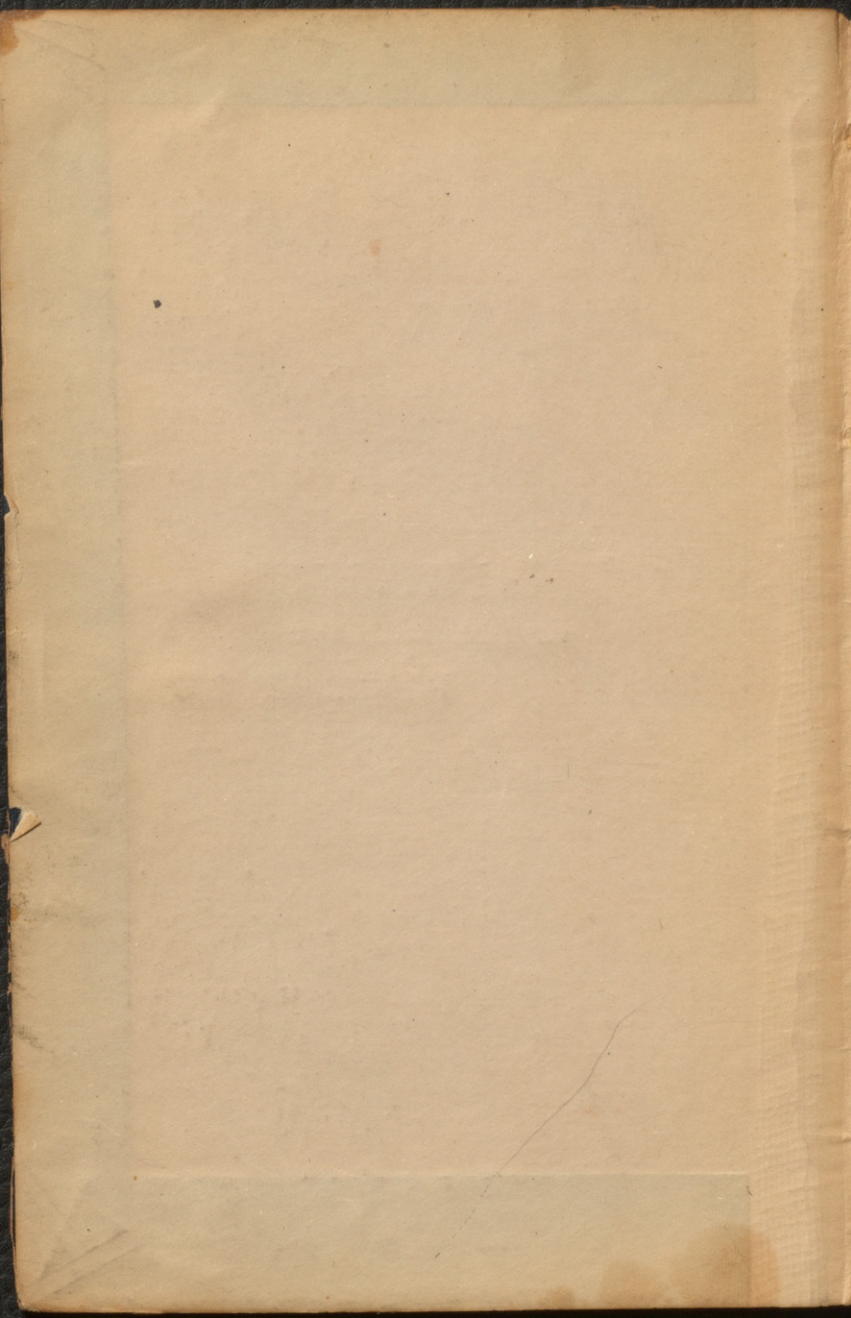


Mrs. Wron

JOHN WARREN

GENERAL MERCHANT

POINTE A LA HAIE

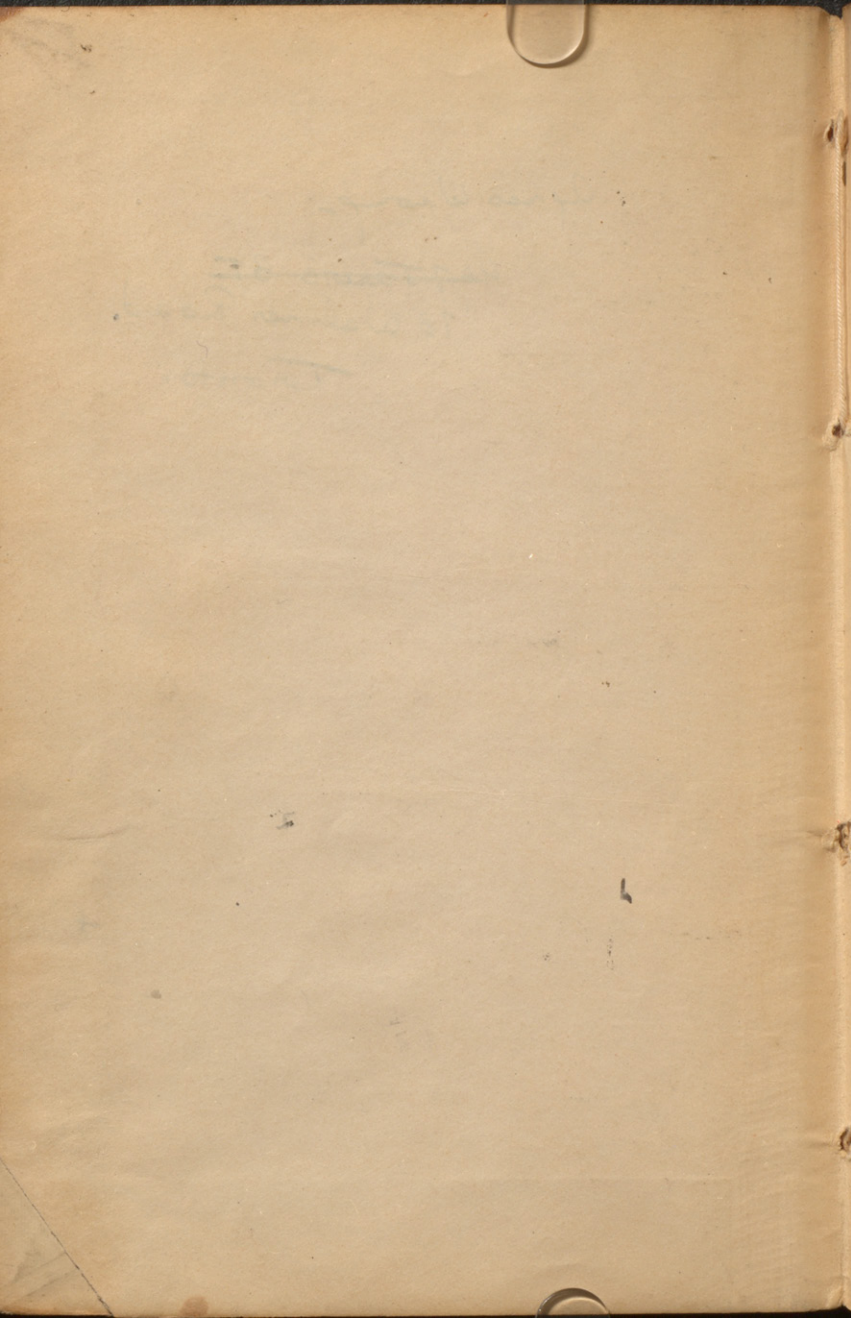


Agnes W. Simpson

~~467 Jarvis St~~

73 Walmer Road.

Toronto.



Salad Lesson II

Egg and cheese salad.

Boiled salad dressing

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

1 T mustard

cayenne

1 lb sugar

1 lb flour

1 egg

1 lb butter

$\frac{1}{2}$ c hot water

$\frac{1}{4}$ c vinegar

Method

Mix dry ingredients together add hot water and mix well stirring slowly. Add vinegar and butter.

Cook what goes hot water until thick. Add some of the thickened mixture to the beaten egg return to double boiler and cook a little longer.

1. Cutting of vegetables

1) Cut evenly and fairly small.

2) In mixing of salads use forks

3) In combination of vegetables

4) Garnishings

-- (Tomato, pepper, pimento

parsley green pepper
olives

Lunch or salads

6.

Cottage cheese

cream cheese

Canadian cheese grades

mix with cream milk or

salad dressing

1. Pure and cheese salads
2. Date " " "
3. Pear " " "
4. Cheese balls
5. Cheese salad I
6. Celery and cheese,
Date and cheese salad
Stuff dates with
cheese & pinerito
and salad dressing

Pear salad

Made with fresh or preserved pears. Cut in half and take out seeds. Stuff the hole with grated cheese and salad dressing. Garnish with pimento

Cheese balls

Made into balls and served among the lettuce.

Cheese salad 1

Cheese mixture made into loaf cut in slices served on lettuce.

Celery and cheese

Take the inner stalks of the lettuce. Scrub till clean. Stand in cold water till crisp. Fill stalks with cheese mixture. Cut in small pie size and serve on lettuce.

Method for cottage cheese
~~to~~ Heat 1 quart of sweet
milk to luke warm.
Add 1 junket tablet reduced
to a powder and let
stand in a warm place
till set. Beat with a
fork to break the curd.
Turn into a cheese cloth
bag. Let hang till the
whey has drained out.
Flourish with melted butter
and cream. Add salt
to taste.

Hard boiled eggs

Put on cold water. Bring to the boil. Set aside close covered for $\frac{1}{2}$ hour.

Stuffed eggs

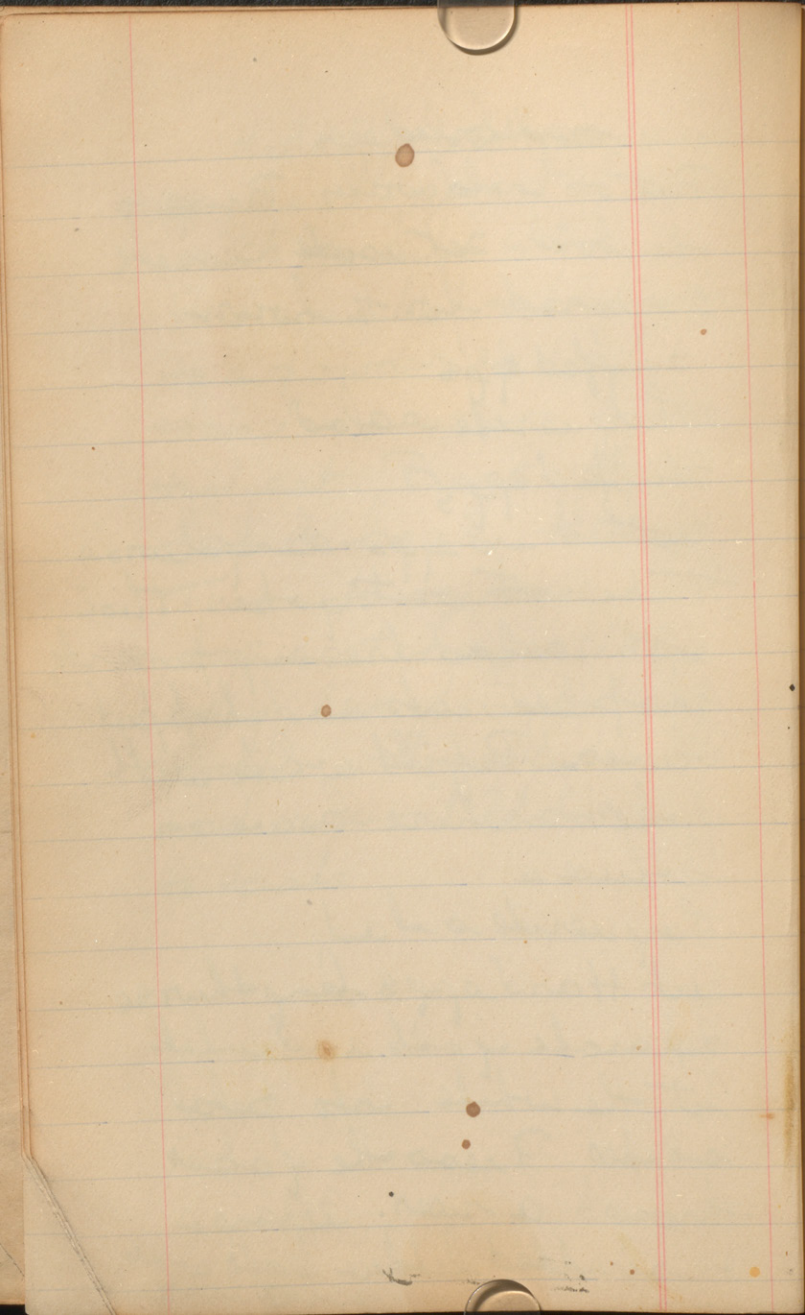
Parquet salad

Stuffed eggs

Cut hard eggs lengthwise
Take out yoke. Fill with salad dressing, minced, chopped nuts and chopped olives. Refill white with yoke mixture. Serve on lettuce.

Parquet salad

Cut hard eggs lengthwise
Separate yolk and white
Cut the white into petal shapes. Press the yokes through a ricer. Arrange on shredded lettuce with salad dressing.



Meat and Fish Salad.

French dressing

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

$\frac{1}{4}$ T pepper.

4 T vinegar.

4 T olive oil.

for Variation add tomato catsup

Place ingredients in a bottle. Shake well together

just before using.

II Mayonnaise

1 t mustard

1 t salt

cayenne

1 c olive oil

2 T vinegar or 2 T lemon juice

yokes of two eggs

Method

1. Mix the dry ingredients
2. Add the yokes of egg beat to
3. Add $\frac{1}{2}$ the oil slowly

Beat up continually with
a Dover beater.

Add the remainder of the
oil drop by drop,
alternately with the
lemon juice.

All ingredients must be cold
if the mixture curdles.

Add the mixture very
gradually to the yoke of an
egg. Beat continually.

N.B. Do not place this dressing
on fish or meat salads
until ready to serve.

Lettuce must not be left
in water for a long time.

Seal Salad

1. Remove the fat and gristle from the meat
2. cut in half inch cubes. #
3. Marinate with French dressing
Allow to stand in a cool place for $\frac{1}{2}$ hour.
4. Cut an equal amount of celery in $\frac{1}{2}$ or $\frac{1}{4}$ inch pieces
5. When ready to serve combine
6. Pile lightly on a bed of lettuce.
7. Garnish with mayonnaise
It may be put through a pastry tube. Cured celery and pimento
Other garnishes.
Hard cooked egg
Pimento Olives or walnuts -

Salmon salad -

Remove the bone, skin and
legged from salmon or any
left over fish as halibut
or haddock. Flake with the fork
Combine with an equal
amount of celery cut in $\frac{1}{2}$
inch pieces or finely shredded
cabbage or cucumber
cut in cubes

Mix together with a boiled
dressing. Pile on lettuce
Garnish with cucumbers
tomato or radish roses
fenestrated olives. Plain olives
pickled fars.

Shrimp salad

Remove shrimps from the can
Place in cold water 1 hour

Remove the outside covering
and the intestine

Dry between towels.

Break in small pieces.

$\frac{3}{4}$ amt. Reserve remainder
for garnishing

Combine with an equal
amount of celery. Mix with
crem dressing

Piled on celery leaves or lettuce
garnish with salad
dressing and parsley
and remaining shrimps

Serve salads with crisp
crackers spread with
butter and sprinkled with
cheese - Plain sandwiches
lettuce sandwich, cross or roll
cheese straws bread and butter

Fruit salads

Bananas

Grapes

Grape fruit

Grapes.

Apples

Pineapples

cherries

strawberries

Peaches

Pears

Cantaloupe and prunes

Cream Dressing

2tb lemon juice
 $\frac{2}{3}$ t mustard

cayenne

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

2tb butter or oleo

1tb sugar

2 yolks of eggs

1 cup of ^{whipped} cream.

Press yolks through sieve
add other ingredients and fold
in cream

Italian Cherry Pie

~~1~~ 1c sugar

$\frac{1}{2}$ c water

3 eggs

2 lemons

Boil the sugar water and a thin
slice of lemon rind to form
a thick syrup.

Remove the rind and add

the lemon juice
Add the yolks of eggs
Beat the whites until
stiff

Pour the syrup over
gradually, beating continuously
Salad dressing

3 tb sugar
2 tb flour
2 eggs
2 tb vinegar
1 lemon juice and grated
rui

Take of 1 can of
pineapple (1 cup)
Mix flour and sugar
together add the egg
vinegar and fruit juice
gradually.

Cook over hot water

stirring continually.
When ready to use fold
in $\frac{1}{2}$ pint cream & beat
until thick.

Pineapple salad
Place a slice of a ^{Hawaiian} ~~Hawaiian~~
pine apple on a bed of lettuce.
Pile salad dressing on the
pine apple.

Garnish with strips of pimento
and cheese balls rolled in
finely chopped nuts.

Fruit salad.

1. Remove membrane from
sections of orange and grape
fruit
2. Cut in three or four pieces.
add an equal amount of
cubed pineapple
Garnish with French dressing

served on a bed of
lettuce. Garnish with
mayonaise. $\frac{1}{2}$ and cherries
Place in long stemmed
 $\frac{1}{2}$ glass. Serve with Italian
meringue

Waldorf salad

Apples

celery

dates or nuts

} Equal
amounts
cut in cubes

Combine with salad

dressing (boiled) Pile in

red apple cup or on a

bed of lettuce. Garnish

with halves of walnut and

curled celery

Pineapple and nut

Stock Soups.

3 lbs of beef

1/2 Neck of beef

Knuckle of veal

Left over bones and
meat from roast.

Avoid the use of
smoked meat

Lamb or mutton fat.

Use $\frac{2}{3}$ lean meat

$\frac{1}{3}$ fat and bone.

Lean meat contains
extractives, albumin
water.

Fat adds flavor
and seals the surface.
Bone cartilage tendons
and skin.

From these a gelatinous
substance is extracted.

General rule.

- 6 lbs of skin of beef
- 3 qts of water
- Bay leaf
- 4 Cloves
- 6 Pepper berries
- Celery
- Vegetables
- Celery salt
- Turnip
- Onion

This stock use 4 c water
to 1 lb meat and bone
Reduced stock use 3 c
water to 1 lb to 1 lb meat.

For heavy stock use 2 c water
1 lb meat and bone

Method

1. Wipe off the meat
2. Cut in small truck
one inch cubes
to expose the surface
to the water.
3. Weigh meat, bone and
fat
4. Place the marrow from
the bone in a fryispan
Heat until very hot
5. Brown $\frac{1}{3}$ of the meat
6. Place the meat fat
and bone in the stock
pot. Add the cold
water.
7. Soak one hour.
Heat the water

go gradually to boiling point
Reduce the temperature
and simmer slowly
7 or 8 hours

9 Add spices sweet herbs
and vegetables for flavouring
before removing soup
from heat

x Strain, pour into
sterile bottles

11. Cool gradually, but as
quickly as possible

General rule for cream
soup

Should be the consistency
of cream

Vegetables

Milk or cream

Flour

Use 1 lb flour to 1 lb butter
to 1 c of liquid

Liquid is $\frac{1}{2}$ milk and
 $\frac{1}{2}$ vegetable stock and
pulp

Exception vegetables
containing starch

Potatoes

artichokes

Corn

Cook the vegetable

Put it through a sieve

(1/4C)

Cream of tomato soup.

$\frac{3}{4}$ C 2 c tomatoes stewed & strained

$\frac{1}{4}$ C $\frac{1}{8}$ T B. soda.

$\frac{1}{4}$ C 2 c milk.

$\frac{1}{2}$ T 4 lb flour.

$\frac{1}{2}$ T 4 lb butter.

$\frac{1}{4}$ T 1 T sugar.

- $\frac{1}{2}$ T salt.

- $\frac{1}{4}$ T pepper.

Method.

Simmer the tomatoes onion
and celery 15 mins

Drain add sugar and
B soda

There should be 2 cups

1. Place the flour on one side
of the saucepan.
2. Place the butter on the other side
3. Add the seasonings to the flour
4. Let the butter stir in the flour
and when it bubbles add the milk

slowly - stirring
continually

Keep the mixture
bubbling all the top
When ready to serve
add the tomato

gradually to the
white sauce, stirring
Heat to boiling point
Season to taste,
Sauce made in double
boiler -

Con Soup -

24 1 can con

$\frac{1}{2}$ c 2c water

$\frac{1}{4}$ c 2c milk

$\frac{1}{2}$ T onion, celery salt

~~$\frac{1}{2}$ T~~ 24b flour.

$\frac{1}{2}$ T 24b butter.

$\frac{1}{4}$ T 2T finely chopped parsley -

Stock Soup

\$ Soup Sticks

Tomato Soup with stock

$\frac{1}{2}$ c 1 qt brown soup stock

$\frac{1}{2}$ c 1 can tomatoes

1 $\frac{1}{2}$ T peppercorns

- 1 piece bay leaf

1 3 cloves

$\frac{1}{2}$ 4 Tc butter

$\frac{1}{3}$ c flour

onion carrot celery

ham (or bacon)

$\frac{1}{4}$ c each cut in dices

salt + pepper

Turkish Soup

$\frac{1}{2}$ c 4c brown soup stock

$\frac{1}{2}$ c 1 $\frac{1}{4}$ c rice

3 T 3 T $\frac{1}{2}$ lb stewed + skinned tomatoes

bay leaf

2 slices onion

2 10 peppercorns

celery salt
 $\frac{1}{2}$ 2 lb butter
1 lb $\frac{1}{2}$ lb flour

Julienne Saut

$\frac{1}{2}$ c 1 qt brown soup stock
 $\frac{1}{2}$ lb $\frac{1}{2}$ lb $\frac{1}{4}$ c carrot
 $\frac{1}{2}$ lb $\frac{1}{4}$ c turnip
2 lb cooked peas
 $\frac{1}{2}$ lb 2 lb cooked string beans
salt + peppe

Macaroni Soup.

1 qt brown soup stock
 $\frac{1}{4}$ c macaroni broken in
 $\frac{1}{2}$ veg piece

Consomé

3 lbs beef (meat and bone)
3 " knuckle of veal
3 qt cold water!
1 qt chicken stock
1 c carrot

1 lb turnip
1 lb celery
 $\frac{1}{3}$ onion
2 tb butter
1 tb salt
1 T peppercorns
6 cloves
1 T minced sweet herbs
2 sprigs parsley
1 bay leaf
egg whites.

Classifications of stock soups
Boillion Stock made of lean
beef, delicately seasoned.
Clear soup.

Brown soup stock
Made from beef $\frac{2}{3}$ lean meat
 $\frac{1}{3}$ bone and fat. Highly
seasoned using vegetables
spices and herbs.

White Soup stock
Made from chicken or veal
delicately seasoned
Consommé made from
two or three kinds of meat
Highly seasoned and served
clear.

Lamb or mutton stock
delicately seasoned.

Tomato Soup

Cook onion carrot
celery and ham in the
butter until well
browned. Add the flour
and seasonings. Add
the tomatoes cover
and cook slowly for
1 hour

Rub through a strainer
Add to hot soup
stock. Reheat and
season to taste before
serving

Turkish Soup

Cook the rice in brown
stock till soft

Cook the spices with
the tomatoes about
20 minutes

Combine mixtures

Put through a sieve and finish
as a sauce

Tuberne Soup

Cut the carrot and turnip
in thin strips $1\frac{1}{2}$ inches
long. Cook until soft in
boiling water. Add all the
vegetables to the soup stock.
Reheat and serve.

Macaroni soup

Cook the macaroni in
boiling water till soft.
Drain and add to the
boiling soup stock.

Consommé

Cut the beef in small pieces
and brown in the fat.

Soak the bone and the
veal in the cold water.

Add the browned meat

Let stand 1 hour.
Heat slowly to boiling
point and let simmer
three hours. Removing
scum as it forms.

Add the chicken stock.

Cut the vegetables.

small dice and brown
in the butter add to
the soup with the rest
of the seasonings.

Simmer two hours
longer strain remove
the fat and clear.

Soup Sticks.

Cut bread into $\frac{1}{2}$ inch slices
Remove crusts. Butter and
cut in strips $\frac{1}{8}$ inch wide
and 3 to 4 inches long. brown
in the oven.

1. Clearing of Soup stocks.
Whites of eggs, slightly
beaten, are used
(White and shell of eggs
to a quart) ~~to~~ The
albumen affects the
clearing by drawing
to itself the juices which
have been coagulated
by heat.

~~Preparation.~~

2. Cool stock and remove
fat. Beat egg slightly
and add to stock. Heat
gradually to B. P.
stirring all the time
^{Boil 5 mins}
Remove to back of stove
add $\frac{1}{4}$ c cold water to
each quart of stock
Let stand 5 mins

Strain through thick
cotton in a steamer.
Seasoning is always
done before clearing

Bure des h Timbales

$\frac{3}{4}$ c flour
 $\frac{1}{2}$ T salt
1 T sugar
 $\frac{1}{2}$ c milk
1 egg
1 T olive oil (1 T @)

$\frac{1}{4}$ c | $\frac{1}{2}$ c flour
 $\frac{1}{6}$ c | $\frac{1}{8}$ T salt
 $\frac{1}{4}$ T | $\frac{1}{2}$ T sugar
 $\frac{1}{6}$ c | $\frac{1}{3}$ c milk
 $\frac{1}{2}$ | 1 egg
 $\frac{1}{2}$ T | 1 T olive oil

Method.

1. Mix and sift the dry ingredients
2. Add the milk and the beater egg gradually
3. Add the oil

4. Blend thoroughly, by beating
5. Put the mixture in a cup
6. Heat the iron in fat hot enough for butter.
Cube of bread browns in 60^{seconds}
7. The fat should be deep enough to cover the iron
8. Wipe the fat from the iron then dip it three quarters into the batter, then place in hot fat
9. Cook until a delicate brown. Remove from the iron on unglazed paper. Allow to drain.
10. Dip the edge of the turnpike in white of egg, beat slightly then dip in finely chopped parsley.
11. Fill with creamed sweet bread

of stars, chicken
shrimps.

Strips of pimento or
green peas - may be added
Cream Sauce

$\frac{1}{4}$	1 c	milk
$\frac{1}{2}$	2 tb	flour
$\frac{1}{2}$	2 tb	butter

Heating the iron,
Heat the ~~iron~~^{fat} till nearly
hot enough for 60 seconds
Let the iron stand in
the fat for 2 or 3 minutes.
Wipe off the iron. If the
batter slips off the iron
it is too hot. If the batter
does not slip to the iron
it is not hot enough.

The cases should be
light in colour and crisp

If the cases are rather soft
the leather is too thick
I look with milk.

Potato croquettes
2c hot seeded potatoes
2tb butter
 $\frac{1}{2}$ t salt
 $\frac{1}{8}$ t pepper
 $\frac{1}{4}$ t celery salt
cayenne
onion juice
1t chopped parsley
yoke of 1 egg.

Method

Cook the potato in a
small amount of
boiling water until
tender. Cover during cooking
1t salt to 1 quart of water
Drain, force through
potato ricer
Add the seasonings.
Butter and egg yolk

Beat together. Shape in
cylinders.

Roll in dry crumbs. Add
salt and pepper to your
crumbs then egg and crumbs
Try in deep fat according to
general rules until golden
brown. Drain on unglazed
paper. Garnish with parsley.

Potato apples

2 c hot sliced potatoes

$\frac{1}{3}$ c grated cheddar

2 tb butter

2 tb milk

2 yolks of egg

Seasoning

Same method as for
potato croquettes.

Shape as apples.

Use whole cloves for stem & other
end

Rice Croquettes

2 c a cold cooked rice

2 t milk

1 egg

2 tb butter

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

pepper.

cayenne

parsley

Warm rice in top of the
double boiler with a
small amount of milk
add the egg butter
and seasonings.

Cook until the egg
yolk thickens

Cool on a plate mixture
should be firm
enough to shape

Form into balls

Rolling crumbs

Coop with crumbs.
Fry in deep fat.

Drain garnish with parsley

Sweet rice or quackles

Omit seasonings

Add $\frac{1}{3}$ cup or grated rut. meg.

Form with an indentation
in the centre.

After frying place jelly
in the indentation.

Chicken soufflé

$\frac{2}{3}c$	2c	scalded milk
$\frac{2}{3}t$	2t	butter
$\frac{2}{3}t$	2t	flour
$\frac{1}{3}t$	1t	salt
	$\frac{1}{8}t$	pepper
$\frac{1}{6}c$	$\frac{1}{2}c$	stale bread crumbs
$\frac{2}{3}c$	2c	cold cooked chicken (finely chopped)
$\frac{1}{3}$	1t	finely chopped parsley
1	3	eggs

Method

1. Make a white sauce

Add the seasonings and bread crumbs

Cook two minutes

Remove from the fire

Add the chicken parsley and well beaten yolks of egg

2. Beat the white of egg until stiff
3. Fold into the sauce carefully.
4. Place in buttered baking dish
5. Oven poached (30 minutes)
6. Serve at once with mushroom or tomato sauce or white sauce with green peas.

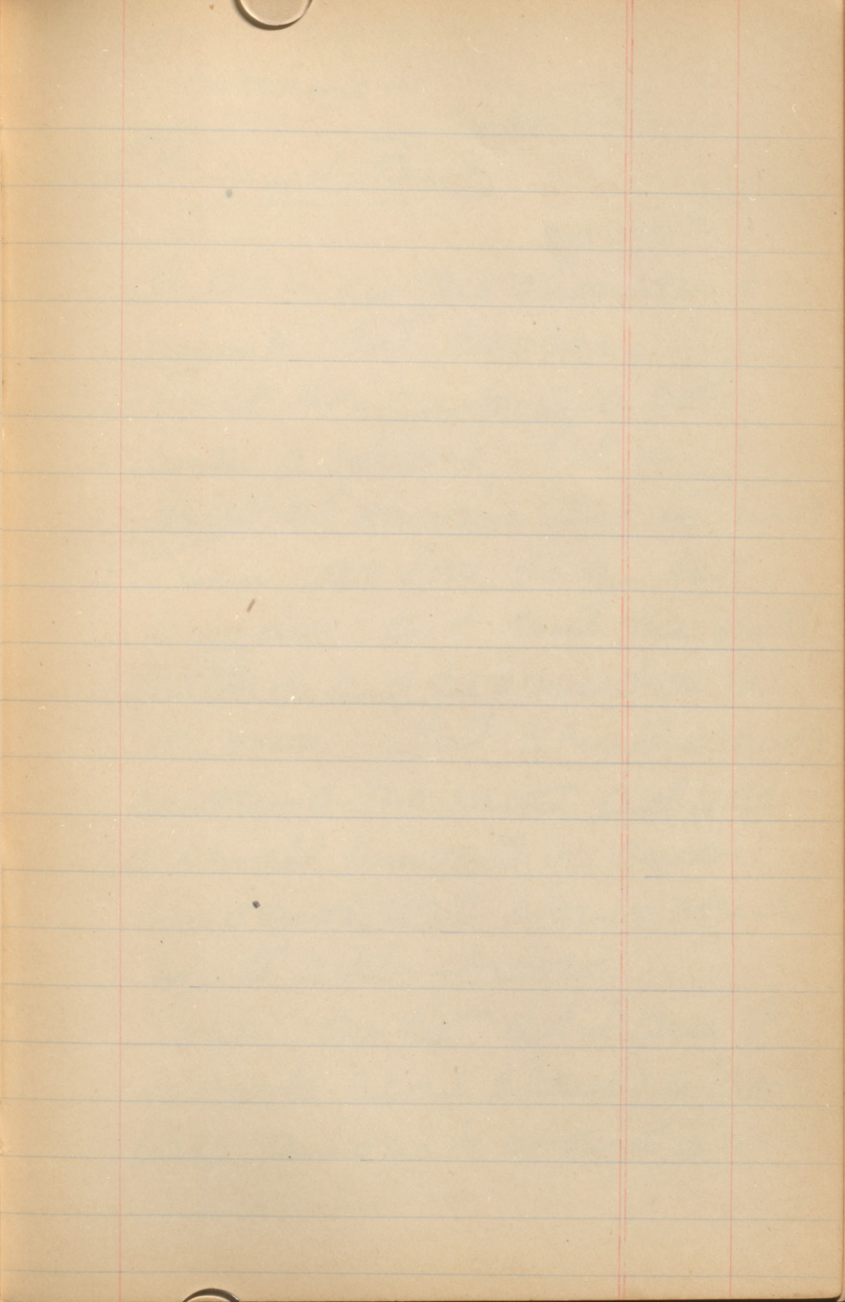
Stuffed Green Peppers

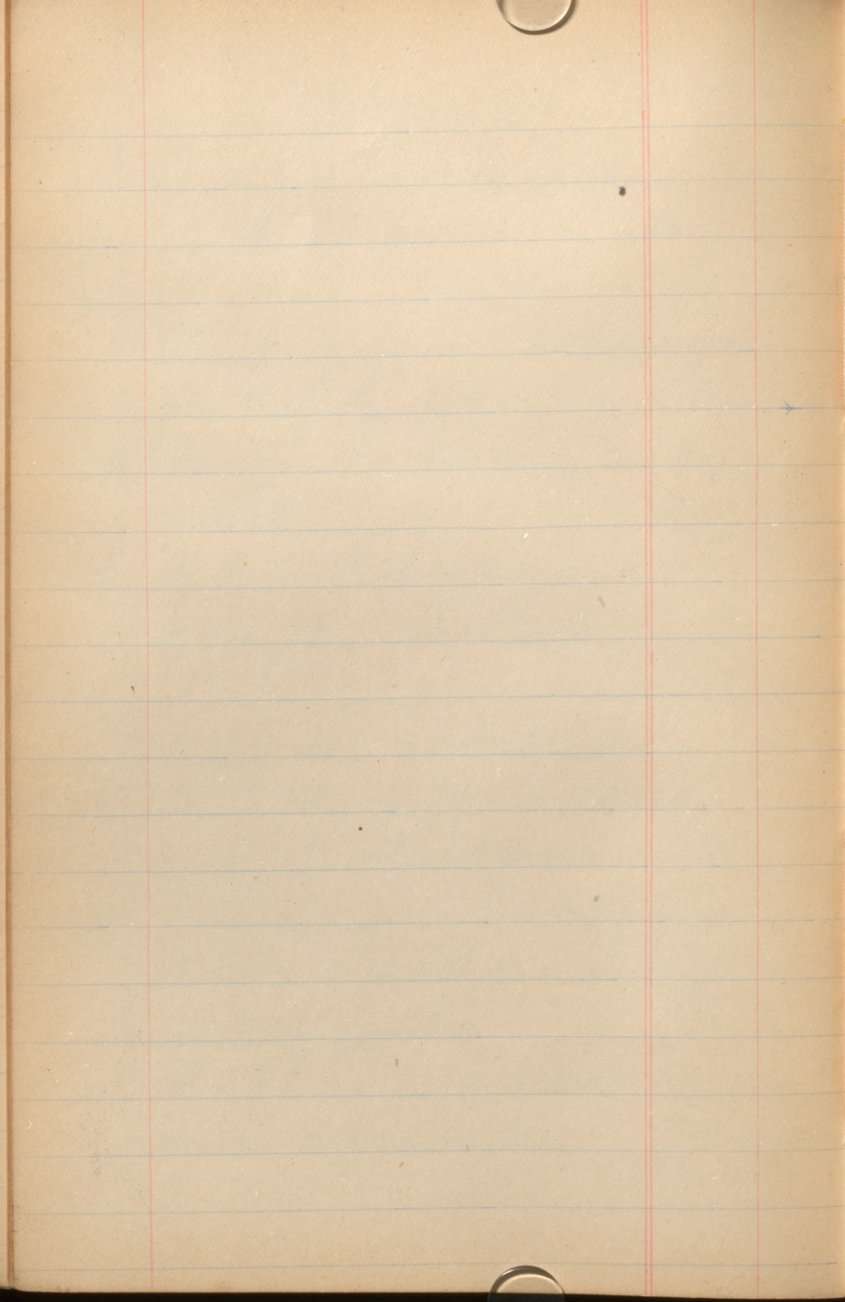
- | | |
|-------|----------------------------|
| 6 | medium sized green peppers |
| 3 TB | butter |
| 3 TB | flour |
| 1/2 T | salt |
| 1/4 T | onion |
| 1 c | rich milk |

$\frac{1}{4}$ lb $\frac{1}{2}$ a cooked veal or chicken
1 lb $\frac{1}{2}$ c buttered bread crumbs

Method

1. Wash peppers and remove part of the top
2. Remove the tongue and seeds
3. A thin slice may be cut from the side end
4. Make a white sauce add the cooked chicken
5. Fill the peppers. Cover with buttered bread crumbs
6. Place in a baking pan. Add a small amount of boiling water
7. Bake in a moderate oven 30 minutes.





From Half Hours in the
kitchen etc. by
Scobon, Clark

Braised Beef.

A piece of the shoulder or
rump cut square.

Melt dripping in a pot
with a cover. Put in

several onions cut in rings

Turn gas low so the fat
sizzles and put the meat
salted and peppered on the
onions. Put small carrots

around the meat and add
a small amount of sugar.

An onion with cloves stuck
in it adds flavor.

Cover the pot and leave it
to cook very slowly allow
half an hour to a pound of meat

Fixed Grill.

Two lamb chops - a lamb kidney split, two pork sausages a piece of bacon. Mushrooms and a tomato. Arrange in frying pan with chops and sausages in centre. Put in kidney outside uppermost. Put tomato cut in two with cut side uppermost. Fill in spaces with mushrooms. Salt and pepper - Put bacon on the chops. Put pan under broiler. Leave five minutes. Turn everything over but do not replace bacon on chops. Allow chops to brown. Leave five minutes & serve.

A slice of ham $\frac{1}{2}$ inch thick.
Cook in frying pan over the fire
slowly for ten minutes.

Turn it over and cover cooked
side with shrimps which
have been boiled and mushrooms
sliced - Leave about seven
minutes. Remove ham
and leave shrimps and
mushrooms to cook in fat
over a hotter fire for about
two minutes - Turn them out
onto the ham and surround
with green peas

Spatzcook.

Take a 3½ lb chicken and split in two. Divide one half to have a wing half and a drumstick half.

Salt & pepper. Put in frying pan. Put liver away from direct heat. Put in a couple of baked potatoes cut in halves. Cover potatoes and chicken with bacon. Put beneath broiler hot too high a flame. Cook 10 minutes and turn cook 10 minutes turn cook five minutes.

Serve with cauliflower

Boiled Shrimps.

Put in cold water with salt. Boil till pink.

Lambs tongues.

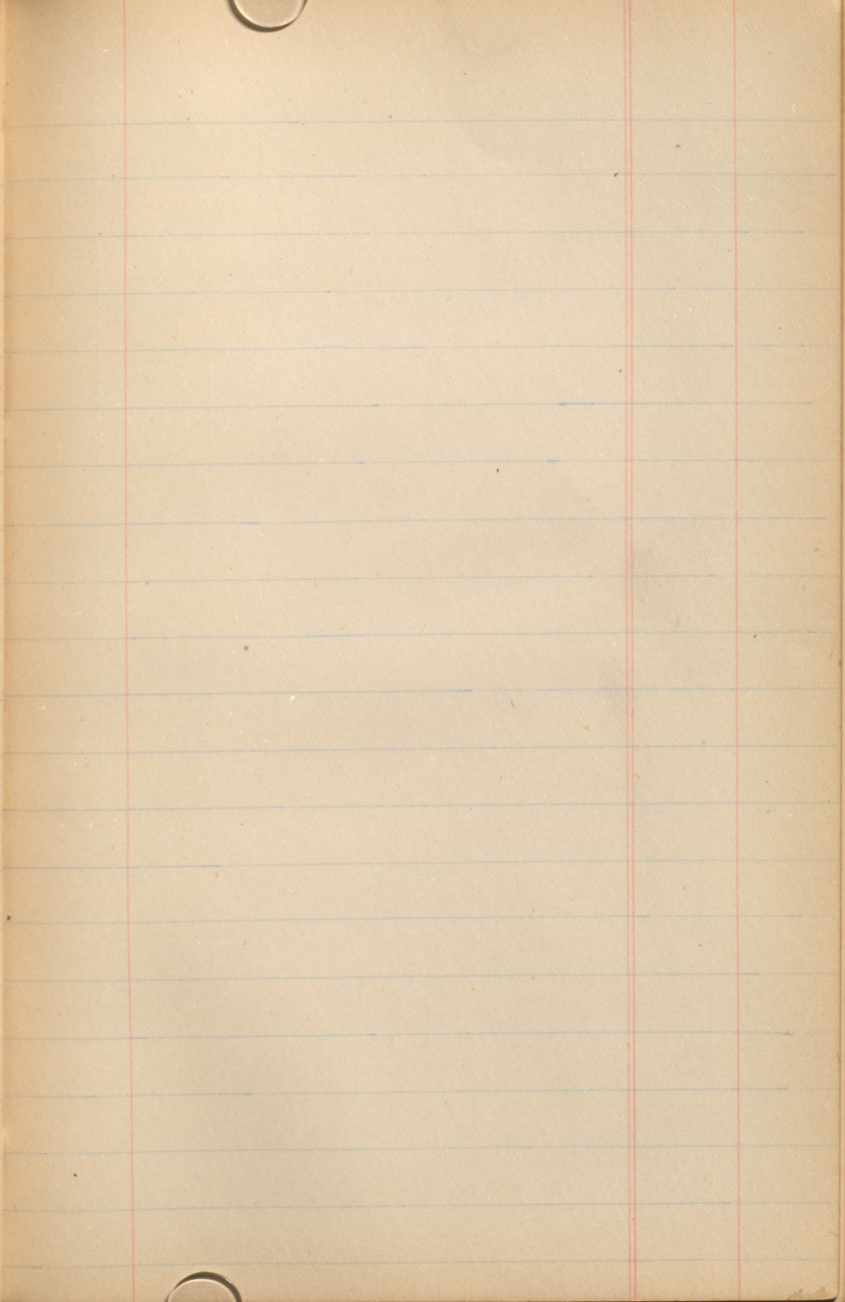
Get salted tongues boil for an hour in a pint or so of water in which there are three onions. Skin the tongues.

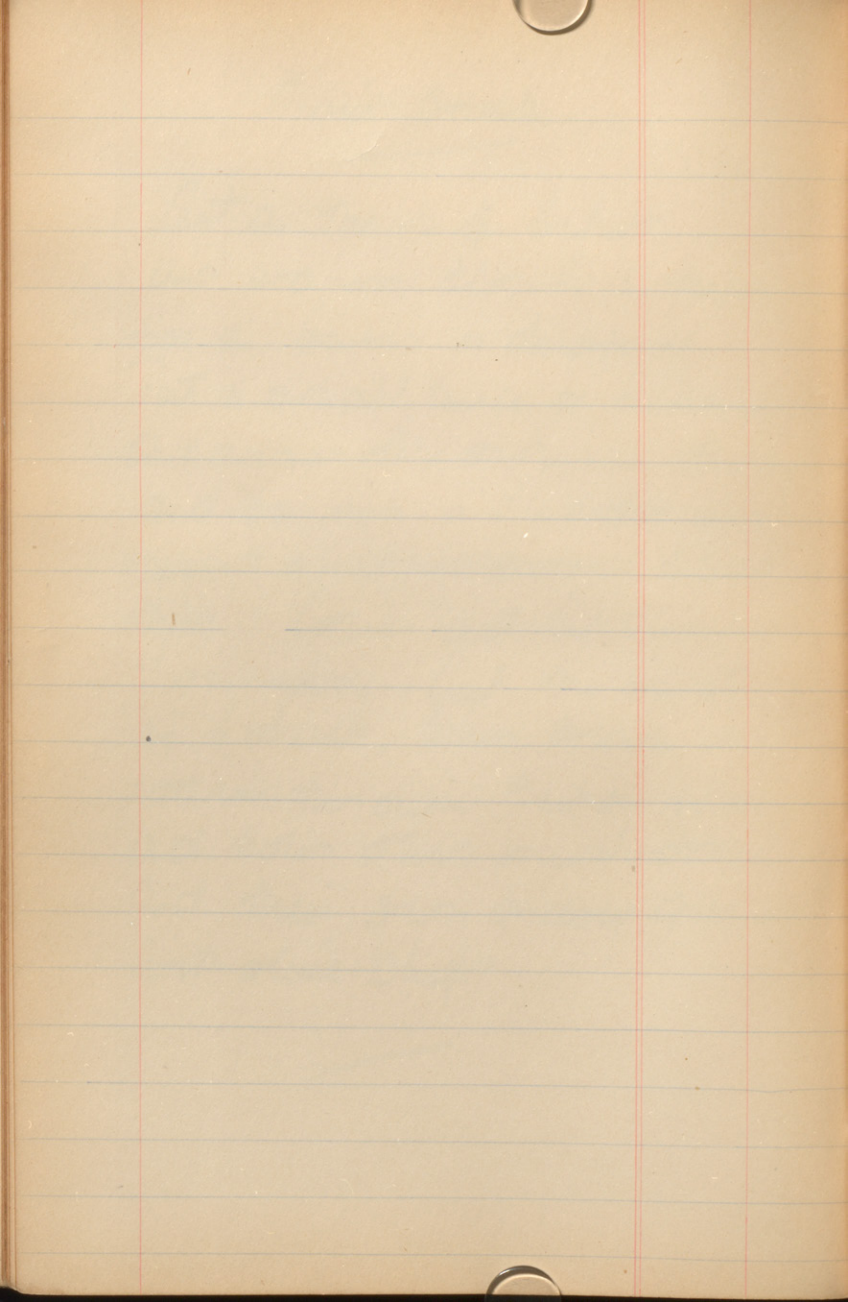
Take half a cup full of the water in which they were boiled add a cup full of milk and pepper. Put in sauce pan and bring to boil. Stir in corn starch (mixed with cold water in a cup till smooth) and stir till thick. Add parsley. Cook tongues in sauce for ten minutes.

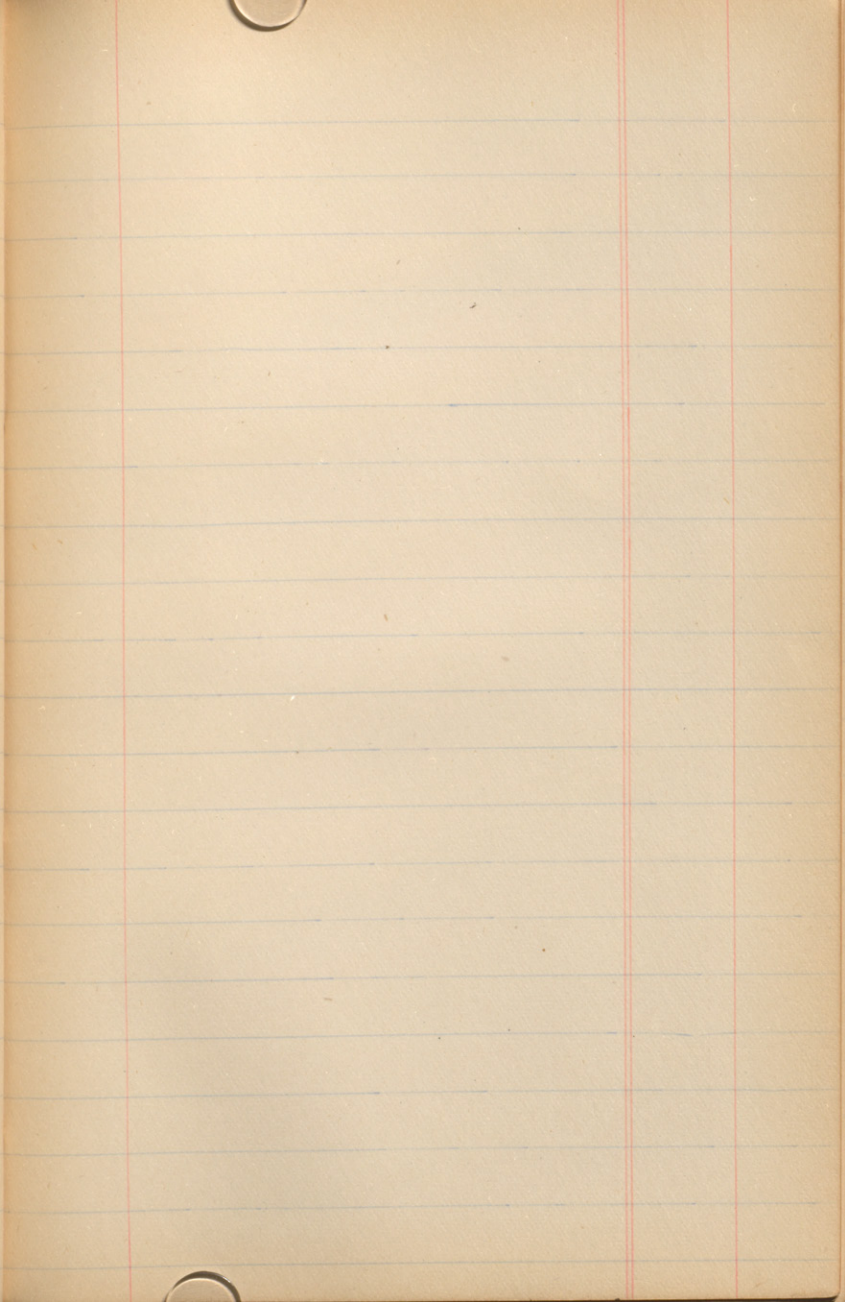
Serve

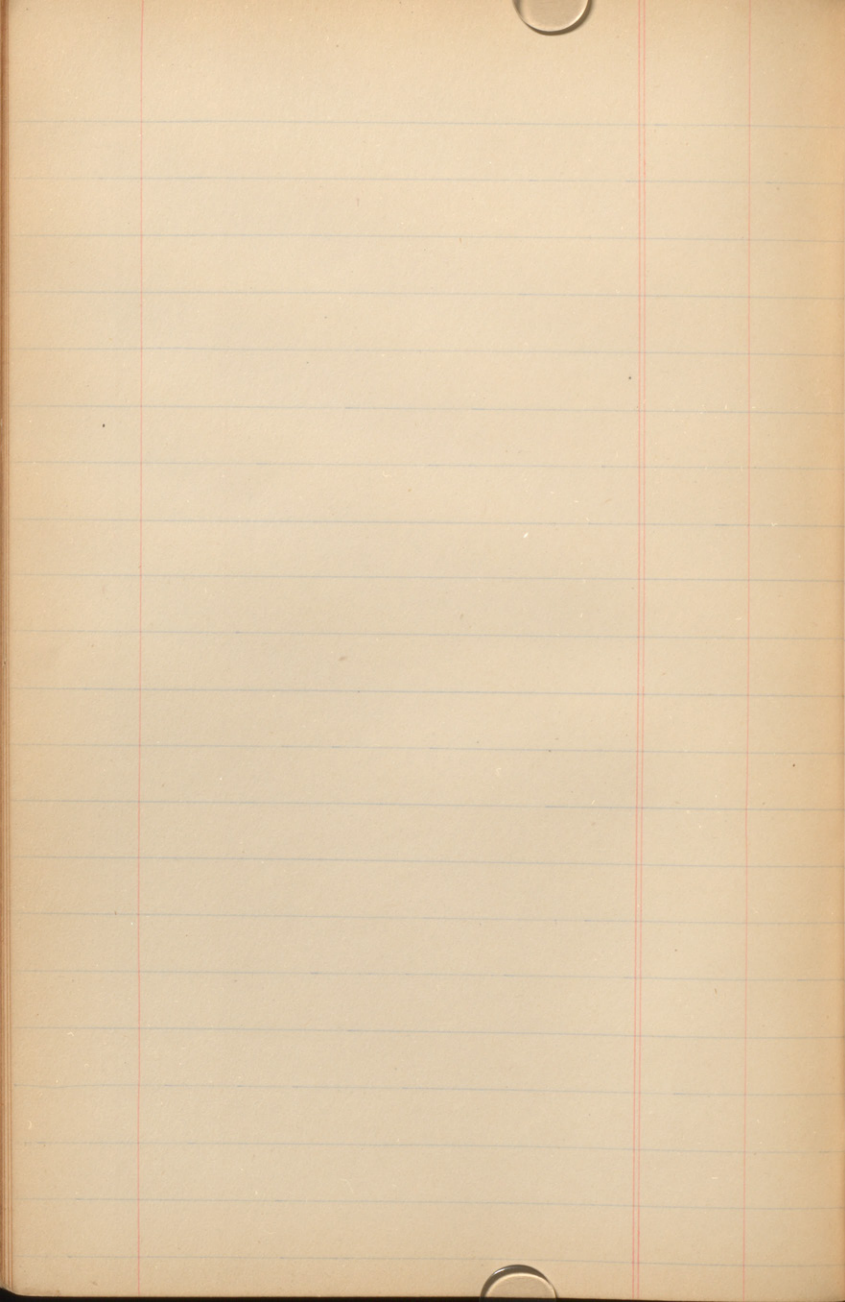
Minute Steak.

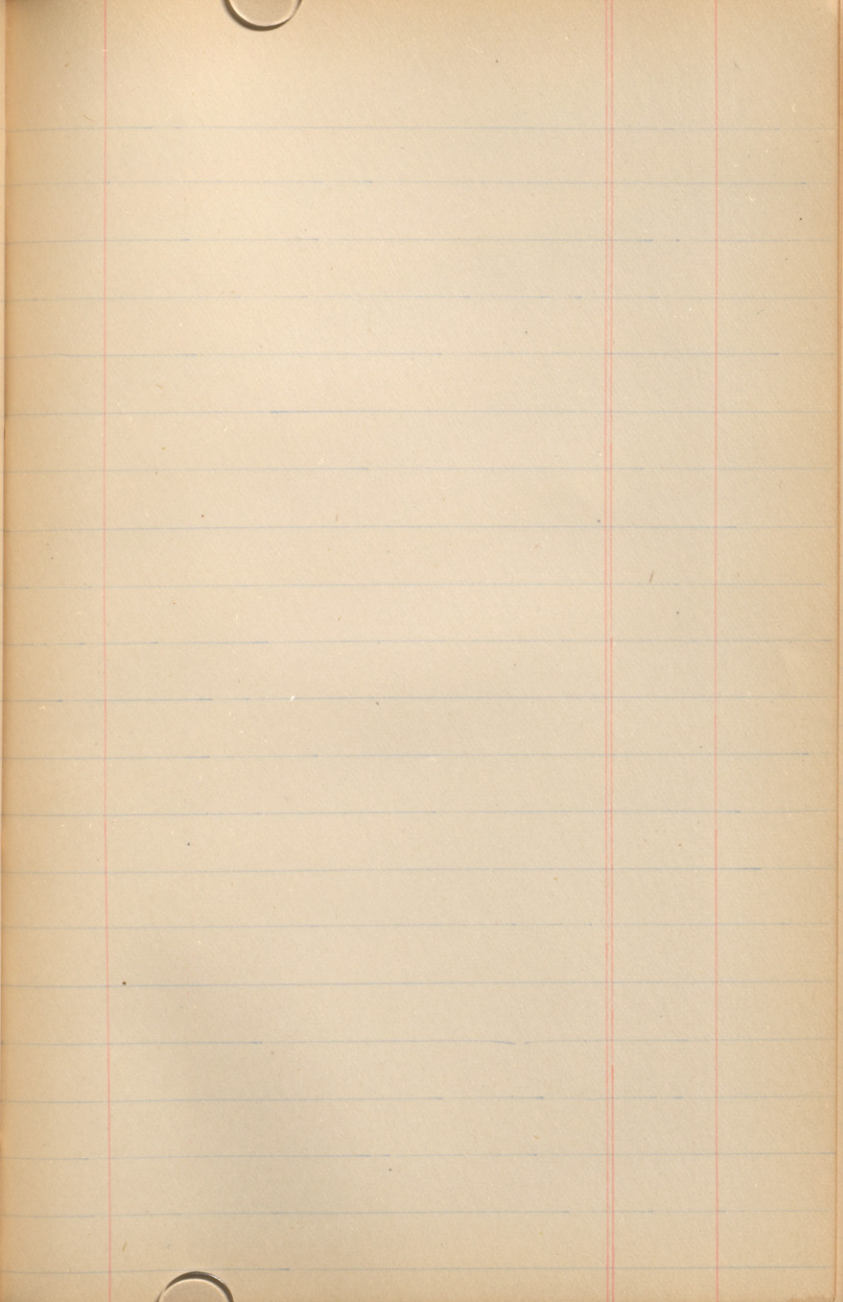
Cut a thick ~~to~~ bit off
and warm slowly in frying
pan in butter or dripping
Put a small piece of butter in
a casserole - or turkey dropper
and on top a quarter of a
pound of mushrooms sliced
thin. Cover and let simmer
7 minutes. Cut the meat
off bones. When steak is
warm through put on plate
and pour over mushrooms
and their own gravy garnish
with olive chips.

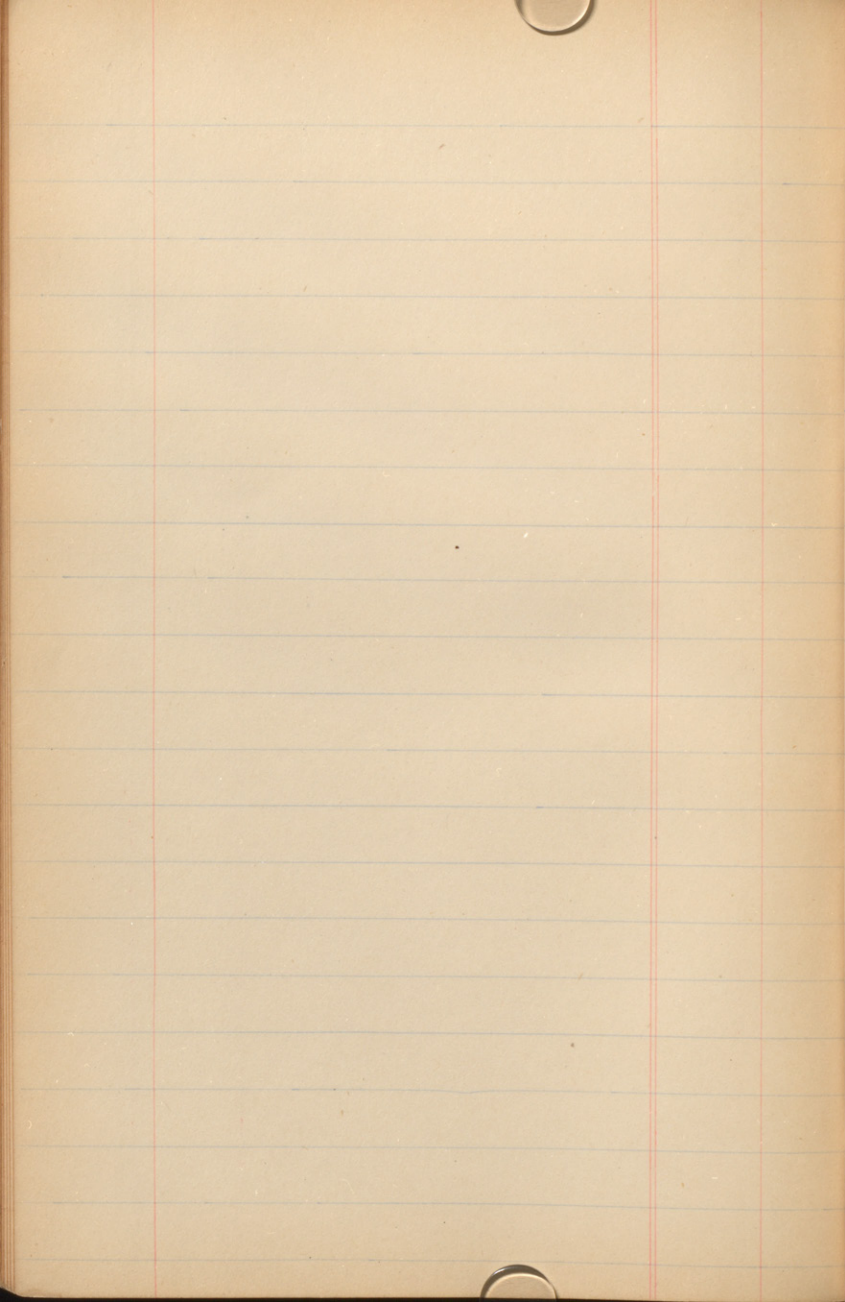


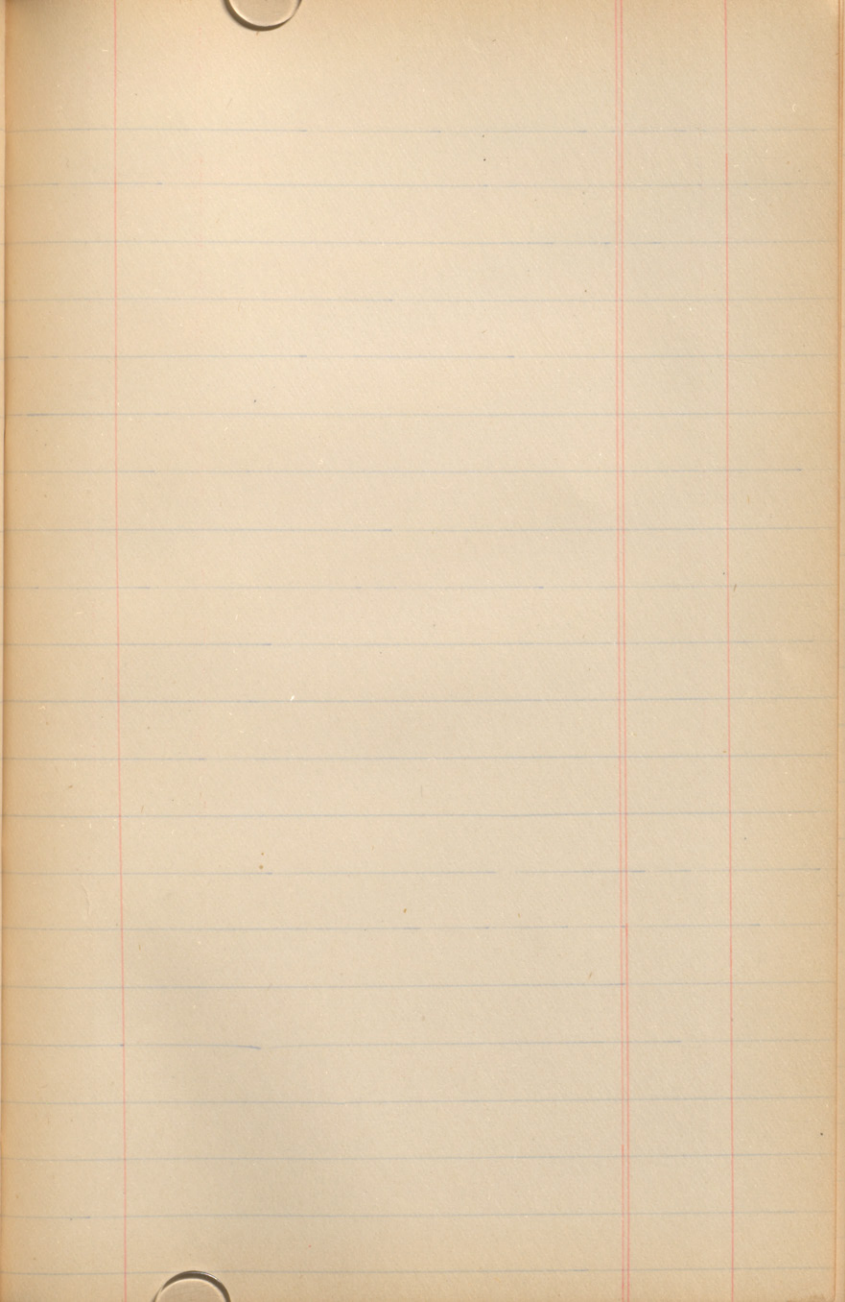


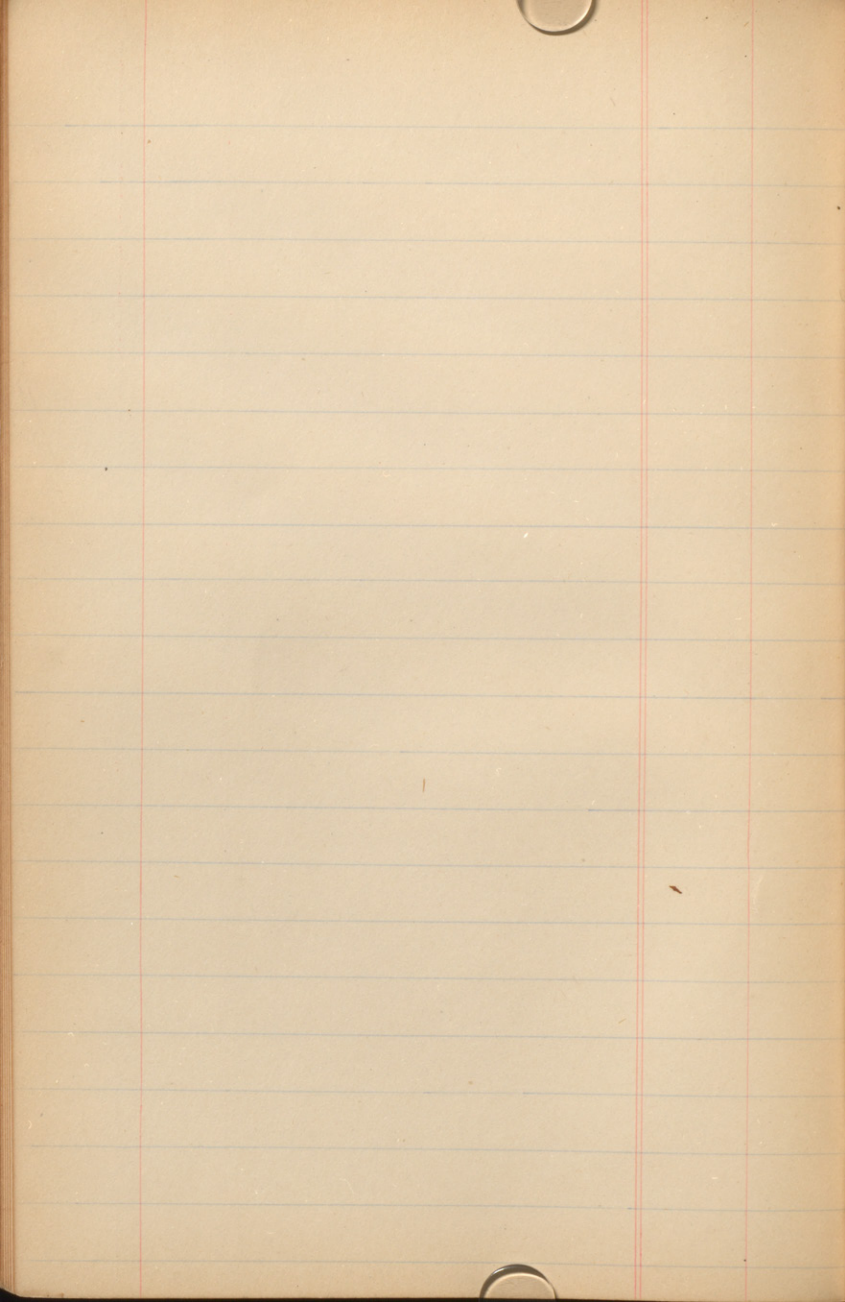


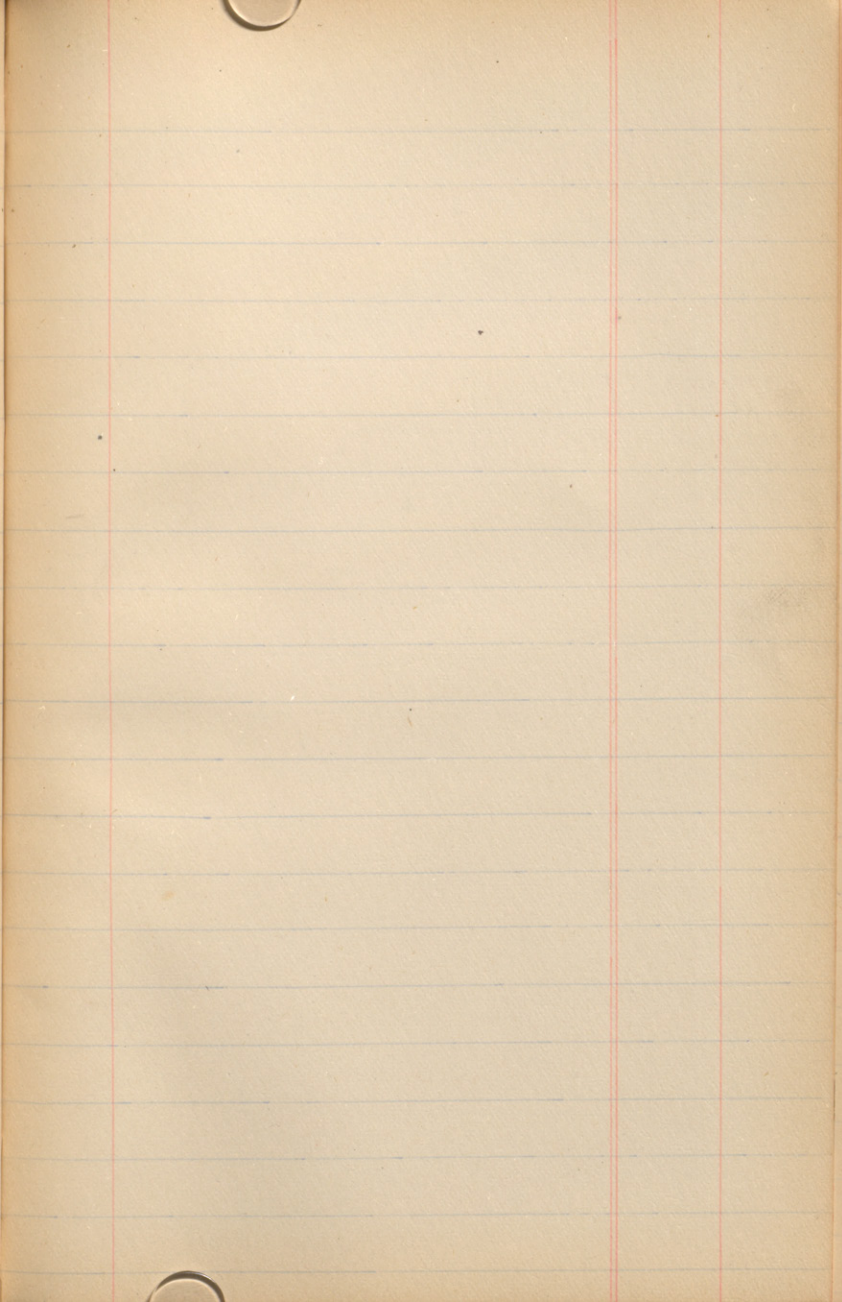


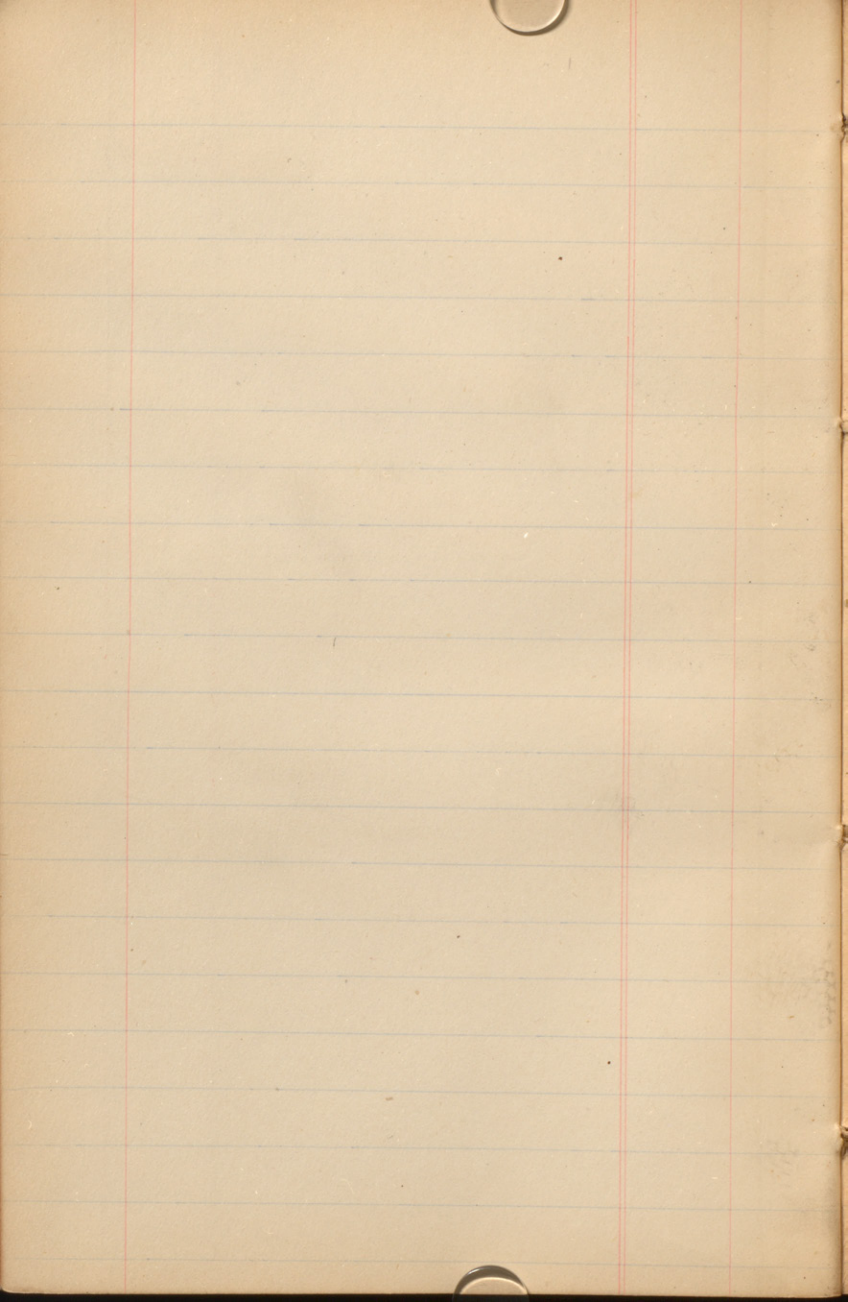












7.642 No of tons

1350 @ 13.50

a ton

7
9450

5.65 7.642

8100.15 13.50

22926.

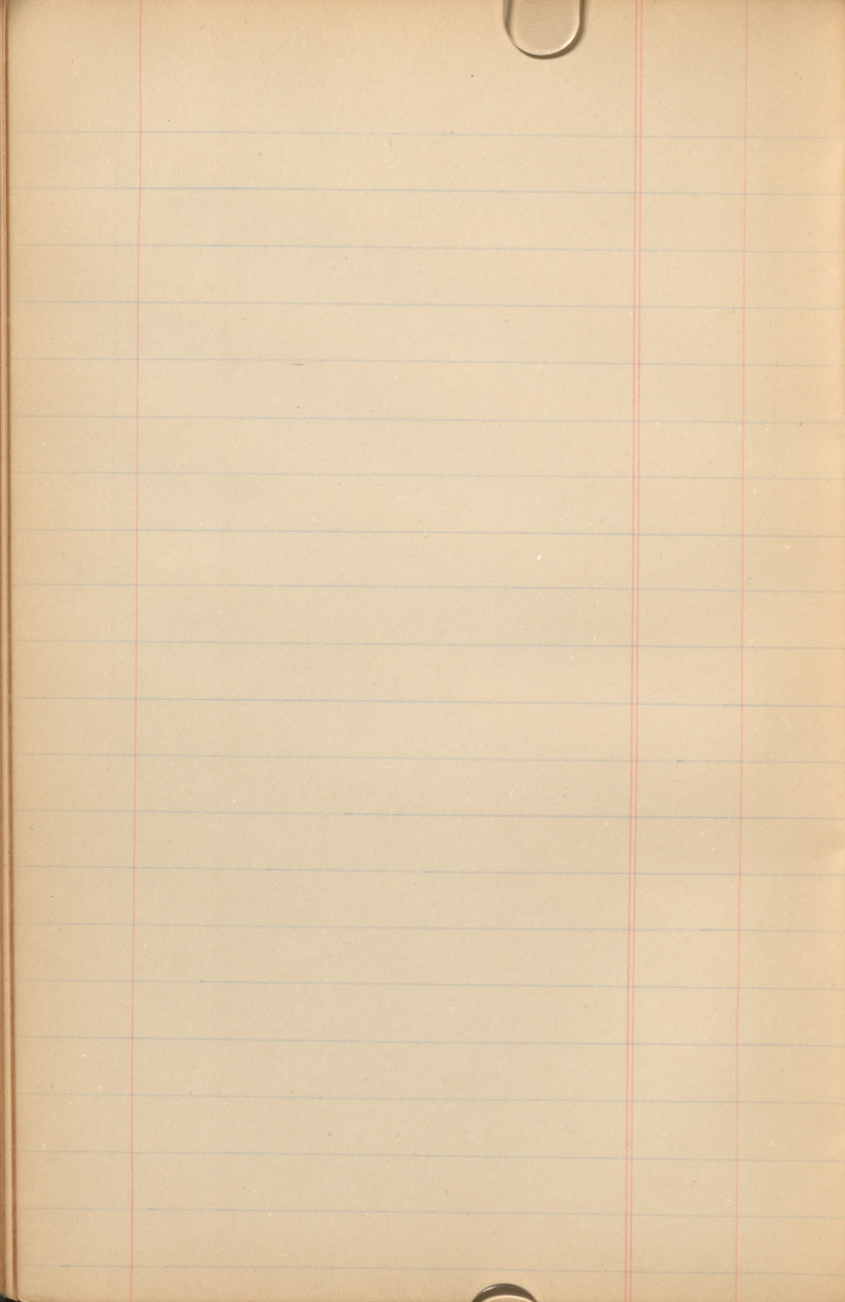
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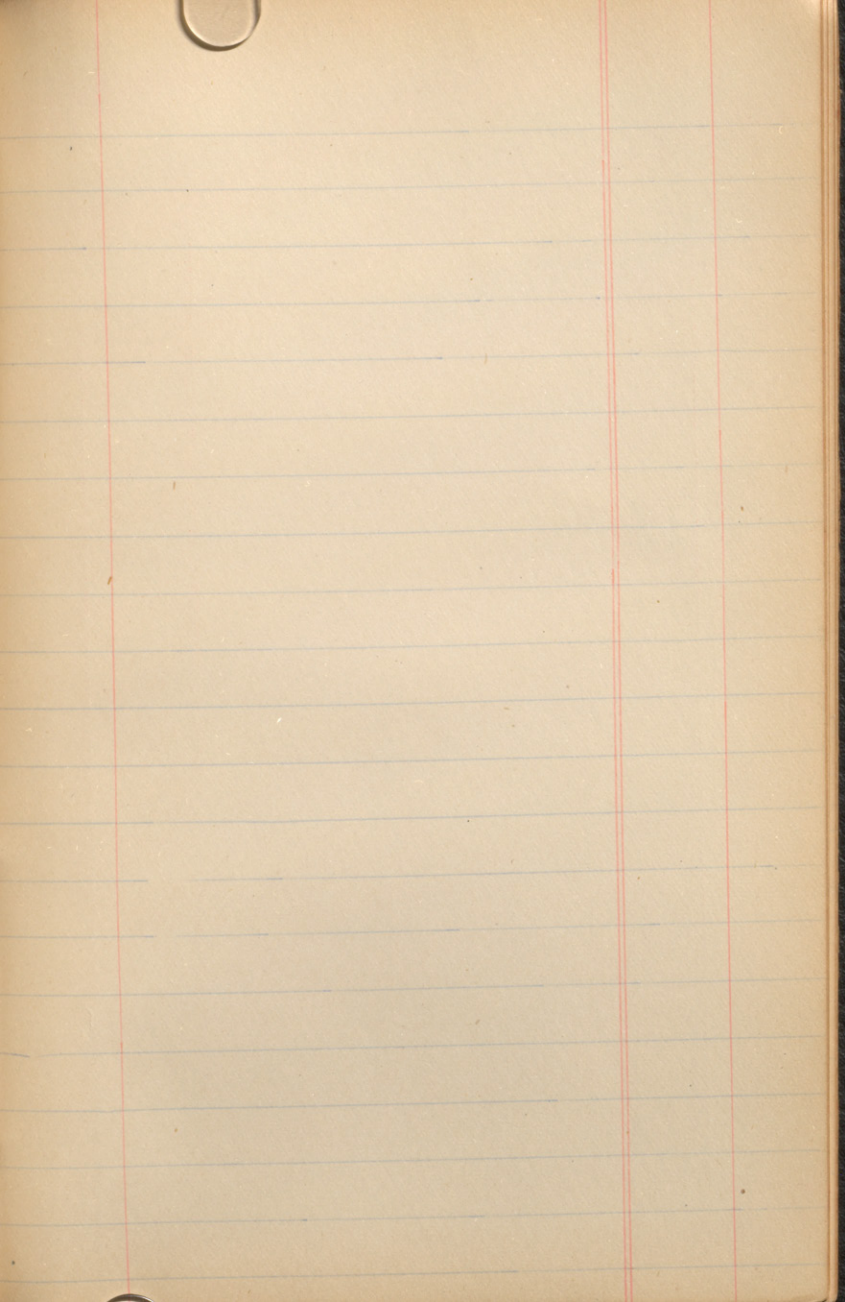
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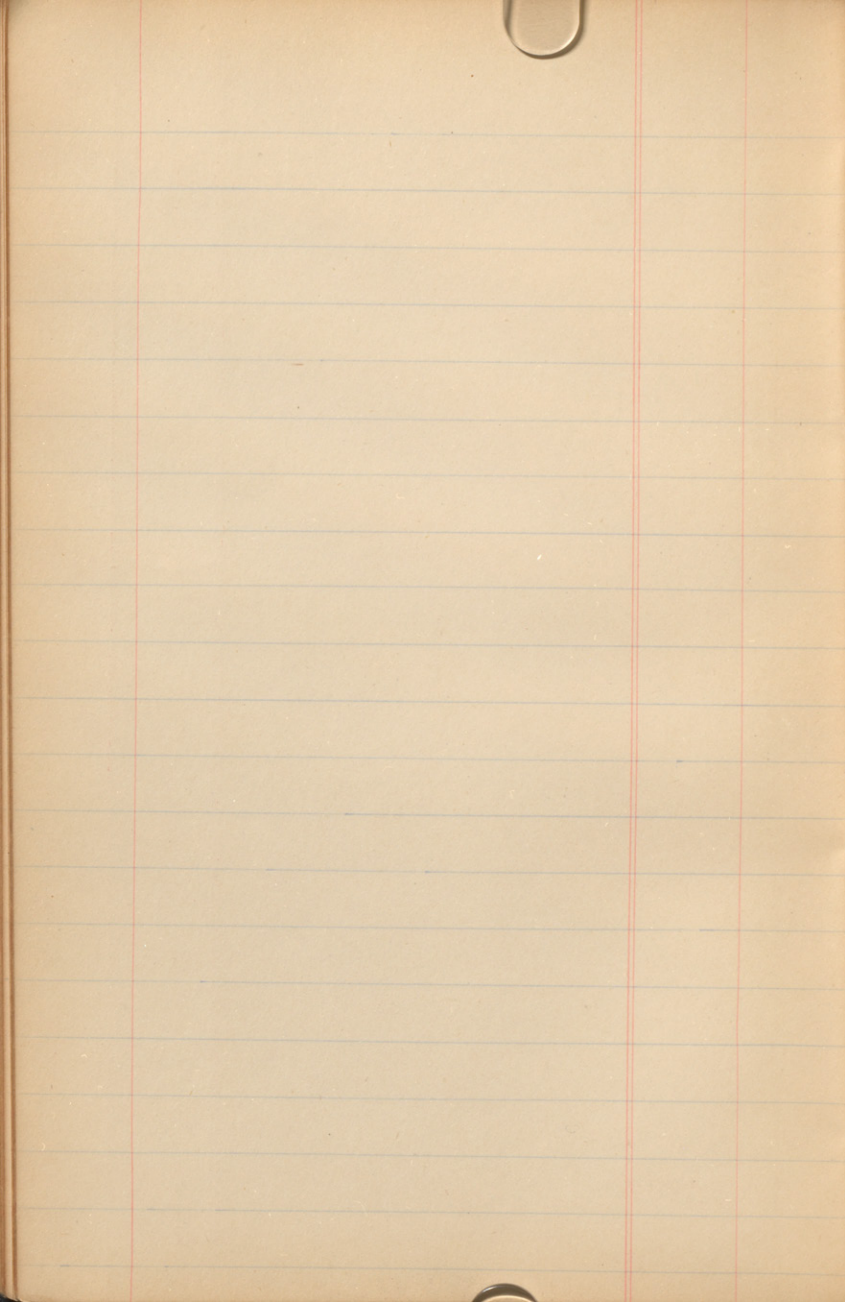
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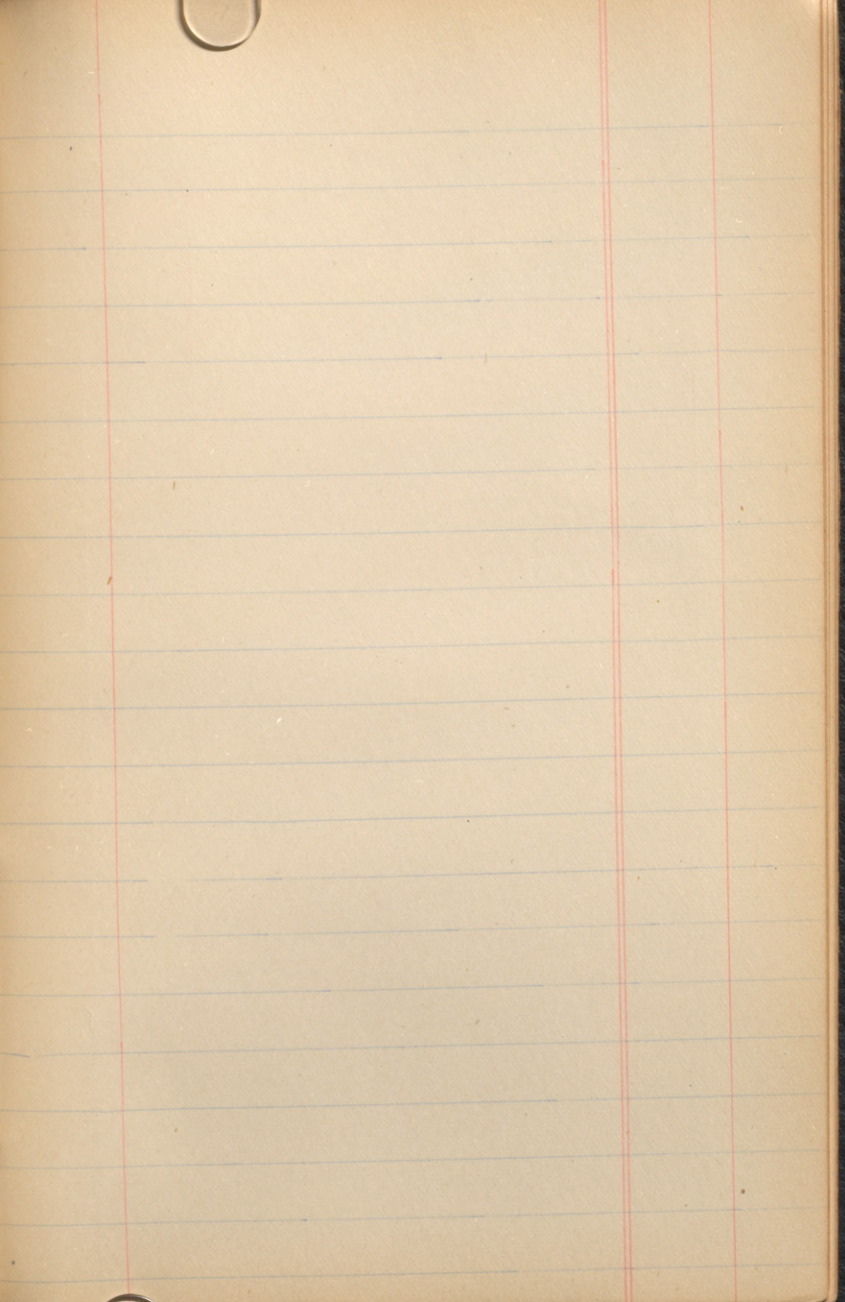
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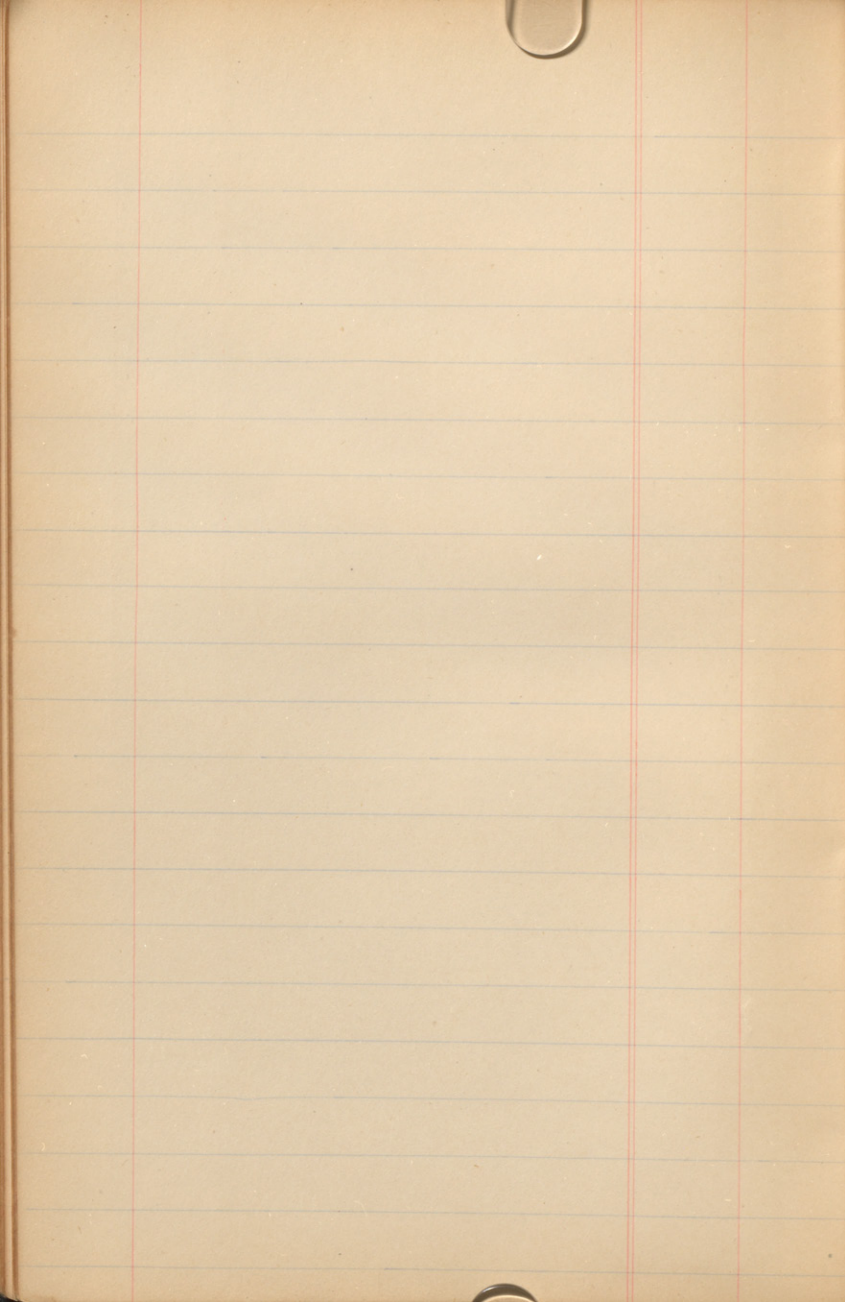
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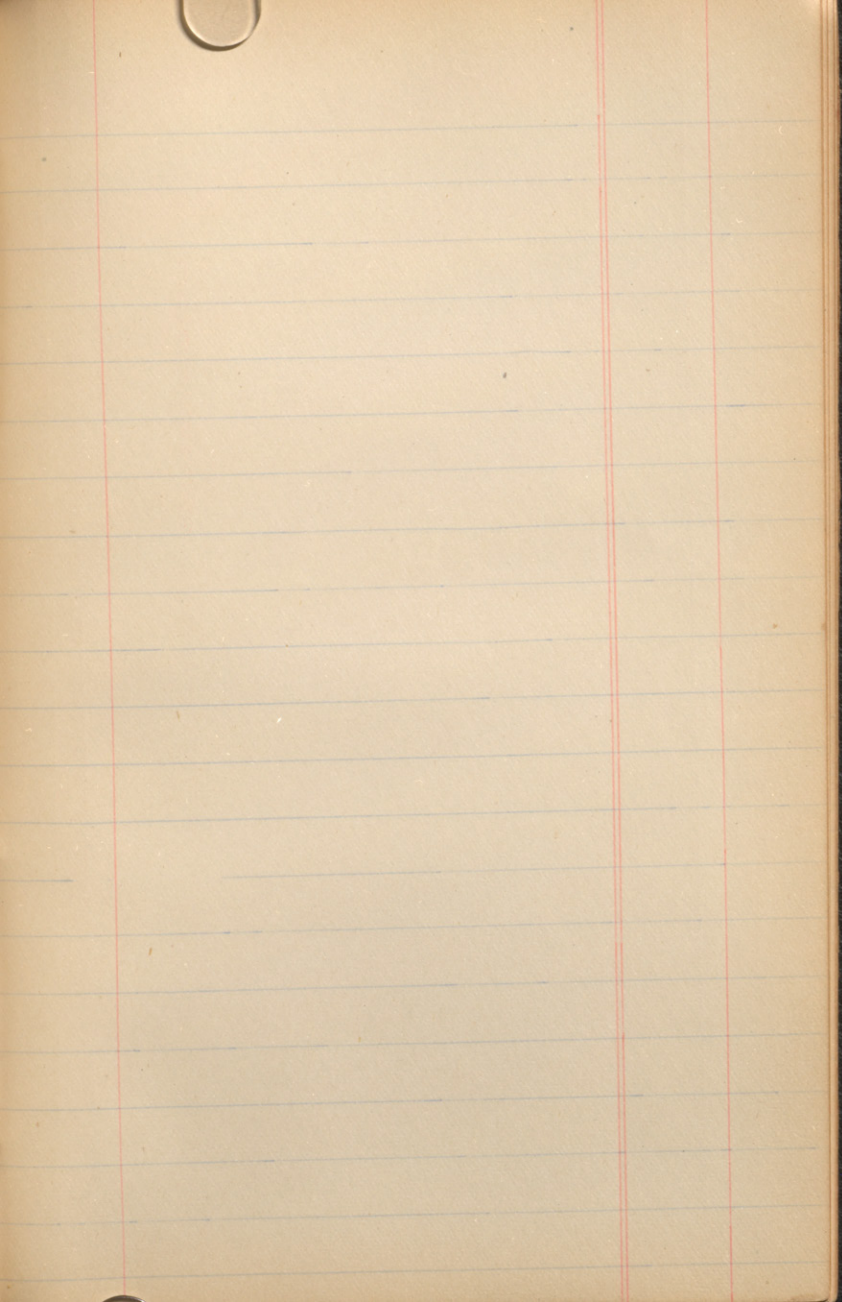


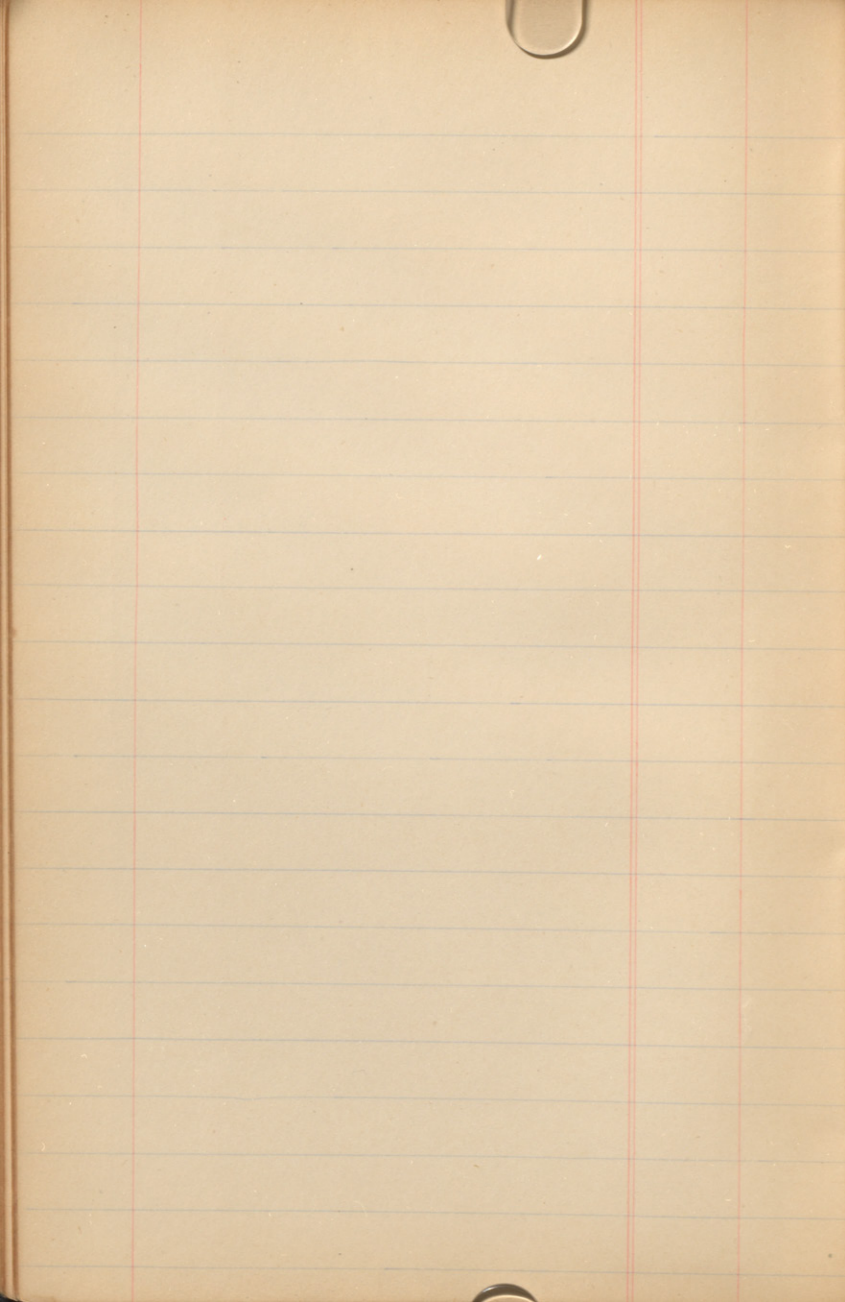


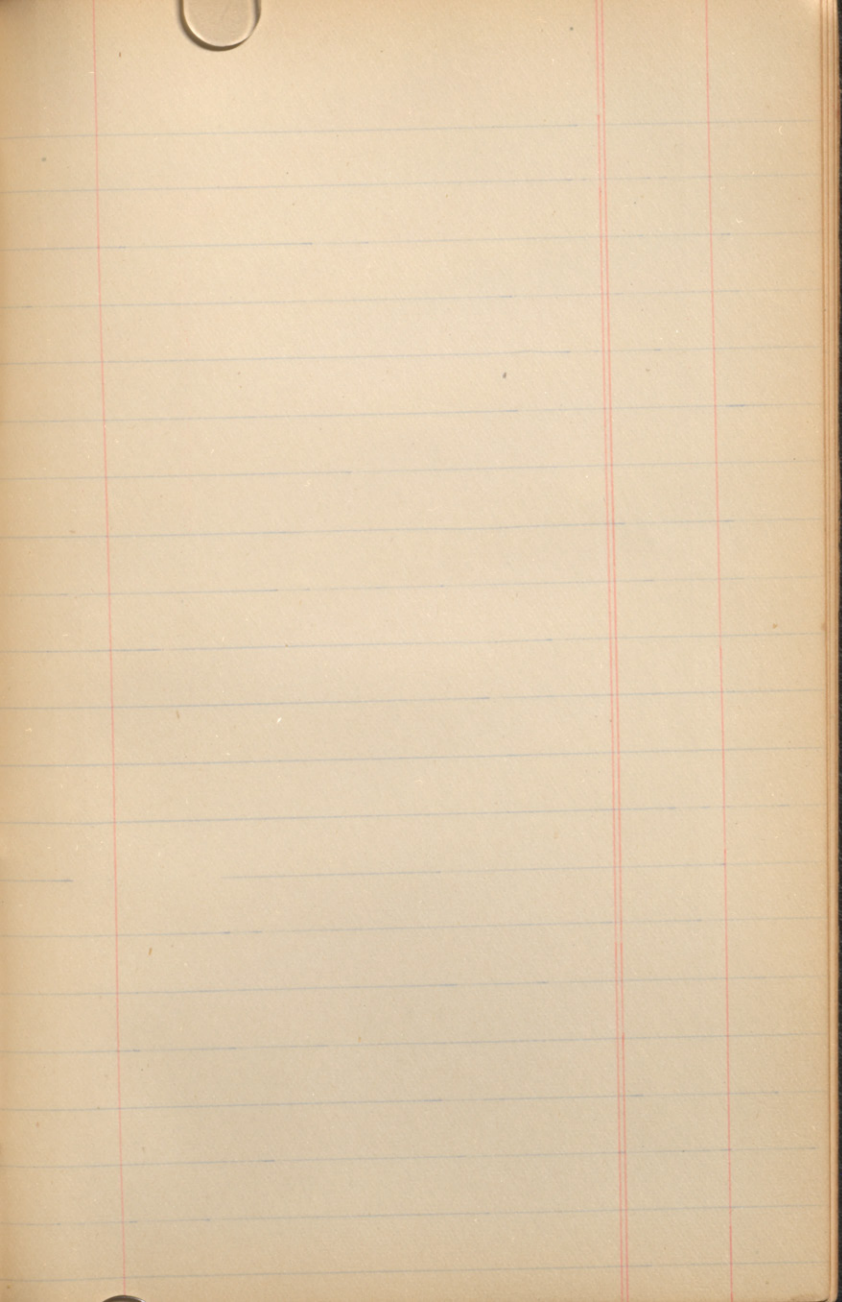


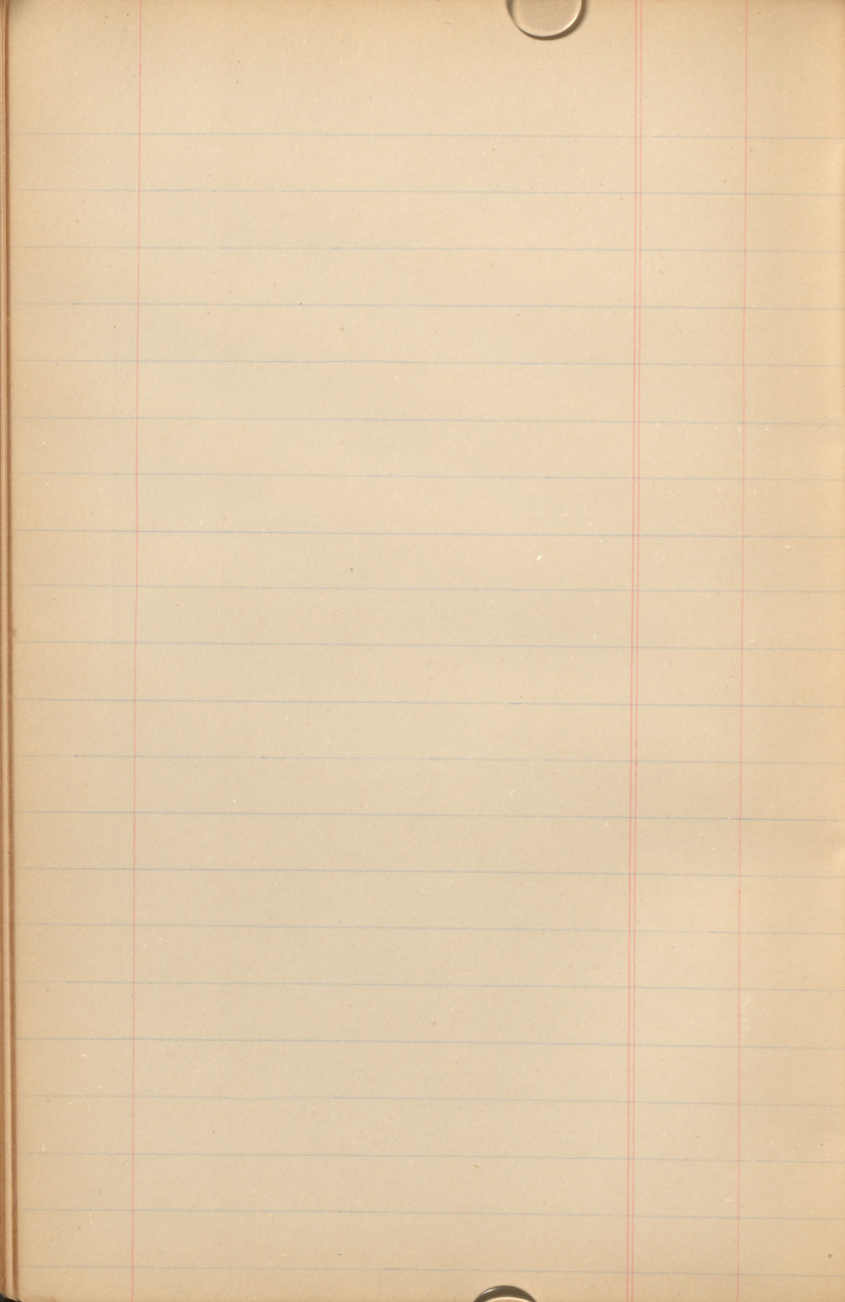


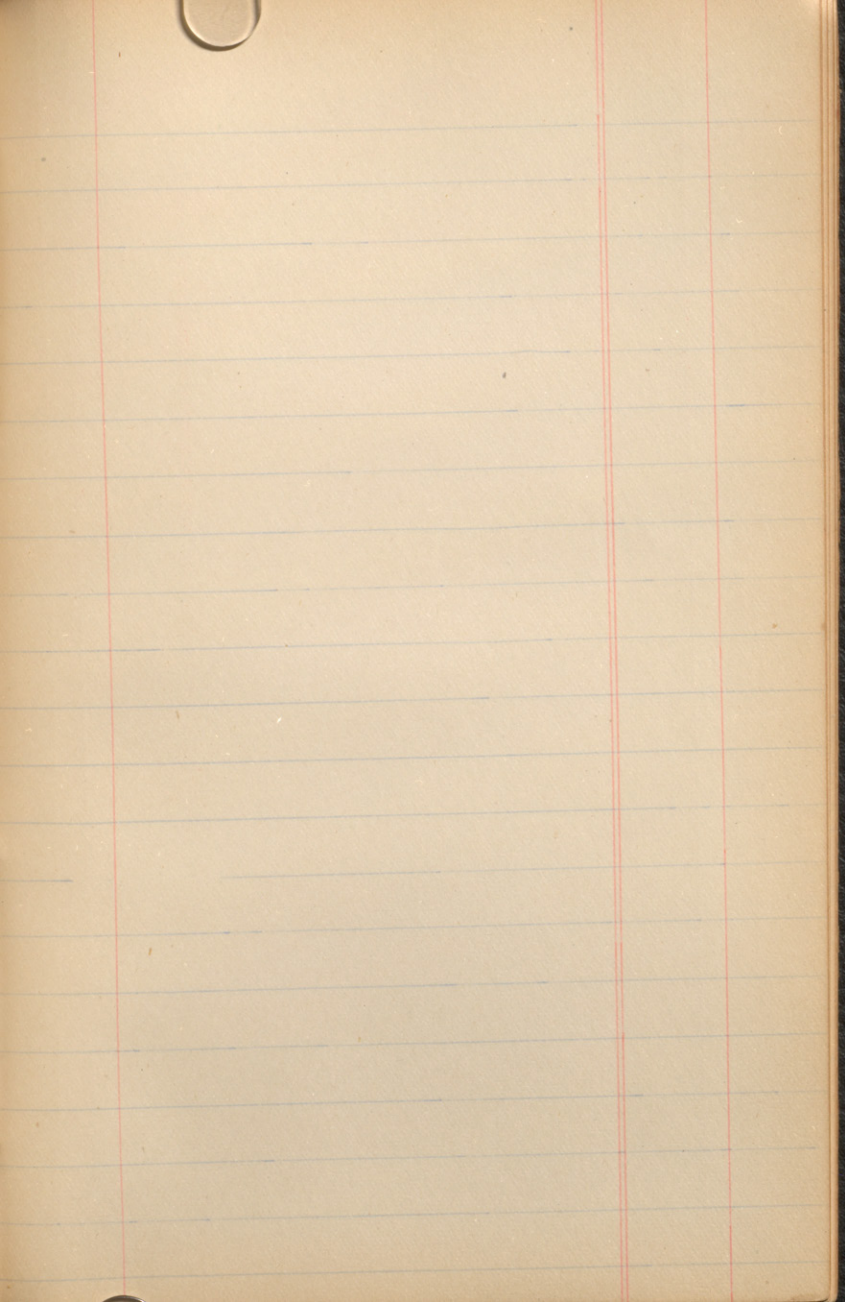


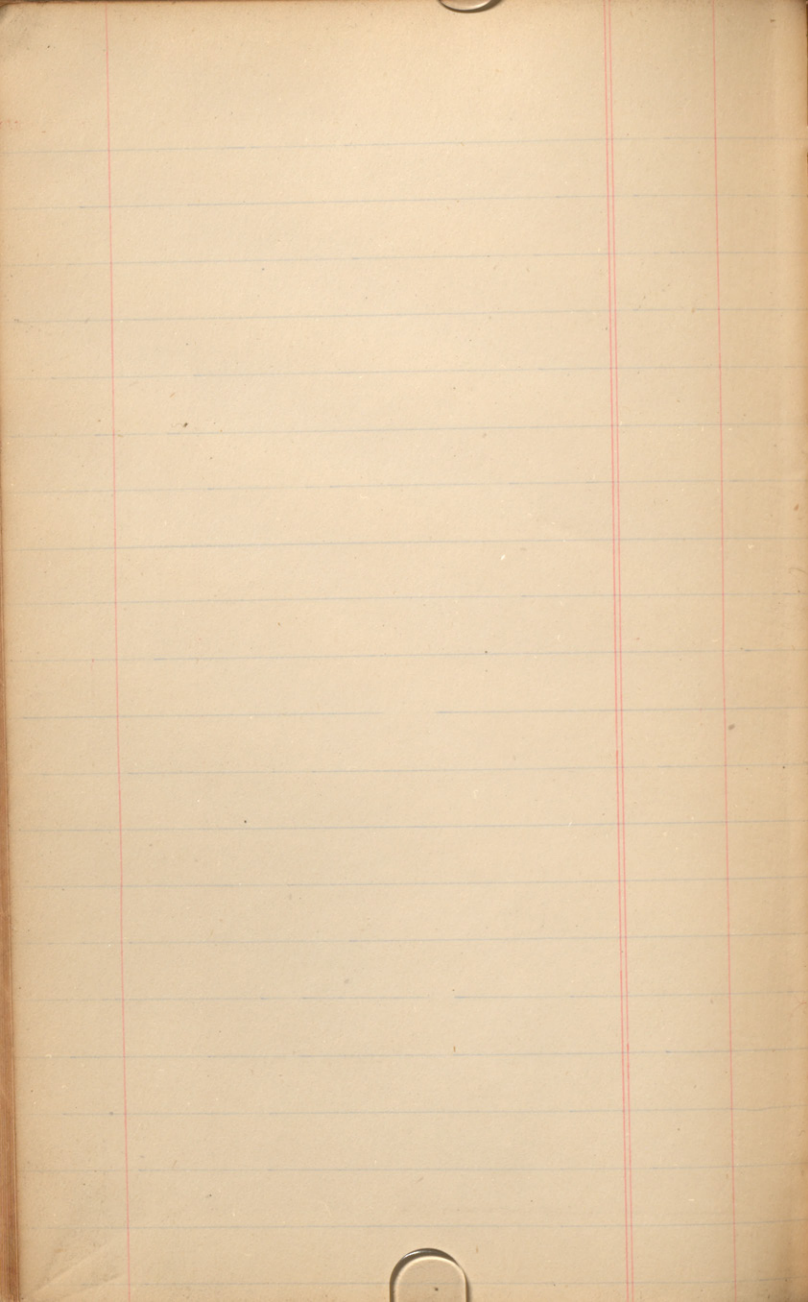


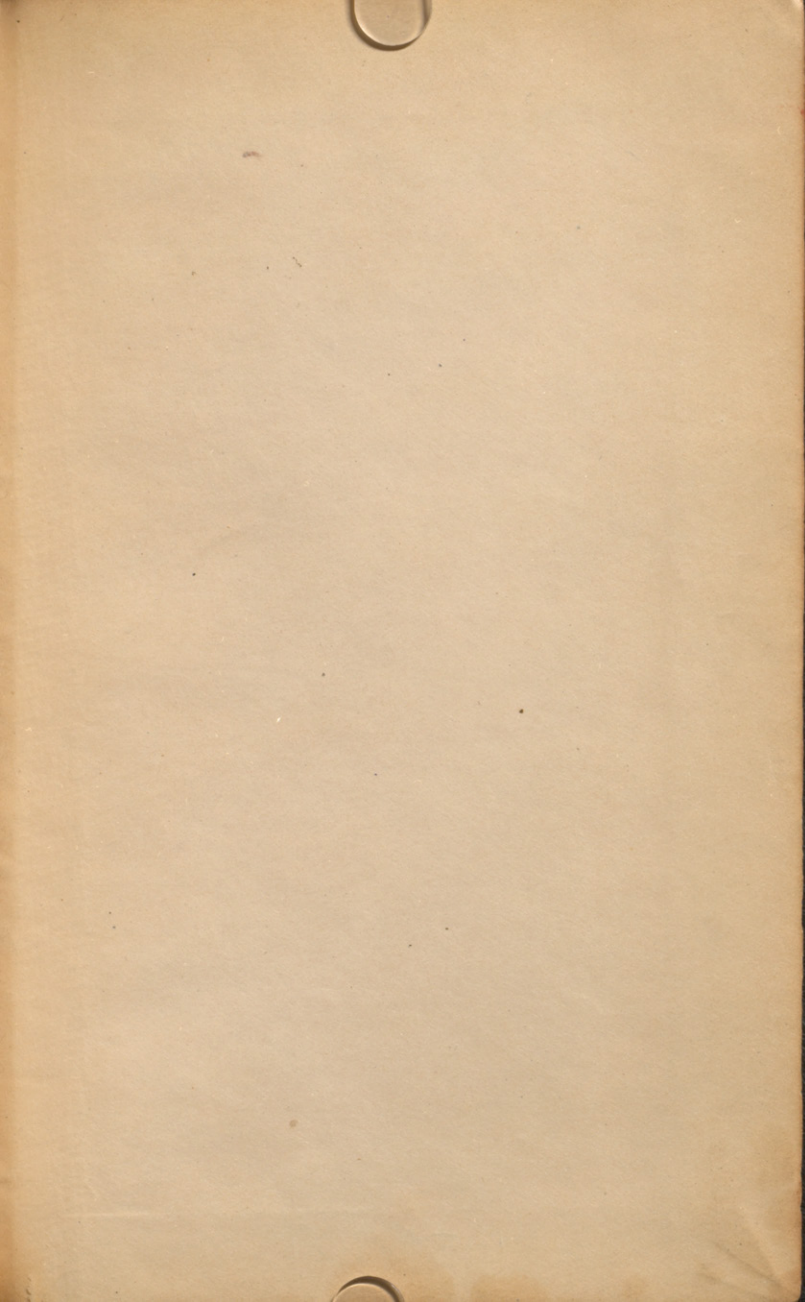












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