, let remain over night and brush out in morning.

*To Clean Straw Hats.* One teaspoon oxalic acid dissolved in 1-2 saucer water lukewarm. Lay on flat surface and rub rapidly with toothbrush dipped in solution. Dip sponge in clear warm water, squeeze half dry and go over hat several times quickly and wipe dry soon as possible with dry cloth. Fill crown with paper to keep from sinking as it dries, letting rest on flat surface. Do not wet hat more than necessary and do all quickly.

*To Cure a Felon.* Heat together 4 spoons vinegar and 1 spoon saltpetre until saltpetre is dissolved; then thicken with bran. Change poultice often and in 24 hours will draw to a head.

Mix mustard with white of egg for *Poultice*, and it will not blister.



## SALADS—Continued

**Mayonnaise Dressing**

One cup sugar,  $\frac{1}{2}$  cup milk, 1 cup vinegar 1 egg, 4 teaspoons mustard, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper.

Beat eggs and sugar together. Let all come to a boil; add vinegar. When boiled, a little butter will improve.

**Green Pepper Salad**

Take two or three green peppers. Cut off tops and remove seeds. Plunge into boiling water for a moment. Mix a filling of cream cheese, shopped walnuts and salad dressing. Fill peppers with this mixture. Set out to chill. Slice the peppers and place on lettuce leaves.

**Cold Slaw**

Shave half of a small head of cabbage fine. Melt in a pan a piece of butter the size of an egg. Stir in it a heaping teaspoon of flour. When perfectly smooth, add half a pint of milk with an egg beaten in it. Stir over the fire until very thick and beginning to boil. Then set it off and stir in cabbage, (mix well) through the cabbage, add a little salt, and half a cup of vinegar, stir well until all mixed. Put it in the dish you will serve it in an hour before dinner time.

**Somerset Salad**

On a crisp lettuce leaf lay a mound made of apples and pears. Cut into small cubes, surround this with a fence made of sections of orange, cover with dressing and top with a slice of ripe red tomato.

**Shrimp Salad**

One can shrimps halved, one cup celery two cups mashed potatoes. Mix together and add salad dressing, salt and pepper to taste. Serve on shredded lettuce.

**Salad Dressing**

One teaspoon salt, 1 teaspoon mustard,  $1\frac{1}{2}$  tablespoons sugar,  $\frac{1}{2}$  tablespoon flour, 1 whole egg or yolk of 2,  $1\frac{1}{2}$  tablespoons butter, 1 cup milk,  $\frac{1}{4}$  cup vinegar.

Mix dry ingredients, add well beaten eggs, milk, vinegar, butter. Cook slowly and stir constantly until thick.

**Mayonnaise Dressing**

One tablespoon butter, 1 tablespoon flour.

Dissolve butter and add flour. When smooth, add 1 cup milk. When it has boiled thick, add  $\frac{1}{2}$  cup vinegar, 1 teaspoon mustard, 2 tablespoons sugar, pinch of salt, 2 eggs beaten light. Add to the other mixture, boil for a while longer. Add cream, sweet or sour, to proper consistency.

**Uncooked Salad Dressing**

$\frac{3}{4}$  tin of Borden's Condensed Milk,  $\frac{1}{2}$  cup vinegar, 1 teaspoon mustard, 2 eggs well beaten, pinch of salt. Bottle and set away until next day (becomes thick). Shake bottle when you want to use it. This recipe will keep for some weeks.

**Salad Dressing**

1. Beat the yolks of two eggs with a Dover egg beater. Add drop by drop a cup of olive oil. Thin out with the juice of one lemon. Add a pinch of salt.

2. Beat together two eggs, two tablespoons of brown sugar, one teaspoon of mustard, one-half teaspoon of salt, dash of pepper. Then add piece of butter size of a large egg, also juice of one large lemon and two tablespoons of water. Cook slowly and stir constantly until it thickens. Keep in a cool place. Add one-half cup of whipped cream before serving. If desired, add more lemon juice and sugar before serving.

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*For Rheumatism.* Mix juice of 3 lemons with teaspoon soda in a quart pitcher and drink while foaming. Take night and morning until 1 dozen lemons are taken.

*For Burns.* One pint castor oil slightly warmed, beaten to a froth. One teaspoon carbolic acid. Cork ready for use.

*To Clean Granite Ware* where mixtures have cooked or burned on. Half fill with cold water, add washing soda, or soap powder, cover and heat to boiling point, then empty and dish may be easily cleaned.

*To Remove White Spots from Furniture,* alcohol or camphor *quickly* applied may be used.

*To Soften Paint Brushes.* Heat vinegar to boiling point and immerse brushes. Let simmer 10 minutes. Then wash in strong soapsuds.

*To Remove Paint from Windows.* Dissolve 10 cents worth oxalic acid in 1 pint hot water. Apply with a swab, being careful not to let it touch the fingers.

To remove dirt from *Porcelain Wash Bowls, Bath Tubs or Sinks,* dampen a flannel cloth in gasoline and rub over the surface.

To remove *White Spots on Refrigerator,* rub zinc lining with kerosene. Leave top and door open several hours, then wash with soap and ammonia in warm water.

*To Wash Heavy Garments* draw up on washboard, soap well and use small hand scrubbrush, rinse in several waters and hang on line without wringing.

*Muslin Dresses* should not be allowed to soak before being washed, but should be rubbed quickly to soak through a soapy lather.

*To Set Delicate Colors* place 1 teaspoon turpentine in a pail of water, put in the garment and leave 10 minutes.

*When Making Starch* add 1 teaspoon soap powder, to event iron sticking to muslin.

*Washing Summer Fabrics.* When washing anything blue add handful of salt to water; green, a lump of alum; gray or brown, a little ox-gall; tan or linen goods, hay water; reds and pinks, a little vinegar. This will prevent fading.



*To Make a Faded Garment White*, wash in boiling cream-of-tartar water, allowing 1 teaspoon of powder to a quart of water.

*To Keep Silver Bright* in china closet hide on each shelf behind one of articles a lump of camphor.

*To Brighten Nickel or Brass*. Apply wood ashes to nickel. Salt and vinegar to brass. Apply with crash towelling and rub briskly.

*To Prevent Mold* on jellies and preserves place a bowl of lime in closet where fruit is kept.

*To Keep Flowers Fresh* when sent by mail let stand in water 2 or 3 hours before packing. Line box with paraffin paper. Damp moss may be packed about stems.

*To Ripen Tomatoes* picked green or underripe place in cool dark place.

*When Baking Cookies* invert pan and place cookies on bottom of it to bake. They will not burn as easily.

*To Prevent Fat from Sputtering* when frying eggs first put a little flour into the fat.

*To Clean Piano Keys* rub over with alcohol.

*When Cleaning with Gasoline* add a little salt to solution and spots may be removed from most delicate fabrics without leaving a ring about edges.

*To Remove Odor of Gasoline* from gloves suspend from warming oven of stove not near enough to ignite.

*When Cleaning with Gasoline* set receptacle which holds gasoline and goods into hot water.

*To Keep Salt from Packing* put a few grains of rice in salt cellar.

To prevent boiled *Frosting from Hardening* add piece cream tartar size of a bean.

*To Make Meat Tender* put spoon of vinegar in water in which it is boiled.

To add *Flavor to Apple Pie* put little vinegar in before putting on top of crust.





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*Pumpkins* May be Preserved by dipping stem and blossom end in melted paraffin. Keep in cool part of cellar.

*To Keep Lettuce Fresh.* Wash thoroughly, shake each leaf separately, put in covered pail and set in cool cellar or ice box.

*Before Putting Cake into the Oven* to bake, give the tin several thumps on table and the cake will not fall.

*When Boiling Eggs,* dip in cold water before putting into boiling water, or prick the end with a pin and they will not crack.

*To Make Round Steak Tender,* trim and pound slightly. Let steak stand 3 or 4 hours in 2 spoons olive oil and 1 of water, turning one; then broil as usual.

*Tough Pieces of Beef or Fowl* may be brought to a boil in very little water, then covered tightly and cooked for several hours in a very moderate oven. The long, slow cooking is the only way to make such meat palatable.

*To Preserve Ham for Summer Use* slice, remove rind, pack in jar and melt sufficient lard to cover thoroughly. It may be partly fried before packing. When taking out some for a meal, melt lard and pour over again, being careful to keep it all covered.





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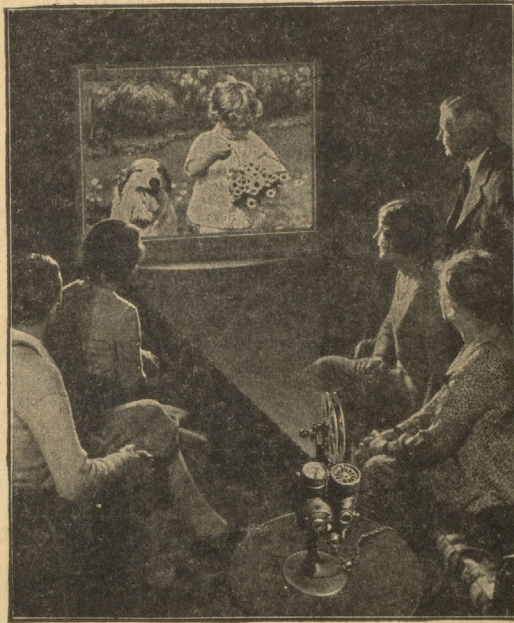
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